



THE STITCH FITZ

**knowME**  
BY mcCall

ME2080

A

A  
B

Scan QR code  
for a Sew-Along  
video tutorial.

Designed and  
printed in USA



	Average																							
<b>MISSES' DRESS AND HOODIE</b>																								
<b>Suggested Fabrics:</b> A in stretch knits only such as Activewear Knits, Four-Way Stretch, Spandex Blends. See Stretch Gauge. B in Double Knit, Ponte, Sweatshirt Fleece, Terry Knit.																								
<b>Notions:</b> A: 1/4 yds. (1.2m) of 1/2" (1.3cm) elastic, pair of 3/8" (1cm) bra strap sliders and rings. B: One 18" (46cm) separating zipper (adjust to fit), 1 1/8 yds. (1.9m) of 3/8" - 1/2" (1cm - 1.3cm) twill tape or cording, two strips of 7" x 38" (18cm x 97cm) rib knit trim.																								
<b>Sizes</b>	6	8	10	12	14	16	18	20	22	24														
European	32	34	36	38	40	42	44	46	48	50														
<b>BODY MEASUREMENTS: Select pattern size based on body measurements</b>																								
Bust	30 1/2	31 1/2	32 1/2	34	36	38	40	42	44	46	48	Ins.												
Waist	23	24	25	26 1/2	28	30	32	34	37	39	41	"												
Hip-9" below waist	32 1/2	33 1/2	34 1/2	36	38	40	42	44	46	48	50	"												
Back-neck to waist	15 1/2	15 1/4	16	16 1/4	16 1/2	17	17 1/4	17 1/2	17 3/4	18	19	"												
Dress A	60**	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	Yds.												
Hoodie B	60**	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	1 1/2	Yds.												
<b>FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)</b>																								
A Bust	28	29	30	31 1/2	33 1/2	35 1/2	37 1/2	39 1/2	41 1/2	43 1/2	45 1/2	Ins.												
B Bust	39 1/2	40 1/2	41 1/2	43	45	47	49	51	53	55	57	"												
A Waist	24	25	26	27 1/2	29 1/2	31 1/2	33 1/2	35 1/2	37 1/2	39 1/2	41 1/2	"												
B Waist	38	39	40	41 1/2	43 1/2	45 1/2	47 1/2	49 1/2	51 1/2	53 1/2	55 1/2	"												
A Hip	33 1/2	34 1/2	35 1/2	37	39	41	43	45	47	49	51	"												
A Hip (Shorts)	30	31	32	33 1/2	35 1/2	37 1/2	39 1/2	41 1/2	43 1/2	45 1/2	47 1/2	"												
Width, lower edge																								
Dress A	35 1/2	36 1/2	37 1/2	39	41	43	45	47	49	51	53	Ins.												
Width, each leg																								
Dress A (Shorts)	16 1/4	17	17 1/4	18 1/4	20	21 1/4	22 1/2	23 1/4	25	26 1/4	28	Ins.												
<b>Finished back length from base of neck</b>																								
Dress A	28 3/4	29 1/4	29 1/2	30 1/4	30 1/2	31 1/4	31 1/2	32 1/4	32 1/2	33 1/4	34 1/2	Ins.												
Hoodie B (incl. band)	20	20 1/4	20 1/2	20 3/4	21	21 1/4	21 1/2	21 3/4	22	22 1/4	23	Ins.												

\*with nap \*\*without nap

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 a 100%.

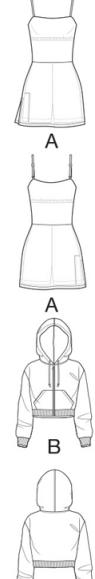
4" of crosswise folded fabric must STRETCH from here  
10 cm de tricot plié sur le travers et sur le droit-fil doivent s'étirer de cette limite à celle là  
10 cm de tejido de punto dobrado (lo largo y luego al travé) deben estirarse desde acá

