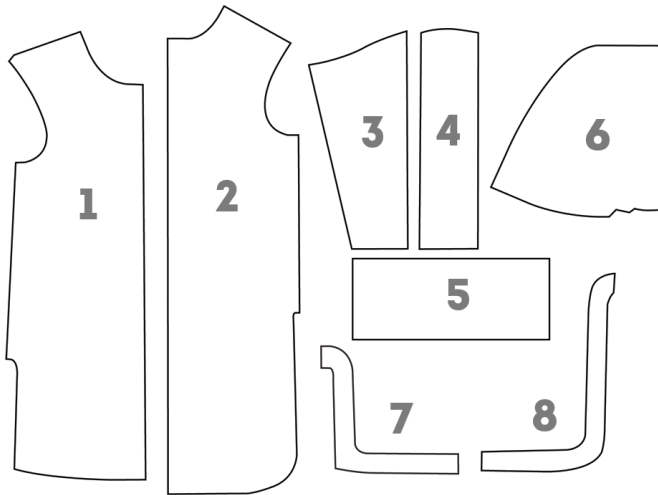




PATTERN PIECES INCLUDED:



- 1 // FRONT
- 2 // BACK
- 3 // TOP SLEEVE
- 4 // BOTTOM SLEEVE
- 5 // CUFFS
- 6 // HOOD
- 7 // FRONT FACING
- 8 // BACK FACING

// HOW TO: **CUT**

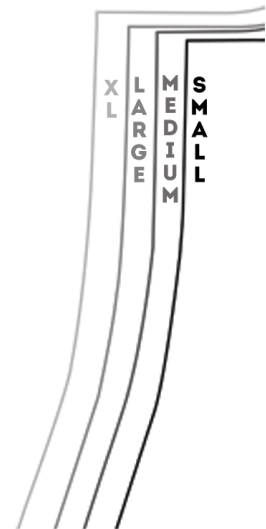
1. FIND YOUR SIZE

Scan the QR code, shown above, or navigate to www.heysew.com/sizing to use this pattern's custom size calculator. Follow the instructions on the page to take your basic measurements, input them into the calculator, and determine your unique size for this pattern.

2. CUT OUT THE PATTERN

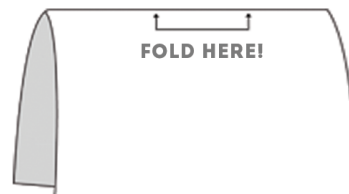
Cut out each pattern piece on the line corresponding to your size.

- Black** is Small
- Dark grey** is Medium
- Medium grey** is Large
- Light grey** is Extra Large



3. LAY OUT YOUR PATTERN

Spread out your fabric on a work surface, making sure that it's folded in half vertically. (Most fabric comes on bolts like this already, so just make sure to fold it if you're working with 58" wide fabric or larger.) Lay out your pattern pieces on top of the fabric, following the guide below:



STRAIGHT GRAIN

Place these pieces so that the arrows run parallel to the fold line and bottom (or **selvedge**) of the fabric. This is the fabric's **straight grain**.



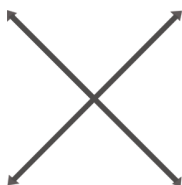
CUT ON FOLD

Place these pieces right against the edge where the fabric is folded in half, the arrows pointed towards the fold.

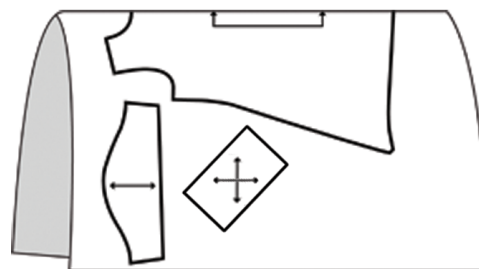


CUT ON BIAS

Place these pieces so that the arrows are at a 45 degree angle to the bottom (or **selvedge**) of the fabric. This gives a pattern piece the most stretch and drape.



EXAMPLE:



4. PIN EACH PIECE IN PLACE

Pin each piece to the fabric using straight pins. Make sure to transfer any **notches** - the little black triangles marked on the outlines of some pattern pieces - by tracing them onto the fabric with chalk.

