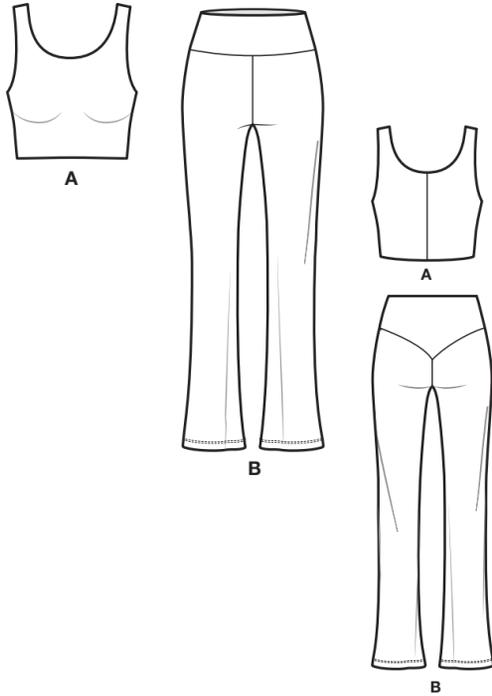




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PATTERN MARKINGS

- 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

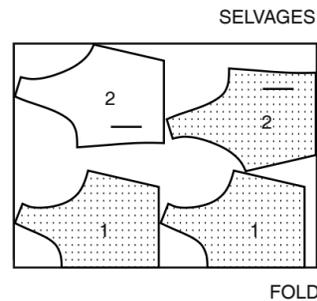
- SHRINK FABRIC** if not labeled pre-shrunk. Press.
- CIRCLE LAYOUT** for View, Size, Fabric Width.
- Use **WITH NAP** layout for fabrics with one-way designs, nap, pile or surface shading. Because most knits have surface shading, a with nap layout is used.
- For **DOUBLE THICKNESS (WITH FOLD)** - fold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

ALL VIEWS SIZED FOR STRETCH KNITS ONLY

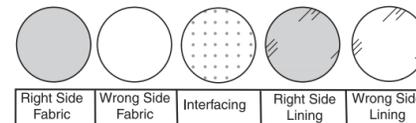
SPORTS TOP A
USE PIECES 1 2
PIECE 3 IS CUT OF ELASTIC

60" (150 CM)
WITH NAP
ALL SIZES



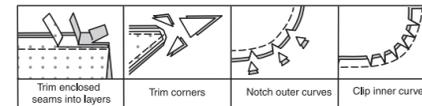
SEWING INFORMATION

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.

SIMPLY THE BEST SEWING TECHNIQUES...

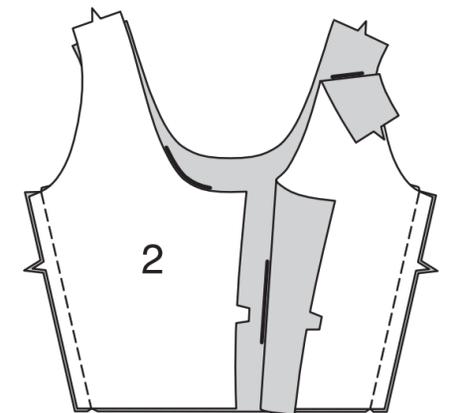
FOR KNITS

- Use a ball point or stretch needle.
- Decrease pressure on presser foot for heavy sweater knits; increase pressure for lingerie knits.
- Stretch knits need seams that are supple enough to "give" with the fabric. You can sew them with straight stitches (stretching the fabric slightly as you sew), narrow 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.
- To prevent shoulder seams from stretching, pin center of hem tape, clear elastic or twill tape along seam line on front shoulder edges, then stitch the shoulder seams.

