



@sinsofmany



>> MEN'S SHIRT AND JOGGER PANTS
SKILL LEVEL: AVERAGE



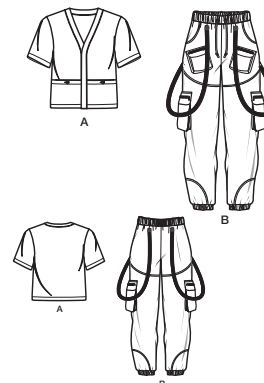
PDF PATTERNS

THINGS YOU NEED:

- > **A:** 2¼ yds. (2.1m) of ¼" (6mm) piping, five ¾" (2cm) buttons. **B:** 2½ yds. (2.3m) of 1" (2.5cm) webbing, four ¾" (2cm) buttons, two 5" (13cm) zippers (for lower pocket flaps), two 3½" (9cm) zippers (for upper pocket flaps), 1 yd. (1.0m) of 1" (2.5cm) elastic (for legs), 1½ yds. (1.4m) of 1½" (4cm) elastic, two ½" (1.3cm) grommets, 2 yds. (1.9m) of ½" (1.3cm) twill tape.

SUGGESTED FABRICS:

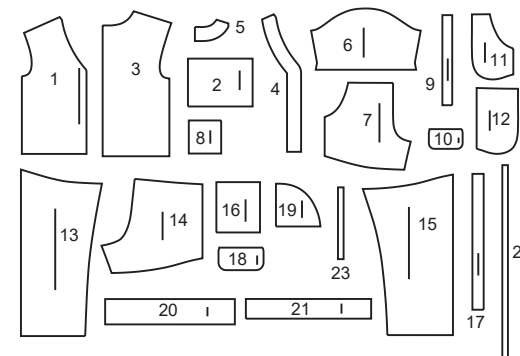
- > **A:** Cotton Blends, Lightweight Denim, Lightweight Twill, Linen Blends, Shirtings. **B:** Cotton Blends, Nylon, Polyester Blends. **Interfacing:** Lightweight Fusible.



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

PIECES (23)

- 1 FRONT-A
- 2 POCKET-A
- 3 BACK-A
- 4 FRONT BAND-A
- 5 BACK NECKBAND-A
- 6 SLEEVE-A
- 7 UPPER FRONT-B
- 8 UPPER POCKET-B
- 9 GUSSET FOR UPPER POCKET-B
- 10 UPPER FLAP-B
- 11 POCKET FACING-B
- 12 SIDE FRONT AND POCKET-B
- 13 LOWER FRONT-B
- 14 UPPER BACK-B
- 15 LOWER BACK-B
- 16 LOWER POCKET-B
- 17 GUSSET FOR LOWER POCKET-B
- 18 LOWER FLAP-B
- 19 PATCH-B
- 20 CASING-B
- 21 LEG BAND-B
- 22 ELASTIC GUIDE FOR WAIST-B
- 23 ELASTIC GUIDE FOR LEG-B



FINISHED GARMENT MEASUREMENTS

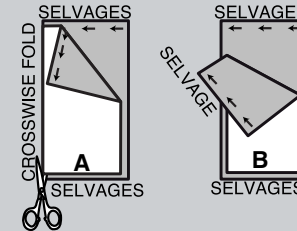
SIZES	34	36	38	40	42	44	46	48	50	52	
A CHEST, WAIST, HIP	39	41	43	45	47	49	51	53	55	57	ins.
	99	104	109	114	119	124	130	135	140	145	cm.
WIDTH, LOWER EDGE											
SHIRT A	39	41	43	45	47	49	51	53	55	57	ins.
	99	104	109	114	119	124	130	135	140	145	cm.
WIDTH, EACH LEG											
JOGGERS B	7¾	9	10¼	11½	12¾	14	15¼	16½	17¾	19	ins.
	20	23	26	29	32	36	39	42	45	48	cm.
FINISHED BACK LENGTH FROM BASE OF NECK											
SHIRT A	22¼	22½	22¾	23	23¼	23½	23¾	24	24¼	24½	ins.
	57	57	58	58	59	60	60	61	62	62	cm.
FINISHED SIDE LENGTH FROM WAIST											
JOGGERS B	41¼	41½	41¾	42	42¼	42½	42¾	43	43¼	43½	ins.
	105	105	106	107	107	108	109	109	110	110	cm.

