

McCall's

M8517



Designed and printed in USA

Easy

MEN'S RASHGUARDS AND SHORTS

Suggested Fabrics: A,B: Stretch Knits only such as Swimwear Knits. See Stretch Gauge. C,D: Performance Wovens, Swimwear Wovens. **Lining C,D:** Mesh, Tricot.

Notions: C,D: 1½ yds. (1.3m) of 1½" (4cm) elastic, 1¾ yds. (1.7m) of ¾" (1cm) elastic, 1¾ yds. (1.7m) of ¼" (6mm) drawstring cord, pair of grommets with a ¼" (1.3cm) opening.

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
Waist	28	30	32	34	36	39	42	44	46	48
Hip	35	37	39	41	43	45	47	49	51	53
Rashguard A	60**	1¾	1¾	1¾	1¾	1¾	1¾	1½	1½	1½
Rashguard B	60**	¾	¾	¾	¾	¾	¾	¾	1	1
Contrast (Sleeve, Neckband)	60**	1	1	1	1	1	1	1	1½	1½
Shorts C,D	45**	1½	1½	1½	1¾	1¾	1¾	1¾	1¾	1¾
	60**	1	1	1	1¼	1¼	1¼	1¼	1¼	1¼
Lining C,D	60**	¾	¾	¾	¾	¾	¾	¾	¾	¾
D Contrast (Front Band, Back Band)	45**	¾	¾	¾	¾	¾	¾	¾	¾	¾
	60**	¾	¾	¾	½	¾	¾	¾	¾	¾

FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)

A,B Chest	32	34	36	38	40	42	44	46	48	50
A,B Waist	32	34	36	38	40	42	44	46	48	50
C,D Hip	40	42	44	46	48	50	52	54	56	58
Width, lower edge										
Rashguard A,B	32	34	36	38	40	42	44	46	48	50
Width, each leg										
Shorts C	22¾	24	25¼	26½	27¾	29	30¼	31½	32¾	34
Shorts D	20¼	21½	22¾	24	25¼	26½	27¾	29	30¼	31½
Finished back length from base of neck										
Rashguard A,B	23¾	24	24¼	24½	24¾	25	25¼	25½	25¾	26
Finished side length from waist										
Shorts C	18¼	18½	18¾	19	19¼	19½	19¾	20	20¼	20½
Shorts D	25¼	25½	25¾	26	26¼	26½	26¾	27	27¼	27½

*with nap **without nap

Facile

RASHGUARDS ET SHORT POUR HOMMES

Tissus Conseillés: A,B: Tricot extensibles seulement tels que: Tricot de maillot de bain. Reportez-vous au taux d'élasticité. C,D: Tissés performants, Tissés pour maillots de bain. **Doubleure C,D:** Filet, Tricot.

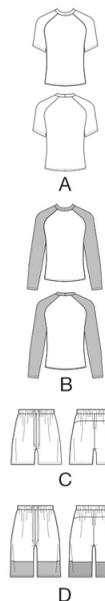
Merci: C,D: 1.3m d'élastique de 4cm, 1.7m d'élastique de 1cm, 1.7m de cordon de 1.3cm, paire d'œillets avec ouverture de 6mm.

Tailles	34	36	38	40	42	44	46	48	50	52
MESURES DU CORPS: Choisissez la taille du patron basée sur les mesures du corps										
Poitrine	87	92	97	102	107	112	117	122	127	132
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
Rashguard A	150cm*	1.3	1.3	1.3	1.3	1.3	1.4	1.4	1.4	1.4
Rashguard B	150cm*	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.9
Contraste (Manche, Bande d'encolure)	150cm*	0.9	0.9	0.9	0.9	0.9	0.9	0.9	1.0	1.0
Short C	115cm*	1.4	1.4	1.4	1.4	1.5	1.5	1.5	1.5	1.6
	150cm*	0.8	0.8	0.9	1.0	1.1	1.3	1.4	1.5	1.5
Doubleure C,D	150cm*	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6
D Contraste (Bande devant, Bande dos)	115cm*	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6
	150cm*	0.3	0.3	0.3	0.5	0.6	0.6	0.6	0.6	0.6

