

Contrast cuffs!

A woman with long brown hair tied back, smiling, wearing a red short-sleeved top and matching red pants with a white heart pattern. The cuffs of the sleeves and the bottom of the pants have red and white horizontal stripes. A handwritten-style note with a red arrow points to the striped cuff on her right sleeve.

*Fun and comfy,
these cosy yet
stylish PJs will keep
you snug during
colder evenings*

Project **FIONA HESFORD** Sewgirl
Photography **ALEX WRIGHT** teneight

Ultimate

**COSY
PYJAMAS**

Notes

- ✓ All seam allowances are 1cm unless otherwise specified
- ✓ Finish all raw edges with a zigzag or overlocker

Skill level ♥♥

MATERIALS:

For the top

- ♥ 60cm main jersey fabric
- ♥ 20cm stripy jersey fabric
- ♥ 50cm of fusible knit interfacing

For the bottoms

- ♥ 1m 160cm-wide printed cotton jersey
- ♥ 20cm stripy cotton jersey (alternatively cut from main fabric)
- ♥ 1m elastic
- ♥ templates downloaded from www.love sewingmag.co.uk

CUTTING:

Top

- ♥ Cut 2 pieces (one front and one back) in main fabric:
Small: 50x58cm
Med: 55x58cm
Large: 60x58cm
- ♥ Cut 1 front neck facing and 1 back neck facing pieces with the templates lined up to the fold in main fabric
- ♥ Cut two strips 7x 50cm in striped fabric

Bottoms

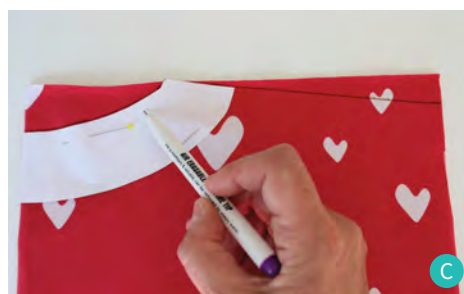
- ♥ Cut 2 trouser pieces on folded main fabric using the template
- ♥ Cut 1 waistband piece with the template lined up to the fold of the striped fabric
- ♥ Cut 2 ankle cuff pieces in striped fabric using the template

SIZING:

	S	M	L
BUST	82-86cm	91-96cm	100-106cm
WAIST	65-69cm	74-79cm	84-89cm
HIPS	90-94cm	99-104cm	109-114cm

FINISHED MEASUREMENTS:

	S	M	L
Top width	96cm	106cm	116cm
Top length	55cm	55cm	55cm
Bottoms length (from waistline to cuff)	100cm	102cm	104cm



How to make: TOP

- 1 Fold the front piece exactly in half widthways with the RST (and if using a one way design, facing up) then press and pin together at sides.
- 2 Place the neck front facing at the top edge and line up to the fold as indicated on the template. Pin then cut a V neckline following the upper edge only. (See Pic A.)
- 3 Mark a point with a pin or marking pen at the top side edge 2cm down from top edge. Draw a line with a ruler to meet the V neckline. Trim along this line to make the shoulder line. (See Pic B.)
- 4 Repeat for back piece using the back facing template. Trim shoulder seam and side seam in the same way as front. (See Pic C.)

5 With RST, join front to back at the sloped shoulder seams with a 1cm seam allowance. Finish the raw edges. Press seam towards the back piece.

6 Fold one sleeve strip in half mark the centre with a pin. Pin to side of body with RST and raw edges aligned, matching the shoulder seam to the centre point. Sew a 1cm seam and finish raw edge. Repeat for other sleeve. (See Pic D.)

7 Fuse the interfacing to the WS of each facing piece. Join the front and back facings RST at the shoulder seams. Press seams open. Fold over and stitch a small 6mm hem on the outer edge of the assembled facing.

8 Pin to the assembled bodice at the neckline with RST aligning the seams. Pin, and then sew a 1cm seam all around.

10 Clip the V-neck point at centre front, taking care not to snip the stitching line. Under-stitch the seam allowance to the facing. (See Pic E.) Fold the facing back to the inside. Stitch in the ditch along the shoulder seams to secure the facings in position.

11 Arrange the top with RST and starting 8cm up from the lower edge (for the side vent), join the front to back at the side seams of body and sleeve. Finish the raw edges and press open. (See Pic F.)