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

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

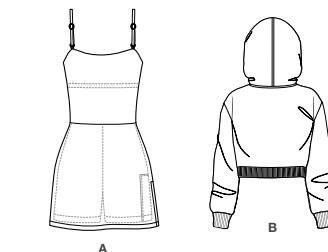
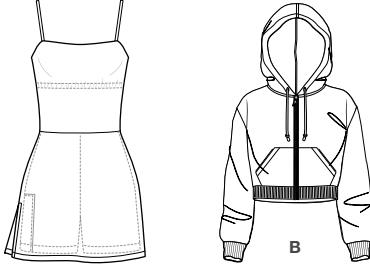
	Moins Facile																							
<b>ROBE ET SWEAT-SHIRT À CAPUCHE POUR JEUNES FEMMES</b>																								
<b>Tissus Conseillés:</b> A en tricots extensibles seulement tels que Tricots pour Vêtements de Sport, Tricots d'élasticité à quatre sens, Mélanges de élasthanne. B en Tricots double, Tricot ponte, Jersey molletonné pour sweat-shirt, Tricot éponge.																								
<b>Mercerie:</b> A: 1.2m d'élastique de 1.3cm, paire de régleurs soutien-gorge de 1cm. B: 1 fermeture à glissière séparable de 46cm (adaptez pour ajuster), 1.9m de talonnette de coton ou de cordon de 1cm - 1.3cm, 2 bandes de 18cm x 97cm de galon de tricot à côtes.																								
<b>Tailles</b>	6	8	10	12	14	16	18	20	22	24														
Françaises	34	36	38	40	42	44	46	48	50	52														
Européen	32	34	36	38	40	42	44	46	48	50														
<b>MESURES DU CORPS: Choisissez la taille du patron basée sur les mesures du corps</b>																								
Poitrine	78	80	83	87	92	97	102	107	112	117	cm													
Taille	58	61	64	67	71	76	81	87	94	99	"													
<b>Hanches (23cm au-dessous de la taille)</b>																								
	83	85	88	92	97	102	107	112	117	122	cm													
Dos du cou à la taille	39.5	40	40.5	41.5	42	42.5	43	44	44.5	45	"													
Robe A	150cm*	1.4	1.4	1.4	1.4	1.4	1.6	1.7	1.7	1.7	1.7	m												
<b>Sweat-shirt à capuche B</b>																								
	150cm*	1.3	1.3	1.4	1.4	1.4	1.6	1.6	1.7	1.7	1.7	m												
<b>MESURES DES VÊTEMENTS FINI (Motif et étaisance de port compris)</b>																								
A Poitrine	71	74	76	80	85	90	95	100	105	110	cm													
B Poitrine	100	103	105	109	114	119	124	130	135	140	"													
A Taille	61	64	66	70	75	80	85	90	95	100	"													
B Taille	97	99	102	105	110	116	121	126	131	136	"													
A Hanches	85	88	90	94	99	104	109	114	119	124	"													
A Hanches (Short)	76	79	81	85	90	95	100	105	110	116	"													
Largeur à l'ourlet																								
Robe A	85	88	90	94	99	104	109	114	119	124	cm													
Largeur, chaque jambe																								
Robe A (Short)	90	93	95	99	104	109	114	119	124	130	cm													
Longueur finie - dos, votre nuque à l'ourlet																								
Robe A	73	74	76	77	78	79	81	82	83	84	cm													
Sweat-shirt à capuche B (y compris la bande)																								
	51	51	52	53	53	54	55	55	56	57	cm													

\*avec sens \*\*sans sens

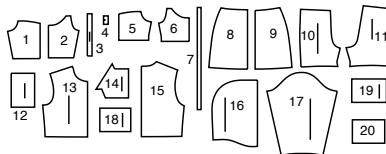



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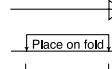
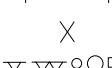


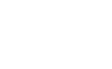
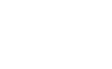
## 20 PATTERN PIECES



- 1 Bodice Front-A
- 2 Bodice Back-A
- 3 Shoulder Strap-A
- 4 Loop-A
- 5 Front Stay-A
- 6 Back Stay-A
- 7 Guide for Elastic-A
- 8 Skirt Front-A
- 9 Skirt Back-A
- 10 Shorts Front-A
- 11 Shorts Back-A
- 12 Pocket-A
- 13 Front-B
- 14 Pocket-B
- 15 Back-B
- 16 Hood-B
- 17 Sleeve-B
- 18 Sleeve Band-B
- 19 Front Band-B
- 20 Back Band-B

## PATTERN MARKINGS


**GRAINLINE:** Place on straight grain of fabric, parallel to selavage 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.

