

SCRUBS TROUSERS

DRAW THE PATTERN DIRECTLY ON TO THE FABRIC - USE THE MEASUREMENTS SHEET, THE DIAGRAMS AND INSTRUCTIONS TO GUIDE YOU

ASSUME $\frac{3}{8}$ " / 1 CM SEAM ALLOWANCE UNLESS DIRECTED OTHERWISE

FINISH ALL RAW EDGES OF FABRIC WITH AN OVERLOCK OR ZIG ZAG STITCH.

WASH AND PRESS ALL FINISHED GARMENTS, HANDLE AS LITTLE AS POSSIBLE TO PACK, EITHER WEAR GLOVES OR WASH YOUR HANDS FOR HANDLING AT THIS STAGE

GOOD LUCK AND HAPPY SEWING

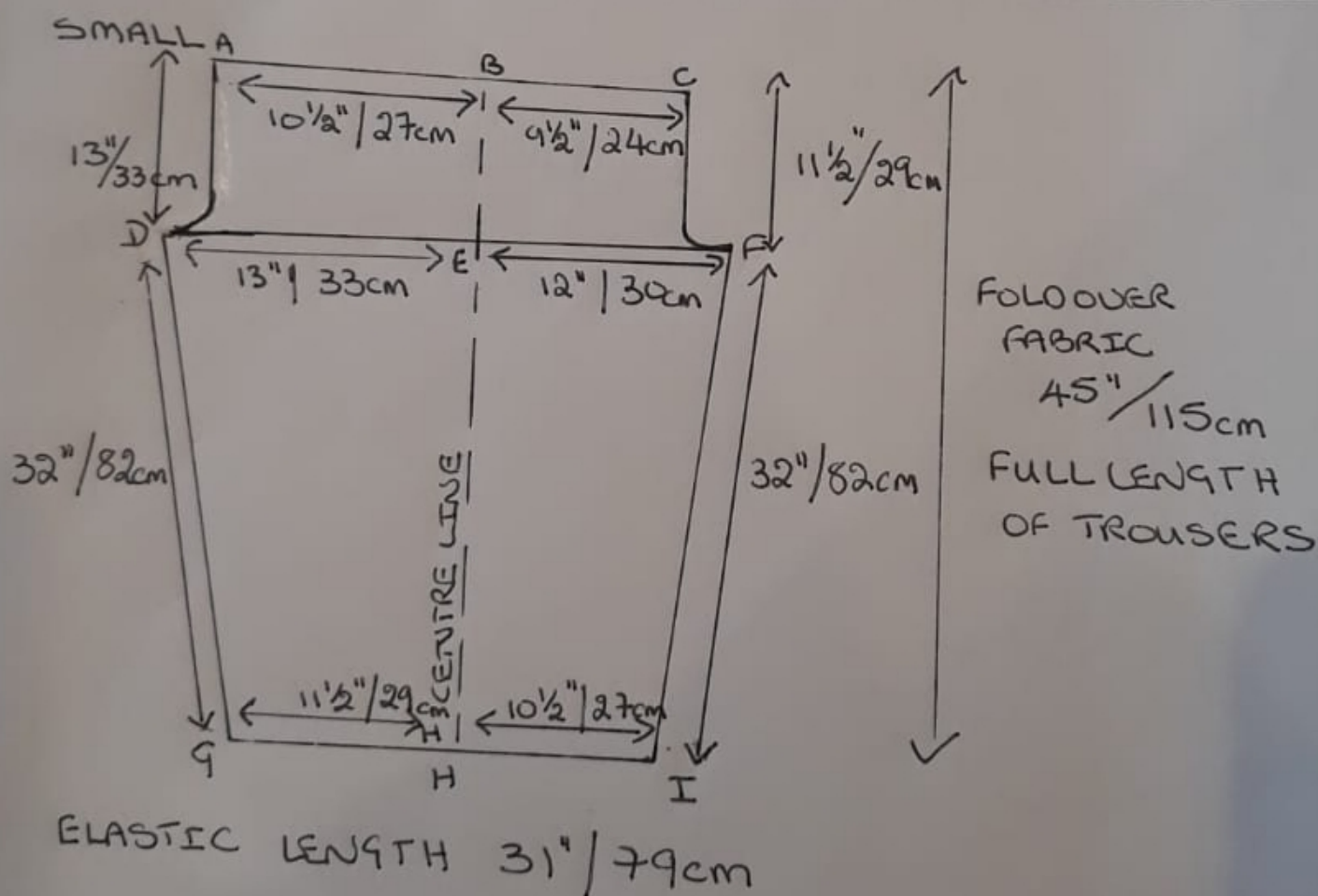
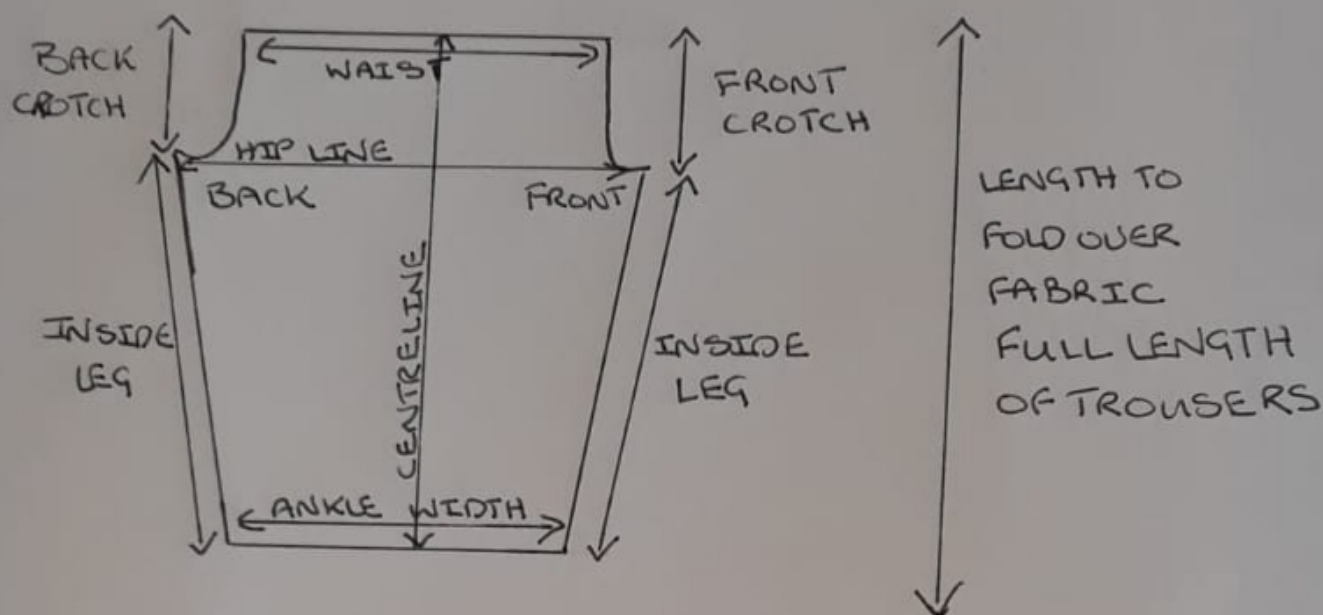
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CRIBSTOWN SEWING CENTRE

