



No Serger Bloomers Sewing Pattern



Bloomers are a must for underneath dresses and they can be worn just by themselves! This pattern is a “cut by measurement” pattern without full sized templates. The only templates are for the crotch. It’s very easy to do and fast to sew! The instructions are for a sewing machine only and don’t require a serger. Feel free to serge wherever needed!

Suitable fabrics: quilters cotton, any lightweight material without too much stretch, knits.

List of required materials:

- Fabric
- Sewing machine
- Serger (optional)
- Scissors and/or rotary cutter
- Measuring tape or lip edge ruler
- Fabric marker/pen (optional)
- Iron
- ¾” non-roll elastic
- Elastic thread (optional) – you will find an alternative tutorial at the end for using reg. band elastic

Seam allowance: 3/8” unless stated otherwise

To begin: print out your crotch cutout without scaling and double check the 1 inch print scale. Cut out the desired size or simply fold back the undesired sizes (possible after size 3-6m).

SIZING CHART FOR BLOOMERS:

Please cut TWO (2) of the following:

Size	Width	Short length	Longer length	Fabric yardage	Waist elastic
0m	16”	10”	11.5”	1/3 yd	14”
3-6m	18”	10 ¼ “	12 ¾ “	1/3 yd	15”
9-12m	19”	10.5”	13”	1/3 yd	17”
18-24m	19.5”	11”	13.5”	0.5 yd	18.5”
2t	20”	11”	13.5”	0.5 yd	20”
3t	21”	11 ¼ “	14”	0.5 yd	20.5”
4t	21.5”	11.5”	14.5”	0.5 yd	21”
5t	22”	11 ¾ “	15”	0.5 yd	21.5”
6	22.5”	12”	15.5”	0.5 yd	22”

These are the two fabric pieces you have cut out:



To cut out the crotch:

Fold one of your fabric pieces over from side to side so that your fold is on the right. Place the crotch cutout into the upper left corner as shown:



Pin and cut around it:



Repeat with other fabric piece.

These are the two cut out pieces you should have now:



The following step can be done with a serger but here are simple instructions on how to do a “rolled” hem with your sewing machine!

Set your machine to the widest zigzag stitch and the stitch length to 0.5 or slightly narrower. Tension to 2-3. Best is to practice this stitch on a scrap piece to ensure you have found the perfect settings! Some machines might work differently.

Once you have found the best setting, insert your bloomer piece with right side up into your machine with the bottom edge on the plate. Position the center of the foot (which is likely marked with a dot) 1/8-1/4 inch away from the edge. I marked it with a black line. That is where you will have the center of your zigzag stitch going over.

Start sewing slowly and grab the fabric from the back and gently hold it taut in the front while sewing to ensure an even stitch:



This is what your sewing machine “rolled” hem may look like:



Trim off the tiny fibers that are peeking out.

Repeat with other fabric piece. Reset your machine to regular straight stitch.

To sew the leg together:

Place one bloomer piece with right sides together in front of you and pin the inside of the legs. Sew along dashed line with backstitching beginning and end:



Repeat with other leg piece.

To sew both legs together:

Turn one leg with right sides out and position it next to the other leg which has the wrong side out. Both crotch curves should face the right:



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Insert the right leg into the left one:



Both legs' fabric print should be facing now. Pin along the crotch curve. Sew along dashed line starting at the top edge, going down across the crotch and up the other side:



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Zigzag stitch the raw edge or use your serger. This is now your sewn together bloomer:



To create the front and back rise:

Leave your bloomer as is with wrong side out and spread it out so that both seams face opposite sides:



Align your ruler (or measuring tape) slightly diagonally along the top edge. I marked the left top edge with a line, that's where your ruler wants to lay flush against. On the other side your ruler wants to sit about 0.5" below the top edge. Either mark this line with a fabric marker and trim off with scissors or cut it off with your rotary cutter.



This is now your cut off top edge:



Once you unfold your bloomer and readjust the legs you will notice the front is lower than the back:



To make the waist casing:

With wrong sides out, fold down the top edge to $\frac{1}{4}$ " and press all the way around. Fold down once more 1" and press again:



Pin in place and sew along the dashed line close to the inner folded edge. Leave a 1.5-2" opening in the back center. Backstitch beginning and end:



Secure a safety pin to your waist elastic and insert it into the casing:



Once both ends meet, slightly overlap them and pin. Sew along dashed line 5-6 times back and forth:



Add a size/care tag and close your opening with your machine:



To sew elastic thread into the legs:

Wind some elastic manually onto your bobbin. I use the shown brand but any brand available at craft/fabric stores will be fine! Wind the thread tight but not too tightly. You can pull slightly on your elastic thread while you are winding it up.



Insert the bobbin with the elastic thread into the lower part of your machine and thread the upper with regular thread. Insert your fabric into your sewing machine with right sides up and start sewing right at the inner seam with a good 4 inches of elastic thread hanging out. Set your machine to the longest stitch length and the tension to 2-3. Start sewing at the neck band seam. Sew with a seam allowance of 0.5" for the short bloomers and 1" for the longer bloomers.

Be sure to check while you are sewing that your elastic thread has not jumped out from over the bobbin. That sometimes will happen and cause your elastic not to gather. If this does happen just rewind your elastic thread!

Helpful tips on sewing with elastic thread:

<http://whimsycoutureboutique.blogspot.com/2010/08/no-more-shirring-problems-ever.html>

<http://whimsycoutureboutique.blogspot.com/2010/01/tutorial-how-to-shirr-fabric.html>

If you have a Brother sewing machine, this YouTube video will help!:

<http://www.youtube.com/watch?v=RvXzoFzvVFQ>

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Sew two rows all the way around. Backstitch the end and trim off the threads with a good 3" hanging out:



Double knot the threads to ensure they won't open.

Repeat with other leg. This is how the legs look now:



If the shirring doesn't look gathered much you can hit it with a steaming iron if your fabric allows the heat. Steam shrinks the elastic thread and makes a tighter fit.

Top stitch the inner legs right over the elastic thread and tuck in loose hanging threads so they won't peek out:



Your adorable bloomers are done!



Design examples of short and longer bloomers:



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For questions please email whimsycouture@hotmail.com

Thank you so much for using this pattern!

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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

1

TUTORIAL to sew in band elastic (wherever shirring doesn't work!)

With right side down, draw a line at where you want the elastic ,as shown in pink:



Cut your elastic (1/4 – 3/8" width) to about half of what your sleeve/garment's width measures. Pin elastic in sections right onto the drawn line. Best is to first pin both ends to one side seam then pin the center of the elastic to the other side seam. Then pin in sections of about 5" until you have covered the entire sleeve/ garment.



2

Set your machine to regular stitch tension and length and leave at least 5" of both threads hanging out! Wrap the thread ends around your left fingers so you will have a good grip on them! Now start sewing with backstitching the beginning and gently hold the threads with your left hand and pull on your garment with pinned elastic towards you.

While you are pulling from both sides your elastic should be gently stretched over your garment. Keep sewing right along the pink dashed line, over the pins until you reach the end. Backstitch:



Done!

Written by Whimsy Couture – feel free to share!