

Seamwork



Flo

NO. 0006 | EDITION 1.0

The Flo period underwear

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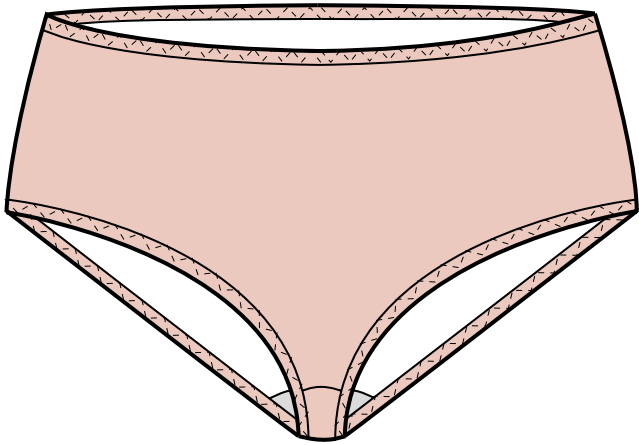
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INSTRUCTIONS

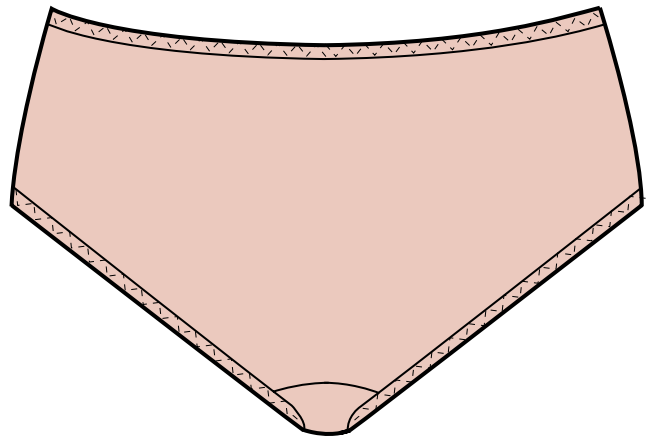
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Pattern Flats

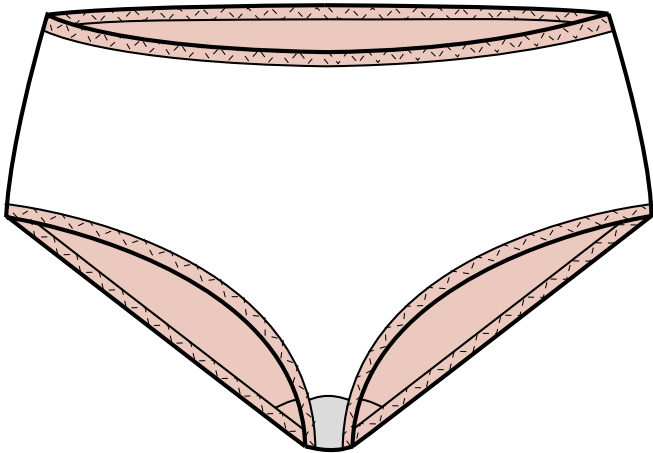
OUTSIDE FRONT



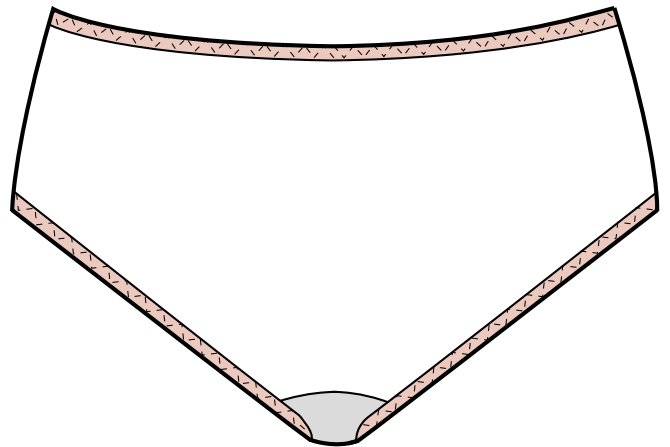
OUTSIDE BACK



INSIDE FRONT



INSIDE BACK

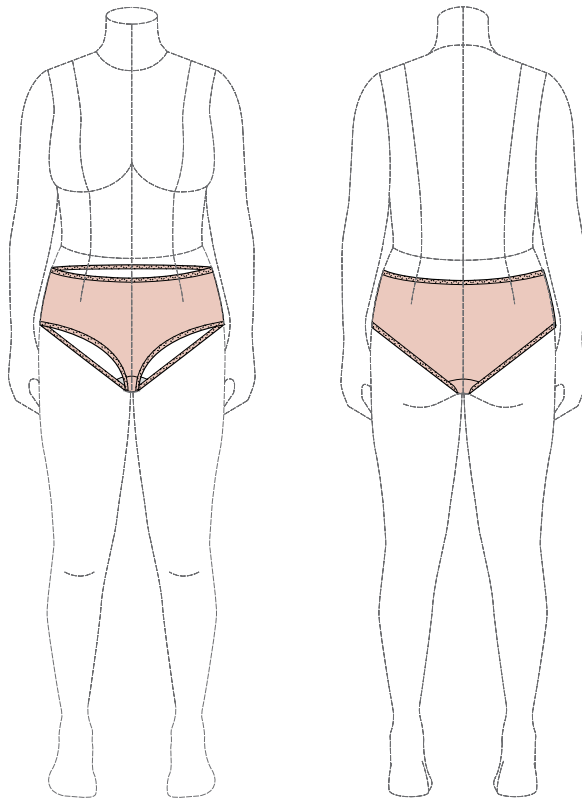


Pattern & Fit Details

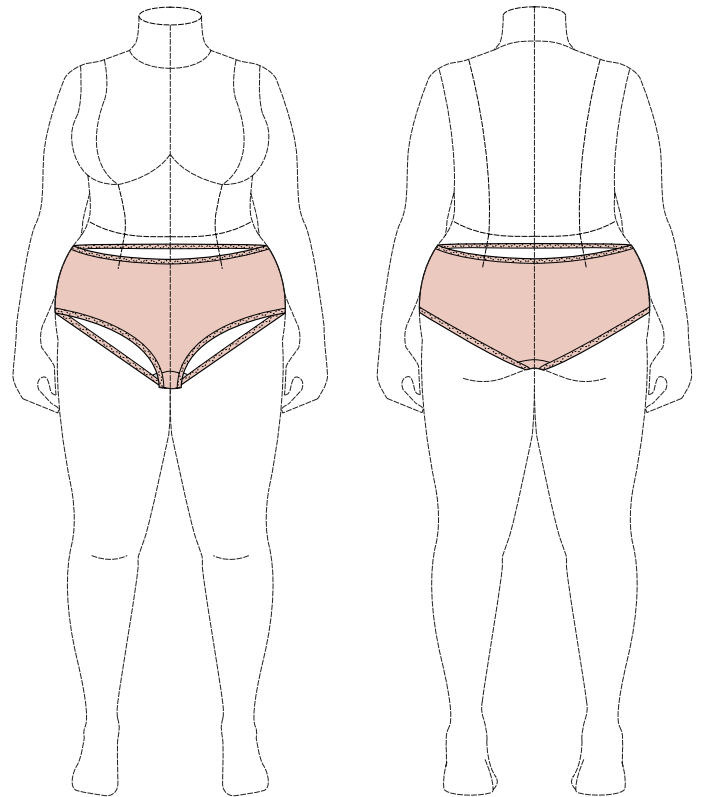
About the pattern: Flo is a pattern for bikini-style period underwear, designed to help you use your knit scraps and create less waste from tampons and pads. They sit comfortably across your hips with a navel-grazing, mid-rise fit and average coverage at the back. The legs and waist are finished with fold-over elastic.

Note: Our misses patterns are drafted for a C cup and a height of 5'8". Our curvy patterns are drafted for a DD cup and a height of 5'9".

MISSES FIT | **SIZES 00-16**



CURVY FIT | **SIZES 12-26**



AMOUNT OF EASE IN GARMENT

	MISSES (SIZES 00 - 16)	CURVY (SIZES 12 - 26)
WAIST *	-2 ³ / ₄ " - -5 ⁵ / ₈ " (-7 - -14.3 cm)	-6 ³ / ₈ " - -7 ³ / ₄ " (-16.2 - -19.7 cm)
HIP	-5 ³ / ₈ " (-13.7 cm)	-6 ¹ / ₄ " (-15.9 cm)

* Underwear waist ease is based on the elastic ratio

Supplies, Fabric & Measurements



Jamie is wearing a curvy size 14 Flo underwear with no alterations. Her hip and waist measurements are 35" and 46 1/2".

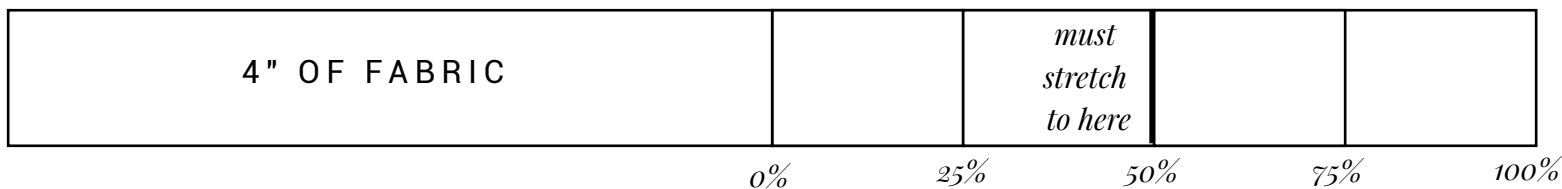
SUPPLIES & NOTIONS

- ☐ All-purpose polyester sewing thread
- ☐ Ballpoint sewing machine needle
- ☐ 2 yards (1.8 meters) of fold over elastic
- ☐ 3/8 yards (1.8 meters) of PUL fabric
- ☐ 3/8 yards (.3 meters) of ZORB fabric
- ☐ 3/8 yards (.3 meters) of wicking fabric
- ☐ Fabric clips

MAIN FABRIC

Lightweight to medium weight knit fabrics with at least 50% 4-way stretch and good recovery, such as jersey, merino, or atheltic knits that are suitable for underwear.

