

SHIRT CITY FOR WOMEN

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,
- snap buttons 12 - 15 mm (1/2 - 9/16"),
- 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 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:

SHIRT PIECES:



- ① Front - cut 2
- ② Back - cut 1 on the fold
- ③ Sleeve - cut 2
- ④ Cuff - cut 2 on the fold
- ⑤ Sleeve bias strip - cut 2
- ⑥ Stand collar - cut 2 on the fold
- ⑦ Pocket - cut 1
- ⑧ Pocket flap - cut 1

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.

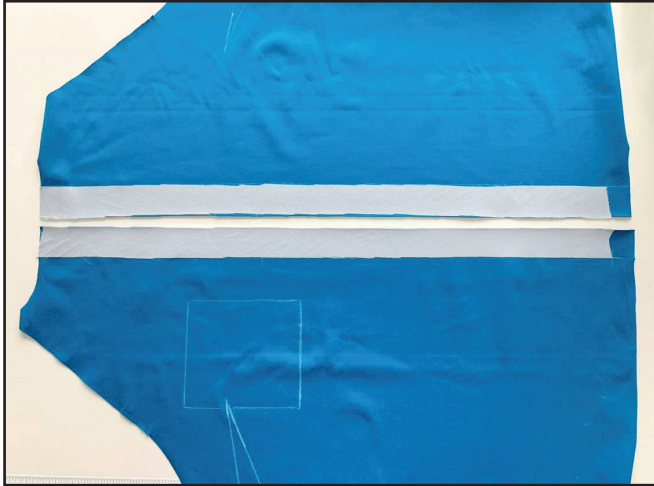
C

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



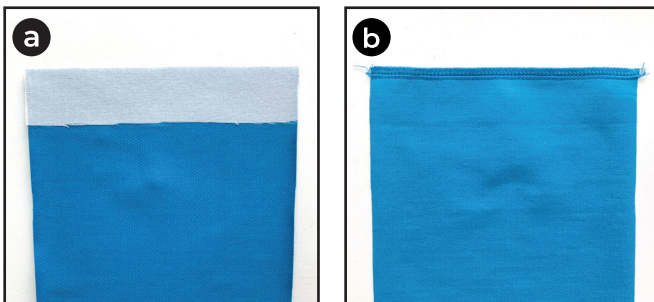
Fuse the interfacing strip 3,5 cm (1 3/8") wide to the front central edges 2,5 cm (1") (the seam allowance width) away from the lower edge.

2



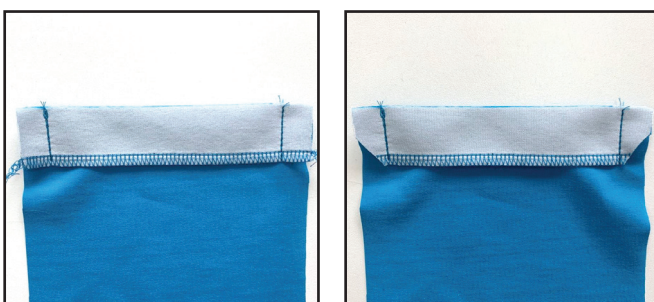
Pin and stitch the front darts. Start stitching at the dart bottom.

3



a) Fuse the interfacing strip 3 cm (1 3/16") wide to the pocket top edge.
b) Finish the pocket top edge seam allowance. Press the seam.

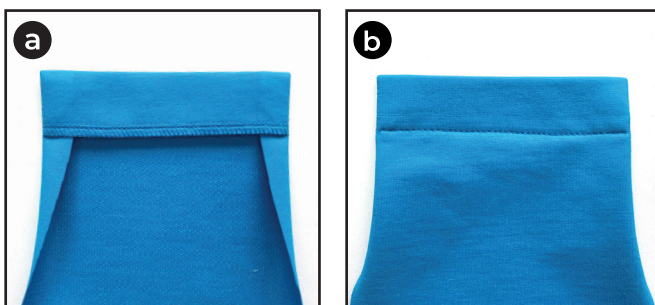
4



Fold 3 cm (1 3/16") of the pocket top seam allowance to the right side and stitch 2 straight seams along the side edges 1,5 cm (9/16") in from the edge. Trim the sharp corner points.

