

Pleasant Pathways
SHORTS
by Anna Maria Horner
for
JANOME

Pleasant Pathways Shorts by Anna Maria Horner for Janome

Size Chart (use your body measurements to follow which size to sew):

| size | waist | hip |
|------|--------|--------|
| XS | 25/26" | 34/35" |
| S | 27/28" | 36/37" |
| M | 29/30" | 38/39" |
| L | 31/32" | 40/41" |
| XL | 33/34" | 42/43" |

Finished Dimensions (these are the garment dimensions once sewn, which will include ease):

| size | waist | hip | side length |
|------|---------|---------|-------------|
| XS | 27 3/4" | 37 3/4" | 23 7/8" |
| S | 29 3/4" | 39 3/4" | 24 1/4" |
| M | 31 3/4" | 41 3/4" | 24 5/8" |
| L | 33 3/4" | 43 3/4" | 25" |
| XL | 35 3/4" | 45 3/4" | 25 3/8" |

Materials Needed:

Use the following chart by size to view that amount of medium to heavy weight woven fabric you'll need for your shorts. * Something like a cotton canvas, denim, velveteen or twill is great- I found that woven fabric that also includes a small amount of spandex or lycra is perfectly suitable for this pattern.

| size | 44", 54" or 60" |
|------|-----------------|
| XS | 1 1/2 yards |
| S | 1 1/2 yards |
| M | 1 3/4 yards |
| L | 1 3/4 yards |
| XL | 1 3/4 yards |

Notions & Tools Needed:

- One spool of Coats Dual Duty® Thread in a coordinating shade to your fabric
- One 7" invisible zipper that coordinates with your fabric
- (optional) Several colors of machine thread for decorative stitching
- (optional) a few yards of tonal or solid 3/8" w decorative ribbon
- Clear quilting ruler
- Water soluble pen
- Dress Shears

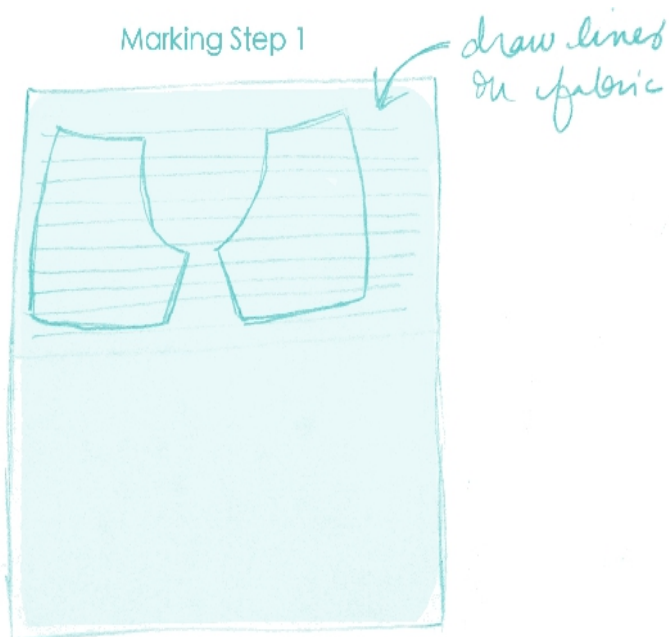
Pattern Cutting:

1. Print, cut and tape the patterns together from the PDF using the guides provided.
2. Once pieces are tiled & taped together trim your specified size out from each piece.

Marking:

NOTE: *The Marking instructions are optional and only necessary if you will be making decorative stitches. If you are not, skip ahead to the **Cutting & Preparing Pieces** section of steps.*

To prepare the fabric for decorative stitching, you'll first need to draw lines onto the fabric that will serve as guides to keep your rows of stitching in place. In order to make the rows of stitching line up at the each seam of the shorts, the paper pattern pieces include some faint lines that will line up with the lines on your fabric.



1. Begin drawing lines across the width (selvedge to selvedge) of the fabric that are 1" apart from one another using your clear quilting ruler and water soluble pen. Draw lines long enough to encompass the layout of two Shorts Front pieces laid out next to each other and flipped opposite (as shown in the figure). And also draw as many lines as appear on the pattern piece one you've trimmed the pattern piece to your specified size. Because it is possible for your lines to stray from being exactly 1" apart, it's a good idea to keep the pattern piece for the shorts nearby to check your line spacing against.

