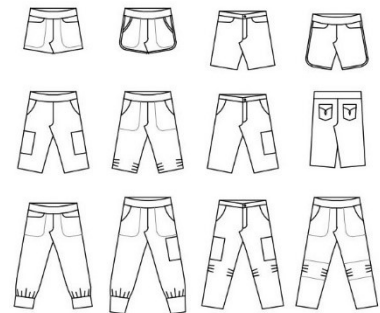


# tutorial

## mister jogger

eu size XS – 6XL



This pattern comes with many variations. High or low waist, pockets, leg pockets and back pockets. Four lengths of the pants. Slim or wide leg.

Suitable for both woven and stretch fabrics.

Seam/hem allowance is not included.



[sewingheartdesign.com](http://sewingheartdesign.com)

# information

## **SALES LICENSE**

Included with the patterns is a sales license. That means that you as individual who sews as a hobby or owns a business have the right to use the patterns to sell clothes. The license applies only for the buyer of the pattern and the license terms cannot be transferred to a third party. Which means that you cannot let another physical or legal person produce clothes on a large scale on your behalf.

## **SEAM ALLOWANCE/HEM NOT INCLUDED**

You should add seam allowance on ALL patterns except where you intend to add binding or if the patterns says otherwise. I recommend that you read through the sewing instructions. Within it are instructions both in picture and text which will facilitate your sewing.

## **PAPER PATTERN**

The paper patterns are sensitive to moisture and tear. Handle with care. On certain paper patterns the parts are split due to lack of space. Read the instructions carefully to know if they are to be stenciled and put together in a certain way. When you sell your pattern, you must destroy all copies that you have made.

## **PDF-PATTERN**

Files are downloaded directly from your page on Etsy – after purchase they will be added to “purchases”. They are PDF-files and I recommend a pdf-reader with a setting to switch to “real size” and “automatic portrait/landscape” when printing. For example, Adobe Reader or PDF X-change. It is important to measure the control box so that it is exactly 30mm \* 30mm or your garment might not end up the way you imagine. PDF is easy to print. Utilize the layers to only print the page you want to sew and cut it directly. There are arrows on the pattern and they should align towards each other when you put the pattern together. There is also an overview of the pattern where you can see how the different pages should be positioned.

Because a PDF-pattern is a digital product there are no refunds or returns.

The PDF-Pattern may not be copied and/or sold/donated to a third party.

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I hope you will be satisfied with the pattern! Good luck with the sewing!

/Marie Sidén

Sewingheartdesign

# fabric requirement

Fabric required is calculated with pre-washed fabric, 160 cm with, seam allowance included (1 cm) and hem (3 cm)

ALL MEASUREMENTS ARE CALCULATED FOR A BODY LENGTH OF 190CM.

SIZE	BODY LENGTH 150/170/190 cm	
	<b>XS-2XL</b>	<b>3XL-6XL</b>
SHORT SHORTS	45/50/50 cm	100/115/110 cm
SHORTS	55/60/60 cm	120/125/130 cm
KNICKERS	70/75/75 cm	150/155/160 cm
LONG LEGS	100/105/110 cm	210/220/230 cm

## POCKETS IN DIFFERENT FABRIC

SIZE	32-60	30 cm
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## KNIT BINDING

HIGHT: 30 cm	XS-S	M-L	XL-2XL	3XL-4XL	5XL-6XL
WIDTH	65 cm	70 cm	75 cm	80 cm	85 cm

# pages

SEAM/HEM ALLOWANCE NOT INCLUDED.

ADD 3CM AT THE BOTTOM OF THE FRONT PIECE FOR THE BENT KNEE!

Choose your body length on the pattern.

