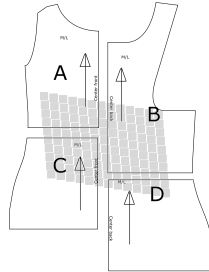


Pattern Preparation Instructions.

These patterns are drawn without a hem and without seam allowance. Detailed descriptions on how to add those are listed below, more experienced seamsters may be able to do this on their own and skip ahead to Fabric Recommendations.

1. When printing out the pattern, make sure it is not scaled to fit the page.
2. In the middle of the printed pattern, there is a grid pattern visible. This serves two purposes: to make it easier to tape it together, and to check if the pattern is still the original size. Measure one of the squares, it should be 20 mm x 20 mm. If it's not, you'll have to print it again. Pay attention to the printer settings.
3. If the squares are 20mm x 20mm, you can go ahead and tape the pattern together, it should look like the picture on the right.



4. You can either cut the pattern out and stick it to a bigger piece of paper, or trace the pattern and leave some room around it.
5. Now you'll need to decide if you want to make a long or short binder.

Short binder.

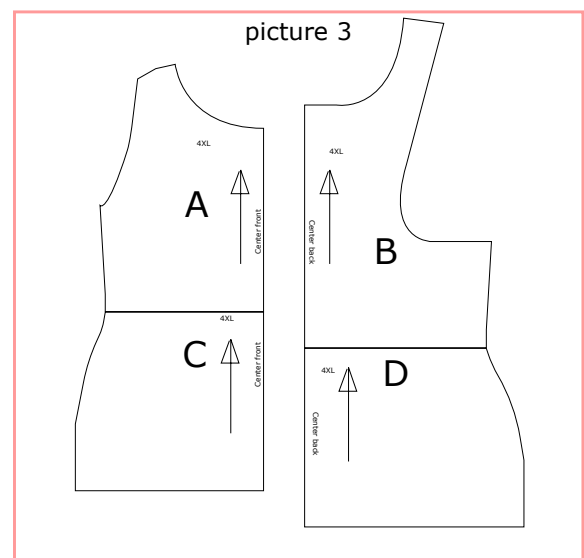
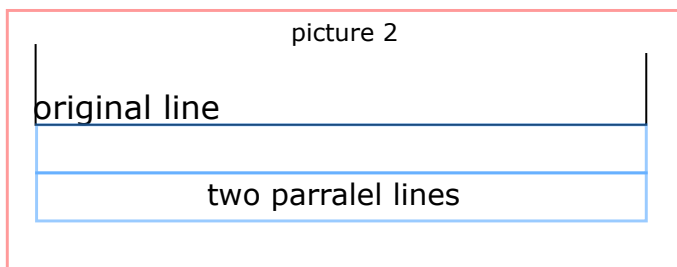
6. For the short binder, you only need piece A and B, and for both of those pieces, you'll need to draw a hem. To do this, you need to draw a parallel line on the bottom, 2 cm down. Then another parallel line, again 2 cm down. Draw lines straight down from the corners of the pieces, and it should look like picture 2.

The first line you drew is also the cutting line for the inner panels. You do not need to make a separate pattern for the inner panels; you can simply fold it over when cutting the inner panels. Or for the back piece, (B) cut it out of a double layer of fabric and trim the inner piece later.

7. Now it's time to add seam allowance. I recommend using a triangle ruler to draw a line 1 cm offset around the entire pieces, except for the center lines, they do not need seam allowance. You can do 2 cm on the sides if you want more room for adjustments later.

8. If you decide to use a reinforcement panel, you'll need to draw piece A without seam allowance and without a hem as well. We'll call this piece RP.

9. The center front and center back lines are fold lines, you can mirror the pattern on paper right now by tracing these pieces onto another piece of paper and taping them together. The front piece can also be placed with the center line on a fold, as the inner panel is made of a different fabric. This will mirror the pattern piece for you.



Long binder.

6. For the long binder, you'll need to tape pieces A to C and pieces B to D, like in picture 3, but you'll also need pieces A and C separately.

7. AC makes the front, and BD makes the back. For both of those pieces, you'll need to draw a hem. To do this, you need to draw a parallel line on the bottom, 2 cm down. Then another parallel line, again 2 cm down. Draw lines straight down from the corners of the pieces, and it should look like picture 2. For piece C, you'll only need to do the first parallel line. And then connect to the corners of the piece.

8. 8. If you decide to use a reinforcement panel, you'll need to draw piece A without seam allowance and without a hem as well. We'll call this piece RP.

9. Now it's time to add seam allowance. I recommend using a triangle ruler to draw a line 1 cm offset around the entire pieces, except for the center lines, they do not need seam allowance. You can do 2 cm on the sides if you want more room for adjustments later.

10. The center front and center back lines are fold lines, you can mirror the pattern on paper right now by tracing these pieces onto another piece of paper and taping them together. The front piece can also be placed with the center line on a fold, as the inner panel is made of a different fabric (you'll only need one). This will mirror the pattern piece for you.

