

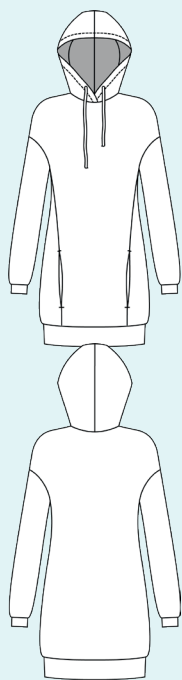
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Hoodie «Gray» (for women)

#толстовка_gray



Skill level



Materials and notions



- sweatshirt fleece,
- cotton lycra jersey,
- rib knit fabric,
- woven interfacing for stretchy fabric,
- shoe lace 120 cm (4 ft.),
- eyelets 8 mm (5/16") 2 pcs.,
- matching thread,
- Jersey 90 or Stretch 90 needles.

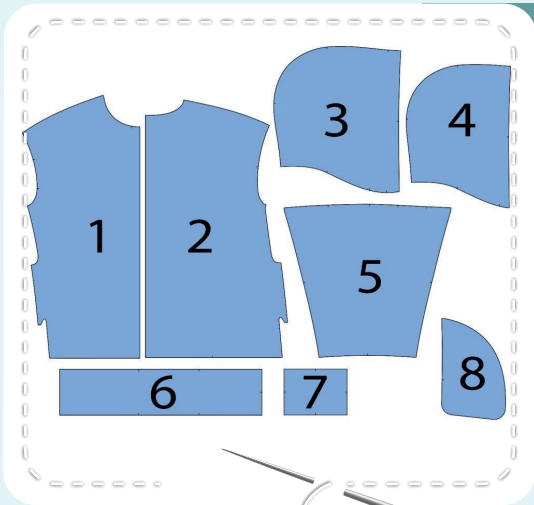
If you are not sure about the fit of the garment, it is recommended to sew a muslin with similar properties (elasticity, thickness, drape) first. This will allow you to adjust the length, width and fit of the garment and save time.

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

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

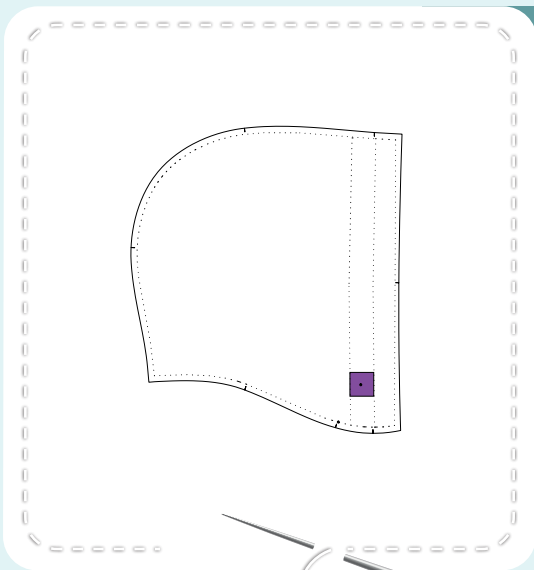
Put the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along the outline. Note: seam allowances are already included . Transfer all the marks from the pattern onto the wrong side of your fabric.

Now you have



HOODIE PIECES

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



PIECES TO INTERFACE

- woven interfacing for stretchy fabric
- places for eyelets on the hood

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.

Construction



1



Pin the hood pieces, with right sides together, aligning the marks. Serge them. Press the seam allowances flat towards the right hood piece. Repeat the process for the hood lining.

2



Topstitch the hood curved edge down 1 mm (1/16") in from the edge. Press it.

3



Reinforce the places for the eyelets with pieces of interfacing 30x30 cm (1 3/16x1 3/16").

4



Punch 3,5 mm (1/8") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.

5



CONSTRUCTION



5



4



2,5-3,5



7

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

6



Tuck the hood edge inside and press along the marking line, transferred from the pattern. There should be an equal interval of 30 mm (1 3/16") between the fold and the hood lining.

