



Shoulder Pad Construction

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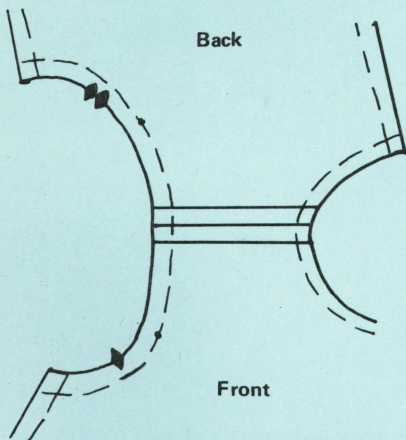


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You can make shoulder pads by using the garment pattern as a guide for shaping. The ones you make will usually fit better than purchased ones. You can make them thick or thin for the desired look.

Use the garment front and back pattern to make the shoulder pad.

1. Pin out all the shoulder darts.
2. Overlap the front shoulder seam allowance onto the back seam allowance, keeping the seam allowances at the armhole even.

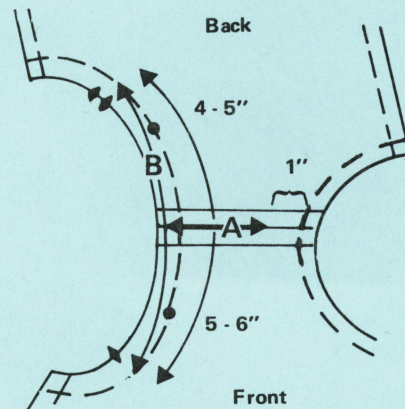


3. Overlay the pattern with a 6-by 10-inch piece of tissue paper or pattern copy cloth.

4. Mark the shoulder line from the edge of the armhole seam allowance to within 1 inch of the neckline seam (A).

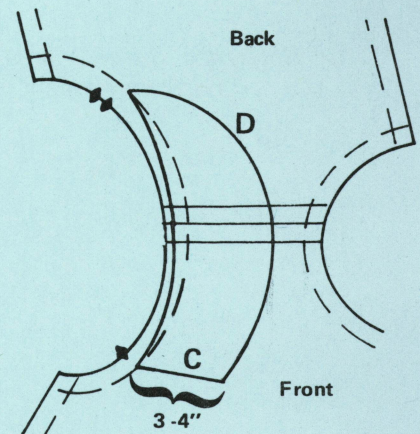
5. From the shoulder seam, measure along the armhole 5 to 6 inches on the jacket front and 4 to 5 inches on the back.

6. Trace the armhole $\frac{3}{8}$ inch outside of the stitching line. Taper to the stitching line at each end (B).

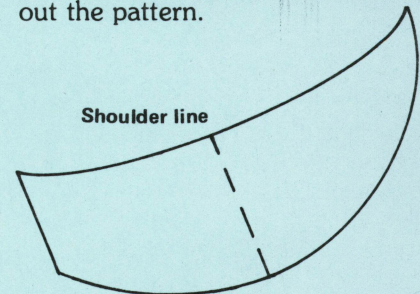


7. Extend a perpendicular line from the front armhole toward the center front of the garment for 3 to 4 inches (C).

8. Draw a curved line that intersects the 1 inch mark in from the neckline and ends at the armhole in back (D). The shape of the curve may vary to accommodate individual body shapes. The pad can be extended to cover the upper part of the bust line and build it up.



9. Mark the shoulder line and cut out the pattern.



There are various fabrics used in making shoulder pads or shapes. Base your material selections on desired stiffness.

- For under layer — fusible interfacing.
- For upper layer — fusible hair canvas.
- For padding — polyester fleece or cotton batting.

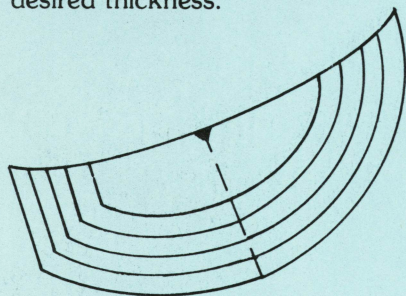
- For shaping — multipurpose canvas.

Cut and construct the materials.

1. Cut two layers of interfacing and two layers of hair canvas using the prepared pattern. (One for each shoulder.)

2. Cut one duplicate for each shoulder from the fleece.

3. Cut two or three duplicates from the fleece, making each successive one $\frac{1}{2}$ inch smaller on all edges except the armhole. The number cut will depend on the desired thickness.



4. Mark the ends of the shoulder line with a clip or "V" cut.

5. Stack the layers in the following way:

- Full sized fleece.
- Successively smaller fleece layers.

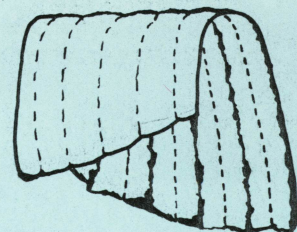
6. Fuse interfacing to this stack. Since each layer is smaller than the previous one, it fuses to all layers.

7. To shape the pad, cut five strips of multipurpose canvas 1 inch wide and the length of the shoulder pad. Cut on the true bias.

8. Place the first strip along the armhole edge.

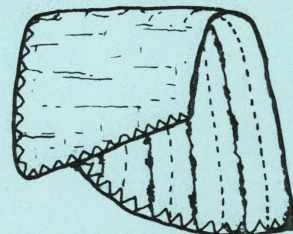
9. Use the presser foot or a pin to anchor the beginning of each strip in place.

10. Stretch the canvas to the maximum while stitching down the center of each strip. This will automatically shape the pad into the desired curve.



11. Place the shaped pad over a sleeve roll or a ham. Fuse canvas to the top layer of the fleece. This maintains the curved shape, helps conceal indentations made by machine stitching and holds edges in the curved instead of the curled position.

12. Finish all edges except the armhole edge with a line of zigzag or multiple zigzag stitching. This will flatten the outside edges.



Reference to trade names is made with the understanding that neither discrimination is intended nor endorsement implied by the University of Idaho Cooperative Extension Service.