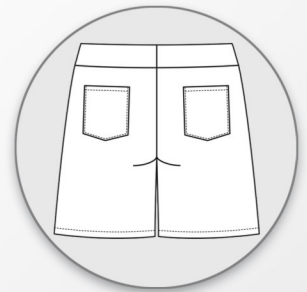
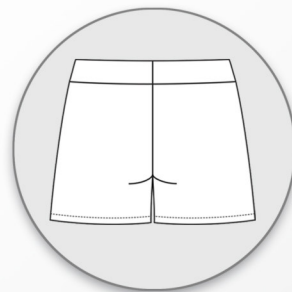
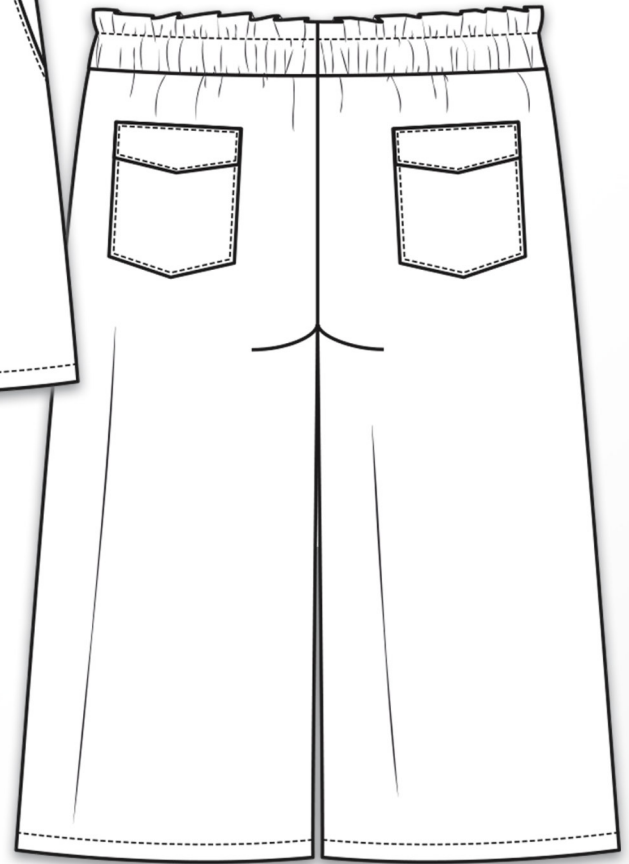
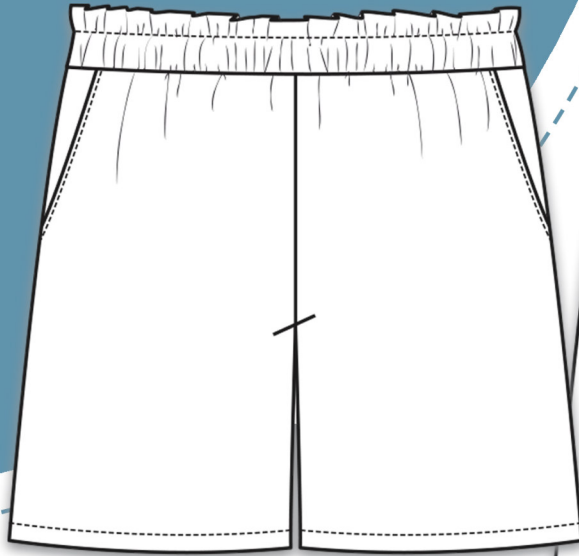


# fresca

32 - 56

erbsünde



schnittmuster



sewing pattern

## Foreword

I am very delighted that you have chosen a pattern from erbsünde.

Since 2013, I have poured a lot of heart and soul into creating patterns for women, men, and children. No body is shaped like another and often, store-bought clothing doesn't fit optimally. We want to move away from run-of-the-mill outfits and towards individual tops, dresses, jackets, coats, and pants, that can be made from self-chosen fabrics – even in larger sizes and shorter or longer lengths. Every pattern can be adjusted as desired and is very versatile due to numerous variants.

