



Men's Breeze Shirt

32" - 60" CHEST

The quintessential summer shirt for men

Twig + Tale





Twig + Tale



Website

twigandtale.com

Pattern Modifications & Inspiration

Click on *Breeze Shirt* on the twigandtale.com blog menu for even more options.



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Small home-based handmade businesses selling items on Etsy or similar are welcome to sell products made from this pattern, but I do kindly ask that you reference Twig + Tale somewhere within your product description.

Credits

View Illustrations: Jessica Van Slooten

Pattern Grading: Jacqui Peterson

Cover Image: Lisa Spearman

Other images throughout the tutorial are courtesy of the wonderful group of ladies who helped to test the Breeze patterns.

Sonja Den Biggelaar, Angela Schade, Ruta Iliuk-Vanagaite, Janine Medema, An Staute, Kristie Comarmond, Heather Brett, Vanessa Santiago Radley, Feyza Mcfadyen, Kiran Grewal, Hayley Wembridge, Amy Kushner Wilson, Hazel McCabe, Liz Joffrion, Ruth Phillips, Breanna Hite, Hilary Taylor White, Michele Axmaker-Chapman, Mandy Leong, Tracey Wright, Kim Bracale Desselle, Ann Frizell, Sarah Morris, Kristie Comarmond, Lorna Parker, Nicole Bours, Diane Cullum, Jenny Bowen, Joana Felix, Vikky Harris-Newman, Alexandra Desbruslais, Liz Joffrion, Andie McDonald, Crystal Anderson, Gabrielle Mccarthy, Becky Petty, Alexis Clark, Jo Benayoun, Talia Eaton-Neal, Helen Bracey-Lambert, Hafiza Zainon, Brenna Smith, Melinda Proffit, Katie Legg-Stoker, Celine Khoo, Yin Ying, Kate Reeve, Temeaka Tate, Wendy Davidson, Lorna Parker, Meriel Johnson Aho, Shelley Guilfoyle, Joanne Bonny, Geneviève Ouellet, Jamie Sinclair, Jocelyn Buggie, Brittany Stephenson, Amanda Estler, Kate Laycock, Kelly Curteis, Miranda Bodo, Aimee Poole, Deirdre Osborn, Shelley Gajus, Saskia Bregazzi.

Many thanks ladies!

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Before You Begin

Icons



Helpful tips.



Click on the **bold green** word to navigate directly to the page indicated.

Sewing Summary Print Sheet

Save a tree! This tutorial is designed to be viewed on an electronic reading device such as an iPad or phone while sewing. Although you can print the entire document, included at the end of this pattern is a handy “Cheat Sheet” with the basic instructions in an easy-print format. You may consider printing out this summary to store with your pattern pieces.

Print Only What You Need

Use the layers feature to select only the size you need, and print only the pages you require for your desired option. This is further explained in the Printing Instructions.

Seam Allowance

The seam allowance for this pattern is a 1/2” (13mm) French seam, unless otherwise stated, and is already included.

Navigation Bar & Quick Links

The “Quick Link” section of the navigation bar at the bottom of each page helps you easily navigate to the most used sections of the tutorial. For example, if you wish to go to the contents page, simply hover over the word “CONTENTS” until you see the little hand appear - click on it, and there you are!

On the right-hand side you will see the Pattern Name. When you click on this, it will take you to the Twig + Tale blog, where you can view all blog posts written about this pattern.



Quick Links

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PRINTING INFO
SEWING INSTRUCTIONS
INSPIRATION



www.twigandtale.com

[Men's Breeze Shirt](#)

Where Imagination Runs Wild

Summer here in New Zealand is glorious - filled with beach outings, sand, sun and surf - but oh my, the sun is pretty harsh.

We love a light, breezy, long-sleeved top for sun protection when heading out for summer explorations.

Adaptable for other seasons too, when made from suitable fabrics - just the way we like it. May your summer memories include lots of Breeze Shirts!

Lisa xox



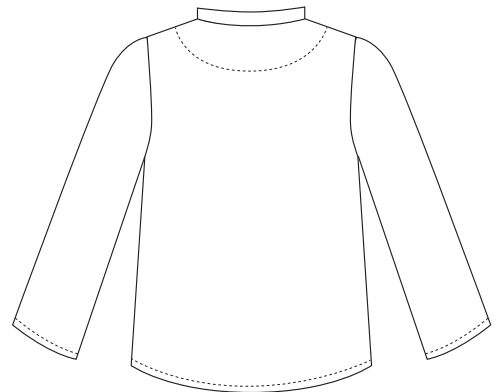
Image by Sonja Den Biggelaar

Views

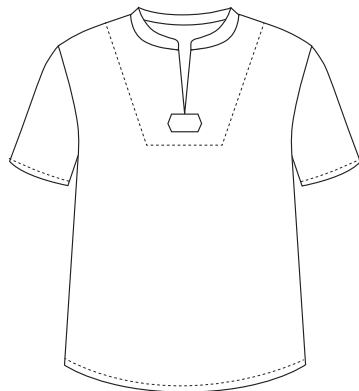
Sleeve Options



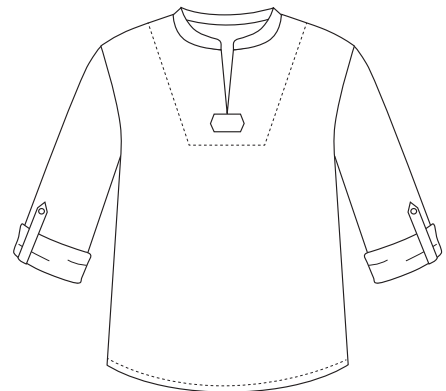
LONG SLEEVE



BACK

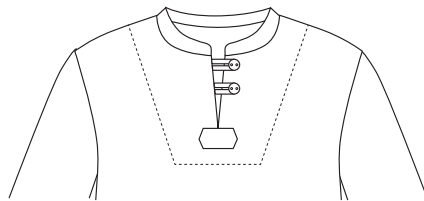


SHORT SLEEVE

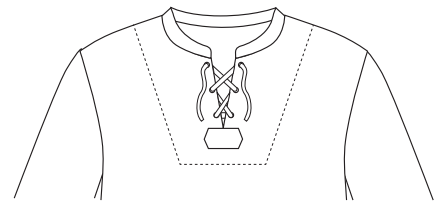


SLEEVE TABS

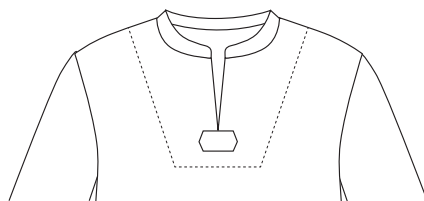
Closure + Hem Inspiration



BUTTON LOOP



EYELETS & TIE



CLASSIC



BOUND SPLITS

Fun Little Hacks!

Now that you have made some awesome Breeze Shirts - it's time to spread your wings!
You can customise your Breeze Shirt to create all kinds of new looks...

