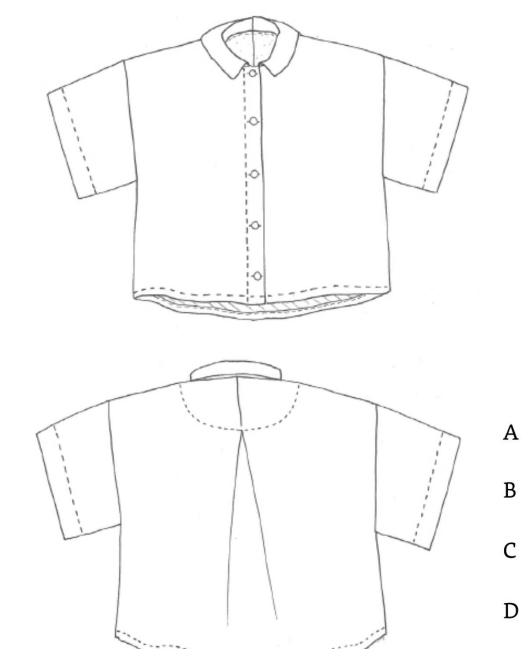
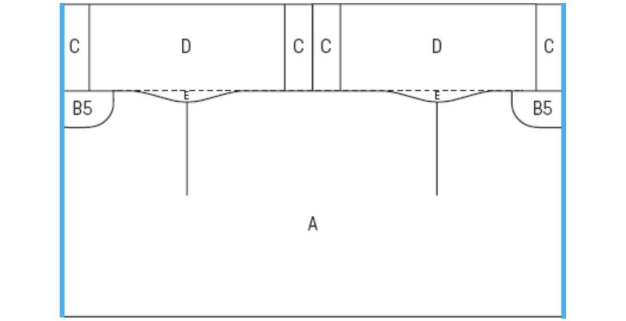




A Front/back body

B Back neck facing (template B5)

C Collar

D Sleeve

E Sleeve head curve (template E)

SIZE CHART

The size of this garment depends on the width of the fabric you use. This size chart accounts for around 25 cm (10 in.) ease from the actual garment measurements and shows the maximum chest/bust and hip measurement recommended for each fabric width. As this garment is meant to be oversized, you can still work with a wider fabric even if your measurements are a lot smaller than the maximum stated below – see Pattern adjustment tips: Sizing up. Ideally, however, your measurements should be no more than 25 cm (10 in.) smaller than the maximum shown below.

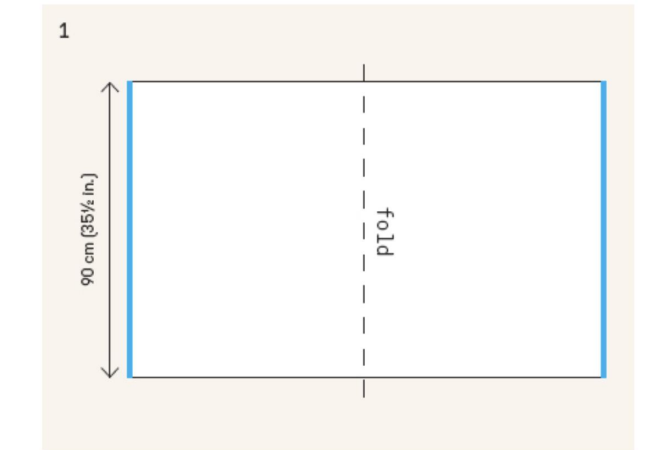
FABRIC WIDTH	MAX. CHEST/ BUST	MAX. HIP
135 cm (53 in.)	96 cm (38 in.)	104 cm (41 in.)
140 cm (55 in.)	101 cm (40 in.)	109 cm (43 in.)
145 cm (57 in.)	106 cm (42 in.)	114 cm (45 in.)
150 cm (59 in.)	111 cm (44 in.)	119 cm (47 in.)
155 cm (61 in.)	116 cm (46 in.)	124 cm (49 in.)

Finished shirt length: 62 cm (24½ in.), measured from shoulder to finished hem. This length can easily be altered on the cutting plan to suit your needs.

