

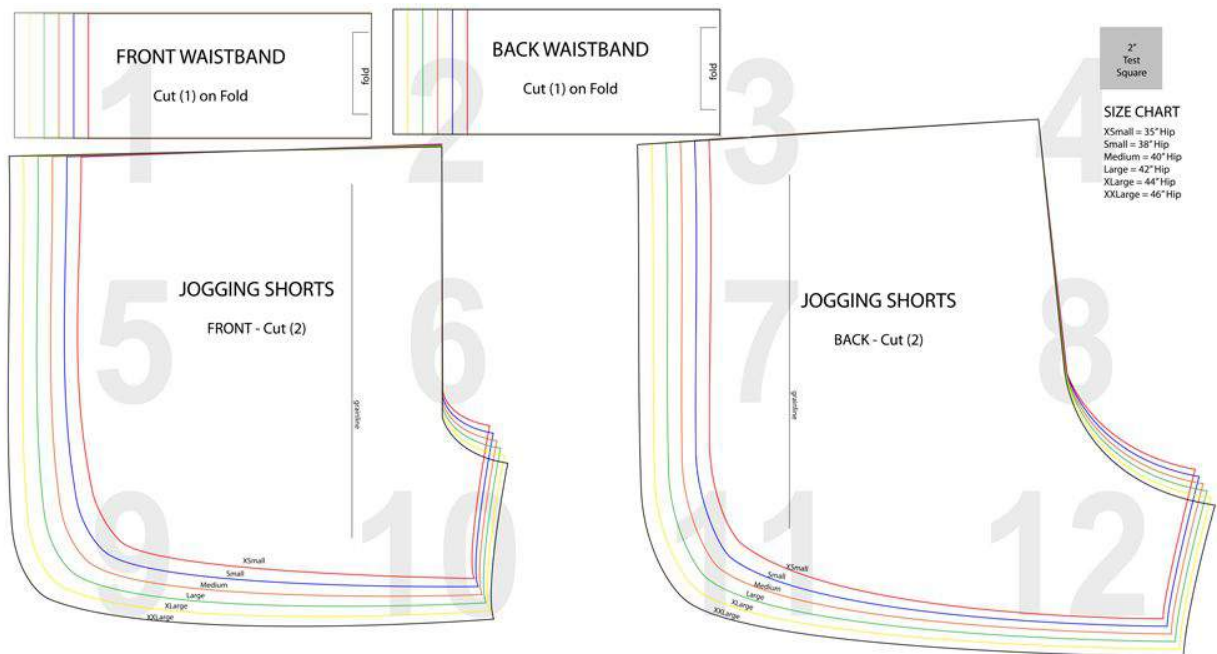
Jogging Shorts Sewing ePattern

Jess Abbott: www.sewingrabbit.com for eHow

Printing and Piecing Instructions

- All pages should be printed on standard paper. Using Adobe Reader (free to download) is recommended but may not be necessary.
- Make sure that “Auto Rotate and Center” is checked and that “Scaling” is NOT checked (scaling may be in a drop-down menu - make sure to find it and check the setting). If you have a newer version of Adobe Reader, your options might look like “Fit to Size” or “Actual Size”. If that is the case, make sure you choose “Actual Size”.
- To make sure you’re printing the right size pattern, measure the 2 inch test square. Do your troubleshooting here so you don’t print out the wrong size pages.
- If you live outside Canada or the US, print the pages to your standard paper size.
- To connect each page, trim to the grey border (do not cut the grey border off), and match up the numbers of each page with the pattern image diagram below.
- Tape the pages together.
- Once the whole pattern is printed and taped, cut along your size line according to the size chart. You may prefer to trace your size onto tracing paper and then cut it out.

