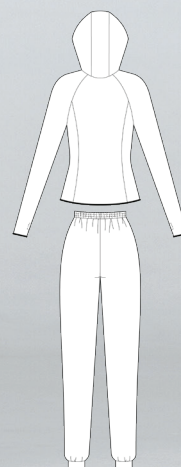
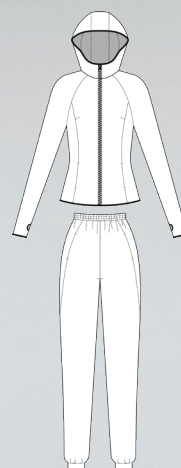


TRACKSUIT STREET FOR WOMEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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FOR TAILORING YOU WILL NEED:

- knitted fabric jersey,
- open end zipper,
- elastic edging ribbon,
- kantenband,
- elastic 50 mm (2") wide,
- matching threads,
- Jersey 90 or Stretch 90 needles

A

Check the pattern for amount of fabric, elastic edging ribbon and the zipper length to take according to your size. The required length of the elastic is indicated on the pants 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 in warm water, dry and iron it.

B

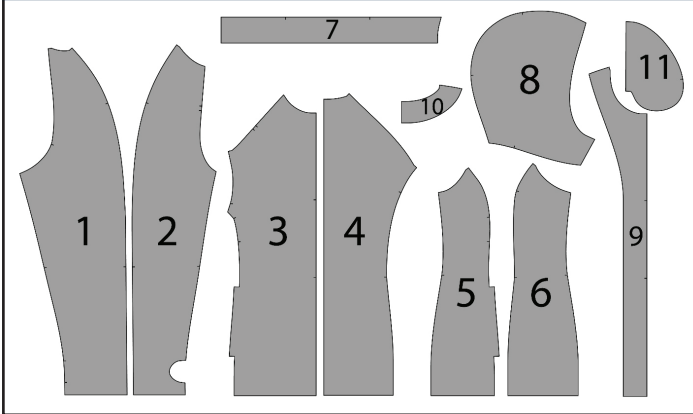
Let us start the cutting. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

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

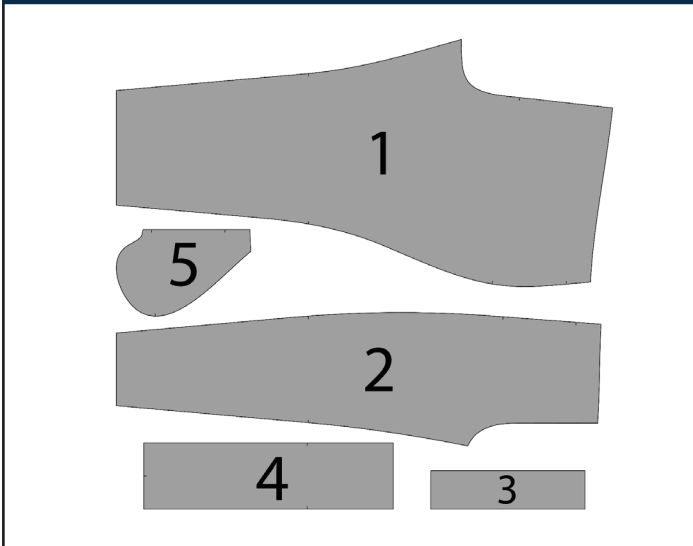
NOW YOU HAVE ALL THE PIECES:

HOODIE PIECES:



- ❶ sleeve back - cut 2
- ❷ sleeve front - cut 2
- ❸ center front - cut 2
- ❹ center back - cut 1 on the fold
- ❺ side front - cut 2
- ❻ side back - cut 2
- ❼ hood center piece - cut 2 on the fold
- ❽ hood side piece - cut 4
- ❾ front facing - cut 2
- ❿ neckline facing - cut 1 on the fold
- ⓫ pocket lining- cut 4

SWEATPANTS PIECES:



- ❶ back- cut 2
- ❷ front- cut 2
- ❸ cuff - cut 2 on the fold
- ❹ waistband - cut 1 on the fold
- ❺ pocket lining- cut 4

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 presser foot



universal presser foot



invisible zipper 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.

HOODIE SEWING GUIDE

1



Apply the pieces of kantenband along the front central edges and side hood edges.

