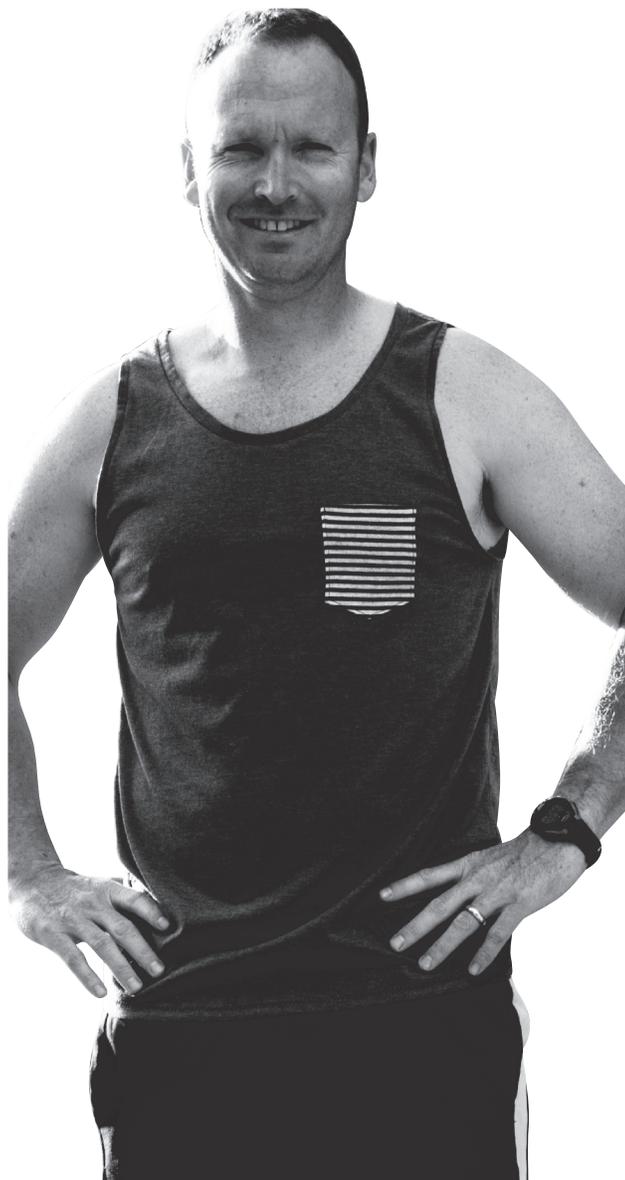


ARROWSMITH TANK

THREAD
DESIGNS INC.
THEORY



ALPINE
COLLECTION



This modern, simple to sew sleeveless top pattern is a wardrobe staple that can be sewn up as an undershirt or as the ideal summer singlet. The design features a deep crew neck with enlarged armholes finished with binding. It would suit tissue to medium weight knits with moderate stretch. The hem can be sewn using a zig-zag stitch or a twin needle.

Instructions for sewing with knits are thorough and include finishing suggestions, step-by-step illustrations and both beginner or intermediate sewing options. They explain methods for sewing the shirt with or without a serger.



VARIATIONS:

- Crew neck tank with or without pocket

SEAM ALLOWANCE:

- 3/8" unless noted otherwise

GO TO [HTTP://
THREADTHEORYBLOG.
WORDPRESS.COM/ARROWSMITH/](http://threadtheoryblog.wordpress.com/arrowsmith/)
TO SEE SEWIST'S FINISHED
PROJECTS AND DESIGN IDEAS!



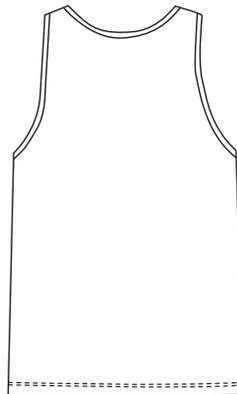
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ARROWSMITH TANK - V1

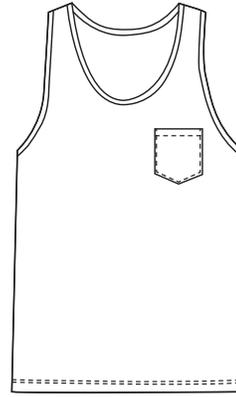


FRONT

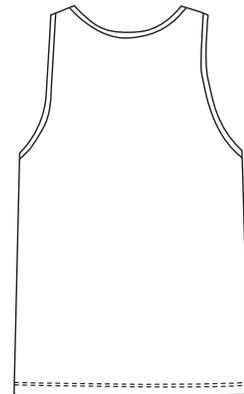


BACK

ARROWSMITH TANK - V2



FRONT



BACK

MATERIALS REQUIRED (ALL SIZES)

BOTH VARIATIONS

Light to medium weight knit fabrics:

Easier to sew: More stable knits such as thick t-shirt knits.

More challenging to sew: Ribbed knits, tissue-weight knits, knit athletic materials.

Design idea: Use a contrast knit for the neck and arm bindings and/or use a contrast knit or woven fabric for the pocket.

115cm/45"

150cm/60"

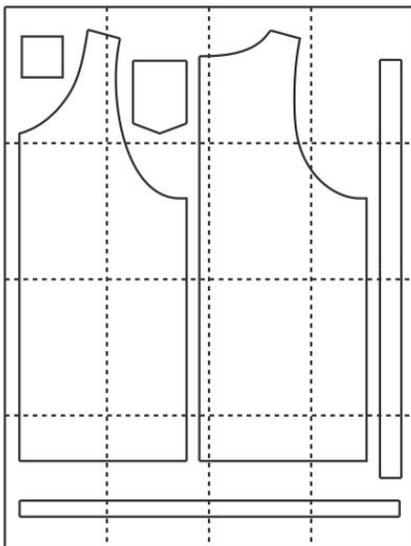
BOTH VARIATIONS

Self Fabric

1.9m/2.1 yards

1.1m/1.2 yards

Note: If using contrast fabric for pocket and binding, you will need 0.2m / 0.2y of either width of fabric.



