

High-Low T-Shirt

The High-Low T-shirt is the perfect item to hide your panty line. Let's face it, girls, sometimes depending on the mood and "time of the month," we feel like wearing an underwear that leaves us with the dreaded panty line. We're not always in the mood for a tiny g-string, a sports undergarment, or a sexy lacy number. There's nothing good about a panty line, but you just don't care.

I've recently taken up Pilates and I'm determined to tone my Gluteus maximus aka my butt. Not for the reasons you might think, but simply because this muscle helps us keep a straight posture. In other words, no more back pain. If that isn't reason enough, this is simply a great high-low t-shirt that is easily made and transformed into a great top.

With this top, the back is 4" longer than the front. The ease of the high-low t-shirt is fairly minimal at the shoulders because it's A-line and semi-fitted above the bust point. It will be loose around the hips and closer to your body at the shoulders. Perfect for the ladies who want to hide some extra pounds around the waistline and are looking for an easy going, comfortable top to walk around in.

If used for Pilates or Yoga, this high-low t-shirt has a string at the bottom where you can tighten it so you will not have to worry about the t-shirt curling up your back when you bend over. But, of course, this feature is optional.

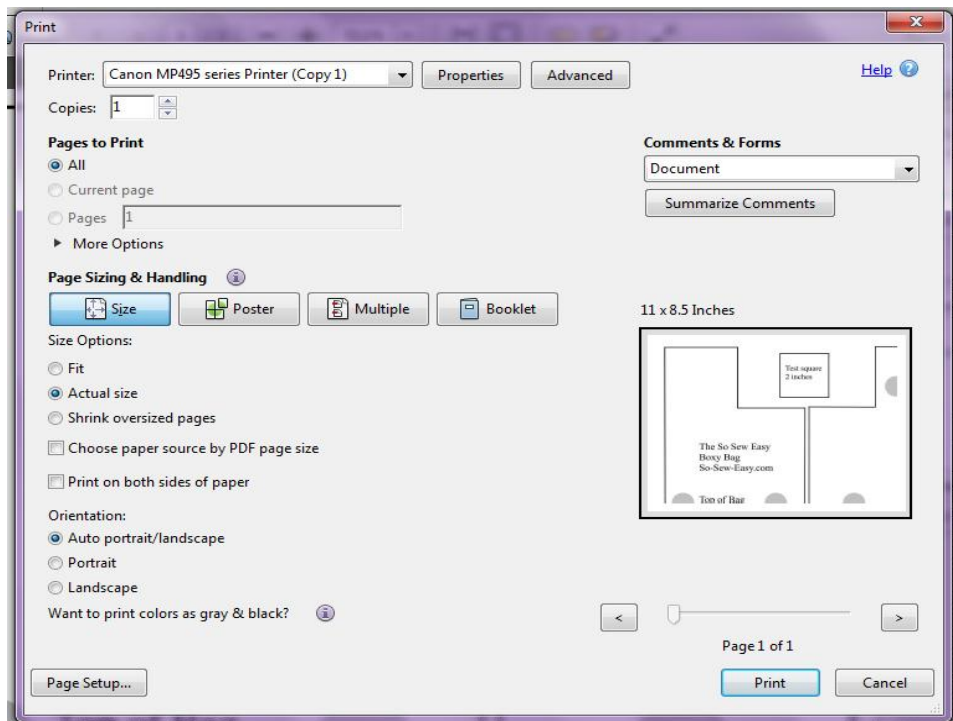
This pattern is suitable for two-way stretch knits or jersey knits only. I know what you are thinking, why is she using that fabric since this is supposed to be a t-shirt after all. Well, I just like to exercise in style..

You can read more about this pattern over at So Sew Easy [HERE](http://so-sew-easy.com).

Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>



To print your PDF pattern



the reverse of your fabric to cut.

Help printing and assembling your pattern

You can find helpful tutorials on how to download, print and assemble PDF sewing patterns here:

[How to download and print a PDF sewing pattern](#)

[How to print and assemble a PDF sewing pattern](#)



Your pattern pieces come at the end of these instructions. For accurate printing, please make sure you are using the latest version of Adobe Reader. You can [download the latest version here](#) if you need to.

Select File → Print and the print dialogue box opens. Under Page Sizing and Handling, select ACTUAL SIZE . Check the preview in the right hand side illustration. Select the page numbers you want to print. You can print the whole document, or just the pattern pieces.

On the edge of the top left page is a box you can use to test your printing. This box should measure 2 inches square. If yours is wildly different you will need to check your printer options to make sure the pages are not being resized.

Use the grey guides on the overlap of the sheets to match up the pattern pieces, folding under or cutting off any overlaps, tape together and cut out your pattern pieces.

Also note that you will need to cut two straps at 4 inches by 22 inches, for which no pattern piece is supplied – it's just a rectangle! You can draw the straps on

Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>

Skills required to make this t-shirt

- This is an easy top to make, but if this is your first time working with knits do not attempt this top until you have read all the instructions thoroughly
- Good knowledge of your sewing machine
- Ability using a double point needle or a walking foot
- Experience in cutting and [sewing with knits](#)
- Knowledge on [assembling and printing a PDF pattern](#)

Materials

- 1 1/4 to 2 yards of [jersey knit](#) or [ITY knit](#), 60" wide
- [Jersey needle size 70](#)
- Thread to match
- 1" Stay tape or [stretchable fusible interfacing](#)
- Two grommets 5mm in diameter (optional)
- Grommet tool (optional)
- 2 to 2 1/2 yards of thin cord or ribbon (optional)
- [French ruler](#) (optional)



Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>

Thank you for downloading this pattern and tutorial. I hope you enjoyed making this project and remember that I love to see what you made so do upload your completed projects to the pattern page on Craftsy.

Keep up with all the latest news and sewing projects at [So Sew Easy](#).

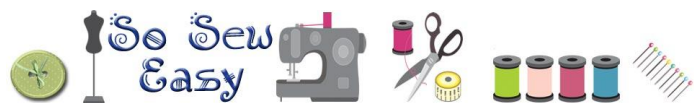
We also have a really great sewing chat group where you can ask questions, share your completed projects, and get 24 hr sewing inspiration. It's not just for So Sew Easy projects – you can chat about all sewing there, whether a newbie just starting out, or an advanced and experienced sewer, there's something for everyone in the sewing chat group. Join us here.

[SEWING CHAT GROUP](#)

For the latest list of both free and paid patterns available, pop on over to [my designer page at Craftsy](#).

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Usage – you ARE allowed to use this pattern to make things to sell on a small handmade basis, such as for craft fairs and for your Etsy shop. However it may not be used for larger scale commercial purposes without a commercial license.

