



Scan QR code for a Sew-Along video tutorial.  
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MEN'S KNIT SHIRTS AND SHORTS												Average
Suggested Fabrics: Stretch Knits only such as French Terry, Pique, Terry, Velour. See Stretch Gauge.												
Interfacing: Lightweight Fusible.												
Notions: A: 26" (66cm) exposed separating zipper. B: 7" (18cm) exposed zipper. C: 2 yds. (1.8m) of ¼" (6mm) drawstring, 1½ yds. (1.3m) of 1½" (4cm) elastic.												
Sizes	34	36	38	40	42	44	46	48	50	52		
BODY MEASUREMENTS: Select pattern size based on body measurements												
Chest	34	36	38	40	42	44	46	48	50	52	Ins.	
Waist	28	30	32	34	36	39	42	44	46	48	"	
Hip	35	37	39	41	43	45	47	49	51	53	"	
Shirt A	60"*	1½	1½	1½	1½	1½	1½	1½	1½	1½	Yds.	
Interfacing A	20"	¾	¾	¾	¾	1	1	1	1	1	"	
Shirt B	60"*	1¼	1¼	1¼	1¼	1¼	1¼	1¼	1½	1½	Yds.	
Contrast B	60"*, % yd.											
Interfacing B	20"	¾	¾	¾	¾	¾	¾	¾	¾	¾	Yd.	
Shorts C	60"*	1½	1½	1½	1½	1½	1½	1½	1½	1½	Yds.	
FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)												
A, B Chest	35½	37½	39½	41½	43½	45½	47½	49½	51½	53½	Ins.	
A, B Waist	35½	37½	39½	41½	43½	45½	47½	49½	51½	53½	"	
C Waist	32	34	36	38	40	42	44	46	48	50	"	
C Hip	36½	38½	40½	42½	44½	46½	48½	50½	52½	54½	"	
Width, lower edge												
Shirt A	35½	37½	39½	41½	43½	45½	47½	49½	51½	53½	Ins.	
Width, each leg												
Shorts C	17½	19	20½	21½	22¾	24	25½	26½	27¾	29	Ins.	
Finished back length from base of neck												
Shirt A, B	25¼	25½	25¾	26	26¼	26½	26¾	27	27¼	27½	Ins.	
Finished side length from waist												
Shorts C	18¼	18½	18¾	19	19¼	19½	19¾	20	20¼	20½	Ins.	

\*with nap \*\*without nap

Moins Facile

CHEMISES EN TRICOT ET SHORT POUR HOMMES												
<b>Tissus Conseillés:</b> Seulement pour tricot extensibles tels que Tissu bouclette, Piqué, Tissus épouge, Velours. Reportez-vous au taux d'élasticité. <b>Entoilage:</b> Thermocollant léger.												
<b>Mercurie:</b> A: Fermeture à glissière separable exposée de 66cm. B: Fermeture à glissière exposée de 18cm. C: 1.8m de cordelière de 6mm, 1.3m d'élastique de 4cm.												
Tailles		34	36	38	40	42	44	46	48	50	52	
<b>MESURES DU CORPS: Choisissez la taille du patron basée sur les mesures du corps</b>												
Poitrine		87	92	97	102	107	112	117	122	127	132	cm
Taille		71	76	82	87	92	99	107	112	117	122	"
Hanches (23cm au-dessous de la taille)		89	94	99	104	109	115	119	124	128	135	cm
Chemise A	150cm*	1.3	1.3	1.3	1.3	1.3	1.3	1.3	1.6	1.6	1.6	m
Entoilage A	51cm	0.8	0.8	0.8	0.8	0.8	0.9	0.9	0.9	0.9	0.9	"
Chemise B	150cm*	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	m
Contraste B	150cm*, 0.6m.											
Entoilage B	51cm	0.6	0.6	0.6	0.7	0.7	0.7	0.7	0.7	0.7	0.8	m
Short C	150cm	1.0	1.0	1.0	1.0	1.0	1.0	1.3	1.3	1.3	1.3	m
<b>MESURES DES VÊTEMENTS FINI (Motif et aisance de port compris)</b>												
A,B Poitrine		90	95	100	105	110	116	121	126	131	136	cm
A,B Taille		90	95	100	105	110	116	121	126	131	136	"
C Taille		81	86	91	97	102	107	112	117	122	127	"
C Hanches		93	98	103	108	113	118	123	128	133	138	"
Largeur à l'ourlet												
Chemise A		90	95	100	105	110	116	121	126	131	136	cm
Largeur, chaque jambe												
Short C		45	48	51	55	58	61	64	67	70	74	cm
Longueur finie – dos, votre nuque à l'ourlet												
Chemise A,B		64	65	65	66	67	67	68	69	69	70	cm
Longueur finie – côté, taille à l'ourlet												
Short C		46	47	48	48	49	50	50	51	51	52	cm

