

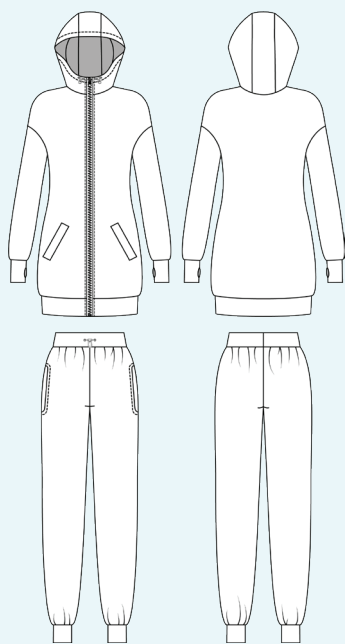
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Tracksuit «Brave» for women

#костюм_brave



Skill level



Materials and notions:



- sweatshirt fleece,
- cotton lycra jersey,
- rib knit fabric,
- woven interfacing for stretchy fabric,
- kantenband,
- open end zipper,
- elastic cord,
- eyelets 5 - 6 mm (1/4") - 6 pcs.,
- 2-hole cord lock - 3 pcs.,
- elastic 40 or 50 mm (1 9/16 -2") wide,
- matching thread,
- Jersey 90 or Stretch 90 needles

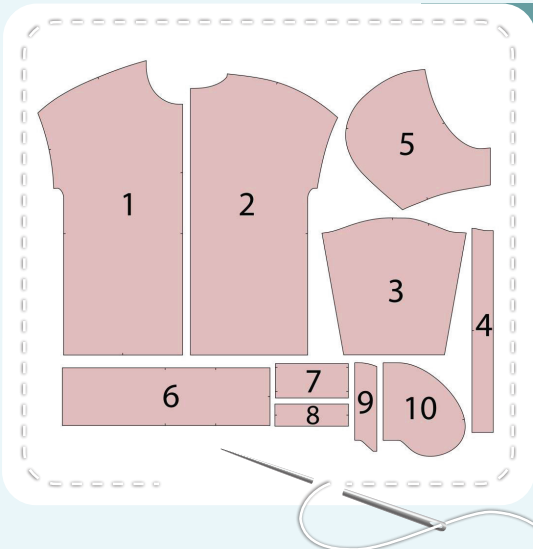
If you are not sure about the fit of the garment, it is recommended to sew a muslin with similar properties (elasticity, thickness, drape) first. This will allow you to adjust the length, width and fit of the garment and save time.

Before beginning your sewing project, wash the fabric in warm water, dry and iron it.

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

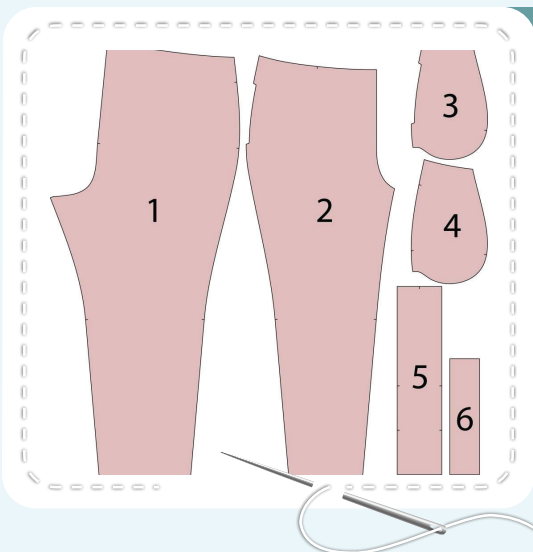
Put the paper pattern pieces onto the fabric. It's important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along the outline. Note: seam allowances are already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

Now you have all the pieces:



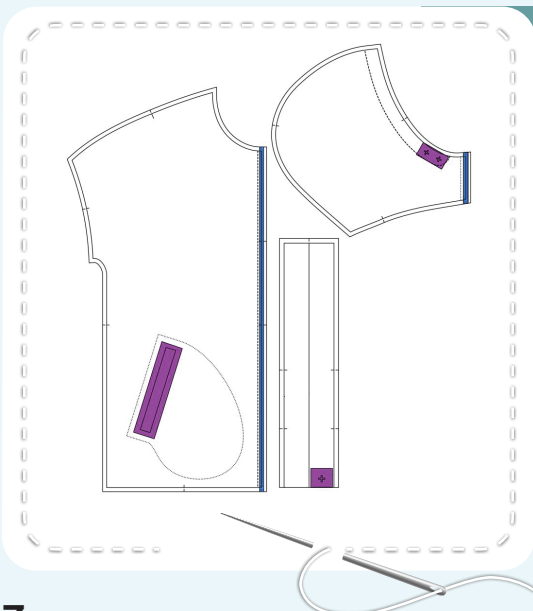
HOODIE PIECES:

1. front - cut 2 (sweatshirt fleece)
2. back - cut 1 on the fold (sweatshirt fleece)
3. sleeve - cut 2 (sweatshirt fleece)
4. hood center piece - cut 1 (sweatshirt fleece) and cut 1 (cotton lycra jersey)
5. hood side piece - cut 2 (sweatshirt fleece) and cut 2 (cotton lycra jersey)
6. waistband - cut 1 on the fold (rib knit fabric)
7. cuff - cut 2 on the fold (rib knit fabric)
8. welt - cut 2 (sweatshirt fleece)
9. underlay piece - cut 2 (cotton lycra jersey)
10. pocket lining - cut 2 (sweatshirt fleece) and cut 2 (cotton lycra jersey)



PANTS PIECES:

1. pant back - cut 2 (sweatshirt fleece)
2. pant front - cut 2 (sweatshirt fleece)
3. pocket lining - cut 2 (cotton lycra jersey)
4. side front - cut 2 (sweatshirt fleece)
5. waistband - cut 1 on the fold (rib knit fabric)
6. cuff - cut 2 on the fold (rib knit fabric)



PIECES TO INTERFACE:

- woven interfacing for stretchy fabric
 - sweatshirt front pocket opening area
 - places for eyelets on the hood side piece
 - places for eyelets on the pants waistband
- kantenband:
 - sweatshirt center edge
 - hood side edge

Construction

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.



Sweatshirt construction:



1



Fuse pieces of kantenband along the front center edges and hood side edges. Reinforce the pocket openings (190x40 mm or 7 1/2 x 1 1/2") and places for eyelets (60x30 mm or 2 3/8 x 1 3/16") with kantenband.

2



4

2,5-3,5

7

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

3



4

2,5-3,5

7

Place the hood and the hood lining right sides together, and pin them along the outer edge. Serge them. Press the seam allowances towards the hood lining.

SWEATSHIRT CONSTRUCTION:



4



2,4-2,8

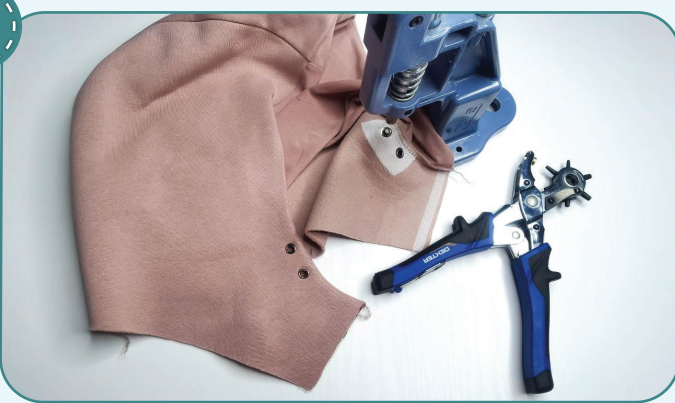
Stitch on the hood lining seam on the lining 1 mm (1/16") in from the edge.

5



Press the hood outer edge forming a roll towards the lining.

6



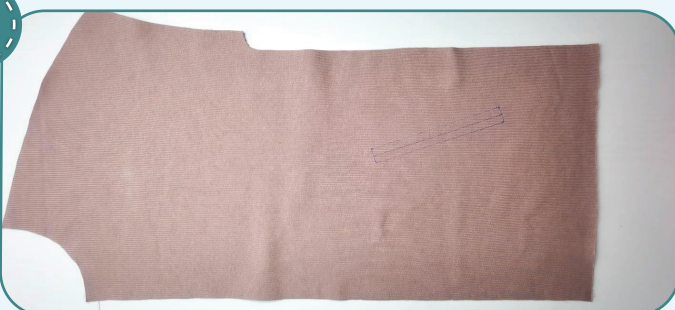
Punch 2 mm (1/16") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.

7

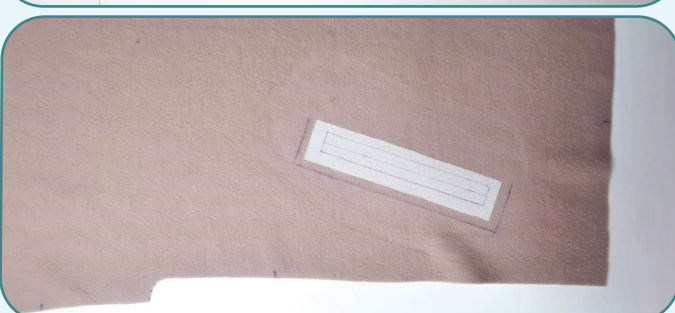


Place the welt in half, lengthways, and press it.

