



Average

MEN'S T-SHIRT AND SHORTS

Suggested Fabrics: A in Stretch Knits only such as Bamboo, Interlock, ITY, Rib Knit. See Stretch Gauge. **B:** Chino, Cotton Blends, Denim, Linen Blends, Stretch Wovens, Twill. **Lining B:** Cotton Blends. **Interfacing B:** Lightweight Fusible.

Notions: B: One 7" (18cm) zipper (adjust to fit), one 5/8" (1.5cm) button.

Sizes 34 36 38 40 42 44 46 48 50 52

BODY MEASUREMENTS: Select pattern size based on body measurements

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

T-Shirt A	60**	7/8	7/8	7/8	7/8	7/8	1	1	1	1	1	Yds.
Contrast (Neckband, Sleeve)	60**	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	5/8	5/8	Yds.
Shorts B	45**	1 3/4	1 7/8	2 1/4	2 1/4	2 1/4	2 1/4	2 1/4	2 1/2	2 1/2	2 1/2	Yds.
	60**	1 3/4	1 3/4	1 3/4	1 3/4	1 3/4	1 7/8	1 7/8	1 7/8	2	2	"
Lining	45** - 1/2 yd.											
Interfacing	20" - 3/8 yd.											

FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)

A Chest	35	37	39	41	43	45	47	49	51	53	Ins.	
A Waist	34	36	38	40	42	44	46	48	50	52	"	
B Hip	38	40	42	44	46	48	50	52	54	56	"	
Width, lower edge												
T-Shirt A	34	36	38	40	42	44	46	48	50	52	Ins.	
Width, each leg												
Shorts B	22 3/4	24	25 1/4	26 1/2	27 3/4	29	30 1/4	31 1/2	32 3/4	33 3/4	Ins.	
Finished back length from base of neck												
T-Shirt A	25 1/4	25 1/2	25 3/4	26	26 1/4	26 1/2	26 3/4	27	27 1/4	27 1/2	Ins.	
Finished side length from waist												
Shorts B (sits 1" below waist)	23 3/4	24	24 1/4	24 1/2	24 3/4	25	25 1/4	25 1/2	25 3/4	26	Ins.	

*with nap **without nap

Moins Facile

T-SHIRT ET SHORT POUR HOMMES

Tissus Conseillés: A en tricot extensibles seulement tels que Bamboo, Interlock, Tricot interlock en fil retors, Tricot à côtes. Reportez-vous au taux d'élasticité. **B:** Chino, Cotonnades, Denim, Lin mélangés, Tissus tissés extensibles, Twill. **Double B:** Cotonnades. **Entoilage B:** Thermocollant léger.

Mercerie: B: 1 fermeture à glissière de 18cm (adaptez pour ajuster), 1 bouton de 1.5cm.

Tailles 34 36 38 40 42 44 46 48 50 52

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

Poitrine	87	92	97	102	107	112	117	122	127	132	cm	
Taille	71	76	82	87	92	99	107	112	117	122	"	
Hanches (23cm au-dessous de la taille)												
	89	94	99	104	109	115	119	124	128	135	cm	

T-Shirt A	150cm*	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.9	0.9	0.9	m
Contraste (Bande d'encolure, Manche)	150cm*	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.6	0.6	0.6	m
Short B	115cm*	1.6	1.6	1.9	2.1	2.1	2.1	2.1	2.2	2.2	2.3	m
	150cm*	1.6	1.6	1.6	1.6	1.6	1.6	1.7	1.7	1.8	1.8	"
Double B	115cm** - 0.5m											
Entoilage	51cm - 0.8m											

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

A Poitrine	89	94	99	104	109	114	119	124	130	135	cm	
A Taille	86	91	97	102	107	112	117	122	127	132	"	
B Hanches	97	102	107	112	117	122	127	132	137	142	"	
Largeur à l'ourlet												
T-Shirt A	86	91	97	102	107	112	117	122	127	132	cm	
Largeur, chaque jambe												
Short B	58	61	64	67	70	74	77	80	83	86	cm	
Longueur finie - dos, votre nuque à l'ourlet												
T-Shirt A	64	65	65	66	67	67	68	69	69	70	cm	
Longueur finie - côté, taille à l'ourlet												
Short B (repose 2.5cm dessous de la taille)	60	61	62	62	63	64	64	65	65	66	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%.

