

CROSS BACK APRON – STEP BY STEP TUTORIAL

EASY • PRACTICAL • STYLISH ♥



FINISHED SIZE

Width: 86 cm
Length: 85 cm
(Adjust as needed)



YOU WILL NEED

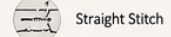
- 1.5 m of fabric
- Matching thread
- Sewing machine
- Scissors or rotary cutter
- Iron
- Pins or clips
- Measuring tape

FABRIC SUGGESTION

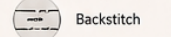
- Medium weight fabric
- Linen, Cotton, Denim, Canvas
- 150 cm wide



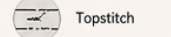
MAIN METHODS



Straight Stitch



Backstitch



Topstitch



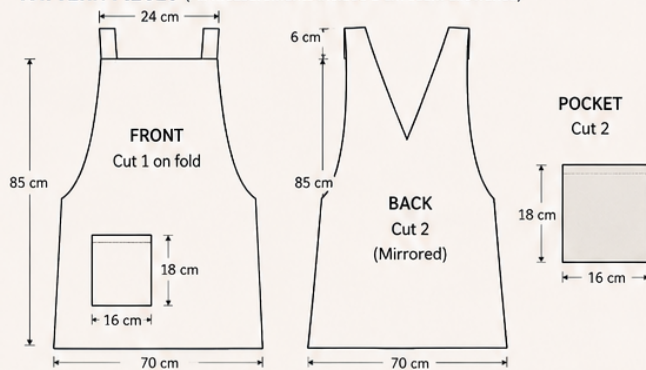
Press



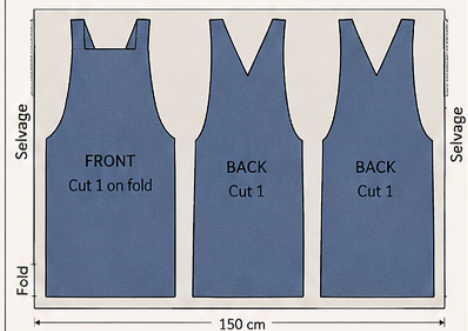
Clip Curves



PATTERN PIECES (All measurements include 1 cm seam allowance)



CUTTING LAYOUT (150 cm wide fabric)



1 PREPARE THE POCKETS



Fold 1 cm on all sides, press. Fold again 1 cm and topstitch. Make 2 pockets.

2 ATTACH POCKETS



Place pockets on the front panel, 10 cm from the side and 28 cm from the bottom edge.

Sew around sides and bottom.

3 PREPARE THE FRONT



Finish side edges with zigzag or serger.

Topstitch sides and bottom (optional).

4 PREPARE THE BACK STRAPS



Take the 2 back pieces.

Cross the straps to check placement.

Finish all edges.

5 ASSEMBLE THE BACK

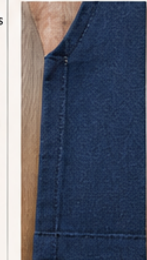


Place back pieces over the front, right sides together.

Align side edges and pin.

Sew both sides from top to bottom.

6 FINISH EDGES



Finish all raw edges.

Press seams toward the back.

Topstitch around the entire apron for a neat finish.

7 FINAL PRESS



Press the apron well.

Your Cross Back Apron is ready!



WEARING TIPS



The cross back straps distribute weight evenly and keep the apron secure.

Perfect for cooking, gardening, or crafting!



TIPS

- Use medium weight fabric for better drape.
- Add a loop for hanging if desired.
- Adjust length as needed.



