

'So, Zo...What do you know?'

Sewing Sustainably with Style



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VEST / CAMISOLE / SINGLET FREE PATTERN INSTRUCTIONS



Thanks a lot for downloading my vest/camisole/singlet pattern. I hope you enjoy using it and come back to it again and again.

I understand that different people from different countries call this type of garment different names, but to save myself the hassle of writing 'vest/camisole/singlet' over and over, for the purposes of these instructions, I'll be using the term 'vest'.

Materials and equipment required.

- 60 cms or 1 yard of jersey or a large T-shirt
- 2.5 metres or 3 yards of underwear elastic.
I have used fold over elastic (aka, FOE) for the vest pictured, but instructions and advice about using flat elastic is also included.
- Thread
- Overlocker / serger (optional). I have used an overlocker in these instructions but also included is advice if you do not have access to one.
- Sewing machine.



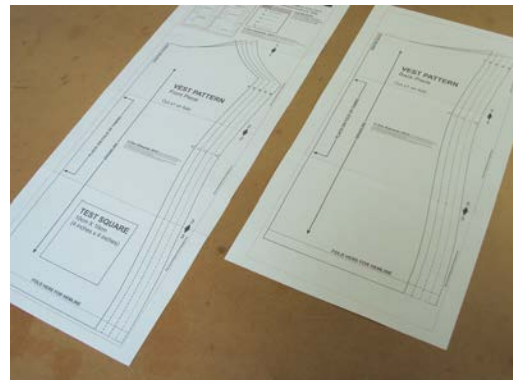
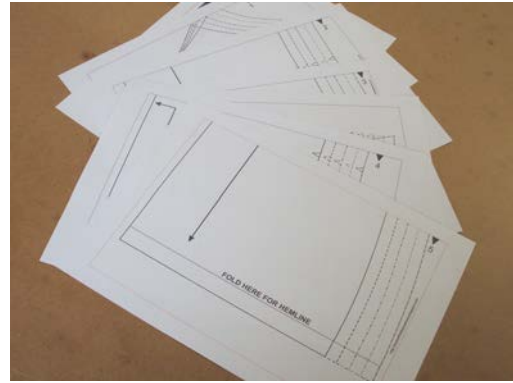
Preparing the pattern.

The vest pattern PDF consists of 7 pages. When printing the pattern, make sure that you have 'print scaling' checked so the pages print out at the correct size. When printed, measure the test square to check the size is correct.

Align the pages by matching the numbered triangles to the corresponding ones.

Cut off or fold back the margins and tape or glue together.

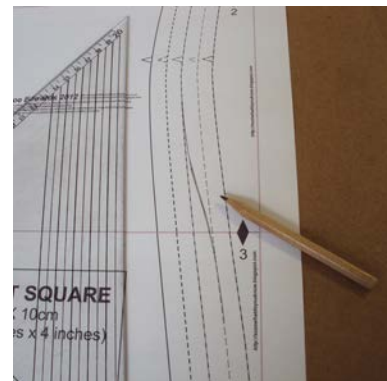
You will have one front pattern piece and one back piece.



Choosing a size.

This pattern includes sizes 8 -16. These sizes are UK dress sizes, if you do not know which UK dress size you are, check out the conversion below:

UK	USA	EU	AUS	IT	JAP
8	6	36	10	40	9
10	8	38	12	42	11
12	10	40	14	44	13
14	12	42	16	46	15
16	14	44	18	48	17



If your body measurements correspond to different sizes, draw a gentle curve between the relevant sizes on the pattern.

For example, in the picture I have selected a size 12 for the bust and waist but graduated out to a size 14 for the hips to correspond with my body measurements.

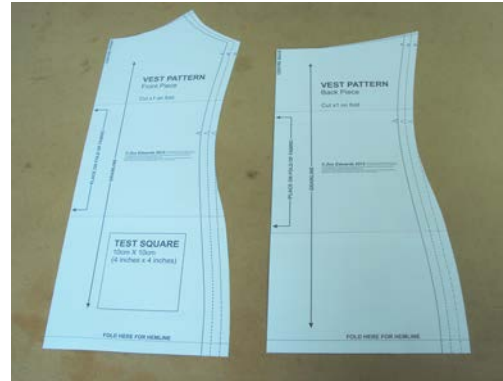
Cutting out.