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

A,B Poitrine	81	86	91	97	102	107	112	117	122	127
A,B Taille	81	86	91	97	102	107	112	117	122	127
C,D Hanches	102	107	112	117	122	127	132	137	142	147
Largeur à l'ourlet										
Rashguard A,B	81	86	91	97	102	107	112	117	122	127
Largeur, chaque jambe										
Short C	58	61	64	67	70	74	77	80	83	86
Short D	51	55	58	61	64	67	70	74	77	80
Longueur finie – dos, votre nuque à l'ourlet										
Rashguard A,B	60	61	62	62	63	64	64	65	65	66
Longueur finie – côté, taille à l'ourlet										
Short C	46	47	48	48	49	50	50	51	51	52
Short D	64	65	65	66	67	67	68	69	69	70

*avec sens **sans sens



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

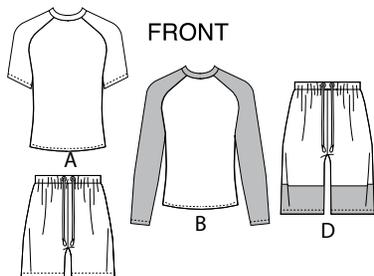
Utilisez la boîte de 2,54 cm pour vous assurer d'utiliser la règle à 100%.

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

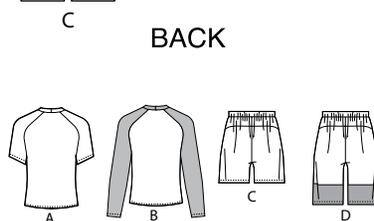
4" of crosswise folded fabric must STRETCH from here
10 cm de tricot plié sur le travers et sur le droit-fil doivent s'étirer de cette limite à celle là
10 cm de tejido de punto doblado (a lo largo y luego al través) deben estirarse desde acá

To Here 50%
jusqu'ici 50%
hasta acá 50%

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

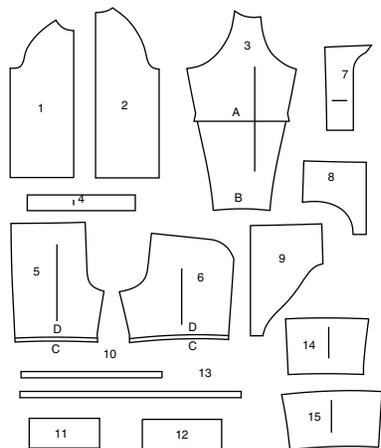


FRONT



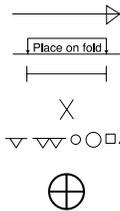
BACK

15 PATTERN PIECES



- 1 FRONT - A,B
- 2 BACK - A,B
- 3 SLEEVE - A,B
- 4 NECKBAND - A,B
- 5 FRONT - C,D
- 6 BACK - C,D
- 7 BACK YOKE - C,D
- 8 FRONT LINING - C,D
- 9 BACK LINING - C,D
- 10 ELASTIC GUIDE FOR LEG - C,D
- 11 FRONT CASING - C,D
- 12 BACK CASING - C,D
- 13 ELASTIC GUIDE FOR WAIST - C,D
- 14 FRONT BAND - D
- 15 BACK BAND - D

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

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.)

★ 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.

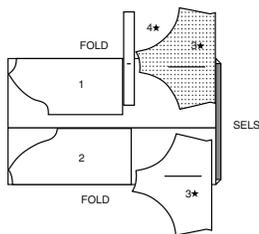
CUTTING LAYOUTS

RIGHT SIDE OF PATTERN	WRONG SIDE OF PATTERN	RIGHT SIDE OF FABRIC	WRONG SIDE OF FABRIC
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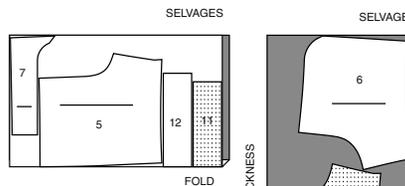
RASHGUARD A

