

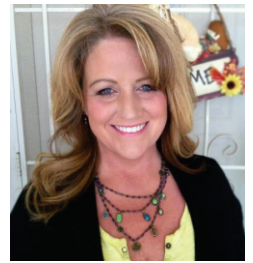
# T Shirt Transformation

## By, Clare Rowley



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Take an ordinary T Shirt and transform it into a beautiful blouse you'll be proud to wear! Clare Rowley even used a men's T shirt in this episode of It's Sew Easy and turned it into a blouse suitable for fine dining! This fast and easy project is not only fun but economical. You can make this for pennies on the dollar and even make these to sell at your next craft and sewing fair!

### SUPPLIES

- 1- T Shirt
- 1/2 yard complimentary fabric.
- 1/2 yard fusible webbing of choice.
- Stretch 90/14 Needle
- Lingerie thread in bobbin for applique.
- 1-yard Pearls
- 1-yard sequins
- High quality embroidery style 100% Polyester thread for satin stitching.
- Stabilizer for back of shirt (Stick and Rinse recommended)
- Wash-away marker
- Satinedge foot by Creative Feet recommended



### Steps

- 1) Iron fusible webbing onto back of decorative fabric.
- 2) Cut out neck and sleeve pattern and make sure it fits your T Shirt. (alter to fit shirt)  
*\* Not all brands or styles of T Shirts are the same, the pattern pieces are a start-point for you to use to see the angle and placement of pattern pieces. You should cut out the pattern using a larger piece of wax paper or other see-thru paper to use for your pattern. This will allow you the ability to trace out longer sections or alter the depth of the neckline to suit your body style and preference.*
- 3) Once pattern pieces are fitted to shirt, cut fusible fabric sections.
- 4) Lay shirt flat and position the Center Front piece onto neckline of shirt. Draw a cutting line on front of shirt, along inside edge of pattern piece using a wash away marker.
- 5) Place Stick and Rinse water-soluble adhesive-backed tape over the cut line on shirt.
- 6) Cut along line drawn to remove the front neckline ribbing.
- 7) Place pieces onto shirt and iron in-place by pressing using a pressing cloth to protect your decorative fabric.
- 8) Set up sewing machine according to the settings listed below.

**MACHINE SETTINGS-** *Machine's vary, please do a test piece before sewing on garment using the same fabric type, needle and thread. If you opt to use other products, you may experience a negative result in your test sew that you would not on the actual garment. It is always best to test using the exact same setup so you don't become discouraged and succeed on your first attempt.*

**FOOT PRESSURE:** Lightest Setting

**THREAD TENSION:** 2 numbers less than normal

**STITCH PATTERN:** Zigzag

**STITCH WIDTH:** Between 2 - 5 (Your machine's needle must clear the foot's opening on whichever foot you're using. Be sure to check that both swings clear the foot.)

**STITCH LENGTH:** .03mm - .05mm (Test before sewing on actual garment)

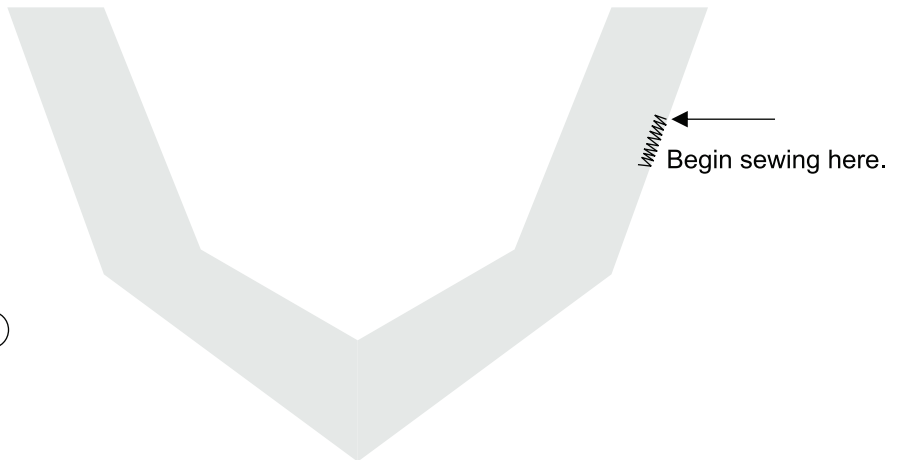
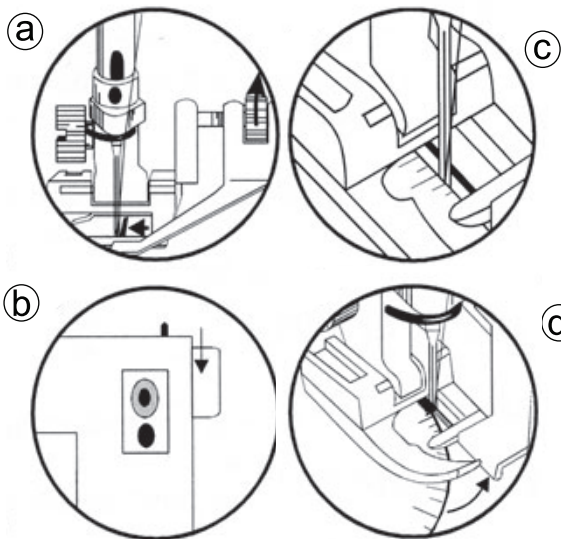
**NEEDLE:** Stretch 90/14

