

SIZE GUIDE

	Size	A	B	C	D	E	F	G
BUST	cm	80	84	88	93	98	103	109
	inches	31.5"	33"	34.5"	36.5"	38.5"	40.5"	43"
WAIST	cm	63	67	71	76	81	86	92
	inches	25"	26.5"	28"	30"	32"	34"	36"
HIP	cm	88	92	96	101	106	111	117
	inches	34.5"	36"	37.5"	39.5"	41.5"	43.5"	46"

	Size	H	I	J	K	L	M	N
BUST	cm	115	121	127	133	139	145	151
	inches	45"	47.5"	50"	52.5"	54.5"	57"	59.5"
WAIST	cm	98	104	110	116	122	128	134
	inches	38.5"	41"	43"	45.5"	48"	50.5"	52.5"
HIP	cm	123	129	135	141	147	153	159
	inches	48.5"	51"	53"	55.5"	58"	60"	62.5"

FINISHED GARMENT MEASUREMENTS

	Size	A	B	C	D	E	F	G
BUST	cm	92	96	100	104	108	112	119
	inches	36.2"	37.8"	39.3"	41"	42.5"	44"	46.8"
WAIST	cm	85	89	93	97	101	105	111
	inches	33.5"	35"	36.6"	38"	40"	41.3"	43.7"
BACK LENGTH	cm	54	54.4	54.8	55.2	55.6	56	56.4
	inches	21"	21.4"	21.6"	21.7"	21.9"	22"	22.2"
SLEEVE LENGTH	cm	19	19.2	19.4	19.8	20	20.2	20.4
	inches	7.4"	7.5"	7.6"	7.7"	7.8"	7.9"	8"
SLEEVE CIRC.	cm	31	32.6	34.2	35.8	37.4	39	40.2
	inches	12.2"	12.8"	13.5"	14.1"	14.7"	15"	15.8"

	Size	H	I	J	K	L	M	N
BUST	cm	126	132	138	144	150	156	162
	inches	49.6"	52"	54"	56.7"	59"	61"	64"
WAIST	cm	117	124	130	136	142	148	154
	inches	46"	49"	51.2"	53.5"	56"	58"	60.6"
BACK LENGTH	cm	56.8	57.2	57.6	58	58.4	58.8	59.2
	inches	22.4"	22.5"	22.7"	22.8"	23"	23.1"	23.3"
SLEEVE LENGTH	cm	20.6	20.8	21	21.2	21.4	21.6	21.8
	inches	8.1"	8.2"	8.3"	8.4"	8.5"	8.6"	8.7"
SLEEVE CIRC.	cm	41.8	43.4	46	46.4	46.8	47.2	47.8
	inches	16.4"	17"	18"	18.3"	18.4"	18.6"	18.8"

RECOMMENDED FABRICS

Light to medium weight knits with moderate stretch.

FABRIC REQUIREMENTS:

If adhering to the suggested cutting layout on page 6 then **Sizes A- H require 92 cm / 1 Yard of fabric that is 150cm / 60" wide** and **Sizes I - N require 130 cm / 1.4 Yards of fabric that is 150cm / 60" wide.**

More fabric will be required if your fabric is narrower and / or has a directional print.

NOTIONS & SUPPLIES:

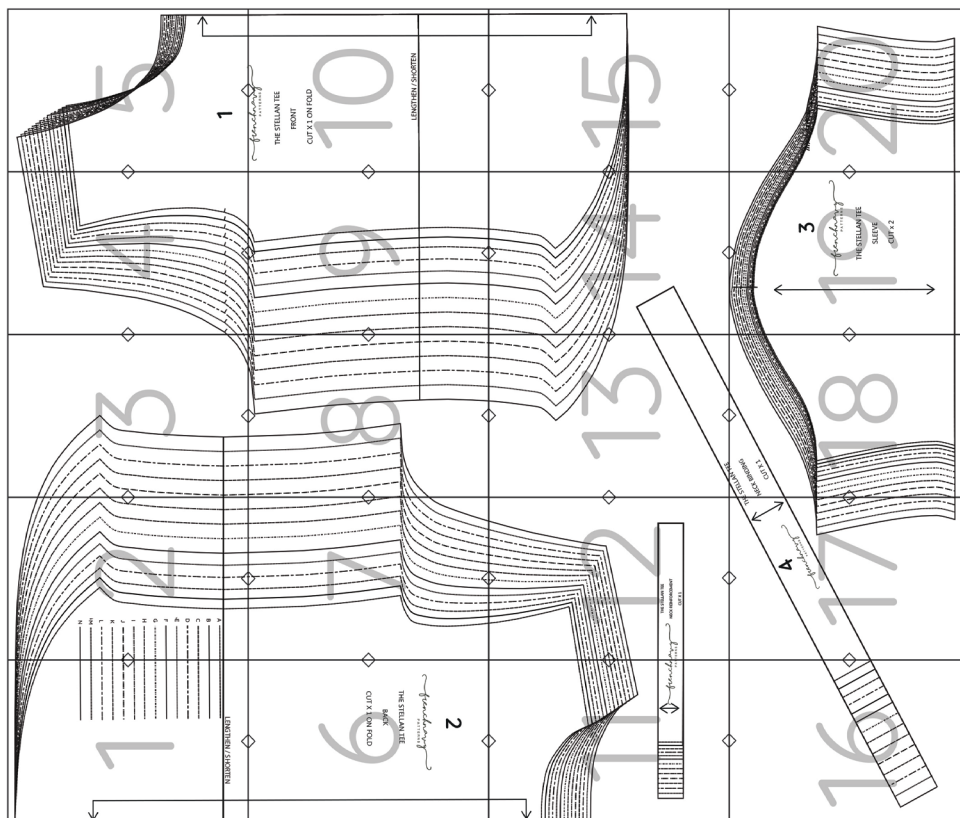
STRETCH / BALLPOINT NEEDLES: Ballpoint needles have a round tip that is especially designed for sewing knits. Without this needle you may pierce holes in your fabric and/ or have your machine behave unpredictably.

SEWING THREAD: 1-6 spools depending on machine / s used for construction.

BALLPOINT TWIN NEEDLE (optional): for sewing the hems.

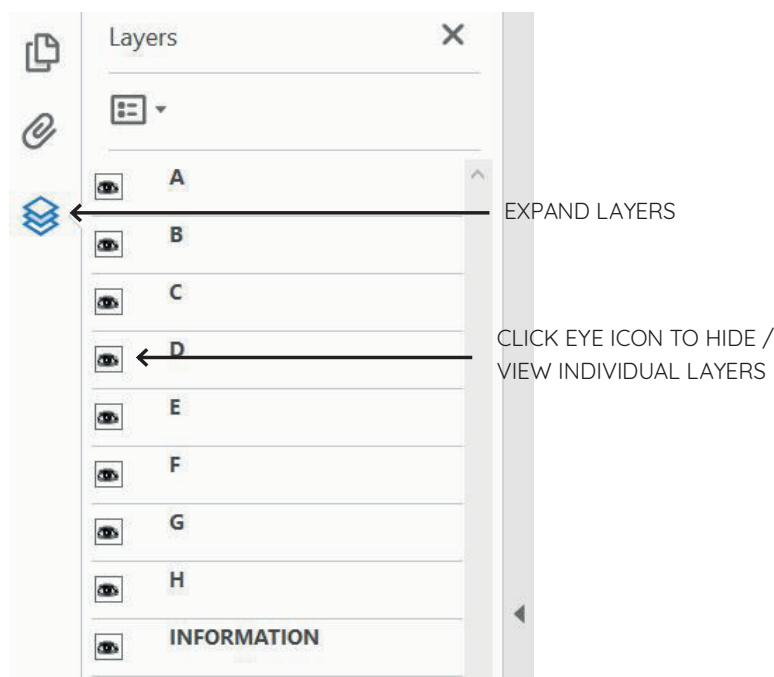
FUSIBLE KNIT / STRETCH STAY TAPE: for reinforcing shoulder seams.