Scrubs Trousers measurement Guide

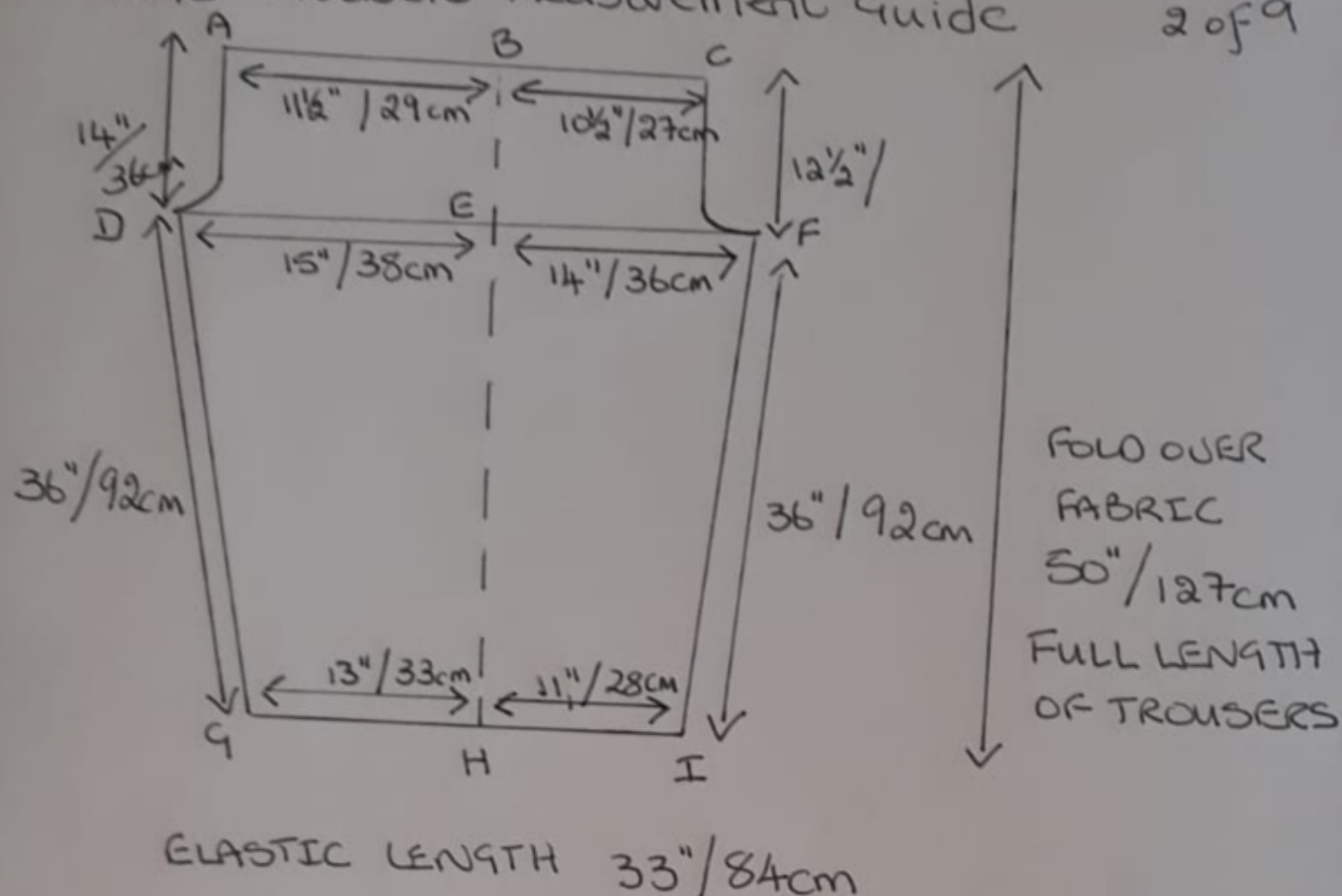
1 of 9

To make trousers you will need a set of measurements



LARGE Trousers Measurement Guide

2 of 9

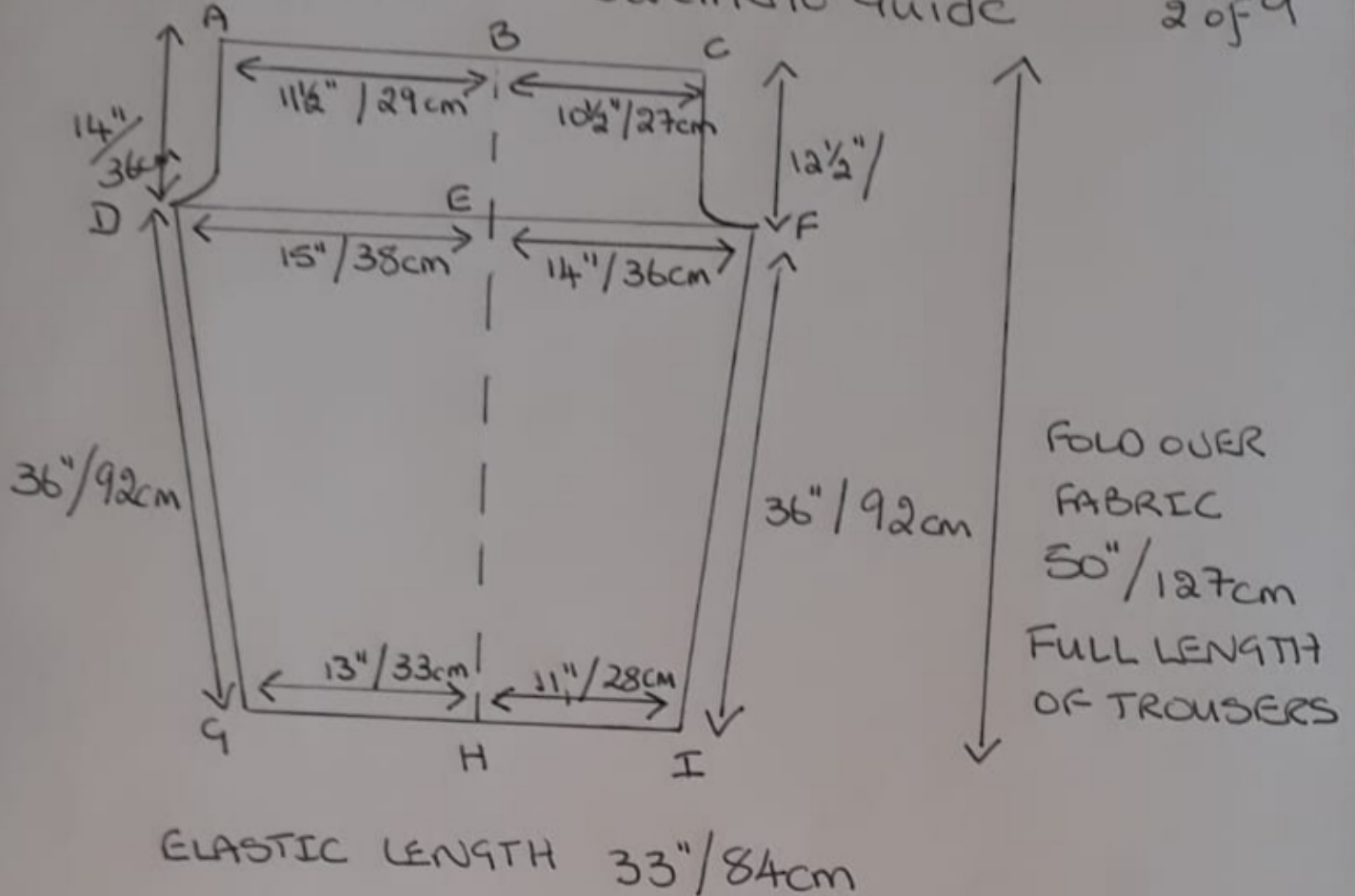


To get the length of fabric you need, you may have to join two pieces together. Sew this with a straight stitch and then overlock or zig zag the seam edge to finish.

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LARGE Trousers Measurement Guide

2 of 9



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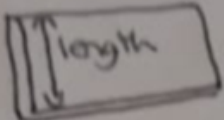
Scrubs Trousers

3 of 9

STEP 1

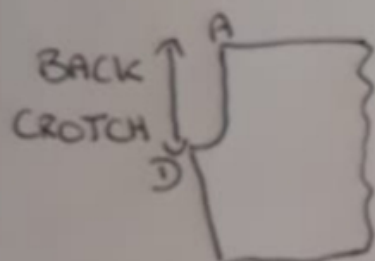
Drawing the pattern

- ① Fold fabric in half the full length you need for the trousers

selvedge →  ← selvedge

NB use the Scrubs Trousers Measurement Guide

- ② Draw a line $\frac{1}{4}$ " / 3mm away from the folded edge of fabric, Measure down from that line the length to the hipline A → D



A
D

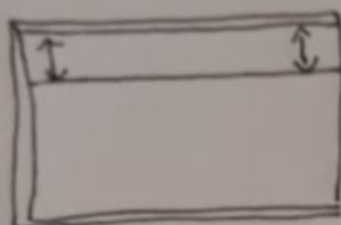


Photo 1

Draw a line across the fabric This is the hip line

- ③ Along the hip line, starting at the right selvedge edge, measure in the distance from F → E : then E → D. Mark each point. On the $\frac{1}{4}$ " / 3mm line mark point B using the F → E measurement