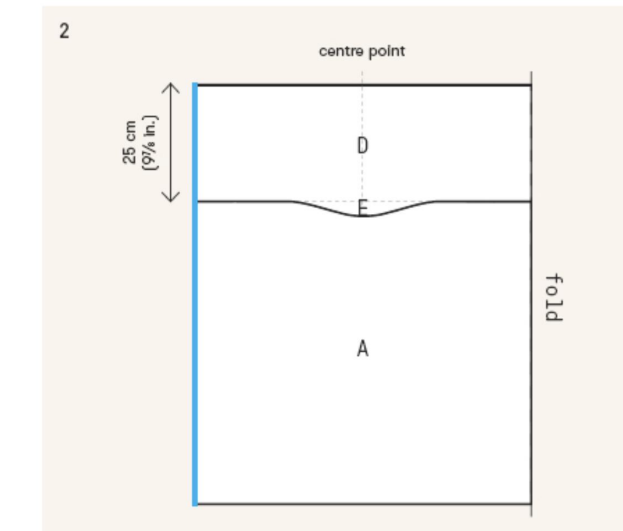
Finished sleeve length: When using a 145-cm (57-in.) wide fabric, the sleeve length is approximately 45 cm (17¾ in.), measured from the neck to finished hem. This length varies slightly with different fabric widths and can be altered when turning up the hem.

CUTTING

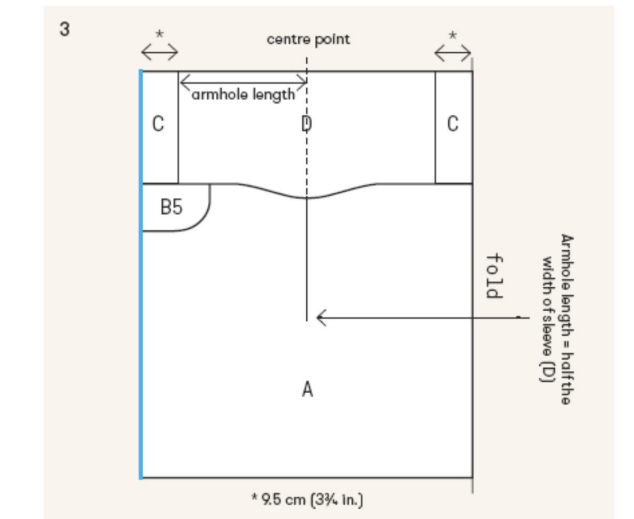
STEP 1 Cut the fabric to length (90 cm/35½ in.) and fold it in half widthways, right sides together.



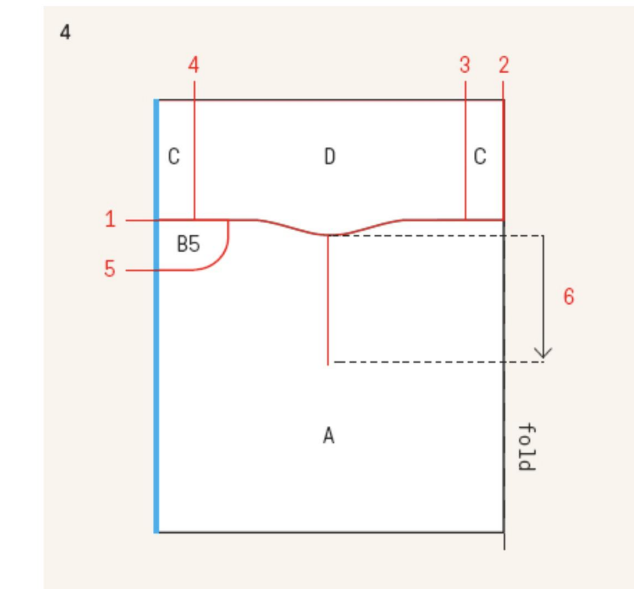
STEP 2 Measure 25 cm (9⅞ in.) down from the top and draw a horizontal line all the way across the fabric. Find the centre point and place the sleeve head curve template (E) along this line, with the curve extending into the front/back body (A). Draw in the sleeve head curve for the sleeve piece (D).



