

# Mica T-shirt

Advanced Beginner • Women's Sizes XXS-4X



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PATTERNS

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keep you  
feeling  
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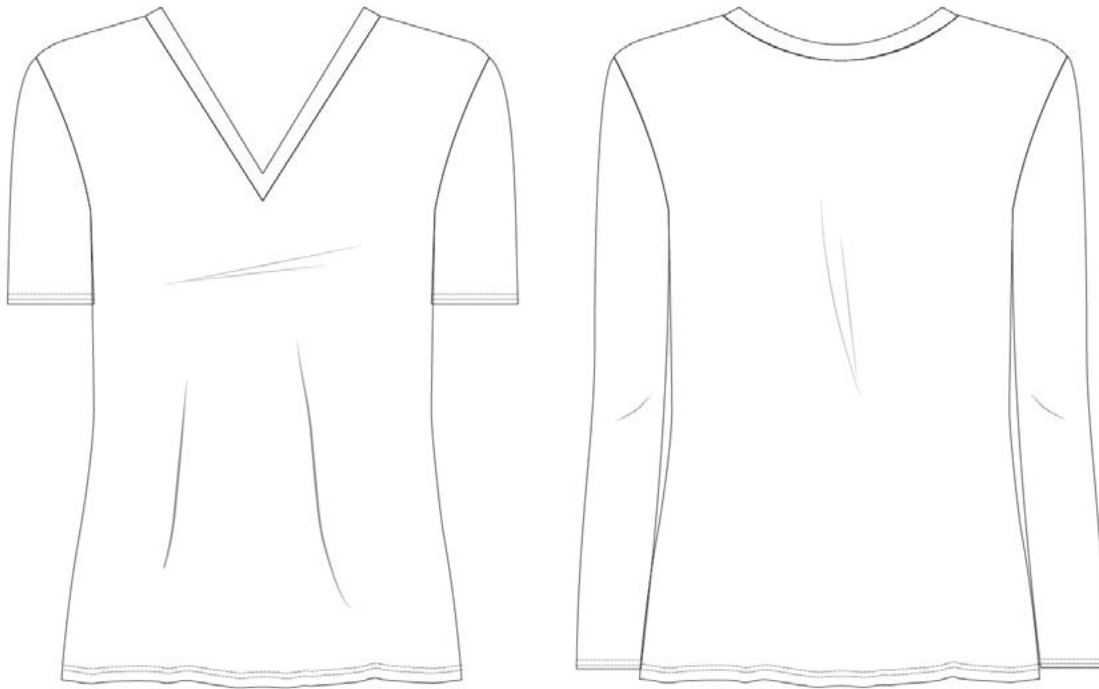


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# Pattern Specifications



The Mica T-shirt is an oversized low v-neck tee. Long and short sleeves are included in the pattern. Sewing is a breeze and it's perfect for an every day tee.

## Materials Required

- Cutting tools
- Disappearing ink pen or other marking tool
- Ruler/Measuring tape
- Sewing machine
- Serger (Optional)
- Coverstitch Machine or Double Needle (Optional)
- Ball Point Needles
- Iron
- Thread and Common Sewing Notions
- Wonder Tape (Optional)
- Knit fabrics with excellent recovery such as cotton lycra, rayon spandex, bamboo knit, cotton polyester blend, ponte de roma, liverpool, or scuba with horizontal and vertical stretch. The horizontal stretch should be at at least 50%.

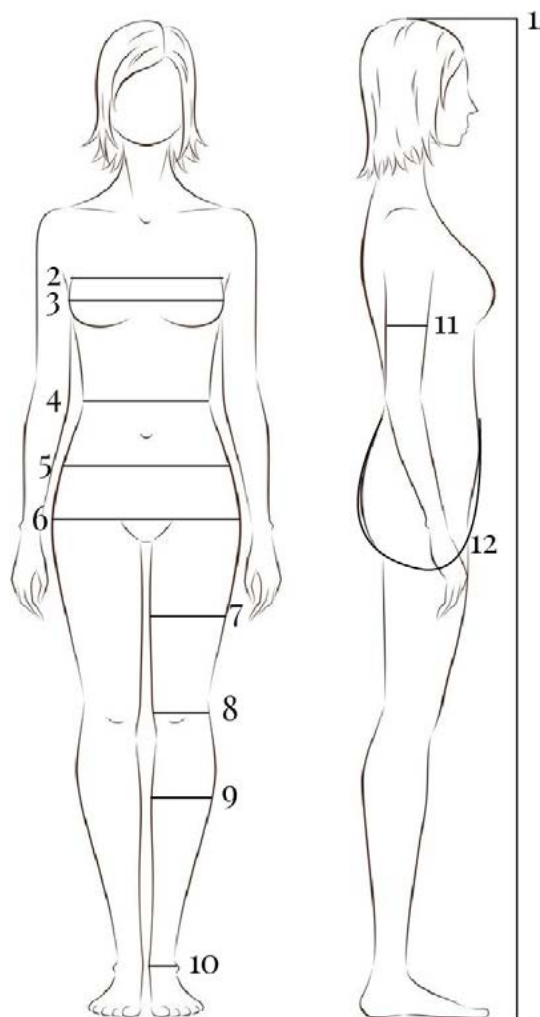
## Yardage Requirements

|                           | 60" (152 cm)wide fabric |
|---------------------------|-------------------------|
| Sizes XXS-XL Short Sleeve | 1-1/4 yds/m             |
| Sizes XXS-XL Long Sleeve  | 1-5/8 yds/m             |
| Sizes 2X-4X Short Sleeve  | 2-1/8 yds/m             |
| Sizes 2X-4X Long Sleeve   | 2-3/8 yds/m             |

## A Note about Sizing and Sewing For Yourself

Two things to remember when sewing for yourself--Size is just a number and you are beautiful! We use sizes to get the most accurate fit, but wherever your measurements fall on the size chart, you have the amazing ability to create yourself a well-fitting and flattering garment. Ready. Set. Go!

## How To Measure Yourself



www.sketchesfashions.com

- 1. Height:** Measure from the top of the head to the bottom of the heel
- 2. Upper Chest:** Measure above the breasts and around the back
- 3. Bust:** Measure around the fullest part of the breasts with an unpadded, well-fitting bra on
- 4. Waist:** Measure around the natural waist
- 5. High Hip:** Measure around the hips, level with the sacrum
- 6. Hip/Seat:** Measure around the hips and buttocks at the fullest point
- 7. Thigh:** Measure around the mid thigh
- 8. Knee:** Measure around the knee cap
- 9. Calf:** Measure around the fullest part of the calf
- 10. Ankle:** Measure around the fullest part of the ankle
- 11. Bicep:** Measure around the fullest part of the bicep.
- 12. Rise:** Measure from the natural waist in the front around the back to the same height

## Fitting Adjustments

Making a "muslin" is recommended in order to see if and where the pattern needs to be adjusted to your body. Below are some of the adjustments that can be made on the Mica T-shirt. Height adjustments should be made before width adjustments.

### Blending Sizes

If your measurements fall in more than one size, you can blend sizes. A French curve ruler is great to use when drawing the blending line. If you don't have one, you can use a ruler to draw the line.

### Lengthening or Shortening

If you need to lengthen or shorten the LENGTH cut the front and back bodice pieces at the adjustment. Add or subtract length as needed. Use the finished length chart on page 5 to determine how much length to adjust.

# Laela Jeyne Women's Size Chart

Use all the measurements below to determine your size. Start with your upper bust measurement, then determine your cup size in that column. Grade between sizes for the remaining measurements. IF YOUR MEASUREMENTS FALL WITHIN MORE THAN ONE SIZE, YOU WILL NEED TO BLEND BETWEEN SIZES TO GET THE BEST FIT. All Laela Jeyne Patterns for women are drafted for a woman of 5'5" (165 cm) height.

## Imperial (Inches)

| Letter Size | XXS  | XS   | S    | M    | L    | XL   | 2X   | 3X   | 4X   |
|-------------|------|------|------|------|------|------|------|------|------|
| Upper Bust  | 30   | 31.5 | 33.5 | 35.5 | 38   | 42   | 46   | 50   | 54   |
| A&B Cups    | 31.5 | 33   | 35   | 37   | 39.5 | 43.5 | 47.5 | 51.5 | 55.5 |
| C-E Cups    | 34   | 35.5 | 37.5 | 39.5 | 42   | 46   | 50   | 54   | 58   |
| Waist       | 23   | 24.5 | 26.5 | 28.5 | 31   | 35   | 39   | 43   | 47   |
| High Hip    | 31   | 32.5 | 34.5 | 36.5 | 39   | 43   | 47   | 51   | 54   |
| Full Hip    | 34   | 35.5 | 37.5 | 39.5 | 42   | 46   | 50   | 54   | 58   |

## Metric (Centimeters)

| Letter Size | XXS  | XS   | S    | M     | L     | XL    | 2X    | 3X    | 4X    |
|-------------|------|------|------|-------|-------|-------|-------|-------|-------|
| Upper Bust  | 76   | 80   | 85   | 90    | 96.5  | 106.5 | 117   | 127   | 137   |
| A&B Cups    | 80   | 84   | 89   | 94    | 100.5 | 110.5 | 120.5 | 131   | 141   |
| C-E Cups    | 86.5 | 90   | 95   | 100.5 | 107   | 117   | 127   | 137   | 147.5 |
| Waist       | 58.5 | 62   | 67   | 72.5  | 78.5  | 89    | 99    | 109   | 119.5 |
| High Hip    | 79   | 82.5 | 87.5 | 93    | 99    | 109   | 119.5 | 129.5 | 137   |
| Full Hip    | 86.5 | 90   | 95   | 100   | 106.5 | 117   | 127   | 137   | 147.5 |

## Finished Length Measurements

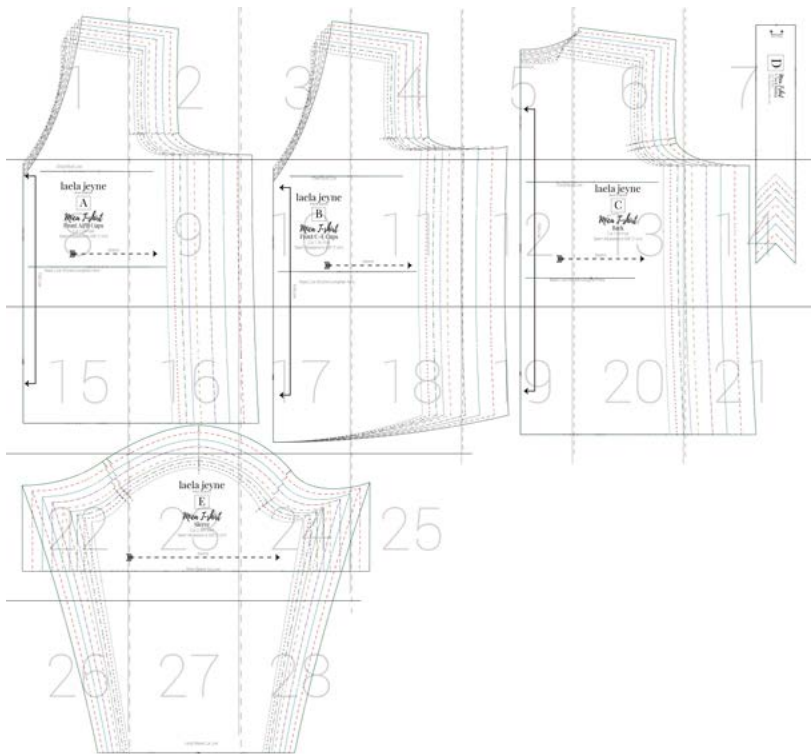
Bodice Length from shoulder. Each cup size will be slightly longer than the last

| Letter Size                       | XXS   | XS    | S     | M     | L     | XL    | 2X    | 3X    | 4X    |
|-----------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| Finished Length View A (IN)       | 25.75 | 26    | 26.25 | 26.5  | 26.75 | 27.25 | 27.5  | 27.75 | 28    |
| Finished Length View A (CM)       | 65.5  | 66    | 67    | 67.5  | 68    | 69    | 70    | 70.5  | 71    |
| Finished Bust Width A&B Cups (IN) | 38.25 | 40.25 | 42.25 | 44.25 | 46.25 | 50.25 | 54.25 | 58.25 | 62.25 |
| Finished Bust Width A&B Cups (CM) | 97    | 102   | 107.5 | 112.5 | 117.5 | 127.5 | 138   | 147.8 | 158   |
| Finished Bust Width C-E Cups (IN) | 39    | 41    | 43    | 45    | 47    | 51    | 55    | 59    | 63    |
| Finished Bust Width C-E Cups (CM) | 99    | 104   | 109   | 114   | 119.5 | 129.5 | 140   | 150   | 160   |

