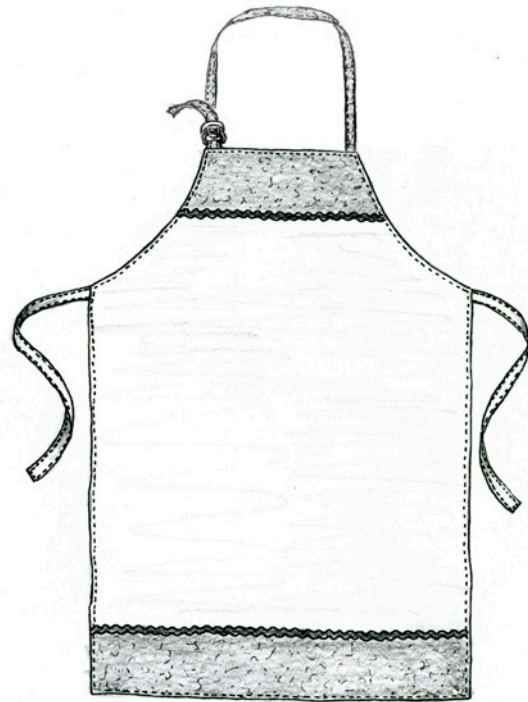




Lined Apron

Introduction

Making this apron will start you on the pathway to garment making! You will use a printed pattern for the main pieces. This apron style has a contrast band along the top and bottom with an optional rickrack trim. You can make the neck strap adjustable with D-ring fasteners, or make one that is stationary to slip over your head. Consult the pattern to select an apron size.



Tools, Supplies & Materials

A few simple sewing tools* and household items is all you need to sew this apron.

Tools & Equipment





- Sewing machine
- Steam iron & ironing board
- Rotary Cutter*, cutting mat* & grid ruler*
- Straight pins
- 4" Sewing scissors*
- Dress shears
- Paper-cutting scissors
- Marking pencil or chalk marker*
- Point turner

Pattern

- [Order a printed pattern](#)*
- or*
- [Download pdf](#) and print at a local blue-printer

Fabric & Notions

- 2 yards light- to medium-weight fabric
- or*
- 1 yard each of 2 complementary fabrics
- 1 1/2 yard wide rickrack trim (optional)
- 2 D-rings
- Thread to match fabrics

-  Right side of fabric
-  Wrong side of fabric
-  Right side of contrast fabric
-  Wrong side of contrast fabric

Use the pattern pieces for View B.

Seam allowances are 3/8" unless otherwise noted.

* See Sewing Suppliers List at end of document.

Instructions

For this apron, gather the pattern pieces for View B, with a Contrast Band at the apron top and bottom. If you want the neck strap to be adjustable, set aside the piece for it and for the D-ring loop.

Cutting Out

Pattern Pieces

- Cut out the pattern pieces with a pair of paper-cutting scissors. Do not cut the pattern with fabric scissors – the paper will dull them.

Main Apron Piece & Lining

- Fold the main apron fabric wrong sides together with the selvages even. Smooth it flat, with no twists in the fold.
- Place the View B Apron Front pattern piece on the fold as indicated. It is important that the edge of the pattern piece is exactly against the fold. Pin the pattern on flat, using as many pins as you need, placing them perpendicular to the edge. If you use directional fabric, orient the pattern so that the design is top-side up.

Note: If this is your first time to cut out using a pattern, you may find it more difficult than it looks. If you want practice, cut some scraps until you can get a nice, even, smooth cut.

- Cut out the apron front. Follow the edge of the pattern very closely. Remove the pattern.
- Fold the lining fabric, selvaige edges together. Carefully pin the View B Apron Back pattern piece on the folded fabric. Pin and cut it out.

Contrasting Bands

- For the contrasting bottom band, use the lining fabric. Cut a 5 1/4" x 26" rectangle. with a rotary system, (You can cut it on the fold.)

Alternative: Use the View B Bottom Contrast

Band pattern piece. Cut 1.

