

ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Tracksuit Flame

(for children)

#ФЛЭЙМ_КОСТЮМ



Skill level



Materials and notions



- sweatshirt fleece
- cotton lycra jersey
- rib knit fabric
- fusible interfacing
- open end zipper
- flat draw cord - 2 pcs.
- grommets 8 mm (5/16") 4 pcs.
- elastic 30 mm (1 3/16") wide
- twilled ribbon
- 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.

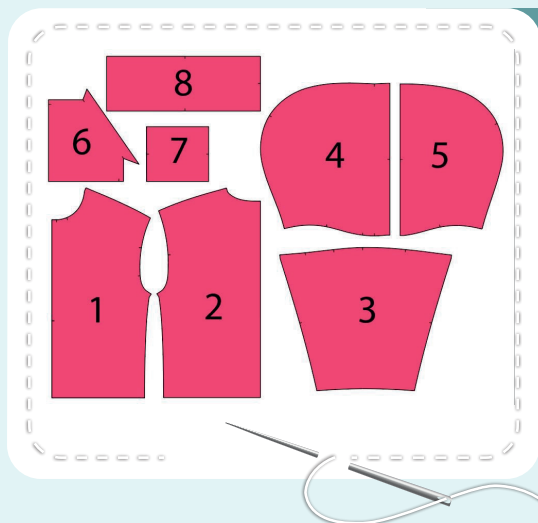
Before beginning your sewing project, wash the fabric in warm water, dry and iron it.

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

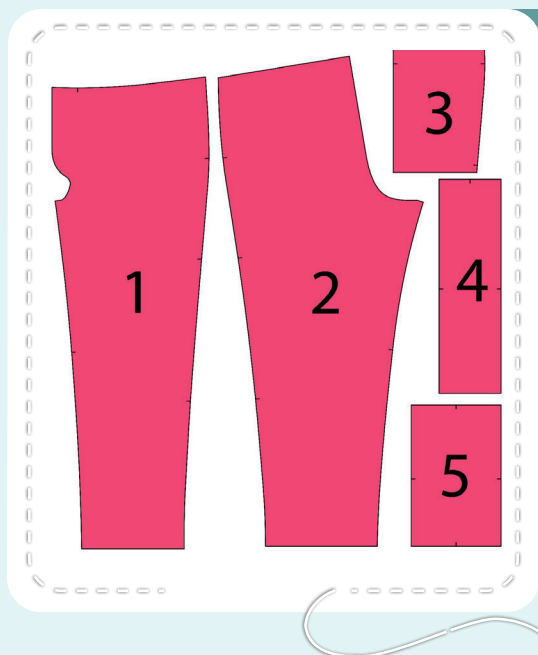
Now you have

HOODIE PIECES



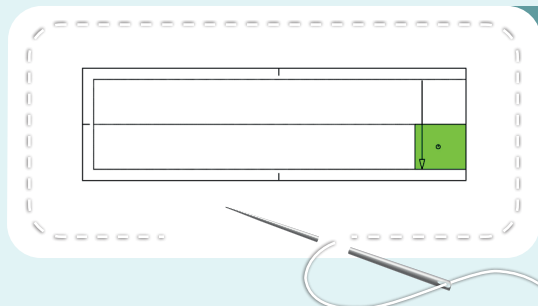
1. front - cut 2 (sweatshirt fleece)
2. back - cut 1 on the fold (sweatshirt fleece)
3. sleeve - cut 2 (sweatshirt fleece)
4. hood - cut 2 (sweatshirt fleece)
5. hood lining - cut 2 (cotton lycra jersey)
6. pocket - cut 2 (sweatshirt fleece)
7. cuff - cut 2 (rib knit fabric)
8. waistband - cut 1 on the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

PANTS PIECES



1. front pant panel - cut 2 (sweatshirt fleece)
2. back pant panel - cut 2 (sweatshirt fleece)
3. pocket - cut 2 (sweatshirt fleece)
4. waistband - cut 1 on the fold (rib knit fabric)
5. cuff - cut 2 (rib knit fabric)

PIECES TO INTERFACE



- Green - fusible interfacing
- places for grommets on the pants waistband

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.



Hoodie construction



1



2,5-3,5



7

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

2



2,5-3,5



7

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

3



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

4



2,5-3



7

Tuck the hood edge inside and press along the marking line, transferred from the pattern. There should be an equal interval of 25 mm (1") between the fold and the hood lining. Stitch from the wrong side 25 mm (1") away from the fold. Stitch exactly atop the lining attaching seam. Press it.





5



2,5-3

Pin the hood and the hood lining along the lower edge. Secure the hood lining 3-4 mm (1/8") away from the edge.

