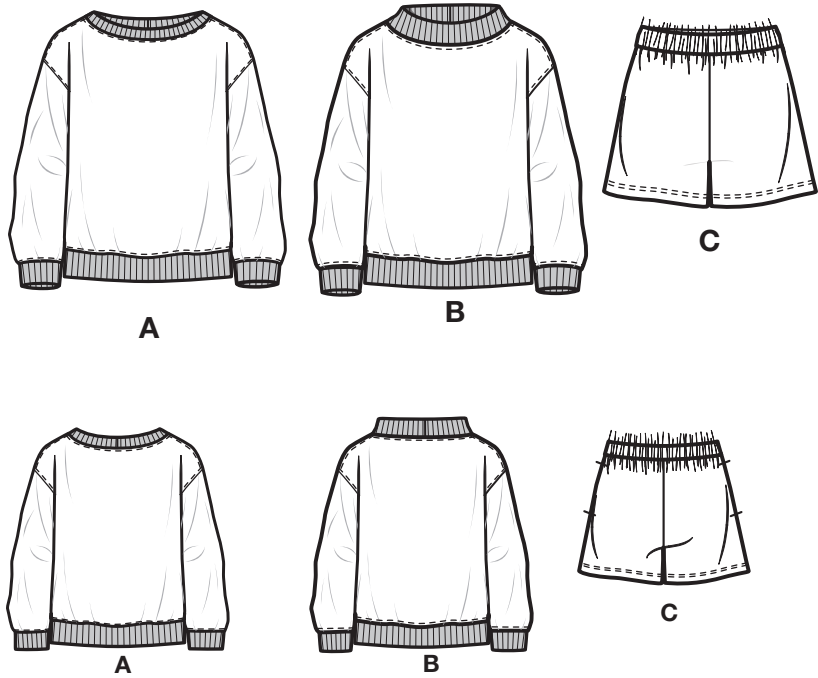




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**PATTERN MARKINGS**  
**GRAINLINE:** Place on straight grain of fabric, parallel to selvage or fold.  
**FOLDLINE:** Place line on fold of fabric.  
**BUTTONHOLE MARKING:** Indicates exact length and placement of buttonholes.  
**BUTTON MARKING:** Indicates button placement.  
**NOTCHES AND SYMBOLS:** For matching seams and construction details.

**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.

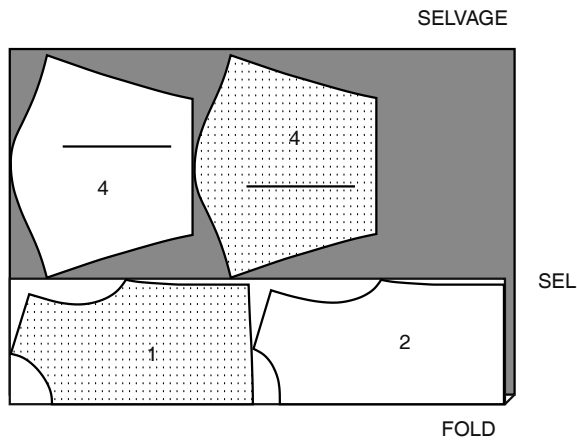
**SHRINK FABRIC** if not labeled pre-shrunk. Press.  
**CIRCLE LAYOUT** for View, Size, Fabric Width.  
Use **WITH NAP** layout for fabrics with one-way designs, nap, pile or surface shading. Because most knits have surface shading, a with nap layout is used.  
For **DOUBLE THICKNESS (WITH FOLD)** - 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).

