

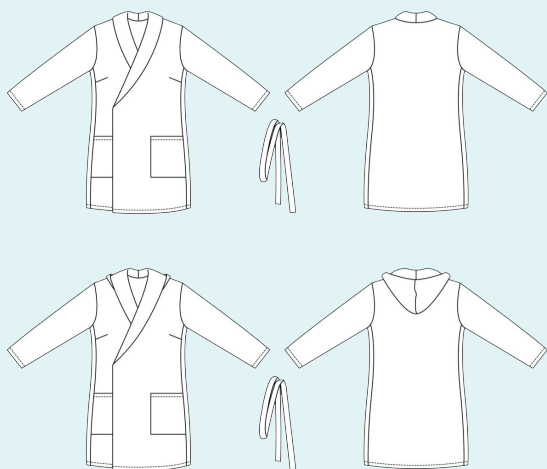
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions  
for sewing

## Side-striped Dressing Gown (for women)

#халат\_с\_лампасами



Skill level



# Materials and notions



- main fabric (color 1) - calico, sateen, poplin, etc.
- coordinating fabric (color 2) - calico, sateen, poplin, etc.
- matching thread
- Universal 65-75 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.

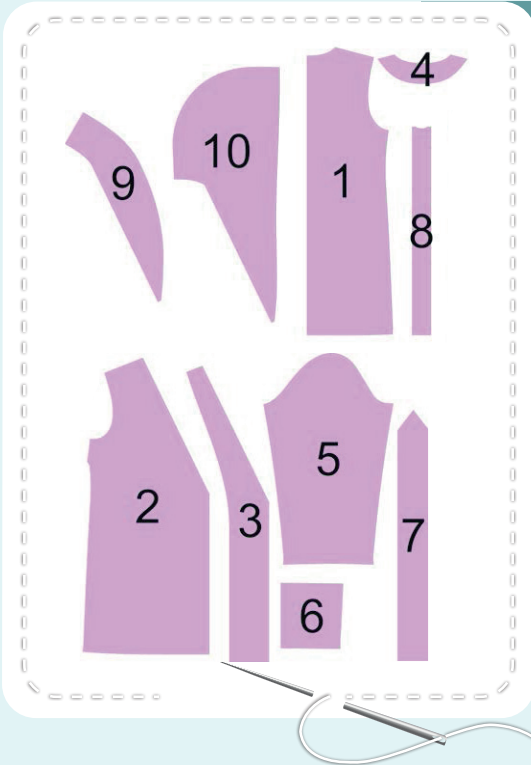
Before beginning your sewing project, wash the fabric in warm water, dry and iron it.

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 them. Note: seam allowances are already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