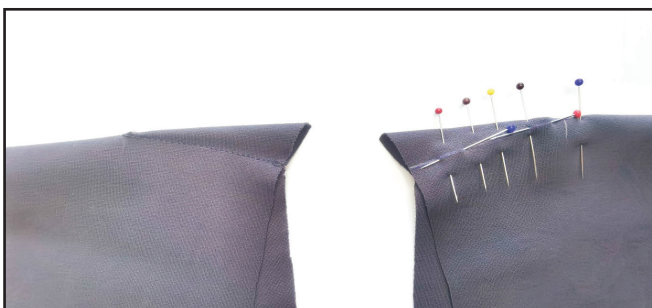
2



4th 3-4 7

With right sides together, pin the hood center and side pieces aligning the marks. Serge the pieces, working on the hood side piece. Press the seam allowances towards the hood center piece. Repeat the same steps for the hood opposite side piece. Then repeat the process for the hood lining.

3



2,4-2,8

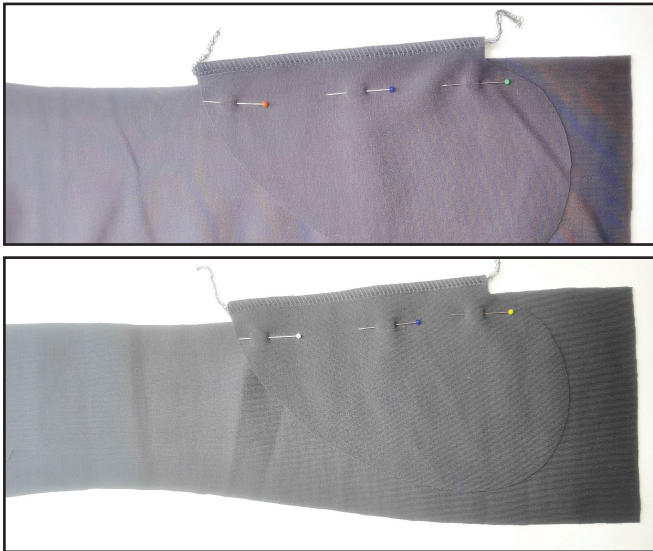
Mark the darts on the wrong side of the center fronts. Pin and baste the darts. Stitch the darts along the marked line. Starting at the side edge, stitch down to the point of the dart.

4



Remove the basting stitches and press the darts upward. Trim excess fabric at the dart bottoms to align them with the front edge.

5



4 3-4 7

With right sides together, pin the pocket linings to the side edges of the center fronts. Serge the pieces. Press the seam allowances flat towards the fronts. Repeat the same steps attaching the other pocket linings to the side fronts. Press the seam allowances flat towards the linings.

6



4 3-4 7

With right sides together, pin the center and side fronts along the princess line. Serge down the seam to the pivot point, turn and serge around the pocket lining to the other pivot point, then turn and serge down the seam. When serging across the pocket-to-garment stitching line and back, lay out the fabric under the presser foot in a straight line. Press the pocket lining, then press the princess seam allowances and the pocket towards the center. Repeat the process for the opposite front.

7



2,4-2,8

Continue the serged seams with straight stitches up and down to the pocket opening marks.

8



Secure the pocket opening with straight stitches towards the center front. Start stitching exactly at the pocket opening marks. Seam length is 10 mm (3/8"). Repeat the same steps for the opposite pocket. (steps 7 - 8).

9



With right sides together, pin the center and side backs along the princess line. Serge them. Press the seam allowances towards the center. Repeat the same steps for the opposite side front.

10



Pin the front and back, right sides together, along the side seam. Serge them. Press the seam allowances towards the front. Repeat the process for the opposite front.

11



Stitch elastic edging ribbon all around the thumb hole on the sleeve front. If you lack experience, you can pin or hand-baste the elastic edging ribbon. Do not stretch the elastic edging ribbon while stitching 1 mm (1/16") in from its edge. Make sure that the other elastic edging ribbon edge is sewn on the wrong side evenly. Press it. Repeat the process for the opposite thumb hole.