**CUTTING AND MARKING**  
★ 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

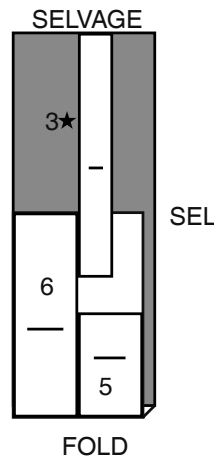
### SWEATSHIRT A,B PIECES 1 2 4

60" (150CM)  
WITH NAP  
ALL SIZES

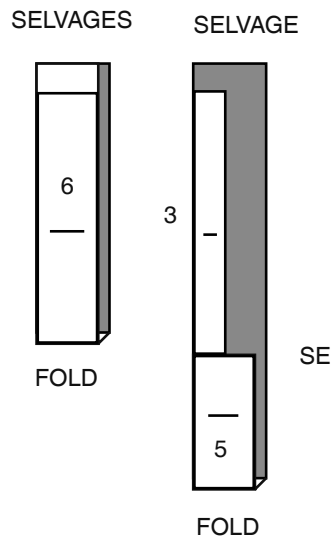


### CONTRAST A (NECKBAND, SLEEVE BANDS, LOWER BANDS) PIECES 3 5 6

60" (150CM)  
WITH NAP  
SIZES XS S M

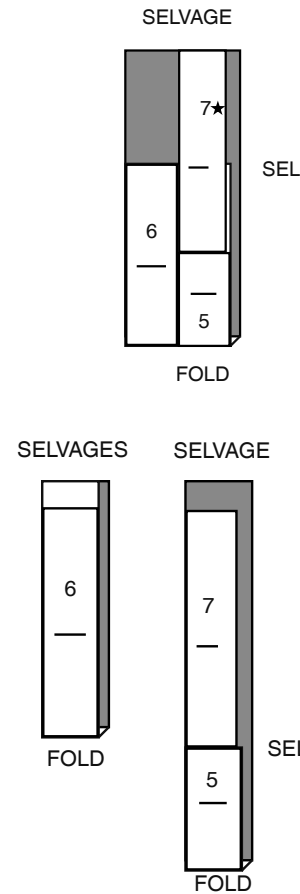


60" (150CM)  
WITH NAP  
SIZES L XL XXL



### CONTRAST B (NECKBAND, SLEEVE BANDS, LOWER BAND) PIECES 5 6 7

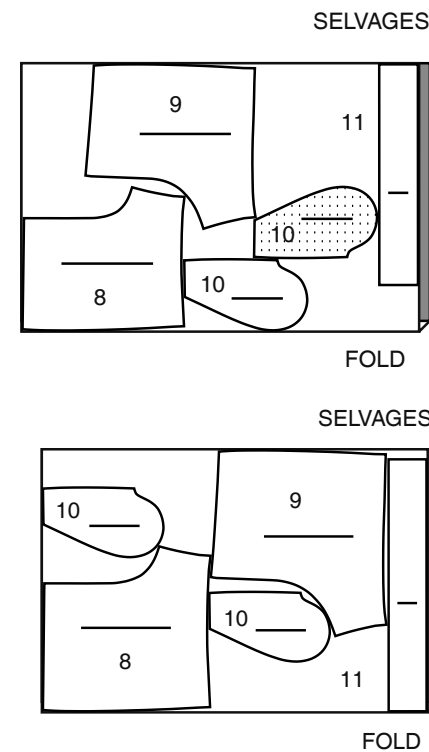
60" (150CM)  
WITH NAP  
SIZES XS S M L



60" (150CM)  
WITH NAP  
SIZES XL XXL

### SHORTS C PIECES 8 9 10 11

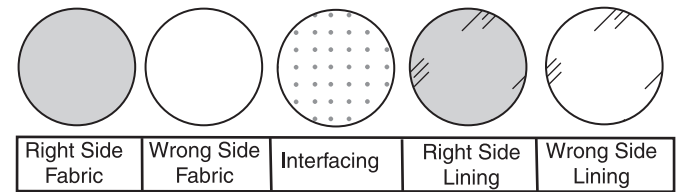
60" (150CM)  
WITH NAP  
SIZES XS S M L



60" (150CM)  
WITH NAP  
SIZES XL XXL

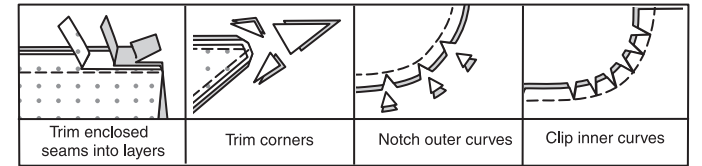
## SEWING INFORMATION

### FABRIC KEY



### SEAM ALLOWANCES

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



### PIN AND FIT

Pin or baste seams, **RIGHT SIDE TOGETHER**, matching notches. Fit garment before stitching major seams.

