

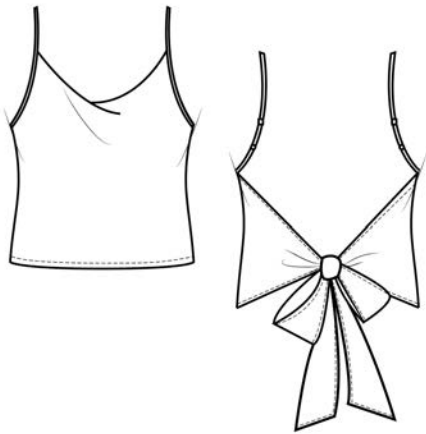
# *Cowl Neck Cami*



**INSTRUCTION  
BOOKLET**

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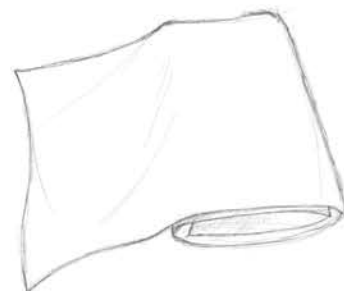
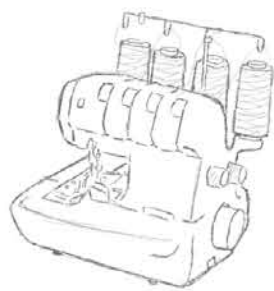
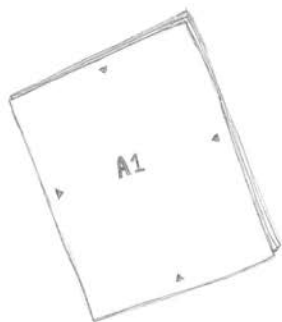
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# What do I need to start sewing?



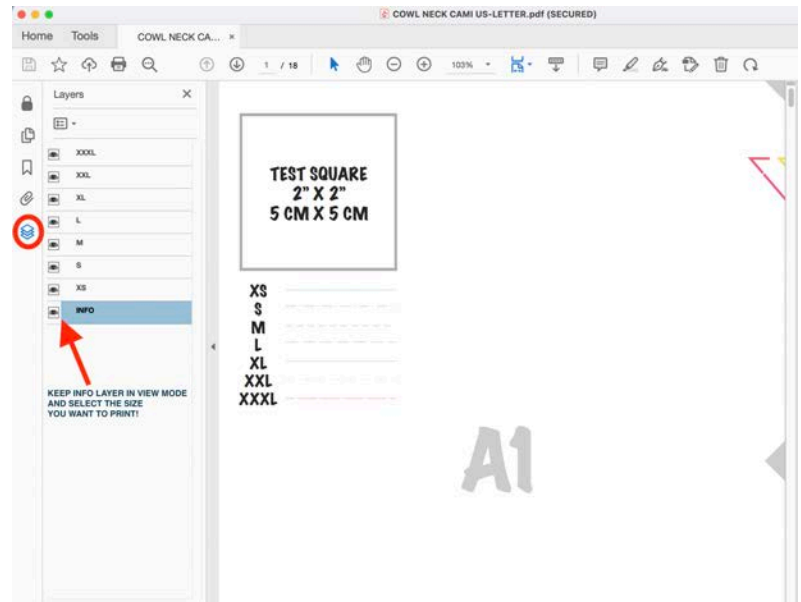
Sewing machine  
Overlock/Serger  
Pattern printout  
Sewing thread  
Measuring tape  
Water erasable pen/Chalks  
Scissors  
Ruler  
Pins  
2 pcs bra strap adjustable ring and slider  
1½ yard poly satin

**Fabric Recommendations:** charmeuse,  
silk, satin, crepe de chine, rayon, polyester, silk satin.

# 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.



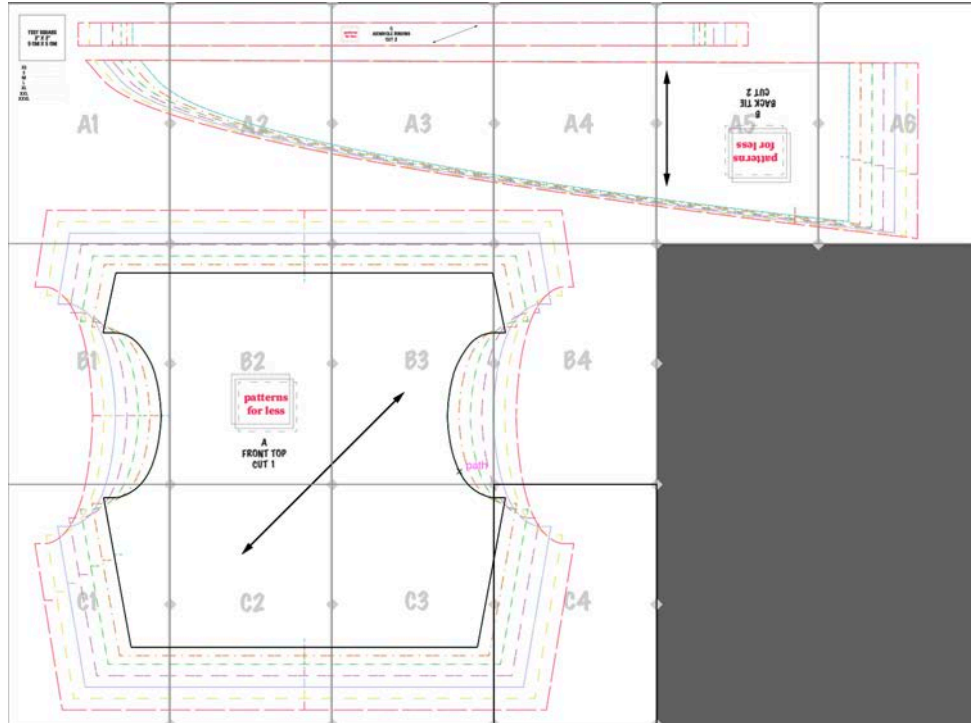
Additionally, you can use view mode to only select/print the size you are working on. Each pattern file is designed with layers of different sizes. There is an option to print only your size or all sizes based on your preference. Open the file in Adobe Acrobat and keep in legend layer.

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!

