

Scan QR code for a Sew-Along video tutorial.  
Scannez le code QR pour un didacticiel vidéo de couture.

Easy

MISSES' KNIT SCRUB TOPS, PANTS, JOGGER AND CAP										
Suggested Fabrics: A,B,C,D,E: Stretch Knits only such as Cotton/Spandex French Terry, Rayon/Nylon/Spandex Knit. See Stretch Gauge.										
Notions: C,D: 1¼ yd. (1.1m) of 1" (2.5cm) elastic.										
Sizes	6	8	10	12	14	16	18	20	22	24
European	32	34	36	38	40	42	44	46	48	50
BODY MEASUREMENTS: Select pattern size based on body measurements										
Bust	30½	31½	32½	34	36	38	40	42	44	46 Ins.
Waist	23	24	25	26½	28	30	32	34	37	39 "
Hip-9" below waist	32½	33½	34½	36	38	40	42	44	46	48 "
Back-neck to waist	15½	15¾	16	16¼	16½	16¾	17	17¼	17½	17¾ "
Top A	60**	1¾	1¾	1¾	1¾	1¾	1¾	1¾	1¾	1¾ Yds.
Top B	60**	1¾	1¾	1¾	1¾	1½	1½	1½	1½	1½ Yds.
Pants C	60**	1¾	1¾	1¾	1¾	1¾	1¾	2	2¼	2¼ Yds.
Jogger D	60**	1¾	1¾	1¾	1¾	1¾	1¾	2	2½	2½ Yds.
Cap E - available in three sizes	S(21")			M(22")			L(23")			
	60**, ¾ yd.									
FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)										
A,B Bust	33	34	35	36½	38½	40½	42½	44½	46½	48½ Ins.
A,B Waist	31	32	33	34½	36½	38½	40½	42½	44½	46½ "
C,D Hip	34	35	36	37½	39½	41½	43½	45½	47½	49½ "
Width, each leg										
Pants C	10	10½	11	11½	12	12½	13	13½	14	14½ Ins.
Jogger D	7	7½	8	8½	9	9½	10	10½	11	11½ "
Finished back length from base of neck										
Top A,B	24½	24¾	25	25¼	25½	25¾	26	26¼	26½	26¾ Ins.
Finished side length from waist										
Pants C, Jogger D	40½	40¾	41	41¼	41½	41¾	42	42¼	42½	42¾ Ins.

\*with nap \*\*without nap

Facile

TENUE MÉDICALE: HAUTS, PANTALON, JOGGING ET BONNET EN TRICOT POUR JEUNES FEMMES

Tissus Conseillés: A,B,C,D,E: Seulement pour tricot extensibles tels que Tissu bouclette de coton/élasthanne, Tricot de rayonne/nylon/élasthanne. Reportez-vous au taux d'élasticité.

Mercerie: C,D: 1.1m d'élastique de 2.5cm.

Tailles	6	8	10	12	14	16	18	20	22	24
Françaises	34	36	38	40	42	44	46	48	50	52
Européen	32	34	36	38	40	42	44	46	48	50

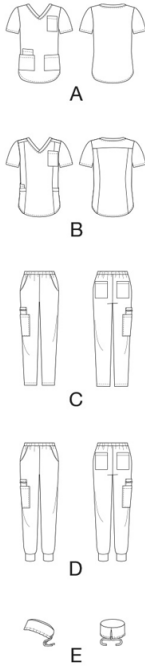
MESURES DU CORPS: Choisissez la taille du patron basée sur les mesures du corps

Poitrine	78	80	83	87	92	97	102	107	112	117 cm
Taille	58	61	64	67	71	76	81	87	94	99 "
Hanches (23cm au-dessous de la taille)										
	83	85	88	92	97	102	107	112	117	122 cm
Dos du cou à la taille	39.5	40	40.5	41.5	42	42.5	43	44	44.5	45 "
Haut A	150cm*	0.9	0.9	1.0	1.0	1.0	1.0	1.0	1.1	1.1 m
Haut B	150cm*	1.3	1.3	1.3	1.3	1.3	1.4	1.4	1.4	1.4 m
Pantalon C	150cm*	1.5	1.5	1.5	1.5	1.5	1.6	1.6	1.8	1.9 m
Jogging D	150cm*	1.5	1.5	1.6	1.6	1.6	1.6	1.6	1.7	1.9 m
Bonnet E - disponible en trois tailles	P(53cm)				M(56cm)			L(58cm)		
	150cm*, 0,7m									