PIECES: 1 2 3 4

60" (150 CM) WITH NAP ALL SIZES



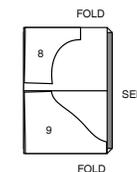
45" (115 CM) WITH NAP SIZE 52



LINING C, D

PIECES: 14 15

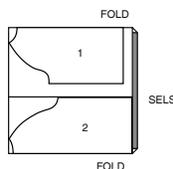
60" (150 CM) WITH NAP ALL SIZES



RASHGUARD B

PIECES: 1 2

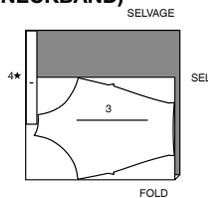
60" (150 CM) WITH NAP ALL SIZES



CONTRAST (SLEEVE, NECKBAND)

PIECES: 3 4

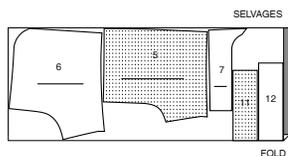
60" (150 CM) WITH NAP ALL SIZES



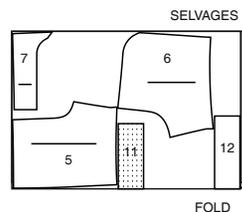
SHORTS C, D

PIECES: 5 6 7 11 12

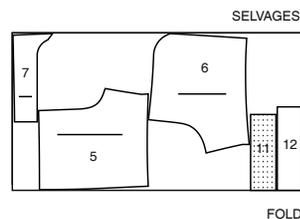
45" (115 CM) WITH NAP SIZES 34 36 38 40 42 44 46 48 50



60" (150 CM) WITH NAP SIZES 34 36 38 40 42 44



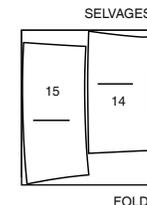
60" (150 CM) WITH NAP SIZES 46 48 50 52



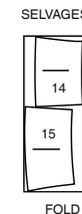
CONTRAST D (FRONT BAND, BACK BAND)

PIECES: 14 15

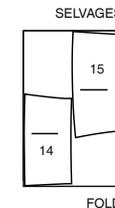
45" (115 CM) WITH NAP ALL SIZES



60" (150 CM) WITH NAP SIZES 34 36 38 40

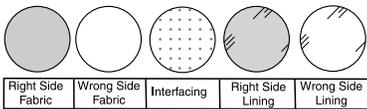


60" (150 CM) WITH NAP SIZES 42 44 46 48 50 52



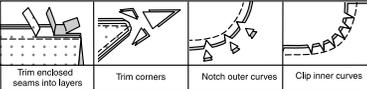
SEWING INFORMATION

FABRIC KEY



SEAM ALLOWANCES

Use 1/4" (6mm) 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** have Sewing Tutorial Video available. Scan **QR CODE** to watch videos:

EDGESTITCH – see **Machine Stitches**: “how to sew an edgestitch” video.

SLIPSTITCH – see **Hand Stitching**: “how to slip stitch” video.

PATTERN PIECES WILL BE IDENTIFIED BY NUMBERS THE FIRST TIME THEY ARE USED.

STITCH 5/8" (1.5CM) SEAMS WITH RIGHT SIDES TOGETHER UNLESS OTHERWISE STATED.

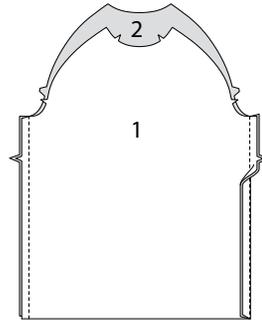
SEWING TUTORIALS



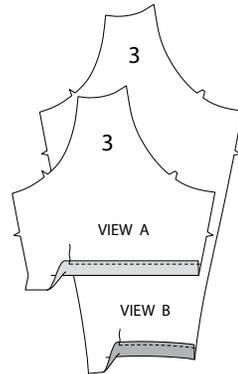
Build your skills viewing short, easy-to-follow videos at simplicity.com/sewingtutorials

