
SWEATSHIRT FOLD FOR WOMEN

SKILL LEVEL



INSTRUCTIONS
FOR SEWING

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ПРО ШИТЬЕ



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YOU WILL NEED THE FOLLOWING MATERIALS:

- french terry of three colors,
- knitted 2x2 rib fabric or ribbing of two colors,
- invisible zipper 2ps.,
- matching threads,
- kantenband,
- twilled ribbon 10 mm (0.39") wide,
- Jersey 70-80, Stretch 70-80 or Super Stretch 70-80 needles.

A

Check the pattern for amount of fabric and the zippers 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. Before beginning your sewing project, wash the fabric on warm, dry and iron it.

B

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.

C

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 them. 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:

SWEATSHIRT PIECES:



- ① upper front - cut 1 on the fold (french terry, color 1)
- ② middle front - cut 1 on the fold (french terry, color 2)
- ③ lower front - cut 1 on the fold (french terry, color 3)
- ④ upper back - cut 1 on the fold (french terry, color 1)
- ⑤ middle back - cut 1 on the fold (french terry, color 2)
- ⑥ lower back - cut 1 on the fold (french terry, color 3)
- ⑦ upper sleeve - cut 2 on the fold (french terry, color 2)
- ⑧ lower sleeve - cut 2 on the fold (french terry, color 3)
- ⑨ neckband - cut 1 (knitted 2x2 rib fabric or ribbing, color 1)
- ⑩ hem band - cut 1 on the fold (knitted 2x2 rib fabric or ribbing, color 3)
- ⑪ cuff - cut 2 (knitted 2x2 rib fabric or ribbing, color 3)

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 presser foot



universal presser foot



invisible zipper 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

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.

B

3-thread serger stitch

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

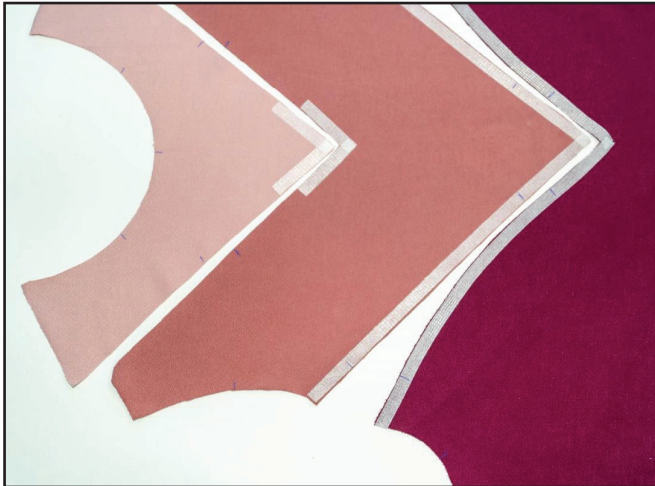
C

flat lock stitch

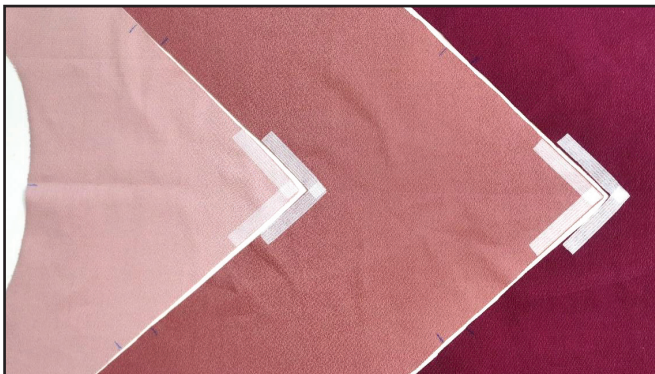
If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.

SEWING GUIDE

1



Cut off several 60 mm (2.36") kantenband pieces. Fuse the kantenband pieces to the upper, middle and lower backs and fronts corners. If you are going to make hidden zipper openings, fuse all the middle- and lower-pieces seam allowances with the kantenband.



2



4  0.28"  0.12 - 0.16"

Serge the fused with the kantenband middle and lower fronts. Serge the middle front with color 2 threads. Serge the lower front with color 3 threads. To serge the lower front inner corner, slash the corner by 5 - 6 mm (0.2 - 0.24").

