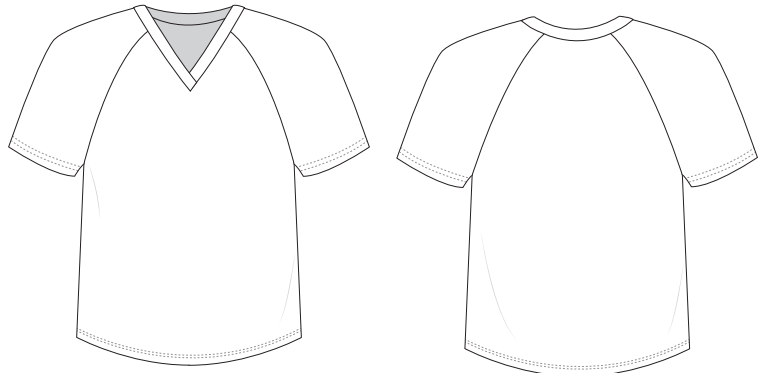


FRIDAY  
pattern co.



the  
SUNDAY V-NECK

The Sunday V Neck is an easy-to-sew wardrobe staple. It features raglan sleeves and a ribbing that crosses at the center front. Make it in a single color or mix and match different fabrics! This tee can be a great scrap-busting project. Designed for knit fabrics with at least 25% stretch, you'll want to make this tee again and again!



This pattern is for everyone and looks great on all genders!

5/8" seam allowance included in pattern.

### FINDING YOUR SIZE:

This pattern was drafted using sample measurements for a 5'6" (168 cm) cis woman with a B-cup bust. The fit of the Sunday V Neck is loose and relaxed. If you want a tighter fit, size down. The measurements of the model featured on the cover fall between a small and a medium and he is wearing a size small. Finding the right size is easy to do, just follow the steps below.

#### 1. Find your base size:

The first step in finding your size is taking your measurements and comparing them to the measurements on the size chart. When selecting your base size, your chest and hip measurements are going to be the most important. The best way to get a feel for how the Sunday will fit is to compare the finished garment measurements (FGM) of your size to the measurements of a tee shirt you own.

#### 2. Check to see if you need any pattern adjustments:

The Sunday V Neck is easy to lengthen or shorten. You can also adjust the length of the sleeves! You can also blend between sizes if your chest, waist, and/or hips fall into different sizes!

### SIZE CHART:

<i>inches</i>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>CHEST</b>	32-33	34-35	36-37	38-39	40-43	44-46	47-48	49-50	51-52	53-54
<b>WAIST</b>	24-25	26-27	28-29	30-32	33-35	36-39	40-41	42-43	44-45	46-47
<b>HIPS</b>	34-35	35-36	37-38	39-41	42-45	46-49	50-51	52-53	54-55	56-57

<i>cm</i>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>CHEST</b>	81-84	86-89	91-94	95-99	102-109	110-117	119-122	124-127	130-132	134-137
<b>WAIST</b>	61-64	66-69	71-74	76-81	84-89	91-99	101-104	107-109	111-114	116-119
<b>HIPS</b>	86-89	89-91	94-97	99-104	107-116	117-125	127-130	132-135	137-140	142-145

## FINISHED GARMENT MEASUREMENTS:

<i>inches</i>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>CHEST</b>	39	41	43	45	48	51	54	56	58	60
<b>HIPS</b>	38	40	42	44	47	50	53	55	57	59
<b>WAIST</b>	38	40	42	44	47	50	53	55	57	59
<b>BICEP</b>	14	14.5	15	15.5	16.5	17.5	18	18.5	19	19.5
<b>SIDSEAM</b>	16.0	16.2	16.5	16.7	16.9	17.0	17.1	17.3	17.4	17.5

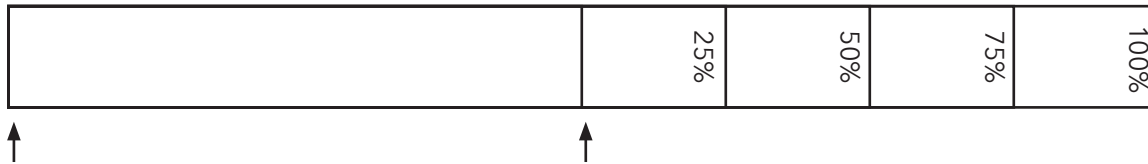
  

<i>cm</i>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>CHEST</b>	99	104	109	114	122	130	137	142	147	152
<b>HIPS</b>	97	102	107	112	119	127	135	140	145	150
<b>WAIST</b>	97	102	107	112	119	127	135	140	145	150
<b>BICEP</b>	35	37	38	39	42	44	46	47	48	50
<b>SIDSEAM</b>	41	41	42	42	43	43	43	44	44	44

## FABRIC:

For the Sunday V Neck you will need knit fabric with at least 25% stretch. If you want it to have that classic tee shirt look, cotton jersey is the perfect fabric for this project! Avoid fabrics that are thick or heavy fabrics.