BODY MEASUREMENTS

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

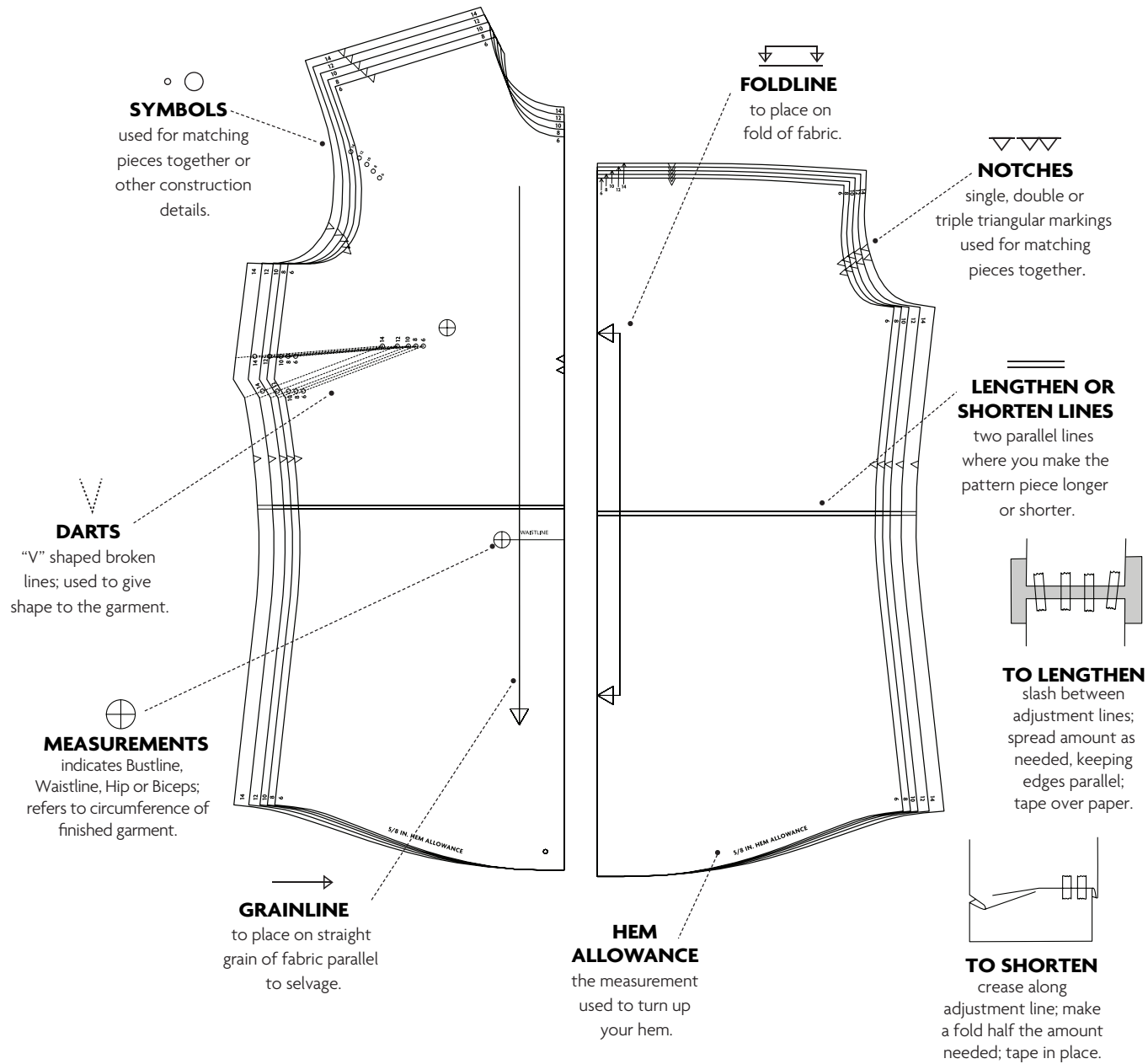
CUTTING AND MARKING

- > **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

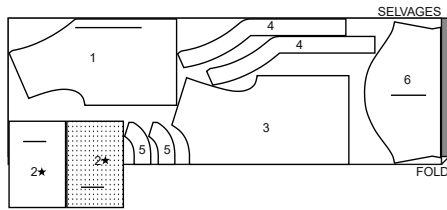


CUTTING LAYOUTS

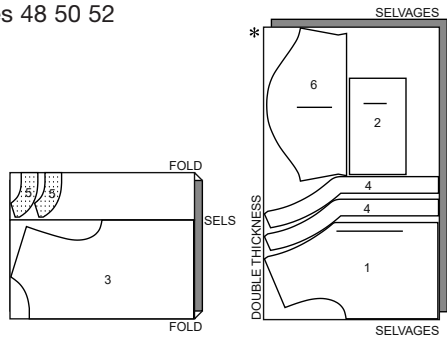
SHIRT A

use pieces: 1 2 3 4 5 6

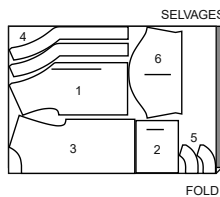
45" (115 cm)
with nap
sizes 34 36 38 40 42 44 46



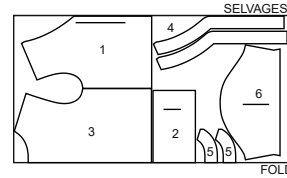
45" (115 cm)
with nap
sizes 48 50 52



