



READ ME FIRST

Valerie Side Tie Top

BY MERCY MAKES

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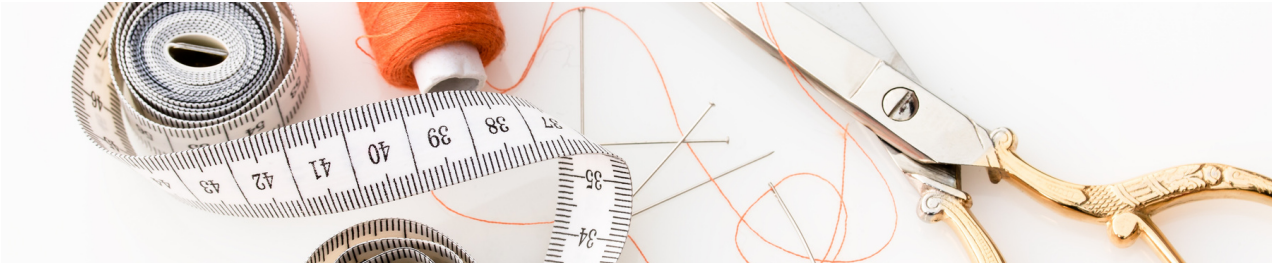
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BEGINNER'S GUIDE



If you're diving into the world of sewing for the first time, you're in the perfect spot! Sewing might feel a bit overwhelming initially, but don't worry—we've got your back.

We've broken down the steps you need to kick off your sewing adventure, and you'll find all the guidance you need on the pages listed. Let's make sewing a breeze!

- 1 Prepare your pattern pieces. If you are using a digital file either print out the A4 or US Letter size pages of the pattern, or if you are going to a printing store then you can print off the A0 size. When printing select ACTUAL SIZE and don't scale the pattern before printing. Measure the test square provided on the paper first to check it printed correctly. **If you are using a physical pattern, then please disregard this step.**
- 2 To assemble the A4 or letter size pattern pieces. Overlap the pages to align with the diamonds on the edges. It's easier to assemble the rows first and then columns. **(Only relevant for digital file prints of this size).**
- 3 Choose the pattern size that matches your own body measurements (not your retail/shop size). Then use a highlighter to trace around the correct size pattern you'll be cutting out.
- 4 Pre-wash your fabric before cutting out your pattern pieces. This will avoid shrinkage issues later on.
- 5 Lay the fabric out on the table and pin the pattern pieces on the fabric. Make sure to read each pattern pieces cutting instructions on each piece before cutting. **Please note all the pattern pieces already include seam allowance.**
- 6 Cut around the pattern pieces on the fabric and follow the step by step instructions to sew it together.

BODY MEASUREMENTS

Be sure to choose the size best suited for your measurements from the chart below, not your retail clothing size.

HOW TO MEASURE YOUR BODY?

1. CHEST/BUST

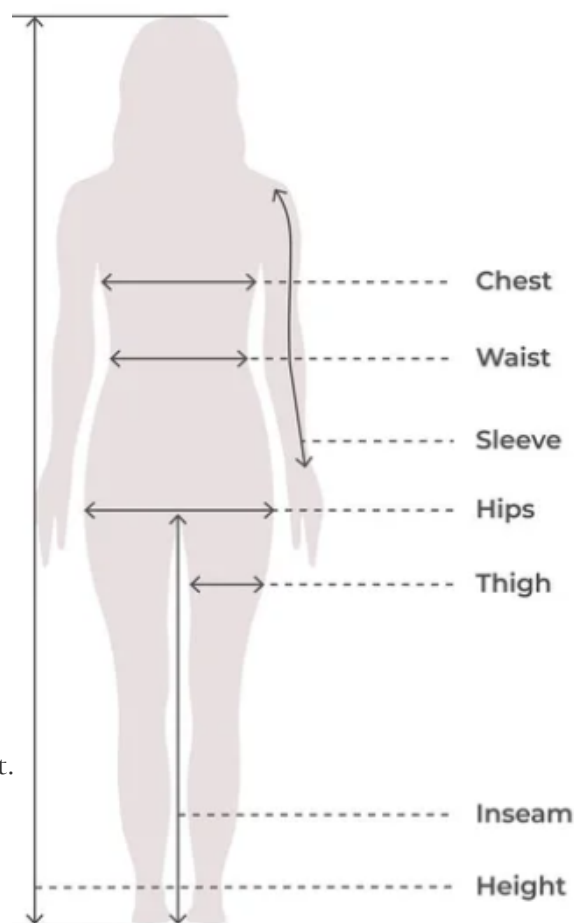
Measure the circumference around the fullest part of your chest/bust.

