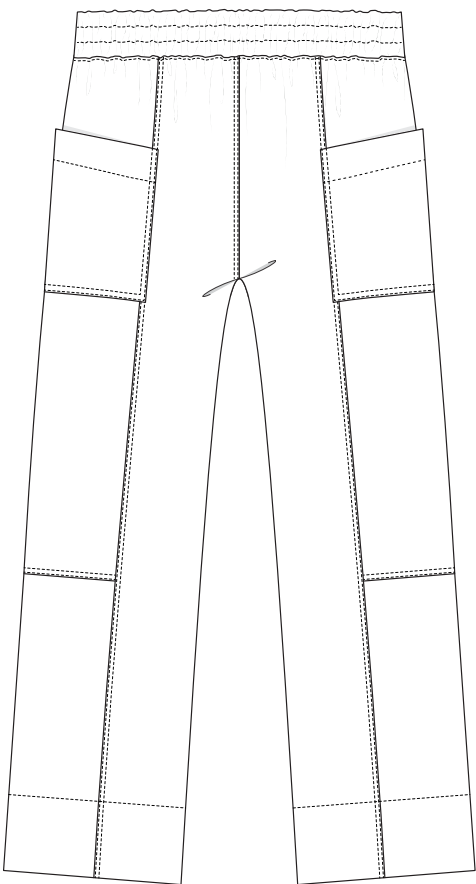
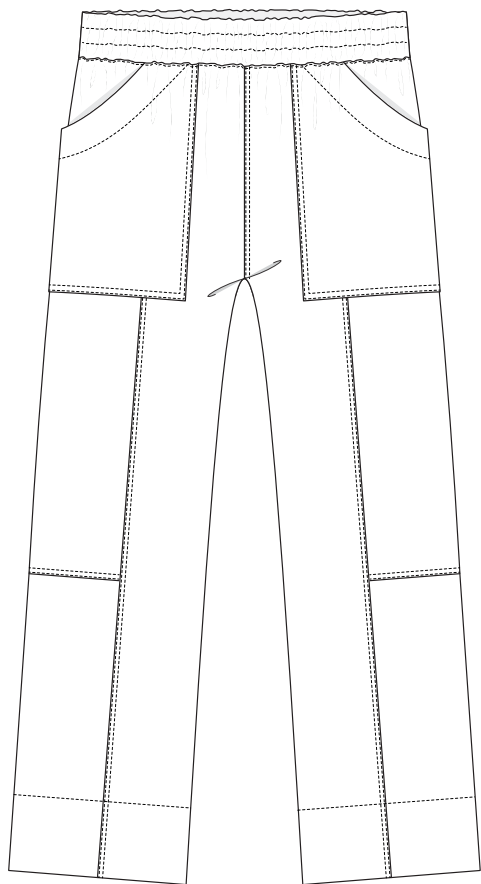


ATTWOOD PANTS / #021



SKILL LEVEL



IN THE
FOLDS

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ABOUT IN THE FOLDS PATTERNS

In the Folds patterns are designed to inspire and encourage modern makers to create garments that are beautiful both inside and out. Through selected techniques and construction details, **In the Folds** aims to encourage thought-provoking and memorable making experiences - helping you enjoy each stitch in the process.

Techniques may differ slightly from the home sewing methods you are used to, but in some cases industrial finishes will give you the cleanest and most professional finish.

Seam allowances are included and detailed in each step.

You will notice that in some cases the seam allowances meet each other at different angles at the end of the seam. This is so that when you press the seam allowances open the seams will sit flush with the edges and help you get a really clean finish.

SLOW SEWING

In the Folds patterns are designed to include thoughtful details and interesting techniques so that you can enjoy the process of making the garment as much as the end result.

If we slow down and take in every stitch, we can better our skills, appreciate the amazing things we can do with our hands, understand the process more fully and create garments that will be worn, loved and cared for long into the future.

We recommend that you read all the instructions before getting started.

We'd love to see your work in progress. Find us on Instagram **@inthefolds** and tag your photos with **#AttwoodPants**.

Happy sewing!

THE ENVIRONMENT

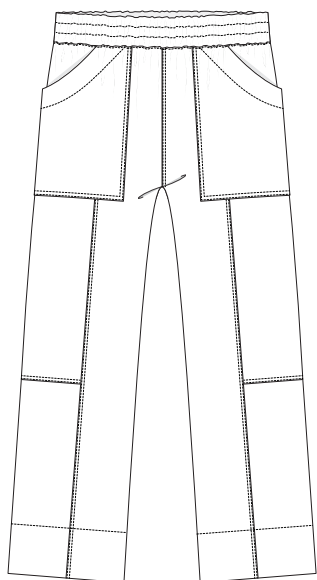
Please consider the environment before printing this booklet.

Consider using fabric from your stash before going to buy something new.

You might be surprised by what you find there.

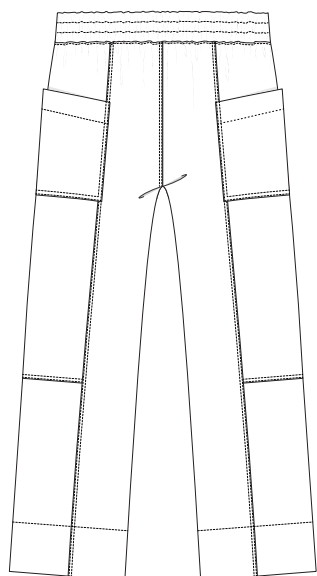
Before selecting your fabric, really think about how this garment will fit into your wardrobe and how you plan to care for it. Choose a fabric that fits the bill.

GARMENT OVERVIEW



GARMENT DETAILS

The **Attwood pants** are an elasticated pair of pants that sit on the natural waist. The pants have a straight leg and are assembled with vertical and horizontal panel lines for a modern twist on this pant style. They are sewn with flat felled seams. Large patch pockets wrap around the pants from front to back and are secured with topstitching. The pants are designed to be relaxed in fit, with a cropped length and a large hem allowance.



FABRIC SUGGESTIONS

The **Attwood pants** are compatible with mid-weight woven fabrics such as: linen, linen blends, cotton canvas, cotton drill and denim. The pattern lends itself well to colour blocking. Keep in mind that the weight of the fabric will determine the amount of structure and drape in the finished garment.

Please note: heavy fabrics are likely to create too much bulk in the waistband due to the elastic, so keep this in mind when selecting fabric.

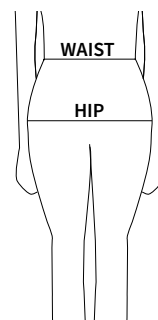
NOTIONS

- Coordinating thread
- 5cm (2in) wide elastic x (your waist measurement + 5cm (2in))
- Optional: 0.25m (0.3yd) light to mid-weight fusible interfacing (for the pocket facings).

