

How to make a tunic from a neck bone

Dame

~~Baroness~~ Muirenn ingen meic Martainn

All measurements pivot from the prominent bone at the base of the neck. This will be your point of reference.

Measure on the body:

1. the back of the neck from side to side

2. chest circumference

3. waist circumference

4. hip circumference

Divide by 4

5. length of the garment (add 2 inches for hem allowance)

6. length of the sleeve (add 1 inch for hem allowance) if making long sleeves, have the person bend the elbow slightly. This will give you a better finished length on the sleeve.

7. circumference of the arm pit (loosely)

8. circumference of the sleeve cuff (loosely so the hand will fit)

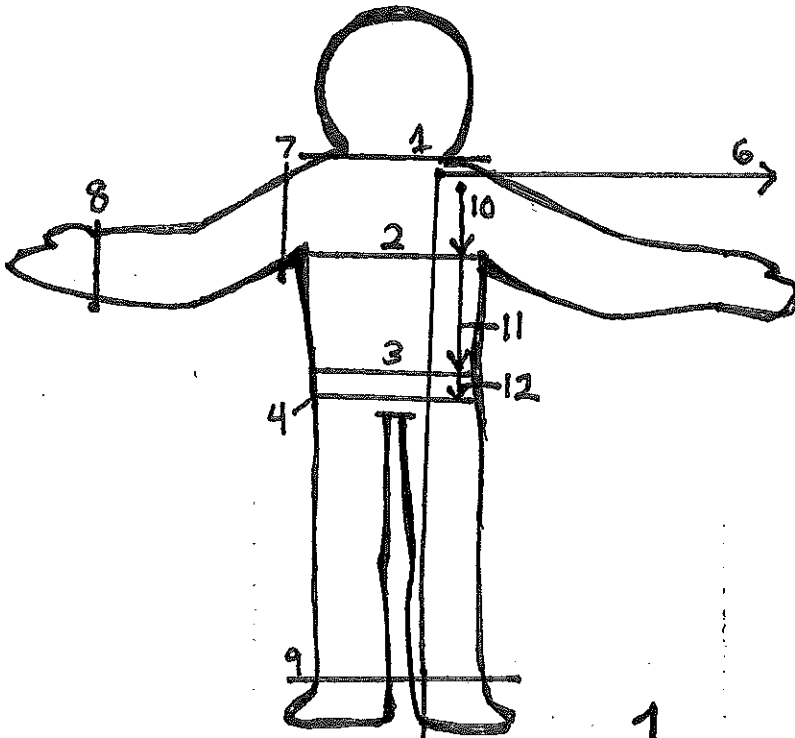
divide by 2

9. circumference of the finished hem (bottom) } divide by 4

10. length from the neck bone to the chest (mid-bra line)

11. length from the neck bone to the waist

12. length from the neck bone to the hips



1. _____
2. _____
3. _____
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5. _____
6. _____
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9. _____
10. _____
11. _____
12. _____

