
Draft and Sew a Pair of Pajama Pants with Sanae Ishida

Chapter 1 - Draft and Sew a Pair of Pajama Pants

Overview

- Who doesn't love a good pair of pajama pants? My name is Sanae Ishida, and I'm an author, an illustrator and maker of many things. We will cover drafting and basic sewing techniques, and I'll show you my favorite way of threading elastic through the waistband. The benefit of drafting your own pattern is that you're guaranteed a better fit from the get go. All in all, this is a quick, easy and very satisfying project. Grab your cutest, coziest flannel and let's go. (lively music)

Materials

- For the pajama pants, these are the supplies that you'll need. A sewing machine, fabric sheers, scissors for cutting paper, little scissors for sniping thread, Swedish tracing paper or any large format paper, a ruler, some sort of pattern weight, I used washers, a pencil, chalk or any kind of removable marking tool, coordinating thread, pins, a hand sewing needle, safety pins, elastic, seam ripper because it's always handy, fabric, I have about two-and-a-half yards here, a seam roll, which is optional, but helps with pressing, an iron, a pressing surface and the lower body sloper, both front and back. And if you don't have a sloper from the class I taught before, any form fitting woven pants will do.

Modify sloper

- The first step is modifying the slopers. We'll start by tracing the slopers onto the Swedish tracing paper or large piece of paper that you have. I've already traced the slopers here. We'll start with the front pajama pants modifications. And if you don't have slopers, the class PDF will show you how to use form-fitting woven pants as slopers. We'll start by modifying the front sloper. My sloper ends at the ankle, and I want my pajama pants to normally be about two inches past my ankle. So I will lengthen the hem. So I'll measure two inches here, two inches here. And I also know that I'm going to widen the pant legs, so for now, I'm just going to draw a longer than necessary line. There we go. Extend the hem by about 1 1/4 inch on each side. So, that's about there. I'll just mark that. And 1 1/4 inch there. So I know that's where the hem will be. Mine is about 7 1/2 inches. For this step, I am going to straighten the waist and extend about one inch on each side using the rise line for the vertical straightness. And then I'm going to straighten the waist at the highest point here on the side seam and extend out from each edge about one inch. So, that would be here and that would be, 1 1/4, about there. So, yeah, about one inch, about one inch, yeah? Okay. Make sure that the waist, so my waist here is about 10 3/4, is as wide as the full hip area, which is about here. That's right, 9 3/4, so end your upper thigh, so 10 1/4, so you can slip the pants over the widest parts of your body. Now that we've made that line, we're actually going to lower it by an inch, and this is because we want to add a waistband and we don't want the waistband to sit too high. Okay. That's one inch. Okay, let me make sure I'm marking the same spot there. There we go. Now we will connect the new waistline with the new hem, and this is where I sort of freehand it. Or if you have a styling guide ruler, you can use that too. I want to make sure this is perpendicular at the hem. And then, I like to add, I like my pajama pants, you know, comfy, with enough ease, so I just draw the lines, straighten them out like so. We're going to extend the tip of the crotch by 1/2 an inch or about there. And then, redraw the curve, mostly following the existing curve. And we're going to bring this down to

form a new rise. Like so. And then, from your new tip there, we're going to follow this curved line probably about to the thigh area here. And then we're going to connect to the new hem line. And double check the corners to make sure they're squared. I just usually use the corner of the ruler. Here and just to make sure it's perpendicular. Looks good. Looks good. And this curves out, but you just need a little bit of that right angle right at the corner there. And then, that looks good too. There you go. That is the front pajama pant leg without the waistband. The modifications to the back sloper are very similar. And really the only difference is that the extension at the tip here is 1/8 inch, as opposed to the 1/2 inch for the front.