## Time to Sew!

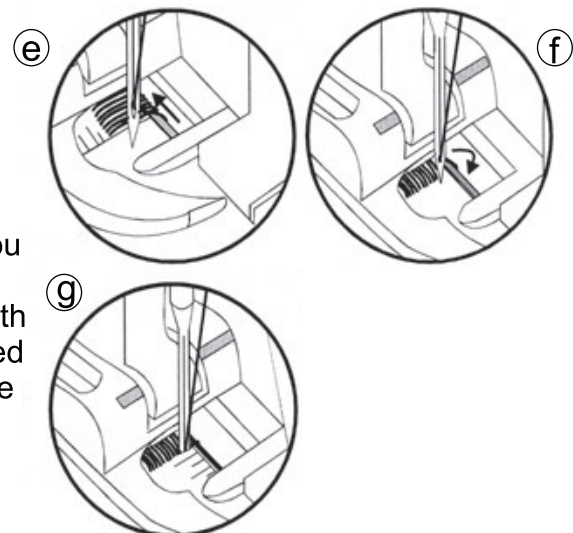
1) Starting with a longer length on your test sew is recommended. For instance begin with a length of .05 or half way between 0-1 on your length or 30 stitches per length. Sew along cut edge with stabilizer fused (if you opted to use an iron on tear away backing for the shirt back) or Stick and Rinse adhered to back-side of shirt. Be sure that your right swing of the needle falls JUST off the fabric's edge and left swings ON.

\*\*Use of Satinedge foot eliminates the need to watch the needle swing and instructions for foot set up is listed below:

- 1) Lower the sewing machine needle in the (right) swing of the sewing machine needle.
- 2) Turn the foot's adjusting nut to move the metal guide pin/wire so that it is touching the left side of the sewing machine needle. (a)
- 3) Turn the handwheel toward you to see that your needle is set to swing just over the guide pin/wire in the needle's right swing. (b)
- 4) Place fabric under foot so that the guide pin/wire falls JUST OFF the fabric's edge. (c)
- 5) Sew without holding the fabric down. You should hold the fabric UP if you need to hold it at-all. You should touch only when the fabric moves away from the white guide. (d)
- 6) When you are satisfied with the look of the stitch (after adjusting the stitch length) you will begin sewing all the way around the center front pattern piece. Be sure to begin 2 inches away from any corner on the pattern piece. It makes it easier to tie off when sewing is complete.
- 7) Once you arrive to the beginning stitching, cross over 1" and then change to your machine's knot stitch or, sew some straight stitches through the satin stitch to prevent it from unraveling.



- 8) When you reach a corner, sew to end. (e)
- 9) Lift needle UP.
- 10) Pull fabric back to release the stitches from the guide pin/wire.
- 11) Turn fabric and make sure the thread coming from the needle is right of the guide pin/wire. (f)
- 12) Check that your needle will be coming down just front of where you left off. (g)
- 13) You may feel like pushing - don't! Instead, increase the stitch length 1- length higher and sew for a few stitches. The fabric will begin to feed over the stitching you already sewed. Once it feeds, **at-all** - reduce the length back to your original setting.



- 14) Repeat steps above for ends of sleeves and hemline.

## DRESS IT UP WITH SEQUINS

1) Set your machine to the settings listed below. If your machine doesn't have a width of 6.5mm

### MACHINE SETTINGS

**Recommended Foot:** Sequins N Ribbon by Creative Feet

**Foot Pressure:** Lightest Setting

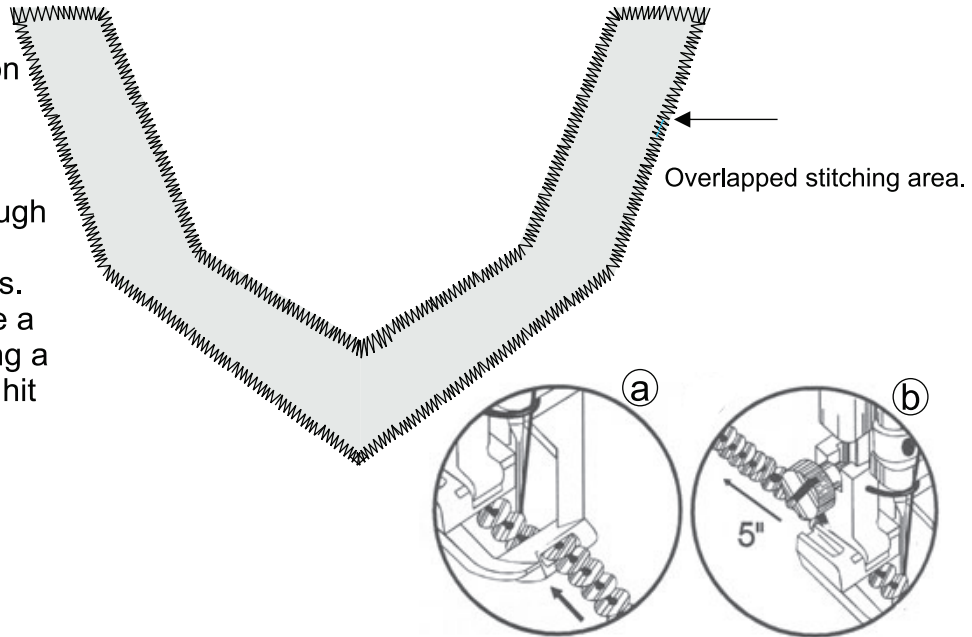
**Stitch Pattern:** Zigzag (unless your machine doesn't have a width wide enough to swing across the sequins.

**Stitch Width:** .05 wider than the sequins.

\* If you don't have a width that wide, use a leather 80/12 NTW needle and sew using a straight stitch length 4.0 and don't try to hit

the holes on the sequins.

**Stitch Length:** 3.0mm - 4.0mm



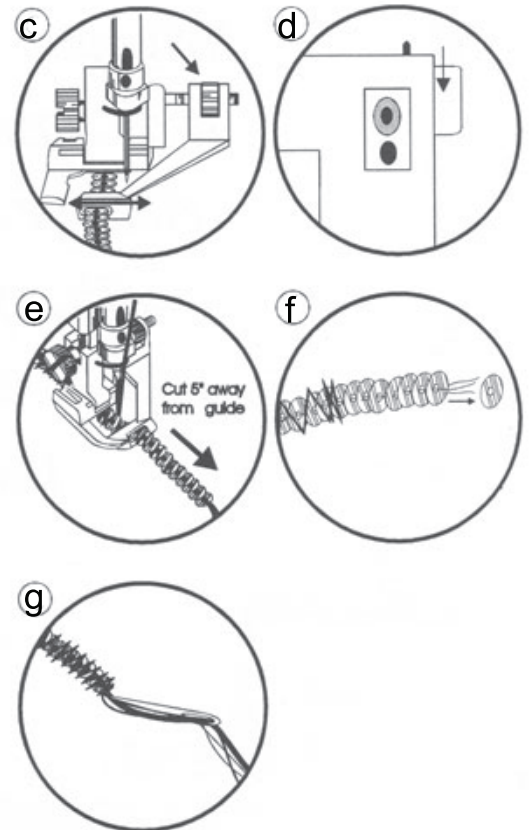
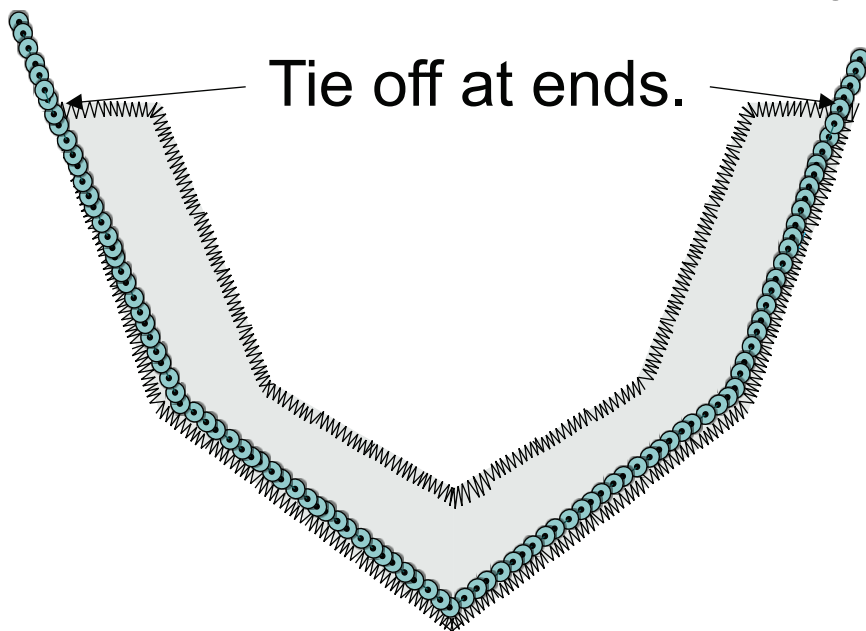
### Sewing Sequins

