

# Upcycled Apron

## Using a Man's Shirt

### Supplies Needed:

- Man's shirt
- Matching thread
- 60" of 1½ wide ribbon (optional)
- Sewing machine
- Sewing notions (sewing scissors or rotary cutter with mat, pins, ruler, etc.)
- Steam iron

### Directions:

1. If you are entering this apron as an upcycled garment, you will need to take a picture of the shirt before you start cutting it up. Include the before picture and these instructions with your 4-H exhibit.
2. Iron your shirt to remove wrinkles. Button up shirt. Cut off the sleeves and the back. Cut around the collar seam on the back half, but leave intact in the front. (I cut very close to the seam so that I wouldn't have to hem the raw edges.)
3. Lay shirt out flat, using your rotary cutter and ruler make a diagonal cut from the armpit to shoulder/collar seam. I adjusted my ruler to ½" away from the collar to allow for hemming. (If you don't have a rotary cutter, draw a line with a ruler and pen and cut with scissors )



4. Fold over raw edges twice, approximately ¼" each time, concealing all raw edges, and sew down. Do this on both sides along diagonal cut and side seams.



5. The final step is to make the apron ties. You can use ribbon if you want (2 strips about 30" long), but I chose to cut strips of fabric on the bias (diagonal) from the back of the shirt to make the apron interesting. Cut 2 strips approximately 4" x 26".

6. To sew apron tie, fold first strip right sides together. Sew along long side with a 1/2" seam and along one end. Trim corners and turn right side out. Tip: To turn right side out use a dowel or eraser end of pencil to push sewn end of tie through. Pull out corners and press. Topstitch close to all edges. Repeat for second tie.



7. Fold over raw edge a 1/2" on each strap and sew your straps or ribbon to the bottom of your diagonal cut on each side of the apron, making a rectangle. (Note: If using ribbon be sure to finish edges so that they don't fray.)

And you're done!  
ENJOY!!



Optional: You may wish to add a pocket by cutting a 6" square from leftover fabric. Round 2 bottom corners and turn under 1/2" all the way around. Position and sew down on 3 sides.