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Styles & Options

Nathan Vest

The Nathan Vest is a classic waistcoat with a variety of options. It is designed for woven fabrics such as quilting cotton, flannel, gabardine, wool, corduroy, linen, and velvet. It can be made in a single- or double-breasted version with or without a collar.

There is an optional back adjuster and three pocket options.

Front Options



Single Breasted No Collar



Double Breasted No Collar



Single Breasted With Collar



Double Breasted With Collar

Back



Optional Back Adjuster



Back Darts

Pockets



Welt Pockets



Patch Pockets



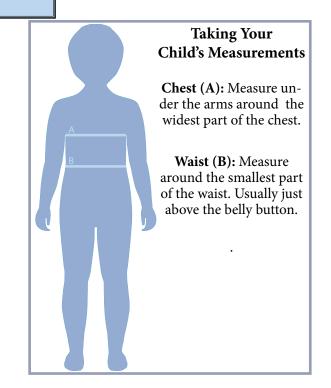
Flap Pockets With or Without Welt

Choosing a Size

It is very important to choose the size to sew based from the measurements below. If the child is between sizes, choose the size they are closest to. If they are directly between sizes, sew the larger size.

The vest is designed to hit just below the waistband of the child's pants. This will vary based on your child's torso length as well as where their pants sit. Use the finished back length chart below and measure your child from the bottom of the neck, down the back to where the pants they will be wearing hit. Then determine if you need to add or remove length.

See the next page for additional instructions on adding and removing length and blending sizes.



BODY SIZE CHART

	3mo	6mo	9mo	12mo	18mo	2	3	4
Chest	16.5"	17.5"	18.5"	19"	20"	20.5"	21"	22"
	42cm	44.5cm	47cm	48cm	50cm	52cm	53.5cm	56cm
Waist	16.5"	17"	18"	19"	19.5"	20"	20.5"	21"
	42cm	43cm	46cm	48cm	49.5cm	51cm	52cm	53cm
Height	22-24"	24-27"	27-29"	29-31"	31-33"	33-36"	36-38"	38-41"
	56- 61cm	61-68cm	68-74cm	74-79cm	79-84cm	84-91cm	91-97cm	97- 104cm

	5	6	7	8	9/10	11/12	13/14	15/16
Chest	23"	24"	25"	26"	28"	30"	32"	34"
	58.5cm	61cm	63cm	66cm	71cm	76cm	81cm	86cm
Waist	21.5"	22.5"	23"	24"	25.5"	27"	28"	29"
	54.5cm	57cm	58.5cm	61cm	65cm	68.5cm	71cm	74cm
Height	41-44"	44-47"	47-50"	50-53"	53-56"	56-59"	59-63"	63-69"
	104- 112cm	112- 119cm	119- 127cm	127- 135cm	135- 142cm	142- 150cm	150- 160cm	160- 168cm

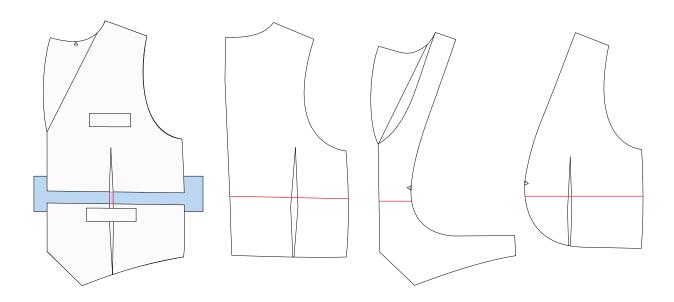
FINISHED CENTER BACK LENGTH

	3mo	6mo	9mo	12mo	18mo	2	3	4	5	6	7	8	10	12	14	16
	8.75"	9.25"	9.75"	10.25"	11"	11.5"	12"	12.75"	13.5"	14"	14.5"	15.25"	16.25"	17"	17.75"	18.75"
ſ	22cm	23.5cm	25cm	26cm	28cm	29cm	30.5cm	32.5cm	34cm	35.5cm	37cm	38.5cm	41cm	43cm	45cm	47.5cm

Making Adjustments

ADJUSTING LENGTH

To add length, cut and separate the pattern by the desired amount and tape a piece of paper under the pattern. To remove length, overlap your pattern pieces until the desired length is reached. Trim uneven edges so you have a nice, smooth line and draw in your dart lines. Make sure you make equal adjustments to the front, back, facing, and lining pieces.

