



## ZEPHYR LEGS

A classic slim fit, cloth nappy friendly trousers PDF Sewing pattern for ages Tiny Baby to age 11-12 years



## Description

This pattern is for slim fit trousers. There is the option to cut on the SLIM line to have a more fitted look or REGULAR line for a slightly looser fit.

### A NOTE ON THE FIT:

There is a flat front piece and a flat back piece. Normal leggings or trousers would have a proper seat drafted but these do not have that, for this reason I highly recommend inserting the gusset if cutting on the higher crotch line. This will give the trousers the right amount of ease and stretch. I understand not everyone wants to use a gusset so in the event that you don't I would advise that clear elastic is used to reinforce the crotch seam to prevent over stretching and possible seam rips. If making for cloth nappy wearing children I would ALWAYS insert the gusset to create enough room for the nappy.

### FABRIC OPTIONS:

Use fabric with at least a 25% stretch value for the regular fit and 40% stretch value for the slim fit. You can use cotton interlock if you would like to but you'll get slightly less stretch and ease in the fit. You can use the same fabric for the cuffs or ribbing, if using interlock for the cuffs be sure to add an extra 1cm to all seams to allow for the lack of stretch in the fabric. This pattern is not drafted for use with woven fabrics.

### SEAM ALLOWANCE:

There is a 8mm (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, 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.

10cm Clear Elastic (also known as swim elastic for reinforcing the higher crotch seam if you're not using the gusset)

Fabric for knee patches. This can be woven or jersey. If using jersey I suggest stabilising with interfacing.

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

[tanya@sparkleandroar.com](mailto:tanya@sparkleandroar.com)

and make sure you join the facebook group to share pics and discuss patterny things

<https://www.facebook.com/groups/sparkleandroarpatterns/>

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. These are the **MAXIMUM** measurements that each size should fit up to but as you're using jersey and it has a lot of stretch you can probably get away with the size closest to your child's measurements for a lot longer than what the age says. And of course the age is a guide, it doesn't mean that your child will definitely fit that size. It's always best to go on the measurements :)

You can also use the double length cuffs and waistband if you have a taller child or you want to extend the life of the trousers.

SIZE	HEIGHT		INSEAM		HIGH HIP	
	cm	inches	cm	inches	cm	inches
Tiny-1M	54	21.3	16	6.3	39	15.4
0-3M	58	22.8	18	7.1	41	16.1
3-6M	65	25.6	23	9.1	43	17
6-12M	74	29	29	11.4	46	18.1
1-2Y	88	34.6	35	13.8	49	19.3
2-3Y	94	37	39	15.4	51	20
3-4Y	100	39.3	42	16.5	52	20.5
4-5Y	108	42.5	46	18.1	54	21.3
5-6Y	112	44	49	19.3	56	22
6-7Y	118	46.4	53	20.9	58	22.8
7-8Y	124	48.8	56	22	60	23.6
8-9Y	130	51.2	59	23.2	62	24.4
9-10Y	136	53.5	62	24.4	64	25.2
10-11Y	142	55.9	65	25.6	66	26
11-12Y	148	58.3	68	26.8	68	26.8

## FABRIC REQUIREMENTS:

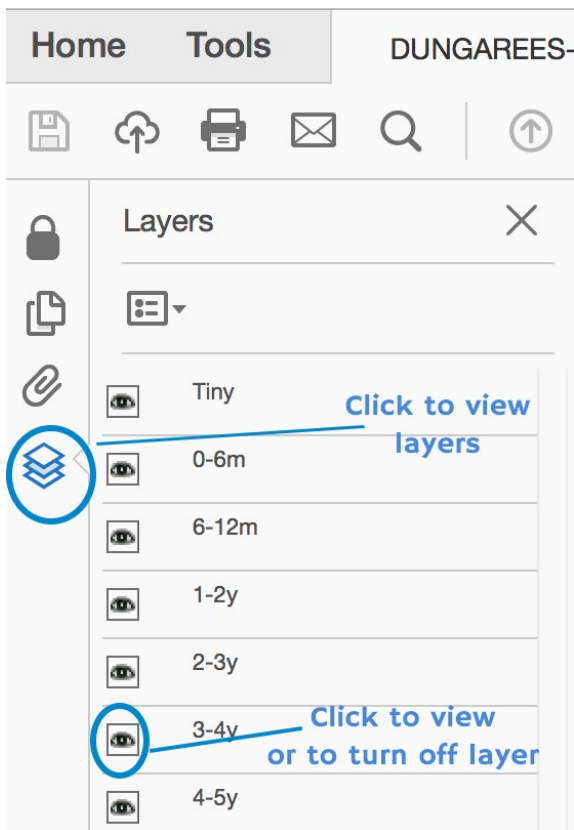
Calculated on knit fabric of 150cm width:

in cm	NB/ 0-3m	3-6m	6-12m	1-2y	2-3y	3-4y	4-5y	5-6y
Trousers	30	40	40	50	60	60	65	70
Shorts version	20	25	25	30	30	30	35	40
Waistband	15	15	15	15	15	15	15	15
Cuffs	15	15	15	15	15	15	15	20