8

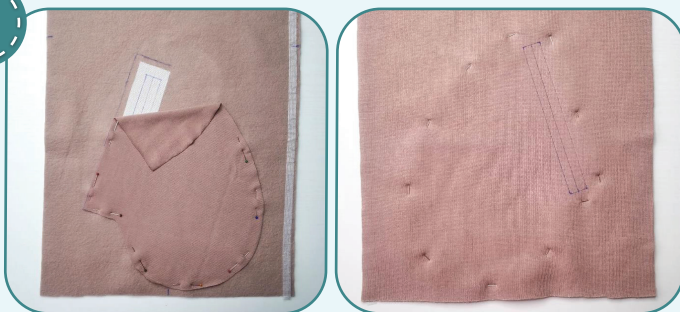


Mark the pocket opening on the right and wrong sides. Check the placement lines of the pocket openings (boxes) on both sides, using pins. Mark the middle of the box on the right side. Mark the pocket lining or its edges placement lines (it is 20 mm or 13/16" wider at each side than the box).



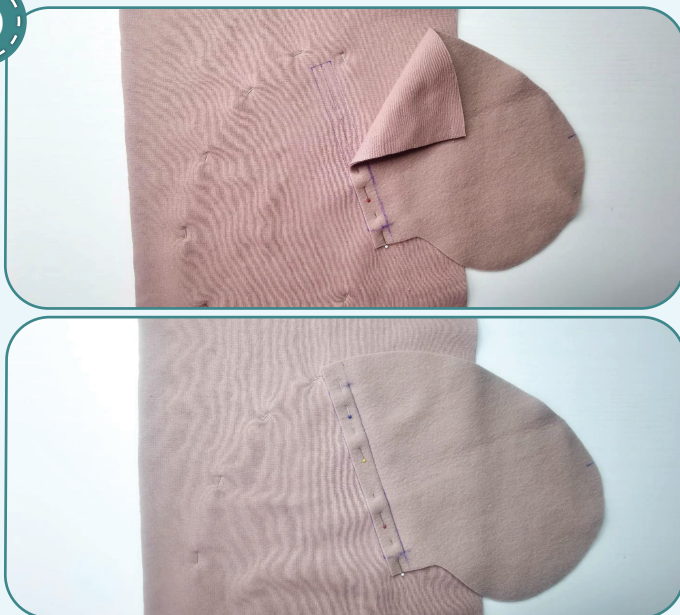
SWEATSHIRT CONSTRUCTION:

9



Place the pocket lining (cotton lycra jersey) to the front, wrong sides together, according to the transferred marking. Pin it along the outline.

10



2,4-2,8

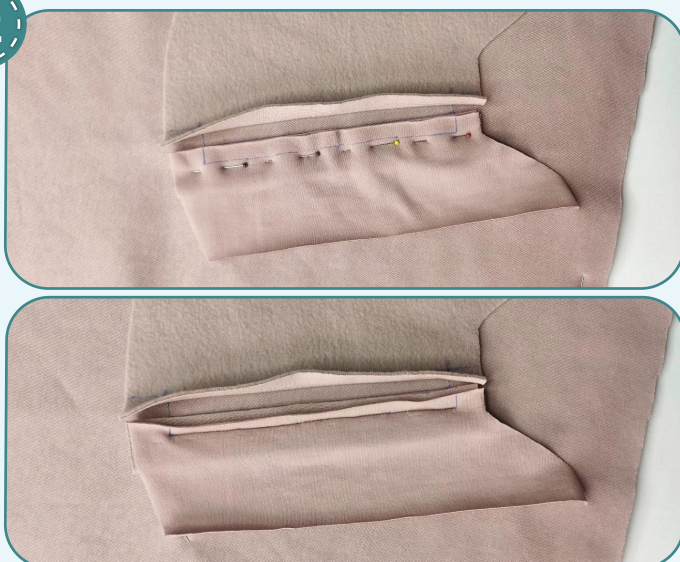
With right sides together, place the pocket lining piece (sweatshirt fleece) to the pocket opening box bottom line. Place the pocket lining upward. Pin it. Mark the line for the stitching on the pocket lining, 20 mm (13/16") away from the pocket lining straight edge. Stitch both pocket linings and the front.

11



Peel back the seam allowance of the pocket lining (sweatshirt fleece). Place the welt long edges to the shaping box center on the front piece right side.

12

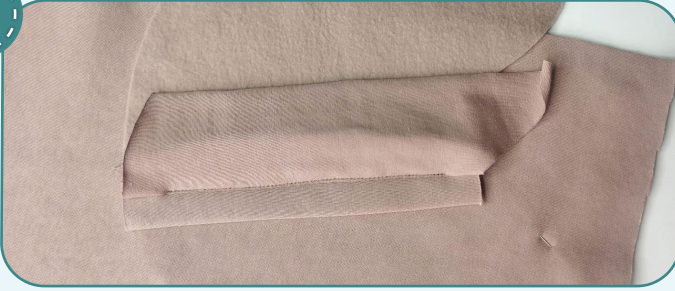


2,4-2,8

Place the underlay piece right side atop the welt, aligning the marks. Pin them and mark the line for stitching 10 mm (3/8") away from the edge. Stitch the pocket lower lining, welt, and underlay piece.

