



ABOUT
BLUE

SALT & SWEET

A capsule wardrobe featuring biastape in the lead role

'Salt & Sweet' is a combination of patterns with playful possibilities; a true invitation to play for both girls and boys. You can play with the combination of fabric, ribbing and bias binding. Or you can play with the combination of the top, skirt or shorts, or the dress. And you can gift your sewing to a playful person! A perfect summer outfit. But just as nice with kneesocks, or that extra layer of cosy warmth during Winter.

CHOOSE THE CORRECT SIZE

First things first: never forget to measure your kid, don't just use their normal dresssize. Breast and hip circumferences are your starting point in defining the right size. Another option is to compare well-fitting clothes to the sizes in the chart containing the finished sizes.

TIP - lengthening the pattern

If you choose the size based on the chest- and hip circumference, it is possible that the chosen size differs a bit from your child's length.

If you size up, you can just follow the sewing instructions: they will make clear when to adjust the length.

If you size down, you can easily adjust the pattern. You will need your child to be around for that. Take into account the following adjustments:

H cut off a few centimetres from the top below

H cut off a few centimetres from the upper side of the skirt.

The sewing instructions will tell you exactly when to adjust and optimize the sizing of top, skirt or dress.





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SIZE CHART

SIZE	92	98	104	110	116	122	128	134	140	146	152	158	164
CHEST	53 cm	55 cm	57 cm	59 cm	61 cm	63 cm	65 cm	67 cm	69 cm	71 cm	73 cm	76 cm	79 cm
WAIST	47 cm	49 cm	51 cm	53 cm	55 cm	56,5 cm	58 cm	59,5 cm	61 cm	62,5 cm	64 cm	65 cm	66 cm
HIP	56 cm	58 cm	60 cm	62 cm	64 cm	66,5 cm	69 cm	71,5 cm	74 cm	76,5 cm	79 cm	82 cm	85 cm

FINISHED SIZES

	92	98	104	110	116	122	128	134	140	146	152	158	164
CHEST TOP/ DRESS	54 cm	56 cm	58 cm	60 cm	62 cm	64 cm	66 cm	68 cm	70 cm	72 cm	74 cm	77 cm	80 cm
CIRCUMFERENCE SEAM TOP	54 cm	56 cm	58 cm	60 cm	62 cm	64,5 cm	67 cm	69,5 cm	72 cm	74,5 cm	77 cm	80 cm	83 cm
CIRCUMFERENCE WAISTBAND DRESS	47,75 cm	49,75 cm	51,75 cm	53,75 cm	55,75 cm	58,25 cm	60,75 cm	63,25 cm	65,75 cm	68,25 cm	70,75 cm	73,75 cm	76,75 cm
CIRCUMFERENCE WAISTBAND SKIRT	49,75 cm	51,75 cm	53,75 cm	55,75 cm	57,75 cm	60,25 cm	62,75 cm	65,25 cm	67,75 cm	70,25 cm	72,75 cm	75,75 cm	78,75 cm
CIRCUMFERENCE WAISTBAND SHORTS	46,75 cm	48,75 cm	50,75 cm	52,75 cm	54,75 cm	57,25 cm	59,75 cm	62,25 cm	64,75 cm	67,25 cm	69,75 cm	72,75 cm	75,75 cm
CIRCUMFERENCE SKIRT/DRESS	55,5 cm	57,5 cm	59,5 cm	61,5 cm	63,5 cm	66 cm	68,5 cm	71 cm	73,5 cm	76 cm	78,5 cm	81,5 cm	84,5 cm
CIRCUMFERENCE SHORTS	55,25 cm	57,5 cm	60 cm	62,5 cm	64,75 cm	68 cm	71 cm	74 cm	77,25 cm	80,25 cm	83,25 cm	87 cm	90,5 cm
MB-LENGTH TOP	32,75 cm	34,75 cm	36,75 cm	38,75 cm	40,75 cm	42,75 cm	44,75 cm	46,75 cm	48,75 cm	50,75 cm	52,75 cm	54,75 cm	56,75 cm
MB-LENGTH ROK	18,5 cm	20,5 cm	22,5 cm	24,5 cm	26,5 cm	28,5 cm	30,5 cm	32,5 cm	34,5 cm	36,5 cm	38,5 cm	40,5 cm	42,5 cm
MB-LENGTH DRESS	46,75 cm	49,75 cm	53 cm	56 cm	59 cm	62 cm	65 cm	68,25 cm	71,25 cm	74,25 cm	77,25 cm	80,25 cm	83,5 cm
MB-LENGTH TOP PART DRESS	28,25 cm	29,25 cm	30,25 cm	31,5 cm	32,5 cm	33,5 cm	34,5 cm	35,5 cm	36,75 cm	37,75 cm	38,75 cm	39,75 cm	40,75 cm
SIDE LENGTH SHORTS	18,75 cm	19,75 cm	20,75 cm	21,75 cm	22,75 cm	23,75 cm	24,75 cm	25,75 cm	26,75 cm	27,75 cm	28,75 cm	29,75 cm	30,75 cm



