

No. 3054

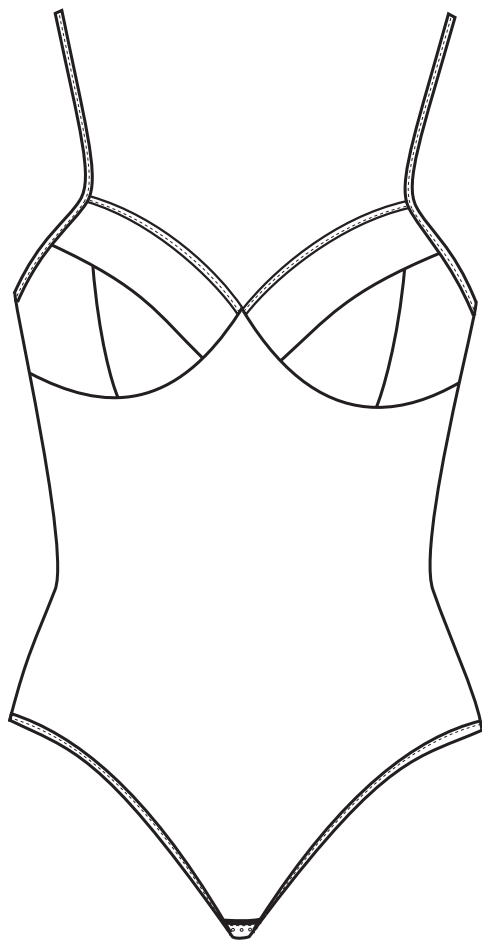
ARIANE

THE KNIT BODYSUIT

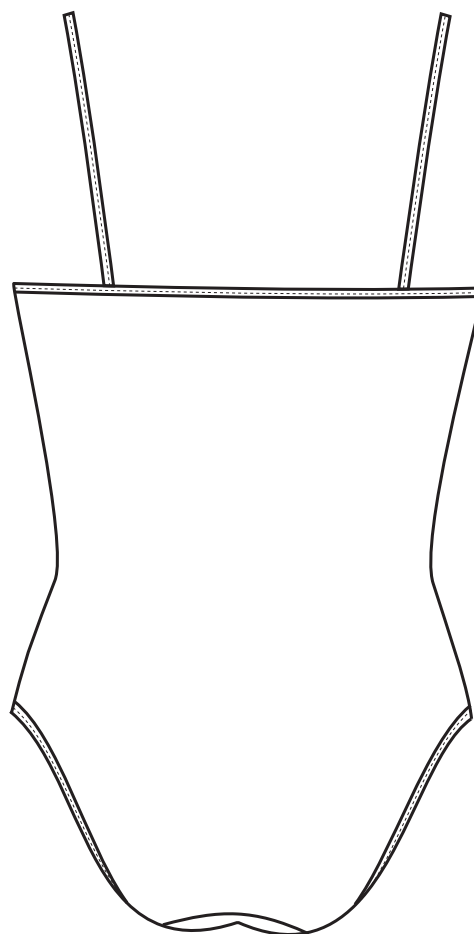


ABOUT ARIANE

front

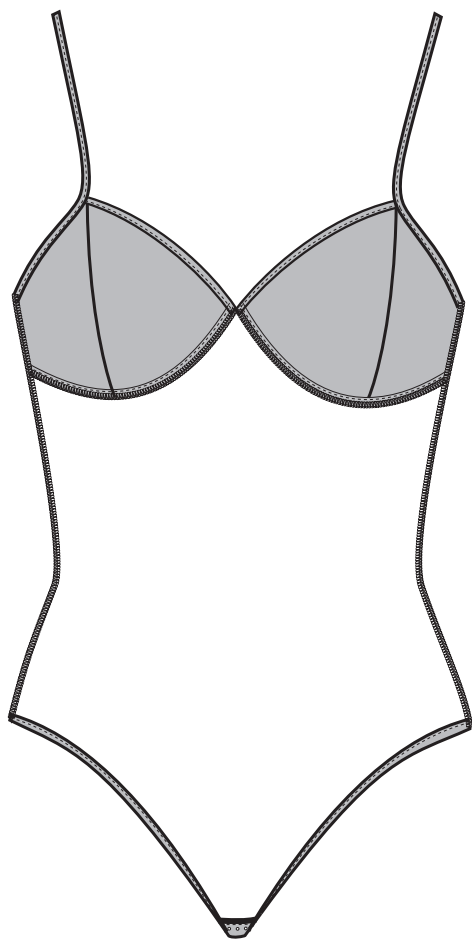


back

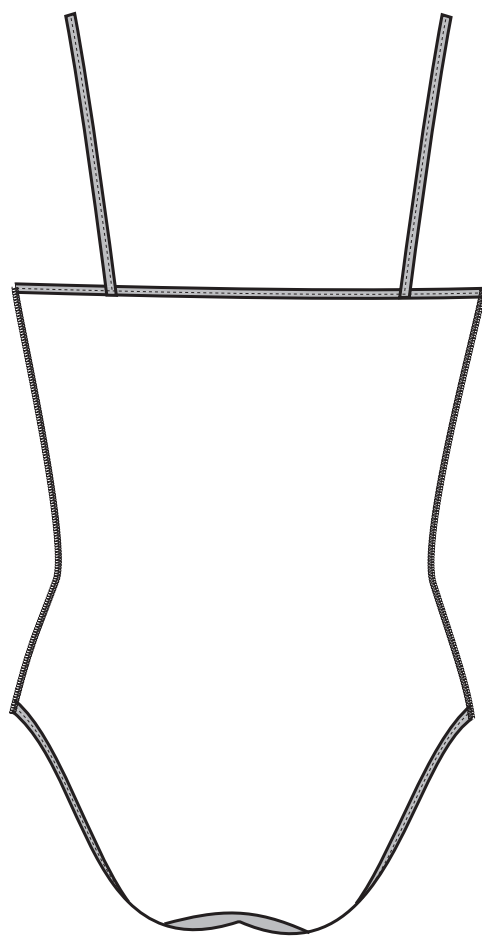


inside flats

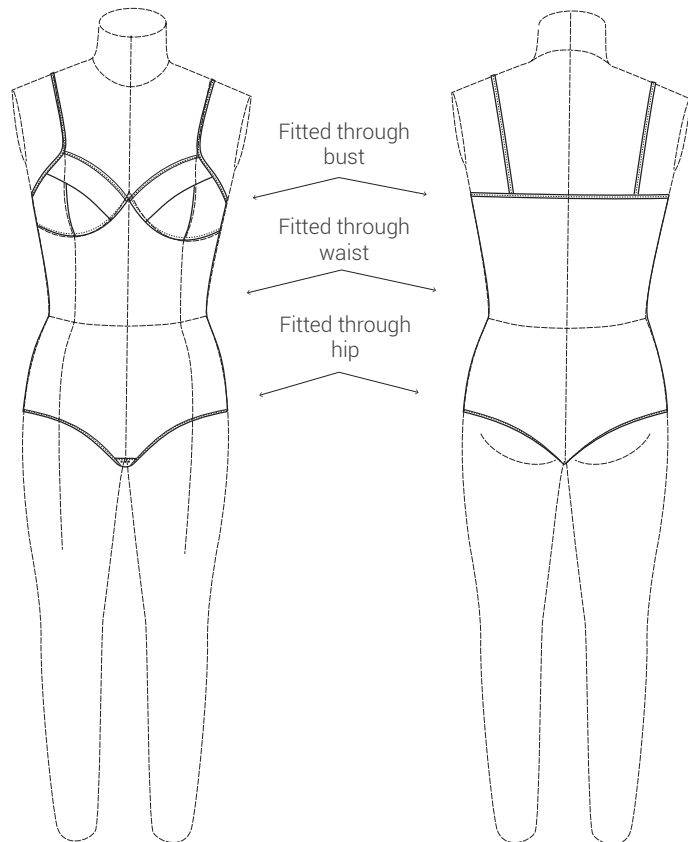
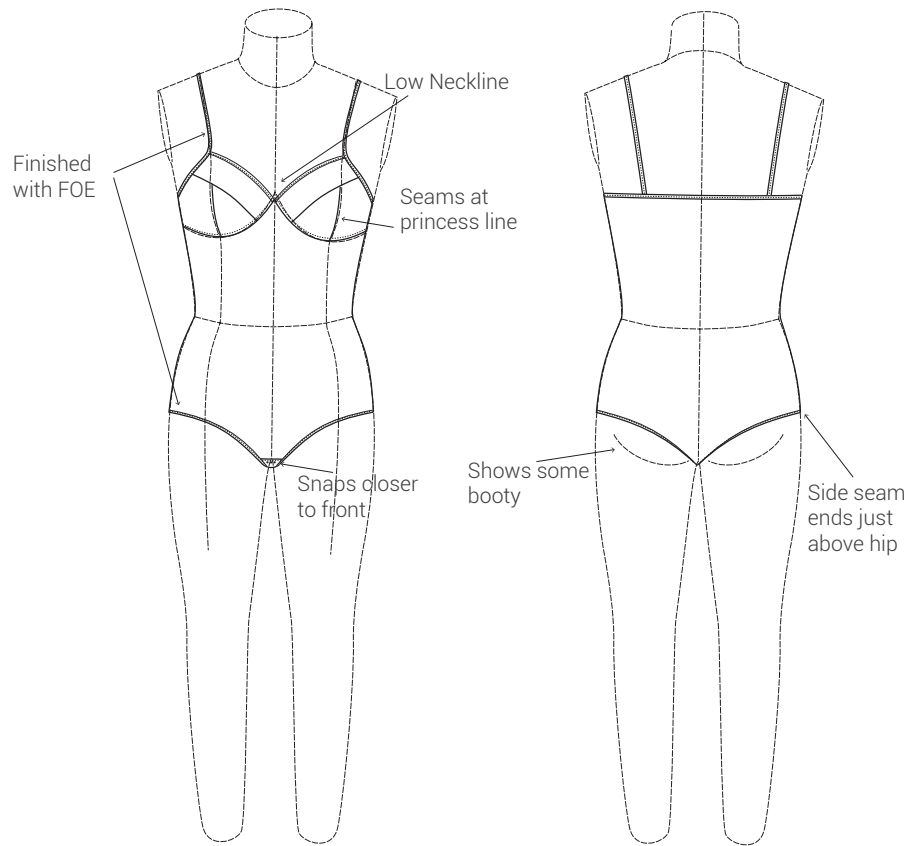
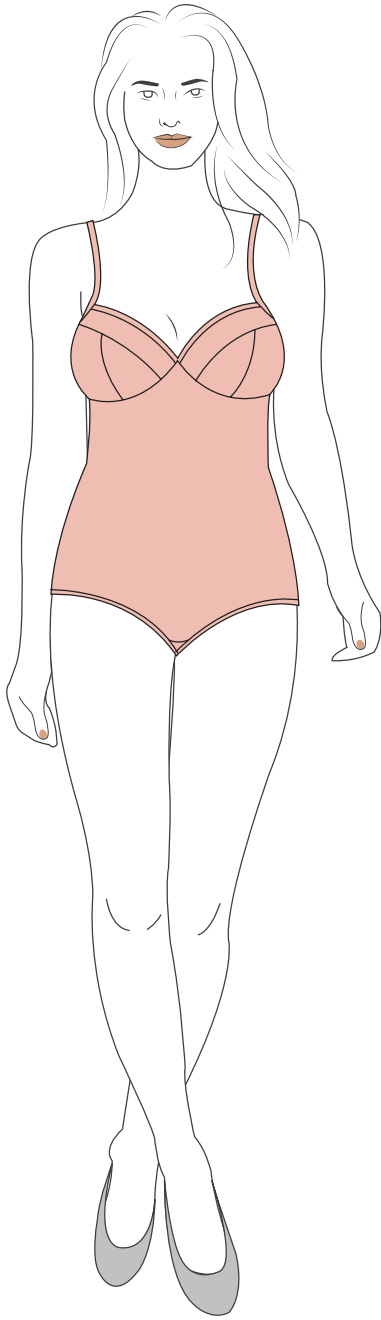
front

