

the **astrid skirt**



instructions

the astrid skirt

about the astrid skirt

You will need 2 panels of sunray pleated fabric to make into a skirt.

The panels have been cut to finish around 100-120cm (39-47") to make a maxi length skirt, but you can amend the length as you choose. The **astrid skirt** is a pull on style with an elastic waist designed to stretch over your hips and sit at your natural waist.

sewing level

1	2	3	4
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This pattern is designed for a beginner sewer. The **astrid skirt** is a simple pull-on construction with a stretchy waistband, and you can choose your preferred method of finishing the hem

the astrid skirt

you will need	before you begin
<ul style="list-style-type: none">○ Your main fabric: two panels, sunray pleated○ Thread○ Elastic○ Sewing machine○ Basic sewing tools	<ul style="list-style-type: none">○ Pre-wash your fabric at 30° - the pleats will not wash out. Dry flat, reshape whilst damp.○ Gather all the supplies you need.○ We recommend you DO NOT IRON this fabric, as the pleats can be removed with heat. If you do press, use a COOL IRON ONLY and do not steam. You can fold and press the pleats back in if any are lost or distorted.

the astrid skirt

Use the table below to decide which size of the **astrid skirt** you are going to make.
The elastic requirements for the waistband are also given below:

size chart - body measurements (metric)

	6	8	10	12	14	16	18	20	22	24	26	28	30
waist	60	65	70	75	80	85	90	95	100	105	110	115	120
hip	84	89	94	99	104	109	114	119	124	129	134	139	144

size chart - body measurements (imperial)

	6	8	10	12	14	16	18	20	22	24	26	28	30
waist	23 ² / ₃	25 ¹ / ₂	27 ¹ / ₂	29 ¹ / ₂	31 ¹ / ₂	33 ¹ / ₂	35 ¹ / ₂	37 ¹ / ₂	39 ¹ / ₂	41 ¹ / ₄	43 ³ / ₄	45 ¹ / ₄	47 ¹ / ₄
hip	33	35	37	39	41	43	45	47	49	51	52 ³ / ₄	54 ³ / ₄	56 ³ / ₄

elastic (including seam allowance)

	6	8	10	12	14	16	18	20	22	24	26	28	30
metric (cm)	63	68	73	78	83	88	93	98	103	108	113	118	123
imperial (in)	25	26 ³ / ₄	28 ³ / ₄	30 ³ / ₄	32 ³ / ₄	34 ³ / ₄	36 ³ / ₄	38 ¹ / ₂	40 ¹ / ₂	42 ¹ / ₂	44 ¹ / ₂	46 ¹ / ₂	48 ¹ / ₂

cutting your fabric

Once you have decided which size you are going to make, you will need to cut out the waist edge from your pleated panels. There are two methods you can use to cut the waist: using the template pattern, or using the radius diameter. If you are using the template pattern method, use the instructions below. If you are using the radius diameter, continue to page 6.

Using the template pattern:

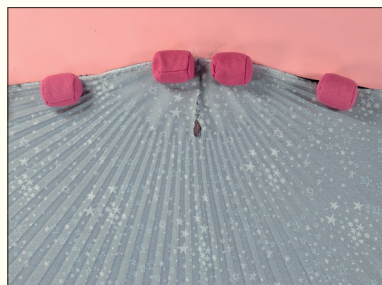
Print the pattern on A4 paper and join the sheets together using the grey triangles to align the pieces correctly. The template includes seam allowance.

01

Lay your pleated panel flat on a table, with the wrong side of the fabric facing up. The closer pleats are at the waist, with the wider pleats at the hem.

Spread out the pleats as much as possible. You can hold the edges in place using pattern weights.

There is a split cut in the centre of the panel (this was made to allow for the pleating). Place the edges of this split as close together as possible.

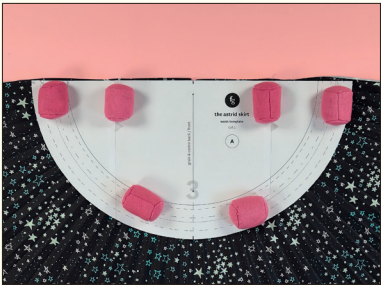


cutting your fabric

02

Align the centre (grain) line of the pattern to the edge of the split at the centre of the panel, and the straight edge with the straightened out edges of the fabric panel.

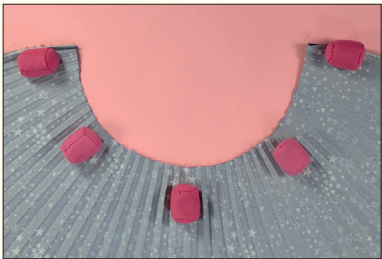
Hold the paper in place using weights, and carefully trace around the semi-circle edge using your preferred method (e.g. chalk, fabric pen etc).



03

Cut along this line, to form your waist top edge.

