

🧵 Complete Tutorial: Upcycling a Shirt into an Embroidered Plaid Apron

This step-by-step guide will walk you through transforming a button-up shirt into a beautiful embroidered plaid apron. All measurements are in centimeters (cm), just like in the original diagram. No advanced sewing experience is required—just patience and creativity ✨

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COMPLETE TUTORIAL: UPCYCLING SHIRT TO EMBROIDERED PLAID APRON (All Dimensions in CM)

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1 DECONSTRUCT SHIRT



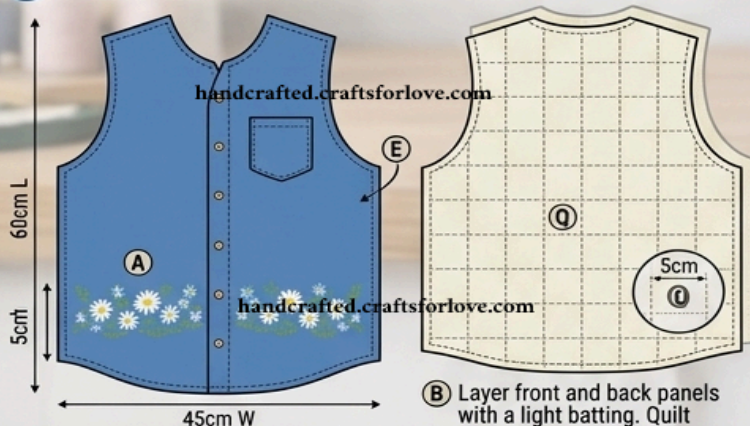
LEGEND OF KEY US SEWING & QUILT METHODS

- | | |
|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------|
| A APPLIQUÉ
Stitching one fabric piece onto another. | F FINISHING
Raw edge binding and hem detail. |
| P PIECING
Joining varied fabric shapes (e.g., pocket unit). | F FINISHING
Raw edge binding and hem detail. |
| E HAND EMBROIDERY
Detailed stitching for decorative elements. | GATHERING/RUFFLING
Creating soft pleats for trim. |
| T TOPSTITCHING
Visible decorative or reinforcement stitching on the right side. | RST RIGHT SIDES TOGETHER
(Method detail). |

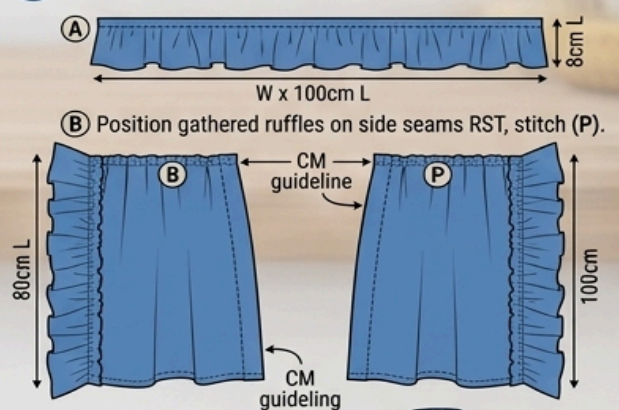
2 CREATE POCKET UNIT (A, P)



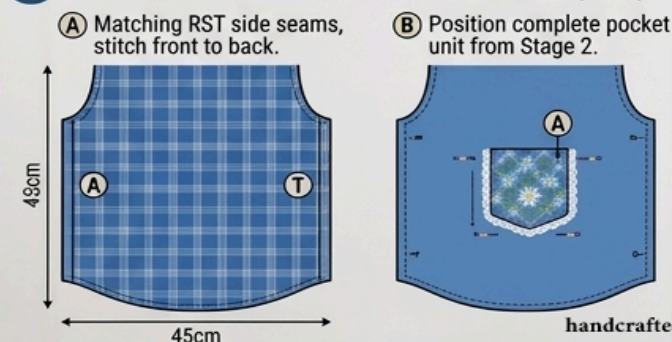
3 EMBROIDER FRONT & BACK PANELS (E, Q)



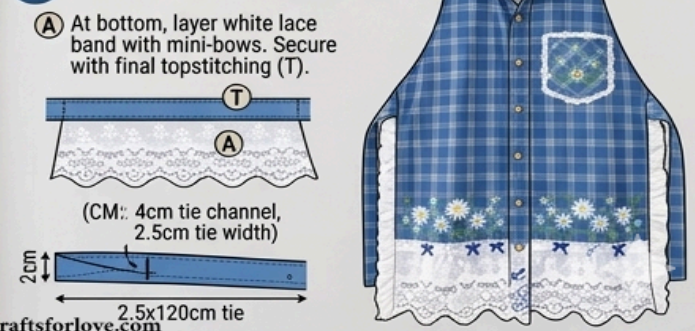
4 ATTACH RUFFLED SIDES (B, P)



5 ASSEMBLE AND ATTACH POCKET (T, P)



6 FINAL TRIM & DETAILS



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Step 1: Deconstruct the Shirt

Start by preparing your base fabric from the shirt.