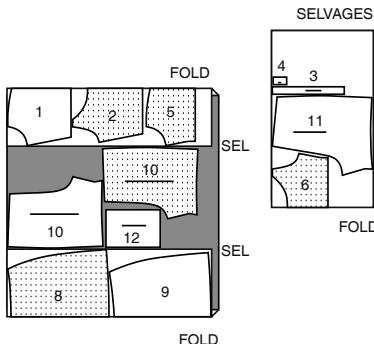
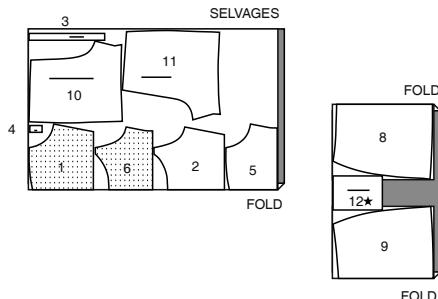
Indicates the Bustline, Waistline, Hip and/or Biceps. Measurements refer to circumference of Finished Garment (Body Measurement + Wearing Ease + Design Ease). Adjust pattern if necessary. The measurement excludes pleats, tucks, darts and seam allowances.

**SEAM ALLOWANCE:** 5/8" (1.5cm) included unless otherwise indicated, but not printed on tissue.


## CUTTING LAYOUTS

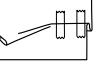
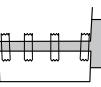
## DRESS A

USE PIECES: 1 2 3 4 5 6 8 9 10 11 12

60" (150 CM)  
WITH NAP  
SIZES 6 8 10 12 1460" (150 CM)  
WITH NAP  
SIZES 16 18 20 22 24

## 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.

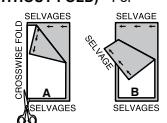
**TO SHORTEN:** Crease along adjustment line. Make a fold half the amount needed. Tape in place.

**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.

**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.

 For **SINGLE THICKNESS** - place fabric right side up. (For Fur Pile fabrics, place pile side down.)

RIGHT SIDE OF PATTERN	WRONG SIDE OF PATTERN	RIGHT SIDE OF FABRIC	WRONG SIDE OF FABRIC
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## PIN AND FIT

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

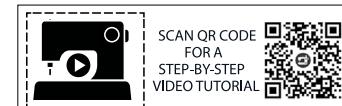
## PRESS

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.

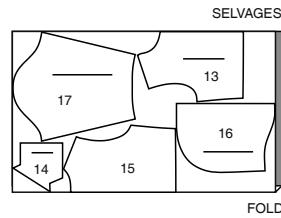
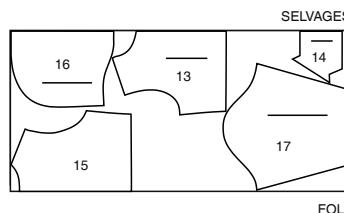
**NARROW HEM** – Press under hem allowance as indicated on tissue pattern. To form narrow hem, tuck under raw edge to meet crease. Press. Stitch hem in place.

**UNDERSTITCH** – Press stay and seam away from garment, stitching through stay and seam allowances close to seam.

 SCAN OR CODE  
 FOR A  
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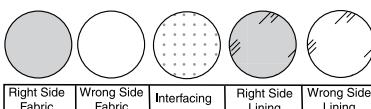
## HOODIE B

USE PIECES: 13 14 15 16 17

60" (150 CM)  
WITH NAP  
SIZES 6 8 10 12 1460" (150 CM)  
WITH NAP  
SIZES 16 18 20 22 24

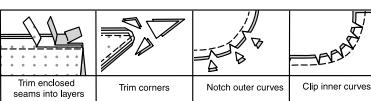
## SEWING INFORMATION

## FABRIC KEY



## SEAM ALLOWANCES

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

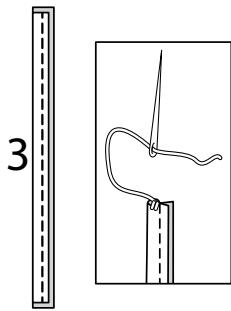


PATTERN PIECES WILL BE IDENTIFIED BY NUMBERS THE FIRST TIME THEY ARE USED.