### STRETCH % GUIDE



Hold a piece of unstretched fabric and line the ends up at the two arrows. Keeping one end at the first arrow, stretch the other end to the 25% line. As long as it can stretch to that line, your fabric is suitable.

## YARDAGE REQUIREMENTS:

Below you will find the yardage needed for making the entire v neck or the individual components! You may need to purchase extra yardage if your fabric has a heavy nap, is directional or striped, or has an obvious repeat.

Sunday V Neck in all one color:

<i>yards</i>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>45" wide</b>	1.5	1.5	1.5	2	2	2	2.25	2.25	2.25	2.25
<b>54" wide</b>	1.33	1.33	1.33	1.45	1.45	1.45	2	2	2	2
<b>60" wide</b>	1.33	1.33	1.33	1.33	1.33	1.33	1.5	1.5	1.5	1.5

<i>metres</i>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>114 cm wide</b>	1.37	1.37	1.37	1.83	1.83	1.83	2.06	2.06	2.06	2.06
<b>137 cm wide</b>	1.22	1.22	1.22	1.33	1.33	1.33	1.83	1.83	1.83	1.83
<b>152 cm wide</b>	1.22	1.22	1.22	1.22	1.22	1.22	1.37	1.37	1.37	1.37

Body:

yards	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>45" wide</b>	1.13	1.13	1.13	1.4	1.4	1.4	1.6	1.6	1.6	1.6
<b>54" wide</b>	.8	.8	.8	.9	.9	.9	1.33	1.33	1.33	1.33
<b>60" wide</b>	.8	.8	.8	.8	.8	.8	1.18	1.18	1.18	1.18

metres	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>114 cm wide</b>	1.03	1.03	1.03	1.28	1.28	1.28	1.46	1.46	1.46	1.46
<b>137 cm wide</b>	.73	.73	.73	.82	.82	.82	1.22	1.22	1.22	1.22
<b>152 cm wide</b>	.73	.73	.73	.73	.73	.73	1.08	1.08	1.08	1.08

Sleeves:

yards	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>all widths</b>	.5	.5	.5	.55	.55	.55	.6	.6	.6	.6

metres	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>all widths</b>	.46	.46	.46	.5	.5	.5	.55	.55	.55	.55

Collar:

yards	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>all widths</b>	.13	.13	.13	.13	.13	.13	.13	.13	.13	.13

metres	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>1X</b>	<b>2X</b>	<b>3X</b>	<b>4X</b>
<b>all widths</b>	.12	.12	.12	.12	.12	.12	.12	.12	.12	.55

**NOTIONS:**

- Stretch machine needle
- Matching thread



You are so creative and amazing, and this tee is going to be SO COOL! I hope the process of making it brings you as much joy as you will get from wearing it!

