

Collar Shirt + Shorts Pajama Set



INSTRUCTION

BOOKLET

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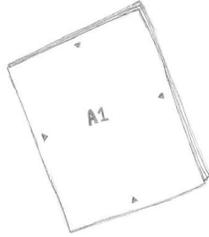
PatternsForLess.com

For inquiries, questions, drop me a message on

IG: [PatternsForLess](#)
info@patternsforless.com

Please reach out to us if you have any questions about the sewing pattern or step by step instructions, we are happy to help!

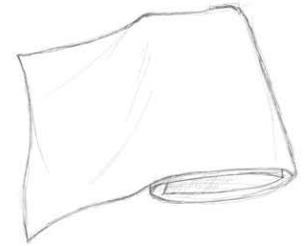
What do I need to start sewing?



- Sewing machine
- Overlock/Serger
- Pattern printout
- Sewing thread
- Measuring tape
- Water erasable pen/Chalks
- Scissors
- Ruler
- Pins



- 5/8" or 1.6cm width elastic band
- 24L 4-hole buttons 4 pieces
- Buttonhole sewing foot



Our favorite sewing supplies!

2 1/2 yard x 60" width poly satin fabric

Fabric Recommendations: silk, charmeuse, satin, polyester, crepe, tencel.

Check out all the fabric options we love!

Testing a sewing pattern with muslin fabric is important because:

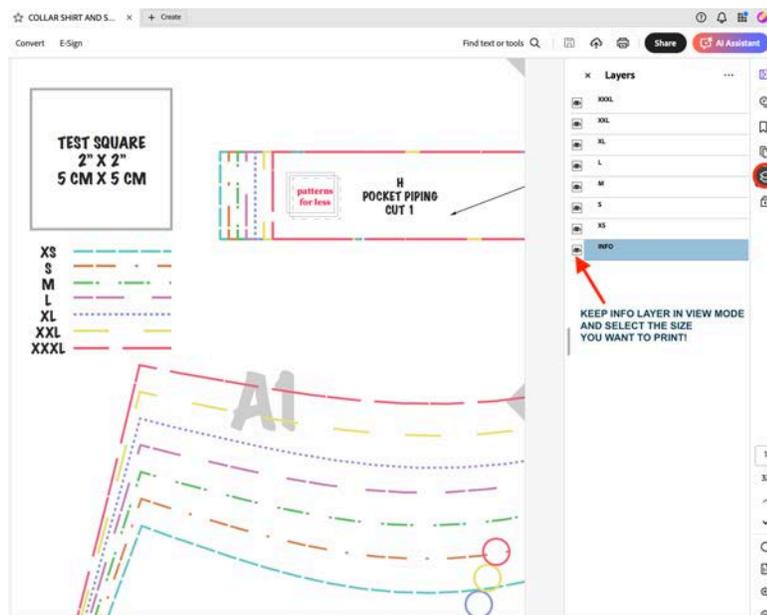
Muslin is inexpensive and allows you to adjust the fit before using costly fabric. It helps you see how the pattern pieces work together and make necessary changes. You can practice techniques and construction methods. It's a low-risk way to experiment with design modifications. Muslin saves money by preventing costly mistakes with your final fabric.

In essence, it helps ensure your final garment fits well and turns out as expected.

Printing Instructions

Let's print out the pattern!

The sewing pattern comes with 3 different printing options! The US Letter and A4 print is a tile version PDF that you can print out at home. The A0 version is used by a printshop to print on a single sheet of paper and saves time taping the separate pages together.



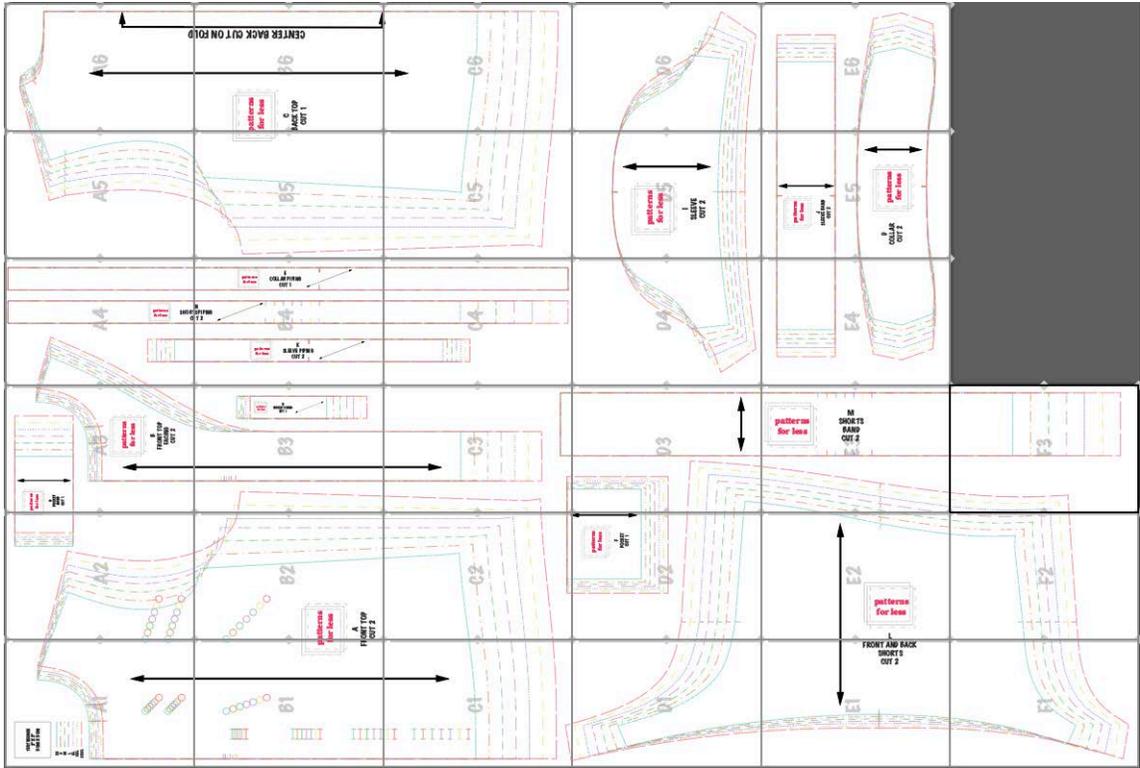
Additionally, you can use view mode to only select/print the size you are working on. Each pattern file is designed with layers of different sizes. There is an option to print only your size or all sizes based on your preference. Open the file in Adobe Acrobat and keep in legend layer.

If you print at home, then you need to trim each sheet by cutting off the top and excess margin. Tape each page together by row, and then attach the rows together. Use the diamond marks to align everything!

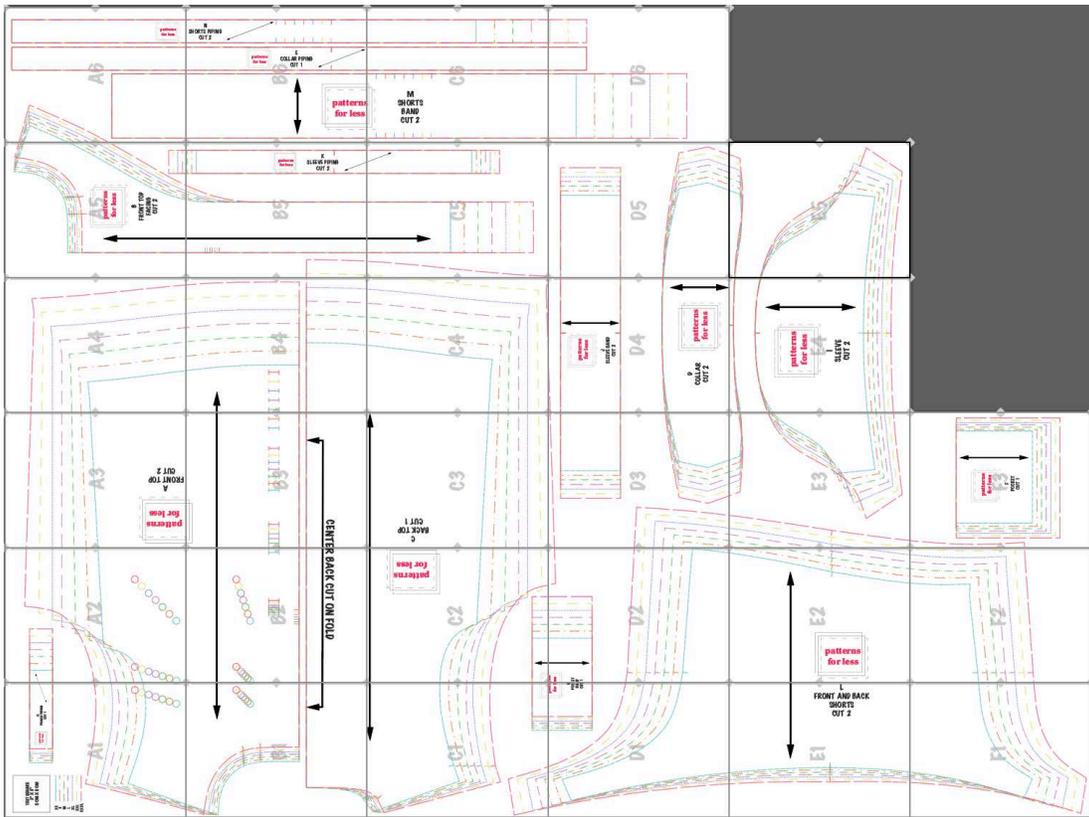
Always make sure to print on 100% scale.
(Do not 'fit to page' or reduce the size!)

There is a test square on the first page of the pattern.
Use as a scale to check if the dimensions are 5x5cm and/or 2x2".