7



2,4-2,8

Stitch from the wrong side 30 mm (1 3/16") away from the fold. The needle should get exactly atop the hood lining attaching seam. Press the seam.



8



2,4-2,8

Overlap the right-hand end of the hood over the left-hand end, referring to the marks. Pin them. Secure the hood and the hood lining 3 - 4 mm (1/8") in from the edge.



9



4

2,5-3,5

7

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

10



Cut a strip of interfacing 25 mm (1") wide and the length equal the neckline length +20 mm (13/16"). Insert the hood into the neckline with right sides together and pin them. Place a strip of cotton lycra jersey to the hood lining with right sides together, aligning the marks. Tuck the strip inside at 10 mm (3/8"), and place the other end over the first, but do not tuck it. If you lack experience, it is better to hand-baste the hood and the strip.

11



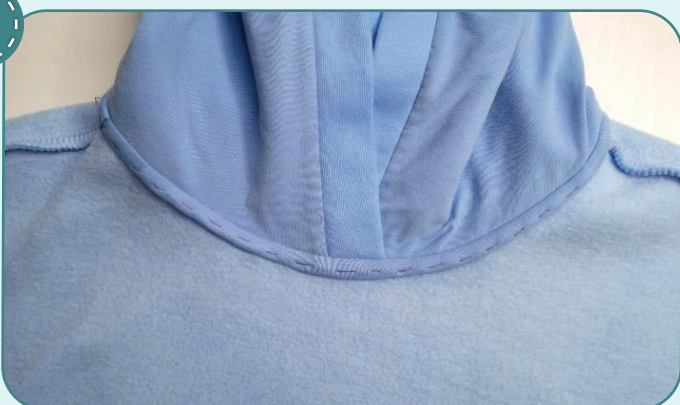
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2,5-3,5

7

Serge the hood and the strip into the neckline. Press the seam allowances and the strip down.

12

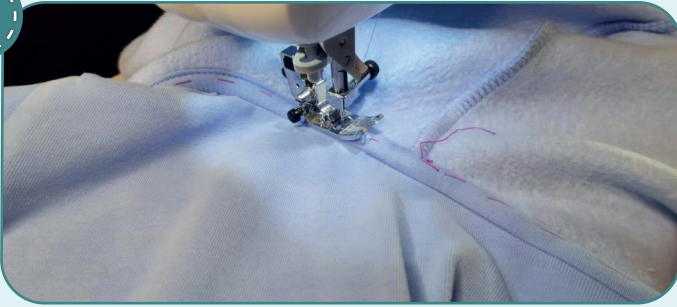


Tuck the strip raw edge around the seam allowance and hand-baste it to the front and the back. Press it.





13



Stitch in the strip along the neckline 7 mm (1/4") away from the attaching seam. Look for the hood attaching seam, to have even stitching on the right side. Press the seam.

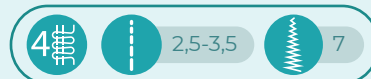


14



With right sides together, pin the sleeve into the armhole, aligning all the marks. Serge it in place. Press the seam allowance towards the front and the back. Repeat the process for the other sleeve.

15



Pin the pocket linings to the back and the front with right sides together. Pin the sweatshirt fleece linings to the back piece, and cotton lycra jersey linings to the front piece. All 4 linings are cut from cotton lycra jersey for this garment. Serge them. Finish the stitching 15-20 mm (9/16 - 13/16") below the mark on the pocket lining. Press the seam allowances flat towards the linings.





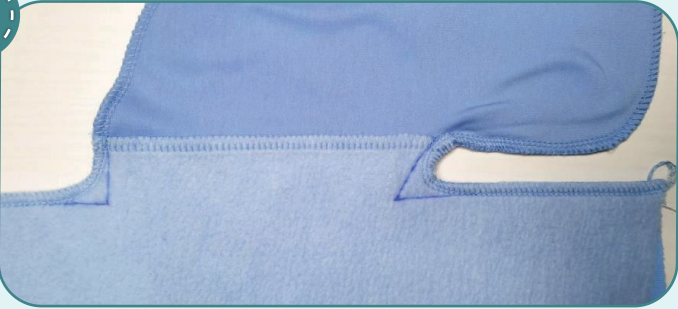
16



4 2,5-3,5 7

Pin the back, the front, the pocket linings, and the sleeve along the side edge, with right sides together. Serge them. To avoid bulk, place the sleeve attaching seam allowances in different directions. Repeat the process for the opposite side seam.