SWEATSHIRT CONSTRUCTION:

13



2,4-2,8

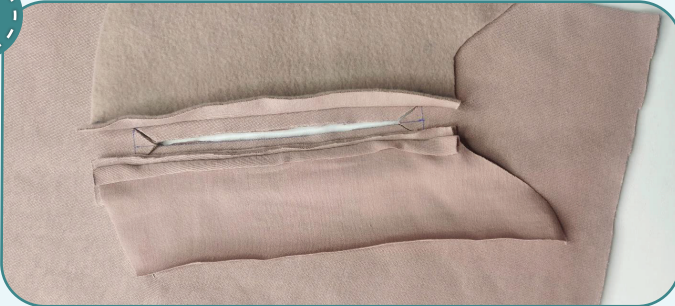
Press the underlay piece towards the pocket lining. Stitch it up 1 mm (1/16") away from the attaching seam. Make the stitching 1 mm (1/16") shorter the attaching seam at both sides.

14



This is what the pocket should look like at the wrong side at this stage.

15



Trim the welt seam allowances up to 3 mm (1/8"), close to the attaching seam. Slash the front and the pocket lining (cotton lycra jersey) lower edge between the stitching, leaving 15 mm (9/16") before and after the attaching seam. Slash into the corners. Avoid slashing the pocket upper lining, underlay piece and welt. Turn the pocket out to the wrong side and press it.



16



2,4-2,8

Tuck the underlay piece edge to the wrong side at 10 mm (3/8") and press it. Smooth and pin this edge to the pocket lower lining. Stitch the underlay piece on the pocket lower lining 1 mm (1/16") away from the edge. Press them.



17



2,4-2,8

Lay the front with right side up, smooth the front and the pocket. Pin or hand-baste the welt edge to the pocket upper lining with a diagonal stitch, so that the edge matches the upper pocket lining attaching seam, and the seam ends were at the same level. Peel back the front and the pocket lower lining so that the corner was visible. Baste, check at the right side, and stitch it to the pocket upper lining and the welt. The seams ends should coincide the pocket lining attaching seams. Repeat the process for the opposite corner. Press the pocket opening again. This is what the pocket should look like at the right side after this step.

18



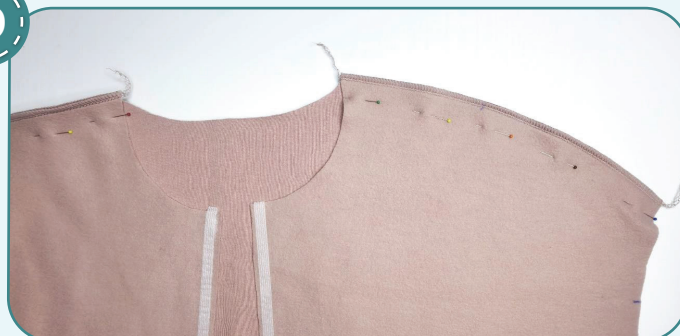
2,5-3,5



7

Pin both pocket linings. Serge them around the outline. Press the pocket. Repeat the process for the opposite pocket.

19



2,5-3,5



7

Pin the front and the back along the shoulder edges with right sides together. Serge them. Press the seam allowances flat towards the fronts.

20



2,5-3,5



7

With right sides together, pin the sleeve into the armhole, aligning the marks. Serge them. Press the seam allowances towards the front and the back. Repeat the process for the other sleeve.

SWEATSHIRT CONSTRUCTION:

21



4mm

2,5-3,5

7

Pin the back, the front and the sleeve along the side seam, with right side inside. Serge the pieces. To avoid bulk, place the sleeve attaching seam allowances in different directions. Press the seam allowances towards the front. Repeat the process for the opposite side seam.

22



4mm

2,5-3,5

7

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

NOTE: it is recommended to try it on, check the fit, length and ease. When fitting, consider the cuffs and the waistband length.

23



4mm

2,5-3,5

7

Finish 50 mm (2") of one waistband long edge both ends.

24



4mm

2,5-3,5

7

Pin the waistband to the front lower raw edge, right sides together, 50 mm (2") from both ends. Serge 50 mm (2") of the waistband to the garment at both ends. Press the seam allowances upward.

25



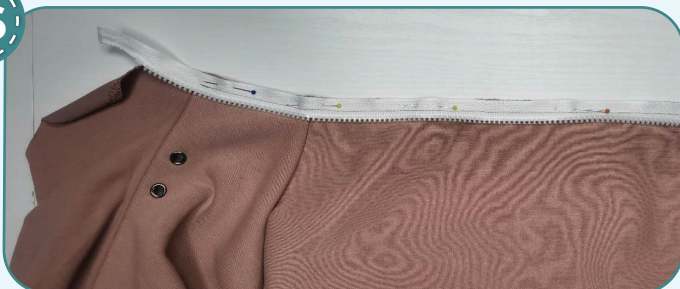
4

2,5-3,5

7

Finish the front central edges with a serger. Press them.

