



# WARD WRAP TOP

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## LEARN TO SEW FOLDED HEMS

A LEARNING pattern for beginner sewers



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**#POwardwraoptop**

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# The **WARD WRAP TOP** pattern

## Learn to sew **Folded Hems**

This pattern has been designed to teach a sewing skill.

The instructions are more detailed than a traditional pattern to better guide you through sewing your first Folded Hem.

As you progress through the pattern, the shape and construction method of the top introduces you to sewing Folded Hems along 3 different types of edges.

## About the design

Intended for kids in hospitals as an alternative to traditional hospital gowns. The Ward Wrap Top is front opening to help make dressing easier and provide access to tubes/other devices.

The seam allowance for this pattern (how far in from the raw edge your stitching needs to be) is 1cm.

Use a medium length stitch (3-3.5)

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# FABRIC

## TYPE

Suitable fabrics should be pre-washed medium weight and soft.

Wovens: Quilting cotton, poplin, flannelette

Stretch: low stretch jersey

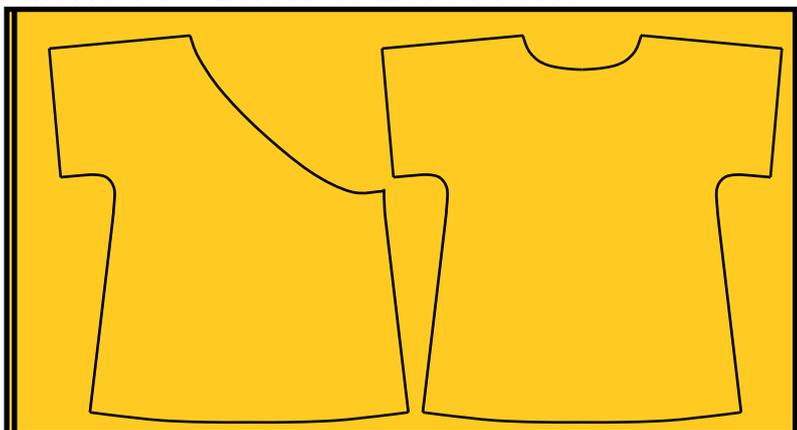
Ensure that the bias binding you use is made from the same type of fabric as the rest of the garment.

## QUANTITY

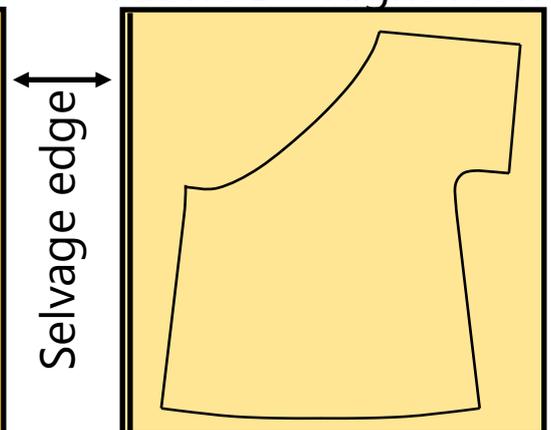
The amount of fabric needed to make each size is listed in the table below. Measurements are in centimetres. Width x height. Any width bias binding can be used. 20-25mm double fold bias binding recommended (10-12mm wide when sewn on).

Size	1-2	3-4	5-6	7-8	10-12	14-16
<b>Fabric A</b>	45x95	50x100	70x110	100x110	110x110	130x110
<b>Fabric B</b>	45x55	50x60	55x65	65x70	70x75	75x80
<b>Bias Binding</b>	200	205	210	220	230	240

Fabric A - Back & Left Front



Fabric B - Right Front



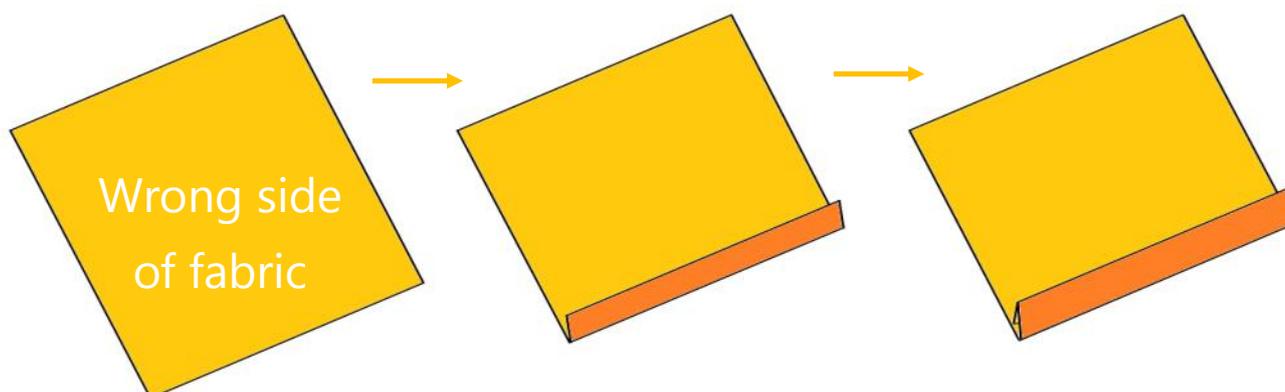
# FOLDED HEMS

The most common way of hemming the bottom edge of shirts, dresses and sleeves is to fold the hem up. The item is cut a little longer than needed to allow for the length that is lost when the hem is folded up. This is called the hem allowance.

## Structure

Fold the raw edge up once, press with an iron or pin. Then fold up again to hide the raw edge and press or pin in place.

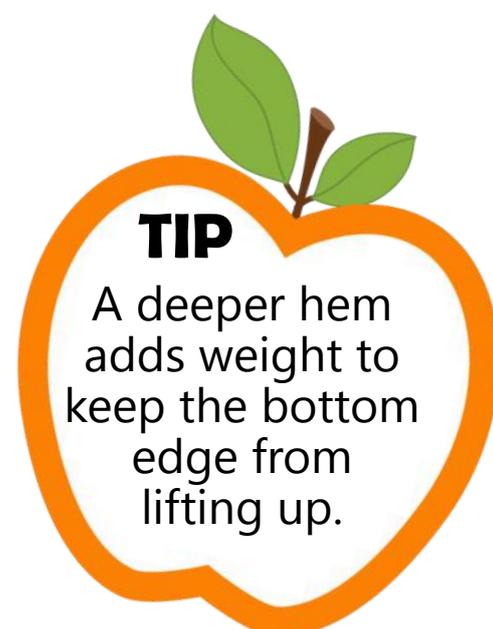
Sew around the top of the folded hem with 1-2 lines of stitching.



A Folded Hem can be unpicked later to extend the length of the garment if needed.

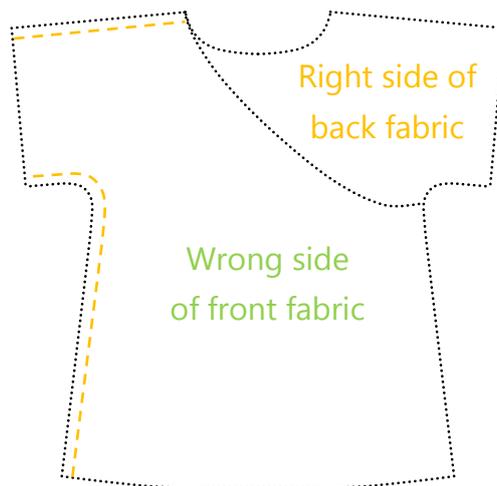
## When to use them

It is easier to fold up the hem of a straight edge, but curved hems can also be finished this way. There are a number of methods that can be used to make hemming curves easier.

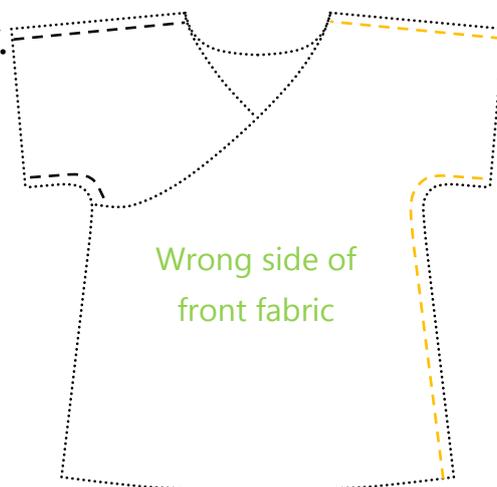


# SEWING INSTRUCTIONS

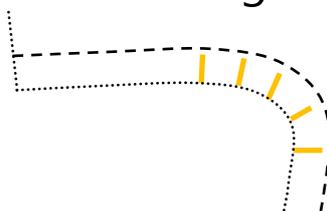
**STEP 1:** Joining front to back: Place one front fabric over the back fabric with right sides together. Ensure the top of the shoulder and side seams meet. Pin before sewing the shoulder seam and then the underarm seam on the same side as shown.



**STEP 2:** Repeat step 1 to join the second front fabric to the back fabric on the other side. Ensure you keep the first front fabric out of the way.



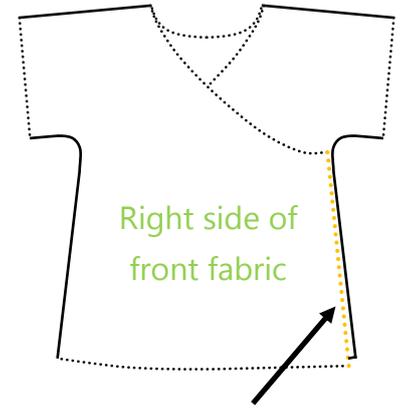
**STEP 3:** Snip into the curves of each underarm seam, then overlock or zig zag stitch the raw edges of all 4 seams that have been sewn.



