

S3037

**Simplicity®**



Scan QR code for a **Sew-Along** tutorial by Norris Dánta Ford.

**NORRIS DÁNTA FORD**

Average

#### MEN'S SWEATSHIRT AND SWEATPANTS

**Suggested Fabrics:** Double Knit, Ponte, Terry Knit, Sweatshirt Fleece.

**Notions:** **A:** One 27" (69cm) medium weight separating zipper (cut to fit), two strips of 7" x 38" (18cm x 97cm) rib knit trim, 1½ yds. (1.3m) of ¼" (1.5cm) grosgrain ribbon or twill tape. **B:** 2¼ yds. (2.6m) of ½" (1.3cm) elastic, 1¼ yds. (1.6m) of ½" (1.3cm) drawstring ties.

Sizes	S	M	L	XL	XXL
	(34-36)	(38-40)	(42-44)	(46-48)	(50-52)
European	44-46	48-50	52-54	56-58	60-62

**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	"

Sweatshirt A						
60"	2¼	2¼	2¾	2¾	2¾	Yds.

Sweatpants B						
60"	2¾	2¾	2¾	2¾	2¾	Yds.

**FINISHED GARMENT MEASUREMENTS (Includes Design and Wearing Ease)**

A Chest	46	50	54	58	62	Ins.
B Hip	42	46	50	54	58	"

**Width, each leg**

Sweatpants B	30	32	34	36	38	Ins.
--------------	----	----	----	----	----	------

**Finished back length from base of neck**

Sweatshirt A	26¾	27	27¾	28	28¾	Ins.
--------------	-----	----	-----	----	-----	------

**Finished side length from waist**

Sweatpants B	46	46½	47	47½	48	Ins.
--------------	----	-----	----	-----	----	------

\*with nap \*\*without nap

Moins Facile

#### SWEAT-SHIRT ET PANTALON DE SURVÊTEMENT POUR HOMMES

**Tissus Conseillés:** Tricot double, Ponte, Tricot éponge, Jersey molletonné pour sweat-shirt.

**Mercerie:** **A:** 1 fermeture à glissière séparable de poids moyen de 69cm (coupée pour ajuster), 2 bandes de 15cm x 97cm de galon de tricot à côtes, 1.3m de ruban de grosgrain ou talonnette de coton de 1.5cm. **B:** 2.6m d'élastique de 1.3cm, 1.6m de cordon de 1.3cm.

Tailles	P/S	M/M	G/L	TG/XL	TTG/XXL
Fr/Eur	44-46	48-50	52-54	56-58	60-62

**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	"

Sweat-shirt A						
150cm*	2.1	2.1	2.1	2.2	2.5	m

Pantalon de Survêtement						
150cm*	2.4	2.5	2.5	2.5	2.6	m

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

A Poitrine	117	127	137	147	157	cm
B Hanches	107	117	127	137	147	"

**Largeur, chaque jambe**

Sweatpants B	76	81	86	91	97	cm
--------------	----	----	----	----	----	----

**Longueur finie – dos, votre nuque à l'ourlet**

Sweat-shirt A	67	69	70	71	72	cm
---------------	----	----	----	----	----	----

**Longueur finie – côté, taille à l'ourlet**

Sweatpants B	117	118	119	121	122	cm
--------------	-----	-----	-----	-----	-----	----

\*avec sens \*\*sans sens



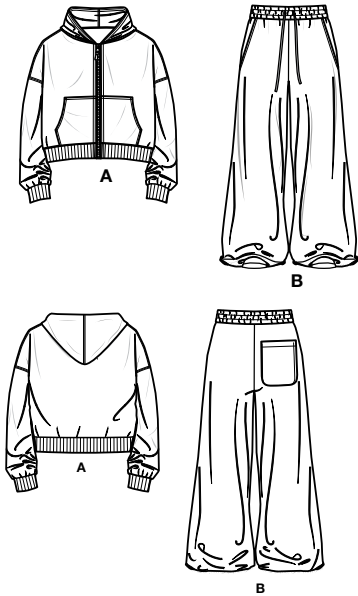
A



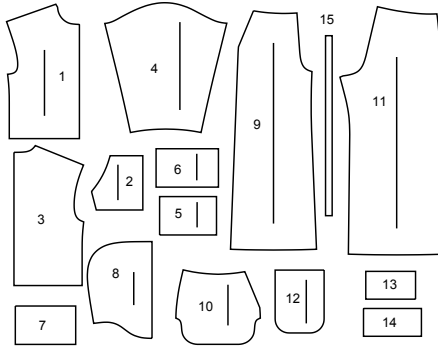
B

# Simplicity®

Thank you for purchasing this Simplicity pattern.  
We made every effort to provide you with a high quality product.



