

DARYL LANCASTER FIBER ARTIST

6 Utne Court, Lincoln Park, NJ 07035 973 706-7745

theweaver@weaversew.com / www.weaversew.com / www.weaversew.com/wordblog

5 Day Workshop / Optional 6/7 day

Garment Construction Intensive: Wrap your body in clothing from your own hands.



All levels are welcome. This is a terrific class for those wanting to learn to fit and sew clothing from their handwoven, hand printed, dyed, quilted, felted or just commercial fabric, as well as for those more experienced students wanting polished and professional results. New students will construct a basic custom fit unlined jacket or lined vest from their own fabric while learning all sorts of inspiring construction techniques to make their garments reflect their creativity.

Returning students may make any of my silhouettes, and variations or may bring their own patterns and agenda.

Materials fee for **new students only**: \$35. Interfacing, pattern paper and extensive bound handout, twill tape, press bar and shoulder pads if needed. **All others may purchase materials as needed.**

ALL LEVELS ARE WELCOME

MAXIMUM ENROLLMENT: 15 (prefer 12)

Bio at the end of page 5.

SUPPLY LISTS:

Facility should provide:

- A cafeteria size table for each student and two for the instructor.
- Access to electricity for sewing machines and irons.
- 2 or 3 irons and ironing boards
- A full-length mirror
- Garment rack.
- A tailor's ham and sleeve roll
- A sewing machine should be made available for any student who can't bring one to class due to travel restrictions.
- A screen, extension cord and power strip for the digital presentations. **I supply the LCD projector and laptop.**

Students should bring: (PLEASE LABEL EVERYTHING WITH YOUR NAME!)

- A CARDBOARD CUTTING BOARD WITH PRINTED GRID Usually available from www.joann.com **Wrights Cardboard Pattern Cutting Board-36"X60"**, (If one is not available, a large piece of corrugated cardboard can work, ideally 36" x 60".)
- 2 OR 3 GOOD QUALITY COLORED PENCILS (eg. Sanford Prismacolor)
- SEE-THRU STRAIGHT EDGE RULER
- TAPE MEASURE
- A PENCIL SHARPENER
- 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 IF YOU HAVEN'T IN A LONG TIME! Optional: If you have a walking/dual feed foot, please bring it.
- EXTENSION CORD AND POWER STRIP
- 6" SEAM GAUGE (THE KIND WITH THE SLIDING MARKER)
- GOOD SCISSORS OR DRESSMAKERS SHEARS (My favorite is Gingher Lightweights G-8F)
- EMBROIDERY SCISSORS (eg. Gingher 4")
- HAND SEWING NEEDLES AND THIMBLE IF YOU USE ONE
- CAKE OF BEESWAX or THREAD HEAVEN thread conditioner
- NOTEBOOK AND PEN (a highlighter is also helpful)
- A SMALL ROTARY CUTTING BOARD AND ROTARY CUTTER (OPTIONAL)
- PUSH PINS (THE KIND YOU USE FOR BULLETIN BOARDS)
- THREAD TO MATCH YOUR FABRICS including any linings (Use a long staple polyester like Gutterman)
- BALL HEADED QUILTERS PINS if using heavier fabric, or SILK DRESSMAKERS PINS for finer fabrics.
- PRESS CLOTH (OLD, MEN'S HANDKERCHIEF WORKS GREAT)
- LOTS OF SCRAPS TO PLAY WITH, YOU WILL BE LEARNING MANY NEW TECHNIQUES, SEAM FINISHES, ETC. YOU WILL HAVE THE OPPORTUNITY TO TRY OUT SOME OF THESE TECHNIQUES.
- ANY SHOW AND TELL, QUESTIONS OR PROBLEMS, WHERE YOU WOULD LIKE FEEDBACK FROM ME AND/OR THE CLASS
- A HANGER for the finished garment!
- **A COUPLE OF OLD SHEETS OR JUNK FABRIC FOR CREATING A MUSLIN OR TEST GARMENT. ESPECIALLY IMPORTANT FOR RETURNING STUDENTS. Plaids are ideal!**

RECOMMENDATIONS FOR HANDWOVEN FABRIC

I don't give criteria as such, but I probably should because it is often requested. I'll add it to my lengthy list of things to do to one day – "sit down and write sett and fabric content guidelines". The issue is there is no way to give every scenario and it is important to follow your instincts as a weaver and do what you enjoy. That is much more valuable than following a recipe which does not take into account your structure, loom, atmospheric conditions, beat, washing equipment etc. I don't teach weaving, I teach how to get what you wove into a garment!

That said, my recommendations are to sett whatever you are thinking of weaving 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've seen fabrics in just about every fiber and combination of fibers you can imagine. Note: The fabric can't 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 can have great results if at least part of the fabric like the weft is a protein content, like wool, which can be fullled up to create a dense fabric.