12 Finish the raw lower edge then sew a 2cm hem, sewing up and around the side seam vents.

BOTTOMS

1 Pin RST the two fronts at the curved edge. Sew a 1cm seam allowance, trim and finish the raw edge. Repeat for the back seam. (See Pic G.)

2 Arrange so the curved seams are in the centre and with RST pin the front to back at the inner leg, aligning the curved seams and pinning them to one side. Sew with a 1cm seam, trim and finish the raw edge. (See Pic H.) Turn pyjamas through to the RS.

3 Fold the leg cuff piece in half widthways. Pin then sew together to make a 'tube'. Fold the 'tube' over in half with the WST matching the raw edges. (See Pic I.)

4 With RST pin the cuff to the raw edge of the leg. Sew a 1cm seam, finish the raw edge and press the cuff downwards. Repeat for the other ankle cuff. (See Pic J.)

5 With RST match the short sides of the waistband and sew together. Fold the waistband half widthways with the WST aligning the raw edges and pin together.

6 Pin the waistband to the raw waist edge matching the side seam to the pyjama back seam. (See Pic K.) Sew a 1cm seam all around leaving a 3cm opening at the back for inserting elastic.

7 Cut a length of elastic to fit around your waist comfortably with 2cm extra for overlap. Attach a safety pin to one end of the elastic and feed it through the opening until it comes out the other side of the waistband channel. Make sure the elastic doesn't get twisted! (See Pic L.)

8 Sew the elastic ends together and push back into the waistband before sewing up the opening.



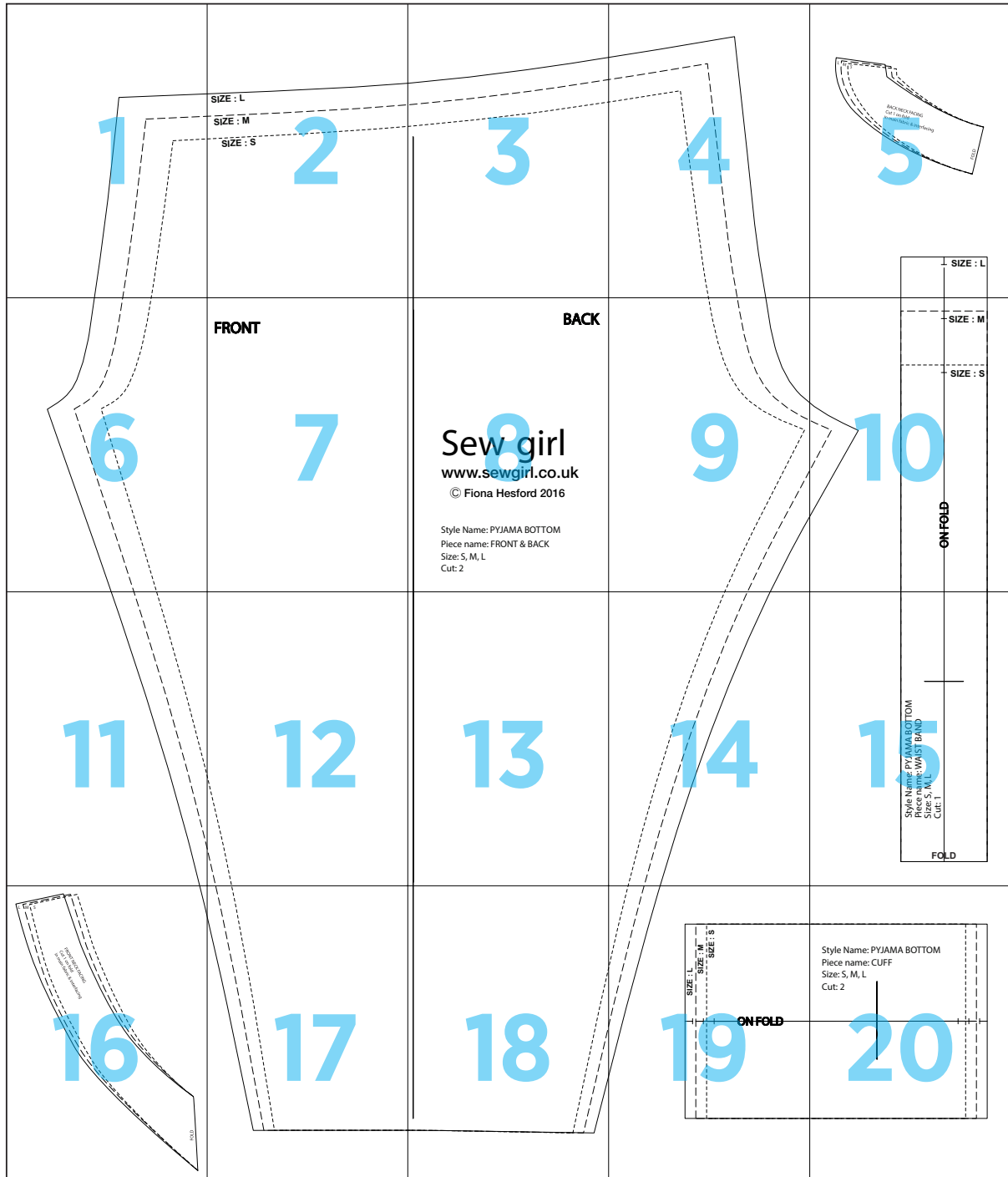
Fabric shopping:

WE USED



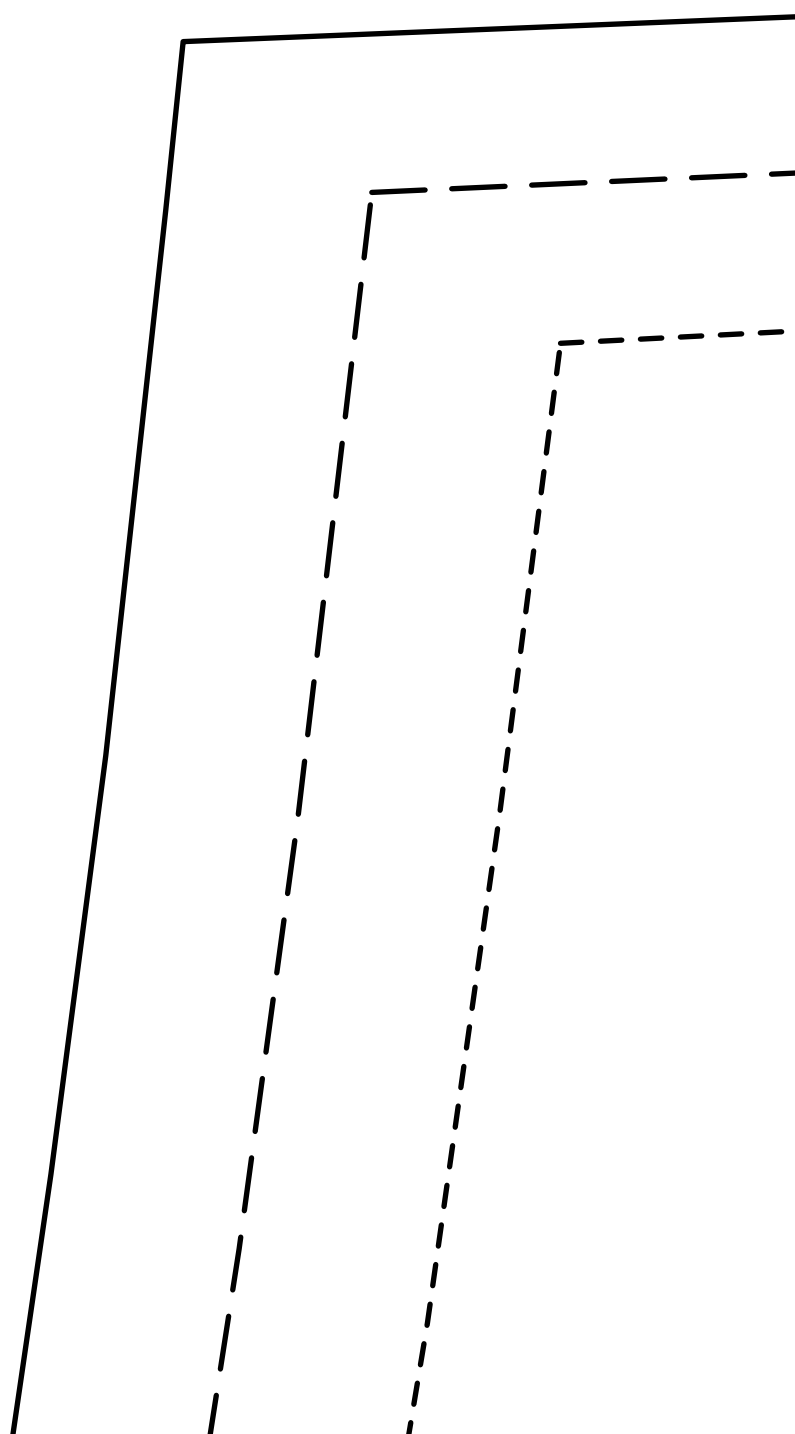
Heart print organic cotton jersey, £18.50 per metre, www.kitschy-coo.co.uk
Striped cotton jersey, £4.15 per quarter metre, www.clothkits.co.uk