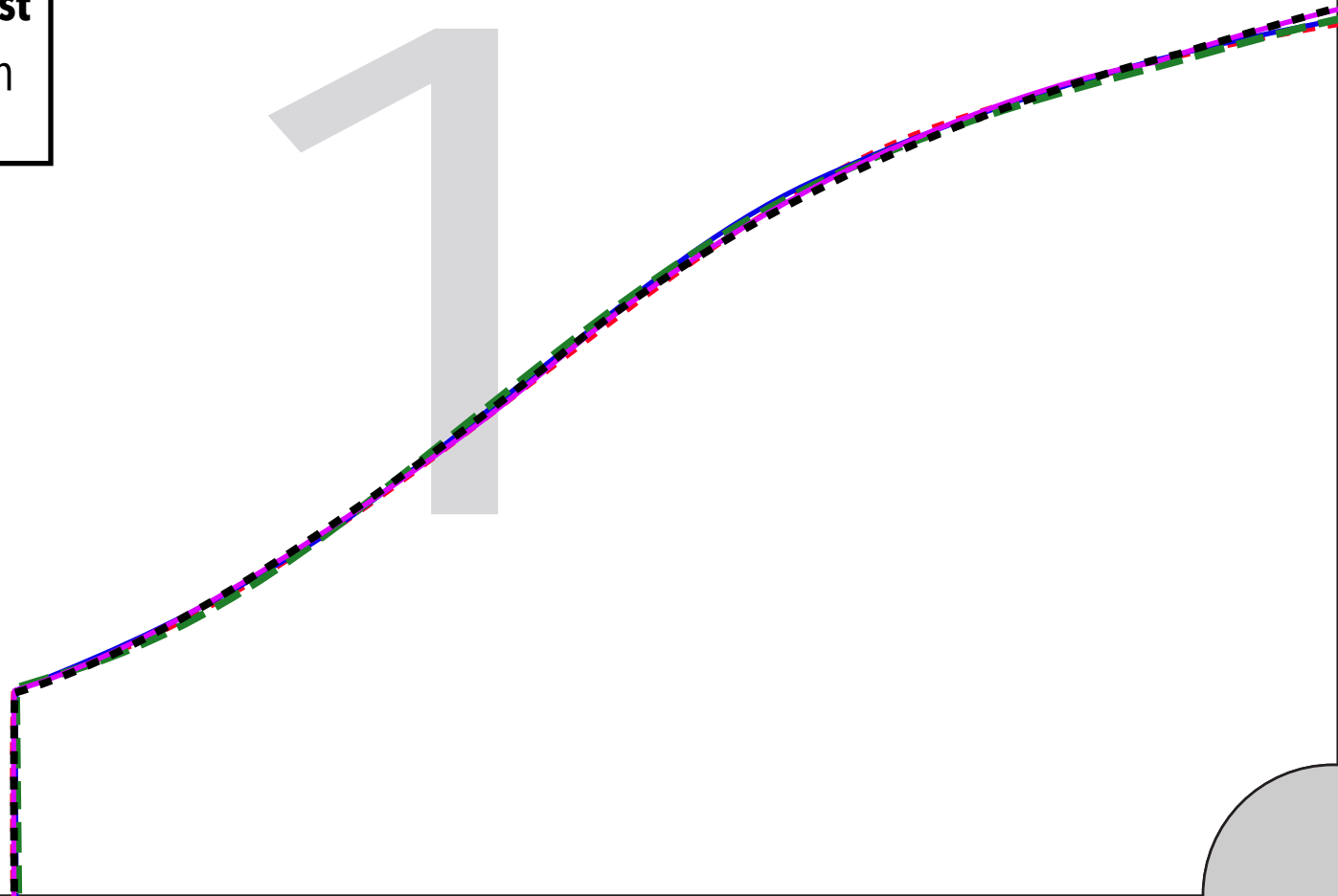


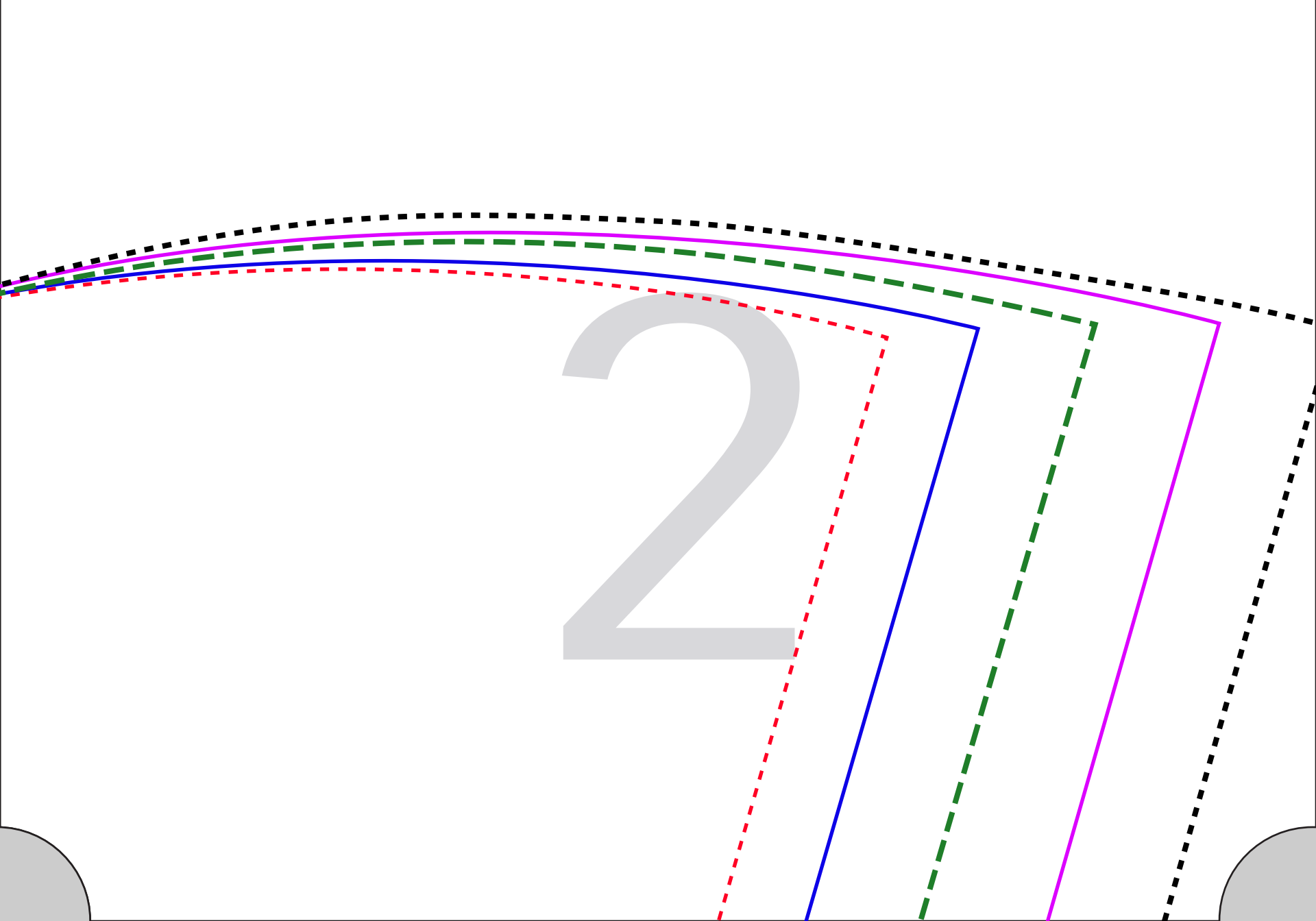
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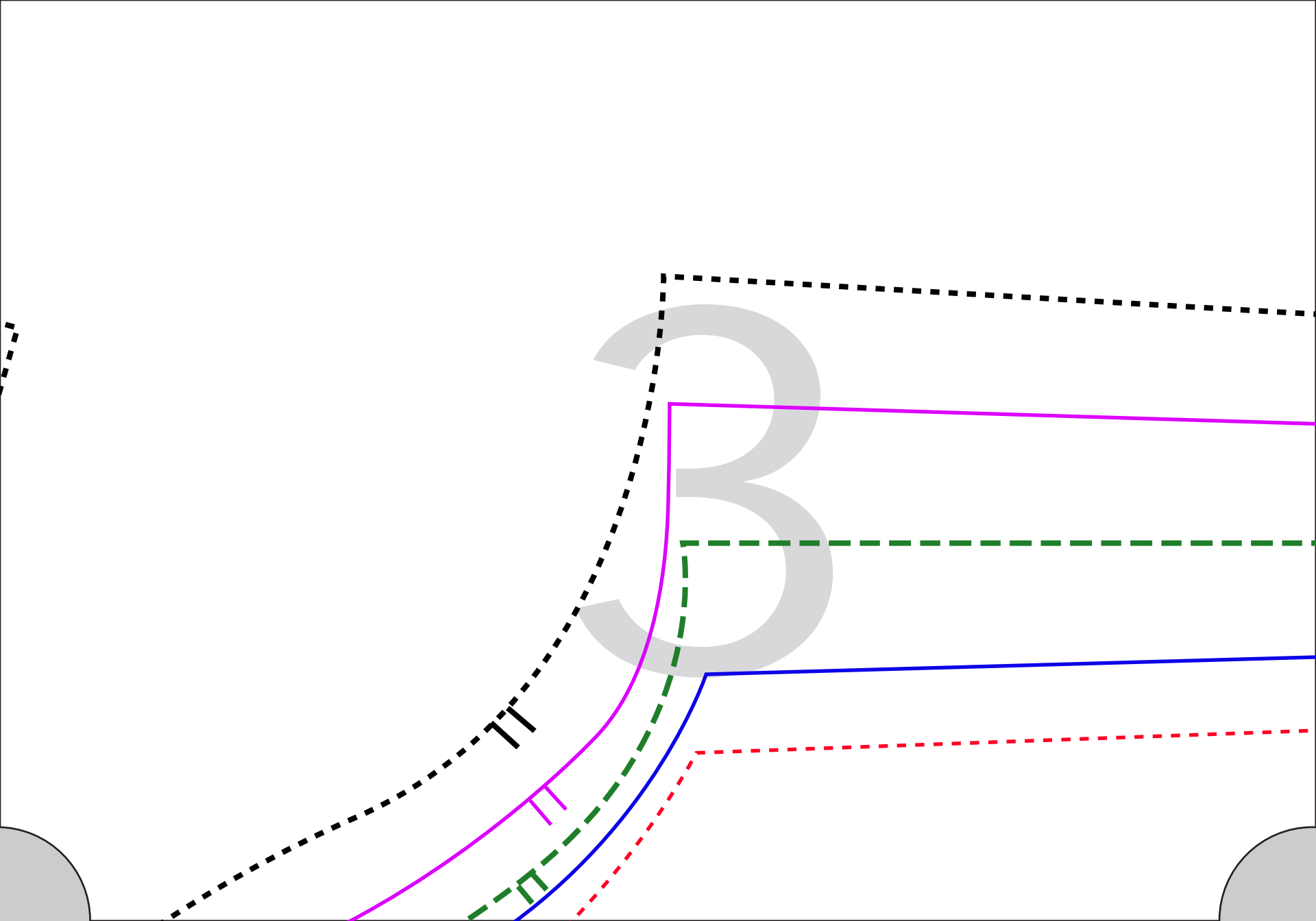
Eileen
High/Low T-shirt
(Updated)

