

Size 00 - 20
Cute & Easy



Lago Tank

Digital PDF Sewing Pattern
itch-to-stitch.com

DESCRIPTION

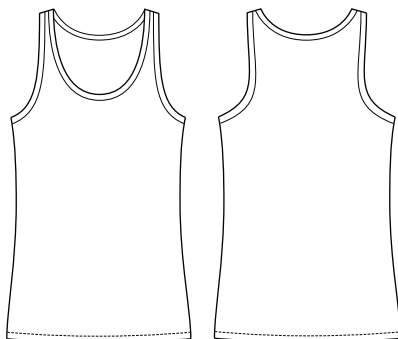
Your next summer favorite tank top is here! In the Lago Tank, you can let the sun kiss your arms and shoulders while enjoying the gorgeous sunshiny day. The Lago Tank is also perfect as an under layer in those chillier evenings too. The simple design is excellent for featuring your favorite knit fabric.

LAGO TANK FEATURES

- Relaxed fit
- Comfortable scoop neck
- Neck and arm bands
- Hip length
- Layers feature (print only the sizes you need)

What is the “layers” feature?

In this PDF, you can choose to turn off the sizes you don’t need, so there are no more distracting lines in the pattern! See page 4 for instructions.



TERMS OF USE

You may make garments from this pattern for personal use and for sale. However, you may not sell or distribute the pattern or instructions in their digital or printed form. If your friends or family would like to have a copy, please refer them to Itch-to-Stitch.com to get a copy of the PDF Pattern for their individual use. The purchaser has permission to have the pattern printed for their own use.

SIZING

This pattern includes twelve women’s sizes from 00 to 20. The Lago Tank is designed to be slightly relaxed. Check both the “Body Measurements” and “Finished Garment Measurements” tables to find your best fit.

CHOOSING YOUR SIZE

1. Compare your bust circumference (fullest part) to the “Body Measurements” table. Choose the size that best fits your bust. If you are between sizes, choose the smaller size if you like your garment more fitted; otherwise, choose the bigger size.
2. Compare your waist circumference (narrowest part) to the “Body Measurements” table. Choose the size that best fits your waist. If you are between sizes, choose the smaller size if you like your garment more fitted; otherwise, choose the bigger size.
3. Compare your hip circumference (widest part) to the “Body Measurements” table. Choose the size that best fits your hip. If you are between sizes, choose the smaller size if you like your garment more fitted; otherwise, choose the bigger size.
4. If you typically wear DD cup or above, choose one size smaller above the bust (armholes/straps).
5. It’s OK to use different sizes. See “Blend Sizes” (Page 6) for details.
6. If you are taller or shorter than 5’6” (168 cm), you should consider lengthening or shortening the bodice (see “Lengthen/Shorten” on page 6).

I highly recommend that you **check your fit by making a test garment with inexpensive fabric** that has similar weight as your final garment fabric.

BODY MEASUREMENTS

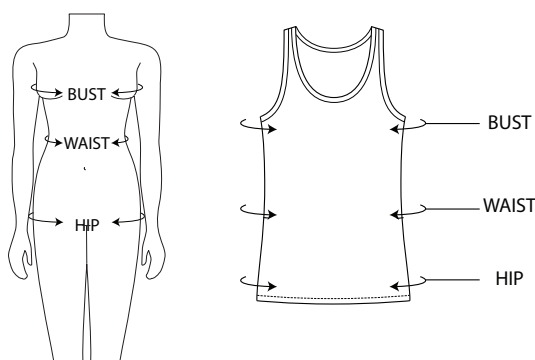
(in)	00	0	2	4	6	8	10	12	14	16	18	20
Bust	31 ½	32 ½	33 ¾	35 ½	36 ½	37 ¾	39 ¼	40 ⅝	42	43 ¼	44 ⅝	46
Waist	25 ¾	26 ¾	28 ½	29 ½	30 ¾	32 ¼	33 ⅝	35	36 ¾	37 ¾	39 ½	40 ½
Hip	33 ¼	34 ⅝	35 ¾	37 ¼	38 ⅝	40	41 ¼	42 ⅝	44	45 ¾	46 ⅝	48

(cm)	00	0	2	4	6	8	10	12	14	16	18	20
Bust	79	82.5	86	89	92.5	96	99.5	103	106.5	110	113.5	117
Waist	64.5	68	71.5	75	78.5	82	85.5	89	92.5	96	99.5	103
Hip	84.5	88	91	94.5	98	101.5	105	108.5	112	115.5	118.5	122

FINISHED GARMENT MEASUREMENTS

(in)	00	0	2	4	6	8	10	12	14	16	18	20
Bust	30 ½	31 ⅞	33 ¼	34 ⅝	36	37 ¾	38 ⅝	40	41 ¾	42 ¾	44 ½	45 ¾
Waist	31 ½	32 ⅞	34 ¼	35 ⅝	36 ¾	38 ¼	39 ⅝	41	42 ¾	43 ⅝	45	46 ¾
Hip	34 ⅞	36 ¼	37 ⅝	39	40 ¼	41 ⅝	43	44 ¾	45 ¾	47	48 ¾	49 ¾

(cm)	00	0	2	4	6	8	10	12	14	16	18	20
Bust	77.5	81	84.5	88	91.5	95	98	101.5	105	108.5	112	115.5
Waist	80	83.5	87	90.5	94	97	100.5	104	107.5	111	114.5	118
Hip	88.5	92	95.5	99	102.5	106	109	112.5	116	119.5	123	126.5



MATERIALS

PRIMARY FABRIC Use light to medium-light weight, 2-way or 4-way knit fabric with 50% to 75% stretch and good recovery. Jersey and ITY knit are good choices. Woven fabrics are not recommended.

TOOLS

♦ Ball-point or stretch machine needles

OPTIONAL TOOLS

- ♦ Walking foot for your sewing machine
- ♦ Serger machine
- ♦ Cover stitch machine to finish your hems
- ♦ Twin needles to finish your hems
- ♦ Wooly nylon thread to finish your hems

FABRIC REQUIREMENTS

Most natural fibers shrink in the wash; be sure to have enough fabric. The requirements below assume that the fabric is already pre-shrunk.