If you would like a casual fitting summer tank, use the size that corresponds to the body measurements.
 If you would like a tight fitting undershirt use a size smaller.

BODY MEASUREMENTS (CM/INCHES)

	XS	S	M	L	XL	XXL
CHEST	88.9cm/35"	94.0cm/37"	99.1cm/39"	105.4cm/41 1/2"	113.0cm/44 1/2"	120.7cm/47 1/2"
WAIST	73.7cm/29"	78.7cm/31"	83.8cm/33"	91.4cm/36"	99.1cm/39"	106.7cm/42"

GARMENT MEASUREMENTS (CM/INCHES)

	XS	S	M	L	XL	XXL
CHEST WIDTH	44.0cm/17 3/8"	46.5cm/18 1/4"	49.0cm/19 1/4"	52.8cm/20 3/4"	56.6cm/22 1/4"	60.4cm/23 3/4"
FRONT NECK DROP	12.9cm/5"	13.1cm/5 1/8"	13.3cm/5 1/4"	13.8cm/5 3/8"	14.3cm/5 5/8"	14.8cm/5 7/8"
BACK LENGTH (CB)	65.9cm/26"	66.9cm/26 3/8"	67.9cm/36 3/4"	69.3cm/27 3/4"	70.9cm/28"	72.4cm/28 1/2"

Use this part of the page to note your measurements, or those of the lucky person who will receive your finished garment!

NAME: _____

	CHEST	WAIST	NECK DROP	BACK
BODY MEASUREMENTS				

NAME: _____

	CHEST	WAIST	NECK DROP	BACK
BODY MEASUREMENTS				

NAME: _____

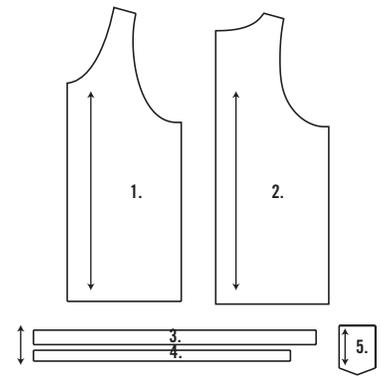
	CHEST	WAIST	NECK DROP	BACK
BODY MEASUREMENTS				

NAME: _____

	CHEST	WAIST	NECK DROP	BACK
BODY MEASUREMENTS				

PATTERN PIECES

- | | |
|--------------------|--------------------------|
| 1. Front | Cut 1 Self on fold |
| 2. Back | Cut 1 Self on fold |
| 3. Neck Binding | Cut 1 Self or 1 Contrast |
| 4. Armhole Binding | Cut 2 Self or 2 Contrast |
| 5. Pocket | Cut 1 Self or 1 Contrast |

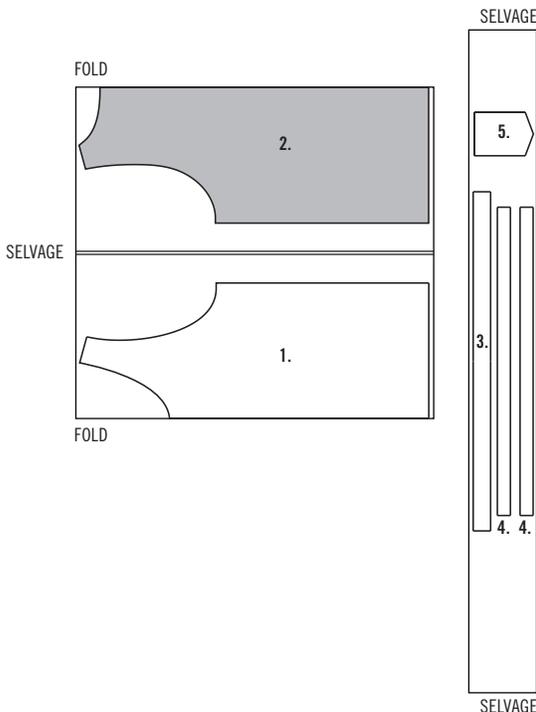


CUTTING LAYOUTS

BOTH VARIATIONS – (150cm/60" wide):

On Fold

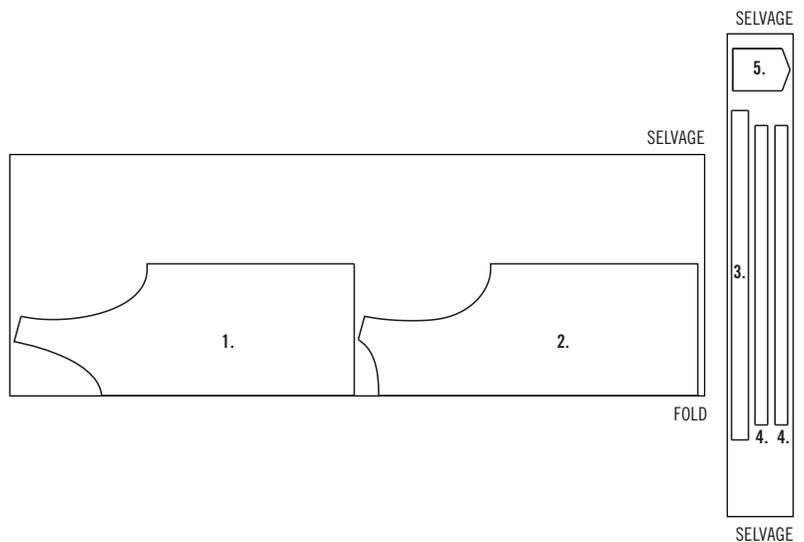
NOT on Fold
(Single Layer)



BOTH VARIATIONS – (115cm/45" wide):

On Fold

NOT on Fold
(Single Layer)



