

ME2037



@needleandthebelle



>> WOMEN'S ONE-PIECE SWIMSUIT
 AND COVER-UP
 SKILL LEVEL: AVERAGE

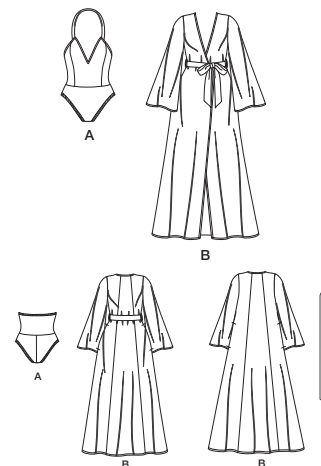


THINGS YOU NEED:

- > **A:** 4 1/4 yds. (3.9m) of 3/8" (1cm) swimwear elastic, one pair of bra insert pads.

SUGGESTED FABRICS:

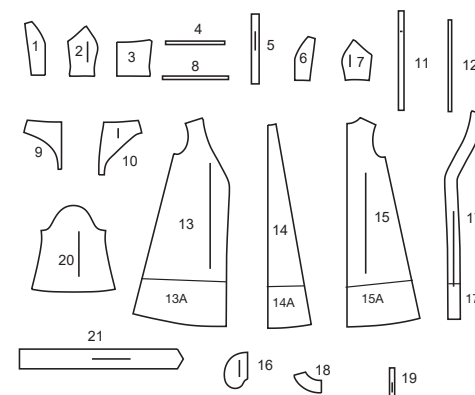
- > **A:** Stretch Knits only such as Swimwear Fabrics, Spandex Blends, Two-Way Stretch Fabrics. See Stretch Gauge. **Lining A:** Four Way Stretch Fabrics such as Nylon, Polyester, Spandex. **B:** Charmeuse, Cotton Blends, Cotton Lawns, Crepe de Chine, Gauze, Silky Types, Voile.
- Interfacing B:** Lightweight Fusible.



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

PIECES (21)

- 1 BODICE FRONT - A
- 2 BODICE SIDE FRONT - A
- 3 BODICE BACK - A
- 4 ELASTIC GUIDE FOR BACK - A
- 5 STRAP - A
- 6 FRONT FACING - A
- 7 SIDE FRONT FACING - A
- 8 ELASTIC GUIDE FOR FRONT - A
- 9 PANTIES FRONT - A
- 10 PANTIES BACK - A
- 11 LEG BAND - A
- 12 ELASTIC GUIDE FOR LEG - A
- 13 (13A) FRONT - B
- 14 (14A) BACK - B
- 15 (15A) SIDE BACK - B
- 16 POCKET - B
- 17 (17A) FRONT FACING - B
- 18 BACK NECK FACING - B
- 19 CARRIER - B
- 20 SLEEVE - B
- 21 TIE BELT - B



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 CHART

SIZES	16W	18W	20W	22W	24W	26W	28W	30W	32W	34W	36W	38W	
SWIMSUIT A													
60"*	1¼	1¼	1¼	1¼	1⅜	1⅜	1⅜	1⅜	1½	1⅝	1⅝	1¾	yds.
150cm*	1.1	1.1	1.1	1.1	1.1	1.3	1.3	1.3	1.4	1.5	1.5	1.6	m.
LINING A													
60"*	1¼	1¼	1¼	1¼	1¼	1⅜	1⅜	1⅜	1⅜	1⅜	1½	1½	yds.
150cm*	1.1	1.1	1.1	1.1	1.1	1.1	1.3	1.3	1.3	1.3	1.3	1.4	m.
COVER-UP B													
60"*	4¾	4⅞	5	5⅞	5¼	5⅝	7	7	7	7⅞	7⅞	7⅞	yds.
150cm*	4.2	4.5	4.6	4.7	4.8	4.8	6.4	6.4	6.4	6.5	6.5	6.5	m.
INTERFACING B- 20" (51cm)- 3½ yds. (3.9m)													

FINISHED GARMENT MEASUREMENTS

SIZES	16W	18W	20W	22W	24W	26W	28W	30W	32W	34W	36W	38W	
A BUST	37½	39½	41½	43½	45½	47½	49½	51½	53½	55½	57½	59½	ins.
	95	100	105	110	116	121	126	131	136	141	146	151	cm.
B BUST	44	46	48	50	52	54	56	58	60	62	64	66	ins.
	112	117	122	127	132	137	142	147	152	157	163	168	cm.
A WAIST	30½	32½	34½	36½	38½	40½	42½	44½	46½	48½	50½	52½	ins.
	77	83	88	93	98	103	108	113	118	123	128	133	cm.

