

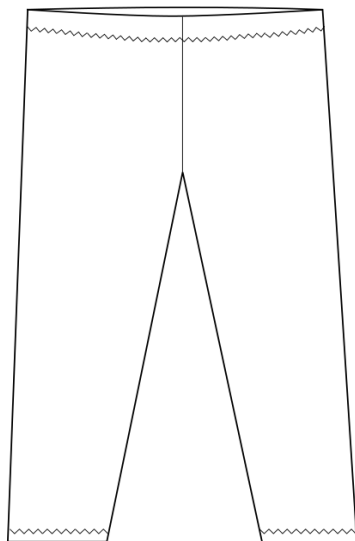
Girl's Leggings Pattern No.8



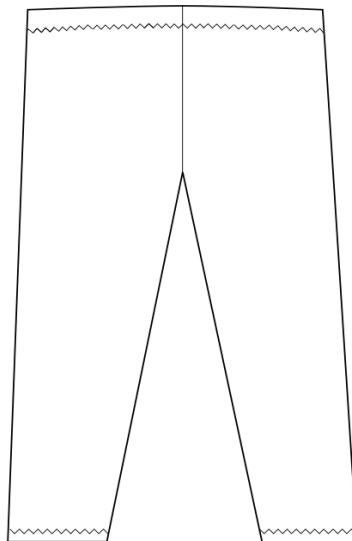
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Front View



Back View



::General Instructions::

- The pattern pieces can be found in a separate file called:

Girl's Leggings Pattern No8 – Pattern Pieces - EMPatterns

- Print page 1 of the pattern pieces before printing the entire file. See page 7 for details on printing.
- Read all instructions carefully before you begin.
- For best results, create a test garment out of inexpensive fabric to check for fit.
- Wash, dry, and iron all your fabric before cutting and sewing – especially with knits, as they shrink A LOT.
- Cut out the pattern pieces along the outside of the pattern lines and transfer any pattern markings to the wrong side of the fabric.
- **All seam allowances (SA) are 1/2" unless otherwise indicated.**

Legal Mumbo Jumbo:

The pattern and tutorial belong to E+M Patterns, so please don't share, re-sell, or reproduce it, either in whole or in part. That's bad karma and is also illegal.

Items made from this pattern can be sold... I wish you all the success and happiness :)

I am often asked for finished products made from my patterns. I would love to promote you and your business should anyone be looking for something that you make from my patterns. If you decide to sell one of my garments online, let me know and I will spread the word. All I ask in return is that you state in your listing somewhere that you've used an E+M Patterns pattern. That seems like a pretty good trade, don'tcha think? ;)

::Websites and Contact Info::

Website: www.empatterns.com

::Main website to view the gallery and to purchase other sewing patterns::

Etsy: www.etsy.com/shop/empatterns

::Purchase other sewing patterns on Etsy::

Craftsy: www.craftsy.com/user/3129921/pattern-store

::Purchase other sewing patterns on Craftsy::

Pinterest: www.pinterest.com/empatterns

::Find inspiration by seeing what others have created using E+M Patterns::

Facebook Page: www.facebook.com/empatternspage

::Stay up to date on new pattern releases and sales::

Email: empatterns@gmail.com

::Please email me with any questions you have regarding this or any other E+M Patterns pattern::

::Sewing With Knits::

HEMMING:

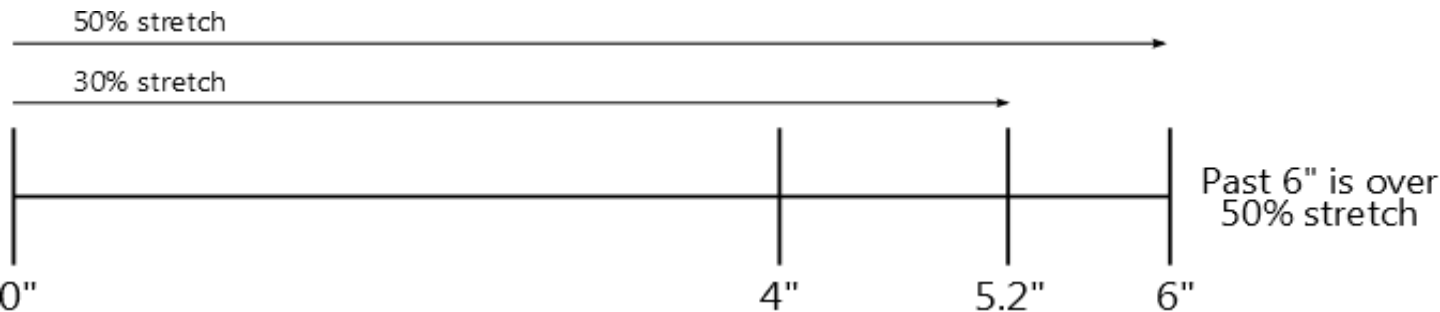
- Hem your knits with either a double needle (for a professional look) or a zig-zag stitch.

NO SERGER/REGULAR SEWING MACHINE:

- For sewing seams use: stitch width = 1.5 stitch length = 2.0
- For top stitching use: stitch width = 2.5 stitch length = 3.0
- Do not stretch the fabric as you sew.
- Instead of a zig-zag stitch, you can use your machine's stretch stitch.
- Go slow.

THE FABRIC

- If your fabric rolls up at the edges, use a spray starch (found in fabric and sewing supply stores) when ironing to flatten the edges.
- Do not start sewing right at the end of a seam. Leave about 1/8" to 1/4" behind your needle. Some machines will "eat" knit fabric if you start sewing too close to the edge.
- To determine the percent stretch of your fabric, cut a 4" wide piece of fabric (along the direction of stretch and perpendicular to the grain line) and stretch it. Place the stretched fabric on the ruler below to determine the percent stretch.



NEEDLE and NOTIONS

- Use a ball point or stretch needle.
- When hemming, you can use a double needle instead of a zig-zag or stretch stitch.
- Use polyester thread.
- Use a walking foot or dual feed foot if you have (but not necessary).
- Always read your sewing machine manual if you have questions about extra feet or double needles, etc.

::Sizing and Measurements::

Size	Child's Waist	Child's Height	Finished Inseam	Finished Front Rise (from seam)	Finished Back Rise (from seam)
2	20"	33"-35.5"	8"	4.5"	6.25"
3	20.5"	36"-38.5"	9.5"	5"	6.75"
4	21"	39"-41.5"	10.5"	5.5"	7.25"
5	21.5"	42"-44.5"	11.5"	6"	7.75"
6	22"	45"-47.5"	12.75"	6.5"	8"
7	22.5"	49"-51"	14"	7"	8.5"
8	23"	52"-53.5"	15"	7"	8.75"
10	24"	54"-56"	16"	7.5"	9.5"

*These measurements are approximations.

::Materials Needed::

Size	*Main Fabric (yard)	Elastic ::3/4" wide::
2	3/4	18.5"
3	1	19"
4	1	19.5"
5	1	20"
6	1 1/4	20.5"
7	1 1/4	21"
8	1 1/4	21.5"
10	1 1/4	22"

- Yardage is based on 44/45" wide fabric.
- Recommended Fabrics: Stretchy knits with at least 30% stretch and GOOD RECOVERY (cotton or rayon blends with Spandex/Lycra/elastane).
- Other supplies include the usual sewing supplies:
 - coordinating POLYESTER thread
 - scissors
 - sewing machine
 - ballpoint or stretch needle
 - pins
 - iron and ironing board
 - safety pin

*These measurements are approximations and are in 1/4 unit increments.

*Yardage has an additional 1/4yrd to accommodate shrinking when pre-washing.