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QUANTITIES

SIZE	92	98	104	110	116	122	128	134	140	146	152	158	164
TOP													
MAIN FABRIC	40 cm	40 cm	40 cm	40 cm	50 cm	50 cm	50 cm	50 cm	60 cm	60 cm	60 cm	60 cm	60 cm
ACCENT FABRIC	15 cm	15 cm	15 cm	20 cm	20 cm	20 cm	20 cm	20 cm	20 cm	20 cm	20 cm	20 cm	20 cm
BIAIS TAPE	110 cm	110 cm	110 cm	110 cm	120 cm	120 cm	120 cm	120 cm	120 cm	130 cm	130 cm	130 cm	130 cm
SHORTS													
MAIN FABRIC	30 cm	30 cm	30 cm	30 cm	30 cm	30 cm	30 cm	40 cm	40 cm	40 cm	40 cm	40 cm	40 cm
RIBBING	20 cm	20 cm	30 cm	30 cm	30 cm	30 cm	30 cm	30 cm	30 cm	30 cm	30 cm	30 cm	30 cm
BIAIS TAPE	180 cm	190 cm	200 cm	200 cm	210 cm	220 cm	230 cm	230 cm	240 cm	250 cm	260 cm	270 cm	270 cm
ELASTIC 3 CM	50,5 cm	52,5 cm	55 cm	56 cm	58 cm	60 cm	62 cm	65 cm	67 cm	69 cm	71 cm	74 cm	77 cm
SKIRT													
MAIN FABRIC	30 cm	30 cm	30 cm	30 cm	30 cm	40 cm	40 cm	40 cm	40 cm	40 cm	50 cm	50 cm	50 cm
RIBBING	20 cm	20 cm	30 cm	30 cm	30 cm	30 cm	30 cm	40 cm	40 cm	40 cm	50 cm	50 cm	50 cm
BIAIS TAPE	180 cm	190 cm	200 cm	210 cm	220 cm	230 cm	240 cm	250 cm	260 cm	270 cm	280 cm	290 cm	300 cm
ELASTIC 3 CM	50,5 cm	52,5 cm	55 cm	56 cm	58 cm	60 cm	62 cm	65 cm	67 cm	69 cm	71 cm	74 cm	77 cm
DRESS													
MAIN FABRIC	30 cm	30 cm	20 cm	30 cm	40 cm	50 cm	50 cm	60 cm	70 cm	70 cm	80 cm	80 cm	80 cm
ACCENT FABRIC	15 cm	15 cm	15 cm	20 cm	20 cm	20 cm	20 cm	20 cm	20 cm	20 cm	20 cm	20 cm	20 cm
RIBBING	30 cm	30 cm	30 cm	30 cm	30 cm	30 cm	30 cm	30 cm	50 cm	50 cm	60 cm	60 cm	60 cm
BIAIS TAPE	330 cm	340 cm	350 cm	360 cm	380 cm	390 cm	400 cm	410 cm	430 cm	440 cm	450 cm	470 cm	480 cm



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MATERIAL

MAIN FABRIC

The pattern is developed for stretchy fabrics. French terry, terry cloth and Punta di Roma are an excellent choice. But you could also opt for a jersey fabric.

ACCENT FABRIC TOP

The accent fabric in the top should be the same type of fabric as your main fabric, but you could also opt for a piece of ribbing.

STRIPS FOR SIDE SEAM

Same goes for the strips in the side seam: you either use ribbing, or the same type of fabric as the main fabric you chose.

Pay attention: mind that you cut across the grain. This way you can limit the quantity of ribbing.

BIAS BINDING

The [About Blue bias binding](#) in French Terry or terry cloth is your go-to for that perfect pattern finish. It has a limited elasticity, so it won't mess up those seams. You can't make Salt & Sweet with non-elastic bias binding.



ELASTIC

Inside the ribbing tunnel of both skirt and shorts we use an elastic of 3cm wide, to help keep them up.

2 EYELETS

Inside the waistband of the shorts, skirt and dress are two holes showing a decorative ribbon. You can either make two buttonholes, or use 2 eyelets.

