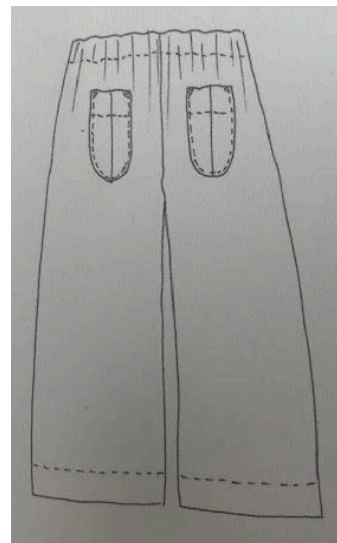
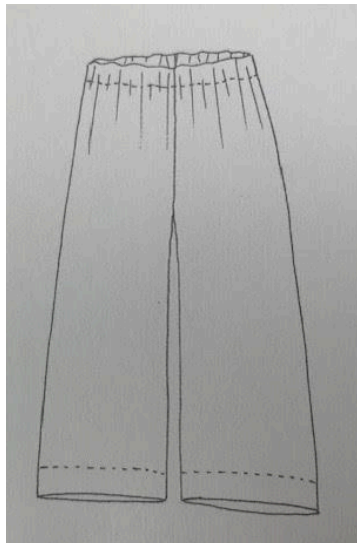


SEW FAB

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Zero Waste Workshop - Sew Wide leg Trousers



This course aims to:

Provide you with an introduction to the general principles and skills of zero waste sewing by making Trousers. They have a wide straight leg, elasticated waist with two back pockets. There are options to shorten the leg length, and add shaping to the hips

We will be following the instructions from the book Zero Waste Patterns by Birgitta Helmersson. Zero Waste sewing uses all the fabric with no pieces leftover for the scrap bin. Ideal for thrifted or leftover fabric from other projects. There are no paper templates for the garment - shapes are measured and drawn directly onto the fabric.

We will cover how to draw out the basic shapes, cutting fabric and assembling the garment sewing straight seams.

Who is this course for?

Suitable for those who have used a sewing machine before and can confidently thread up and change basic settings. There is optional use of an overlocker to finish seam edges -basic instruction can be provided.

What will I be able to do by the end of the course?

- Sew a double turned hem
- Assemble a pocket with top stitched detail
- Create a waistband and insert elastic

What materials do I need to buy?

Most fabric types would be suitable. Zero Waste patterns do not work with one-way print (eg flowers growing up) or anything with a nap (velvet or corduroy). Plain, spot or all over patterned woven fabric such as cotton or linen is ideal. Choose rib fabric to complement or contrast with the main woven fabric. Please wash all fabric before use to avoid shrinkage at a later date.

Different effects can be achieved with different weight fabrics. A lightweight drapery fabric like viscose or linen would produce a summer or pajama trouser. Heavyweight fabric like denim or cotton twill would work for a more structured shape.

Materials Required

- Matching thread(s)
- Fabric

Use this link for information on measuring yourself:

<https://blog.cashmerette.com/2020/10/how-to-measure-yourself-for-sewing.html>

See below table and select a size according to your body measurements.

SIZE CHART

	WAIST RANGE	MAX. HIP	CROTCH LENGTH
XS	62-70 cm (24½-27½ in.)	90 cm (35½ in.)	78.5 cm (30¾ in.)
S	67-75 cm (26½-29½ in.)	95 cm (37½ in.)	80.5 cm (31½ in.)
M	72-80 cm (28½-31½ in.)	100 cm (39½ in.)	82.5 cm (32¼ in.)
L	77-85 cm (30½-33½ in.)	105 cm (41½ in.)	84.5 cm (33 in.)
XL	82-90 cm (32½-35½ in.)	110 cm (43½ in.)	86.5 cm (33¾ in.)
2XL	87-95 cm (34½-37½ in.)	118 cm (46½ in.)	88.5 cm (34¾ in.)
3XL	95-103 cm (37½-40½ in.)	126 cm (49½ in.)	90.5 cm (35½ in.)
4XL	103-111 cm (40½-43½ in.)	134 cm (52½ in.)	92.5 cm (36¼ in.)
5XL	111-119 cm (43½-46½ in.)	142 cm (56 in.)	94.5 cm (37 in.)
6XL	119-127 cm (46½-49½ in.)	150 cm (59 in.)	96.5 cm (37¾ in.)

Then use the below table to find the fabric size required

	FABRIC WIDTH	FABRIC LENGTH
XS	135 cm (53 in.)	120 cm (47 in.)
S	140 cm (55 in.)	120 cm (47 in.)
M	145 cm (57 in.)	120 cm (47 in.)
L	150 cm (59 in.)	125 cm (49 in.)
XL	155 cm (61 in.)	125 cm (49 in.)
2XL	160 cm (63 in.)	125 cm (49 in.)
3XL	165 cm (65 in.)	130 cm (51 in.)
4XL	170 cm (67 in.)	130 cm (51 in.)
5XL	175 cm (69 in.)	130 cm (51 in.)
6XL	180 cm (71 in.)	130 cm (51 in.)

For wider fabric requirements patterns pieces can be placed in the other direction, so buy more length to accommodate this. NB. this means fabric grain will be running across leg pieces left to right, rather than down the leg.

Our sewing studio is well stocked with sewing tools equipment including Janome sewing machines and overlockers.

Local Fabric Suppliers :

[Ditto Fabrics, Kensington Gardens, Brighton](#)

[Cloth Control, Kensington Gardens, Brighton](#)

[Haberdashery & Fabrics, 73 Western Road, Brighton](#)

Online Suggestions:

Fabricgodmother.co.uk

Fabricland.co.uk

Minerva.com

Frumble.co.uk

Raystitch.co.uk

Merchantandmills.com