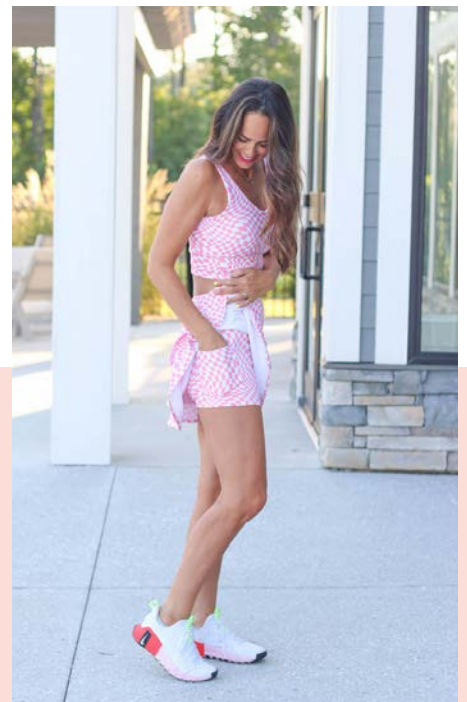


styla

ESTES

Size 0 to 32



The Estes skirt and top set combines comfort with a sleek, athletic vibe. The fitted top features a built-in shelf bra for light support, perfect for active or casual wear. The coordinating skirt includes length options, built-in shorts with a convenient pocket plus a double or single layer in the back for a fun twist.

#stylapatterns • #stylaestes

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This pattern is interactive!

Throughout the tutorial, you will find clickable links to videos and blogs, as well as a navigation bar on each page. Clicking within the Table of Contents, as well as the bottom bar, will help you easily access commonly used pages within the tutorial.



Happy sewing!

For best results, our patterns should be viewed in Adobe Acrobat or Reader.

25 Constructing the Top
 39 Finishing the Built-in Bra with Plush Elastic
 42 Finishing the Built-in Bra with an Elastic Casing
 46 Constructing the Shorts Pocket
 49 Constructing the Shorts
 51 Constructing the Skirt
 53 Constructing and Attaching the Waistband

• MATERIALS •

TOOLS :

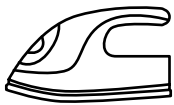
- Straight Pins or Clips



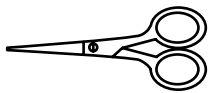
- Rotary Cutter + Mat



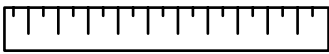
- Iron + Ironing Board



- Scissors



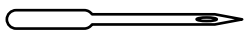
- Ruler



- Fabric Marker or Pencil



- Stretch Needle



NOTIONS + MATERIALS :

- 1/2" (1.3 cm) Elastic (for the skirt)
- 1 1/2" (3.8 cm) Plush Waistband Elastic (for the shelf bra)
- OR
- 1 1/2" (3.8 cm) Elastic (for the shelf bra)

OPTIONAL MATERIALS :

- Bra Cups
- Wash Away Double Sided Tape

RECOMMENDED FABRIC :

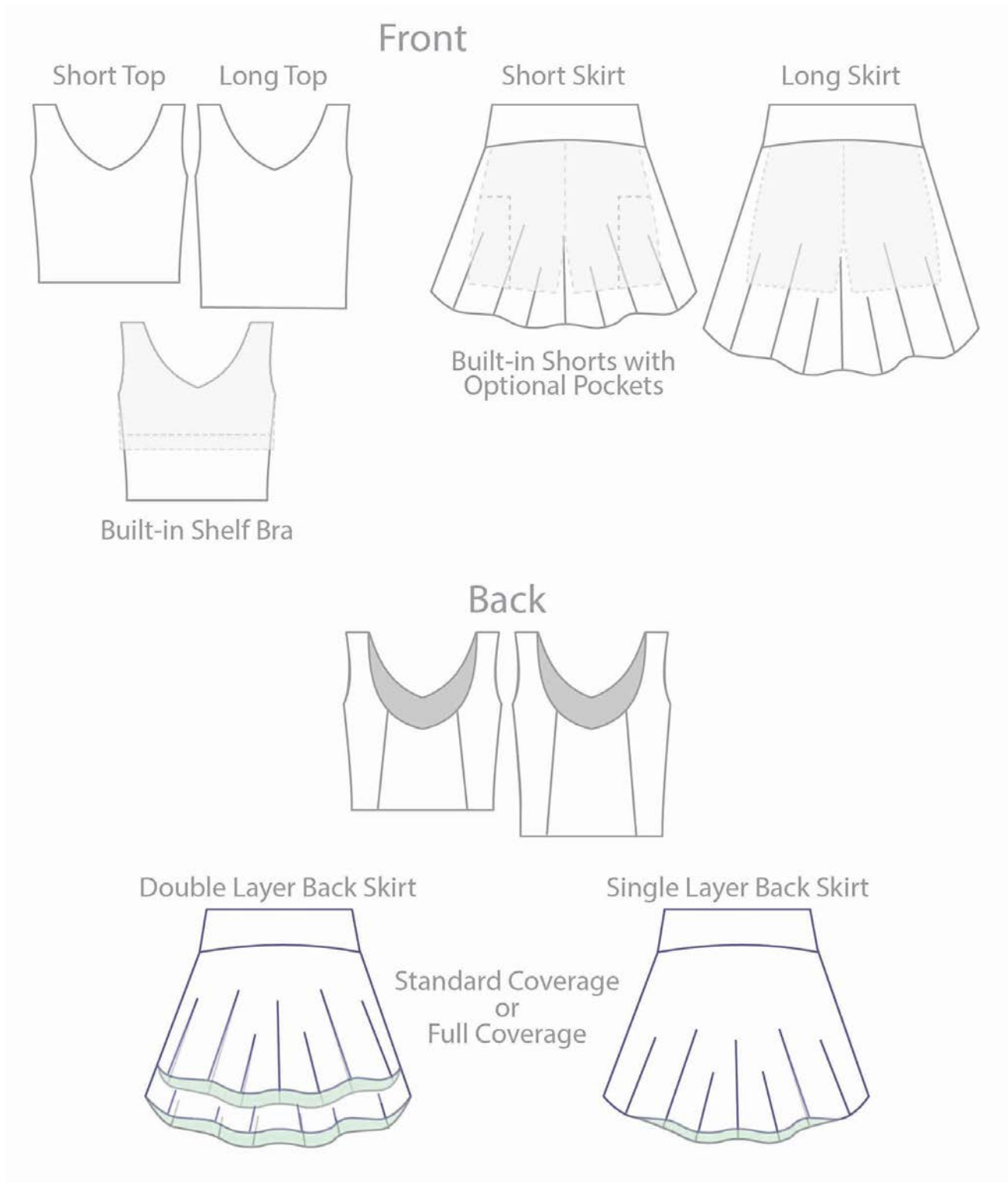
This pattern was designed for knit fabrics with at least 50% stretch.

For the top lining, the main fabric can be used. For the top inner lining, power mesh or swim lining is recommended.

For more information on how fabric choice can affect fit, refer to this blog post:

A Guide for Understanding Knit Fabrics

• STYLE OPTIONS •



• TAKING MEASUREMENTS •

CHEST

To get an accurate bust measurement, measure around the nipple line with arms down at the side. This measurement should be neither tight nor loose and should be taken with a bra on that will be worn with the garment. To measure upper bust, wrap the measuring tape around the chest right under the under arms. However, the measuring tape will be placed above the breasts.



CUP SIZE

To determine cup size, subtract the upper bust measurement from the bust measurement. For example, if the bust measures 38 inches and the upper bust measures 36 inches, the difference is 2-inches, which would be a B cup. The sewing cup size should not be chosen based on ready to wear cup size. Refer to the table below to determine cup size.

	Difference in Bust Measurement and Upper Bust Measurement	
AA Cup	0 inches	0 cm
A Cup	1 inch	2.5 cm
B Cup	2 inches	5 cm
C Cup	3 inches	7.5 cm
D Cup	4 inches	10 cm
DD Cup	5 inches	12.5 cm
DDD Cup	6 inches	15 cm

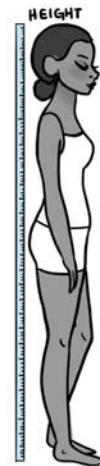
WAIST + HIP + HIGH HIP

Waist measurement is taken at the natural waist and hip measurement is taken around the fullest part of the buttocks with feet together and both feet flat. The high hip measurement is taken in between the waist and hip. These measurements should be neither tight nor loose.



HEIGHT

The pattern pieces are drafted for the average 5'5" (165 cm) woman. To measure total height, measure from the floor to the top of the head when standing with both feet together and good posture. When a finished length is listed in the finished measurements chart, the text will indicate where the finished length is measured from. Before cutting fabric, measure between the indicated locations, to ensure the final length is appropriate.



• SEWING PLANNER •

For _____

Date _____

Pattern _____

Size _____

Fabric _____

Cutting Chart Measurements



Height _____

Upper Bust _____

Bust _____

Waist _____

High Hip _____

Hip _____

Notes



_____ Height

_____ Upper Bust

_____ Bust

_____ Waist

_____ High Hip

_____ Hip

• SIZE CHART •

Choose the top size based on the upper bust and waist measurement. Choose the skirt size based on hip measurement and high hip measurement. Refer to the *Achieving a Custom Fit* section of this tutorial to understand how to blend sizes.

