



THE STITCH FITZ
knowME
BY mimi g

ME2090



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@thestitchfitz

Designed and
reprinted in USA

MISSES' SHORTS AND KNIT TOP

Suggested Fabrics: A: Stretch Knits only such as Bamboo Knit, ITY, Jersey, Rayon Knit, Rib Knit, Single Knit, Spandex Blends. See Stretch Gauge. B: Chambray, Chino, Cotton Blends, Denim, Linen Blends, Stretch Wovens, Twill. **Interfacing B:** Lightweight Fusible.

Notions: A: 1½ yd. (1.3m) of ½" (1.3cm) elastic. B: One 7" (18cm) zipper (adjust to fit), one ¾" (1.5cm) button, two ¾" (1.5cm) heavy duty snaps.

Sizes	6	8	10	12	14	16	18	20	22	24
European	32	34	36	38	40	42	44	46	48	50

BODY MEASUREMENTS: Select pattern size based on body measurements

Bust	30½	31½	32½	34	36	38	40	42	44	46	Ins.
Waist	23	24	25	26½	28	30	32	34	37	39	"
Hip-9" below waist	32½	33½	34½	36	38	40	42	44	46	48	"
Back-neck to waist	15½	15¾	16	16¼	16½	16¾	17	17¼	17½	17¾	"

Top A	60**	-	¾ yd.								
Shorts B	45**	1¾	1¾	1¾	1¾	1½	1½	1¾	1¾	1¾	Yds.
	60**	1¾	1¾	1¾	1¾	1¾	1¾	1¾	1¾	1¾	"
Interfacing	20"	¾	¾	¾	¾	¾	¾	¾	¾	¾	"

FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)

A Bust	31	32	33	34½	36½	38½	40½	42½	44½	46½	Ins.
A Waist	26	27	28	29½	31½	33½	35½	37½	39½	41½	"
B Waist	24½	25½	26½	28	30	32	34	36	38	40	"
B Hip	39	40	41	42½	44½	46½	48½	50½	52½	54½	"
Width, lower edge											
Top A	29½	30½	31½	33	35	37	39	41	43	45	Ins.
Width, each leg											
Shorts B	24	24¾	25½	27	28¼	29½	30¾	32	33¼	34½	Ins.
Finished back length from base of neck											
Top A	19½	19¾	20	20¼	20½	20¾	21	21¼	21½	21¾	Ins.
Finished side length from waist											
Shorts B	13½	13¾	14	14¼	14½	14¾	15	15¼	15½	15¾	Ins.

*with nap **without nap

Average

SHORT ET HAUT EN TRICOT POUR JEUNES FEMMES

Tissus Conseillés: A: Tricot extensibles seulement tels que Tricot de Bambou, Tricot interlock en fil retors, Tricot jersey, Tricot rayonne, Tricot à côtes, Tricot simple, Mélanges de Élasthanne. Reportez-vous au taux d'élasticité. B: Chambray, Chino, Cottonnades, Denim, Lin mélangés, Tissus tissés extensibles, Twill. **Entoilage B:** Thermocollant léger.

Merçerie: A: 1.3m d'élastique de 1.3cm. B: 1 fermeture à glissière de 18cm (adaptez pour ajuster), 1 bouton de 1.5cm, 2 boutons-pressions résistant de 1.5cm.

Tailles	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

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

Poitrine	78	80	83	87	92	97	102	107	112	117	cm
Taille	58	61	64	67	71	76	81	87	94	99	"

Hanches (23cm au-dessous de la taille)

	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	"

Haut A	150cm*	-	0.8m								
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Short B	115cm*	1.3	1.3	1.3	1.3	1.3	1.4	1.6	1.6	1.6	m
	150cm*	1.0	1.0	1.0	1.1	1.1	1.1	1.1	1.1	1.1	"

Entoilage	51cm	0.6	0.6	0.6	0.6	0.6	0.6	0.7	0.7	0.7	"
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MESURES DES VÊTEMENTS FINI (Motif et aisance de port compris)

A Poitrine	79	81	84	88	93	98	103	108	113	118	cm
A Taille	66	69	71	75	80	85	90	95	100	105	"
B Taille	62	65	67	71	76	81	86	91	97	102	"
B Hanches	99	102	104	108	113	118	123	128	133	138	"
Largeur à l'ourlet											
Haut A	75	77	80	84	89	94	99	104	109	114	cm
Largeur, chaque jambe											
Short B	61	63	65	69	72	75	78	81	84	88	cm
Longueur finie – dos, votre nuque à l'ourlet											
Haut A	50	50	51	51	52	53	53	54	55	55	cm
Longueur finie – côté, taille à l'ourlet											
Short B	34	35	36	36	37	37	38	39	39	40	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 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 doblado (a lo largo y luego 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 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%.

