



18 INCH AND AMERICAN GIRL BIKINI PANTS

Make Your Outfit Instructions

1. Preview of Completed Outfit

Play this video and check out this great outfit that YOU will make!

2. Tools and Resources Required

- 1) Paper pattern (printed from PDF file downloaded to your computer)
- 2) Fabric – 8” (20cm) Lycra or spandex (two way stretch fabric) This is sufficient to make both the top and pants
- 3) Matching thread
- 4) 10 inches (25cm) of 1/8 inch (3mm) elastic
- 5) 7 inches (18cm) of ¼ inch (6mm) elastic
- 6) Tear-away or tissue paper
- 7) Paper scissors
- 8) Fabric scissors or Rotary Blade & Cutting Mat
- 9) Clippers/snips
- 10) Marking pen/pencil
- 11) Pins
- 12) Ruler

3. Preparing Paper Pattern

- 1) Check the 'Tip' measurement is correct.
- 2) Cut out pattern pieces following the solid line.





4. Cutting Out Fabric

- 1) Place paper pattern pieces #1 and #3 onto single layer of fabric ensuring that the maximum stretch is going in the direction of the arrows. Pin in place.
- 2) Cut around the paper pattern with fabric scissors or rotary blade. Remove pins.
- 3) Place paper pattern piece #2 onto doubled over fabric ensuring that the short end is on the fold and the maximum stretch is going in the direction of the arrow. Pin in place.
- 4) Cut around the paper pattern with fabric scissors or rotary blade. Remove pins.

5. Attaching Elastic to Legs

- 1) Mark elastic at 2 ½ inches (6.5cm) and 5 inches (13cm).
- 2) Find half way around the first leg hole by folding it in half and mark with a pen or pin.
- 3) On the wrong side of the fabric, place elastic at the beginning of the leg hole, in line with the side seam and about 3/8 inch (5mm) in from the raw edge. Fold raw edge of fabric over elastic and pin.
- 4) Match the mark on the elastic with the centre mark/pin on the leg of the pants. Fold raw edge of the fabric over the elastic and pin in place.
- 5) Match the next mark on the elastic with the other end of the leg hole. Fold raw edge of the fabric over the elastic and pin in place.
- 6) Place under presser foot and do some forward and reverse zigzag stitches to secure elastic. With the needle down in both the fabric and elastic at the beginning of the leg hole, hold the elastic beyond the pin and stretch. The raw edge of the leg hole will fold over the elastic and using your finger of your left hand, hold the fabric down over the elastic half way between the needle and the pin. Stitch through the elastic and the fabric until you get to the pin, pulling gently on the threads and elastic behind the presser foot. Repeat from the pin to the end of the leg hole. Do some reverse stitches.
- 7) When you have finished sewing, cut the elastic even with the end of the fabric.
- 8) Repeat steps 1) to 7) for second leg.



6. Sew Side Seams

- 1) Match the first side seam with right sides of the fabric together. Ensure the top of the leg hole is even. Pin in place.
- 2) Using a small zigzag, or stretch stitch sew the side seam, securing ends with reverse stitches.
- 3) Repeat on second side seam.

