

week FOUR



Camp Shorts

designed by:  
Stephanie at  
The Eli Monster

estimated sewing time:  
2 hours

Now that we're more familiar with the sewing machine, let's try our hand at some simple apparel sewing and make these super comfy Camp Shorts!



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## MATERIALS & SUPPLIES

- Rotary cutter or scissors
- Self-healing cutting mat (if you are using a rotary cutter)
- Fabric pen
- Craft scissors that are okay to cut paper with
- Pins or clips
- Ruler
- Measuring tape
- .5 yard of prewashed quilting cotton fabric
- 1 yard of 1" wide non-roll elastic
- Coordinating thread
- Janome sewing machine (we used a Skyline S7 for our shorts)
- Optional: Janome serger (for finishing edges)
- Iron
- Ironing board
- Printed pattern - Pages 9-14



## INSTRUCTIONS

### STEP 1: FIND YOUR MEASUREMENTS

Have someone help you with your measuring tape. Stand naturally and have your helper wrap the measuring tape around your hips. The measuring tape needs to be snug but not tight; you don't want to squish your hips. Jot down your measurement and look at the size chart on page 7 for the shorts. If you are between sizes, go up a size.



## MY MEASUREMENTS

HIP SIZE:



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## STEP TWO: PREPARE THE PATTERN

Print out the pattern pieces and tape them together. Using some craft scissors that are okay to cut paper with; cut out the pattern pieces.

You will have a front and a back.

Fold your fabric in half so the selvage edges are together. Place your pattern pieces on top of the folded fabric with the grain lines parallel to the threads in the fabric. You do not want your pieces to be crooked because that will make the shorts sit funny.

Option 1: Carefully cut around the pattern pieces with a rotary cutter and self-healing mat.

Option 2: Trace the pattern pieces onto the fabric and cut using your fabric scissors.

You will have 2 fronts and 2 backs when finished.

## STEP THREE: SEWING THE SHORTS

Option 1: Serge around each piece with your serger.

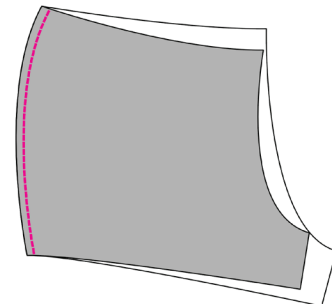
Option 2: Zigzag around each piece with your normal sewing machine.

This will keep the fabric from fraying in the washer.

Lay one back piece right side up on the table in front of you. Lay a front piece on top of the back piece, lining up the side edges. Pin or clip into place.

Using a 3 / 8" seam allowance, sew that side seam. Remember to remove your clips or your pins as you get to them. You don't want to sew over them!

Iron the seam allowance towards the back piece. If you are unsure about ironing yourself, have a grownup help you.





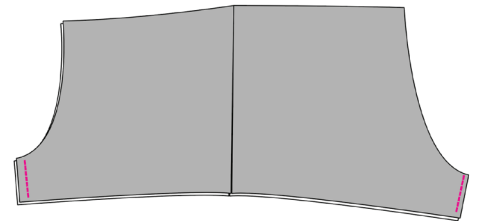
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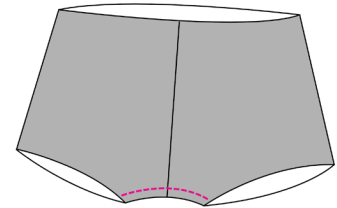
Sew that seam allowance to the back shorts piece.

Repeat for the other front and back piece.

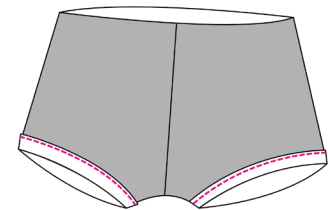
Now that you have both sides finished, let's sew them together! Place one of your finished sides right side up in front of you and lay the other side right side down on top of it. Pin or clip the curve from the waist to the crotch. Leave the legs open for the moment. Sew the front curve. Sew the back curve. Iron the seam allowances open.



