
SHORTS FOR MEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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YOU WILL NEED THE FOLLOWING MATERIALS:

- cotton lycra french terry,
- elastic band 40 mm (1 9/16") wide,
- matching threads,
- fusible interfacing,
- Jersey 80 or Stretch 80 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 shorts waistband 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. The fabric must be prepared for sewing: washed in warm water, dried and ironed.

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 the outline. Note: seam allowance is already included. Transfer all the necessary marks from the pattern onto the wrong side of your fabric.

NOW YOU HAVE
ALL THE PIECES:

SHORTS PIECES:



- ① front- cut 2
- ② back- cut 2
- ③ yoke - cut 1 on the fold
- ④ pocket lining - cut 2
- ⑤ pocket underlay - cut 2

Note: the shorts are high-rise. To sew the shorts with lower rise, shorten the fronts and the yoke upper edges.

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

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



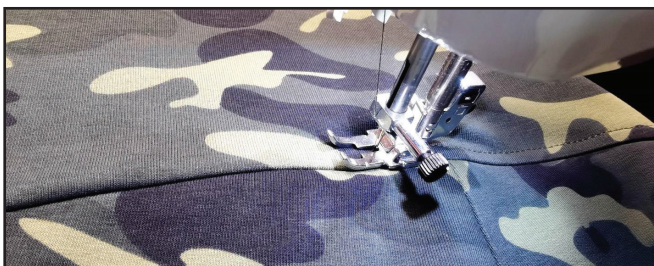
Pin the back pieces along the crotch seam right sides together. Serge the pieces. Press the seam allowances towards the shorts right front.

2



Pin the yoke to the shorts back with right sides together aligning the marks. Serge them. Press the seam allowances up.

3



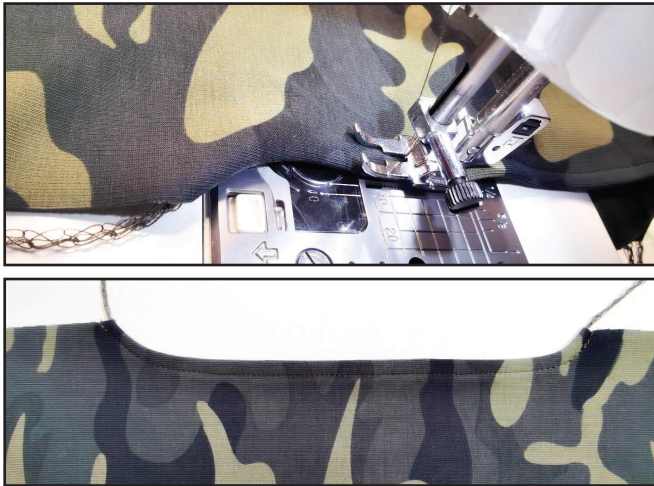
Topstitch the yoke attaching seam allowances 5 mm (3/16") away from the seam. Press the seam.

4



With right sides together, pin the pocket lining along the pocket opening to the shorts front. Serge them. Turn the pocket lining with wrong side up and press the pocket opening to the wrong side forming a roll.

5



Topstitch along the pocket opening 5 mm (3/16") in from the edge. Press the pocket opening again.

6



Pin the pocket underlay to the pocket lining with right sides together. Serge a pocket bag. Press the seam with an iron.

7



Reinforce the pocket bag above and below the pocket opening by stitching 5 mm (3/16") in from the edge. Repeat the same steps with the opposite pocket. (steps 3 -7).

8



Pin the shorts front pieces along the crotch seam right sides together. Serge them. Press the seam allowances towards the left leg.

9



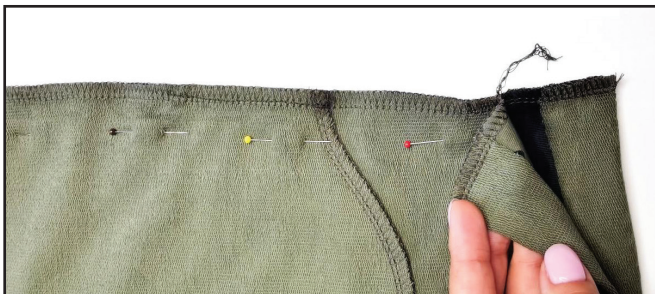
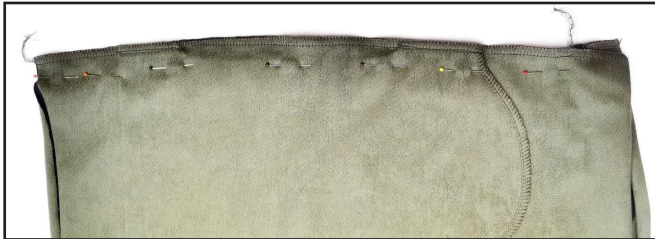
Pin the shorts front and back panels along the inseams with right sides together. Serge them. Press the seam allowances towards the front.