SIZING + GARMENT MEASUREMENTS

NOTES ON FITTING

The **Attwood pants** are designed to be relaxed in fit. Select a size based on your hip measurement and then adjust the elastic length to accommodate your waist. Due to the nature of elastic waist pants, there is considerable ease in the waist of the pants before inserting elastic, so keep this in mind when selecting your size. We have provided the waist measurements without elastic so you can ensure that the pants will fit over your hips.



This pattern is drafted for a height of 170cm (5'7"). Use the LENGTHEN / SHORTEN lines on the pattern to make alterations to the length. We have provided two lines so that you can distribute any adjustment throughout the panels and keep the proportions of the panels intact. If only making a small length adjustment (less than 3cm (1¼in)), you may choose to just use one of the lines to adjust the length, rather than distributing the amount between the two points.

BODY MEASUREMENTS

	A	B	C	D	E	F	G	H	I	J
WAIST	61cm 24"	66cm 26"	71cm 28"	76cm 29⅞"	81cm 31⅞"	86cm 33⅞"	93.5cm 36¾"	101cm 39¾"	108.5cm 42¾"	116cm 45⅝"
HIP	84cm 33"	89cm 35"	94cm 37"	99cm 39"	104cm 41"	109cm 42⅞"	116.5cm 45¾"	124cm 48⅞"	131.5cm 51¾"	139cm 54¾"

FINISHED GARMENT MEASUREMENTS

	A	B	C	D	E	F	G	H	I	J
WAIST (WITHOUT ELASTIC)	95.5cm 37⅝"	100.5cm 39½"	105.5cm 41½"	110.5cm 43½"	115.5cm 45½"	120.5cm 47½"	128cm 50⅝"	135.5cm 53⅝"	143cm 56¼"	150cm 59"
HIP	97.5cm 38⅝"	102.5cm 40⅝"	107.5cm 42¼"	112.5cm 44¼"	117.5cm 46¼"	122.5cm 48¼"	130cm 51¼"	137.5cm 54⅞"	145cm 57"	152.5cm 60"
INSEAM LENGTH	68.5cm 26⅞"	68.6cm 27"	68.7cm 27"	68.8cm 27⅞"	68.9cm 27⅞"	69cm 27⅞"	69.3cm 27¼"	69.5cm 27⅞"	69.7cm 27½"	70cm 27⅞"

FABRIC REQUIREMENTS

	A	B	C	D	E	F	G	H	I	J
115cm 45"	2.4m 2.7yds	2.5m 2.8yds	2.6m 2.9yds	2.6m 2.9yds	2.6m 2.9yds	2.7m 3yds	2.7m 3yds	3.1m 3.4yds	3.2m 3.5yds	3.2m 3.5yds
150cm 60"	2.1m 2.3yds	2.2m 2.4yds	2.2m 2.4yds	2.3m 2.6yds	2.3m 2.6yds	2.3m 2.6yds	2.3m 2.6yds	2.3m 2.6yds	2.3m 2.6yds	2.4m 2.7yds

PRINTING THE PATTERN

PAPER SIZE

This pattern can be printed on either A4 or US letter-sized paper. There is also a full-sized version included so it can be printed in full sheets at your local copy shop (2 x A0).

LAYERS

This pattern has embedded layers, which means that if you have access to Adobe Reader, you can select just the size/s you would like to print. Layers make it much less confusing to cut out the pattern and also save on ink (and paper in some cases). Adobe Reader is free to download.

The stitch line (pattern without seam allowance) is marked on the pattern. The stitch line is handy to have when making alterations to a pattern. You can choose whether or not to have the stitch lines showing on your pattern when printing by turning the stitch line layers on or off.



Open the pattern in Adobe Reader and click on the 'layers' option on the left hand side. There will be an eye next to each layer in the pattern. Click the eye to turn off all the layers you do not need. Turn on the optional stitch line layer if you would like the stitch line marked on your pattern.



← **Please note: the 'PATTERN INFO' layer needs to be on for all sizes.**

At the time of publishing, layers are not available on Preview (Mac).

SCALING

Before printing the file, you will need to check the scaling settings on your printer. The pattern needs to be printed at its true scale. To do this, go into your print settings and select 'actual size', 100% or set page scaling to 'none' or 'turn off page scaling'.

Print only Page 1 of the pattern and check that the large test square measures 5cm x 5cm or the smaller one measures 1in x 1in.

PRINT

When you have the scaling right, print the remainder of the pattern.

Please note: when printing from Adobe Reader, make sure the print orientation is set to 'Auto portrait / landscape' - this will ensure the border of each page will be printed.

ASSEMBLE

Cut two of the borders off each page - one long side and one short side (keep your choice of sides consistent between pages). Align the circles so that 1A matches up to 1A, 2A with 2A etc, and tape or glue in place. Use the printing plan on p 7 as a reference, if required.



CUTTING YOUR FABRIC

Wash and dry your fabric. Use the method you intend to use when washing your garment so it doesn't shrink after its first wash!

Give your fabric a good press before cutting.

Take your fabric and fold it in half lengthways, with right sides together, on a cutting table or other flat surface. Bring the selvages (woven edges of the fabric) together and smooth out any wrinkles. By folding the fabric in half, you will be able to cut two pieces at the same time.

Take your pattern pieces and lay them on your fabric with the grainline of each pattern piece running exactly parallel to the selvedge. To do this, use a tape measure to measure from each end of the grainline to the selvedge, ensuring the measurement is the same (meaning your pattern piece is on grain). Use the cutting plans on p 9 as a guide.

If a pattern piece says 'CUT 1 ON FOLD,' align the fold line of the pattern piece with the fold of the fabric so that you will be left with a full pattern piece once cut.

Use weights or pins to hold the pieces in place. Carefully cut out each piece.

Be sure to transfer all pattern markings onto your fabric. To mark a notch, snip into the fabric **6mm (1/4in)**. Mark drill holes with tailor's chalk on the wrong side of the fabric or with a single hand stitch in a contrasting thread. A drill hole is used to indicate the pocket placement. If you would like to transfer the pocket placement lines onto the fabric you can use chalk tracing paper and a tracing wheel or basting stitches.

TIPS

- *Take note of any changes you make to the pattern as you go. This will help you when you use the pattern again. You can use the section on p 22-23.*
- *A large hem allowance is a design feature of this pattern. If you are short on fabric, you can reduce the hem width or create hem facings.*
- *Consider colour blocking or playing with stripe direction if using a striped fabric or directional print.*
- *Enjoy the process! It's not a race to the end.*

9

NOTES ON FLAT FELLED SEAMS

Flat felled seams are one of the strongest seam finishes. The raw edge is enclosed inside the seam (like French seams), and then it's pressed flat and stitched to keep the seam nice and flat.

