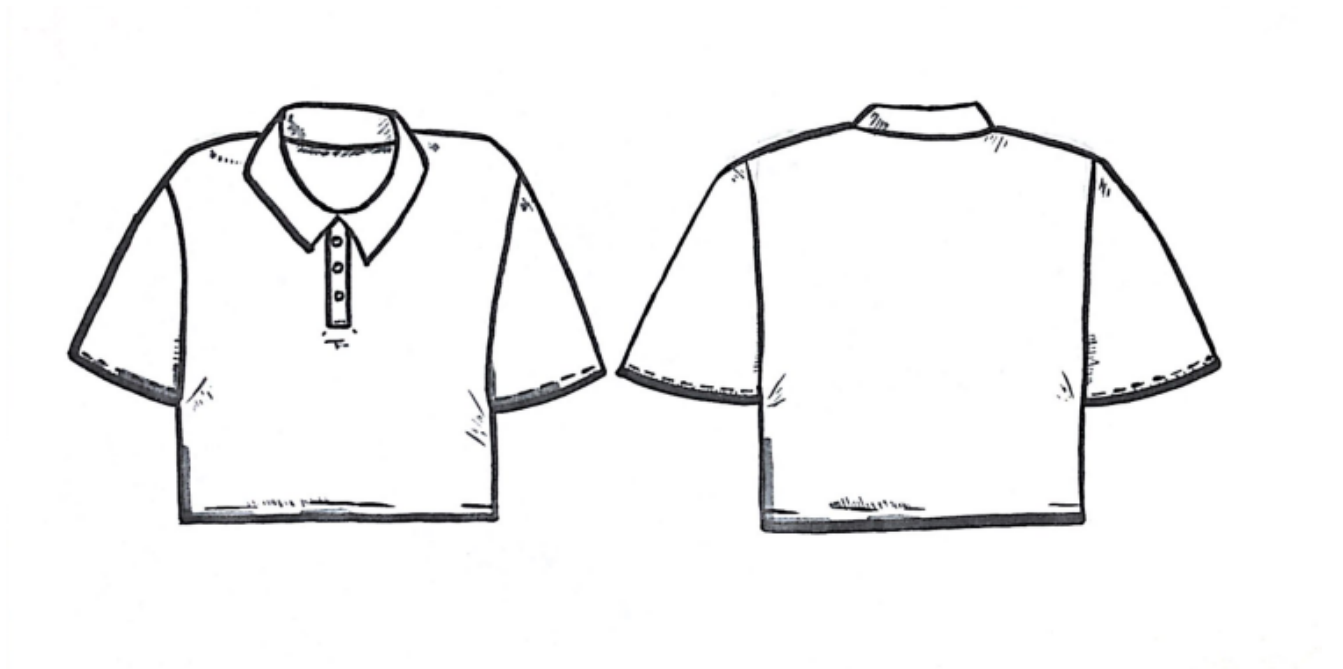


LILLIANA

SILA

A SUNFLOWER'S SIGN



Description

Sila is a cute and modest cropped polo top. A perfect pair-up for any aesthetic outfit!

This document includes:

- Simple step-by-step instructions
 - Sizes and Measurements
 - Material and Equipment Needed
 - Aesthetic Photography Ideas
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Sizes/Measurements

Size	Length (cm)	Width (cm)
10	39.4	55
11	41.1	60
12	43.1	65
13	44.9	70
14	45.9	75
15	46.3	80
16	46.5	85
17	46.7	88
18	46.9	92.5

Size	Sleeves Length (cm)	Collar (cm)
10	15.5	10
11	16.2	10.5
12	17	11
13	17.5	11.5
14	18	12
15	18.3	12.5
16	18.5	13
17	19	13.5
18	19.6	14

Materials & Equipment Needed

Equipment: Sewing Machine, Fabric Scissors, Ruler, Tailor's Chalk/Water-Removable Pen, Iron, Ironing Board, Pins, Seam Ripper/Picker, Pattern Paper

Material: 1-2 Meters of White Cotton Fabric (depending on measurements), White thread, Three white/clear buttons, fusible interfacing

