

0 % SHIRT - SIZE _ M // GOOD TO KNOW

Hello !

You got a Zero Waste pattern of man shirt, congrats !

This is complete garment fitted into en rectangle, it contributes to save our ressources by using all the fabric surface.

I thought this garment as classical shirt with a classical look and a quite conventional shape. But it's important to understand that this special garment design method tends to create some different volumes (on this shirt sleeves are a bit wider than on a conventional designed one for example) and finishes of a conventional pattern. If the sleeve is looking a bit long for you, just try to stretch out your arms forward you and note that the cuffs are not coming on the middle of your forearm. This is something that mass market doesn't consider but it's a basic rule in made to measure. Anyhow, due to all seamings, darts and sleeve's volume, the look of this shirt would be more relevant in a casual (even workwear) style than city, but it's up to you.

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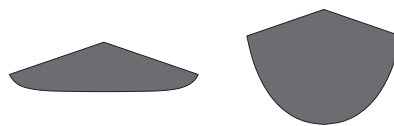


Suggested fabrics: cotton poplin, gingham, cotton flanel, lightweight denim

Sewing notions: 11 buttons, two sided fusible

- Before start sewing -

We suggest you to prepare cardboard templates for chest pocket and pocket's facing. They will help you to preform the curved seam allowance before patching pockets on body. To obtain them you have to trace the same pattern as pocket's facing and final pocket without seam allowances (except at the top).



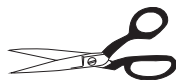
- What these symbols mean ? -



Wrong side of fabric



Right side of fabric



Cut



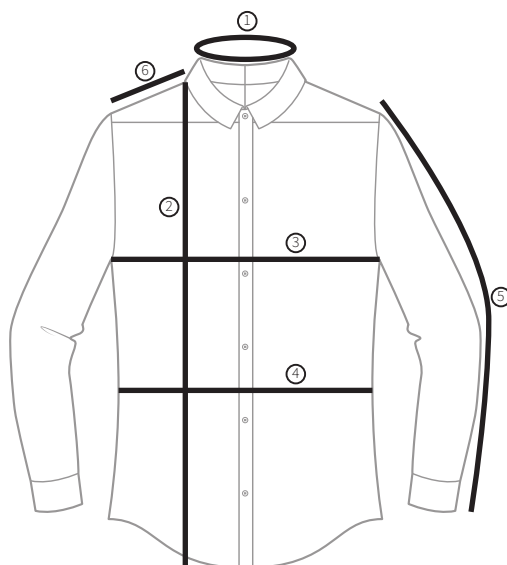
Press with iron



Button



Buttonhole



	Garment measure
① Neck	43 cm
② Length	73,8 cm
③ Chest	116,5 cm (4 darts closed)
④ Waist	108 cm (4 darts closed)
⑤ Sleeve	69 cm
⑥ Shoulder	16,5 cm

- Pattern dimensions and fabric width -

As presented on this document, the pattern is **1,66m long** and **1,18m wide**.

0% SHIRT // FLOW PROCESS GRID

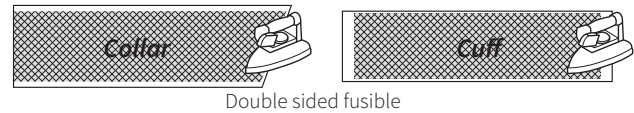
COLLAR & CUFFS PREPARATION

Make a stay stitching on neckline and shoulders at 8mm from edge.

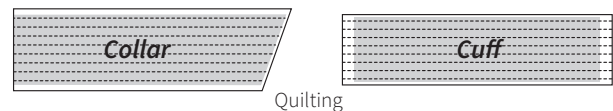
Sew all binding pieces together with 5mm seam allowance.

Fix the interfacing pieces with two sided fusible interfacing or by quilting it on under collar & under cuffs.

