

WAISTCOAT SPORT FOR WOMEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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YOU WILL NEED THE FOLLOWING MATERIALS:

- shell membrane fabric,
- lining fabric,
- polyester insulation 150 g,
- two-way separator zipper,
- elastic cord,
- eyelets 8 mm (0.31") 2 pcs.,
- 2 holes stopper 2 pcs.,
- matching threads,
- Microtex 70-80 needles,
- braided elastic 4 mm (0.16") for sizes 48 - 54.

A

Check the pattern for amount of fabric, insulation, the braided elastic length and the zipper length to take, according to your size. Note: if the width of the fabric differs from the one specified in the table, the length of the cut is likely to be different.

B

Let's start the cutting. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

C

Put the paper pattern pieces onto the fabric. It's important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along them. Note: seam allowance is included. Transfer any necessary marks from the pattern onto the wrong side of your fabric. Cut the insulation roughly + 2-3 cm to the allowances.

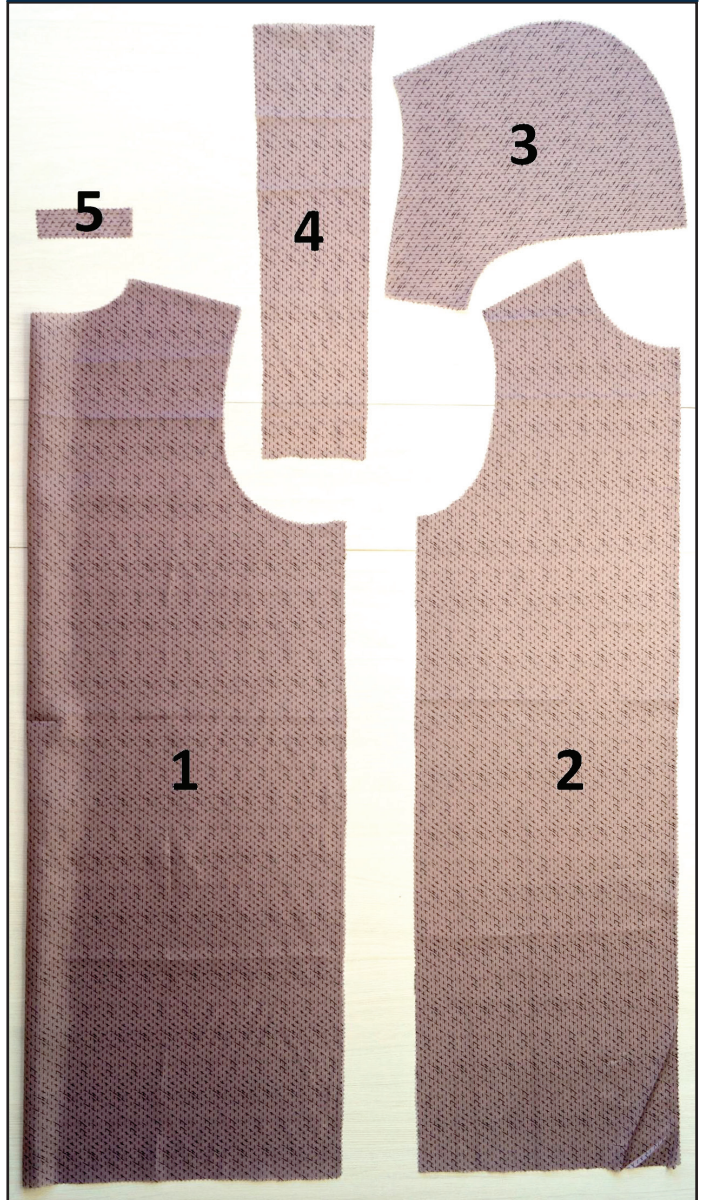
NOW YOU HAVE ALL THE PIECES:

WAISTCOAT PIECES:



- ❶ back - cut 1 on the fold from shell fabric and cut 1 on the fold from insulation.
- ❷ front - cut 2 from shell fabric and cut 2 from insulation.
- ❸ hood - cut 2 from shell fabric and cut 2 from insulation
- ❹ hood center piece cut 1 from shell fabric and cut 1 from insulation
- ❺ pocket lining- cut 4 from shell fabric

LINING FABRIC PIECES:



- ❶ back - cut 1 on the fold
- ❷ front - cut 2
- ❸ hood - cut 2
- ❹ hood center piece cut 1
- ❺ loop - cut 1 - 11 cm x 3.5 cm (4.33" - 1.38")

Note: if the fabric frays easily, you can use pinking shears for cutting.

