



**Bainbridge Pullover**  
Digital PDF Sewing Pattern  
[itch-to-stitch.com](http://itch-to-stitch.com)

## DESCRIPTION

Whether you are strolling in town or hiking up the mountain, the Bainbridge Pullover is here to keep you warm and cozy. With a half-snapped front placket and a stand-up collar, the Bainbridge is an excellent layering piece. The bias-bound hem, sleeve hems and collar add an excellent opportunity for color contrast.

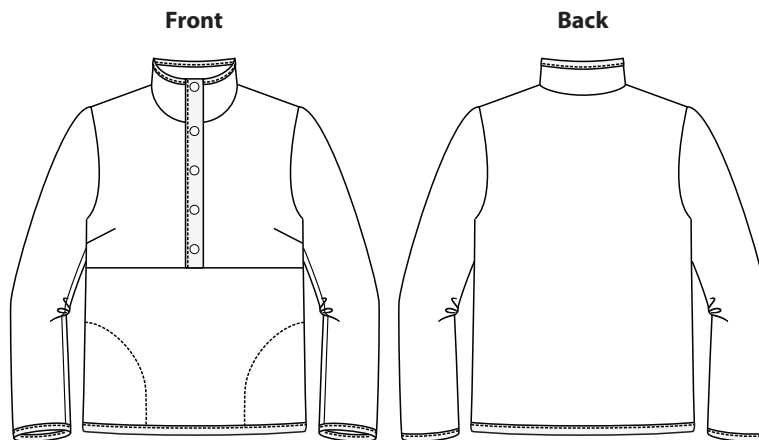
## BAINBRIDGE PULLOVER FEATURES

- ◇ Options for cup sizes
- ◇ Half-snapped front placket
- ◇ Bust darts for a great bust fit
- ◇ Stand-up collar
- ◇ Slightly dropped shoulders
- ◇ In-seam side pockets
- ◇ Relaxed, high hip-length bodice
- ◇ Bias-bound hem, sleeve hems and collar
- ◇ Designed for very low stretch knit fabric

**What is the “layers” feature?**  
 In this PDF, you can choose to turn off the sizes you don't need, so there are no more distracting lines in the pattern! See page 8 for instructions.

## TERMS OF USE

You may make garments from this pattern for personal use and for sale. However, you may not sell or distribute the pattern or instructions in their digital or printed form. If your friends or family would like to have a copy, please refer them to [itch-to-stitch.com](http://itch-to-stitch.com) to purchase a copy of the PDF pattern for their individual use. The purchaser has permission to have the pattern printed for their own use.



## SIZING

This pattern includes 22 women's sizes from 00 to 40. Sizes 00 to 20 have A, B, C, D and DD cups, and sizes 22 to 40 have B, C, D and DD cups. The Bainbridge Pullover has a relaxed fit with dropped shoulders. The bottom of the pullover is designed to hit slightly above your hip or at your hip, depending on your height. Check both the “Body Measurements” and “Finished Garment Measurements” tables to find your best fit.

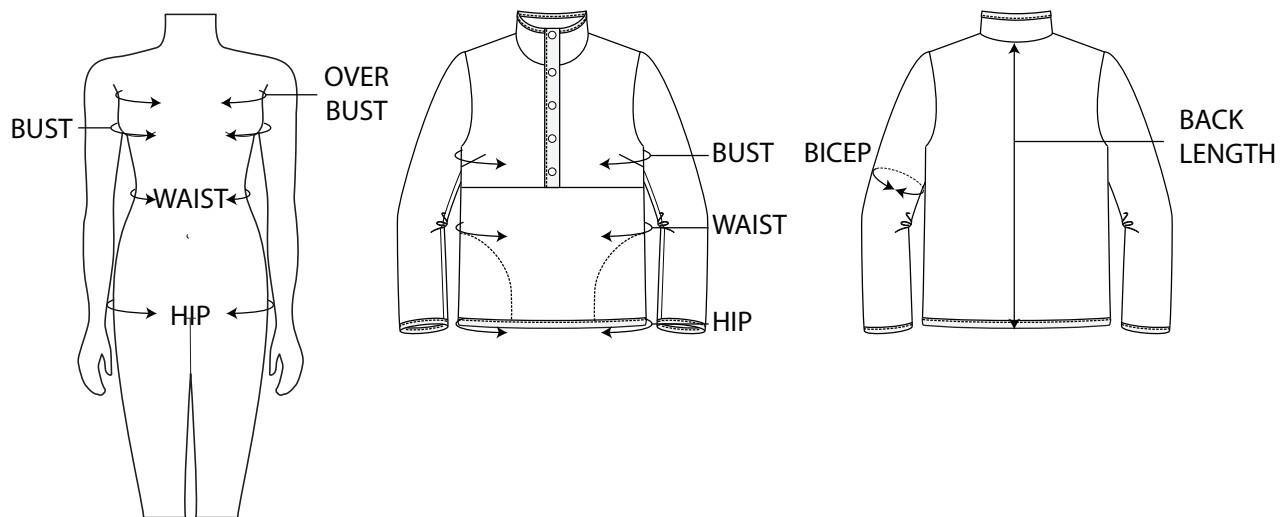
## CHOOSING YOUR SIZE

- Determine your cup size—subtract the circumference of your over bust from the circumference of the fullest part of your bust. If the rounded difference is:

Difference	Use Cup Size
1" (2.5 cm)	A (available for sizes 00 to 20)
2" (5 cm)	B
3" (7.5 cm)	C
4" (10 cm)	D
5" (12.5 cm)	DD

- After determining the cup size, compare your bust circumference (fullest part) to the “Body Measurements” table. Using the corresponding row for your cup, choose the size that best fits your bust. If you are between sizes, choose the smaller size if you like your garment more fitted; otherwise, choose the bigger size.
- Compare your hip circumference (widest part) to the “Body Measurements” table. Choose the size that fits your hip best. If you are between sizes, choose the smaller size if you like your garment more fitted; otherwise, choose the bigger size.
- It’s OK to use different sizes for the bust and hip. See “Blend Sizes” (page 9) for details. For the waist, use the size that is the mid-point between the bust and the hip.
- If you are taller or shorter than 5’6” (168 cm), you should consider lengthening or shortening the pullover (see “Lengthen/Shorten” on page 11).

I highly recommend that you **check your fit by making a test garment with inexpensive fabric** that has similar weight and drape as your final garment fabric.



## BODY MEASUREMENTS

	Cup		00	0	2	4	6	8	10	12	14	16	18	20
<b>Bust</b>	A	in	30 1/8	31 1/2	32 7/8	34 1/4	35 5/8	37	38 3/8	39 3/4	41 1/8	42 1/2	43 7/8	45 1/4
		cm	76.5	80	83.5	87	90.5	94	97.5	101	104.5	108	111.5	115
	B	in	31 1/8	32 1/2	33 7/8	35 1/4	36 5/8	38	39 3/8	40 3/4	42 1/8	43 1/2	44 7/8	46 1/4
		cm	79	82.5	86	89.5	93	96.5	100	103.5	107	110.5	114	117.5
	C	in	32 1/8	33 1/2	34 7/8	36 1/4	37 5/8	39	40 3/8	41 3/4	43 1/8	44 1/2	45 7/8	47 1/4
		cm	81.5	85	88.5	92	95.5	99	102.5	106	109.5	113	116.5	120
	D	in	33 1/8	34 1/2	35 7/8	37 1/4	38 5/8	40	41 3/8	42 3/4	44 1/8	45 1/2	46 7/8	48 1/4
		cm	84	87.5	91	94.5	98	101.5	105	108.5	112	115.5	119	122.5
	DD	in	34 1/8	35 1/2	36 7/8	38 1/4	39 5/8	41	42 3/8	43 3/4	45 1/8	46 1/2	47 7/8	49 1/4
		cm	86.5	90	93.5	97	100.5	104	107.5	111	114.5	118	121.5	125
<b>Waist</b>		in	25 3/8	26 3/4	28 1/8	29 1/2	30 7/8	32 1/4	33 5/8	35	36 3/8	37 3/4	39 1/8	40 1/2
		cm	64.5	68	71.5	75	78.5	82	85.5	89	92.5	96	99.5	103
<b>Hip</b>		in	33 1/8	34 1/2	35 7/8	37 1/4	38 5/8	40	41 3/8	42 3/4	44 1/8	45 1/2	46 7/8	48 1/4
		cm	84	87.5	91	94.5	98	101.5	105	108.5	112	115.5	119	122.5

