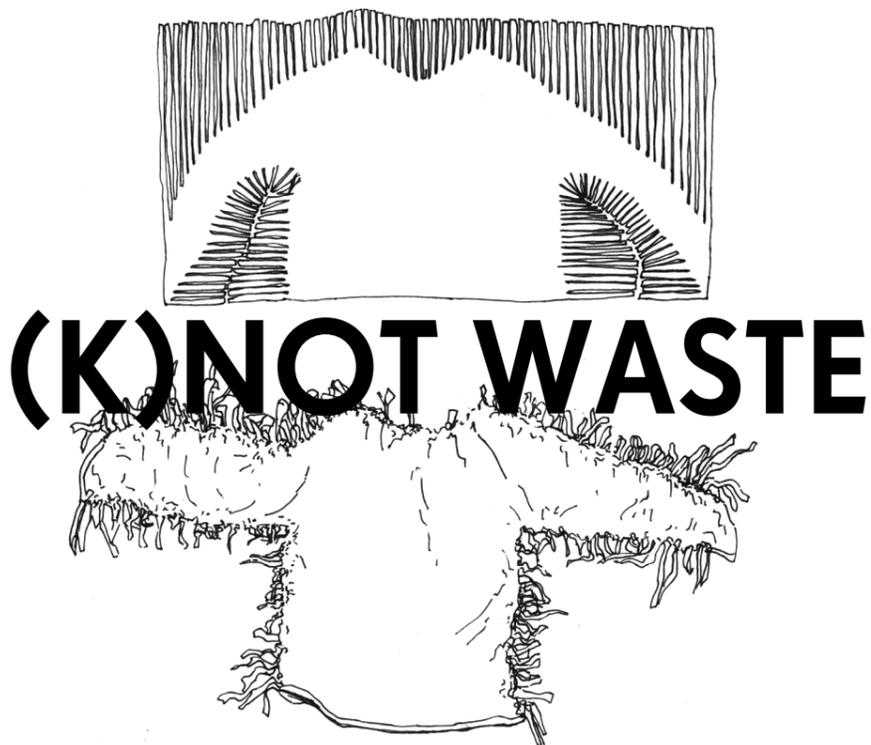


MAKERS MANUAL #37

Sarah Brunnhuber (Stem)



INTRODUCTION

This manual introduces the principles of zero-waste production which can be applied to any material, industry, or production process. It reimagines the garment construction process that on average wastes 15-25% of fabric due to off-cuts. You will create a simple zero-waste garment, upcycling unused home textiles and utilising the material to its fullest. Due to the nature of current looms, a woven fabric is by default always a rectangle. By cutting and knotting you change the fabric's original characteristics so that it functions in a new way. The repetitive knotting motion symbolises the work that goes into making all our garments, hopefully making us question our future consumption habits.

FABRIC PREPARATION STEP

Iron your fabric if wrinkled. If your fabric has a hem in it already, position this to the bottom, to give your garment a nice clean edge along the bottom hem. Cut the fabric in half to make two equal sized pieces: this will form the front and back of your garment. If your fabric is significantly longer (e.g. more than 20cm) than the stencil garment you have chosen, cut it to the length of your stencil garment - the leftover fabric can be used for another project.

STEP 1

Place the two fabric pieces on top of each other, back-to-back, so that both front sides are facing outwards. Place your stencil garment flat on top, facing upwards. I am using a long sleeved t-shirt. Spread out the arms as far as you can fit them on the fabric.



STEP 2

First draw your neckline. You need to ensure that there is enough space for your head to fit through as most woven fabrics are non-stretchy. Using your measuring tape, measure the circumference of your head at the level of your forehead and divide this number by 4. Lay the measuring tape flat on your fabric and mark this distance starting from the top centerpoint of the garment: this is the point where your neck line will start. Repeat this on the other side. Then make a mark at the bottom of the stencil garment's neckline and draw a curve linking the two points on each side.



STEP 3

Trace around the rest of your garment using your pencil. This only needs to be done on the top fabric layer as your garment will be symmetrical.



STEP 4

Remove your stencil garment and pin the two fabric pieces together inside the traced area so that the two layers of fabrics don't move apart during cutting.

STEP 5

Along the bottom line, mark the midpoint between the pencil lines of one sleeve and the adjoining side of the garment. Lay your measuring tape so that you get a diagonal



LIST OF THINGS

MATERIALS

- A short/long-sleeved t-shirt or vest from your wardrobe as your stencil garment
- A tightly-woven unused table cloth, sheet or curtain. (If it is too loosely woven with thick yarn, it might come apart when you cut into it). The fabric should be large enough to fit your stencil garment twice: front and back, with arms spread out and leaving an extra 3cm above the neck-line to make sure your fringes will be long enough to knot.

TOOLS

- Pencil, light pen or fabric chalk
- Fabric scissors
- Measuring tape
- Pins

onal line from that point to where the sleeve meets the body of the garment, and cut along the tape. Then make cuts 1cm apart (can be done by eye or measured out) in a fan shape from this cut line up to the pencil lines of the body and sleeve. This will allow you to make knots all the way up to the corner of the sleeve.



STEP 6

Repeat on the other side and then along the top of the sleeves, following the rest of the t-shirt shape making 1cm-wide cuts up until the traced line. If your fabric does not have a hem at the bottom and is longer than your stencil garment, you can also cut fringes along the bottom.



STEP 7

Use double knots to create the seams connecting front and back. Starting at the bottom side of the garment, take a fringe from both the front and back fabrics and make a double knot. Continue with the second fringes, then the third and so on, working your way around the garment, leaving the bottom hem, sleeve cuffs and neckline open.

BIO OF THE DESIGNER

Sarah Brunnhuber is a Copenhagen-based textile designer and founder of Stem (a zero-waste fashion production system). Her passion is to develop solutions for waste through sustainable textile systems to spread knowledge and appreciation for the processes and craft behind our garments, and encourage others to engage with more conscious consumption.

FURTHER READING

- The True Cost (Documentary) by Andrew Morgan
- CONSUMED The Need for Collective Change: Colonialism, Climate Change & Consumerism by Aja Barber
- Zero Waste Fashion Design by Holly McQuillan and Timo Rissanen
- Loved Clothes Last: How the Joy of Rewing and Repairing Your Clothes Can Be a Revolutionary Act by Orsola De Castro

Makers Manual is a collaborative project between exciting makers and STORE STORE. This is a collection of manuals encouraging people to make objects from what is around them. These manuals are both a practical guide to making for beginners and experts, and a journey into the designers' practice. You can share your creations using #makersmanual.

This project is supported by G.F Smith.

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STEP 8

To finish the neckline and sleeve cuffs, make double knots with two adjoining fringes. Here you can experiment with additional knots diagonally or using macrame techniques to shorten the fringes and decorate the neckline and cuffs. This also applies to the bottom hem if you have cut fringes there.



STEP 9

Where the fringes are particularly long, you can either keep them long, or make bows as I have done on the top of the sleeves.



