

# ARROWSMITH TANK



THREAD  
DESIGNS INC.  
THEORY



ALPINE  
COLLECTION

This modern, simple to sew sleeveless top pattern is a wardrobe staple that can be sewn up as an undershirt or as the ideal summer singlet. The design features a deep crew neck with enlarged armholes finished with binding. It would suit tissue to medium weight knits with moderate stretch. The hem can be sewn using a zig-zag stitch or a twin needle.

Instructions for sewing with knits are thorough and include finishing suggestions, step-by-step illustrations and both beginner or intermediate sewing options. They explain methods for sewing the shirt with or without a serger.



**VARIATIONS:**

- Crew neck tank with or without pocket

**SEAM ALLOWANCE:**

- 3/8" unless noted otherwise

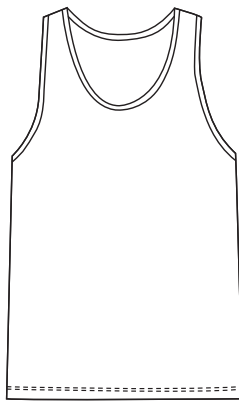
GO TO [HTTP://  
THREADTHEORYBLOG.  
WORDPRESS.COM/ARROWSMITH/](http://threadtheoryblog.wordpress.com/arrowsmith/)  
TO SEE SEWIST'S FINISHED  
PROJECTS AND DESIGN IDEAS!



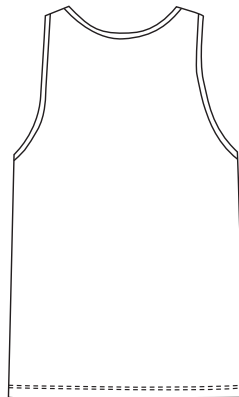
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## ARROWSMITH TANK - V1



FRONT

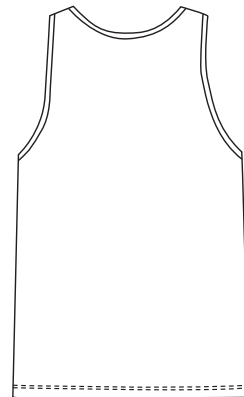


BACK

## ARROWSMITH TANK - V2



FRONT



BACK

## MATERIALS REQUIRED (ALL SIZES)

### BOTH VARIATIONS

Light to medium weight knit fabrics:

**Easier to sew:** More stable knits such as thick t-shirt knits.

**More challenging to sew:** Ribbed knits, tissue-weight knits, knit athletic materials.

**Design idea:** Use a contrast knit for the neck and arm bindings and/or use a contrast knit or woven fabric for the pocket.

115cm/45"

150cm/60"

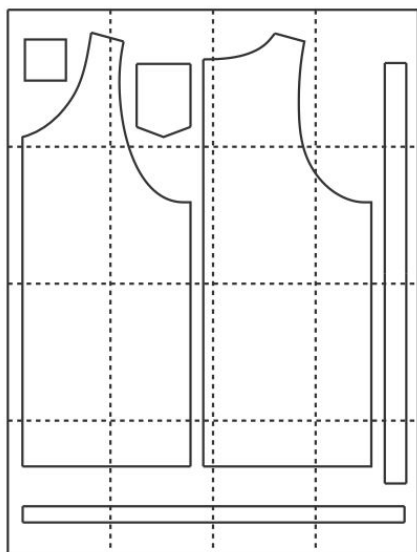
### BOTH VARIATIONS

Self Fabric

1.9m/2.1 yards

1.1m/1.2 yards

*Note: If using contrast fabric for pocket and binding, you will need 0.2m / 0.2y of either width of fabric.*



If you would like a casual fitting summer tank, use the size that corresponds to the body measurements.  
 If you would like a tight fitting undershirt use a size smaller.

**BODY MEASUREMENTS (CM/INCHES)**

	XS	S	M	L	XL	XXL
<b>CHEST</b>	88.9cm/35"	94.0cm/37"	99.1cm/39"	105.4cm/41 1/2"	113.0cm/44 1/2"	120.7cm/47 1/2"
<b>WAIST</b>	73.7cm/29"	78.7cm/31"	83.8cm/33"	91.4cm/36"	99.1cm/39"	106.7cm/42"

**GARMENT MEASUREMENTS (CM/INCHES)**

	XS	S	M	L	XL	XXL
<b>CHEST WIDTH</b>	44.0cm/17 3/8"	46.5cm/18 1/4"	49.0cm/19 1/4"	52.8cm/20 3/4"	56.6cm/22 1/4"	60.4cm/23 3/4"
<b>FRONT NECK DROP</b>	12.9cm/5"	13.1cm/5 1/8"	13.3cm/5 1/4"	13.8cm/5 3/8"	14.3cm/5 5/8"	14.8cm/5 7/8"
<b>BACK LENGTH (CB)</b>	65.9cm/26"	66.9cm/26 3/8"	67.9cm/36 3/4"	69.3cm/27 3/4"	70.9cm/28"	72.4cm/28 1/2"

Use this part of the page to note your measurements, or those of the lucky person who will receive your finished garment!