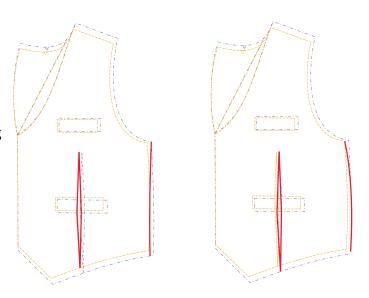


GRADING BETWEEN SIZES

If your child falls within different sizes on the size chart, you'll want to grade for the perfect fit. Remember that you will have to make the changes to both the front, back, lining, and possibly facing pattern pieces. First, print the sizes you need using the layers function. Then, adjust as illustrated to the right.

The photo on the near right shows grading in a size at the waist. Use the darts that match the waist measurement.

The photo on the far right shows grading out one size at the waist. Use the darts that match the waist measurement.



Fabrics to Use

The Nathan Vest is designed for light- to mid-weight woven fabrics such as quilting cotton, flannel, gabardine, wool, twill, corduroy, poplin, linen, and velvet. The lining works best with a light-weight woven such as quilting cotton, satin, rayon, voile, or cotton lawn.

Fabric Yardage

YARDAGE CHART (44" WOF)

	3mo	6mo	9mo	12mo	18mo	2	3	4
Vest (All Versions)	3/4	3/4	3/4	3/4	3/4	1	1	1
Lining (All Versions)	1/2	1/2	1/2	1/2	1/2	1/2	1/2	1/2

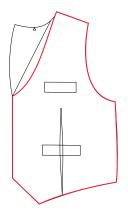
	5	6	7	8	9/10	11/12	13/14	15/16
Vest (All Versions)	1	1	1	1	1 1/4	1 1/4	1 1/4	1 1/4
Lining (All Versions)	1/2	1/2	1/2	3/4	3/4	3/4	3/4	3/4

Notions

- 3/8", 1/2", or 5/8" buttons or snaps (3-5 for single row, 6-8 for double breasted)
- 3/4" Vest buckle (for adjustable back version)
- Fusible interfacing (See page 13 for more information on interfacing)
- Iron on seam or stay tape. You can also use sew on versions or make your own from fusible interfacing (optional)

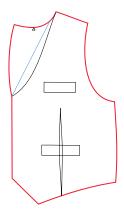
Cutting Guide

Vest Without Collar



For the vest without a collar, cut your pattern piece along the lowest curved line shown in red.

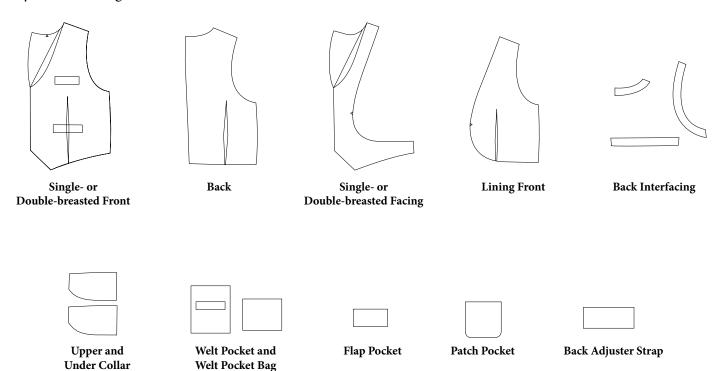
Vest With Collar



For the vest with the collar, cut along the outside line shown in red. The blue line indicates the roll line where the lapel will be folded.

Pattern Pieces

Below are the pattern pieces needed. The pieces in the bottom row are optional depending on the version you are making.

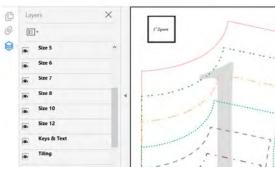


Printing

To avoid any problems, download the PDF to your desktop and open and print with Adobe Reader. Download a free version at www.adobe.com/reader. Print at 100% or actual size. Check the 1" or 3cm square to be sure it printed correctly. The border around the pattern should measure 7" x 10". You also need Auto Portrait/Landscape clicked.

