

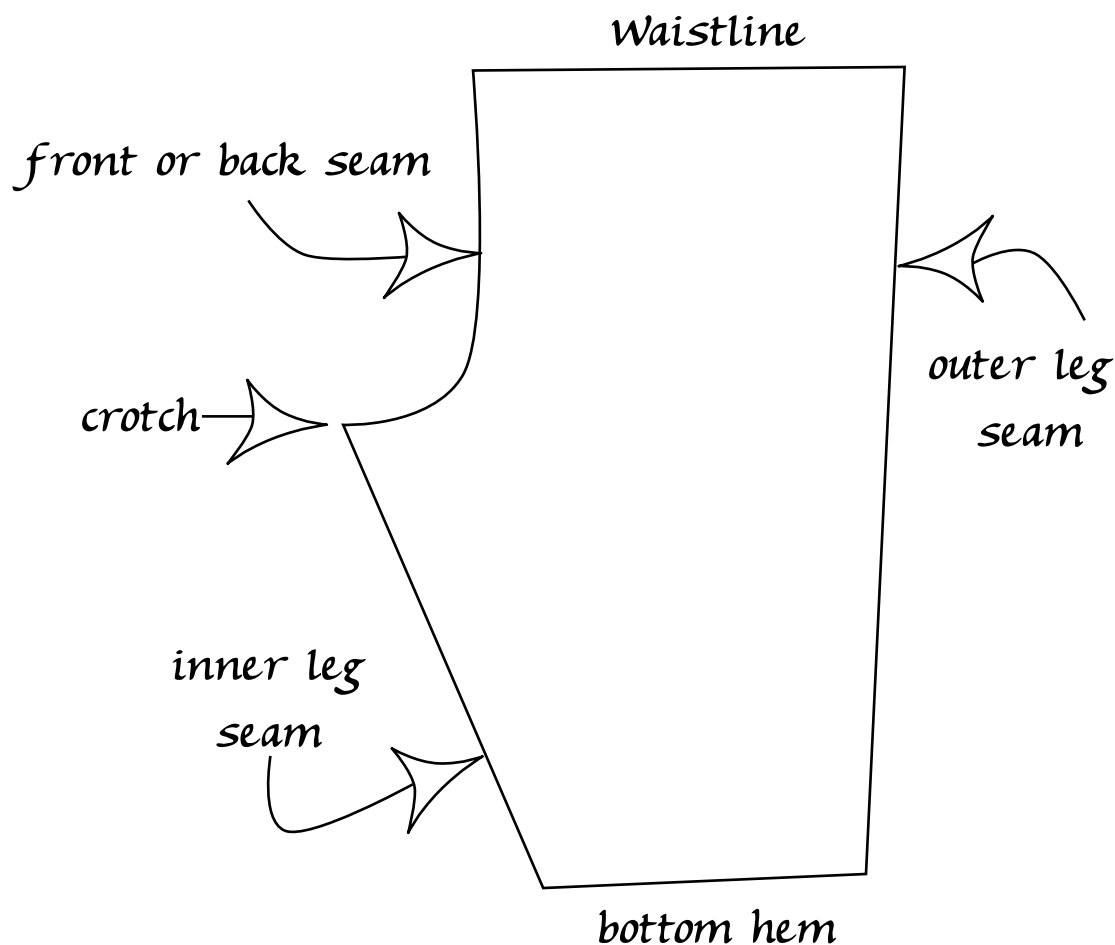
Making Coulottes from a Regular Shorts Pattern

You Will Need:

- a pattern for shorts or trousers in your size.
- Freezer Paper (or other sturdy paper on a roll)
- Pins
- Scissors
- Your Fabric, Thread, and Notions
- Sewing Machine

Basic "Shorts" or "Trousers" Pattern

The front and back pieces of most patterns for shorts or trousers will look pretty much the same. The back seam on the back piece will extend lower so that the crotch area is lower. We can use these pattern pieces to make coulottes.