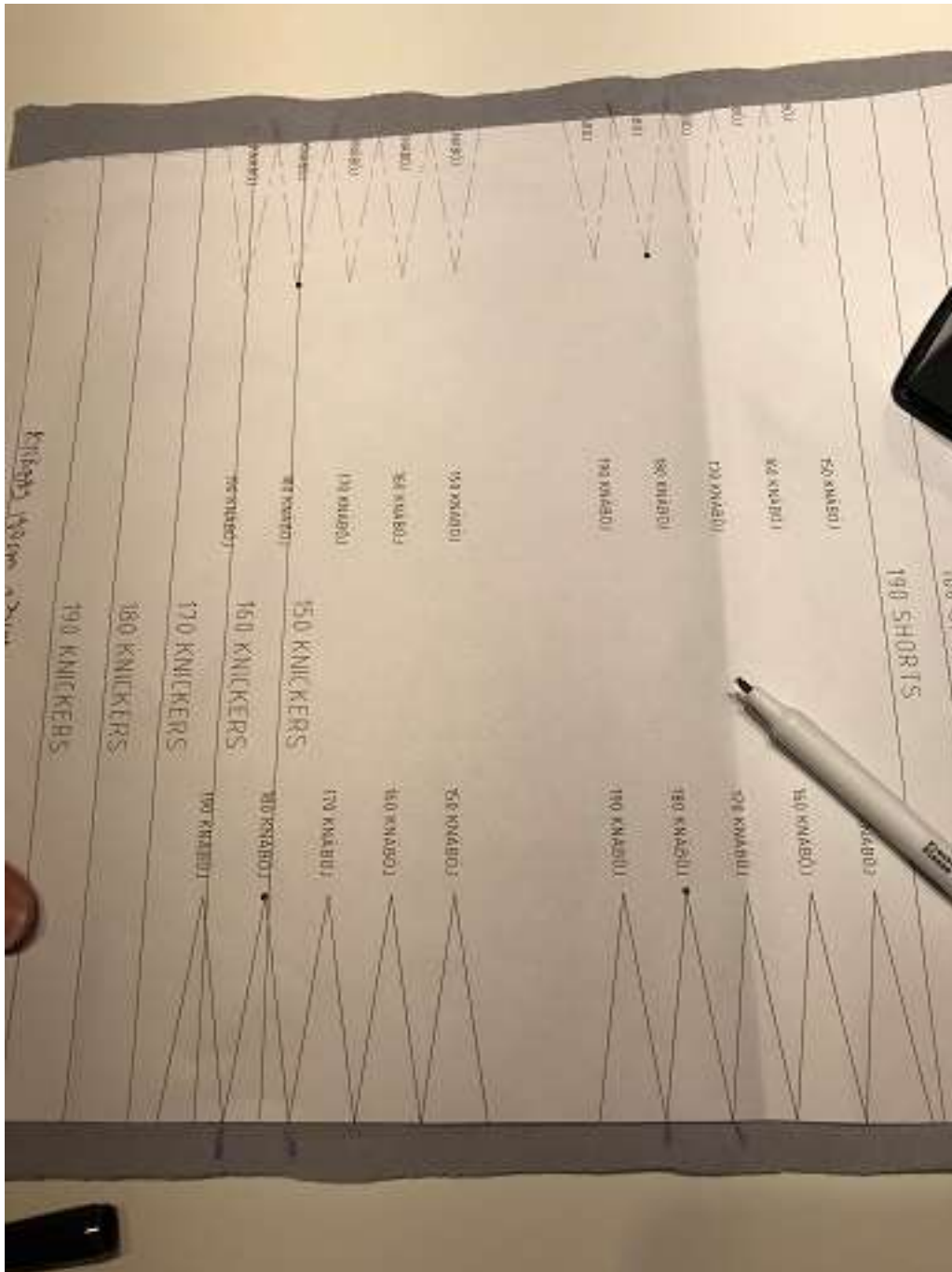
PANTS WITH BENT KNEE	s 4
PANTS OF JERSEY WITH POCKETS	s 9
LEG POCKET	s 14
LEG CUFFS	s 20
BACK POCKET	s 22
WOVEN FABRIC AND ZIPPER	s 24
POCKET BAGS	s 39
WAISTBAND	s 44
BUTTONHOLE	s 51
RETROSHORTS	s 56