IMPERIAL/YARDS

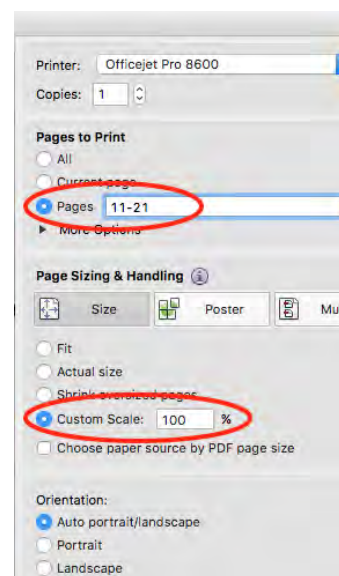
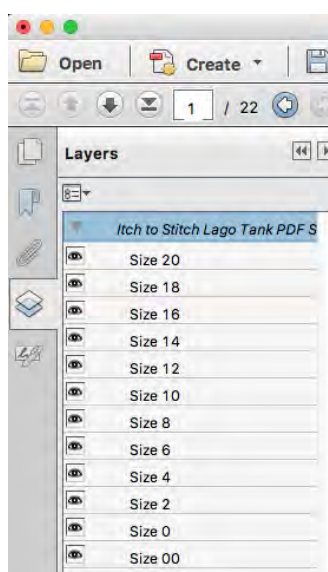
	00	0	2	4	6	8	10	12	14	16	18	20
54" Wide	$\frac{7}{8}$	$\frac{7}{8}$	$\frac{7}{8}$	$\frac{7}{8}$	$\frac{7}{8}$	$\frac{7}{8}$	1	1	1	1	1	1

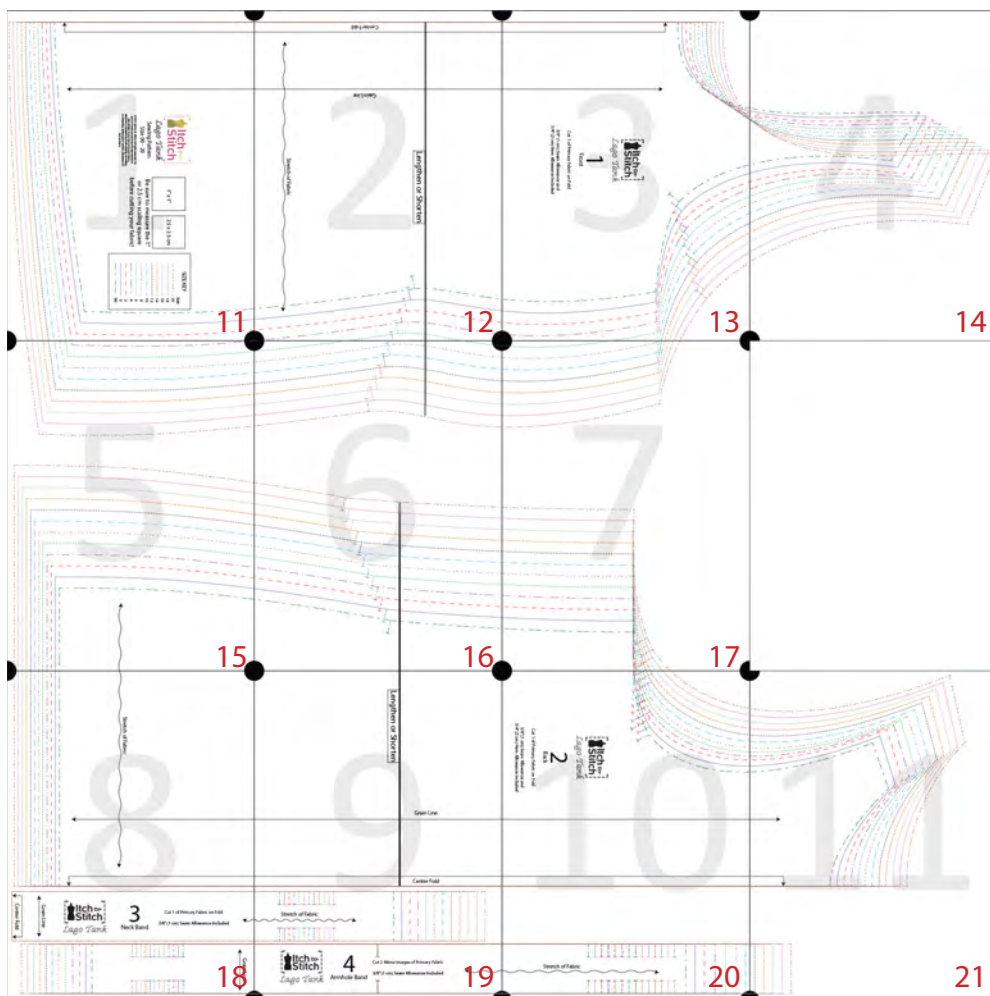
METRIC/CM

	00	0	2	4	6	8	10	12	14	16	18	20
135 cm Wide	80	80	80	80	80	80	90	90	90	90	90	90

PRINTING INSTRUCTIONS

1. This pattern includes layered pattern tiles that allow you to print only the sizes you need. In Acrobat Reader, click on the Layers icon on the left tab. Expand "Itch to Stitch Lago Tank PDF Sewing Pattern." Next to each size is an eye icon. Uncheck the sizes you don't need, and leave the eye icon on for the size(s) that you want. As you toggle the eye icons on and off, you can see the pattern lines (on any page from 11 to 21) appear/disappear as a result.
2. Print Page 11 first to check the size by measuring the 1" x 1" or 2.5 x 2.5 cm scaling square printed on the pattern.
3. If you wish to print the pattern tiles without the instructions, print pages 11 to 21 only.
4. Make sure that you choose "Actual Size" or scale to 100% in the print dialog box.
5. The pattern can be printed on either A4 or US Letter (8.5" x 11") size paper. A large format print shop version of the pattern is provided in a separate file.
6. Print from Adobe Acrobat Reader only. Make sure you have the latest updates (go to Help -> Check for updates). Do not print from a browser or Preview (Mac OS).





TILE TAPING INSTRUCTIONS

- ♦ The pattern contains 11 pattern tiles.
- ♦ Each tile contains a watermark number. See the image above for an overview of where the tiles should be placed. You will have to fold or cut the paper in order to align the circles/tile edges.
- ♦ The page numbers are stated in red above for your convenience; they are not printed on the pattern tiles.

