

Introducing...
Keeping It Real Sewing
From

Bari J.™

Lesson I: Simple Apron Tutorial
PART ONE



FABRICS:



Pick 3-4 varying fabrics. Don't be afraid to mix and match with color and pattern.

Cut:

- 1- 20" x 14" piece for main fabric
- 1- 20" x 14" piece for reverse fabric

- 1- 36"-42" x 4" piece for ruffle

- 2- 36" x 4" piece for apron ties

- 1- 20" x 3.5" piece for waist band

- 1- 12" x 14" piece for pocket

MAKE RUFFLE:



1. Close ends: fold right sides together and pin in place.
2. Sew both ends using a $\frac{1}{2}$ " seam.
3. Trim corners and turn.
4. Fold wrong sides together and iron flat.
5. Mark center of ruffle by folding in half and putting a pin in the fold.
6. Mark center of main fabric by doing the same thing.
7. Start from one end of the ruffle and sew two basting lines to the middle of the ruffle: one at $\frac{1}{8}$ " and one at $\frac{1}{4}$ " .
8. Do the same from the other end of the ruffle.

(KEEPING IT REAL MOMENT NUMBER ONE: sewing just to the middle from each end helps prevent you from breaking the thread when you pull to create the ruffle... i.e.: shorter thread, less chance of breakage. And, oh, yes, I have done this... several times. It creates a very large amount of frustration.)

(Sewing two basting lines helps make the ruffles lay nice and flat)

9. From each end of the ruffle, pull the two top threads to create the ruffle effect.
10. Mark a $\frac{1}{2}$ seam allowance from each end to let you know where to start and stop the ruffle.
11. Pin the center of the ruffle to the center of the main fabric.

12. Spread the ruffle across the bottom of the fabric evenly with the raw edges together.



(KEEPING IT REAL MOMENT NUMBER TWO: Why don't the sewing books tell you about all the nasty frayed edges and thready pieces? This I'll never know... I'm telling you because I thought I'd done something terribly wrong the first time I saw this... there are nasty icky threads and frayed edges from all the pulling. Just trim them the best you can and try to make sure the frays face toward the edge not inward. That way when you sew the pieces together the threads won't stick out causing you grief.)

13. Sew a 1/4" seam along the edge to attach the ruffle.

SEWING THE PANELS TOGETHER:

1. Place the reverse fabric over the main fabric right sides facing each other. Pin together.

Which leads me to **KEEPING IT REAL MOMENT NUMBER THREE:** Ok, maybe this is just me, because again, the sewing books don't tell you this. I have made the mistake of sewing the second piece of fabric on, turning it right side out and realizing that the stitching from where I initially sewed the ruffle on shows... Maybe I'm a total dork... BUT, in the case that you are as dorky as I am do the following:



2. To sew turn over the fabric so that you can see where you stitched the ruffle on. (Hello? Bari? Are you there????)
3. Sew a 1/2" seam along the bottom where the ruffle is making sure that you don't go below your initial 1/4" seam where the ruffle is sewn on.

(Ah... uh... Keeping it real moment number four... Bari, can you really make all these mistakes? Yes, dear, I can. Ok, it's true, I have sewn the ruffle to the edges. And, I have made the ruffle far shorter than the panel... here's how to avoid these mistakes:

Pin the ruffle down at an angle before you sew up the sides like this:



And, to avoid making the ruffle shorter than the apron, start your seam at the bottom of the apron next to the ruffle. That way you can put your needle down right next to it...at the half inch mark where you first pinned it on... Ok, go ahead...)

4. Sew a 1/2" seam up each side as well leaving the top open.
5. Iron your stitches flat (My favorite teacher, Janis, finally convinced me of doing this. I thought it was a waste of time, but it really does set your stitches in place very nicely.)
6. Turn and iron the ruffle down neatly. You'll be really proud when you see how nice it looks!



"Oooh! Me Likey!"

WAISTBAND:

1. Fold and iron each end in 1/2" and check to make sure it fits on your apron. If not, adjust the seams to make sure it does. **(KEEPING IT REAL MOMENT NUMBER FIVE:** Oh, yes, I have made it too long and too short. Don't ask me how, because I did measure. But if you check to make sure it fits, you won't have a problem.)
2. NOTE: You are not going to sew these ends shut yet as they will be where your apron ties go in the end.

3. Pin the waistband onto the right side of the apron main panels raw edges together.



(UH OH! KEEPING IT REAL MOMENT NUMBER SIX: I have pinned to both sides of the apron... i.e. the front and reverse... I have even spaced out enough to go over to the sewing machine and sew it on like this only to realize when I was finished that I had sewn the whole darn thing shut and I had raw edges on the outside... but maybe again, it's just me.)

4. Now open up the apron panels like a pillowcase and without the swing arm on, sew a $\frac{1}{4}$ " seam along the top to attach the waistband.
5. Iron your pretty stitches.
6. Turn inside out (right sides now facing each other... the waistband and the ruffle are now on the inside, yes?)
7. Turn your fabric so that you can see that $\frac{1}{4}$ " seam that you used to put the waistband on. **(SEE KEEPING IT REAL MOMENT NUMBER THREE ABOUT BEING ABLE TO SEE THE STITCHES FROM THE RUFFLE... SAME APPLIES TO THE WAISTBAND.** And, yes, I have done that too... despite the fact that I had already done it to the ruffle and should have learned from my mistake.)
8. Sew a $\frac{1}{2}$ " seam leaving a 6" opening to turn.

(YUP... Another mistake I have made... KEEPING IT REAL MOMENT NUMBER SEVEN:

Leave the opening somewhere toward the end, but not at the end. This way the corners will turn nice and neatly because they are completely sewn together.)

9. Iron your stitches.
10. Turn and iron the open part inward to create a seam there.
11. Top stitch across the top of your apron to close the hole. About $\frac{1}{8}$ ".
12. Iron.