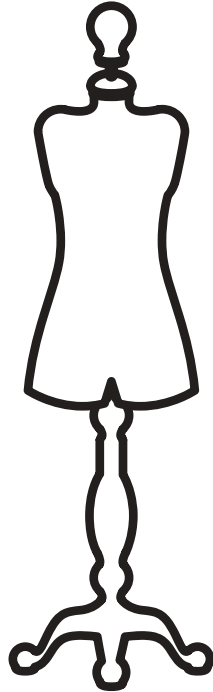


# Mannequin Kit Arms



## Making Instructions

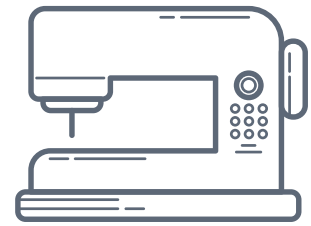
Follow these step by step instructions

THE FOLLOWING INSTRUCTIONS ARE TO  
ACCOMPANY THE MANNEQUIN ARMS KIT

[www.modeliste-creative.com](http://www.modeliste-creative.com)

# Practical fashion

Kit contents



In your kit you will find:

- Your Modeliste Creative mannequin arms pattern sheet
- Enough calico to make a pair of arms
- Sleeve head roll to enhance the sleeve shaping
- A little ribbon to finish your arm details
- A link to PDF making instructions

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You will need:

- Matching and contrasting sewing thread
- A sewing machine
- Good quality toy filling to stuff your arms.
- A hand sewing needle
- A disappearing fabric pen is desirable but not essential

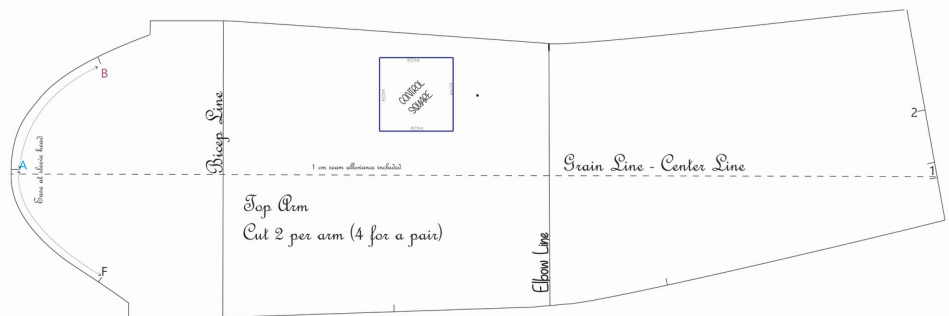
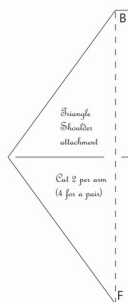
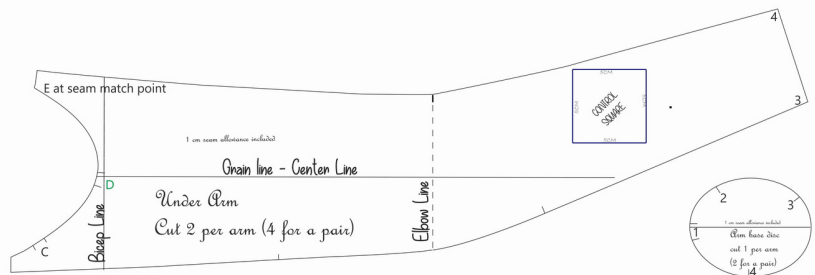
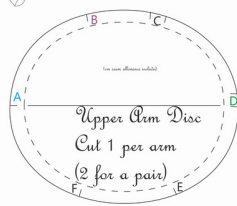
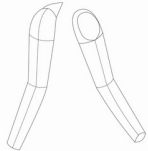
# Cutting Out

Your pattern sheet, illustrated below, has the following pattern pieces -

- Pattern piece 1 - the top arm - cut 2 pieces per arm (4 pieces for 2 arms) note that for quality and durability enough fabric is supplied to make the arms with a double layer for top and underarm fabric.
- Pattern piece 2 - under arm - cut 2 per arm - 4 pieces in total for a double layer
- Pattern piece 3 - Triangular shoulder piece - cut 4 pieces - 2 per arm
- Upper arm disc - cut 1 per arm - 2 in total
- Base wrist disc - again 1 per arm - 2 in total
- Please note 1 cm seam allowance is added to all pattern pieces

Modeliste Creative

Mannequin Arm Pattern



# Cutting out

Lay out your fabric as a double layer - press if needed.