PRO TIP! Want to reuse this pattern in the future? Trace out each pattern piece using chalk after you pin it down so you're left with a chalk outline on your fabric. That way you won't accidentally trim off the edges of your pattern pieces when you're cutting.

5. CUT!

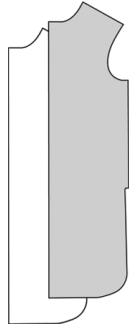
Using sharp scissors, cut around the pattern pieces, making sure to clip any **notches** with your scissors so you know where to find them when you're sewing.

// HOW TO: SEW

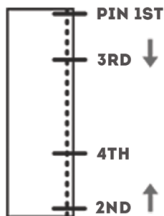
HEY!

Read through all the instructions before you begin. There are finishing options included below for more advanced stitchers if you want to challenge your skills.

#1



*



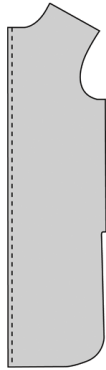
#1. Place one **back** piece face up in your work space. Lay the second **back** piece over top, the back side of the fabric facing up. Match the two together on all sides and pin the pieces together at long center back seam.

All seams should be pinned starting with each edge (top and bottom) and then working your way in towards the middle. Pinning this way ensures that any ease or excess can be distributed properly in the seam, and so that the seams match perfectly every time.

*

#2. Take the pinned back to your sewing machine and attach the two at the center back seam by sewing 1/2" away from the raw edge, making sure to **backstitch** when you begin and end each seam.

#2

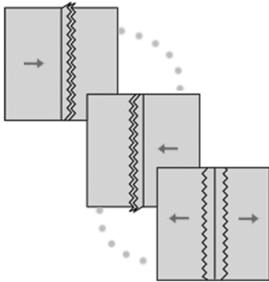


*

Backstitching is different for every sewing machine, but is usually a lever or button on the front of the machine that, when pressed, allows you to sew backwards. Always backstitch for a few stitches on every seam you begin and end, unless the instructions say otherwise. This keeps your stitches from accidentally unraveling.

#3. Trim the raw seam allowance of the center back seam with your **pinking scissors** (the big zig zag ones). This will keep your raw edges from unraveling and falling apart.

#3

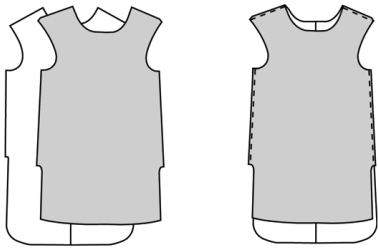


Then, take the bodice to your iron and **press open** your seam. To do this, iron your inner seam allowance towards one direction, then the other. Finally, peel open the seam allowance and press it flat.

*

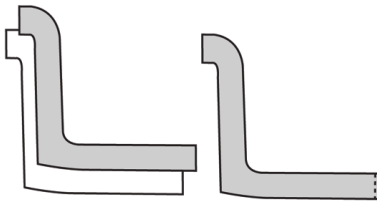
Pressing out all seams you sew is a super easy way to make your garment look clean and professional. A little ironing goes a long way, so don't skip it!

#4



#4. Place the sewn **back** face up in your work space. Lay the **front** over top, the back side of the fabric facing up. Pin the two together at the side seams and shoulders, then sew each of these seams 1/2" away from the edge. Trim the raw seam allowance with your pinking scissors, then press all four seams open.

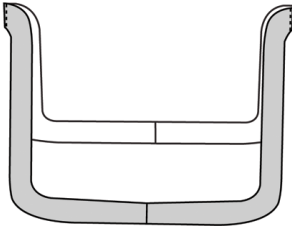
#5



#5. Place one of the **front facing** pieces face up in your work space. Lay the second front facing piece over top, the back side of the fabric facing up. Match and pin the two together at the straight center front edge, then join them by sewing 1/2" away from the edge.

Repeat this process with the **back facing** pieces so you have two continuous facing pieces, one for the front and one for the back.

