



Easy

MEN'S KNIT TOP AND SHORTS

Suggested Fabrics: A, B in Bamboo, ITY, Fleece, Sweatshirt Fleece. **Contrast A** in Stretch Knits only such as Bamboo, ITY, Rib Knit. See Stretch Gauge.

Notions: B: 1½ yds. (1.2m) of 1½" (4cm) elastic.

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

Bust/ 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	"
Top A	60**	1	1	1	1½	Yds.

Contrast (Neckband, Sleeve Bands)

	60**	¾yd.
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Shorts B	60**	1¾	1¾	1½	1¾	1¾	Yds.
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Interfacing 20" - ½ yd.

FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)

A Chest	41	45	49	53	57	Ins.
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B Hip	42	46	50	54	58	"
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Width, lower edge

Top A	41	45	49	53	57	Ins.
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Width, each leg

Shorts B	23¼	24¼	25¼	26¼	27¼	Ins.
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Finished back length from base of neck

Top A	26½	27	27½	28	28½	Ins.
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Finished side length from waist

Shorts B - Sits 1" (2.5cm) below waist	24¼	24¾	25¼	25¾	26¼	Ins.
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*with nap **without nap

Facile

HAUT ET SHORT EN TRICOT POUR HOMMES

Tissus Conseillés: A, B en Bambou, Tricots interlock en fil retors, Molleton, Sweatshirt Molleton.

Contraste A en tricots extensibles seulement tels que Bambou, Tricots interlock en fil retors, Tricot à côtes. Reportez-vous au taux d'élasticité.

Mercerie: B: 1.2m d'élastique de 4cm.

Tailles	P	M	G	TG/XG	TTG/XXG
Françaises	36-38	40-42	44-46	48-50	52-54
Européen	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	81-87	92-99	107-112	117-122	"
Hanches	89-94	99-104	109-115	119-124	128-135	"

Haut A	150cm*	0.9	0.9	0.9	0.9	1.4	m
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Contraste (Bande d'encolure, Bandes de manches)

	150cm*	0.3m
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Short B	150cm*	1.1	1.3	1.4	1.6	1.6	m
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Entoilage 51cm - 0.3m

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

A Poitrine	104	114	124	135	145	cm
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B Hanches	107	117	127	137	147	"
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Largeur à l'ourlet

Haut A	104	114	124	135	145	cm
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Largeur, chaque jambe

Short B	59	62	64	67	69	cm
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Longueur finie – dos, votre nuque à l'ourlet

Haut A	67	69	70	71	72	cm
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Longueur finie – côté, taille à l'ourlet

Short B - Repose 2.5cm dessous de la taille	62	63	64	65	67	cm
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*avec sens **sans sens



A



B

Use the 1 inch (2.54cm) box to ensure you are using rule at 100%

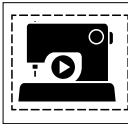
Utilisez la boîte de 2.54 cm pour vous assurer d'utiliser la règle à 100%.

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%

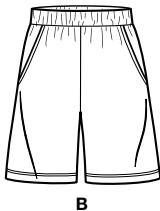
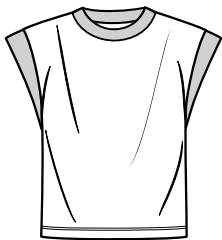
When using the Pick-A-Knit® rule to measure your fabrics stretch capacity, rule must be viewed or printed at 100%.
Quand vous utilisez le taux d'élasticité pour mesurer la capacité d'élasticité des tissus, le taux doit être visible ou imprimé à 100%.
Al utilizar el calibre de elasticidad para medir la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



SCAN OR CODE FOR A STEP-BY-STEP VIDEO TUTORIAL



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A

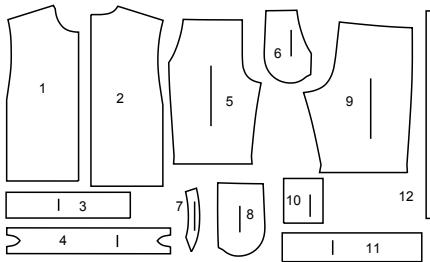
B



A

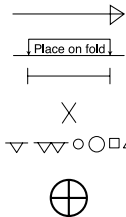
B

12 PATTERN PIECES



- 1 Front-A
- 2 Back-A
- 3 Neckband-A
- 4 Sleeve Band-A
- 5 Front-B
- 6 Pocket Facing-B
- 7 Pocket Interfacing-B
- 8 Side Front and Pocket-B
- 9 Back-B
- 10 Back Pocket-B
- 11 Casing-B
- 12 Guide for Elastic-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.

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.

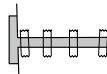
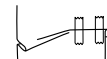
ADJUST IF NECESSARY

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.