PREPARATIONS

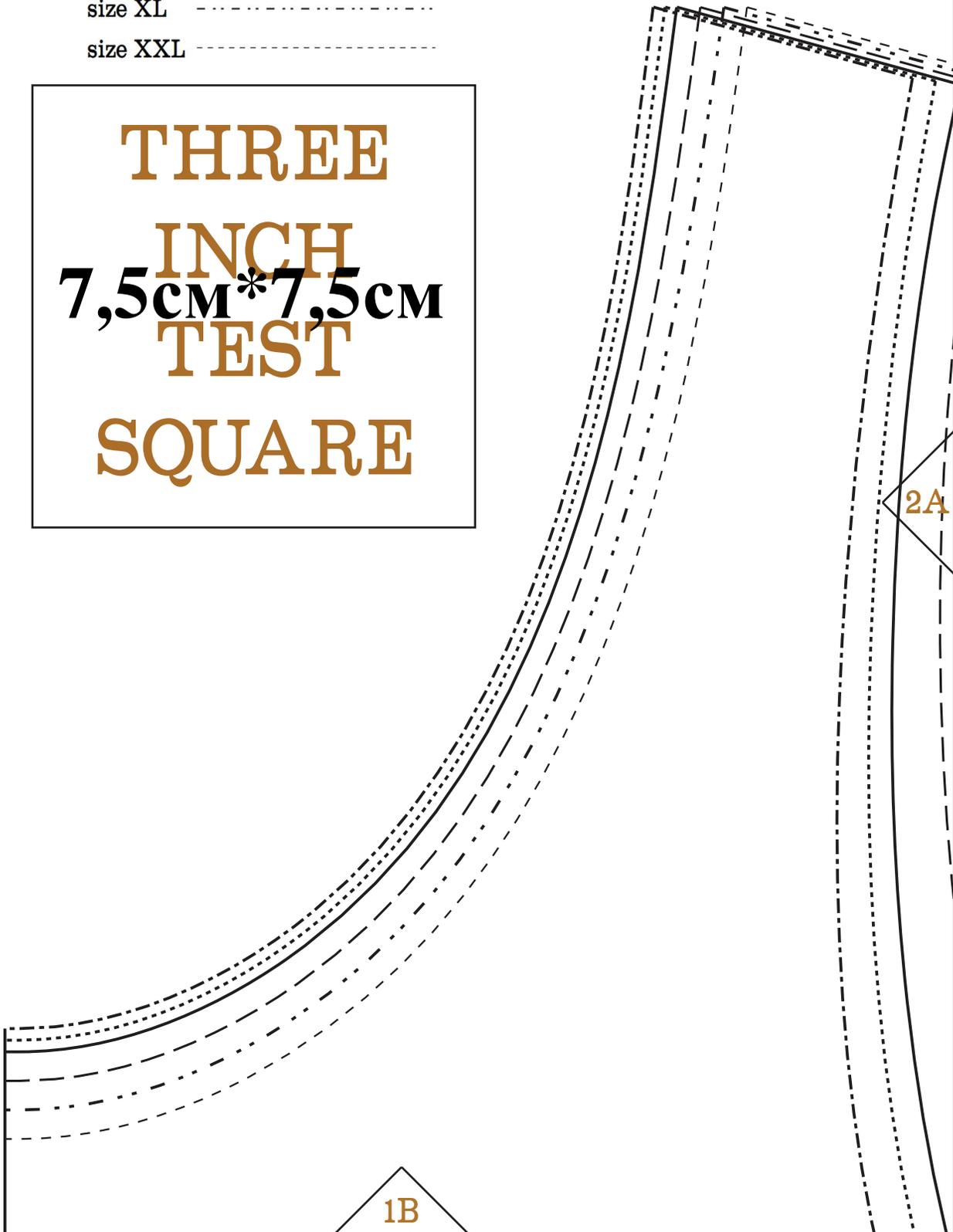
1. Cut out or trace all paper pattern pieces in size required.

TIP: Lengthen or shorten if necessary by slashing along line marked "lengthen or shorten here" and taping pieces back together with a strip of added paper to lengthen, or overlapped to shorten.

2. Pre-wash fabric as instructed by manufacturer (be sure to ask for care instructions at the fabric store when you are buying your fabric!). Most knits will shrink substantially so washing before cutting is very important.
3. Lay out pattern pieces on ironed fabric as illustrated in the cutting layouts. Pin both the selvage edge and the folded edges together so that the grain-line does not shift while cutting (especially important if you are using a fabric with stripes!).
4. Cut out pattern pieces and transfer all markings (notches, pocket placement dots) with chalk or pencil to wrong side of fabric (avoid marking on the right side in case the markings don't wash off fully). If you like to clip notches, avoid clipping deeply as this will create a weak point in the knit fabric where a 'run' might begin, even if you finish your seams with a serger or zig zag.
5. Seam allowances are 3/8" unless otherwise noted.