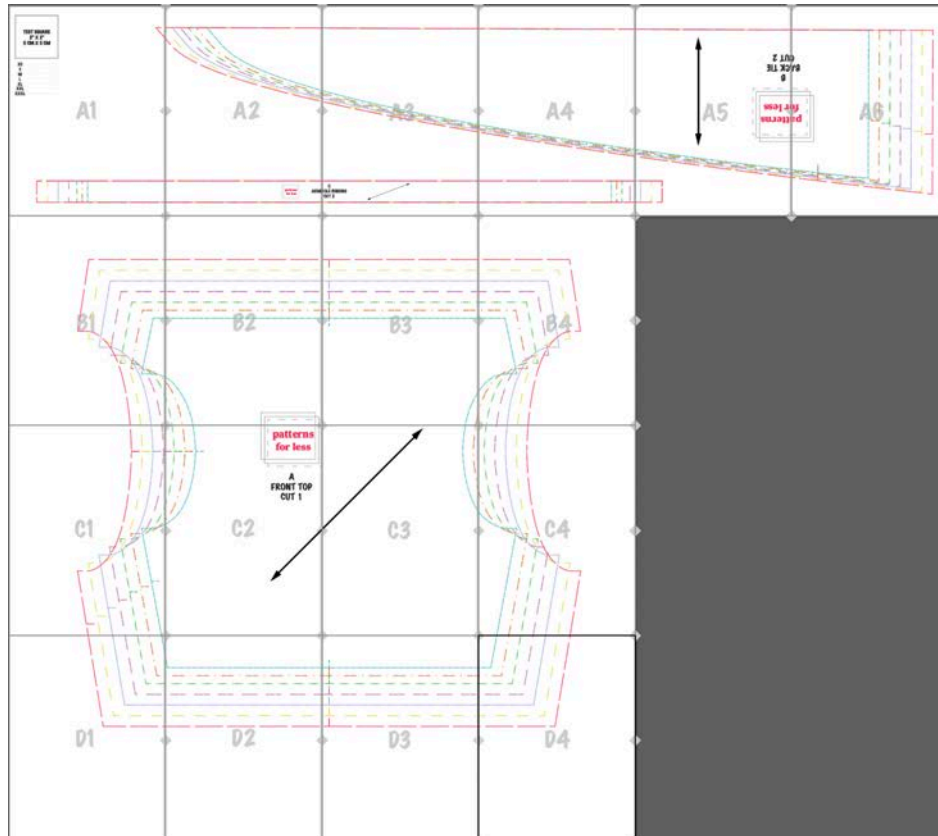
Always make sure to print on 100% scale.  
(Do not 'fit to page' or reduce the size!)

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

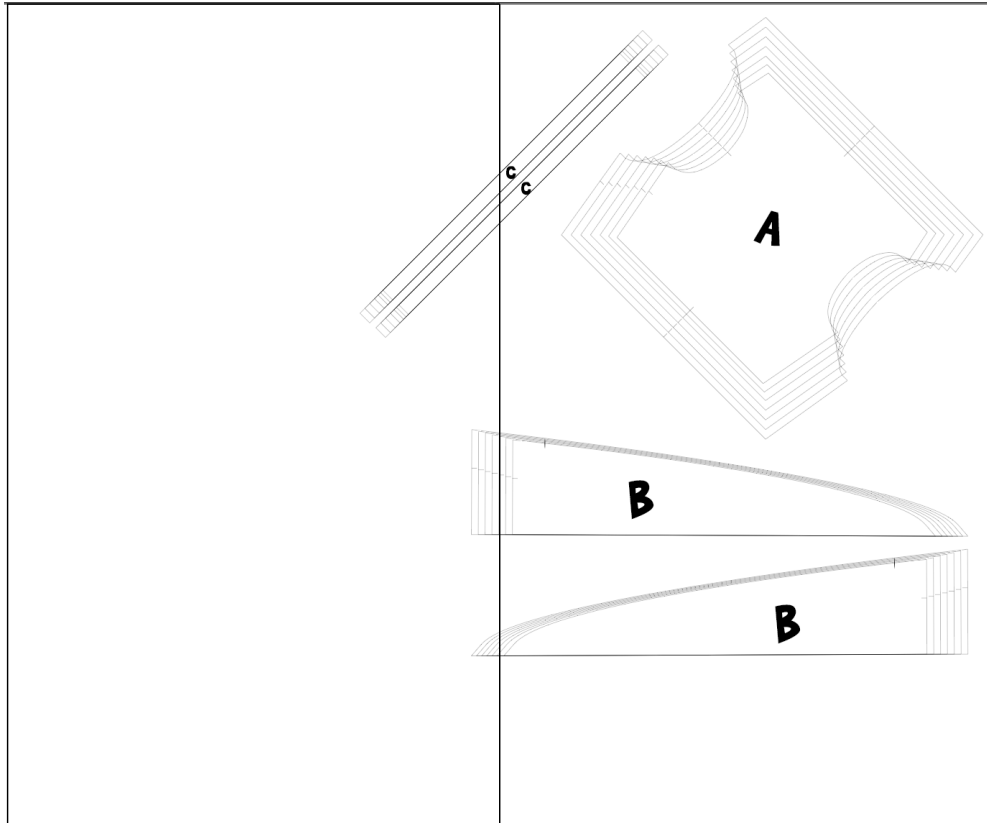
*inches*

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

# Patterns



Crop tank top pattern pieces include:

A- Front Top, cut 1

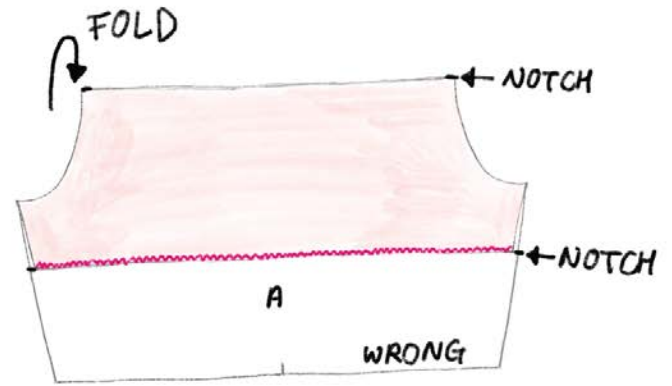
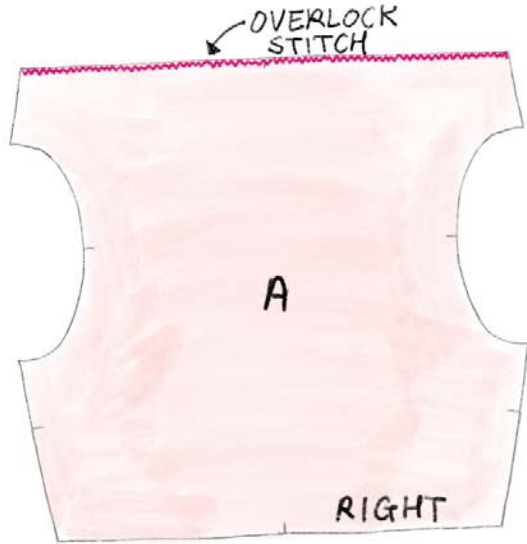
B- Back Tie, cut 2

C- Armhole Binding, cut 2

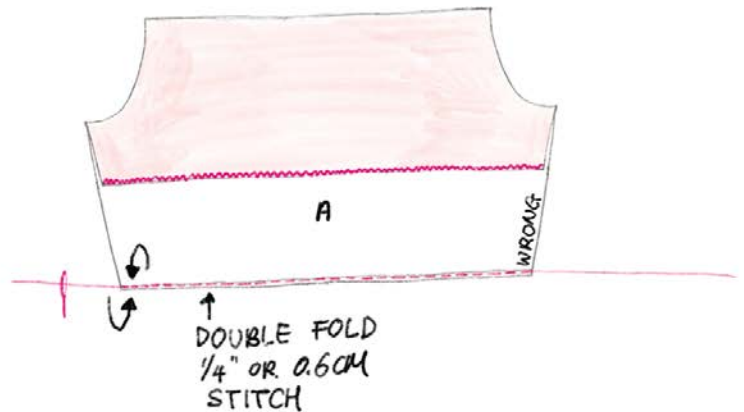
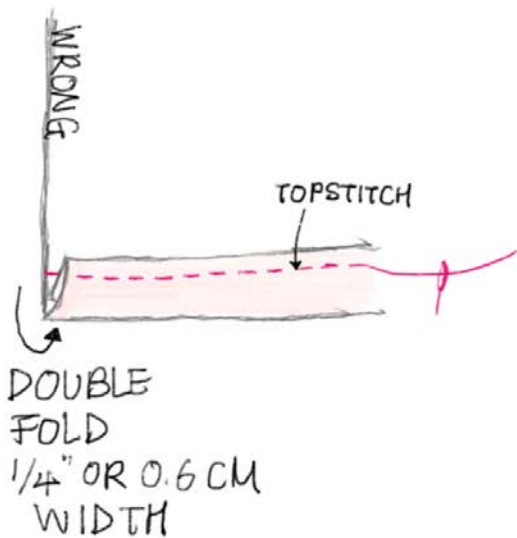
$\frac{3}{8}$ " or 1cm seam allowance is already included unless indicated on the pattern or instruction book.



