

The Great British Sewing Bee

Fashion with Fabric

Men's Classic T-Shirt



MATERIALS

Cotton interlock or jersey fabric suitable for T-shirts: 1.7 m (2 yd) fabric 150 cm (60 in.) wide or 1.8 m (2 yd) fabric 114 cm (45 in.) wide

Narrow iron-on knit stabilising tape

Co-ordinating sewing machine thread

Ballpoint needle for garment construction

Ballpoint twin needle for hemming – between 2.5 mm and 4 mm width is perfect

Basic sewing kit

DIFFICULTY LEVEL

Beginner with some sewing-machine experience

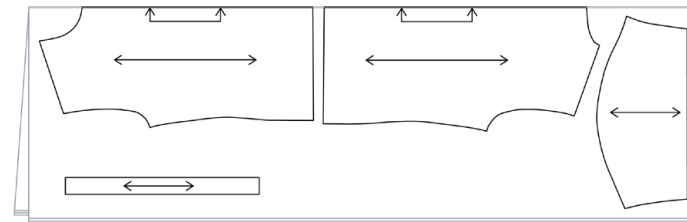
FABRIC SUGGESTIONS

Stretch knit fabric such as interlock and jersey, with 25% stretch; this project is not suitable for Lycra or very stretchy jerseys.

DESIGN NOTES

You can sew this T-shirt either on a regular sewing machine using a zigzag stitch or with an overlocker. The seam allowance is 1 cm (3/8 in) for either method. If you use a regular machine, you don't need to worry about finishing off the raw edges as interlock doesn't fray. Use a ballpoint needle if sewing on the machine, and a ballpoint twin needle for the hems.

If you've not sewn much stretch fabric before, this is a great beginner's project that will build your confidence. It's great to be able to sew for the men in your life, and this is a real wardrobe staple. T-shirts are easy fitting, there are no fiddly darts or complicated panels, and once you've made one, you can use the skills to make all sorts of jersey clothes. The neck is finished off with a jersey band, which is a brilliant sewing technique to add to your arsenal of skills. The T-shirt can be sewn either on a regular sewing machine with a zigzag stitch or on an overlocker.



LAYOUT PLAN

Trace off the pattern pieces – front, back, sleeve and neckband. Cut out and transfer any pattern markings to the fabric. Mark the centre front and centre back with notches, too. It's important to get the fabric laid out so that the direction of the fabric's stretch runs around the width of the pattern pieces, not up and down the length.

1. STITCH THE FRONT AND BACK TOGETHER

Following the manufacturer's instructions, apply a strip of iron-on stabilising tape to both of the back shoulder seams, within the seam allowance. This will stop the shoulders from stretching out of shape when the T-shirt is worn.

W

Taken from...

The Great British Sewing Bee: Fashion with Fabric

by *Claire-Louise Hardie*



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Illustrations by Kate Simunek, Stephen Dew and Trinity Mitchell

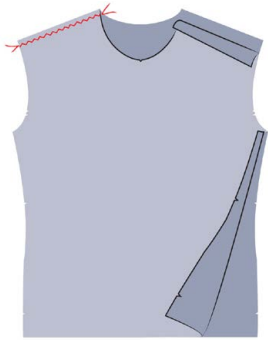
Photography by Jenni Hare

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2. With right sides together, place the front piece over the back. Pin and then stitch the left shoulder. Press the seam towards the back. Turn the piece right side out.



3. PREPARE THE NECKBAND

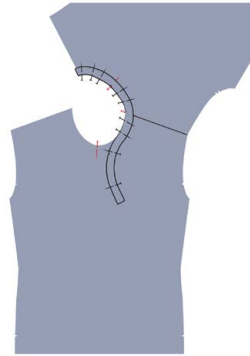
Fold the neckband in half lengthways, with the right side facing out. Press the fold in place and then pin along the length to hold it together.



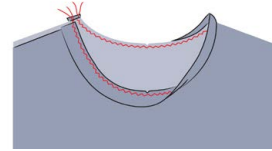
TIP

If your fabric has a directional print or surface pattern, lay the front and back pattern pieces out following the same orientation.

4. Aligning the raw edges, pin the folded neckband to the right side of the neckline at the marked centre front, centre back and shoulder seam marks. Gently stretch the band and pin in between these points until the whole band is pinned in place.



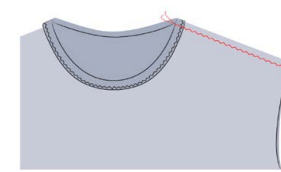
5. Sew the band to the neckline. Press the neckband up, so the folded edge is away from the seamline, making sure the seam is well pressed towards the inside of the neckline.



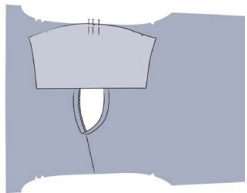
TIP

The neckband is straight while the neckline is curved. To stretch the neckband evenly onto the neck, match up the halfway and quarterway marks.

6. Pin and sew the front to the back at the right shoulder seam, making sure that the folded edges of the neckband sit perfectly on top of one another, so that they become a smooth, unbroken line once sewn. Press the shoulder seam towards the back.



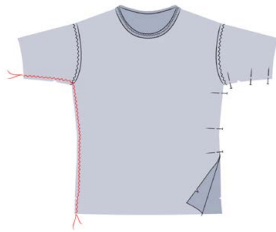
7. Lay your T-shirt flat, with the right side facing up. With right sides together, matching the double notches on the sleeve with those on the back of the armhole, and the single notches on the sleeve to the front armhole, pin the sleeve all around the armhole. Stitch the sleeve in place, then repeat on the opposite side.



TIP

The armhole and sleeve curve in opposite directions, so you may need to ease them together as you pin. Horizontal pinning is perfect for this.

8. Fold the T-shirt in half at the shoulders, right sides together. Pin the side and underarm seams, matching the side notches, the edges of the bottom hem and the sleeve ends. Stitch one continuous seam from the hem through the armhole to the end of the sleeve.

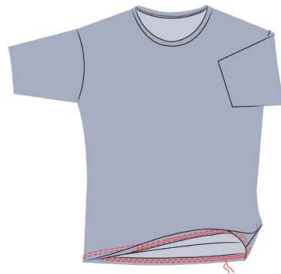


TIP

If you used an overlocker to sew your T-shirt, thread all the 'tails' back into the seams with a large bodkin. This will ensure the seams don't unravel as the T-shirt is laundered.

9. HEM THE T-SHIRT BODY

With the T-shirt inside out, fold and press a 2.5-cm (1-in.) hem around the bottom of the T-shirt. Turn the T-shirt right side out again and pin the pressed hem in place. Fit a stretch twin needle to your sewing machine. Again working from the right side, sew the hem in place, following the 2-cm (3/4-in.) seam allowance guide on the throat plate of your machine.



10. HEM THE SLEEVES

Hem the sleeves in the same way, pressing under a 1.5-cm hem (5/8-in.) hem to the wrong side of both sleeve edges and following the 1-cm (3/8-in.) seamline on the throat plate of your machine.

See T-shirt pattern overleaf

The pattern pdf has been formatted to print on standard A4 paper (297mm x 210mm) and must be printed at 100%. Some pattern pieces fit neatly onto a single sheet of paper, whereas others are too large and so carry on over two or more sheets. To piece together the pattern templates that are too large to fit onto a single sheet, lay out all the A4 pages and match up the corresponding black boxes – for example, place the two boxes labelled 2B together. Once each sheet is match up with its adjoining pages, trim each page along the crop marks with a ruler and a craft knife or cut neatly with scissors. Next, tape all the pages together in sequence. Repeat to attach any additional pages as necessary.

