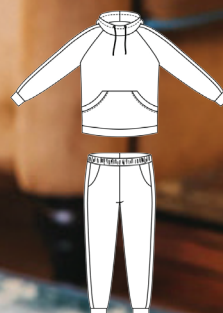


# SIDE-STRIPE TRACKSUIT FOR CHILDREN

SKILL LEVEL



## INSTRUCTIONS FOR SEWING

ELINA PATYKOVA

ПРО ШИТЬЕ



ELINA\_PATKOVA



ELINA-PATKOVA.RU



VK.COM/ELINA\_PATKOVA

## FOR TAILORING YOU WILL NEED:

- french terry or sweatshirt cotton poly blend fabric,
- cotton lycra jersey (optional),
- rib knit fabric or ribbing,
- zipper (optional),
- fusible interfacing,
- elastic band 3.5 - 4 cm (1 3/8 - 1 9/16") wide,
- matching threads,
- Jersey 75 - 80 or Stretch 75 - 80 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 in warm water, dry and iron it.

B

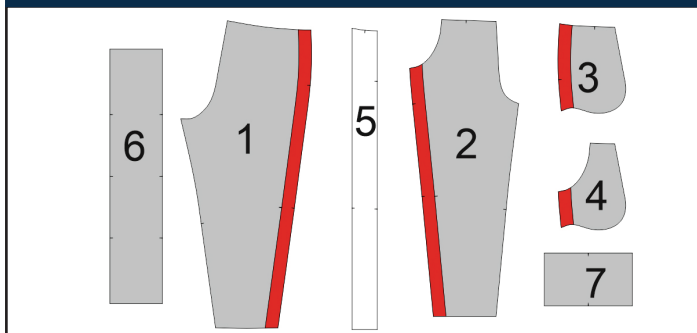
Let us start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

C

Lay 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 marks from the pattern onto the wrong side of your fabric.

## NOW YOU HAVE ALL THE PIECES:

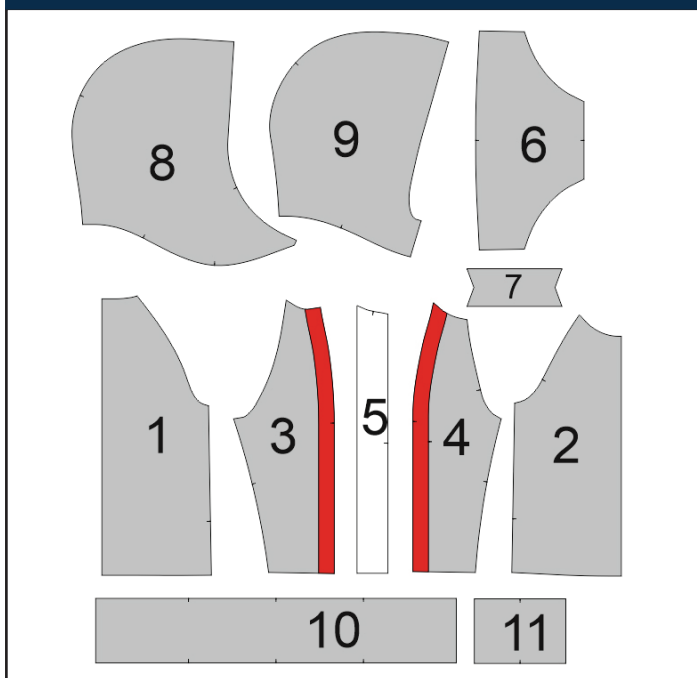
### PANTS PIECES:



- ① Pant back- cut 2\*
- ② Pant front- cut 2\*
- ③ Side front - cut 2
- ④ Pocket lining - cut 2
- ⑤ Side stripe - cut 2 (optional)
- ⑥ Waistband - cut 1 (rib knit fabric or ribbing)
- ⑦ Pant cuff - cut 2 (rib knit fabric or ribbing)

\* To sew side-stripe pants, cut red sections from the side-stripe pants pieces 1, 2, 3 and 4, having added 7-8 mm (5/16») to the allowance. Detailed description will be given below, in the sewing guide.

