

FASHION FORWARD: SUSTAINABLE STYLE THROUGH CREATIVE REUSE  
WITH BLAKE MORE

## PROJECT WORKBOOK

FEATURING THE UBIQUITIOUS T-SHIRT

OF PEOPLE 18-24 YEARS OLD,

79% OWN MORE THAN 10 T-SHIRTS

19% OF THAT GROUP

HAVE MORE THAN 30 T-SHIRTS EACH

These projects are designed to be mixed and matched, combined, and used as a launching pad for other ideas. All can be sewn by hand or with a machine. Projects suitable for 7-12 grade and up.

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# IPOD CASE

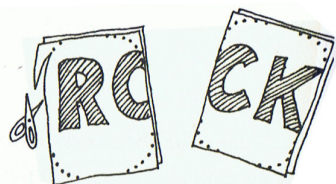
**1** Lay the T-shirt flat and decide what part of it you'd like to have appear on the outside of the cozy (most likely a graphic from the front or back). From that area, cut two 3" by 4¼" rectangles (through both layers of fabric). Pin each of the double-layered rectangles together.



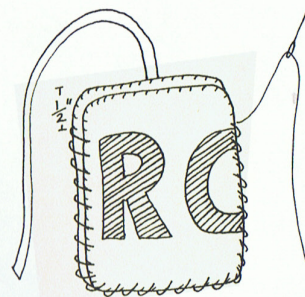
## ingredients

- 1 T-shirt
- ruler
- tailor's chalk
- scissors
- straight pins
- needle
- thread
- 1 punk pin

**2** With your scissors, gently round off the corners of the rectangles, as shown.



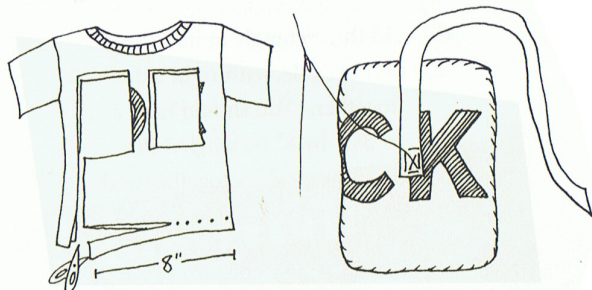
**5** Place the two sewn pairs together, graphic sides out. Sew the panels together on three sides (stopping ½" from the top edge, as shown), using a whipstitch.



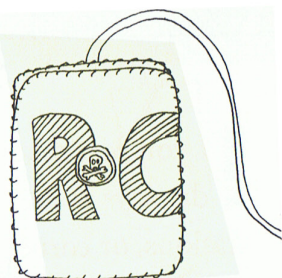
**3** Sew around the edges of each pair of rectangles (completely sealing them) using an external whipstitch.



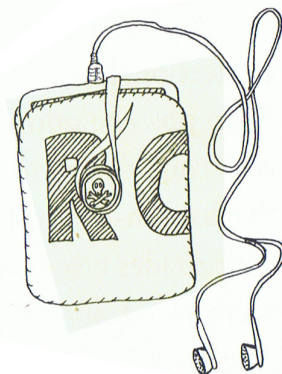
**4** Cut a strip (about ½" by 8") from the rest of the T-shirt. Secure one end of the strip to the center of one of the sewn pairs (on the graphic side) using a single boxed cross-stitch.



**6** Pick your favorite punk pin and attach it to the center of the front of the pouch (opposite the strip, step 4), being sure to pin through only the first layer of the front panel. (If you go through both layers of fabric, you might scratch your screen.)



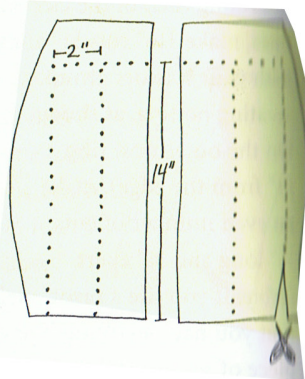
**7** Make your music selection, slip the player in, wrap the strip snugly around the pin, and plug in.





