

Free Women's Pinafore Apron Pattern



Pattern Description:

This free sewing pattern provides instructions for an **adorable apron tutorial sized to fit most adults**.

The design is described as a "one size fits most" pattern and would make a wonderful gift for your favorite cook.

The pattern features a finished waistband and decorative details like Jumbo Ric Rac. The sample apron was made using the Summer House line of quilting cotton fabrics from Liberty of London.

Materials Needed & Measurements:

Supplies (Quantity)

- Apron Fabric: **1 1/4 Yards**
- Apron Ties Fabric: **1/2 Yard**
- Pocket and Accent Fabric: **1/4 Yard**
- Jumbo Ric Rack: **3 Yards**
- Fabric used in the sample: Summer House by Liberty of London.

Equipment

- Sewing Machine (BERNINA or Bernette is recommended)
- Basic Sewing Tools
- Rotary Cutter
- Cutting Mat
- Quilt Ruler
- Pins
- Scissors

Cutting Directions (Dimensions)

- **From Apron Fabric:**
 - 1 piece 25" x 27" for Apron Skirt
 - 2 pieces 11" x 12" for Apron Top
- **From Apron Placket Fabric:**
 - 1 piece 3" x 12"
- **From Apron Tie Fabric:**
 - 2 pieces 4 ½" x 26" (for waist ties)
 - 2 pieces 2 ½" x 24" (for shoulder/neck straps)
- **From Waistband Fabric:**
 - 2 pieces 2 ¼" x 20"
- **From Pocket Fabric:**
 - 2 pieces 5 ½" x 5 ½"
 - 2 pieces 1 ½" x 5 ½"

Instructions for Making the Women's Pinafore Apron Pattern:



Cutting and Initial Preparation

- **Cutting Directions**

- Before starting the assembly, use your rotary cutter, cutting mat, and quilt ruler to prepare the fabric pieces.
- **From Apron Fabric (1 1/4 yards):** Cut one piece measuring 25" x 27" for the Apron Skirt, and two pieces measuring 11" x 12" for the Apron Top.
- **From Apron Placket Fabric (Pocket and Accent Fabric: 1/4 yard):** Cut one piece measuring 3" x 12".
- **From Apron Tie Fabric (1/2 yard):** Cut two pieces measuring 4 1/2" x 26" for the waist ties, and two pieces measuring 2 1/2" x 24" for the shoulder/neck straps. (Note: The 2 1/2" x 24" pieces are the shoulder straps).
- **From Waistband Fabric:** Cut two pieces measuring 2 1/4" x 20".
- **From Pocket Fabric:** Cut two pieces measuring 5 1/2" x 5 1/2", and two pieces measuring 1 1/2" x 5 1/2".

- **Prep Steps**

- Before you begin sewing, you must create two pattern pieces. Lay one of the 11" x 12" apron top pieces so it is 12" tall and 11" wide. Measure 1" in from the top

edge. Draw a line from the 1" mark to the bottom corner and cut off the excess fabric. Repeat this process for the other side of the piece and for the second apron top piece. Next, use a plate or CD to round the two bottom corners of the 27" wide by 25" tall apron skirt piece. Repeat this corner rounding step for the two 5 ½" x 5 ½" pocket pieces.

Constructing the Apron Top

- **Applying Ric Rac and Sewing the Placket**
 - Stitch one piece of Jumbo Ric Rack to each of the long sides of your 3" x 12" apron top placket piece. Sew the ric rack to the right side of the fabric, stitching down the center of the ric rack. Fold the Ric Rack over to the wrong side of the fabric and press. Pin this placket piece to the center front of one of your apron top pieces. Topstitch along both sides of the ric rack to securely fasten the placket to the apron top piece.
- **Creating Shoulder and Waist Straps**
 - The strap pieces are created similarly. Fold the shoulder strap pieces (2 ½" x 24") in half lengthwise with the right sides facing. Draw a line across one end of the strap at a 45-degree angle. Stitch the strap piece along the long side with a ¼" seam allowance. When you reach the end, pivot your stitch and stitch a 45-degree angle. Turn the strap right side out and press. Repeat this process for the second shoulder strap, and then repeat the entire process using the two 4 ½" x 26" waistband strap pieces.
- **Assembling the Apron Top**
 - Pin one finished apron strap to the top corner of the apron top piece. The raw edge of the strap must be flush with the raw edge of the apron top. Position the strap ½" in from the edge of the apron top piece. Repeat this placement with the second apron strap and baste both straps in place. Pin the two apron top pieces together (the piece with the stitched placket and the second cut piece). Stitch around the sides and top using a ½" seam allowance, being careful not to catch the already basted apron straps. Turn the piece right side out and press.

Preparing the Skirt and Pocket

- **Applying Ric Rac to Skirt**

- Serge or zig-zag the sides and bottom edges of your apron skirt piece. Apply the ric rack to the edge of the skirt piece using the same method used previously for the placket.
- **Creating the Pocket**
 - Stitch the 1 ½" x 5 ½" piece of fabric to the top of one of your 5 ½" x 5 ½" pocket pieces. Repeat this step for the remaining two corresponding pieces. Place the two sewn pocket pieces right sides together and stitch using a ¼" seam allowance, making sure to leave a 3" opening in the bottom of the pocket piece. Clip the seams and turn the pocket right side out through the hole. Press the pocket, turning the opening under as you press. Fold the sewn pocket piece down about 1 ½" and press, if desired, as this fold is mainly decorative. Place the pocket where you would like it on the apron and stitch it in place, ensuring to backstitch at the top and bottom edges.

Attaching the Waistband

- **Attaching Skirt and Top to Waistband**
 - Run two rows of gathering stitches along the top edge of the apron skirt piece. Pull up on the gathering strings and pin the gathered skirt to one of the 2 ¼" x 20" waistband pieces. When pinning, ensure the fabric is right sides facing. Allow ½" of the waistband to hang over the edge of the gathered skirt piece on each end. Stitch the skirt to the waistband with a ½" seam allowance.
 - Pin the apron top piece to the other side of the waistband piece, matching the centers. The bottom of the apron top piece will be pinned to the top of the waistband piece, right sides facing. Stitch the apron top to the waistband with a ½" seam allowance.
- **Attaching Ties and Lining**
 - Pin one of the sewn waistband straps to the edge of the waistband piece. The straps should be "pleated" so that they fit inside the waistband, leaving ½" left on each side of the strap. Baste this strap in place. Repeat this process with the other strap.
 - Pin the second waistband piece (the waistband lining piece) to the sewn waistband piece along the top edge, right sides facing. Pin around to the sides of the waistband, but do not pin along the bottom edge of the waistband. Stitch the waistband lining with a ½" seam allowance, beginning at one side and continuing

all the way around to the other side, again taking care not to stitch the bottom edge.

Finishing

Turn the waistband lining to the back of the apron and press. When unfolding, the apron top "pops" up, as only the top seam of the waistband is sewn.

Fold under the raw edge of the waistband lining. Hand stitch the lining in place to fully finish the apron.