

How to print the front and back pages

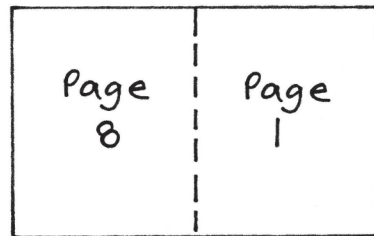
(don't print this page)

The front and back pages print out on 2 pages of A4 paper, yielding 8 pages each front and back.

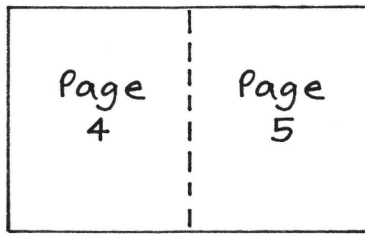
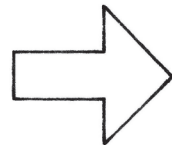
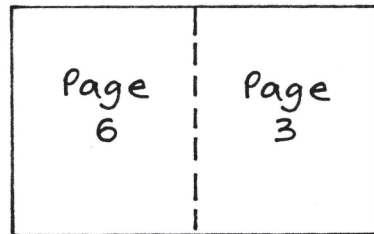
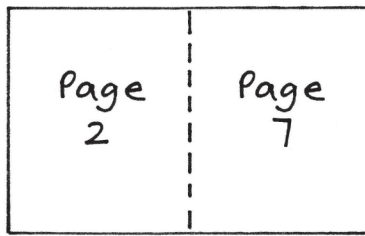
There is enough margin to allow printing on US letter size too, or you could print "fit to page".

The FRONT is numbered i-viii and the BACK is numbered 145-152.

1. Print this page...

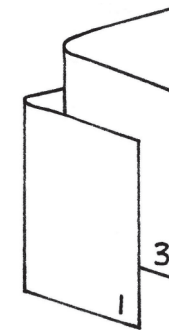


...and print this on the reverse.

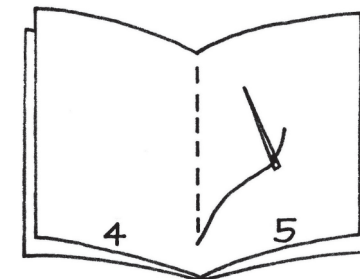


I recommend feeding the sheets through the printer one at a time, selecting "print current page".

2. Fold the pages in half and put them in order.



3. Sew on the centre crease, by hand or machine.



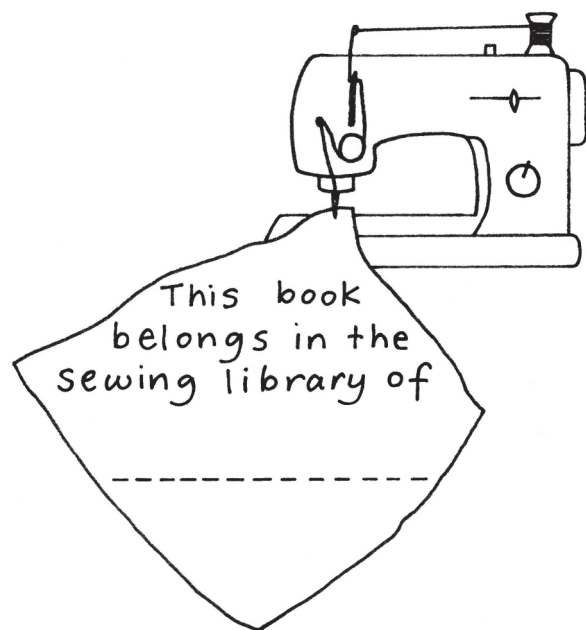
Welcome!

A Year of Zero Waste Sewing is an eclectic mix of zero waste patterncutting techniques, ideas for garment longevity, sewing patterns, FAQs and stories from zero waste designers.

Its intention is to give practical ways of making zero waste sewing patterns and reducing waste within a bigger picture of responsible fashion.

