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# T-SHIRT NEW FOR MEN

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SKILL LEVEL



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ПРО ШИТЬЕ



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## YOU WILL NEED THE FOLLOWING MATERIALS:

- single jersey of two colours,
- knitted 2x2 rib fabric or ribbing,
- matching threads,
- twilled ribbon 10 mm (0.39") wide,
- Jersey 70, Stretch 70 or Super Stretch 70 needles.

**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**

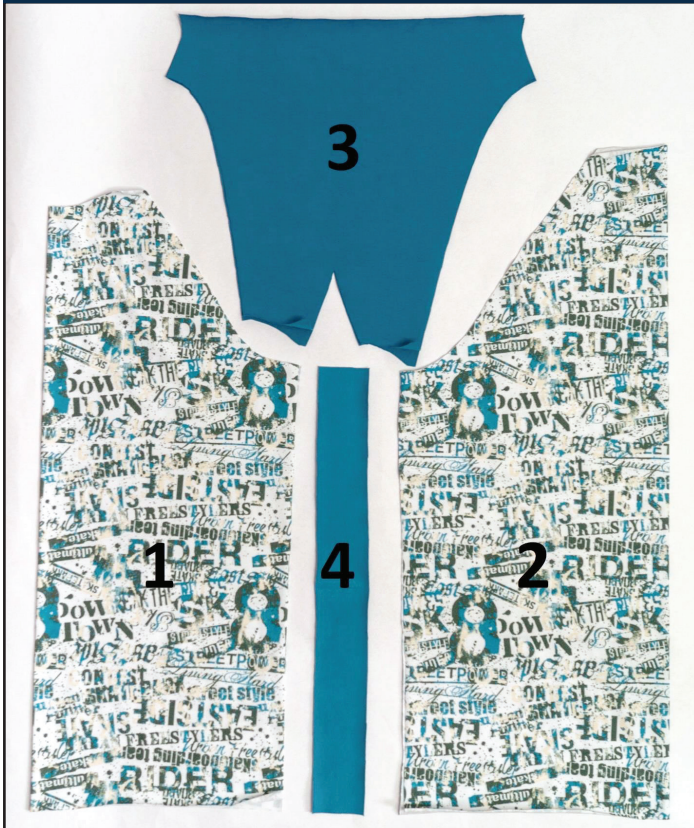
Let's start the cutting. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

**C**

Put the paper pattern pieces onto the fabric. It's 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 your fabric.

NOW YOU HAVE  
ALL THE PIECES:

### T-SHIRT PIECES:



- 1 front - cut 1 on the fold (single jersey, colour 1)
- 2 back - cut 1 on the fold (single jersey, colour 1)
- 3 sleeve - cut 2 (single jersey, colour 2)
- 4 neckband - cut 1 (knitted 2x2 rib fabric or ribbing, colour 2)

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**

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.

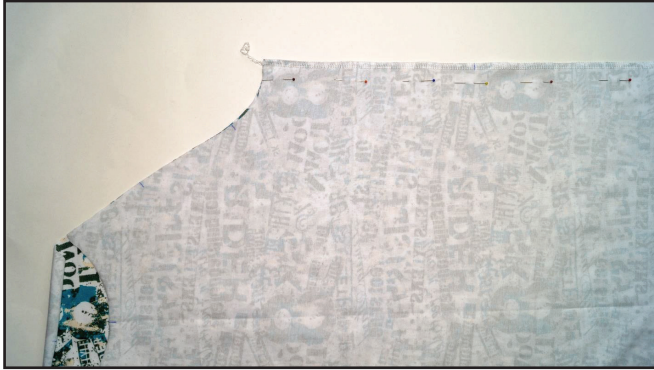
**D**

**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



With right sides together pin the front and the back along the side edges. Serge the pieces with colour 1 threads. Press the seams towards the front.

2



Pin the shoulder darts on the sleeves with right sides together. Serge the darts with colour 2 threads. Begin stitching from the neckline and gradually go to the dart point. Tie the seam thread tails

at the dart point and hide them into the seam. Press the seam allowances flat towards the front.

3



With right sides together pin the sleeves along the side edges. Serge the seams with colour 2 threads. Press the seam allowances towards the back.