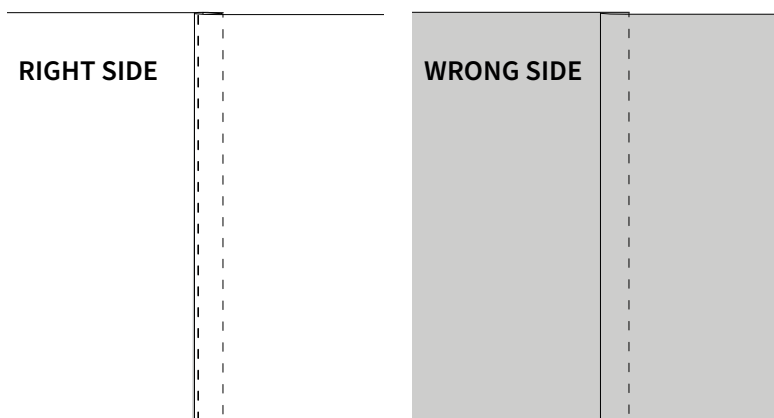
What's this finish for? Flat felled seams are suitable for hardwearing items such as jeans and jackets. You will also sometimes use this finish for making shirts.

Variations: There are various ways to sew flat felled seams and we have chosen the method we find the most straightforward. Flat felled seams can be sewn so that the seam is enclosed on the right side of the garment (**Option 1**) or on the wrong side of the garment (**Option 2**).

For the **Attwood pants**, we used the method that has the enclosed seam on the right side of the pants to make a feature of the flat felled seams. If you would prefer the alternative (enclosed seam on the wrong side of the garment), you can construct them that way. We suggest sewing samples of both options to work out your preference. Instructions for how to sew a flat felled seam can be found on the next page.

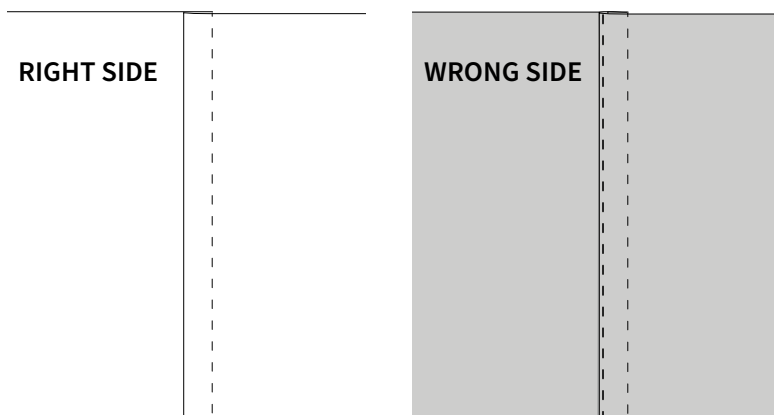
Option 1

Seams sewn wrong sides together. Seam allowance is enclosed on the right side of the garment when the seam is complete. This is the method used throughout these instructions.



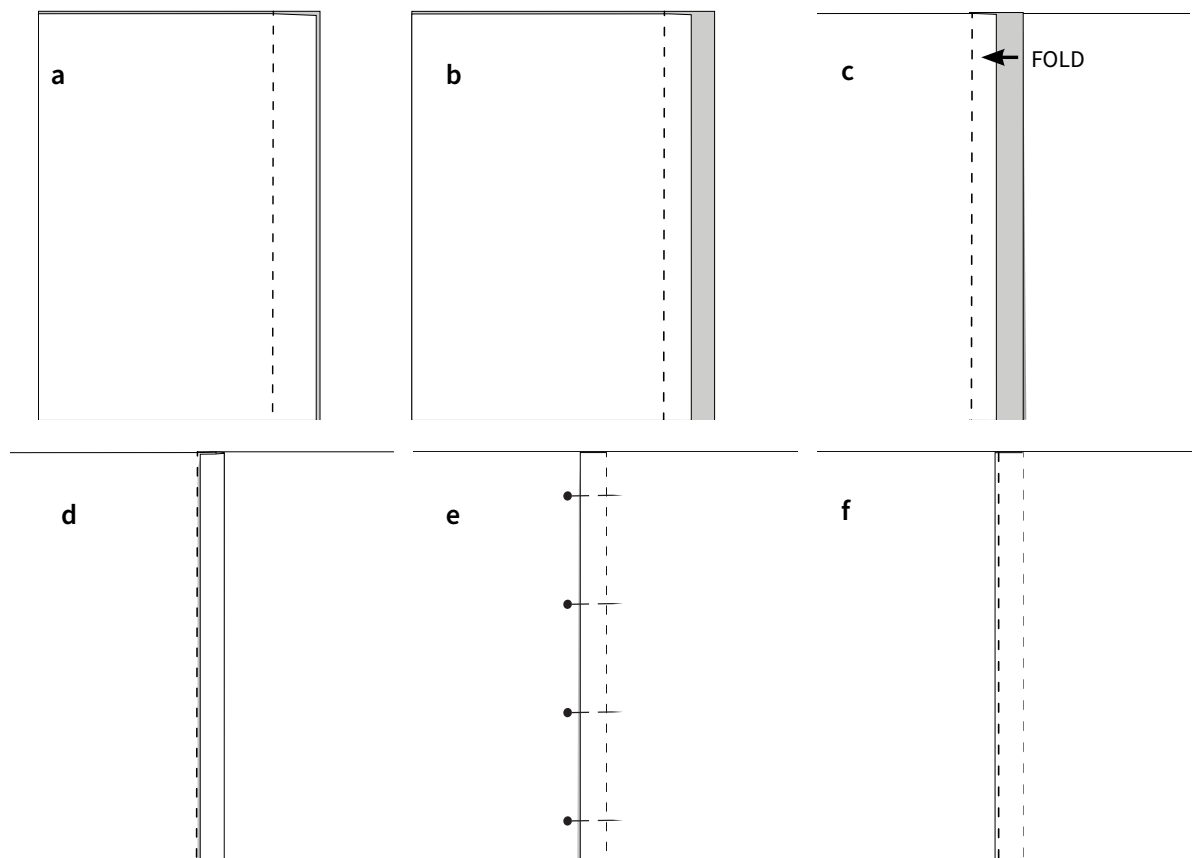
Option 2

Seams sewn right sides together. Seam allowance is enclosed on the wrong side of the garment when the seam is complete.



SEWING FLAT FELLED SEAMS

These instructions guide you through the process of sewing a flat felled seam and can be referred to throughout the construction process. The finished seam will be enclosed on the right side of the garment. If you would prefer it to be enclosed on the wrong side of the garment, start by bringing the pieces together with right sides together. More about this can be found on p 10.