2. You can now trace the actual pattern piece for the Shorts Front onto the fabric as well, twice and flipped so that they mirror each other. Be sure to line up the two pattern pieces in line with your 1" lines and so that the top line of the both Shorts Front pieces lay over the first line that you drew (refer to the same figure for reference).
3. You can now repeat Steps 1 & 2 with the Shorts Back pieces, giving yourself a few inches of room from the pair of Shorts Fronts.
4. Cut the fabric across the width separating the pair of Fronts from the pair of Backs.

Decorative Stitching (optional):

If you fully embroider the shorts, it will be time consuming, but very simple- so you might want to grab a cup of tea and put on some good music!

NOTE:

I found it helpful to play around with several of the decorative stitches on a scrap piece of the shorts fabric to find my favorites, help determine a palette of threads and make sure the auto tension worked

well for my specific fabric. I even wrote notes to myself right on the fabric to keep track of the specific stitch style numbers in the machine so that I could refer back to them as I worked on my shorts fabric.

Also, I went ahead and wound several bobbins in advance of the stitching process so that they would be ready to go. While you can of course match your bobbin to your top thread every time you change colors. I found that the tension on the machine worked so well that I could just use a bobbin that matched my fabric color, so I didn't have to change bobbins every time I changed top threads.

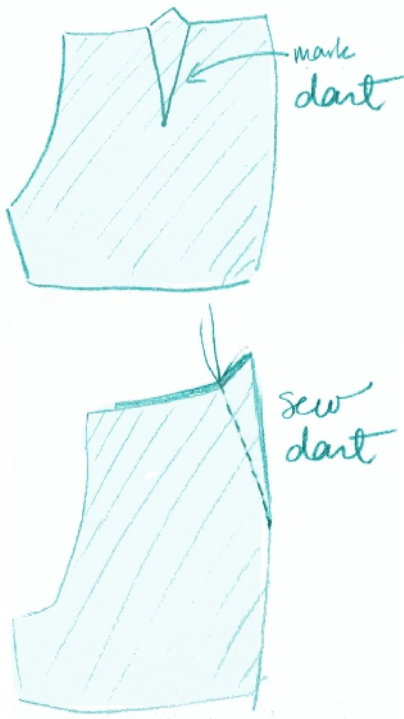
1. Select your desired thread color, and stitch style and begin stitching onto the first horizontal line across the top of the Shorts Front at the edge of the pattern piece line and using the horizontal line as a guide to keep your stitching straight. Stop the stitching once you reach the other edge of the traced pattern piece, then begin again on the other Shorts Front piece on the first horizontal line.
2. Continue to change colors and stitch styles for every new row of stitching and be sure continue the same color and style across both Shorts Front pieces on the corresponding lines. Check the video for tips on including some ribbon in your decorative stitching.
3. Repeat Steps 1 & 2 on both Shorts Back pieces using the colors and styles for each row of stitching as a guide to perform the exact same assortment and order starting from the top. Note that the Shorts Back pieces will require a few extra rows of decorative stitching towards the bottom inseam because they are cut differently from the front- however these will not match up with any other lines from the front pieces so you can choose whatever style and color you'd like to for these few rows.
4. Once all stitching is complete you can mist the right side of the fabric with a water bottle to remove any visible water soluble lines and press with an iron to help dry before beginning to cut and sew. (Please make note of the fiber content of various threads or ribbons that you've used and make sure your iron settings are safe for them. It might be a good idea to use a pressing cloth between the stitching and the iron to protect the embellishments.