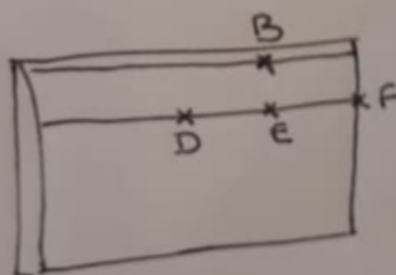
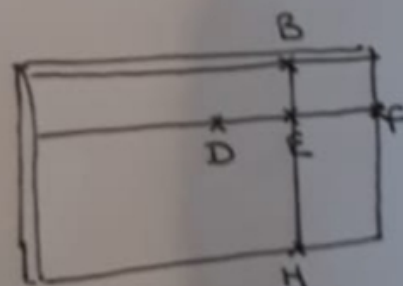


Photo 2

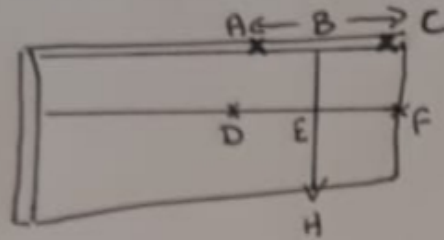
- ④ Draw a line downwards, the full length of the fabric; From B, through E to H at the bottom of the fabric. This is the centre line.



You now have the grid to use to make the trouser pattern

- ⑤ Find the B $\rightarrow$ C measurement.
On the $\frac{1}{4}$ " / 3mm line measure out this distance and mark point C.
Find the B $\rightarrow$ A measurement.
On the $\frac{1}{4}$ " / 3mm line measure out this distance and mark point A.

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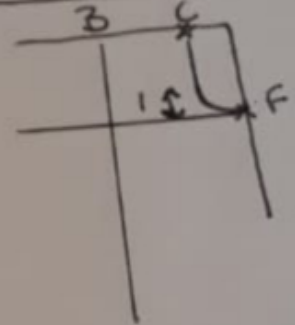


- ⑥ Now you need to draw the crotch seams

Front crotch

Draw a straight line down from C,
 $1\frac{1}{2}$ " / 4cm before you meet the
hip line draw a curve out to
meet point F

PHOTO 3



Back crotch

Draw a straight line down from A,
 $1\frac{1}{2}$ " / 4cm before you meet the
hip line draw a curve out to
meet point D

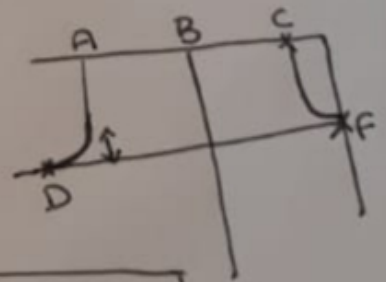


PHOTO 4

The back should have a longer curve
than the front

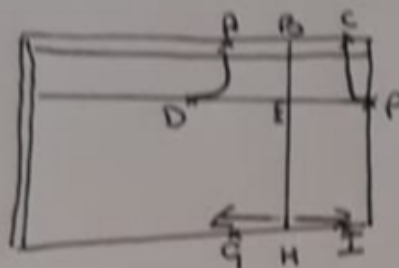
p

⑦ Marking the hemline

Find the full length measurement for the trousers.

