

# T-SHIRT HOT FOR WOMEN

SKILL LEVEL



## INSTRUCTIONS FOR SEWING

ELINA PATYKOVA

ПРО ШИТЬЕ



ELINA\_PATYKOVA



ELINA-PATYKOVA.RU



VK.COM/ELINA\_PATYKOVA



## YOU WILL NEED THE FOLLOWING MATERIALS:

- french terry,
- knitted 2x2 rib fabric or ribbing,
- close-end or two-way separator zipper,
- 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. Note: if you sew a T-shirt without zipper on the front, do not cut the front piece into two parts then, but if you sew it with zipper, cut the front piece along the indicated lines and add 10 mm (0.39") to the allowances at the places to cut.

**NOW YOU HAVE  
ALL THE PIECES:**

### **T-SHIRT PIECES:**



- ❶ front (if you sew it with zipper, you have two front pieces - upper and lower) - cut 1 on the fold (french terry)
- ❷ back - cut 1 on the fold (french terry)
- ❸ sleeve cut 2 (french terry)
- ❹ neckband - cut 1 (knitted 2x2 rib fabric or ribbing)

**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**

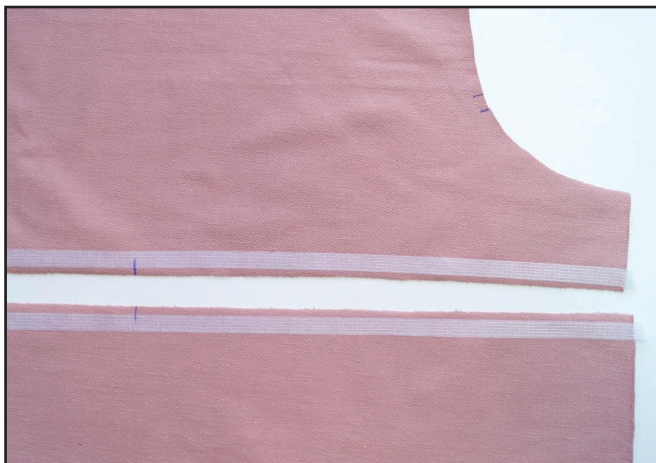
### **flat lock stitch**

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



Apply kantenband to the places of attaching the zipper on the upper and lower front pieces.

2



4   0.28"  0.1 - 0.14"

Serge the reinforced with kantenband edges.

3



If you are going to open the zipper, for example, for breastfeeding, then there must be two sliders. You can leave the zipper sliders as they are, then the zipper will be opened from the side seams. After cutting off the

top stops, you can turn one of the sliders the other way and open the zipper from the center. If you have not found a two-way separator zipper of the necessary length and colour, you can buy only sliders of the necessary size or use two zippers, and after cutting the top stops, attach both sliders to one zipper.

If you are not going to use the zipper, then you can attach a closed-end zipper or not to attach the sliders at all.

4



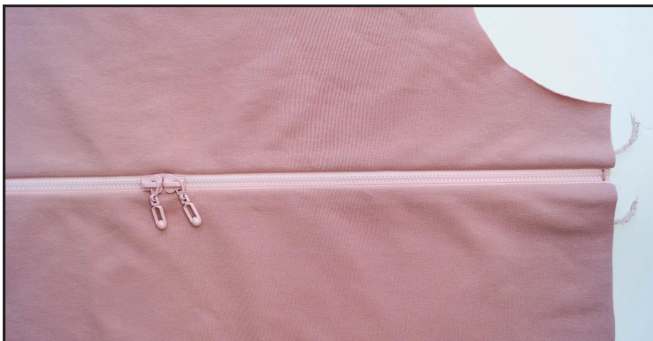
Pin the zipper to the upper front lower edge with right sides together. Stitch it in place 10 mm (0,39") from the edge. To stitch it easier, place the sliders above the front. Press the seam allowance towards the front.

5



Pin the opposite zipper tape to the lower front upper edge. Fronts upper and lower edges and centers should match. Stitch the zipper in place 10 mm (0,39") from the edge. Press the seam allowance towards the front.

