



Lahja Unisex Dressing Gown

Pattern by: Named Clothing

Instructor: Leslie Kennedy

Location: Treelotta

Class Description:

The Lahja dressing gown is a casual, straight-cut unisex garment. The Finnish word 'lajha' means 'gift' and, as the name suggests, these dressing gowns are a great gift either for your friend or yourself! There are two versions:

- A shorter knee-length gown with "cropped" sleeves
- A longer version that extends to mid-leg and has full-length sleeves.

Both variations feature large patch pockets, belt loops and a belt.

Skills and techniques that will be covered in this class include:

- Sewing with wovens fabrics
- Applying fusible interfacing
- Topstitch, Staystitch, Edge Finishes, Hemming
- Attaching Collar Band
- Making belt loops and a belt

Skill level: Confident Beginner with some Garment Sewing Experience

Students should be comfortable with selecting their pattern size, laying out and cutting their project pieces, and have some previous experience sewing garments. Students should also be familiar with operating their sewing machine, sewing straight seams and finishing seam allowances (e.g., zigzag, overlock).

NOTE: If you are new to garment sewing, we recommend that you take the ["Intro to Garment Sewing" class](#) that is offered periodically by Treelotta. The Intro class will give you a good foundation or refresher as you build your knowledge and skills for successful garment sewing.

Fabric Suggestions

- The pattern recommends the following fabrics:
 - Choose a **non-stretch** fabric. Note: KNIT fabrics are **not recommended** for this pattern (including waffle knits).
 - For a lighter version, choose a drapery rayon or satin.
 - For a heavier version, choose natural linen, terry cloth or woven honeycomb (a.k.a., a waffle woven) fabric. Cotton flannel is also a good mid-weight choice.
 - BE AWARE THAT SOME HEAVIER WOVEN FABRICS MAY SHRINK SUBSTANTIALLY WHEN LAUNDERED.
 - For example, the waffle woven yardage used for the class sample garment was washed in Cold water and dried in a Medium-Low dryer. The fabric yardage shrank ~26% in length and ~14% in width.
 - Fusible Interfacing: The instructor recommends using a knit interfacing such as [Pellon EZ-130 "Easy Knit"](#). This will provide some structure while still allowing the fabric to maintain its natural drape. The interfacing is used on the Collar, Belt and Pockets.

Pattern Sizing and Format

This pattern is available in print and PDF formats.

- Find the print version here: [Lahja Unisex Sizes XS - XXL](#)
- If you purchase a PDF version: **Treelotta now offers you the convenience of an AO-sized pattern printing service. Find more information here:**
<https://www.treelotta.com/shop/c/p/A0-Copyshop-Printing-x89075081.htm>

When choosing your pattern size, know that this pattern has been drafted with a straight-cut, unisex fit, which means that the armhole openings are low and roomy, and the sides are cut straight down from the underarm to the bottom hem.

- The pattern was drafted for a 5'8" tall person.
- For your reference: The class instructor is 5'4", with measurements 36"B x 30"W x 36"H. She made a class sample using size M based on her Bust and Waist measurements and used the pattern's shorter sleeves (referred to as "cropped" in the pattern description). The shorter sleeves of her class sample are actually full length on the instructor, although they may be cropped on a taller person with longer arms. Overall, the M is a very roomy fit for the instructor and she plans to size down to a S for her next Lahja make.