PRINTING LAYOUT



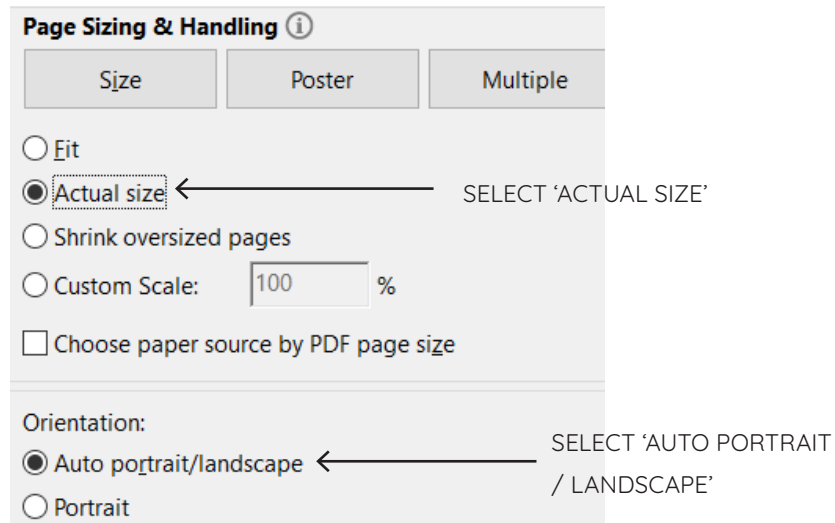
PRINTING YOUR PATTERN

This pattern has embedded layers which means that you are able to print / view selected sizes only. This not only saves ink, and sometimes paper, but also makes tracing / cutting your pattern a lot less confusing. In order to do this you will need to open the pattern in Adobe Reader ([click here to download it for free](#)) and click on the layers icon on the top left hand panel. This will expand the panel into the different size layers as well as into the 'INFORMATION' layer. You can hide the layers that you do not need by clicking the eye icon next to each layer. Make sure to keep the 'INFORMATION' layer visible for all sizes.



PRINTING YOUR PATTERN AT HOME

The print at home pattern is compatible with both A4 and US Letter Paper. Before printing the whole file, print the first page of the pattern by itself in order to confirm that your printer is printing at the correct scale, using the "test square" dimensions as a guide. Set your printer to 'no scaling' / 'actual size' or '100%' to ensure that it doesn't resize your pattern (a screenshot explaining this can be found on the following page). Although this may vary according to different versions of Adobe Reader, it is generally best to choose the 'auto rotate and center' or 'auto portrait/landscape' option. Cut the borders off one long edge and one short edge of each page and assemble as per the PRINTING LAYOUT pictured on the previous page.



COPY SHOP PRINTING

If you would like to save time by not having to paste your pattern tiles together then you can take the 'COPY SHOP' version of your pattern to a Copy Shop to be printed on a large scale printer. Just save the 'COPY SHOP' file to a flash-drive, burn to a disk, or email to yourself (so that you can access and download the file via email at the copy shop). Tell the person assisting you that you would like the file printed on lightweight, inexpensive paper that is A0 (841mm / 33.1") in width, and that it must not be scaled - the size must be printed as is. They should also be able to help you in selecting only specific size layers to print, so let them know which size (s) that you would like.