26



2,4-2,8

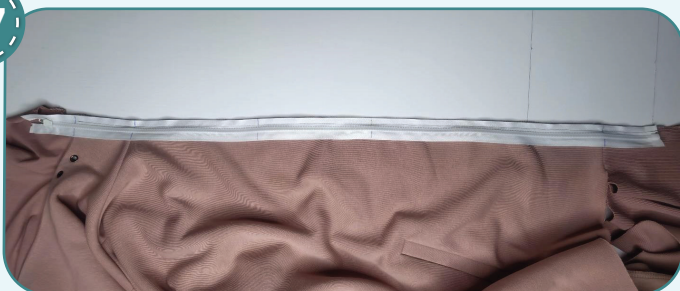
2,4-2,8

2,4-2,8

2,4-2,8

Pin or baste one zipper tape to the front with right sides together. Pin the zipper to sit accurately in the seam without waving and pulling the fabric. Align the zipper bottom with the middle of the waistband short edge. Stitch the zipper in place with a unilateral zipper presser foot 10 mm (3/8") in from the 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.

27



Close the zipper and mark on the other zipper tape the places for the hood lining attaching seam, hood, the waistband attaching seam and the front piece marks.

28



2,4-2,8

2,4-2,8

2,4-2,8

2,4-2,8

Baste or pin the other zipper tape to the front center edge, with right sides together. Very precisely align the marks on the zipper with the hood and the hood lining attaching seams, the front piece marks, as well as the zipper bottom edge with the middle of the waistband short

edge. Attach the zipper with a straight stitch using a unilateral zipper presser foot 10 mm (3/8") away from the edge, repeating the steps for the first zipper tape. Close the zipper, make sure that the hood, the hood lining, and the waistband attaching seams match and the zipper is flat, not in waves. Press the seam.

29



2,4-2,8

If need be, shorten the zipper top part by removing the top teeth and replacing them with zipper top stops. Tuck the zipper top extensions and secure them with strait stitches.

30



2,4-2,8

Pin the hood lining central edges to the zipper. Tuck the seam allowances to the wrong side so that the edge of the lining is flush with the hood attaching seam. Stitch them 10 mm (3/8") away from the edge. Turn it out and press.

31



2,4-2,8

Pin the waistband central edges to the zipper. The waistband edges should flush. Stitch them 10 mm (3/8") away from the edge. Turn it out and press.

32



4



2,5-3,5



7

Fold the waistband in half and pin it to the garment lower edge aligning the marks. Serge it as close to the zipper as possible. When attaching the waistband, evenly stretch it, but avoid stretching the garment lower edge. Press the seam up.

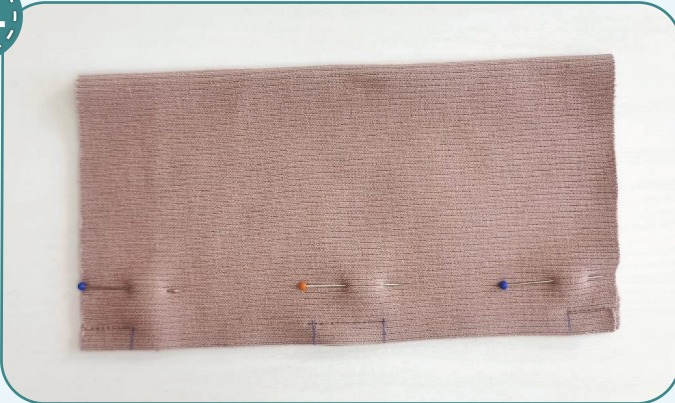


33



Hand-baste the waistband ends that weren't serged.

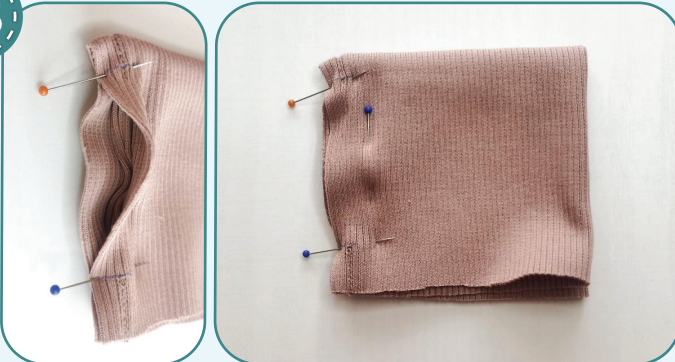
34



2,4-2,8

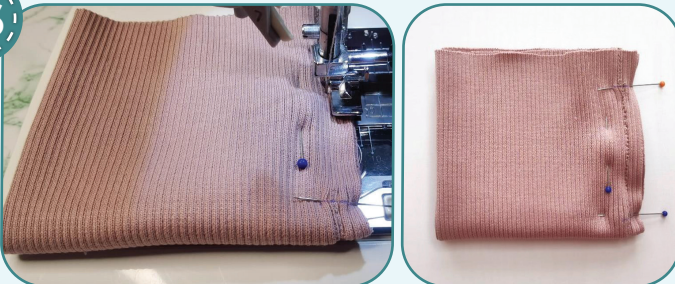
Fold the waistband in half along the short edges with right side inside. Stitch the side seams between the marks, leaving two openings for the thumbs.