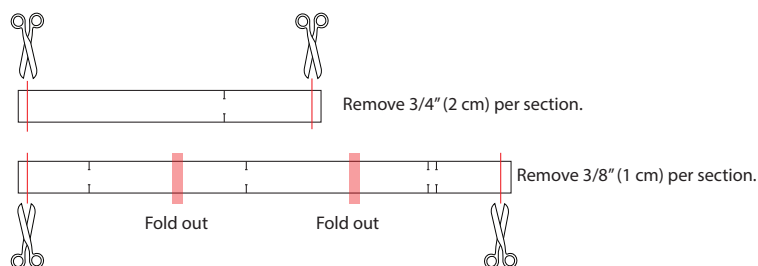
FABRIC CUTTING INSTRUCTIONS

Remember to pre-shrink fabric by pre-washing washables or steam-pressing non-washables.

Pattern Piece	Primary Fabric
1 - Front	1 on fold
2 - Back	1 on fold
3 - Neck Band	1 on fold
4 - Armhole Band	2 Mirror Images

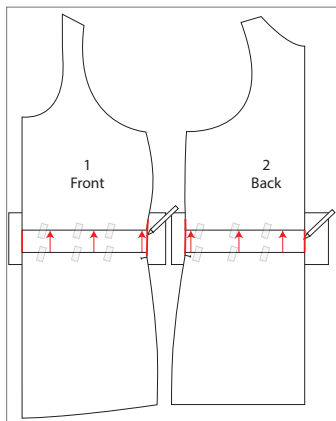
Using a drapery fabric?

If you are using a fabric with a lot of drape and less recovery (such as rayon knit) for the bands, you may wish to shorten the Neck Band (3) and Armhole Band (4) between each set of notches and at the ends.



LENGTHEN/SHORTEN

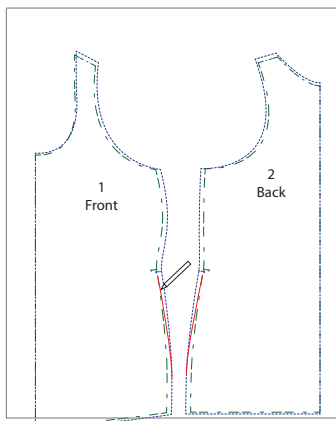
The lengthen/shorten lines are included in this pattern.



1. Cut at the lengthen/shorten lines.
2. Spread them apart for the desired added amount. Be sure each pair is still vertically aligned.
3. Draw lines to connect each pair. Make sure the transitions are very smooth.
4. The same method is used to shorten; you would overlap the pieces instead of spreading them apart.

BLEND SIZES

You may need to choose different sizes for the armholes/straps, bust, waist and hip by blending sizes. First, print the sizes using the Layers function (see Printing Instructions on page 4). Then follow these instructions to blend sizes.



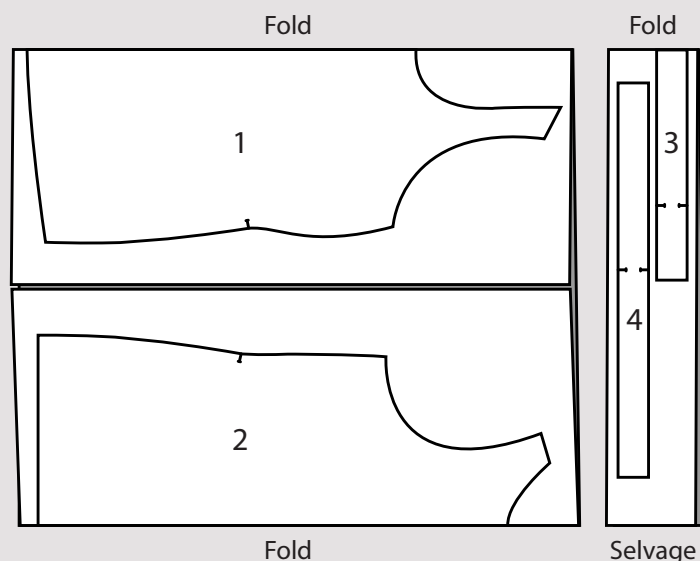
1. On Front (1), draw a very gentle curve from one size in the bust to another size in the waist (and then to another size in the hip if necessary). Make sure the transitions of the lines are very smooth.
2. Similarly, on Back (2), starting at about the same level as the front, draw a very gentle curve from one size in the bust to another size in the waist (and then to another size in the hip if necessary).

LAYOUT DIAGRAM

PRIMARY FABRIC

54" (135 cm) Wide

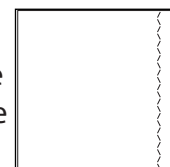
All Sizes



MACHINE CHOICE

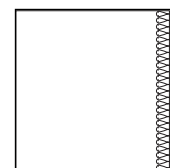
SEWING MACHINE

You can use a regular sewing machine to sew the seams—use a narrow zigzag stitch so that the seams will stretch slightly. I use a 2.5 mm long and 0.5 mm wide stitch. You will barely notice the width of the zigzags. Finishing the raw edges of the seams is not necessary since the knit fabric does not fray.



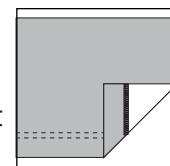
SERGER MACHINE

Instead of a regular sewing machine, you could use a serger to finish your seams. A serger trims the seam allowances, sews the seam, and overcasts the edge in one pass, so it is much faster than using your sewing machine. You can use the 3-thread or the 4-thread overlock stitch.



COVER STITCH MACHINE

The cover stitch machine can be used to sew the hems. A cover stitch looks like two rows of straight stitches on the right side and like a serger stitch on the wrong side. The benefit of a cover stitch is that it stretches with the fabric. But if you don't have a cover stitch machine, don't worry; you can still use your regular sewing machine to finish the hems—using either a zigzag stitch or a straight stitch with a twin needle.



