



THE CORNY RAINBOW
knowME
BY mimi g

ME2055

BIN #15




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@thecornyrainbow



Designed and printed in USA

Average

MISSES' BODYSUIT AND CARGO SWEATPANTS

Suggested Fabrics: **A:** Activewear Knit, ITY, Two-way Stretch. **A Contrast 1** also in Two-way Stretch Mesh. See Stretch Gauge. **A Contrast 2:** Rib Knit. **B:** Double Knit, Fleece, Ponte, Sweatshirt Fleece, Terry Knit.

Notions: **A:** One 12" (30cm) medium weight zipper (adjust to fit), 4" (10cm) length of ¾" (2cm) snap tape, 1½ yds. (1.8m) of ¼" (6mm) elastic. **B:** 2½ yds. (2.4m) of ½" (1.3cm) elastic, 2 yds. (1.8m) of ¼" (6mm) twill tape or cording for drawstring.

Sizes	8	10	12	14	16	18	20	22	24	26
European	34	36	38	40	42	44	46	48	50	52

BODY MEASUREMENTS: Select pattern size based on body measurements

Bust	31½	32½	34	36	38	40	42	44	46	48	Ins.
Waist	24	25	26½	28	30	32	34	37	39	41	"
Hip-9" below waist	33½	34½	36	38	40	42	44	46	48	50	"
Back-neck to waist	15¼	16	16¼	16½	16¾	17	17¼	17½	17¾	18	"

Bodysuit A 60"* 1 1 1 1 1½ 1½ 1½ 1½ 1½ 1½ Yds.

Contrast 1 (Sleeves) 60"* -¾yds.

Contrast 2 (Neckband and Collar band): Two strips of 7" x 38" rib knit trim.

Sweatpants B 60"* 1½ 1½ 1½ 1½ 1½ 1½ 1½ 1½ 1½ 1½ Yds.

Contrast (Right Upper Front, Left Middle Front, Left Side Front, Middle Back, Lower Back, Upper Left Back, Pockets, Flap, Leg Bands)

60"* ¾ 1 1 1 1 1 1 1 1 1 Yds.

Interfacing 20" -¾yds.

FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)

B Hip	36½	37½	39	41	43	45	47	49	51	53	Ins.
Finished side length from waist											
Pants B (incl. band)	40¼	40½	40¾	41	41¼	41½	41¾	42	42¼	42½	Ins.

*with nap **without nap

Moins Facile

BODY ET PANTALON DE JOGGING CARGO POUR JEUNES FEMMES

Tissus Conseillés: **A:** Tricot pour vêtements de sport, ITY (tricot interlock en fil retors), Tricot extensibles en largeur. **A Contraste 1** aussi en Tissu à mailles extensible en largeur. Reportez-vous au taux d'élasticité. **A Contraste 2:** Tricot à côtes. **B:** Tricot double, Molleton, Ponte, Jersey molletonné pour sweat-shirt, Tricot éponge.

Merci: **A:** 1 fermeture à glissière de poids moyen de 30cm (à ajuster), 10cm de boutons-pression sur ruban de 2cm, 1.8m d'élastique de 6mm. **B:** 2.4m d'élastique de 1.3cm, 1.8m de galon croisé ou cordon pour coulisse de 6mm.

Tailles	8	10	12	14	16	18	20	22	24	26
Françaises	36	38	40	42	44	46	48	50	52	54
Européen	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	80	83	87	92	97	102	107	112	117	122	cm
Taille	61	64	67	71	76	81	87	94	99	104	"

Hanches (23cm au-dessous de la taille)

	85	88	92	97	102	107	112	117	122	127	cm
Dos du cou à la taille	40	40.5	41.5	42	42.5	43	44	44.5	45	46	"

Body A 150cm* 0.9 0.9 0.9 0.9 0.9 1.0 1.0 1.0 1.0 1.0 m

Contraste 1 (Manches) 150cm* - 0.8m

Contraste 2 (Pied de col et bande de col): deux bandes de galon de tricot à côtes de 18cm x 97cm.