FINISHED GARMENT MEASUREMENTS (CONTINUED)

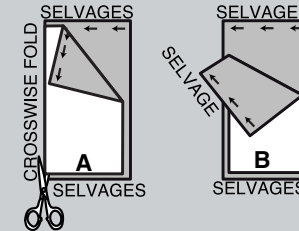
SIZES	16W	18W	20W	22W	24W	26W	28W	30W	32W	34W	36W	38W	
B WAIST	51½	53½	55½	57½	59½	61½	63½	65½	67½	69½	71½	73½	ins.
	131	136	141	146	151	156	161	166	171	177	182	187	cm.
B HIP	60½	62½	64½	66½	68½	70½	72½	74½	76½	78½	80½	82½	ins.
	154	159	164	169	174	179	184	189	194	199	204	210	cm.
FINISHED BACK LENGTH FROM BASE OF NECK													
COVER-UP B	57¾	58	58¼	58½	58¾	59	59¼	59½	59¾	60	60¼	60½	ins.
	147	147	148	149	149	150	150	151	152	152	153	154	cm.

BODY MEASUREMENTS

SIZES	16W	18W	20W	22W	24W	26W	28W	30W	32W	34W	36W	38W	
BUST	38	40	42	44	46	48	50	52	54	56	58	60	ins.
	97	102	107	112	117	122	127	132	137	142	147	152	cm.
WAIST	31	33	35	37	39	41½	44	46½	49	51½	53	54½	ins.
	79	84	89	94	99	105	112	118	124	130	134	138	cm.
HIP	40	42	44	46	48	50	52	54	56	58	60	62	ins.
	102	107	112	117	122	127	132	137	142	147	152	157	cm.
BACK-NECK TO WAIST	17	17⅞	17¼	17⅜	17½	17⅝	17¾	17⅞	18	18⅞	18¼	18⅜	ins.
	43	43.5	44	44	44.5	45	45	45.5	46	46	46.5	47	cm.

