

## HEY! NEW HERE?

*Do not worry! Here you will find all the information you need to get started. Every size chart is different, so first find the right size for you based on your measurements and the table below. Then you will find valuable tips and instructions to help you get started on mastering your own wardrobe.*

### TAKE THE MEASUREMENT CORRECTLY

*Stand upright in a relaxed posture. Almost as if you are about to start a yoga session. We recommend wearing form-fitting underwear. The best thing to do is to wear the bra you would choose for the piece.*

#### **BODY HEIGHT**

*The body height is the length from the crown to the floor. This measurement helps you to estimate the length of the garment and to make modifications. We show you how to do this below in the glossary..*



#### **BUSTLINE**

*Measure horizontally at the widest part of the chest, around the body. Take a deep breath in and out. The tape measure should fit snugly, but still fit a finger underneath.*

#### **WAIST**

*Here you take the horizontal measurement at the narrowest point of your waist. Make sure to inhale and exhale.*

#### **HIP**

*Here it is important to find the widest part of your hips and bottom. Slide once over this area and measure where the value is highest.*

### FIND YOUR SIZE

*Now compare your measurements with the chart.  
To ensure that the piece really fits you, use the highest girth as a guide when choosing a size.*

SIZE	34	36	38	40	42	44	46	48	50	52	54	56
<b>BODY HEIGHT • CM</b>	<b>167</b>	<b>167</b>	<b>168</b>	<b>168</b>	<b>169</b>	<b>169</b>	<b>170</b>	<b>171</b>	<b>171</b>	<b>172</b>	<b>173</b>	<b>174</b>
<i>Height • inch</i>	<i>65 7/8</i>	<i>66</i>	<i>66 1/8</i>	<i>66 3/8</i>	<i>66 1/2</i>	<i>66 3/4</i>	<i>67</i>	<i>67 1/4</i>	<i>67 5/8</i>	<i>67 7/8</i>	<i>68 1/8</i>	<i>68 3/8</i>
<b>FULL BUST • CM</b>	<b>82</b>	<b>85</b>	<b>88</b>	<b>92</b>	<b>96</b>	<b>100</b>	<b>106</b>	<b>112</b>	<b>118</b>	<b>124</b>	<b>130</b>	<b>136</b>
<i>Full bust • inch</i>	<i>32 1/4</i>	<i>33 1/2</i>	<i>34 5/8</i>	<i>36 1/4</i>	<i>37 3/4</i>	<i>39 3/8</i>	<i>41 3/4</i>	<i>44 1/8</i>	<i>46 1/2</i>	<i>48 7/8</i>	<i>51 1/8</i>	<i>53 1/8</i>
<b>FULL WAIST • CM</b>	<b>66</b>	<b>69</b>	<b>72</b>	<b>76</b>	<b>80</b>	<b>84</b>	<b>90</b>	<b>96</b>	<b>102</b>	<b>108</b>	<b>114</b>	<b>120</b>
<i>Full waist • inch</i>	<i>26</i>	<i>27 1/8</i>	<i>28 3/8</i>	<i>29 7/8</i>	<i>31 1/2</i>	<i>33 1/8</i>	<i>35 3/8</i>	<i>37 3/4</i>	<i>40 1/8</i>	<i>42 1/2</i>	<i>44 7/8</i>	<i>47 1/8</i>
<b>FULL HIP • CM</b>	<b>91</b>	<b>94</b>	<b>97</b>	<b>101</b>	<b>105</b>	<b>109</b>	<b>115</b>	<b>120</b>	<b>126</b>	<b>131</b>	<b>137</b>	<b>142</b>
<i>Hüftumfang • inch</i>	<i>35 3/8</i>	<i>37</i>	<i>38 1/8</i>	<i>39 3/4</i>	<i>41 3/8</i>	<i>42 7/8</i>	<i>45 1/8</i>	<i>47 1/4</i>	<i>49 3/8</i>	<i>51 1/2</i>	<i>53 3/4</i>	<i>55 7/8</i>