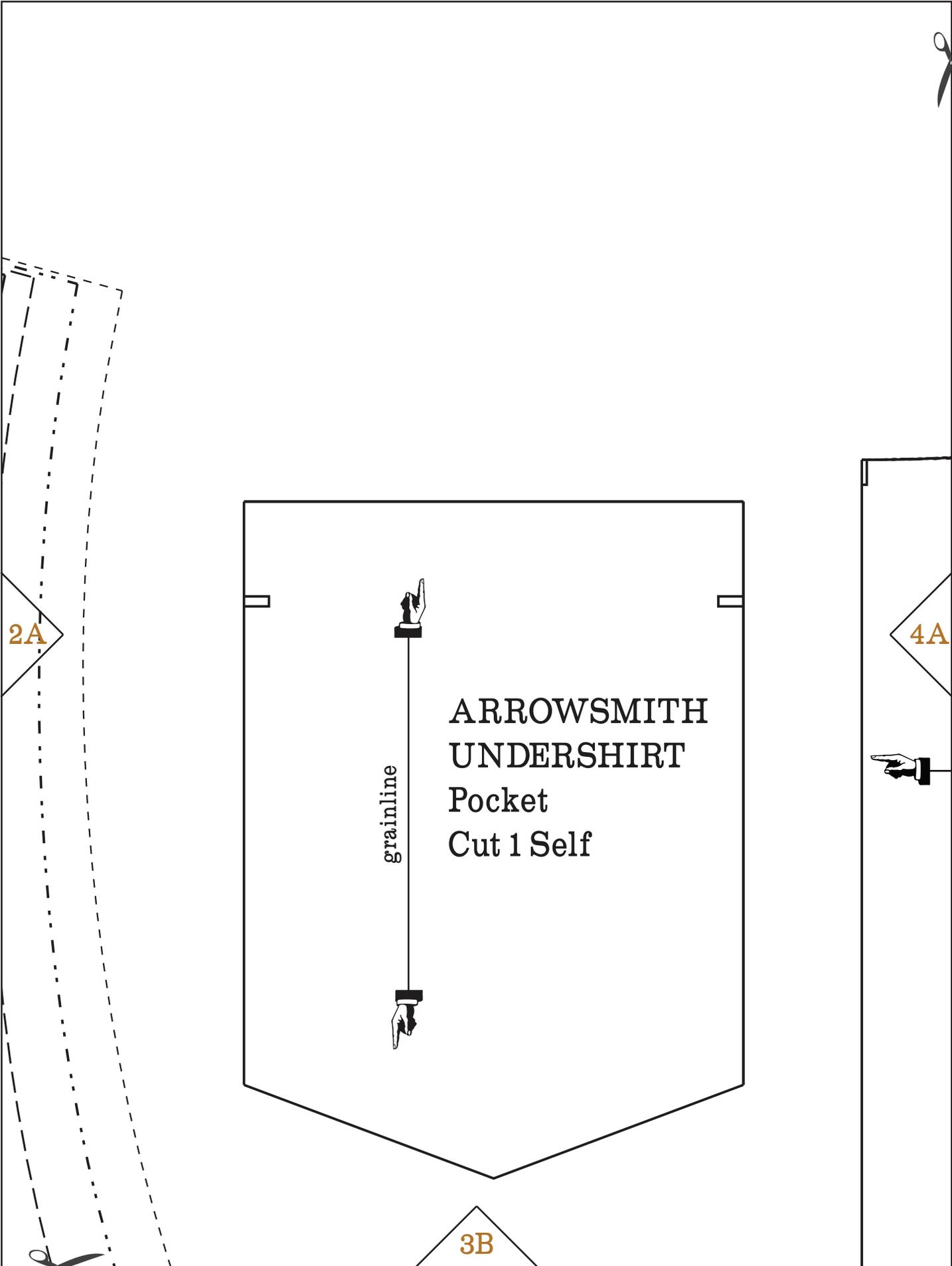
- size XS -----
- size S (dotted)
- size M _____
- size L - - - - -
- size XL - - - - -
- size XXL - - - - -

