



Photo Credit: Sew Liberated



# Garment Fundamentals

## Chanterelle Shorts by Sew Liberated

Thimble Bee's

Instructor: Jen Taylor

Email: [Info@thimblebees.com](mailto:Info@thimblebees.com)

Ph: (704) 443-1597

Etsy: <https://www.etsy.com/shop/ThimbleBeesSewciety>

# Welcome to Garment Fundamentals!

Dear Student,

Welcome to Garment Fundamentals! I'm so excited you'll be joining us as we create the Chanterelle Shorts together. This project is the perfect next step in your sewing journey — approachable for beginners, yet packed with new skills that will build your confidence as a garment maker.

I also want to share something special with you. One of the biggest challenges in sewing right now is finding high-quality, fashion-forward fabrics at a reasonable price. Because of this, we recently launched a carefully curated fabric collection right here in the studio. Each piece is chosen with our classes in mind, so you can feel confident that what you're buying will both sew beautifully and look amazing in your finished garment.

You're welcome to shop our [Etsy Shop](#) before class or browse and purchase in person during your first class. While it's not required to purchase fabric from us, we truly hope you'll consider it. Every yard purchased helps us continue to expand our in-studio selection and bring in more exciting options for future projects. Your support directly impacts what we can offer to you and the rest of our sewing community — and we're grateful for it.

## Skills You'll Gain in This Class

By the time you finish your Chanterelle Pants, you'll have practiced:

- Reading and cutting from a commercial garment pattern
- Sewing and finishing curved and straight seams for pants construction
- Attaching and pressing waistbands and facings
- Constructing and inserting pockets
- Achieving professional seam finishes
- Fitting adjustments for comfort and style
- Pressing techniques to shape and set seams

This class is designed not just to complete a project, but to give you techniques you'll use and apply toward future garments.

I'm thrilled to get started with you and can't wait to see your projects come to life. Thank you for trusting me to guide you through this next step in your sewing journey.

See you in class,

Mrs. Jen  
Thimble Bee's Sewing School

# Determining Sizing

Before our first class, you'll need to take a couple body measurements using a flexible tape measure: waist and hip. Highlight your measurements on the chart below. These numbers will give you a “rough” idea of your pattern size.

When choosing a size for the Chanterelle Pants, focus on your hip measurement first. The pants have an elasticated fit through the waist, making the waist measurement less crucial. Many women will find they fall into more than one size — one size in the waist, another in the hips. When that happens, the hips are the deciding factor for choosing a starting size.

Don't worry if you're unsure — we'll go over sizing together in class and talk through best practices for choosing and adjusting. (And remember, sewing pattern sizes don't usually match your ready-to-wear clothing size, so don't be surprised if the number looks different — that's completely normal.)

For now, as you look at the yardage chart, I suggest planning for the size you think you'll need and buying enough for the next size up. This way, you'll have a little extra fabric on hand and won't run short when it's time to cut.



## FITTING THE CHANTERELLE

VIEW C - INCHES																			
SIZE	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	
WAIST **	33	34	35	36	37	38	39 1/2	41	42 1/2	44 1/2	46 1/2	48 1/2	50 1/2	52 1/2	54 1/2	56 1/2	58 1/2	60 1/2	
HIP	37	38	39	40	41	42	43 1/2	45	46 1/2	48 1/2	50 1/2	52 3/8	54 3/8	56 3/8	58 3/8	60 3/8	62 3/8	64 3/8	
THIGH	24	24 5/8	25 1/4	25 7/8	26 1/2	27 1/8	28	28 7/8	29 3/4	30 7/8	32 1/8	33 1/4	34 3/8	35 1/2	36 5/8	27 3/4	37 7/8	40	
INSEAM	2 7/8				3					3 1/2				4 1/4					
CROTCH DEPTH *	10	10 1/8	10 3/8	10 5/8	10 7/8	11 1/8	11 3/8	11 5/8	11 7/8	12 1/8	12 3/8	12 7/8	13 1/8	13 3/8	13 5/8	13 7/8	14 1/8	14 3/8	
CF WAIST TO HEM *	12 1/4	12 1/2	12 3/4	13	13 1/4	13 3/8	14	14 1/4	14 1/2	15	15 1/4	16 5/8	16 7/8	17 1/8	17 3/8	17 5/8	17 7/8	18 1/8	