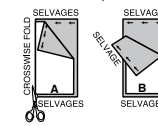
CIRCLE LAYOUT for View, Size, Fabric Width.

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.

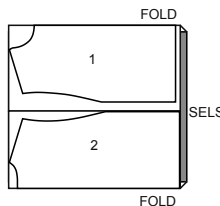
CUTTING LAYOUTS

RIGHT SIDE OF PATTERN	WRONG SIDE OF PATTERN	RIGHT SIDE OF FABRIC	WRONG SIDE OF FABRIC
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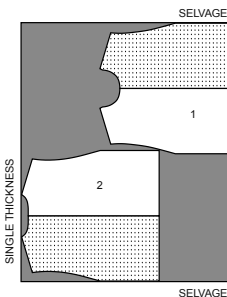
TOP A

USE PIECES: 1 2

60" (150CM) WITH NAP SIZES S-M-L-XL



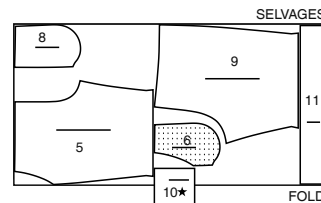
60" (150CM) WITH NAP SIZES XXL



SHORTS A

USE PIECES: 5 6 8 9 10 11

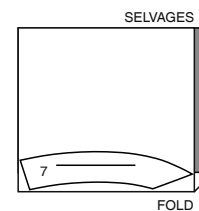
60" (150CM) WITH NAP ALL SIZES



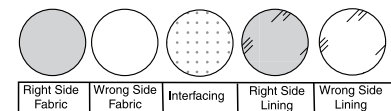
INTERFACING B

USE PIECES: 7

20" (51CM) WITHOUT NAP ALL SIZES

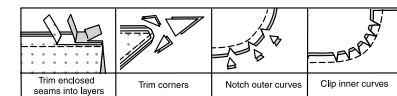


SEWING INFORMATION FABRIC KEY



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

SIMPLY THE BEST TECHNIQUES

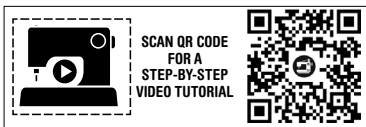
... FOR FLEECE

- Fleece fabric is strong, hard to puncture or tear and doesn't ravel. Since cut edges of fleece fabrics do not ravel, inner edges of seams and hems can be left raw.
- When pinning pieces together, use long pins...the kind with bead heads are best because short pins tend to get lost in the fleece.
- Use a ball point needle.
- When stitching, try using a narrow zig-zag stitches, adjusting the width and length for the type of fleece you are using. Always test first on some scraps and keep for reference.

- Sew slowly and carefully the first time you stitch a seam as stitches are hard to remove.
- When sewing around shaped areas sew slowly being careful not to stretch the fleece as you feed fabric through your machine.
- Finger press or steam press on a low temperature setting using a press cloth.

... FOR KNITS

- Use a ball point or stretch needle.
- Narrow zig-zag stitch or a stretch stitch.
- Little or no pressing.



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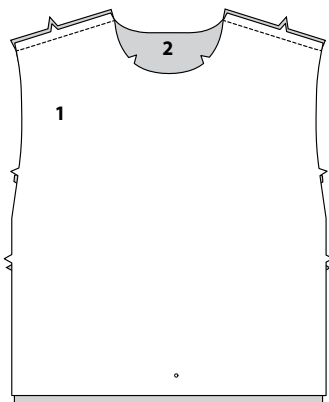
PATTERN PIECES WILL BE IDENTIFIED BY NUMBERS THE FIRST TIME THEY ARE USED.

STITCH SEAMS WITH RIGHT SIDES TOGETHER UNLESS OTHERWISE STATED

SEWING DIRECTIONS

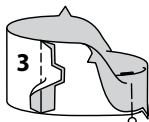
TOP A

1. Stitch FRONT (1) to BACK (2) at shoulders.

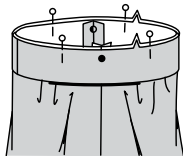


2. Stitch center back seam of NECK BAND (3).

Fold band in half, lengthwise, with WRONG sides together; press. Pin.



3. On OUTSIDE, pin band to neck edge, matching centers, placing small dots at shoulder seams, and having raw edges even.

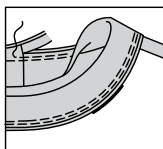


4. Stitch, stretching band to fit.

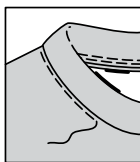
Stitch again 1/4" (6mm) away from first stitching within seam allowance.

Trim seam close to second stitching.

Press seam toward top, pressing band out.

