



CASHMERETTE SEWALONG

**SAYBROOK
TANK**

Welcome to the Saybrook Tank sewalong!

This guide will provide you with step-by-step instructions and photos as you sew your first (or fifth) Saybrook Tank. So let's get started!

First up, we need to pick our size. Thanks to the three cup sizes it's more likely that you'll fit in a "straight" Cashmerette Pattern than many other companies, but of course we all vary and chances are you may not be perfectly in one size. The good news is that sewing gives you tons of flexibility, and it's easy to grade between sizes.

How to Choose Your Size

There are two measurement charts: one is the Body Measurement chart, and the other is the Finished Garment Measurements chart.

The Body Measurement chart helps you choose your size based on what numbers you get when you measure your body with a tape measure—it has numbers for your high bust, full bust, waist and hip.

(Not sure how to measure yourself? We've got some helpful tips for [finding your waist here.](#))

The Finished Garment Measurements chart shows you the size of the actual sewn garment. The difference between that and the Body Measurement chart is called "ease", and it's the amount of extra room or stretch in the garment that the designer recommends for the clothes to fit well and allow movement.

Knit garments like the Saybrook have negative ease because they stretch around your body. (Learn more about [negative ease here.](#))

Generally, you want to start by comparing your measurement with the body measurement chart. However, if your measurements are between sizes you can take a look at the Finished Garment Measurements chart to see if you can fit in just one.

Size		12	14	16	18	20	22	24	26	28	30	32
BODY MEASUREMENTS (in)												
High Bust*		37	39	41	43	45	47	49	51	53	55	57
Full Bust	C/D cup	40	42	44	46	48	50	52	54	56	58	60
	E/F cup	41	43	45	47	49	51	53	55	57	59	61
	G/H cup	42	44	46	48	50	52	54	56	58	60	62
Waist		32	34	36	38	40	42	44	46	48	50	52
Hip		42	44	46	48	50	52	54	56	58	60	62
BODY MEASUREMENTS (cm)												
High Bust*		94	99	104	109	114	119	124	130	135	140	145
Full Bust	C/D cup	102	107	112	117	122	127	132	137	142	147	152
	E/F cup	104	109	114	119	124	130	135	140	145	150	155
	G/H cup	107	112	117	122	127	132	137	142	147	152	157
Waist		81	86	91	97	102	107	112	117	122	127	132
Hip		107	112	117	122	127	132	137	142	147	152	157
<i>*If you fall between sizes in your high bust measurement, ALWAYS round up to the next size (for example, if your high bust measures 46" / 117cm, use the size 22.)</i>												
FINISHED GARMENT MEASUREMENTS (in)												
Full Bust	C/D cup	35	37	39	41	43	45	47	49	51	53	55
	E/F cup	36	38	40	42	44	46	48	50	52	54	56
	G/H cup	37	39	41	43	45	47	49	51	53	55	57
Waist		33	35	37	39	41	43	45	47	49	51	53
Hip	Views A & B	41½	43½	45½	47½	49½	51½	53½	55½	57½	59½	61½
Back length	Views A & B	25½	25¾	25½	25¾	25½	26½	26¾	26½	26¾	26½	27½
	View C	17½	17¾	17½	17¾	17½	18½	18¾	18½	18¾	18½	19½
FINISHED GARMENT MEASUREMENTS (cm)												
Full Bust	C/D cup	89	94	99	104	109	114	119	124	130	135	140
	E/F cup	91	97	102	107	112	117	122	127	132	137	142
	G/H cup	94	99	104	109	114	119	124	130	135	140	145
Waist		84	89	94	99	104	109	114	119	124	130	135
Hip	Views A & B	105	110	116	121	126	131	136	141	146	151	156
Back length	Views A & B	64	64	65	65	66	66	67	67	68	68	69
	View C	43	44	44	45	45	46	47	47	47	48	49

For the Saybrook Tank—as with all Cashmerette patterns—the best bet is to start with your high bust and full bust measurements. You may find that your full bust can fit into multiple size—for example, if your full bust is 48", you may be an 18 G/H or a 20 C/D—so your high bust will clue you in as to which size and cup size you should use. In this case, if your high bust is 43", you'd go with the 18 G/H, while if your high bust is 45", you'd go with the 20 C/D.

