INSTRUCTIONS FOR SEWING

ELINA PATYKOVA

ПРО ШИТЬЕ

ELINA_PATYKOVA

ELINA-PATYKOVA.RU

VK.COM/ELINA_PATYKOVA

FOR TAILORING YOU WILL NEED:

- sweatshirt loop back fabric (two colors),
- rib knit fabric,
- knit fusible interfacing,
- kantenband,
- flat draw cord 120 - 130 cm (47 1/4 - 51 3/16"),
- elastic 4 cm (1 9/16") wide,
- twilled ribbon,
- grommets 8 mm (5/16") 2 pcs.,
- matching thread,
- Jersey 90 or Stretch 90 needles

A Check the pattern for amount of fabric to take according to your size. The required length of elastic is indicated on the pants waistband patterns. 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 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 them. Note: seam allowances are already included. Transfer all the marks from the pattern onto the wrong side of your fabric.
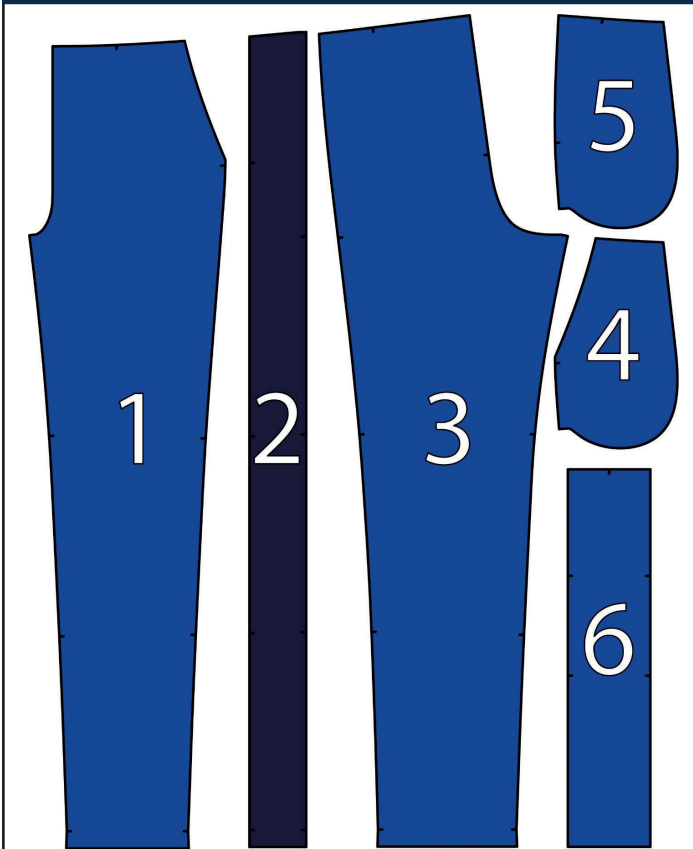
NOW YOU HAVE
ALL THE PIECES:

SWEATSHIRT PIECES:
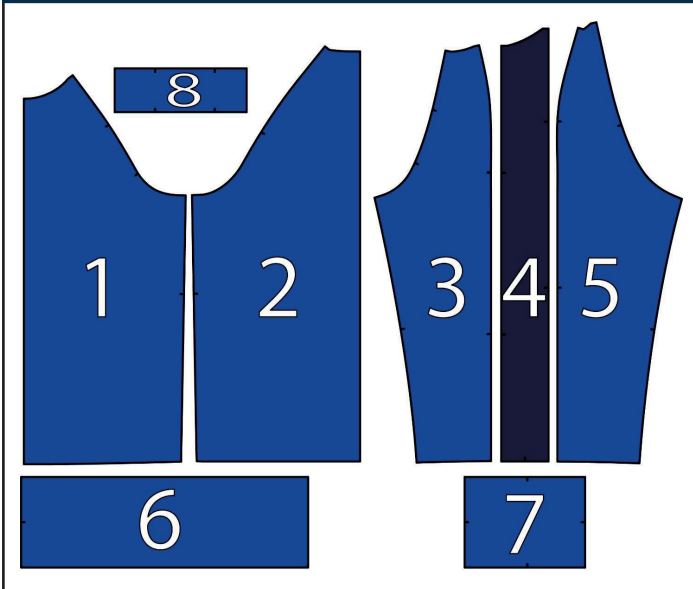
1 front - cut 1 on the fold (sweatshirt fabric, colour 1)