- Pin the View B Contrast Top Band pattern piece to a single layer of the lining fabric. Make sure that the grainline on the pattern is parallel to the **grain** of the fabric. Cut 1 piece.

Side Ties

Next you will cut out the ties. It looks nice to have the neck strap match the contrasting band at the top, and the side ties match the main part of the apron.

- Using the rotary cutting system, cut 2 strips 3 1/4" x 26" for the side ties.

Alternative: Use the Side Tie pattern piece. Cut 2.

Neck Strap

- For an adjustable neck strap, use a rotary cutter to cut a 3 1/4" x 28" rectangle. Then cut out a 3 1/4" square for a D-ring loop.

Alternative: Use the Adjustable Neck Strap and D-Ring Loop pattern pieces. Cut 1 each.

- If you want the neck strap to be stationary, cut a 3 1/4" x 22" rectangle the rotary cutter.

Alternative: Use the View B Solid Neck Strap pattern piece. Cut 1.

You should now have:

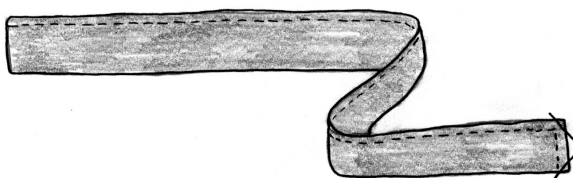
- 1 apron back
- 1 apron front
- 1 top contrast band
- 1 bottom contrast band
- 2 side ties
- 1 neck strap
- 1 D-ring loop piece (optional)

Sew the Ties

- Fold both side ties in half lengthwise, right

sides together with the edges even. Pin.

- Repeat with the neck strap and then the D-ring loop.
- On the side ties, neck strap and D-ring loop, sew the pinned edge and *one* end using a $\frac{3}{8}$ " seam allowance. Pivot at the corners and backstitch the ends. To save time, you can [chain sew](#) them. Trim the stitched corners.
- Turn each tie right side out. You may need to use a pin to turn the corners completely



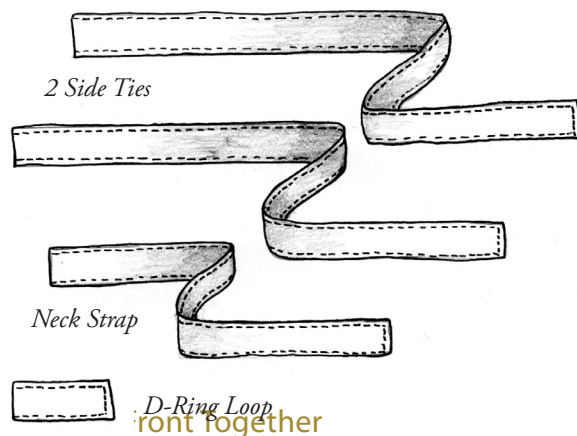
square. (Be careful not to pull out any fabric threads with the pin.)

Note: A metal point turner tool is very handy for turning tubes of fabric such as these ties. Slide the tie onto the blunt end. Then clamp the tool and work the tie back onto the pointed end. Use the point to poke out both corners. Then finish turning the tie right side out.

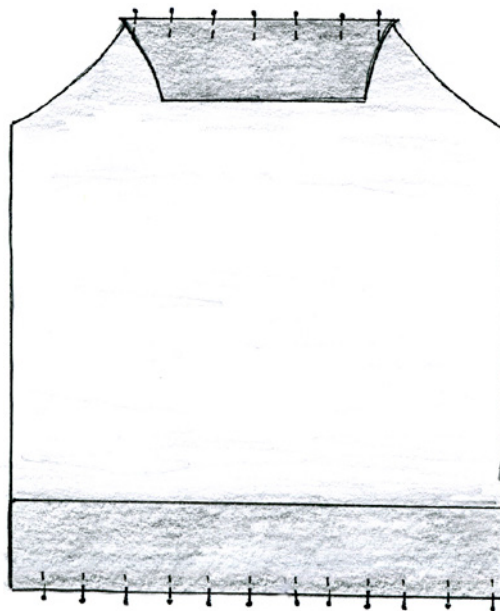
- Roll the seams toward the edge, avoiding tucks in the seams. Press the seams flat. They should look the same on both sides with each seam *not* showing on the other side.
- Topstitch along the 3 finished edges of each piece. It is not necessary for the construction of the apron to topstitch the ties, but it creates a nice finish to the edges and gives you straight stitching practice.