NAME: \_\_\_\_\_

	CHEST	WAIST	NECK DROP	BACK
<b>BODY MEASUREMENTS</b>				

NAME: \_\_\_\_\_

	CHEST	WAIST	NECK DROP	BACK
<b>BODY MEASUREMENTS</b>				

NAME: \_\_\_\_\_

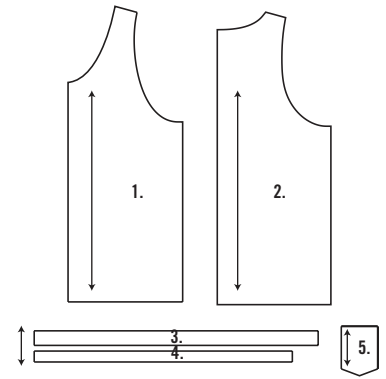
	CHEST	WAIST	NECK DROP	BACK
<b>BODY MEASUREMENTS</b>				

NAME: \_\_\_\_\_

	CHEST	WAIST	NECK DROP	BACK
<b>BODY MEASUREMENTS</b>				

## PATTERN PIECES

- |                    |                          |
|--------------------|--------------------------|
| 1. Front           | Cut 1 Self on fold       |
| 2. Back            | Cut 1 Self on fold       |
| 3. Neck Binding    | Cut 1 Self or 1 Contrast |
| 4. Armhole Binding | Cut 2 Self or 2 Contrast |
| 5. Pocket          | Cut 1 Self or 1 Contrast |

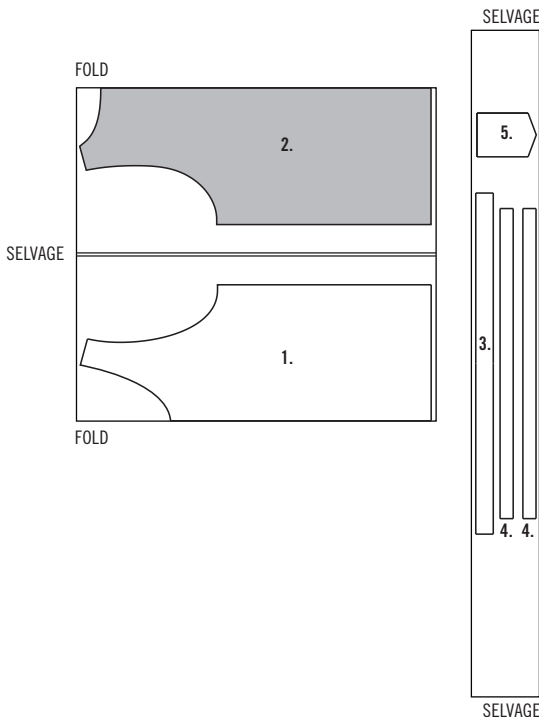


## CUTTING LAYOUTS

**BOTH VARIATIONS** – (150cm/60" wide):

On Fold

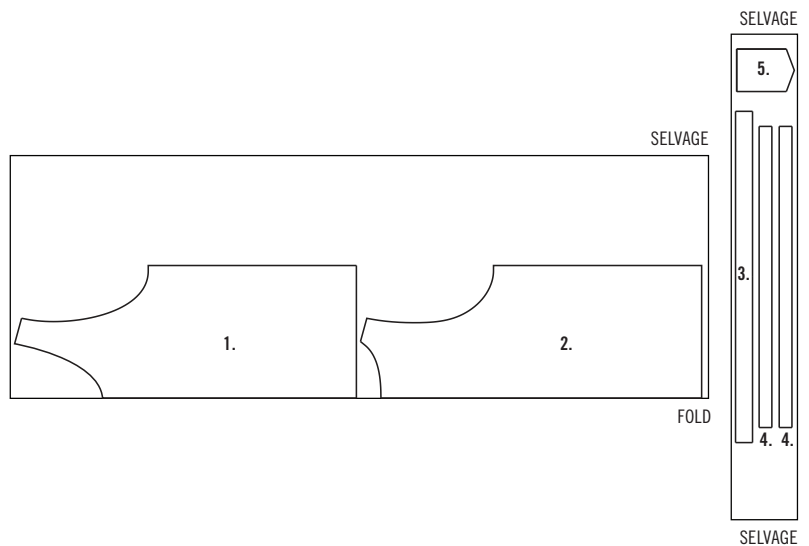
NOT on Fold  
(Single Layer)



**BOTH VARIATIONS** – (115cm/45" wide):

On Fold

NOT on Fold  
(Single Layer)