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More than fabrics

## FIRST STEPS

*There isn't just one way of doing things. Not only are there different ways to sew a part - there are also different terms and names. Don't be surprised if other instructions or tutorials use different terms. In this little step-by-step tutorial we explain the most important ones to you.*

### EQUIPMENT

#### Sewing machine

Your sewing machine will be your best buddy for any sewing project. So take some time to make your choice and try out the model of your choice at a specialty store. For woven items, you need a household machine with degree stitch. These offer different extensive programs. The variety is not so important at first, make sure that the basic functions work well and the machine is easy to handle. In addition to the degree stitch, the repertoire should also include the zigzag stitch and the buttonhole stitch.

Prefer stretch fabrics? Then your choice should be the serging machine. Sergers join and neaten edges of elastic materials using 4-thread stitch. Good serging machines are usually a bit more expensive. Also note that even for jersey projects, you need a straight stitch sewing machine for bartacks, buttonholes, and hems. If you have no sewing experience, we advise you to start with woven fabrics instead of going straight for stretch fabrics. Go slowly and keep at it!

#### Basic equipment

Your toolbox should have the following little helpers:

- Seam ripper
- Clippers
- Sewing machine needles
- Sewing needles & pins
- Tailor's scissors
- Paper scissors
- Hand measure
- Measuring tape
- Tailor's chalk

### SEWING PATTERN

#### Choosing a pattern

Depending on the equipment, the fabric will be the deciding factor of your first project, because elastic and non-elastic materials require different sewing machines. Also, pay attention to the skill level. Be honest with yourself and don't overestimate yourself. Start small and stay motivated. Once you choose the pattern, let yourself be inspired and look at all available fabric options. Besides the design and a good fit, you can also recognize a good pattern from the clear, detailed and illustrated sewing instructions. There should be enough markings on each pattern piece, such as notches, thread path and labeling, to make sewing easier for you.

#### Print

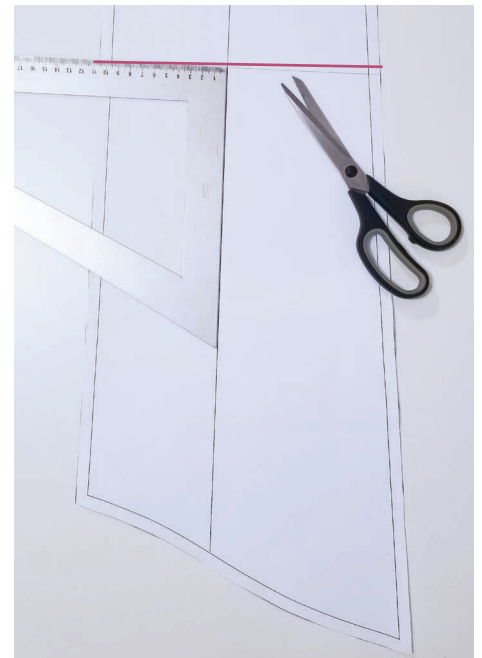
Lebenskleidung patterns are offered in A4 and A0 format. You can print the A4 format comfortably and directly at home on your printer. For this you need the free PDF program Adobe Acrobat Reader. If you choose A4 you have to take into account the effort of gluing together, which means additional effort depending on the size. Patterns in A0 format can be printed in a copy store. Online suppliers are slightly cheaper, they send you the A0 sheets folded into A4 to your home. You only have to cut out the pattern pieces here. However, take into account the additional costs and the waiting time for the dispatch.

When printing, it is especially important to print in the correct scale. You can find all the information in the PDF *Printing Instruction*.