60" (150 cm)
with nap
sizes 34 36



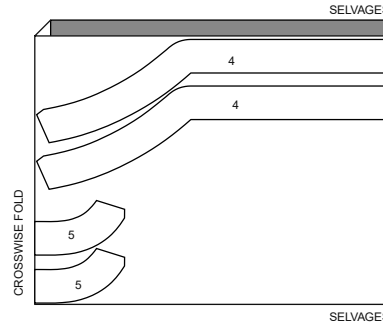
60" (150 cm)
with nap
sizes 38 40 42 44 46 48 50 52



INTERFACING A

use pieces: 4 5

20" (51 cm)
all sizes

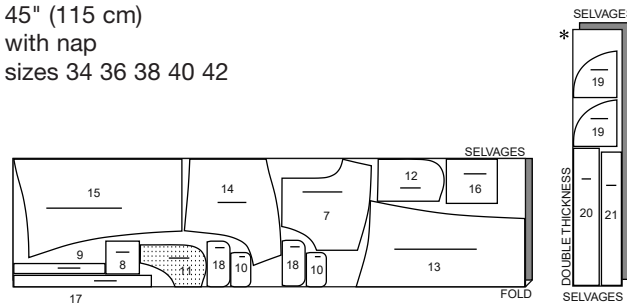


To customize your look like Sinsofmany,
see Sew Along video.

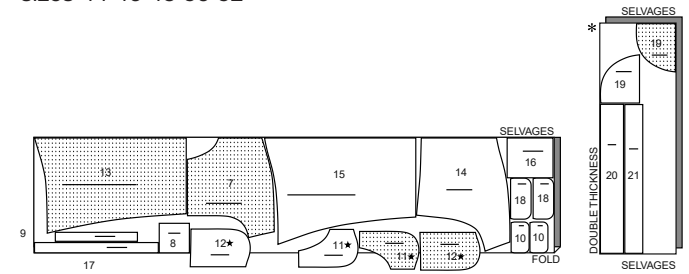
JOGGERS B

use pieces: 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21

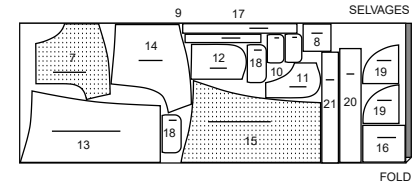
45" (115 cm)
with nap
sizes 34 36 38 40 42



