

HOODIE «OVER» FOR MEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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—
ПРО ШИТЬЕ



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YOU WILL NEED THE FOLLOWING MATERIALS:

- Sweatshirt fleece - main fabric
- Single jersey - hood lining
- Knitted 2x2 rib fabric - cuffs and waistband
- Threads, matching the main fabric
- Needles for knitted fabric. (Super Stretch 75)
- Grommets 15 mm (9/16") 2 pcs.

A

Check the pattern for amount of fabric 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. Place 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 fabric pieces.

NOW YOU HAVE
ALL THE PIECES:

HOODIE PIECES:



- ① Front - cut 1 on the fold
- ② Back - cut 1 on the fold
- ③ Sleeve - cut 2
- ④ Hood - cut 2 on the fold (main fabric)
- ⑤ Hood - cut 2 on the fold (lining fabric)
- ⑥ Waistband - cut 1 on the fold
- ⑦ Cuff - cut 2

NOW WE CAN START SEWING

SYMBOLS:



straight stitch



the stitch length in (mm)



flat lock stitch



zigzag stitch



the stitch width in (mm)



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.

SEWING GUIDE

1



With right sides together place the hood main fabric pieces and pin them at the curved edge. Repeat the same steps with the hood lining pieces.

2



Serge them.

3



Topstitch the seam, joining the hood main fabric pieces, on one of the sides. You can use a blind stitch presser foot or a universal presser foot.

4



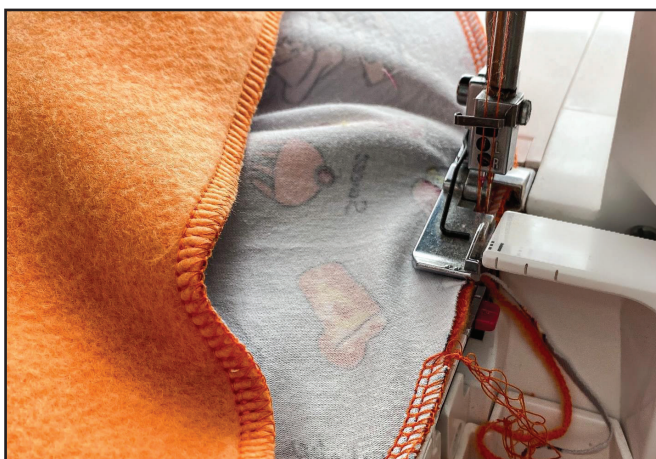
Press it.

5



Turn the hood lining out to the right side and place the right sides of the hood and the hood lining together and pin them.

6



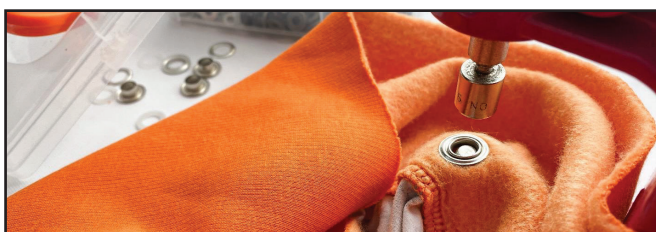
Serge them. Place the seams in different directions.

7



Topstitch the seam on the lining. To do it easier use a free-arm style by lifting out the flat bed attachment.

8



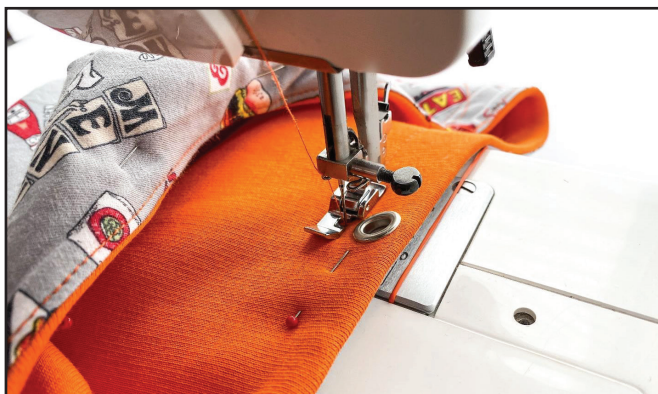
Attach the grommets with a press. Reinforce them with a piece of reinforcement fabric or a small piece of the main fabric.

9



Press the edge forming a roll on the lining. Pin them.

10



Topstitch. Place a mark on your machine needle plate to have a straight stitch. Be careful sewing near the grommets. You can do it easier with a unilateral zipper presser foot.

11



Pin the front and the back pieces and the sleeves with right sides together aligning the marks.

12



Serge your sleeve pieces to the main pieces.

