

### MATERIALS LIST

- [Whistles Shirt Pattern](#) (Short Sleeve, View B) included in Bells and Whistles Shirt pattern (printed)
- [Sew Confident! Whistles Shirt Kit](#) featuring Noelle Phares fabric panels (optional purchase)
  - Kit A - [Blue, Turquoise and Brown River](#)
  - Kit B - [Peach & Slate Blue Mountain Range](#)
    - *\*Please follow the cutting layouts at the end of this document closely to get the shirt in 3 panels*
- Panel Yardage for Shirt
  - 100% Cotton - 3 panels 40" x 32" each, all sizes, long or short sleeves
- Or, Running Yardage for Shirt
  - 45" wide XS-M - 3 yards, L-XXL - 3 ½ yards
  - 60" wide XS-M - 2 ⅞ yards, L-XXL - 2 ½ yards
- ¼ yard Lightweight Fusible Interfacing
- 4 - ⅝" Dia. Buttons
- 1 spool 100% Cotton Thread
- 70/10mm Universal Machine Needle
- Hand Sewing Needle
- Thimble (optional)
- 3 spools Isacord Thread or other overlock thread to match
- [Fusi-Web](#)
- 1 Manilla File Folder
- [Rotary Cutter](#) - recommended but [Shears](#) are fine
- Trimming [Scissors](#) or Snips
- [Glasshead Silk Pins](#)
- [Chakoner](#) or other Chalk Marker
- Pattern Weights
- Straight Edge Ruler
- [Seam Gauge](#)
- [Seam Ripper](#)
- Point Turner
- [Seam Gauge](#)
- [Seam Ripper](#)
- Walking Foot (or engage Even Feed feature)
- Edgestitch Foot
- [Tailor's Ham](#)
- Point Presser
- [Sleeve Board](#)
- [Seam Roll](#)
- Steam Iron

*You will need a sewing machine that has been cleaned and oiled and is in good condition. If your machine also embroiders and has a 9mm throat plate, you may want to invest in a 5mm-wide throat plate or a single hole plate. If you have the even-feed feature on your machine, engage it. If not, add a walking foot, if possible.*

*An overlock machine (serger) is recommended but not required.*

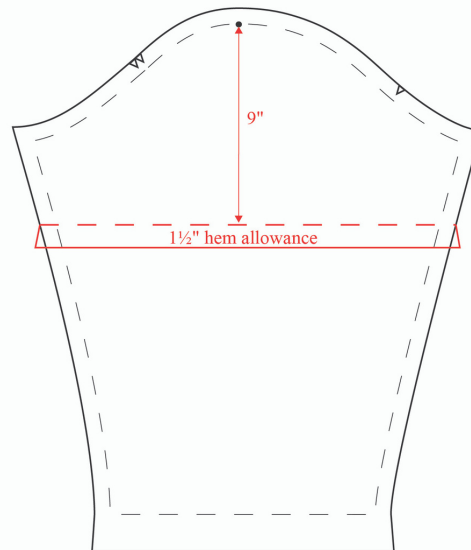
## PREPARATION

Plan to have the following work done before the start of the video class.

### Pattern Work

Order the Bells and Whistles printed pattern.

We are making View B of the shirt with short sleeves. To shorten the sleeve, measure down 9" from the dot at the top of the sleeve. Then draw a perpendicular line, which is the finished length and add a 1½" hem. Then, fold the pattern up along the finished length line and shape the side edges to the profile of the sleeve.



If you choose to make a long sleeve version, you may want to order an extra panel in order to have some extra room for design options in your layout.

Determine your size using your full bust measurement. Refer to the back of the pattern envelop to find the Size Measurements Chart. Use this chart to find your full bust measurement and select that size. Then measure the bust and hip circumferences on the pattern. Compare the finished measurements to your bust and hips sizes and you will know how much design ease is built into the pattern. You will need at least 6" of ease in the bust and hips.

Trace or cut out your pattern pieces, lightly press, and make any fitting adjustments to the pattern.

#### **Fabric Prep**

If you are planning to launder your shirt, pre-wash and dry your fabric.

You will be using the borders printed on the panels to establish the straight of grain. If you are not using a panel-printed fabric, then pull a thread or tear the fabric on the crossgrain to establish straight of grain.

#### **Prepare Pressing Templates**

Using a manilla file folder, cut 3 templates using a rotary cutter and ruler.