NOW WE CAN START SEWING

SYMBOLS:



straight stitch



the stitch length in
(in)



flat lock stitch



zigzag stitch



the stitch width in
(in)



3-Step Zigzag Seam
Finishing



unilateral zipper
foot



universal presser
foot



invisible presser
foot



pinning

You should lockstitch the seam and trim the thread tails or tie the seam thread tails and hide them into the seam after sewing a serger stitch or cover seaming chain stitch.



**3-thread serger
stitch**



**4-thread serger
stitch**

NOTE:

A

If the fabric is slippery or you are a beginner, you would better hand-baste instead of pinning the fabric. Not to leave holes after hand-basting, stitch on the seam allowance close to the seam.

B

4-thread serger stitch

If you do not have a serger, you can use stretch stitches available on your sewing machine, or at least, a zigzag stitch.

C

3-thread serger stitch

If you do not have a serger, you can replace it with an overedge stitch, or a zigzag stitch.

D

flat lock stitch

If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.

SEWING GUIDE

1



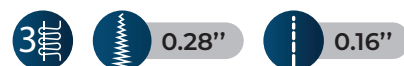
Glue the hood shell piece wrong side with a stationery glue-pencil along the outline and you can use stripes inside the piece. Glue the hood shell piece to the hood insulation piece, evenly distributing the fabric.

2



Pin the shell fabric more dense to the insulation along the outline.

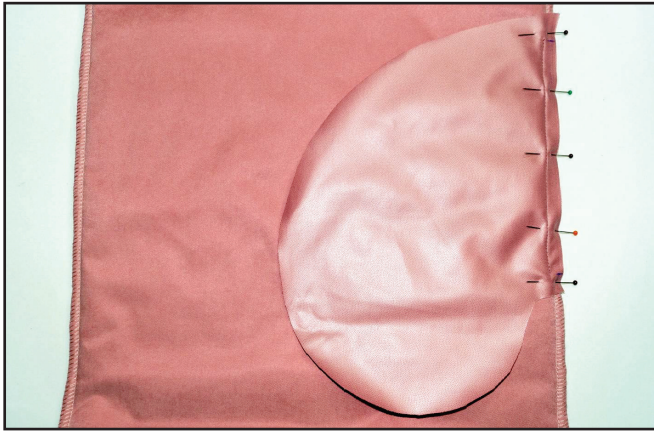
3



Serge the shell and the insulation pieces together. Serger cuts the excess insulation, fixes the shell and the insulation together and makes the seam allowances flatter. If you do not have a serger, sew the shell fabric piece with a straight stitch 4 - 5 mm (0.16 - 0.2") from the edge, then trim the excess insulation. Repeat the same steps with the opposite hood half, center hood

piece, both front pieces and the back piece.

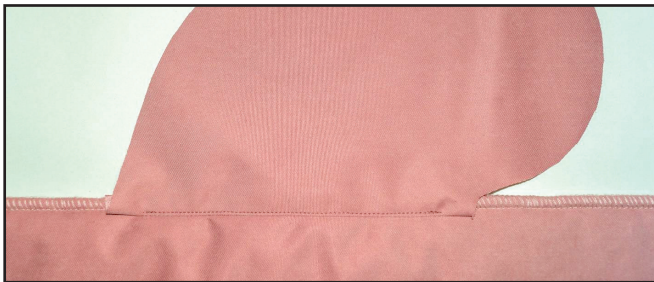
4



0.079 - 0.1"

With right sides together, pin the pocket lining to the front, aligning the marks. Stitch the lining in place 10 mm (0,39") from the edge. Stitch between the marks. In the same way attach the pocket linings to the opposite front and the back.

5



0.079 - 0.1"

Topstitch the lining seam allowances on the lining 1 mm (0.039") from the seam. Stitch between the marks.

6



0.079 - 0.1"

Pin the front and the back along the side edges with right sides together. Stitch the pieces. Sew exactly up to the pocket lining attaching seams. Repeat the same steps with the opposite side seam.

