

HOODIE OVER AND LEGGINGS FOR GIRLS

SKILL LEVEL



INSTRUCTIONS
FOR SEWING

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ПРО ШИТЬЕ



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YOU WILL NEED THE FOLLOWING MATERIALS:

- knitted heavyweight jersey loop back fabric,
- single jersey of the same or contrasting color,
- knitted 2x2 rib fabric,
- eyelets 8 mm (0.3") 2 pcs.,
- shoelace 120 -130 cm (47,2 - 51,1"),
- elastic band 2 cm (0,79"),
- matching threads,
- kantenband,
- Jersey 90, Stretch 90 or Super Stretch 90 needles.

A

Check the pattern for amount of fabric to take according to your size. The required length of the elastic is indicated on the pattern. 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.

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 the fabric pieces.

NOW YOU HAVE ALL THE PIECES:

HOODIE PIECES:



- ❶ front – cut 1 on the fold (knitted heavyweight jersey loop back fabric)
- ❷ back - cut 1 on the fold (knitted heavyweight jersey loop back fabric)
- ❸ sleeve cut 2 (knitted heavyweight jersey loop back fabric)
- ❹ hood - cut 1 on the fold (knitted heavyweight jersey loop back fabric) and cut 1 on the fold (single jersey)
- ❺ waistband cut 2 (knitted 2x2 rib fabric)
- ❻ sleeve cuff - cut 2 (knitted 2x2 rib fabric)

LEGGINGS PIECES:



- ❶ leg cut 2 (knitted 2x2 rib fabric)

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

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.

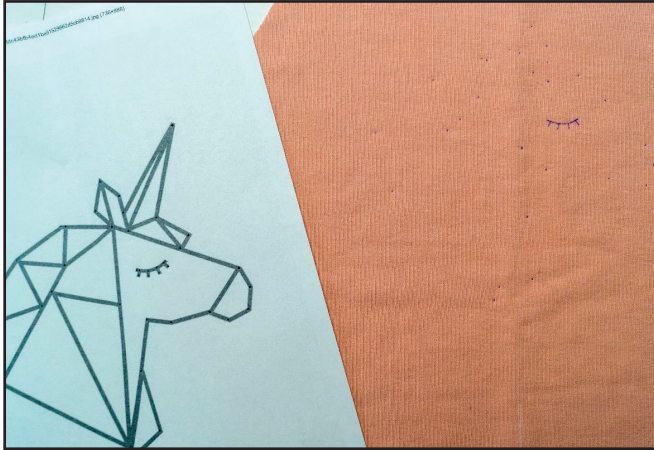
C

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.

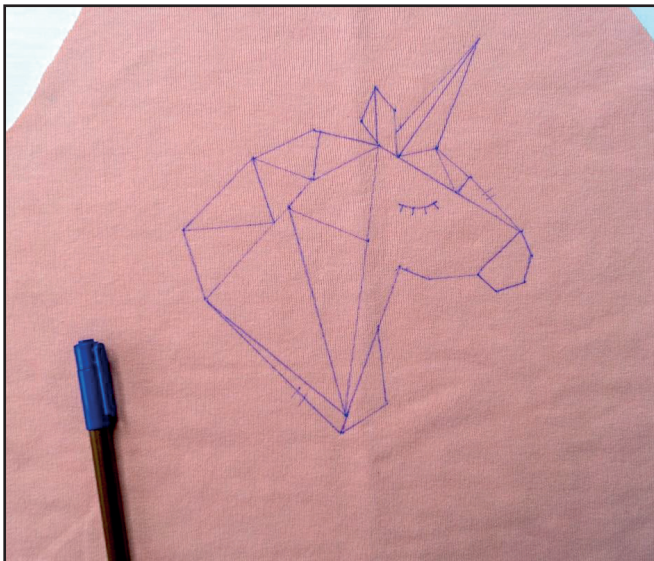
HOODIE SEWING GUIDE

1



You can decorate your hoodie if you want. Here is my version. Find the picture you like on the Internet requesting «geometric drawings» and print it out in the desired size. Place the picture in the center of the front. I use vanishing fabric marker to transfer all the points and corner tops onto the fabric, piercing the paper with the pen. Make sure that the paper does not move. You can pre-pin it to the front.