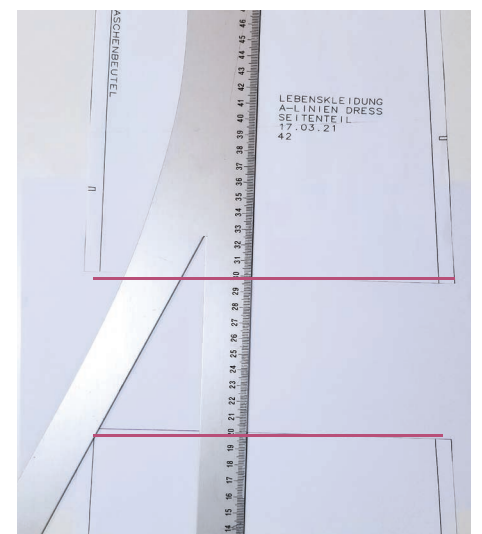
#### Pattern modification

If you want to make changes to the pattern, because you know that the top is different to the bottom, or you are very tall or short, then we show you here how you can quickly and easily adjust the pattern with a few simple steps.

If you want to lengthen or shorten your pattern, you should not simply cut off the hem, because the hem will be narrower and possibly hem trims may no longer fit. This is a better way to do it:



1. Draw a line at a right angle to the grain

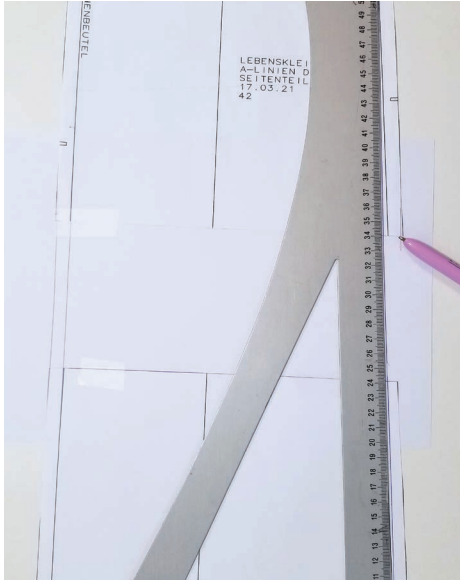


2. Cut open at this line and slide the opening apart by the desired amount



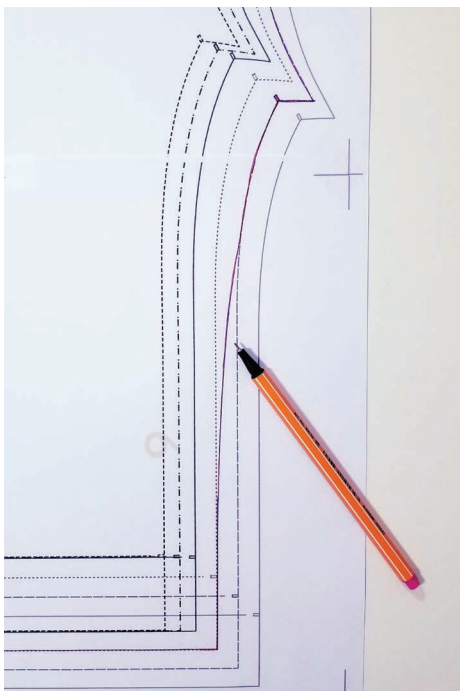
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3. The resulting offset of the lines is now evened out over the length distances. The hem finish is retained.

If there is a difference between the bust and hip width, you can correct the width to your body measurements using the size combination. Print out your two sizes and combine them into one cut. This is how it works:



Between the sizes, draw the line for your measurements (e.g. chest measurement size 40 and hip measurement size 38).

## BEFORE GETTING STARTED

### Fabric selection

If you can, always give preference to sustainable materials when buying fabrics. While this choice saves the environment and our health, it can be hard on the wallet. A high proportion of natural fibers is generally always a positive feature. Additions of synthetic fibers improve the durability. Here, make sure that the fibers used are recycled. A good alternative to synthetic fibers are so-called regenerated fibers such as Lyocell (Tencel). Here, fibers from natural and renewable raw materials are used and further processed by means of chemical processes. You can also recognize good quality by how much the fabric changes when washed and how it behaves when worn. A good retailer who pays attention to quality is a good guide for you. At Lebenskleidung you will only find sustainable fabrics of very high quality. We recommend fabrics that work well for each pattern. The recommendations can be found on the respective product pages under patterns.

