

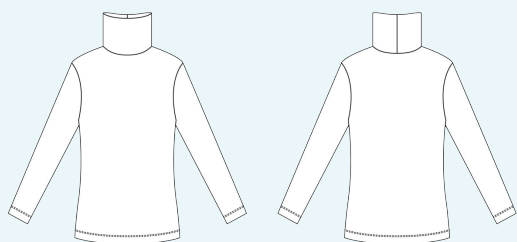
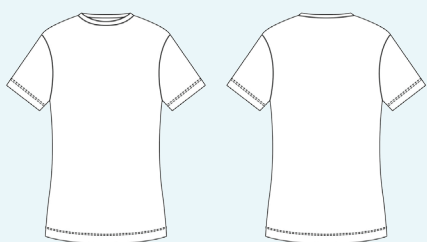
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Long Sleeve/ Turtleneck/ T-shirt

#водолазка_футболка



Skill level



Materials and notions:



- cotton lycra jersey,
- silicone tape 5 -7 mm (3/16 - 1/4") or fusible interfacing,
- matching thread,
- Jersey 70 - 75 or Stretch 70 - 75 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.



Now we can start.

The fabric must be prepared for sewing: washed in warm water, dried and ironed.

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

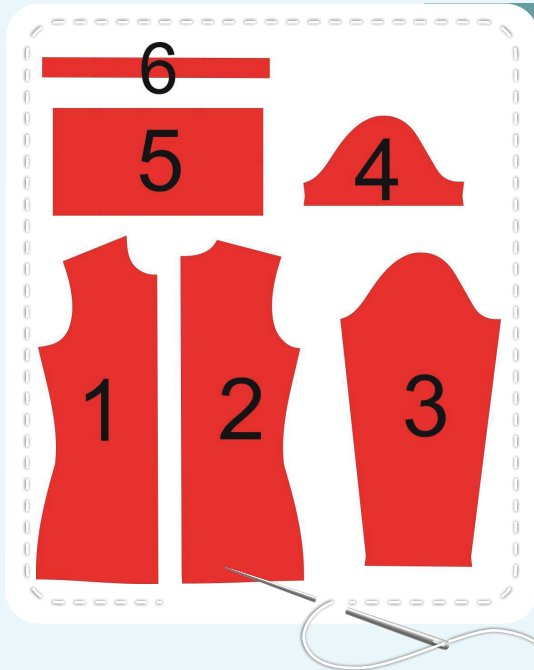
Put the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along the outline. Note: seam allowances are already included. Transfer all the necessary marks from the pattern onto the wrong side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





Now you have

TURTLE NECK/T-SHIRT PIECES:



1. front - cut 1 on the fold
2. back - cut 1 on the fold
3. long sleeve - cut 2 (to make a long sleeve, do not cut piece 4)
4. short sleeve - cut 2 (to make a short sleeve, do not cut piece 3)
5. stand collar - cut 1 (to make a turtleneck, do not cut piece 6)
6. neckband - cut 1 (to make a long sleeve/t-shirt do not cut piece 5)

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

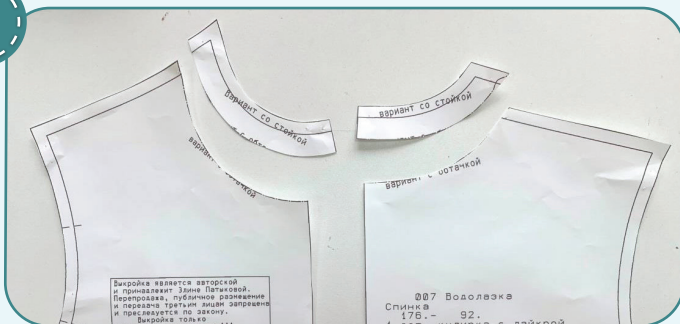
flat lock stitch

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:

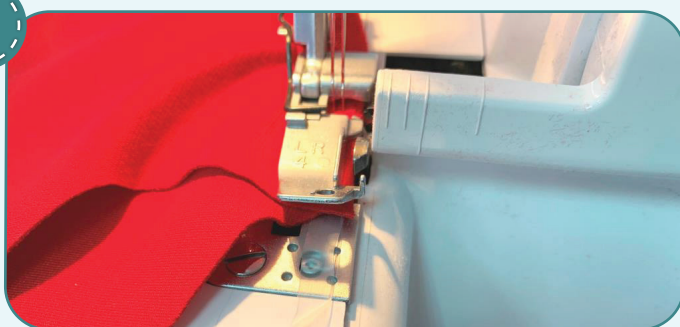


1



When processing the garment (T-shirt or long sleeve) neckline with neckband, cut the front and back along the markings.