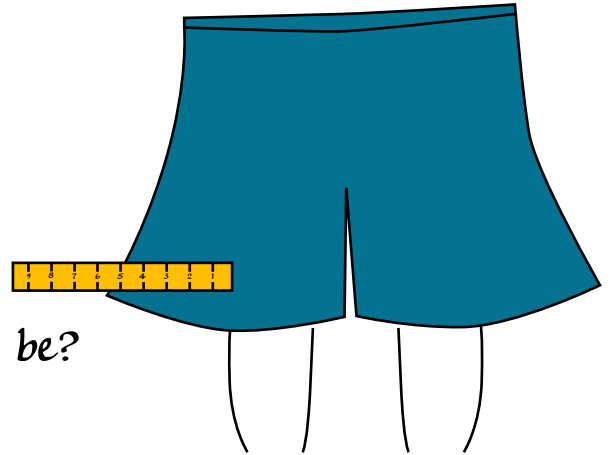


I recommend you make the pattern "as written" first, or take measurements to match against the finished measurements of the shorts to see how much you'll need to alter them, and to make sure the correct size will fit.

Other Measurements You'll Need

You will also need to know:
How wide do you need the leg?
(camp requires our coulottes
to be 4" out from the leg).

How long do you need the coulottes to be?

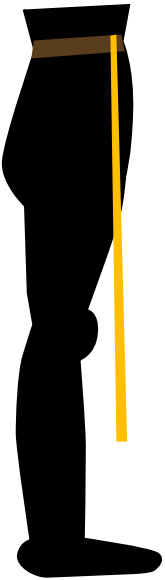


To measure length, begin by putting a belt (or string) around the waist then hold your tape measure on this waist line, to lengthen your coulottes to the exact height. (this is a two person job :-))

You may want to measure both standing and sitting to make sure it will hit right when sitting.

Remember to add on additional inches for hems and the elastic casing at the waistline.