6



2,5-3

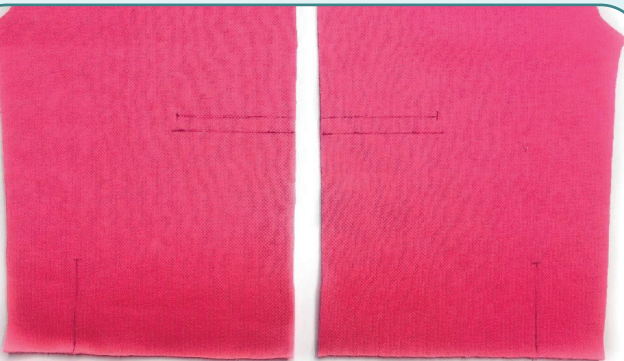
Press the edge of the pocket opening at 20 mm (13/16"). Hem the pocket opening with a coverstitch machine. Tie the thread tails on the wrong side and hide them into the seam. Press the fold.

7



Press 10 mm (3/8") of the pocket side edges towards the wrong side. You can hand-baste to secure them.

8



Transfer the marking for the pockets onto the fronts right side. Draw the lines parallel to the upper lines for attaching the pockets 10 mm (3/8") below them.

9



Turn the pocket upside down, align top pocket edge with the low line and pin it to the front right side. Mark the line 10 mm (3/8") away from the pocket top edge.



10

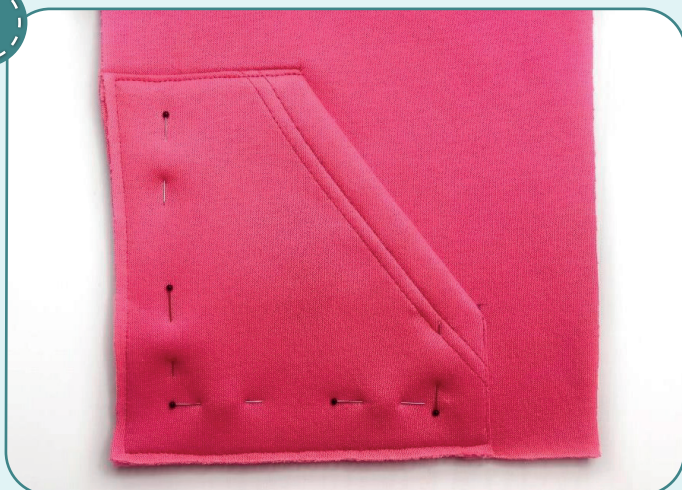


2,5-3

Stitch the pocket along the transferred marking line. Press the pocket down.



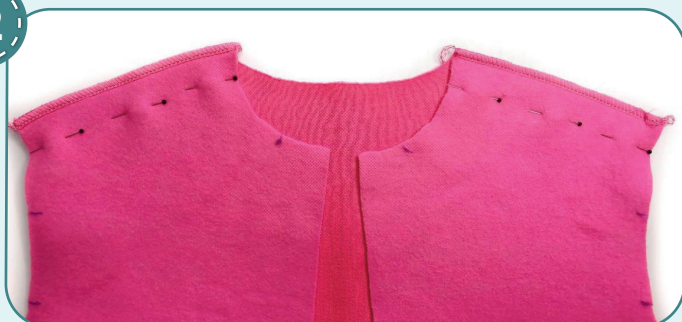
11



2,5-3

Pin the pocket, aligning its side edge with the marking line, and align the pocket bottom and center edges with the front center edges. Stitch the pocket along the side and the top folds 1 mm (1/16") in from the edge. Stitch along the pocket bottom and side edges 4 mm (3/16") in from the edge. Press the pocket. Repeat the process for the opposite pocket (steps 9-11).

12



2,5-3,5



7

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

13



2,5-3,5



7

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

14



4



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.

15



4



2,5-3,5



7

With right sides together, pin the hood to the garment neckline, aligning the marks. The hood lower edge should be 11 mm (7/16") shorter the garment neckline at both ends. Serge the hood.



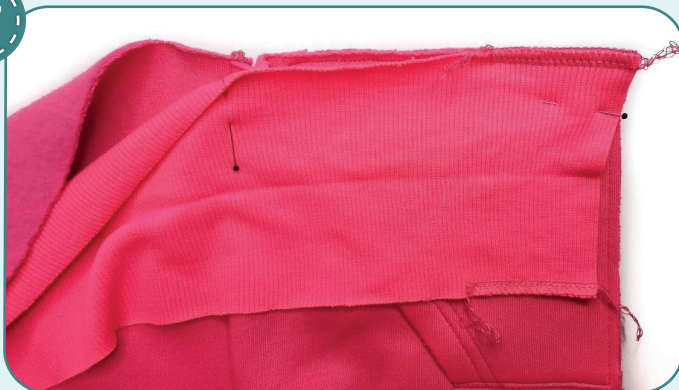
NOTE: it is recommended to try it on, check the fit, length and ease. When fitting, consider the cuffs and the waistband length.

