

# PARKA SVO FOR GIRLS

SKILL LEVEL



## INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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## YOU WILL NEED THE FOLLOWING MATERIALS:

- lightweight polyester shell fabric,
- lining fabric,
- fusible interfacing,
- open-end zipper,
- cording 3 pcs.,
- cord locks 4 pcs.,
- eyelets 8 mm (0.31») 4 pcs.,
- elastic band 2 cm (0.79»),
- matching threads,
- and needle Microtex 70-80.

A

The required length of the elastic is indicated on the sleeve pattern. Check the pattern for amount of fabric 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.

Б

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

В

Put the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along the outline. Note: seam allowance is included. Transfer any necessary marks from the pattern onto the wrong side of your fabric.

NOW YOU HAVE  
ALL THE PIECES:

### ALL THE PARKA SHELL FABRIC PIECES:



- ① front - cut 2
- ② back - cut 1 on the fold
- ③ sleeve - cut 2
- ④ front yoke - cut 2
- ⑤ back yoke - cut 2
- ⑥ hood - cut 2
- ⑦ pocket bigger lining - cut 2
- ⑧ welt - cut 2
- ⑨ casing - cut 1 on the fold

### AND ALSO LINING FABRIC PIECES:



- ① front - cut 2
- ② back - cut 1 on the fold
- ③ sleeve - cut 2
- ④ hood - cut 2
- ⑤ pocket smaller lining - cut 2
- ⑥ strip to secure the lining - cut 2

**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**

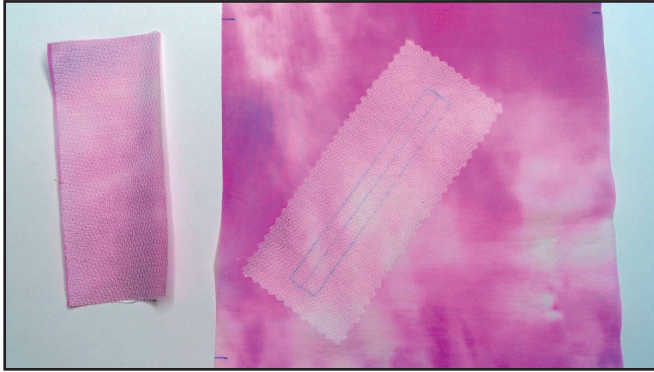
**flat lock stitch**

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.



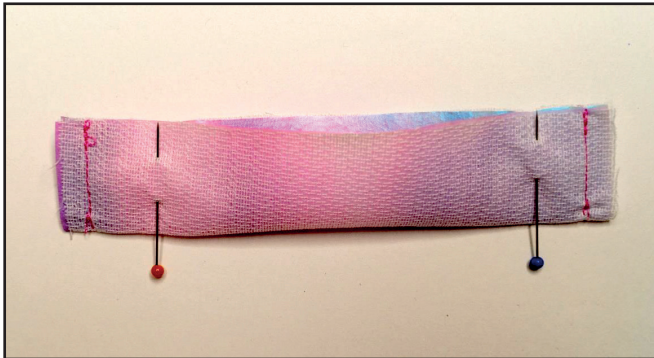
# SEWING GUIDE

1



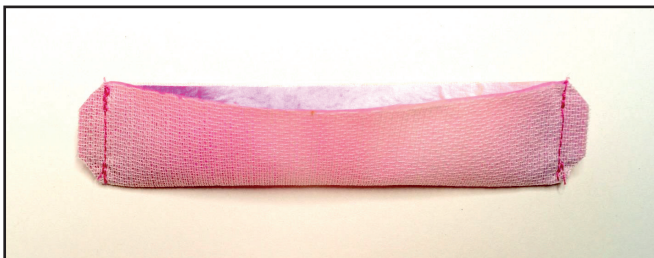
Apply fusible interfacing to the places for the pockets slits and welts slits on the fronts. There is no need to reinforce the fabric if it is dense enough. My fabric is very thin and if the pockets were not reinforced, they would not look.

2



Fold the welt lengthwise, right sides inside. Pin along the short edges. Stitch along the short edges 10 mm (0.39") from the edge.

3



Trim the seam allowances corners. Turn the welt out and press it. Use the left after cutting fabric pieces to choose the necessary temperature!

4



Mark the position of the pocket on the right side of the front. Apply the welt so that its slit coincides with the center line and the fold is directed to the center of the front. Pin the welt. Draw an additional line on the welt 7 mm (0.28") from the edge. Stitch along this line.