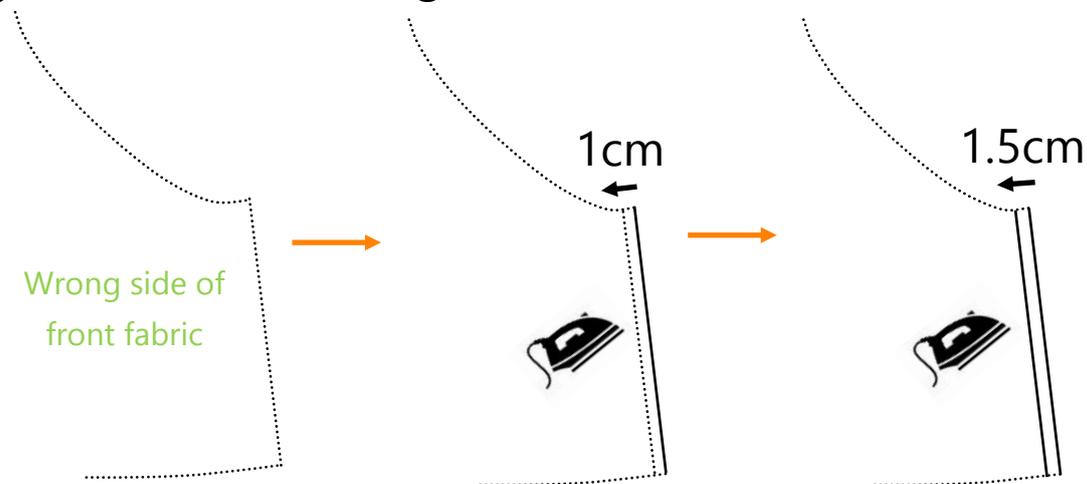
## STEP 4: Your first Folded Hem!

Turn the top out the right way.

**(a) FOLD:** One of the side edges of the top along the straight raw edge of the front fabric. Fold it toward the wrong side of the fabric by 1cm. Press in place with a warm iron.

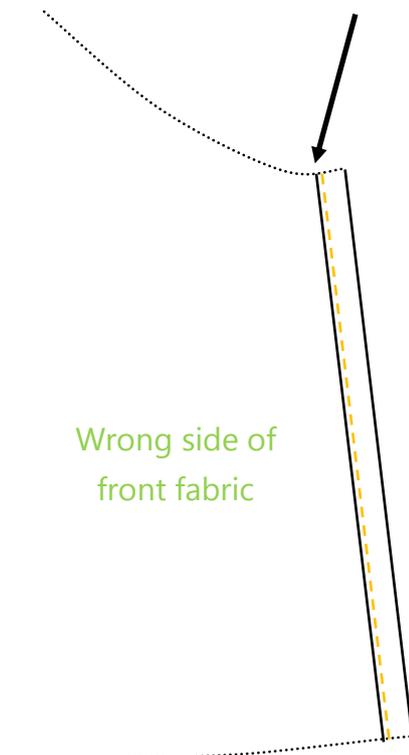
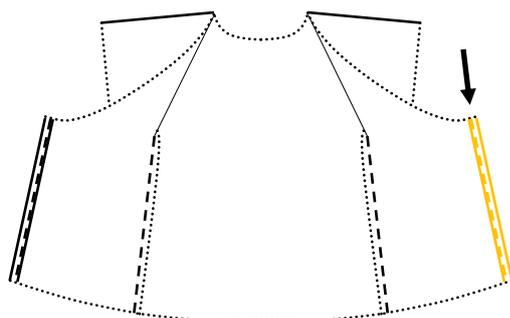


Fold this edge toward the wrong side of the fabric again, this time by 1.5cm. The raw edge should now be hidden. Press again.



**(b) SEW:** Stitch this folded edge in place close to the first fold.

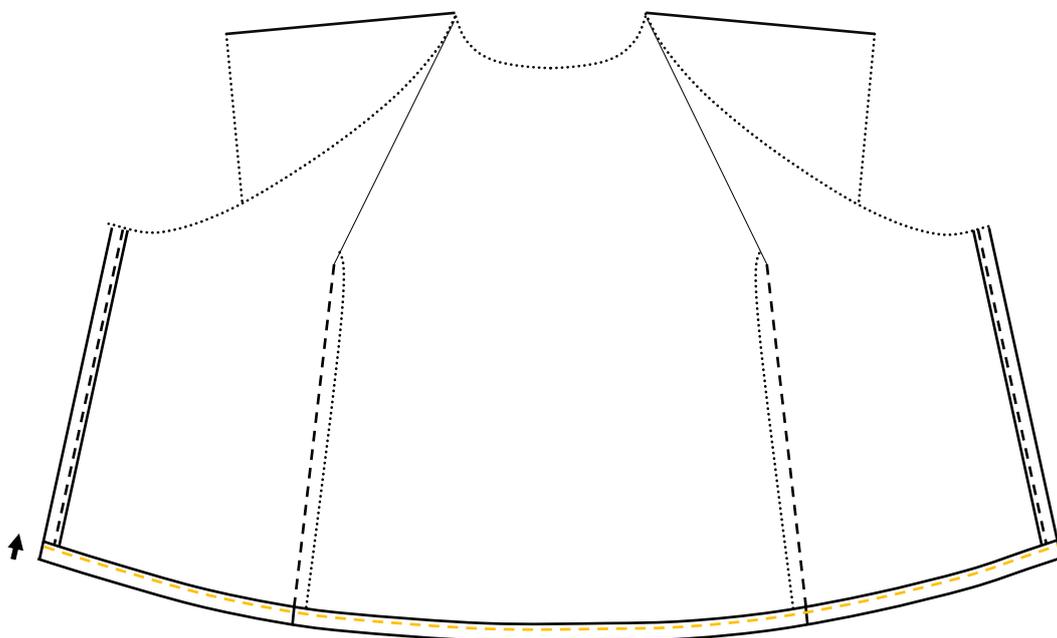
**(c) REPEAT:** Follow steps (a) and (b) again to hem the front fabric side on the opposite side of the top.



**STEP 5:** Hemming the bottom raw edge of the top is a little different to the straight side hem you just sewed as it is cut on a light curve. Ensure you press well and use as many pins/clips as you need to hold the hem still when sewing.

Repeat steps **(a)** and **(b)** from step 4.

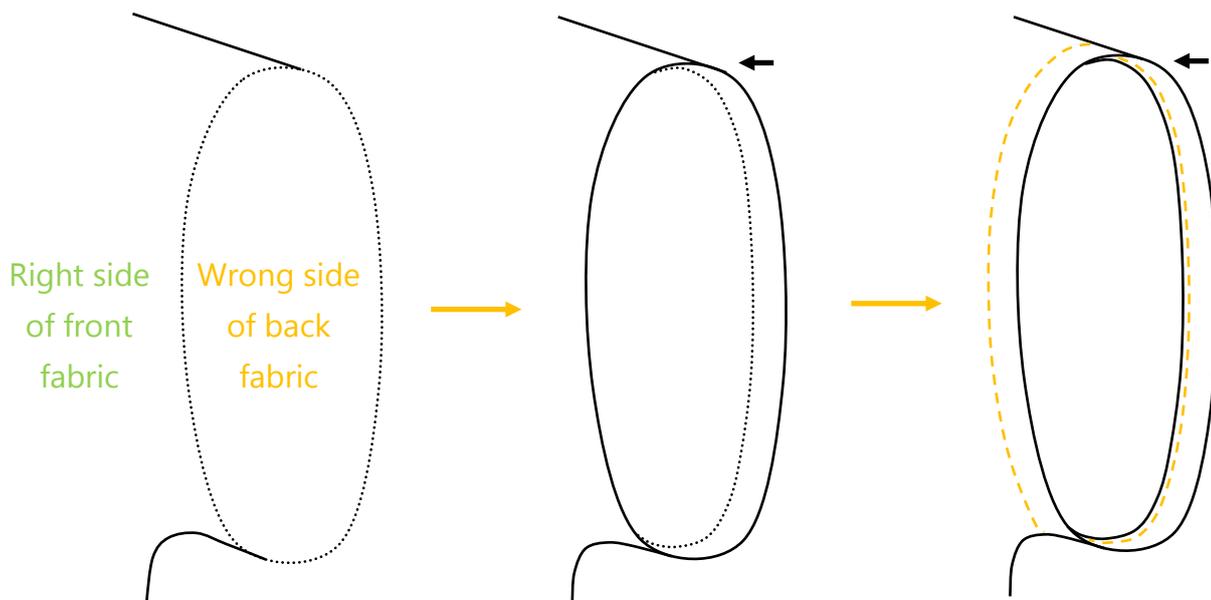
Fold the bottom edge of the top up by 1cm and again by 1.5cm. Press well and topstitch near the top fold.



**STEP 6:** Hemming the sleeves of the top is a little different to the side or bottom hems. This edge is hemmed in a circle.

Repeat steps **(a)** and **(b)** from step 4.

Fold the sleeve edge of the top in by 1cm and again by 1.5cm. Press well and topstitch near the inside fold.



Start sewing at the bottom of the sleeve with the sewing machine foot on the inside of the sleeve. Sew all the way around until you are back where you started.