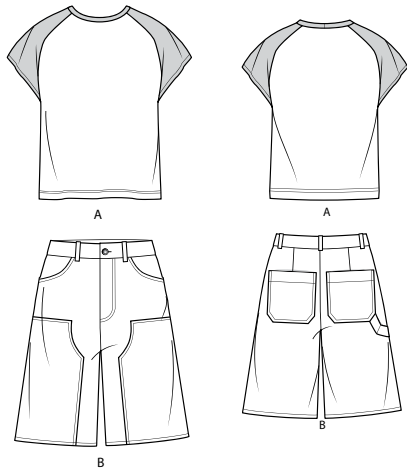
4" of crosswise folded fabric must STRETCH from here
 10 cm de tricot plié sur le travers et sur le droit-fil doivent s'étirer de cette limite à celle là
 10 cm de tejido de punto doblado (a lo largo y luego al través) deben estirarse desde acá

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%.



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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.

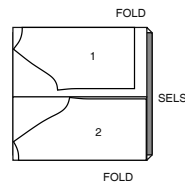
NOTE: Broken-line boxes (a! b! c!) in layouts represent pieces cut by measurements provided.

CUTTING LAYOUTS

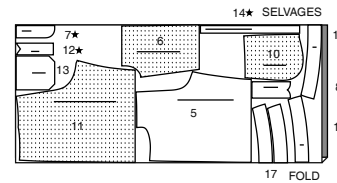
T-SHIRT

USE PIECES 1 2

60" (150CM) WITH NAP ALL SIZES



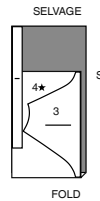
60" (150CM) WITH NAP ALL SIZES



CONTRAST (NECKBAND, SLEEVE)

USE PIECES 3 4

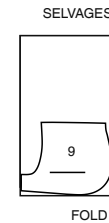
60" (150CM) WITH NAP ALL SIZES



LINING

USE PIECE 9

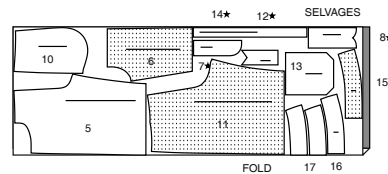
45" (115CM) WITHOUT NAP ALL SIZES



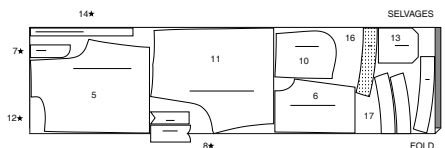
SHORTS B

USE PIECES 5 6 7 8 10 11 12 13 14 15 16 17

45" (115CM) WITH NAP SIZES 34 36

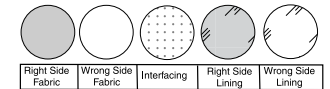


45" (115CM) WITH NAP SIZES 38 40 42 44 46 48 50 52



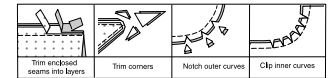
SEWING INFORMATION

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

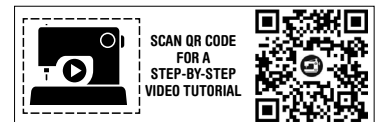
Sewing procedures **BOLD** in Sewing Directions are defined below.

DOUBLE TOP-STITCH - On **OUTSIDE**, stitch close to finished edge or seam. Stitch again 1/4" (6mm) below first stitching.

STAYSTITCH - Stitch 1/2" (1.3cm) from cut edge in direction of arrows. This stitching stays in permanently to prevent stretching on curved edges. (Shown only in the first illustration).

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.

UNDERSTITCH - Press facing and seam away from garment, stitching through facing and seam allowances close to seam.



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SIMPLY THE BEST SEWING TECHNIQUES...

FOR KNITS

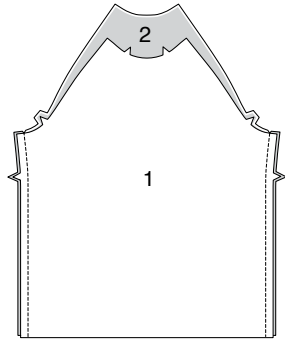
- Use a ball point or stretch needle.
- Stretch knits need seams that are supple enough to “give” with the fabric. You can sew them with straight stitches (stretching the fabric slightly as you sew), narrow zig-zag stitches, or one of the stretch stitches built into many conventional machines, or on your serger.
- Some knits require very little or no pressing while sewing. Use the appropriate temperature setting. Press lightly or use steam.
- Raw edges of hem and facings are left raw, unless using a serger.
- Use a twin sewing machine needle for a double stitched hem.

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

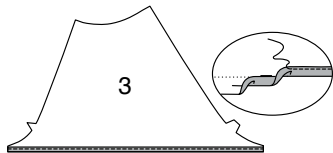
STITCH SEAMS WITH RIGHT SIDES TOGETHER UNLESS OTHERWISE STATED.