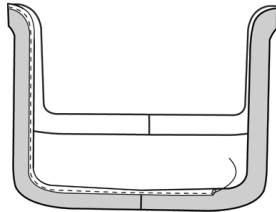
#6



#6. With the front facing laying face up in your work space, lay the back facing over top with the back side of the fabric facing up. Match the two together at the two curved edges and sew at each of these sides 1/2" away from the edge.

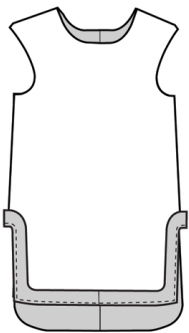
Press open all of the seams on the facing you've sewn so far.

#7



#7. With the continuous facing in your work space with the back side of the fabric facing up, roll the top edge down 1/8" and then under once more so you have a clean finished **rolled hem**. Pin this them in place all the way around the top edge of the facing, then sew it down by stitching 1/8" away from the rolled edge. Press the hem flat.

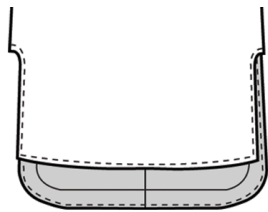
#8



#8. Place the top you've sewn so far right side up in your work space. Lay the facing over top, the back side of the fabric facing up, and match the raw bottom edge of the facing to the raw bottom edge of the top. Pin the two together all the way around the bottom, then attach them by sewing 1/4" away from the raw edge.

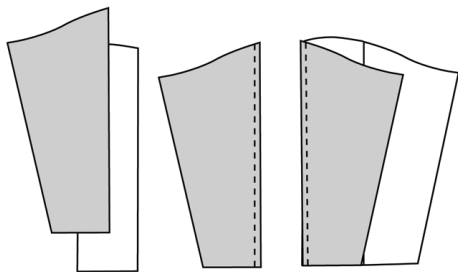
When finished, flip the facing so that it's laying inside of the top and press this seam flat.

#9



#9. To keep the facing from flipping back out, take the top to your sewing machine, right side out, and **edge stitch** 1/8" away from the folded edge all the way around the bottom edge of the top.

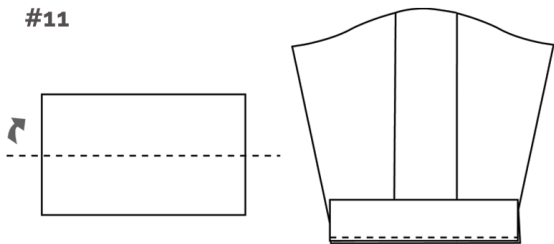
#10



#10. Place the **top sleeve** face up in your work space. Lay one of the **bottom sleeve** pieces over top, the back side of the fabric facing up. Match the long, straight edge of the bottom sleeve to the corresponding top sleeve edge, as shown in the diagram. Pin the two together, then attach them by sewing 1/2" away from the edge.

Repeat this process with the second bottom sleeve piece on the opposite side of the top sleeve so you have one continuous sleeve. Trim the raw seam allowance of the seams you've sewn with your pinking scissors, then press both seams open.

#11

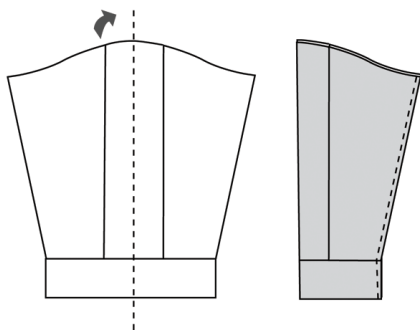


Repeat this entire step with the second sleeve.

#11. With one of the **cuff** pieces flat in your work space, the back side of the fabric facing up, fold the cuff in half widthwise.

Place one of the sleeves you've sewn in your work space face up, then lay the folded cuff over top with the raw edge lined up with the bottom edge of the sleeve. Pin the two together, then sew them 1/4" away from the edge. Trim the seam allowance with your pinking scissors, then press the seam open.

