

bara — studiø

— *Shirt Romy* —

Instruction

Welcome to the

# bara — studiø

Great that you want to sew your own clothes! I have been sewing since I was 14 and have made my hobby my profession. Now I want to show you how you can sew your own clothes. On the next pages you will find detailed, illustrated instructions with all the information you need to sew your shirt Romy. If you get stuck, feel free to write me at [support@bara-studio.com](mailto:support@bara-studio.com)



Have fun & good luck with  
your sewing!

*Christina*

# VIDEOTUTORIAL



I also made a video tutorial for this pattern, where I explain step by step how to sew the shirt Romy. English subtitles are available. Simply scan the QR code with your mobile phone or enter the following link in your browser:  
<https://bit.ly/3TlpeDp>

# PREPARATION

## SIZES

The pattern size range is from XS to XL. Measure yourself and choose your size by using the measurement chart below. It may be the case that your size here differs from your regular ready to wear size.

Size	Chest	Waist	Hip
XS (30-32)	74 - 82 cm	60 - 68 cm	85 - 90 cm
S (34-36)	83 - 90 cm	69 - 76 cm	91 - 97 cm
M (38-40)	91 - 98 cm	77 - 84 cm	98 - 103 cm
L (42-44)	99 - 107 cm	85 - 94 cm	104 - 111 cm
XL (46-48)	108 - 117 cm	95 - 104 cm	112 - 120 cm

## Finished garment size

The shirt ‚Romy‘ is figure-hugging. Use the finished size chart as a guide if you are unsure of your size selection or if you want to shorten or lengthen the cut.

Finished garment size	XS	S	M	L	XL
Chest circumference	74	82	90	98	106
Waist circumference	66	74	82	90	98
Hemline circumference	70	78	86	94	102
Back length	63,1	64,9	66,7	68,5	70,3
Upper arm circumference	26,2	28,6	31	33,4	35,4
Sleeve length long	59,5	61	62,5	64	65,5
Sleeve length short	16,8	17,4	18	18,6	19,2

- \* all dimensions in cm
- \* front length is measured from neckhole-shoulder-point
- \* back length is measured from the center back-collar seam

Once you have determined your size, select the corresponding line and cut your pattern accordingly.

Gr. XL .....

Elastic knitted fabrics such as jersey, interlock or Punta di Roma.

The fabric requirement is calculated for a fabric 140 cm wide and includes 10% extra to account for offcuts and shrinkage.

If you are using a directional print, you may require extra fabric. You can sew the shirt Romy either with long or with short sleeves:

Size	XS	S	M	L	XL
Fabric	1,45 m	1,50 m	1,50 m	1,55 m	1,60 m

Size	XS	S	M	L	XL
Fabric	1,00 m	1,00 m	1,05 m	1,05 m	1,10 m

## REQUIRED TOOLS

- ❑ A jersey needle for your sewing machine (very important)
- ❑ thread in matching colours
- ❑ pins and fabric scissors
- ❑ a tape measure
- ❑ optional: a loop turner

## PRE - WASHING

Fabrics tend to shrink a little the first time they are washed. Therefore I recommend that you preshrink your fabric in the washing machine before cutting. Prewash your fabric the way you intend to wash your final garment, for example on a short program (15-30 min, 30 degrees). This way your garment will not shrink after sewing - it would be a pity if your garment doesn't fit anymore after your hard work!

# CUTTING

## CUTTING PLAN

Cut the following pattern pieces:

1. Frontpart 1x fabric on fold
2. Backpart 1x fabric on fold
3. Sleeve 2x fabric (mirrored)
4. Neckholebinding 1x fabric
5. Ribbon 4x fabric

**Attention.** The seam allowances of 0.7 cm and the hem allowances of 2 cm are already included in the pattern.

Attention: seam allowances are already included in the pattern. These are typically 1cm. Any variations to this are marked on the pattern pieces.

Fold the fabric in half, right sides together. Then place the pattern pieces on the fabric as shown in the cutting plan with the grainlines (indicated on each piece with an arrow) parallel to the fabric fold and the selvedge.