# ARM-CUFFS

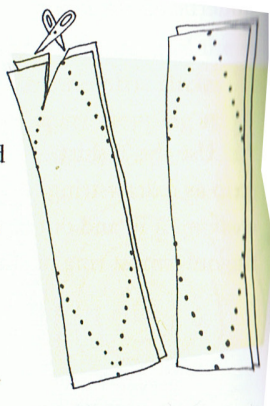
**1** Lay the two shirt sleeves flat, cut them open along the seam, cut off the hems, and then cut two 2" by 14" rectangles from each sleeve.



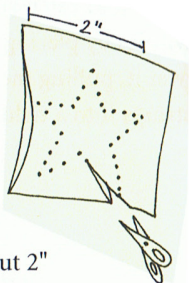
## ingredients

- 2 large T-shirt sleeves
- ruler
- tailor's chalk
- scissors
- 1 T-shirt sleeve in a different color
- needle
- thread
- straight pins

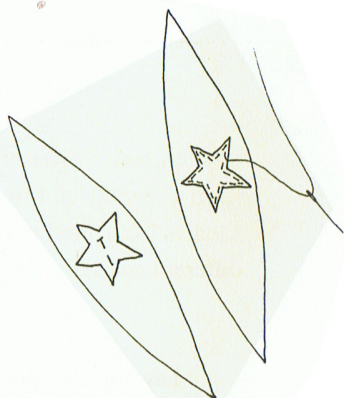
**2** Pair off the strips and lay them on top of each other, wrong sides together. Mark and trim the corners so that each strip comes to a point at both ends (for tying).



**3** From the third T-shirt sleeve, draw and cut out two five-pointed stars, measuring about 2" from point to point.

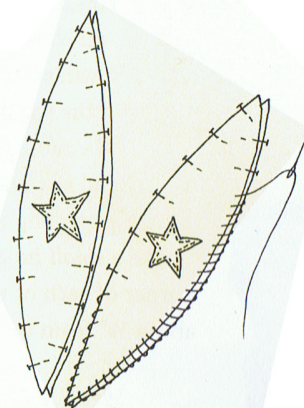


**4** Separate two of the strips and lay them right side up. Place one star in the middle of each strip and pin it in the center. Using a running stitch, appliqué the stars in place.

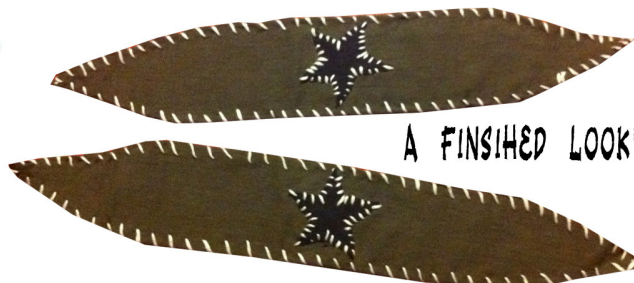


**5** Now pin the top layers (with the stars) to the bottom strips (sans stars), wrong sides together.

**6** Sew around the edges of the wristbands using a whipstitch. (Note: If you're lucky enough to be using a sewing machine, use a zigzag stitch around the perimeter, which allows stretch around the wrist.)



**7** Remove all pins and tie them on.

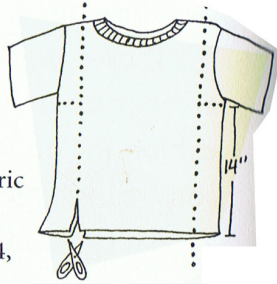


A FINISHED LOOK!



# GAUNTLETS

**1** Mark and cut two rectangles at least 8" to 10" wide and 12" to 16" long from the sides of a T-shirt. (Note: The two pieces of fabric you cut off the sides of your Classic Punk tank, project 14, will work perfectly.)

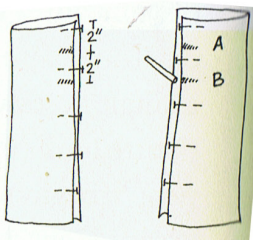


## ingredients

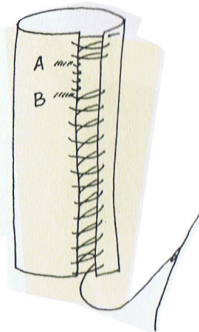
- 1 T-shirt
- ruler
- tailor's chalk
- scissors
- straight pins
- needle
- thread

**2** Fold the pieces in half lengthwise, right sides in, and pin along the edges.

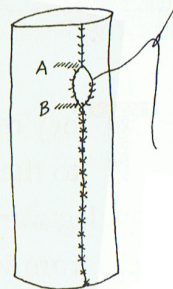
Mark with chalk at 2" (A) and 4" (B) along the open edges.