### PRESS

Press seam allowances flat; then open unless otherwise stated. Clip where necessary so they lie flat.

## GLOSSARY

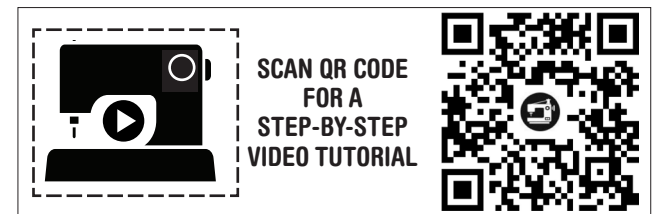
Sewing methods in **BOLD TYPE** have Sewing Tutorial Video available. Scan QR CODE to watch videos:

**DOUBLE-STITCH** - See "how to sew a double-stitch" video.

**SLIPSTITCH** - See "how to sew slip stitch" video.

**STAYSTITCH** - See "how to sew stay-stitching" video.

**TOPSTITCH** - See "how to sew topstitches" video.



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TOP A, B

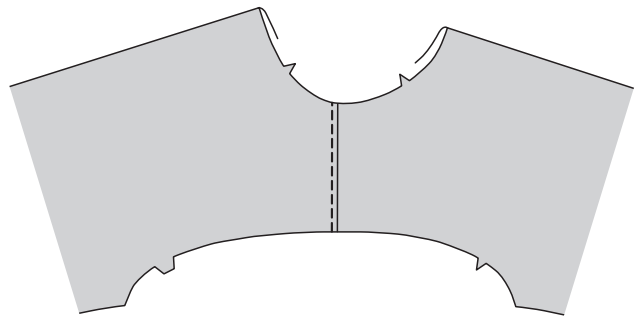
**NOTE:** Stretch fabric evenly in front and back of needle while stitching.  
**NOTE:** Under each sub-heading, the first View will be illustrated, unless otherwise indicated

FRONT, BACK AND SLEEVE

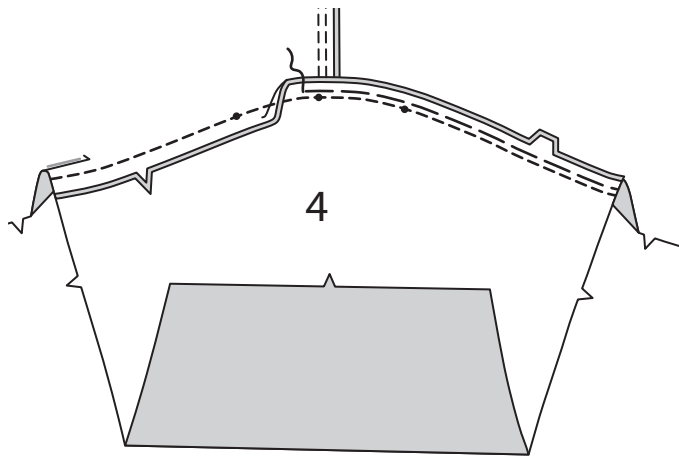
**1.** Stitch FRONT (1) to BACK (2) at shoulders in **DOUBLE-STITCHED** seams. Press seams toward back.



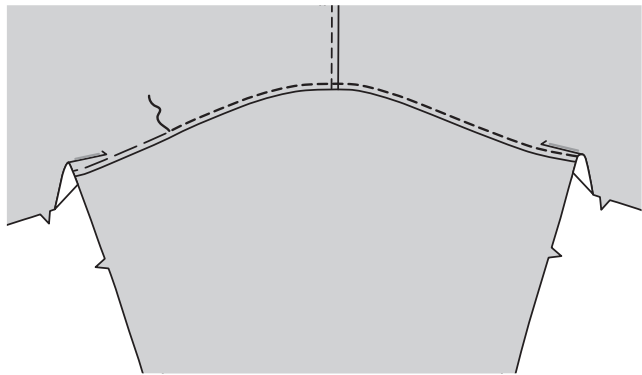
**2.** **TOPSTITCH** shoulder seams. **Optional:** Stitch shoulder with a single stitch and press seam open. **TOPSTITCH** seam on front and back.



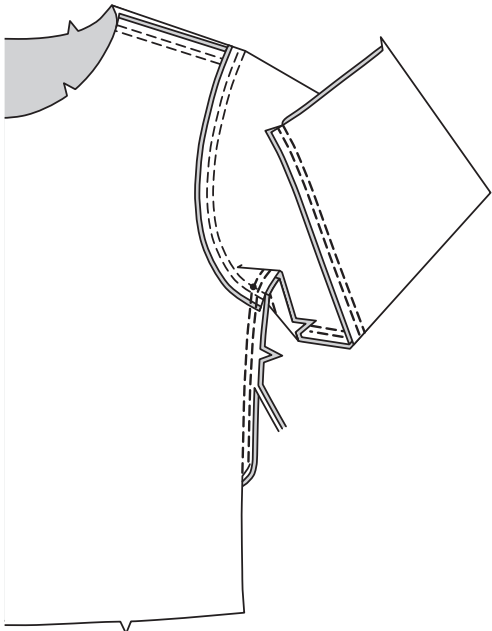
**3.** With **RIGHT** sides together, pin **SLEEVE** (4) to armhole edge, placing center small dot at shoulder seam, matching small dots. Stitch. Stitch again 1/4"(6mm) away in seam allowance. Trim close to stitching. Press seam toward armhole.



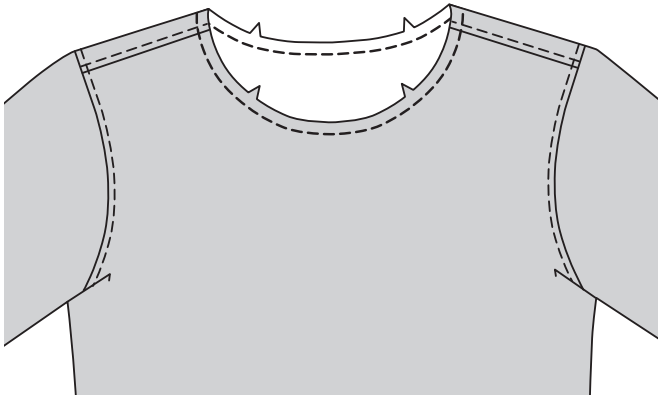
**4.** **TOPSTITCH** armhole seams.



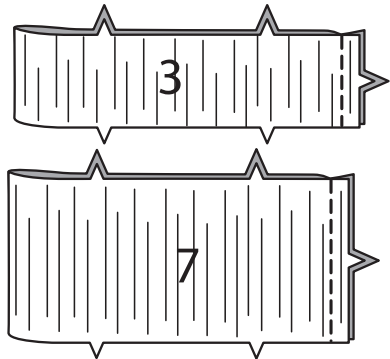
**5.** Pin front and back together at sides; pin sleeve edges together. Stitch in one continuous seam, pivoting at small dot. Stitch again 1/4"(6mm) away in seam allowance. Trim close to stitching. Press seams toward back.



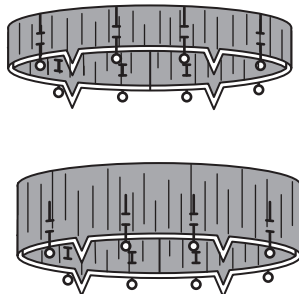
**6.** **STAYSTITCH** neck edge.



