

Simplex style AIO (tongue style with pocket)

Pattern drafting and tutorial done by: Krystal Querner

I am in no way associated with Blueberry/Swaddlebees. The finished product may NOT be labeled as a Simplex for resale

As a SAHM with my own income being only that from my crafting, I spent some time trying to decide if I would offer this for free or for purchase. Since i personally dont like to pay too much for patterns, i wasnt going to list it for any more than \$2-\$3. Ultimately though, I'm deciding to leave it up to you :) If you like the pattern and plan on using it, a small contribution for my time would be very much appreciated. If you decide to go that route, your payment can be made to krystal.querter@gmail.com via PayPal

What you'll need!

½ yard of PUL will equal 2 diapers OR 1 diaper cut of PUL no less than 18x21"

"diaper cuts" are not all the same size- please double check before purchasing

1.5 prefolds or similar desired inner material (3 for 2 diapers). minimum 12" wide x 12-15" length

16.5" of elastic cut into 3 5.5" pieces

Plastic snaps (KAM)

Snap pliers or press

Polyester thread

Ballpoint needle for your machine

*optional Teflon foot

Reading your pattern and cutting directions

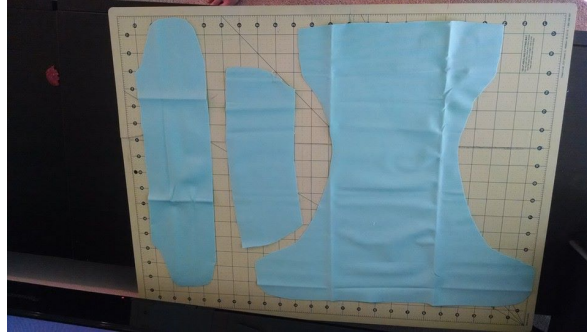
Print out pages 1-3 of the pattern- twice! Then just print the top and bottom of the pattern (8 pages total). Cut and Tape patterns together lining up the large dots along the outer edges. Seam allowance is already accounted for. Be sure to adjust your printer setting so the 1" square prints true to size. Your pattern is at the end of the tutorial.

1st (PUL) cut out the entire pattern along the OUTSIDE of the thick black line. Trace on your fabric and cut from fabric. * not where dot/dash line meets at two points on the inner curve. This is where your elastic will start and stop.

2nd (PUL) cut out just the top of the pattern (number 4) along the dashed and just the bottom of the pattern (number 5) along the dashed line. Trace on fabric and cut from fabric. * not markings of dot/dash lined. This is where your inner soaker layer will be attaching.

3rd (prefold) cut out the pattern along the dots/dash line. Trace on fabric and cut from fabric. *You can easily fold down and hem a prefold that is too long. Or use any fabric you have on hand for this part.

Your finished cut PUL pieces will look like this



They will lie nicely on top of one another like this



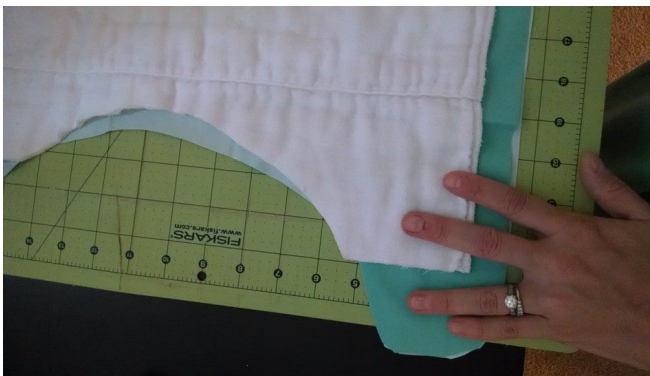
Your starting prefold and then cut and serged to size. You have some flexibility on the finished length of your inner. 15"max to 12"min will fit nicely.