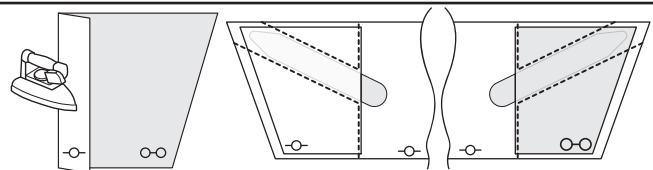
IDEA 1



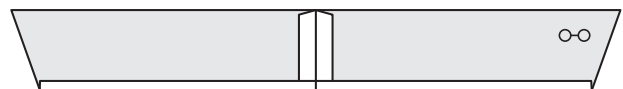
IDEA 2



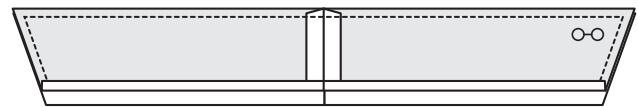
Fold the collar bone pocket's edge once and sew it on under collar pieces, following the broken line on pattern. **Lay the collar bone to obtain its footprint, then sew following the lines.**



Sew collar on middle back and press the upper collar's bottom seam allowance at 5mm.



Sew the collar keeping 7 mm not sewn at the beginning and at the end. **Keep the pressed seam allowance unsewn.**

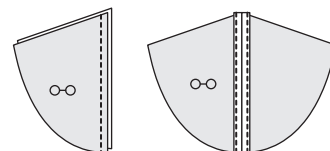


Repeat for cuffs:

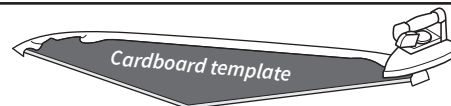
Press the under cuff's seam allowance at 5mm. Sew the cuffs keeping 7 mm not sewn at the beginning and at the end.

CHEST POCKETS

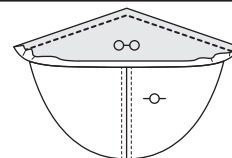
Sew the pockets and press. Then, fold the seam allowance and topstitch them like a hem.



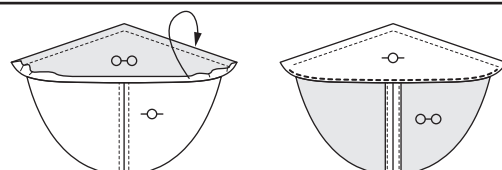
Thanks to a cardboard template, press the bottom seam allowance of pocket's facing to preform it.



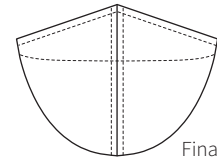
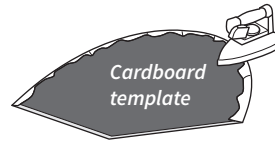
Sew the pocket's facing and pocket right side together on the peak line.



Turn out and press. Then, topstitch the pocket's facing.



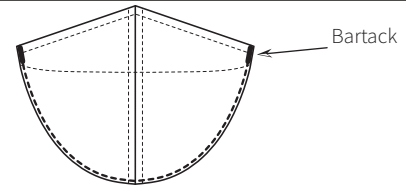
Thanks to the template, press the bottom seam allowance of pocket to preform it.



Final look

Then, topstitch the pockets on front panels following the broken lines.

For more resistance of pocket's topstitching, make a bartack at both corners.



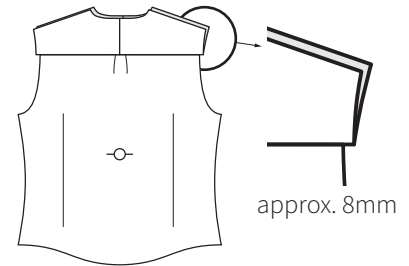
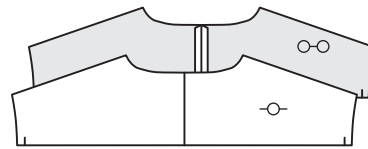
Bartack

BODICE

Sew the 4 body darts following the lines on pattern (or not if you want a more regular fit).

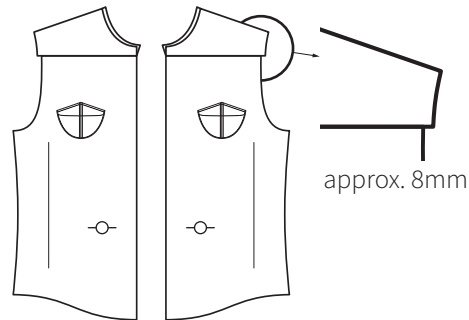
Sew the middle back pleat at 8mm from edge.