35



Fold the cuff in half, but do not turn it out. Place the uppermost and lowermost seam allowances together. Tuck the middle seam allowances in. Precisely align the seam ends with each other.

36



2,4-2,8

Pin and stitch the seam allowances using a unilateral zipper presser foot. Avoid the seam allowances of the other opening side get caught in the seam.

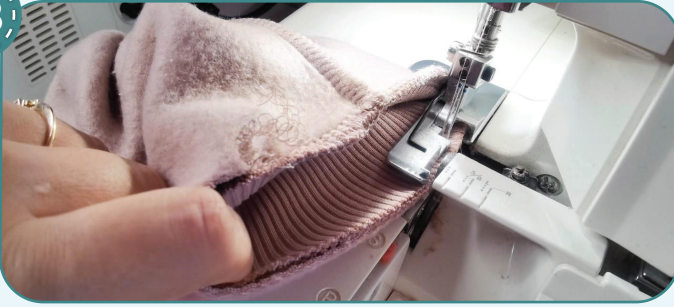
37



2,4-2,8

Unwrap the cuff to have the seam allowances of the opening other side atop. Repeat the step 36. Turn the cuff to the right side and press it.

38



4针

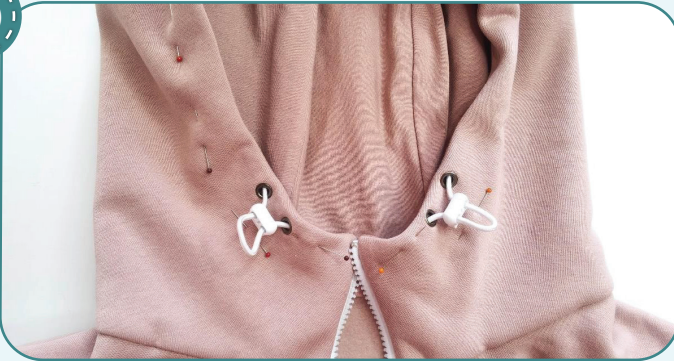
2,5-3,5

7

Aligning the cuff and the sleeve side 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 steps 34-38 for the other cuff. Press the seams up.

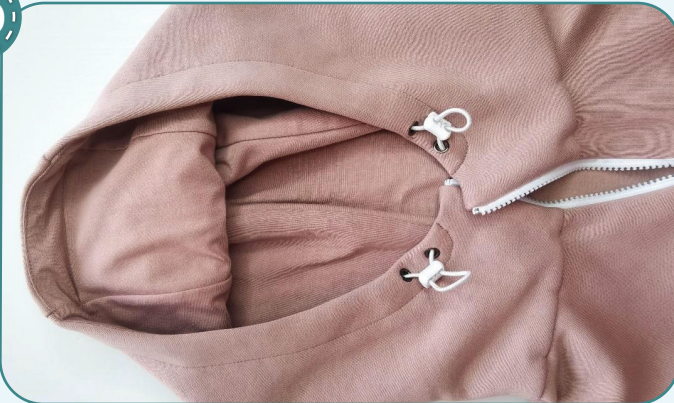


39



Insert the elastic cord into the hood and attach 2-hole cord locks. Pin the elastic cord ends so that they will be caught when stitching the hood outer edge seam. Pin the hood and hood lining outer edges.

40



1针

2,4-2,8

2,4-2,8

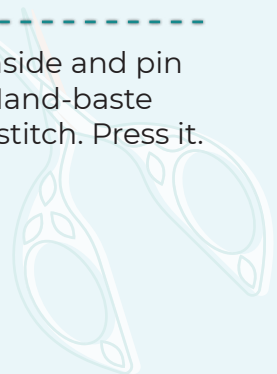
2,4-2,8

Stitch on the hood outer edge 25 mm (1") away from the edge, as indicated on the hood pattern. Make sure that the elastic cord is inside the casing and that the ends are caught in the stitching and secured.

41



Tuck the hood lining edge inside and pin it to the garment neckline. Hand-baste the hood lining with a blind stitch. Press it.



SWEATSHIRT CONSTRUCTION:

42



Cut a strip of cotton lycra jersey 120 mm (4 3/4") long and 35 mm (1 3/8") wide.