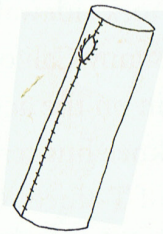
**3** Using a whipstitch, sew the two pinned edges together. When you get to the first mark (A), sew along the edge of just one layer of fabric. At the second mark (B), resume sewing both layers together.



**4** When you reach the end, reverse direction and restitch the seam. Again, at the second mark (B), sew only the single (unsewn) layer of fabric to finish off the thumbhole at A. Continue stitching through both pieces of fabric to the end. Repeat with other gauntlet.



**5** Knot the threads, snip off the ends, turn your gauntlets right side out, and slip 'em on for some immediate payoff.

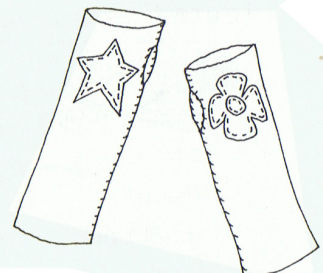


A FINISHED LOOK!

## variations

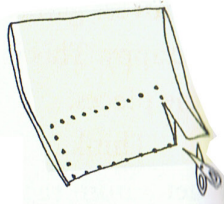
**T**o show off your stitching, use a thread color that doesn't match the T-shirt fabric.

**B**efore stitching the sides closed, appliqué a star or flower to the outer side.

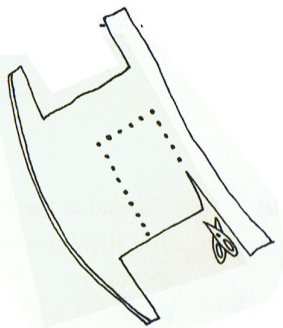


# T-FLOWER

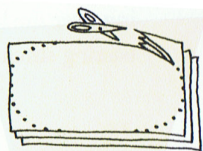
**1** Lay the T-shirt sleeve flat and mark and cut (through both layers) a rectangle  $3\frac{1}{2}$ " by  $1\frac{3}{4}$ ".



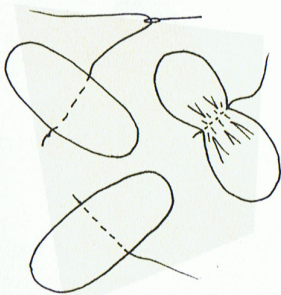
**2** Use one rectangle as a pattern to cut a third identical rectangle from the rest of the sleeve.



**3** Layer all three rectangles on top of each other and, with your scissors, round off the corners to make a pill-shape.

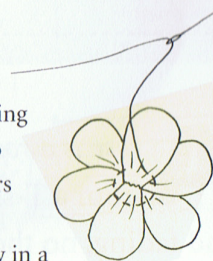


**4** Separate the three pill-shaped pieces and sew right down the center of each piece using a basting stitch, as shown. Pull the hanging thread ends together, gathering the fabric in the center, and tie the ends of your thread (creating a peanut or hourglass shape).

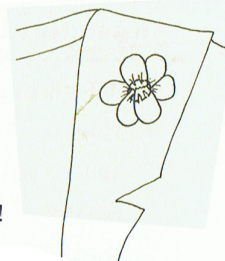


**5** Layer the three pieces on top of each other, rotating each slightly, so that they splay out like a fan (and will look like petals of a flower). For a more full-figured flower, double the recipe and use six pill-shaped pieces.

**6** Pinch the petals together between your thumb and forefinger. Inserting your needle from the back to the front, sew the fabric layers in petal formation using a running stitch. (You may sew in a circle for a decorative flower center, but more haphazard stitches are fine, since they'll be hidden in the gathers.)



**7** Now sew or pin the flower to one of your leg warmers or gauntlets, or attach it to a hair ribbon for flowers in your hair!



## ingredients

- 1 T-shirt sleeve
- ruler
- tailor's chalk
- scissors
- needle
- thread

## variations

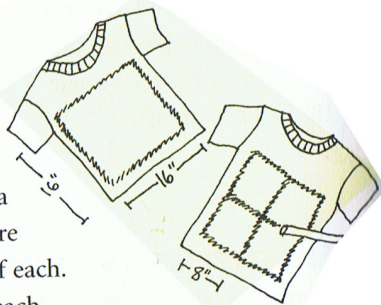
**F** or a **no sew** version, pin all the splayed-out petal layers together in the middle from the back with a safety pin and attach a round punk pin to the front as the flower's center.





