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knowME
BY mimi g

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@needleandthebelle

Designed and printed in USA

Average

MISSES' AND WOMEN'S OVERALLS AND BELT BAG

Suggested Fabrics: Chambray, Cotton Blends, Lightweight Denim, Lightweight Twill, Linen Blends, Stretch Wovens. **Lining:** Cotton Blends, Polyester Blends. **Interfacing A:** Lightweight Fusible. **Interfacing B:** Medium-weight Fusible.

Notions: A: One 9" (23cm) invisible zipper, two 5/8" (1.5cm) buttons for Misses, two 3/4" (2cm) buttons for Women's. B: One side release buckle with a 1 3/4" (4cm) opening, one 5/8" (1.5cm) sew-on snap.

MISSES' SIZES	10	12	14	16	18
EUROPEAN	36	38	40	42	44

BODY MEASUREMENTS: Select pattern size based on body measurements

Bust	32½	34	36	38	40	Ins.
Waist	25	26½	28	30	32	"
Hip	34½	36	38	40	42	"
Back-neck to waist	16	16¼	16½	16¾	17	"
Overalls A	45**	3	3	3½	3½	3½
	60**	2	2¼	2½	2½	2¾
Lining	45**	- ½ yd.				
Interfacing	20"	- 1½ yds.				

Belt Bag B (one size) - 45, 60** - 1½ yds. **Interfacing** - 20" - 1½ yds.

WOMEN'S SIZES	20W	22W	24W	26W	28W	30W	32W	34W	36W	38W
EUROPEAN	46	48	50	52	54	56	58	60	62	64

BODY MEASUREMENTS: Select pattern size based on body measurements

Bust	42	44	46	48	50	52	54	56	58	60	Ins.
Waist	35	37	39	41½	44	46½	49	51½	53	54½	"
Hip	44	46	48	50	52	54	56	58	60	62	"
Back-neck to waist	17¼	17¾	17¾	17¾	17¾	17¾	18	18½	18½	18½	"
Overalls A	45**	3½	3½	3½	3½	3½	4½	4½	5	5½	Yds.
	60**	2¾	2¾	3	3	3	3½	3½	3½	3½	"
Lining	45**	- ½ yd.									
Interfacing	20"	- 1½ yds.									

Belt Bag B (one size) - 45, 60** - 2½ yds. **Interfacing** - 20" - 2 yds.

NOTE: Please refer to the English guide for FINISHED GARMENT MEASUREMENTS.

*with nap **without nap

Moins Facile

SALOPETTE ET SAC CEINTURE POUR JEUNES FEMMES ET FEMMES

Tissus Conseillés: Chambray, Cotonnades, Denim léger, Twill léger, Lin mélangés, Tissus tissés extensibles. **Doubleure:** Cotonnades, Mélanges de polyester. **Entoilage A:** Thermocollant léger. **Entoilage B:** Thermocollant de poids moyen.

Mercerie: A: 1 fermeture à glissière invisible de 23cm, 2 boutons de 1.5cm pour Jeunes Femmes, 2 boutons de 2cm pour Femmes. B: 1 boucle à déclenchement rapide avec ouverture de 4cm, 1 bouton-pression de 1.5cm (à coudre).

TAILLES (J. FEMMES)	10	12	14	16	18
FRANÇAISES	38	40	42	44	46
EUROPÉEN	36	38	40	42	44

MESURES DU CORPS: Choisissez la taille du patron basée sur les mesures du corps

Poitrine	83	87	92	97	102	cm
Taille	64	67	71	76	81	"
Hanches	88	92	97	102	107	"
Dos du cou à la taille	40.5	41.5	42	42.5	43	"
Salopette A	115cm*	2.7	2.7	2.7	2.9	2.9
	150cm*	1.8	2.1	2.3	2.3	2.4
Doubleure	115cm**	- 0.5m				
Entoilage	51cm	- 1.1m				

Sac ceinture B (une taille) - 115, 150cm* - 1.4m **Entoilage** - 51cm - 1.4m

TAILLES (FEMMES)	20W	22W	24W	26W	28W	30W	32W	34W	36W	38W
FRANÇAISES	48	50	52	54	56	58	60	62	64	66
EUROPÉEN	46	48	50	52	54	56	58	60	62	64