Sampling can be advantageous here. I've had students produce wonderful fabrics with a cotton or tencel warp and Jaggerspun Zephyr wool/silk weft or Webs merino/tencel Colrain Lace, which can be fullled up well for a stable, dense but pliable fabric, great for a jacket, vest or warm tunic.

Start with commercial fabric if you are intimidated. Commercial fabric can give you an idea of what weights work for what silhouette. There is of course also the issue of climate, what people in Florida choose to weave is different from people in northern Michigan.

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 it well.

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.

FOR THE BASIC JACKET/NECK BAND, HIP LENGTH:

- Fabric should be approximately 6 yards x 24" wide or 4 yards x 36" – 45" wide or 2 yards x 60" wide **AFTER WASHING**. Remember fabric can shrink as much as 30% when washed. In order to ensure you have enough fabric for your jacket, samples, mistakes, swatches, etc., use the above guidelines as minimums. I would rather you have leftover fabric than not enough.
- **IN ADDITION:** 1 YD. of LINING FABRIC (45" wide) for pocket lining and seam finishing. Pick something fun that will show off those fabulously finished seams. Any lining fabric will do, silk, rayon, acetate, cotton, polyester, whatever you can find, as long as it is lighter in weight than the outer fabric. **PRESHRINK FABRIC IN HOT WATER.** (Place in hot tap water for about 20 minutes, roll in towel, hang to dry.)
- If a full lining is desired, you will need approximately 3 yards of a suitable lining fabric. *Consider silks, poly, jacquards, fabrics that are fluid and allow the garment to move over the body easily. Cottons and quilt fabrics don't slide well over the body.* Directions are available for inserting a lining. **PRESHRINK FABRIC IN HOT WATER.** (Place in hot tap water for about 20 minutes, roll in towel, hang to dry.)



FOR THE SWING COAT:

- The swing coat requires considerable width at the bottom edge. For smaller sizes, (brown, green, and red) you will need a minimum of 8 yards at 18" wide or 5 ½ yards at 36" wide. If choosing the optional shawl collar add 1 ½ yards for the 18" wide fabric, or ½ yard for 36" wide fabric.
- For larger sizes, (blue, orange, purple and lime) you will need a minimum of 8 yards at 22" wide or 4 ½ yards at 44" wide. If choosing the optional shawl collar, add 1 ½ yards for the 22" wide fabric, or ½ yard for the 44" wide fabric.



- 1 YD. of LINING FABRIC (45" wide) for pocket lining and seam finishing. *See above.* PRESHRINK FABRIC.
- If a full lining is desired, you will need approximately 4 yards of a suitable lining fabric 45" wide. *See above.* PRESHRINK FABRIC.

FOR THE VEST, HIP LENGTH:

- For the largest size vest (54" bust), fabric should be approximately 4 ½ yards x 18" or 3 ½ yards x 24" wide or 2 yards x 36" wide AFTER WASHING. Smaller sizes will need less fabric. Fabrics should have a consistent beat, a firm hand, and should be suitable for garment construction.
- You will need TWO YARDS OF LINING to line the vest. (Lining fabrics and quilt cottons can work for this purpose). PRESHRINK LINING FABRIC IN HOT WATER. (Place in hot tap water for about 20 minutes, roll in towel, hang to dry.)
- For the walking vest, or longer length, add an additional two yards of fabric.



FOR THE VEST WITH OPTIONAL YOKE, ZIPPER AND COLLAR:

- For the largest size vest (54" bust), fabric should be approximately 4 ¼ yards x 16" or 3 ½ yards x 24" wide or 2 yards x 32" wide AFTER WASHING. **Smaller sizes will need less fabric.** Fabrics should have a consistent beat, a firm hand and should be suitable for garment construction.
- You will need TWO YARDS OF COMMERCIAL FABRIC to line the vest, 45 or 60" wide. (*Crisp firm fabrics and quilt cottons can work for this purpose, try corduroy, wools, etc.*) **PRESHRINK LINING FABRIC IN HOT WATER.** (Place in hot tap water for about 20 minutes, roll in towel, hang to dry.) In addition to lining the vest, the perimeter edge will be trimmed with 2 ¼" bias, usually cut from the lining fabric. The lining can also be used for a seam finish, which will be visible on the right side of the garment.
- You will need a separating jacket zipper, size 5, 16" – 22" in length depending on your preference for length. in plastic or metal.