6



Place the sliders to the front center. Lockstitch the zipper tapes top extensions with zigzag stitch, trim the excess extensions on the front side edges line. If you sew a T-shirt without zipper, then skip the steps 1 - 6.

7



Pin the front and back at the shoulders right sides together. Serge them. Press the seam allowances flat towards the front.



8



4



0.28"



0.1 - 0.14"

With right sides together, pin the sleeve into the armhole, aligning the marks. Serge it in place. Press the seam allowance towards the front and the back. Repeat the same steps with the opposite sleeve.

9



4



0.28"

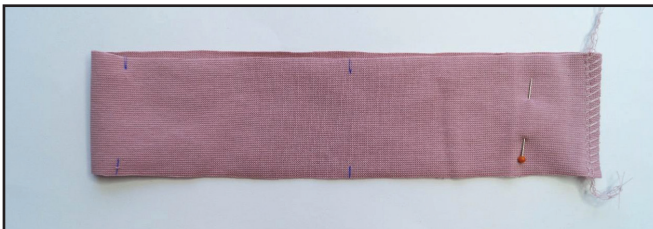


0.1 - 0.14"

With right sides together, pin the sleeve, the back and the front pieces along the side seam. Serge the pieces on the front part. To avoid excess thickening, place the sleeve attaching seam allowances in different directions. Not to break

the needle, sew very carefully at the place of attaching the zipper, turning the flywheel of the machine towards you. You can also stitch the zipper along the serger seam. Press the seam allowance towards the back. Repeat the same steps with the opposite side seam.

10



4



0.28"



0.1 - 0.14"

Pin and serge the neckband short edges.

11



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

12



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.

13



4



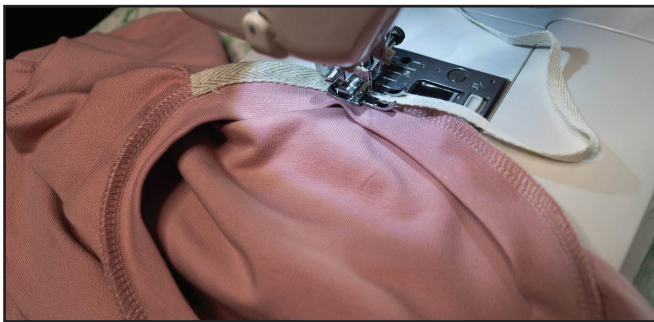
0.28"



0.1 - 0.14"

Pin the neckband to the T-shirt neckline right side with four pins, aligning the centers and the shoulder seams with the marks. Serge the neckband to the garment. While serging, stretch the neckband, but avoid stretching the neckline itself. Press the seam allowances towards the front and the back.

14



0.08 - 0.1"

Stitch the twilled ribbon to the back neckline between the shoulder seams, overlapping the neckband attaching seam. Fold the twilled ribbon. Stitch the twilled ribbon, overlapping the serger seam left edge, sewing along the serger seam 1mm (0.039") from the twilled ribbon edge. While stitching the twilled ribbon, stretch the neckline gently.



15



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.

16



0.08 - 0.1"

Topstitch the neckband attaching seam allowance on the front neckline 1 mm (0.04") from the edge. Stitch it between the shoulder seams. Press the neckline.



17



Draw a line along the lower hem 40 mm (1.57") from the edge. Use the line to fold the T-shirt lower hem 20 mm (0.8") up to the wrong side. Pin, baste or glue the folded hems. Give the hem a final pressing.

18



Stitch the T-shirt lower hem by a coverstitch machine. Tie the seam thread tails on the wrong side and hide them into the seam. Press the lower hem.

19



Fold the sleeves lower hems by 55 mm (2.17"). Pin, baste or glue the folded hems. Give the hems a final pressing.

20



Stitch the sleeves lower hems of the T-shirt by a coverstitch machine. Tie the seam thread tails on the wrong side and hide them into the seam. Press the sleeves lower hems.

21



Fold the sleeves lower hems to the right side to shape the 35 mm (1.38") cuffs. Press the cuffs up. To fix the cuffs, sew two seams along the side seam and the sleeve center.



22



Remove the basting stitches, trim the thread tails and press the garment once again. The T-shirt 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!**