Pyjamas



1

TEST SQUARE
5cm x 5cm



2

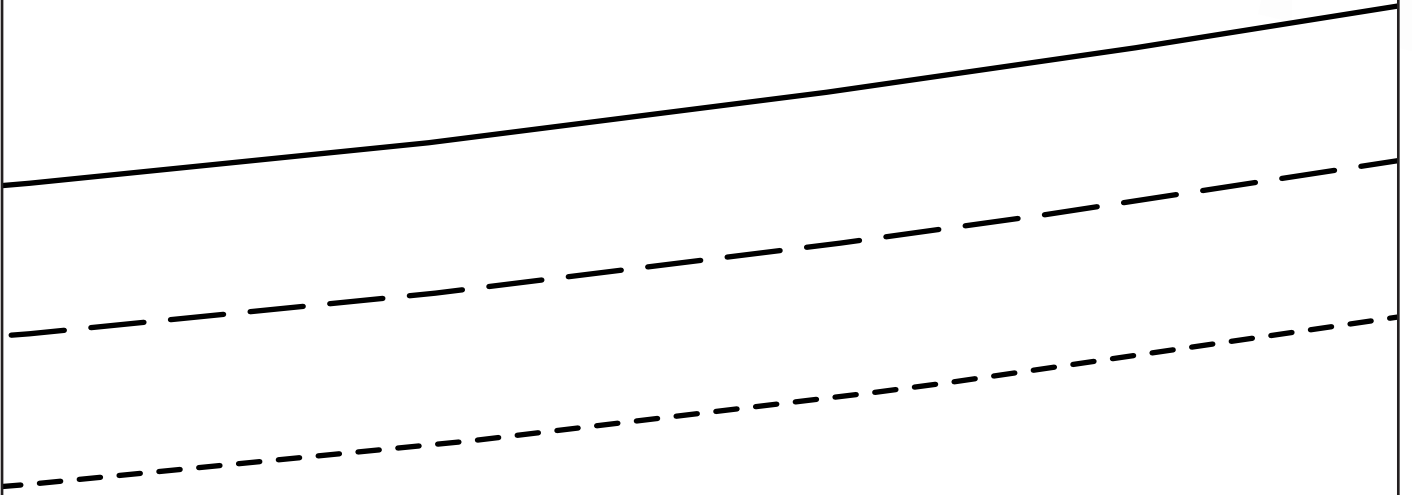


SIZE : L

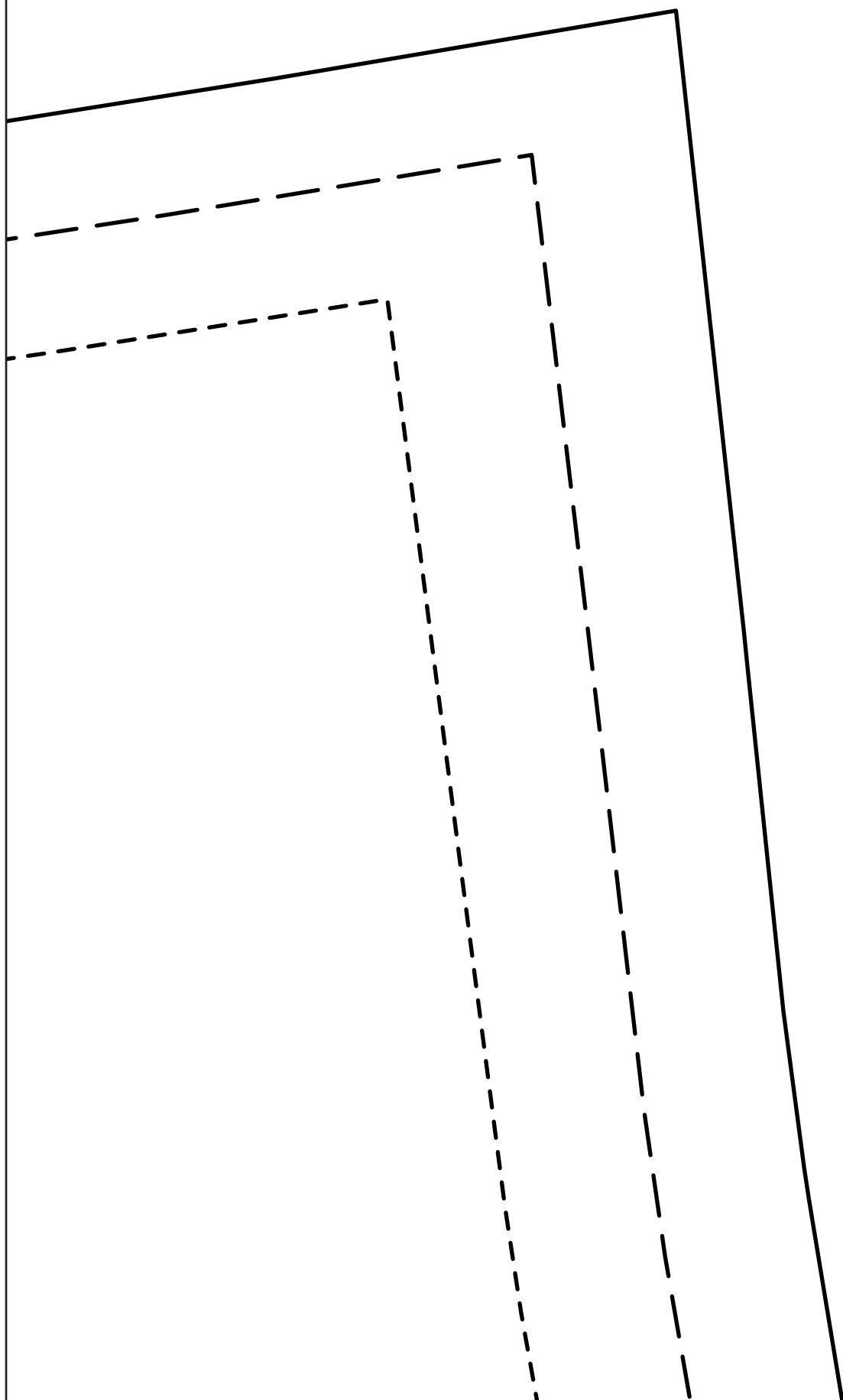
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SIZE : S