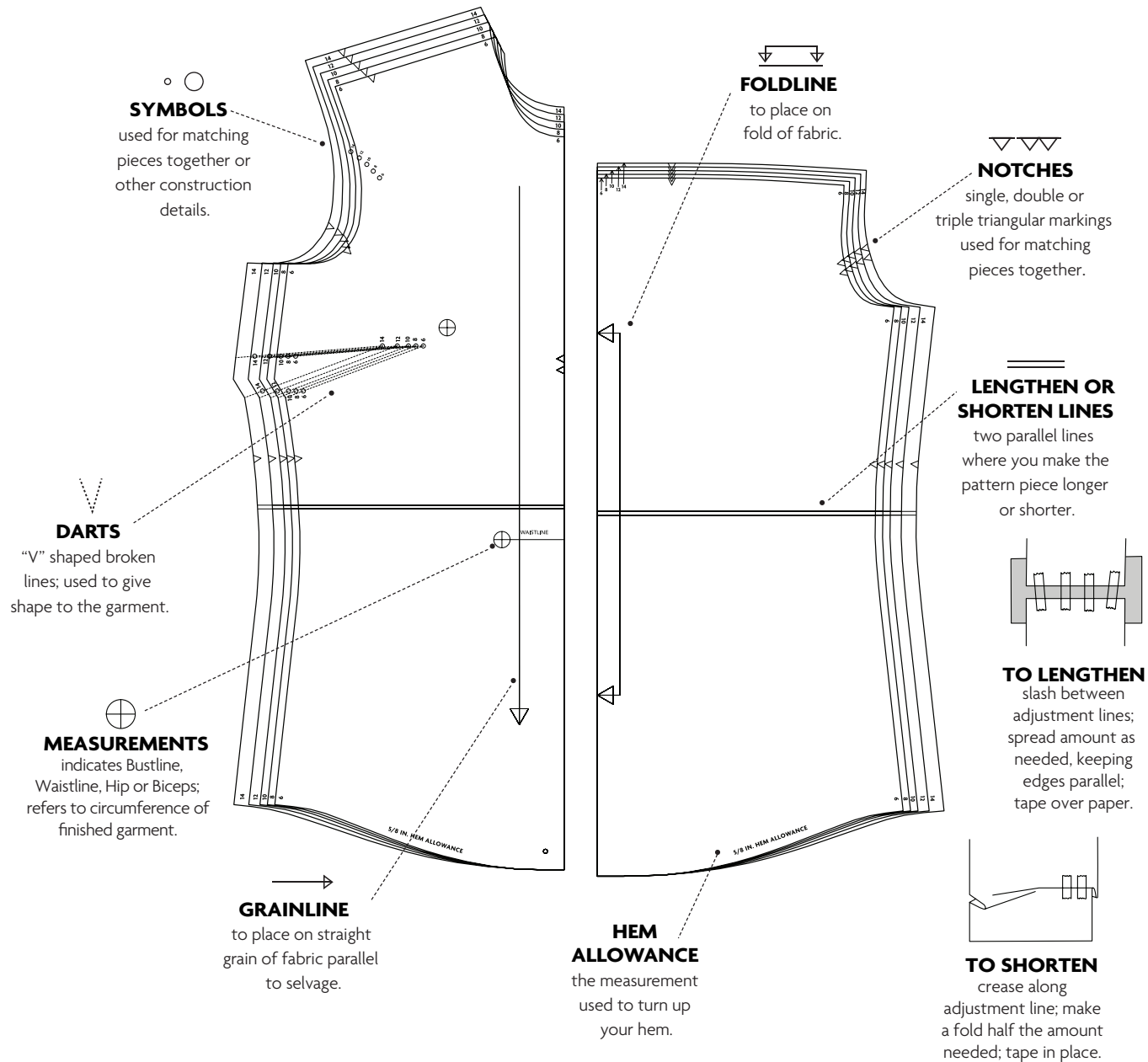
CUTTING AND MARKING

- > **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



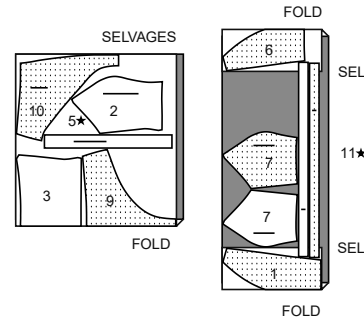
CUTTING LAYOUTS

ALL VIEWS ARE SIZED FOR STRETCH KNITS ONLY

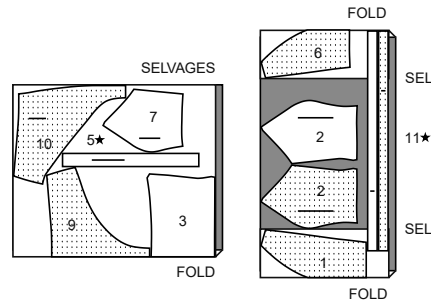
SWIMSUIT A

USE PIECES 1 2 3 5 6 7 9 10 11
CUT ONE OF PIECE 5

60" (150CM)
WITH NAP
SIZES 16W 18W 20W 22W 24W 26W 28W 30W



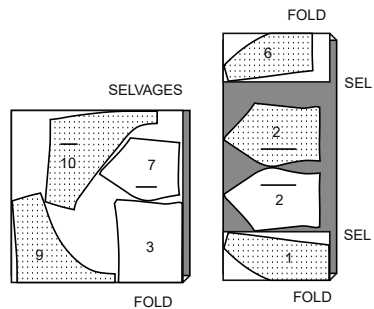
60" (150CM)
WITH NAP
SIZE 32W 34W 36W 38W