1) Insert the sequins into the guide so that they slide in easily. If they don't try switching to the opposite end they should feed through as shown. (a)

2) Pull through 5" of sequins to aid in tying off after sewing. (b)

3) Adjust the guide by turning the nut on the guide so that the swing of the sewing machine needle clears both sides of the sequins. (c)

4) Leave 5" of thread at end to tie off, (e) pull off sequins at end of sewing (f) and pull threads through garment using a large eye needle to back and tie in a knot. (g)



Sewing Pearls (4mm)

Presser Foot: Pearls N Piping foot by Creative Feet

Foot Pressure: Lightest

Stitch Pattern: Zigzag

Stitch Length: 1.5mm - 3.0mm

Stitch Width: 5.0mm - 6.5mm

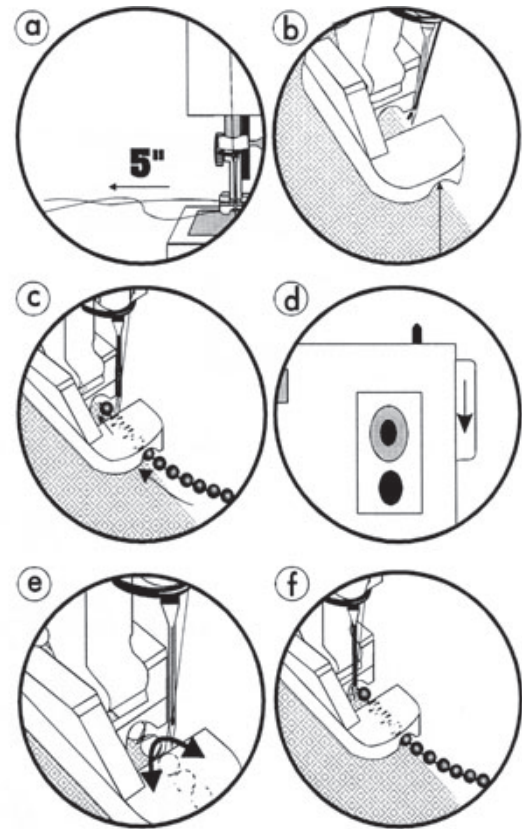
Needle Thread: Match satin stitch thread.



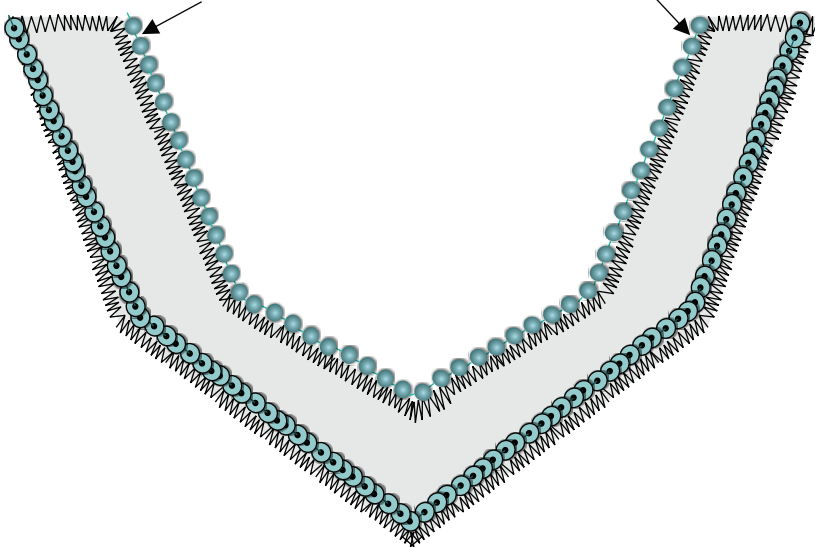
## Sewing Pearls continued...

### Ready - Set- Sew Pearls

- 1) Attach the Pearls N Piping foot to your machine using the foot's instructions and pull out thread for tying a knot. **(a)**
- 2) Place fabric under foot so that the edge is center under the tunnel **(b)** and slide pearls under the foot's tunnel. **(c)**
- 3) Turn handwheel to see if the needle clears the pearls. **(d)**  
\* If the needle appears to be coming down on the pearls, slide the washer over to the opposite side and try again as shown in the foot's instructions. Make sure the needle clears in both left and right swing. **(e)**
- 4) The left swing should be on the fabric. Once you know it is look at front of foot to continue guiding the fabric straight. Do not touch the pearls as you sew. **(f)**
- 5) Tie off the end of Pearls by sewing straight stitches in place and then several zigzag stitches also in-place or very short stitch length.



Tie off at ends.



Designed for an 8 1/2"x 11" piece of paper.