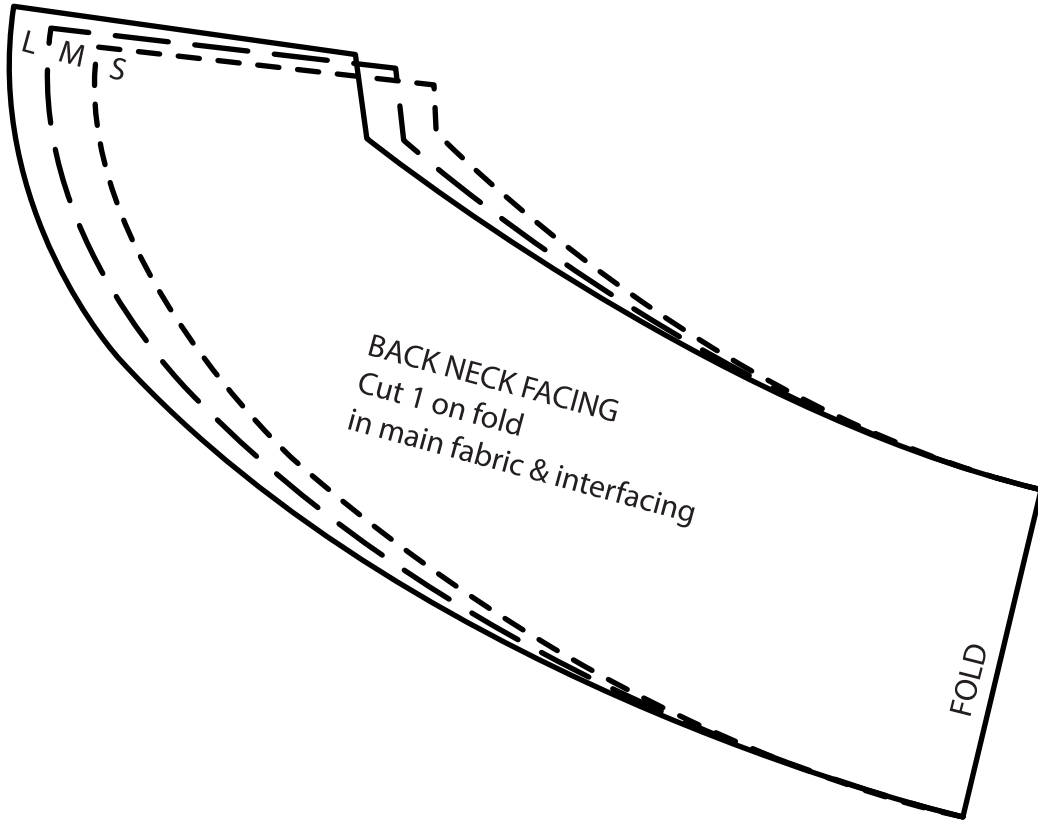
3



4

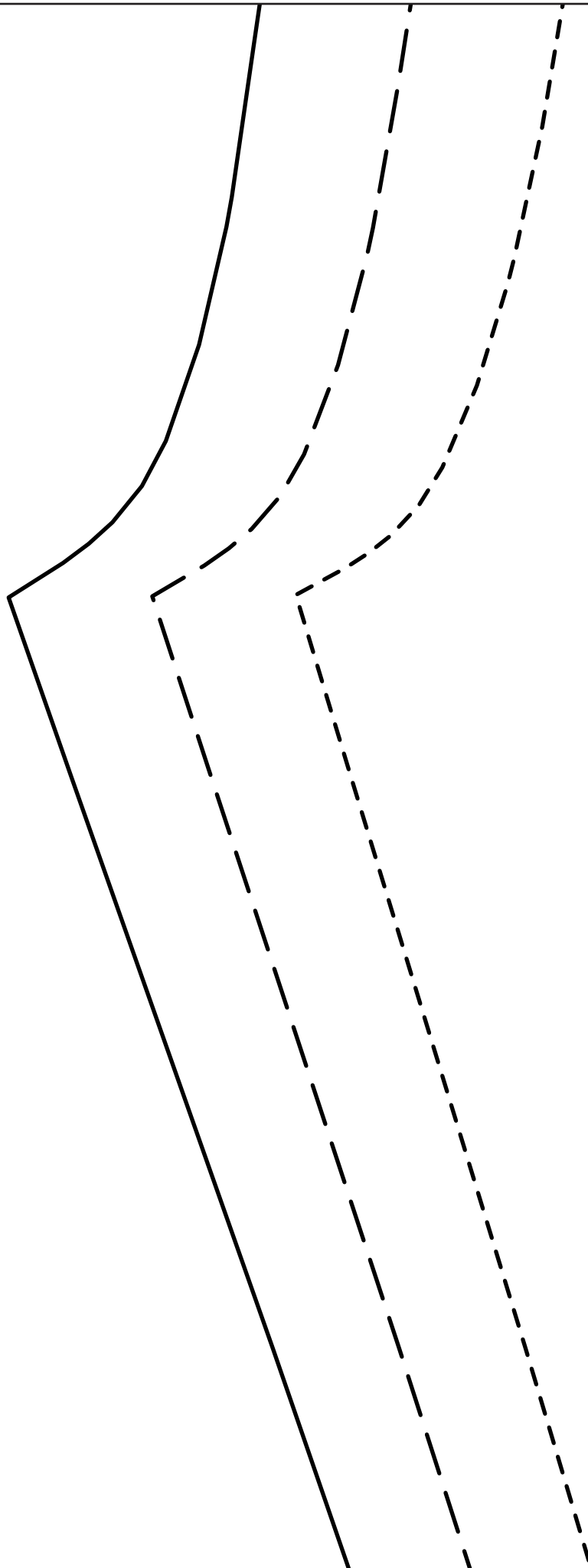


5



SIZE : L

6



7

FRONT





Sew girl

www.sewgirl.co.uk

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Style