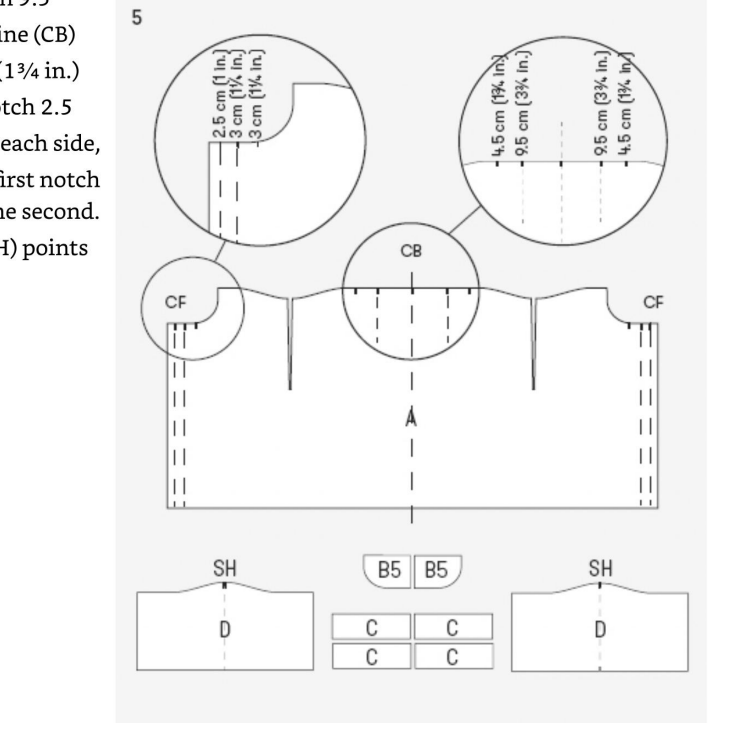
STEP 3 Draw the collar pieces (C) by measuring 9.5 cm (3¾ in.) across from each side edge and drawing a vertical line down from the top edge of the fabric to the horizontal line that you drew in step 2. Place the back neck facing template (B5) on the left-hand edge of the fabric, with the long straight edge on the horizontal line, and draw around it. On the front/back body (A), draw a straight line down from the centre point of the sleeve head curve that is half the width of the sleeve (D) in length for the armhole cut-out.



STEP 4 Cut the pieces apart in order from 1 to 6.



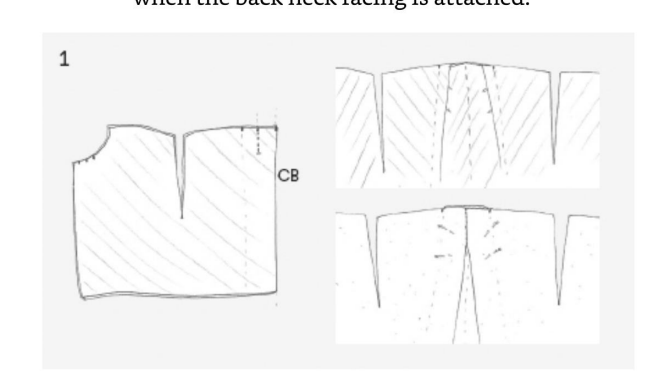
STEP 5 Referring to the diagram below, cut one notch 9.5 cm (3¾ in.) away from the centre back fold line (CB) on each side, then two more notches 4.5 cm (1¾ in.) away from the first notches. Then cut one notch 2.5 cm (1 in.) away from the centre front (CF) on each side, another notch 3 cm (1¼ in.) away from the first notch and a third notch 3 cm (1¼ in.) away from the second. Finally, cut a notch at the centre shoulder (SH) points of the sleeves (D).



SEWING

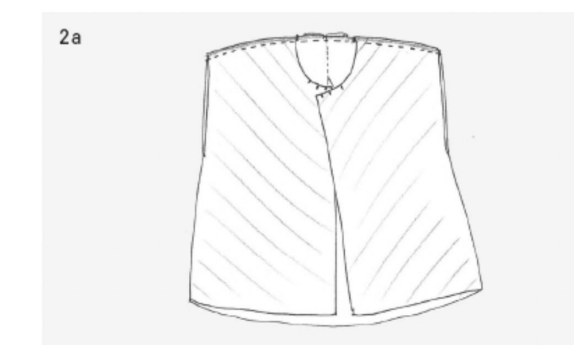
1. Centre back pleat

STEP 1 With right sides together, fold the back body in half along the centre back notch line. Lining up the first notches on either side of the centre back line, stitch down from the top for 14 cm (5½ in.). Press the pleat so that the stitch line is in the middle, like an inverted box pleat, and pin it in place. This part will be secured when the back neck facing is attached.