2



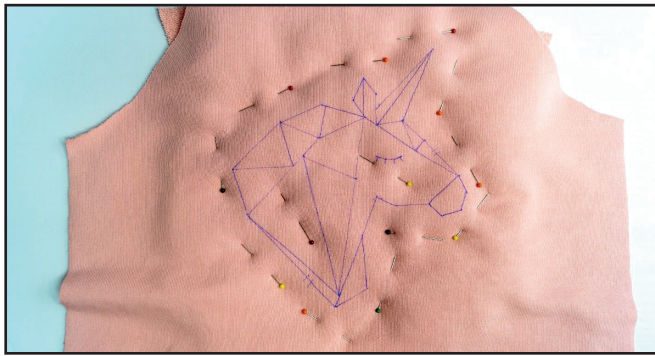
Connect all the points in the picture using a ruler and a vanishing fabric marker. You can use finely sharpened crayons or water-soluble marking pens.

3



Prepare a piece of knitted heavyweight jersey loop back fabric and a piece of insulation with a density of 50-100 g / m² a bit bigger than the picture size.

4



First pin the insulation to the front wrong side, then pin the piece of knitted heavyweight jersey loop back fabric wrong side to the insulation. Pins are pinned as often as possible, so that the pattern does not move during the stitching. Stitch along all the lines leaving the thread

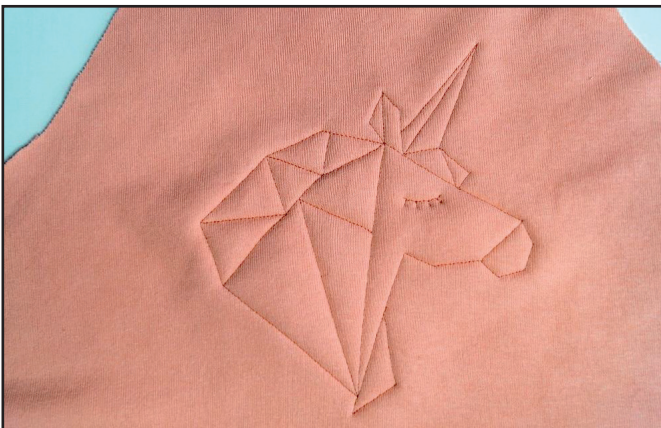
tails. Match the threads slightly darker than the color of the fabric. Try to avoid interrupting sewing. Pull the thread tails to the wrong side, tie several times and, with the needle, hide the thread tails inside the applique.

5



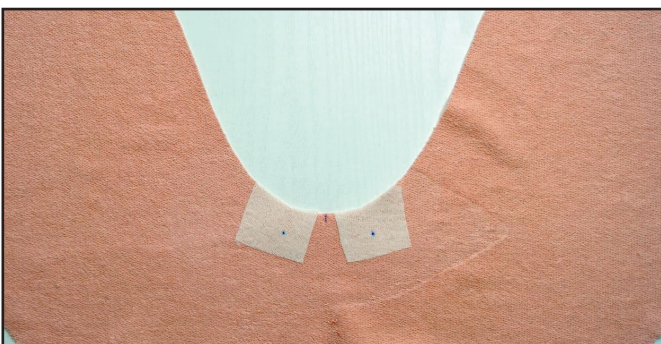
Trim the insulation and the piece of knitted heavyweight jersey loop back fabric close to the pattern avoiding trimming the front itself.

6



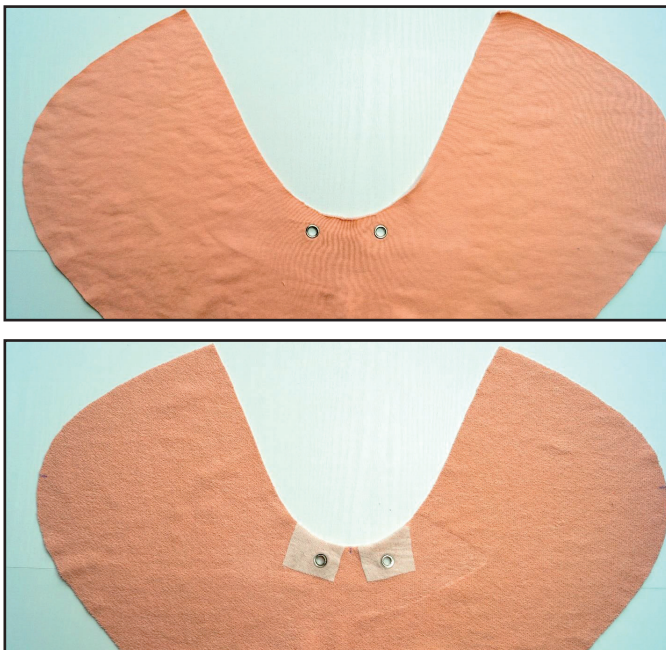
Gently press the pattern with a hot steamy iron, avoiding pressing the iron to the fabric, so that the marks from the vanishing fabric marker disappear, but the insulation does not crumple.