# Sewing Instructions

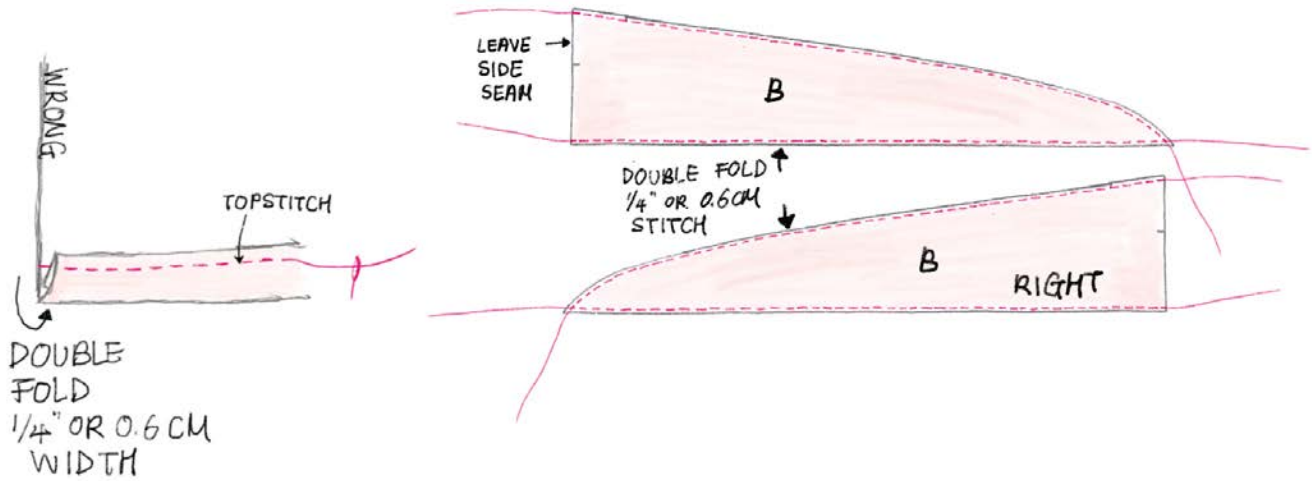


**Step 1-** Overlock stitch the top edge of Front Top (A). Fold the top edge to the wrong side of the fabric by matching the notches on the Front Top (A) and lightly press.

