



RETRO DUNGAREES - COMFY LEGS

An old school, retro style, cloth nappy friendly dungarees PDF Sewing pattern for ages Tiny Baby to age 7-8 years.

Options to make Comfy Legs jogging bottoms



Description

This pattern is for retro style dungarees with the option to make loose jogging bottoms style trousers, Comfy Legs.

Additional Features:

- ♥ Pockets on the trousers and a bib pocket option
- ♥ Comfy Legs -Loose fit regular jogging bottoms style
- ♥ Single or Double length cuffs

FABRIC OPTIONS:

Use fabric with at least a 15% stretch value for the dungarees and pinafore main fabric and bib and straps. The bib, bib pocket and straps can also be made with woven fabric. You can use the jersey or rib for the cuffs and waistband. This pattern is not drafted for use with woven fabrics but due to the loose fit of the pattern does still work with woven cotton for the trouser legs.

SEAM ALLOWANCE:

There is a 7mm (0.25 inch) seam allowance included in the pattern. This means you can serge along the edge of the fabric without trimming any fabric off with the blade.

PREWASH:

Remember to prewash all fabrics to allow them to preshrink and to remove any factory residues.

NOTIONS:

You will need jersey fabric and a small amount of woven cotton for the stabiliser pieces for the straps and lining the bib if you're making the bib and straps from stretch fabric, a sewing machine using a zigzag or stretch stitch or an overlocker. If using a sewing machine remember to use ballpoint or stretch needles and polyester thread.

Snaps and a snaps fixing tool: 2 x Female Snaps per bib and up to 6 x male snaps for each strap. You may use buttons instead to attach the bib and straps.

Elastic will be needed for the Comfy Legs if you're using a jersey or rib without a strong recovery. A maximum width of 3cm for the elastic.

GET IN TOUCH: If you're stuck at any point, feel free to get in touch :)

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LEGAL STUFF: I can't really stop anyone from copying or distributing this pattern but I assume that you'll be cool and follow the rules and stuff. I'll list the legal things anyway just for info :) Please don't copy or share the pattern without prior agreement. If you are going to make items to sell with the pattern it would be awesome if you referenced the pattern but I understand that doesn't always happen so I'm not going to get hung up on that. I don't have the money to sue you if you decide to open a massive sweatshop and produce millions of items using my pattern but again I'm kind of trusting everyone to just be a nice person and hoping you won't do that.

SIZE GUIDE:

Use these measurements to work out which size pattern to make. Don't worry if your child is near the top measurement of either the length, weight or height and mid range for another. You can easily adjust the pattern to fit. If your child has a narrow waist you can cut a smaller waistband and the corresponding trouser size for their height. Or cut a larger waistband if your child's waist measurement is on the higher end for the required size.

| SIZE | HEIGHT | | WEIGHT | | WAIST | | INSEAM | |
|---------|--------|--------|--------|------|-------|--------|--------|--------|
| | cm | inches | kg | lbs | cm | inches | cm | inches |
| Tiny-IM | 54 | 21.25 | 3.5 | 7.7 | | 15 | 16 | 6.25 |
| 0-3M | 62 | 24.4 | 5.5 | 12 | 43 | 17 | 18 | 7.1 |
| 3-6M | 68 | 26.8 | 7.5 | 16.5 | 45 | 17.7 | 23 | 9 |
| 6-12M | 80 | 31.5 | 9 | 20 | 48 | 18.9 | 27 | 11 |
| 1-2Y | 90 | 35.4 | 13 | 29 | 50.5 | 19.9 | 33.5 | 13.25 |
| 2-3Y | 98 | 38.6 | | | 52 | 20.5 | 39 | 15.4 |
| 3-4Y | 104 | 41 | | | 54 | 21.3 | 42 | 16.5 |
| 4-5Y | 110 | 43.3 | | | 55 | 21.7 | 46 | 18.1 |
| 5-6Y | 116 | 45.7 | | | 56 | 22 | 49 | 19.3 |
| 6-7Y | 122 | 48 | | | 58 | 22.8 | 53 | 21 |
| 7-8Y | 128 | 50.4 | | | 60 | 23.6 | 57 | 22.5 |

FABRIC REQUIREMENTS:

Calculated on fabric of 150cm width:

Measurements are calculated so you know how much each option requires in case you want to use different materials for each.

