

What to Know Before You Sew - Garments

AMY MENGES

Pattern Envelope (Commercial Patterns)

- **PATTERN FRONT**

- **PATTERN BACK**

- **Body Measurements**
 - Example of a body measurement chart: <https://thefoldline.com/2018/12/08/the-sewing-pattern-tutorials-9-measuring-yourself/>

- **Description helps you to understand the details of the garment**

- **Finished Garment Measurements**

- **Suggested Fabrics**

- **Fabric Yardage Chart**

Pattern Instructions

- **SEAM ALLOWANCES**

- **CUTTING LAYOUTS**

Pattern Tissue

Fabric Tour

- *Fabric Savvy*, by Sandra Betzina
- *Sewing Knits from Fit to Finish*, by Linda Lee

- **PRE-SHRINK- WASH AS YOU WILL THE GARMENT.**
- **INTERFACING**
 - For most projects, you'll want a lightweight fusible woven or knit. NOT the non-woven fusibles you'll find at Joann's. It's helpful to find interfacing in a 60" width as it's more economical. Order some online to have on hand when you need it. A roll of interfacing tape is also very handy.
 - Palmer/Pletsch: I would start with a package of their Light Interfacing. Then add their Sheer or Medium when the need arises. They also carry a 1" wide roll of interfacing that is great for stabilizing edges such as zipper openings or hems. <https://www.palmerpletsch.com/product-category/interfacings/>
 - When you need specialty interfacing or want to expand your stash, Fashion Sewing Supply carries only interfacing and lots of types for any need. <https://www.fashionsewingsupply.com>

Pattern Alterations

- The Palmer/Pletsch Complete Guide to Sewing, by Pati Palmer and Marta Alto
- *Pants for Real People*, by Pati Palmer and Marta Alto

Seam Finishes

Pressing Hints

Help is on the Way!

FREE PATTERNS- SOME COMPANIES OFFER FREE PATTERNS

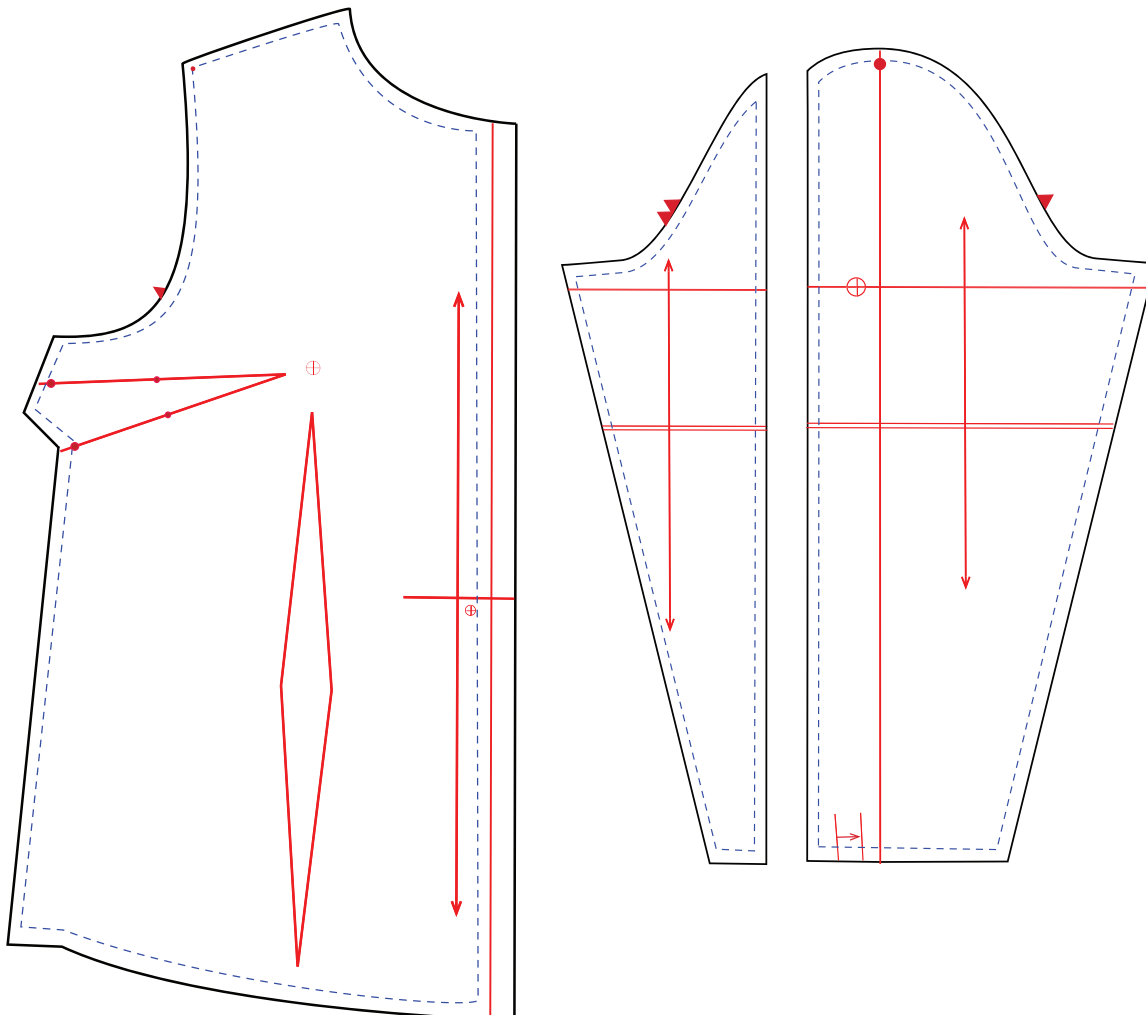
- Itch-to-Stitch: <https://itch-to-stitch.com/category/free-pattern/>
- Grainline: <https://grainlinestudio.com/products/hemlock-tee>
- Seamwork Patterns: <https://www.seamwork.com/catalog/sorbetto>
- Tessuti Fabrics: <https://www.tessuti-shop.com/collections/free-sewing-patterns>