1 ½" W x 11"

1 ⅛" W x 11"

2" W x 11"

#### **Cutting Out**

Using the cutting layouts included with this document, lay out your pattern pieces using pattern weights or pins. Use a rotary cutter to cut out your pieces. Before moving the cut pieces from your table, snip into the seam allowances at the notches — one snip for one notch, two snips for a double notch. Use tailor's tacks to mark the dots.

You will interface the *under collar only*. Further instructions included in the video.

***Refer to the next page for short sleeve and long sleeve cutting layouts for Kit A and Kit B.***

Clean and oil your sewing machine, wind a bobbin (remove any other thread that might be wound on your bobbin), thread your machine, and sit back and wait for the class video. You are all set!

#### **Video Access**

The class video will be available for viewing May 21, 2021. Details and links for accessing the class video and the follow-up Zoom Q&A sessions will be sent to you prior to the class in a separate email. Don't forget to save the link to your course pages for quick access to all things Sew Confident!



# WHISTLES SHIRT - KIT A

BLUE, TURQUOISE AND BROWN RIVER

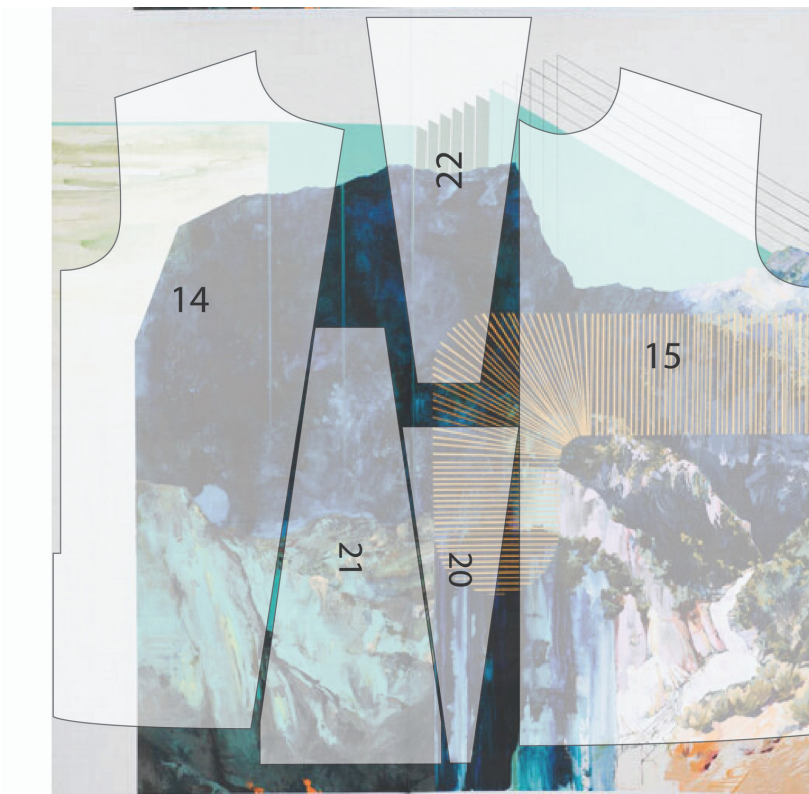




# WHISTLES SHIRT - KIT A

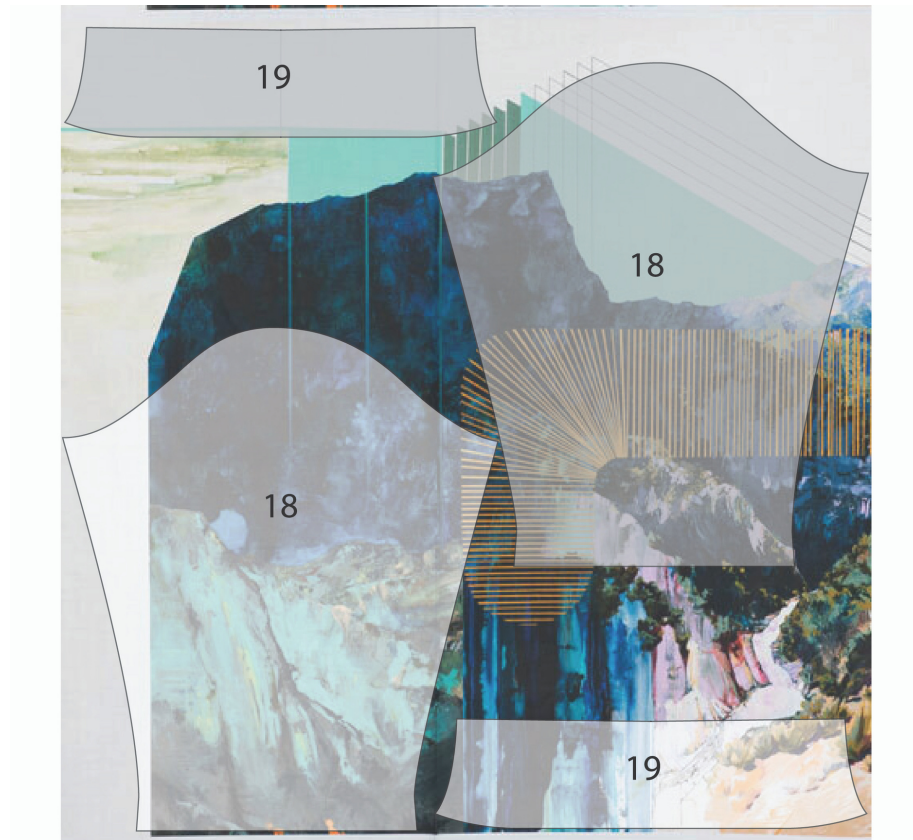
## BLUE, TURQUOISE AND BROWN RIVER CUTTING LAYOUT LONG SLEEVE

If you choose to make a long sleeve version, you may want to order an extra single panel in order to have some extra room for design options in your layout.