Simply click on the symbol for **Breeze Shirt** blog posts, on the **Twig + Tale Blog**



Image by Leanne Steel

CONTRAST REVERSE FACING

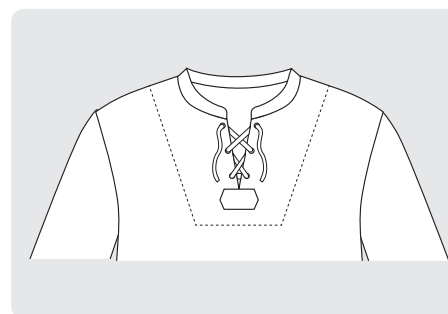


Image by Angela Schade

ALL ABOUT FRENCH SEAMS



ADD POCKETS



ADD EYELETS

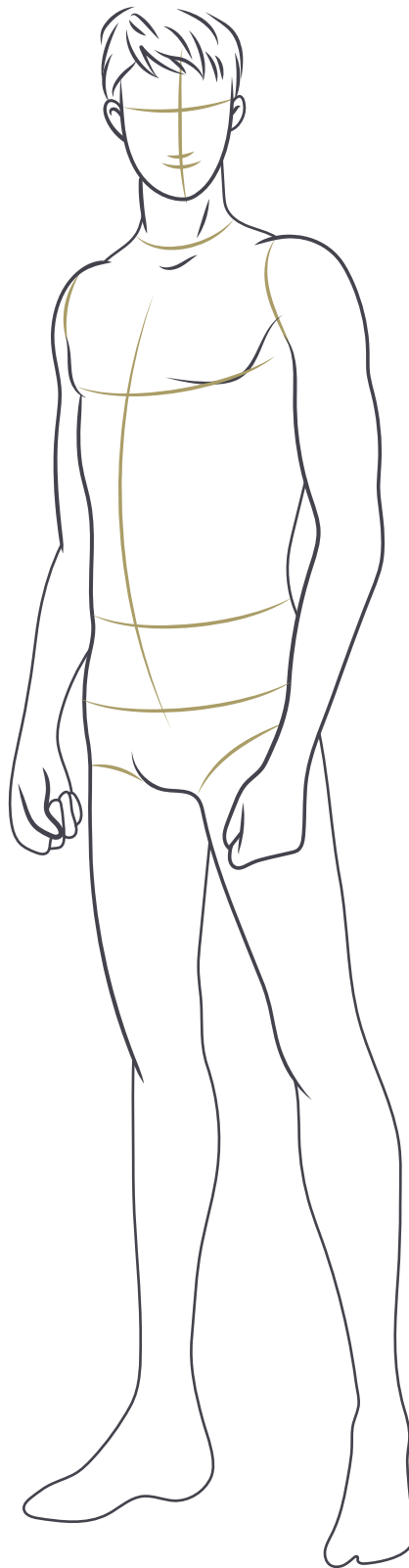
Measuring for a Good Fit

Chest

Measure over the fullest part of the chest (nipple area), keeping the measuring tape horizontal, especially over his back.

Hip

Make the tape measure into a circle around the fullest part of the hips and slide it down, easing it out slowly until the tape measure drops off. *Just* before it drops off is the fullest part. You may have to do it a few times to get an accurate measurement.



Waist

Make a circle with the tape measure and slowly close the circle until it sits at the narrowest point of his waist. This is generally around the belly button, but everyone is different.

Sleeve Length

Position the end of the tape measure on the backbone at the back neck, go across to the shoulder, then pivot and measure down the arm to 1/2" past the wrist bone.

Height

Have him stand against a wall with bare feet and heels flat. Mark the top of his head, and then measure from the floor to the mark.

Size Chart

Intended Fit + Style

This shirt is designed as a lightweight shirt for hot summer days. It features a dropped shoulder and a relaxed fit. The shirt includes approximately 8" of ease around the body.

Size + Measurements Chart

- 1) **Measure** the chest, waist, hip, and height.
- 2) **Choose** your size by the chest measurement, and then blend sizes for the waist/hip measurements if necessary. NOTE: There is enough ease through the waist to be two sizes bigger through the waist without the need for blending.
- 3) **Adjust** the length *at the lengthen/shorten lines on the pattern pieces* if height is not 5' 10". A good rule is to add 1/2" of length for every extra inch of height.

Size		32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Chest	inches	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
	cm	81.3	86.4	91.4	96.5	101.6	106.7	111.8	116.8	121.9	127.0	132.1	137.2	142.2	147.3	152.4
Waist	inches	26	28	30	32	34	36	38	40.5	43	45.5	48	51	54	58	62
	cm	66.0	71.1	76.2	81.3	86.4	91.4	96.5	102.9	109.2	115.6	121.9	129.5	137.2	147.3	157.5
Hip	inches	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
	cm	81.3	86.4	91.4	96.5	101.6	106.7	111.8	116.8	121.9	127.0	132.1	137.2	142.2	147.3	152.4
Height	inches	5' 10"														
	cm	177														



Finished Garment Measurements

Sometimes it is handy to know how much “ease” there is in a pattern if trying to decide between sizes.

The following chart details the measurements of the finished garment.

Finished Garment Size		32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
Finished Chest	inches	40.6	42.4	44.3	46.1	48.0	50.0	51.9	53.9	55.8	57.8	59.8	61.8	63.9	65.8	67.9
	cm	103.1	107.8	112.5	117.2	122	126.9	131.9	136.8	141.8	146.8	151.9	157	162.2	167.2	172.5
Finished Waist	inches	37.5	39.4	41.2	43.1	45.0	47.0	48.9	50.9	52.8	54.8	56.8	58.8	60.8	62.8	64.8
	cm	95.3	100	104.7	109.5	114.4	119.3	124.2	129.2	134.2	139.2	144.3	149.4	154.5	159.5	164.5
Finished Hip	inches	37.5	39.4	41.2	43.1	45.0	47.0	48.9	50.9	52.8	54.8	56.8	58.8	60.8	62.8	64.8
	cm	95.3	100	104.7	109.5	114.4	119.3	124.2	129.2	134.2	139.2	144.3	149.4	154.5	159.5	164.5
Centre Back Neck Seam to Hem	inches	29.3	29.6	29.8	30.0	30.3	30.5	30.7	31.0	31.2	31.5	31.7	31.9	32.2	32.4	32.6
	cm	74.5	75.1	75.7	76.3	76.9	77.5	78.1	78.7	79.3	79.9	80.5	81.1	81.7	82.3	82.9
Sleeve Length	inches	33.2	33.4	33.6	33.8	34.0	34.2	34.4	34.6	34.8	35.0	35.2	35.4	35.6	35.8	36.0
	cm	84.4	84.9	85.4	85.9	86.4	86.9	87.4	87.9	88.4	88.9	89.4	89.9	90.4	90.9	91.4

How to measure sleeve length: Position the end of the tape measure on the backbone at the back neck, go across to the shoulder, then pivot and measure down the arm to 1/2” past the wrist bone.



How to Blend Sizes for a Custom Fit

Men come in a wonderful variety of shapes and sizes. If your man's chest and height measurements fall in different sizes, you can blend sizes for a custom fit.