| SIZE in metre | DUNGAREE TROUSERS | BIB AND STRAPS |
|------------------|----------------------|-------------------|
| Tiny-IM | 0.3 | 0.5 |
| 0-3M | 0.4 | 0.5 |
| 3-6M | 0.4 | 0.5 |
| 6-12M | 0.5 | 0.5 |
| 1-2Y | 0.5 | 0.5 |
| 2-3Y | 0.6 | 0.6 |
| 3-4Y | 0.7 | 0.6 |
| 4-5Y | 0.7 | 0.7 |
| 5-6Y | 0.7 | 0.8 |
| 6-7Y | 0.8 | 0.8 |
| 7-8Y | 0.8 | 0.8 |

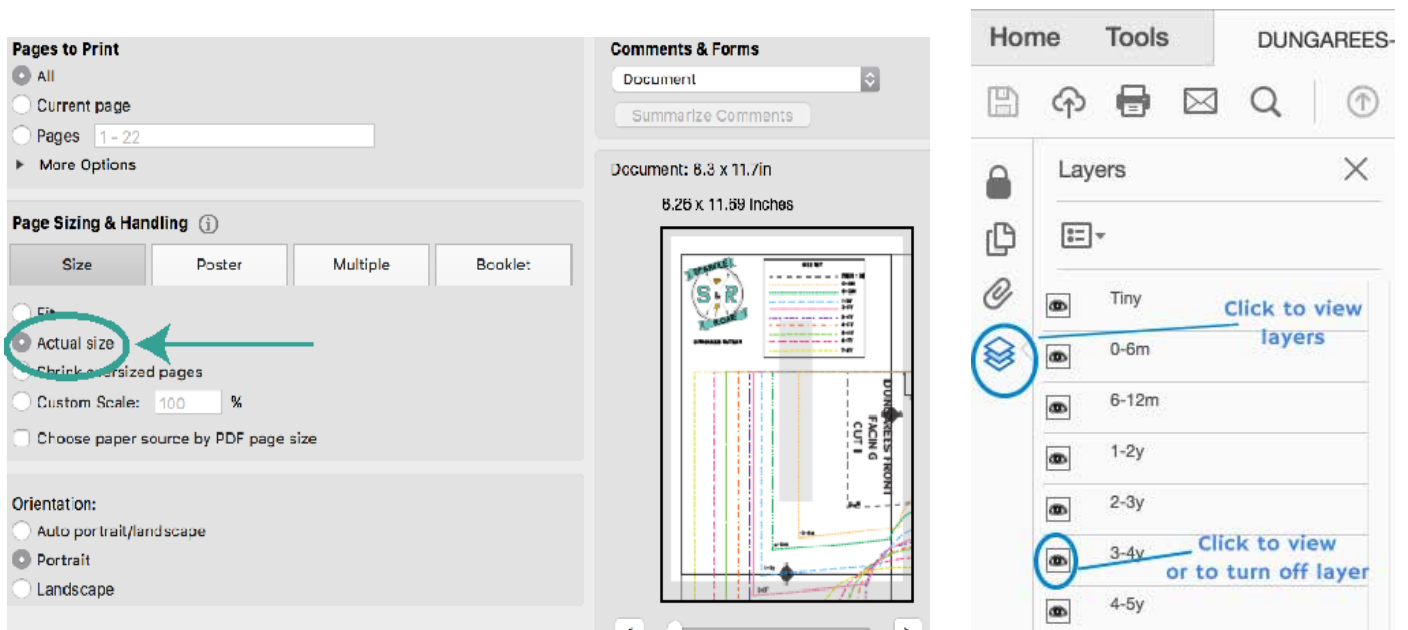
Table of measurements for the various pieces in the pattern and elastic requirements. You can just print out the pieces from the pattern, these measurements are mostly for reference.