Pantalons de jogging B 150cm* 1.3 1.3 1.4 1.4 1.4 1.5 1.5 1.5 1.5 1.5 m

Contrast (Devant droit supérieur, Partie milieu devant gauche, Côté devant gauche, Partie milieu dos, Dos inférieur, Dos supérieur gauche, Poches, Rabat, Bandes de jambe)

150cm* 0.8 0.8 0.9 0.9 0.9 0.9 0.9 0.9 0.9 0.9 m

Entoilage 51cm - 0.4m

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

B Hanches	93	95	99	104	109	114	119	124	130	135	cm
Longueur finie – côté, taille à l'ourlet											
Pantalons B (y compris la bande)	102	103	104	104	105	105	106	107	107	108	cm

*avec sens **sans sens



A



B

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 knit must **STRETCH** from here
10 cm de tricot plié sur le travers doivent s'étire d'ici
10 cm de tejido de punto doblado al través deben estirarse desde acá

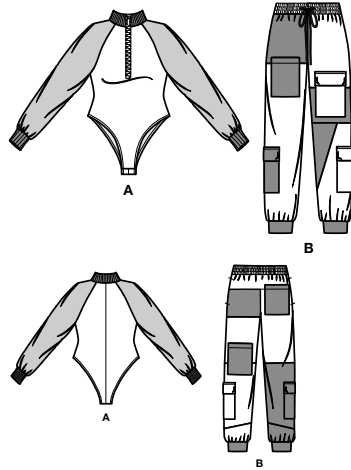
To Here (50%)
jusqu'ici (50%)
hasta acá (50%)

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

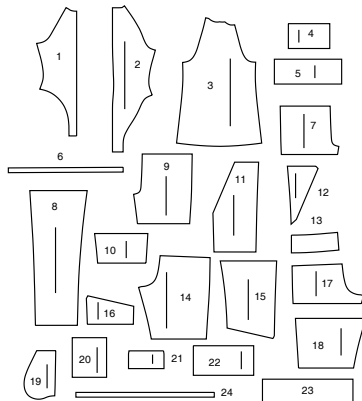


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FOR A
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24 PATTERN PIECES



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

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 Flee 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.

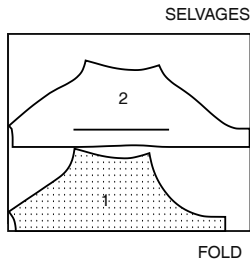
CUTTING LAYOUTS

RIGHT SIDE OF PATTERN	WRONG SIDE OF PATTERN	RIGHT SIDE OF FABRIC	WRONG SIDE OF FABRIC
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BODYSUIT A

PIECES 1 2

60" (150CM)
WITH NAP
ALL SIZES



SWEATPANTS B

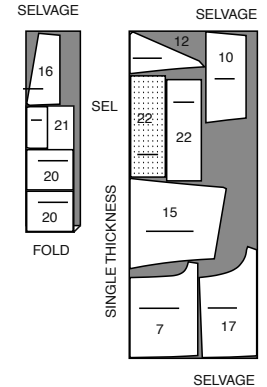
PIECES 8 9 11 13 14 15 16 18 19 20 21 23
PIECE 24 IS CUT OF ELASTIC

60" (150CM)
WITH NAP
SIZES 8 10 12 14 16



CONTRAST (RIGHT UPPER FRONT, LEFT MIDDLE FRONT, LEFT SIDE FRONT, MIDDLE BACK, LOWER BACK, UPPER LEFT BACK, POCKETS, FLAP, LEG BANDS)

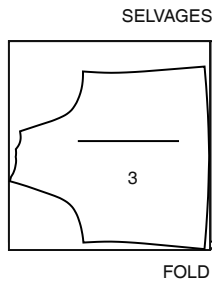
60" (150CM) *
ALL SIZES



CONTRAST 1 (SLEEVES)

PIECE 3

60" (150CM)
WITH NAP
ALL SIZES



60" (150CM)
WITH NAP
SIZES 18 20 22 24 26



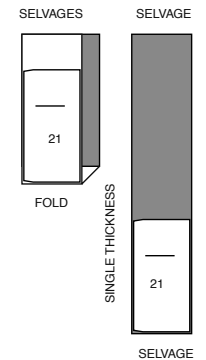
CONTRAST 2 (NECKBAND AND COLLAR BAND)

