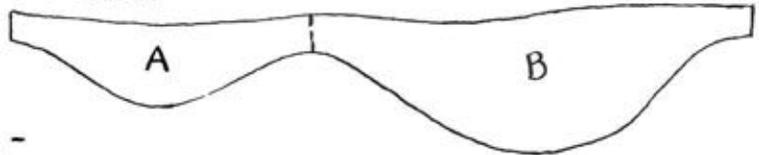


SAEHLA'S GIRDLES

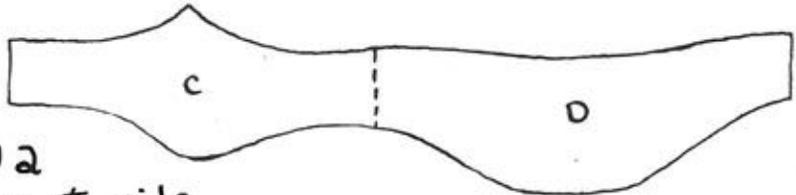
JEHLOR
G-6
\$3.00

Suggested Fabrics: Gold or silver lame, velvet, satin, uncut corduroy, brocade.

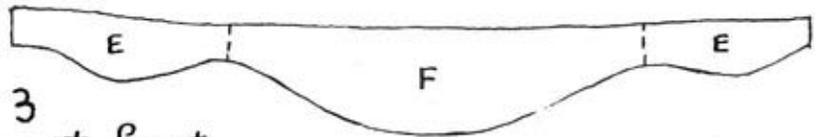
Sewing notions: Thread, heavy interfacing, 2 heavy duty pant-type hooks, coins, beads, trim. 1" grosgrain ribbon.



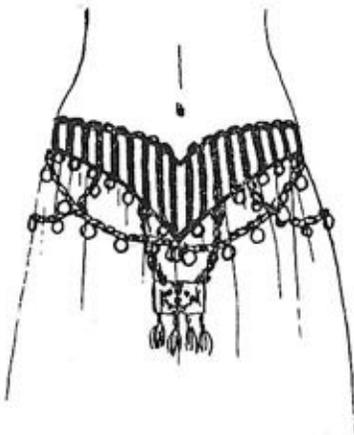
VIEW 1 - fastens at side



VIEW 2 fastens at side



VIEW 3 fastens at front



VIEW 4 fastens at side

• FABRIC REQUIRED

With or without nap	36"	45"	60"
ALL VIEWS	1/2 yard	3/8 yard	3/8 yard

NOTE: If lining your girdle with the same fabric as outside - double amount of fabric required above.

LINING	36"	45"	60"
ALL VIEWS	1/2 yard	3/8 yard	3/8 yard

INTERFACING	25"	32"	36"
ALL VIEWS	1/2 yard	1/2 yard	1/2 yard

NOTE: Choose a woven or a non-woven interfacing in a heavy weight such as Armo (woven), Ascot (woven), Facelon (non-woven), hair canvas (woven), Interlon (non-woven), Kyron (non-woven), Pima Hair Canvas #11 (woven), or Pellon (non-woven).

NO CUTTING LAYOUT WILL BE SHOWN SINCE THERE ARE ONLY TWO PATTERN PIECES FOR VIEWS 1, 2 AND 4 AND THREE PIECES FOR VIEW 3.

• TRIM SUGGESTIONS

- Rows of rayon fringe sewn in layers around girdle with crystal beads threaded onto individual fringe strands in random design.
- Velvet cut out design appliqued onto lame covered girdle with narrow cord trim outlining velvet.
- Small mirror squares or circles embroidered onto girdle with metallic gold or silver thread.

• FITTING SUGGESTIONS

IMPORTANT: Before cutting fabric cut your view pattern out of either brown wrapping paper or newspaper. Tape one side seam - fit around body, tape other seam. Girdle should cover below panty line. Make any necessary adjustments for fit on this paper. Since all figures are different you may need to widen front or back, make a deeper dart for fit in girdle back, increase depth of front or back. After you have made all necessary adjustments - place pattern on fabric and cut.

• SEWING DIRECTIONS

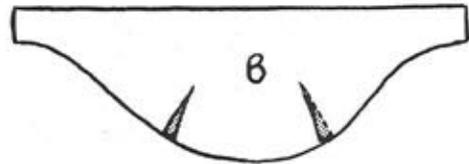


Shaded area is right side of fabric.