- Lay your shirt flat on a clean surface.
- Carefully **cut off both sleeves** along the armhole seams.
- Remove the **back panel** by cutting along the side seams and shoulders.
- Keep the **front panel intact** (including buttons and placket).
- Save the **original chest pocket** for reuse.

Measurements: <https://handcrafted.craftsforlove.com/> SEE THE BEST PATTERNS

- Front panel: approx. **45 cm wide × 60 cm long**
- Back panel: approx. **45 cm wide × 60 cm long**

Set all pieces aside neatly.

Step 2: Create the Pocket Unit (Appliqué + Piecing)

We'll transform the original shirt pocket into a decorative embroidered piece.

A. Cut the Pocket

- Trim the pocket to about **12 × 12 cm** (or similar shape from the diagram).
- You can slightly angle the bottom edges for a classic pocket look.

B. Embroider the Pocket

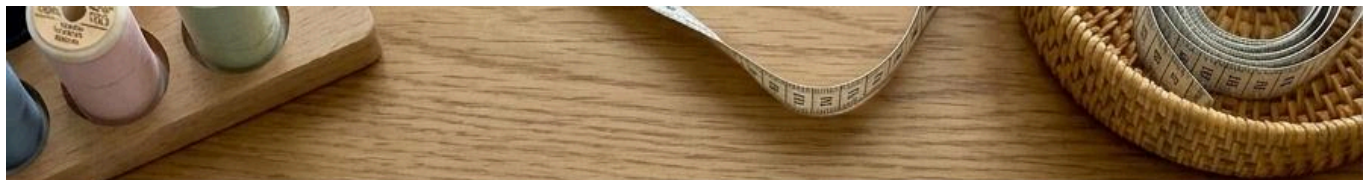
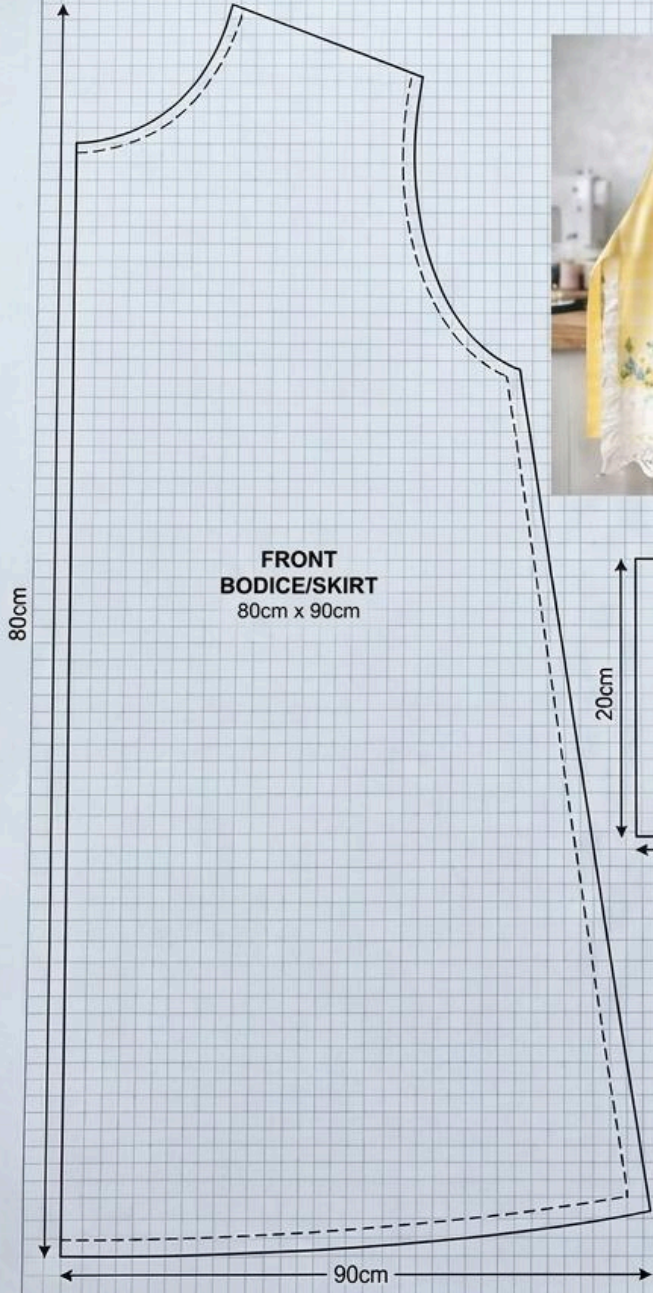
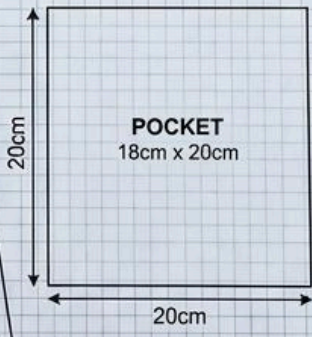
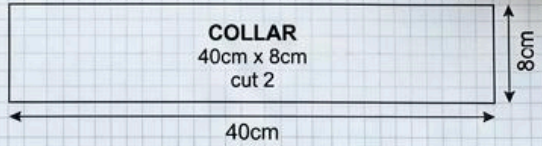
- Using embroidery thread, **hand-embroider small daisies and floral details**.
- Keep the design centered and balanced.
- Use simple stitches like satin stitch, French knots, or lazy daisy 🌻