5

5



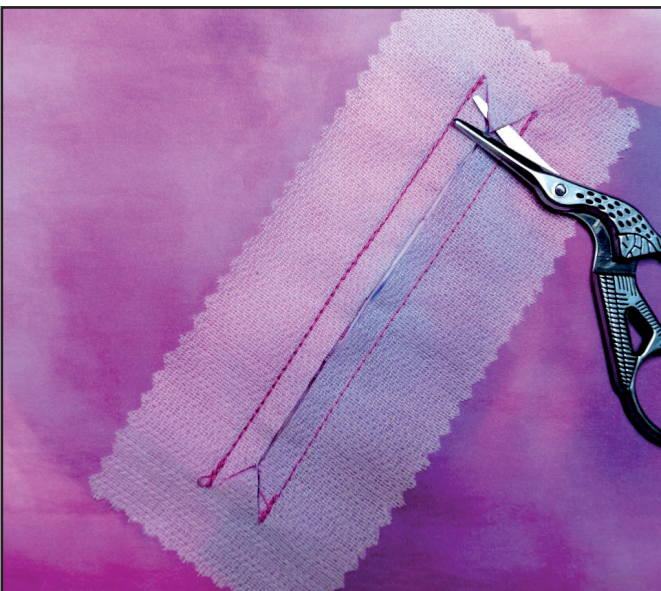
Pin the pocket smaller lining with the welt right sides together. Stitch the lining so that the stitch coincides precisely with the welt attaching stitch. It will be more convenient to stitch from the front part wrong side.

6



Pin the pocket bigger lining to the front from the other welt slit with the right sides together. Stitch the lining so that the seam ends were on the same level with the ends of the smaller pocket lining attaching seam. Stitch the seam 7 mm (0.28") from the edge.

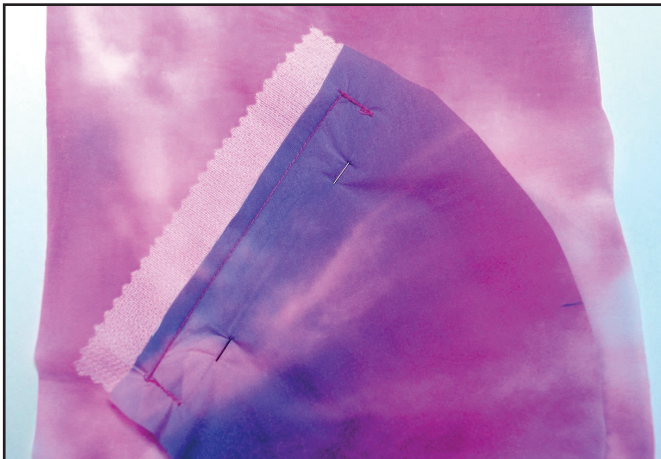
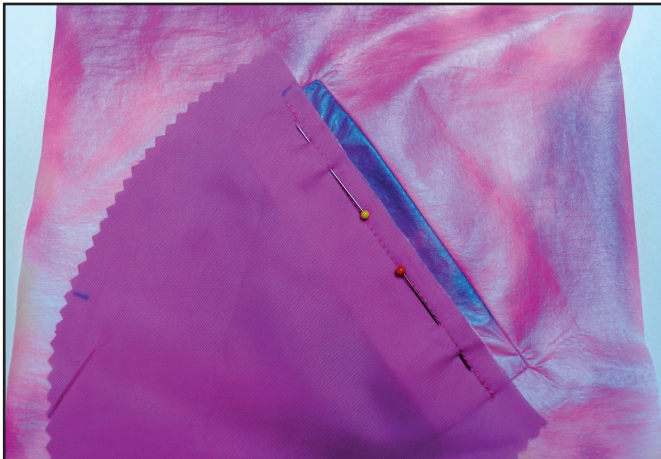
7



Cut the fabric between the seams, 10 mm (0.39") from the beginning and the end of the seam, slash the fabric diagonally, exactly to the ends of the seams so that you get triangles. Do not cut through the lining and the welt!