### Waist Measurement:

Around the narrowest part of the torso (usually just above the belly button)

### Hip Measurement:

Around the fullest part of the hips and seat

### Crotch Depth:

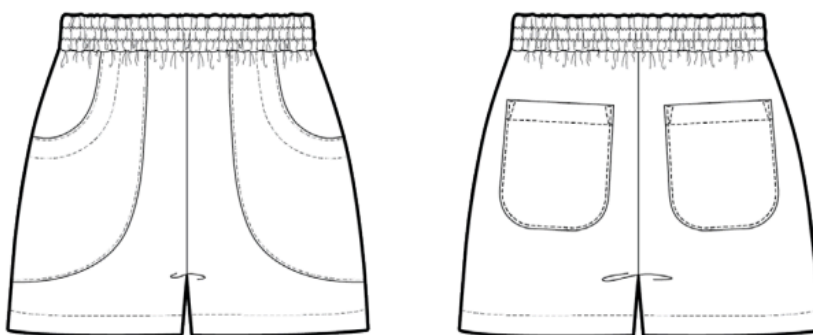
Vertical distance from the waistline down to the crotch, measured at the side

# Determining Yardage

Now that you've chosen your size, the next step is to decide which view you'd like to make.

Use the chart below to determine fabric yardage. Find your chosen view, then follow the row across to your size to see how much fabric you'll need.

Reminder: When purchasing fabric, it's a good idea to buy yardage for the next size up. This ensures you'll have enough when it comes time to cut and gives a little flexibility for adjustments or errors along the way.



View C

	45" (115 CM) FABRIC			54" (137 CM) FABRIC	
VIEW A	<b>SIZES 0-10</b>	<b>SIZES 12-24</b>	<b>SIZES 26-34</b>	<b>SIZES 0-24</b>	<b>SIZES 26-34</b>
	3 yd (2.9 m)	3.5 yd (3.3 m) *	4 yd (3.7m) *	3 yd (2.9 m)	3.25 yd (3 m)
VIEW B	<b>SIZES 0-16</b>	<b>SIZES 18-34</b>		<b>SIZES 0-24</b>	<b>SIZES 26-34</b>
	2.75 yd (2.6 m)	3 yd (2.9 m) *		2.5 yd (2.3 m)	2.75 yd (2.6 m)
VIEW C	<b>SIZES 0-16</b>	<b>SIZES 18-34</b>		<b>SIZES 0-24</b>	<b>SIZES 26-34</b>
	1.5 yd (1.4 m)	1.8 yd (1.7 m) *		1.25 yd (1.2 m)	2 yd (1.9 m)

\* single layer layout only

# Suggested Fabrics

A quilter's cotton will be the easiest fabric to learn on for your first Chanterelle Pants. It handles well, presses crisply, and lets you focus on building your sewing techniques without worrying about tricky fabric behavior.

If you'd like to branch into a fashion fabric, look for a light- to medium-weight woven fabric that has no stretch. The drape or hand of the fabric will impact the look of the final garment — softer fabrics will fall more gently, and more stable fabrics will emphasize the leg shaping. Some great choices are linen, a linen blend, viscose-linen slub, or chambray.

## Notions

In addition to your fabric yardage, you will also need ½ yard of a lightweight fusible interfacing, either woven or non-woven, one yard of 1.5-2" wide elastic and one spool of all purpose thread (make sure to color match to your fabric).

## Preparing Your Fabric:

Always wash and dry your fabric before cutting. This step is important because most fabrics will shrink a little the first time they're washed. By prewashing, you're making sure your finished garment won't change size after you've put in all the work.

For best results, wash on a delicate cycle with cold water. Dry on low heat, or lay the fabric flat to air-dry. Then iron prior to class.

## With Thanks to Sew Liberated

Several images used in this guide are from the *Chanterelle Pants and Shorts* pattern by **Sew Liberated**. These images are included to help students better understand fabric selection, supplies, and garment details while shopping and preparing for class. We are grateful to Sew Liberated for creating such thoughtful, well-designed patterns and resources that support learning and skill-building in garment sewing. We love supporting designers who prioritize clear instruction and thoughtful garment design.

Find more of their patterns and designs by visiting their website:

<https://sewliberated.com/>