

How to add/install a waist stay- "Fiskars Unzipped"

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<http://www.burdastyle.com/techniques/how-to-addinstall-a-waist-stay>



Take stress off your waist!!! When your zipper in the back is hard to zip up around the waist this will help it zip nicely. I am going to show you step by step how to add a waist stay to a dress I am making that I ran into this issue. A waist stay is a ribbon or elastic the is usually in corsets, skirts and dresses so it takes the stress off your zipper and shoulders (depending on what you're adding it to) at your waist (or you can even add to your bust). It is more of a couture technique. It makes the zipper go up more smoothly and helps your garment lay better and stay better.

Step 1 — supplies



I used a couple different books to help me with exactly what I wanted. Use 3/4" Petersham grosgrain ribbon instead of regular grosgrain. Petersham is a "unhinged" scalloped grosgrain ribbon that gives it flexibility. I used 2 hook & eyes which are hand sewen on. You can also make one out of elastic to if you want.

Step 2 — measure



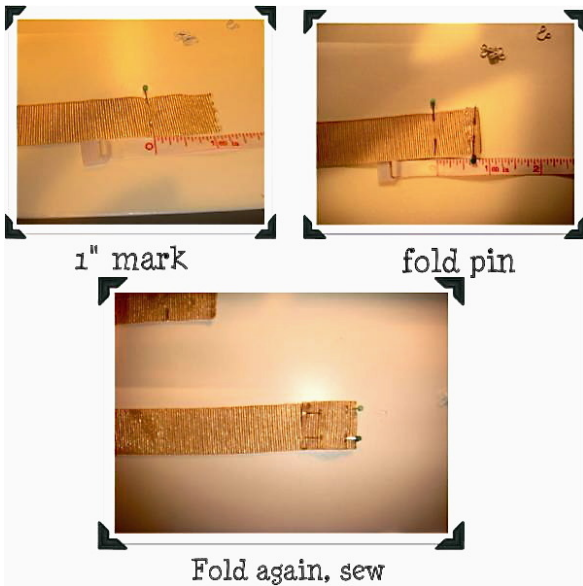
Measure all the way around and add 1-1.5" to each end of the ribbon to fold under later.

Step 3 — find points



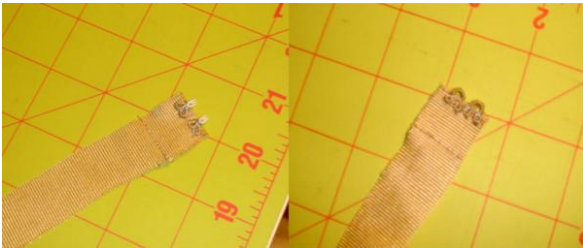
Find the center of your garment and ribbon and mark with a pin, then pin it down. Then pin stress points but leave 2" open at the end from zipper in. I was lucky and my stress points are at seams and boning.

Step 4 — sew ends in



Next, take your ribbon off your garment. Making sure to keep the spots you pinned down marked in some way on both garment and ribbon. Then take your extra 1-1.5" at the end and fold a little in and iron it. Then, fold in again, iron, pin it and then sew it. Use either the machine or hand sew (I used a machine to sew it).

Step 6 — hook & eye



sew on 2 hook & eye closures. I covered my eye with thread doing a blanket/button hole stitch.

Step 7 — x marks the spot



Step 4 — sew ends in

After you sewn the hook & eyes on; you are ready to pin your stress points down (remember you marked the spots earlier). After you pin down your points, hand sew them down in an "X" shape. Some info says to do a french tack. Be careful not to go all the way through to the front of your garment.

Step 8 — Finished!!!!



Now try on your garment, hook, and enjoy a no struggle zipping experience!! Any questions or if I forgot to add something let me know. Hope this was a great how to.

Step 5 — finished sewen ends



this is what it should look like

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