With this pattern, you enhance your wardrobe with favorite garments that make you feel comfortable and beautiful and accompany you throughout your day.

The detailed, illustrated instructions help you with the making - step-by-step from cutting the fabric to completing the bag. Certainly, there are some things you have not yet tried, but you can also learn with the help of the instructions and further perfect your hobby – sewing.

On my website at [www.erbsuende.com](http://www.erbsuende.com) (there: DIY), you will find numerous tutorials and instructions for pattern modifications.

If you have any questions, feel free to send me an email at [info@erbsuende.com](mailto:info@erbsuende.com).

I wish you a lot of joy with your new pattern,

Your Ilka

## Imprint

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Ilka Matthiessen

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# Fresca

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## About fresca

Fresca is a summer shorts pattern designed for non-stretch fabrics. The elastic waistband sits at the waist. You can choose from three lengths: short, knee-length, and calf-length. The pattern includes side seam pockets and optional back pockets.

## Body Measurement Chart

The following chart is used for selecting the correct size. The hip measurement is crucial for choosing the right size, as the waist is adjustable with the elastic band.

Size EU	32	34	36	38	40	42	44	46	48	50	52	54	56
Waist Circumference	up to 75cm	up to 80cm	up to 86cm	up to 90cm	up to 94cm	up to 98cm	up to 102cm	up to 106cm	up to 110cm	up to 114cm	up to 119cm	up to 123cm	up to 126cm
Hip Circumference	up to 85cm	up to 90cm	up to 93cm	up to 97cm	up to 100cm	up to 105cm	up to 110cm	up to 115cm	up to 120cm	up to 125cm	up to 130cm	up to 135cm	up to 140cm

## Fabric Recommendations

Suitable fabrics include all soft draping, non-stretch materials such as viscose, viscose-linen blends, flowy cotton fabrics, linen, soft denim, muslin, terry cloth, etc.

## Fabric Amount for a Fabric Width of 1.45m

Size	32	34	36	38	40	42	44	46	48	50	52	54	56
Fabric Length Short	0,8m	0,8m	0,8m	1m	1m	1m	1m	1m	1,2m	1,2m	1,2m	1,2m	1,2m
Fabric Length Medium	1m	1m	1m	1,2m	1,2m	1,2m	1,2m	1,2m	1,5m	1,5m	1,5m	1,5m	1,5m
Fabric Length Long	1,2m	1,2m	1,2m	1,5m	1,5m	1,5m	1,5m	1,5m	1,8m	1,8m	1,8m	1,8m	1,8m

## Seam and Hem Allowances

The pattern does not include seam and hem allowances; these must be added individually when cutting the fabric.

## Required Materials

- Fabric (as mentioned above)
- 3 cm wide elastic for the waistband
- Tape for assembling the pattern
- Scissors, measuring tape, pins or clips
- Sewing machine, overlock/coverlock machine (if available), iron

## Important Notes

- Before cutting, please read the entire instruction manual!
- To correctly open and print the pattern, please use the latest version of Adobe Acrobat Reader.
- Ensure the print settings are set to either 100% or "actual size" to avoid scaling.

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### Cutting Fresca

Choose the desired pants length from the pattern. You can shorten it later if needed.

Fold the fabric wrong sides together. Cut the front pants piece once on the double layer of fabric; you will get 2 mirrored pieces.

Serge the edges of the cut pieces.



Choose the same pants length from the pattern as for the front pants.

Fold the fabric wrong sides together. Cut the back pants piece once on the double layer of fabric; you will get 2 mirrored pieces.

Serge the edges of the cut pieces.



Cut the large and small pocket bags each once on the double layer of fabric. You will get 2 mirrored pieces of each.

Serge the edges of the cut pieces.

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Cut the waistband once on the fold.  
Serge the edges of the cut piece.



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If you want to sew your pants with back pockets, cut the "back pocket" piece once on the double layer of fabric.