SEWING INSTRUCTIONS

- ◇ Transfer markings to the wrong sides of fabric before removing the pattern pieces from the fabric. Also mark center front and center back on the fold before removing the pattern pieces.
- ◇ Seam allowances are 3/8" (1 cm) and hem allowances are 3/4" (2 cm).
- ◇ When sewing with knit fabric, be sure to use ball-point or stretch machine needles for best results.
- ◇ You may choose to finish the seams by zigzagging, serging or other methods, but finishing the raw edges of the seams is not necessary since the knit fabric does not fray.
- ◇ In some parts, you could use a serger to serge or a sewing machine to stitch the seams. The instructions will specify to "stitch" - which means use a sewing machine; "serge" - use a serger; or "stitch/serge" - use either a sewing machine or a serger.
- ◇ Although not required, when using a sewing machine to sew knit fabric, a walking foot will give you the best result as it will feed the top and bottom fabric evenly and prevent stretching.
- ◇ If the fabric gets stretched out during sewing, pressing with plenty of steam may restore the shape.
- ◇ For professional results, be sure to press your seams as you sew. It's really worth your time!

SEWING INSTRUCTIONS KEY

↔ Grain Line

⌵ Place on fold of fabric

┌─┐ Notch (or Single Notch)
- - -

┌─┐ Double Notch