MESURES DES VÊTEMENTS FINI (Motif et aisance de port compris)

A,B Poitrine	84	86	89	93	98	103	108	113	118	123 cm
A,B Taille	79	81	84	88	93	98	103	108	113	118 "
C,D Hanches	86	89	91	95	100	105	110	116	120	126 "
Largeur, chaque jambe										
Pantalon C	25	27	28	29	30	32	33	34	36	37 cm
Jogging D	18	19	20	22	23	24	25	27	28	29 "
Longueur finie – dos, votre nuque à l'ourlet										
Haut A,B	62	63	64	64	65	66	66	67	68	68 cm
Longueur finie – côté, taille à l'ourlet										
Pantalon C, Jogging D	103	104	104	105	105	106	107	107	108	109 cm

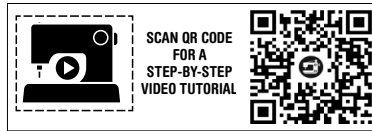
\*avec sens \*\*sans sens



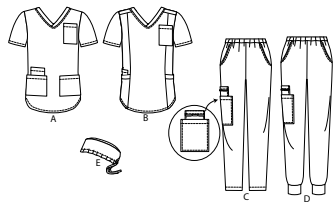
Use the 1 inch (2.54cm) box to ensure you are using rule at 100%  
Utilisez la boîte de 2.54 cm pour vous assurer d'utiliser la règle à 100%.  
Utilizar un cuadrado de 2.54 cm para asegurarse de estar usando la regla al 100%.



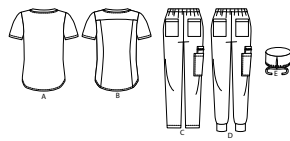
When using the Pick-A-Knit® rule to measure your fabrics stretch capacity, rule must be viewed or printed at 100%.  
Quand vous utilisez la règle Pick-A-Knit® pour mesurer la capacité d'élasticité des tissus, la règle doit être visible ou imprimée à 100%.  
Al utilizar la regla Pick-A-Knit® para medir la capacidad de elasticidad de las telas, la regla debe estar visible o impresa al 100%.



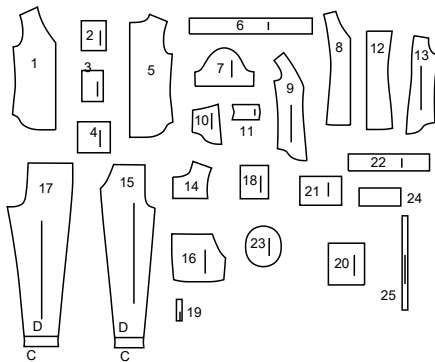
## FRONT



## BACK



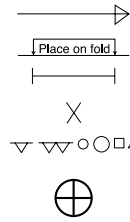
## 25 PATTERN PIECES



- 1 FRONT - A  
2 UPPER POCKET - A,B  
3 INSIDE POCKET - A,B,C,D  
4 LOWER POCKET - A  
5 BACK - A  
6 NECK BAND - A,B  
7 SLEEVE - A,B  
8 FRONT - B  
9 SIDE FRONT - B  
10 LOWER POCKET - B  
11 POCKET BAND - B  
12 BACK - B  
13 SIDE BACK - B

- 14 YOKE FRONT AND BACK - A,B  
15 FRONT - C,D  
16 SIDE FRONT AND POCKET - C,D  
17 BACK - C,D  
18 BACK POCKET - C,D  
19 TAB - C,D  
20 LOWER POCKET - C,D  
21 LEG BAND - D  
22 WAISTBAND - C,D  
23 TOP - E  
24 BAND - E  
25 DRAWSTRING - E

## 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.

**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 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.

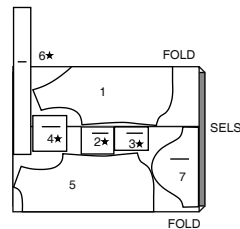
## CUTTING LAYOUTS

RIGHT SIDE OF PATTERN	WRONG SIDE OF PATTERN	RIGHT SIDE OF FABRIC	WRONG SIDE OF FABRIC

## TOP - A

use pieces: 1,2,3,4,5,6,7

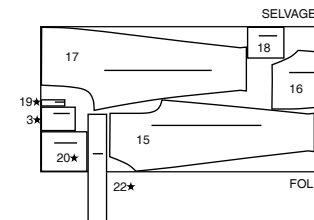
60" (150 cm)  
with nap  
sizes 6-8-10-12-14-16-18-20



