

## Sandra Betzina's topstitched casing

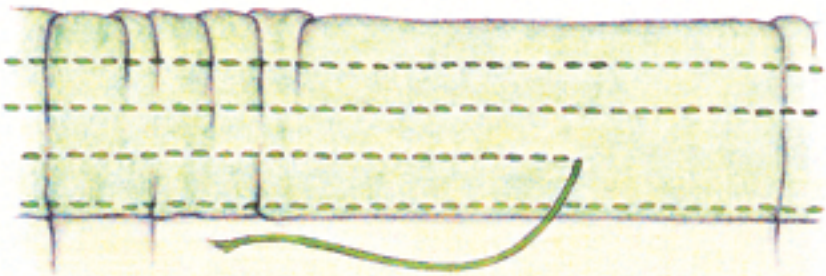
Several rows of topstitching on this cased waistband prevents it from rolling, crushing, or curling.



1. Make simple casing  $\frac{1}{8}$  in. wider than Ban-rol elastic; then cut elastic your waist measurement minus 4 in. Feed elastic through casing with large safety pin.



2. Butt ends of elastic together, centering join over piece of muslin or other thin, stable fabric. Zigzag ends together, and trim excess muslin.



3. Sew several parallel rows of topstitching through casing and elastic, stretching elastic as you sew. You can add a tiny bow to mark CB, as in photo below.