15 PIECES



- 1 Front-A  
2 Pocket-A  
3 Back-A  
4 Sleeve-A  
5 Sleeve Band-A  
6 Front Band-A  
7 Back Band-A  
8 Hood-A  
9 Front-B  
10 Side Front and Pocket-B  
11 Back-B  
12 Back Pocket-B  
13 Front Casing-B  
14 Back Casing-B  
15 Guide for elastic-B



www.simplicity.com



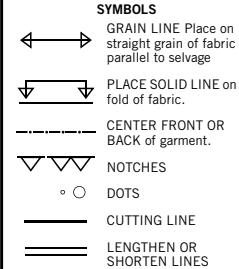
info@simplicity.com



1-888-588-2700

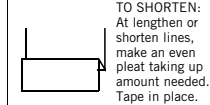
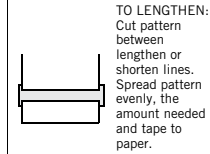
## General Directions

### The Pattern



SEAM ALLOWANCE: 5/8" (1.5cm) unless otherwise stated is included but not printed on MULTI-SIZE PATTERNS. Mark your size with colored felt tip pen. See chart on tissue for how to use MULTI-SIZE PATTERNS.

**ADJUST IF NEEDED**  
Make adjustments before placing pattern on fabric.



When lengthen or shorten lines are not given, make adjustments at lower edge of pattern.

### Cutting/Marking

**BEFORE CUTTING:**  
PRESS pattern pieces with a warm dry iron. PRE-SHRINK fabric by pre-washing washables or steam-pressing non-washables.

CIRCLE your cutting layout.

PIN pattern to fabric as shown in Cutting Layouts.

• FOR DOUBLE THICKNESS: Fold fabric with RIGHT sides together.

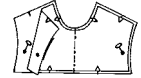
• FOR SINGLE THICKNESS: Place fabric RIGHT side up.

• FOR PILE, SHADED OR ONE WAY DESIGN FABRICS: Use "with nap" layouts

**AFTER CUTTING:**  
Transfer markings to WRONG side of fabric before removing pattern. Use pin and chalk method or dressmaker's tracing paper and wheel.

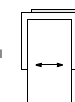
#### To Quick Mark:

- Snip edge of fabric to mark notches, ends of fold lines and center lines.
- Pin mark dots.

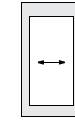


### SPECIAL CUTTING NOTES

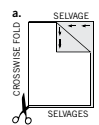
★ If layout shows a piece extending past fold, cut out all pieces except piece that extends.



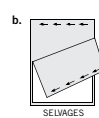
Open out fabric to single thickness. Cut extending piece on RIGHT side of fabric in position shown.



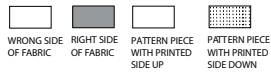
✱ Mark small arrows along both selvages indicating direction of nap or design. Fold fabric crosswise with RIGHT sides together, and cut along fold (a).



Turn one fabric layer around so arrows on both layers go in the same direction. Place RIGHT sides together (b).