RASHGUARD A, B

1. Pin **FRONT** (1) to **BACK** (2) at side edges. Stitch. Press seam toward front.



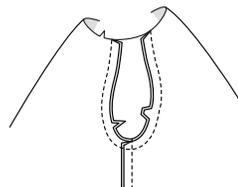
2. Press up 1-1/4" (3.2cm) hem allowance of lower edge of **SLEEVE** (3). Stitch 1/4" (6mm) from raw edge.



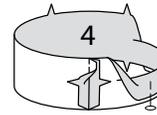
3. Stitch underarm seam of sleeve, matching notches. Press seam toward back. Stitch sleeve a generous 1/8" (3mm) from seam from lower edge to hem stitching, catching in seam allowance.



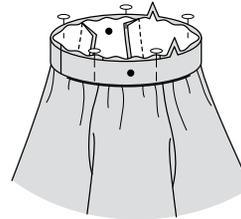
4. Turn sleeve **RIGHT** side out. Hold garment **WRONG** side out with armhole toward you. With **RIGHT** sides together, pin sleeve to armhole edge, matching underarm seams and notches. Stitch. Press seam toward sleeve.



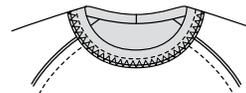
5. Stitch center back seam of **NECKBAND** (4). Fold band in half, lengthwise, with **WRONG** sides together; press. Pin.



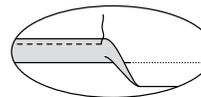
6. On **OUTSIDE**, pin band to neck edge with raw edges even, matching centers and small dots.



7. Stitch, stretching the band to fit. Zigzag stitch or overlock stitch raw edges together. Press seam toward garment, pressing band out.

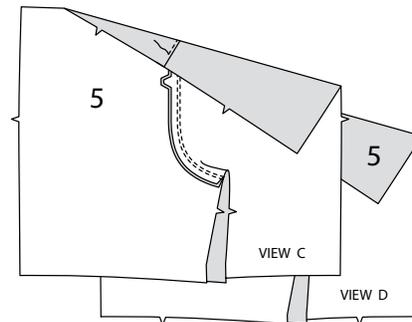


8. Press up 1-1/4" (3.2cm) hem allowance of lower edge of rashguard. Stitch 1/4" (6mm) from raw edge.

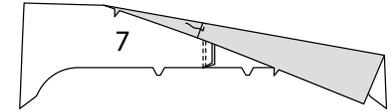


SHORTS C, D

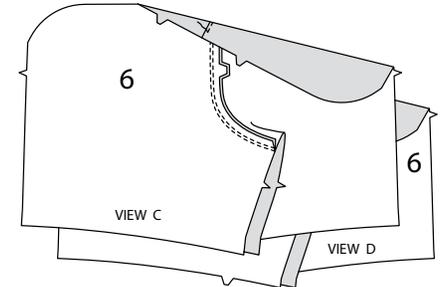
1. With **RIGHT** sides together and raw edges even, pin center front edges of **FRONT** (5). Stitch. Press seam toward **LEFT** front. On **OUTSIDE**, **EDGESTITCH LEFT** front close to seamline.



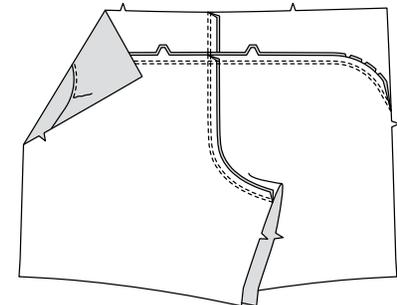
2. With **RIGHT** sides together and raw edges even, pin center back edges of **BACK YOKE** (7). Stitch. Press seam toward **LEFT** back. On **OUTSIDE**, **EDGESTITCH LEFT** back close to seamline.