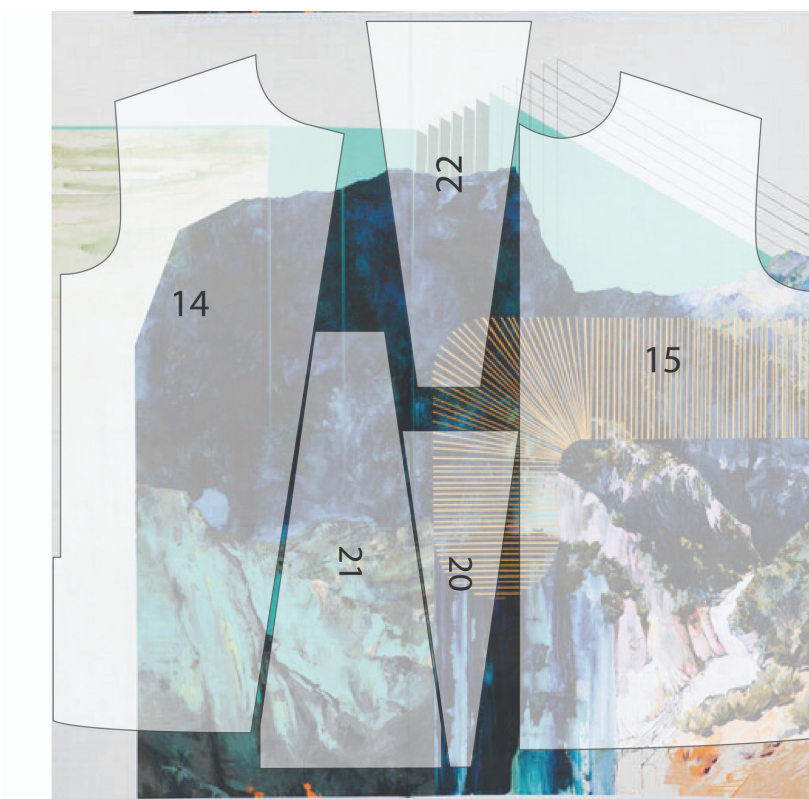
# WHISTLES SHIRT - KIT A

BLUE, TURQUOISE AND BROWN RIVER CUTTING LAYOUT  
LONG SLEEVE



# WHISTLES SHIRT - KIT A

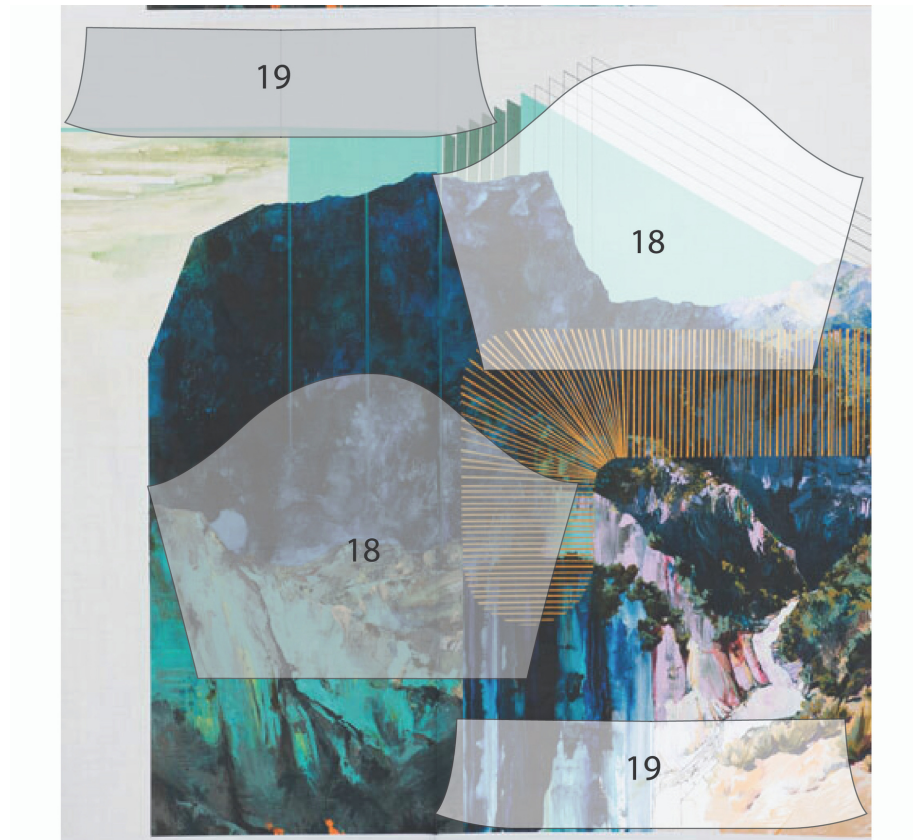
BLUE, TURQUOISE AND BROWN RIVER CUTTING LAYOUT  
SHORT SLEEVE





# WHISTLES SHIRT - KIT A

BLUE, TURQUOISE AND BROWN RIVER CUTTING LAYOUT  
SHORT SLEEVE