LINING A

USE PIECES 1 2 3 6 7 9 10

60" (150CM)
WITH NAP
ALL SIZES

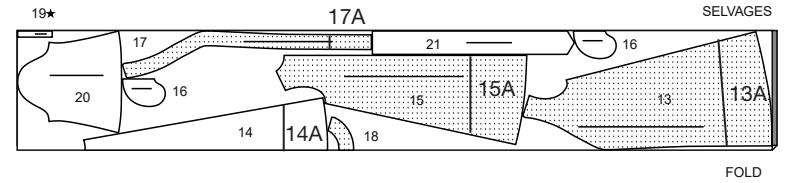


COVER-UP B

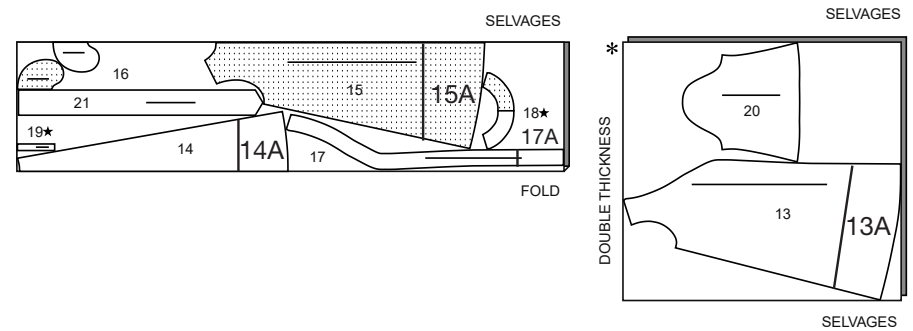
USE PIECES 13(13A) 14(14A) 15(15A) 16 17(17A) 18 19 20 21

NOTE: BEFORE CUTTING FABRIC, JOIN PIECES IN PARENTHESIS TO CORRESPONDING PIECES FOLLOWING INSTRUCTIONS ON TISSUE PATTERN.

60" (150CM)
WITH NAP
SIZES 16W 18W 20W 22W 24W 26W
CUT ONE OF PIECE 19



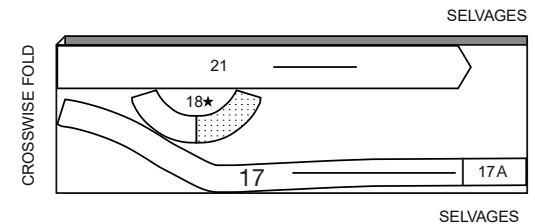
60" (150CM)
WITH NAP
SIZES 28W 30W 32W 34W 36W 38W
CUT ONE OF PIECES 18 19



INTERFACING B

USE PIECES 17 18 21

20" (51CM)
ALL SIZES
CUT ONE OF PIECE 18



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

SEWING INFORMATION

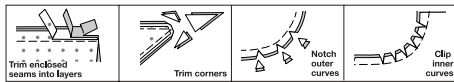
**5/8" (1.5cm) SEAM ALLOWANCES
ARE INCLUDED,**
(unless otherwise indicated)

ILLUSTRATION SHADING KEY

Right Side	Wrong Side	Interfacing	Lining	Underlining

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.

EASESTITCH – Stitch along seamline, using long machine stitches. Pull thread ends when adjusting to fit. NOTE: For sleeve caps, make a second row of long machine stitches 1/4" (6mm) away in seam allowance for more control.

EDGE FINISH – Stitch 1/4" (6mm) from edge, turn under edge along stitching and stitch or zig-zag, or overlock/serge raw edges.

EDGE STITCH – Stitch close to finished edge or seam.

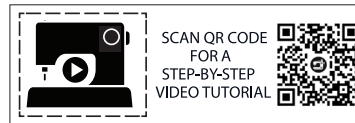
NARROW HEM – Turn in seam allowance, turning under raw edge; press. Stitch close to pressed edge.

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

STAYSTITCH – Stitch 1/2" (1.3cm) from cut edge in direction of arrows. This stitching stays in permanently to prevent stretching on curved edges. (Shown only in the first illustration.)

TOPSTITCH – On outside, stitch 1/4" (6mm) from edge, seam or previous stitching.