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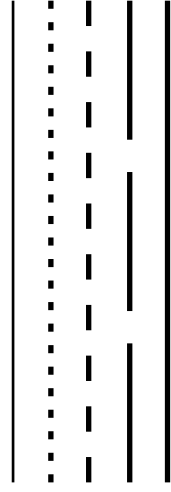
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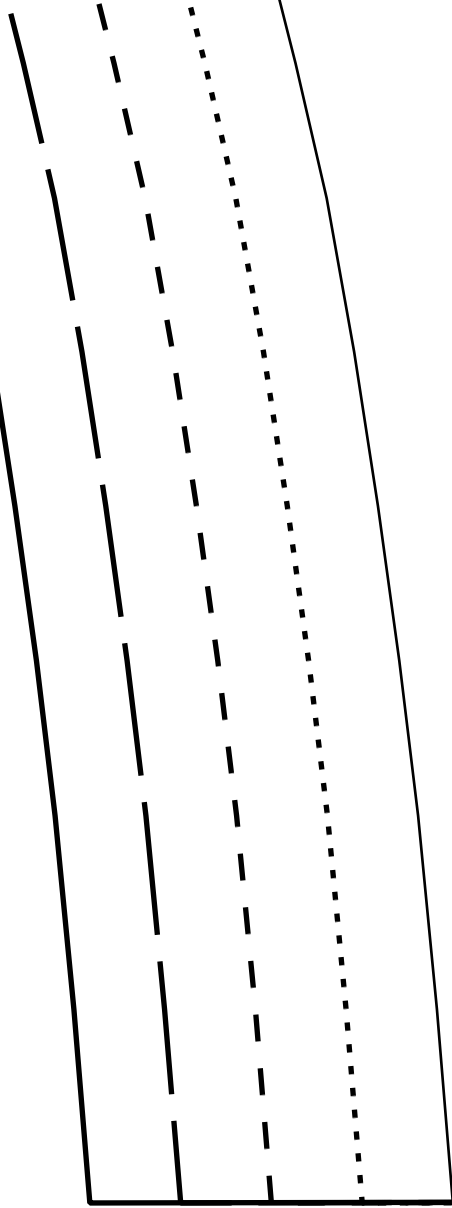


Classic Man's T-Shirt
Project design © Love Productions 2015
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must not be made for resale.

XS
S
M
L
XL



1A

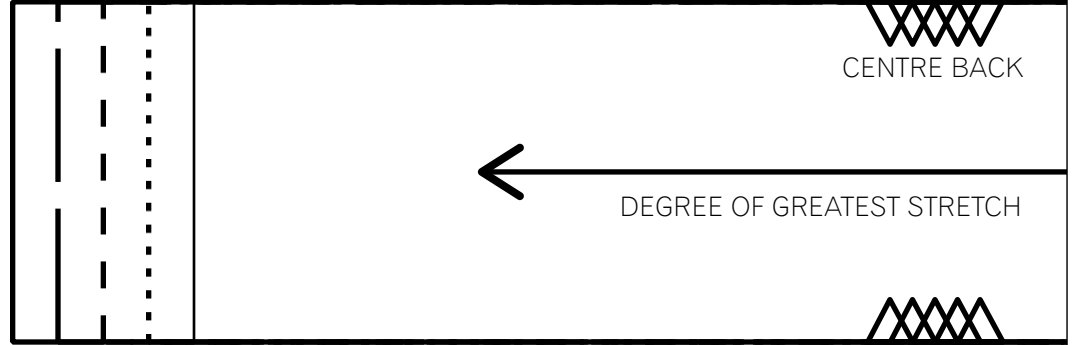


1B

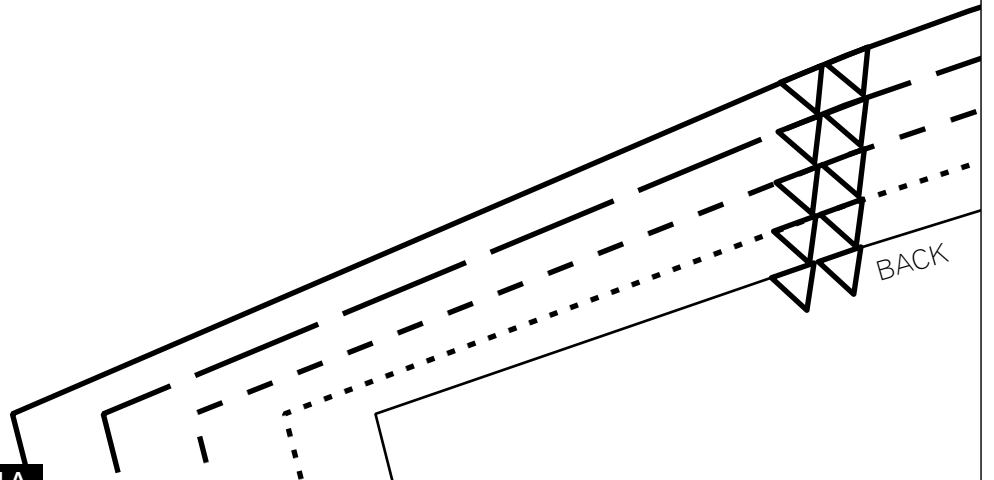
TEST SQUARE
10cm x 10cm
4 inches x 4 inches