INTERFACING

The spot on the ribbing where the ribbon will be situated should be secured with some interfacing. We advise you to use two layers of thin interfacing (for example Vlieseline H180). This is a little more firm than one layer of Vlieseline H200, but the latter is also a possibility. Another option is to iron on two wonder-dots.

FINISHING EDGES

Do not finish the edges of the fabric before sewing: the instructions will tell you step by step when to do so.

SEAM ALLOWANCE

Seam allowance is included in all pattern pieces.

CUTTING LIST

• 1 FRONT PIECE SHORTS

Cut twice; once normal and once mirrored. Mark centre front on the right side of the fabric in the seam allowance. Mark A on the wrong side of the fabric. Make sure your marking is a little longer than 1cm: you will only be needing A once you've already added bias binding to the edge.

• 2 BACK PIECE SHORTS

Cut twice: once normal and once mirrored. Mark the back pieces of the shorts with a pin, in order to be able to distinguish them more easily from the front pieces later on.

Mark centre front on the right side of the fabric in the seam allowance. Mark A on the wrong side of the fabric. Make sure your marking is a little longer than 1cm: you will only be needing A once you've already added bias binding to the edge.

• 3 FRONT SKIRT / BACK SKIRT

Cut twice on fold: once for the front pattern piece and once for the back.

Mark centre front on the right side of the fabric in the seam allowance. Mark A on the wrong side of the fabric. Make sure your marking is a little longer than 1cm: you will only be needing A once you've already added bias binding to the edge.

• 4 STRIP SIDE SEAM

Pay attention:

-If you make the shorts, cut or fold the pattern piece on the cutting line.

- This pattern piece should be cut in 1 part on the fold (for sizes 92-146) or in two pieces (from size 152 on).

- The grainline differs according to your fabric choice: mind the arrows. If you're using ribbing, cut across the grain.

• 5 WAISTBAND SHORTS

• 6 WAISTBAND SKIRT

Cut twice. Mark C and B on the wrong side of the fabric. Mark the button holes or eyelets on the right side of the fabric, using a magic marker or chalk on one of both pattern pieces. From now on, this is the front of the waistband. Mark centre front on the right side of the fabric in the seam allowance. Fix the grey zone using interfacing.

• 7 BACK TOP

Pay attention:

- If you're making the shorts, make sure to cut or fold the pattern piece on the cutting line.

Cut once on fold. Mark E on the wrong side of the fabric.

For the dress: mark centre back on the right side of the fabric in the seam allowance.

• 8 SHOULDER PIECE TOP

Cut once on fold. Mark F and centre back above on the wrong side of the fabric.

• 9 FRONT TOP DRESS

Pay attention:

If you're making the dress, adjust it on the cutting line or fold it.

Cut once on fold. Mark E on the wrong side of the fabric.

For the dress: mark centre front below on the right side of the fabric in the seam allowance.

• 10 WAISTBAND DRESS

Cut four times. Mark the button holes or eyelets on the right side of the fabric, using a magic marker or chalk, on one of the pattern pieces. From now on, this is the front side of the waistband. Mark centre front/back on the right side of the fabric in the seam allowance, above and below. Fix the grey zone using interfacing.

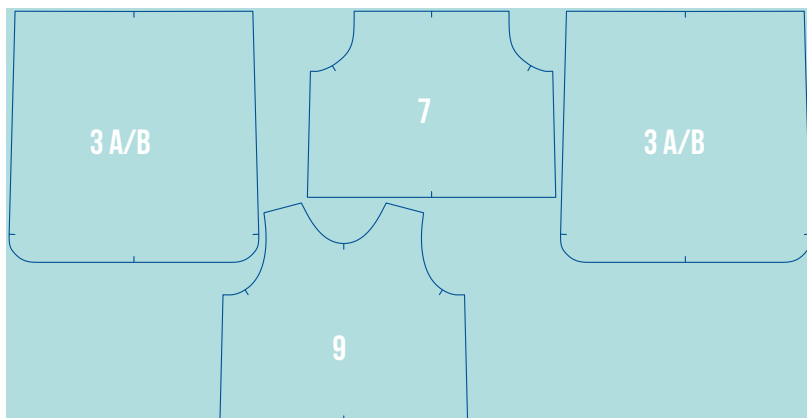


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CUTTING SCHEME (The cutting scheme is based on side strips in ribbing.)