STRETCH GUIDE



Usually wear sizes 12-16? Compare your body measurements to both the misses and curvy body measurements, then choose the best fit for your figure.

Imperial

Misses Sizes

00-16

	00	0	2	4	6	8	10	12	14	16
BODY MEASUREMENTS (INCHES)										
WAIST	24	25	26	27	28	29	30 1/2	32	34	36
HIP	34	35	36	37	38	39	40 1/2	42	44	46
FABRIC REQUIRED (YARDS)*										
45"	3/8	1/2	1/2	1/2	1/2	1/2	5/8	5/8	5/8	5/8
60"	3/8	3/8	3/8	3/8	1/2	1/2	1/2	1/2	1/2	1/2
FINISHED GARMENT (INCHES)										
WAIST	21 1/4	20 3/8	21 1/4	22 1/4	23 1/8	24	25 3/8	26 3/4	28 1/2	30 3/8
HIP	28 3/8	29 3/8	30 3/8	31 3/8	32 3/8	33 3/8	34 7/8	36 3/8	38 3/8	40 3/8
CB** LENGTH	8 3/8	8 3/8	8 1/2	8 5/8	8 3/4	8 7/8	9	9 1/8	9 1/4	9 3/8
WAIST ELASTIC (CUT 1)	21 1/4	21 1/8	22	23	23 7/8	24 3/4	26 1/8	27 1/2	29 1/4	31 1/8
LEG ELASTIC (CUT 2)	17 1/2	17 7/8	18 1/4	18 5/8	19	19 1/2	20	20 3/4	21 1/2	22 3/8

* Pattern layouts are nondirectional. Purchase additional yardage if using napped or printed fabrics.

** Center back (CB) length is measured from the back of the underwear to the crotch

Usually wear sizes 12-16? Compare your body measurements to both the misses and curvy body measurements, then choose the best fit for your figure.

Imperial								
Curvy Sizes				12-26				
	12	14	16	18	20	22	24	26
BODY MEASUREMENTS (INCHES)								
WAIST	33	35	37	39	41	43	45	47
HIP	44	46	48	50	52	54	56	58
MAIN FABRIC REQUIRED (YARDS)*								
45"	$\frac{3}{4}$	$\frac{3}{4}$	$\frac{3}{4}$	$\frac{3}{4}$	$\frac{3}{4}$	$\frac{7}{8}$	$\frac{7}{8}$	$\frac{7}{8}$
60"	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{5}{8}$	$\frac{5}{8}$	$\frac{5}{8}$	$\frac{5}{8}$	$\frac{3}{4}$	$\frac{3}{4}$
FINISHED GARMENT (INCHES)								
WAIST	$26 \frac{5}{8}$	$28 \frac{1}{2}$	$30 \frac{1}{4}$	32	$33 \frac{7}{8}$	$35 \frac{5}{8}$	$37 \frac{1}{2}$	$39 \frac{1}{4}$
HIP	$37 \frac{3}{4}$	$39 \frac{3}{4}$	$41 \frac{3}{4}$	$43 \frac{3}{4}$	$45 \frac{3}{4}$	$47 \frac{3}{4}$	$49 \frac{3}{4}$	$51 \frac{3}{4}$
CB** LENGTH	$10 \frac{3}{4}$	$10 \frac{7}{8}$	11	$11 \frac{1}{8}$	$11 \frac{1}{4}$	$11 \frac{3}{8}$	$11 \frac{1}{2}$	$11 \frac{5}{8}$
WAIST ELASTIC (CUT 1)	$27 \frac{3}{8}$	$29 \frac{1}{4}$	31	$32 \frac{7}{8}$	$34 \frac{5}{8}$	$36 \frac{3}{8}$	$38 \frac{1}{4}$	40
LEG ELASTIC (CUT 2)	$23 \frac{3}{4}$	$24 \frac{3}{8}$	$25 \frac{1}{8}$	26	$26 \frac{5}{8}$	$27 \frac{1}{2}$	$28 \frac{1}{4}$	$29 \frac{1}{8}$

* Pattern layouts are nondirectional. Purchase additional yardage if using napped or printed fabrics.

** Center back (CB) length is measured from the back of the underwear to the crotch

Usually wear sizes 12-16? Compare your body measurements to both the misses and curvy body measurements, then choose the best fit for your figure.

Metric

Misses Sizes

00-16

	00	0	2	4	6	8	10	12	14	16
BODY MEASUREMENTS (CENTIMETERS)										
WAIST	61	64	66	69	71	74	77	81	86	91
HIP	86	89	91	94	97	99	103	107	112	117
MAIN FABRIC REQUIRED (METERS)*										
114 CM	.3	.5	.5	.5	.5	.5	.6	.6	.6	.6
152 CM	.3	.3	.3	.3	.5	.5	.5	.5	.5	.5
FINISHED GARMENT (CENTIMETERS)										
WAIST	51	52	54	56	58.5	61	64.5	68	72.5	77
HIP	72	74.5	77	79.5	82	85	88.5	92.5	97.5	102.5
CB** LENGTH	21	21.5	22	22	22.5	22.5	23	23	23.5	24
WAIST ELASTIC (CUT 1)	51	53.5	56	58	60.5	63	66	70	74.5	79
LEG ELASTIC (CUT 2)	44.5	45.5	46.5	47.5	48.5	49.5	51	52.5	55	57

* Pattern layouts are nondirectional. Purchase additional yardage if using napped or printed fabrics.

** Center back (CB) length is measured from the back of the underwear to the crotch

Usually wear sizes 12-16? Compare your body measurements to both the misses and curvy body measurements, then choose the best fit for your figure.

Metric

Curvy Sizes

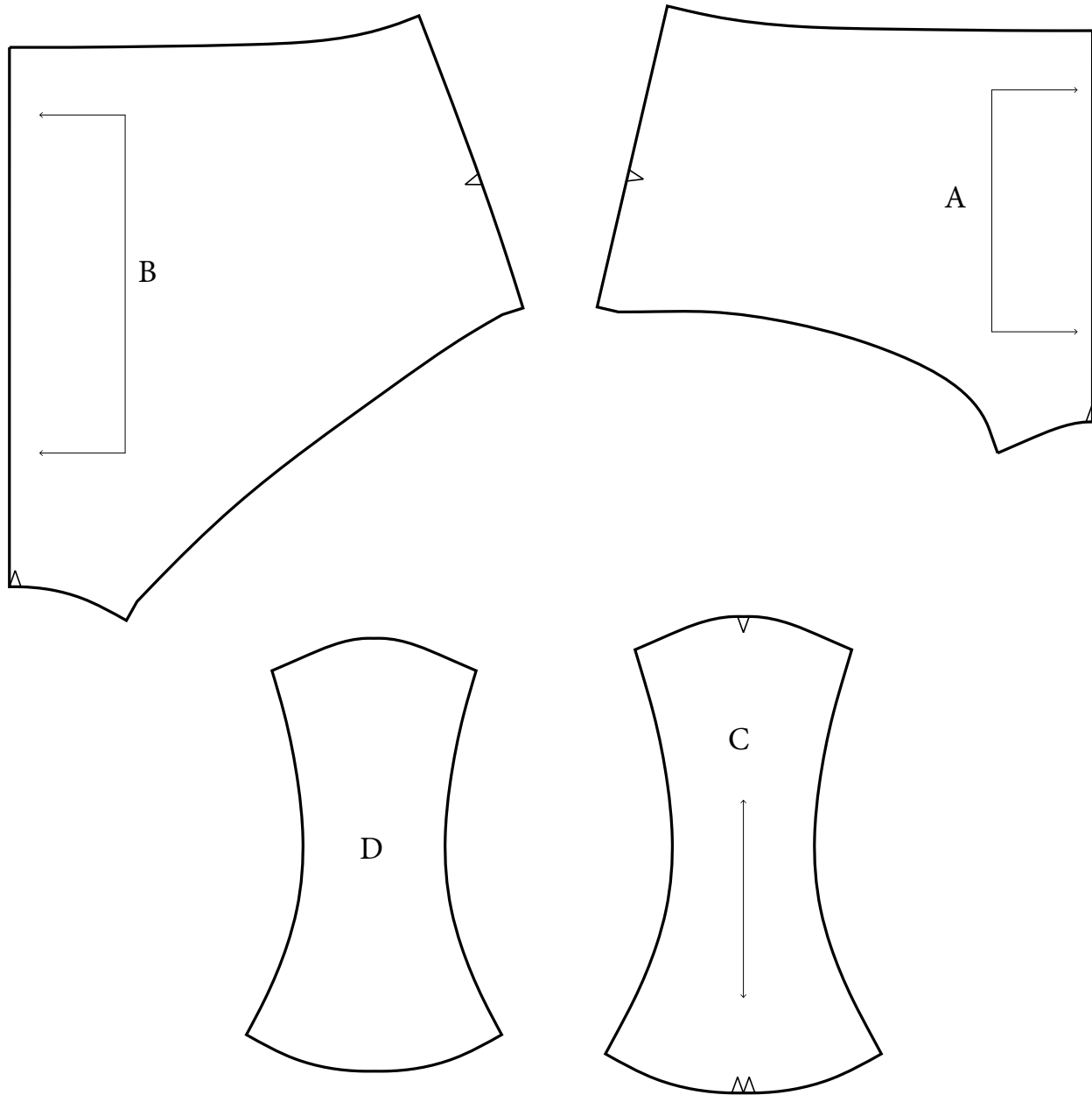
12-26

	12	14	16	18	20	22	24	26
BODY MEASUREMENTS (CENTIMETERS)								
WAIST	84	89	94	99	104	109	114	119
HIP	112	117	122	127	132	137	142	147
MAIN FABRIC REQUIRED (METERS)*								
114 CM	.7	.7	.7	.7	.7	.8	.8	.8
152 CM	.5	.5	.6	.6	.6	.6	.7	.7
FINISHED GARMENT (CENTIMETERS)								
WAIST	68	72	77	81.5	86	90.5	95	100
HIP	96	101	106	111	116	121	126.5	131.5
CB** LENGTH	27.5	28	28	28.5	28.5	29	29	29.5
WAIST ELASTIC (CUT 1)	69.5	74	79	83	88	92.5	97	101.5
LEG ELASTIC (CUT 2)	60	62	64	66	68	70	72	74