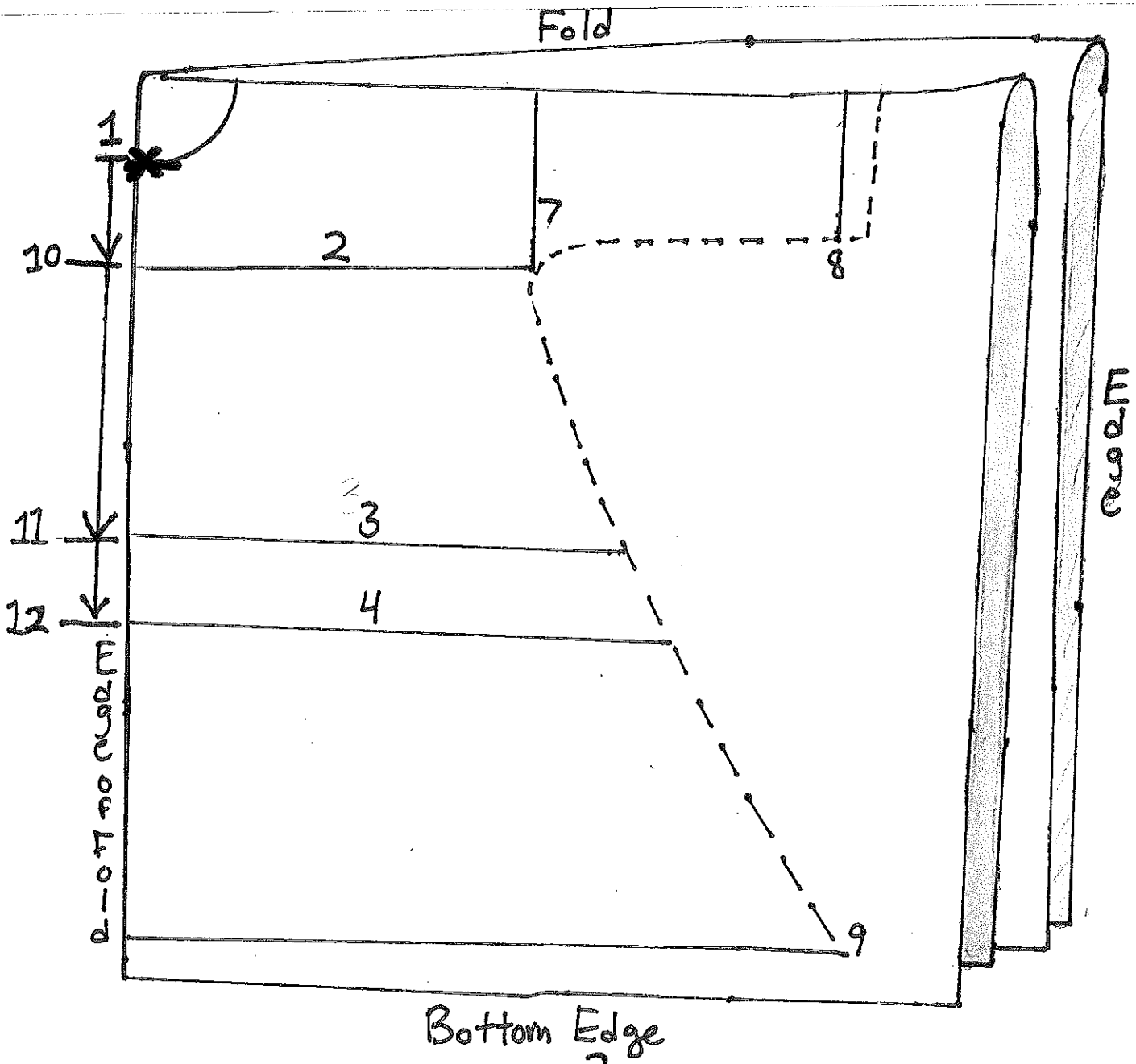
Fabric Lay Out

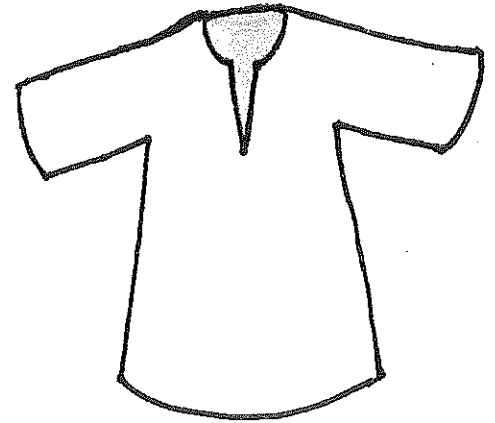
Cut a piece of fabric long enough to accommodate your garment including hems. Add just a bit for margin of error. Fold the fabric in half length wise, then width wise.

Measure $1\frac{1}{2}$ inches down to make the scoop for the neck opening (1). If the person for this garment is larger, consider making this longer. IE: make it $2\frac{1}{2}$ inches for Cave Trolls and Yettis.

Measure from the bottom of the neck scoop (*). Use pins to mark the measurements on the folded fabric. Cut about $\frac{1}{2}$ inch away from the pins for a $\frac{1}{2}$ inch seam allowance. Remember that if you make measurements bigger at this point, you are adding 4 times the amount. IE: adding $\frac{1}{2}$ inch to the outline will add 2 inches to the garment.

You want the edges to match, although for illustration purposes, it looks like they don't