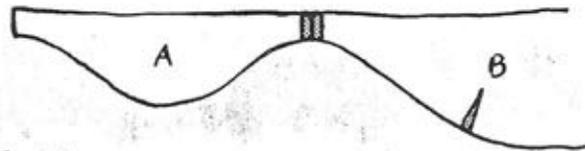
Note: $\frac{5}{8}$ " seams - top and bottom of girdle.
 $\frac{1}{2}$ " seams on sides.

VIEW 1

Cut one piece A and one piece B each of girdle material, lining and interfacing.



Stitch darts in girdle back and in lining back. Press.



With right sides together seam front to back at side. Do same with lining. Press seam open. Trim.

Lay interfacing on wrong side of girdle lining. Lap seams of interfacing, trim and tack together. Slash dart lines of interfacing and tack to avoid bulk.

Machine baste interfacing to lining $\frac{1}{4}$ " from edge. With right sides together stitch front to back, leaving

• TRIM SUGGESTIONS (continued)

- Brocade covered girdle with brocade design outlined with seed and bugle beads. Bugle bead fringe at front and back (Beaded fringe can be purchased ready made from most costume supply stores).
- Costume coins sewn on in fish scale design (use waxed dental floss). For the medium size girdle you will need 2 gross (144 in a gross) of large coins (1 to 1 1/4" diameter), 2 1/2 to 3 gross of medium coins (7/8" diameter) and 4 to 5 gross of small coins (1/2" to 5/8" diameter). Do not sew coins on right next to each other - sew in overlapping rows starting at bottom of girdle. Suspend each coin on it's own 1/4" floss swing line to give it room to move and jingle.



- Lengths of gold, silver or copper chain (from fine to medium weight) may be draped and sewn to girdle in either



horizontal

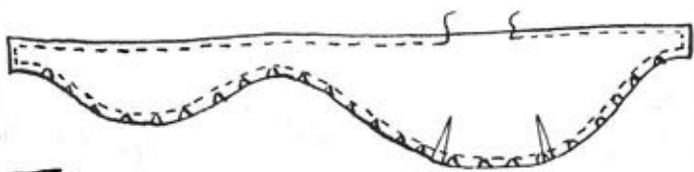


vertical

horizontal or vertical rows and decorated with coins.

- Use decorative braid trim to finish top edge of girdle.
- Large round or square sequins in metallic finish sewn on the same way as coins, mentioned above.
- Girdles take such a small amount of fabric that you may be able to convert a dress or skirt from a thrift store or rummage sale. Look for an out of style garment in velvet, brocade, satin or lame'.
- For trim ideas look at record covers: Strictly Belly Dancing-1&2, The Art of Belly Dancing, The Joy of Belly Dancing, Alla Turca.
Books: The Art of Belly Dancing, Sula's catalog.

4" opening at top of center back to turn



Trim seam. Clip curves. Turn girdle. Slip stitch opening in back.

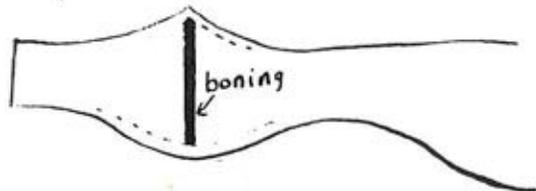
Press. Top stitch edge if desired.

To prevent top of girdle from stretching out with use stitch a 1" wide piece of strong grosgrain ribbon in a matching color on the inside top edge.

Hand sew 2 heavy duty pant type hook fasteners for side closure.

Decorate as desired.

VIEW 2 - Cut one C & one D. To give body to center front point, hand stitch a piece of boning to lining and interfacing between seam lines before stitching girdle and lining together.



Stitch as View 1.

Finish as View 1.

VIEW 3

Stitch as View 1 - with these exceptions:

Cut two pieces of E (front) each of girdle material, lining, and interfacing, one piece of F. Stitch two side seams.

Fasteners will be at girdle front.

Finish as View 1.

VIEW 4 - Cut one A & one B.

To give body to center front point add a piece of boning as in View 2.

Stitch as View 1.

Finish as View 1.