### HOODIE PIECES:



- ① Back - cut 1 on the fold
- ② Front - cut 1 on the fold
- ③ Sleeve back - cut 2\*\*
- ④ Sleeve front - cut 2\*\*
- ⑤ Side stripe - cut 2 (optional)
- ⑥ Pocket - cut 1\*
- ⑦ Pocket welt - cut 2 (rib knit or ribbing)
- ⑧ Hood - cut 4 do not cut piece 9 in this case
- ⑨ Hood with stand - cut 2 on the fold\* (do not cut piece 8 in this case)
- ⑩ Hoodie waistband - cut 1 (rib knit fabric or ribbing)
- ⑪ Sleeve cuff - cut 2 (rib knit fabric or ribbing)

\* To make a zip-front hoodie cut 2 front pieces, 2 pocket pieces and 4 pieces for hoodie with stand having added 5 mm (3/16») to the central edges. Detailed description will be given below, in the sewing guide.

\*\* To make a side-stripe hoodie cut red sections from pieces 3 and 4 adding 7 - 8 mm (1/4 - 5/16»). Join pieces 3 and 4 for a hoodie without side stripes. Detailed description will be given below, in the sewing guide.

## NOW WE CAN START TAILORING

## 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.

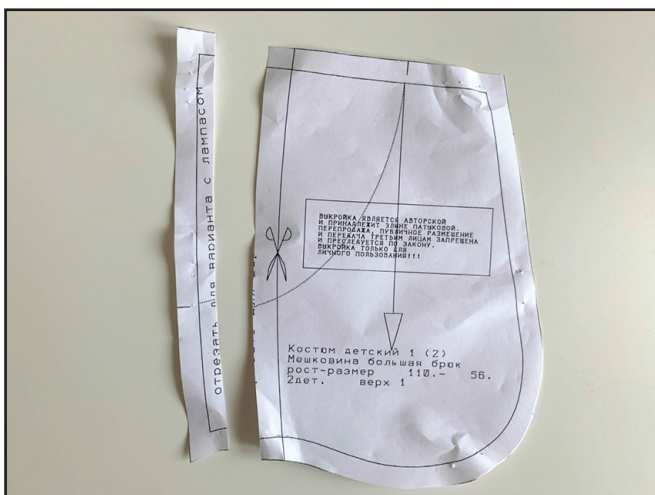


# PANTS SEWING GUIDE

1



To make side-stripe pants, cut pant fronts and backs and cut side front and pocket lining pieces stepping back from the markings 7 - 8 mm (1/4 - 5/16") to the side seam.



2



Fuse strips of interfacing 1 cm (3/8") wide to the pocket openings on the pant fronts.

3



Place the pocket lining pieces and the pant fronts, right sides together, and stitch them along the pocket opening 7 mm (1/4") in from the edge.

4



Stitch in the seam allowances towards the pocket lining pieces 1 - 2 mm (1/16") away from the previous seam.

5



Turn the pocket lining pieces to the pant fronts wrong side and press the pocket openings.

6



Place the side fronts and the pocket lining pieces, right sides together, and serge the outer edges. Press the seams.



7



3-3,5

Stitch the pocket pieces with the pant fronts along the upper and side edges 4 - 5 mm (3/16") in from the edges.

8



3-3,5



7

To make pants without stripes, place pant front and back pieces, right sides together, pin and serge the side seams. Press the seam allowances towards the pant back pieces.



To make side-stripe pants, place side-stripe front and back pieces, right sides together, pin and serge them. Press the seam allowances towards the stripes.

9



3-3,5



7

Place pant front and back pieces, right sides together, pin and serge the inseams. Press the seam allowances towards the back pieces.