## Cutting Layouts

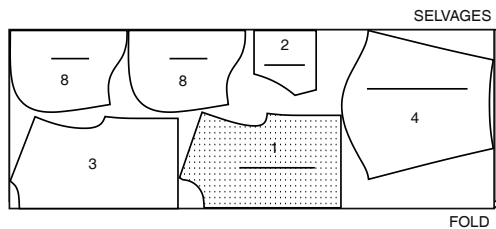


POSITION OF PATTERN PIECES MAY VARY SLIGHTLY ACCORDING TO YOUR PATTERN SIZE

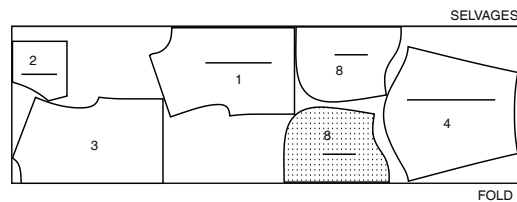
### SWEATSHIRT A

USE PIECES 1 2 3 4 8

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



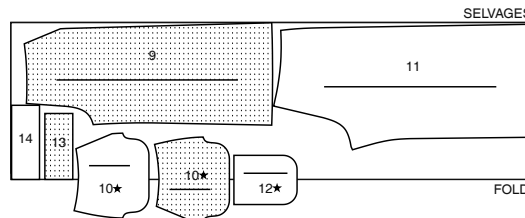
60" (150CM)  
WITH NAP  
SIZES XXL



### SWEATPANTS B

USE PIECES 9 10 11 12 13 14

60" (150CM)  
WITH NAP  
ALL SIZES



## Sewing Directions

FABRIC KEY



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

**DOUBLE-STITCH** - Stitch seam along seamline; stitch again 1/4" (6mm) away in seam allowance using a 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.

OPTIONAL FOR HEMS: Apply Seam Binding.

**GATHER** - Stitch along seamline and again 1/4" (6mm) away in seam allowance, using long machine stitches. Pull thread ends when adjusting to fit.

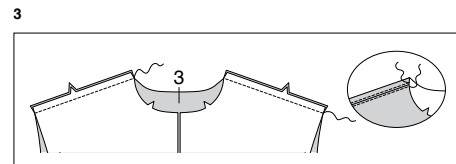
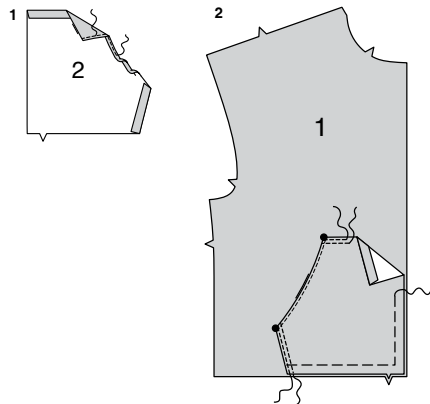
**NARROW HEM** - Turn in hem; press, easing in fullness if necessary. Open out hem. Turn in again so raw edge is along crease; press. Turn in along crease; stitch.



## SIMPLY THE BEST SEWING TECHNIQUES...

### FOR KNITS

- Use a ball point or stretch needle.
- Narrow zig-zag stitch or a stretch stitch.
- 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.



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

**TOPSTITCH** - On outside, stitch 1/4" (6mm) from edge, seam or previous stitching, using presser foot as guide, or stitch where indicated in instructions.

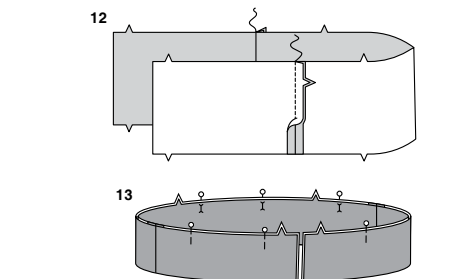
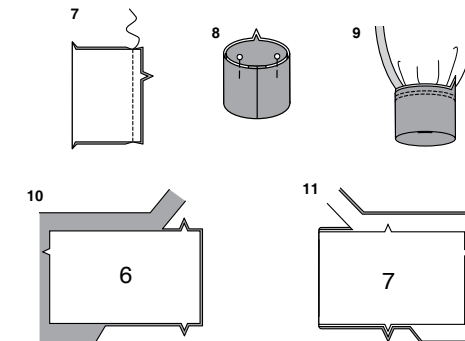
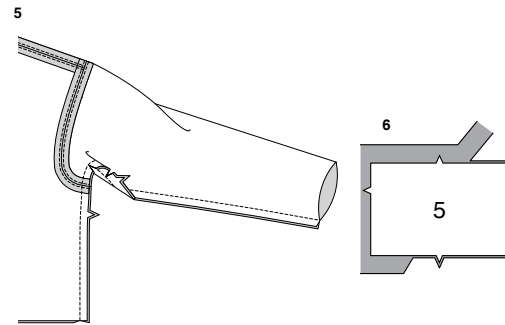
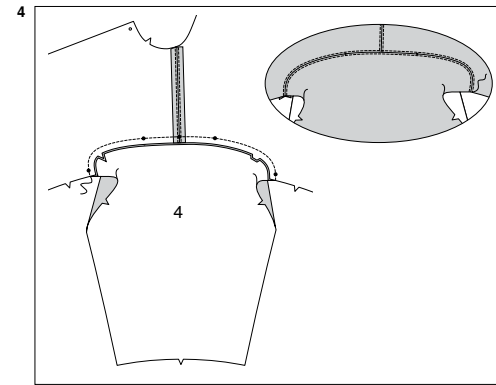
### FOR OVERLOCK/SERGER