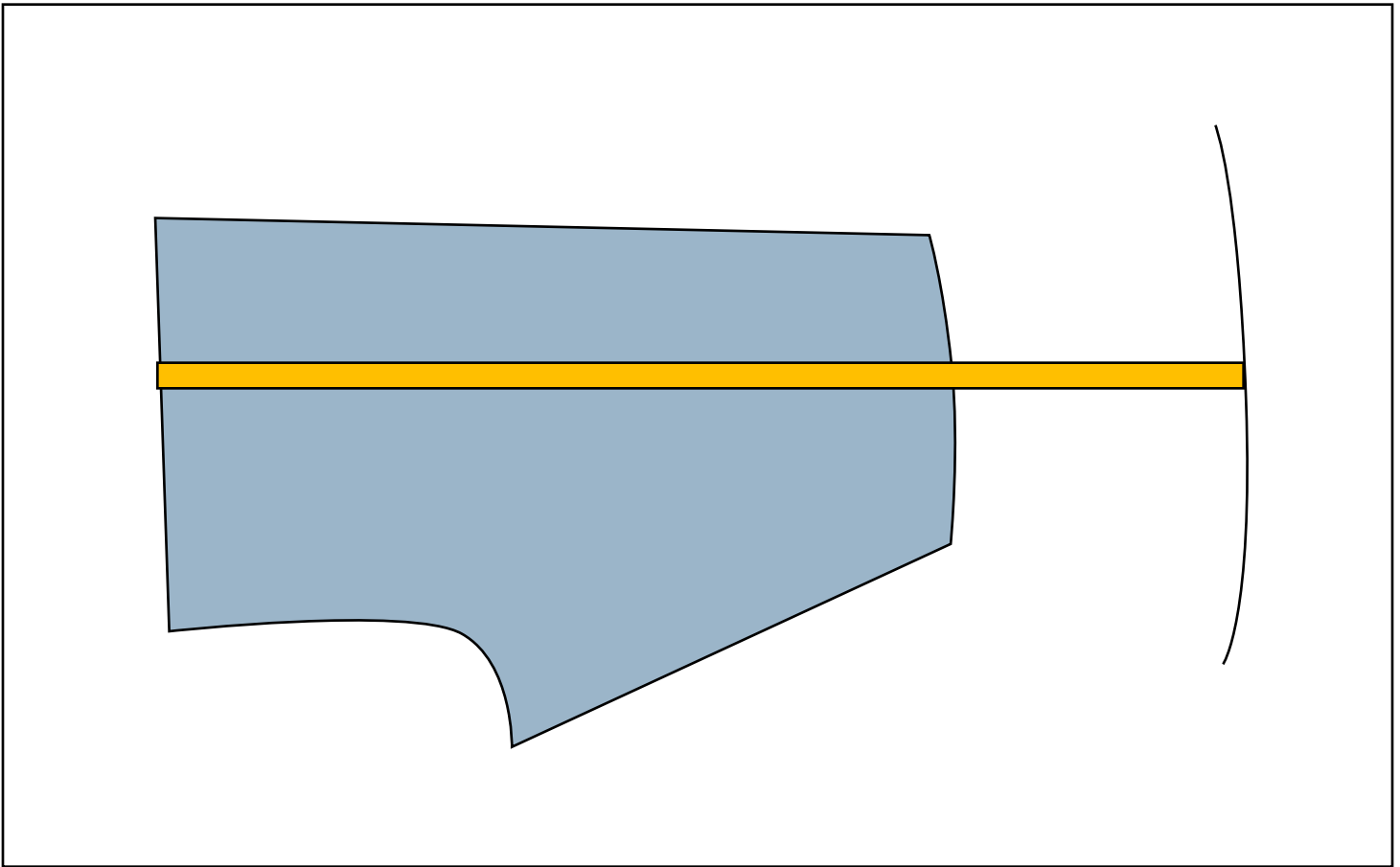
For a fast-growing child, you can leave additional room at the bottom, rolled into a hem that can be let out as needed.



