

HOW TO CONSTRUCT A T-SHIRT

REQUIREMENTS

One-way Stretch / Jersey Knit Fabric
Ribbed Stretch Fabric
Matching Thread
Set-in Sleeve Pattern

You will also need to use:

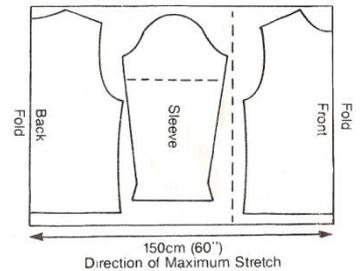
Tracing Paper
Sewing Machine
Ruler
Pins
Sewing Needle
Twin Sewing Machine Needle
Scissors

STEP 1: PREPARATION

Prewash the fabric as you intend washing the garment when completed. DO NOT prewash the Rib Trim.

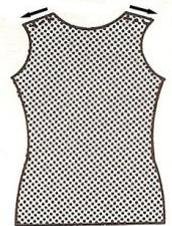
Select the correct pattern size by chest measurement and trace off onto paper. Transfer all markings onto the tracing

Lay the pattern on the fabric with the direction of the maximum stretch running around the body. Cut out the Natural neckline for the rib trim finish.



STEP 2: SHOULDER SEAMS

Sew the shoulder seams, stitching from the neck edge to the arm edge using a 6mm seam allowance. Iron the seams towards the back.



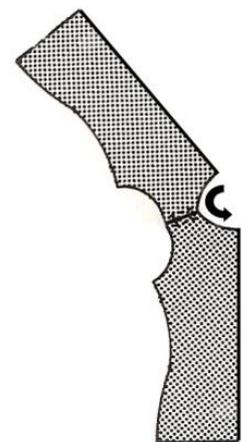
STEP 3: MAKING THE NECK BAND / RIB TRIM

Measure the neck edge of the garment by folding the garment in half along the centre (front and back) folds. Double this number. Then take $\frac{2}{3}$ to $\frac{3}{4}$ of this measurement + 12mm (for seam allowance). This will be the length of the neckband.

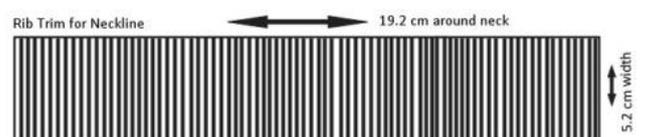
Determine the finished width of the neckband. Double this figure and add seam allowance (12mm / 1.2cm)

For example: Length - The neck edge from Centre Front to Centre Back = 12cm
Double this number: $12\text{cm} \times 2 = 24\text{cm}$
 $\frac{2}{3}$ of this number = 18cm
Add seam allowance = $18\text{cm} + 1.2\text{cm} = 19.2\text{cm}$
Length of the Rib Trim = 19.2cm

Width - Desired finished width = 2cm
Double this = $2\text{cm} \times 2 = 4\text{cm}$
Add seam allowance = $4\text{cm} + 1.2\text{cm} = 5.2$

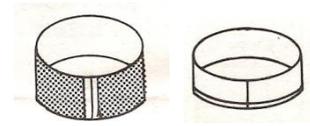


Stretch check the band to see if it will fit around the head and cut the rib trim with the stretch going the length of the trim.



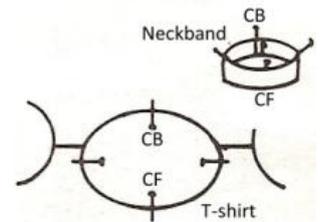
STEP 4: SEWING THE NECK BAND

Sew the two short ends of the neckband together (if there is a right side and a wrong side, put right sides together) with a 6mm seam allowance to make a circle. Press the seam flat. Fold the strip in half lengthwise with right sides outside.



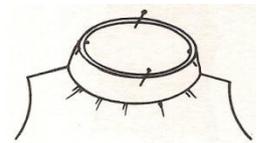
Mark the neckband at the half way mark along the length and also at the quarter-way points. This is known as “halving and quartering”.

Do this on the t-shirt as well, marking the Centre Back and Centre Front as the half way marks. Then mark the midpoint on either side of these, but note, that the midpoint is a little in front of the shoulder seams.



Attach the neckband to the neckline, matching up the midway points. Make sure to put the seam join on the neckband to the Centre Back mark. Put right sides together with the neckband on top of the t-shirt.

Stitch all three raw edges of the neckline and neckband together, starting at the centre back, using a 6mm seam allowance. Stretch the band between the pinned midway points to fit the neck edge.

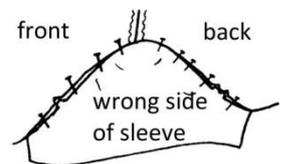


Turn the trim up.

Press the seam allowance down into the garment. Spread the garment wrong side up on the ironing boards and steam to shrink out the fullness in the t-shirt around the band. Press flat. Topstitch if necessary around the neckline and the seam allowances on the garment.

STEP 5: INSERT THE SLEEVES

Fold the sleeves in half and mark the midpoint of the sleeve head. Pin this midpoint to the shoulder seam. Pin at the underarm seams at the front and back.



The sleeve is slightly larger than the arm opening, but stitch the sleeve to the arm opening with the garment on top and the sleeve underneath, stretching the arm opening to fit the sleeve. Use a 6mm seam allowance. Press the seam flat towards the sleeve.

STEP 6: SEWING THE SIDE SEAMS AND FINISHING OFF

Sew the side and sleeve seams in one step, starting from the sleeve and ending at the hem. Use a 6mm seam allowance.

Finish off the hems of the bottom of the t-shirt and the sleeves.