- - -

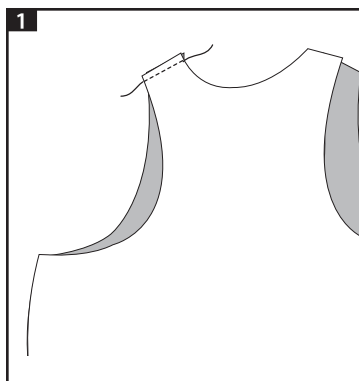
══ Lengthen or shorten line

~~~~~ Stretch of Fabric - place stretchier part of fabric in this direction

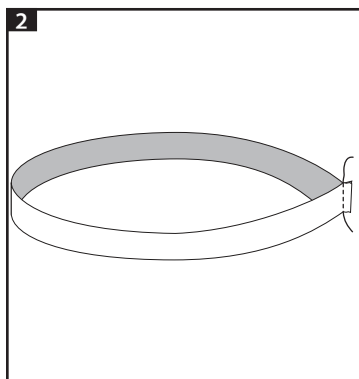


Right Side

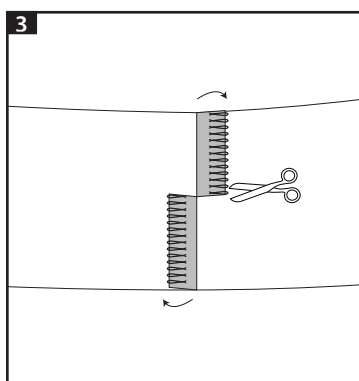
Wrong Side



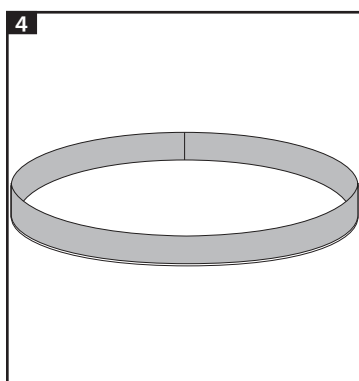
With right sides together, pin Front to Back at the shoulder. Stitch/serge shoulder seam. Press stitched seam open and finish as desired, or press serged seam toward the back. Repeat for the other shoulder.



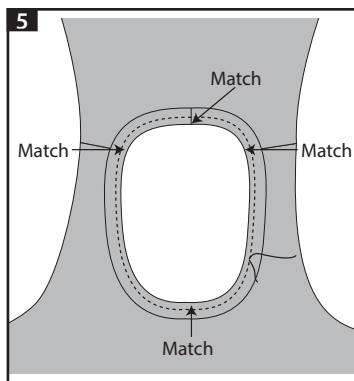
With the right sides together, pin and stitch/serge Neck Band (3) on the short ends to form a loop. Press stitched seam open.



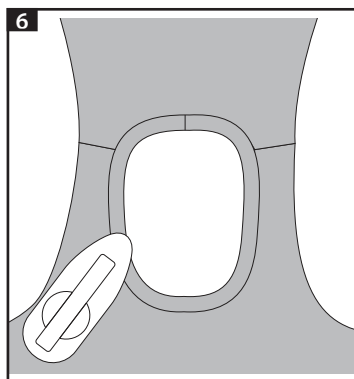
For serged seam, clip the seam allowance in the middle (but not through the seam), press one portion to one side, and the remaining portion to another side. This reduces the bulk of the seam.



Fold Neck Band lengthwise with the wrong side inside to create a loop. Press.

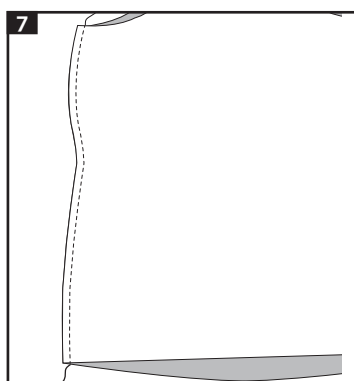


Place the band on the right side of the bodice with the cut edges of the band and the neckline aligned. The band seam should be on top of the center back. Stretch the band so notches match shoulder seams and center front matches center front. Stitch/serge.

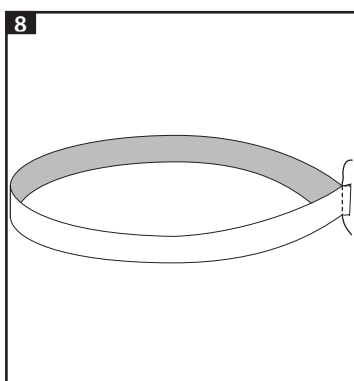