2 back - cut 1 on the fold (sweatshirt fabric, color 1)

3 sleeve front - cut 2 (sweatshirt fabric, color 1)

4 side stripe - cut 2 (sweatshirt fabric, color 2)

5 sleeve back - cut 2 (sweatshirt fabric, color 1)

6 waistband - cut 1 on the fold (rib knit fabric, colour 1)

7 cuff - cut 2 (rib knit fabric, colour 1)

8 neckband - cut 1 on the fold (rib knit fabric, colour 1)

PANTS PIECES:

1 pant front - cut 2 (sweatshirt fabric, color 1)

2 side stripe - cut 2 (sweatshirt fabric, color 2)

3 pant back - cut 2 (sweatshirt fabric, color 1)

4 pocket lining - cut 2 (sweatshirt fabric, color 1)

5 side front - cut 2 (sweatshirt fabric, color 1)

6 waistband cut 1 on the fold (sweatshirt fabric, color 1)

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:

Ⓐ 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.

Ⓑ 3-thread serger stitch
If you do not have a serger, you can replace it with an overedge stitch, or a zigzag stitch.

Ⓒ 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.
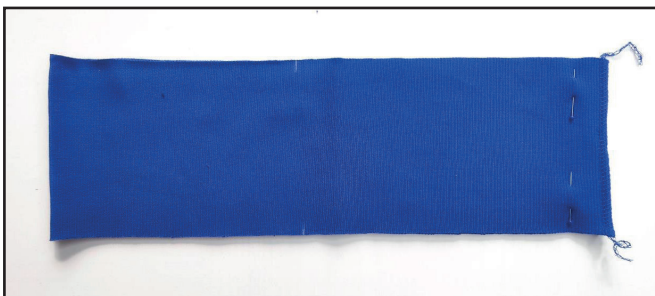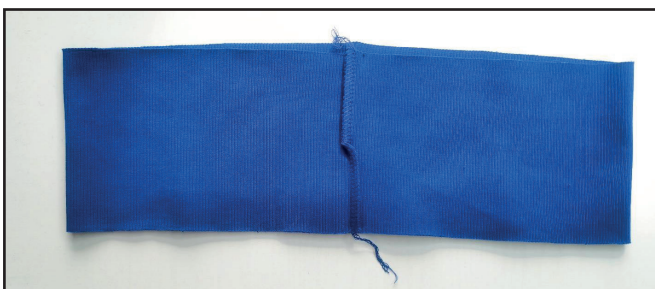
TAILORING OF THE SWEATSHIRT

1

4 | 3-4 | 7

Pin the front and back, right sides together, along the side seam. Serge the pieces. Press the seams towards the front.

2

4 | 2,5-3,5 | 7

With right side inside, fold the sweatshirt waistband in half, lengthways, and pin along the short edges. Serge it.

3

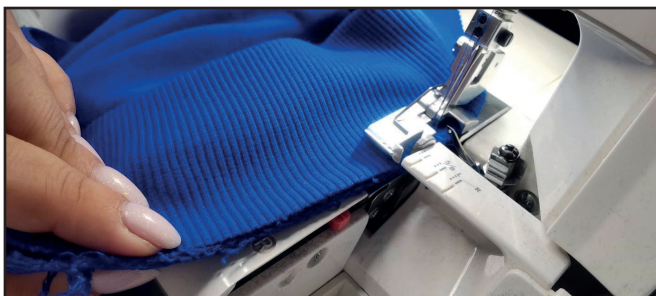To avoid excess thickening when stitching the waistband, press the seam allowances in different directions.

4

With wrong side inside, fold the waistband in half, lengthways, and press it down.

