

# Sewing Instructions for Pocket Pinny

Carol A. Brown

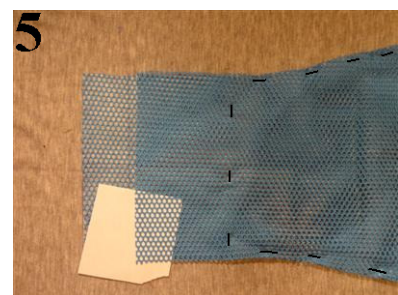
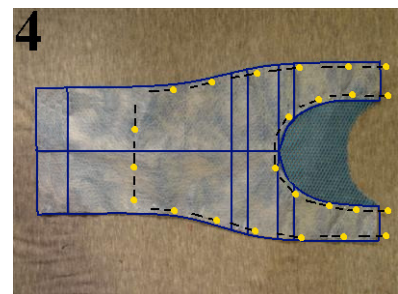
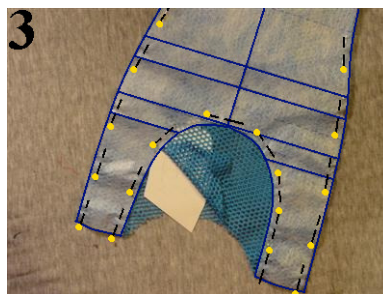
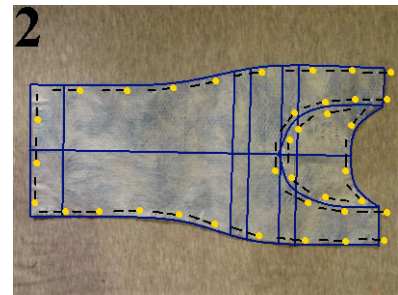
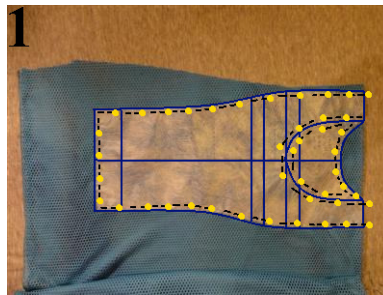
Make this **Pocket Pinny** for yourself or for anyone else who jogs, walks or rides a bike. The reflective tape increases visibility at night and the pocket holds a smart phone. An opening in the pocket allows the user to plug headphones into the phone. The casing at the bottom of the pinny holds an adjustable belt. The pocket can also be attached to a jacket and the pinny can be made without the pocket. Instructions for drafting the patterns and making the pocket can be found in separate documents.

## Materials:

1. **Pocket Pinny** pattern prepared according to *Prepare Patterns for Pocket Pinny* document.
2. Completed **Pinny Pocket** prepared according to separate *Pinny Pocket* instructions.
3. Pinny (athletic mesh): at least 12" by twice the length of the **Pocket Pinny** pattern.
4. 1" wide fold-over elastic binding (1/2" finished width) OR double fold bias binding (3/8" to 1/2" finished width): 3 1/2 yards (or enough for the two long edges of the pinny, the neck opening, plus another 12"). *See separate sections in instructions for each type of binding.*
5. 1" wide sew-on reflective tape: 1 1/4 yards.
6. Regular sewing thread.
7. Optional: polyester monofilament thread for sewing on the reflective tape.
8. 1" wide polypropylene or cotton webbing or elastic belting: hip measurement + 8".
9. 1" slider and 1" parachute clip.

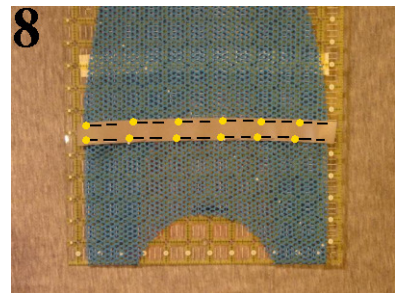
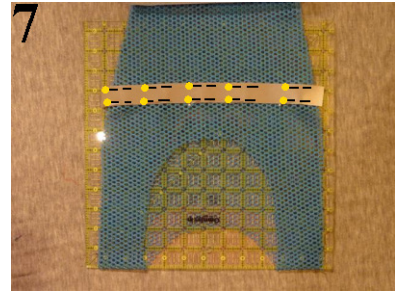
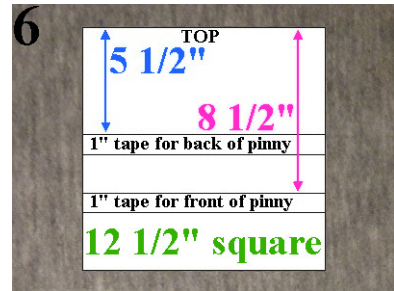
## Cut Pinny:

1. Fold the athletic mesh in half so that you will have room for your pinny pattern. Pin the pattern in place with the shoulders at the fold. Also pin the neck cut-out pattern in place. (Fig. 1)
2. Cut out the pattern along all outer edges. (Fig. 2)
3. Remove the neck cut-out pattern. Cut ONLY the top layer of fabric along the lower neckline edge. Keep your non-scissor hand between the layers of fabric, as shown by the paper hand in Figure 3.
4. If you need the same length for the pinny front and back, then you are done cutting. Leave the pattern pinned in place for now.
5. Otherwise, pin across the pattern about 6" from the bottom edge and then remove the other pins that are below them. (Fig. 4)
6. Fold the pattern up on the line that denotes the bottom of the shorter length. Pin in place, avoiding the fabric.
7. If you need to shorten the pinny front, then fold the pinny back out of the way. Trim away the excess fabric from the pinny front.
8. If you need to shorten the pinny back, then fold the pinny front out of the way. Trim away the excess fabric from the pinny back.
9. Figure 5 shows that the back of my pinny is 2" shorter. The fabric is still pinned to the pattern.



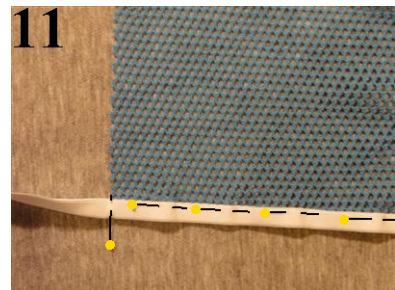
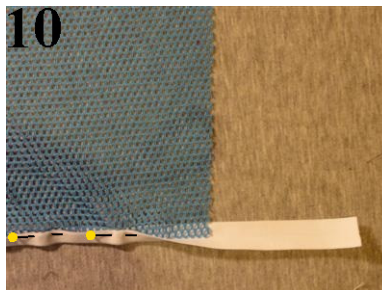
### Add Reflective Tape:

1. In order to pin the reflective tape on your pinny, you will need to be able to keep the front and back layers of the pinny separate. You will also need lines to help you position your tape. A 12 1/2" x 12 1/2" rotary cutting ruler can fill both of these needs. If you don't have one, cut a piece of cardboard or poster board the same size. Mark it as shown in Figure 6. (The measurements reflect the markings on the pinny. You can move the lower pair of lines up about 1/2" if you need to leave more room for the pocket on a shortened pinny.)
2. Remove all pins from the top 13" of the pinny. If you did not pin across the pinny in order to trim one of the layers, then do that now. The pins should be at least 13" below the shoulders.
3. Slip the ruler or cardboard between the layers of the pinny and slide up toward the shoulders. The edge marked "TOP" of the cardboard should be closest to the shoulders and the writing should face the front of the pinny, the side with the lower neckline.
4. Cut a piece of reflective tape slightly wider than the pinny. Position it on the pinny front, between the lower pair of lines. If you are using a ruler, then position the tape so that the top edge is 8 1/2" from the shoulders. You may slide the pinny toward the shoulders a little, as explained above. Pin in place, close to the edge of the tape. To avoid ripples, I recommend pinning so that both edges of the tape can be stitched starting at the same side of the pinny. (Fig. 7)
5. Turn the pinny upside down. Remove the ruler or cardboard and replace it so the marks will be visible.
6. Cut a piece of reflective tape slightly wider than the pinny. Position it on the pinny front, between the upper pair of lines. If you are using a ruler, then position the tape so that the top edge is 5 1/2" from the shoulders. Pin in place, close to the edge of the tape. To avoid ripples, I recommend pinning so that both edges of the tape can be stitched starting at the same side of the pinny. (Fig. 8)
7. Remove all pins except for those holding the reflective tape in place.
8. Stitch near both edges of the reflective tapes. You may use polyester monofilament thread if you want the stitching to be unobtrusive. Trim the reflective tape even with the edges of the pinny. (Figure 9)



