

How to reshape the Shirt

Instructions by Hannah-Rose Smith

To make things a bit easier, I would recommend using a garment you like the fit of, like a loose Tshirt or woven shirt, to help you create a more accurate fit.

Keep in mind that the Shirt you are up-cycling has minimal or no stretch. Therefore the Tshirt you use to help with the fit shouldn't fit close to your body, it needs to have a loose fit.

What you'll need:

- Formal shirt
- A garment you like the fit of
(A loose fitting Tshirt or woven shirt)
- Fabric Scissors
- Pins/Erasable marker
- Tape Measure
- Flat surface (table or ironing board)



Lay the shirt out flat. If the shirt has a pocket, remove it.

Neckline



1. Cut off the Collar.
Neatly cut along the seam where the Neckband joins the Bodice.



2. Cut the Neckband off the Collar.
Neatly cut along the seam where the Neckband joins the Collar.
Cut the Collar in to two halves.



3. Measure 1.5cm up from the top of the Buttonhole that you marked out (the one for the base of the Neckline). Ensure the marking is on the Centre Front line (in line with the centre of the buttonhole).



4. Draw the new neckline.
As the Neckline will be finished with binding you don't need to factor in a seam allowance.

Underbust



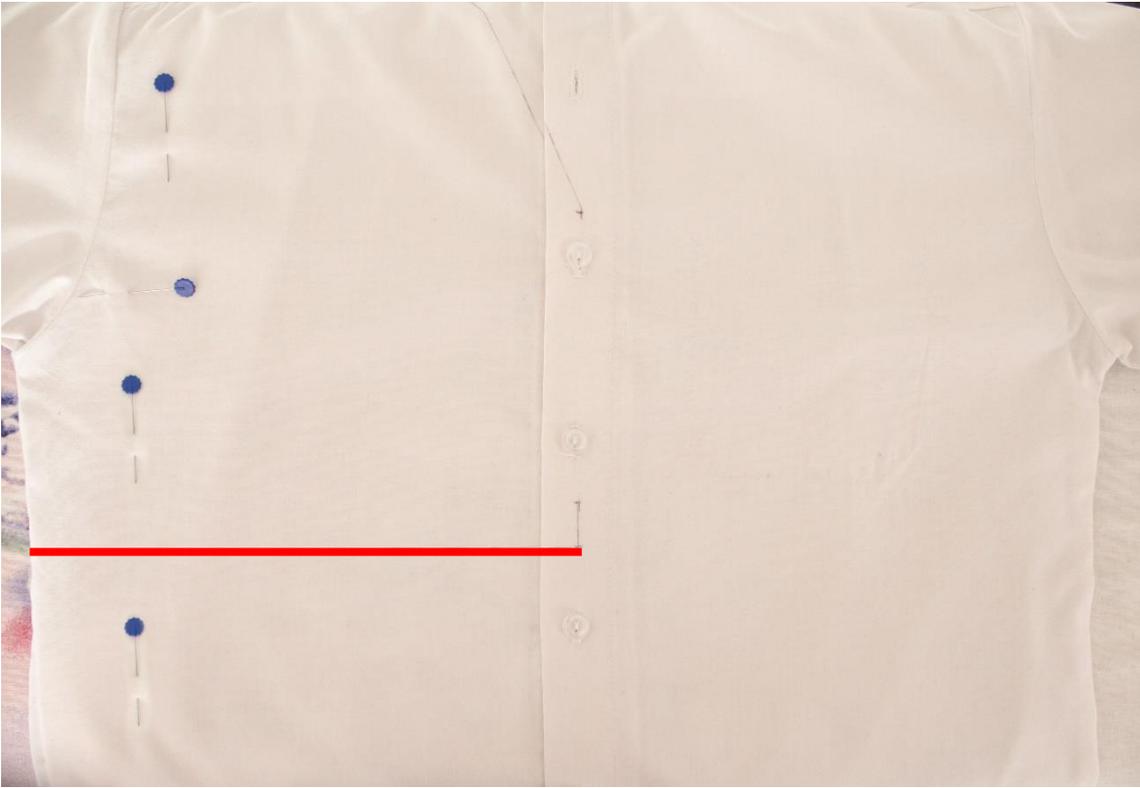
5. Measure 2cm down from the bottom of the Buttonhole that you marked out (the one for the Underbust). Ensure the marking is on the Centre Front line (in line with the centre of the buttonhole).