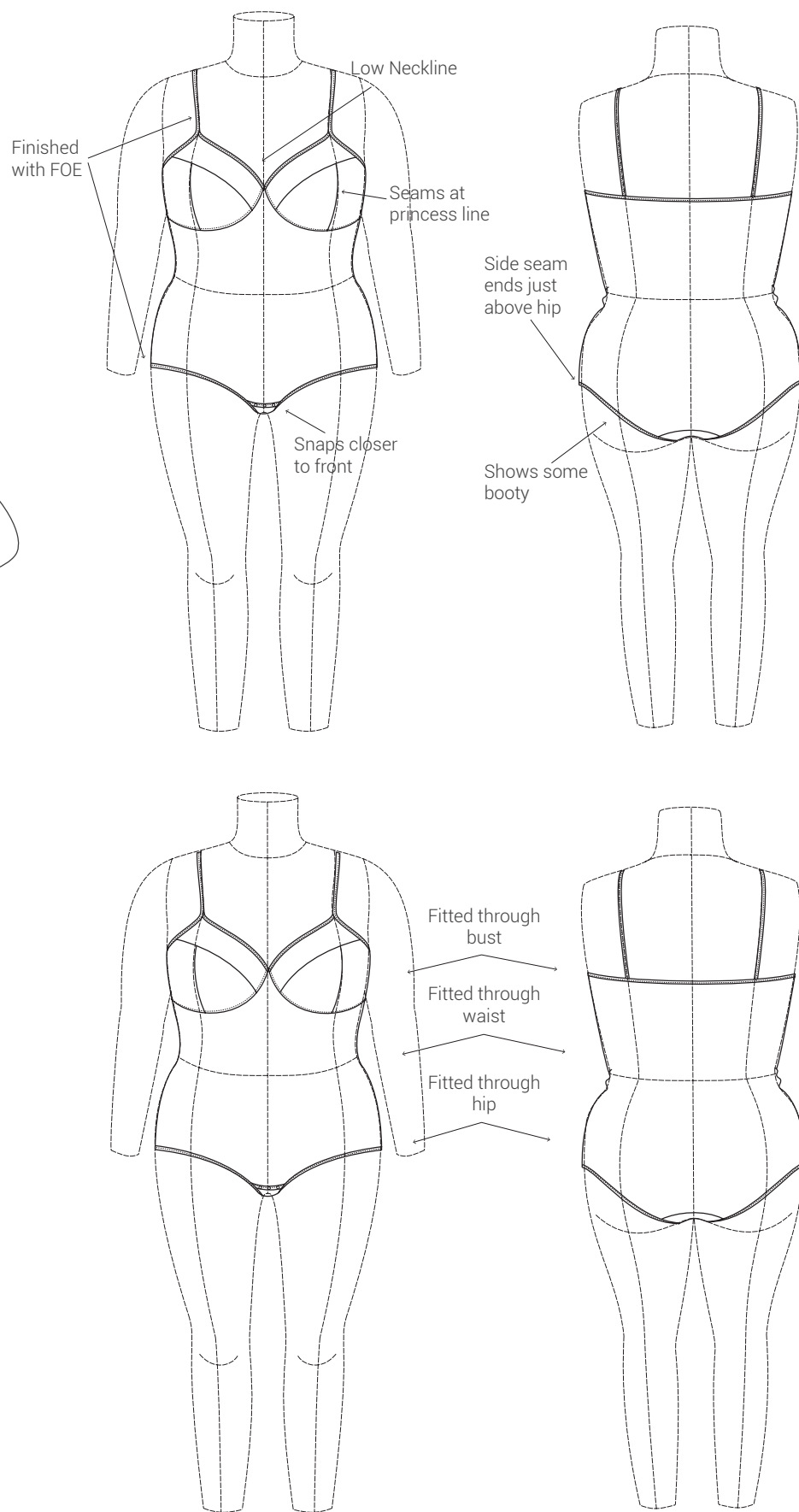
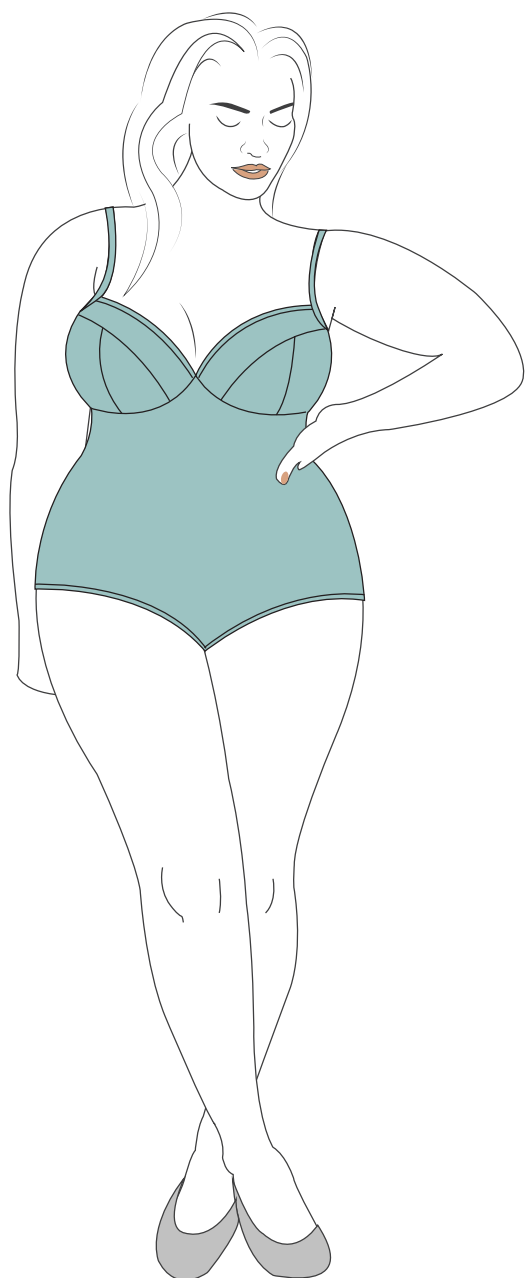


back



FIT GUIDE





ABOUT ARIANE

This month's patterns are all about layering. The *Ariane* bodysuit is straightforward and stylish; it can be layered and paired with just about any garment. For functionality, *Ariane* includes crotch snaps and a fully lined bra cup; to which you can add support by inserting underwire or elastic into the seam allowances. Not only is *Ariane* functional, it is versatile. Sew *Ariane* up in a medium weight jersey and pair it with jeans for a casual, sporty summer outfit. Layer the same *Ariane* under a loosely woven sweater and pencil skirt and you have an outfit that is perfect for the office or going out with friends. For a sexy undergarment, sew *Ariane* up in a stretch lace or mesh. Try sewing *Ariane* in a swimsuit fabric to create a classic and functional one-piece swimsuit.

Check out this month's article of "Upgrade Your Sewing" to see how to add style lines for color blocking. *Ariane* can serve many purposes, depending on what fabric you use. This is one pattern that will surely add some functionality to your wardrobe.

SUPPLIES

All-purpose polyester thread, ballpoint sewing machine needle, 4 yards fold over elastic, three size 1 lingere sew on snaps. Optional: 1 yard of clear elastic or one package 1/4" wide underwire boning.

MAIN FABRIC

Lightweight to medium weight knits with 4-way stretch, such as ribbing, jersey, stretch lace, or mesh.

IMPERIAL

	0 - 2	4 - 6	8 - 10	12 - 14	16 - 18	20 - 22	24 - 26
	XS	S	M	L	XL	2X	3X
BODY MEASUREMENTS (INCHES)							
BUST	33 - 34	35 - 36	37 - 38 1/2	40 - 42	44 - 46	48 - 50	52 - 54
WAIST	25 - 26	27 - 28	29 - 30 1/2	32 - 34	36 - 38	40 - 42	44 - 46
HIP	35 - 36	37 - 38	39 - 40 1/2	42 - 44	46 - 50	52 - 54	56 - 58
FABRIC REQUIRED (YARDS)							
MAIN FABRIC							
45" *	3/4	3/4	3/4	1	1	1 1/4	1 1/4
60" *	5/8	5/8	5/8	3/4	3/4	1	1
FINISHED GARMENT (INCHES)							
BUST	28	30	32	35	39	43	47
WAIST	20	22	24	28	32	36	40
HIP	26	28	30	33	38	42	46

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

** Back Length is measured from the back of your neck to the back crotch seam.

STRETCH GUIDE

MUST
STRETCH
HERE

4" OF FABRIC

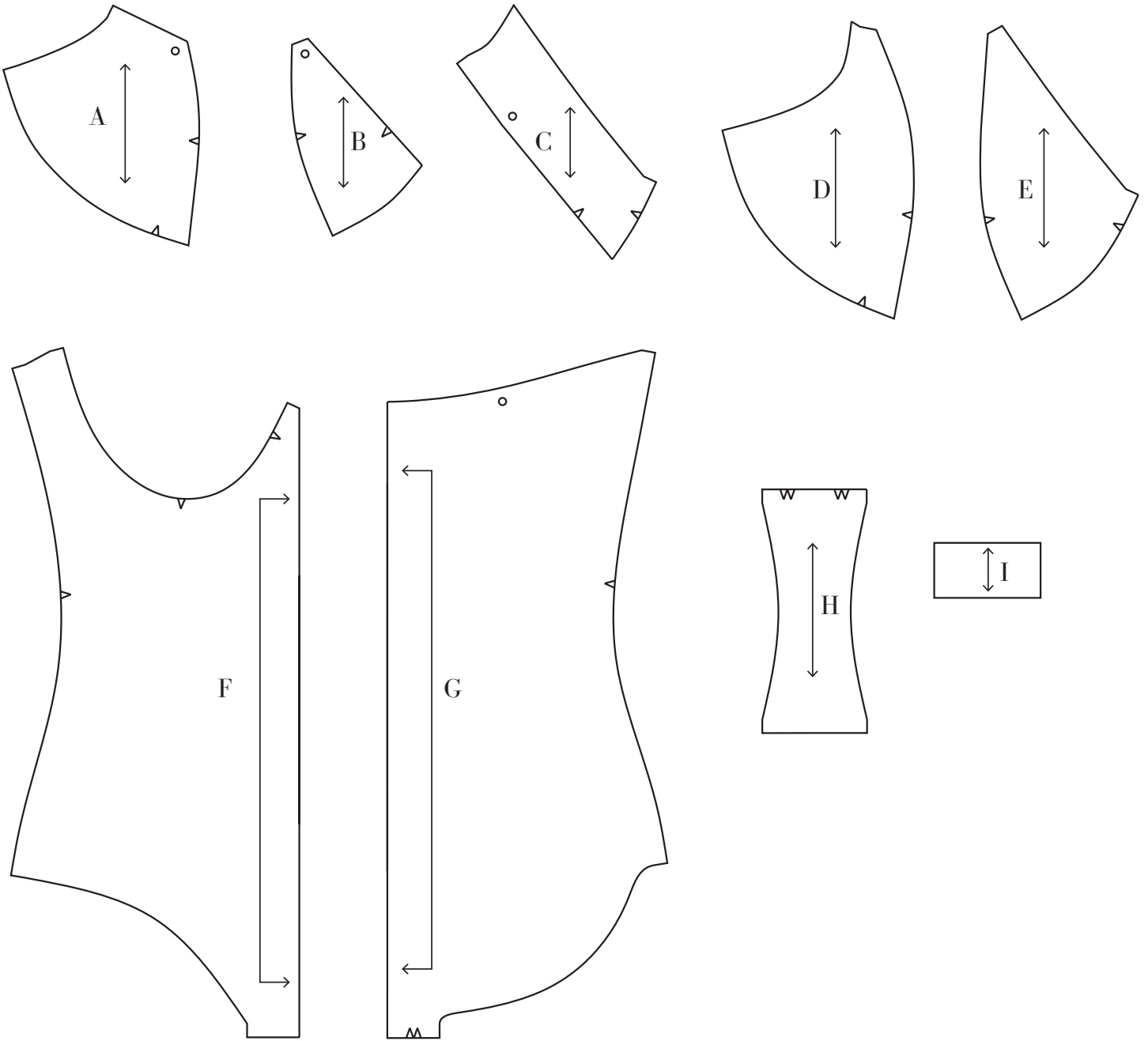
METRIC

	0 - 2	4 - 6	8 - 10	12 - 14	16 - 18	20 - 22	24 - 26
	XS	S	M	L	XL	2X	3X
BODY MEASUREMENTS (CENTIMETERS)							
BUST	84 - 86	89 - 91	94 - 98	102 - 107	112 - 117	122 - 127	132 - 137
WAIST	63 - 66	69 - 71	74 - 77	81 - 86	91 - 96	102 - 107	112 - 117
HIP	89 - 91	94 - 97	99 - 103	107 - 112	117 - 127	132 - 137	142 - 147
FABRIC REQUIRED (METERS)							
MAIN FABRIC							
114CM *	0.7	0.7	0.7	0.9	0.9	1	1
152CM *	0.6	0.6	0.6	0.7	0.7	0.9	0.9
FINISHED GARMENT (CENTIMETERS)							
BUST	71	76	81	89	99	109	119
WAIST	51	56	61	71	81	91	102
HIP	66	71	76	84	97	107	117
BACK LENGTH**	65	66	67	67	69	69	70

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

** Back Length is measured from the back of your neck to the back crotch seam.

PATTERN INVENTORY



A *side cup*
 B *center cup*
 C *top cup*
 D *side cup lining*
 E *center cup lining*

F *front*
 G *back*
 H *crotch lining*
 I *snap placket*

GETTING STARTED

- 01 FIND YOUR SIZE.** Use the body measurements charts on pages 4 and 5 to determine your size. If you are between sizes, choose the larger size. It is always a good idea to make a test version first to adjust the fit.
- 02 LAY IT OUT.** 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. (Measure from each end of the arrow to the fold. Position is correct when distances are exactly the same.)
- 03 TRANSFER 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.
- 04 TRACE PIECES.** If you are using fabric shears, trace the outlines of the pattern pieces onto your fabric. If you are using a rotary cutter, skip this step.
- 05 CUT FABRIC.** If you are using a rotary cutter, cut out the pattern pieces. If you are using fabric shears, remove the pattern and cut along the outlines you traced, 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.