	Cup		22	24	26	28	30	32	34	36	38	40
<b>Bust</b>	B	in	47 5/8	49	50 3/8	51 3/4	53 1/8	54 1/2	55 7/8	57 1/4	58 5/8	60
		cm	121	124.5	128	131.5	135	138.5	142	145.5	149	152.5
	C	in	48 5/8	50	51 3/8	52 3/4	54 1/8	55 1/2	56 7/8	58 1/4	59 5/8	61
		cm	123.5	127	130.5	134	137.5	141	144.5	148	151.5	155
	D	in	49 5/8	51	52 3/8	53 3/4	55 1/8	56 1/2	57 7/8	59 1/4	60 5/8	62
		cm	126	129.5	133	136.5	140	143.5	147	150.5	154	157.5
	DD	in	50 5/8	52	53 3/8	54 3/4	56 1/8	57 1/2	58 7/8	60 1/4	61 5/8	63
		cm	128.5	132	135.5	139	142.5	146	149.5	153	156.5	160
<b>Waist</b>		in	41 7/8	43 1/4	44 5/8	46	47 3/8	48 3/4	50 1/8	51 1/2	52 7/8	54 1/4
		cm	106.5	110	113.5	117	120.5	124	127.5	131	134.5	138
<b>Hip</b>		in	49 5/8	51	52 3/8	53 3/4	55 1/8	56 1/2	57 7/8	59 1/4	60 5/8	62
		cm	126	129.5	133	136.5	140	143.5	147	150.5	154	157.5

## FINISHED GARMENT MEASUREMENTS

	Cup		00	0	2	4	6	8	10	12	14	16	18	20
<b>Bust</b>	A	in	34 ½	35 ⅞	37 ¾	38 ⅞	40 ¾	41 ⅞	43 ¾	44 ¾	46 ¼	47 ¾	49 ¼	50 ¾
		cm	87.5	91	95	98.5	102.5	106.5	110	114	117.5	121.5	125	129
	B	in	35 ½	36 ⅞	38 ¾	39 ⅞	41 ¾	42 ⅞	44 ¾	45 ¾	47 ¼	48 ¾	50 ¼	51 ¾
		cm	90	94	97.5	101.5	105	109	112.5	116.5	120	124	127.5	131.5
	C	in	36 ½	37 ⅞	39 ¾	40 ⅞	42 ¾	43 ⅞	45 ¾	46 ¾	48 ¼	49 ¾	51 ¼	52 ¾
		cm	92.5	96.5	100	104	107.5	111.5	115	119	122.5	126.5	130	134
	D	in	37 ½	38 ⅞	40 ¾	41 ⅞	43 ¾	44 ⅞	46 ¾	47 ¾	49 ¼	50 ¾	52 ¼	53 ¾
		cm	95	99	102.5	106.5	110	114	117.5	121.5	125	129	132.5	136.5
	DD	in	38 ½	39 ⅞	41 ¾	42 ⅞	44 ¾	45 ⅞	47 ¾	48 ¾	50 ¼	51 ¾	53 ¼	54 ¾
		cm	97.5	101.5	105	109	112.5	116.5	120	124	127.5	131.5	135	139
<b>Waist</b>		in	34 ½	36	37 ½	39 ⅞	40 ⅞	42 ⅞	43 ⅞	45 ¼	46 ¾	48 ¼	49 ¾	51 ⅞
		cm	87.5	91.5	95.5	99	103	107	111	115	118.5	122.5	126.5	130.5
<b>Hip</b>		in	36 ⅞	37 ⅞	39 ⅞	40 ⅞	42 ¼	43 ¾	45 ¼	46 ⅞	48 ⅞	49 ⅞	51 ½	53
		cm	91.5	95.5	99.5	103.5	107	111	115	119	123	127	130.5	134.5
<b>Bicep</b>		in	14 ⅞	14 ⅞	15	15 ¾	15 ⅞	16 ¼	16 ¾	17 ⅞	17 ½	18	18 ¾	18 ⅞
		cm	36	37	38	39	40.5	41.5	42.5	43.5	44.5	45.5	46.5	48
<b>Back Length</b>		in	22 ¾	22 ⅞	22 ⅞	23	23 ¼	23 ¾	23 ⅞	23 ⅞	24	24 ¼	24 ½	24 ⅞
		cm	57	57.5	58	58.5	59	59.5	60	60.5	61	61.5	62	62.5

	Cup		22	24	26	28	30	32	34	36	38	40
<b>Bust</b>	B	in	53 ¼	54 ⅞	56 ⅞	57 ⅞	59 ⅞	60 ⅞	62 ⅞	63 ½	65	66 ½
		cm	135	139	142.5	146.5	150	154	157.5	161.5	165	169
	C	in	54 ¼	55 ⅞	57 ⅞	58 ⅞	60 ⅞	61 ⅞	63 ⅞	64 ½	66	67 ½
		cm	137.5	141.5	145	149	152.5	156.5	160	164	167.5	171.5
	D	in	55 ¼	56 ⅞	58 ⅞	59 ⅞	61 ⅞	62 ⅞	64 ⅞	65 ½	67	68 ½
		cm	140	144	147.5	151.5	155	159	162.5	166.5	170.5	174
	DD	in	56 ¼	57 ⅞	59 ⅞	60 ⅞	62 ⅞	63 ⅞	65 ⅞	66 ½	68	69 ½
		cm	142.5	146.5	150.5	154	158	161.5	165.5	169	173	176.5
<b>Waist</b>		in	52 ⅞	54 ¾	55 ⅞	57 ½	59	60 ½	62	63 ⅞	65 ⅞	66 ⅞
		cm	134	138	142	146	150	153.5	157.5	161.5	165.5	169
<b>Hip</b>		in	54 ½	56 ⅞	57 ⅞	59 ⅞	60 ¾	62 ¼	63 ¾	65 ¼	66 ⅞	68 ¾
		cm	138.5	142.5	146.5	150	154	158	162	166	170	173.5
<b>Bicep</b>		in	19 ¼	19 ⅞	20 ⅞	20 ½	21	21 ¾	21 ¾	22 ¼	22 ⅞	23 ⅞
		cm	49	50	51	52	53	54.5	55.5	56.5	57.5	58.5
<b>Back Length</b>		in	24 ⅞	25	25 ¼	25 ½	25 ⅞	25 ⅞	26 ⅞	26 ¼	26 ½	26 ⅞
		cm	63	63.5	64	64.5	65	65.5	66	66.5	67.5	68

## MATERIALS

**PRIMARY FABRIC** Medium to medium-heavy weight knit fabric with 5-15% stretch such as microfleece, sherpa fleece and sweatshirting. Medium weight stretch woven is also acceptable.

**CONTRAST FABRIC** Stable lightweight woven fabric with no stretch such as quilting cotton and chambray. This fabric is for the front placket.

**INTERFACING** Lightweight woven or weft insertion fusible interfacing

**BIAS BINDING FABRIC** Stable lightweight woven fabric with no stretch such as quilting cotton and chambray. Ideally, use a fabric that will result in a nice sharp crease when pressed. This can be the same as the contrast fabric. No pattern piece is provided. The self-made bias stripe should be 1 7/8" (4.8 cm) wide. Alternatively, purchase pre-made 1" (2.5 cm) wide single-fold bias tape or 1/2" (1.25 cm) wide double-fold bias tape in the following lengths (some extra is added for seams). The measurements of purchased single-fold and double-fold bias tapes are expressed in the widths when all the folds are closed. **The requirements below assume that the bias tape is already pre-shrunk.**

		00	0	2	4	6	8	10	12	14	16	18	20
<b>Collar</b>	in	21	21	21	22	22	22	22	23	23	23	24	24
	cm	52	53	53	54	55	56	56	57	58	59	59	60
<b>Bottom Hem</b>	in	43	45	46	48	49	51	52	54	55	57	58	60
	cm	109	113	117	121	124	128	132	136	140	143	147	151
<b>Sleeve Hems</b>	in	28	28	30	30	30	30	32	32	32	32	34	34
	cm	70	72	74	74	76	78	78	80	82	82	84	84
<b>Total</b>	in	92	94	97	100	101	103	106	109	110	112	116	118
	cm	231	238	244	249	255	262	266	273	280	284	290	295

		22	24	26	28	30	32	34	36	38	40
<b>Collar</b>	in	24	25	25	25	25	26	26	26	27	27
	cm	61	62	62	63	64	65	65	66	67	68
<b>Bottom Hem</b>	in	61	63	64	66	68	69	71	72	74	75
	cm	155	159	163	167	171	175	179	183	187	190
<b>Sleeve Hems</b>	in	34	34	36	36	36	36	38	38	38	38
	cm	86	88	88	90	92	92	94	94	96	98
<b>Total</b>	in	119	122	125	127	129	131	135	136	139	140
	cm	302	309	313	320	327	332	338	343	350	356

## OTHER MATERIALS

- ◇ Five (5) sets of 1/2" (12.5 mm) snap closure with corresponding tool for installation.
- ◇ 46" (117 cm) of 3/8" or 1/2" (1 cm or 1.25 cm)-wide straight fusible stay tape (or cut your own using lightweight woven fusible interfacing on the straight grain)

## FABRIC REQUIREMENTS

Most natural fibers shrink in the wash; be sure to have enough fabric. **The requirements below assume that the fabric is already pre-shrunk.**