CARE INSTRUCTIONS



Machine wash cold



Gentle cycle



Do not bleach

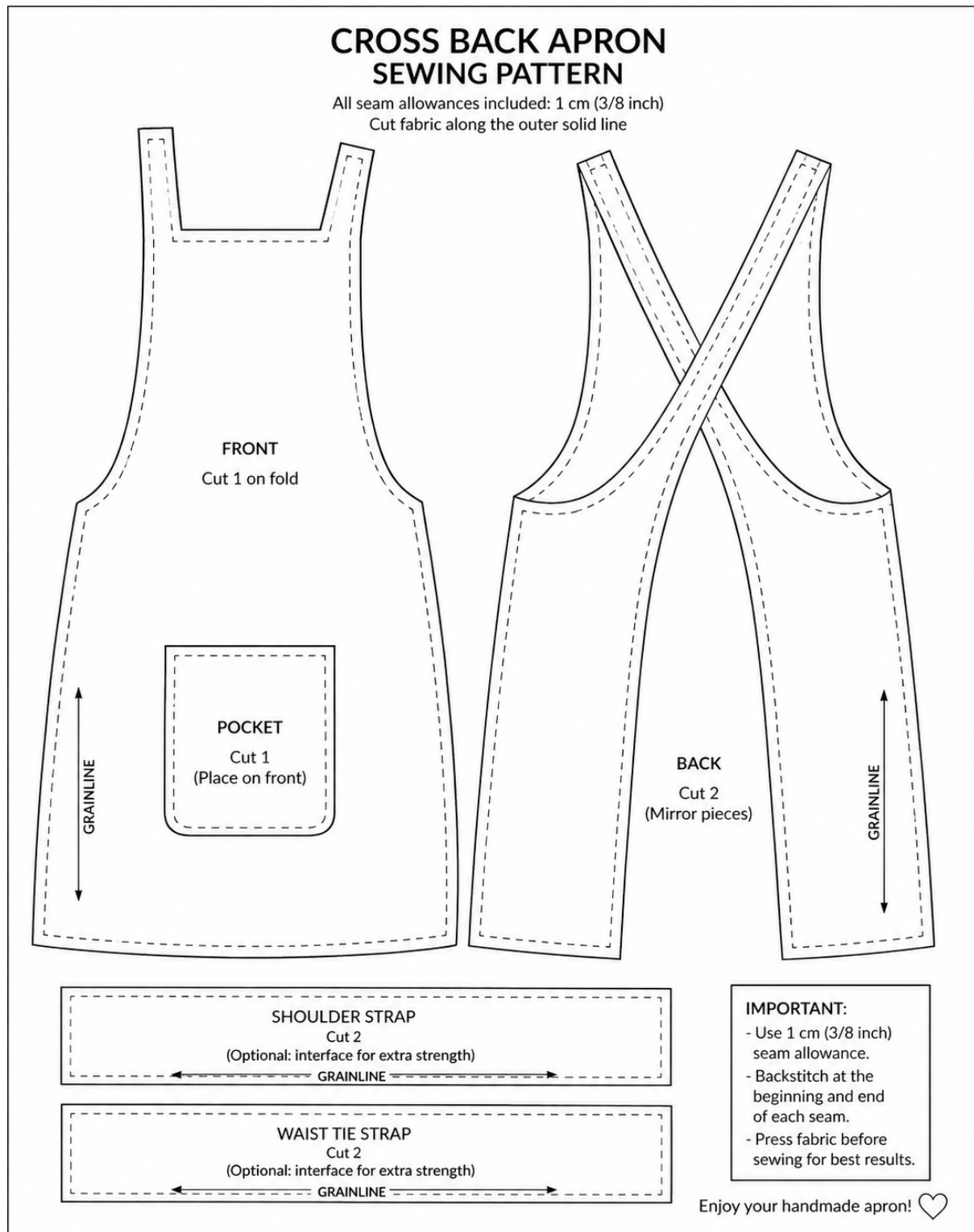


Tumble dry low



Warm iron





Cross Back Apron – Complete Step-by-Step Sewing Tutorial

This Cross Back Apron is a practical and comfortable sewing project featuring two crossed back panels, a roomy front, and two useful patch pockets. Because the straps cross behind the body, the apron stays securely in place without neck ties or a waistband.

The finished apron measures approximately:

- Width: 86 cm
- Length: 85 cm
- Seam allowance: 1 cm, already included in all pattern measurements

The size can be adjusted by increasing or reducing the length and width of the pattern pieces before cutting the fabric.

Materials and Supplies

You will need:

- 1.5 meters of medium-weight fabric, 150 cm wide
- Matching all-purpose sewing thread
- Sewing machine
- Fabric scissors or a rotary cutter
- Cutting mat, if using a rotary cutter
- Measuring tape
- Clear sewing ruler
- Fabric marker, tailor's chalk, or removable marking pen
- Straight pins or sewing clips
- Iron and ironing board
- Optional serger or overlock machine

Recommended fabrics include:

- **Medium-weight cotton**
- **Linen**
- **Cotton-linen blend**
- **Denim**
- **Canvas**
- **Twill**
- **Home décor cotton**

Choose a fabric that is sturdy enough to hold its shape but flexible enough to drape comfortably around the body. Prewash and dry the fabric before cutting to prevent the finished apron from shrinking later.

Main Sewing Methods Used

Straight Stitch

Use a regular straight stitch for joining the main apron pieces. A stitch length of approximately 2.5 mm works well for most medium-weight fabrics.