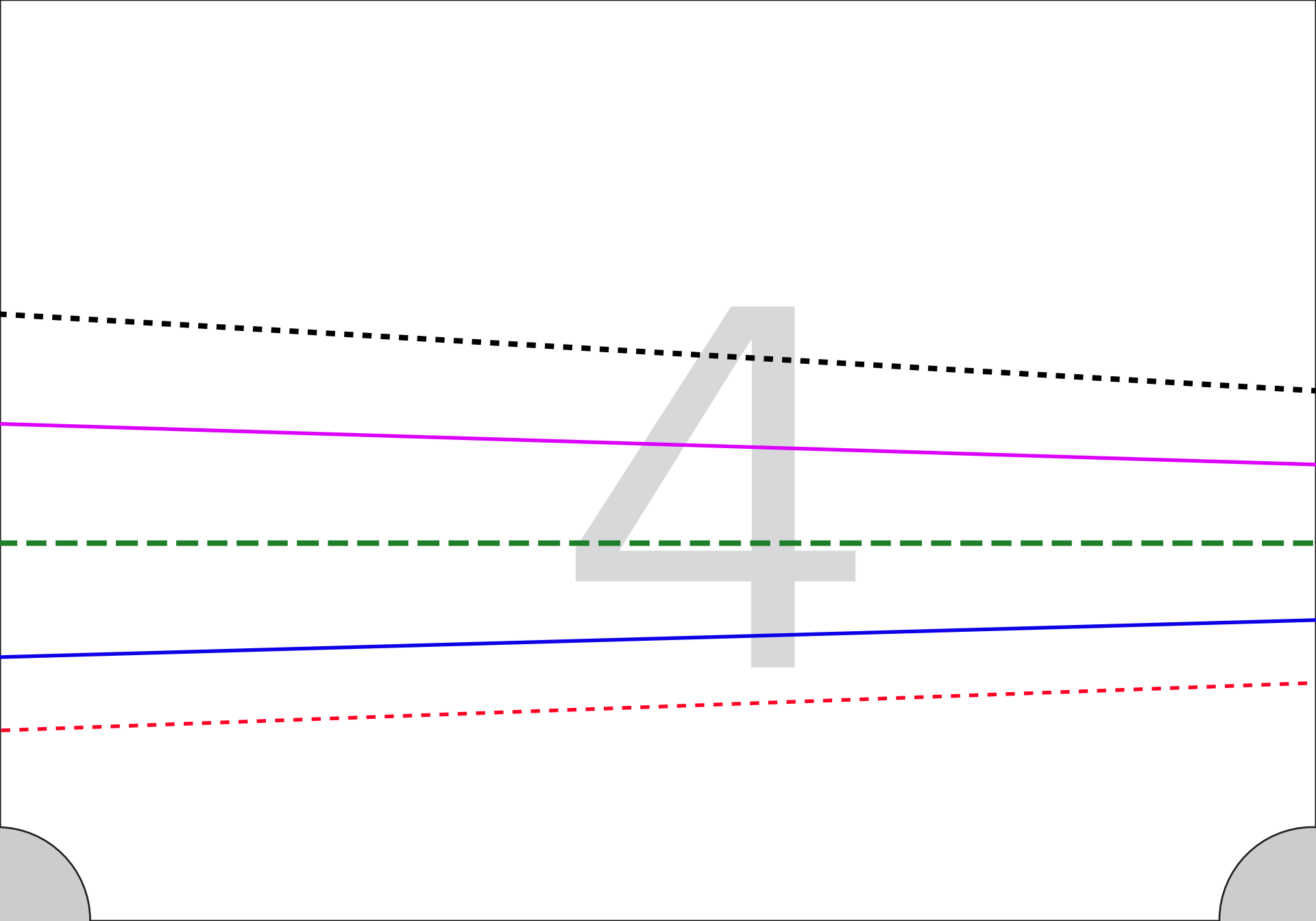
2 x 2" Square Test

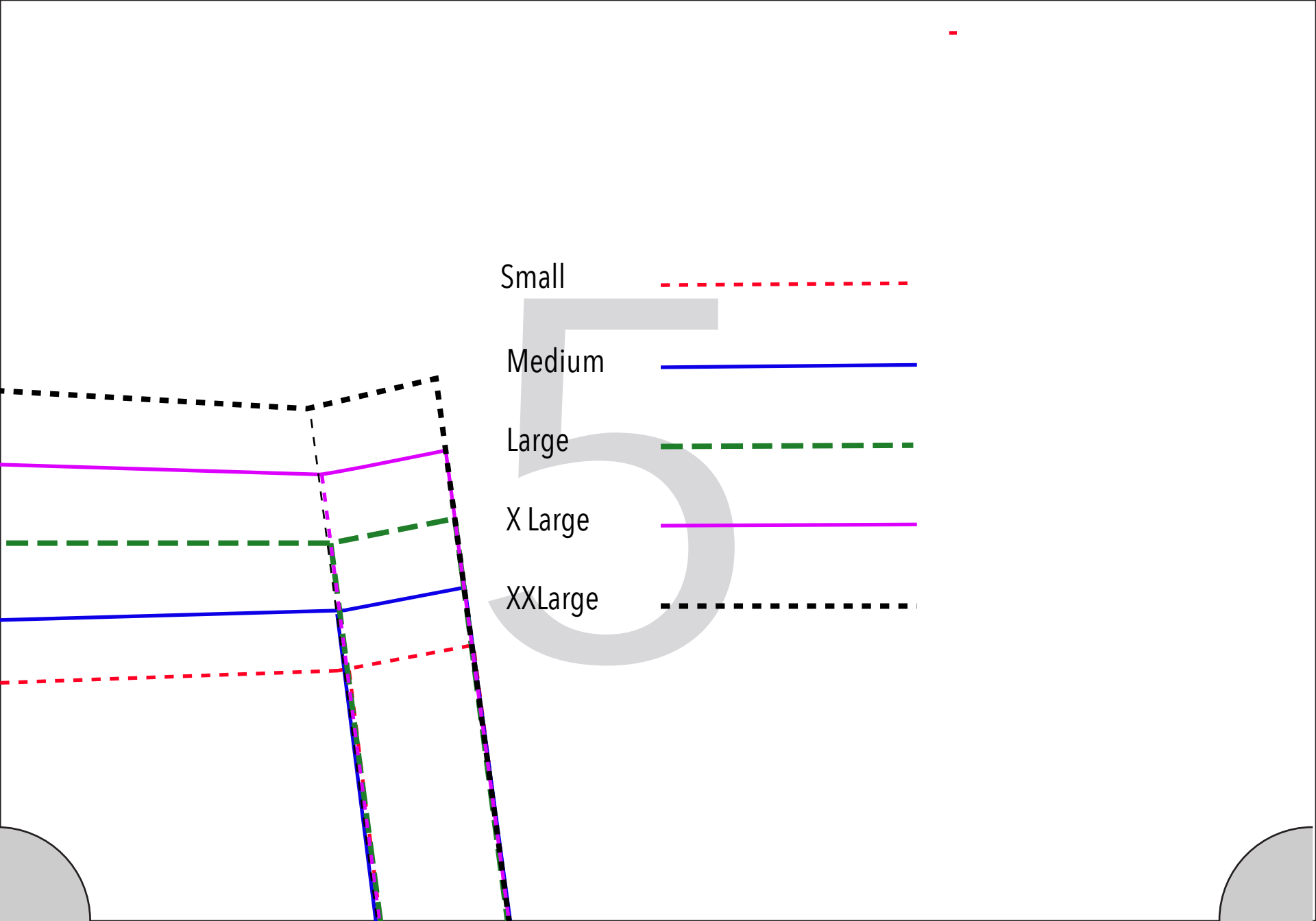
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Small