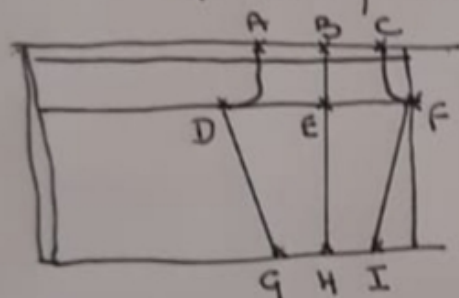
Measure down the centre line from B-H and mark the length at H.

Measure out sideways from H → I and then from H → G. Mark points G and I



⑧ Draw a line joining points F → I (Front) and points D → G (Back)

A second pair of hands is useful for this



NB I used a tape measure to give me a guide between the two points

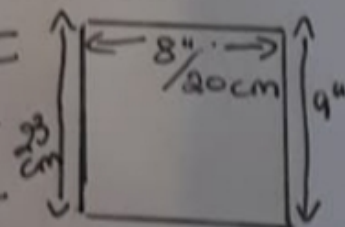
PHOTO 5

⑨ Draw the hemline joining G → H → I

⑩ Is optional but makes the trousers more comfortable to wear. **PHOTO 6**

Make a mark $1\frac{1}{2}$ " / 4cm down from point C on front crotch seam. Draw a new waist line from A to this mark - front crotch seam should be shorter than the back crotch.

The trousers are ready to cut out
CUT OUT THE TROUSERS AND CUT OUT THE
LARGE POCKET FROM THE LEFT OVER FABRIC

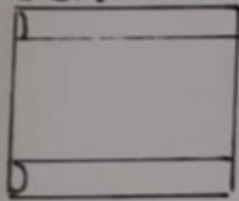


Scrubs Trousers

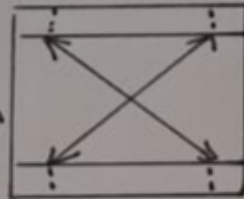
Step 2

Making up the trousers Photo 7

- ① Firstly make up the large pocket:
overlock or zig zag all four sides

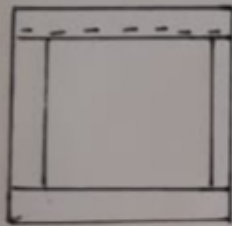


FOLD FLAP
OVER $\frac{1}{2}$ " / 1.3cm
TOP AND
BOTTOM AND
PRESS



STITCH $\frac{1}{2}$ " / 1.3cm
in to hold
flaps down

Photo 14 From
Scrubs TOP

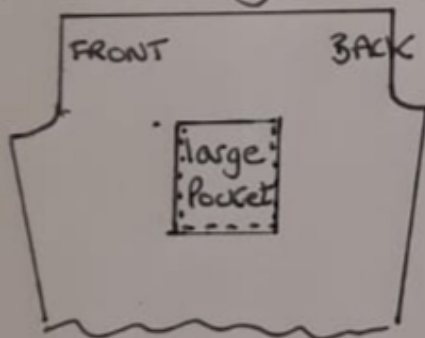


TURN ALL FOUR CORNERS AND PRESS
SIDES WILL NATURALLY TURN IN.

TOP STITCH TOP FLAP ONLY

Small pocket was made when making top.

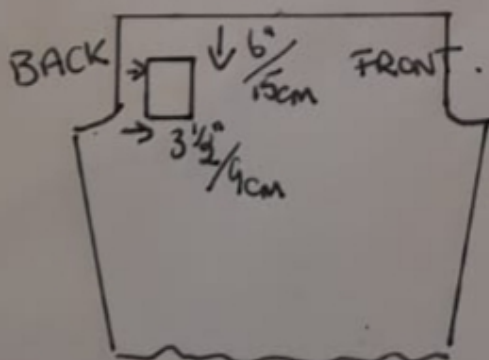
- ② Position large pocket, top of the pocket
in line with hip line, and centre on one
of the legs - Right sides facing up



Pin pocket in place and
stitch on sides and
bottom edges leaving
top open

Photo 9

- ③ Position small pocket; top of pocket
 6 " / 15cm from waist edge and $3\frac{1}{2}$ " / 9cm from
back crotch seam - Right sides facing up



Pin pocket in place and
stitch on sides and
bottom edges leaving
top open.

Photo 10

- ④ Place both leg sections right sides together and matching both front and back crotch seams

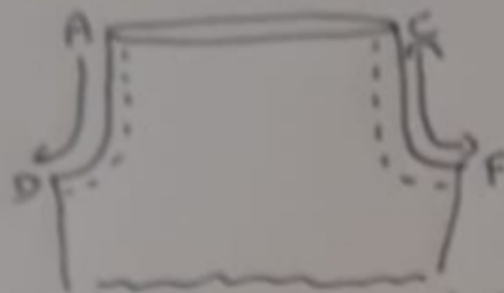
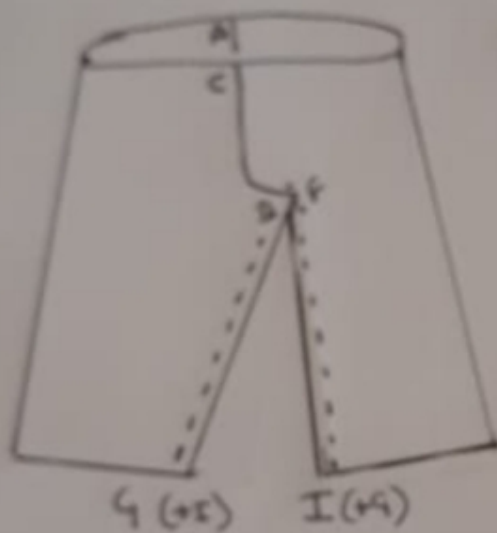


Photo 11

- ⑤ Pin and stitch front and back crotch seams overlock or zig zag finish the seam.

- ⑥ Open out the fabric and centre both crotch seams on top of each other.



(A meets C and D meets F)

Photo 12

(G + I meet at the bottom of each leg)

- ⑦ Match the two crotch seams at D/F and then pin and stitch the inside leg seam from G → through F to I. Overlock or zig zag finish the seam.