## PANTS - C

use pieces: 3,15,16,17,18,19,20,22

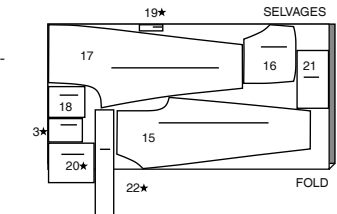
60" (150 cm)  
with nap  
sizes 6-8-10-12-14-16-18



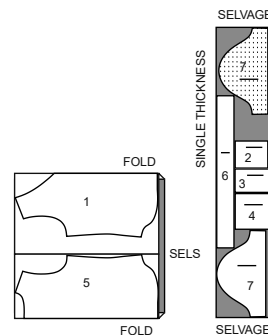
## JOGGER - D

use pieces: 3,15,16,17,18,19,20,21,22

60" (150 cm)  
with nap  
sizes 6-8-10-12-14-16-18



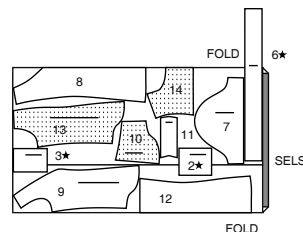
60" (150 cm)  
with nap  
sizes 22-24



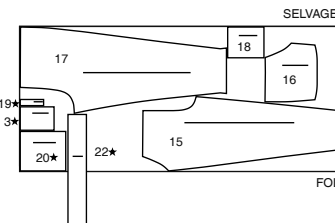
## TOP - B

use pieces: 2,3,6,7,8,9,10,11,12,13,14

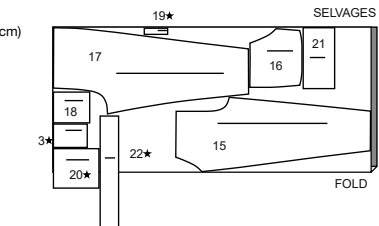
60" (150 cm)  
with nap  
all sizes



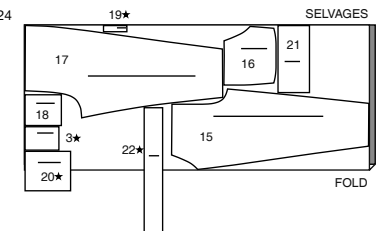
60" (150 cm)  
with nap  
size 20



60" (150 cm)  
with nap  
size 20



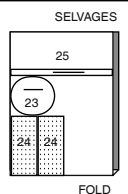
60" (150 cm)  
with nap  
sizes 22-24



## CAP - E

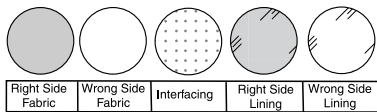
use pieces: 23,24,25

60" (150 cm)  
with nap  
all sizes



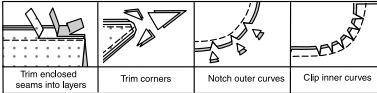
## SEWING INFORMATION

### FABRIC KEY



### SEAM ALLOWANCES

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



### 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.

## GLOSSARY

Sewing methods in **BOLD TYPE** are defined below. Scan QR CODE to watch videos:

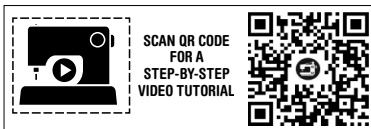
**NARROW HEM** - Turn in hem; press, easing in fullness if necessary. Open out hem. Turn in again so raw edge is along crease; press. Turn in along crease; stitch.

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

**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).

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



## SEWING DIRECTIONS

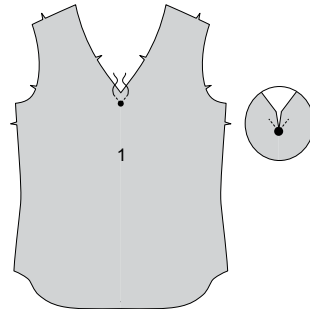
**NOTE:** Under each sub-heading, the first view will be illustrated, unless otherwise illustrated.