T-SHIRT A

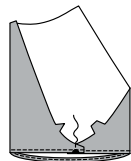
- 1.** Stitch FRONT (1) TO BACK (2) at sides.



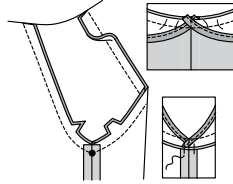
- 2.** Press under 5/8" (1.5cm) hem allowance on lower edge of SLEEVE (3). To form narrow hem, tuck under raw edge to meet crease; press. Stitch close to inner pressed edge.



- 3.** Lap front end of sleeve over back, matching large dots. Stitch along underarm seam line.



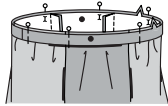
- 4.** Pin sleeve to front and back armhole, matching notches and large dots. Turn free ends of sleeve toward armhole edge so that hemmed ends are even with raw armhole edge, having remaining ends of sleeve extended slightly beyond armhole edges. Trim ends of sleeve even with raw armhole edge. Stitch. Turn seam allowance toward T-shirt and tack to side seam.
- TIP-** If you prefer, before tacking seam allowance, stitch armhole 1/4" (6mm) from first stitching within seam allowance; trim close to second stitching.



- 5.** Stitch notched ends of NECK BAND (4). Fold neckband in half lengthwise, having raw edges even. Pin.



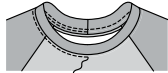
- 6.** On OUTSIDE, pin neckband to neck edge, matching centers and small dots



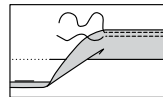
- 7.** Stitch in a 3/8" (1cm) seam, stretching band to fit. Press seams toward T-shirt, pressing band out.



- 8.** On OUTSIDE, edgestitch T-shirt close to neck seam.

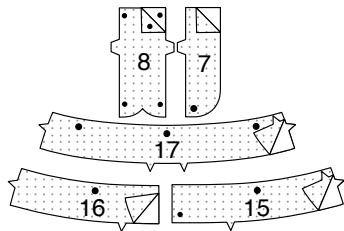


- 9.** Press under 1-1/4" (3.8cm) hem allowance on lower edge of T-shirt. Press under 1/4" (6mm) on inner raw edge. **DOUBLE TOP-STITCH** hem in place.

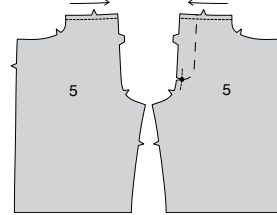


SHORTS B

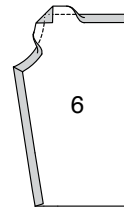
- 1.** Pin interfacing to wrong side of each matching FABRIC section. Fuse, following manufacturer's instructions.



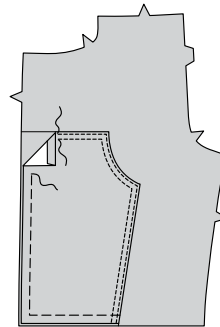
- 2. STAYSTITCH** upper edge of each FRONT (5) section. Transfer stitching line to OUTSIDE LEFT front using a water-soluble fabric marking pen OR by hand-basting. This will serve as a guide for the fly stitching later.
- To reinforce LEFT front, stitch along seam line for about 1" (2.5cm) each side of large dot, stitching through large dot.
- Clip LEFT front to reinforced large dot, being careful not to clip through stitching.
- Staystitching will not be shown in the following illustrations.



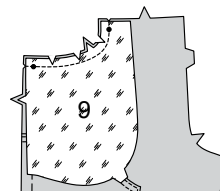
- 3.** Stitch FRONT PATCH (6) along seam line on all but side seam and lower edges. To miter corners on each end of curved edge, turn seam allowance to INSIDE at an angle; press. Turn in remaining raw edges along stitching; press.



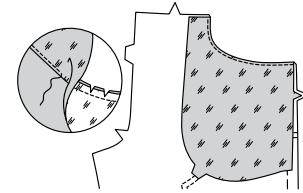
- 4.** Pin patch to front, having pressed edges along placement line and raw edges even. Baste raw edges together. **DOUBLE TOP-STITCH** pressed edges.



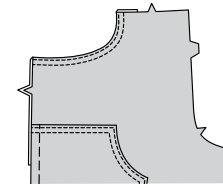
- 5.** With RIGHT sides together and raw edges even, pin POCKET FACING (9) to front, matching small dots. Stitch single notched curved edge. Trim seam; clip curves.