A4



US Letter



Size Chart

inches

SIZE	BUST	WAIST	HIP
XS	30	25	36
S	33	27	38
M	36	29	40
L	39	31	42
XL	41	33	44
XXL	44	35	46
XXXL	47	37	48

centimeters

SIZE	BUST	WAIST	HIP
XS	76	63	91
S	84	68	96
M	91	74	102
L	99	79	107
XL	104	84	112
XXL	112	89	117
XXXL	119	94	122

FINISHED GARMENT MEASUREMENT

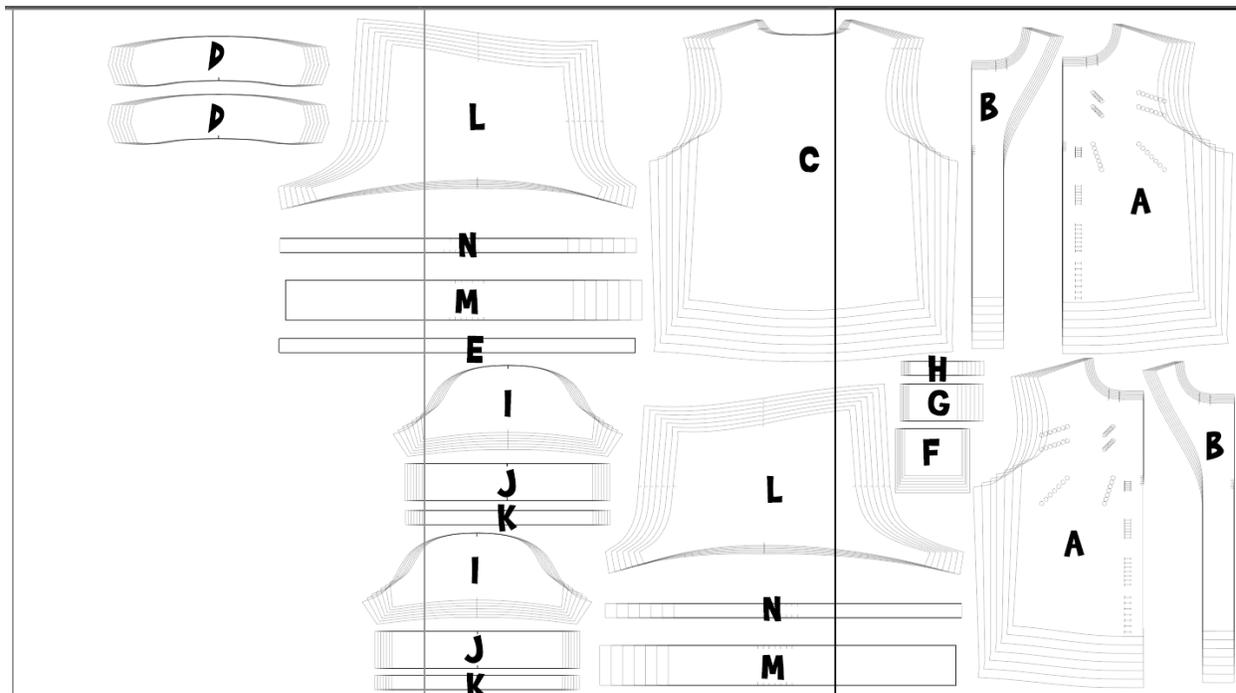
SIZE	LENGTH	BUST
XS	24 1/8" 61.5 CM	37 3/4" 96 CM
S	24 6/8" 62.5 CM	39 3/8" 100 CM
M	25" 63.5 CM	40 7/8" 104 CM
L	25 6/8" 65 CM	43 1/4" 110 CM
XL	26 1/8" 66.5 CM	45 6/8" 116 CM
XXL	26 3/4" 68 CM	48" 122 CM
XXXL	27 3/8" 69.5 CM	50 3/7" 128 CM

FINISHED GARMENT MEASUREMENT

SIZE	LENGTH	WAIST	HIP
XS	12 6/8" 32 CM	22 3/4" 58 CM	40 7/8" 104 CM
S	13" 33 CM	24 3/8" 62 CM	42 1/2" 108 CM
M	13 3/8" 33.8 CM	26" 66 CM	44 1/8" 112 CM
L	13 3/4" 35.1 CM	28 1/4" 72 CM	46 1/2" 118 CM
XL	14 1/4" 36.4 CM	30 6/8" 78 CM	48 3/4" 124 CM
XXL	14 3/4" 37.7 CM	33" 84 CM	51 1/8" 130 CM
XXXL	15 3/8" 39 CM	35 3/8" 90 CM	53 1/2" 136 CM

* This data was obtained from manually measuring the product, it may be off by 1-2cm

Patterns

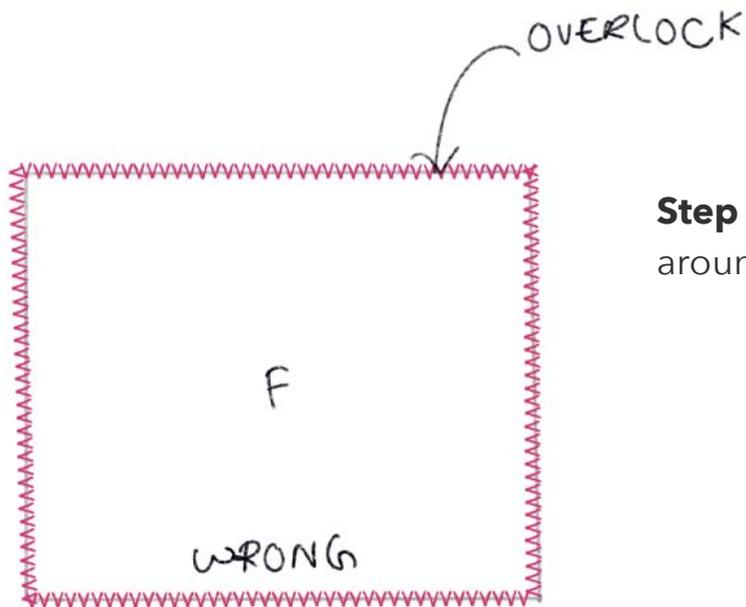


Collar shirt and shorts pajama set pattern pieces include:

- A- Front Top, cut 2
- B- Front Top Facing, cut 2
- C- Back Top, cut 1 on folded fabric
- D- Collar, cut 2
- E- Collar Piping, cut 1
- F- Pocket, cut 1
- G- Pocket Band, cut 1
- H- Pocket Piping, cut 1
- I- Sleeve, cut 2
- J- Sleeve Band, cut 2
- K- Sleeve Piping, cut 2
- L- Front and Back Shorts, cut 2
- M- Shorts Band, cut 2
- N- Shorts Piping, cut 2

$\frac{3}{8}$ " or 1cm seam allowance is already included unless indicated on the pattern or instruction book.

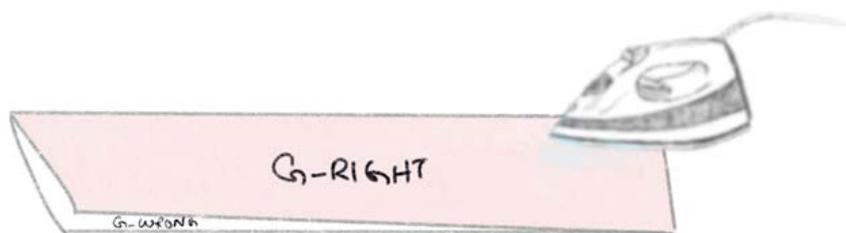
Sewing Instructions



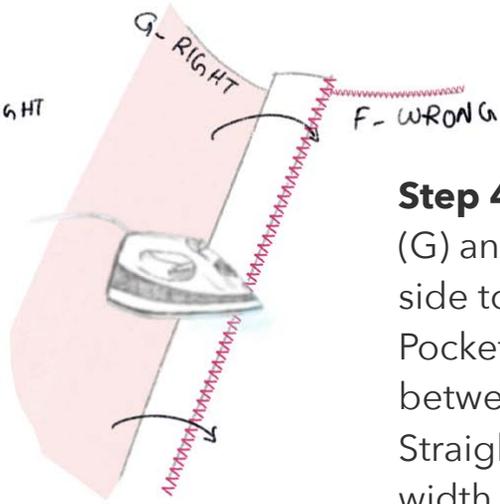
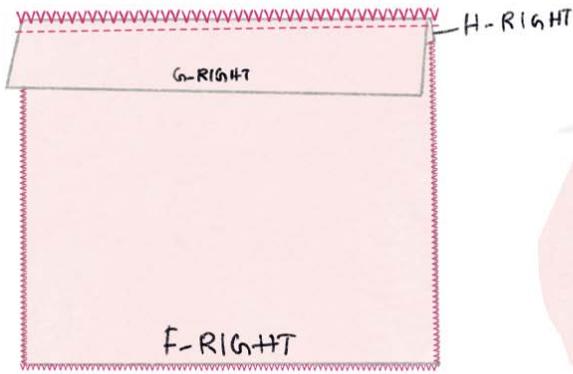
Step 1- Overlock stitch all around the Pocket (F).

Step 2- Fold the Pocket Piping (H) in half lengthwise wrong sides together and press.

Note: This garment uses flat piping for shirt and shorts. If you would like to convert into corded piping, please refer here. If you are using premade piping, please skip this step.

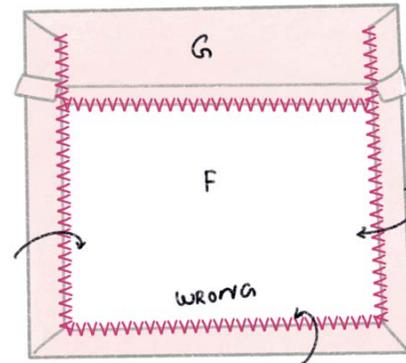


Step 3- Fold Pocket Band (G) in half lengthwise wrong side together and press.

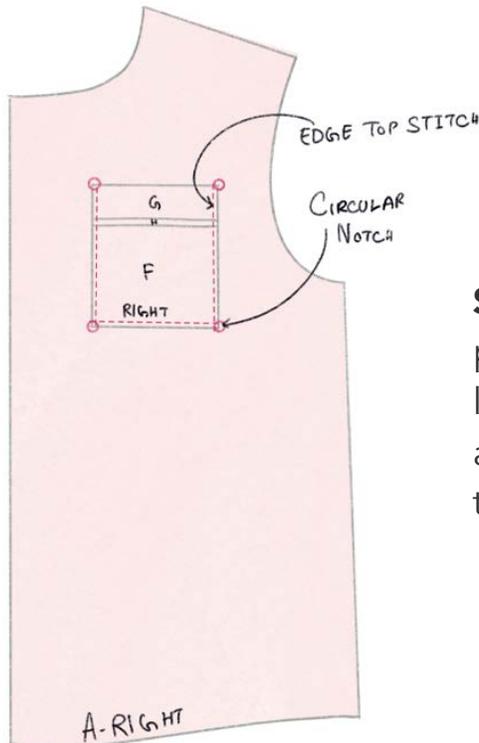


Step 4- Place Pocket Band (G) and Pocket (F) right side together. Slide the Pocket Piping (H) in-between the pieces. Straight stitch $\frac{3}{8}$ " or 1cm width and overlock stitch the seam allowance. Press seam toward the Pocket (F).

Step 5- Fold the Pocket (F&G&H) $\frac{3}{8}$ " or 1cm width of seam allowance toward the wrong side of the fabric, except the top opening.