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

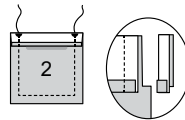
### TOP A

#### FRONT AND BACK

**1.** To reinforce **FRONT (1)** at center front, stitch neck edge along 5/8" (1.5cm) seam line for about 1" (2.5cm) each side of large dot. Clip to stitching at center front, being careful not to clip through stitching.



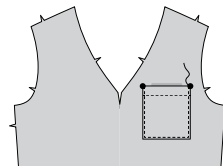
**2.** Press under 1/4" (6mm) on upper edge of **UPPER POCKET (2)**. Turn upper edge to outside along foldline, forming facing. Stitch along seam line on raw edges. Trim seam allowance in the facing area to 1/4" (6mm).



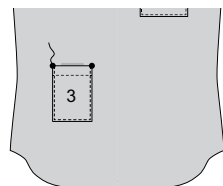
**3.** Turn corners right side out, turning facing to the wrong side. Press, pressing under raw edges along stitching. Stitch facing close to inner edge.



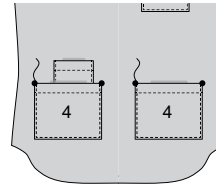
**4.** On outside, pin pocket to left side of front, matching large dots. Stitch close to sides and lower edge. Prepare **INSIDE POCKET (3)** in the same manner as described for Upper Pocket (2).



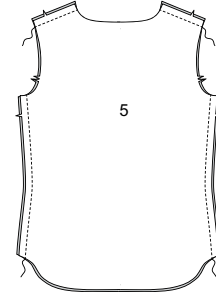
**5.** On outside, pin inside pocket to right side of front, matching large dots. Stitch close to sides and lower edge. Prepare each **LOWER POCKET (4)** section in the same manner as described for Upper Pocket (2).



**6.** On outside, pin one lower pocket section to right side of front (over inside pocket), matching large dots. Stitch close to sides and lower edge. Pin remaining lower pocket section to left side of front, matching large dots. Stitch close to sides and lower edge.

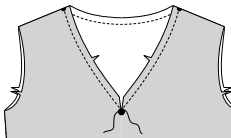


**7.** Pin **BACK (5)** to front at shoulders and sides; stitch.

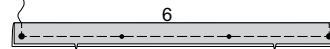


#### NECK BAND

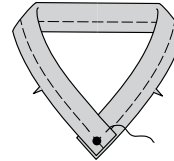
**8. STAYSTITCH** neck edge of top.



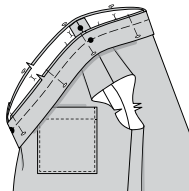
**9.** Fold **NECK BAND (6)** in half lengthwise, with wrong sides together, matching notches, centers and dots. Press lightly; baste raw edges.



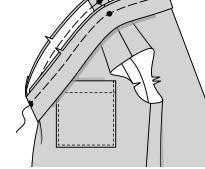
**10.** Lap right end of neck band over left, right sides up, matching large dots on center fronts, having raw edges even. Baste.



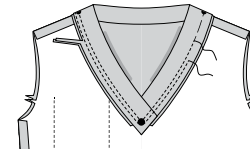
**11.** Pin neck band to neck edge, right sides together, matching notches and centers, placing small dots at shoulder seams, having raw edges even. Smooth out fullness at point of "V" and spread clipped edge apart, placing a pin 1" (2.5cm) each side of clip. Baste along seam line between pins.



**12.** Stitch entire neck edge, stretching band to fit, pivoting with needle in fabric at center front, as shown. To reinforce seam at center front, stitch again over first stitching.

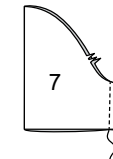


**13.** Stitch again 1/4" (6mm) away in seam allowances. Trim close to second stitching. Press seams toward top, pressing band out.

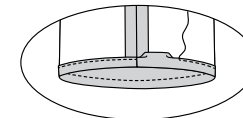


#### SLEEVE

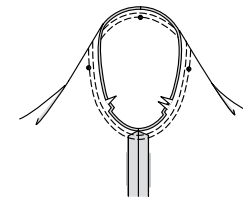
**14.** Stitch seam of **SLEEVE (7)**.