Don't fret if the cup size doesn't match up with your bra size—there is so much variation in bra sizing that it's not possible to perfectly line them up. Use your actual full bust measurement and you'll be fine.

If you compare the finished garment measurements for your size to your body measurements, you'll notice that the garment is a bit smaller—that's that negative ease we mentioned earlier! This is by design; if you haven't sewn many knits before, you may not have noticed that knit garments are usually smaller than your body. This is because they stretch over your body to fit properly, so don't size up just because you think it won't fit. If your fabric has enough stretch (at least 25% crosswise is needed for the Saybrook), it will fit just fine.

Grading Between Sizes

If your bust, waist, and hip measurements end up in different sizes, you may want to grade between sizes. For a run-down of how to grade between sizes on pattern like the Saybrook, check out [this tutorial here](#).

Still not sure what size to use? You can [write to us here](#) for additional fitting advice, or consider signing up for the [Cashmerette Fit Clinic!](#)

Preparing the Pattern and the Fabric

Now that we've chosen our size and graded if necessary, it's time to prepare our pattern and fabric so that we'll be all ready to sew next time!

Here's our fabric prep checklist:

- Wash and dry your fabric to make sure it's pre-shrunk and you're not going to get any nasty surprises later!
- Press your fabric so it's nice and flat. Check to see if you get any iron shine when you press the right side. If so, you'll want to use a press cloth when pressing between steps.
- If this is your first time making a Saybrook, we recommend using an inexpensive fabric that has similar weight and stretch to your final fabric, in case further adjustments are needed. Remember to use a fabric with at least 5% spandex for the neck and armhole bindings so those areas hold their shape.

And here's what you need to do to prepare your pattern:

- If you're using the PDF pattern and are printing your PDF pattern at home, you'll need to print

and assemble it. [Here are some pointers to help you](#). If you want to get it printed, [here are some suggestions](#).

- Either cut or trace off your pattern pieces. If you're using a paper pattern, making adjustments, or are going to make any other sizes in the future, we definitely recommend tracing.

Finally, it's time to cut into our fabric!

- Cut all pieces, following the layout diagrams in the pattern.
- Transfer all the markings to the fabric. For the notches, make a little snip into the fabric within the seam allowance (so no more than 1/4" / 6mm).

Sewing the Saybrook Tank

I'll be sewing up View A of the Saybrook Tank with the cute knotted hem, but the construction is the same for all three views, so you can follow these steps even if you're sewing up the cami-style View B or the cropped View C. I'm using a cotton/spandex knit for the body and some bamboo rib knit leftovers for the neckline and armhole bindings. (Remember to choose a fabric that has at least 5% spandex for your bindings—you'll want good recovery so these areas don't bag out.)

You'll notice that I'm using a contrast thread to make it easier for you to see what I'm doing, but you should use a coordinating thread. (Or go for a contrast thread! Who am I to dictate your thread choices?) I'll show you how to sew the Saybrook on a sewing machine in case you don't have a serger, but if you want, you can sew yours directly on your serger.

Let's get going!

Sewing the Shoulders

We're going to start by sewing the shoulder seams. Let's pin the front to the back at the shoulder seams, right sides together.



Now we need to sew that seam using our 3/8" (1 cm) seam allowance. We're going to use a narrow zigzag stitch for this.



If your fabric doesn't fray (many knits don't), you can leave those seams raw. Or you can serge them to finish them, or sew a second line of stitching 1/8" (3 mm) from the seam and trim the seam allowance off very close to the stitching.



Let's press those shoulder seam allowances towards the back. Be sure to press from the wrong side and again from the right side. (Test the temperature of your iron on a scrap piece first—knits with a bit of spandex may leave a shine if your iron is too hot.)