Medium

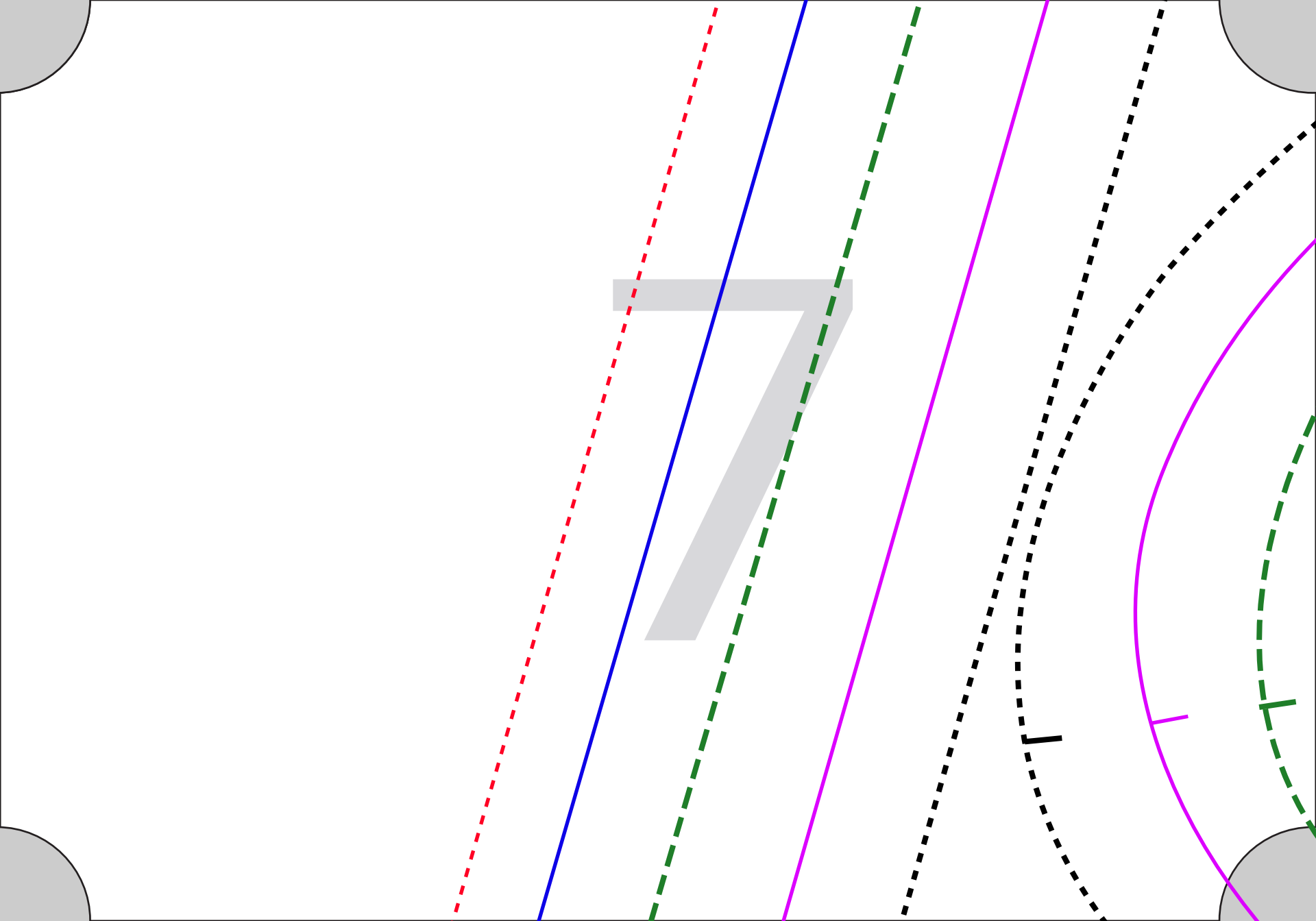
Large

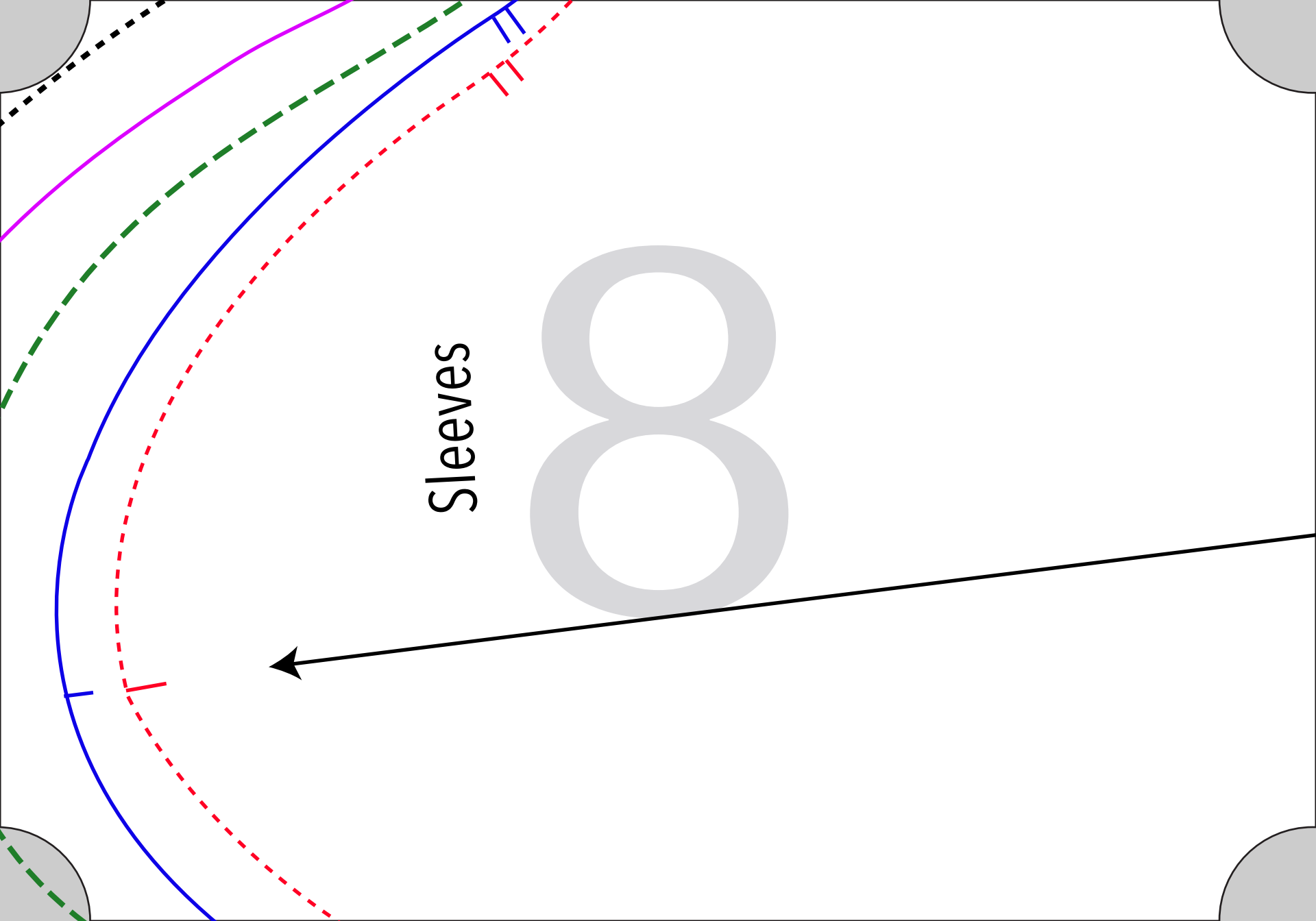
X Large

XXLarge

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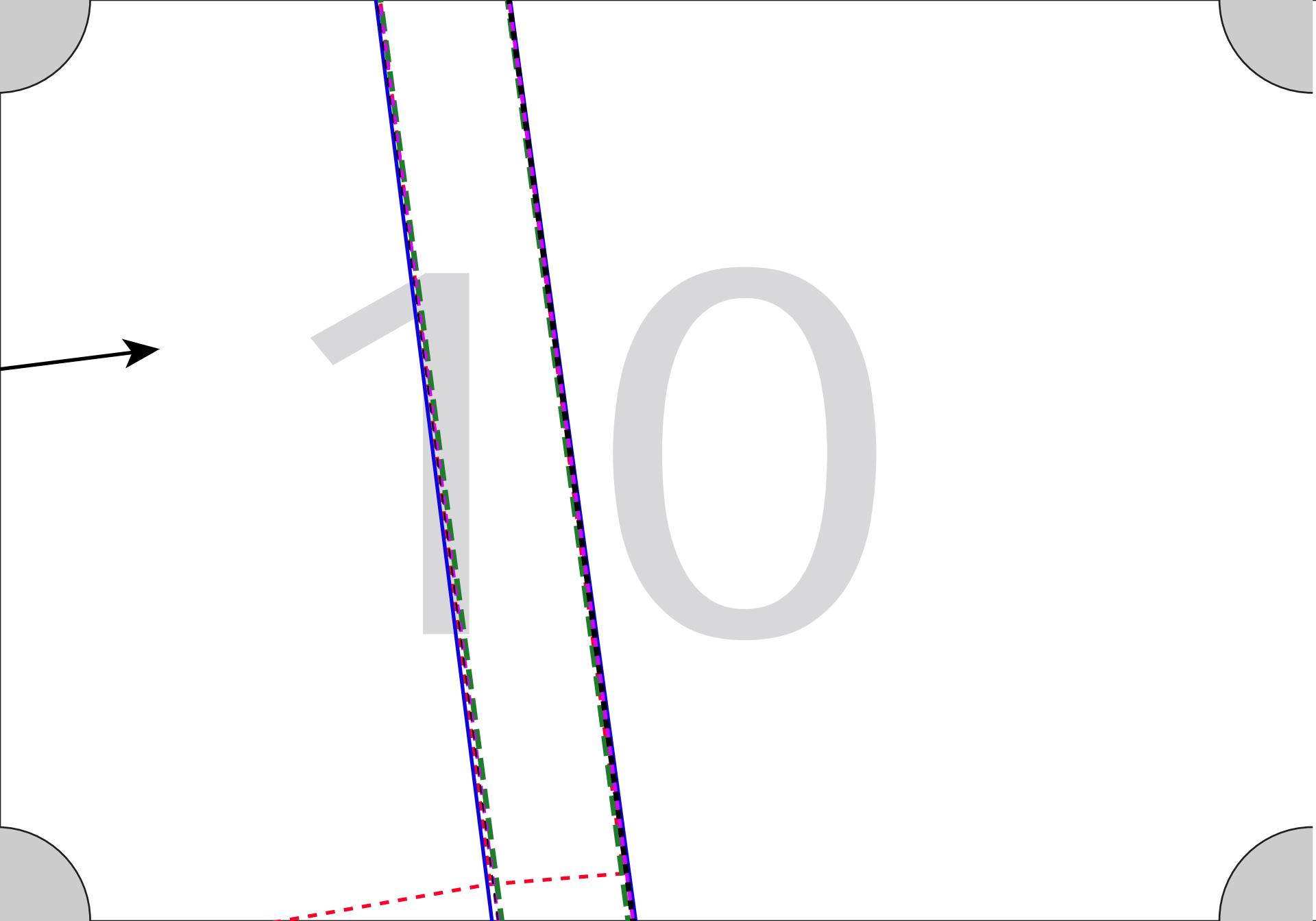


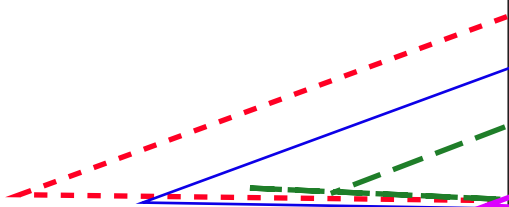
Sleeves

Cut Two

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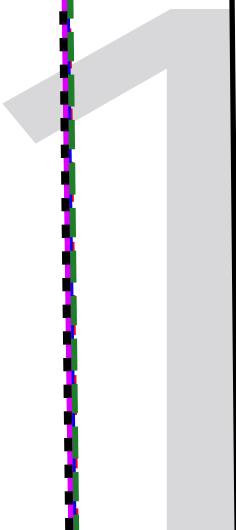


