

DRAFT & MAKE

Leggings



FREE PATTERN

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Leggings

SUPPLIES NEEDED:



K-42787-1
MILDRED'S PRESSED FLOWERS

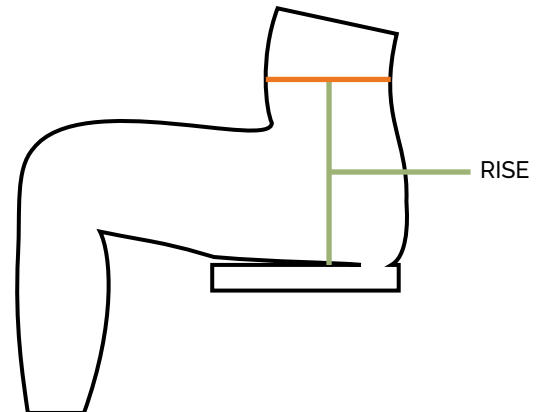
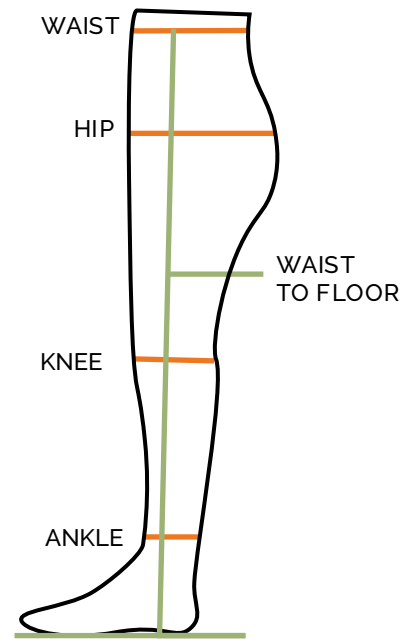
- 2 yds + of Knit fabric
Mildred's Pressed Flowers
- $\frac{3}{4}$ " waistband elastic
- Drafting Paper
- Ruler
- Pins
- Scissors
- Tracing Wheel (optional)
- Chalk or Marking Tool
- French curve (optional)

MEASUREMENTS:

We're going to start by taking a few simple measurements. Start by putting a piece of elastic around your natural waist.

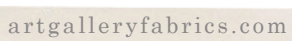
Then take the following measurements:

- Rise - take while seated from the side of your waist (at elastic) to the surface of your chair.
- Length- hold measuring tape under your foot and measure up to your waist.
- Hip (fullest part of hip, usually down 9" from waist)
- Knee circumference
- Ankle circumference



Here are the calculations you'll use in the draft:

- Rise =
- Length = Waist to Floor - 4" =
- Hip = (Hip \div 4) - $\frac{3}{4}$ " =
- Knee = (Knee \div 2) - $\frac{1}{2}$ " =
- Ankle = (Ankle \div 2) - $\frac{1}{2}$ " =



MAKE THE LEGGING BLOCK:

FOR NEXT STEPS PLEASE REFER TO BLOCK DIAGRAM ON PREVIOUS PAGE.

Start by drawing a line (drawn about 2" out from the right side of your drafting paper that measures at least your waist to floor measurement.)

Mark A near the top of your paper (about 6" from the top edge) and square across.

- A to B = Rise (square across) = ___
- A to C = Waist to Floor - 4" (square across) = ___
- D = half of B to C and Square across = ___
- B to E = $(\text{Hip} \div 4) - \frac{3}{4}" = \text{----}$
- From E square up to A
- F to G = mark over (to right) $\frac{3}{8}"$
- E to H = $\frac{1}{4}$ of E F (you can fold paper in half and then in half again) = ___
- I = $\frac{1}{6}$ th of B to E = ___
- Now Join G to H with a straight line or slight curve
- Connect H to I using a french curve (or eyeball it)

Now we'll mark our ankle and knee measurements.

- C to J = $(\text{Ankle} \div 2) - \frac{1}{2}" = \text{----}$
- D to K = $(\text{Knee} \div 2) - \frac{1}{2}" = \text{----}$
- Now connect J to K to I with straight lines, you can curve K to I slightly.