To sew a **flat felled seam**:

a Pin the pieces you are joining together with wrong sides together. Stitch with a **1.2cm (½in)** seam allowance (or what your pattern specifies).

b Trim down one side of the seam allowance to **6mm (¼in)**. The instructions will guide you as to which side to trim down. If sewing a sampler, you can trim down either.

c Press the seam open with the seam allowance pressed to one side.

d Turn the wider side of the seam allowance over the narrow side. The raw edge of the wider side should sit about **1mm** back from the stitch line. Press well when you are happy with where the edge is sitting.

e Flip the seam allowance over to the other side of the seam, so that the raw edge is now enclosed in the seam. Press and pin through all layers.

f Carefully stitch close to the fold to complete the seam.

INSTRUCTIONS

ILLUSTRATION KEY



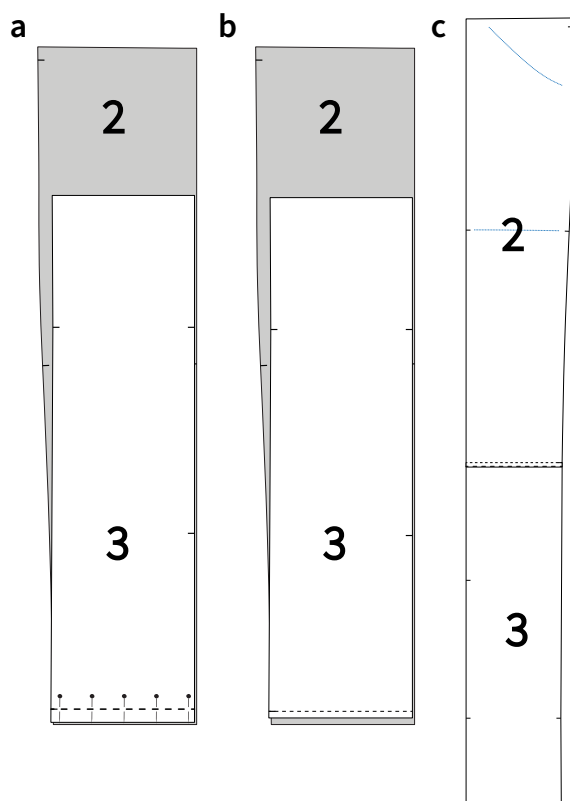
*These instructions guide you through making the **Attwood pants** with flat felled seams.*

Seam allowances vary and are noted in each step.

For help with sewing terms, see GLOSSARY on p 21.

Happy Sewing!

ASSEMBLE FRONT PANELS



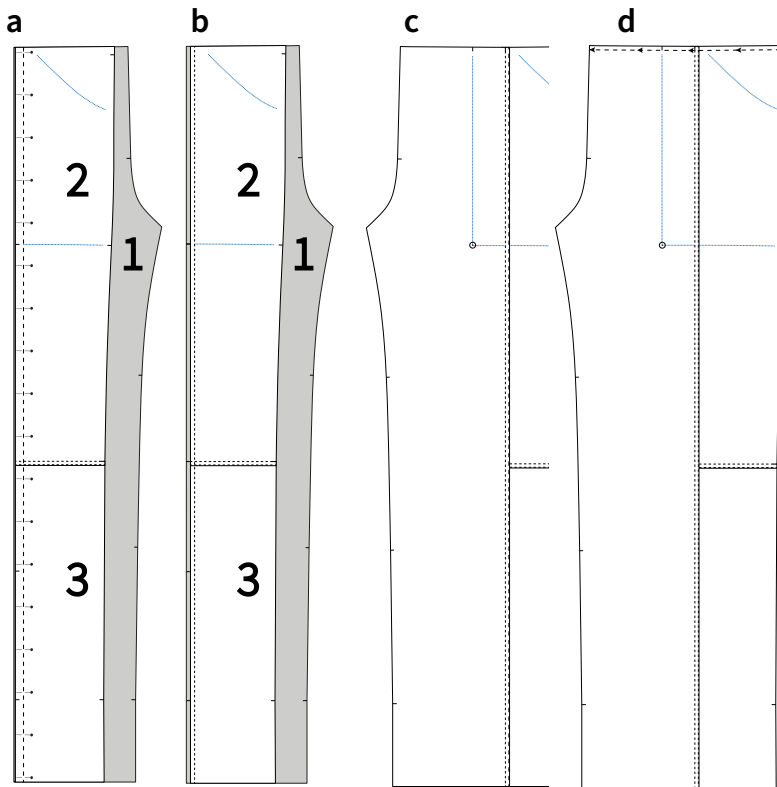
STEP 1

a Pin the LOWER SIDE FRONT PANEL [3] and UPPER SIDE FRONT PANEL [2] with wrong sides together.

Stitch with a **1.2cm (½in)** seam allowance.

b Trim the seam allowance on the LOWER SIDE FRONT PANEL [3] and create a flat felled seam, folding the finished seam towards the hem (**c**).

Please note: these panels will now be referred to as the 'SIDE FRONT PANEL.'



STEP 2

a Pin the SIDE FRONT PANEL to the CENTRE FRONT PANEL [1] with wrong sides together. Use the notches to guide you.

Stitch with **1.2cm (½in)** seam allowance.

b Trim the seam allowance on the SIDE FRONT PANEL and create a flat felled seam, folding the finished seam toward the side seam (c).

Please note: these panels will now be referred to as the 'FRONT PANT'.

d Staystitch **6mm (¼in)** from the top edge of the FRONT PANT. Stitch from the side seam edge towards CENTRE FRONT.

Beginner tip

Staystitching prevents fabric from stretching while sewing a garment. Staystitching will be hidden inside the seams when the garment is completed. Starting from the side / top and working towards the middle / bottom further reduces the risk of stretching.

