

# The T-Shirt Pattern



## **Materials**

For the **long sleeve** version—**all sizes 1 yard** — of printed fabric from Spoonflower.com as specified on the website at [www.ruthmaddockmakes.com](http://www.ruthmaddockmakes.com)—various designs available. (Note: the fabric is sold by the yard—full yards only)

For the **short sleeve** version 1 yard for all sizes.

**OR** for both versions - **0.75(0.75,0.75,0.75,0.75,1,1,1)** metre x 152 cm (60 inches) of ANY medium (approx. 250gsm) weight cotton Jersey with at least 25% stretch.

Sewing kit including zig zag sewing machine. Matching polyester sewing thread.

Ball point sewing machine needles — **change** these needles frequently.

Fine line vanishing fabric marker.

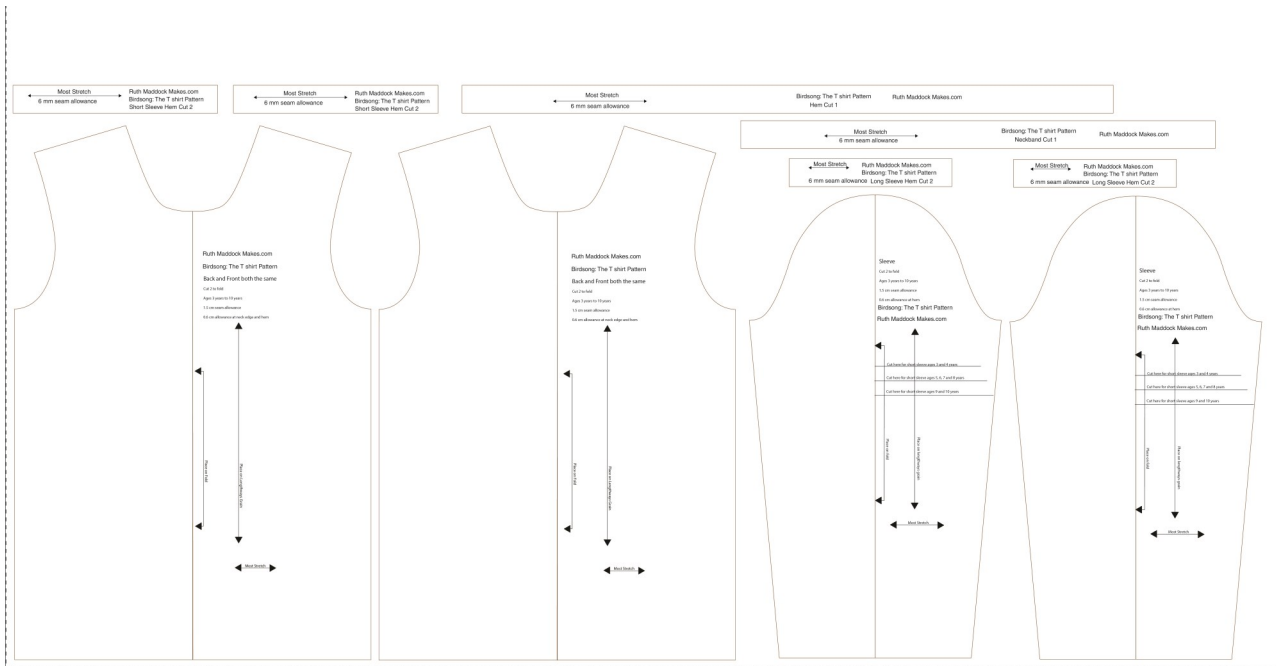
**It is important to wash the fabric** before use to allow it to shrink. Wash in a machine at the recommended temperature (Usually about 30°) with natural soap.

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## Cutting Out

Print out the pattern PDF—**selecting the correct size, sleeve length and back neck options**. Cut out and tape the pattern pieces together ensuring all lines and circles are matched. Cut out the paper pattern. Place the pattern on the fabric as shown and draw round with the pen—placing centre of pattern on the centre of the design (if there is one)—marking all the pieces on the fabric before cutting out. Including the edging bands—measurements are given on the pattern. Mark any features/notches as specified on the pattern. (the marking pen lasts approx 48 hours but can be washed out with cold water .(see full instructions with pen) .



Fabric 152.4 cm (60 inches) wide with 10% shrinkage allowed. Always wash before cutting.