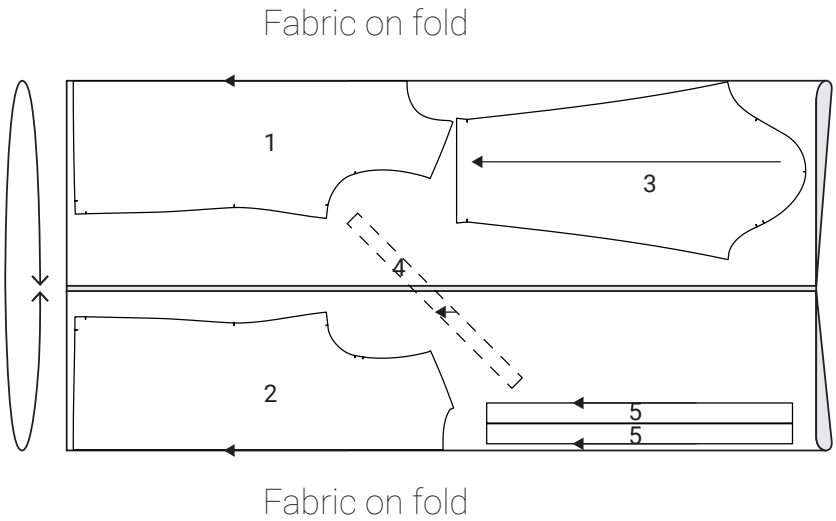
OR

Place the fabric on the table in a single layer and lay out the pattern pieces according to the cutting plan. Be aware that some pattern pieces will need to be cut and mirrored multiple times.

Pin the paper pieces to the fabric then cut your fabric with fabric scissors. Transfer all markings / notches from the paper pattern to the fabric (e.g. with a marking pen).