43



4th



2,5-3,5



7

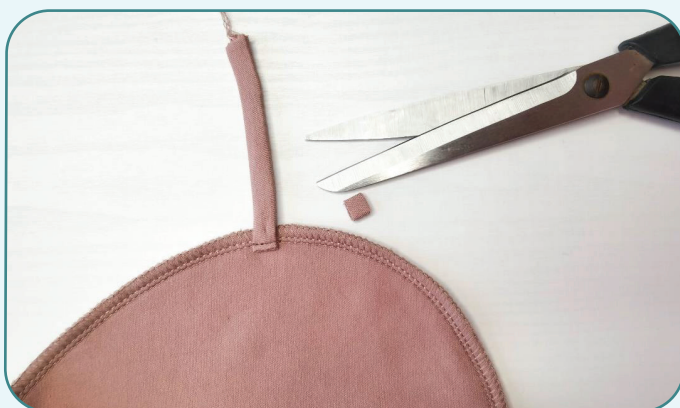
Serge the strip along the long edges. Turn the strap out onto its right side using a special loop turner, a bodkin, or a pin. Press it.

44



Cut the strap in half.

45



2,4-2,8

Stitch the straps to the pocket bags. Trim the strap ends close to the stitching.

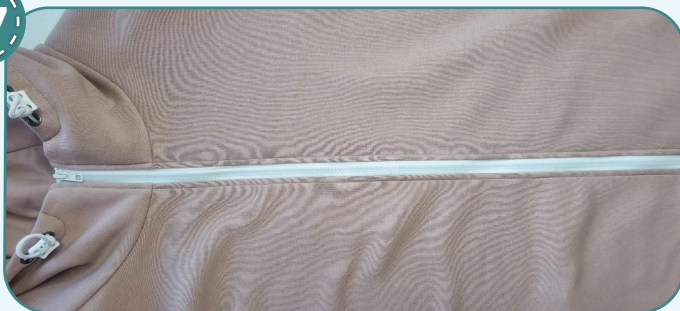
SWEATSHIRT CONSTRUCTION:

46



Smooth the pocket bag. Trim the strap end at the level of the zipper attaching seam. Secure the strap with a pin on the front right side.

47



2,4-2,8

Stitch the zipper in place 5 mm (3/16") in from the edge. Check that the straps are getting into the seam. Press them.

48



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

Pants construction:



1



4#

2,5-3,5

7

Pin the pocket lining along the pocket opening to the pant front with right sides together. Serge the pieces. Turn it out and press forming a roll towards the pocket lining.

2



4#

2,4-2,8

7

Stitch on along the pocket opening 7 mm (1/4") in from edge. Press the pocket opening again.

3



4#

2,5-3,5

7

Pin the pocket lining to the side front with right sides inside. Serge the pocket. Press it.

4



4#

2,4-2,8

7

Secure the pocket bag above and below the pocket opening and along the upper edge, stitching 3 mm (1/8") in from the edge. Repeat the process for the opposite pocket (steps 1-4).

5



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. Press the seam allowances towards the pant back.

PANTS CONSTRUCTION:

6



4

2,5-3,5

7

Place the pant front and back panels along the inseam, right side inside. Serge the inseam. Press the seam flat towards the pant front panel. Repeat the process for the other pant leg (steps 5-6).

7



4

2,5-3,5

7

Insert the left pant leg into the right one with right sides together. Pin along the crotch seam placing the inseam allowances in different directions to avoid bulk. Serge the inseam. Press the seam towards the left.

8



4

2,5-3,5

7

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

9



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

PANTS CONSTRUCTION:

10



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

11



4



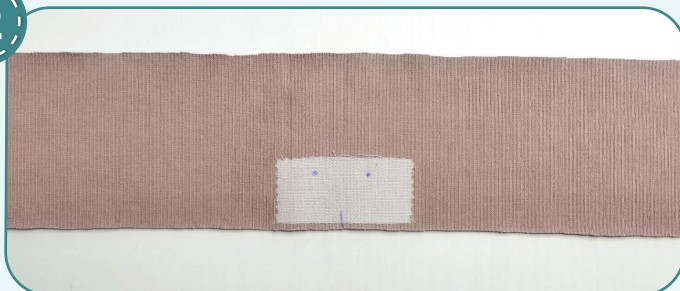
2,5-3,5



7

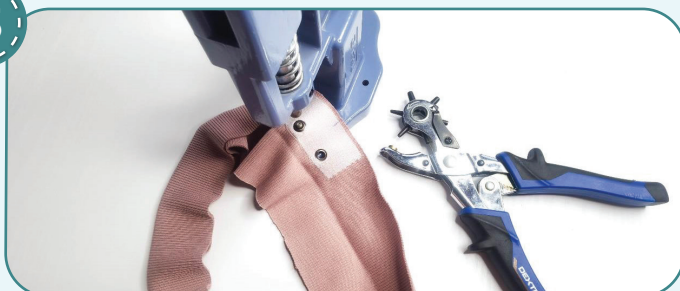
Aligning the cuff seam and the inseam, serge the cuff to the pant leg opening. Evenly stretch the cuff while serging it but avoid stretching the pant leg opening. Repeat the process for the opposite cuff. Press the seam allowances towards the pant leg.