MESURES DU CORPS: Choisissez la taille du patron basée sur les mesures du corps

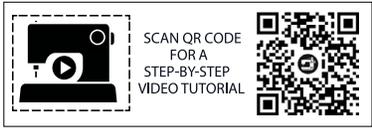
Poitrine	107	112	117	122	127	132	137	142	147	152	cm
Taille	89	94	99	105	112	118	124	131	134	138	"
Hanches	112	117	122	127	132	137	142	147	152	157	"
Dos du cou à la taille	44	44	44.5	45	45	45.5	46	46	46.5	47	"
Salopette A	115cm*	3.1	3.1	3.2	3.2	3.2	3.3	4.1	4.5	4.6	4.7
	150cm*	2.5	2.6	2.7	2.7	2.7	2.9	3.2	3.2	3.2	3.3
Doubleure	115cm**	- 0.5m									
Entoilage	51cm	- 1.2m									

Sac ceinture B (une taille) - 115, 150cm* - 1.9m **Entoilage** - 51cm - 1.9m

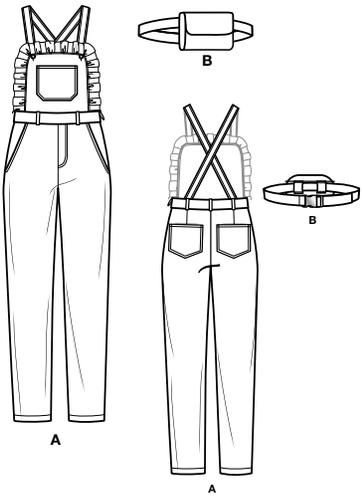
NOTE: S'il vous plaît, reportez vous au guide en français pour les MESURES DU VÊTEMENTS FINI.

*avec sens **sans sens





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16 PATTERN PIECES

- FRONT - A
- POCKET FACING - A
- SIDE FRONT AND POCKET - A
- BACK - A
- BACK POCKET - A
- CARRIER - A
- FRONT WAISTBAND - A
- BACK WAISTBAND - A
- BIB FRONT - A
- FRONT POCKET - A
- RUFFLE - A
- 11A EXTENSION - A
- SHOULDER STRAP - B
- FRONT AND BACK - B
- SIDE - B
- FRONT WAISTBAND - B
- CARRIER - B
- BELT - B
- 16A EXTENSION - 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.
- 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

- 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.

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.)

CUTTING LAYOUTS

RIGHT SIDE OF PATTERN	WRONG SIDE OF PATTERN	RIGHT SIDE OF FABRIC	WRONG SIDE OF FABRIC
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MISSES' SIZES

	10	12	14	16	18
EUROPEAN	36	38	40	42	44

FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)

A Waist	26 1/2	28	30	32	34	Ins.
A Hip	37	38 1/2	40 1/2	42 1/2	44 1/2	"
Width, each leg						
Overalls A	14	14 1/2	15	15 1/2	16	Ins.
Finished back length from base of neck						
Overalls A	58	58 1/2	59	59 1/2	60	Ins.

WOMEN'S SIZES

	20W	22W	24W	26W	28W	30W	32W	34W	36W	38W
EUROPEAN	46	48	50	52	54	56	58	60	62	64

FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)

A Waist	36	38	40	42	44	46	48	50	52	54	Ins.
A Hip	46 1/2	48 1/2	50 1/2	52 1/2	54 1/2	56 1/2	58 1/2	60 1/2	62 1/2	64 1/2	"
Width, each leg											
Overalls A	15 1/4	16 1/4	17 1/4	18	18 1/4	19 1/4	20 1/4	21	21 1/4	22 1/4	Ins.
Finished back length from base of neck											
Overalls A	60 1/2	61 1/2	62	62 1/2	63	63 1/2	64	64 1/2	65	65 1/2	Ins.