- The Overlock/Serger can be used alone or as a supplement to your conventional sewing machine.
- Overlock sewing machines stitch, trim and finish all in one operation. Therefore, it is VERY important to Check Fit before stitching seams.
- Using matching color thread, baste seams and try garment on. If no adjustments are needed, overlock seams along basting.
- The three thread overlock is ideal for major seams such as shoulder, side, underarm and sleeve seams.
- For stress areas such as crotch seams and armholes, the four thread overlock/safety stitch is best...OR, use a three thread overlock, and stitch along seam with a conventional machine to reinforce.
- The two or three thread overlock stitch is a perfect finish for edges of facings, hems and seam allowances.

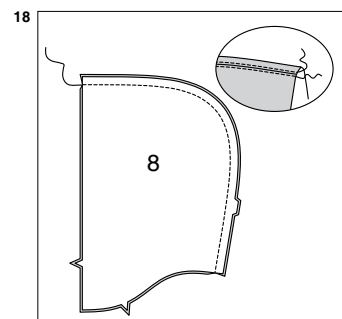
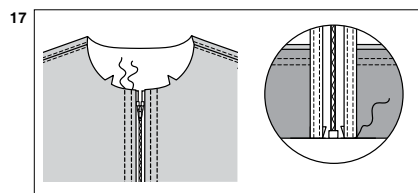
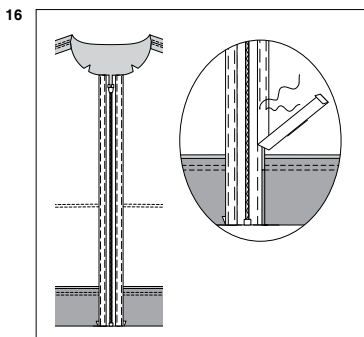
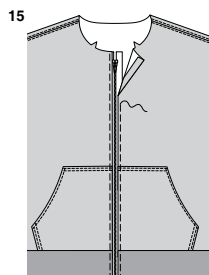
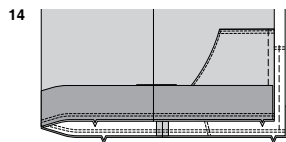
**PATTERN PIECES WILL BE IDENTIFIED BY NUMBERS THE FIRST TIME THEY ARE USED.**  
**STITCH SEAMS WITH RIGHT SIDES TOGETHER UNLESS OTHERWISE STATED.**

## SWEATSHIRT A

- 1. NARROW HEM** curved edge of POCKET (2) sections. **EDGE STITCH** curved edge of pocket. Press under 5/8" (1.5cm) seam allowance on upper and lower side edges of pocket.
- On OUTSIDE, pin WRONG side of pocket to each FRONT (1) section, placing pressed edges along placement lines, matching large dots. **EDGE STITCH** and **TOPSTITCH** side and upper edges of pocket, keeping curved edges free. Baste raw edges together.
- With RIGHT sides together, stitch front to BACK (3) at shoulder seams. Press seam open. **EDGE STITCH** along each side of shoulder seam. **OPTIONAL: TOPSTITCH** shoulder seam if you prefer.



- With RIGHT sides together, pin SLEEVE (4) to armhole edge with center small dot at shoulder seam, matching notches and remaining small dots. Stitch. Press seam open. **EDGE STITCH** along each side of sleeve seam. **OPTIONAL: TOPSTITCH** armhole seam if you prefer.
- Stitch front to back at entire underarm seam. To reinforce curve at underarm, stitch again over first stitching. Clip curves.
- Open out rib knit section if necessary. Pin SLEEVE BAND (5) to rib knit strip, placing center of band along fold on strip. Transfer markings. Cut out two sections.
- With RIGHT sides together, stitch short ends of sleeve band.
- Fold sleeve band in half, with WRONG sides together and raw edges even; press. Pin.
- On OUTSIDE, pin band to lower edge of sleeve, matching seams and having raw edges even, stretching band to fit. **DOUBLE-STITCH** seam. Press seam toward sleeve, pressing band out.
- Open out rib knit section if necessary. Pin FRONT BAND (6) to rib knit strip, placing center of band along fold on strip. Transfer markings. Cut out two sections.
- Open out rib knit section if necessary. Fold strip in half, lengthwise. Pin BACK BAND (7) to rib knit strip, placing center fold on pattern piece on folded edge of strip, placing center of band along horizontal fold on strip. Transfer markings. Cut out one sections.
- With RIGHT sides together, stitch front band sections to each side of back band. Press seams open.
- Fold band in half, with WRONG sides together and raw edges even; press. Pin.



