Knit Tip: How to identify Center Back on Pull-on Pants (or Skirt)

Have you ever put your pants on backward and wondered why they felt so uncomfortable? I think we all have. When you sew them (knit pull-on pants), it's often difficult to distinguish front from back unless you stop to compare the crotch lengths.

This is a simple, decorative technique to help you quickly identify center back of your pants waistband.
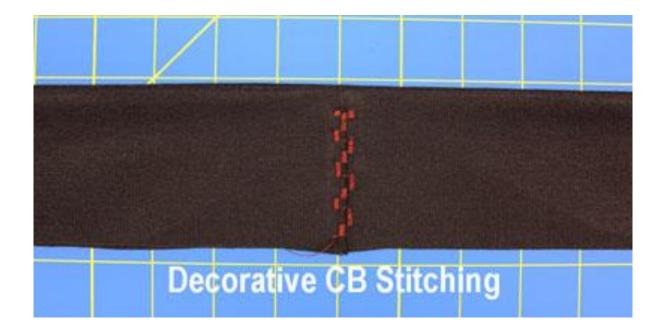
   1. Make sure waistband piece is cut the size that you need: 2 times the width of elastic plus seam allowances.

   2. With short ends together, sew waistband in a circle creating the CB seam. Fold lengthwise with the seam to the inside and press a lengthwise crease indicating the top edge of the waistband.

   3. Designate one side for the inside of the back of the pants. Stabilize the area to be stitched with tear-away stabilizer or iron on interfacing.

   4. With waistband unfolded, stitch over the seam using a decorative stitch pattern in contrasting color.

Decorative Stitching
Opened waistband

Decorative CB Stitching

Inside of back of pants

Here's a very short video showing you this simple procedure. It takes a couple of minutes and is well worth it. **Click Here.**

Happy Sewing!
Glenda