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

OVERALLS A

USE PIECES: 1 3 4 5 6 7 8 9 10 11 (11A) 12

45" (115 cm) WITH NAP
 SIZES 10 12 14 16 18
 CUT ONE OF PIECE 6

45" (115 cm) WITH NAP
 SIZES 20W 22W 24W 26W 28W 30W
 CUT ONE OF PIECE 6

45" (115 cm) WITH NAP
 SIZES 32W 34W 36W 38W

60" (150 cm)
 WITH NAP
 SIZES 10 12 14 16 18

60" (150 cm)
 WITH NAP
 SIZES 20W 22W 24W 26W 28W 30W
 CUT ONE OF PIECE 6

60" (150 cm)
 WITH NAP
 SIZES 32W 34W 36W 38W
 CUT ONE OF PIECE 6

LINING

USE PIECE: 2

45" (115 cm)
 WITHOUT NAP
 ALL SIZES

INTERFACING

USE PIECES: 7 8 12

20" (51 cm)
 ALL SIZES

BELT BAG B

USE PIECES: 13 14 15 16
 45" 60" (115cm 150cm) WITH NAP
 SIZES 10 12 14 16 18

45" 60" (115cm 150cm) WITH NAP
 SIZES 20W 22W 24W 26W 28W 30W

INTERFACING

USE PIECES: 13 14 16 (16A)

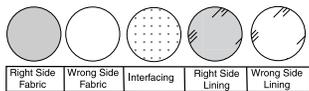
20" (51 cm)
 SIZES 10 12 14 16 18

SIZES 20W 22W 24W 26W 28W 30W

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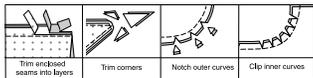
SEWING INFORMATION

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 methods in **BOLD TYPE** have Sewing Tutorial Video available. Scan QR CODE to watch videos:

EDGESTITCH - Stitch close to finished edge or seam.

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

NARROW HEM - Turn in hem; press, easing in fullness if necessary. Open out hem. Turn in again so raw edge is along crease; press. Turn in along crease; stitch.

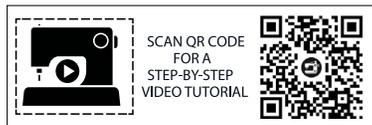
REINFORCE - Stitch along seamline where indicated in sewing instructions, using small machine stitches.

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

STITCH IN THE DITCH - see how to stitch in the ditch video.

TOPSTITCH - On outside, stitch 1/4" (6mm) from edge, seam or previous stitching, using presser foot as guide, or stitch where indicated in instructions.

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



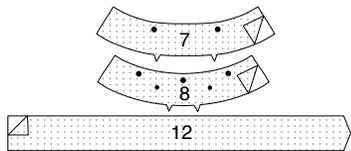
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SEWING DIRECTIONS

OVERALLS A

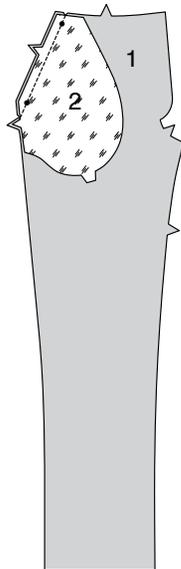
INTERFACING

1. Pin **INTERFACING** to wrong side of each matching **FABRIC** section. Fuse, following manufacturer's instructions.

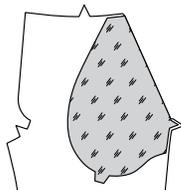


FRONT AND BACK

2. Stitch each **POCKET FACING** (2) section to each upper side edge of **FRONT** (1) Trim.



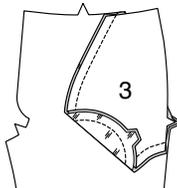
3. Turn pocket to **INSIDE**. Press.



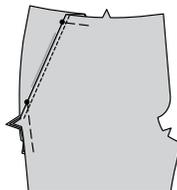
4. **TOPSTITCH** upper side edge of front.



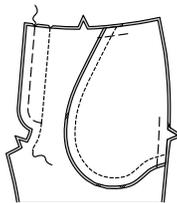
5. Stitch one **SIDE FRONT AND POCKET** (3) section to each pocket at outer edge, keeping front free.



6. Baste upper and side edges.

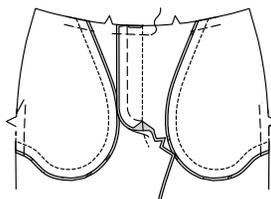


7. Stitch center front seam of front sections from notch to upper edge; back-stitch at notch to reinforce seam. Baste curved edge of fly extensions together.