TO ADJUST FOR A LARGER HIP

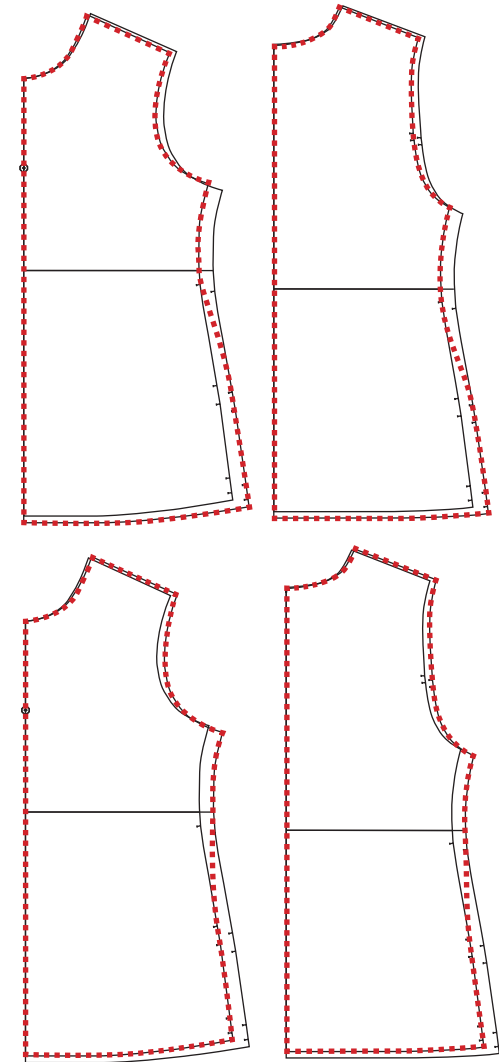
1. Select and print the two sizes which best fit the chest and hip measurements.
2. Starting on the chest piece, draw a line down, following the curve (red dotted line in this diagram) until you reach the narrowest part of the waist.
3. From that point, gently curve the red dotted line out to the hip size you require.

TO ADJUST FOR A SMALLER HIP

1. Select and print the two sizes which best fit the chest and hip measurements.
2. Starting on the chest piece, draw a line down following the curve (red dotted line in this diagram) until you reach the narrowest part of the waist.
3. From that point, gently curve the red dotted line in to the hip size you require.

Blending sizes is surprisingly easy to do and only takes a few minutes.

Give it a go! It is well worth the extra time to get a great fit.



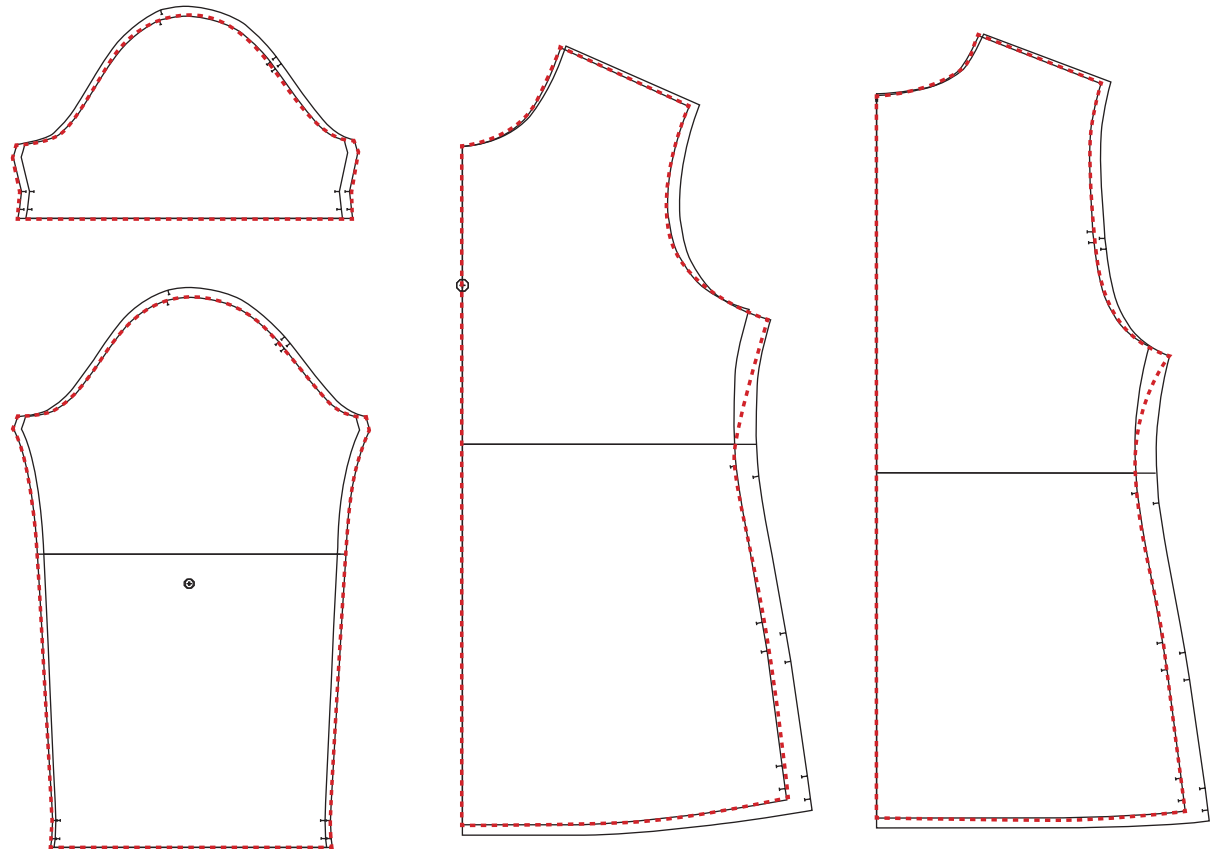
TO ADJUST FOR A LARGER UPPER ARM

Print out your chest size and one or two sizes bigger depending on how much bigger your upper arm is. The Breeze shirt sleeve is designed with 3 ½" (9cm) ease in the upper arm so you may need to go up more than one size to get enough ease for your arm.

Long Sleeve: Blend from the chest size at the wrist and sleeve head to the larger size at the under arm.

Short sleeve: Blend from the chest size sleeve head to the larger size at the under arm.