8



Pull the pocket bigger lining through to the wrong side. Press the seam allowances flat towards the front. Place the front on a flat surface with the right sides together and straighten the front and the pocket. Pin the welt slit to the front and the pocket bigger lining so that the slit is parallel to the pocket bigger lining stitching seam and the stitches ends are at the same level. Fold the front up so, that the triangle is visible. Hand-baste and then stitch it to the bigger lining. The seams ends should exactly coincide with the linings stitching seams ends. Repeat the steps with the other triangle. This is how the pocket should look after this step on the right and wrong sides.

9



Pull the pocket smaller lining through to the wrong side. Press it flat to the front. Pin the pocket linings together and stitch them 10 mm (0.39") from the edge. Press the lining.



10



0.071 - 0.087"

Press the walt towards the side seam. Stitch the walt short edges 1 mm (0.039") from the edge. Make sure that the pocket lining should be under the walt and is not seen. Press the pocket. Repeat the steps with the opposite pocket (steps 1 - 10).

11



Transfer the eyelets position marks onto the fronts. Punch 4.5 mm (0.18") holes for the eyelets with a Hole Punch or cut cautiously with the scissors. Attach the eyelets on the fronts. Since the fabric is thin, I used special plastic rings to reinforce it, you can use a small piece of thick fabric, also punch a hole, and after attaching the eyelet, trim the excess fabric around the eyelet.

12



0.071 - 0.087"

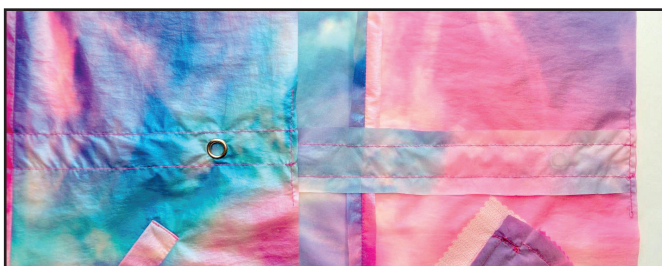
Pin the fronts and the back along the side edges with right sides together. Stitch them 10 mm (0.39") from the edge. Press the seam allowance open.

13



0.071 - 0.087"

Mark the place for the cording casing on the back and the fronts right sides. Pin the casing right side to the garment wrong side. To pin it easier you can also mark the line for casing on the wrong side. Stitch the casing in place along the marked line on the wrong side, using the unilateral zipper foot, because the eyelets will not allow to do it with a universal presser foot.





14



Pin the fronts and the back yokes along the side edges with right sides together. Stitch them 10 mm (0.39") from the edge. Press the seam allowance open.

15



Fold the yoke lower hem up to the wrong side twice, first 10 mm (0.39"), then 20 mm (0.79"). Hand-baste the folded hem. To do it easier, you can first draw two parallel lines 20 mm (0.79") and 50 mm (1.97") from the edge.

16



Topstitch the yoke folded hem 1 mm (0.039") from the folded edge. Press the seam.

17



Pin the yoke to the fronts and back wrong side to the right side, neckline and the center edge, aligning the side seams and all the marks. Stitch the parts 5 -7 mm (0.2 - 0.28") from the edge.

18



Pin the sleeves shoulder darts on the sleeves. Stitch them. Press the darts towards the front.

19



Pin the sleeves along the side edges aligning the marks. Stitch the seams 10 mm (0.39") from the edge. Press the seam allowance open.

20



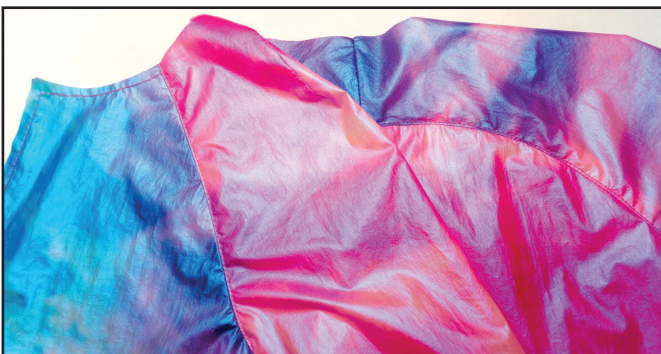
Pin both sleeves along the center edge with right sides together. Stitch them 10 mm (0.39") from the edge. Press the seam allowance open.

21



Baste the sleeves to the fronts and the back along the raglan edges with right sides together, aligning the marks. Stitch the seams 10 mm (0.39") from the edge. Slash the sleeves seam allowances every 2 cm. (0.79") Press the seam allowances towards the sleeves.

22



Edgestitch the sleeve, attaching the seam on the sleeve 1 mm (0.039") from the seam. Press the seam.