English

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Page 1 of 3

THE STITCH FITZ


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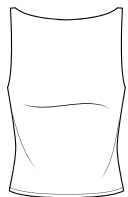
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STEP-BY-STEP
VIDEO TUTORIAL

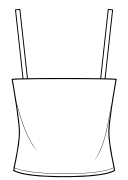





A



B

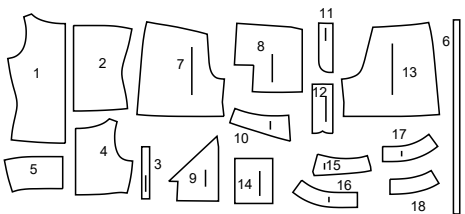


A



B

18 PATTERN PIECES



1 Front-A

2 Back-A

3 Strap-A

4 Front Facing-A

5 Back Facing-A

6 Guide for Elastic-A

7 Front-B

8 Front Pocket-B

9 Pocket Facing-B

10 Yoke Front-B

11 Left Fly Facing-B

12 Right Fly-B

13 Back-B


14 Back Pocket-B

15 Yoke Back-B

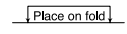
16 Right Front Waistband-B

17 Left Front Waistband-B


18 Back Waistband-B




GRAINLINE: Place on straight grain of fabric, parallel to selvage or fold.



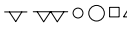
FOLDLINE: Place line on fold of fabric.




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.

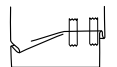


SEAM ALLOWANCE: 5/8" (1.5cm) included unless otherwise indicated, but not printed on tissue.

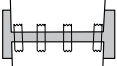
ADJUST IF NECESSARY

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

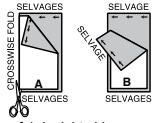
SHRINK FABRIC if not labeled pre-shrunk. Press.

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 Pile 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.

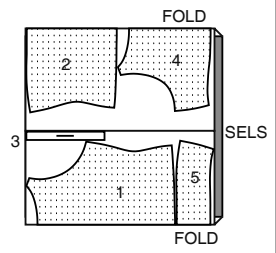
Before CUTTING place all pieces on fabric according to layout. Pin. (Layouts show approximate position of pattern pieces; position may vary according to your pattern size.) Cut ACCURATELY, cutting notches outward.

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 (at bl cl) in layouts represent pieces cut by measurements provided.

CUTTING LAYOUTS

TOP A
PIECES 1 2 3 4 5
60" (150CM)
WITH NAP
ALL SIZES

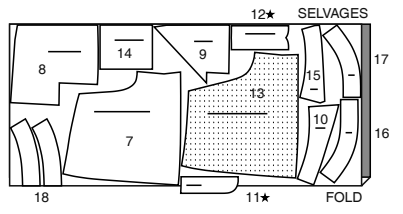


FOLD

SELS

FOLD

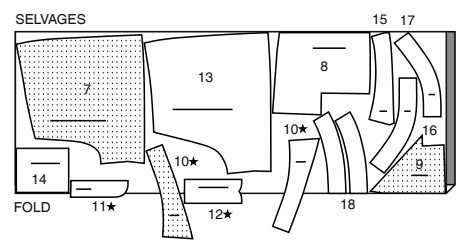
SHORTS B
PIECES 7 8 9 10 11 12 13 14 15 16 17 18
45" (115CM)
WITH NAP
SIZES 6-8-10-12-14-16