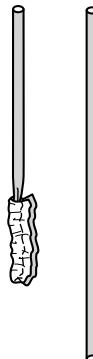
# SEWING DIRECTIONS

## DRESS A

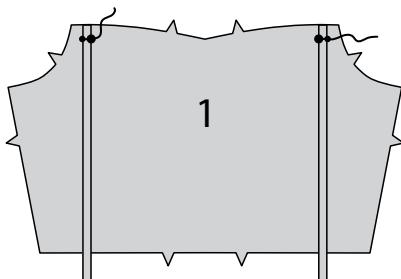
1. Fold SHOULDER STRAP (3) in half, lengthwise, with right sides together. Stitch in a  $1/4"$  (6mm) seam. With a needle, attach a strong thread to one end of strap.



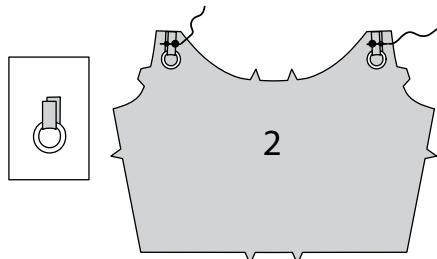
2. Draw needle eye forward, through fold, turning strap right side out.



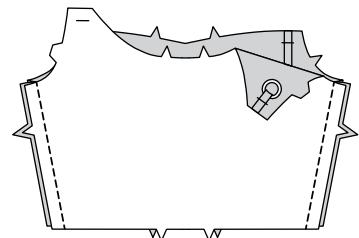
3. On outside, pin ends to BODICE FRONT (1), matching small and large dots; baste.



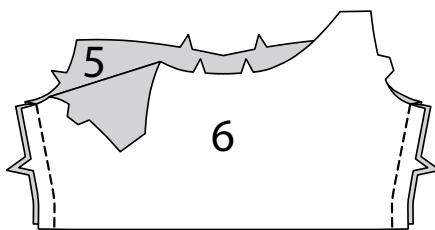
4. Make LOOP (4) in the same manner as shoulder strap. Slide ring over one end. Fold strap in half. On outside, pin ends to BODICE BACK (2), matching small and large dots. Baste.



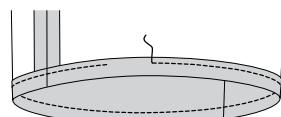
5. Stitch bodice front to bodice back at side edges.



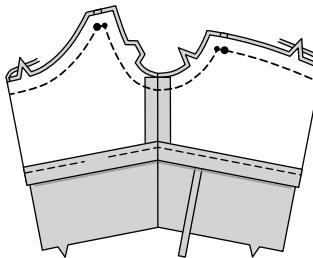
6. Stitch FRONT STAY (5) to BACK STAY (6) at side edges.



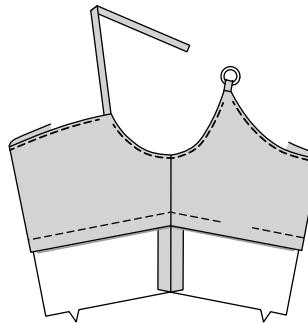
7. Press up  $7/8"$  (2.2cm) on lower edge of stay. Stitch  $5/8"$  (1.5cm) from fold, leaving an opening to insert elastic.



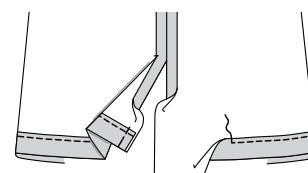
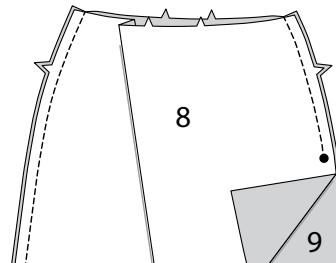
8. With right sides together and raw edges even, pin stay to bodice, at upper and armhole edges, matching seams, dots, and notches. Stitch. Trim seam.



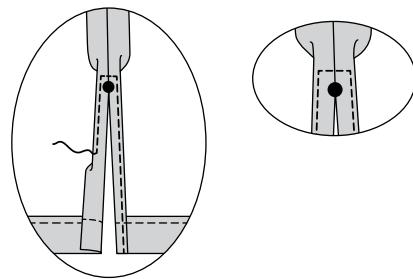
9. UNDERSTITCH the stay at neck and armhole edges as far as possible. Turn stay to inside; press, pressing out straps and loops.