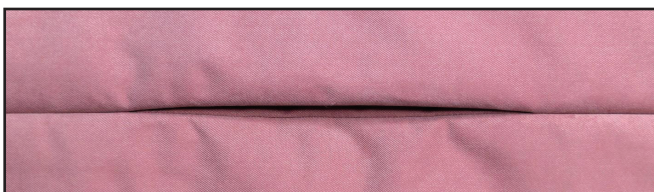
7



0.079 - 0.1"

Pin around the pocket to join the two pieces together. Stitch them together 10 mm (0,39") from the edge. Stitch exactly between the pocket opening marks. Repeat the same steps with the opposite pocket lining.

8



This is how the pocket should look on the front side.

9



Pin the shoulder seams with right sides together. Stitch them 10 mm (0.39") from the edge.

10



With right sides together, pin the hood side and center pieces, aligning the marks. Stitch them 10 mm (0.39") from the edge.

11



Repeat the same steps with the opposite hood side piece.

12



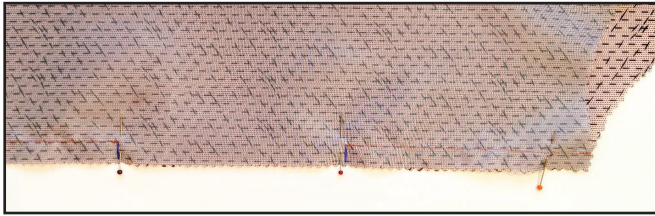
With right sides together, pin the hood to the waistcoat neckline, aligning the marks. Stitch the seam 10 mm (0.39") from the edge.

13



Slash the seam allowances along the neckline every 15 - 20 mm, (0.59 - 0.79") 1 mm (0.039") from the seam.

14



With right sides together, pin the back and the fronts lining pieces along the side edges. Stitch them together 10 mm (0,39") from

the edge. Leave a hole 150 mm (5.91") in one side seam. Press the seam allowances open.

15



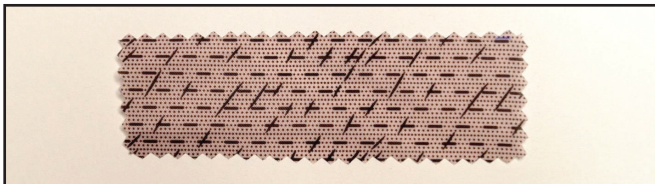
Pin the lining shoulder seams with right sides together. Stitch the shoulder seams 10 mm (0,39") from the edge. Press the seam allowances open.

16



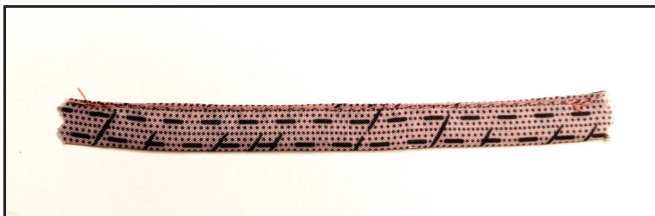
Pin the hood lining side and center pieces. Stitch the pieces 10 mm (0,39") from the edge. Repeat the same steps with the opposite hood lining side piece. Press the seam allowances open.

17



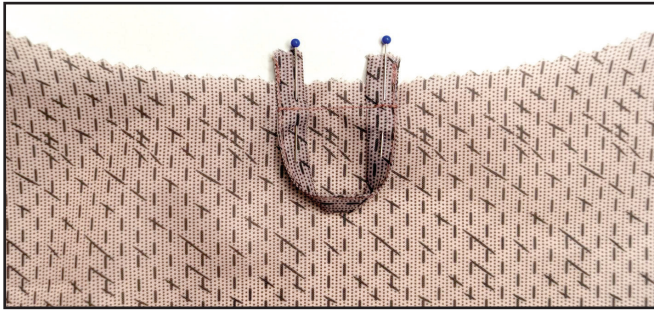
Cut a strip of the shell fabric 35 mm (1,38") wide and 100 mm (3.94") long to make a loop.