SELVAGES

FOLD

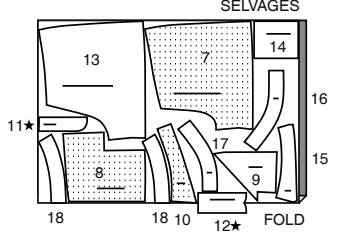
45" (115CM)
WITH NAP
SIZES 18-20-22-24



SELVAGES

FOLD

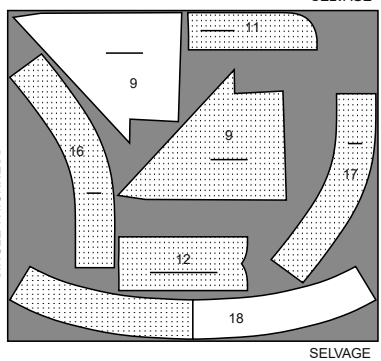
60" (150CM)
WITH NAP
ALL SIZES



SELVAGES

FOLD

INTERFACING
PIECES 9 11 12 16 17 18
20" (51CM)
ALL SIZES




SELVAGE

SINGLE THICKNESS


SELVAGE

SEWING INFORMATION


FABRIC KEY




Right Side
Fabric




Wrong Side
Fabric



Interfacing



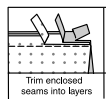
Right Side
Lining



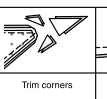
Wrong Side
Lining

SEAM ALLOWANCES

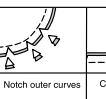
Use 5/8" (1.5cm) seam allowances unless otherwise indicated.



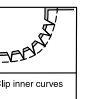
Trim enclosed
seams into layers



Trim corners



Notch outer curves



Clip inner curves

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.

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GLOSSARY

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

EASESTITCH - Stitch along seamline, using long machine stitches. Pull thread ends when adjusting to fit.

FINISH - Stitch 1/4" (6mm) from raw edge and finish with one of the following: (1) Pink OR (2) Overcast OR (3) Turn in along stitching and stitch close to fold OR (4) Overlock.

OPTIONAL FOR HEMS: Apply Seam Binding.

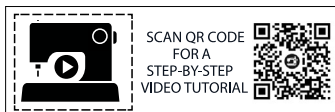
NARROW HEM - Turn in hem; press, easing in fullness if necessary. Open out hem. Turn in again so raw edge is along crease; press. Turn in along crease; stitch.

STAYSTITCH - Stitch 1/8" (3mm) from seamline in seam allowance (usually 1/2" (13mm) from raw edge).

STITCH IN THE DITCH - On the OUTSIDE of the garment, stitch in the groove formed by the seam. Be sure to catch all the underneath layers in the stitching.

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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FOR A
STEP-BY-STEP
VIDEO TUTORIAL

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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

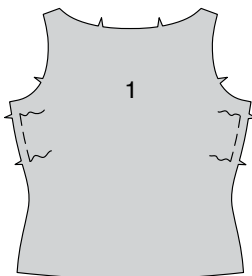
TOP A

FOR KNITS

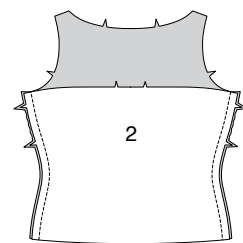
- Use a ball point or stretch needle.
- Decrease pressure on presser foot for heavy sweater knits; increase pressure for lingerie knits.
- Stretch knits need seams that are supple enough to "give" with the fabric. You can sew them with straight stitches (stretching the fabric slightly as you sew), narrow zigzag stitches or one of the stretch stitches built into many conventional machines, or on your serger.
- Some knits require very little or no pressing while sewing. Use the appropriate temperature setting. Press lightly or use steam.
- Use a twin sewing machine needle for a double stitched hem.

FRONT AND BACK

1. **EASESTITCH** side edges of FRONT (1) between notches.



2. With **RIGHT** sides together, pin BACK (2) to front at sides, matching notches. Adjust ease; stitch.



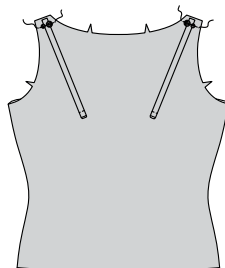
3. Fold STRAP (3) in half lengthwise, with **RIGHT** sides together. Stitch long edges in 1/4" (6mm) seam.



4. Turn strap **RIGHT** side out. To turn, fasten a heavy thread securely to one end. Push needle (eye first) through strip; press. Baste raw edges.

