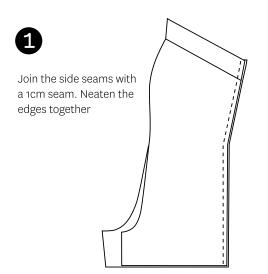
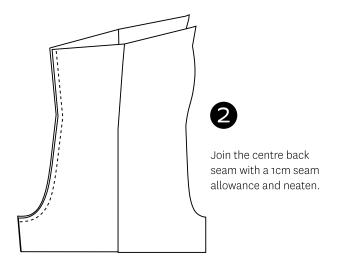
## SEWING SCHOOL INSTRUCTIONS

## PERFECT PLAYSUIT



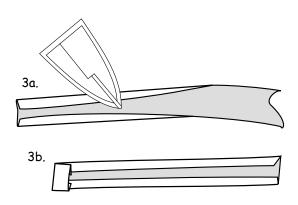




Casings: The upper edge and the waistline are fitted with drawstring casings that are open at the front. These can be made from 2cm wide ribbon or braid, or from self fabric.

If using self fabric, cut 2 strips along the straight grain, 4 cm wide and long enough to go around the jumpsuit.

Press the edges in as shown



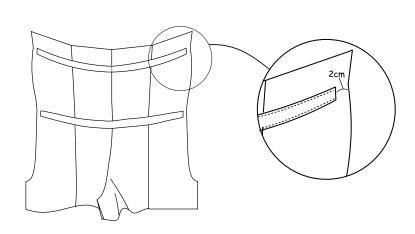


Open the jumpsuit out and lie it flat on a table to pin and sew the casings in place.

Make sure to leave about 2cm from the centre front edge so you have a 1cm seam allowance and a gap for the drawstring to come out.

After sewing the casing, thread the drawstring through with a safety pin.

If you like the look of a drawstring but prefer elastic for comfort, sew a length of drawstring to the ends of a piece of elastic and thread that through.

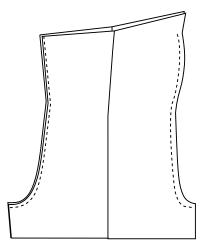




Sew the centre front seam from the notch down, leaving a small split above the casing. Neaten the edges separately and press them open.

Topstitch the seam allowances of the split to hold them open.

Hem the top edge, or let it fray into a fringe effect. If the fabric is very loosely woven, you may need to zigzag near the edge to stop it fraying too much.

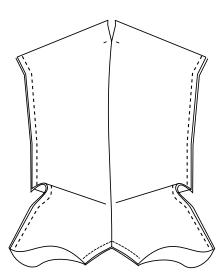




Sew the inside leg seam with a 1cm seam allowance and neaten.



Turn up the hem and sew close to the edge.





Try on the jumpsuit and adjust the drawstrings to fit. There will be a bulge at bust level, where the notches are. Fold the bulge out as a pleat and topstitch from the outside.

