

@norrisdantaford



>> MEN'S HOODIE AND SHORTS  
 SKILL LEVEL: AVERAGE



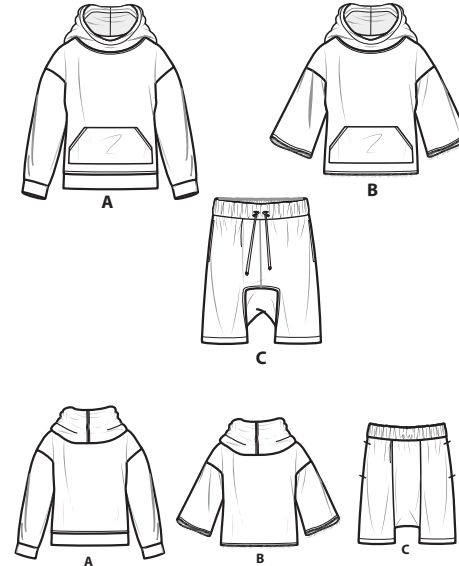
PDF PATTERNS

### THINGS YOU NEED:

- > **C:** 1¼ yds. (1.2m) of 2½" (6cm) elastic, 2 yds. (2.0m) of ¼" (6mm) drawstring, two barrel stoppers (optional).

### SUGGESTED FABRICS:

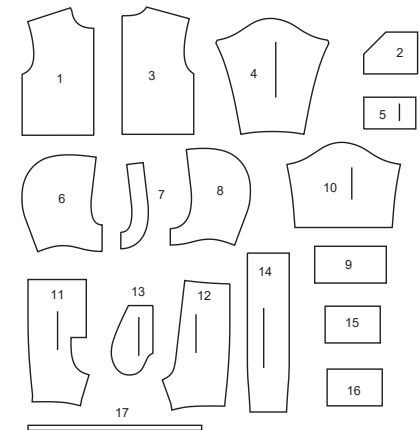
- > Stretch Knits such as Fleece, Double Knit, Sweatshirt Fleece, Terry Knit. See Stretch Gauge. **Lining:** Cotton Blends, Poly Blends.



Your printed tile pieces should be assembled before you move on to this step!

### PIECES (17)

- 1 FRONT - A,B
- 2 POCKET - A,B
- 3 BACK - A,B
- 4 SLEEVE - A
- 5 SLEEVE BAND - A
- 6 HOOD - A,B
- 7 HOOD FACING - A,B
- 8 HOOD LINING - A,B
- 9 LOWER BAND - A
- 10 SLEEVE - B
- 11 FRONT - C
- 12 BACK - C
- 13 POCKET - C
- 14 GUSSET - C
- 15 FRONT CASING - C
- 16 BACK CASING - C
- 17 ELASTIC GUIDE FOR WAIST - C



## STRETCH GAUGE - MEASURING FABRIC STRETCH

Whenever you see a minimum stretch requirement on one of the sewing patterns, it is important that you measure the fabric stretch in both length and width!



### YARDAGE CHARTS

SIZES	S	M	L	XL	XXL	
	(34-36)	(38-40)	(42-44)	(46-48)	(50-52)	
<b>HOODIE A</b>						
60"*	2½	2½	2½	2¾	2⅞	yds.
150cm*	2.3	2.3	2.3	2.6	2.7	"
<b>LINING A,B</b>						
60"*	⅝	⅝	¾	¾	¾	yds.
150cm*	0.6	0.6	0.6	0.7	0.7	"
<b>HOODIE B</b>						
60"*	2	2⅝	2¼	2⅝	2½	yds.
150cm*	1.9	2.0	2.1	2.2	2.3	"
<b>SHORTS C</b>						
60"*	1¾	1¾	1¾	1⅞	2⅝	yds.
150cm*	1.5	1.6	1.6	1.8	2.0	"

### FINISHED GARMENT MEASUREMENTS

SIZES	S	M	L	XL	XXL	
	(34-36)	(38-40)	(42-44)	(46-48)	(50-52)	
<b>A,B CHEST</b>	50	54	58	62	66	ins.
	127	137	147	157	168	cm.
<b>A,B WAIST</b>	50	54	58	62	66	ins.
	127	137	147	157	168	cm.
<b>C HIP</b>	39	43	47	51	55	ins.
	99	109	119	130	140	cm.