# WHISTLES SHIRT - KIT B

PEACH & SLATE BLUE MOUNTAIN RANGE

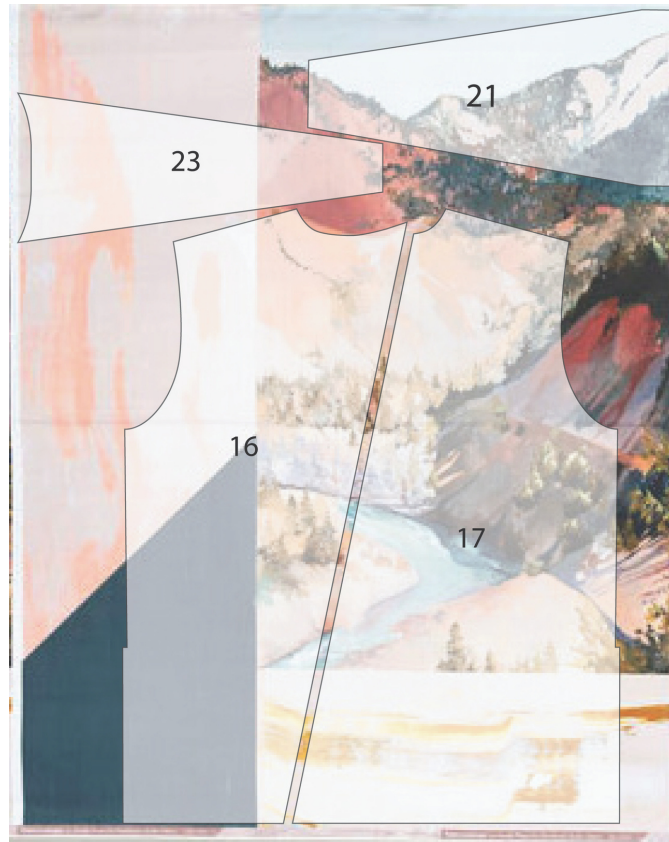




# WHISTLES SHIRT - KIT B

## PEACH & SLATE BLUE MOUNTAIN RANGE CUTTING LAYOUT LONG SLEEVE

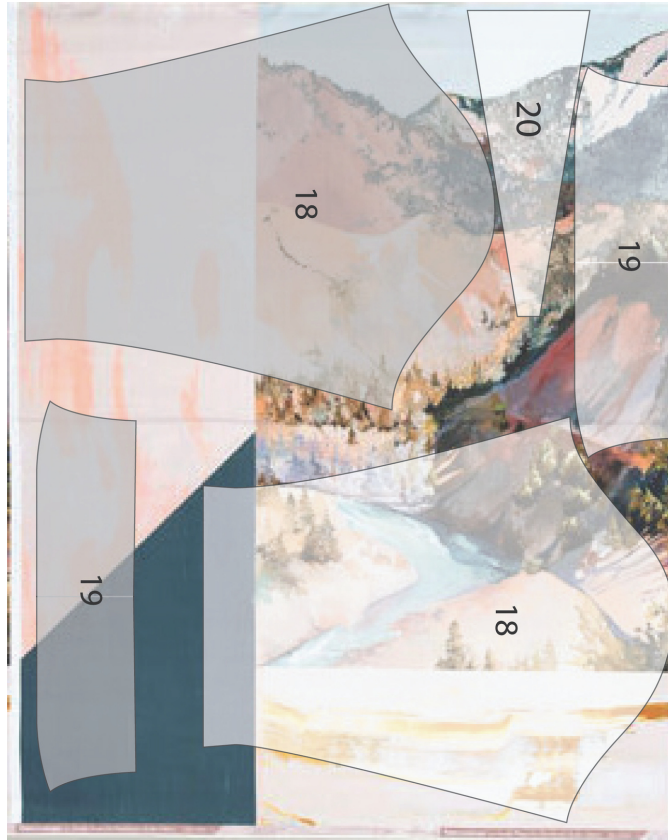
If you choose to make a long sleeve version, you may want to order an extra single panel in order to have some extra room for design options in your layout.