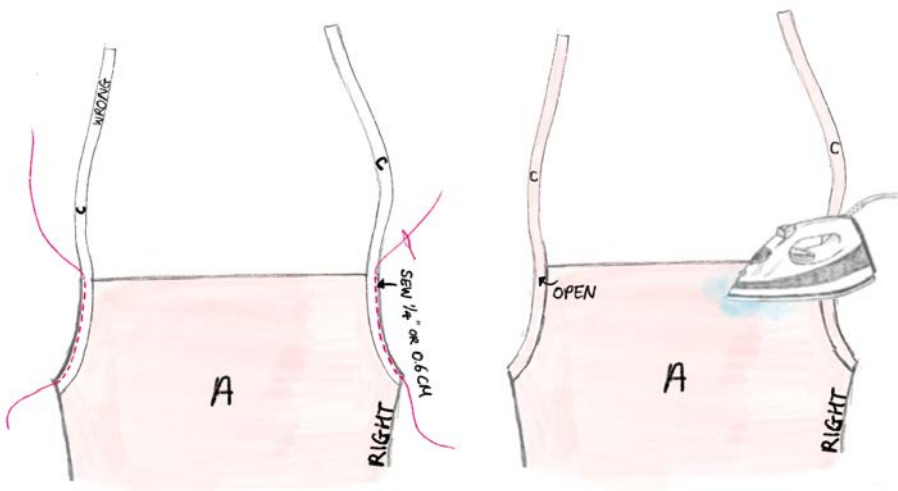


**Step 2-** Double fold the hem and  $\frac{1}{4}$ " or 0.6cm width stitch around the top opening of Front Top (A).

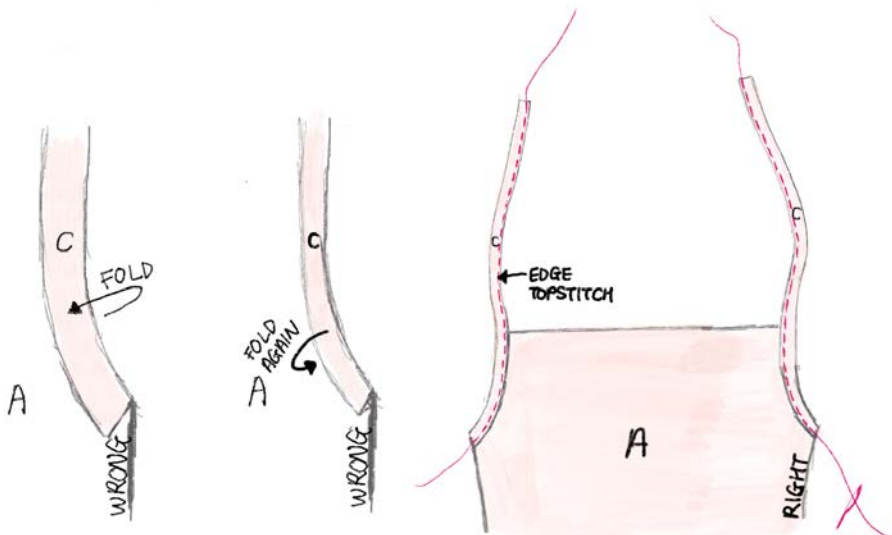




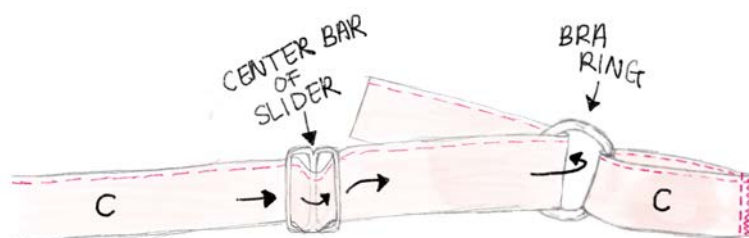
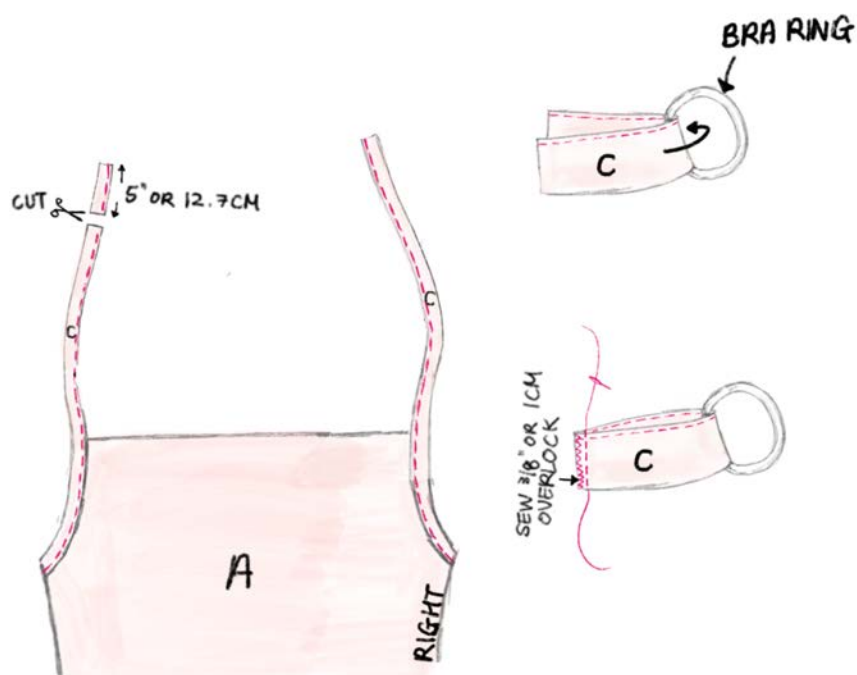
**Step 3-** Double fold the cut edges of Back Tie (B) and 1/4" or 0.6cm width straight stitch around without the side seam.



**Step 4-** Place Armhole Binding (C) along the armhole on the right side of the Front Top (A) and straight stitch 1/4" or 0.6cm width. Press seam open, then fold over to the wrong side and press. Double fold the remaining Armhole Binding (C) and edge topstitch to secure.

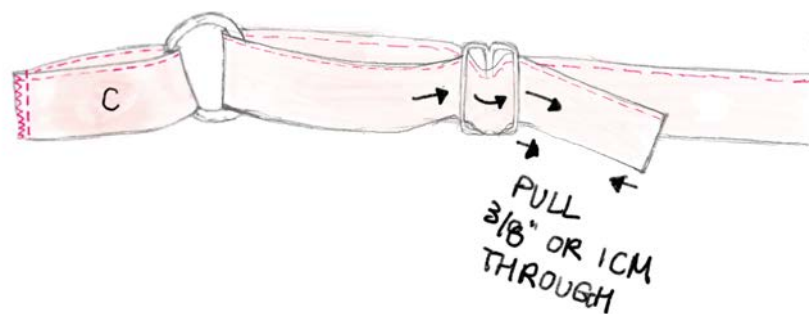


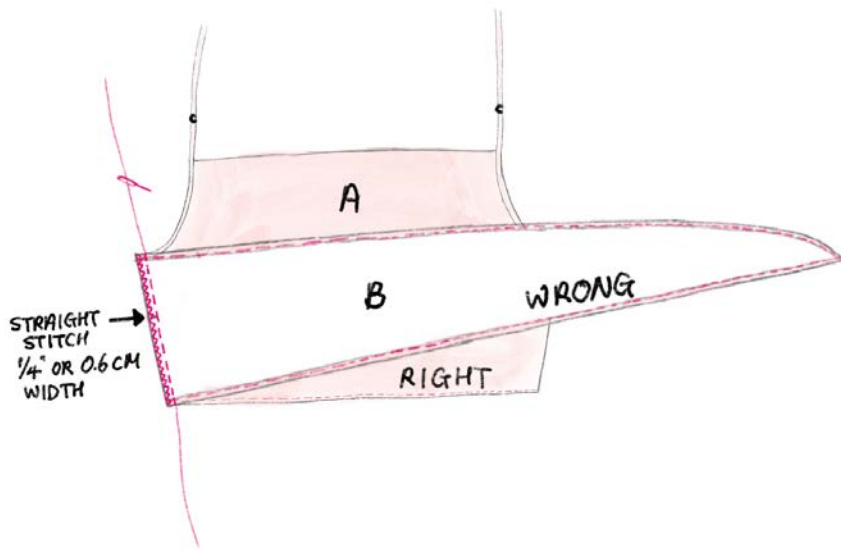
**Step 5-** From the Armhole Binding (C), cut 5" or 12.7cm. Thread this piece through the bra ring, matching the raw edges of the binding. Stitch the ends of binding together using  $\frac{3}{8}$ " or 1cm width and overlock stitch.



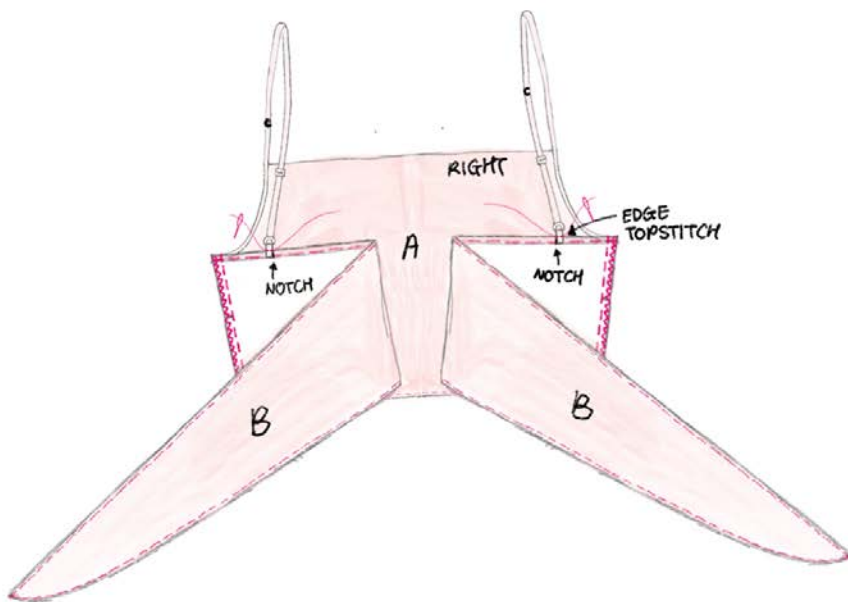
**Step 6-** Thread the remaining binding over the center bar of the slider and pull about 2" or 5cm of the binding through. Thread the end of the binding through the bra ring.

**Step 7-** Turn the binding over and pass the raw edge of the binding above the center bar of the slider, then turn it back toward the bra ring. Insert the raw edge under just the center bar of the slider and pull  $\frac{3}{8}$ " or 1cm through to the other side. Make sure the raw edges are sandwiched between two layers of the binding! Use zigzag stitch to secure the binding to the wrong side of the binding. Do not stitch through the last layer of the binding!





**Step 8-** Place the Back Tie (B) and Front Top (A) right side facing each other and sew the side seam with  $\frac{3}{8}$ " or 1cm width straight stitch. Overlock stitch to finish the side seam allowances.

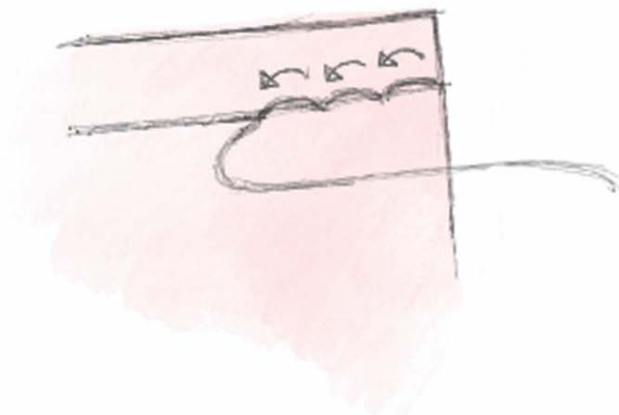


**Step 9-** Place the completed Armhole Binding (C) on the notches along the Back Tie (B), then edge topstitch to secure. Lightly press all around and enjoy your cowl neck cami!