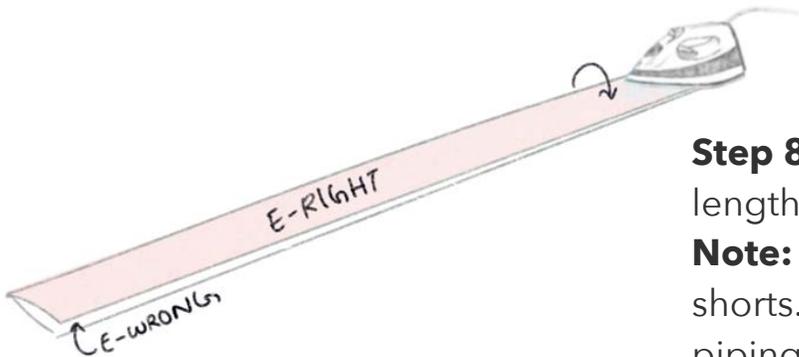
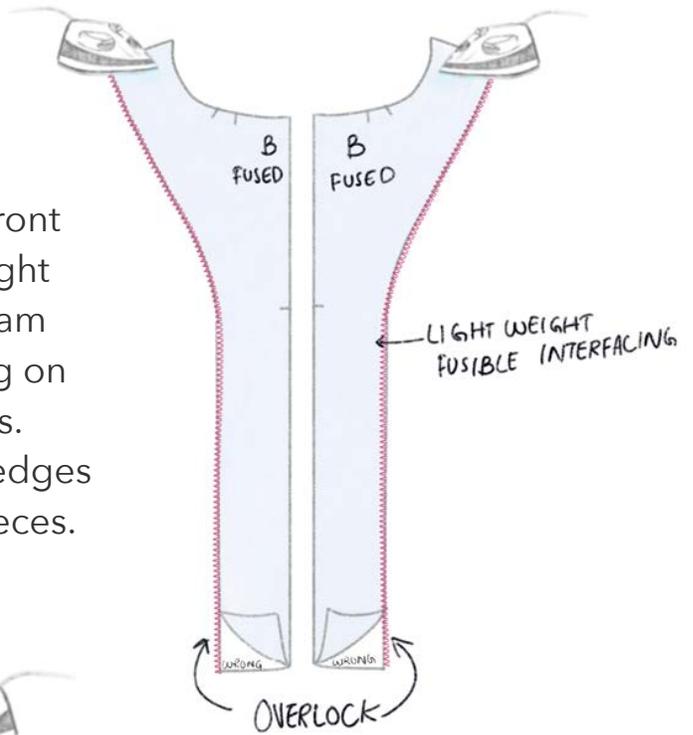


FOLD
 $\frac{3}{8}$ " or 1cm



Step 6- Follow the circular notch to place Pocket (F&G&H) on the wearer's left Front Top (A). Edge topstitch around the Pocket (F&G&H), except the pocket opening.

Step 7- On the wrong side of Front Top Facing (B), apply a lightweight fusible interfacing with light steam iron. Ensure to attach interfacing on both Front Top Facing (B) pieces. Overlock stitch the vertical cut edges on both Front Top Facing (B) pieces.



Step 8- Fold the Collar Piping (E) in half lengthwise wrong sides together and press.

Note: This garment uses flat piping for shirt and shorts. If you would like to convert into corded piping, please refer here. If you are using premade piping, please skip this step.

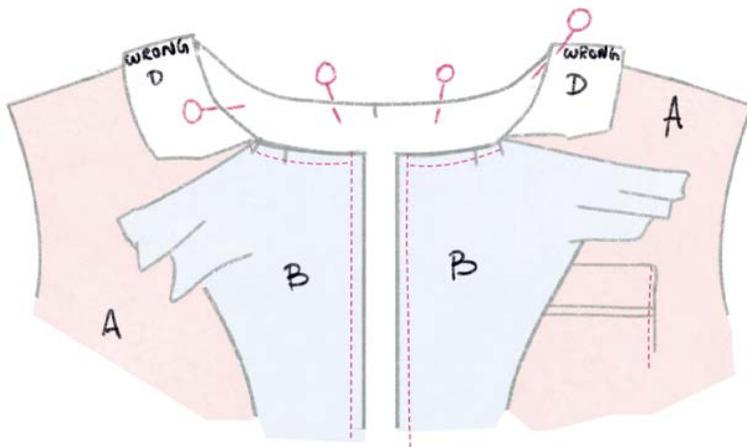
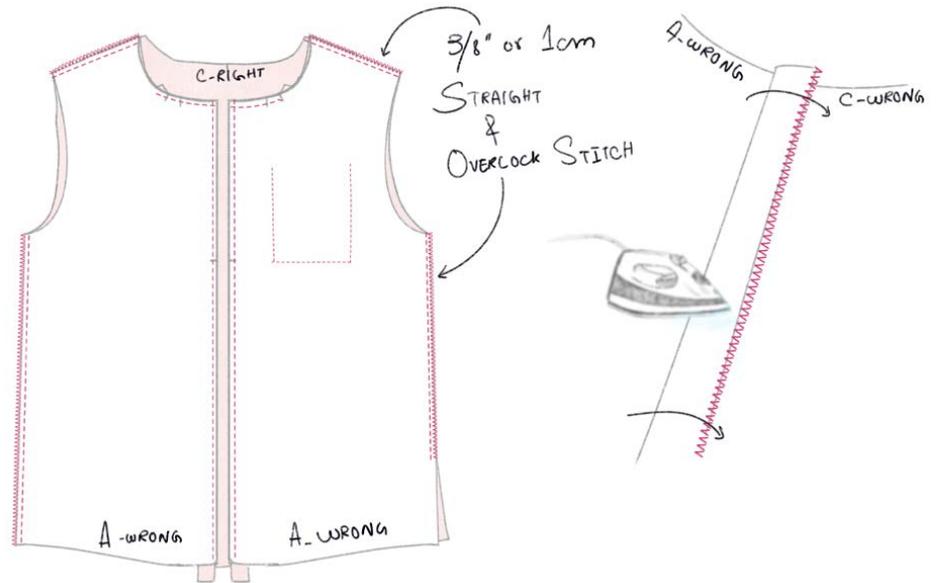
Step 9- Place Front Top Facing (B) and Front Top (A) right sides together. Slide the Collar Piping (E) in-between. From hem to the notch, sew along the center front opening with $\frac{3}{8}$ " or 1cm straight stitch. Pivot at the lapel and continue to sew until the notch.



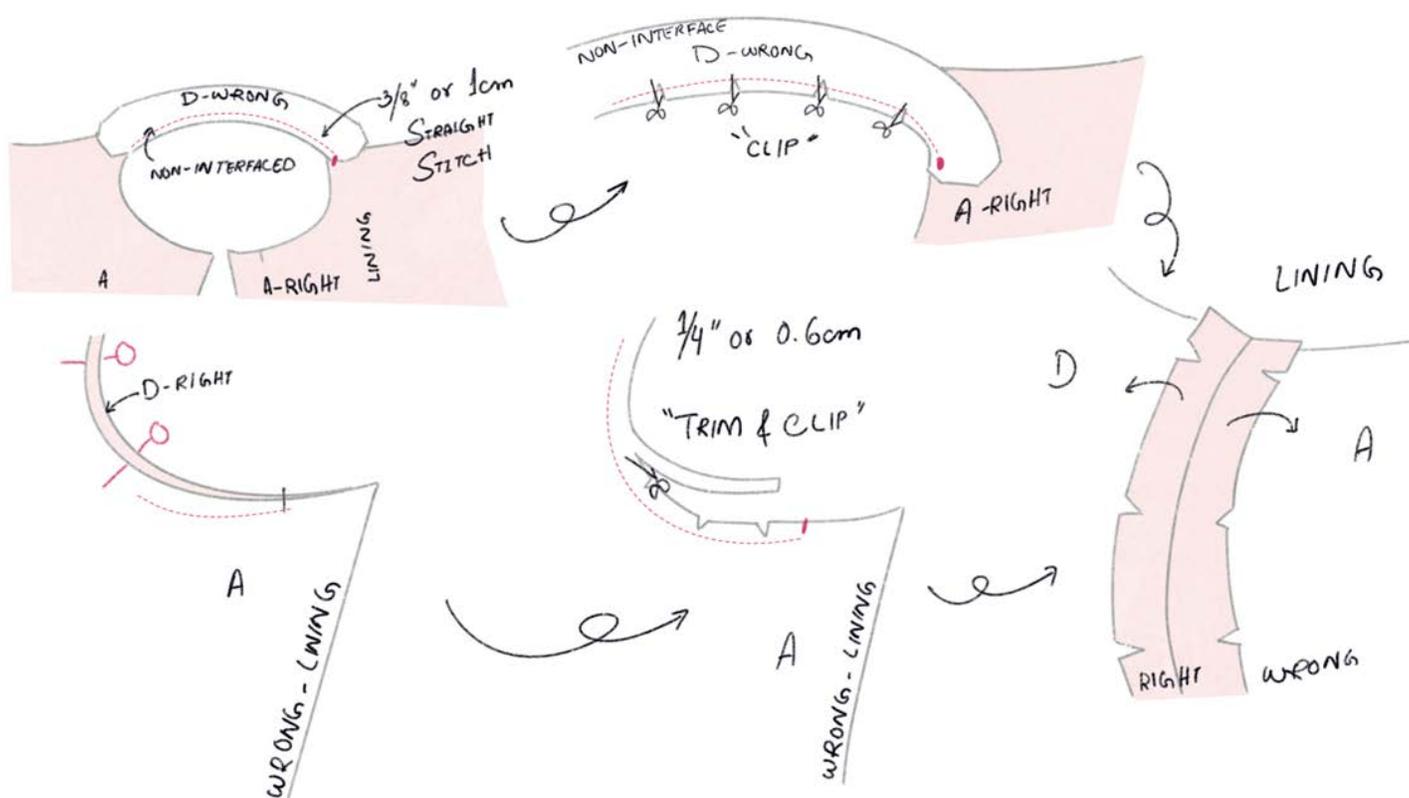


Step 10- On the wrong side of Collar (D), apply a lightweight fusible interfacing with light steam iron. Ensure to attach interfacing only on one Collar (D) piece.

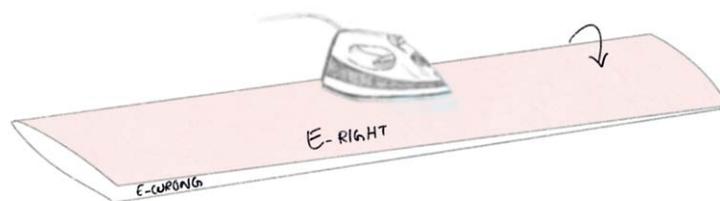
Step 11- Place Front Top (A) and Back Top (C) right sides together. Close the shoulder seams and side seams with $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press seam toward Back Top (C).



Step 12- Attach the non-interfacing Collar (D) to the Front and Back Top (A&C) right sides together and pin. Match the notches where the collar ends and lapel starts.