Numbers are rounded to the nearest decimal

# Printing Instructions

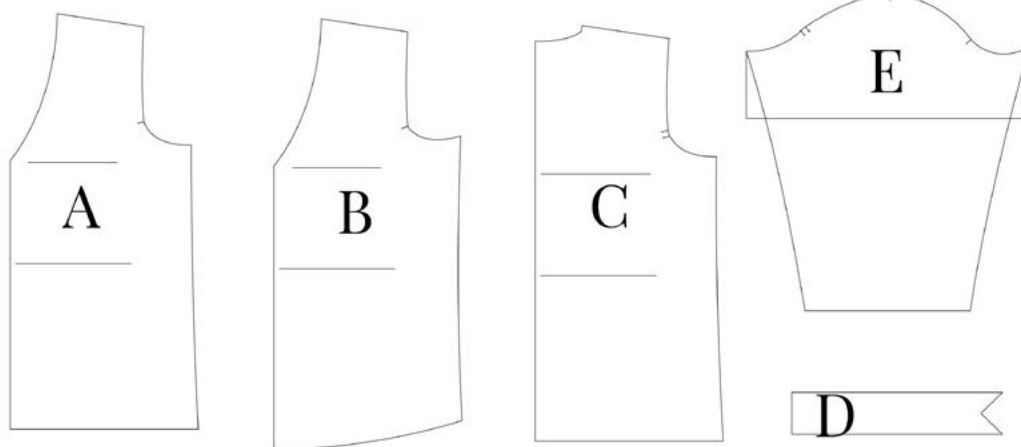
- Open the pattern file in Adobe Reader
- It is essential that you print with layers selected to avoid confusion when cutting out your selected size. Choose either the US or A4 Guidelines based on your paper size.
- When printing, choose CUSTOM SCALE at 100% and PORTRAIT ORIENTATION
- US users will use the solid vertical line as a guideline to attach pages. A4 users will use the dashed vertical line.
- To assemble no trim pages, place the second page over the first, overlapping the edges and glue or tape together. ASSEMBLE THE PATTERN IN SECTIONS BY PATTERN PIECE IF DESIRED.
- PLEASE NOTE: The pattern tiles do not correspond with the print pages. They are numbered separately.



|              |                                              |
|--------------|----------------------------------------------|
| Test Square  | Pg. 11                                       |
| A&B Cups     | Pg. 12-14, 16-18, 19-21, 23-25, 26-28, 30-32 |
| C-E Cups     | 14-18, 21-25, 28-32                          |
| Short Sleeve | 26-28, 33-36                                 |
| Long Sleeve  | 26-28, 33-36, 37-39                          |

Please Note: As of October 2016, there is a known issue between Adobe Reader and Windows 10 that causes printing issues. If you experience these issues, please try to print as an image.

## Piece Inventory



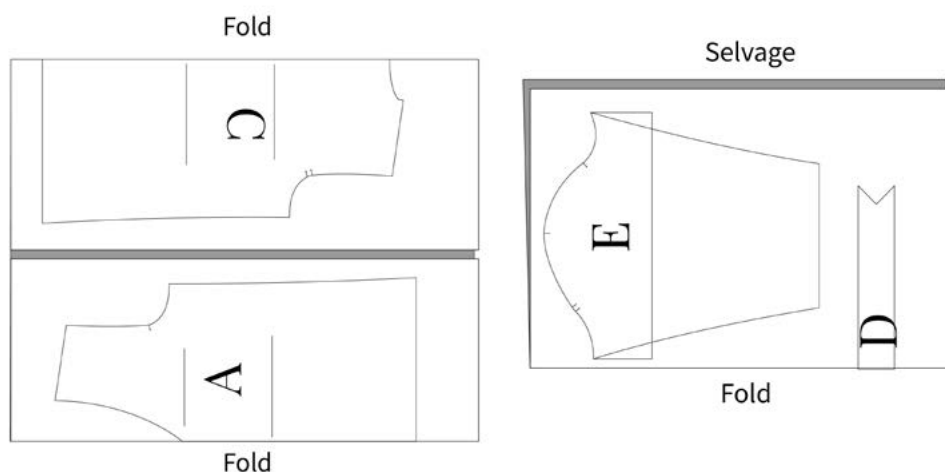
A—Front A&B Cups   D—Neck Binding  
 B—Front C-E Cups   E—Sleeve  
 C—Back

# Fabric Layout

This is the general layout for 60" wide non-directional fabric. Your layout may be different for other widths of fabric.

For Sizes XXS-XL: Fold fabric in thirds when cutting pieces A or B, and C. Fold fabric in half when cutting pieces D & E.

For Sizes 2X-4X: Fold fabric in thirds when cutting all pieces.



## Tips for Success

- Be sure to mark your notches
- Use a ballpoint needle when sewing knits.
- Use a lightning bolt or stretch stitch while sewing. A serger is also helpful when sewing knits.
- When sewing the neckband, do not stretch the neckline. The neckband should only be stretched.
- Press all the seams well. A tailor's clapper is useful when pressing a garment.
- Be sure to use a pressing cloth on delicate or synthetic fabrics.

## Sewing Terms to Know

Basting: long length stitches used for easing or tacking two pieces together

Notches: markings on the pattern that show where to match up the seams or start gathers

Top stitch: stitches about a needle's width away from the edge

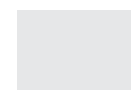
Stitch in the ditch: stitching on top of a seam line

## Illustrations Key

Right Side



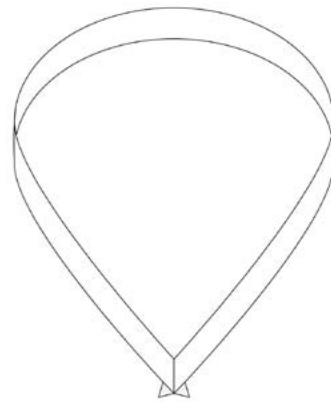
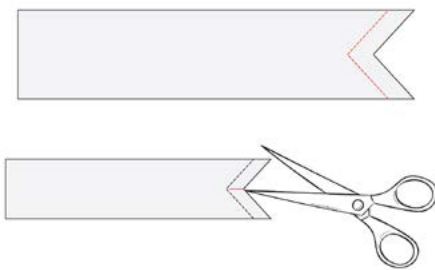
Wrong Side



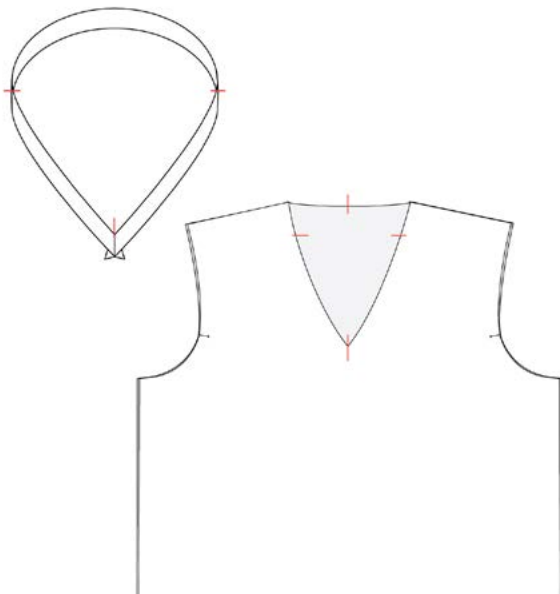
# Instructions

SEAM ALLOWANCE IS 3/8" (1 CM) UNLESS OTHERWISE NOTED

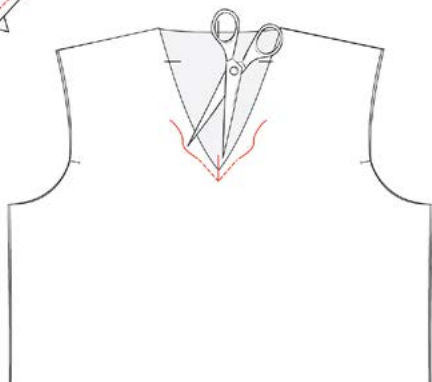
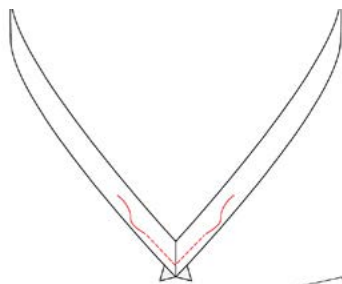
Step 1: Align the front and back pieces at the shoulders and pin if desired. Serge both shoulders.



Step 2: Place the short ends of the v-neck binding together and pin well. Sew along the two angles, pivoting your needle when you get to the midpoint. Snip the seam allowance at the midpoint. Press the seam allowance open. Fold the neck binding wrong sides together, aligning the raw edges. Press well.

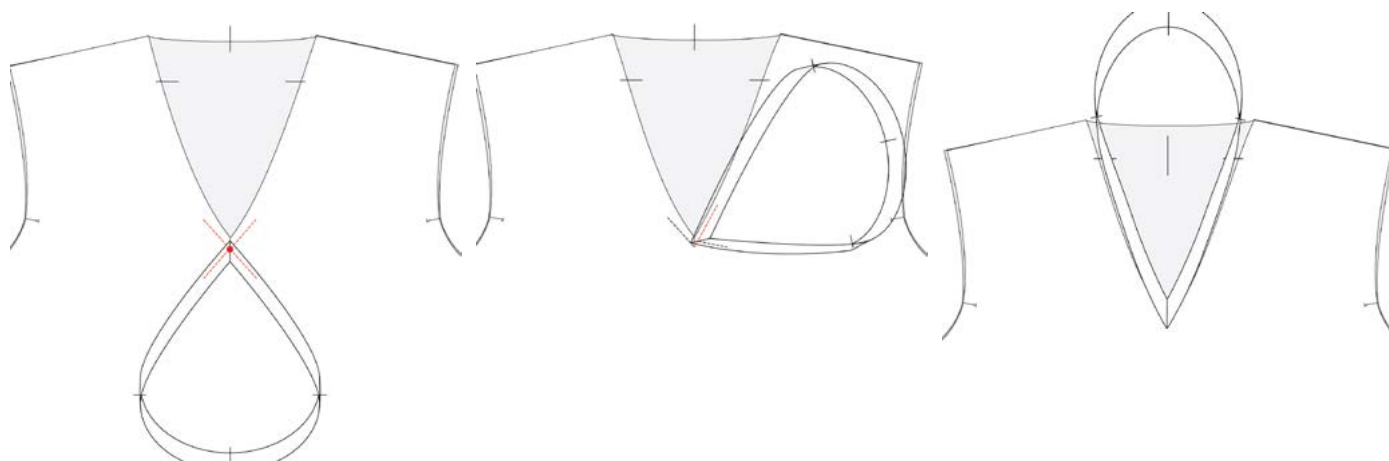


Step 3: Divide the neck binding in four equal parts and mark each point. Divide the neck of the t-shirt into four equal parts and mark each point.

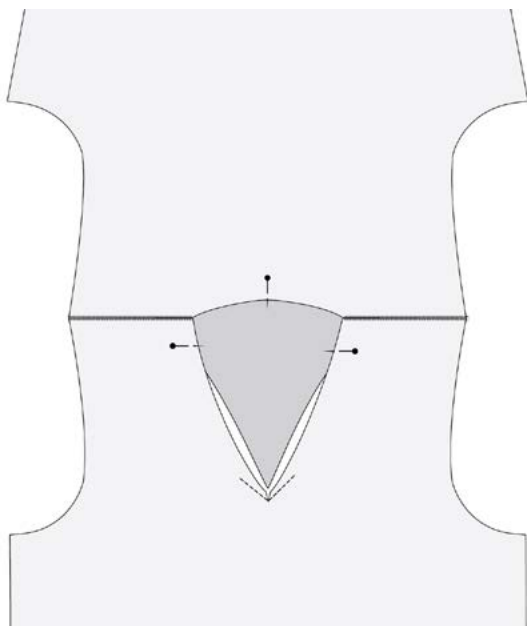


Step 4: Sew a basting stitch along the middle of the neckline, pivoting your needle when you get to the midpoint. Snip the seam allowance at the midpoint.

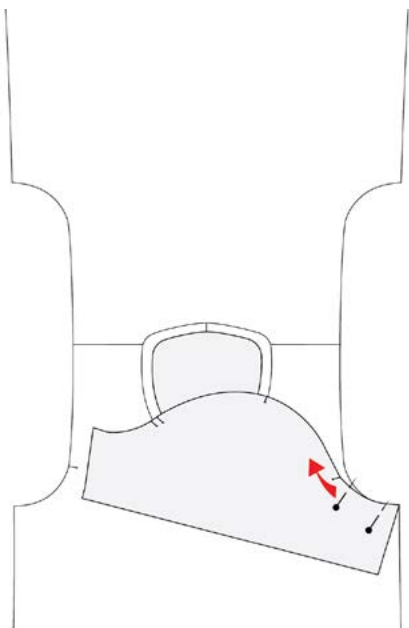
Sew a basting stitch along the middle of the binding, pivoting your needle when you get to the midpoint.