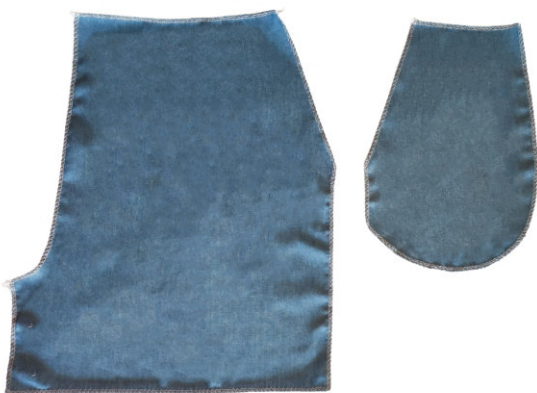
The flaps are cut twice on the double layer of fabric; you will get 4 pieces.

Serge the edges of all cut pieces.

---

### Sewing Fresca

First, take the first front pants piece and a small pocket bag. Lay both pieces in front of you with the right sides of the fabric facing up.



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Place the pocket right sides together with the front pants piece.  
Pin the diagonal edges together and sew the seam.



Fold the pocket bag over so that it lies wrong sides together on the front pants piece.



If you like, you can topstitch the pocket opening close to the edge.

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Now take the first large pocket bag.



Place the large pocket bag right sides together with the small pocket bag. Pin the curved edges together and sew the seam. Make sure to sew only the pocket bags together and not to catch the front pants piece in the seam.



This is how your front pants piece with the pocket looks now. Repeat the process with the other front pants piece.

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Place the front pants pieces right sides together and pin the crotch seams together.  
Sew the seam.



Now take the first back pants piece and lay it in front of you with the right side of the fabric facing up.



Place the other back pants piece right sides together on top of it. Pin the crotch seams together and sew the seam.

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This is how your back pants piece looks now.  
If you do not want to add pockets, continue to page 10.



---

### Sewing Back Pockets

Take the first pocket.  
Fold the seam allowance at the top of the pocket opening inward and pin it in place.  
The hem should now be wrong sides together.



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Hem the pocket opening.  
This is how your pocket looks now.  
Repeat the process with the other pocket.



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Now take the first flap.



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Place the second flap right sides together on top of it. Pin the short and angled edges together and sew the seam.



---

Turn the flap right side out. This is how the back pocket pieces look now.



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Transfer the pocket placement from the pattern onto the back pants piece.



Fold the seam allowances of the pocket inward, press them, and pin the pocket to the marked position on the back pants piece. Be sure not to pin the pocket opening at the top.



Pin the flap to the marked position on the pattern. Topstitch the pocket close to the edge and sew the flap in place.

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Then fold the flap down and pin it in place again.



Topstitch the flap close to the edge.  
Your back pocket is complete.  
Repeat the process with the other pocket.



### Assembling the Pants

Lay the back pants piece in front of you with the right side of the fabric facing up. Place the front pants piece right sides together on top of it and pin the side seams together. Sew the seam and repeat the process on the other side.

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Pin the crotch seams together and sew the seam.

---

This is how your pants look now.



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Pin the top edges of the pocket bags to the front pants piece.

Stitch the pocket bags in place within the seam allowance with a few stitches to prevent them from shifting when attaching the waistband.



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Now take the waistband.  
Place the waistband right sides together  
and pin the short edges together. Sew the  
seam.



Fold the waistband in half lengthwise,  
wrong sides together. The seam should  
now be on the inside.  
Mark the center front and center back of  
the waistband.  
The seam marks the center back.



Pin the waistband right sides together  
around the top edge of the pants.



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Leave an opening at the center back to thread the elastic through.  
Sew the seam.

Fold the waistband upwards.  
Cut an elastic band to the length of your waist circumference. If you want to wear the pants a bit lower, cut the elastic to the length of the circumference where you want the pants to sit.



Thread the elastic band through the waistband using a safety pin.



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Pin the ends of the elastic band together and sew them.  
You can also try on the pants briefly to check if the length of the elastic band fits.  
Make sure the elastic band is NOT twisted!



Pin the opening through which the elastic band was threaded and sew the seam closed.



This is how your shorts look now.

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To create a paperbag look, push the elastic band all the way down inside the waistband.  
Pin the top edge of the elastic band all around.



