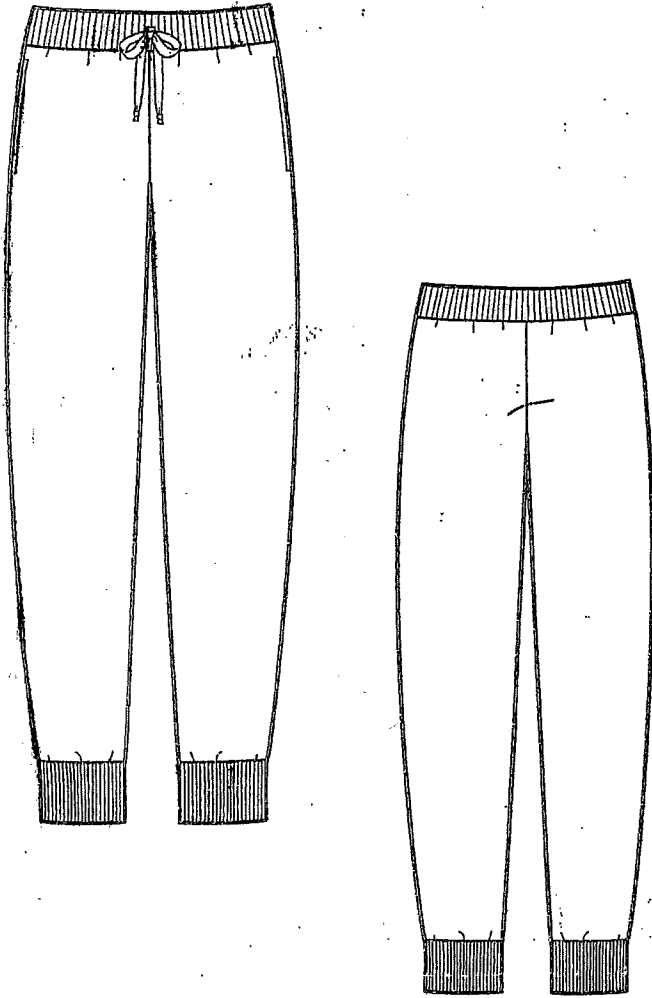
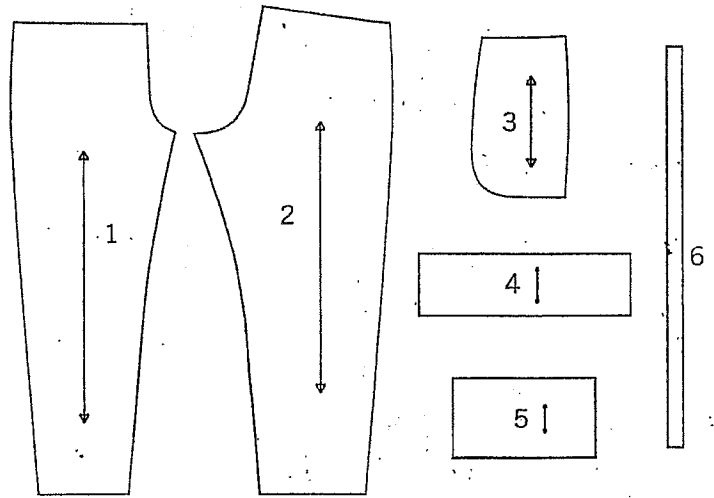


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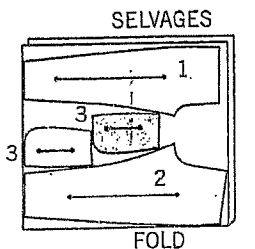