Once you have selected the size (or combination of sizes if your dimensions span more than more dress size) you require, cut along the line of the pattern. You will now have one front piece and one back piece. Both are cut on the centre fold (as indicated on the pattern pieces). Position the pieces of straight of grain of your jersey fabric (the grainline is indicated on the pattern pieces).

Make a small clip at the side seams where the notches are indicated.

Make sure your clips are no more than half the depth of your seam allowance.

The seam allowance on the side seams are 1cm or $\frac{3}{8}$ " so make your clips 5mm or less to avoid holes in the side seams of your final garment.



Construction.

Lie your front and back pieces on top of each other, right sides of the fabric facing each other. Make sure the top of your stitching line (1cm or $\frac{3}{8}$ " in from the side edges), the notches and the bottom hem edges are all aligned. Place pins along the side seams to secure before stitching if you wish, remembering to remove the pins before your needles pass over them.



Stitching the side seams.

Stitch both side seams from top to bottom, the seam allowance is 1cm or $\frac{3}{8}$ ". I have used an overlocker/serger to stitch the side seams of this vest, but using a standard sewing machine instead is totally fine. Whichever machine you use, test it out using a scrap of your jersey before moving on to the garment seams.



Using a normal sewing machine.

Test out different stitches on a scrap of your jersey fabric to find the stitch you feel works best. Your sewing machine manual may have suggestions about what stitch type and needle would work best for jersey.

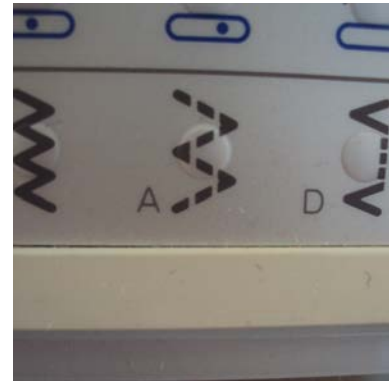
Personally, when sewing jersey, my sewing machine works best on a long but very narrow zigzag and I use a fine needle (I don't bother buying special jersey needles). The zigzag gives a degree of stretch so the side seam doesn't break when taking the garment on and off. The narrowness seems to prevent puckering. Some prefer to use a straight stitch and then zigzag along the edge of the seam allowance to finish the raw edge. Experiment and find what works best for you.

Assess the fit and length.

With the side seams stitched, now is a good time to slip the vest on your body to assess the fit and hem length. Refit the side seams or shorten the hemline if necessary (remember there is a 2cm or $\frac{3}{4}$ " hem allowance included in this pattern).

Bottom hem.

Once you are happy with the length of the overall garment, it's time to hem your garment. With the garment turned inside out, turn up the hem 2cms or $\frac{3}{4}$ " from the bottom edge.



Three Step Zigzag Stitch

If your sewing machine has one, I would recommend using a three-step zigzag stitch (mine is pictured above right). This stitch allows the garment to stretch without breaking the threads. I find the three-step zigzag stitch allows for a bit more stretch and has a cleaner finish than a normal zigzag stitch, but in its absence, a normal zigzag will be fine for the vest hem. One point worthy of note: three-step zigzag stitches take an age to unpick, so practice on a scrap of jersey until you are happy before proceeding with stitching your garment's hem.

Finishing the top edges and using the elastic.

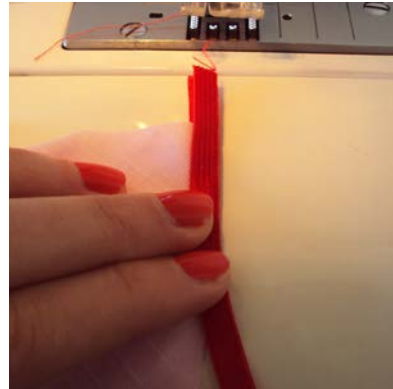
Adding the elastic to finish the top edges and create the straps happens in two parts. The first part requires adding the elastic from the top of one of the 'points', round the back and ending at the top of the second 'point' (see picture right).



The second part forms both the strap lengths and finishes the middle front raw edge. A quick internet or ebay search will uncover many types of underwear elastic available to buy. These instructions will cover using them by splitting them into two broad camps: fold-over elastic and flat elastic.

Elastic Part one: Using fold-over elastic.

The pink vest pictured in these instructions has been constructed using fold-over elastic, or FOE as it can sometimes be labeled. This can be bought in some haberdashers or notions shops, I have found some cheaply on market stalls in the past and there is a wealth to be found on ebay. It comes flat in a variety of colours, textures, finishes and widths and is usually sold by the metre or yard.