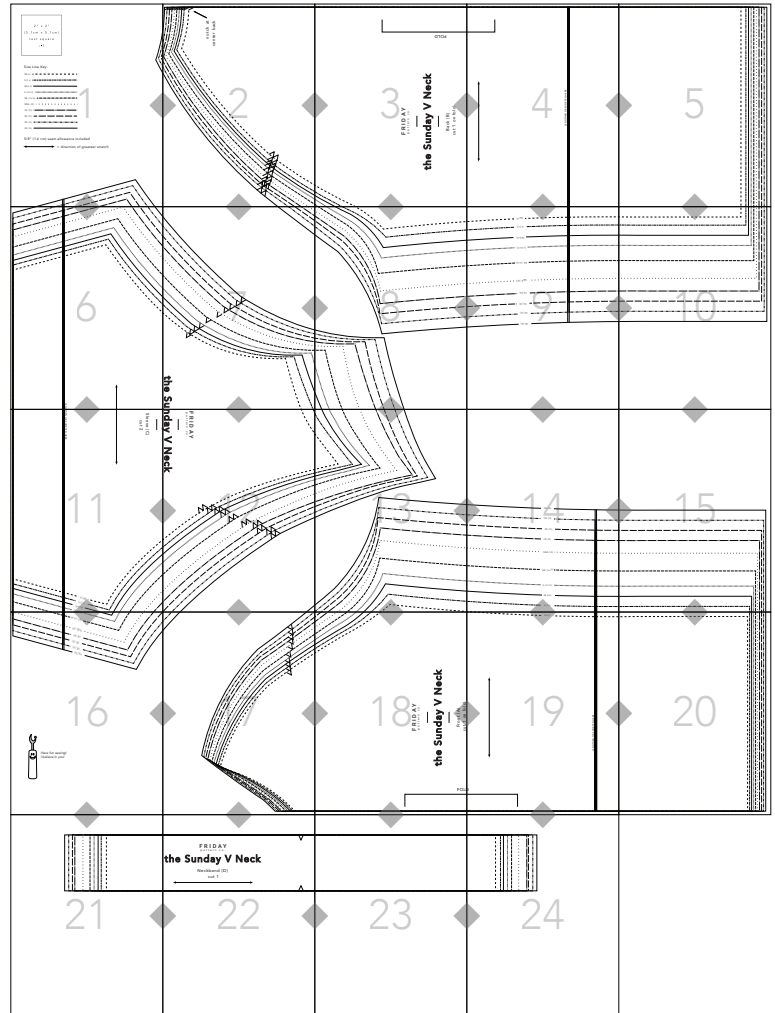


## PRINT YOUR PATTERN:

For a full tutorial on printing and assembling PDF patterns visit:  
[fridaypatterncompany.com/pages/printing-and-assembling-pdf-patterns](http://fridaypatterncompany.com/pages/printing-and-assembling-pdf-patterns)

Your PDF pattern can be printed on letter sized (8.5 x 11 in) or A4 paper. When you print, make sure you select "Actual Size" or scale to 100%. Do not select "scale to fit". You may want to print page 1 first and double check the 2"x 2" test square before printing the rest of your pattern. If your pattern isn't printing centered on the page, change the orientation to "Auto portrait/landscape".


Once printed, piece your pattern together by putting the pages in numerical order and matching up the gray diamonds on the pages.



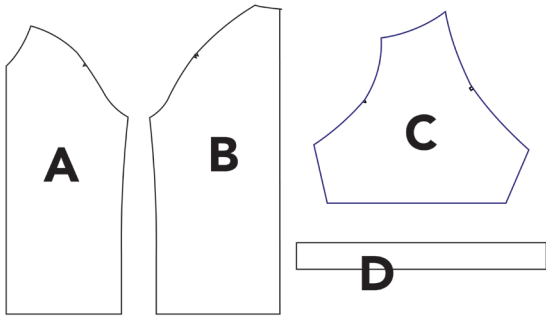
## PRINTING LAYERS:

Your PDF pattern file is layered so you can print out just the sizes that you want. To view the layers you need to download Adobe Acrobat Reader (it is free).

To print the pattern and select layers:

- Download the pattern and open it in Adobe Acrobat Reader.
- Click the icon that looks like 3 squares falling from the sky to view layers. 
- Uncheck the sizes that you don't want to print. Be sure to leave the "All Sizes" layer visible.

## PIECES:



Front (A) - Cut 1 on fold

Back (B) - Cut 1 on fold

Sleeve (C) - Cut 2

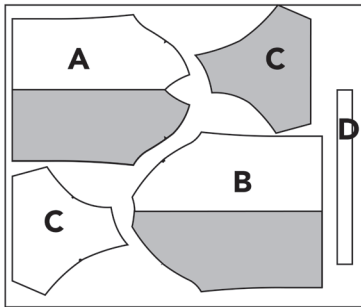
Neckline binding (D) - Cut 1

## CUTTING LAYOUTS:

You may need to purchase extra yardage if your fabric has a heavy nap, is directional, striped, or has an obvious repeat. Grayed pattern pieces indicate that it will save yardage to open the fabric and refold to cut pieces as shown. If you are opening up your fabric, make sure you are flipping your pattern piece so that you cut a set (left and right) instead of two of a kind (e.g., two left sleeves).

