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Welcome to your PDF pattern!

Upcycle skinny jeans into a Flared Panel maxi skirt

IMPORTANT!

Take a few minutes to read through everything on your device before starting and before printing anything.

Where to start - Notes and Tips

YOU DON'T NEED A SEWING MACHINE

These instructions focus on hand sewing - a needle and thread will do.
Of course, you can use a machine if you have one.

THINGS TO CONSIDER WHEN UPCYCLING JEANS

Since we're upcycling, each pair of jeans will be different. Style, fit, colour, leg width and stretchiness are just some of the ways that jeans can be unique.

These instructions are a guide - it's essential to use your judgement and try on your garment throughout the process.

Things to consider:

- Are you going to cut or unpick the seams?
- How does the waist fit once you have undone the inside leg seams?
- How figure-hugging do you want the skirt to be?

The instructions will guide you through some of these questions, and more, but since everyone's jeans are different, we can't be specific to your unique garments.

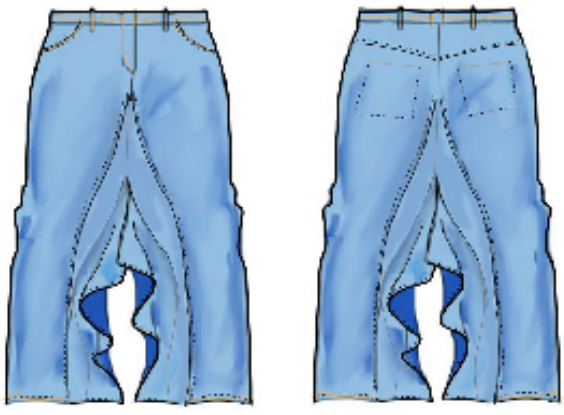
You as the sewer will need to consider these questions and maybe make different decisions.

Trying on the garment throughout the process makes this much easier, and allows you to make small adjustments.

Choose the style option that you want to make.
See options below along with the number of pairs of jeans you need to make each.
The make instructions are similar for all options. When you reach a step that is specific to your chosen style option, you will be instructed to go to the next required step.

OPTION A
Full-length skirt with deep flared front & back panels.

Jeans needed:
1 pair for main section
+ 2 pairs for flared panels.



Front Back

OPTION B
This has smaller back panels, as an alternative to use combined with options A and C fronts. The panels are triangle-shaped with a centre-back slit instead of flared panels. Follow the steps for A and C and we'll tell you when you need to do anything for Option B.

Jeans needed:
1 pair for main section
+1 for front flared panel
+1/4 for back panel.



Back

OPTION C
Can be full or mid length skirt, with narrower flared front & back panels.

Can also be made with a curved hemline.

Jeans needed:
1 pair for the main section
+1 for the narrower flared panels.



Front Back Front with curved hemline

NOTE that **ALL OPTIONS** can be made shorter, and with curved hemline.
This is included in the pattern, and should be obvious while you're making the skirt, but in the instructions we focus on making a straight hemline.

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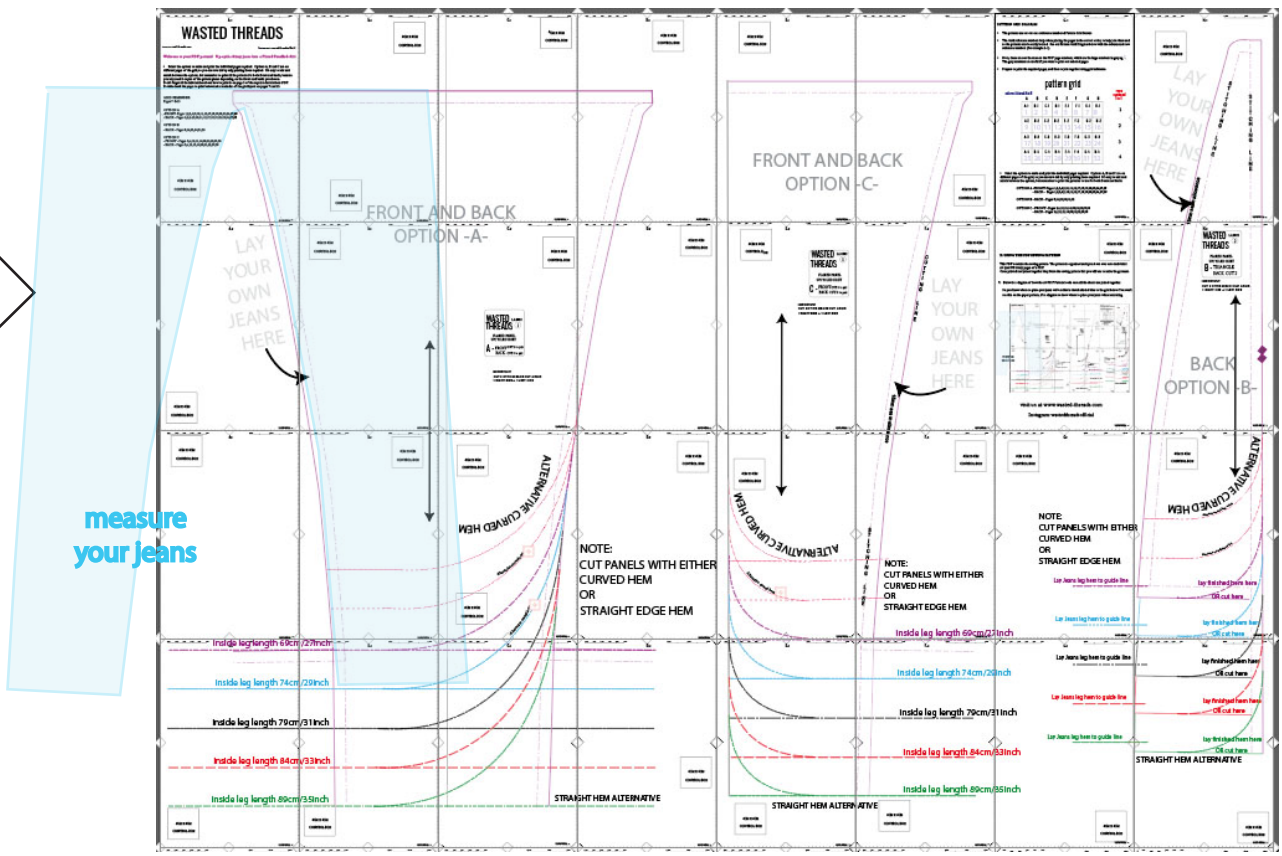
USING THE PDF SEWING PATTERN

- On the separate PDF pattern template you will find the sewing pattern. The pattern is organised and spread out over individual A4 (and US letter) pages of the PDF.
  Once printed and joined together, they form the sewing pattern that you will use to make the garment.

- Below is a diagram of how the A4 PDF Pattern looks once all the sheets are joined together.

- So you know where to place your jeans we've added a sketch shaded blue to the grid below.
  You won't see this on the paper pattern, it's a diagram to show where to place your jeans when measuring.



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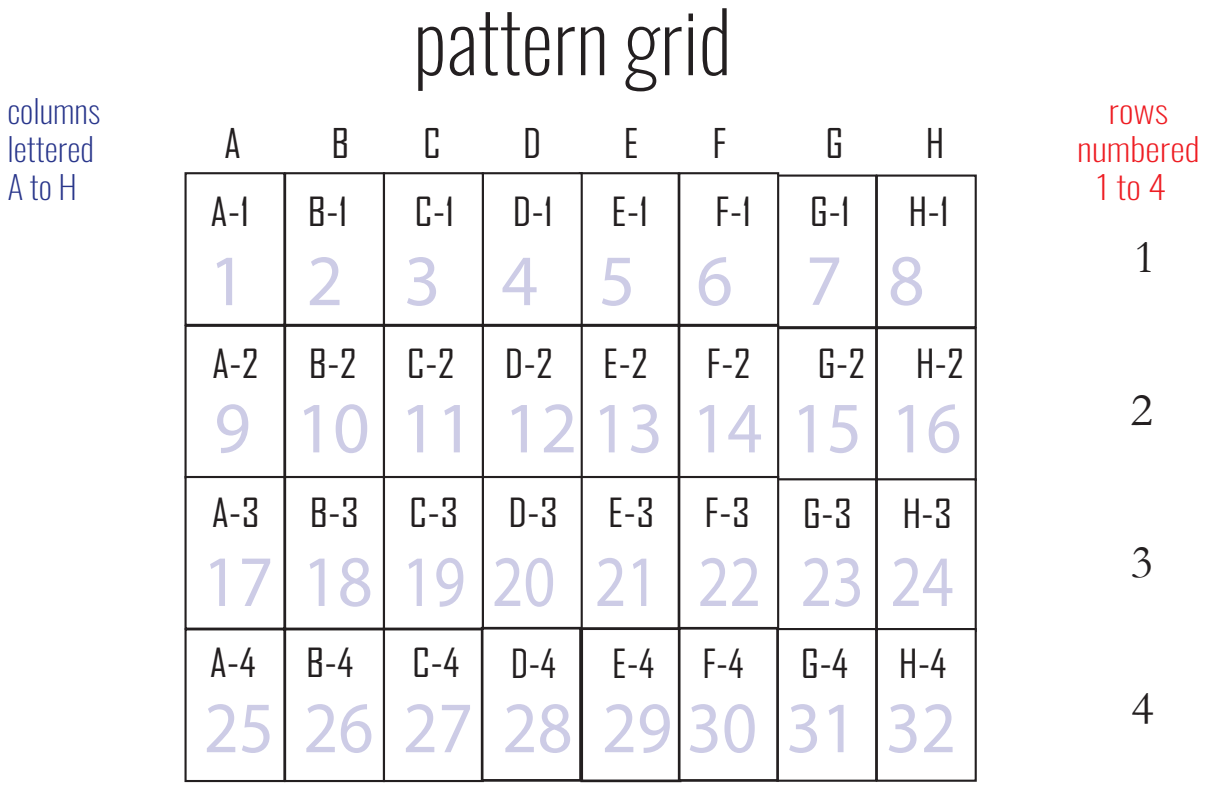
PATTERN GRID DIAGRAM