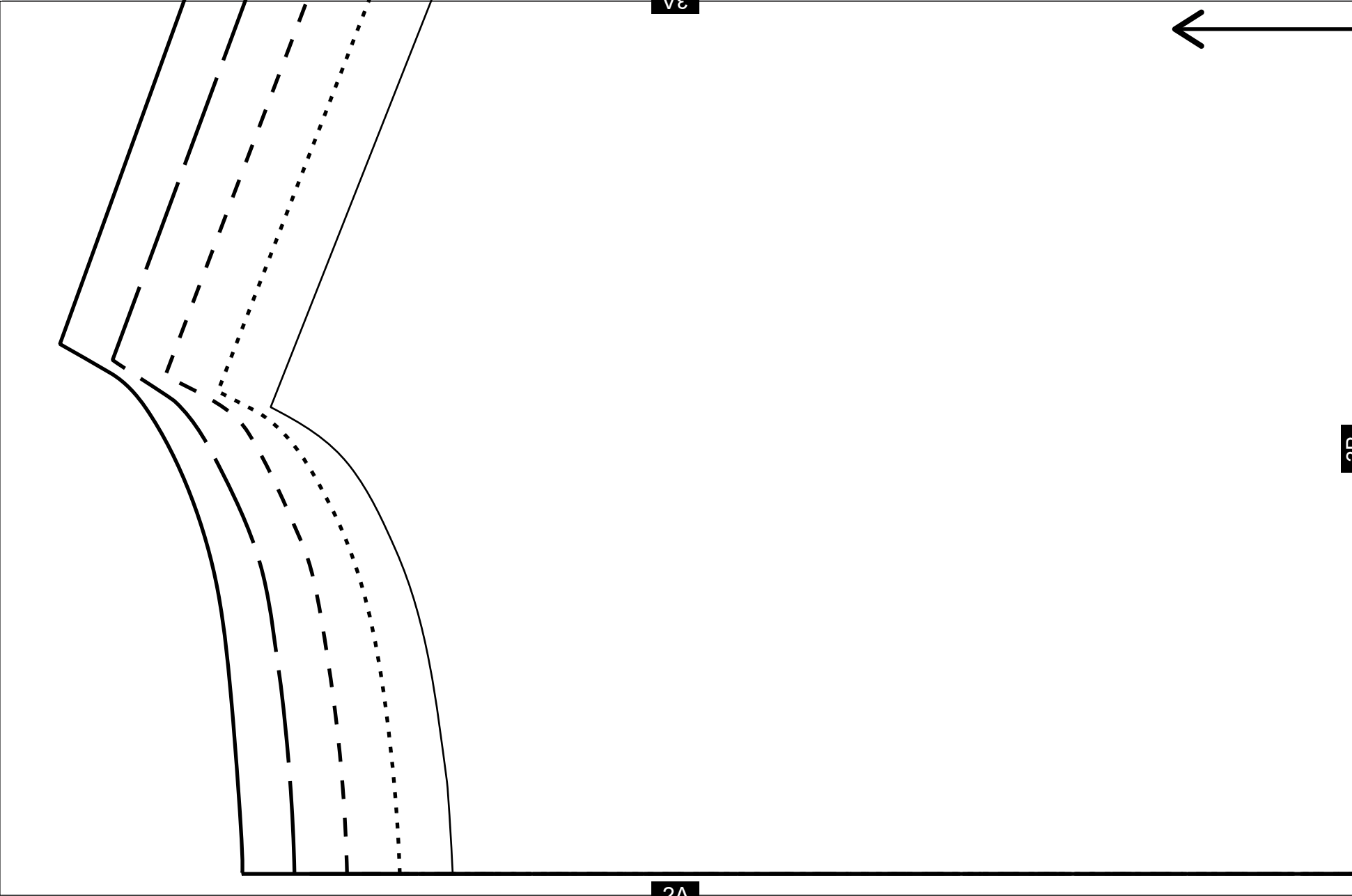
1A

2A



2B



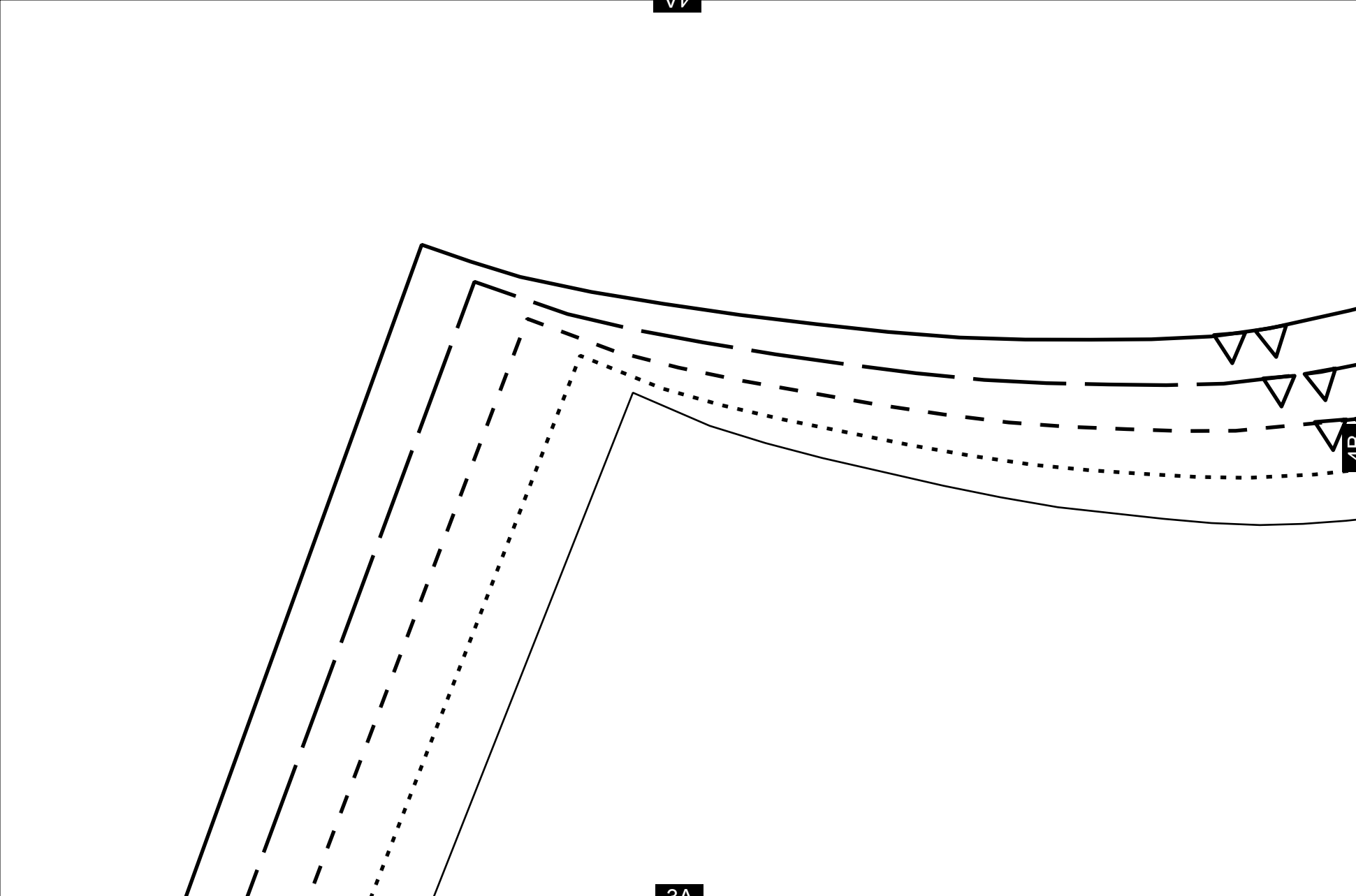


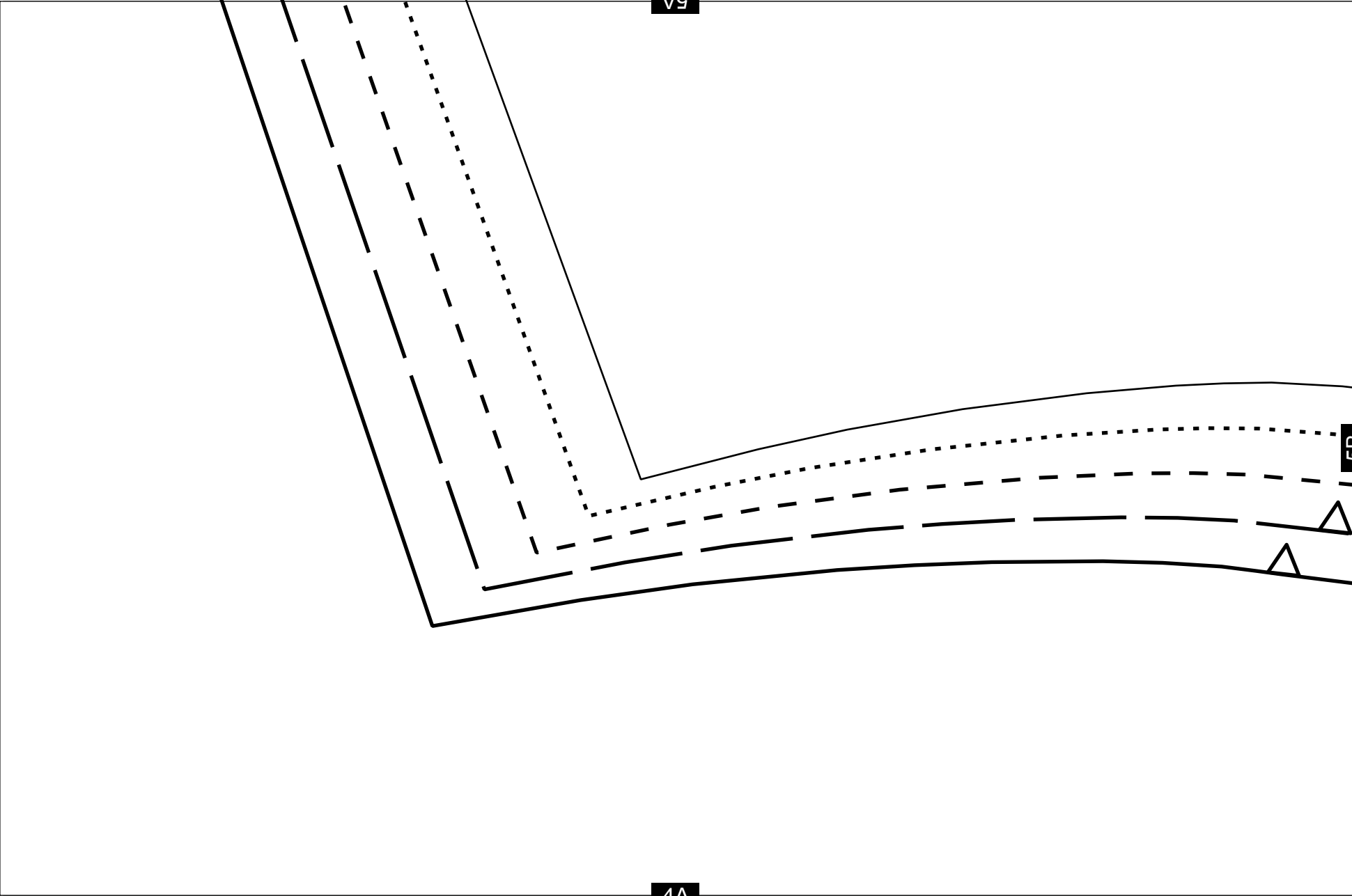
2A

3A

3B



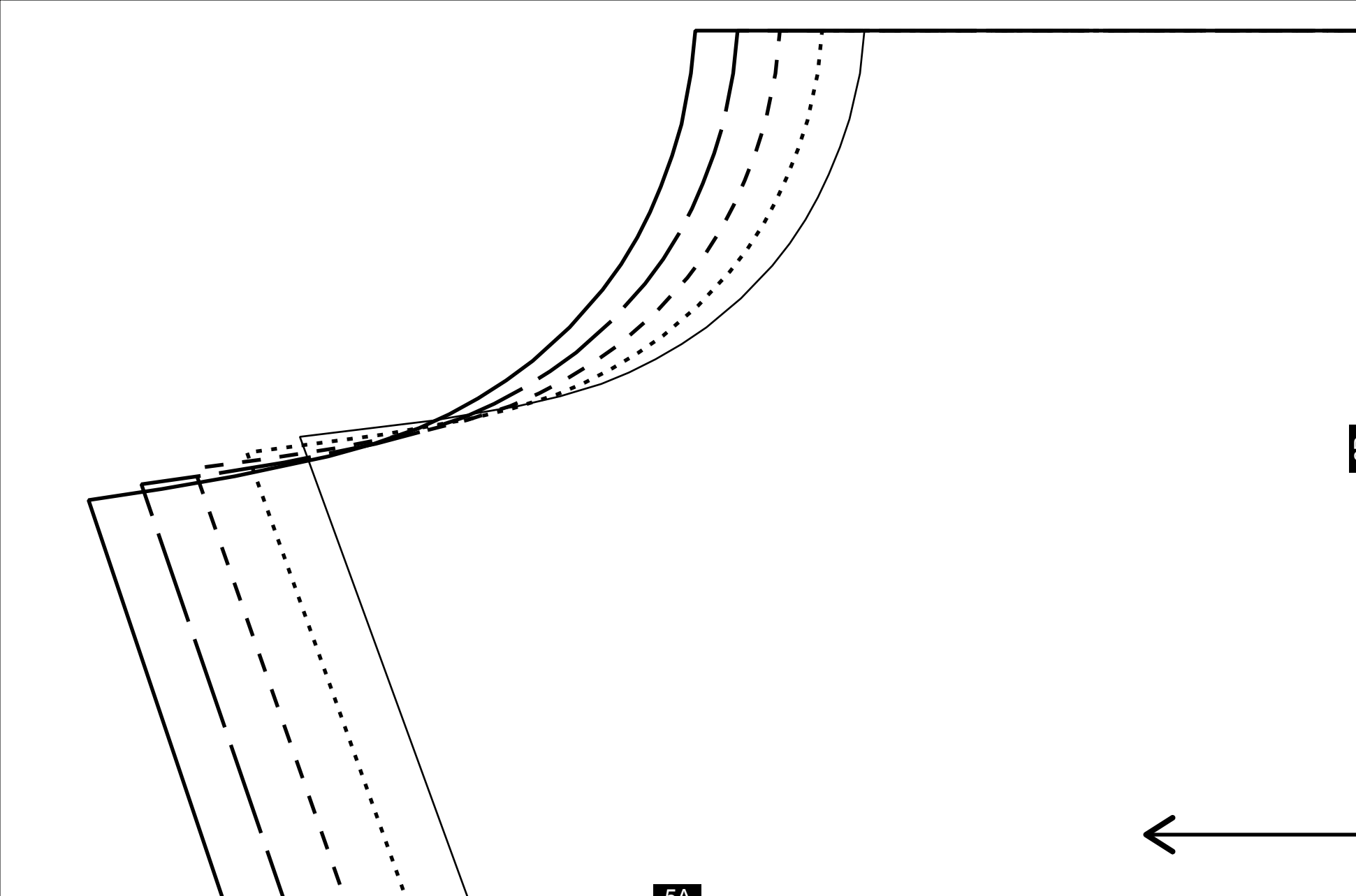




5A