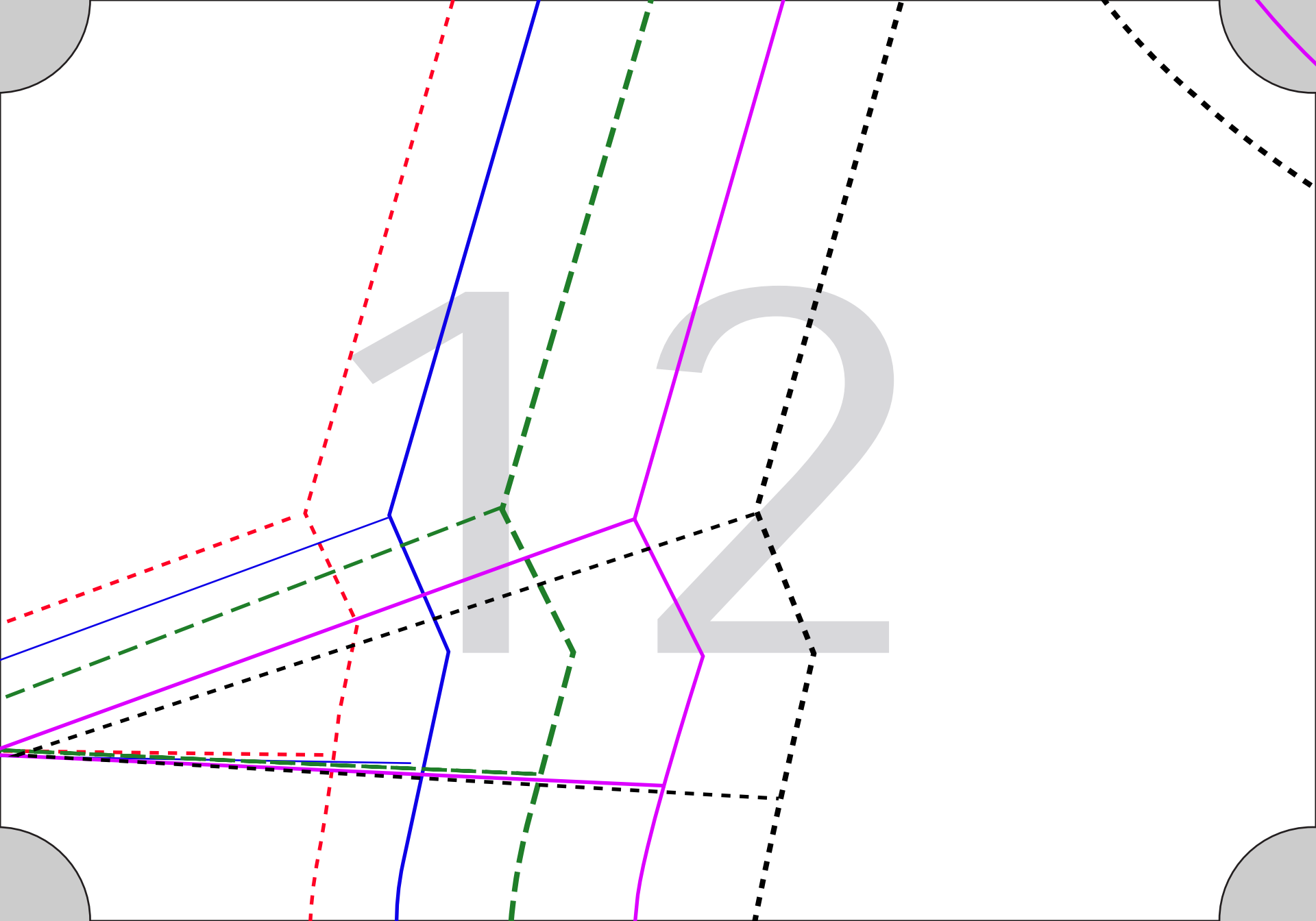


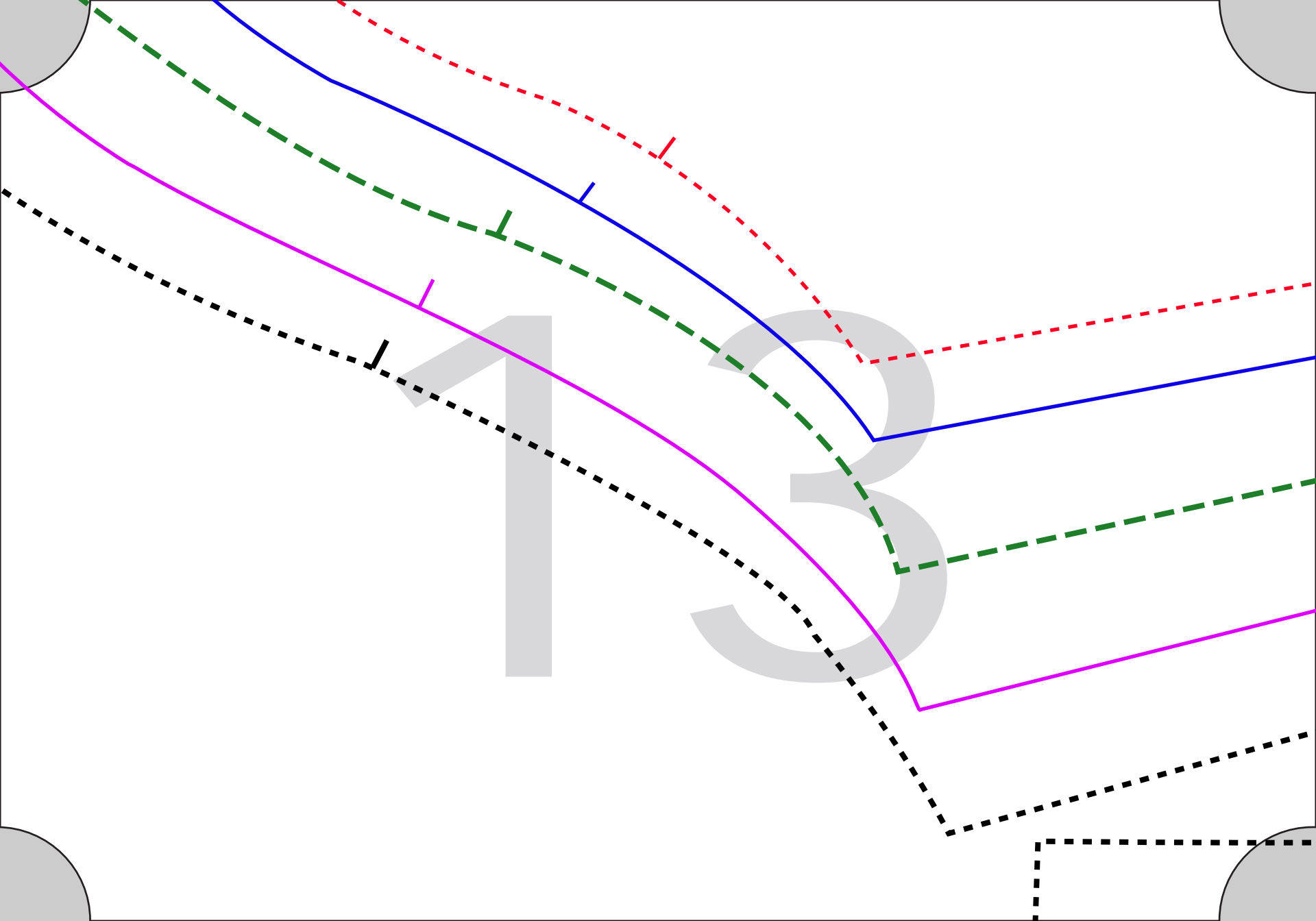


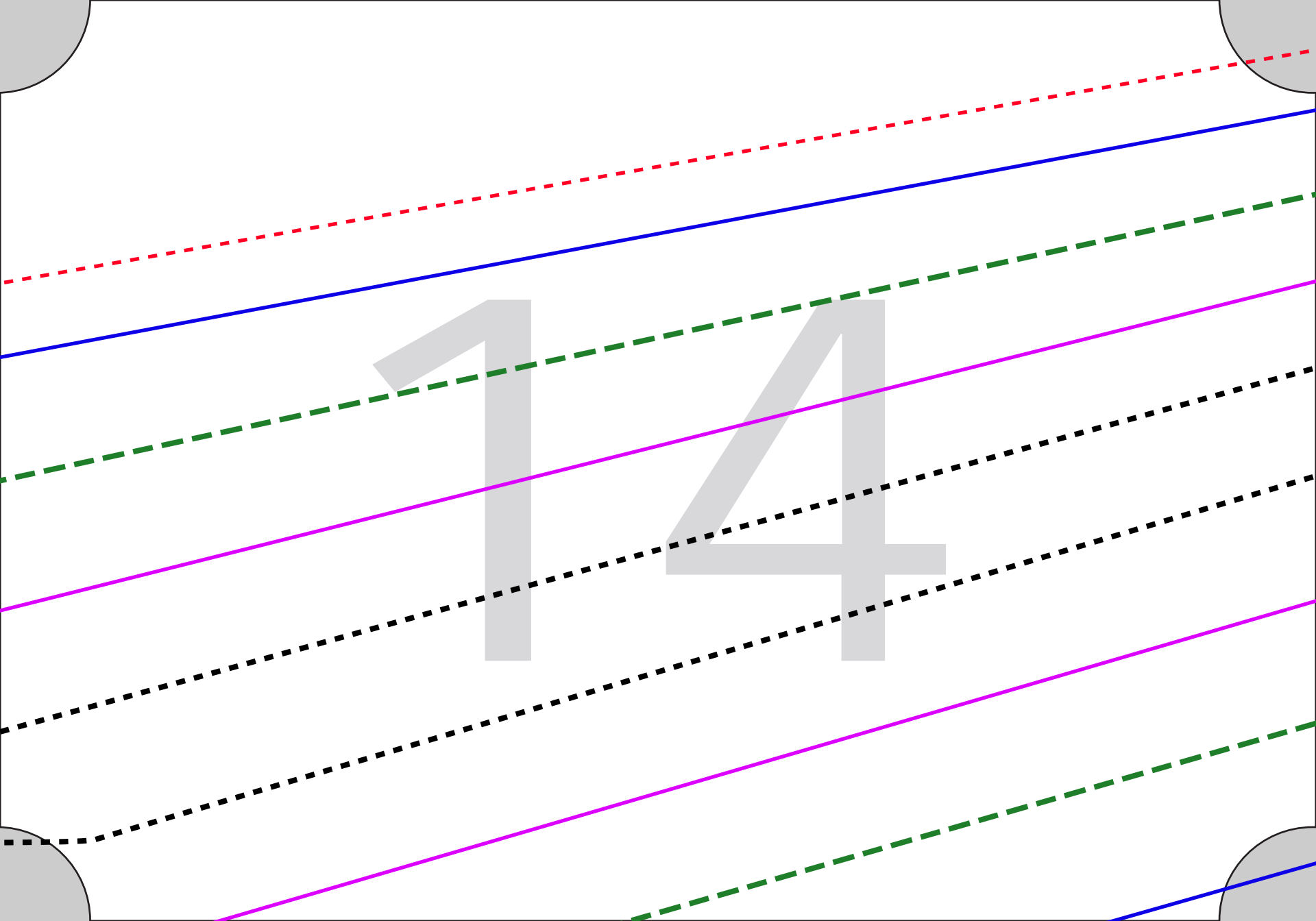
Cut One on fold