18



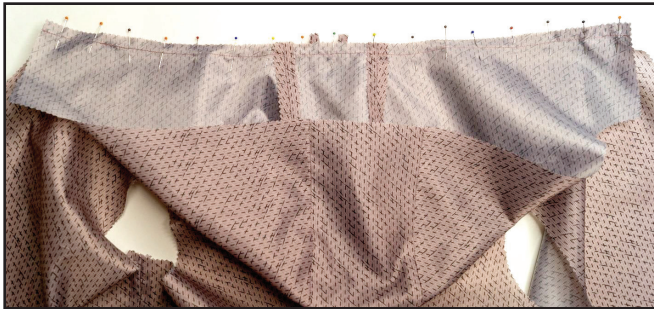
Fold the strip long edges twice with right sides together and stitch 1 mm (0.039") from the edge. Press the piece.

19



Pin the prepared loop strip to the lining neckline back center on the right side. Stitch the loop strip 7 mm (0.28") from the edge.

20



With right sides together, pin the hood lining to the garment lining neckline, aligning the marks. Stitch them 10 mm (0.39") from the edge.

21



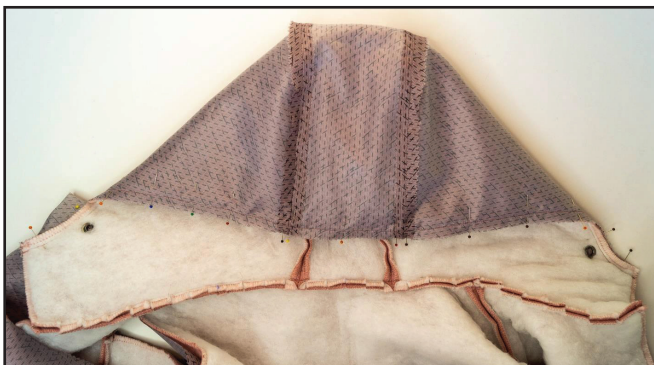
Slash the seam allowances along the lining neckline every 15 - 20 mm, (0.59 - 0.79") 1 mm (0.039") from the seam.

22



Transfer the eyelets position marks onto the hood pieces. Punch 5 mm (0.2") holes for the eyelets with a Hole Punch or cut cautiously with the scissors. Attach the eyelets with a press.

23



With right sides together, pin the hood and the hood lining pieces, aligning the marks. Stitch them 10 mm (0.39") from the edge.

24



Slash the seam allowances along the seam of attaching the lining to the hood every 15 - 20 mm, (0.59 - 0.79") 1 mm (0.039") from the seam.

25



Edgestitch along the seam allowance of attaching the hood lining to the hood on the lining side 1 mm (0.039") from the seam.

26



Baste one zipper tape to the front with right sides together. Place the zipper to sit accurately in the seam without waviness and pulling the fabric. Place the zipper bottom stop 11 mm (0.43") from the waistcoat lower hem. Fold the zipper top tape extension over and place the zipper top stop 1 mm (0.039") below the hood lining attaching seam. If the zipper is too long, you should shorten its top. Stitch the zipper in place with an unilateral zipper

presser foot 10 mm (0.39") from the edge.

27



Fasten the zipper and mark the place for the hood attaching seam on the other zipper tape. Align the fronts lower hems and mark the place where the zipper ends on the other front.

28



Baste in place the other zipper tape. Very precisely, align the mark on the zipper with the seam of attaching the neckline and the zipper bottom stop with the mark on the front. Stitch the opposite zipper tape in place with the unilateral zipper presser foot 10 mm (0,39") from

the edge, in the same way as you stitched the first zipper tape. If the slider prevents you from finishing the seam, then place the machine needle in the work, raise the zipper foot, move the zipper slider and sew on.

29



Fasten the zipper, make sure that the hood attaching seams and the garment lower hem match, and the zipper is flat, not in waves.