- The patterns are set out on a reference numbered Pattern Grid format.
- The grid reference numbers help when placing the pages in the correct order, making it easier to locate and join the patterns. See our Pattern Grid Diagram below with the column and row reference numbers (for example A-1).
- NOTE: these are not the same as the PDF page numbers, which are the large numbers in grey, eg 3. The PDF page numbers are useful when you want to print out selected pages.
- Prepare to print the required pages, and then join together using grid reference. We've also included the pattern grid diagram on the sewing pattern pages if you need a reminder.



- Select the Garment option to make and print the individual pages required. Options A, B and C are on different pages of the grid, so you can save ink by only printing the pages you need. It's easy to mix and match between the options, but remember to print all the pages needed, that's one set of pages for the front plus one set for the back.

FRONTS
Option A - Pages: 1,2,3,4,9,10,11,12,17,18,19,20,25,26,27,28
Option C - Pages: 5,6,12,13,14,20,21,22,29,30

BACKS
Option A - Pages: 1,2,3,4,9,10,11,12,17,18,19,20,25,26,27,28
Option B - Pages: 8,16,23,24,31,32
Option C - Pages: 5,6,12,13,14,20,21,22,29,30

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PRINTING AND SCALE

- Don't print anything until you've read through the instructions and reached the step where you are told to print the pattern.
- This PDF is for printing at home.
- The pattern will not work if you do not print the correct scale, so follow these instructions carefully.
- To ensure the printed sheets match together, the printer's paper must be straight and aligned correctly.
- Printable on either A4 or US letter, the print area will remain the same and the border sizes will vary.
- Each pattern sheet has a control box that measures exactly 4 x 4 cm when printed correctly, like the one below.
- Begin by printing one page of the pattern PDF as a test.
- On your printer preview option, select PRINT ACTUAL SIZE 100%.
- Customise by selecting the 'Pages to Print' box (not print All) and type in the number of any page containing pattern lines and a control box.
- Print the selected page and measure the control box to ensure it is exactly 4 x 4cm before printing the rest of the pattern.
- Follow the same process, this time selecting all necessary pattern pages for the garment option you have chosen.
- Once printed, take a moment to check each page is the right way up, the grid reference and measurement line should be at the top of each page.
- Trim off the borders and use the diamonds to help you match and join the patterns together, with tape or glue.

4CM X 4CM

CONTROL BOX

SEWING BY HAND - For those new to sewing

- See the guide and diagram below.
- Back stitching is a perfect stitch to use, it's a favourite with Paris couturiers as it is strong.
- Don't make the stitches too long, between 2.5 to 4 mm is good. The more stitches per centimetre the stronger the seam will be.
- Most important is to start a row of stitching securely. We recommend starting with a knot and then doing a few back-stitches one on top of the other as this will hold the thread in place and stop the seam unravelling and coming undone during wear!

- Check out our hand sewing video tips on our website **HERE**.
- https://wasted-threads.com/resources/how-to-hand-sew-for-beginners/

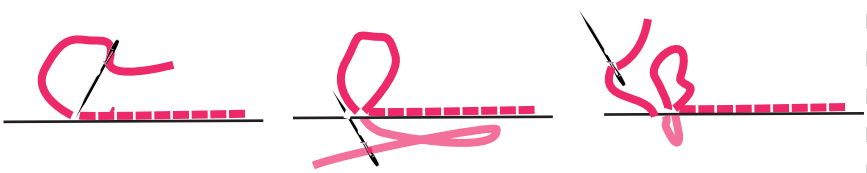
STITCHES TO USE.

A.



Running Stitch - 1 x 1 short equal length with a space between

B.



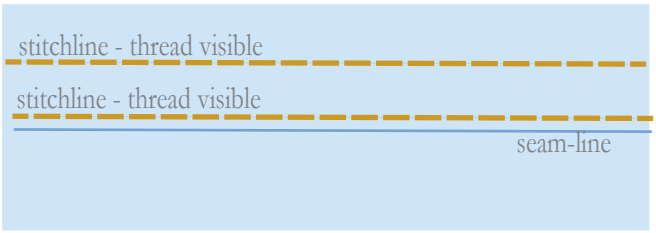
Back Stitch - stitch 1 short stitch backward, followed by a longer stitch forwards. work in and out of the same holes without leaving a space between stitches.

CHOOSING A SEAM TYPE TO USE.

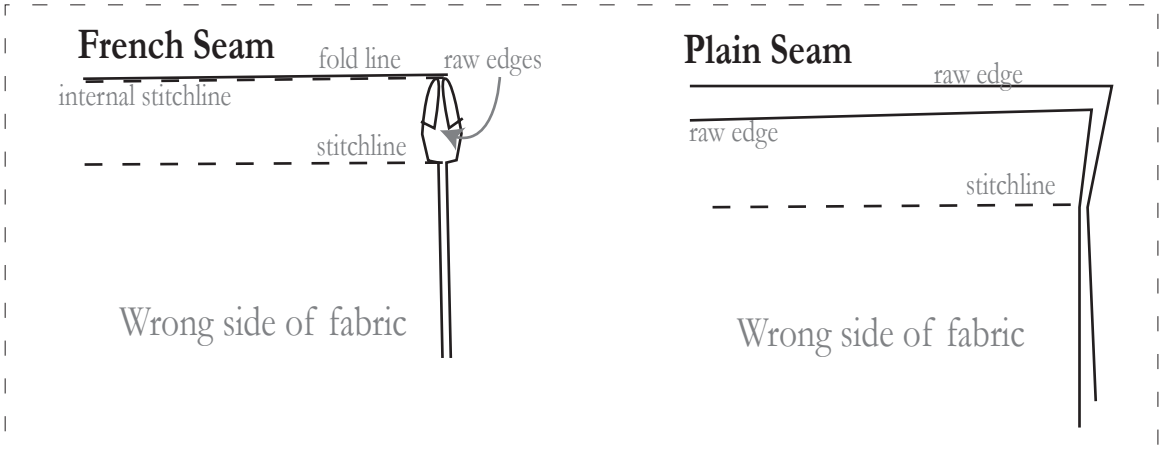
- Every upcycled garment will be uniquely crafted, ensuring no two pieces are alike. The decisions you make will depend on the pre-existing seam lines and fabric of the original garment being used. That's why we've included a number of options you can use as you work through your own upcycle project. With this in mind, we've included various seams you could use.

- There are many different types of seams to choose from, depending on a variety of things such as, the type of garment, where the seams are being used, as well as the type and weight of the fabric. Because this upcycle is intended for hand-sewing, we've suggested using the stitches we think will help create the most professional-finished appearance.
  As this is an upcycle, we've made use of the pre-existing double row of stitching most jeans have. The technical name for this seam, often used on denim jeans, is a Felled Seam (sometimes called a Double Felled, Run and Felled or a Lapped Seam). We're not going into all the technical detail in this upcycle as we're only really interested in making use of the double stitching, in the trade it's often referred to as twin-needle top-stitching so this is what we'll call it for this upcycle. It gets the name because the two rows of stitches sit on the outside of the fabric and are visible. It's often stitched on denim using a contrast orange thread.

