

# Cut-on elasticized waistband with casing

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<http://www.burdastyle.com/techniques/cut-on-elasticized-waistband-with-casing>

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General information about elasticized waistbands: Can be cut-on or separate. Cut-on waistbands are basically an extension of the garment. From the point where the garment should hit your waist, you add more length to the pattern piece/fabric to allow for the waistband casing. This extra length gets folded over to make the casing. Cut-on waistband types: “With a casing” is a more casual look; firm braided or woven elastics work best; elastic can be adjusted for a better fit later because the elastic is not caught in a seam. “Topstitched waistband” has a number of topstitched seams and spacing can vary according to your preference; can use drawstring elastic for this. Types of separate waistbands: “Smooth elasticized waistbands” are best for a slim-fitting garment because the waistband will look like a traditional waistband when stretched around the waist; firm elastic is best (1-1.25 inches wide). “Shirred waistbands” are best for fuller styles like a full skirt; works well with wide elastic; firm elastic is best; waistband can be topstitched. Information about elastic types: Firm elastics include nonroll elastics; the length of elastic should be cut to your waist measurement or 1-inch smaller. Soft elastics include knit elastics; the length of elastic should be cut 3 to 5 inches smaller than your waist measurement. Topstitching the elasticized waistband can cause the elastic to lose some stretch so shorten the elastic up to 1-inch to get a better fit. When joining the elastic ends, you have 2 choices. Overlapped method: best for soft elastics; overlap the elastic ends and use a wide zigzag stitch to secure; a 3-step zigzag stitch can also be used. Butted method: best for firm elastics; bring elastic ends together but don’t overlap (“butt ends”) and secure with a wide or 3-step zigzag stitch.

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**Step 1 — Add length to your pattern pieces for a waistband casing.**



If your pattern already called for a waistband with casing, you will see a waistline marked a couple inches below the top of the pattern piece. If your pattern does not have this already marked, extend the pattern piece two times the width of the elastic plus 3/4-inch. Example: 1-inch elastic, add 2-3/4 inches to the pattern piece (add to the waist height, not width).

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### **Step 2 — Finish the raw edge at the waist.**



Overlock with a serger, overcast with a sewing machine and overcasting presser foot, or zigzag the edges. Zigzagging the edges isn't ideal as the fabric may curl within the zigzag stitch (see picture).

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### **Step 3 — Fold over fabric to wrong side.**



Fold over amount equals the width of elastic plus 1/2-inch. Fold over and measure and pin as you go, all the way around the waistband. If you place the pins closer to the raw edge, you can press the folded edge without moving the pins.

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#### **Step 4 — Edgestitch close to the folded edge.**



Again, having the pins closer to the raw edge means you can leave them in while you stitch. I don't have a presser foot with a guide for accurate edgestitching so I improvised with a zipper presser foot. (Edgestitching link:

<http://www.sewingmachinesplus.com/media/products/techniques/edge-finish-edgestitching.pdf>)

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#### **Step 5 — Turn under and edgestitch the overcast/zigzagged edge. Insert the elastic.**



Turn under the overcast/zigzagged edge of the waistband casing and press. Edgestitch the turned under edge all the way around the waistband but leave a 2-inch opening for inserting the elastic. Insert a large safety pin in one end of the elastic (not too close to the end of the elastic, especially if the elastic ravel easily). Thread the elastic through the sewn waistband casing, shifting the fabric along the elastic as you go. You can pin the other end of the elastic to the opening in the waistband casing to prevent losing it in the casing.

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#### **Step 6 — Join the ends of the elastic.**



When you reach the other end of the casing opening, pull several inches of each end of the elastic out so you can join the ends. You may overlap the ends or butt the ends. In either case, use a wide zigzag or 3-step zigzag stitch. (Overlapping/butting the ends: <http://julstech.blogspot.com/2010/01/64-elasticized-waistbands.html>)

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#### **Step 7 — Prepare to close the waistband casing opening.**



Preparing to close the opening.

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**Step 8 — Close the waistband casing opening.**



Edgestich closed.

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**Step 9 — Distribute the fabric evenly along the elastic. Stitch in the ditch to anchor the elastic.**

After distributing the fabric, you should anchor the elastic at the center front, center back, and 2 side seams of the waistband to keep the fabric evenly distributed. You can use a stitch-in-the-ditch presser foot or a zipper foot. (Stitch in the ditch: <http://www.sewingmachinesplus.com/media/products/techniques/stitch-in-the-ditch.pdf>)

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