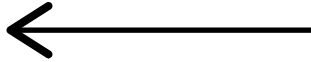
5B

4A



5A

6B



1B

CLASSIC
MAN'S T-SHIRT
SLEEVE - CUT 2

7A

1-CM (3/8-IN) SEAM ALLOWANCE INCLUDED



2.5-CM (1-IN) HEM ALLOWANCE INCLUDED

7B

8A

SHOULDER

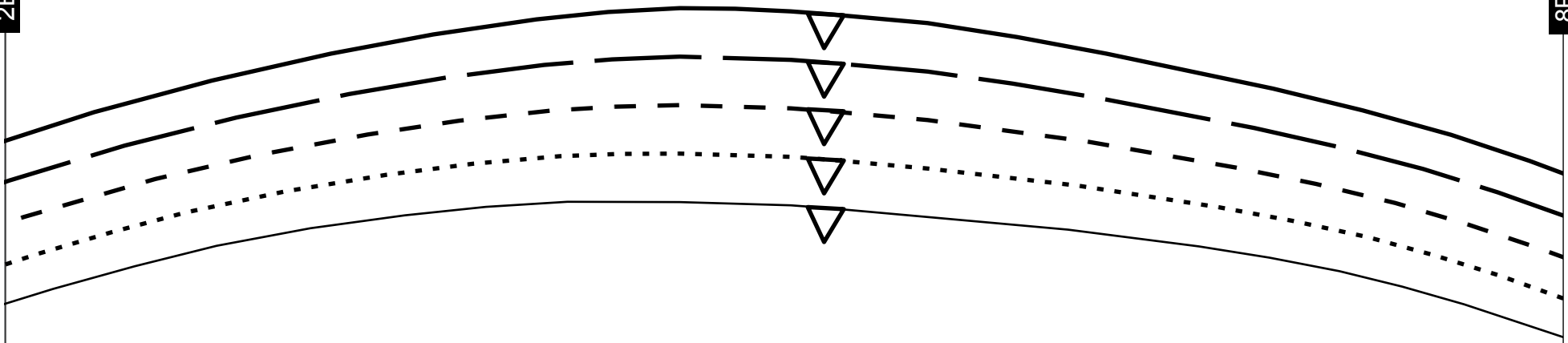
CENTRE FRONT

CLASSIC MAN'S T-SHIRT NECKBAND - CUT



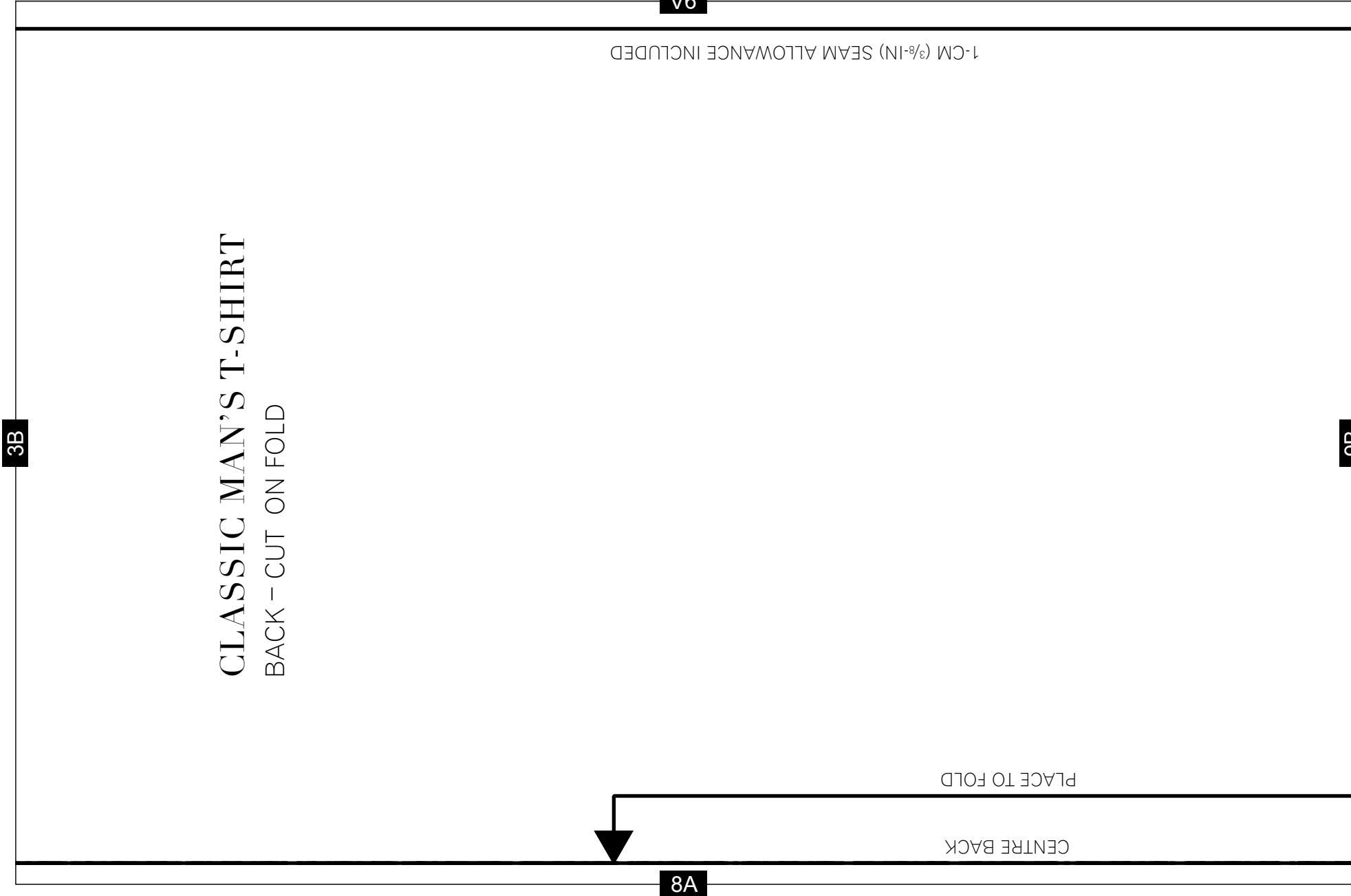
2B

8B



7A





9A

1-CM (3/8-IN) SEAM ALLOWANCE INCLUDED

CLASSIC MAN'S T-SHIRT