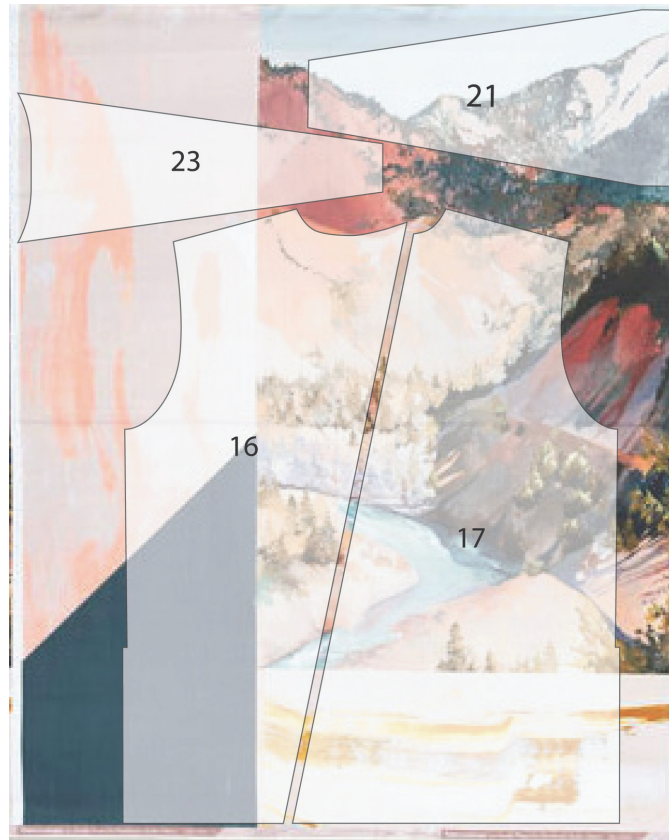
# WHISTLES SHIRT - KIT B

PEACH & SLATE BLUE MOUNTAIN RANGE CUTTING LAYOUT  
LONG SLEEVE



# WHISTLES SHIRT - KIT B

PEACH & SLATE BLUE MOUNTAIN RANGE CUTTING LAYOUT  
SHORT SLEEVE



# WHISTLES SHIRT - KIT B

PEACH & SLATE BLUE MOUNTAIN RANGE CUTTING LAYOUT  
SHORT SLEEVE