## PREPARATIONS

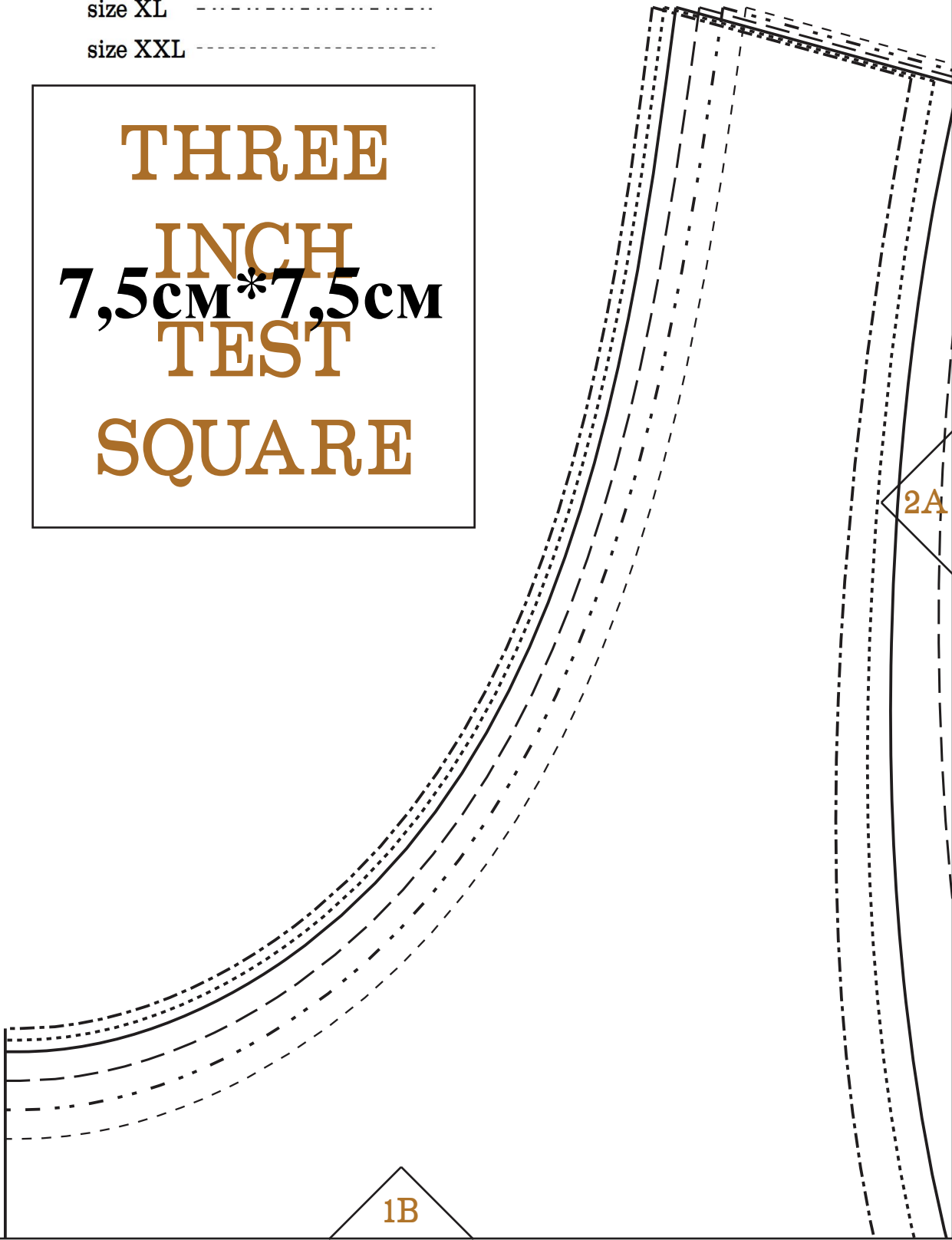
1. Cut out or trace all paper pattern pieces in size required.

**TIP:** Lengthen or shorten if necessary by slashing along line marked "lengthen or shorten here" and taping pieces back together with a strip of added paper to lengthen, or overlapped to shorten.

2. Pre-wash fabric as instructed by manufacturer (be sure to ask for care instructions at the fabric store when you are buying your fabric!). Most knits will shrink substantially so washing before cutting is very important.
3. Lay out pattern pieces on ironed fabric as illustrated in the cutting layouts. Pin both the selvage edge and the folded edges together so that the grain-line does not shift while cutting (especially important if you are using a fabric with stripes!).
4. Cut out pattern pieces and transfer all markings (notches, pocket placement dots) with chalk or pencil to wrong side of fabric (avoid marking on the right side in case the markings don't wash off fully). If you like to clip notches, avoid clipping deeply as this will create a weak point in the knit fabric where a 'run' might begin, even if you finish your seams with a serger or zig zag.
5. Seam allowances are 3/8" unless otherwise noted.

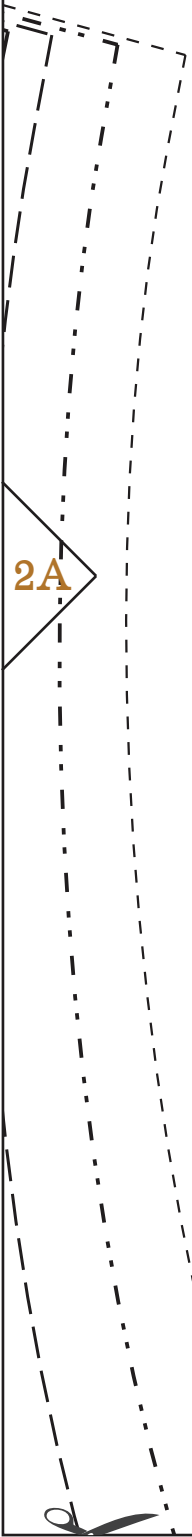
- size XS -----
- size S ..... (dotted)
- size M \_\_\_\_\_
- size L - - - - -
- size XL - - - - -
- size XXL - - - - -