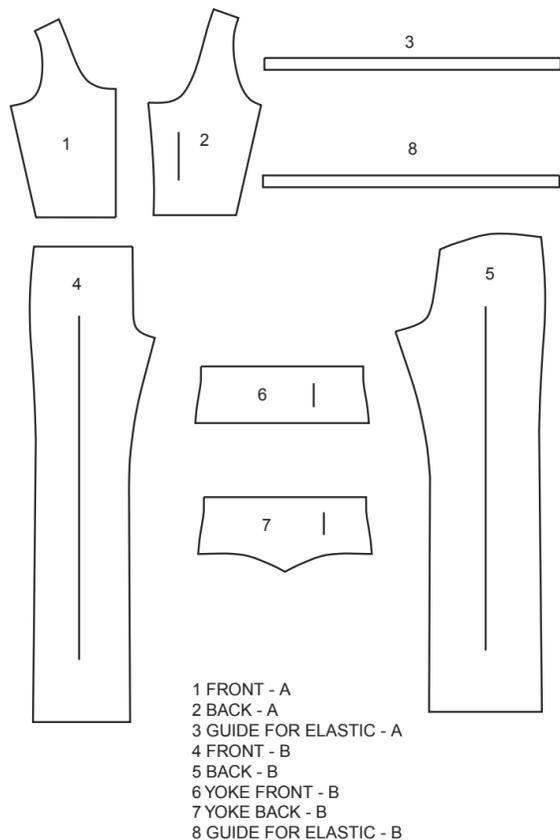
SEWING DIRECTIONS

SPORTS TOP A

1. Stitch two **BACK (2)** sections to one **FRONT (1)** section at sides. Remaining front and back sections will be used as **LINING**.



8 PATTERN PIECES

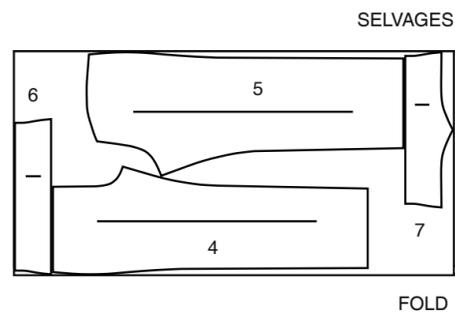


- 1 FRONT - A
- 2 BACK - A
- 3 GUIDE FOR ELASTIC - A
- 4 FRONT - B
- 5 BACK - B
- 6 YOKE FRONT - B
- 7 YOKE BACK - B
- 8 GUIDE FOR ELASTIC - B

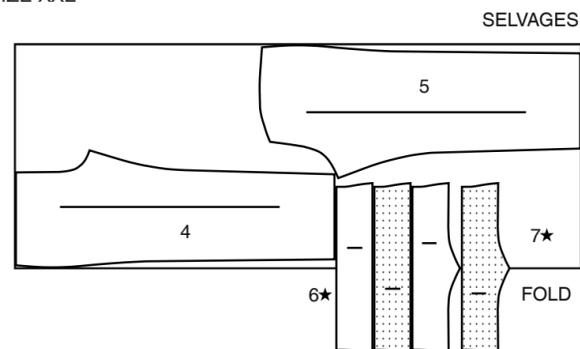
LEGGINGS B

USE PIECES 4 5 6 7
PIECE 8 IS CUT OF ELASTIC

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



60" (150 CM)
WITH NAP
SIZE XXL



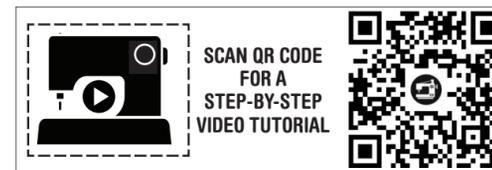
GLOSSARY

SEWING TERMS APPEARING IN BOLD TYPE IN SEWING INSTRUCTIONS ARE EXPLAINED BELOW.

DOUBLE - STITCH - Stitch seam along seamline; stitch again 1/4" (6mm) in seam allowance using a straight stitch OR zigzag stitch; trim close to second stitching OR overlock seam.

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

UNDERSTITCH - Open out facing or underside of garment; stitch to seam allowance close to seam.

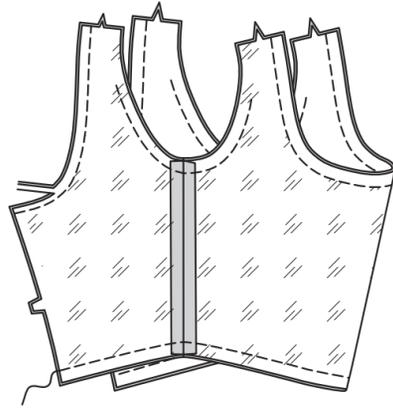


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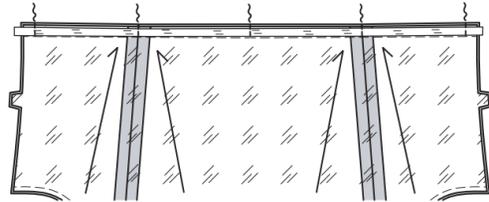
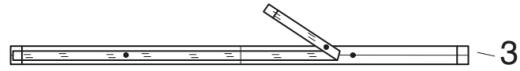
PATTERN PIECES WILL BE IDENTIFIED BY NUMBERS THE FIRST TIME THEY ARE USED.