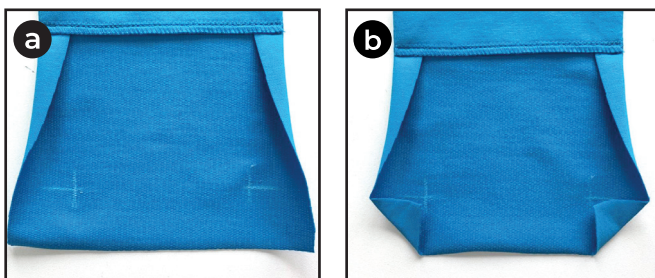
5

5



a) Turn the seam allowances out and press the pocket top edge down.
b) Topstitch the pocket along the upper hem 2,5 cm (1") in from the edge.

6



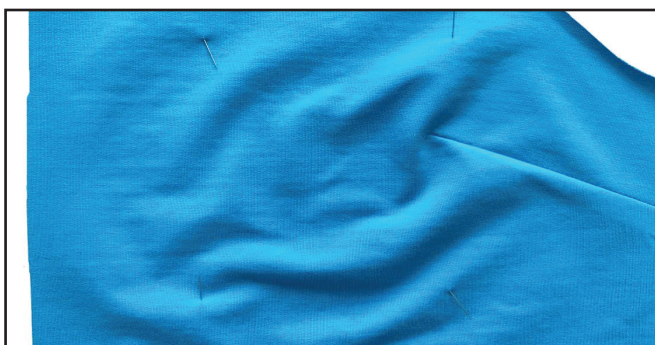
a) To get the perfect pocket corners, you can do the following. Mark the pockets corners 3 cm (1 3/16") (seam allowances double width) in from the lower edge.
b) Press the pockets lower corner up to the marking points.

7



Press the pocket lower and side seam allowances 1.5 cm (9/16") to the wrong side.

8



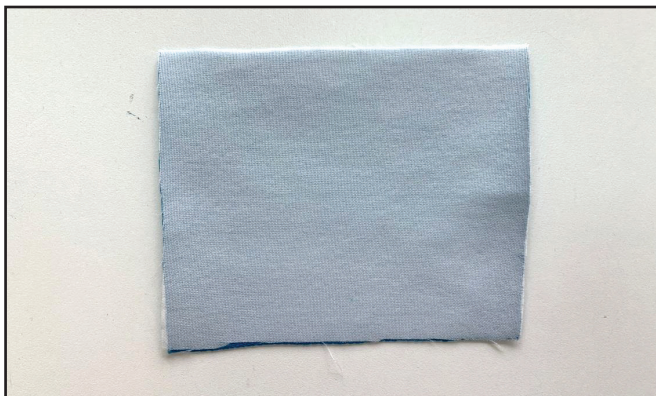
Transfer the pocket position marks onto the left front right side, for example, with pins.

9



Pin the pocket to the front along the marking line, baste, if necessary, and then topstitch along the side and lower edges 1 mm (1/16") in from the edge. Reinforce the beginning and the end of the seam using a zigzag stitch. Press the seam down.

10



Fuse the interfacing to the pocket flap.

11



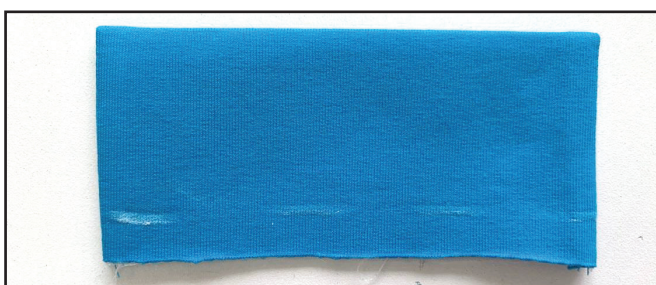
Fold the pocket flap in half lengthways right sides together, pin and stitch the side edges 7 mm (1/4") in from the edge.