\*avec sens \*\*sans sens



A



B



C



C

Use the 1 inch (2.54cm) box to ensure you are using rule at 100%.

Utilisez la boîte de 2.54 cm pour vous assurer d'utiliser la règle à 100%.

Utilizar un cuadrado de 2.54 cm para asegurarse de estar usando la regla al 100%.

4" of crosswise folded knit must STRETCH from here  
10 cm de tricot plié sur le travers doivent s'étire d'ici  
10 cm de tejido de punto doblado al través deben estirarse desde acá

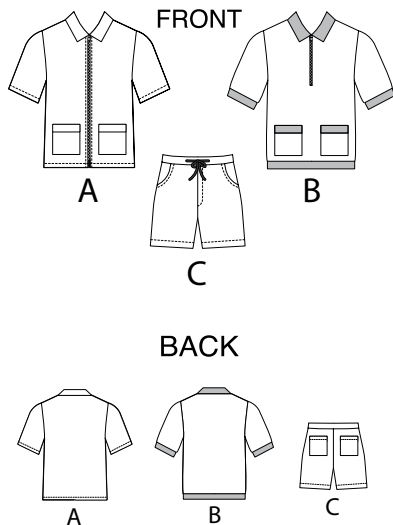
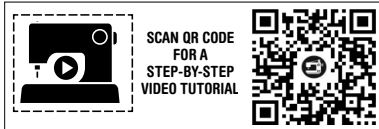
To Here (35%)  
jusqu'ici (35%)  
hasta acá (35%)

When using the Pick-A-Knit® rule to measure your fabrics stretch capacity, rule must be viewed or printed at 100%.

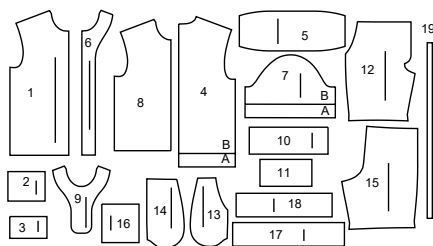
Quand vous utilisez la règle Pick-A-Knit® pour mesurer la capacité d'élasticité des tissus, la règle doit être visible ou imprimée à 100%.

Al utilizar la regla Pick-A-Knit® para medir la capacidad de elasticidad de las telas, la regla debe estar visible o impresa al 100%.





**19 PATTERN PIECES**



- 1 Front-A
- 2 Pocket-A,B
- 3 Pocket Band-A,B
- 4 Back-A,B
- 5 Collar-A,B
- 6 Front Facing-A
- 7 Sleeve-A,B
- 8 Front-B
- 9 Front Facing-B
- 10 Sleeve Band-B
- 11 Lower Band-B
- 12 Front-C
- 13 Pocket Facing-C
- 14 Side Front and Pocket-C
- 15 Back-C
- 16 Back Pocket-C
- 17 Front Casing-C
- 18 Back Casing-C
- 19 Guide for Elastic-C

**PATTERN MARKINGS**

**GRAINLINE:** Place on straight grain of fabric, parallel to selvage or fold.

**FOLDLINE:** Place line on fold of fabric.

**BUTTONHOLE MARKING:** Indicates exact length and placement of buttonholes.

**BUTTON MARKING:** Indicates button placement.

**NOTCHES AND SYMBOLS:** For matching seams and construction details.

Indicates the Bustline, Waistline, Hip and/or Biceps. Measurements refer to circumference of Finished Garment (Body Measurement + Wearing Ease + Design Ease). Adjust pattern if necessary. The measurement excludes pleats, tucks, darts and seam allowances.