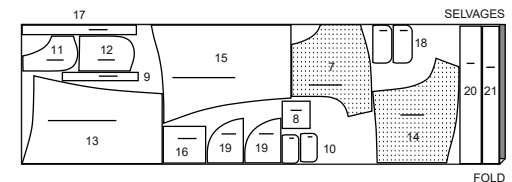
45" (115 cm)
with nap
sizes 44 46 48 50 52



60" (150 cm)
with nap
sizes 34 36 38 40 42



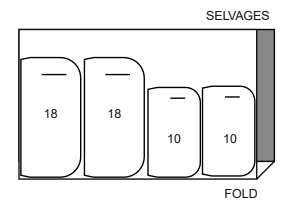
60" (150 cm)
with nap
sizes 44 46 48 50 52



INTERFACING B

use pieces: 10 18

20" (51 cm)
all sizes



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

SEWING INFORMATION

5/8" (1.5cm) SEAM ALLOWANCES ARE INCLUDED,

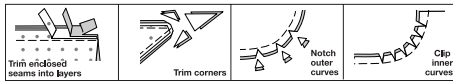
(unless otherwise indicated)

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.

EDGESTITCH – Stitch close to finished edge or seam.

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

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

STAYSTITCH – Stitch 1/2" (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.



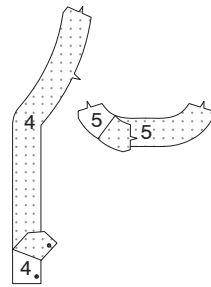
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SEWING DIRECTIONS

SHIRT A

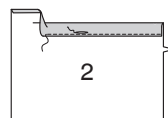
INTERFACING

1. Pin Interfacing to wrong side of FRONT BAND (4) and facing, and BACK NECKBAND (5) and facing sections. Fuse, following manufacturer's instructions.

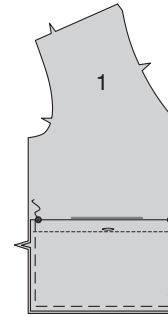


FRONT AND BACK

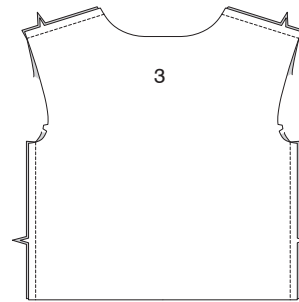
2. Press under 1/4" (6mm) on upper edge of POCKET (2). Turn upper edge to inside along fold line, forming facing. **EDGESTITCH** inner edge. Make buttonhole at marking.



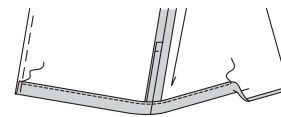
3. On outside, pin pocket to FRONT (1), matching small and large dots, having raw edges even. Baste 1/4" (6mm) from raw edges.



4. Stitch front to BACK (3) at shoulder and side edges.



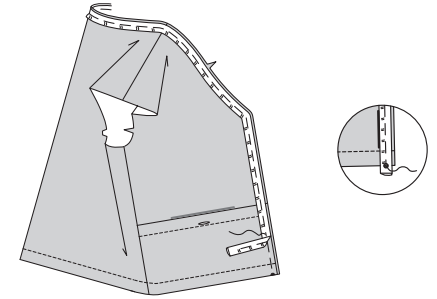
5. Press up hem allowance on lower edge of shirt. Turn under raw edge 1/4" (6mm). Stitch close to inner pressed edge.



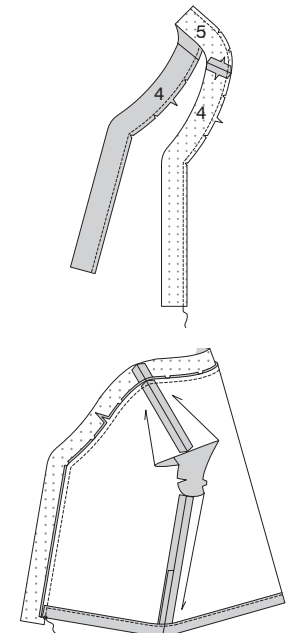
6. Cut a piece of piping the length of the front and neck edge between the small dots, plus 1-1/4" (3.2cm). Open the cording tape at ends and cut back the "cord" 5/8" (1.5cm) from each end of tape.