The way fold-over elastic is made results in a line that runs down the centre that allows you to fold it in half, widthwise. The raw fabric edge of your garment is encased inside the folded FOE and a row of stitching down the length of the elastic (I recommend a three-step zigzag stitch as before, or a normal zigzag stitch failing that) traps it there. Practice using scraps of your jersey with the elastic until you feel confident to go ahead on your garment.



You will find it easier to start stitching the fold-over-elastic together for a few centimetres to give yourself a 'tail' to get hold of with your left hand behind the machine foot before feeding the edge of your garment inside the elastic.

This might sound a bit tricky, but a nicer fitting garment will be created if you gently pull the on the elastic with your right hand as you feed it into the machine. You don't want an overtly gathered effect, but applying some tension in this way will make the upper part of this garment sit nicely against your body.

Elastic Part one: Using flat elastic.

The variety of elastic that falls into this category is incredible. The picture on the right shows just a small selection that I've bought via the internet. With so much choice, trying to decide which to buy might feel a bit confusing, but actually all of these different elastics will be applied to this garment by the same method.



To apply flat elastic to this vest, the elastic should be placed with the right side facing down. The garment edge is then placed right side down on top of the elastic and a row of stitching traps them together. Like the fold-over elastic option, the best fit for this garment will be created if you can pull slightly on the elastic whilst stitching. Try to avoid creating an obviously gathered effect, but some gentle tension will make all the difference when the garment is worn.



Practice positioning the fabric edge onto the elastic so you are able to get the stitching positioned along the centre of the elastic when it is turned onto the right side.

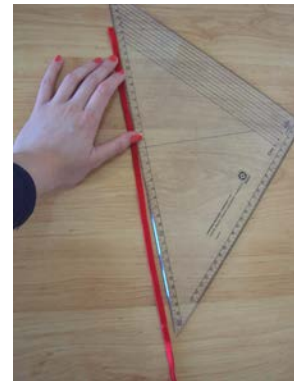


Both types of elastic will create a great effect when making this garment. Aside from how the elastic is stitched to the garment edge, the other difference between fold-over elastic and flat elastic is the straps. Because the fold-over elastic needs to be stitched together to form one strip, you need to sew along the length of the straps even though there is no fabric encased.

Whichever type of elastic you are using, by this point you will have finished the raw edge between one point and the other point along the back.



The second step is to form one strap, finish the centre raw edge and then form the second strap using one continuous length of elastic. It's tricky to do so on your own, but if you can, roughly measure over your shoulder to gauge the length you will require for the straps.



Whatever your finished strap length (mine is 30cms) you will need to add 3cms or 1" allowance to stitch the strap to the back edge, plus it is advisable to add some extra particularly if you are using fold-over elastic.

Elastic Part two: Using fold-over elastic

Having measured the required length of your strap and the adding the 3cms or 1" for attaching the strap end to the back of the vest, add an extra few centimetres or an inch.



Stitching the FOE together is very difficult if you try to start at the very end of the length, so it helps to give yourself a small length to grip onto as you start.

I like to put a pin at the beginning of my strap measurement, and another at the end so I know when to start feeding the garment into the fold-over elastic.

Start feeding the remaining garment edge in and stitching along the centre edge between the two points in the same way as you were stitching the back section in Part One. When you get to the end of the second point (see right picture), measure another strap length plus attaching allowance, Mark the end of that measurement and continue to stitch the FOE together until you reach the that mark.



Elastic Part two: Using flat elastic

Arguably, using flat elastic is easier for forming the straps because flat elastic doesn't require stitching along the length of the straps. Start by measuring the required length of your strap plus 3cms or 1" for attaching the strap end to the back of the vest. Mark where this strap measurement ends on the length of the elastic, and start stitching the garment to the elastic at this point. Continue to stitch the centre raw garment edge to the elastic in the same way you stitched the back section before. When you get to the other point, measure another strap length plus attachment allowance and cut the elastic.

At this point your garment should look like the picture to the right, with two loose straps and no remaining raw edges.



Attaching the straps.

With the garment turned inside out, measure 10cms or 4" from the side seams. Turn the raw end of elastic inside and stitch the ends of the straps to the back of the vest.



CONGRATULATIONS!!!!!! You have created a wonderful vest / camisole / singlet!

