

Popover Notch-Neck Tunic

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Garment Type: Notch-Neck Tunic | Difficulty: Confident Beginner | Provenance: Threadline Open Design Studio | License: CC BY-SA 4.0

PRINTER CALIBRATION & SCALE VERIFICATION

Measure both test squares with a rigid ruler before cutting fabric. Print at 100% scale without shrinking.



- Scale Rules:
- 1. Open in Acrobat Reader
 - 2. Select Actual Size 100%
 - 3. Do NOT Fit to Page
 - 4. Verify dimensions above

SIZE SELECTION & EASE RECOMMENDATIONS

Select size corresponding to full chest/bust measurement. Compare bicep circumference for comfortable sleeve fit.

Tailored shirts incorporate +10 to +14 cm chest ease for relaxed everyday movement and layering.

STANDARD BODY MEASUREMENTS CHART

Size Range	XS	S	M	L	XL	2XL	3XL
Full Bust/Chest	80 cm	86 cm	92 cm	98 cm	108 cm	118 cm	128 cm
Full Hip / Seat	88 cm	94 cm	100 cm	106 cm	116 cm	126 cm	136 cm

FINISHED MEASUREMENTS & MATERIALS

FINISHED GARMENT MEASUREMENTS (INCLUDES DESIGN EASE)

Dimension	XS	S	M	L	XL	2XL	3XL
Finished Chest	96 cm	102 cm	108 cm	114 cm	124 cm	134 cm	144 cm
Hem Sweep	108 cm	114 cm	120 cm	126 cm	136 cm	146 cm	156 cm
Garment Length	80 cm	82 cm	84 cm	86 cm	88 cm	90 cm	92 cm

FABRIC REQUIREMENTS (45 IN / 115 CM & 60 IN / 150 CM BOLTS)

Bolt Width	XS	S	M	L	XL	2XL	3XL
45" / 115 cm Fabric	2.4 yd	2.4 yd	2.4 yd	2.75 yd	2.75 yd	3.15 yd	3.15 yd
60" / 150 cm Fabric	1.95 yd	1.95 yd	1.95 yd	2.3 yd	2.3 yd	2.6 yd	2.6 yd

RECOMMENDED FABRICS & STRETCH PROPERTIES

Recommended Substrates: Cotton poplin, Oxford cloth, linen, or chambray. Stretch Requirement: None 0% stable woven.

NOTIONS & SEWING TOOLS CHECKLIST

- ☐ Matching all-purpose polyester or cotton sewing thread
- ☐ Universal sewing needle size 80/12
- ☐ 10 to 12 mm shirt buttons 8 to 10 count
- ☐ Lightweight fusible interfacing for collar and cuffs
- ☐ Sharp fabric shears
- ☐ Measuring tape
- ☐ Iron and pressing ham

PATTERN INVENTORY & CUTTING LAYOUT

STANDARD SEAM & HEM ALLOWANCES

Use the seam and hem allowances printed on each pattern piece. Verify every allowance label before cutting fabric.

PATTERN PIECE INVENTORY & CUTTING SCHEDULE

Piece Name	Cut Quantity	Material / Interfacing
Front Tunic with Notch Placket	Cut 1 on Fold in Fabric	Main Fabric
Back Tunic on Fold	Cut 1 on Fold in Fabric	Main Fabric
Back Yoke	Cut 2 in Fabric (1 Outer, 1 Lining)	Main Fabric
Tunic Sleeve	Cut 1 Pair in Fabric	Main Fabric
Mandarin Stand Collar	Cut 2 in Fabric (1 Interfaced)	Main Fabric
Sleeve Cuffs	Cut 2 in Self Fabric, 2 in Interfacing	Main Fabric
Sleeve Roll Tabs	Cut 2 in Self Fabric	Main Fabric

FABRIC PREPARATION & CUTTING RULES

- Press fabric before cutting to remove packing folds and pre-shrink fibers.
- Align piece grainlines strictly parallel to fabric selvages.
- Transfer notch markings with small 3 mm snips into the seam allowance margin.

MULTI-PAGE TILE ASSEMBLY INSTRUCTIONS

1. Check Sheet 1 calibration square before printing the remaining pattern sheets.
2. Trim right and bottom border lines along the dashed perimeter frame.
3. Match corner crosshairs, such as A1 to A2 and B1 to B2, without overlapping.
4. Tape sheets securely on both sides before cutting paper pieces.

STEP-BY-STEP SEWING INSTRUCTIONS

Step 1: Construct Sleeve Tabs & Front Placket

Stitch sleeve roll tabs right sides together, turn, press, and topstitch. Apply lightweight interfacing to front neckline notch, stitch placket facing around notch, slash, turn inside, and press crisp.

Step 2: Assemble Back Yoke

Sandwich the back tunic body between inner and outer back yokes using the burrito method. Topstitch along yoke seam.

Step 3: Shoulder Seams and Mandarin Stand Collar

Attach front shoulders to back yoke assembly. Interface outer collar stand. Assemble collar stand pieces, turn, and stitch to neckline right sides together, sandwiching neck raw edges.

Step 4: Set Sleeves Flat & Stitch Side Seams

Pin sleeves to armholes matching notches and stitch flat. Stitch side seams from sleeve hem down to tunic hem, leaving 10 cm open at bottom for side vents.

Step 5: Finish Hem, Vents & Sleeve Buttons

Turn and topstitch side hem vents and curved tunic hem. Hem sleeve openings with cuff bands, sew button on outside of sleeve, and secure roll tab.

TROUBLESHOOTING & PRO SEWING TIPS

Issue: Seams puckering along stitch line

Fix: Insert fresh needle and test balance on fabric scrap.

Issue: Wavy edge along curved perimeter

Fix: Staystitch immediately after cutting and use walking foot.