

**INSTRUCTION
BOOKLET**



D0012

PLANTAIN

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In this booklet, you will find all the information you need to complete your project.

If you are stuck on a step or on a technical term, don't hesitate to look up **www.deer-and-doe.com** to read our tutorials and find the answers to your questions.

We hope you will enjoy using this pattern. Happy sewing!

BEFORE YOU BEGIN

For the construction of your garment to go as smoothly as possible, please read through these guidelines before you start to sew:

- 1** Wash and dry your fabric at the same temperature that you'll wash your completed garment. New fabrics tend to shrink when washed and that might alter the size and shape of your finished garment.
- 2** Make sure that you have everything you need at hand: in addition to the supplies listed on the back of the pattern envelope, you will need a pair of fabric scissors, tailor's chalk or fabric markers, pins and matching thread.
- 3** Find your size on the size chart using your bust, waist and hip measurements. For form-fitting patterns, choose the larger size if you are in between sizes.
- 4** If your measurements fall into different sizes, trace a line directly on the pattern to connect two or more sizes between bust and waist and/or between waist and hips.
- 5** Iron your fabric and fold it in half lengthwise, with right sides together. Lay the pattern pieces on top of the fabric, following the cutting layout (next page).
- 6** Trace the pattern pieces on the fabric, including all the notches, folds and darts. Before you cut, make sure that all the pattern pieces are in the right direction.

**NOW YOU'RE ALL SET.
LET'S GET TO WORK!**

SEWING WITH KNITS

You don't need to have a serger to sew clothes in jersey! It's a technique accessible to everyone, which simply requires a little practice.

As any new technique, sewing jersey involves specific rules that it's important to follow:

1 Grain When you sew with jersey, it is even more important to carefully respect the grain when cutting your pieces. In fact, the fabric doesn't have the same amount of stretch in both directions, so you can completely compromise the fit of the final garment.

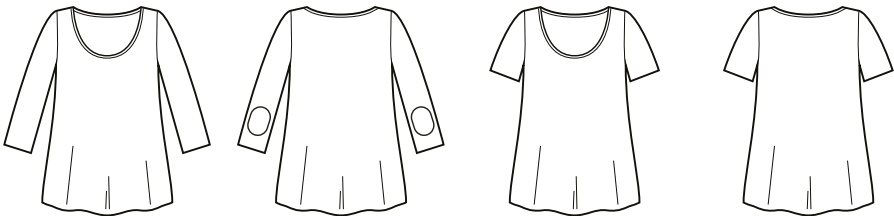
2 A ballpoint needle This an essential element, often overlooked by beginners. Machine needles for jersey have a round tip especially designed to penetrate between the threads of knit fabrics. Without this needle, your machine may skip stitches, eat the fabric and give a very unprofessional result. As with conventional needles, you must choose the correct needle size for your fabric.

3 Choosing the right stitch There are many elastic stitches, and your machine surely has at least one. The most used one is the simple stretch stitch. If you don't have it, you can use a narrow zigzag stitch. Feel free to experiment on scraps of your jersey to determine the stitch length and width that best suits your fabric!

4 Finishing techniques Unlike wovens, knits don't fray. This means that it isn't necessary to overcast seams, even though using a serger will give you a neater finish, more similar to RTW.

Finally, always finish your garment with a good press of your steam iron!

MEASUREMENTS AND SUPPLIES



MEASUREMENTS

Size	34	36	38	40	42	44	46	48	50	52
Bust (inches)	31 ½	33	34 ½	36 ¼	37 ¾	39 ½	41	42 ½	44 ½	45 ¾
Waist (inches)	23 ½	25 ¼	26 ¾	28 ½	30	31 ½	33	34 ¾	36 ¾	37 ¾
Hip (inches)	33 ¾	35 ½	37	38 ½	40 ¼	41 ¾	43 ¾	44 ¾	46 ½	48

Finished garment	34	36	38	40	42	44	46	48	50	52
Bust (inches)	29 ⅞	31 ½	33 ⅞	34 ⅞	36 ¼	37 ¾	39 ⅞	41	42 ½	44 ⅞
Waist (inches)	31 ⅞	32 ⅞	34 ¼	35 ⅞	37 ⅞	39	40 ½	42 ⅞	43 ¾	45 ¼
High hip (inches)	34 ⅞	36 ¼	37 ¾	39 ⅞	41	42 ½	44 ⅞	45 ⅞	47 ¼	48 ⅞