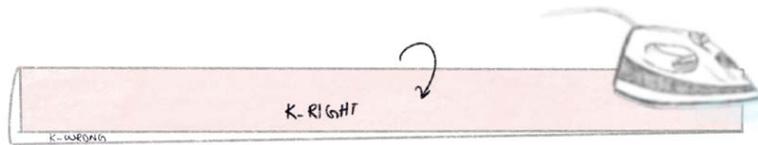
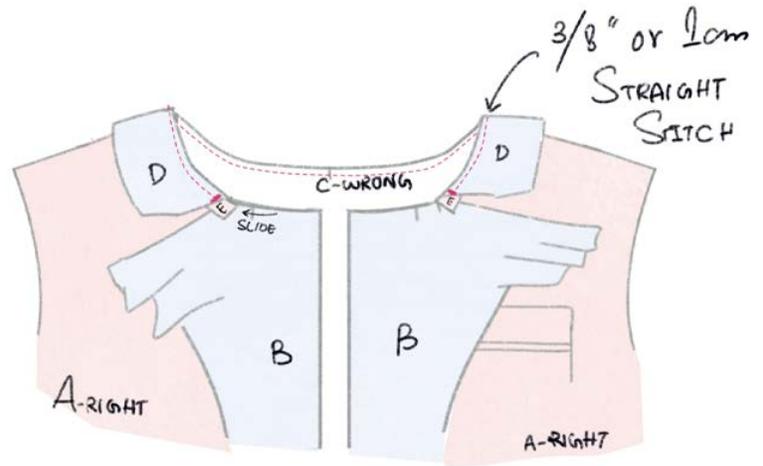


Step 13- Stitch the non-interfaced Collar (D) to the Front and Back Top (A&C) with $\frac{3}{8}$ " or 1 cm straight stitch. Backstitch on both sides to secure the ends. Clip the seam allowance to release tension right to the point where the stitch starts and ends. Pin the short edge where the collar and the lapel are stitched together, up to where they are going to start to break off. Insert the sewing needle where the stitch ended and sew the pinned edges right sides together to the break point. Trim the seam allowance to $\frac{1}{4}$ " or 0.6cm width, and also clip the corners and along the curved edges to release the tension. Press seam open.



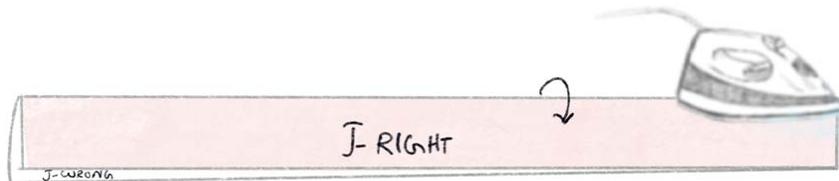
Step 14- Fold the Collar Piping (E) in half lengthwise wrong sides together and press.
Note: This garment uses flat piping for shirt and shorts. If you would like to convert into corded piping, please refer here. If you are using premade piping, please skip this step.

Step 15- Attach the interfaced Collar (D) to the Front and Back Top (A&C) right sides together. Slide the Collar Piping (E) in-between the pieces. Stitch matching the notches along the back neckline. Sew $\frac{3}{8}$ " or 1cm width seam allowance and backstitch to secure both the start and finish.

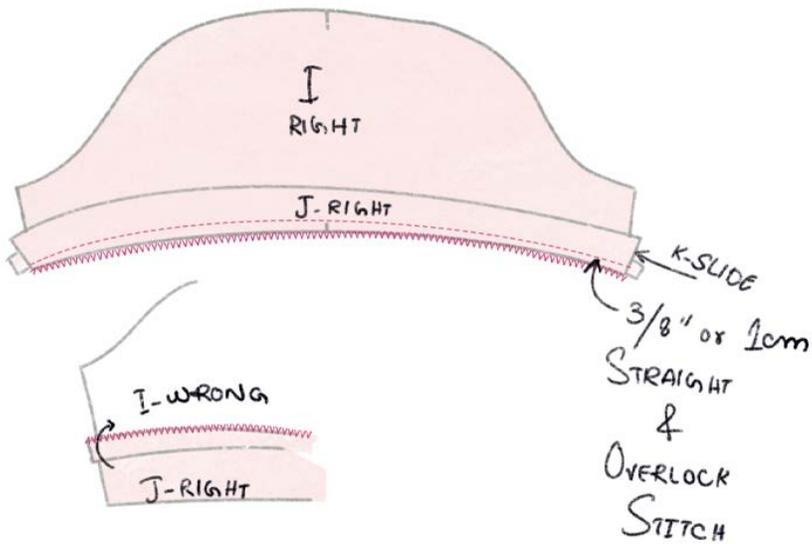


Step 16- Fold the Sleeve Piping (K) in half lengthwise wrong sides together and press.

Note: This garment uses flat piping for shirt and shorts. If you would like to convert into corded piping, please refer here. If you are using premade piping, please skip this step.

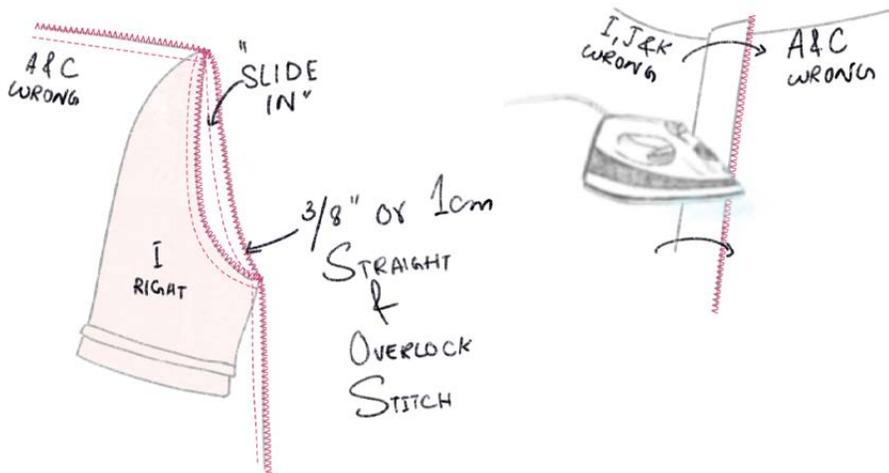
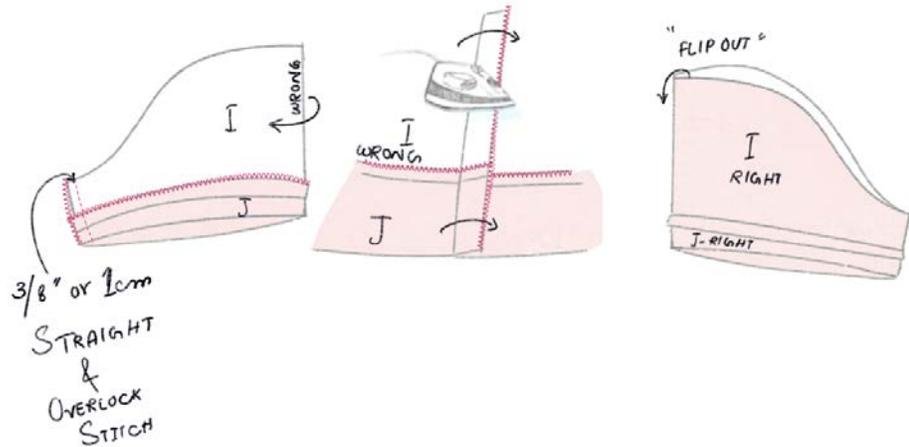


Step 17- Fold Sleeve Band (J) in half lengthwise wrong side together and press.



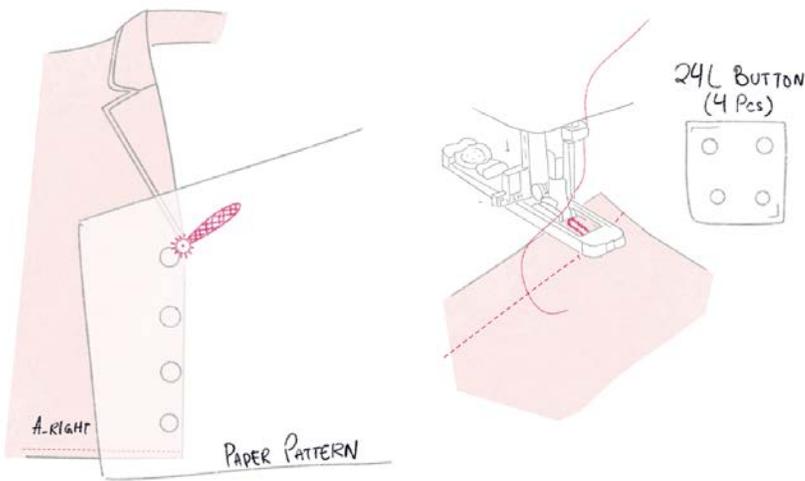
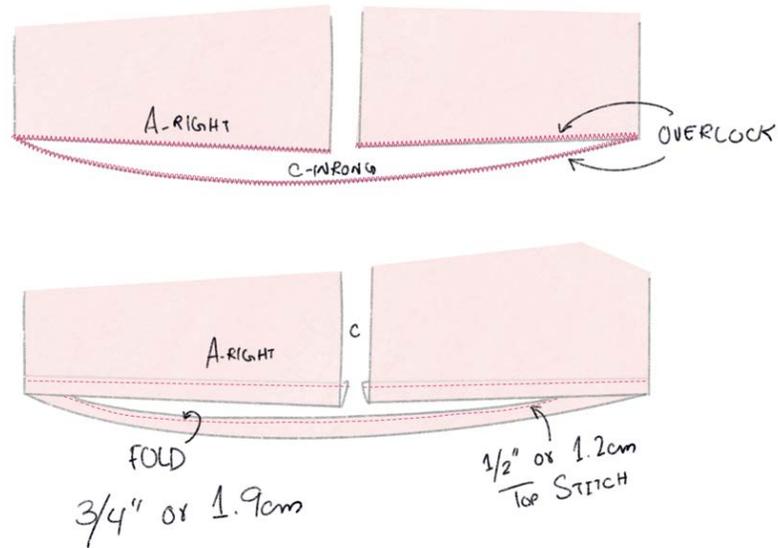
Step 18- Place Sleeve Band (J) and Sleeve (I) right side together. Slide the Sleeve Piping (K) in-between the pieces. Straight stitch $\frac{3}{8}$ " or 1cm width and overlock stitch the seam allowance. Press seam toward the Sleeve (I).

Step 19- Fold the Sleeve (I&J&K) in half right sides together. Close the under sleeve seam with $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press seam toward the back side of Sleeve (I&J&K). Flip the Sleeve (I&J&K) right side out.

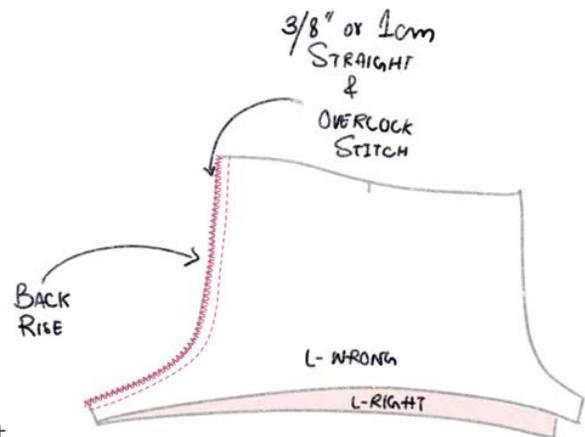


Step 20- Slide the Sleeve (I&J&K) on the Front and Back Top (A&C) armhole right side together. Straight stitch $\frac{3}{8}$ " or 1cm width and overlock stitch the seam allowance. Press seam toward the Front and Back Top (A&C).

Step 21- Overlock stitch the hem opening of Front and Back Top (A&C). Fold $\frac{3}{4}$ " or 1.9cm width toward the wrong side of fabric and $\frac{1}{2}$ " or 1.2cm topstitch around the top opening.