INCHES

	0	2	4	6	8	10	12	14	16
Upper Bust	29 1/2	31	32 1/2	34	35 1/2	37	38 1/2	40	41 1/2
Bust	31 1/2	33	34 1/2	36	37 1/2	39	40 1/2	42	43 1/2
Under Bust	26	27 1/2	29	30 1/2	32	33 1/2	35	36 1/2	38
Waist	24 1/2	26	27 1/2	29	30 1/2	32	33 1/2	35	36 1/2
High Hip	29 1/2	31	32 1/2	34	35 1/2	37	38 1/2	40	41 1/2
Hip	34	35 1/2	37	38 1/2	40	41 1/2	43	44 1/2	46
Thigh	20 1/4	21	21 3/4	22 1/2	23 1/4	24	24 3/4	25 1/2	26 1/4

	18	20	22	24	26	28	30	32
Upper Bust	43	44 1/2	45 7/8	47 1/4	48 5/8	50	51 3/8	52 3/4
Bust	45	46 1/2	47 7/8	49 1/4	50 5/8	52	53 3/8	54 3/4
Under Bust	39 1/2	40 1/4	42	43 3/4	45 1/2	47 1/4	49	50 3/4
Waist	38	40 1/4	42 3/4	45 1/4	47 3/4	50 1/4	52 3/4	55 1/4
High Hip	43	45	47 7/8	50 3/4	53 5/8	56 1/2	59 3/8	62 1/4
Hip	47 1/2	49 1/2	51 3/4	54	56 1/4	58 1/2	60 3/4	63
Thigh	27	29 1/4	30 5/8	32	33 3/8	34 3/4	36 1/8	37 1/2

• SIZE CHART •

Choose the top size based on the upper bust and waist measurement. Choose the skirt size based on hip measurement and high hip measurement. Refer to the *Achieving a Custom Fit* section of this tutorial to understand how to blend sizes.

CENTIMETERS

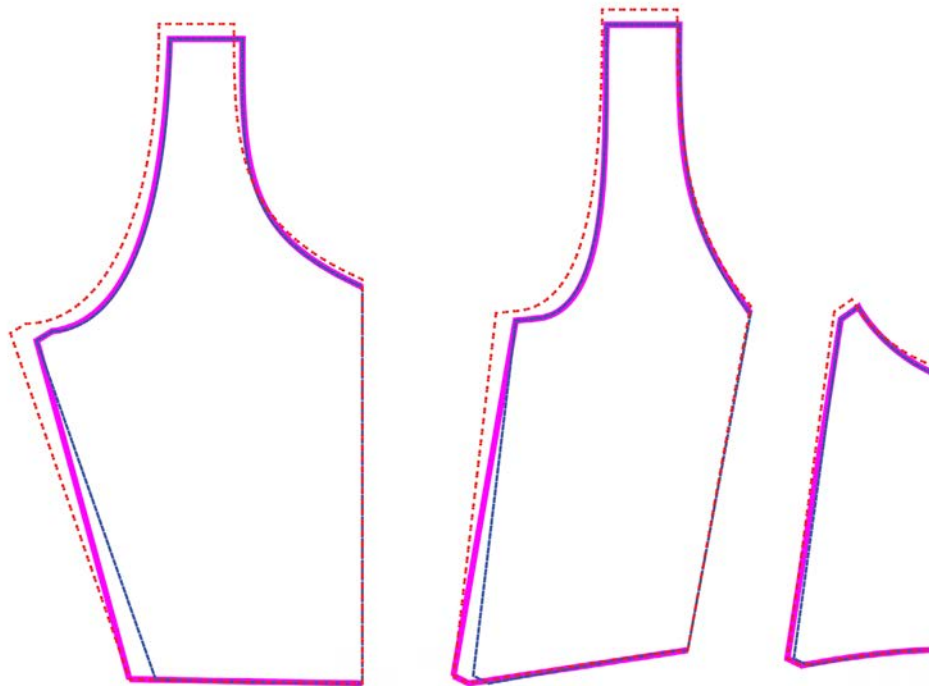
	0	2	4	6	8	10	12	14	16
Upper Bust	75	78.5	82.5	86.5	90	94	98	101.5	105.5
Bust	80	84	87.5	91.5	95	99	103	106.5	110.5
Under Bust	66	70	74	78	82	85	89	93	97
Waist	62	66	70	73.5	77.5	81.5	85	89	92.5
High Hip	75	79	83	86.5	90	94	98	102	105.5
Hip	86.5	90	94	98	101.5	105.5	109	113	117
Thigh	51.5	53.5	55	57	59	61	63	65	66.5

	18	20	22	24	26	28	30	32
Upper Bust	109	113	117	120	124	127	131	134
Bust	118	121.5	125	128.5	132	136	139	150
Under Bust	101	102	107	111	116	120	125	129
Waist	96	102.0	108.5	115.0	121.5	127.5	134.0	140.5
High Hip	109	114.5	121.5	129	136	143.5	151	158
Hip	120.5	125.5	131.5	137.0	143.0	148.5	154.5	160.0
Thigh	68.5	74.5	78	81.5	85	88.5	92	95.5

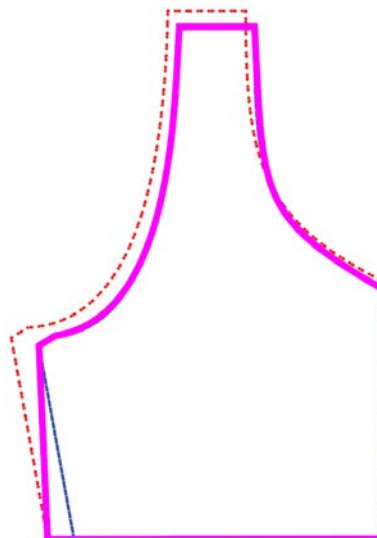
• ACHIEVING A CUSTOM FIT •

The top size should be chosen based on the upper bust measurement and graded for the waist. This top is drafted for a cup size of B. If the cup size is larger than a B, a full bust adjustment may be needed. It is recommended to make a muslin to understand the exact adjustments needed.

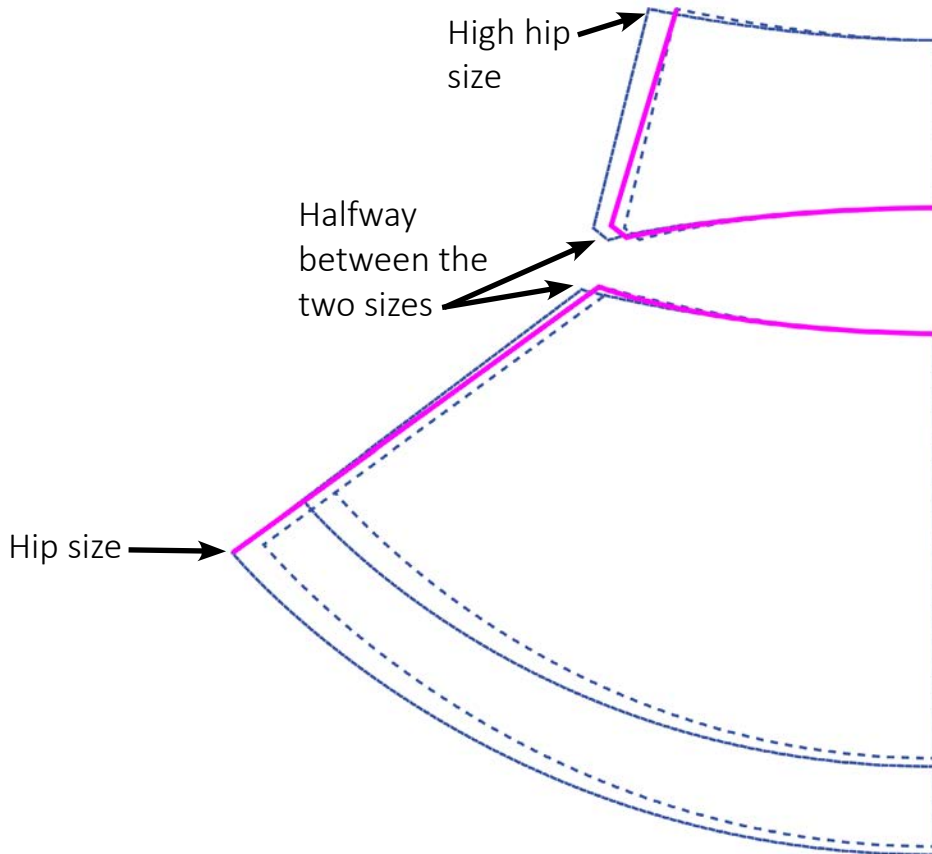
The example below shows how to blend the top pieces for a size 4 upper bust to a size 8 waist.



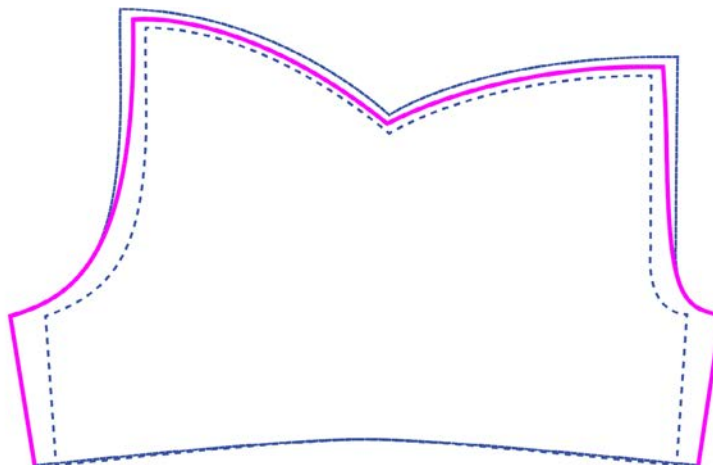
The shelf bra should be chosen based on the upper bust and underbust. The example to the right shows how to blend a size 4 upper bust with a size 8 underbust. It is important that the neckline and armhole of the shelf bra match the neckline and armhole of the bodice.