FABRIC

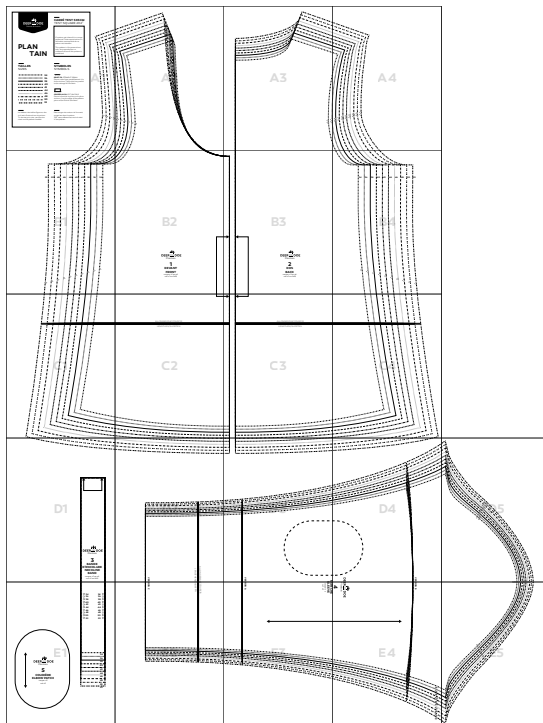
Recommended fabrics: lightweight jersey knit (cotton, rayon, linen, wool) with 40 to 50% stretch. Allow extra fabric to match stripes or plaids.

Fabric requirements	60" wide	45" wide
Version A	1⅝ yards	2¼ yards
Version B	1¼ yards	2 yards
Version C	1¾ yards	2½ yards

SUPPLIES

- 10" clear elastic
- optional: twin needle for hemming

PATTERN ASSEMBLY LAYOUT

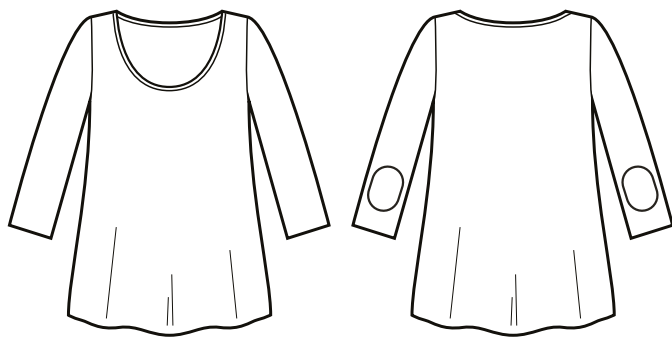


MAKE SURE YOUR PRINTER'S SETTINGS ARE SET TO 100% OR "NO SCALING".

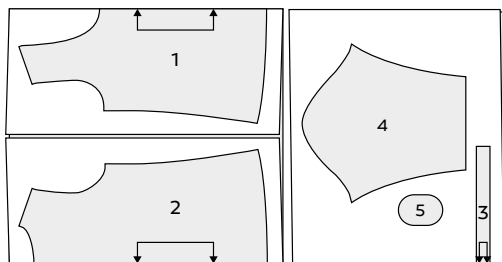
CUTTING LAYOUT

Lay the pattern pieces on the fabric following the layout below.

VERSION A



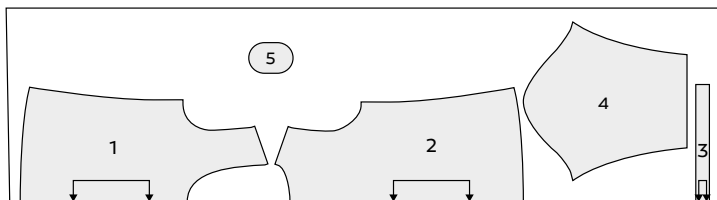
60" wide



To determine the elasticity of your fabric, cut a 4" square of fabric.

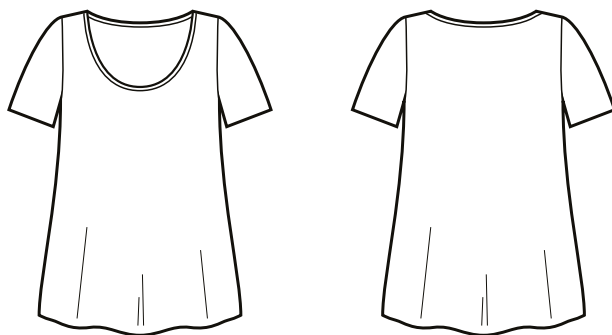
Block one side of the square and pull on the other side **perpendicularly to the grain**: the width of the stretched swatch needs to be at least 5 $\frac{5}{8}$ " to be suitable for this pattern.