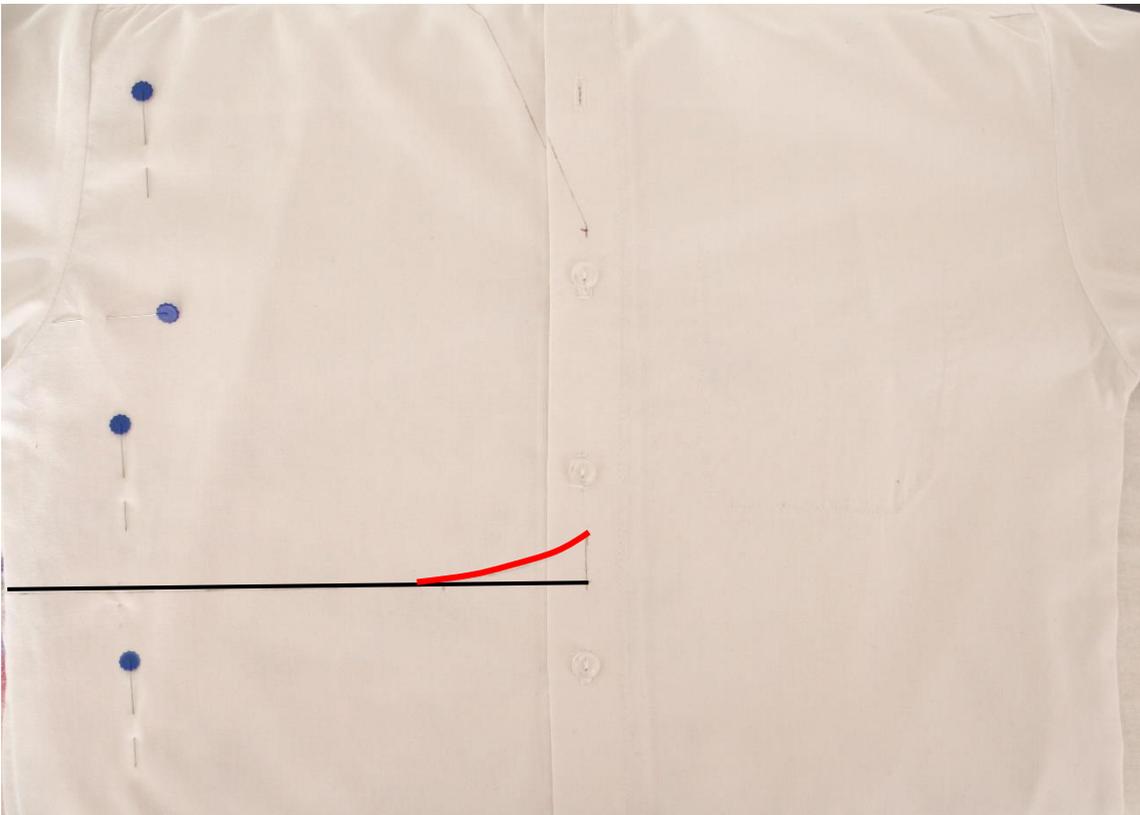
6. Draw a line down from this marking to the Underbust marking and extend it by 1cm to include the seam allowance. Make a mark at the base of this line

The distance of mine was only 1cm so in total I made the line 2cm.

The distance for you could be bigger or maybe the Underbust marking is the same as the Buttonhole marking.



7. Draw a line connecting the mark you just made to the Side Seam.
The line must be perpendicular to the Centre Front line.