Sew the two parts of back yokes right side together on middle back line. Then, sew the two obtained back yokes on back panel.
Notice the notches on back yoke, they locate the back panel edge. Therefore, there is a little excess value. It can be rolled in the binding easily (few steps later).



approx. 8mm

Sew the front yokes on front panels.
Notice the notches on back yoke, they locate the back panel edge. Therefore, there is a little excess value. It can be rolled in the binding easily (few steps later).



approx. 8mm

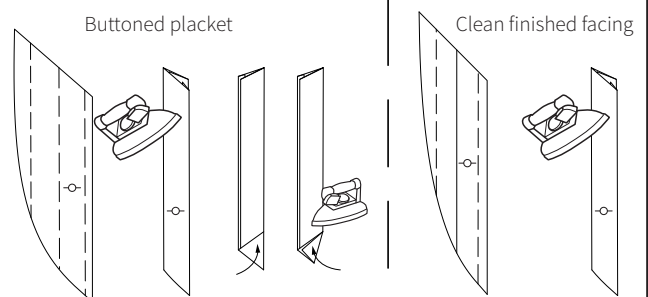
Sew the shoulder seams in sheathed assembly (burrito method). Then, topstitch the yoke on front and back at the distance you want from seam.

Make the french seam on both side seam (see P.4 for the french seam method)

CUFF TABS

In order to facilitate the next step, press the buttoned placket and clean finished facing with iron, following the lines on pattern.

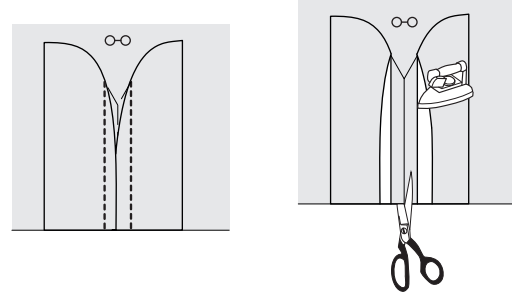
According to the look you want, you can make a rectangular or triangular end on buttoned placket.



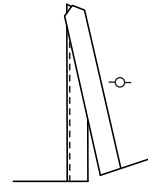
Buttoned placket

Clean finished facing

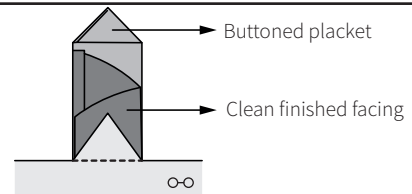
First, sew the clean finished facing and buttoned placket flat on sleeve (wrong side of fabric) before cutting the middle line and the triangular end.



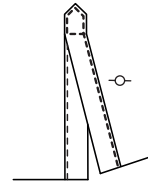
Second, turn the pieces outside and topstitch the clean finished facing.



Third, turn the triangular end out and sew it with the clean finished facing and the buttoned placket.
This step is useful to fix the triangular end cleanly and to make the buttoned placket's topstitching easier.

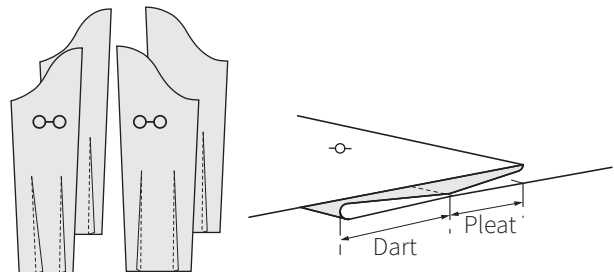


Fold the excess value of clean finished facing and put it into the tipping of buttoned placket. Then, topstitch the buttoned placket.