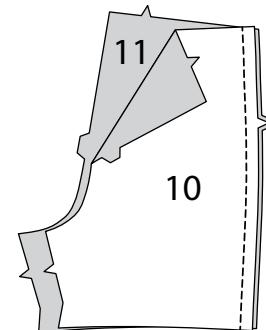
10. Pin SKIRT FRONT (8) to SKIRT BACK (9) at side edges. On right side, stitch from upper edge to large dot, back-stitching at dot to reinforce the seam. Stitch left side to lower edge of skirt. Press up hem allowance on lower edge. Stitch  $1"$  (2.5cm) from pressed edge.



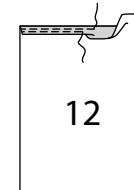
11. NARROW HEM side opening edges, squaring stitching at opening end.



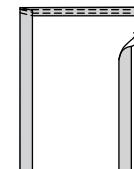
12. Stitch SHORTS FRONT (10) to SHORTS BACK (11) at side edges.



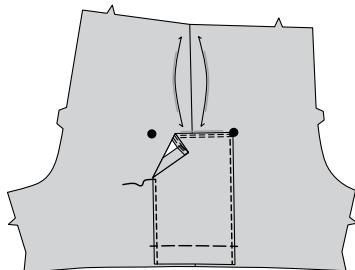
13. Press under upper edge of POCKET (12)  $5/8"$  (1.5cm). Stitch close to pressed edge and  $1/4"$  (6mm) from first stitching.



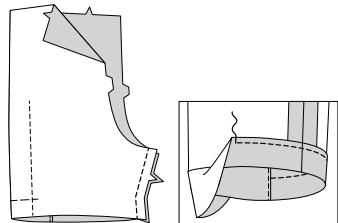
14. Press under seam allowance on side edges of pocket.



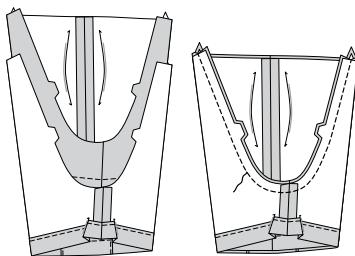
15. On outside, pin pocket to right side shorts (over side seam), matching large dots and having raw edges even. Edge stitch pocket in place. Baste raw edges.



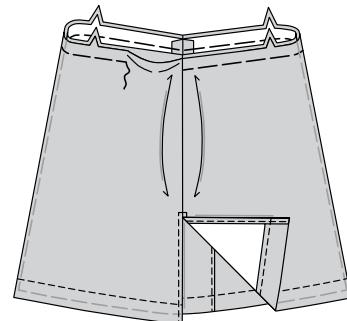
16. Stitch inner leg edges of shorts. Press up hem allowance on lower edge. Stitch 1" (2.5cm) from pressed edge.



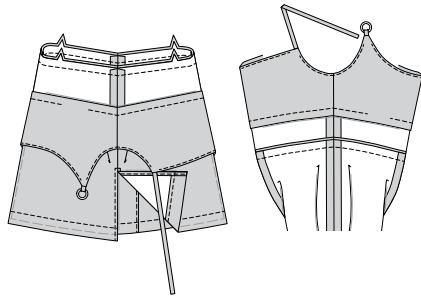
17. With right sides together, insert one leg inside the other. Pin center seam, matching inner leg seams and notches. Stitch. To reinforce seam, stitch again over first stitching.



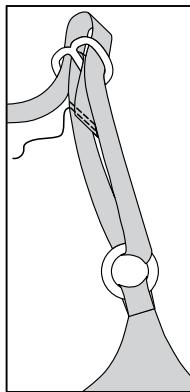
18. Pin wrong side of skirt to right side of shorts, matching seams and notches. Baste raw edges.



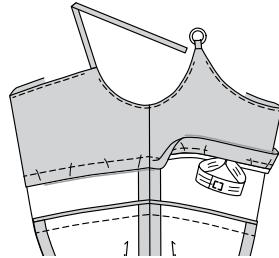
19. With right sides together and raw edges even, pin skirt to bodice, matching seams and notches. Stitch through all thicknesses. Press seam toward bodice.



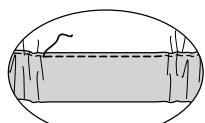
20. To thread strap, weave end through outer bars of slider, through back ring, then wrap around center bar of slider 7/8" (2.2cm). Stitch 1/4" (6mm) from end. Stitch again 1/8" (3mm) from raw edge.



21. Cut a piece of elastic the length the GUIDE FOR ELASTIC (7). Thread elastic through opening in stay casing, bringing ends together. Hold with a safety pin. Try on garment and adjust fit, if necessary. Stitch ends of elastic together, securely.