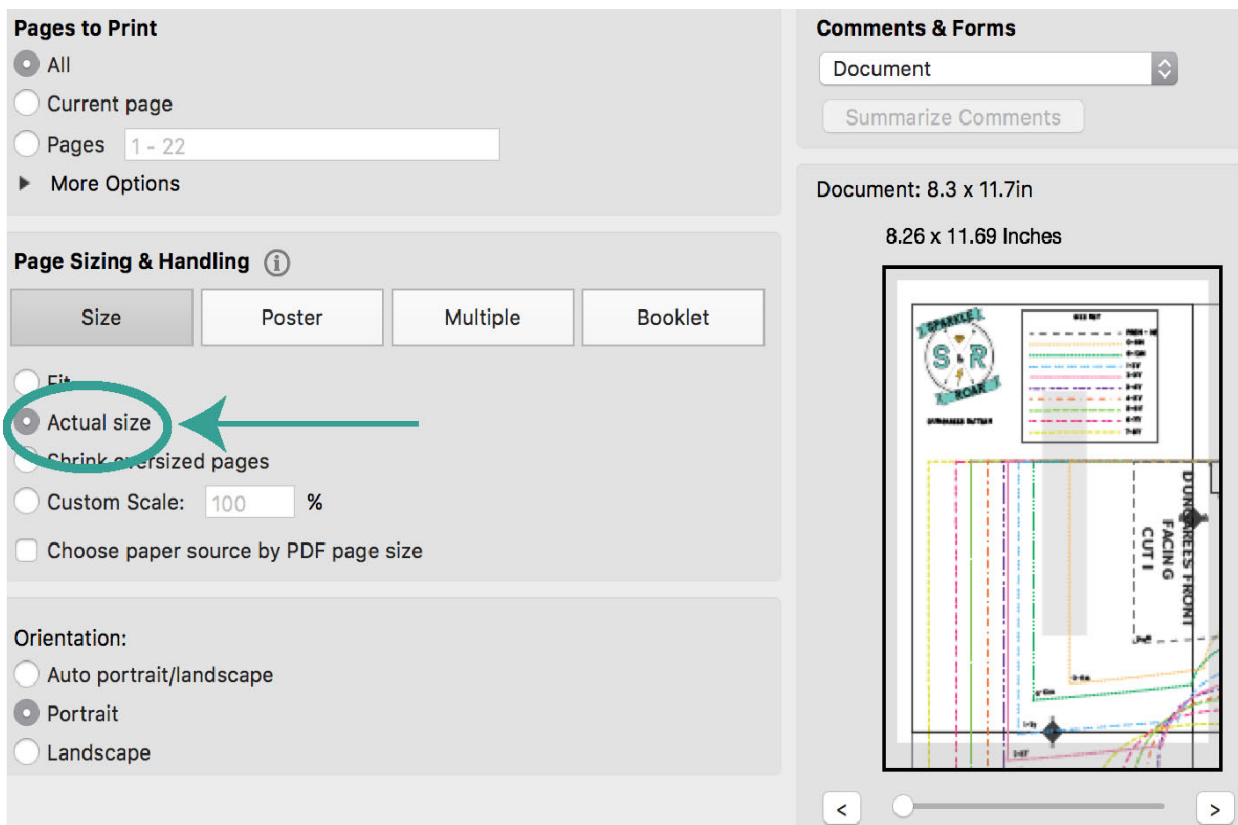
in metres	6-7y	7-8y	8-9y	9-10y	10-11y	11-12y
Trousers	70	75	75	80	85	90
Shorts version	40	45	45	50	50	55
Waistband	15	15	15	15	15	15
Cuffs	20	20	20	20	20	20

