



Curated By You: Emily Lightly Makes The Everyday Dress By In The Folds

Description



Emily is wearing her Everyday Dress by In the Folds made with IL 042 900 FS

Premier Finish

If you're into Marie Kondo, you will love this girl! [Emily Lightly](#) has built her business and a strong 19.5K+ [IG](#) community on helping first herself and in turn others on how to declutter their lives, make simple changes in maintaining a capsule wardrobe, to live a calmer, simpler life. As she quotes Courtney Carver, Soulful Simplicity: "I know how it feels to do work you don't enjoy to earn money to pay for all the things you need to make yourself feel better for doing work you don't enjoy." If this resonates with you, you need to take a look at Emily's [blog](#), where she has tonnes of free resources and a pdf [ebook](#) you can purchase to keep yourself in check with the philosophy of 'Less is more'.

Emily has chosen to use our [FS Premiere Finish 5.1 oz Yarn Dye 100% Linen](#) to make the [Everyday Dress by In the Folds with Peppermint Magazine](#)

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Tell us a bit about yourself and what you do.

I'm Emily, I'm 29 years old and I am a sustainable lifestyle influencer. My blog, Emily Lightly, is where I write about my capsule wardrobe, slow fashion, minimalism, clean beauty, and living a more sustainable lifestyle. I also work part-time in marketing.

Why do you sew?

I have always loved fashion as well as being creative. I started sewing at a young age when my mom put me in lessons, and I think it's such a valuable skill to have. I like making my own clothes because it's a good way to combat fast fashion and the unethical side of the fashion industry. I also enjoy it and the challenges it brings – I'm a very impatient person and sewing forces me to be patient and just enjoy the process.

Where is home and how does it affect what you do?

I live in British Columbia, Canada. I feel very lucky to live here! It's so

beautiful and there's a lot of access to nature which is really important to me. I'm not too sure how it affects what I do; living here means I'm very privileged and I'm lucky to have the freedom to choose how I want to live my life.



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Name a book that you've recently read which inspired you and why?

I love reading but I find that these days I don't make a lot of time for it. If I do read in my spare time, I mostly read novels. But a couple of non-fiction books that stand out from the last little while are Soulful Simplicity by Courtney Carver – I love her story and it really inspired me on my own simplification journey; and Notes on a Nervous Planet by Matt Haig – in which he talks how the modern day world fuels our anxiety, which has also inspired me to slow down and try to go back to a more slow, simple, less hectic lifestyle.

What was the first thing you ever remember making on your own? Tell us about this memory.

For my first sewing project, my instructor gave us a couple easy options to choose from such as a pair of pyjama pants, etc. What did I decide to make instead? A gigantic bean-bag chair! It required so much fabric and I honestly remember struggling with it so much. It's sort of funny to look back on now. The worst part was trying to get enough filling to fill it up!



Emily is wearing FS Pattern Crisp Linen Pants in tan and a linen tank. Emily's

mom knit the sweater and crocheted the market bag.

Do you have a mentor or a muse?

My mom is a great mentor to me when it comes to crafts. She always sewed our dance and Hallowe'en costumes growing up. She also knits and crochets, and she's all self-taught, which I really admire.

How important is social media to your hobby/business?

Social media is quite important for my blog because it allows me to reach people, connect with them, and share my journey which hopefully helps them as well. Unfortunately, it can also be quite toxic, so I have to take breaks every now and then to remind myself to slow down and sort of reset.

Do you have a community of crafters/ makers around you or do you find you are on your own?

I wouldn't say I belong to a community of crafters/makers, although I follow a lot on Instagram. I'm quite introverted and I find it hard to interact with others, especially online, so I'd say I'm mostly on my own but also quite used to that and it's where I'm comfortable.



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How important is it to make something with your hands?

I think this is so important, at least for me! It's like therapy. Sewing is especially like a form of meditation because you really have to focus on what you're doing and nothing else, so it really clears my mind of anything else I have going on. And there's just something about making something yourself that's tangible and that you can hold in your hands which feels so rewarding.

What's the best advice you've ever been given?

Don't take life too seriously.

What have you chosen to make out of FS linen and why?

I have chosen to make the [Everyday Dress by In the Folds with Peppermint Magazine](#) with [FS Premier Finish Yarn Dye](#). I wanted a dress that was comfortable and easy for everyday but that could also be dressed up. Having a smaller wardrobe, it's important that my pieces be versatile and functional.



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What does success mean to you?

Our society tends to define success in terms of wealth and status. In my opinion, as long as I'm happy, working towards my true passion and potential, and able to help others, that's success enough for me.

[IL042 900 FS Premier Finish – 100% Linen](#)

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