**15.** Finish lower edge of sleeve with a 5/8" (1.5cm) **NARROW HEM**.

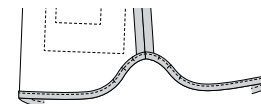


**16.** With right sides together, pin sleeve into armhole with center small dot at shoulder seam, matching underarm seams, notches and remaining small dots. Stitch. Stitch again 1/4" (6mm) away in seam allowance. Trim close to second stitching. Turn seam allowances toward sleeve.



#### HEM

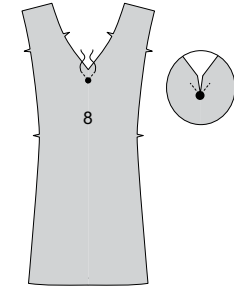
**17.** Finish lower edge of top with a 5/8" (1.5cm) **NARROW HEM**.



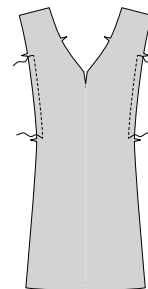
### TOP B

#### FRONT

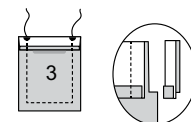
**1.** To reinforce **FRONT (8)** at center front, stitch neck edge along 5/8" (1.5cm) seam line for about 1" (2.5cm) each side of large dot. Clip to stitching at center front, being careful not to clip through stitching.



**2. STAYSTITCH** side edges of front between notches.



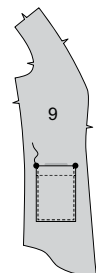
**3.** Press under 1/4" (6mm) on upper edge of **INSIDE POCKET (3)**. Turn upper edge to outside along foldline, forming facing. Stitch along seam line on raw edges. Trim seam allowance in the facing area to 1/4" (6mm).



**4.** Turn corners right side out, turning facing to the wrong side. Press, pressing under raw edges along stitching. Stitch facing close to inner edge.



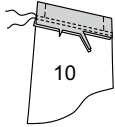
**5.** On outside, pin inside pocket to right **SIDE FRONT (9)**, matching large dots. Stitch close to sides and lower edge.



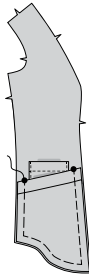
- 6.** Fold **POCKET BAND** (11) on foldline, wrong sides together, matching notches. Baste raw edges.



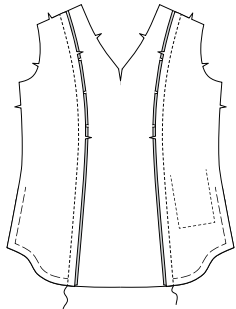
- 7.** With right sides together, pin band to upper edge of **LOWER POCKET** (10), matching notches. Stitch. Stitch again a scant 1/4" (6mm) away in seam allowance. Trim close to second stitching. Press seams toward lower pocket, turning band upward.



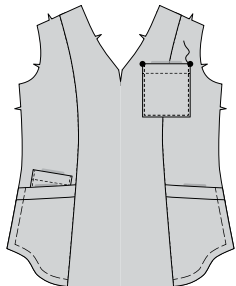
- 8.** On outside, pin lower pocket/band to lower edge of right side front section (over inside pocket) and to left side front section, matching small and large dots, having raw edges even. Baste.



- 9.** With right sides together, pin side front sections to front, matching notches, clipping front where necessary. Stitch; press seams toward center. Prepare **UPPER POCKET** (2) in the same manner as described for Inside Pocket (3).

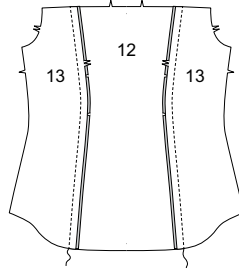


- 10.** On outside, pin upper pocket to left side of front, matching large dots. Stitch close to sides and lower edge.

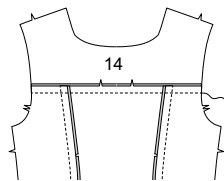


## BACK AND YOKE

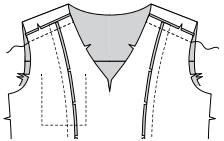
- 11.** With right sides together, pin **SIDE BACK** (13) sections to **BACK** (12), matching notches. Stitch; press seams toward center.



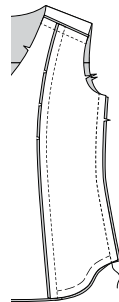
- 12.** With right sides together, pin **YOKE FRONT AND BACK** (14) to upper edge of back, matching centers. Stitch. Press seams toward yoke, turning yoke upward.