Draft waistband and add seam allowances

- Grab some more Swedish tracing paper and let's draft the waistband. Let's measure the front waist, which is 10 1/2. And if you want, you can mark it somewhere so you don't forget. And then the back waist is 10 1/4. Add those two and we have 20 3/4. And remember, this is actually half of your waist, which is okay, because we will be cutting the fabric on the fold, which means the fabric is folded in half so it'll be double the length. Okay, I'm just gonna go ahead and, this is 18 inches long. And then, I'll add 2 3/4 more to make 20 3/4. Let's add three inches for the height. Then I just like to mark a point in the center, make this three inches. And there's your waistband. The next step is to align the pattern pieces to make sure they'll fit together. If you had drafted your pieces on a single sheet of paper, it's probably easier to cut like I have so that there's enough room to add seam allowances, but still compare the pattern pieces. In my case, I've already got it cut out here. So, you want to compare the side seams. Yep, so that's matching up. And then compare the inseam. And make sure you're looking at the new lines that you drew. And sometimes the inseam won't perfectly match up, but if it's less than an inch, because of the way it's angled here, it'll stretch and it'll be fine. Okay. And that one's good. And then, let's just make sure. This is the new waistline here. This is where weights can come in handy. It's a little bit short, so I'm going to add just a touch. Similarly, if you find that the pattern pieces aren't lining up, you can, you know, shorten or lengthen, depending on what your preference is. Like let's say one leg is slightly shorter, but you prefer the length of this one. I often also drape the pattern pieces against my body just to see where things will be. And then, you can adjust it accordingly to your preference. You can either lengthen or shorten. Now we're ready for seam allowances. Keep in mind that we are going to cut this on the fold, so I mark one side so I remember it's on the fold. And there's no seam allowance there. We're going to use a standard seam allowance of 3/8 inch. So, that's 3/8 there and that's 3/8 there. 3/8 there. Sometimes I like using these little squares. Okay. Okay. And then the grain line will be this, want that parallel to the grain line. And then I just mark waistband. You can even put pajama pants if you want, but we'll put waistband there. Let's move on to the pajama pants. And it's going to be 3/8 inch all around, except at the hem, where we'll do a double fold, so it'll be 3/4 inch down here. Remember, I like to keep the corners at a right angle. So we'll check the corners. Again, the grain line will be this way. And this is the back, so we want to label that. You can also, again, say pajama pants, back. The front is exactly the same as the back, 3/4 inch for the hem and then 3/8 inch for everything else. Cut your pattern pieces out along the seam allowance lines.

Sew front and back

- I want to point out a couple of things when cutting the fabric. I like to fold the fabric with right sides together, and then remember that the waistband needs to be on the fold. So the fold is on this side, and the fold side of the pattern is flush. I have laid out the back piece and the front piece. One

little trick I use is when I'm tracing the back piece, I like to add a couple of little V's. And when I cut out the piece, I create little notches, these triangles. So it reminds me that, oh yes, this is my back piece. And keep tracing along all your pattern pieces and then cut them out. You should have two fronts, two backs, and one waistband. Here are the notches to indicate the back pieces, and you can see it's right sides together. Now we'll sew the rise for the front and the back. With the fabric's right sides facing, pin along the rise. This is flannel, and flannel fabric tends to stick together nicely, so you could if you're a confident sewing person, do without the pins. I like pins though. Okay. Now we are ready to sew. Put the fabrics under the presser foot. We're working with a 3/8 inch seam allowance. Make sure to backstitch. And I pause. (machine grinding) I like to have my needle down when I pause. (machine grinding) Trim the thread. We're going to finish the seam allowance. If you have a serger, you can use your serger, but a zigzag stitch works just fine. So let's switch to a zigzag stitch. (machine grinding) Stitch. Now we'll do the same for the other pieces. We'll switch back to the straight stitch. Lift the needle and presser foot if your needle was down. (machine grinding) There we go. Switching to the zigzag stitch again. We finished sewing the crotch curve or the rise, and now we'll press it. I don't really pay attention to which side I press the seam allowance toward. I just make sure it goes to one side. From the back side. You have to shift the fabric around to get to the spots. There we go. Repeat for the other side. And next, we'll sew the inseams together, which will be along this edge. The inseam is pinned and ready to go. Going to lift the needle. We're still at 3/8 inch seam allowance. (machine grinding) And this is where the center seam meets. I like to have the seam allowances facing opposite directions to reduce the bulk. I'm going to actually hold this down, so I can slow down here. (machine grinding) And we will zigzag stitch to finish the raw edges of the seam allowance. Back to the pressing station. Let's open it up. I start from the wrong side, and then I'll flip it over to the right side and press again. Okay, done. Now we'll pin and sew the side seams. Next, we'll sew the side seams with a 3/8 inch seam allowance, and finish the raw edges with a zigzag stitch. Let's make sure it's on a straight stitch. (machine grinding) And then I'll be zigzag stitching. (machine grinding) Let's give it a nice press. I like to use the seam roll, so I don't accidentally crease the other side of the fabric. But if you don't have a seam roll, you could just position the seam slightly off from the other side, and then press. I'm pressing towards the back. Okay, just keep pressing, making sure it's smooth underneath. 97 00:08:07,641 --> 00:08:09,883 And again, I check for those handy back notches, and I'm going to press the seam allowance towards the back. Try to pull the fabric taut. Okay, let's turn it right side out. I'm actually going to use a seam roll for this part. And as you can see, I'm trying to press it as flat as possible. And then I just always make sure that the seam allowance is going the direction I want it to. Do the same for the other side. Pressing the side seams is complete.