10



4 3-3,5 7

Insert one pant leg into the other, right sides together, pin and serge them along the crotch seam. Press the seam allowances towards any side.



11



2,5-3

Place each cuff in half, right side inside, pin and stitch the short edges 7 mm (1/4") in from the edge. Press the seam allowances open.

12

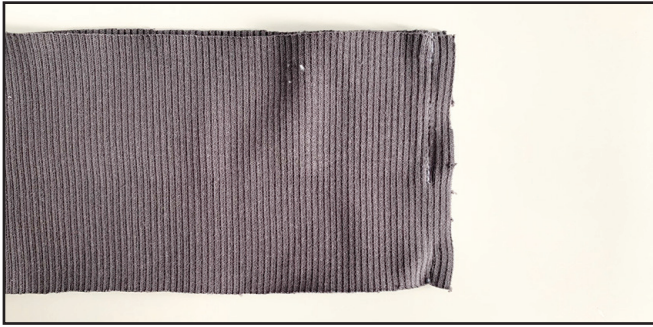


4 3-3,5 7

Place the cuffs in half, lengthwise, wrong side inside, and pin them to the pant leg openings. Serge them around the pant leg openings. Tie the thread tails and hide them into the seam. Press the seam allowances towards the garment.



13



Place the waistband in half, right side inside, and stitch the short edges 7 mm (1/4") in from the edge. Leave a small opening for inserting the elastic band. Press the seam allowances open.

14



Place the waistband in half, lengthwise, wrong sides inside, and pin to the pants upper edge. Serge them all the way around the outside. Tie the thread tails and hide them into the seam. Press the seam allowances towards the garment.

15



Insert the elastic band through the opening, left beforehand, using a bodkin or a safety pin for it. Stitch the elastic band short edges. Stitch down the seam allowances short edges open.



16



Evenly readjust the elastic band along the waistband and hand-baste the opening using blind stitches.

17



Remove the basting stitches and press the garment. The pants are ready!



# HOODIE SEWING GUIDE

1



To make a zip-front-hoodie, cut 2 front pieces, 2 pocket pieces and 4 hood with stand pieces, adding 5 mm (3/16") to the central edges.

2



To make a hoodie without side stripes, pin the sleeve back and front along the central seam in the straight section. Cut both sleeve pieces.



3



To make a side-stripe hoodie, cut both sleeve pieces stepping back from the markings 7 - 8 mm (1/4 - 5/16") to the upper seam.

4



To make a hoodie without stripes, pin the dart and serge it. Stitch from the top down, tie the thread tails and hide them into the seam. Press the dart towards any side.



To make a side-stripe hoodie, place the side stripes with back and front sleeves, right sides together, pin and serge them. Press the seam allowances towards the stripes.

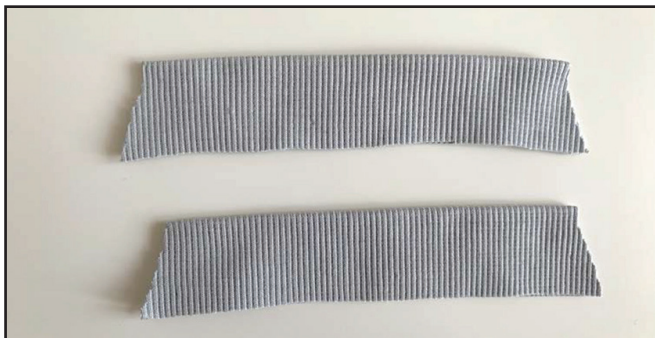
5



Place the sleeve with right side inside and serge the side seams. Press the seam allowances towards the sleeve fronts.



6



Place the pocket welts in half, lengthwise, wrong side inside and press them.

7



3-3,5



7

Place the welts to the pocket (pockets), right sides together, and serge them. Press the seam allowances towards the pocket. (pockets).

8



3,5-4

Stitch in the seam allowances towards the pocket (pockets).