Cutting & Preparing Pieces:

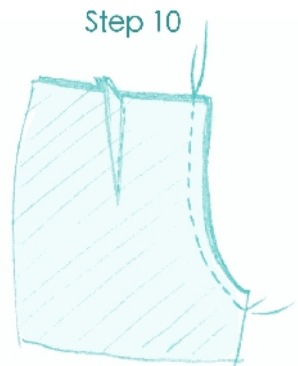
NOTE: *If you've made decorative stitching on your fabric, you can still cut the pattern pieces out just as you normally would although you won't need the front and back pattern to do so, as they are already traced and ready to cut. Don't worry about possibly clipping through some of the embroidery. As long as you are cutting along the pattern lines, the embroidery will be safely secured in the seam allowances and seams.*

1. Cut two Shorts Front Pieces opposite each other (one right side, one wrong side)
2. Cut two Shorts Back pieces opposite each other (one right side, one wrong side)
3. Cut one Front Waist Facing.
4. Cut one Back Waist Facing.
5. Cut two Front Leg Facings opposite each other (one right side, one wrong side)
6. Cut two Back Leg Facings opposite each other (one right side, one wrong side)

Preparing Step 7 & 8

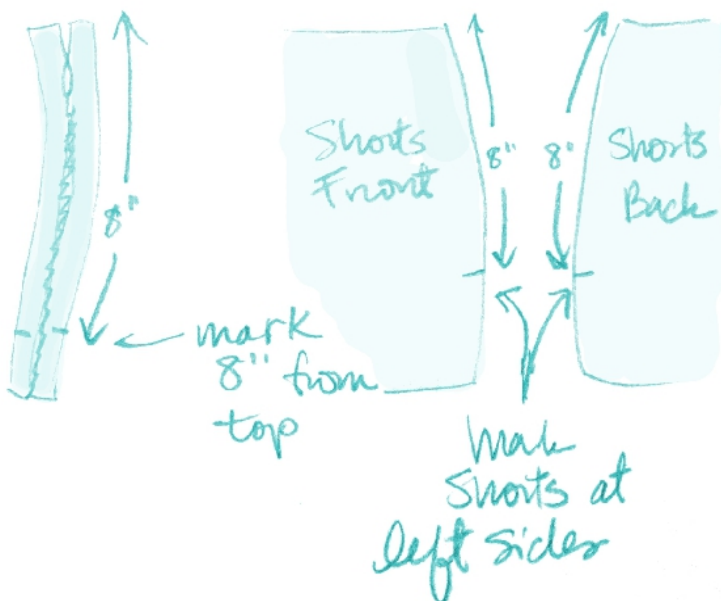


7. Mark the dart lines and end points on the wrong side of both Shorts Front pieces and on the wrong side of both Shorts Back pieces. Check the video for an easy tip on doing this.
8. Fold one of the Shorts Front pieces with right sides together, so that the dart lines are in line with one another, and the bottom point of the dart is at the very edge of the fold. Pin in place and carefully sew on the drawn dart line from the top edge and finishing at the bottom point with a back stitch. Press dart towards side edge of pattern piece.
9. Repeat Step 8 with remaining Shorts Front piece and both Shorts Back pieces.
10. Matching single notches & using a 5/8" inch seam allowance, with right sides together, sew Shorts Front together at the center. Clip seam allowance and press open.



11. Matching triple notches, repeat Step 10 with the Shorts Back pieces.

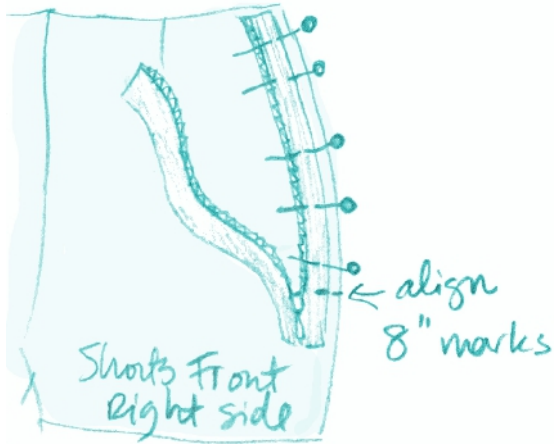
Zipper Step 1



Zipper Installation:

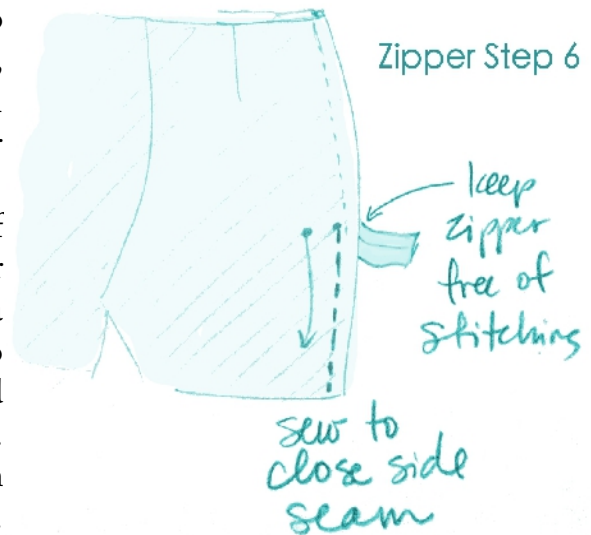
1. With zipper closed, measure 8" from top edge of zipper tape down, and mark either with fabric pen or a small snip into each side of the zipper tape's edges. Also mark the left side edge of the Shorts Front 8" from the top edge. Also mark the left side edge of the Shorts Back 8" from the top edge. (This should come to the pattern dot marked on the Front & Back Shorts pieces.)
2. Unzip the zipper and uncurl the coiled edge towards the right side of the zipper and press well from the wrong side until its flat. Repeat on other side of zipper and leave the zipper unzipped.

Zipper Step 3



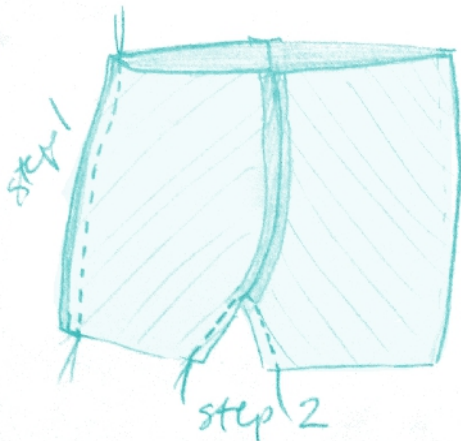
3. On the (fabric) right side of the left Shorts Front, place the open zipper right side down at the open center edge with the coil line $\frac{5}{8}$ " away from the edge and with the top edge of the zipper tape just meeting the top edge Shorts Front. Also match the zipper tape marks Shorts Front 8" mark. Pin in place.
4. With the left groove of the zipper foot situated over the coils, sew from the top of the zipper tape just at the right of the coil line and stop at the 8" mark of on the zipper tape and backstitch.

5. Repeat Steps 3 and 4 on the open edge of the (fabric) right side of the left Shorts Back to attach the other side of the zipper tape, making sure not to flip or twist the bottom edge of the zipper tape in the pinning or sewing.
6. Close the zipper. Fold the bottom excess of the zipper tape out to the side, out of your way. With right sides together, and using a $\frac{5}{8}$ " seam allowance, sew the Shorts Front to the Shorts Back starting just above (and barely to the left of) the zipper stitch lines. This should have you sewing at a $\frac{5}{8}$ " seam allowance. Sew to bottom edge of Shorts. Press seam open from wrong and right side of Shorts.



Assembly & Facings:

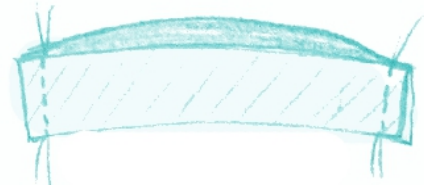
Assembly Step 1 & 2



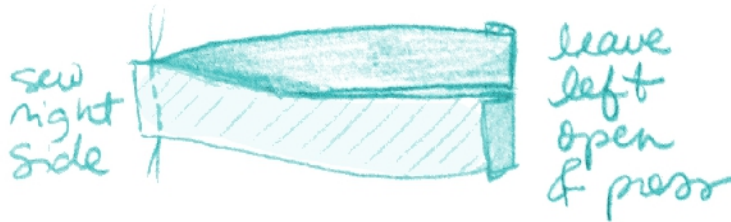
1. With right sides together, matching double notches and using a $\frac{5}{8}$ " seam allowance sew the front to the Shorts Front to the Shorts Back at the remaining side seam. Press seam allowances open.
2. With right sides together, matching single notches and using a $\frac{5}{8}$ " seam allowance sew Shorts Front to Shorts Back at the inseam of both legs. Make sure the front and back center seams remain pressed open and aligned. Clip notch out of the center of the seam allowance, then press seam allowances open. Set shorts aside.