RELATED ARTICLES FROM *SEAMWORK* ISSUE NO. 27

UPGRADE YOUR SEWING

[HTTPS://WWW.SEAMWORK.COM/ISSUES/2017/02/UPGRADE-YOUR-SEWING-3](https://www.seamwork.com/issues/2017/02/upgrade-your-sewing-3)

SEAMWORK STYLE

[HTTPS://WWW.SEAMWORK.COM/ISSUES/2017/02/SEAMWORK-STYLE-16](https://www.seamwork.com/issues/2017/02/seamwork-style-16)

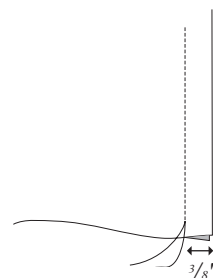
BOMBSHELL TO BRALETTE

[HTTPS://WWW.SEAMWORK.COM/ISSUES/2017/02/BOMBSHELL-TO-BRALETTE](https://www.seamwork.com/issues/2017/02/bombshell-to-bralette)

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

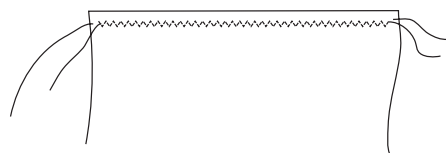
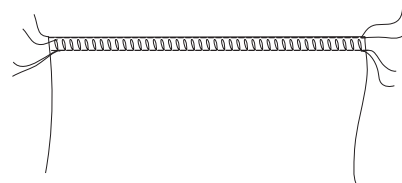


Choose a ballpoint needle (sometimes also labeled a jersey needle) to prevent the fibers of the fabric from being torn.

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.

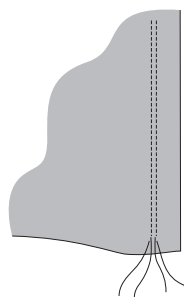
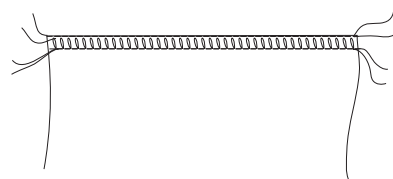


If you don't own a serger, test a scrap piece of the fabric you will be sewing with and choose a narrow to wide zigzag stitch on your sewing machine. The zigzag will provide stretch and prevent the seams from popping. A fabric with a high amount of stretch will require a wider and longer zigzag stitch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

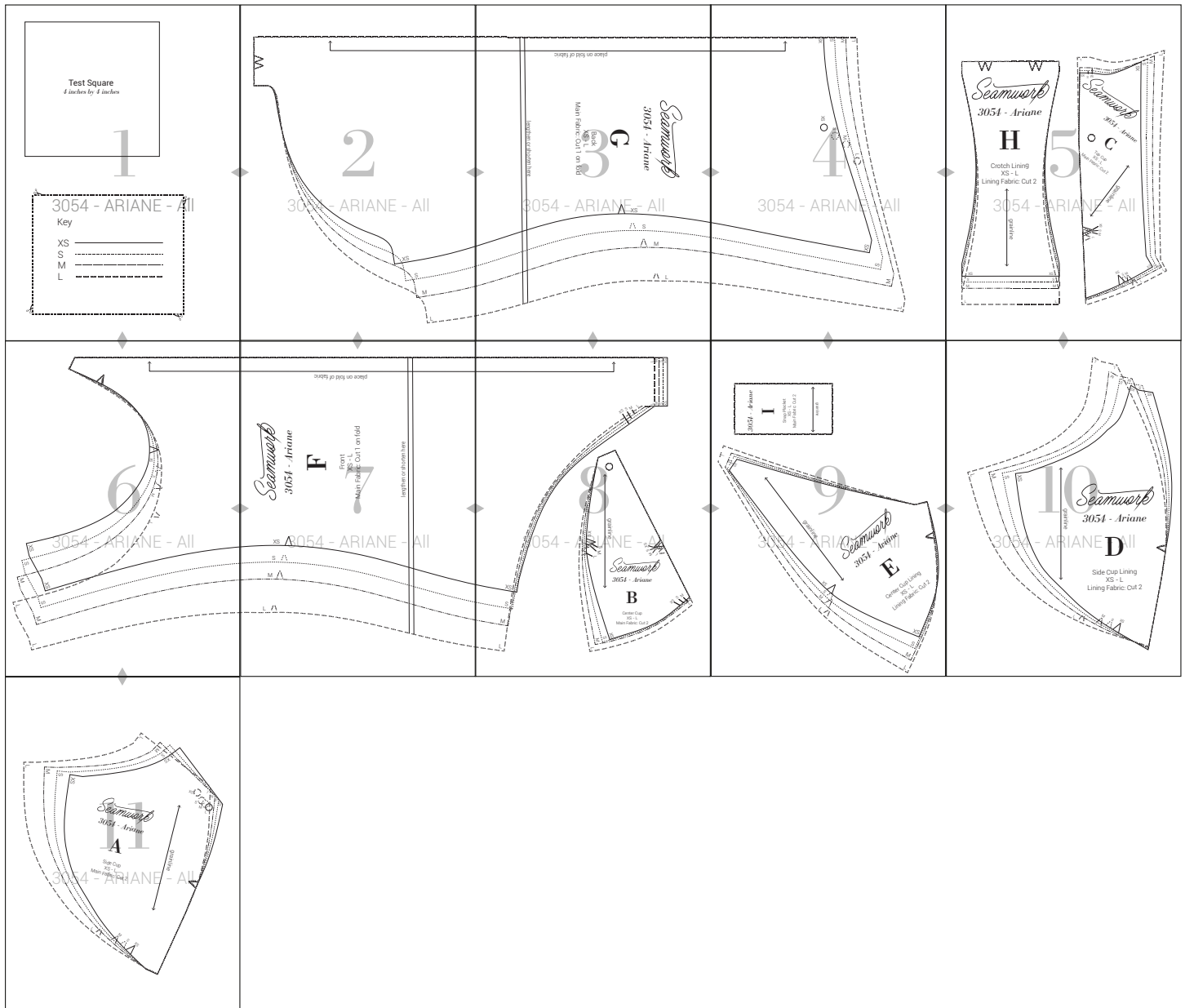
To finish the raw edge of your hem, use an overlock machine or a conventional sewing machine with a zigzag or other specialty stitch. Many sewing machines have a mock overlock stitch that imitates the finish of an overlock.



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. For more information on the twin needle method, visit colettepatterns.com/go/twin-needle.

PATTERN ASSEMBLY

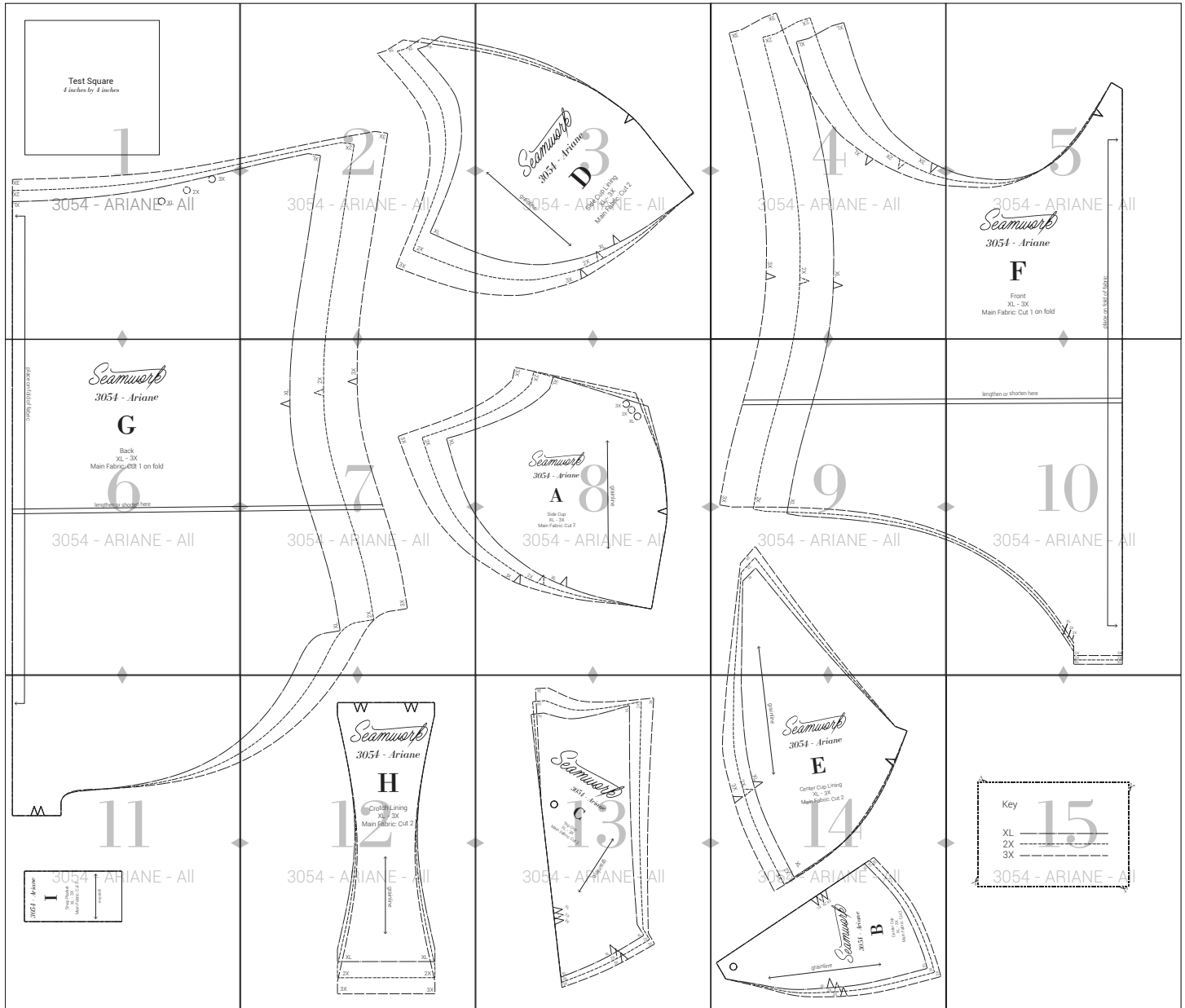
sizes XS - L



See what other people are making at colettepatterns.com/go/gallery

PATTERN ASSEMBLY

sizes *XL - 3X*



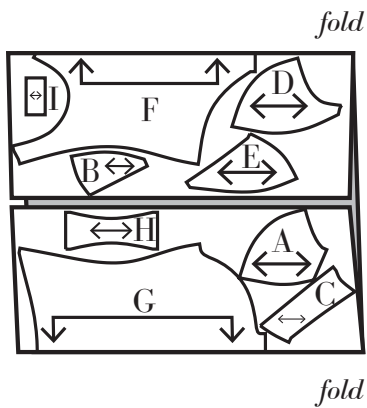
CUTTING LAYOUTS

 RIGHT SIDE OF FABRIC

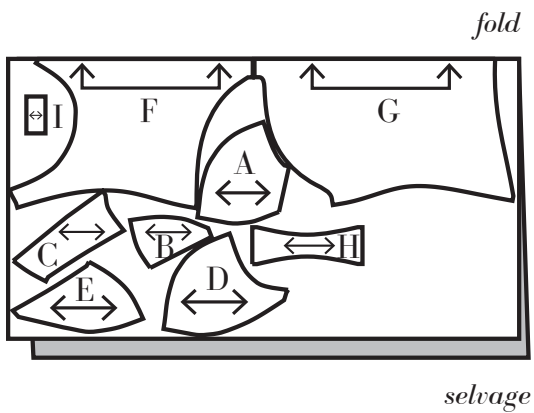
 WRONG SIDE OF FABRIC

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

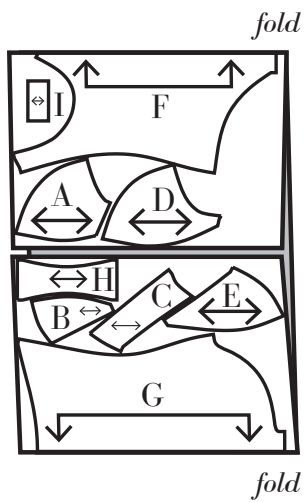
MAIN FABRIC (45") SIZES XS - M



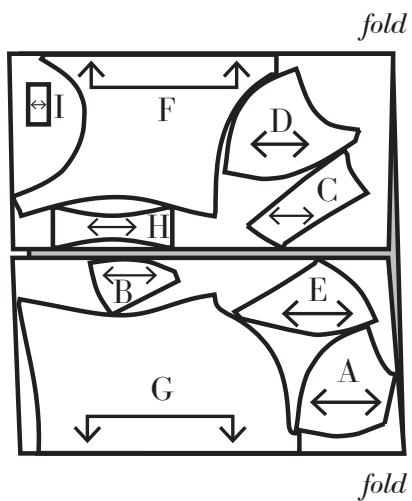
MAIN FABRIC (45") SIZES L - 3X



MAIN FABRIC (60") SIZES XS - M

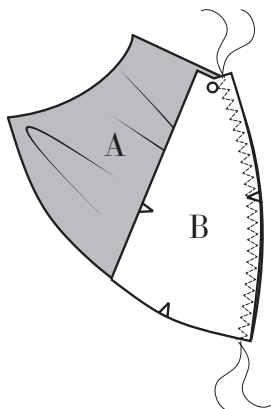


MAIN FABRIC (60") SIZES L - 3X

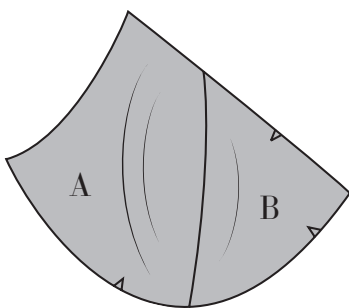


INSTRUCTIONS

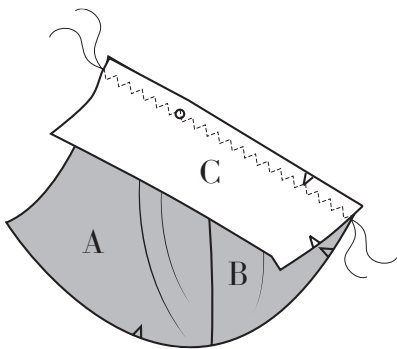
ASSEMBLE CUPS



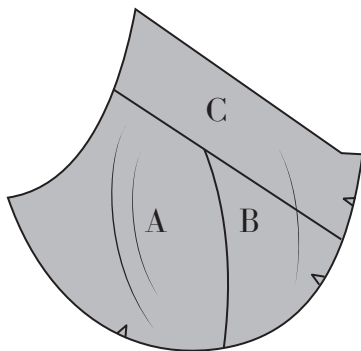
1. With right sides together and notches aligned, match one **side cup (A)** to one **center cup (B)** at the princess seam. Pin. Stitch.