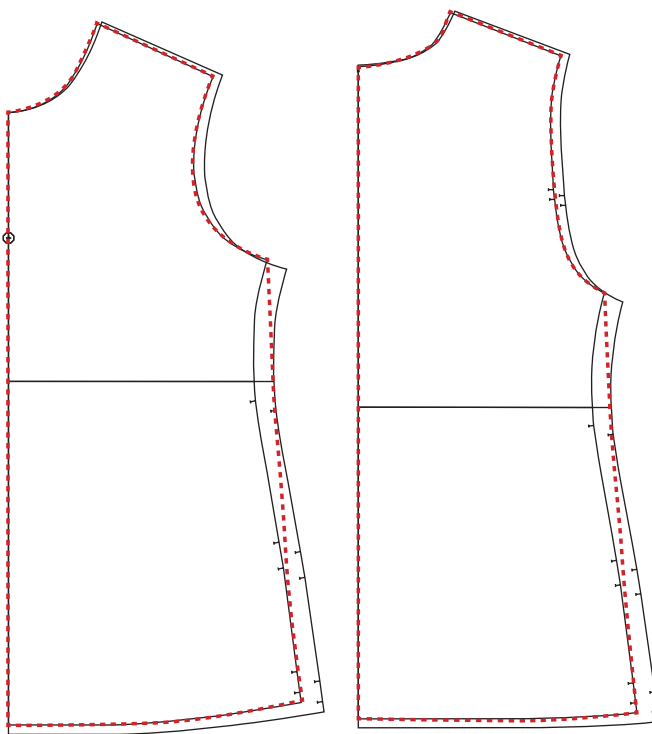
Body pieces: Trace around chest size except under the arm blend out to the larger size. Blend back into the chest size at the waist notch.



TO ADJUST FOR A LARGER WAIST

There is 11 ½” (29cm) ease in the waist of the men’s Breeze shirt so you will only need to blend up for the waist if your waist measurement is 2 sizes bigger than the chest size.

1. Select and print the two sizes which best fit chest and waist measurements (or three sizes if the hip is different).
2. Starting on the chest size piece, draw a line down (red dotted line in this diagram) gently curving out to the waist size piece at the narrowest part of the waist.
3. From that point, gently curve the red dotted line to the hip size you require. (This could be larger or smaller.)



Gather Supplies

Suggested Fabrics

Lightweight linen, cotton lawn, voile, muslin, gauze, double gauze.

This shirt needs a soft, breezy, drapery fabric. Using quilting cotton or something similar will produce a stiff shirt, losing the casual feel of the design.

Other Supplies & Notions

- Spool of coordinating thread
- Small piece of lightweight interfacing to stabilise the facing and collar - knitted or woven is better, but non-woven would be ok
- 1-3 small button(s) if adding the optional button loop(s)
- 2 small buttons or 2 sets of snaps if adding the optional sleeve tabs



Image by Kristie Comarmond



Image by Kiran Grewal



Image by Rūta Iliuk - Vanagaitė

Fabric Requirement Chart

You will need the following amounts. You may need more if matching plaids/checks or if you have a directional fabric.

LONG SLEEVE VERSION

Fabric Width		32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
110cm / 43"	inches	92.5	92.5	92.5	96.5	96.5	100.4	100.4	104.3	104.3	126.0	126.0	126.0	126.0	126.0	126.0
	cm	235	235	235	245	245	255	255	265	265	320	320	320	320	320	320
130cm / 51"	inches	70.9	70.9	70.9	72.8	72.8	94.5	94.5	96.5	96.5	98.4	98.4	102.4	102.4	104.3	104.3
	cm	180	180	180	185	185	240	240	245	245	250	250	260	260	265	265

SHORT SLEEVE VERSION

Fabric Width		32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
110cm / 43"	inches	76.8	76.8	76.8	80.7	80.7	84.6	84.6	94.5	94.5	96.5	96.5	98.4	98.4	100.4	100.4
	cm	195	195	195	205	205	215	215	240	240	245	245	250	250	255	255
130cm / 51"	inches	55.1	57.1	57.1	59.1	59.1	80.7	80.7	82.7	82.7	84.6	84.6	86.6	86.6	90.6	90.6
	cm	140	145	145	150	150	205	205	210	210	215	215	220	220	230	230



Upcycle Inspiration

Making a Garment from Recycled Materials

Did you know? All Twig + Tale patterns are designed to be made from upcycled materials!

Here at Twig + Tale HQ, we are proudly passionate about recycling, starting as a small boutique making one-of-a-kind garments from upcycled materials under the name of Big Little.

We hope to encourage and inspire you to enjoy that same satisfaction of making something truly exquisite from discarded textiles. Here are some ideas on how to make your garment from upcycled materials - saving the planet and your pocket.



When making adult sized garments it is more challenging to create a fully upcycled garment - so we look more to adding details and accents.

Look for larger or plus-sized garments to upcycle as they yield more fabric. Depending on the size shirt you intend to make, you may need to mix and match two garments together.

Soft and light and bursting with memories, muslin baby swaddle wraps are simply delightful for this shirt.

The added nostalgia of giving a favourite wrap a second life will make your project that much more precious.



Having a reverse facing is a great way to use pieces of upcycled material within your Breeze shirt.

There is more information about this here <https://www.twigandtale.com/blogs/twig-and-tale-blog/how-to-add-a-reverse-facing-to-the-breeze-shirt>

Linen garments are perfectly suited to upcycling into these shirts.

Print + Assemble Pattern

Paper Sizes

You can print out the pattern pieces on your home printer using either US Letter paper (8 ½ x 11”) or A4 paper.

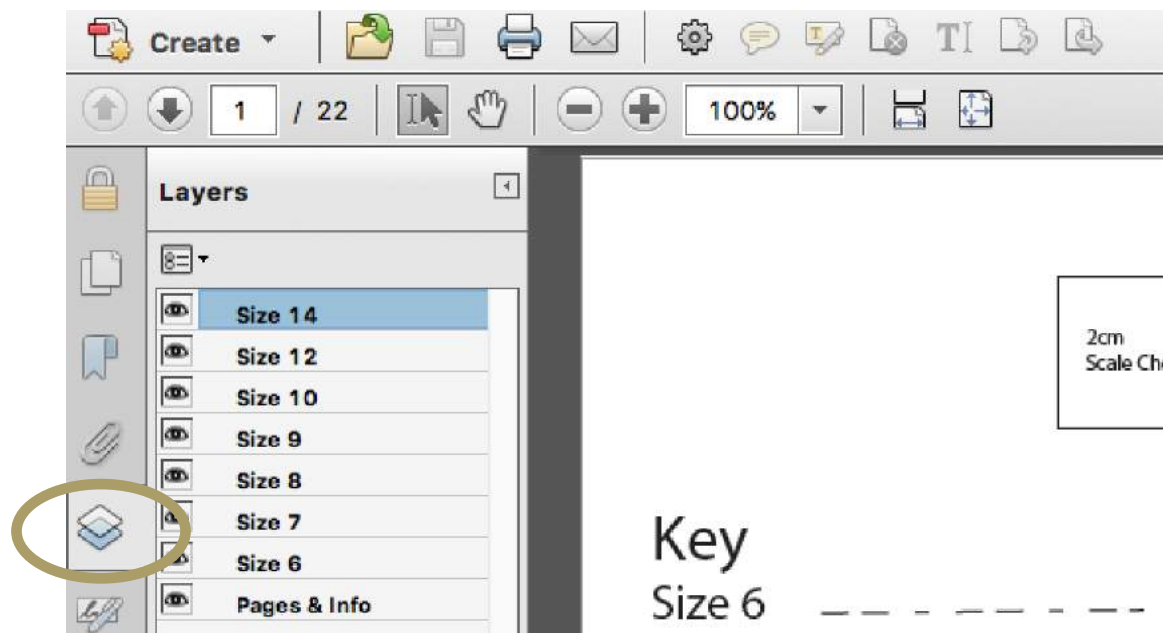
You will need the latest version of Adobe Acrobat Reader. If you do not have it, you can download it free here:

<https://get.adobe.com/reader/othersversions/>

Using Layers

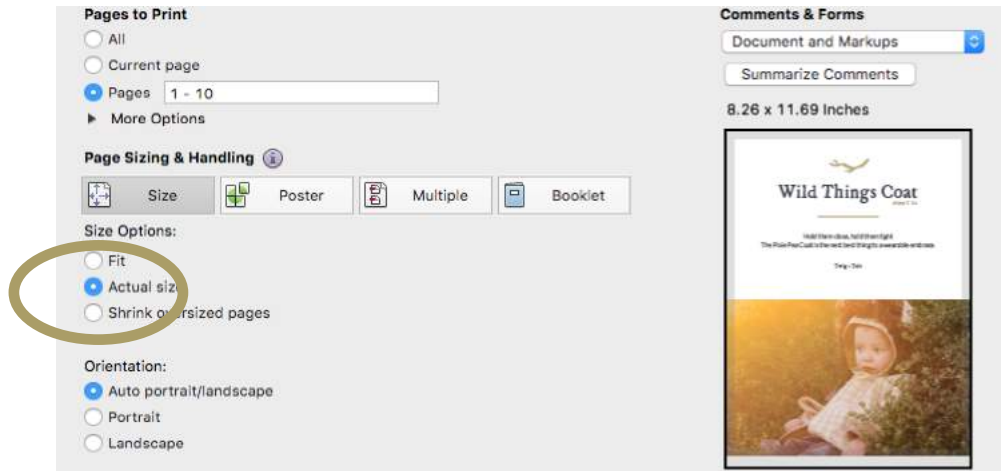
This pattern includes LAYERED pattern pieces, which allows you to choose only the sizes you wish to print. In ACROBAT READER, click on the layers icon (highlighted with a circle in the image below) while the file is open. Click on the eyeballs to turn size layers on or off. Be sure to leave the bottom layer “Pages & Info” turned on.

Print the first page of the PATTERN PIECES and ensure the 1” or 2cm square scale check boxes are correct before printing the remainder of the pattern pages.



Printer Settings

Your printer needs to be set on “Actual Size” to prevent it from scaling the pages incorrectly. You do not need to print the entire document - select only the pages you require from the chart below.



Troubleshooting

Most issues resolve themselves by printing from a desktop or laptop. Printing from an iPad or mobile device can produce irregular results.

Layers not showing up?

1. Ensure that you are looking at the ADOBE print menu, not the default print menu that pops up on your computer.
2. On a Mac, sometimes the file can get “flattened” when you save it to your desktop. Simply go to your downloads folder and open it from there.

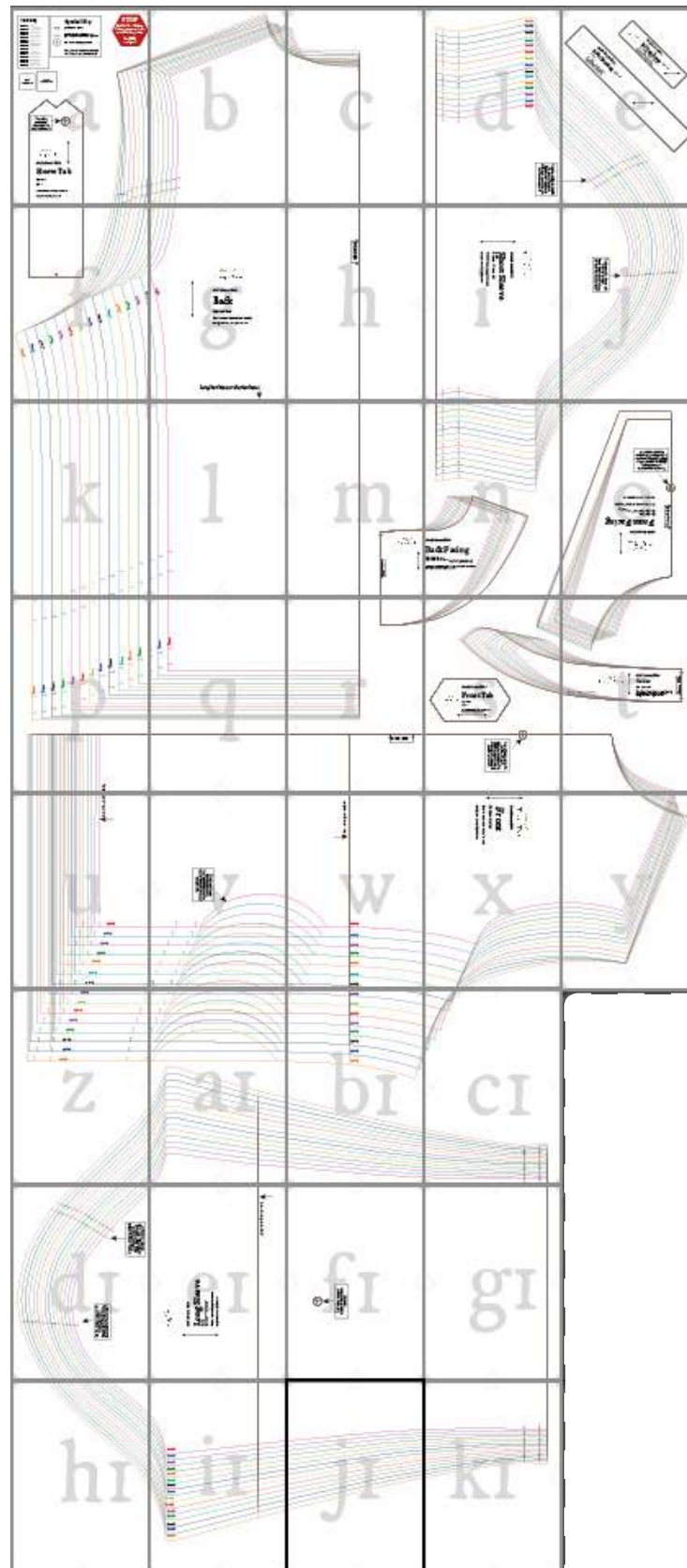
Which Pages to Print

	Pages	Instructions
Tutorial	1-55	Save a tree! Instead of printing the tutorial, read it on your phone/tablet/laptop while sewing.
Pattern Pieces	56-92	Print page 56 first and double check that the scale box is correct. Then go ahead and print the remaining pages.

Assembling Pattern Pieces

Cut around the outer page rectangles (some people prefer to simply cut off the bottom edge and right-hand edge of the rectangles in order to overlap the pages), and then using the Page Assembly Diagram on the following page as a guide, arrange your pages, aligning the diamonds and corner circles. Tape the pages together, and then cut out your pattern pieces.

