



NORRIS DÁNTA FORD  
**knowME**  
BY mimi g

ME2117

Average

**MEN'S SHORTS IN TWO LENGTHS AND KNIT TOPS**

**Suggested Fabrics:** A,B, Contrast C,D in Stretch knits only. A,B in Cotton Knit, ITY, Rayon Knit. Contrast C,D in Activewear Knits, Compression Wicking Knits, Four way Stretch Knits. See Stretch Gauge. C,D in Cotton Blends, Lightweight Wovens, Nylon Blends, Polyester Blends.

**Notions:** C,D: 1 $\frac{3}{8}$  yds. (1.3m) of 1 $\frac{1}{2}$ " (4cm) elastic, 1 $\frac{1}{8}$  yds. (1.7m) of  $\frac{1}{2}$ " (1.3cm) twill tape or  $\frac{3}{8}$ " (1cm) cording, three 7" (18cm) zippers.

Sizes	S	M	L	XL	XXL
	(34-36)	(38-40)	(42-44)	(46-48)	(50-52)
European	34-36	38-40	42-44	46-48	50-52

**BODY MEASUREMENTS:** Select pattern size based on body measurements

<b>Bust/ Chest</b>	34-36	38-40	42-44	46-48	50-52	Ins.
<b>Waist</b>	28-30	32-34	36-39	42-44	46-48	"
<b>Hip</b>	35-37	39-41	43-45	47-49	51-53	"

<b>Top A</b>	60**	1 $\frac{3}{8}$	1 $\frac{3}{8}$	1 $\frac{1}{2}$	1 $\frac{1}{2}$	1 $\frac{1}{2}$	Yds.
<b>Top B</b>	60**	1 $\frac{7}{8}$	1 $\frac{7}{8}$	1 $\frac{7}{8}$	2	2	Yds.

<b>Shorts C,D</b>	45**	1 $\frac{3}{8}$	1 $\frac{3}{8}$	1 $\frac{3}{4}$	1 $\frac{3}{4}$	1 $\frac{3}{4}$	Yds.
	60**	1 $\frac{3}{8}$	1 $\frac{3}{8}$	1 $\frac{1}{2}$	1 $\frac{1}{2}$	1 $\frac{1}{2}$	"

<b>Contrast C (Center Piece, Side Pocket, Front, Back)</b>	60**	1 $\frac{3}{8}$	1 $\frac{3}{8}$	1 $\frac{3}{8}$	1 $\frac{1}{4}$	1 $\frac{1}{4}$	Yds.
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<b>Contrast D (Center Piece, Side Pocket, Front, Back)</b>	60**	1 $\frac{1}{4}$	1 $\frac{1}{4}$	1 $\frac{1}{4}$	2	2 $\frac{1}{2}$	Yds.
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**NOTE:** Please refer to the sewing instructions for FINISHED GARMENT MEASUREMENTS.

\*with nap \*\*without nap

Moins Facile

**SHORTS EN DEUX LONGUEURS ET HAUTS EN TRICOT POUR HOMMES**

**Tissus Conseillés:** A,B, Contrast C,D en tricots extensible seulement. A,B en Tricot de coton, Tricots interlock en fil retors, Tricot de rayonne. **Contraste C,D** en Tricots pour Vêtements de Sport, Tricots de compression et d'évacuation de l'humidité, Tricots extensibles à quatre voies. Reportez-vous au taux d'élasticité. C,D en Cotonnades, Tissu tissé léger, Mélanges de nylon, Mélanges de polyester.

**Mercerie:** C,D: 1.3m d'élastique de 4cm, 1.7m de talonnette de coton de 1.3cm ou de cordon de 1cm, 3 fermetures à glissière de 18cm.