3. Matching single notches, sew one Front Leg Facing to one Back Leg Facing with right sides together on both of their short edges and using a 5/8" seam allowance. Press seams open and repeat with remaining pair of leg facings.

Facings Step 3

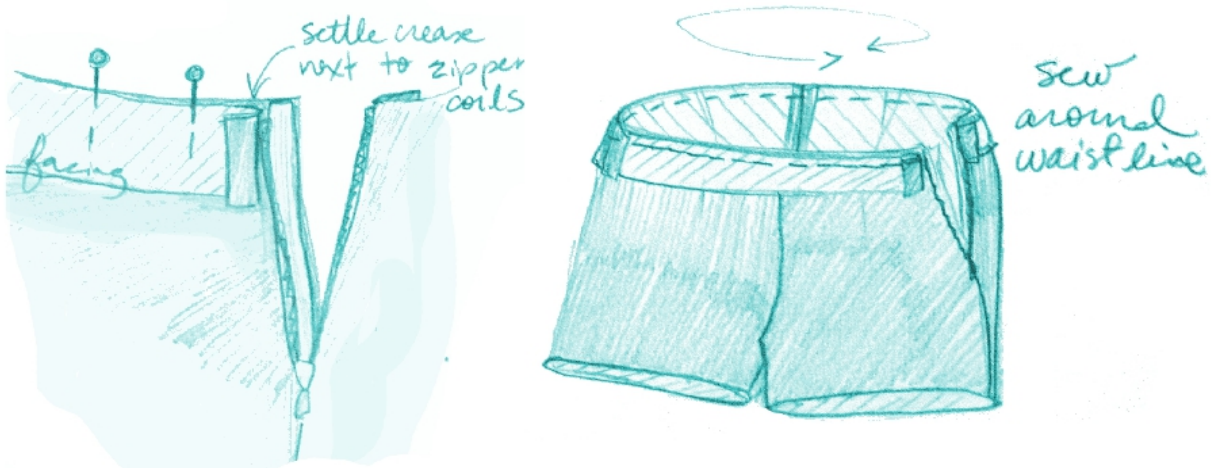


Facings Step 4



4. Matching single notches, with right sides together and using a 5/8" seam allowance sew the Front Waist Facing to the Back Waist Facing on their right side (leaving the left side open). Press seam allowance open. On the open left side press each of the facings back towards their wrong sides 5/8" and create a crease.

Facings Step 5



5. Matching single and double notches, and with right sides together, begin pinning the top of the joined Waist Facings to the top of the Shorts after opening the zipper. Settle the creased edges of the facings just to the outside of the zipper coils on each side, and be sure to align the finished side seam of the facings with the finished side seam of the shorts. Do not include the seam allowance from the zipper in this pinning. Now sew from one side of the zipper all the way around the waist circumference to the other side of the zipper using a 5/8" seam allowance.
6. Making sure the front sides are against each other and back sides are against each other, sew the left leg facing to the left leg at their bottom edges using a 5/8" seam allowance. Repeat with the right leg facing and the right leg.
7. Grade the waist line seam allowances and both of the leg seam allowances so that you

are trimming the shorts seam allowance only down to about 1/4" from seam. Be sure and check the video for a demonstration of this technique. Once you have graded, you can press all facings towards the wrong sides of the shorts leaving the facing seams at the very outer edges of the waistline and legs.

8. To complete the waistline, you can tack the facings in place by stitching in the ditch at the right side seam, center front seam and center back seam. Also hand tack the creased edges of the facings next to either side of the zipper coils with a simple whipstitch.
9. Machine hem each leg of the shorts using a 1" seam allowance. After a final pressing enjoy your shorts!