**SEAM ALLOWANCE: 5/8" (1.5cm)** included unless otherwise indicated, but not printed on tissue.

**ADJUST IF NECESSARY**

Lengthen or Shorten at adjustment lines (==) or where indicated on pattern. If substantial length is added, you may need to purchase additional fabric.

**TO SHORTEN:** Crease along adjustment line. Make a fold half the amount needed. Tape in place.

**TO LENGTHEN:** Slash between adjustment lines. Spread amount as needed, keeping edges parallel. Tape over paper.

When Alteration lines are not on tissue, lengthen or shorten at lower edge.

**CUTTING AND MARKING**

★ Cut other pieces first, allowing enough fabric to cut this piece. Open fabric. For "Cut 1" pieces, cut piece once on single layer of fabric with piece face up on right side of fabric.

Pattern may have cutting lines for several sizes. Select the proper cutting line or pattern pieces for your size.

Before **CUTTING** place all pieces on fabric according to layout. Pin. (Layouts show approximate position of pattern pieces; position may vary according to your pattern size.) Cut **ACCURATELY**, cutting notches outward.

Before removing pattern, **TRANSFER MARKINGS** and lines of construction to Wrong Side of fabric, using the Pin and Chalk Pencil method or Tracing Paper and Dressmaker Wheel. Markings needed on right side of fabric should be thread traced.

**NOTE:** Broken-line boxes (a! b! c!) in layouts represent pieces cut by measurements provided.

**SHRINK FABRIC** if not labeled pre-shrunk. Press.

**CIRCLE LAYOUT** for View, Size, Fabric Width.

Use **WITH NAP** layout for fabrics with one-way designs, nap, pile or surface shading. Because most knits have surface shading, a with nap layout is used.

For **DOUBLE THICKNESS (WITH FOLD)** - fold fabric with right sides together.

\* **DOUBLE THICKNESS (WITHOUT FOLD)** - For fabrics with nap, fold fabric crosswise, right sides together. Mark as shown. Cut along crosswise fold of fabric (A). Turn upper layer 180° so arrows go in same direction and place over lower layer, right sides together (B).

For **SINGLE THICKNESS** - place fabric right side up. (For Fur Pile fabrics, place pile side down.)

**CUTTING LAYOUTS**

**SHIRT A**  
use pieces: 1 2 3 4 5 6 7  
60" (150 cm)  
with nap  
sizes 34-36-38-40-42-44-46

**INTERFACING A**  
use pieces: 5 6  
20" (51 cm)  
all sizes

**CONTRAST COLLAR AND BANDS**  
use pieces: 3 5 10 11  
60" (150 cm)  
with nap  
all sizes

**INTERFACING B**  
use pieces: 5 9  
20" (51 cm)  
all sizes

**SEWING INFORMATION**

**FABRIC KEY**

Right Side Fabric, Wrong Side Fabric, Interfacing, Right Side Lining, Wrong Side Lining

**SEAM ALLOWANCES**

Use 5/8" (1.5cm) seam allowances unless otherwise indicated.

Trim enclosed seams into layers, Trim corners, Notch outer curves, Clip inner curves

**PIN AND FIT**

Pin or baste seams, **RIGHT SIDE TOGETHER**, matching notches. Fit garment before stitching major seams.

**PRESS**

Press seam allowances flat; then open unless otherwise stated. Clip where necessary so they lie flat.

**SHIRT B**  
use pieces: 2 4 7 8 9  
60" (150 cm)  
with nap  
all sizes

**SHORTS C**  
use pieces: 12 13 14 15 16 17 18  
60" (150 cm)  
with nap  
sizes 34-36-38-40-42-44

**GLOSSARY**

Sewing terms appearing in **BOLD TYPE** in Sewing Instructions are explained below.

**DOUBLE - STITCH** - Stitch seam along seamline; stitch again 1/4" (6mm) away in seam allowance using a straight stitch OR zigzag stitch; trim close to second stitching OR overlook seam.

**EASESTITCH** - Stitch along seamline, using long machine stitches. Pull thread ends when adjusting to fit.

**EDGESEITCH** - Stitch close to finished edge or seam.

**FINISH** - Stitch 1/4" (6mm) from raw edge and finish with one of the following: (1) Pink OR (2) Overcast OR (3) Turn in along stitching and stitch close to fold OR (4) Overlock.