45" wide

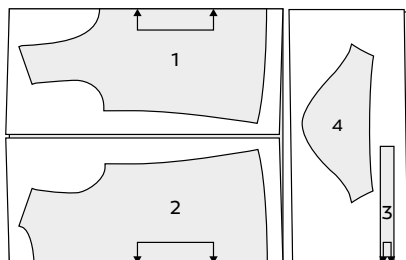


**STANDARD 3/8" SEAM ALLOWANCES
ARE INCLUDED IN THE PATTERN.**

**VER
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B**



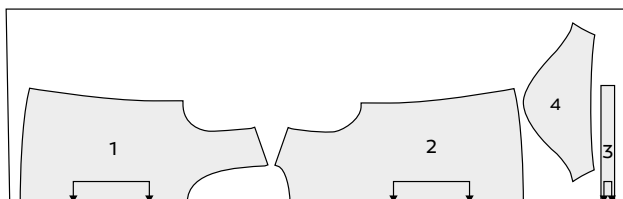
60" wide



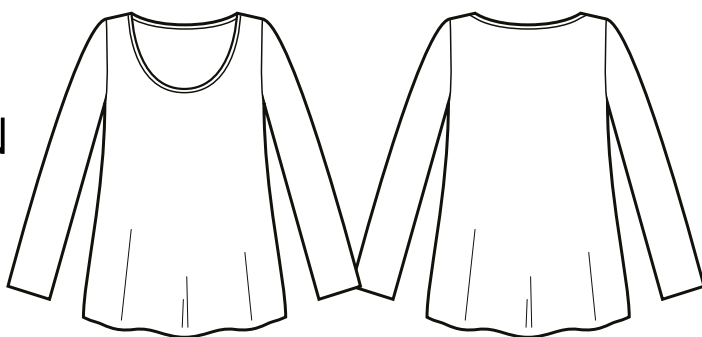
To determine the elasticity of your fabric, cut a 4" square of fabric.

Block one side of the square and pull on the other side **perpendicularly to the grain**: the width of the stretched swatch needs to be at least 5 5/8" to be suitable for this pattern.

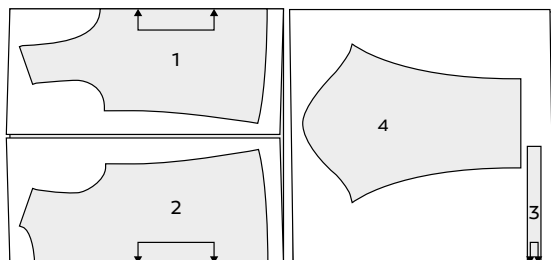
45" wide



VER SION C



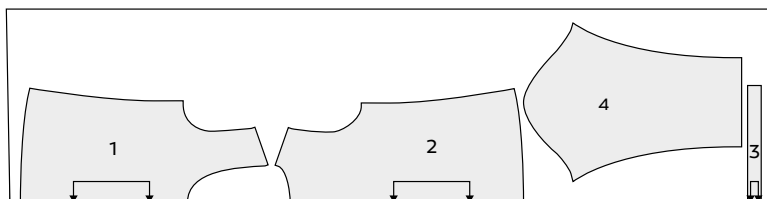
60" wide



To determine the elasticity of your fabric, cut a 4" square of fabric.

Block one side of the square and pull on the other side **perpendicularly to the grain**: the width of the stretched swatch needs to be at least 5 $\frac{5}{8}$ " to be suitable for this pattern.

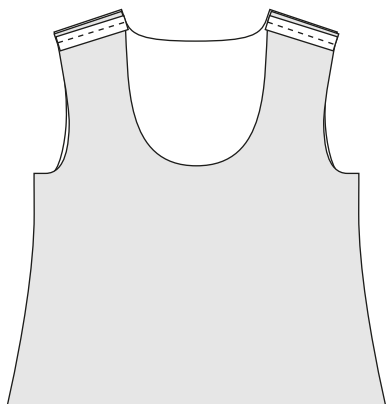
45" wide



INSTRUCTIONS



STEP 1 SHOULDERS



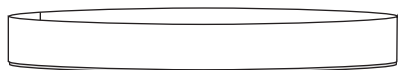
1-1 Pin the front (pattern piece number 1) to the back (2) at the shoulders with right sides together. Pin clear elastic to the front along the shoulders. This will prevent the seams from stretching over time.

1-2 Stitch the two pieces and the elastic using your serger or sewing machine (elastic stitch) with a $\frac{3}{8}$ " seam allowance. Press the seams to the back.

STEP 2 NECKLINE



2-1 Pin the small sides of the neckband (3) with right sides together. Stitch using your serger or sewing machine (elastic stitch) and press the seam allowance open.