8. Draw a gentle curve connecting this line to the marking below the Buttonhole.

Armhole & Side Seams

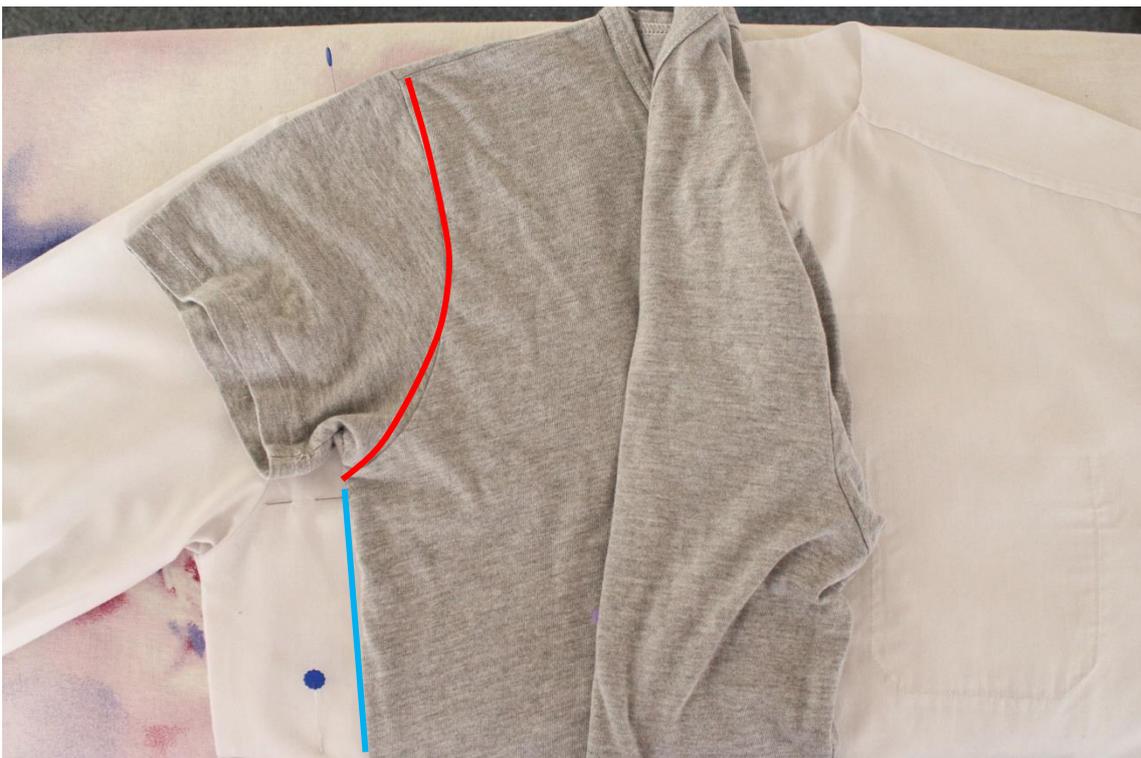
Use your loose Tshirt to help you.



9. Fold the Tshirt in half and lay it flat on the Shirt.

I wanted my Shirt to be the same width as my Tshirt, so I lined up the fold with the Centre Front line.

I also matched up the Shoulder Seams.



10. Roll up the top half of the Tshirt so that the bulk is out of the way.

Trace around the Tshirt's Armhole and include a 1cm seam allowance.

If you are making the Shirt the same width as the Tshirt, also trace off the Side Seam and include a 1cm seam allowance.

Cut



11. Fold the shirt in half.

Undo the Buttons so that the garment can lay flat and the fabric of the Back Bodice doesn't bunch up.



12. Cut along the Armhole, Side Seam and the straight Underbust lines.

Cut through all the layers (you can do them one at a time if it is too bulky for your scissors).