**THREE  
INCH  
7,5cm\*7,5cm  
TEST  
SQUARE**

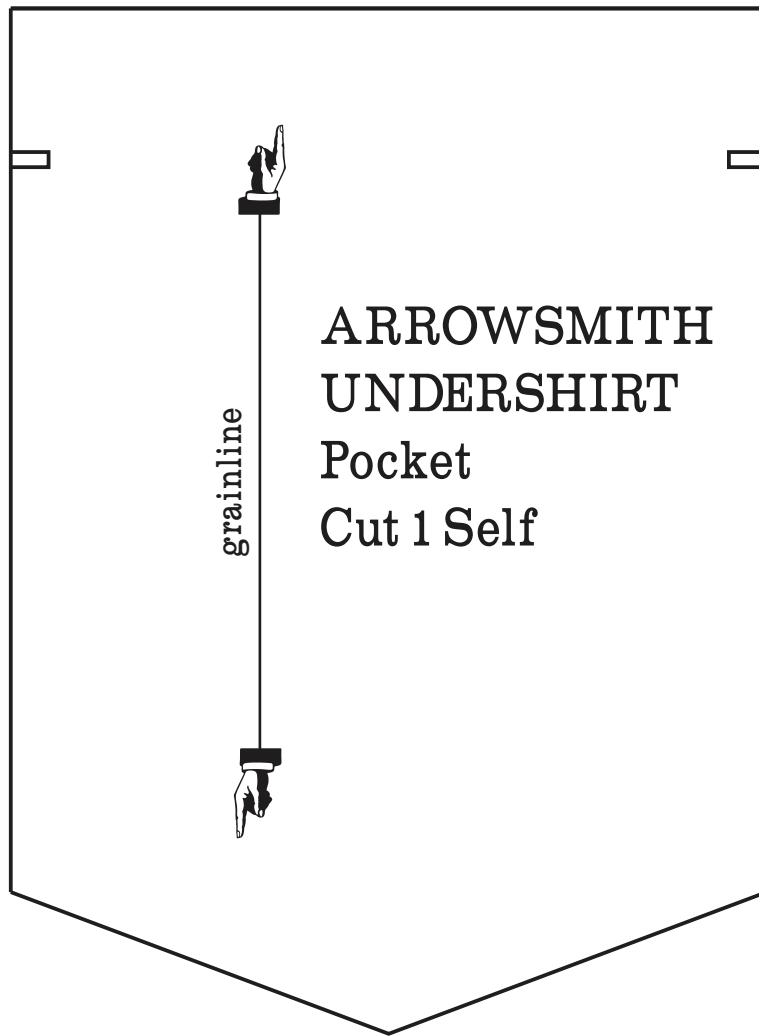


1B

2A

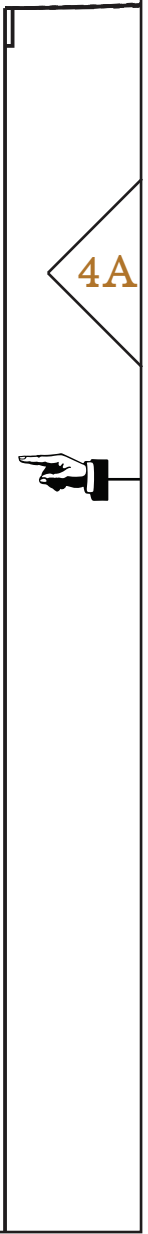


2A



grainline

ARROWSMITH  
UNDERSHIRT  
Pocket  
Cut 1 Self



4A



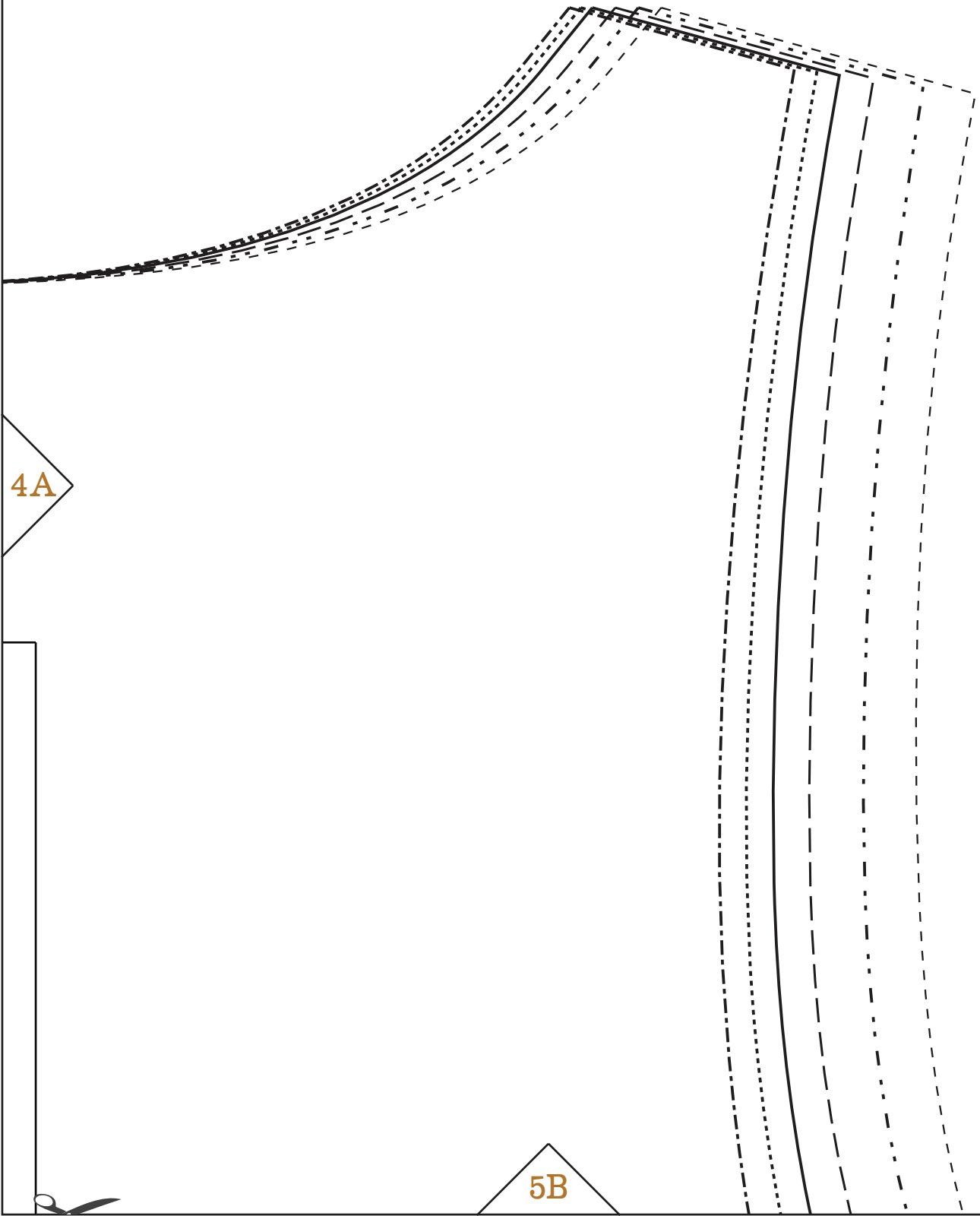
3B



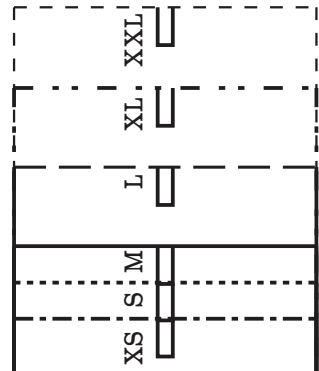
4A


6A

5B