The skirt panels and waistband should be chosen based on the hip and high hip. Below shows how to grade a size 4 hip with a size 0 high hip. To keep the grading from being too dramatic, start at the top of the waistband with the high hip size. Blend to halfway between the two sizes at the bottom of the waistband. Start between the two sizes at the top of the skirt panel and end at the hip size at the bottom of the panel.



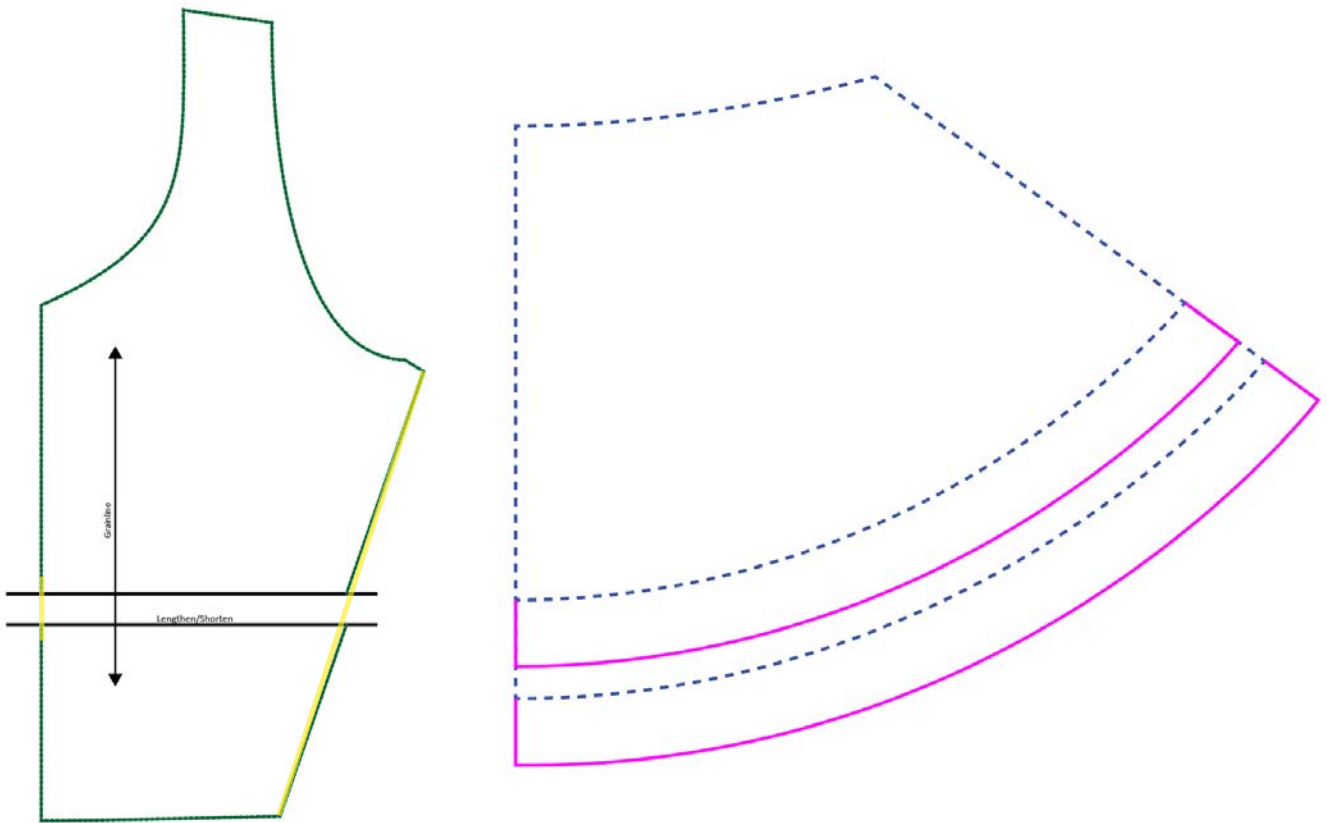
Choose the shorts size based on the hip measurement. The top of the shorts size should be blended to match the top of the skirt. For the example above, the top of the shorts would be blended between a size 0 and 4.



ADDING OR REMOVING LENGTH

If the subject is shorter or taller than 5'5" (165 cm), it may be necessary to shorten or lengthen the pieces. This adjustment should be done after any size blending is complete. Cut the pattern pieces at the lengthen/shorten line. Overlap or spread the pattern pieces by the desired amount to shorten or lengthen. Blend the lines back together. Typically, adding or removing 1/2" (1.3 cm) per 1" (2.5 cm) height difference is recommended for both the top and the skirt. The lining pieces must be adjusted too.

Skirt length should be added or removed from the bottom hem. It is important to note that additional length should not be added to the shorts if length is not added to the skirt, otherwise the shorts will peek out from under the skirt.



• FABRIC REQUIREMENTS •

Fabric requirements are in yards and centimeters. The metric fabric requirements are converted from the imperial fabric requirements, converting yards to centimeters. Requirements are based on a 58" (147.5 cm) directional fabric, cut selvage to selvage.

YARDS

	0	2	4	6	8	10	12	14	16
Short Top	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
Long Top	5/8	5/8	5/8	5/8	5/8	5/8	5/8	5/8	5/8
Shelf Bra	3/8	3/8	3/8	3/8	3/8	3/8	3/8	3/8	3/8
Shelf Bra Casing	1/8	1/8	1/8	1/8	1/8	1/8	1/8	1/8	1/8
Short Skirt Panels	1/2	1/2	5/8	5/8	5/8	5/8	3/4	3/4	3/4
Long Skirt Panels	5/8	5/8	3/4	3/4	3/4	5/8	5/8	7/8	7/8
Skirt Shorts	3/8	3/8	3/8	3/8	3/8	3/8	1/2	1/2	1/2
Skirt Waistband	3/8	3/8	3/8	3/8	3/8	3/8	3/8	3/8	3/8

	18	20	22	24	26	28	30	32
Short Top	1/2	1/2	5/8	5/8	5/8	5/8	5/8	5/8
Long Top	5/8	5/8	5/8	5/8	5/8	5/8	5/8	5/8
Shelf Bra	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2
Shelf Bra Casing	1/8	1/8	1/8	1/8	1/8	1/8	1/8	1/8
Short Skirt Panels	3/4	3/4	3/4	3/4	3/4	7/8	7/8	7/8
Long Skirt Panels	7/8	7/8	7/8	7/8	7/8	7/8	7/8	7/8
Skirt Shorts	1/2	1/2	1/2	7/8	7/8	7/8	1	1
Skirt Waistband	3/8	3/8	3/8	3/8	3/8	3/8	3/8	5/8

• FABRIC REQUIREMENTS •

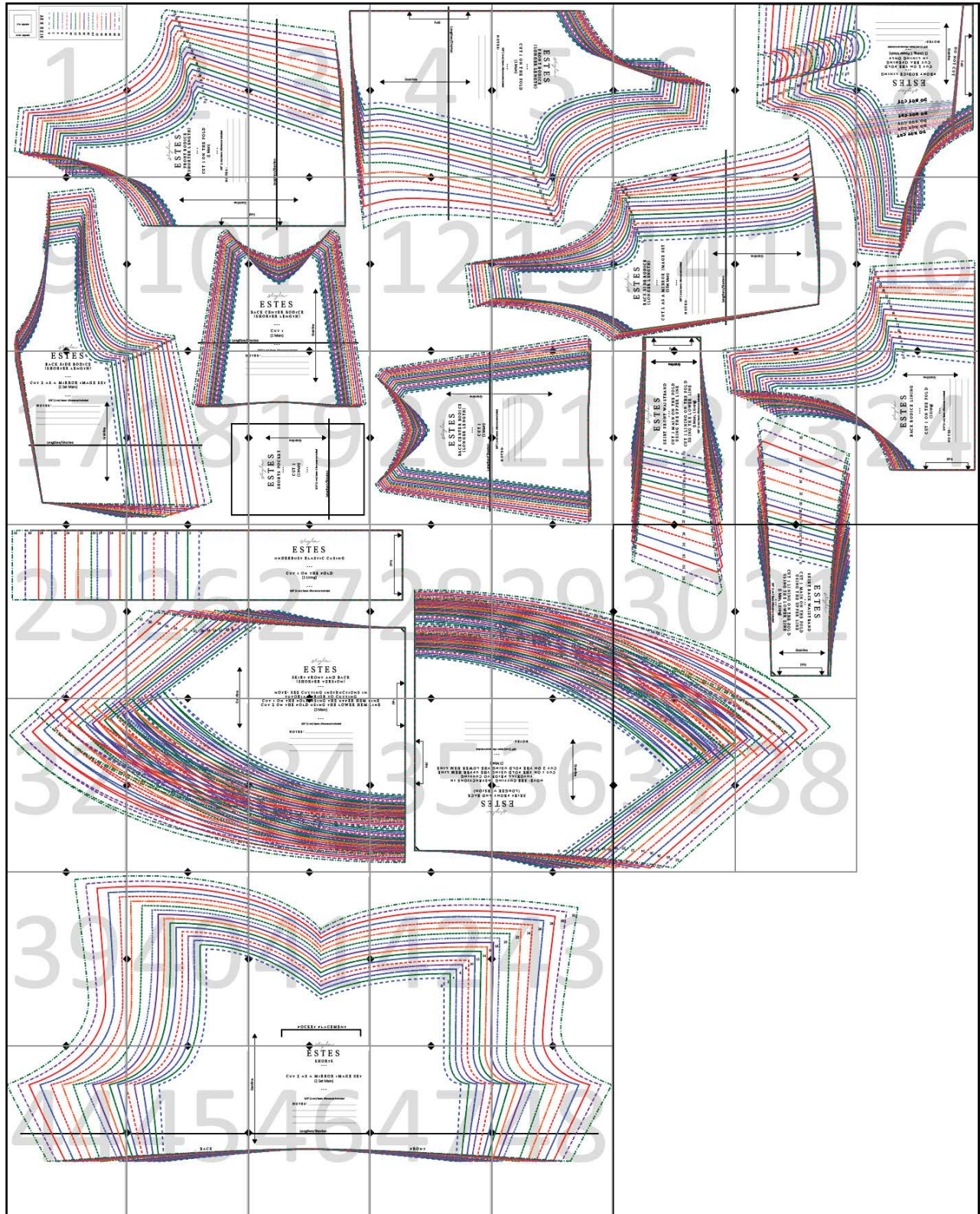
Fabric requirements are in yards and centimeters. The metric fabric requirements are converted from the imperial fabric requirements, converting yards to centimeters. Requirements are based on a 58" (147.5 cm) directional fabric, cut selvage to selvage.

