



## **DARYL LANCASTER**

### **FIBER ARTIST**

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 [YouTube](#) [The Weaver Sews](#)



## **2 Day Remote Workshop**

### **JUMPSTART VEST**



**Dust off your sewing machine and jumpstart your skills. This simple lined vest is custom fit to look great, feel good, and teach you some of the basics of garment construction. Great for handweavers, felters and surface designers, this vest looks great in all fabrics.**

**The design is based on the [500 vest from the Daryl Lancaster Pattern Collection](#). The armbands are optional, and the armhole is square for a more flexible fit. There is a shawl collar option for more advanced participants. There are also two different fronts, front A has no darts, and front B has a horizontal bust dart.**

**Note: This is a two day class. It is expected that participants will need to continue construction of this vest, beyond the length of the class. There are YouTube videos that explain each of the steps of construction, to help participants finish independently. The optional shawl collar and bound buttonholes will take much more time than the class allows. They would be options for the more experienced participants.**

**ALL LEVELS ARE WELCOME**, some knowledge of the sewing machine is expected.

**MAXIMUM ENROLLMENT: 10** Class will be conducted via Zoom. Zoom account and link are provided by the participating guild

A PDF of the 500 vest pattern (<https://www.weaversew.com/shop/500-vest.html>) will be emailed free of charge to all participants in the class. This pattern contains all sizes, it will be expected that participants will print the PDF pages and trim and assemble them into a full size pattern. Patterns may be printed with an inkjet printer or via a venue like Staples, make sure the pages are printed actual size! Please view the tutorial on my

YouTube channel, *The Weaver Sews*, [https://youtu.be/14\\_iQkftfiw](https://youtu.be/14_iQkftfiw) for instructions on how to download and assemble a downloadable pattern. Be sure to read the pattern intro before printing.

Participants will also be expected to trace off their size and make a test garment before class. For more information on how to trace the pattern, please view the tutorial on my YouTube channel <https://youtu.be/bQiRn7tMCIQ> \*Tracing material can be purchased from my website <https://www.weaversew.com/shop/red-dot-tracer.html>

Please review the tutorial on how to select your size in the YouTube video *What Size Am I Part 1* <https://youtu.be/MjkRSwMku30> , *What Size am I part 2* <https://youtu.be/OxBP7DpeN5o>

The first morning of the class will be discussing any size or alterations to the test garment. It is helpful to have a webcam to help me view the fit of the test garment, alternately, take photos of the fit from different angles and upload them to your computer or send them to me ahead of class. Using screen share we can view them together as a class. It is expected by lunchtime the first day that participants will have the correct pattern size ready for cutting out the handwoven or commercial fabric.

Size	Finished Bust Circumference		Finished lower width		Finished Length
	A	B	A	B	
Brown	36 ¼" (92cm)	NA	37" (93.9cm)	NA	22"(55.8cm)
Green	39" (99cm)	40" (101.6cm )	39 ⅞" (101.3cm)	41" (104.1cm)	22 ⅝"(57.4cm)
Red	41 ⅝" (105.7cm)	42 ¼" (107.3cm)	42 ⅞" (108.9cm)	43 ⅞" (111.4cm)	23 ⅛"(58.7cm)
Blue	44 ⅜" (112.7cm)	45 ⅛" (114.6cm)	45 ¾" (116.2cm)	46 ¾" (118.7cm)	23 ⅝"(60cm)
Orange	47 ½" (120.6cm)	47 ⅞" (121.6cm)	47 ⅝" (120.9cm)	49 ¼" (125cm)	24 ¼"(61.6cm)
Purple	NA	50 ½" (128.2cm)	NA	51 ⅞" (131.7cm)	24 ¾"(62.8cm)
Lime	NA	53 ¼" (135.2cm)	NA	55 ¼" (140.3cm)	25 ¼"(64.1cm)

### Yardage requirements:

Yardage requirements assume that you are using a one-way design, so that all the pattern pieces will be cut in the same direction. However, handwoven fabric can often be cut in both directions so that pattern pieces can nest close to each other, which requires less fabric. Matching weft patterning and hand-painted warps will require more fabric.