# pants with bent knee

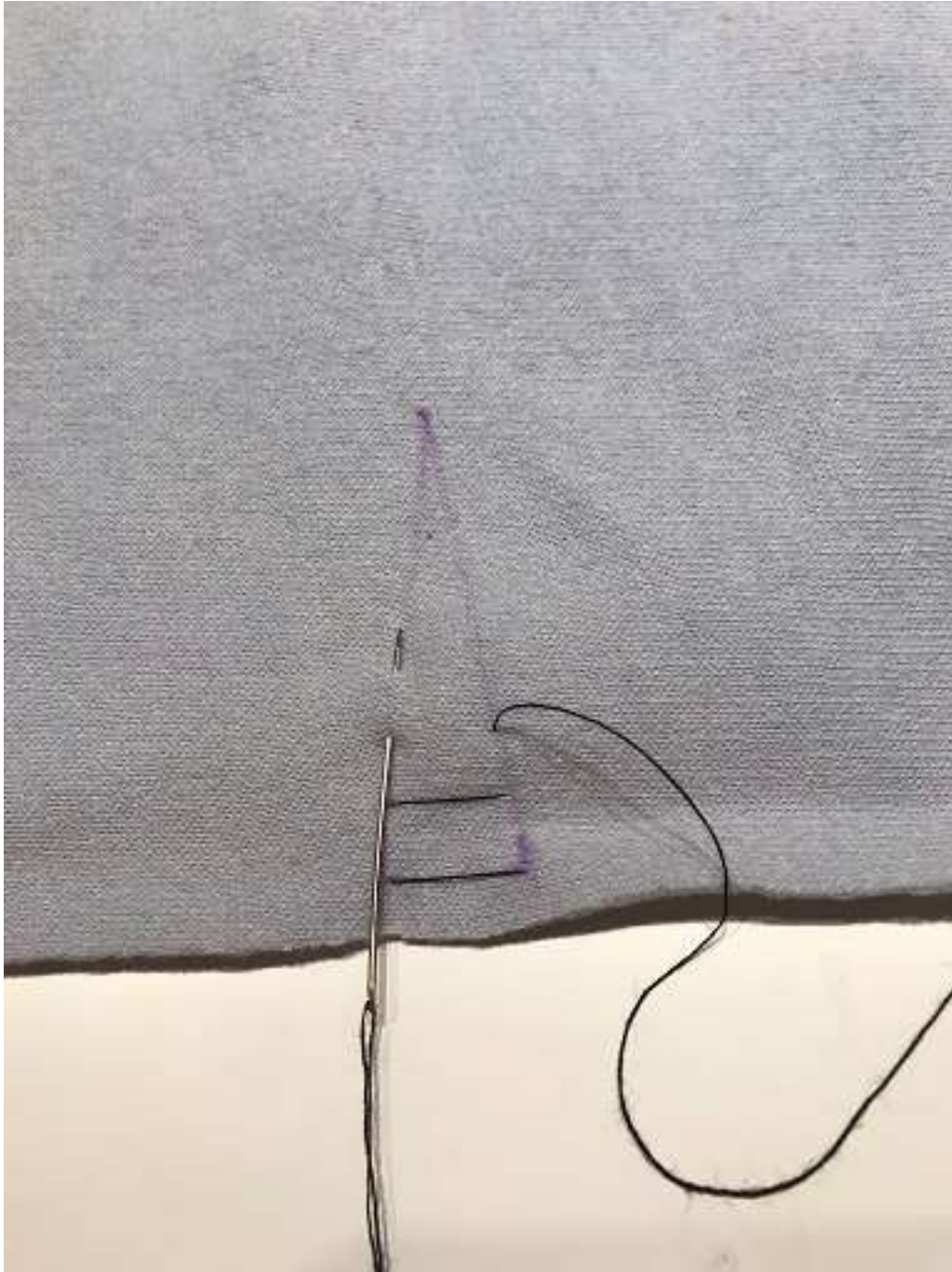
SEAM ALLOWANCE/HEM NOT INCLUDED.

Choose your body length on the pattern.

OBS! ADD 3 CM AT THE BOTTOM OF THE FRONT PIECE!



Make a mark at the edge and at the point for your desired length.



Draw lines between the marks. Baste straight lines between the two lines.



Pull the threads and the fabric together.



Stitch at the marks. Remove the thread.



Equal size folds in all the places.

# pants in jersey with pockets

SEAM ALLOWANCE/HEM NOT INCLUDED.

Choose your body length on the pattern.



Cut the parts. Add seam/hem allowance.



Place the front piece right sides together and stitch the crotch seam.  
Repeat with back pieces.



Pockets: Bind the pocket openings.



Put the front piece with wrong side up. Glue or pin the pockets and place the pockets on edge with the pant piece on both sides.



Attach the pockets with a decorative stitch.



With right sides together, sew the side seams.



Fold the fabric and make sure that the crotch seam fits. (Fabric right to right) Sew the inner leg seam together.



Stitch the cuff, fold it and put it inside the shorts with raw edges out. Stitch down the cuffs and fold out the pants.



Hem the legs.

Done!