		00	0	2	4	6	8	10	12	14	16	18	20
<b>PRIMARY FABRIC</b>													
54" Wide	yard	1 ¼	1 ¼	1 ¼	1 ¼	1 ½	1 ½	1 ½	1 ¾	1 ¾	1 ¾	2	2
135 cm Wide	cm	110	110	110	110	140	140	140	160	160	160	190	190
<b>CONTRAST FABRIC</b>													
54" Wide	yard	½	½	½	½	½	½	½	½	½	½	½	½
135 cm Wide	cm	40	40	40	40	40	40	40	50	50	50	50	50
<b>INTERFACING</b>													
20" Wide	yard	½	½	½	½	½	½	½	½	½	½	½	½
50 cm Wide	cm	40	40	40	40	40	40	40	50	50	50	50	50
<b>BIAS BINDING FABRIC*</b>													
54" Wide	yard	½ for all sizes§											
135 cm Wide	cm	50 for all sizes§											

		22	24	26	28	30	32	34	36	38	40
<b>PRIMARY FABRIC</b>											
54" Wide	yard	2	2 ⅛	2 ⅛	2 ⅛	2 ¾	2 ¾	2 ¾	2 ¾	2 ¾	2 ¾
135 cm Wide	cm	190	190	190	190	210	210	210	220	220	220
<b>CONTRAST FABRIC</b>											
54" Wide	yard	½	½	½	½	½	½	½	⅝	⅝	⅝
135 cm Wide	cm	50	50	50	50	50	50	50	50	50	50
<b>INTERFACING</b>											
20" Wide	yard	½	½	½	½	½	½	½	⅝	⅝	⅝
50 cm Wide	cm	50	50	50	50	50	50	50	50	50	50
<b>BIAS BINDING FABRIC*</b>											
54" Wide	yard	½ for all sizes§									
135 cm Wide	cm	50 for all sizes§									

\* The fabric requirement assumes the use of the continuous loop method to make bias tapes.

§ The amount specified is only needed if you are using different fabric to make the bias binding. If you use the same fabric as contrast fabric and bias binding, the amount listed for the contrast fabric is sufficient; no additional amount is needed.

## PRINTING INSTRUCTIONS

- When you purchase this pattern, five files are available for you to download. The file names are descriptive of the content and they start with:
  - ◇ *Itch to Stitch Bainbridge Pullover PDF Sewing Pattern Instructions* (this file)—Instructions and step-by-step process to make the garment.
  - ◇ *Itch to Stitch Bainbridge Pullover PDF Sewing Pattern A4 Letter Sizes 00 to 20*—Pattern pieces for sizes 00 to 20 that you can print at home using A4 or Letter sized paper.
  - ◇ *Itch to Stitch Bainbridge Pullover PDF Sewing Pattern A4 Letter Sizes 16 to 40*—Pattern pieces for sizes 16 to 40 that you can print at home using A4 or Letter sized paper.
  - ◇ *Itch to Stitch Bainbridge Pullover PDF Sewing Pattern A0 Sizes 00 to 20*— Pattern pieces for sizes 00 to 20 that you can take to a print shop to print using A0 sized paper.
  - ◇ *Itch to Stitch Bainbridge Pullover PDF Sewing Pattern A0 Sizes 16 to 40*— Pattern pieces for sizes 16 to 40 that you can take to a print shop to print using A0 sized paper.
- Sizes 16 to 20 (B, C, D and DD cups) are duplicated in both files in case you need to blend sizes in the upper size range of one file and the lower size range of the other. If the sizes you want to make are present in both files, you can use either file.
- Print from Adobe Acrobat Reader only. Make sure you have the latest updates (go to Help -> Check for updates). Do not print from a browser or Preview (Mac OS).
- The pattern files include the **Layers** function that allows you to print only the sizes you need. In Acrobat Reader, click on the Layers icon on the left tab. Next to each size is an eye icon. Uncheck the sizes you don't need, and leave the eye icon on for the size(s) that you want. As you toggle the eye icons on and off, you can see the pattern lines appear/disappear as a result.
- Make sure that you choose "Actual Size" or scale to 100% in the print dialog box.
- Print the first page to check the size by measuring the 1" x 1" or 2.5 x 2.5 cm scaling square printed on the pattern.
- Print only the pages you need for your cup size; follow the instructions on the first page of the pattern file.
- Tile taping instructions are included on the first page of the pattern file.



## FABRIC CUTTING INSTRUCTIONS

Remember to pre-shrink fabric by pre-washing washables or steam-pressing non-washables.

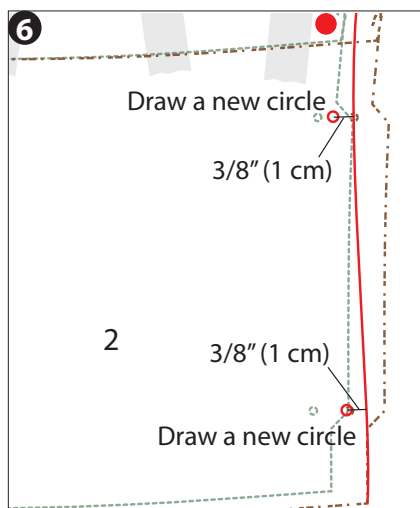
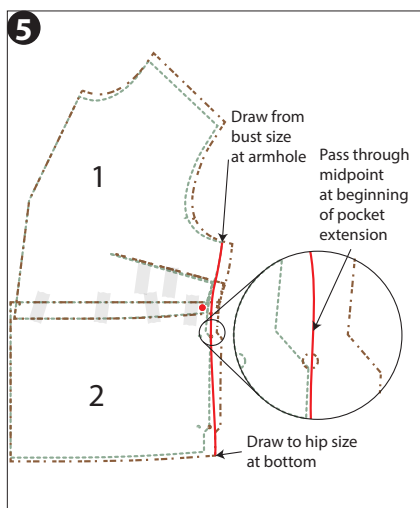
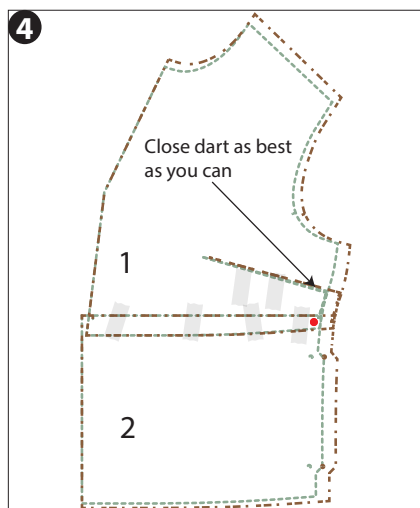
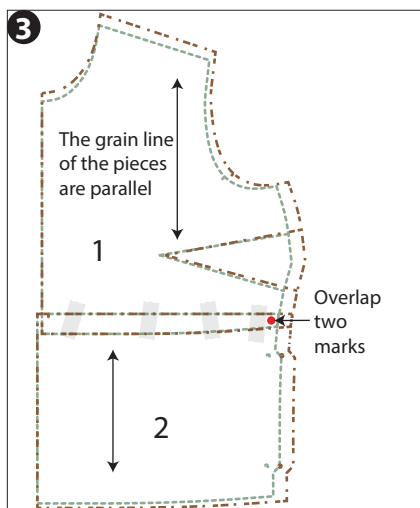
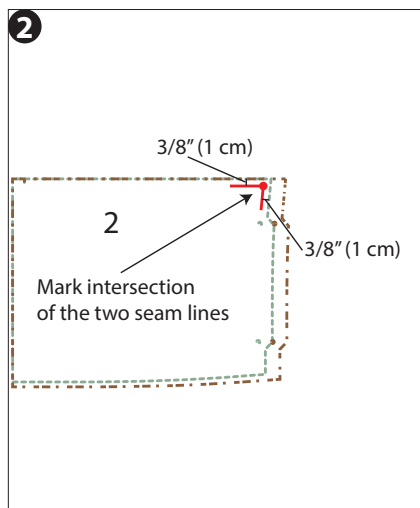
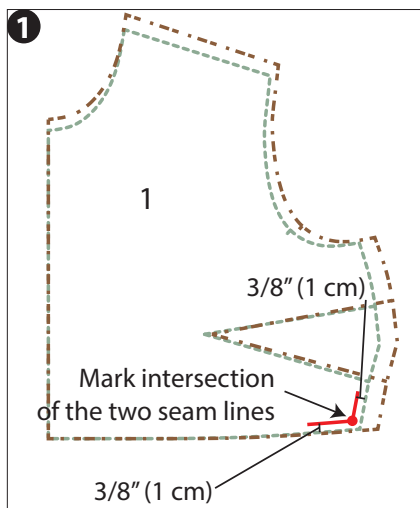
Pattern Piece	Primary Fabric	Contrast Fabric	Interfacing
<b>1 - Top Front*</b>	2 mirror images	0	0
<b>2 - Bottom Front*</b>	1 on fold	0	0
<b>3 - Placket*</b>	0	2 mirror images	2 mirror images
<b>4 - Back</b>	1 on fold	0	0
<b>5 - Sleeve</b>	2 mirror images	0	0
<b>6 - Collar</b>	1 on fold	0	0
<b>7 - Pocket§</b>	2 mirror images	0	0

\* There are five pattern pieces, one for each cup size (A, B, C, D or DD cup). Any subsequent mentions of these pieces refer to the cup size of your choice.