### Interlining

Sometimes you just need a little support. So it goes for button plackets, collars or cuffs. To do this, iron the interlining onto the underside of the fabric.

Small dots of adhesive on the interfacing bond with the fabric due to the heat and pressure and give the material more stability and tear resistance. For edges or zipper sections, seam tape is often ironed on. This is a pre-made interfacing tape. As a substitute, you can cut a 1-1.5cm wide seam tape from your interlining and use this as seam tape.

### Supplies

In addition to the fabric, there are usually other ingredients, such as buttons or elastic that you need for your sewing project. For threads, make sure you use a 120 thread count. For jersey models, you will need 4 instead of one spool of thread for your overlock machine. There is a large selection of threads available online, but watch out for shipping times and make sure you buy the right to get the right colors for the fabric. The required widths and quantities for your project can be found in the sewing instructions.

### Washing

Even if you want to start immediately after buying the fabric, take the small detour of pre-washing the fabric. Stick to the recommended washing instructions, the short washing program is sufficient. Fabrics made of natural fibers (e.g. silk, cotton, linen, viscose) change after the first wash and shrink a little. The reason for this is that materials of natural fibers react to moisture and heat. Besides, the materials are made on tension and wound on the fabric rolls. With the first wash the tension is released and the material gets its actual shape. Washing in advance reduces the risk that your self-made piece will not fit you after the first wash.

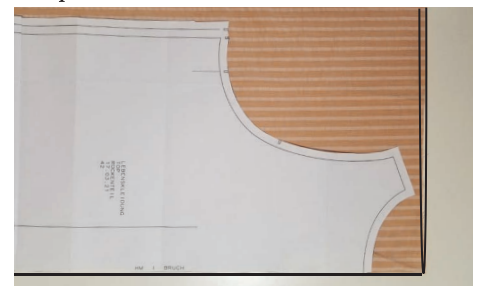
### CUTTING

#### Reading the sewing pattern

Lebenskleidung patterns include seam allowances of 1cm for woven fabrics and 7mm for jersey fabrics. On each pattern you will find the pattern piece description, labels, thread path, notches and markings, and, if necessary, measurement lines such as waist, knee, or hem lines for possible pattern modifications. You will find a legend on the pattern sheet. In the following we explain the basics.

#### Fold

The break line refers to the folding of a fabric at the designated line. During cutting, the entire fabric is folded once so that side seam lies on side seam. The folded edge is then called “fold” or “fabric fold”. Some pattern pieces are cut on the fold, which means they lie flush with the large folded edge of the fabric. You will learn more about this in the process and with the help of the diagram on the sewing instructions. If you find the designation inside the pattern piece, for example at the hem, this means it is folded and pressed there.

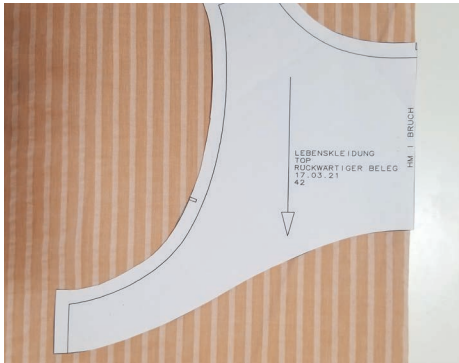






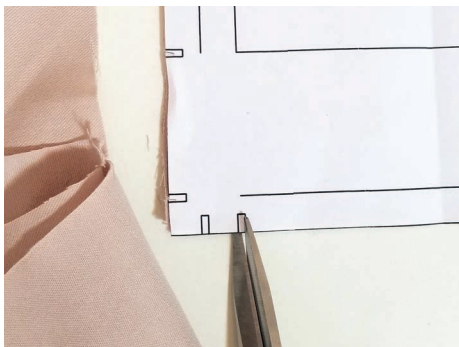
## Grain

The yarn path corresponds to the running direction of the fabric, also called the warp, where the tensile strength is most stable. It runs parallel to the selvage of the fabric and determines the positioning of the pattern piece on the fabric. Cutting along the grain path is important for the stability and material fall of the piece.