Tailles	P	M	G	TG/XG	TTG/XXG
<b>Françaises</b>	36-38	40-42	44-46	48-50	52-54
<b>Européen</b>	34-36	38-40	42-44	46-48	50-52

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

<b>Poitrine</b>	87-92	97-102	107-112	117-122	127-132	cm
<b>Taille</b>	71-76	81-87	92-99	107-112	117-122	"
<b>Hanches</b>	89-94	99-104	109-115	119-124	128-135	"

<b>Haut A</b>	150cm*	1.3	1.3	1.4	1.4	1.4	m
<b>Haut B</b>	150cm*	1.7	1.7	1.7	1.8	1.8	m

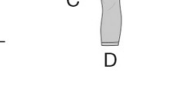
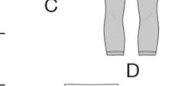
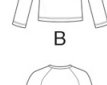
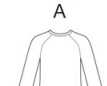
<b>Short C,D</b>	115cm*	1.5	1.5	1.5	1.6	1.6	m
	150cm*	1.3	1.3	1.3	1.4	1.4	"

<b>Contraste C (Pièce centrale, Poche latérale, Devant, Dos)</b>	150cm*	1.0	1.0	1.0	1.0	1.1	m
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<b>Contraste D (Pièce centrale, Poche latérale, Devant, Dos)</b>	150cm*	1.1	1.1	1.4	1.8	1.8	m
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**NOTE:** S'il vous plaît, reportez-vous au instructions de couture pour les MESURES DU VÊTEMENTS FINI.

\*avec sens \*\*sans sens

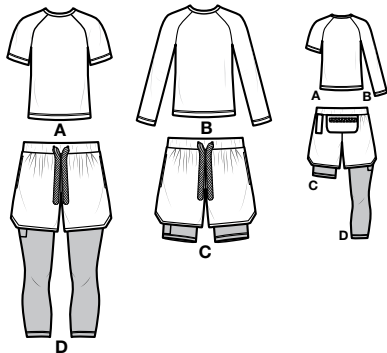


Use the 1 inch (2.54cm) box to ensure you are using rule at 100%  
Utilisez la boîte de 2,54 cm pour vous assurer d'utiliser la règle à 100%.  
Utilizar un cuadrado de 2,54 cm para asegurarse de estar usando la regla al 100%.

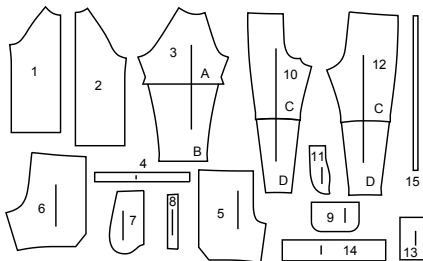
4" of crosswise folded fabric must STRETCH from here  
10 cm de tricot plié sur le travers et sur le droit-fil doivent s'étirer de cette limite à celle là  
10 cm de tejido de punto doblado (a lo largo y luego al través) deben estirarse desde acá

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%.



15 PATTERN PIECES



- 1 Front-A,B
- 2 Back-A,B
- 3 Sleeve-A,B
- 4 Neck Band-A,B
- 5 Shorts Front-C,D
- 6 Shorts Back-C,D
- 7 Pocket-C,D
- 8 Loop-C,D
- 9 Back Pocket-C,D
- 10 Front-C,D
- 11 Center Piece-C,D
- 12 Back-C,D
- 13 Side Pocket-C,D
- 14 Casing-C,D
- 15 Guide for Elastic-C,D

Sizes	S (34-36)	M (38-40)	L (42-44)	XL (46-48)	XXL (50-52)
European	34-36	38-40	42-44	46-48	50-52
<b>FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)</b>					
A,B Chest	37	41	45	49	53
A,B Waist	36	40	44	48	52
C,D Hip	39 1/2	43 1/2	47 1/2	51 1/2	55 1/2
C,D (Liner) Hip	37	41	45	49	53
Width, lower edge					
Top A,B	36	40	44	48	52
Width, each leg					
Shorts C (Liner)	17 1/2	18	20	22	24
Shorts D (Liner)	9	10	11	12	13
Finished back length from base of neck					
Top A,B	26 1/2	27	27 1/2	28	28 1/2
Finished side length from waist					
Shorts C,D	19	19 1/2	20	20 1/2	21
Shorts C (Liner)	22	22 1/2	23	23 1/2	24
Shorts D (Liner)	37 1/2	38	38 1/2	39	39 1/2

**PATTERN MARKINGS**

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

**FOLDLINE:** Place line on fold of fabric.

**BUTTONHOLE MARKING:** Indicates exact length and placement of buttonholes.

**BUTTON MARKING:** Indicates button placement.

**NOTCHES AND SYMBOLS:** For matching seams and construction details.

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

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

**ADJUST IF NECESSARY**

Lengthen or Shorten at adjustment lines (==) or where indicated on pattern. If substantial length is added, you may need to purchase additional fabric.

