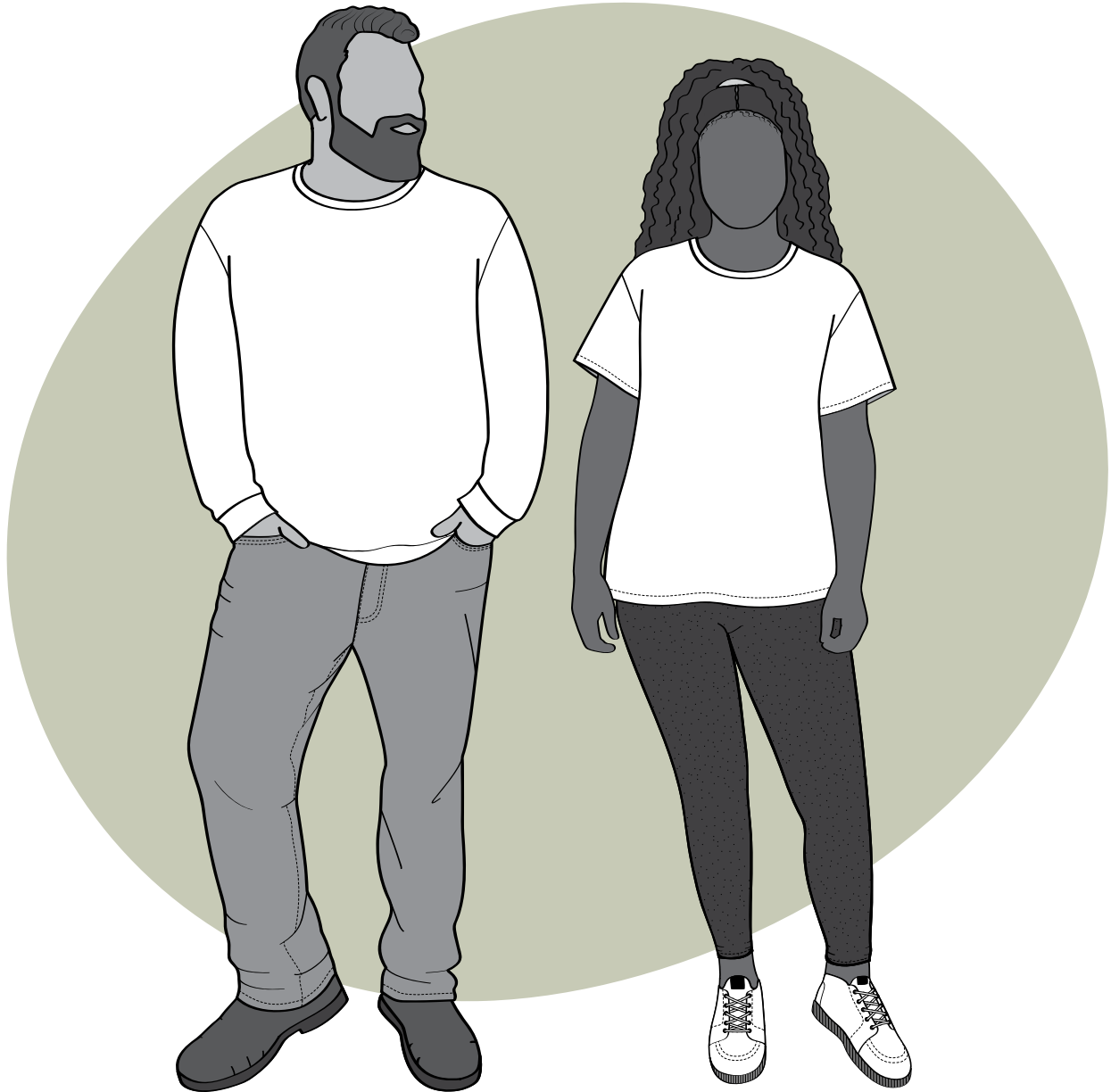


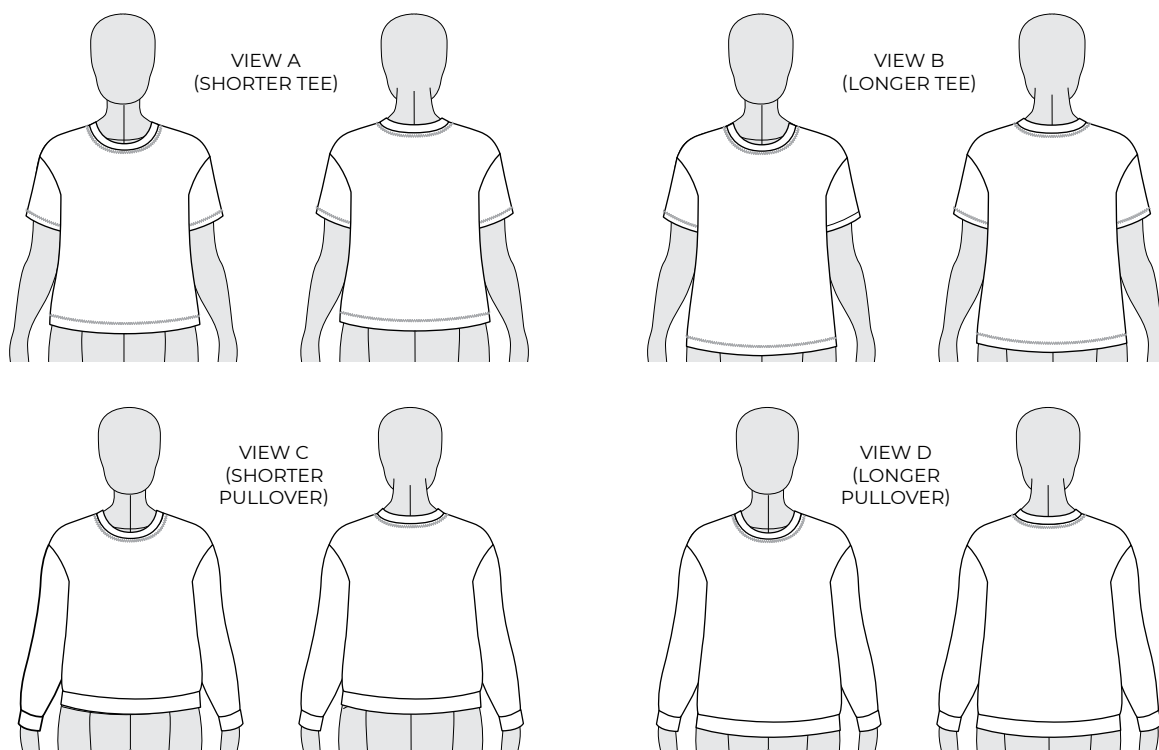
JACKSON

TEE AND PULLOVER | BEGINNER | SIZES 0 - 34 | #4004



HELEN'S CLOSET

PATTERNS



The Jackson Tee and Pullover is ready to be a workhorse in your wardrobe. This gender-inclusive design is great for you and excellent for your family and friends, too. All views have a classic unisex fit with a slightly dropped shoulder and crew neck. The pullover features knit bands for the cuffs and the hem that can be sewn in matching ribbing if desired. Two lengths are provided for both the tee and pullover so it's easy to suit yourself or the person you are sewing it for. You simply can't have too many Jacksons!

Notions

- Thread
- Ballpoint needle

Difficulty

Beginner

Sizes

0-34 US

Sewing Skills Learned

- Sewing with knit fabric
- Sewing a knit neckband

Fabric Recommendations

Stretch knits with at least 10% cross-grain stretch. Cotton jersey or cotton spandex, bamboo jersey, modal jersey, Merino jersey, rib knits, and ITY (Interlock Twist Yarn) knits will work well for the tee. The pullover works best in French terry, sweatshirt fleece, or other sweater knits. Ribbing can be used for the cuffs, neck band, and hem band if desired. If sizing down for a tighter fit, consider a fabric with at least 20% cross-grain stretch.



inches

	0	2	4	6	8	10	12	14	16
Chest	31	32	33	34	35	36.5	38	40	42
Waist	24	25	26	27	28	29	30	32	34
Hips	33	34	35	36	37	38.5	40	42	44

	18	20	22	24	26	28	30	32	34
Chest	44	46	48	50	52	54	56	58	60
Waist	36	38	40	42	44	46	48	50	52
Hips	46	48	50	52	54	56	58	60	62

centimeters

	0	2	4	6	8	10	12	14	16
Chest	78.5	81.5	84	86.5	89	92.5	96.5	101.5	106.5
Waist	61	63.5	66	68.5	71	73.5	76	81.5	86.5
Hips	84	86.5	89	91.5	94	98	101.5	106.5	112