# T-SCARF

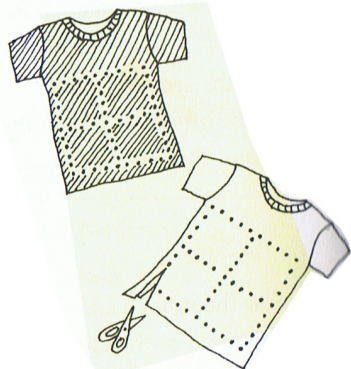
- 1** Lay both T-shirts flat, and measure and mark with chalk a 16" by 16" square on the front of each. Then divide each square into four 8" by 8" squares.



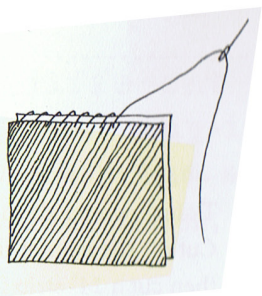
## ingredients

- 2 T-shirts (L, in different colors or patterns)
- tailor's chalk
- ruler
- scissors
- needle
- thread

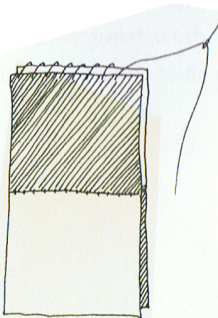
- 2** Cut along the chalk lines, through both layers. You'll end up with eight squares (front and back layers) from each T-shirt.



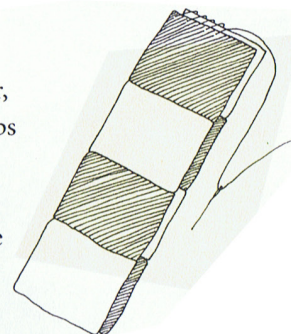
- 3** Place two different-color squares right sides together and sew along one edge using a whipstitch. (You now have one 8" by 16" rectangle.) Repeat until you have eight 8" by 16" rectangles.



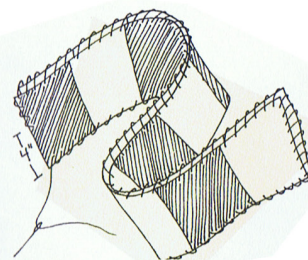
- 4** With right sides together, sew two rectangles along one 8" edge so that the colors of the squares continue to alternate. Repeat until you have four longer rectangles (about 8" by 32").



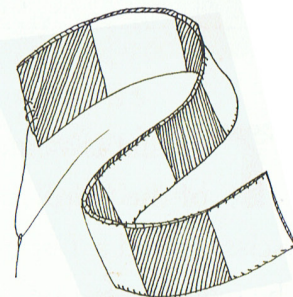
- 5** With right sides together, sew two of the 8" by 32" strips together along one 8" edge. Repeat with the other two strips. (You should now have two patchwork strips that measure approximately 8" by 64".)



- 6** Place the two strips on top of each other (right sides together) and sew together with a whipstitch around all four edges, leaving 4" open (unsewn).



- 7** Pull the scarf through the 4" opening to turn it right side out and stitch the 4" open edges closed with a small whipstitch.

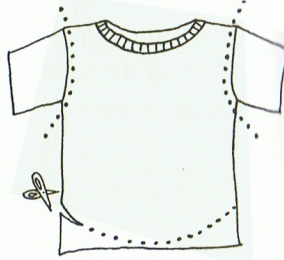




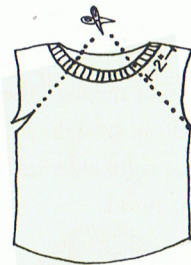
# BASEBALL SLEEVES

**1** Lay the T-shirt flat and cut off the sleeves just inside the seams.

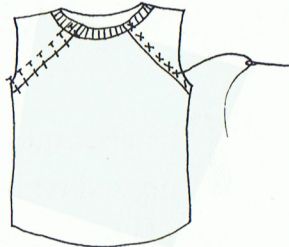
**2** Cutting through both layers, make an arc at the bottom of the shirt, as shown (this means the shirt will be slightly shorter—2" to 3"—at the sides than at the front and back).