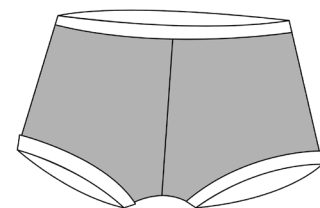
With your shorts inside out, arrange them so they are starting to look like shorts. Line up the inner leg edges on each leg. Pin or clip.



Starting at the hem of one leg, sew up to the crotch and back down to the other hem. Iron your seam allowance open.



Fold the hem of one leg up 1 / 4" and iron that fold. Repeat for the other leg. Sew each leg's hem near the top of the fabric that you just folded up.



Fold the top of your waistband down 1 / 2" and iron.



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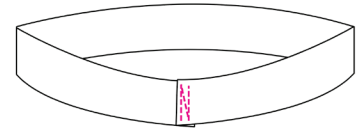
# JANOME



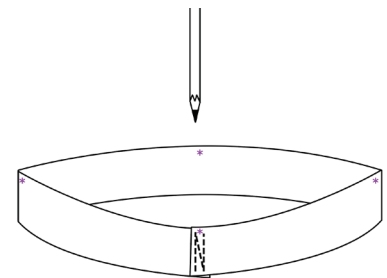
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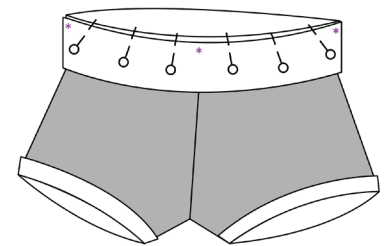
Cut your elastic to the length required of the pattern size you used based off the chart on page 8. Make a loop with your elastic and overlap the two ends by 1/2" (1.75cm). Sew elastic together.



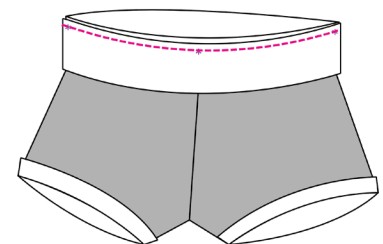
Mark the back center, front center and halfway between on each side of the elastic loop.



Line each of your marks up with the corresponding seams on your shorts. Pin into place.



Sew elastic to shorts at the top of the elastic. My particular elastic has a thin section at the top and bottom that I use as a guideline. Make sure you secure the folded raw edge in your line of stitches.

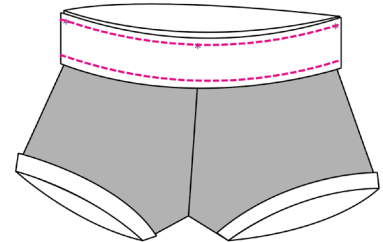




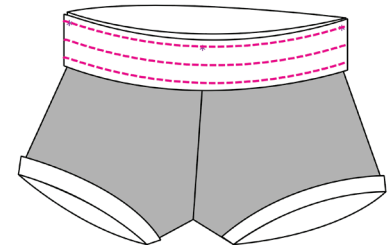
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Repeat for the bottom of the elastic.



Repeat again for the middle of elastic. You will have three lines of stitching going through your elastic and shorts.



Try on your new lounge shorts and admire your handiwork!

Don't forget to tag us on Instagram with [#janomecamp19](https://www.instagram.com/janomecamp19) so we can see your project!



## Sizing:

Please use chart below to determine size needed. As all brands vary, do not base size on ready to wear garments or other brands and/or patterns. Pattern is based off waist and hip measurements; the shorts can easily be lengthened or shortened at the rise and hemline.