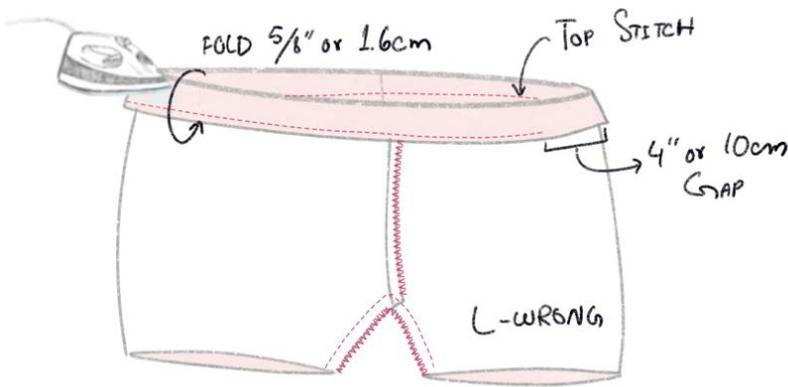
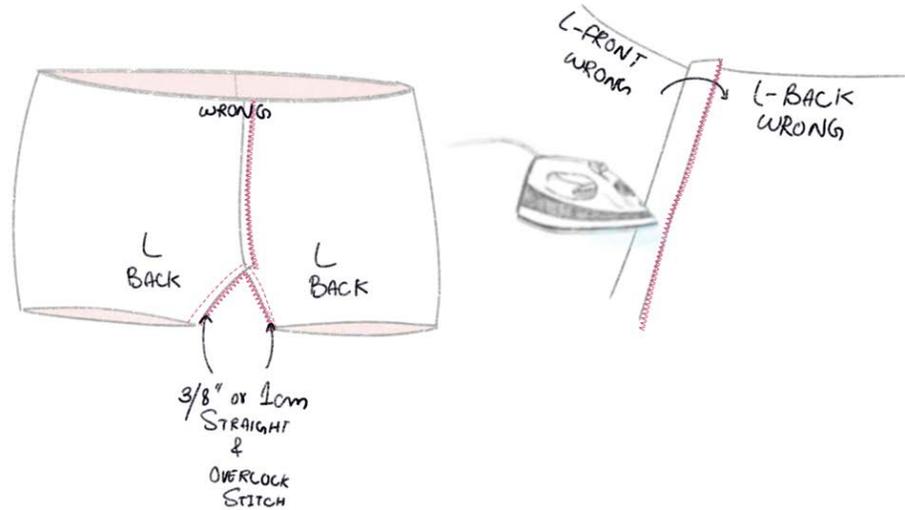


Step 22- Transfer the buttonhole and button position from the paper sewing pattern to the right side of the Front Top (A). Use a buttonhole foot to sew button and buttonholes.

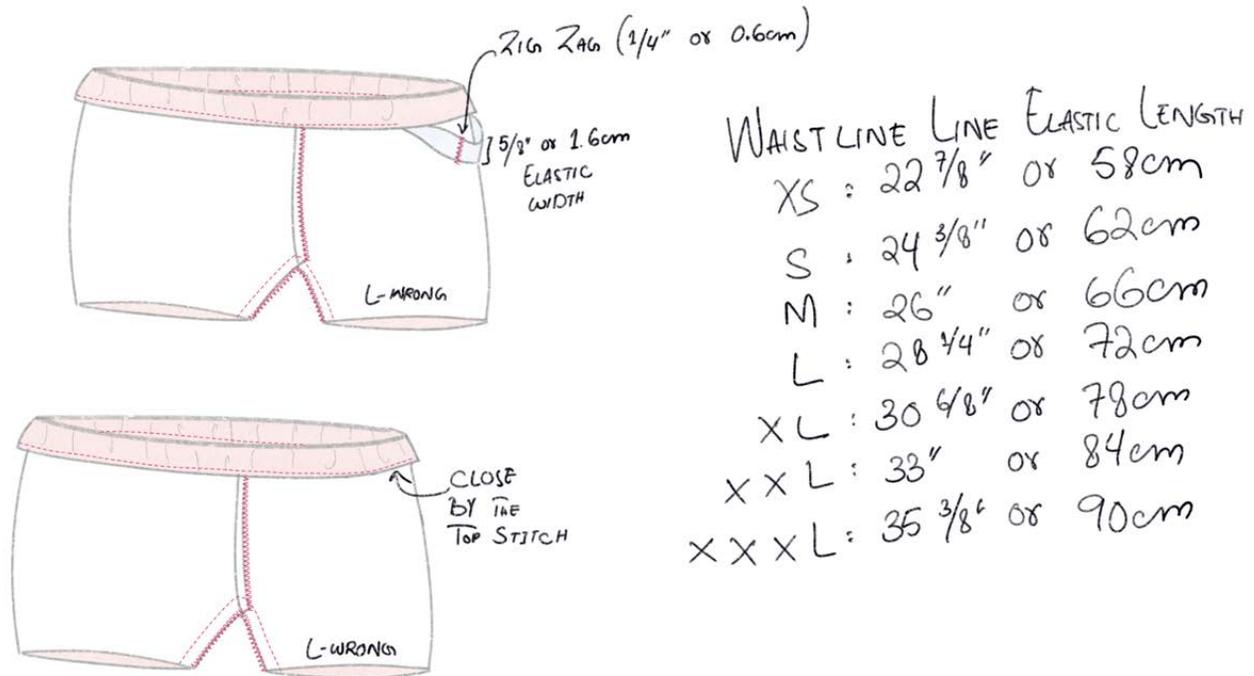


Step 23- Place Front and Back Short (L) pieces right sides together. Close the front rise and back rise with $\frac{3}{8}$ " or 1cm straight stitch, then overlock stitch the seam allowances.

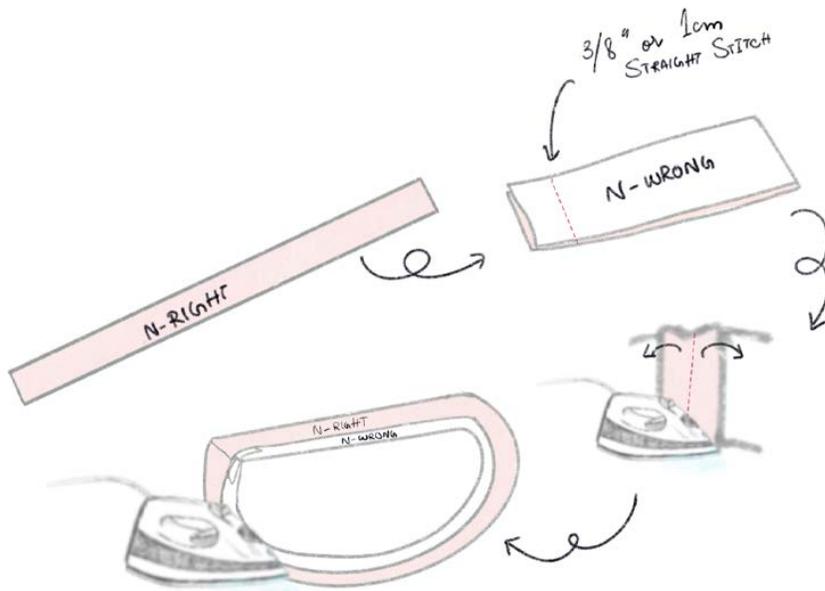
Step 24- Open up the Front and Back Short (L) pieces so the inseams match. Close the inseams with $\frac{3}{8}$ " or 1cm straight stitch and overlock stitch the seam allowances. Press seam toward the Back Shorts (L).



Step 25- Overlock stitch the waist opening, then fold $\frac{5}{8}$ " or 1.6cm width toward inside and press. Topstitch around the waist opening with 4" or 10cm gap to insert the elastic band.



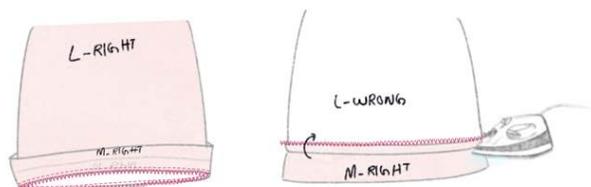
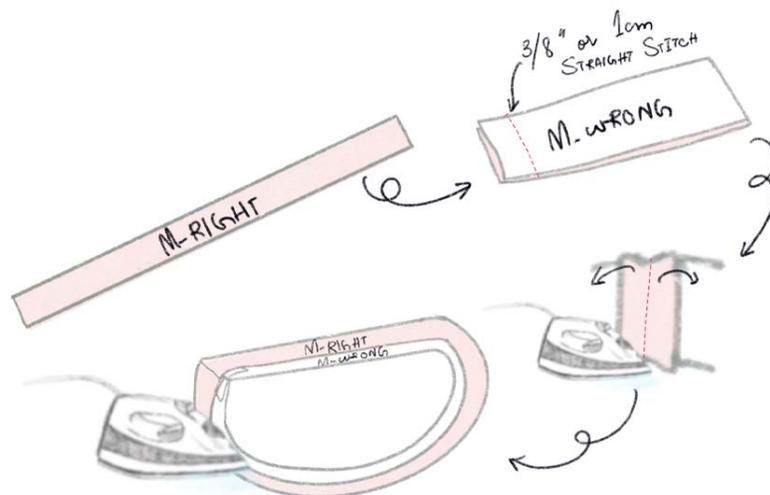
Step 26- Slide one end of the 5/8" or 1.6cm width elastic band through the tunnel to meet the other end and form a loop. Overlap the ends of elastic band 1/4" or 0.6cm and zigzag stitch to join. Close the waist opening by continuing to topstitch the gap.



Step 27- Fold the Shorts Piping (N) in half right sides together. Join the short edge with 3/8" or 1cm straight stitch to make a loop. Press the seam open, then fold wrong sides together lengthwise and press.

Note: This garment uses flat piping for shirt and shorts. If you would like to convert into corded piping, please refer here. If you are using premade piping, please skip this step.

Step 28- Fold the Shorts Band (M) in half right sides together. Join the short edge with $\frac{3}{8}$ " or 1cm straight stitch to make a loop. Press seam open, then fold lengthwise wrong sides together and press.



Step 29- Place Shorts Band (M) and Front and Back Shorts (L) right side together. Slide the Shorts Piping (N) in-between the pieces. Straight stitch $\frac{3}{8}$ " or 1cm width and overlock stitch the seam allowance. Press seam toward the Front and Back Shorts (L).

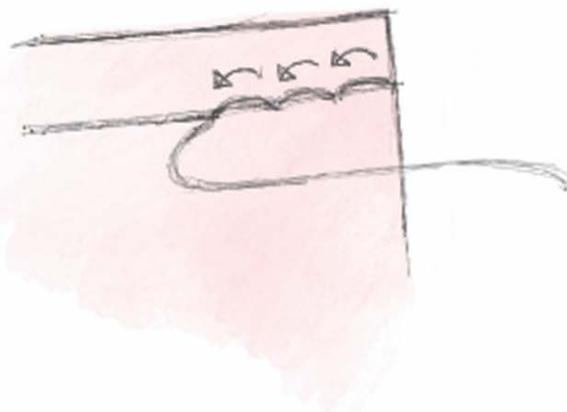


Step 30- Gently press all around the seam of shirt and shorts to enjoy your collar shirt and shorts pajama set!