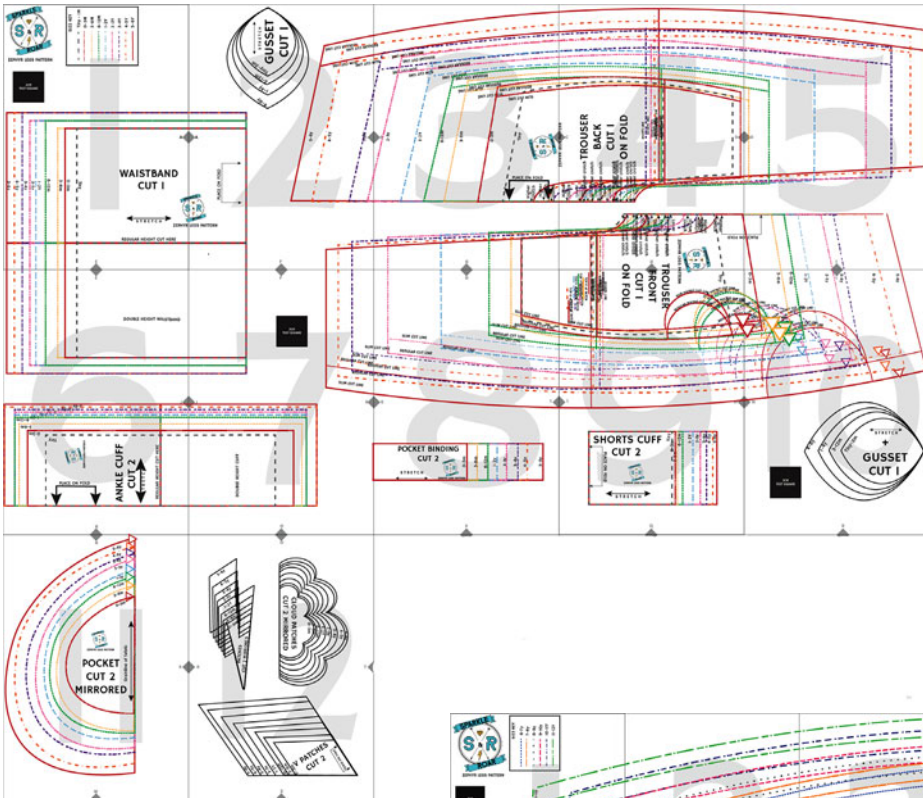
## HOW TO PRINT THE PATTERN:

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



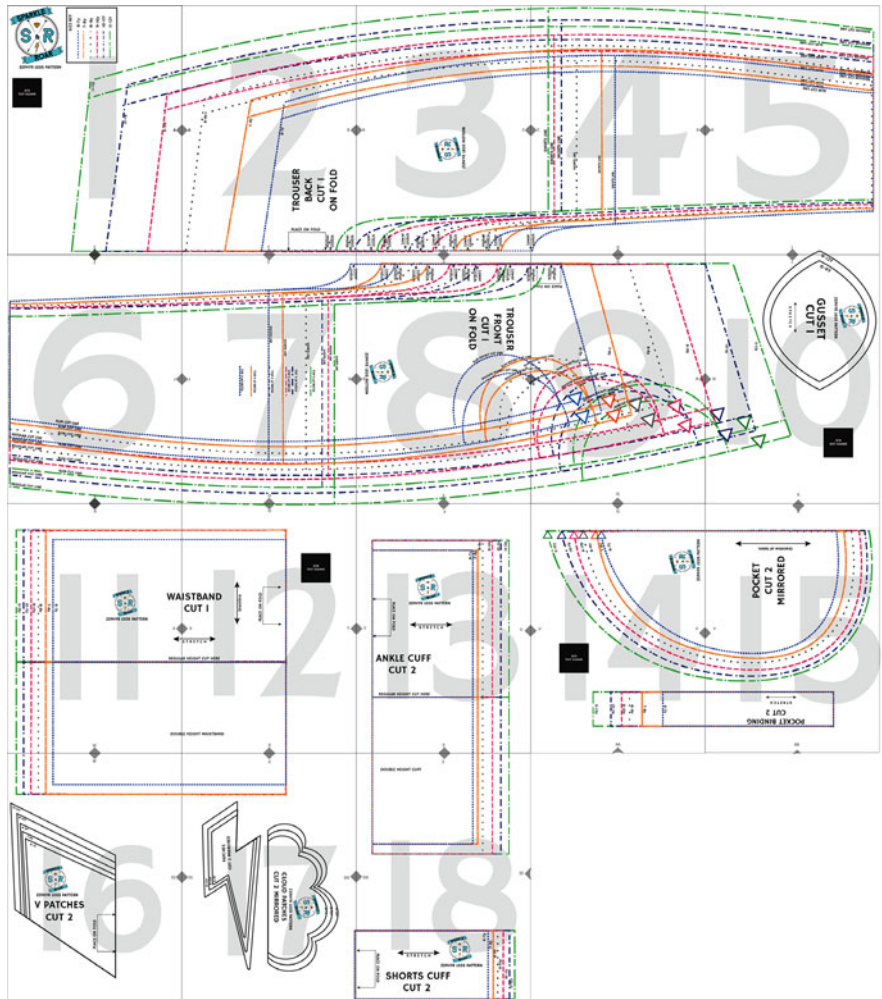
In Acrobat Reader you can click on the layers option and choose which layers you want to view and print. Leave them all checked to print all or uncheck the sizes you don't want to print.





0-6 Years pattern pieces

6 Years + pattern pieces



**ARRANGING:**

Arrange the printed pages as shown on these diagrams then stick them together making sure you line up the lettered squares on each page. You can then cut your pattern pieces out.