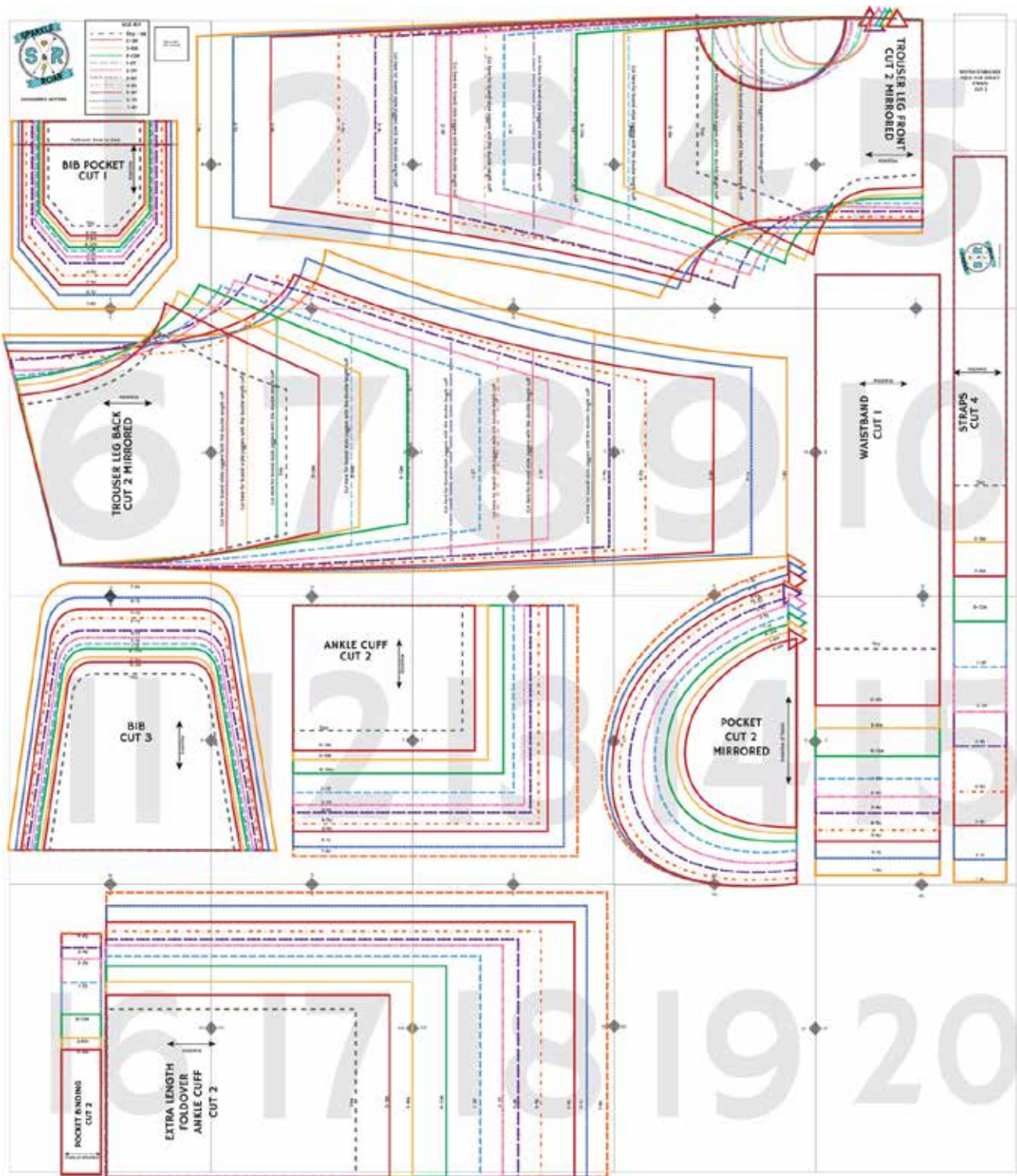
| Measurements in cm | ANKLE CUFFS | | STRAPS | WAISTBAND | WAIST ELASTIC |
|-----------------------|-------------|--------------|----------|-----------|------------------|
| | Regular | Extra Length | | | Max width 3cm |
| | W x L | W x L | W x L | W x L | Length |
| Tiny-1m | 15 x 11 | 15 x 22 | 4.2 x 29 | 11 x 33 | |
| 0-3m | 16 x 12.7 | 16 x 25.4 | 4.2 x 34 | 11 x 38 | |
| 3-6m | 17.2 x 13.6 | 17.2 x 27.2 | 4.2 x 37 | 11 x 40 | |
| 6-12m | 18.6 x 15 | 18.6 x 30 | 4.2 x 41 | 11 x 42.5 | 43 |
| 1-2y | 19.5 x 16.5 | 19.5 x 33 | 4.2 x 45 | 11 x 44.5 | 45 |
| 2-3y | 20.4 x 17.6 | 20.4 x 35.2 | 4.2 x 50 | 11 x 46 | 47 |
| 3-4y | 21 x 18.3 | 21 x 36.6 | 4.2 x 52 | 11 x 47.5 | 48 |
| 4-5y | 21.7 x 19.2 | 21.7 x 38.4 | 4.2 x 56 | 11 x 49 | 49.5 |
| 5-6y | 22.5 x 19.9 | 22.5 x 39.8 | 4.2 x 59 | 11 x 50 | 50.5 |
| 6-7y | 24 x 21.3 | 24 x 42.3 | 4.2 x 62 | 11 x 51.5 | 52 |
| 7-8y | 25.1 x 22.1 | 25.1 x 44.2 | 4.2 x 57 | 11 x 53 | 53.5 |