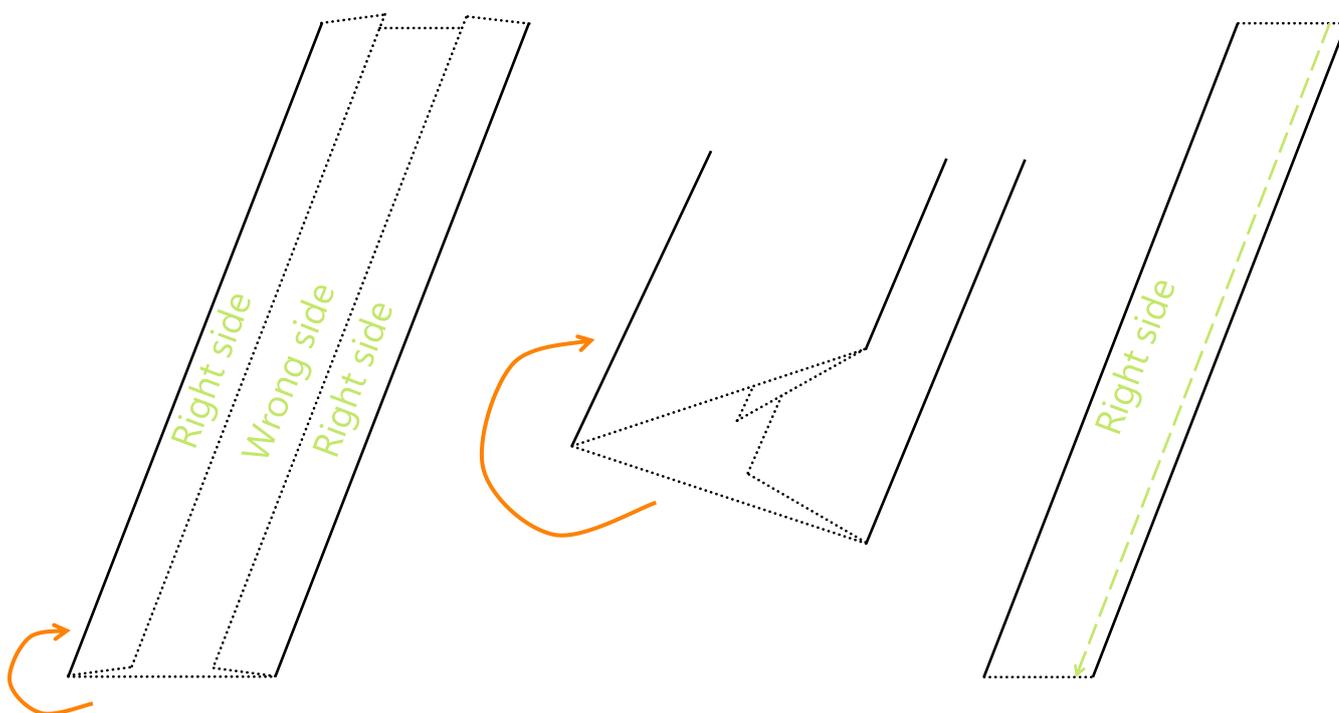
REPEAT: Follow steps **(a)** and **(b)** again to hem the sleeve on the opposite side of the top.

## **STEP 7:** Prepare your bias binding.

If using pre-made bias binding it should measure 10-12mm wide when folded twice (right image).

For handmade bias binding. Cut a strip of woven fabric at a 45 degree angle to the selvage edge OR cut a strip of stretch fabric along the width of the fabric (stretch) selvage to selvage.

The strip should measure 4.5cm wide.



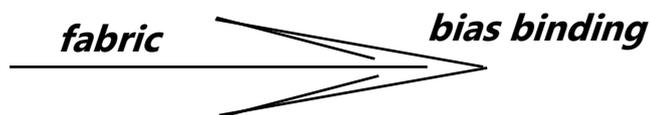
Fold the raw edges in by 7mm on both sides and press. Then fold the strap in half lengthways and press so that you can now only see the right side of your fabric.

Cut the binding to the length specified for the size you are making on page 3. Then cut 30cm off and another 30cm off.

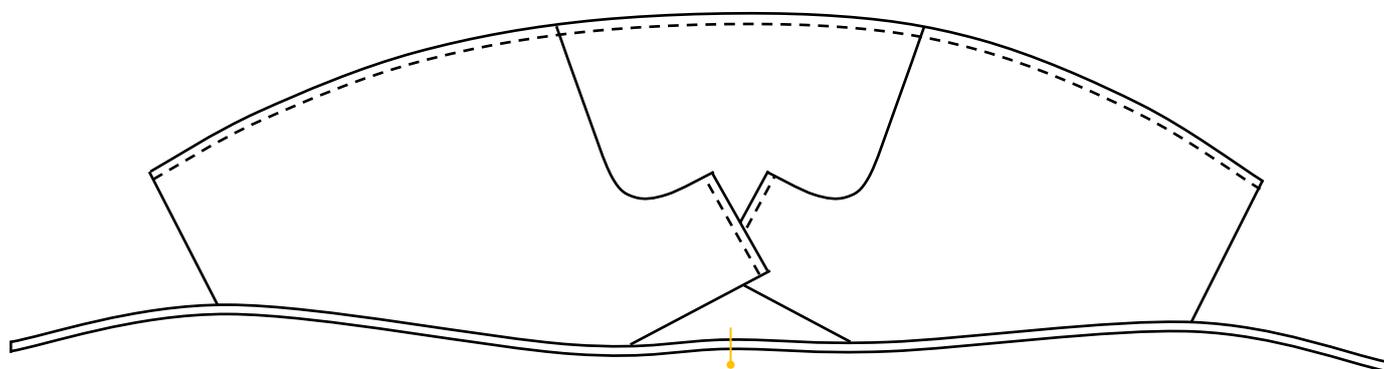
**E.g. sz1-2:** Bias length = 200cm. Cut 2x 30cm strips off.

Resulting in two 30cm strips and one 140cm strip to sew on.

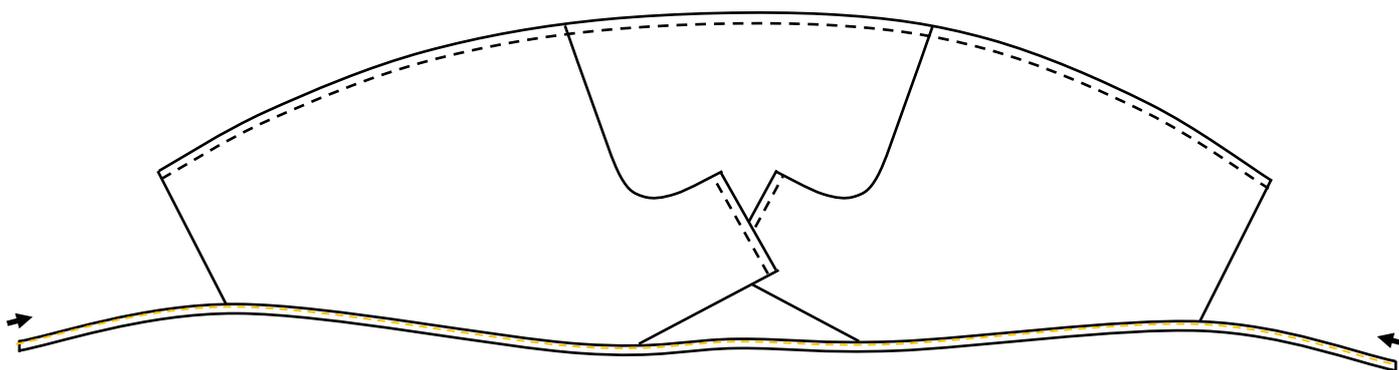
**STEP 8:** Fold the long piece of bias binding in half to find the centre. Fold the top back in half to find the centre of the neckline. Match the centre of the bias binding to the centre of the neckline. Pin or clip the bias binding to the entire neckline. The bias binding will hug around the raw edge of the neckline.



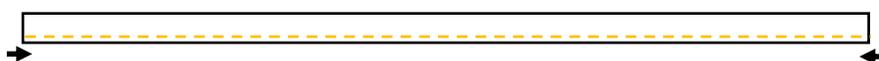
The bias binding ends will hang beyond the edge of the fabric.



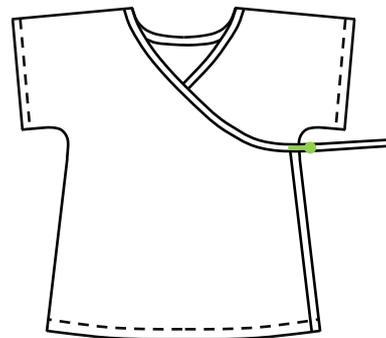
**STEP 9:** Starting at one end, fold the very tip of the bias binding inward, then sew from one end to the other securing it in place and folding the end in at the finish too.



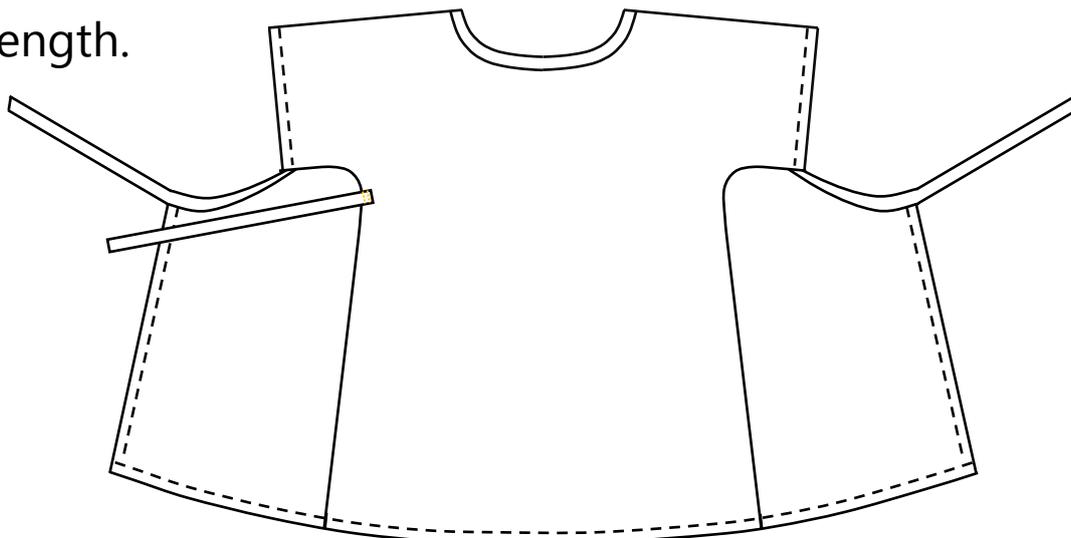
**STEP 10:** With the two 30cm lengths of bias binding. Fold the ends in and sew the binding closed.