Cutting and choosing the fabric.

The only panels that needs no stretch fabric are the inner panel of piece A and the Reinforcement panel. For this, I recommend simple woven cotton. Twill has a lot more strength, but is also a lot bulkier. So you can use it for the inner front panel, but I actually like to use it as the (optional) Reinforcement panel. Because the way it's sewn into the binder means it doesn't add extra bulk to the seams. If you don't plan on using an RP, Twill is my recommended option.

For the stretch fabric, you need something with 5% elastane. More is also suitable. My favorite is 5% elastane and 95% certified organic cotton. And that's what's available on our website. If you want to be able to swim in your binder, it is best to use something suitable for swimming and not cotton. Fabric stores usually have a wide variety of swimming fabrics to choose from.

We'll start by cutting the stretch fabric of your choice. You'll need to cut the following pieces short binder:

A (outer panel only) and B (inner and outer panel.)

long binder:

AC (outer panel only), BD (outer and inner panel), and C (inner piece only)

Don't forget, the pieces need to be mirrored, and the inner pieces don't need the second half of the hem you drew before. You can mirror them by putting the center front on a fold

Now, the no stretch fabrics.

You'll need to cut the following:

A (inner panel) A without seam allowance (optional RP)

Don't forget, the pieces need to be mirrored, and the inner pieces don't need the second half of the hem you drew before.

Pin the pieces down on the fabric so nothing moves. Take a sharp pair of scissors and cut around the seam allowance.

Sewing instructions.

When working with stretch fabrics, you'll need to sew with a stitch that will allow stretching. You can use a small zigzag, some household machines will also have the option for a stretch stitch. This is fine, too. The instructions talk about a "right side." This is just the side you want on the outside of your binder. Some fabrics have an obvious right side, but it's up to you which side looks nicer to you. When sewing with a 1 cm seam allowance, keep the needle 1 cm away from the edge of the fabric.

1. Start by gluing the RP to the inner panel, don't use regular glue. Use thermal fabric glue, this can be bought in powder form, or in strips. It is the same stuff used to iron a hem into a curtain. You do not need to glue the whole piece, but make sure the edges are stuck on there so they don't come off while sewing. You need to glue the RP in between the seam allowances. That way, it won't make the seams bulkier. Keep the iron in the same spot for about 8 seconds and apply pressure. Let it cool down before handling the piece.

2. If you're making a long binder, now would be the moment to sew piece C to the inner panel of Piece A. Put piece C on the table, right side facing up, and put the inner panel on top, RP facing up. Lay them out so that, after sewing, when you fold it open it has the same shape as piece AC.

3. Take the outer panel of piece A and place it in front of your right side up. Put the panel we just glued together on top of it, With the RP facing up. That way, The faces of the panels you'll want on the outside of the garment are facing each other. Pin and sew the armhole and neck hole, these are the curved parts of the pattern. For the long binder, it's the same with piece AC

4. Now take the inner and outer pieces B, or BD, for the long binder. And again, sew the arm and neck holes. With the right sides of the fabric facing each other.

5. All the parts you've just sewn in the front panels (A, AC) need to have slits cut into the seam allowance. And in the back part (B, BD), it can be trimmed to below 5mm. Just be careful that you don't cut into the seam.

6. Now flip the back piece right side out. Keep the front piece wrong side out, and put the back piece in between the two front panels. Pull the straps through the shoulder seam holes in the front pieces. Lay everything flat, and make sure the straps aren't twisted.

7. You'll need to pin the straps, make sure the inner back piece is facing the inner front piece. And pin the seam allowance on the inner back strap to the seam allowance on the inner front shoulder seam. Do the same to the outer back and outer front. Then sew, if done right, you should still be able to look through the hole.

8. Now turn it right side out and pull the back out of the front. Fold it open and put the side seams together. Once again, with the right side facing the right side. In the middle, there should be the seams of the armholes you made before. Pin those on top of each other. When you've sewn both side seams, you can put it right side out, and it should look like a binder!

9. If you want to make some adjustments, now is your moment. But please do this with caution. Only make it tighter if you have a lot of room, and the bottom kind of flares out.

10. Pin the side seams so they won't move and the inside and outside have the seam in the same spot. While you do this, fold the seam allowance on one side to the right and on the other to the left. That way, the seam won't be as bulky. When it looks the way you want it to, you can sew 5mm from the edge of the front panel. You can use a regular straight stitch for this, as the front doesn't stretch. This will keep the RP from moving when the glue inevitably loses its strength. When making a long binder, only do this around the no-stretch panel.

11. Now put the binder inside out and pin the hem. You can do this by folding the outer panels 1cm (seam allowance) and then another 2 cm (hem). Use a lot of pins, this makes sewing both stretch and non-stretch fabrics easier. After this it should be done.