HOW TO PRINT THE PATTERN:

Print all pattern pieces at 100% or Actual Size making sure that no scaling has been set. The pattern is designed to be printed on A4 paper in portrait format.

In Acrobat Reader you can click on the layers option and choose which layers you want to view and print. Leave them all checked to print all or uncheck the sizes you don't want to print.





Dungarees / Comfy Legs pattern pieces layout

ARRANGING:

Arrange the printed pages as shown on this diagram then stick them together making sure you line up the lettered squares on each page. You can then cut your pattern pieces out. You can reuse the top half front and back A pieces as the facing pieces as they are exactly the same size if you would like to save on paper. If you want to bluetack the top to bottom half pieces cut an extra cm above the bottom half join line, this will help you be able to add and remove the top half with ease :)

IMPORTANT:

ALWAYS MEASURE THE TEST SQUARE TO MAKE SURE YOUR PATTERN HAS PRINTED AT THE CORRECT SCALE

CUTTING YOUR PATTERN PIECES:

The pattern pieces are divided into 3 bottom options and the bib and straps. You can match the bib with any of the bottom options or just use the bottom options on their own.

COMFY LEGS -

1) Cut on the trouser line and combine with the regular cuff to make regular style jogging bottoms.

2) Cut on the trouser line and combine with the double length cuff to create a foldover cuff that can be extended when babywearing to keep the baby's feet warm or for longer lasting trousers.

BIB and STRAPS - Add to Comfy Legs to make Dungarees. Also has a bib pocket option.

NOTE: If making the bib from woven fabric you will only need 2 layers of fabric. If you are making the bib from jersey fabric you will need to add an inner layer of stabilising material, this is to provide stability for the bib and support for the snaps.

CUFFS AND STRAPS:

Both standard and double length cuff options as well as the strap pieces are included in the pattern already but there is also a table of measurements for these pieces included at the beginning of these instructions if you would prefer to use them.

Construction

OPTION 1 - TROUSER LEGS/ DUNGAREES:



Cut out your front and back trouser pieces. Where the pattern indicates to cut **MIRRORED**, this means you will cut one piece of the pattern as normal then cut another with the pattern piece flipped over as in the pictures.

(The pocket lines are only located on the front pieces of the Trouser Legs option. If you want to add trouser pockets cut out along the pocket lines.)

If you don't want trouser pockets then proceed to **Joining the Trouser Legs** instructions.

POCKET CONSTRUCTION:

Cut the 2 mirrored pocket pieces and make sure to transfer the marking from the trouser leg pattern piece to the fabric piece. This will show you where to place the top edge of the pocket piece.

Place both pocket pieces onto the dungaree front with the right side of the pocket against the wrong side of the dungaree front lining up the top of each pocket piece with the markings.

Then stitch along where the red lines indicate. You can use a zigzag stitch or a coverstitch to sew the pocket pieces on.





Flip the trouser front right side up, it should look something like this.

Take the pocket binding pieces and fold them wrong sides together along the long edge.

Place a pin in the centre point of the binding and one pin on each edge roughly 1.5cm in from the edge as shown.

Pin the pocket binding to the raw edge of the pocket opening right sides together. Pin the edge pins in line with the pocket opening edges and the mid point pin in line with the mid point of the pocket opening on the trousers. You should have to stretch the binding slightly to fit around the pocket opening. This will give it a good shape once it's sewn in place.

Sew along the raw edges of the pocket opening and binding.

Follow the same process for the other pocket.