CENTIMETERS

	0	2	4	6	8	10	12	14	16
Short Top	46	46	46	46	46	46	46	46	46
Long Top	57.5	57.5	57.5	57.5	57.5	57.5	57.5	57.5	57.5
Shelf Bra	34.5	34.5	34.5	34.5	34.5	34.5	34.5	34.5	34.5
Shelf Bra Casing	11.5	11.5	11.5	11.5	11.5	11.5	11.5	11.5	11.5
Short Skirt Panels	46	46	57.5	57.5	57.5	57.5	69	69	69
Long Skirt Panels	57.5	57.5	3/4	3/4	3/4	57.5	57.5	57.5	80.5
Skirt Shorts	34.5	34.5	34.5	34.5	34.5	34.5	46	46	46
Skirt Waistband	34.5	34.5	34.5	34.5	34.5	34.5	34.5	34.5	34.5

	18	20	22	24	26	28	30	32
Short Top	46	46	57.5	57.5	57.5	57.5	57.5	57.5
Long Top	57.5	57.5	57.5	57.5	57.5	57.5	57.5	57.5
Shelf Bra	46	46	46	46	46	46	46	46
Shelf Bra Casing	11.5	11.5	11.5	11.5	11.5	11.5	11.5	11.5
Short Skirt Panels	69	69	69	69	69	80.5	80.5	80.5
Long Skirt Panels	80.5	80.5	80.5	80.5	80.5	80.5	80.5	80.5
Skirt Shorts	46	46	46	80.5	80.5	80.5	91.5	91.5
Skirt Waistband	34.5	34.5	34.5	34.5	34.5	34.5	34.5	57.5

• PRINTING LAYOUT •



• PRINT GUIDE •

PATTERN PIECES	PAGES	PATTERN PIECES	PAGES
Short Front Bodice Sizes 0 through 22 Sizes 24 through 32	1-3, 10-11 1-3, 9-11	Short Skirt Front and Back Sizes 0 through 4 Sizes 6 through 14 Sizes 16 through 32	26-28, 33-35 26-28, 32-35 25-28, 32-25
Short Back Side Bodice Size 0 Sizes 2 through 14 Sizes 16 through 32	9, 17 9, 17-18 9-10, 17-18	Long Skirt Front and Back Sizes 0 through 12 Sizes 14 through 22 Sizes 24 through 32	28-30, 35-37 28-30, 35-38 28-31, 35-38
Short Back Center Bodice All sizes	10-11, 18-19	Skirt Waistband Front Sizes 0 through 20 Sizes 22 through 32	14, 22 14, 22, 30
Long Front Bodice Sizes 0 through 12 Sizes 14 through 18 Sizes 20 through 22 Sizes 24 through 32	3-6 3-6, 13 3-6, 12-13 3-6, 11-13	Skirt Waistband Back Sizes 0 through 8 Sizes 10 through 32	31 23, 31
Long Back Side Bodice Sizes 0 through 16 Size 18 Sizes 20 through 24 Sizes 26 through 32	13-15 12-15 7, 12-15 6-7, 12-15	Shorts Sizes 0 through 6 Sizes 8 through 14 Sizes 16 through 20 Sizes 22 through 32	40-42, 45-47 40-42, 44-48 40-48 39-48
Long Back Center Bodice Sizes 0 through 20 Sizes 22 through 32	20-21 13, 20-21	Shorts Pocket All sizes	18-19
Front Bodice Lining Sizes 0 through 26 Sizes 28 through 32	7-8, 16 7-8, 15-16		
Back Bodice Lining Size 0 Sizes 2 through 18 Sizes 20 through 24 Sizes 26 through 32	23-24 16, 23-24 15-16, 23-24 15-16, 22-24		
Underbust Elastic Casing Sizes 0 through 12 Sizes 14 through 32	26-28 25-28		

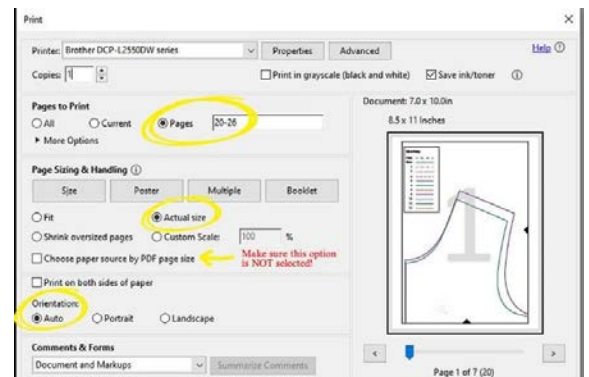
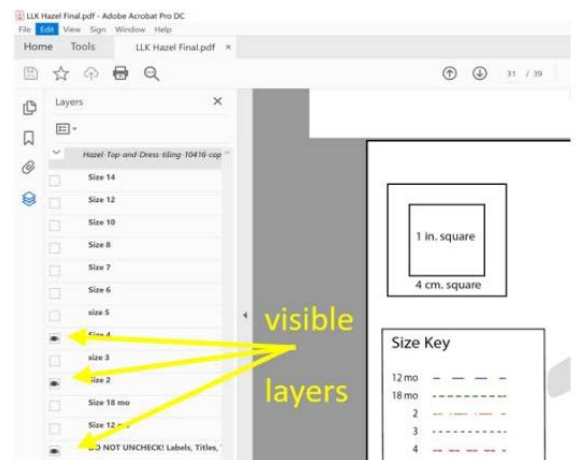
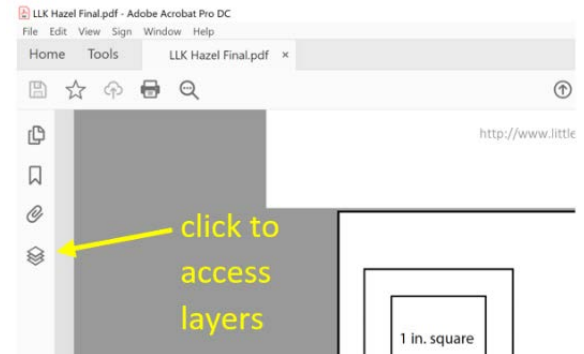
• PRINTING THE PATTERN •

To begin, open the pdf pattern file in Adobe Reader, making sure to use an updated version of Adobe. Once the file is open, it is helpful to print only the sizes needed. To do so, click the icon with layered squares.

Once the layers are visible, the 'eye' icon shows which layers are visible. The bottom layer titled DO NOT UNCHECK must be left on as it contains labels, tiling, notches, etc. To turn off unwanted layers, click the 'eye' icon, leaving the icon on for only the sizes needed. For example, if a size 2 width is needed with a size 4 length, uncheck all "eye" icon boxes except size 2, size 4 and the bottom layer (labeled DO NOT UNCHECK).

To print the pattern, press the printer icon or go to "File > Print" and select the following options:

- Pages (enter #'s)
- Actual Size
- Auto (Page Orientation)
- Always ensure the box called "Choose Paper Source by PDF Page Size" is unchecked.



After printing, each page should have a black rectangle border around the entire perimeter. ***Always measure the 1" (4 cm) test square to ensure proper sizing.***

• CUTTING INSTRUCTIONS •

(P) = from pattern piece (C) = from cut chart

Top

Choose between the short or long length.

Using the appropriate pattern pieces:

- Cut 1 front main piece on the fold (1 main) (P)
- Cut 2 side back pieces as a mirror image set (1 set main) (P)
- Cut 1 center back piece (1 main) (P)
- Cut 1 front bodice lining on the fold (1 lining) (P)
- Cut 1 front bodice inner lining on the fold (1 inner lining) (P)
- Cut 1 back bodice lining on the fold (1 lining) (P)

Choose between plush elastic or an elastic casing.

If using the elastic casing:

- Cut 1 elastic casing (1 lining) (P or C)

Skirt

See the next page for the correct way to cut the skirt.

Choose between the short or long length.