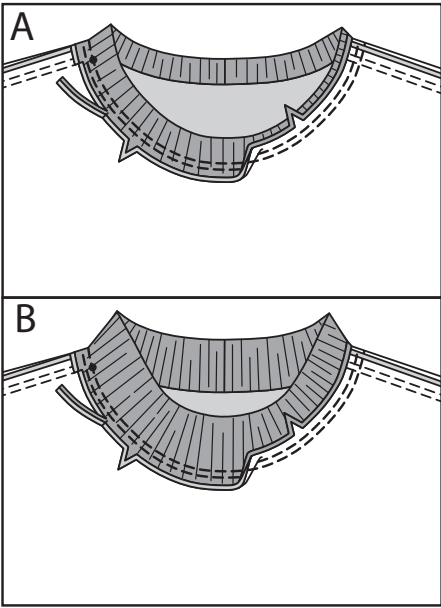
**7.** Stitch ends of **NECK BAND** (3) or **NECK BAND** (7) together.



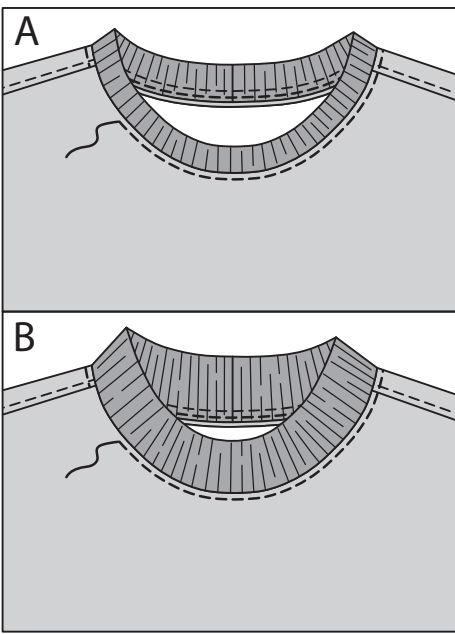
**8.** With **WRONG** sides together, fold neck band in half lengthwise; press lightly. Pin raw edges together.



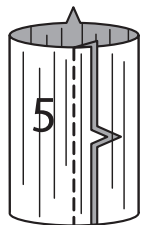
**9.** Pin neck band to top, matching centers and notches, placing small dots at shoulder seams. Stitch, stretching neck band to fit. Stitch again 1/4" (6mm) away in seam allowance. Trim close to stitching. Press seam toward top.



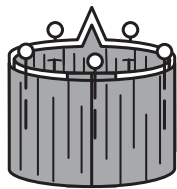
**10.** **TOPSTITCH** neck seam.



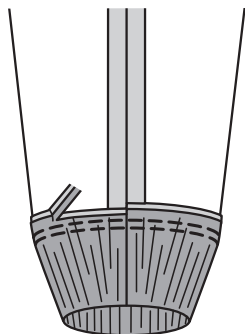
**11.** Stitch ends of **SLEEVE BAND** (5) together.



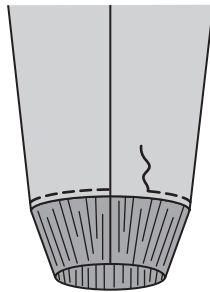
**12.** With **WRONG** sides together, fold sleeve band in half lengthwise; press lightly. Pin raw edges together.



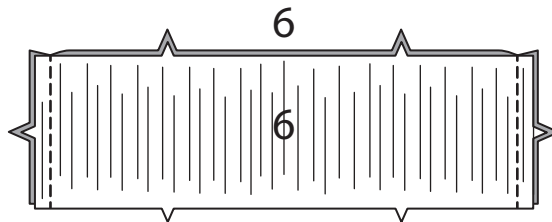
**13.** Pin sleeve band to sleeve, matching seams, as shown. Stitch, stretching sleeve band to fit. Stitch again 1/4" (6mm) away in seam allowance. Trim close to stitching. Press seam up.