CUTTING SCHEME DRESS

BASISSTOF



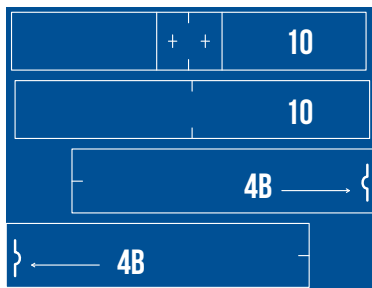
ACCENTSTOF



RIBBING

SIZE 92-128

puzzled out of tubular knit ribbing



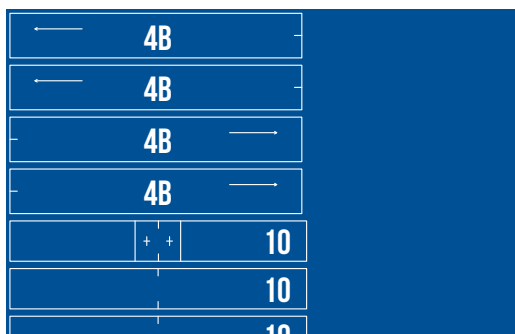
SIZE 132-140

puzzled out of open-cut ribbing



SIZE 152-164

puzzled out of open-cut ribbing

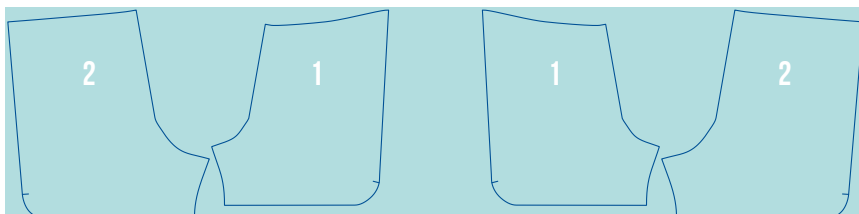




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CUTTING SCHEME SHORTS

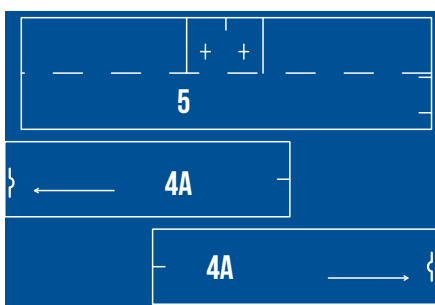
MAIN FABRIC



RIBBING

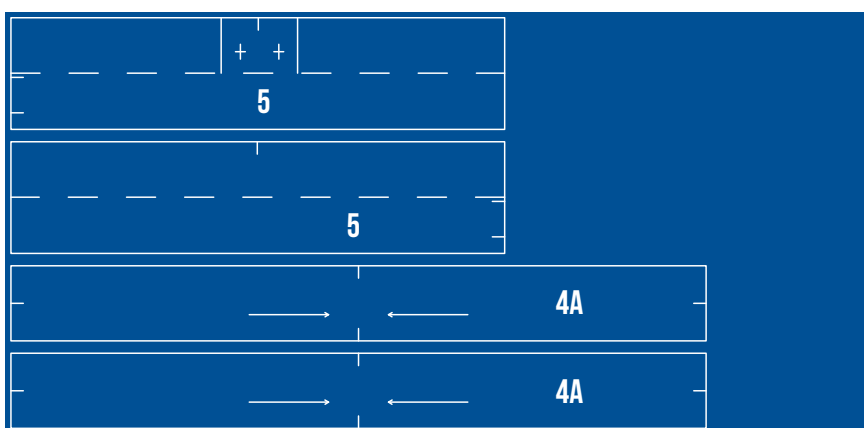
SIZE 92-134

puzzled out of tubular knit ribbing



SIZE 140-164

puzzled out of open-cut ribbing

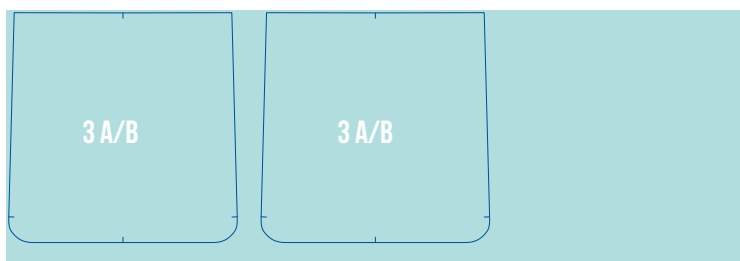




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CUTTING SCHEME SKIRT

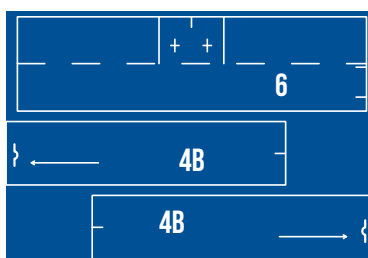
MAIN FABRIC



RIBBING

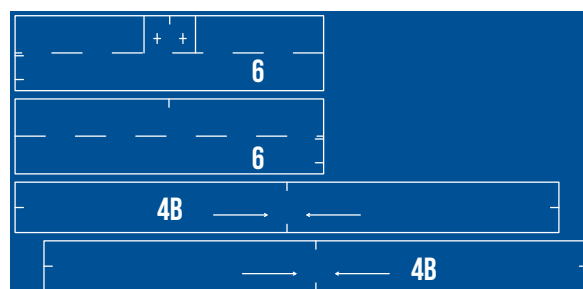
SIZE 92-128

puzzled out of tubular knit ribbing



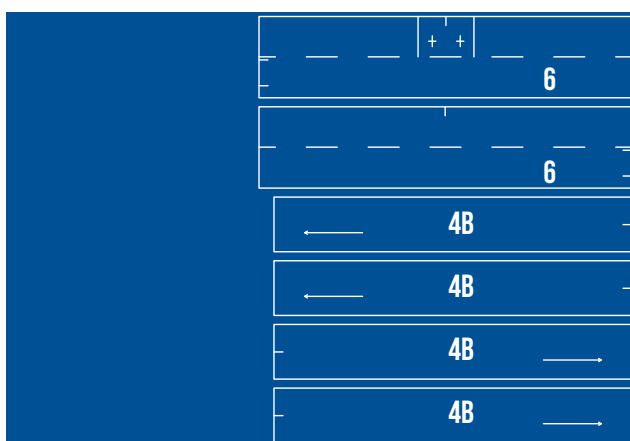
SIZE 132-140

puzzled out of open-cut ribbing



SIZE 152-164

puzzled out of open-cut ribbing

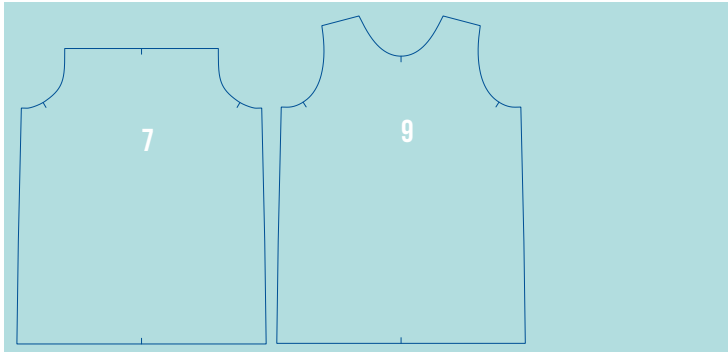




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CUTTING SCHEME TOP

MAIN FABRIC



ACCENT FABRIC



REGULAR SEWING MACHINE VS SERGER

In these instructions we assume you combine a serger with a regular sewing machine. You can make Salt & Sweet using only a regular sewing machine. In that case, just add a step everytime you sew a seam.