Twin-needle Topstitch Seam



- Along with the original twin-needle we've suggested using a French Seam or a Plain Seam. The difference is the French Seam, when finished, has all the raw edges hidden inside the seam. This helps when hand sewing as it resolves the problem of what to do with the fraying edges, but it can get a little thick due to the extra turnings. Our jeans were very soft and worn so we were able to use French Seams, if in doubt, you can use a Plain Seam and tuck the raw edges inwards to prevent them from fraying. We'll explain how to do these along the way



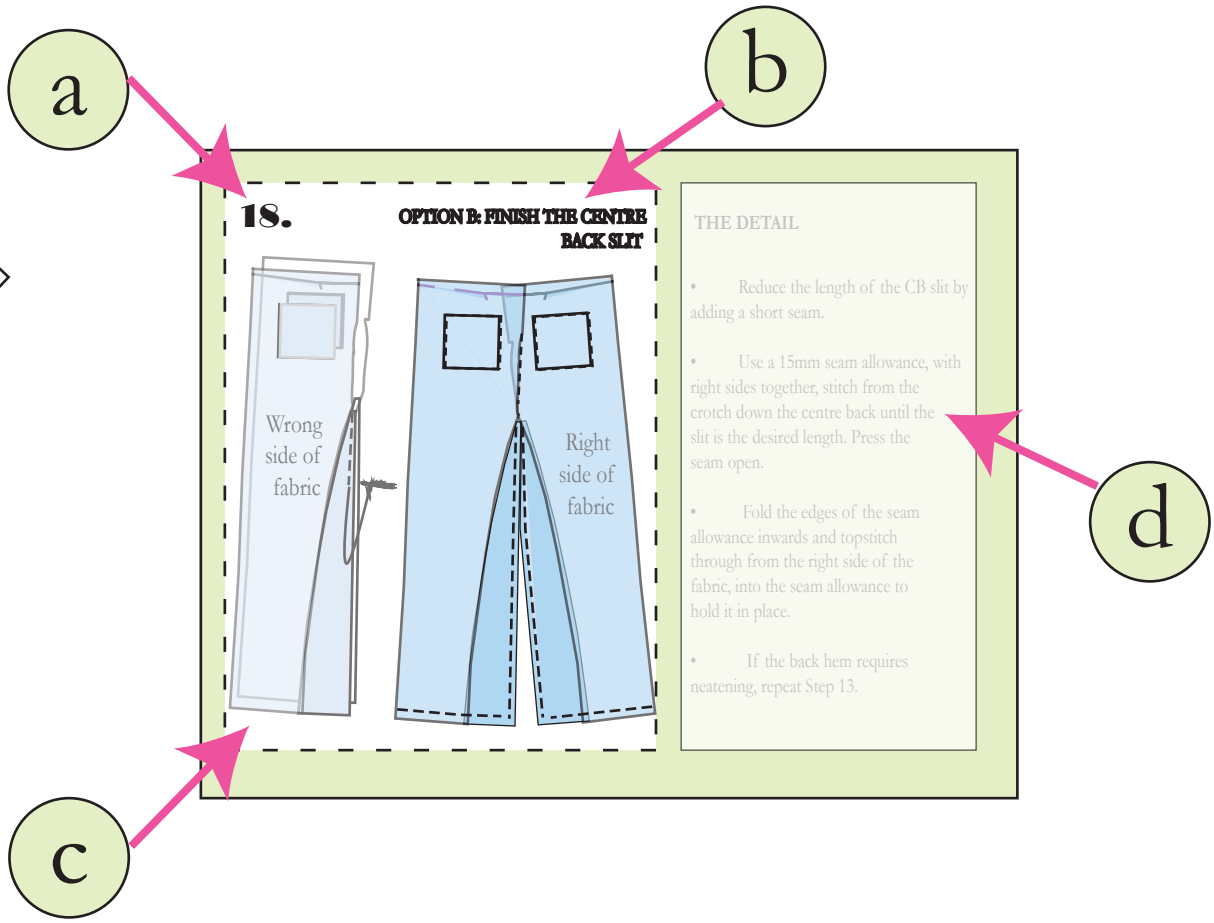
HOW TO READ our step-by-step instruction diagrams.

a. Each step is numbered. Start at step 1 and continue in order to follow along for all options. We'll tell you when you need to repeat or skip a step.

b. All steps have a heading to briefly describe what to do next.

c. We've added sketches to help explain the steps. Remember as this is an upcycle, all jeans will vary so your jeans leg shapes might vary slightly from the image shown.

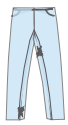
d. Under the heading The Detail we've given a more detailed explanation of the steps as some makers will prefer more information than others.

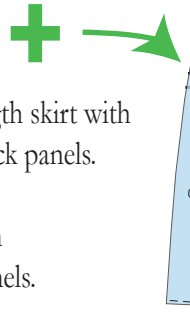


NOW YOU'RE READY TO START

We hope you enjoy upcycling your jeans into skirts. If you are keen to get making then go to step 1.

1. UPCYCLE JEANS INTO A FLARED PANEL SKIRT



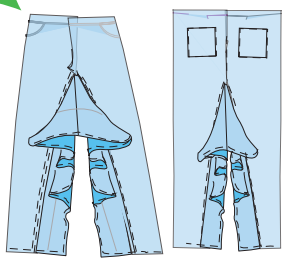


OPTION A - Full length skirt with deep flared front & back panels.

Jeans needed:

1 pair for main section

+ 2 pairs for flared panels.



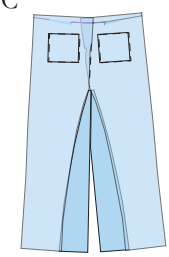
OPTION B - Alternative back to use with A and C fronts, triangle-shape with centre-back slit

Jeans needed:

1 pair for main section

+1 for front flared panel

+1/4 for back panel.

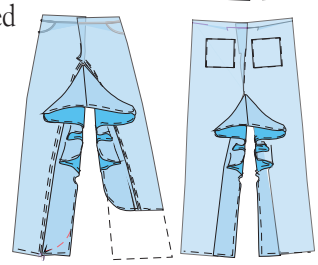


OPTION C - With narrower flared front & back panels. Can also be made with a curved hemline.

Jeans needed:

1 pair for main section

+1 for the narrower flared panels.



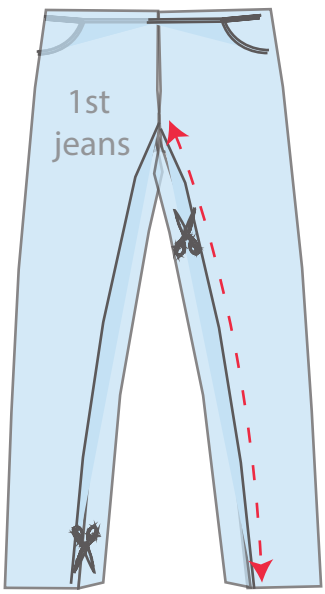
THE DETAIL

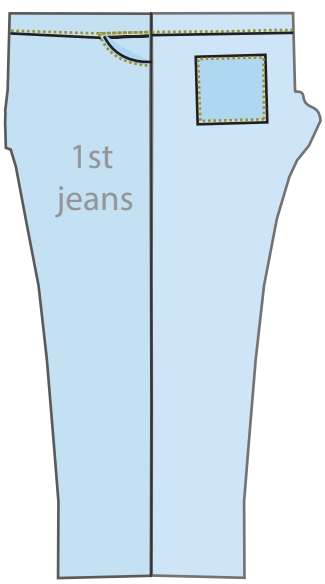
ALL OPTIONS
USE **1 PAIR** OF JEANS FOR THE MAIN BODY SECTION OF THE SKIRT BODY
PLUS THE AMOUNT
FOR FRONT & BACK PANELS

- You can choose to make either of the front Options A or C with any of the backs A, B or C.

- Take the pages you've already joined together and check you have the correct number of jeans to use for the pattern Options.

2. UNDO THE INSIDE LEG SEAMS





THE DETAIL

- Take the first pair of jeans and cut the front legs from the back legs at the inside-leg seam-line. Keep the existing jeans stitching on the front leg - to make use of the twin-needle-stitching that most jeans have.

- Note: If there is no twin-needle stitching on the inside legs, then better to be unpicked.

- Once the jeans are cut, try them on to assess where the waist is now sitting, as this may affect your choice of style to make.

- Then, place the leg hemlines together and smooth the legs out flat with the side seams vertical.

- If unpicked, there will be a raw edge, so follow the instructions for joining the panels by using a French Seam as shown in Step 8 or a Plain Seam in Step 18.