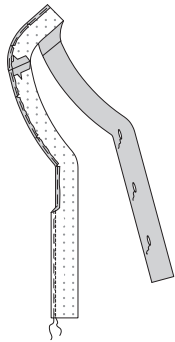
7. On outside, pin piping to front and neck edge of shirt with cord extending beyond seam line and flat/lip edge within the seam allowance, having ends of "cord" at small dots. Machine-baste as close to cord as possible without catching in the cord, using a zipper or cording foot.



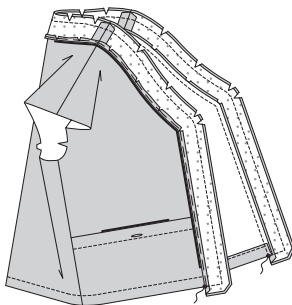
8. Stitch FRONT BAND (4) to BACK NECKBAND (5) at shoulder edges. Stitch a scant 3/8" (1cm) from notched edge. Clip neck edge of band to stitching. On outside, pin band to neck and front edges of shirt (over piping). Stitch in a 3/8" (1cm) seam, using a zipper or cording foot. Press seam toward band; pressing band out.



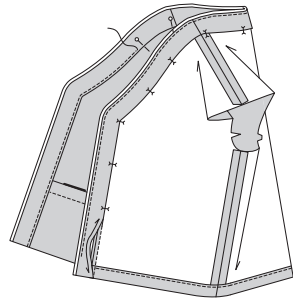
9. To make a hidden buttonhole placket, stitch front band facing to back neckband facing at shoulders. Stitch 1/4" (6mm) from notched edges, and again 1/8" (3mm) away in seam allowance, using long machine stitches. Press under facing along stitching, pulling up ease stitches to shape the curve, clipping out fullness, if necessary. Make buttonholes at marking on left front band facing.



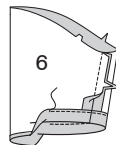
10. With right sides together and raw edges even, pin facing to band, matching small dots and seams. Stitch front, neck, and lower edges between the small dots. Trim seam; clip curves.



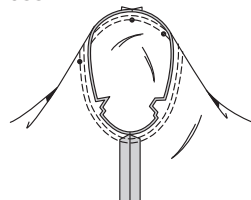
11. **UNDERSTITCH** the facing, as far as possible. Turn facing inside; press. On inside, pin pressed edge of facing over seam, placing pins on outside. On outside, **EDGESTITCH** inner edge of facing.



12. Stitch underarm seam of SLEEVE (6). Press up hem allowance on lower edge. Turn under raw edge 1/4" (6mm), press. Stitch close to inner pressed edge.

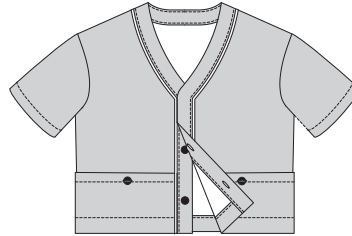


13. Turn sleeve right side out. Hold garment wrong side out with armhole toward you. With right sides together, pin sleeve to armhole edge with center small dot at shoulder seam, matching underarm seams, notches and remaining small dots. Baste. Stitch. Stitch again 1/8" (3mm) from first stitching. Trim seam below notches close to stitching. Press only the seam allowance, shrinking out fullness.



FINISHING

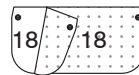
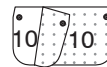
14. Sew buttons to right front band under buttonholes. Sew buttons to shirt under pockets at small dots.



JOGGERS B

INTERFACING

1. Pin Interfacing to wrong side of UPPER FLAP (10) and LOWER FLAP (18). Fuse, following manufacturer's instructions.

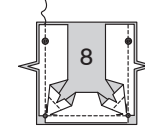


FRONT AND BACK

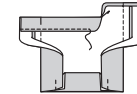
2. **REINFORCE** side edges of GUSSET FOR UPPER POCKET (9) at inner small dots, stitch along 3/8" (1cm) seamline for about 1" (2.5cm) each side of small dots, stitching through dots, as shown. Clip to stitching at dots.



