

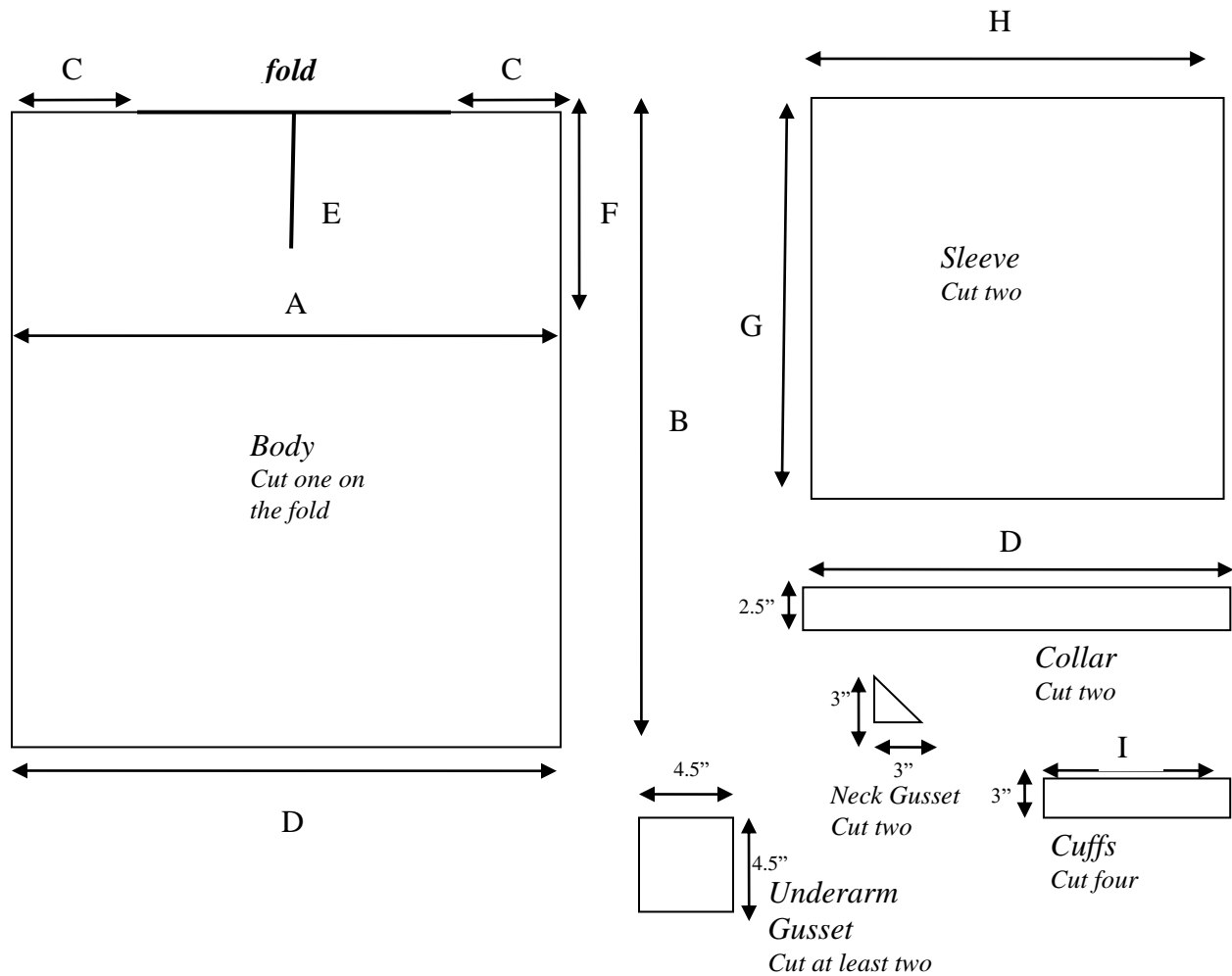
## Eithni's Pretty and Period Shirt Pattern

