

Three panel helmet panty pattern

Notions:

- 0.25 m (10 inches) two-way stretch fabric (this is the minimum required to be able to cut out the side panel pattern piece, depending on the width of the fabric you may be able to make more than one set out of this amount of fabric)
- 0.15m (6 inches) contrasting two-way stretch fabric
- ~0.7m (28 inches) of 7mm (~2/8 inch) wide elastic per panty

Instructions:

Print the pattern; ensure that the document prints at 100% with NO SCALING. The side panel takes up almost all of an A4 piece of paper. If the margins don't print, you should be able to free-hand draw them to match.

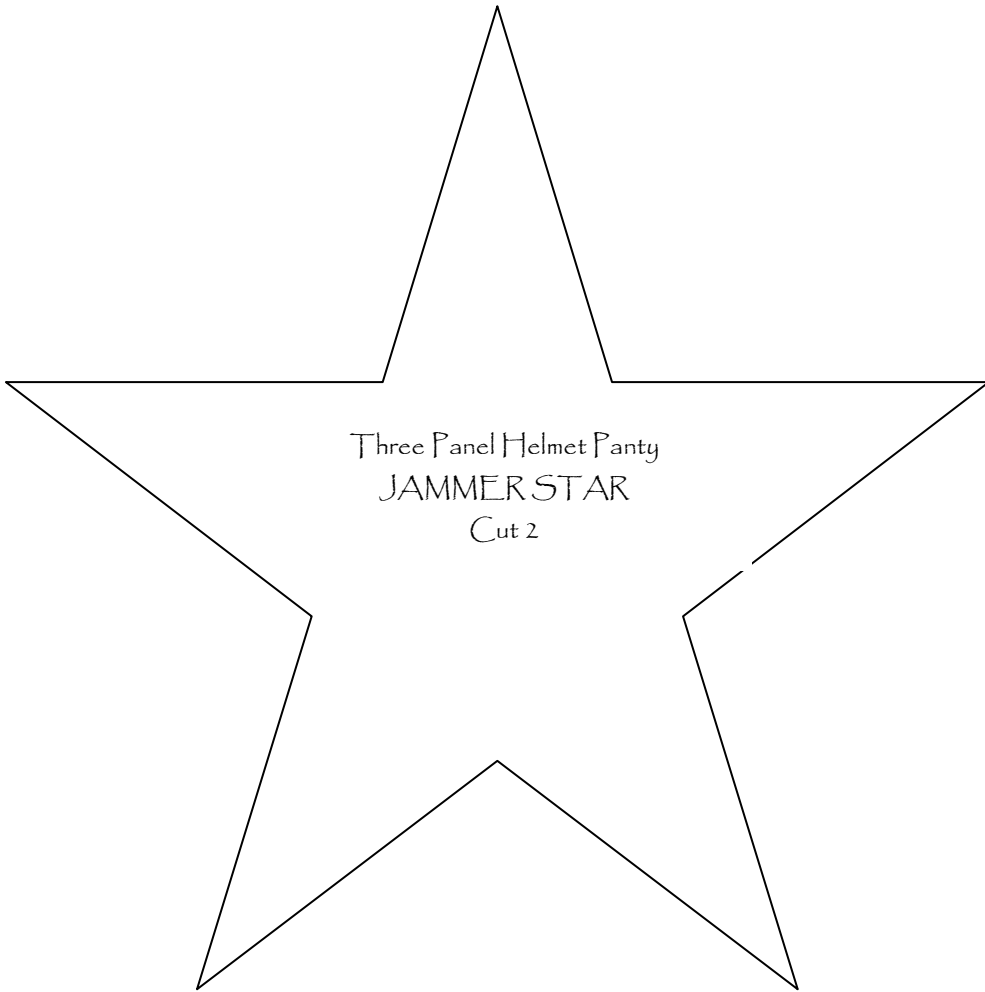
The seam allowances are printed on the pattern pieces. The allowances are 5mm (~2/8 inch) for joining the panels, and about 2.5cm (1 inch) for the casing.

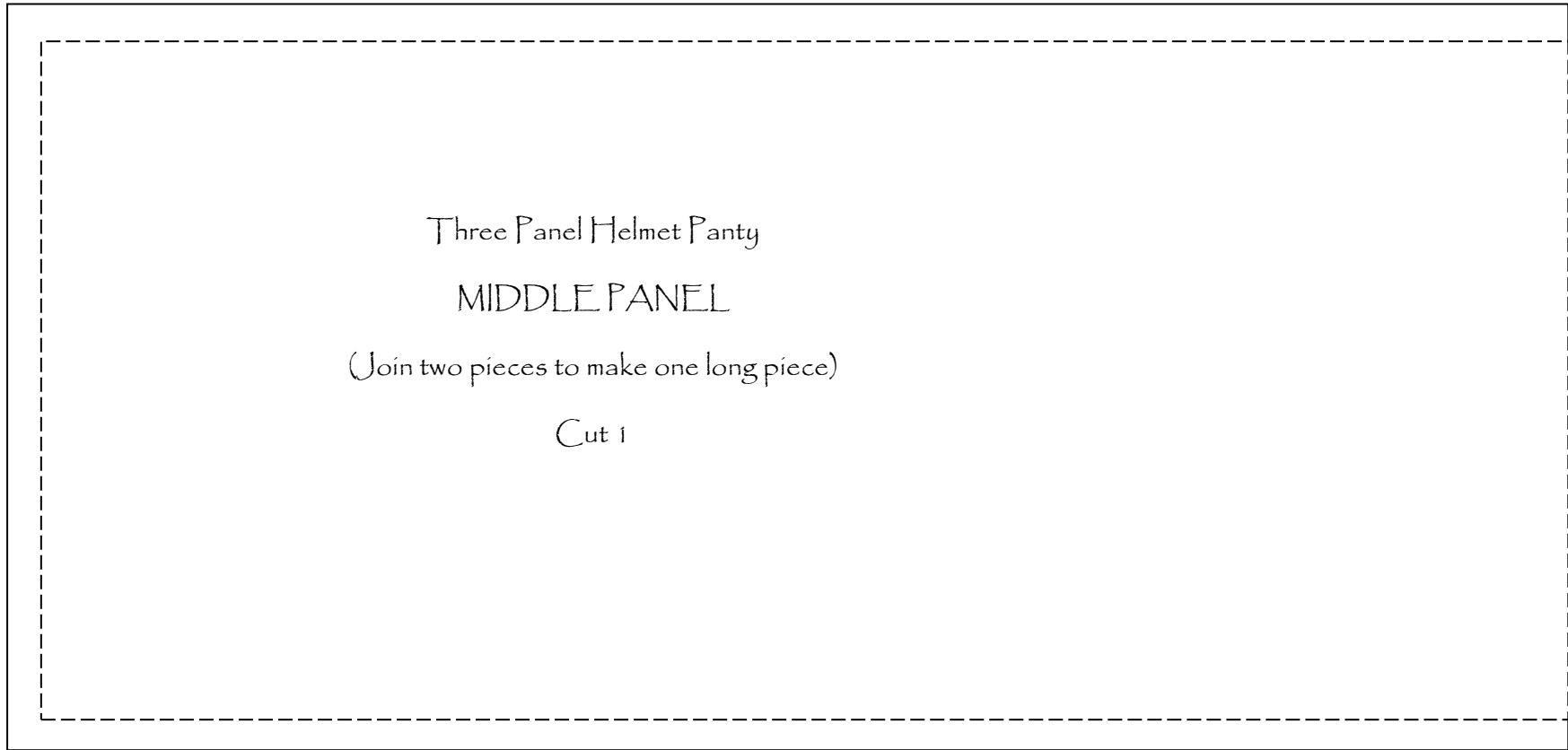
Pivot panty:

1. Cut two of side panel in main colour, cut one of middle panel in contrast colour.
2. Pin the middle panel to one side panel, right sides together then sew. Complete for other side panel.
3. Complete by turning over seam allowance around the bottom to make casing. Either sew with the joined elastic inside, or leave a gap to thread the elastic though later

Jammer panty:

1. Cut two of the side panel and one of middle panel in main colour. Cut two stars in the contrasting colour.
2. Carefully pin each star to one of the side panels, both pieces should be right side up. Position the top point of the star just below the seam line in the middle of the side panel.
3. Sew around each star using a small zigzag stitch, catching/enclosing the edge of the star as you go. (If you chose to use a non-stretch fabric for the stars, sew the panty first, and pin the star in place while the panty is stretched on a helmet.)
4. Pin the middle panel to one side panel, right sides together then sew. Complete for other side panel.
5. Complete by turning over seam allowance around the bottom to make casing. Either sew with the joined elastic inside, or leave a gap to thread the elastic though later





Three Panel Helmet Panty

MIDDLE PANEL

(Join two pieces to make one long piece)

Cut 1



SEAM ALLOWANCE = 5mm

Three Panel Helmet Panty

SIDE PANEL

Cut 1

CASING FOLD LINE