# leg pocket



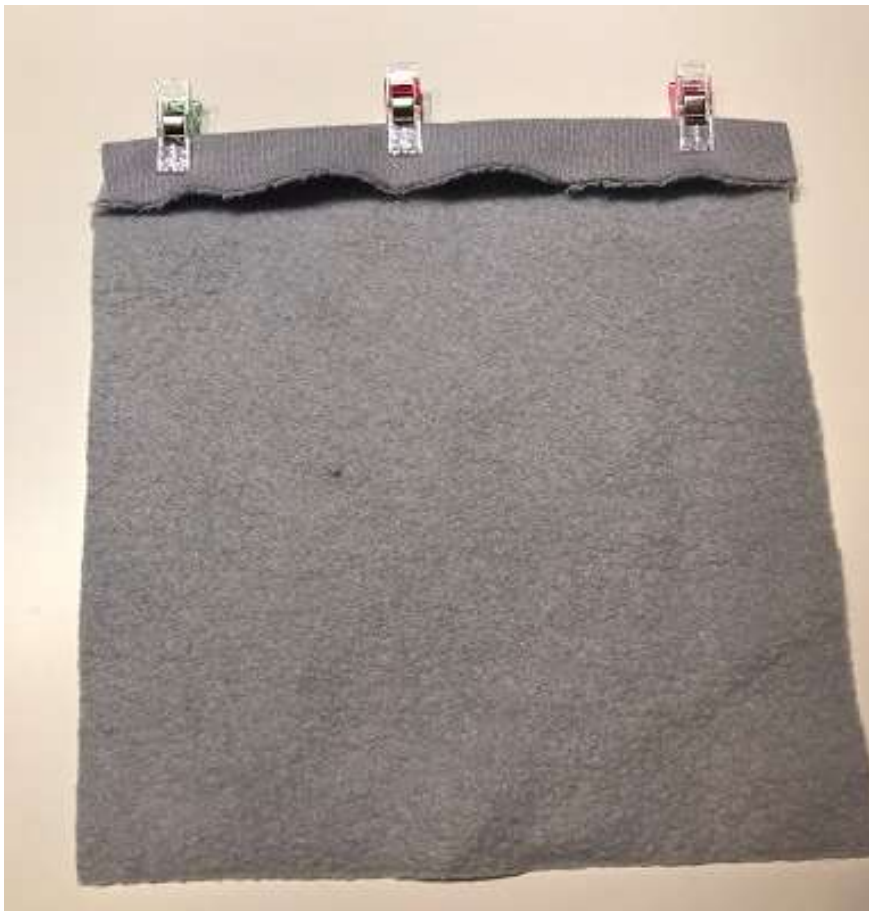
Pockets: Bind the pocket openings.



Put the front piece with wrong side up. Glue or pin the pockets and place the pockets on edge with the pant piece on both sides. Attach the pockets with a decorative stitch.



With right sides together, sew the sideseams.



Hem the top with a decorative stitch.



Stitch a decorative stitch along the sideseam. Stitch the leg pocket at the mark on the pattern.



Place both pieces right sides together and stitch the crotch seam on both sides.



Fold the fabric and make sure that the crotch seam fits. (Fabric right to right) Sew the inner leg seam together.



Hem the legs.



Stich the cuff, fold it and and put it inside the shorts with raw edges out. Stich down the cuffs and fold out the pants.



Done!

# leg cuffs



Fold the cuffs along the grain line and stitch the longer side.



Fold the cuff in half.



Put the cuff inside the pants with raw edges out. Stitch the cuffs and fold out the pants.



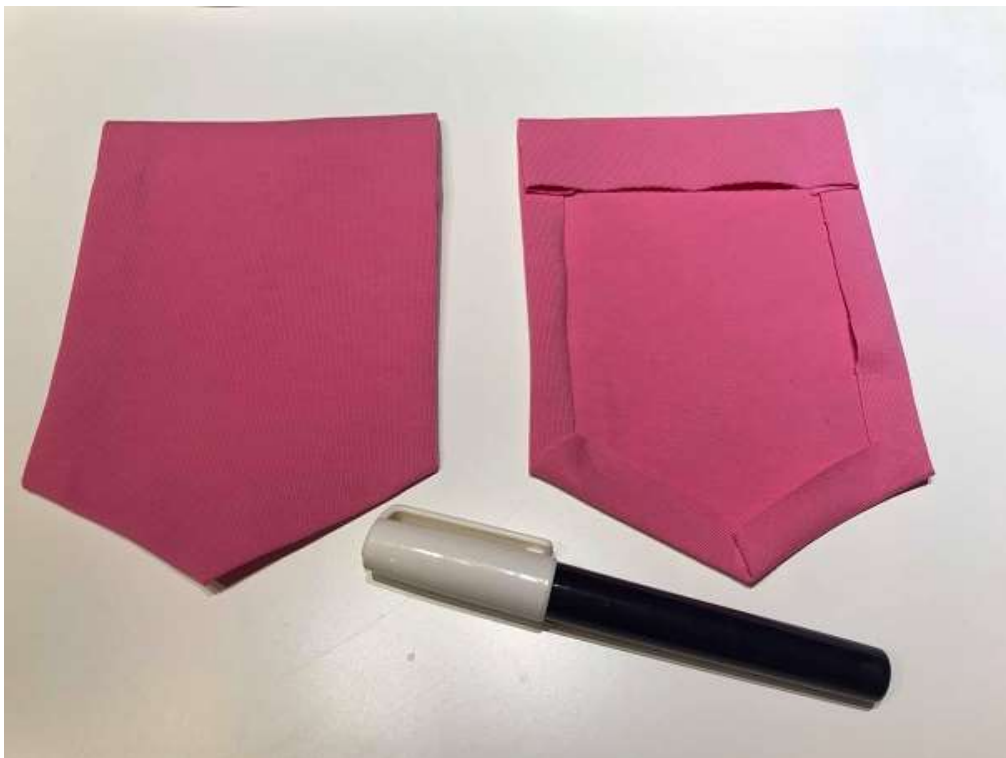
Done!