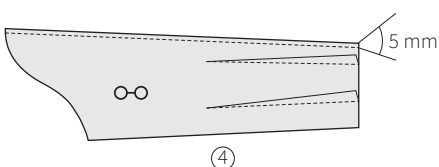
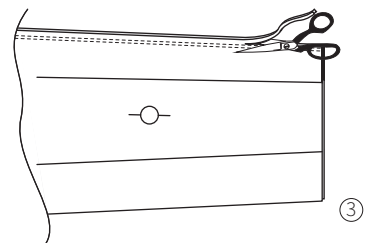
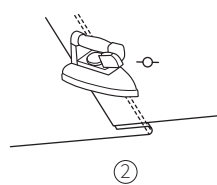
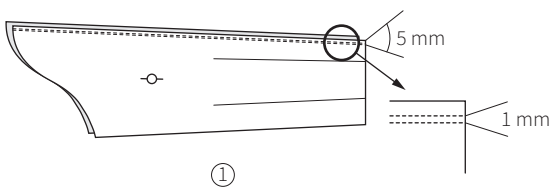
SLEEVES

Sew the sleeve's darts.
Afterwards, close and sew the pleats at 5 mm from edge following instructions on pattern.
The pleat is supposed to cover the dart's seam at the cuff's junction.



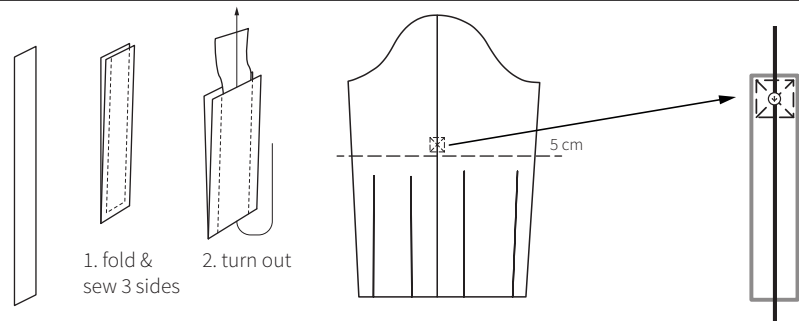
Make the french seam of middle sleeves:

- 1- sew **wrong sides** together at 5 mm from edge and make a second stitching at 1 mm from the 1st.
- 2- fold the seam allowance while ironing (no matter the way you pleat)
- 3- trim the seam allowance just over the second stitching
- 4- turn **right side** together, press to make it clean. Then, sew at 5 mm.
- 5- press the seam towards the sleeve's back part.



When two sleeve parts are assembled, sew the rolling placket inside sleeve approximately 5 cm above the elbow and aligned with middle sleeve. This placket is helpful to maintain the sleeve when rolling up.

In order to well finish this placket, add a button on the middle of the stitching square and un buttonhole at placket's bottom.

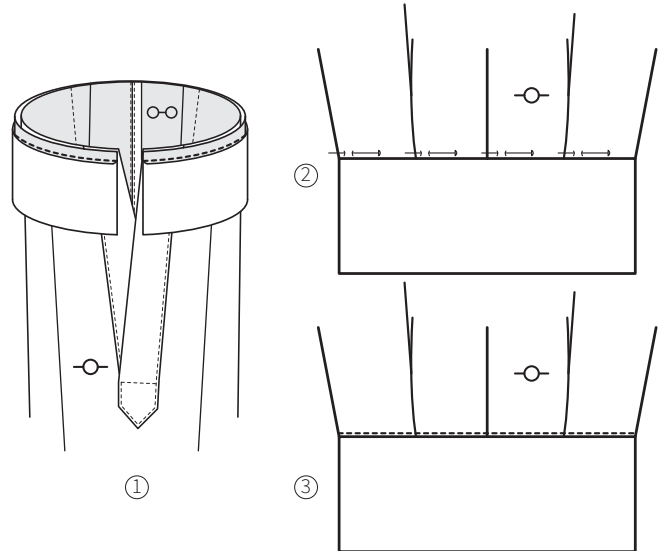


Sew the cuffs.

I suggest you to begin by sewing the upper cuff and fold the seam allowance inside cuff. After, pin the under cuff on the outside of garment and stitch into the ditch. This technique is a bit more tricky but more discreet.

But if you aren't comfortable with this technique you can sew the upper part and sew the inside by hand.

Topstitch the cuff (optional).