Pattern Diagram



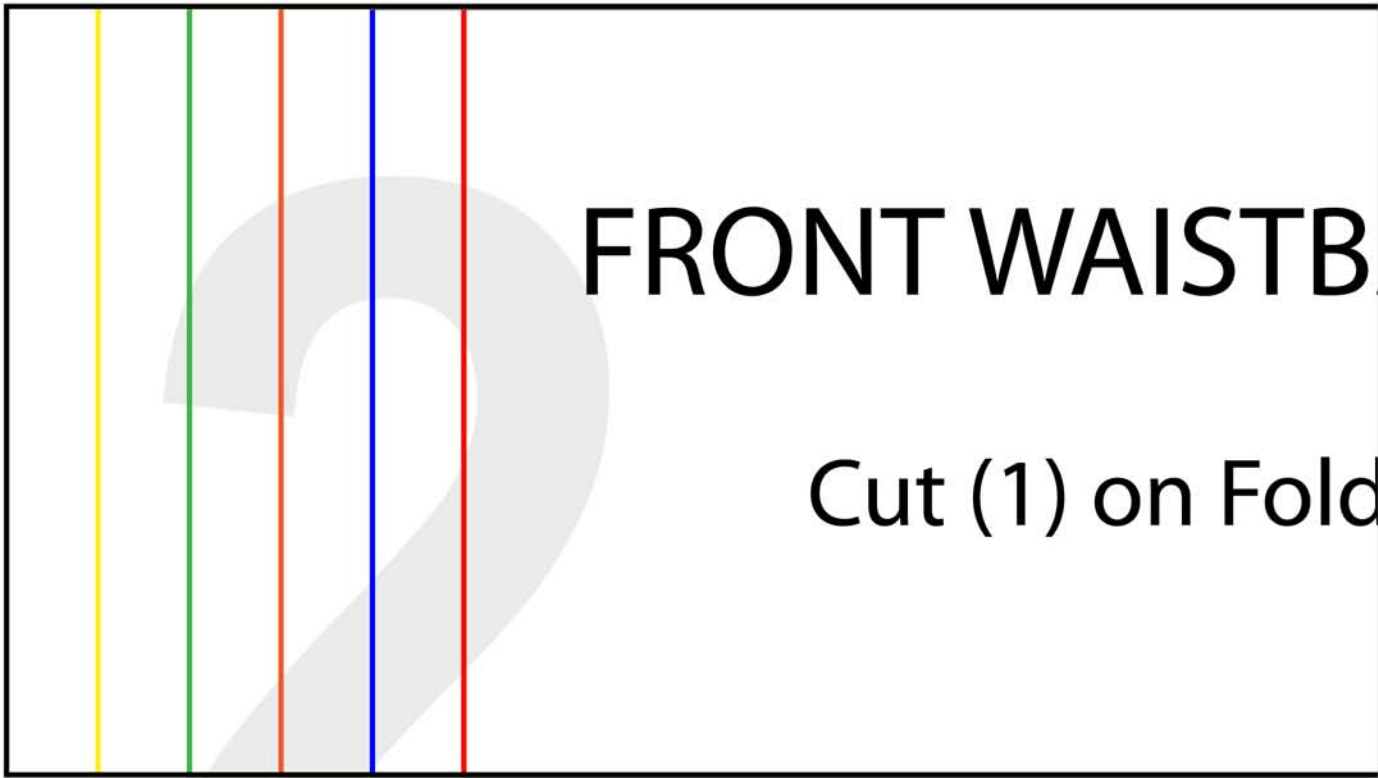
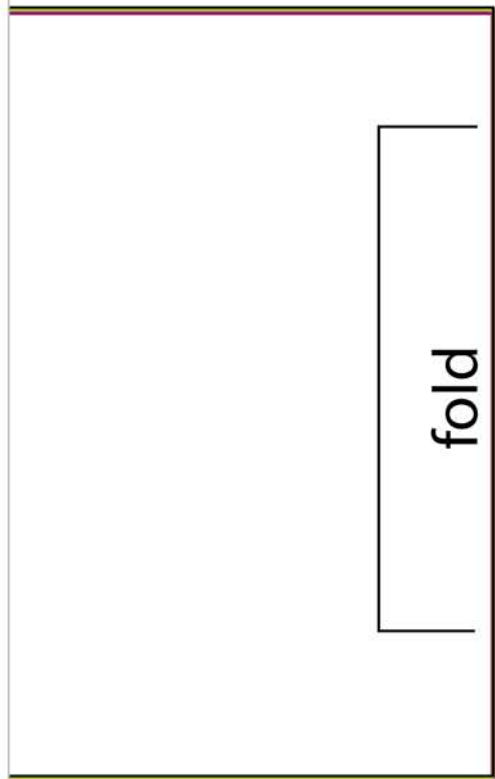
Pattern includes a 1/2" seam allowance.