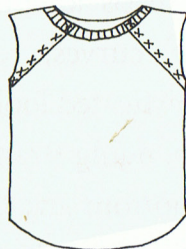
**3** Mark and cut on a diagonal line (through both front and back layers) from the bottom of the armhole through the neck band, 2" down from the shoulder seam, as shown. Repeat the diagonal cut on the other shoulder.



**4** Overlap the newly cut edges (shoulder pieces on top) about 1/2" and pin them back together. Using a cross-stitch, sew along the length of the pinned and overlapped edges.



**5** Remove the pins and get ready to rumble.

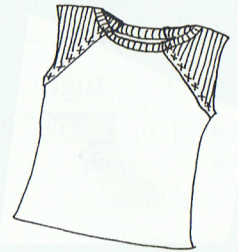


## ingredients

- 1 T-shirt
- scissors
- ruler
- tailor's chalk
- straight pins
- embroidery needle
- embroidery thread

## variations

**S**ew on shoulder pieces using material from another T-shirt in a contrasting color.

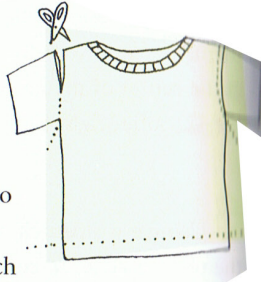


**T**o complete the sporty look, cut out a number (if there isn't already one printed on the T-shirt) from your scraps (a sleeve will work), pin it to the front or back, and sew along the edges with a running stitch.

# HALTER-T

**1** Turn the T-shirt inside out, lay it flat, and cut off the sleeves just inside the seams. Cut a 1" strip off the bottom to use later as a drawstring.

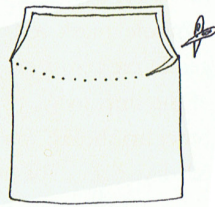
*Note:* If the T-shirt is much too wide for you, now is the time to clip a little off the sides and resew the seams farther in—see the Classic Punk tank top, project 14, as a guide.



**2** On the front, cut slight diagonal lines from the base of each armhole to the top of the shoulder (about 3" to the left and right of the neck band), as shown. Then cut a straight line across the top, through both layers



**3** On the back, mark and cut (through only the back layer) a gentle arc from the bottom of one armhole to the bottom of the other. Remove the excess fabric.



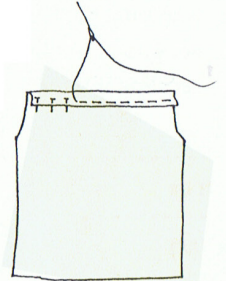
(back)

**4** Flip the shirt over and fold the top edge down 1½" against the front of the shirt. Pin in place.

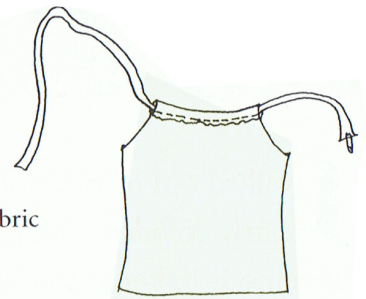
## ingredients

- 1 T-shirt
- scissors
- ruler
- tailor's chalk
- straight pins
- needle
- thread

**5** Using a running stitch or backstitch, sew along the pinned area 1" from the folded edge. Remove pins.



**6** Thread the drawstring through the casing completed in step 5, and bunch the fabric around it.



**7** Turn the halter right-side out, try it on, and tie the drawstring ends at the back of your neck. (You can tie a small knot at each end of the string to keep it from slipping out of the casing.)





# BRAIDED HALTER T

NO SEW

## ingredients

- 1 T-shirt (M)
- scissors
- ruler
- tailor's chalk
- T-shirt scraps
- 2 safety pins

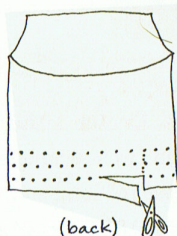
**1** Flip the T-shirt so the back is facing up, cut off the sleeves (inside the seams), and cut a gentle arc through only one layer from the base of one armhole to the base of the other.