- 14.** On OUTSIDE, pin band to lower edge of jacket, matching seams and having raw edges even, stretching band to fit.  
**DOUBLE-STITCH** seam.  
Press seam toward jacket, pressing band out.

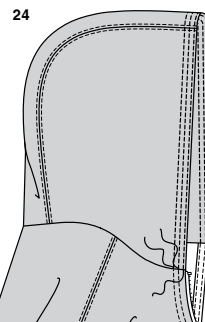
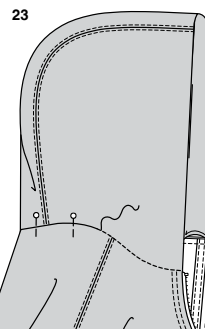
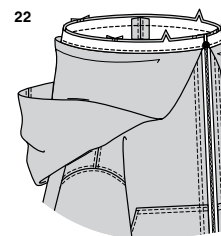
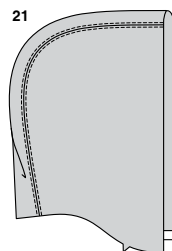
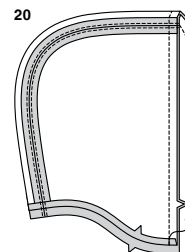
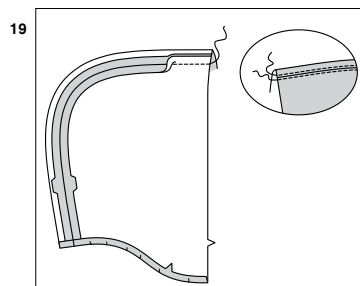
**NOTE:** *Stitch zipper using an adjustable zipper foot. You may need to adjust the length of your Separating Zipper. Always shorten separating zippers from the top. Measure RIGHT front opening edge from lower edge to 7/8" (2.2cm) below upper edge. Mark the desired length on the zipper tape, measuring from the lower edge of the bottom stop. Cut off extra zipper 7/8" (2.2cm) above mark, making sure that the zipper pull is well below where you are going to cut. Do not discard the pieces. Using pliers, remove the teeth above your shortening mark and pry the top-stops open and remove them from the discarded pieces of zipper. Reinstall top stops by crimping them in place immediately above the last remaining tooth. For plastic zippers, you may need to purchase a top stop.*

- 15.** Press under 5/8" (1.5cm) on front opening edges.  
Pin closed zipper under pressed edges, placing lower end of zipper stop at folded edge of band and top stop 1/4" (6mm) below upper seam allowance. Be sure to have pressed edge of front clear zipper teeth, slightly exposing zipper tape, as shown. Turn under zipper tape at lower edge. Using an adjustable zipper foot, on OUTSIDE, baste 1/4" (6mm) from pressed edges, catching in zipper tape on INSIDE.

- 16.** Cut a piece of twill tape or ribbon the length of center front from neck edge to lower edge of band, plus 1/4" (6mm). Press under 1/4" (6mm) on lower end of ribbon.  
ON INSIDE, pin ribbon to front edges, placing one long edge just covering zipper basting, having upper raw edges even and lower pressed edge even with lower edge of jacket. Baste close to long edges of tape.

- 17.** On OUTSIDE, **TOPSTITCH** front as basted. **SLIPSTITCH** lower pressed edge of tape to band.

- 18.** With RIGHT sides together, stitch HOOD (8) sections together at center back seam. Press seam open.  
On OUTSIDE, **EDGESTITCH** along each side of center back seam.



- 19.** Stitch center back seam of hood facing sections. Press seam open.  
On OUTSIDE, **EDGESTITCH** along each side of center back seam.  
Press under 1/2" (1.3cm) on lower edge of hood facing, easing in fullness if necessary.

- 20.** With RIGHT sides together, pin hood sections together along front edge. Stitch. Trim seam.