CUT TWO STRIPS OF 7" x 38" (18CM X 97CM) RIB KNIT TRIM

INTERFACING

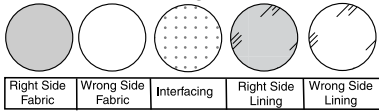
PIECE 21

20" (51CM)
ALL SIZES



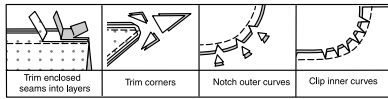
SEWING INFORMATION

FABRIC KEY



SEAM ALLOWANCES

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



PIN AND FIT

Pin or baste seams, **RIGHT SIDE TOGETHER**, matching notches. Fit garment before stitching major seams.

PRESS

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

GLOSSARY

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

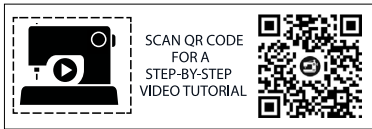
EDGE STITCH - Stitch close to finished edge or seam.

GATHER - Stitch along seamline and again 1/4" (6mm) away in seam allowance, using long machine stitches. Pull thread ends when adjusting to fit.

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

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

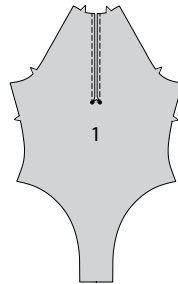
STITCH SEAMS WITH RIGHT SIDES TOGETHER UNLESS OTHERWISE STATED.

SEWING DIRECTIONS

BODYSUIT A

FRONT AND BACK

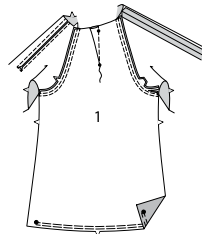
1. Stitch along stitching lines on **FRONT (1)**, as shown. Slash along center front, clipping to small dots at inner corners.



2. With right sides together, stitch center back seam of **BACK (2)** sections.



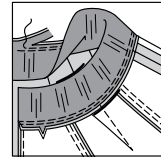
3. Stitch dart in **SLEEVE (3)** sections. Press dart toward front. **GATHER** lower edge of sleeve between large dots. With right sides together, pin sleeve to armhole edges; baste. Stitch. Stitch again 1/4" (6mm) away within seam allowance. Trim close to stitching below notches. Press seam allowances flat. Turn seam allowances toward sleeve.



4. Fold **NECKBAND (5)** in half lengthwise, with wrong sides together, having raw edges even. Pin.

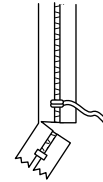


5. On outside, pin neckband to neck edge, placing small dots at shoulder seams, having raw edges even, stretching band to fit. Baste. Stitch. Stitch again 1/4" (6mm) within seam allowance. Trim close to second stitching. Press seam down.

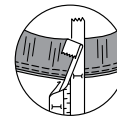
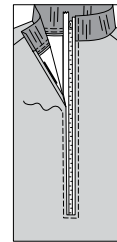


ZIPPER

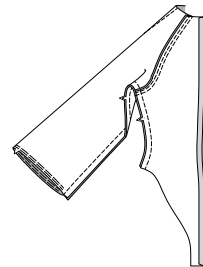
6. **NOTE:** It may be necessary to shorten zipper. To make new zipper stop, place zipper along opening edge with upper stop 1/8" (3mm) below folded edge. Mark placement of new zipper stop. Whipsitch across teeth at marking. Cut zipper 3/4" (20mm) below the new stop.



7. Press under front opening edges along stitching, and remaining seams of neck band. Pin closed zipper under opening edges with top stop at large dot, having pressed edges 1/4" (6mm) away from zipper teeth. Turn upper ends of zipper tape over seam allowances. Baste. Stitch 1/4" (6mm) each side of center and across end, using an adjustable zipper foot.



8. Pin front and back together at sides; pin sleeve edges together. Stitch in one continuous seam. Stitch underarm curve again along previous stitching, as shown.