#12

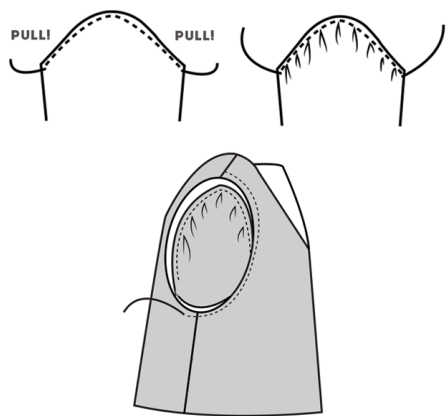


Repeat this entire step with the second sleeve and cuff.

#12. Place one of the sleeves face up in your work space. Fold it in half lengthwise and match the two raw edges together all the way down the length of the sleeve and cuff. Sew them together by stitching 1/2" away from the edge, then trim the seam allowance with your pinking scissors and press the seam open.

Repeat this entire step with the second sleeve so you have two finished sleeves.

#13

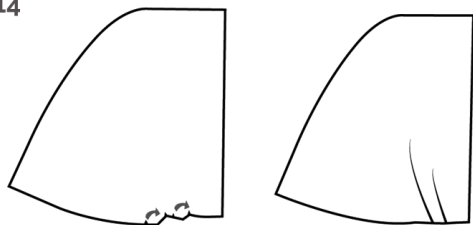


#13. Run a **gathering stitch** along the cap of each sleeve by setting your stitch length to as long as it will go and sewing 1/4" away from the top edge of each sleeve **without backstitching**.

Turn the top inside out, then fit the sleeve into the armhole so the right sides of both the sleeve and the top are touching. Match the notch on the top sleeve to the shoulder seam, pinning the sleeve in place all the way around the armhole. You may need to adjust the gathering stitch to make sure the sleeve fits into the armhole perfectly.

Sew the two together 1/2" away from the edge, then trim the excess with your pinking scissors and press the seam open. Repeat with both sleeves.

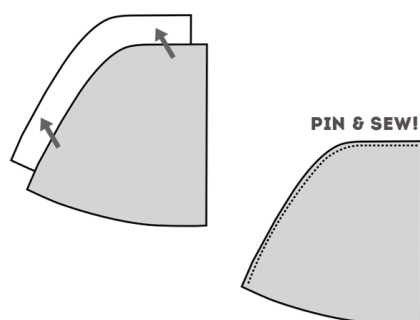
#14



#14. With a **hood** piece face up in your work space, pinch the notch on the far left and bring it to meet the notch next to it. Pin this small tuck in place. Then, pinch the third notch in and bring it to meet the notch on the far right to form two tucks. Sew these in place by running a small stitch 1/4" away from the bottom edge, catching the tucks.

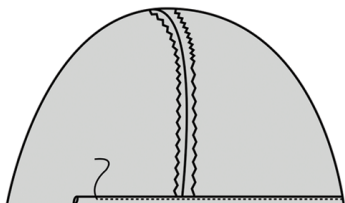
Repeat this process on the other side of the hood so you have four total tucks.

#15



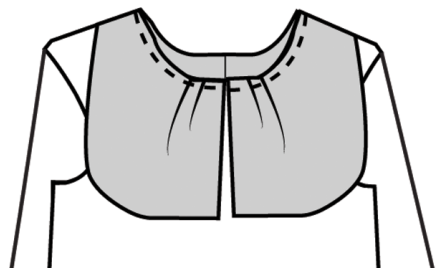
#15. Place one of the hood pieces face up in your work space. Lay the second hood piece over top, the back side of the fabric facing up, and match the two on all sides. Pin them together on the curved center back seam, and sew 1/2" away from the edge at this seam. Trim the raw seam allowance with your pinking scissors and press the seam open.

#16



#16. Turn the sewn hood inside out and lay it flat. Take the raw front edge and roll this raw edge down 1/8" and then under once more so you have a clean finished **rolled hem**. Pin this them in place, then sew it down by stitching 1/8" away from the rolled edge. Press the hem flat.

#17



#17. Take the completed hood piece, wrong side out, and line up the center back seam of the hood with the center back seam of the top. Pin the hood all the way around the neckline, starting in the back and working all the way around to meet in the center front.

Sew this seam 1/2" away from the edge, then press it out and finish it with your pinking scissors.