Name: PYJAMA BOTTOM

Piece name: FRONT & BACK

Size: S, M, L

Cut: 2



10

SIZE : M

SIZE : S

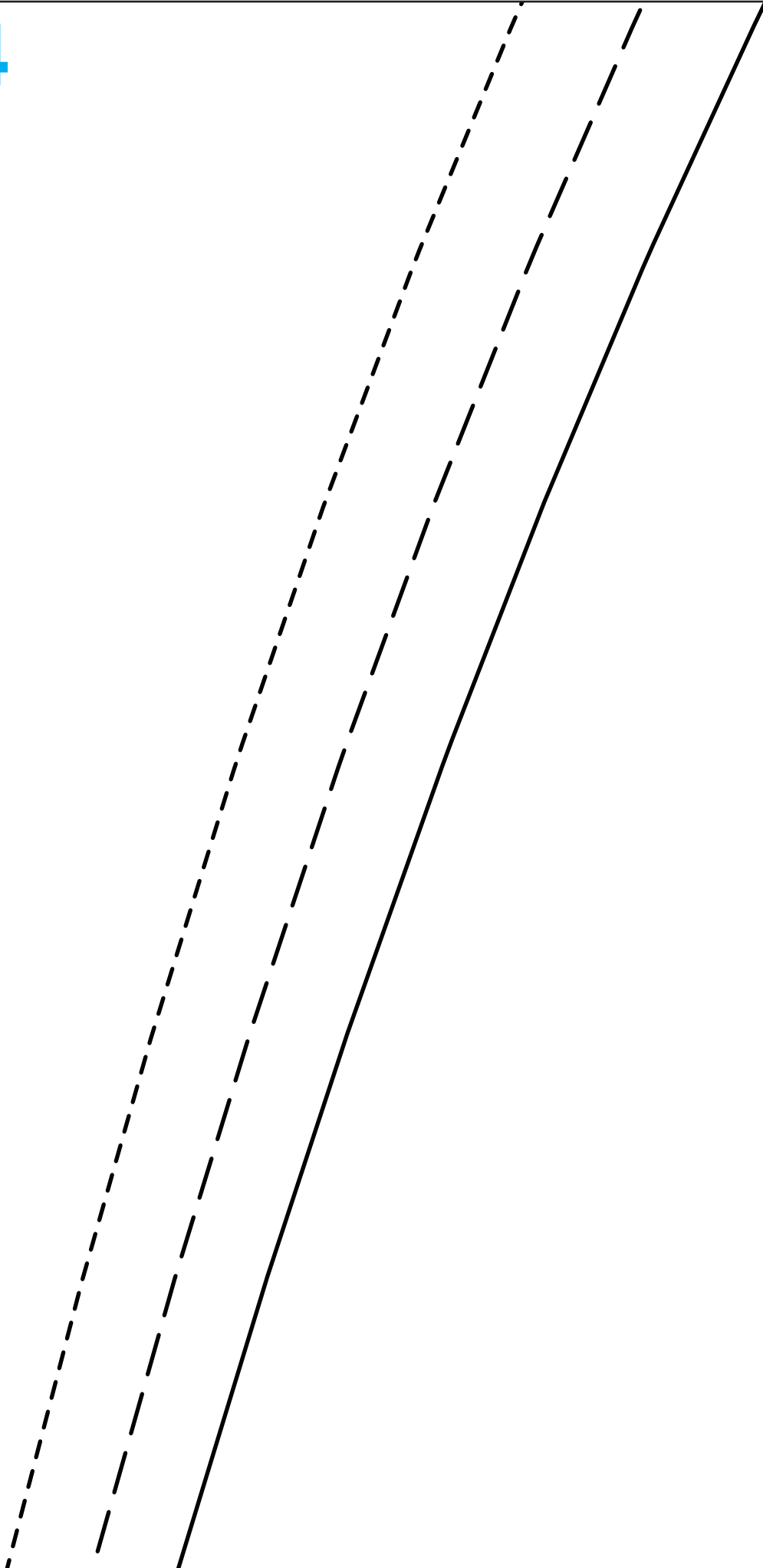
ON FOLD