FINISHING

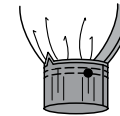
9. With right sides together, stitch ends of **SLEEVE BAND (4)**.



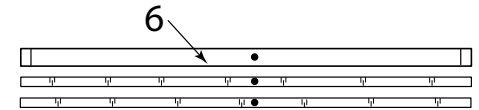
10. Fold band in half lengthwise with wrong sides together. Pin.



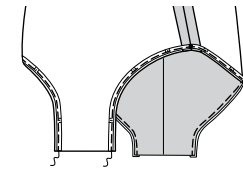
11. On outside, pin band to lower edge of sleeve, matching seams and having raw edges even, stretching band to fit. Adjust gathers. Baste. Stitch, stretching band to fit. Stitch again 1/4" (6mm) from first stitching within the seam allowance. Trim close to second stitching. Press seam toward sleeve, pressing band out.



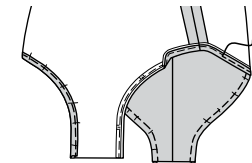
12. Cut two pieces of elastic the length of **ELASTIC GUIDE FOR LEG (6)**. Transfer symbols.



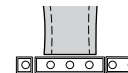
13. On inside, pin one piece of elastic to each leg edge, having edge of elastic even with raw edge, matching small dots to side seam. Stitch close to edge, stretching elastic to fit.



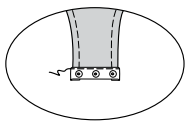
14. Turn elastic to inside along seamline. Stitch close to inner edge, stretching elastic to fit.



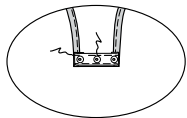
15. Position snap tape over crotch edge, having one snap next to the hemmed edges with ends extending, as shown. Cut snap tape having ends extend 1/2" (1.3cm) past hemmed edges.



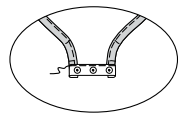
16. Separate snap tape. On outside, with right sides up, lap the ball section of tape over front crotch seam allowance, having upper edge of tape along seamline, turning ends to inside around hemmed edges. Stitch close to upper edge of tape, using a zipper foot.



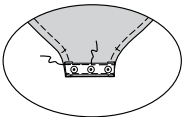
17. Turn tape to inside along seamline; baste. Stitch close to edge of tape.



18. On inside, with right sides up, lap the socket section of tape over back crotch seam allowance, having edge of tape along seamline, turning ends of tape to outside. Stitch close to edge of tape, using a zipper foot.



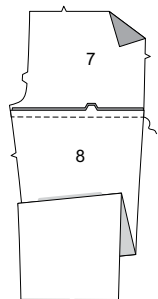
19. Turn tape to outside along seamline; baste. Stitch close to edge of tape.



PANTS B

FRONT

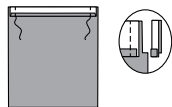
1. With right sides together, stitch RIGHT UPPER FRONT (7) to RIGHT LOWER FRONT (8). Press seam up.



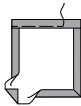
2. Construct six pockets as follows: Turn in 1/4" (6mm) on upper edge of each POCKET (20). Press.



3. Turn upper edge to outside along foldline. Stitch ends. Trim.



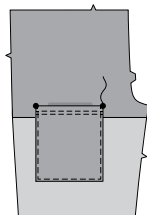
4. Turn upper edge of pocket to inside, turning in remaining seam allowances and diagonally folding corners. Press. Baste close to inner pressed edge.



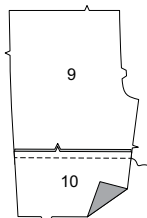
5. TOPSTITCH along basting.
OPTIONAL: TOPSTITCH again 1/4" (6mm) from first stitching



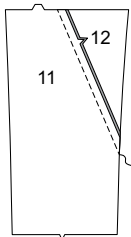
6. Pin contrast pocket to right front, matching symbols. **EDGESTITCH** side and lower edges (reinforcing upper ends).
NOTE: Remaining pockets will be used in a later step.