Backstitch

Backstitch at the beginning and end of every seam to keep the stitching from coming undone. Sew backward for approximately three or four stitches, then continue sewing forward.

Topstitching

Topstitching is visible stitching sewn close to a folded edge or seam. It strengthens the apron while giving it a neat, professional finish.

For this project, topstitch approximately 2–3 mm from the edge unless another distance is specified.

Pressing

Press each fold and seam as you work. Pressing is different from sliding the iron back and forth. Place the iron on the fabric, apply gentle pressure, lift it, and move it to the next area.

Clipping Curves

Small clips made into curved seam allowances help the fabric lie flat after it is turned or finished. Never cut through the stitching line.

Pattern Pieces and Measurements

All measurements include a 1 cm seam allowance.

Front Apron Piece

Cut one front piece on the fold.

Approximate measurements:

- **Finished length: 85 cm**
- **Full bottom width after unfolding: 70 cm**
- **Top section: approximately 24 cm wide**
- **Shoulder extension height: approximately 6 cm**

The front piece has a straight bottom edge, gently shaped side curves, and two short shoulder extensions at the top.

Because the piece is cut on the fold, draw only half of the front pattern. Position the center-front line directly against the folded fabric.

Back Apron Pieces

Cut two back pieces, mirrored.

Approximate measurements:

- **Length: 85 cm**

- Bottom width of each drafted shape: approximately 70 cm as shown in the pattern diagram
- Shoulder extension height: approximately 6 cm

Each back piece begins as a wide shoulder strap and gradually widens toward the lower edge. The inner top edge slopes downward to create the deep crossed-back shape.

Make sure the second piece is cut as a mirror image of the first. The easiest method is to fold the fabric with right sides together and cut both layers at the same time.

Pockets

Cut two pocket rectangles.

Each pocket measures:

- Width: 16 cm
- Height: 18 cm

These measurements include the seam allowance and folded edges.

Drafting the Front Pattern Piece

Fold a large sheet of pattern paper in half. The folded edge will represent the center front of the apron.

From the top of the paper, mark the apron length at 85 cm.

At the bottom, measure outward from the fold to create half of the required 70 cm full width. Since the piece is cut on the fold, the drafted half should represent half of the final front.

Mark the upper chest section so the full width will be approximately 24 cm after the pattern is unfolded.

Draw the two short shoulder extensions at the top. Each extension should be approximately 6 cm high.

Shape the sides by drawing a gentle inward curve below the upper chest area. Continue the line downward and gradually widen it toward the hem.

Avoid making the curve too deep. The apron should provide comfortable coverage around the sides of the body.

Cut out the folded pattern and open it to check that both sides are symmetrical.

Drafting the Back Pattern Pieces

Draw a rectangle approximately 85 cm long on pattern paper.

Create a wide shoulder extension at the upper outside corner. The top extension should be about 6 cm high.

From the inner edge of the shoulder, draw a long diagonal line downward to form the open V-shaped back. This sloping section becomes part of the cross-back strap.

Shape the outside edge with a gentle curve similar to the side curve of the front apron.

Continue both sides toward the bottom, maintaining enough width for comfortable back and side coverage.

Cut out the first pattern piece. Flip the paper pattern over when cutting the second piece so the two back sections are mirrored.

Before cutting the fabric, hold the paper pieces against your body or pin them temporarily to the front pattern. Check that the straps will be long enough to cross comfortably.

Preparing and Cutting the Fabric

Prewash the fabric using the same washing method you plan to use for the finished apron. Dry it completely and press out all wrinkles.

Fold the fabric lengthwise with the selvage edges together. The right sides may face inward.

Place the center-front edge of the front pattern directly against the fabric fold. Pin or weight the pattern securely.

Position the two back patterns beside the front piece, following the fabric grain. The long straight direction of each piece should remain parallel to the selvage.

Place the pocket pattern in an available section of fabric.

Cut:

- **One front piece on the fold**
- **Two mirrored back pieces**
- **Two pockets**

Transfer any useful markings, including:

- **Pocket positions**
- **Shoulder joining points**
- **Center front**
- **Right and left back pieces**

Keep the pieces organized after cutting.

Step 1: Prepare the Pockets

Place one pocket wrong side up on the ironing board.

Fold each side edge toward the wrong side by 1 cm and press.

Fold the bottom edge toward the wrong side by 1 cm and press.

At the top edge, fold the fabric toward the wrong side by 1 cm. Press the fold.

Fold the top edge inward by another 1 cm to enclose the raw edge. Press thoroughly.

Topstitch across the folded top edge, sewing close to the lower fold. Backstitch at both ends.