Repeat on the second panel



the astrid skirt

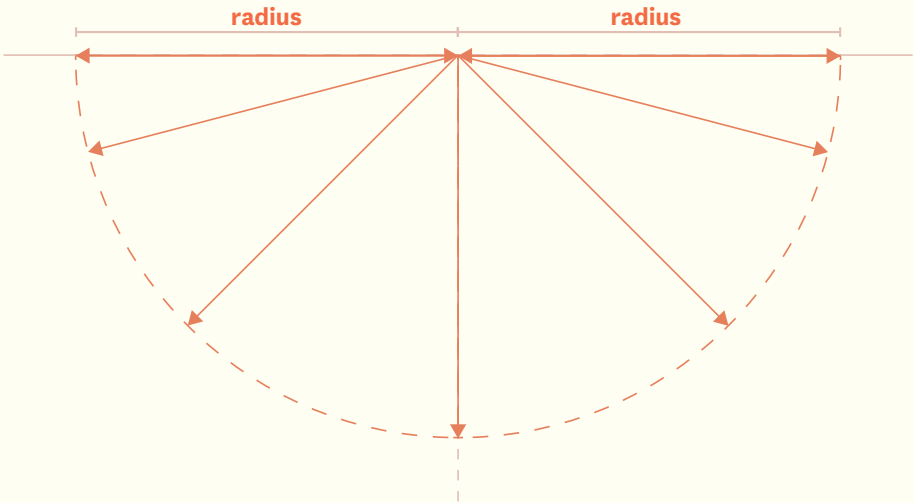
Continue to page 9 to construction step 01

cutting your fabric

Using the radius measurement:

radius measurements

		6	8	10	12	14	16	18	20	22	24	26	28	30
radius	metric (cm)	14.5	15	16	16.5	17.5	18.5	19.5	20	20.5	21.5	22.5	23	24
	imperial (in)	5¾	6	6¼	6½	7	7¼	7¾	8	8¼	8½	9	9¼	9½



the astrid skirt

cutting your fabric

01

Lay one pleated panel flat on a table, with the wrong side of the fabric facing up. The closer pleats are at the waist, with the wider pleats at the hem.

Spread out the pleats as much as possible. You can hold the edges in place using pattern weights.

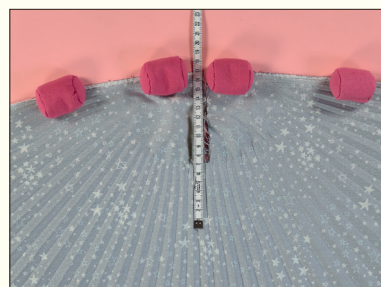
There is a split cut in the centre of the panel (this was made to allow for the pleating). Place the edges of this split as close together as possible.



02

Using the table to the left, find the radius measurement for your size.

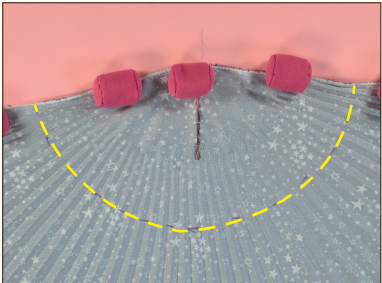
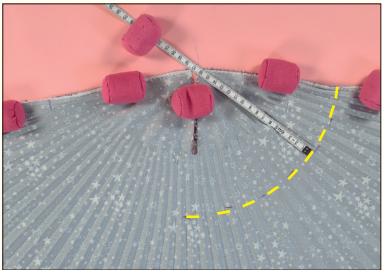
With the top of the split as the centre point, take this measurement down from the top edge, and mark on the wrong side of your fabric using your preferred method (e.g. chalk, fabric pen etc).



cutting your fabric

03

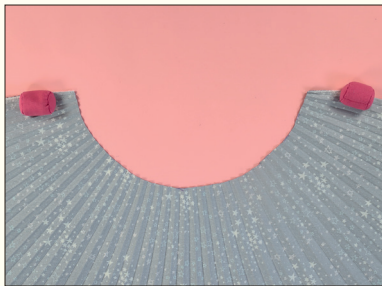
Measuring the radius from the top of the centre split, mark out a semi-circle shape, ensuring the radius measurement is the same throughout.



04

Cut along this line, to form your waist top edge.

Repeat on the second panel



the astrid skirt

Continue to page 9 to construction step 01

construction: sewing the skirt

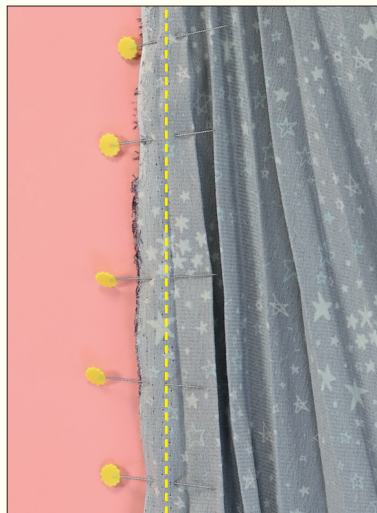
01

Once the waist edge has been cut (see pages 4-7) the next step is to join the side seams:

Take both pleated panels and lay them with right sides together.