INDEPENDENT PATTERN COMPANIES

- The above companies have patterns. Also:
- Sewing Workshop: <https://www.sewingworkshop.com>
- Love Notions: <https://www.lovenotions.com>
- Megan Nielsen: <https://megannielsen.com>

OTHER RESOURCES

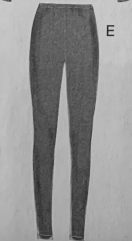
- **New Mexico Extension Service** has several useful PDFs available on the topic of garment sewing. Here's one for pattern alteration: https://aces.nmsu.edu/pubs/_c/C228.pdf. And here's one about body measurements: https://aces.nmsu.edu/pubs/_c/C220.pdf
- **Sewing Reference Book:** *The Sewing Book* by Alison Smith, DK Publishing. This book is dedicated to garment sewing and has information on almost anything you'd want to know. A great resource for your shelf.
- **Pattern Review** is a free-to-join website dedicated to sewing enthusiasts. On it you'll find a forum where members can ask and answer each other's questions, read reviews of popular patterns that include a gallery of photos members of sent in of their makes using that pattern, and online classes, contests and much more.
<https://sewing.patternreview.com/>
- **Curvy Sewing Collective** is another free-to-join user run website with lots of useful information for all sewers, but with an emphasis on sewists with a fuller figure. They are dedicated to seeing that sewists of all size ranges are represented in the sewing community.
<https://curvysewingcollective.com/>
- **Threads Magazine** is not only a wonderful print magazine for garment sewists, their website also includes lots of online articles, video tutorials, and resources.
<https://www.threadsmagazine.com>
- **The Fold Line** is a British-run website with lots of pattern reviews and helpful information. They also have lots of videos on their YouTube channel. <https://thefoldline.com>



McCALL'S

M7026

Size
Taille
Talla
E5
(14-16-18-20)



\$19.95
U.S.A.

Price Symbol
Symbole du prix
Símbolo de precio

FW 08

BODY MEASUREMENTS/MESURES/MEDIDAS DEL CUERPO

SIZES/TAILLES/TALLAS	6	8	10	12	14	16	18	20	22	Ins.
Bust	30½	31½	32½	34	36	38	40	42	44	Ins.
Waist	23	24	25	26½	28	30	32	34	37	Ins.
Hip	32½	33½	34½	36	38	40	42	44	46	Ins.
Back Waist Length	15½	15¾	16	16¾	16¾	16¾	17	17¼	17½	Ins.