Don't have a serger? Do what Simplex does- fold it down and top stitch making yourself a nice clean hemmed edge



Your final inner will look like this

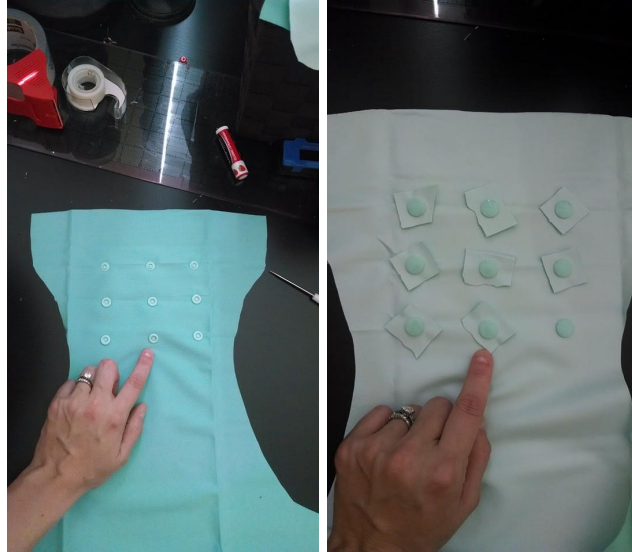


Assembling your cut fabric pieces

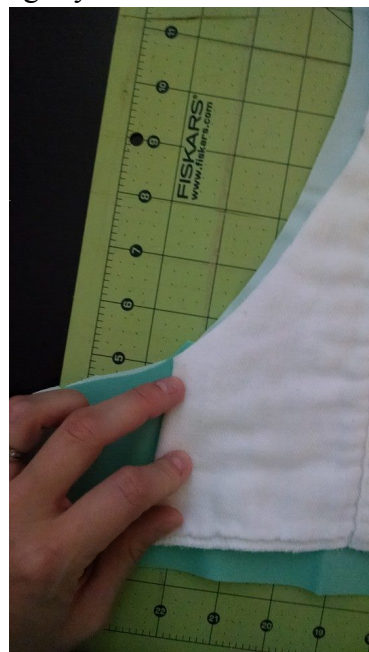
Before doing anything, mark and attach your rise snaps to the main piece of PUL

Thanks to this open design, it is not necessary to add front panel snaps prior to sewing! You should mark them now to make it easier though

You may wish to reinforce the backing of your snaps by adding small pieces of scrap PUL. (oops...missed one!)



1st Locate your cut back piece (number 4 and 5) of PUL and your Inner cut prefold soaker piece. Align the back of the soaker piece with the markings on the left of the number 4 PUL. You may wish to fold in the sides $\frac{1}{4}$ " to create a more sturdy hold. Sew to your PUL making sure the bottom point of your soaker layer aligns with the bottom point of the PUL. Repeat on the other end of the back piece (right side of number 4) and the opposite side with the front piece. Your finished sewn together piece will align with the full PUL piece you cut earlier.
(slightly narrower in the middle)



Your finished attached piece will look like this



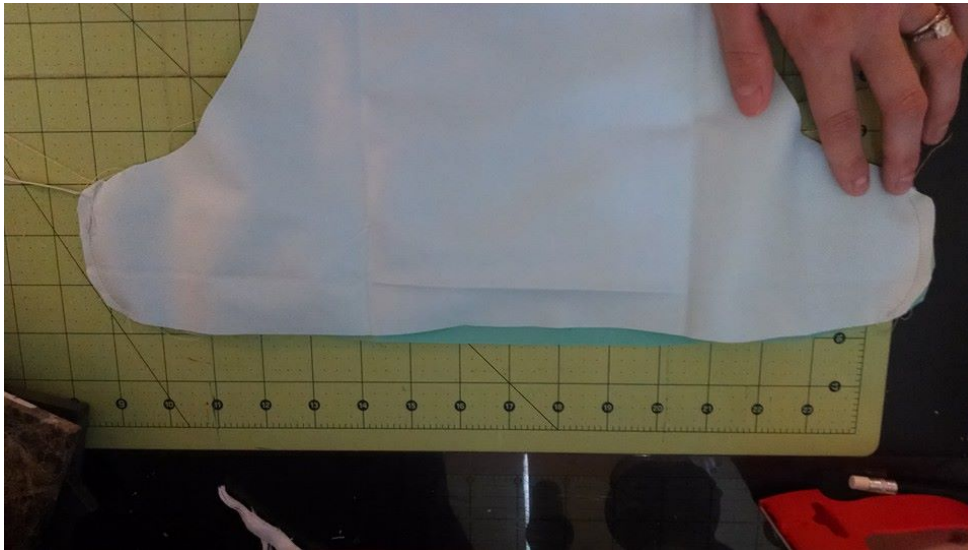
2nd on the back of your back number 4 piece of pul, mark your elastic points and tack down your elastic on either end. *sorry missed a pic. Your tacking your elastic to the underside of the right side of the pic directly above this comment.

