Inverted Pleats

Pleats are soft or crisp folds of fabric that provide fullness in desired areas of a garment. Pleats are easy to construct. The most important thing to remember is to mark and fold accurately. Technically pleats should be marked using a contrasting thread or marking pen. You may also clip each of the fold and placement lines to mark.

Using a sheet of plain white paper, mark your paper sample according to the following:

Beginning at the left-hand side of the length of your paper, make lines parallel to the shorter side of your paper. The first line will be 1 1/2" from the edge. The next 8 lines will be drawn every inch. You will mark a total of 9 lines. Mark each line as a foldline or placement line using the following sequence:

1-Foldline

2-Placement line

3-Foldline

4-Foldline

5-Placement line

6-Foldline

7-Foldline

8-Placement line

9-Foldline

Draw arrows from each foldline to the placement line in the center of each inverted pleat. This completes the pattern paper.

Using your sample fabric and your pattern paper, construct your series of three inverted pleats. One of the easiest ways to transfer pleat lines to a garment is to cut at each end of each line, both foldlines and placement lines ¼" into the seam allowances. Press the foldline to the placement line to create each side of the pleat.

Attach both your paper pattern and your fabric sample to this instruction sheet. Write a definition of pleats below, then give a description of the pleats you have just completed.