Flip the Neck Band up and press the seam allowances toward the bodice.

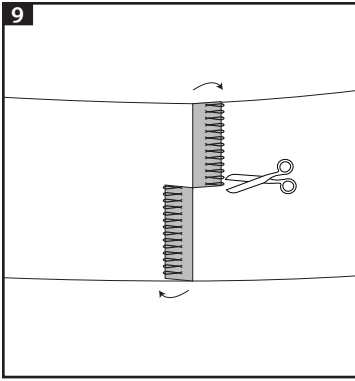
Optional: you may top stitch the Neck Band to the bodice around the neckline.



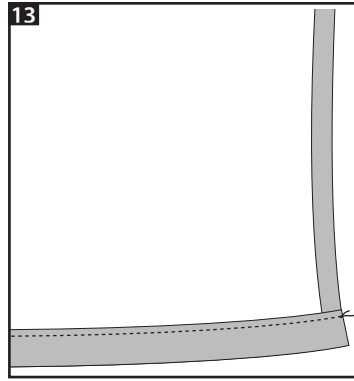
With right sides together, pin Front (1) to Back (2) at the side. Stitch/serge side seam. Press stitched seam open and finish as desired, or press serged seam toward the back. Repeat for the other side.



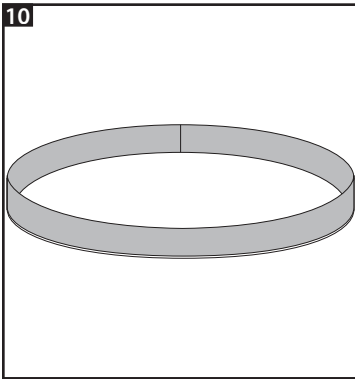
With the right sides together, pin and stitch/serge Armhole Band (4) on the short ends to form a loop. Press stitched seam open.



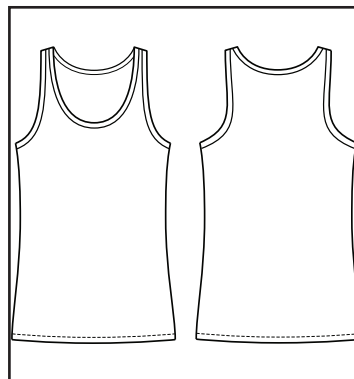
For serged seam, clip the seam allowance in the middle (but not through the seam), press one portion to one side, and the remaining portion to another side. This reduces the bulk of the seam.



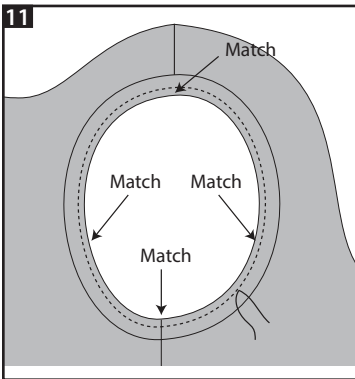
Press hem up 3/4" (2cm). Use one of these methods: (a) zigzag stitch; (b) a twin needle with two spools of thread; or (c) cover stitch by using a cover stitch machine. Optional: hand wind wooly nylon in the bobbin to be used with twin needles to increase stretchiness.



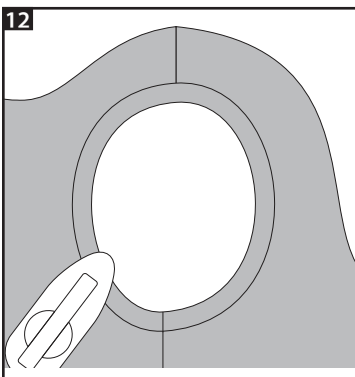
Fold Armhole Band lengthwise with the wrong side inside to create a loop. Press.