3rd Line up your two pieces and sew or serge all the way around. Be sure to pull the inner prefold layer to line up with the PUL as your sewing*lining up the edge of the fabric with the right side of your sewing foot will result in a nice consistent 1/4" seam all the way around. No need to leave a gap for flipping!

Pull can get "sticky" making it hard to sew. A Teflon foot like this white one helps a lot.



Im not a fan of pins, instead, line up your tabs and belly panels and sew your curves first like this. This makes aligning the rest of the diaper MUCH easier while sewing.



Your finished sewn diaper will look like this- note the extra PUL that can be gathered in the middle



Adding LEG Elastics

1st with your diaper still inside out, flip to have the PUL side face UP. Locate the two points on each side at which the PUL meets the prefold inner in the corners. Tack your 5.5" elastics to these points IN THE SEAM ALLOWENCE!



2nd while keeping the elastic stretched, sew down the elastic IN THE SEAM ALLOWENCE using a medium length stitch.

Your sewn elastics will look like this



Prepping and attaching your additional soaker

This is best done with a serger! If you plan on Turning and Topstitching your additional soaker, you may wish to have your 3rd prefold be of a wider variety. I used a 6ply (4,6,4) generic baby r us brand prefold.

1st cut your prefold in thirds. Your center layer just needs to be sewn up the sides. Your left and right pieces can be stacked and serged together. This yields 2 spare soakers. 1 is 6layers, the second is 8layers



Trim to be 14" long



2nd with your diaper right side out and having the inner fabric face up, take one of your soakers and lay it underneath the FRONT of the inner prefold layer- centered and about 1" in. like this



Sew along the edge and about 1/2" up. This will result in a soaker that has two points of security and when folded in, its still 1/2" from the top.





*if your sewing machine doesn't have the ability to remove the front portion (to create a more narrow working area), this part can be done BEFORE attaching to the number 4 and 5 PUL pieces. If done then, you'll need to take extra care to support the added weight when sewing or your prefold inner will get stretched.

This ability makes this step much easier



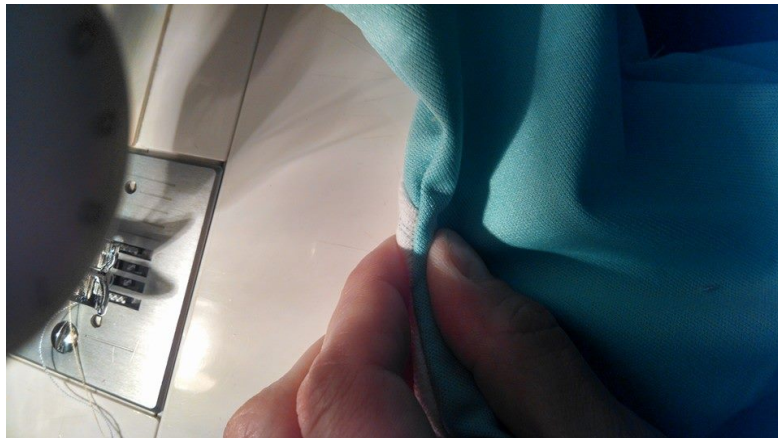
Finishing up

1st flip the diaper right side out. Using a long blunt object or your fingers, ensure all seams are pushed out and tuck the additional soaker inside the pocket.