XS - M // 45" Wide Fabric

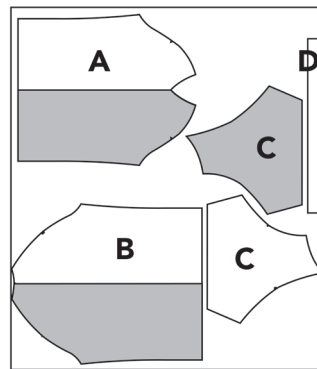
selvage



selvage

XS - M // 54-60" Wide Fabric

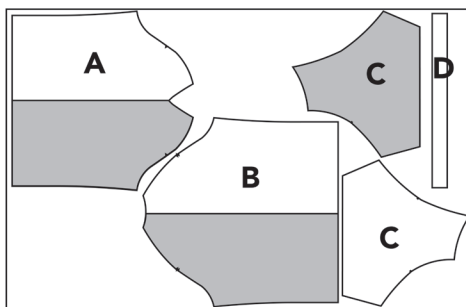
selvage



selvage

L - XXL // 45" Wide Fabric

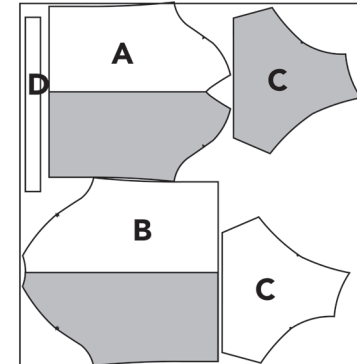
selvage



selvage

L - XXL // 54" Wide Fabric

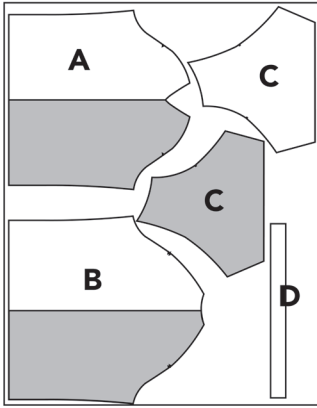
selvage



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L - XXL // 60" Wide Fabric

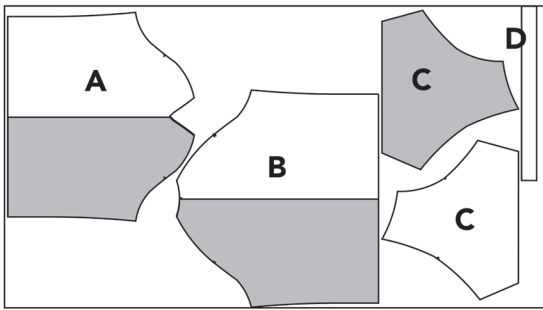
selvage



selvage

1X - 4X // 45" Wide Fabric

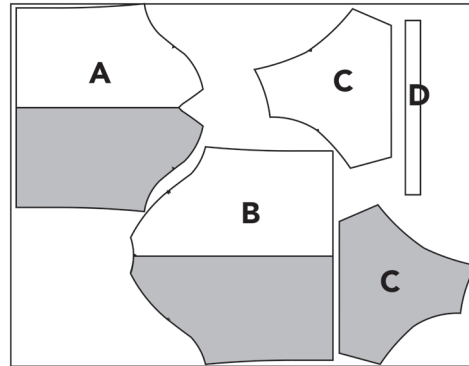
selvage



selvage

1X - 4X // 54" Wide Fabric

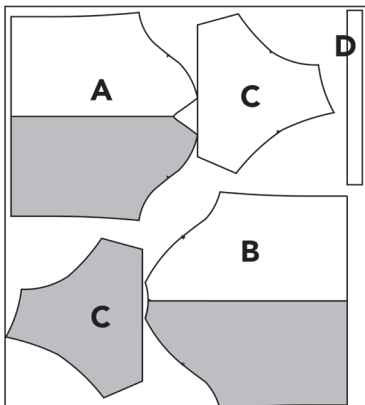
selvage



selvage

1X - 4X // 60" Wide Fabric

selvage



selvage

## SEWING WITH KNITS:


Sewing with knits can be daunting but trust us, you can do this! In some ways, knits are easier than wovens because they are more relaxed and easy to fit. It all comes down to the correct materials and stitch selection. Beyond that, there are a few important rules to follow when sewing with knits:


- Use a stretch or ballpoint needle in your machine.
- Wherever it says “stitch” in this pattern, use a stitch that can stretch! Most machines have a stretch stitch that looks like a lightning bolt or you can use a zig-zag stitch (we recommend a stitch setting of 2.5 mm long x 2.5-3 mm wide).
- Make sure your tension is correct. Test a scrap of fabric to make sure your stretch stitch looks right on your fabric. Make sure that your fabric is feeding nicely through your machine. You should not have to pull or push it. Forcing the fabric will cause warping.
- Don’t start sewing right at the edge of the fabric. Some machines want to pull knit fabrics down into the feed dogs when you try to start sewing right at the edge of the fabric. It is okay to lower your needle into the fabric about 1/4” in from the edge of your fabric. You can always back stitch after you start sewing and you have a 5/8” seam allowance to work with so any openings will be sewn into the seams.
- If your fabric is a bit wavy after stitching, use a steamy iron on it and your seams will flatten out.
- These instructions tell you how to sew this tee on a home sewing machine. Though serging is not necessary with knits, you can use one for a professional looking finished garment!

## NOTES ON THIS PATTERN:

- The seam allowance for this pattern is 5/8” (1.6 cm) unless otherwise stated.
- Terms in ***italics*** are defined in the glossary at the end of this pattern.

## ILLUSTRATION COLOR KEY:

 Wrong side of fabric

 Right side of fabric

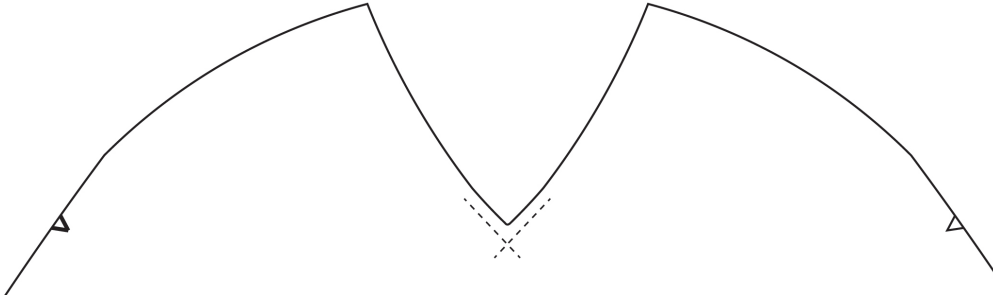
## PREP:

- Pre-wash and dry your fabric. You will be so bummed if your fabric shrinks after you’ve sewn it up!
- Find your size. Measure your bust, waist, and hips. Cross reference your measurements with the size chart to find your size. Make any pattern adjustments that are necessary.
- Cut your pattern pieces out of your fabric.
- Snip in 3/8” at all notches.
- Thread your machine, load up a bobbin, and get ready to sew up an awesome tee!

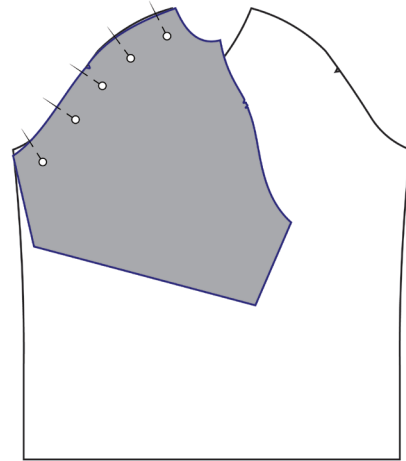


## SEWING:

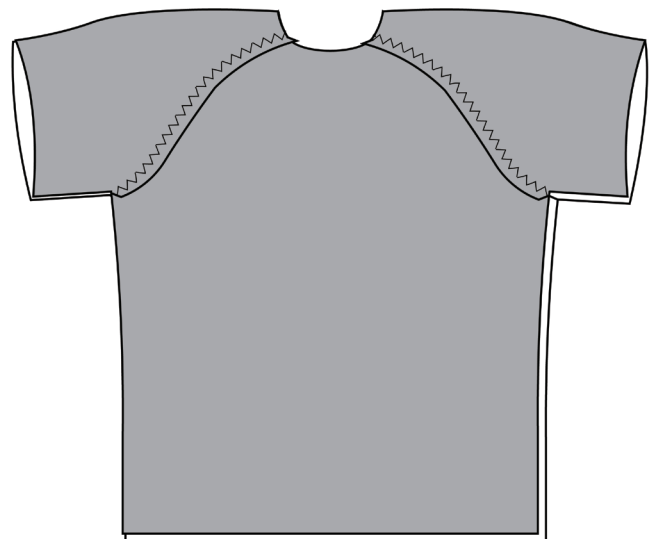
1. Grab Front Piece (A). Using a long straight basting stitch, starting about an inch from the point of your 'V' stitch down to the end of the 'V', 3/8" from the edge of the fabric. Repeat that coming down the other side of the 'V' so that your stitches cross at the bottom of the 'V'.