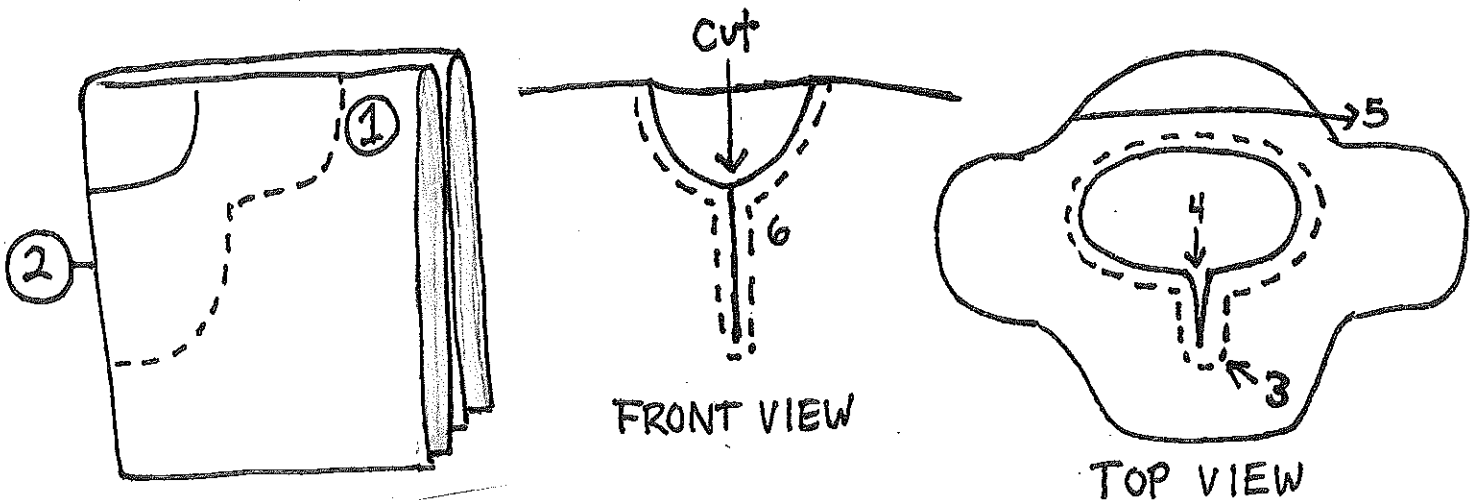


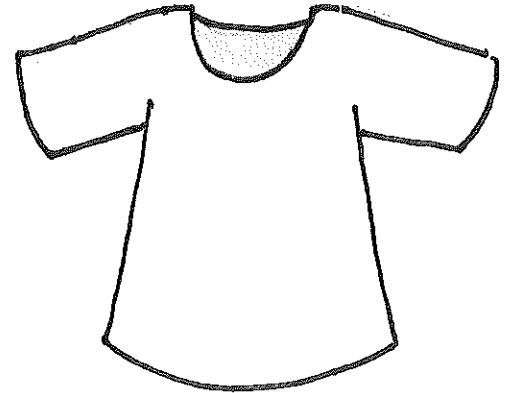
Finishing the neck opening

If you want to make a facing, save the cut out piece from the scoop for the neck opening.

For a key hole opening:

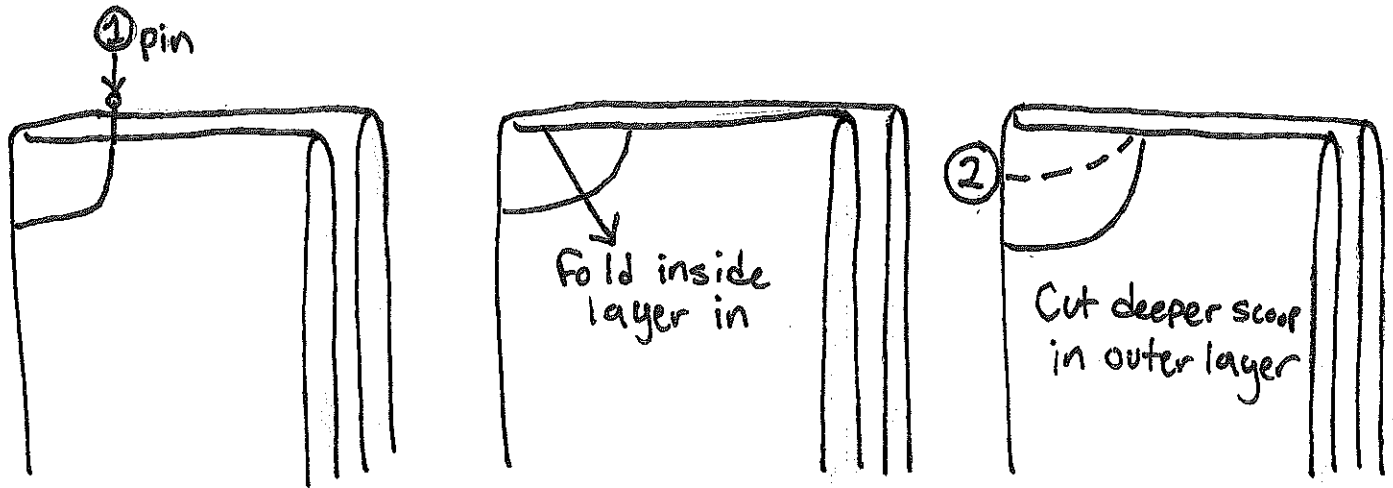
Fold a large enough piece of fabric in four and place this piece on the fold. Mark the cutting edge with pins. (1) Cut out the facing. On the front fold, measure down how far you want the key hole opening to be (usually 4 – 6 inches). Mark this with a pin (2). Open the garment. Pin the facing on the garment, right sides together. Match the shoulder tops, front and back. Pin it well. Draw a straight line to mark where the key hole opening will be (3). Stitch with $\frac{1}{4}$ inch seam allowance. When you get to the line for the key hole opening: leave the needle in the fabric, lift the presser foot and pivot the fabric to turn it, put the foot down and continue sewing. Repeat this when you need to move the fabric to stitch around the line for the key hole opening (4). Cut along the straight line, but don't cut through your stitching. You can cut the extra lumpy piece off of the back (5). Turn the facing into the garment and pin the edges of the opening so they are even and lay flat. Top stitch on the right side of the garment, $\frac{1}{4}$ to $\frac{1}{2}$ away from the opening (6). You can make more than one row of top stitching, which might look nice. Zigzag stitch the edges of the facing to keep it from fraying, or you can hem this.