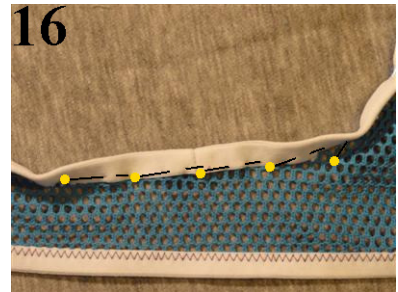
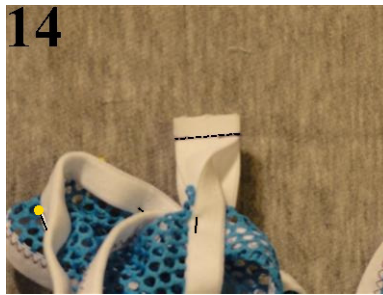
### Bind Edges with Fold-over Elastic:

1. Beginning at one end of the pinny, fold the elastic around the long side edge of the pinny. Pin the elastic in place through all layers. I recommend pinning only one edge at the time; the holes in the fabric let the pins tangle up the fabric. (Fig. 10)
2. At both ends, place one pin perpendicular to the edge. (Fig. 11)



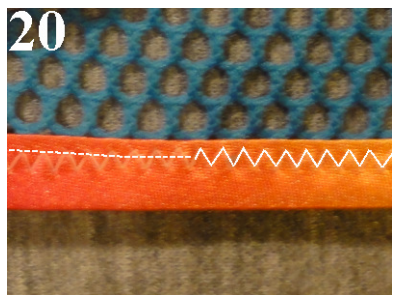
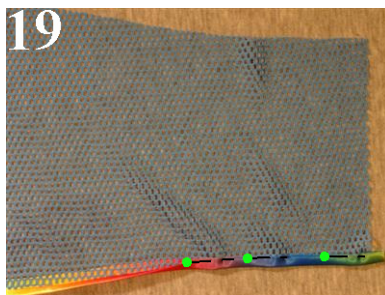
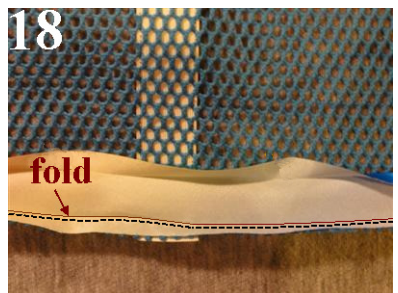


3. Stitch the elastic in place with a narrow but open zigzag. Trim the elastic even with the bottom edges. (Fig. 12)
4. Pin and stitch the second long side of the pinny.
5. Beginning at one shoulder, pin the fold-over elastic to the neck edge. Leave the first 1 1/2" to 2" of elastic unpinned. Continue around the neck edge, pinning until you are about 2" from the beginning. Mark the trailing end of the elastic where it overlaps the beginning by 3/8". (Fig. 13)
6. Trim the elastic on the marked line.
7. Open the elastic and place the ends right sides together. Stitch a 1/4" seam across the elastic. (Fig. 14)
8. Trim the corners diagonally. (Fig. 15)
9. Refold the elastic around the edge and pin in place. (Fig. 16)
10. Stitch the elastic as above.



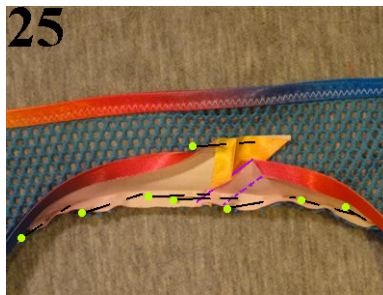
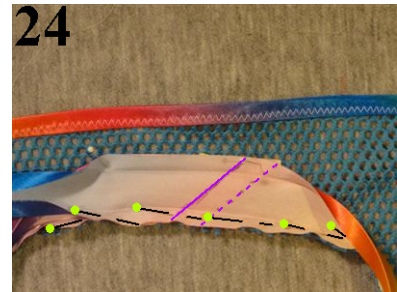
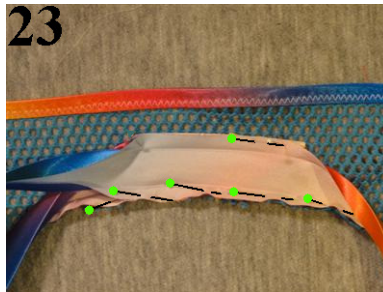
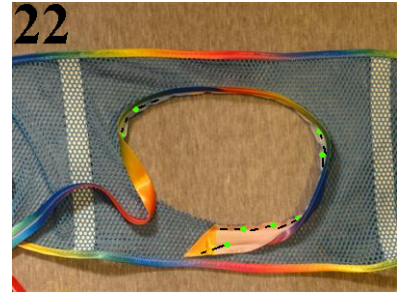
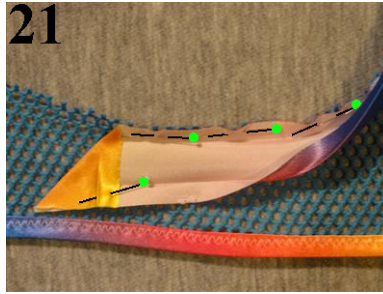
### Bind Edges with Satin Bias Tape:

1. Place the pinny on the table right side down. Open the bias binding and place it right side down on one long edge of the pinny. Pin in place. Leave a little extra binding at both ends. (Fig. 17)
2. Stitch a seam just outside the fold of the bias tape (i.e., toward the edge). (Fig. 18)
3. Wrap the binding around to the front of the pinny. Pin in place, keeping the fold of the binding even with the fold that is on the back of the pinny. You may use glue stick to help hold the binding in place, too. (Fig. 19)
4. Stitch in place with a narrow but open zigzag or a running stitch, removing pins as you come to them. (Fig. 20)
5. Trim the edges of the binding even with the bottom of the pinny.
6. Bind the second long edge of the pinny as above.



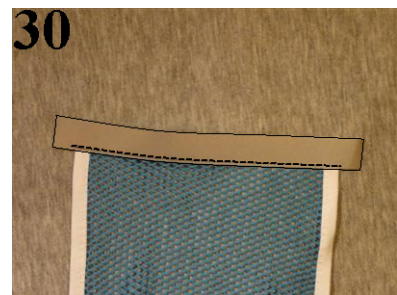
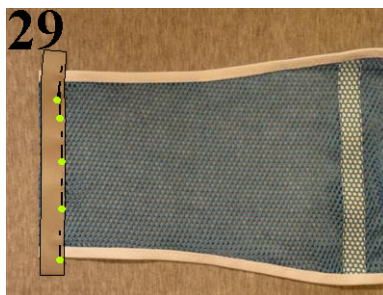


7. Fold one diagonal corner of the binding to the wrong side as shown in Figure 21. Press with iron to set the crease. Pin to the neck edge on the wrong side of the pinny.
8. Continue pinning around the neck edge. (Fig. 22)
9. When you come around to where the binding begins on the neck edge, continue pinning on top of the first layer for a few inches. (Fig. 23)
10. Mark a broken line at the location of the diagonal crease from the lower layer of binding. Mark a solid line in the overlap area, about 1/2" from the first line. (Fig. 24)
11. Cut the upper layer of binding on the solid line. (Fig. 25)
12. Stitch a seam just outside the fold of the bias tape (i.e., toward the edge). (Fig. 26)
13. Trim the diagonal corner to match the angle of cut from Step 11, making sure the amount of overlap remains even. (Fig. 27)
14. Use glue stick to hold the layers of binding together at the cut. Fold up at the creases in the bias binding. (Fig. 28)
15. Wrap the binding around to the front of the pinny. Pin in place, keeping the fold of the binding even with the fold that is on the back of the pinny. You may use glue stick to help hold the binding in place, too.
16. Stitch in place with a narrow but open zigzag or a running stitch, removing pins as you come to them. (Fig. 28)