2nd top stitch the front and back from the elastic points. *Do not top stitch the leg gussets! *take care when top stitching the back elastic so as to not catch it. You'll want to sew AROUND it to create a casing.

This is your starting and ending point on both sides.



Topstitching



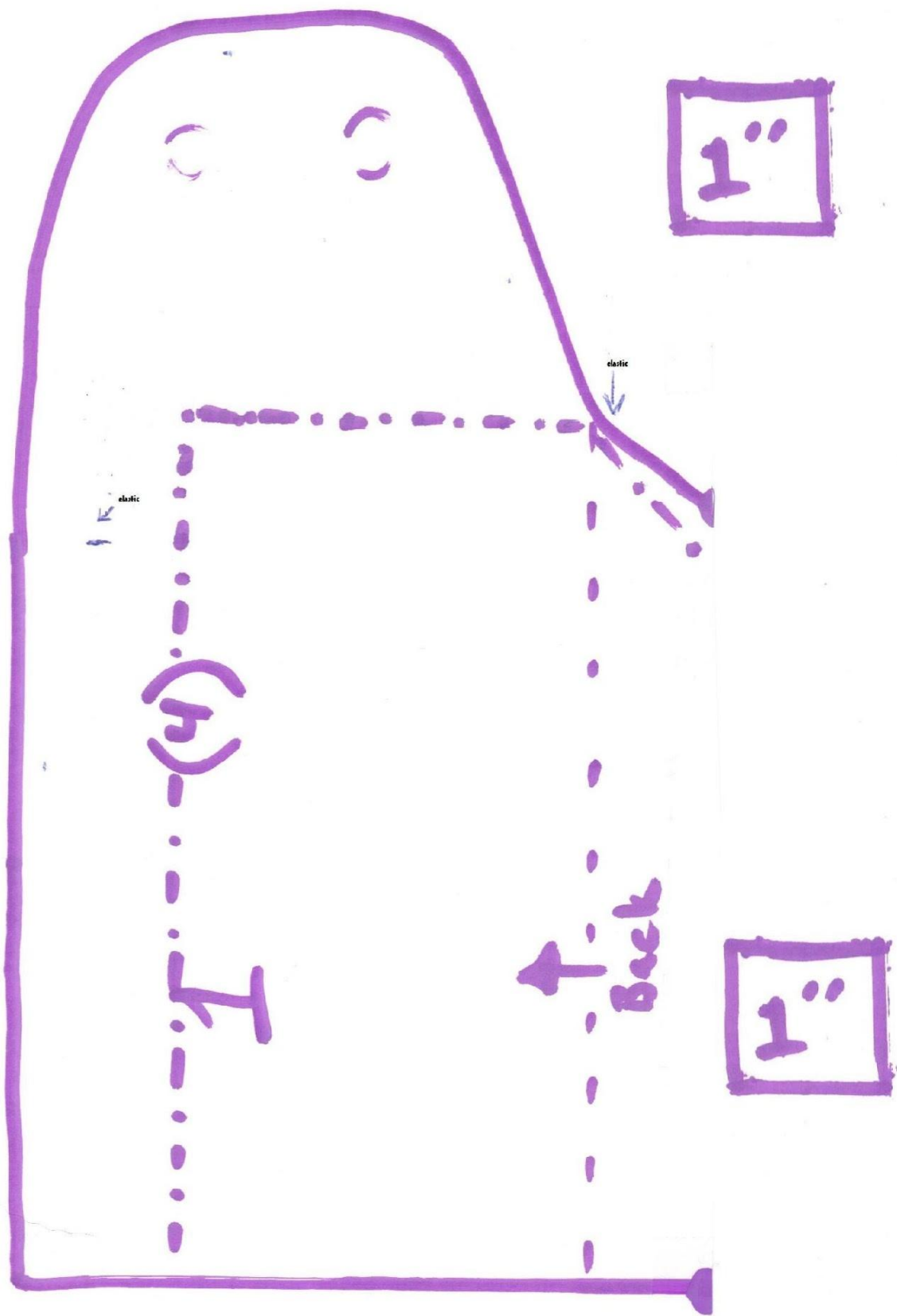
3rd If you have not yet done so, attach your front panel snaps.

