

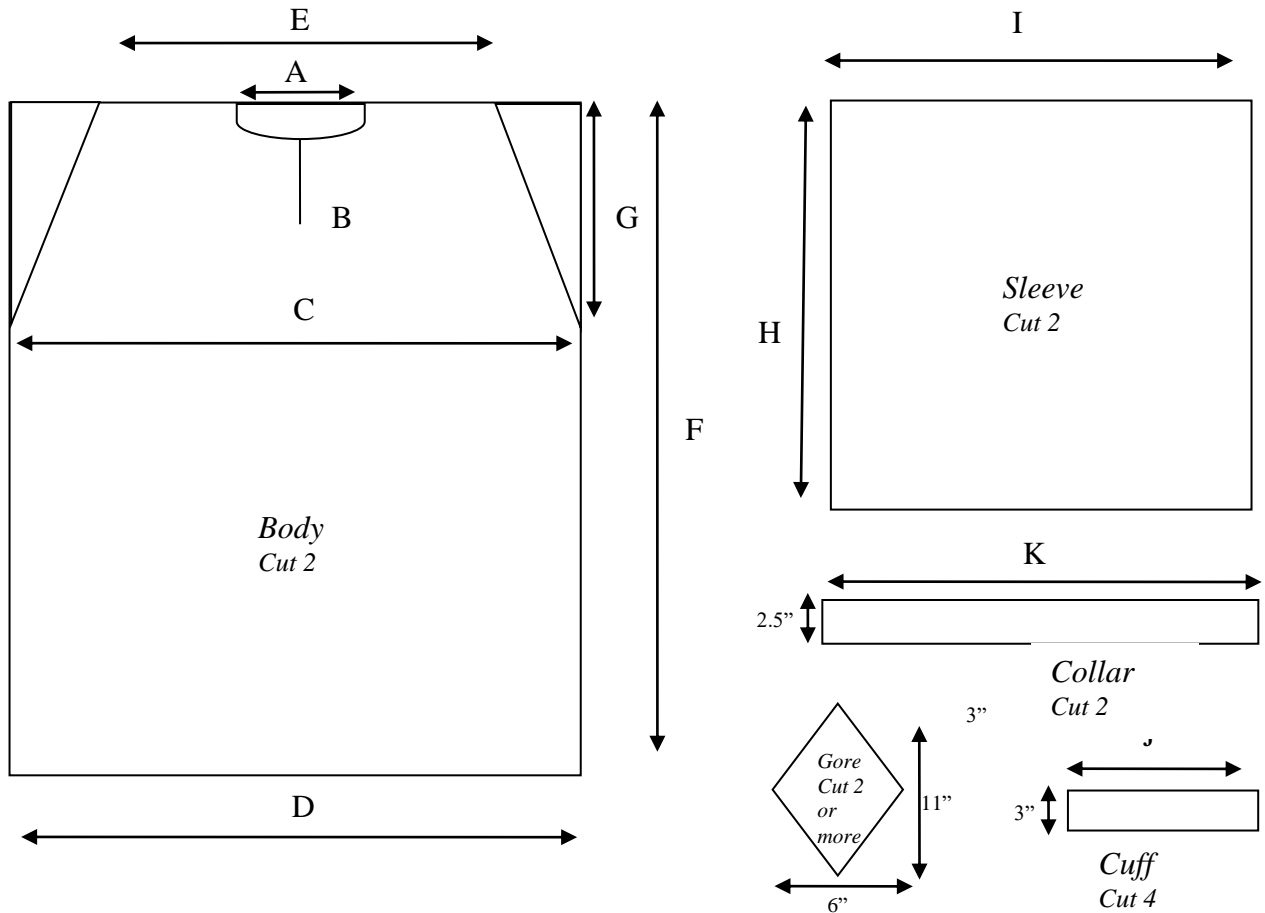
Eithni's Quick and Dirty Shirt Pattern

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Measurements to take:

Body measurement to take	Measurement in inches	Calculation	Final number	Key	S	M	L	XL
Neck		Divided by 3, then add 1" =		A	6"	6.5"	7"	7.5"
Head		Subtract neck, then subtract 2" =		B	6"	6.5"	7"	7.5"
Chest/bust (choose larger #)		Divide by two, then add 4" =		C	22"	24"	28"	31"
Belly/butt (choose larger #)		Divide by two, then add 4" =		D	23"	25"	28"	31"
Shoulder to shoulder		Add 1" =		E	18"	20"	22"	24"
Shoulder to shirt length		Add 3" =		F	28"	30"	33"	35"
Arm at the shoulder		Divide by two, then add 1" =		G	9"	10"	12"	13"
Shoulder to wrist		Add 4" =		H	23"	25"	28"	30"
Bicept		Add 8" =		I	20"	22"	24"	26"
Wrist		Add 2" =		J	8"	9"	10"	11"
Neck		Add 2" =		K	16"	17.5"	19"	21"

This assumes 1/2 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! If the chest and butt measurements are similar, the sides will be straight. If they are different, you may have an angle on the sides.
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 B is the neck slit and should ONLY be cut on the FRONT piece of the shirt! The neck hole should be a circle with a diameter of A – use a compass or find something with that diameter (coffee can? jar?) as a template.
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. If this will be a fencing armor shirt, cut enough of the under arm gores to pass the drop test. You may want to quilt them together before sewing them in. REMEMBER – only cut the neck slit on the FRONT piece of the shirt, not on both!
5. Finish the neck slit, either by turning a tiny hem or by using a facing.
6. 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.
7. Pin the front and back pieces of the body together at the shoulders. Sew together.
8. 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. Clip the curve.
9. 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.
10. Match the top center of the sleeve to the shoulder seam. Match the ends of the sleeve to the end of the armhole. Pleat or gather any excess along the top of the arm. Pin in place and sew.
11. Pin and sew the under-arm gores onto the front piece of the body and down onto the sleeve so that the long axis of the diamond points toward the cuff.
12. Pin and sew the sleeve. Leave the first 2-3" nearest the cuff open, but then 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.
13. Finish the open 2-3" at the cuffs (and at the bottom of the shirt, if you left slits) by turning a small hem.
14. Add the cuffs to the ends of the sleeves following the same procedure as adding the collar to the neck hole.
15. Hem the bottom of the shirt.
16. 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>