BACK WAISTBAND

Cut (1) on Fold

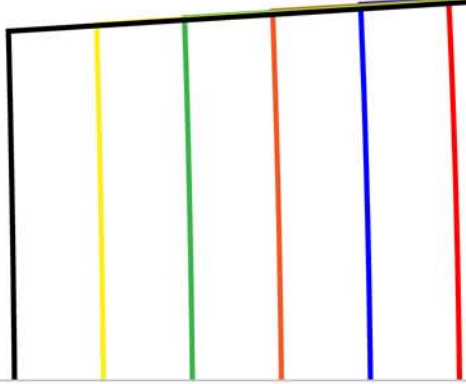




AND

fold

3



2"
Test
Square

SIZE CHART

XSmall = 35" Hip

Small = 38" Hip

Medium = 40" Hip

Large = 42" Hip

XLarge = 44" Hip

XXLarge = 46" Hip



5

JOGGING SH

FRONT - Cu

HORTS

t (2)

6



JOGGING SHORTS

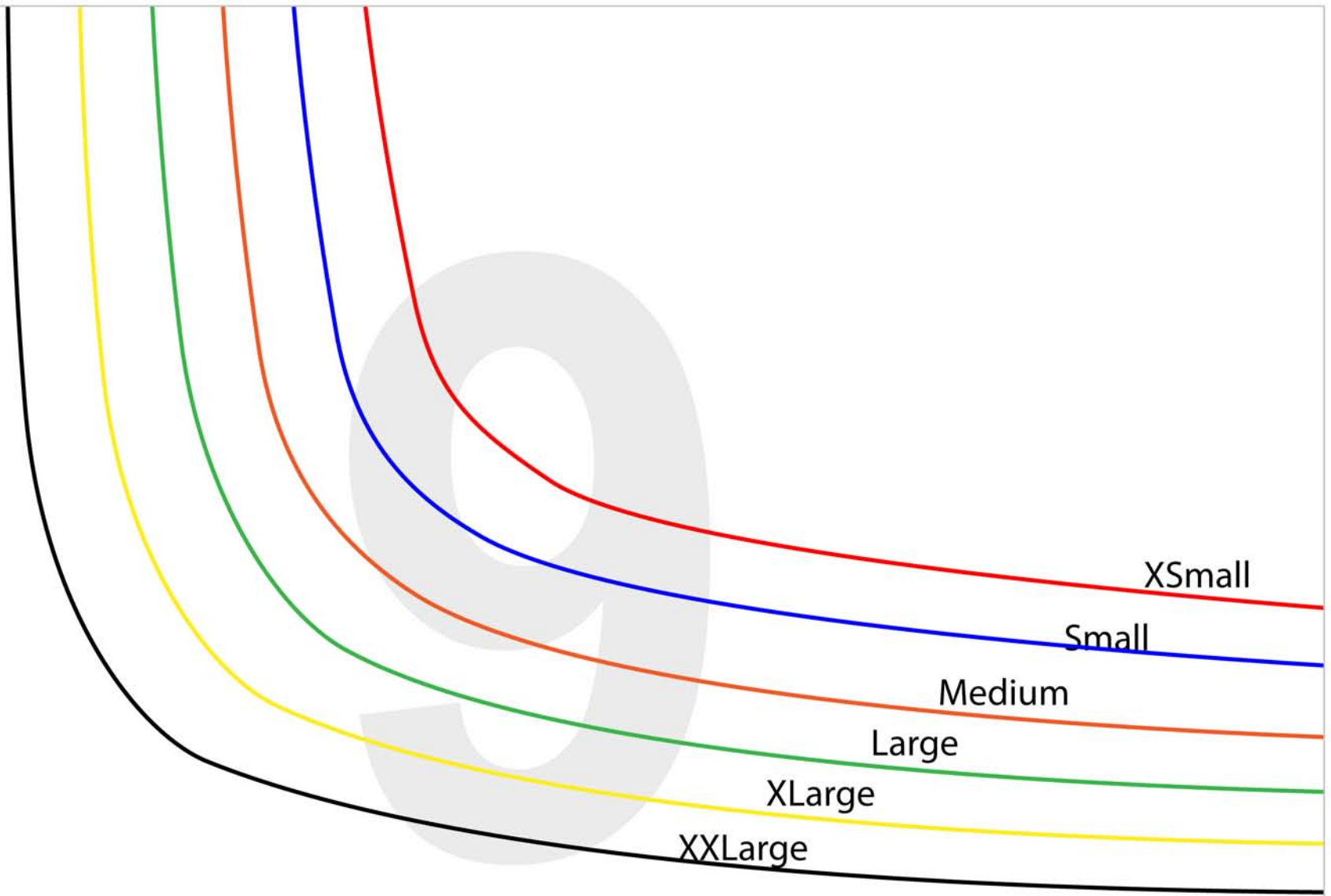
BACK - Cut (2)

grainline

TS

88





grainline