ASSEMBLE BACK PANELS



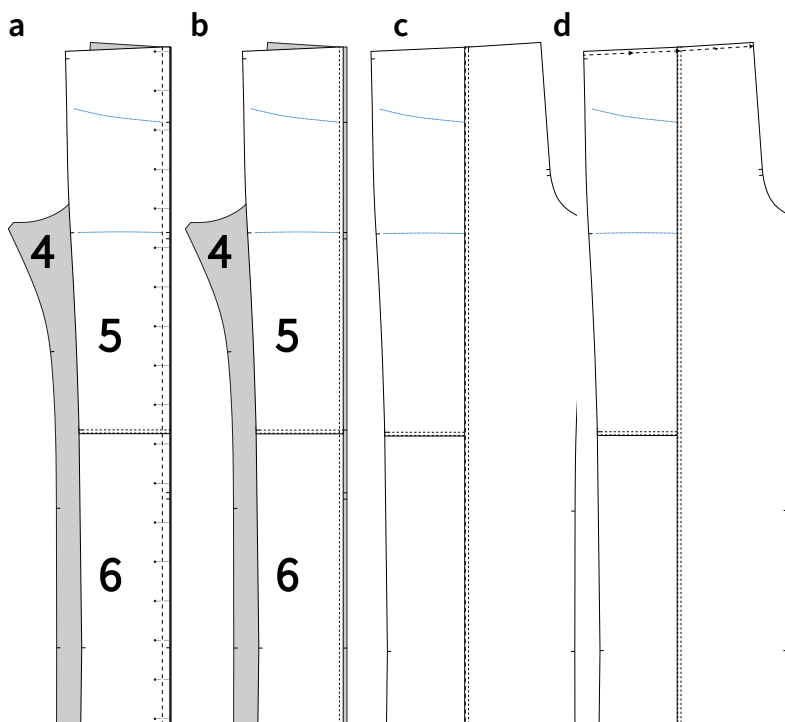
STEP 3

a Pin the LOWER SIDE BACK PANEL [6] to the UPPER SIDE BACK PANEL [5] with wrong sides together.

Stitch with a **1.2cm (½in)** seam allowance.

b Trim the seam allowance on the LOWER SIDE BACK PANEL [6] and create a flat felled seam, folding the finished seam towards the hem (c).

Please note: these panels will now be referred to as the 'SIDE BACK PANEL'.



STEP 4

a Pin the SIDE BACK PANEL to the CENTRE BACK PANEL [4] with wrong sides together. Use the notches to guide you.

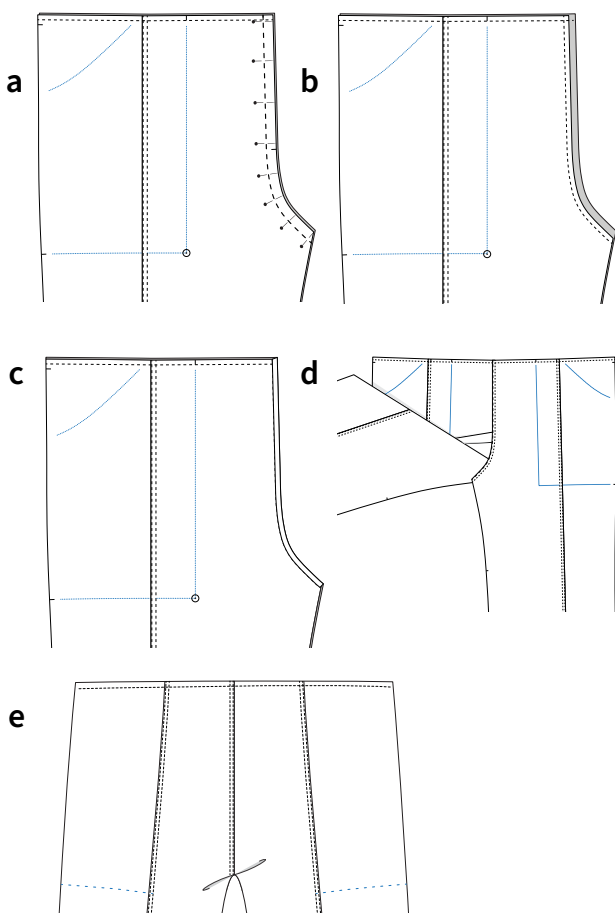
Stitch with **1.2cm (½in)** seam allowance.

b Trim the seam allowance on the SIDE BACK PANEL and create a flat felled seam, folding the finished seam toward the side seam (c).

Please note: these panels will now be referred to as the 'BACK PANT'.

d Staystitch **6mm (¼in)** from the top edge of the BACK PANT. Stitch from the side seam edge towards CENTRE BACK.

ASSEMBLE PANTS



STEP 5

a Pin the FRONT PANTS together at the crotch seam with wrong sides together.

Stitch with a **1.2cm (½in)** seam allowance.

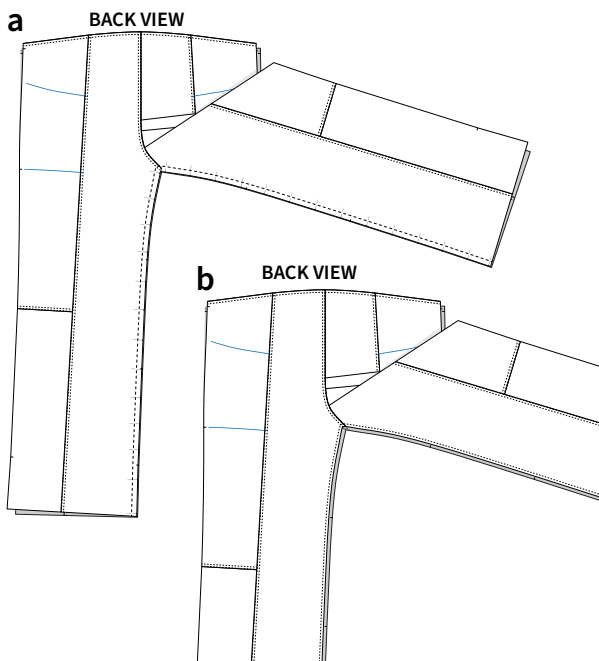
b Trim **6mm (¼in)** from the seam allowance on the right-hand side (right-hand side when wearing the pants) so that the finished seam will fold left over right.

c Turn back the raw edge of the seam allowance that has not been trimmed by **6mm (¼in)** and press.

d Open the seam and flip the seam allowance over to the other side, to create a flat felled seam and enclosing the raw edge.

Press and pin. Carefully stitch in place close to the fold.

e Repeat steps a - d for the back crotch seam.



STEP 6

a Take the front pant legs and pin to the back pant legs along the inseam with wrong sides together, using the notches to guide you. As you approach the crotch, you will need to gently ease the back leg onto the front. Be sure to match the crotch seams.