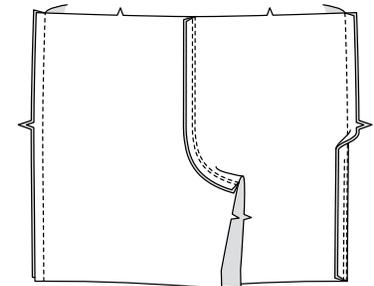
3. Stitch center back edges of **BACK** (6). Press seam toward **LEFT** back. On **OUTSIDE**, **EDGESTITCH LEFT** back close to seamline.



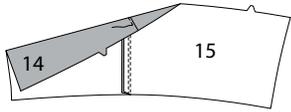
4. Pin upper edge of back to lower edge of yoke, matching seams and notches, clipping seam allowance of yoke as necessary. Stitch. Press seam toward yoke. On **OUTSIDE**, **EDGESTITCH** yoke close to seam.



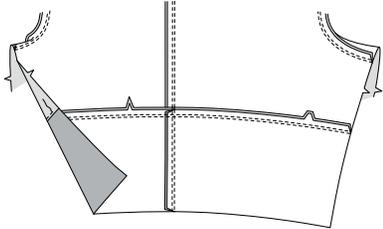
5. With **RIGHT** sides together and raw edges even, pin front to back at side edges. Stitch. Press seams toward front. On **OUTSIDE**, **EDGESTITCH** front close to seam.



6. FOR VIEW D – Pin FRONT BAND (14) to BACK BAND (15) at side edges. Stitch. Press seam toward front. On OUTSIDE, **EDGESTITCH** front close to seam.

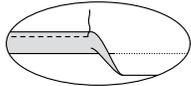


7. With RIGHT sides together and raw edges even, pin band to lower edge of shorts, matching seams, and notches. Stitch. Press seam toward shorts, pressing band out. On OUTSIDE, **EDGESTITCH** shorts close to seam.

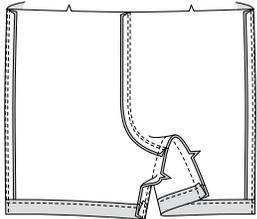


CONTINUE AS FOLLOWS FOR BOTH VIEWS

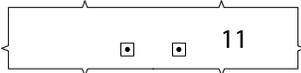
8. Press up 1-1/4" (3.2cm) hem allowance of lower edge of shorts. Stitch 1/4" (6mm) from raw edge.



9. Pin front to back at inner leg edges. Stitch. Press seam toward front. On OUTSIDE, **EDGESTITCH** front close to seam.



10. Cut two 1" (2.5cm) squares of a fusible interfacing remnant. On INSIDE, pin each square centered over center small dots on FRONT CASING (11). Fuse in place following manufacturer's directions.

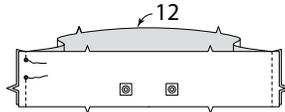


11. Create grommet openings at small dots, using an awl or by cutting small holes with embroidery scissors. Set grommets on hard surface and hit the grommet setter with a rubber mallet to ensure an even setting.

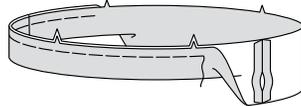
TIP – Practice applying grommets on fabric remnant before applying to garment.



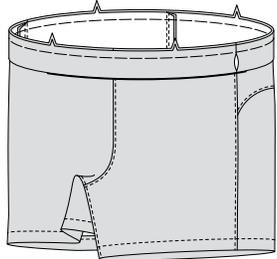
12. With RIGHT sides together, pin front casing to BACK CASING (12) at side edges. Stitch, leaving an opening in LEFT side seam between small dots, as shown. Backstitch at small dots to reinforce seam. Press seams open.



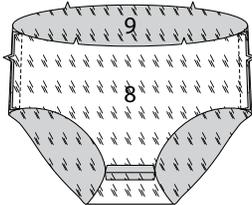
13. Fold casing in half, lengthwise, with WRONG sides together, having raw edges even. Baste raw edges together.