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

**TO LENGTHEN:** Slash between adjustment lines. Spread amount as needed, keeping edges parallel. Tape over paper.

When Alteration lines are not on tissue, lengthen or shorten at lower edge.

**CUTTING AND MARKING**

**SHRINK FABRIC** if not labeled pre-shrunk. Press.

**CIRCLE LAYOUT** for View, Size, Fabric Width.

Use **WITH NAP** layout for fabrics with one-way designs, nap, pile or surface shading. Because most knits have surface shading, a with nap layout is used.

For **DOUBLE THICKNESS (WITH FOLD)** - fold fabric with right sides together.

**\*DOUBLE THICKNESS (WITHOUT FOLD)** - For fabrics with nap, fold fabric crosswise, right sides together. Mark as shown. Cut along crosswise fold of fabric (A). Turn upper layer 180° so arrows go in same direction and place over lower layer, right sides together (B).

For **SINGLE THICKNESS** - place fabric right side up. (For Fur 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 (a|b|c|) in layouts represent pieces cut by measurements provided.

CUTTING LAYOUTS

RIGHT SIDE OF PATTERN	WRONG SIDE OF PATTERN	RIGHT SIDE OF FABRIC	WRONG SIDE OF FABRIC
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**TOP A**  
 USE PIECES: 1 2 3 4

60" (150 CM) WITH NAP ALL SIZES

60" (150 CM) WITH NAP ALL SIZES

**SEWING INFORMATION**

**FABRIC KEY**

**SEAM ALLOWANCES**

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

**TOP B**  
 USE PIECES: 1 2 3 4

60" (150 CM) WITH NAP ALL SIZES

**CONTRAST C (LINER)**  
 USE PIECES: 10 11 12 13

60" (150 CM) WITH NAP ALL SIZES

**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.

**DOUBLE-STITCH** - Stitch along seamline. Stitch again 1/4" (6mm) away in seam allowance using straight stitch or zigzag stitch. Trim close to second stitching or overlock seam.

**EDGESTITCH** - Stitch close to finished edge or seam. **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.

**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.

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

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

**TOPSTITCH** - On outside, stitch 1/4" (6mm) from edge, seam or previous stitching.

**SHORTS C,D**  
 USE PIECES: 5 6 7 8 9 14

45" (115 CM) WITH NAP ALL SIZES

**CONTRAST D (LINER)**  
 USE PIECES: 10 11 12 13

60" (150 CM) WITH NAP ALL SIZES

SCAN QR CODE 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 5/8" (1.5CM) SEAMS WITH RIGHT SIDES TOGETHER UNLESS OTHERWISE STATED.

## SEWING DIRECTIONS

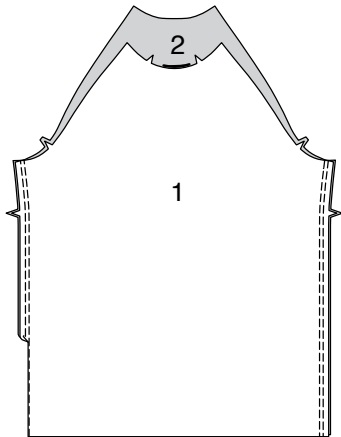
### TOP A, B

**NOTE:** Stretch fabric evenly in front and back of needle while stitching.

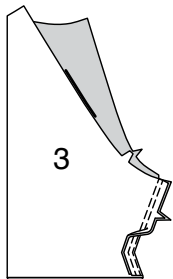
**NOTE:** Under each sub-heading, the first View will be illustrated, unless otherwise indicated.