7



Reinforce the places for the eyelets on the hood stand with 20 x 20 mm (0.79 x 0.79") fusible interfacing pieces.

8



Punch 3,5 mm (0.18") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.

9



4  0.1 - 0.14"  0.28"

Fold the hood in half right sides together and pin it. Serge the hood. Press the seam allowances flat towards the right hood piece. Repeat the same steps with the hood single jersey lining piece.

10



4  0.1 - 0.14"  0.28"

Place the right sides of the hood and the hood lining together and pin them. Serge them. Press the seam allowances towards the hood lining.

11



   0.08 - 0.1"

Topstitch the hood lining seam on the lining 1 mm (0.03") from the edge.

12



Press the hood edge forming a roll towards the lining. Topstitch the hood edge down 25 mm (0.98") from the edge. Press the hood.

13



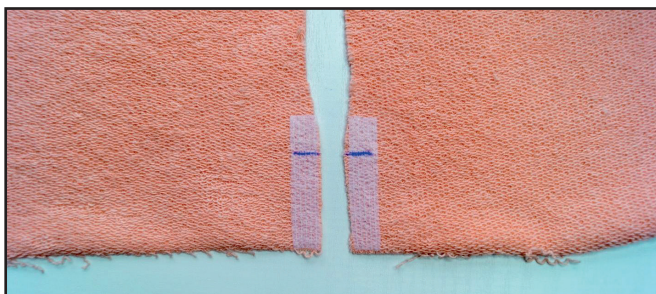
With right sides together, pin the sleeve to the front, aligning the marks. Serge them. Press the seam allowance towards the front. Repeat the same steps with the opposite sleeve.

14



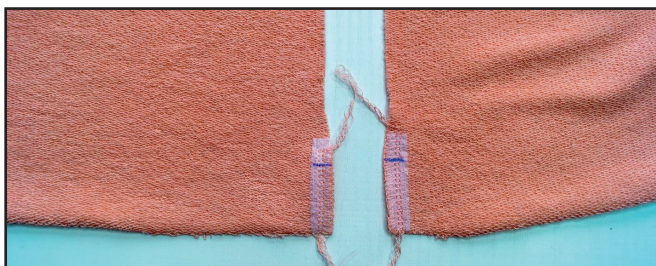
Pin the sleeves to the back right sides together. Serge them. Press the seam allowances flat towards the back.

15



Reinforce the slits on the front and the back.

16



Finish the front and the back slits with a serger, completing the seam 10 - 15 mm (0.39 - 0.59") above the marks.

17



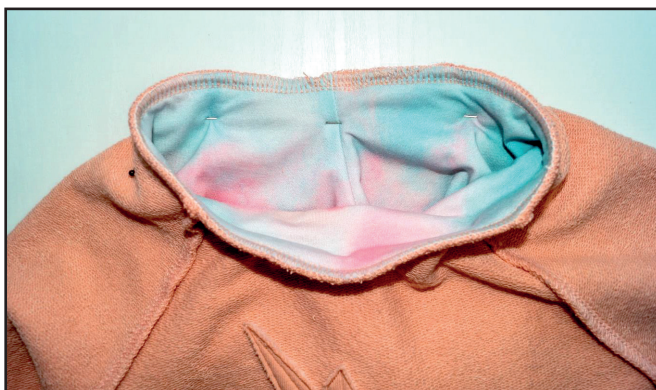
With right sides inside, pin the sleeve, the back, and the front along the side seam. Serge them. To avoid excess thickening, place the sleeve attaching seam allowances in different directions. Finish the seam 5 mm (0.2") above the slit marks, tie the thread tails and hide into the seam. Press the seam allowance towards the back. Repeat the same steps with the opposite side seam.