# back pocket

ADD 2CM HEM ON TOP AND 1CM AT THE SIDES.



Fold the top and hem the top.



Fold in the sides, pin/glue if necessary.



TIP: Cut out the mark for the back pocket and place the pattern piece on the fabric. Fit the pocket in the hole and pin/glue in place.



Stitch the pockets to the back pieces.

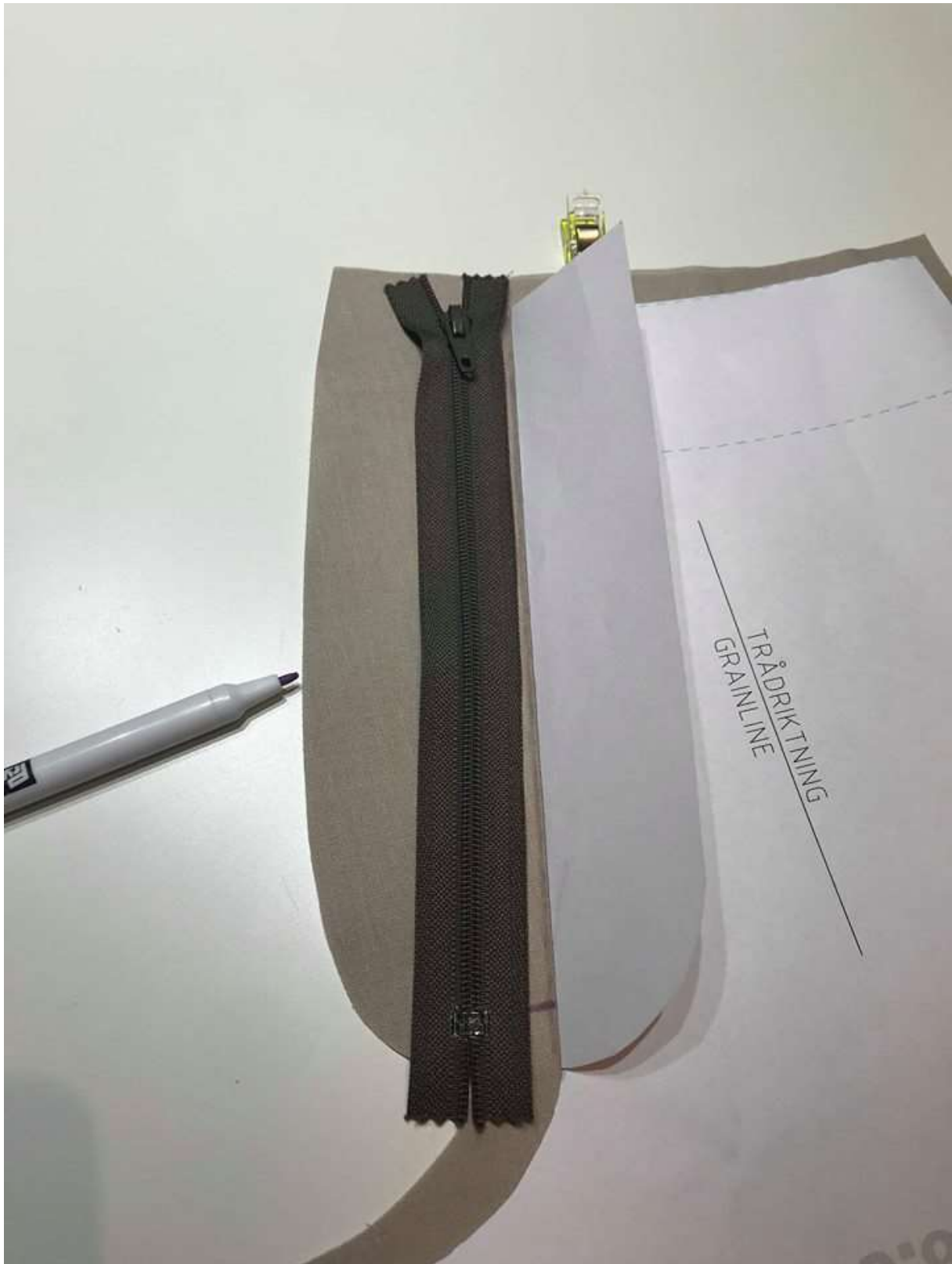
# woven fabric and zipper

SEAM ALLOWANCE/HEM NOT INCLUDED.