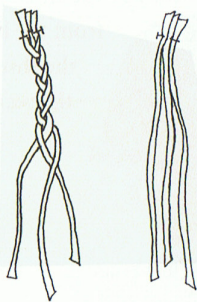
**2** Flip the T-shirt so the front is facing up. Through the front layer *only*, cut a straight line across from the middle of one armhole to the middle of the other.



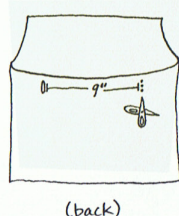
**3** Cut off the hem and then cut three 1"-wide strips off the bottom of the shirt, through both layers. Trim them to about 30" in length and choose three complementary 1"-wide and 30"-long strips from your scrap pile.



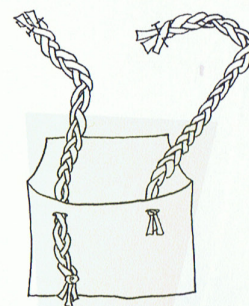
**4** Pin the ends of three of the strips together and braid them. Repeat with the other three.



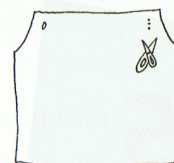
**5** At the center back, about 1" down from the edge, poke two small holes 9" apart.



**6** From the outside of the shirt, thread the loose end of one braid through one of the holes. Pull it through until you have a 7"-long "tail." Tie that end in a knot. Repeat on the other side with the other braid.



**7** Snip a small hole in each of the top corners of the front of the shirt, 1" in from the sides.



**8** Try on the shirt, cross the straps in the back, and thread them (inside to outside) through the holes you made in the front. Adjust the length of the straps, remove the pins, and knot the ends. Trim the ends and you're good to go.



## variations

**U**se four safety pins to attach the straps (instead of poking the holes in steps 5 and 7) for another **no sew** version.



**C**ut three more strips off the bottom of the shirt to make two straps of the same color—it'll shorten step 3, and shorten the shirt.



# SIDE CINCH T

## ingredients

- 1 T-shirt
- scissors
- straight pins
- needle
- thread

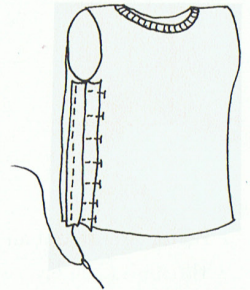
**1** Turn the T-shirt inside out and lay it flat. Cut off the sleeves just inside the seams.



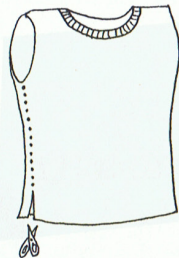
**2** Cut off the bottom hem just above the stitching, then cut two 1" strips off the bottom of the shirt to use as drawstrings.



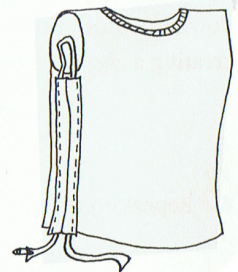
**6** Fold the 1" seam allowance open and pin it flat. Using a backstitch, sew along the outer edges to create two tunnels (drawstring casings). Repeat on the other side. Remove pins.



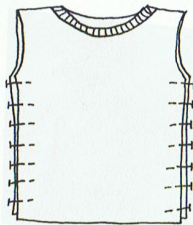
**3** Cut vertically up each side, from the bottom of the shirt to the bottom of the armhole.



**7** Starting at the bottom, thread one drawstring up one tube and back down the tube next to it. Repeat on the other side with the other drawstring.



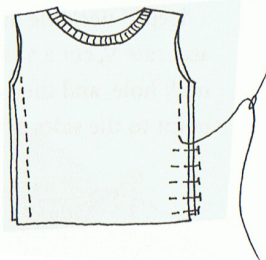
**4** With the inside still facing out, pin the cut edges together, 1" in from the sides. (Do this on both sides of the shirt.)



**8** Turn the shirt right side out and ruche the fabric by pulling the two ends of the drawstrings. Experiment with how much skin you want to show and tie the ends at the bottom.



**5** To attach the front and back panels of the shirt, sew along the pinned area, using a short (1/8") running stitch.



A FINISHED LOOK!

# TANK-TOP

NO SEW

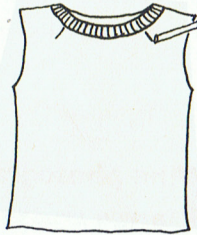
**1** Lay the T-shirt flat and cut off the sleeves just inside the seams.