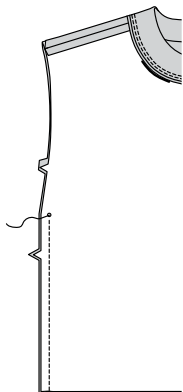


5. On OUTSIDE, stitch top close to neck seam.

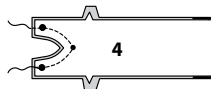


6. Pin back to front at sides, matching large dots.

Stitch seam below large dot, back-stitching at large dot to reinforce seam.



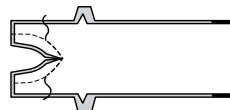
7. With RIGHT sides together, pin ends of SLEEVE BAND (4), matching small and large dots. Starting and ending at raw edges, stitch along inner curve, pivoting with needle in fabric at small dot



8. Stitch again along inner corner of sleeve band along previous stitching to reinforce.

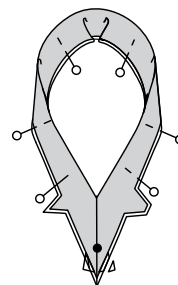
Clip seam allowance to small dot, being careful not to clip through stitching.

Clip curves if necessary.



9. With WRONG sides together, fold sleeve band in half lengthwise, matching seams and large dots; pin.

Trim seam allowance at points even with band.

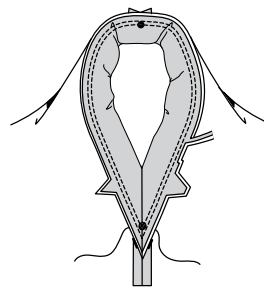


10. Pin sleeve band to armhole, placing small dot at shoulder seam, matching seams and large dots.

Stitch armhole, pivoting with needle in fabric at large dot, stretching band to fit, and breaking and reinforcing stitches at large dot.

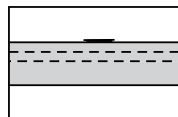
Stitch again 1/4" (6mm) away from first stitching within seam allowance. Trim seam close to second stitching.

Turn sleeve band out, turning seam toward top.



11. Press up 1-1/4" (3.2cm) hem on lower edge.

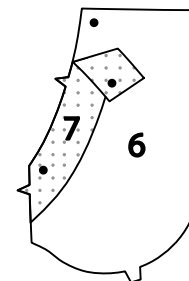
Stitch 1/4" (6mm) from raw edge and 1/4" (6mm) below first stitching.



SHORTS B

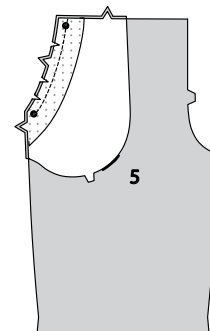
NOTE: Shorts are worn 1" (2.5cm) below waist.

1. Pin POCKET INTERFACING (7) to WRONG side of POCKET FACING (6), matching small dots and having outer edges even. Apply, following manufacturer's directions.

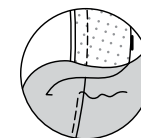


2. With RIGHT sides together and raw edges even, pin pocket facing to FRONT (5), matching small dots. Stitch curved single-notched edge.

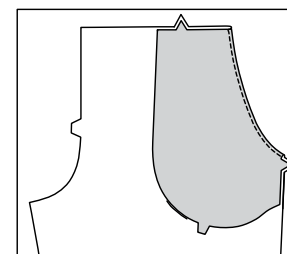
Trim seam; clip curves.



3. Understitch pocket facing by pressing facing and seam away from front, stitching through facing and seam allowances close to seam.

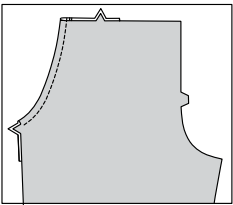


4. Turn facing to INSIDE; press.



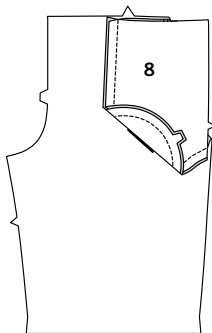
ME2130 - Page 3 of 3

5. On **OUTSIDE**, top-stitch 1/4" (6mm) from finished edge.



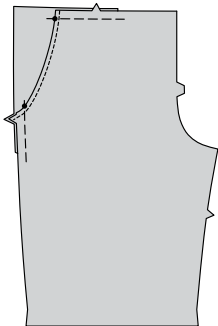
6. On **INSIDE**, with **RIGHT** sides together, pin **SIDE FRONT AND POCKET (8)** section to pocket facing, having raw edges even.

Stitch double-notched edge, as shown.



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

Baste side and upper edges together.