12



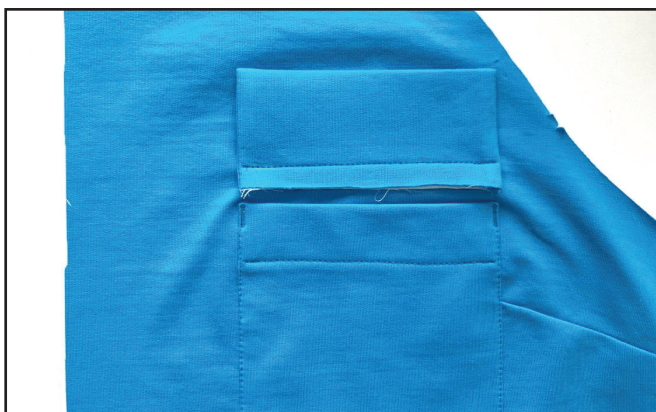
Turn the pocket flap out to the right side, push out the points and press the pocket. Note: one pocket long side is slightly shorter than the other - it is the pocket flap inside.

13



Mark the seam line on the pocket flap inside 1 mm (1/16") in from the edge.

14



Pin the pocket flap to the front piece and topstitch along the marking. The pocket flap raw edge is 5 mm (3/16") away from the pocket upper edge.

15



Reduce the seam allowances to 5 mm (3/16").

16



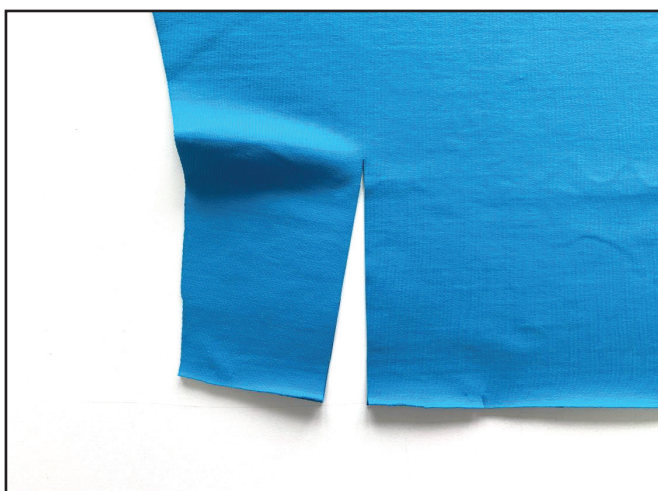
Turn the pocket flap down, press it in place and topstitch 7 mm (1/4") in from the edge. You can reinforce both seam ends with a zigzag stitch.

17



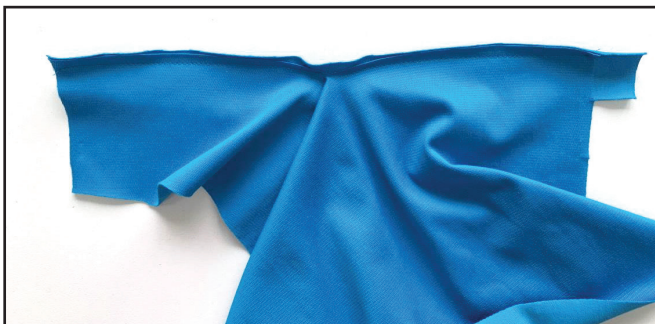
Place the fronts and the back with right sides together and serge the side seams. Press the seam allowances towards the back.

18



Cut the sleeves along the split lines.

19



2,5-3

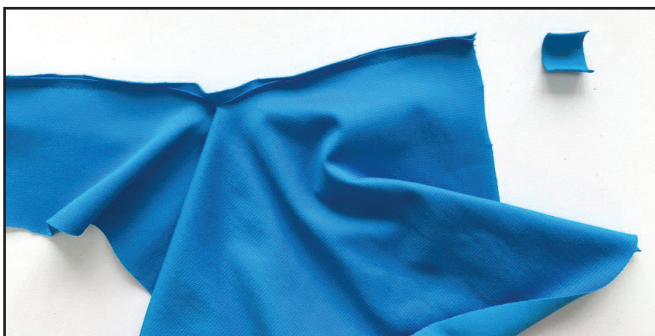
Place the sleeve and the sleeve bias strip with right sides together and pin them. Note: the sleeve bias strip length is given a little longer on the pattern. Stitch them 7 mm (1/4") in from the edge. Stitch on the sleeve side.