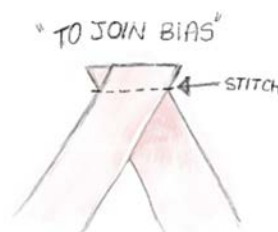
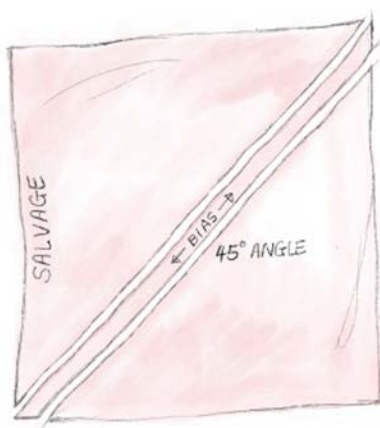
# Sewing Glossary

# Back Stitch



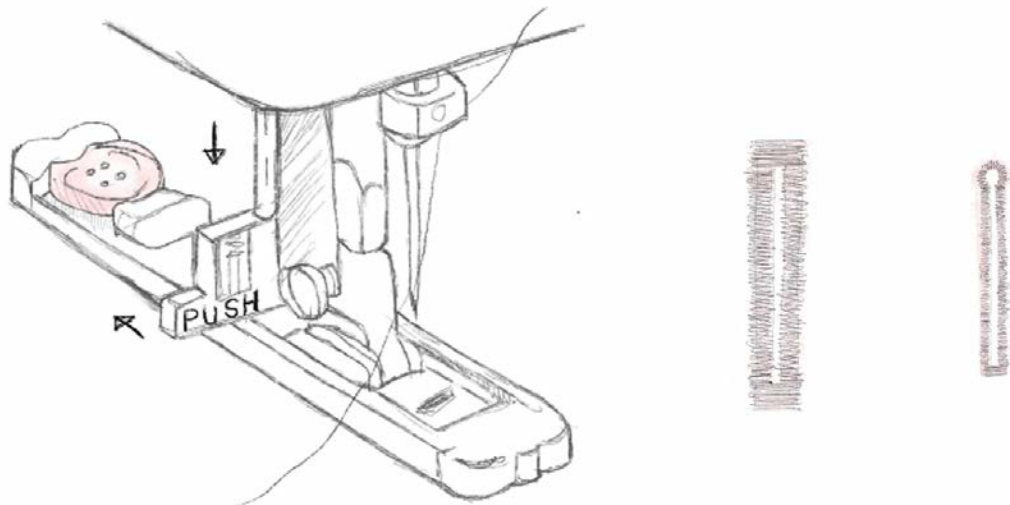
When you start a new seam or finish the seam, always backstitch by hitting the reverse button on your sewing machine. Back stitching consists of 3-4 stitches to lock the stitching and prevent unraveling.

# 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.

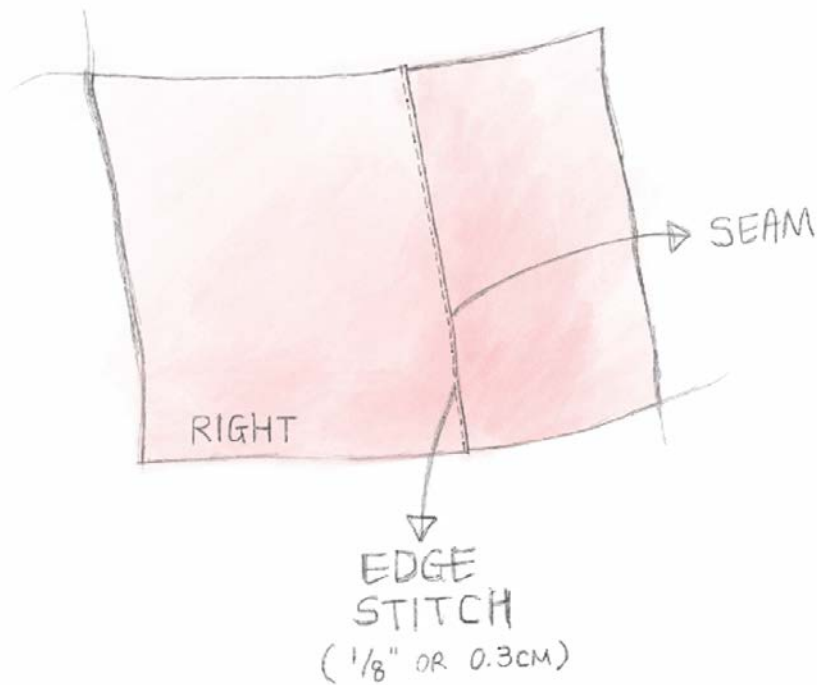
# Buttonholes



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.