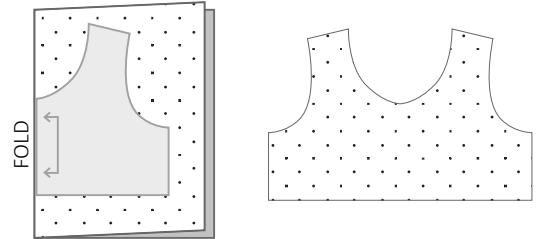
Using the appropriate pattern pieces:

- Cut 1 skirt front piece on the fold using the longer hem line (1 main) (P)
- Cut 1 skirt back piece on the fold using the longer hem line (1 main) (P)
- Cut 1 skirt back piece on the fold using the shorter hem line (1 main) (P)
- Cut 1 front skirt waistband main on the fold using the top cut line (1 main) (P)
- Cut 1 back skirt waistband main on the fold using the top cut line (1 main) (P)
- Cut 1 front skirt waistband lining on the fold using the lower cut line (1 lining) (P)
- Cut 1 back skirt waistband lining on the fold using the lower cut line (1 lining) (P)

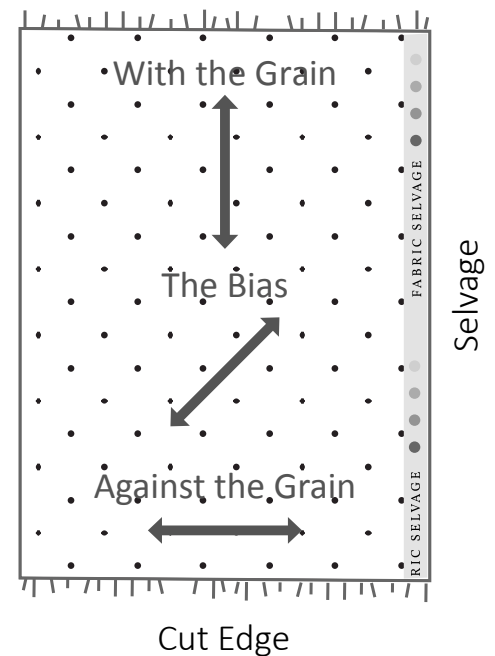
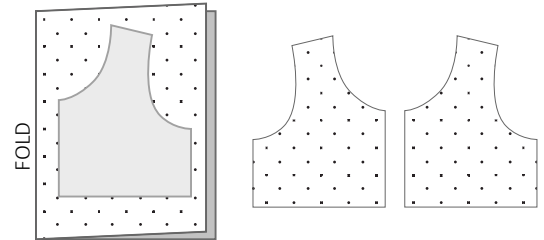
Shorts

- Cut 2 short pieces as a mirror image set (1 set main) (P)
- Cut 1 pocket piece (1 main) (P or C)

ON THE FOLD

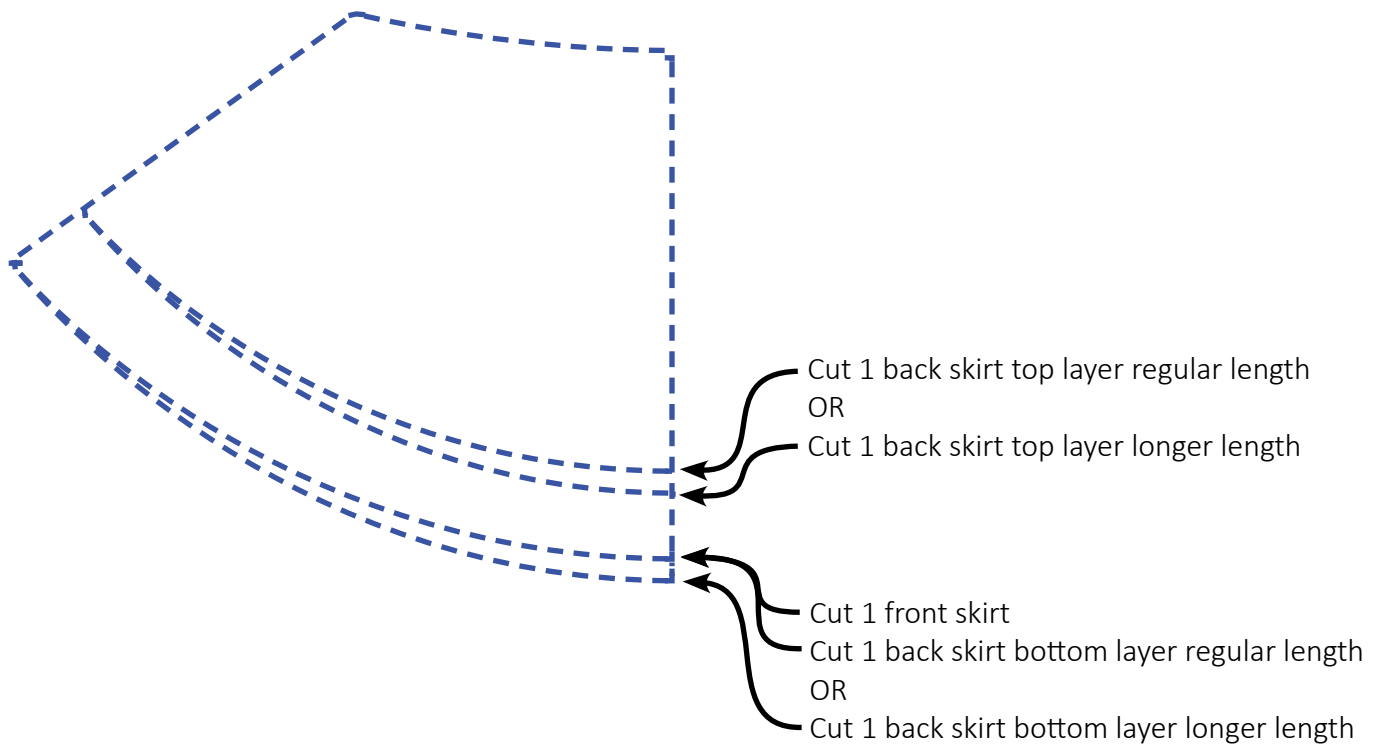


MIRROR-IMAGE SET



• CUTTING INSTRUCTIONS •

The skirt has several cut lines. It is important to understand what lines to use to achieve the desired result. The back of the skirt can be made slightly longer to help curve around the fullest part of the hip. If extra back length is not desired, use the regular length cut lines as shown below. The skirt lines are not labeled on the pattern pieces for clarity.



• CUT CHART •

The skirt elastic given in the chart is a good starting point. It is recommended to sew the elastic to the fabric at a 1:1 ratio. When installing elastic at a 1:1 ratio, it is important to hold the elastic taut. A very small amount of tension on the elastic may help keep the fabric and elastic from feeling stretched out when finished. If the elastic is stretched too much, the fabric will not lay correctly when finished.

INCHES

Length x Width	0	2	4	6	8	10	12	14	16
Underbust Band	4	4	4	4	4	4	4	4	4
Cut 1 (Elastic Casing Option)	x 23 3/8	x 24 3/4	x 26	x 27 1/4	x 28 5/8	x 29 7/8	x 31 1/4	x 32 1/2	x 33 7/8
1 1/2" Underbust Elastic	22 5/8	23 7/8	25 1/4	26 1/2	27 7/8	29 1/8	30 1/2	31 7/8	33 1/8
1/2" Skirt Waist Elastic	23 1/4	24 1/2	25 7/8	27	28 3/8	29 5/8	30 7/8	32 1/8	33 3/8
Shorts Pocket	7 5/8	7 5/8	7 5/8	7 5/8	7 5/8	7 5/8	7 5/8	7 5/8	7 5/8
Cut 1	x 5 1/4	x 5 1/4	x 5 1/4	x 5 1/4	x 5 1/4	x 5 1/4	x 5 1/4	x 5 1/4	x 5 1/4

Length x Width	18	20	22	24	26	28	30	32
Underbust Band	4	4	4	4	4	4	4	4
(Elastic Casing Option)	x 35 1/8	x 35 3/4	x 37 3/8	x 38 7/8	x 40 3/8	x 41 7/8	x 43 3/8	x 44 15/16
1 1/2" Underbust Elastic	34 3/8	35	36 1/2	38 1/8	39 5/8	41 1/8	42 5/8	44 1/4
1/2" Skirt Waist Elastic	34 5/8	36 1/2	38 7/8	41 1/8	43 1/2	45 3/4	48	50 3/8
Shorts Pocket	7 5/8	7 5/8	7 5/8	7 5/8	7 5/8	7 5/8	7 5/8	7 5/8
Cut 1	x 5 1/4	x 5 1/4	x 5 1/4	x 5 1/4	x 5 1/4	x 5 1/4	x 5 1/4	x 5 1/4

• CUT CHART •

The skirt elastic given in the chart is a good starting point. It is recommended to sew the elastic to the fabric at a 1:1 ratio. When installing elastic at a 1:1 ratio, it is important to hold the elastic taut. A very small amount of tension on the elastic may help keep the fabric and elastic from feeling stretched out when finished. If the elastic is stretched too much, the fabric will not lay correctly when finished.