6 pieces given

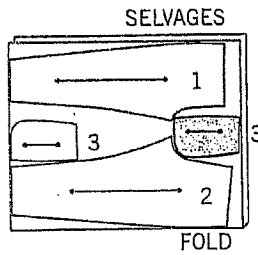


- 1-FRONT
- 2-BACK
- 3-POCKET
- 4-CASING
- 5-LEG BAND
- 6-WAIST ELASTIC GUIDE

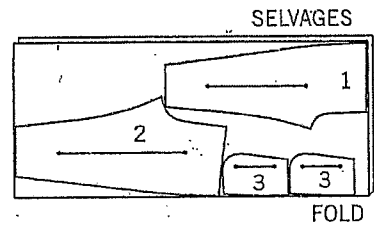
Layout for fabric & pattern



Size XS, S, M



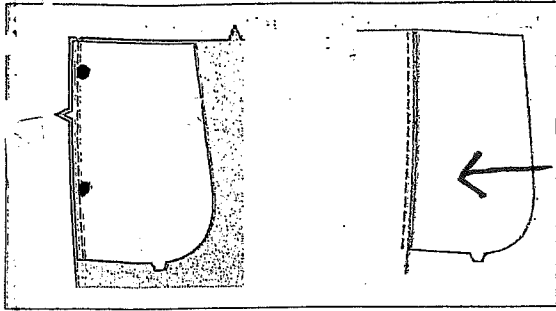
Size L



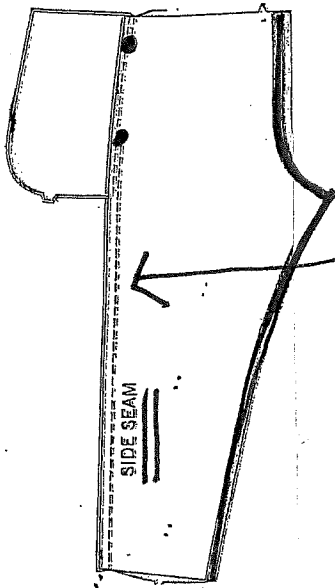
Size XL

* You will cut your pocket out of your thin knit fabric *

* Seam Allowance is 1.5cm unless otherwise stated *

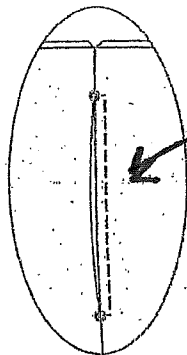
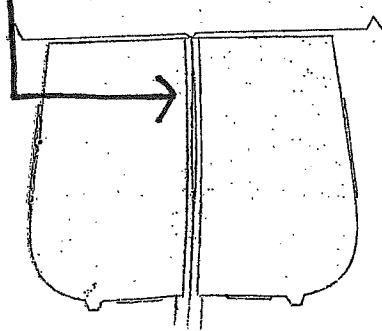


Apply pockets to side edges of front and back as follows:
With RIGHT sides together, pin pocket (3) to garment, matching large dots, having raw edges even. Stitch in a 3/8" (1cm) seam.
Press seam toward pocket, pressing pocket out.



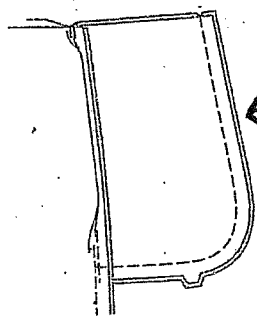
Pin front to back at side seams, matching large dots.
Stitch side seams, leaving an opening between large dots.

Press seam and pocket open.