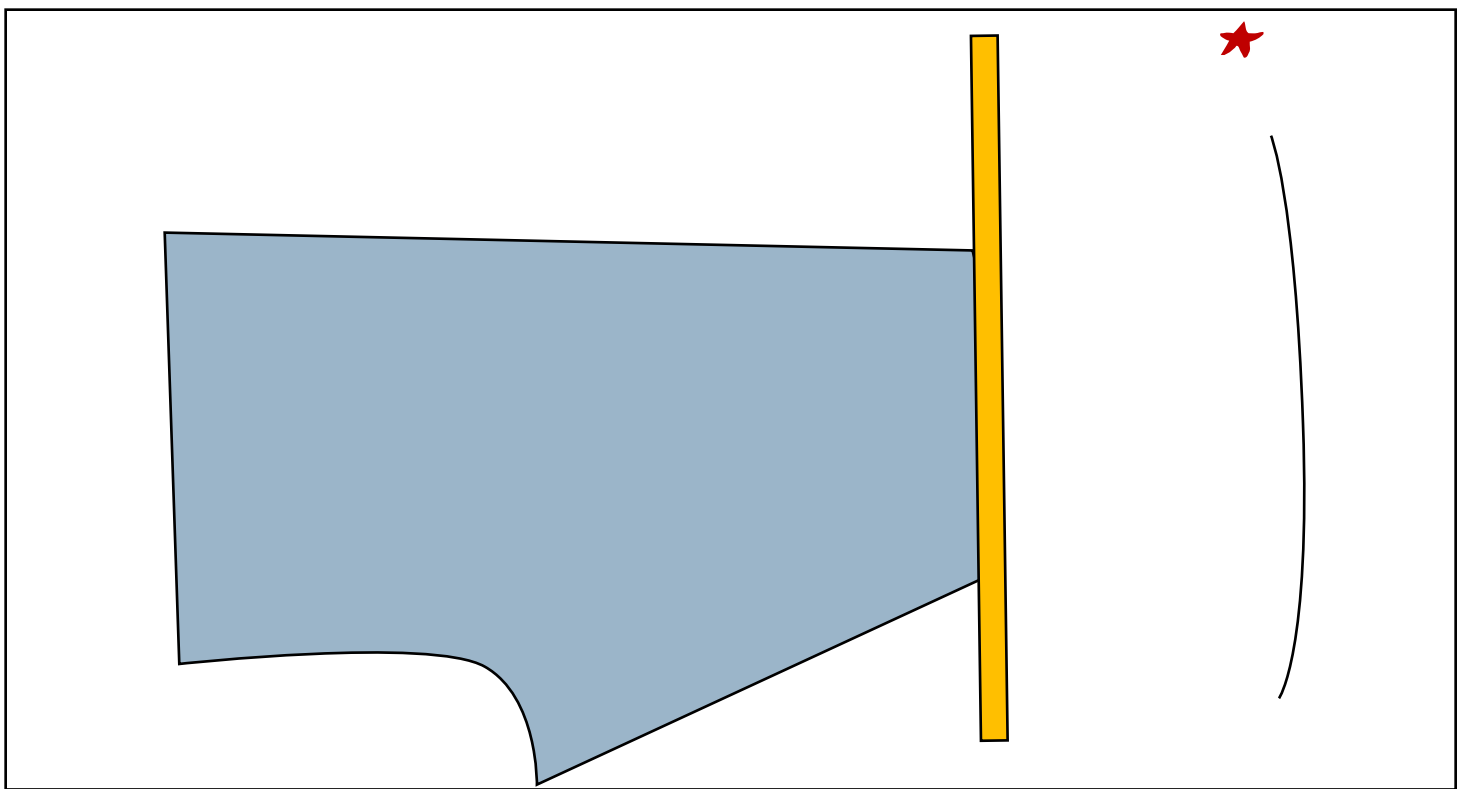
Making a "Revised" Pattern

Pin your pattern to the freezer paper leaving room on both sides.

Starting at the top, measure down for the proper length. Include at least 1" for your elastic waist and at least 5/8" for your hem. Mark this on the freezer paper, parallel to the bottom line.