Tip: It will be easier to keep your stitches straight if you use the topstitching foot.

If necessary, change the topstitching thread color to match the fabrics before you sew.



- Place the bottom contrast band on the lower edge of the main apron, right sides together. Make sure the raw edges are even. Pin in place.
- Lay the top contrast band on the neck edge of the apron front, right sides together. Make sure the top contrast piece is centered. It looks like it won't line up, but when you sew the seam together it will align perfectly. Pin.
- Replace the topstitching foot with your



regular presser foot. Sew the contrasting neck strap in place using a $\frac{3}{8}$ " seam allowance. Then sew on the bottom contrast band.

- Press the seams open.
- If you are going to add rickrack trim, press it.

Tip: It is always good to steam iron trim before you sew it on, in case of shrinkage. The heat from the iron and the steam will shrink it for you. Press it in a straight line.

- Center the pressed rickrack over the 2 seams on the right side of the apron and pin it in place. Trim off the excess trim on both edges.

Tip: If necessary, change your thread color to match the rickrack.

- Stitch down the center of the rickrack. As a guide, keep your eyes on the edge of the rickrack *outside* the presser foot.

Assemble the Apron



- Lay the apron front and lining right sides together with edges even. Press them both together.

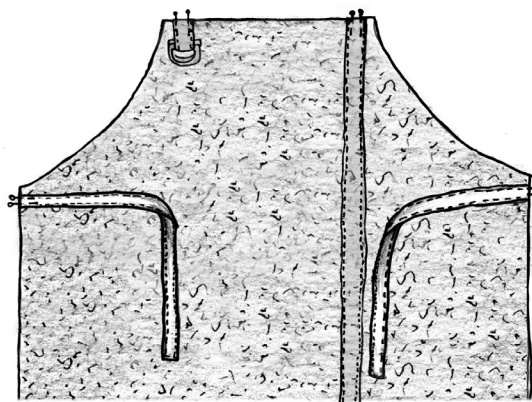
Tip: It is very important that the front and the back of the apron lie perfectly flat together. Trim off any extra fabric along the edges. If the front and the back are not identical, the finished apron will not lay flat.

- Carefully fold the front edge back over the apron to add the side ties. Place the unfinished edge of each tie $\frac{3}{8}$ " down from the curved edge. Pin with double pins to prevent sliding. Neatly fold the tails of the ties inward to make them as flat as possible.

• *For an adjustable neck strap*

Slide the 2 D-rings on the loop. Fold the loop in half. On the right side of the apron lining, place the loop $\frac{3}{8}$ " away from curved edge and pin with 2 pins.

Pin the unfinished edge of the neck strap on the other edge of the lining as shown, $\frac{3}{8}$ " away from curved edge. Neatly fold it flat.



• *For a solid neck strap*

Place the unfinished edge of the neck strap $\frac{3}{8}$ " over from the curved edge on the top of the apron. Place the other end $\frac{3}{8}$ " over from the other curved edge. Make sure the strap is not twisted! Pin, using 2 pins.



- Place the front of the apron up over the straps, right sides together with the lining. Pin in place all the way around the apron, pinning every 5" to 6". Leave a 5" opening in one side. Mark it with a marker or double pin as a reminder not to sew it shut.

