

SHORTS «SUMMER» FOR WOMEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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YOU WILL NEED THE FOLLOWING MATERIALS:

- french terry
- elastic 50 mm (2") wide.
- matching threads
- kantenband
- 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. 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.

**NOW YOU HAVE
ALL THE PIECES:**

SHORTS PIECES:



- ① shorts front- cut 2
- ② shorts back- cut 2
- ③ waistband cut -1 on the fold
- ④ side front - cut 2
- ⑤ pocket lining - cut 2

NOW YOU 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.

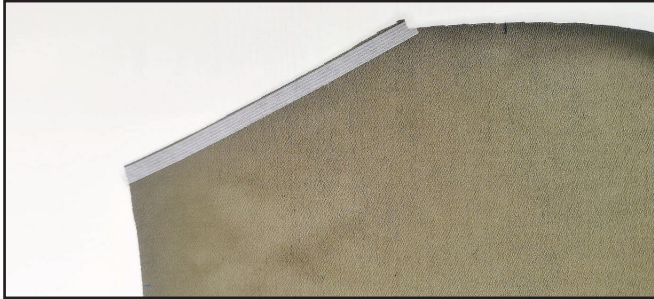
C

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



Apply a piece of woven fusible interfacing along the pocket opening on the shorts fronts.

2



4  2,5-3,5  7

With right sides together pin the pocket lining along the pocket opening to the shorts front. Serge the pieces. Press the seam allowances towards the pocket lining.

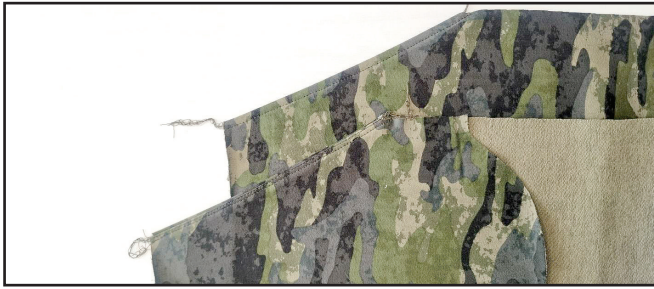
3



    2,4-2,8

Topstitch the pocket lining attaching seam allowances towards the lining 1 mm (1/16") from the seam. Press the lining, forming a roll.

4



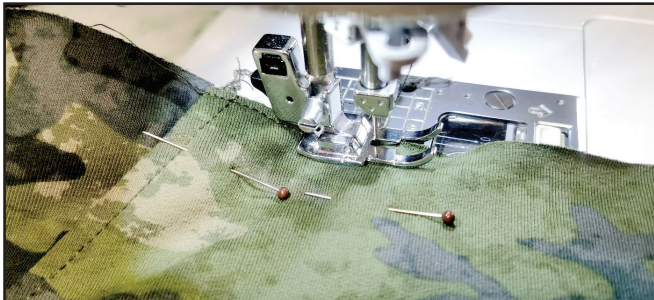
Topstitch along the pocket opening 5 mm (3/16") from edge. Press the pocket opening again.

5



Pin the pocket lining to the side front with right sides together. Serge the pocket bag. Press the pocket.

6



Reinforce the pocket bag above and below the pocket opening, stitching 4 mm (1/8") in from the edge. Repeat the same steps with the opposite pocket. (steps 1 - 6).



7



Aligning the marks, pin the shorts fronts and backs side seams and inseams with right sides together. Serge them.

8



Press the side seam allowances towards the shorts back pieces and inseam allowances towards the shorts fronts. Press 50 mm (2") of the lower hem seam allowances in the opposite direction. You will avoid excess thickening when forming the cuffs.

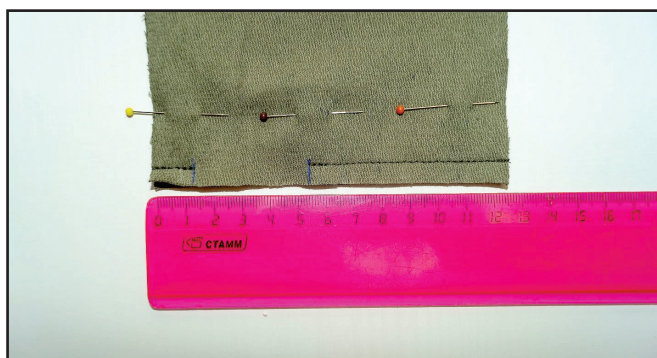
9



4 2,5-3,5 7

Insert 1 shorts leg into the other with right sides together. Pin along the crotch seam placing the inseams allowances in different directions to avoid excess thickening. Serge them. Press the seam towards the right.

10



2,4-2,8

Fold and pin the shorts waistband along the short edges with right sides together. Stitch the short edges together with two 70 mm (2 3/4") and 15 mm (9/16") straight seams leaving an opening.

11



Press the seam open.

12



Fold the waistband in half, lengthwise, with wrong sides together and press it.

13



Pin the waistband to the shorts top edge, with right sides together, aligning the waistband seam with the shorts crotch seam, waistband center with the front crotch seam

and the marks with the side seams. Serge the pieces. Tie the seam thread tails and hide them into the seam. Press the seam allowances down.

14



Cut the elastic with the length, indicated on the waistband pattern. Insert it through the opening in the waistband with a safety pin or a bodkin.

15



Join the elastic ends together by a straight or a zigzag stitch. Try on the shorts to make sure the waistband to fit your waist snugly, yet comfortably. Change the elastic length if it is necessary.

16



Hand-baste the casing opening closed, with a blind stitch. Distribute the elastic evenly.

17



Stretching the waistband evenly, topstitch it 18 mm (11/16") in from the edge.



18



Repeat the same steps with one more seam 36 mm (1 3/8") in from the edge.

19



Draw a line along the shorts leg bottom openings 100 mm (4") in from the edge. Use the line to fold the bottom edge of each leg about 50 mm (2") up to the wrong side. Pin, baste or glue the folded hem. Give the hems a final pressing.

20



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

21



Fold the shorts lower hems to the right side to form a cuff 30 mm (1 3/16"). Press the cuffs.

22



Find and mark the center points on the shorts front and back panels cuffs.

23



Stitch four 10 mm (3/8") long parallel seams along the side seam, inseam and on the marked shorts panels centers. Repeat the same steps with the opposite cuff.

24



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!**