Step 5: Align the midpoints of the neckline and binding so the basting stitches form an "X". Pin the neckband point to the t-shirt. Drop your machine needle at the midpoint of the "X". Baste one side of the neckband to the neckline about 2" (5 cm). Repeat with the opposite side.



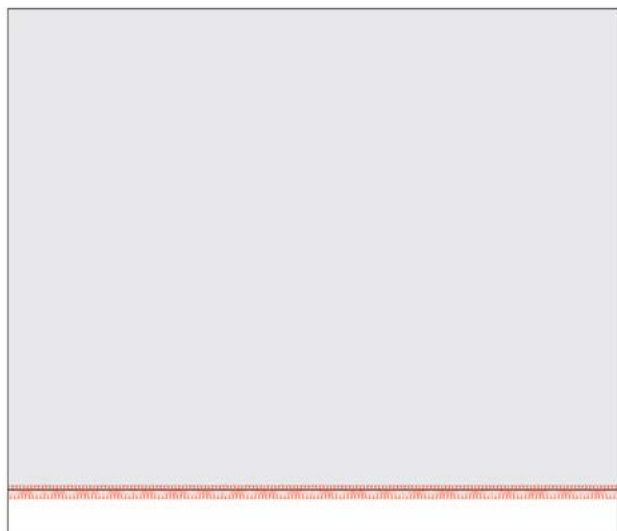
Step 6: Turn the t-shirt inside out. Match the remaining three points of the neckband and neckline, pin. Sew or serge around the neck binding, stretching it evenly as you go. Start with one side of the "V", and finish on the other side. Topstitch the neckband if desired.



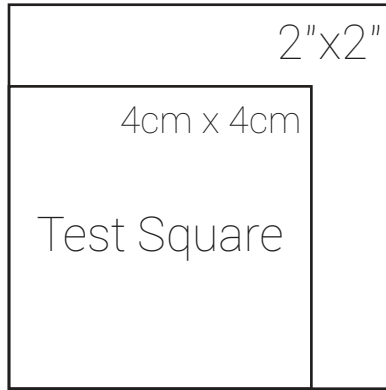
Step 4: Place one sleeve right sides together on the arm opening. Align the front, back, and middle notches. Pin, then serge. Repeat with the second sleeve.



Step 5: Place the side seam of the sleeve and shirt right sides together. Pin and sew the entire seam. Repeat with the second side.



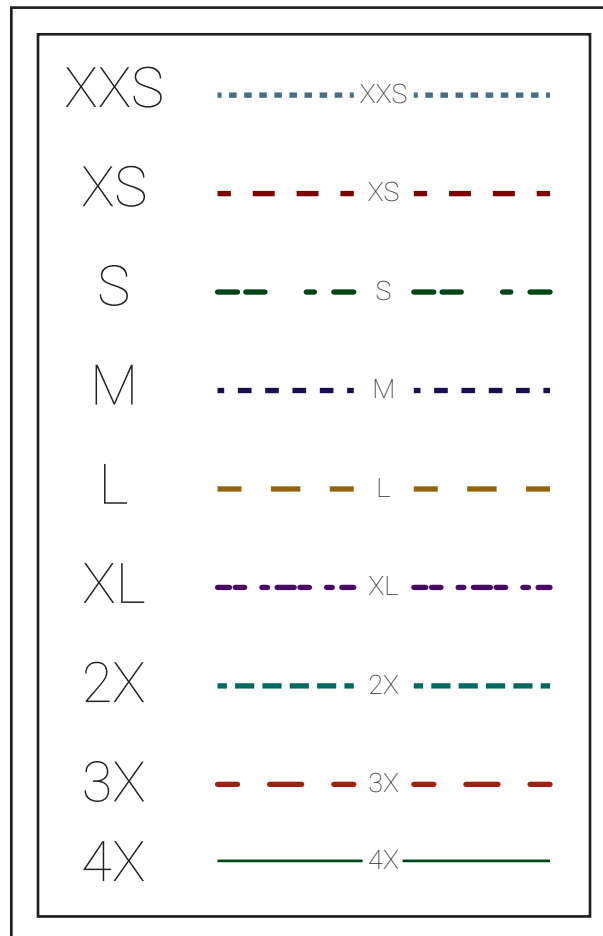
Step 6: If you wish to finish the bottom hem of the shirt, you can do so now. Using Wonder Tape, tape along the entire hem of the shirt. Peel off the backing, then fold the hem up 1/2". Sew along the right side of the bottom hem with a stretch stitch, double needle, or coverstitch machine. If you are not using wonder tape, you can press the bottom hem up 1/2" and sew. Repeat these steps with the sleeve hems. Press the hems well. You are now finished with the Mica T-shirt!