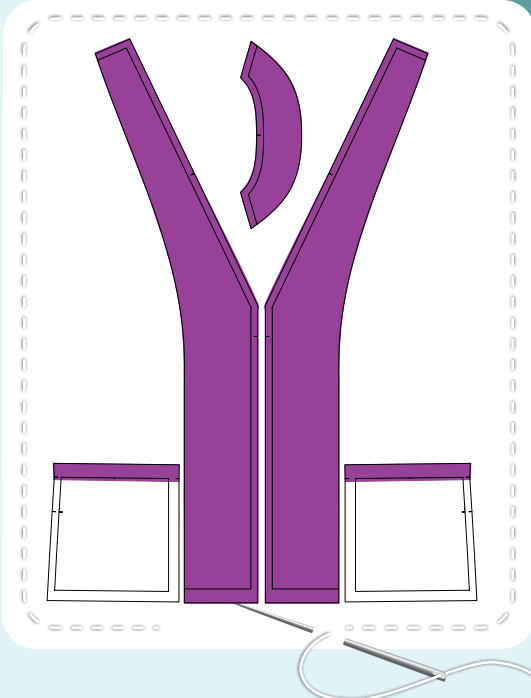
## Now you have

### DRESSING GOWN PIECES:



- 1.** back - cut 1 on the fold
- 2.** front - cut 2
- 3.** front facing - cut 2
- 4.** back neck facing - cut 1
- 5.** sleeve - cut 2
- 6.** pocket - cut 2
- 7.** tie belt- cut 1 on the fold
- 8.** side stripe - cut 2 (color 2)
- 9.** collar - cut 4: color 1 - cut 2 and color 2 - cut 2 (do not cut piece 10 for a dressing gown without hood)
- 10.** hood - cut 4: color 1 - cut 2 and color 2 - cut 2 (do not cut piece 9 for a dressing gown with hood)

### PIECES TO INTERFACE



- 
- pocket top edge
- back neck facing
- front facings

## 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.



double welting (piping) presser foot



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

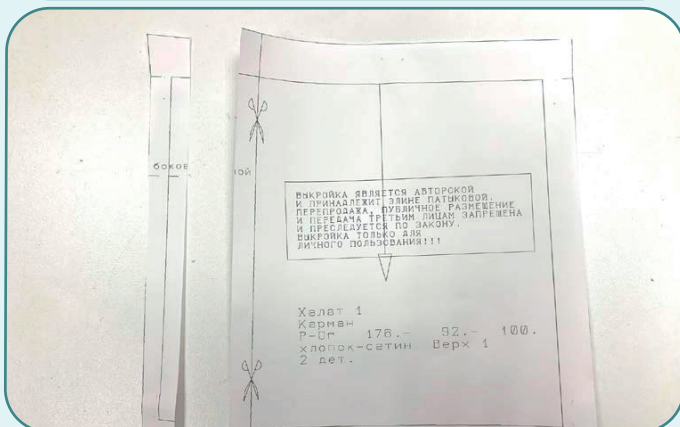
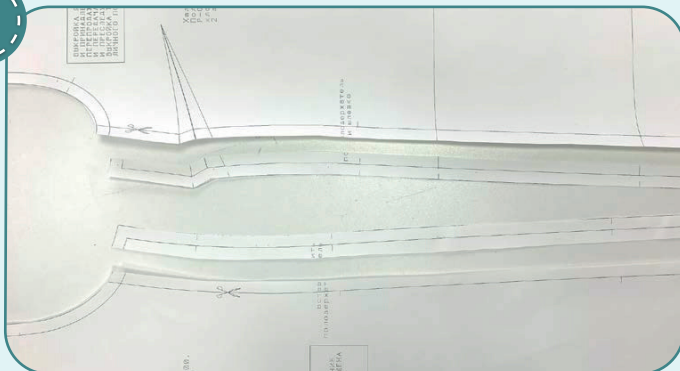
If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.



# Construction

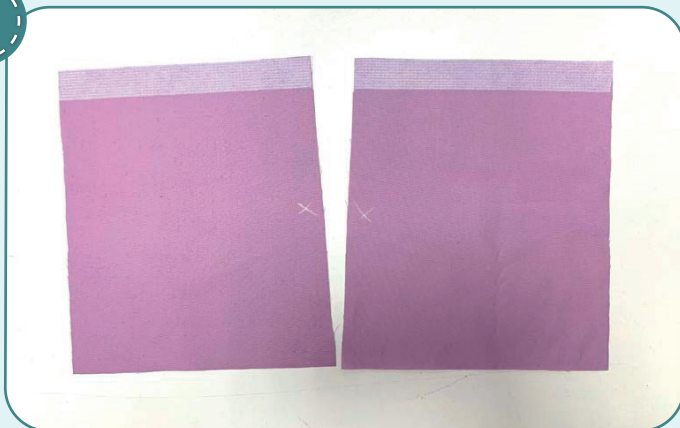


1



If you are sewing a side striped dressing gown, cut the back piece, the fronts, and the pockets along the marking lines, having added 1 cm (3/8") for seam allowances.

2



Fuse strips of interfacing 2 cm (13/16") wide to the pocket top edges.

