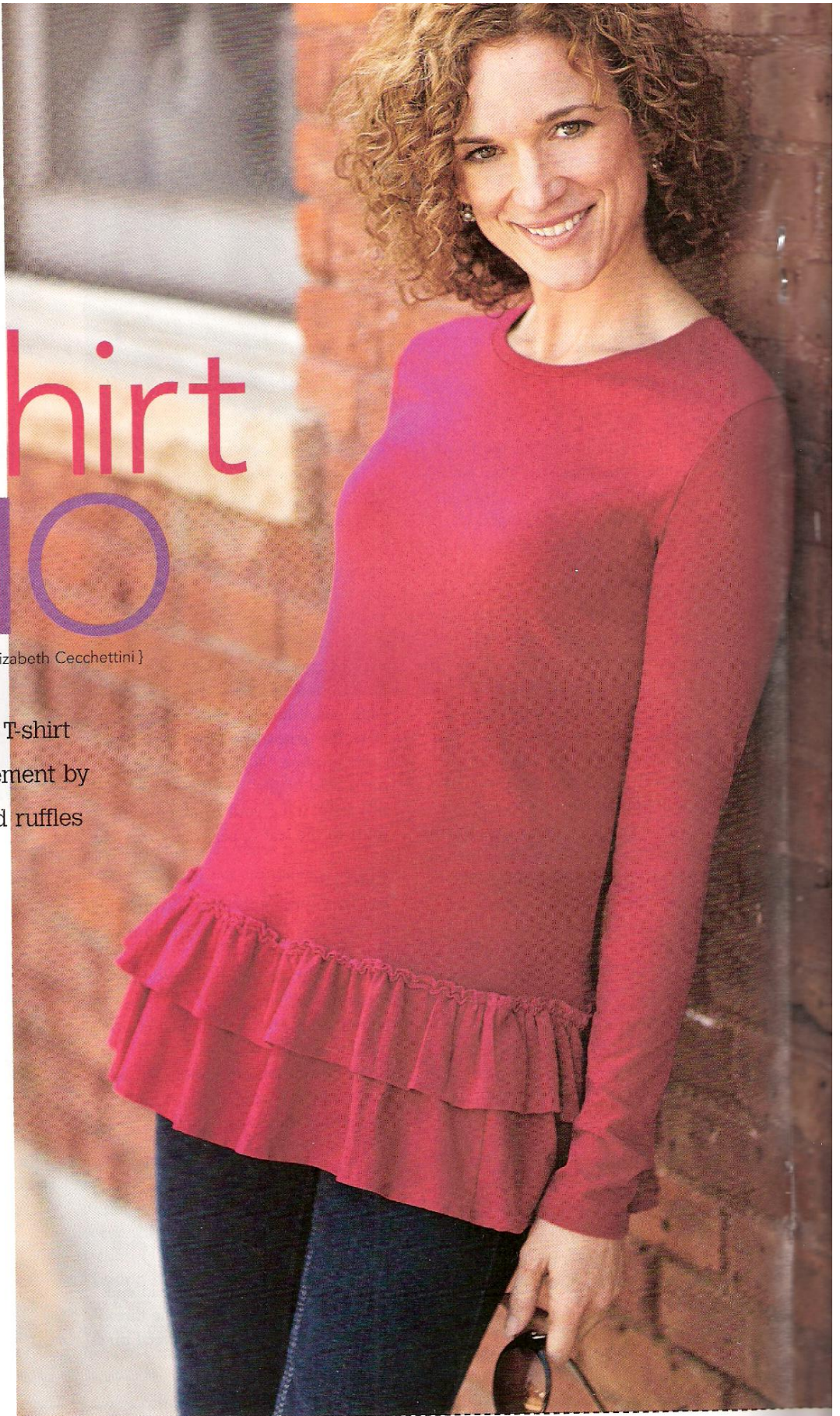


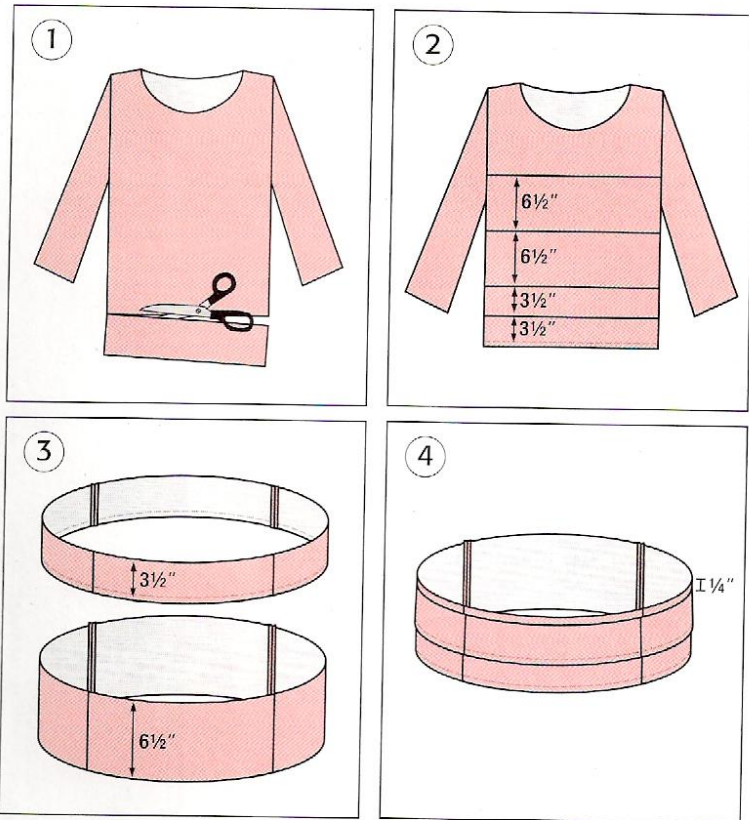
T-Shirt TRIO

{ by Elizabeth Cecchetti }

Transform a plain T-shirt into a stylish statement by incorporating bold ruffles or defining tucks.



TIP: Experiment with contrasting T-shirts or knits to create the ruffles.



Bottom Ruffle

Supplies

- Long-sleeve T-shirt (fitted)
- Long-sleeve T-shirt (2 sizes larger)
- Lightweight tear-away stabilizer
- All-purpose thread
- Removable fabric marker

Note: Use $\frac{1}{2}$ " seam allowances unless otherwise noted.

Prepare

Try on the fitted T-shirt and mark at the hip bones, about 6" below the natural waist. Remove the T-shirt and position it front side up on a flat work surface. Draw a straight line connecting the hip bone marks, and then cut along the line (1).

Measure the T-shirt raw edge circumference. Double the measurement to obtain the total length needed for each ruffle; record.

Position the larger T-shirt front side up on a flat work surface. Using a removable fabric marker, draw a horizontal line $3\frac{1}{2}$ " from the T-shirt lower edge. Mark a second line $3\frac{1}{2}$ " from the first, a third line $6\frac{1}{2}$ " from the second and a fourth line $6\frac{1}{2}$ " from the third (2).

Cut along the marked lines for the ruffles. Cut open one side seam to create the ruffle strip.

Construct

With right sides together, stitch one large ruffle short edge to the second

large ruffle short edge. Repeat to connect the small ruffles.

Position each ruffle strip right side up on a flat work surface. Measure the small ruffle strip upper edge.

This measurement should equal the recorded measurement. If the ruffle is longer, cut to the correct size. If the ruffle is shorter, add additional T-shirt fabric to equal the correct measurement.