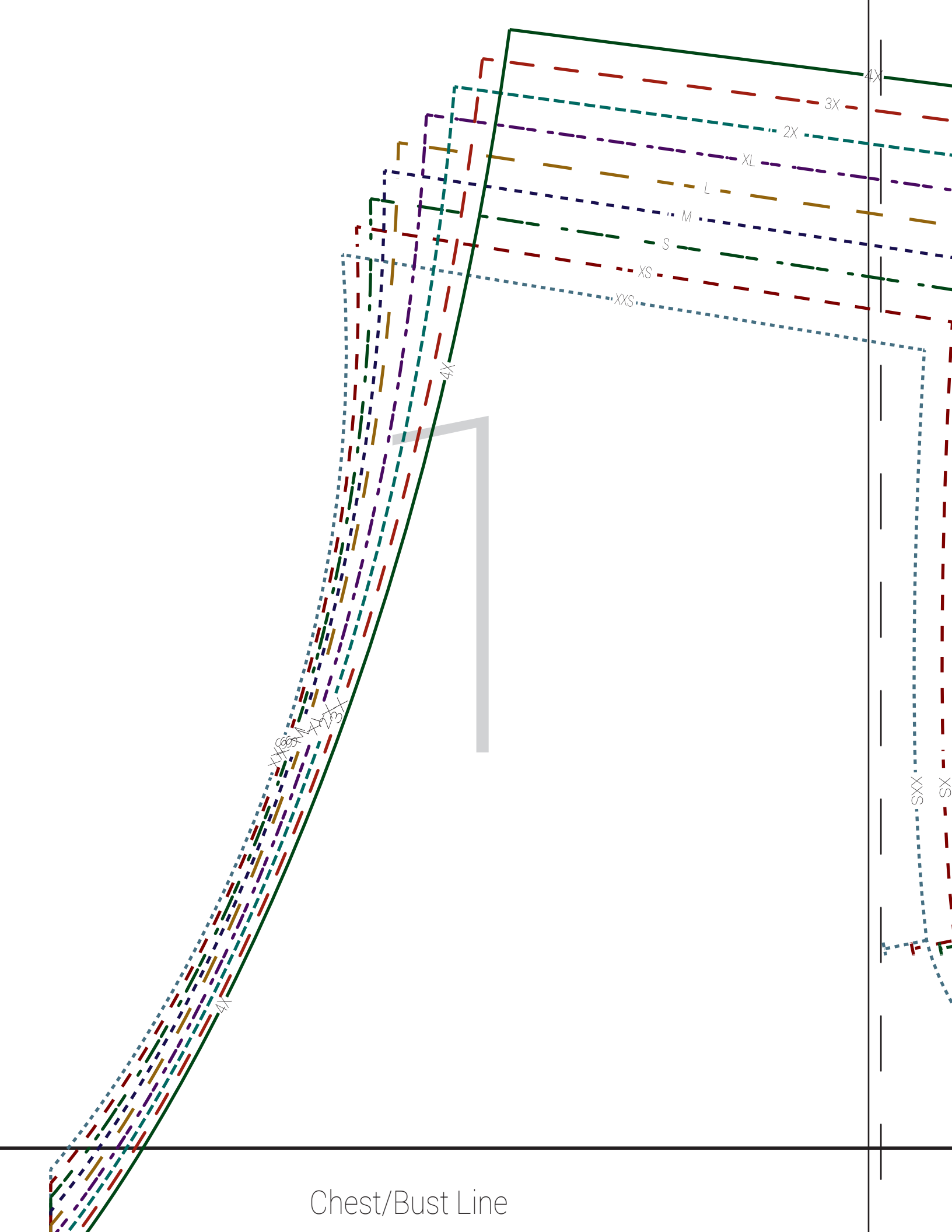


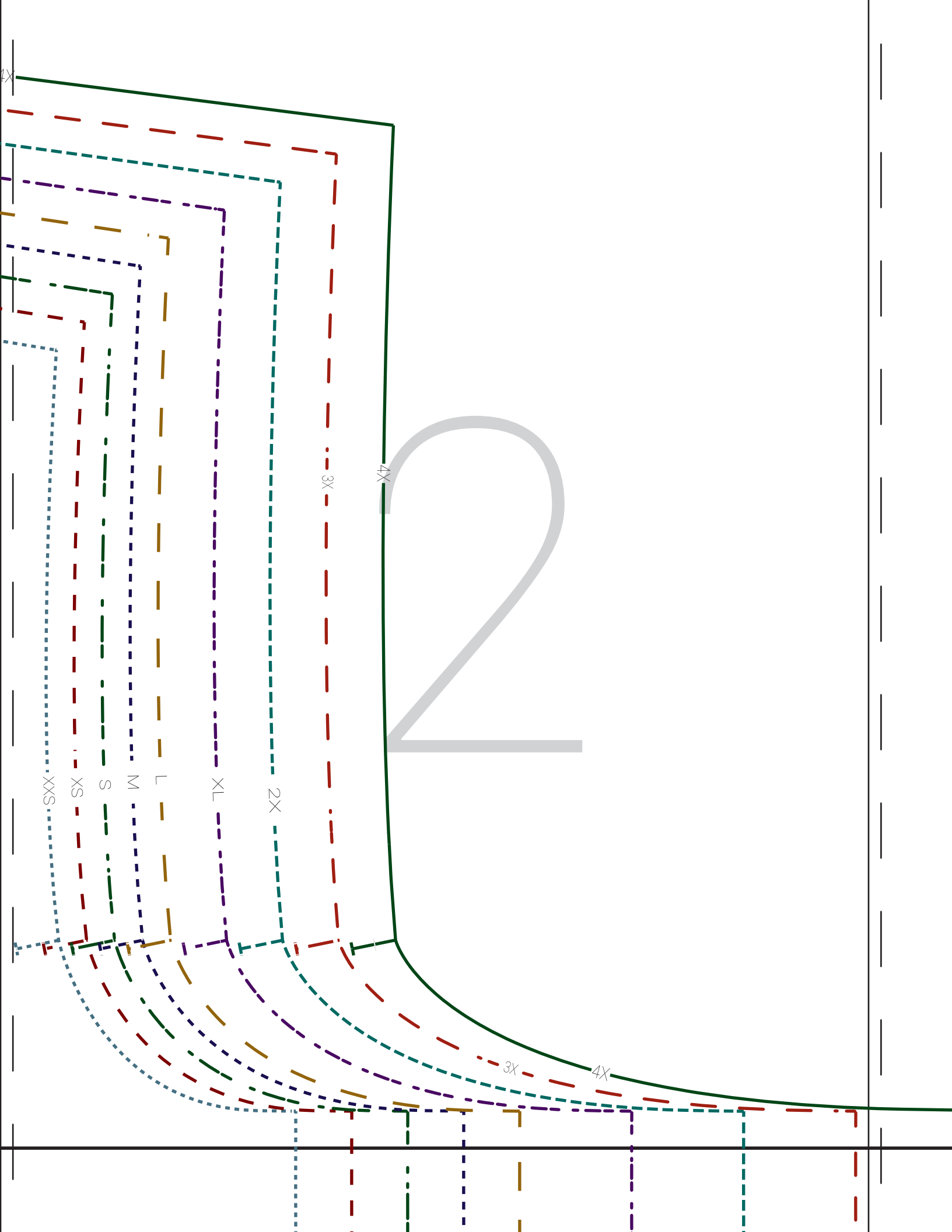
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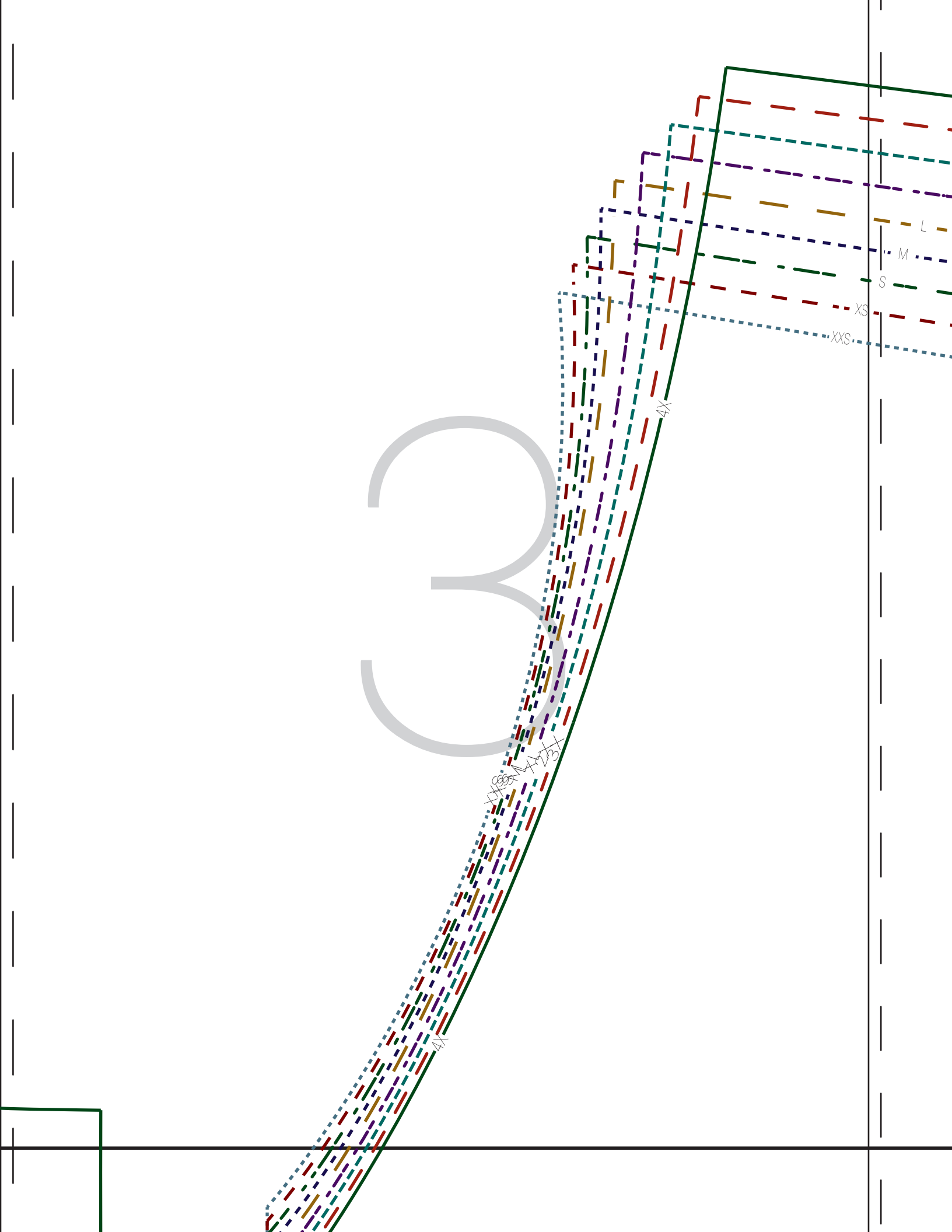
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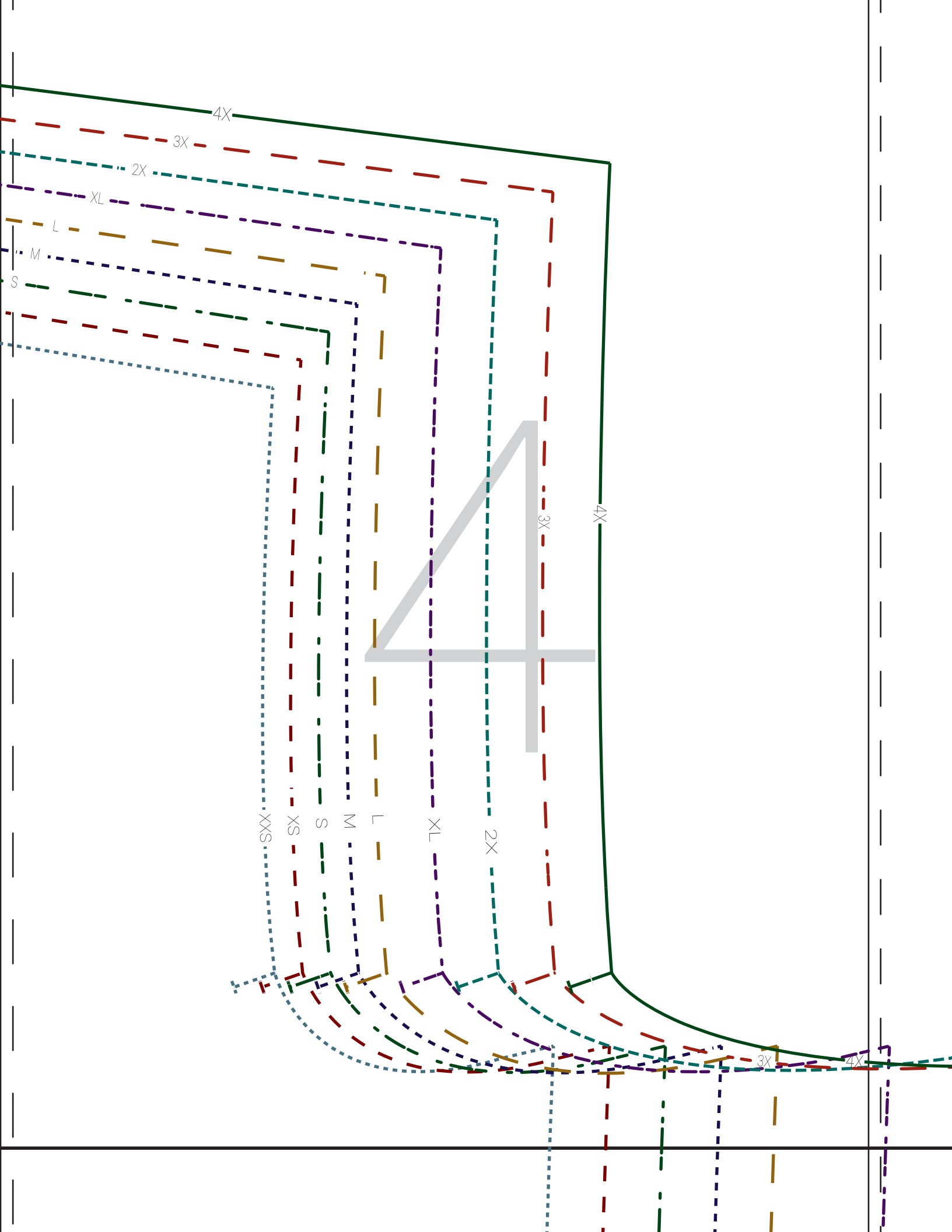
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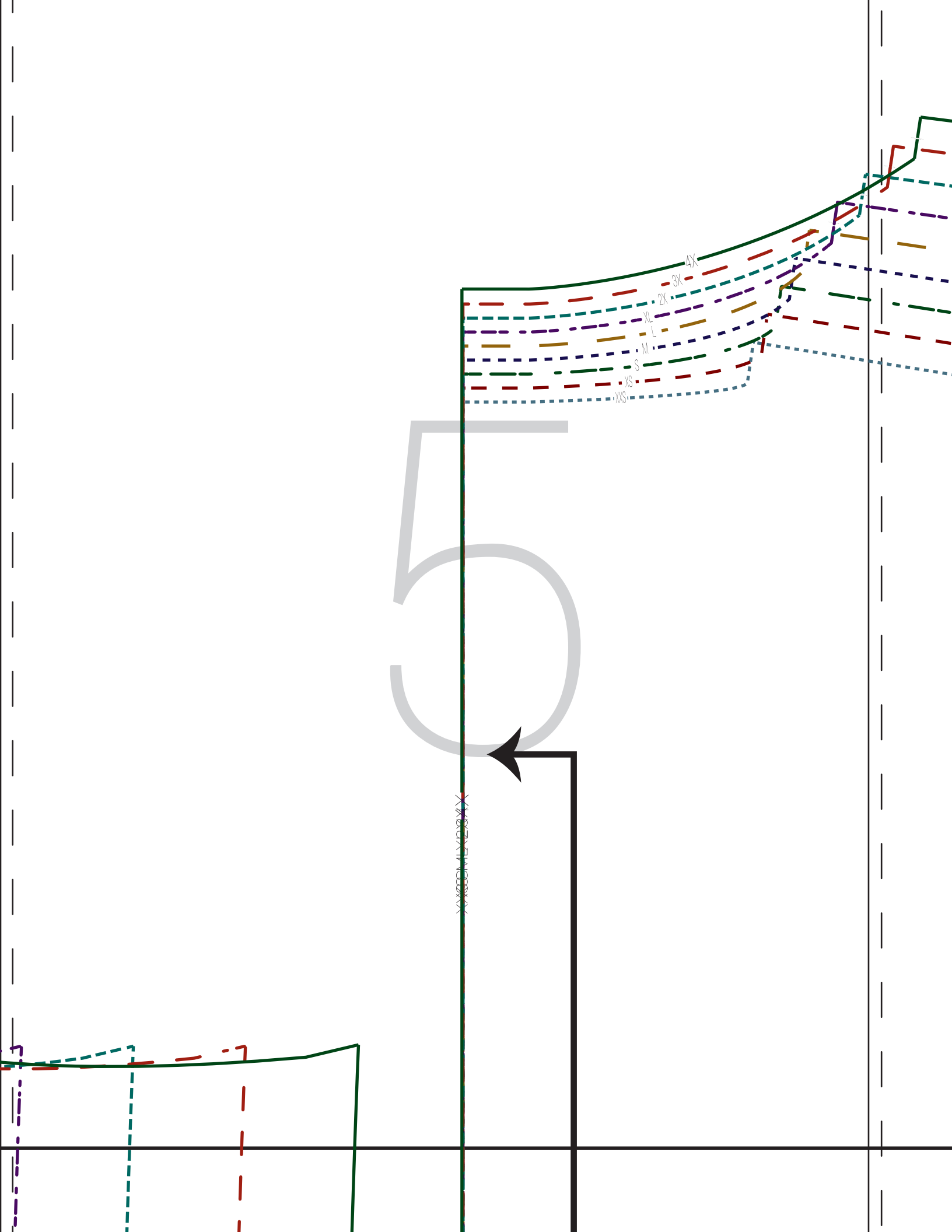