Size	Height (Inches)	Waist (Inches)	Hips (Inches)	Height (CM)	Waist (CM)	Hips (CM)
2	35.5"	20"	21"	90.17	50.8	53.34
3	36-38.5"	20.5"	22"	91.44-97.79	52.07	55.88
4	39-41.5"	21"	23"	99-105.5	53.34	58.42
5	42-44.5"	21.5"	24"	106.5-113	54.61	60.96
6	45-46.5	22"	25"	114-118	55.88	63.5
7	51"	22.5"	27"	129.5	57.15	68.58
8	53"	23"	28.5"	134.5	58.42	72.38
10	55"	24"	30"	140	60.96	76.2
12	57.5"	25"	32"	146	63.5	81.28
14	60"	26"	34"	152.5	66.04	86.36
16	62.5"	27"	36"	158.75	68.58	91.44

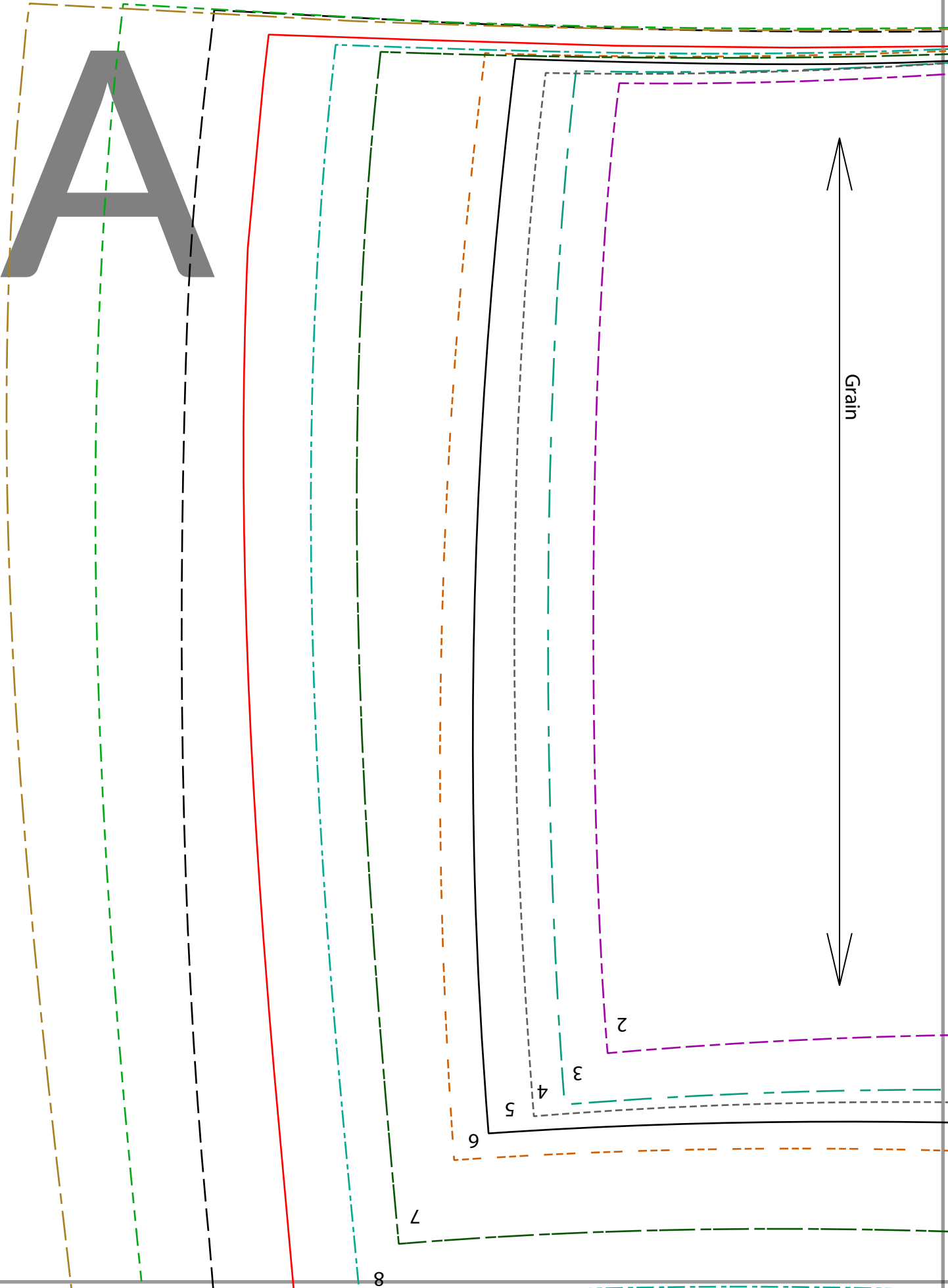
## Fabric Needed (45" wide)