Style Name: PYJAMA BOTTOM
 Piece name: WAIST BAND
 Size: S, M, L
 Cut: 1

FOLD



16

L M S

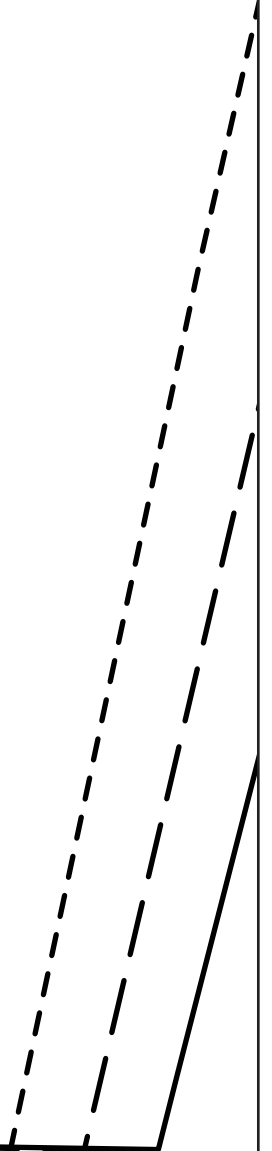
FRONT NECK FACING
Cut 1 on fold
in main fabric & interfacing