The finished pocket opening should look like this. I like to pin the binding down to prepare it for sewing the front trouser leg to the back trouser leg just to make sure everything stays in the right place when sewing.

NOTE: The reason I attach the pocket piece first before the binding is that it's easier to get a neat, flat pocket this way. If you feel more confident that you can still get a neat, flat pocket and would prefer to attach the binding piece first feel free to do so :)

JOINING THE TROUSER LEGS:

Place the front leg onto the back leg right sides together. The pieces aren't the same size and this is **TOTALLY NORMAL** and deliberate :) Pin the inseams and the outer leg seams together.

Then sew down each raw edge as indicated. Do the same for both the left and right legs.



Lay the two sewn up legs next to each other like this.



Next you're going to pin the raw edges from the left leg to the raw edges of the right leg from front to back making sure you line up the inseam seams together. This is going to form the crotch curve of your trousers.

Or you can do the inside leg method: Keep one leg inside out and turn the other the right way round. Place the right way round leg INSIDE the the other leg.



Line up the raw edges of the crotch curve together making sure the inside leg seams of both legs are aligned.

Pin the raw edges together and sew as shown

You can then pull the one leg out of the other and should have a pair of inside out trousers :)



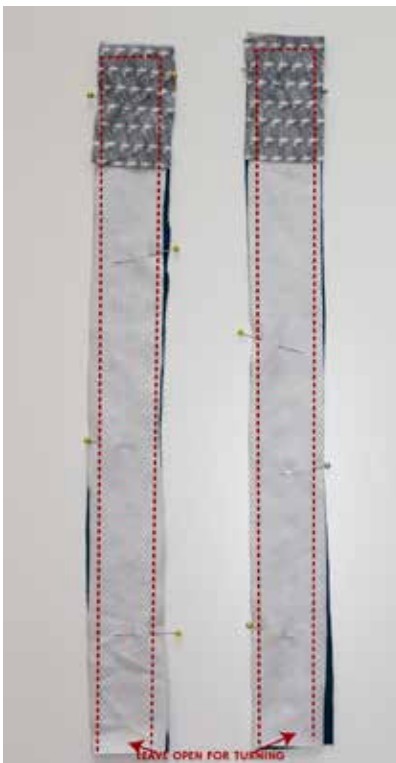
THE BIB AND STRAPS:

If you're making the bib and straps from knit fabric you will need to add a stabilising fabric to the bib and strap ends. You can use a piece of woven poplin type fabric for this. For the bib you will need to cut an entire third piece from the woven fabric and for the straps just two small rectangles to help support the snaps. For the softshell option you only need to cut a front from softshell and the back from woven cotton. Skip ahead to [ATTACHING THE WAISTBAND](#) if you're only making the Comfy Legs



For the jersey bib place the 2 jersey layers right sides together.

Then place the woven piece on either wrong side. Pin and sew the sides and the top leaving the bottom open for turning right way around.



Same process for the straps, place the jersey layers right sides together then place the woven pieces at the top of each strap. Pin and stitch in place leaving the bottom opening for turning right way around.



For the softshell bib and straps you will only need to place the softshell and woven pieces right sides together. You don't need 3 layers for the softshell as it's stable and thick enough already. You will also only need 2 layers if making the bib and straps from woven cotton.

NOTE: If you are having difficulty turning the straps right side out (you might do with the softshell as it's very thick) you can sew the strap as shown, sew up one side and across the top.



Place a safety pin on the right side of the half sewn up strap near the top then turn back out to the wrong side and continue to sew down the open side of the strap. You will then have the safety pin to help you pull the top of the strap through when turning it right way round.





Trim the ends off once you've sewn the bib and straps then turn them the right way around and give a good press.

Top Stitch the bib and straps. I find the easiest way to do this is set my needle all the way to the right and place the fabric edge in line with the edge of the presser foot. It helps stay nice and straight and gets the stitch close to the edge. Plus it keeps the fabric under the whole presser foot which helps the fabric pull through evenly.



You should have 2 neat straps and a lovely bib ready for attaching to your trousers.



If you're adding a bib pocket we'll do this now. Take your pocket piece and fold over the top to create a 2cm hem. Pin, press and stitch in place.



Fold back each pocket raw edge towards the wrong side by 0.5cm. Pin and press.