6A



on of greatest stretch 

7B



1B

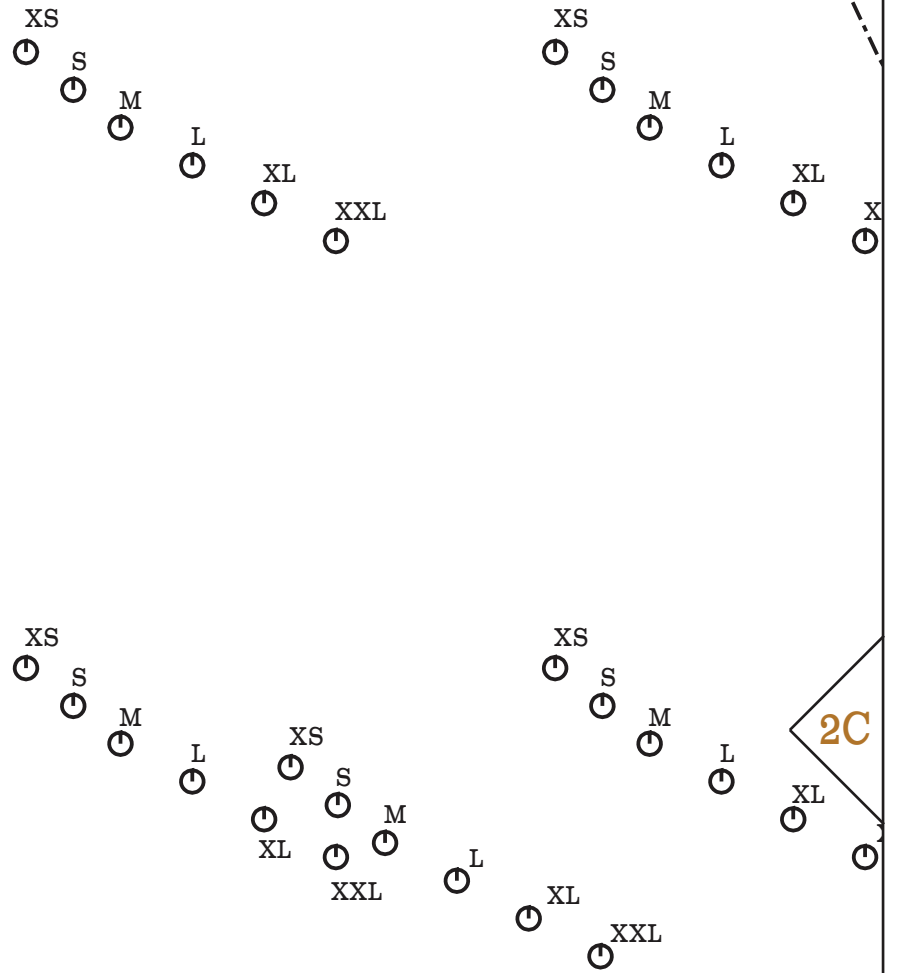


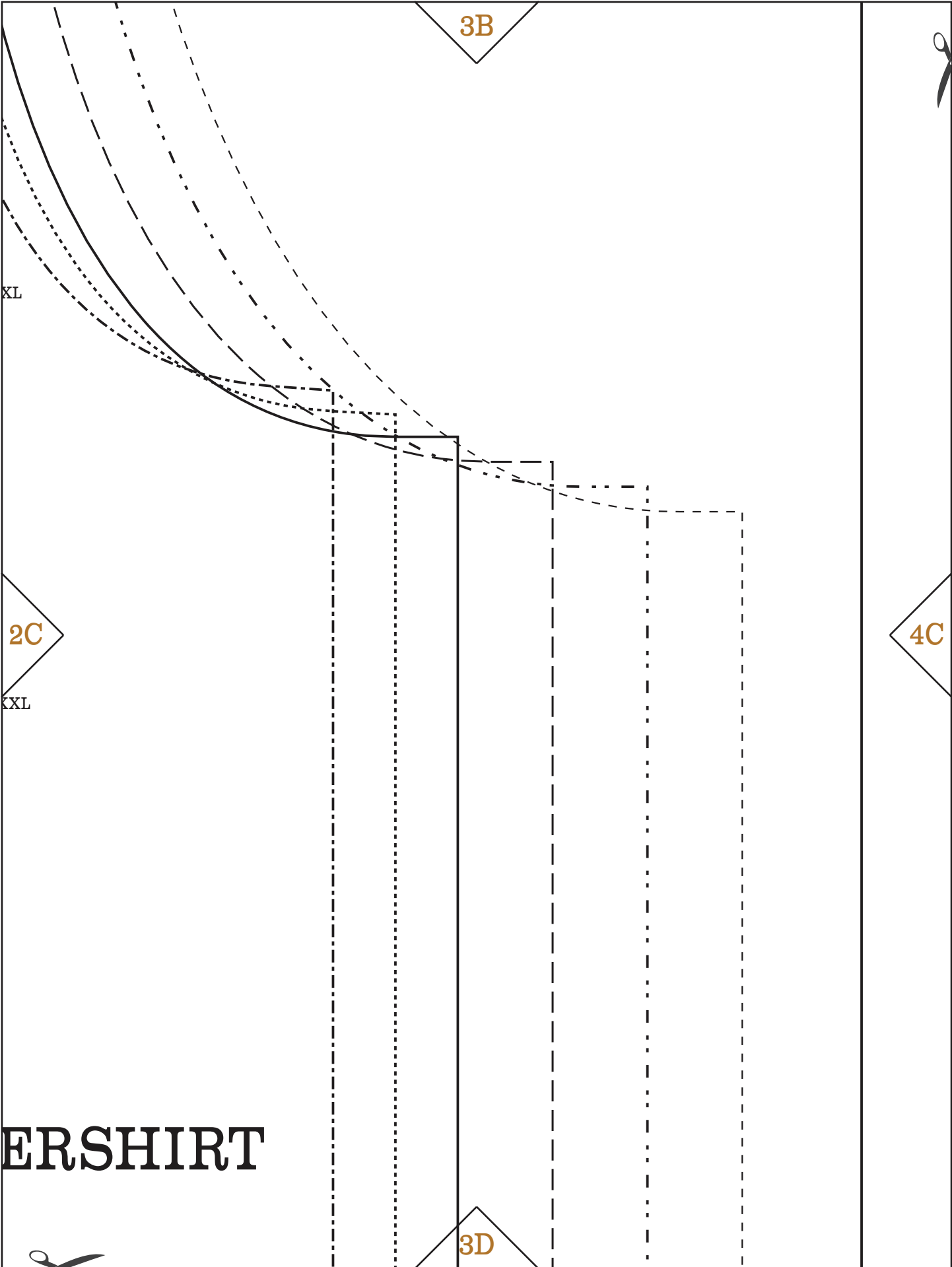
Place on Fold

ARROWSMITH UND  
Front

1B

2C





3B

XL

2C

XXL

4C

3D

T-SHIRT

5B

4C

6C

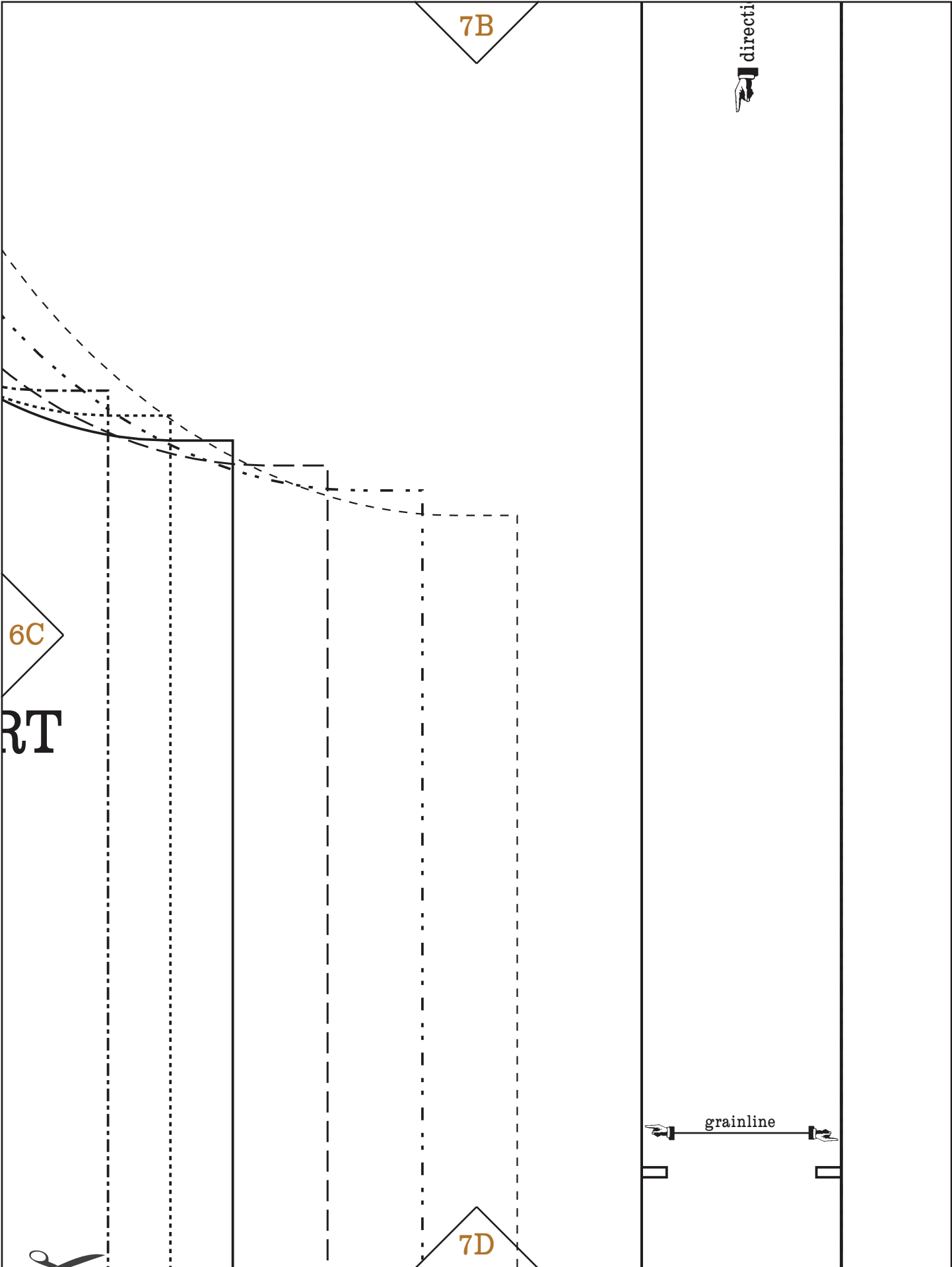
ARROWSMITH UNDERSHIRT

Back

Cut 1 Self on Fold

CB Place on Fold

5D



CF

# Cut <sup>1D</sup> Self on Fold



Lengthen or Shorten Here

2E

# THREAD

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# THEORY

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<sup>1F</sup>  
Thank you for choosing Thread Theory Designs!



3D



2E

4E

including

y  
2012

on.