2

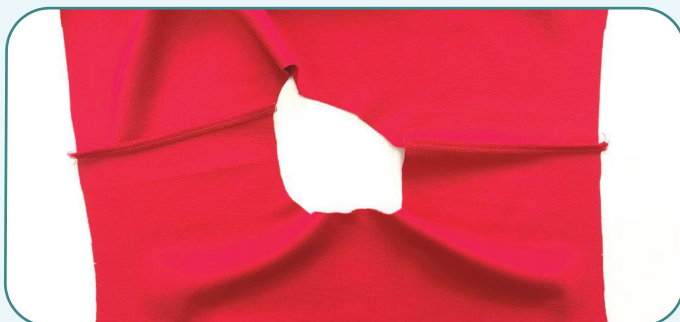


4

2,5-3,5

7

Place the front and the back with right sides together and pin shoulder edges. Serge them placing a silicone tape under the presser foot on the back piece side. If you do not have a silicone tape, fuse a 10 mm (3/8") wide strip of interfacing to the back shoulder seams. Press the seam allowances towards the back.



3

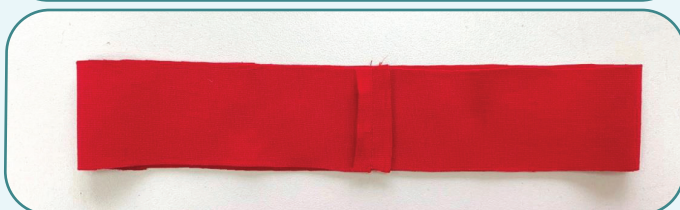


4

2,4-2,8

7

Place the stand collar/neckband in half, right side inside, and stitch the short edges 7 mm (1/4") in from the edge. Press the seam allowances open.

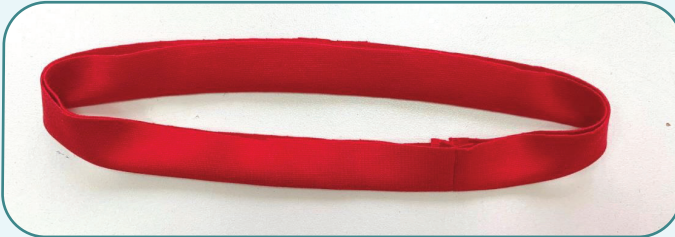


CONSTRUCTION:

4



Place the stand collar/neckband in half, lengthwise, wrong side inside and press them.



5

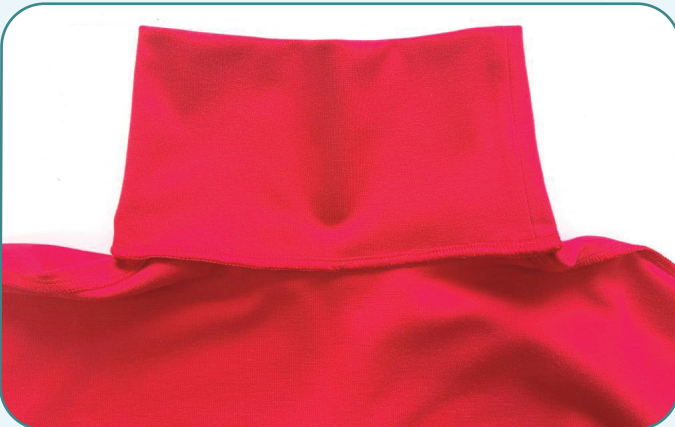


4

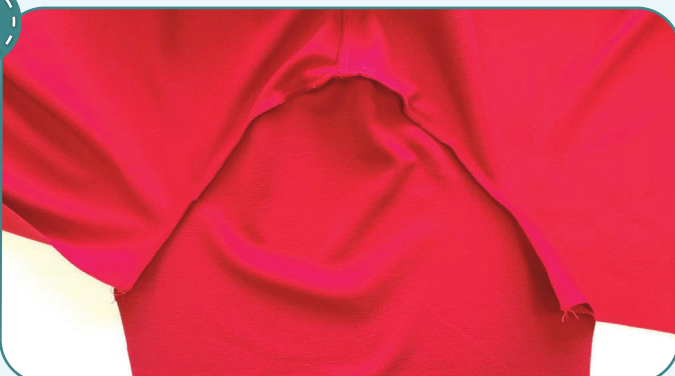
2,5-3,5

7

Pin the stand collar/neckband to the neckline, right sides together, aligning the marks. Serge them around the neckline. Tie the thread tails and hide them into the seam. Press the seam allowances towards the garment.



6



4

2,5-3,5

7

Place the sleeves to the garment, right sides together, and pin them into the armholes, aligning the marks. Serge them. Press the seam allowances towards the sleeves.

CONSTRUCTION:



7



4#



2,5-3,5



7

Place the garment, right side inside, and pin the side seams of both garment and the sleeves. Serge them. Press the seam allowances towards the back.

8



3-3,5

Press 2 cm (13/16") of the seam allowances along the garment lower hem and the sleeves towards the wrong side. Hem them with a flat lock seam using a coverstitch machine. Pull the thread tails to the wrong side, tie them and hide into the seam. Press the stitching.



9



Remove the basting stitches and press the garment. Your T-shirt/Long Sleeve/Turtleneck is ready!



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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!