Page Assembly Diagram

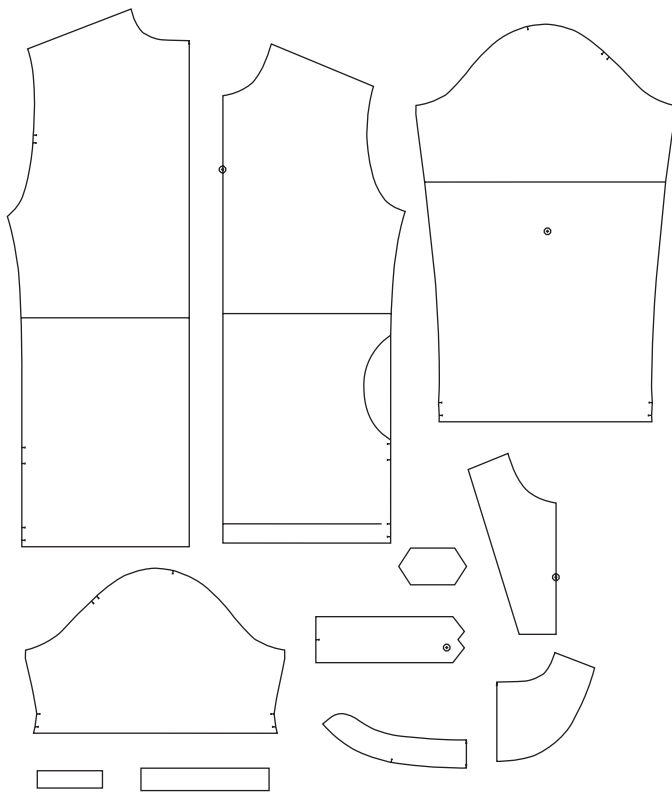


Sewing Instructions

Welcome!

Before we start - did you know there is a [Twig + Tale Chat Group](#) on Facebook? It is a great place to ask questions if you need help along the way, and of course show off photos of your finished items. We look forward to seeing you there! Link above not working? Copy and paste this instead:

<https://www.facebook.com/groups/522332691240127/>



Cutting Out

Back	Cut 1 on the fold
Back Facing	Cut 1 on the fold Cut 1 on the fold from interfacing (interfacing optional)
Front	Cut 1 on the fold <i>To make the slit, cut from the center front down to the slit marker</i>
Front Facing	Cut 1 on the fold Cut 1 on the fold from interfacing <i>To make the slit, cut from the center front down to the slit marker after fusing on the interfacing</i>
Sleeves (short or long sleeve piece)	Cut 2 as a mirrored pair
Collar	Cut 2 on the fold Cut 1 on the fold from interfacing
<hr/>	
Front Tab	Optional - Cut 1 <i>You can cut this on the cross grain if using directional fabric.</i>
Sleeve Tabs	Optional - Cut 2
Side Split Binding	Optional - Cut 4
Button Loop	Optional - Cut as many as desired

Transfer all notches and marking from the pattern pieces onto your fabric, **even if you don't normally do this!**



Image by Ruth Phillips

BUTTON LOOP

You can use the button loop pattern piece to make a custom fabric loop

or

use store-bought bias binding

or

use a piece of cord elastic.



Image by Leanne Steel

REVERSE FACING

This involves sewing the facing onto the outside rather than the inside of the shirt.

Cut all the pieces as you would for a regular shirt.



You will find a blogpost on how to sew the reverse facing here:

<https://www.twigandtale.com/blogs/twig-and-tale-blog/how-to-add-a-reverse-facing-to-the-breeze-shirt>



Image by Kiran Grewal

SHORT SLEEVE

The shape of the short sleeve piece is different from that of the longer sleeve piece, so please don't use the lengthen/shorten line on the long sleeve in order to create the short sleeve.

Instead use the short sleeve pattern piece!



Image by Kristie Comarmond

SLEEVE TABS

We recommend adding sleeve tabs for both practicality and style.

They can be a good place to add some subtle colour or print details if desired.



Image by Jo Benayoun

1



You will find a blogpost explaining the beauty of French Seams here:

<https://www.twigandtale.com/blogs/twig-and-tale-blog/how-to-sew-french-seams>

2



3



Video Tutorials

Check out the video guide for a more interactive look. You will need an internet connection.



Video Tutorials Page

<https://www.twigandtale.com/pages/video-tutorials-shirt>

French Seams

This pattern uses French seams to enclose the inside seams of the shirt without a serger/overlocker.

This method may seem a little counter-intuitive; however, the end result is a beautifully finished, professional seam that is strong and won't fray.

Your project will look almost as lovely on the inside as on the outside!

Shoulders + Collar



Video Tutorials Page

<https://www.twigandtale.com/pages/video-tutorials-shirt>

Pin the front and back bodice pieces **WRONG** sides together at the shoulders - yes, this is backwards to usual! *You may find that one shoulder piece is slightly wider than the other. Centre the pieces so that there is an even amount hanging off each end - this excess fabric will disappear when you sew the second part of the seam.*

Sew the shoulder seams with a ¼" (6mm) seam allowance, as shown by the dotted line on the photo.

You may also notice that the back piece is longer than the front piece. This is because the shoulder seams wrap over to the front a little on the finished garment.

4



Trim the seam allowances to 1/8" (3mm).

5



Working from the right side of the fabric, press both edges of the seam allowances to one common side (do not press them open).

Use a regular iron! This wee wooden one is my child's play iron - I'm using it in these photos simply to indicate pressing.

6



Fold the fabric along the pressed edge so that the right sides of the fabric are together, and press the edge from the **wrong** side.

7



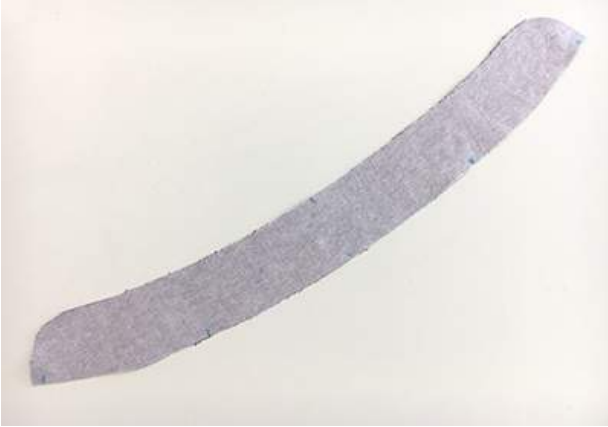
Sew the seams 1/4" (6mm) from the pressed edge, as shown by the dotted line on the photo. This seam will enclose the raw edges of the first seam.

8



Press the seams towards the back of the shirt.
Admire your lovely French seams!

9



Iron interfacing to one collar piece. This collar piece will eventually be the outer collar.

Ensure you have transferred the markings/notches onto the collar piece.

10



With right sides together, pin the long notched edge of the **interfaced** collar piece around the neck opening of the shirt, aligning the notches with the shoulder seams.

The ends of the collar should align with the corners at the slit edges at the front of the shirt.

Sew using a 3/8" (1cm) seam allowance.