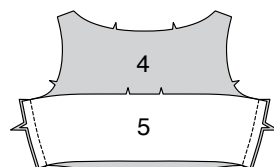


5. On outside, pin straps to upper edge of front, matching dots and having raw edges even; baste.

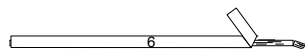


FACING

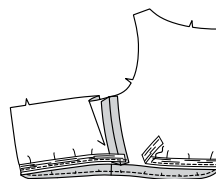
6. With **RIGHT** sides together, pin FRONT FACING (4) to BACK FACING (5) at sides, matching notches. Stitch.



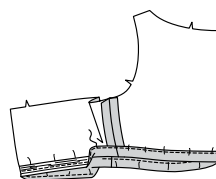
7. Cut elastic using GUIDE FOR ELASTIC (6) pattern piece.



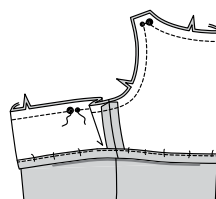
8. On inside, pin elastic to lower edge of facing, placing one long edge along the 5/8" (1.5cm) seamline, lapping ends 5/8" (1.5cm) at one side seam. Stitch close to lower edge, stretching elastic to fit.



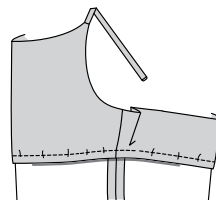
9. Turn elastic and seam allowance to inside. Stitch close to raw edge, stretching elastic to fit.



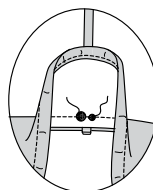
10. With **RIGHT** sides together, pin facing to upper edge and armhole of top, matching centers, dots and seams. Stitch neck, armhole and upper back, leaving back open between dots; trim seams.



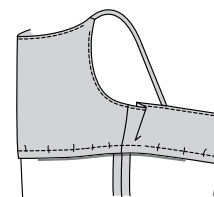
11. Turn facing to inside, turning straps out; press.



12. Insert free ends of straps through openings on back between dots. Open out back facing. Pin. Stitch back between dots.

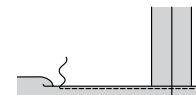


13. **UNDERSTITCH** facing as far as possible. Turn facing down.



HEM

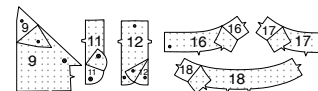
14. Finish lower edge of top with a 5/8" (1.5cm) **NARROW HEM**.



SHORTS B

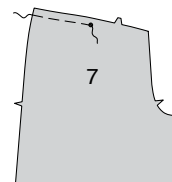
INTERFACING

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

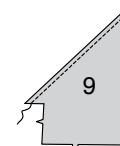


FRONT

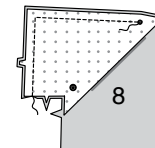
2. **EASESTITCH** upper edge of FRONT (7), from side edge to small dot.



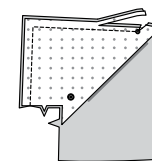
3. **FINISH** slanted edge of **POCKET FACING** (9).



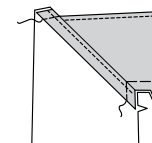
4. With **RIGHT** sides together, pin pocket facing to upper and side edges of **FRONT POCKET** (8), matching notches and dots. Stitch double notched edge to small dot.



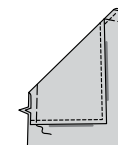
5. Clip upper edge of pocket along foldline to small dot. Trim seams below clip.



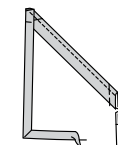
6. Turn facing to inside; press. Baste raw edges together, matching notches. **TOPSTITCH** finished edges of pocket facing. On inside, stitch facing to pocket 1/4" (6mm) below foldline.



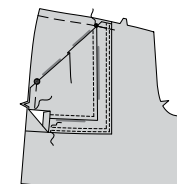
7. On outside, turn facing over pocket along foldline; press. Baste notched edges together.



8. Press under 5/8" (1.5cm) on front and lower edge of pocket, folding in corner.

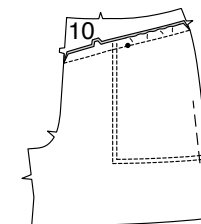


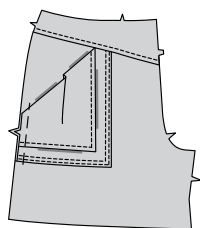
9. On OUTSIDE, pin pocket to front, matching dots, having raw edges even. Stitch close to sides and lower edge and 1/4" (6mm) away.