**IMPORTANT:**

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

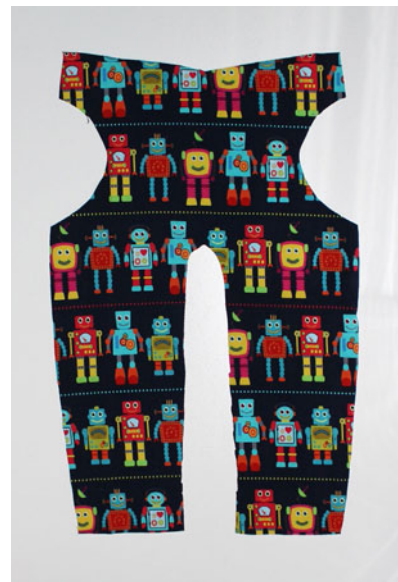
## **CUTTING YOUR PATTERN PIECES:**

The pattern pieces are split into sizes Newborn to 5-6 on one set and then 6-7 to 11-12 on the other PDF. This is to save paper as to print the larger sizes uses a considerable amount of paper and you may not always need those sizes.

There are pattern pieces for the following items but you may not need them all depending on which options you are going to use

- Trousers Front (Includes pocket line cut out)
- Trousers Back
- Regular Height Waistband and Regular Height Cuffs
- Double Height Waistband and Double Height Cuffs  
Use double height if you prefer a fold-over waistband, if you have a taller child or if you want to extend the age range that the trousers will fit.
- Pocket Piece and Pocket Binding/ Edging Piece
- Gusset and + Gusset for smaller sizes
- Knee-patches. V and Cloud/ Lightning patches

**NOTE:** The pocket cut line only corresponds to the FRONT of the trousers and only if you are making the pockets variation. Your cut out front will look like this if you are making pockets. If not then DO NOT cut out along the pocket line.



## **THE TWO CROTCH CUT LINES:**

There are two crotch cut lines. A higher and lower crotch. When using the higher crotch cut line it is advisable to add in the gusset or use the clear elastic as explained in the notions section. The gusset will give more freedom of movement and prevent seam rips in the crotch area. The lower crotch cut line gives more of a harem style look but as the trousers are not wide leg you might still consider using the elastic to reinforce the seam if you have a kid like mine who loves to fling his legs about.

## **THE TWO GUSSETS ON THE SMALLER SIZES PATTERN:**

There are two gussets on the 0-6 Years pattern. Use the + Gusset for cloth nappies or for extra ease or if you have a super chunky baby. You can use the regular gusset for standard nappies.

## **A NOTE ABOUT THE POCKET BINDING:**

Please have a look at the pictures and wording in the instructions about the length and placement of the pocket binding. It is deliberately longer than necessary.

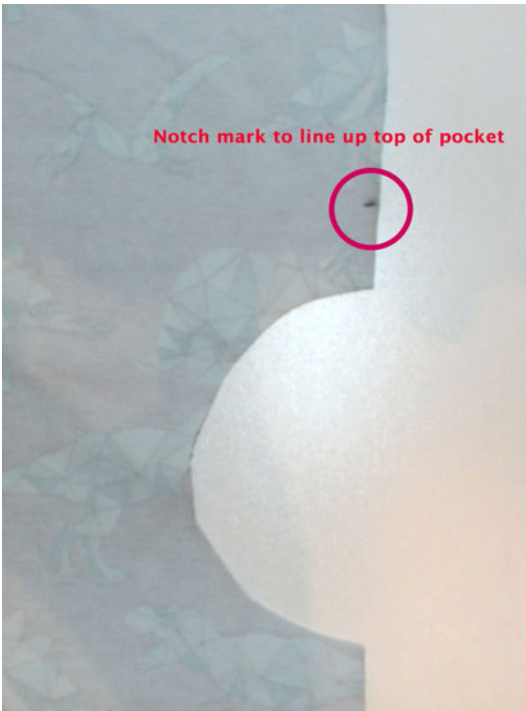
## **IMPORTANT NOTE ABOUT THE SMALLER SIZES:**

IF YOU'RE MAKING THE SMALLER SIZES AND HAVE TROUBLE GETTING CUFFS IN AFTER STITCHING UP THE TROUSER LEGS I'VE ADDED A GUIDE AT THE END ON A DIFFERENT CONSTRUCTION METHOD FOR SMALL CUFF SIZES ON PAGE 18. YOU MIGHT WANT TO CHECK THAT OUT FIRST AND INCORPORATE THAT INTO YOUR CONSTRUCTION.

# Construction

We're going to go through the POCKETS, GUSSET then KNEE PATCHES options first. If you're making the trousers without any of these skip straight ahead past these options to JOINING THE FRONT AND BACK PIECES ON PAGE 14. Or if you want to go straight to the GUSSET go to PAGE 8 or if you're looking for the V PATCHES go to PAGE 9 or go to PAGE 11 for the CLOUD PATCHES.

## POCKETS OPTION:



Cut out along the pocket line on the trouser front only and transfer the marking where the triangle is on the pattern piece onto the fabric piece. This will show you where to place the top edge of the pocket piece.