**FINISHED GARMENT MEASUREMENTS (CONTINUED)**

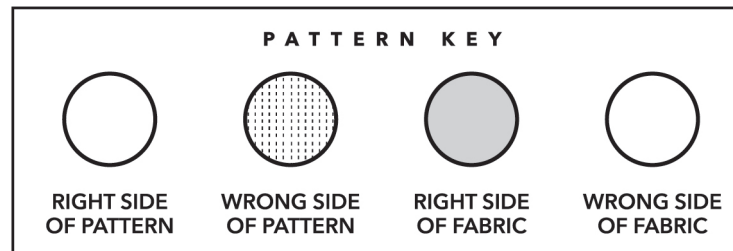
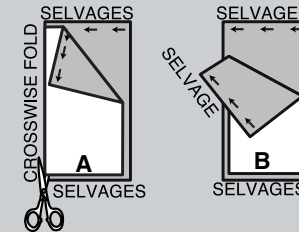
<b>SIZES</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	
	<b>(34-36)</b>	<b>(38-40)</b>	<b>(42-44)</b>	<b>(46-48)</b>	<b>(50-52)</b>	
<b>WIDTH, EACH LEG</b>						
<b>SHORTS C</b>	17	18	19	20	21	ins.
	43	46	48	51	53	cm.
<b>WIDTH, LOWER EDGE</b>						
<b>HOODIE A,B</b>	50	54	58	62	66	ins.
	127	137	147	157	168	cm.
<b>FINISHED BACK LENGTH FROM BASE OF NECK</b>						
<b>HOODIE A (INCL. BAND)</b>	23	23½	24	24½	25	ins.
	58	60	61	62	64	cm.
<b>HOODIE B</b>	23½	24	24½	25	25½	ins.
	60	61	62	64	65	cm.
<b>FINISHED SIDE LENGTH FROM WAIST</b>						
<b>SHORTS C</b>	19½	20	20½	21	21½	ins.
	50	51	52	53	55	cm.

**BODY MEASUREMENTS**

<b>SIZES</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	
	<b>(34-36)</b>	<b>(38-40)</b>	<b>(42-44)</b>	<b>(46-48)</b>	<b>(50-52)</b>	
<b>CHEST</b>	34-36	38-40	42-44	46-48	50-52	ins.
	87-92	97-102	107-112	117-122	127-132	cm.
<b>WAIST</b>	28-30	32-34	36-39	42-44	46-48	ins.
	71-76	82-87	92-99	107-112	117-122	cm.
<b>HIP</b>	35-37	39-41	43-45	47-49	51-53	ins.
	89-94	99-104	109-115	119-124	128-135	cm.