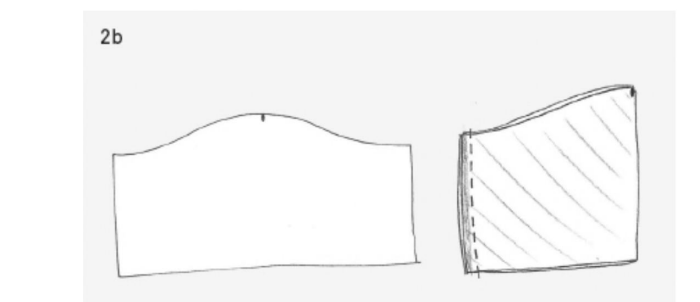


2. Shoulders and sleeves

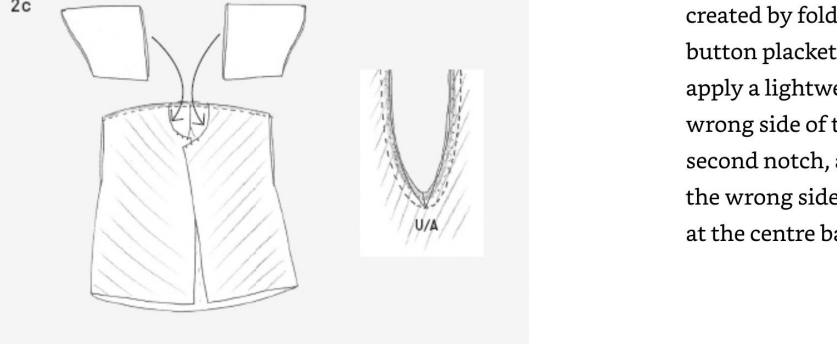
STEP 2a To create the front sections, with right sides together, fold the left- and right-hand side edges over at the armhole cut-out slits and align the top edges. With right sides together, pin and sew the front and back bodies (D) together at the shoulders. The front neckline edge should match the outermost notch on the back body. Stitch all the way across from one shoulder to the other, stitching across the back neckline and pleat, too. Overlock (serge) the seam allowances together.



STEP 2b With right sides together, pin and sew the underarm seams. Overlock the seam allowances together. Press the seams towards the back of the sleeves.



STEP 2c With the garment wrong side out and the sleeves right side out, lift up the centre fronts and slip the sleeves inside the armholes, matching the shoulder notches of the sleeves to the shoulder seams of the body and the underarm seams of the sleeves to the finished point of the armhole cut-out in the body. Pin the sleeves into the armholes. Stitch in place, then overlock the seam allowances together, making sure that the underarm point is finished neatly and is securely stitched without any holes being visible.



3. Attaching the collar and back neck facing

STEP 3a Assemble and attach the collar, following steps 1–7 of Sewing and attaching a collar and button placket.

Sewing and attaching a collar and button placket

Attaching the collar to the Shirt block has a few extra steps to ensure that the neck sits nicely at the shoulder seam point. This technique is also used in several of the projects. Before starting these steps, make sure that you have already sewn the back pleat and shoulder seams. Also prepare the back neck facing by sewing the centre back seams together and attaching a binding to the curved edge. These steps are explained in more detail in the Shirt block. The shirt placket is created by folding the front in twice, instead of attaching a separate button placket. If you are using a very lightweight fabric, you can apply a lightweight iron-on interfacing before sewing. Apply to the wrong side of the centre front edges of the front bodies, up to the second notch, and fuse all the way along. Also apply interfacing to the wrong side of one of the collar pieces (i.e.: one pair sewn together at the centre back) before sewing.

STEP 1 With right sides together, pin the collar pieces together in two pairs and sew the centre back seams. Press the seams open.

STEP 2 Place the two pairs right sides together, making sure the centre back seams match, and sew along one long edge.

STEP 3 Open out the piece. Press the seam down and understitch along this edge, close to the seam, to hold the seam allowance down neatly. This side will be the underside of your collar.

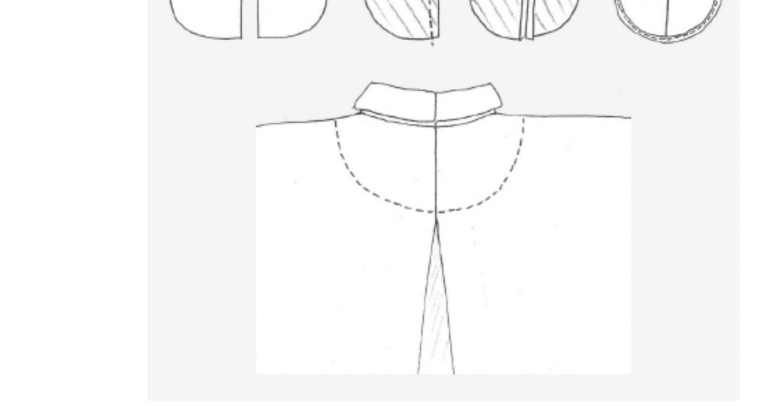
STEP 4 Fold the collar in half, right sides together, and stitch across both short ends.