HemsPhoto 13

Overlock or Zig Zag the edge of the hem. As we don't know the height of who will be wearing these, this at least gives the option to rip out hem stitching and still have a finished hem edge, if a longer length is needed.

- ⑧ Turn up each leg by $\frac{1}{2}$ " / 1.3cm and press. Fold over by the same amount again, press and then stitch near the folded edge.

Elastic / Draw string casing for waist

- ⑨ Turn under waist seam x $\frac{1}{2}$ " / 1.3cm. Press. Turn under again this time x $1\frac{1}{2}$ " / 4cm. Press. Stitch near the folded edge, leaving a gap $1\frac{1}{2}$ " / 4cm, near the front crotch seam for elastic or draw string to be threaded through

Photo 14

If you made the optional crotch length adjustment, the front and back waist heights are different. Keep the casing depth the same the whole way round. The back is meant to be longer than the front.

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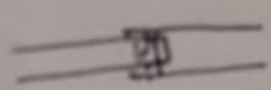
- ⑩ Cut elastic to required length.
(see measurement guide sheets)
- ⑪ Attach a safety pin to the end of the elastic and thread through. Attach the loose end of the elastic to the trousers with a pin, so you don't lose the elastic in the casing. Photo 15
- ⑫ Pull elastic all the way through and pull enough through to make it easier to join the ends. Make sure the elastic is not twisted in the casing and then lay the ends of the elastic flat on top of each other and securely stitch together.  Photo 16
+
Photo 17
- ⑬ Ease the elastic into the waistband. Do not stitch the gap closed, this will allow the elastic to be tightened if needed to fit. Photo 18
- ⑭ Turn Trousers right side out and press
Trousers completed. Photo 19

Photo 1

Trousers



photo 2 trousers

A

B

C

↑ Draw line $\frac{1}{4}$ " / 3mm
away from fabric
fold ↑

Use the Scrubs Trousers
Measurement Guide to find
all measurements.

D

Draw a line Joining D → E → F

Measure down from $\frac{1}{4}$ " / 3mm line
length A → D for whichever
size you are making ↓

E

Measure in on each line and
Mark length F → E

F

photo 3 trousers

C

FRONT

in on each line and
length F $\rightarrow$ E

F

photo 4 trousers



[illegible]

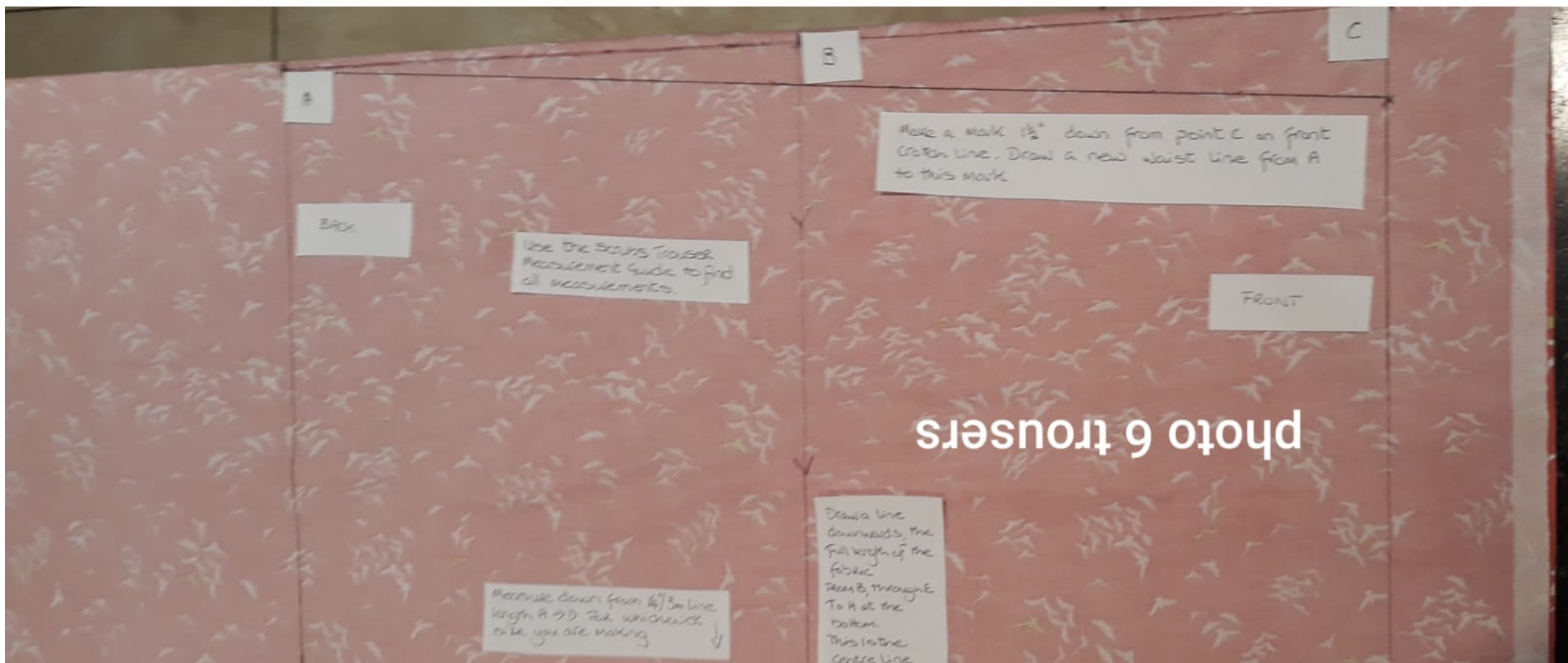


photo 6 trousers



photo 7 trousers

photo 8 trousers

The image shows two pieces of children's clothing, likely trousers, laid flat. They feature a red patterned waistband and a main body with a colorful, whimsical illustration. The illustration includes a girl in a blue dress with a red heart, a girl in a red dress, and a girl in a red dress. The background is light blue with various floral and geometric patterns. The text "photo 8 trousers" is overlaid on the top left.