C. Add Lace Trim <https://handcrafted.craftsforlove.com/> SEE THE BEST PATTERNS

- Attach **white lace trim** around the pocket edges.
- Use a straight stitch or topstitch to secure it.

Now your pocket unit is complete!

1. Embroider pocket and lower skirt before assembly.
2. Attach lace trim to pocket edge and lower hem.
3. Sew collar to neckline.
4. Make buttonholes and sew on buttons.
5. Gather side ruffle strips and attach to side seams.
6. Hem all edges.



Step 3: Embroider Front & Back Panels (Embroidery + Quilting)

A. Decorate the Front Panel

- On the lower section (about **5 cm above the bottom edge**), embroider a **horizontal floral pattern**.
- Keep spacing even across the width (45 cm).

B. Prepare the Back Panel

- Place a layer of **light batting** behind the back panel.
- Quilt lightly using a **grid pattern** (about 5 cm spacing).
- This adds structure and durability.

Step 4: Attach Ruffled Sides (Gathering + Piecing)

A. Create Ruffle Strips

- Cut two fabric strips: <https://handcrafted.craftsforlove.com/> **SEE THE BEST PATTERNS**
 - **100 cm long × 8 cm wide**
- Sew a gathering stitch along one long edge.
- Pull the thread to create soft ruffles.

B. Attach to Side Edges

- Align ruffles along the **side seams of the apron body**.
- Use a guideline to ensure even distribution.
- Stitch with **right sides together (RST)**.

Final side length should match approx. **80 cm height** of apron body.

Step 5: Assemble Apron & Attach Pocket (Topstitch + Piecing)

A. Join Front and Back <https://handcrafted.craftsforlove.com/> **SEE THE BEST PATTERNS**


- Place front and back panels **right sides together (RST)**.
- Sew along the sides and bottom.
- Turn right side out and press.

B. Attach the Pocket

- Position the finished pocket at the center of the front panel.
- Pin in place.
- Secure using **topstitching (T)** around the edges.

Step 6: Final Trim & Details

A. Bottom Lace Trim

- Attach a **white lace band** along the bottom edge.
- Add small decorative bows if desired 
- Secure with topstitching.


B. Create Waist Ties

- Cut fabric strips: <https://handcrafted.craftsforlove.com/> **SEE THE BEST PATTERNS**
 - **2.5 cm × 120 cm**
- Fold and sew into long ties.
- Attach securely to each side of the apron.


C. Optional Tie Channel

- Create a **4 cm wide channel** at the waist area if adding adjustable ties.

Final Result

You now have a fully functional and beautifully detailed **embroidered plaid apron** made from a recycled shirt 

Key Features: <https://handcrafted.craftsforlove.com/> **SEE THE BEST PATTERNS**

- Reused shirt structure (eco-friendly!)
- Hand-embroidered floral details 
- Decorative lace and ruffles
- Functional front pocket
- Adjustable waist ties