23



Pin the hood parts with right sides together, aligning the marks. Stitch them 10 mm (0.39") from the edge. Press the seam allowances open. Repeat the steps with the hood lining.



24



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

25



Slash along the seam. Turn the hood out and press the seam allowances towards the lining.

26



Edge-stitch the seam allowances towards the hood lining 1mm (0.039") from the seam. Press the lining forming a roll.

27



Transfer the eyelets position marks onto the hood. Punch 4.5 mm (0.18") holes for the eyelets with a Hole Punch or cut cautiously with the scissors. Attach the eyelets on the hood the same way you did on the fronts.

28



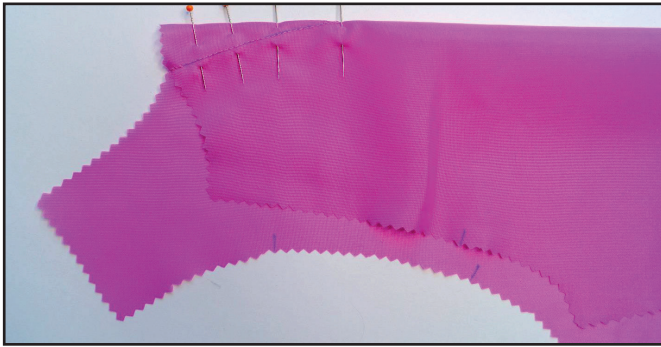
Baste the hood to the neckline with right sides together, aligning the marks. Stitch the hood 10 mm (0.39") from the edge.

29



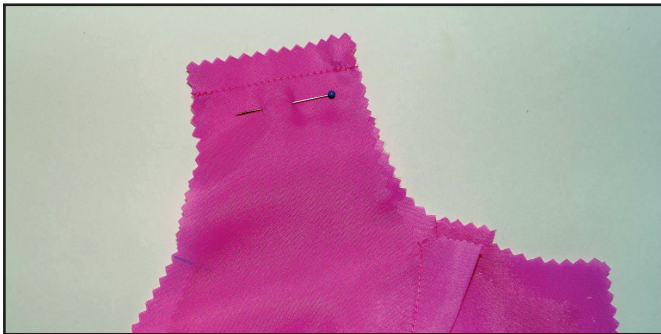
Slash the seam allowances 1 mm (0.039") from the seam. Press the seam allowances towards the back and the fronts.

30



Pin the sleeves shoulder darts on the sleeves lining. Stitch them. Press the darts towards the front.

31



Pin both sleeves lining along the center edge with right sides together. Stitch them 10 mm (0.39") from the edge. Press the seam allowance open.

32



Baste the back lining to the sleeves lining with right sides together aligning the marks. Stitch the parts 10 mm (0.39") from the edge. Slash the sleeves seam allowances. Press the seam allowances towards the sleeves.

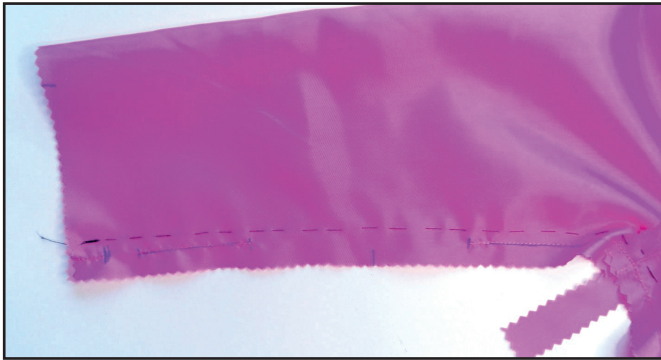
33



Baste the fronts lining to the sleeves lining with right sides together aligning the marks. Stitch the parts 10 mm (0.39") from the edge. Slash the sleeves seam allowances. Press the seam allowances towards the sleeves.

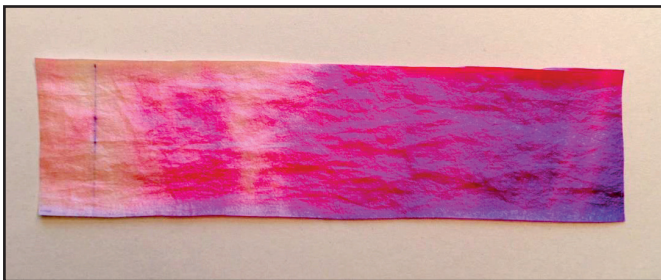


34



Baste the sleeve, back and front lining along the side edges with right sides together aligning the marks. Stitch the seams 10 mm (0.39") from the edge. Stitch the strip of fabric to the underarm to attach the lining to the outer layer. Leave the holes 150 mm (5.9") to insert elastic on both sleeve lower hems 13 mm (0.51") from the edge. Also leave the hole in the one sleeve seam for turning the whole garment out. Press the seam allowance open.