**OPTIONAL FOR HEMS:** Apply Seam Binding.

**REINFORCE** - Stitch along seamline where indicated in sewing instructions, using small machine stitches.

**SLIPSTITCH** - Slide needle through a folded edge, then pick up a thread of underneath fabric.

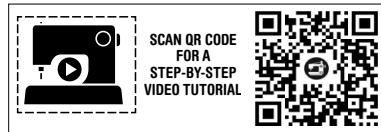
**STAYSTITCH** - Stitch 1/8" (3mm) from seamline in seam allowance (usually 1/2" (1.3cm) from raw edge).

**TOPSTITCH** - On outside, stitch 1/4" (6mm) from edge, seam or previous stitching, using presser foot as guide, or stitch where indicated in instructions.

**UNDERSTITCH** - Open out facing or underside of garment; stitch to seam allowance close to seam.

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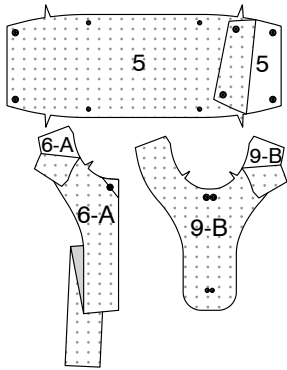
## TOP A, B

**NOTE:** Stretch fabric evenly in front and back of needle while stitching.

**NOTE:** Under each sub-heading, the first View will be illustrated, unless otherwise indicated.

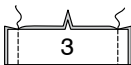
## Interfacing

**1.** Pin Interfacing to wrong side of each matching fabric section. Fuse, following manufacturer's instructions.

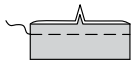


## Front and Back

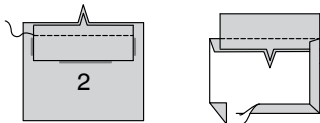
**2.** With right sides together, fold each POCKET BAND (3) section along foldline. Stitch ends.



**3.** Turn. Press. Baste raw edges.

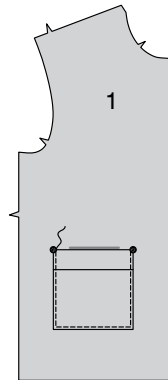


**4.** Pin one pocket band to upper edge of each POCKET (2) section, matching notches. Stitch. Press seam down. Turn in remaining seam allowances on pocket, diagonally folding corners. Press.



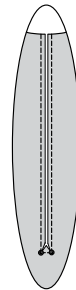
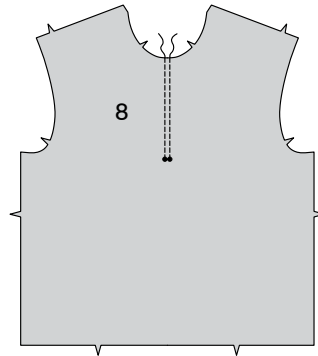
## View A:

**5.** Pin pocket to FRONT (1), matching symbols. **EDGE**STITCH side and lower edges, reinforcing upper ends.

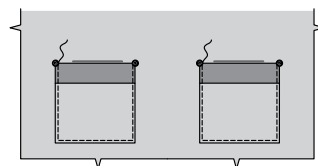


## View B:

**6. REINFORCE** FRONT (8) along stitching lines, pivoting at small dots. Slash along center front, clipping diagonally to small dots, as shown.

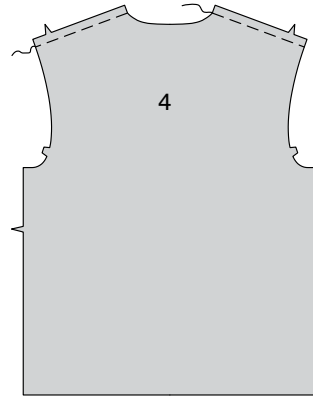


**7.** Pin pockets to front, matching symbols. **EDGE**STITCH side and lower edges, reinforcing upper ends.

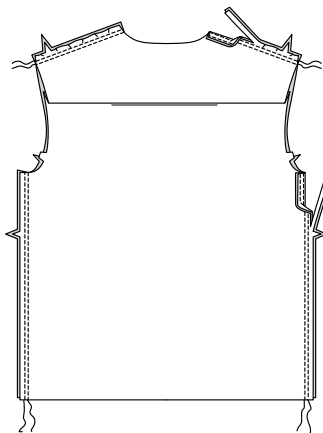


## Views A, B:

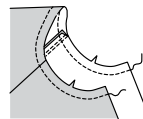
**8. EASE**STITCH shoulder edges of BACK (4).