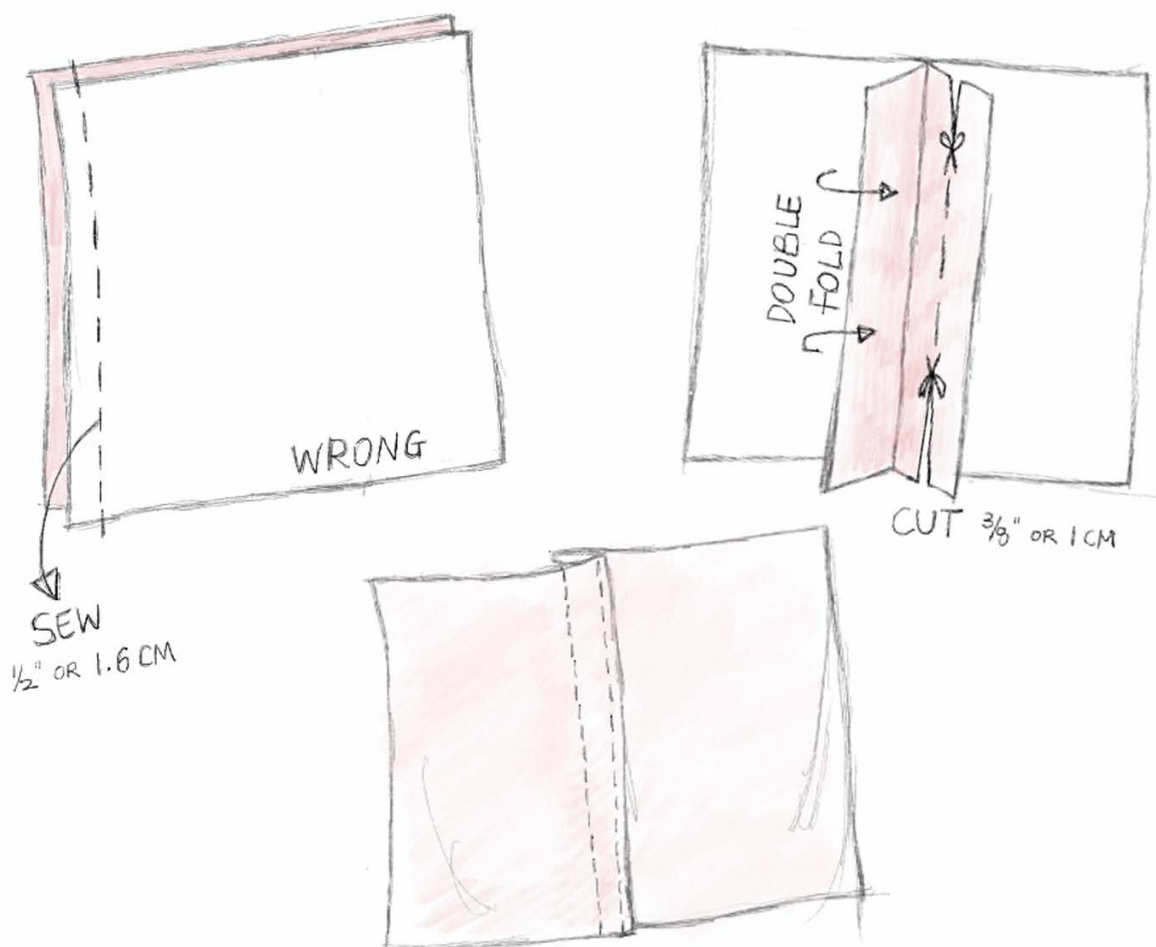
# Edge Stitch



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.



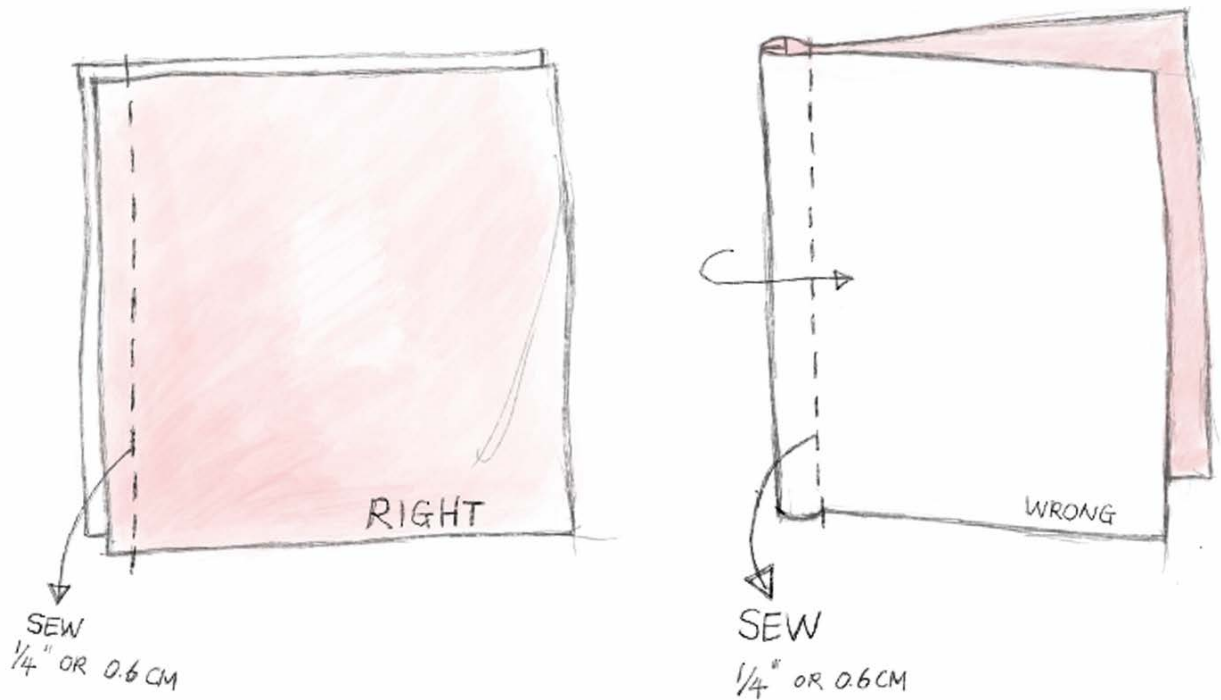
# Flat Felled Seam



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.

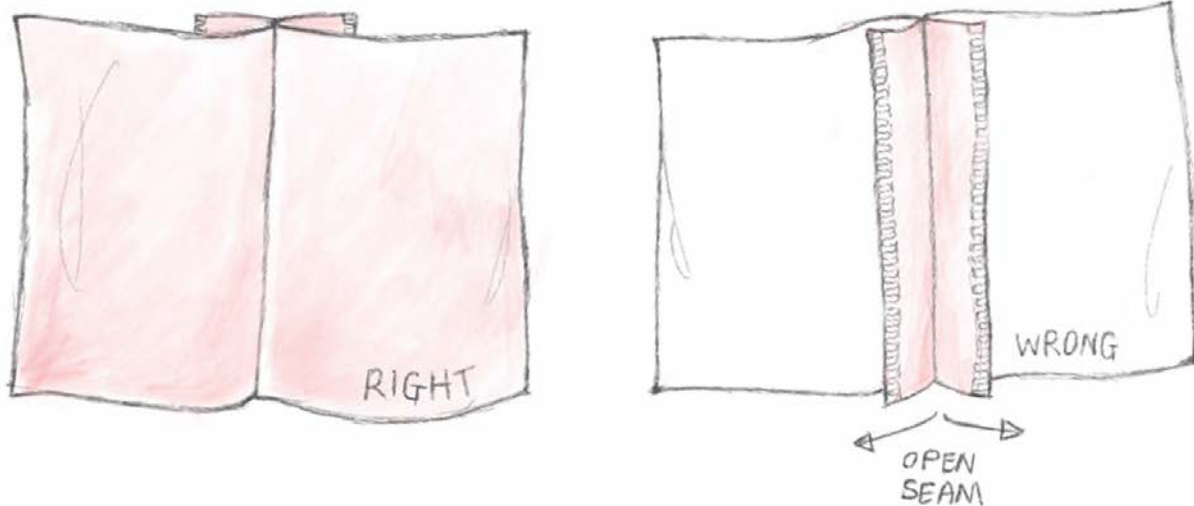
Place wrong sides of fabric facing each other and sew  $\frac{1}{4}$ " or 0.6cm. Press the seam and fold the fabric along the seam line. Enclose the seam by stitching  $\frac{1}{4}$ " or 0.6cm from the folded edge.