Instructions

❖ Prepare Pattern

Base Pattern

- With a long ruler, rule a constructing line horizontally on your pattern paper and label it 'A1'
- Mark 'B1' 6.5cm from 'A' (Standard measurement for front neck depth)
- Following line 'A', mark a 7.5cm dot on the horizontal line and name it 'C' (Standard measurement for neck depth width [If alteration needed add 0.5cm])
- Using a curved ruler, draw a curved line from 'C' to 'B1' using a fashion ruler (or sketch by hand)
- For 'D', mark half of your shoulder width on line 'A' ($\text{Shoulder width} \div 2$)
- Mark 'B' 2cm below 'A' (Standard measurement for back neck depth)
- For 'D', mark half of your shoulder width on line 'A' ($\text{Shoulder width} \div 2$)
- Draw another construction line from the start of 'D'
- Mark 'E' 2cm from 'D' vertically down with a dot
- From 'C' to 'E', draw a straight line to connect the two
- The length from 'A' to our new mark ('F') is mark 'A' - 'D' + 2cm
- Mark that vertically downward from the start of line 'A' with a dot and name it 'F'
- Draw a horizontal line from 'F' and stop when reaching directly under 'D'
- Name the intersection of 'F' and 'D' as 'G'
- 'F' to 'H' is $\frac{1}{4}$ of your chest circumference ($\text{Chest circumference} \div 4$)
- Mark 'I' as the halfway point of 'E' and 'G' and label it
- 'I' to 'J' is a 0.5cm measure horizontally inward (back armhole)
- Connect points 'E', 'J' and 'H' with a french curve
- For the front armhole, measure 1.5cm from 'I' and label it 'J1'

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- Using your fashion ruler, draw a curved line connecting 'E', 'J1' and 'H'
 - 'A' to 'K' is the length of your crop top polo shirt
 - Mark point 'K' and draw a horizontal construction line
 - 'K' to 'L' is the same measurement as your previous 'F' to 'H', mark 'L'
 - Draw a straight line connecting 'H' and 'L'
 - Write a draft reference (back armhole + front armhole in cm/inches)
 - Write a draft reference (Front neckline + Back neckline in cm/inches)
 - Mark the placket opening 10cm vertically downward from B1
 - 0.5cm from the starting point of B1, follow the line and mark it
 - Connect your previous mark with the 0.5cm mark with a slanted line (this will be the stitching line for the placket opening)
 - Draw a dotted line for the necessary seam allowance for the neckline: 0.5cm with a dotted line
 - 1.5cm allowance for shoulders
 - 1cm for armhole
 - 1.5cm for side
 - 3cm for the bottom

Sleeve Pattern

- Divide your armhole measurements by two and write them down
- Draw a construction line
- Mark the horizontal corner as point 'A'
- 'A' to 'B' is your sleeve length (7-10cm in the standard sleeve length)
- 'A' to 'C' is 12cm or less (depending on preference)
- Draw a horizontal construction line for point 'B' and 'C'
- 'A' to 'D' is half of your armhole measurements
- Measure 'D' diagonally from line 'A' to line 'C', and mark it 'D'
- 'B' to 'E' is half of your arm's circumference. (Divide arm's circumference by 2)
- Connect 'D' to 'E' with a slanted, straight line
- Connect 'A' to 'D' with the same-style, slanted, straight line
- Divide line 'AD' (latest line) into four pieces and mark each 1/4th point, mark these points F, G and H
- 'F' to 'I' is 1.5cm diagonally downward from 'F', dot and mark 'I'

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- 'G' to 'H' is 1cm diagonally downward from 'G', dot and mark 'H'
 - 'H' to 'K' is 0.5cm upward and diagonally from 'H', dot and mark 'K'
 - To create the natural sleeve cup, connect points 'A', 'I' and 'J' with a french curve one a clothing ruler (or sketch by hand)
 - From 'J', 'K' and 'D', draw a slightly-inwardly curved line
 - For the seam allowance (draw with a dotted line):
 - 1cm following the top of the sleeve
 - 1.5cm on the side/underarm
 - 3cm on the hem/bottom of the sleeve

Collar Pattern

- ❖ On your pattern paper, draw a rectangle with a 6cm width and 19.5cm length (alter to fit your measurements/preference)
- ❖ For seam allowance (draw with a dotted line):
 - 0.5cm on all sides