30



Place the waistcoat and the lining with wrong sides together. Then bend the lining edge up, pin the waistcoat armhole with the lining armhole with right sides together. It is more convenient to pin the shoulder seams and side seams first, and then pin along the armhole. I

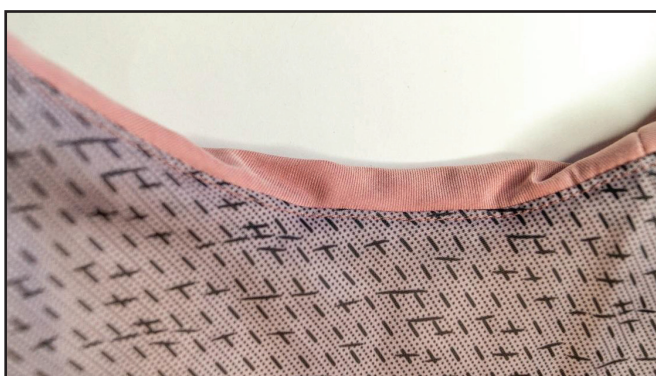
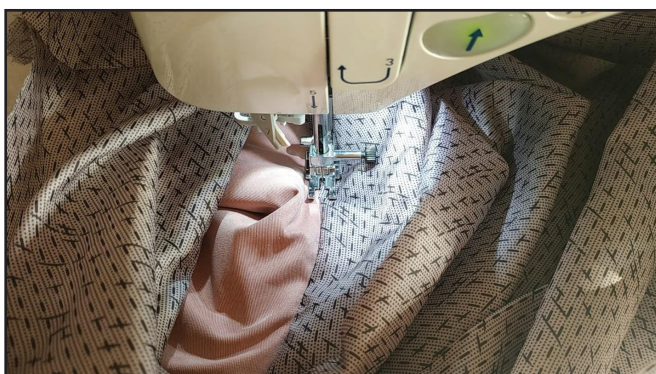
advise to hand-baste this seam first. Stitch the armholes 10 mm (0,39") from the edge. Start stitching from the shoulder seam.

31



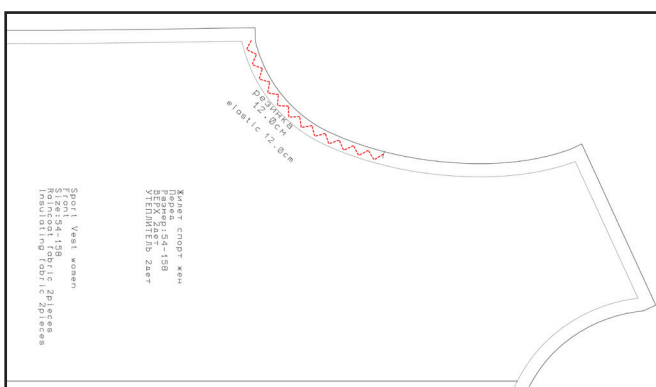
Slash the seam allowances along the armhole every 15 - 20 mm, (0.59 - 0.79") 1 mm (0.039") from the seam.

32



Edgestitch the seam allowances towards the hood lining 1 mm (0.039") from the seam. Start stitching from the shoulder seam. Repeat the same steps with the opposite armhole.

33



For sizes 48 - 54, stretching the braided elastic evenly, stitch it to the seam allowance around the armhole, using 3-Step Zigzag Seam Finishing. The length of the elastic is indicated on the front pattern. Stitch it between the side seam and the mark.

34



Cut the elastic cord of the desired length. Insert the elastic cord into the hood and attach the 2 holes stoppers. Stitch the cord ends to the seam allowance of the hood center edge 10 mm (0.39") from the edge.

35



Pin the fronts and the lining central edges with right sides together. Stitch them 1 cm (0.39") from the edge. Stitch on the insulation side in the way, that it coincides with the

seam of the zipper.

36



Pin the waistcoat and the lining lower hems, aligning the marks. Stitch them 10 mm (0.39") from the edge.

37



Hand-baste the lower hem seam allowance to the insulation, but do not baste the shell fabric.

38



Pin the seam allowances of the waistcoat neckline and the garment lining neckline. Stitch between the shoulder seams 7 mm (0.28") from the edge. Turn the garment out through the hole in the lining side seam.

39



Topstitch 1 mm (0,03") from the seam. Topstitch the hood 20 mm (0.79") from the edge and do not allow the elastic cord to be sewn.

40



Hand-baste the lining side seam hole with a blind stitch.

41



Remove the basting stitches and trim the thread tails . The waistcoat is ready!

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ПРО ШИТЬЕ

**THANK YOU FOR JOINING MY TEAM AND ME!
SHARE YOUR WORKS IN INSTAGRAM AND MY
GROUP IN VKONTAKTE. HOPE YOU WILL STAY
WITH US FOR OUR NEXT PROJECT!**