

I. SANGHA UNDERSHIRT - GNULEN

[NOTE: THE WAY THAT THE SEWING OF SANGHA ROBES IS DONE IS NOT NECESSARILY THE SAME AS THE WAY SEWING IS DONE IN THE WEST. THEREFORE, PLEASE READ ALL THE DIRECTIONS CAREFULLY BEFORE BEGINNING TO SEW YOUR FABRIC]

A. Measurements

Due to the fact that most guide systems for sewing machines are in the inch system, sewing measurements are given in this system. However, for greater accuracy in some measurements, the metric system is used, with the English system conversion as follows:

- 1 Meter = 100 cm = 1000 mm = 39 3/8 inches =
 - OR 1 yard = 36 inches = 36" = 91.5 cm = 915 mm
- 2.54 cm = 25.4 mm = 1 inch = 1"
- 1.27 cm = 12.7 mm = 1/2 inch = 1/2"
- 0.635 cm = 6.35 mm = 1/4 inch = 1/4"
- 0.3175 cm = 3.175 mm = 1/8 inch = 1/8"

B. Size of Patterns

- 1) Using **Diagram I.a** for a guide, please compare the measurements of the
 - a. Shoulders
 - b. Length of Front piece from shoulder to bottom
 - c. Width of the Front piece at the bust line. If darts for the bust are desired, see Addendum A.
 - d. Back piece across the shoulder blades or approximately the width between the bottom curves of the 2 armholes.
 - e. Length from under the arm to the bottom hem.
 - f. Width of the neck opening as measured between the two shoulders.
 - g. Size of the armholes as shown by facing measures.
- 2) Do not forget to allow for seam allowances and hems.
- 3) Adjust the size of the patterns by adding or subtracting the differences between your size and the pattern sizes.

C. Number of Pieces & Measurements (includes seam allowances)

See Diagram I.a.

There are 5 different pattern pieces which are used to make up 8 total pieces to sew. [Arrows indicate measurements listed below.]

1) Front piece, A [cut on fold]. Total measurements:

- a) 27.5" across at bottom hem
- b) 17" underarm to bottom hem

- c) 26.25" from shoulder at neck edge to hem
- d) 27.5" across bust
- e) shoulder across = 6.75"
- 2) **Back piece, B [cut on fold]. Total measurements:**
 - a) 27.5" across at bottom hem
 - b) 17." underarm to bottom hem,
 - c) 26.25" from shoulder at neck edge to hem,
 - d) 27" across back at bottom level of armhole
 - e) Shoulder across =6.5". [Note: Shoulder in the front is ¼" wider than the back shoulder measurement to allow for hem at neck.]
- 3) **Collar, C. = 33.5" in length X 8.5" in width.**
- 4) **Pocket, D = 6.75" in length X 5.75" in width**
- 5) **Interfacing, E**, with 2 pieces. Measures 2" wide, inside curve = 11.25" of front OR back armhole [total length = 22.50"]. Cut so that one piece curves to the left and the other piece curves to the right (that is to say, they are mirror images to each other).

D. Layout & Cutting Instructions for Patterns

See Diagram I.b

E. Sewing Instructions

- 1) **Pocket [D]**
 - a) Press the top hem and sides and bottom seam allowances to inside.
 - b) Stitch the top hem (1 ¼ cm, 12 mm or ½")
 - c) Place the Pocket at the location indicated by the **Diagram I. a.** and pin.
 - d) Stitch the sides and bottom of the pocket to the left front panel using a double stitch technique, with the first row of stitches ¼" from the outer edge, and the second row of stitches along the outer edge.
- 2) **Shoulder Seams (See diagram I.c)**
 - a) With **WRONG SIDES TOGETHER** of the Front [A] and Back [B] pieces, sew a ¼" seam.
 - b) Trim the seam to 3/16" (4.7 mm).
 - c) Make a pleat by folding ¼" of the Front and Back pieces up, to contain the seam inside. Press and pin carefully.
 - d) Turn **WRONG SIDE OUT** (right sides are now on the inside).
 - e) Stitch a ¼" seam at the shoulders.
 - f) Now you have a finished seam on both the inside and the outside of the garment. This a **Pleated Seam**.
- 3) **Facing [E] see Diagram I.d.**

- a) There are 2 pieces. The left and right sides are MIRROR IMAGES of each other, that is, they curve in opposite directions, one side to the left and one to the right.
- b) Press a 1/4" hem to the inside for each set of facings.
- c) With RIGHT SIDES TOGETHER, stitch the Facings on to the armholes of the Front and Back pieces of the undershirt, matching the curves, but leave the bottom edges that meet under the armholes free within 1/2" of the bottom edge on both sides.
- d) With WRONG SIDES TOGETHER, stitch the hemmed inner edges of the Facings to the Front and Back pieces, close to the edge, again up to 1/2" of the bottom underarm seam. Turn Right Sides Out. Press.

4) Garment Side Seams and Hems. (See Diagram I.e.)

- a) With WRONG SIDES of Front and Back pieces together, stitch the sides of the garment together BUT LEAVING 3" of the bottom part of the seam open and catching the armhole facing in the side seams at the top. [Note: If you are working with heavy weight materials, you may have to sew the armhole facing separately, and tack it to the inside after the side seams are finished.]
- b) Trim the seam to 3/16".
- c) Make a 1/4" pleat of fabric on each side to hide the raw edges and pin [Pleated Seam as described above].
- d) Turn garment.
- e) With RIGHT SIDES TOGETHER, stitch Front and Back at side seams with a 1/4" seam to hide raw edges, leaving a finished edge inside.
- f) Make slits in the *sides* of the bottom 3" of the front and back sides, separately, by folding under 1/2" of the raw edge and folding 1/4" [of this 1/2"] again, underneath. Press, then stitch. This will leave a slit on both sides.
- g) Hem the bottom edges of the Front and Back pieces by pressing 1/2" up, then folding under 1/4" again [as above] and pressing to make a finished hem on the inside.
- h) Stitch close to the edge of the hem inside.

5) Collar (See Diagram I.f)

- a) With the RIGHT SIDE of the Collar together with the WRONG SIDE of the Front neck opening, pin in place, leaving the bottom edges of the Collar and Front neck opening free.
- b) Stitch a 1/4" seam, remembering to leave the bottom edges of the Collar and Front neck opening free.
- c) Fold Collar in half lengthwise.
- d) Fold under 1/4" of the other raw edge [side] of the collar and press.
- e) Stitch to the RIGHT SIDE of the Front neck opening, leaving the ends free as before.
- f) Fold Collar in half lengthwise, again.

- g) Tuck folded free ends of the Collar to the inside of the neck opening of the Front Piece.
- h) Fold down ¼” of the bottom of the neck opening of the Front of the garment to the inside and press.
- i) Stitch upper and lower edges of the ¼” fold to the lower edges of the collar.
- j) Nicely stitch Xs across to reinforce opening.
- k) Stay stitch or zig zag the raw edges of the Collar inside to prevent raveling.

ADDENDUM A.

1. To make darts, the front panel of the Undershirt has to be increased by the width of the dart (outside seams of Front Panel). See **Diagram I.g.**
2. The increase of the length for the darts is dependent upon the size of the bust measurement. An increase of 2” is an average amount per each increase in a size.
3. Then the darts are sewn before the Front and Back Panels are sewed together. See **Diagram I.h.** for how the darts are sewn.

Diagrams:

Diagrams listed above are in a file under I. Gnulen – Sangha Undershirt with the title: Gnulen Compressed File Diagrams.