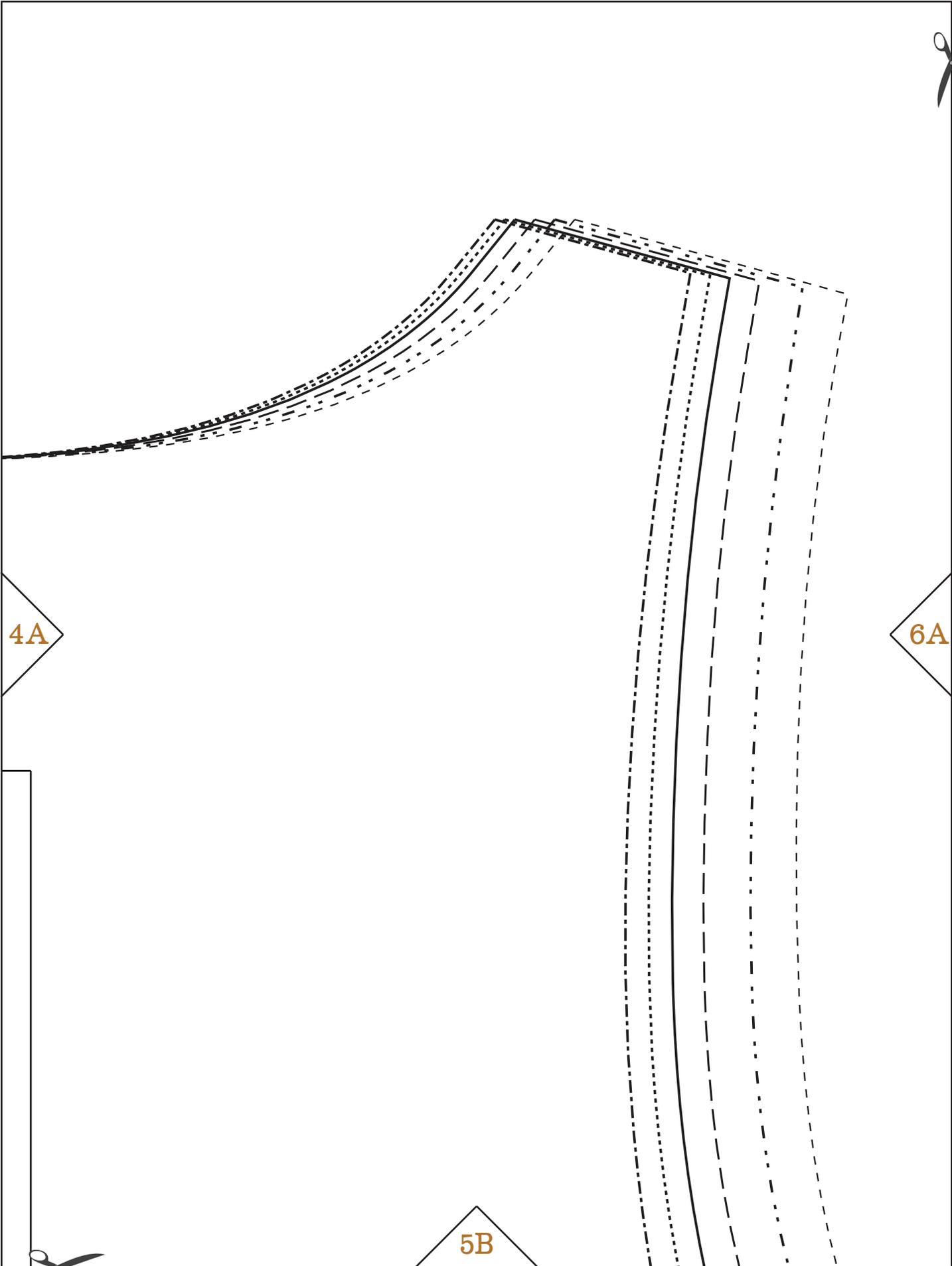
**THREE
INCH
7,5cm*7,5cm
TEST
SQUARE**



1B

2A



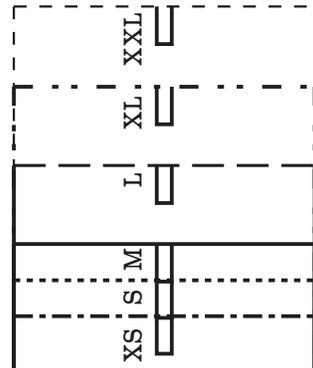


4A

6A

5B

6A



Direction of greatest stretch 

7B

1B



Place on Fold

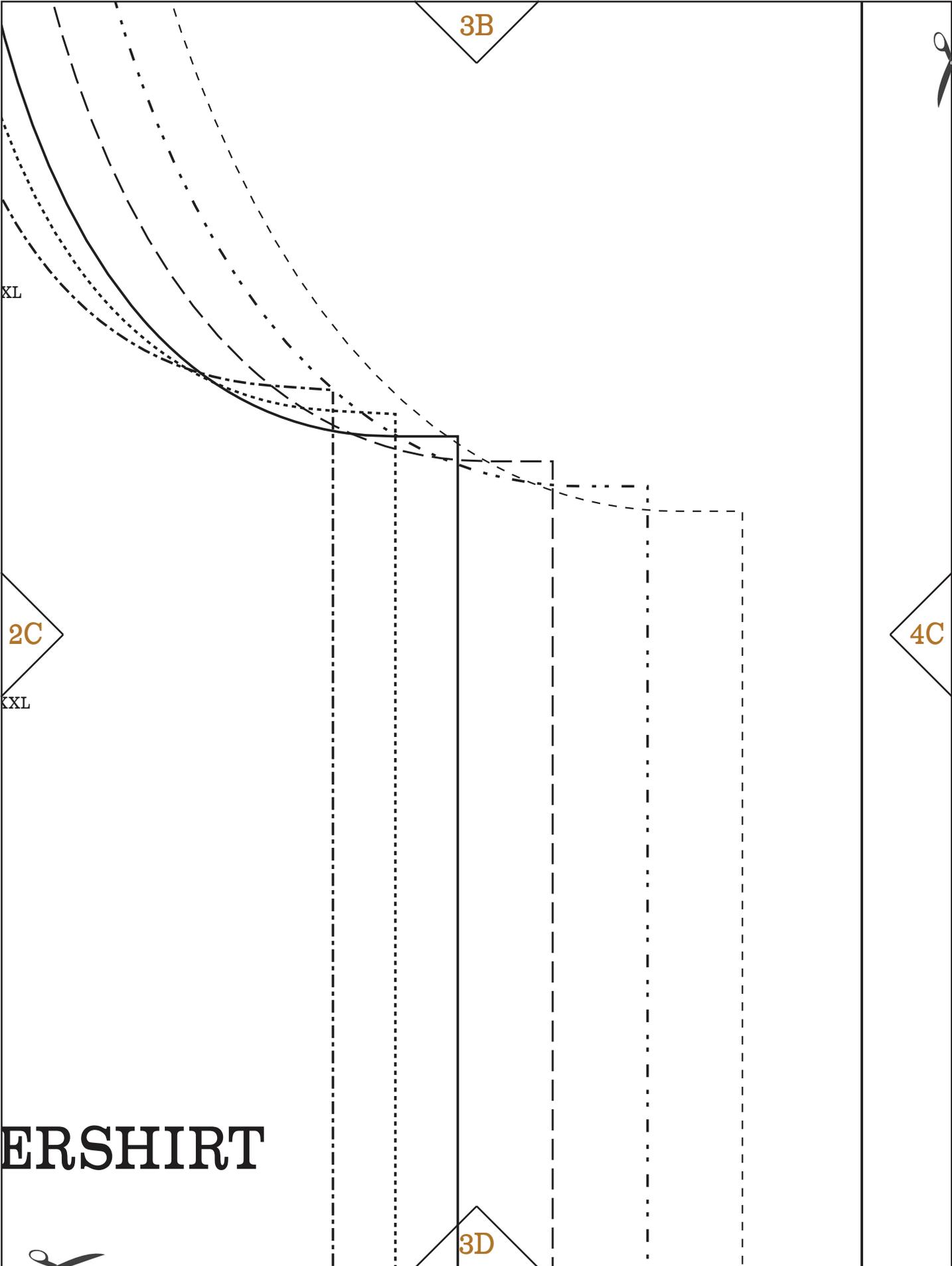