Eithni ingen Talorgain  
eithni@gmail.com

### Measurements to take:

Body measurement to take	Measurement in inches	Calculation	Final number	Key	S	M	L	XL
Chest/bust/belly or butt (choose larger #)		Multiply by 0.85 =		A	35"	39"	42"	48"
Shoulder to shirt length		Add 3" =		B	28"	30"	33"	35"
Neck to shoulder		Add 1" =		C	6"	6.5"	7"	8"
Neck		Add 2" =		D	16"	17.5"	19"	21"
Head		Subtract neck =		E	8"	8.5"	9"	9.5"
Arm at the shoulder		Divide by two =		F	9"	10"	12"	13"
Shoulder to wrist		Add 4" =		G	23"	25"	28"	30"
Bicept		Add 6" =		H	20"	22"	24"	26"
Wrist		Add 2" =		I	8"	9"	10"	11"

This assumes ½ inch seam allowances.



## **Directions:**

1. Take the measurements and do the calculations above. Check against the suggested sizes to make sure your measurements are within the realm of reason. If you are an odd shape, know that you may not conform to the suggested ratios.
  - Notes on measurements – make the shirt longer than you think – a too-short shirt is a common mistake, resulting in shirts that simply won't stay tucked in!
2. Use newspaper, packing paper, or really cheap fabric to draw out the pattern pieces. Hold them up to yourself to see if they are reasonable.
  - Please note! Line E is the neck slit and should ONLY be cut on the FRONT piece of the shirt!
  - If this will be a fencing armor shirt, you may need to make the under arm gussets larger and you will need to cut enough of them to have enough layers to pass the drop test. You may want to quilt these pieces together before sewing them into the shirt.
3. If this is the first time you are making this pattern, use reasonable fabric, but something you are not terribly attached to. WASH, DRY, and IRON your fabric before you begin! Pin the pattern pieces to your fabric, trying to save fabric but keeping them straight along the grain.
4. Cut out the pieces, being sure to cut the body piece on the fold.
5. Cut the "T" for the neck hole – the top of the "T" will be along the fold but remember to cut the neck slit ONLY on the FRONT piece of the shirt!
6. Finish the vertical part of the neck slit, either by turning a tiny hem or by using a facing.
7. Insert the small triangular neck gussets into each end of the horizontal neck slit so that the long edge remains free and the two 3" edges are sewn into the slit.
8. Pin together the collar pieces and cuff pieces to form one collar and two cuffs. Sew along the two short edges and one long edge of each. Clip, turn, and press.
9. Gather or pleat the top of the neck slit into the collar. Pin the collar to the neck hole so that the right sides are together and that you are only pinning one layer of the collar – what will be the OUTSIDE layer – to the neck hole. Sew the edge you pinned.
10. Turn the loose edge of the collar under about ½ inch and whip stitch it to the inside of the shirt along the seam you just sewed.
11. Match the top center of the sleeve to the center of the body (the shoulder fold). Match the ends of the sleeve to the end of the armhole (Point F). Pleat or gather any excess along the top of the arm. Pin in place and sew.
12. Pin and sew the under-arm gores onto the front piece of the body and onto the adjoining sleeve.
13. Pin and sew the sleeve, leaving the first 2-3" nearest the cuff open. Pin down the sleeve, connecting sleeve to sleeve, then sleeve to gore, then gore to body, then body to body. You can leave the sides open at the bottom of the shirt if the shirt is very long or you are very wide.
14. Finish the open 2-3" at the cuffs (and at the bottom of the shirt, if you left slits) by turning a small hem.
15. Add the cuffs to the ends of the sleeves following the same procedure as adding the collar to the neck hole.
16. Hem the bottom of the shirt.
17. Add ties or buttonholes and buttons on the collar and cuffs

I *strongly* recommend finishing all seams with zig-zagging over the edges or using flat felled seam construction for strength and longevity of the garment. You can also sew little reinforcing patches or decorative bars at the bottom of each slit to prevent them from tearing out.

Decorative bar tutorial: <http://eithni.livejournal.com/tag/worked%20bars>