Position large Pocket,
Top of pocket in line with hip line, and
centred on the leg. I flipped over the top trouser
section to show the centre line to help with
getting it in the centre

FRONT

large Pocket

BACK

photo trousers

9

photo 10 trousers

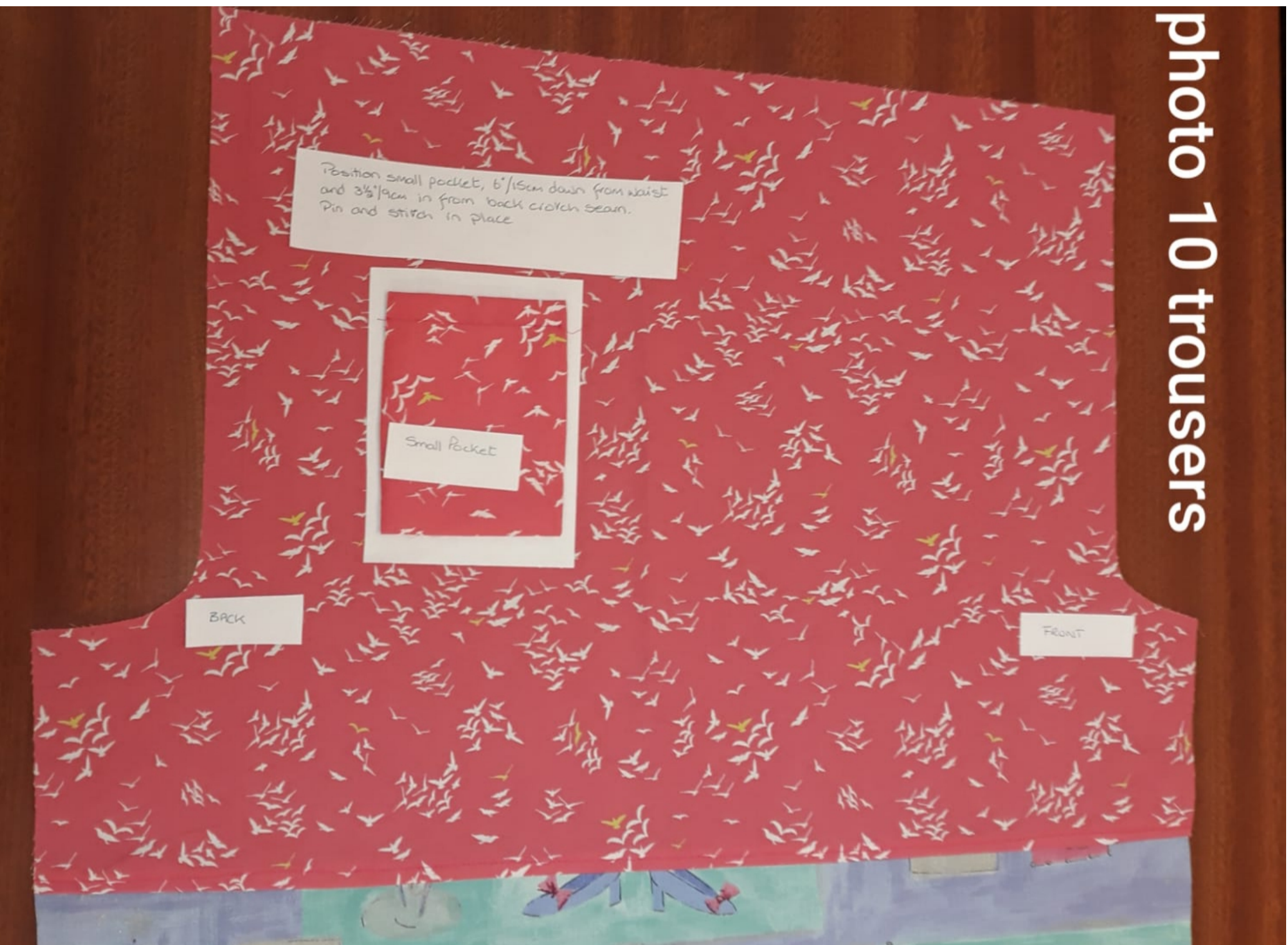


photo 11 trousers

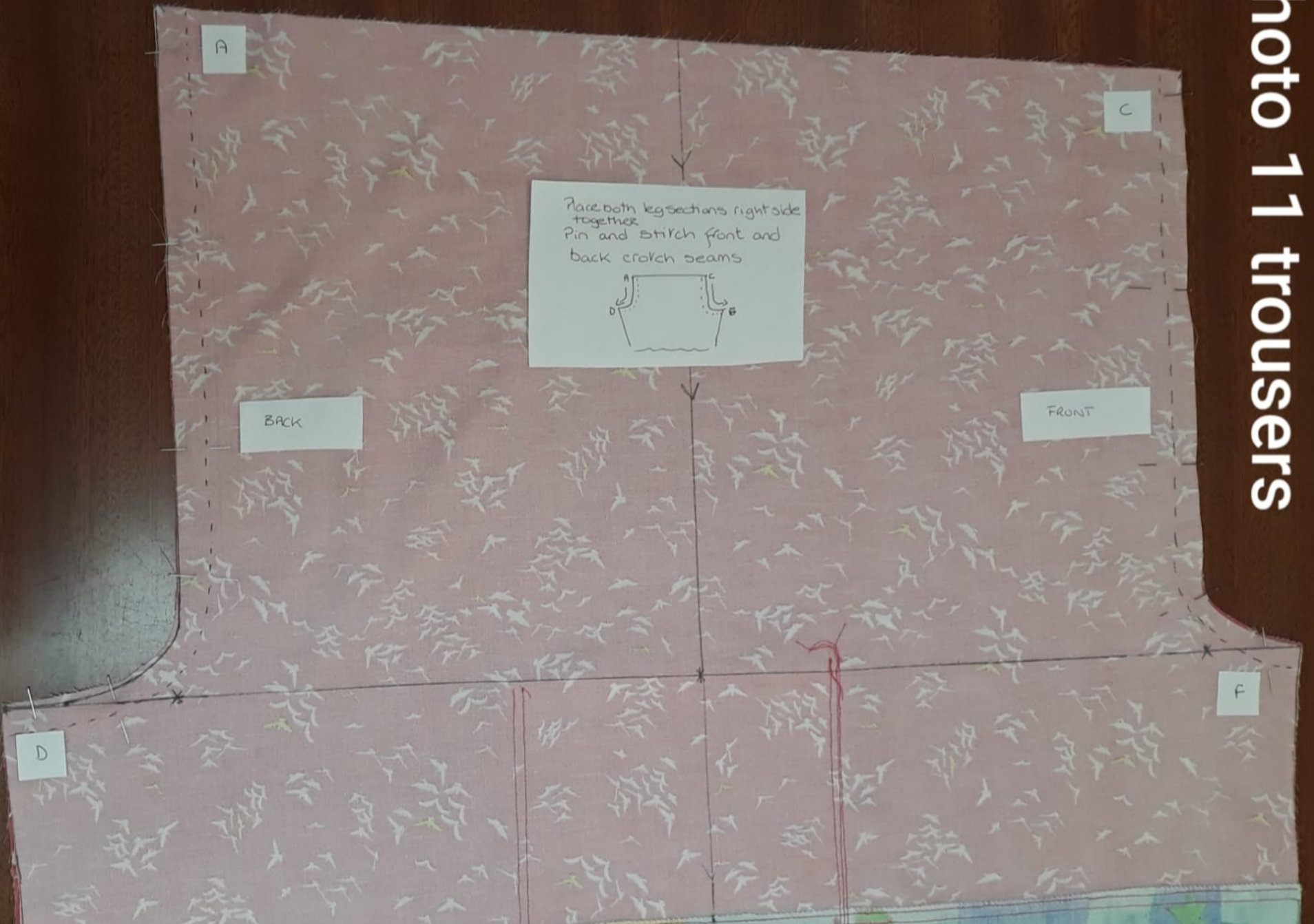