§ There are three pattern pieces—one for A/B/C cup; one for D cup, and one for DD cup. Any subsequent mentions of these pieces refer to the cup size of your choice.

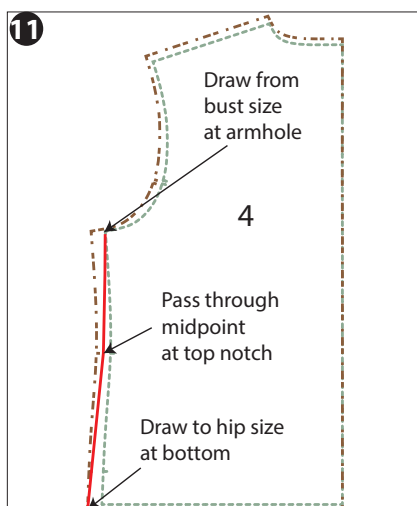
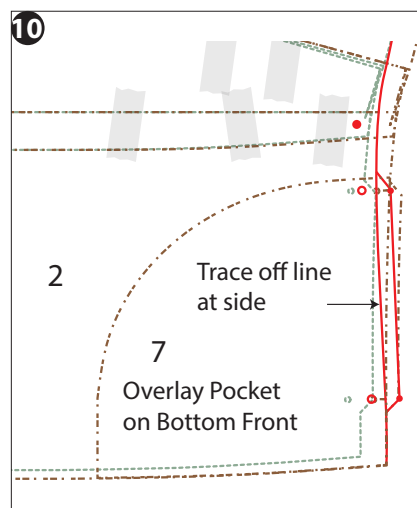
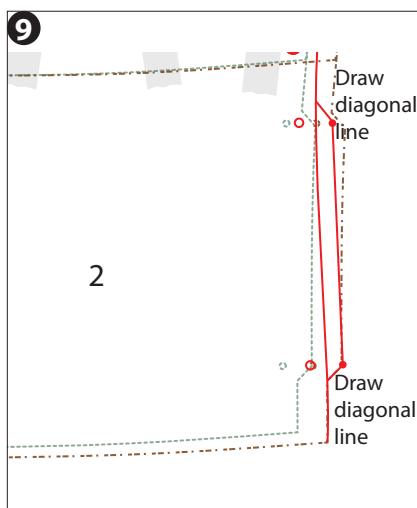
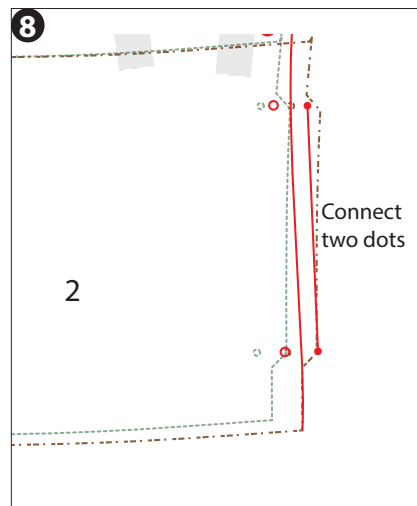
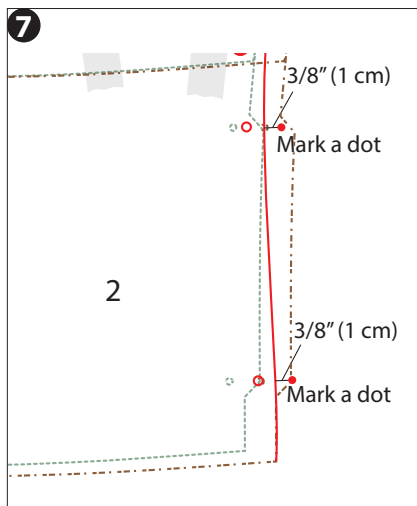
# BLEND SIZES

You may need to choose different sizes for the bust and hip by blending sizes. First, print the sizes using the Layers function (see the Printing Instructions section). Then follow these instructions to blend sizes.



1. Using the size of the bust, on Top Front (1) at the lower right corner, draw the seam line (3/8" or 1 cm) from the bottom edge and from the side edge. Mark the intersection of the two seam lines.
2. Using the size of the bust, on Bottom Front (2) at the upper right corner, draw the seam line (3/8" or 1 cm) from the top edge and from the side edge. Mark the intersection of the two seam lines.
3. Overlap Bottom Front onto Top Front, matching the two marks. Make sure the grain lines of both pieces are parallel. Tape the two pieces together temporarily.
4. On Top Front, as best as you can, temporarily tape the bust dart closed as if to sew it.
5. Draw a gently curved line from the bust size at the bottom of the armhole on Top Front to the hip size at the bottom of Bottom Front. The line should pass the midpoint between the bust and hip sizes at the beginning of the pocket extension (the trapezoid shape) on Bottom Front.
6. On Bottom Front, move the top and bottom circles so that their centers are 3/8" (1 cm) from the new line at the same levels.

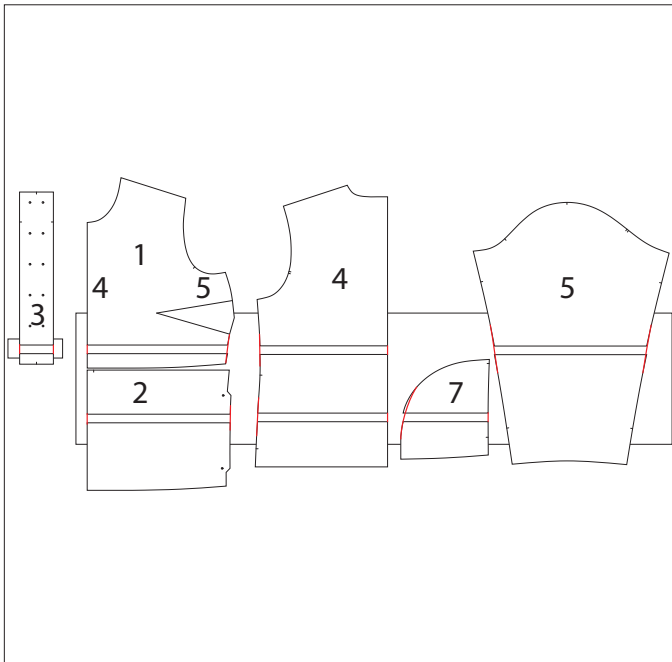
## BLEND SIZES (CONTINUED)



7. Redraw the pocket extension (the trapezoid)—first mark a dot 3/8" (1 cm) outside of the seam line at the same level of the top circle. Repeat for the bottom circle.
8. Connect the two dots.
9. Draw a diagonal line (about 45 degrees) to connect the dot to the cut edge. Repeat for the bottom dot. The resulting shape is a trapezoid.
10. Using the size of the hip, overlay Pocket (7) onto Bottom Front, aligning bottom edges. Trace off the line drawn in step 5 onto the side of Pocket.
11. On Back (4), draw a gently curved line from the bust size at the bottom of the armhole to the hip size at the bottom of the piece. The line should pass the midpoint between the bust and hip sizes at the top notch.
12. Cut through the newly drawn lines on Top Front, Bottom Front (include pocket extension), Pocket and Back.

## LENGTHEN/SHORTEN

The lengthen/shorten lines are included in this pattern to adjust the length. Add or remove length where you need it accordingly.

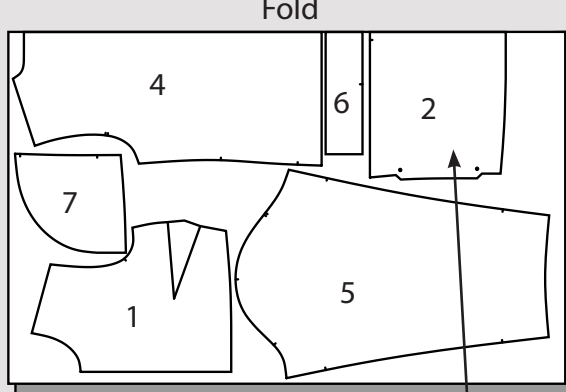


1. Cut at the lengthen/shorten lines.
2. To lengthen, spread them apart for the desired amount. Be sure each pair is still vertically aligned.
3. Draw lines to connect each pair. Make sure the transitions are very smooth.
4. The same method is used to shorten; overlap the pieces instead of spreading them apart. If any notches or markings are hidden in the bottom piece, transfer them to the top piece.
5. You can only shorten about 1" (2.5 cm) at each lengthen/shorten line. For additional shortening, shorten at the hem of the garment.
6. When adding/removing length using the upper set of lengthening/shortening lines, remember to also add/remove length on Placket (3).
7. When adding/removing length using the lower set of lengthening/shortening lines, remember to also add/remove length on Pocket (7).