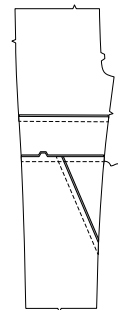
7. With right sides together, stitch LEFT UPPER FRONT (9) to LEFT MIDDLE FRONT (10). Press seam up.



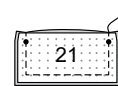
8. Stitch LEFT SIDE FRONT (12) to LEFT LOWER FRONT (11). Press seam toward inner leg.



9. Stitch upper left front to lower left front, matching notches. Press seam up.



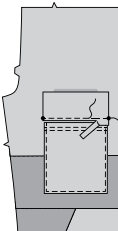
10. Construct three flaps as follows: Apply interfacing to FLAP (21) facing section. Fuse in place following manufactures directions. With right sides together, stitch facing to flap, leaving edge with small dots open. Trim.



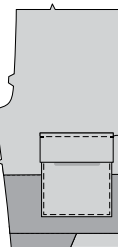
11. Turn flap right side out, press. Baste raw edges together.



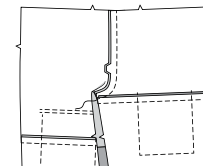
12. Pin pocket to left front at markings. **EDGESTITCH** side and lower edges. Pin flap (interfaced side up) to upper left front, placing seamline along stitching line. Baste. Stitch along seamline between small dots. Trim flap seam allowance to a scant 1/4" (6mm), being careful not to cut garment.



13. Turn flap down. Press. **TOPSTITCH** upper edge of flap, encasing trimmed edge.
NOTE: Remaining flaps will be used in a later step.

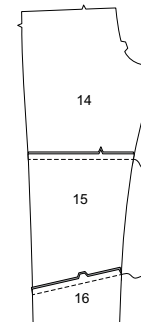


14. With right sides together, stitch center front seam of front sections.

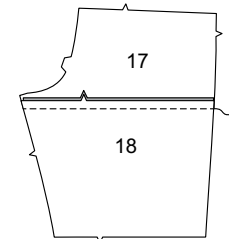


BACK

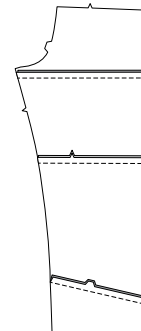
15. With right sides together, stitch UPPER RIGHT BACK (14) to MIDDLE BACK (15) contrast section. Press seam up. Stitch LOWER BACK (16) contrast section to middle back matching notches. Press seam up.



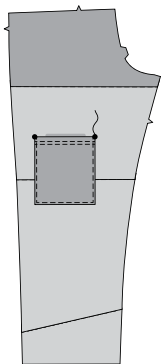
16. With right sides together, stitch UPPER LEFT BACK (17) to LEFT BACK (18). Press seam up.



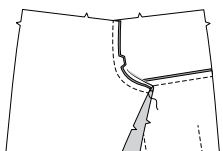
17. Stitch remaining middle back section to lower edge of back, matching notches. Stitch. Press seam up. With right sides together, stitch lower back to middle back matching notches. Press seam up.



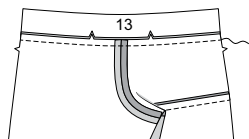
18. On outside, pin contrast pocket to left back matching markings. **EDGESTITCH** pocket in place.



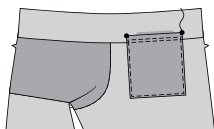
19. With right sides together, stitch center back seam of back sections.



20. Pin YOKE BACK (13) to upper edge of back, matching notches. Stitch. Press seam up.

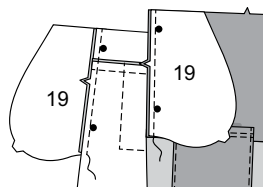


21. On outside, pin contrast pocket to upper edge of right back, matching markings. **EDGESTITCH** side and lower edge of pocket in place.