5

4 | 2,5-3,5 | 7

Divide the garment lower hem and the waistband into quarters. Draw marks. Place the waistband to the wrong side of the garment lower hem. Align the marks and the waistband seam with any garment side seam and pin with four pins. Serge the waistband to the garment. Stretch the waistband evenly while attaching it to the garment but avoid stretching the garment lower hem. Press the seam allowance upward.

6

4 | 2,5-3,5 | 7

Pin the side stripe to the sleeve front with right sides together. Note: do not mix the left and right side stripe up and align the marks. Serge the pieces. Press the seam allowances towards the side stripe.

7

4 | 2,5-3,5 | 7

With right sides together, pin the sleeve back to the side stripe, aligning the marks. Serge the pieces. Press the seam allowances towards the side stripe.

8

4 | **2,5-3,5** | **7**

Pin the sleeve along the side seam with right side inside. Serge it. Press the seam allowances towards the sleeve front. Repeat the process for the opposite sleeve (steps 6-8).

9

4 | **2,5-3,5** | **7**

With right side inside, fold the cuffs in half, lengthways, and pin along the short edges. Serge them.

10

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

11

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

12
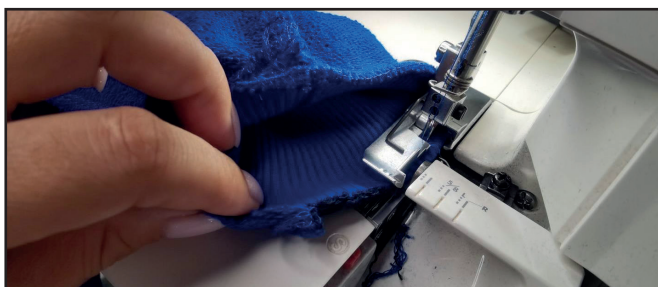
4 | **2,5-3,5** | **7**

Aligning the marks, the cuff and sleeve seams, serge the cuff to the sleeve. When attaching the cuff, evenly stretch it, but care not to stretch the sleeve lower edge. Repeat the process for the opposite cuff. Press the seams towards the sleeves.
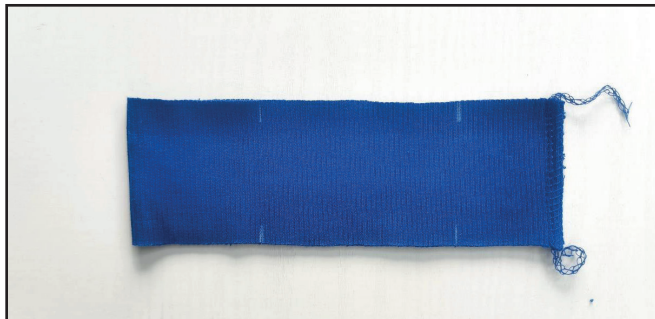
13

4 | 2,5-3,5 | 7

Turn the garment out to the wrong side and insert the sleeve into the armscye with right sides together. Pin the sleeve along the armscye. Serge it. Place the side seam allowances in different directions to avoid excess thickening. Press the seam towards the front and the back. Repeat the process for the opposite sleeve.
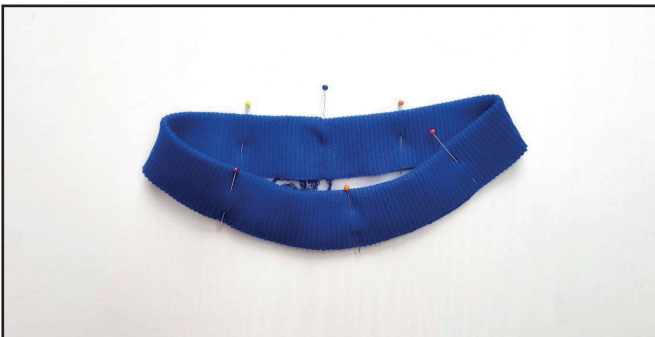
14

4 | 2,5-3,5 | 7

Serge the neckband short edges, having pinned the side edge beforehand. Press the seam allowances into different directions as you have done with the cuffs (step 10).