Place your cut out pattern pieces on the fabric - you will be making 2 arms, please take care to make a left and a right arm, and not two left or two right arms. This requires flipping the top arm and underarm pattern pieces over to create mirror image pairs. Mark the right sides of the fabric with chalk as calico looks the same on both sides!

**Cut 2 upper arm disc**

Flip the under arm to cut 2 pairs of under arm 4 in total

cut 2 wrist disc

Flip the top arm to cut 2 pairs of top arm 4 in total

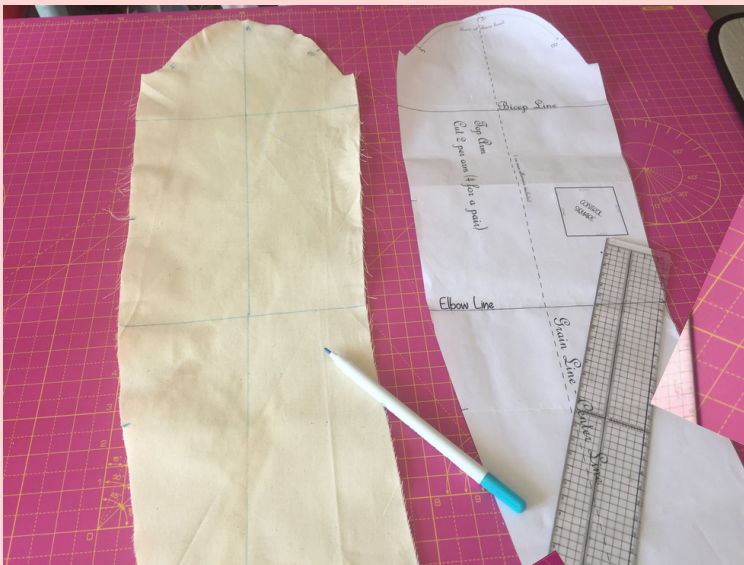
Double Layer Of fabric

Move the triangular shoulder piece down and cut 4 pieces in total



# Sewing Steps

Transfer all notches and grain lines from the pattern pieces to the calico pieces, a disappearing fabric pen is ideal for this job, or a pencil. The marks will be on the wrong side so don't worry.