2. Finish the seam allowances together and press towards the **side cup (A)**.

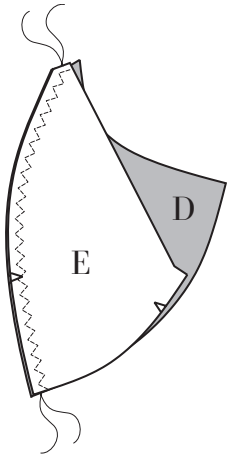


3. With right sides together, match one **top cup (C)** to the lower cup, aligning notches and circles. Pin. Stitch.

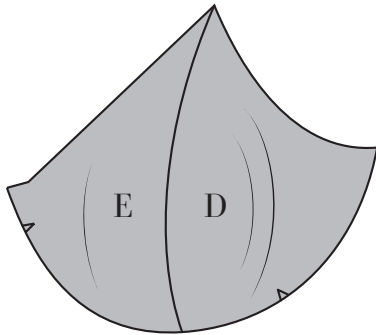


4. Finish the seam allowances together and press towards the lower cup.
5. Repeat steps 1 - 4 for the remaining **side cup (A)**, **center cup (B)** and **top cup (C)** pieces.

ASSEMBLE CUP LININGS

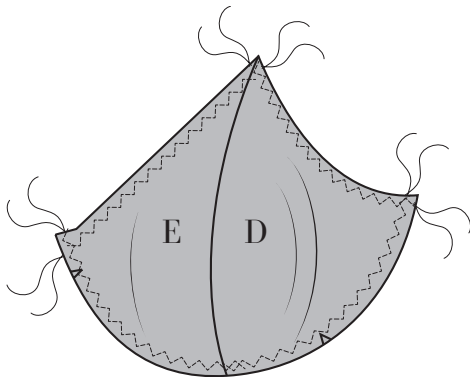


1. With right sides together and notches aligned match the **side cup lining (D)** to the **center cup lining (E)** at the princess seam. Pin. Stitch.

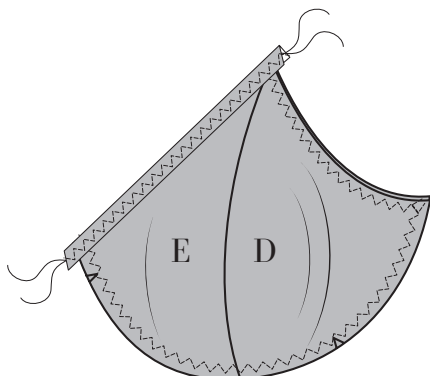


2. Finish the seam allowances together and press towards the **side cup lining (D)**.
3. Repeat steps 1 - 2 for the remaining **side cup lining (D)** and **center cup lining (E)**.

FINISH CUPS

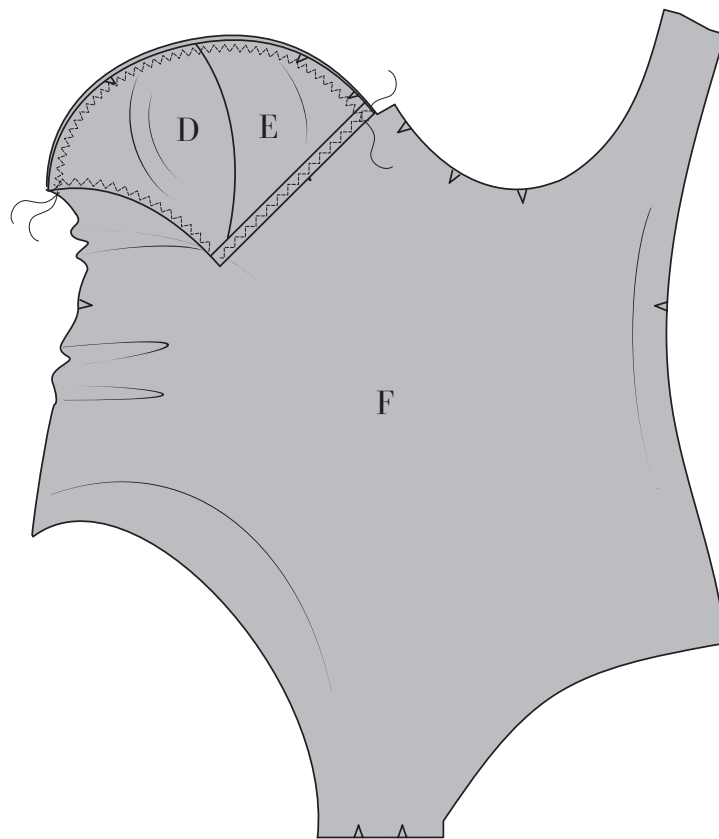


1. With wrong sides together, notches and seams aligned, match one cup lining to one cup shell along the outer edges. Pin. Baste around the outer edges at a scant $\frac{3}{8}$ ".



2. Cut a strip of fold over elastic $\frac{3}{4}$ " shorter than the length of the **top cup (C)** edge. Sandwich the raw edges of the **top cup (C)** and **center cup lining (E)** by folding the elastic along the center fold line. Carefully stretch the elastic to align with the raw edges. Pin. Stitch.
3. Repeat steps 1 - 2 for the second cup shell and lining.

ATTACH CUPS



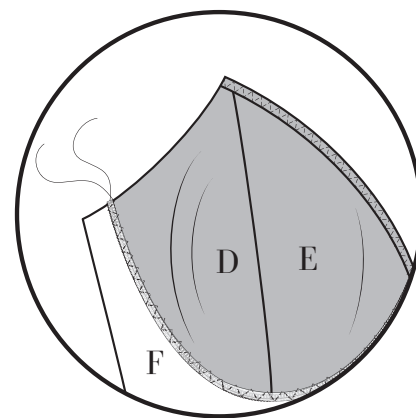
1. With right sides together and notches aligned, match one cup unit to the **front (F)**. Pin. Stitch.
2. Finish the seam allowances together and press up. (Do not finish the seam allowances together if you want to add additional support using boning, as described on page 18).
3. Repeat steps 1 - 2 for the second cup unit.

how to add support to cups

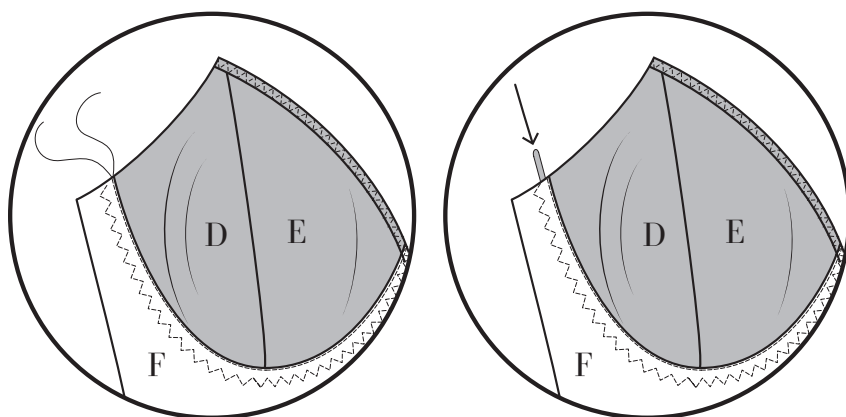
To add support to the cups, sew a strip of elastic into the seam allowance, or create a seam allowance casing and insert boning.

OPTIONAL: ADD SUPPORT TO CUPS USING ELASTIC

1. Cut a strip of clear elastic 1" shorter than the length of the cup lining seamline.
2. Pin the clear elastic to the cup lining side of the seam allowance, carefully and evenly stretching the elastic to fit the seam. Using a wide zig zag stitch the elastic to the seam.
3. Press the seam allowances up towards the cup.

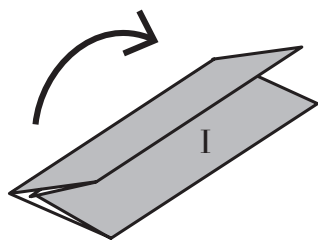
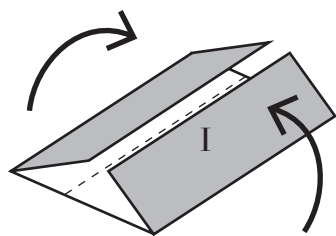


OPTIONAL: ADD SUPPORT TO CUPS USING BONING



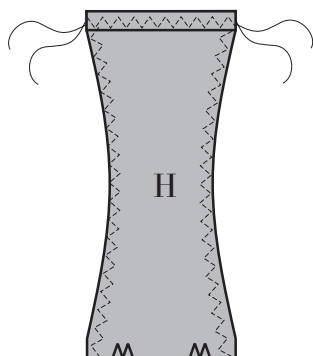
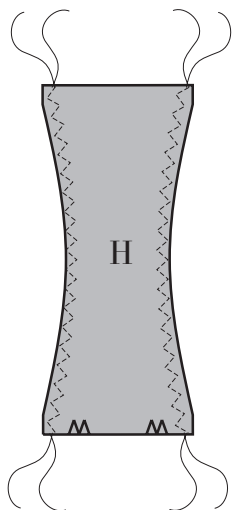
1. To create a casing, press the seam allowances up towards the cup. Using a wide length straight stitch, edges-titch along the raw edges of the seam allowances through all layers.
2. Insert $\frac{1}{4}$ " wide boning into the casing. Baste the open ends of the casing closed.

ASSEMBLE SNAP PLACKETS



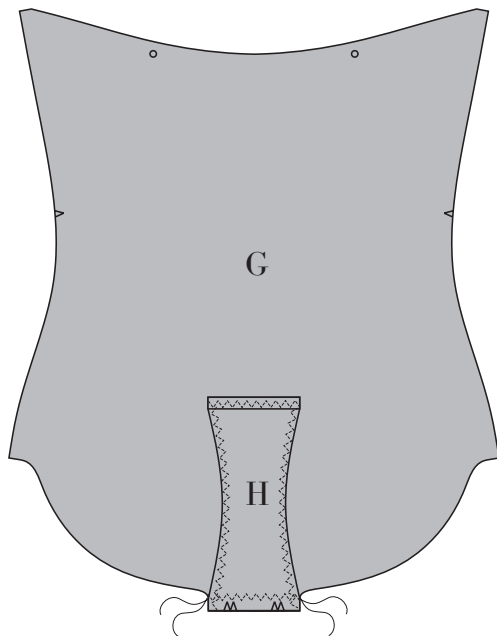
1. With wrong sides together, fold the long edges of the **snap placket (I)** to meet in the middle. Press.
2. Fold the **snap placket (I)** along the center, matching the long folded edges together. Press.
3. Repeat steps 1 - 2 for the second **snap placket (I)**.

ASSEMBLE CROTCH LINING



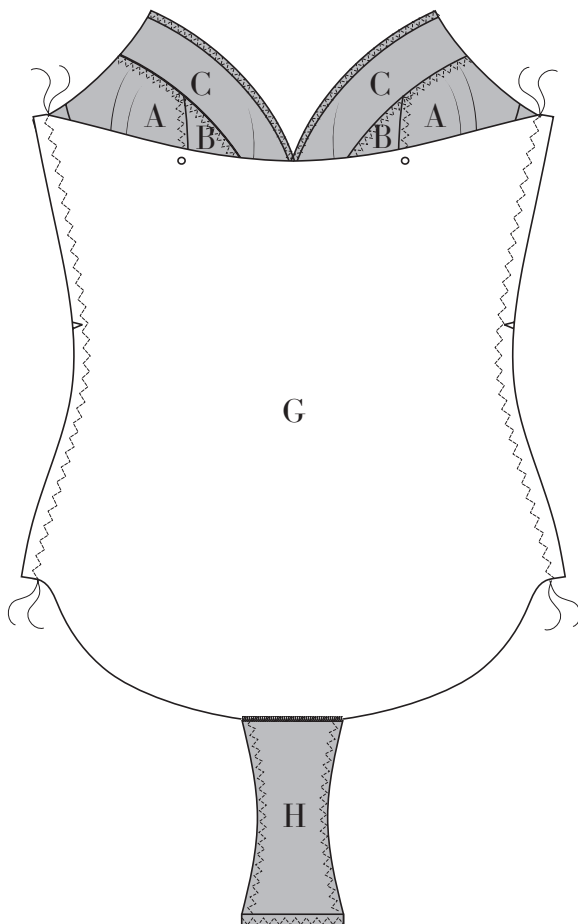
1. With wrong sides together and notches aligned, match the two **crotch lining (H)** pieces together. Pin. Baste along the long edges.
2. Finish the short, front edge of the crotch lining by sandwiching one of the **snap placket (I)** pieces over the raw edges. Pin. Stitch.
3. Press.

ATTACH CROTCH LINING



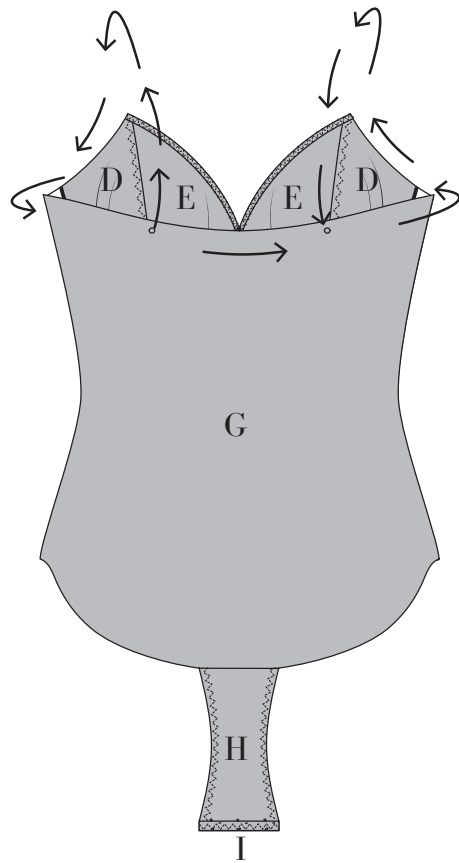
1. With right sides together and notches aligned match the **crotch lining (H)** to the **back (G)**. Pin. Stitch.
2. Finish the seam allowances together. Press the seam allowances up towards the **back (G)**. Press the **crotch lining (H)** down and away from the **back (G)**.

SEW SIDE SEAMS

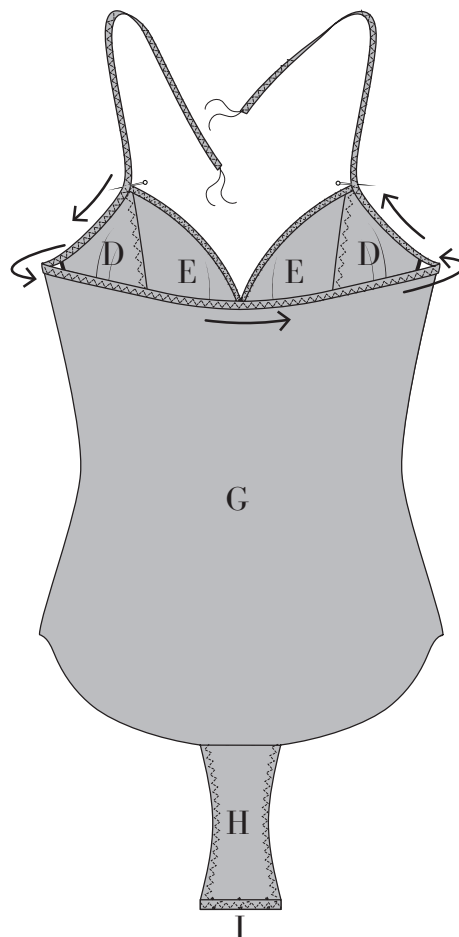


1. With right sides together and notches aligned, match the **front (F)** to the **back (G)** at one side seam. Pin. Stitch.
2. Finish the seam allowances together and press towards the **back (G)**.
3. Repeat steps 1 - 2 for the other side seam.

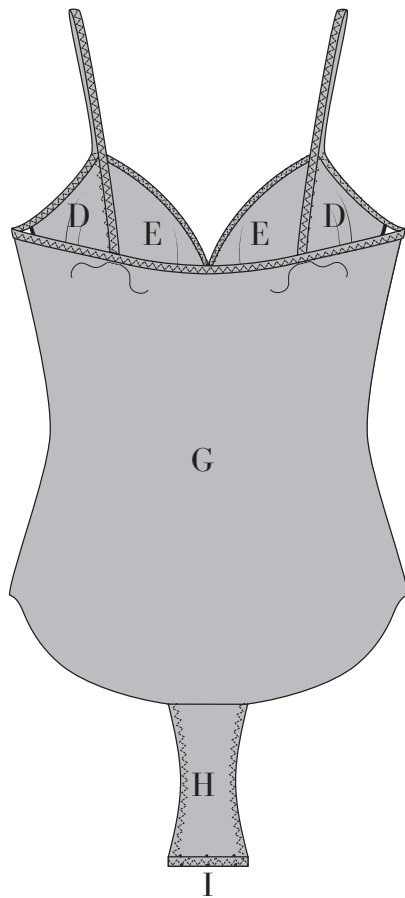
MEASURE AND INSTALL SHOULDER STRAPS



1. First Measurement: Measure the length of the underarm edge of the **front (F)** and **side cup (A)** and subtract $\frac{3}{4}$ "; multiply this number by 2. Second Measurement: Measure the length of the top edge of the **back (G)** and subtract $\frac{3}{4}$ ". Third Measurement: Use a tape measure to roughly measure the length of one shoulder strap; add a few inches, then multiply this total by 2. Add all three measurements together and cut one long strip of fold over elastic in that length.

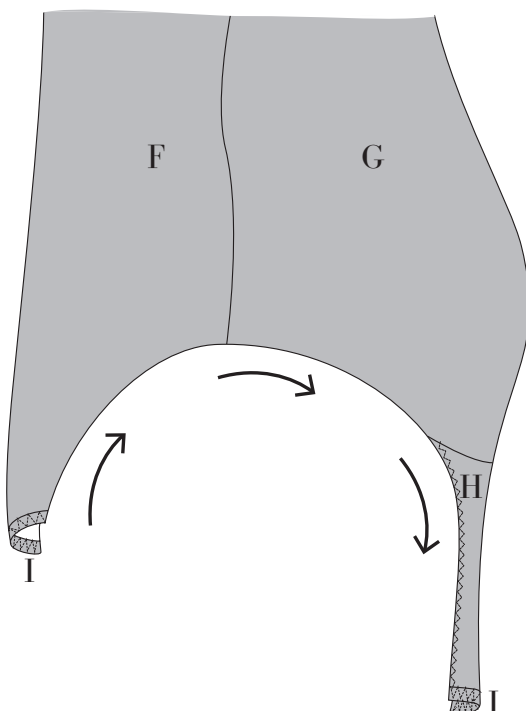


2. From each end of the elastic strip, measure in the length of one shoulder strap. Place pins at these markings.
3. Align the pins with the tips of the **top cup (C)** pieces. Pin.
4. Fold the elastic along the fold line and sandwich the raw edges of the **front (F)** and **back (G)**. Carefully and evenly stretch the elastic to align with the edges. Pin.
5. In one continuous stitch, beginning at one end of the elastic strip, stitch in place.

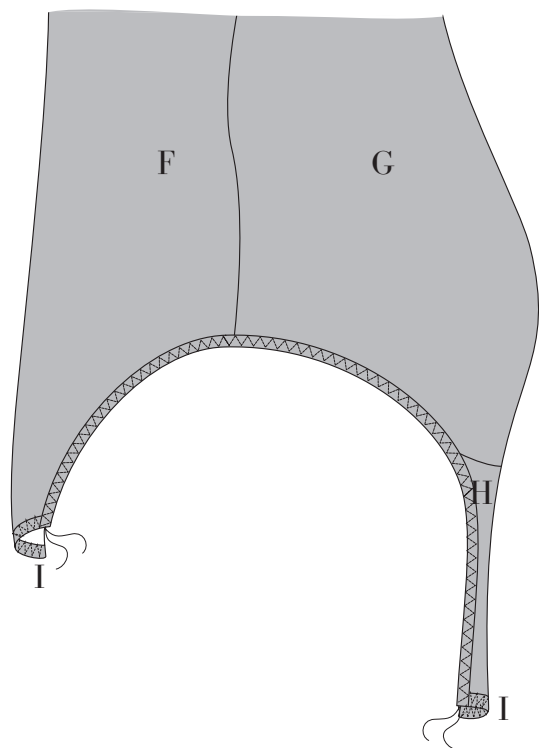


6. Put on the garment and adjust the length of the shoulder straps for a comfortable fit.
7. Pin the end of the shoulder straps to the circles on the **back (G)**, on the inside of the garment, being careful not to twist the straps. Bar tack the shoulder straps in place. Trim away any excess elastic.

FINISH LEG OPENINGS



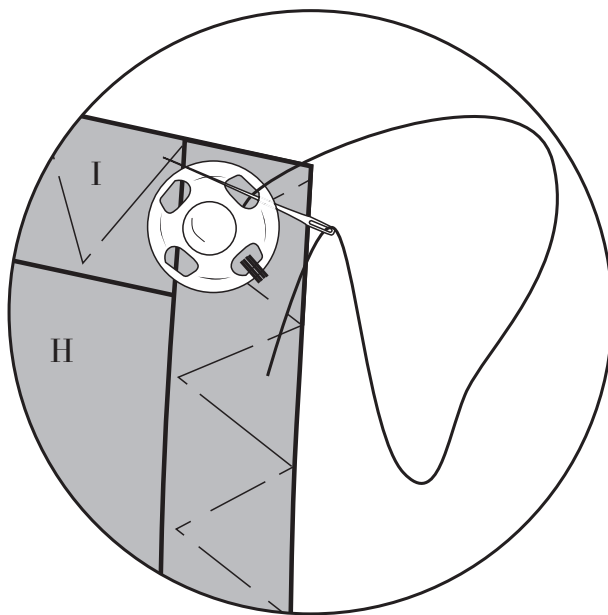
1. Finish the edge of the **front (F)** crotch by sandwiching one of the **snap placket (I)** pieces over the raw edges. Pin. Stitch.
2. Measure the total length of one leg opening and subtract $\frac{3}{4}$ ". Cut two strips of fold over elastic this same length.

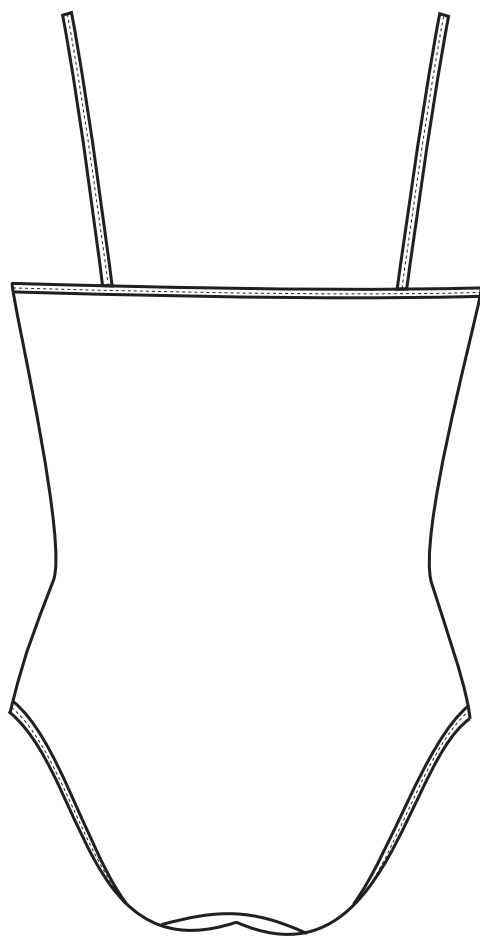
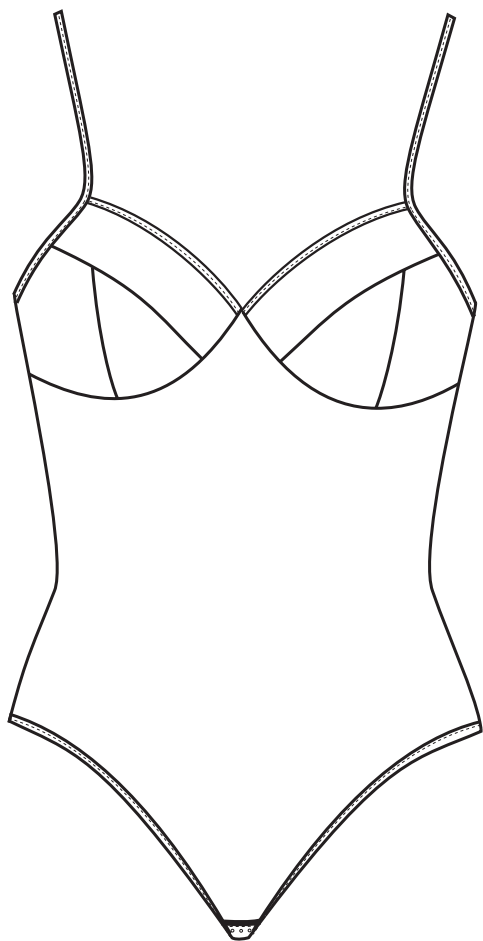


3. Fold one strip of fold over elastic along the center line and sandwich the raw edges of one leg opening. Carefully and evenly stretch the elastic to align with the edge. Pin. Stitch.
4. Repeat steps 2 - 3 for the second leg opening.