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



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SEWING DIRECTIONS

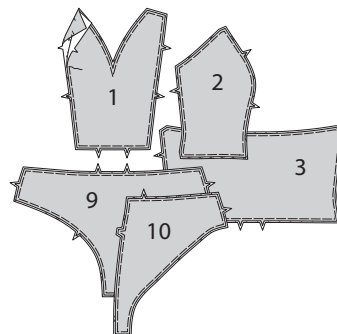
BATHING SUIT A

NOTE: Stitch in 5/8" (1.5cm) seams in a straight stitch and press all seams open unless otherwise indicated. Use a ball point (size 12) needle or stretch needle for everything. DO NOT STRETCH THE FABRIC OR THE ELASTIC WHILE STITCHING UNLESS DIRECTED. FINISH SEAM with a 1/8" (3mm) wide zigzag stitch 1/8" (3mm) from seam and trimming close to zigzag; OR overlock.

FINGER PRESS or PRESS with a low temperature setting as indicated. If using an iron, it is best to test the temperature first on a scrap of fabric.

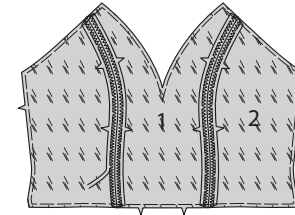
LINING

1. Pin BODICE FRONT (1), BODICE SIDE FRONT (2), BODICE BACK (3), PANTIES FRONT (9), and PANTIES BACK (10) lining sections to corresponding fabric sections with wrong sides together and raw edges even. BASTE 1/8" (3mm) from raw edge. (Shown only in the first illustration.)

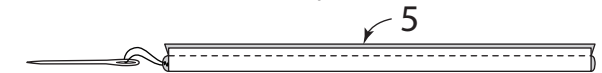


BODICE

2. With right sides together and raw edges even, pin BODICE FRONT (1) to BODICE SIDE FRONT (2), matching notches. Stitch. Finish Seam. (Shown only in the first illustration.)



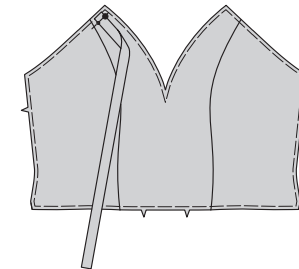
3. Fold STRAP (5) in half, lengthwise. Stitch in a 3/8" (1cm) seam. With a needle, attach a strong thread to one end of strap.



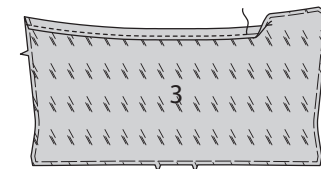
4. Draw needle eye forward, through fold, turning strap right side out.



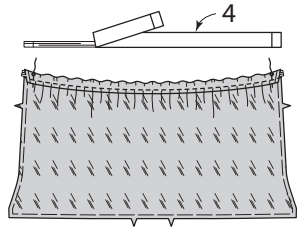
5. On outside, pin one end of strap to bodice, matching large and small dots. Baste.



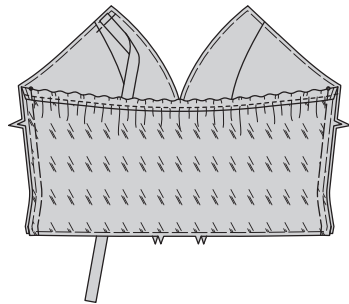
6. To make casing for elastic on upper edge of BODICE BACK (3), press under 3/4" (2cm). Stitch 1/2" (1.3cm) from pressed edge.



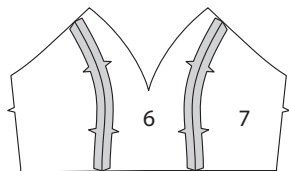
7. Cut a piece of elastic the length of the ELASTIC GUIDE FOR BACK (4). Thread elastic through casing, placing markings at small dots. Stitch across casing at small dots, catching in elastic, securely.



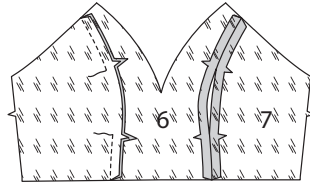
8. Pin bodice front to BODICE BACK (3) at side edges, matching small dots. Baste. DO NOT TURN.



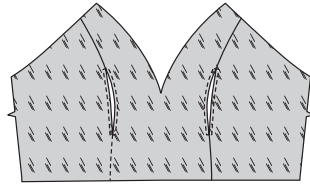
9. With right sides together and raw edges even, pin FRONT FACING (6) fabric to SIDE FRONT FACING (7) fabric, matching notches. Stitch.