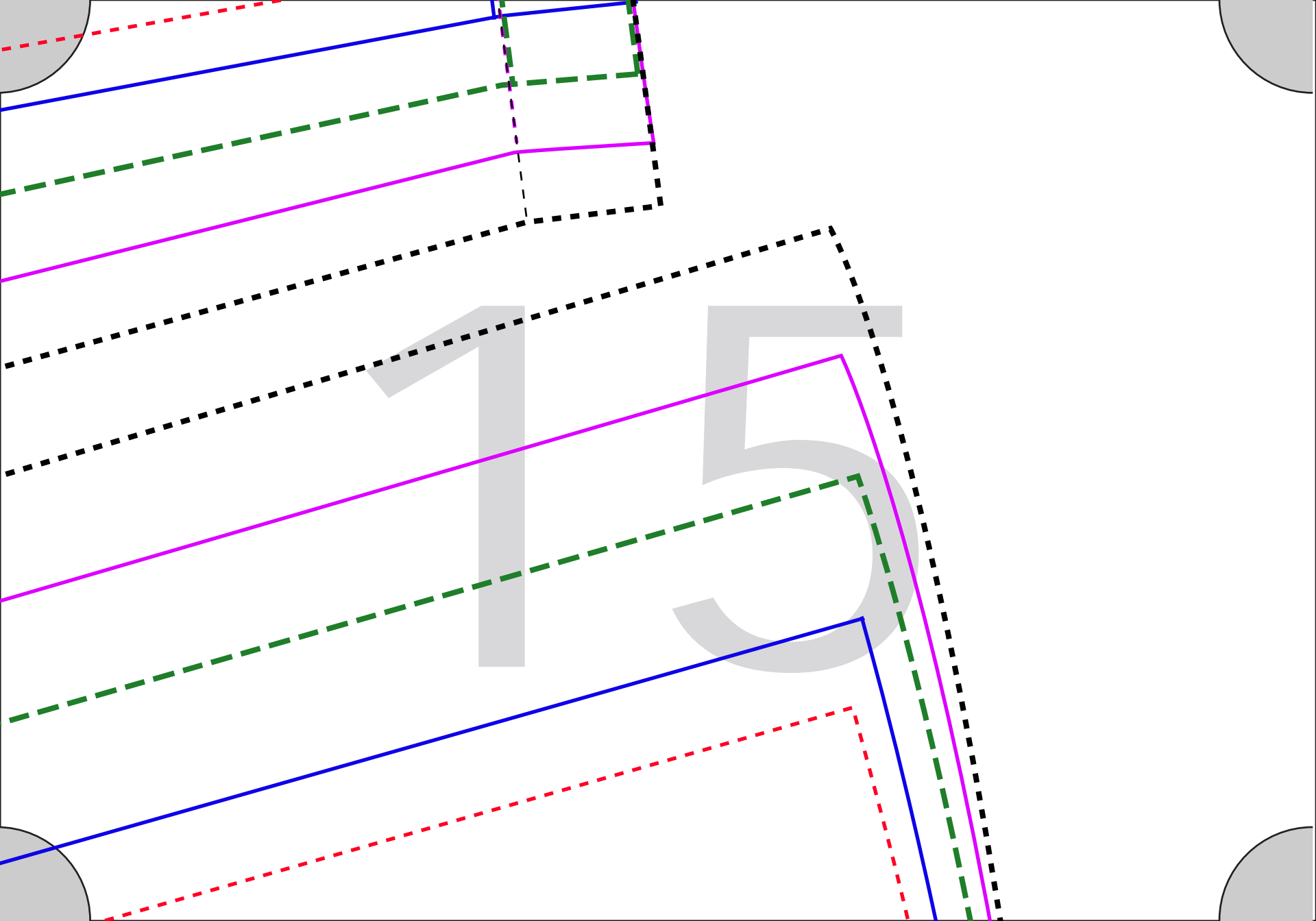
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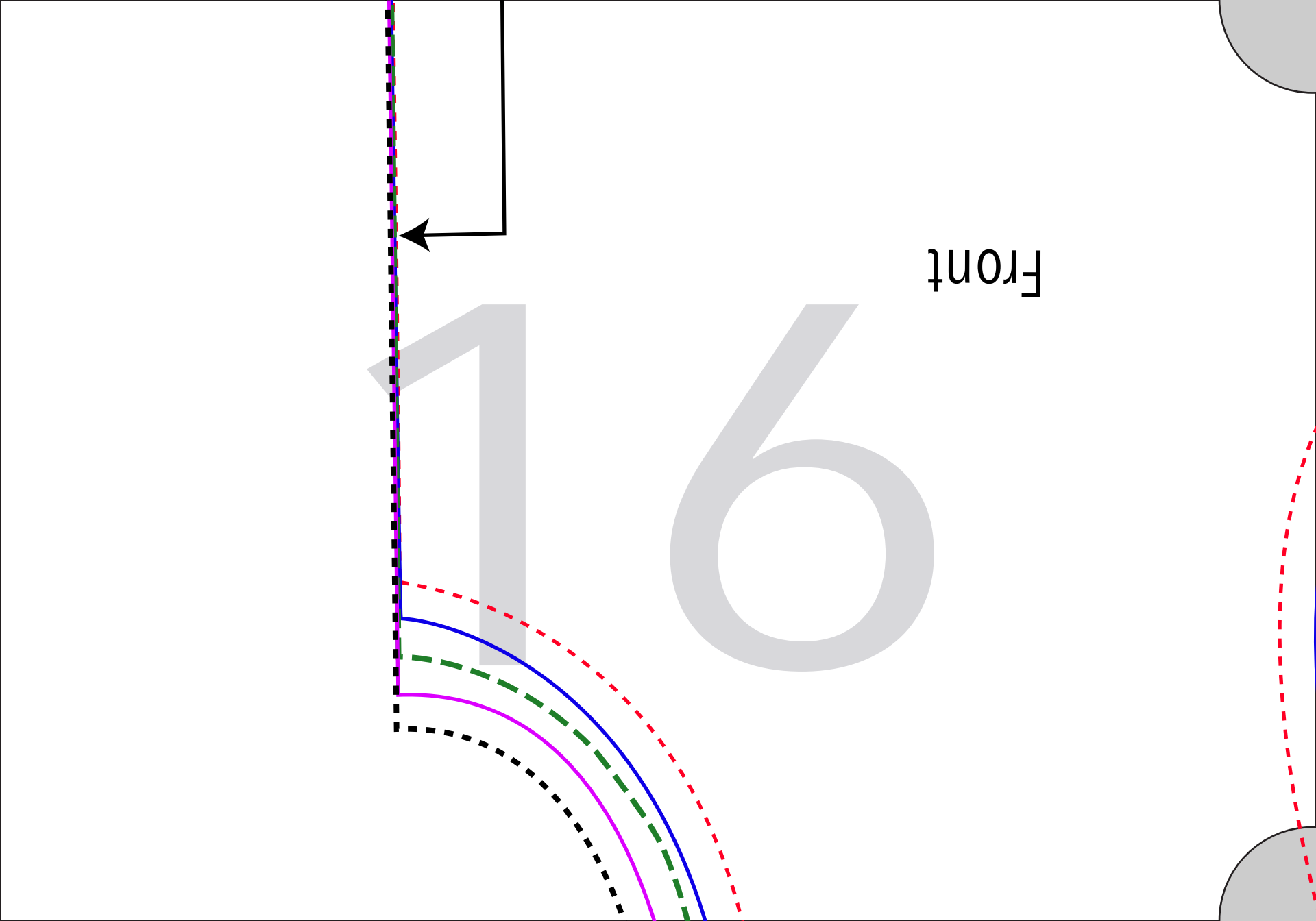


