

MÉTIS NATION OF ONTARIO

ORANGE SHIRT DAY (SEPTEMBER 30TH)

Embroidered Orange Shirt: Instruction Sheet

Setting Up

Supplies Provided:

- Mini shirt template;
- Orange Felt (enough for two copies of the t-shirt – front & back side; stiffer felt is ideal)
- 3-4 Quilting Pins;
- Darners Needle Size 1-5;
- 1.4 M/140 CM of Button Thread (contrasting shade recommended).

In addition to orange felt, sheets of red felt have been provided in classroom kits. The instructions outlining how to sew an orange shirt using the blanket stitch can also be applied to sewing a mini red dress.

Supplies Required:

- Scissors;
- Tracing Utensil (Sharpie, fabric pen, dressmaker's pencil, or ink pen recommended);
- A Flat Surface to Work On;
- Adequate Lighting.

Overview of Steps:

1. Working with the Template
2. Beginning Your Stitches
3. Turning the Corner – 3 Point Parking
4. Adding New Thread
5. Finishing Your Embroidered Orange Shirt

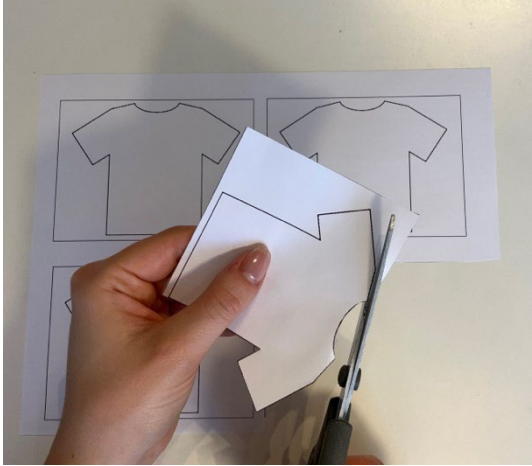

Classroom Ideas:

- If you want to display the completed shirts in the classroom, they can be hung on a clothesline with clothes pins.
- Messages or pictures can be drawn on the shirts using a fabric pen; decorative items like gems, pins, and ribbons can also be added on for other activities.

Note: The blanket stitch can be used to sew various items and shapes (which can be connected to key events, stories, dates, etc.) and is not limited to creating mini orange shirts/Orange Shirt Day. For example, the blanket stitch can be used to create plant and animal shapes, a Red Dress in recognition of Red Dress Day, a Holiday sweater to celebrate the Holiday season, a heart for Valentine's Day, a gift for Mother/Father's Day, etc.

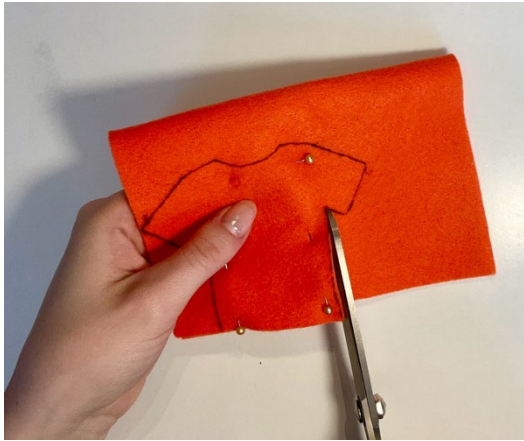
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Working with the Template	
	<p>Step One:</p> <p>Using scissors, follow the black lines to cut out your t-shirt template.</p>
	<p>Step Two:</p> <p>Compare both sides of orange felt; if one side has markings, use it to draw your template on (since it will face the inside/hidden later in the process). Trace the cutout t-shirt template onto one piece of orange fabric using a dark pen or dressmaker's pencil.</p> <p>Tip: Place the t-shirt template strategically onto the fabric to use the most of your material. Spare materials can always be used for other projects!</p>

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Step Three:

Once the template is traced onto a sheet of orange fabric, fold the fabric over so there is another layer underneath your template (for the other side of your shirt). Using the drawn-on outline as a guide, cut out the t-shirt shape through both layers of fabric at the same time (so they are a matching cut).

Tip: It is recommended to use quilting pins to fuse your layers of fabric together before cutting.



Step Four:

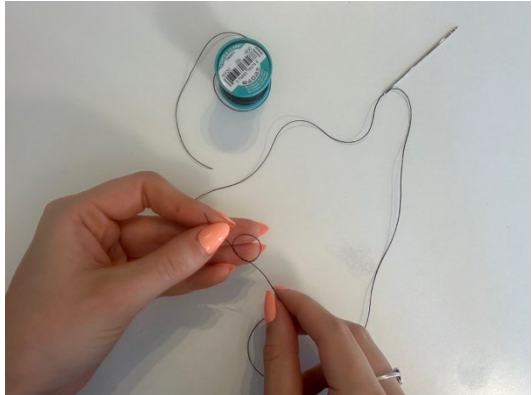
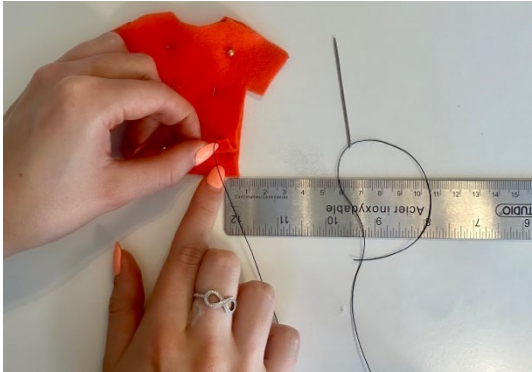
Once the t-shirt is cut, take out the quilter's pins (for now). Flip both pieces of fabric over and layer one on top of the other. Do you see how the pen markings used to trace your template now face the inside? Be sure to flip both layers of fabric over so the cutouts still match, or else they will be an opposite reflection.

After the shirts are aligned, secure both pieces of fabric together using quilting pins – this time, ensure the pins are further away from the borders of the t-shirt so as not to obstruct your sewing pathway.

Tip: Quilting pins help prevent your work from shifting as you cut or sew.

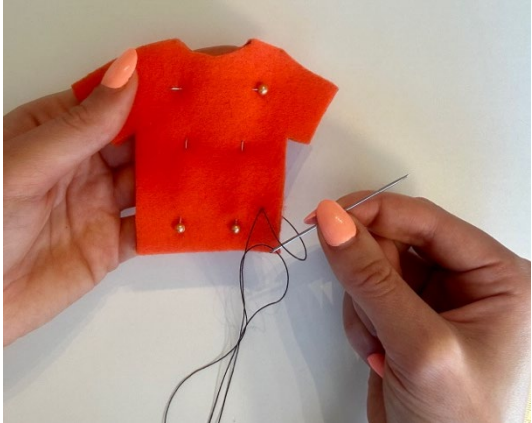
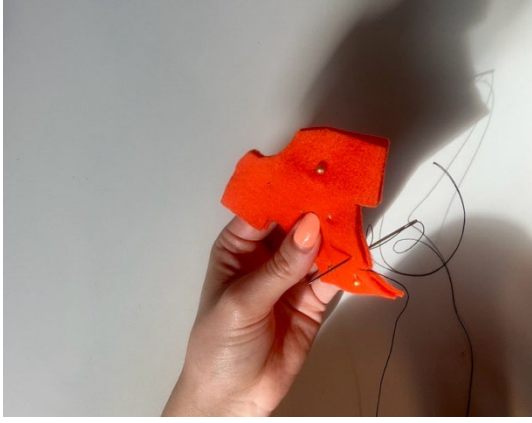
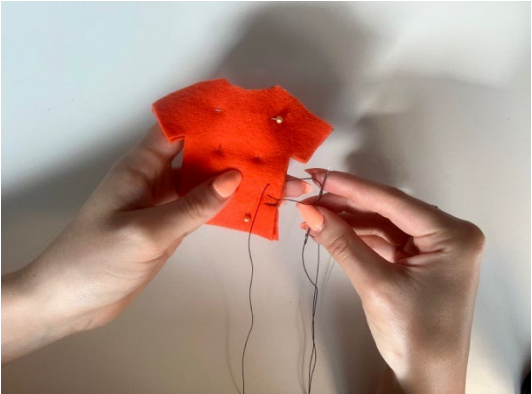
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Beginning Your Stitches	
	<p>Step Five:</p> <p>Thread the button thread through the eye of your needle, leaving a long piece of thread on one end and a shorter tail on the other. Tie either a double or triple knot at the end of the long tail of the thread.</p> <p>Tip: If you encounter difficulty, YouTube has many videos of needle threading "hacks" to assist you.</p> <p>Note: Black thread is being used here for added contrast in pictures.</p>
	<p>Step Seven:</p> <p>Mark out the space where you will begin your stitching. This should be about 0.5 cm away from the edge/border of the fabric, following along the side of the shirt. The blanket stitch is a decorative stitch, so the idea is that it will be visible on both surfaces of the t-shirt you are making.</p> <p>To anchor your thread, go between the layers of fabric and pierce upwards through the top layer only (this will hide the knot in the middle). Pull the thread all the way through the top piece of fabric until the knot catches it.</p>

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	<p>Step Eight:</p> <p>Bring your needle and thread through both layers of fabric, starting from the bottom and up through the same spot of your previous stitch. This will form a loop. Guide your needle and thread through the loop you created, from right to left, and pull your thread until the loop has been closed.</p>
	<p>Step Nine:</p> <p>The next stitch should be about half an inch to the right, away from both your previous stitch and the border. Bring your needle and thread downwards (coming down from the top layer) through both layers of felt. Without closing the loop that has been created, continue to pull the thread down until the loop is close in size to the circumference of your finger. Thread your needle through this loop and close the stitch completely. Pull until your stitch is resting nicely on the edge of the border.</p>
	<p>Step Ten:</p> <p>Repeat step nine to create your next blanket stitch. Remember to thread your needle through the loop before closing it off.</p> <p>Tip: Aim to have each stitch a similar distance away from neighbouring stitches and the border of the fabric (this takes practice).</p>