Optional Hip Curve: mark out $\frac{1}{2}"$ from B. Curve from waist (A) to B and then curve slightly to connect B to D to add some curve to the hipline.

Now we'll make the back using the front as our guide:

- F to L = move in $1 \frac{1}{2}"$ and square a line up
- L to M = mark up $1 \frac{1}{4}"$
- Join M to A with a straight line
- N = $\frac{1}{3}$ rd E to F = ----
- I to O = $\frac{1}{5}$ th of B to E = ----
- K to Q = mark out $\frac{1}{2}"$
- J to P = mark out $\frac{1}{2}"$
- Join M to N and curve N to O
- Connect O to Q to P with straight lines you can curve O to Q , slightly.

And your legging block is done! Next you will trace the front and back onto two separate pieces of drafting paper. You could also combine your two pieces into a one seam design if you keep the side seam straight.

You can use a tracing wheel or a transparent paper to transfer your pattern to a new sheet of paper to add the seam allowance or add it directly on the fabric. I like to use chalk and a ruler to add mine directly to the fabric. You can add seam allowance at $\frac{1}{4}"$ or your preferred size. I added an inch at the waistband for $\frac{3}{4}"$ elastic (you can adjust for the size you're using. generally add a $\frac{1}{4}$ to the width of elastic). I added a $\frac{1}{2}"$ to the hems.

I also usually cut out the front first to true up my back pattern and make sure everything lines up at the inseam and outseam. Adjust as needed so your seams are the same length. I suggest testing the first pair to check the fit and then make any adjustments you need. Make sure to add any changes back to your paper pattern. Keep in mind that different stretch percentages of fabric will affect the fit.

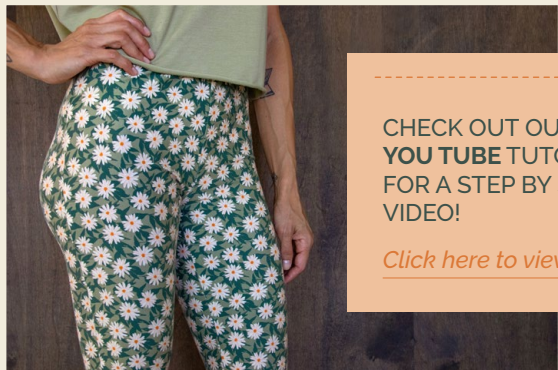
SEW THE LEGGINGS:

Now let's move on to sewing these leggings up! After you've cut out 2 fronts and two back leggings line up the center crotch seams, front to front and back to back, RST. Pin in place and sew on the serger or using a zigzag or stretch stitch on your sewing machine. I used a 3.6 W + 1.5 L narrow zig zag stitch to sew these up.

Next you'll open up the front and back and line up the inseams. Start by pinning from the center out. Now we'll sew the entire inseam from end to end. Next we'll sew the outseams. Line up from the waist to the hem. Pin in place. I like to sew directionally, so if I sew one side from the waist down I flip my piece and sew in the same direction on the opposite side.

Now it's on to finishing. After you've tested the fit and made any alterations it's time to finish the leggings. Place $\frac{3}{4}$ " elastic around your waist, overlapping ends by about $\frac{3}{4}$ " and trim. Sew the elastic together, being careful not to twist with a zig zag stitch. Next mark or pin your elastic into quarters and line up with the waist seams. Sew directly to the edge of the interior with a zig zag stitch or on the serger. Turn elastic under and sew the edge of the elastic on the right side with a zig zag stitch. Now turn under your hems at $\frac{1}{2}$ inch and sew in the same way and trim.

And your leggings are complete! Get comfy and stitch up a few in fun and fresh prints and beautiful solids.



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VIDEO!

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NOTE: While all possible care has been taken to ensure the accuracy of this pattern, We are not responsible for printing errors or the way in which individual work varies.

Please read instructions carefully before starting the construction of this quilt. If desired, wash and iron your fabrics before starting to cut.

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