Okie dokey, that part's done! Give yourself a pat on the back—you're on your way to having a brand new, super cute knit tank.

Binding the Neckline

Now let's take our neckline binding piece. Fold it in half with the two short ends together, right sides together. Pin.



Let's sew that seam using our 3/8" (1 cm) seam allowance. (I prefer to do this on a sewing machine even if I have serger, so that I can press the seam allowance apart and reduce some of the bulk.)



Okay, let's press that seam allowance open (or to one side if you serged it).



We're going to pin the neckline binding to the neck opening of the top. You'll notice that on one edge of the neckline binding, there are 4 notches. This is the edge we want to pin to the neckline.

Lay the neckline binding on top of the tank, right sides together. Start by matching the neckline binding seam to the center back notch on the top. (If you didn't mark this notch when cutting out your piece, you can fold the back in half, matching up the shoulder seams, to find the center back). Then match the notch opposite the binding seam to the center front notch of the top, and the two other notches to the two shoulder seams.



Now let's pin in between those four notches. My philosophy here is the more pins, the better!

You'll notice that the neckline binding is shorter than the neck opening of the tank. This is intentional! Having the neck binding be shorter allows it to pull the neckline in a bit and sit flat on your body. Make sure to stretch the neckline of the tank to meet the neckline binding as you pin, to distribute it evenly.



Now let's sew that seam using our 3/8" (1 cm) seam allowance. Again, I prefer to sew this on a sewing machine in order to reduce bulk, but also because it's easier for me to control the fabric and see what I'm doing. I sew with the tank fabric up and the neckline binding down against the feed dogs, and be sure to stretch the tank neck to line up with the neckline binding (but don't stretch the neckline binding itself!).

Here's how it looks once you've sewn it on. (It's not actually as wavy as it looks in the photo—this is when it starts to get hard to lay this 3D object flat for a photo!)



Now we're going to press the neckline binding up and over the seam we just sewed. Keep the seam allowance also pointed up towards the neckline binding. Here's how it will look from the right side of the garment.



And here's how it looks from the wrong side.



Now we're going to finish our binding by folding the raw edge of the neckline binding over the seam allowance and pinning in place. You'll want to cover the line of stitching by just a tad if you can—depending on how carefully you cut your neckline binding and sewed your 3/8" seam, you might come up a bit short in some spots. (But that's okay! No one will ever know.)



Go all around the neckline and pin your neckline binding down. You'll need to stretch the neckline binding a bit since it's still shorter than the neckline of the top. Again, the more pins, the merrier!



You can choose whether to put your pins in from the wrong side or the right side, but either way, make sure they're pointing towards the neck opening so you can pull them out easily as you sew. Alternatively, you can use Wonder Tape.



Now let's topstitch that down! You'll want to topstitch from the right side, using a 3 mm wide x 2 mm long zigzag stitch. (This part definitely needs to be done on a sewing machine.) Get close to the inside edge of the neckline binding, but not too close because you want to make sure your stitching catches the raw edge of the binding inside the garment. If you have a walking foot on your machine, now is definitely the time to get it out!

One trick you can use here is to lay a layer of tissue paper underneath the binding and sew through both the binding and the tissue paper as you topstitch all around. This helps your binding feed through the machine more evenly, since the feed dogs are treating it more like a woven than a super stretchy knit, thanks to the tissue paper. After you sew the topstitching, simply tear off the tissue paper from the back and pull out any little bits of paper that get caught in the stitching.

Again, I'm using a contrasting thread here so you can see my stitches, but if you want yours to be less visible, use a coordinating thread.



Here's a closeup of the topstitching:



Check from the inside that you caught the edge of the binding all the way around. If you missed any spots, you can unpick around those areas and topstitch again—or just do a second line of topstitching (that's the cheater method I do when I can't be bothered to unpick).

You'll see that I didn't entirely cover the original stitching line in some spots, and if you're feeling nitpicky you can unpick those spots and redo them. Or you can do like me, and leave them as is—the only person who will ever see inside the garment is me, and I don't mind one bit.