- 13.** Pin front edges of yoke to upper edges of front. Stitch; press seams toward yoke.

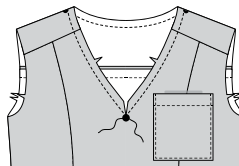


- 14.** Pin front to back at sides; stitch.

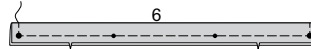


## NECK BAND

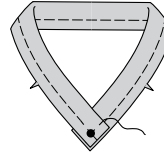
- 15.** **STAYSTITCH** neck edge of top.



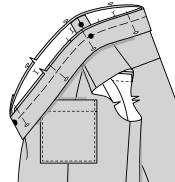
- 16.** Fold **NECK BAND** (6) in half lengthwise, with wrong sides together, matching notches, centers and dots. Press lightly; baste raw edges.



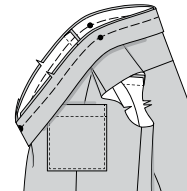
- 17.** Lap right end of neck band over left, right sides up, matching large dots on center fronts, having raw edges even. Baste.



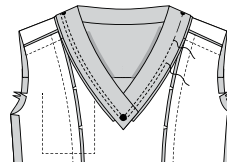
- 18.** Pin neck band to neck edge, right sides together, matching notches, centers and dots, having raw edges even. Smooth out fullness at point of "V" and spread clipped edge apart, placing a pin 1" (2.5cm) each side of clip. Baste along seam line between pins.



- 19.** Stitch entire neck edge, stretching band to fit, pivoting with needle in fabric at center front, as shown. To reinforce seam at center front, stitch again over first stitching.

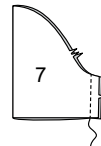


- 20.** Stitch again 1/4" (6mm) away from previous stitching. Trim close to second stitching. Press seams toward top, pressing band out.

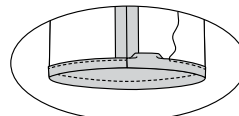


## SLEEVE

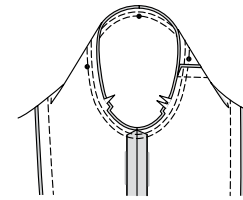
- 21.** Stitch seam of **SLEEVE** (7).



- 22.** Finish lower edge of sleeve with a 5/8" (1.5cm) **NARROW HEM**.



- 23.** With right sides together, pin sleeve into armhole, matching dots, underarm seams and notches. Stitch. Stitch again 1/4" (6mm) away in seam allowance. Trim close to second stitching. Turn seam allowances toward sleeve.



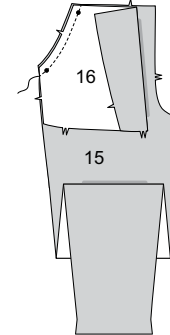
## HEM

Hem lower edge of top in the same manner as described for **TOP A; HEM**.

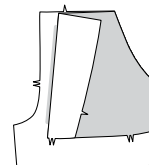
## PANTS C, JOGGER D

### FRONT

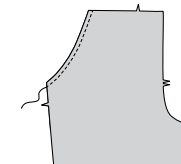
- 1.** Stitch each **SIDE FRONT AND POCKET** (16) section to each upper side edge of **FRONT** (15), matching notches and dots. Trim seam.



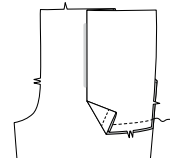
- 2.** Turn pocket to inside; press.



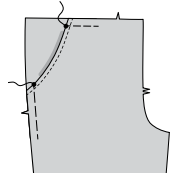
- 3.** **TOPSTITCH** upper side edge of front.



- 4.** On inside, fold pocket on foldline, right sides together, matching notches and dots. Stitch lower edge, keeping garment front free. Press seamed edges together.

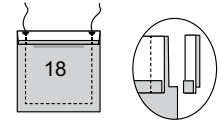


- 5.** Baste upper and side edges, matching notches and dots.

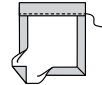


## BACK

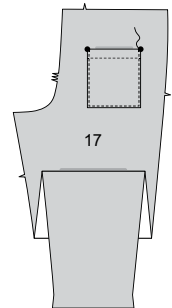
- 6.** Press under 1/4" (6mm) on upper edge of **BACK POCKET** (18). Turn upper edge to outside along foldline, forming facing. Stitch along seam line on raw edges. Trim seam allowance in the facing area to 1/4" (6mm).