Size	Main Fabric	Elastic Needed
2	.33 yd	19.5"
3	.33 yd	20"
4	.33 yd	20.5"
5	.5 yd	21"
6	.5 yd	21.5"
7	.5 yd	22"
8	.5 yd	22.5"
10	.5 yd	23.5"
12	.5 yd	24.5"
14	.5 yd	25.5"
16	.5 yd	26.5"



A

Grain



2

3

4

5

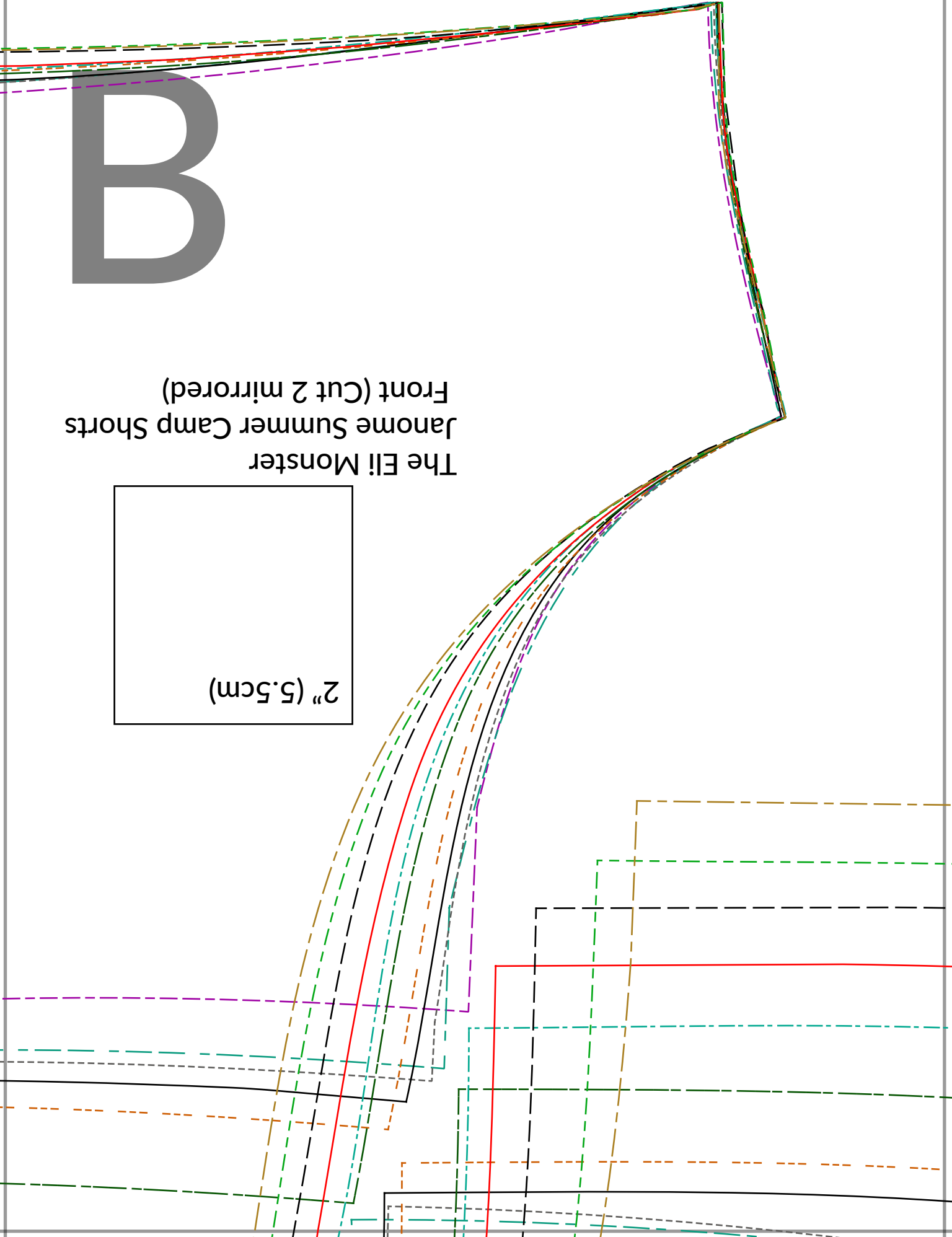
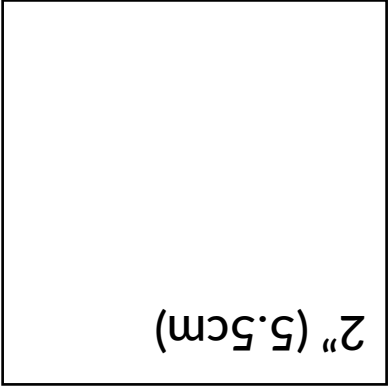
6