ARROWSMITH UND
Front

1B

2C

XS
S
M
L
XL
XXL

XS
S
M
L
XL
XXL



T-SHIRT

5B

4C

6C

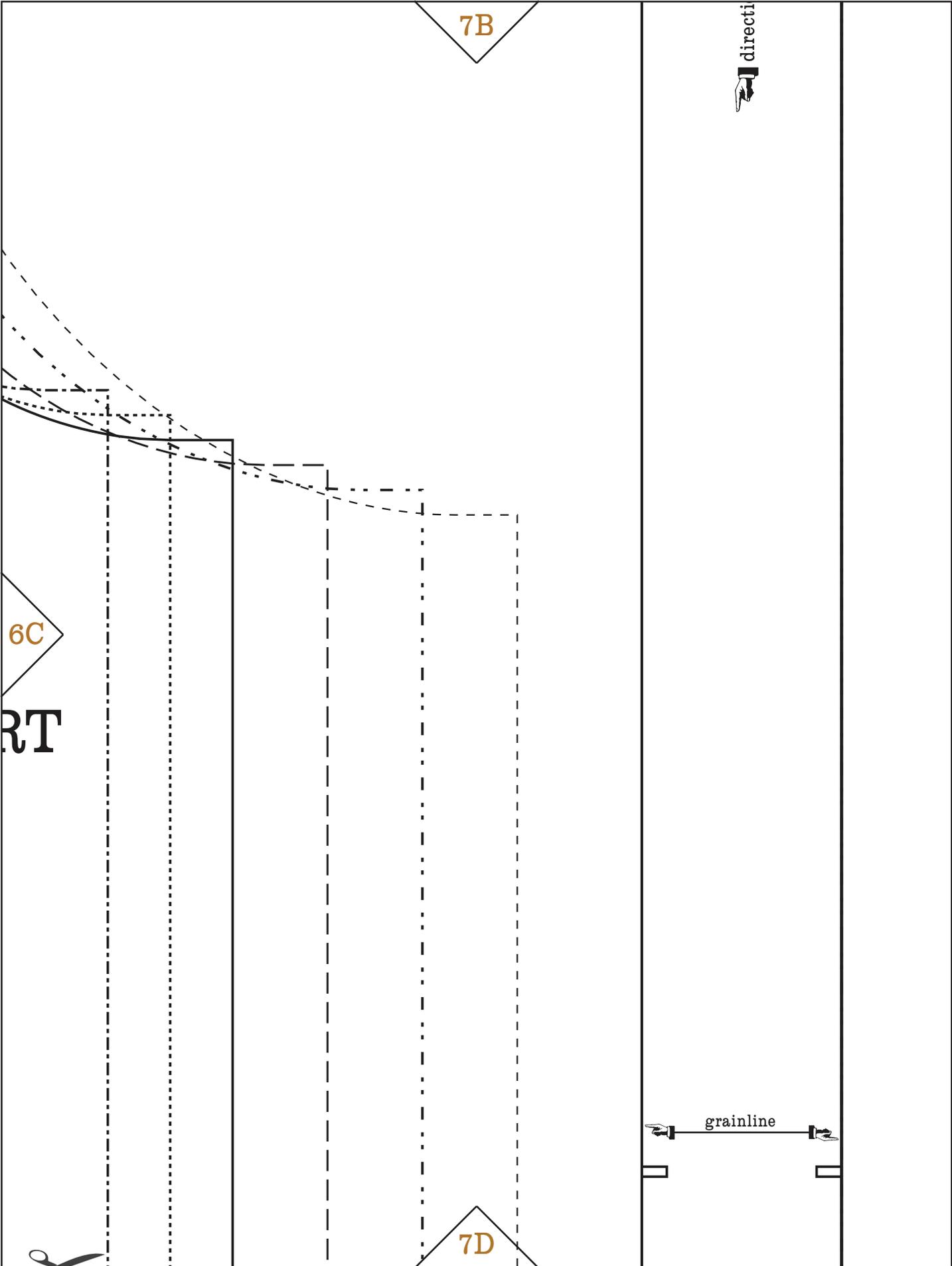
ARROWSMITH UNDERSHIRT

Back

Cut 1 Self on Fold

CB Place on Fold

5D



CF