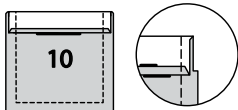


8. Press under 1/4" (6mm) on upper edge of **BACK POCKET (10)**.

Turn upper edge to **OUTSIDE** along fold line, forming facing.

Stitch along seam line on raw edges.

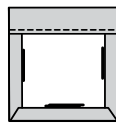
Trim seam allowance in the facing area to 1/4" (6mm).



9. Turn corners **RIGHT** side out, turning facing to the **WRONG** side.

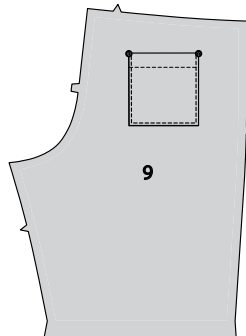
Press, pressing under raw edges along stitching.

Stitch facing close to inner edge.



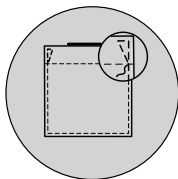
10. On **OUTSIDE**, pin pocket to right **BACK (9)** section, placing corners at large dots.

Edgestitch close to side and lower edges.

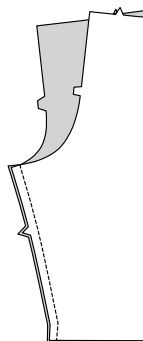


11. Reinforce pocket, as follows:

Starting at point where edgestitching and facing stitching intersect, edgestitch along previous edgestitching, pivoting to edgestitch upper edge of pocket for about 1/4" (6mm). Pivot once more and stitch a diagonal line, connecting to facing stitching.

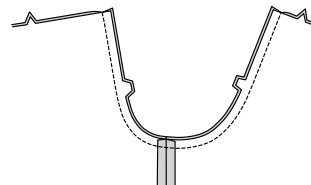


12. Stitch front to back at inner leg seams.

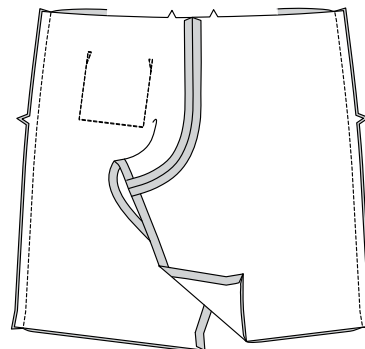


13. Pin center seam, matching inner leg seams and notches.

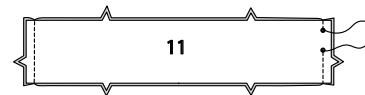
Stitch. Stitch again over first seam to reinforce seam.



14. Stitch back to front at sides.



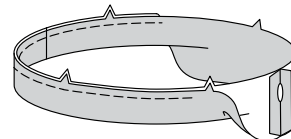
15. With **RIGHT** sides together, stitch **CASING (11)** sections together at sides, leaving an opening in **LEFT** side seam between small dots, as shown. Back-stitch at small dots to reinforce seam.



16. Press seams open.

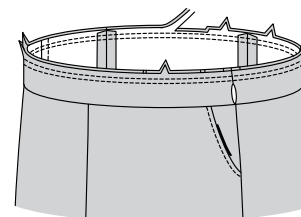
Fold casing in half, lengthwise, with **WRONG** sides together, having raw edges even. Baste raw edges together.

The side with the opening is the underside of the casing.

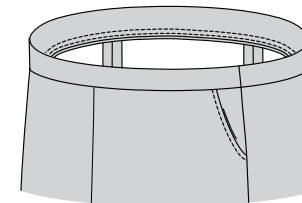


17. With the underside of casing facing you, pin casing to shorts, matching centers and side seams. Stitch along seam line. Stitch again 1/4" (6mm) from first stitching within seam allowance.

Trim close to second stitching.



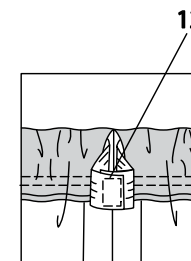
18. Press seam toward shorts, pressing casing out.



19. Cut a piece of elastic the length of **GUIDE FOR ELASTIC (12)**.

Insert elastic through opening in casing.

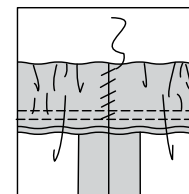
Stitch ends of elastic together securely.



20. Slip-stitch opening edges of casing together.

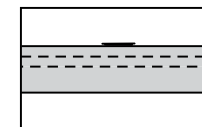
Distribute fullness evenly.

TIP-To secure elastic so it won't twist in wearing, stitch through all thicknesses of casing in the groove of each seam.



21. Press up 1-1/4" (3.2cm) hem on lower edge.

Stitch 1/4" (6mm) from raw edge and 1/4" (6mm) below first stitching.





Congrats!

You've completed your sewing adventure

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