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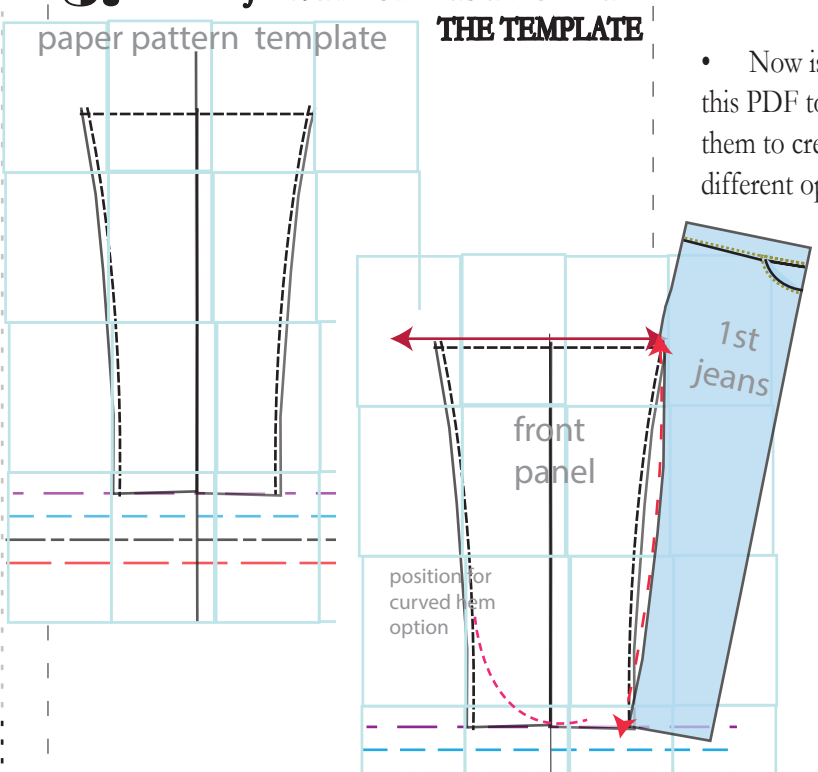
0cm 1cm 2cm 3cm 4cm 5cm

0 inch 1 inch 2 inch

3. JOIN THE SHEETS TO CREATE THE TEMPLATE



THE DETAIL

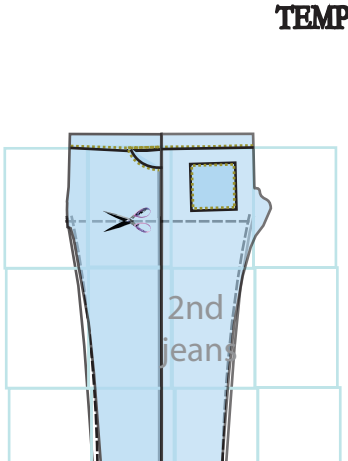
- Now is the time to use the printing tips on page 5 of this PDF to print out the relevant pattern pages, and join them to create a template. The page numbers to print the different options can be found on page 4.

- Start with the front panel to check the measurements of the inside leg of the 1st pair of jeans, so the skirt body fits the panel.

- Lay the jeans on the template, with the crotch level with the dotted horizontal stitchline at the top. Place the hem at the lower horizontal line to find the length.

- The edge of the inside leg will be attached to the edge of the panel so should be the same length. Mark the required inner leg length. If it differs from the lines shown on the pattern, mark the exact position and draw a new horizontal hemline.

4. CHECK THE SIZE AND SHAPE OF THE OTHER JEANS AGAINST TEMPLATE



THE DETAIL

- Tip: We've used skinny jeans, with a narrow hem leg width. Check your jeans shape against the template. If your jeans are wider or narrower than the pattern, no problem, it's easy to make adjustments to the pattern, we will show you how in the next step.

OPTION A -

- Release the leg seams of the 2nd and 3rd pairs of jeans.

- Before cutting out the panels, check they will fit onto the legs. Lay the hem of the jeans parallel with the pattern hemline. Make sure the side-seams are level with the vertical line on the pattern, and at a right angle to the pattern's top edge.

- If the pattern fits the jeans, cut out the front paper pattern. (or trace a copy if you're making more skirts later with the pattern).

OPTION C -

- The same instructions will apply as Option A but you don't need a 3rd pair of jeans.

Option C will have narrower, flared panels, which we will show you.

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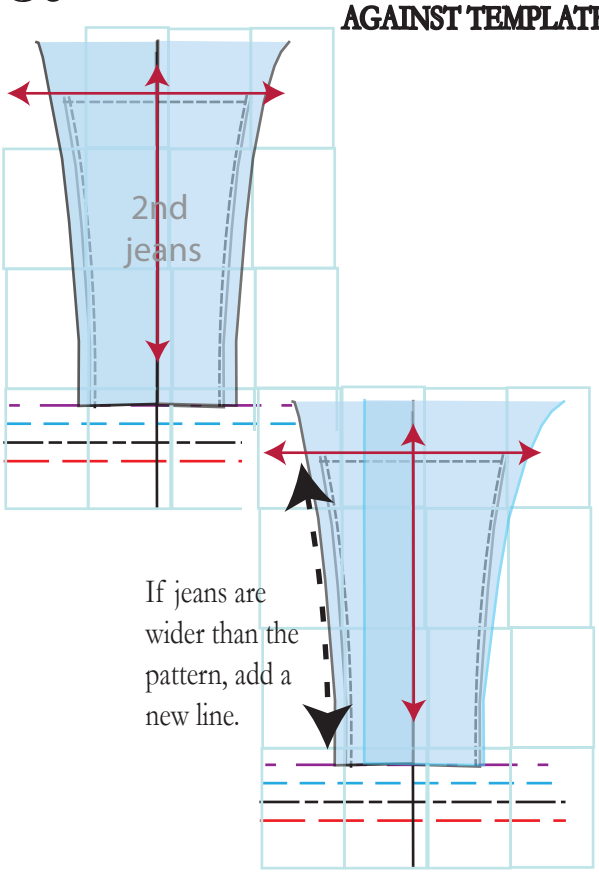
5. VARIATIONS OF JEANS AGAINST TEMPLATE



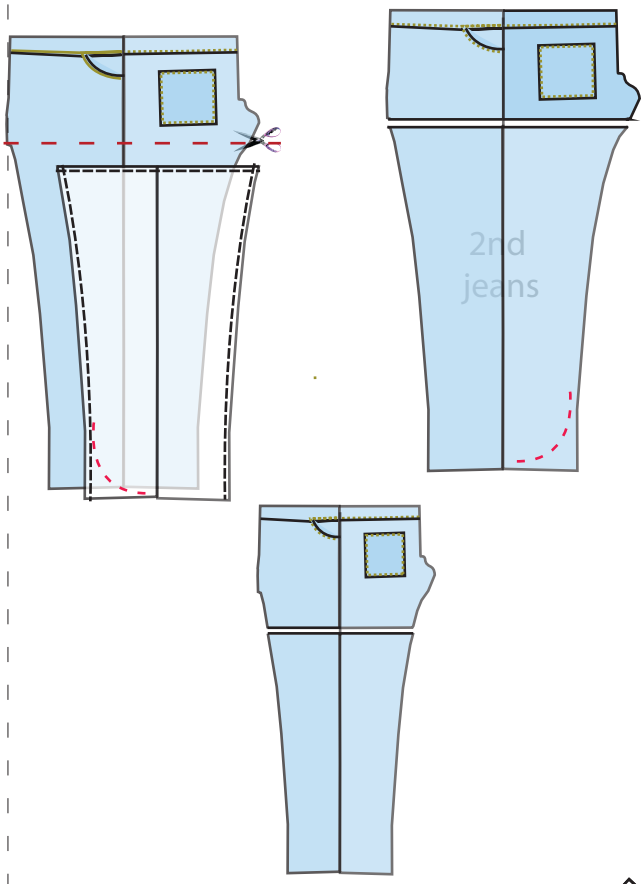
THE DETAIL

- Jeans styles vary, so it's not a problem if your jeans don't look the same against the pattern as the diagram does. The most important thing is that the edges of the panel, once cut, are the same length as the inside leg of the skirt's body section.

- If legs are a bit wider, just add a new line to the pattern by tracing the jeans edge with a pen. If your jeans are very wide, trim away the denim when cutting out, or choose to make OPTION C with narrower panels.

- Once you've confirmed how your panels will look, cut around the front panel paper pattern (or trace a copy if making more skirts later).

6. CUT THE FRONT PANELS



THE DETAIL

- For both options A and C, take the front panel paper pattern, lay it on to the 2nd jeans and cut 1 pair. That's 2 front panels (a pair).

Note: You will also need back panels (a pair) but they should be cut later in the making process. to allow time to assess the fit.