Line up the straight edges, matching the waist and hem. Sew the side seam using 15mm ($\frac{5}{8}$ ") seam allowance.

Repeat on the other side seam.



02

The side seams are the selvages of the fabric, so will not fray and do not need to be finished. However, if you would like to finish the seam allowance edges, you can use your preferred method (e.g. overlocking, zigzag etc). We do not recommend pressing this fabric. If you do, use very gentle heat without steam, taking extra care not to distort or remove the pleating.



Top Tip!

As this fabric is lightweight and slippy, use the scraps from cutting out the waist to test your stitches before sewing the side seams. Check the tension is correct as this fabric can pucker easily, loosening the tension or increasing the stitch size to help correct this.

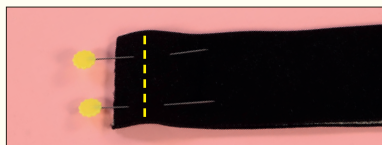
construction: sewing the skirt

03

Measure your elastic according to the table on page 3. Before cutting, check the fit around your waist to make sure it is comfortable and is wide enough to stretch over your hips.

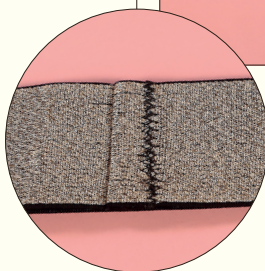
Make any adjustments as needed and cut to size.

With right sides facing, pin the short ends of the elastic together, making sure the band is not twisted. Sew with 15mm ($\frac{5}{8}$ ") seam allowance.



04

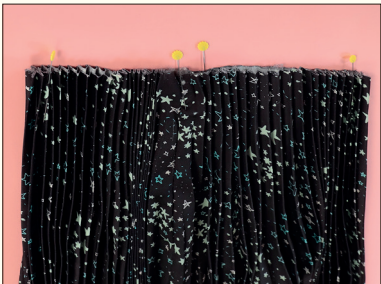
Trim the raw edges of the elastic and fold both ends to one side. From the inside of the band, zigzag stitch over the ends to secure and leave a flat smooth join.



construction: sewing the skirt

05

Divide the skirt waist edge and the elastic waistband into quarters, and mark each quarter point with a pin.



06

Overlap the lower edge of the elastic waistband over the top edge of the skirt by 15mm (5/8"), with the wrong side of the elastic facing the right side of the skirt. Join the elastic to the skirt at each quarter point using a pin.



construction: sewing the skirt

07

With the skirt turned the right way out and sewing from the outside, use a zigzag (or other stretch stitch) to attach the waistband to the skirt.

Using your hands either side of the needle, stretch the waistband and pleats between each set of pins to keep the elastic stretched evenly around the waist.

Sew carefully around the lower edge of the elastic waistband, making sure to keep your stitch line evenly over the lower edge. Trim any excess fabric from inside the skirt, above the stitch line.



construction: sewing the skirt

Due to the cut of the fabric panels, the hem may drop. We recommend leaving your skirt on a hanger overnight to allow any drop, and ensure the hem will be level.

Decide how you are going to finish the hem first (see p14 / step 08).

to mark the hem:

Try the skirt on and mark where you want the hem to finish (with pins, chalk etc). Then with the skirt laid out flat, measure from the top edge of the waistband to where you marked the hem.

Take this measurement around the skirt, marking the hem edge.

Cut around the hem, following your marked line.

Alternatively this is a more accurate method, but you will need a friend to help:

With the skirt on, and the waist positioned level on your body, have a friend measure from the floor up to where you want the hem to finish.

Work around the skirt, measuring the same amount up from the floor to the hem, marking the edge with your preferred method.

Lay the skirt out flat, and carefully cut around the hem, following your marked line.

Once you have cut the hem to your chosen length, the hem edge can be finished. There are several options for finishing the hem:

1. **Finished hem:** Finish (overlock, zig zag etc) the raw hem edge. You can leave the edge with this finished stitching showing, to maintain a sharp edge to the pleats.
2. **Rolled hem:** If your machine has the option, we recommend to use a rolled hem or babylock finish to keep the pleats as sharp as possible.

Whichever way you choose to finish the hem, take care to use as little heat and steam as possible, to avoid smoothing out the pleats and keep the pleated hem edge as sharp and defined as possible.



construction: sewing the skirt

09

Your **astrid skirt** is now complete



Get Social!

We would love to see your **astrid skirt**—use the hashtag **#FGAstrid** on social media so we can admire your work!



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