Please complete before first class:

- ☐ Students should plan for 3-4 hours for pre-work to be completed at home before the class begins. This pre-work includes tracing your pattern for your size, cutting out your fabric and interfacing pattern pieces, gathering your supplies and tools, and testing your sewing machine.
- ☐ Purchase your pattern and determine your pattern size.
- ☐ Choose the view and options (length and sleeve length) you plan to make.
- ☐ Read the pattern instructions to get acquainted with the project.
- ☐ Launder and press your fabric
- ☐ Gather all project supplies as specified in the pattern:
 - ☐ Fabric
 - ☐ Light-to-midweight fusible interfacing for the Collar and pockets.
 - ☐ Polyester thread or high quality cotton thread that matches your Fabric
 - ☐ A fun garment label to put on your garment!
- ☐ Cut out all pattern pieces and transfer all pattern markings to fabrics.
 - ☐ We recommend tracing the pattern pieces for your pattern size onto a Pattern Tracing type of material (e.g., "[Pattern Ease](#)") rather than cutting directly into your pattern - especially if you purchased a Paper version of the pattern. Creating this traced copy will allow you to reuse the pattern for other sizes, or if you find it necessary to grade your pattern between sizes for proper fitting.
 - ☐ When cutting your fabric pieces, refer to the "Cutting Plan" diagram in the pattern instructions that aligns with the size you are making and the fabric width you are using (e.g., 45" vs. 60").
 - ☐ Note that the BACK (Piece #2) needs to be cut on the Fold.
 - ☐ If your fabric has a directional print, position all of your pattern pieces so the print will be oriented correctly.
- ☐ Cut and fuse the interfacing for the Collar (Piece #4) and Pockets (Piece #5)
 - ☐ Note that the pattern suggests cutting the interfacing pieces with reduced seam allowances to reduce bulk (see Cut & Prep on page 4).
 - ☐ If you are not comfortable with fusing the interfacing, the instructor can assist you with this step during the class.
- ☐ **OPTIONAL:** Want to add a Hang Loop inside the your Lahja? If so, cut an extra belt loop ($\frac{1}{2}$ of the length of Pattern Piece 7) and the instructor will show you how this can be added to your garment.

Enrolled students will receive more details about 4 days prior to class which will specify any other prep work to complete before class. Come ready to sew!

Sewing Tools & Supplies:

- Sewing machine & Presser Feet (e.g., Zigzag Foot with a wide slot Optional: Overlock Foot, Edgestitch foot, ¼" foot)
 - Bring your own machine or contact Treelotta in advance if you would like to rent one of their machines for the class.
 - Please test your sewing machine before coming to class to make sure it is working order.
- Size [80 sewing machine needle](#) should work for most of the recommended fabrics for this pattern. A lighter fabric (e.g., some rayons/satins) may require a smaller Size 70 sewing machine needle.
- Hand sewing needle (and thimble, if you use one). This can be used to close up the opening in the belt that is used for turning, as shown in Step 10 of the pattern. You can also stitch this closed using your sewing machine.
- Scissors & thread snips
- Pins
- Small ruler (~1" x 6")
- Tailor's chalk or other fabric marker
- Seam ripper
- Optional: [Stiletto](#)
- Optional: [Wonder Clips](#)
- Optional: [A fun garment label!](#)

Treelotta Class Policies

We are a fragrance-free shop: As a courtesy to individuals who are sensitive to fragrances, we would ask that you refrain from wearing any perfumes, scented lotions or body sprays, or strong scents in general. Thank you.

Class cancellation: Classes fill up quickly and we often have a waiting list. **If you cannot make it to class, please let us know at least three days in advance to receive store credit.** Out of consideration for our instructors, cancellations less than three days before class (or no-shows) will be charged full price. If you are experiencing any fever, cough, shortness of breath, or any

3370 South Broadway
Englewood, CO 80113
303-997-4372 ✉ treelotta@gmail.com

other flu/Covid-like symptoms please do not come to class. Please contact us to let us know by phone at 303-997-4372.

Classes with registration of fewer than three participants three days prior to class date may be canceled by the instructor. In the event of inclement weather, the instructor will have the discretion to cancel class.

Classes start on time. Please arrive 10-15 minutes early to get set up.

Parking: Parking is available on the street in front of the shop as well as in our parking lot behind the shop. For after-hours or weekend parking, you may also park in the Malley Recreation Center lot (which is across the alley from the parking lot behind our building). Please do not park in this lot on weekdays from 9-5 as you will likely be ticketed.