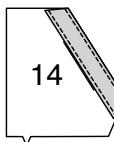


22. Stitch opening closed.

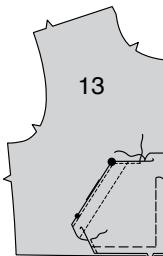


### HOODIE B

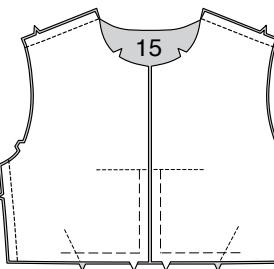
1. Press under facing along foldline on POCKET (14). Stitch close to pressed edge and 1" (2.5cm) away.



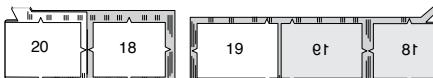
2. Press under upper and back edge of pocket. Pin pocket to FRONT (13) along placement lines, matching small and large dots. Stitch in place close to upper and back edges. Baste raw edges together.



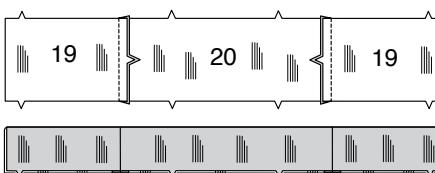
3. Stitch fronts to BACK (15) at shoulder and side edges.



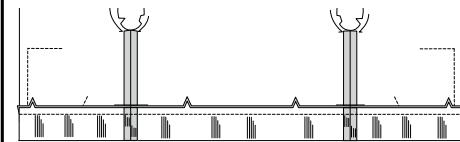
4. Open out rib knit sections. Pin SLEEVE BAND (18), FRONT BAND (19), and BACK BAND (20) to knit strips, matching fold lines on pattern pieces to fold of trim. Transfer markings. Note: Be sure to place one each of pieces 18 and 19 FACE DOWN for left side of body. Cut out sections.



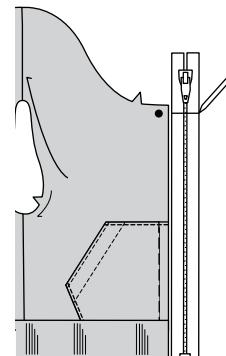
5. Pin front band (19) sections to back band (20) at side edges. Stitch. Fold band in half, lengthwise, with wrong sides together. Pin. Piece 18 sections will be used later.



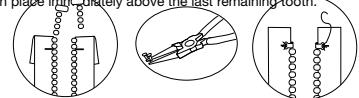
6. With right sides together and raw edges even, pin band to garment, matching seams and notches. Stitch, stretching the band to fit. Press seam toward garment.



7. To adjust the length of the separating zipper, shorten from the top. Measure front opening edge between large dot on front neck edge and lower edge of front band. Mark the length on the zipper tape, measuring from the lower edge of the bottom stop.

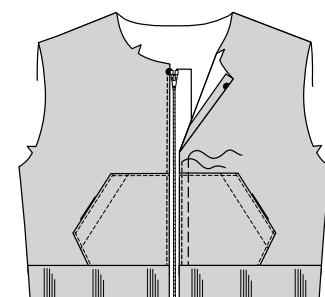


8. Cut off extra zipper 1" (2.5cm) above mark, making sure that the zipper pull is well below cutting mark. Do not discard the pieces. Remove zipper teeth above mark. Using pliers pry the top-stops open and remove them from the discarded pieces of zipper. Reinstall top stops by crimping them in place immediately above the last remaining tooth.

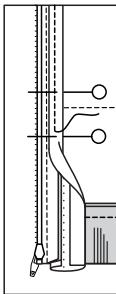


9. On outside, press under 5/8" (1.5cm) on front edges. Align front sections, matching upper and lower edges. Pin closed zipper under opening edges with top stop at large dot, having front edges 1/4" (6mm) from center of zipper. Baste. Separate the zipper.

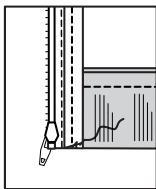
Edge stitch front edges, using an adjustable zipper foot. Remove basting.