YOKE FRONT

10. Stitch **YOKE FRONT** (10) to upper edge of front, **RIGHT** sides together, matching notches, centers and dots. Adjust ease. Stitch. Press seam upward, turning yoke up.



11. TOPSTITCH lower edge of yoke.**ZIPPER****LEFT FRONT OPENING**

12. A- Stitch front sections together at center front, between large dot and notch.

B- Turn in right front opening edge along foldline; press.

C- Place closed zipper (face up) under right front opening edge, having pressed edge close to zipper teeth and zipper stop at small dot. Using a zipper foot, baste close to pressed edge.

D- With right sides together, fold RIGHT FLY (12) along foldline. Stitch lower edge; trim seam. Turn; press. Baste raw edges.

E- On inside, pin right fly to right front opening edge (over zipper), matching notches and small dots, having raw edges even. Baste along previous basting for zipper.

F- On outside, using a zipper foot, stitch close to pressed edge of front through all layers.

G- FINISH outer edge of LEFT FLY FACING (11). Pin fly facing to left front opening edge, matching notches and large dots. Stitch, ending at large dot; trim seam. **UNDERSTITCH** fly facing. Turn facing to inside.

H- Lap left front over right, matching centers. Baste close to edge through all thicknesses.

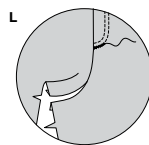
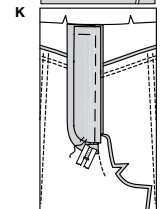
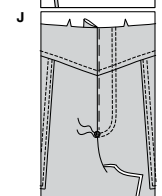
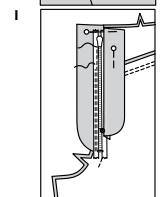
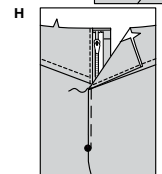
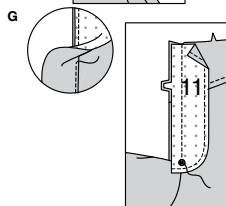
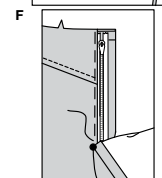
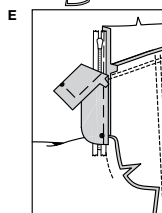
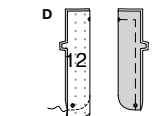
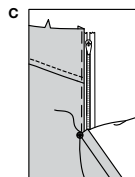
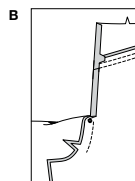
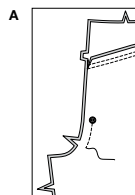
I- Pin right fly out of the way. Open out fly facing. Pin remaining zipper tape to fly facing, keeping left front free.

Using a zipper foot, stitch in place close to zipper teeth and along center of zipper tape.

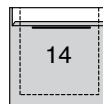
J- Turn facing down. On outside, stitch left front along stitching line and 1/4" (6mm) away, keeping right fly free.

K- Turn right fly back in place. On inside, hand tack fly and facing together at lower edge, as shown. Trim away excess zipper tape even with lower edge of fly, if needed.

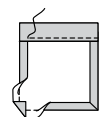
L- If desired, on outside, machine-stitch a bar tack across lower end of fly through all thicknesses.

**BACK AND POCKET**

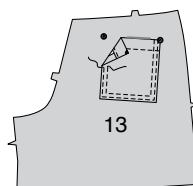
13. Press under 1/4" (6mm) on upper edge of BACK POCKET (14). Turn upper edge to OUTSIDE along foldline, forming facing. Stitch along seam line on raw edges. Trim seam allowance in the facing area to 1/4" (6mm).



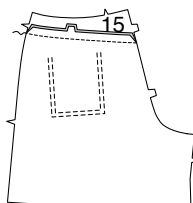
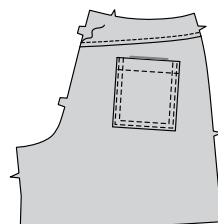
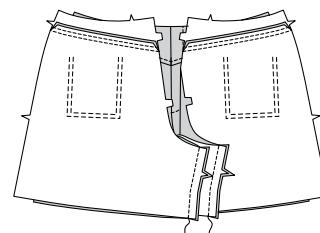
14. Turn corners RIGHT side out, turning facing to the WRONG side. Press, pressing under raw edges along stitching, folding in corners. Stitch facing close to inner edge.



