If the pattern has a double line around it, the seam allowances are included.

Note: By default, seam allowances are NOT included (single line) and will need to be added when laying out and cutting details.

Seam Allowance: 1 cm on all seams; hem guidelines are printed on pattern.

Important! Please print all the paper patterns and lay them out at the width of fabric you plan to use (usually from 90 to 150 cm) to see how much fabric you will need.

Don't forget to take into account pieces to be duplicated or cut on a fold. When sewing the garment, pay attention to notches. They must match up with corresponding pieces.

6140 Sweatpants

Recommendations on fabric: natural or mixed, low stretch knit fabric.

You will also need: elastic, cord for waistband.

CUTTING:

The word, "beam" used on some patterns means "straight of grain". Some pieces will be cut on the fold, this is noted on the pattern piece. Mark all notches and other design features such as darts, pleats etc. from the pattern onto your fabric.

Main fabric:
1. Back waistband - cut 1
2. Front waistband — cut 1
3. Front — cut 2
4. Side — cut 2
5. Pocket sacking —cut 2
6. Back — cut 2
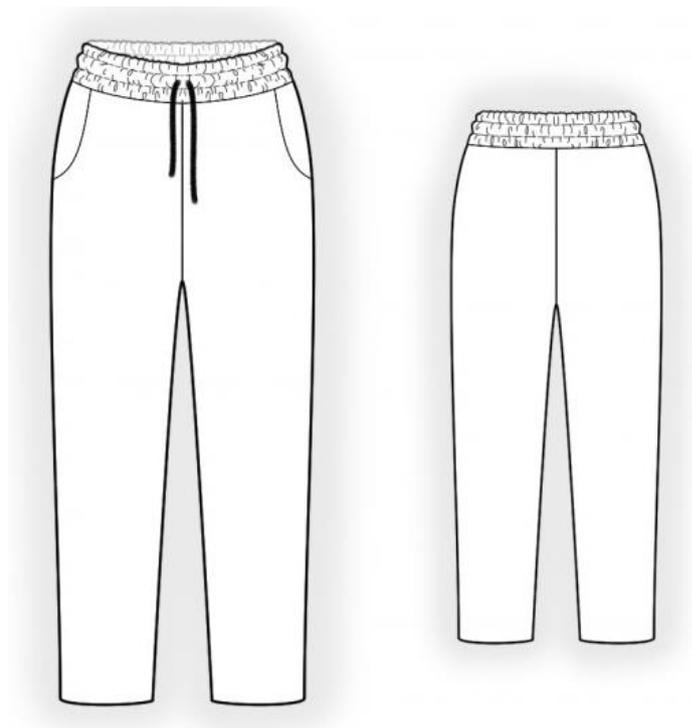
INSTRUCTIONS:

1. Pin sacking to front and sew pocket opening on a lockstitch machine. Clip seam on curves, turn sacking to inside and topstitch seam on sacking with 0.1 cm stitch. Press.

2. Pin front on side piece according to marking. Sew sacking to side piece, serge seam. Pin sacking to front on upper and side edges.

3. Sew center back seam, serge, and press seam towards left side. Sew center front seam, serge and press seam towards left side.

4. Sew side seams. Serge and press seams towards back. Sew inner leg seams. Serge and press towards back.

5. Mark lines for elastic on waistbands. Make two eyelets for cord on front waistband. Sew waistbands together into ring. Sew elastic into ring. Fold and press waistband in half lengthwise wrong sides together. Set elastic into waistband, stretch to waistband length and topstitch with two stitches. Sew waistband to trousers, serge seam. Thread the cord.

6. Serge bottom edge of trousers, turn under, press, and topstitch.

Congratulations, your pants are ready! :)