	18"(46cm)	24"(61cm)	36"(92cm)	45"(115cm)	60"(150cm)
<b>Brown</b>	3 yds (2.74m)	2 ¼ yds (2m)	1 ½ yds (1.37m)	1 ½ yds (1.37m)	1 yd (.91m)
<b>Green</b>	3 (2.74m)	2 ½(2.3m)	1 ½(1.37m)	1 ½(1.37m)	1(.91m)
<b>Red</b>	3 (2.74m)	2 ¾(2.5m)	1 ½(1.37m)	1 ½(1.37m)	1(.91m)
<b>Blue</b>	3 (2.74m)	2 ¾(2.5m)	1 ½(1.37m)	1 ½(1.37m)	1 ¼(1.1m)
<b>Orange</b>	3 ¼(2.97m)	3 ¼(3m)	1 ¾(1.6m)	1 ¾(1.6m)	1 ½(1.37m)
<b>Purple</b>	3 ¼(2.97m)	3 ¼(3m)	1 ¾(1.6m)	1 ¾(1.6m)	1 ½(1.37m)
<b>Lime</b>	4 ½(4.11m)	3 ¼(3m)	3 ¼(3m)	1 ¾(1.6m)	1 ½(1.37m)

The **Shawl Collar** variation will require additional fabric.

- 18" (46cm) -wide fabric requires an additional 2 yards (1.8m).
- 24" (61cm), 36" (92cm) and 45" (115cm) -wide fabrics require an additional 1 yard (.91m).
- 60"(150cm) -wide fabric require an additional ½ yard (.45m).
- Lining fabric: 2 yards(1.8m), 45"(115m) wide. Be sure to preshrink your lining fabric.
- Fusible knit interfacing: 1 yard(.91m), 20"(50.8cm) wide [2 yards(1.8m) **for shawl collar variation**] <https://www.weaversew.com/shop/htcw-fusi-knit-interfacing.html>  
1/8 yard(11cm) woven cotton fusible interfacing for **optional bound buttonhole facing**. <https://www.weaversew.com/shop/pellon-shape-flex.html>
- One or more 1"(2.54cm) - 1 1/8"(2.8cm) button/s for **optional bound buttonhole/s**.

## Recommendations For Handwoven Fabric

My recommendations are to sett your fabric much denser than you would think. Try 8/2 Tencel at 36epi, 10/2 perle cotton at 30, 5/2 at 20, etc. It will ultimately depend on the structure, and your beat and the loom. I have seen fabrics in just about every fiber and combination of fibers you can imagine. Note: The fabric cannot be too thick, because it gets tough fitting multiple layers through the sewing machine. Any fiber works, if you can weave it, but I find woven cloth for garments will have the best results if at least part of the fabric is a protein content, like wool, which can be fullled up to create a denser, more stable fabric.

Sampling can be advantageous here. I have had students produce wonderful fabrics with a cotton or Tencel warp and [Jaggerspun's Zephyr \(wool/silk\)](#) weft, [Webs' Colrain Lace \(Merino/silk\)](#), or [Silk City Fibers' Wool Crepe Deluxe \(Merino/rayon\)](#) which can be fullled up for a stable, dense but pliable fabric, great for a jacket or vest.

Start with commercial fabric if you are intimidated. Commercial fabric can give you an idea of what weights work for what silhouette.

Here are some of my basic suggestions:

- Sett it denser than you think.
- Avoid long floats, which make a fabric less stable.
- If you want a lighter fabric, choose a thinner yarn, not a looser sett.

- Avoid weft patterning, repeats and blocks. They are hard to match for side seams and such.
- **If you use a hand-painted warp, make sure there is a repeat!**
- Wash your fabric well.



*Wash Your Fabric!*

<https://youtu.be/ivqviCQqL88>

Finishing is important. **ALL FABRICS SHOULD BE WASHED PRIOR TO SEWING!**

The exception here would be fabrics that were processed, dyed, felted, steamed, etc. They would already be preshrunk. If using handwoven fabric, or something commercial that has not been in contact with moisture, steam, water, or whatever, please machine wash your completed fabric **AT A MINIMUM** on **GENTLE CYCLE** for 3 minutes in **COLD OR WARM WATER** using a laundry detergent. This is even suitable for wool and mohair. Fabric may be hung to dry or machine dried if the fabric warrants this type of processing. Test, Test, Test! When fabric is completely dry, it should be steam pressed. You could even have the dry cleaner press it if your iron is inadequate.