- Cutting a pair is particularly important if using a curved hem otherwise the panels won't match.

- This sketch shows option A. Note option C can be cut from one pair of jeans.

- Jeans vary, so no problem if yours are longer, set aside any excess denim.
If your jeans are very long, then you might have just made yourself a pair of shorts!

- If using another fabric, cut a pair of panels for the front skirt now.

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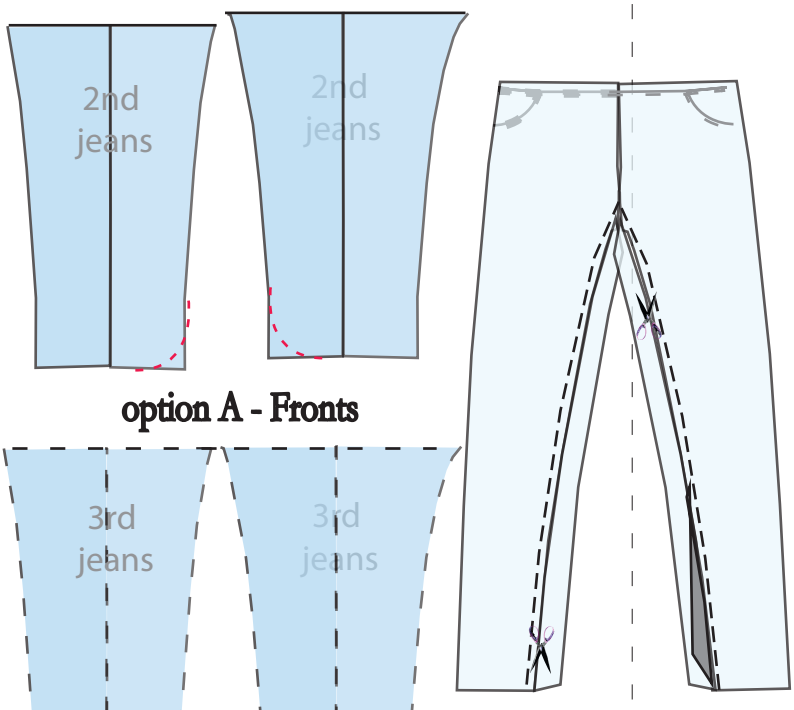
7. LAY OUT THE CUT PIECES.



THE DETAIL

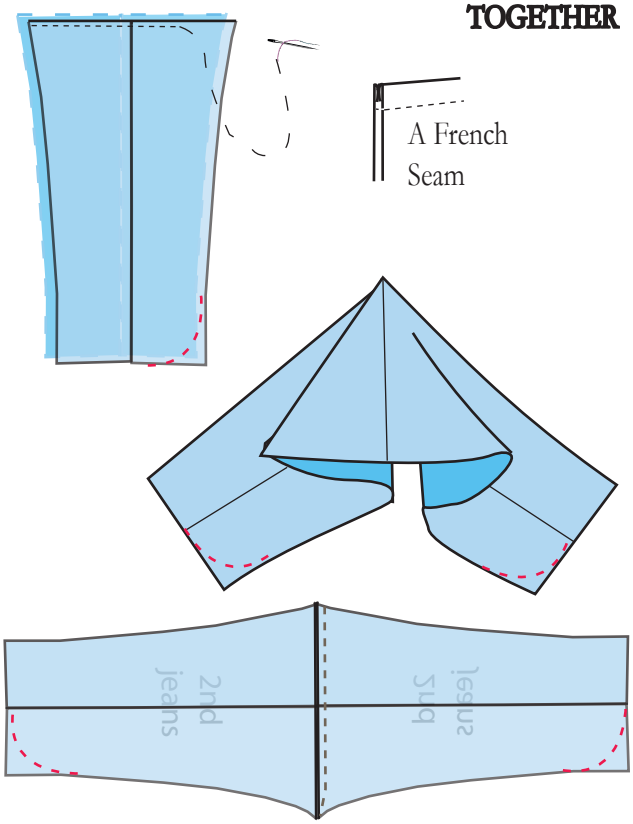
- Sketches show Option A. Once cut you will have 1 body section, (the 1st jeans with inside leg seam released) plus a pair of front panels.

Later on in the make you will need to cut a pair of panels for the back.

- Note: if making Option B back you will only have 2 fronts, this shape plus 2 smaller triangle shaped back panels.

- For Option C the 4 panels will be half the size (see step 9).

8. JOIN THE PANELS TOGETHER



THE DETAIL

- Place the panels in pairs, along the top horizontal edge, ready to join them together.

- Tip: Seams with raw edges should be neatened to prevent the fabric fraying and the seams ripping apart. Use a Plain Seam as described in Step 18, or use a French Seam. This involves stitching 2 rows but will add strength to the seam, and hide all raw edges.

- Join the front pair with the wrong sides of fabric together, right sides outwards. Stitch a row of back stitch 5mm from the edge.

- Press the seam, first with the panels flat out and the seam allowances pushed to one side.

- Next, turn the panels so that the right sides of the fabric are together and the raw edges of the seam allowances are hidden.

- Press the seam line again to form a fold.

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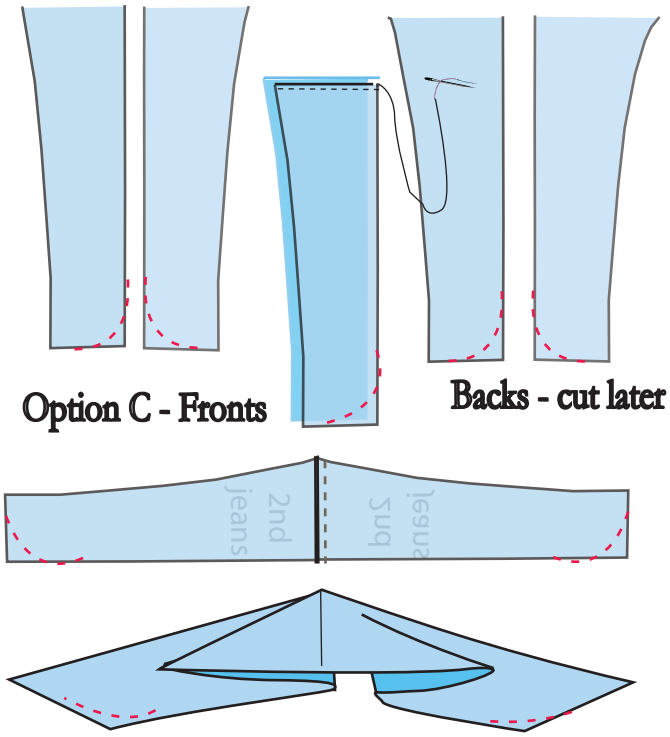
8-9. CONTINUED FROM STEP 8, JOINING PANELS. - IF MAKING OPTION C THE PANELS WITH BE NARROWER



THE DETAIL

Step 8 continued:

- Stitch a second row of back-stitch 1cm from the folded edge. The raw edge will then be enclosed within the seam width. The panels are now ready to attach to the inside-leg edges.

Step 9 - Option Information

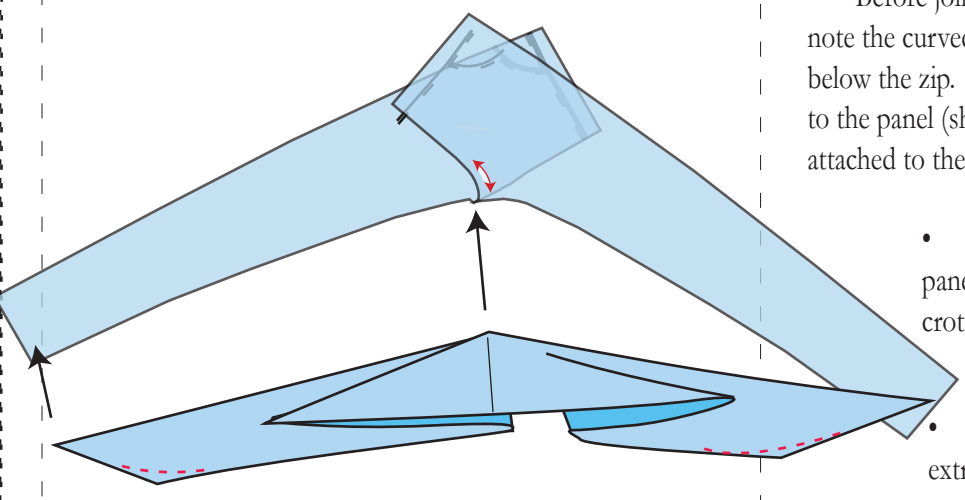
- For Options A & C you'll repeat the last steps 3 - 9 for the back panels. We'll explain this later and remind you to check how the skirt fits.