15

Fold the neckband in half, lengthways, wrong side inside, and press it. At the same time, shape the neckline with an iron, slightly stretching the raw edges and ironing the fold. For convenience, pin it at the marked places beforehand.

16
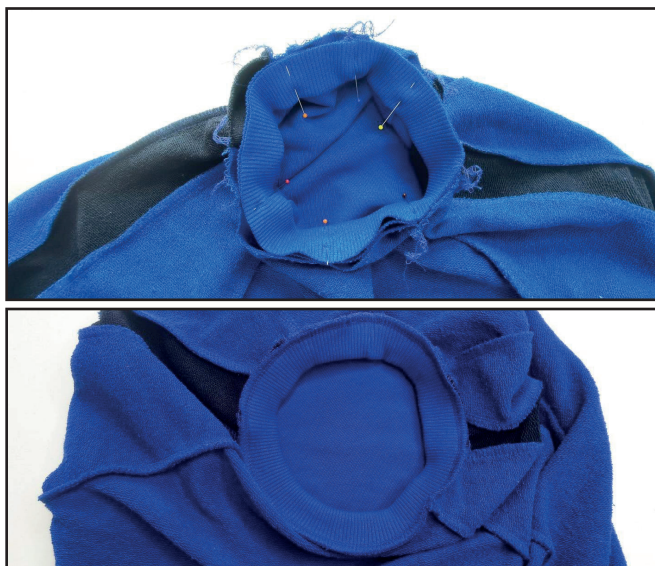
4 | 2,5-3,5 | 7

Pin the neckband to the garment neckline right side with six pins, aligning the seam with the back center, neckband center with the front center, and the marks with the raglan seams. Serge the neckband to the garment. When attaching the neckband, evenly stretch it, but care not to stretch the neckline. Press the seam allowances towards the front and the back.

17

2-2,6

Stitch the twilled ribbon to the back neckline between the shoulder seams. Tuck the twilled ribbon ends. Stitch the twilled ribbon, overlapping the serged seam. Sew exactly atop the serged seam left edge 1mm (1/16'') in from the twilled ribbon edge. While stitching the twilled ribbon, stretch the neckline gently.

18

2-2,6

Stitch the twilled ribbon other edge to the back 1 mm (1/16") away from the edge, overlapping the serged seam. Press the back neckline.
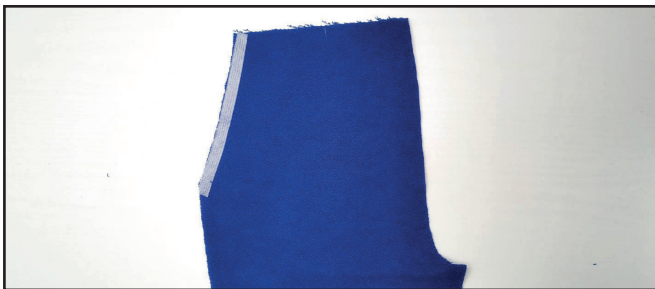
19

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

TAILORING OF THE PANTS

1

Reinforce the pocket openings on the pant fronts with kantenband.

2

4 | 2,5-3,5 | 7

With right sides together, pin the pocket lining to the pants front along the pocket opening. Serge the pieces. Press the seam allowances towards the lining.
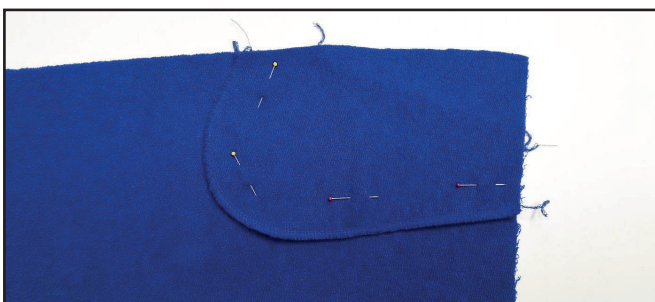
3