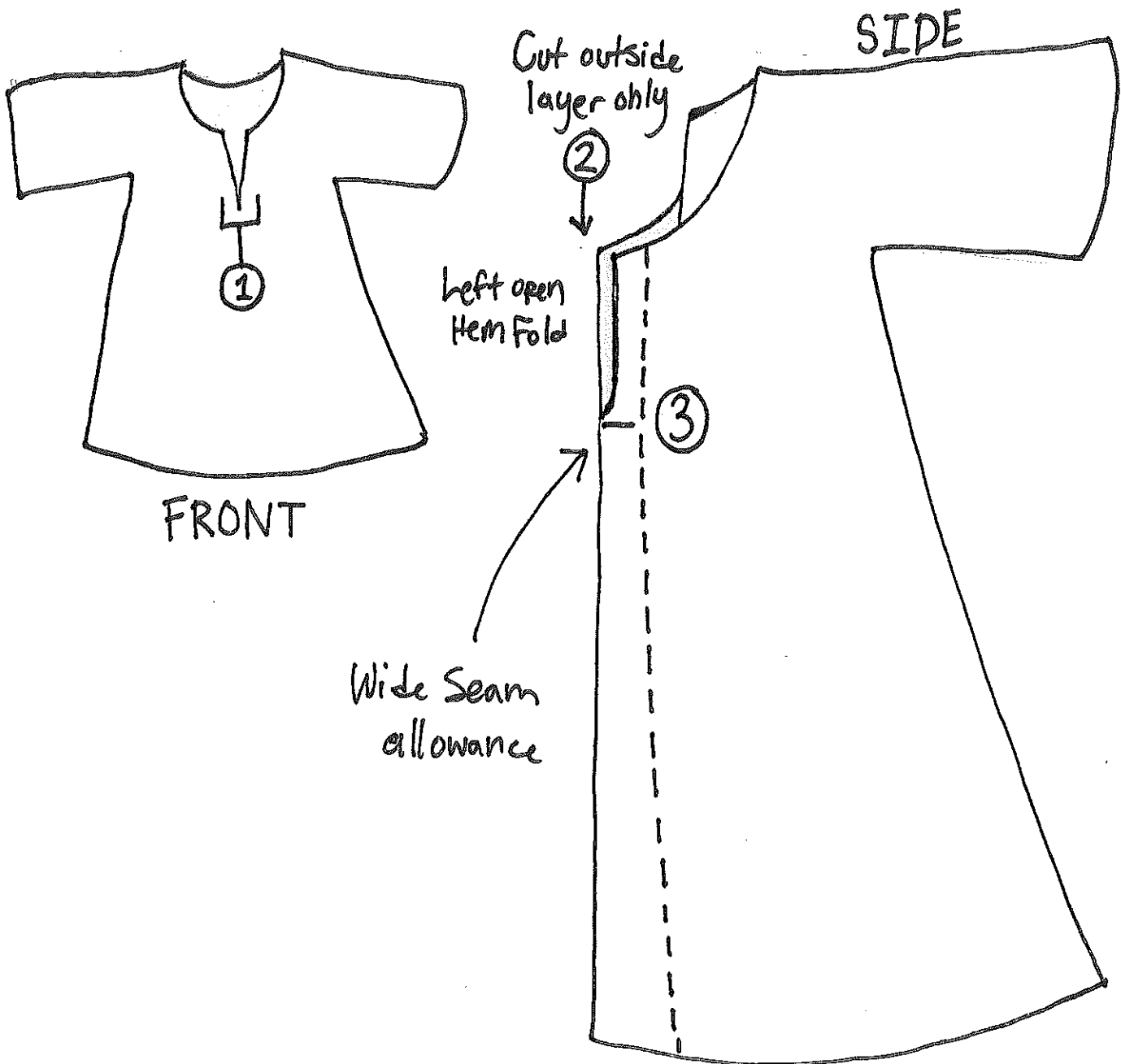


For a scoop neck opening

You can make a facing for a scoop neck opening, but you will need to save **both** the scoop cut out pieces. Before you open the garment, while it is still folded in 4, pin the garment together (all 4 layers) at the end of the neck scoop (1). Fold the inside 2 layers inside the garment so that it is out of the way to cut. Cut the outside 2 layers in a scoop shape another 2 – 3 inches down (2). This will make the front of the garment scoop lower than the back. You can make a facing for this opening: fold the facing piece in 4, cut the first neck scoop in all 4 layers, then lay the 2nd scoop in the outside 2 layers and cut it like you did for the garment. Like the key hole opening, match the shoulders, front and back of the facing to the garment and stitch. Turn the facing into the garment and pin the neck opening edges so they are even and flat. Top stitch. (see above instructions)



You do not have to make a facing. You can turn a narrow hem in the neck opening and stitch by hand or by machine. The key hole opening is harder to stitch a hem, especially by machine, at the bottom of the key hole (1). You can help this by cutting the garment open along just the front of the garment (2). When you stitch the front together, leave a larger seam allowance at the front. This gives you more fabric to make a hem (3).



* If you are adding gussets and/or gores - attach them then stitch the sides together *