NOTE: IF YOU'RE WORRIED ABOUT THE POCKET MOVING OR BEING STRETCHED WHILE SEWING IT ONTO THE BIB YOU CAN CUT A SECOND POCKET PIECE FROM WOVEN COTTON AND STITCH THE 2 PIECES WRONG SIDES TOGETHER. Leave the top seam open. Trim the corners, turn right way round and press. Fold the top of the pocket over, press, pin and stitch in place. Your finished double layer pocket should look a bit like this.



Place the pocket onto the bib and position it to where you would like it. You can hold the folded over waistband on top of the bib to get an idea of how much space to leave around the pocket.

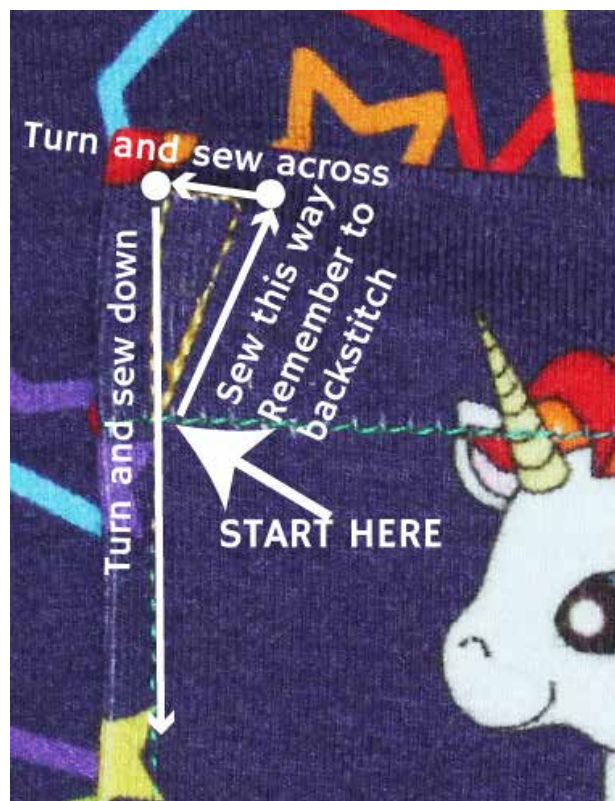
Pin it place and the top stitch it onto the bib.

I re-use the pins that are already on the pocket to pin it to the bib. Just gently slide the pin back and then through the bib being careful not to lose the folding over of the pocket you



You should have a pocket sewn onto the bib that looks a bit like this.

NOTE: I like to sew a reinforced area at the top of the pocket a bit like a triangle.



ATTACHING THE WAISTBAND - bib and straps:

There are 2 methods to attach the bib and straps to the Comfy Legs. The first is to attach the waistband, straps and bib at the same time and the second is to first attach the waistband first and then stitch the straps and bib to it. If your machine generally struggles to sew through a lot of layers you might need to use method 2. You will be sewing through up to 6 layers if method 1 so test out with some scraps first to see how your machine performs.

For the Comfy Legs either follow these steps to attach the waistband without elastic or go ahead to [Finishing the Comfy Legs](#) for encasing the elastic.



For both methods fold your waistband with the shorter ends together and stitch raw ends together.

Fold the raw ends wrong sides together along the long ends and place 4 pins at quarter points on the band. You can then line these up with the back, front and sides mid points of the trousers.



Place the waistband inside the trousers while they are inside out. Line the raw edge of the waistband with the raw edge of the trousers.

Line up your quarter point pins with the front and back midpoints and one on each side then stretch the waistband to fit and place further pins so that the waistband is stretched evenly.

IF YOU ARE MAKING THE TROUSERS WITHOUT THE BIB AND STRAPS YOU CAN STITCH THE WAISTBAND ONTO THE TROUSERS NOW. SERGE THE RAW ENDS TOGETHER AND THEN TURN RIGHT SIDE OUT.

Or if your machine struggles with a lot of layers you will also need to sew the waistband on now and then add the bib and straps separately following **ATTACHING THE BIB AND STRAPS - METHOD 2**



Attaching the waistband, bib and straps at the same time - METHOD I:



Continuing from where we've just pinned the waistband to the trousers and with the garment still inside out, proceed to pin the straps to the garment and waistband equal distance from the back centre point. You will need to place the straps **RIGHT SIDE** against the waistband with the straps hanging down inside the garment.