STEP 5 Turn the collar right side out (5a) and press (5b).

STEP 6 Sew along the long raw edges, stitching 5 mm (¼ in.) from the edge.

STEP 7 Pin the long collar edge sewn in step 5 to the shirt neck, with the underside of the collar (the side that has the understitching) against the right side of the shirt body (7a). Make sure that the centre back seam of the collar matches the centre back pleat. Line up each end of the collar with the correlating notches on the front shirt neck, the third notch away from the centre front edges. Stitch in place. When stitching the collar across the shoulder seam, make sure that the seam is sitting correctly; the shoulder seam should be pressed towards the back (7b).

STEP 3b With right sides together, stitch the back neck facing pieces (B) together along the centre back seam. Press the seam open. Finish the curved edge of the facing with the longer length of binding. Attach the facing to the back neck by following steps 8–12 of Sewing and attaching a collar and button placket.

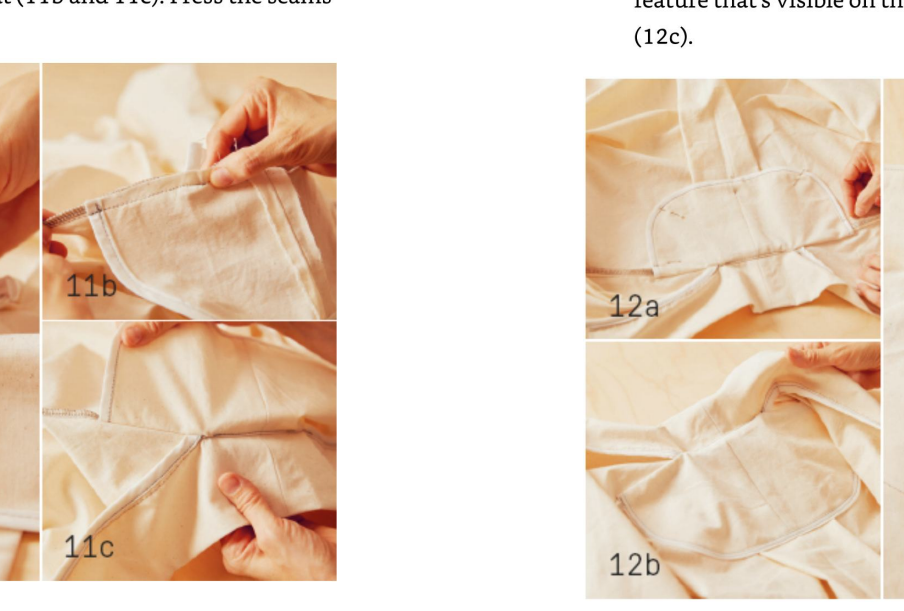


STEP 8 Attach a length of binding to the front neck only, covering the seam that the collar is attached to. Start at the second notch away from the centre front edge of the shirt and continue up to the shoulder seam point only. Leave a loose tail of binding (around 5 cm/2 in.) past each shoulder point.

STEP 9 With right sides together, matching the centre back seams, place the centre back facing piece on the back neck on the collar side (9a). Pin the back facing down and stitch between the shoulder seams only (9b), making sure you keep the loose tails of binding free.