10



Fold and pin 30 mm (1 3/16") of the shorts closer to the vent lower hems up to the right side. Serge both front and back vents finishing stitching 10 - 15 mm (3/8 - 9/16") above the marks.

11



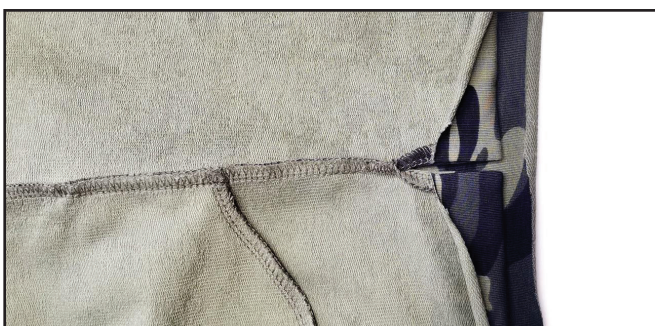
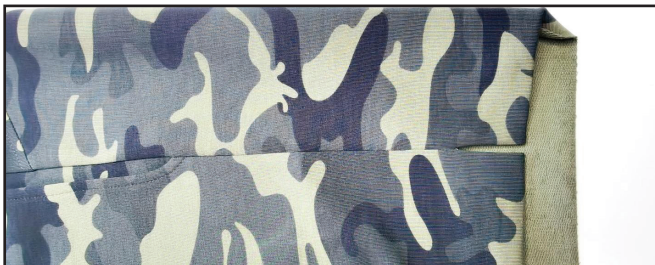
Pin the front and the back along the side seam with right sides together aligning the marks. Serge them. Finish the seam 5 - 10 mm (3/16 - 3/8") above the vent marks, tie the thread tails and hide them into the seam.

12



Stitch the seam up to the vent top.

13



Turn the vent corners out. Get the vent pressed and then press the side seam allowances towards the back. Repeat the same steps with the opposite vent (steps 10 - 13).

14



Draw lines along the shorts lower hems 60 mm (2 3/8") in from the edge. Use the lines to fold 30 mm (1 3/16") of the hem up. Pin, baste or glue the folded hem. Give the hems a final pressing.

15



2,5-3

Hem the short legs with a coverstitch machine. Tie the seam thread tails on the wrong side and hide them into the seam. Press the seams.

16



2,4-2,8

Topstitch the vents down 5 mm (3/16") in from the edge. Press the vents.

17



Reinforce the places for the eyelets on the shorts waistband with 2 x 2 cm (13/16 x 13/16") fusible interfacing pieces.

18



Punch 4 mm (3/16") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.

19



Cut the elastic band 40 mm (1 9/16") wide. The elastic band length is indicated on the shorts front paper pattern. Join the ends of the elastic band together by a straight stitch. Divide the elastic band and the shorts waistband in quarters and draw the marks. Pin the elastic band to the shorts wrong side aligning the marks.

20



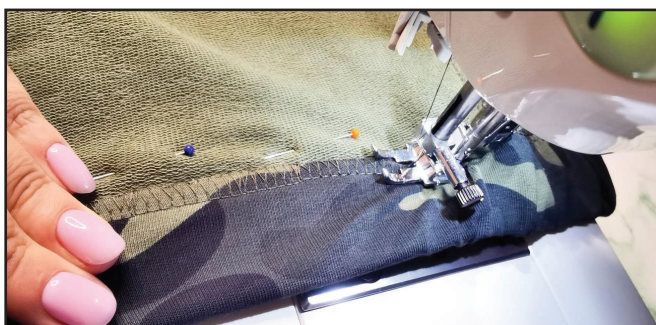
Serge the elastic band stretching it evenly.

21



Smooth the pockets and pin or baste their upper edges so that they were covered by the shorts waistband. Tuck the waistband inward around the elastic band and pin it.

22



Stretching the elastic evenly, stitch the waistband 35 mm (1 3/8") in from the fold along the serger stitch.



23



Stretching the elastic band evenly, stitch two parallel seams 10 mm (3/8") in from the upper hem and 10 mm (3/8") up from the lower seam.



24



Insert the shoelace, remove the basting stitches, trim the thread tails and press the garment once again. The shorts 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!**