The pins should not be placed above the elastic band but should secure it in place. Stitch the elastic band all around, stretching it evenly as you sew.

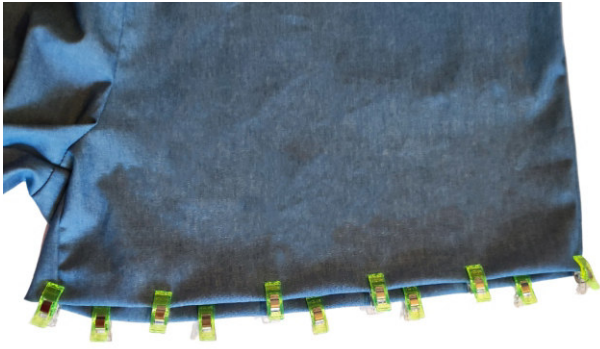


Sew a second seam around the bottom edge of the elastic band, making sure to include it in the stitching.  
This is how your waistband looks now.



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Finally, hem the shorts. Fold the seam allowance on the first leg inward and sew it all around.  
Repeat the same process for the other leg.

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Your shorts are finished!



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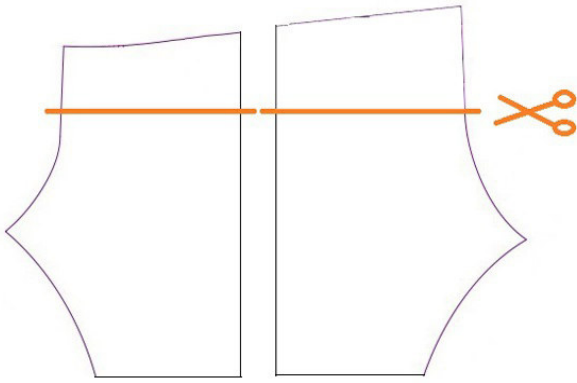
So sieht die Rückseite der Shorts aus.



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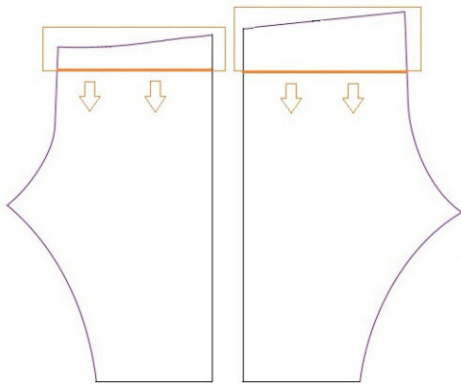
### The rise is too high for you



You've sewn the Fresca and want a lower rise for the next pair of pants? In that case, you can shorten the rise.

First, measure how much lower you want the waistband to sit.

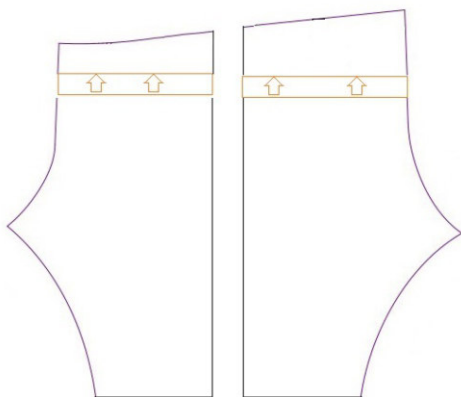
Then, cut the front and back pant pieces horizontally across the upper part at the measured point.



Then slide the separated part of the front pants down by the measured amount over the remaining part of the pattern piece. The cutting edges will now overlap. Secure the two pieces and adjust the alignment of the center and side seams as necessary.

Repeat the process with the back pants.

### The waistline is too low for you



You've sewn the Fresca and wish to have a higher waistline on your next pair of pants?

First, measure how much higher you want the waistband to sit. Then, cut the pattern pieces for the front and back pants horizontally across the upper part. (See above).

Next, spread apart the two pieces of the front pants by the measured amount and insert a strip of paper between them.

Adjust the alignment of the center and side seams, and repeat the process with the back pants.

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