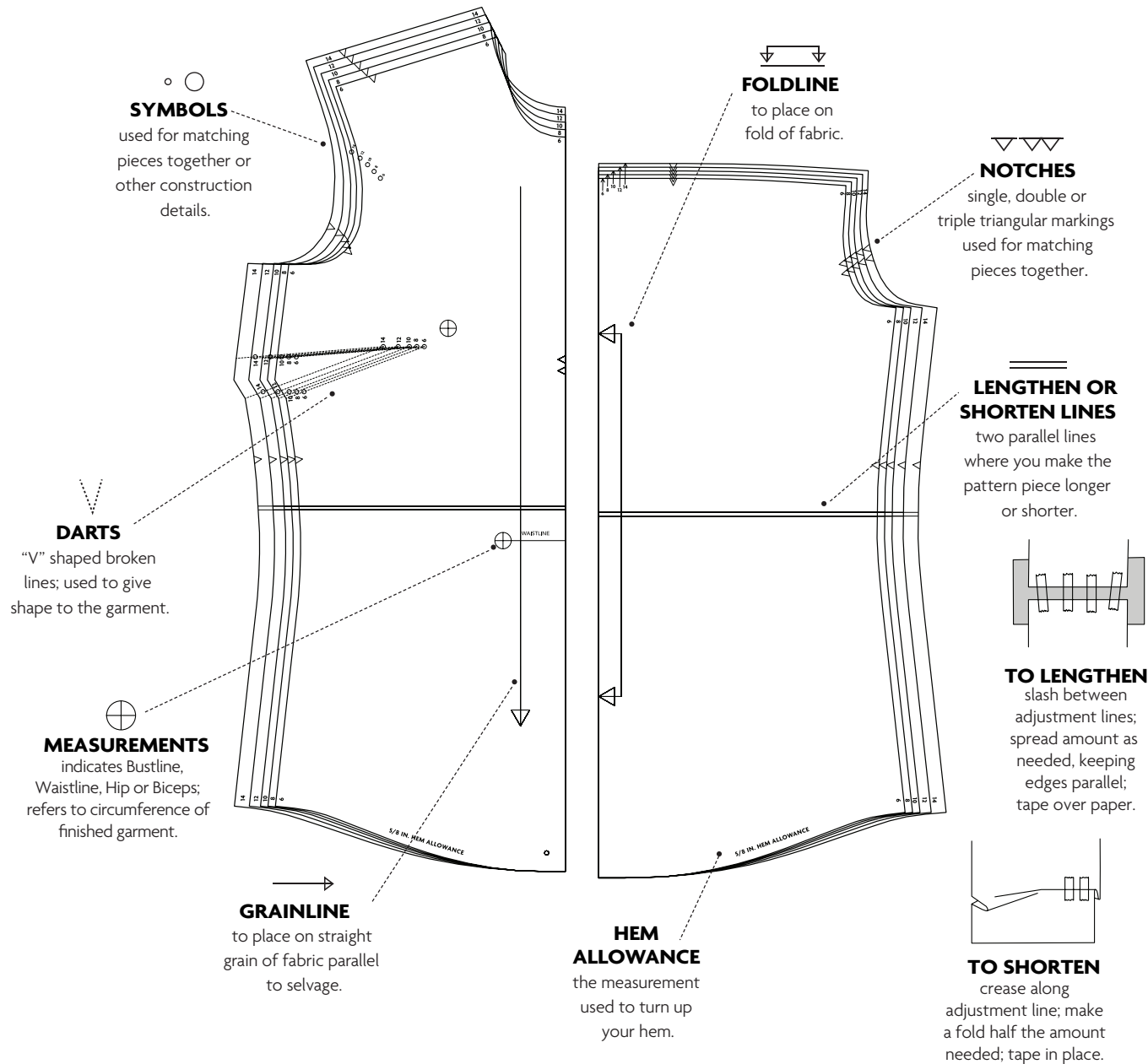
## CUTTING AND MARKING

- > **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.)



- > 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 other pieces first, allowing enough fabric to cut this piece. Open fabric. Cut piece on single layer of fabric with piece face up on right side of fabric.
- > Cut accurately, cutting notches outward.
- > Before removing pattern, **TRANSFER MARKINGS** and lines of construction to **WRONG SIDE** of fabric, using 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.
- > Prewash your fabric using a method that's suitable for the fabric type.
- > Fold fabric with right sides together, matching **SELVAGES**.
- > Pin your pattern pieces to the fabric as shown below and cut them out using a sharp pair of dressmaker's shears.