Add waistband and hem

- Let's sew the waistband. The waistband will be folded in half, and I like to make a crease so I know where that folded section will be. Place a pin there. This is going to help me guide the sewing later. With the waistband, I'm going to sew about three inch first, I'm going to leave a gap of about an inch that ends before the midpoint, and then I'll sew the rest of the waistband, all with a three eighth inch seam allowance. Okay, let's take it to the machine. Place the waistband under the presser foot, three eighth inch seam allowance. (sewing machine humming) I'm going to sew about three inch first, and make sure to backstitch. Then, going to pull the fabric down just about an inch and then I'm going to backstitch again. (sewing machine humming) Then keep going down. (sewing machine humming) Let's trim the thread. I also clip the thread at the gap, this opening. We are pressing the

seam allowance open. So there's the opening, and we're going to pin it to the pajama pants now. Here are the pajama pants. Remember those handy notches? So right side onto the wrong side I like to align the waistband seam to the center back seam with the opening closer to the top edge there. Pin. I'm going to pin all the way around. Let me make sure this is aligning along the top edge. Time to sew. We're going to sew with a three eighth inch seam allowance all the way around. (sewing machine humming) All right, let's do some more pressing. Okay, here we have the sewn waistband to the pajama pants. So let's press the seam allowance towards the waistband. Let's keep it a nice press. Sometimes you end up with these little creases and you just want to pull those out and flatten it. We are going to fold this raw edge over towards the wrong side by three eighth inch at this point as well. I'm going to fold this newly pressed edge just past the seam line that connects the pajama pants to the waistband. The thread color is so close, it's hard to see, but just there. After I press this, I will pin that edge to secure. Okay, that looks good. Let's pin. I'm lining up the seams here. Since the fabric shifts as I'm pinning, I just make sure to smooth the fabric out so there's no areas that are bunching up. There we go. Okay. That looks good. Let's go to the machine. I like to start at the back seam where the opening is. Put it under the presser foot. And I'm going to edge stitch, which means to sew as close as possible to that folded edge. As I'm sewing, I'm pulling from both directions very gently to keep the fabric tight to avoid bunching and shifting. Okay, let's give this another press. I've given this a press, and now we're going to insert the elastic. I ended up sewing the waistband upside down, but that's really okay, because I am going to insert the elastic and it's going to get bunched up and not noticeable at all. I have a three quarter inch elastic and you can see that there's a good amount of room there and you could probably go up to an inch. I found that sometimes my sewing gets wonky. Then the elastic gets stuck. So anywhere between three quarter inch and an inch elastic. And what I do is I put it around my waist, make it snug, but not cutting off circulation. I think actually these are pajama pants. I want them to be comfy. Mm, that's about good. And then I add about three quarter inch for seam allowance and then cut. And I have my elastic piece there. I am going to bring my safety pins out. I have a little trick that I use. I pin both ends of the elastic because it is very annoying when the elastic gets lost in the waistband as you're threading it through the casing. And so this is my method. Let's take the one end of the safety pin elastic, go to your opening and then we will start threading. You're just pushing that safety pin forward. I take the safety pin and I pin it right into that edge so this end won't get lost inside the casing of the waistband. And then let's continue. And here we are, right back at the opening again pull this out, distribute the bunchiness, and then I pull a few inches out and then I'm going to pull this one out as well. Make sure you don't lose the end of the elastic. And that's looking good. And I double check that the elastic hasn't twisted inside of the waistband. So now we're going to sew the ends together. Let me remove this safety pin. We're going to sew these ends together, overlap it by about three eighth inch and let's sew with his exec stitch. Don't worry that the thread color is different. This isn't going to be visible inside the waistband. Let's overlap the ends by about three eighth inch. You'll notice that I pulled the elastic out a lot more. This gives us more room And you're going to have to use your fingers to hold it down. You could pin it too, but I usually just keep it overlap. Then press the presser foot on and then switch, make sure you have a zigzag stitch selected. And then- (sewing machine humming) If you wanted to be extra secure, you could zigzag stitch into a rectangle, so it's extra, extra. But this is sufficient for me. Also, this is easier too to take out if we need to. It's a good idea to test the fit at this point. If you want, you can slip stitch the opening closed. But in all honesty, I rarely do, because I use the opening as the indicator for the back of the pants for when I put them on, but it's up to you. Okay, I've got my needle threaded with coordinating thread. I'm going to knot

the end of the thread here. Okay, there's my knot. To slip stitch I start by inserting the needle from the underside right at the edge there, and then tuck the knot in. And then I'm going to insert the needle into the other side directly across, very close to the edge. Okay, keep that knot tucked. And then we're going to repeat that always under, and bringing it up, and it creates this nice invisible closure or near invisible, at least. And then, I'm going to form a knot, loop the thread twice and then I hold the looped part with my thumb there. Then, I insert the needle a few stitches back still along that center seam, and tug to try to get that knot inside. And close to the fabric there. And yay. There you have it. Next we'll sew the hem. We will fold and press by three eighth inch and then we're going to fold another three eighth inch and press. And repeat for the other leg hem. Okay, let's sew! I don't even bother pinning for the hem because it's so easy to hold in place, and I make sure to start at the inseam. Again, we are edge stitching like we did with the waistband. (sewing machine humming) Other hem. Let's make sure we're getting the inseam as a starting point. (sewing machine humming) Get all the threads, and all done, our comfy, cozy pajama pants. Now you have awesome fitting pants made just for you. This is made in flannel but now you have the skills to make them in all sorts of fabrics, like linen or other kinds of cotton. You can sew lounge pants for every season. So have fun.