Choose your body length on the pattern.

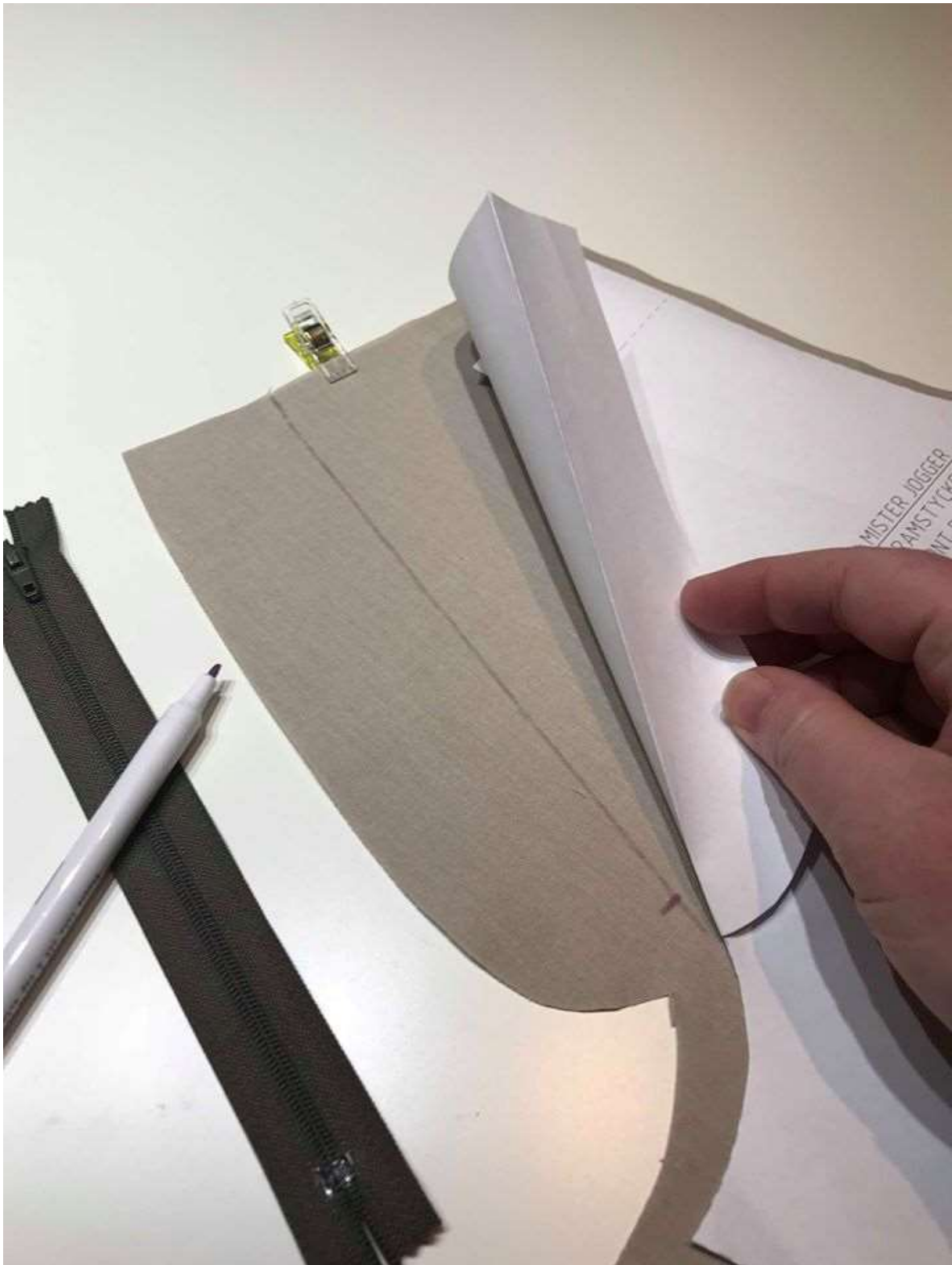


Cut the parts. Add seam/hem allowance.