**Layout for Short and Long Sleeve Version. Allowance has been made for shrinkage of the fabric**

### Actual Pattern Measurements

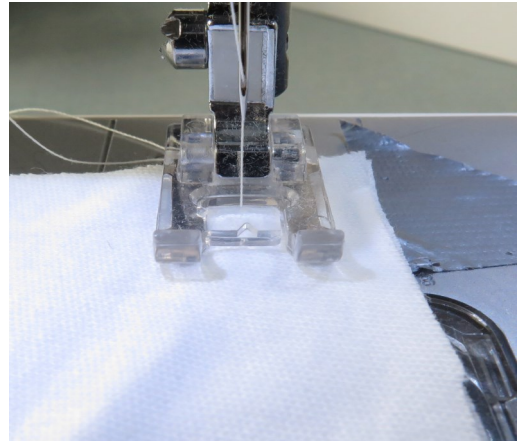
AGE	CHEST	LENGTH FROM SHOULDER	LONG SLEEVE SEAM
3 years	53 cm (21 in)	41 cm (16in)	24cm (9.5in)
4 years	55.5cm (22 in)	43 cm (17in)	25.5cm (10in)
5 years	58cm (23in)	45 cm (17.75in)	27 cm (10.5in)
6 years	60.5cm (23.75in)	47 cm (18.5in)	28.5 cm (11.25in)
7 years	63cm (24.75in)	49cm (19.25in)	30cm (11.75in)
8 years	65.5cm (25.75in)	51 cm (20in)	31.5cm (12.5in)
9 years	68cm (26.75in)	53 cm (20.75in)	33cm (13 in)
10 years	70.5cm (27.75in)	55 cm (21.5in)	34.5cm (13.5in)

# Sewing The Basic Seam

## 1

Place the **wrong sides** together and pin the seam. Using a narrow Zig Zag stitch, sew the seam on right side, 1.5 cm (5/8th inch) in from cut edge.

**TIP:** *with knit fabrics start sewing a little way in from the end of the seam to avoid the edge of the fabric being caught into machine and creating a pucker. You might want to practise this on spare fabric.*



## 2

Cut one of the seam allowances . This will be covered in the next process.

**TIP:** *choose which side is the 'back' and make sure all seams 'are pressed and top stitched towards the back.*



## 3

Press so that wider seam allowance covers narrow seam allowance. Using the previous stitching line as a guide, and with the same narrow Zig Zag top stitch 1cm from the seam on out-side of t-shirt.



## 4

Trim excess fabric. Press.

**TIP:** *Do not press the pen markings. You can remove them with a little water on a cloth before*

**This is the basic seam. It is worked on the outside of the garment so that the inside is smooth. All the seams are worked in the same way.**



# Making the T Shirt

## 1

Join both shoulder seams as given for the basic seam. Press.

*TIP: Remove the pins as you sew to avoid blunting the needles.*



## 2

With wrong sides together pin the sleeve head into the armhole, aligning the centre of the sleeve with the shoulder seam.

*TIP: Pin along the sewing line as shown above.*

## 3

Sew the seam on right side, 1.5 cm (5/8th inch) in from cut edge. Take care not to pleat the fabric.

## 4

Trim the seam allowance of the sleeve. Press



## 5

Top stitch the seam so that it lays over the top of the sleeve. Trim and press.



## 6

With wrong sides together pin the underarm seams matching the armhole seams. Sew as given for the basic seam.

## 7

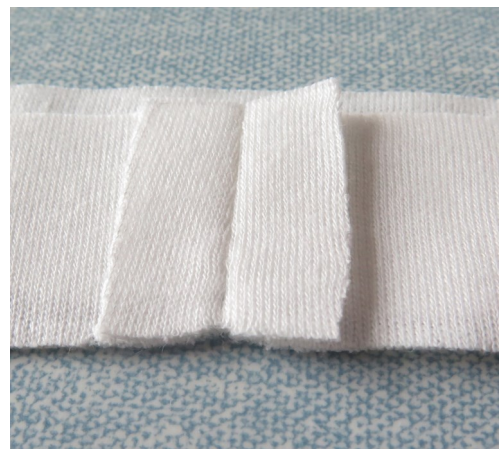
Before topstitching turn the sleeve to inside and then carefully topstitch from the right side working down the seam inside the sleeve. See Photo.



## 8

Place the right sides of hem band together and sew a seam of 0.6 cm (1/4 inch) Press open.

**TIP:** *start sewing the seam in the middle of the band and work backwards and then forwards to prevent puckers at the edges.*



# 13

Pin the band with right side of band to wrong side of hem edge. Match the seam to one of the side seams. Sew all round 0.6 cm (1/4 inch) from edge.



# 14

Snip excess from seams. Press with seam open.



# 15

Fold hem to outside and press so that the seam line is just hidden on inside. Sew approx 1.5 cm (5/8th inch) in from seam edge. Trim if necessary.



# 16

Repeat this process for  
The sleeve hems and neck edge.



**See more designs and patterns at**

**[www.ruthmaddockmakes.com](http://www.ruthmaddockmakes.com)  
Contact [ruth@ruthmaddockmakes.com](mailto:ruth@ruthmaddockmakes.com)**