## Notches

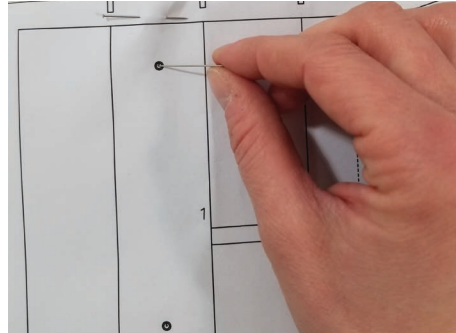
Notches are markings on the seam allowances that help you to sew sections that fit precisely. They also mark breaks, i.e. lines that will be folded, such as hems or pocket gussets. Double notches help you to join pattern pieces where the connection is not clearly visible, such as the front and back of a sleeve. Notches are never cut more than 3mm in jersey, and never more than 5mm in woven fabrics. You can make them in with a clipper or a good pair of fabric scissors directly after cutting.



## Markings

In addition to the notches, there are also drill holes that indicate button positions, dart points or pocket layers. You can mark these with pins, tailor's chalk or sewing needle

and thread. After cutting, make sure that you have transferred all markings within the pattern pieces to the fabric.



## Interlining

The interlining, also called interfacing, is used for reinforcing certain pattern pieces. It is always ironed on the underside of the fabric. Make sure to press the iron for about 10 seconds with good pressure on the fabric, so that the interfacing holds well. Also make sure that the glue dots of the interfacing meet the left side of the fabric, otherwise you will glue your iron. It is advisable to glue a larger area of the fabric for the pattern pieces to be glued and only cut it afterwards. This is easier and you get a nicer result



## Right & left side of the fabric

Everything has two sides, even the fabric. The right side of the fabric usually looks nicer, smoother and richer. The left side is the underside, which usually looks duller or rougher. If both sides are very similar, determine which side of the fabric looks nicer to you when cutting and mark it with a Post-It. Pieces are always sewn right sides facing together so that the seam allowance is on the inside and not visible when turning over. It's always worth remembering this at the beginning before sewing and doing a little check.

Otherwise it means unpicking and sewing again.

## Cutoffs

There are always fabric scraps, even though we try to make the layouts as efficient as possible. as efficiently as possible. Don't throw them away, they can be used to make wonderful accessories, like sleep masks, patchwork projects or fanny packs. Get creative and look for suitable patterns.

## SEWING

### Sewing machine needles

Needles for household sewing machines are uniformly designated with the number 705H. These then differ according to special purpose, use and strength. There are needles specifically for stretch or denim materials. If you choose universal needles, choose them dependent on the respective sewing projects and how strong your fabric is. Use 60 and 70 gauge needles for light fabrics. 80s and 90s for medium to heavy fabrics. 100's for very heavy fabrics. For hemming stretch fabrics, it's best to get a twin needle. More under *Advice: Elastic Materials*.

### Thread tension

For a beautiful seam appearance, the needle, thread, fabric and thread tension must be well adjusted to harmonize. Before sewing, always do a small sewing test to set the thread tension correctly. This is regulated differently on every machine. Usually there is a wheel with the values 1-6. Look in the instructions and try it out, you will get a feeling for which material needs which thread tension with time.

### Pinning

Pinning the cut pieces makes it easier for you to match edges so that the layers of fabric do not shift during sewing. This is important for long stitch paths, curves and seams that vary in length.