Cut ^{1D} Self on Fold



Lengthen or Shorten Here

2E

THREAD

— DESIGNS INC. —

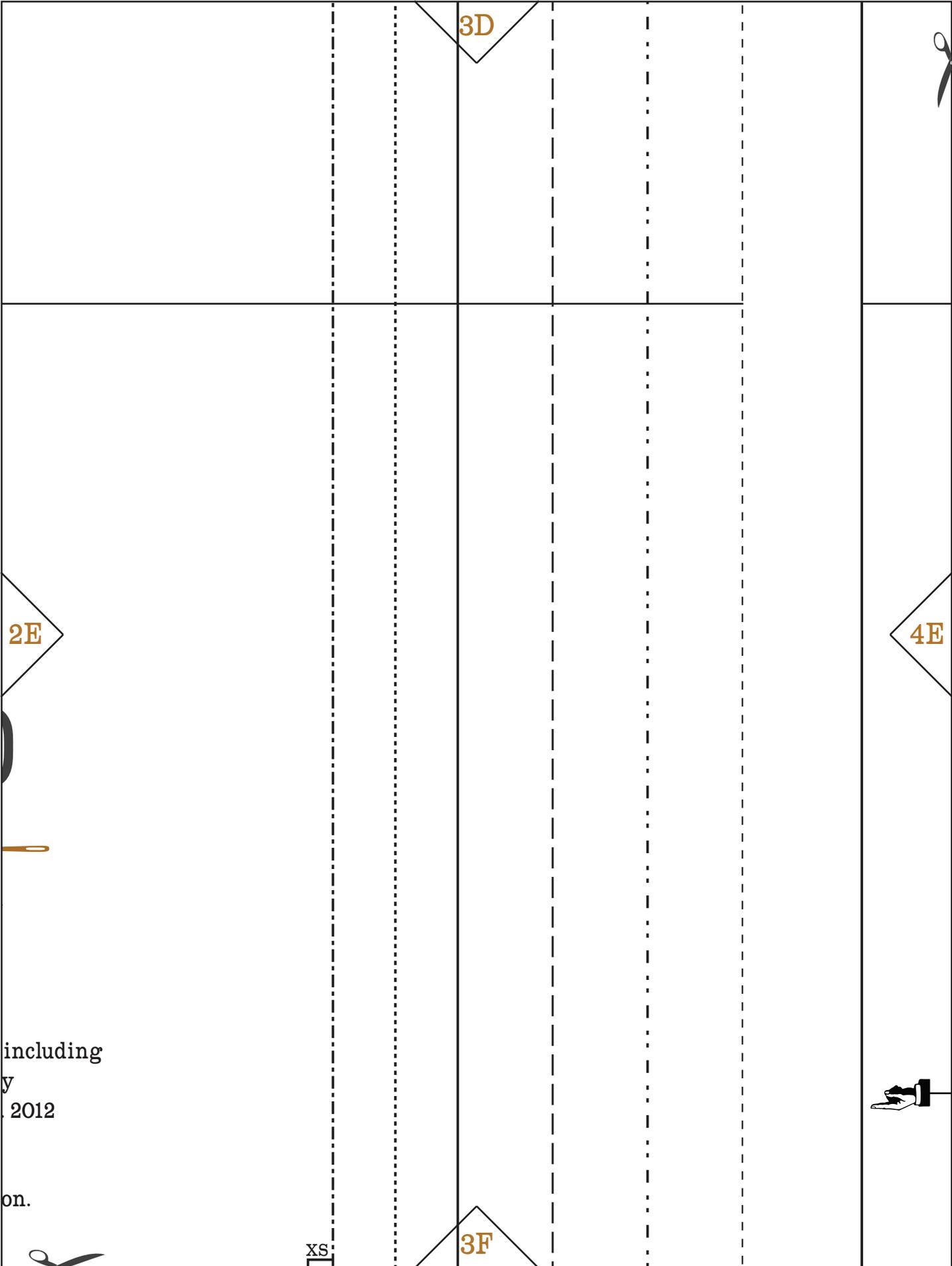
THEORY

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^{1F}
Thank you for choosing Thread Theory Designs!