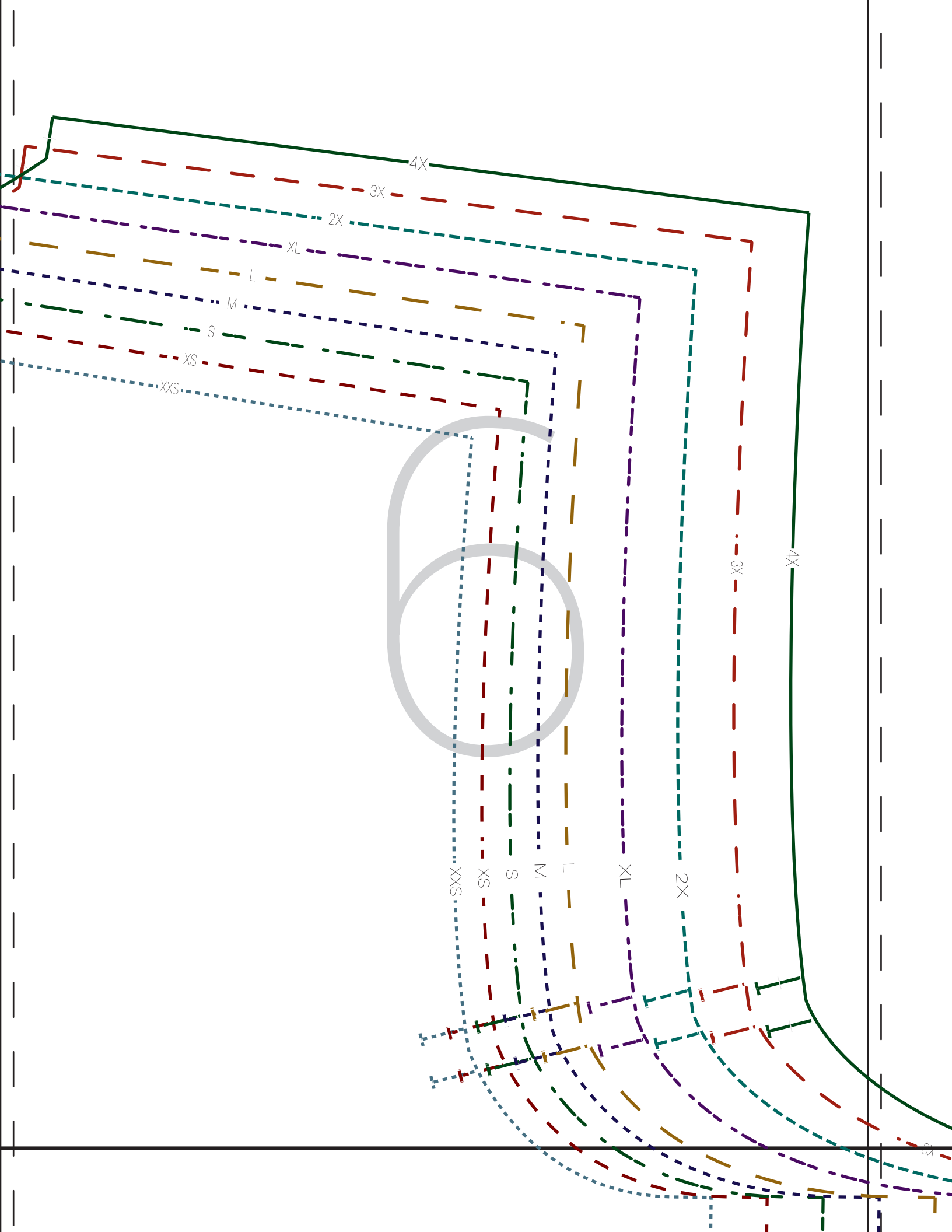










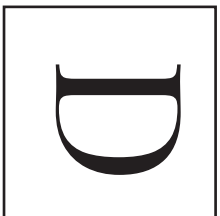


SWAKS 14 1 7A XZ XOX 1

SWAK SW 9 14



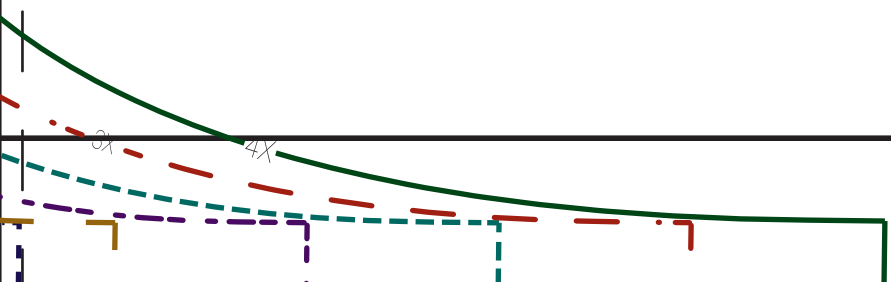
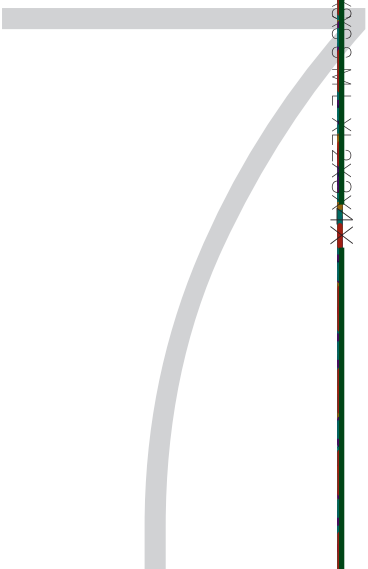
Fold Line



*Mica T-shirt*  
V-neck Binding  
Cut 1 On Fold  
Seam Allowance is 3/8" (1 cm)

XOXO M L X L XOXOX 1 X

XOXO XS 9 M



Chest/Bust Line

3X 4X 5X 6X 7X 8X 9X 10X 11X 12X 13X 14X 15X 16X 17X 18X 19X 20X 21X 22X 23X 24X 25X 26X 27X 28X 29X 30X 31X 32X 33X 34X 35X 36X 37X 38X 39X 40X 41X 42X 43X 44X 45X 46X 47X 48X 49X 50X 51X 52X 53X 54X 55X 56X 57X 58X 59X 60X 61X 62X 63X 64X 65X 66X 67X 68X 69X 70X 71X 72X 73X 74X 75X 76X 77X 78X 79X 80X 81X 82X 83X 84X 85X 86X 87X 88X 89X 90X 91X 92X 93X 94X 95X 96X 97X 98X 99X 100X

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*Mica T-shirt*  
Front A&B Cups

Cut 1 On Fold  
Seam Allowance is 3/8" (1 cm)



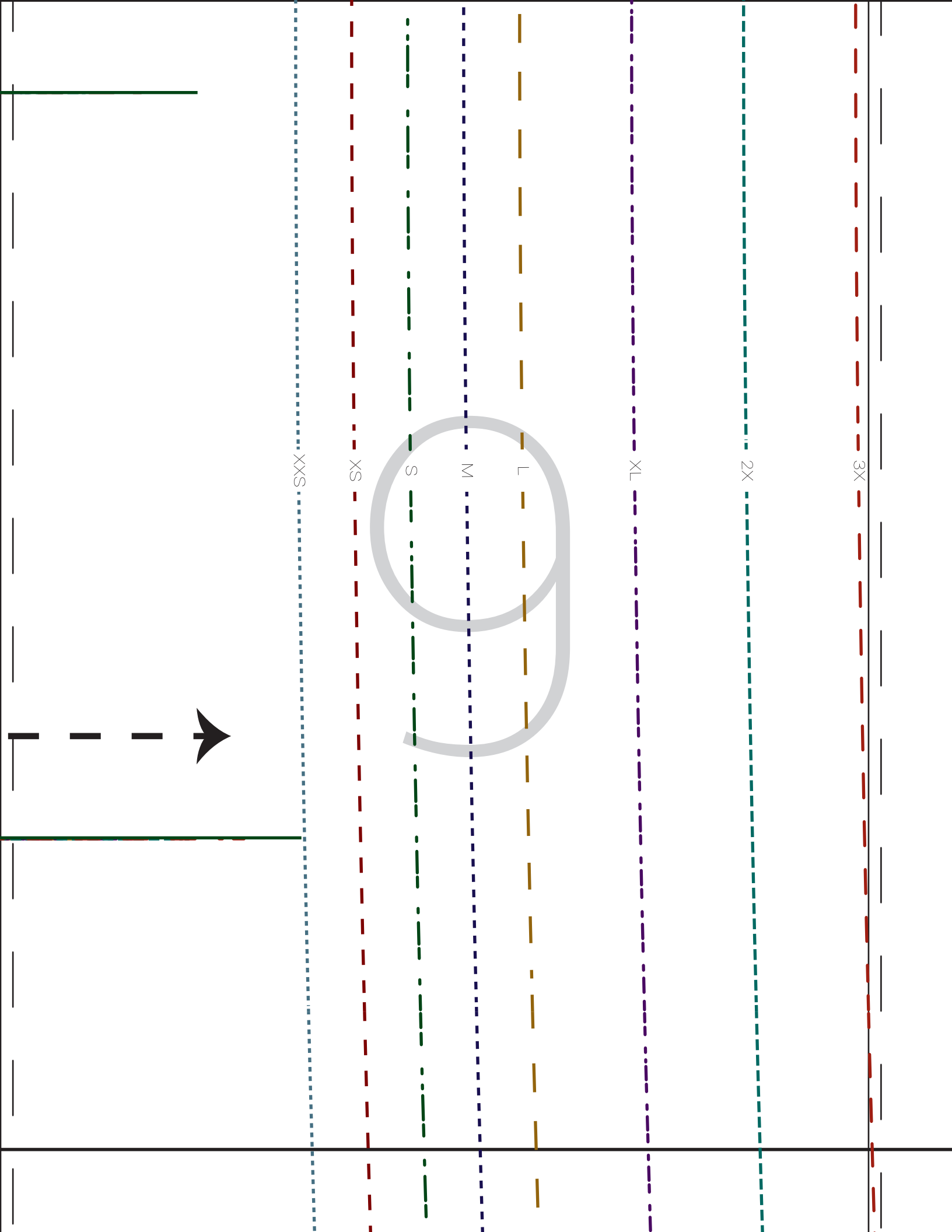
Stretch



3X 4X 5X 6X 7X 8X 9X 10X 11X 12X 13X 14X 15X 16X 17X 18X 19X 20X 21X 22X 23X 24X 25X 26X 27X 28X 29X 30X 31X 32X 33X 34X 35X 36X 37X 38X 39X 40X 41X 42X 43X 44X 45X 46X 47X 48X 49X 50X 51X 52X 53X 54X 55X 56X 57X 58X 59X 60X 61X 62X 63X 64X 65X 66X 67X 68X 69X 70X 71X 72X 73X 74X 75X 76X 77X 78X 79X 80X 81X 82X 83X 84X 85X 86X 87X 88X 89X 90X 91X 92X 93X 94X 95X 96X 97X 98X 99X 100X