**9.** Pin front to back at shoulders. Adjust ease; baste. Stitch in **DOUBLE STITCHED** seams. Stitch front to back at sides in **DOUBLE STITCHED** seams. Press seams toward back.

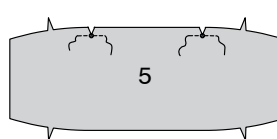


**10. STAY**STITCH neck edge.

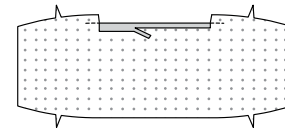


## COLLAR, ZIPPER AND FACING

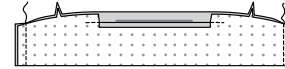
**11. REINFORCE** upper edge of COLLAR (5) through small dots. Clip to small dots.



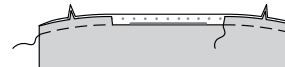
**12.** Turn in seam allowance between clips. Press. Trim pressed seam allowance to 3/8" (1cm).



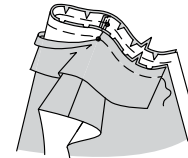
**13.** With right sides, fold collar along foldline. Stitch ends. Trim.



**14.** Turn. Press. Baste raw edges.



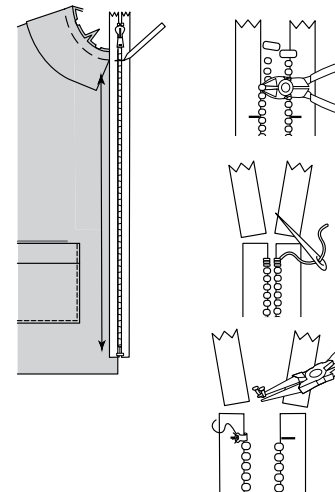
**15.** Pin collar to neck edge, matching centers, placing small dots at shoulder seams, clipping neck edge where necessary. Baste.



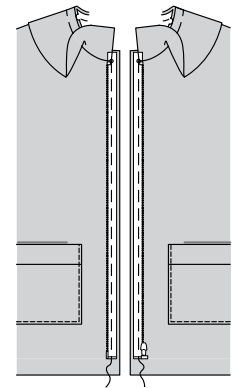
## View A:

**NOTE:** It may be necessary to shorten zipper. To make new zipper stop, place closed zipper along opening edge and zipper stop even with lower edge. Mark placement of new zipper stop 1/8" (3mm) below upper edge.

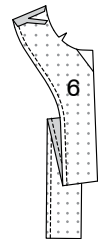
**16.** Remove teeth above marking for new zipper stop. Bend a straight metal eye with pliers and sew securely to each tape at new marking, OR make several whipstitches over tape at marking.



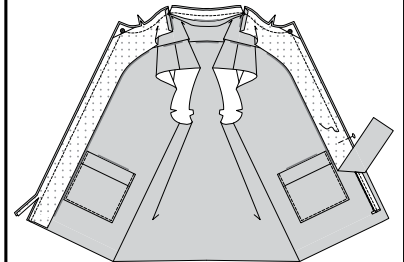
**17.** Open and separate zipper. On outside, pin zipper, face down, along front opening edges, placing zipper stop at lower hemline and zipper teeth over seamline. Baste.



**18. FINISH** inner unnotched edge of FRONT FACING (6). Turn in seam allowance on shoulder edge. Press. Trim pressed seam allowance to 3/8" (1cm).

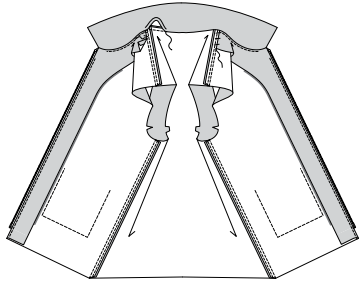


**19.** With right sides together, pin front facing sections to front opening and neck edges, over zipper, having raw edges even, matching large dots. Stitch front opening and neck edges, keeping pressed edge of collar free. Trim, being careful not to cut zipper tape. Clip neck seam allowances at shoulder seams. **UNDERSTITCH** facing as far as possible.