35



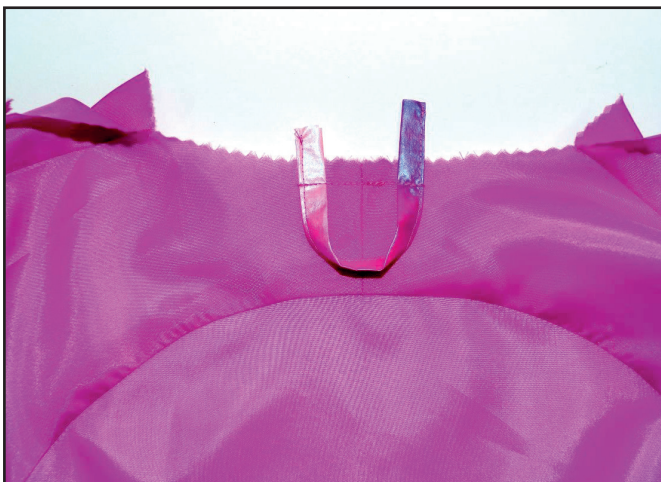
Cut a strip of the shell fabric 35 mm (1.38") wide and 100 mm (3.94") long to make a loop.

36



Fold it twice lengthwise with right sides together and stitch 1 mm (0.039") from the edge.

37



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.



38



Pin or baste one zipper side to the front with right sides together. Place the zipper to sit accurately in the seam without waving and pulling the fabric. Align the zipper bottom with the mark, indicated

on the pattern. Fold the top of the zipper tape over and place the top stop of the zipper tape 1 mm (0.039") below the hood lining attaching seam. If the zipper is too long, you can shorten it or place the entire zipper lower. Stitch the zipper in place with an unilateral zipper presser foot 10 mm (0.28") from the edge. 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.

39



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.



40



Baste in place the other side of the zipper. Very precisely, align the mark on the zipper with the seam of attaching the neckline, with the folded yoke hem and the zipper bottom with the mark on the front. Stitch the zipper 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.

41



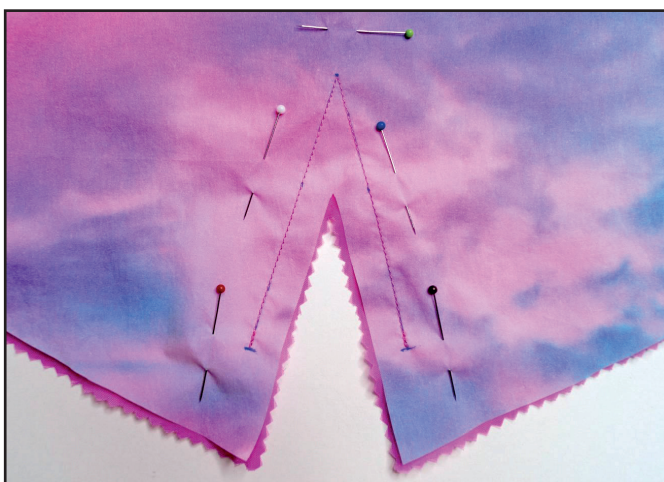
Fasten the zipper, make sure that the hood attaching seams, the folded hem, the yoke hems and the garment hem match, and the zipper is flat, not in waves.

42



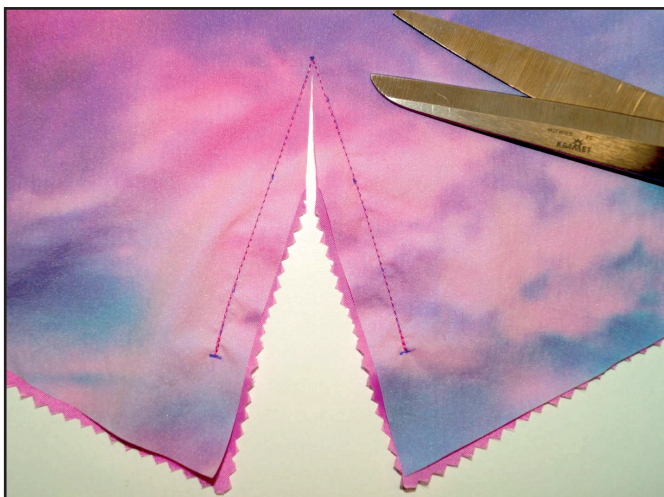
Baste the hood lining to the garment lining neckline with right sides together aligning the marks. Stitch the parts 10 mm (0.39") from the edge. Slash the seam allowances, press them towards the front and back lining.