4" (10cm) OF CROSSWISE FOLDED KNIT MUST STRETCH FROM HERE
(10cm) DE JERSEY PLIÉ SUR LE TRAVERS DOIVENT S'ÉTIRER D'ICI
(10cm) DE TEJIDO DE PUNTO DOBLADO TRANSVERSALMENTE DEBEN ESTIRARSE DESDE ACÁ

TO HERE OR MORE
À AU MOINS LÀ
HASTA ACÁ O MÁS

M7026

MISSES' JACKETS AND LEGGINGS: Semi-fitted, unlined jackets have yokes, princess seams, side seam pockets, and exposed front separating zipper. **A, B, C:** Collar. **B:** Contrast sides, cuffs, yoke, and piping. **C:** Uneven hem, wrong side shows, contrast overlay, and ruffle. **D:** Hood. Leggings have elastic casing and stitched hem.

VESTES ET COLLANT POUR JEUNE FEMME: Vestes non doublées, semi-ajustées, à empiècements, coutures princesses, poches couture latérale et fermeture à glissière apparente séparable devant. **A, B, C:** Col. **B:** Côtés, poignets, empiècement et passepoil contrastants. **C:** Ourlet irrégulier, l'envers visible, pièce superposée contrastante, et volant. **D:** Capuchon. Collant à coulisse élastique et ourlet piqué.

CHAQUETAS Y POLAINAS PARA JÓVENES Y SEÑORAS: Chaquetas sin forro, semientalladas, con canesúes, corte princesa, bolsillos en costura lateral y cierre de cremallera expuesta separable en el frente. **A, B, C:** Cuello. **B:** Costados, puños, canesú y vivo contrastantes. **C:** Doblado irregular, revés visible, pieza sobrepuesta contrastante, y volante. **D:** Capucha. Polainas con jareta elástica y dobladillo cosido a máquina.

Combinations: A5(6-8-10-12-14), E5(14-16-18-20-22)

Designed for medium weight moderate stretch knits.

SUGGESTED FABRICS: Cotton Knits, Interlock, Sweatshirt Fleece. **Contrast C:** Stretch Lace.

Séries/Combinaciones: A5(6-8-10-12-14), E5(14-16-18-20-22)

Créé pour des tricotés à élasticité moyenne de poids moyen.

TISSUS CONSEILLÉS: Jersey de coton, Interlock, Jersey molletonné pour sweatshirt. **Contraste C:** Dentelle extensible.

Diseñado para tejidos de punto con elasticidad moderada, de peso mediano.

TELAS SUGERIDAS: Tejidos de punto de algodón, Interlock, Tela afranelada.

Contraste C: Encaje stretch.

SIZES	6	8	10	12	14	16	18	20	22	
A 60"	1¾	1½	1½	1¾	1¾	1¾	1¾	1¾	1¾	Yds.
B 60"	1¾	1½	1½	1½	1½	1¼	1¼	1¾	1¾	Yds.
CONTRASTE 1B 60"	¾	¾	¾	¾	¾	¾	¾	¾	¾	Yd.
CONTRASTE 2B 60"	¾	¾	¾	¾	¾	¾	¾	¾	½	"
C 60"	1¾	1¾	1¾	1¾	1¾	1¾	1¾	2	2	Yds.
CONTRASTE C 60"	¾	¾	¾	¾	¾	¾	¾	¾	¾	Yd.
D 60"	1¾	1¾	1¾	1¾	1¾	1¾	2	2	2½	Yds.
E 60"	1¼	1¼	1¼	1¼	1¼	1¼	1¼	1¼	1¾	Yds.

NOTIONS: A, B, C: 22" Separating Zipper. B: ½" Piping with Lip: 3 yds. for Sizes 6-12, 4 yds. for Sizes 14-22. D: 20" Separating Zipper. E: 1½ yds. of ¾" Elastic.