3

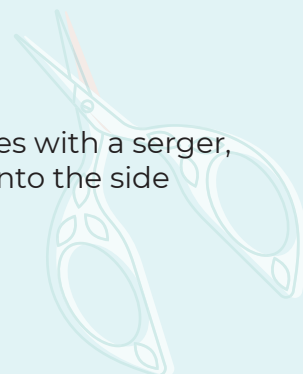


3

3-4

7

Finish all the pockets edges with a serger, except those that will go into the side seams. Press the seams.



4



2,5-3

Unbend the seam allowances along the pocket top edges to the right side (2 cm or 13/16") from the front center. Topstitch them on the pockets 1 cm (3/8") away from the edge.

5



Unbend the seam allowances to the pocket wrong side, smooth the corner and press the pocket opening. Press 1 cm (3/8") of side pocket one edge (closer to the front center edge) and the bottom edge towards the wrong side.

6



3-3,5

Topstitch the pocket top edge 15 mm (9/16") away from the edge. Press the stitching.

7



3-3,5

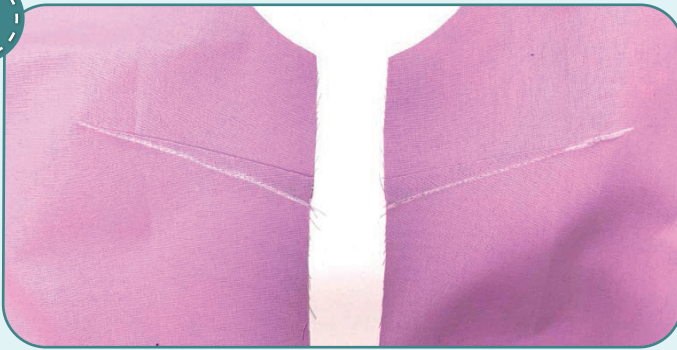
Pin the pockets to the fronts along the marking. Stitch the pockets on the fronts along the bottom and side edges 1-2 mm (1/16") away from the edge.







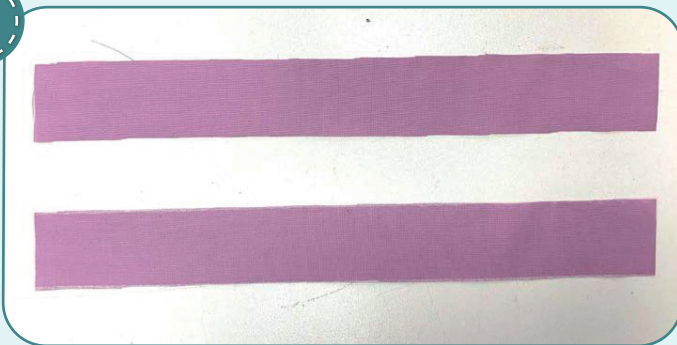
8



2,5-3

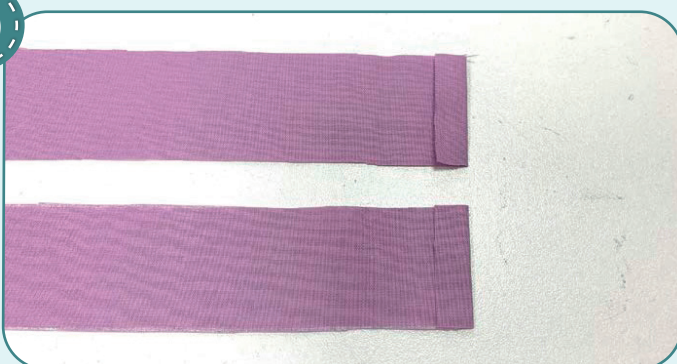
Pin and stitch the darts on the fronts. Press the seam allowances flat upwards.