ATTACH SNAPS

1. Following the manufacturer's instructions, hand-sew the male side of the lingerie snaps to the wrong side of the **snap placket (I)** on the **crotch lining (H)**. Sew the female side of the lingerie snaps to the right side of the **snap placket (I)** on the **front (F)** crotch.

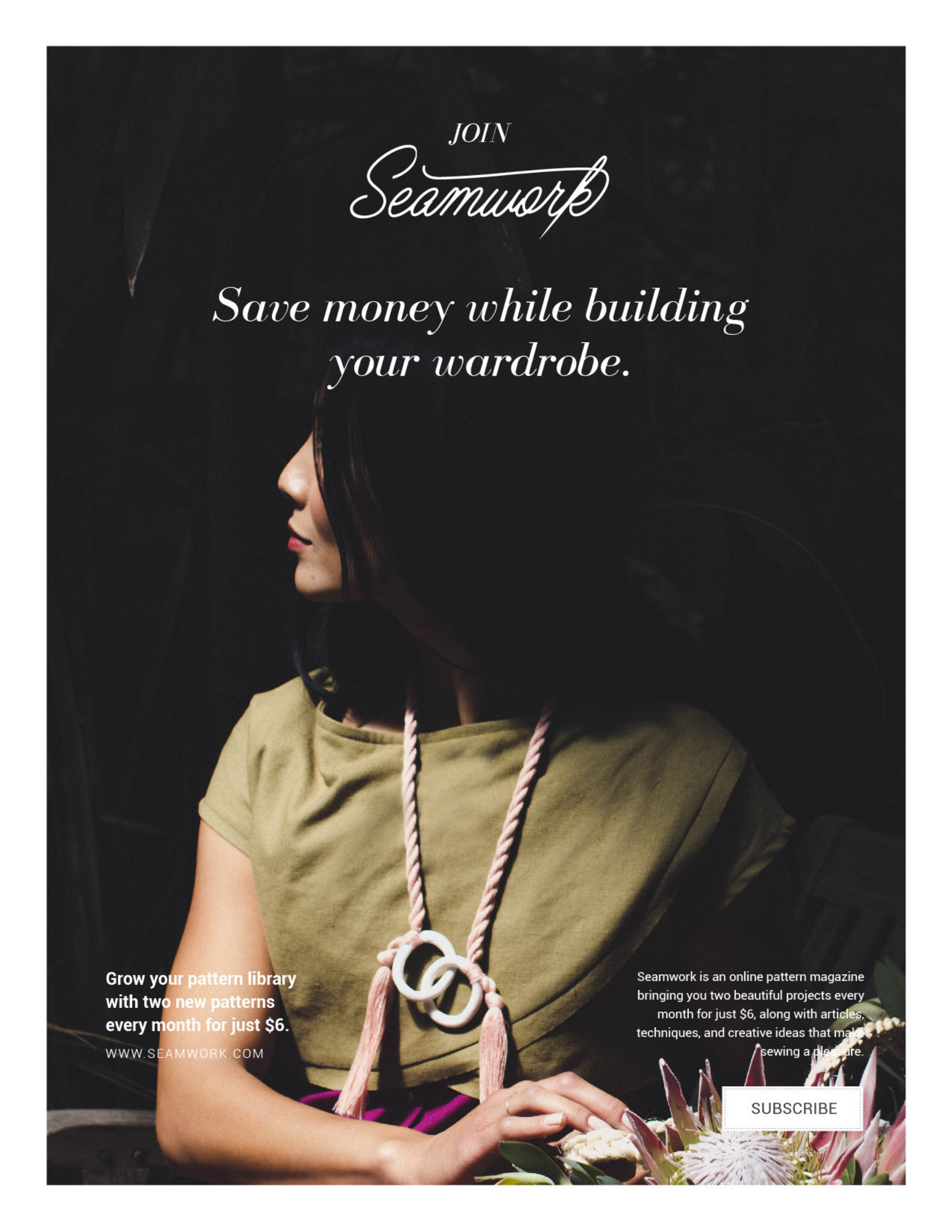




Congratulations! You have completed Ariane. Give your garment a once over and a final press and it's ready to wear. Share your Arianes with us!

GLOSSARY

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.	GRADE SEAM	Reducing the bulk in seams that are pressed in a single direction. After the seam is sewn, trim the seam allowance in half. Then, identify which seam allowance will be laying against the fabric once it is pressed, and trim this one in half.
CLIP	To help flatten a curved seam, snip at even intervals along the inner curve, being careful not to cut into the stitch line.	NOTCH	The notches on a pattern help align the pattern pieces when you sew them together. Another type of notch is one that is added by the sewist when sewing an outside curved seam. These notches are added by cutting wedge shapes into the seam allowance at even intervals, being careful not to cut into the stitching.
EASE	To sew a longer edge to a shorter edge, resulting in slight fullness. First, stitch two parallel rows using a long stitch length. Next, leave long thread tails: tug to adjust length of longer edge before sewing.	RIGHT SIDE/ WRONG SIDE	The right side of the fabric will show on a finished garment; the wrong side will be on the inside.
EDGE STITCH	Adding a second row of stitches close to the seam line on the right side of the fabric. This is done very close to the stitches of the seam line and on the right side of the fabric.	STAY STITCH	Stitching that stabilizes a piece of fabric before it is sewn to prevent the edge from being stretched or distorted.
FINISH SEAM	There are many ways to finish a seam or raw edge to get a neat look and prevent fraying. For sturdy fabrics, just trim seams with pinking shears. For lighter fabrics, use a zigzag stitch along the seam. Other methods of finishing include turned-under seams, bound edges, and serged edges.	TOP STITCH	Stitching on the outside of a garment that is parallel to, and a scant 1/4-inch from, the seam. Sew through fabric and seam allowance after pressing to help the seam lay flat. Similar to edge-stitching, but more noticeable.
GATHER	To sew a longer edge to a shorter edge, resulting in significant fullness. Use a long stitch length and stitch two rows parallel to each other. Next, leave long thread tails: tug to adjust length of longer edge before sewing.	UNDERSTITCH	Stitching that helps seams lie flat and prevents facings and linings from rolling to the outside of the garment. Press the seam towards your facing, then stitch the facing to the seam, very close to the seam line.



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MY NOTES

Test Square
4 inches by 4 inches

1

3054 - ARIANE - All

Key

XS _____

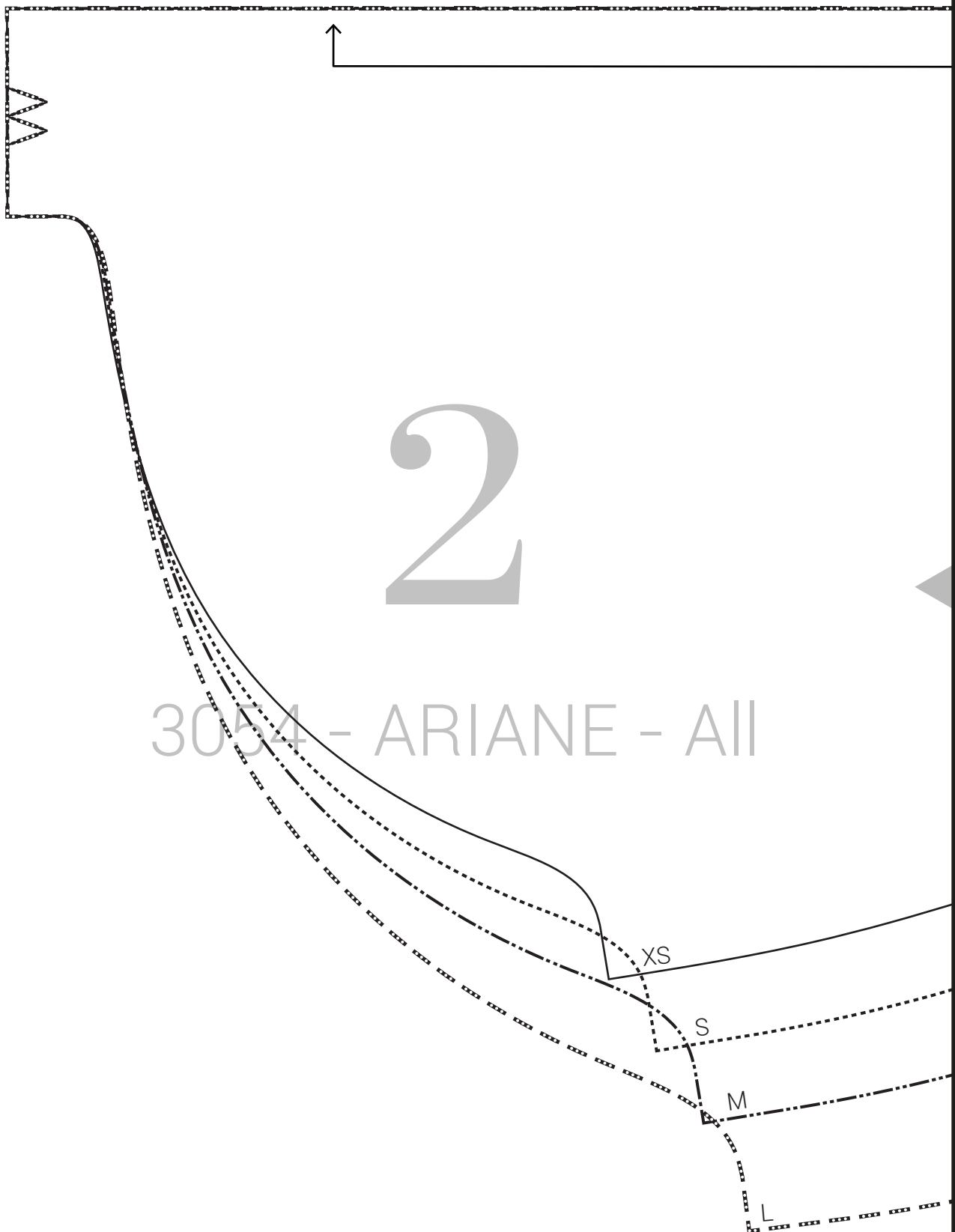
S
.....

M
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L
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2

3054 - ARIANE - All



Samuel's

3054 - Ariane

G

Back
XS - L

Main Fabric: Cut 1 on fold

place on fold of fabric

lengthen or shorten here

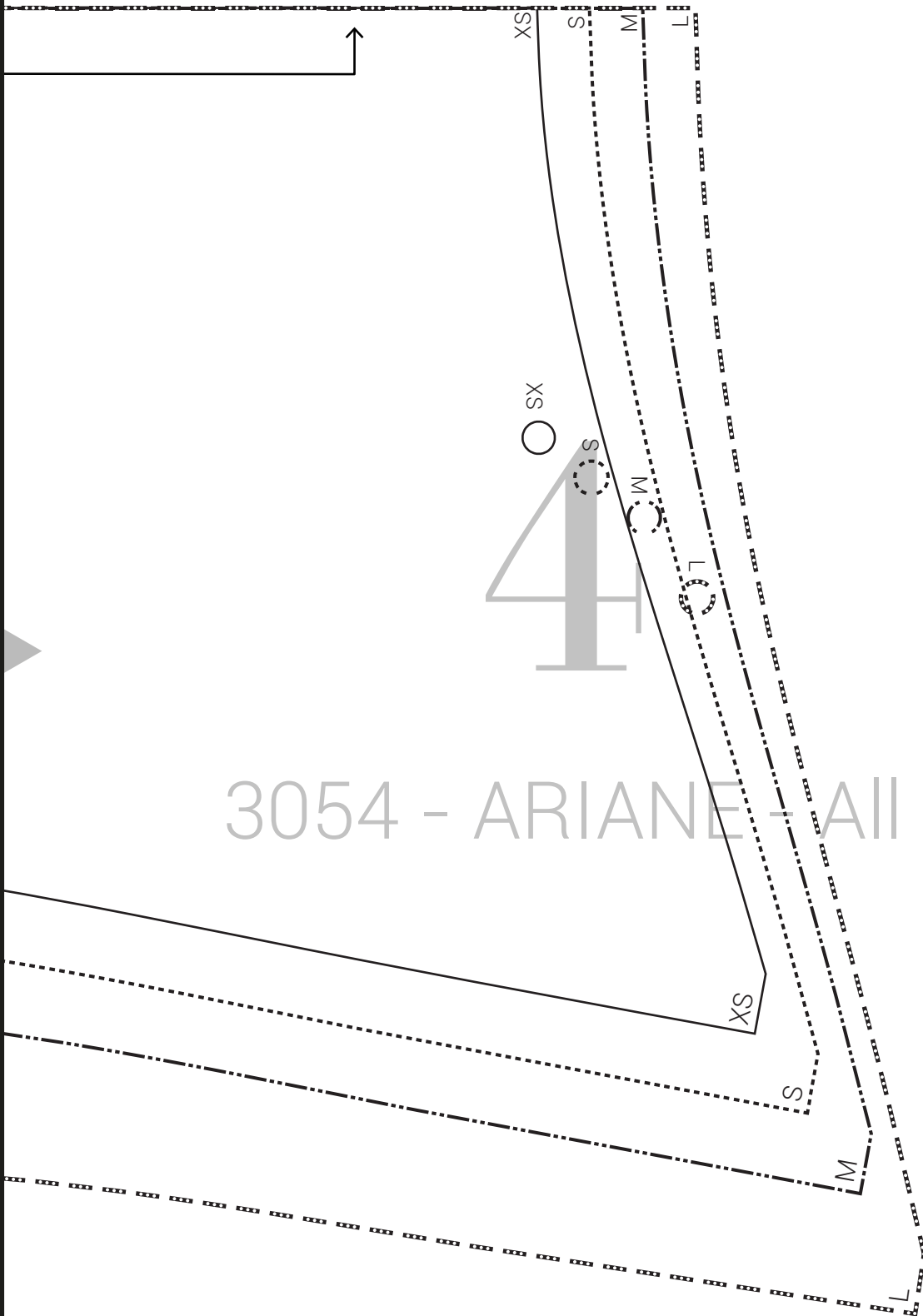
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XS