20



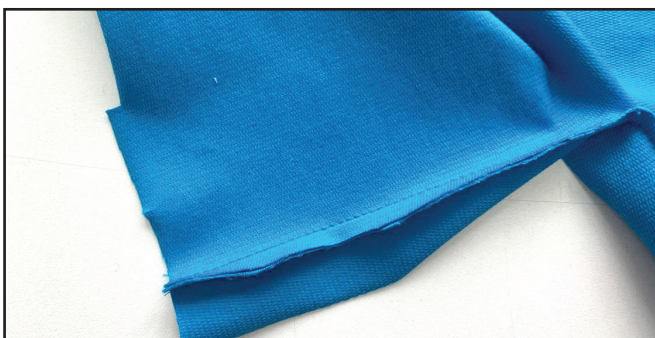
The split top is close to the seam.

21



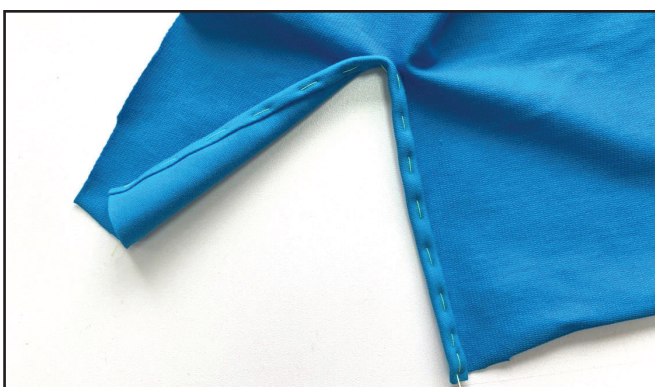
Trim the excess fabric off the sleeve bias strip.

22



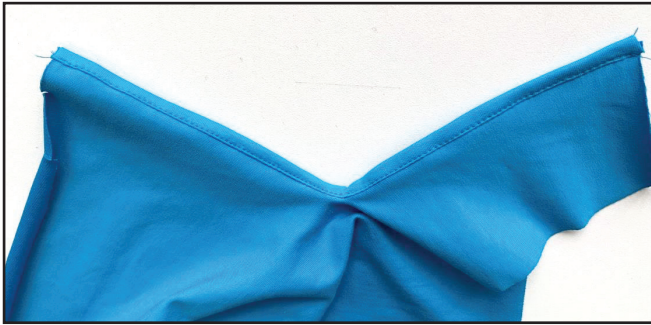
Press the seam allowances towards the bias strip and trim 1 - 2 mm (1/16") off.

23



Wrap the other long bias strip side, double tuck it to the wrong side around the seam allowance to cover the previous seam. Baste it.

24



Topstitch the bias strip 1 mm (1/16") away from the previous seam.

25



Fold the sleeve bias strip in half with right sides together and, working on the wrong side, perform a diagonal stitch at the split top.

26



Press the bias strip down from the back piece and press it flat from the front piece towards the wrong side.

27



Pin and serge the sleeve shoulder darts. Start stitching at the dart bottom. Hide the serger stitch thread tail into the seam.

28



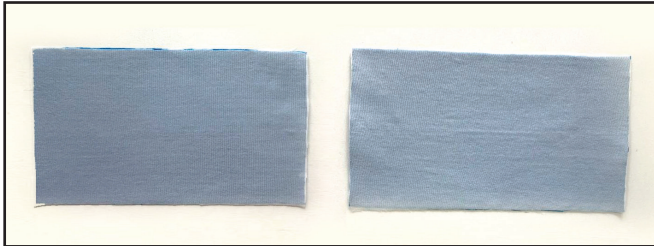
Place the sleeves with right sides together and serge the sleeve side seams. Press the seam allowances towards the front.

29



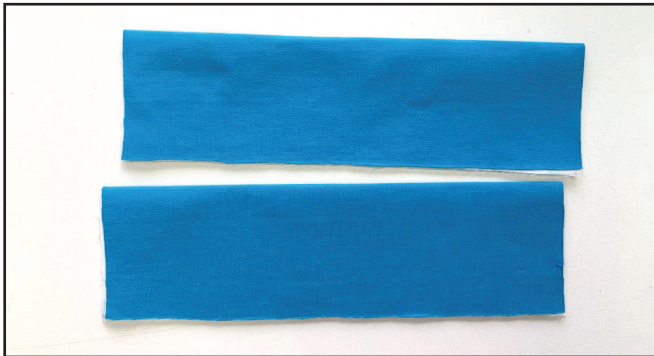
Pin the pleats along the marking at the sleeve lower hems and stitch them to secure, 5 - 7 mm ($\frac{3}{16}$ - $\frac{1}{4}$ ") away from the edge.

30



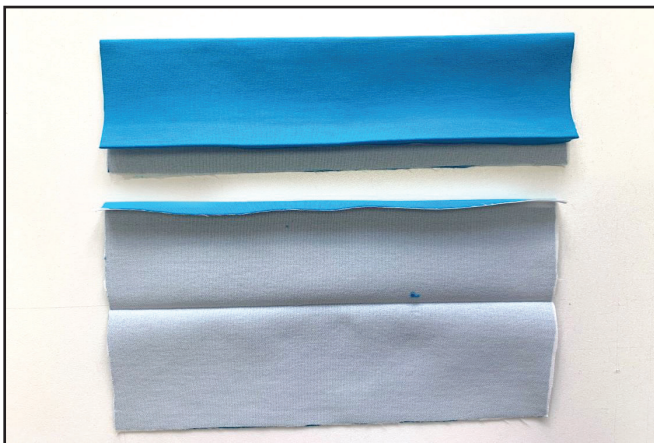
Fuse the interfacing to both cuffs.

31



Place the cuffs in half lengthways wrong sides together and press them.

32



Press the cuff one long edge (1 cm or $\frac{3}{8}$ ") to the wrong side.

33



Pin the cuff to the sleeve lower hem and stitch them 10 mm ($\frac{3}{8}$ ") in from the edge. Note: the cuff is longer than the sleeve lower hem by 7 mm ($\frac{1}{4}$ ") on each side. Press the seam allowance flat towards the cuff.

34



Fold the cuffs in half lengthways right sides together and stitch the short edges 7 mm (1/4") in from the edge. Leave the cuff long edges folded to the cuff.

35



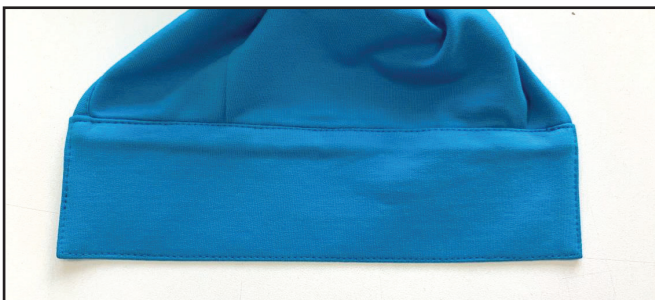
Turn the cuff out, smooth the corners and press it.

36



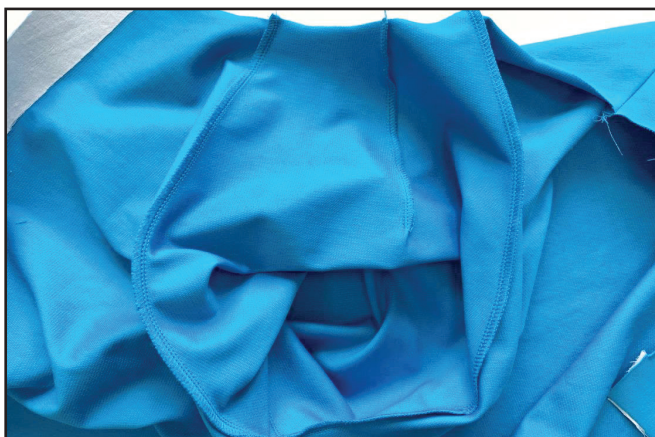
Hand-baste the cuff other long edge to the sleeve lower hem overlapping the seam attaching the cuff to the garment.

37



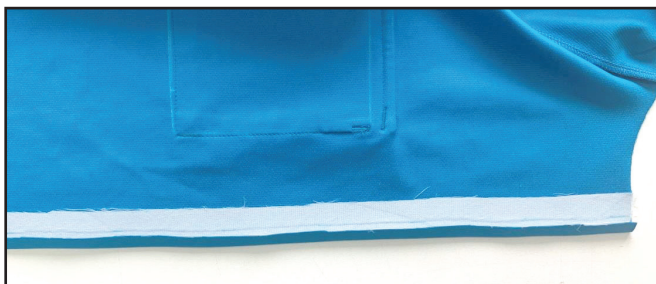
Topstitch the cuff around the perimeter 1 - 2 mm (1/16") in from the edge.

38



Place the sleeves to the back and the fronts right sides together and pin them. Note: there are two notches on the sleeve front part. Serge the seam 7 mm (1/4") in from the edge. Press the seam allowances towards the fronts and the back.

39



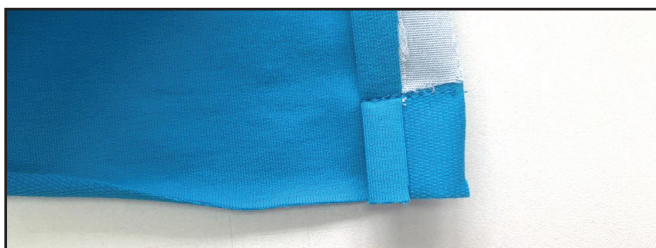
Double tuck the center edges to the wrong side. First fold 1 cm (3/8").

40



Then fold another 2.5 cm (1") - along the fold line in the pattern.

41



Turn the placket to the wrong side and pin. Stitch the placket 2,5 cm (1") away from the garment lower hem.

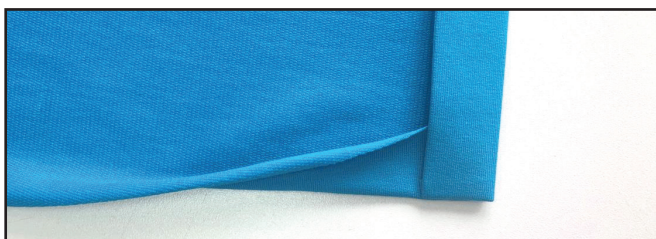


42



Trim the seam allowances to 5 mm as shown in the picture. If you are planning to hem the garment with a regular sewing machine or by hand, then, at this step, you should finish the shirt lower hem with a serger.

43



Turn the corner out, then smooth and press it down.

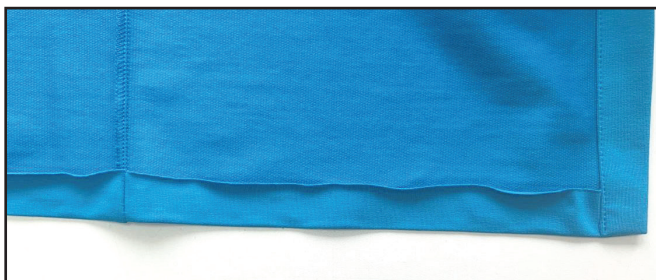
44



Topstitch the placket 1- 2 mm (1/16") away from the inner fold.



45



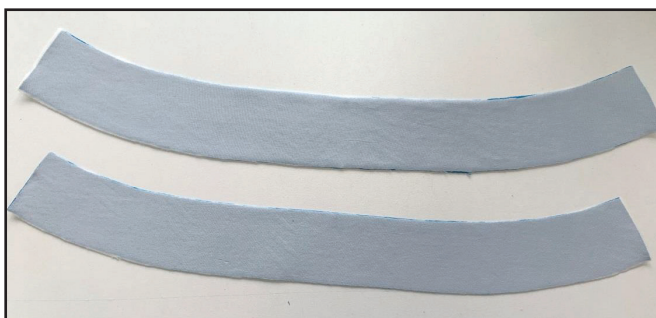
Press the seam allowances along the lower hem 2.5 mm (1") to the wrong side.

46



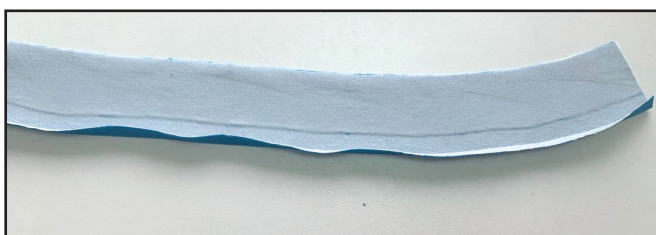
Coverstitch the shirt lower hem.

47



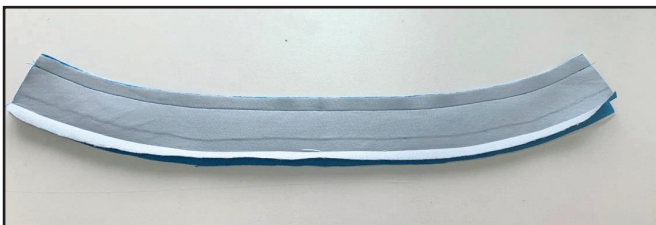
Fuse the interfacing to both stand collars.

48



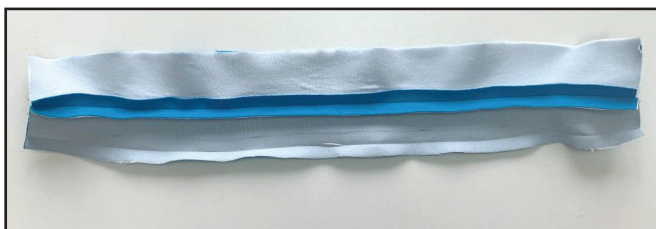
Press the lower hem seam allowance of one collar (it is longer and marked) by 1 cm (3/8") to the wrong side.

49



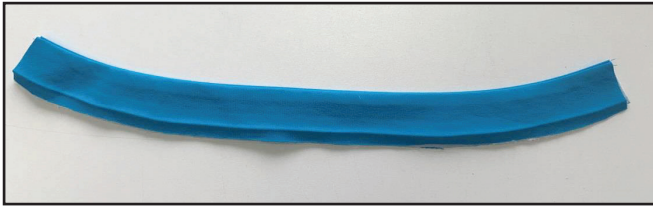
Place both collars with right sides together and stitch the upper edges 7 mm (1/4") in from the edge.

50



Press the seam allowances open.

51



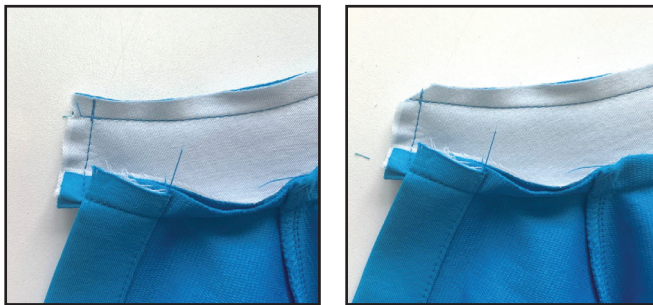
Place the collars wrong sides together and press the upper edge.

52



With right sides together, place the collar non-ironed seam allowances to the shirt neckline and pin them aligning the marks. The marks on the collar should align with the sleeve darts. Note: the collar lower edge is longer than the neckline by 7 mm (1/4") on each side. Stitch them 10 mm (3/8") in from the edge. Press the seam allowance flat towards the collar.

53



Place the collars with right sides together again and pin the short edges, but do not fold the collar lower edge seam allowances down. Stitch them 7 mm (1/4") in from the edge. Trim the sharp corner point.

54



Turn the collar out, smooth the corner and press it down.

55



Pin the under collar to the garment neckline, overlapping the collar attaching seam with the fold and baste it. Topstitch the collar around the perimeter 1 - 2 mm (1/16") away from the edge. Press the collar down.

56



Transfer the marks for the snap buttons from the pattern onto the fronts, the collar, and the cuffs. If it is necessary, punch the holes at the marked points.

57



Attach the snap button socket pieces to the right front. Attach the snap button stud pieces to the left front. Attach the snap buttons on the cuffs. Note: the snap button socket pieces are attached to the part of the cuff, where the bias strip is pressed to the wrong side.

58



Remove the basting stitches and press the garment. The 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!**