If it says: 'Sew at 1 cm and press the seam', it means:

Hb with serger: sew at 1 cm with your serger and press the seam to one side;

Hb without serger: sew at 1 cm with a straight stitch (woven fabric) or a slight zigzag stitch or stretch stitch (stretchy fabric). Finish the seams with a zigzag stitch and press the seam to one side.

Do you have a walking foot or a built-in walking system? Then definitely use it, especially when you chose terry cloth.

In the instructions we regularly use contrasting thread to clarify our pictures. You should choose matching thread.



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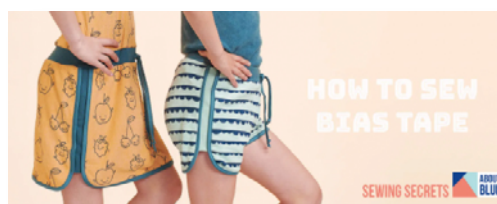
Sewing

Always sew using a 1 cm seam allowance, unless otherwise indicated. Careful: a 1 cm seam allowance is included in all pattern pieces. When working with a serger and sewing at 1 cm, you will cut off a part of the seam allowance.

Pinning is not always mentioned, but we do recommend it.

Using French Terry bias binding

This pattern requires you to attach bias binding on several pieces. For that you can use the online bias binding tutorial. When finishing the neckline and armholes of the top or the dress, you can use the tutorial explaining how to add bias binding in one piece.