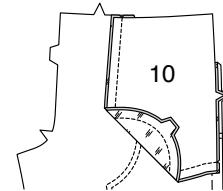
- 6. OPTIONAL: UNDERSTITCH** pocket facing by pressing facing and seam away from front, stitching through facing and seam allowances close to seam, as far as possible. Understitching makes it easier to turn facing evenly to INSIDE.



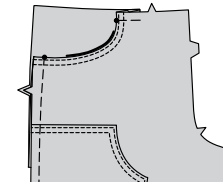
- 7.** Turn facing to INSIDE; press. **DOUBLE TOP-STITCH** finished edge on OUTSIDE.



- 8.** On INSIDE, with RIGHT sides together, pin SIDE FRONT AND POCKET (10) section to pocket facing, having raw edges even. Stitch double notched edge, as shown, keeping front free.

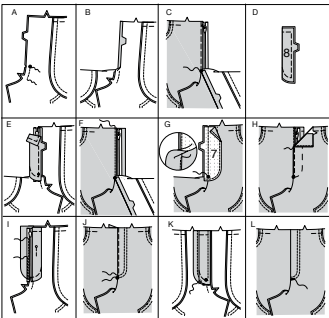


- 9.** On OUTSIDE, lap front over side front and pocket, matching small dots and having raw edges even; pin. Baste side and upper edges.

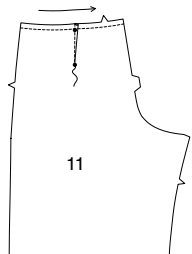


NOTE: *Stitch zipper using an adjustable zipper foot. If zipper needs to be shortened, it will be shortened after it is inserted.*

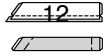
- 10. A-** Stitch front sections together at center front between large dot and notch, back-stitching at each end.
- B-** Turn in RIGHT front opening edge along foldline; press. Baste raw ends together.
- C-** Place closed zipper (face up) under RIGHT front opening edge, having pressed edge close to zipper teeth and zipper stop at small dot. Using a zipper foot, baste close to pressed edge.
- D-** Fold RIGHT FLY (8) along foldline, having WRONG sides together and raw edges even. 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-** To finish curved unnotched edge of LEFT FLY FACING (7), stitch 1/4" (6mm) from edge, turn under along stitching and stitch, OR zigzag over the edge, OR overlock/serge over the edge.
- Pin fly facing to left front opening edge, matching notches and large dots. Stitch, ending at large dot. Trim. **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, topstitch LEFT front along stitching line, keeping RIGHT fly free. Topstitch again 1/4" (6mm) inside first stitching.
- 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.



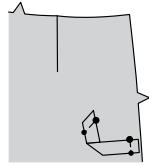
- 11.** To make dart in each BACK (11) section, fold the fabric through the center of the dart, bringing broken lines and small dots together. On INSIDE, place pins at RIGHT angles to the broken lines. Stitch the dart from wide end to point. **TIP-** To prevent a "bubble" at the point, make the last few stitches right on the fold and leave the thread ends long enough to tie a knot. DO NOT back-stitch at the point. Press dart flat along stitching to "blend" the stitches, then press toward center back. **STAYSTITCH** upper edge in direction of arrows, stitching through dart.



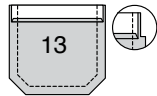
- 12.** Fold LOOP (12) in half lengthwise, having RIGHT sides together and raw edges even. Stitch long edge in a 1/4" (6mm) seam. Turn loop RIGHT side out; press. Baste raw ends together.



- 13.** On OUTSIDE, baste straight edge of loop to side edge of right back, matching small and large dots, having raw edges even. Turn free end of loop under attached portion. Matching small and large dots, pin seam line to placement line. Baste.



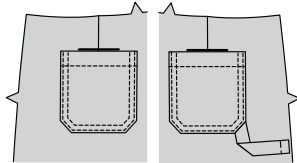
- 14.** Press under 1/4" (6mm) upper raw edge of each POCKET (13) section. Turn upper edge to OUTSIDE along fold line, forming a facing. Stitch along seam line on raw edges. Trim side seam allowances in the facing area to 1/4" (6mm).



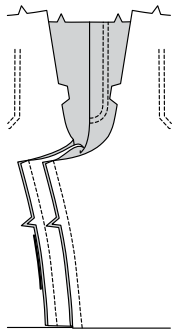
- 15.** Turn corners RIGHT side out, turning facing to the WRONG side. Press, pressing under raw edges along stitching. Stitch facing close to inner pressed edge.