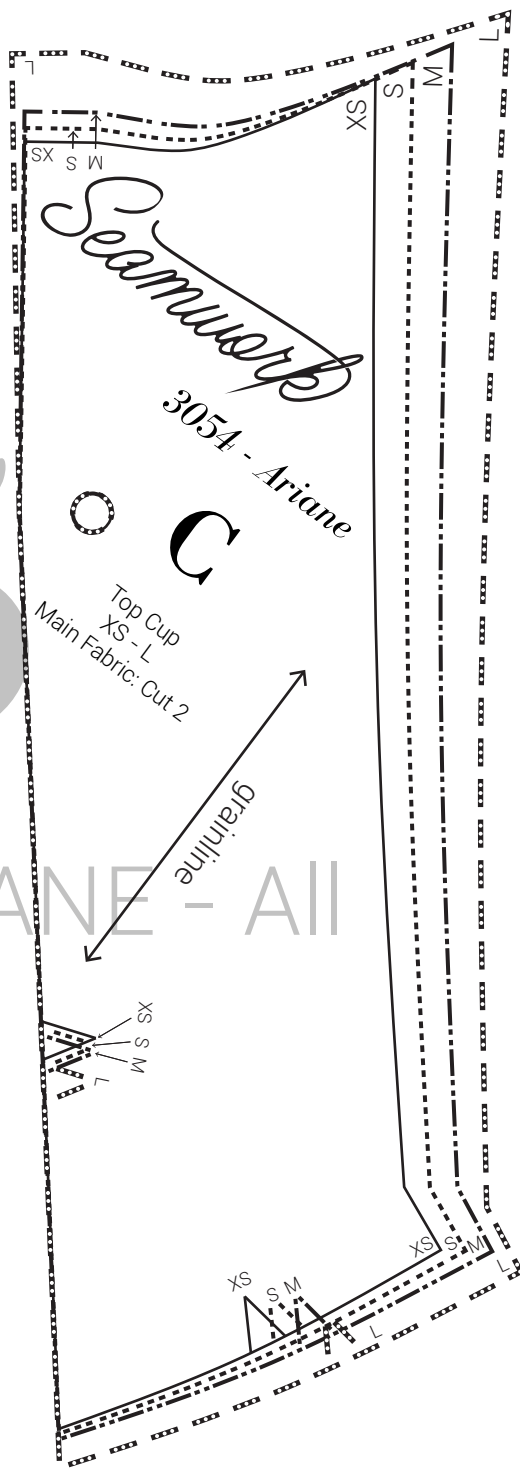
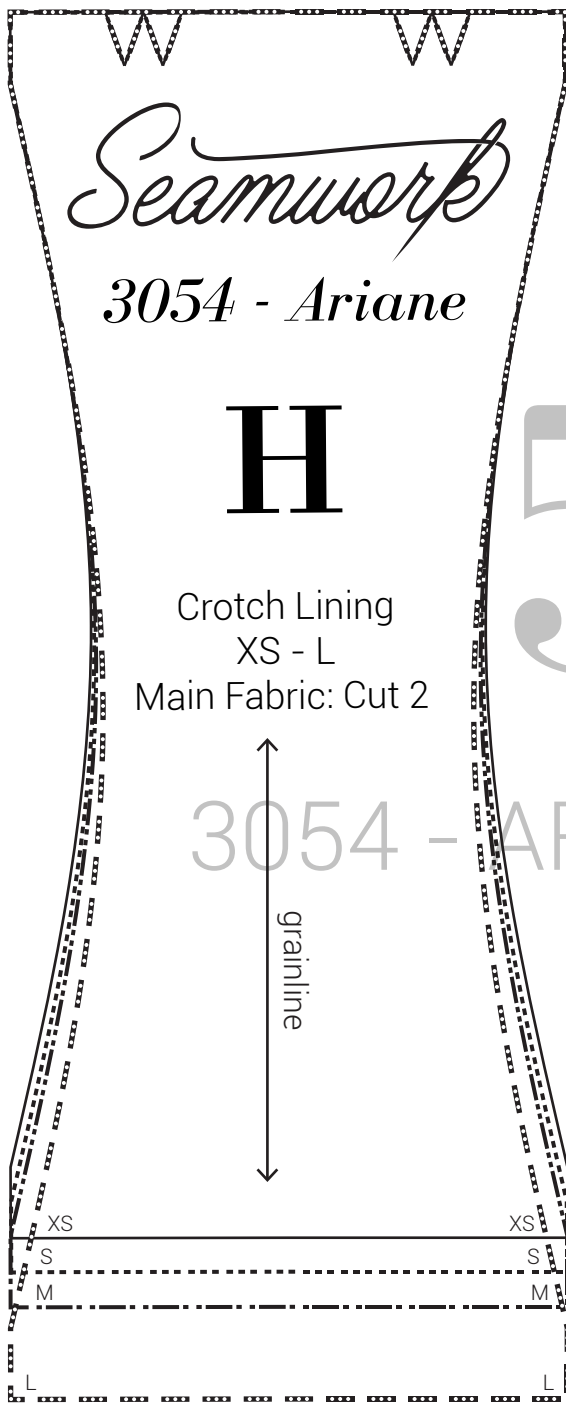
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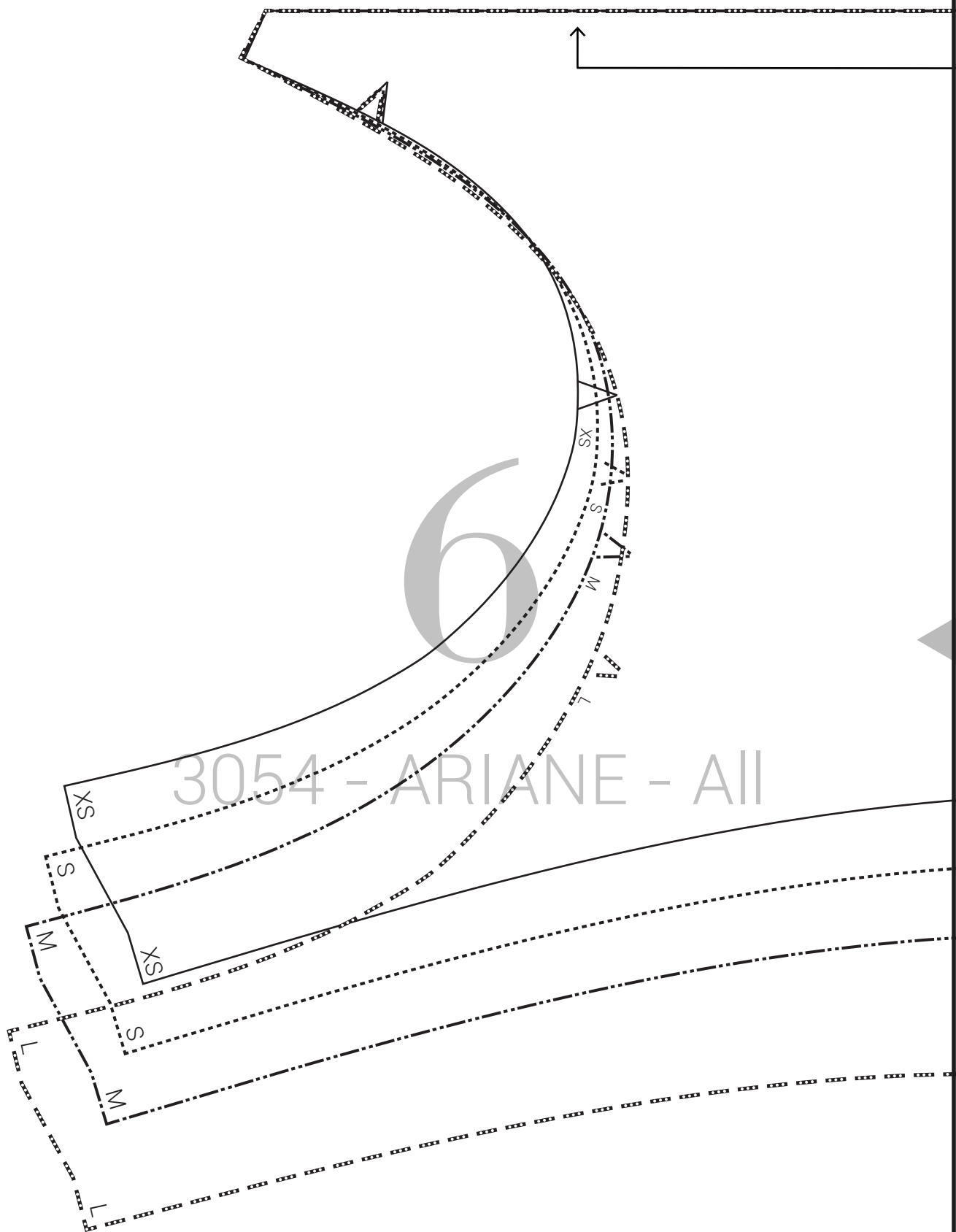
M