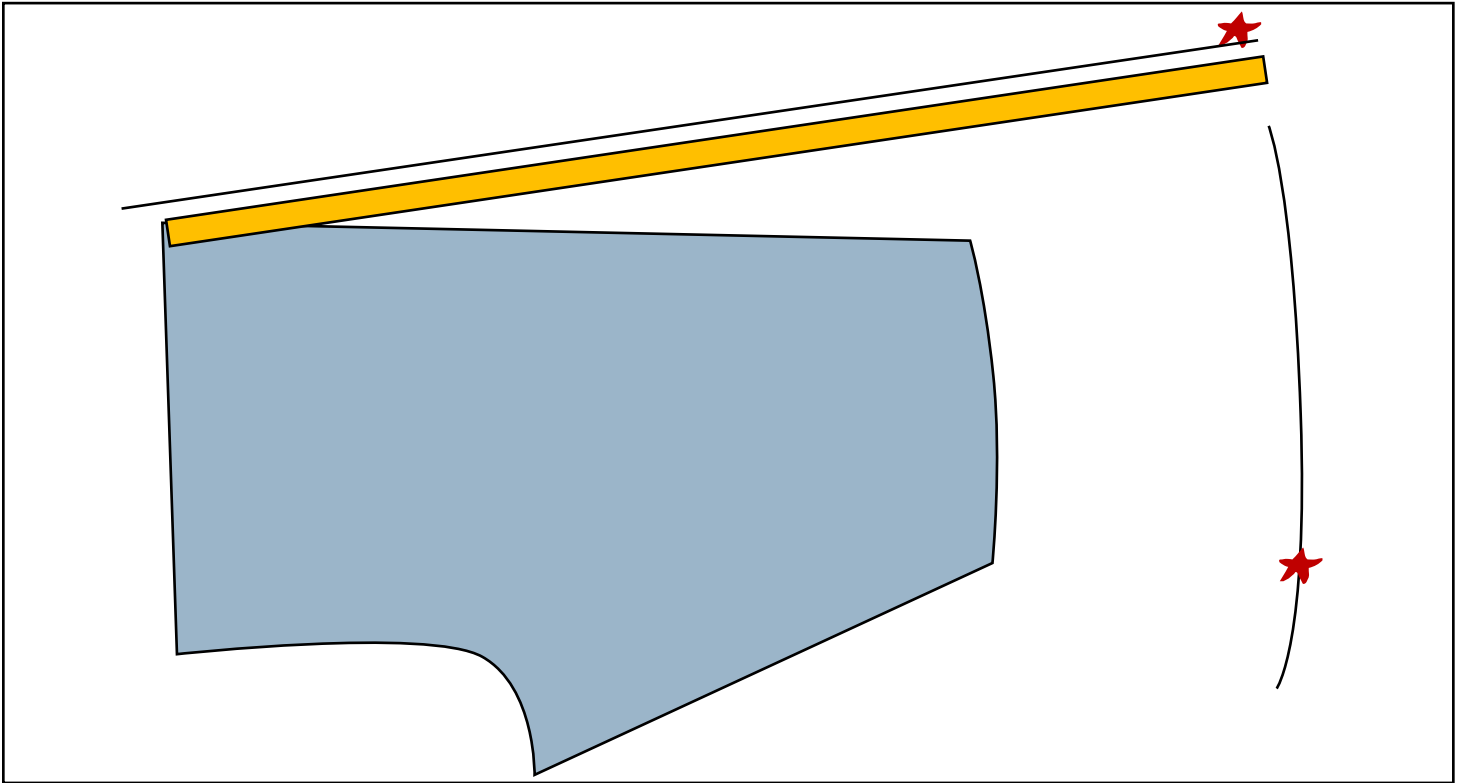


Next, measure out how much wider the leg needs to be, and mark that from the outside seam at the bottom line you just drew.