#### FRONT, BACK AND SLEEVE

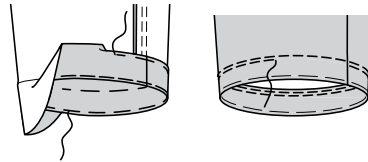
1. Stitch FRONT (1) to BACK (2) at sides in **DOUBLE-STITCHED** seams. Press seams toward back.



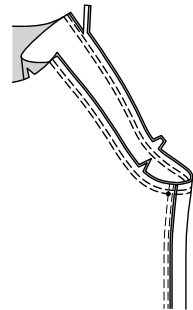
2. Stitch SLEEVE (3) seam in a **DOUBLE-STITCHED** seam. Press seam toward back.



3. Turn up sleeve hem. Baste close to fold. Turn in 1/4"(6mm) on raw edge. Baste hem in place close to upper edge. Press.

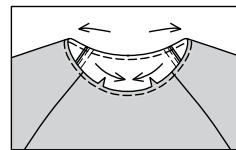


4. With **RIGHT** sides together, pin sleeve to armhole edge, matching small dots and notches. Stitch. Stitch again 1/4"(6mm) away in seam allowance. Trim close to stitching. Press seam allowances toward sleeve.



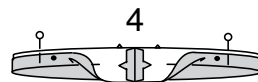
#### NECK BAND AND FINISHING

5. **STAYSTITCH** neck edge of top.

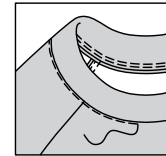
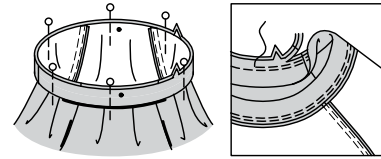


6. Stitch ends of **NECK BAND** (4) together.

With **WRONG** sides together, fold neck band in half lengthwise; press lightly. Pin raw edges together.

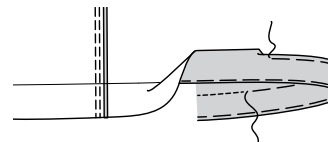


7. Pin neck band to neck edge, matching centers and small dots. Stitch in a 3/8"(1cm) seam, stretching neck band to fit. Stitch again 1/4"(6mm) away in seam allowance. Trim close to stitching. Press seam down. **EDGESTITCH** neck edge.



8. Turn up hem on lower edge of top. Baste close to fold. Turn in 1/4"(6mm) on raw edge. Baste hem in place close to upper edge. Press.

**TOPSTITCH** hem along upper basting. **TOPSTITCH** again 1/4"(6mm) below previous stitching.



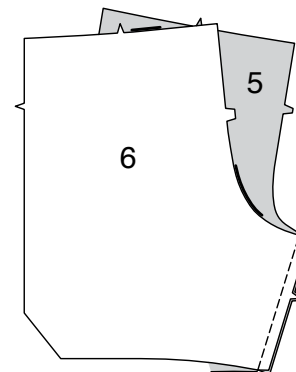
### SHORTS C, D

**NOTE:** Stretch fabric evenly in front and back of needle while stitching.

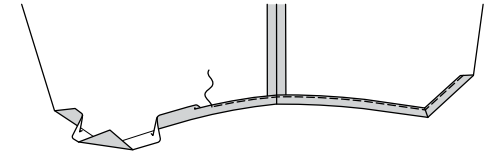
**NOTE:** Under each sub-heading, the first View will be illustrated, unless otherwise indicated.

#### FRONT AND BACK

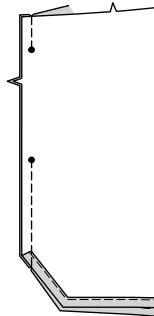
1. Stitch **SHORTS FRONT** (5) to **SHORTS BACK** (6) at inner leg edge.



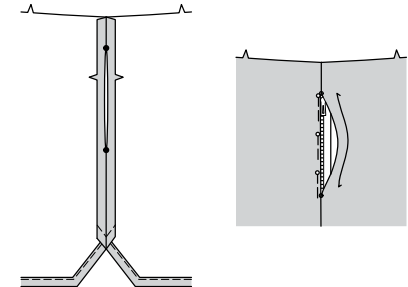
2. Make 7/8"(2.2cm) **NARROW HEM** at lower edges of shorts, as shown, diagonally folding corners.