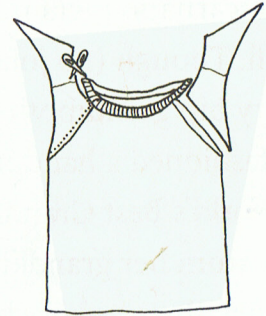
## ingredients

- 1 T-shirt (S, relatively fitted)
- scissors
- chalk
- ruler

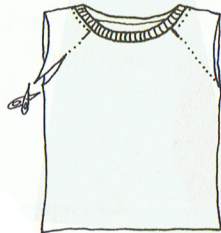
**2** Measure and mark 2" along the neck band from where the neck band and shoulder seam meet. Draw a line from each chalk mark to the bottom of each armhole. Repeat on the back.



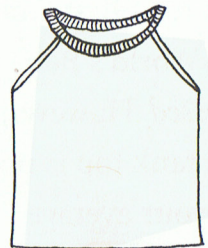
**4** Cut along the two chalk lines at the back from the neck band to the bottom of each armhole.



**3** Cut along the chalk lines from the bottom of the armholes to the neck band. Then cut around the edge of the neck band (through the shoulder seams on both sides) until you reach the corresponding chalk marks on the back.



**5** Remove excess fabric and try on the tank to show how chic your shoulders can be.

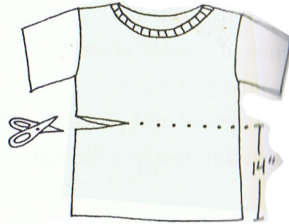


A FINISHED LOOK!



# CINCH SKIRT

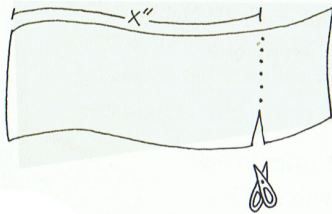
**1** Lay the T-shirt flat. Cut off the hem just above the stitching and then cut a 14" tube off the bottom.



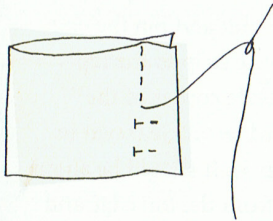
## ingredients

- 1 T-shirt
- measuring tape
- scissors
- tailor's chalk
- straight pins
- needle
- thread
- 1 safety pin

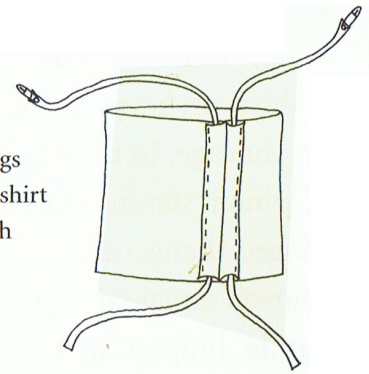
**2** Cut through one side of the tube to make a long rectangle. Add 3" to your waist measurement, and mark that length along the long side of the rectangle, cutting off the excess.



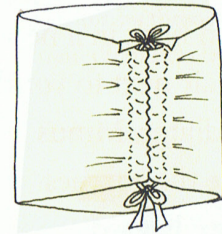
**3** Fold the rectangle in half (right sides in, short edges together), pin along the edges, and sew a seam 1" to 1½" from the edge using a running backstitch.



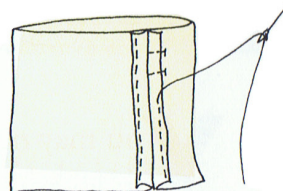
**5** Cut two drawstrings from the rest of the T-shirt and thread one up each casing.



**6** Turn the skirt right side out and try it on. Ruche the fabric as desired and tie both drawstring ends in bows.



**4** Open the seam flat and sew the 1" seam allowance to the skirt with a running stitch or whipstitch to create the drawstring casing.



## variation

**t**ry using a contrasting color strip from your scrap pile or a ribbon as the drawstring.

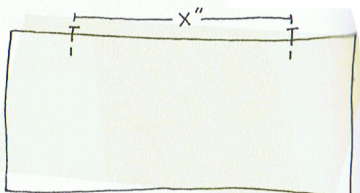


# CINCH SKIRT - FLAP VARIATION

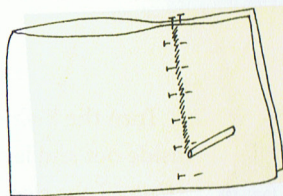
**1** Lay the T-shirt flat. Cut through both layers on a horizontal line, from the bottom of one sleeve to the bottom of the other. Cut off the hem just above the stitching and then cut through one side of the tube to make a rectangle.