FOR THE TUNIC:

- 20" wide fabric - 6 yards AFTER WASHING (Note: will require center front and back seams and piecing of part of the sleeves for larger sizes. Smaller sizes may need less fabric or width.)
- 32"– 45" wide fabric – 4 yards AFTER WASHING.
- 60" wide – 2 yards AFTER WASHING, Smaller sizes may need less fabric or width.
- NOTE: Optional hood will require an additional 1 yard of 20" wide fabric, ½ yard of 45"-60" fabric
- Since the finished garment will be a tunic or overshirt, choose fibers that will allow drape without creating a sleazy fabric. Suggested fibers are cotton, linen, blends, tencel, rayons, or silk. This tunic can also work for layering in a fine wool or blend like Zephyr wool and silk.
- ½ yd. of COORDINATING OR CONTRASTING FABRIC IF DESIRED (45" wide) for front plackets, collar and yoke lining. This fabric should be crisp and stable. It will be seen from the right side of the garment. PRESHRINK FABRIC IN HOT WATER. (Place in hot tap water for about 20 minutes, roll in towel, hang to dry.)
- If optional button placket is desired, you will need buttons. For the sample I made, I used six 13/16" buttons, but you may use anything from ½" to ¾" buttons, the number of buttons will change proportionately.



FOR THE BIAS TOP:

- NOTE: This top is cut on the bias.
- For the largest size top (blue, orange, purple), fabric should be approximately 2 yards x 36" wide AFTER WASHING. Smaller sizes (brown, green, red) should be approximately 1 ¾ yards x 31" wide. Fabrics should have a consistent beat, a flexible hand, and should be suitable for garment construction of a bias top. NOTE: This top can easily be pieced by butting or seaming selvages together. The picture at the right was made from scraps from another project.
- You will need some kind of finish for the neck and armhole edges, some kind of lining fabric that can be cut on the bias, approximately ¼ yard, or use a bias cut nylon tricot.



FOR THE SWING DRESS:

- NOTE: This dress is cut on the lengthwise grain.
- For the larger sizes, (blue, orange, purple) fabric should be approximately 5 yards x 20" wide AFTER WASHING. For the smaller sizes (brown, green, red) fabric should be approximately 5 yards x 18" wide.
- For 40" wide fabric, you will need approximately 2 ½ yards.
- You will need a finish for the neck and armhole edges, some kind of lining fabric that can be cut on the bias, approximately ¼ yard, or use a bias cut nylon tricot. In addition, there are optional side pockets, these can be cut from the same lining fabric.
- This dress requires an 18-22" invisible zipper.



FOR THE COLLARED JACKET, HIP LENGTH:

- NOTE: This jacket is lined edge to edge, which can be tricky with handwoven fabric. The fabric cannot grow or expand because the lining won't lay flat. Make sure the fabric you use is very stable, preferably with some kind of fulled wool content, or alternately, use a fusible underlining on all of the body pieces. <https://www.weaversew.com/shop/texturized-poly-weft-black.html>
- Fabric should be approximately 5 yards x 20" wide or 2 ½ yards x 45" wide or 2 yards x 60" wide AFTER WASHING. Remember fabric can shrink as much as 30% when washed. In order to ensure you have enough fabric for your jacket, samples, mistakes, swatches, etc., use the above guidelines as minimums. I would rather you have leftover fabric than not enough.
- 3 ½ yards of a suitable lining fabric 45" wide. This jacket is fully lined and the lining is also used as bias trim around the perimeter. Note: Choose something with body, suggested fabrics are linen, fine whale corduroy, fine wools, wool suitings, or even quilt cottons will work. A heavy weight silk, like dupioni, or raw silk will also work well. PRESHRINK FABRIC IN HOT WATER. (Place in hot tap water for about 20 minutes, roll in towel, hang to dry.)
- Alternately, a finer silk, rayon, acetate or poly lining can be used for the body. The collar, pocket and perimeter bias can be from a third element. Choose one of the suggestions above. You will need about a yard. PRESHRINK FABRIC IN HOT WATER. (Place in hot tap water for about 20 minutes, roll in towel, hang to dry.)
- You will need a #5 separating zipper, preferably metal, approximately 18-20" long. These will be available in class. And for decorative pocket treatment, two buttons approximately 5/8".



PLEASE email me and let me know your plans so I can have the appropriate patterns and materials for you.

theweaver@weaversew.com

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 50 years. She gives 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 90 articles, frequently contributes to various weaving and sewing publications and writes regularly for Threads Magazine. Daryl maintains a blog at www.weaversew.com/wordblog Find her at www.DarylLancaster.com

FOR FELTERS MAKING A JACKET:

- See the template below for approximate sizes for each panel. Felt a panel for each garment section rather than try to and create yardage. Felt should be stable, suitable for a lightweight jacket or outerwear. Try to maintain the natural edge in hand felt for seam and edge finishes.
- Use your hip measurement to determine the width for each panel ($\text{Hip Measurement} + 4\text{-}6'' \text{ ease} \div 2 = \text{back panel width}$).



TEMPLATE FOR FELT JACKET