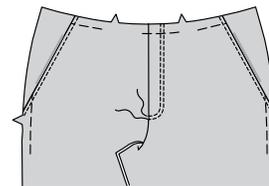


8. Clip **RIGHT** front seam allowance diagonally to stitching at inner corner below fly extension, as shown.

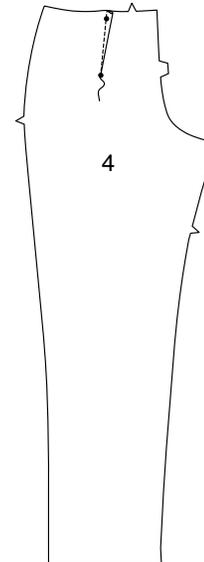
Press extension toward **LEFT** front. Baste across upper edge of fly.



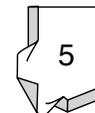
9. On **OUTSIDE**, **TOPSTITCH LEFT** front along stitching line. Stitch again 1/4" (6mm) away. Remove basting.



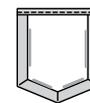
10. Stitch dart in **BACK** (4) Press toward side.



11. Press under seam allowances on side and lower edges of **BACK POCKET** (5) diagonally folding corners. Press.

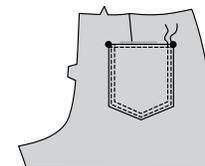


12. Make a 3/4" (2cm) **NARROW HEM** on upper edge of pocket.



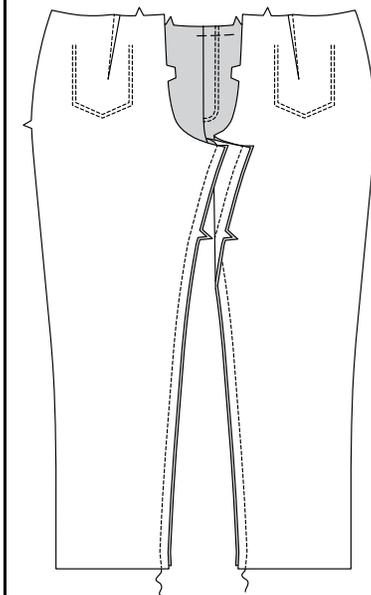
13. On **OUTSIDE**, pin pockets to each side of back, matching large dots.

EDGESTITCH and **TOPSTITCH** side and lower edges of pockets in place.

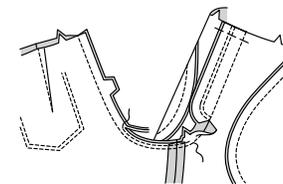


CROTCH AND WAISTBAND

14. Stitch front and back together at inner leg edges.

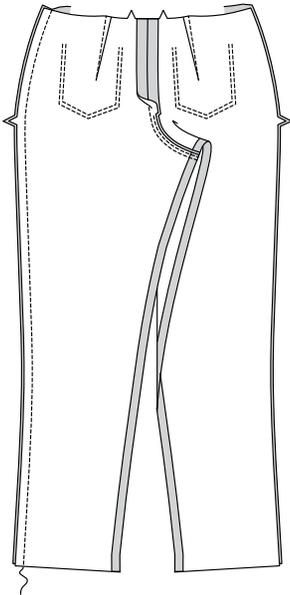


15. Stitch remainder of crotch seam to notch in front. Stitch again 1/4" (1cm) away in seam allowance along curve, as shown. Trim close to second stitching.



16. Stitch back and front together at RIGHT side seam.

NOTE: LEFT side will be left open to insert zipper.



17. Turn in 1/4"(6mm) on long edges of CARRIER (6); press.

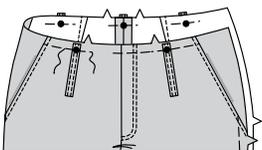
With wrong sides together, fold carriers in half lengthwise, having edges even; press. **EDGESTITCH**, as shown.



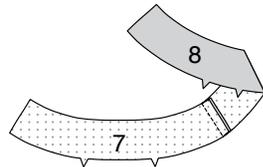
18. Cut carriers into five sections, each measuring 4"(10cm) long.