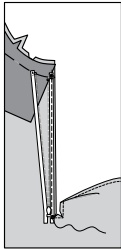




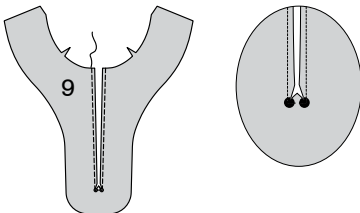
**20.** Turn facing to inside, turning zipper teeth out; press. Press seam allowances toward collar between clips. **SLIPSTITCH** pressed edge over seam. Tack facings to shoulder seams.



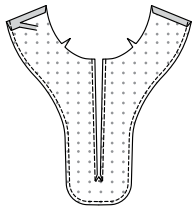
**View B:**  
**21.** Open zipper. On outside, pin zipper (face down) along right front opening edge, placing zipper stop at lower edge of opening and zipper teeth 1/4" (6mm) over stitching lines, as shown. Baste along stitching line.



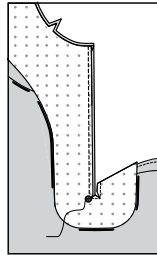
**22. REINFORCE** FRONT FACING (9) along stitching lines, pivoting at small dots. Slash along center front, clipping diagonally to small dots, as shown.



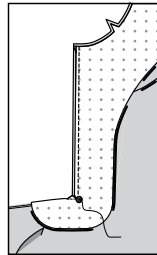
**23. FINISH** lower unnotched edge of front facing. Turn in seam allowances on shoulder edges. Press. Trim pressed seam allowance to 3/8" (1cm).



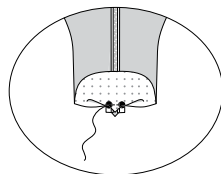
**24.** With right sides together, pin front facing to right front opening edge, over zipper, having raw edges even, matching large dots. Stitch along stitching line using a zipper foot, ending at small dot.



**25.** Stitch remaining edge of zipper to left front opening edge and facing in same manner as right front.



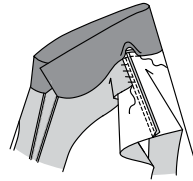
**26.** With right sides together, pin lower end of facing and opening edges together. Stitch between small circles.



**27.** With right sides together, pin facing to neck edge, over collar. Stitch neck edge, keeping pressed edge of collar free. Trim. Clip neck seam allowances at shoulder seams.

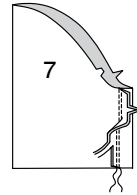


**28.** Turn facing to inside, turning zipper teeth out; press. Press seam allowances toward collar between clips. **SLIPSTITCH** pressed edge over seam. Tack facings to shoulder seams.

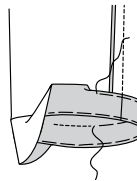


### Sleeve and Finishing

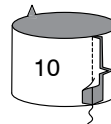
**29.** Stitch SLEEVE (7) seam in **DOUBLE STITCHED** seam. Press seam toward back.



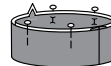
**View A:**  
**30.** Turn up sleeve hem. Baste close to fold. Turn in 1/4" (6mm) on raw edge. Baste hem in place close to upper edge. Press. **TOPSTITCH** hem along upper basting.



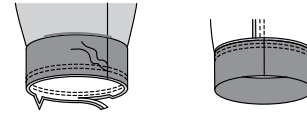
**View B:**  
**31.** Stitch ends of SLEEVE BAND (10) together.



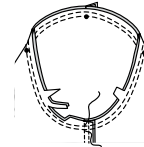
**32.** With wrong sides together, fold sleeve band in half lengthwise; press lightly. Pin raw edges together.



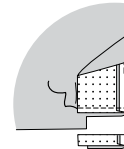
**33.** Pin sleeve band to sleeve, matching seams. Stitch, stretching sleeve band to fit. Stitch again 1/4" (6mm) away in seam allowance. Trim close to stitching. Press seam up.



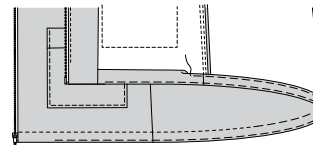
**Views A, B:**  
**34.** With right sides together, pin sleeve into armhole, placing center small dot at shoulder seam, matching remaining small dots. Stitch. Stitch again 1/4" (6mm) away in seam allowance. Trim close to stitching. Press seam allowances flat. Turn seam toward sleeve.