* Pattern layouts are nondirectional. Purchase additional yardage if using napped or printed fabrics.

** Center back (CB) length is measured from the back of the underwear to the crotch

Pattern Inventory



- A *Front (cut 1 on fold)*
- B *Back (cut 1 on fold)*
- C *Gusset (cut 1 main, cut 1 PUL, cut 1 lining)*
- D *Absorbent gusset (cut 1 absorbent fabric)*

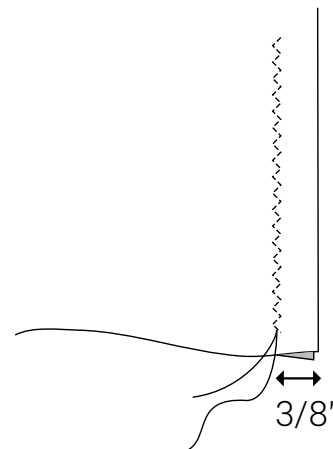
Sewing Basics

- 01 LAY OUT YOUR PATTERN PIECES:** Lay out the pattern pieces as shown in the cutting layout diagrams. Start by placing the pieces that go along the fold. Then lay out the other pieces, making sure the grainline arrow is parallel to the selvage.
- 02 CUT YOUR FABRIC:** If you are using a rotary cutter, cut out the pattern pieces. If you are using fabric shears, trace the pattern pieces and then cut them out, cutting away any pen, pencil, or chalk lines. Remember to cut out any notches that appear on the edges. These markings help line up the pieces when you assemble the garment.
- 03 TRANSFER PATTERN MARKINGS:** Use your marking pen, pencil, or chalk to transfer the markings (such as circles, buttonholes, and fold lines) to the wrong side of the fabric. Mark the center front of pieces cut on the fold, as this will help you to align pieces accurately.

Working With Knits

SEAM ALLOWANCES

Seam allowances on this pattern are $\frac{3}{8}$ ". Most commercial patterns use $\frac{5}{8}$ " seam allowances because they are designed for woven fabrics. When working with knits, however, it is easier to use a narrower seam allowance because it is the standard seam allowance on most domestic overlock machines.



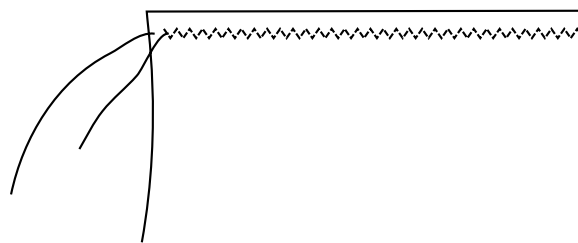
NEEDLES



Choose a ballpoint needle (sometimes also labeled a jersey needle) to prevent the fibers of the fabric from being torn.

STITCHING

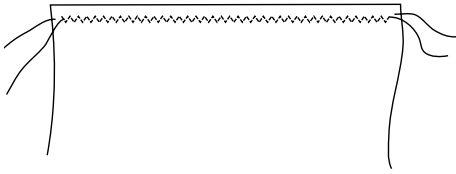
When sewing with knits, you must use a stitch that stretches with the fabric. In most cases, the straight stitch on your sewing machine will break on knit fabrics.



If you have a serger (also called an overlock machine), sew your seams with an overlock stitch. This stitch provides stretch and finishes the edges at the same time.

**Learn to sew knits
without a serger!**

READ THE ARTICLE

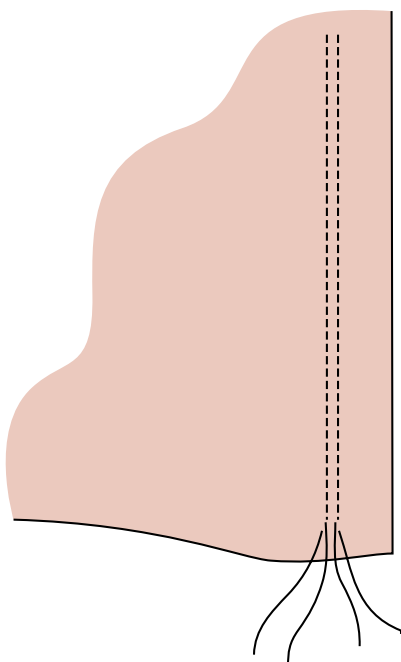
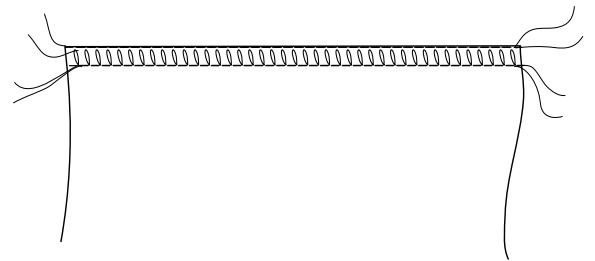


If you don't own a serger, test a scrap piece of the fabric you will be sewing with and choose a narrow to wide zigzag stitch on your sewing machine. The zigzag will provide stretch and prevent the seams from popping. A fabric with a high amount of stretch will require a wider and longer zigzag stitch than a fabric with less stretch.

HEMMING

Most commercial knits are hemmed and finished using a coverstitch machine. If you don't have access to one of these, it's easy to hem using a ballpoint twin needle on a conventional sewing machine.

To finish the raw edge of your hem, use an overlock machine or a conventional sewing machine with a zigzag or other specialty stitch. Many sewing machines have a mock overlock stitch that imitates the finish of an overlock.



Turn the finished edge of the hem under and straight stitch using a ballpoint twin needle. The two rows of stitching allow stretch and imitate the look and finish of the coverstitch.

**Follow this tutorial for more information
on the twin needle method.**

READ THE TUTORIAL

Cutting Layouts



*Right side
of fabric*



*Wrong side
of fabric*

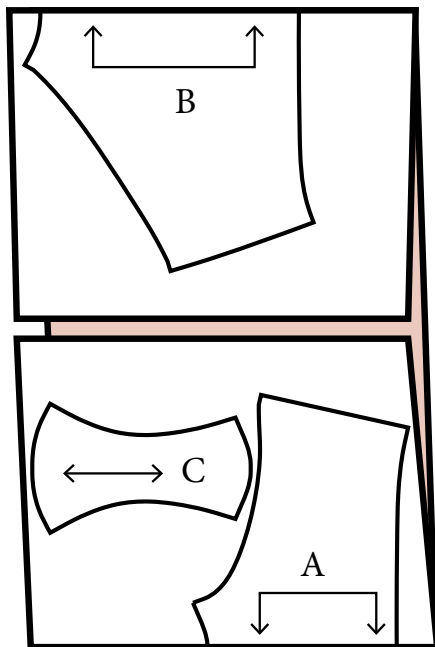


*Wrong side
of pattern*

Seam allowances are included in the pattern. They are a standard $\frac{3}{8}$ " (10 mm) for all seams, unless otherwise noted in the instructions.