SUPPLY LIST:

Participants should have available:

- A **CARDBOARD CUTTING BOARD WITH PRINTED GRID** Usually available from <https://www.joann.com/prym-dritz-superboard-cutting-board/1025055.html> **Prym-Dritz Superboard Cutting Board-36"X60"**, about \$20.00, (If one is not available, a large piece of corrugated cardboard can work, ideally 36" x 60".)
- A good **large work surface** for laying out the cutting board.
- **A SMALL ROTARY CUTTING BOARD AND ROTARY CUTTER** (OPTIONAL)
- **2 OR 3 GOOD QUALITY COLORED PENCILS** (eg. Sanford Prismacolor) and a **pencil sharpener**.
- **PUSH PINS** (or thumb tacks, usually available at an office supply store)
- **SEE-THRU 18" STRAIGHT EDGE RULER**
- **TAPE MEASURE**
- **TRANSPARENT SCOTCH TAPE**, like the kind in the green plaid package.
- **IRON AND IRONING BOARD**. Iron should produce good steam.
- **PORTABLE SEWING MACHINE PREFERABLY WITH INSTRUCTION MANUAL, EXTRA NEEDLES** (size 14), AND BOBBINS. TRY TO BECOME FAMILIAR WITH ITS OPERATION (especially if you are borrowing one ) AND OIL IT OR HAVE IT SERVICED IF YOU HAVEN'T IN A LONG TIME! Optional: If you have a walking/dual feed foot, please include it. If you don't know what that is, don't worry about it.)
- **6" SEAM GAUGE** (THE KIND WITH THE SLIDING MARKER)
- **THREAD** (USE LONG STAPLE POLYESTER LIKE GÜTERMANN)
- **BALL HEADED QUILTERS PINS**
- **GOOD SCISSORS OR DRESSMAKERS SHEARS (Bent trimmers)**
- **EMBROIDERY SCISSORS**
- **HAND SEWING NEEDLES AND THIMBLE IF YOU USE ONE**
- **CAKE OF BEESWAX**
- **NOTEBOOK AND PEN (a highlighter is helpful too)**

- A **SKEIN OF EMBROIDERY FLOSS** for making tailor's tacks. Floss should be very bright and contrasting and easily seen.
- **PRESS CLOTH** (I prefer a large square of silk organza)
- **INSTRUCTIONS FOR ASSEMBLING THE 500 VEST**, available as a free download from my website. This file may be printed for your convenience while sewing. <https://www.daryllancaster.com/Webfiles/500VestDirections.pdf>
- **PATTERN TRACING MEDIUM 2 YDS** gridded for tracing your size from the master pattern. You may purchase this from my eStore <https://www.weaversew.com/shop/red-dot-tracer.html> or purchase a roll of Swedish Tracing Medium from a place like Wawak.com <https://www.wawak.com/Cutting-Measuring/Patterns-Supplies/swedish-non-woven-tracing-paper-10-yds-x-29-white/?sku=MSC40> Note: The Swedish tracing paper does not have a grid. It is recommended that you draw a grid on each pattern piece.
- **FUSI KNIT INTERFACING** This is the foundation of the pieced vest, and can be purchased from my eStore <https://www.weaversew.com/shop/htcw-fusi-knit-interfacing.html> Choose Black or White, depending on your scraps.
- **BRING TWO YARDS OF LINING TO LINE THE VEST.** (Lining fabrics and quilt cottons can work for this purpose) **PRESHRINK FABRIC IN HOT WATER BEFORE CLASS.** (Place in hot tap water for about 20 minutes, roll in towel, hang to dry.)

**Bio: Daryl Lancaster, a hand-weaver and fiber artist known for her award-winning hand-woven fabric and garments, has been constructing garments for more than half a century. She has given lectures and workshops to guilds, conferences, and craft centers all over the United States. The former Features Editor for Handwoven Magazine, she has written more than 100 articles and digital content and frequently contributes to various weaving and sewing publications. She now has a YouTube channel, [The Weaver Sews](#) where she shares her extensive experience sewing handwoven garments. Daryl now offers a complete line of digital sewing patterns for handweavers. <https://www.weaversew.com/shop/sewing-patterns.html> She maintains a blog at [www.weaversew.com/wordblog](http://www.weaversew.com/wordblog) Find her at [www.Daryllancaster.com](http://www.Daryllancaster.com)**