



## MATERIALS

**Coats & Clark™ Dual Duty XP® Thread**

**Coats & Clark™ Dual Duty XP® Heavy Thread** *(optional for topstitching)*

1 yard (.91m) cotton canvas fabric

Size 90 or 100 machine Topstitching needle

Fray blocking liquid



SEWING | SKILL LEVEL: **BEGINNER**

## Featuring Coats & Clark™ Dual Duty XP® Thread

Learn different hemming methods while making this awesome apron. Learn how to do a single fold, an overcast hem on the curved armhole area, a double fold hem on the top and sides and a blind hem on the bottom.

## CUTTING

### From cotton canvas fabric:

(1) rectangle 23" wide x 26" (58cm x 66cm) long. Sub cut by folding it in half to equal 11½" x 26" (29cm x 66cm) and cut the armhole by using pattern piece A/B provided to create the apron

(1) square 8" x 8" (20cm x 20cm) for pocket

(3) strips 2" (5cm) x width of fabric

## PREPARE

1. Begin by overcasting the edge of the curved armhole edge. Overcasting is when you stitch on the single layer of fabric to finish the edge so it won't ravel when washing and wearing. There are several ways to do that. One is to use a serger.

This is a separate machine that is used to do an overcast stitch and an overcast/seam stitch. This is the way your purchased garments are made.



2. The other way you can finish the edge is with a three-step zig zag stitch. It looks like this.



Most machines have this stitch. It differs from a regular zig zag stitch in that it has three little stitches in the zig and three little stitches in the zag. A regular zig zag can be used, but it will pucker a bit because it has one long stitch instead of three smaller ones.

3. Stitch the three-stitch zig zag or serge the edge of the two curved armholes.
4. Fold ½" of overcast edge to the wrong side and press. Pin.
5. Set the machine for a straight stitch. Sew approximately ¼" (.5cm) in from the edge.



6. For the top edge and sides, a double turned straight stitched hem will be used. Press under ¼" (.5cm).
7. Then press under an additional ½" (1cm).



8. Stitch near the edge. Finish the two sides and the top edge with the double fold hem.



9. The bottom edge will be finished with a blind hem. This is a hem that is stitched by machine, but looks like a hand-picked hand sewn hem. Your machine has to have a blind hem stitch in order to do this hem. There are two types, either will work. One is called a stretch blind hem. It has little zig zag's and then a big zig zag. It is good on knits like a t-shirt because it allows the fabric to stretch without the stitches popping. The other is a woven blind hem. It has straight stitches and then a zig zag. It is good on woven fabrics. This is what they look like.



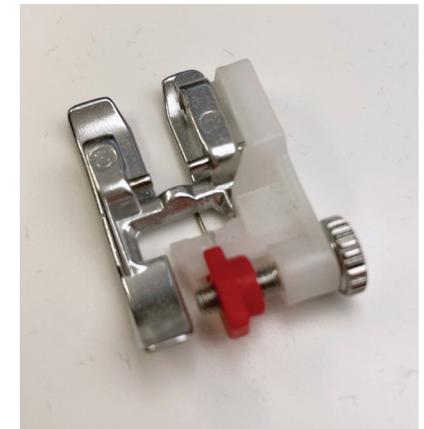
Woven Blind Hem



Stretch Blind Hem

10. If you have the option, choose the woven blind hem since we are working on a woven fabric. Next is the foot. You need to use a blind hem foot when you

are sewing a blind hem. It has a guide in the center that helps you align the stitching. Yours may not look exactly like this but if you look in your Owner's Manual it will tell you which is your blind hem foot.



11. Begin by pressing your hem. Fold under ½" (1cm). Press. Then fold under 1" (2.5cm). Press.

12. With the wrong side up as shown, and the bulk of your apron to the left, fold under the hem leaving ¼" (.5cm) of the hem sticking out.



13. Place the fabric underneath the foot with the fold of the fabric aligned with the guide of the foot.



14. You may need to adjust either the guide on the foot if you have one or the width of your stitch so that the zig zag stitch jumps over just into the fold of the fabric catching ideally one or two threads. If it catches too much the stitch will show on the right side. If it doesn't catch, the hem will fall down! Stitch your hem.



15. Fold the 2" (5cm) x width of fabric strips in half and press.  
16. Open out and bring the raw edges to the center, press.

17. Fold in half to create the ties and neck strap.



18. Stitch close to the edge on all three strips. Cut one 24" (61cm) long for the neck strap. Trim the selvage ends off the other two for ties. Apply fray checking liquid to the ends and allow to dry.

19. Stitch the neck strap in place by placing the ends on the wrong side of the apron and overlapping it by about 1" (2.5cm). Stitch.