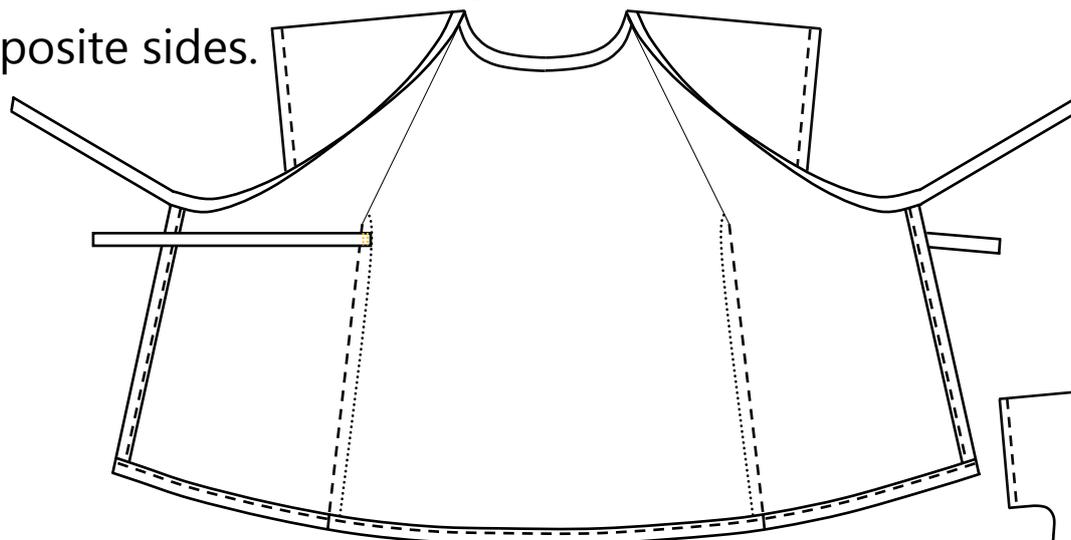
**STEP 11:** Close the top to mark where the tie ends from the neckline bias binding sit at each underarm with a pin.



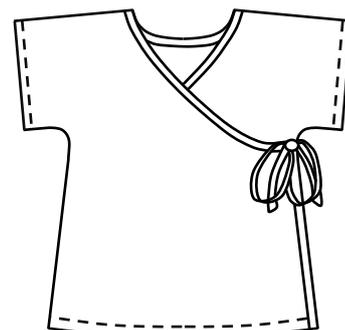
Place one of the ties on the outside of the top and sew the end in place through the back fabric and the seam allowance of the underarm seam for strength.



Place the second tie on the inside of the top and sew the end in place through the back fabric and the seam allowance of the underarm seam for strength. These two ties should be on opposite sides.



Congratulations your Ward Wrap Top is finished!



# Printing

Print only page 13 first. Using a metric ruler, check that the printed ruler picture on page 13 accurately measures 12cm.

If this is not accurate to within 1mm, your page has not printed to scale and you will need to troubleshoot the issue with your printer. Find out more about printing to scale on the Pattern Orchard website at [www.patternorchard.com](http://www.patternorchard.com)

Once page 13 has printed to scale, print pages 14-27.

Each page has a double dot dashed border around it. 

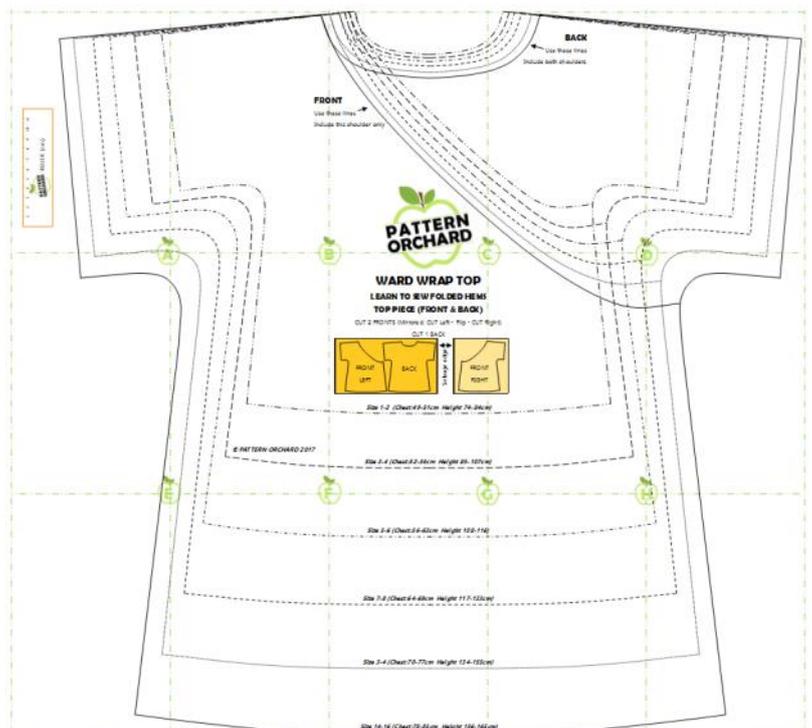
Cut along this border line on all 6 pages.

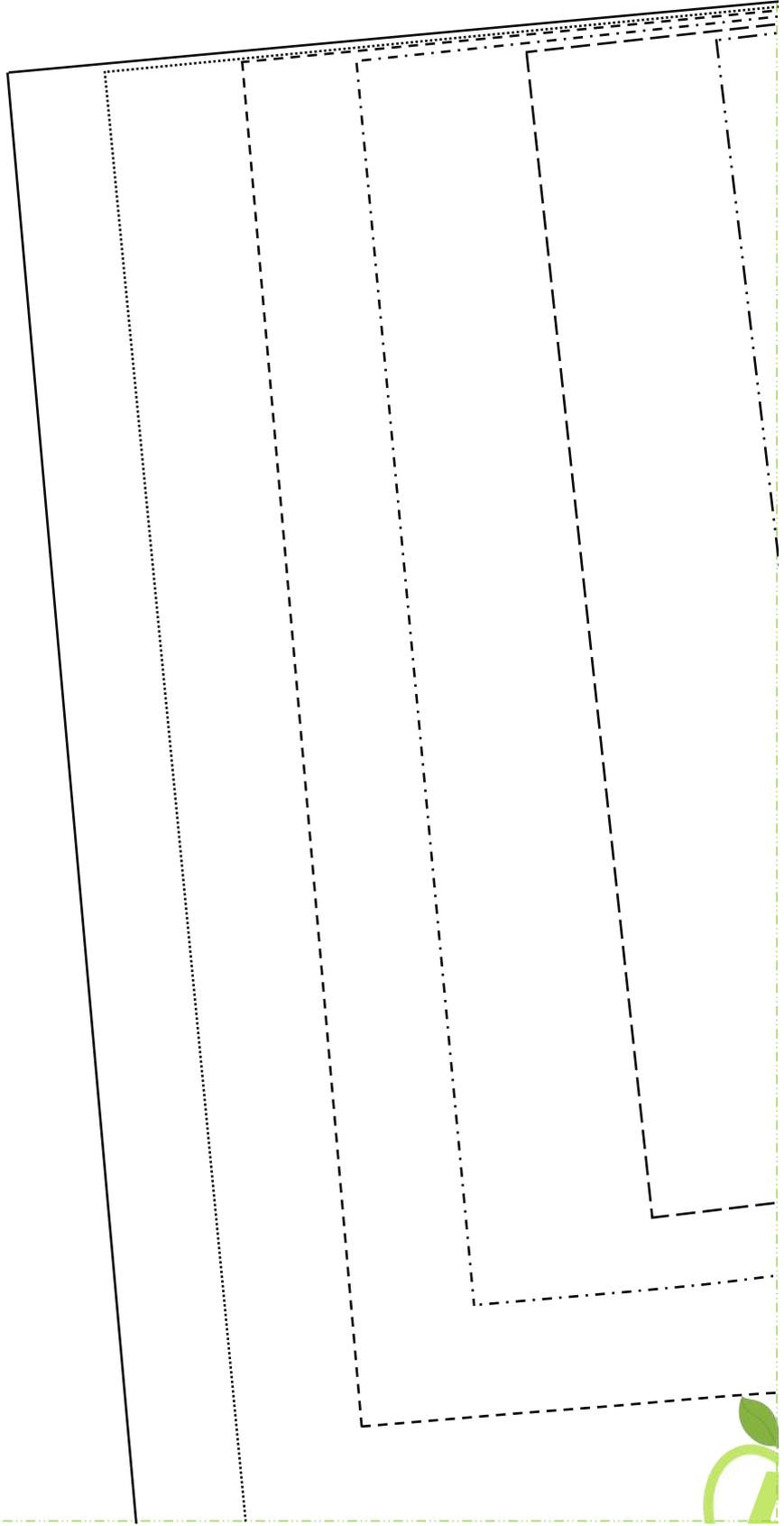
Align the 15 rectangles using the apples as a guide.