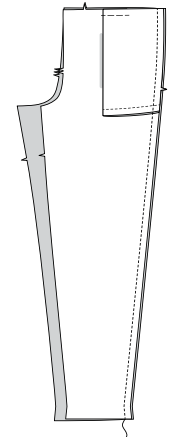
- 7.** Turn corners right side out, turning facing to the wrong side. Press, pressing under raw edges along stitching. Stitch facing close to inner edge.



- 8.** On outside, pin pocket to each **BACK** (17) section, matching large dots. Stitch close to sides and lower edge.



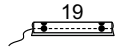
- 9.** Stitch back to front at side seams.



## REMAINING POCKETS

## INSIDE POCKET

**10.** With right sides together, fold TAB (19) in half lengthwise, matching dots. Stitch in a 1/4" (6mm) seam.



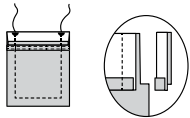
**11.** Turn right side out; press. Stitch close to long edges.



**12.** On outside, pin tab to INSIDE POCKET (3), matching dots, having ends even and seam downward. Baste. Stitch tab to pocket along stitching lines.



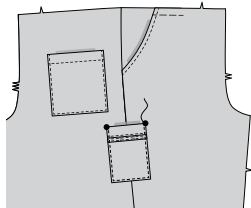
**13.** Press under 1/4" (6mm) on upper edge of inside pocket. Turn upper edge to outside along foldline, forming facing. Stitch along seam line on raw edges. Trim seam allowance in the facing area to 1/4" (6mm).



**14.** Turn corners right side out, turning facing to the wrong side. Press, pressing under raw edges along stitching. Stitch facing close to inner edge.

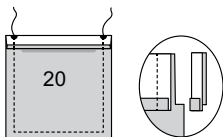


**15.** On outside, pin inside pocket to right front and back section, matching large dots. Stitch close to sides and lower edge.

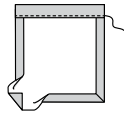


## LOWER POCKET

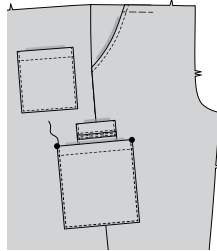
**16.** Press under 1/4" (6mm) on upper edge of LOWER POCKET (20). Turn upper edge to outside along foldline, forming facing. Stitch along seam line on raw edges. Trim seam allowance in the facing area to 1/4" (6mm).



**17.** Turn corners right side out, turning facing to the wrong side. Press, pressing under raw edges along stitching. Stitch facing close to inner edge.

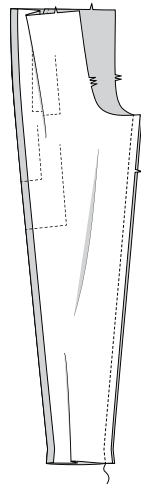


**18.** On outside, pin lower pocket to right front and back section (over inside pocket), matching large dots. **TOPSTITCH** sides and lower edge.

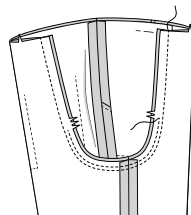


## REMAINING SEAMS

**19.** Stitch front to back at inside leg edges.

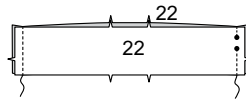


**20.** Stitch center seam, matching inside leg seams. Stitch again 1/4" (6mm) within seam allowance along curve, as shown. Trim close to second stitching.

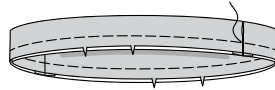


## WAISTBAND

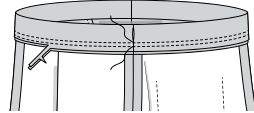
**21.** With right sides together, stitch end of WAISTBAND (22), matching notches and dots. Stitch, leaving an opening between small dots, as shown. Back-stitch at small dots to reinforce seam. Press seams open.



**22.** Fold waistband on foldline, with wrong sides together, matching notches and seams, having raw edges even. Baste raw edges together. The side with the opening is the underside of the waistband.



