

## ***Do It Yourself*** by Jan Leśniak for JUKI

Subject: a shawl and a skirt for mom and daughter

Level of difficulty: ★ ★ ★ (easy)

Machine: JUKI HZL-12Z, which is a simple and compact model, ideal for those, who begin their adventure with sewing. We encourage moms and their daughters to sew together the set for them.



### **Before you set about to sewing, please prepare:**

- materials – in case of a shawl, it is recommended to use a fabric in two colors, it can also be combined with a soft and delicate fabric; in case of a skirt, it is suggested to use a light and thin fabric – the lengths are determined in the next section of the tutorial
- 1 meter rubber 5cm wide and 1 meter rubber 2.5cm wide; a rubber must not be too soft (so as not to roll in within a strap)
- a ruler, threads, tailor scissors, pins and tailor's chalk (French chalk).

### **Measures and a form:**

In order to make a shawl, we need two rectangles 30cm-high and 150-190cm-wide (depending on how many times you want to wrap it around your neck). In case of a shawl for your daughter, 24cm-high and 100-140cm-wide rectangles are enough.

You should determine the length of skirts:

- for an adult, you should prepare two rectangles of a fabric of preferably approximately 150cm width, their height is calculated as follows:  $2 \times \text{desired length of a skirt} + 4\text{cm}$  for a tuck (a turn-up)
- for a kid, one rectangle of a fabric of preferably approximately 150cm width is enough, its height is  $2 \times \text{desired length of a skirt} + 4\text{cm}$  for a tuck (a turn-up).

### Sewing a shawl:

Fasten and sew up the longer sides of rectangles so that the right side of the material was inside. Sew about 1cm from the edge of the fabric. Doing this way, you will get a long chimney.



Leave the chimney on the left side. Insert your hand into the chimney, grasp it at the mouth on the opposite side and pull inward folding it in two to the inside, so that the unhemmed edges of the fabric are on one side – on the opposite side there should be a folded material.



Fasten together unhemmed edges at the mouth of the chimney. Sew them up leaving about 8-12cm free – the unsewn section will provide an opening through which you will turn up the chimney on the right side – leave it on the material you want to have inside the chimney – having it sewn up when your work is almost done, a seam will remain visible.



Now, carefully turn up the chimney through this opening on the right side (on the outside) – in the picture below, a blue shawl is already turned up while the pink one is still inside out which is on the left side. After turning it up, press the edges of a fabric by the opening with an iron – press them to the center for 1cm. Fold them together and sew as close to the edge as possible – the seam will remain visible.



Shawls are done!



**Sewing a skirt:**

First, let's sew a skirt for an adult.

Sew up two rectangles on the shorter sides (those which are twice as long as the length of a skirt) to form a wide chimney. Leave an unsewn section 3cm-long on one of the edge of a fabric. You will insert an elastic tape through this opening. The opening should be located 1cm below the middle of the side so that when the fabric is folded, it was just inside the skirt.

A skirt for a kid is made of one piece of a fabric. Fold it in half and sew up the shorter edges leaving an opening 2cm-long. The remaining steps are the same in both cases.



Press the edges on the top and bottom of the chimney with an iron – twofold within the width of 1cm. Sew close to the edge of the pressed section (see: photo).



When the edges are finished, fold the chimney in half so that the allowances for seams are inside and the hemmed edges are connected with each other. Pin the upper edge (where the fabric is folded) at a distance of about 7cm from the edge. Using a tailor's chalk draw a sewing line at a distance of 5.5cm from the top edge – sewing up two layers of a fabric, you will create a tunnel for an elastic tape. The passage should be about 0.5cm wider than the elastic tape which will prevent the shirring elastic tape from bending.



After drawing a line, sew the tunnel around. Cut a piece of an elastic tape of a length slightly smaller than the circumference of your body which is slightly smaller than your waist measurement. Using safety pin, insert an elastic tape into the tunnel.



A lot of fabric and a short elastic tape will result in an intensely gathered skirt. Sew elastic tape's ends up and slide the belt. Distribute the gather evenly, dynamically stretching the belt several times. Done!



Daughters often like to dress up like their moms, therefore we suggest to make sets of similar fabrics. However, in order to avoid boredom, you can mix colors. Shawls and skirts are done!



**Sewing instructions prepared by:**

Janek Leśniak – fashion designer who, together with JUKI, conducts dressmaking courses in Warsaw. He infects others with a passion for making your own clothes on his blog: [janlesniak.wordpress.com](http://janlesniak.wordpress.com), where he reveals the arcana of his trade. Combining craftsmanship and design, he builds an awareness of the quality and the fashion industry among people non-related with the business. He has acquired fifteen years' experience working with such brands as Reserved, House and Big Star. He has independently created original collections and conducted lectures on fashion business at the Cracow School of Art and Fashion Design. He has rejected massive fashion in favour of passion and work under his own name. His official website is: [janlesniak.pl](http://janlesniak.pl)

**PRACOWNIA**  
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