Sewing the Side Seams

Fold your tank in half, right sides together, lining up the front and back at the side seam, then pin all along one side seam.



Let's sew that seam using our 3/8" (1 cm) seam allowance.



If your knit frays, you can finish the seam allowance by serging it or by sewing a second line of stitching 1/8" from the first line of stitching, then trimming off the rest.

Let's do the same with our second side seam.



Press the seam allowance towards the back.

Okay, side seams are done, moving on to the armholes.

Binding the Armholes

When you cut out your two armhole binding pieces, you may have noticed that one end is designated for the front and the other for the back. That's because

you need a slightly longer bit of binding for the front for the larger cup sizes than you do for the back. I like to mark the front end on the wrong side with tailor's chalk so that I know which is which later.



The armhole binding is done in the same way that we did the neckline binding. We'll walk through it again here so you can see, but the technique is the same.

Just like how we did with the neckline binding, let's start by folding the armhole binding in half, right sides together, and pin along the short end.



Let's sew that short end using our 3/8" seam allowance.



Press the seam allowance open. You now have two loops of fabric.



Pin the armhole binding to the armhole opening on the tank. You'll want to line the armhole binding seam with the top of the side seam, and armhole binding notch with the shoulder seam. This is where having the front of the binding marked is helpful—make sure that that portion of the armhole binding is indeed oriented to the front of the tank.

Pin all around, stretching the tank slightly to fit the armhole binding. (Once again, the binding is shorter than the tank armhole in order to pull the fabric in and allow it to sit flat on your body.)



Let's sew that seam using our 3/8" (1 cm) seam allowance. I like to sew it on a sewing machine with the tank fabric facing up and the binding down against the feed dogs, but you can also do this directly on a serger.

Stretch the tank armhole gently between pins so that it aligns with the armhole binding, but make sure not to stretch the binding.



Now we're going to press the armhole binding over the seam allowance, then fold it over to the wrong side, just like how we did with the neckline binding. The binding should just overlap the line of stitching. Pin in place or use Wonder Tape.



Let's topstitch that binding down using our 3 mm wide x 2 mm long zigzag stitch. Remember to topstitch from the right side of the garment, then check to make sure your stitches caught the raw edge of the binding on the other side.



Let's repeat that with the other armhole.



Hemming the Tank

All we have left to do now is to hem our tank. Make sure you try your Saybrook Tank on first to see if the hem will hit you in the right place, or if you need to adjust it a bit.

If you're sewing View A (the knotted hem view), start by finishing the hem edge of your tank. We do this because the inside hem of the garment might peek out a bit when you tie it into a knot, so it looks cleaner with a finished edge. If you're making View B (straight hem) or View C (cropped tank), you can skip this part.

I've finished my seam allowance on a serger, but you can do it using a zigzag stitch on your sewing machine.



Now we need to fold up the hem to the wrong side. For View A, fold it over 1/4" (6 mm). For Views B & C, fold it to the wrong side by 3/4" (1.9 cm).

Press the hem up and pin in place, or use Wonder Tape.



From the right side, we're going to topstitch the hem down. You can use a twin needle, a narrow zigzag stitch, or a coverstitch machine. I went with the narrow zigzag option.

If you're making View A, the hem can get a little fiddly around the curve of what we've taken to calling the "dongle" (not sure why). The curve is a tight around the bit that you'll be knotting, but do your best and I promise no one will notice if the hem allowance is folded a bit in the back.



And there you have it! A finished Saybrook Tank, and looking darn good if I say so myself.



Here's how it looks from the back:



And from the inside:



If you made View A, you can tie it into an overhand knot when you put it on for a fun and cute detail.



You did it! You made your very own Saybrook Tank, one that's designed specifically for your curves and is sure to cover your bra.

We can't wait to see how your Saybrook Tank turned out—be sure to use the hashtag #SaybrookTank on social media so we can fawn all over your fun new tank.