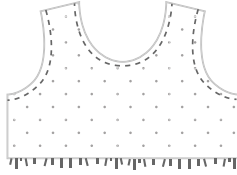
CENTIMETERS

Length x Width	0	2	4	6	8	10	12	14	16
Underbust Band	10	10	10	10	10	10	10	10	10
Cut 1	x	x	x	x	x	x	x	x	x
(Elastic Casing Option)	59.5	63	66	69	72.5	76	79.5	82.5	86
1 1/2" Underbust Elastic	57.5	60.5	64	67.5	71	74	77.5	81	84
1/2" Skirt Waist Elastic	59	62	65.5	68.5	72	75	78.5	81.5	85
Shorts Pocket	19.5	19.5	19.5	19.5	19.5	19.5	19.5	19.5	19.5
Cut 1	x	x	x	x	x	x	x	x	x
	13.5	13.5	13.5	13.5	13.5	13.5	13.5	13.5	13.5

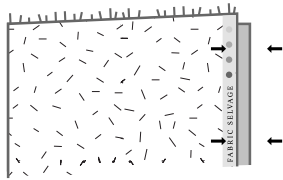
Length x Width	18	20	22	24	26	28	30	32
Underbust Band	10	10	10	10	10	10	10	10
(Elastic Casing Option)	x	x	x	x	x	x	x	x
	89	91	95	98.5	102.5	106.5	110	114
1 1/2" Underbust Elastic	87.5	89	92.5	97	100.5	104.5	108.5	112.5
1/2" Skirt Waist Elastic	88	92.5	98.5	104.5	110.5	116	122	128
Shorts Pocket	19.5	19.5	19.5	19.5	19.5	19.5	19.5	19.5
Cut 1	x	x	x	x	x	x	x	x
	13.5	13.5	13.5	13.5	13.5	13.5	13.5	13.5

• GLOSSARY OF SEWING TERMS •

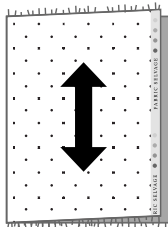
RAW EDGE: An unfinished edge of a fabric.



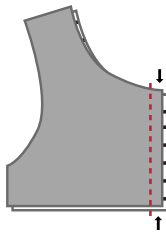
SELVAGE: The manufactured, finished edge of a fabric.



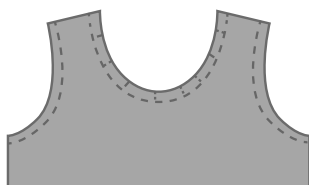
GRAINLINE: The grainline of a fabric runs parallel to the selvage. The pattern pieces will include a grainline arrow to indicate which way the pattern pieces should be cut on the fabric.



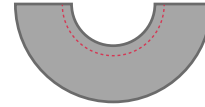
SEAM ALLOWANCE: This is the distance between the edge of the fabric and the stitch line when sewing.



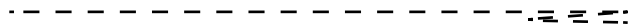
CLIP: Fabric is clipped to help a garment lay nicely when turned right side out. Clip the seam allowance of a curve, being careful not to clip through the stitching.



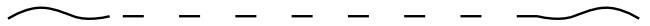
STAY STITCH: A line of sewing used to help keep the shape of a piece of fabric. This is usually done on the opening of circle skirts, a rounded shape, or garment cut on the bias.



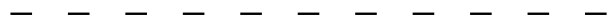
BACKSTITCH: A method used to secure stitches. When beginning a line of stitching, stitch forward about three stitches, stitch back to the starting stitch and then continue stitching as directed. At the end of the stitching, stitch back about three stitches and then forward again to the original end point.



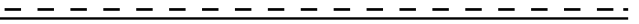
GATHERING STITCH: This stitching is done with the sewing machine set on the longest stitch length. Do not backstitch at the beginning or end of a gathering stitch. Leave a thread tail at the beginning and end to gather the fabric.



BASTE: A basting stitch is used to temporarily hold two pieces of fabric together before they are sewn. Sew using a long, straight stitch.



TOPSTITCH: A visible line of stitching sewn from the right side of the fabric, using a 1/8" (0.3 cm) seam allowance unless, otherwise stated. This is usually done on the finished garment and looks very nice if the stitch is increased one size in length.



EDGE STITCH: A visible line of stitching sewn close to the edge, typically less than 1/8" (0.3 cm).



UNDERSTITCH: A stitch used to keep a seam or facing from peaking out of a garment. The seam allowance is pressed toward the wrong/lining side of the garment and is sewn 1/8" (0.3 cm) inch from the seam.



• SEWING WITH KNITS •

NEEDLE TYPE :

Use a ball point or stretch needle when working with knit fabrics. These needles have a rounded tip to prevent damage to the fabric. Universal needles will work but are only slightly rounded and therefore may skip stitches, resulting in a less desirable finish. Select the size of the needle based on the weight of the fabric.

Fabric Weight	Fabrics	Needle Size
Lightweight Knits	tricot, jersey, rayon, bamboo	80/11
Medium Weight Knits	ponte, cotton spandex, cotton lycra, double brushed poly, French terry, swim	90/14
Heavy Weight Knits	fleece, double Knit	100/16

SEWING WITH KNITS :

This Styla tutorial includes a 3/8" (1 cm) seam allowance. For user convenience, the seam allowance is mentioned throughout the tutorial at each step. Knit fabrics can be sewn with a sewing machine or serger.

Machine	Directions
Sewing Machine	Sew to attach as directed in the pattern using a stretch stitch or narrow zig zag stitch. A stretch stitch looks like a lightning bolt. The seam allowance may be left raw as knit fabric does not fray. Trim the seam allowance only if desired.
Serger	Sew to attach as directed in the pattern. When using a 3/8" (1 cm) seam allowance, 1/8" (0.3 cm) of the fabric will be trimmed by the blade leaving a 1/4" (0.6 cm) finished seam.

HEMMING AND TOPSTITCHING :

Hemming and topstitching can be completed with a sewing machine or coverstitch. The method chosen should be based on personal preference and the equipment available.

Machine	Directions
Sewing Machine	When topstitching, use a long straight stitch, wide zig zag stitch, or double needle. When hemming, use a stretch stitch (wide zig zag or double needle) in places that will endure a lot of stretch, such as the hem of a legging. However, a straight stitch may be used at the hem of a circle skirt.
Coverstitch	A two or three needle coverstitch can be used to hem or topstitch knits. A single needle chainstitch can also be used to topstitch knits. Stitch length will vary depending on the fabric type.

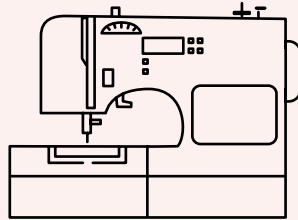
ADDITIONAL TIPS FOR SEWING WITH KNIT FABRICS :

- Do not stretch or force the knit fabric through the machine. This can cause stretching/waving of the fabric.
- ALWAYS prewash knit fabrics in the same manner that they will be cared for. Do this prior to cutting the pieces. Knit fabric has greater potential to shrink. If not prewashed, the garment may be too short or too small after the first wash.
- If the knit fabric loses shape while sewing, recover the shape by hovering an iron 1" (2.5 cm) over the fabric while using the steam setting. The steam will help pull the fabric back into shape.
- A medium weight knit is ideal for most sewing projects. If using a lighter weight knit, the ends tend to curl and the fabric can get sucked into the machine. To prevent curling, iron the knit on low heat and use spray starch.
- When working with knits, begin stitching a little past the edge of the fabric, to prevent it from getting sucked down into the machine. Backstitch to secure.

For more tips on sewing with knit refer to our blog post:

[Tips for Sewing with Knit.](#)

SEWING TUTORIAL



3/8" (1 cm) seam allowance included



CONSTRUCTING THE TOP

It is important to make sure that all of the markings are transferred from the pattern pieces to the fabric pieces using a wash away fabric pen or chalk.

Locate the back bodice pieces. Place the center back bodice right sides together with one side back bodice piece. Make sure the correct edge of the side back bodice is being used. Do not confuse the armscye for the back neckline. Sew to attach with a stretch stitch and a 3/8" (1 cm) seam allowance.

Designer Tip: This bodice provides a great opportunity for color blocking.



Press the seam toward the side piece and topstitch if desired. Repeat with the remaining side back bodice.



Place the front bodice right sides together with the completed back bodice. Sew to attach at the shoulders with a stretch stitch and a 3/8" (1 cm) seam allowance.



Locate the lining pieces. Make sure the lines are transferred to right side of the front lining piece.



Finish the bra cup opening on the front lining. This is not necessary but will provide a cleaner finish.



Place the front lining on the front inner lining or power mesh, wrong sides together. Pin/clip together. Sew along the marked lines using a stretch stitch or coverstitch. This will create a casing for bra cups so they do not slide around. A coverstitch was used for this tutorial. The picture to the right shows what the wrong side of the inner lining or power mesh looks like. This piece will now be called the front lining and will be treated as one piece.



Place the front lining and back lining right sides together. The right side of the front lining is the piece with the bra cut outs. The inner lining/power mesh is the wrong side. Sew to attach at the shoulder edges with a stretch stitch and a 3/8" (1 cm) seam allowance.



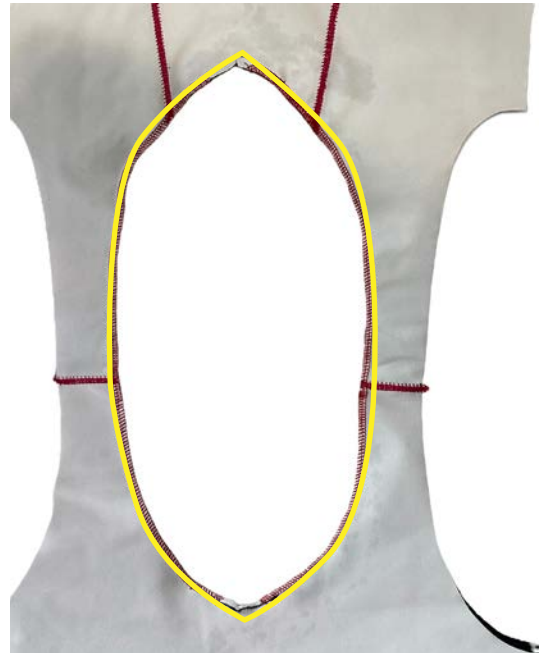
Place the bodice main right side up. Lay the lining pieces on top, right sides together. The inner lining/power mesh will be on top. The bra cup openings will be touching the right side of the main fabric. Align the neckline. Pin/clip into place.