## ZIPPER

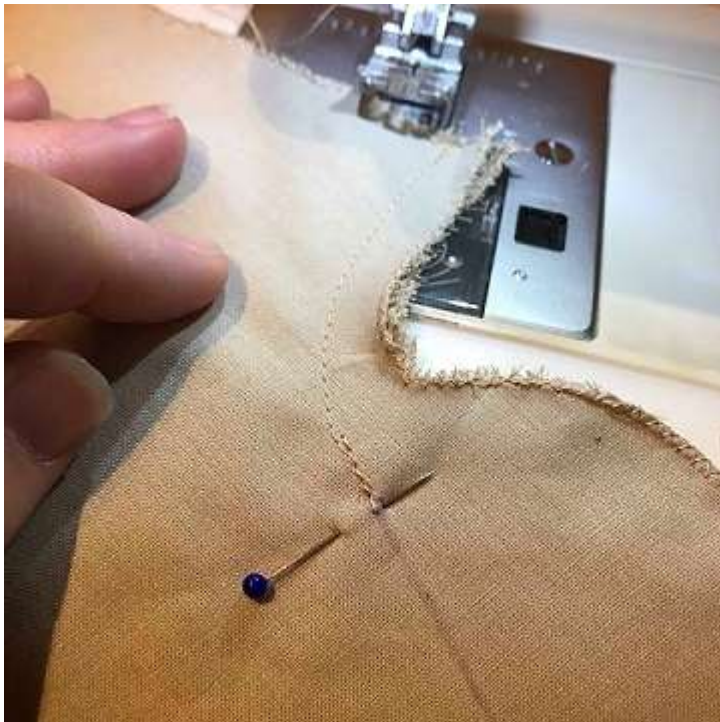
Choose a zipper with a suitable length.



Marker the center line and one line just above the zipper stop and make a mark.



Zigg-zagg or overlock all edges.



Both front pieces have the same shape. Place them right sides together. Stitch a straight stitch from the crotch to the mark.



Max stitch length. Stitch from the mark, straight towards the waistline, along the center line. DO NOT ATTACH THE STITCHES.



Cut the seam at a few places to make it easier to remove once finished.



Cut the seam at a few places to make it easier to remove once finished.



Cut the seam at a few places to make it easier to remove once finished.



Pin the zipper on the right pant legs fly and make sure the zipper teeth is on the left side of the centerfold.



Stitch from the bottom up.



Fold over the zipper. Stitch close to the zipper teeth.



Fold out the pants.



Fold over the fly on to the other fly and pin the zipper in place.



Fold out the right legs fly and pin so not to get caught in the next step.



Fold out the pants and stitch close to the zipper. Use a zipperfoot.



Make a small nick right where the curve start on the back fly. Place a pin on the right side where the nick is.



Stitch a straight stitch along the edge of the fly. From the waist down to the pin.



Remove the other fly and fold it in under the presser foot. Stitch both, following the curve to the center line.



Double stitch: Turn and make a few stitches towards the waist. Continue alongside with the first stitch.



Stitch a narrow, short zigg-zagg at the mark of the fly.



Remove the thread in the center.



Iron out the crease.

# pocket bags



Cut four parts. Two with and two without pocket opening. Zigg-zagg or overlock all edges.



Place the pocket with the pocket opening right sides on the front piece. Stitch the opening.



Cut small nicks along the curve.



Add the pocket without the opening right sides with the pocket bag and stitch along the inner edge.



Stitch a decorative stitch along the pocket opening.



Place the back piece right sides together and stitch the crotch seam.



With right sides together, sew the side seams.



Stitch a decorative stitch along the side seam.  
Optional leg pocket is attached now.



Stitch the inner leg seam together.