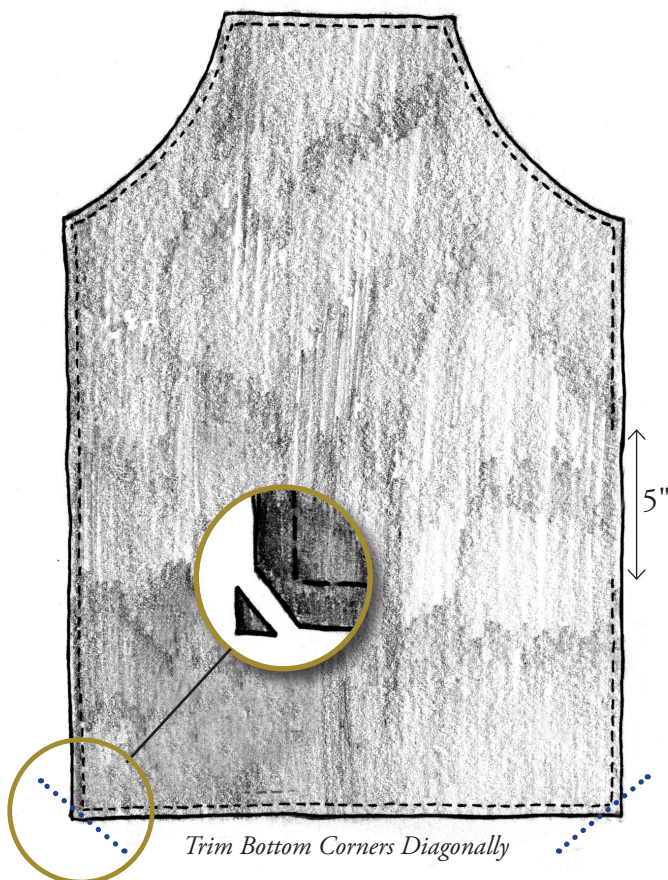
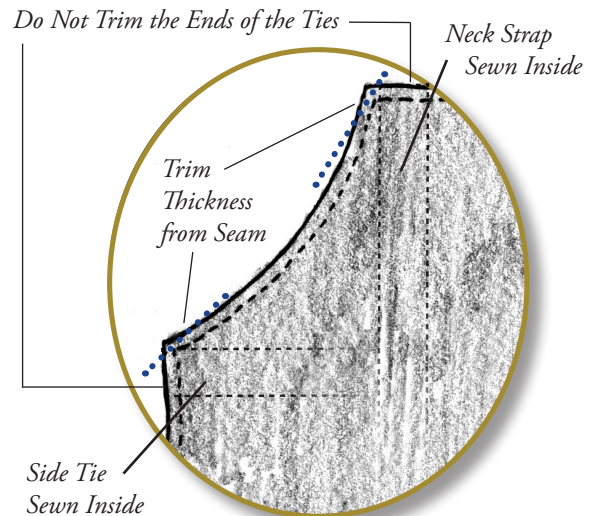
Check the thread color in your machine. If you changed it to match the rickrack, you may need to change it again to match your apron fabric.

- Starting at the lower edge of the opening, sew the apron front and the lining together all the way around, using a $\frac{3}{8}$ " seam allowance. Pivot at the corners. Sew over the ties carefully, watching that they don't slip and go crooked.

Tip: When approaching the ties, be careful not to catch the side of the strap in the seam. Locate the ties with your finger and push them out of reach of the presser foot.

- The D-ring corner can be difficult to sew because of the extra thickness and bulk of the rings. Reach inside and pull the rings out of the way of the presser foot. Pivot the corner. Readjust rings again if necessary. Make sure all the fabric is straight, then continue sewing. Backstitch at the opening.

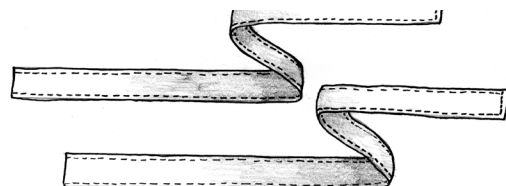
- Trim the bottom 2 corners diagonally.
- On the top, *do not trim the ties* at all. Instead, trim some of the bulkiness away from the seams only on the curved edges adjacent to the ties. If you trim the tie, it will pull out of the corner.