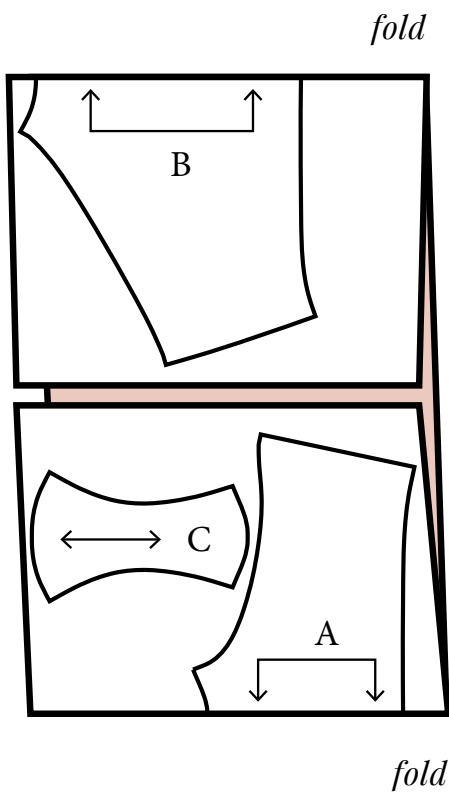
MAIN FABRIC (45") SIZES 00 - 12 (MISSES)

fold

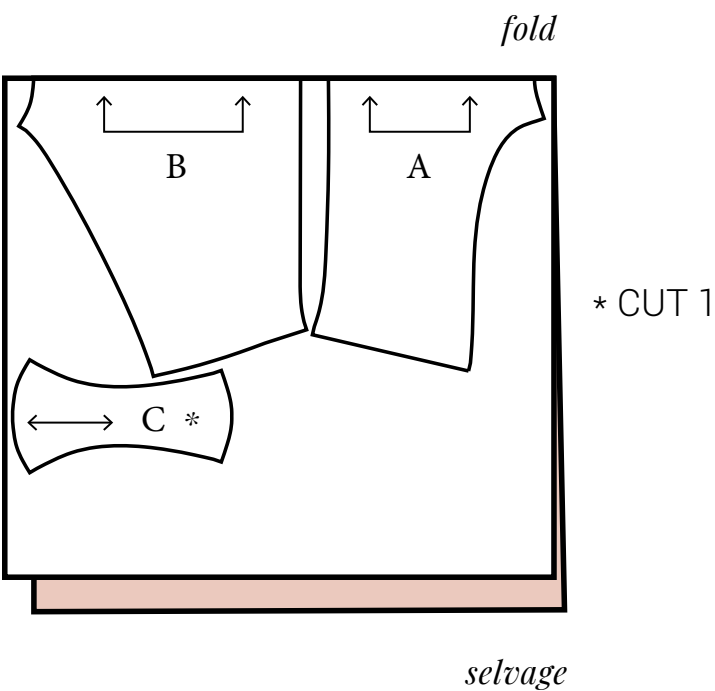


fold

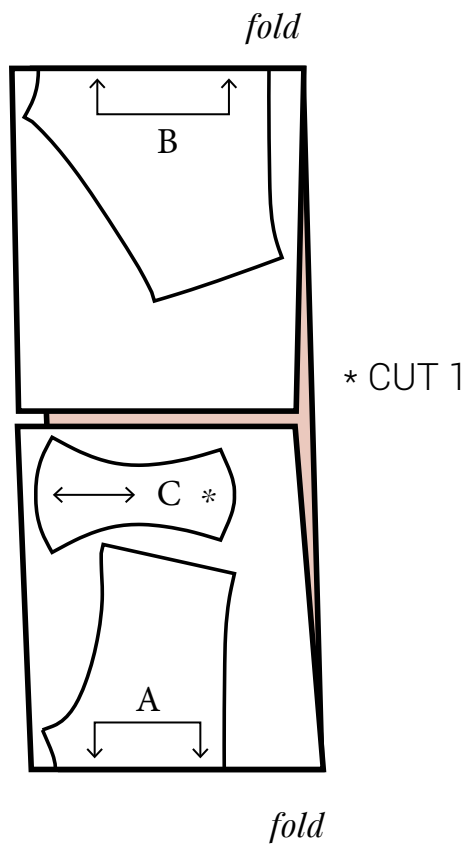
MAIN FABRIC (45") SIZES 14 - 16 (MISSES AND CURVY)



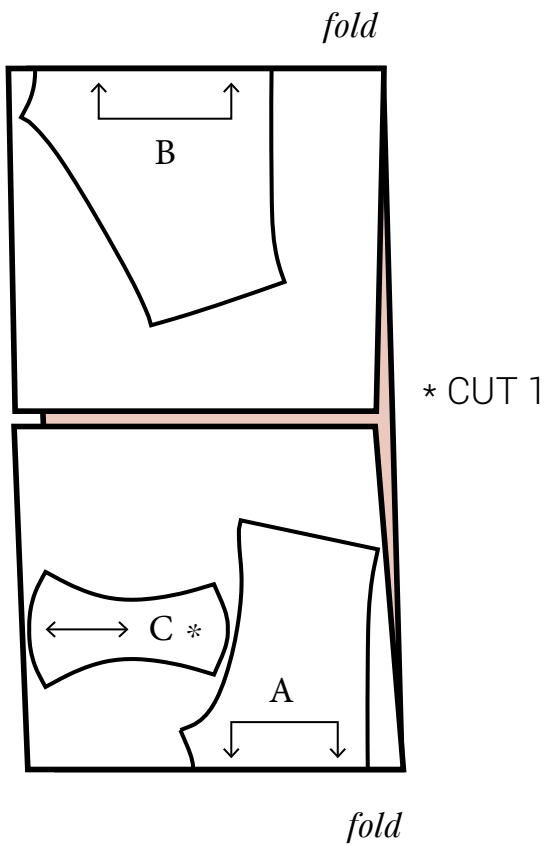
MAIN FABRIC (45") SIZES 18 - 26 (CURVY)



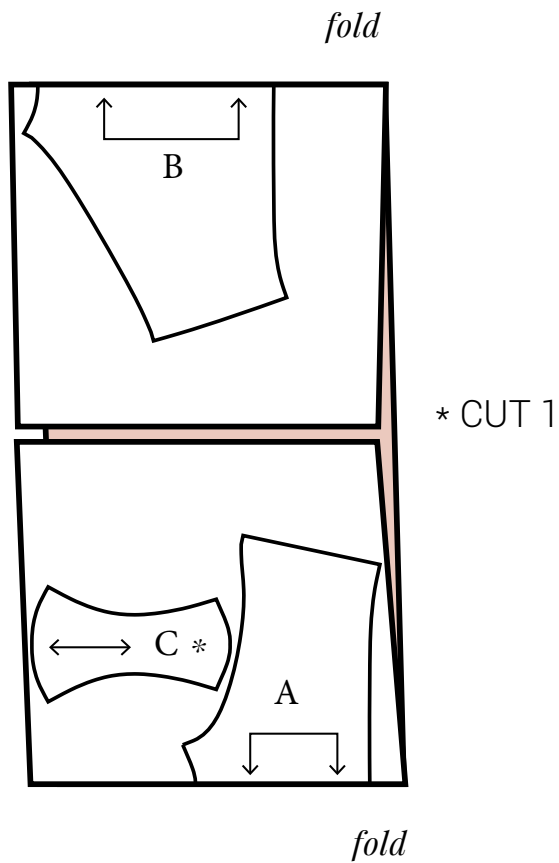
MAIN FABRIC (60") SIZES 00 - 12 (MISSES)



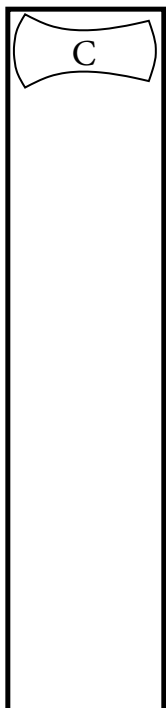
MAIN FABRIC (60") SIZES 14 - 16 (MISSES AND CURVY)



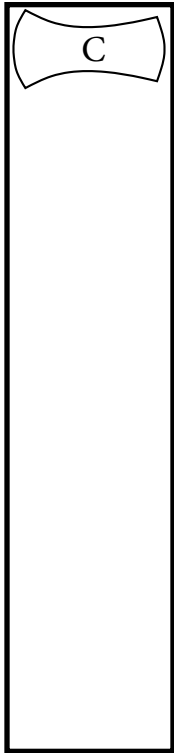
MAIN FABRIC (60") SIZES 18 - 26 (CURVY)



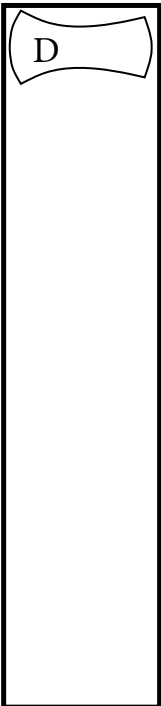
PUL FABRIC (ALL WIDTHS) ALL SIZES



LINING FABRIC (ALL WIDTHS) ALL SIZES



ABSORBENT FABRIC (ALL WIDTHS) ALL SIZES



Glossary

BACKSTITCH

Stitches sewn forward and back at the beginning and/or the end of stitching in order to anchor the thread.

BASTE

Long stitches done by hand or machine that temporarily hold fabric in place before sewing. They are removed once the final seam is in place.

EDGESTITCH

A row of stitches sewn very close to the seam line on the right side of the fabric.

NOTCH

There are two types of notches. The notches on the pattern help to align pattern pieces when sewing. The other type of notches are ones added to help sew curves. Notch outer curves on a seam by cutting wedge shapes into the seam allowance at even intervals, being careful not to cut into the stitching.

RIGHT SIDE/ WRONG SIDE

The right side of a fabric is the side that will show on a finished garment. The wrong side will be on the inside.

SEAM

The place where two pieces are joined together and stitched.

SEAM ALLOWANCE

The extra fabric that extends beyond the seam line. Most garments have a $\frac{5}{8}$ " (15 mm) or $\frac{3}{8}$ " (10 mm) seam allowance.

Helpful Links

Our instructions include buttons that link to helpful tutorials.

Printing the instructions instead of reading them digitally?

All of the URLs we link to are listed here:

Techniques

NO SERGER, NO PROBLEM!