2. WAIST

Measure around the narrowest part of your the waist (just above where the hips start).

3. HIPS

Measure around the fullest part of your hips/butt.

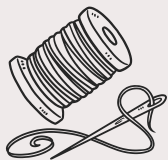


MEASUREMENT CHART											
		XS	S	M	L	XL					
SIZE	US	0	2	4	6	8	10	12	14	16	18
	UK/AUS	4	6	8	10	12	14	16	18	20	22
	EUR	32	34	36	38	40	42	44	46	48	50
BUST	CM	75	77.5	80	82.5	86	91.5	96.5	101.5	106.5	111.5
	INCH	29.5	30.5	31.5	32.5	34	36	38	40	42	44
WAIST	CM	56	58.5	61	63.5	67	71	76	81	86	91.5
	INCH	22	23	24	25	26.5	28	30	32	34	37
HIPS	CM	80	82.5	85	87.5	91.5	96.5	101.5	106.5	111.5	116.5
	INCH	31.5	32.5	33.5	34.5	36	38	40	42	44	46

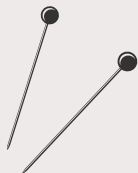
TOOLS REQUIRED



SCISSORS



NEEDLE AND THREAD

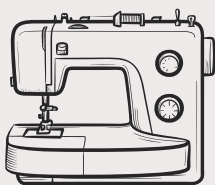


PINS OR CLIPS



TAPE MEASURE

TOOLS RECOMMENDED



SEWING MACHINE



IRON

FABRIC TYPE + SUPPLIES

RECOMMENDED FABRIC:

Light to Medium weight woven fabrics such as cotton, linen, linen blend, rayon etc.

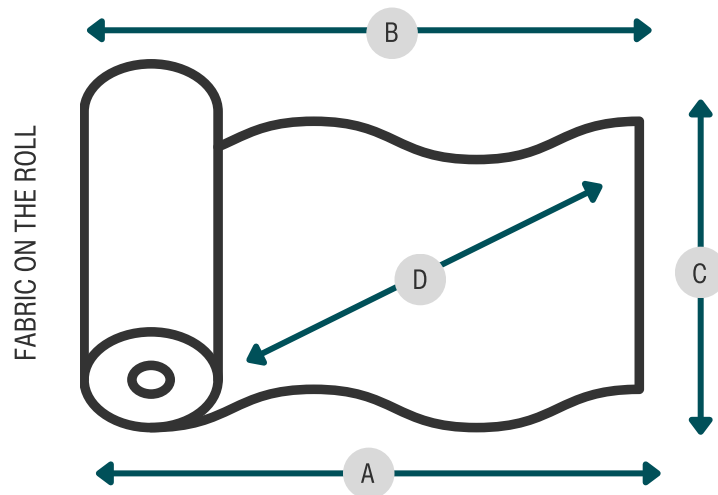
NOTIONS:

GENERAL TIPS ON SELECTING FABRIC:

When choosing your fabric, the main thing to consider is whether the pattern is all about non-stretch wovens or the more flexible knits. Knit patterns are all about that stretchy goodness for a snug fit, so non-stretchy wovens won't work in that particular situation.

If you're new to sewing, stick with the fabric types recommend on the pattern, for the best end result.

UNDERSTANDING YOUR FABRIC

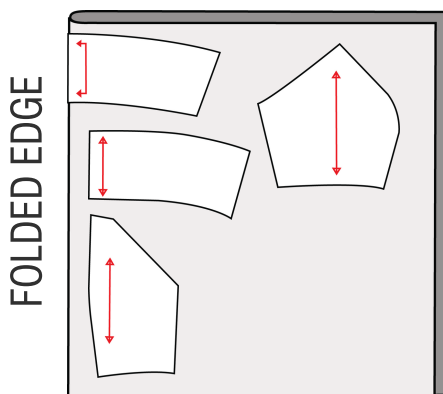


A SELVAGE The selvage is at the sides of your fabric. It usually has little holes and a fuzzy edge. It may be a different color or texture. It's there to keep the fabric from fraying.

B WARP The length of your fabric. This is the direction you want to line up with the grainline (big long arrows) on your pattern pieces.

C WEFT This is the width of your fabric. It's important to not line up your grainline this way. **Unless its a 4 way stretch knit fabric.**

D BIAS The bias runs diagonally to the selvage. It is special because when you cut a piece on the bias it will have some stretch and have more flowyness. It does tend to eat up more fabric though and isn't the most economical. Evening wear slip dresses are commonly cut on the bias for example.

