

ABOUT MANILA

EDITION 1.0

Think about the last time you wore a pair of leggings; it might not have been that long ago! Like most women, you probably have a few dozen pairs of legwear in different colors and styles. *Manila* is a unique pair of leggings to add to your collection. The lined petal-cuff adds a special detail that looks great combined with dresses, long shirts, or even made up in an activewear fabric to sport at your next yoga class. These leggings can also serve as comfy lounge-wear when worn with a soft T-shirt, or a pretty camisole such as *Savannah* from Issue No. 2 of *Seamwork*.

Make *Manila* in a thick ponte or double knit with four-way stretch to create cozy and warm winter legwear, or choose a thinner jersey knit and you'll have a versatile, transitional layering piece. These leggings are easy to sew and guaranteed to take even a rookie sewist less than 3 hours to stitch together. You'll want to make them in several different colors, prints, and fabrics for yourself, or even to give as a gift!

SUPPLIES

All-purpose polyester sewing thread, two yards of 1" knit elastic, a scrap or fat quarter of a lightweight knit fabric for the cuff lining (this could be the same as your main fabric).

MAIN FABRIC

A knit fabric with at least 25% four way stretch (consult the stretch guide below) such as jersey, ponte, french terry, rib, or double knit, or knit activewear fabrics.

	0-2	4-6	8-10	12-14	16-18	20-22	24-26
	XS	S	M	L	XL	2X	3X
BODY MEASUREMENTS (INCHES)							
WAIST	25 - 26	27 - 28	29 - 30 1/2	32 - 34	36 - 39	41 - 43	45 - 47
HIP	35 - 36	37 - 38	39 - 40 1/2	42 - 44	46 - 50	52 - 54	56 - 58
FABRIC REQUIRED (YARDS)							
MAIN FABRIC							
45"	1 5/8	1 5/8	1 5/8	2 1/4	2 1/4	2 3/8	2 3/8
60"	1 1/2	1 1/2	1 1/2	1 1/2	1 3/4	2	2 3/8
FINISHED GARMENT* (INCHES)							
WAIST**	24	26	28	31	35	39	43
HIP	29	31	33 1/2	37	41	45	49
INSEAM LENGTH	25 7/8	26 5/8	27 3/8	28 1/8	28 7/8	29 5/8	30 3/8

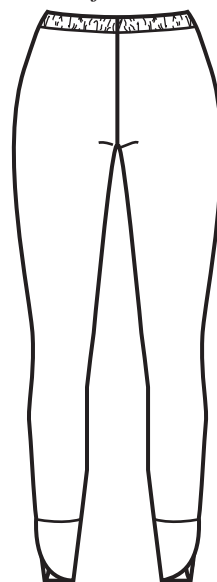
*The finished garment has negative ease, so be sure to choose your size based on body measurements

**The finished waist measurements will vary, depending on the length of elastic used in the waistband.

STRETCH GUIDE

4" OF FABRIC	MUST STRETCH HERE
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front



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