3. With right sides together and raw edges even, pin gusset for upper pocket to UPPER POCKET (8), matching small dots and notches. Stitch in a 3/8" (1cm) seam. Trim seam. Press seam toward gusset.



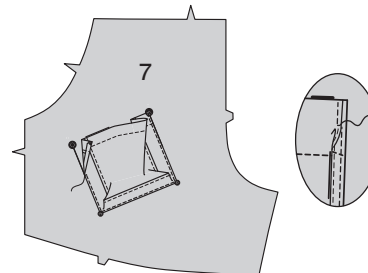
4. Press under 1/4" (6mm) on upper edge of upper pocket and gusset. Turn upper edge to inside along fold line, forming facing. **EDGESTITCH** inner edge of facing.



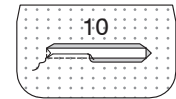
5. Press gusset and pocket with wrong sides together along seam. **EDGESTITCH** pressed edge, pivoting with needle in fabric at corners.



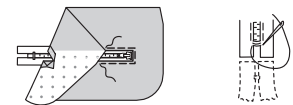
6. Press under unnotched edge of gusset. On outside, pin gusset to UPPER FRONT (7) over placement line, matching small and large dots. **EDGESTITCH** gusset to front. Fold in gusset at corners. **EDGESTITCH** upper side edges of pocket for 1/2" (1.3cm) through all thicknesses.



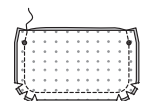
7. For each upper pocket flap, stitch along stitching line on one UPPER FLAP (10). Cut on slash line and diagonally to corners. Turn under raw edges along stitching; press.



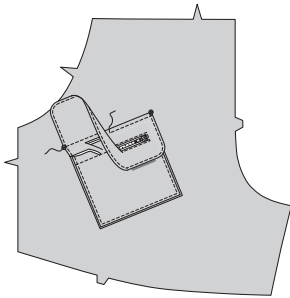
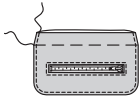
8. Your zipper may be longer than the opening and will be shortened after it is applied. Pin closed zipper under pressed edges of flap with top stop at inner end of opening. **EDGESTITCH** flap, catching in zipper tape on the inside. With matching buttonhole twist or heavy-duty thread, make several overcast stitches across zipper teeth below previous stitching. Trim away lower end of zipper tape to within 1/2" (1.3cm) of overcast stitches.



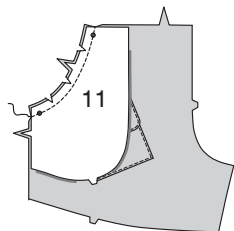
9. With right sides together and raw edges even, pin facing to flap. Stitch in a 3/8" (1cm) seam, leaving upper edge with small dots open. Trim seam; clip curves.



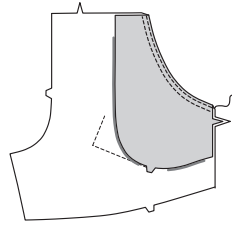
10. Turn flap; press. Machine-baste 5/8" (1.5cm) from raw edge. **EDGESTITCH** finished edge. On outside, pin flap to upper front, placing basting along flap line, matching small dots, as shown. Stitch along basting. Trim close to stitching. Turn flap down; press. Top-stitch flap 1/4" (6mm) from seam.



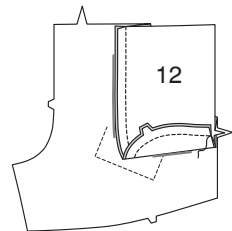
11. With right sides together and raw edges even, pin **POCKET FACING** (11) to upper front matching small dots and notches. Stitch curved, single notched edge. Trim seam; clip curves.



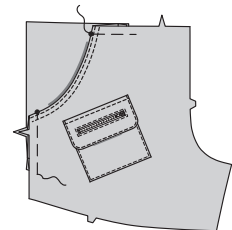
12. Turn to facing inside; press. **EDGESTITCH** and **TOPSTITCH** finished edge.