LAYERS

This pattern features layers so you can print just the size you need. Due to the amount of options, you must print using layers. On the left hand side of Adobe Reader you will find a layers tab as shown in blue in the photo. Click the drop down and deselect all sizes except for the one you want to print. Be sure to keep the Keys & Text tab and the Tiling tab checked.



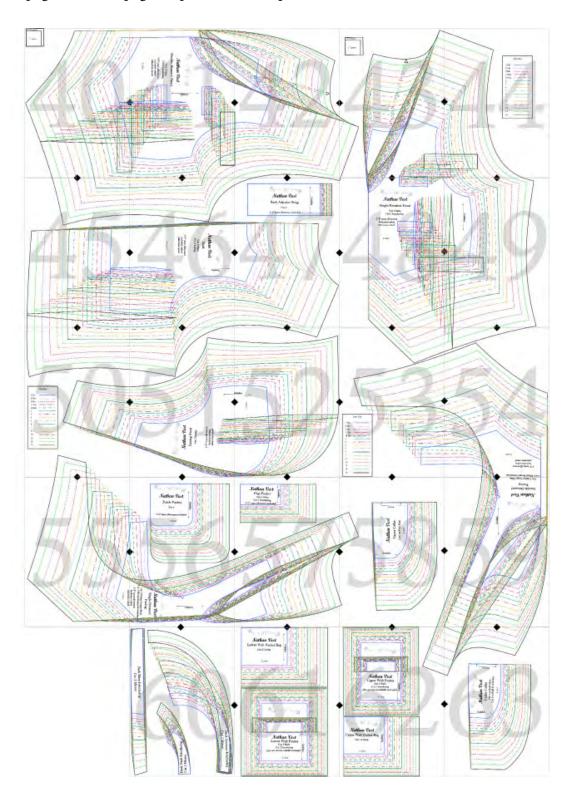
Pages to Print

	3mo	6mo	9mo	12mo	18mo	2	3	4
Double-Breasted Vest and Lining	40-42, 45- 47, 51-54, 59	40-42, 45- 47, 51-54, 59	40-42, 45- 47, 50-54, 59					
Single-Breasted Vest and Lining	43, 45-49, 51-52, 55-57	43, 45-49, 51-52, 55-57	43-52, 55-57	43-52, 55-57	43-52, 55-57	43-52, 55-57	43-52, 55-57	43-52, 55-57
Back Interfacing	60	60	60	60	60	60	60	60
Collar	58, 63	58, 63	58, 63	58, 63	58, 63	58, 63	58, 63	58, 63
Lower Welt Pockets	61	61	61	61	61	61	61	61
Upper Welt Pocket	62	62	62	62	62	62	62	62
Flap Pocket	57	57	57	57	57	57	57	57
Patch Pocket	56	56	56	56	56	56	56	56
Back Adjuster Strap	47	47	47	47	47	47	47	47

	5	6	7	8	10	12	14	16
Double-Breasted Vest and Lining	40-42, 45- 47, 50-54, 59	40-42, 45- 47, 50-54, 59, 63	40-42, 45- 47, 50-54, 59, 62-63	40-42, 45- 47, 50-54, 59, 62-63	40-42, 45- 47, 50-54, 58-59, 62-63	40-43, 45- 47, 50-54, 58-59, 62-63	40-43, 45- 47, 50-54, 58-59, 62-63	40-43, 45- 47, 50-54, 58-59, 62-63
Single-Breasted Vest and Lining	43-52, 55-57	43-52, 55-57	43-52, 55-57	43-53, 55-57	43-53, 55-57	43-58	43-58	43-58
Back Interfacing	60	60	60	60	60	60	60	60
Collar	58, 63	58, 63	58, 63	58, 63	58, 63	58, 63	58, 63	58, 63
Lower Welt Pockets	61	61	61	61	61	61	61	61
Upper Welt Pocket	62	62	62	62	62	62	62	62
Flap Pocket	57	57	57	57	57	57	57	57
Patch Pocket	56	56	56	56	56	56	56	56
Back Adjuster Strap	47	47	47	47	47	47	47	47

Assembling Your Pattern

To assemble your pattern, cut along the lines around the border of your pages and line up your triangles and pattern edges. You will find fabric cutting instructions on the pattern pieces. See the printing chart on the previous pages for exact pages to print for each option.