7

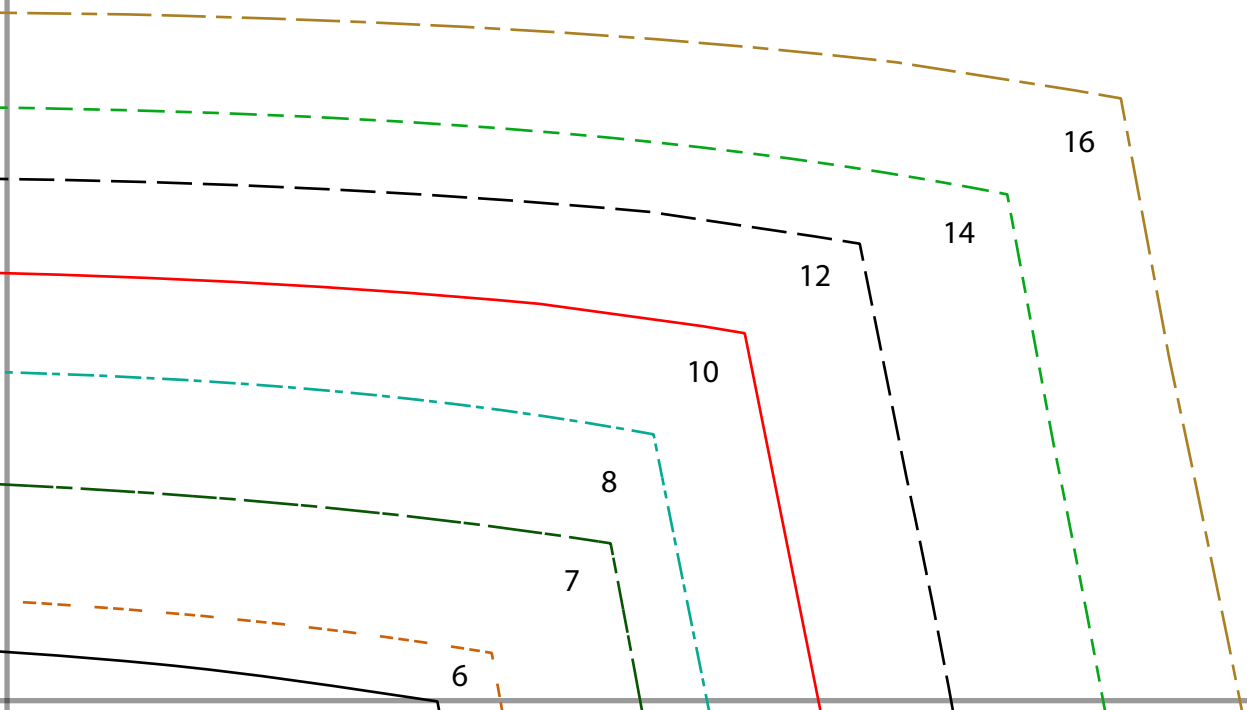
8

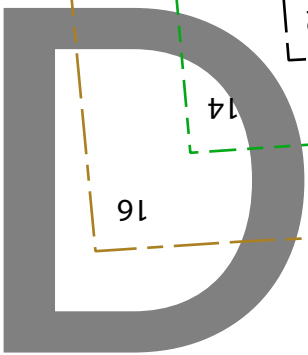
# B

The E!! Monster  
Janome Summer Camp Shorts  
Front (Cut 2 mirrored)