9



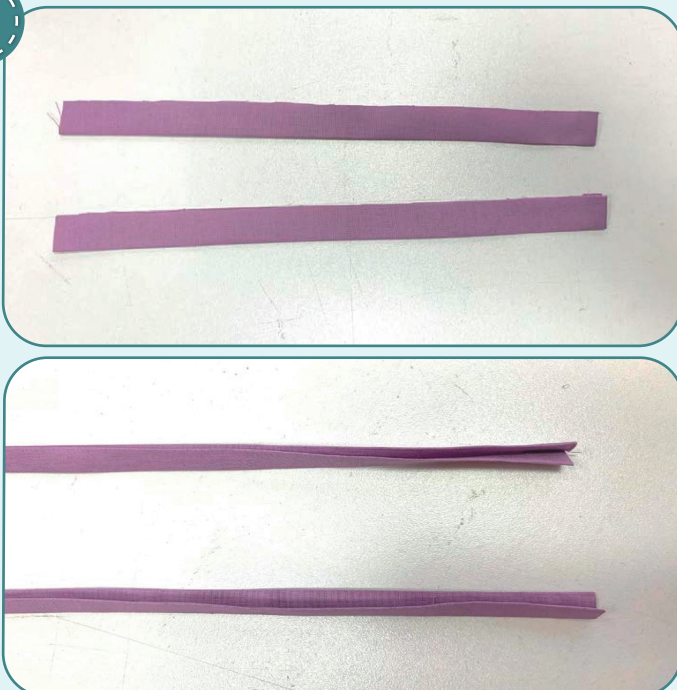
Take two strips of fabric 3.5 cm (1 3/8") wide and 35 cm (13 3/4") long to make belt loops and straps.

10



Press one short edge of each piece towards the wrong side at 1 cm (3/8").

11



Place the pieces in half, lengthwise, wrong side inside, and press them. Then press the long edges towards the center.





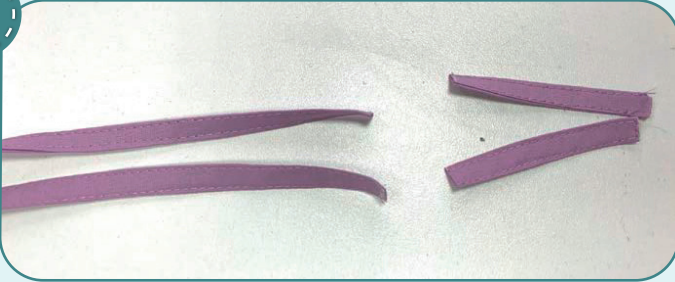
12



3-3,5

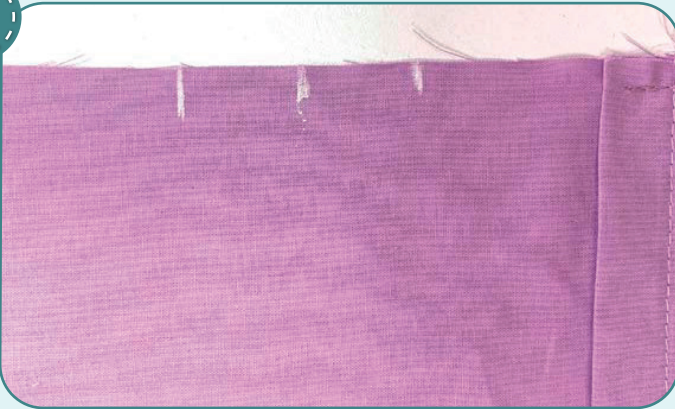
Topstitch the pieces you have got, along three edges 1 mm (1/16") in from the edge.

13



Cut 7-8 cm (2 3/4-3") of the straps raw ends to make belt loops.

14



There is a marking for the straps and belt loops on the fronts. Draw two more marks 2.5 cm (1") up and down away from it.

15



2,5-3

Pin the belt loops to the marks on the right side of the fronts and stitch them 7 mm (1/4") in from the edge.