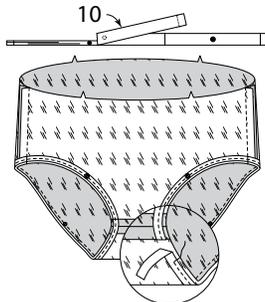
14. The side with the opening is the underside of the casing. With the underside of casing facing you, pin casing to shorts, matching centers and side seams. Baste along seam line.



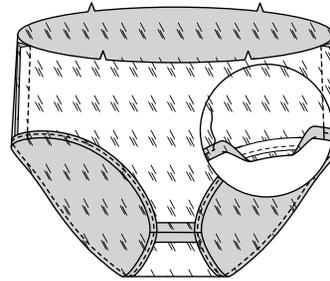
15. Stitch FRONT LINING (8) to BACK LINING (9) at side edges. Press seam toward back. Stitch lower edges together. Press open.



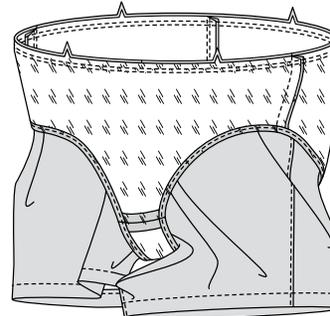
16. For each leg, cut a piece of 3/8" (1cm) elastic the length of ELASTIC GUIDE FOR LEG (10). Transfer markings. On INSIDE, pin elastic to lining, matching small and large dots, placing inner marking at side seam, and lapping ends at lower seam. Stitch close to outer edge, stretching elastic while stitching.



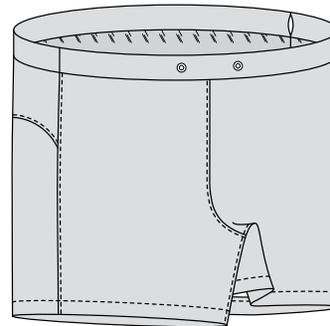
17. Turn raw edge of lining (with elastic) to INSIDE along 3/8" (1cm) seamline. Stitch close to inner raw edge through all thicknesses, stretching elastic to fit.



18. With RIGHT sides together, pin lining to shorts (over casing), matching centers, seams, and notches. Stitch, stretching lining to fit. Stitch again 1/4" (6mm) from first stitching within seam allowance. Trim close to second stitching.

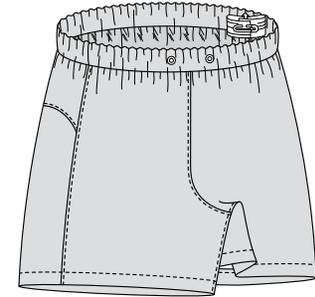
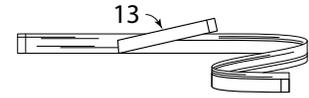


19. Press casing out and lining to INSIDE.

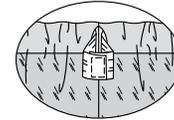


20. Cut a piece of 1-1/2" (3.8cm) elastic the length of ELASTIC GUIDE FOR WAIST (13).

Insert elastic through opening in casing. Overlap ends and hold with safety pin. Try on garment and adjust to fit.

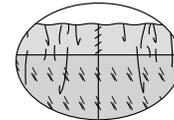


21. Stitch ends of elastic together securely.

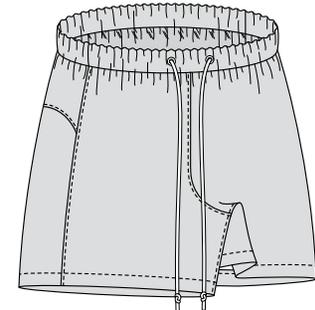


22. SLIPSTITCH opening edges of each casing together. Distribute fullness evenly.

TIP – To secure elastic so it won't twist in wearing, stitch through all thicknesses of casing in the groove of each seam.



23. Cut a piece of drawstring cord 62" (157cm) long. Thread drawstring through grommets and bringing ends to meet at front. Knot ends.





Congrats!

You've completed your sewing adventure

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