## PATTERN MARKINGS



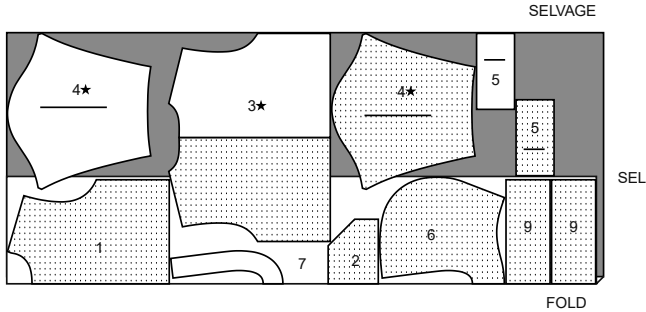
## CUTTING LAYOUTS

ALL VIEWS SIZED FOR STRETCH KNITS ONLY

### HOODIE A

use pieces: 1 2 3 4 5 6 7 9

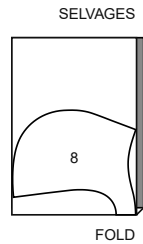
60" (150CM)  
with nap  
all sizes



### LINING A,B

use piece: 8

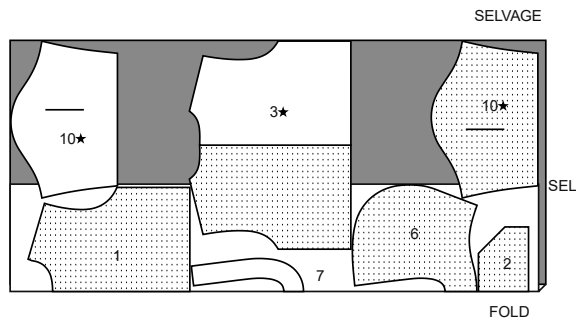
60" (150cm)  
with nap  
all sizes



### HOODIE B

use piece: 1 2 3 6 7 10

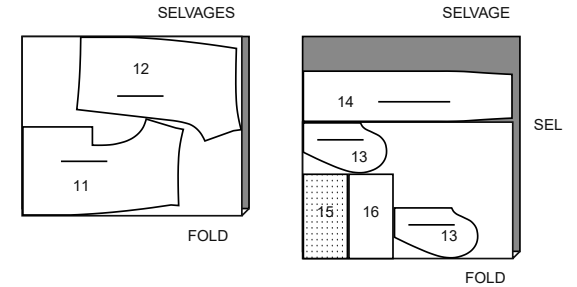
60" (150cm)  
with nap  
all sizes



### SHORTS C

use pieces 11 12 13 14 15 16  
piece 17 is cut of elastic

60" (150cm)  
with nap  
all sizes

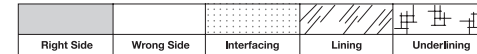


PATTERN PIECES WILL BE IDENTIFIED  
BY NUMBERS THE FIRST TIME THEY ARE USED.

## SEWING INFORMATION

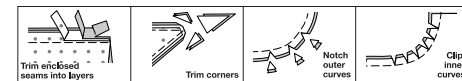
$\frac{5}{8}$ " (1.5cm) SEAM ALLOWANCES ARE INCLUDED,  
(unless otherwise indicated)

ILLUSTRATION SHADING KEY



Pin or baste seams, right side together, matching notches. Fit garment before stitching major seams.

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



## GLOSSARY

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

**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.

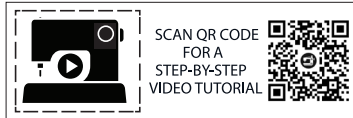
**REINFORCE** - Stitch along seamline where indicated in sewing instructions, using small machine stitches.

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

**STAYSTITCH** - Stitch  $\frac{1}{8}$ " (3mm) from seamline in seam allowance (usually  $\frac{1}{2}$ " (13mm) 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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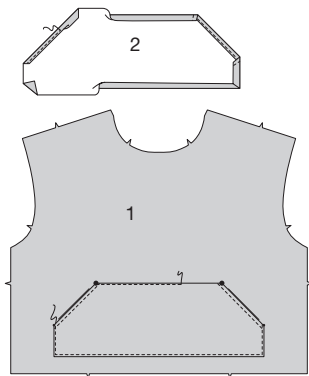
## SEWING DIRECTIONS

### HOODIE A, B

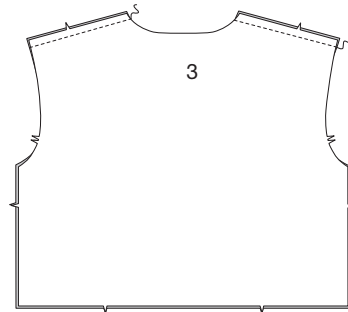
**NOTE:** View A will be shown in following illustrations, unless otherwise indicated.

#### Front and Back

**1.** Make a 5/8" (1.5cm) **NARROW HEM** on slanted edges of pocket (2). Press under seam allowance on raw edges. On outside, pin pocket to front (1) along placement line, matching large and small dots. Stitch close to upper, side and lower edges.

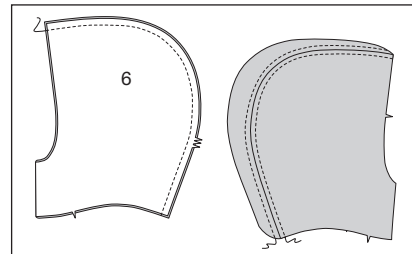


**2.** Stitch back (3) to front at shoulders.

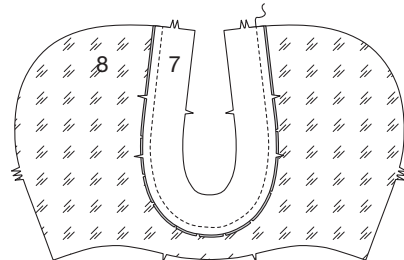


#### Hood

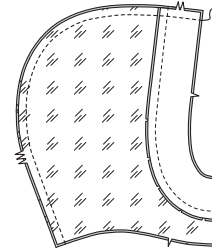
**3.** Stitch center back seam of hood (6). Press seam open. **TOPSTITCH** 1/4" (6mm) on both sides of seam.