C





14

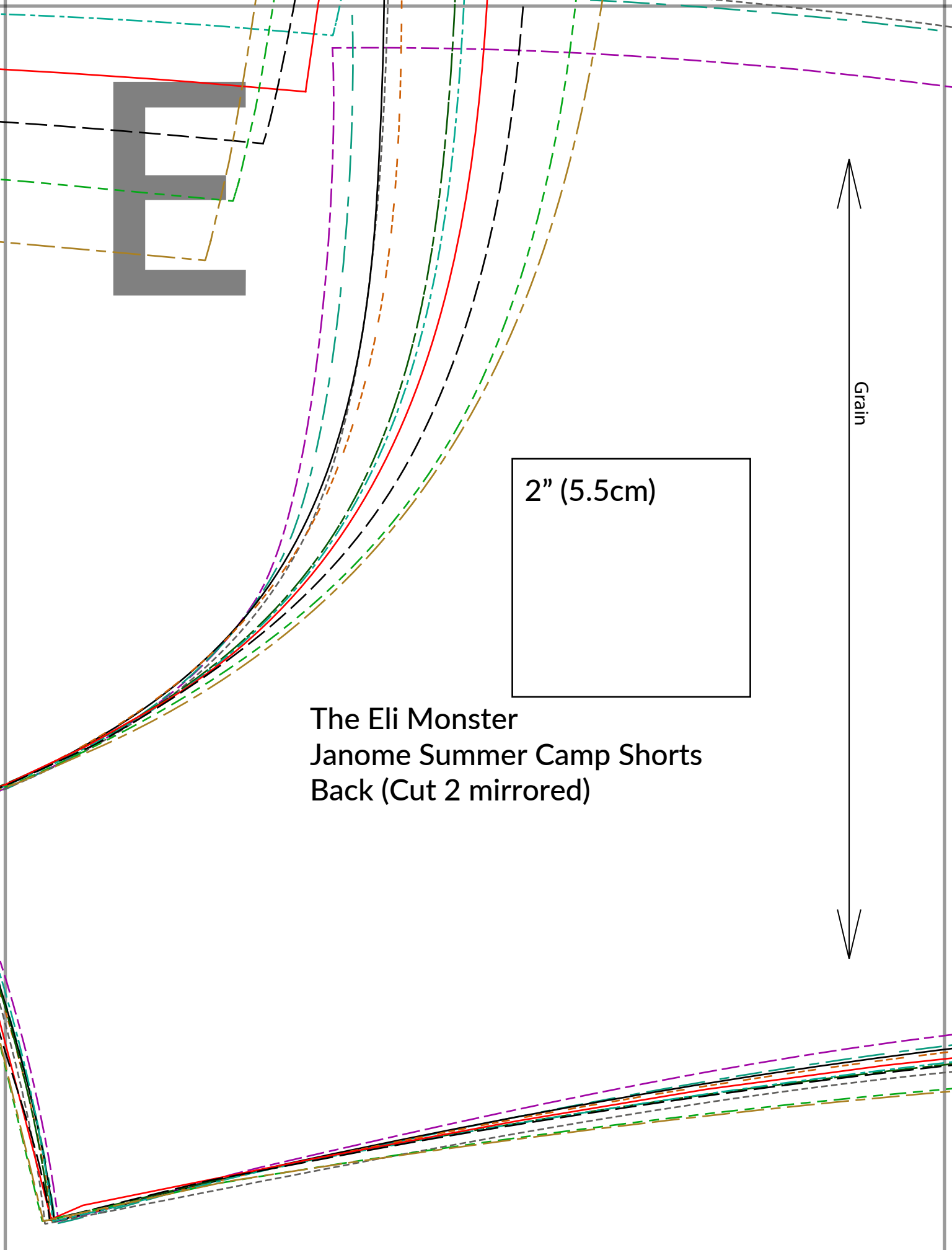
16

12

10

8



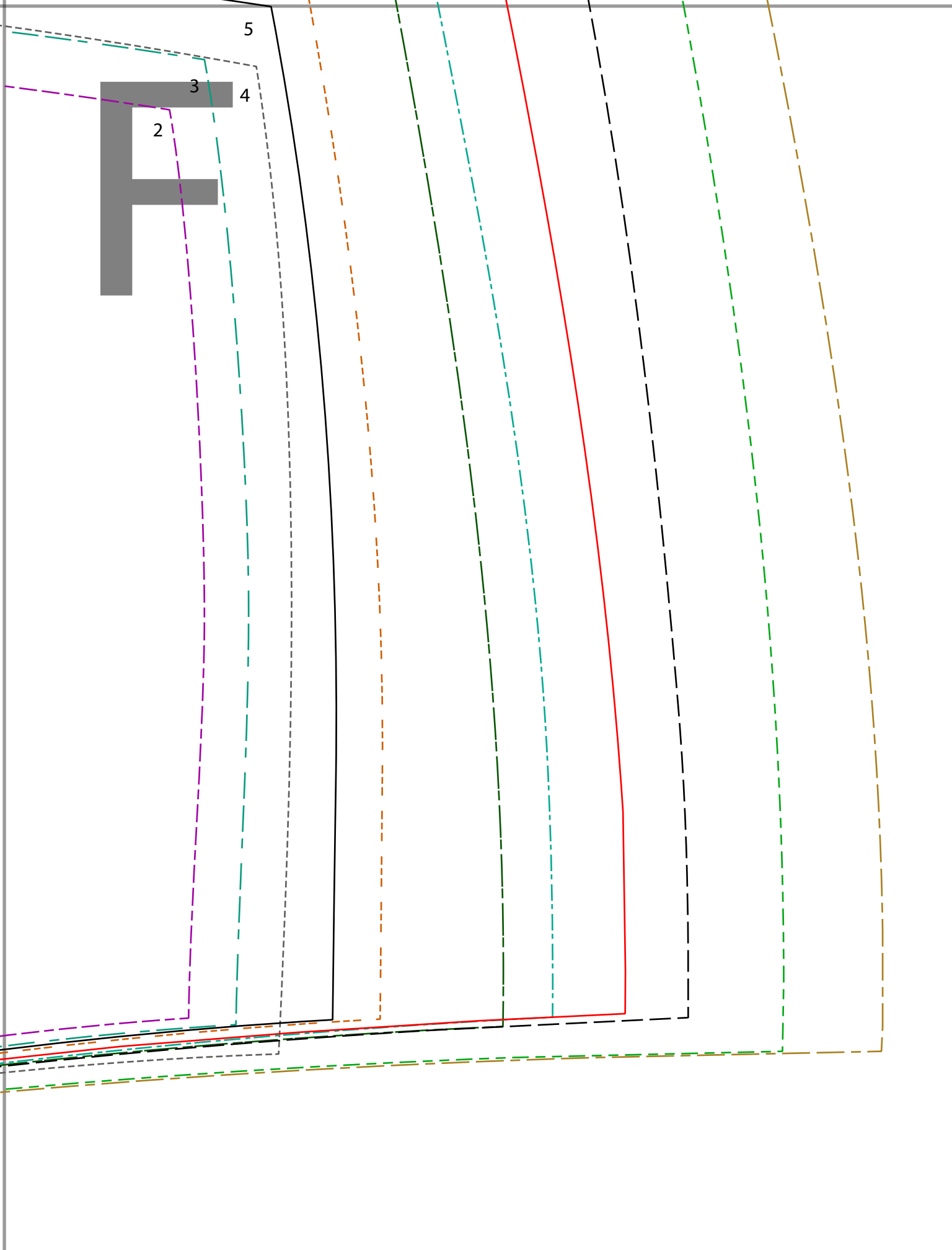


E

2" (5.5cm)

The Eli Monster  
Janome Summer Camp Shorts  
Back (Cut 2 mirrored)

Grain



1  
2  
3  
4  
5