Sewing secrets: attaching bias tape

17 June 2021 · No Comments

In this tutorial you will learn how to attach bias tape with the sewing machine. Learn to sew bias tape with this

→ [Tutorial attaching bias tape: click here](#)



Sewing secrets: joining bias tape

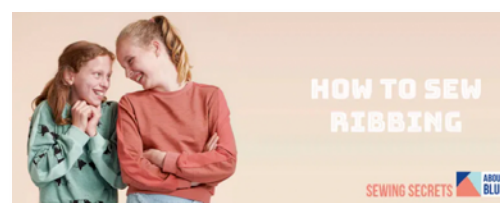
4 June 2021 · No Comments

This tutorial teaches you how to match the beginning and end of your bias ribbon. With one almost invisible

→ [Tutorial joining bias tape: click here](#)

Attaching ribbing

The waistbands of skirt and shorts and the waistband in the middle of the dress are sewn using ribbing. You can use the online tutorial on ribbing while attaching them.



Sewing secrets: RIBBING

4 May 2021 · No Comments

In this manual we used contrasting thread for clarity. You should choose thread that best matches the ribbing! Ribbing is a type of fabric that ...

[Read more](#)

→ [Tutorial ribbing: click here](#)



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SKIRT/DRESS AND SHORT

•1 Are you making a skirt or dress? Skip to step 6.

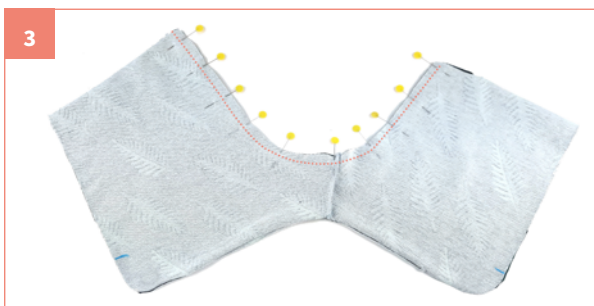
Align the left front piece (1) on the left back piece (2) (using a pin), right sides together. Sew the leg seam. Repeat on the other front- and back pieces.



•2 Press the seam allowance of one duo towards the front piece, and the seam allowance of the other duo towards the back piece.



•3 Pin the entire back seam, right sides of the fabric together: start pinning at the crotch and then pin both front pieces together, and both back pieces as well. Sew at 1 cm.



•4 Press the seam allowance towards one side.



•5 Finish the complete open edges left and right with bias binding. Use the tutorial.

➔ [Tutorial attaching bias tape: click here](#)

Skip to step 7.



•6 Finish front piece 3A and back piece 3B using bias binding. Use the tutorial.

➔ [Tutorial attaching bias tape: click here](#)

You don't need to finish the straight upper edge.





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•7 Are you making a size 152 or up? Skip to step 8.

Press the side strips (4A) double on the fold (if you cut them out of ribbing, they are probably already folded). **Skip to step 10.**



•8 Compose the side strips using two fabric pieces each time. Align the side strips (4B) two by two, right sides together and sew the short side at 1 cm. Press the seam allowance.



•9 Press the right sides together. Make sure the seam is a tiny bit to one side, from now on this is your back piece. If this results in a difference after pressing, you can always cut it off. Mark D again, if this means you cut it off as well.



•10 Finish the side strips folded double using a serger or a zigzag stitch, on both sides. Make sure to secure well on the bottom of the folding line.



•11 Put the side strip in front of you on the table, the folding line underneath. If the side strip is made of fabric, make sure to put the side you want showing in the endresult is facing up. Take the front piece of your shorts or dress, put this on the serger stitching or the zigzag stitching, so the front piece crosses the side strip by 1.5 cm, right sides up. (This means you put the wrong side of the front piece on the right side of the strip). The side strip is aligned on the upper edge with the upper edge of the front piece, the bottom side is aligned with marking A. Pin together.



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•12 Sew through the bias binding stitching, from the upper side, all the way towards the marking. Secure well below; when you're walking, this is the spot that gets stretched often. Repeat step 11 and 12 on the other side of the front piece (skirt) or the other front piece (shorts).



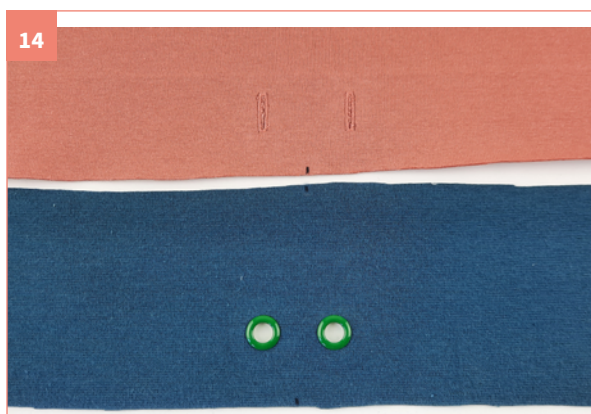
•13 Now, the same goes for your back piece. In order to pin more easily you can put a ruler underneath the strip, so you won't attach the other side of your shorts or skirt.