The front and back necklines have slight v-necks. If using a serger, it may be easier to sew the neckline in two parts. Use a sewing machine to sew approximately 2" (5 cm) on either side of the "V" for the front and back using a 3/8" (1 cm) seam allowance. Clip a notch into the "V" but do not clip through the stitches.



Finish sewing around the neckline using a stretch stitch and a 3/8" (1 cm) seam allowance.



Fold the main fabric towards the neck opening so it is out of the way. Understitch the neckline seam to the lining using a coverstitch or stretch stitch and a 1/8" (0.3 cm) seam allowance.



NEED HELP UNDERSTITCHING?

Click here for a video tutorial.

Fold the bodice wrong sides together and steam the neckline to help bring it back to shape. The below picture shows the understitched neckline from the lining side.



The bodice armholes will be sewn using the burrito roll method. Place the bodice with the main fabric face up.



Begin with one side of the bodice and start rolling the fabric onto itself until the opposite armhole is reached.



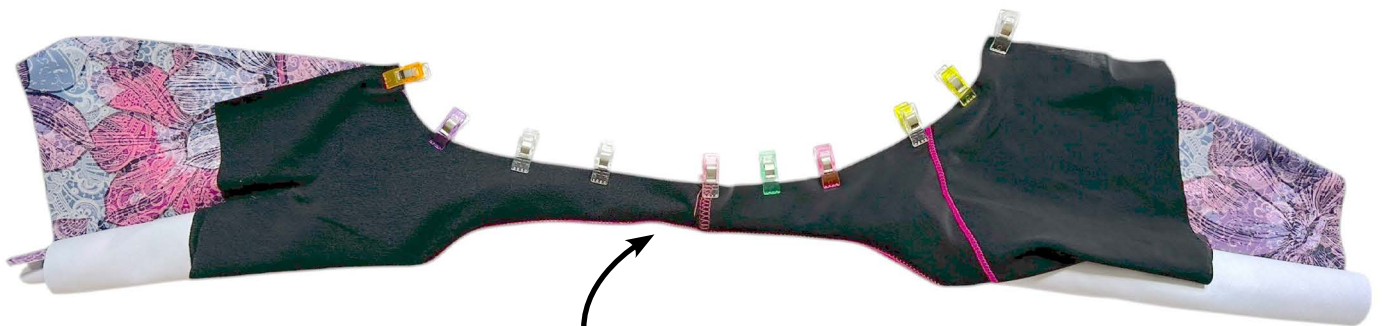
Fold the main fabric over the rolled fabric.



Finally, fold the main fabric under the rolled fabric so that the main and the lining are right sides together.

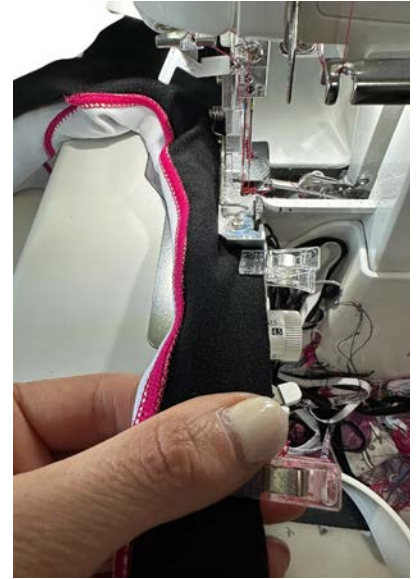


Align the main and lining along the armhole. Align the shoulder seams. Pin/clip into place along the armhole.



The shoulder area is narrow and the fabric will feel tight with the rolled fabric sandwiched between. It is important to make sure the rolled fabric is not caught in the pins/clips.

Sew to attach along the armscye using a stretch stitch and a 3/8" (1 cm) seam allowance. Do not catch any of the rolled fabric in the seam.



Reach in through the front bodice and gently pull the rolled bodice through to turn the bodice right side out. Steam the finished armscye.



This armscye is now finished.

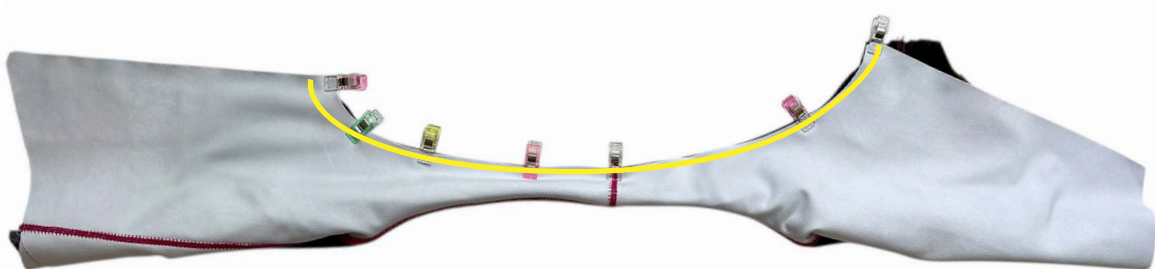
Repeat the burrito method for the opposite armhole. Roll the finished armhole toward the unfinished armhole.



Separate the main fabric from the lining fabric by pulling the lining under the rolled fabric.



Finally, fold the main fabric over the rolled fabric so that the main and the lining are right sides together. Align the armhole edges and pin/clip into place. Sew the armhole with stretch stitch and a 3/8" (1 cm) seam allowance. Do not catch any of the rolled fabric in the seam.



Reach in through the front bodice and gently pull the rolled bodice through to turn the bodice right side out. Steam the finished armscye.



Separate the front lining from the front main so they are both right side up.



Separate the back main and lining. Fold the back main and lining over the front main and lining, right sides together. Align the side edges.



Align the underarm seam. Pin/clip into place along the side edges. Sew the side edges with a stretch stitch and a 3/8" (1 cm) seam allowance.



Turn the top right side out. Fold the bottom edge of the main fabric 3/8" (1 cm) wrong sides together. Press. Sew to secure the hem with a stretch stitch or coverstitch.





FINISHING THE BUILT-IN BRA WITH PLUSH ELASTIC

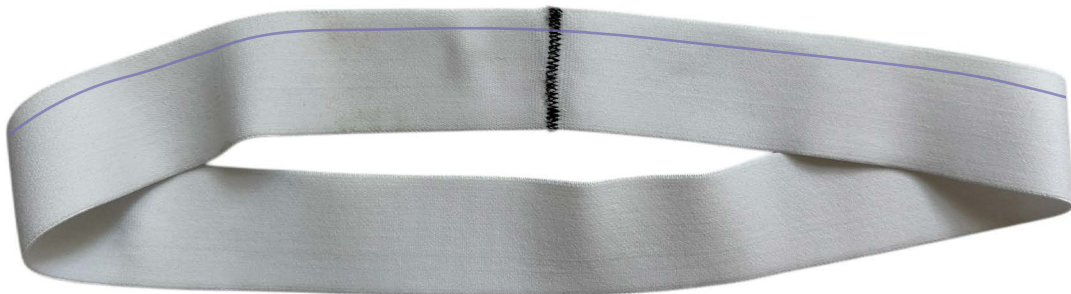
*If using an elastic casing, skip to
Finishing the Built-In Bra with an Elastic Casing →*

This method is only recommended if using soft, waistband elastic. If using knit or woven elastic, it is recommended to use the elastic casing method. This method is shown using a regular sewing machine. The elastic can also be faux flatlocked to the bra using a serger (not shown).

Locate the plush underbust elastic. Draw a line 1/4" (0.6 cm) away from one long edge of the elastic.



Butt the ends of the elastic together and sew to secure with a wide zig zag stitch.



Mark the quarter points of the elastic and the bottom of the lining.



Place the elastic against the right side of the lining. Align the bottom of the lining with the line drawn on the elastic. The lining will overlap the elastic by 1/4" (0.6 cm). Match the quarter points and pin into place.



Use a stretch stitch to attach the elastic to the lining, stretching the elastic between the quarter points. It is recommended to baste the elastic into place first. Once the elastic is basted, it is easier to get an even zigzag stitch along the edge of the elastic.





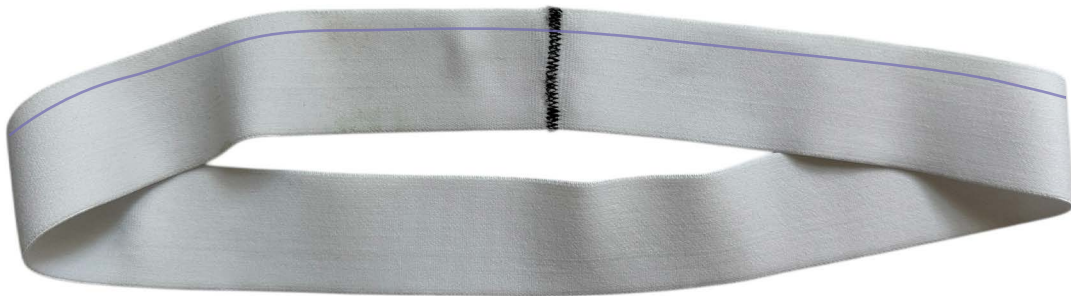
FINISHING THE BUILT-IN BRA WITH AN ELASTIC CASING

*If using plush elastic, skip to
Constructing the Skirt* →

Locate the underbust band. Fold the band in half, right sides together. Sew the short raw edge with a stretch stitch and a 3/8" (1 cm) seam allowance.