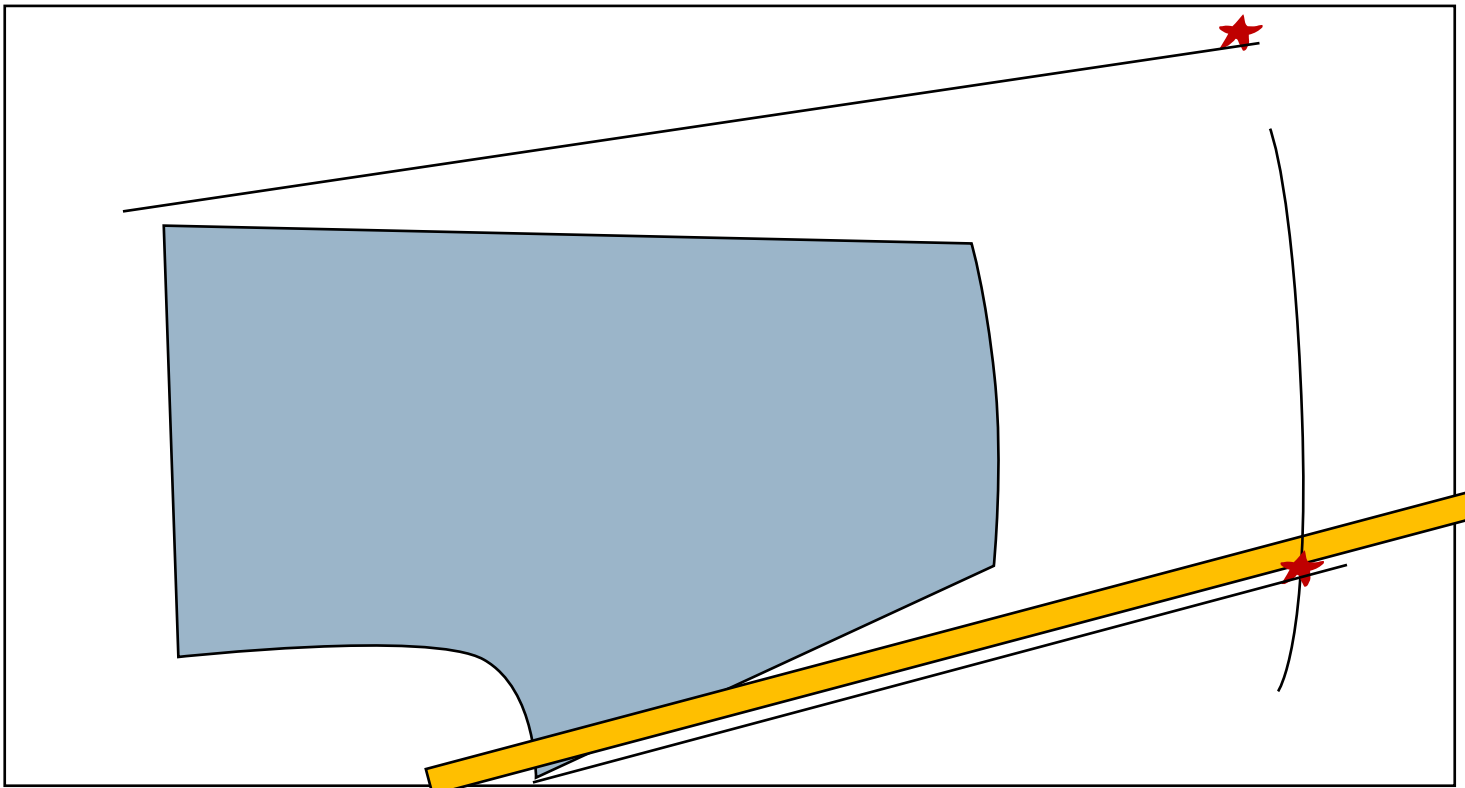


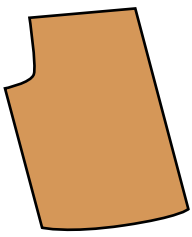
Draw a line to connect the top of the outer edge to the bottom mark you drew. (use a ruler)

Draw a mark directly under the inner leg seam. too.



Draw a line connecting the crotch to the end of the outer leg seam at the new hem.





Cut it out. Now this is your new pattern piece.

Repeat this process for the pieces labeled both "front" and "back."

IMPORTANT!!! Be sure to write on your pattern piece the name of the pattern, the number and what piece this is, and how many need to be cut out.

Also write the size.

Follow the instructions for your pattern, or sew it this way:

1. Sew the outer seam of 1 of your front pieces to the outer seam of 1 of your back pieces.

Now sew the Inner Seam of the same two pieces together.

Repeat this for the other pair of fronts and backs.

Always sew top to bottom! (it lays better)

2. Turn one of your legs right side out. Put it inside of the inside out leg, and match up the curvy front/back seam exactly,

with backs pinned to the back piece, and fronts pinned to the front piece.

The "Crotch" should be where all four pieces meet up exactly.

3. Carefully sew this curved seam

4. Mark (with a sharpie or a stitch) which side is the front and which is the back

5. Roll down and press 1" from the top. This will be your elastic casing for the waist.

6. Pin and sew this casing, leaving a 1" opening at the back.

7. Cut your elastic to fit the child or lady you are sewing it for. Make it a little snug.

8. Feed the elastic into the casing with a safety pin. Make sure it hasn't "rolled" before you sew it. :-). Sew the ends very sturdy. You don't want your elastic coming undone!

9. Try it on the person you've sewn it for. Check for comfort and fit. Hem the coulottes either on a machine or by hand.