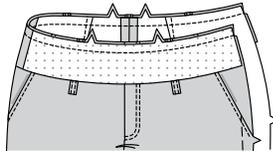
19. On OUTSIDE, pin carriers to upper edge of pants centering one end over large dots. Baste.



20. With RIGHT sides together, stitch interfaced FRONT WAISTBAND (7) to BACK WAISTBAND (8) at RIGHT side seam.

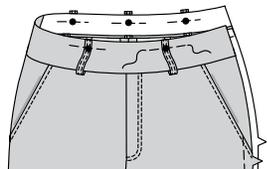


21. With RIGHT sides together, pin waistband to upper edge of pants, matching RIGHT side seams, having raw edges even. Stitch.



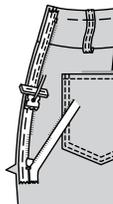
22. Press seam up pressing band out.

Press up free ends of carriers, centering ends over large dots at upper edge of waistband, having raw edges even. Baste.

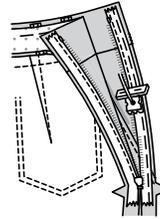


NOTE: Stitch the invisible zipper using an invisible zipper foot.

23. Open the zipper and press the tape using a cool iron. On OUTSIDE, pin RIGHT side of the zipper face down on the RIGHT side of the zipper opening. Have the coil along the seam line, the tape within the seam allowance and the top stop 3/4"(2cm) below upper edge, as shown. Hand-baste along center of the tape. Position zipper foot at the top of the zipper with RIGHT groove of the foot over coil. Stitch along tape to the notch. Back-stitch to reinforce.

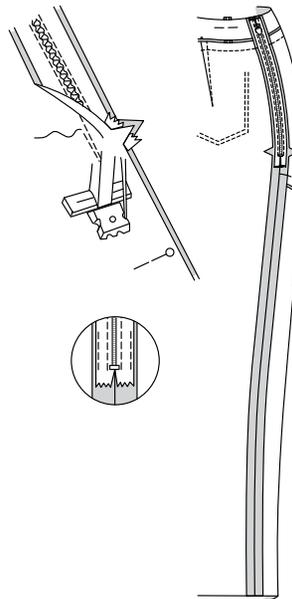


24. Pin the remaining half of the zipper to the LEFT side of the zipper opening in same manner. Make sure the upper and lower edges of the garment are even. Hand-baste along the center of the tape. Position zipper foot at the top of the zipper with LEFT groove over the coil. Stitch along tape to the notch. Back-stitch to reinforce.



25. Close zipper and check that it is invisible from the OUTSIDE. Pull the free ends of the zipper tape away from the seam allowance. Pin remaining side seam together below zipper. Position zipper foot all the way to your LEFT so the needle goes down through the outer notch of the foot. Start stitching seam 1/4"(6mm) above lowest stitch and slightly to the LEFT. Stitch seam for about 3"(7.5cm). Stitch remainder of seam using your regular presser foot.

If you prefer, open out each seam allowance at end of zipper and stitch tape to seam allowance.



BIB FRONT AND FACING

26. Press under seam allowances on side and lower edges of FRONT POCKET (10) diagonally folding corners. Press.

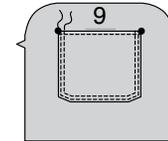


27. Make a 3/4"(2cm) **NARROW HEM** on upper edge of pocket.



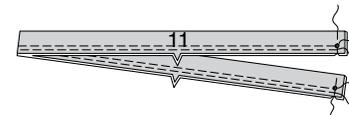
28. On OUTSIDE, pin pocket to BIB FRONT (9), matching large dots.

EDGESTITCH and **TOPSTITCH** sides and lower edges of pockets in place.

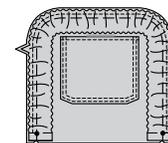


29. With WRONG sides together, fold RUFFLE (11) in half lengthwise. Press.

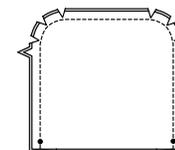
GATHER upper edge of ruffle between small dots. Baste side edges together.