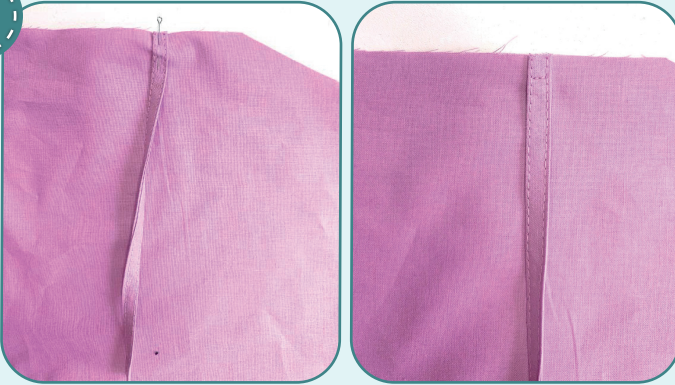
16



2,5-3

Working from the wrong side, pin one strap to the right front side edge. Stitch them 7 mm (1/4") away from the edge.

17



2,5-3

Working from the right side, pin the other strap to the left front center edge. Stitch it 7 mm (1/4") away from the edge.

18



2,5-3

Place the side stripes and the fronts with right sides together and pin them aligning the marks. Stitch them 1 cm (3/8") in from the edge.

19



2,5-3

Finish the seam allowances with a serger and press them towards the side stripes.

20



2,5-3

Place the side stripes and the back with right sides together and pin them aligning the marks. Stitch them 1 cm (3/8") in from the edge.





21



2,5-3



7

Finish the seam allowances with a serger and press them towards the side stripes.

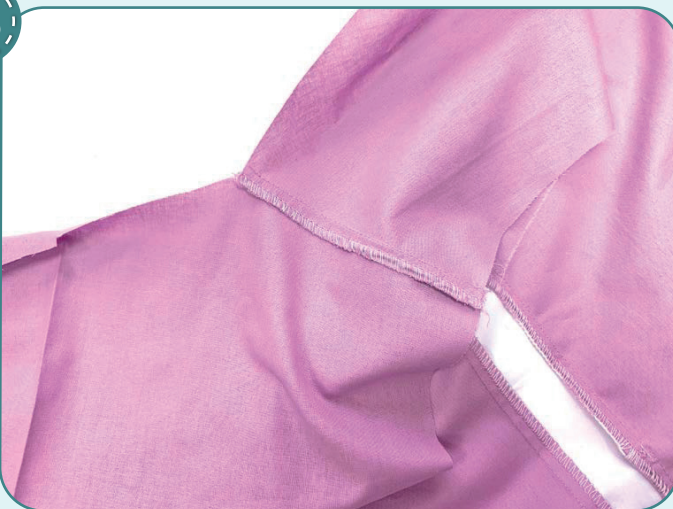
22



2,5-3

Place the fronts and the back with right sides together and pin the shoulder edges. Stitch them 1 cm (3/8") in from the edge.

23



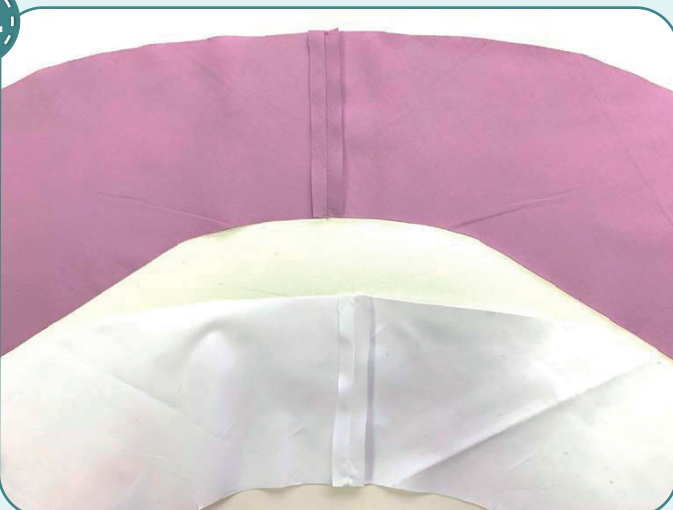
2,5-3



7

Finish the seam allowances with a serger and press them towards the back.