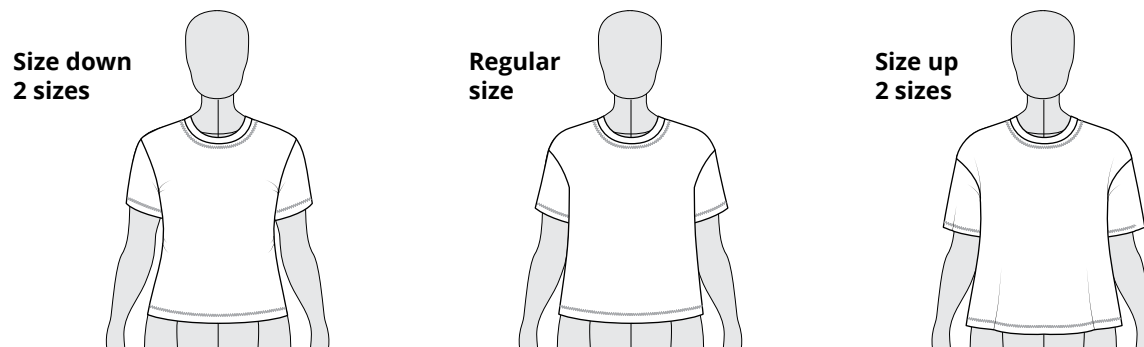
	18	20	22	24	26	28	30	32	34
Chest	112	117	122	127	132	137	142	147	152.5
Waist	91.5	96.5	101.5	106.5	112	117	122	127	132
Hips	117	122	127	132	137	142	147.5	152.5	157.5

This pattern has been drafted for a 5'6" tall person. See [Pattern Adjustments on pages 8-9](#) to learn how to lengthen/shorten this pattern to accommodate different heights.

Choosing a Size

We recommend grading between sizes if your chest/waist/hips fall into different sizes - [see pages 8-9](#).

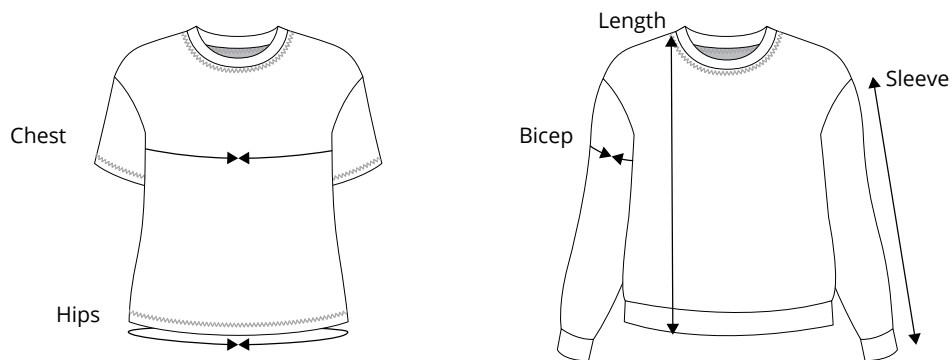
You get to decide which size works for you depending on how you like your tees and pullovers to fit. It is likely that a few sizes will work for you, so use the size chart above, finished measurement charts on the following pages, and the illustrations below to choose.



inches

	0	2	4	6	8	10	12	14	16
Chest	35	36	37	38	39	40	42	44	46
Hips	37	38	39	40	41	42.5	44	46	48
Length A, C	22.5	22.75	23	23.25	23.75	24	24.25	24.5	24.75
Length B	25.5	25.75	26	26.25	26.5	26.75	27	27.25	27.5
Length D	25	25.25	25.5	25.75	26	26.25	26.5	26.75	27
Sleeve Length A, B	7	7	7.1	7.1	7.2	7.2	7.3	7.3	7.4
Sleeve Length C, D	21	21	21	21	21.25	21.25	21.25	21.25	21.25
Bicep A, B	11.6	12.5	13	13.5	14	14.5	15	15.5	16
Bicep C, D	11.2	12	12.5	13	13.5	14	14.5	15	15.75

	18	20	22	24	26	28	30	32	34
Chest	47.5	49	51	53	55.5	57.5	60	62	64
Hips	50	52	54	56	58	60	62.5	65	67
Length A, C	25	25.25	25.5	25.75	26	26.25	26.5	26.75	27
Length B	27.75	28	28.25	28.5	28.75	29	29.25	29.5	29.75
Length D	27.25	27.5	27.75	28	28.25	28.5	28.75	29	29.25
Sleeve Length A, B	7.4	7.5	7.5	7.6	7.6	7.7	7.8	7.9	8
Sleeve Length C, D	21.25	21.25	21.25	21.75	21.75	21.75	22	22	22
Bicep A, B	17	17.5	18.25	19	19.75	20.75	21.5	22.25	23
Bicep C, D	16.5	17	17.5	18.25	19	19.75	20.5	21.25	22



The **chest** and **hips** are measured around the body at the chest and the hem respectively. Note that the hem bands on Views C and D are narrower than the finished hip measurement. This helps to create the blousing look of a pullover and will not affect the fit. The **length** is measured from the high shoulder to the hem. The **sleeve length** is measured from the sleeve cap to the sleeve hem. Both length and sleeve length include the bands on Views C and D. The **bicep** circumference is measured around the sleeve at the bicep.