ENJOY YOUR SET!

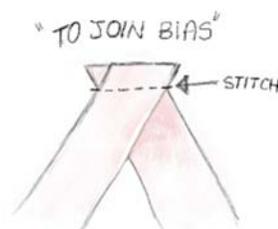
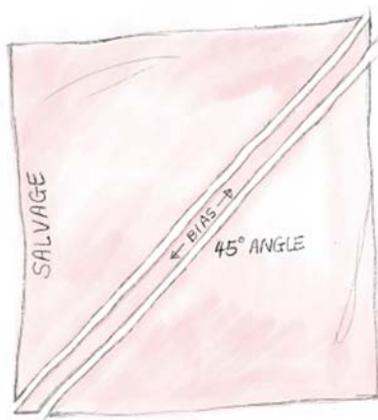
*Sewing
Glossary*

Back Stitch



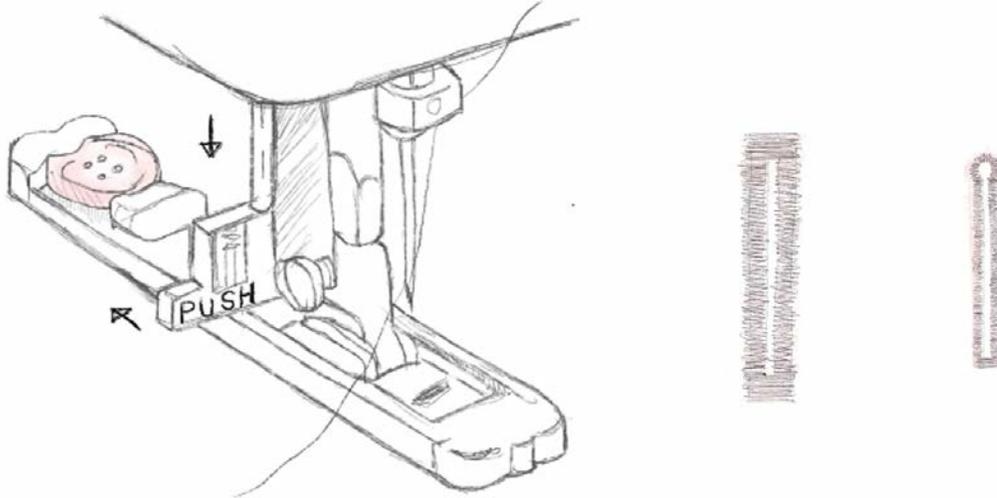
When you start a new seam or finish the seam, always backstitch by hitting the reverse button on your sewing machine. Back stitching consists of 3-4 stitches to lock the stitching and prevent unraveling.

Bias Tape



Bias tape is widely used in neckline, spaghetti strap, and other garment finishings. Prepare the bias strap by cutting in half diagonally to give a nice stretch. When needing to make a long continuous bias tape, sew the diagonal pieces together as long as you need.

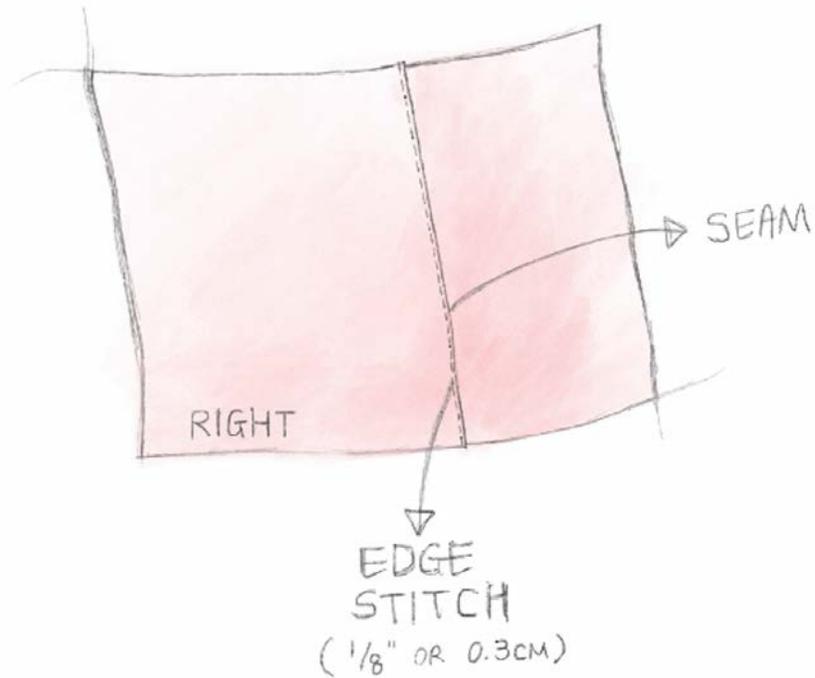
Buttonholes



There are various styles of buttonholes you can create with your sewing machine. For cleaner look, add interfacing and sew over the buttonhole more than once to create nice tight holes.

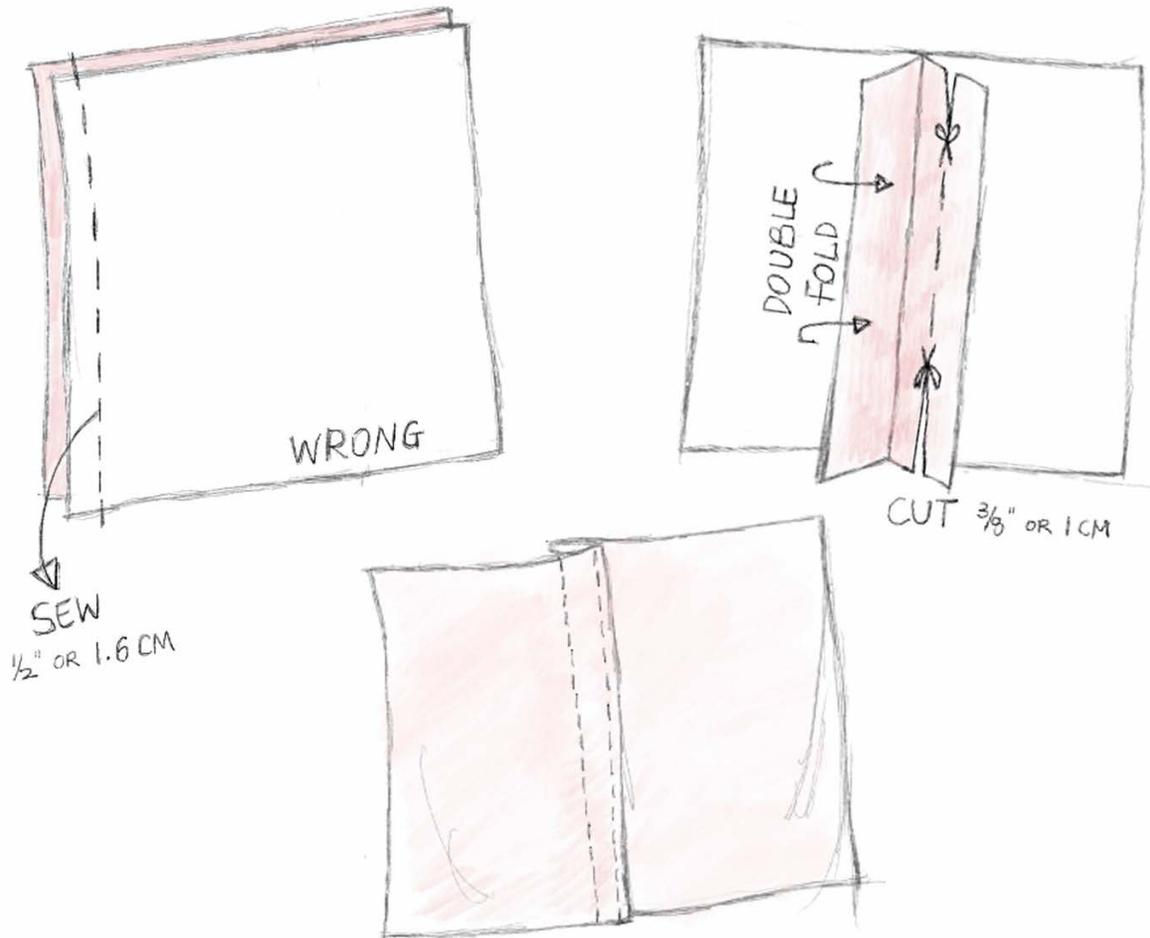
Use a buttonhole foot by inserting the button in the back of the foot, and snap the foot into place. Pull the button hole lever down, and select the buttonhole stitch on your machine. Press the pedal and stitch away, your machine will automatically go through the steps to make an accurate buttonhole.

Edge Stitch



Edge stitches are typically used to decorate or emphasize the original seam line. To achieve clean edge stitch, use a special footer to sew close to the edges without gliding off. Sew slowly to control the fabric.

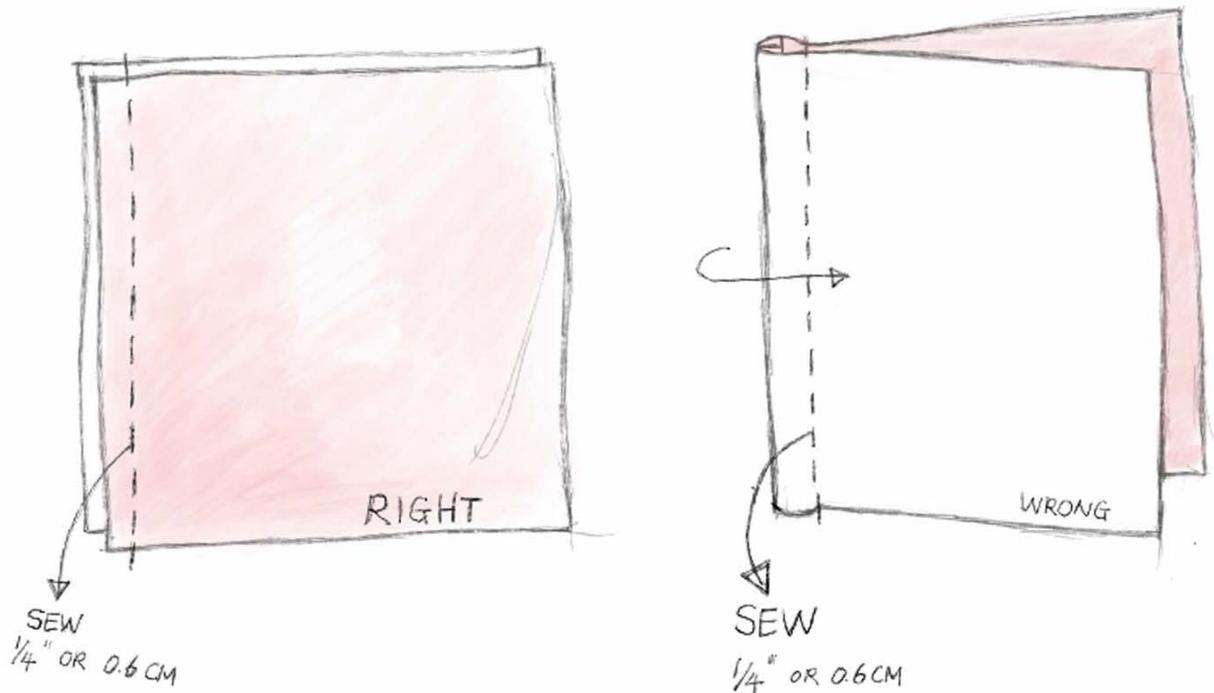
Flat Felled Seam



Flat felled seam or jeans seams is a great way to sew heavy duty fabric or bottoms to strengthen the garment.

