

One T-Shirt into Two Dresses

Sewing / Overlocking

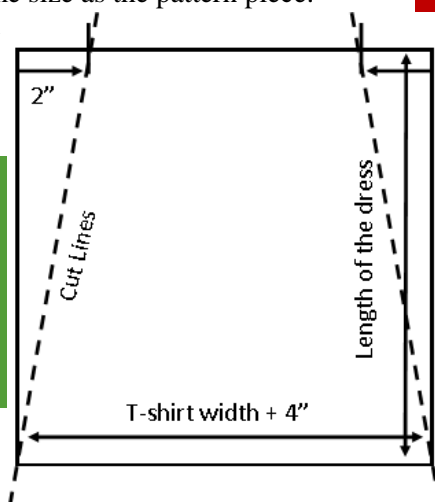
Instructions

Makes 2 dresses per T-shirt

1. Lay the t-shirt out and mark 1" below the arm holes across the width of the t-shirt.
2. Cut along this line. The two parts will be the tops of both dresses. (Reserve the bottom half of the t-shirt to the side to create second dress later.)
3. Using pattern paper create your skirt template following the instructions below to suit the size of the t-shirt you are using.
4. Measure the width of the t-shirt along the cut line from side seam on the left to side seam on the right. (Note: This will become the top measurement for one side of the additional skirt.)
5. Take the above measurement and add 4" this will become the measurement for the bottom of the skirt.
6. Measure the finished length of the dress including 2cm for the hem and seam allowances. Using this measurement mark the length you would like the dress to finish at and mark this out perpendicular to the first marking.
7. Complete the other two sides using the same measurements to complete a box shape.
8. Measuring along the top measure in 2" on each side and mark this point with a fabric marker. Using a ruler draw a line from the inner markings on the top to the outer corners at the bottom to create the A-line skirt shape.
9. Cut the pattern piece out.
10. Lay the fabric out with right sides together and if directional mark the top.
11. Lay the pattern piece out on the fabric matching the top seams. Cut out the 2 layers of the skirt to the same size as the pattern piece.
12. Unpick 1.5cm of the seam left on the shirt under the arm so that the skirt can be added.

Diagram – Dress 1
Pattern Template Download

JANOME JA1118



Requirements

- 1 x T-shirt
- Coordinating fabric approx. 2m total (Sample size is for a size 3 shirt)
- 2 1/2" x WOF for the ruffles of dress 2.
- Janome Sewing machine
- Janome Overlocker
- Gathering Attachment
- 4 x Overlocking threads
- 3 x Rolled hem overlocking threads
- Thread + bobbins
- Size 12 sharp Janome needles – Sewing machine
- Ballpoint needles - Overlocker
- Scissors
- Thread snips
- Marking Pen / Pencil
- Iron & Iron Board
- Rotary cutter, ruler, mat
- Pattern drafting paper

Instructions continued

13. Pin the top of the skirt piece to the bottom of the skirt on each side separately. Overlock along the straight edges one side at a time to attach the skirt to the top.
14. Join the side seams together and overlocker from the under arm down to the bottom of the dress on both sides.
15. Hem the dress

Dress 2

1. Take the bottom half of the t-shirt and measure the width of the cut edge from side seam to side seam.
2. Cut 2 strips 2'' longer than the above measurement. These will become the background to the ruffles.
3. For the ruffles the strips will need to be 2-3 times longer than the background strip. The fabric and amount of gather will change how much of the 2-3 strips you will use. If you need to attach multiple strips together to get the length do this now using 3 or 4 thread overlocking.
4. Set the overlocker to a rolled hem and thread the overlocker with thread to hem the ruffles. For the example we used gold.
5. Roll hem one long side of the ruffles from one end to the other. Do this for the required number of ruffles. For the sample that was 3.
6. Attach the gathering attachment to the overlocker and thread the overlocker to 4 thread overlocking.
Set the following setting on the overlocker to create the gathers:
 - Place two pieces of fabric right side together. The fabric on the bottom will be gathered and should be the piece that has the rolled hem. For best results, do a trial sewing. Make sure the bottom piece is shortened in half by gathering. (Results will differ depending on the type of fabric and differential feed ratio.)
 - Set the differential feed dial to 1 and sew the two pieces (right sides together.) Rotate the arm out from between the fabric. Then slowly sew 2 or 3 stitches.
 - Turn the balance wheel until the needle pierces the fabric. Raise the presser foot.
 - Set the differential feed dial to 1.5 – 2.25. Insert the arm between the two pieces of fabric, then lower the presser foot and sew again.
 - Sew, guiding the two pieces of fabric with your hands until all the gather is complete.
7. Continue to add the frill to the top of the background pieces.
8. Take one of the background pieces and add a frill to the bottom edge also. This will become the bottom of the dress.
9. Remove the gathering attachment from the overlocker and set the machine back to 4 thread overlocking.
10. Lay the background pieces out so that they can be attached together. You should have a frill and background piece at the top followed by the second frill and background with the frill at the bottom.
11. Overlock the middle seam to create the lower half of the dress.
12. Open 1'' of one side seam of the t-shirt. Pin the top edge of the skirt section to this edge. Overlock around from one side to the other.
13. Once the skirt seam is complete match the side seam and overlock down the skirt including the 1'' of the shirt section. At this point you may need to trim the skirt section using the overlocker.
14. Hem the top edge of the shirt and add the straps using matching fabric or ribbon and tie at the shoulders.

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