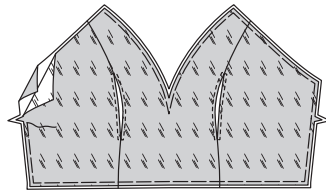
10. To make an opening to insert bra pad, with right sides together and raw edges even, pin FRONT FACING (6) lining to SIDE FRONT FACING (7) lining, matching notches. Stitch, leaving an opening between notches.



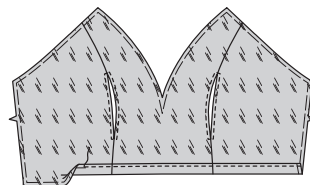
11. Turn lining; press. On outside, EDGESTITCH opening edges.



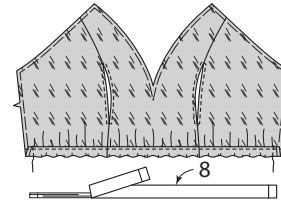
12. Pin lining to facing with wrong sides together and raw edges even. Baste 1/8" (3mm) from raw edges.



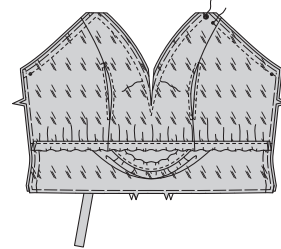
13. To make casing for elastic on lower edge of facing, press under 3/4" (2cm). Stitch 1/2" (1.3cm) from pressed edge.



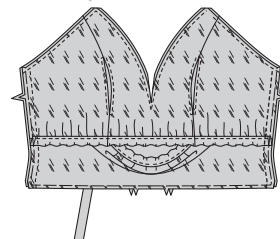
14. Cut a piece of elastic the length of the ELASTIC GUIDE FOR FRONT (8). Transfer markings. Thread elastic through casing, placing markings at small dots. Stitch across casing, catching in elastic, securely.



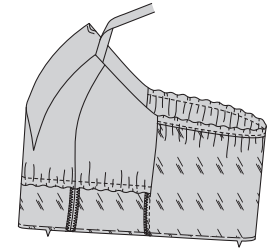
15. With right sides together and raw edges even, pin facing to bodice front (over bodice back), at neck edge. Stitch neck edge being careful not to catch in upper edge of back, leaving an opening between the remaining large and small dots for strap, and pivoting with needle in fabric at center front. To reinforce the seam, stitch along stitching line over previous stitching. Trim seam; clip to center front.



16. With right sides together and raw edges even, pin facing to bodice front (over bodice back), at side edge. Stitch entire side seam. Finish seam; press toward front.

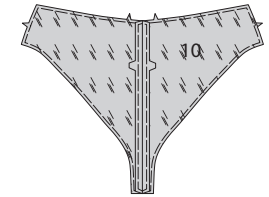


17. Turn facing inside; press.

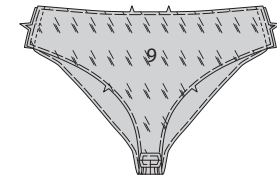


PANTIES

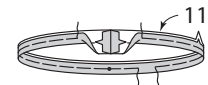
18. Stitch together PANTIES BACK (10) sections along center back edges.



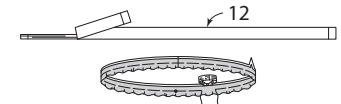
19. Stitch panties back to PANTIES FRONT (9) at lower and side edges.



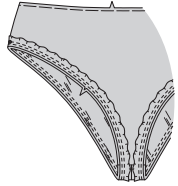
20. With right sides together, stitch ends of LEG BAND (11) in a 3/8" (1cm) seam. Fold band in half, with wrong sides together. Baste along seamline, leaving an opening to insert elastic.



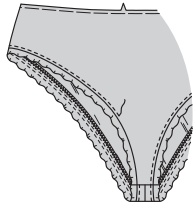
21. Cut a piece of elastic the length of the ELASTIC GUIDE FOR LEG (12). Transfer markings. Thread elastic through opening in casing. Stitch ends of elastic together securely. Stretch band; baste opening closed.