13



Get the seams pressed and press them towards the sleeve. Measure the circle neckline and cut the lining fabric strip of the same length (+ 2 cm or 3/4") and 2.5 cm (1") wide.

14



Find and mark the center on the front and back upper raw edges. Find and mark the center on the hood raw edge.



15



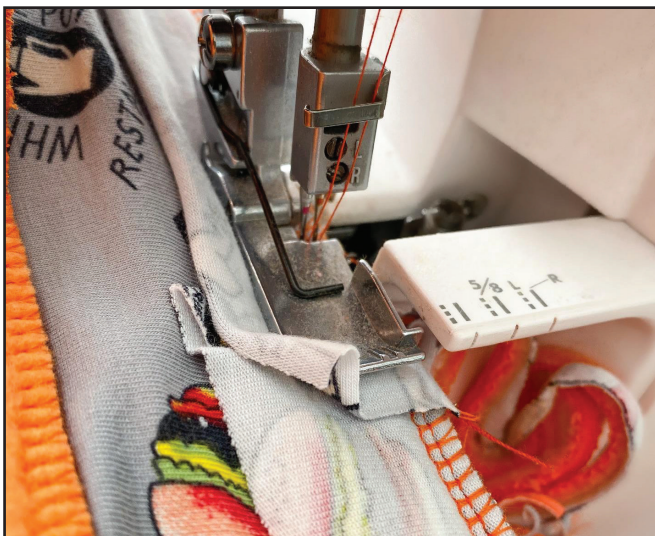
Join the garment and the hood aligning the marks. Pin them.

16



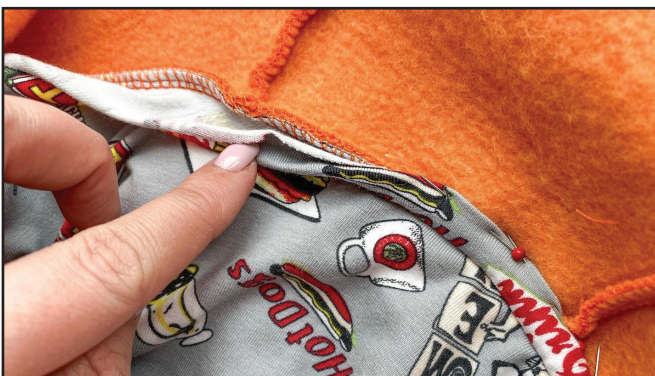
With right sides together, join the lining fabric strip and the sleeve upper raw edge 20 mm (3/4") from the back sleeve seam. Fold the short edge up and pin the strip around the neckline.

17



Serge them. Control all the layers and do not stretch the lining strip.

18



Wrap the folded edge and cover the seam up. Pin them.

19



Hand-baste and press the layers.

20



Stitch it 1 mm (1/16") from the strip folded edge.

21



Press it. Make sure there are no gaps.

22



Join the pieces along the side edges and the underarm edges. Pin them.

23



Serge the seams and place the underarm seams in different directions.

24



Get the seams pressed and then press them towards the front.

25



Prepare the cuffs and the waistband. Join and pin them right sides together.

26



Serge them, but do not stretch the cuffs.

27



Get the seams pressed and then press them at the fold.

28



Divide the cuff and the sleeve lower hem in quarters, pin and, having inserted the cuff into the sleeve opening, join them at quarter points. Place the cuff seams in different directions and pin them and the sleeve seam, to have them in checkerboard order.

29



Serge the seam, evenly stretching only the cuff. Start stitching 15 mm (9/16") from the seams and turn the flywheel by hand to serge the thick segments easier and not to move the joined seams.

30



Divide the waistband and the garment lower hem in quarters and pin at quarter points. Place and pin the waistband and the garment lower hem with right sides together. Place the waistband seams in different directions and pin them to the garment side seam, moving it towards the waistband first seam, to have them in checkerboard order.

31



Serge them. Slowly turn the flywheel by hand to serge the thick segments, as you did it when serging the cuffs.

32



Topstitch the seam on the garment. You can use a blind stitch presser foot or a universal presser foot.

33



Prepare a strip for a lace. It is 1200 - 1500 mm (47 - 60") long and 45 mm (1 3/4") wide.

34



Serge the strip short and long edges leaving a hole 30 mm (1/8") in the seam.

35



You can use a thin brush to turn it out. Make a small recess and insert the end of the brush handle into it.

36



Turn the lace out.

37



You can hand-baste the hole with a blind stitch or serge it.

38



Insert the lace through the grommets in the hood and tie the ends of it.

39



Get the garment pressed and the hoodie 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!**