XS

3F





6E

7D

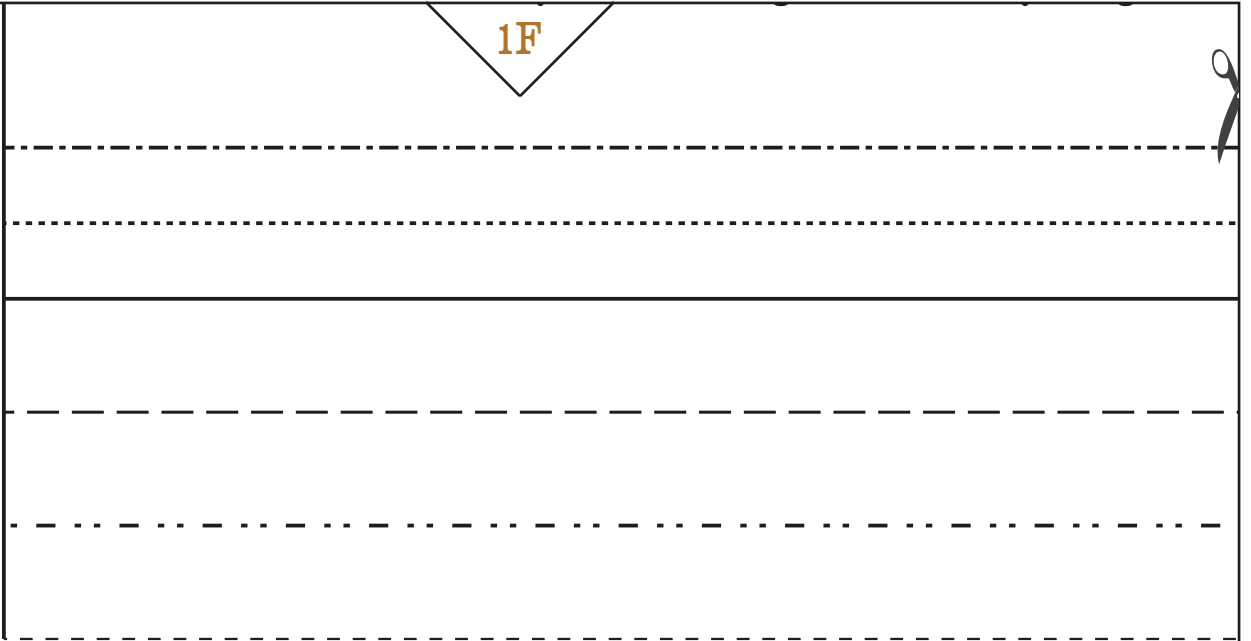
7F

ROWSMITH UNDERSHIRT  
Kline Binding  
Self





1F

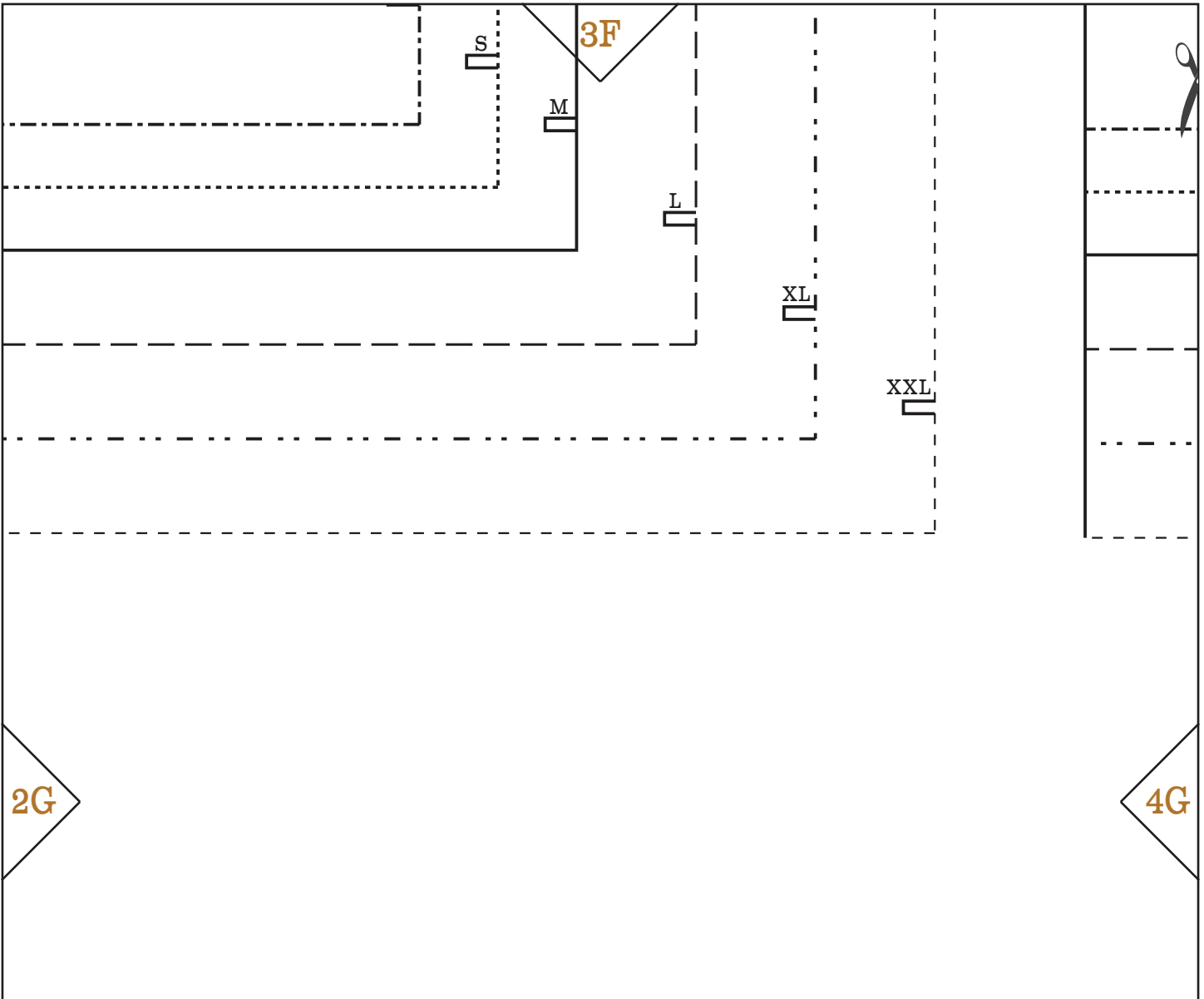


2G



XXL	XL	L	M	S	XS
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**ARROWSMITH UN**  