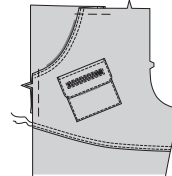
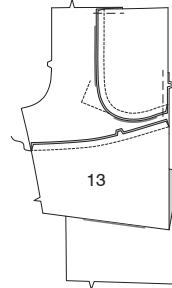
13. With right sides together, pin **SIDE FRONT AND POCKET** (12) to pocket facing, having raw edges even. Stitch double notched edge, as shown.



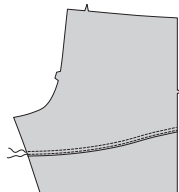
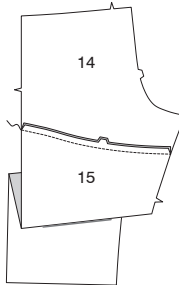
14. On outside, lap upper front over side front and pocket, matching small dots, having raw edges even; pin. Baste side and upper edges together.



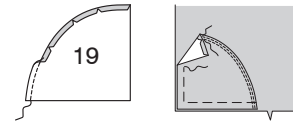
15. With right sides together and raw edges even, stitch lower edge of upper front to upper edge of **LOWER FRONT** (13). Press seam toward upper front. **EDGESTITCH** and **TOPSTITCH** upper front at seamline.



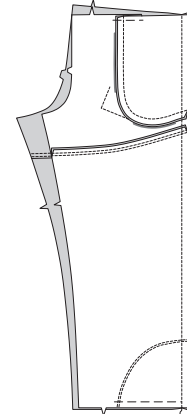
16. With right sides together and raw edges even, stitch lower edge of **UPPER BACK** (14) to upper edge of **LOWER BACK** (15). Press seam toward upper back. **EDGESTITCH** and **TOPSTITCH** upper back at seamline.



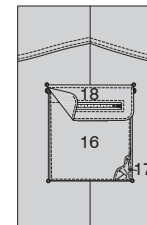
17. Stitch 3/8" (1cm) from curved edge of **PATCH** (19). Press under curved edge along stitching, clipping out fullness, as necessary. Pin patch to lower front with lower and side edges even. **EDGESTITCH** and **TOPSTITCH** finished edge of patch. Baste raw edges together. Stitch patch to lower back in the same manner.



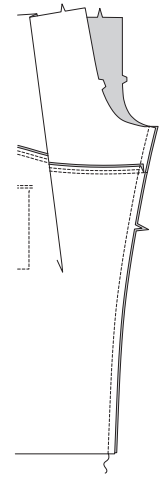
18. With right sides together and raw edges even, stitch front to back at side seams.



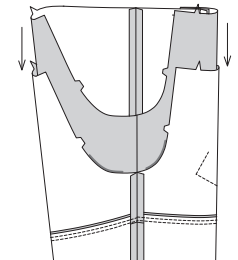
19. Make lower gusseted pocket and flap in the same manner as upper pocket, using **LOWER POCKET** (16), **GUSSET FOR LOWER POCKET** (17), and **LOWER FLAP** (18) with zipper top toward front. Stitch to lower front and lower back along placement lines and flap lines, matching small and large dots.



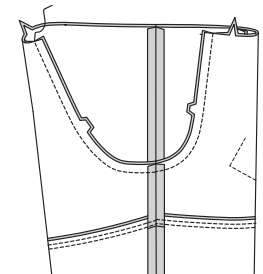
20. Stitch front to back at inner leg seams.



21. With right sides together, insert one leg inside the other.

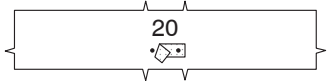


22. With right sides together, pin center seam, matching inner leg seams and notches. Stitch. To reinforce seam, stitch again over first stitching.

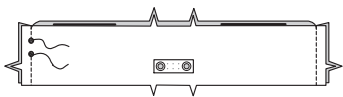


WAISTBAND CASING

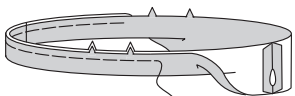
23. Cut a remnant of interfacing 1" (2.5cm) wide by 3" (7.5cm) long. On inside, fuse INTERFACING over large dots on front CASING (20). Apply grommets at large dots following manufacturer's instructions.