Placket Facing Pattern

- ❖ Draw an 8x12cm rectangle (for the bottom/back placket)
- ❖ 3.5 x 11 cm rectangle for the top/front placket
- ❖ For seam allowance (draw with a dotted line):
 - 0.5cm on all sides

❖ Cut

- Cut out your constructed pattern directly on your dotted (seam allowance) line
 - With a tailor's chalk, mark the seam allowance line on your fabric to know where to fold
- Lay out your pattern spaciouly on a flat surface
- Fold your chosen fabric in half (this is so that you only have to cut one of two sides)
- Lay out folded fabric on top of the pattern paper

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- Using your tailor's chalk, outline the pattern paper as close to the pattern as possible
 - Take off your laid out pattern paper when done outlining
 - Carefully cut the fabric material with fabric scissors

❖ Sew Together

Front & Back Placket

- Take the front piece of your polo shirt as well as your front placket and place the front placket directly on the middle of the shirt's neckline/collar
- Sew only the left side of the placket on
- About 1cm from the front placket, sew the back placket next to it, directly touching the neckline/collar
- Sew only the right side of the back placket on
- Using your fabric scissors and starting from the neckline/collar, cut directly on the line between the front and back placket, leaving 1cm before reaching the end
- Twist the front placket to the top so that it's facing the other side of the fabric
- On the left side of the front placket, sew the placket into place until you've sewn all of it
- Once done, fold the back placket in half and sew about 1cm (at least until it reaches the same length as the front placket or 2cm more)
- Then, take the back placket, twist it and lay it on top of the front placket
- Fold the fabric so the space between the two plackets are closed and ensure there are no creases
- Turn the fabric around and sew a small line following the bottom edge of the front and back plackets
- Turn the fabric around again and sew the a 1cm line following the front placket

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- Turn the fabric horizontal again and sew the same bottom edge of the front and back plackets, only with about 2.5 cm-3 cm apart from the two lines
 - Turn the fabric vertical and hand-sew three clear buttons distanced equally on the front placket
 - Add three holes on the back placket
 - Ensure that you sew these holes to prevent fraying

Main Body of the Polo Shirt

- Line up the shoulder points for the front and back pieces
- Once lined up, only sew the shoulder slants together by hand or with a sewing machine

Bottom Seam Allowance

- Fold the fabric/polo shirt base directly on the marked seam allowance
- Place the end of your shirt vertically on the sewing machine and sew the end of the fabric (not the folded area)
- Do the same for both front and back pieces

Shoulder Slant

- Line up the sewing machine to the place where you sew the two shoulder points together
- Push the seam allowance to one side
- Sew another line 1-2mm from the side
- Do the same for the next shoulder

Neckline/Collar

- Take your collar fabric and turn your fabric inside-out
- With that done, sew your collar fabric directly on the base fabric
- Turn it over and line it up with the plackets and shoulder line

Sleeves

- Sew the two right sides of your sleeve together
- On the line of your sewn shoulder points, insert the sleeves, right sides facing each other
- Align the shoulder notch with the notch at the center of the sleeve
- Sew them together with a straight line with a 1cm seam allowance
- Repeat the same process for the other side
- Spread the shoulder sleeve against exactly above the shoulder notch (pin if necessary)
- Do the same for the other sleeve
- Sew the sleeves onto the bodice/base pattern (zig-zag stitch is recommended)
- Add a border/band of about 2cm width
 - Use excess fabric and add 2cm to your arm circumference
 - Draw this out as your length and add a width of 2cm (or more)
 - Cut out
- Sew the border on (as many times until sew notch is clearly visible)

Side Seams

- Keep your shirt turned inside out and place the front and back side seams against each other perfectly
- Pin/clip them together to ensure no mistakes will be made
- Remember to add a 1cm seam allowance

Bottom Seam Allowance

- Fold the fabric/polo shirt base directly on the marked seam allowance
- Place the end of your shirt vertically on the sewing machine and sew the end of the fabric (not the folded area)
- Do the same for both front and back pieces

Done!

Photography Ideas

- Plain white background
- Succulents
- Hair in bun/out
- Sunflower yellow accessories
- Simple gold necklace
- White choker