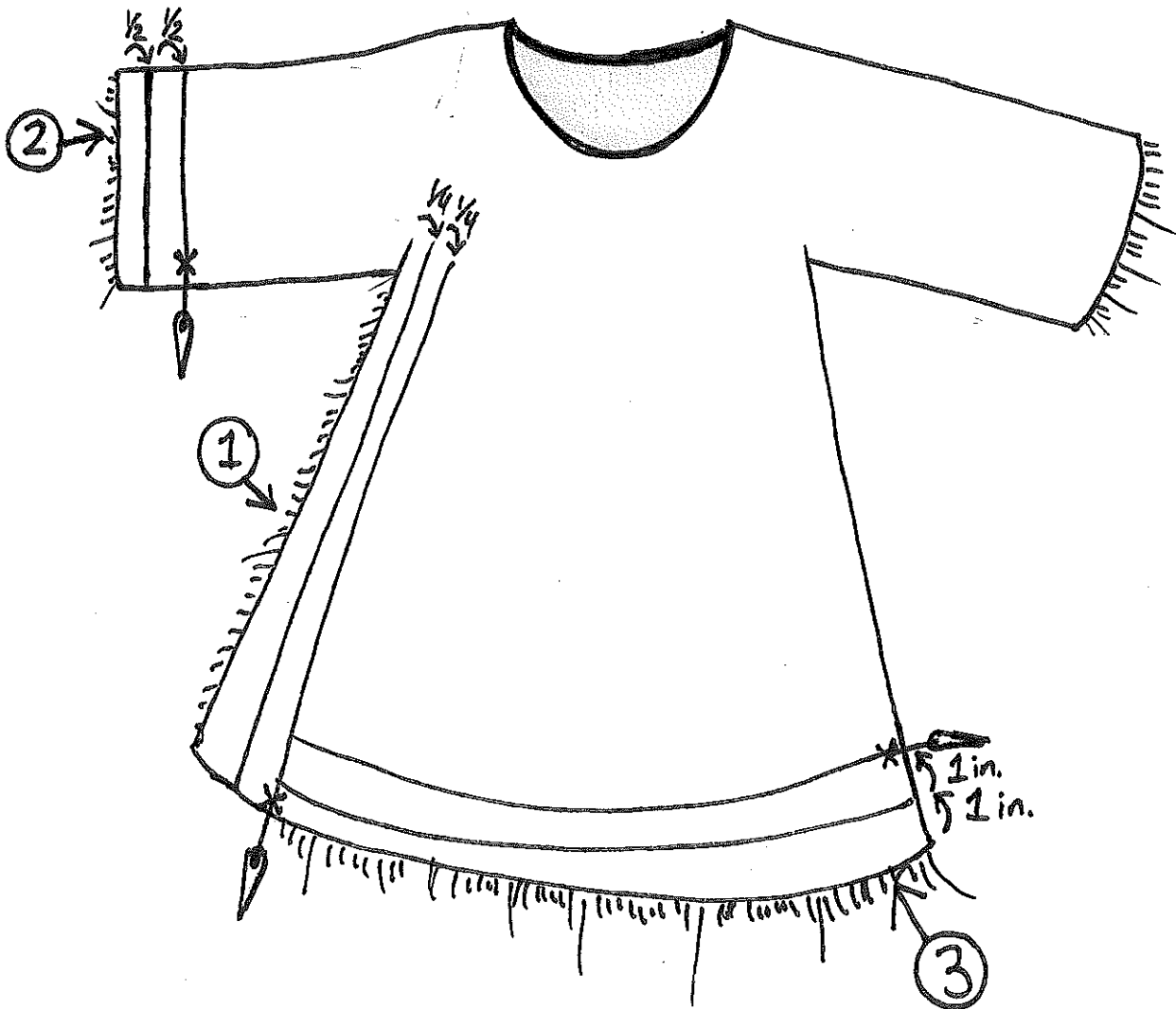
Stitching instructions

If you are using a facing, finish the neck opening first.

With right sides together, pin the side seams of the garment, starting at the sleeve openings (1). Use a $\frac{1}{4}$ inch to $\frac{5}{8}$ inch seam allowance - whatever you measured when you cut out the garment.

Fold the edge of the sleeve cuff to the wrong side $\frac{1}{2}$ inch, then another $\frac{1}{2}$ inch. This puts the raw edge of the fabric inside so it won't ravel. Stitch along the edge of the fold (2).

Fold the bottom hem to the wrong side 1 inch, then another 1 inch. Stitch at the edge of the fold (3).

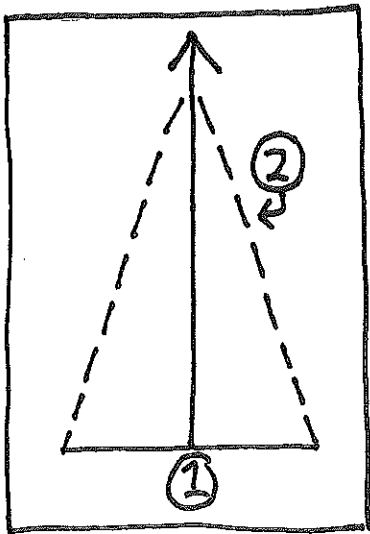


Gussets and Gores, if you want to get fancy!

Gores: A gore is a triangle shaped piece stitched into a side seam to add fabric to the bottom, like in a dress. It can give a lovely sway to a garment.

Measure from the hip to the bottom of the garment. Give consideration for body type. If you have ample hips and bottom, consider starting the gore higher on the body – say between the arm pit and the waist. If you want, you can cut the garment along the front and back. This lets you add gores on all 4 sides. Decide how wide you want the bottom of the gore to be and this is the bottom measurement of your triangle (1). Measure how long you want the gore, mark this with a pin. Mark the edges with pins and cut – remember to add seam allowances (2).