24



2,5-3

Place the collars (hood pieces) of one color with right sides together and stitch them 1 cm (3/8") away from the edge. Press the seam allowances open.





25



2,5-3

Place both collars (hood pieces) with right sides together and stitch the outer edges 1cm (1/4") in from the edge.

26



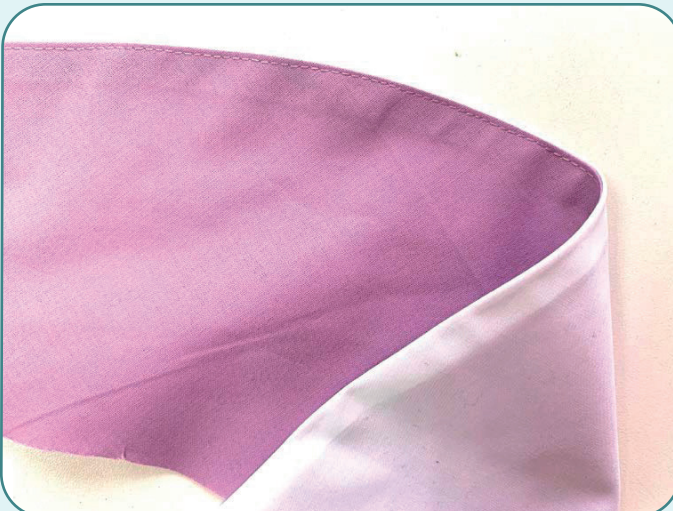
3-3,5

Stitch in the seam allowances towards the under collar (hood lining / color 1) 1 - 2 mm (1/16") away from the previous seam.

27

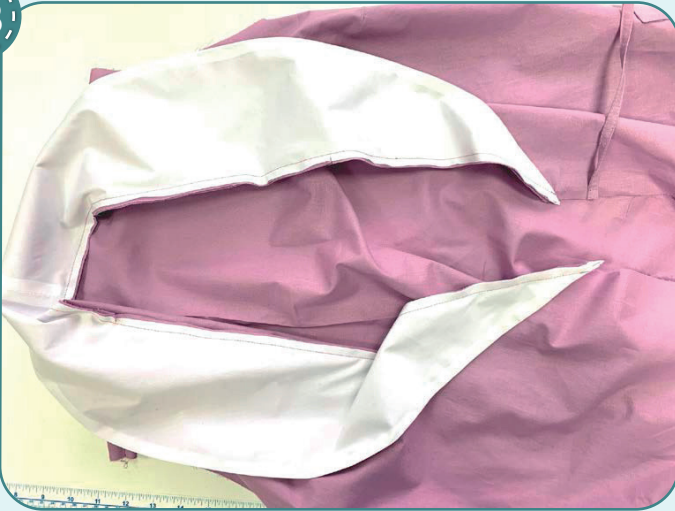


Turn the collar (hood) out to the right side and press the outer edge, forming a roll 1 mm (1/16") towards the under collar (color 1) or the hood.





28



2,5-3

With right sides together, pin the collar (hood) lower edge (color 1) to the garment neckline aligning the marks. Stitch them 7 mm (1/4") away from the edge.

29



Fuse interfacing to the back neck facing and the front facings.

30



2,5-3

Place the back neck facing and the front facings with right sides together and pin the shoulder edges. Stitch them 1 cm (3/8") in from the edge.

31



2,5-3



7

Finish the outer edge of the piece you have got with a serger. Press the stitching.

32



2,5-3

Place the piece to the garment, right sides together, and pin them along the neck line and front center edges aligning the marks. Stitch them 7 mm (1/4") away from the edge.