With right sides together, stitch together the remaining large ruffle short edges to create a continuous strip. Repeat to stitch the small ruffle strip (3).

Serge- or zigzag-finish each ruffle upper edge.

Stitch a $\frac{1}{2}$ " hem along each ruffle lower edge, using a narrow serger coverstitch or a double needle on a sewing machine. The lower 3H" strip already has the manufacturer's hem, so finishing is unnecessary.

With right sides facing up, position the small ruffle upper edge $\frac{1}{4}$ " from the large ruffle upper edge; pin (4). Stitch $\frac{3}{8}$ " from the large ruffle upper edge, using a long basting stitch and leaving a 4"-long tail at each end.

Fold the ruffle in half lengthwise and mark the center front, center back and each side seam. Fold the T-shirt in half lengthwise and mark the lower-edge center front, center back and side seams. Pin the ruffle wrong side to the T-shirt right side, aligning the marks.

Gently pull the thread tails to gather the ruffle edge, working from both ends toward the center until the ruffle fullness fits the T-shirt lower edge; pin.

Topstitch the ruffles to the T-shirt using a narrow zigzag stitch. Remove the gathering stitches; press.

Neck Ruffle

Supplies

- Long-sleeve T-shirt
- $\frac{1}{4}$ yard of sheer fabric, such as batiste, chiffon or voile
- $1\frac{1}{4}$ "-wide strip of T-shirt knit fabric (length determined by neckline measurement)
- Thread: all-purpose & clear monofilament
- Removable fabric marker
- Serger

Note: Use $\frac{1}{2}$ " seam allowances unless otherwise noted.

Allow the manufacturer's neckline to remain intact to prevent the neckline from stretching during construction.

Prepare

Position the T-shirt front side up on a flat work surface and measure the neckline; record. Double the measurement to obtain the total length needed for the ruffle.