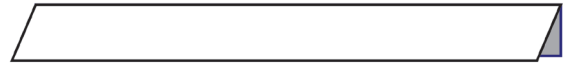
2. Right sides together, pin Front piece (A) to Sleeve piece (C) along sleeve line, matching notches. Stitch together using a 5/8" seam allowance. Trim away excess seam allowance, press. Repeat on other side.



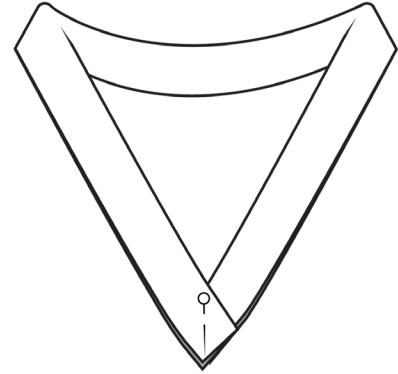
3. Right sides together, pin Back piece (B) to Sleeve piece (C) along sleeve line, matching notches. Stitch together using a 5/8" seam allowance. Trim away excess seam allowance, press. Repeat on other side.



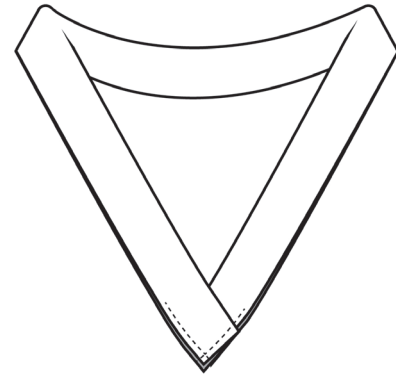
4. Take Neckline Binding piece (D) and fold it in half lengthwise, wrong sides together. Press the fold.



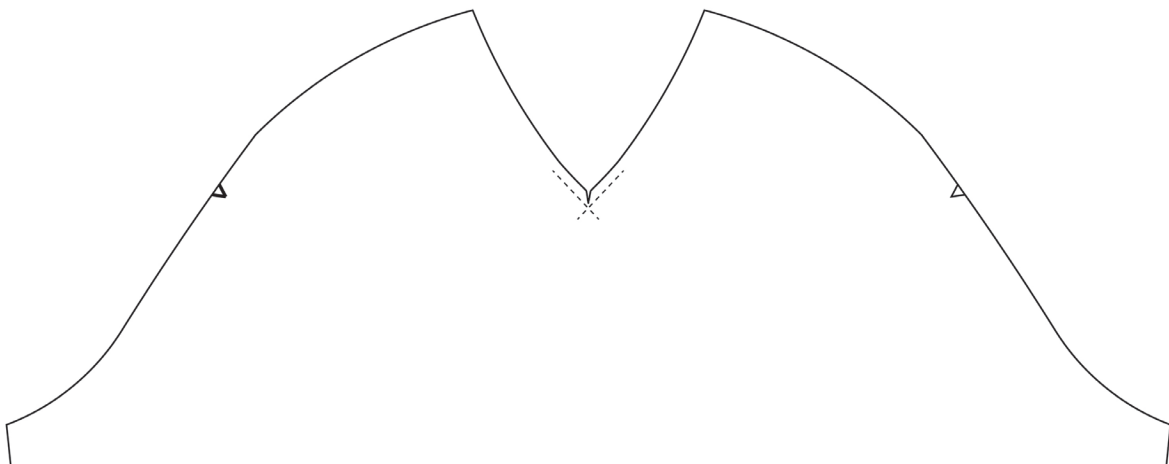
5. Right sides together, overlap the ends of your neckline binding and place a pin to hold it in place.



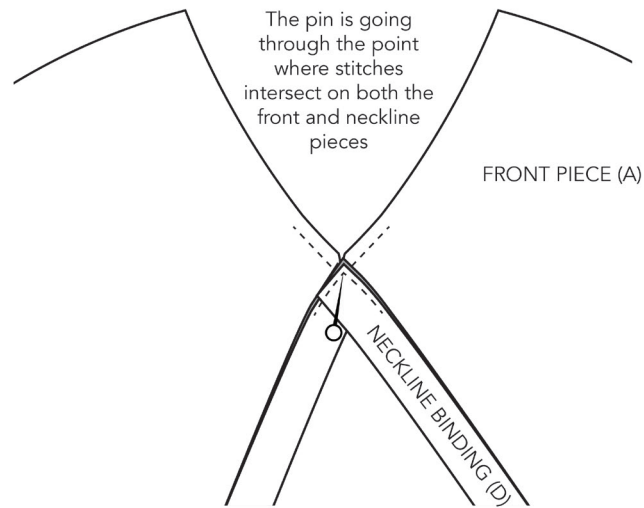
6. Using a long straight basting stitch, starting about an inch from the point of your 'V' stitch down to the end of the 'V', 3/8" from the edge of the fabric. Repeat that coming down the other side of the 'V' so that your stitches cross at the bottom of the 'V'.