<https://www.youtube.com/watch?v=ybCeXQ4TbqU&t=9s>

HOW TO BLEND BETWEEN SIZES ON A PATTERN

<https://www.youtube.com/watch?v=p0MFJNE9V3s&t=26s>

HOW TO SEW PERIOD UNDERWEAR

<https://www.seamwork.com/magazine/2020/06/how-to-sew-period-panties>

SEWING YOUR OWN UNDERWEAR IS EMPOWERING

<https://www.seamwork.com/issues/2021/05/sewing-your-own-underwear-is-empowering>

HOW TO FINISH UNDERWEAR WITH A KNIT BAND

<https://www.seamwork.com/issues/2021/05/how-to-finish-underwear-with-knit-bands-instead-of-elastic>

Resources

SEAMWORK YOUTUBE CHANNEL

<https://www.youtube.com/c/seamworkvideo>

THE CLASSROOM

<https://www.seamwork.com/classroom>

SNIPPETS BY SEAMWORK

<https://www.seamwork.com/entry/snippets>

SEAMWORK INSTRUCTIONS SURVEY

<https://colettehq.typeform.com/to/jr089R>

Social

SEAMWORK COMMUNITY

<https://community.seamwork.com/forums>

SEAMWORK INSTAGRAM

<https://www.instagram.com/seamwork/>

Instructions

Seam allowances are included in the pattern. They are a standard $\frac{3}{8}$ " (10 mm) for all seams, unless otherwise noted in the instructions.

Finishing methods: A serger is recommended for construction. If working with a conventional sewing machine, use a zigzag stitch, and trim the seam allowances close to the stitches.



*Right side
of main fabric*



*Right side
of lining fabric*



*Wrong side
of fabric*



PUL fabric



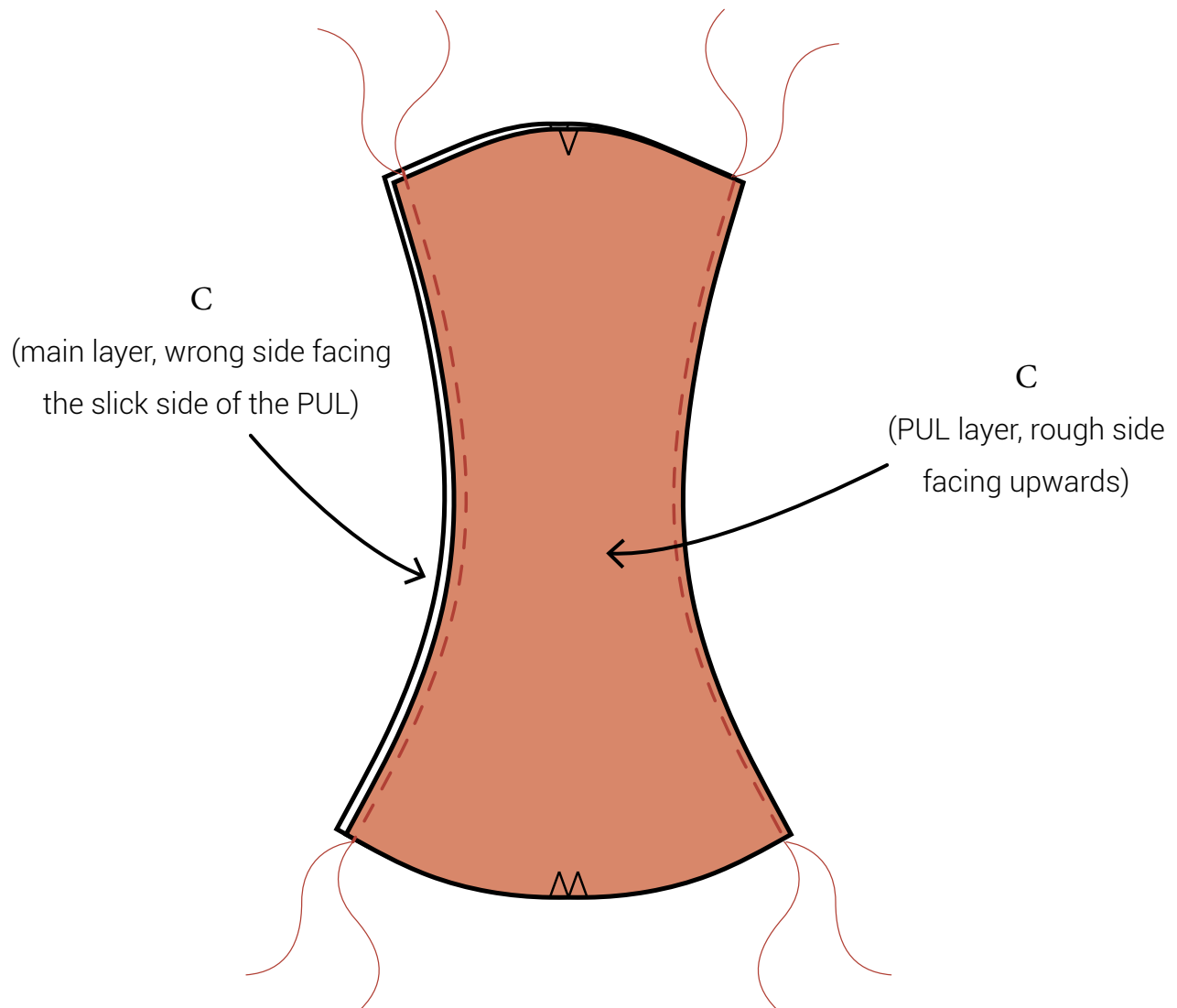
Absorbent fabric

**No serger? That's okay! Check out our video
on how to sew knits without a serger.**

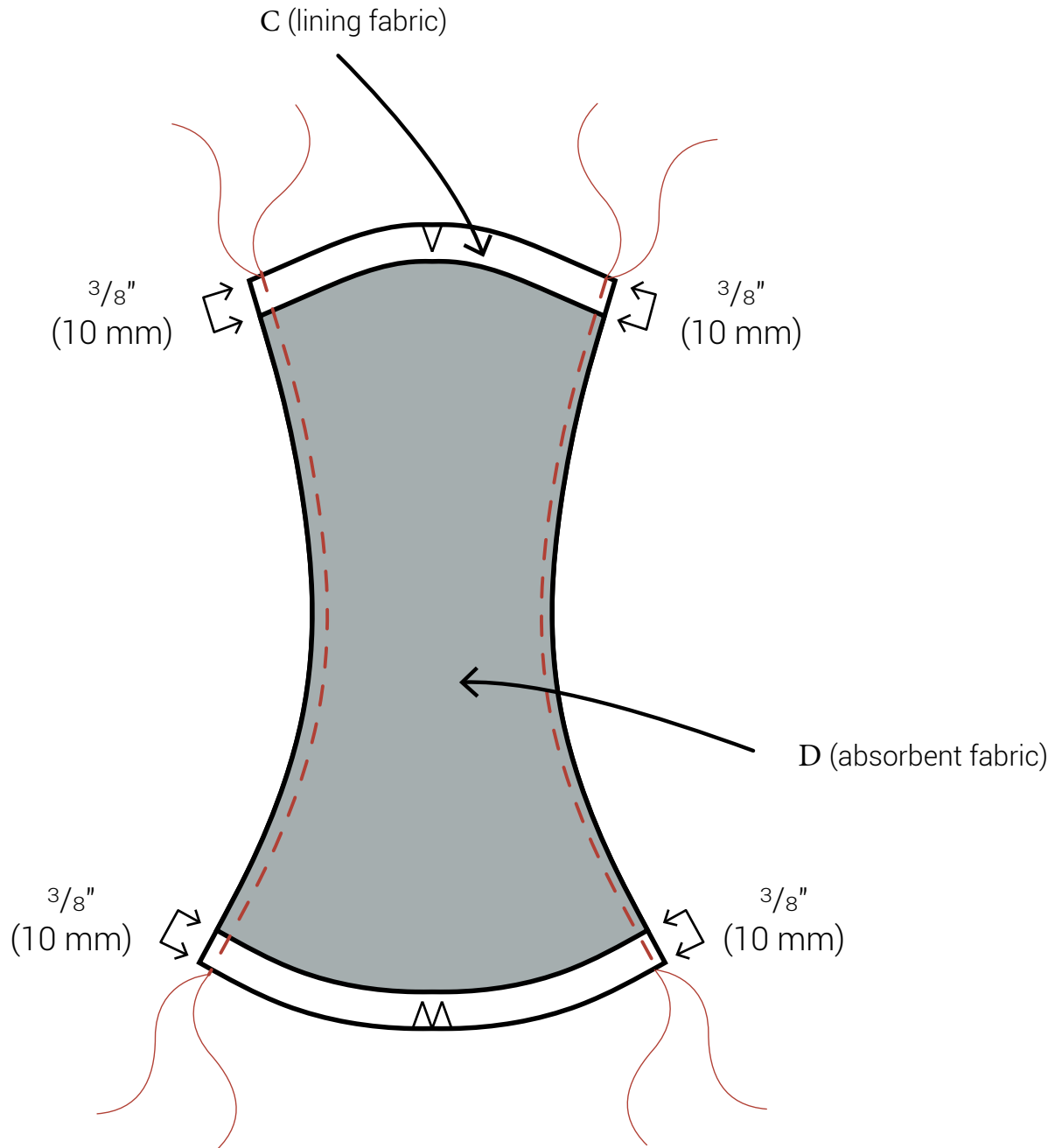
WATCH THE VIDEO

It is very important to use clips instead of pins when it comes to keeping the gusset pieces from getting holes.