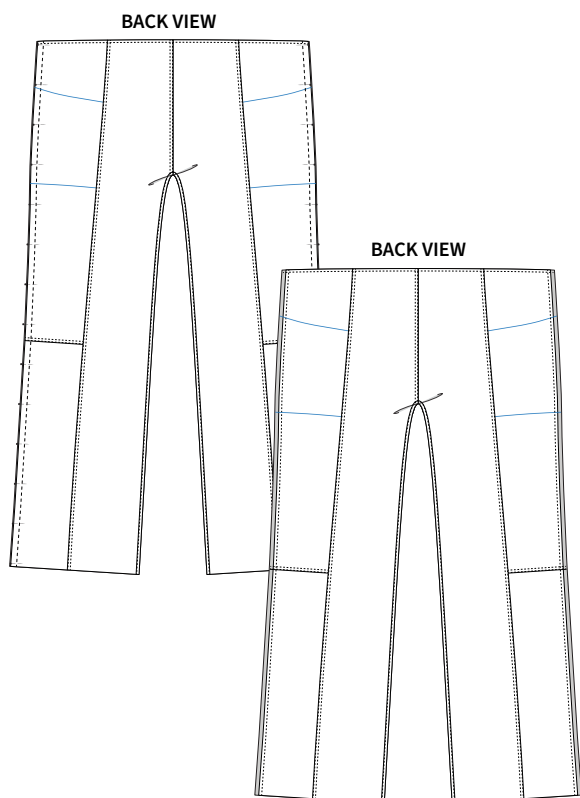
Stitch with a **1.2cm (½in)** seam allowance.

b Trim the seam allowance from the BACK PANT by **6mm (¼in)**. Create a flat felled seam, folding the finished seam toward the back of the pants.

SEW SIDE SEAM

Beginner tip

This seam can be a little tricky to sew as a flat felled seam as the legs are already attached at the crotch and inner leg seam. It is not difficult, but it will take patience. If you would prefer an alternate finish, consider a faux flat felled seam, or, if you don't want to use an overlocker/serger, a French seam is a good option.



STEP 7

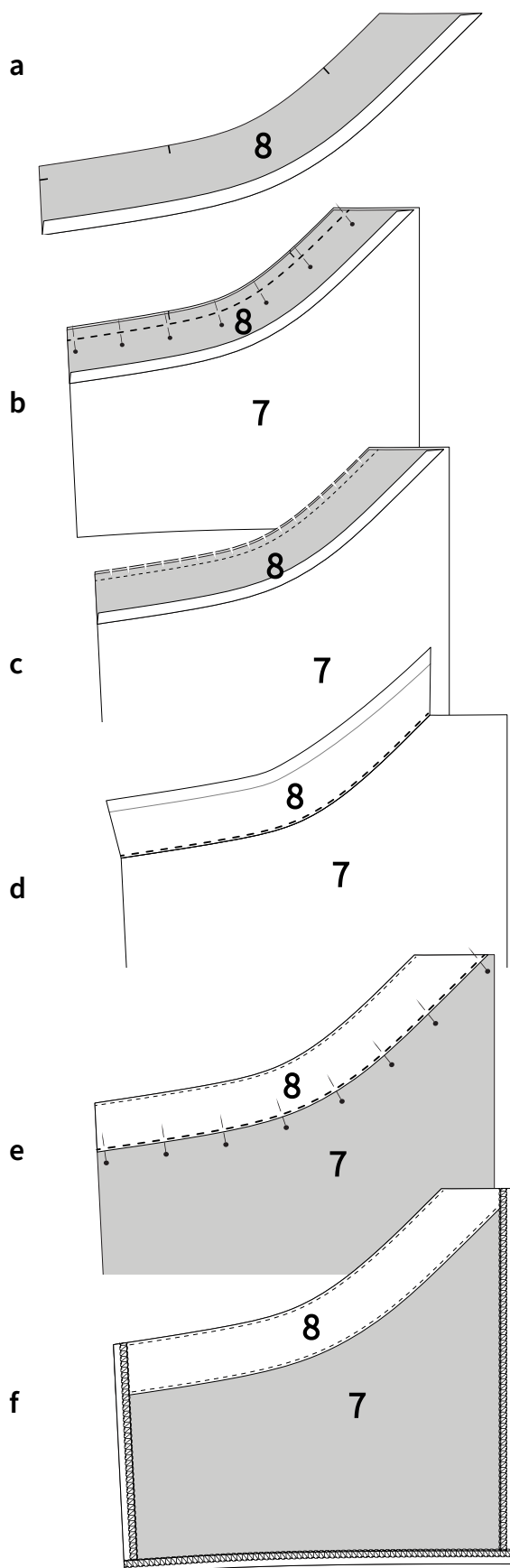
a Pin the front and back pant legs together with wrong sides together, being sure to line up the seam lines on the front and back side panels.

Stitch with a **1.2cm (½in)** seam allowance.

b Trim the seam allowance from the BACK PANT. You may need to trim back a little more of the seam allowance at the horizontal seam lines to minimise bulk. Create a flat felled seam, folding the finished seam toward the back of the pants.

Tip

Use the hand wheel on the machine when sewing over the seams in the side panels if the machine is struggling to go over all the layers.



STEP 8

a Place the POCKET FACING [8] pieces right sides facing down. Fold back the bottom edges by **1cm (3/8in)** and press well.

b Place the POCKET FACING [8] on the POCKET [7] with right sides together. Pin in place.

Stitch with a **1cm (3/8in)** seam allowance.

c Trim, clip and grade the seam allowance.

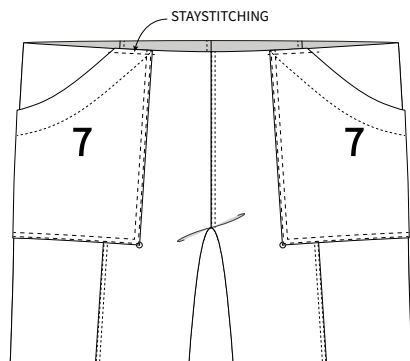
d Flip the POCKET FACING [8] to show the right side. Using your finger, press the seam allowance towards the POCKET FACING [8] and understitch the seam allowance to the facing.

e Turn the POCKET [7] so that it is wrong side up. Flip the POCKET FACING [8] to the inside of the POCKET [7] and press well (with the seam allowance pressed inside the POCKET FACING [8]). Pin in place. Stitch close to the folded edge.

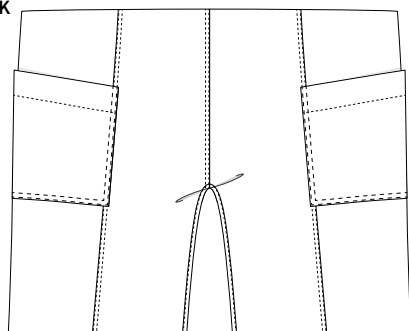
f Finish the side and bottom edges of the POCKET [7] pieces with your chosen method.

With the POCKET [7] pieces right side down, fold back the sides and bottom edge by **1cm (3/8in)** and press well.

FRONT



BACK



STEP 9

Place POCKET [7] onto the pants, using the drill hole and pocket position markings on the pattern to guide you. Pin in place.

Stitch around the edge of the POCKET [7], close to the folded edge, then sew a second line of stitching **6mm (¼ in)*** from your first line of stitching.

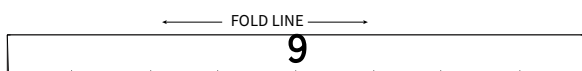
Staystitch along the top edge of the POCKET [7] to secure it to the pants. Stitch **6mm (¼ in)** from edge so that this is hidden within the seam allowance.

*Tip

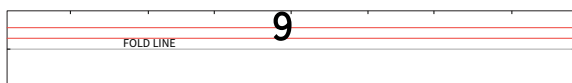
Use the edge of the machine foot as a guide for the second row of stitching.

ATTACH WAISTBAND

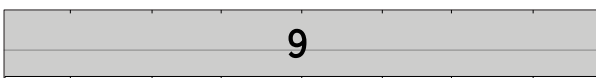
a



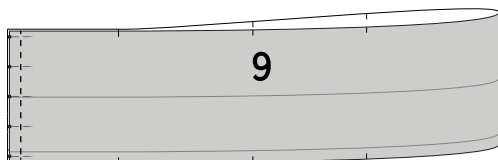
b



c



d



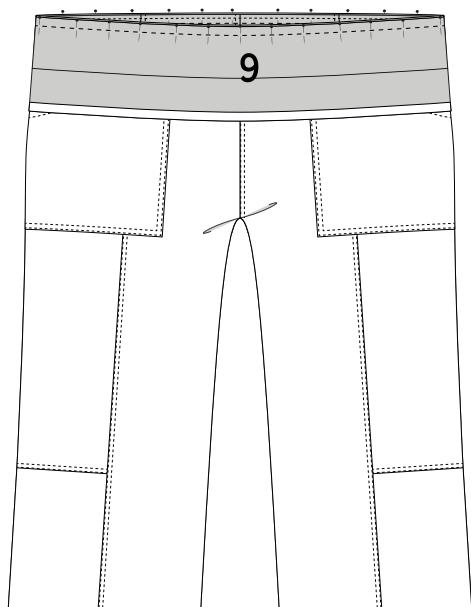
STEP 10

a Take the WAISTBAND [9] and fold in half lengthways with wrong sides together. Press. Unfold the WAISTBAND [9] - this crease line will come in handy later. We will call this the FOLD LINE.

b Mark the topstitching lines on the WAISTBAND [9]. On one side of the FOLD LINE, use a ruler and chalk / erasable fabric pen to mark a line **2cm (¾ in)** below and parallel to the FOLD LINE. Mark a second line **2cm (¾ in)** below the first.

c Flip WAISTBAND [9] wrong side up. Turn back the raw edge on the long side that does not have the topstitching lines marked by **1.2cm (½ in)** and press. Again, unfold the fold line - this crease will help you later in the process.

d Bring the short edges of the WAISTBAND [9] together with right sides together and pin. Stitch with a **1.2cm (½ in)** seam allowance and press seam allowances open.

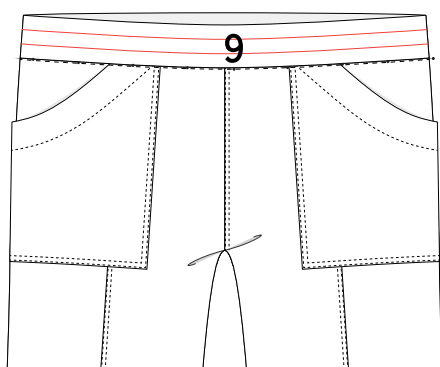


STEP 11

Pin the unpressed edge of the WAISTBAND [9] to the top of the pants with right sides together, starting by lining up the seam on the WAISTBAND [9] with the centre back seam on the pants. Use the notches to line up the rest of the waistband.

Stitch with a **1.2cm (½in)** seam allowance.

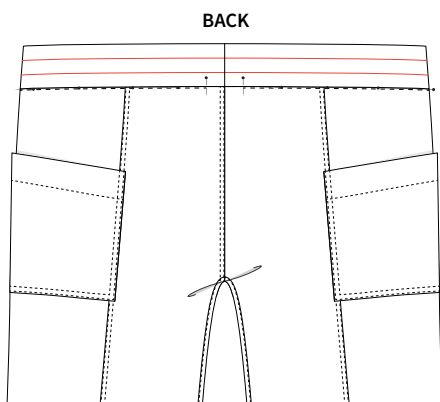
Turn the pants inside out and flip up the WAISTBAND [9] and press well (avoid pressing the FOLD LINE), pressing the seam allowance up towards the WAISTBAND [9].



STEP 12

Turn the pants inside out again and fold the WAISTBAND [9] down along the FOLD LINE. Press well. Check that the folded edge on the inside sits just past the stitch line.

Turn the pants right side out and pin the WAISTBAND [9] in place by pinning 'in the ditch.' You want to catch the bottom of the WAISTBAND [9] on the inside of the pants by an even amount all the way around.



At the back of the pants, leave a **5cm (2in)** opening to insert the elastic. A good way to do this is to put a vertical pin at each side of the opening, so that you know where to start and stop stitching.

Stitch in the ditch from the outside, starting and stopping at the vertical pins.



Tip

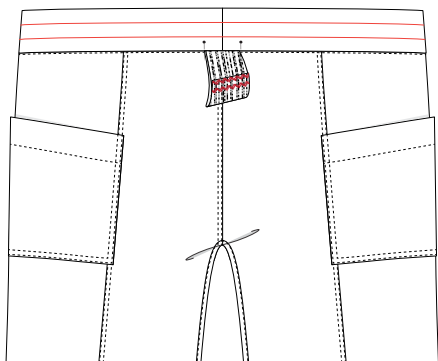
When you are happy with the amount, pull the elastic so that a larger amount is outside of the waistband - this will make it easier to stitch in the following step.

STEP 13

Put a safety pin through one end of the elastic and carefully thread it through the waistband opening.

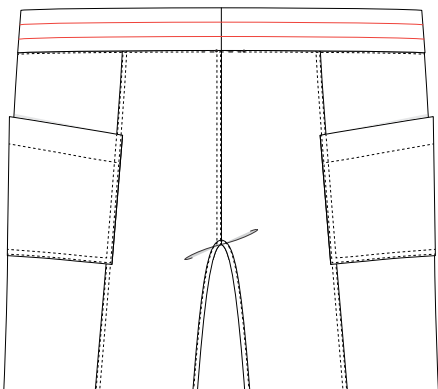
Pin the other end in place while you pull the elastic through.

Once you have pulled the elastic through, safety pin it together and try on the pants to check that the elastic is the correct length for you. Adjust if necessary.