- For Option B, the Back is combined with the Fronts of Option A and C. We'll show that later on in the making instructions.

- For Option C you will only need a 2nd pair of jeans (as sketch). The pattern is half the size of Option A and should fit into the legs.

- Keep following along for All Options.

10. PREPARE TO STITCH THE PANEL TO THE LEGS



THE DETAIL

- OPTIONS A & C

- Before joining the front panel to the legs, note the curved shape around the crotch, below the zip. The curve will help add flare to the panel (shown in steps 8-9), once it is attached to the leg-edges.

- Locate the centre-seam of the panel and align it with the centre-front crotch seam of the jeans.

- Note: If your jeans have an extremely curved centre-front rise seam or a style feature, it may be necessary to reduce the curve. If this is required follow the back method in Step 14.

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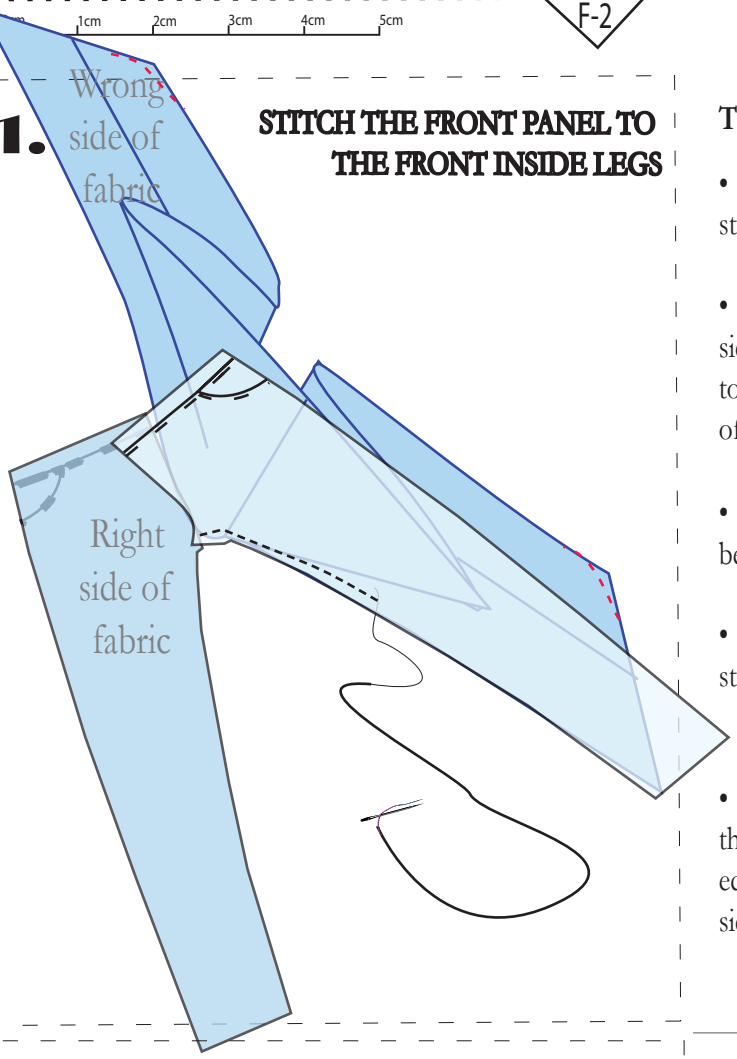
11. STITCH THE FRONT PANEL TO THE FRONT INSIDE LEGS



THE DETAIL

- We are making use of the twin-needle stitching most jean's have on the inside-leg seam.

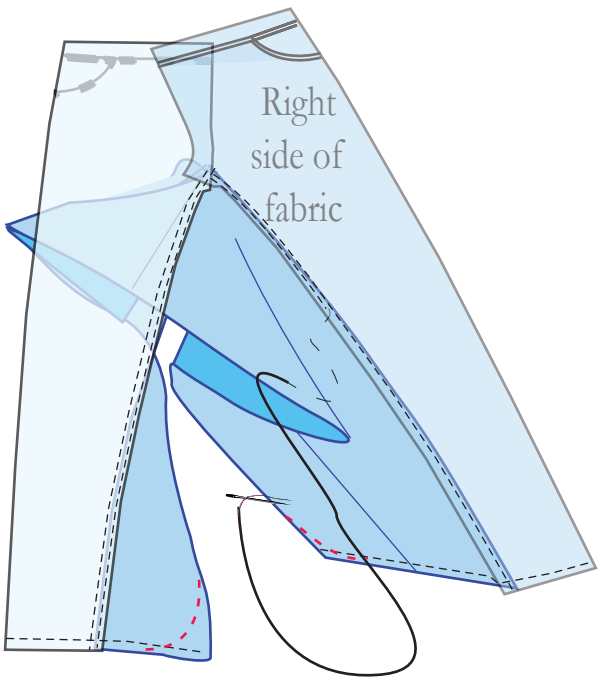
- Take the front and the panel with the right sides facing you. Line up the edges of the jeans to the edge of the panel, placing the wrong sides of the fabric together.

- Position the panel edge very slightly (3mm) below the edge of the jean's legs.

- Start at the crotch and using a row of running stitches, attach the panel to the first leg. Continue down towards the hem.

- Once one side is attached, pull the rest of the panel down towards the second inside-leg edge and repeat the process to attach the opposite side of the panel to the second leg.

12. STITCH THE FRONT PANEL TO THE FRONT INSIDE LEGS



THE DETAIL

- Next, with the legs flat, pull the panels down so that the right sides of the fabric (of both legs and the panels) are facing outwards. The seams will be standing with the seam allowances visible.

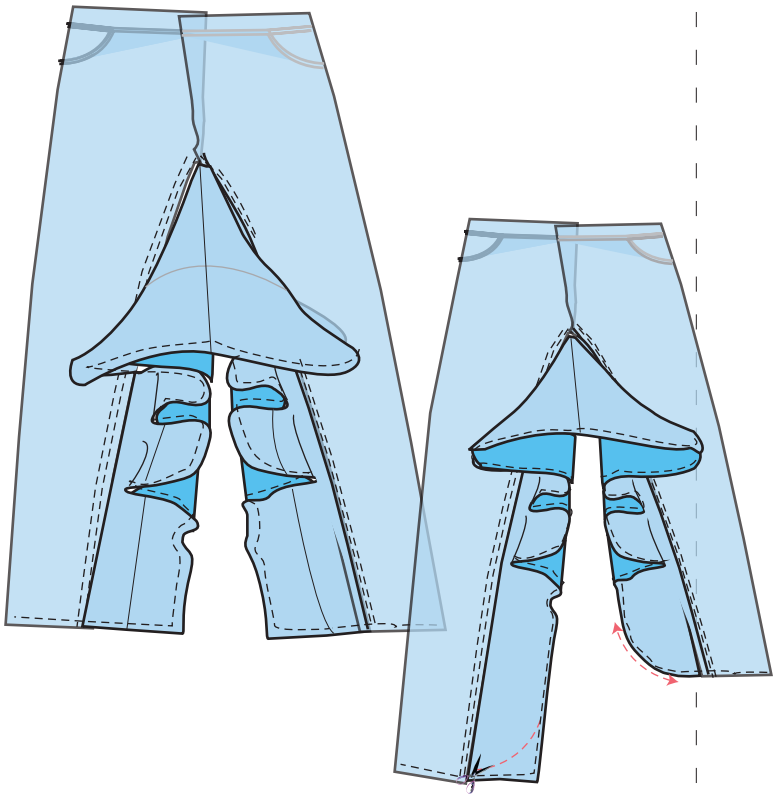
- Then, push the inside-leg seam downwards towards the panels, so that the seam allowance and raw edge of the panel are covered by the leg.

- Stitch the seam to the panel, so that all the raw edges are hidden within the seam.