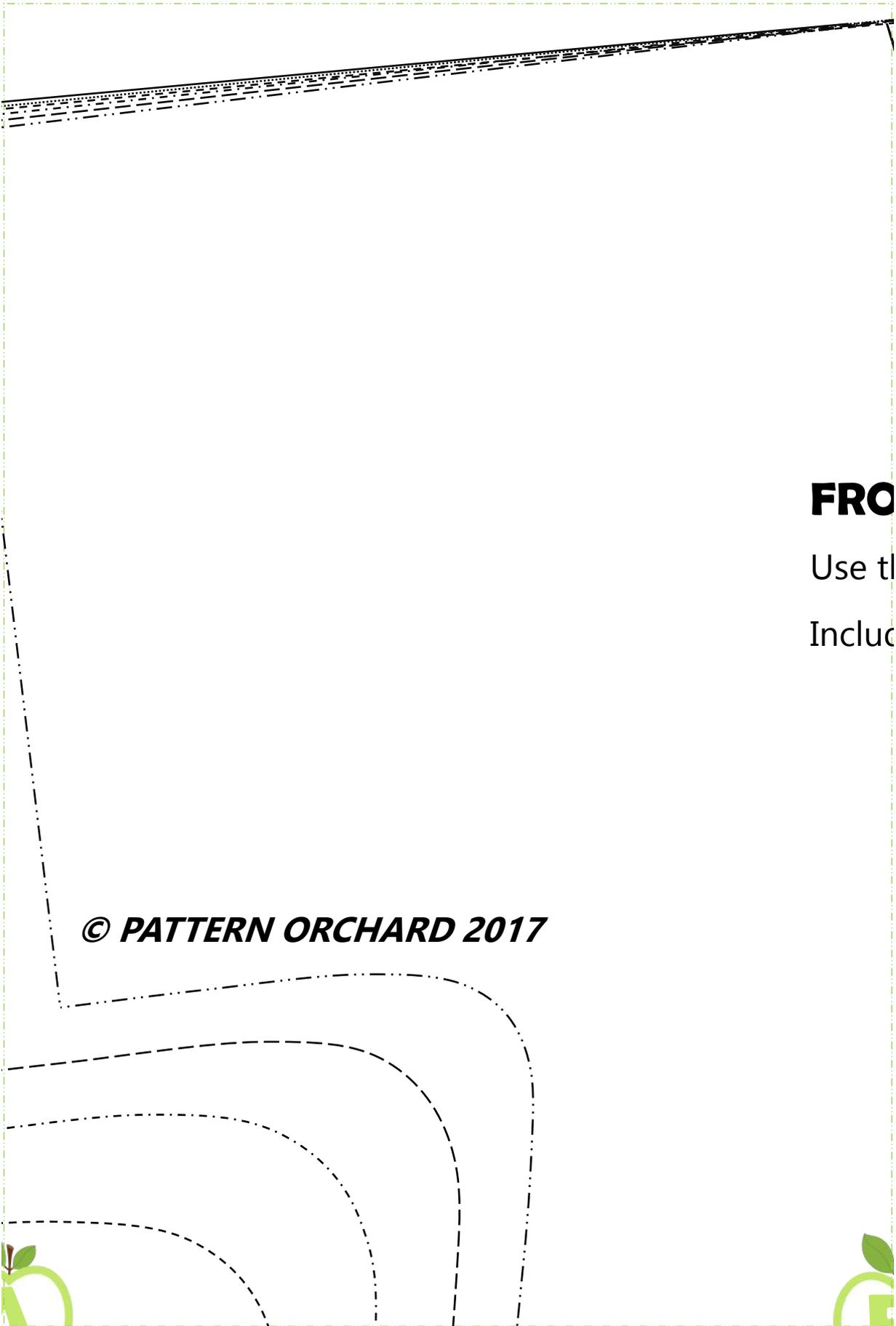
Sticky tape along the edges.

Now the pattern is assembled, place tracing paper over the top to trace off a FRONT & a BACK in the size you are making.

If a page gets damaged, you can print it again.







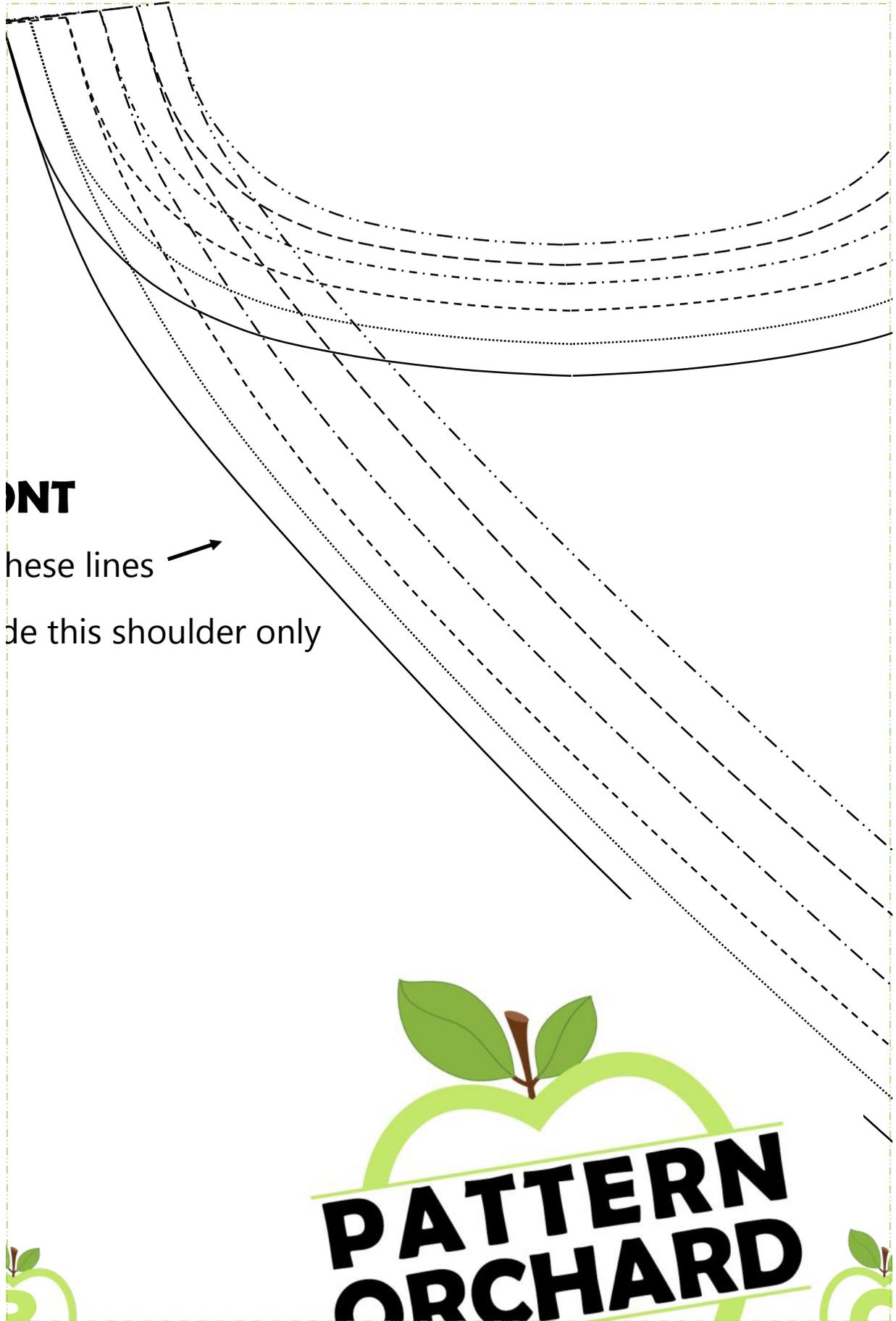
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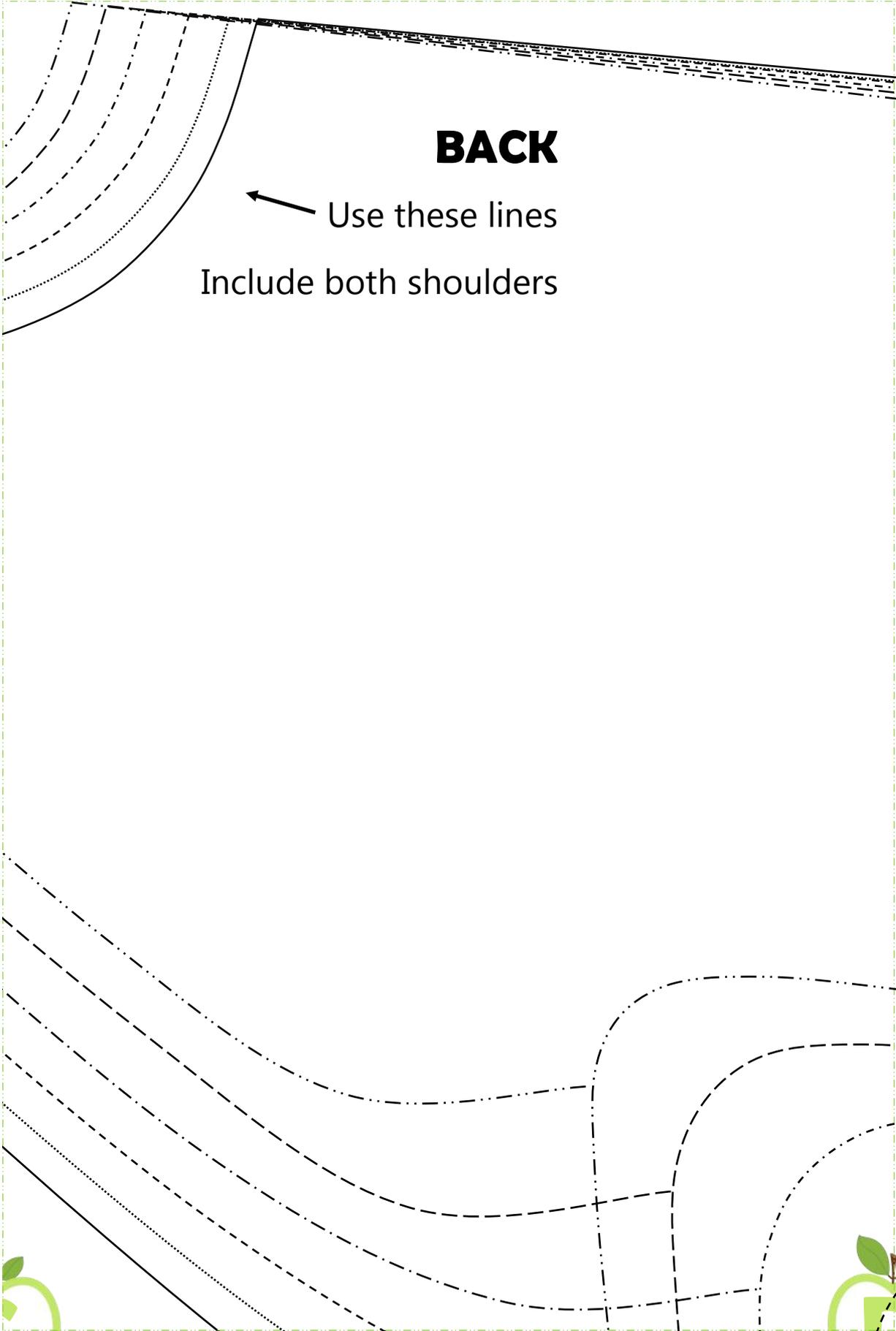




**DNT**

These lines →  
are for this shoulder only

**PATTERN  
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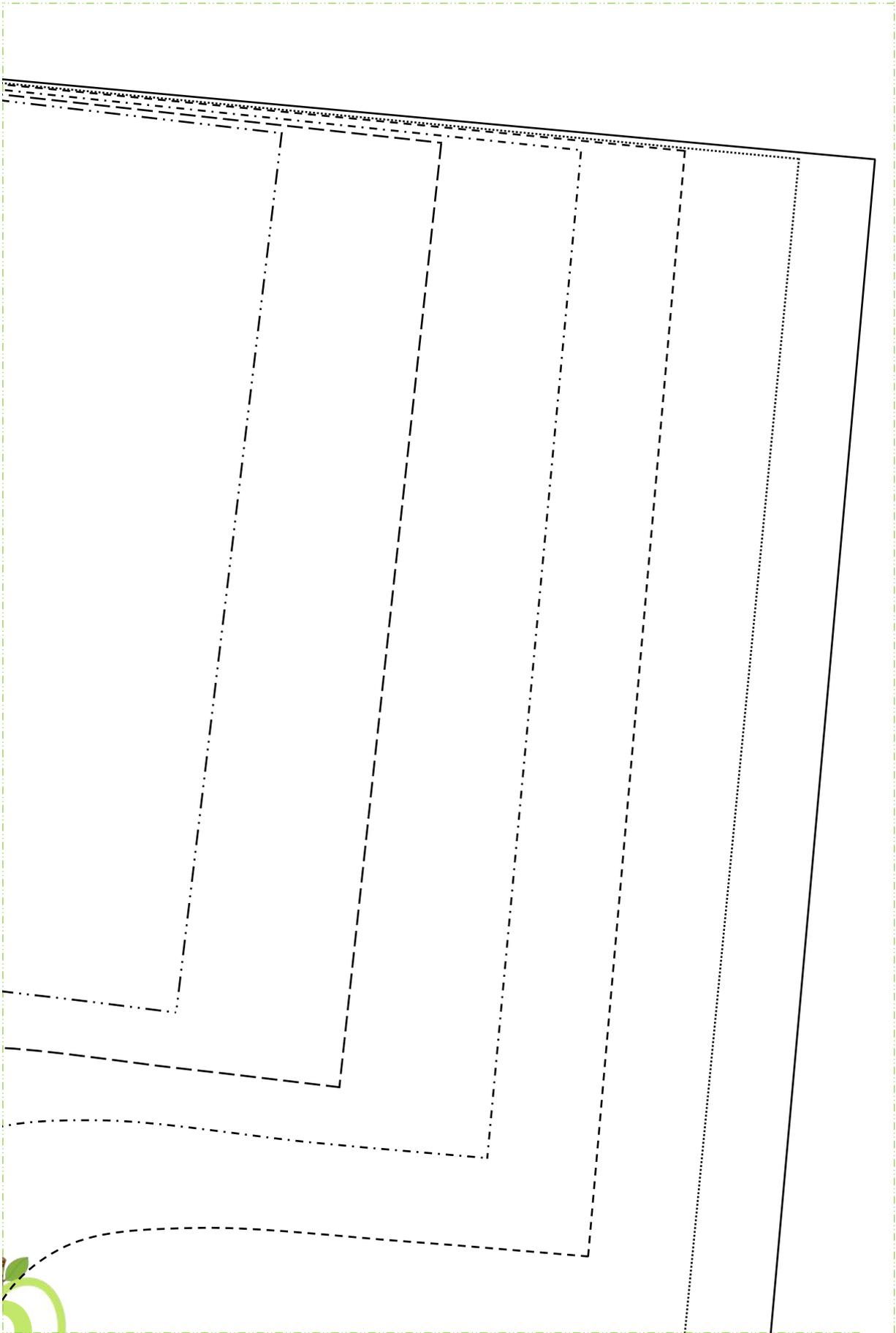


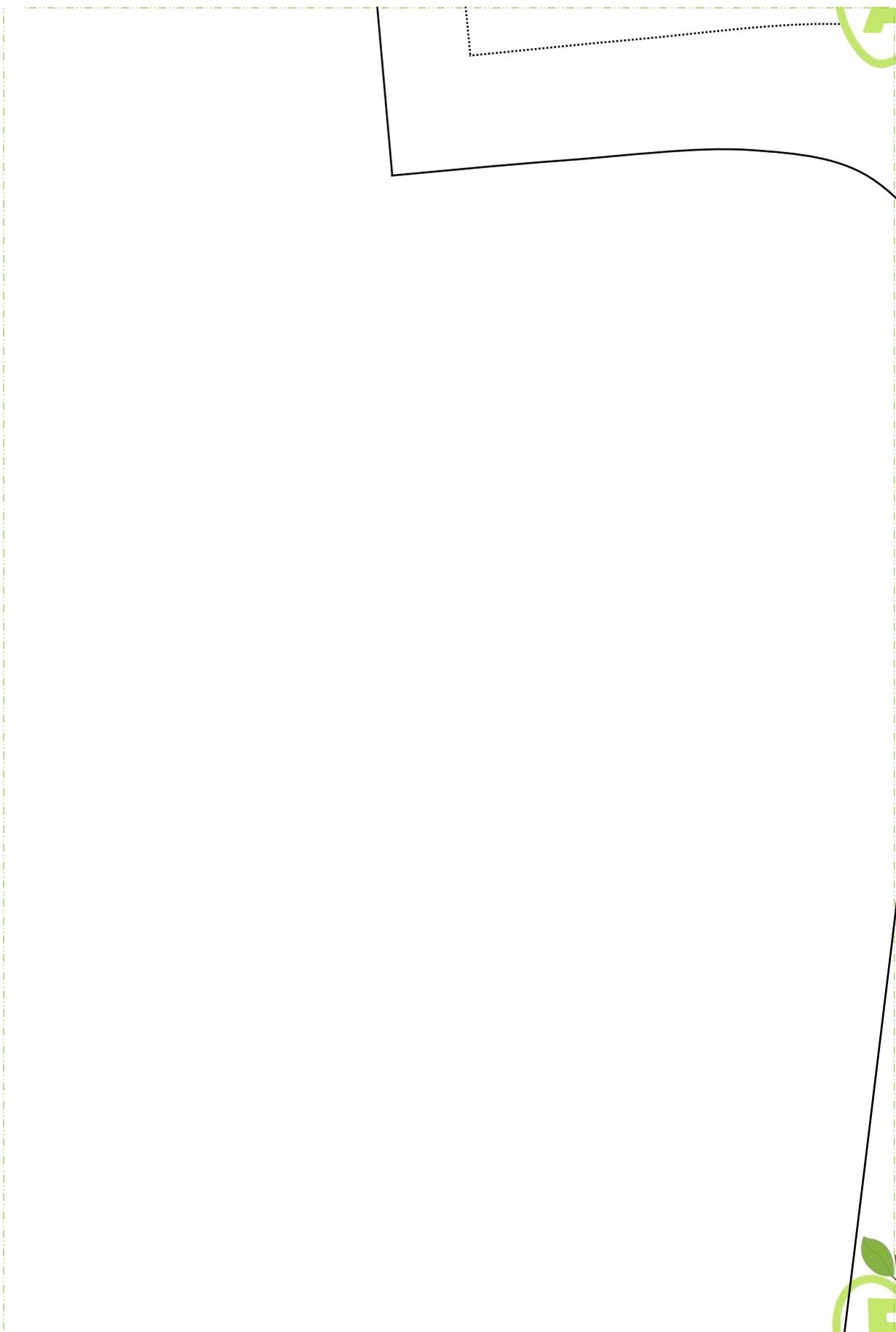
**BACK**

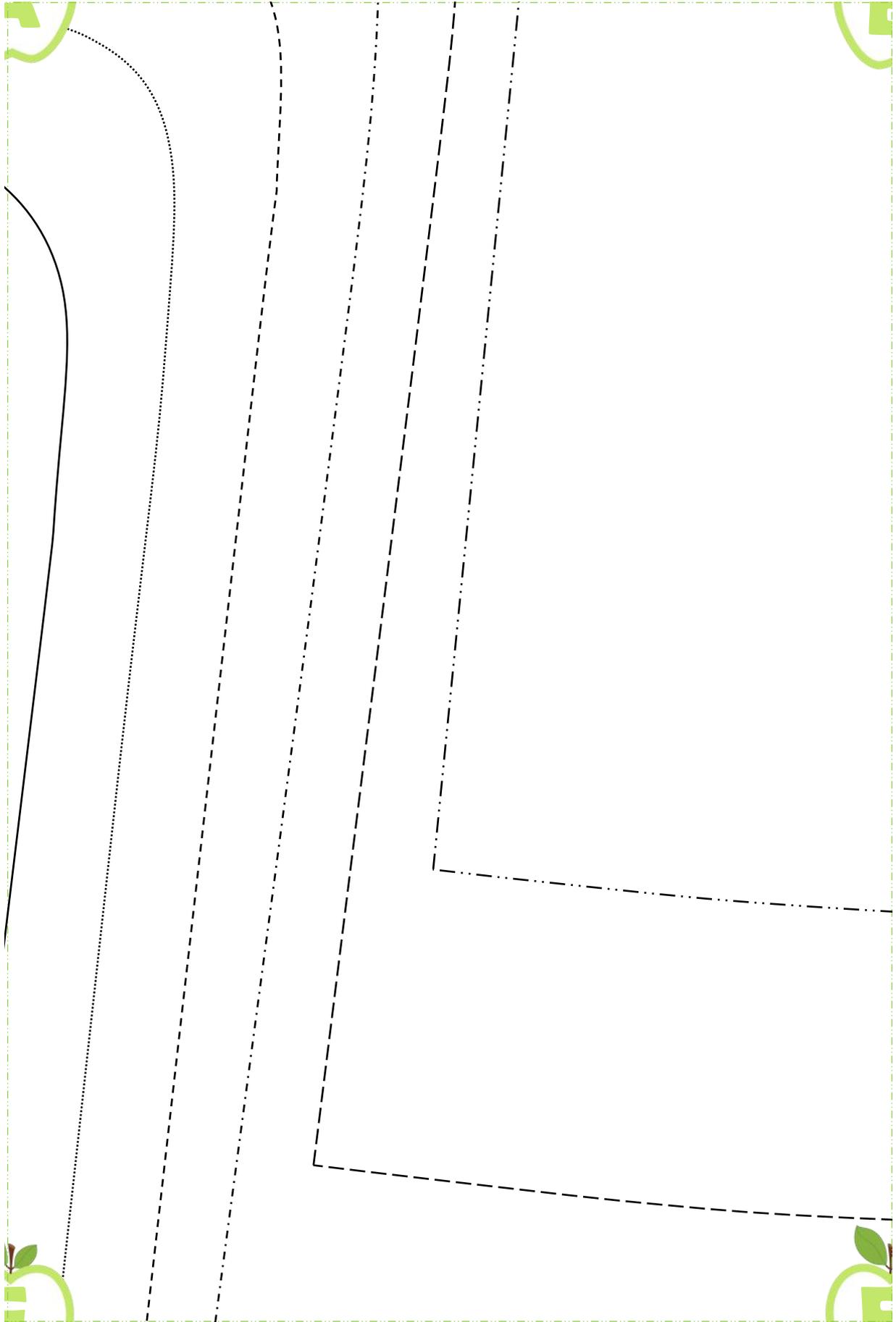
← Use these lines

Include both shoulders









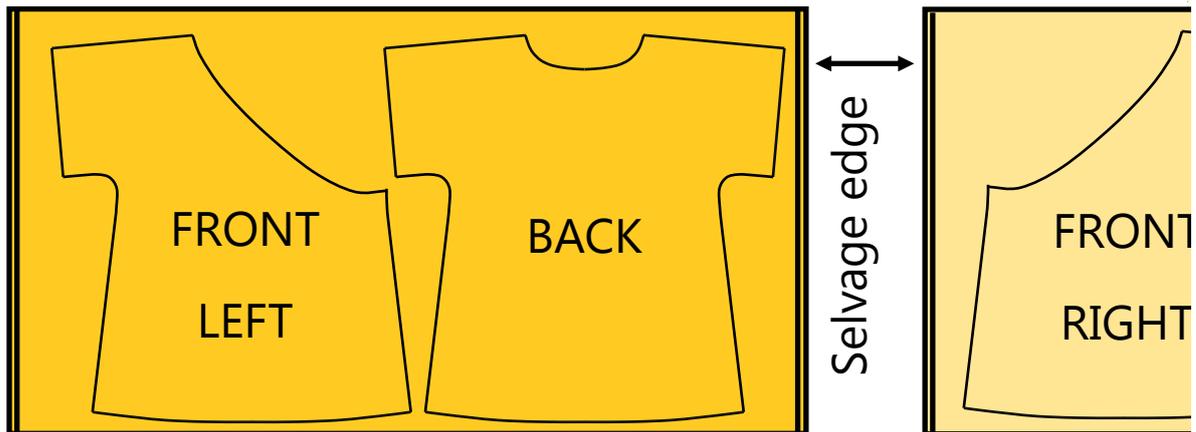
# WARD WRAP TOP

## LEARN TO SEW FOLDED HEMS

### TOP PIECE (FRONT & BACK)

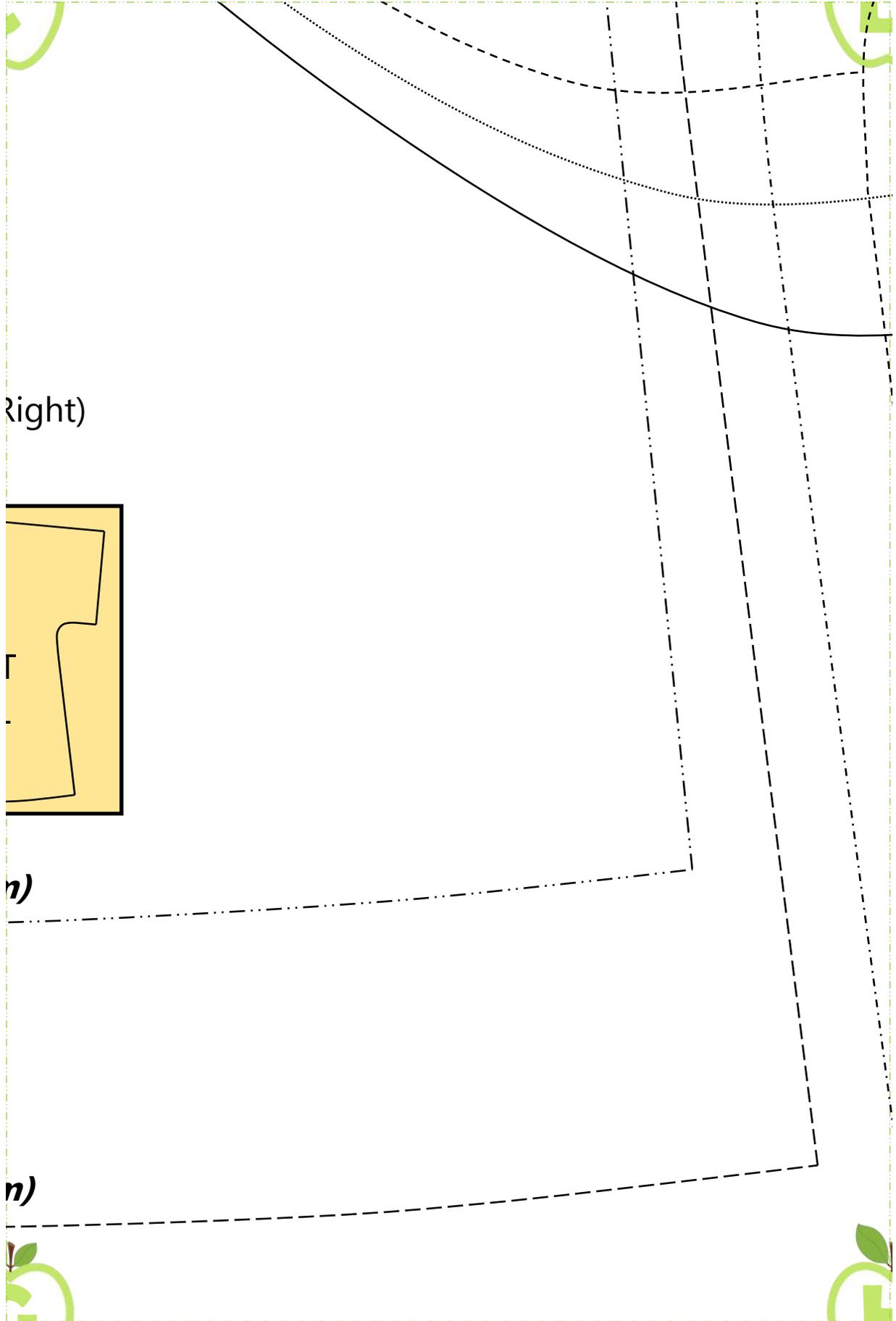
CUT 2 FRONTS (Mirrored: CUT Left - Flip - CUT R

