



Instructions for Easy Poekie one-piece swimsuit (big and small)*

(Time to complete: about twenty minutes)

Materials needed:

• Paper for your printer • Ruler • Scissors • Fabric (preferably swimsuit fabric, but any very stretchy fabric will work) • Marker or pen for tracing • Pin • Needle • Thread

How to make it:

As an experienced Poekie maker, this is easy. After printing and cutting the pattern,^{*2} just follow the usual steps:

- Place the pattern on an edge on the wrong side of your fabric.^{*4}
- Trace around the pattern.
- Cut ON the lines you traced.
- Repeat the tracing and cutting so that you have two pieces of cut-out fabric.
- Put the two pieces on top of each other with the right sides together (marker-lines are on the outside), because the fabric is so stretchy this may be difficult. This is what you can do:
By looking at the striped lines on the pattern, choose which seam you will sew first. Find those two edges on your fabric, and stick a pin at the END of the seam you are about to sew.
- Get a needle and thread^{*5} and tie a knot at the end.^{*7}
- Put the edges of the beginning of the seam together and sew back-stitch^{*6} along one of the striped lines as marked on the pattern. Because the fabric is thin, make your stitches really tiny and loose.
- Tie a knot when you get to the end of the line.
- Cut the thread and sew all the other seams that are marked with the dotted lines in the same way.
- Turn your Poekie's swimsuit inside out and fit it on him or her. If it looks right and your Poekie doesn't have a tail, you're done. If your Poekie has a tail, you should cut a tail hole. While he or she has the clothes on, find the bump where the tail is attached to the body, and mark the spot with a marker. Take the swimsuit off and carefully cut a tiny hole. Really make it tiny because the fabric will stretch around the tail. Cut the hole lower than where you think it should be, otherwise his or her bottom will show and that's not very attractive.

I can't wait to see what you've made at home and let me know if any part of these instructions is confusing!

With love from the Poekies,

sophia

* For children age 8 and up, with parental guidance.

Warning: 1. Pins and needles' mission in life is to poke, and scissors only know how to cut. You must be careful and make sure that they poke and cut only the things that you want them to! 2. None of the materials used belong in a person's mouth, so be careful when you make this while little children are around you.

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