20. Stitch the two ties in place on the wrong side of the apron sides.

21. Sometimes the hem is the "star" of the show! For our pocket, we will be doing a double stitched hem. You can use Coats & Clark™ Dual Duty XP® all-purpose thread, but if you want it to really stand out, use a topstitching thread. Topstitching thread is heavier than normal. It is both strong, (it's used in sewing blue jeans) and also shows up nicely! You need to use a larger than normal needle in your sewing machine. The best to use is a size 90 or 100 Topstitch needle.
22. Insert your Topstitch needle and thread with Topstitching thread top and bobbin.
23. Fold under ¼" (.5cm) along the top edge of your pocket. Fold under again 1" (2.5cm).



24. Increase the stitch length to 3.5mm. The stitch will look it's best if you sew with the right side of the fabric up. Align the pocket under the foot so the stitching will be about 1/8" (.2 cm) from the folded edge. See where it aligns on your throat plate. Stitch across the top of the pocket hem.



26. Press under 1/2" (1cm) on the other three sides of the pocket.  
27. Place the pocket centered on the front of the apron, 2" (5cm) down from the top edge.  
28. Stitch close to the edge on the three sides attaching your pocket to your apron.

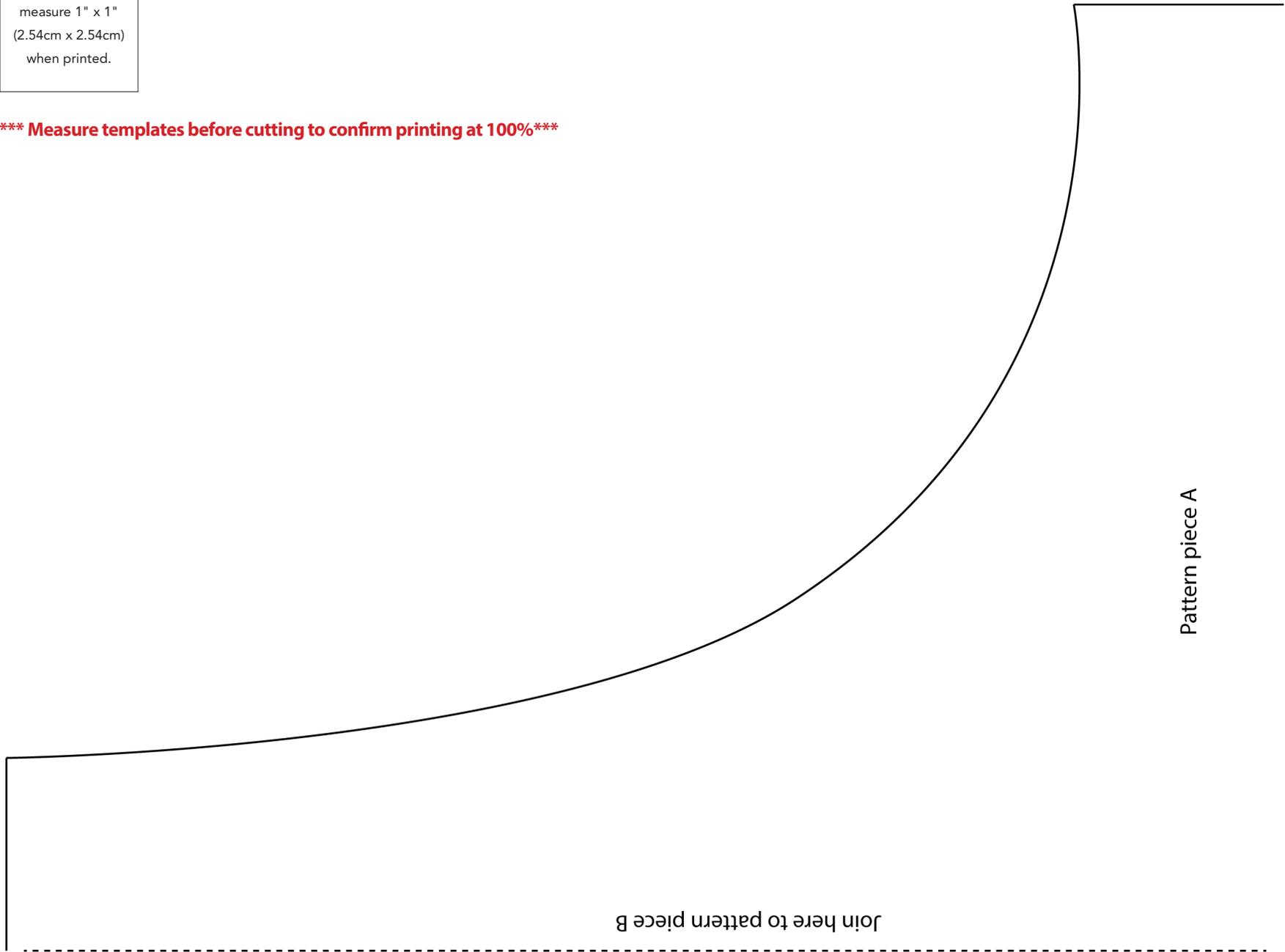


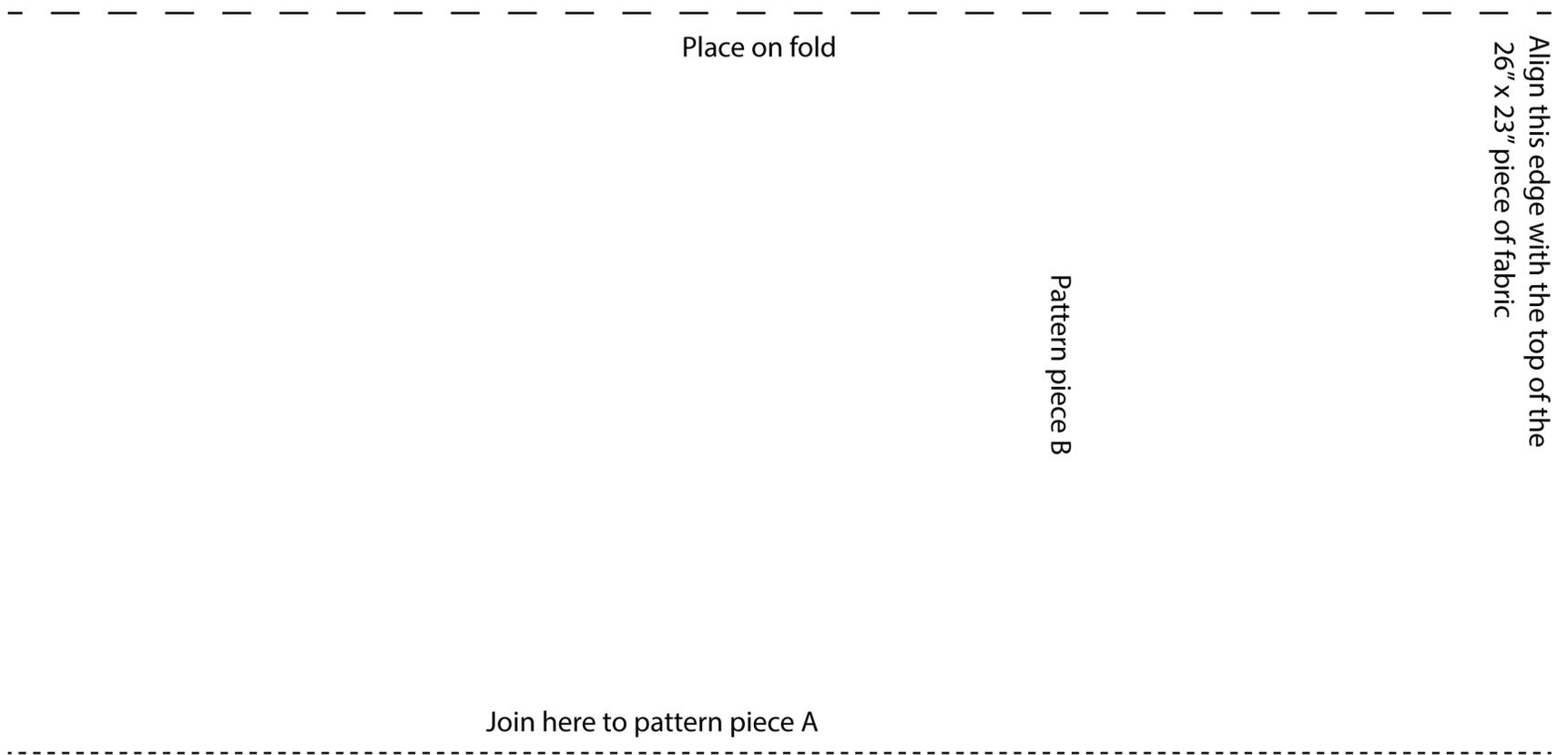
25. Stitch again about 1/4" (.5cm) from the first row of stitching.



This square should  
measure 1" x 1"  
(2.54cm x 2.54cm)  
when printed.

**\*\*\* Measure templates before cutting to confirm printing at 100%\*\*\***





Place on fold

Align this edge with the top of the  
26" x 23" piece of fabric

Pattern piece B

Join here to pattern piece A

This square should  
measure 1" x 1"  
(2.54cm x 2.54cm)  
when printed.

**\*\*\* Measure templates before cutting to confirm printing at 100%\*\*\***