13. Unfold the shirt and match up the Back Bodice pieces and the Front Bodice pieces respectively.

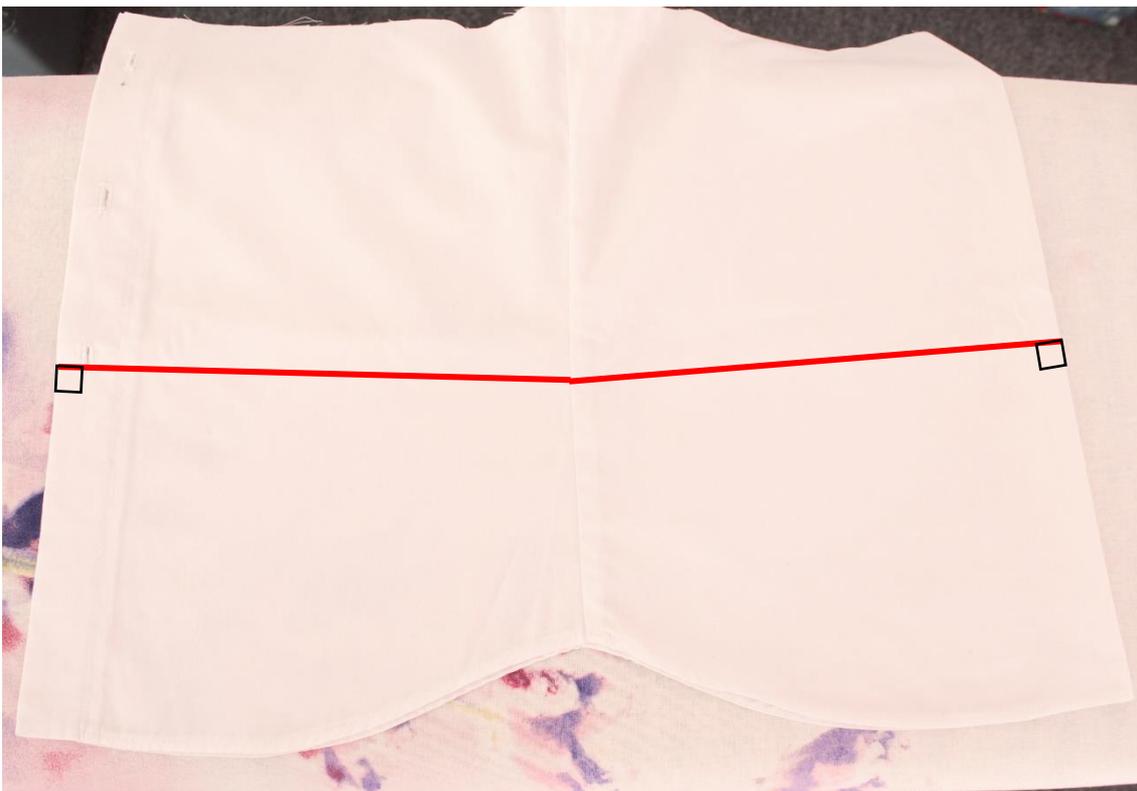


14. Cut along the Neckline and the Underbust curve.

Frill



15. Find the lower half of the shirt that you cut off in step 12.
Determine what part you want to use for the Frill and measure the length using your Underbust-Hem measurement.
Remember to include a 1cm seam allowance.
I chose to keep the original Hem so I measured up along the Side Seams my Underbust-Hem measurement.



16. Fold the shirt piece in half and draw a line from the Side Seam to the Front & Back.
Try keep the line perpendicular to the Centre Front & Centre Back.



17. Draw a curve at the Centre Front to match the one you drew in step 8. Cut along this line, including the curve.



18. In order to create a more voluminous Ruffle, I needed to add more fabric to the Side Seams. Cut along the Side Seams.



19. Out of a leftover piece of fabric, cut two matching rectangles.

I used what was left of the Back piece, cut it in two and made the height the length of the Side Seam + 1cm hem allowance.

Sleeves

There are many styles you can do the Sleeves.

The easiest would be to create a ruffle Sleeve. Just cut a strip of fabric from the sleeve, gather it and attach it to the Armhole.

You could keep the Sleeves long and just tailor the fit.

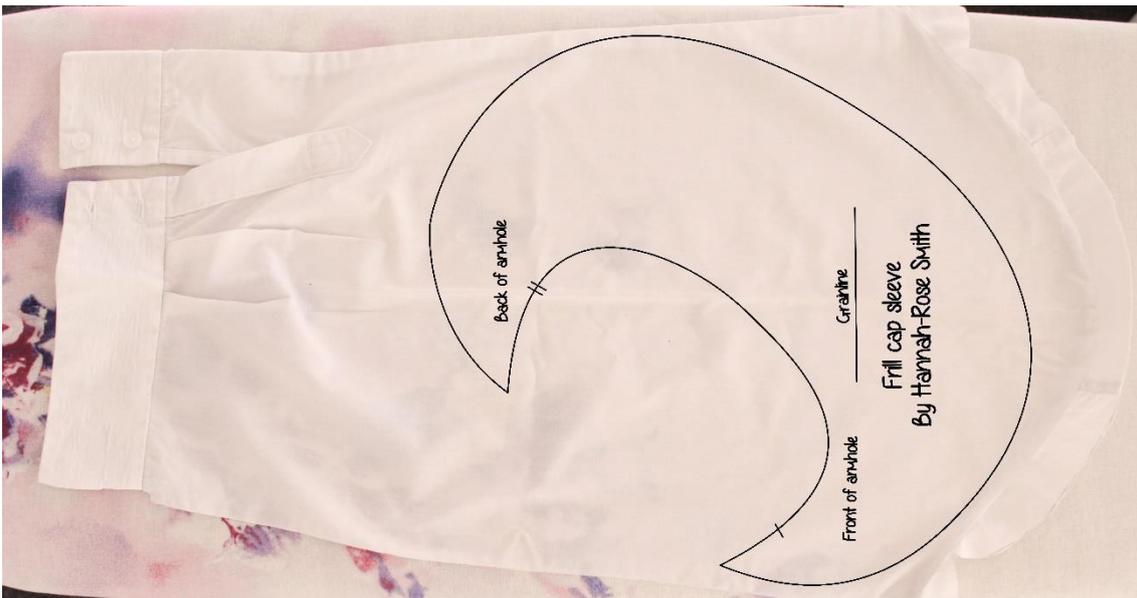
Or maybe create a short Puff Sleeve: cut the Sleeves short and gather the Sleeve Head to fit the Armhole.

I made my Sleeves using my free Frill Cap Sleeve Pattern from this blog post:

<https://blog.bernina.com/en/2017/10/tutorial-flirty-frill-cap-sleeve/>



20. Cut the Sleeves open along the seam.



21. Lay the Sleeves open and place the pattern piece in such a way that you can cut a Frill Cap Sleeve out of each Sleeve. If possible, keep the grainline on a straight grain.
Remember to adjust the pattern to fit your Armhole.