3



Pin the unfastened zipper to the marks, indicated on the lower front right side, so that the zipper attaching seam was 8 mm (0.31") from the edge. If you are a beginner, it would be better to hand baste the zipper. Stitch the zipper with invisible zipper presser foot and with color 3 threads.

4



Fasten the zipper and mark the places, where the zipper attaching seam begins and ends. Aligning the marks, pin the zipper opposite tape to the middle front right side. Stitch it with invisible zipper presser foot and with color 3 threads between the marks. Repeat the same steps with the opposite zipper. (steps 3 -4).

5



Pin the lower and the middle fronts between the zipper bottom stop and the corner. Be careful: draw a line for the seam at the corners and precisely align the corners tops. Stitch between the corner top and the zipper attaching seam 8 mm (0.31") from the edge. Use unilateral zipper presser foot and color 3 threads.

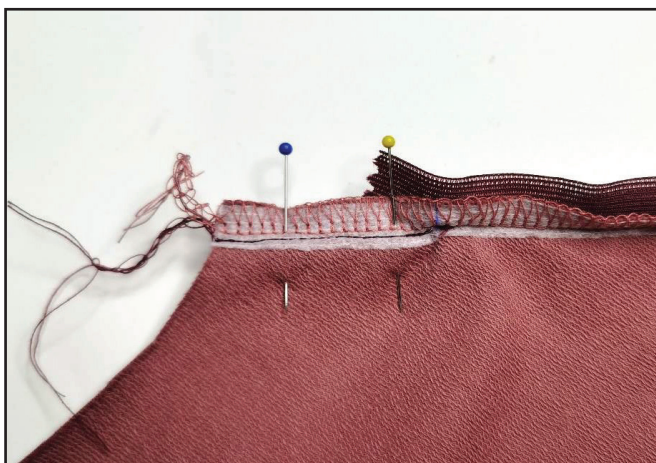
6

6



Pin the lower and the middle fronts between the bottom stop of the opposite zipper and the corner. Stitch between the corner top and the zipper attaching seam 8 mm (0.31") from the edge. Use unilateral zipper presser foot and color 3 threads.

7



Pin the lower and the middle fronts between the zipper bottom stop and the armhole. Stitch between the armhole and the zipper attaching seam 8 mm (0.31") from the edge. Use unilateral zipper presser foot and color 3 threads. Repeat the same steps with the opposite side.

8



Press the seam allowances above the zipper open, press the zippers on the right side and press the corner seam allowances down.

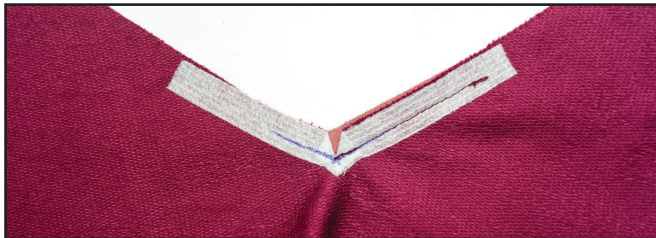
9



If you are not going to use the zippers for breastfeeding, skip the steps 2 - 8 and stitch the middle and the lower fronts in the same way as it is described below in back pieces stitching steps. Pin the lower and the middle back pieces at the corner

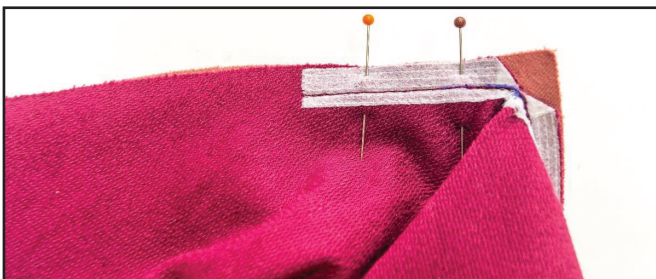
with right sides together. Be careful: draw a line for the seam at the corners and precisely align the corners tops. Beginning at the corner top, stitch 50 mm (1.97") seam with color 3 threads, 8 mm (0.31") from the edge.