Now pin the bib to the garment and waistband lining up the midpoint of the bib and the midpoint of the garment and waistband. You will need to pin the bib **RIGHT SIDE** against the waistband with the bib hanging down inside the garment.

Serge the waistband, bib and straps onto the garment then turn right way around.



Pin the bib and straps against the waistband so you can top stitch them in place. You can angle the straps slightly towards the middle if you'd prefer but it's not necessary.

Your top stitched bib to waistband should look a bit like this.



Attaching the bib and straps to the waistband or Splash Legs - METHOD 2:



If you're using the method of attaching the waistband first or if you're making the Splash Legs and your machine can handle the heavy layers then follow these steps to attach the bib and straps.

Once the waistband is sewn onto your trousers or after you've encased the waistband elastic on the Splash Legs, take the bib and line up the centre point of the bib with the centre point of the trousers.

Pin the bib to the inside of the waistband.



Once you've pinned the bib to the inside of the waistband, you will need to stitch it in place. So your sewn on bib should end up looking like this.





Do the same process for the straps at the back. Pin them the same distance apart from the back centre point, roughly 2-3cm. Then stitch in place. You can angle the straps slightly inward if you wish.



Your stitched on straps should look a bit like this when complete.

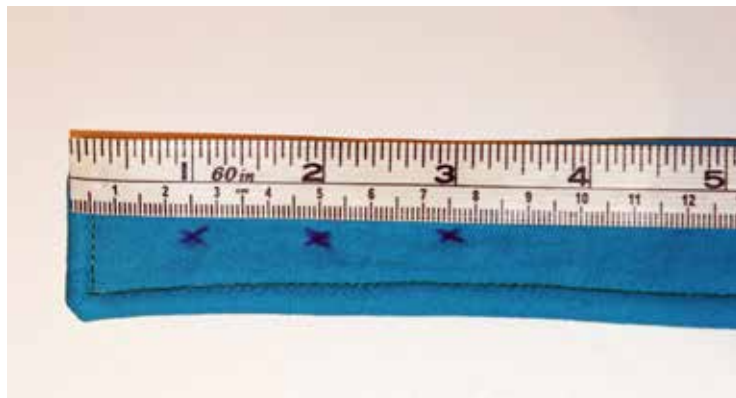
You can also place a stay stitch on the back straps like if you're worried they might slip off your child's shoulders. Make sure the stay stitch is quite low (close to the waistband) and not too high or it will create an odd shape to the straps as they come over the shoulders.



Adding the snaps to the straps:

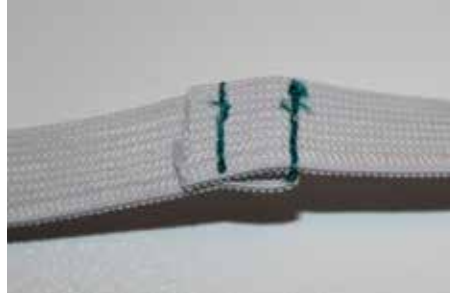
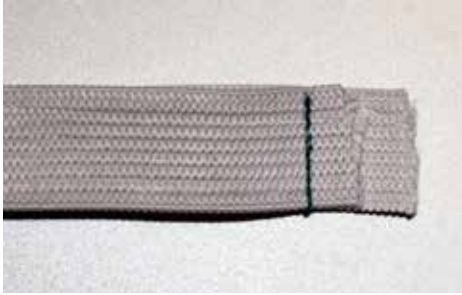
There should be enough space to add a row of 3 snaps to each strap. I place them approximately 2.5cm from the edge and then every 2.5cm after that. You can place the snaps right up to about 9cm or where you can feel the woven stabiliser end if you've made the straps from Jersey. For the softshell straps you can place the snaps as far up as you'd like.

The best way to get the perfect fit is to check the strap length on your child to see where to place the snaps but if you are making the dungarees to sell the 3 snaps should allow for variable height differences in the size that you've made.



FINISHING THE COMFY LEGS:

You can finish the jogging bottoms by either attaching the waistband as described in [ATTACHING THE WAISTBAND](#) if you're not going to use elastic or you can create a casing out of jersey or rib and add elastic to create an elastic waistband.