4



With right sides together, pin the sleeve into the armhole, aligning all the marks and the side seams. Serge the sleeves with colour 2 threads. Press the seam allowance towards the front and the back. Repeat the same steps with the opposite sleeve.

5

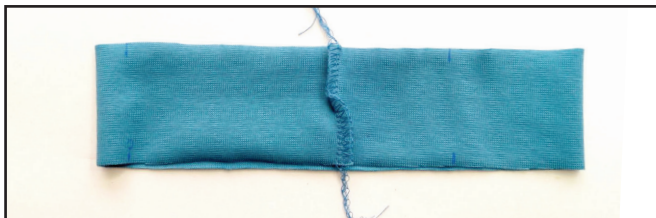
5



4   0,28"  0,098 - 0,14"

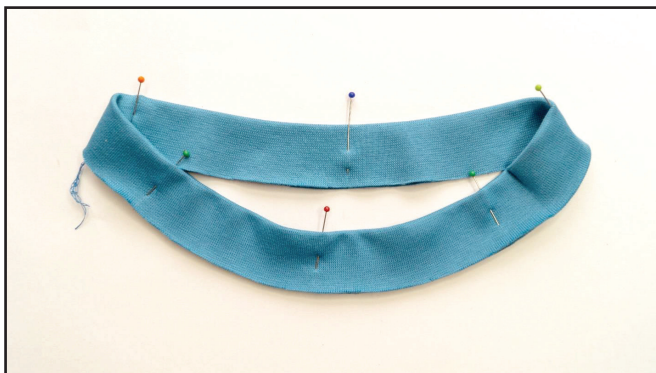
Pin and serge the neckband short edges.

6



To avoid excess thickening when stitching the neckband, press the seam allowances into different directions.

7



With wrong sides together, fold the neckband 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.

8



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

9



4   0,28"  0,098 - 0,14"

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.

10



Stitch the twilled ribbon to the back neckline between the shoulder darts. Fold the twilled ribbon ends. Stitch the twilled ribbon, overlapping the serger seam and sewing exactly along the serger seam left edge 1 mm (0,04") from the twilled ribbon edge. While stitching the twilled ribbon, stretch the neckline gently.

11



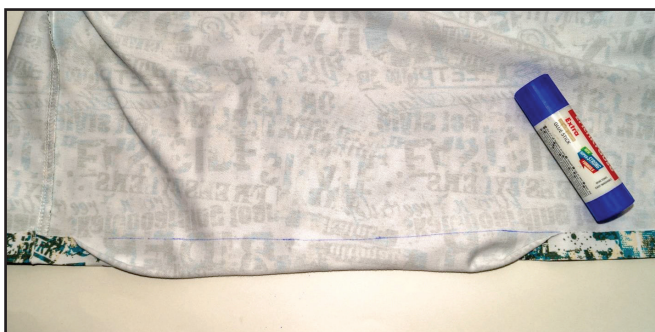
Overlapping the serger seam, stitch the twilled ribbon raw edge on the back, 1 mm (0,04") from the edge. Press the back neckline.

12



Topstitch the neckband attaching seam allowance on the front neckline 1 mm (0,04") from the edge. Stitch it between the shoulder darts. Press the neckline.

13



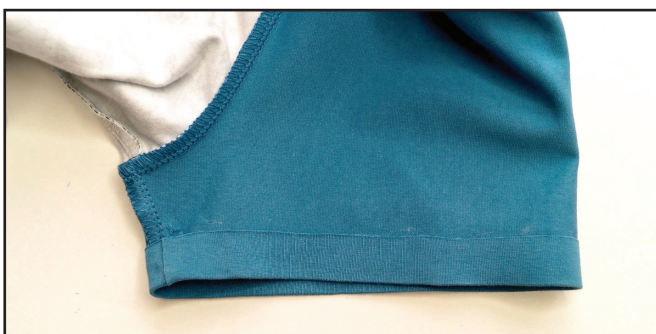
Draw a line along the T-shirt lower hem 40 mm (1,57") from the edge. Use the line to fold the T-shirt lower hem 20 mm (0,8") up to the wrong side. Pin, baste or glue the folded hem. Give the hem a final pressing.

14



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

15



Fold the sleeves lower hems by 20 mm (0,8"). Pin, baste or glue the folded hems. Give the sleeves hems a final pressing.

16



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

17



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