Waist Line-Shorten/Lengthen Here

Fold Line



0x0 0x1 0x2 0x3 0x4 0x5 0x6 0x7 0x8 0x9 0xA 0xB 0xC 0xD 0xE 0xF

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Mica T-shirt

# Front C-E Cups

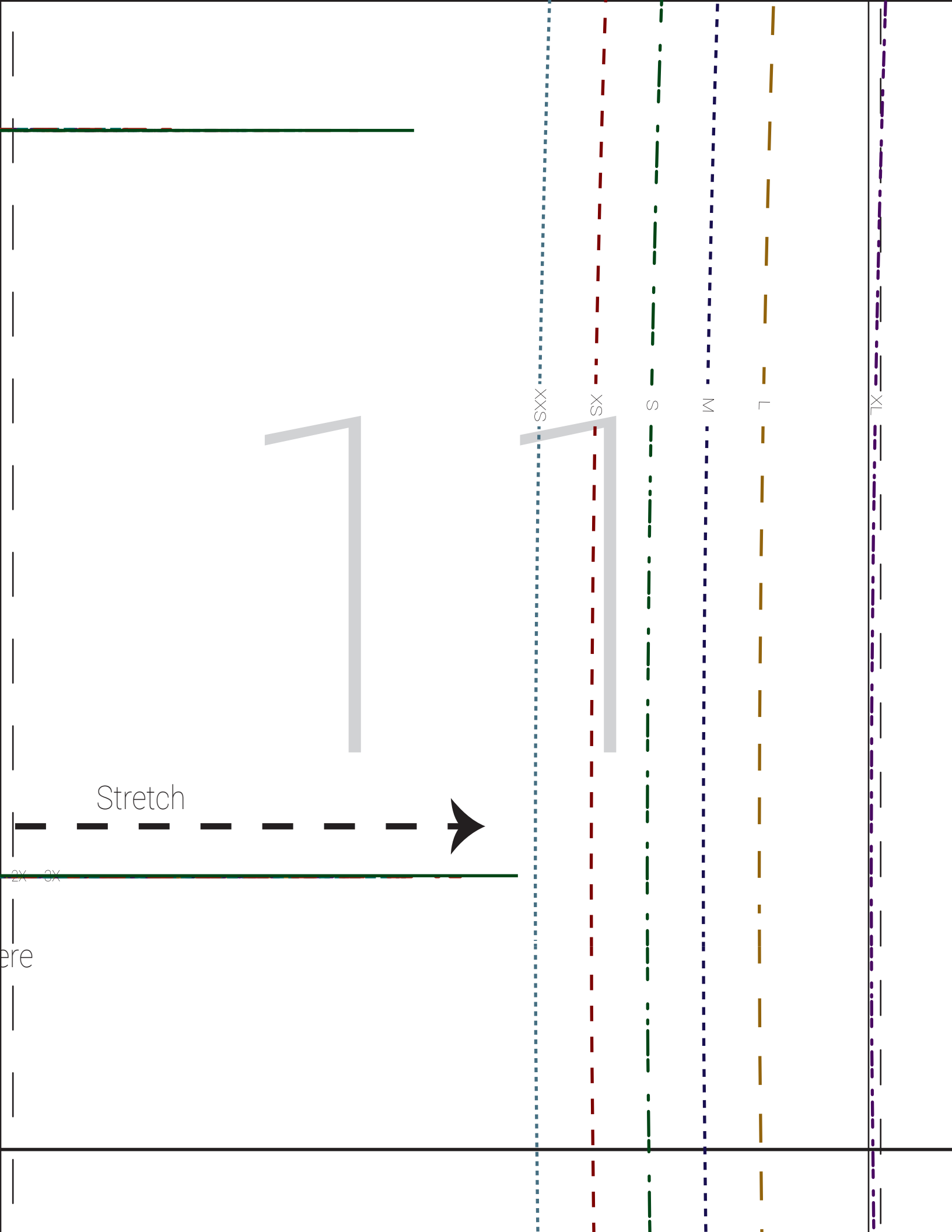
## Cut 1 On Fold

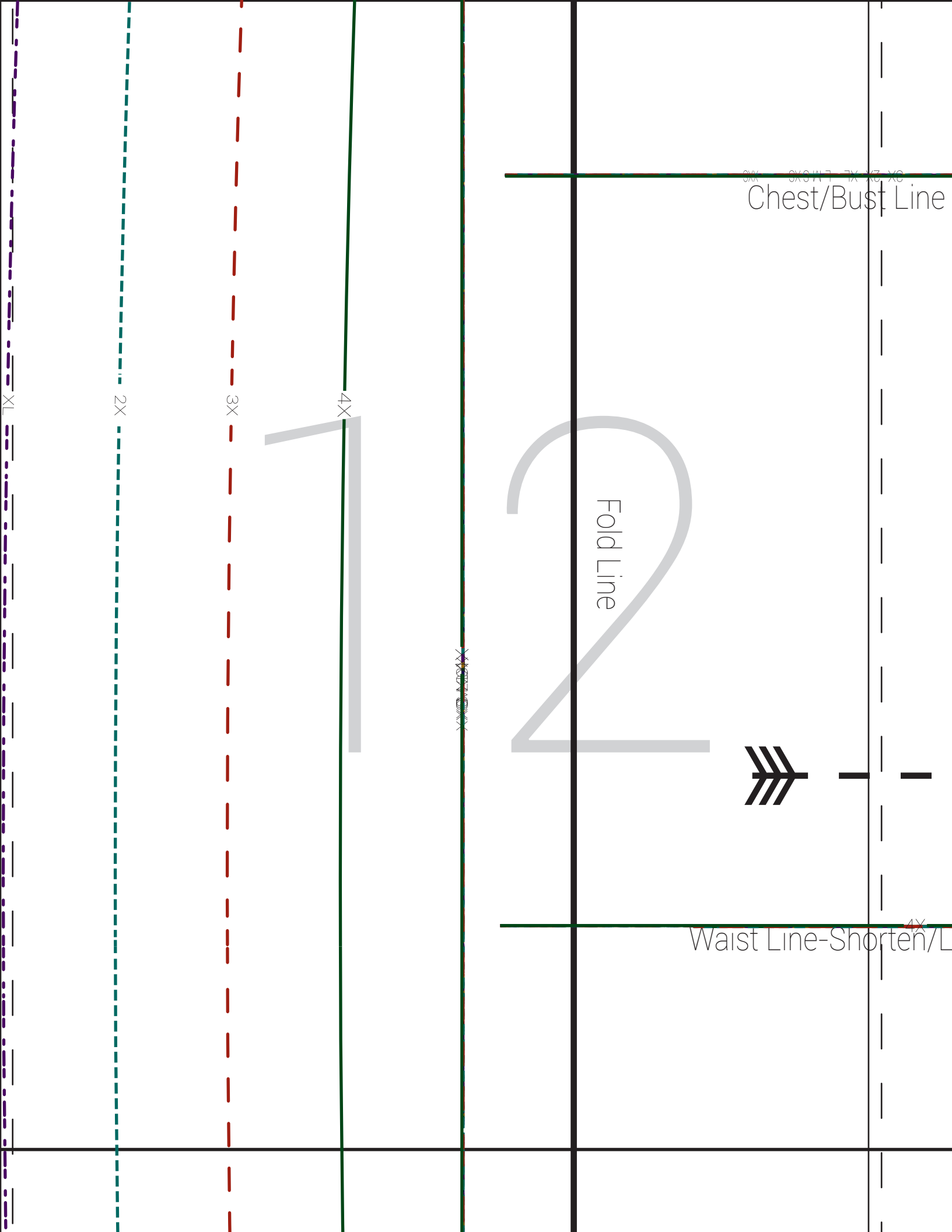
Seam Allowance is 3/8" (1 cm)



Waist Line-Shorten/Lengthen Here

# Fold Line





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C

Mica T-shirt

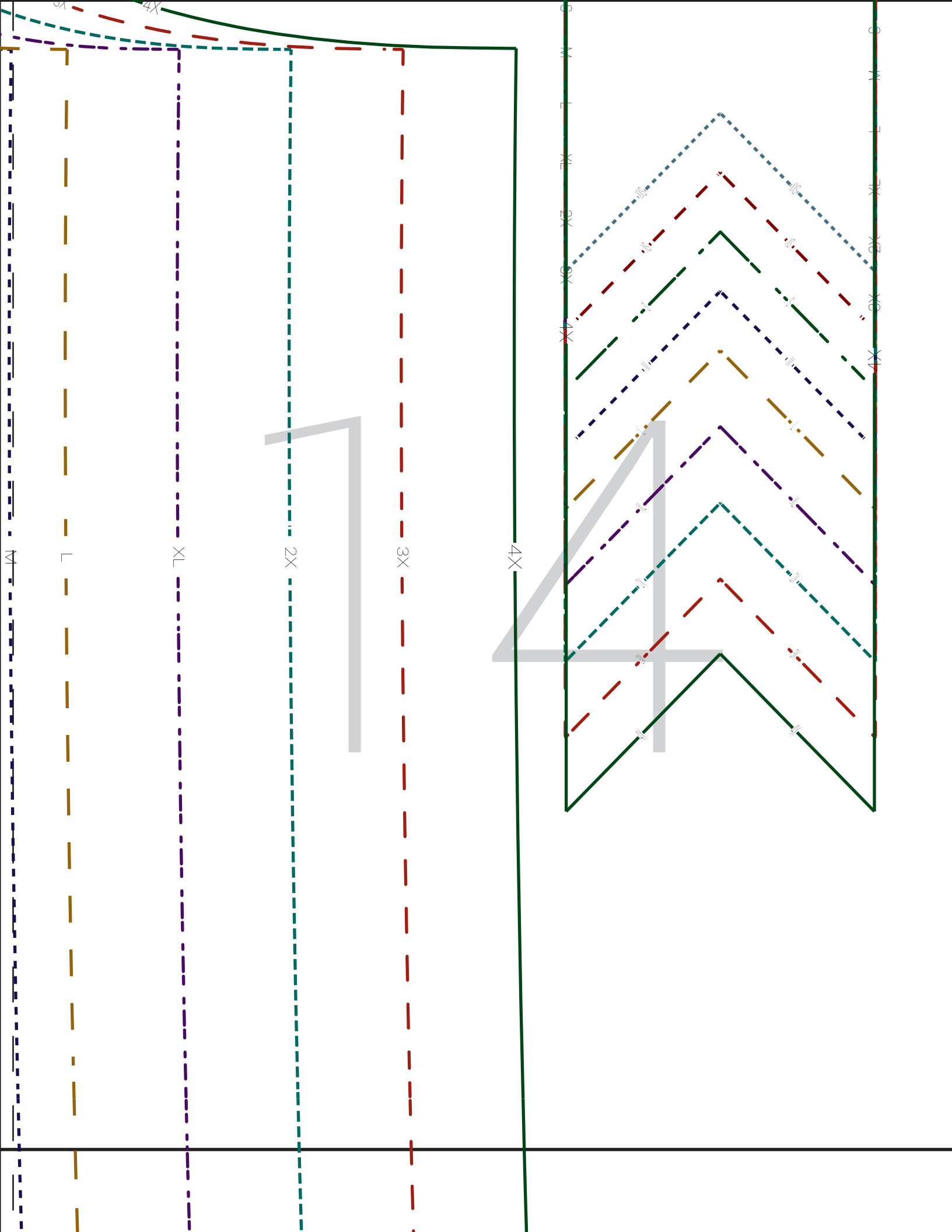
# Back

Cut 1 On Fold

Seam Allowance is 3/8" (1 cm)