**LAYOUT DIAGRAMS**

**PRIMARY FABRIC**  
**54" (135 CM) WIDE**

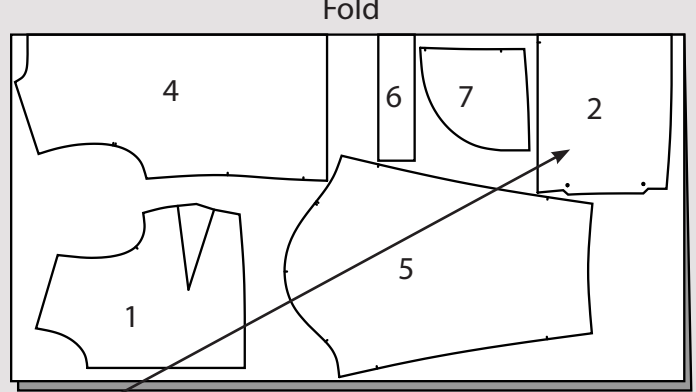
**Sizes 00 to 4**



Selvage

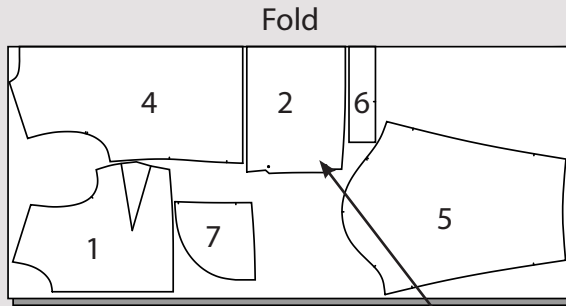
Right side of  
 pattern piece  
 facing down

**Sizes 6 to 10**



Selvage

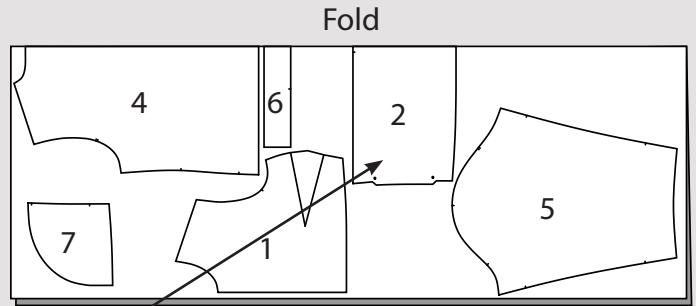
**Sizes 12 to 16**



Selvage

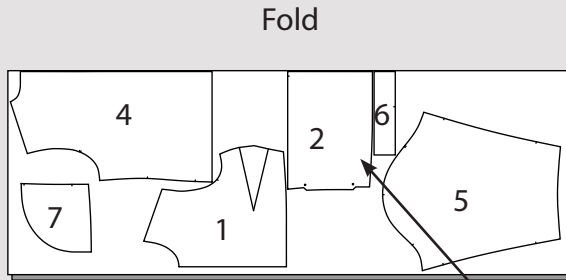
Right side of  
 pattern piece  
 facing down

**Sizes 18 to 22**



Selvage

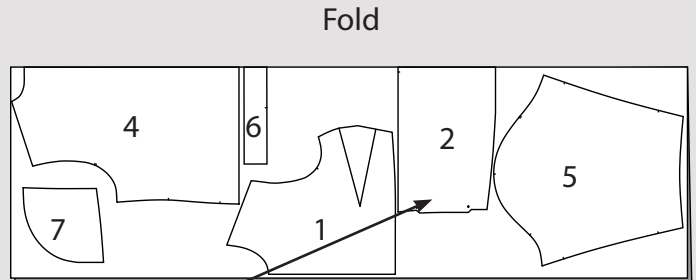
**Sizes 24 to 28**



Selvage

Right side of  
 pattern piece  
 facing down

**Sizes 30 to 40**



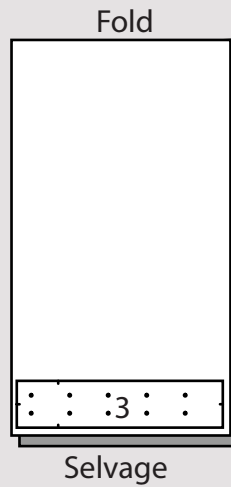
Selvage

## LAYOUT DIAGRAMS (CONTINUED)

**CONTRAST FABRIC**

**54" (135 CM) WIDE**

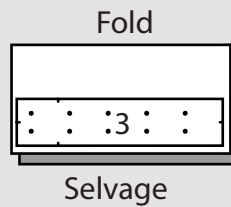
All Sizes



**INTERFACING**

**20" (50 CM) WIDE**

All Sizes



**BIAS BINDING FABRIC**

**54" (135 CM) WIDE**

Cut a square using the bias binding fabric; 1/2 yard (50 cm) of fabric allows you to cut a square that is 18" x 18" (50 x 50 cm). The bias strip should be 1 7/8" (4.8 cm) wide. Follow this post [itch-to-stitch.com/biastape](http://itch-to-stitch.com/biastape) to use the continuous loop method to make bias tape.

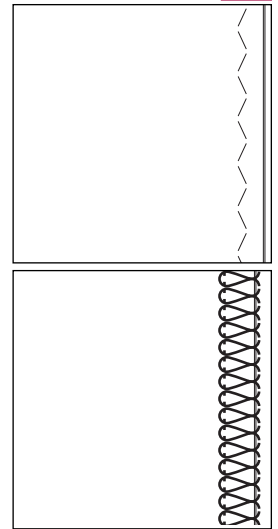
## MACHINE CHOICE

### SEWING MACHINE

You can use a regular sewing machine to sew the seams—use a narrow zigzag stitch so that the seams will stretch slightly. I use a 2.5 mm long and 0.5 mm wide stitch. You will barely notice the width of the zigzags. Finishing the raw edges of the seams is not necessary since the knit fabric does not fray.

### SERGER MACHINE

Instead of a regular sewing machine, you could use a serger to finish your seams. A serger trims the seam allowances, sews the seam, and overcasts the edge in one pass, so it is much faster than using your sewing machine. You can use the 3-thread or the 4-thread overlock stitch.



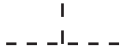
## SEWING INSTRUCTIONS

- ◇ Transfer markings, as well as center front and back folds, to the fabric before removing the pattern pieces from the fabric.
- ◇ The included seam allowance is 3/8" (1 cm) unless stated otherwise.
- ◇ When sewing with knit fabric, be sure to use ball-point or stretch machine needles for best results.
- ◇ You may choose to finish the seams by zigzagging, serging or other methods. Fleece fabric does not fray so you may choose to not finish at all.
- ◇ In some parts, you can use a serger to serge or a sewing machine to stitch the seams. The instructions specify to "stitch" - which means use a sewing machine; "serge" - use a serger; or "stitch/serge" - use either a sewing machine or a serger.
- ◇ Although not required, when using a sewing machine to sew knit fabric, a walking foot gives you the best result as it feeds the top and bottom fabric evenly and prevents stretching. The walking foot also gives you a nicer result when you sew on the bias binding.
- ◇ If the fabric gets stretched out during sewing, pressing with plenty of steam may restore the shape.
- ◇ For professional results, be sure to press your seams as you sew. It's really worth your time!
- ◇ When stitching woven and knit fabric together, the knit fabric may seem to be longer than the woven fabric even when the pattern pieces are supposed to be of the same length. In such scenario, pin the layers at the beginning and at end first, then pin the notches or other markings together, and finally pin the fabric in between to ease the knit fabric into the woven fabric. Also, be sure to put the knit fabric against the feed dog on the sewing machine when stitching; the feed dog can help you ease the knit fabric into the woven fabric.

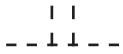
## SEWING INSTRUCTIONS KEY



Grain Line



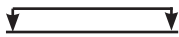
Notch (or Single Notch)



Double Notch



Lengthen or Shorten Line



Place on fold of fabric



Snap closure or alignment point



Stretch of Fabric - place stretchier part of fabric in this direction



Primary Fabric Right Side



Primary Fabric Wrong Side



Contrast Fabric Right Side



Interfacing or Stay Tape

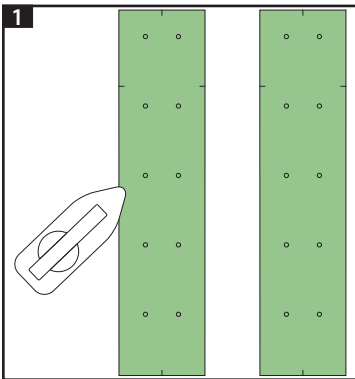


Bias Binding Fabric Right Side

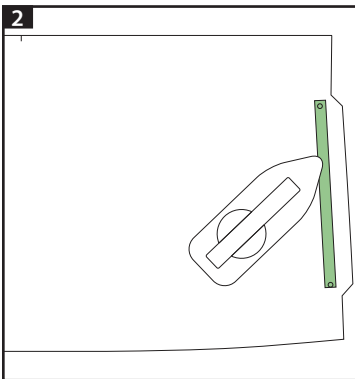


Bias Binding Fabric Wrong Side

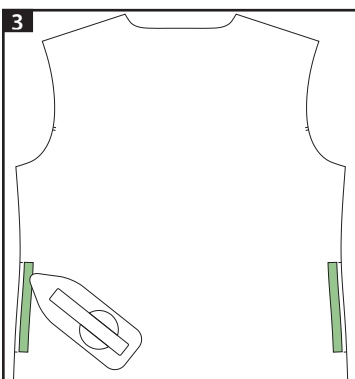
## Stay Tape & Interfacing



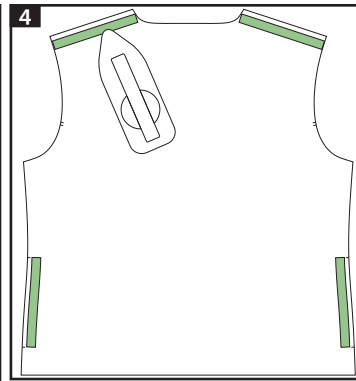
1 On the wrong side of Placket (3), apply fusible interfacing. Repeat for the other Placket.