From the sheer fabric, cut a $3\frac{3}{4}$ " x the fabric width strip. If needed, piece strips together to obtain the recorded measurement. With right sides together, stitch the strip short edges.

Set the serger to a narrow 3-thread overlock and thread with monofilament thread. Serge the ruffle strip lower edge. The monofilament thread will give the ruffle stiffness. Layer lightweight tear-away stabilizer under the fabric to help feed it through the serger smoothly.

Construct

With right sides together, stitch the ruffle short ends, creating one continuous ruffle.

Baste $\frac{1}{8}$ " and then $\frac{1}{4}$ " from the ruffle upper edge, leaving a 4"-long thread tail at each end.

Fold the ruffle in half lengthwise at the seam and mark the center front,

center back and side seam. Fold the T-shirt in half lengthwise and mark the neckline center front and center back.

With right sides facing up, position the ruffle on the T-shirt neckline, matching the marks; pin. If the T-shirt has ribbing at the neckline, position the ruffle outside of the ribbing so it won't be included in the seam (5).

Gently pull the thread tails to gather the ruffle, working from both ends toward the center until the ruffle fullness fits the T-shirt neckline; pin, and then stitch.

Trim away the manufacturer's finished neckline, leaving a $\frac{1}{4}$ " seam allowance.

Finish

To finish the neckline, cut the knit strip to match the neckline length, piecing the strip as needed to create the neckline binding.

With right sides together, position one binding long edge along the ruffle

upper edge and T-shirt neckline; pin, and then stitch.

Fold the binding to the neckline wrong side; pin through only the knit layers.

Stitch the binding $\frac{3}{8}$ " from the neckline, moving the ruffle away from the stitching. Trim the binding close to the stitching.

Cut off the sleeve cuffs. Fold the raw edges to a $\frac{3}{4}$ sleeve length, and then stitch a $\frac{1}{2}$ " hem using a narrow coverstitch on a serger or a double needle on a sewing machine.





Tucks

Supplies

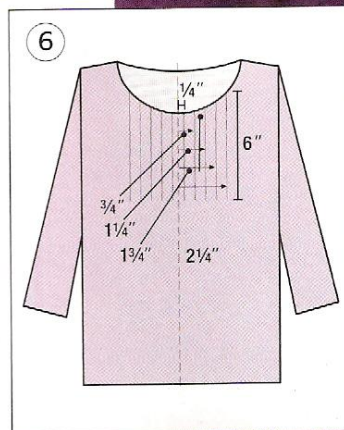
- Long-sleeve T-shirt (2 sizes larger or at least 5" additional fullness through bustline)
- 1¼"-wide strip of T-shirt knit fabric (length determined by neckline measurement)
- Matching all-purpose thread
- Removable fabric marker

Note: Use ½" seam allowances unless otherwise noted.

Prepare

Fold the T-shirt in half lengthwise and mark the center front. Measure ¼", ¾", 1¼", 1¾" and 2¼" from the center line and draw a 6"-long line at each increment. Repeat to mark the opposite side (6).

Fold the T-shirt in half lengthwise and mark the center back. Measure ¼", ¾" and 1¼" from the center line and draw a 6"-long line at each increment. Repeat to mark the opposite side.



Construct

Fold the T-shirt in half lengthwise with wrong sides together, matching the first two tuck lines; pin. Stitch along the marked line, securing the stitches at each end. Repeat to stitch the remaining four tucks on the front and three tucks on the back. Press the tucks to the right side.

Baste along the T-shirt neckline. Trim away the manufacturer's finished neckline, leaving a ¼" seam allowance.

Finish

From the T-shirt fabric, cut the knit strip to match the neckline length,

piecing the strip as needed to create the neckline binding. Bind the neckline as for the Neck Ruffle shirt.

If the T-shirt sleeves are too long, fold the sleeve hem to the wrong side to form a cuff or cut off the desired amount. Hem ½" using a narrow coverstitch on a serger or a double needle on a sewing machine.

If the T-shirt hem is too long, cut off the desired amount, and then hem the bottom using a narrow coverstitch or a double needle. ∞

T-SHIRT TIPS

- Use either a sewing machine or serger to stitch T-shirt knits.
- To prevent the stitches from breaking, use a medium stitch length and slightly stretch the fabric when feeding it through.
- When stitching knits on a serger, no additional stretch needs to be built into the stitches. If there are problems feeding the knit fabric through the machine, layer lightweight tear-away stabilizer between the fabric and feed dogs. Stabilizer improves the fabric feed and helps produce even stitches.
- Use ballpoint needles, sizes 75/11 or 80/12, for either a sewing machine or serger.
- Save scraps of T-shirt knit for facings and bindings to make more T-shirts.