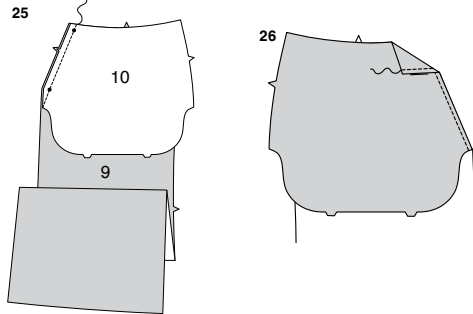
- 21.** Turn hood facing to INSIDE, press.

- 22.** On OUTSIDE, pin hood to neck edge matching notches and large dots at front. Stitch neck edge, keeping hood facing free. Trim seam.

- 23.** Press hood seam up pressing hood out. On INSIDE, pin pressed edge of hood facing over seam, placing pins on OUTSIDE. On OUTSIDE, stitch in the ditch or "groove of seam" catching in pressed edge of facing on INSIDE.

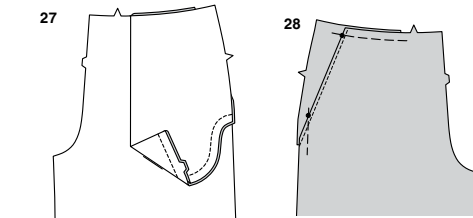
- 24.** On OUTSIDE, **EDGESTITCH** and **TOPSTITCH** front edge of hood. Stitch again 1/2" (1.3cm) away from first stitching, connecting with previous stitching on front.

## SWEATPANTS B



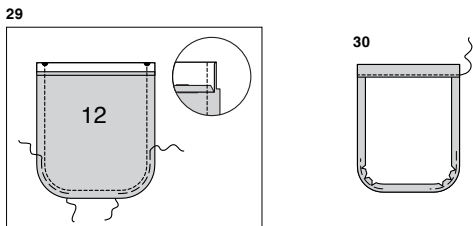
**25.** With RIGHT sides together and raw edges even, pin SIDE FRONT AND POCKET (10) to FRONT (9), matching small dots.  
Stitch single notched edge. Trim seam. Clip curves.

**26.** Turn pocket to INSIDE; press.  
On OUTSIDE, **TOPSTITCH** finished edge.



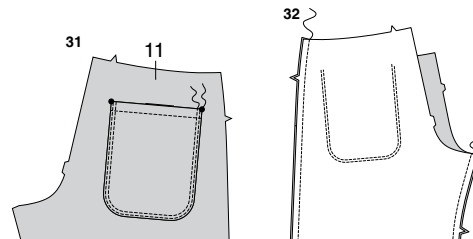
**27.** On INSIDE, with RIGHT sides together, fold side front and pocket along fold line, having raw edges even. Stitch double notched edge, as shown.

**28.** On OUTSIDE, lap pants front over side and pocket section, matching small dots, having raw edges even; pin. Baste side and upper edges together.



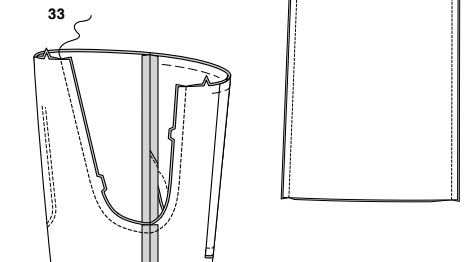
**29.** Press under 1/4" (6mm) on upper edge of BACK POCKET (12). Turn upper edge to OUTSIDE along fold line, forming facing.  
Stitch along seam line on raw edges. To ease curved edge of pocket, stitch 1/4" (6mm) INSIDE the seam line, using a long machine-stitch. Trim seam allowance in the facing area to 1/4" (6mm).

**30.** Turn corners RIGHT side out, turning facing to the WRONG side; press, pressing under raw edges along stitching. Pull up ease stitches to shape the curve. To eliminate bulk, notch out the fullness in the seam allowance along the curves as far as the ease stitches. Stitch facing close to inner edge.

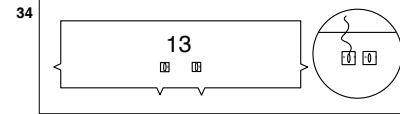


**31.** On OUTSIDE, pin pocket to RIGHT back, matching large dots.  
**EDGE STITCH** and **TOPSTITCH** side and lower edges of pocket.