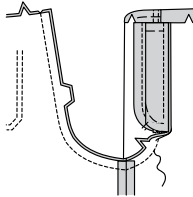
- 16.** On OUTSIDE, pin pocket to back section along placement line, having right pocket over loop, as shown. **DOUBLE TOP-STITCH** side and lower edges.



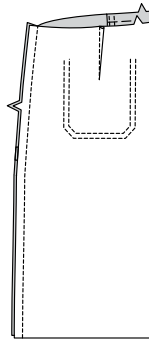
- 17.** Stitch front and back together at inner leg edges.



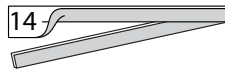
- 18.** Pin center back seam and remainder of center front seam, matching inner leg seams. Stitch, connecting to previous stitching on front, back-stitching at each end. To reinforce seam, stitch again over first stitching.



- 19.** Stitch back to front at side seams



- 20.** Fold CARRIER (14) in half, lengthwise, with WRONG sides together. Press, setting in a crease.



- 21.** Open out long edges of carrier and turn them to WRONG side so that they meet at the crease. Press.



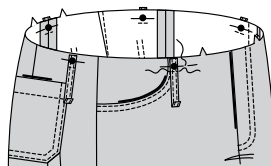
- 22.** Fold carrier in half lengthwise, bringing pressed edges together. Edgestitch close to both long edges.



- 23.** Cut carrier into five sections, each 4" (10cm) long. Press under 1/2" (1.3cm) on one end of each carrier.

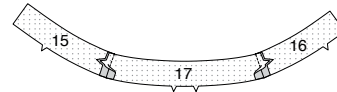


- 24.** On OUTSIDE, center and pin unpressed edges of carriers to upper edge of pants over large dots, having raw edges even. Baste. Stitch 1" (2.5cm) from top.

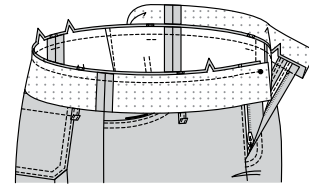


NOTE: *You have cut out two left front waistbands, two right front waistbands, and two back waistband sections. One of each will be interfaced and stitched to the outside of the shorts. The remaining sections will be used as the facings and when completed, will be on the inside of the shorts, facing your body.*

- 25.** Stitch RIGHT FRONT WAISTBAND (15) and LEFT FRONT WAISTBAND (16) sections to BACK WAISTBAND (17) at sides, matching notches.



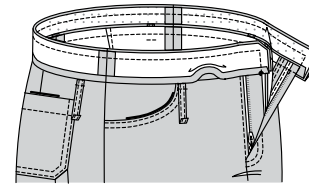
- 26.** Pin waistband to pants, matching centers and side seams, easing side front to fit. Front edges of waistband will extend 5/8" (1.5cm) beyond finished edges of shorts. Baste. Stitch. Trim seam; press toward waistband.



- 27.** Stitch waistband facing sections together at sides. Turn under 1/2" (1.3cm) on notched edge. Press, easing in fullness along curves. **TIP-** Stitch 1/2" (1.3cm) from notched edge and use as a pressing guide.

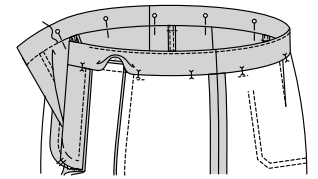


- 28.** With right sides together and raw edges even, pin facing to waistband, matching centers and side seams. Stitch raw edges together, stitching ends along seam line on front edges, as shown, being careful not to catch in zipper teeth. Trim seam and corners.

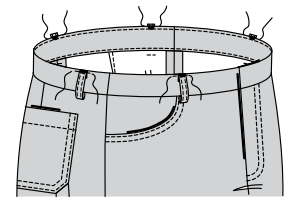


- 29. UNDERSTITCH** facing as far as possible.

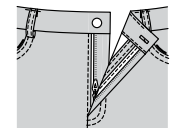
Turn facing to inside; press. Pin pressed edge 1/8" (3mm) over seam, placing pins on outside. On outside, **STITCH IN THE DITCH** or "groove of the seam," removing pins as you come to them.



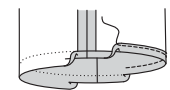
- 30.** Center and pin pressed ends of carriers over large dots, having upper edges even. Edgestitch carriers close to upper edge.



- 31.** Make buttonhole in left end of waistband at marking. Sew button to right end at small dot.



- 32.** Press under 5/8" (1.5cm) seam allowance on lower edge of shorts. To form narrow hem, tuck under raw edge to meet crease. Press. Stitch hem in place.





Congrats!

You've completed your sewing adventure

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