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	<p>Step Eleven:</p> <p>Repeat the blanket stitch along the side of the shirt until you have reached a sleeve corner.</p> <p>Note: Do not worry if your first stitch appears slightly out of place; this will be corrected when we reach it again at the end.</p>
Turning the Corner – 3 Point Parking	
	<p>Step Twelve:</p> <p>There will be a set of three stitches to manoeuvre around the corner: follow the normal direction for the first stitch (continue as you have been doing so far).</p> <p>Note: Unless otherwise preferred, you do not need to treat the armpit of the shirt as you are sewing as a corner. Instead, you can sew as normal around this bend. Each stitch will have its own hole; however, three of your stitches will rest on an interconnected angle around the bend/ in the crevice.</p>

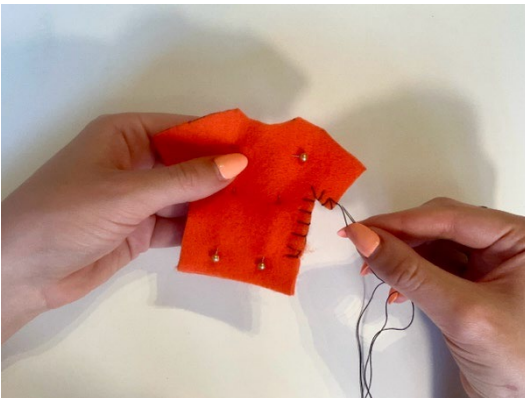
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Step Thirteen:

For the second corner stitch, go down through the same hole as the first corner stitch (as always, remember to bring your needle and thread through the loop before closing). Allow this stitch to rest on an angle towards the hole and sit on the very edge of the corner.



Step Fourteen:


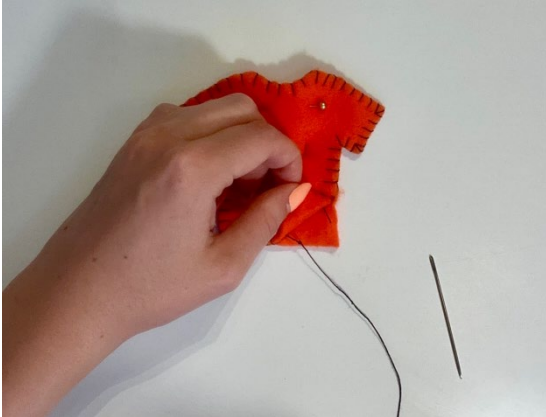
For the third stitch, go in the same hole as the previous two stitches, but lay the thread down at an angle to complete the corner. You should have three pieces of thread from the same hole but resting on the fabric to form a triangle or tent. Continue from here as you have been doing before you encountered a corner.

The blanket stitch should take you around the entire perimeter of the mini orange shirt you are sewing.

Note: If you prefer to leave the ends of your shirt sleeves open, you can skip sewing them together.

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Adding New Thread	
	<p>Step Fifteen:</p> <p>Depending on the length of thread you started with, and how far apart your stitches are, you may not begin to run out of thread while sewing your shirt. In this case, you do not need to worry about how to add a thread, but it is great to know how to do it anyway!</p> <p>Change your thread once you begin to notice you are running out so there is still enough thread to tie the end off comfortably. When you are ready, poke your needle up through the bottom layer of felt as if you are going to do a full stitch, but stop once your thread is sandwiched in between the two layers of fabric.</p>
	<p>Step Sixteen:</p> <p>Your thread should be tucked in between the layers of felt now. Tie a double knot in the thread.</p>

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Step Seventeen:

Thread your needle with a new piece of thread, then tie this piece onto the old thread hidden between the felt layers. A double knot will do. Now that you have extended your thread complete this stitch; guide the needle and thread through the bottom layer of felt and up through the loop waiting for you. This stitch should blend in nicely. Carry on stitching as you were before you added a new piece of thread.

Finishing Your Embroidered Orange Shirt





Step Eighteen:

Once you reach the end of your fabric and have completed your last full stitch, run the needle and thread sideways through the closed loop of your very first stitch. This will connect your previous stitch to your first stitch. Secure your thread by running it under/through about three previous stitches. Tie a secure double knot at the end of the thread (with the needle still on).

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	<p>Step Nineteen:</p> <p>To finish off your thread at the end stage, guide your needle and thread between the fold of the two layers of felt (to hide it). Poke down through the bottom layer of felt with your needle. This will protect the stitches from undoing and hide the thread within your work.</p>
	<p>Step Twenty:</p> <p>Lastly, trim your excess thread right to the felt so the thread lies flat/embedded within it. The quilting pins can be removed. You have completed your embroidered orange shirt using the blanket stitch – great work!</p>

If you have any recommendations or comments regarding this activity or the instruction sheet, please email education@metisnation.org with feedback.