43



Pin the back and the lining along the slit. Stitch the parts 30 mm (1.18") from the low hem and 10 mm (0.39") from the edge.

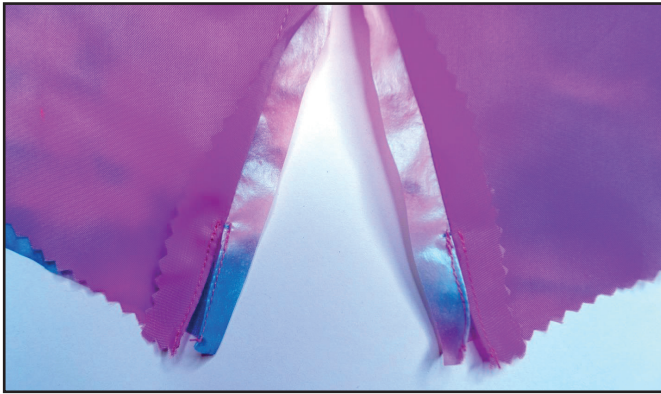
44



Slash the seam allowance up to the slit top.



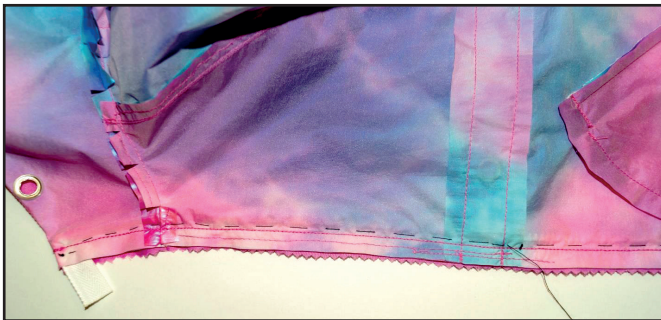
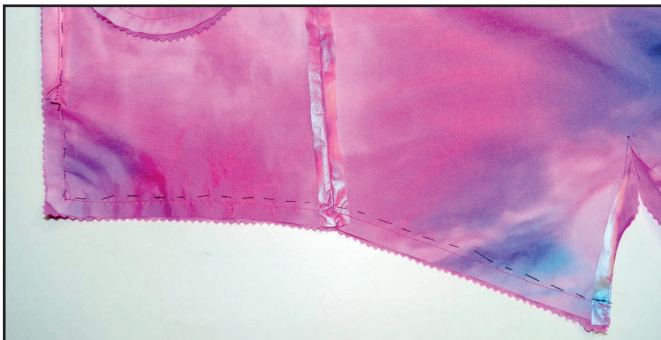
45



0.071 - 0.087"

Fold the raw slit edges to the wrong side and stitch them 1 mm (0.039") from the edge evenly up to the seam end.

46



0.071 - 0.087"

Hand-baste the lining to the garment along the unsecured edges: along the zipper and the lower hem. Align the slits edges. Stitch the parts 10 mm (0.39") from the edge. Stitch on the garment top, make sure that the seam goes exactly along the zipper attaching seam.

47



Trim the seam allowances corners and slash the hem allowances.

48

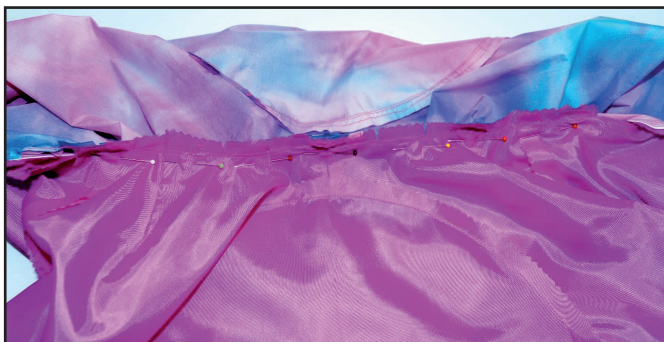


0.071 - 0.087"

Hand-baste the sleeve to the lining with right sides together, inserting the lining into the sleeve and aligning the seams and the marks. Stitch the sleeve and the lining 10 mm (0.39") from the edge.