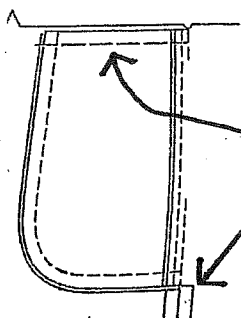


On outside

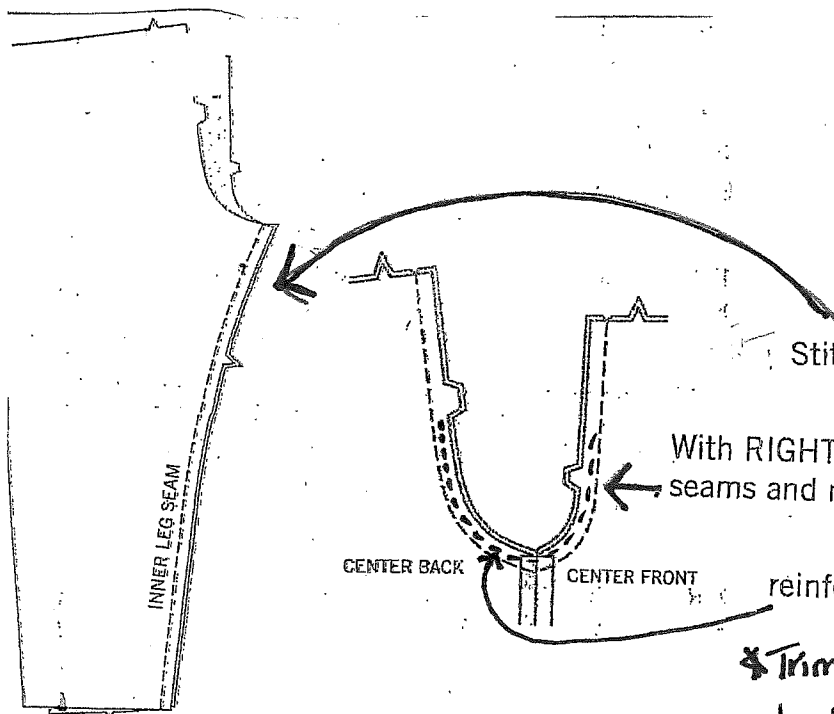
Topstitch (5A, 3) 1/4" (edge of the presser foot) from finished pocket edge, squaring to the large dots



On INSIDE, pin pocket edges together, having raw edges even. Stitch pocket edges together from side seam to upper edge.



Clip garment back seam allowance below pocket.
Press seam open below clip.
Press pocket toward front.
Baste upper edge of pocket to front, having raw edges even.



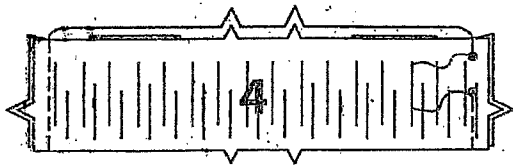
Stitch front (1) to back (2) at inner leg seams.

With RIGHT sides together, pin center seam, matching inner leg seams and notches. Stitch.

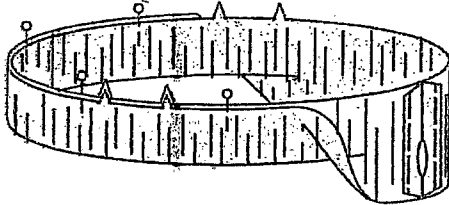
reinforce seam, stitch again over first stitching.

* Trim Seam allowance from double notch to the single notch

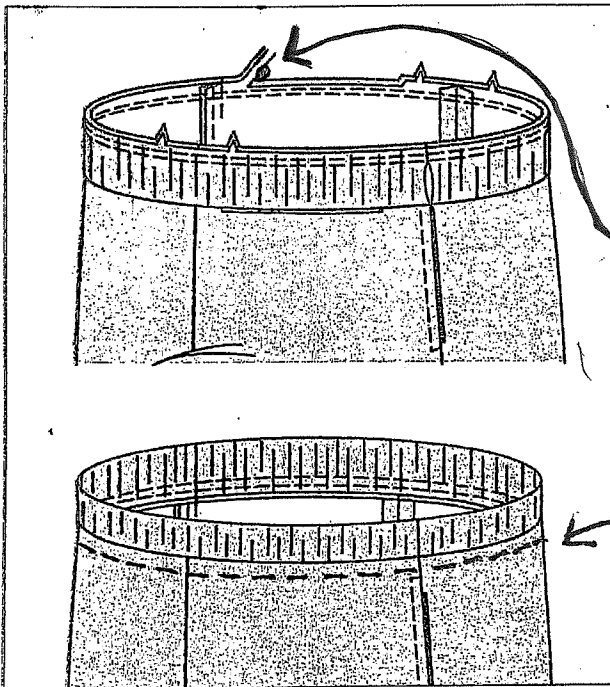
* Press top back seam open
Press top front seam open