::Printing and Assembling the Pattern Pieces::

- The pattern pieces can be printed on letter-sized paper or on A4-sized paper.
 - The pages in the pdf file measure 7.5" by 10".
 - Set the printer to "no scaling" or 100%.
- Print **page 1** of the pattern pieces FIRST before printing all of the pages. Measure the 1" square (each side is 1"). If it is accurate, proceed to print all of the pages (or desired pages) using the same printer settings. If the square is not 1" all around, change the settings on your printer until the square is 1" on each side.

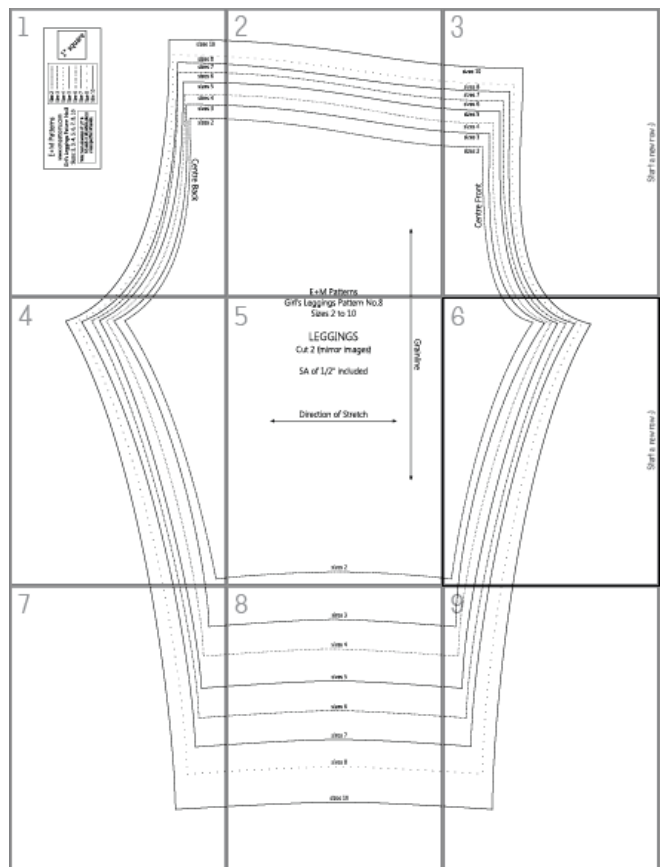
Once the pages have been printed, you will need to cut (or simply fold) around the OUTER edge of the grey rectangle on each page and tape these rectangles together to create the pattern pieces.

NOTE: There is NO overlap of the grey rectangles.

The top left of each rectangle has a number. You will need to arrange these rectangles so that the numbers are in numerical order and go from left to right. When you see the rectangle with "Start a new row :)" you will need to continue placing the rectangles together in order, but you will need to start a new row. The diagram below is what the pattern pieces and pages should look like after they have been taped together correctly.

Pages to Print for Specific Sizes

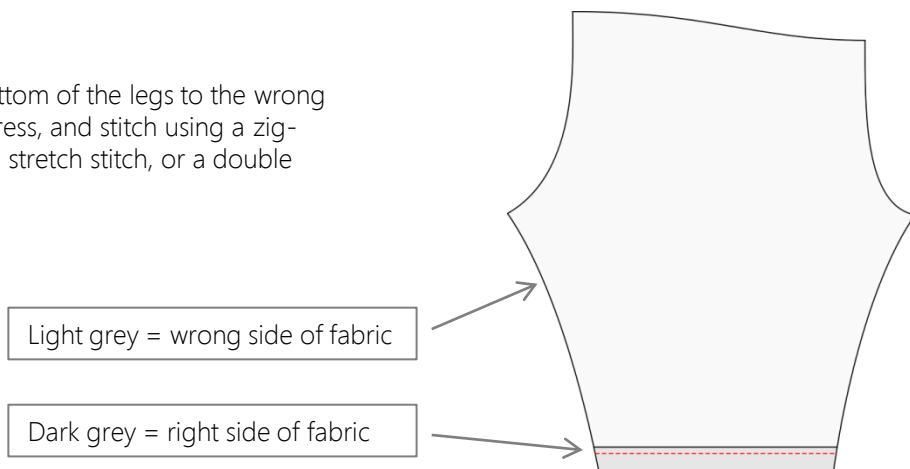
Size	Page
2	1-6
3	all
4	
5	
6	
7	
8	
10	



::Sewing Instructions::