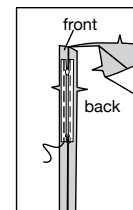
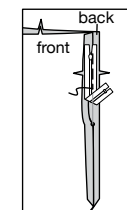
3. Stitch shorts front and shorts back together at side, leaving open between large dots.



4. Turn in seam allowance on shorts front opening edge; press. Turn in seam allowance on shorts back opening edge; press. Place closed zipper (face up) under shorts back edge, placing zipper stop at large dot and opening edge next to teeth. Pin in place. Bring shorts front opening edge to shorts back edge, matching seamlines. Pin in place.

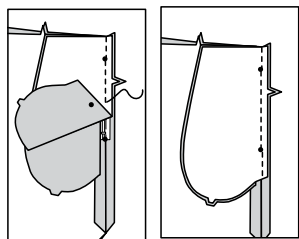
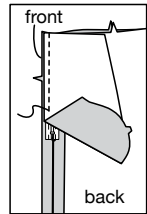


5. On **INSIDE**, spread back seam allowance flat, removing pins from outside. Re-pin zipper tape, keeping teeth next to back opening crease and zipper tape within seam allowance. Baste in crease 5/8"(1.5cm) from raw edge using a zipper foot.  
On **INSIDE**, spread front seam allowance flat, removing outside pins. Re-pin zipper tape to front seam, having zipper teeth just inside the seam allowance. Baste 3/8"(1cm) from raw edge, using a zipper foot.

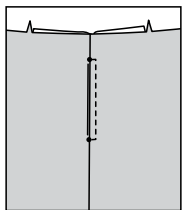


**6. NOTE:** For FRONT pockets, trim away 1/2" (1.3cm) from straight edge of two POCKET (7) sections. For each side, pin one (trimmed) pocket section to right side of shorts front seam allowance, over zipper, matching raw edges. Stitch in a 3/8" (1cm) seam, using a zipper foot. Press seams toward pockets.

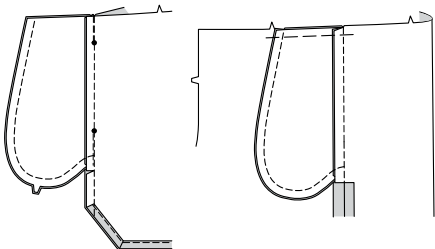
Pin one remaining pocket section to right side of shorts back seam allowance, over zipper, matching large dots. Stitch in a 5/8" (1.3cm) seam, using a zipper foot between large dots. Stitch close to seamline above and below large dots.



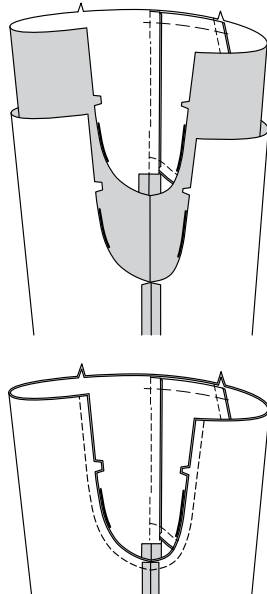
**7.** Turn front pocket toward front and back pocket toward back. **TOPSTITCH** front pocket opening, pivoting stitching to opening edge, keeping back free.



**8.** Turn back pocket toward front, bringing pocket edges together. Stitch pocket edges together to side seams. Clip back seam allowance below pocket. Turn pocket toward front along seamline; press. Baste across upper edge.



**9.** For crotch seam, turn one pant leg right side out. Slip inside remaining pant leg. Stitch crotch seam. Stitch again 1/4" (6mm) away along curve. Trim close to second stitching.



**10.** With RIGHT sides together, pin LOOP (8) sections together. Stitch side edges in 3/8" (1cm) seams. Trim.

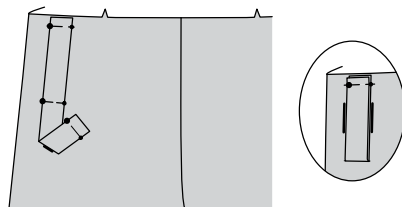


**11.** Turn. Press. Baste raw edges.

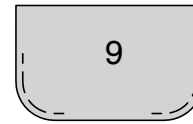


**12.** Pin loop to left shorts back section, having one end at upper edge, placing foldline along placement line, matching symbols. Baste upper edge. Stitch loop along foldline.

