(A1



PATTERN KEY

Seam allowances are included. All seam allowances are 3/8" (1 cm) unless otherwise stated in the instructions.

	Notch
Size M	
Size L	
Size K	$-\cdot -\cdot -\cdot -\cdot -$
Size J	
Size I	
Size H	
Size G	
Size F	
Size E	
Size D	
Size C	
Size B	

When printed correctly, this square should measure 2" x 2" (5cm x 5cm)

To print only the sizes you need, open the PDF in Adobe Reader.

- Open the layers panel and here you will see each size as a seperate layer.
- Click the eye icon to turn off the sizes you do not need to print.

I recommend you print your measured size plus 2 sizes above and 2 sizes below. Should your body change in the future this will ensure you have some extra sizes printed ready for you to sew!

This print at home pattern is designed to print on A4 paper 8.3" x 11.7" (21cm x 29.7cm). Make sure you print at 100% scale and print this page first to check the 2" x 2" (5cm x 5cm) square measures as it should. If it doesn't measure correctly, adjust your scale settings and try again.

This pattern is for personal use only and is not to be reproduced, distributed or copied in part or in whole.















































