TAILLES/TALLAS	6	8	10	12	14	16	18	20	22	
A 150cm*	1.30	1.40	1.40	1.50	1.50	1.60	1.60	1.80	1.80	m
B 150cm*	1.10	1.10	1.10	1.10	1.10	1.20	1.20	1.30	1.30	m
CONTRASTE 1B 150cm*	0.60	0.60	0.60	0.60	0.60	0.60	0.60	0.60	0.70	m
CONTRASTE 2B 150cm*	0.40	0.40	0.40	0.40	0.40	0.40	0.40	0.40	0.50	m
C 150cm*	1.60	1.60	1.60	1.80	1.80	1.80	1.90	1.90	1.90	m
CONTRASTE C 150cm*	0.60	0.60	0.60	0.60	0.60	0.60	0.60	0.60	0.60	m
D 150cm*	1.60	1.60	1.80	1.80	1.80	1.80	1.90	1.90	2.00	m
E 150cm*	1.20	1.20	1.20	1.20	1.20	1.20	1.20	1.20	1.30	m

MERCERIE: A, B, C: Fermeture à Glissière séparable de 55cm. **B:** Passepoil de 3mm: 2.80m pour Tailles 6-12, 3.70m pour Tailles 14-22. **D:** Fermeture à Glissière séparable de 55cm. **E:** 1.40m d'élastique de 2cm.

MERCERIA: A, B, C: Cremallera separable de 55cm. **B:** Vivo de 3mm: 2.80m para Tallas 6-12, 3.70m para Tallas 14-22. **D:** Cremallera separable de 55cm. **E:** 1.40m de elástico de 2cm.

FINISHED GARMENT MEASUREMENTS

Measurement at bustline	A, B, C, D	33	34	35	36½	38½	40½	42½	44½	46½	Ins.
Measurement at hipline <td>E</td> <td>30</td> <td>31</td> <td>32</td> <td>33½</td> <td>35½</td> <td>37½</td> <td>39½</td> <td>41½</td> <td>43½</td> <td>"</td>	E	30	31	32	33½	35½	37½	39½	41½	43½	"
Width, lower edge <td>A, B, D</td> <td>34</td> <td>35</td> <td>36</td> <td>37½</td> <td>39½</td> <td>41½</td> <td>43½</td> <td>45½</td> <td>47½</td> <td>"</td>	A, B, D	34	35	36	37½	39½	41½	43½	45½	47½	"
Width, each leg <td>E</td> <td>9</td> <td>9½</td> <td>10</td> <td>10½</td> <td>11</td> <td>11½</td> <td>12</td> <td>12½</td> <td>13</td> <td>"</td>	E	9	9½	10	10½	11	11½	12	12½	13	"
Back length from base of neck <td>A, B, D</td> <td>22</td> <td>22½</td> <td>22½</td> <td>22½</td> <td>23</td> <td>23¼</td> <td>23½</td> <td>23¾</td> <td>24</td> <td>"</td>	A, B, D	22	22½	22½	22½	23	23¼	23½	23¾	24	"
Side length from waist <td>E</td> <td>39</td> <td>39</td> <td>39</td> <td>39</td> <td>39</td> <td>39</td> <td>39</td> <td>39</td> <td>39</td> <td>"</td>	E	39	39	39	39	39	39	39	39	39	"

*With Nap **Without Nap ***With or Without Nap

MESURES DU VÊTEMENT FINI/MEDIDAS DE LA PRENDA ACABADA

Mesure à la poitrine/Contorno de busto	A, B, C, D	84	87	89	93	98	103	108	113	118	cm
Mesure aux hanches/Contorno de caderas <td>E</td> <td>76</td> <td>79</td> <td>81</td> <td>85</td> <td>90</td> <td>95</td> <td>100</td> <td>105</td> <td>110</td> <td>cm</td>	E	76	79	81	85	90	95	100	105	110	cm
Largeur à l'ourlet/Ancho inferior <td>A, B, D</td> <td>87</td> <td>89</td> <td>92</td> <td>95</td> <td>100</td> <td>105</td> <td>110</td> <td>116</td> <td>121</td> <td>cm</td>	A, B, D	87	89	92	95	100	105	110	116	121	cm
Largeur, chaque jambe/Ancho, cada pierna <td>E</td> <td>23</td> <td>24</td> <td>26</td> <td>27</td> <td>28</td> <td>30</td> <td>31</td> <td>32</td> <td>33</td> <td>cm</td>	E	23	24	26	27	28	30	31	32	33	cm
Longueur - dos, votre nuque à l'ourlet/Largo de espalda desde la nuca <td>A, B, D</td> <td>56</td> <td>57</td> <td>57</td> <td>58</td> <td>59</td> <td>59</td> <td>60</td> <td>61</td> <td>61</td> <td>cm</td>	A, B, D	56	57	57	58	59	59	60	61	61	cm
Longueur - côté, taille à l'ourlet/Largo del costado desde la cintura <td>E</td> <td>99</td> <td>99</td> <td>99</td> <td>99</td> <td>99</td> <td>99</td> <td>99</td> <td>99</td> <td>99</td> <td>cm</td>	E	99	99	99	99	99	99	99	99	99	cm