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

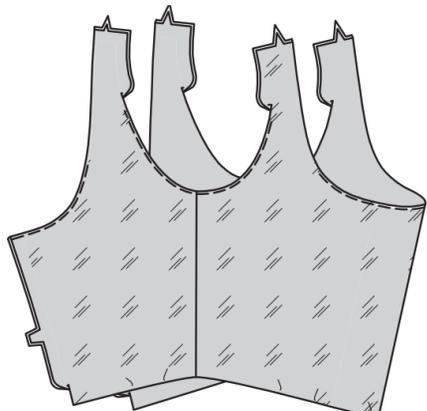
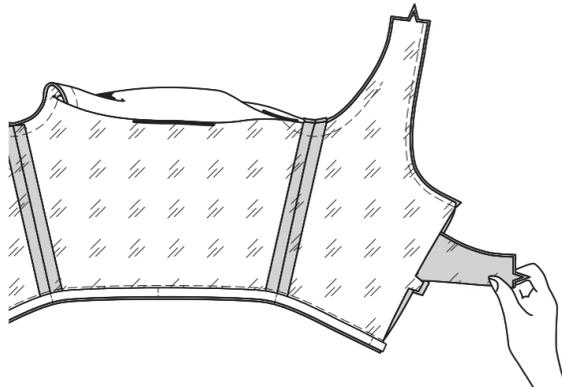
2. Stitch seams in LINING same as for top. Pin lining to top, RIGHT sides together, matching notches, centers, and seams. Stitch neck edges. Stitch armhole edges, leaving open 3"(7.5cm) from upper edges, as shown. Trim. Stitch lower edges.



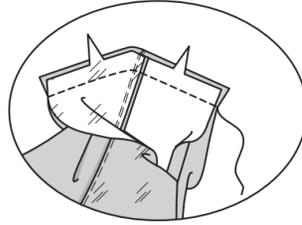
3. Cut one piece of 1/2"(1.3cm) wide elastic using GUIDE FOR ELASTIC (3). Transfer markings. Pin elastic to seam allowances at lower edges matching centers, placing small dots at side seams and ends even with back edges. Stitch across elastic at centers and side seams, through seam allowances only, keeping top free.



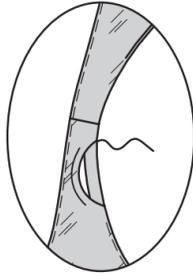
4. Turn top RIGHT side out by pulling front and back sections out one back opening. UNDERSTITCH neck and armhole edges of lining as far as possible. Press.



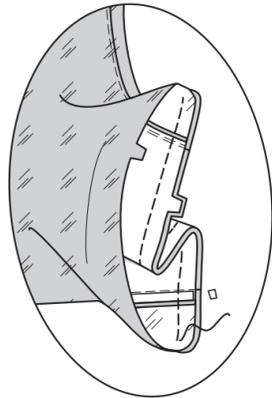
5. Open out lining at shoulders. Pin shoulder edges together; pin lining shoulder edges together. Stitch in one continuous seam.



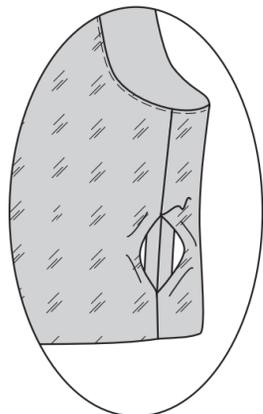
6. Turn down lining, turning in remainder seam allowances on armhole edges, as shown. Press. SLIPSTITCH armhole edges together.



7. Starting 2"(5cm) above neck seam and ending 2"(5cm) below seam at lower edge, stitch center back seam and lining edges together in one continuous seam, as shown. Trim elastic close to stitching at back ends.