30. On OUTSIDE, pin ruffle to upper edge of bib front adjusting gathers to fit, having raw edges even. Baste.

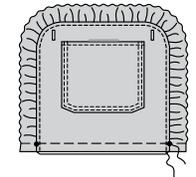


31. With RIGHT sides together, pin bib facing to bib, (over ruffle) having raw edges even. Stitch outer edge of bib, leaving edge with small dots open. Trim seam.

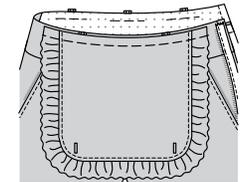


32. Turn bib RIGHT side out. Press. Baste raw edges together. **TOPSTITCH** bib front, keeping ruffle free.

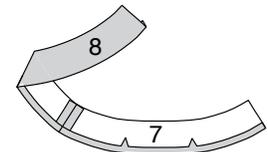
Make buttonholes in bib at markings.



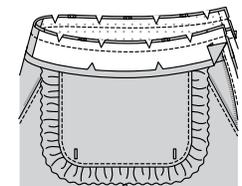
33. On OUTSIDE, pin bib to upper edge of waistband, matching centers, having raw edges even. Baste.



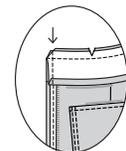
34. Stitch side seam of front and back waistband facing sections. Press under 1/2" (1.3cm) on lower edge of waistband facing.



35. Open out LEFT side opening edges of waistband, rolling the zipper teeth away from the opening edge. With RIGHT sides together, pin facing to upper edge of garment (over bib), matching centers and RIGHT side seam. Stitch upper edge. Trim seam; clip curves.



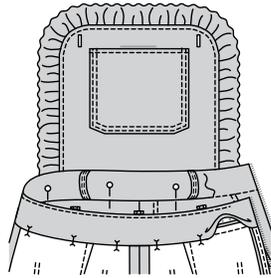
36. Pin side opening edges together. Using an adjustable zipper foot, stitch 1/2" (1.3cm) from back edges, keeping zipper teeth free. Trim corners. Do not trim side edges.



37. UNDERSTITCH facing as far as possible.

Turn facing and side edges to **INSIDE**, rolling zipper teeth back in place; press. On **INSIDE**, pin pressed edge of facing over seam, placing pins on **OUTSIDE**. On **OUTSIDE**, **STITCH IN THE DITCH** or "groove" of seam, between zipper, catching in finished edge of facing on **INSIDE**.

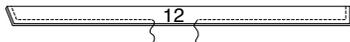
OPTIONAL: SLIPSTITCH facing over seam.



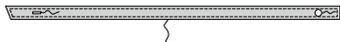
FINISHING

38. Construct two straps as follows:

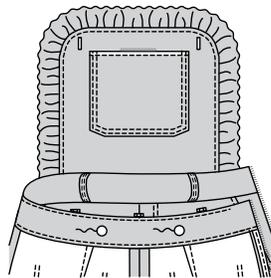
With **WRONG** sides together, fold **SHOULDER STRAP (12)** in half lengthwise. Press. Stitch in a 3/8" (1cm) seam, leaving an opening large enough for turning. Trim seam and corners.



39. Turn strap **RIGHT** side out. Press. **SLIPSTITCH** opening closed. **TOPSTITCH** outer edges of strap. Make buttonhole in end of strap at marking. Hand sew button to other end of strap at marking.



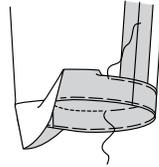
40. On INSIDE, hand-sew buttons to back waistband at markings.



41. For each leg, turn up hem. Baste close to fold. Turn in 1/4" (6mm) on raw edge, easing in fullness if necessary. Baste hem in place close to upper edge. Press.

TOPSTITCH hem along upper basting, as shown.

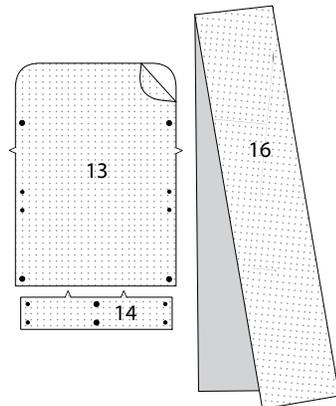
While wearing, attach straps to back and front, crossing straps at back, as shown on front of envelope.