22. On outside, pin leg band to leg edge of panties with raw edges even, matching seams and notches, placing inner small dot at side seam. Stitch, stretching band to fit. Stitch again 1/8" (3mm) from first stitching within the seam allowance. Trim seam close to second stitching.

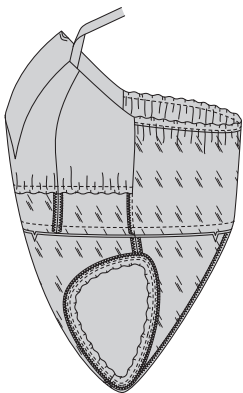


23. Press seam toward panties, pressing band out. On outside, **EDGESTITCH** panties.

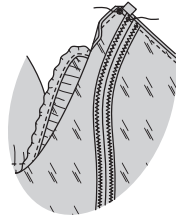


FINISHING

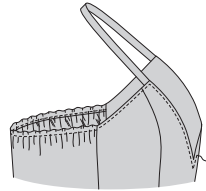
24. With right sides together and raw edges even, pin bodice to panties, matching centers and seams. Stitch. Press seam toward panties.



25. If you prefer, insert bra pads through opening in facing. Thread remaining end of strap through opening on neck edge, matching small and large dots. Pin. Try on swimsuit. Adjust to fit comfortably. Turn facing to outside. Stitch across opening in seam.



26. On outside, **TOPSTITCH** neck edge.

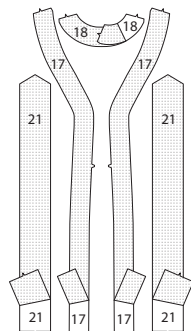


COVER-UP B

NOTE: This cover-up is designed with the option of threading the belt through the garment in different ways, as shown on the back of envelope.

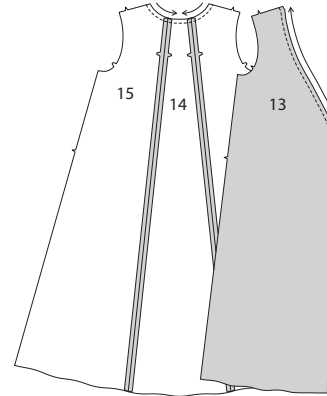
INTERFACING

1. Pin Interfacing to wrong side of **FRONT FACING** (17), **BACK NECK FACING** (18) and **TIE BELT** (21). Fuse, following manufacturer's instructions.

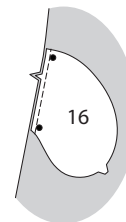


FRONT AND BACK

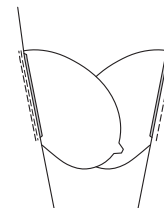
2. With right sides together and raw edges even, pin **BACK** (14) to **SIDE BACK** (15) at side edges. Stitch. **STAYSTITCH** neck edge. **STAYSTITCH** neck edge of **FRONT** (13).



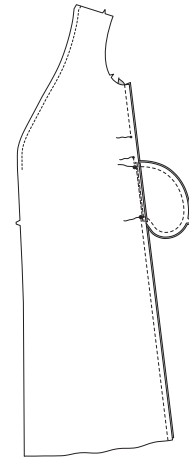
3. Apply pockets to side edges of front and side back as follows: With right sides together, pin **POCKET** (16) to garment, matching large dots and notches, having raw edges even. Stitch in 3/8" (1cm) seam.



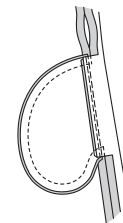
4. UNDERSTITCH front pocket. Press seams toward pockets, pressing pockets out.



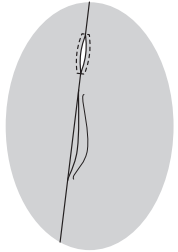
5. Pin front to side back at side edges, matching large dots. Stitch side edges, leaving an opening between small dots (for belt) and large dots (for pocket), backstitching at dots to reinforce the seam. Stitch pocket edges together between the side seams.



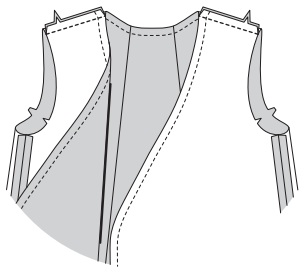
6. Clip side back seam allowance above and below pocket. Press seam open above and below clip. Press pocket toward front.