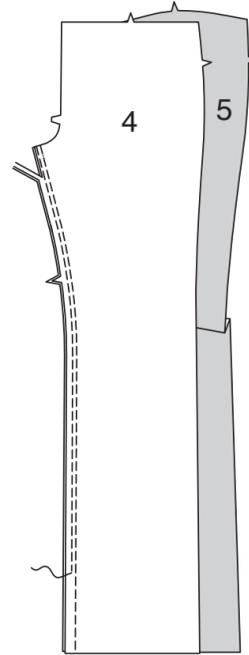


8. Turn in seam allowance on back edges of lining. SLIPSTITCH edges together over seam, as shown.

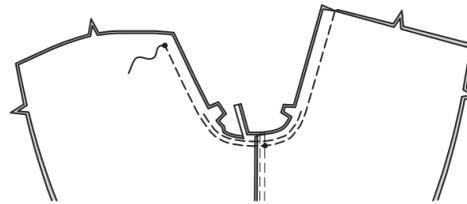


LEGGINGS B

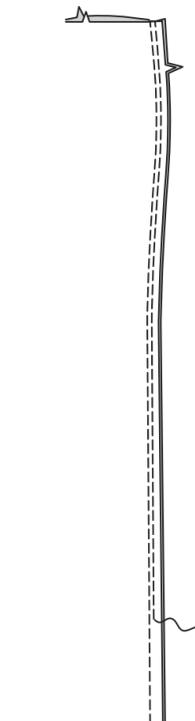
1. Pin FRONT (4) to BACK (5), RIGHT sides together at inner leg, stretching back to fit front between upper edge and notch. Stitch using a DOUBLE-STITCHED seam. Trim close to second stitching. Press seam toward back.



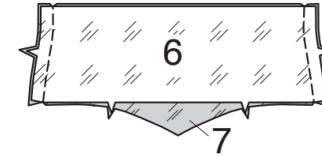
2. Stitch center seam, matching inside leg seams, leaving free above dot. Stitch again 1/4"(6mm) away in seam allowance along curve, as shown. Trim close to second stitching.



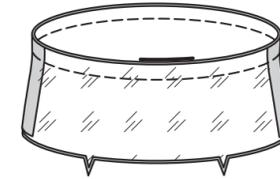
3. Stitch front to backs at sides using a DOUBLE-STITCHED seam.



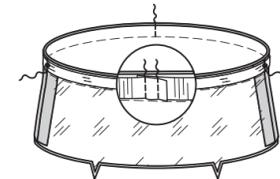
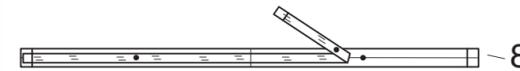
4. Stitch one YOKE FRONT (6) section to one YOKE BACK (7) section at sides. For LINING, stitch remaining yoke front and yoke back sections together at sides.



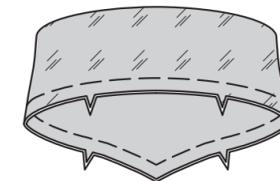
5. With RIGHT sides together, pin lining to yoke, matching seams and centers. Stitch upper edge.



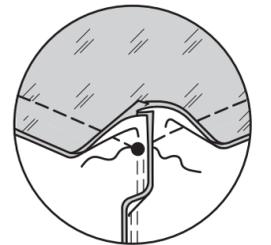
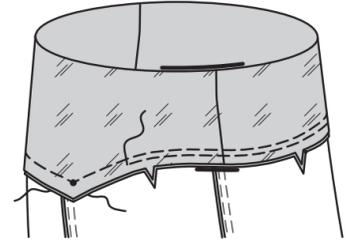
6. Cut one piece of 1/2"(1.3cm) wide elastic using GUIDE FOR ELASTIC (8). Transfer markings. Pin elastic to seam allowances at upper edge of yoke matching centers, placing dots at side seams, and lapping ends at center back. Stitch across elastic at centers and side seams through seam allowances only, keeping yoke free.



7. Turn yoke RIGHT side out. Press. Baste raw edges together.



8. With RIGHT sides together, pin yoke to upper edge of leggings matching centers, seams, and notches. Stitch, stretching yoke to fit and breaking stitching at small dot on center back. Stitch again 1/4"(6mm) away in seam allowances. Trim close to second stitching. Press seam toward leggings.



9. Press up hem on lower edge of leggings. Stitch 1/4"(6mm) from raw edge and 1/4"(6mm) below first stitching. It is easier to stitch a hem in a circle if you keep the RIGHT side of the leg against the machine, with the INSIDE facing you and the needle INSIDE the circle, as shown.