49



0.071 - 0.087"

Pin the hood to the garment along the hood attaching seam and the hood lining attaching seam. Stitch the seams together with a straight line 5 - 7 mm (0.2 - 0.28") from the edge. Stitch as close to the zipper as possible.

50



0.071 - 0.087"

Stitch the lining strips to the shell underarms seam allowances.

51

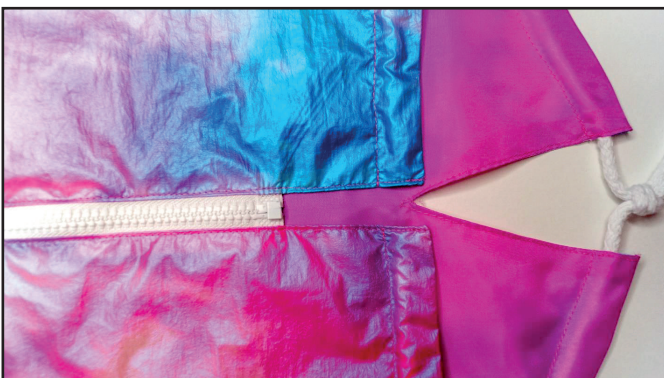


0.071 - 0.087"

Cut the cording of the desired length. First stitch one cording end to the center seam allowance at the bottom. Insert the other cording end through the hole with the help of a safety pin. Then sew the other cording end to the opposite corner

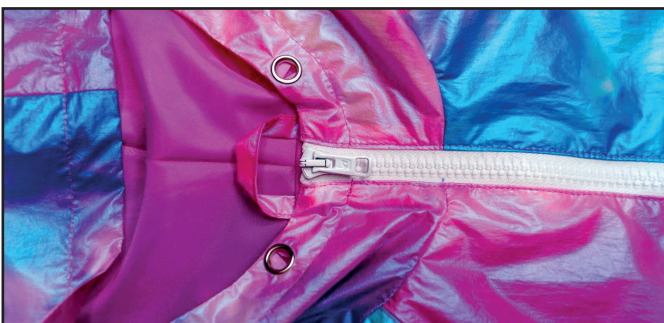
of the garment. Turn the garment out through the hole in the sleeve.

52



0.071 - 0.087"

Press all the garment lining seams forming a roll. Topstitch all the edges with the help of the unilateral zipper presser foot: garment low hem 20 mm (0.79") from the edge (do not allow the cording to be sewn), the slit - 1 mm (0.039") from the edge, along the zipper - 1 mm (0.039") from the edge and along the hood - 20 mm (0.79") from the edge. Press the seams.



53



Topstitch the sleeve lower hem 20 mm (0.79") from the edge. Press the seam.

54



Insert the elastic through the hole in the lining with the help of a safety pin.

55



Sew the elastic short edges with a zigzag stitch.

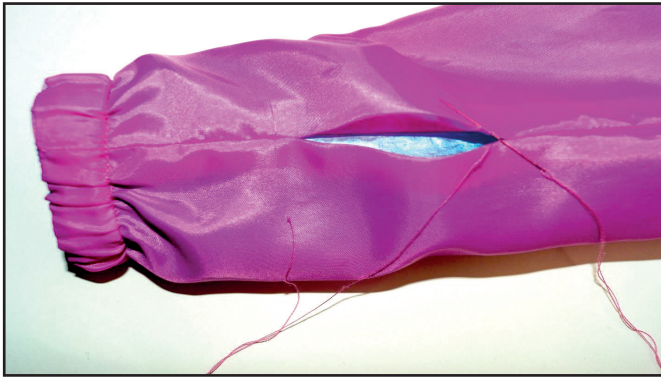
56



Distribute the elastic evenly. Hand-baste the sleeve hem hole with a blind stitch. Repeat the same steps with the opposite sleeve. (steps 53 - 56)



57



Hand-baste the hole for turning the garment out with a blind stitch.

58



Insert the cording into the waist and hood casings. Remove the basting stitches, trim the thread tails and press the garment once again. The parka is ready!

ELINA PATYKOVA

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!**