

Recommendations on fabric: medium to high stretch-knit, natural or mixed fabric.

You will also need: cotton knit for crotch, elastic of 0.7 cm wide.

Seam allowances: lower edge of sleeve – 1.5 cm, other seams – 1.0 cm.

Note on seam allowances:

- If the pattern has double contour the seam allowances are included. They are 1 cm unless specified otherwise.
- If the pattern has single contour, the seam allowances are NOT included and need to be added when laying out the pattern.

Note on length of fabric:

Attention! The amount of fabric needed for your pattern is not included. It will depend on the selected pattern size, the width, and design of the fabric you plan to use. First, print all the paper patterns and lay them out at the width of fabric you plan to use (usually from 90 to 150 cm). Measure how much fabric you will need. Don't forget to account for pieces that need to be cut multiple times and pieces that are cut on the fold.



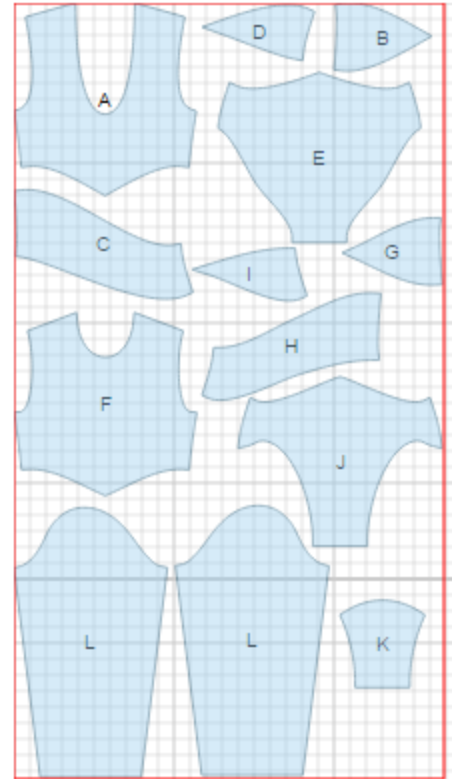
CUTTING:

Main fabric:

1. Upper back - cut 1 (A)
2. Left back insert - cut 1 (B)
3. Center back insert - cut 1 (C)
4. Right back insert - cut 1 (D)
5. Lower back - cut 1 (E)
6. Upper front - cut 1 (F)
7. Left front insert - cut 1 (G)
8. Center front insert - cut 1 (H)
9. Right front insert - cut 1 (I)
10. Lower front - cut 1 (J)
11. Sleeve - cut 2 (L)

Cotton knit:

1. Crotch - cut 1 (K)



Advice: Knit fabric pieces are sewn together with special elastic or narrow zig-zag stitch. Seam allowance on hem is stitched with twin needles to save stretchiness. Pieces can also be sewn together with 3 or 4 – thread serger. When serging, cut seam allowances to 0.6 – 0.8 cm.

INSTRUCTIONS:

1. **Back:** Sew left insert to upper back. Serge and sew seam towards insert. Sew right insert to lower back. Serge and sew seam towards insert. Sew center insert to upper and lower backs. Serge and press seams towards center insert.
2. **Front:** Follow steps as in back assembly.
3. Serge crotch piece on upper edge. Place crotch piece and front right sides together, insert back between them and sew on lower edge. Serge and press seam. Turn pieces out. Sew crotch piece to leg edges on front.
4. Sew shoulder and side seams. Serge and press seams.
5. Sew elastic to neckline and leg edges. Turn edges under and topstitch with narrow zigzag stitch.
6. Sew sleeve seams. Serge and press seams.
7. Sew sleeves into armholes matching notches. Serge and press seams.
8. Serge lower edge of sleeve, fold to wrong side, press and topstitch.

TECHNICAL DRAWING:

