
TOP AND LEGGINGS (RIB KNIT FABRIC)

SKILL LEVEL



INSTRUCTIONS
FOR SEWING

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ПРО ШИТЬЕ



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YOU WILL NEED THE FOLLOWING MATERIALS:

- rib knit fabric,
- elastic band 2 cm (13/16”),
- stretch bias binding,
- matching threads,
- Jersey 70-75 or Stretch 70-75 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. The fabric must be prepared for sewing: washed in warm water, dried and ironed.

B

Let us start the cutting. Print and glue 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 already included. Transfer all the marks from the pattern onto the wrong side of the fabric pieces.

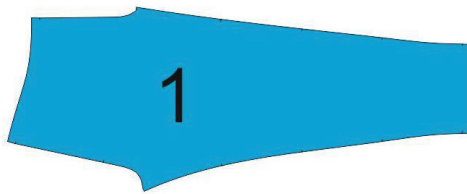
**NOW YOU HAVE
ALL THE PIECES:**

TOP PIECES:



- ① Front - cut 1 on the fold
- ② Back - cut 1 on the fold

LEGGINGS PIECES:



- ① Leg panel - cut 2

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 TO TOP

1



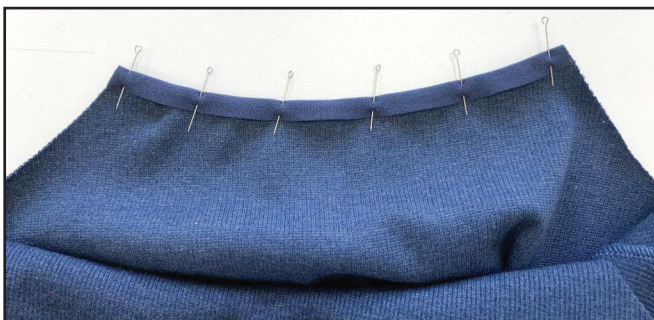
Place the front and the back right sides together and serge the side seams aligning the marks. Press the seam allowances towards the back.

2



Fold the top lower hem 15 mm (9/16") up to the wrong side, pin or baste it. Hem the top with a coverstitch machine 20 mm (13/16") from the edge. Tie the thread tails on the wrong side and hide them into the seam. Press the garment lower hem down.

3

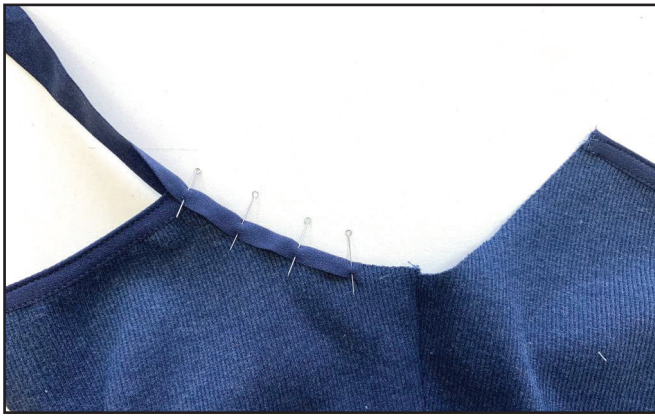


Place the stretch bias binding in half lengthways and insert the neckline and both the front and the back upper raw edges into it. Pin or baste them. Coverstitch the bias binding strap. Press the seams.



5

4

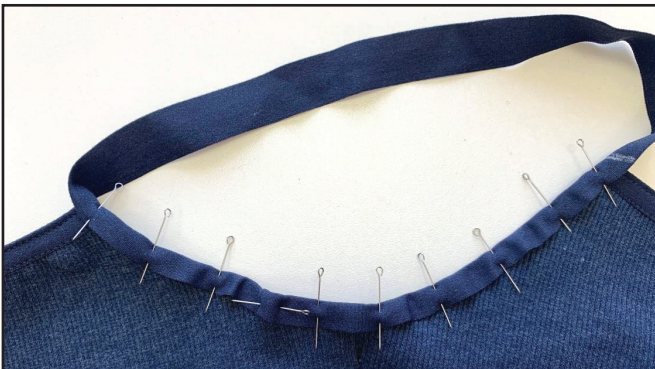


Pin the stretch bias binding to the back armhole the same way you just did with neckline. It is better to pin the bias binding 1 - 2 cm (3/8 - 13/16") away from the side seam, not exactly along it.

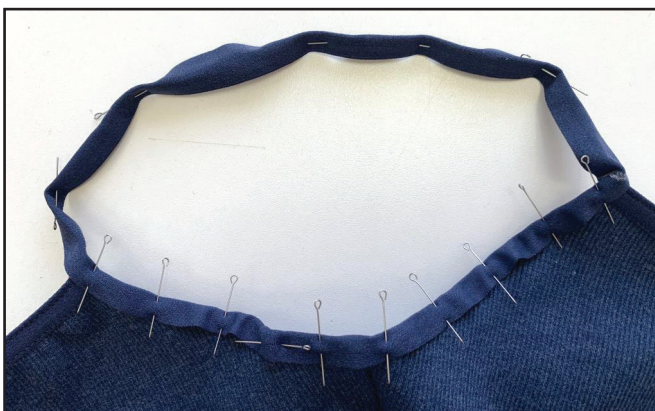
5



Measure the necessary strap length (indicated on the pattern) and notch. Pin the bias binding and the front armhole. Turn the bias binding short edge inside and pin it with the back armhole overlapping the bias binding other short edge.



6



Fold the bias binding strap in half lengthways and pin it.

7



Coverstitch the bias binding strap. Tie the thread tails on the wrong side and hide them into the seam.

8



Remove the basting stitches and press the garment. The top is ready!

LEGGINGS SEWING GUIDE

1



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



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

3



Cut the elastic 20 mm (13/16") wide. The required length of the elastic is indicated on the waistband pattern. Stitch the elastic short edges.



4



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 (13/16") from the edge. Tie the thread tails on the wrong side and hide them into the seam.



6



Fold 15 mm (9/16") of the legs bottom openings to the wrong side and pin or baste them. Hem the legs with a coverstitch machine 15 mm (9/16") 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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ПРОШИТЬЕ

**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!**