Cut out your pocket and binding/ edging pieces. Make sure you remember which is the top and bottom of the pocket so they don't get attached upside down.



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

Then stitch along where the purple lines indicate.

You can use a zigzag stitch or a coverstitch to sew the pocket pieces on.





Flip the trousers front right side up. It should look something like this.

Take the pocket binding/ edging piece and fold it wrong sides together along the long edge and pin it in 3 points.

**\*PIN THE CENTRE POINT**

**\*PIN EACH END POINT ROUGHLY 1.5-2CM FROM THE BINDING EDGE**



Pin the pocket binding to the raw edge of the pocket opening on the trousers like this aligning the end pins on the binding piece with the very ends of the pocket opening leaving at least 1.5cm of binding over each edge. Then pin the mid point pin on the binding piece to the midpoint of the pocket opening, this should give you an even stretch all around. You should have to stretch the binding slightly to fit around the pocket opening. This will give it the right shape once it's sewn in place.

Sew along the raw edges of the pocket opening and binding to attach the binding piece to the pocket opening.

Follow the same process for the other pocket.

HERE IS ANOTHER CLOSE UP OF THE 1.5-2CM BINDING OVERHANG>>>>>>>>>







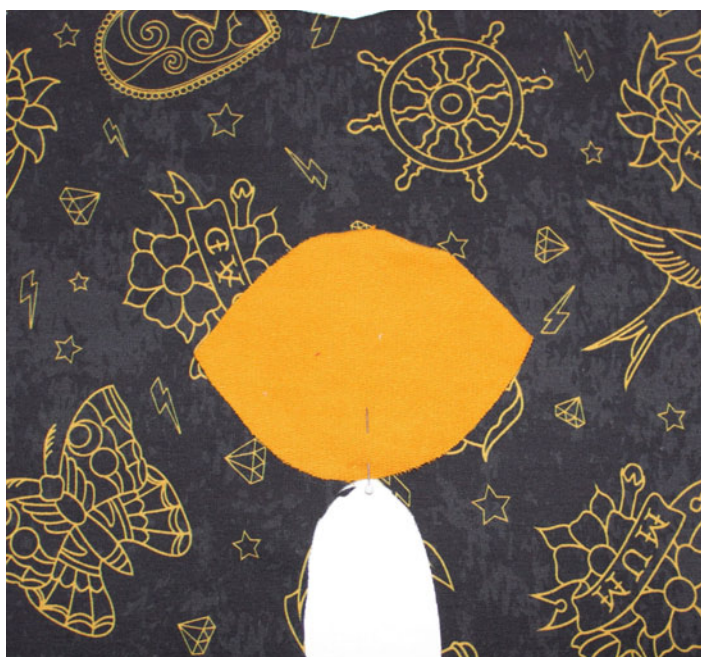
Your finished pockets should look something like this. :)

**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 :)

## **ATTACHING THE GUSSET:**

Pin the midpoint of the gusset to the mid point of the trouser legs **FRONT** right sides together.

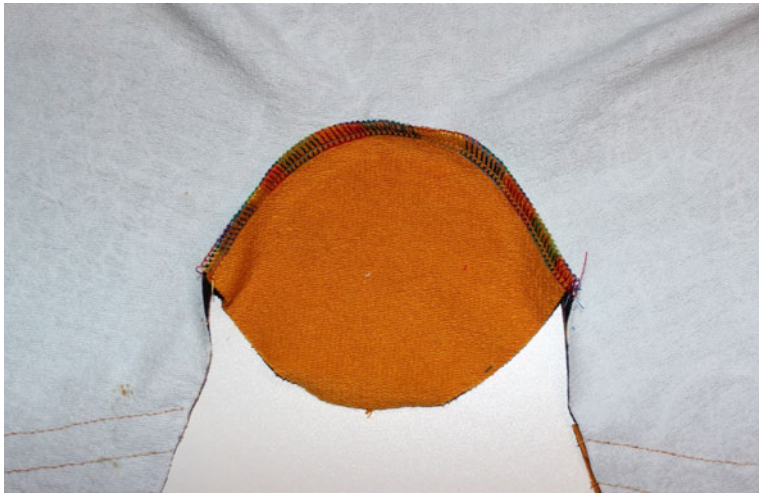
There is no top or bottom to the gusset so it doesn't matter which way up it goes :) Just as long as you pin it with the lemon shape gusset this way, not with the pointy bit of the gusset onto the trousers :)





Flip the trouser over to the wrong side and continue to pin the rest of the gusset to the trouser leg much like you would pin a sleeve to a t-shirt. It's a bit fiddly but try not to stretch either edge when pinning. Honestly though if some stretching does happen it's not the end of the world :)

Then stitch the gusset in place along the raw edges. If this is tricky on your overlocker you can try a basting stitch first.

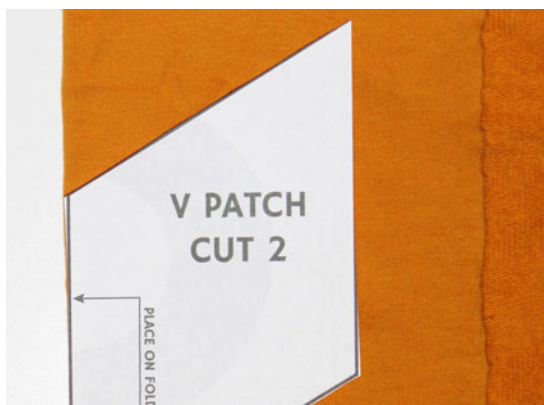


Your stitched on gusset should look a bit like this from the wrong side.

## KNEE PATCHES OPTIONS:

THE V PATCHES - WE'RE GOING TO ATTACH THESE AFTER ATTACHING THE GUSSET TO THE FRONT TROUSERS PIECE SO THAT WE CAN MAKE SURE THE GUSSET AND PATCHES DON'T OVERLAP AT ALL.

Cut the V Patches out on the fabric fold like this so you should end up with two Vs that look like the image on the right when unfolded. It should look a bit like this from the right side.



You can just sew the V patches straight onto the trouser fronts leaving the raw edges as they are for a more fashionable look, You can simply place the patch, pin and then stitch on using a straight or decorative stitch or coverstitch them on. I've also included some instructions on how to fold-over the edges to but I'll show you the placement first.

The V Patches are slightly wider than the regular fit and therefore a bit wider still on the slim fits. This is totally normal and helps you catch the patch edges when stitching the side seams.

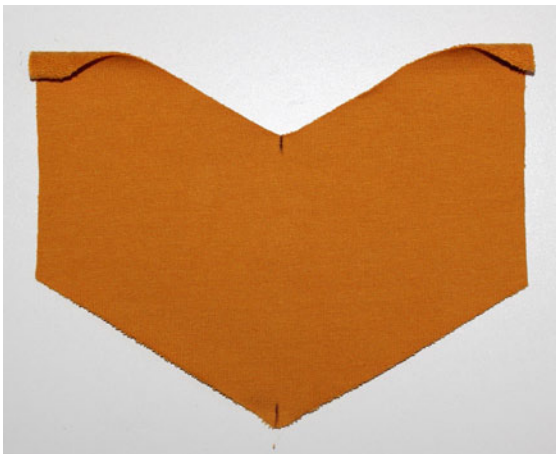
Place the V patch onto the front trouser leg with the top of the V in line with the marking on the pattern piece.

**THIS MAY NOT BE THE IDEAL PLACEMENT FOR YOUR CHILD SO IT'S A GOOD IDEA TO CHECK WHERE YOUR CHILD'S KNEE SITS TO GET THE BEST PLACEMENT. THIS IS MERELY A ROUGH GUIDE :)**

Pin the patch onto the trouser leg. Do the same on each leg and then stitch in place.



Or you can follow these steps to fold the edges of the patch over first for a neater look but it does take a lot longer and is super fiddly.

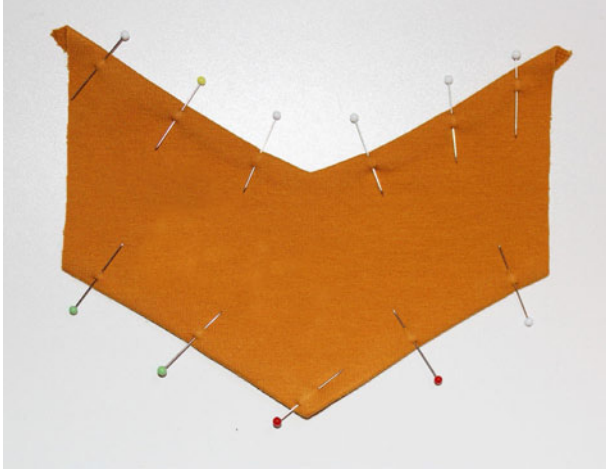


Mark a 1cm line on the wrong side of each patch from the top and bottom V points. Cut along that 1cm line on the top and bottom V. Then on the bottom V only cut a further notch out like a small triangle here.



Fold the edge of the patch inwards towards the wrong side about 1cm then press and pin it in place. We cut that triangle notch out to reduce the bulk and to create a neat corner on the bottom of the V patch.