11



Trim off half of the seam allowance.

12



Press toward the collar.

13



Constructing the Facing



Video Tutorials Page

<https://www.twigandtale.com/pages/video-tutorials-shirt>

14



Iron interfacing to the wrong side of the front and back facing.

The interfacing is optional on the back facing piece. Interfacing will make it easier to sew on; however, leaving it off will create a softer feel to the shirt. For this tutorial we show the method including the back interfacing.

15



Pin the front facing to the back facing right sides together at the shoulder seams and sew with a 3/8" (1cm) seam allowance. There is no need to finish these seams.

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Pattern Modifications + Inspiration

Check out all the pattern hacks on the **T+T Blog** for ways to customise your next Breeze Shirt.

Have you gotten creative and done something a little different with your Breeze Shirt? Share it with us! Drop us an email at hello@twigandtale.com and we could feature it on the T+T blog.



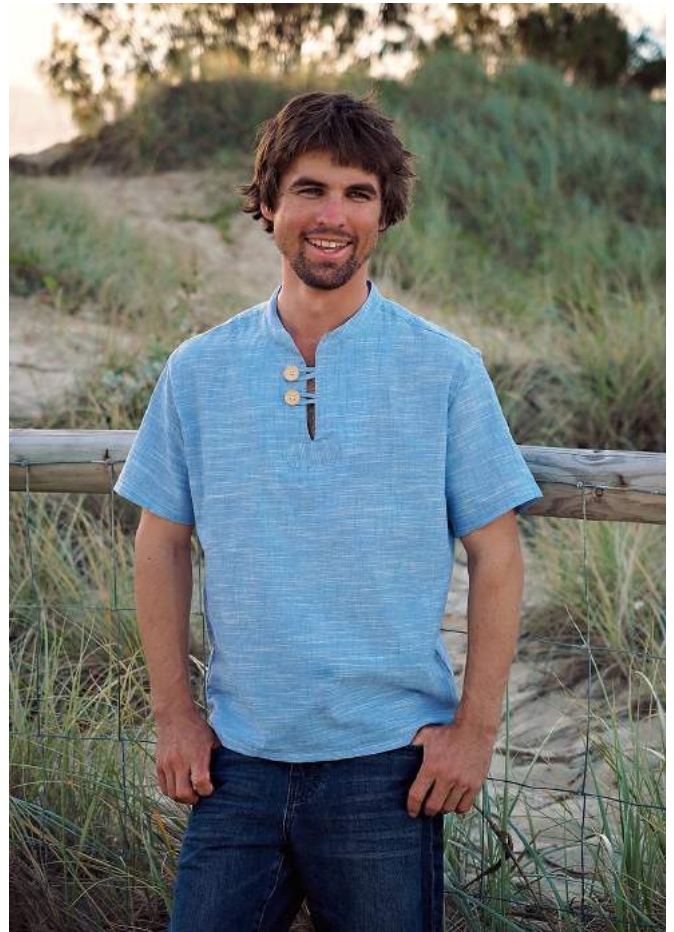
Image by Jo Benayoun

Inspiration - Men's Breeze

Images from the Testing Team

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Inspiration - Men's Breeze

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Sewing Summary

Men's Breeze Shirt

SEAM ALLOWANCE is 1/2" (13mm) French seam unless specified otherwise.

PREPARE PIECES

- Cut out pattern pieces.
- Transfer pattern markings to fabric.
- Iron interfacing to wrong sides of the following pieces:
 - One collar piece.
 - Front facing.
 - Back facing (optional).
 - Small squares in snap placement areas of sleeve tabs (optional).

SEW SHOULDER SEAMS (FRENCH SEAMS)

- Pin and sew front and back bodice WRONG sides together at shoulders with 1/4" (6mm) SA (Note: back bodice is longer than front).
- Trim seams to 1/8" (3mm).
- Press seam allowances to one common side (not open).
- Turn wrong side out and press along stitched edge.
- Sew shoulder seams 1/4" (6mm) from pressed edge, enclosing raw edges from first seam.
- Press seams towards back.

ADD COLLAR

- Pin long notched edge of interfaced collar piece to neckline right sides together, aligning ends of collar with corners of front

slit and matching collar notches to centre back and shoulder seams.

- Sew around neckline with 3/8" (1cm) SA.
- Trim off half of seam allowance.
- Press seam towards collar.

PREPARE FACING

- Pin front and back facing pieces right sides together at shoulders and sew with 3/8" (1cm) SA.
- Press seam allowances together towards front of facing.
- Pin long notched edge of remaining collar piece (without interfacing) to neckline of facing right sides together, aligning ends of collar with corners of front slit and matching collar notches to centre back and shoulder seams.
- Sew around neckline with 3/8" (1cm) SA.
- Trim off half of seam allowance.
- Press seam towards collar.
- Overlock outer edge of facing or sew 1/4" (6mm) from raw edge; then press edge towards wrong side.

PREPARE BUTTON LOOP(S) (OPTIONAL)

- Press long crease down middle of loop piece, open up.
- Press both long edges to middle crease.
- Fold in half along centre crease.
- Topstitch along long open edge.

- Fold to form loop with stitched edges touching.
- Measure loop against button, add seam allowance and cut loop to fit.
- Baste loop to right side of shirt slit, raw edges together, 1/8" (3mm) from edge.

ADD FACING TO BODICE

- Pin facing and shirt right sides together around head opening and front slit.
- Sew around outer edge of collar with 1/4" (6mm) SA.
- Sew around edge of slit starting 1/4" (6mm) at collar edge and tapering to almost nothing at bottom of slit.
- Cut seam allowance at bottom of slit close to stitching.
- Trim half of seam allowance around front curves of collar.
- Turn right side out, smooth out edges, and press.
- Topstitch 1/8" (3mm) from edges of the collar and slit.
- Smooth facing against inside of shirt and pin or hand baste.
- Double check with ruler that bottom of facing is parallel to bottom of shirt.
- Topstitch all around, close to folded edges of facing.
- Add button(s) (optional).

ADD CENTRE TAB

- Press all edges of centre tab 3/8" (1cm) towards the wrong side.
- Centre tab horizontally over the slit so that it covers just the very bottom of the slit.
- Pin and then topstitch 1/8" (3mm) from folded edges of the tab.

ADD SLEEVE TABS (OPTIONAL)

- Ensure placement markings are on wrong sides of sleeves and right sides of tabs.
- Fold sleeve tabs in half lengthwise right sides together, stitch closed with 3/8" (1cm) SA around pointed end and along long side (leave square end open for turning).
- Clip corners.
- Turn tabs right side out, poke out corners, and press.
- Topstitch close to pressed edges (optional).
- Fold over raw edge 3/8" (1cm) and press.
- You may wish to sew buttonholes at the tab markings now (optional).
- Place folded-over end of tab over placement marker, point towards hem of sleeve.
- Topstitch a square around folded end of tab (plus two optional diagonals to form an X).
- Apply choice of fasteners:
 - Apply snaps at markings so that smooth sides will be against the wearer's skin.
 - Attach button to outside of sleeve within box (and buttonhole to V end of tab).