### Trimming

If fabric edges are not folded in but remain visible, they must be tidied. This protects against fraying and also looks more professional. If you don't have a serging ma-



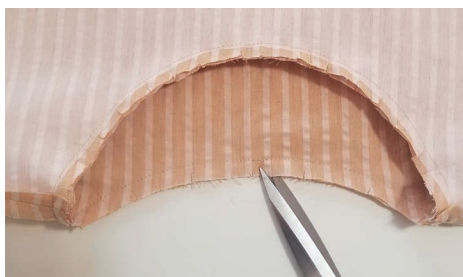
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chine, use a zig-zag stitch on your household sewing machine.

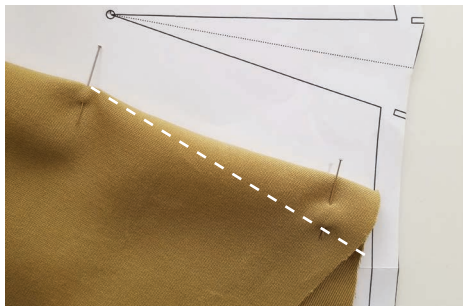
### Seam allowance

On heavily curved sections at the neck and armholes, there are a few tricks for preventing pulling at these points and keeping the elements nice and flat. The seam allowances are snipped when the curve is stretched at the end. Small points are cut from the seam allowance when the curve is ironed.



### Darts

Darts bring your model into shape, especially at the bust or also at the waist. They are marked in the pattern by two notches in the seam allowance and a mark at the dart point in the piece. Use a short stitch to keep the seam nice and tight. Here you can see how to sew the dart correctly:



### Zippers

There is a great variety of zippers. First of all, it is important to know that there are visible and invisible zippers. For the latter, you need some skill and practice.

The sections of zippers are taped with seam tape or interfacing strips before sewing, so that the fabric does not stretch. You will find in the equipment of your sewing machine a special zipper foot that facilitates the sewing of the zipper.

### Hems

Hems are the lower edge finishes of sleeves, tops, jackets or pants. These are either single or double hemmed, or also trimmed with a hem facing. In the case of jersey, they are usually folded in once, in the case of woven fabrics double or with a hem facing, so that the fabric edge disappears. If hems are not sewn by hand, the seam at the hem is always visible. Therefore, before hemming, check your thread tension again and choose a longer stitch length. Pressing the hem before also makes sewing easier.

### Buttonholes

One possible way of closing front edges, collars or pocket flaps are buttons. Sewing buttonholes is a bit of a challenge here and not every sewing machine produces nice results. If your sewing machine has buttonholes in the program, give it a try and follow your manufacturer's instructions. The locations of buttons and buttonholes must always be reinforced with interfacing or a piece of fabric. Therefore, button plackets are always covered with interfacing.

### Ironing

"Well ironed is half sewn." You have to glue, pre-iron, iron in between and finish. A good iron with steam function and a stable ironing board are therefore advantages. Always make sure to adjust the heat to the fabric. Pre-iron all pattern pieces, hems, breaks and folded edges to be bound. Then iron the seam allowances after each sewing step. Finally, ironing everything over again is like a little crowning touch.

## ELASTIC FABRICS

### Seams and finishing

Stretch fabrics are best sewn with a serging sewing machine. If you want to take your first steps with your sewing machine, you can also imitate the 4-thread overlock seam. The seam allowance for jersey cuts is always 7mm. You close the seam at 7mm from the fabric edge with a short, narrowly set zig-zag stitch and then finish the edge with an approximately 4mm wide zig-zag stitch. Try it out on a test piece.

### Machine needles

Generally use the "stretch" needles for elastic materials. The edges of jersey models can be hemmed with special twin needles. Keep in mind that in this case you will need two spools of thread. The hem stitch remains elastic and at the same time finishes the edge of the fabric in one step.

### Sewing cuffs

In the case of elastic materials, stretch is used specifically for the purpose of gathering or binding. For neckholes, for example, the cuff is on average about 15% shorter than the neckhole distance. This is then stretched into the neck hole. When sewing, make sure that you lightly tighten the shorter pattern piece only to the relaxed section of the longer pattern piece. Avoid stretching both pattern pieces.



*Feeling well prepared and ready now?  
Then enjoy your first sewing project!*