You are done! Put on your awesome tank, admire your handiwork, smile and take a picture!



Place the band on the right side of the armhole with the cut edges of the band and the armhole aligning. The band seam should be on top of the side seam. Stretch the band so the notches/double notch match the notches and shoulder seam. Stitch/serge.



Flip Armhole Band up and press the seam allowances toward the bodice. Optional: you may top stitch the Armhole Band to the bodice around the armhole. Repeat steps 8 to 12 for the other armhole.

**Check out others' Lago Tanks, show off your own creation, discuss the pattern and trade tips with your fellow sewists.**

**Website** [ITCH-TO-STITCH.COM](http://ITCH-TO-STITCH.COM)

**Facebook** [FACEBOOK.COM/GROUPS/ITCHTOSTITCHDESIGNS](https://www.facebook.com/groups/ITCHTOSTITCHDESIGNS)

**Instagram** [#LAGOTANK #ITCHTOSTITCHDESIGNS](https://www.instagram.com/ITCHTOSTITCHDESIGNS)

**Pinterest** [PINTEREST.COM/SEWITCHTOSTITCH](https://www.pinterest.com/SEWITCHTOSTITCH)





*Lago Tank*

Sewing Pattern

Size 00 - 20

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1" x 1"

2.5 x 2.5 cm

Be sure to measure the 1"  
or 2.5 cm scaling square  
before cutting your fabric!

#### SIZE KEY

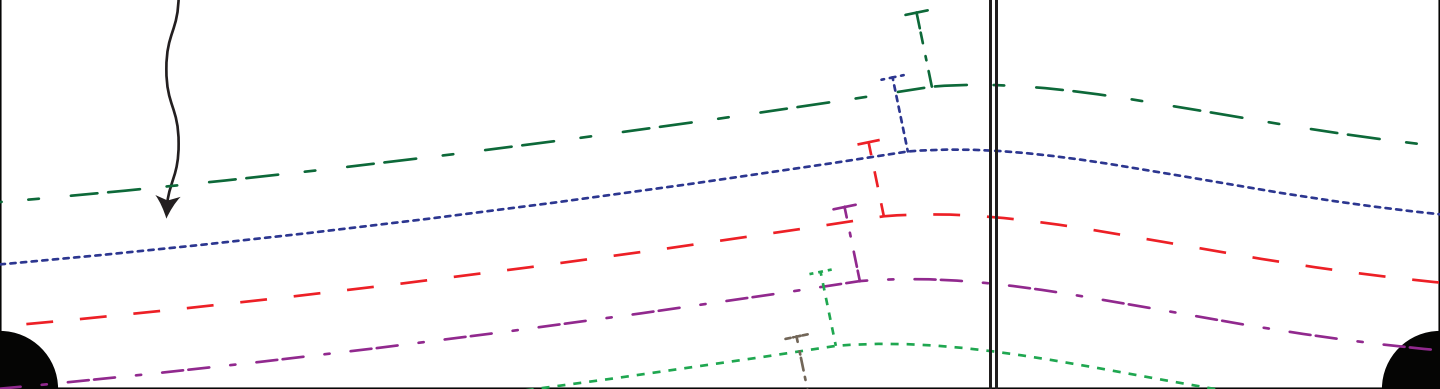
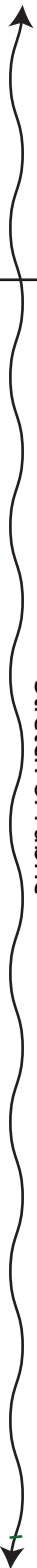
| Size |                   |