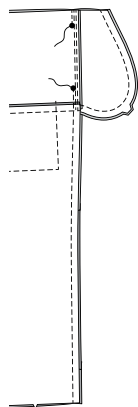


POCKETS AND SEAMS

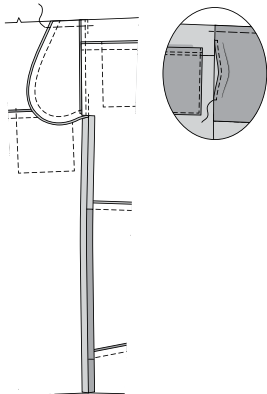
22. Stitch one POCKET (19) section to front and back at each side in 1/4" (6mm) seam. Press seams toward pockets. **UNDERSTITCH** front pocket.



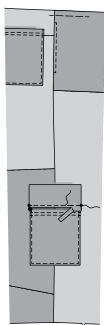
23. Stitch front and back together at sides, leaving open between large dots. Stitch pocket edges together to side seams. Clip back seam allowances below pockets.



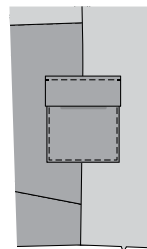
24. Turn pockets toward front along seamline; press. Baste upper edges together. **OPTIONAL:** On outside, **TOPSTITCH** front along pocket opening.



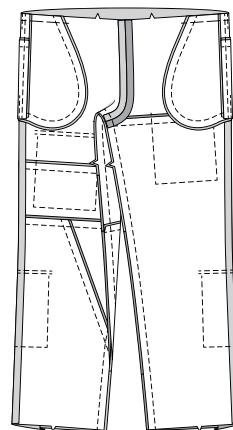
25. Pin remaining pocket sections to each side of pants, matching fabric and contrast sections. **EDGESTITCH** side and lower edges of pocket. Pin flap (interfaced side up) to sides, placing seamline along stitching line. Baste. Stitch along seamline between small dots. Trim flap seam allowance to a scant 1/4" (6mm), being careful not to cut garment.



26. Turn flap down. Press. **TOPSTITCH** upper edge of flap, encasing trimmed edge.

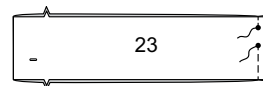


27. With right sides together, pin inner leg seams together matching center seams and notches. Stitch inner leg seam.

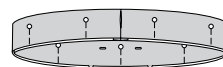


WAISTBAND

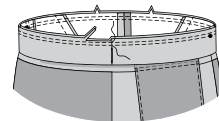
28. Make buttonholes in CASING (23) at markings. With right sides together, stitch center back seam, leaving an opening between small dots.



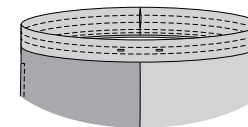
29. Fold casing in half, lengthwise, with **WRONG** sides together, having raw edges even. Pin.



30. With the underside of casing facing you, pin casing to garment matching notches, placing small dots at side seams. Stitch. Stitch again 1/4" (6mm) from first stitching within seam allowance. Trim close to second stitching.

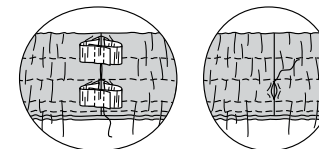


31. Press seam toward garment, pressing casing out. To form three separate casings, along stitching lines, as shown.



32. Cut two pieces of elastic each the measurement of ELASTIC GUIDE FOR WAIST (24). Insert elastic through opening in upper and lower casing, working elastic through all rows at same time. **Overlap ends** and hold with safety pins. Stitch ends of elastic together securely. **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.

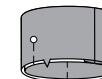


FINISHING

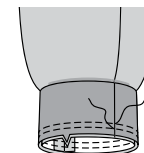
33. With right sides together, stitch ends of LEG BAND (22).



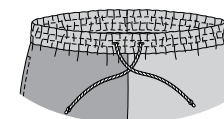
34. Fold band in half lengthwise with wrong sides together. Pin.



35. On outside, pin band to lower edge of pants, matching seams and having raw edges even. Baste. Stitch, stretching band to fit. Stitch again 1/4" (6mm) from first stitching within the seam allowance. Trim close to second stitching. Press seam toward sleeve, pressing band out.



36. Cut a piece of cording measuring 65" (165cm) long OR as desired. Insert cord through one opening in casing and out the other, having ends extending evenly. Knot ends.





Congrats!

You've completed your sewing adventure

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