9



4 2,5-3 7

Finish the pocket (pockets) top edge with a serger. Press the seam allowances 1 cm (3/8") towards the wrong side.



10



To make a zip-front hoodie, fuse a strip of interfacing 1 cm (3/8") wide to the front central edges.

11



Place the pocket to the front piece (pockets to the fronts) to see how they should look eventually.





12



Turn the pocket (pockets), wrong side up, and pin it to the front piece (front pieces).



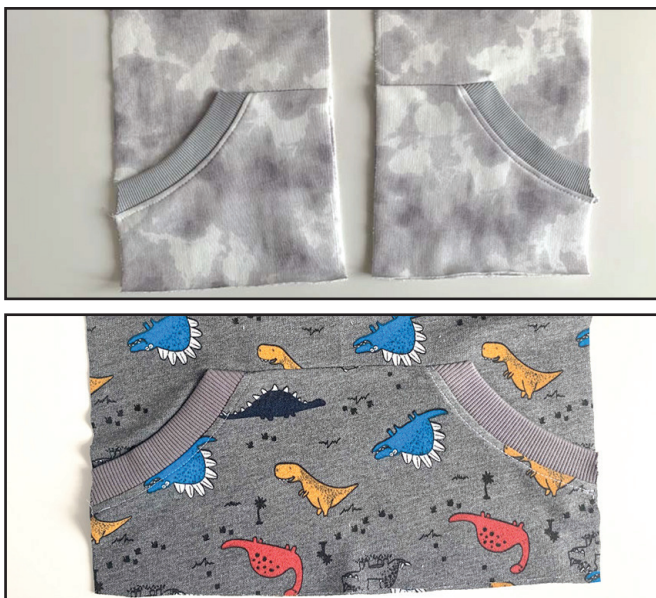
13



Stitch in the pocket to the front (pockets to the fronts) exactly atop the fold.



14



Turn the pocket (pockets), wrong side inside, and press the top edge.

15



4 2,5-3 7

To make a zip-front hoodie, finish the front central edges along with the pockets using a serger.

16



4 2,5-3 7

Place the front (fronts) to the back, right sides together, pin and serge the side seams. Press the seam allowances towards the back.



17



4  2,5-3  7 

Place the sleeves with the front (fronts) and back, right sides together, pin and serge them along the raglan edges. Press the seam allowances towards the front (fronts) and the back.

18



   2,5-3 

Place each cuff in half, right side inside, and stitch the short edges 7 mm (1/4") in from the edge. Press the seam allowances open.

19



4  3-3,5  7 

Place the cuffs in half, lengthwise, wrong side inside, and pin them to the sleeve openings. Serge them around the sleeve openings. Tie the thread tails and hide them into the seam. Press the seam allowances towards the sleeves.

20



To make a pullover hoodie, skip this and the following steps and go straight to step 23.

To make a zip-front hoodie, place the waistband in half, lengthwise, wrong side inside, and press it.

21



Finish one waistband long edge with a serger.

22



Place the waistband raw edges to the garment lower edge, right sides together, pin and serge them aligning the marks. The waistband is a little shorter, so it needs to be stretched while sewing. Press the seam allowances towards the waistband.

23



To make a zip-front hoodie, skip this and the following steps and go straight to step 25.

To make a pullover hoodie, place the waistband in half, right sides together, and stitch the short edges.



24



4  3-3,5  7 

Place the waistband in half, lengthwise, wrong side inside, and pin it to the garment lower edge. Serge them around the garment lower edge. Tie the thread tails and hide them into the seam. Press the seam allowances towards the garment.

25



   2,5-3 

All kinds of hoods and their linings are processed almost the same. Place the hood pieces, right sides together, pin and stitch the curved edge. Press the seam allowances open. Repeat the process for the hood lining.



26



Place the hood and the hood lining, right sides together, pin and stitch them along the outer edge.

27



Stitch in the seam allowances towards the lining.