Inspiration

Share your creations on the <u>Sew a Little Seam Facebook Group!</u> #SALSnathanvest #sewalittleseam



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Sewing Instructions



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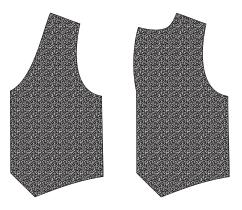
Before You Begin

Seam Allowances

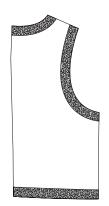
All seam allowances are included and are 3/8" (1cm) unless noted otherwise.

Interfacing

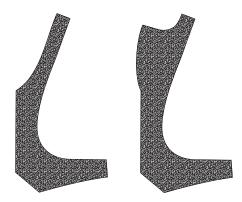
For this pattern I recommend interfacing the following areas to give structure, prevent stretching, and provide reinforcement. Choosing good interfacing is important. Look for one that matches your fabric weight and is soft and flexible. Knit or weft interfacing are good options.



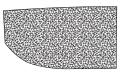
Interface the wrong side of the entire front main vest pieces to provide structure. Left shows non collar version, right shows collar version.



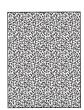
Use the pattern pieces provided or a fusible seam tape to interface the wrong sides of the neckline, armscye, and hem of the main back pieces.



Interface the wrong side of facing pieces. Left shows non collar version, right shows collar version.



Interface the wrong side of the under collar.



Interface the wrong side of the welt pocket pieces.



Interface the wrong side of two pocket flap pieces.

Marking Your Pattern

Use tailor's chalk or washable fabric marker to transfer all notches and darts to your pattern pieces. Wait to mark your pockets until after you sew the darts.



1. One way to transfer your marks is to use dressmaker's carbon and a tracing wheel. You can also use pins to mark the points and then connect them with your marker.



2. Transfer the darts to the wrong side of the fabric after you've added the interfacing. Repeat for both front and back pieces on the main and lining.



3. If you are making the lapel version, also mark your roll line and collar notch.

Applying Stay Tape

Applying stay tape to the neckline of the plain vest or roll line of the lapel version is optional, but helps the vest lie flat against the body, prevents the neckline from stretching, and helps the lapel begin its roll. If you are skipping this step, go to page 17.



4. Pin your stay tape to the top inside shoulder on the wrong side of your front vest. Without stretching, but keeping it smooth, pin the bottom of the tape to the end of the neckline.



5. For the lapel, you will apply the tape about 1/8" inside (toward the side seam) the roll line.



6. Mark your tape 1/4" in from the edge of the fabric.



7. Repin the tape so the line you marked 1/4" in is now at the edge of the fabric. This will make your tape slightly shorter than the neckline. You will now ease your fabric in as you sew or iron your tape in place. If you do not have fusible tape, you can use your machine to sew the tape in place on the regular vest since it will fall within the seam allowance. If making the lapel version, hand sew the tape in place so you won't see the thread from the right side.



8. If making the lapel version, press your lapel along the roll line to create a crease for later.



Sewing Darts (All Versions)



9. To sew the front darts, fold your fabric right sides together down the middle of the dart. You may find it helpful to press. Start at the bottom of the dart and sew to the top of the dart. Sew right off the fabric at the top and leave tails instead of backstitching. Tie the tails in a knot to secure. Press the dart toward the side seam. Repeat for the front lining but press the dart in the opposite direction.

If you are making the adjustable back version continue below before sewing the back darts. If not, sew your back darts the same way as above and skip to page 19 for welt pockets, page 25 for flap pockets, page 27 for patch pockets, or page 28 for no pockets.

Adjustable Back Option



10. With right sides together, sew your back straps along the long edge and one short edge with a 1/4" seam allowance.



11. Trim the corners, turn right side out, poke out your corners and press well. Repeat for the other strap.



12. Fold your fabric right sides together down the middle of the dart and press to create a crease.



13. Place one of the straps at the notch with the raw edge lining up with the crease.



14. Fold along the crease, keeping the edge of the strap tight against the fold. Pin in place, then sew your dart the same way you did your front darts.



15. When finished, the raw end of the strap will be encased in the dart.

Press your dart toward the center back and repeat for the other side.

For welt pockets, continue below.

For flap pockets, go to page 25.

For patch pockets, go to page 27.

For no pockets, go to page 28.

