

UpCycled Lounge Pants Tutorial




Mellebug

Making these pants are super easy if you know your way around a sewing machine. You can have them made in less than 30 mins.

1. First step is to find an old large shirt. I picked this one up from a thrift store for \$2, perfect!
2. Make up a pattern which you can either draw up yourself or find a similar one in your stash. The measurements below are for ages 1 to 4 with the back side scooping in more than the front.

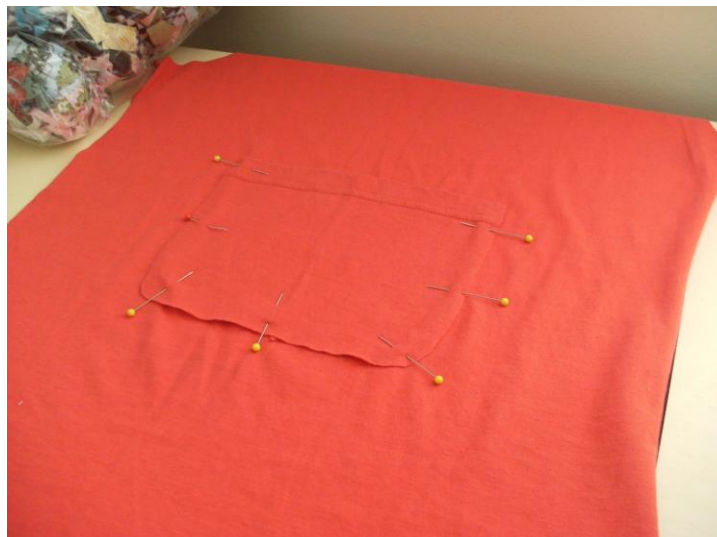
I use the bottom hem of the shirt as the bottom edge of the pants, less sewing to do. Determine the length required and measure up from the bottom

There are no outer side seams. Cut out both legs together. Cut out a/two pockets from each sleeve.



Top of the pocket is the seam edge of the sleeve.

3. Place the pocket in the middle, half way down the chosen leg. I just sewed a $\frac{1}{4}$ inch around the edge, no need to turn under as jersey does not fray.



4. Fold each leg in half, right sides together. Sew up the inner seams of each leg. I sewed $\frac{1}{4}$ inch seams and finished with the overlocking, but it is not necessary.



5. Turn one of the legs right-side out. Slide that leg into the other leg with right sides matching. Sew around the crotch line.



6. This method of putting in the elastic can be done with an overlocker or using zigzag stitch on your sewing machine. The elastic is fixed in place so the length needs to be correct or you will have some unpicking to do. I like doing this way as the elastic does not twist.

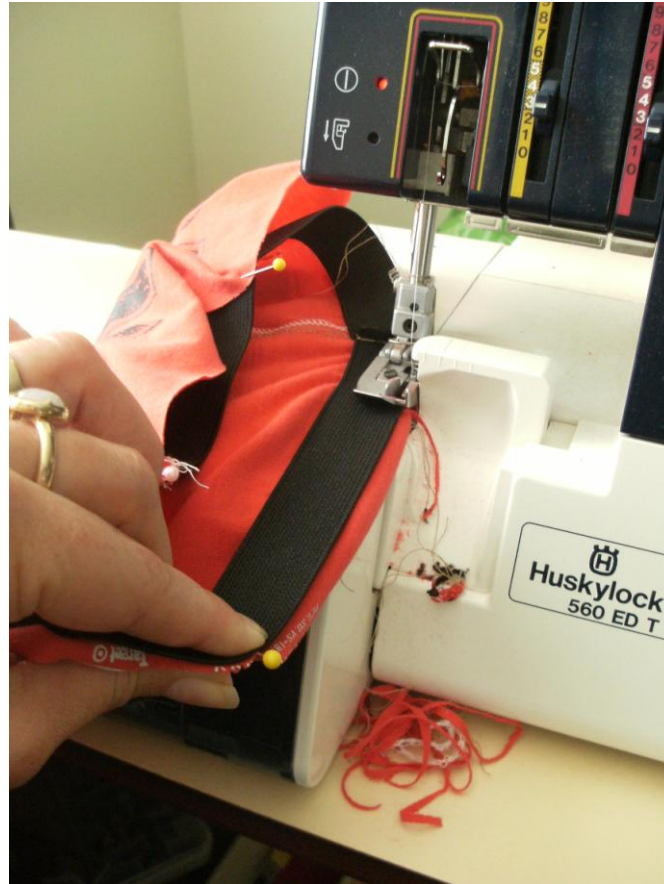
Measure your elastic length, I used 20 inches of 1 inch elastic. Sew the ends together.



With your pants right side out pin your elastic to the top edge with the elastic on the inside. I fold the band in half and pin to the crotch seams, pull it out and find the other half points to pin to the side of the pants. Makes it even around the waist.



Place the top edge in the overlocker and make a few stitches to attach. Then stretch out the elastic so that it fits the length of the fabric whilst holding it all from behind to secure as you sew. If you don't hold from behind you will snap needles.



Sew to each needle, pull it out, reposition and stretch until you sew all the way around.



Fold the band into the inside of the pants (encasing the elastic) and pin in place. Start by sewing a few stitches to secure then with one hand stretch the elastic out straight in front and with the other hold the band from behind and feed it through. Again this stops needles from breaking and fabric slipping as you apply pressure pulling the elastic straight. I couldn't show you a picture of my hands as I needed one to take the photo. I also sew in a bit of ribbon at the back to help discern the front from the back.



7. As you are using the bottom edge of the shirt for hem of the pants your job is done!!!



Another version