ASSEMBLE MAIN AND LINING GUSSETS

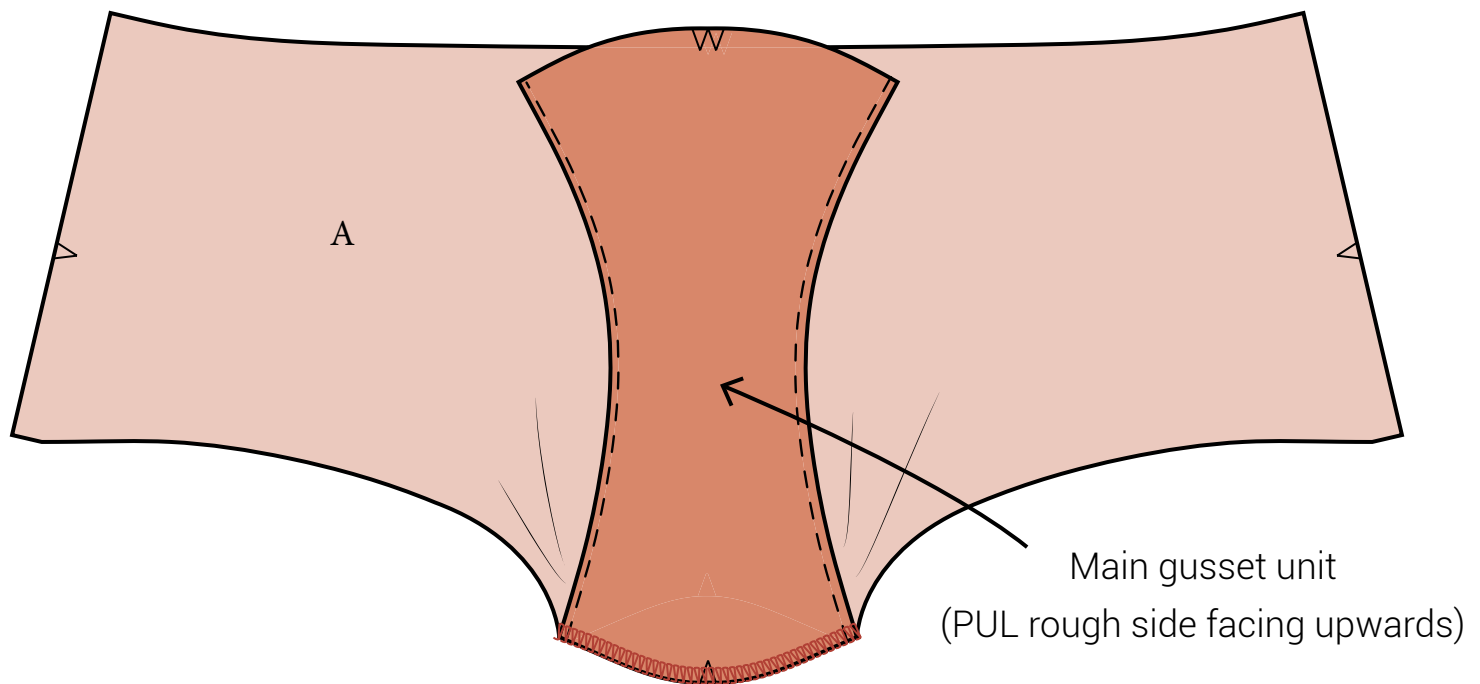


1. Match the slick side of the PUL **gusset (C)** with the wrong side of the main **gusset (C)**. Use fabric clips to keep the layers together. Baste in place at a scant $\frac{1}{4}$ " (6 mm) using a straight stitch along the side edges. It's important to remember that every stitch into the PUL layer will create a hole that will not be leak proof, so it is best to keep the stitches as close to the edge of the **gusset (C)** as you can. Going forward, this will be referred to as the 'main gusset unit'.



2. Match the **absorbent gusset (D)** to the wrong side of the lining **gusset (C)**. The **absorbent gusset (D)** will be $\frac{3}{8}$ " (10 mm) shorter compared to the lining **gusset (C)** top and bottom edges. Use the fabric clips to keep the layers in place. Baste at a scant $\frac{1}{4}$ " (6 mm). Going forward, this will be referred to as the 'lining gusset unit'.

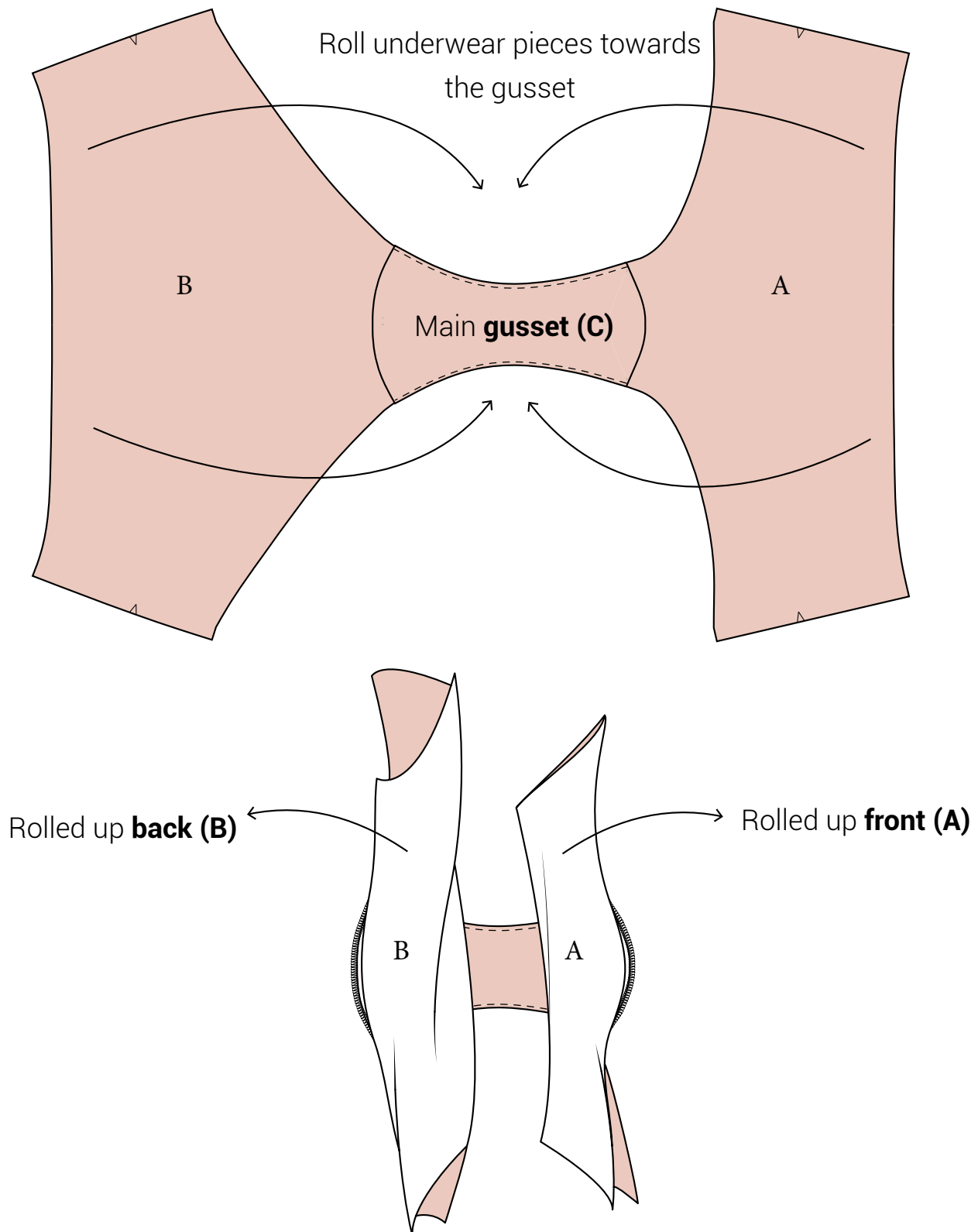
ATTACH GUSSETS TO FRONT AND BACK



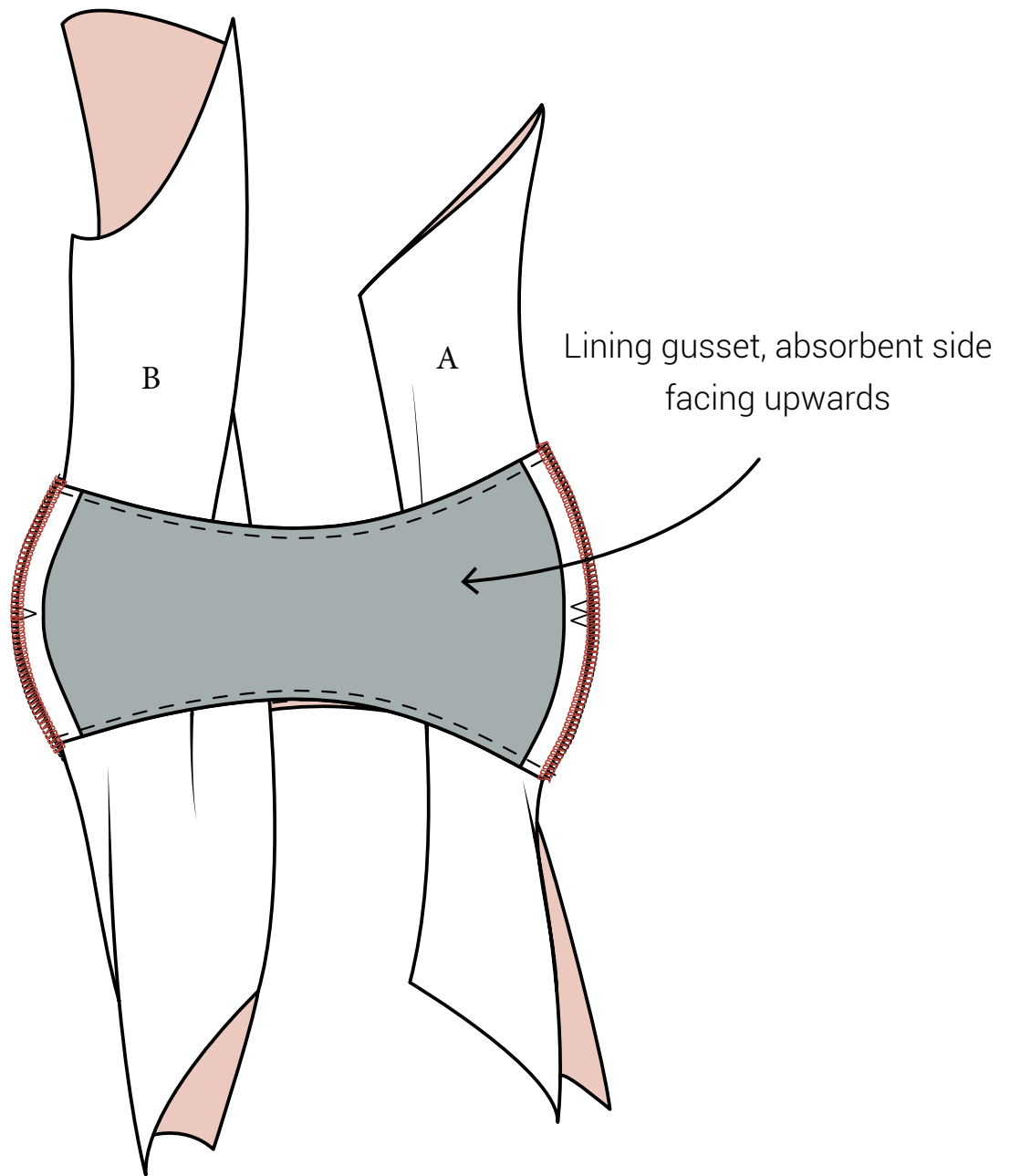
1. Match the right side of the main gusset unit to the right side of the **front (A)** piece, aligning notches. Use fabric clips to keep them together. Serge together. If not using a serger, you can use a zigzag stitch.
2. Repeat step 1 for attaching the **back (B)** to the main gusset unit.