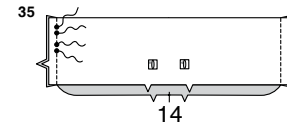
**32.** With RIGHT sides together, stitch front to back at inner leg and side seams.



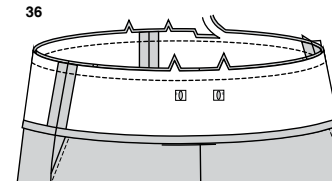
**33.** With RIGHT sides together, insert one leg INSIDE the other. Pin center seam, matching inner leg seams and notches. Stitch. To reinforce seam, stitch again over first stitching.



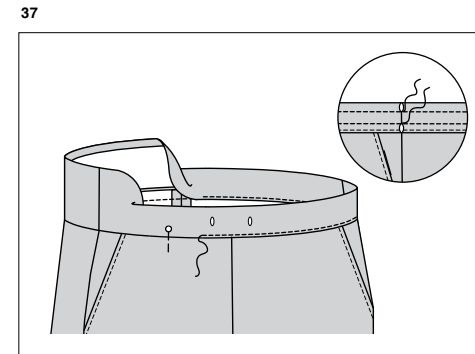
**34.** Apply fusible interfacing remnants to FRONT CASING (13) section large enough to cover each buttonhole area, following manufacturer's directions.  
Make buttonholes in casing at markings.



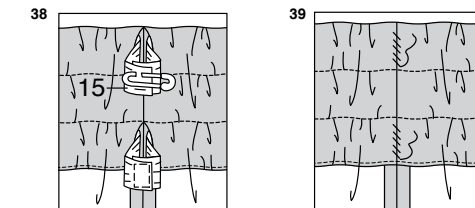
**35.** With RIGHT sides together, stitch side seams of front and BACK CASING (14) sections, leaving an opening in LEFT side seam between small dots, as shown. Back-stitch at small dots to reinforce seam.



**36.** Press under 1/2" (1.3cm) on unnotched edge of casing. With RIGHT sides together, pin casing to garment, matching centers and side seams. Stitch along seam line. Trim seam.



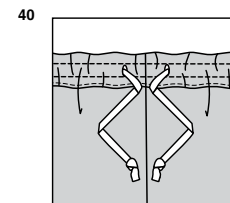
**37.** Press seam toward garment, pressing casing out. Fold casing to INSIDE along fold line, pinning pressed edge of casing over seam, placing pins on OUTSIDE. On OUTSIDE, **EDGE STITCH** lower edge of casing, catching in pressed edge on INSIDE.  
To form three separate casings, stitch along stitching lines, as shown.



**38.** Cut two pieces of elastic the length of GUIDE FOR ELASTIC (15). Insert elastic through opening in in upper and lower casings, working elastic through all rows at same time. This eliminates that tug-of-war that you always have when trying to pull that last piece of elastic through an already bunched up casing.  
Overlap ends and hold with safety pins. Try on garment and adjust to fit. Stitch ends of elastic together securely.

**39.** **SLIPSTITCH** opening edges of each 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.



**40.** Cut a piece of twill tape 62" (157cm) long. Attach a safety pin to one end of twill tape. Insert pin and drawstring through one buttonhole opening in front casing. Work drawstring through entire casing and out through remaining buttonhole, having ends extend evenly in the front. Knot ends of drawstring.

**NOTE:** Lower pant legs are designed to be left raw. To adjust length, trim lower edge and keep raw.  
**NARROW HEM** lower edge if you prefer.



# Congrats!

You've completed your sewing adventure

---

## SHARE YOUR LOOK



Post your pattern and tag us  
[@simplicity\\_creative\\_group](#) and [#simplicitypatterns](#)  
for a chance to be featured on our social media.

Look for more PDF patterns at [simplicity.com](https://www.simplicity.com)

Have a question or need help with your sewing project call us at  
1-888-588-2700



Simplicity ©2024 a division of IG Design Group Americas Inc. • Atlanta, GA 30342 USA [www.thedesigngroup.com](https://www.thedesigngroup.com) • All Rights Reserved. [www.simplicity.com](https://www.simplicity.com) • Made in the U.S.A. Fabriqué aux États-Unis.

To be used for individual private home use only and not for commercial or manufacturing purposes. • A usage privé seulement et non à des fins commerciales ou de production en série. • Para uso privado solamente, no se puede utilizar con propósitos de comercialización o de producción en serie.