12



Reinforce the places for eyelets with pieces of interfacing 60x40 mm (2 3/8x1 9/16").

13



Punch 2 mm (1/16") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.

14



2,4-2,8

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 60 and 10 mm (2 3/8 and 3/8"), leaving an opening for the elastic in it. Press the seam open. Fold the waistband in half, wrong side inside, and press it.

PANTS CONSTRUCTION:

NOTE: The elastic should be 50 mm (2") wide and sewn to the pants together with the waistband. But if you are not sure what length of the elastic to take, or if you are afraid that it is too thick to serge, use elastic 40 mm (1 9/16") wide and work the waistband as shown below.

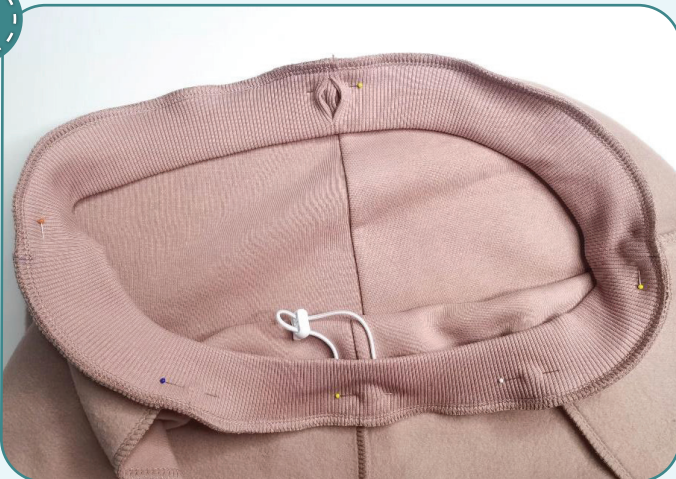
15



Cut the elastic cord with the length, indicated on the waistband pattern. Insert it into the waistband and set 2-hole cord locks. Burn the edges of the elastic cord with a lighter, place it about 15 mm (9/16") towards each other and zigzag along, so that the needle sews one end of the

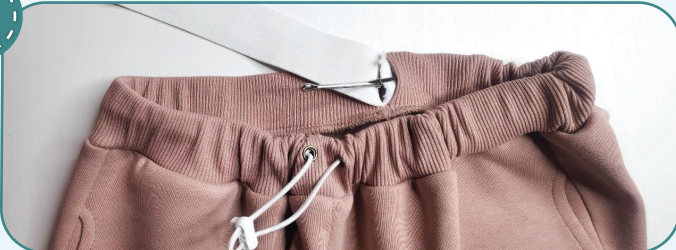
elastic cord in the right position and the other end in the left one. Place the elastic cord into the waistband.

16



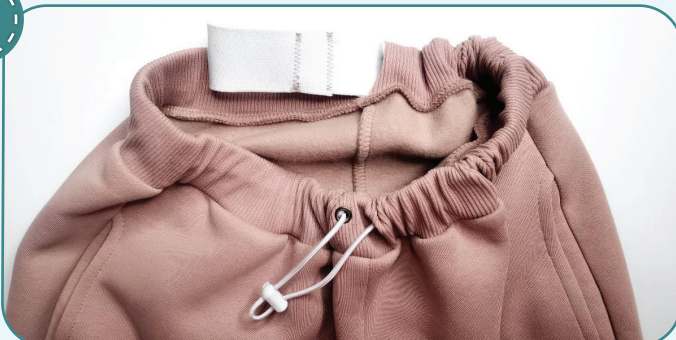
Pin the waistband to the pants upper edge, with right sides together, aligning the waistband seam with the pants crotch seam, waistband center with the front crotch seam and the marks with the side seams. Serge the pieces. When stitching, evenly stretch the waistband, but avoid stretching the pants upper edge. Care the elastic cord stays inside the waistband. Tie the thread tails and hide them into the seam. Press the seam allowances down.

17



Cut the elastic 40 mm (1 9/16") wide and the length, indicated on the waistband paper pattern. Insert it through the opening in the waistband with a safety pin or a bodkin.

18



Join the ends of the elastic together by straight or zigzag stitch. Adjust the elastic evenly along the waistband. Place the elastic cord before the elastic. Try on the pants to make sure the waistband to fit your waist snugly, yet comfortably. Change the elastic length if need be.

PANTS CONSTRUCTION:

19



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

20



2,4-2,8

To avoid the elastic twisting, while wearing it, secure it at the back center and at the side seams. Stitch two seams between the rib knit fabric, 10 mm (3/8") at the waistband upper and lower parts. Place the elastic cord between these two seams

i.e., at the center of the waistband. Sew these seams on the pants back, exactly atop the seam.

21



Remove the basting stitches, trim, hide the thread tails and iron the garment once again. The pants are ready!

ELINA PATYKOVA

ПРО ШИТЬЕ

Tracksuit «Brave» for women

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!