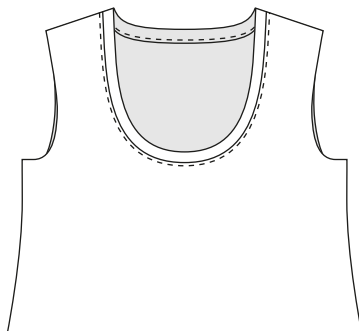


2-2 Fold it lengthwise with wrong sides together and press.

2-3 Pin the neckband to the neckline with right sides together, placing the seam at the center back and matching the notches to the shoulder seams and center front. The neckline band needs to be stretched in order to match the neckline: this will make the neckline fit snugly and avoid gaping.



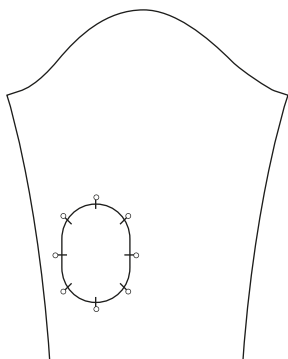
2-4 Stitch using your serger or sewing machine (elastic stitch). Fold the seam allowance to the inside and press the neckband up. Topstitch with a double needle or a decorative elastic stitch.



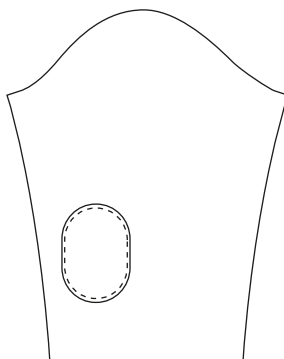
STEP 3 SLEEVES

VERSION A $\frac{3}{4}$ SLEEVES

3-1 Pin the elbow patches (5) to the sleeves (4) carefully, wrong side of the patch against right side of the sleeve, following the marks on the pattern.



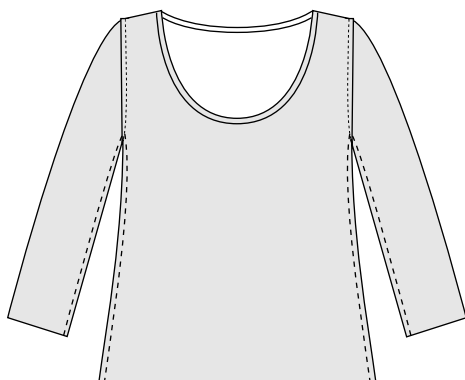
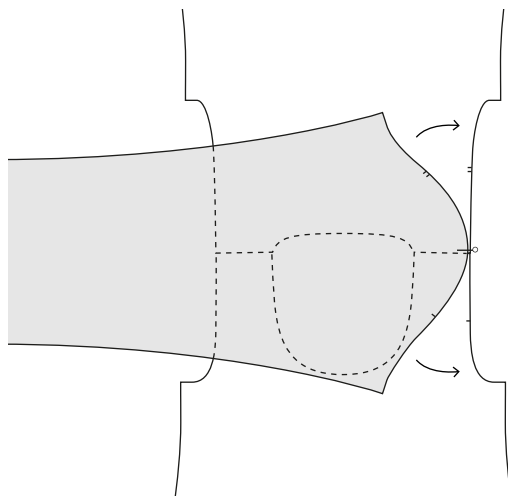
3-2 Stitch the elbow patches to the sleeves, sewing very close to the edges and using a long straight stitch. If needed, trim the patches very close to the seam.



VERSIONS A, B, AND C

3-3 Pin the sleeves (4) to the shirt in the flat with right sides together, as illustrated, matching the notches.

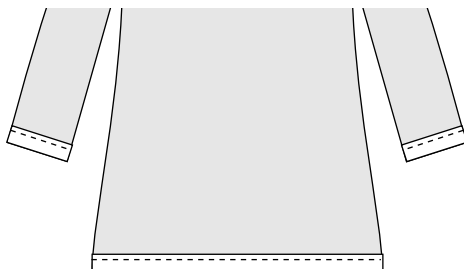
3-4 Stitch the sleeves using your serger or sewing machine (elastic stitch) with a $\frac{3}{8}$ " seam allowance. Press the seams toward the sleeves.



3-5 Pin the sides of the sleeves and shirt with right sides together. Stitch using your serger or sewing machine (elastic stitch) with a $\frac{3}{8}$ " seam allowance and press the seams to the back.

STEP 4 HEMS

4-1 Fold once the bottom of the shirt and the sleeves by $\frac{3}{4}$ ". Stitch at $\frac{5}{8}$ " using your twin needle or a large stretch stitch.



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— Your garment is finished and
you can now wear it proudly!

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and see finished projects on
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