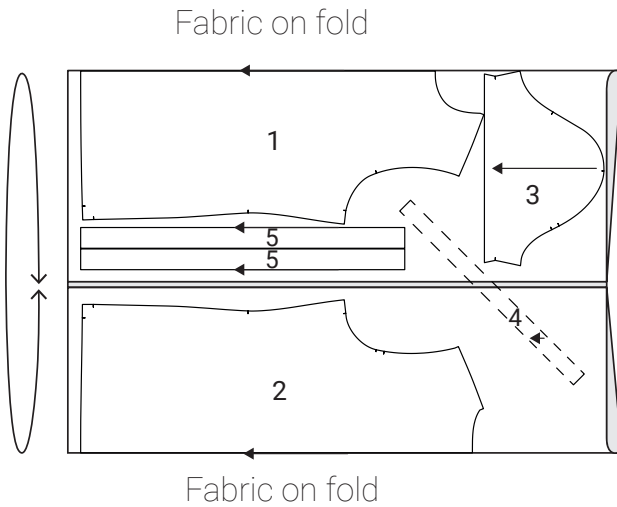
## Variation 1

Fabric width 140 cm  
folded inwards on the long sides



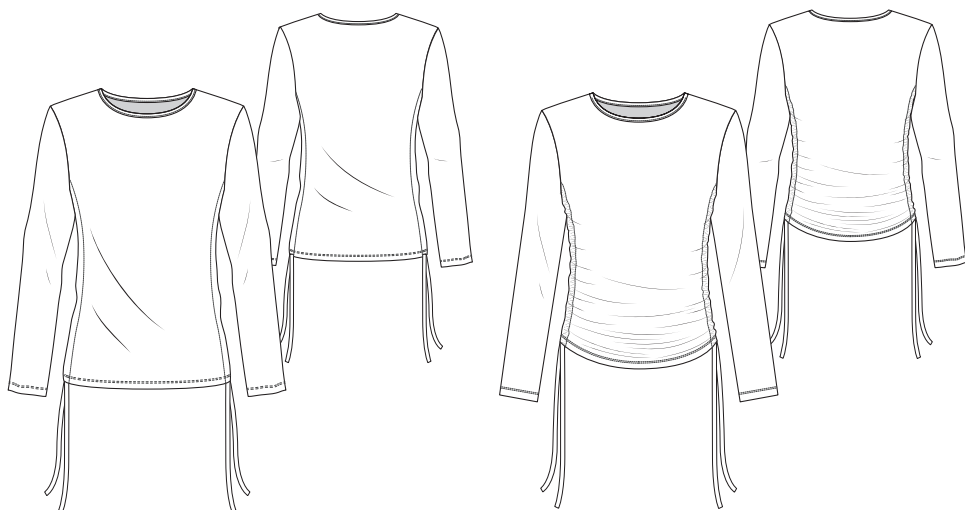
## Variation 2

Fabric width 140 cm  
folded inwards on the long sides

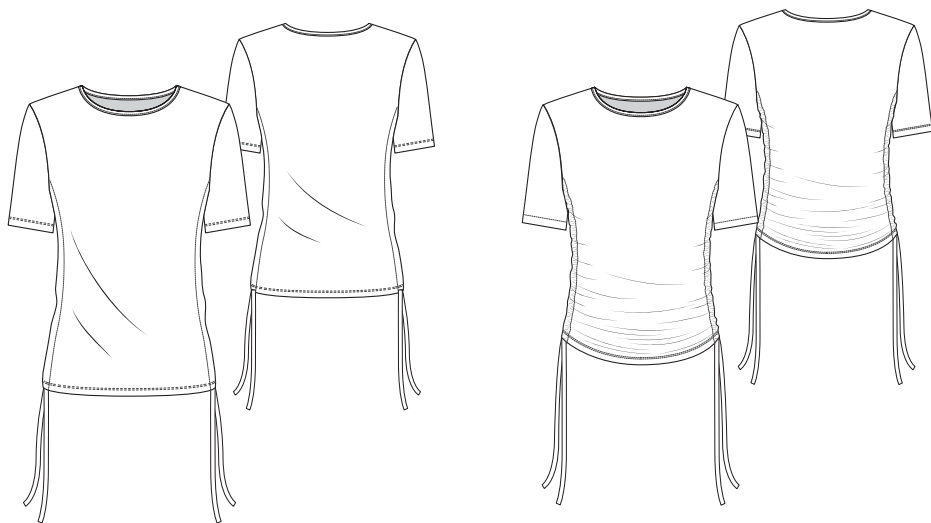


# TECHNICAL SKETCH

## VARIATION 1:



## VARIATION 2:



# SEWING

## IMPORTANT INFO BEFORE YOU START

- All seams are always bar-tacked at the beginning and end of the seam (sew three stitches back and forth).
- Be sure to use a ballpoint needle for sewing knit fabrics such as jersey, sweat or French terry. This needle has a slightly rounded point and will push through the fabric instead of piercing the fibres, so there is no laddering.
- When sewing stretch fabrics, you must also always use a stitch with some elasticity. Zig-zag, lightning or a triple straight stitch on your sewing machine are all suitable. If you are unsure which stitches are suitable for your sewing machine, please refer to the instructions for your sewing machine. There is no need to finish your seams as knit fabrics don't fray.
- If you have an overlocker, you can use it to sew and finish all the seams at the same time.

### KEY



Right side of fabric



Left side of fabric



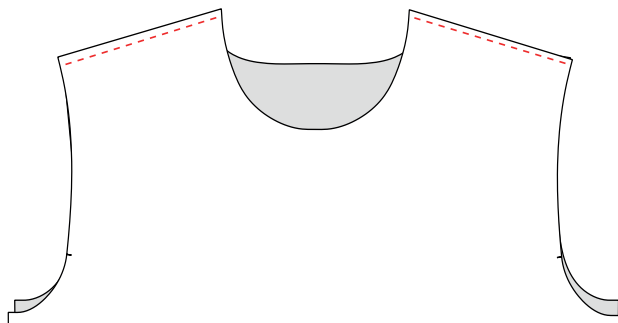
Serging



Sewing line

## SHOULDER SEAM

- Pin front and back pieces right sides together and sew the shoulder seams.

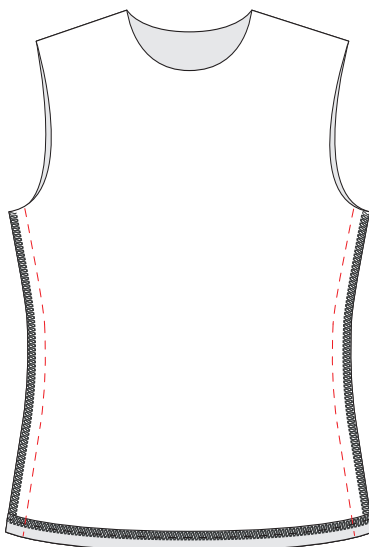


## HEM

- Before you sew the hem, I recommend that you let the skirt hang out for about 24 hours. Since the skirt layers are cut on the bias, gravity may cause the skirt pieces to stretch and drop.
- Check the hem after 24 hours and trim if needed. To sew the hem, you can fold it over twice by 0.7 cm and then topstitch at 0.5 cm or use a rolled hem foot.