Locate the underbust elastic. Butt the ends of the elastic together and sew to secure with a wide zig zag stitch.



Fold the underbust band in half, wrong sides together. Press.



Place the elastic in the band.



Quarter the underbust band and the bottom raw edge of the bra.



Keeping the bra wrong side out, slide the underbust band inside the bra, matching up the raw edges and quarter points. Line up the seam of the underbust band with the center back of the bra. Stretch the underbust band to fit the opening of the bra and sew to attach with a stretch stitch and a 3/8" (1 cm) seam allowance. Be sure to NOT catch the elastic in the stitching.



To help keep the elastic from shifting inside the band, tack the elastic down on the sides.



If desired, press the band seam up towards the bra and topstitch with a stretch stitch or coverstitch.



Make sure the main fabric is pulled up through the neckline and out of the way (not like shown here)



CONSTRUCTING THE SHORTS POCKET

*If omitting the pocket, skip to
Constructing the Shorts* ➔

*If omitting the shorts, skip to
Constructing the Skirt* ➔

Locate the pocket piece. Press the two side edges $3/8''$ (1 cm) wrong sides together to create a memory crease.



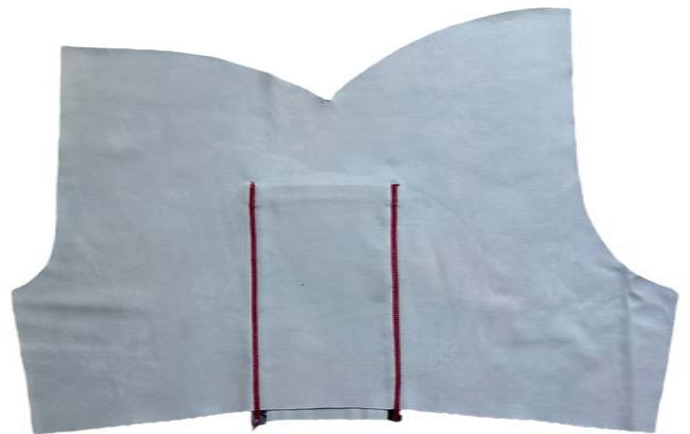
Press the top edge $1/2''$ (1.3 cm) wrong sides together. Hem the top edge using a coverstitch or stretch stitch.



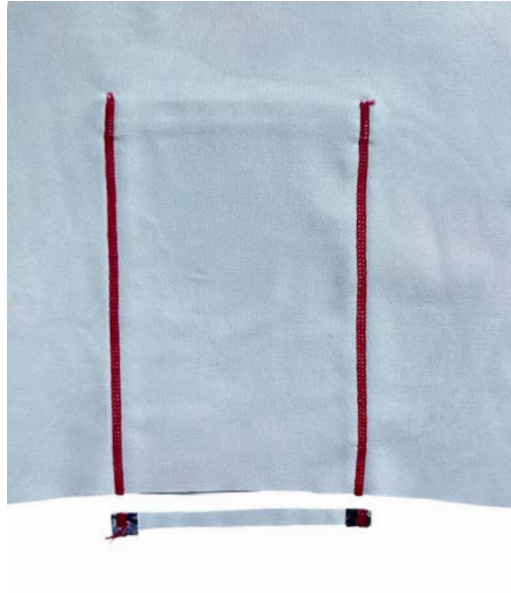
The pocket can be placed on the left or right leg depending on preference. Below shows the pocket being installed on the right leg. Transfer the pocket placement mark to the shorts piece.

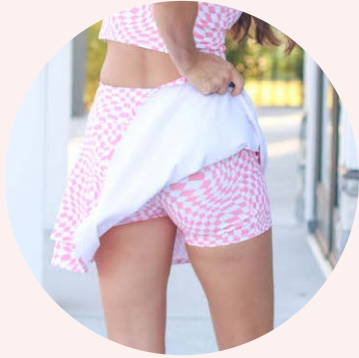


Align the top of the pocket with the pocket placement mark. Make sure the sides of the pocket remain folded under. The pocket is shaded in blue for clarity. Pin into place. Double sided hem tape can be used in lieu of pins. The bottom of the pocket will overhang the bottom edge of the shorts. Sew to attach the pocket to the shorts along the sides with a coverstitch or stretch stitch.



With the shorts piece wrong side up, trim the bottom of the pocket to match the bottom of the shorts.





CONSTRUCTING THE SHORTS

*If omitting the shorts, skip to
Constructing the Skirt* →

Fold one leg piece right sides together. Align the inseam edges. Sew the inseam with a stretch stitch and a 3/8" (1 cm) seam allowance. Repeat with the remaining leg piece.



Turn one leg piece right side out. Slide the leg piece that is right side out into the opposite leg piece, right sides together. Align the crotch edges. Sew the crotch seam with a stretch stitch and a 3/8" (1 cm) seam allowance.



Turn the shorts right side out. Press the bottom raw edge of each leg piece 1/2" (1.3 cm) wrong sides together. Use a stretch stitch or coverstitch to hem the leg openings. If the pocket was added, the bottom of the pocket will be hemmed with the leg piece.





CONSTRUCTING THE SKIRT

The back of the skirt has two layers; a longer piece and a shorter piece. If omitting the top, shorter layer, skip to the next page. Locate the shorter back piece. Press the bottom edge $\frac{3}{8}$ " (1 cm) wrong sides together. Hem the bottom edge with a stretch stitch or coverstitch.



Locate the longer back piece. Layer the shorter back piece on top of the longer piece. Baste the side edges and waist edges together.



Place the front skirt piece right sides together with the back skirt piece. Sew to attach at the side edges with a stretch stitch and a 3/8" (1 cm) seam allowance.



Press the bottom edge of the skirt 3/8" (1 cm) wrong sides together. Hem the bottom edge with a stretch stitch or coverstitch.



Locate the shorts. With the shorts and the skirt right sides out, slide the shorts into the skirt. Align the center seam of the shorts with the center notches of the skirt. Align the side seams of the skirt with the side “V” of the shorts. Make sure the front of the shorts are aligned with the front of the skirt and the back of the shorts are aligned with the back of the skirt. Pin/clip into place.



Baste the top edge of the shorts to the top edge of the skirt. Sew slowly at the side seams to make sure the “V” at the side of the shorts is laying nicely.





CONSTRUCTING AND ATTACHING THE WAISTBAND

Make sure the waistband pieces are clearly labeled so as not to confuse them. The back pieces are taller than the front pieces at the center. The lining pieces are 1/8" (0.3 cm) shorter than the main pieces.

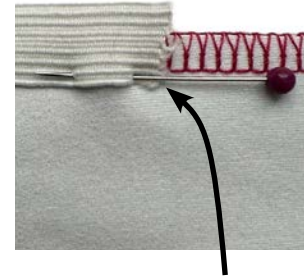
Place the front main and back main waistband pieces right sides together. Sew the side edges with a stretch stitch and 3/8" (1 cm) seam allowance. Repeat with the lining pieces.



Turn the waistband main right side out. Slide the main into the lining, right sides together. Align the top edge. Pin/clip into place. Sew the top edge using a stretch stitch and a 3/8" (1 cm) seam allowance.



The 1/2" (1.3 cm) waistband elastic will be sewn to the seam allowance at a 1:1 ratio. Make sure the main fabric is wrong side up. It is important the elastic is sewn exactly as shown below. The elastic should completely cover the seam allowance and should extend a scant 1/8" (0.3 cm) past the seam allowance. It is recommended to start sewing the elastic at one of the side seams for a cleaner finish.



Place the elastic a scant 1/8" (0.3 cm) past the stitch line.

Use a long straight stitch to baste the elastic to the seam allowance. It is important to make sure waistband stitches are completely covered. This will create a nice finish once the waistband is turned right sides out. The elastic should be held taut with a very slight amount of tension as it is being basted. If it is stretched too much, the waistband will wrinkle when worn.



When the beginning of the elastic is reached, overlap the ends by 1/4" (0.6 cm). Once the elastic is basted, the waistband should look like the below image.



Pull the waistband lining out and press the seam allowance and elastic toward the lining. From the right side of the fabric, understitch the seam allowance and elastic to the lining using a stretch stitch and 1/8" (0.3 cm) seam allowance.



NEED HELP UNDERSTITCHING?

Click here for a video tutorial.

Fold the waistband wrong sides together. Press/steam the waist seam. The waistband main will wrap around the elastic to the lining side. This creates a hidden waist seam when the garment is worn.



Baste the main and lining together around the bottom edge of the waistband.



With the skirt right side out and the waistband lining side out, slide the waistband over the skirt, aligning the raw edges of the waistband with the raw edges of the skirt. Make sure the waistband front is aligned with the front of the skirt. Align the waistband notches with the skirt notches. Align the side seams of the skirt with the side seams of the waistband. Pin/clip into place.



Sew to attach the waistband to the skirt with a stretch stitch and a 3/8" (1 cm) seam allowance. Do not stretch the waistband or the skirt while sewing. To create a nice "V" at the side seams, start at one side seam and sew to the opposite side seam. Stop sewing, trim the thread, reposition the fabric and start sewing from that side seam to the opposite side seam.



Press the waist seam toward the bottom of the skirt. Topstitch using a coverstitch or stretch stitch. Steam/press.



YOU ARE FINISHED!

We would LOVE to see photos of your finished projects. If you have questions, please send them to contact@stylapatterns.com or join the Styla Patterns Sewing group on Facebook for additional support. Thank you for using a Styla pattern.

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