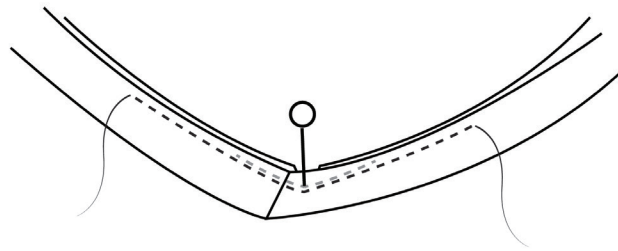
7. Grab Front piece (A). At the center front of your neckline snip in right up to the basting stitch you made in step 1 without snipping through it.



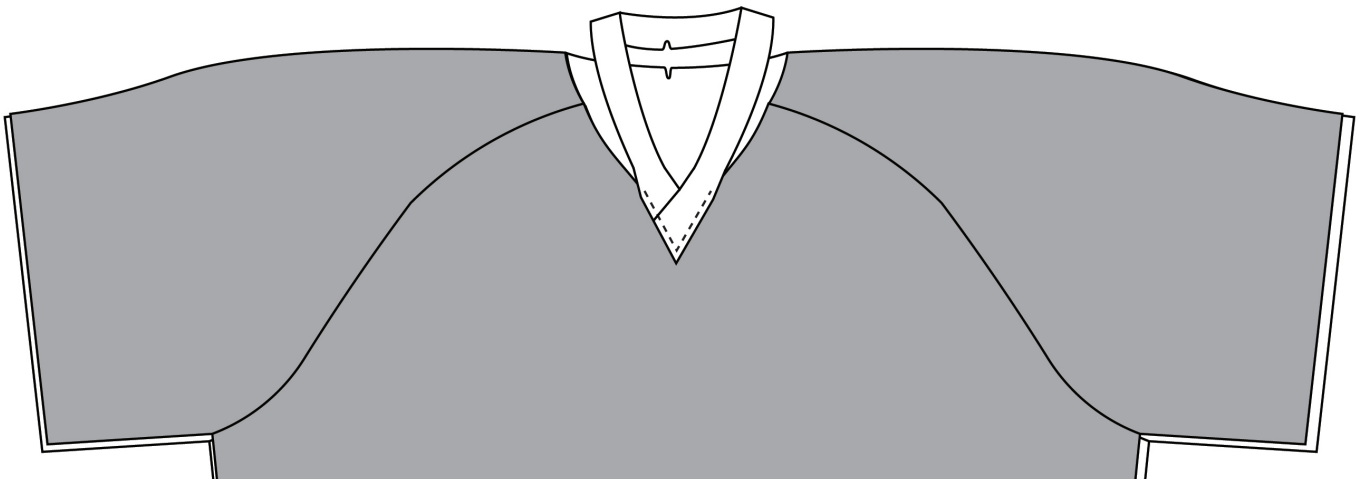
8. This step will be easiest to do on a flat surface. Right sides together, place neckline on body like the diagram below. Stick a pin straight through the point that your basting stitches intersect on your binding piece and then through the point where your basting stitches intersect on your body piece.



9. Have the pin hold that spot in place as you pivot your project to pin the side of your neckline in place on either side of the 'V'. Your neckline will open up at the snip you made. Place a pin at the center point of your neckline and remove the pin you had holding your point in place.