Read our article on making your own period underwear for additional tips and tricks!

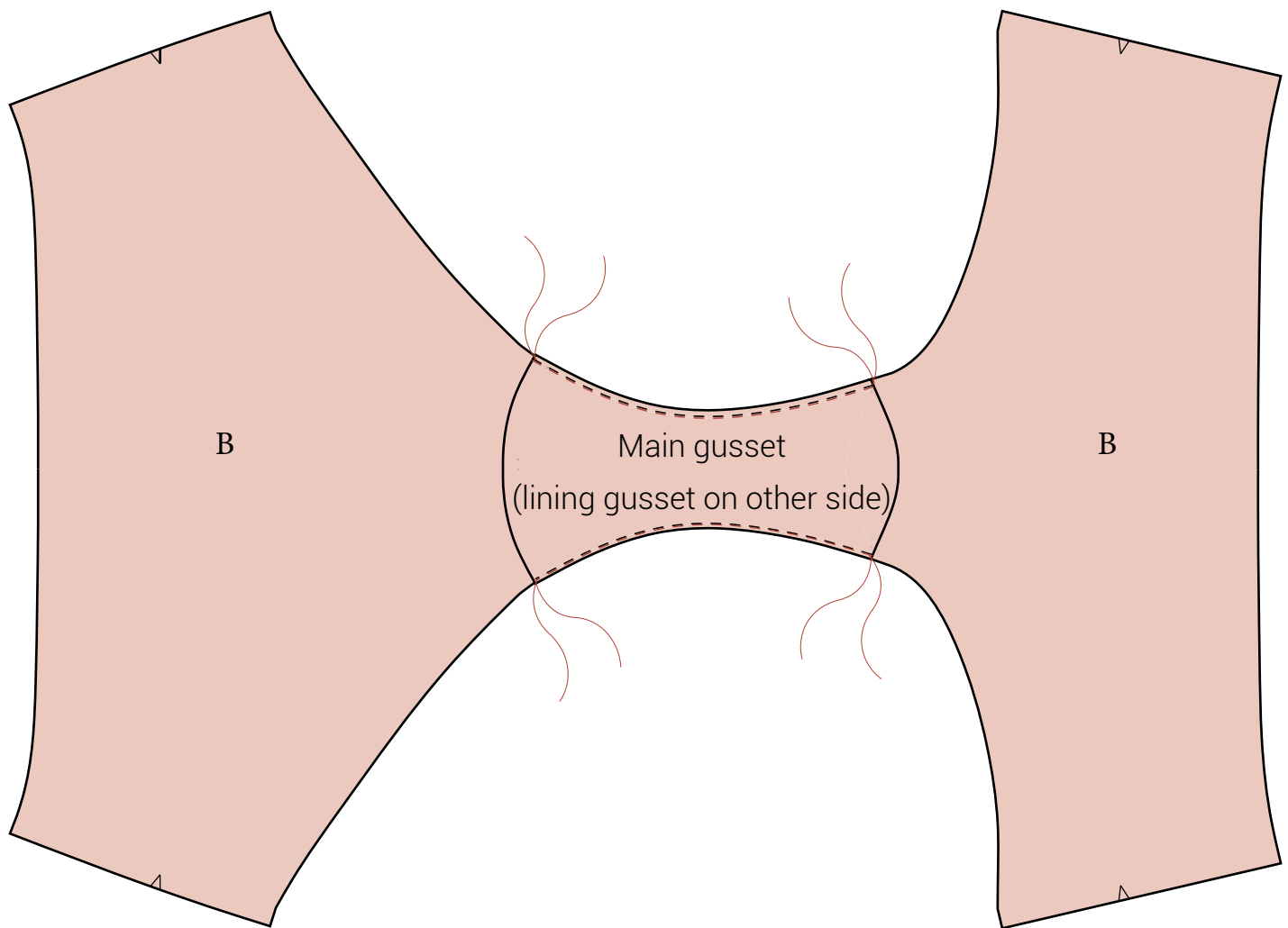
READ THE ARTICLE



3. Flip the unit so the right side of all the pieces are facing upwards. Roll up the **front (A)** and **back (B)** so they are within the main gusset unit, exposing the seam lines of the top and bottom of the main gusset unit.



4. Lay the lining gusset unit on top of the main fabric unit. The lining and main gusset units will be right sides together with the **absorbent gusset (D)** facing upwards. Use fabric clips to keep the layers in place. Sew along the front and back seams, through the lining, main, and PUL fabric, directly on top of the previous stitching.

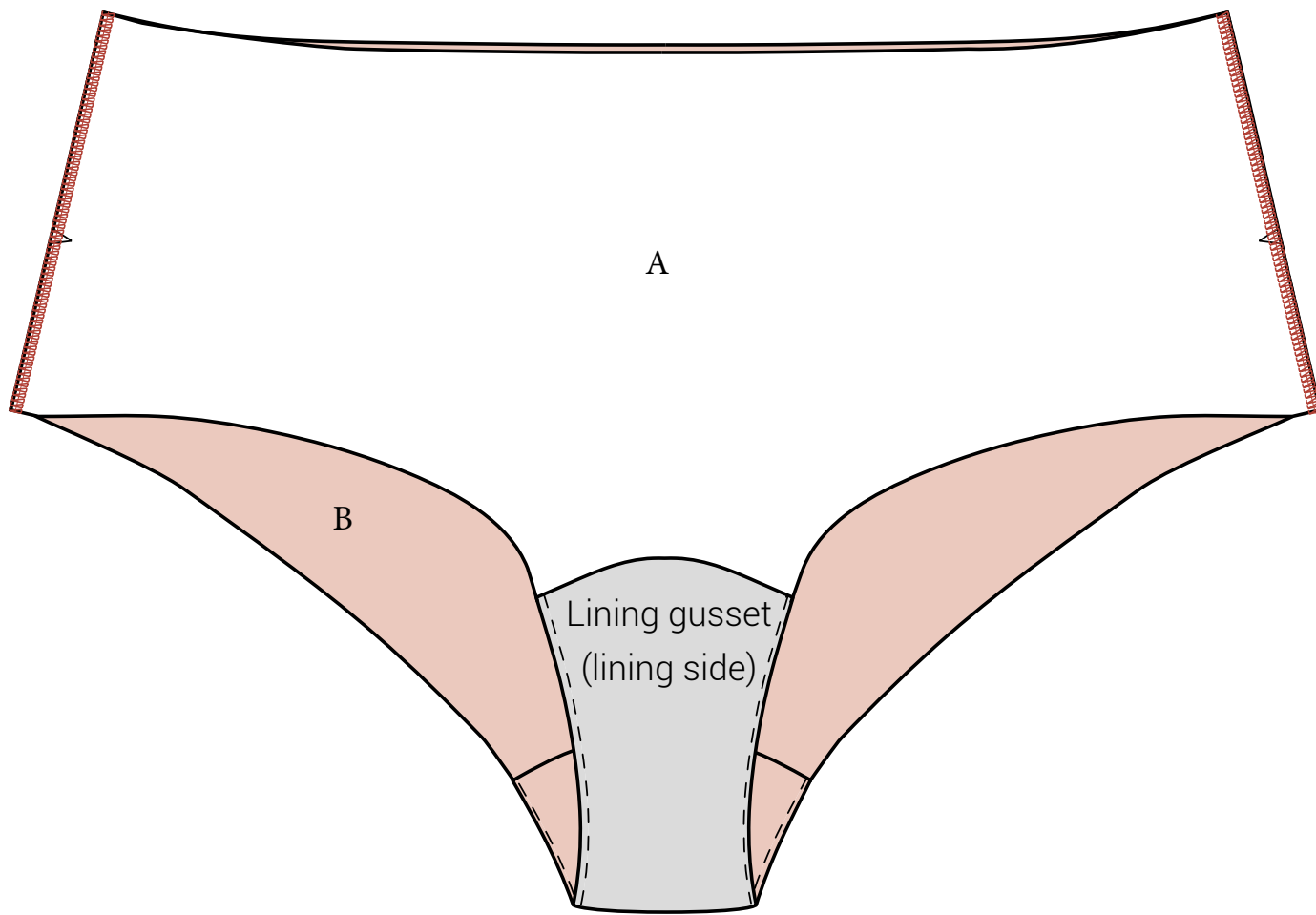


5. Turn the underwear right side out. The gusset seams should now be fully enclosed. Place fabric clips along the sides of all gusset pieces to keep in place. Baste in place at a scant $\frac{1}{4}$ " (6 mm), on top of the previous basting stitches.