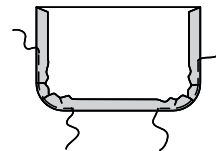
Fold loop along foldline and baste remaining end to upper edge, matching symbols. Baste.



**13.** Stitch curved edges of BACK POCKET (9) 3/8" (1cm) from raw edge, using long machine stitches, as shown.

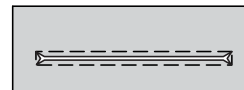


**14.** Turn in seam allowances on side and lower edges; pull threads to ease in fullness on curves. Press.

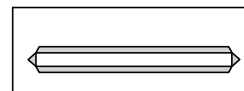


**15. REINFORCE** back pocket along stitching lines, pivoting at corners, as shown.

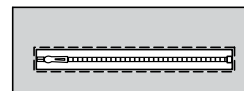
Slash along slash line, clipping diagonally to inner corners.



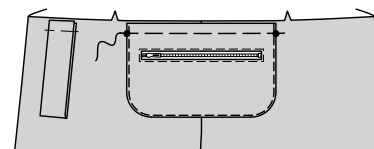
**16.** Turn in seam allowances along stitching, as shown. Press.



**17.** With RIGHT sides up, pin closed zipper to back pocket zipper opening, placing zipper stops at ends. Baste. **EDGESTITCH** pocket opening.

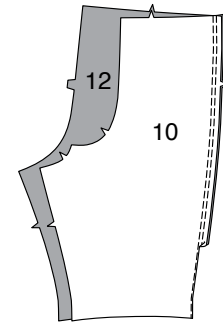


**18.** Pin pocket to shorts back, matching large dots. **EDGESTITCH** side and lower edges. Baste upper edge.



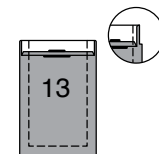
**LINER AND FINISHING**

**19.** Stitch FRONT (10) to BACK (12) at side in a **DOUBLE-STITCHED** seam. Press seam toward back.



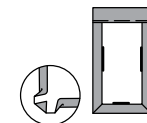
**20.** Turn in 1/4" (6mm) on upper edge of SIDE POCKET (13). Press.

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



**21.** Turn upper edge of pocket to inside, turning in remaining seam allowances, diagonally folding corners. Press.

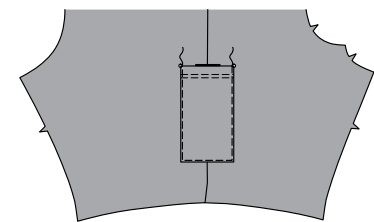
Baste close to inner pressed edge.



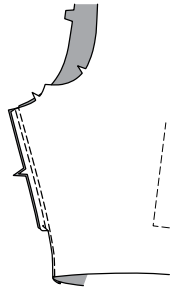
**22. TOPSTITCH** along basting. **TOPSTITCH** again 1/4" (6mm) above previous stitching



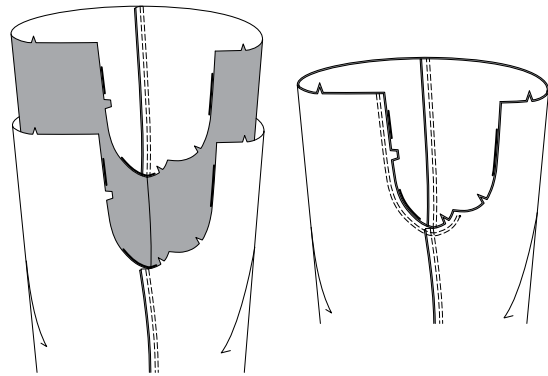
**23.** Pin pocket to right side, matching symbols. **EDGESTITCH** side and lower edges, reinforcing upper ends.