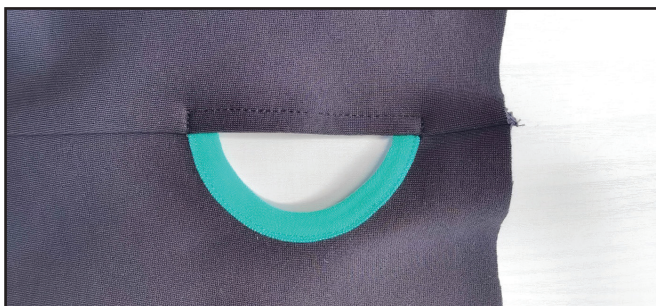
12



4 2,5-3,5 7

With right sides together, pin the sleeve front and back along the side seam. Serge the pieces. Press the seam allowances towards the sleeve back.

13



2-2,4

Topstitch the thumb hole side without elastic edging ribbon 5 mm (3/16") in from the edge. Press it.

14

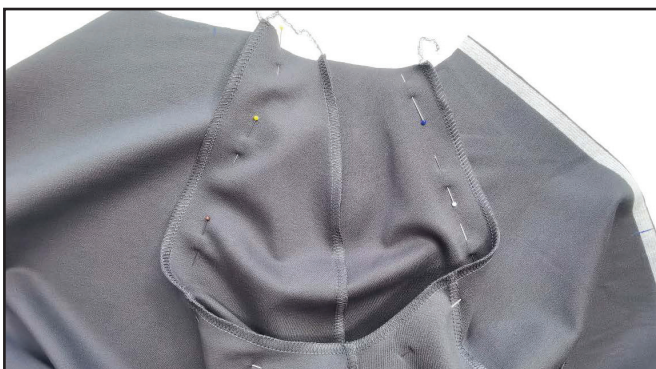


4 2,5-3,5 7

With right sides together, pin the sleeve front and back along the shoulder seam. Serge them. Press the seam allowances towards the

sleeve front. Repeat the same steps for the opposite sleeve (steps 12 - 14).

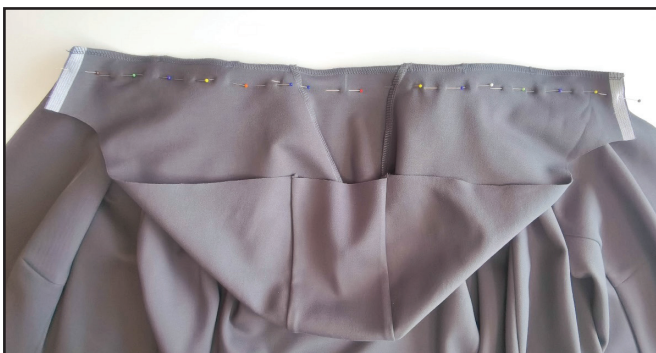
15



4 2,5-3,5 7

With right sides together, pin the sleeve into the armhole, aligning the marks. Serge it in place. Press the seam allowances towards the front and the back. Repeat the same steps for the opposite sleeve.

16



With right sides together, pin the hood to the garment neckline aligning the marks. Serge the hood to the garment. Press the seam allowances upward.

17



Pin or baste one zipper tape to the front with right sides together. Place the zipper to sit accurately without waving and pulling the fabric. The zipper edge should protrude 3 mm (1/8") from the front central edge. Align the zipper bottom with the garment lower edge. Stitch the zipper in place with a zipper foot 10 mm (3/8") away from the zipper edge. If the slider prevents you from finishing the seam: place the machine needle in the work, raise the zipper foot, move the zipper slider, place the zipper foot down, and sew on.

18



Close the zipper and spot the hood attaching seam, hood upper edge and front piece mark on the other zipper tape.

19



Baste or pin the other zipper tape in the zipper with the hood attaching seam, the hood upper edge and the front piece marks, as well as the zipper bottom edge with the garment lower edge. Attach the zipper with a straight stitch using a zipper presser foot 10 mm (3/8") away from the zipper edge, repeating the steps for the first zipper tape. Close the

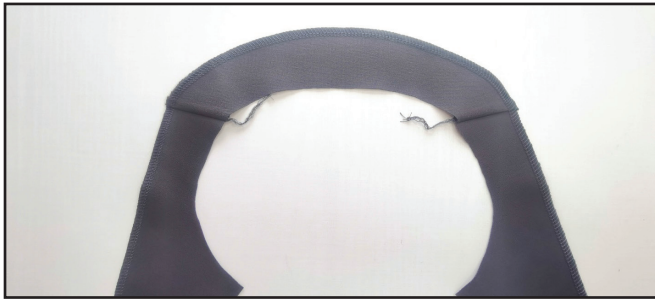
zipper, make sure that the hood attaching seam and the hood edges coincide and the zipper sits flat, without waves.