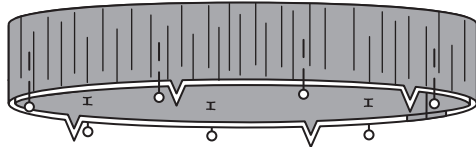
**14.** **TOPSTITCH** lower edge of sleeve.



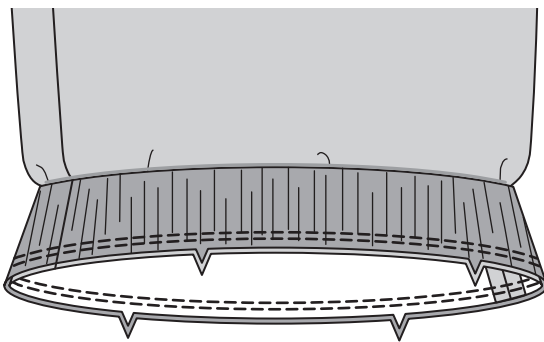
**15.** Stitch **LOWER BAND** (6) sections together at side edges.



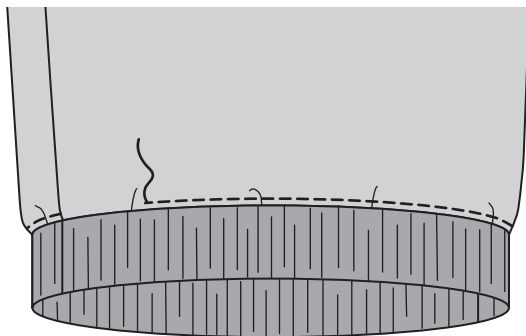
**16.** With **WRONG** sides together, fold lower band in half lengthwise; press lightly. Pin raw edges together.



**17.** Pin lower band to top, matching seams and notches, as shown. Stitch, stretching lower band to fit. Stitch again 1/4"(6mm) away in seam allowance. Trim close to stitching. Press seam up.



**18.** **TOPSTITCH** lower edge of top.

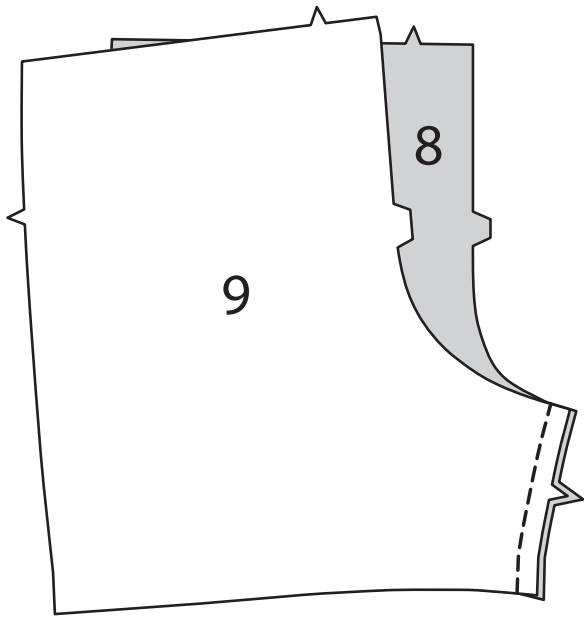


SHORTS C

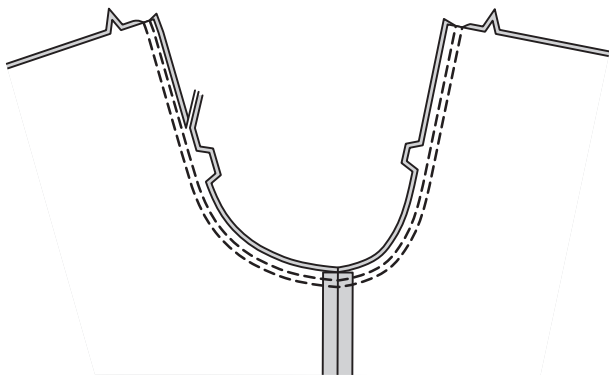
**NOTE:** Stretch fabric evenly in front and back of needle while stitching.