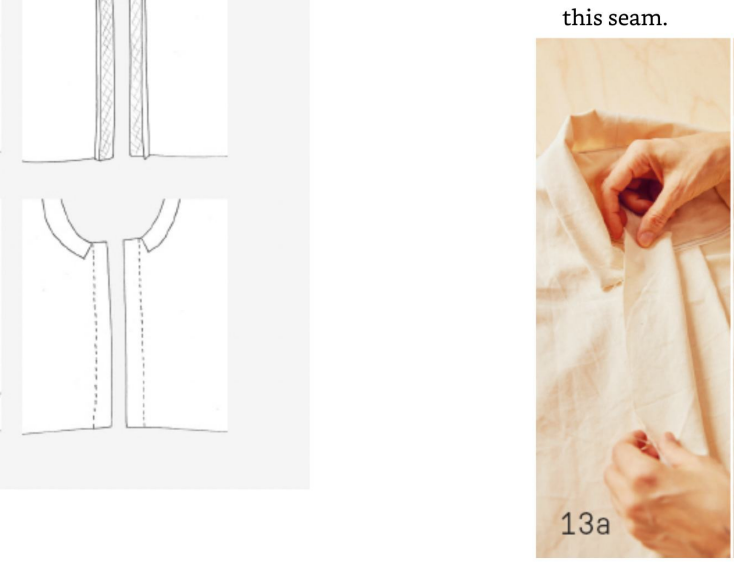
STEP 10 Press the facing and seam allowances away from the collar and body, then understitch along the facing side close to the seam to hold down the seam allowances neatly between the shoulder points.

STEP 11 Attach the remaining ends of the back neck facing to the left and right shoulder seams, right sides together; the loose ends of binding (11a) will need to be caught in at a right angle so that the back shoulder and neck sit flat and neat (11b and 11c). Press the seams towards the back.

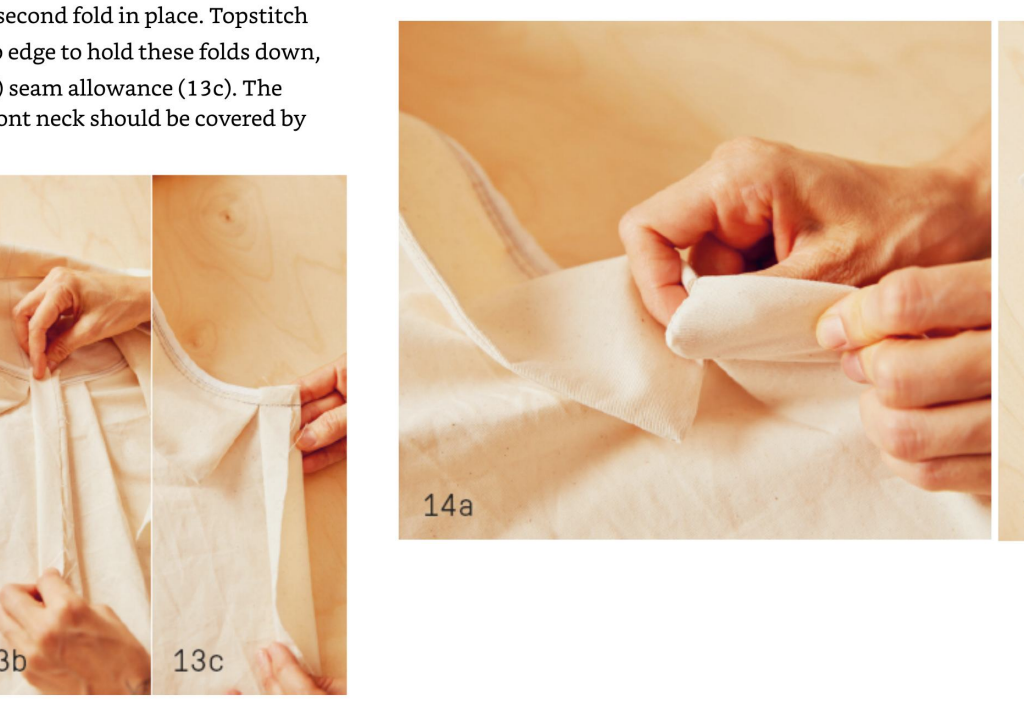


STEP 12 Press down the facing and pin it to the wrong side of the back shirt so that it sits over the pleat (12a). Working from the wrong side, stitch the curved edge to the back body (12b), creating a decorative stitch feature that's visible on the right side of the garment (12c).