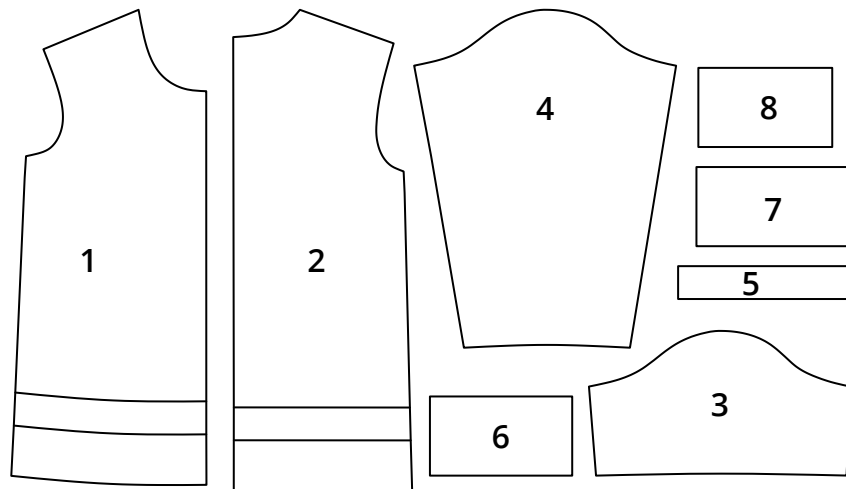
centimeters

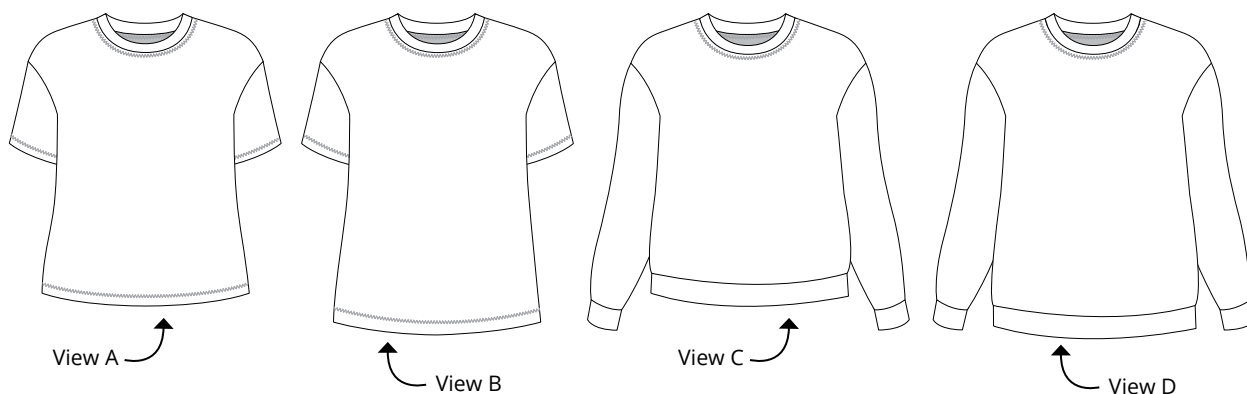
	0	2	4	6	8	10	12	14	16
Chest	89	91.5	94	96.5	99	101.5	106.5	112	117
Hips	94	96.5	99	101.5	104	108	112	117	122
Length A, C	57	58	58.5	59	60.5	61	61.5	62	63
Length B	65	65.5	66	66.5	67.5	68	68.5	69	70
Length D	63.5	64	65	65.5	66	66.5	67.5	68	68.5
Sleeve Length A, B	18	18	18	18	18.5	18.5	18.5	18.5	19
Sleeve Length C, D	53.5	53.5	53.5	53.5	54	54	54	54	54
Bicep A, B	29.5	32	33	34.5	35.5	37	38	39.5	40.5
Bicep C, D	28.5	30.5	32	33	34.5	35.5	37	38	40