FRONT AND BACK

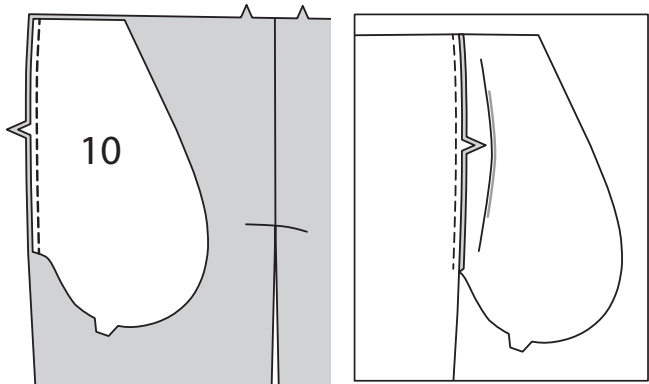
1. Stitch FRONT (8) to BACK (9) at inner leg edge.



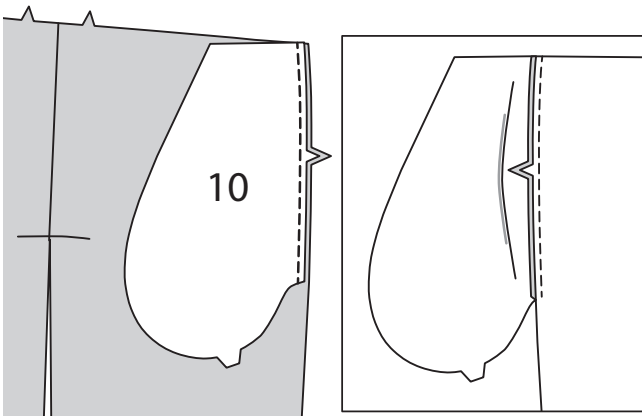
2. Stitch crotch seam. Stitch again 1/4"(6mm) away. Trim close to second stitching.



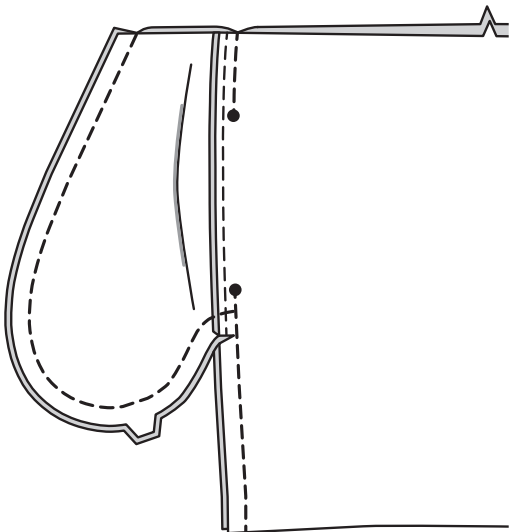
3. Stitch one POCKET (10) section to front at each side in 1/4"(6mm) seam. Press seams toward pockets.



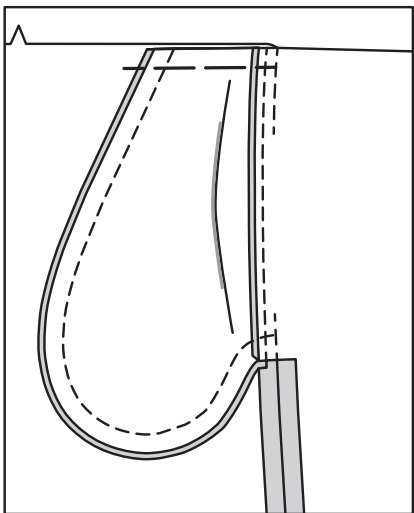
4. Stitch one remaining pocket section to back at each side in 1/4"(6mm) seam. Press seams toward pockets.



