

Patterna Patterns

Easy Fit Tee Shirt

Intermediate level

*This tee shirt is a basic wardrobe staple.
You can make it out of any stretch fabric.*

Each step is beginner to intermediate.

*This pattern has a crew neckline.
You can choose to make this tshirt with either long or short sleeves.
There are bands to sew on at the neckline and sleeve hems
to make hemming easy.*

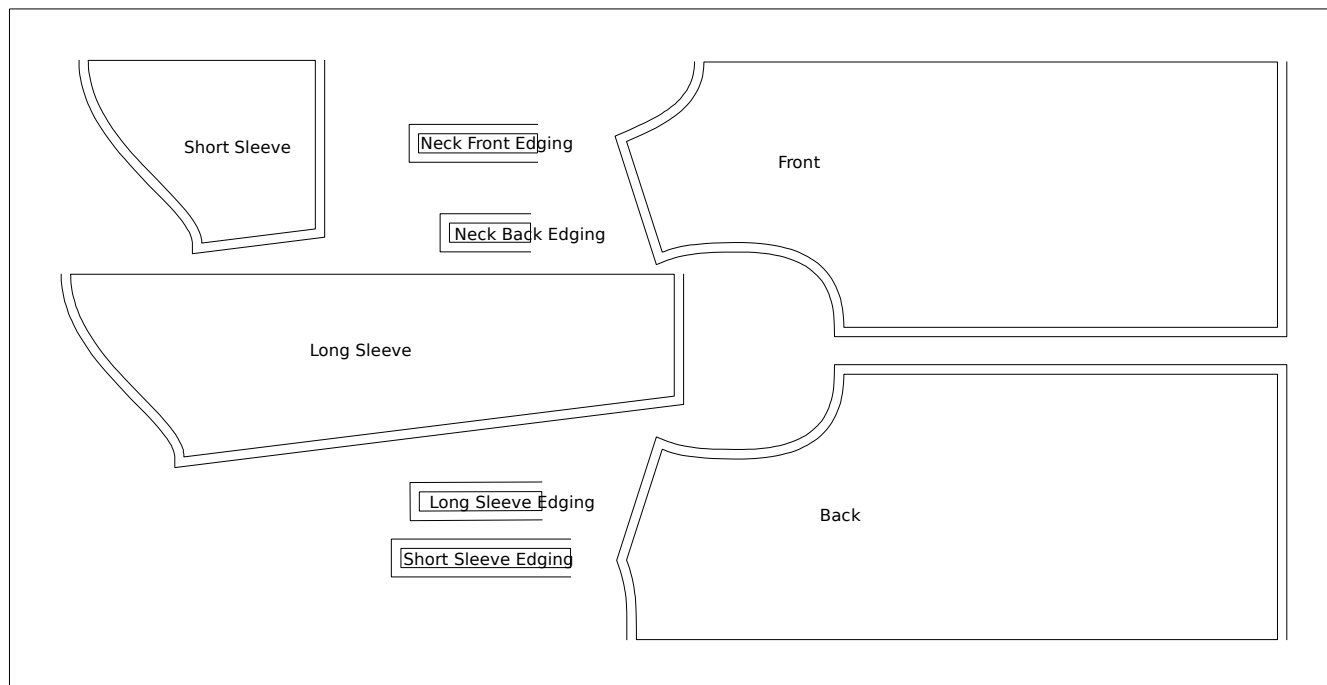
*No hand sewing is required.
No notions are required.
This pattern is easy!*

*You will need a steam iron, filtered water for steam, and press cloth.
You will need a stretch needle for your sewing machine.
You can use a sewing machine with a zig-zag stitch
or you can use a serger.*

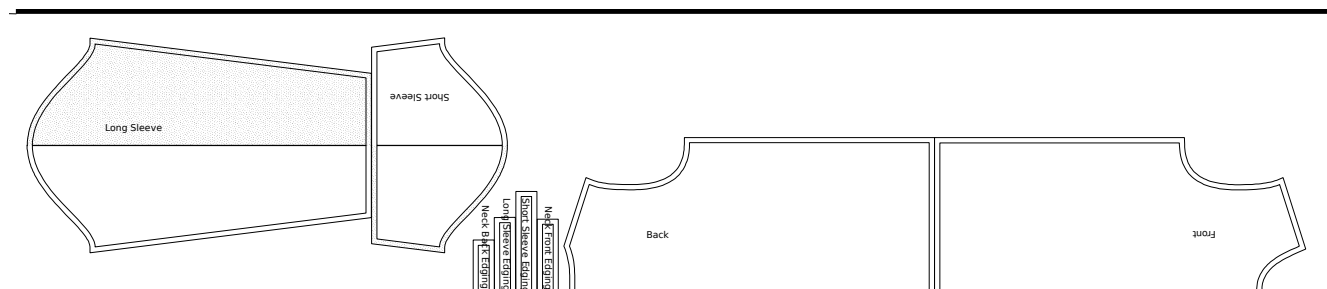
*Please send any comments and questions to Patternas
contact@patterna.org*