STEP 14

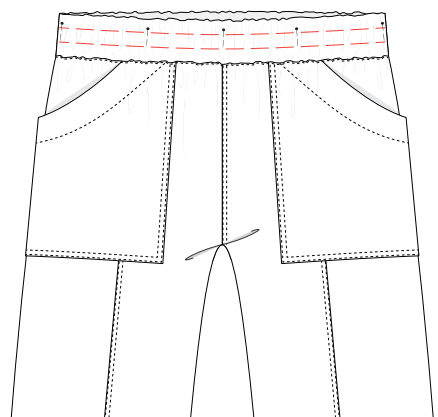
Overlap one end of the elastic with the other (checking that you haven't twisted the elastic) by **2cm (3/4in)**. Stitch the elastic with a zigzag stitch on each edge of the elastic. Repeat the stitch to make sure it's secure.



STEP 15

Push the elastic back into the waistband.

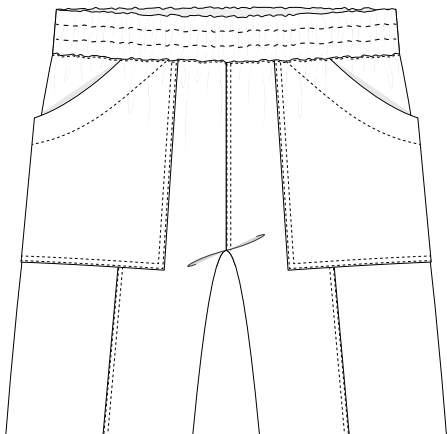
From the right side, pin the opening in the waistband closed by pinning in the ditch. Check from the inside to make sure you have pinned an even amount before stitching in the ditch to secure.



STEP 16

We will sew two lines of stitching through the waistband and elastic using the lines marked on the WAISTBAND [9].

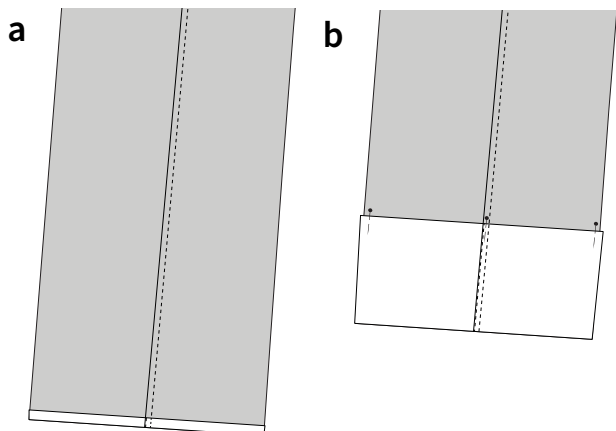
Stretch out the elastic as evenly as possible and pin through the waistband and elastic at all of the seams. This will help at the next step to ensure the elastic is evenly distributed as you stitch.



STEP 17

Topstitch the waistband by pulling the elastic flat as you stitch and slowly working your way around the whole waistband. The fabric and elastic should be flat on the area you are sewing, with no gathers. Topstitch both marked lines.

HEMMING



STEP 18

a With the pants inside out, turn up **1cm (3/8in)** of the hem towards the wrong side and press.

b Press up by a further **11cm (4 3/8in)**, enclosing the raw edge inside the hem. Pin in place and then stitch close to the folded edge, starting and ending your row of stitching close to the inner leg seam.

We'd love to see your **Attwood pants!**

Find us on Instagram **@inthefolds** and tag your new make with **#AttwoodPants**

GLOSSARY

BASTE

Sew temporary stitches to hold pieces in place before sewing permanently. Basting can be done by hand or machine (on a long stitch length). Consider using a contrasting thread when basting to make stitches easier to remove later.

CLIP

Snip into the seam allowance (perpendicular to the raw edge) getting close to but not through the stitch line to help open up curved seams or corners.

DRILL HOLE

Drill holes are points marked on a pattern, often used to indicate a dart point or other design features, such as the location of patch pockets, belt loops or pivot points (any feature that is located in an area where you are unable to notch a seam).

FINISH

Neaten the raw edges of your project using an overlocker, zig-zag stitch or binding.

INTERFACING

A (normally) fusible fabric that is used to stiffen or strengthen fabric in certain parts of a garment. It is often used in collars, cuffs and waistbands.

GRADE

Minimise bulk by trimming down raw edges in varying widths. Trim down the seam allowance that will sit closest to the body close to the stitch line. Trim the next layer, leaving a slightly wider seam allowance than the first, and so on until all layers are trimmed back.

NOTCH

A notch is a small cut in the fabric that helps guide you while you are sewing. It can be used to indicate seam allowance, dart arms, the location of design details or indicate key points on the pattern (like the centre front or centre back). Notches are also used to indicate balance points (points on your pattern that help you sew the right pieces together, as well as help you when you are sewing long or curved seams).

PRESS

Use an iron to press seams flat, using steam if appropriate for your fabric.

RIGHT SIDE / WRONG SIDE

The right side of the fabric is the side you would like to see on the outside of the finished garment, while the wrong side is the side that will be hidden inside the garment.

TRIM

Cut back a seam allowance to make a seam easier to manage or less bulky.

SEAM ALLOWANCE

The space between the stitch line and the raw edge of the fabric. The seam allowance varies throughout this pattern, depending on the seam. For example, larger seam allowances are required for centre back and side seams, while smaller seam allowances are required for curved seams so that you can achieve a clean finish. More information on seam allowances on **In the Folds** patterns can be found on p 3.

STAYSTITCH

Staystitching is a line of stitching inside the permanent stitch line (so it remains hidden inside the seam allowances) that is used to reinforce curved and bias cut seams so that they do not stretch or distort during the sewing process.

UNDERSTITCH

Stitch the seam allowance to a facing or binding, close to the seam edge. This helps the facing (or binding) roll to the inside of the garment, preventing it from being seen on the outside of a garment.

REFLECTION

OVERVIEW	WHAT DID YOU ENJOY ABOUT THE PROCESS?	WHAT SKILLS WOULD YOU LIKE TO WORK ON IN THE FUTURE?
Date made _____		
Measurements _____		
Waist _____		
Hip _____		
Size/s made _____		
Fabric used _____		

ADJUSTMENTS MADE	WHAT PARTS OF THIS PROJECT ARE YOU MOST PROUD OF?	NOTES FOR NEXT TIME

SKILLS LEARNED	IS THERE ANYTHING YOU WOULD DO DIFFERENTLY NEXT TIME?	

[illegible]

WOOHOO! YOU HAVE FINISHED YOUR PANTS!

WE'D LOVE TO SEE
WHAT YOU'VE MADE.

*Find us on Instagram @inthefolds
and tag your make with #AttwoodPants*

LOVE YOUR PANTS?

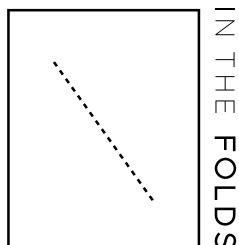
There are plenty more patterns available at
www.inthefolds.com

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