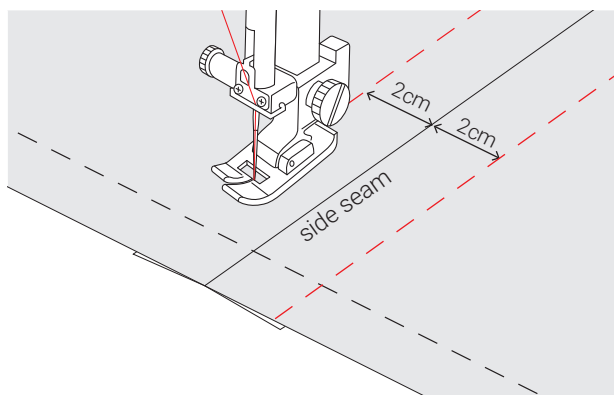
## SIDE SEAMS

- Place the front and back body right sides together. Pin and sew the sleeve and side seam in one pass with a 2,5 cm seam allowance.
- Overlock or zig zag the seam allowance together and press towards the back.



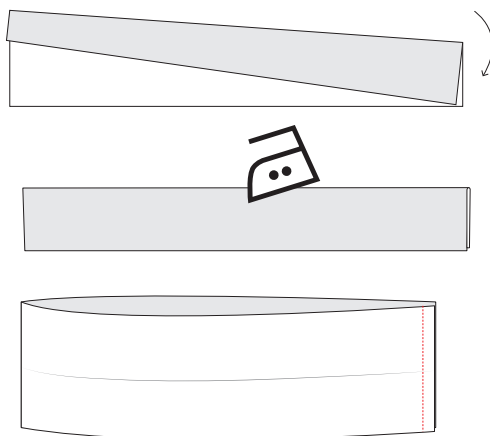
**!Attention!**  
**2.5 cm seam allowance**

- Press the seam allowance apart and topstitch it on both sides with 2 cm distance to the side seam. The ribbons will later be pulled through these tunnels.



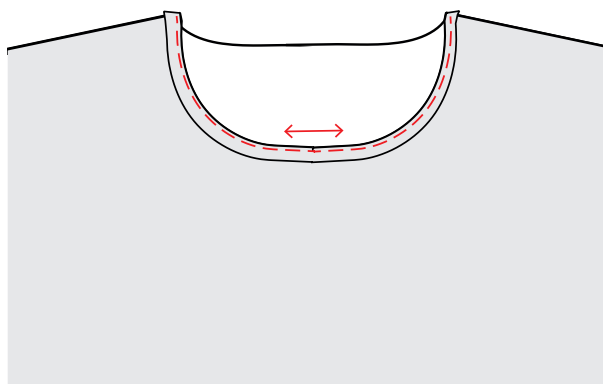
## NECKHOLEBINDING

- Press the neck hole binding in half lengthwise with the left sides inside. Then fold the binding back and sew the two short sides right sides together at 0.7 cm. With the overlock, you can sew and serge the raw edges together at the same time.



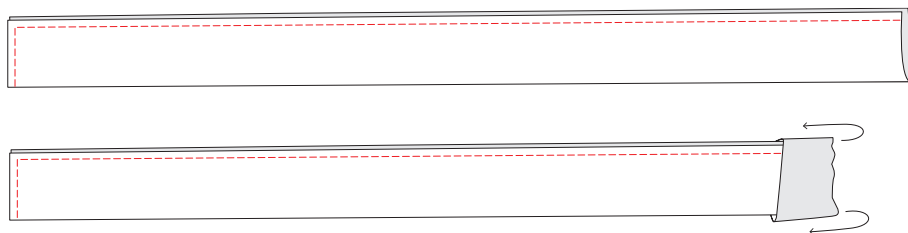
- Then fold the binding in half again so that the seam is on the inside and pin it right sides together on the neckline. Make sure you place the binding correctly on the neckline. The notches for front and backpart on the neck hole binding must match the notches on the front and backpart. You will find the markings for this on the paper pattern piece. One notch will meet the center front, one will meet the shoulder seam, and one will meet the center back. The distance between the two marks from the frontpart are further apart than the two for the backpart.

- Sew the neck hole binding at 0.7 cm. You can use the overlock again for this. When sewing on, the binding must be stretched a little so that the notches meet. This is always necessary with neck hole binding, otherwise the binding will stand away from the neck hole and not lay nicely. Make sure to stretch only the binding, but not the neck hole!
- Then you can press the seam allowance towards the front and back part. (If you like, you can also topstitch the seam allowance close to the edge).

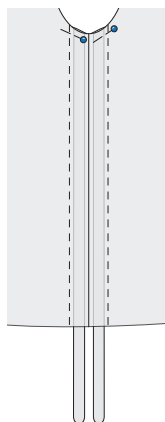
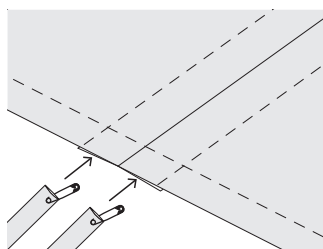


## RIBBON

- Sew each ribbon right sides together on the long side and on one of the short sides at 0.7 cm.
- Then you can turn the ribbons completely and iron them flat.
- To turn fabric tubes faster, I like to use a turning set consisting of a plastic tunnel and a wooden stick. But it also works well with a long object like a chopstick or a wooden spoon.