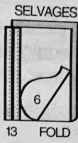
*Avec Sens **Sans Sens ***Avec ou Sans Sens *Con Pellillo **Sin Pellillo ***Con o Sin Pellillo



CONTRAST C (Overlays and Ruffle)
CONTRASTE C (Piezas Sobrepuestas y Volante)

use pieces/use piezas: 6 & 13

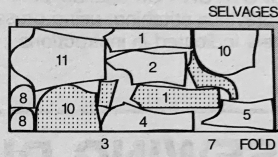
60" (150 cm)
 with nap/con pelillo
 all sizes/todas las tallas



JACKET D / CHAQUETA D

use pieces/use piezas: 1, 2, 3, 4, 5, 7, 8, 10 & 11

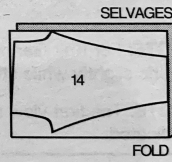
60" (150 cm)
 with nap/con pelillo
 all sizes/todas las tallas



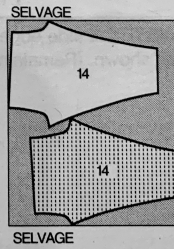
LEGGINGS E / POLAINAS E

use piece/use pieza: 14

60" (150 cm)
 with nap/con pelillo
 sizes/tallas 6-8-10-12-14-16-18-20

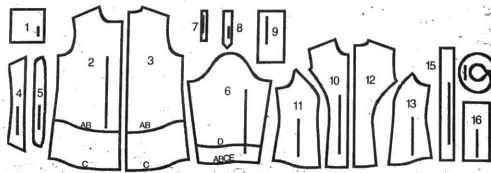
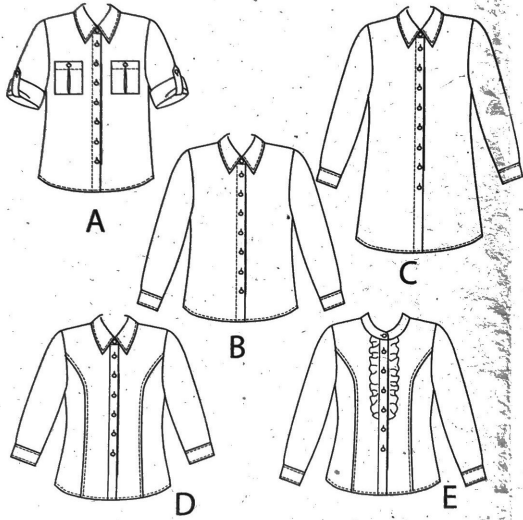


60" (150 cm)
 with nap/con pelillo
 sizes/tallas 22



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Page 1 (4 pages)



FABRIC CUTTING LAYOUTS

⊕ Indicates Bustline, Waistline, Hipline and/or Biceps. Measurements refer to circumference of Finished Garment (Body Measurement + Wearing Ease + Design Ease). Adjust Pattern if necessary.

Lines shown are CUTTING LINES, however, 5/8" (1.5cm) SEAM ALLOWANCES ARE INCLUDED, unless otherwise indicated. See SEWING INFORMATION for seam allowance.

Find layout(s) by Garment/View, Fabric Width and Size. Layouts show approximate position of pattern pieces; position may vary slightly according to your pattern size.

All layouts are for with or without nap unless specified. For fabrics with nap, pile, shading or one-way design, use WITH NAP layout.