BELT BAG B

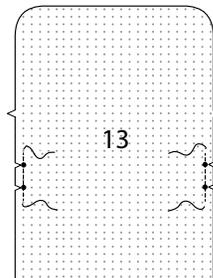
INTERFACING

1. Pin **INTERFACING** to wrong side of each matching **FABRIC** section. Fuse, following manufacturer's instructions.



FRONT AND BACK

2. REINFORCE side edges of **FRONT AND BACK (13)** sections at inner small dots. Clip to small dots, being careful not to clip through stitching.



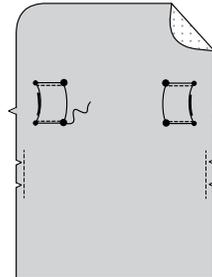
3. With RIGHT sides together, stitch notched edge of **CARRIER (15)**.

Turn carrier **RIGHT** side out. Press, pressing under seam allowances on ends of carrier to **INSIDE**.



4. On OUTSIDE, pin carriers to interfaced front and back section, matching small and large dots. **EDGE**STITCH upper and lower edges in place.

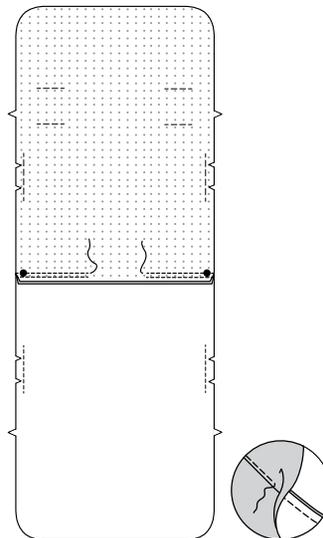
NOTE: Remaining front and back section will be referred to as a facing and will be used on the **INSIDE**.



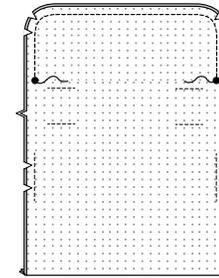
5. With RIGHT sides together, pin lower straight edges of front and back fabric and facing sections together, matching large dots. Stitch seam, leaving an opening large enough for turning.

Press seam toward facing.

UNDERSTITCH bag facing, as far as possible, breaking stitching at opening.

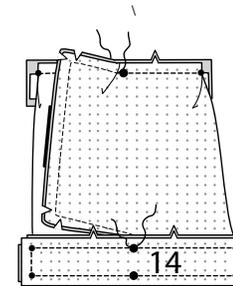


6. With RIGHT sides together, pin bag along curved upper edge. Stitch between large dots. Back-stitch to reinforce seam. Trim seam. Clip curves.



7. Open side edges of bag, bringing seams toward center.

With **RIGHT** sides together, pin **SIDE (14)** sections to side edges of bag, matching dots and notches. Stitch, breaking stitching at large dots. Trim seam.

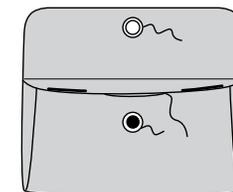


8. Turn bag **RIGHT** side out through opening, turning facing to **INSIDE**. Press. **SLIPSTITCH** front opening closed. Press well.

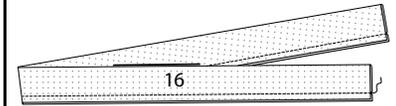
On **INSIDE**, hand sew knob half of snap to flap at marking.

On **OUTSIDE**, hand sew socket half of snap to front at marking.

OPTIONAL: EDGESTITCH top and front edges of bag if you prefer.



9. With RIGHT sides together, fold **BELT (16)** in half lengthwise. Stitch outer edge leaving ends open.



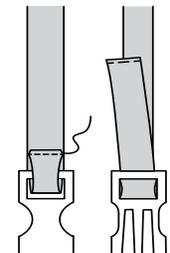
10. Turn belt **RIGHT** side out, press. Press seam allowances to **INSIDE** on raw edge. **EDGE**STITCH ends of belt.



11. At one end, slip belt through post of female half of parachute buckle, turning under 1" (2.5cm). Stitch **OR SLIPSTITCH** close to pressed edge.

Slide remaining end of belt through openings in make half of buckle, as shown.

Slide belt through carriers while wearing.





Congrats!

You've completed your sewing adventure

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