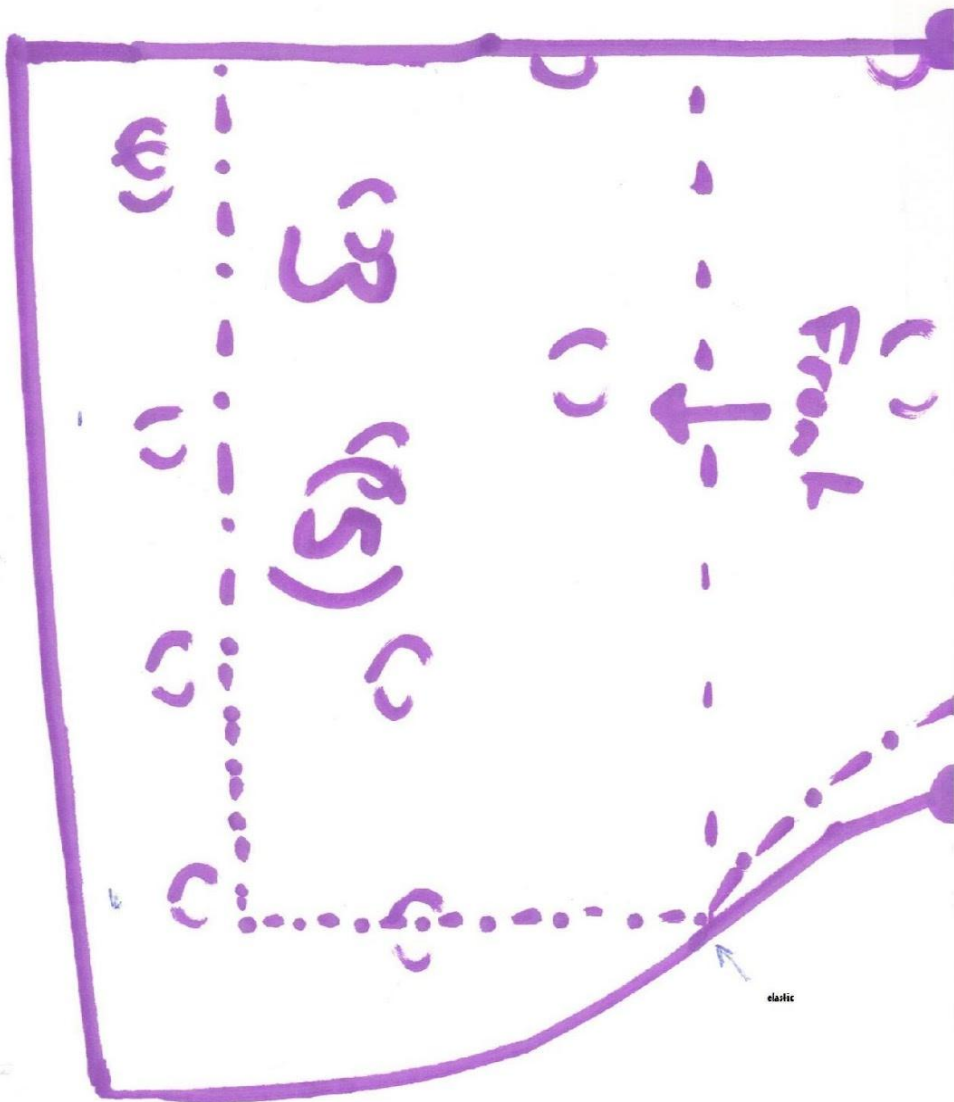
4th mark and attach your wing snaps

CONGRATULATIONS!

You just made yourself a Simplex style diaper!







Fold

2