Repeat the entire process for the second pocket.

The side and bottom seam allowances should remain pressed toward the wrong side. Do not sew them closed yet because they will be stitched directly to the apron front.

For stronger upper corners, sew a small triangle or short reinforcing line when attaching the pockets.

Step 2: Mark the Pocket Placement

Lay the front apron piece flat with the right side facing upward.

According to the graphic, position each pocket approximately:

- **10 cm from the nearest side edge**
- **28 cm above the bottom edge**

Use a measuring tape and ruler to make sure both pockets are level and evenly spaced.

Pin or clip the pockets in place. The folded top edge must face upward, and the three remaining folded edges should lie flat against the apron.

Check the placement by holding the front piece against your body. The pockets should be easy to reach without sitting too high or too low.

Adjust their position before sewing when necessary.

Step 3: Attach the Pockets

Starting at one upper corner, sew down the first side approximately 2–3 mm from the folded edge.

Pivot at the bottom corner with the needle lowered into the fabric.

Sew across the bottom and then up the opposite side.

Do not stitch across the top opening.

Backstitch securely at both upper corners because these areas receive the most stress during use.

For additional strength, sew a small diagonal line at each upper corner, creating a tiny reinforced triangle.

Attach the second pocket in the same way.

After sewing, compare both pockets to make sure they are straight and symmetrical.

Press the pockets flat from the front and back.

Step 4: Prepare the Front Apron Piece

Finish the raw side edges of the front piece using a zigzag stitch or serger.

A medium zigzag stitch is suitable when a serger is unavailable. Sew close to the raw edge without causing the fabric to curl.

Finish the lower raw edge in the same way.

The top and curved upper edges may also be finished now, especially if the fabric frays easily.

Press the finished edges flat.

For a cleaner appearance, you may turn the side and bottom edges toward the wrong side and topstitch them. Keep the folds narrow so the apron maintains its intended size.

Step 5: Prepare the Back Pieces and Straps

Identify the right and left back pieces.

Finish all raw edges with a zigzag stitch or serger, especially:

- Outer side edges
- Inner diagonal strap edges
- Shoulder edges
- Bottom edges

Turn the narrow finished edges toward the wrong side and press where appropriate.

Topstitch along the long strap edges for a neat appearance and extra stability.

Lay the two back pieces on a table with the right sides facing upward.

Cross one strap over the other to create an X shape.

The left back strap should travel toward the right shoulder area, and the right back strap should travel toward the left shoulder area.

Pin the crossed sections temporarily and hold the apron around your body. Confirm that the straps lie flat without twisting.

Step 6: Join the Back Straps to the Front

Place the front apron piece right side up.

Bring the two back pieces over the front, following the crossed arrangement.

Match each back shoulder end with the opposite front shoulder extension:

- **The left back strap connects to the right front shoulder.**
- **The right back strap connects to the left front shoulder.**

Place the shoulder sections right sides together.

Align the raw edges carefully and pin or clip them.

Sew each shoulder seam using a 1 cm seam allowance.

Backstitch at both ends.

Finish the shoulder seam allowances with a zigzag stitch or serger.

Press the seams toward the back.

Topstitch along the shoulder seams when desired. This helps the seams remain flat and strengthens the connection between the front and crossed straps.

Step 7: Assemble the Apron Sides

Arrange the apron with the right sides together.

Place the back pieces over the front piece and match the corresponding side edges.

The graphic instructs you to align and pin the sides before sewing from the upper side area toward the bottom.

Make sure:

- **The fabric is not twisted.**
- **The crossed straps remain in the correct position.**

- Both side edges are even.
- The pocket edges are not accidentally caught in the seam.

Pin or clip each side from top to bottom.

Sew the side seams using a 1 cm seam allowance.

Backstitch at the beginning and end.

Finish the raw seam allowances with a zigzag stitch or serger.

Press the seams toward the back.

When the apron is opened, the back pieces should cross naturally and provide comfortable side coverage.

Step 8: Finish the Curved and Open Edges

Inspect the arm openings, upper edges, and inner crossed-back edges.

Finish any remaining raw edges with a zigzag stitch or serger.

For a simple folded finish, turn each finished edge toward the wrong side by approximately 1 cm and press.

Because some edges are curved, make small clips in the seam allowance where necessary. The clips should stop before the stitching line.

Fold the edge inward and pin it carefully.

Topstitch around the curved openings and crossed-back edges.

Sew slowly around the curves. Stop with the needle down whenever you need to lift the presser foot and reposition the fabric.

Keep the topstitching distance consistent for a professional result.