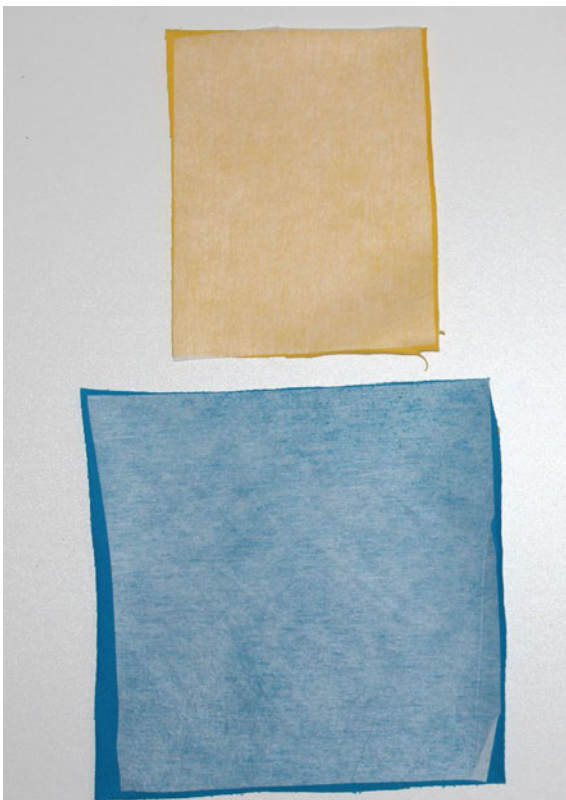
View from the right side



Stitch the patches to the trouser legs using a straight stitch or any decorative stitch you'd like. I've done a row of straight stitches to create a quilted effect but just one stitch along the top and bottom of each patch is more than sufficient.

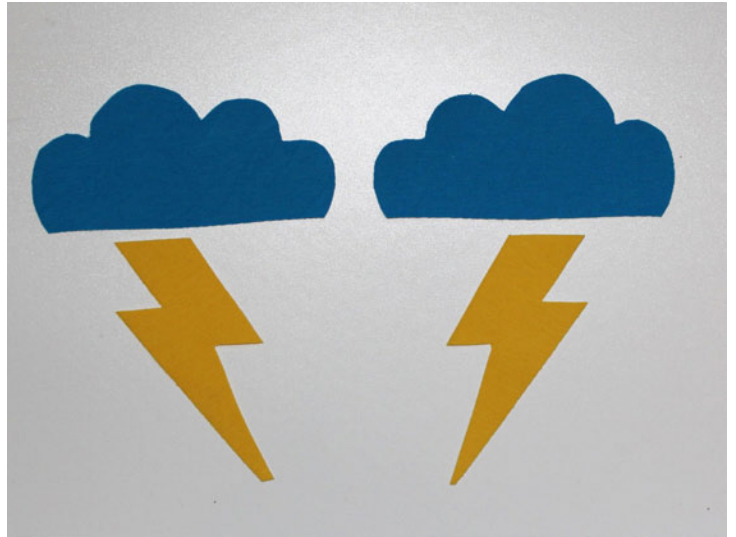


### CLOUD AND LIGHTNING PATCHES



If you're using thin jersey for the cloud and lightning patches you might want to stabilise the fabric first. Here I've ironed on some heavy interfacing onto my Cotton Lycra jersey. If you're using French Terry or Woven cotton then they should be fine. You will probably be alright not stabilising jersey but I do it so it doesn't move around too much when I'm attaching them to the trousers. You might even want to stabilise your French Terry and Woven, it's totally up to you and how confident you are about appliqué sewing methods.

Then cut the cloud and lightning pattern pieces out of your fabric.



Place the patches onto the front trouser leg aligning the top of the patch with the SHORTS LINE on the pattern piece but again as with the V Patches, feel free to move this up or down if you'd prefer a different placement.

I tuck the top of the lightning bolt just underneath the cloud.

You can use fabric glue to hold the patches in place while you're stitching them on. I also like to use a lot of pins :D

Use a short, straight stitch to stitch along the edge of the cloud and lightning bolt to attach it to the trouser leg. Just go slow and stop, lift the presser foot and turn the fabric slightly whenever you need to.



## **JOINING THE FRONT AND BACK PIECES:**

### **WITH A GUSSET**

Place the trouser front onto the trouser back piece. Pin the midpoint of the gusset to the mid point of the trouser back piece and continue to pin the gusset to the trouser back inside legs following all the way down the inside legs.

Then stitch the inside legs of the front and back pieces together.



Close up of the gusset when attaching the inside trouser legs. It makes a neater finish on the gusset if you fold the seam down like this rather than folding the seam back on itself.

Once you have stitched the inside legs you can pin and stitch the outside leg seams as indicated by the dashed lines. If you've made the pockets or V Patch options make sure you catch the pocket, pocket binding extra lengths or patch edges when stitching.

You can now skip straight to attaching the cuffs and waistband :)



## WITHOUT A GUSSET



Pin the outside and then stitch the front to the back piece as indicated by the lines on the picture.