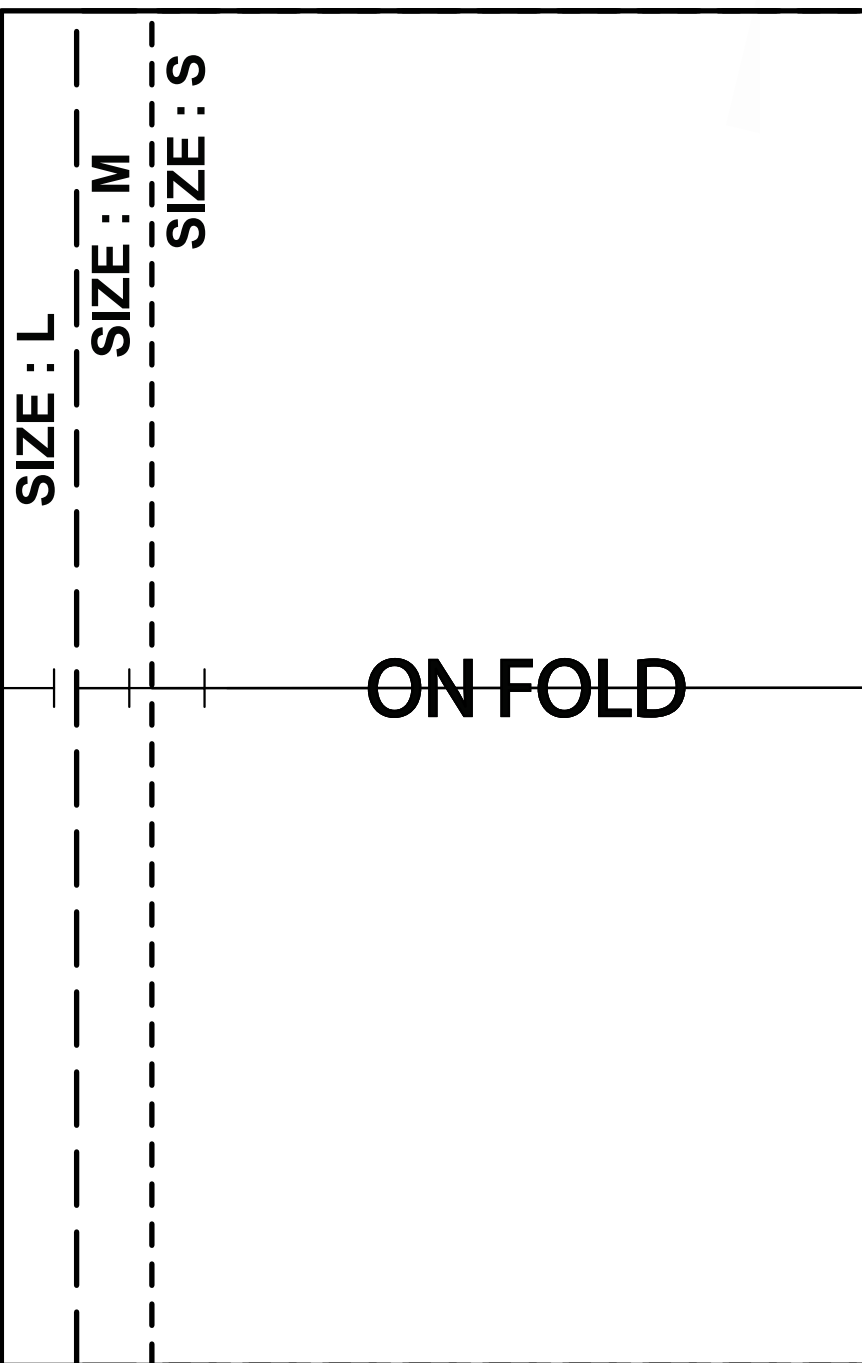
FOLD



17







Style Name: PYJAMA BOTTOM

Piece name: CUFF

Size: S, M, L

Cut: 2