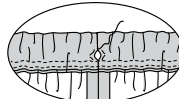
**23.** With right sides together and the underside of waistband facing you, pin waistband to garment, matching centers, placing small dots at left side seam, stretching waistband to fit. Stitch along seam line. Stitch again 1/4" (6mm) from first stitching within seam allowance. Trim close to second stitching. Press seam toward garment, pressing waistband out.



**24.** Cut a piece of elastic to fit waist, plus 1" (2.5cm). Insert elastic through opening in waistband. Overlap ends and hold with safety pins. Try on garment and adjust to fit. Stitch ends of elastic together securely.



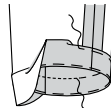
**25. SLIPSTITCH** opening edges of waistband together. Distribute fullness evenly.  
**TIP-** To secure elastic so it won't twist in wearing, stitch through all thicknesses of waistband in the groove of each seam.



## FINISHING

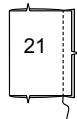
## HEMS C

**26.** Press up 1-1/4" (3.2cm) hem on lower edge of pants. Press under 1/4" (6mm) on raw edge. Stitch close to inner pressed edge.



## LEG BANDS D

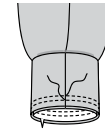
**27.** Stitch ends of each LEG BAND (21) section, matching notches.



**28.** Fold band in half lengthwise, with wrong sides together, matching notches and seams. Press; pin.



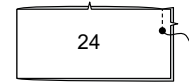
**29.** On outside, pin band to lower edge of garment, matching notches and seam to inseam. Stitch, stretching band to fit. Stitch again 1/4" (6mm) away from first stitching within the seam allowance. Trim close to second stitching. Press seam toward garment, pressing band down.



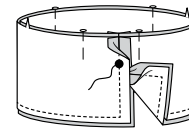
## CAP E

## BAND

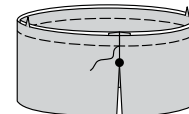
**1.** With right sides together, pin ends of one BAND (24) section, matching notches and dots. Stitch center back seam, leaving free below large dot. Stitch remaining band section in the same manner as previous band section.



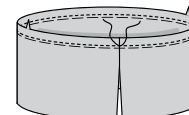
**2.** With right sides together, pin band sections, matching notches, centers and dots. Stitch band along lower edge in 3/8" (1cm) seam. Stitch opening edges from lower edge to large dot. Trim seams.



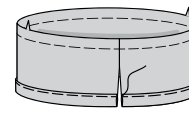
**3.** Turn band right side out; press. Baste raw edges together, matching notches and centers.



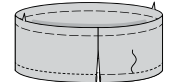
**4. STAYSTITCH** upper edge of band.



**5.** To form casing, turn lower edge of band to inside along foldline, press. Baste casing in place close to upper edge of casing.

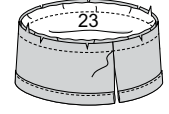


**6.** On outside, stitch casing along basting.

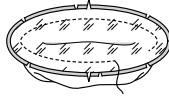


## TOP

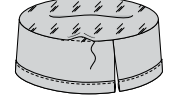
**7.** With right sides together, pin one TOP (23) section to band, matching notches and centers, clipping band where necessary; stitch. (Remaining top will be used as lining.)



**8.** With right sides together, pin top LINING (23) to top (over band), matching notches and centers. Stitch through all layers, leaving an opening for turning; trim seams.

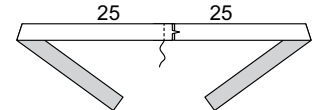


**9.** Turn right side out, continuing to press under free edge of lining; press. **SLIPSTITCH** lining over seam.

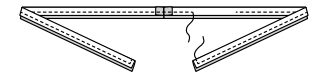


## DRAWSTRING

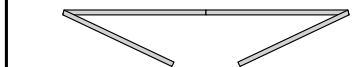
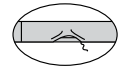
**10.** Stitch ends of DRAWSTRING (25) together at notched end.



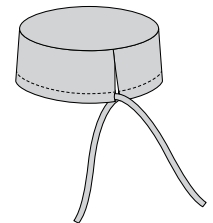
**11.** With right sides together, fold drawstring in half, lengthwise, matching seams. Stitch in 1/4" (6mm) seam, leaving an opening for turning.



**12.** Turn drawstring right side out; press. **SLIPSTITCH** opening edges.



**13.** Insert drawstring into band casing through opening, extending ends evenly.







# Congrats!

You've completed your sewing adventure

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