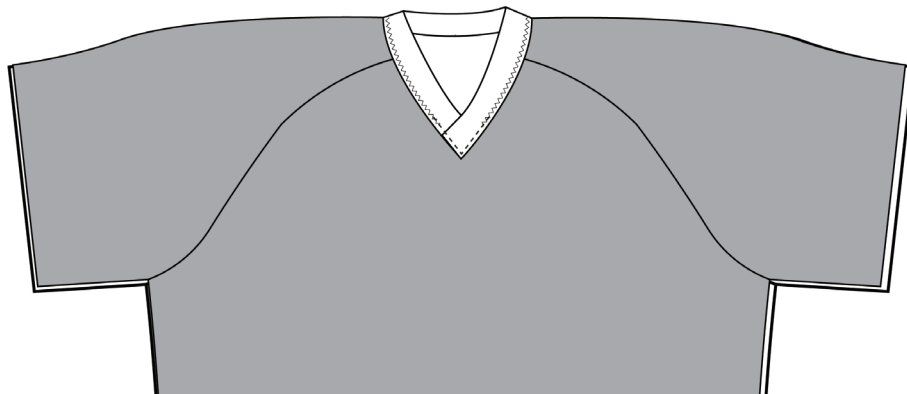
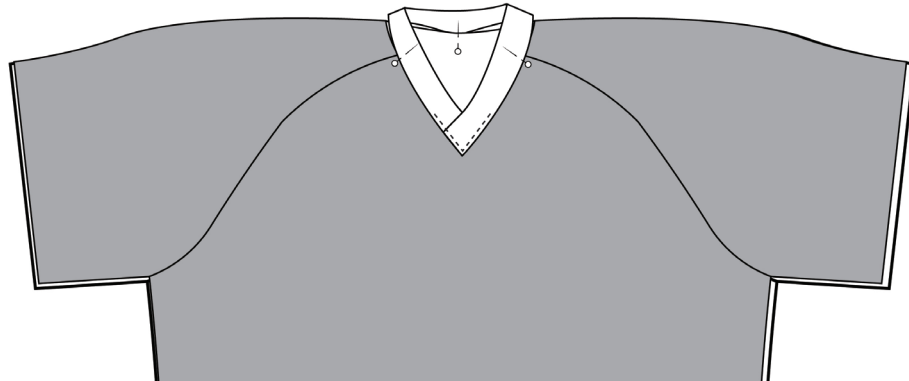


10. Flip your top wrong side out. You can use a regular straight stitch (2.2 mm) to sew this part of your neckline in place. Starting an inch or two above the point of the 'V', stitch down your 'V', 1/2" from the edge. When you get to the point of your 'V', lower your needle, lift your presser foot, and pivot your project. Sew an inch or two down the other side of your 'V'.



11. Give your 'V' a good press. Press your seam allowance downward, away from your neckline. If you have any puckers that don't press out, just take out a few stitches and re-stitch it. Remove any visible basting stitches.

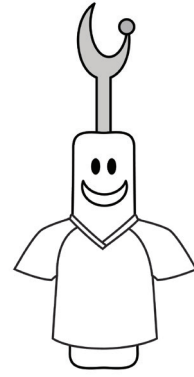
12. Okay cool! We are past the hardest part! It is smooth sailing from here on out. Next stop T-Shirt Town. Right sides together, pin the rest of your binding to your neckline. Match the notches at center back. You will pull slightly on the binding as you sew. Use the stretch stitch you were using before you started on the neckline and a 1/2" seam allowance. Once your neckline is sewn, press it so that the seam is going toward the body of the tee. OPTIONAL: You can use a narrow zig zag or twin needle to topstitch the seam allowance down around the neckline.



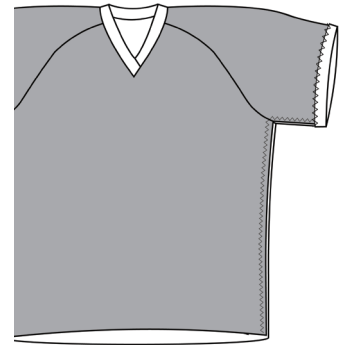
13. Right sides together, starting at your sleeve hem, pin your front to back. Match underarm seams. We will sew the underarm and side seam all in one go, using a 5/8" seam allowance and a stretch stitch. Trim away excess seam allowance, press. Repeat on other side!



14. OMG! We just have the hems and we are done! Try the shirt on to make sure you like the sleeve and body lengths. You can shorten it at this point if you want.



15. Fold the sleeve hem under 1/2" and press/pin in place. Use a zig zag or twin needle to sew around the hem. Sew 1/2" from the edge of your fabric so that you are sewing right over the raw edge of your fabric, giving it a professional looking finish on the inside! Repeat on other side.



16. Try the shirt on to make sure you like the length. You can shorten it at this point if you want. Fold the shirt hem under 1/2" and press/pin it in place. Hem it in the same way that you hemmed the sleeves.