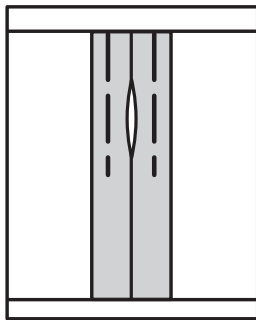
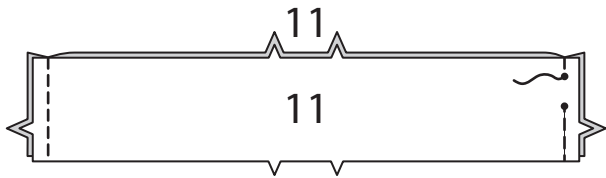
5. Stitch front and back together at sides, leaving open between large dots. Stitch pocket edges together to side seams. Clip back seam allowances below pockets.



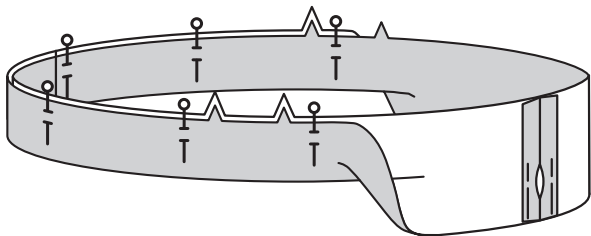
6. Turn pockets toward front along seamlines; press. Baste across upper edges.



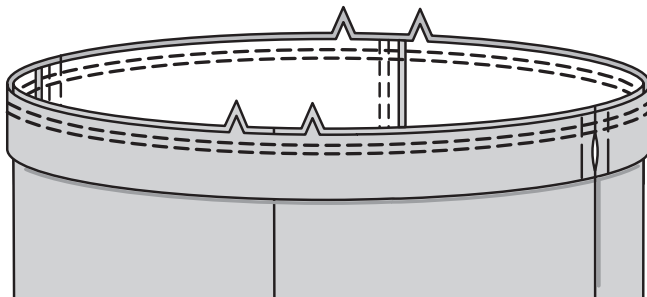
7. Stitch CASING (11) sections together at sides, leaving left side open between small dots, as shown. For ease in threading elastic through casing, baste edges of seam allowances near opening, as shown.



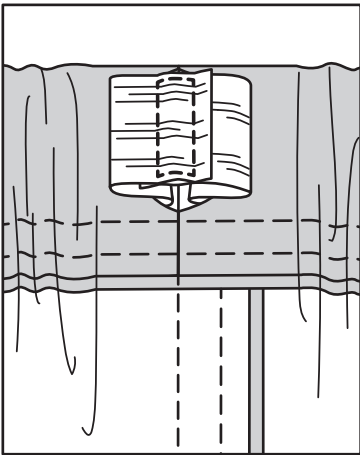
8. With WRONG sides together, fold casing in half lengthwise. Press. Pin raw edges together.



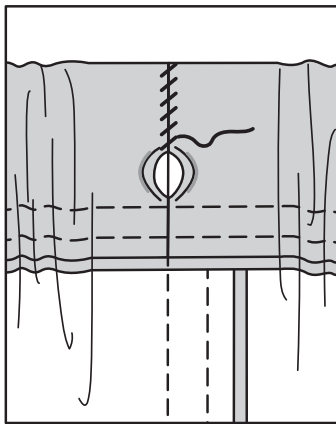
9. Pin casing to upper edge of shorts, matching centers and side seams. Stitch. Stitch again 1/4"(6mm) away in seam allowance. Trim close to stitching. Press seam toward shorts.



10. Cut elastic the measurement of waist, plus 1"(2.5cm). Insert elastic through opening. Lap ends; hold with safety pin. Try on; adjust if necessary. Stitch ends of elastic securely.



11. SLIPSTITCH opening edges together.



12. Turn up hem on lower edge of shorts. 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.