2,4-2,8

Press the pocket lining to the wrong side, forming a roll. Topstitch along the pocket opening 5 mm (3/16") in from edge. Press the pocket opening again.
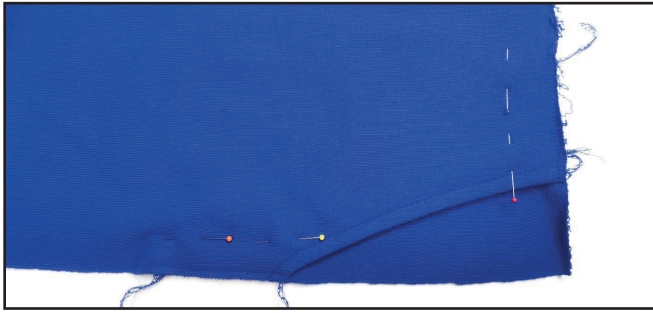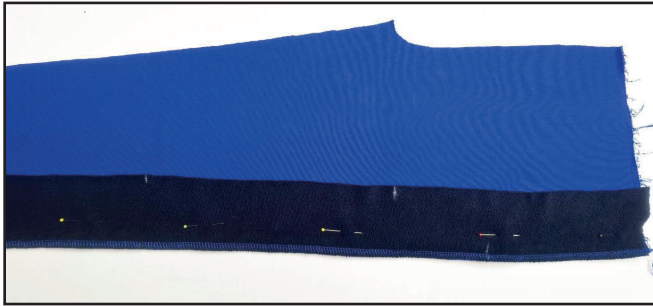
4

4 | 2,5-3,5 | 7

Pin the pocket lining to the side front with right sides together. Serge the pieces. Press the pocket.

5

🔄 ⬇️ 🧵 ⬇️ 2,4-2,8

Reinforce the pocket bag above and below the pocket opening, stitching 4 mm (3/16") in from the edge. Repeat the same steps with the opposite pocket (steps 1 - 5).

6

4⬇️ ⬇️ 2,5-3,5 〰️ 7

Pin the side stripe to the pant front with right sides together. Note: do not mix the left and right side stripe up and align the marks. Serge the pieces. Press the seam allowances towards the side stripe.

7

4⬇️ ⬇️ 2,5-3,5 〰️ 7

With right sides together, pin the pants back to the side stripe, aligning the marks. Serge the pieces. Press the seam allowances towards the side stripe.

8

4⬇️ ⬇️ 2,5-3,5 〰️ 7
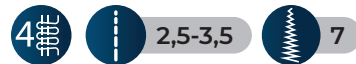
Pin the pant leg along the inseam with right side inside. Serge it. Press the seams flat towards the pants front. Repeat the process for the opposite pant leg (steps 6 - 8).

9

4⬇️ ⬇️ 2,5-3,5 〰️ 7

Insert 1 pant leg into the other with right sides together. Pin along the crotch seam placing the inseam allowances in different directions to avoid excess thickening. Serge it. Press the seam allowances towards the right.
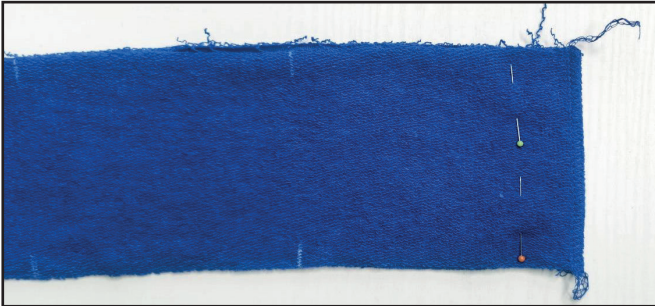
10
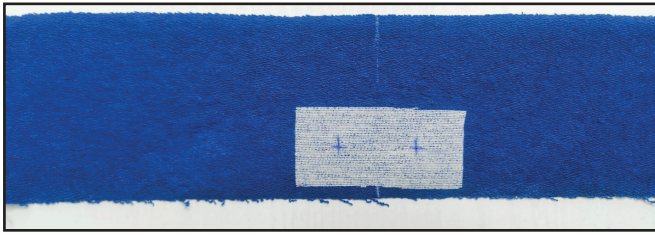
Transfer the marks for the flat draw cord holes onto the waistband. Fuse the marked place with a small piece of interfacing (about 40x80 mm or 1 9/16x3 1/8").