BACK - CUT ON FOLD

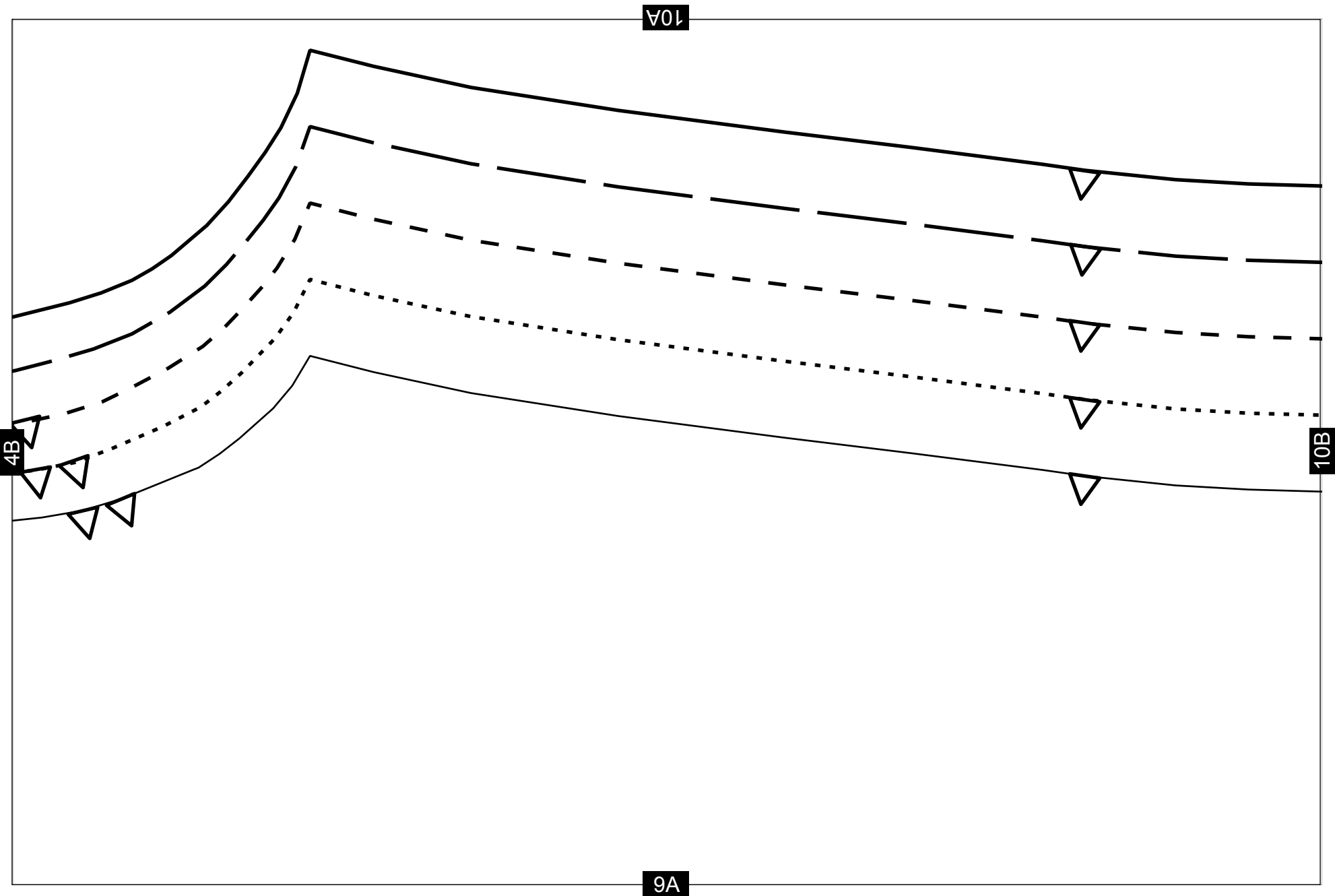
3B

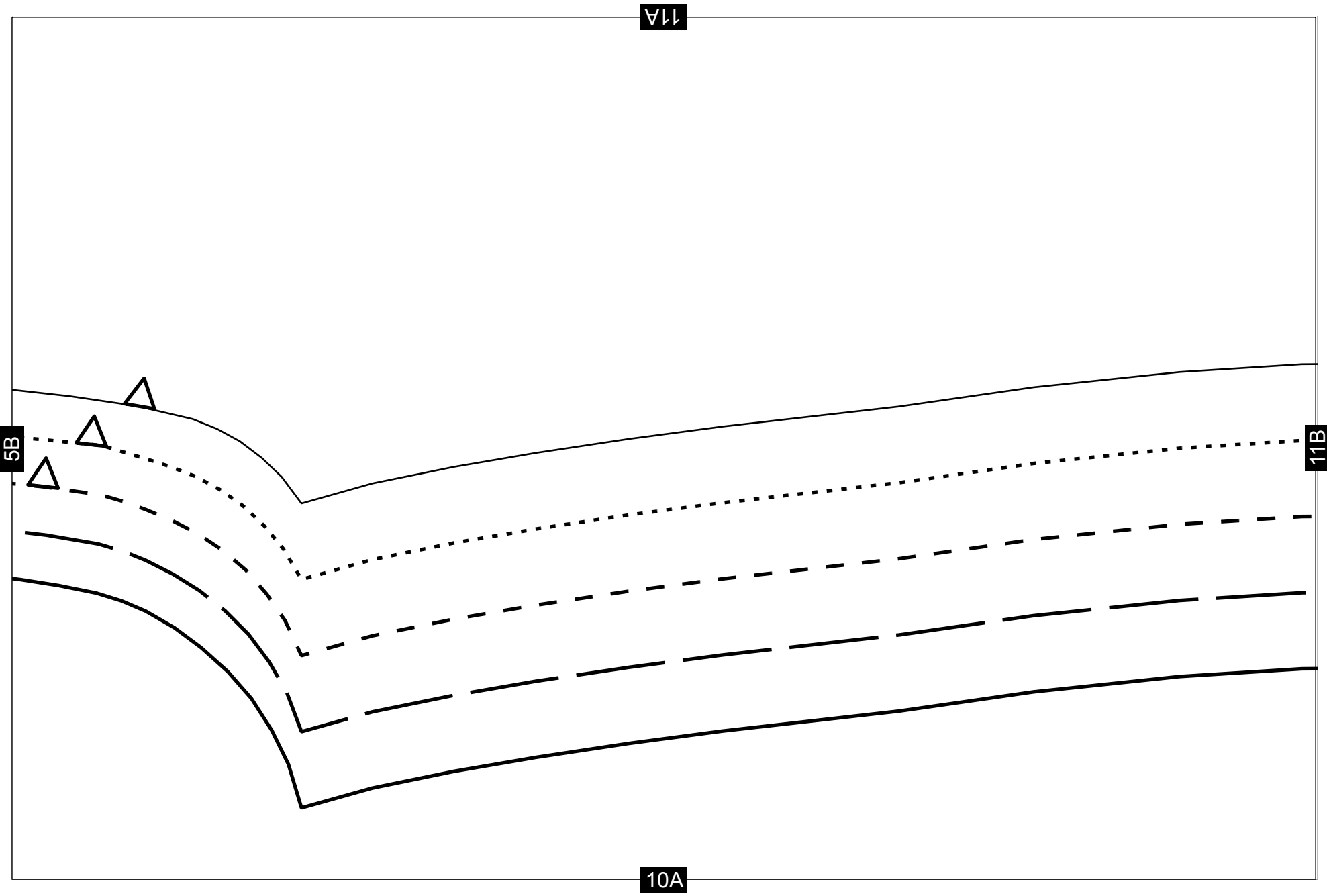
9B

PLACE TO FOLD

CENTRE BACK

8A



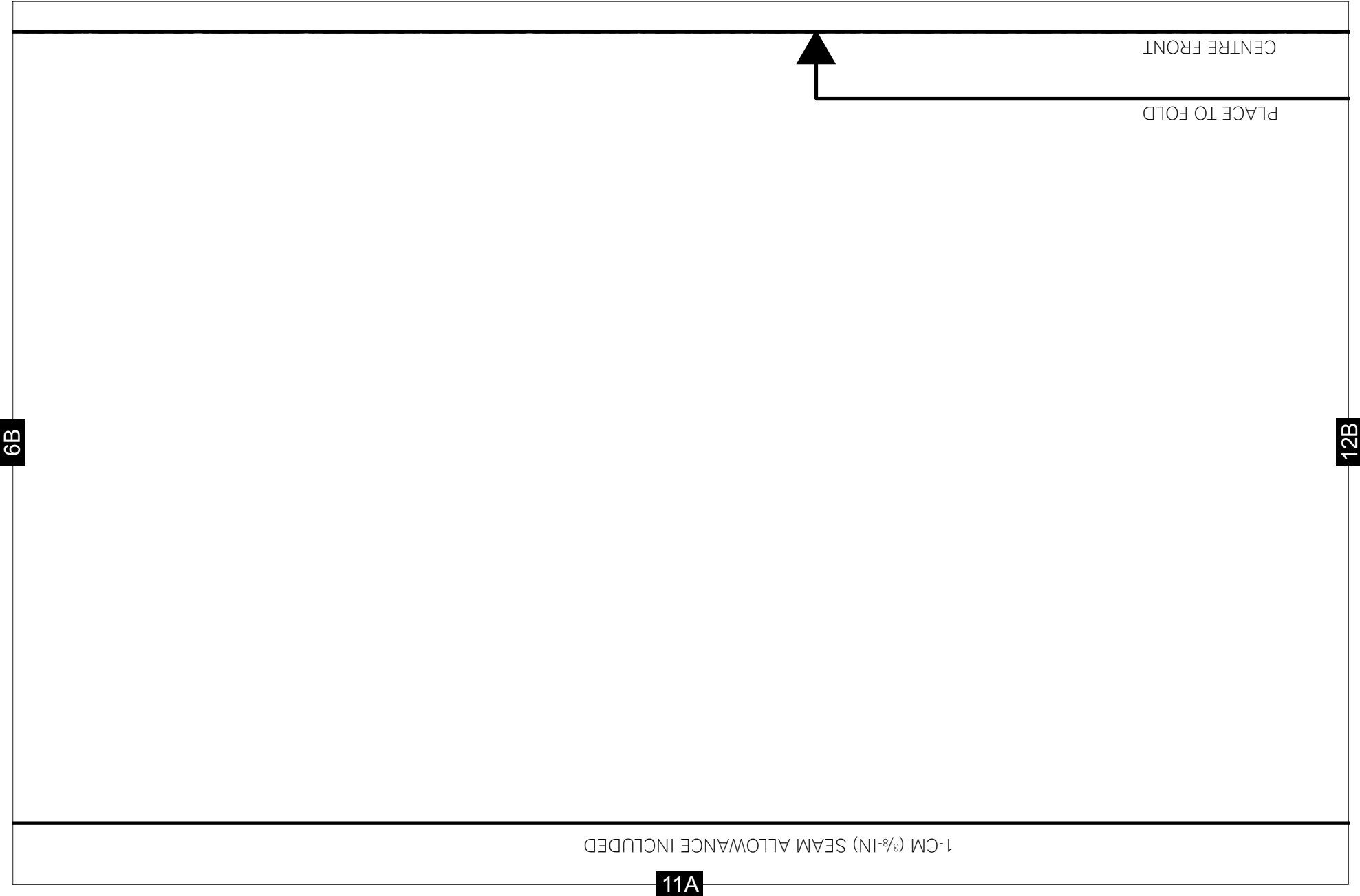


5B

11A

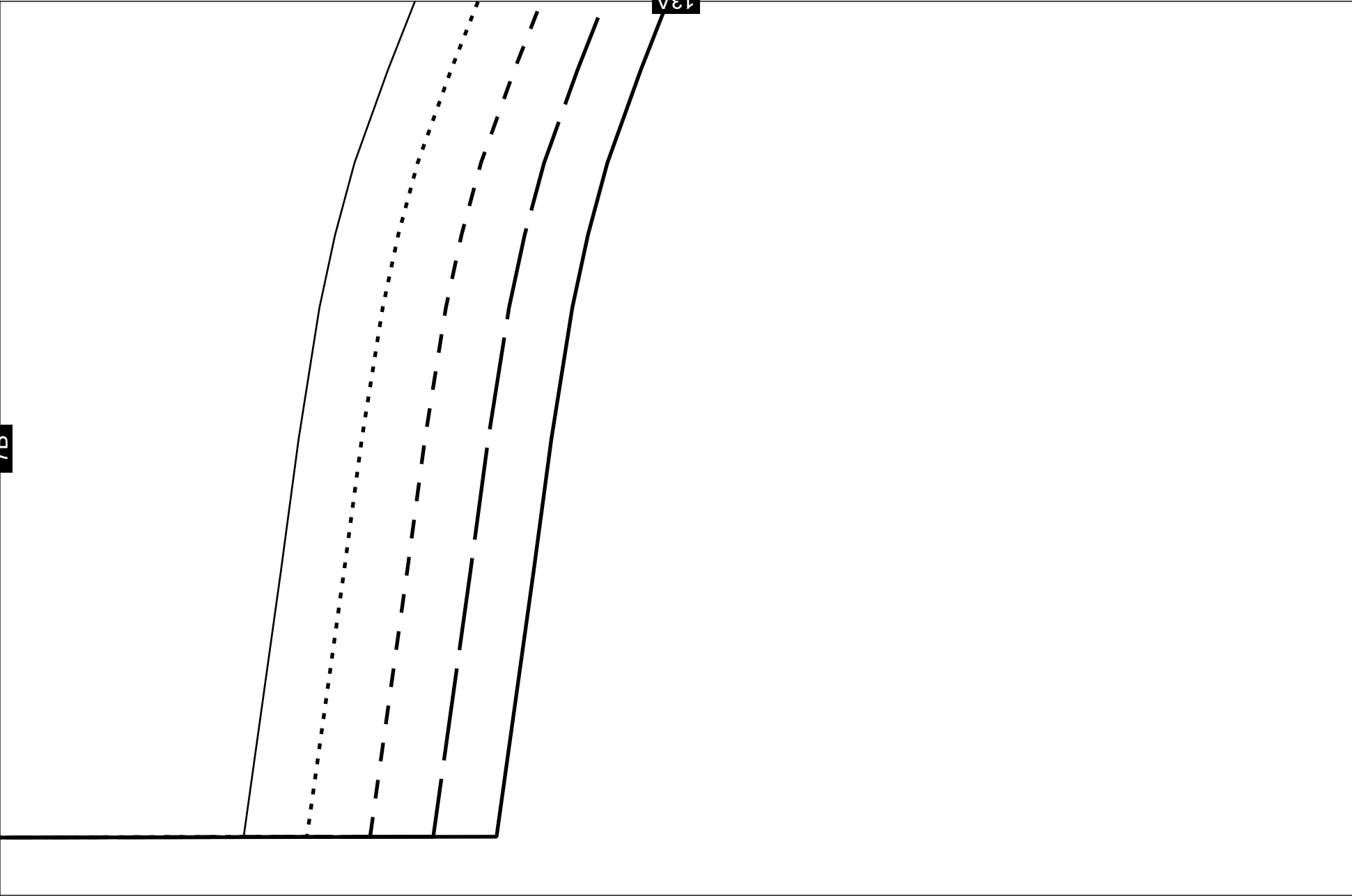