# Hand Basting



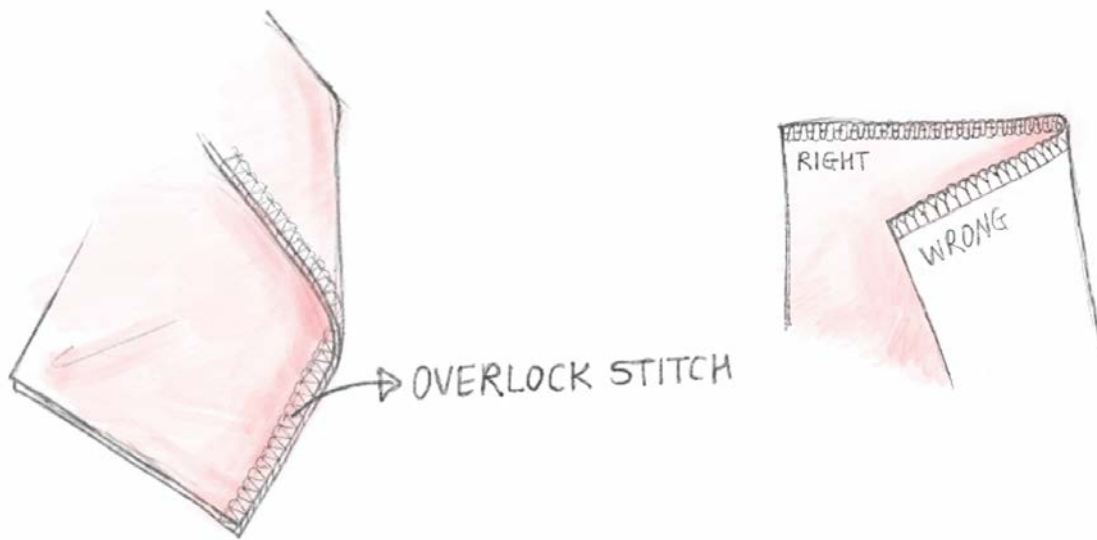
Basting or running stitches are simple hand stitches to use instead of pinning or gathering. Alternatively, you can increase the stitch length and loosen tension on your sewing machine to create a basting look.

# 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.

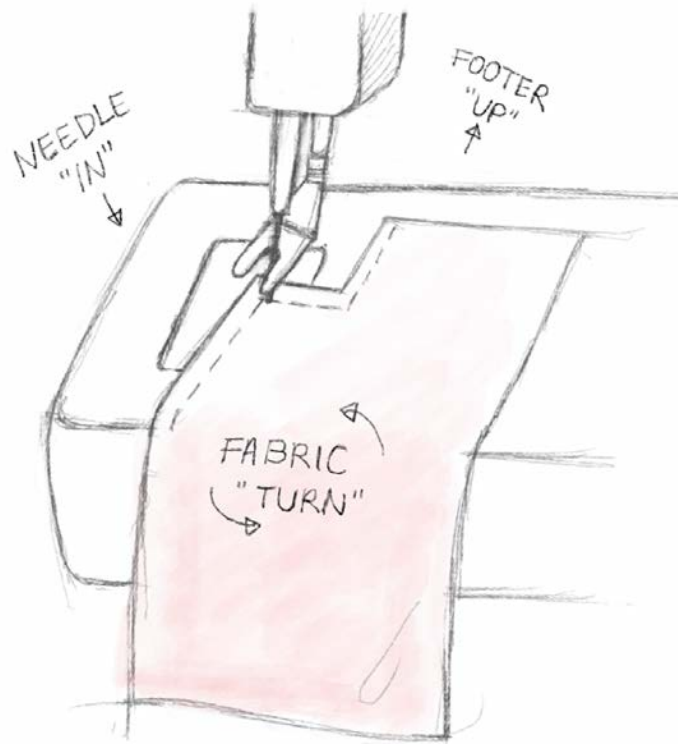
# Overlock



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.

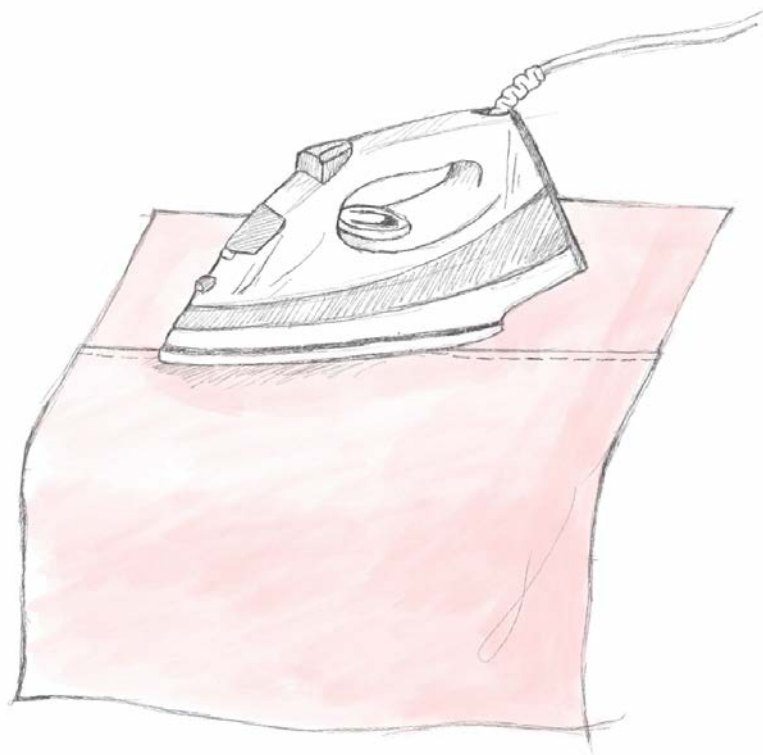
# Pivoting



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

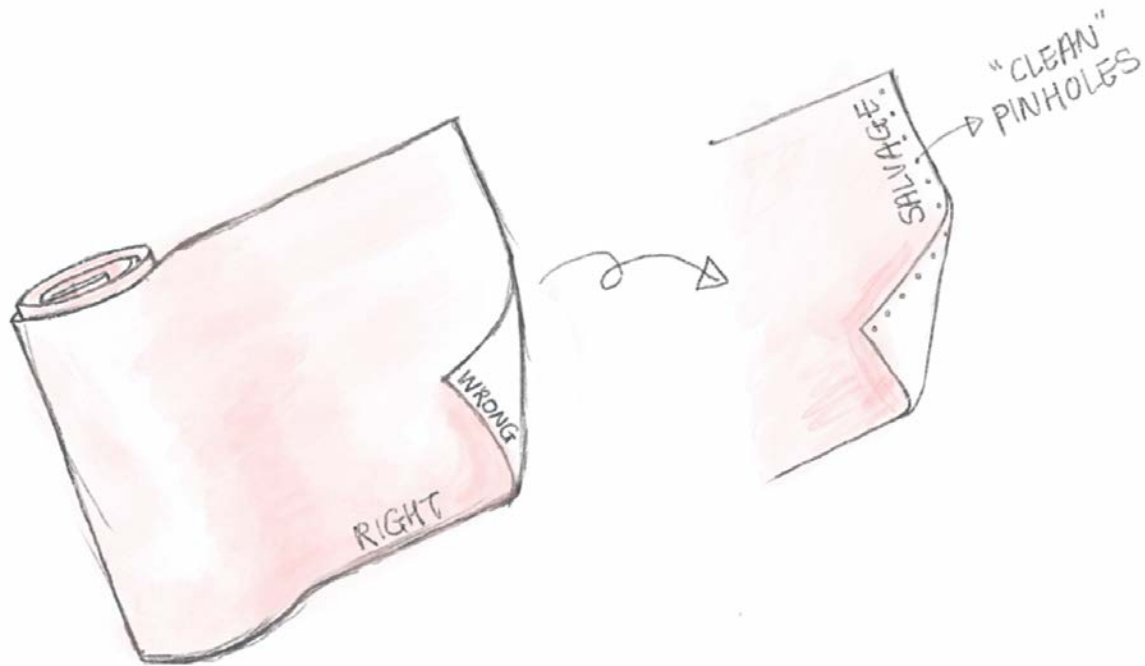
Execute the technique by leaving the needle in the fabric, lift the footer, and then turn the fabric as much as you need. Continue to sew by lowering the footer again, then stitch in the new direction.

