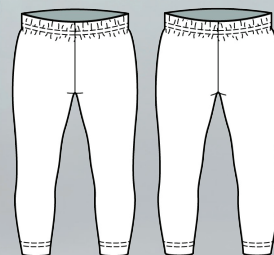


# LEGGINGS FOR GIRLS

SKILL LEVEL



## INSTRUCTIONS FOR SEWING

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—  
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## TO SEW THE LEGGINGS YOU WILL NEED:

- cotton lycra jersey,
- elastic band 30 mm (1 3/16") wide,
- matching threads,
- Jersey 70 - 75 or Stretch 70 - 75 needles

A

Check the pattern for amount of fabric to take according to your size. The required length of the elastic band is indicated on the 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. The fabric must be prepared for sewing: washed in warm water, dried and ironed.

Б

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

В

Place 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 the fabric pieces.

**NOW YOU HAVE  
ALL THE PIECES:**

## **LEGGINGS PIECES:**

- 1 Pant leg - cut 2 (cotton lycra jersey)



**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.

# LEGGINGS SEWING GUIDE

1



Draw a line along the leg bottom openings 40 mm (1 9/16") away from the edge. Use the lines to fold the hems 20 mm (13/16") up to the wrong side. Pin, baste or glue the folded hem to secure it. Press the pant leg hems.

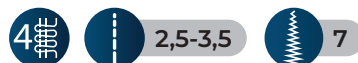
2



2,5-3

Hem the pant legs with a coverstitch machine. Tie the thread tails on the wrong side. Press the seams.

3



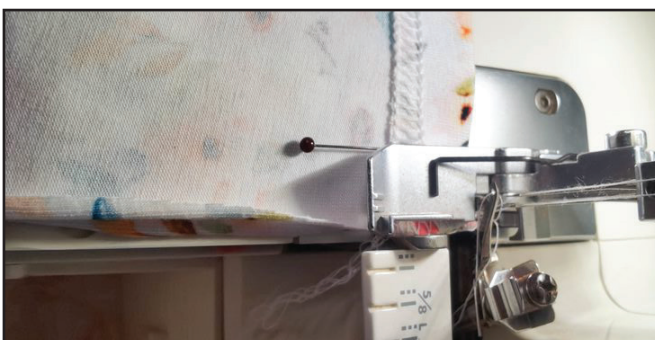
2,5-3,5



7

Pin the pant leg along the inseam right sides together. Start serging 20 - 30 mm (13/16 - 1 3/16") away from the seam, in reverse, to the leg lower hems.

4



2,5-3,5



7

Having reached the edge, raise the needles and presser foot, turn the garment around and serge the entire inseam up to the end. Note: avoid cutting the previously serged seam with a serger knife.

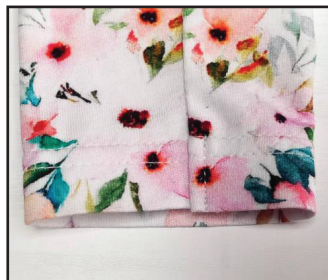
5

5



Now the edge is neat, without a tail and the stitch is secured. Press the seam allowance towards the front. Repeat the process for the other leg.

6



Secure the leg lower hem seam with a straight stitch along the inseam equally wide the fold length.

7



Insert one leg into the other with right sides together. Pin the crotch seam. Serge it. Press the seam allowances flat towards the right.

8



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

9



Divide the elastic band in quarters. Divide the garment waistband into fourths. Align the marks and pin the elastic band to the leggings wrong side. To avoid excess thickening, do not align the elastic band and waistband seams.

10



Serge the elastic band stretching it evenly.



11



Tuck the edge over the seam to the width, of the elastic, and evenly stretching, coverstitch the elastic band 30 mm (1 3/16") in from the edge. Tie the thread tails on the wrong side and hide them into the seam.

12



Remove the basting stitches, trim, and hide the thread tails and press the garment once again. The leggings 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!**