ATTACH SLEEVES (FRENCH SEAM)

- Pin sleeves to armholes WRONG sides together, matching single notches and double notches; align notches near the ends of the sleeves with the raw edges of the body.
- Sew 1/4" (6mm) armhole seam and trim seam allowance to 1/8" (3mm).
- Press trimmed seam allowance to one side.
- Right sides together, press along seam line.
- Sew 1/4" (6mm) from pressed edge.
- Press seam towards sleeve.

HEM SLEEVES

- (Pre-press bottom hem while at ironing board: Press memory creases along bottom of front and back bodice 3/8" (1cm) towards the wrong side and then 3/4" (2cm); unfold creases).
- Press sleeve bottoms 3/8" (1cm) towards wrong side and then 3/4" (2cm).
- Stitch sleeve hems close to inner folded edges.

SEW SIDE SEAMS AND HEM (WITHOUT HEM SPLITS)

- Sew each sleeve and side seam in one continuous French seam:
 - Wrong sides together, pin each side together at hem, at underarm seam, and at sleeve hem.
 - Stitch with 1/4" (6mm) seam allowance.
 - Trim seam to 1/8" (3mm).
 - Press seam allowance to one side.
 - Turn wrong side out and press along seam line.
 - Sew seam 1/4" (6mm) from pressed edge.
 - Press seam towards back.
- Refold memory creases at hem: 3/8" (1cm) and then 3/4" (2cm).
- Sew around hem close to inside folded edge.

SEW SIDE SEAMS AND HEM WITH HEM SPLITS

- Prepare binding strips (or use bias binding):
 - Press long crease down middle of loop piece, open up.
 - Press both long edges to middle crease.
 - Fold in half along centre crease.
- Encase each of the 4 bottom split edges with binding, pinning as follows:
 - Start halfway between the two bottom

notches (at hem folds).

- Stop at 3rd notch.
- Veer off edge at 4th notch.
- Topstitch close to inner folded edges of binding.
- Refold memory creases and stitch along inner folded hem on front and back of shirt.
- Sew each sleeve and side seam in one continuous French seam:
 - Wrong sides together, pin each side together at 3rd split notch, at underarm seam, and at sleeve hem.
 - Stitch with 1/4" (6mm) seam allowance, veering off edge at 3rd notch.
 - Trim seam to 1/8" (3mm), including excess binding.
 - Press seam allowance to one side.
 - Turn wrong side out and press along seam line.
 - Sew seam 1/4" (6mm) from pressed edge straight down to original 3rd notch (don't veer off).
 - Press seam towards back.
- Press split bindings to wrong side of shirt (will create a triangle at top of join).
- Topstitch close to edge of binding from hem to split, then straight across below triangle (backstitch for strength) and back down to hem.

Glossary of Sewing Terms

Backstitch/Back tack

Used at the beginning and end of a machine-sewn seam to anchor the seam in place; it involves a couple of extra stitches back and forth.

Bar tack

A group of closely sewn stitches (back and forth from side to side a la zig zag) that is used to tack a belt loop or similar item in place. Sometimes used in the point of a V to reinforce.

Baste/basting

Temporary stitching used to hold a sewing project in place that is removed when the permanent sewing is done. Basting can be done by hand or by machine using a long stitch length without backstitching.

Blind hem stitch

Sewing stitch that is not meant to be seen on the right side of the fabric, usually accomplished by picking up one thread of the fabric at a time rather than going through the full fabric to make a stitch. The best finish is done by hand, but many sewing machines come with a blind hem attachment, and the manual is the best guide for how to use it to produce virtually invisible hems.

Casing

Fabric envelope of sorts for encasing elastic, a drawstring, or similar material, usually along a waistline, cuff or hem.

Clip (curve)

An outside curve needs to be clipped to within a breath of the seam line. For an inside curve, you can either clip or cut very small notches (V shape) out of the curve itself in order to have it lay flat and not

make bunches when the project or garment is done.

Dart

A V shaped, tapered adjustment (usually a fold on the inside of the piece) to a pattern to allow for more fullness in the bust area or less fullness in other areas (waist).

Ease

A way of sewing a length of fabric into a bit of a smaller space without resulting in gathers or puckers.

Edgestitch

A stitch done a scant 1/8" from the folded or seamed edge.

Facing

Fabric sewn on the raw edge of a garment piece that is turned under and serves as a finish for the edge as well.

Finish (an edge)

Turn under 1/4" and stitch, serge/overlock the edge, or other method of finishing the edge so it doesn't unravel or cause a bulk problem.

Fold line

Many pattern pieces are placed on the fold of a piece of fabric. This is the actual fold of the fabric off the bolt or a fold of your own creation; the goal is to have a pattern piece that is cut out without a centre seam.

Gather

Gathering allows for making a long piece of fabric to fit with a shorter piece of fabric and also is a method of easing a seam to allow insertion of sleeves and other rounded pattern pieces.

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To gather a seam, two parallel lines are sewn on the right side of the fabric, a scant 1/4" apart. Long tails of thread are left for gathering. The bobbin threads (on the wrong side of the fabric) are held on either end of the seam and gently tugged, gathering the fabric evenly on the threads.

Grain

Direction of the fabric that runs parallel to the selvage. Patterns have an arrow on them <-----> indicating direction of the grain to assist in laying out the pattern pieces correctly.

Hem

Fabric that is turned up on the lower edge of a garment or sleeve to provide a finished edge. Often extra fabric is left in the hem with children's clothing to allow for growth (especially skirts and trousers).

Inseam

Seam inside the leg of pants that runs from the crotch to the hem.

Interfacing

Fabric used between layers of fabric to provide stabilization and form. Usually used in collars, cuffs, plackets, some waistbands and pockets, and facings.

Notch

Usually, the notch is shown on Twig + Tale patterns with a T shape and should be matched on seams when joining for sewing.

Pivot

To leave the needle in fabric, raise the presserfoot and turn the fabric at an angle. Then lower the presserfoot and start sewing.

Placket

A V-shaped opening that is finished with a bias strip.

Pleat

A fold in fabric that is either inverted or folded outward, is not sewn except on the top edge (as in a skirt or slacks waistband), and provides decorative or functional fullness.

Stay stitch

A line of stitching just inside the intended permanent stitching line (seam line) on curved edges that stabilizes and keeps the curve from distorting.

Stitch in the ditch

Stitching in the ditch is sometimes used as a method of understitching by stitching in the seam itself (the ditch) in order to hold it down.

Tack

A temporary stitch to hold pieces together, usually removed after final stitching.

Top-stitch

A sometimes decorative, sometimes functional stitch that is usually 1/4" from the edge of a seam. It is visible because it is done on the top of the item.

Understitch

Keeps a facing or lining from rolling onto the right side of a garment. After pressing the seam allowance and facing away from the garment, stitch through both a scant 1/8" from the seam. Some people grade the seam allowance and facing/lining prior to stitching to eliminate bulk.

Glossary adapted from thesewingdictionary.com



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