## Stretch

Porten/Lengthen Here



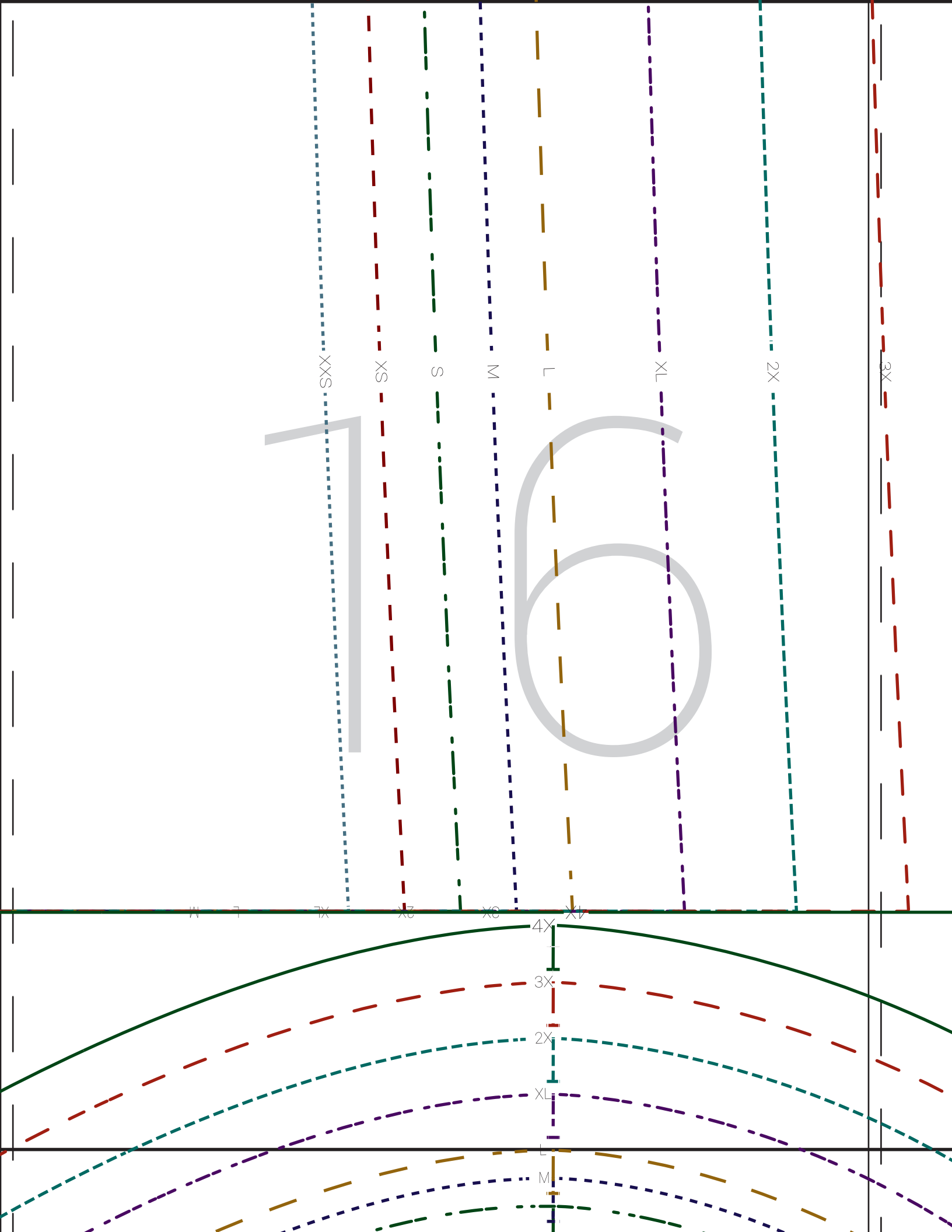
15

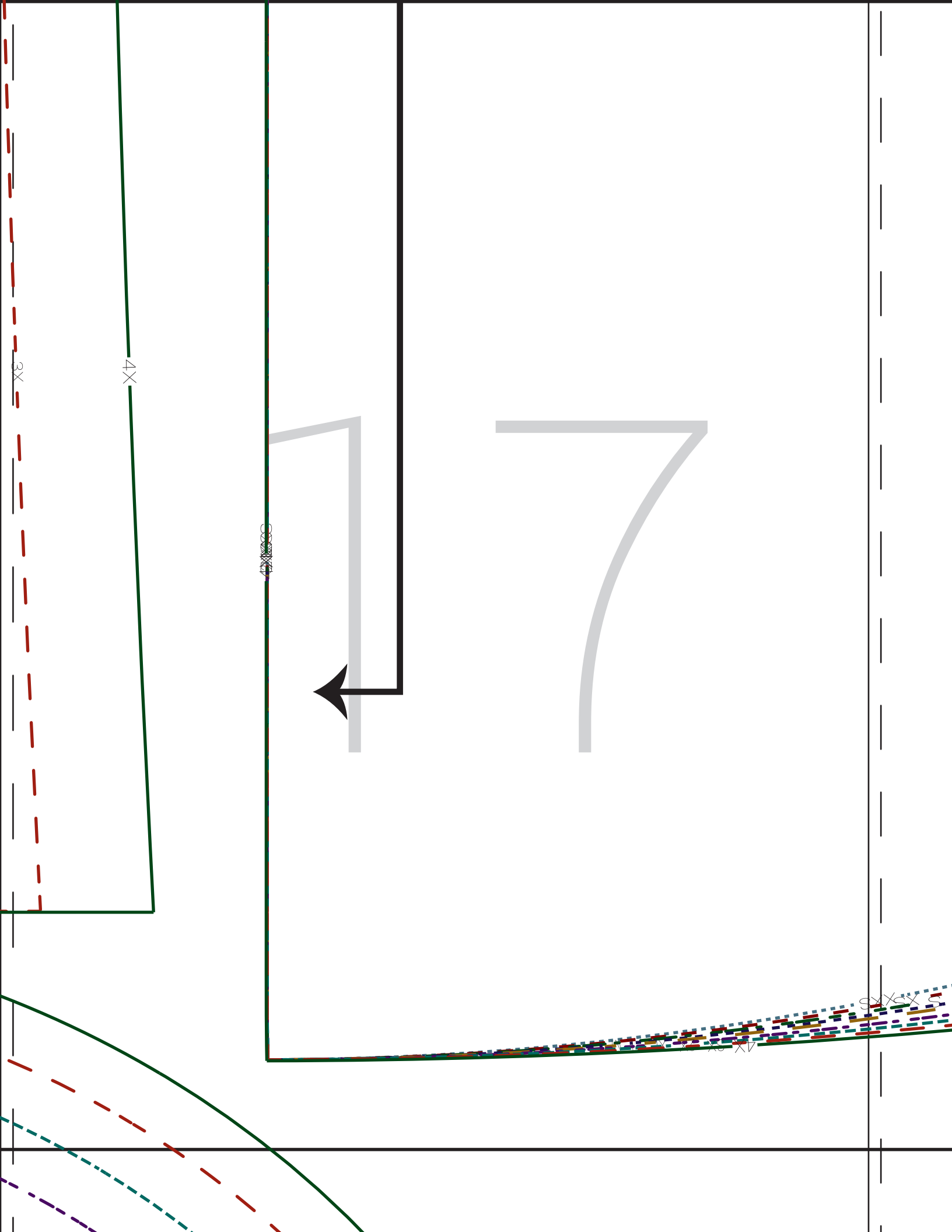


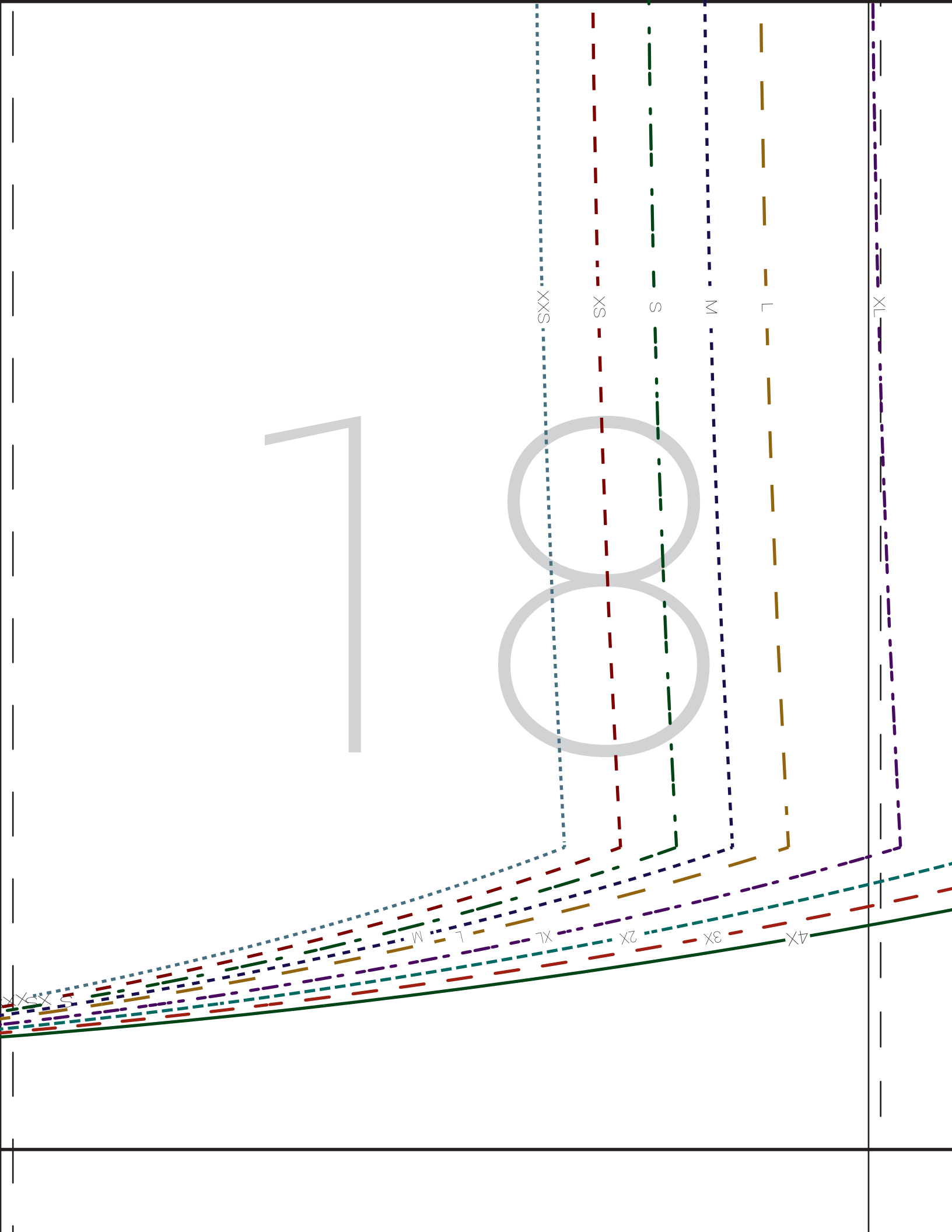
1X 0X 2X XL L M

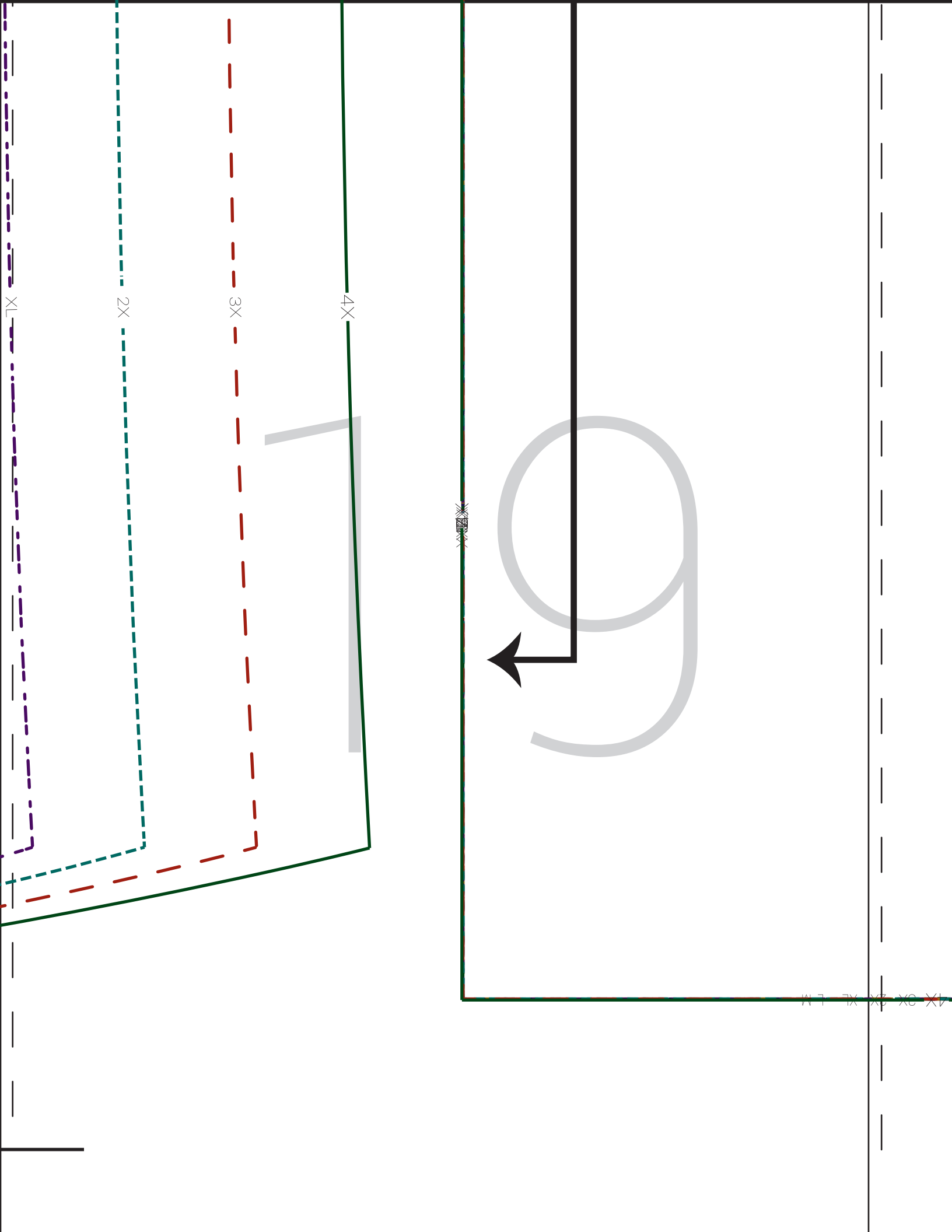
0 XXXXG

42X42G

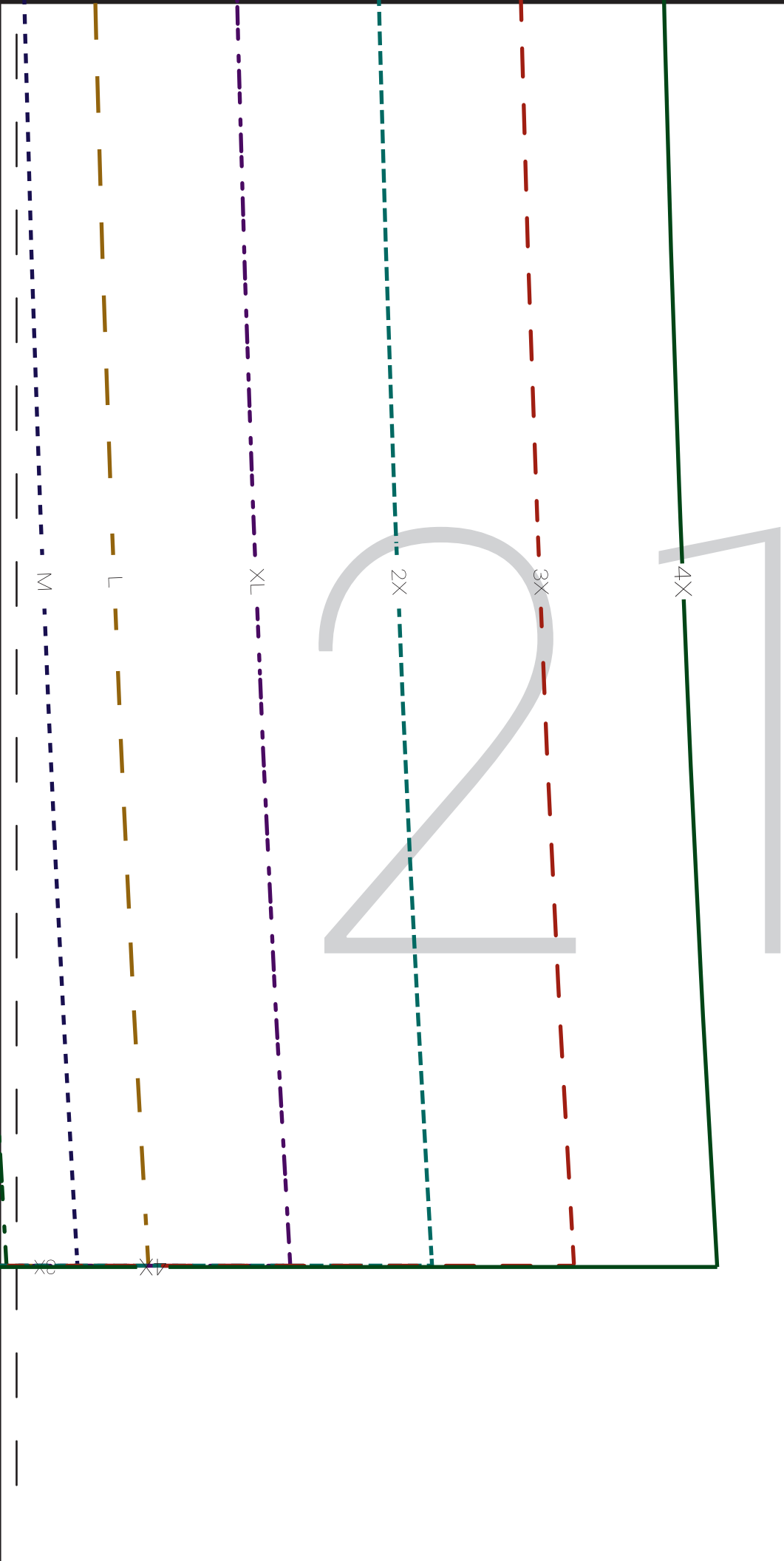


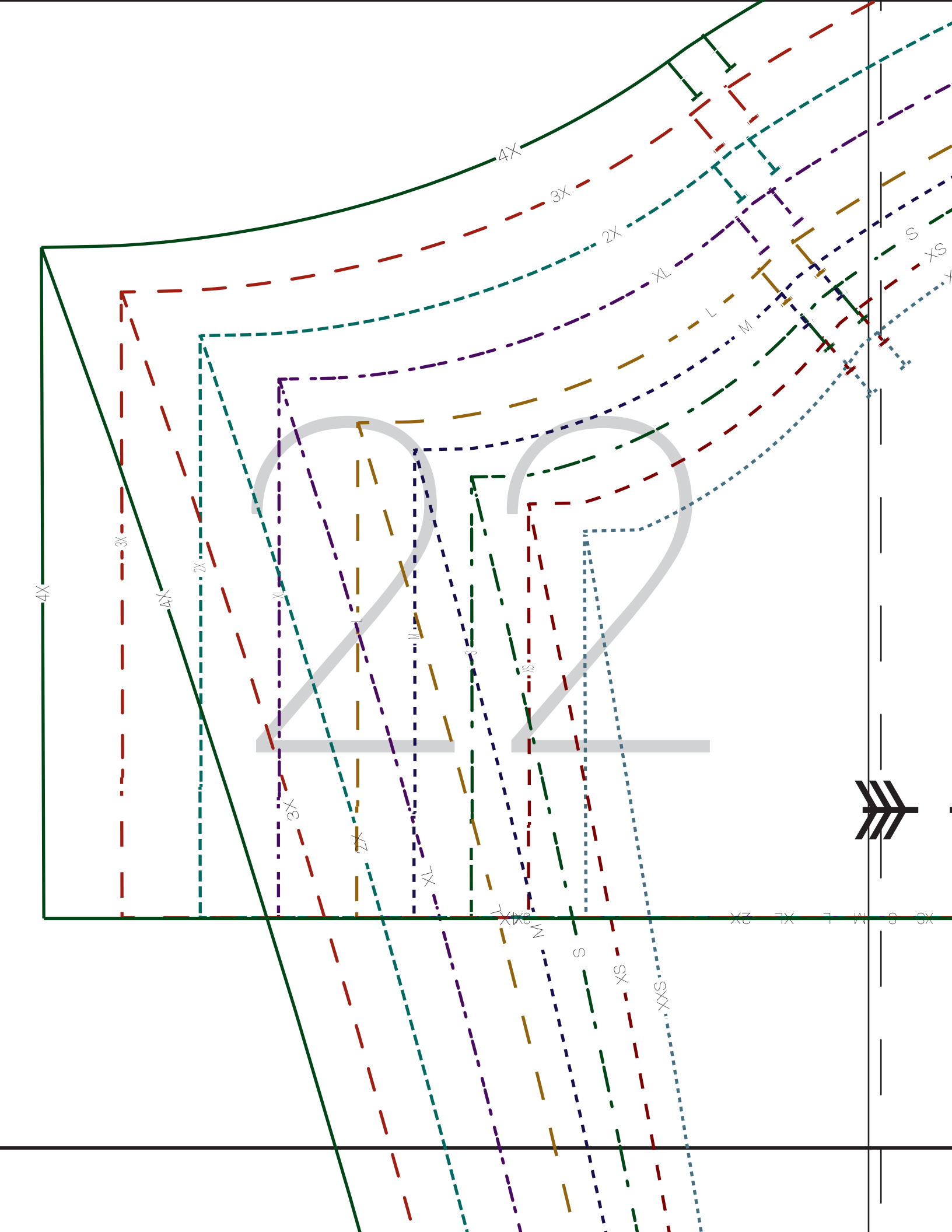