L



3054 - ARIANE - All





Seamwork

3054 - Ariane

F

Front

XS - L

Main Fabric: Cut 1 on fold

place on fold of fabric

lengthen or shorten here

XS



S



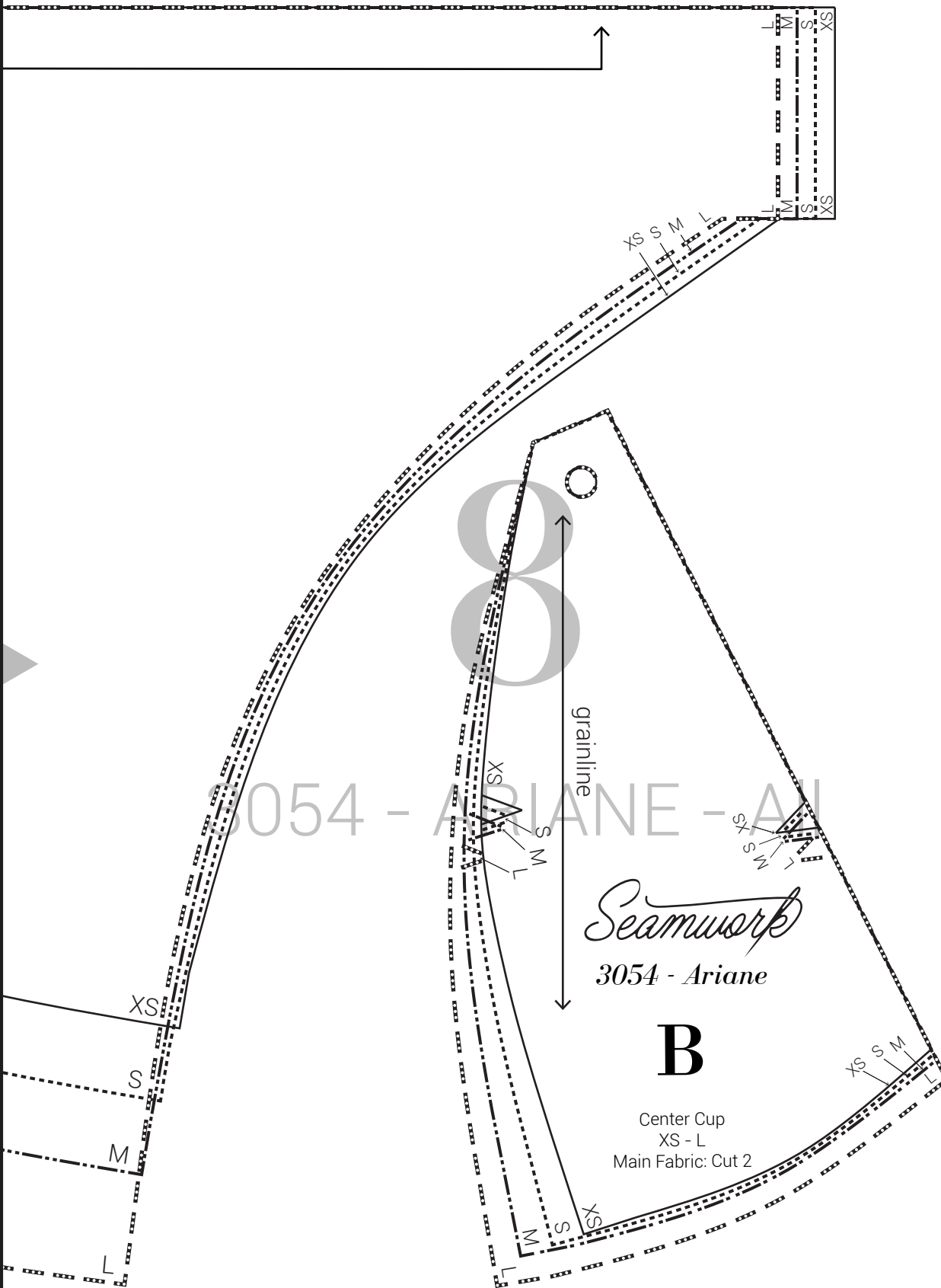
M



L



3054 - ARIANE - All

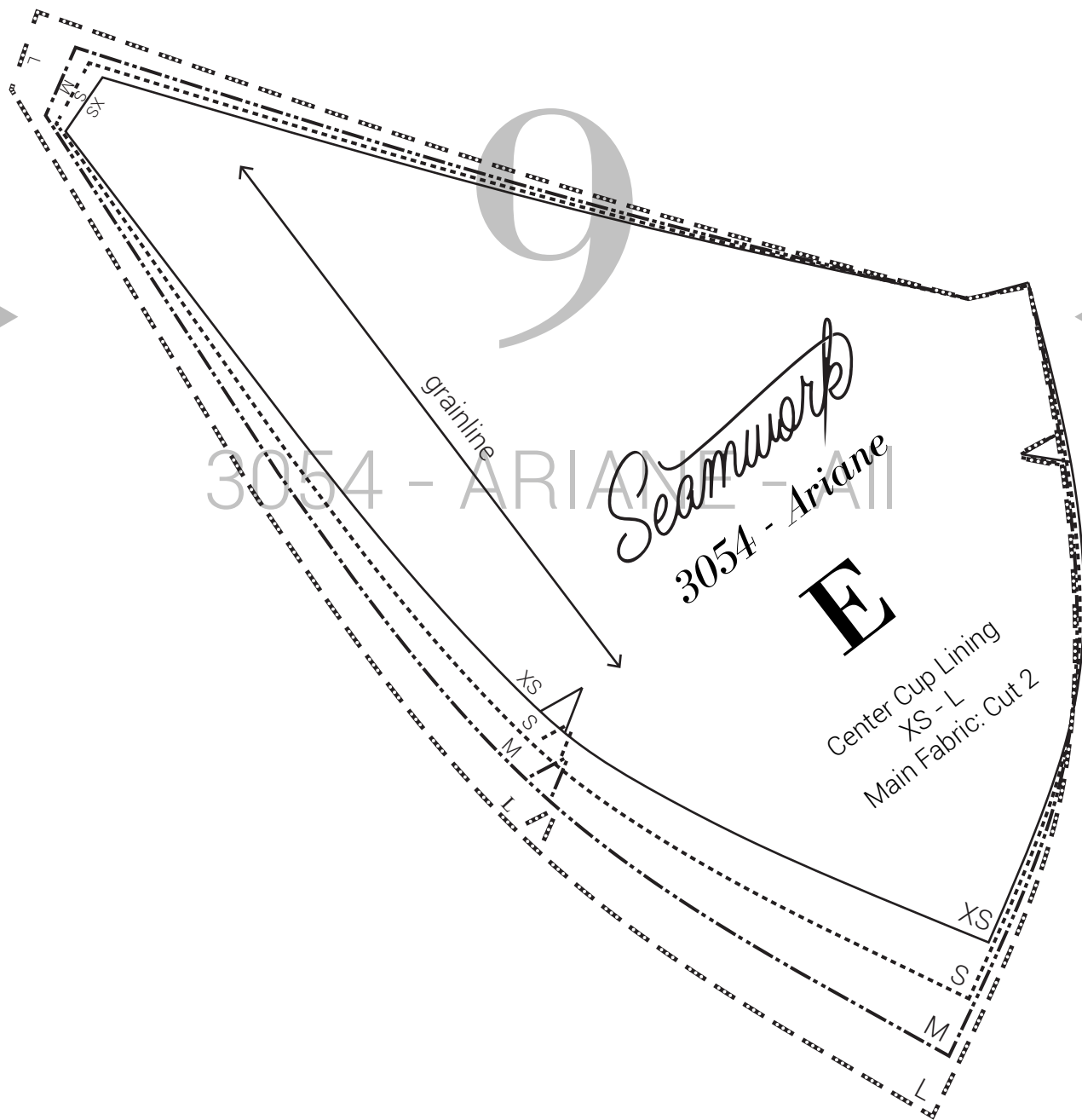


3054 - Ariane

I

Snap Placket
XS - L
Main Fabric: Cut 2

grainline

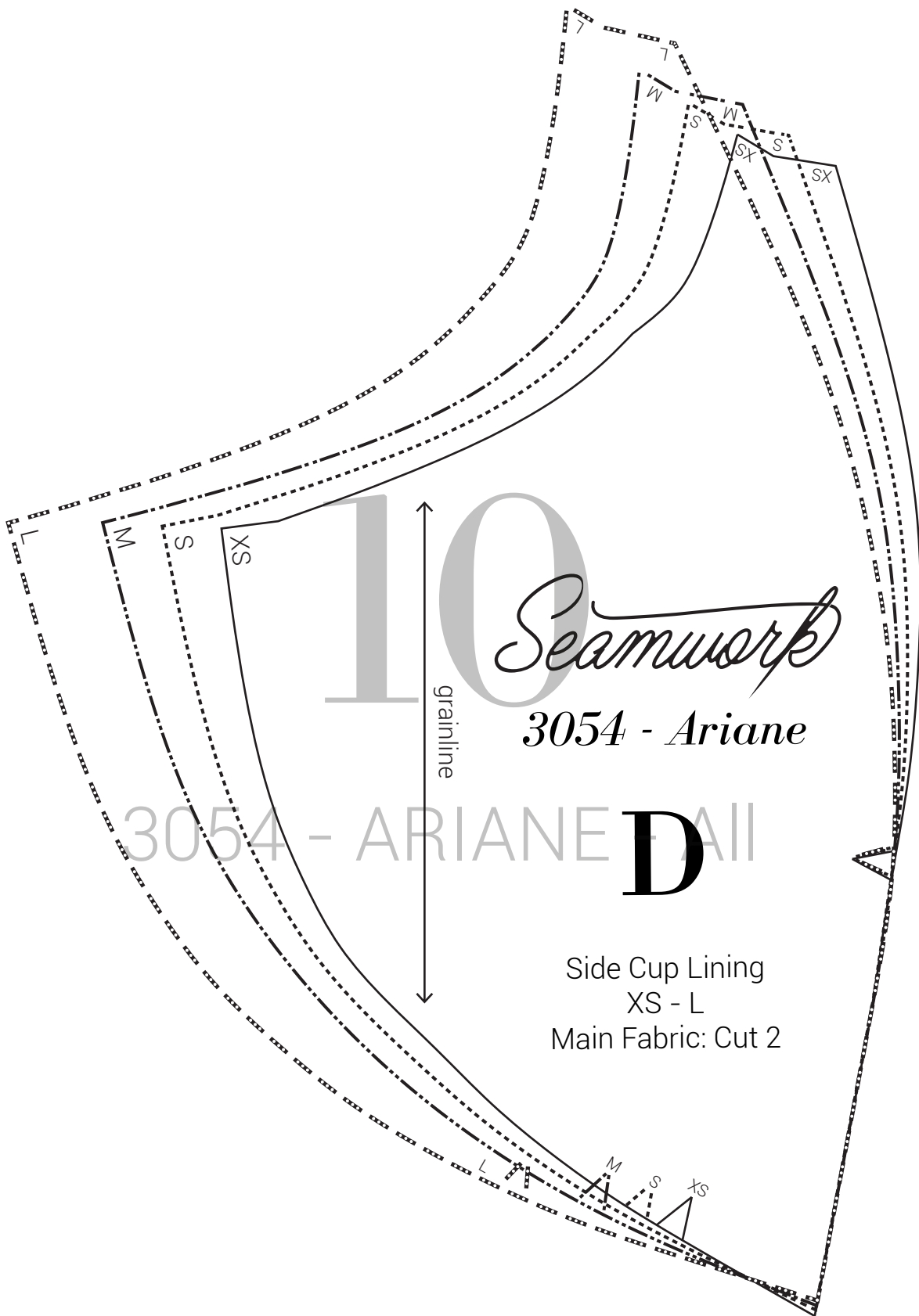


Seamwork

3054 - Ariane

E

Center Cup Lining
XS - L
Main Fabric: Cut 2



Seamwork

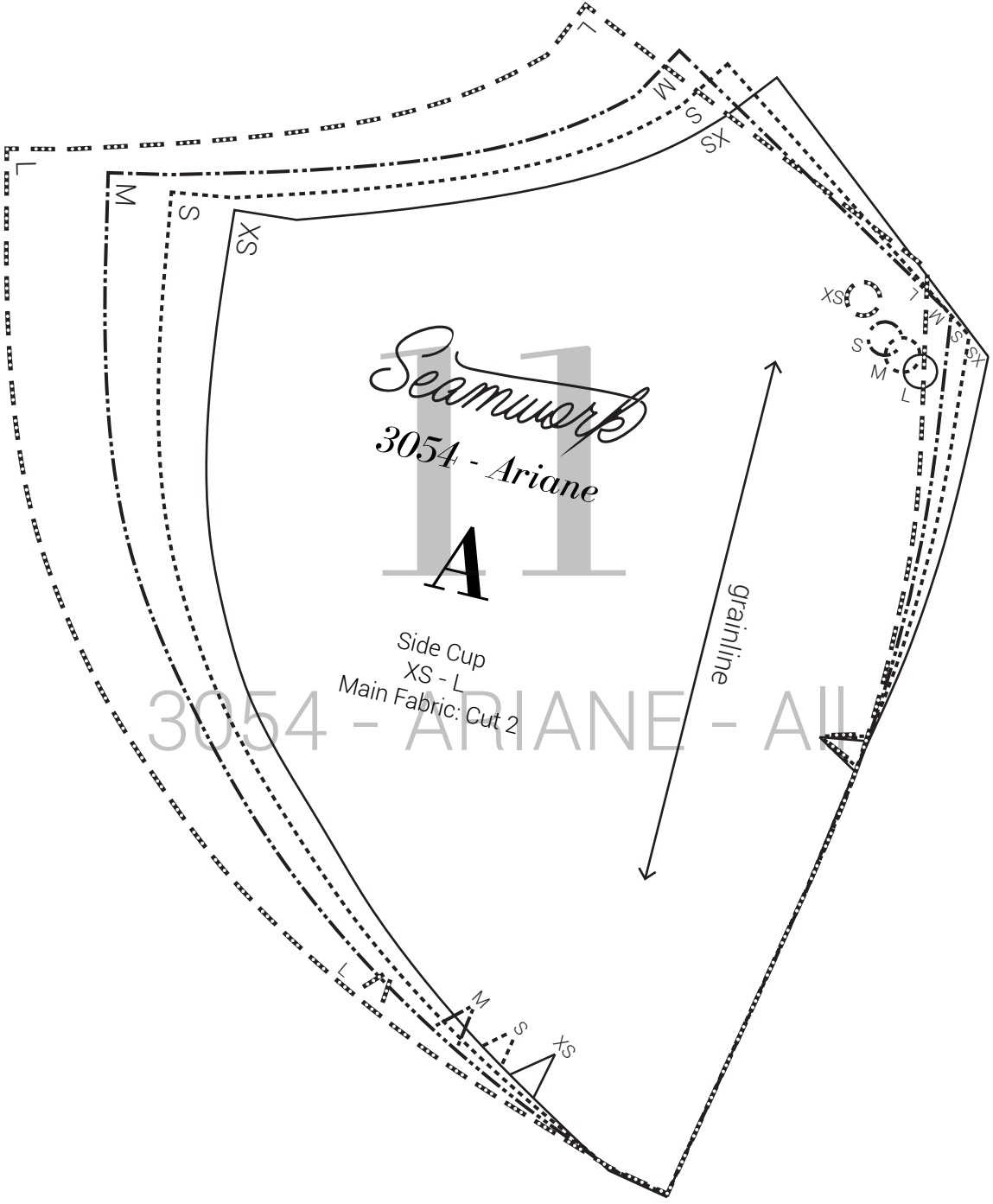
3054 - Ariane

D

Side Cup Lining

XS - L

Main Fabric: Cut 2



Seamwork
3054 - Ariane

A

Side Cup
XS - L
Main Fabric: Cut 2

grainline