Step 9: Finish the Bottom Hem

Finish the raw bottom edge with a zigzag stitch or serger.

Fold the bottom edge toward the wrong side by 1 cm and press.

For a more substantial hem, fold it inward by another 1 cm.

Pin or clip the hem across the entire lower edge.

Topstitch close to the inner folded edge.

Backstitch at both ends.

Check that the hem does not pull or ripple. Press it again after sewing.

Step 10: Topstitch the Apron

Topstitching is optional, but it gives the apron a crisp and durable finish.

Topstitch around:

- **The outer side edges**
- **The lower hem**
- **The arm openings**
- **The shoulder seams**
- **The crossed-back straps**
- **The pocket sides and bottoms**

Maintain an even distance from the edge throughout the project.

Use a slightly longer stitch length, approximately 3 mm, for decorative topstitching.

For denim or canvas, use a denim needle and heavier topstitching thread when appropriate. Test the thread and tension on a fabric scrap before sewing the actual apron.

Step 11: Check the Fit

Turn the apron right side out and put it on.

Pass your arms through the side openings so the straps cross naturally across your back.

Check the following:

- The front sits comfortably across the chest.
- The shoulder straps lie flat.
- The crossed sections do not twist.
- The side coverage feels comfortable.
- The apron length is suitable.
- Both pockets are easy to reach.

When the straps are too long, shorten them at the shoulder seams.

When they are too short, add a fabric extension at each shoulder or redraft longer back pieces.

Any adjustment should be divided evenly between both straps to maintain symmetry.

Step 12: Final Pressing

Press the entire apron carefully.

Begin with the shoulder seams and crossed straps.

Press the side seams toward the back.

Press the pocket edges and topstitching.

Finish by pressing the front panel and bottom hem.

Use steam only when it is safe for your chosen fabric.

For denim or canvas, use a pressing cloth to prevent shiny marks.

Trim any loose thread ends after pressing.

Your Cross Back Apron is now ready to wear.

Optional Hanging Loop

Cut a small fabric strip approximately 5 cm wide and 12–15 cm long.

Fold the strip lengthwise with right sides together.

Sew along the long edge using a narrow seam allowance.

Turn the strip right side out and press it flat.

Fold it into a loop and attach it to the inside upper back edge or one of the shoulder seams.

Stitch over the loop several times to secure it.

This addition allows the apron to hang easily from a hook.

Helpful Sewing Tips

Use medium-weight fabric for better structure and drape. Very thin fabric may not support the pockets well, while extremely heavy fabric may make the crossed back bulky.

Always test your stitch length, needle, and thread tension on a scrap of fabric.

Use a new universal needle in size 80/12 or 90/14 for cotton and linen. For denim, use a denim needle in size 90/14 or 100/16, depending on the fabric thickness.

Clip curved seam allowances carefully so the edges can turn smoothly.

Press every fold before sewing. This makes the topstitching easier and more accurate.

Check the fit before permanently finishing the shoulder seams.

Add extra length to the pattern when making the apron for a taller person.

For a shorter apron, remove length from the lower portion rather than changing the upper shape.

Fabric and Style Ideas

A blue-and-white striped fabric creates a clean, traditional kitchen style.

Olive green canvas produces a durable apron suitable for gardening or crafting.

Natural linen gives the apron a relaxed, minimalist appearance.

Floral cotton creates a cheerful apron for baking, sewing, or gift giving.

Dark denim provides excellent durability and hides everyday stains.

Contrasting fabric can be used for the pockets, shoulder sections, or hanging loop.

You may also add embroidery, appliqué, labels, decorative stitching, or divided pocket compartments.

Wearing the Cross Back Apron

Hold the apron with the front panel facing away from you.

Locate the two crossed back straps.

Slide one arm through each side opening.

Allow the straps to settle naturally across the back.

Smooth the front and adjust the sides.

The crossed design distributes the apron's weight across the shoulders instead of concentrating it around the neck. This makes the apron particularly comfortable for long periods of cooking, gardening, sewing, painting, or crafting.

Care Instructions

For cotton, linen, denim, or canvas aprons:

- **Machine wash in cold water.**
- **Use a gentle cycle.**
- **Wash with similar colors.**
- **Do not use bleach.**
- **Tumble dry on low heat or air dry.**
- **Remove the apron promptly to reduce wrinkles.**
- **Press with a warm iron when needed.**

Always follow the care requirements of the specific fabric used. Prewashing the fabric before construction helps ensure that the finished apron retains its shape and size after laundering.

<https://creative.craftsforlove.com/> - SEE THE BEST PATTERNS