Are you making a dress?

Then skip to the part 'DRESS and TOP'

•14 Take the waistband you fixed with interfacing and sew on the buttonholes on the markings, or put in eyelets: use the crotch as your centre and follow the instructions on the wrapping.



TIP - all at once

Are you a bit of an advanced Salt & Sweet seamstress (or advanced in general), then you can attach the strip and the topstitching in one go. However, experience has taught us that you have a better take on what you're doing, when doing it in two separate steps.

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- 15 Put the right sides of both waistbands (5 and 6) together, and sew at 1 cm on the side without markings. Press the seam allowances open if you used a normal sewing machine, or press to one side if you used the serger.

15



- 16 Align the right sides again and sew the other short side: sew at 1cm using the normal sewing machine, on the other side with markings, but leave the zone between B and C open. Later on, this will be the opening to add the elastic. Press the seam allowance open.

16



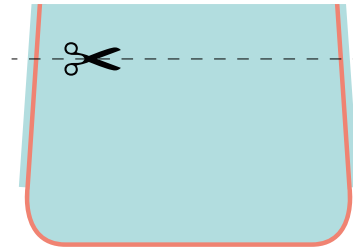
- 17 Press the complete waistband double on the long side. The buttonholes/eyelets are now on the outside, and the hole for the elastic is on the inside.

17



TIP - adjusting the length of the skirt piece

Do you want to adjust the skirt to the length of your child, or to your personal taste? Then have a fitting session and cut off the necessary centimetres on the upper side of the piece.



- 18 ZAttach the waistband to the skirt or shorts. Do you need any pointers to attach the ribbing? Then make sure to check this online tutorial.

→ [Tutorial ribbing: click here](#)

See to it that while pinning you align the centre front/back of the ribbing with the centre front/back of the skirt or shorts, right sides together. Make sure the button holes are situated on the tummy of your child. On the side strip you can use the side seam of the waistband as a reference. You can align this to the markings D on the side strip.

18



TIP - Fitting the elastic

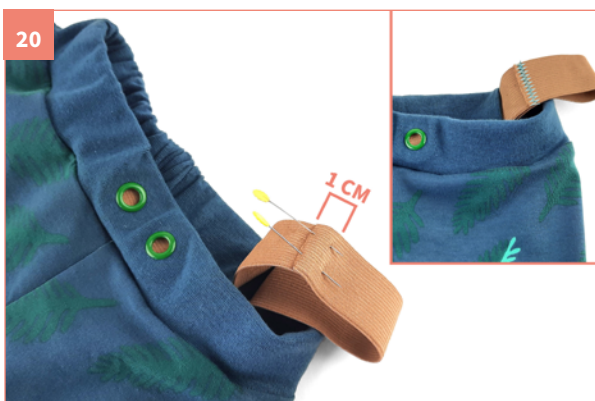
Is your kid around? Then don't just copy the length of the elastic from the sizing chart, but fit the elastic around your kid's stomach. Make sure to add 1 cm extra.

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•19 Thread the elastic through the ribbing using the opening, make sure not to twist it while doing so.



•20 Let the tips of the elastic overlap at 1 cm and attach using a zigzag stitch.



•21 Close the opening using a basting stitch. Or you can just leave it open, which will allow you to adjust the elastic later on. No one will notice anyway: the hole is on the inside!



•22 Press 50 cm of bias binding double and sew it close at a few mm from the edge.



•23 Thread the ribbon through the buttonholes or eyelets, until you have an equal part of the decorative ribbon showing. Make a double knot, knot both corners as well and cut off the tips across the grain.

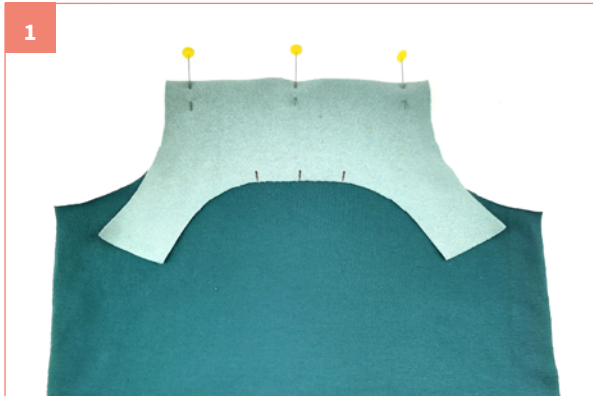




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DRESS AND TOP

- 1 Put the back piece (7) and the shoulder piece (8) right sides together: the upper side of the back piece is aligned with the long bottom side of the shoulder piece. Sew at 1 cm.