7. Attach Frill to Waistband

- 1) Sew a row of gathering stitch (long straight stitch) about 1/8 inch (3mm) in from one long raw edge.
- 2) Sew a second row of gathering stitch about 1/4 inch (6mm) in from the same long raw edge.
- 3) Mark frill into quarters by folding in half and marking the fold with a pen or pin. Now fold one end into the centre and mark the new fold with a pen or pin. Repeat with other end.
- 4) Fold the waistband in half lengthways with wrong sides of fabric together and matching the raw edges. Pin along raw edges.
- 5) Mark the waistband into quarters along the folded edge by doing the same as you did with the frill.
- 6) Place the waistband down on the table with the fold to the top. Now place your frill on top of the waistband with the right side of the fabric facing up and with the rows of gathering thread overlapping the waistband. The frill should overlap the waistband about 3/8 inch (1cm) and the short end of the frill should be even with the short side of the waistband. Pin in place.
- 7) Match the first pin of the frill with the first pin of the waistband, again ensuring you have an overlap of 3/8 inch (1cm). Pin in place. Repeat this process until you have matched all pins and the ends.
- 8) Now pulling on the two bobbin threads at one end, pull gathers into the centre. Even out gathers between the pins and place another pin to secure gathers. Repeat from other end.
- 9) Place tear-away or tissue paper down with the waistband and frill on top and with a small zigzag (approx. 2 wide and 2 length) sew between the two rows of gathering thread, securing beginning and end with reverse stitches. Remove the tear-away or tissue paper and the gathering threads.



8. Attach Elastic to Waistband and Sew Back Seam

- 1) Fold waistband in half and mark with a pin or pen at the frill edge. Now fold one end of the waistband into the centre point with right sides together and take it $\frac{1}{4}$ inch (6mm) past the centre point. Place a pin or mark the new fold at the frill edge on the wrong side of the fabric. Repeat with other end of the waistband. This is the 'side seam' and will be where we attach our elastic.
- 2) Take your $\frac{1}{4}$ inch (6mm) wide elastic and mark $1\frac{1}{2}$ inches (4cm) from the end and again at a point $3\frac{1}{2}$ inches (9cm) from the end. Place the elastic on top of the wrong side of the waistband at the 'side seam' with the end of the elastic past the edge of the frill and match the first pencil mark with the folded edge of the waistband. Pin in place. Now match the second pencil mark with the raw edges of the waistband. Pin in place.
- 3) Using a straight stitch (3.5 length) start sewing down the centre of the elastic starting at the folded edge of the waistband or pencil line, securing with some reverse stitches. Ensure the needle is down and holding the elastic past the next pin, stretch the elastic until it is even with the fabric. Continue sewing down the centre of the elastic until you reach the raw edges of the waistband and secure with some reverse stitches. Cut off the elastic even with the raw edges of the waistband and again close to the fold near the frill where we started sewing.
- 4) Repeat steps 2) and 3) at the other side seam.
- 5) Fold waistband in half with right sides together, match the raw edges of the centre back seam ensuring that the bottom of the frill is even. Pin in place.
- 6) Starting at the frill and using a small zigzag or stretch stitch, sew to top of waistband securing beginning and end with reverse stitches.
- 7) Trim seam allowance on the angle at top and bottom of centre back seam as this will reduce bulk when joining to pants.



9. Attach Waistband to Pants

- 1) Turn both the pants and the waistband in-side-out.
- 2) Find centre front and back of pants by folding in half and matching the side seams. Place a pin or mark with a pen at the two folds.
- 3) Mark with a pen or place a pin at the centre front of the waistband at the raw edges – this will be directly opposite the centre back seam.
- 4) Slip the pants inside the waistband. With raw edges of the pants and waistband even, match the centre back of the pants and the centre back of the waistband. Continue matching both side seams (open seams out flat) with the stitching line of the elastic on the waistband and then finally, the centre front. When placing your pins in, please make sure you are pinning on the right side of the pants because when you are sewing them together, you want the pants on top and the waistband on the bottom.
- 5) Using a zigzag (3 – 3.5 width and 2 length) sew very close to the raw edges - this will help prevent the individual layers of Lycra from rolling and bunching up when stretched by sewing all the raw edges together. Starting at the back seam, stitch all the way around the waistband stretching the waistband slightly so that it is even with the pants and ensure that all three raw edges are even. Finish off with some reverse stitches.
- 6) Turn pants to right side and fold waistband down over pants. The amount that you pull down the waistband depends on whether you want them to look like a mini skirt or pants with a frill waistband.

10. Congratulations You Did It!

Celebrate! YOU made a gorgeous pair of bikini pants. Well done!