	18	20	22	24	26	28	30	32	34
Chest	120.5	124.5	129.5	134.5	141	146	152.5	157.5	162.5
Hips	127	132	137	142	147.5	152.5	159	165	170
Length A, C	63.5	64	65	65.5	66	66.5	67.5	68	68.5
Length B	70.5	71	72	72.5	73	73.5	74.5	75	75.5
Length D	69	70	70.5	71	72	72.5	73	73.5	74.5
Sleeve Length A, B	19	19	19	19.5	19.5	19.5	20	20	20.5
Sleeve Length C, D	54	54	54	55	55	55	56	56	56
Bicep A, B	43	44.5	46.5	48.5	50	52.5	54.5	56.5	58.5
Bicep C, D	42	43	44.5	46.5	48.5	50	52	54	56

Pattern Pieces

- 1 - Front
- 2 - Back
- 3 - Sleeve - View A, B
- 4 - Sleeve - View C, D
- 5 - Neck Band
- 6 - Cuff - View C, D
- 7 - Front Hem Band - View C, D
- 8 - Back Hem Band - View C, D





Please allow extra fabric for napped or directional prints.

Please allow extra fabric if lengthening the pattern significantly - more than 2" (5 cm).

Views A, B (tee)

yards

	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
57" wide	1.1	1.1	1.1	1.1	1.1	1.1	1.1	1.1	2.1	2.1	2.1	2.1	2.1	2.2	2.2	2.2	2.2	2.2
45" wide	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	2.1	2.1	2.1	2.1	2.1	2.2	2.2	2.2	2.2	2.2

meters

	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
142 cm wide	1	1	1	1	1	1	1	1	1.9	1.9	1.9	1.9	1.9	2	2	2	2	2
112 cm wide	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.6	1.9	1.9	1.9	1.9	1.9	2	2	2	2	2

Views C, D (pullover)

yards

	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
57" wide	1.7	1.7	1.7	1.7	1.7	1.7	1.7	1.7	2	2	2	2	2	2	2.2	2.2	2.2	2.2
45" wide	2	2	2	2	2	2	2	2	2.7	2.7	2.7	2.7	2.7	2.7	3	3	3	3

meters

	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34
142 cm wide	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.5	1.8	1.8	1.8	1.8	1.8	1.8	2	2	2	2
112 cm wide	1.8	1.8	1.8	1.8	1.8	1.8	1.8	1.8	2.5	2.5	2.5	2.5	2.5	2.5	2.7	2.7	2.7	2.7

Optional Ribbing

You can use ribbing fabric for the neck band, cuff and hem bands of Views C and D (pullover). If you choose to use ribbing, you will require 0.25 meters/yards less fabric.

yards/meters

	0-14	16-24	26-34
36" wide ribbing	0.3	0.3	0.5



Grading between sizes

Grading between sizes is easy with Jackson. Draw a new cutting line for yourself on both the front and back pieces. See figure A.

Lengthening/shortening the pattern

You can adjust the pattern if you are taller or shorter than the height for which the pattern was drafted - 5'6" (170 cm). See figure B.

How much should I add/remove?

Generally, you want to add/remove the difference between your height and the height for which the pattern was drafted divided by two. You can also add or remove height based on personal experience and preference.

Example: You are 5'9" (180 cm) and the pattern was drafted for somebody 5'6" (170 cm). The difference is 3" (7.6 cm). Lengthen the pattern a total of 1.5" (3.8 cm).

Adding less than 3" (7.6 cm)

If you need to add/remove less than 3" (7.6 cm) total in height, you can ignore the armhole lengthen/shorten lines and add/remove the length from the lengthen/shorten line at the waist. See Figure B.

1. Cut open at the lengthen/shorten line.
2. Spread and fill in with extra paper to lengthen or overlap and tape to shorten.
3. True up the pattern (draw a new line to join the two pieces and/or smooth out the curve). Cut off any excess paper.
4. Repeat the above steps for the sleeve if necessary. See Figure C.