Sewing Welt Pockets



16. Transfer the pocket marks to the right side of your fabric. The bottom of the pattern won't match up now that you've sewn up the dart, so line up the top of the pattern and fabric.



17. Finish the edges of your welt and pocket bag with a serger or zig zag stitch. Transfer the marks to the wrong side of your welt pieces. Be as precise as possible. If you are using a directional fabric, you'll want the print upside down when you mark.



18. With right sides together, place your welt on your vest. Use pins to match up all four corners of the vest and welt pocket markings.



19. Once you have the markings matched up, pin around the edges of the welt and remove the other pins. Sew along the markings, pivoting at each corner and being as precise as possible.



20. Cut through the center of the rectangle. About 1/2" from the ends, angle toward the corners, snipping as close to, but not through the stitching.



21. Press the bottom of the pocket up.



22. Press the top of the pocket down.



23. Push all of the welt through the opening to the wrong side of the vest. Check from the front that there is no wrinkling at the corner. If there is, snip closer to the corners. Press well.



24. Fold the bottom of the welt up. Press open the piece of fabric at the bottom. This will reduce some of the bulk.



25. Now create your welt, by folding the bottom of the welt up until the fold reaches the top of the opening.



26. Check that it looks good from the front and then press.



27. With your vest right side up, fold the bottom of the vest up to expose the bottom of the welt and the little flap of fabric from where you cut the vest. Sew this flap to the welt, staying close to the vest.



28. Now fold the center of your vest toward the side seam so you see the side of the welt. Sew along the base of the triangle, staying close to the vest without sewing through it.



29. Repeat for the other side.



30. With your vest wrong side up, place the pocket lining over the welt, right sides together. Pin the lining to the welt along the top and bottom.



31. Move the vest out of the way and sew the pocket lining to the welt along the top and bottom with a 1/4" seam allowance.



32. Press the top of the welt down to create the facing, also press both seam allowances and the pocket bag down toward the hem.



33. Move the vest out of the way and sew the sides of both pockets with a 1/4" seam allowance.



34. Your pocket is now done. Repeat for the other pockets.

If you are adding the flap to the welt pocket, continue below.

If not, skip to page 28.

Sewing Flap Pockets



35. With right sides together, sew two of your flap pieces along the sides and bottom with a 1/4" seam allowance.



36. Clip the corners, turn right side out, push out the corners, and press.

Repeat for the other two flap pieces.

If you'd like you can sew a buttonhole at the center of the flap.



37. Place the flap, right side down with the raw edge 1/8" above your welt (or pocket marking if you are just adding a flap). Sew 1/8" from the bottom.



38. Press the flap down and sew 1/4" along the top. If you added a button hole, you can sew your button to the vest now.

Skip to page 28 to sew the facing.

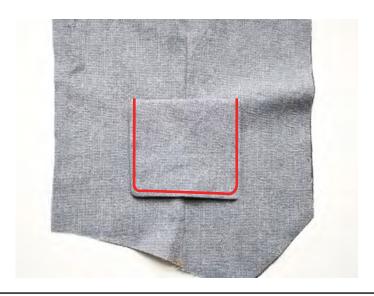
Sewing Patch Pockets



39. With right sides together, sew two pocket pieces together with a 1/4" seam allowance. Leave a 1" opening unsewn along the bottom or side edges. Clip the corners.



40. Turn right side out through the hole you left, poke out the corners, and press.



41. Place the top of the pocket along the top pocket marking and sew the pocket to the vest along the sides and bottom, staying close to the edge.

Repeat for the other pocket.

Sewing Facing



42. Now we will sew the facing to the front lining.



43. Place the facing and lining right sides together. Match the shoulders, side seams, and notches. Continue pinning the rest of the edges. Sew together with a 3/8" seam allowance. You will have to ease the fabric around the curve. If you are having trouble, you can snip into your seam allowance. Be careful not to go past your seam allowance.



44. Notch the curve and press the seam allowance toward the side seam. Repeat for the other facing and lining.

Sewing Back and Shoulders



45. With right sides together, sew your center back seam with a 3/8" seam allowance. Repeat for the lining, but leave a 3" to 4" opening in the center back seam for turning later.



46. Press your seam open.



47. With right sides together, sew your front and back together along the shoulder seams. Press the seams open. Repeat for the lining.

If you are sewing the collar version, continue below. <u>If not, skip to step</u> 58.