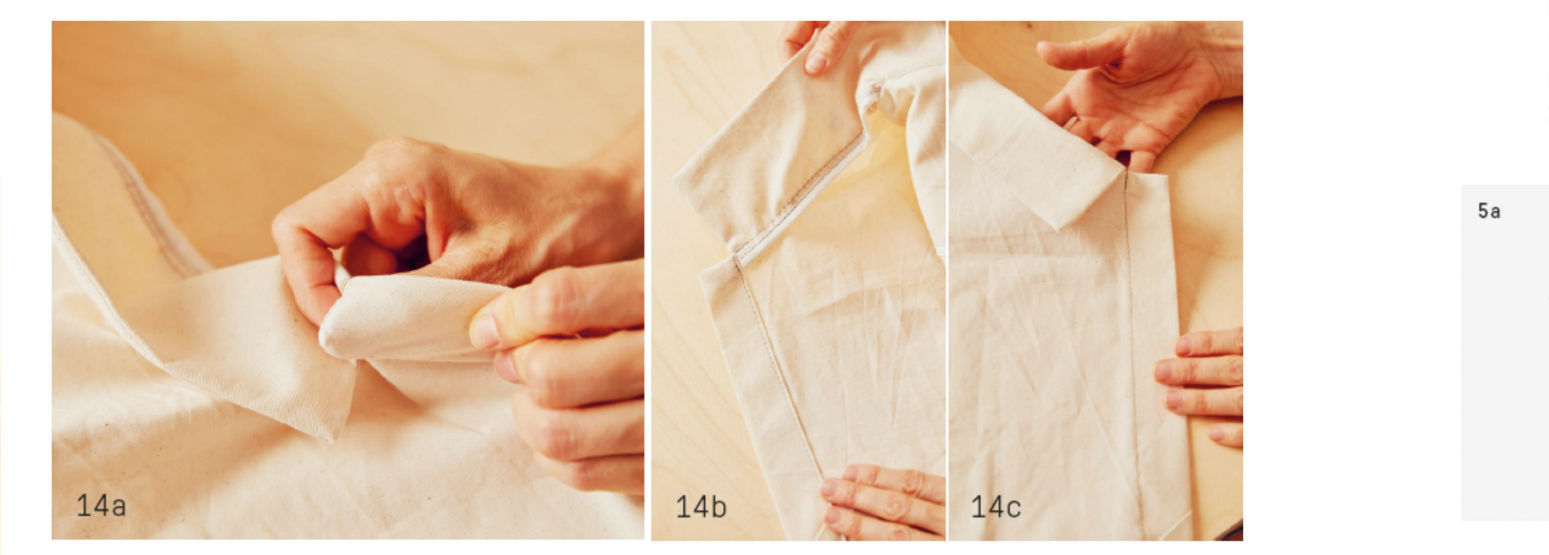
STEP 4b Fold and stitch the button plackets, following steps 13–14 of the Sewing and attaching a collar and button placket.



STEP 13 Now stitch the button placket. With right sides together, turn back the centre front edges to the second notch (13a), then turn the centre front edges the other direction to the first notch, wrong sides together (13b). Pin together at the top along the folds and gently press the second fold in place. Topstitch in place along the top edge to hold these folds down, taking a 1-cm (⅜-in.) seam allowance (13c). The bound edge on the front neck should be covered by this seam.

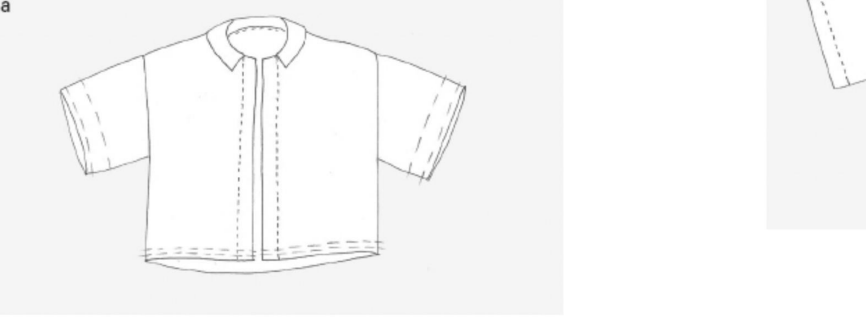


STEP 14 Turn the placket the right way out (14a) and then press along the centre front edge so that the placket is the same width all the way down. Pin in place. Working from the inside of the garment, stitch all the way down the placket close to the fold (14b and 14c).