**Armhole Binding**  
**Cut 2 Self**



DEERSHIRT





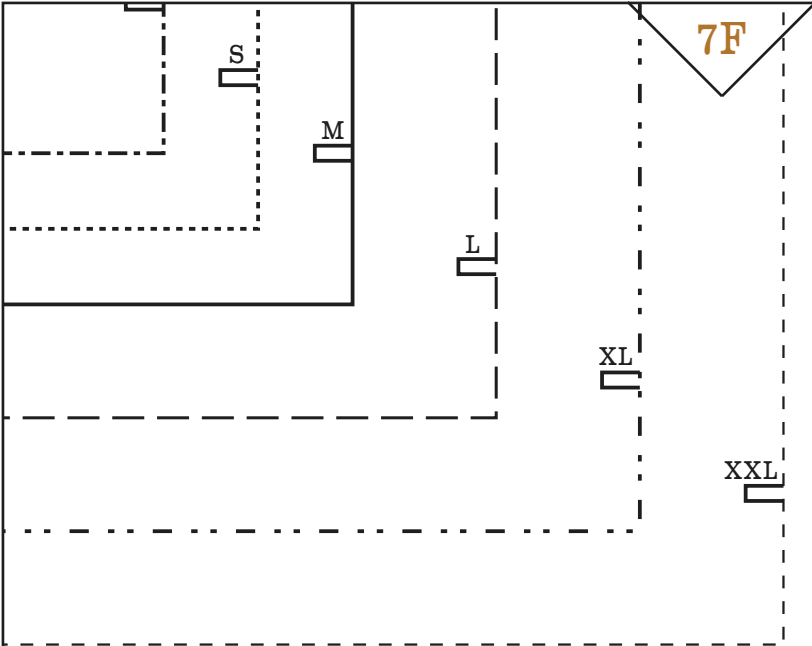
5F



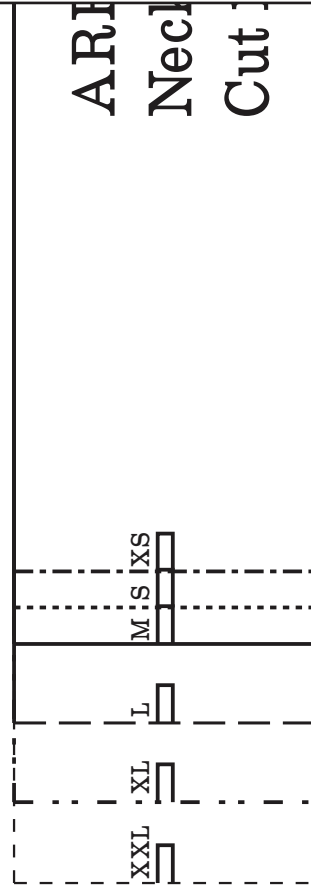
4G

6G

 direction of greatest stretch 



6G



XS	S	M	L	XL	XXL
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