

## HOW-TO HIGH WAISTED APRON

### MATERIALS

- Two Fabrics (~1/2 of a yard of main fabric; ~1 yard of contrast fabric)
- Thread and Pins
- Sewing Machine
- Iron and Ironing Board
- Scissors or Rotary Cutter and Mat
- Tape Measure



### INSTRUCTIONS

1. Cut one piece from main fabric 12" by 45", this will be your main portion of the apron; by changing the first number, you can lengthen or shorten the apron.
2. Cut one piece from contrast fabric 10" by 45", this piece will be your bottom trim.
3. Measure your waist and divide by two to get your waist band measurement. Cut a piece 5" by the measurement from the contrast fabric. Cut two ties from contrast fabric (about 24 in. x 5 in. each).
5. Sew the ties to each side of waist band piece and sew together from edge of waist band to make a point by folding the ties in half lengthwise.
6. Gather main fabric on a lengthwise side by using a basting stitch. Now sew gathered piece to waist band. Fold up the waist band and press to cover gathered area and onto the back making a 5/8" hem; then top stitch.
7. Sew bottom contrast strip to bottom of main apron panel by facing right sides together.
8. Fold down and press, then repeat as you did with the waist band creating a top stitch.
9. If you would like a pocket, cut two pieces of 5-6" squares and sew them right sides together, leaving an opening to turn. Turn the pocket and press. Make sure to top stitch pocket on with opening under a seam.