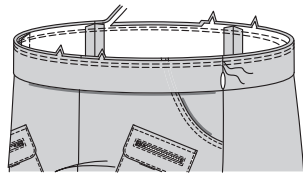
24. With right sides together, stitch casing sections at side edges, leaving an opening in left side seam between small dots, as shown. Back-stitch at small dots to reinforce seam.



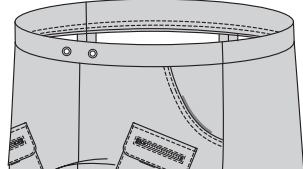
25. Press seams open. Fold casing in half, lengthwise, with wrong sides together, having raw edges even. Baste raw edges together. The side with the opening is the underside of the casing.



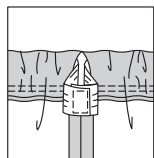
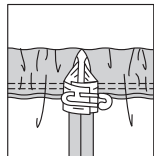
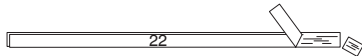
26. With the underside of casing facing you, pin casing to pants, matching centers and side seams. Stitch along seam line. Stitch again 1/4" (6mm) from first stitching within seam allowance. Trim close to second stitching.



27. Press seam toward pants, pressing casing out.

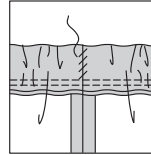


28. Cut a piece of 1-1/2" (3.8cm) elastic the length of the ELASTIC GUIDE FOR WAIST (22). Insert elastic through opening casing. Overlap ends and hold with a safety pin. Try on garment and adjust to fit. Stitch ends of elastic together securely.

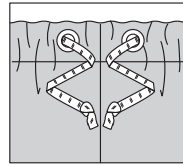


29. SLIPSTITCH opening edges of casing together. Distribute fullness evenly.

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

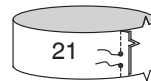


30. Cut a piece of twill tape or other drawstring material, 72" (183cm) long. Thread drawstring through grommets. Trim if necessary. Knot ends. Tie in bow when wearing.



LEG BAND

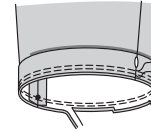
31. With RIGHT sides together, stitch inner leg seam of LEG BAND (21), leaving an opening between small dots, as shown. Back-stitch at small dots to reinforce seam. Press seam open.



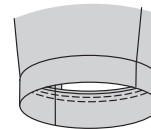
32. Fold band in half, lengthwise, with wrong sides together, having raw edges even. Baste raw edges together. The side with the opening is the underside of the band casing.



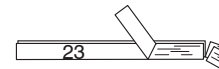
33. With the underside of band casing facing you, pin casing to pant leg matching inner leg seam and notches, placing small dots at side seams. Stitch along seam line. Stitch again 1/4" (6mm) from first stitching within seam allowance. Trim seam.



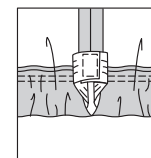
34. Press seam toward pant leg, pressing casing out.



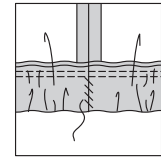
35. Cut a piece of 1" (2.5cm) elastic the length of ELASTIC GUIDE FOR LEG (23). Insert elastic through opening in casing. Overlap ends and hold with a safety pin. Try on garment and adjust to fit.



36. Stitch ends of elastic together securely.



37. SLIPSTITCH opening edges of band 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 side seam.

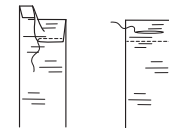


FINISHING

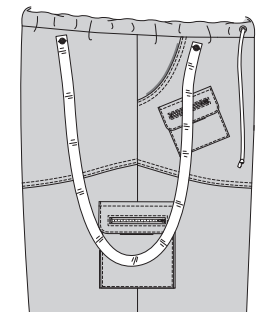
38. To make two suspenders, for each suspender cut a piece of webbing 44" (112cm) long. Turn under each end 3/4" (2cm).

Turn in raw edge to meet crease; press. Stitch ends in place, along inner pressed edge, securely. Make 3/4" (2cm) buttonholes on center of webbing, starting 1/2" (1.3cm) above finished edge.

Adjust the length of the suspenders to fit comfortably.



39. Sew buttons at small dots on upper front and upper back. Attach suspenders.





Congrats!

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