- Turn the apron right side out. Poke out the corners. Finger press the seams open, roll them to the edge and press. Make sure the lining is not rolled around to the front.

Note: Ironing is just as important a skill as sewing! Always take the time to roll your seams and iron them well.

- Iron the opening closed flat.



Topstitch the Apron

To help you sew straight, change your presser foot to a topstitch foot, remembering to adjust the needle position.

Decide what color of thread to use to topstitch.

- *Same thread all around* – If you use a single color of thread, choose one that goes well with both fabrics. Colors that go with one may not go well with the other.
- *2 different colors* – If you use 2 different threads, you will need to stop and change threads each time you get to a contrast seam.

Note: Do not begin your topstitching anywhere on the upper edge of the apron – it will show. Start in a less conspicuous place, like the side.

- Topstitch all the way around the edge of the apron. Pivot at the corners. The opening will be sewn up as you stitch. Sew carefully over the rickrack trim to keep it in place.

Your apron is now complete!

- To thread the ties through the D-rings, place the tail of the neck strap through both rings from the front, then bring it back around and loop it through the top ring. Pull the tail to shorten the strap to a comfortable length.

Our apron pattern contains 3 different styles and 5 sizes. With creativity and assorted fabrics and trim, you can make an endless variety of aprons.

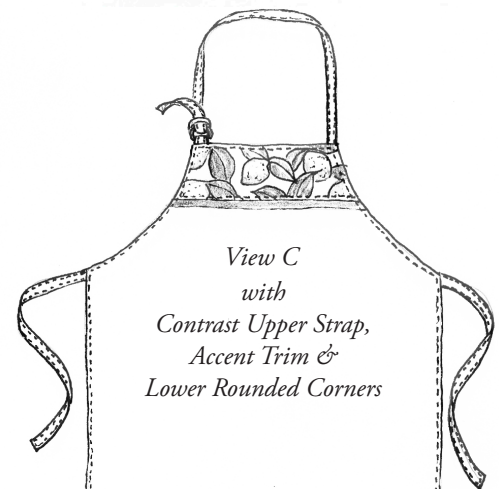
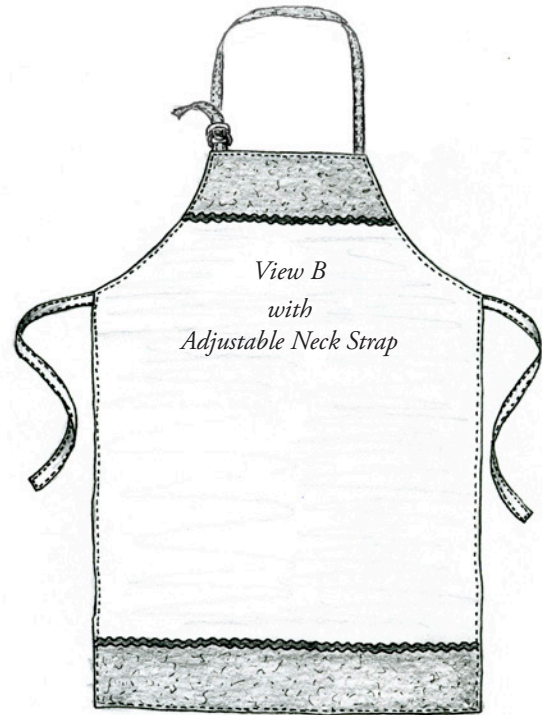
This is the end of our *Beginning Machine Sewing Course*. Check our website from time to time and watch our email newsletters for future sewing videos to come!

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Questions about Sewing?

Submit any questions for Crissa in the Q&A section on the course homepage or post it to our blog at www.sustainlife.org/blog/category/sewing/

Sewing Suppliers

Simply Fabrics

6408 Gholson Road
Waco, Texas 76705
254.829.7119
info@simplyfabrics.com

The Lined Apron Pattern containing 3 different styles and 5 sizes can be ordered from Simply Fabrics.

Additional Videos

Beginning Sewing

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