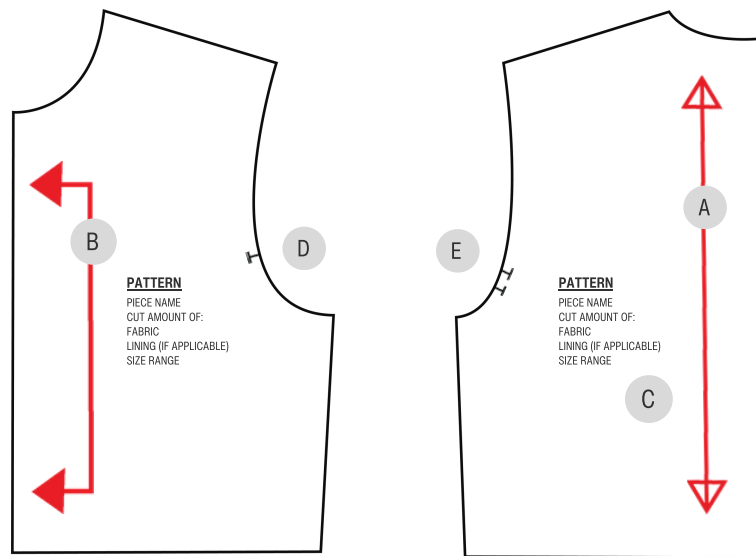


HANDY HINT

When I cut out the pattern pieces, I fold my fabric in half lengthwise (so that the selvages are aligned). Then I pin my "cut on fold" piece on the folded edge and pin my "cut pairs" wherever there is space on the fabric. Then I cut everything out through both layers of fabric. This ensures the "cut pairs" are always mirror images of each other and the "cut on fold" pieces unfold at the center into a single symmetric piece.

This is just an example image and doesn't contain any specific pattern pieces.

UNDERSTANDING PATTERN PIECES



- A** **GRAINLINE** A line on the pattern piece used to ensure you cut it out at the correct angle. When you pin your pieces to the fabric, the grainline should run parallel to the selvage.
- B** **CUT ON FOLD GRAINLINE** This is the grainline you'll see on "cut on fold" pieces. The edge that the arrows are pointing to should be pinned against a folded edge of fabric. The center line should run parallel to the selvage.
- C** **PATTERN LABEL** The pattern label will tell you some information about the piece. I'll go into more detail on the next page.
- D** **NOTCH** Notches are used as a reference point. They are often used to help you match up pattern pieces.
- E** **DOUBLE NOTCHES** These are just like single notches but they indicate the piece will be sewn to the back or will end up on the back of the garment.



If you see points or crosses on your pattern piece (like these shown to the left), use a fabric pen or chalk to mark the one that corresponds to the size you're making.

HELPFUL STITCHING TERMS/INFO

BACKSTITCH	2 or 3 reverse stitches at the start and end of a sewing line, which helps to secure the stitches.
BASTING	Temporary loose stitches to gather fabric or hold something in place. You can do it by hand or sewing machine.
CUT ON FOLD	Align your pattern piece to the folded edge of a piece of fabric. This way you only need to cut out half of the pattern for a symmetrical piece (don't cut down the fold)
DARTS	Darts are used to shape the garment around the waist, bust, shoulders, and sometimes sleeves. They look like long triangles on the pattern.
EASING IN	When one of two pattern pieces, that need to fit together, has extra fabric you need to ease in. For example, sleeve caps often have extra fabric than needs to be eased in. You can gather the extra fabric slightly, but without creating pleats, to distribute the extra fabric evenly before you set in the sleeve.
EDGE STITCH	Stitch close to finished garment edge or seam.
FACING	Facing is a way to finish the raw fabric edges, stabilize, add structure, and strength. They are a partial lining often made from the main fabric and are used on necklines and armholes.
GRAINLINE	The long line with an arrow printed on the pattern. Most of the time this line should be placed parallel to the lengthwise grain / selvage / the length of the fabric. This is also referred to as, on-grain and straight of grain.
SLIPSTITCH	Slide the needle through a folded edge, then pick up a thread of underneath fabric.
STAYSTITCH	Stitch 1/8" (3mm) from seamline in the seam allowance (usually half an inch (1.3cm) from raw edge).
TOPSTITCH	On the outside, stitch 1/4" (6mm) from edge, seam or previous stitching, using presser foot as guide, or stitch where indicated in instructions.