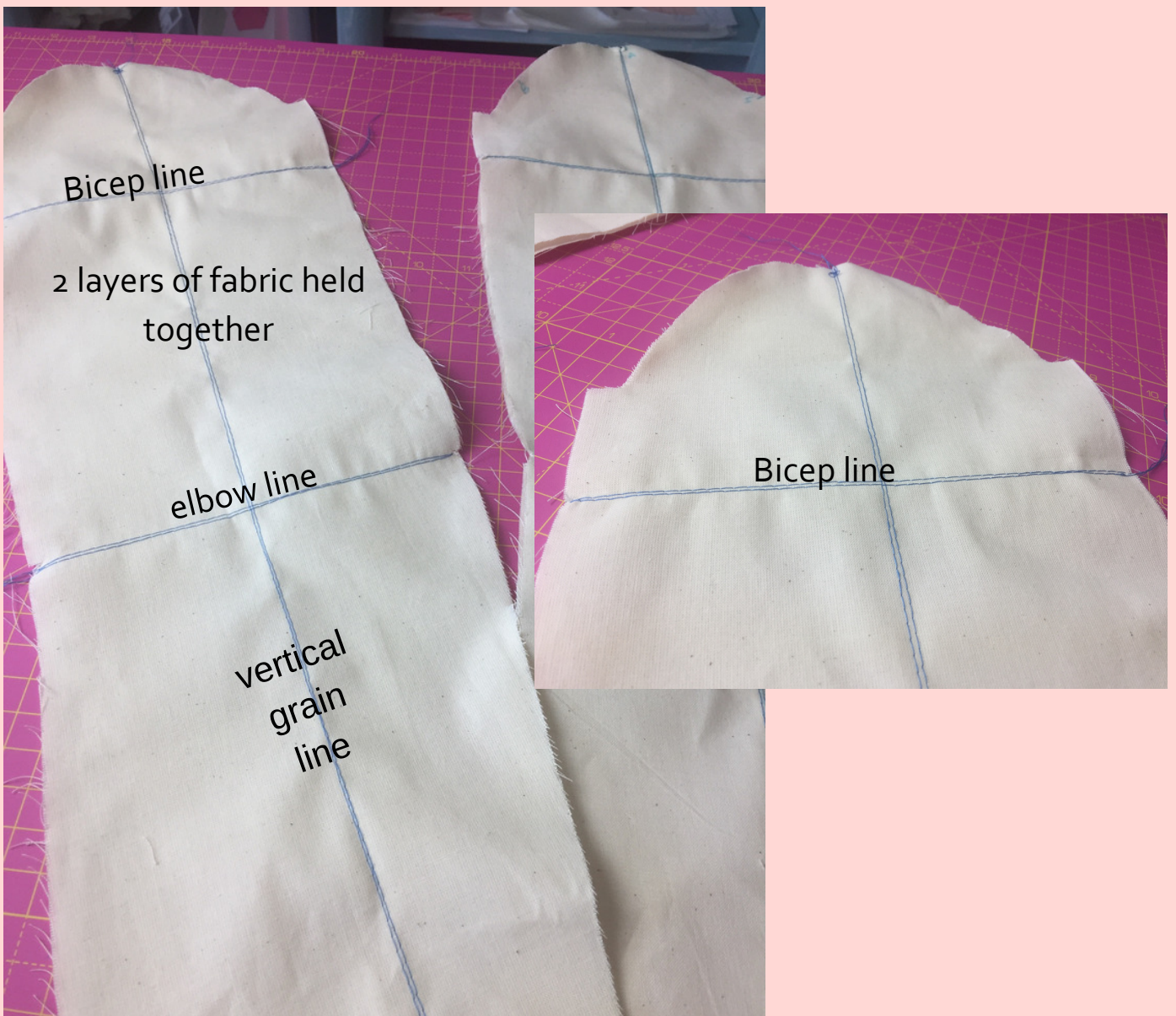




# Top Stitching

Place 2 top arm pieces together as a double layer, do the same for the remaining two top arm piece so that you have 2 pairs, a left and a right, do this for the underarm piece too. Take a moment to check you have mirror image pairs - it's easy to make a mistake and make 2 left or 2 right!

Take the double top arm and the double layer underarm fabric pieces to the machine, and with a matching or contrast thread, top stitch the vertical grain lines first, you can sew one single line, or a double line also looks nice. Now sew the horizontal lines.



# Preparing the triangles

With right sides together, sew the triangular shoulder pieces on the 2 shorter sides, turn through and press. Stitch the long edge to hold the 2 raw edges together. Make 2 triangular pieces, one for each arm.





# Sleeve head roll

Take the sleeve head roll supplied with the kit and stitch it to the wrong side of the sleeve head, pull it as you sew, so that it compresses the fabric, take 8 mm seam allowance, so that you are sewing just inside the 1 cm seam allowance line.



Trim the sleeve head roll as shown. The fabric at the sleeve head will now have shape and curve gently.





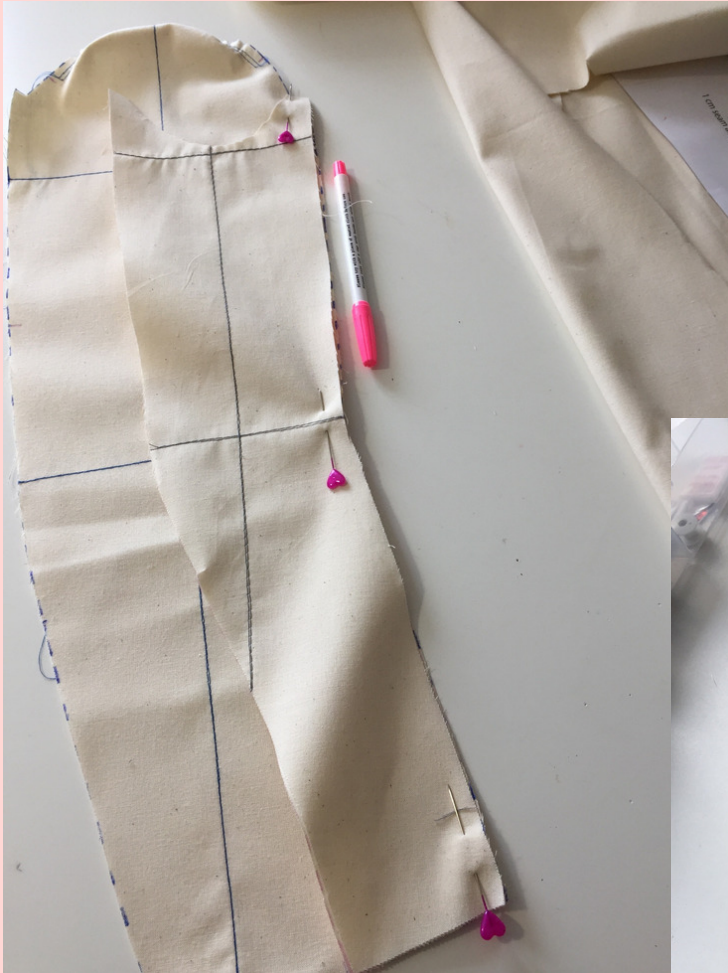
# Attaching the triangle

Pin the shoulder triangle to the right side of the sleeve head, matching the notches and sew into position. Sew on the same 8 mm stitch line you used to attach the sleeve head roll.