20



With right sides together, pin the front facing and the neckline facing along the shoulder edges. Serge the pieces. Press the seams towards the neckline facing.

21



Finish the outer facing edges with a serger. Press the seam.

22



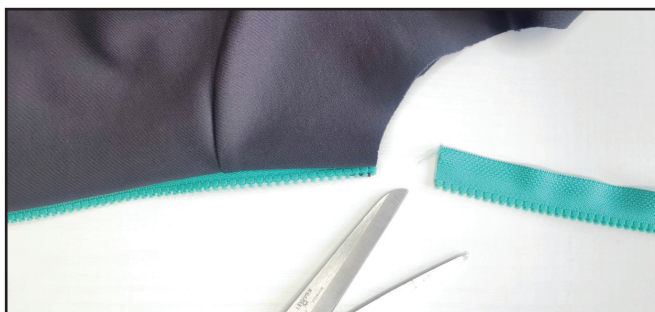
With right sides together, pin the hood lining to the facings neckline aligning the marks and the edges so that the hood is centered in the back center. Serge the pieces. Press the seam allowances towards the hood lining.

23



With right sides together, pin the fronts and the facings along the central edge. The front facing central edges should be 3 mm (1/8") away from the zipper edges. Stitch the front facings along the central edges 10 mm (3/8") away from the zipper edge. Stitch on the front piece, make sure that the seam goes exactly atop the zipper attaching seam. Turn the front facing to the wrong side. Press the fronts and the front facings along the zipper.

24



Trim the zipper tops at the hood edge level. Burn the zipper top edges with a lighter.

25



Remove the top teeth and replace them with zipper top stops.

26



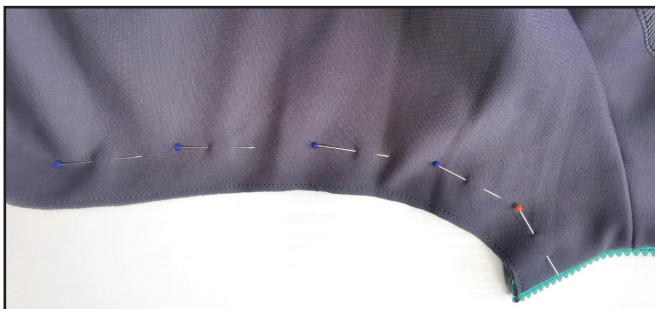
With right sides together, pin the garment neckline and the front facings from one zipper tape to another. With wrong sides together, place the front facings and the neckline facing to the garment neckline. Align the shoulder seams and the hood and hood lining centers. Stitch them 5 - 7 mm (3/16 - 1/4") in from the edge. Stitch as close to the zipper as possible.

27



Secure the front facing lower edge with straight stitches 3 - 4 mm (1/8") in from the edge.

28



Pin the hood and the hood lining together. If necessary, shape the edges (trim excess fabric). Secure the hood and the hood lining 3 - 4 mm (1/8") in from the edge.

29



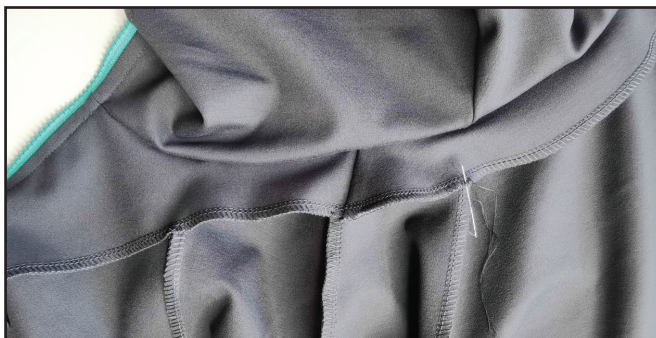
Topstitch the zipper 5 mm (3/16") in from the edge. Press it.

30



Secure the pockets to the front facings, sewing several straight stitches in two places.

31



Reinforce the front facing edges and the garment neckline edge, hand-basting them to the raglan edges and shoulder seams.