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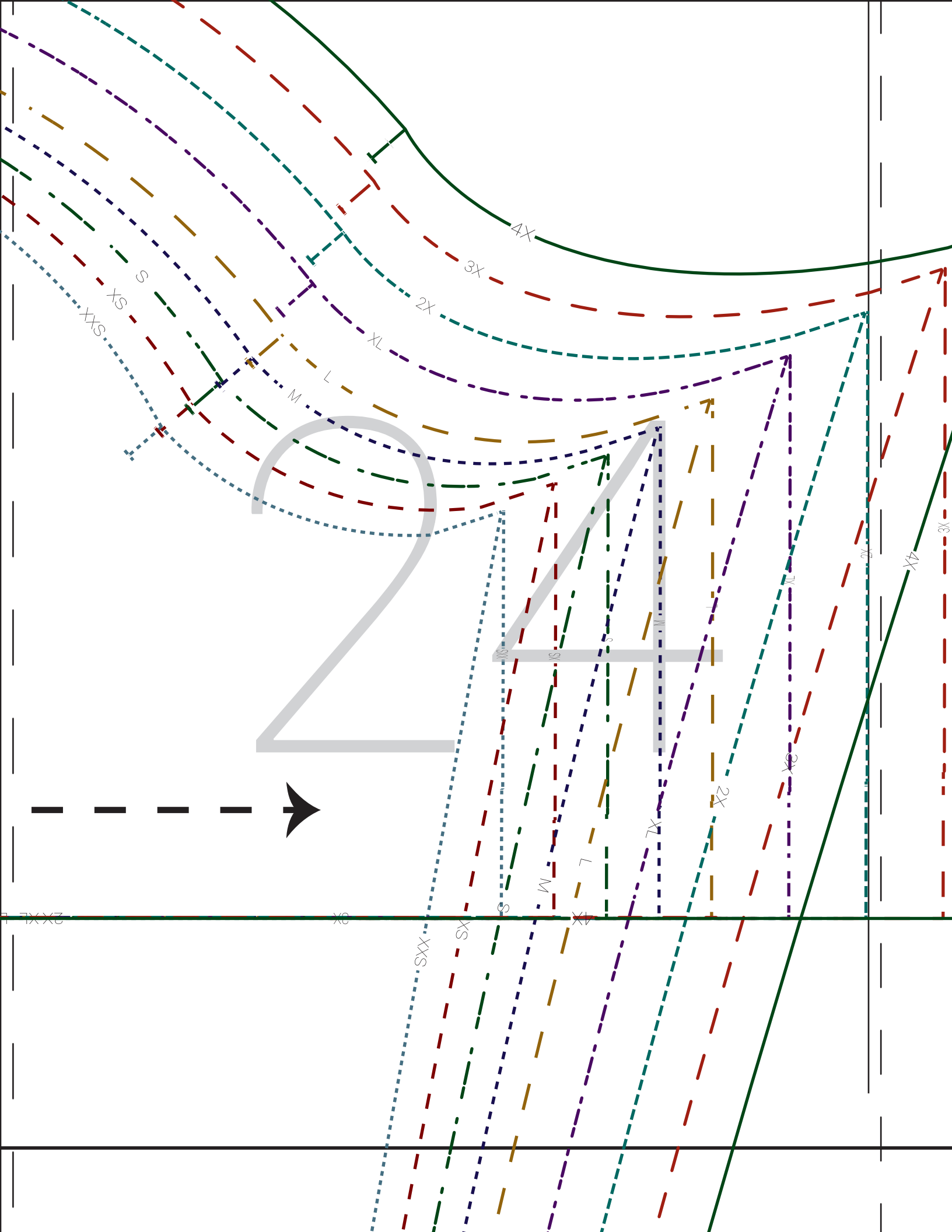
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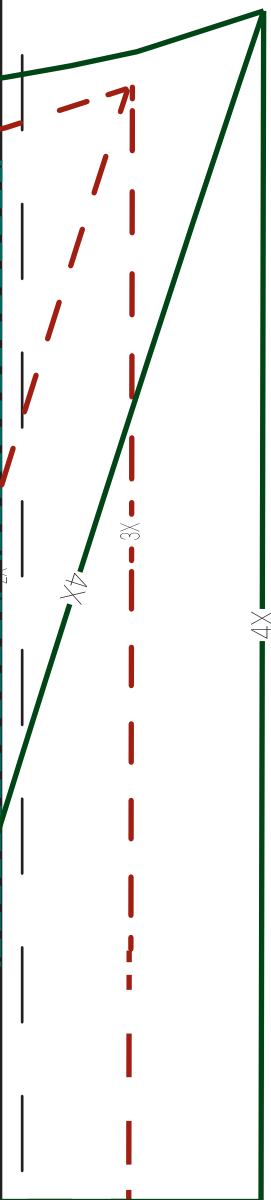
*Mica T-shirt*  
Sleeve

Cut 2, Mirrored  
Seam Allowance is 3/8" (1 cm)

Stretch

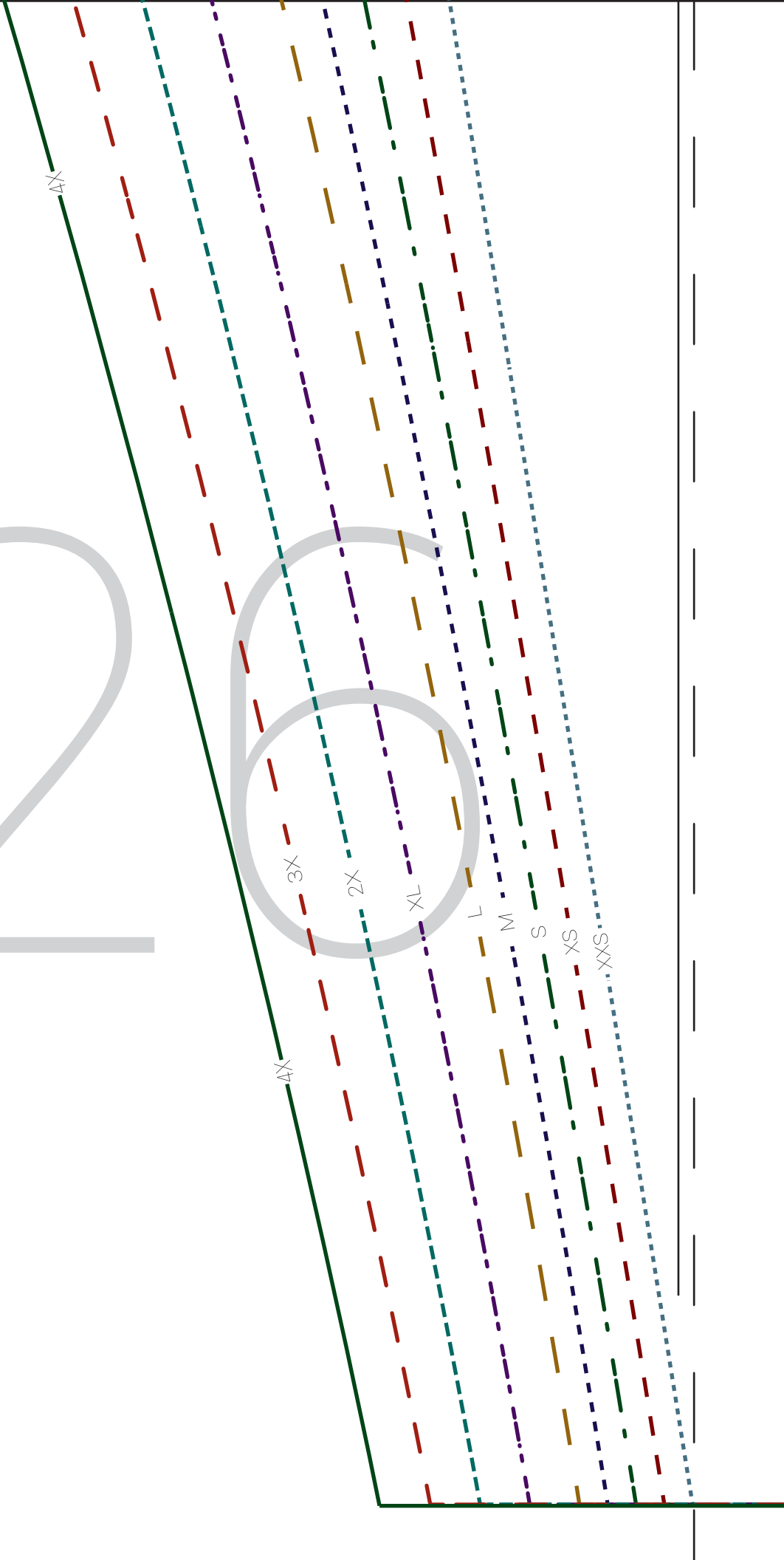
Short Sleeve Cut Line





25

26



27

Long Sleeve Cut Line