10



Slash the lower back piece corner 1 mm (0.04") from the seam.

11






 0.08 - 0.1"

Pin the corner opposite side. Beginning at the corner top, stitch 50 mm (1.97") seam with color 3 threads, 8 mm (0.31") from the edge.

12




 0.28"
  0.12 - 0.16"

Aligning the marks, pin the middle and the lower back pieces right sides together. Serge the pieces with color 2 threads. The left needle should sew exactly along the corner stitching seam. Press the seam allowances down.

13




 0.28"
  0.12 - 0.16"

Aligning the marks, pin the upper and the lower sleeve pieces right sides together. Serge the pieces with color 2 threads. Seam allowances are pressed up. Repeat the same steps with the opposite sleeve.

14



Stitch the front and the back upper pieces in the same way as in steps 9 - 12. Use color 1 threads.

15



4



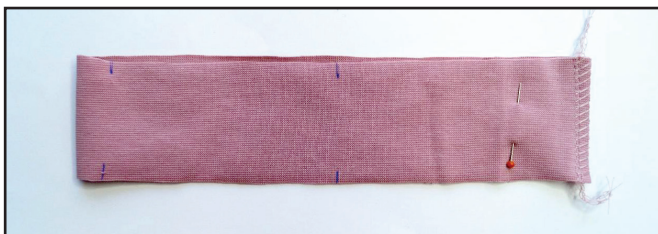
0.28"



0.12 - 0.16"

Pin the front and the back shoulders with right sides together. To lessen thickening, align the seams and place the seam allowances open. Serge the shoulder seams with color 1 threads. Press the seam allowances flat towards the front.

16



4



0.28"



0.12 - 0.16"

Pin and serge the neckband short edges.

17



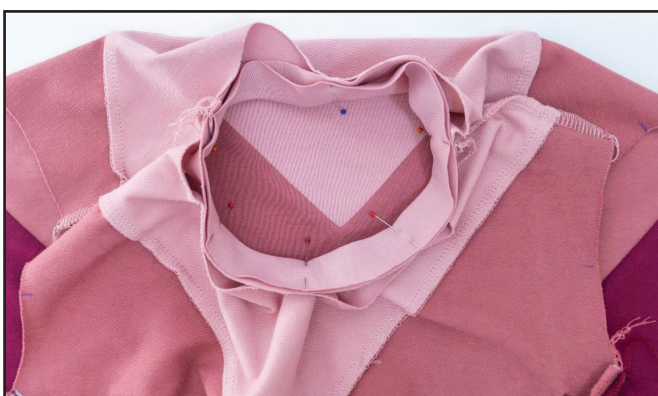
To avoid excess thickening when stitching the neckband, press the seam allowances in opposite directions.

18



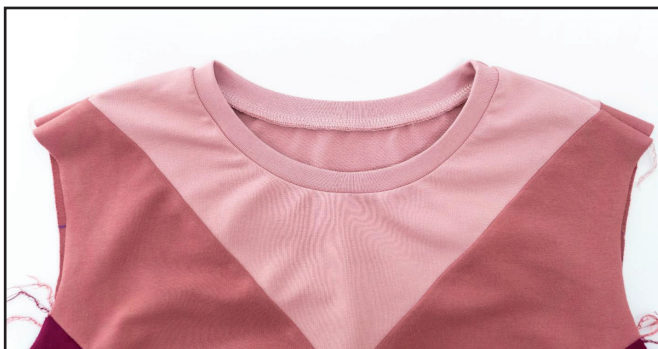
Fold the neckband piece in half lengthways and press it. At the same time, shape the neckline with an iron, gently stretching the raw edges and ironing the fold. For convenience, pin it at the marked places.

19



Pin the neckband to the garment neckline right side with six pins, aligning the centers and the shoulder seams with the marks.

20



4 0.28" 0.12 - 0.16"

Serge the neckband with color 1 threads. While serging, stretch the neckband, but avoid stretching the neckline itself. Press the seam allowances towards the front and the back.