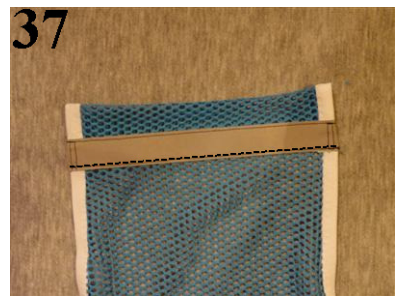
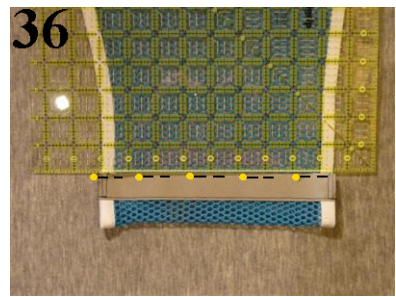
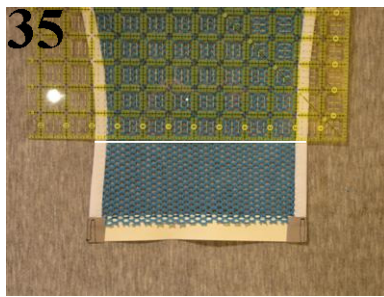
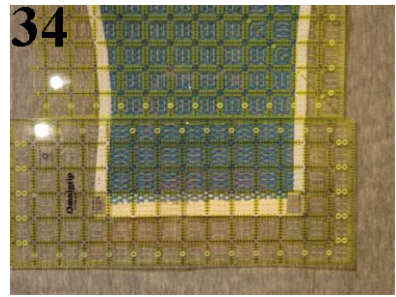
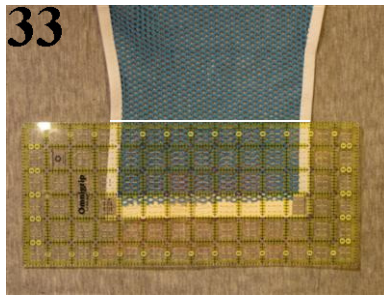
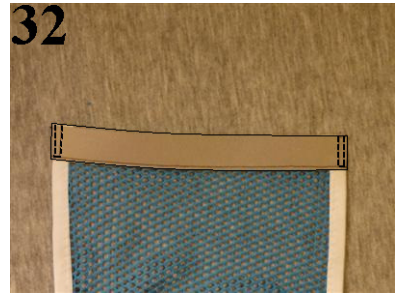
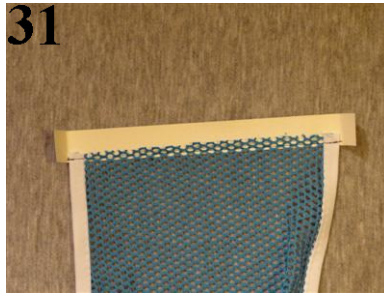
### Finish Bottom Casing:

1. Cut a piece of reflective tape about 1 1/2" longer than the width of the bottom of the pinny.
2. Turn the pinny right side down on the table. Center the reflective tape on the bottom edge. Pin near the edge of the tape that is toward the top of the pinny. (Fig. 29)
3. Stitch near the edge of the reflective tape that is toward the top of the pinny, backstitching at beginning and end to secure. You may use polyester monofilament thread if you want the stitching to be unobtrusive. (Fig. 30)
4. Turn the pinny right side up.



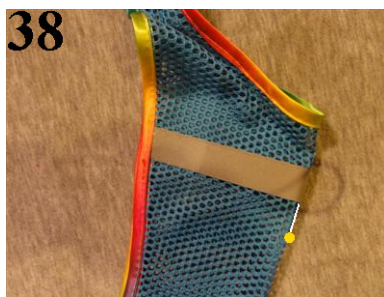


5. Trim the pinny and binding about 1/4" away from the stitching. Fold the ends of the reflective tape to the front at the edges of the pinny. (Fig. 31)
6. On the right side of the reflective tape, stitch the folds in place: begin at the bottom edge and stitch to the stitching line; pivot and take two stitches; pivot again and stitch back to the bottom edge. (Fig. 32)
7. Place the pinny right side up the bottom edge toward you. Place the edge of a ruler 4" from the bottom edge. If you are able to see marks on your fabric, mark a line at the edge of the ruler. Use a tool whose marks can be removed. (Fig. 33)
8. If you cannot mark the fabric, you can use a second ruler as a marker. Carefully butt the edge of a second ruler against the upper edge of the first one. (Fig. 34)
9. Remove the first ruler. The bottom of the second ruler is located where you would have marked the pinny. (Fig. 35)
10. Fold the bottom up to meet the marked line or the edge of the ruler. Pin the free edge of the reflective tape in place. (Fig. 36)
11. Stitch near the free edge of the reflective, backstitching at beginning and end to secure. You may use polyester monofilament thread if you want the stitching to be unobtrusive. (Fig. 37)
12. Repeat these steps to make the second casing.