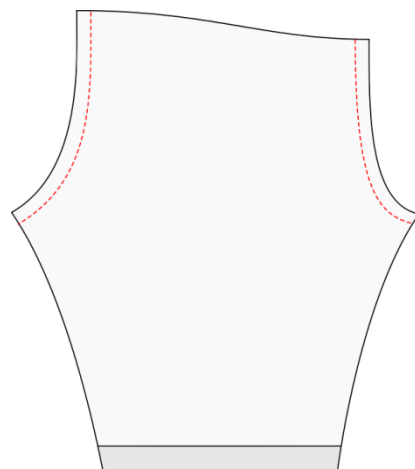
Part A: Hem and Front and Back Rise Seams

- Step 1 Fold the bottom of the legs to the wrong side 1/2", press, and stitch using a zig-zag stitch, a stretch stitch, or a double needle.

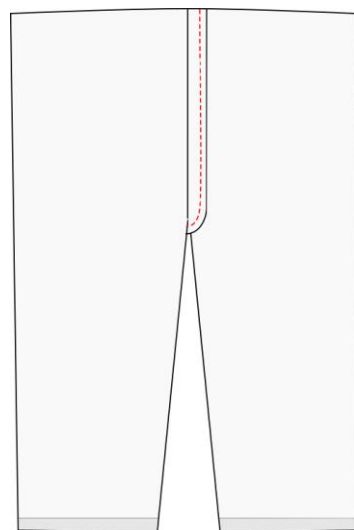


- Step 2 With right sides together, stitch the two pattern pieces together along the front and back crotch seams using a 1/2" seam allowance (SA) using either a zig-zag stitch, a stretch stitch, or a serger.

Press the seams to one side



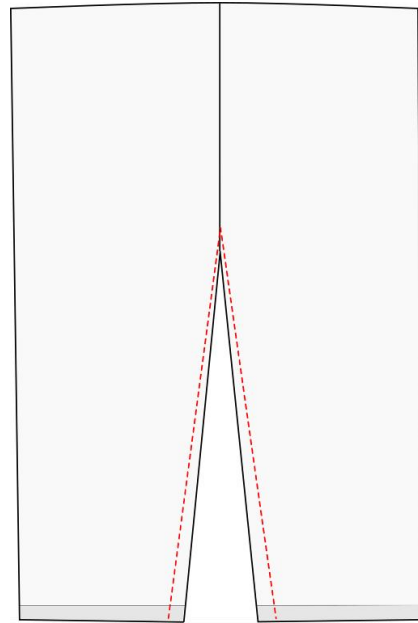
- Step 3 If you would like, topstitch the SA to the pants using a zig-zag, stretch, or straight stitch.
- Do this for both the front and back crotch seams.



Part B: Sew the Inseam

Step 1 With right sides together stitch the inseam together using a zig-zag stitch, a stretch stitch, or a serger.

If you'd like, press the SA towards the back of the pants and top stitch it down using a zig-zag stitch, a stretch stitch, or a straight stitch. (Not shown.)



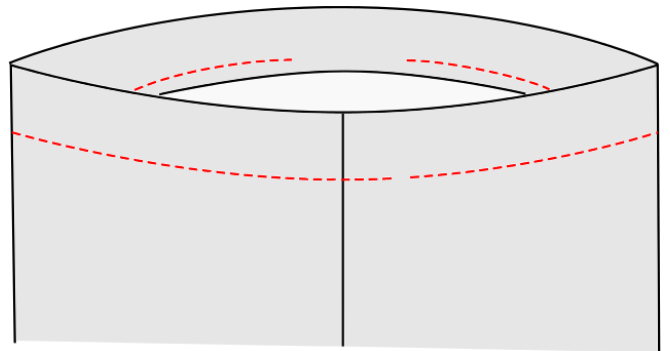
Part C: Waistband

Step 1 Fold the waistline of the leggings towards the wrong side $1\frac{1}{4}$ ".