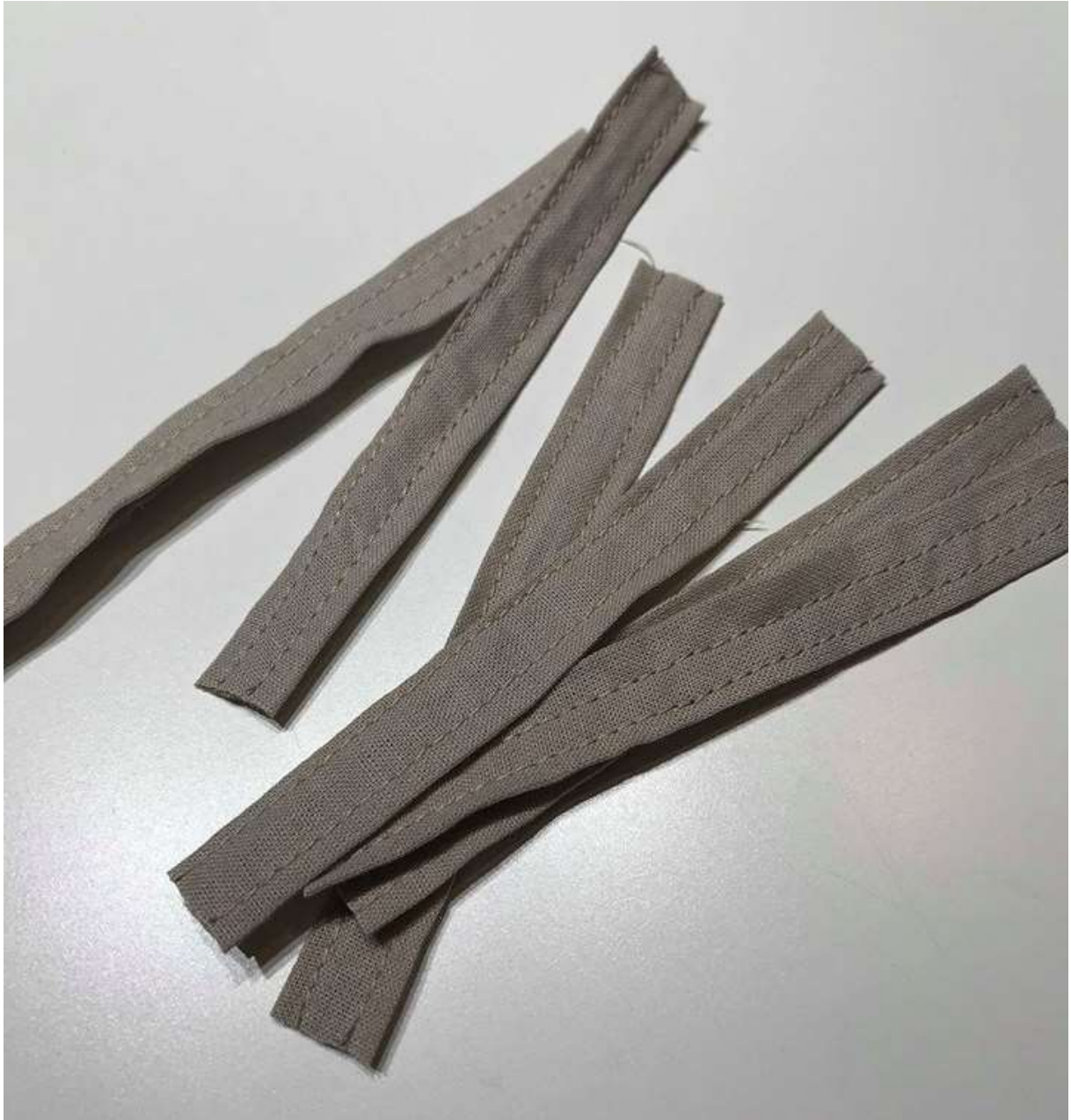
# waist belt



Belt loop: Zigg-zagg or overlock the edges. Fold the strip in three and iron.



Stitch two straight stitches along the strip.



Cut into 10 cm long pieces.



Iron 1cm hem on both sides of the waist belt. Press on viselin now If you wish.



Pin around the waist, rights together. Add optional belt loops. Two belt loops are placed at the pocket opening, one at the back center fold and two between front and back loops. Stitch along the crease.



Fold the waist belt in half and stitch the short sides, right at the edge of the pants.



Tuck in the hem of the waist belt



and pin at the inside of the pants.



Stitch the waist belt and make sure the front looks good.



Iron 1cm of the belt loops.



Place the belt loops at the edge of the waist belt. Stitch from the fly and along the edge of the waist belt, make sure the belt loops are straight.



Fold the belt loops down from the waist belt and stitch with a narrow short zigg-zagg.

# button holes



Place the button at the center of the waist belt. Mark the beginning of the button.



Automatic buttonhole presser foot: Place the button at the back of the presser foot.



Place the waist belt with the mark visible in the middle.



Stitch the button hole.



Pin the start and end of the button hole and cut the hole open.



Stitch the button.





Hem the legs.  
Done!

# retro shorts

SEAM ALLOWANCE/HEM NOT INCLUDED.

Choose your body length on the pattern.



Cut the parts. Add seam/hem allowance.



Pockets: Bind the pocket openings.



Put the front piece with wrong side up. Glue or pin the pockets and place the pockets on edge with the pant piece on both sides.



Attach the pockets with a decorative stitch.



Place the front piece right sides together and stitch the crotch seam.



Place the back pieces right sides together and stitch the crotch seam.



Fold the fabric and make sure that the crotch seam fits. (Fabric right to right) Sew the inner leg seam together.



*Alt 1.*



*Alt 2.*

Knit binding in two ways. Choose which way you find easier.

Alt 1. Knit bind the whole front piece, around the leg opening and the curve up towards the back but stop at the straight side.

Alt 2. Knit bind the whole outer edge.



Put the front piece over the back piece and stitch along the knit binding.



Stich the cuff, fold it and and put it inside the shorts with raw edges out. Stich down the cuffs and fold out the pants.



Done!