

~ Don't Get Out of Bed Pants ~

(no hem required)



For mumma's who want that "stay in bed" feeling all day long.

Do you have a favorite pair of lounge or yoga pants? Get them out; you will need them for this project. This tutorial is based upon an existing pair of pants. The beauty of it is that the pants are from your own wardrobe which means it's a custom made pair just for you.

***Please note: This pattern is made as a NO HEM pattern for bed linens. If you decide to use regular fabric then you must make adjustments for a hem allowance as it is not written into this pattern.*

Supply list:

existing pair of pants, tissue paper, tape, scissors, pins, pencil, ruler, sewing machine, pinking sheers (optional).

STEP 1: Making the pattern:

First thing to do is pick out a pair of pants from your existing collection. They should be a comfy pair, maybe lounge or yoga pants. Next you will need to gather some tissue paper or large art paper and tape.



You will be arranging a few sheets of tissue paper on a flat surface so you can tape the sheets together to have a long continual sheet of tissue paper. Repeat this process to create two separate sheets of tissue paper.

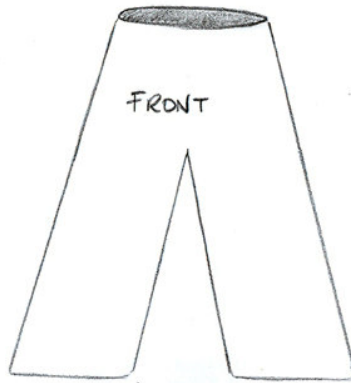


The amount needed will vary according to your height. I'm quite tall so I usually need three sheets to accommodate my leg length.

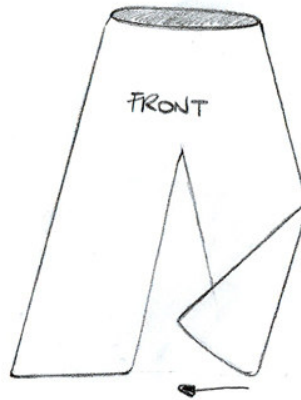


Fold your pants in half vertically (length wise) so that the fronts are facing each other. See diagram A below. This will be your guide for tracing.

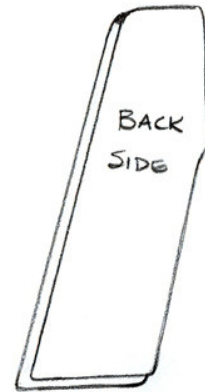
Diagram A:



1. FAVORITE PANTS



2. FOLD ONE LEG OVER THE OTHER

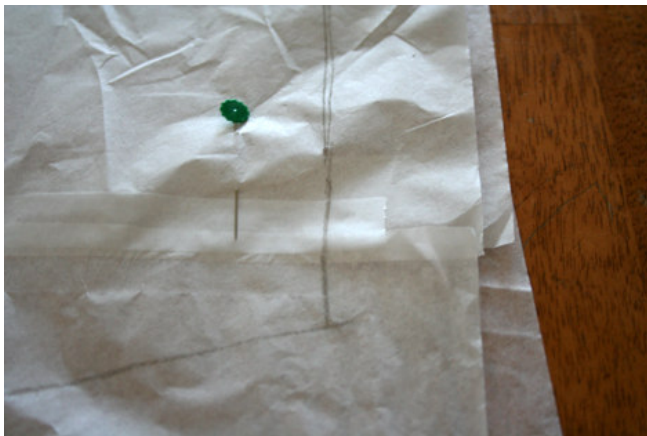


3. FOLDED

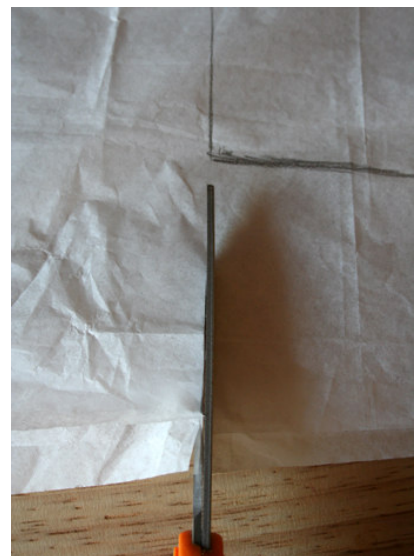
Before tracing can begin, you need to remember to allow for seam allowances along the side and the elastic casing at the waist. With that in mind trace a minimum of $\frac{1}{2}$ inch from the pants along the sides and at least 3 inches at the waist line for the elastic casing.