2 On the wrong side of Bottom Front (2), apply stay tape centered over the seam line between the two circles (the pocket opening). The seam line at this section is 3/4" (1.9 cm). Repeat for the other side of Bottom Front.

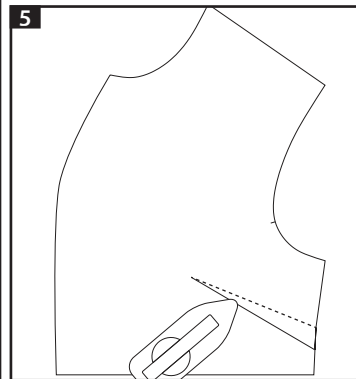


3 On the wrong side of Back (4), apply stay tape centered over the seam line between the two notches (the pocket opening). Repeat for the other side of Back.



4 On the wrong side of Back, apply stay tape centered over the seam line on the shoulder. Repeat for the other shoulder.

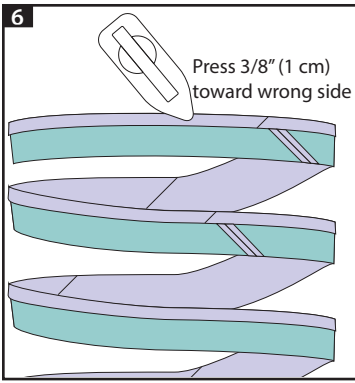
## Bust Dart



5 Sew bust dart on Top Front (1). Take care not to stretch the fabric while stitching ([itch-to-stitch.com/dart](http://itch-to-stitch.com/dart)). Press dart bulk down. Repeat for the other Top Front.

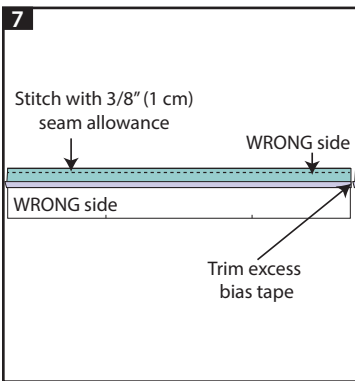
## Bias Tape

**The collar, hem and sleeve hems use bias tape as binding; the following step prepares the bias tape for all the applications.**

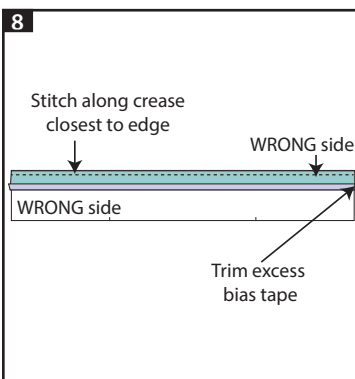


If you cut your own bias tape, press 3/8" (1 cm) along the edge toward the wrong side. Do this on the entire length of the bias tape. Skip this step if you purchased your bias tape that is already folded.

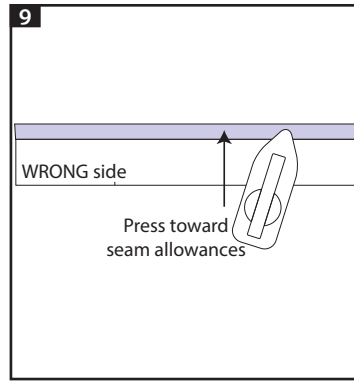
## Collar & Shoulder



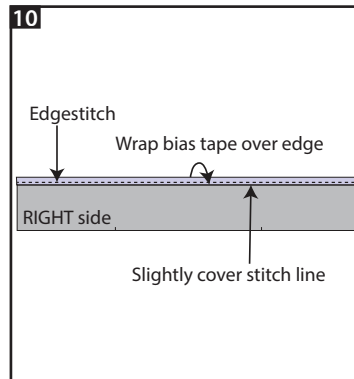
If you cut your own bias tape, pin the unpressed edge of bias tape (RIGHT side) to the unnotched long edge of Collar (6) (WRONG side). Trim excess bias tape. Stitch with 3/8" (1 cm) seam allowance.



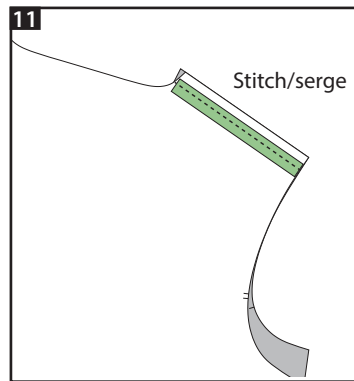
If using purchased bias tape, open bias tape, pin one long edge (RIGHT side) to the unnotched long edge of Collar (6) (WRONG side). Trim excess bias tape. Stitch along the crease that is the closest to the cut edge.



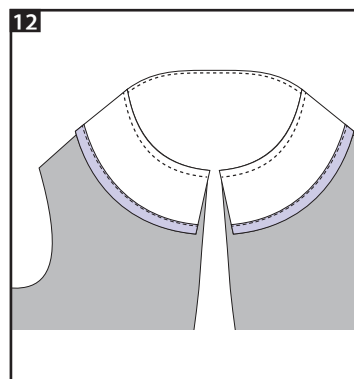
Press bias tape toward the seam allowance. Take care not to erase the fold made earlier or the other fold of the purchased bias tape.



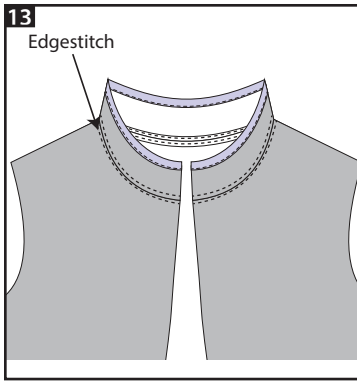
Orient Collar so its right side is facing you. Wrap bias tape over the edge of Collar and bring the other fold to slightly cover the stitch line on the right side. Pin in place. Stitch on bias tape along the fold through all layers (about 1/16" or 1.5 mm from the fold).



With right sides together, pin Back to Top Front at the shoulder. Stitch/serge. Press seam open and finish as desired if stitched. Press seam toward Back if serged.

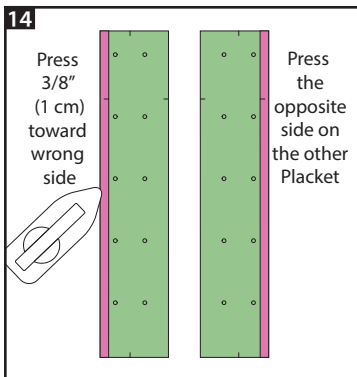


With right sides together, pin the unfinished edge of Collar to the neckline of Top Front/Back, matching notches to shoulder seams. Stitch/serge. Press seam open and finish as desired if stitched. Press seam toward Top Front/Back if serged.

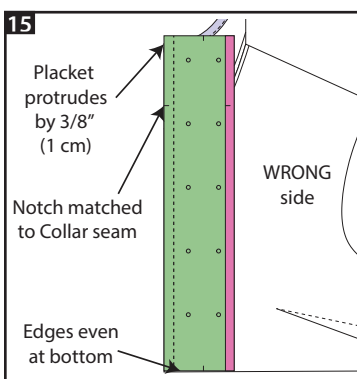


Optional: If seam was stitched, edgestitch along the neckline, one on Collar and one on Top Front/Back, 1/4" (6 mm) from the seam. If seam was serged, edgestitch one line along the neckline on Top Front/Back 1/4" (6 mm) from the seam.

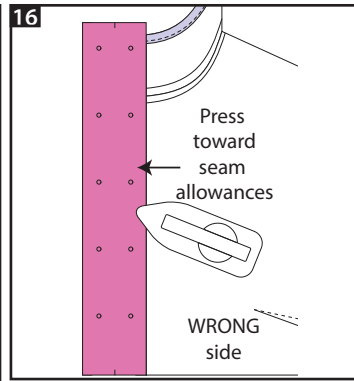
## Placket



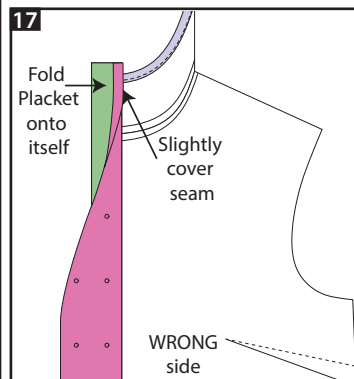
On one long edge of Placket, press 3/8" (1 cm) toward the wrong side. Repeat for the other Placket but be sure to press the opposite long edge so it is a mirrored image of the first Placket.