# Joining the top arm & underarm



Pin and stitch the vertical arm seams - leave a small gap above the elbow line on the longer seam - you will need this to insert the filling



Press your seams open

# Sewing the top arm disc

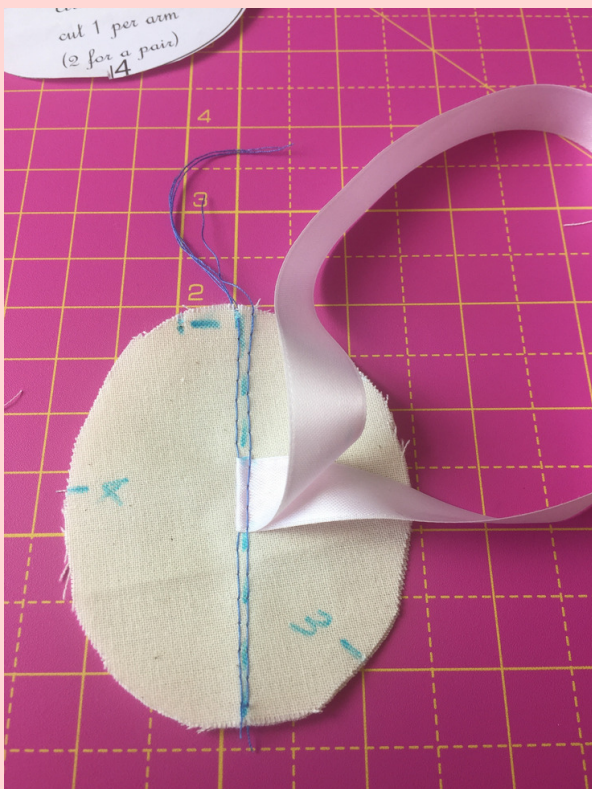
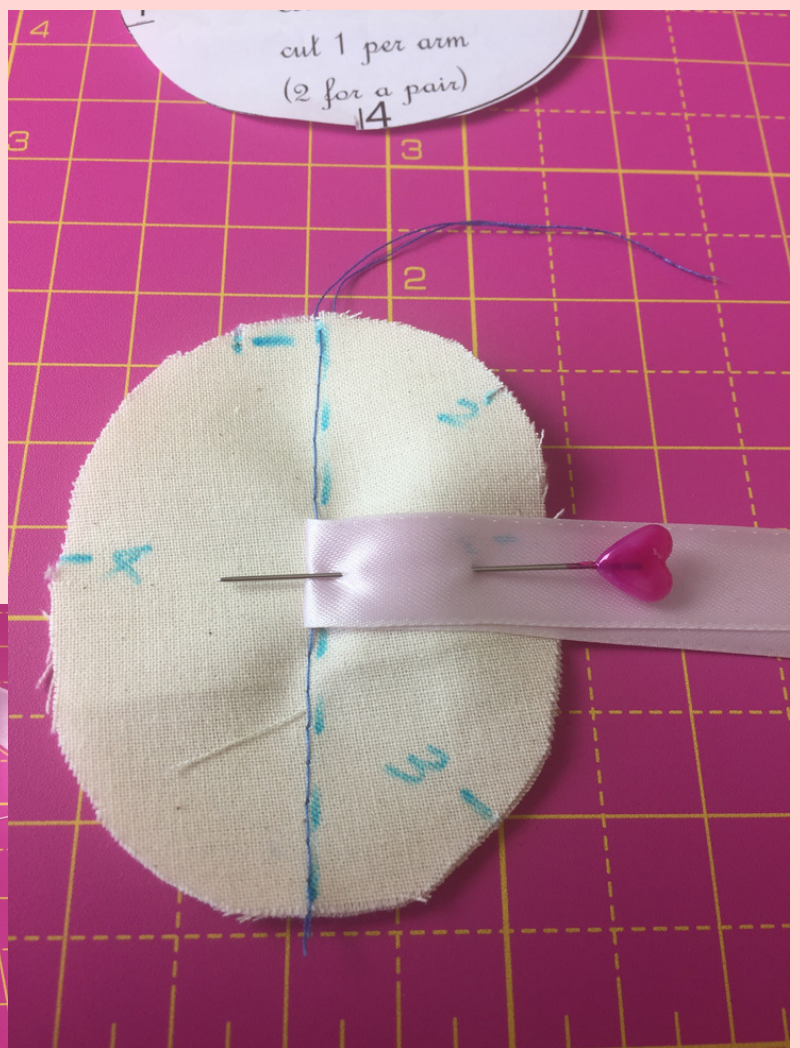
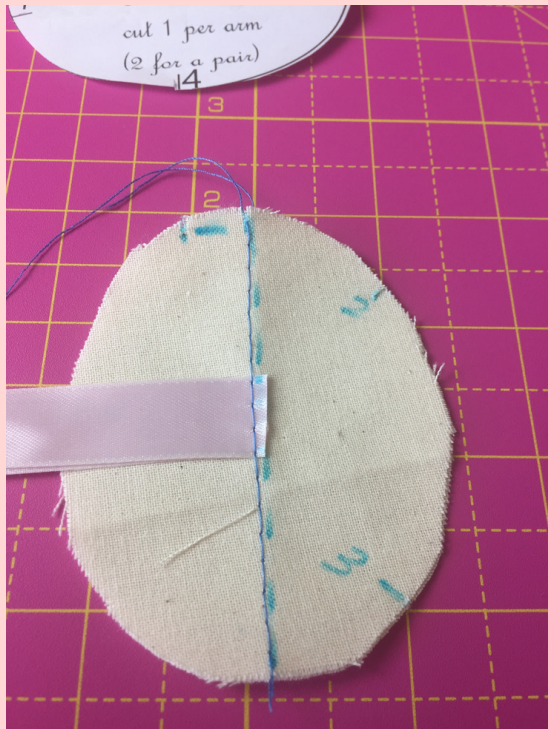
Pin and then stitch the top arm disc into position, match all the notches as you go