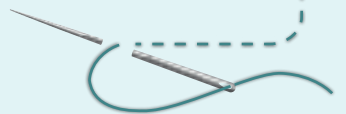
17



2,4-2,8

Transfer the marking lines for straight stitching from the pattern. Sew the stitching, aligning the end and beginning with the serged seam. Press the side seam towards the back piece, press the pocket towards the front piece.

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



18



2,4-2,8

Sew bar tacks across the side seam above and below the pocket opening. Seam length is 10 mm (3/8"). Repeat the process for the opposite pocket.





19



4 2,5-3,5 7

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

20



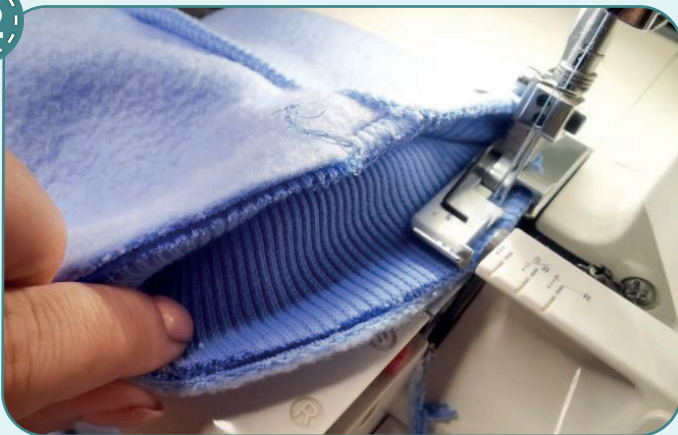
To avoid bulk when stitching the cuffs, press the seam allowances in different directions.

21



Fold the cuffs in half, wrong side inside, and press them.

22



4 2,5-3,5 7

Serge the cuff to the garment, aligning the cuff seam and the sleeve side seam. While serging, evenly stretch the cuff, but avoid stretching the sleeve opening. Repeat the process for the other cuff. Press the seams towards the sleeves.



23



Topstitch the cuff attaching seams, working from the sleeve. Stitch 1 mm (1/16") in from the edge. Press it.



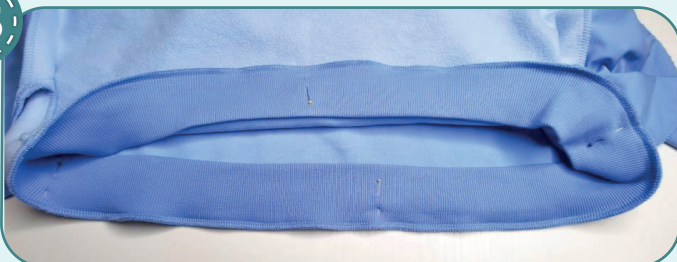
24



Repeat the process for the waistband (steps 19-21).

NOTE the waistband length is equal the rib knit width in this case, so the waistband came out without a seam. If the waistband is longer than the rib knit width, the waistband can be made of two pieces by cutting the waistband pattern over the alignment marks on the side seams and adding seam allowances.

25



Pin the waistband to the hoodie lower hem from the right side, aligning the marks. The seam should match the back center. Serge the waistband to the garment. When attaching the waistband,

evenly stretch it, but care not to stretch the garment lower edge. Press the seam allowances upwards.

CONSTRUCTION

26



2,4-2,8

Smooth the pockets and pin the pocket bottoms from the right side. Stitch on the waistband attaching seam from the front and back pieces, 1 mm (1/16") away from the seam. Care the pocket bottom is caught into the stitching. Press it.

27



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

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ПРО ШИТЬЕ

Hoodie «Gray» (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!