7. On outside, **TOPSTITCH** side seam opening, squaring stitches at opening ends.

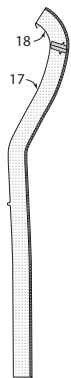


8. Stitch front to back at shoulder edges.

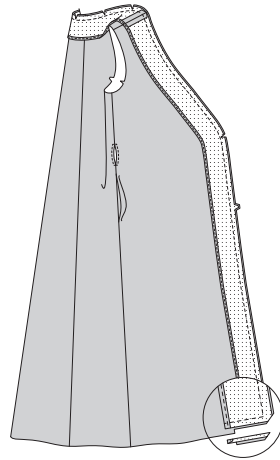


FACING

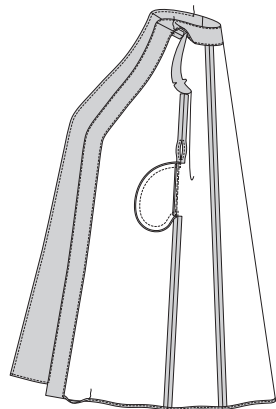
9. Stitch **FRONT FACING** (17) to **BACK FACING** (18) at shoulder edges. **EDGE FINISH** inner edge.



10. With right sides together and raw edges even, pin facing to garment at neck, front, and lower edge. Stitch. Trim seam and corners on front and neck edges; clip curves. Trim facing close to stitching on lower edge. Trim garment to within 5/8" (1.5cm) of inner edge of facing.

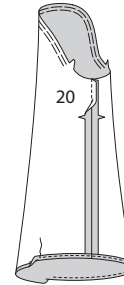


11. **UNDERSTITCH** the facing as far as possible. Turn facing to inside; press, pressing up hem along marking. **NARROW HEM**, stitching between front edges. Tack facing to seam allowance on shoulder seams. On outside, **TOPSTITCH** front and neck edge.

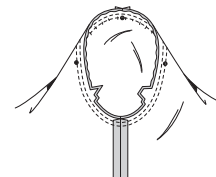


SLEEVE

12. **EASESTITCH** top of **SLEEVE** (20) between the notches. Stitch underarm seam. **NARROW HEM**.



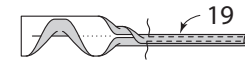
13. Turn sleeve right side out. Hold garment wrong side out with armhole toward you. With right sides together, pin sleeve to armhole edge with center small dot at shoulder seam, matching underarm seams, notches and remaining small dots. Pull up ease stitches to fit. To distribute fullness evenly, slide fabric along bobbin threads until there are no puckers or tucks on the seam line. Baste. Stitch. Stitch again 1/8" (3mm) from first stitching. Trim seam below notches close to stitching. Press only the seam allowance, shrinking out fullness.



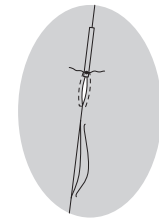
FINISHING

14. Fold **CARRIER** (19) in half, lengthwise with wrong sides together. Press, setting in a crease. Open out long edges of carrier and turn them to wrong side so that they meet at the crease. Press.

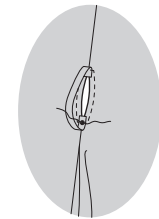
Fold carrier in half lengthwise, bringing pressed edges together. Stitch close to both long edges.



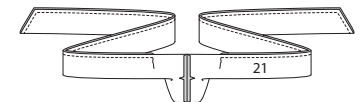
15. Cut carrier in half. On outside, pin one end of carrier to side seam at upper small dot, having end extend 3/8" (1cm) over dot. Stitch across carrier over dot.



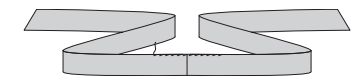
16. Turn lower end of carrier under, having end extend 3/8" (1cm) over lower dot. Stitch across carrier over dot.



17. Stitch notched ends of **TIE BELT** (21) sections in 3/8" (1cm) seam. Fold belt in half, lengthwise, with right sides together. Stitch in a 3/8" (1cm) seam, leaving an opening to turn. Trim seam and corners.



18. Turn belt; press. **SLIPSTITCH** opening edges together.





Congrats!

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