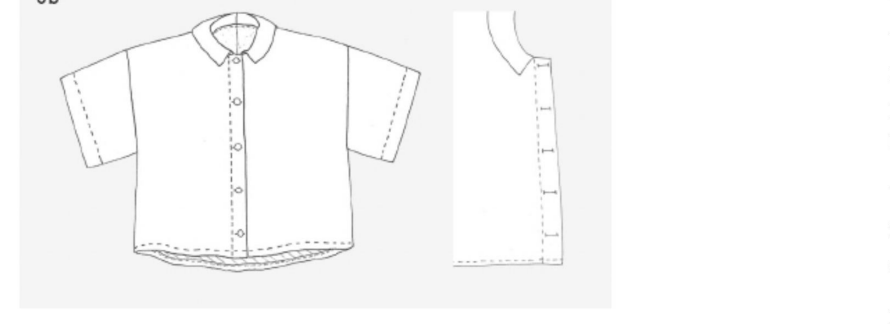


5. Hems and attaching the buttons

STEP 5a Turn under and press a double 1-cm (⅜-in.) hem around the bottom of the shirt and topstitch in place. Turn under the ends of the sleeves by 1 cm (⅜ in.) and press, then turn up the sleeve hem to your chosen length and press again. Topstitch in place.



STEP 5b Work five horizontal buttonholes on the right front placket, placing the centre of the top buttonhole about 1.5 cm (⅝ in.) down from the top finished edge and spacing the remaining buttonholes evenly. Make sure that your front button plackets overlap by 3 cm (1¼ in.). Attach buttons to the left placket to correspond.



Pattern adjustment tips

SIZING UP

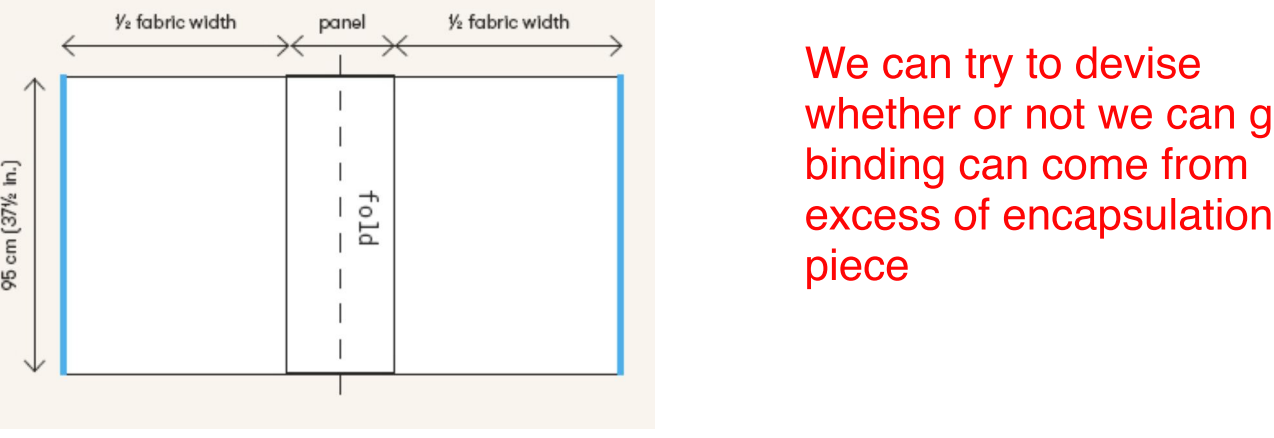
If your fabric width will not allow for a large enough garment for your own measurements, then you can adjust your fabric by adding a strip through the centre of it.

For example, if you have a hip measurement of 140 cm (55 in.) and want to use a fabric that is 155 cm (61 in.) wide, then add a panel to the centre of your fabric that is 30 cm (12 in.) wide. This allows for some extra ease and seam allowance. Make sure your additional panel is not narrower than around 25 cm (10 in.), otherwise it may be difficult to cut your collar pieces correctly at the top.

You should also add a little extra to the length of the body (5 cm/2 in. has been added to the cutting plan on the right but this is easy to adjust yourself).

Do not add length to the sleeves, as this needs to remain the same for the collar pieces to be the correct size. The panel will become a feature seam line on the back body and also on a section of the sleeves. Keep in mind that you may need to adjust the neck size slightly.

Before cutting out your pieces, your fabric should look like this:



We have ignored the binding for our purposes to keep zero waste

We can try to devise whether or not we can get binding can come from excess of encapsulation piece

NOTIONS

- Binding, 4 cm (1½ in.) wide. You will need two 20-cm (8-in.) lengths and one 45-cm (18-in.) length. The shorter lengths are used to finish the front necklines and the longer length to finish the curve on the back neck facing.
- Five buttons, 1–1.5 cm (⅜–⅝ in.) in diameter, for the front button closure.