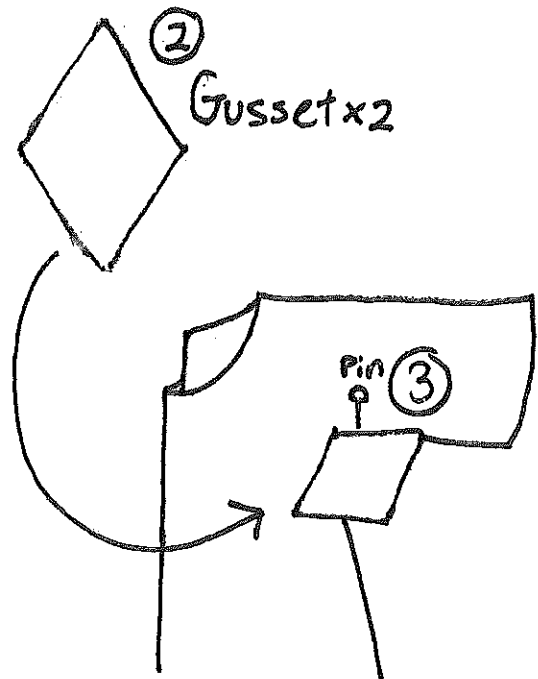
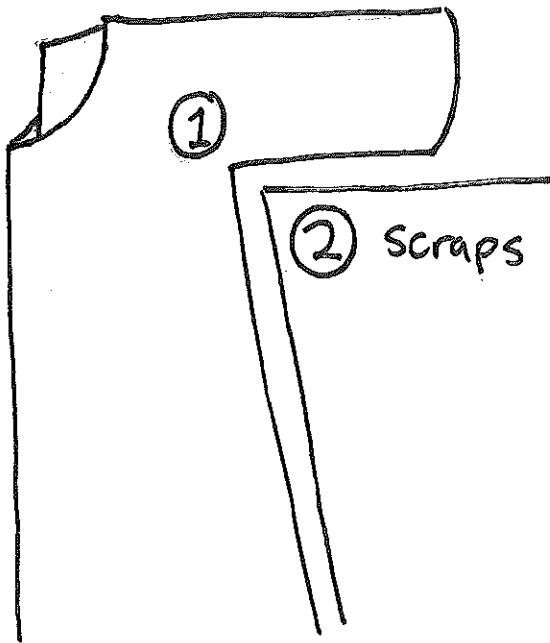
* To stitch: stitch the gores to the sides before you stitch the garment together. Start at the bottom of the garment, pin the gore with right sides together and stitch from the bottom up. This gives you a better finish at the bottom of the garment (3).



* **Gussets:** a gusset is a piece of fabric inserted into a seam area to allow for a better freedom of movement. They can be almost any shape, but for this class they can be square or diamond shaped.

When you cut the armpit part of the garment, cut it more square than scooped (1). Cut 2 gussets – you can use the scraps where you cut the garment (2).

To stitch: with right sided together, pin one side of the gusset to the garment – leave about ¼ inch overlap at the corner of the armpit of the garment marked with a pin (3). Stitch this one side, stopping at the pin. Turn the garment and pin the other side of the gusset to the garment, using the ¼ overlap to ease the corner. When you stitch, make certain to stitch to the end of the first seam. To stitch the garment together: match the ends of the sleeves, right sides together, and pin to the end of the 3rd side of the gusset. Again, leave a ¼ inch overlap marked with a pin. Stitch this seam, stopping at the pin. Turn the corner, pin the gusset and the seam and stitch again.

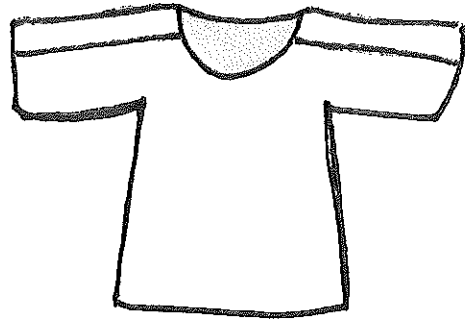


Mistakes

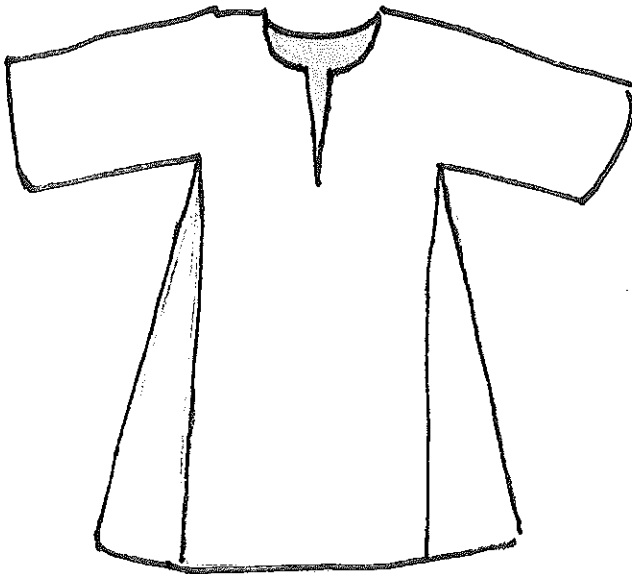
Mistakes happen. Perhaps the measurements were ^{not} quite as accurate as you had planned. Here's some ideas to fix the garment and not have to start all over again.

It is too small in the sleeve part:

You can cut the garment in half at the top of the sleeve and add a strip of fabric. If you use a contrasting fabric, it can look like you meant to do this.