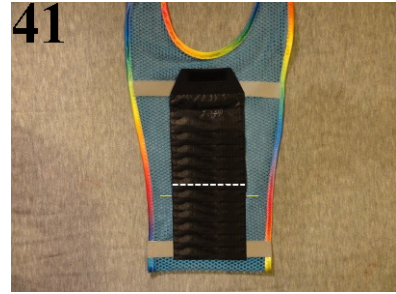


### Attach Pocket:

1. Fold the pinny front, the side with the lower neckline, in half right side out. Place a pin under the reflective tape right at the fold to mark the center. (Fig. 38)
2. Unfold the pinny and place it on your table with the casing toward you. (Fig. 39)

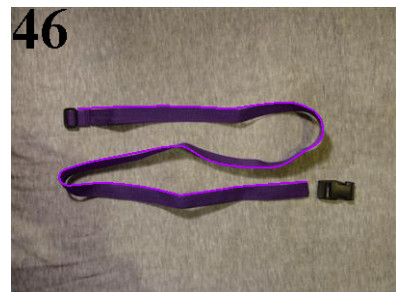
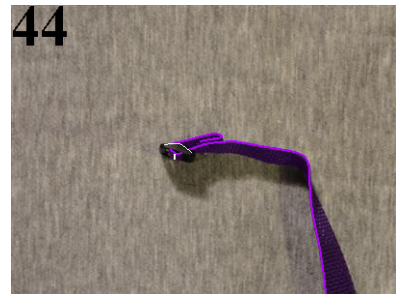
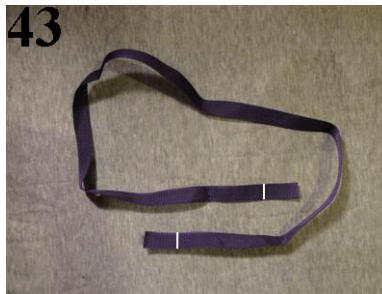


3. Fold the pinny pocket at the bottom crease and Velcro the tab in place. Fold it in half right side out. Mark the center of the top fold. Use a pin or a marker whose mark can be removed. Place the pocket on the pinny. Position it about 1" below the bottom of the reflective tape. Match the center of the pocket to the center of the reflective tape, and make sure the bottom of the pocket is centered between the edges of the pinny. (Fig. 40)
4. OPTIONAL: Unfold the pocket, being careful not to shift it out of position on the pinny. Mark a line about 1" above the bottom fold. Pin the open pocket in place and stitch on your marked line. Backstitch at beginning and end to secure stitches. Remove pins. Doing this step will give you an additional pocket behind the phone pocket. It is fine for soft things like tissues, but keys would snag the mesh fabric. (Fig. 41)
5. Fold up the pocket front. Pin through all layers. If your phone's headphone jack is at the top of the phone, stitch two complete seams 1/8" from the side edges of the pocket. If the headphone jack is near the bottom, leave a gap where needed. Backstitch at beginning and end of the seams to secure stitching. Figure 42 shows both options for attaching the pocket.



### Add Belt:

1. On each end of the webbing or elastic belting, mark a line 2" from the raw edge. Both marks should be on whichever surface you want to be the right side. (Figure 43)
2. If the webbing or belting can ravel, then treat the edges with a fray preventer or zigzag stitching. Polypropylene webbing can be held near a flame to seal the edges. Be careful not to move the webbing too close to the flame.
3. Hold the slider so that the center post is lower than the sides. Feed the webbing up through one of the side holes and down through the other. Pull the webbing through until the 2" mark is positioned above the center post. Tuck the last 3/8" under to hide the raw edge. (Fig. 44)
4. Stitch through all layers with a mending stitch or 3-step zigzag. (Fig. 45)
5. Place the webbing on your table so that the wrong side is facing up. Place the parachute clip near the free end of the webbing. If one side of the parachute clip has a "hood" over a post, that side should be closest to the webbing. (Fig. 46)
6. Feed the webbing up through the space between the post and the parachute clip. (Fig. 47)





7. Now feed the webbing down through the space between the post and the hood. (Fig. 48)
8. Pull the free end of the webbing until it reaches the slider. (Fig. 49)
9. Feed the free end of the webbing up from under the end piece of the slider. Feed it up through the space between the closer end piece and the center post. Feed it over the already covered center post of the slider and then down through the space on the far side of the center post. (Fig. 50)
10. Pull the free end of the webbing through until it reaches the second side of the parachute clip. Feed it down between the post and the clip until the marked line is next to the clip. Make sure there are no twists in the webbing. (Fig. 51)
11. Tuck the last 3/8" under to hide the raw edge as in Step 3 above.
12. Stitch through all layers with a mending stitch or 3-step zigzag as in Step 4 above.
13. Adjust the belt to fit comfortably around your waist or midriff.
14. Place the belt in the webbing of your pocket pinny. You may choose to have the opening on the left side or on the right. It will be easier to feed the smooth end through the casing than the prong end. (Fig. 52)