If you've made the pockets version make sure you catch the pocket binding/ edging piece in your stitch. This is why we left the 1.5-2cm overhang, to make it easier to catch this when stitching the seams :)

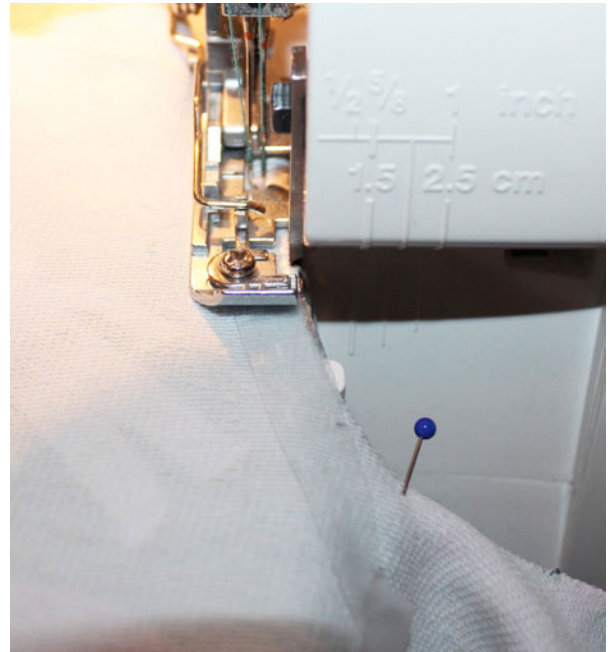
Pin the inside front and back legs together then stitch as indicated. Or have a look at how to add the clear elastic on the next page if you're using some to reinforce your curve :)



Here is a quick tip about sewing that crotch curve. It's pretty sharp and it might look like it's going to be tricky but it's not actually.

As you come up to the curve what you can do is try to make the fabric as straight as possible while it goes through the machine. Even if you stretch it a little it's not going to make much of a difference.

If you're making the higher crotch line version and no gusset then this is when you will insert the elastic. As you come towards the midpoint of the inner legs place your elastic under the presser foot as close to the needles as you can get. Do not stretch the elastic, just sew it straight on with the trousers.



It should look a bit like this once sewn on.

## **ATTACHING THE CUFFS AND WAISTBAND:**



Take your cuffs and waistband pieces and fold them right sides together.

Pin and stitch down along the same direction as the fabric grain.





Fold the cuff and waistband in half wrong sides together and then place 4 pins on quarter points along the cuff raw edges.

With the trouser leg still wrong side out slide the cuff inside the trouser leg so all the raw edge meet and attach the quarter point pins from the cuff to the trouser leg also at quarter points. So the 2 side pins on the cuff will join to the 2 side seams on the trouser leg.



Stitch the cuff to the trouser leg along the raw edges that you've just pinned. You will need to stretch the cuff to fit the trouser leg opening.

Do the same process for the waistband placing the band inside the top of the trousers opening. You might want to place more pins around the edge to get an even stretch all the way around before stitching the waistband to the trousers.



Turn your trousers right side out and you should have a lovely pair of Zephyr Legs that look a bit like this :) All options can be used together, any patches on any leg width and either cuff and waistband heights, these are just to show you how some of the options look when made up.

**Slim Width Leg**  
**Regular Crotch & Gusset**  
**V Patches**



**Regular Width Leg**  
**Lowered Crotch**  
**Cloud & Lightning Patches**



**Regular Width Leg**  
**Regular Crotch Height**  
**Double Height Cuffs**



**Slim Width Leg**  
**Regular Crotch Height**  
**Pockets**



## TINY CUFFS:

If you're struggling to sew up the smaller sizes and cuffs as I've shown earlier, you can follow this method which should make it much easier as it eliminates the need to sew the cuff 'in the round'.



Sew the side seams of the trousers together first. Then fold your cuffs width ways wrong sides together with the fold going across the grain rather than with the grain. **DO NOT STITCH YOUR LEG CUFFS BEFORE ATTACHING THEM TO THE TROUSER LEGS.** If you're making the gusset version you will have already stitched your gusset to the trouser front and it will look a bit like this.





Pin the right side of the cuff edges to the right side of the inside of the leg edge starting at the inside leg ends first then pin the midpoint of the cuff. Now stretch the cuff slightly and pin the rest of it to the leg. You will then need to stitch along the raw edges to secure the cuff to the leg.



Your stitched on cuffs should look a bit like this :)



Pin the inside trouser leg front to the inside trouser leg back lining up the cuff seams.

Stitch along the raw edges where you just pinned.



We need to secure the end of the of the seam on the cuff now. Pin the seam down to the cuff and then top stitch it either with a straight stitch or my preferred method is using a wide zigzag with a 0 stitch length.



If your machine has a 0 stitch length on the zigzag stitch then set this or otherwise you can lower the feed dogs out of the way, as if you're going to sew a button on or do free motion. Then set the machine to a wide zigzag stitch and place the needle over the seam. Sew a few sets of stitches directly over seam :) (Remember to put the feed dogs back up when you're done)

It should look a bit like this from the wrong side and the right side. Make sure you choose a thread colour that matches your fabric :)