This book was experimentally published as a series of 12 e-zines, to be home printed or read on-screen by the reader.

I thank everyone who ordered instalments, trusting that eventually there would be all 12 to hand bind into this book. It has been a joy to write and be part of your zero waste adventures.



Projects

- 26 Modular Jacket
- 55 Satchel
- 76 Eura Dress
- 103 Bias top/dress
- 136 Pleated top

Questions

- 12 Is the grainline important? Is it harder to do alterations?
- 24 Is it OK to cut across the cloth? Do I need training in regular patternmaking?
- 36 Is using scraps as appliqué OK? Thoughts on minimal waste?
- 48 Can you tell if a garment is zero waste? Should large sizes be like small sizes after grading?
- 60 Why are zero waste patterns boxy and voluminous? Should we only count the main fabric as zero waste?
- 72 What if my fabric is the wrong width? How did you transition to being a zero waste patternmaker?
- 84 Why don't we just use scraps for stuffing? Are there difficult fabrics for zero waste?
- 96 Does zero waste give rise to a particular aesthetic? What kind of patterns should we be making zero waste?
- 108 How could I transition my business to zero waste? What's a good item to start with zero waste patternmaking?
- 120 Is it OK to cut through paper *and* fabric? What inspired you to work with zero waste?
- 132 What mistakes have you made? Are there more suitable construction methods for zero waste?
- 144 What positive surprises have there been? How can zero waste be adopted in industry?

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A Year of Zero Waste Sewing

A Year of Zero Waste Sewing was written and published as a series of zines during 2022-2023.

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The concepts and projects in this book may be used to sew physical items to sell.

Technical editor Anthea Martin
Editor Nan Berrett

This book was written on Ngadjuri land and Liz Haywood pays her respects to Elders past and present.

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A Year of Zero Waste Sewing

*A year of exploration, making and musings on
zero waste patterns and clothes*

Elizabeth M Haywood



Bibliography

Buttons

- ✂ Thread shirt button tutorial:
fabricfiction.com/2018/01/31/tutorial-thread-shirt-buttons/
- ✂ Button making videos (various)
by Gina-B Silkworks on YouTube.
- ✂ Wooden buttons tutorial:
www.twigandtale.com/blogs/twig-and-tale-blog/handmade-wooden-buttons
- ✂ Medieval cloth stuffed buttons
demonstrated by Kacy Burchfield
www.youtube.com/watch?v=qUMtO0wqCqY&t=292s
(10:10mins)

Eura dress and other historical reconstructions

- ✂ www.vikinganswerlady.com
- ✂ <https://nattmal.wordpress.com/2018/09/04/eura-kirtle/>
- ✂ <https://medievalexcellence.com/2020/11/07/cut-and-construction-of-the-finnish-eura-underdress/>
- ✂ <https://lightwood.lochac.sca.org>

Tessellations

- ✂ *Designing Tessellations* by J Beyer (Contemporary Books 1999)

Gussets, gores and godets

- ✂ http://www.renaissancetailor.com/demos_goresgussets.htm
- ✂ <https://www.mdhistory.org/inside-mr-darcys-drawers/>

Bias cut

- ✂ *Bias Cut Blueprints* by J Bramson and S Lenahan (Fashion in Harmony 2014)
- ✂ *Halston - An American Original* by E Gross and R Rottman (HarperCollins 1999)

Pleating

- ✂ *Complete Pleats* by P Jackson (Laurence King 2015)
- ✂ *Shadowfolds* by J Rutzky and CK Palmer (Kodansha 2011)

Essential Reads

(in addition to the great books in the Bibliography)

Zero Waste Cutting and Sewing

Zero Waste Fashion Design by T Rissanen and H McQuillan (Bloomsbury 2016, 2023). Strategies and techniques for zero waste patterncutting.

Zero Waste Sewing by EM Haywood (Cooatalaa Press 2020). 16 zero waste projects to make and wear, with patternmaking discussion.