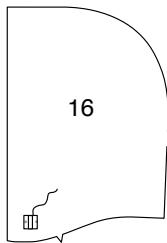
10. Cut a piece of bias tape the length of the front seam allowance. Open out front seam allowance. To encase it, slip seam allowance between the folds of the bias tape placing the raw edge against the center crease and the wider folded edge of the tape on the inside of the seam allowance. Using an adjustable zipper foot, stitch the tape in place on the outside of the seam allowance, being sure to catch in the folded edge on the inside.



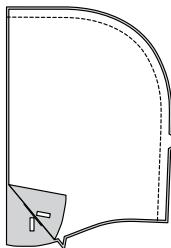
11. On inside, fold under lower edge of tape, diagonally. Tack in place.



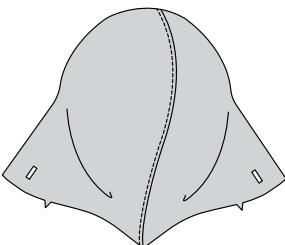
12. On inside, apply a 1" (2.5cm) square remnant of interfacing to HOOD (16) sections at buttonhole marking. Make buttonhole.



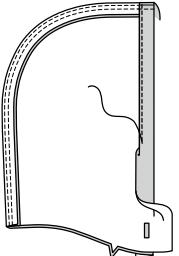
13. Stitch hood sections together at center edge. Press seam toward left side.



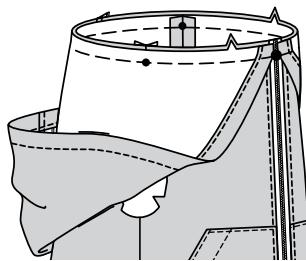
14. On outside, topstitch left side of hood 1/4" (6mm) away from seam.



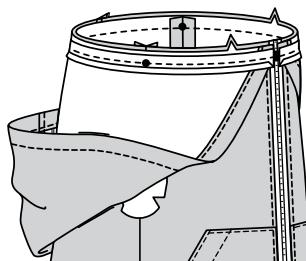
15. Press under front edge of hood along foldline. Turn under raw edge 1/4" (6mm). Stitch close to inner pressed edge.



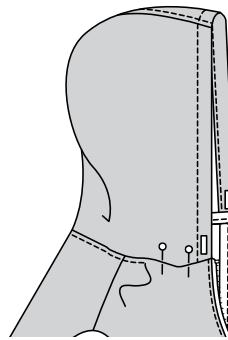
16. With right sides together and raw edges even, pin hood to garment, matching centers and large dots, placing small dot at shoulder seam. Baste.



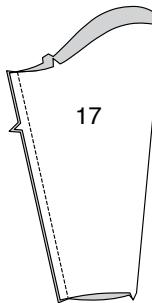
17. Cut a piece of bias tape the length of the neck edge, plus 3/8" (1cm). Open out center fold and one edge. Pin tape to neck edge of hood with center fold along basting. Stitch. Layer seam to 1/4" (6mm).



18. Press seam and binding toward garment and ends over the seam allowance. Pin; placing pins on outside. On outside topstitch a scant 1/4" (6mm) from seam, catching in binding on the inside.



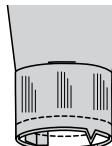
19. Stitch underarm seam of SLEEVE (17).



20. Stitch ends of sleeve band. Fold in half lengthwise; pin.

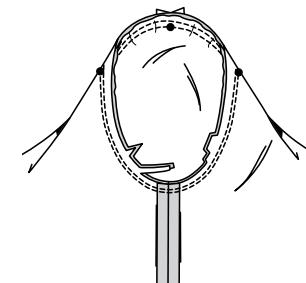


21. On outside pin sleeve band to sleeve, matching seams and notches. Stitch, stretching the band to fit. Press out band, pressing seam toward sleeve.

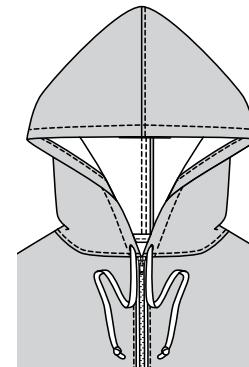


22. Turn sleeve right side out. Hold garment wrong side out with armhole toward you. With right sides together, pin sleeve to armhole edge with center small dot at shoulder seam, matching underarm seams, notches and remaining small dots.

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.



23. To make drawstring for hood, cut a piece of twill tape or cording 64" (163cm) long. Attach a safety pin to one end of drawstring and thread through one buttonhole opening and out the other. Knot ends.





# Congrats!

You've completed your sewing adventure

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