**Learn how empowering sewing your own
underwear can be!**

READ THE ARTICLE

SEW SIDE SEAMS

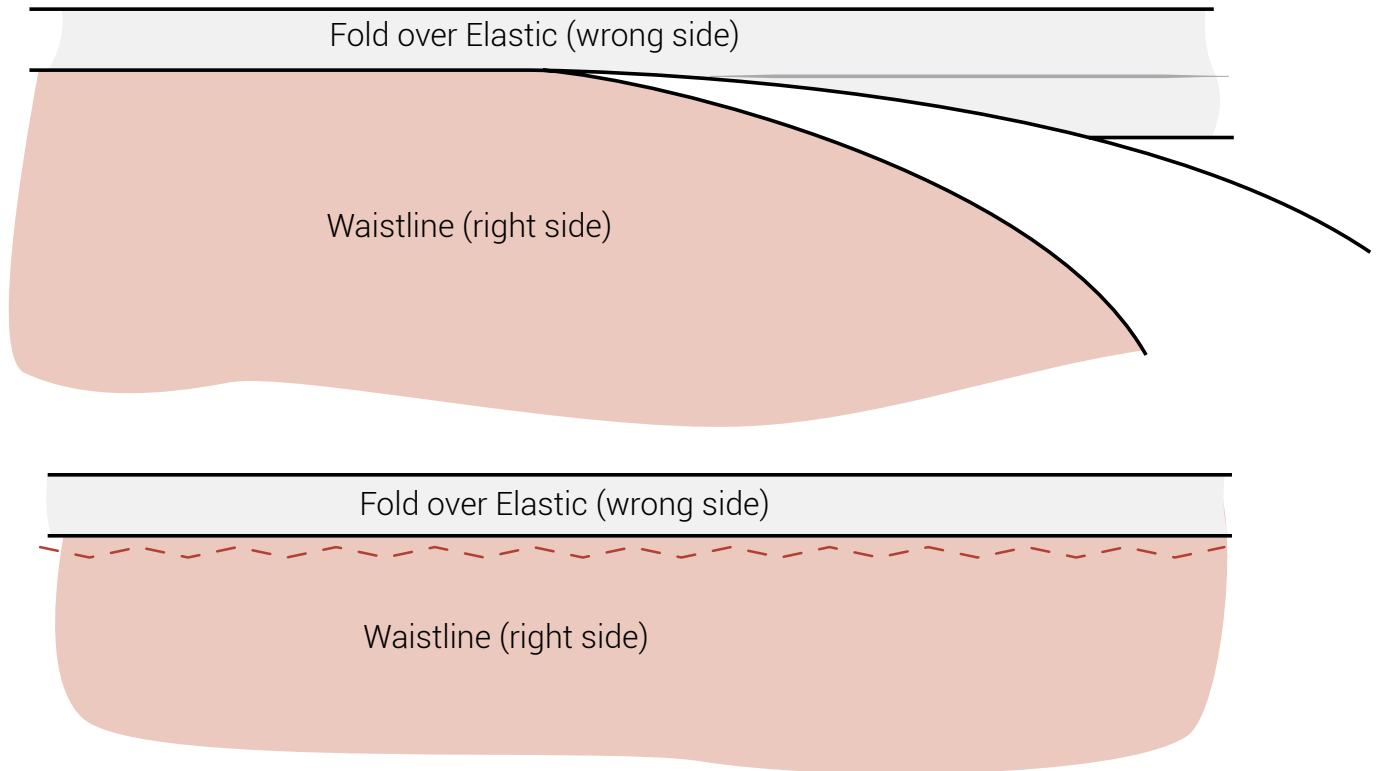


1. With right sides together and notches aligned, match the **front (A)** and **back (B)** together along the side seams. Pin. Serge.
2. Turn the underwear right side out.

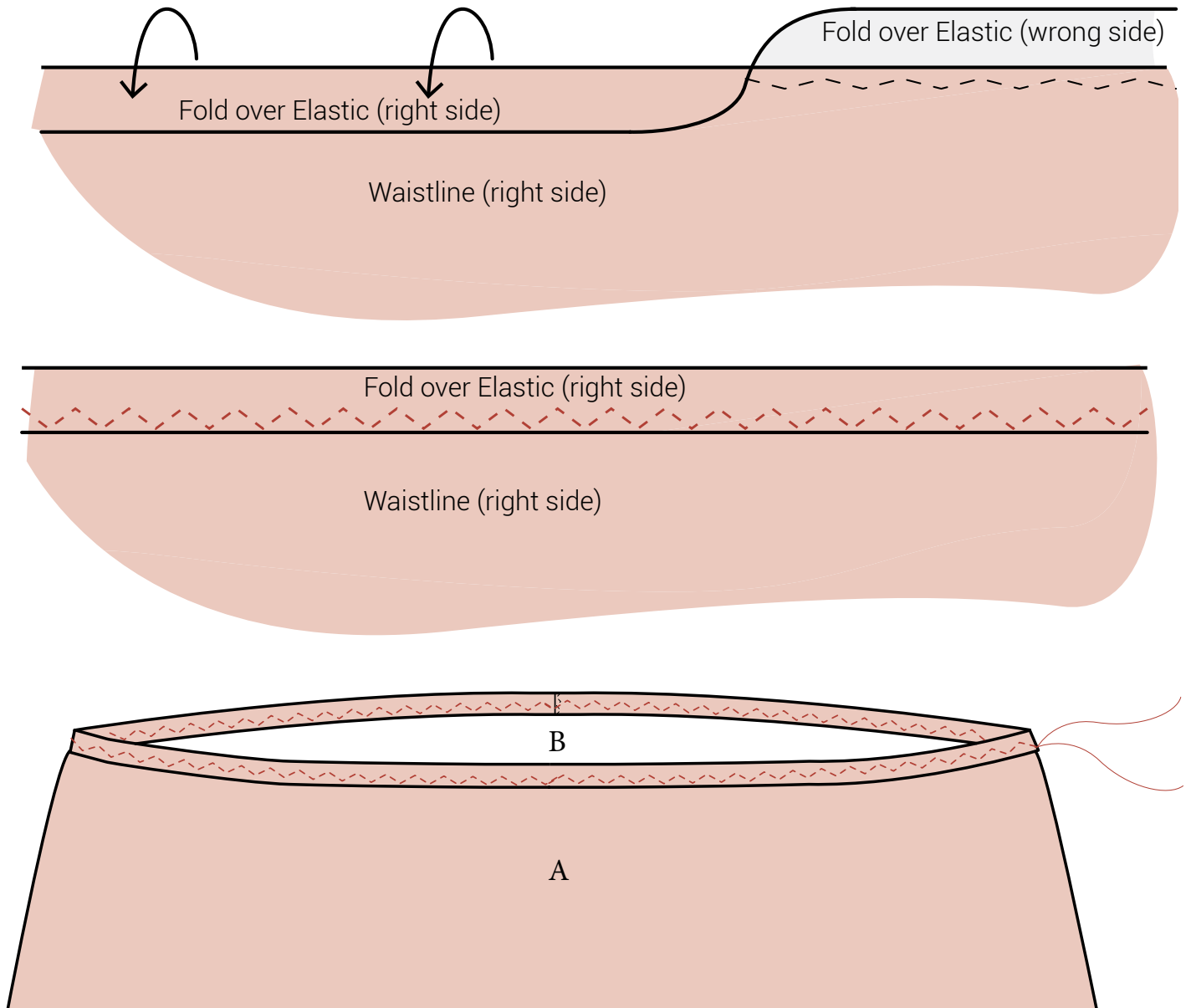
Want to finish your underwear with knit bands instead of elastic? We'll show you how!

[READ THE ARTICLE](#)

FINISH WAIST AND LEG OPENINGS



1. Using the charts on pages [6-9](#), cut a length of waist and two lengths of leg opening fold over elastic.
2. Open the waist elastic. Overlap the short edges of the elastic by $\frac{3}{8}$ " (10 mm). Pin. Stitch, using a zigzag stitch and [backstitching](#) several times to secure.
3. Quarter the elastic by marking or pinning.
4. With the fold over elastic [wrong side](#) up, place the [wrong side](#) of the underwear waistline on top, at the center line of the elastic. Align the marks/pins on the elastic with the center front, center back, and side [seams](#) of the underwear. Pin. Use a zigzag stitch to baste the waistline to the fold over elastic, stitching close to the edge of the fabric, stretching the elastic to fit.



5. Fold the elastic along the center line, sandwiching the waistline. Pin. Stitch, using a zigzag stitch to topstitch along the edge of the fold over elastic.
6. Repeat steps 2 - 5 for the both leg openings.



Congratulations

You have completed the Flo underwear! Give your garment a once over and a final press and it's ready to wear.

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