— New Cutting Line ■ Extra Paper

FIGURE A:

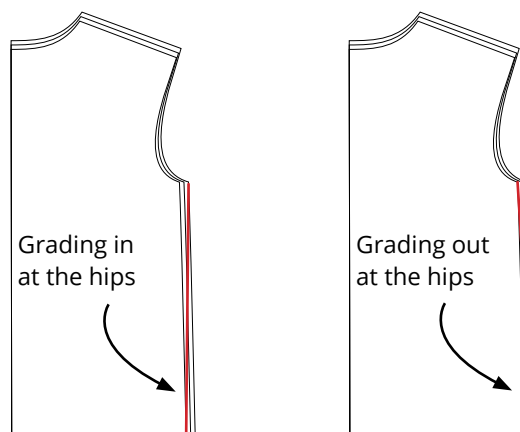


FIGURE B:

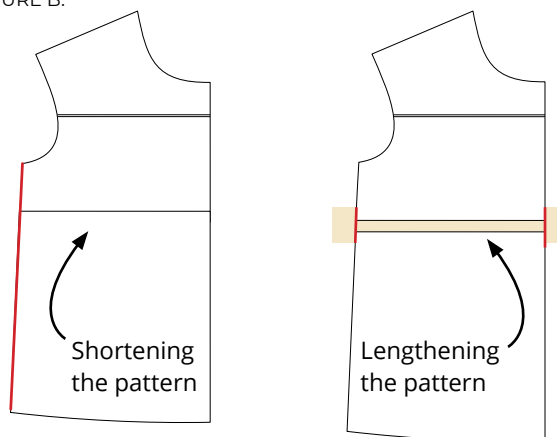
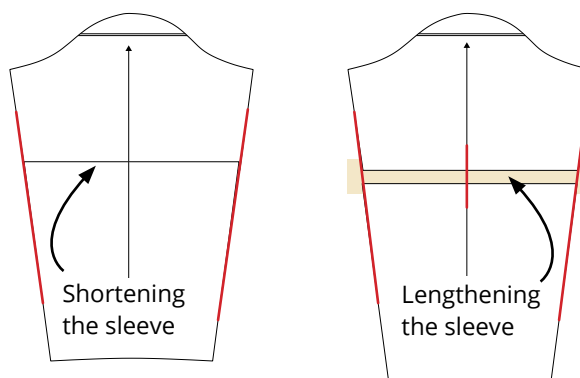


FIGURE C:



Adding more than 3" (7.6 cm)

If you need to add/remove more than 3" (7.6 cm) total in height, it is best to distribute that amount throughout the pattern.

Add/remove about a quarter of the total length from the armscye lengthen/shorten line. Then add/remove the rest from the lengthen/shorten line at the waist. See Figure D.

1. Cut open at the lengthen/shorten lines.
2. Spread and fill in with extra paper to lengthen or overlap and tape to shorten.
3. True up the pattern (draw a new line to join the two pieces and/or smooth out the curve). Cut off any excess paper.

Don't forget the sleeve

If you added/removed length from the armscye of the pattern it is important to add/remove the same amount from the sleeve cap as well. Otherwise the sleeve will not fit your new armscye. See Figure E.

If you changed the sleeve cap, you will need to true up the curves. See Figure F.

FIGURE D:

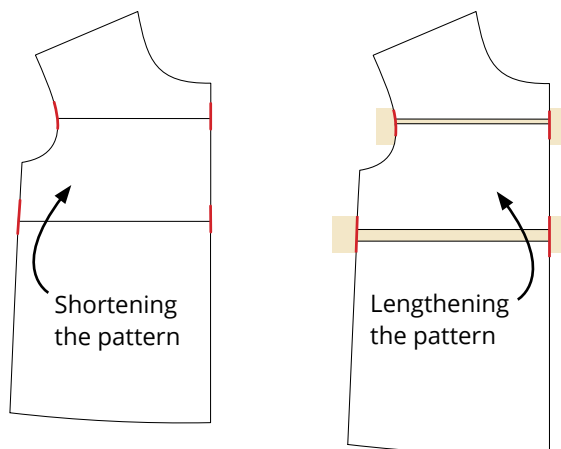


FIGURE E:

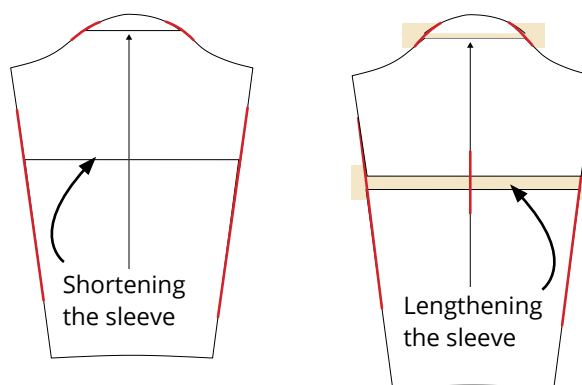


FIGURE F:

