

IX. UNDERSKIRT

[**NOTE:** THE WAY THAT THE SEWING OF SANGHA ROBES IS DONE IS NOT NECESSARILY THE SAME AS THE WAY SEWING IS DONE IN THE WEST. THEREFORE, PLEASE READ ALL THE DIRECTIONS CAREFULLY BEFORE BEGINNING TO SEW YOUR FABRIC]

A. Measurements

Due to the fact that most guide systems for sewing machines are in the inch system, sewing measurements are given in this system. However, for greater accuracy in some measurements, the metric system is used, with the English system conversion as follows:

- **1 Meter = 100 cm = 1000 mm = 39 3/8 inches =**
 - **OR 1 yard = 36 inches = 36" = 91.5 cm = 915 mm**
- **2.54 cm = 25.4 mm = 1 inch = 1"**
- **1.27 cm = 12.7 mm = 1/2 inch = 1/2"**
- **0.635 cm = 6.35 mm = 1/4 inch = 1/4"**
- **0.3175 cm = 3.175 mm = 1/8 inch = 1/8"**

B. Size of Patterns

A simple underskirt can be made out of any material that one prefers...of course as long as it is a proper color. Using material that is as wide as the length that is needed will simplify the task. For example, 45" or 60" wide is good.

- 1) Measure the waist
- 2) Measure the distance from the waist to the ankle of an individual.

D. Layout & Cutting Instructions for Patterns

- 1) Cut a length of material that is three times the waist measurement, [provided, it is wide enough for the second measurement of waist to ankle, say 42" for a medium height, plus 1 and 1/2" for a seam allowances.]
- 2) Cut the width of the material so it is as wide as the distance from the waist to the ankle plus 1 and 1/2" for a seam allowances.
- 3) **Note:** If the material is not wide enough, you will have to cut 3 separate pieces that are long enough to reach from the waist to the ankle, and then sew these together with an Overlap Seam.

E. Sewing Instructions

- 1) **Hem** the side of the material that will be the bottom with a simple hem of folding over $\frac{1}{4}$ " of material twice to make a neat seam.
- 2) **Join** the two ends of the entire length of material together to make a circle with an Overlap Seam, but leave the ends of the top, where the elastic will be, unsewn.

Overlap Seam is made in the following way: [Diagram III.c]

- With RIGHT SIDES together, lay piece A on top of piece B, having the A piece short of meeting the B piece by $\frac{1}{4}$ ", that is, the B piece extends $\frac{1}{4}$ " past the edge of the A piece.
- Stitch a $\frac{1}{4}$ " seam [from the edge of the A piece and which is $\frac{1}{2}$ " from the edge of the B piece].
- Fold over the extra $\frac{1}{4}$ " of the B piece to cover the raw edge of the top A piece. Pin and press. Then top stitch close to the left edge of the folded edge of the B piece to produce a finished seam on the inside of the garment. Press finished seam

See **Diagram IX.a**

- 3) **Make a tube** to hold elastic on the top side by folding over $\frac{1}{4}$ " and pressing. Then fold this $\frac{1}{4}$ " down over the edge to make a $\frac{3}{4}$ " tube inside. Pin. Stitch close to the edge of the $\frac{1}{4}$ " fold.
- 4) **Top stitch** as close as you can to the top edge.
- 5) **Using $\frac{1}{2}$ " elastic** that is one inch longer than the waist measurement, attach a large pin to one end and feed it through the tube. Take the ends of the elastic and overlap them by 1". Sew securely with a cross.
- 6) **Sew** the remaining top portion of the 'elastic tube' at the top edge, catching the elastic inside.
- 7) **Top stitch** the elastic through the casing by stretching out the elastic so the casing is without gathers. This is most easily done by holding the material both in front of and behind the needle and stretching it out. Sew down the middle. Take a small amount at a time and go slowly to do a proper job.