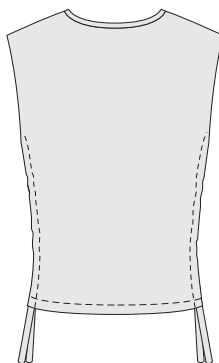
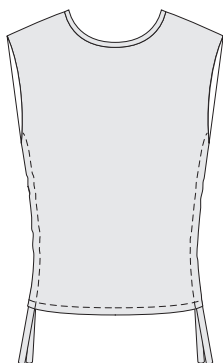


- Then you can pull the four ribbons through the four tunnels on the side seams (e.g. with the help of a safety pin). The closed ends of the ribbons hang out of the tunnel at the bottom. Fix the open ends with a pin at the armhole, so that they will be attached later when the sleeve is sewn on.



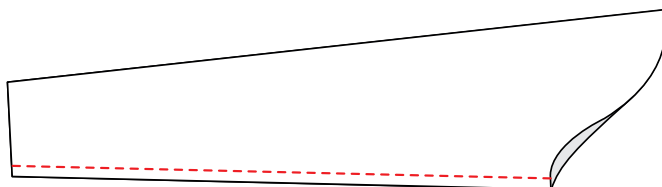
Front view

Back view



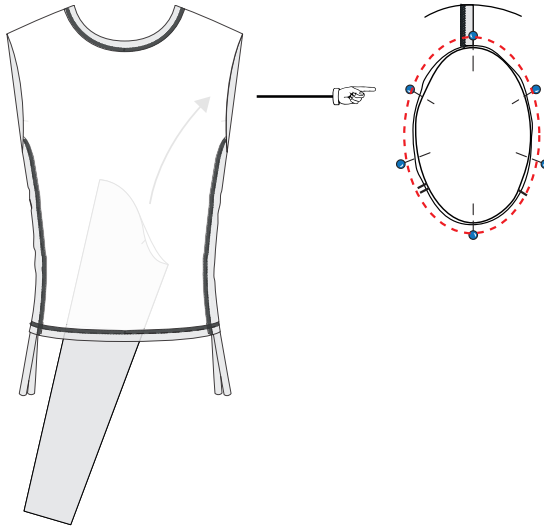
## SEW SLEEVES TOGETHER

- Place the sleeve right sides together and close the forearm seam at 0.7 cm. Use the overlock to sew and serge the raw edges together at the same time.



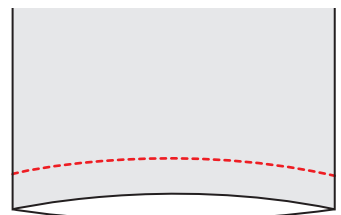
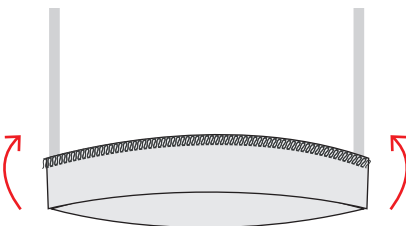
## INSERT SLEEVES

- Turn the sleeve right side out and pin it right sides together in the armhole. For reference, you have one notch in each front armhole, which meets one notch on the sleeve. A notch at the highest point of the sleeve meets the shoulder seam, and there is a double notch in the back armhole, which meets the back of the sleeve.
- Sew the sleeve in place at 0.7 cm. Make sure you attach the ribbons when you sew them on! With the overlock, you can sew and overcast the edges at the same time.



## SLEEVE HEM

- Finish the hem of the sleeves then press it 2 cm towards the wrong side.
- Topstitch the hem at 1.5 cm from the edge.



# DONE!




Great! Your shirt is finished!  
You can be proud of yourself.

Feel free to share your self-sewn clothing on  
Instagram with the hashtag **#barastudio**  
**#ShirtRomy** and link to me **@bara\_studio**  
Then I can share your photo!

Do you have any questions or feedback about this  
tutorial? Then feel free to write to me at  
**christina@bara-studio.com**

These instructions are printed on recycled paper that has been  
awarded the Blue Angel and is FSC certified!



Would you like more?  
You can find more DIY sets, patterns and free add-  
ons on my website

[www.bara-studio.com](http://www.bara-studio.com)