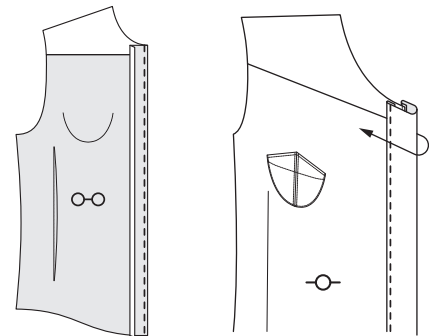


FRONT BUTTON TAB

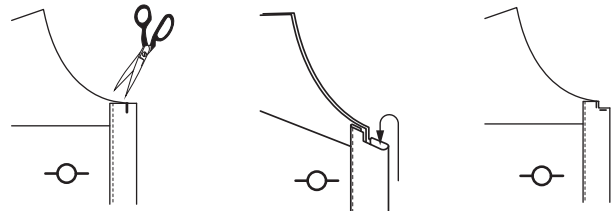
Start working on front placket pressing the inside seam allowance.

The aim is to facilitate the placket's topstitching in the next step.

On wrong side of fabric, sew the buttoned placket at 7 mm from edge and fold the placket around the seam allowance and topstitch the other side of placket. Repeat the process for the buttonhole placket.

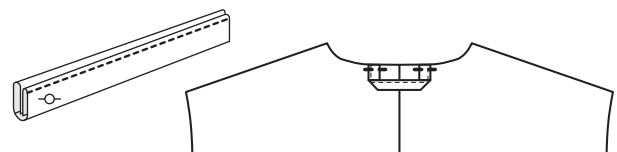


Make a 7 mm depth notch at 1,5 cm from pleat on both plackets. Fold the corner inside and make a topstitching at 2 mm.



Press the longest sides of collar loop, then fold once again and stitch at 2 mm from edge. You obtain a 1 cm width band and +/- 9 cm long.

Fix it on middle back neck on the inside of garment at 5 mm from edge before the collar sewing.



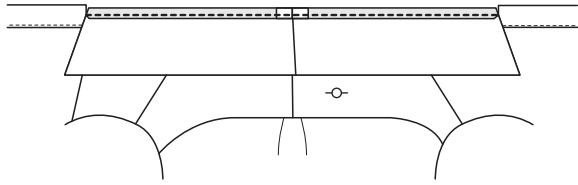
SEW COLLAR ON BODICE

Sew the collar as you made for cuffs.

I suggest you to begin by sewing the upper cuff and fold the seam allowance inside cuff. After, pin the under cuff on the outside of garment and stitch into the ditch. This technique is a bit more tricky but more discreet.

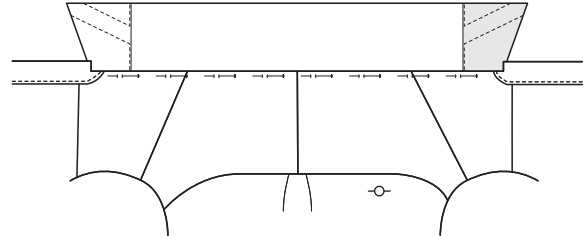
But if you aren't comfortable with this technique you can sew the upper part and sew the inside by hand.

Topstitch the cuff (optional).



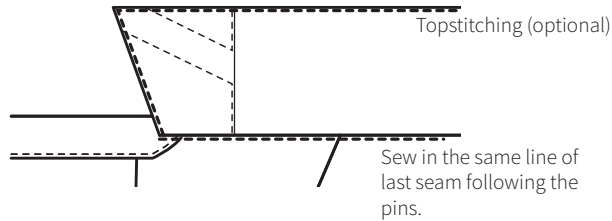
Sew under collar on neck.

①



Pin on the outside of garment.

②



Topstitching (optional)

Sew in the same line of last seam following the pins.

③

LAST FINISHES

Sew the bottom hem.

Make the buttonholes with your machine or by hand (So much pretty! If you do so, you're a master !)

Sew the buttons.

If you are a nerd, you could embroid your initials just over the cuff as it's made on traditional shirtmaking.

Congratulations, you made it !
Now you can put it on and walk proudly in the street.