10A

11B

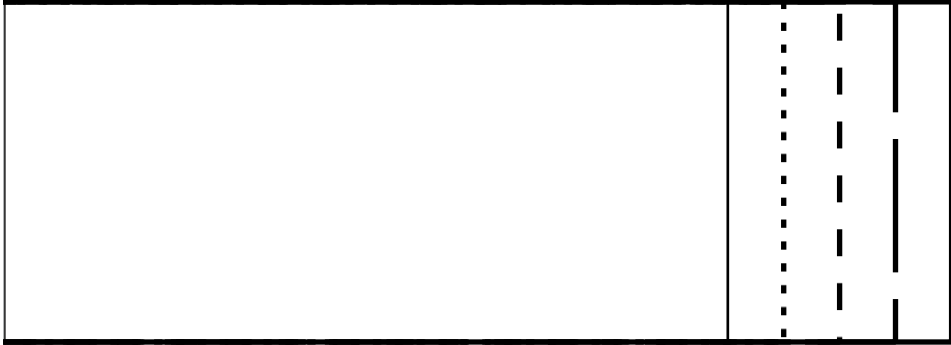


7B

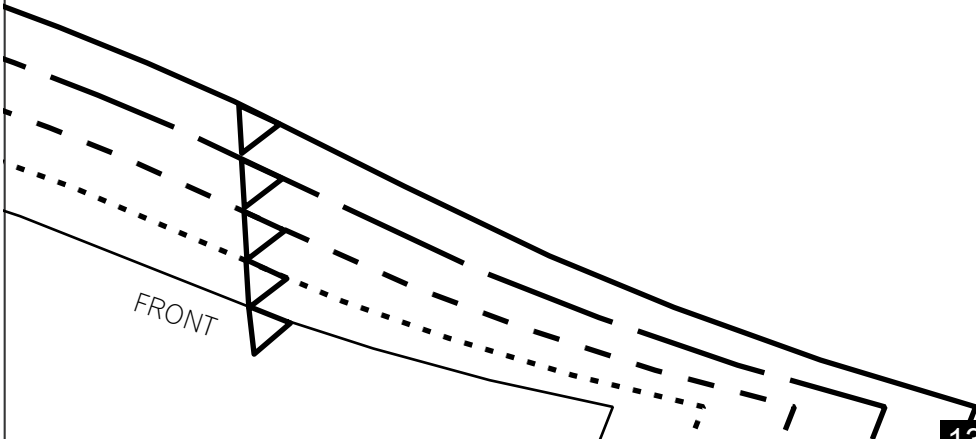
13A



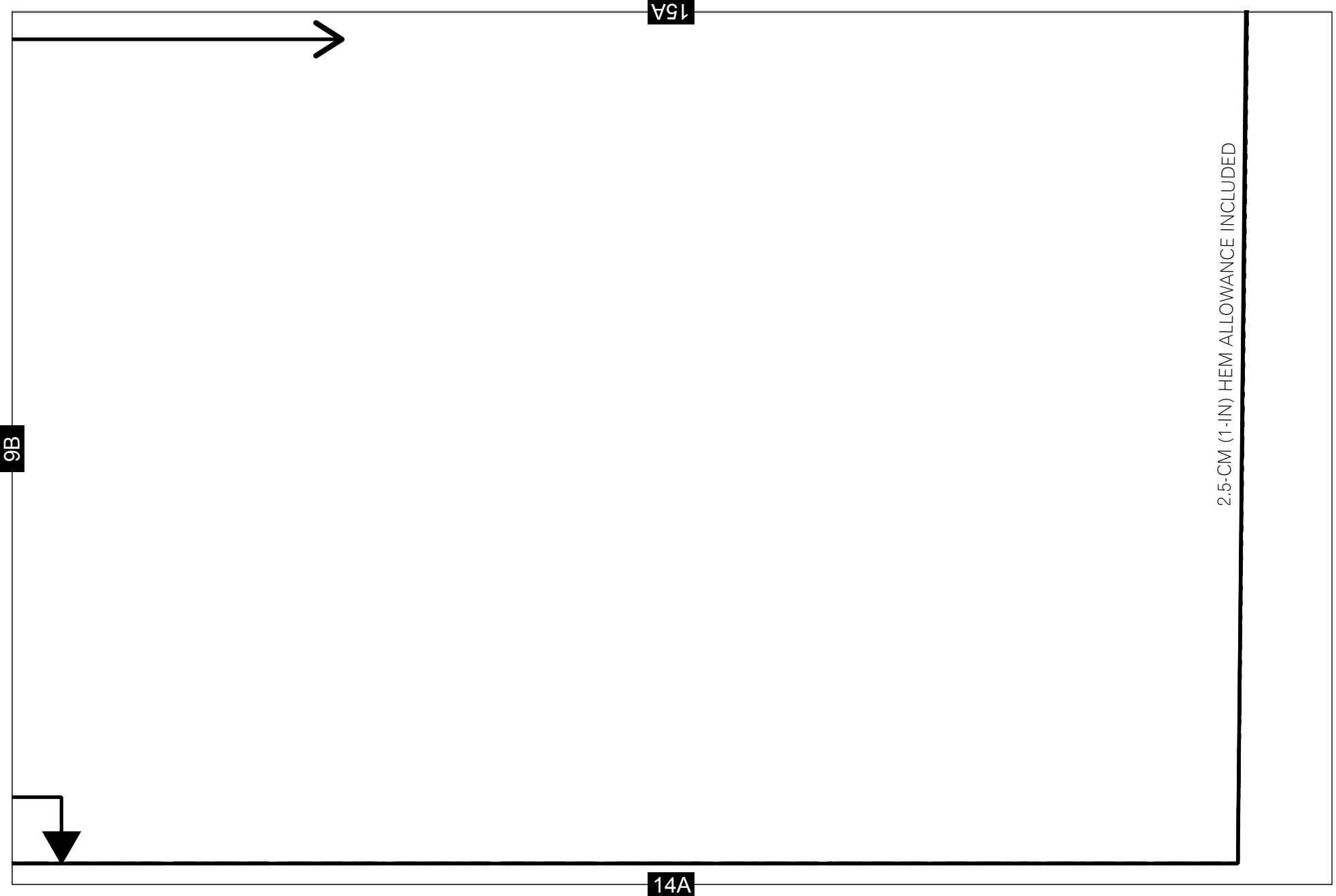
14A



8B



13A

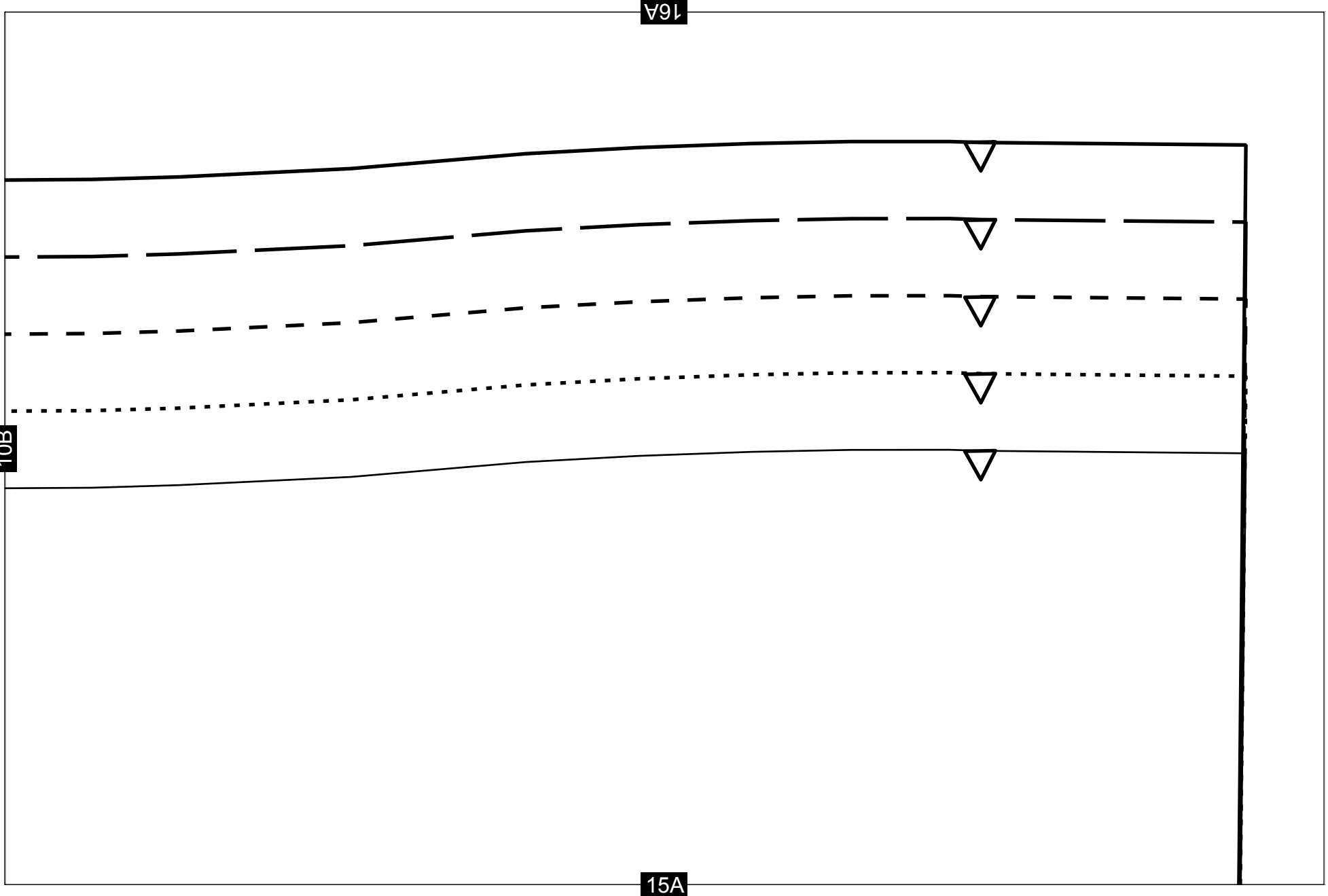