Press and pin in place.

Stitch around the fold about $\frac{1}{4}$ " to $\frac{3}{8}$ " from raw edge, leaving a 1" to 2" opening at the centre back.

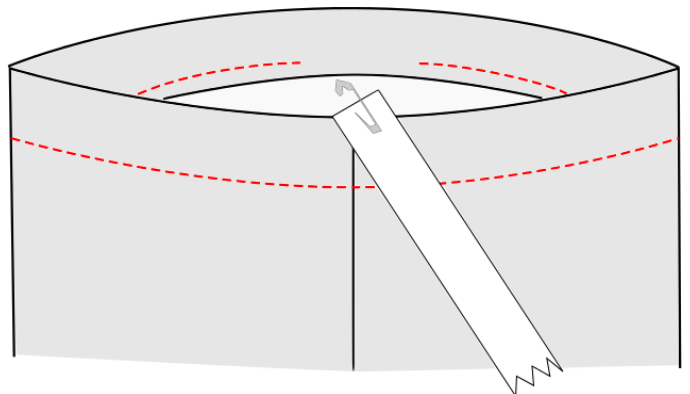
Backstitch at the beginning and end.



Step 2 With a safety pin attached to one end, thread the elastic through the waist casing.

Be careful not to twist the elastic.

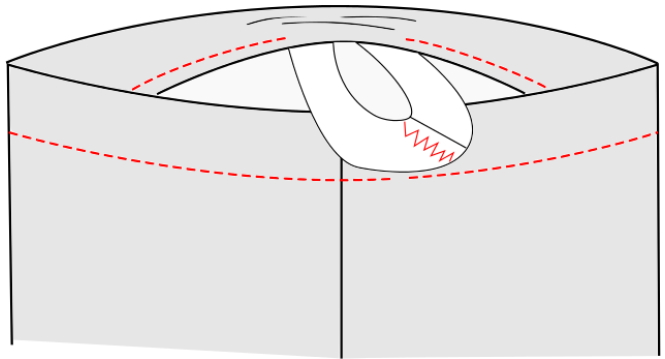
Pull both ends out of the space between the stitching.



Part C: Waistband - CONTINUED

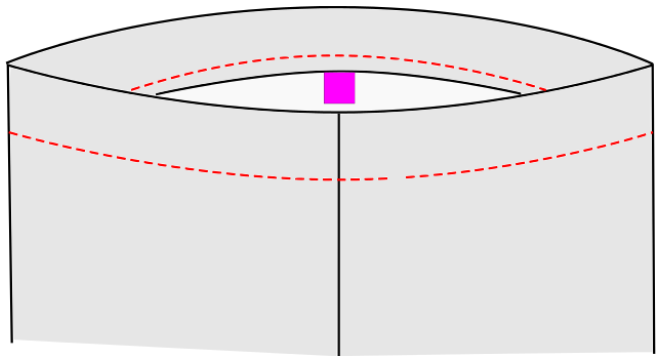
- Step 4 Without twisting the elastic, overlap the ends of the elastic about 1/2" and stitch together using a zigzag stitch.

Now is a good time to check the fit on your child. Put the pants on and adjust the elastic if necessary.



- Step 5 Insert the elastic back into the waistband (again, do not twist the elastic) and stitch the opening closed.

It is a good idea to place small scrap of fabric or ribbon at the centre back for ease of dressing (front and back distinction). Stitch this onto the pants while stitching the opening closed.



- Step 6 To prevent the elastic from twisting easily, stitch a few rows of zigzag stitches at the centre back to secure the elastic.

If you'd like, repeat this at the centre front, as well.

Give the leggings a final press with lots of steam.

That's it! You're done!

Now stand back and admire your work. :)