18



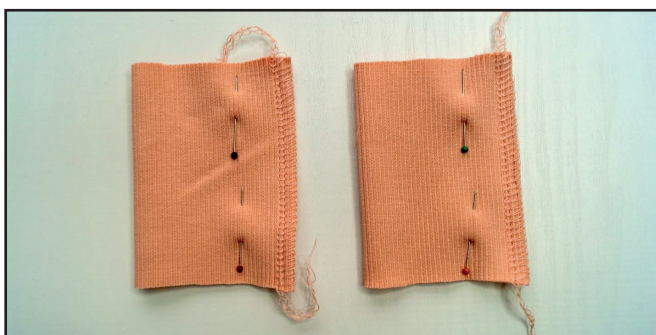
Stitch the side seam up to the mark at the beginning of the slit.

19



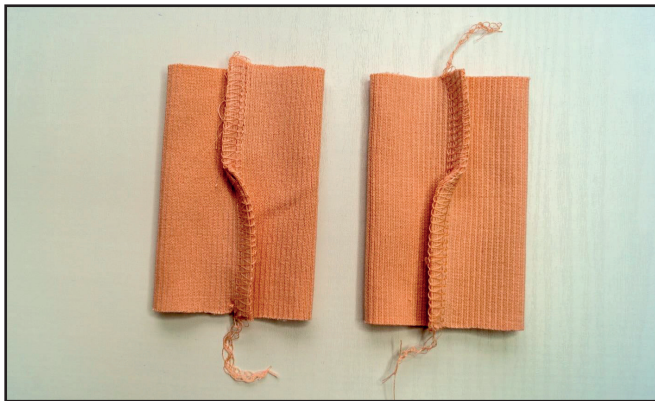
With right sides together, pin the hood to the hoodie neckline, aligning the marks. Serge the hood to the garment. Press the seam allowances towards the front and the back.

20



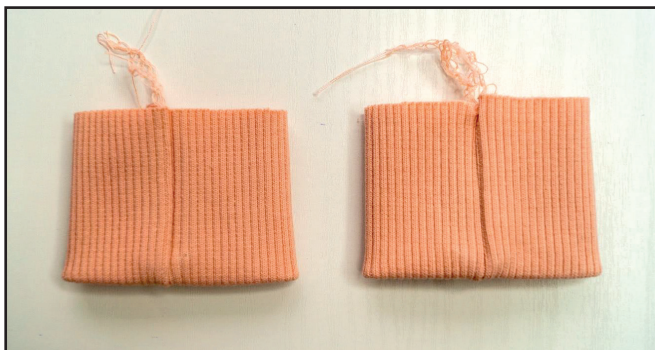
With right sides together, fold the cuffs in half lengthways and pin along the short edges. Serge them.

21



To avoid excess thickening when stitching the cuffs, press the seam allowances in different directions.

22



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

23



4  0.1 - 0.14"  0.28"

Aligning the cuff and the sleeve seams, serge the cuff to the sleeve. While serging, evenly stretch the cuff, avoiding the sleeve lower hem stretching. Repeat the same steps with the opposite cuff. Press the seam allowances flat towards the sleeves.

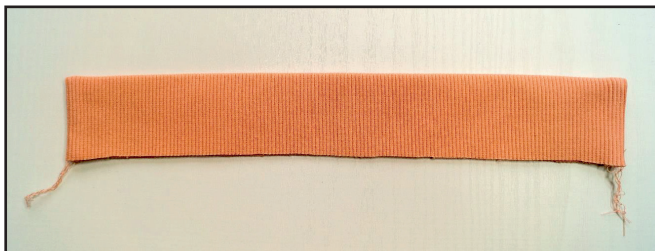
24



4  0.1 - 0.14"  0.28"

Fold the waistband in half lengthways with right sides together. Pin it along the short edges and serge.

25



Turn the waistband out and press it. Repeat the same steps with the other waistband half. (steps 24 - 25)

26



Pin the waistband to the front lower edge, aligning the front and the waistband centers. Wrap the slit seam allowances, edge turned under, around the waistband edges. Serge the waistband to the garment.