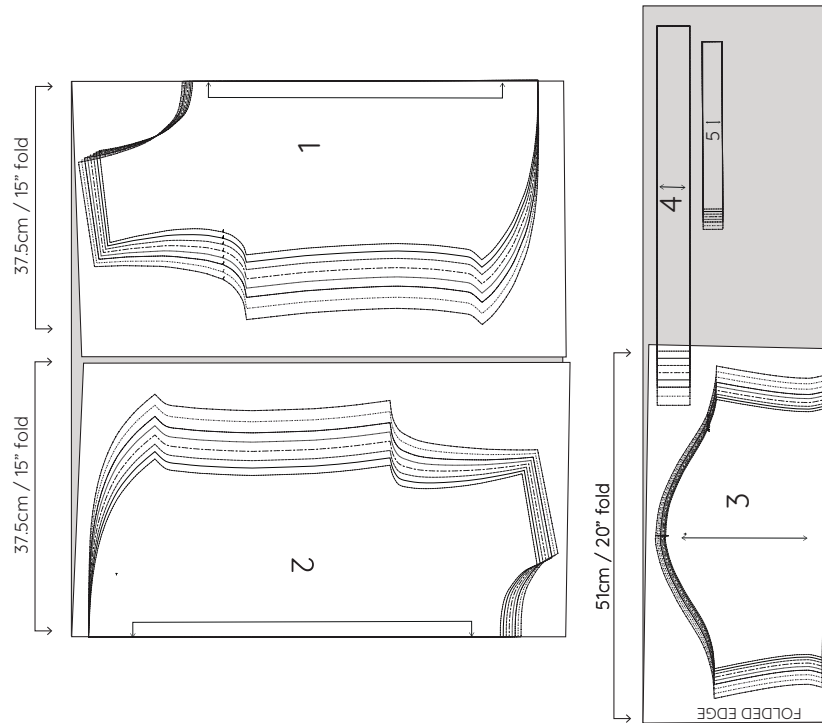
SEWING WITH KNITS

You will note in the instructions that the seams are sewn together with an overlocker / serger. Although this is the preferred method for sewing knits, it is not essential to have an overlocker, and you can absolutely construct this (or any) t-shirt with a regular sewing machine alone. **(Click here for a tutorial on how to sew a Stellan Tee with a regular machine).** You will however need to use a stretch stitch or a simple narrow zig-zag stitch. Before sewing your T-shirt, it is a good idea to first experiment on some fabric scraps to figure out what stitch length and tension settings are going to yield the best result. Twin needles are inexpensive and give a professional appearance when hemming knits. If it is your first time using a twin needle then it is again advisable to experiment with tension and stitch length settings before sewing your hems. Note that you cannot reverse / backstitch with a twin needle as it will break! If you do not have access to a twin needle then you can sew your hems with a zig-zag stitch.

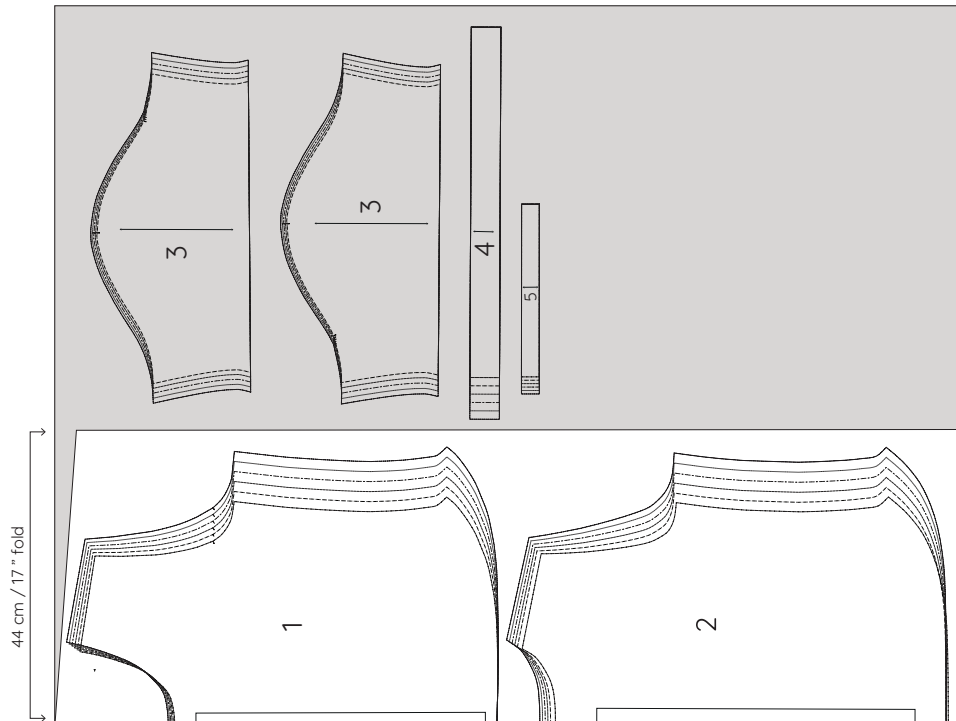
SUGGESTED CUTTING LAYOUTS

FOR FABRIC 150cm / 60" WIDE

SIZES A - H



SIZES I - N



THE STELLAN TEE

frenchnavy
PATTERNS