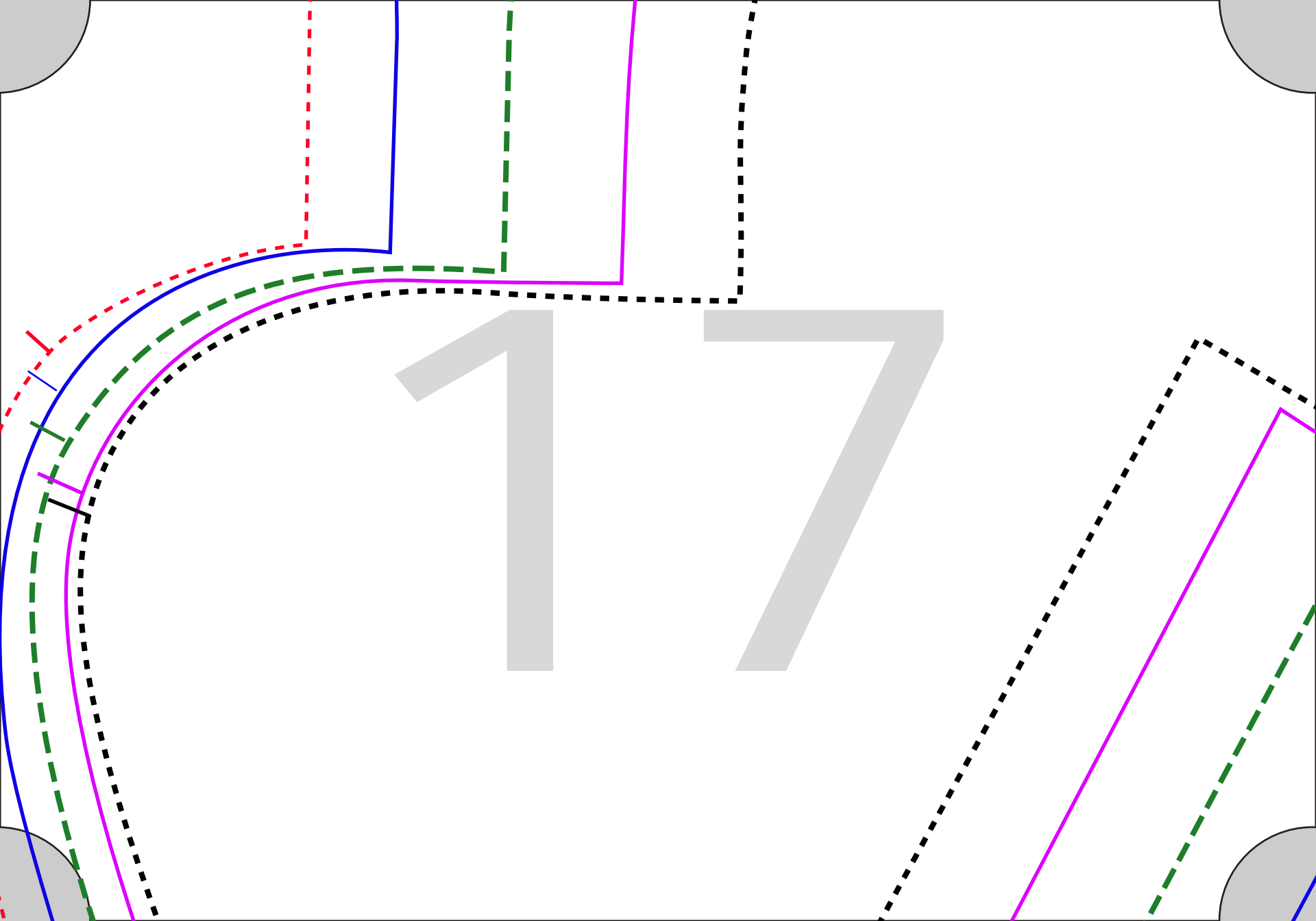




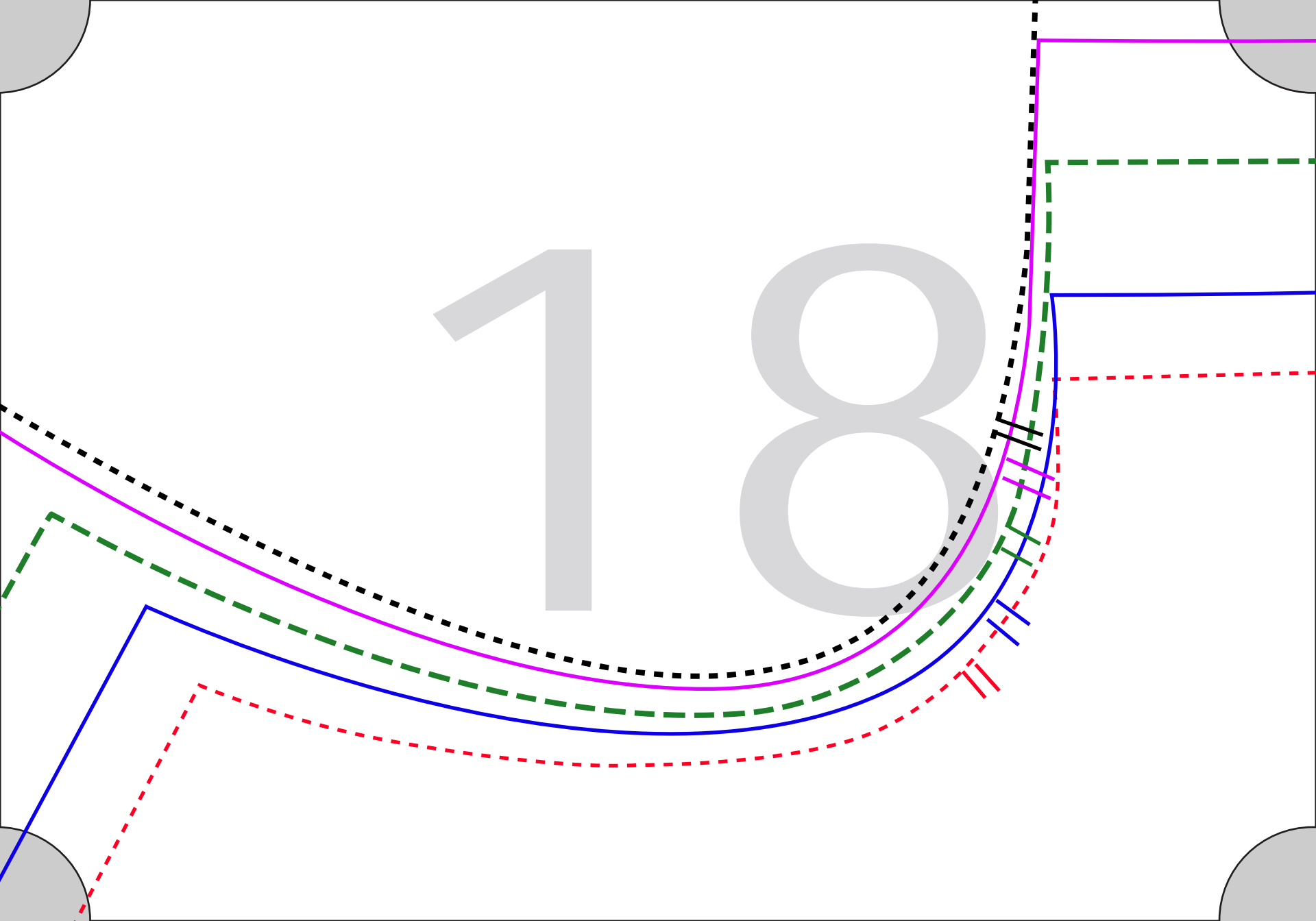


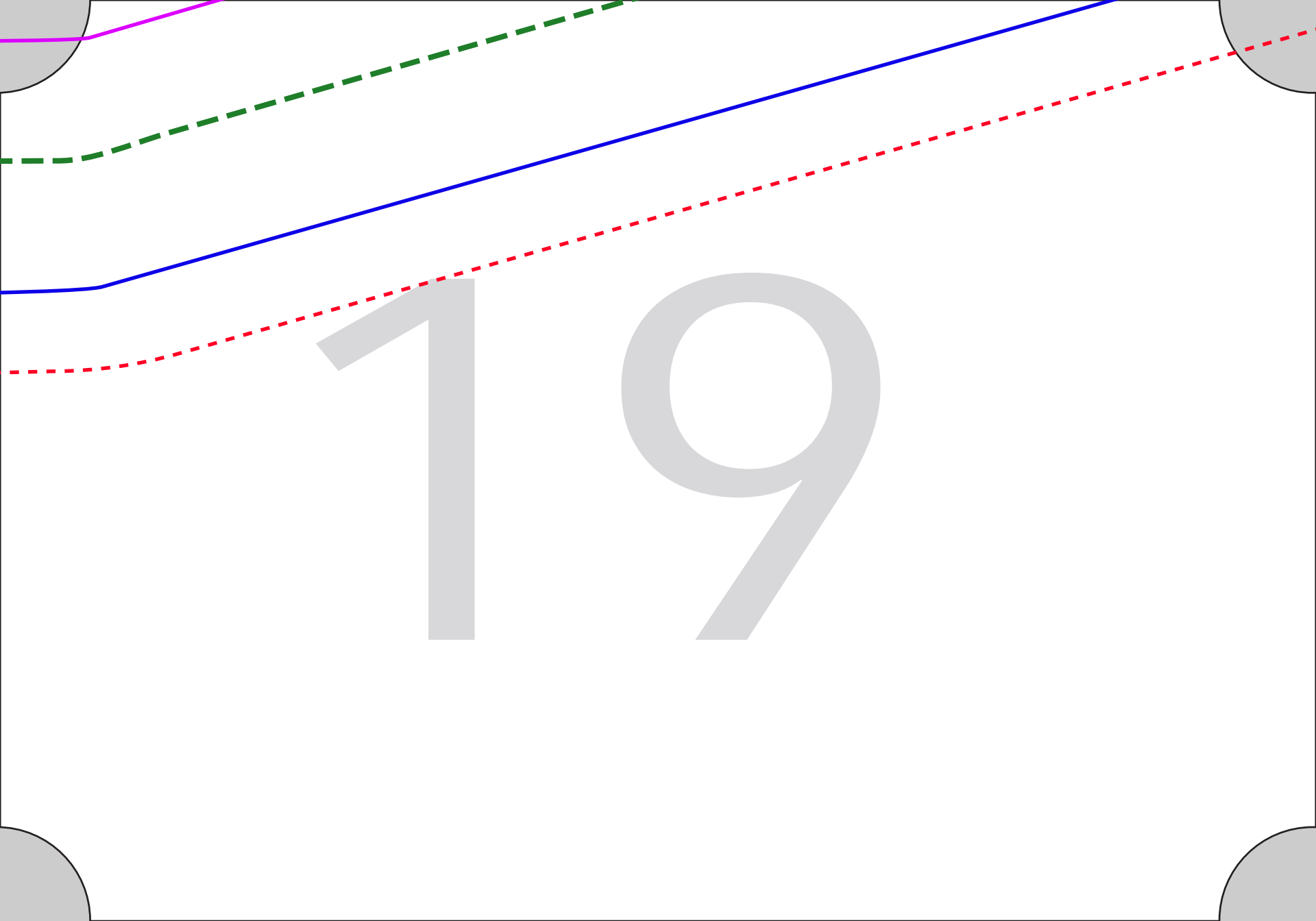




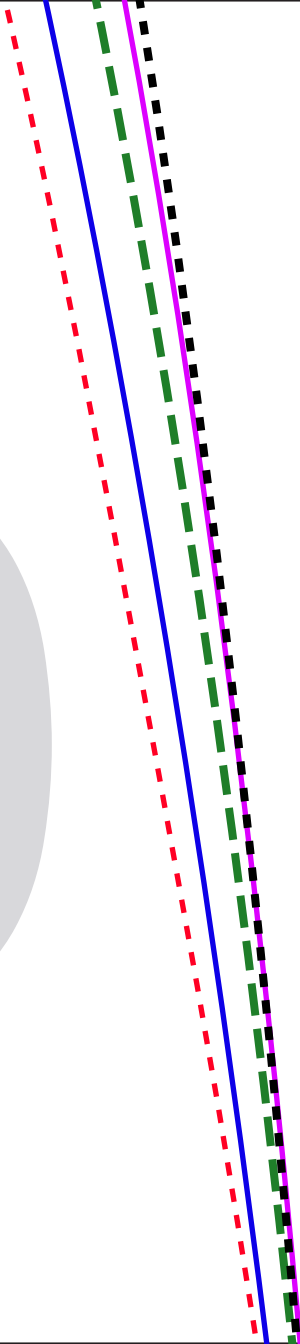


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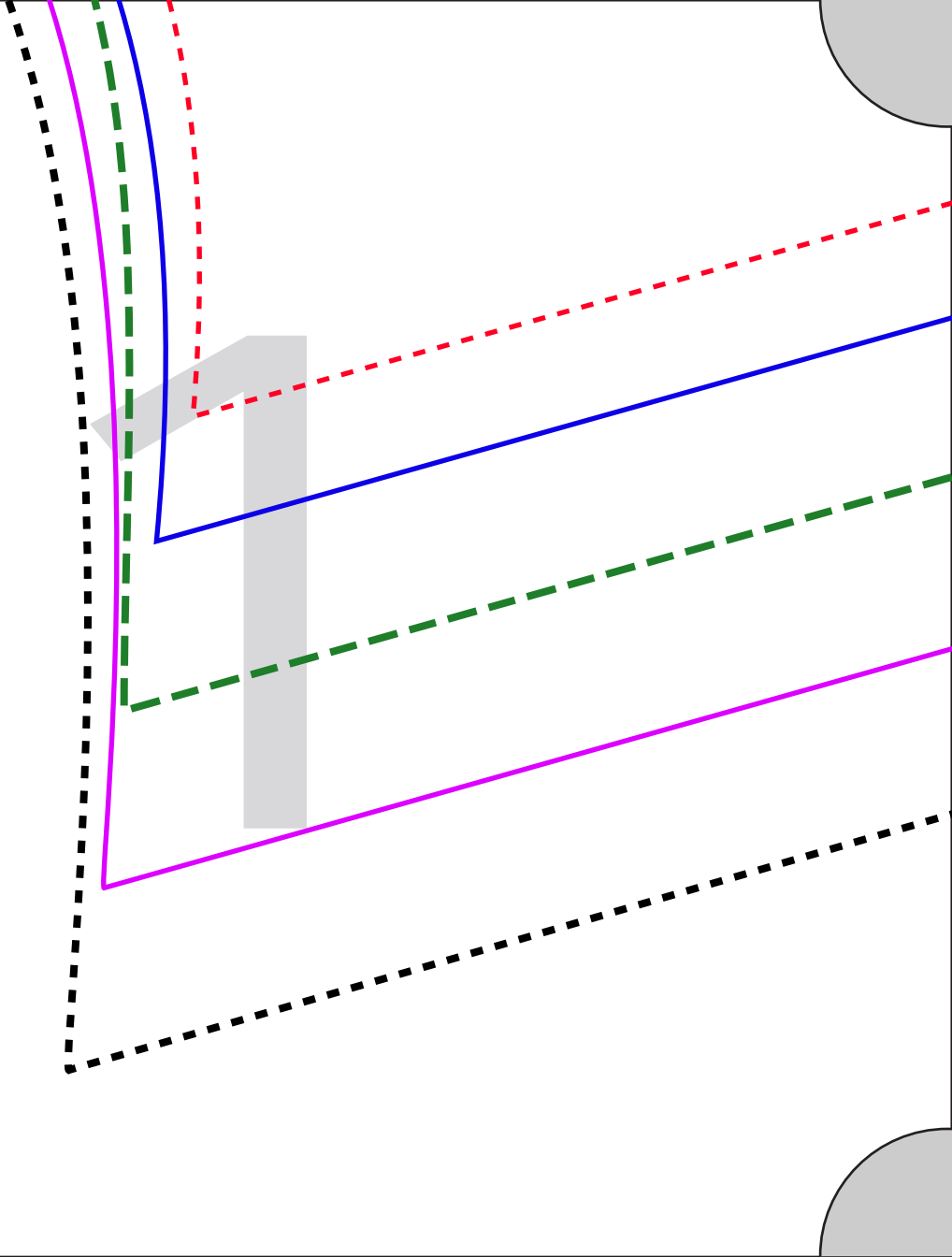


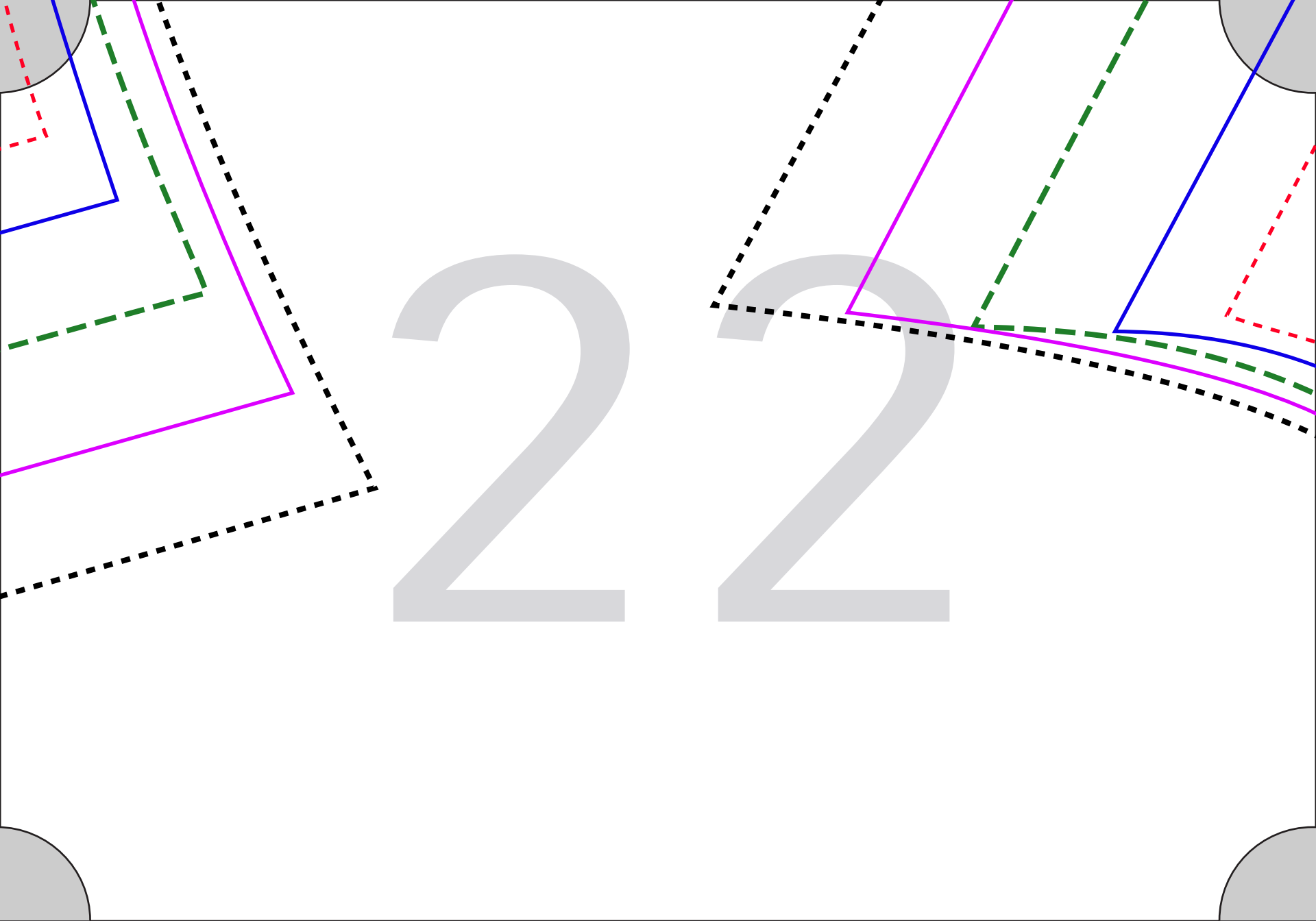
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2

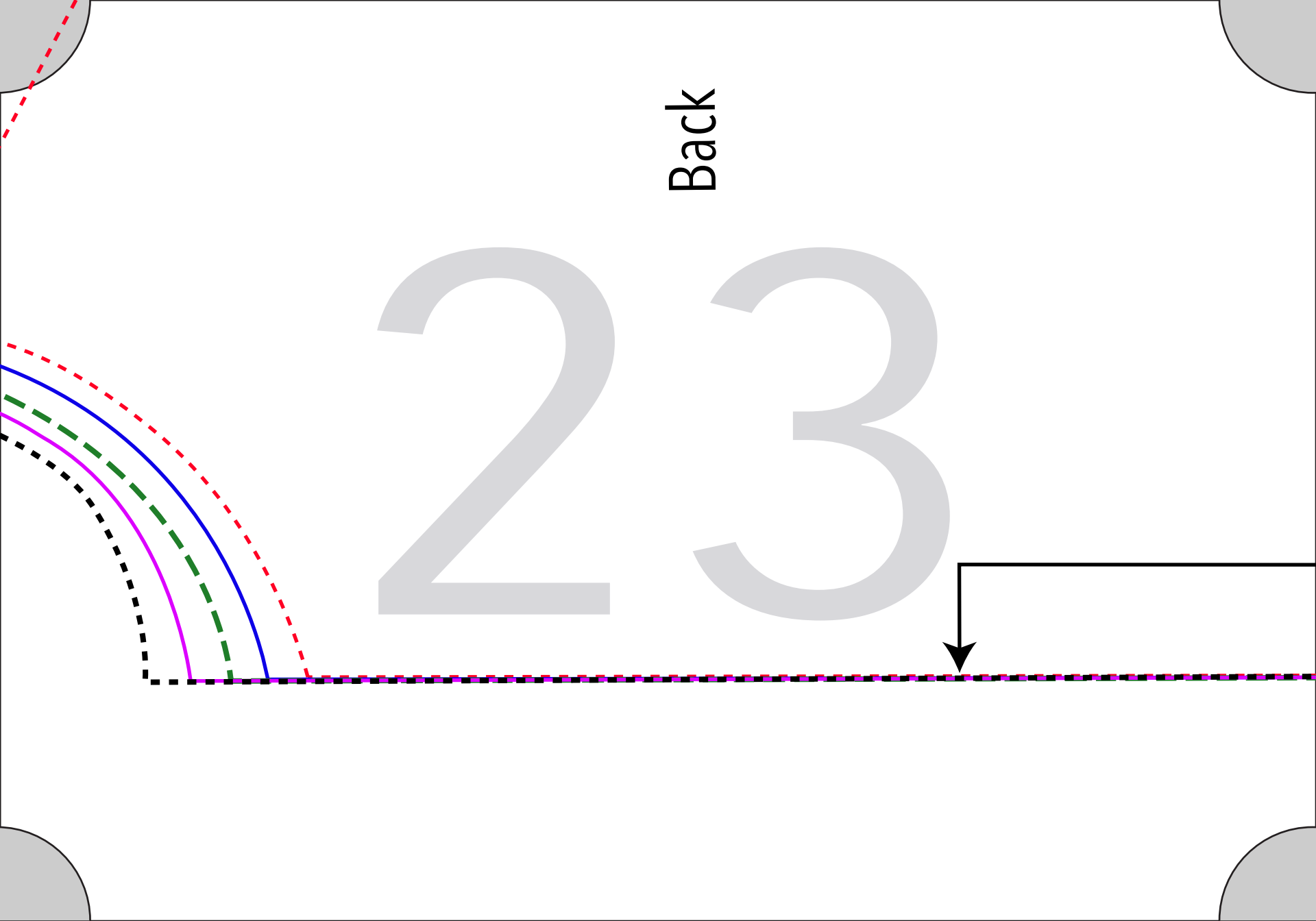
1





Back

23



A large, light gray number '24' is centered on the page. The number is composed of two parts: a '2' and a '4'. The '2' is formed by a thick, curved line that starts at the top left, curves down and to the right, and then continues as a straight line down to the bottom. The '4' is formed by a thick, straight line that starts at the top right, goes down to the middle, then curves to the left and down to the bottom, and finally continues as a straight line down to the bottom. The number is positioned in the upper half of the page, above a horizontal line.

24

Cut One on fold

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25