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Pattern Pieces included in this pattern



*This is a sample layout for estimated XL/XXL Women's size – 100" long, 42" wide fabric.
Fabric is shown folded down the middle with selvages together.
You will need to layout your pattern pieces to find the fabric amount your individual size requires.*

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CUTOUT PATTERN PIECES

Cut out and arrange paper pattern pieces to determine how much fabric you need, based on fabric width halved down center, selvages together.

Cut out pattern pieces for Tee Shirt:

Front, fabric = 1

Back, fabric = 1

Front Neck edging, fabric = 1

Back Neck edging, fabric = 2

Choose 1:

Short Sleeve, fabric = 2

Short Sleeve edging, fabric = 2

- or -

Long Sleeve, fabric = 2

Long Sleeve edging, fabric = 2

PREPARE PATTERN PIECES

INSTRUCTIONS

Set machine to narrow zig zag or stretch stitch.

All seam allowances are 1cm (1/2")

For each seam: Trim threads, set seam, and press seam allowances open or to the side before starting the next step.

Prepare pieces:

- Stay stitch around neckline, armholes, and sleeve caps. (Set machine to longer stitches for stay stitching, usually not necessary to loosen tension.)

Tee Shirt Shell:

- Pin Front to Back at both shoulder seams, right sides together. Sew from shoulder towards neck, securing with backstitches at beginning and end. Trim threads.
- Press seam allowances open.
- Press seam allowances towards back.
- Edgestitch along top of seam.

Sleeves:

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- Pin Sleeve cap to back armseye and front armseye, right sides together. Sew from back towards front, securing ends with backstitching. Trim threads.
- Press seam allowance towards Front and Back pieces.
- Remove stay stitching on sleeves and armscyes.
- Repeat for other sleeve.

Side Seams:

- Pin Front to Back along side seam and along sleeve seam, right sides together.
- Sew from bottom of side seam up to Sleeve hem, securing ends with backstitching. Trim threads.
- Press seam allowance open.
- Repeat for other side.

Sleeve Hem:

- Fold Sleeve edging in half lengthwise, wrong sides together. Press.
- Open up fold so that edging is flattened.
- Sew the short edges of Sleeve edging together, right sides together, forming a circle.
- Press the circle edging in half again.
- Pin the edging to the Sleeve edge, right sides together, raw edges together.
- Sew using narrow zig-zag stitch, securing ends with backstitching. Trim threads.
- Press seam allowance to set seam.
- Press seam allowance up towards Sleeve.
- Edge stitch along seam using narrow zig-zag stitch.

Tee Shirt Neck edge:

- Fold Neck Back and Front edging in half lengthwise, wrong sides together. Press.
- Open up folds so that edging is flattened.
- Sew the Neck Front edging to the Neck Back edging at the short ends.
- Press the Neck edging circle in half again.
- Pin the edging to the Neck edge, right sides together, raw edges together, matching neck edging seams to shoulder seams.
- Sew around the neckline, starting at a shoulder seam, securing ends with backstitching. Trim threads.
- Remove stay stitching from neckline.
- Press to set.
- Press seam allowance down towards Tee Shirt.
- Edge stitch edging along seam.

Tee Shirt Hem:

- Prepare Tee Shirt hem by folding 3cm up from bottom edge. Press fold. Pin in place.
- Top stitch 2.5cm up from bottom edge, using narrow zig zag stitch (not straight stitch!) starting at a side seam and securing ends with backstitching.
- Press hem to set.

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GLOSSARY

Armhole – the opening where the sleeve is attached. Also known as 'Armhole'.

Backstitch – Stitches sewn backwards from the direction of sewing.

Basting stitch – Long, loose temporary stitch to be removed later.

Edgestitch – Stitches close to the edge of a seam or fold, .3cm or 1/8” from edge.

Set seam – Press iron directly on top of stitches without opening seam allowances or pressing seam allowances to either side. This technique causes the seam to merge or settle into the fabric, so that the fabric along the seam has improved drape.

Staystitch - Basting stitch along curved or bias seamlines to prevent stretching when stitching.

ZigZag stitch – Back-and-forth or Side-to-Side stitch used on stretch fabrics . It is also used for buttonholes, bar tacks, finishing fabric edges in seams, decoration and satin stitching.