Sewing the Collar



48. With right sides together, sew your upper and under collar together along the top of the collar with a 1/4" seam allowance. The under collar is slightly narrower and you will have to ease it in.



49. Understitch the collar. To do this, press the seam toward the under collar side and sew along the under collar close to the seam. This helps keep the lining from showing from the right side.



50. With right sides together, sew along the sides with a 1/4" seam allowance. Clip the corners, turn right side out, push out the corners, and press.



51. Place the under collar (the side you can see the understitching) against the right side of the vest and match centers and pin.



52. Match the ends of the collar with the notch on the neckline and pin. Continue pinning the rest of the collar.



53. Baste the collar to the vest with a 1/4" seam allowance.



54. Place your main and lining right sides together, with the collar between the layers, and sew along the neckline, down the fronts, and along the bottom, stopping about 4" from the side seam. Your lining is slightly wider along the lapel. You will ease the main and lining together here.



55. Grade the neckline by trimming the lining seam allowance down to about 1/8", and the collar down to about 1/4", then clip the neckline.



56. Notch along the lapel and clip into the seam allowance right where the stitching and roll line meet. Be careful not to cut through the stitching. Also clip the corners.





57. You will understitch the front of the vest like the collar. Start as close to the top lapel corner as you can. You won't be able to get all the way to the corner. Press the lapel seam allowance away from the facing and understitch until you get to the point where you clipped at the roll line, then backstitch. Now press the rest of the seam allowance toward the facing side and continue understitching the rest of the front as close to the corner as you can. By doing this your stitching will not show from the front when you have your lapel folded.

Here you can see the understitching starting below the lapel from the facing side.



And here you can see the understitching on the main fabric side of the lapel. When it's folded over, you won't be able to see it.

Skip to step 62 to continue sewing the lining and main together.

Sewing the Non-Collar Version



58. Place your main and lining right sides together and sew along the neckline, down the fronts, and along the bottom, stopping about 4" from the side seam.



59. Clip the neckline.



60. Clip the corners.



61. You will now understitch along the entire seam you just sewed. Note that you will not be able to get all the way into the corners. Sew as close to each corner as you can comfortably, then backstitch, and continue on the other side of the corner. If you try to get too close, you can end up catching the fabric on the other side. To understitch press the seam allowance toward the lining and sew on the lining side, staying close to the seam. This helps keep the lining from showing on the right side.



In this photo, you can see the understitching on the facing along the neckline and also down the center front. There is no understitching along the corner.

Finishing the Lining (All Versions)



62. With right sides together, sew the main and lining together along the armscye.



63. Clip the curves. Repeat for the other armscye.



64. Understitch the armscye seam. Start at one end and sew as far as you can on the lining side. Continue sewing from the other side.



65. Pull the front of the vest through the shoulder so it's right side out. Repeat for the other side.



66. Press your vest.



67. We're now going to sew the side seams. With right sides together, line up the lining side seams and pin. Then bring the main fabrics up so right sides are also together, carefully matching the seams.



68. Sew the side seams starting at the bottom of the lining and continuing down to the bottom of the main fabric. Repeat for the other side.



69. Line up the bottoms of the main and lining, right sides together. Sew the rest of the bottom of the vest. Understitch this seam through the hole you left in the center back. Then turn the vest right side out through this hole. Handstitch the turning hole closed.



70. Press your vest. If making the version with a collar, it's helpful to use a tailor's ham or a rolled towel to help shape the collar.

Sewing Buttonholes



71. Your buttonholes will go on the wearer's left side. Mark the holes a 1/2" in from the center edge or use the pattern markings as a guide.

Mark your top button near the top corner and the bottom near the bottom corner, then distribute the rest of your buttons evenly between.

If making the double-breasted version, you will have 1" of space between the buttons for sizes 3mo to 12mo, 1.5" of space for sizes 18mo to 4 and 2" of space for sizes 5-16.

If you are adding the back adjuster, continue below. If not, you're done!

Adjustable Back Buckles



72. Slide the right strap through the buckle as shown.



73. Fold the strap back around the center and sew along the edge.



74. Thread the other strap through the buckle and tighten as needed.

You're done! If you have any questions, email me at sewalittleseam@gmail.com or join the <u>Sew a Little Seam Facebook group.</u>