0cm 1cm 2cm 3cm 4cm 5cm

0 inch 1 inch 2 inch

13. HEM LINES - TO NEATEN OR NOT TO NEATEN



THE DETAIL

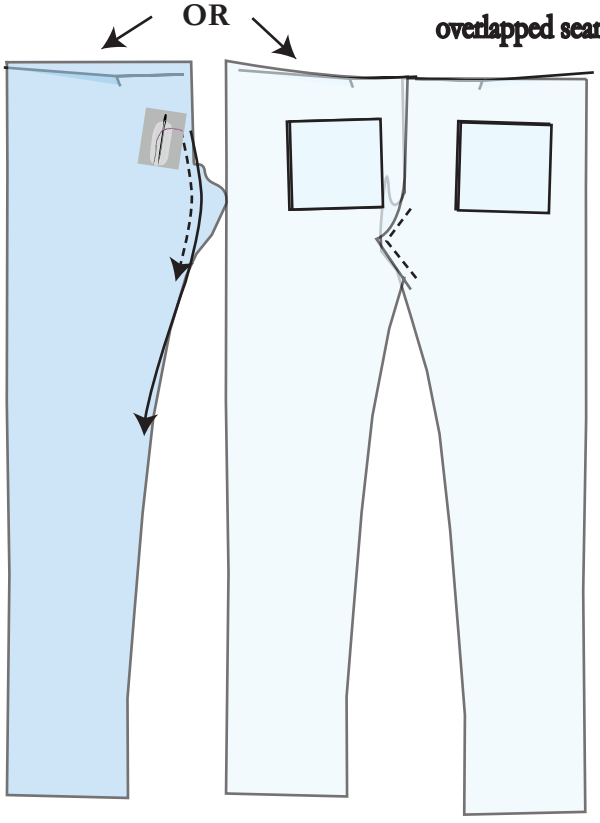
- Either leave the front panel hem edge as a raw edge, or neaten if preferred.

- To neaten the hem, fold the edge 4mm and press. Make a second fold 10mm from the first to enclose the raw edges and stitch.

- Note: The flared panel on Option C will be narrower. If desired, there is also a possibility to shape the front hem into a curve. This also could be done for a shorter length, including knee length or mini.

- If making the curved hem, leave the hem until the back panels have been attached and the whole hem can be stitched at once.

14. CENTRE BACK OPTIONS i,ii or iii use a centre-back stitched or overlapped seam



THE DETAIL

- There are 3 different ways of attaching the back-panels and each way creates a different fit on the body. For ALL options, turn the jeans inside out and lay them with legs together. Note the back-rise seam is more curved than the front, then continue below:

i. For Options A and C and a very full flared back panel, leaving the centre-back seam untouched, repeat Steps 3-10. To join the back panels to the legs use a French Seam, as in Step 8 or a Plain Seam in Step 18.

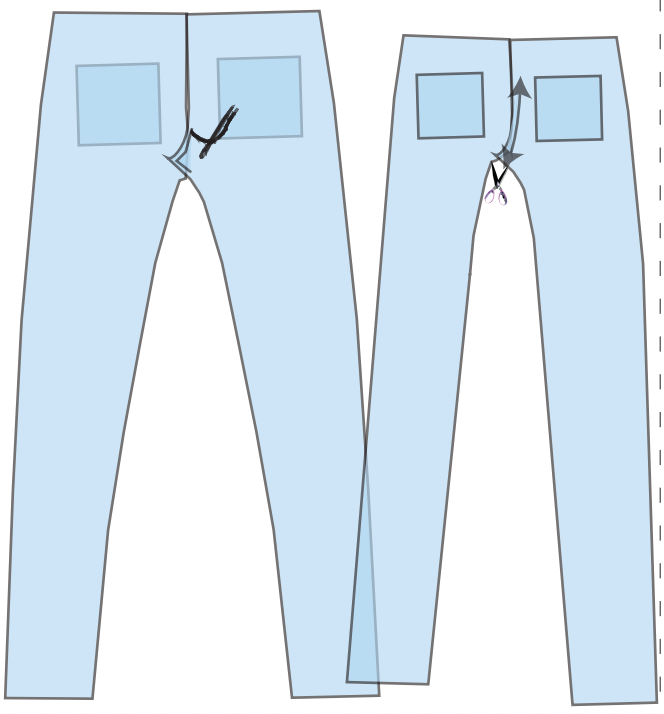
ii. For Options A and C, but with a reduced flare. Go to Step 14ii to overlap the centre-back seam before repeating steps 3-10.

iii. Best for Option B as it's more fitted when used with the triangle-back panels. Follow Steps 15-19.

WASTED THREADS ©

14ii. continued

BACK OPTIONS STEPS 14 ii
STITCH THE BACK CROTCH FLAT



THE DETAIL

- Cut or unpick the centre-back seam far enough along to ensure the back lays flat once over-lapped.

- With right sides facing, at the opened seam, pull the side with the twin-needle over the other so the curve is reduced and the back lays flat.

- Turn in the seam allowance on both leg edges, press the fold. Tack into position keeping the back flat.

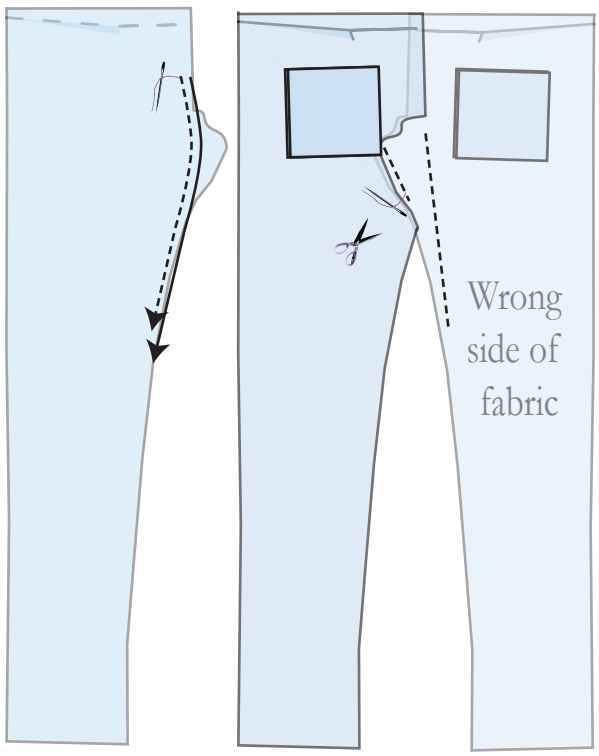
- Return to Steps 3 to 10 to cut out the paper pattern, and the panels from the jeans, then return to this Step. As the edges will be raw without any twin-needle use a French Seam to attach the panels if the fabric if not too thick, otherwise use a Plain Seam and neaten the edges.

- Adjust the crotch overlap to make sure it's laying flat, then back-stitch around the edge of the crotch to hold all of the layers together.

Go to Step 19 to neaten the hem or leave a raw edge.

15.

iii BACK: FOR A MORE FITTED SHAPE WITH STITCHED SEAM



THE DETAIL

- Unpick the centre-back rise seam from the legline to midway. Turn inside-out and hold with the back legs placed together. From the middle of the centre-back seam, pin a line to the leg. Try the skirt on to check the fit. Adjust the pins as required, then follow the pin-line and do a row of back-stitching. Push the inside shaped section to one side and press.

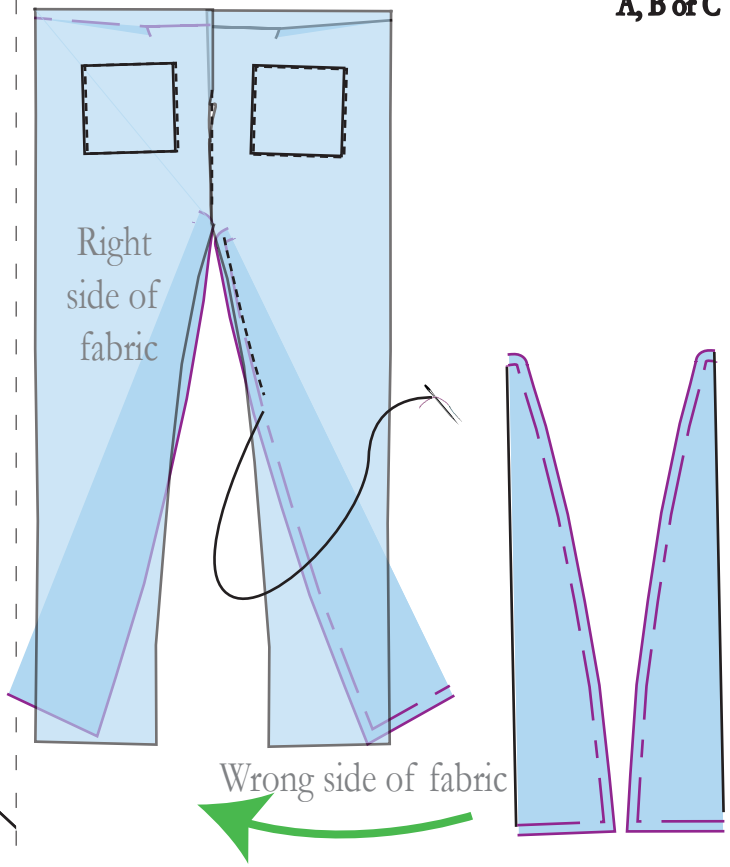
Note: If you are an experienced sewist you could instead trim and neaten this seam.