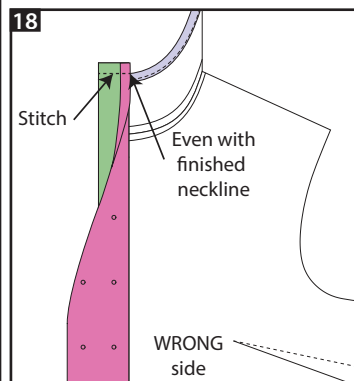
Pin the unpressed long edge of Placket (RIGHT side) to the front edge of Top Front/Collar (WRONG side), matching notch to collar seam and aligning bottom edges but allowing 3/8" (1 cm) of Placket to protrude beyond Collar at the top. Stitch.



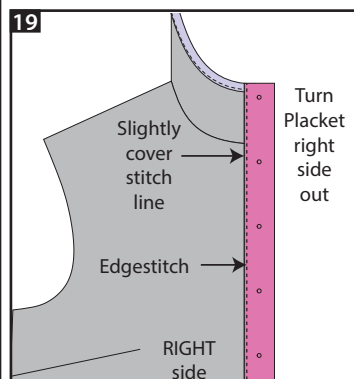
Press Placket toward seam allowances.



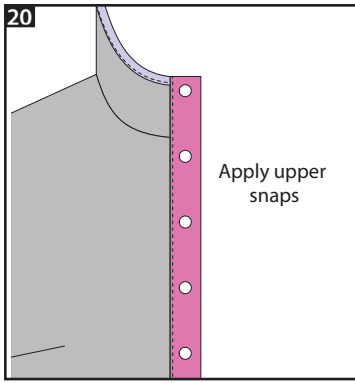
With right side inside, fold the top part of Placket in half onto itself so that the fold made in step 14 covers the Collar/Placket seam very slightly.



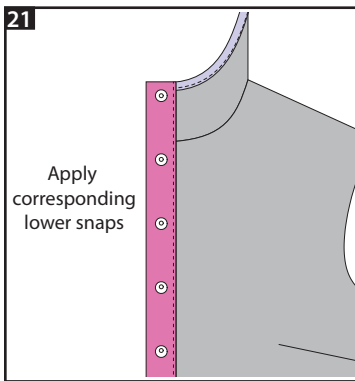
Stitch through all layers with 3/8" (1 cm) seam allowance), and that should be even with the finished neckline.



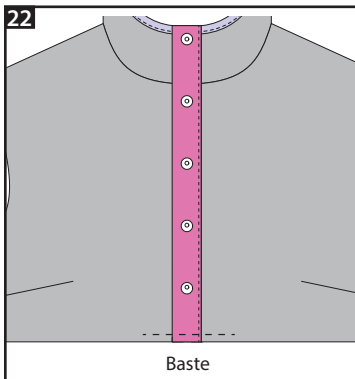
Turn Placket right side out. Bring fold made in step 14 to slightly cover stitch line on the right side. Pin in place. Edgestitch on Placket along the fold through all layers (about 1/16" or 1.5 mm from the fold). Repeat steps 15 to 19 for the other Placket and Collar/Top Front.



Apply snaps according to the markings on the right or left Placket (as worn)— Use the upper snap pieces; this will be the overlap of the Placket.

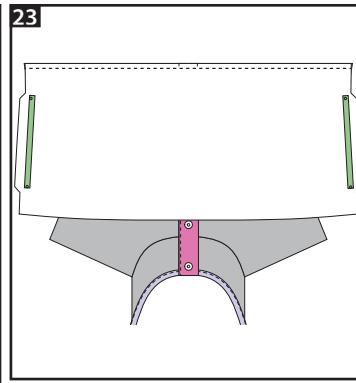


Apply corresponding lower snap pieces on the opposite Placket. Make sure that when the Placket is snapped closed, the overlap Placket completely covers the under lap Placket.

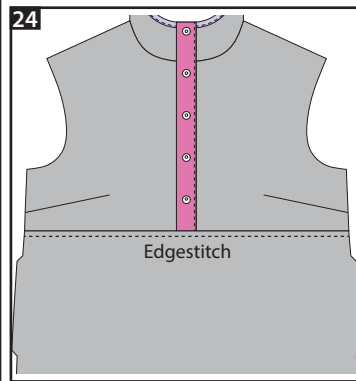


Snap the Placket closed. Baste the bottom in the seam allowance to hold the Placket pieces together.

## Bottom Front

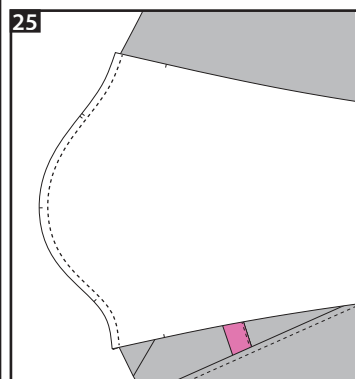


With right sides together, pin Bottom Front to Top Front/Placket, matching notches on Bottom Front to Placket seams. Stitch/serge. Press seam toward Bottom Front. Finish seam as desired if stitched.



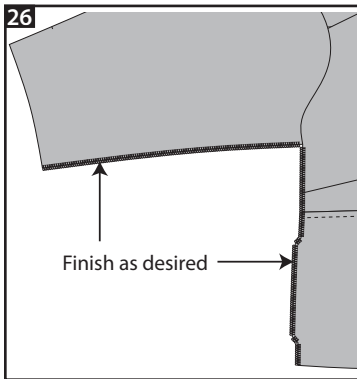
Optional: edgestitch on Bottom Front along the seam through all layers (1/4" (6 mm) from the seam).

## Sleeve

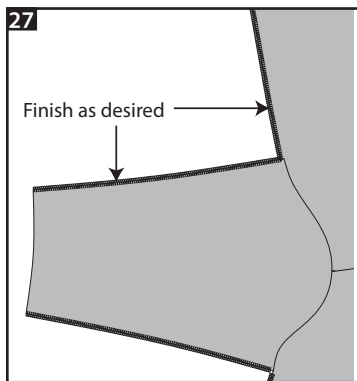


With right sides together, pin Sleeve (5) to Top Front/Back at the armscye, matching notches/shoulder seams. Stitch/serge. Press seam toward Sleeve. Finish seam as desired if stitched.

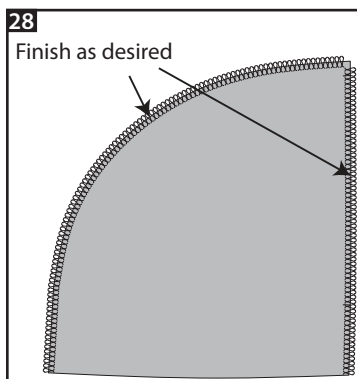
## Side & Pocket



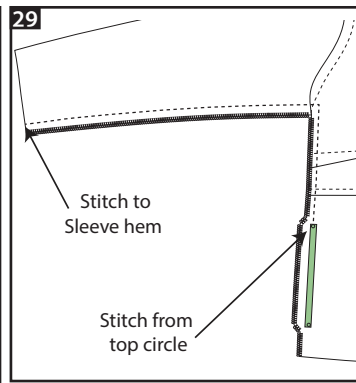
26 Finish the side edge of Top Front/Bottom Front/Sleeve as desired. Make sure the notches and markings are still visible (or re-mark as needed). Repeat for the other Front.



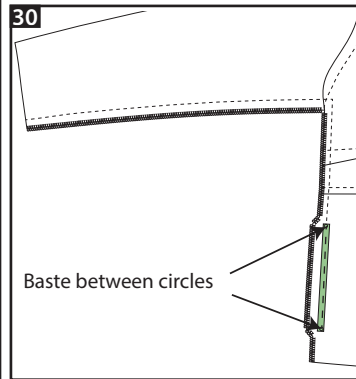
27 Finish the side edge of Back/Sleeve as desired. Make sure the notches are still visible (or re-mark as needed). Repeat for the other side of Back.



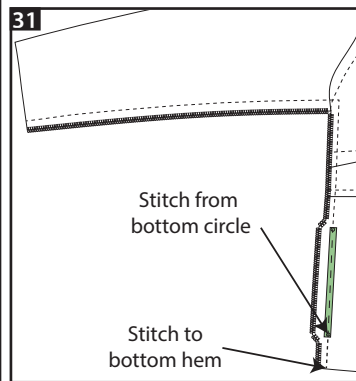
28 Finish the notched edge and the un-notched, longer curve (top) edge of Pocket (7) as desired. Make sure the notches are still visible (or re-mark as needed). Repeat for the other Pocket.



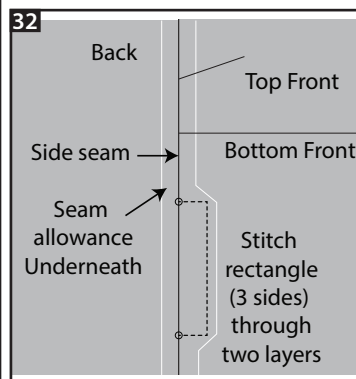
29 With right sides together, pin Sleeve/Top Front/Bottom Front to Sleeve/Back at the side seam. Starting to stitch back and forth at the top circle on Bottom Front to reinforce, then stitch from the top circle to the Sleeve hem.