CUT 1 BACK



*Size 1-2 (Chest:49-51cm Height 74-84cm)*

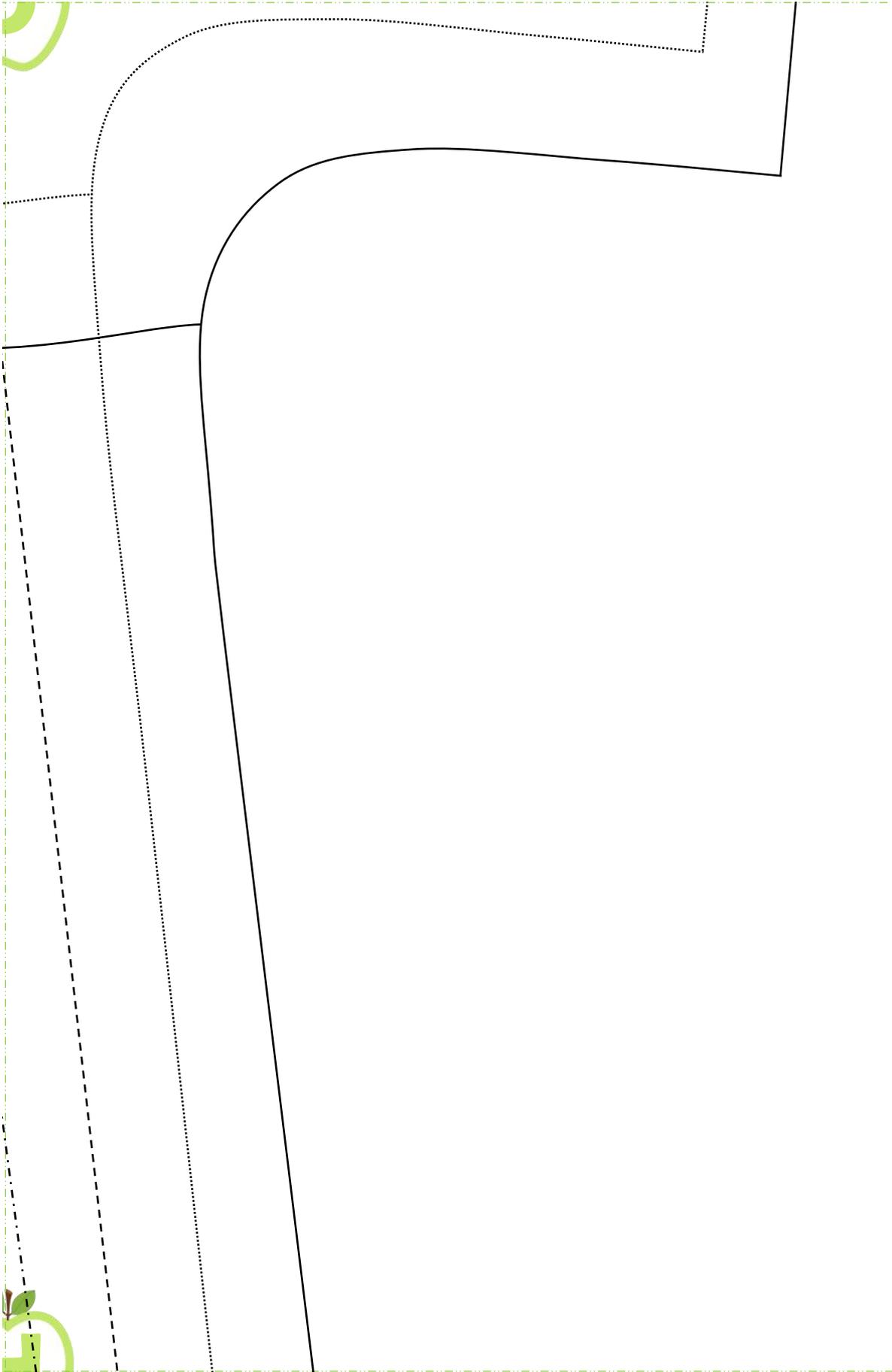
*Size 3-4 (Chest:52-55cm Height 85-107cm)*

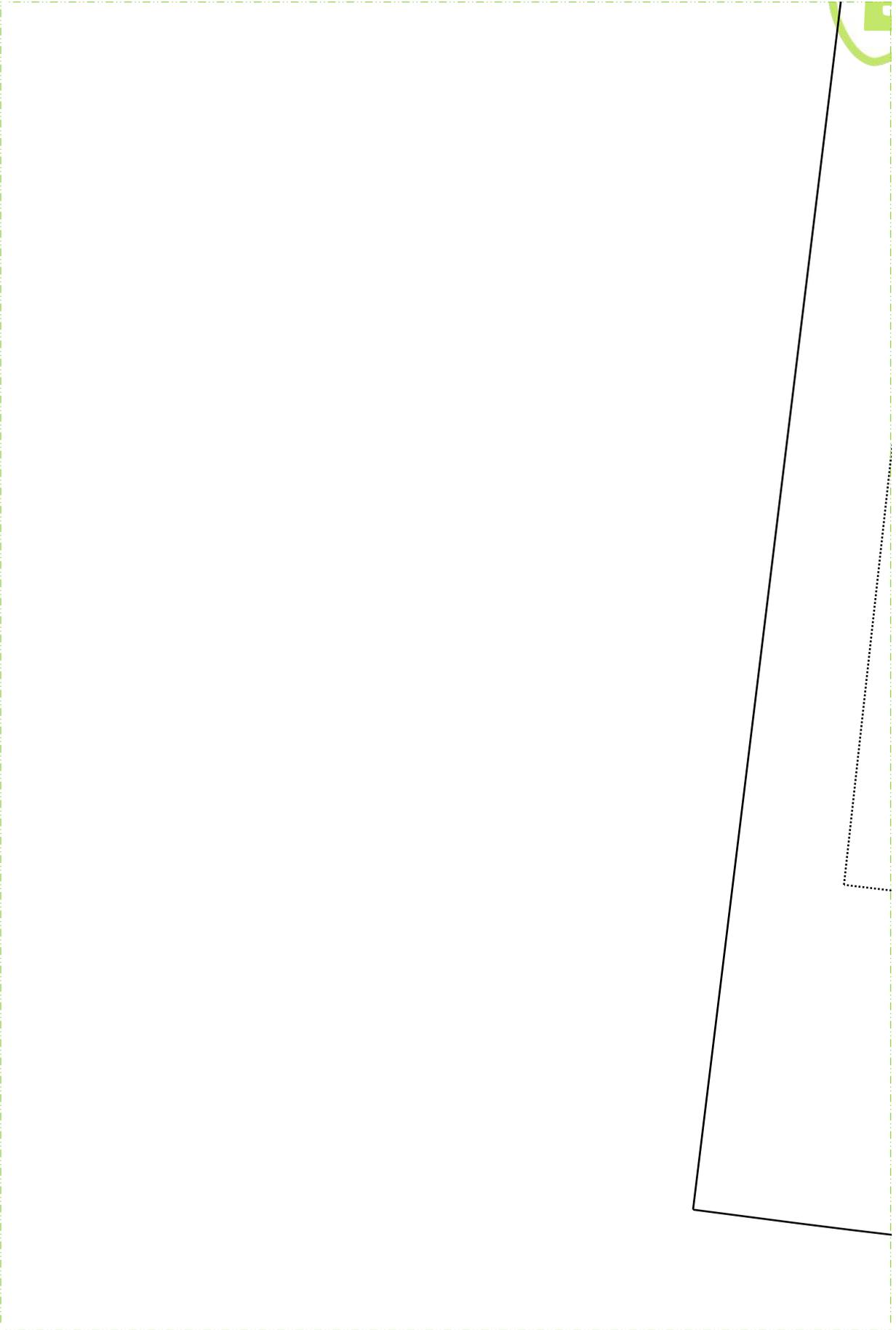


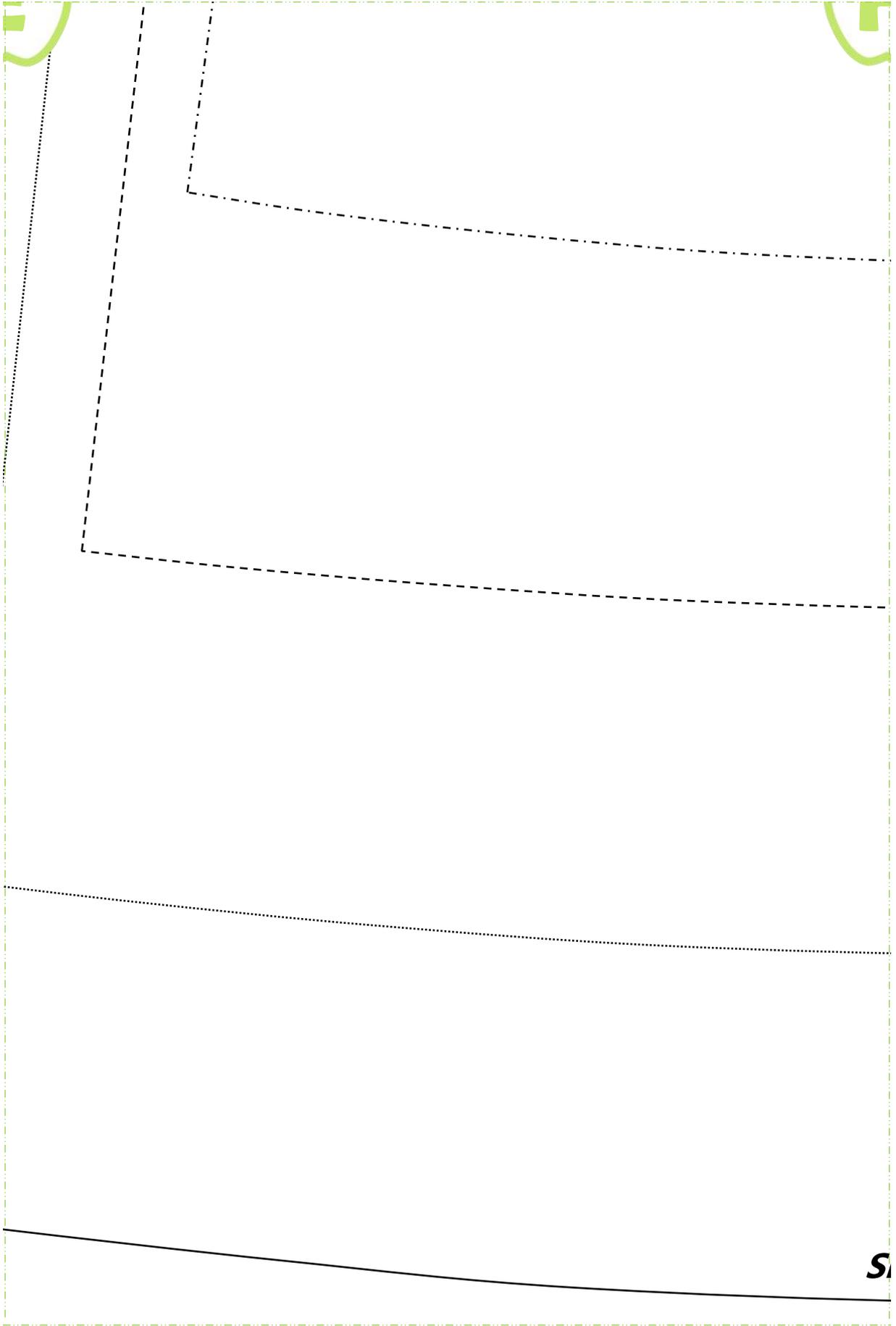
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***Size 5-6 (Chest:56-63cm Height 108-116)***

***Size 7-8 (Chest:64-69cm Height 117-133cm)***

***Size 10-12 (Chest:70-77cm Height 134-155cm)***

***Size 14-16 (Chest:78-85cm Height 156-165cm) Mens S***



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**Small / Ladies 8-10**