- The following steps 16,17 and 18 show how to attach the back panels. After that's done return to this step and the centre-back seam to add top-stitching, as noted below.

- With the centre-back seams inside, work from the right side of the fabric to hold the seam flat. Continue the line of the original stitches on the centre-back seam. Stitch 2 rows of back-stitch, the first row close to the seam-line and the second row 4-5mm from the first to create a twin-needle appearance. Use contrast thread, or the orange thread previously unpicked (if you were able to salvage it in a usable condition).

WASTED THREADS ©

16. OPTIONS FOR THE BACK: A, B or C



THE DETAIL

Option B .

- This styling has a centre back slit detail and can be mixed with the front options A or C. It's a smaller, lighter option than the flared backs.

- Return to Steps 3-4 to establish the pattern shape before cutting the paper pattern. Then, from the remaining jeans cut a pair of back-triangle patterns.

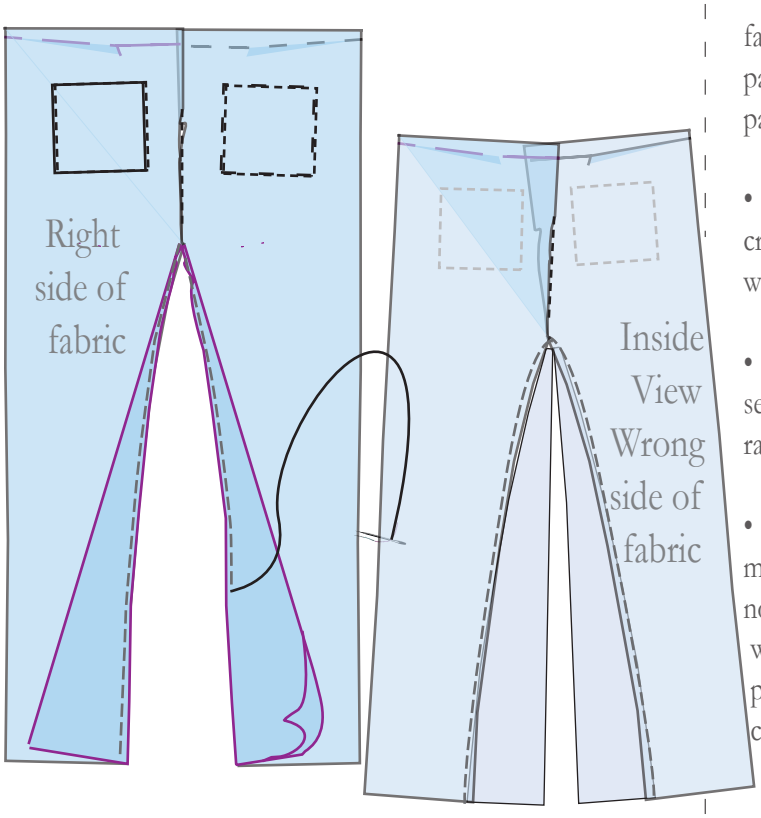
- Attach the back-panels to the back-legs with a French Seam (below) or a Plain Seam in Step 18.

The French Seam hides the raw edges within the turnings of the seam allowance.

- First, take the legs and the panels and place them with the wrong sides of the fabric together.

- Sew a row of stitches 5mm from the edge

17. OPTION B: CONTINUE TO ATTACH THE BACK PANELS



THE DETAIL

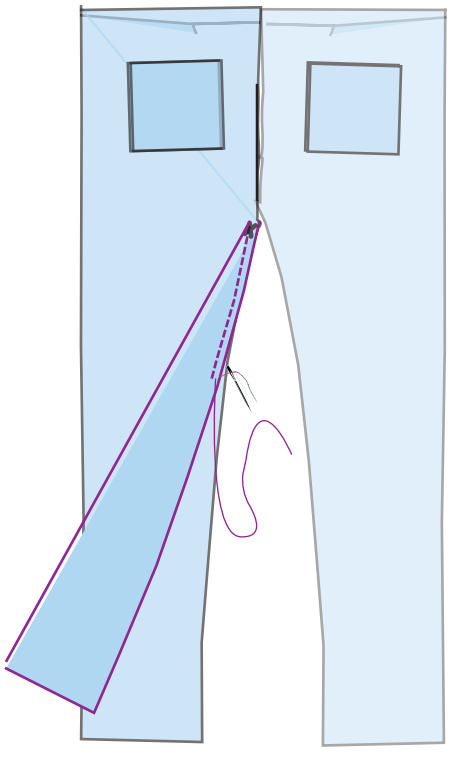
- Lay the skirt with the right sides of the leg fabric facing you and pull the panels through. Flip the back panels so the right sides of the fabric of the jeans and panels are touching each other.

- Press along the fold-line of the seam for a crisp edge. The raw edges of the seam allowances will now be hidden.

- Stitch a 2nd row, using a strong back-stitch seam, 1cm from the 1st stitchline, enclosing the raw edges.

- Note: If you've seen our socials, we also made a version with a centre back godet. We're not covering the make instructions here now. but we've added a note to the pattern to show the pattern changes needed. Then, instead of a centre-back slit continue the seam shown in Step 19 down to the hemline.

18. ALTERNATIVE ATTACH - PLAIN SEAM



THE DETAIL

- As an alternative to the French Seam use a Plain Seam and neaten the raw edges separately. Pin the cut panels with the seam-line of the jeans to double check that they fit together. The hem of the legs and panel should meet, and the seam allowance should match together, up to the top of the leg.

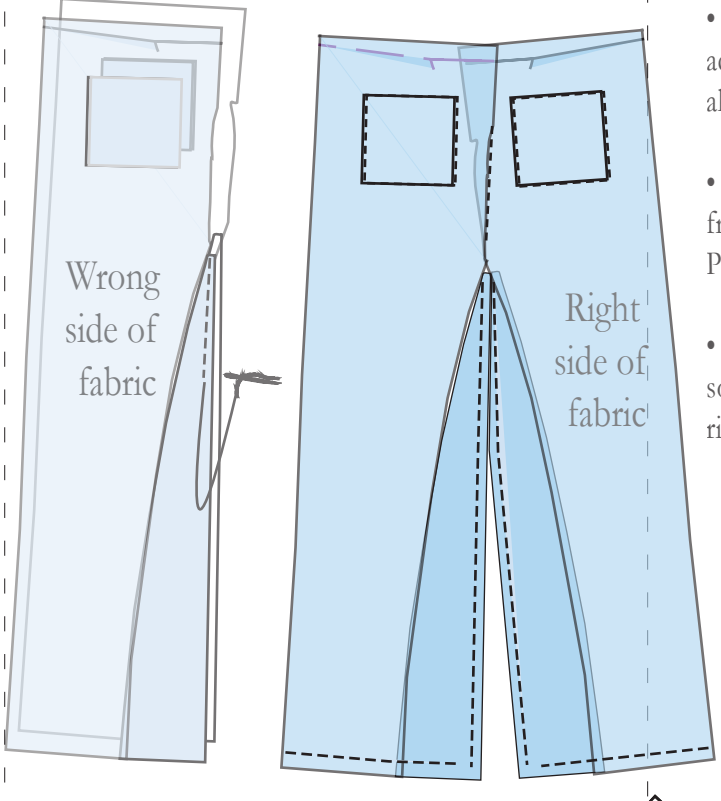
- For a Plain Seam, place the panel to the inside-leg with right-sides of the fabric together, wrong sides facing you.

- Using a 15mm seam allowance, stitch a row of back-stitch from the crotch to the hem (or top of the slit). Repeat on the other leg. With the panel on top and the seam allowances together, press them to one side.

- Neaten the raw edges of the seam allowance by tucking the edges down into the seam allowance and add a row of running stitching to hold the raw ends together. Press the seam flat.

- To continue the original denim jean's twin-needle and contrast-thread theme. Stitch a double row (twin-needle) of top-stitching which will also help hold the seams flat. With the seam allowances together, work from the outside of the fabric to make the first row of back-stitching close to the edge, with the second row 4 to 5mm from the first.

19. OPTION B: FINISH THE CENTRE BACK SLIT



THE DETAIL

- Reduce the length of the centre-back slit by adding a short seam. With the skirt inside-out, fold it along the centre-back.

- Using a 15mm seam allowance, stitch downwards from the crotch, until the slit is the desired length. Press the seam open.

- Tuck the raw edges of the seam allowance in so they are hidden. Then top-stitch through from the right side, to the seam allowance to hold it in place.

- Neaten the hem with top-stitching, by folding the raw edge turning twice and stitch through.

- Trim off any loose threads, and the skirt upcycle is completed.