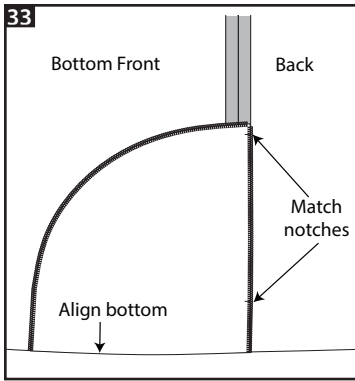
30 Baste between circles (extended seam allowance of Bottom Front at pocket opening will stick out—the seam allowance of the extended part is 3/4" (1.9 cm)).



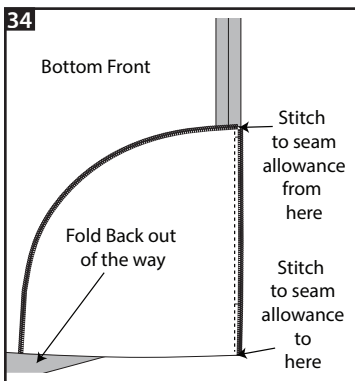
31 Starting to stitch back and forth at the bottom circle to reinforce, then stitch from bottom circle to bottom hem. Press the entire side seam open.



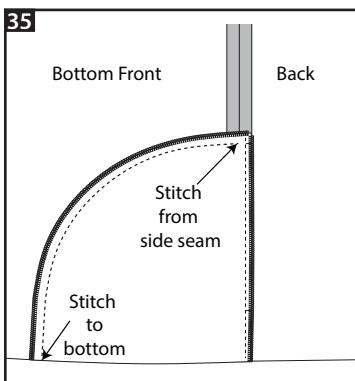
32 On the right side, pin to secure the extended seam allowance of Bottom Front at the pocket opening. Topstitch a rectangle (3 sides) from the top circle out 5/8" (1.6 cm), pivot down parallel to the side seam, and then pivot again to the bottom circle at the side seam.



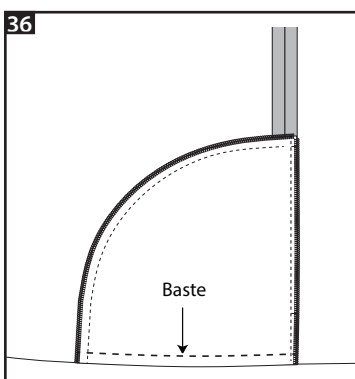
Lay bodice wrong side up. Place Pocket right side down, matching notches of Pocket opening to notches of Back, with farthest part of Pocket laying on Bottom Front, aligning bottom edge of Pocket to bottom edge of Bottom Front.



With Back out of the way, stitch the notched side of Pocket to the seam allowance of Back with 1/4" (6 mm) seam allowance, right next to the side seam and basting stitch. Do not stitch through Back; only stitch to the seam allowance of Back.

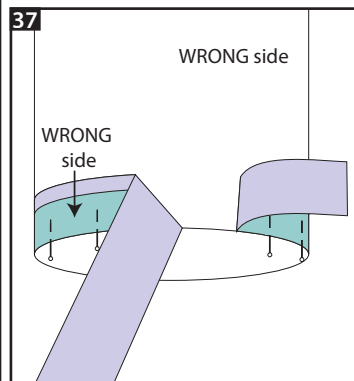


With Back out of the way, from the side seam, stitch along the top long curve of Pocket through Pocket and Bottom Front, 3/8" (1 cm) from edge of Pocket.

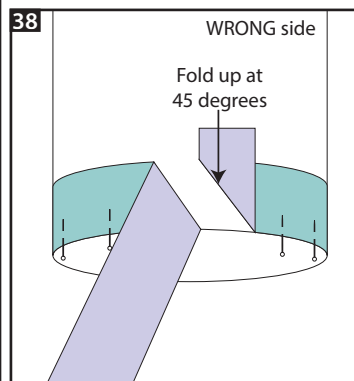


Baste Pocket to Bottom Front at the bottom. Repeat steps 29 to 36 for the other side seam and Pocket.

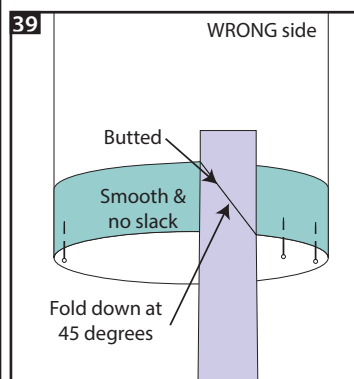
## Sleeve Binding



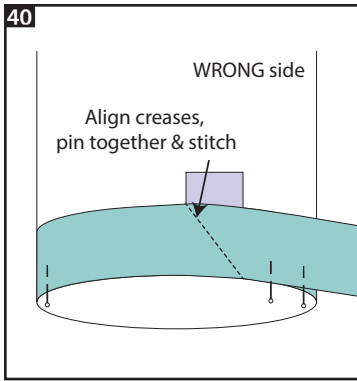
Turn Sleeve wrong side out. If you cut your own bias tape, starting at about the back section of Sleeve, pin the unpressed edge of bias tape (RIGHT side) around the bottom edge of Sleeve (WRONG side). If using purchased bias tape, pin one long edge (RIGHT side) around the bottom edge of Sleeve (WRONG side).



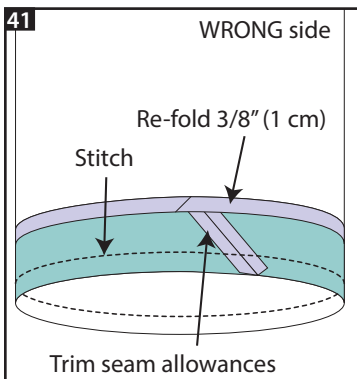
To connect the ends of the bias tape, temporarily open up the bias tape. Fold one end up at 45 degrees. Finger press a crease. (Photo tutorial: [itch-to-stitch.com/biasaround](http://itch-to-stitch.com/biasaround))



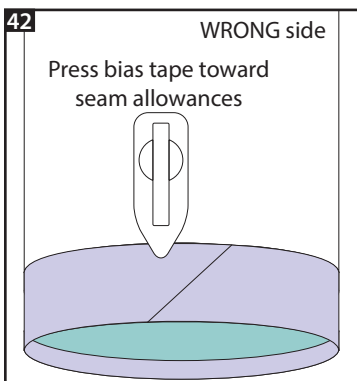
Fold the other end of bias tape down at 45 degrees. Finger press a crease. The diagonal folds of both ends should be butted together, and the bias tape should just be long enough to go around the sleeve hem.



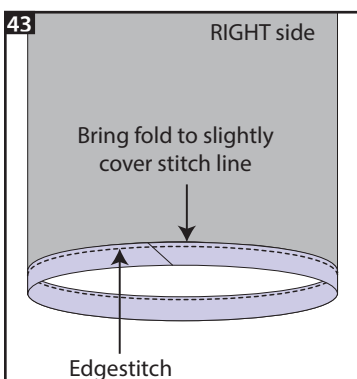
With right sides together, pin the creases together. Stitch on the creases through two layers of bias tape. Press seam open.



Trim seam allowances to 1/4" (6 mm). Re-fold the top 3/8" (1 cm). Stitch along the bottom of the sleeve with 3/8" (1 cm) seam allowance.

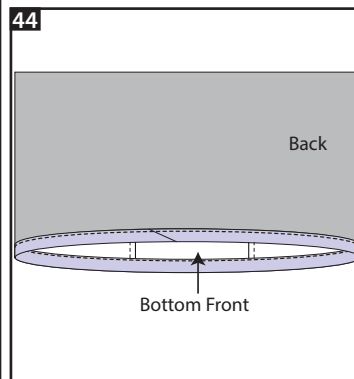


Press bias tape toward the seam allowances.

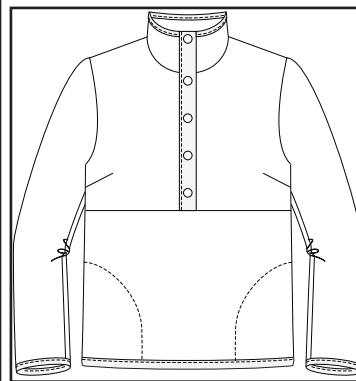


Wrap bias tape over the bottom edge of sleeve and bring the other fold to slightly cover the stitch line on the right side. Pin. Edgestitch on bias tape along the fold through all layers (about 1/16" or 1.5 mm from the fold). Repeat steps 37 to 43 for the other Sleeve. Press.

## Bottom Hem



Apply bias tape to the bottom hem in the same manner as the Sleeve (steps 37 to 43). Position the connection of the bias tape ends in the back of the garment. Remove all visible basting and pocket opening basting.



You are done! Put on your awesome pullover, admire your handiwork, smile and take a picture!

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