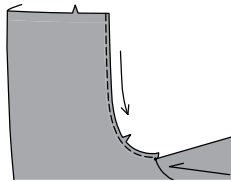
24. Stitch inner leg edges together in a **DOUBLE-STITCHED** seam. Press seam toward back.



25. For crotch seam, turn one leg right side out. Slip inside remaining leg. Stitch in a **DOUBLE-STITCHED** seam, as shown. Press seam to one side.



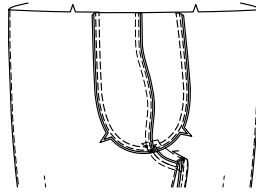
26. **STAYSTITCH** front edge above crotch seam, as shown.



27. Stitch **CENTER PIECE** (11) sections together at center front in a 3/8"(1cm) seam. Stitch again 1/4"(6mm) away in seam allowance. Press seam toward one side.

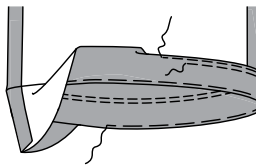


28. With **RIGHT** sides together, pin center piece to front, matching notches and small dots. Stitch in a 3/8"(1cm) seam. Stitch again 1/4"(6mm) away in seam allowance.

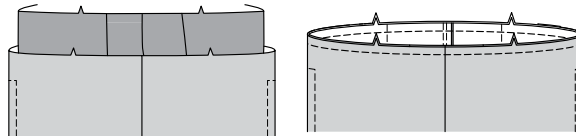


29. Turn up hem on lower edge of liner. Baste close to fold. Turn in 1/4"(6mm) on raw edge. Baste hem in place close to upper edge. Press.

**TOPSTITCH** hem along upper basting. **TOPSTITCH** again 1/4"(6mm) below previous stitching.

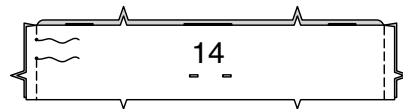


30. With **RIGHT** sides up, insert liner into shorts, having upper edges even, matching notches. Baste, stretching liner to fit.

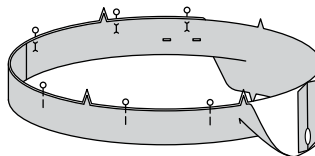


31. For front, make buttonholes in one **CASING** (14) section. **Tip:** Before making buttonholes, reinforce front by fusing small interfacing sections over buttonhole markings.

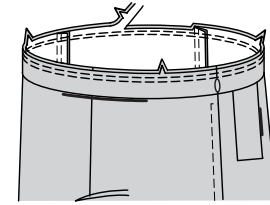
Stitch casing sections together at sides, leaving left side open between small dots, as shown.



32. With wrong sides together, fold casing in half lengthwise. Press. Pin raw edges together.

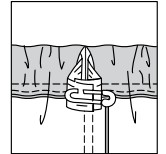
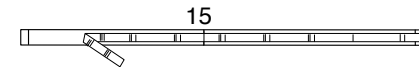


33. Pin casing to upper edge of shorts, matching centers and side seams. Stitch. Stitch again 1/4"(6mm) away in seam allowance. Trim close to stitching. Press seam toward shorts.

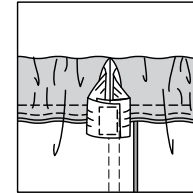


34. Cut elastic the length of **GUIDE FOR ELASTIC** (15).

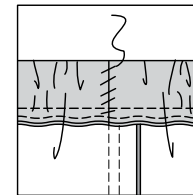
Insert elastic through opening. Lap ends; hold with safety pin.



35. Stitch ends of elastic securely.



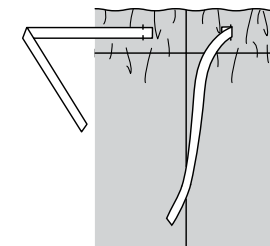
36. **SLIPSTITCH** opening edges together.



37. Cut a piece of cording approximately 70"(178cm) long.

Insert cording through buttonholes in casing, extending ends evenly.

**OPTIONAL:** Wrap ends of cording with shoelace aglets, following manufacturer's instructions.





# Congrats!

You've completed your sewing adventure

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