# Preparing the wrist disc

A nice touch is to add some ribbon to the wrist disc before you stitch it using the same method as the armhole disc.



This is optional, however the ribbons are very handy for hanging the arms when not in use

# Closing the wrists

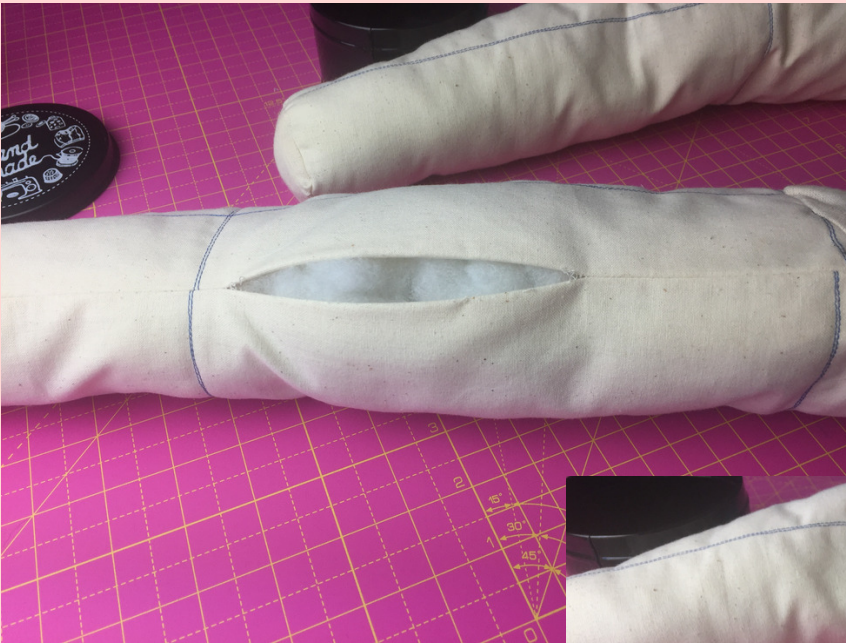


Pin and close the wrists, this is the most fiddly bit to sew, so take your time and sew slowly. If you find this tricky you can always hand sew from the right side.

Now turn the arm through and insert stuffing into the arm, be careful not to over-stuff, particularly at the sleeve head, you need to keep this fairly flat. When you are happy with the shape, close up the stuffing gap, with a hand stitch.



# Your finished arms



The triangular piece is pinned to the mannequin, it can be made larger or smaller as you desire. This pattern provides a small triangle as this is traditional and tends not to get in the way of the garment, please see my blog page for alternative shapes and pattern piece ideas .



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Take a look at my web site to find links to my YouTube channel and lots more information, including my creative pattern cutting course in France!

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PROFESSIONAL PATTERNS & BLOCKS