6E

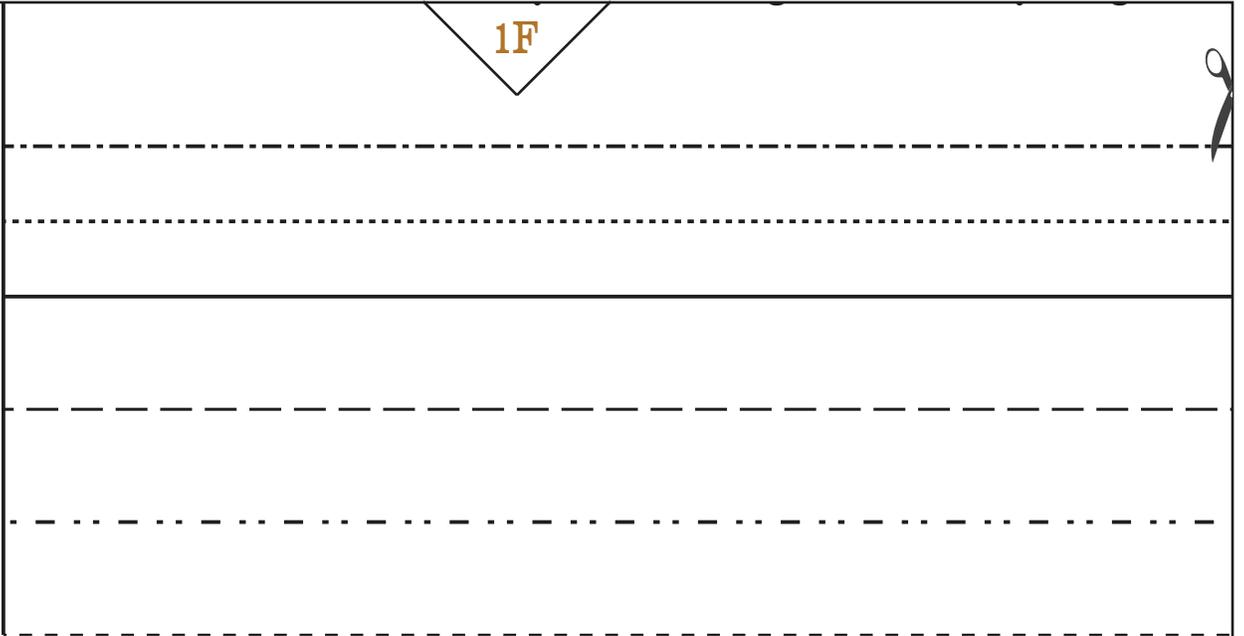
7D

7F

ROWSMITH UNDERSHIRT
Kline Binding
Self



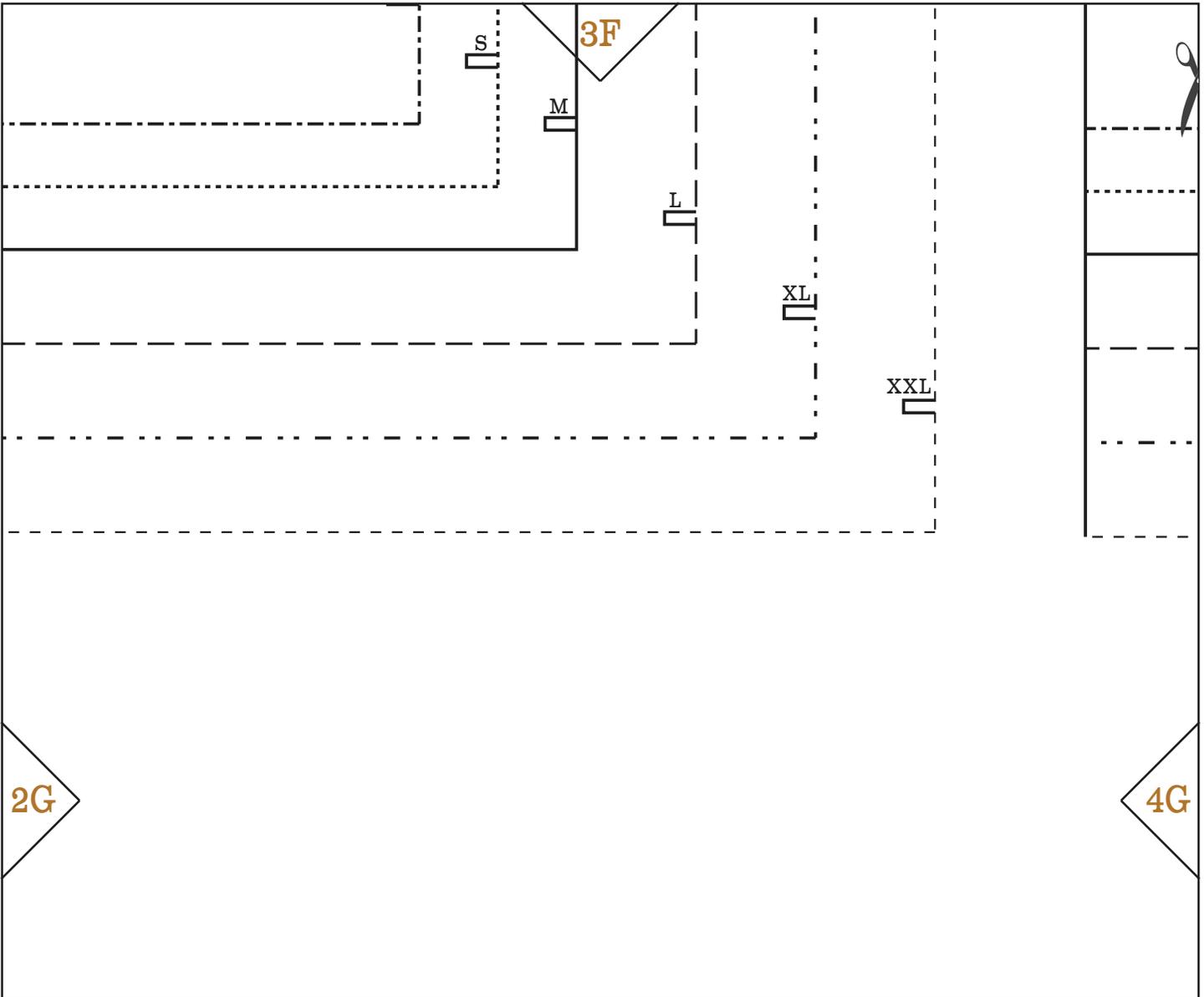
1F



2G

XXL	XL	L	M	S	XS
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ARROWSMITH UN
Armhole Binding
Cut 2 Self



DEERSHIRT



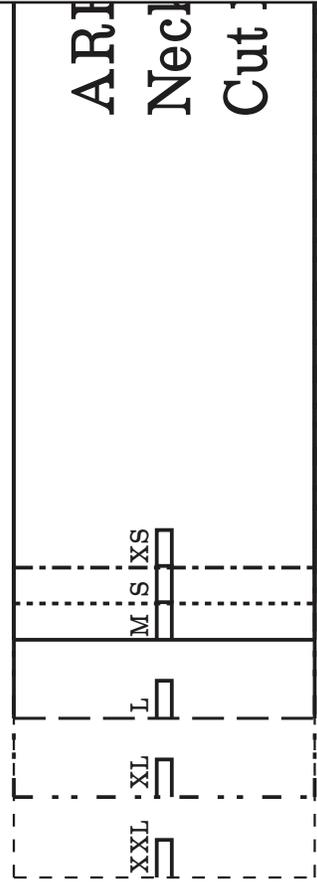
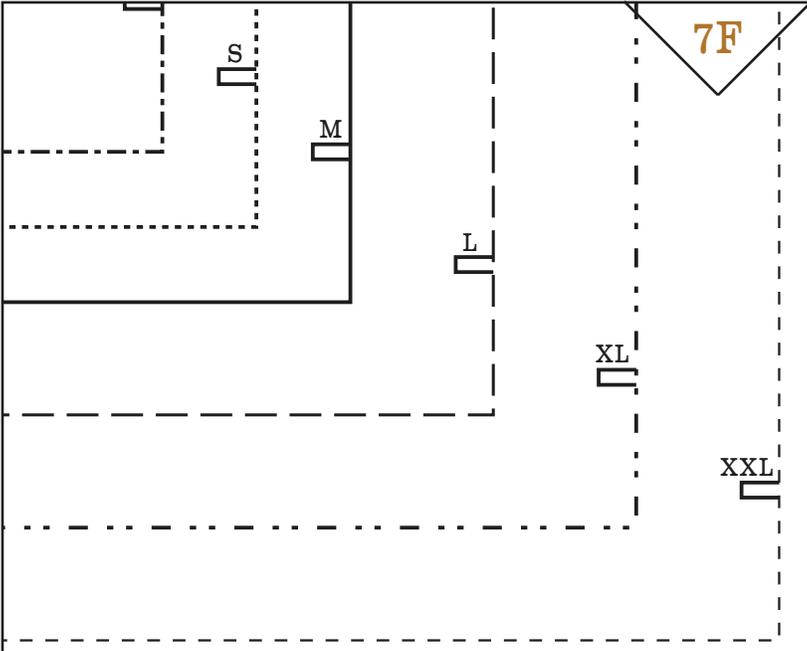
5F



4G

6G

 direction of greatest stretch 



ARI
Neck
Cut

6G

XS	S	M	L	XL	XXL
----	---	---	---	----	-----