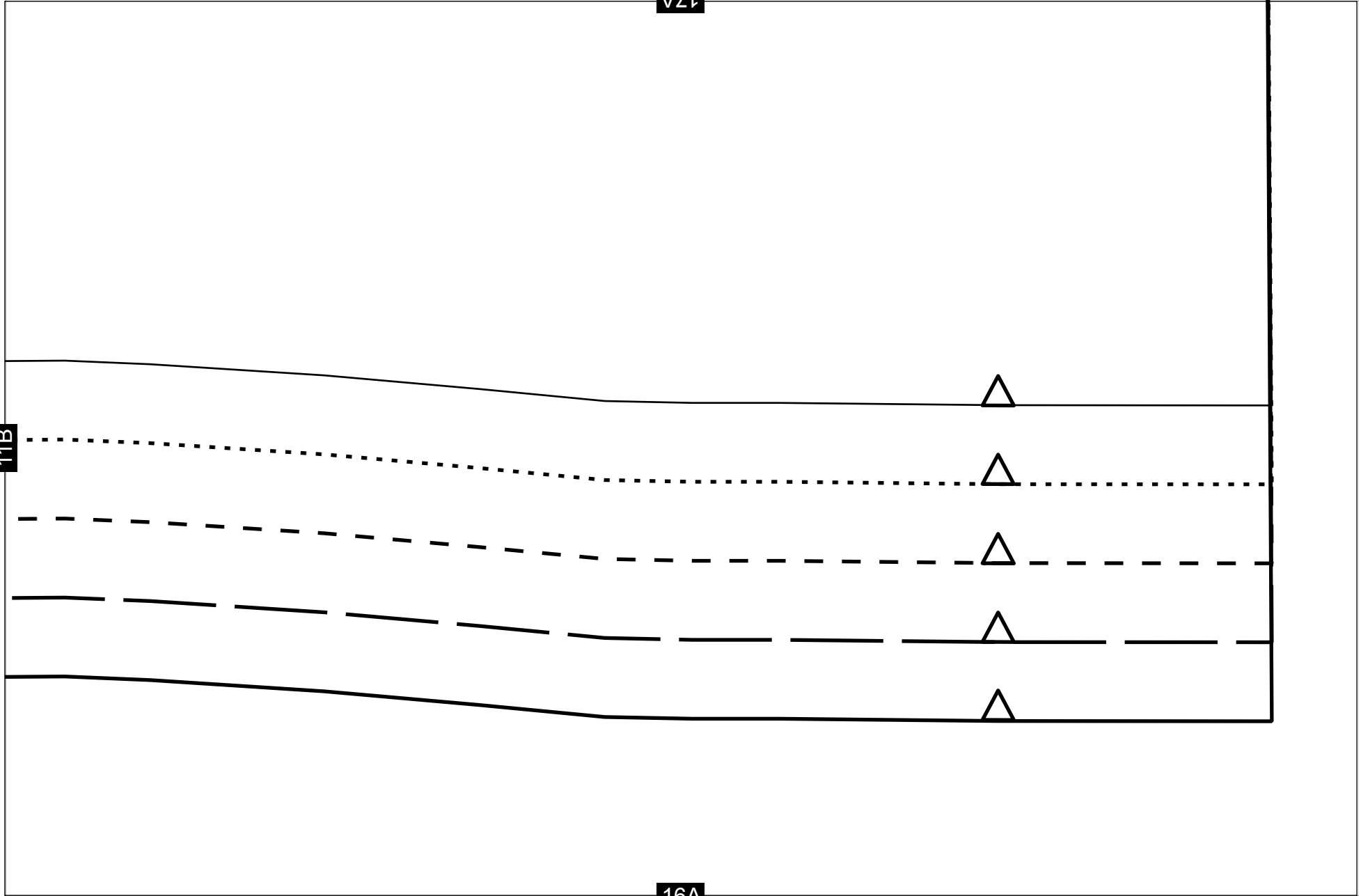
9B

15A

14A

2.5-CM (1-IN) HEM ALLOWANCE INCLUDED





17A

11B

16A

12B

CLASSIC MAN'S T-SHIRT

FRONT - CUT ON FOLD

17A

2.5-CM (1-IN) HEM ALLOWANCE INCLUDED