- 2 Press the seam allowance towards the back piece.



- 3 Pin both short shoulder seams of the shoulder piece on the shoulder seams of the front piece (9), right sides together. Sew at 1cm.



- 4 Press the seam allowance towards the front piece.



TIP - steps to follow when joining bias binding

In the next two steps you'll be closing up the side seam and attaching the bias binding around the armholes. First, read the tutorial 'joining bias binding'. In fact, there are two options: either you choose to attach the binding first, or close the side seams first.

→ [Tutorial joining bias tape: click here](#)

- 5 Pin and sew the side seams at 1 cm. Press the seam allowance towards the back piece.



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•6 Finish the armholes using the method 'joining bias binding'. While attaching the binding using the auxiliary stitching, add a little tension to the binding: you're not actually stretching it, but using the elasticity a tiny bit. During, use the markings E to locate the start and ending of the auxiliary stitching.

6



•7 Finish the neckline as well using the same method. The seam in the bias binding will end in the centre back at the shoulder piece.

If you're making a dress, skip to the part 'finishing the dress'.

7



•8 If you want to check up on the length now, adjust the top and cut some centimetres off the bottom side, if it's too long. Finish the entire bottom edge using a serger or a zigzag stitch.

8



•9 Press and sew a seam of 2cm using a zigzag stitch.

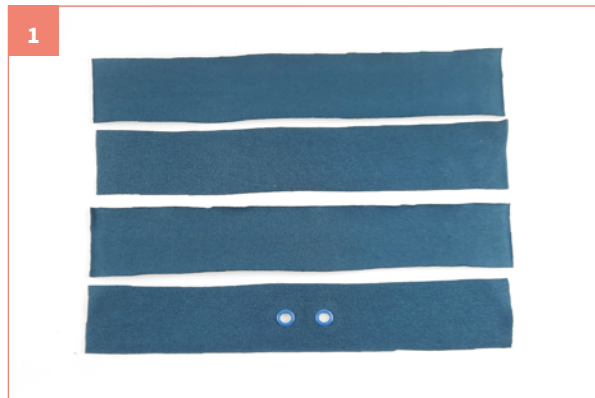




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FINISHING THE DRESS

- 1 Attach the eyelets or sew the buttonholes in the secured waistband piece (10).



- 2 Sew the side seams in the waistband (10): align both pieces, right sides together and sew at 1 cm. Do this on both waistband pieces. Press the seam allowance towards 1 side.



- 3 Put both waistband pieces inside each other, wrong sides together. Make sure the seam or seams are about 5 cm apart from each other. This is the perfect way to avoid really thick pieces of fabric in the side seams while sewing the waistband to the dress. Pin together. These two layers of ribbing are what we'll be calling 'the waistband' from now on.



TIP - Adjusting length and proportions

If your kid is around, you can already have a fitting session in order to adjust the proportions of the dress to your kid and your own taste. If the waistband is too low on the body, then cut a few centimetres off the bottom edge of the top piece. If the skirt is too long, cut a few centimetres off the upper side of the skirt. Take into account that a few centimetres will be added to the middle, around the waistband.

- 4 4. Now attach the upper side of the waistband to the top, so the buttonholes are situated on the stomach area. Use the tutorial on attaching ribbing.

➔ **Tutorial ribbing:** [click here](#)

Pin centre back of the top and waistband together and make sure the side seams are aligned. Careful: the right side of the waistband (the one containing eyelets or buttonholes) is situated next to the right side of the top. What you can see on the outside, is the second layer of the band. Hence it is normal that the displaced side seams of this 'inner band' are not aligned to the side seam of the top.



- 5 Apply the exact same method when attaching the skirt to the bottom edge of the waistband. Use centre front and back as a reference and make sure the buttonholes are situated on the stomach area. On the side you can use the side seam of the waistband and the markings D.



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•6 Press 50cm of bias binding close and stitch it at a few mm from the edge.

•7 Thread the ribbon through the buttonholes or eyelets, until you have an equal part of the decorative ribbon showing. Make a double knot, knot both

corners as well and cut off the tips across the grain.

TIP - Centering



tive ribbon. This way it can actually be used to add volume to the dress.

The two layers of ribbing cause the skirt to be a little centred. Do you want to add to that effect? Use a longer piece of bias binding and thread it through the entire waistband, instead of only using it as a decora-



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