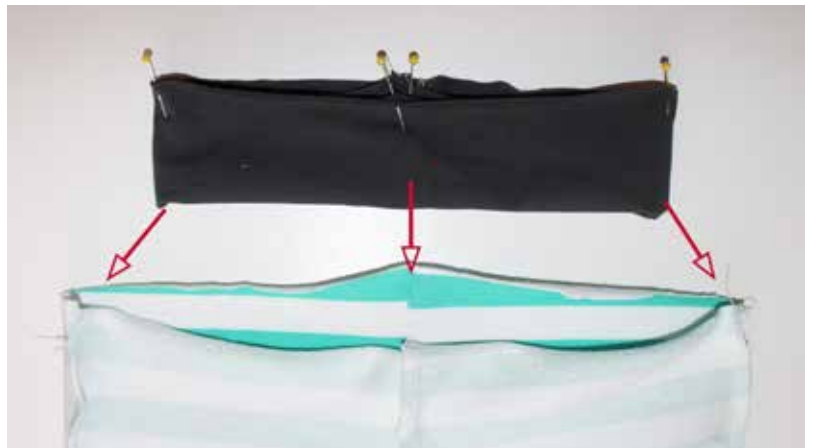
Sew the elastic ends together to make a band. You can do this by leaving an overhang, then stitching the overhang down in place. This gives the seam double the strength.



Sew the elastic ends together to make a band and insert the elastic band into the waistband.

Place 4 pins at quarter points on the waistband.

With the elastic band still inside the waistband, insert the waistband into the jogging bottoms with right sides together lining up the quarter points with the trouser quarter points.



Pin the waistband quarter points with the trouser quarter points.



Continue to pin the waistband to the trousers to get an even stretch of the waistband all the way around. Then serge the raw ends together.

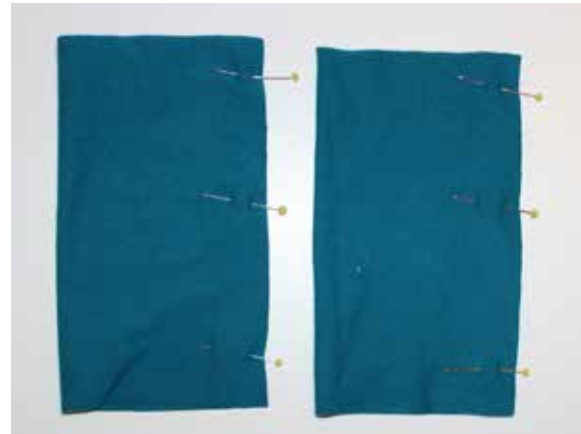
You can add a stay stitch to the waistband to stop the encased elastic from flipping over. I don't normally have an issue with the elastic flipping but if you find it starts to do this you can easily fix it by adding a stay stitch like this.



Your finished Comfy Legs should look a bit like this when turned right way around. Above made with jersey and elastic and to the left made with rib and elastic.

ATTACHING THE CUFFS:

Take your cut out cuff pieces and fold them wrong sides together along the long edge. Pin and stitch down the edge to make two tubes. The process is the same for the regular and the double length cuffs.



Fold the cuffs wrong sides together then place each cuff inside each trouser leg. Pin the raw edge of the trouser leg to the raw edges of the cuff and stitch in place.

If you're making the babywearing cuffs on the trousers then the trousers will be regular length and the cuff will be folded in half when worn normally.

When you have your baby in a baby carrier you can then pull the cuff down and over the baby's foot to keep their feet warm in the carrier :)



Credits: I just want to say a massive thank-you to all my pattern testers who used their own time and fabric to help bring you this pattern. Here is a list of everyone who has helped :)

All custom print fabric used in the instructions is by Second Star Fabric
www.facebook.com/groups/secondstarfabric/

Softshell from Mibs Fabric: www.facebook.com/mibsfabrics

Sweatshirting used for Comfy Legs is Lillestoff Organic available at
<https://www.sparkleandroar.com/product-category/super-cool-fabric-shop/>

Plain woven cotton from Caboodle Textiles: www.facebook.com/groups/CaboodleTextiles/

Some of the pattern testers are:

www.facebook.com/BooCreates/

www.caboodlekids.co.uk

www.Facebook.com/brightncomfy

www.facebook.com/wigglesandcurlywhiskers

www.facebook.com/littlegoodey

www.facebook.com/littlerainbows321

www.facebook.com/SweetLavenderAndChiliFlakes



Using woven cotton for the Comfy Legs