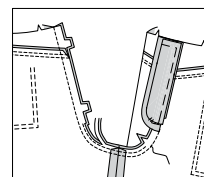
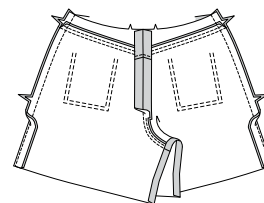
15. On OUTSIDE, pin pocket to BACK (13), matching large dots. Stitch close to sides and lower edge and 1/4" (6mm) away.

**YOKE BACK AND REMAINING SEAMS**

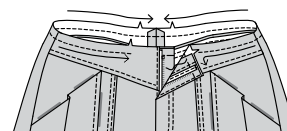
16. Pin YOKE BACK (15) to upper edge of back, RIGHT sides together, matching notches and centers. Stitch; trim seams. Press seams toward yoke, turning yoke up.

**17. TOPSTITCH** lower edge of yoke.**18.** Stitch back to front at inner leg edges.

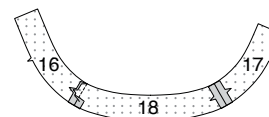
19. Stitch remainder of crotch seam to large dot in front. Stitch again 1/4" (1cm) away in seam allowance along curve, as shown. Trim close to second stitching.

**20.** Stitch back to front at sides. Press seams toward back.**WAISTBAND**

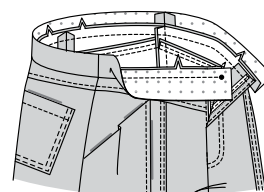
21. STAYSTITCH upper edge of shorts between front notches.



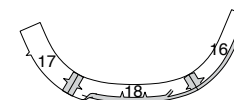
22. Stitch interfaced RIGHT FRONT WAISTBAND (16) and LEFT FRONT WAISTBAND (17) to interfaced BACK WAISTBAND (18) at sides. (Uninterfaced waistband sections will be used as facing.)



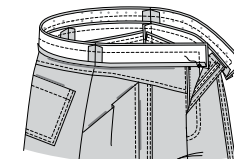
23. Pin waistband to upper edge of shorts and right fly, matching dots, side seams and centers, clipping yoke where necessary. Stitch; trim seams. Press seams toward waistband, turning waistband up.



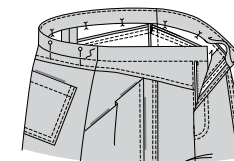
24. With RIGHT sides together, stitch front waistband FACING (16) and left front waistband FACING (17) to back waistband FACING (18) at sides. Press under 5/8" (1.5cm) on notched edge of waistband facing. Press, easing in fullness. Trim pressed edge to 3/8" (1cm).



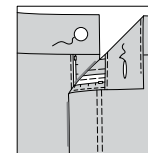
25. Pin facing to waistband, matching centers, seams and dots. Stitch ends and upper edge; trim seams.



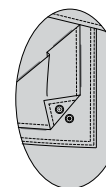
26. UNDERSTITCH facing as far as possible. Turn waistband facing to inside; press. Fold the facing over so that it encases the cut edge(s) and covers the stitching by at least 1/8" (3mm) on the WRONG side. Pin in place. Working on the RIGHT side of the fabric, **"STITCH-IN-THE-DITCH"**, (in the groove where the facing joins the fabric), being sure to catch in the underneath layer of facing in the stitching.

**FINISHING****BUTTONHOLE AND BUTTON**

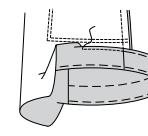
27. Make buttonhole on left front waistband at marking. On outside, sew button to right front waistband at marking.

**SNAP CLOSURES**

28. Apply snap to front pocket at small dots, following manufacturer's instructions, as shown.

**HEMS**

29. Turn up 2-1/4" (5.7cm) hem on lower edge of shorts. Baste close to fold. Turn in 1/4" (6mm) on raw edge. Baste upper edge in place. **TOPSTITCH** hem in place along upper basting.





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