RIGHT SIDE OF PATTERN	WRONG SIDE OF PATTERN	RIGHT SIDE OF FABRIC	WRONG SIDE OF FABRIC
-----------------------	-----------------------	----------------------	----------------------

ST = SIZE(S)/TAILLE(S) AS/TT = ALL SIZE(S)/TOUTES TAILLE(S)
 * = WITH NAP/AVEC SENS ** = WITHOUT NAP/SANS SENS
 S/L = SELVAGE(S)/LISIERE(S) F/P = FOLD/PLIURE
 CF/PT = CROSSWISE FOLD/PLIURE TRAME

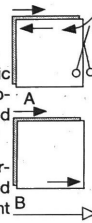
Position fabric as indicated on layout. If layout shows...

SINGLE THICKNESS—Place fabric right side up. (For Fur Pile fabrics, place pile side down.)

DOUBLE THICKNESS

WITH FOLD—Fold fabric right sides together.

* WITHOUT FOLD—With right sides together, fold fabric CROSSWISE. Cut fold from selvage to selvage (A). Keeping right sides together, turn upper layer completely around so nap runs in the same direction as lower layer.



GRAINLINE—Place on straight grain of fabric, keeping line parallel to selvage or fold. ON "with nap" layout arrows should point in the same directions. (On Fur Pile fabrics, arrows point in direction of pile.)

FOLD—Place edge indicated exactly along fold of fabric. NEVER cut on this line.

When pattern piece is shown like this...

• Cut other pieces first, allowing enough fabric to cut this piece (A). Fold fabric and cut piece on fold, as



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General Directions

The Pattern

SYMBOLS

- GRAIN LINE Place on straight grain of fabric parallel to selvage
- PLACE SOLID LINE on fold of fabric.
- CENTER FRONT OR BACK of garment.
- NOTCHES
- DOTS
- CUTTING LINE
- LENGTHEN OR SHORTEN LINES

SEAM ALLOWANCE: 5/8" (1.5cm) unless otherwise stated is included but not printed on MULTI-SIZE PATTERNS. Mark your size with colored felt tip pen. See chart on tissue for how to use MULTI-SIZE PATTERNS.

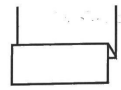
ADJUST IF NEEDED

Make adjustments before placing pattern on fabric.

TO LENGTHEN:
Cut pattern between lengthen or shorten lines. Spread pattern evenly, the amount needed and tape to paper.



TO SHORTEN:
At lengthen or shorten lines, make an even pleat taking up amount needed. Tape in place.



When lengthen or shorten lines are not given, make adjustments at lower edge of pattern.

Cutting/Marking

BEFORE CUTTING:

PRESS pattern pieces with a warm dry iron. PRE-SHRINK fabric by pre-washing washables or steam-pressing non-washables.

CIRCLE your cutting layout.

PIN pattern to fabric as shown in Cutting Layouts.

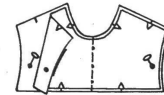
- FOR DOUBLE THICKNESS: Fold fabric with RIGHT sides together.
- FOR SINGLE THICKNESS: Place fabric RIGHT side up.
- FOR PILE, SHADED OR ONE WAY DESIGN FABRICS: Use "with nap" layouts

AFTER CUTTING:

Transfer markings to WRONG side of fabric before removing pattern. Use pin and chalk method or dressmaker's tracing paper and wheel.

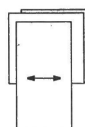
To Quick Mark:

- Snip edge of fabric to mark notches, ends of fold lines and center lines.
- Pin mark dots.

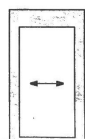


SPECIAL CUTTING NOTES

★ If layout shows a piece extending past fold, cut out all pieces except piece that extends.



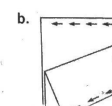
Open out fabric to single thickness. Cut extending piece on RIGHT side of fabric in position.



* Mark small arrows along both selvages indicating direction of nap or design. Fold fabric crosswise with RIGHT sides together, and cut along fold (a).



Turn one fabric layer around so arrows on both layers go in the same direction. Place RIGHT sides together (b).



Sewing

- SEW garment following Sewing Directions.
- PIN or machine-baste seams matching notches.
- STITCH 5/8" (1.5 cm) seams unless otherwise stated.
- PRESS seams open unless otherwise indicated clipping when necessary so seams will lie flat.
- TRIM seams to reduce bulk, as shown below.