11

Punch 3 mm (1/8") holes for the grommets with a Hole Punch or scissors. Attach the grommets with a press.
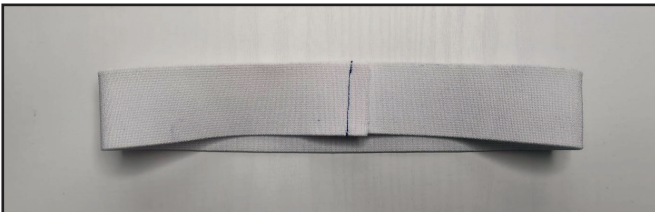
12

Stitch the waistband short edges, having pinned the side edge beforehand. Stitch 7 mm (1/16") in from the edge. Press the seam allowances into different directions.

13

With wrong sides inside, fold the waistband in half, lengthways, and press it down.

14

Cut the elastic with the length, indicated on the waistband pattern. Join the ends of the elastic together by straight stitch. You can check whether you are comfortable with this length by placing the elastic at the waist. If necessary, take a longer elastic or cut it short.
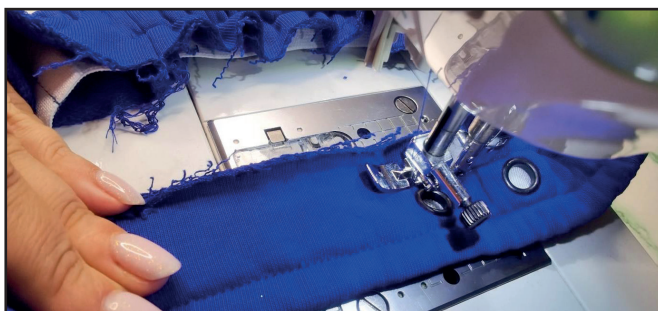
15

Divide the waistband and the elastic in quarters and pin at the marks. Insert the elastic into the waistband aligning the marks and pin at these places. To avoid excess thickening, do not align the waistband and elastic seams.

TAILORING OF THE PANTS

16

Stretching the elastic evenly, stitch 12 mm (1/2") away from the waistband fold.

2,4-2,8

17

Stitch the second seam 25 mm (1") away from the previous seam.
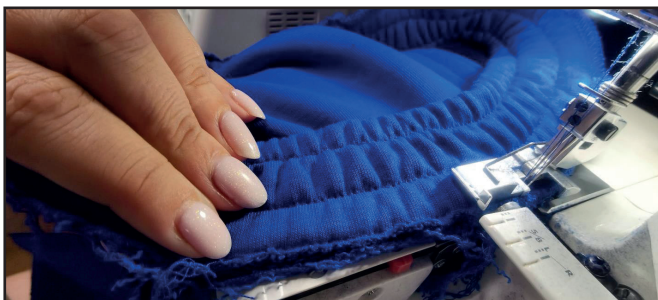
2,4-2,8

18

To ease the attaching waistband to the pants, stitch the third seam 5 mm (3/16") in from the raw edge.

2,4-2,8

19

With right sides together, pin the waistband to the pants, aligning the marks. The waistband seam should match the back crotch seam and waistband center should match the front crotch seam.

20

4░ | 2,5-3,5 | 7

Stretch the waistband and serge it. At the same time, make sure that the fabric of the pants themselves does not stretch. Press the seams towards the pants.

21

Insert the flat draw cord into the waistband.

22

Draw a line along the leg bottom openings 40 mm (1 9/16") in from the edge. Use the line to fold the bottom edge of each leg about 20 mm (13/16") up to the wrong side. Pin, baste or glue the folded hem. Give the hems a final pressing.

23

2-2,5

Hem the pant legs with a coverstitch machine. Tie the thread tails on the wrong side and hide them into the seam. Press the seams.

24

Remove the basting stitches, trim and hide the thread tails and press the garment 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!**