32



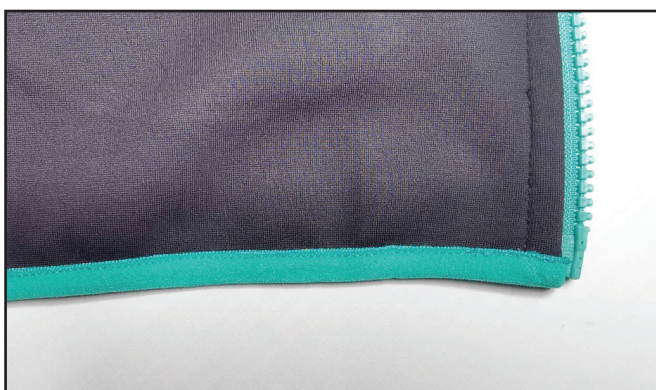
Tuck 10 mm (3/8") of the elastic edging ribbon short edges and secure them with a glue-stick so that the folded edges would not be seen on the right side.

33



Stitch the elastic edging ribbon around the hood outer edge. If you lack experience, you can pin or hand-baste the elastic edging ribbon. Do not stretch the elastic edging ribbon while stitching 1 mm (1/16") in from its edge. Tuck the elastic edging ribbon short edge 10 mm (3/8") to the wrong side and secure it with a glue-stick. Make sure that the other elastic edging ribbon edge is sewn on the wrong side evenly. Press the hood outer edge.

34



Repeat the process for the garment lower hem (p. 33).

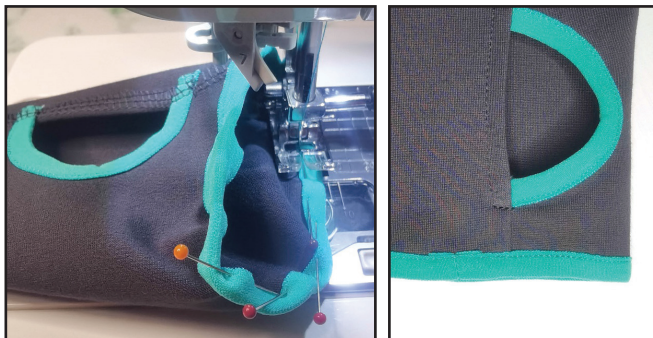
35



Measure the wrist line. Cut two pieces of elastic edging ribbon with length equal to the width of the wrist line minus 10 mm (they need a little tension to avoid stretching the elastic edging ribbon while stitching), plus 20 mm (13/16") for

the seam allowances. Stitch the elastic edging ribbon pieces in a ring, sewing with a straight stitch 10 mm (3/8") away from the edge. Secure the seam allowances open using a glue-stick.

36



Stitch the elastic edging ribbon around the sleeve lower hems and press them.

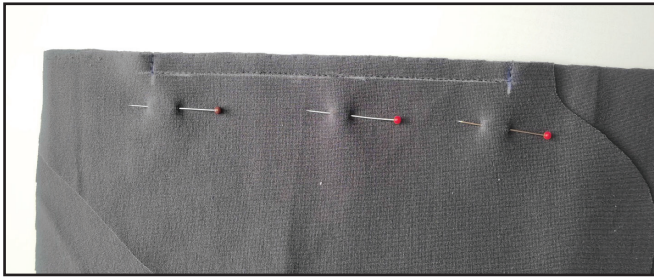
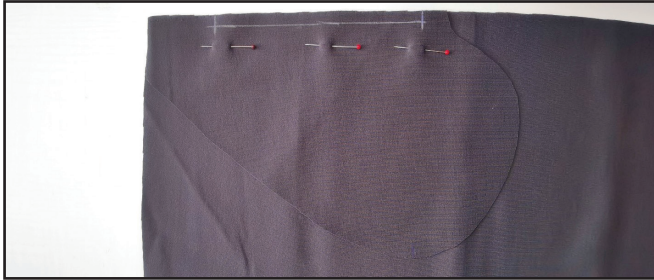
37



Remove the basting stitches, trim and hide the thread tails and press once again. The hoodie is ready!

SWEATPANTS SEWING GUIDE

1



With right sides together, pin the pocket lining along the pocket opening to the pants front. Stitch the pieces 8 mm (5/16") in from the edge, as shown in the photo.

2



Slash into the corners 1 mm (1/16") before the stitching line.

3



Topstitch the seam towards the pocket lining 1 mm (1/16") away from the seam. Press the lining to the wrong side forming a roll.

4



4 2,5-3,5 7

Pin the other pocket lining piece to the first one with right sides inside. Serge the pocket bag. Press the pocket bag.

5



2,4-2,8

Reinforce the pocket bag above and below the pocket opening, stitching 7 mm (1/4") in from the edge. Repeat the same steps for the opposite pocket. (steps 1 - 5).

6



4 2,5-3,5 7

With right sides together, pin the pant front and back along the side edges aligning the marks. Serge them. Stitch on the pant front. While sewing the pocket, make sure that the serger left needle gets

exactly atop the pocket bag reinforcement seams, as well as the finished pocket edge would not get into the seam.

7



Press the seam allowances flat towards the pant back panel. The pocket opening should look like in the photo.

8



4 2,5-3,5 7

Place the pant front and back panels along the inseam, right side inside. Serge it. Press the seam allowances flat towards the pant front panel. Repeat the process for the opposite pant leg (steps 6 - 8).

9



4 2,5-3,5 7

Insert the left pant leg into the right pant leg with right sides together. Pin the crotch seam, in the process, place the inseam allowances in different directions to avoid excess thickening. Serge it. Press the seam towards the right.

10



4 2,5-3,5 7

With right sides together, fold the pant cuffs in half, lengthways, and pin along the short edges. Serge them.

11



To avoid excess thickening when stitching the cuffs, press the seam allowances in different directions.

12



With wrong sides together, fold the cuffs in half and press them.

13



4 2,5-3,5 7

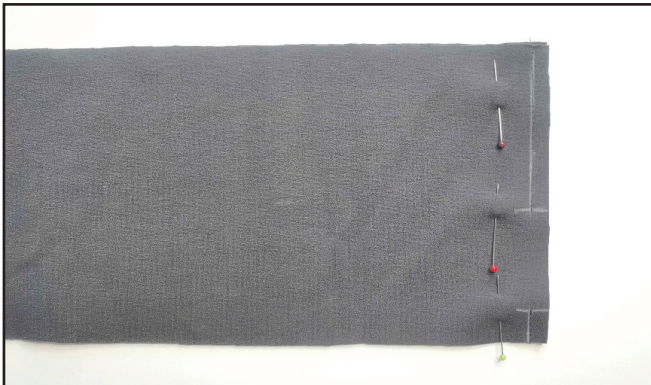
Aligning the cuff seam and the inseam, serge the cuff to the pant leg opening. Stretch the cuff evenly while stitching it, but avoid stretching the pant leg opening.

14



Repeat the same steps for the opposite cuff. Press the seam allowances flat towards the pant legs.

15



Place the waistband in half, right side inside, and pin it along the short edges. Stitch the waistband in a ring with two straight stitches 70 and 15 mm (2 3/4 and 9/16"), leaving an opening in it. Press the seam allowances open.

16



Fold the waistband in half, lengthwise, wrong side inside, and press it.

17



With right sides together, pin the waistband to the pants upper edge aligning the waistband seam with the back crotch seam and the waistband center mark with the front crotch seam, and aligning the marks with the side seams. Serge the pieces. When stitching, evenly stretch the waistband, but avoid stretching the pants upper edge. Tie the thread tails and hide them into the seam. Press the seam allowances downward.

18



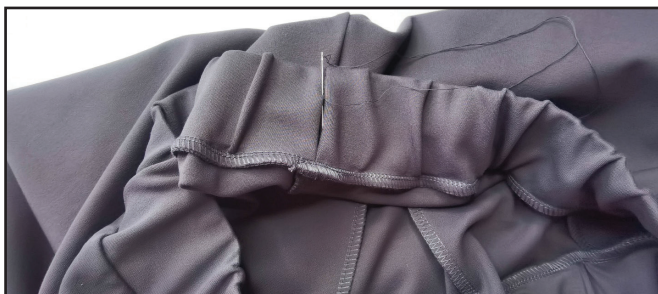
Cut the elastic 50 mm (2") wide and the length, indicated on the waistband paper pattern. Insert it through the opening into the waistband with a safety pin or a bodkin.

19



Sew the elastic short edges together with a straight or a zigzag stitch. Adjust the elastic evenly along the waistband. Try on the garment, to make sure that the pants waistband is comfortable to wear. Change the elastic length if necessary.

20



Hand-baste the opening in the waistband with a blind stitch.

21



Evenly stretching the waistband, topstitch it 18 mm (11/16") from the edge.

22



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



23



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