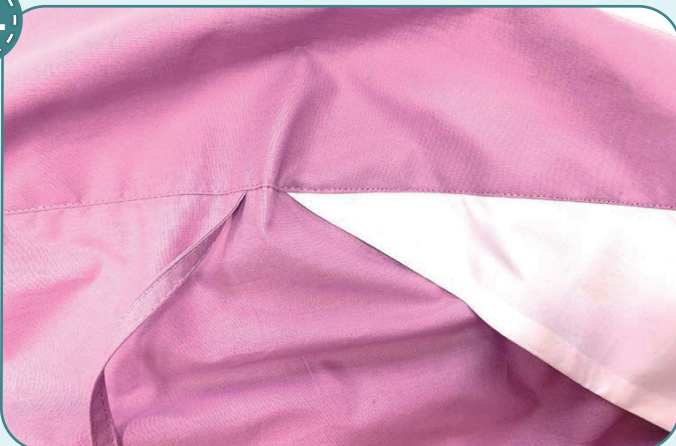
33



Clip the seam allowances curved edges and trim the corners.



34



3-3,5

Stitch the seam allowances on the front facings and back neck facing 1 - 2 mm (1/16") away from the previous seam.



35



Fold back the front facings and the back neck facing to the garment wrong side and press the outer edge, forming 1 mm (1/16") roll towards the front facings.



36



3-3,5

Measure 15 cm (6") up from the attaching seam of the collar (hood) to the garment and draw a mark on the front facing. Pin the front facings and the back neck facing and the garment between the marks. Stitch 2-3 mm (1/16-1/8") away from the back neck facing edge and the front facing edges. The stitching will be covered by the collar.

37



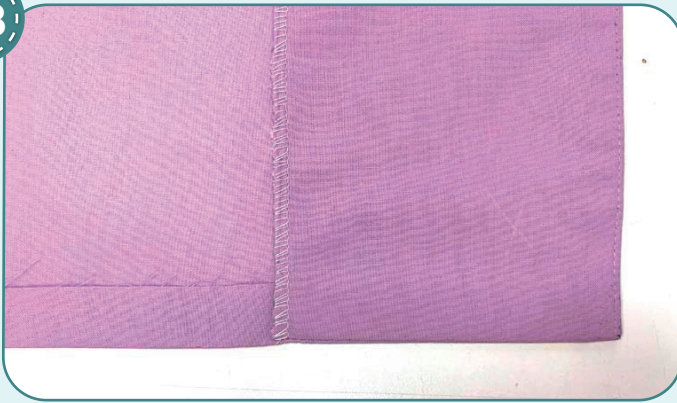
2.5-3

Place the garment and the front facing lower hems with right sides together and pin them. Stitch them 2 cm (13/16") away from the lower edges.





38



Turn the front facings out, smooth the corners and press the lower edges. Press the garment lower hem to the wrong side at 2 cm (13/16").



39



2.5-3



7

Serge the garment lower hem together with the front facings.

40



2.5-3

Hem the garment 1,5 cm (9/16") away from the fold with a straight stitch.

41



2.5-3

Place each sleeve, right side inside, and pin the side edges. Stitch them 1 cm (3/8") in from the edge.

42



3

2.5-3

7

Finish the seam allowances with a serger and press them towards the sleeve fronts.

43



Unbend the seam allowances to the wrong side (2 cm or 13/16") along the sleeve lower hems and press them.

44



3

2.5-3

7

Finish the sleeve lower hems with a serger. Tie the thread tails and hide them into the seam.

45



3

3-3,5

3-3,5

Topstitch the sleeves 1,5 cm (9/16") away from the fold.