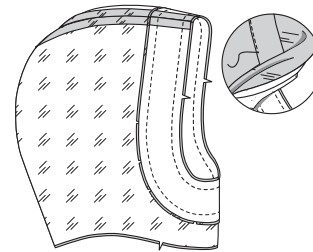
**4.** **STAYSTITCH** inner curve on hood lining (8). Pin hood facing (7) to hood lining (8), matching centers, and notches, clipping lining to staystitching, as needed. Stitch. Turn seam toward lining. Press.



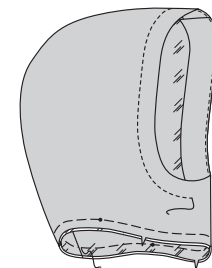
**5.** Stitch center back seam of hood facing/lining.



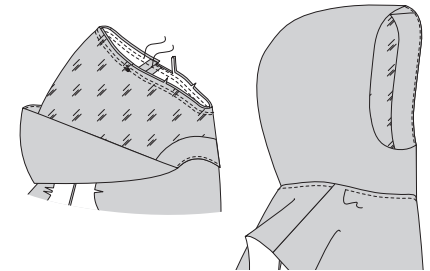
**6.** Pin hood facing/lining to hood matching notches, center fronts, and seams. Stitch front opening edge. Trim. **UNDERSTITCH** hood facing.



**7.** Turn hood facing/lining to inside. Press. Baste neck edges together. **TOPSTITCH** 1" (2.5cm) from front opening, if desired.

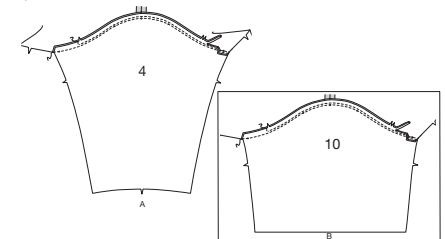


**8.** With right sides together, pin hood to hoodie, matching notches, centers, placing small dots at shoulder seams. Baste. Stitch. Stitch again 1/4" (6mm) away in seam allowance. Trim close to stitching. Press seam toward hoodie. **TOPSTITCH** hoodie 1/4" (6mm) from neck seam.

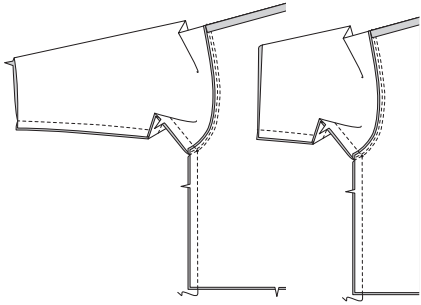


#### Sleeve and Side Seams

**9.** Pin sleeve (4) or (10) to armhole edge, matching notches, and small dots, placing center small dot at shoulder seam. Stitch. Stitch again 1/4" (6mm) away in seam allowance. Trim close to stitching. Press seam toward sleeve.

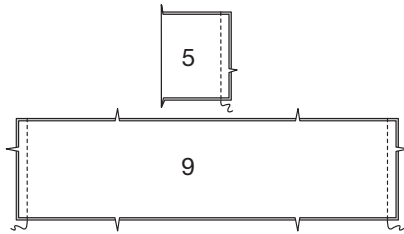


**10.** Pin front to back at sides and sleeve edges together, matching armhole seam. Stitch entire underarm seam. To reinforce curve, stitch again over first stitching.

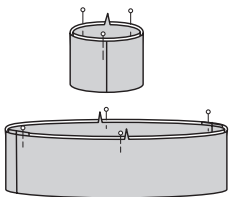


### View A Bands

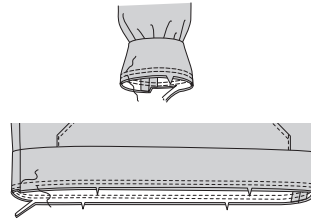
**11.** Stitch seam of sleeve band (5). Stitch lower band (9) sections together at sides.