**2** Along the top of the rectangle (the top of the skirt), center and mark (with straight pins) your waist measurement (x).



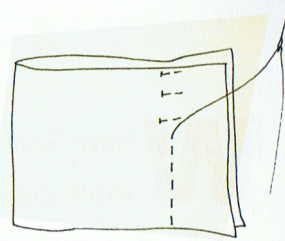
**3** Fold the rectangle in half horizontally (wrong sides in) so that the two pins you placed in step 2 match up. Draw a straight line down from the pins, perpendicular to the top and bottom of the skirt. Pin the two layers together along the line.



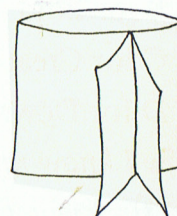
## ingredients

- 1 T-shirt (L or XL)
- scissors
- measuring tape
- straight pins
- tailor's chalk
- needle
- thread

**4** Sew along the pinned line using a running backstitch. Remove pins. (You should have a wide external seam.)



**5** Slip the skirt on, trim the flaps if you like, and give it a twirl!



# POCKET SKIRT

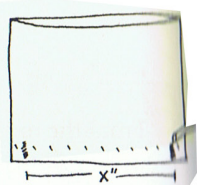
## ingredients

- 2 T-shirts (1 S/M, 1 L/XL)
- measuring tape
- tailor's chalk
- scissors
- straight pins
- needle
- thread

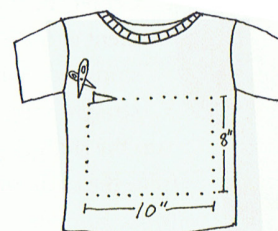
**1** Turn the larger T-shirt inside out and lay it flat. Measure 13" up from the bottom hem and cut straight across the shirt (removing the top of the shirt and creating a rectangle).



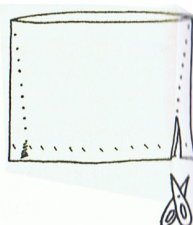
**2** Divide your waist measurement by 2 (x). Center and mark that measurement across the bottom hem of the shirt. (This will become the top of your skirt.)



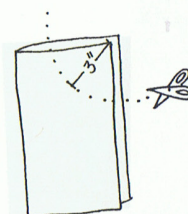
**6** For the pocket, take the smaller T-shirt and cut a rectangle approximately 10" wide and 8" high through one layer.



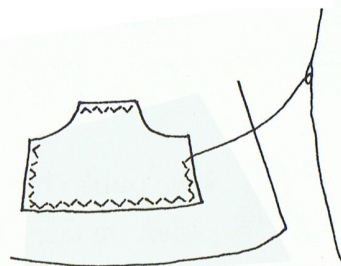
**3** Mark and cut a straight line angled from one chalk mark to the upper corner on the same side of the rectangle. Repeat on the opposite side. (You should have two trapezoid-shaped layers of fabric.)



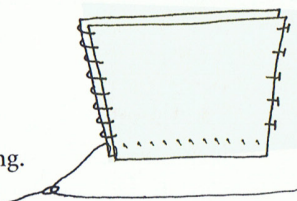
**7** Fold the rectangle in half vertically. Mark and cut a 3" arc out of the corner, through both layers. Unfold it and center it right side out on the front of the skirt. Pin it in place.



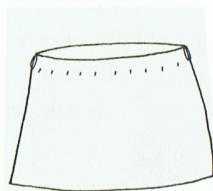
**8** Using a running or zigzag stitch, sew along the top, bottom, and two sides of the pocket. Remove pins.



**4** Pin and sew (using a whipstitch) the angled sides together, stopping just before the shirt's hem stitching.



**5** Turn the fabric right side out and flip the top and bottom. (You should have a short A-line skirt.)



**9** From the second T-shirt, cut two strips 1" wide and 24" long. Thread them through the front and back waistband of the skirt (the casings created by the hem of the first T-shirt). Tie on each side.