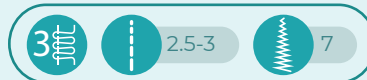


46



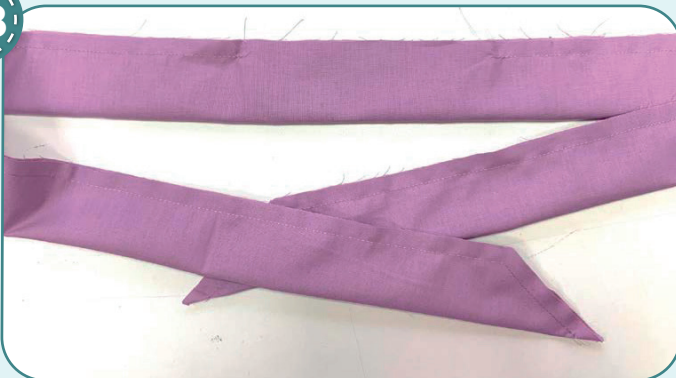
Pin the sleeves into the armholes, aligning the marks. Stitch them in a circle 1 cm (3/8") in from the edge.

47

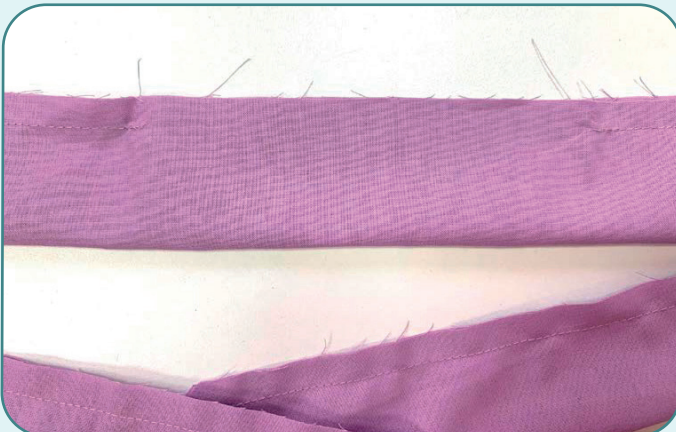


Serge the seam allowances in a circle. Tie the thread tails and hide them into the seam. Press the seam allowances towards the garment.

48

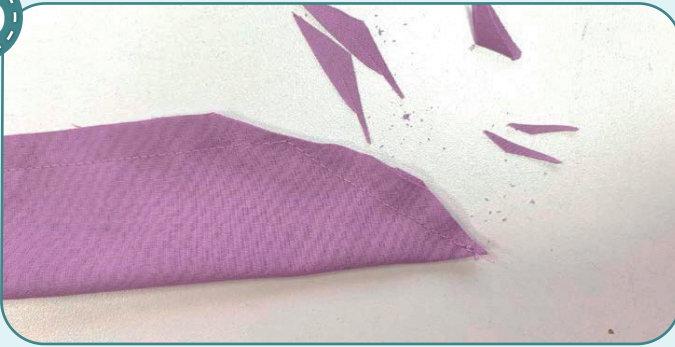


Place the tie belt in half, lengthwise, with right side inside. Stitch it around the edge with 1 cm (3/8") seam allowance. Leave an opening 10 cm (4") long.





49



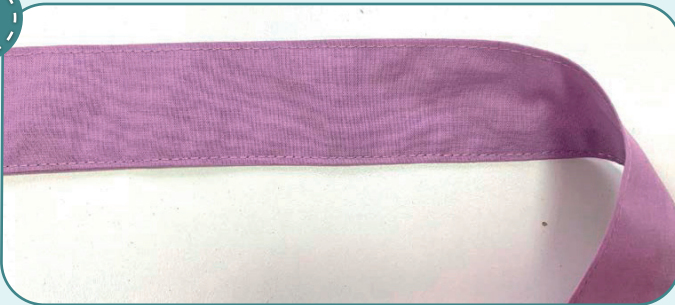
Trim the corners.

50



Turn the tie belt through to the right side with a stick or pencil and press it.

51



Topstitch the tie belt along the perimeter 1-2 mm (1/16") in from the edge.

52



Remove the basting stitches and iron the garment. Your dressing gown is ready!



ELINA PATYKOVA

ПРО ШИТЬЕ

## Side-striped Dressing Gown (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!