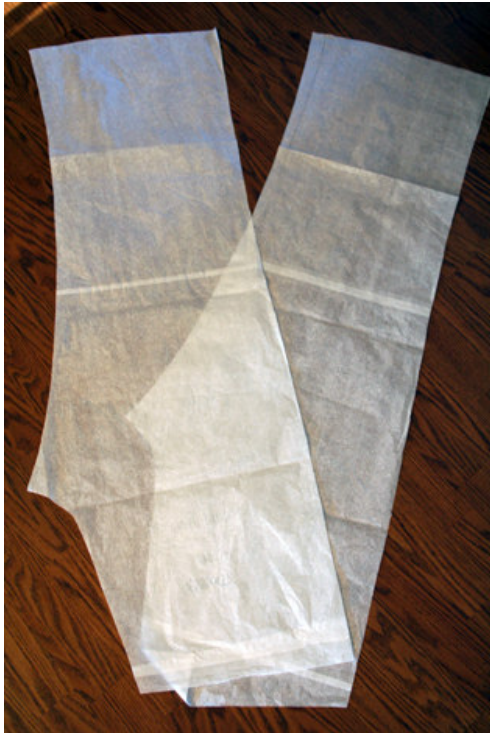
Now lay the folded pants onto one of the lengths of tissue paper and trace around the shape of the folded pants as described.

You will need the second length of tissue paper for the next step.



Pin the length of traced tissue paper to the second length of tissue paper and **cut out both layers** on the line.

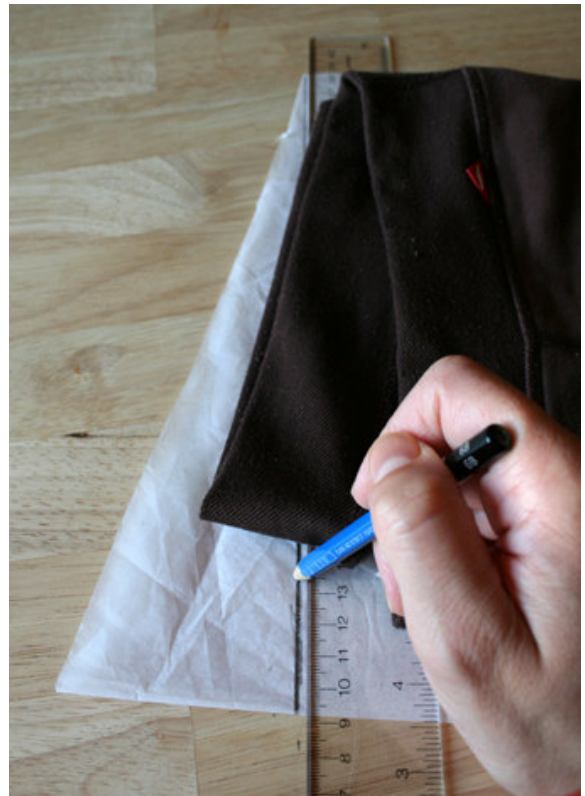




Now you have two cut out pant leg patterns. Label one BACK and one FRONT. Take the tissue paper leg labeled FRONT and lay it back on a flat surface. Take your original pants and fold them the **opposite way** from earlier (diagram A) so that the backs are facing each other and you see the front. You may notice that the front waistline slopes at a different angle than the back. We need to make an adjustment to the FRONT tissue paper pattern *only* to account for this sloping. Gently lay the pants on the FRONT tissue paper and with a ruler,

slope the front waist line on the pattern according to the waist line of your original pants. Mark the line with a pencil and cut the excess fabric away.

