



Frisly Bloomers



List of required materials:

- Fabric
- $\frac{3}{4}$ " and 1" non roll elastics
- Notions
- Scissors
- Pins
- Safety pin
- Fabric marker
- Serger

Seam allowance: 3/8" unless stated otherwise

These bloomers can be made with up to 4 rows of ruffles depending on the size and the width of the ruffles. You can also sew ruffles onto the front for extra "frilliness"

To begin: print your crotch cutouts without scaling and double check the 1 inch print scale. Cut your size out.

SIZING CHART FOR FRILLY BLOOMERS: Cut TWO (2) of the following:

Size	Width	Length	Bloomer Fabric yardage	Waist elastic $\frac{3}{4}$ " wide	Leg elastic $\frac{1}{4}$ " wide	Ruffles Cut 3-4 strips	Ruffle Fabric Yardage if using ONE print only
0m	17"	11"	1/3 yd	11"	6"	2"x 15"	1/8 yd
3-6m	19"	12 "	1/3 yd	14.5"	7"	2"x 16"	1/8 yd
9-12m	20"	12.5"	1/3 yd	17"	8"	2.5"x17"	1/8 yd
18-24m	20.5"	12 $\frac{3}{4}$ "	0.5 yd	18.5"	9"	2.5"x18"	1/8 yd
2t	21"	13"	0.5 yd	20"	10"	2.5"x20"	1/8 yd
3t	22"	13 $\frac{1}{4}$ "	0.5 yd	20.5"	10 $\frac{3}{4}$ "	2.5"x21"	1/8 yd
4t	22.5"	13.5"	0.5 yd	21"	11.5"	3"x22"	$\frac{1}{4}$ "
5t	23"	13 $\frac{3}{4}$ "	0.5 yd	21.5"	12 $\frac{1}{4}$ "	3"x23"	$\frac{1}{4}$ "
6	23.5"	14"	0.5 yd	22"	12 $\frac{3}{4}$ "	3"x24"	$\frac{1}{4}$ "

To cut out the crotch:

Fold your fabric over from side to side. Place your paper cutout onto your fabric and align the straight edge of your cutout with the raw edges of your fabric as shown:



Pin and cut away the corner as shown:



Repeat with other fabric piece.

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Fold your bloomer piece with right sides together and pin the inner raw edges as shown:

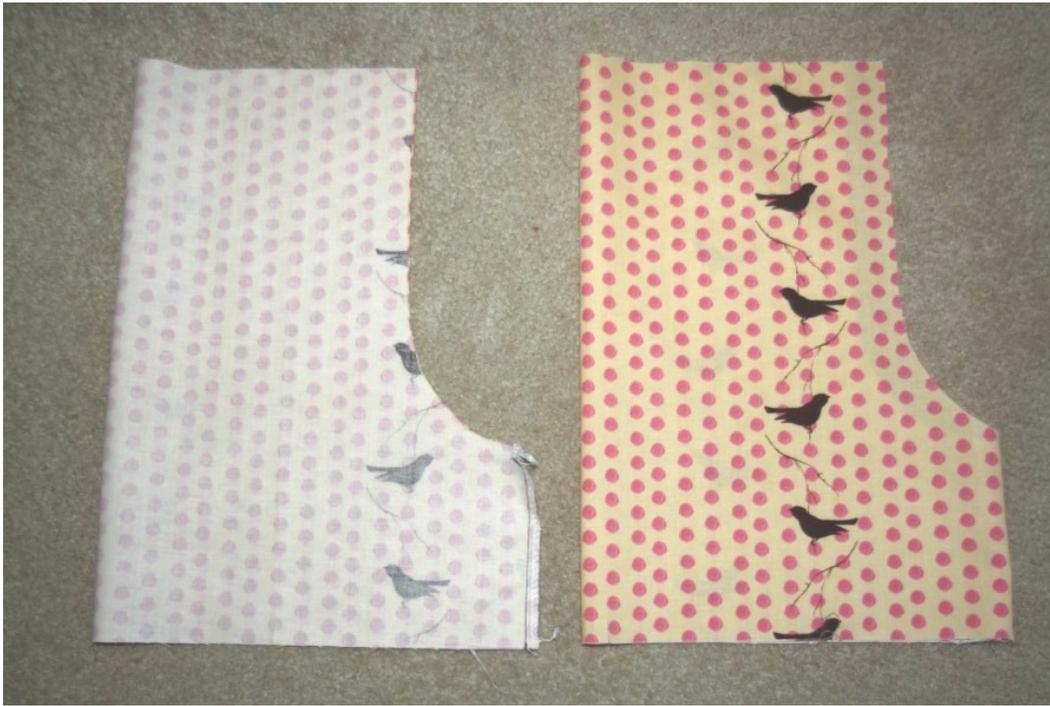


Sew the inner seam between the arrows and serge raw edges. Repeat with other bloomer piece. These are your two bloomer pieces now:



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Turn your right bloomer piece inside out so your right fabric print is showing:



Insert the right bloomer piece into the left one:



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Match up the crotch seams as shown:



Pin the entire crotch/rise. I placed my arrows to show you from where to where to pin:



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Sew both bloomer pieces together. Serge edges. This should now be your bloomer with the crotch area sewn:



To create the front and back rise:

Take one leg out now and place your bloomer in front of you like shown. Grab the center seam where I placed my arrows and



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Pull them apart so that the crotch is in the middle and place the bloomer onto your work mat and place a ruler/lip edge cutter right onto the bloomer as shown. Align the ruler with the left side but slightly move it to an angle with a distance of about 3/4 inch on the other side. This will create the lower rise in the front and the higher rise in the back.

Now either draw a line with your fabric marker or go straight to cutting with your roller cutter:



Cut away this diagonal strip and discard.



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Now flatten out your bloomer and you will have a lower rise in the front and a higher rise in the back!

To prepare bloomers for sewing on the ruffles:

Pin now the outer edge (fold) as shown:



Cut all the way up and repeat with other side.



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Now your bloomer should look like this:



To serge the ruffle strips:

These are your cut out ruffle strips (I chose 3):



Serge both sides of all ruffle strips either with a narrow roll hem stitch or a wider serge stitch, it's up to your own liking!



To ruffle your strips:

simply set your machine's tension dial to the highest number and your stitch length to the widest stitch! Start sewing about $\frac{1}{4}$ inch into your strip as shown. This will automatically create the ruffle effect. Hold the strip once it comes out of the machine in the back and make sure to sew slowly. Repeat with all strips to be ruffled.

Note: if your machine doesn't let you set to ruffling you may use a ruffler foot if applicable



Take your bloomer with the backside facing you and draw lines to where you want the ruffles to go. I suggest to go down from the top edge at least to about 2 inches, that way you won't interfere with the casing that still needs to be sewn later on. Draw lines in equal distances - up to 4 lines are suggested.



The following picture shows you my 3 drawn lines:



Once you prepared your ruffles pin the first one onto your lowest line. Position the ruffle seam right on top of the drawn line. Sew the ruffle on by carefully sewing right on top of the ruffle seam (thread).



Pin your second ruffle on and sew it on:



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Repeat with all remaining ruffles and this should now be your finished backside:



To sew both bloomer pieces (front and back) together:

Take your front bloomer piece and fold it over to cover the ruffles:



Pin the sides from top edge to bottom edge as shown making sure your ruffle ends are nicely positioned and all ruffle edges are aligned with your bloomer side edges! So they all will get sewn in!



Sew both side seams and serge raw edges. This should now be your bloomer:



To make the waist casing:

Serge the top edge and fold it down to 1 inch and press:



Sew the entire casing right on top of the serged edge and leave an opening of 2 inches to insert the elastic later on. Backstitch beginning and end:



To insert the elastic:

Secure a safety pin to your elastic and insert it into the casing. Once both ends meet, slightly overlap them and pin. Sew both ends together with your machine and sew back and forth 5-6 times:



Now close the opening with your machine.

To make leg casings

Fold up the bottom edge to $\frac{1}{4}$ inch and press. Fold up once more to 0.5 inch and press:



Sew the leg hems in the same fashion as you did with the waist elastics! Leave an opening of about 1 inch right at the inner leg seam. Secure a safety pin to your leg elastics, insert it, sew it together with hand stitching and close the opening. Repeat with other leg and you are done!



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6

5t

4t

3t

2t

18-24m

9-12m

3-6m

0m

Bloomer Crotch Cutouts

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1 inch