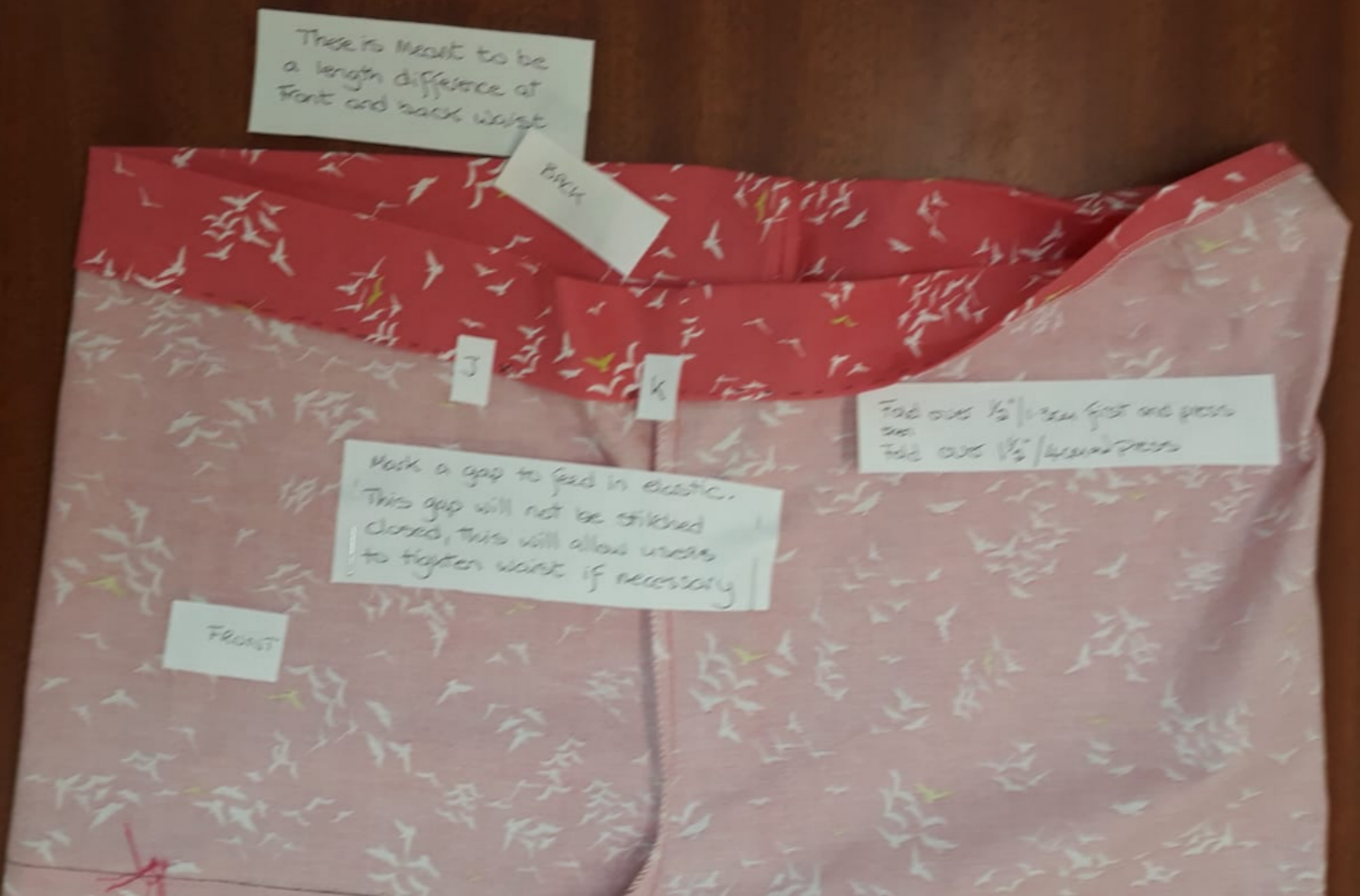


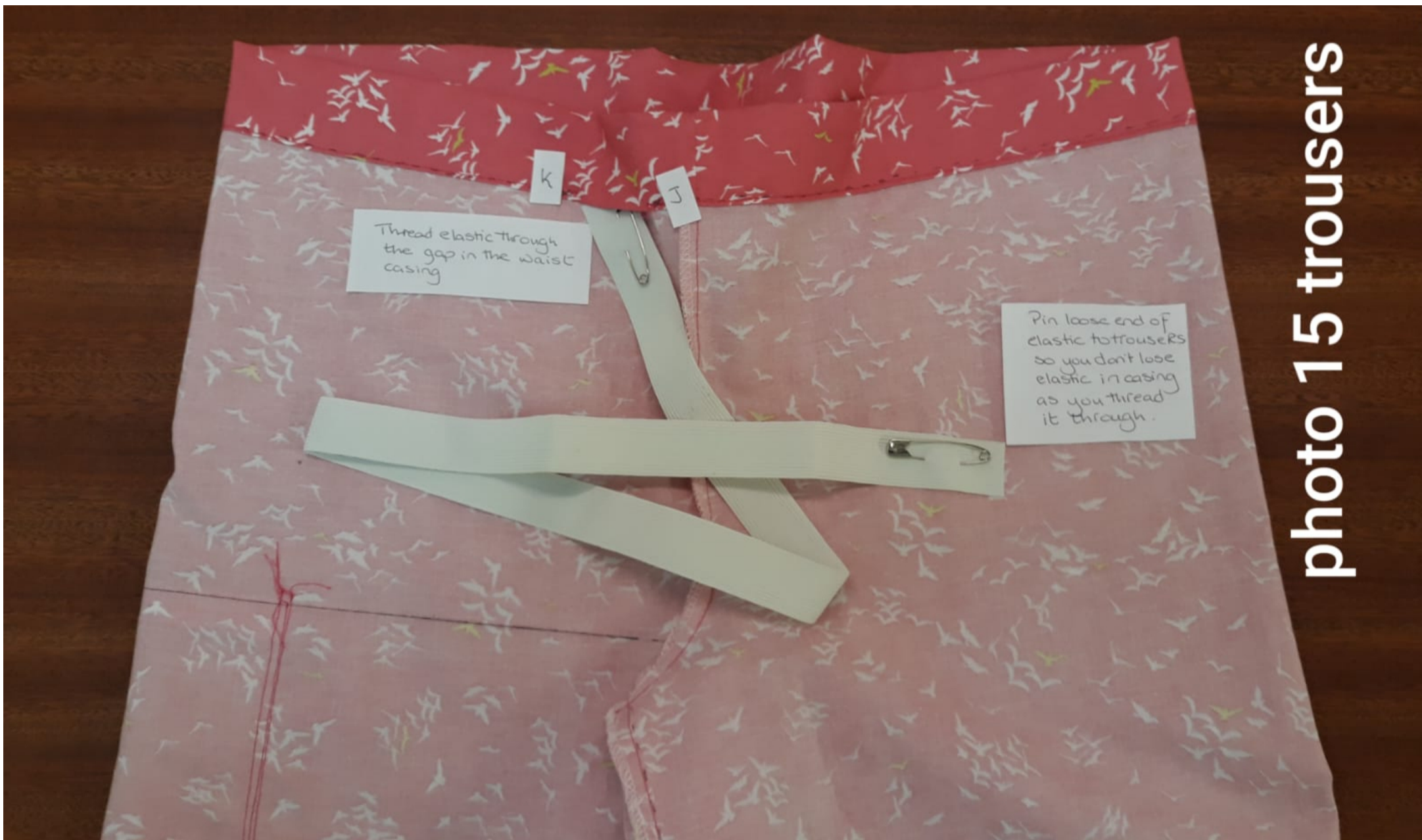
photo 12 trousers



photo 13 trousers

photo 14 trousers



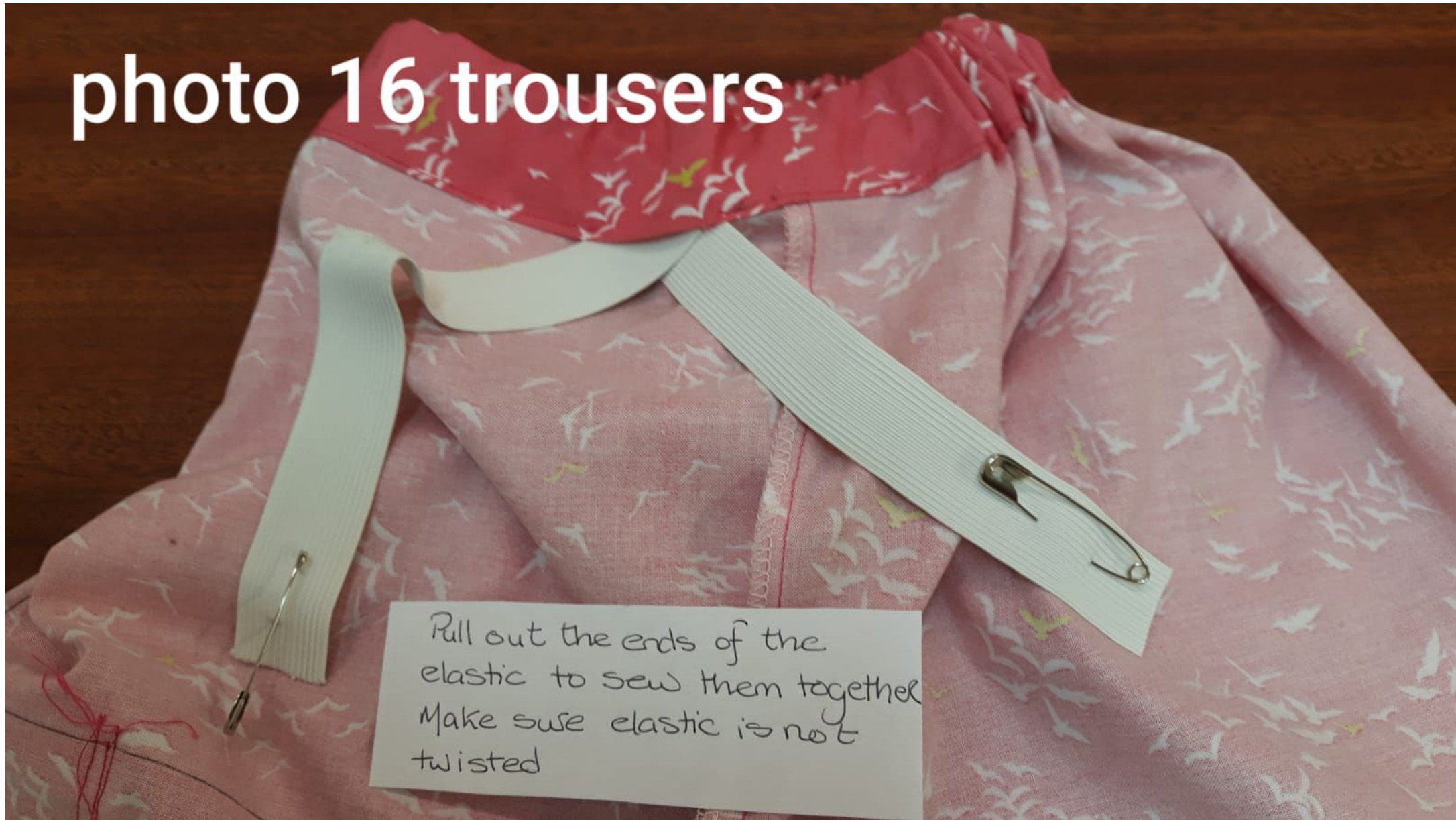


Thread elastic through
the gap in the waist
casing

Pin loose end of
elastic to trousers
so you don't lose
elastic in casing
as you thread
it through.

photo 15 trousers

photo 16 trousers



Pull out the ends of the
elastic to sew them together
Make sure elastic is not
twisted

photo 17 trousers



Overlap ends of elastic and stitch
securely over both ends



Ease the elastic back into the
waistband.
Do not stitch the gap closed.

photo 18 trousers

Completed Scrubs Trousers



photo 19 trousers