28



Place the hood and the hood lining, wrong sides together, and press the outer edge forming a 1 mm (1/16") roll towards the lining.



29



To make a zip-front hoodie, skip this and the following steps and go straight to step 31.

To make a pullover hoodie, pin the hood and the hood lining lower edges.

To make a hood without stand, pin it overlapping and aligning the marks.

30



4 3-3,5 7

Place the hood and the garment, right sides together, pin and serge them along the neckline aligning the marks. Tie the thread tails and hide them into the seam. Press the seam allowances towards the garment.



31



4 2,5-3 7

To make a pullover hoodie, skip this and the following steps and go straight to step 42.

To make a zip-front hoodie, finish the hood lining lower edge with a serger. Press the seams.

32



2,5-3

Pin the hood and the garment, right sides together, along the neckline and stitch them 7 mm (1/4") in from the seam. Press the seam allowances towards the hood.



33



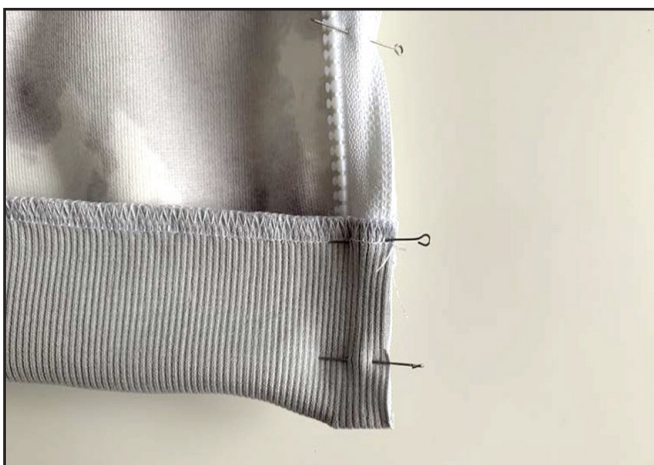
Open the zipper. Pin it to the front central edges. Start pinning at the fold on the waistband and finish at the hood upper edge. Remove the zipper teeth 1,5 - 2 cm (9/16 - 13/16") above it. Turn the zipper top to the wrong side and pin it.



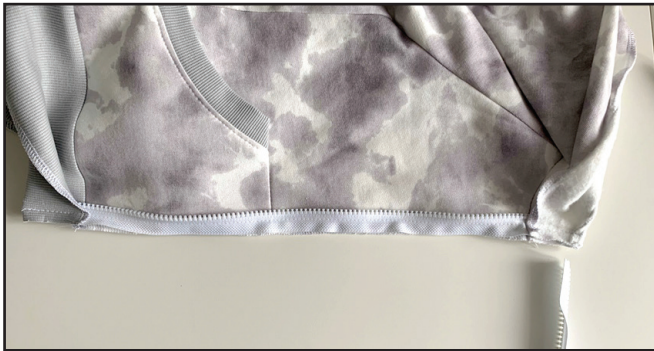
34



Turn the hood lining towards the zipper and pin it folding the seam allowances along the lower edge 7 mm (1/4") to the wrong side. Place the waistband in half, right sides inside, and pin the short edges.



35



Stitch the zipper. Trim the excess zipper top.

36



Close the zipper and transfer the following marks onto the zipper other tape:

- Seam, attaching the waistband to the garment
- Seam, attaching the hood to the garment
- Zipper top stop

37



Stitch the zipper other tape aligning the marks.

38



Pin the inside waistband long edge to the garment.



39



Stitch in the waistband to the garment using a stretch stitch. Try to stitch exactly atop the waistband attaching seam. If there is no such stitch in your sewing machine, you can hand-stitch it using a herringbone stitch.



40



Turn the seam allowances along the hood lining lower edge to the wrong side and pin them. Hand-baste the hood lining to the garment.



41



Topstitch along the zipper 5 - 7 mm (3/16 - 1/4") away from it.

42



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