Sew the fabric right sides facing each other. Trim one of the seam allowances in half. Turn the raw edge under and fold over to hide the half cut edge. Topstitch down the enclosed seam allowance.

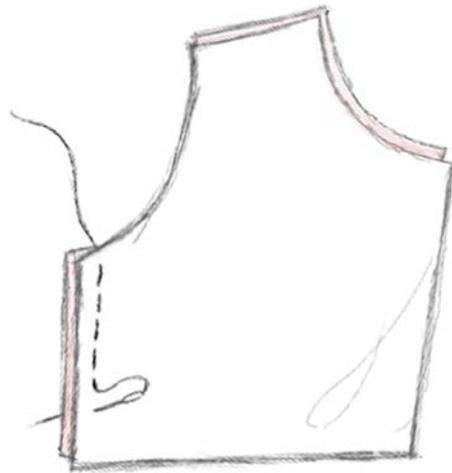
French Seam



When sewing silk or chiffon with delicate fabrication, French seams are a great way to achieve an excellent quality finish.

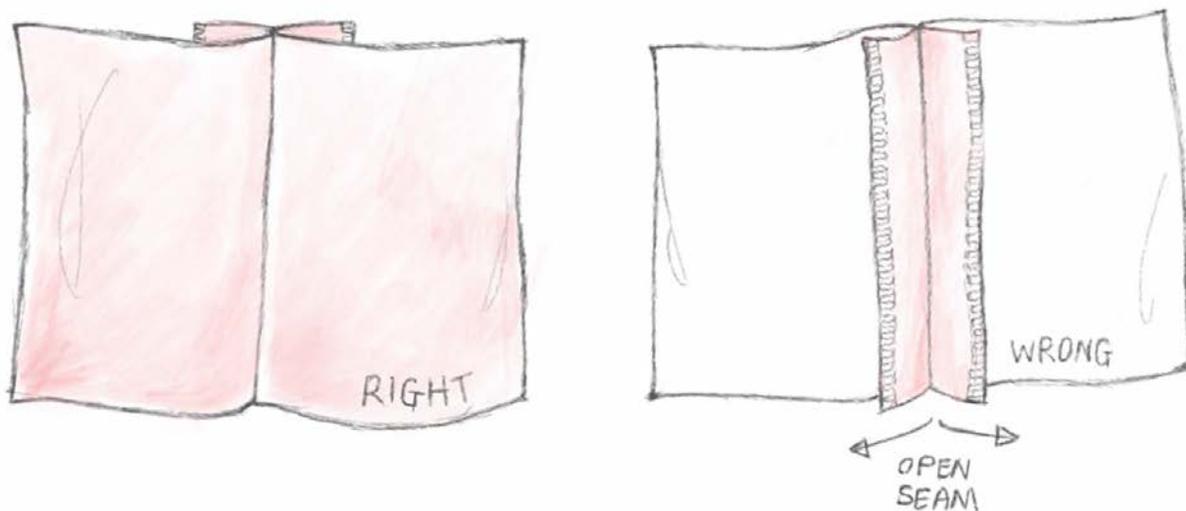
Place wrong sides of fabric facing each other and sew $\frac{1}{4}$ " or 0.6cm. Press the seam and fold the fabric along the seam line. Enclose the seam by stitching $\frac{1}{4}$ " or 0.6cm from the folded edge.

Hand Basting



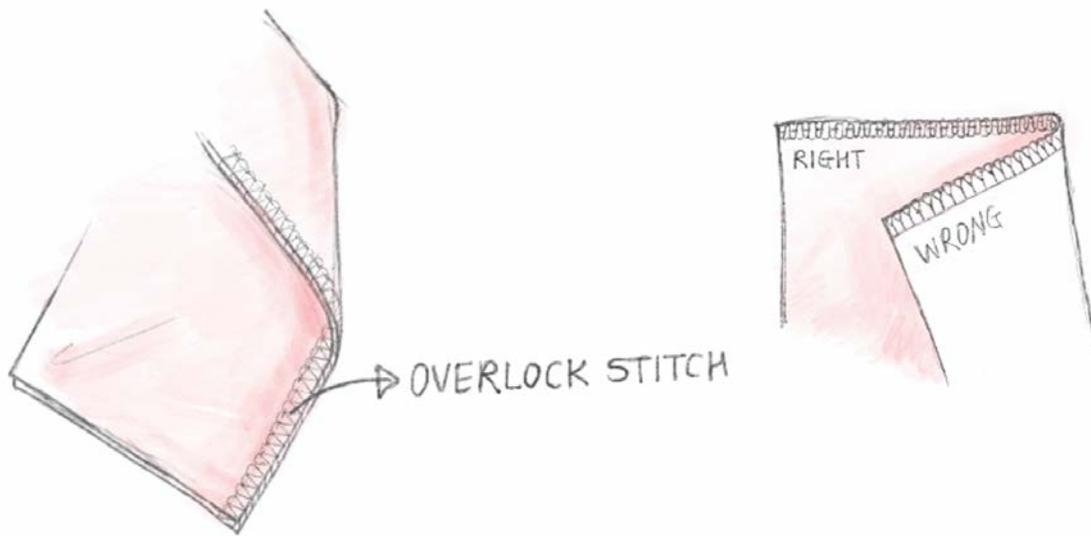
Basting or running stitches are simple hand stitches to use instead of pinning or gathering. Alternatively, you can increase the stitch length and loosen tension on your sewing machine to create a basting look.

Open Seam



Open seams are a technique used to make the seams clean and flat. It can be used for CF, CB, or side seams. Overlock both raw edges first, and then stitch the 2 pieces together to iron the seam open.

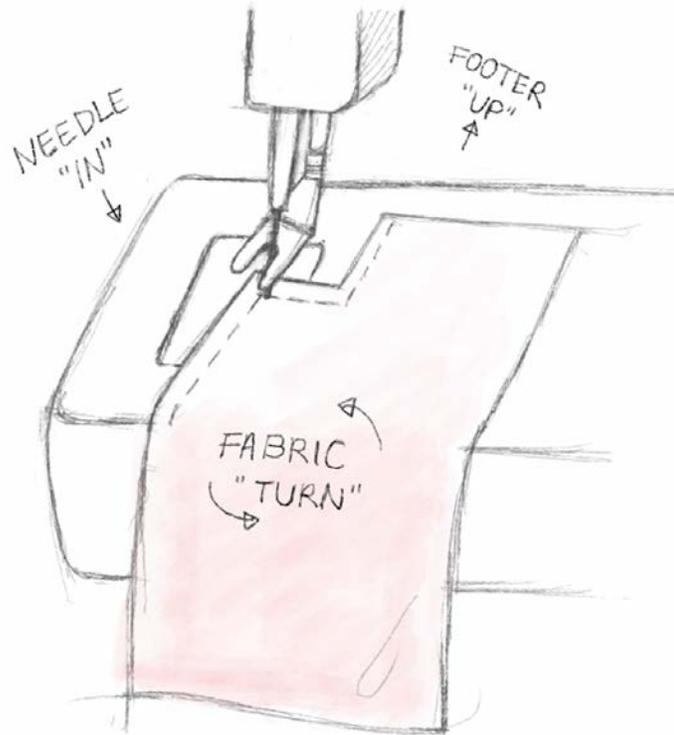
Overlock



Overlock stitches help to bind raw cut edges to prevent from fraying. This technique is mostly accomplished by overlock machine, serger, or your home sewing machine with overlock stitch setting.

Overlock machines have 2 to 3 needles and 2 top threads and lower threads to braid and stitch, which results in a variation of blanket stitch. The knife blade cuts the fabric edge to give a clean overlock stitch.

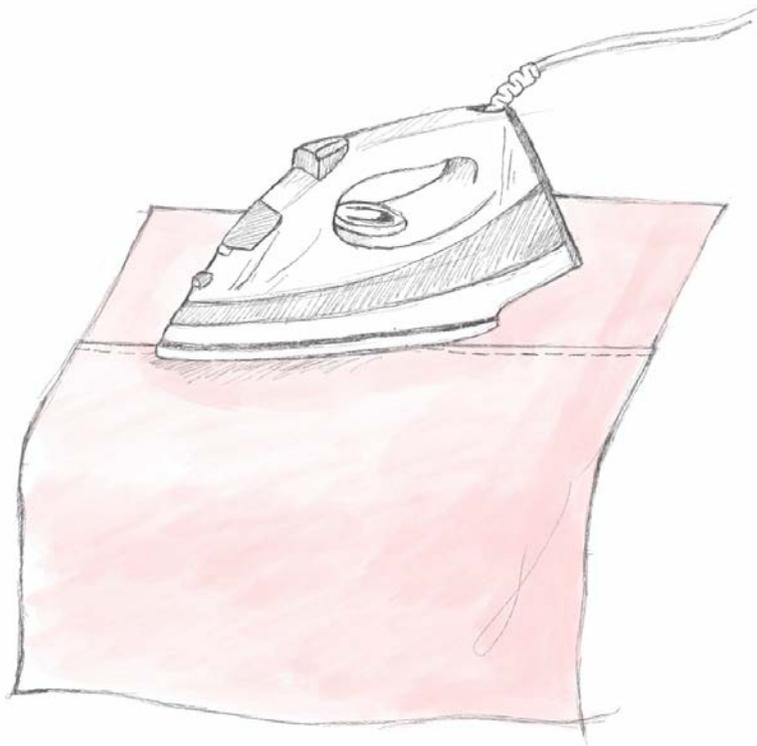
Pivoting



Use the pivoting method when sewing corners or at an angle such as pocket corners, tip of collars, v-neckline, etc.