|------|-------------------|
| 20   | — — — — —         |
| 18   | - - - - -         |
| 16   | — · — · — · — · — |
| 14   | - - - - -         |
| 12   | — · — · — · — · — |
| 10   | - - - - -         |
| 8    | — · — · — · — · — |
| 6    | - - - - -         |
| 4    | — · — · — · — · — |
| 2    | - - - - -         |
| 0    | — · — · — · — · — |
| 00   | - - - - -         |

Center Fold

Lengthen or Shorten

Grain Line

Stretch of Fabric



**Itch to  
Stitch**

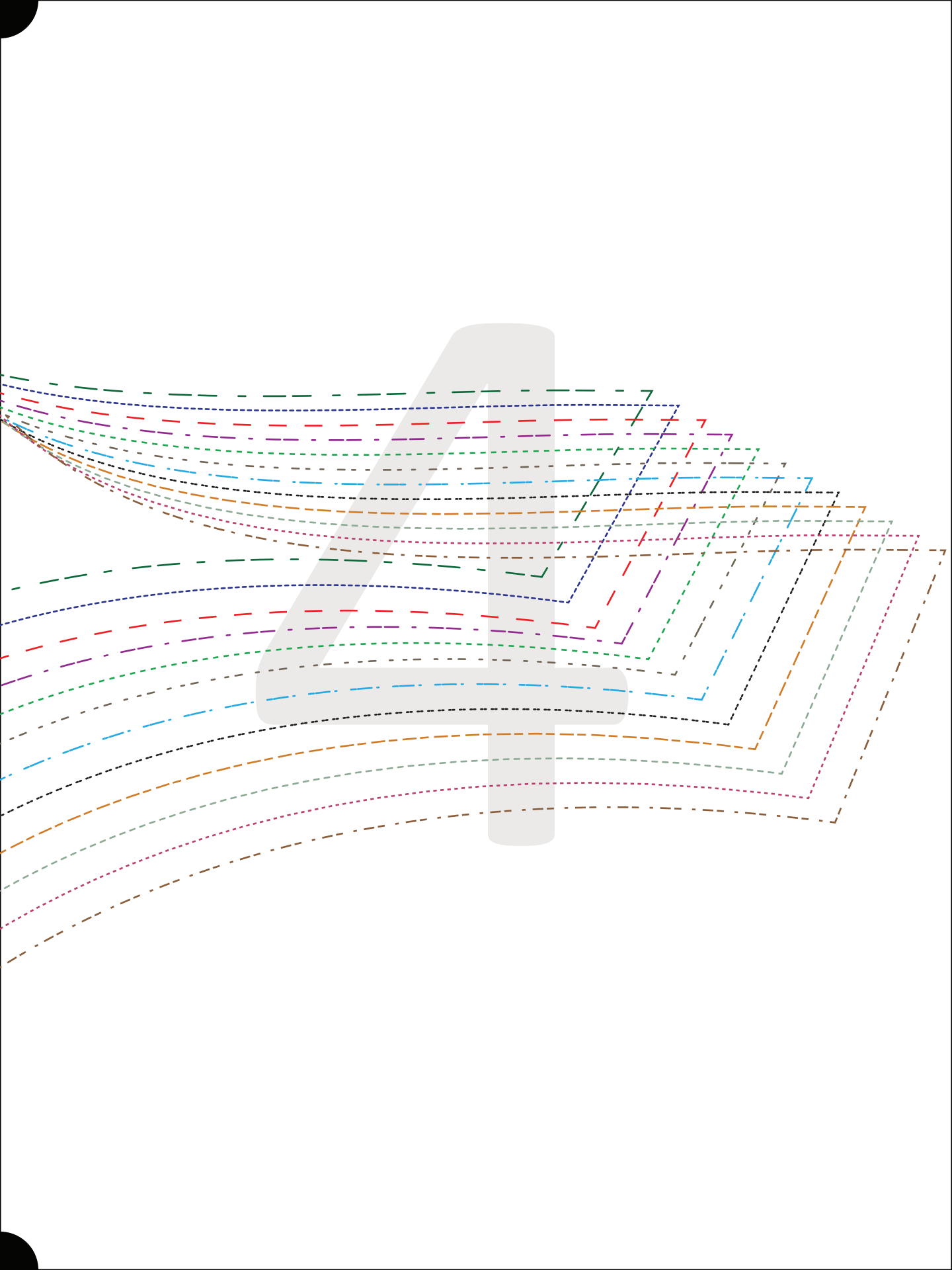
*Lago Tank*

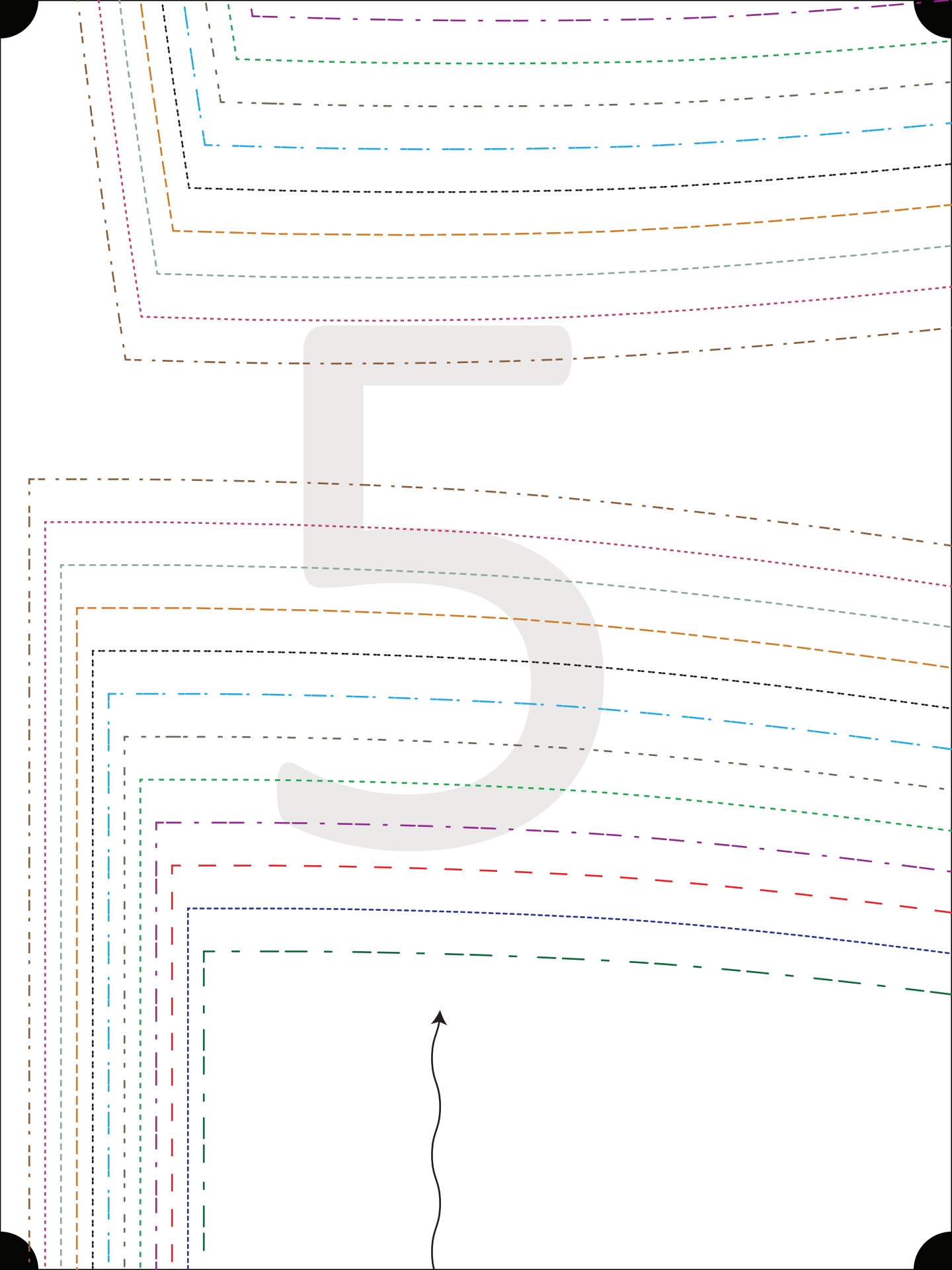
**1**

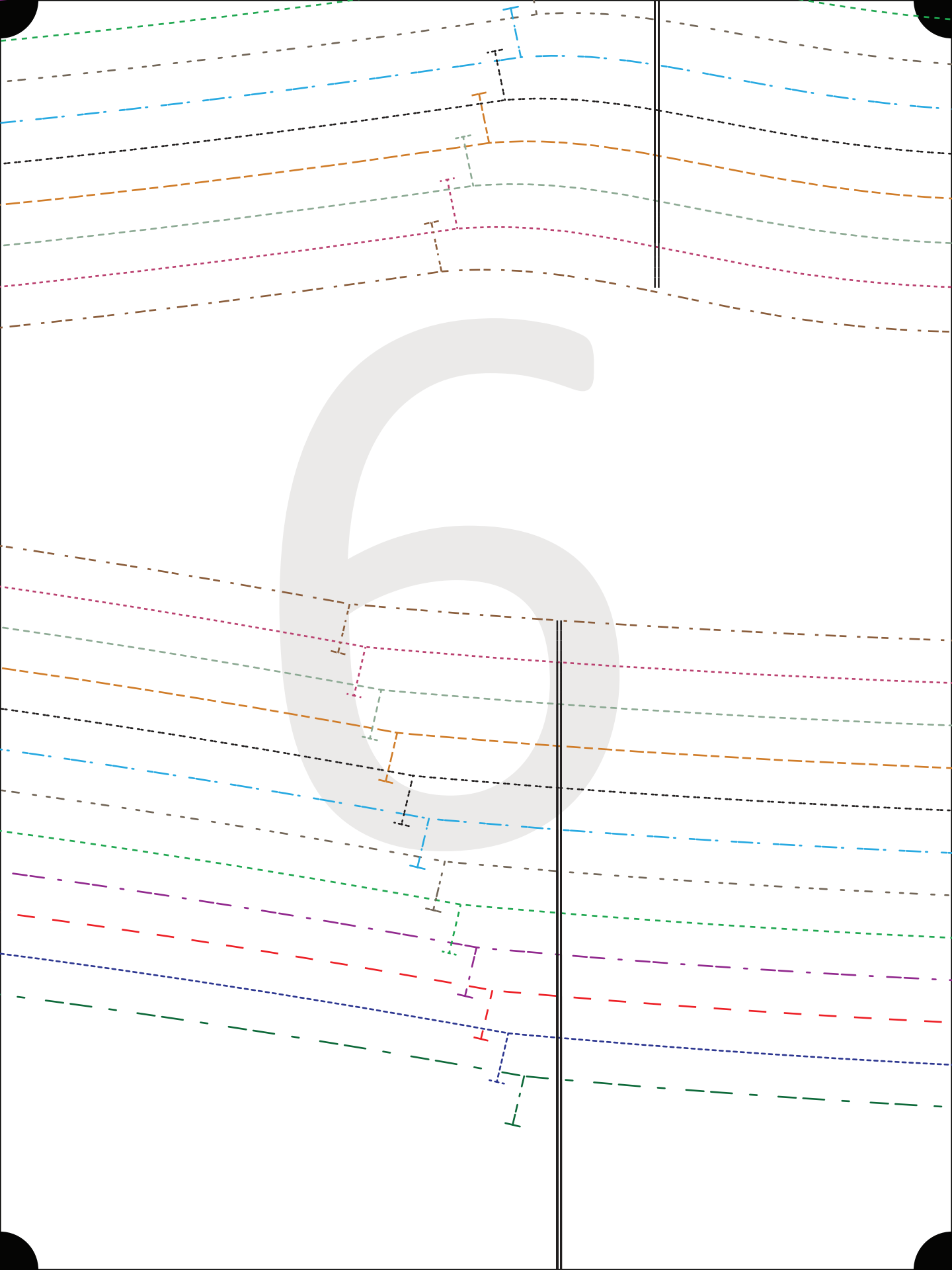
Front

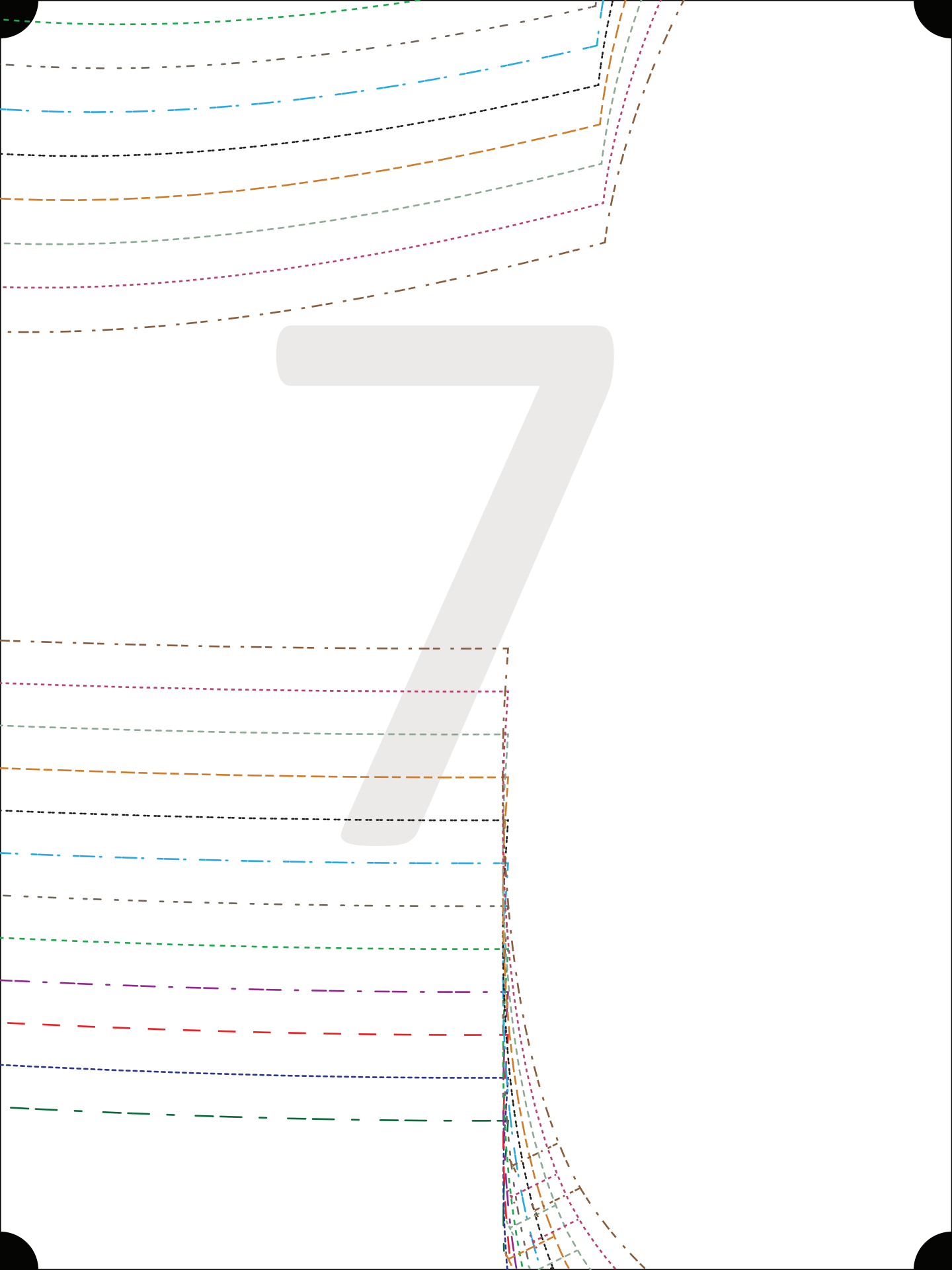
Cut 1 of Primary Fabric on Fold

3/8" (1 cm) Seam Allowance and  
3/4" (2 cm) Hem Allowance Included









Stretch of Fabric



Center Fold

Grain Line



3  
Neck Band

Cut 1 of Primary Fabric on Fold  
3/8" (1 cm) Seam Allowance Included

Grain Line

Lengthen or Shorten

Grain Line

Center Fold

Stretch of Fabric



*Lago Tank*

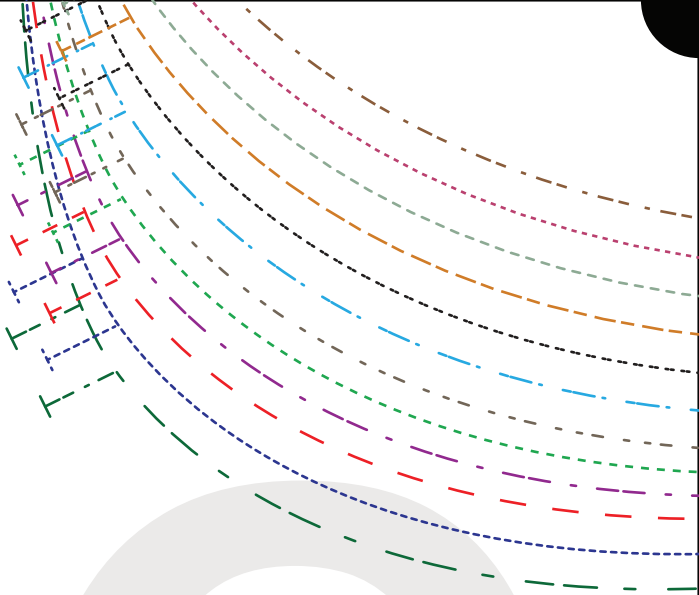
4

Armhole Band

Cut 2 Mirror Images of Primary Fabric

3/8" (1 cm) Seam Allowance Included



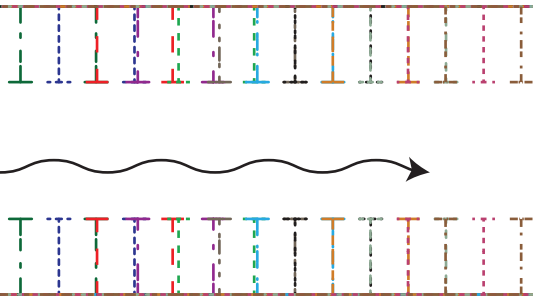


*Lago Tank*

**2**  
Back

Cut 1 of Primary Fabric on Fold

3/8" (1 cm) Seam Allowance and  
3/4" (2 cm) Hem Allowance Included



Stretch of Fabric