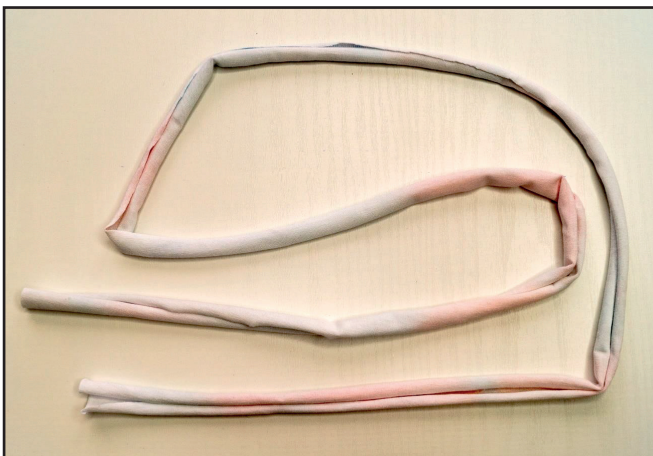
When attaching the waistband, evenly stretch it, but care not to stretch the hoodie lower edge. Press the seam up. If it is difficult to start and finish the seam with a serge, you can sew the seam with a straight stitch. Repeat the same steps with the other waistband half.

27



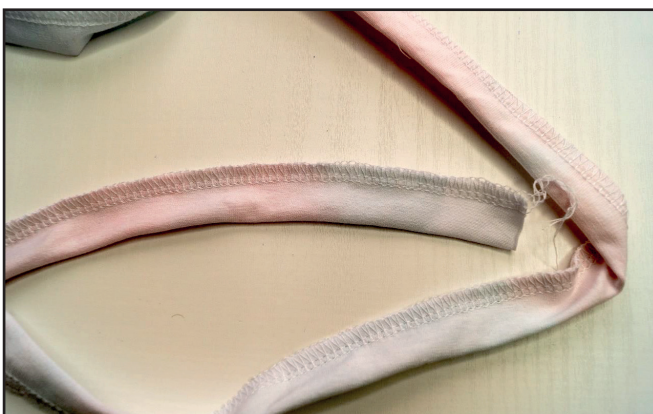
Press the slits. You can hand-baste them first. Topstitch the slits.

28



If you do not have a suitable shoelace, you can make one yourself. Cut out a strip of fabric of the required length, 40 mm (1.57") wide. I used single jersey for it, which the hood lining is made of.

29



Serge the strip lengthways.

30



Turn the strip through to the right side with a hook or a pin.

31



Now you have this kind of lace. Insert the lace through the waistband, tie the lace ends and trim the excess lace close to the knots.

32



Remove the basting stitches, trim the thread tails and press the garment once again. The hoodie is ready.

LEGGINGS SEWING GUIDE

1



4  0.1 - 0.14"  0.28"

Pin the leggings leg along the inseam right sides together. Serge them. Press the seams flat towards the front panel. Repeat the same steps with the opposite leg.

2



4  0.1 - 0.14"  0.28"

Insert 1 leg into the other with right sides together. Pin the crotch seam. Serge it. Press the seam towards the right side.

3



   0.08 - 0.1"

Cut the elastic 20 mm (0.79") wide. The required length of the elastic is indicated on the waistband pattern. Stitch the elastic short edges.

4



4  0.1 - 0.14"  0.28"

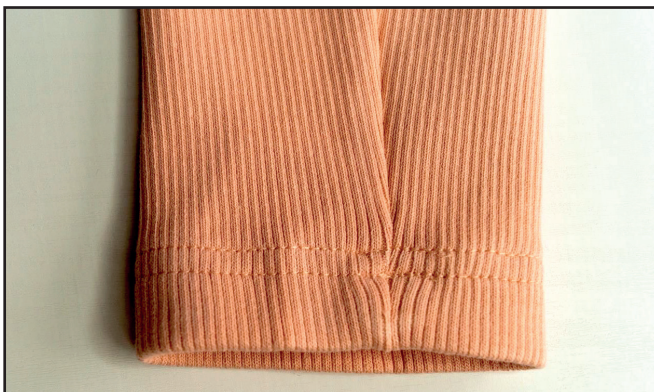
Divide the elastic band into fourths. Divide the leggings waistband into fourths also. Align the marks and pin the elastic to the leggings wrong side. Serge it to the garment. While serging, stretch the elastic evenly.

5



Place the folded edge over the seam line and evenly stretching, stitch the elastic with a coverstitch machine 20 mm (0.79") from the edge. Tie the thread tails on the wrong side and hide them into the seam.

6



Fold 20 mm (0,79") of the legs bottom openings to the wrong side and pin or baste them. Hem the legs with a coverstitch machine 20 mm (0,79") from the edge. Tie the seam thread tails on the wrong side and hide them into the seam. Press the bottoms of the legs.

7



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