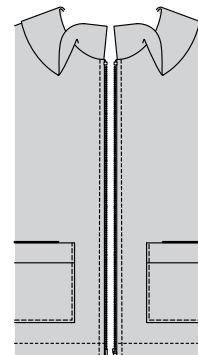
**View A:**  
**35.** Turn lower edges of facings to outside along seams. Stitch across facings 1 1/4" (3.2cm) above raw edges. Trim, as shown.



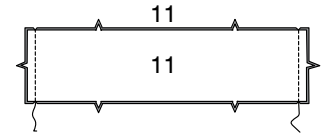
**36.** Turn facings to inside, turning up hem on lower edge. Baste close to fold. Turn in 1/4" (6mm) on raw edge. Baste hem in place close to upper edge. Press. **TOPSTITCH** hem along upper basting, continuing across facings when stitching, as shown.



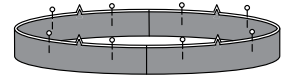
**37. TOPSTITCH** front opening edges.



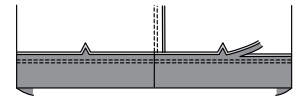
**View B:**  
**38.** Stitch LOWER BAND (11) sections together at side edges.



**39.** With wrong sides together, fold lower band in half lengthwise; press lightly. Pin raw edges together.



**40.** Pin lower band to top, matching centers and seams. Stitch, stretching lower band to fit. Stitch again 1/4" (6mm) away in seam allowance. Trim close to stitching. Press seam up.

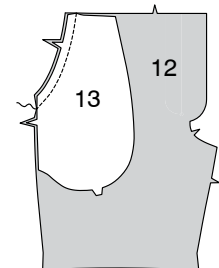


### SHORTS C

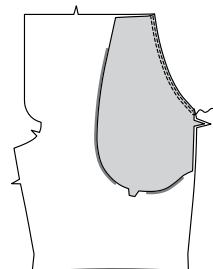
**NOTE:** Stretch fabric evenly in front and back of needle while stitching.

### Front and Back

**1.** With right sides together, pin POCKET FACING (13) to upper side edge of FRONT (12), matching notches. Stitch. Trim. **UNDERSTITCH** pocket.

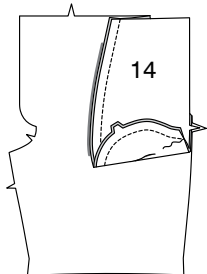


**2.** Turn pocket to inside. Press. **TOPSTITCH** pocket seam.

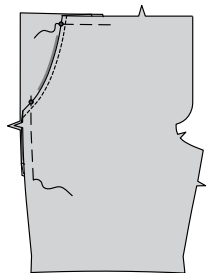




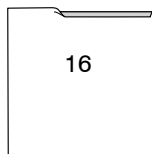
3. Open out pocket. With right sides together, pin SIDE FRONT AND POCKET (14) to pocket. Stitch outer edges together.



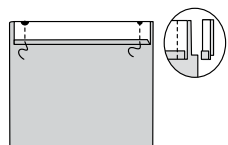
4. Turn in pocket, matching small dots. Baste upper and side edges.



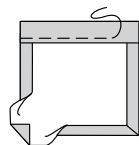
5. Turn in 1/4" (6mm) on upper edge of each BACK POCKET (16). Press.



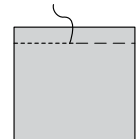
6. Turn upper edge to outside along foldline. Stitch ends. Trim.



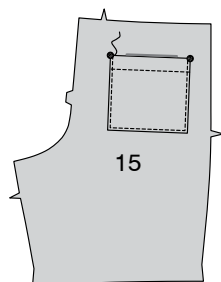
7. Turn upper edge of pocket to inside, turning in remaining seam allowances, diagonally folding corners. Press. Baste close to inner pressed edge.



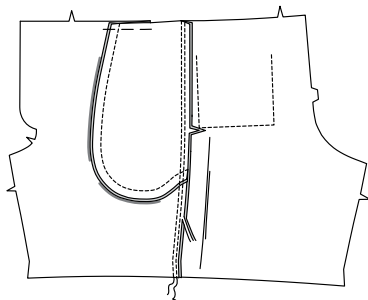
8. TOPSTITCH along basting.