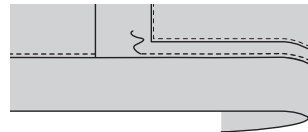
**12.** With wrong sides together, fold sleeve band and lower band in half, matching notches, having raw edges even. Pin.



**13.** Pin sleeve band to lower edge of sleeve, matching notches, and seams. Pin lower band to lower edge of hoodie matching notches, centers, and seams. Stitch, stretching sleeve to fit. Stitch again 1/4"(6mm) away in seam allowance. Trim close to stitching. Press seams toward hoodie.

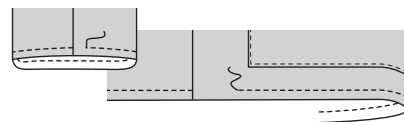


**14.** TOPSTITCH hoodie 1/4"(6mm) from lower band seam.



### View B Finishing

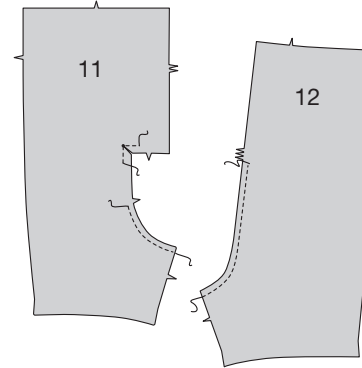
**15.** TOPSTITCH 1/2"(1.3cm) from lower edge of top and lower edge of sleeves.



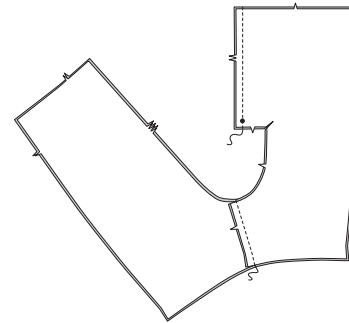
## SHORTS C

### Front and Back

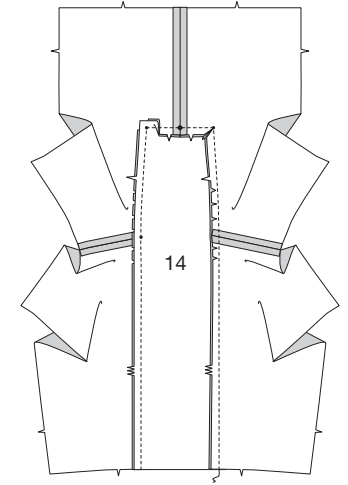
**1.** REINFORCE inner corner of front (11) sections through small dot. Clip to small dot. STAYSTITCH curved edge of front below single notch. STAYSTITCH center back edge of back (12) sections below triple notches.



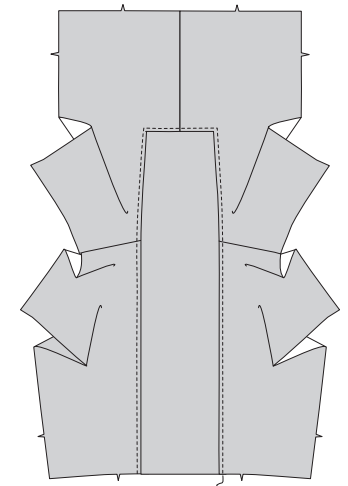
**2.** Stitch fronts together at center front seam. Stitch back to front at inner leg edges.



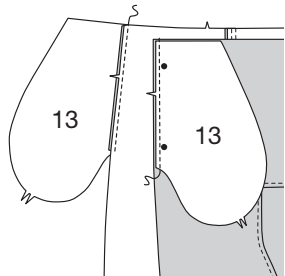
**3.** Pin gusset (14) to front and back at crotch, matching center front, small and large dots, placing small dot at inner leg seam, clipping front and back to staystitching, as needed. Stitch, pivoting stitching at small dots at corners on fronts. Turn seam toward front and back. Press.



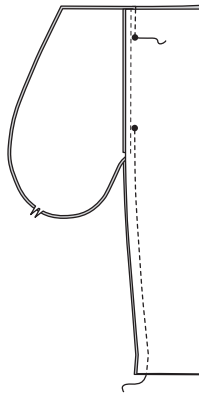
**4.** TOPSTITCH front and back 1/4"(6mm) from seam.