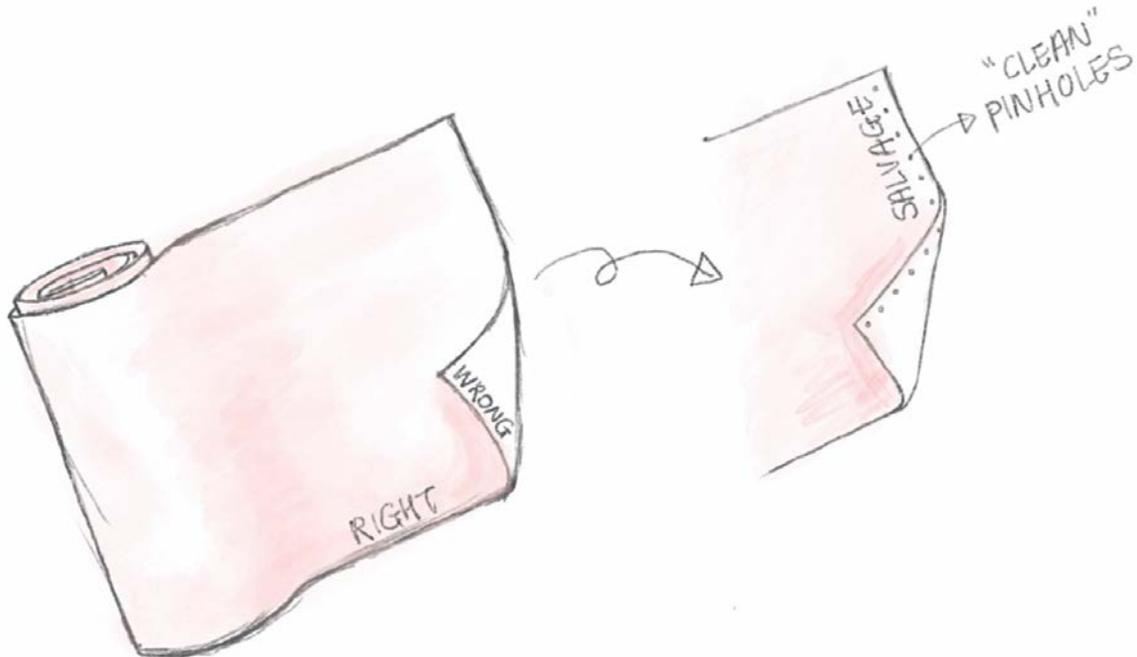
Execute the technique by leaving the needle in the fabric, lift the footer, and then turn the fabric as much as you need. Continue to sew by lowering the footer again, then stitch in the new direction.

Pressing



Steam and iron with pressure after every stitch you make in the garment. Pressing helps to relax the threads and finish the seams cleanly. Be aware to avoid extreme steam on natural fabrics such as cotton and linen due to the risk in shrinkage.

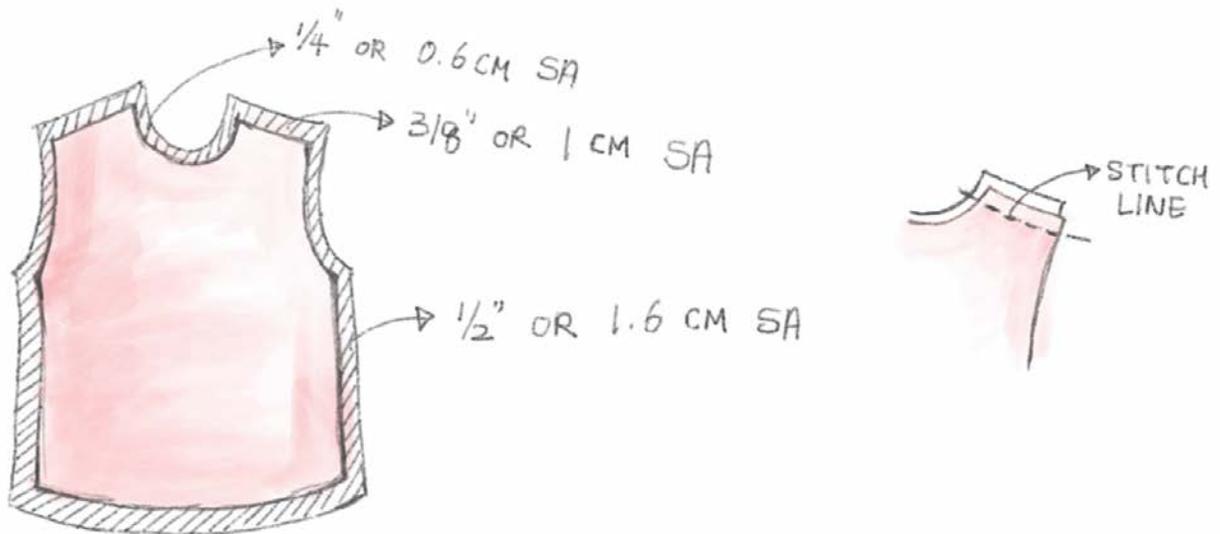
Right side - Wrong side



All fabrics have a right side and wrong side. The right side is mostly worn visibly to the outside whereas the wrong side should be on the inside of the garment. Some fabrics are easy to identify the right or wrong side by sheen or texture, but some might look identical both right and wrong side.

To find out the right and wrong side of the fabric, look for little pinholes along the selvage. The clean side of the holes is the right side.

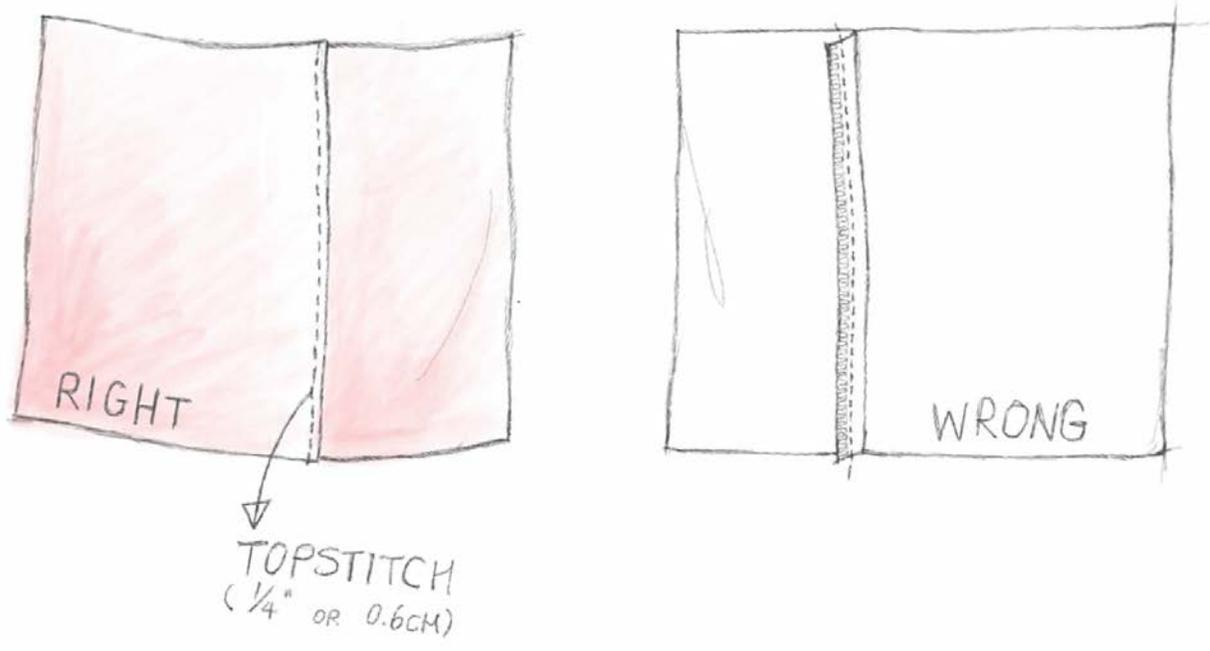
Seam Allowance



The seam allowance or SA is the extra fabric next to the stitch line all around each pattern piece. The additional space allows us to sew everything together.

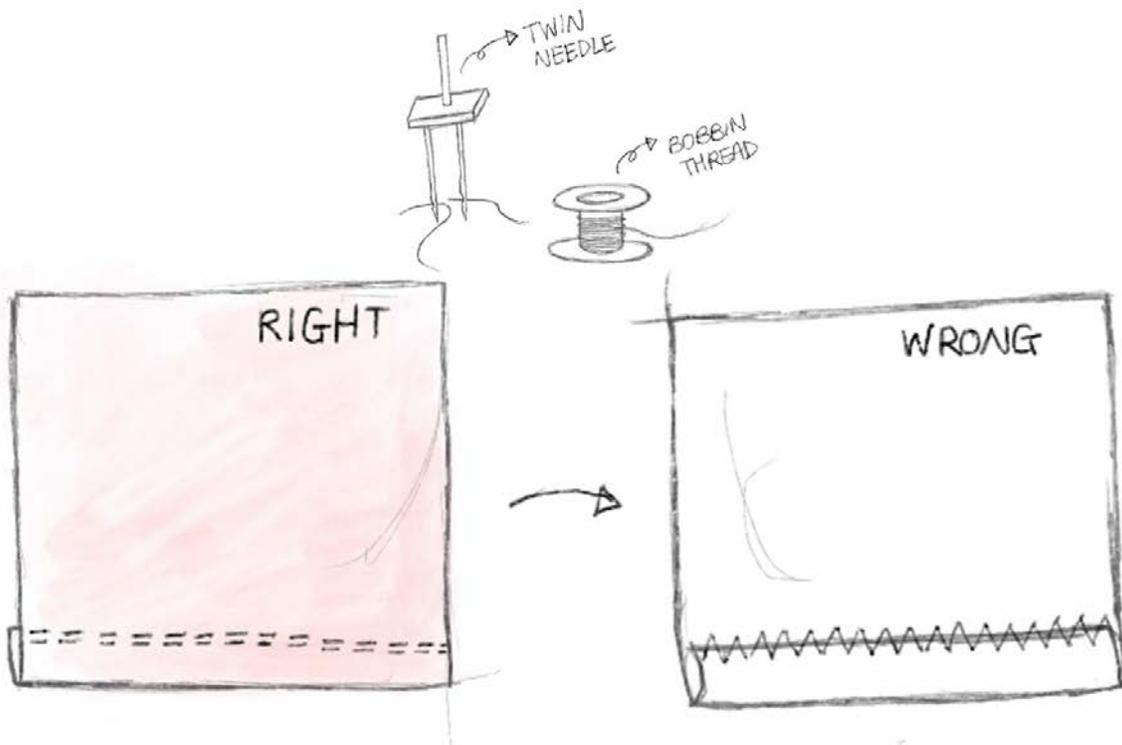
Depending on the seams and styles, the seam allowance is usually ($\frac{1}{4}$ ", $\frac{3}{8}$ ", $\frac{1}{2}$ ") or (.6cm, 1cm or 1.2cm) width. Always refer to the pattern and instruction booklet for accurate seam allowance amount.

Topstitch



The purpose of top stitches are to add strength to the garment. Iron the seam allowance to the side. Straight stitch $\frac{1}{8}$ " or 0.3cm, or $\frac{1}{4}$ " or 0.6cm away from the original seam to sew the right side and seam allowance together.

Twin Needle



Twin needles are used in knit casual or sportswear for clean finishing without needing a double fold hemming method. The 2 top threads and 1 bobbin thread create parallel topstitch on the right side of the fabric and zigzag stitch on the wrong side of the fabric.