

Yoke with Lining and Enclosed Seams (Burrito Yoke)

Burrito Yoke instructions are available all over the sewing web, and I've incorporated information from many of them here. My main "aha" came from Peter Lapin's Male Pattern Boldness blog (his Negrone shirt sew-along). He has many other great tutorials on his blog.

Notes

- > I recommend putting any directional pattern (stripes, plaids, directional prints) on the cross grain or bias. This avoids having to match pattern across the yoke and back.
- > Another reason for a bias yoke is that it can camouflage a shaped yoke, which is often needed to fit men with back curvature and/or prominent shoulder blades (darts not usually being an option for men).
- > The yoke lining should always be on the straight of grain. This is especially needed to stabilize a bias yoke.
- > A burrito yoke requires front and yoke shoulder SAs of at least 1/2". These instructions are for a 5/8" SA.

Instructions

- 1 Sew CB seam of yoke and yoke lining, if applicable. Press open.
- 2 Attach yoke and yoke lining to shirt back, sandwiching shirt back between yokes. (Three layers of fabric, plus easing, maybe back pleats = use pins!)

Tip: Everyone I sew for requires a shaped yoke, so when I do this step, I am always working with curved seams that need easing. To stay sane, I break this down into a couple of steps - takes a bit longer but I think it's worth it: first, RS of yoke lining to WS of shirt back, I pin CB and edges. I then finish pinning, distributing any ease where it is most needed (usually over the shoulder blades). I then place RS of yoke to RS of shirt back and using the same pins and pinning order, I attach the yoke. When I stitch, all the layers and all the ease is controlled.

- 3 Trim/grade SA and press SA up, into yoke. Top/edgestitch.

Burrito Method to attach yoke to fronts

There is another burrito yoke method that involves rolling the shirt back in between the two yoke layers, much as we are used to doing for our Ronald McDonald House pillowcases. If that method works for you, you probably aren't reading this! For me, the following method is the one that clicked.

- 4 RSs up, lay shirt fronts down with body extending to the left. RS up, lay down yoke/shirt back head to head with fronts (shirt back extending to the right). Fold outer yoke back, out of the way.
- 5 Bring WS of front shoulder to RS of yoke lining (side of yoke lining closest to body when worn). Sew WITH 1/2" SA. Repeat on other side. Do NOT press.
- 6 Lay garment down again RS up, head to head, fronts extending left and yoke/back extending right.
- 7 With left hand, pick up shoulder end of stitched SA of shirt front/yoke lining. With right hand, pick up shoulder end of outer yoke shoulder.

8 Bring these two SAs RS together by encasing shirt between them. (Folding "backwards" and around to meet.)

9 Stitch 1/8" from first stitching line (total 5/8" SA). Grade/trim SA. Turn RS out and press. Top/edgestitch as needed. Repeat on the other side.