# 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*

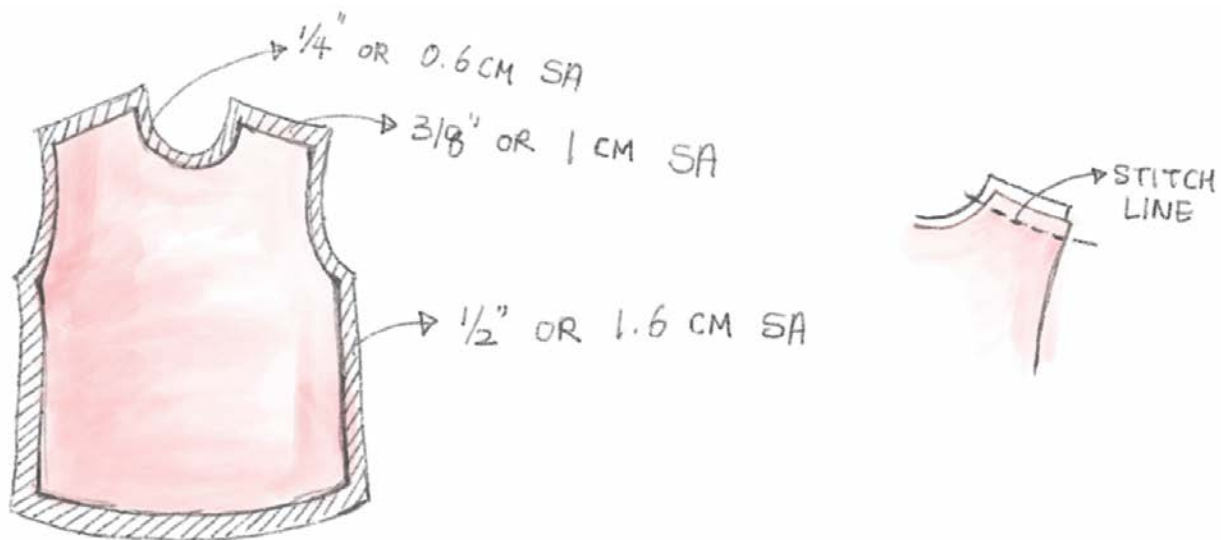


All fabrics have a right side and wrong side. The right side is mostly worn visibly to the outside whereas the wrong side should be on the inside of the garment. Some fabrics are easy to identify the right or wrong side by sheen or texture, but some might look identical both right and wrong side.

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.



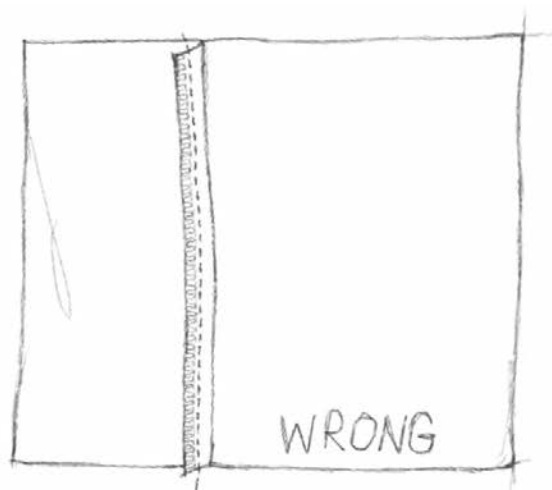
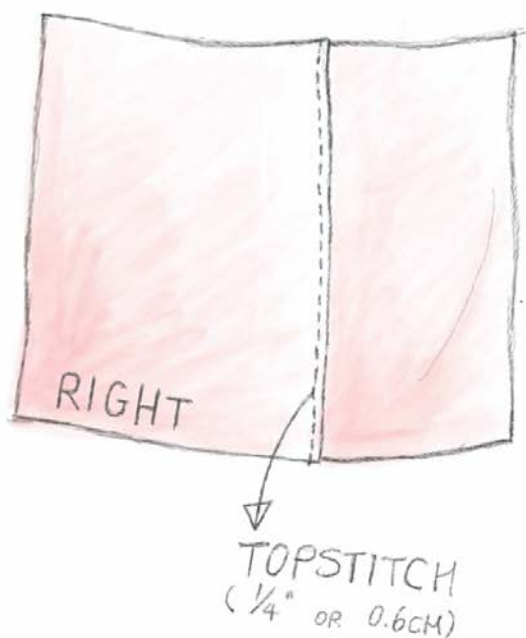
# Seam Allowance



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.

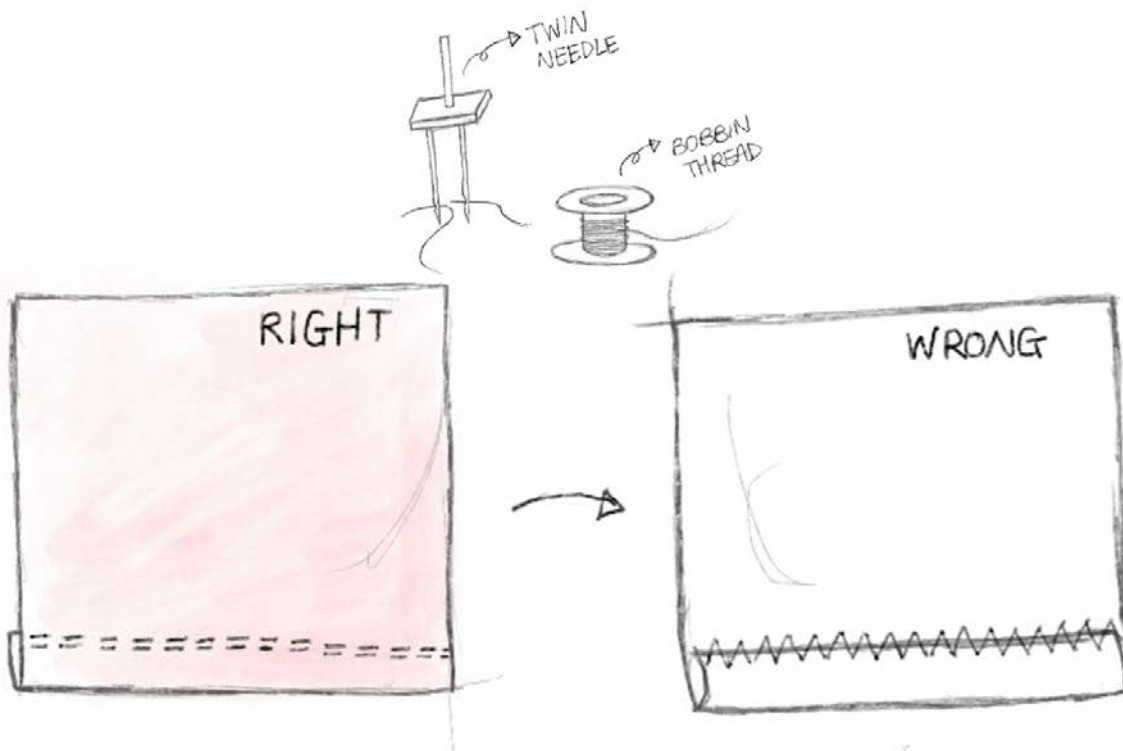
Depending on the seams and styles, the seam allowance is usually ( $\frac{1}{4}"$ ,  $\frac{3}{8}"$ ,  $\frac{1}{2}"$ ) or (.6cm, 1cm or 1.2cm) width. Always refer to the pattern and instruction booklet for accurate seam allowance amount.

# 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.