- With RIGHT sides together, stitch side seams of casing (4), leaving an opening between small dots on LEFT side seam, as shown.
- Back-stitch at small dots to reinforce seam. Press seams open.



- Fold casing in half, lengthwise, with WRONG sides together, having raw edges even. Press. Pin. The side with the opening is the underside of the casing.

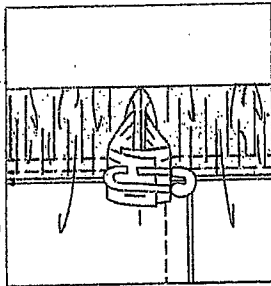


- With the underside of casing facing you, pin casing to pants matching centers. Stitch along seam line, stretching casing to fit.

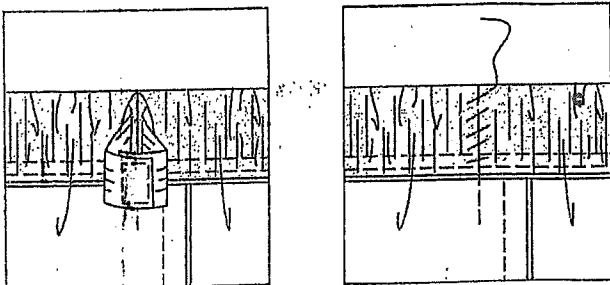
Trim Sweat fabric only Seam allowance in half

Press seam toward pants, pressing casing out.

- Top stitch the seam allowance down
- Use the edge of the presser foot (5.A.3)

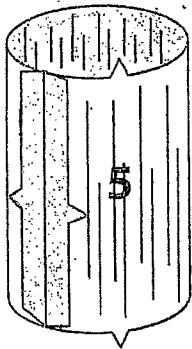


- Measure & cut the elastic based on your waist
- Use a safety pin & pull the elastic through the casing

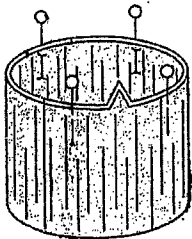


- Try on pants and adjust to fit. Adjust the elastic to fit comfortably so that the top of the casing is 1" (2.5cm) below your natural waistline.
- Stitch ends of elastic together securely.
- Slip-stitch opening edges of casing together.
- Distribute fullness evenly. Remove basting.
- TIP-To secure elastic so it won't twist in wearing, stitch through all thicknesses of casing in the groove of each seam.

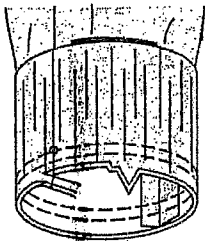
* If you are adding the cuff to the bottom - follow instructions:



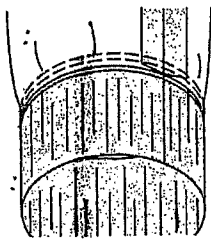
With RIGHT sides together, stitch ends of leg band (5) together.



Fold leg band in half, with WRONG sides together and raw edges even; press. Pin.



On OUTSIDE, pin band to lower edge of leg, matching seams and placing small dots at side seams, having raw edges even. Stitch, stretching band to fit.



Press seam toward pants, pressing band out.

- Top stitch, use edge of presser foot (5, A, 3).

* If you are not doing the cuff *

- Try on pants & pin to desired length
- Press and pin at the correct amount
- Top stitch at a 2cm Seam Allowance (5, A, 3)
- Trim excess fabric if necessary.