Zero Waste Nähen by S Kroth (Stiebner 2022) (in German). 25 zero waste projects to wear; interesting styles and creative, innovative patternmaking.

Zero Waste Patterns by B Helmersson (Quadrille 2023). 20 projects to sew your own wardrobe, with a cool Scandi minimalist vibe.

Historical

Cut My Cote by DK Burnham (Royal Ontario Museum 1973, 1997). A slim book showing traditional clothes cut to fit the available fabric width.

The Medieval Tailor's Assistant by S Thursfield (The Crowood Press (2001). Garment cutting and sewing using archaeological and historical sources.

Medieval Garments Reconstructed (Aarhus University Press 2001). Garments found at archeology sites in Greenland, with patterns.

Costume Close-Up by L Baumgarten and J Watson (The Colonial Williamsburg Foundation 1999). 18th century garments in the collection of the Colonial Williamsburg Foundation, with patterns and construction.

Clothes From The Hands That Weave by AL Mayer (Echo Point Books 1984). Ancient woven clothing styles and construction with creative ideas for weaving and sewing them now.

About the Author

Liz Haywood is a former industry patternmaker who enjoys home sewing and making things. She worked for 20 years in Australia and the UK, across a wide range of garment types, including uniforms, bridal, active wear, swimwear, made-to-measure and seasonal ranges. She also taught sewing. For some years, Liz worked as a clothing cutter and witnessed (and helped create) the volume of fabric scraps generated by factories, which was so normal no-one even discussed it, except to ask if it was bin day.

In 2016, Liz read *Zero Waste Fashion Design* (Rissanen/McQuillan, 2016 Bloomsbury) and immediately clicked with zero waste patterncutting.

Four years later, she went hard core and decided to *only* make zero waste patterns from now on, and continues to explore the exciting challenges it brings.

Previous books by Liz Haywood are

The Dressmaker's Companion - A practical guide to sewing clothes (2017)

Zero Waste Sewing - 16 projects to make, wear and enjoy (2020)

Please visit Liz's blog *The Craft of Clothes* at lizhaywood.com.au for weekly posts on sewing, fashion and zero waste patterncutting.



Other books

Madeleine Vionnet by B Kirke (Chronicle Books 1998). Part biography, part study of Vionnet's innovative cutting and construction.

Vionnet (Bunka Fashion College 2002) (in Japanese). 28 of Vionnet's patterns with scale layouts and sewing instructions.

Make Your Own Japanese Clothes by J Marshall (Kodansha 1988). A creative sourcebook for cutting and sewing Japanese clothes.

How to Sew Sustainably by W Ward (CICO Books 2021). 20 textile projects that reuse, refashion or are minimal waste.

Cuts of Cloth by AS Wiseman (Little, Brown & Company 1978). Traditional and modern clothing patterns, simple enough for children to make.

Creating with Shapes by U Doshi (COS 2017). Patternmaking with simple geometric shapes to produce highly original shapes and silhouettes.

Creative Dressing by K O'Connor (Routledge & Kegan Paul 1980). Cutting and sewing instructions for classic late 1970s ethnic-inspired fashion.

Vintage Menswear by Sims, Lockett and Gunn (Laurence King 2012). A collection of garment details taken from 20th century menswear.

The Art of Manipulating Fabric by C Wolff (Krause 1996). An encyclopedia of techniques that resurface, reshape, restructure and reconstruct fabric.

Modern Mending by Erin Lewis-Fitzgerald (Affirm Press 2020). The one mending book you should own.

The Dressmaker's Companion by EM Haywood (Cooatalaa Press 2017). A comprehensive sewing reference with step-by-steps, troubleshooting and fitting advice.

Acknowledgements

Much love and thanks to my dear family, who by now know that Mum's book is *Zero Waste* not *Waist*. This "Year of..." book has been with us for two years! Thank you for helping me in so many ways; I can't even begin to say how much I appreciate it. Special thanks to Lillian for editing all the sew-a-long videos.

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