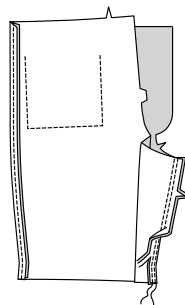
9. Pin pocket to BACK (15), matching symbols. EDGESTITCH side and lower edges, reinforcing upper ends.



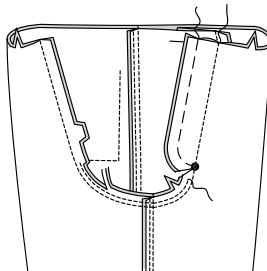
10. Stitch front to back at side in a DOUBLE STITCHED seam. Press seam toward back.



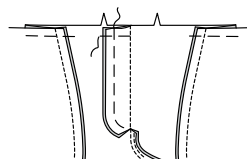
11. Stitch front to back at inner leg in a DOUBLE STITCHED seam. Press seam toward back.



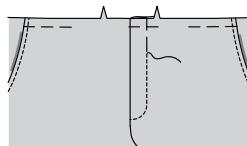
12. For crotch seam, turn one pant leg right side out; slip inside remaining pant leg. Stitch along seamline, continuing along center front seam. Clip front seam allowances below fly self facings, as shown. Stitch again 1/4" (6mm) away in seam allowance along curve. Trim close to second stitching. Baste outer edges of fly self facings together.



13. Turn fly self facing to left front along seam. Press. Baste in place along curved edge and across upper edge, as shown.

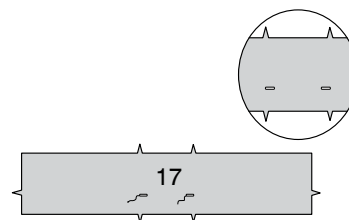


14. On outside, stitch left front along stitching line.

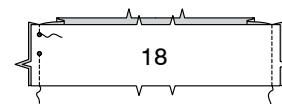


## Finishing

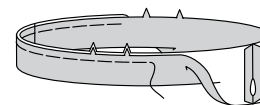
15. Make buttonholes in FRONT CASING (17) at markings.



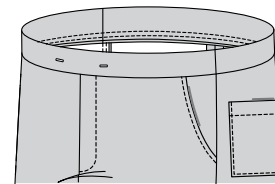
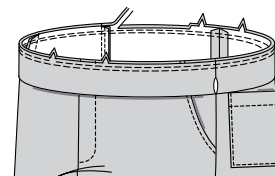
16. Stitch front facing to BACK CASING (18) at sides, leaving open between small dots, as shown.



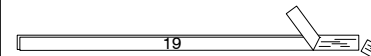
17. With wrong sides together, fold casing in half lengthwise. Press. Pin raw edges together.



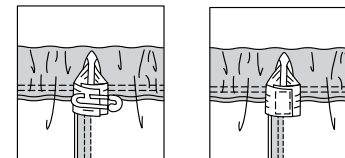
18. Pin casing to upper edge of shorts, matching centers and seams. Stitch. Stitch again 1/4" (6mm) away in seam allowance. Trim close to stitching. Press seam toward shorts.



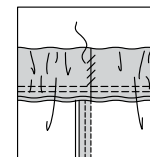
19. Cut elastic the length of GUIDE FOR ELASTIC (19).



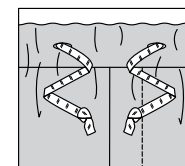
20. Insert elastic through opening. Lap ends; hold with safety pin. Stitch ends of elastic securely.



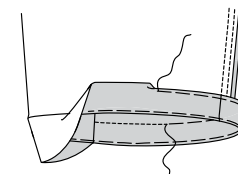
21. SLIPSTITCH opening edges together.



22. Cut a piece of drawstring approximately 72" (183cm) long. Insert drawstring into casing through one buttonhole and out through the remaining buttonhole, extending ends evenly. Tie ends in a knot.



23. Turn up shorts hem. Baste close to fold. Turn in 1/4" (6mm) on raw edge. Baste hem in place close to upper edge. Press. TOPSTITCH hem along upper basting.







# Congrats!

You've completed your sewing adventure

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