21



0.08 - 0.1"

Stitch the twilled ribbon to the back neckline between the shoulder seams. Fold the twilled ribbon ends. Stitch the twilled ribbon, overlapping the serger seam and sewing exactly along the serger seam left edge 1mm (0.04") from the

twilled ribbon edge. While stitching the twilled ribbon, stretch the neckline gently.

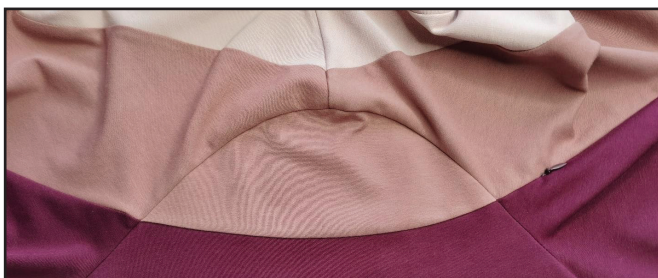
22



0.08 - 0.1"

Overlapping the serger seam, stitch the twilled ribbon raw edge on the back, 1mm (0.04") from the edge. Press the back neckline.

23



4 0.28" 0.12 - 0.16"

With right sides together, pin the sleeve into the armhole, aligning all the marks and the seams. Place the seam allowances in different directions. To align the seams, pin across them 7 mm (0.28") from the edge and care aligning the marks on the right side. If it is necessary, you can move the pins. If you are a beginner, it would be better to hand baste the sleeve! Serge the sleeves with color 2 threads. Press the seam allowances flat towards the front and the back. Repeat the same steps with the opposite sleeve.

24



4 threads 0.28" 0.12 - 0.16"

With right sides together, pin the sleeve, the back and the front pieces along the side seam. Serge the pieces with color 3 threads. To avoid excess thickening, place the sleeve attaching seam allowances in different directions. Press the seam allowances towards the front.

Repeat the same steps with the opposite side seam.

25



4 threads 0.28" 0.12 - 0.16"

With right sides together, fold the sweatshirt hem band in half lengthways and pin along the short edges. Serge them with color 3 threads.

26



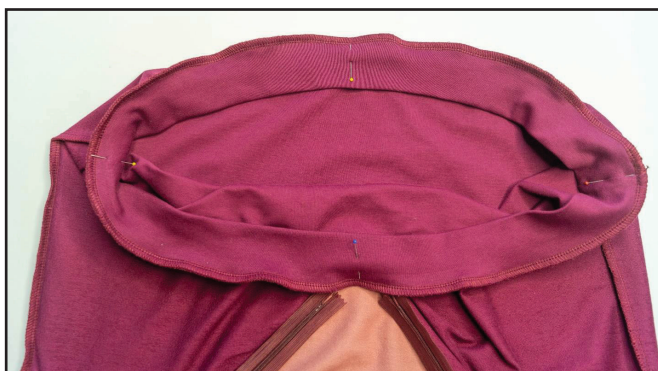
To avoid excess thickening when stitching the hem band, press the seam allowances open.

27



With wrong sides together, fold the hem band in half lengthways and press it.

28



4 threads 0.28" 0.12 - 0.16"

Divide the hem band into 4 equal parts and draw the marks. Repeat the same steps with the sweatshirt lower hem. Aligning the marks and the garment side seam with the hem band seam, pin the hem band to the garment lower hem with four pins. Serge the hem band with color 3 threads. While stitching, evenly stretch the hem band, but avoid stretching the garment lower hem. Press the seam up.

3 threads. While stitching, evenly stretch the hem band, but avoid stretching the garment lower hem. Press the seam up.

29



4 threads 0.28" 0.12 - 0.16"

Serge the cuffs short edges with color 3 threads. Press the seam allowances open, in the same way as the hem band was pressed.

30



With wrong sides together, fold the cuffs in half and press them.

31



4 threads 0.28" 0.12 - 0.16"

Pin the cuff, aligning the cuff and the sleeve centers. Serge the cuff with color 3 threads. While serging, evenly stretch the cuff, avoiding the sleeve lower hem stretching. Repeat the same steps with the opposite cuff. Press the seams towards the sleeves.

32



Remove the basting stitches, trim the thread tails and press once again. The sweatshirt 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!**