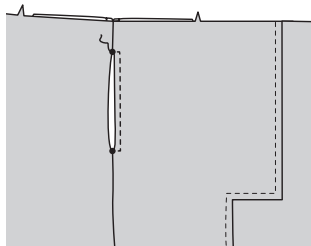
**5.** With right sides together, pin pocket (13) to front and back sections at sides, matching notches and large dots. Stitch in a 3/8"(1cm) seam. Press seam toward pocket, turning pocket out.



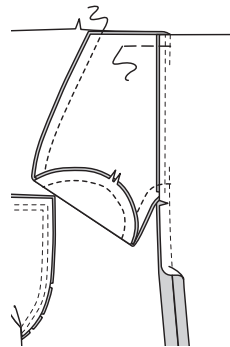
**6.** Pin front to back at sides, matching large dots. Stitch, leaving open between large dots.



**7.** Press seam and pocket open. **TOPSTITCH** front 1/4"(6mm) from finished edge of pocket opening, squaring stitching to large dots.

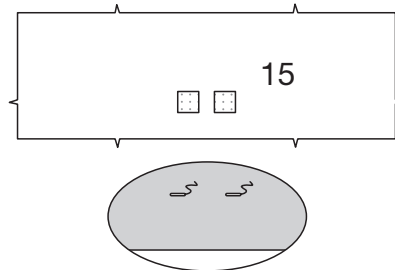


**8.** On inside, pin pocket edges together, having raw edges even. Stitch pocket edges together from side seam to upper edge. Clip back seam allowance below pocket. Press pocket toward front. Baste upper edge to front.

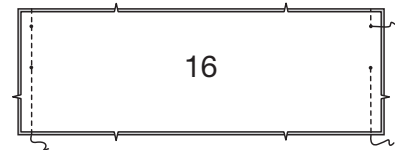


### Casing

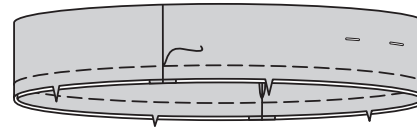
**9.** Fuse a remnant of fusible interfacing to wrong side of front casing (15) over each buttonhole marking, following manufacturer's instructions. On outside, make buttonholes in front casing at markings.



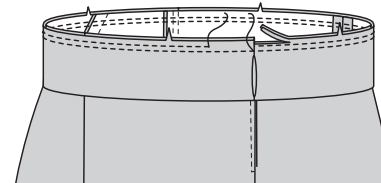
**10.** Stitch front casing and back casing (16) together at sides, leaving LEFT side seam open between small dots, as shown.



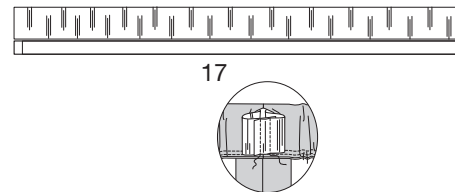
**11.** Fold casing in half, lengthwise, wrong sides together, having raw edges even. Press. Pin. The side with the opening is the underside of the casing.



**12.** With the underside of casing facing you, pin casing to shorts matching centers and side seams. Stitch, stretching casing to fit. Stitch again 1/4"(6mm) away in seam allowances. Trim close to stitching. Press seam toward shorts, pressing casing out.

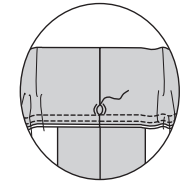


**13.** Cut a piece of elastic the length of elastic guide for waist (17). Insert elastic through opening in casing. Overlap ends and hold with a safety pin. Try on shorts and adjust to fit. Stitch ends of elastic together securely.



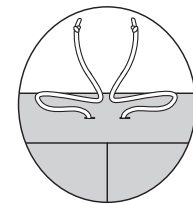
**14. SLIPSTITCH** opening closed. Distribute fullness evenly. Remove basting.

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

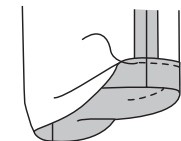


### Finishing

**15.** Attach a safety pin to one end of cording. Insert pin and drawstring through one buttonhole and out the other, having ends extending evenly in the front. Trim end to desired length. Attach cord stoppers, if desired. Knot ends of cord.



**16.** Press up hem on lower edge of legs. Stitch 1/4"(6mm) from raw edge.





# Congrats!

You've completed your sewing adventure!


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