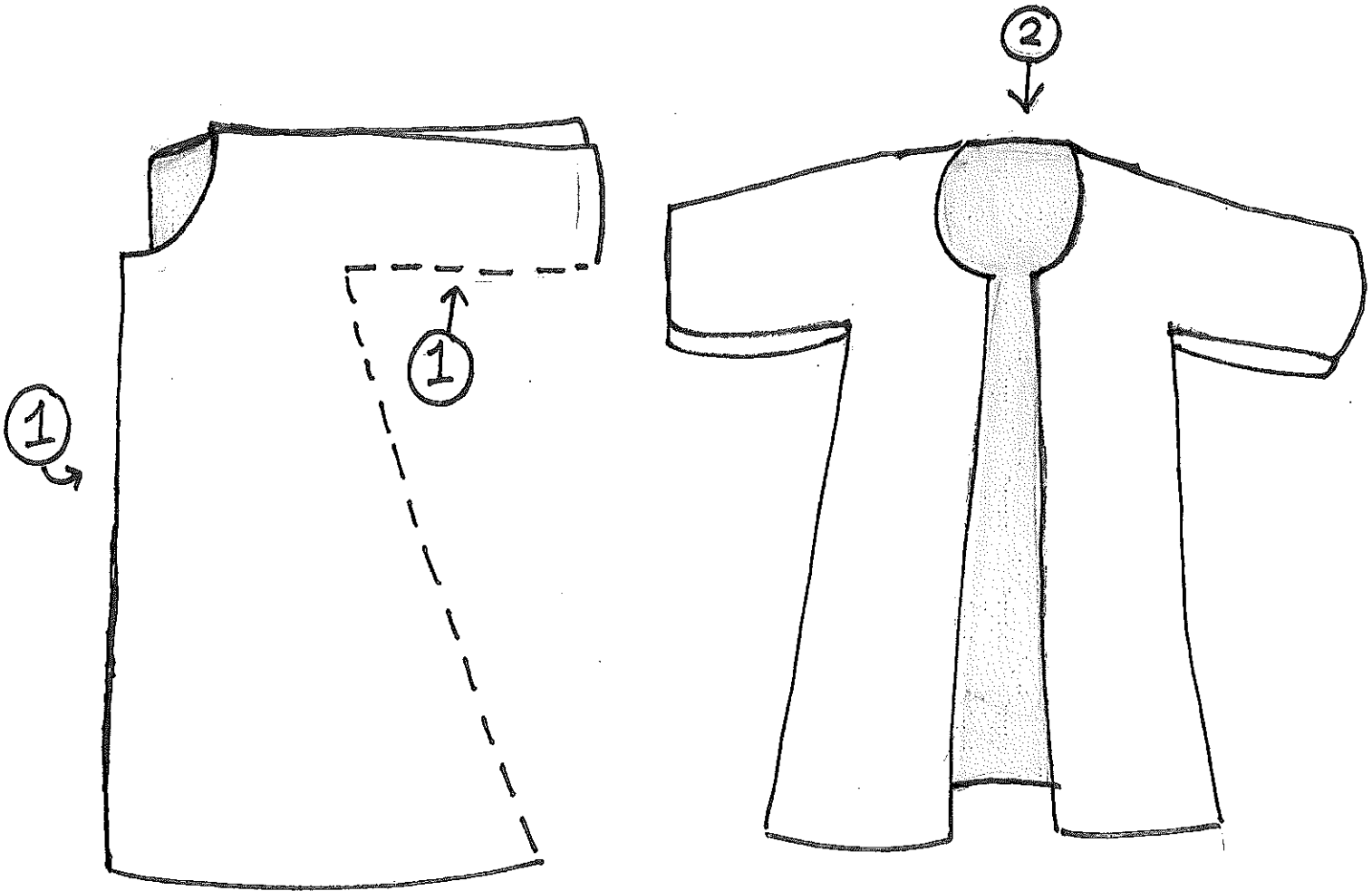


It is too small in the body part: you can cut the garment in half at the back and/or front and add a strip of fabric. Or you can add a long gore starting at the armpit and going to the bottom of the garment



Let's Make a Coat!

If you measure the garment big enough to go over other clothing, this pattern can be used to make a coat. After you have pinned the garment to cut out, cut the front and back as well (1). You can just not sew up the front and it makes a coat. You can either line this or just hem the front for a finished edge. To line the coat, you basically make 2 coats – one of the shell fabric and one of the lining. You can use gussets and gores if you want. I often line the coat with fleece. This isn't "period" but it sure is warm! Stitch the two coats together at the front and around the neck (2). I usually hem each coat separately.



Artwork by

Lady **D**eborah **K**irkwood

Lady Deborah was born in 1403 in England.

(MKA Deborah Simon)