Congratulations! You now have two pieces of pattern labeled FRONT and BACK. They will be almost identical except for the adjustment to the waist line on the FRONT piece.



STEP 2: TRANSFERRING THE PATTERN TO THE FABRIC

Now the fun begins. Go to your favorite vintage linen cupboard and pick out a bed linen that you think you would like to spend the day in.

Because these are **NO HEM pants**, you will want to use the finished edge of the bed sheet as the bottom of your pants. Choose something that is as pretty, girly or funky as your personality ☺



Once you have made your choice, iron the sheet flat to remove excess wrinkles.

Fold the fabric in half lengthwise with wrong side facing together so that the fabric is doubled. Place both tissue patterns (FRONT and BACK) on the fabric, lining up the NO HEM edge of the pattern flush to the finished edge of the fabric. By doing this you can see that the hem is already finished and line it up better with the pattern pieces.

Pin and then cut everything out so you are left with two FRONTS and two BACKS.



At this point you should have two pattern pieces and two pieces of fabric cut out for each pattern piece.

How are you doing? Need a break? Stand up and stretch, you are almost there.

STEP 3: IT'S SEWING TIME

Pin right sides together on both FRONTS and BACKS along crotch line.
Make a $\frac{3}{4}$ inch mark at beginning and end of crotch line to allow for ease and placement.

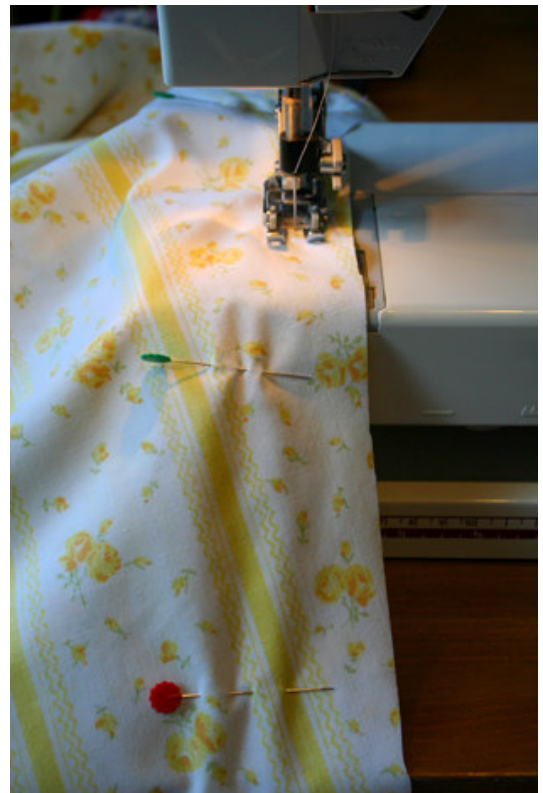


Sew front and back crotch seams. Clip curve seam if necessary, close to crotch line.



Open out FRONT and BACK pieces and lay them right sides together with side & inseams matching. Pin front side seams to back side seams and pin front inseams to back inseams.

Sew the sides and inseams. To finish seam edges you could serge or use pinking sheers.



STEP 5: ELASTIC CASING



The final step is to make the elastic casing. With pants still turned to the wrong side fold the top edge $\frac{1}{4}$ of an inch over to the wrong side and iron in place.

Fold the edge over again $1 - 1\frac{1}{4}$ inch to the wrong side and iron. Next you are going to stitch $\frac{1}{8}$ th of an inch along the edge of the folded seam (see picture below) leaving at least 2 inches to insert elastic.

Take $\frac{3}{4}$ inch wide elastic, attach a safety pin and begin to pull it through the 2 inch opening of the casing until elastic comes round full circle.

Adjust elastic as needed for your waist line and then with elastic ends overlapping, stitch them securely in place. Ease elastic into waist casing and top stitch it closed.



Now turn your pants to the right side. Iron if necessary and try them on. It's like bed time all day. Enjoy!

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