16



Place the waistband in half, lengthwise, and press it.

17



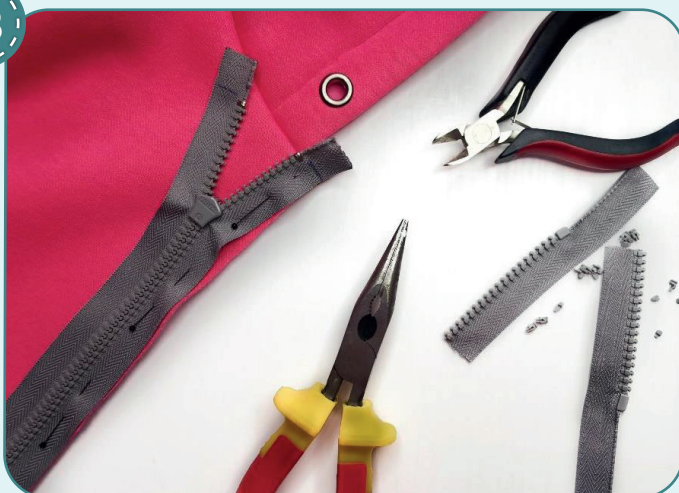
4

2,5-3,5

7

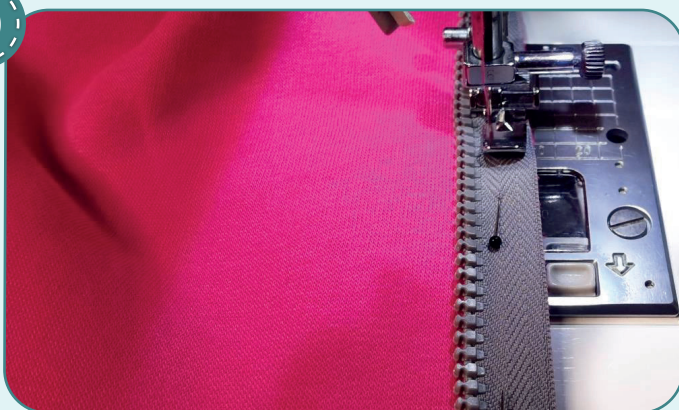
Finish 50 mm (2") of each end of the one of waistband long edge with a serger. Pin the waistband to the front lower raw edge, right sides together, 50 mm (2") from both ends. Serge 50 mm (2") of the waistband to the garment at both ends. Press the seam allowances upwards.

18



Pin or baste one zipper tape to the front with right sides together. Place the zipper to sit accurately without waving and pulling the fabric. Align the zipper bottom with the middle of the waistband short edge. Place the zipper top stops 1-2 mm (1/16") below the hood attaching seam. If need be, shorten the zipper top part by removing the top teeth and replacing them with zipper top stops.

19



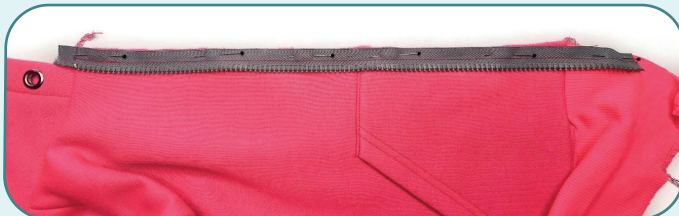
2-2,6

2-2,6

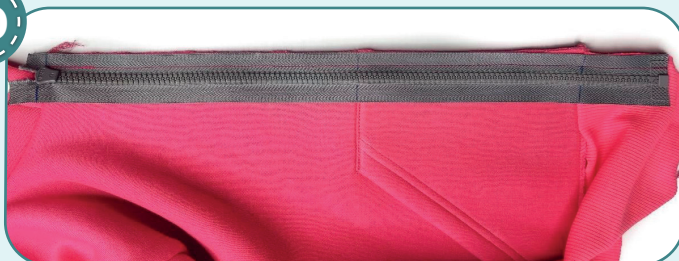
2-2,6

2-2,6

Stitch the zipper in place with a unilateral zipper presser foot 10 mm (3/8") away from the zipper edge. If the slider prevents you from finishing the seam, then place the machine needle in work, raise the zipper foot, move the zipper slider, lower the zipper foot, and sew on.

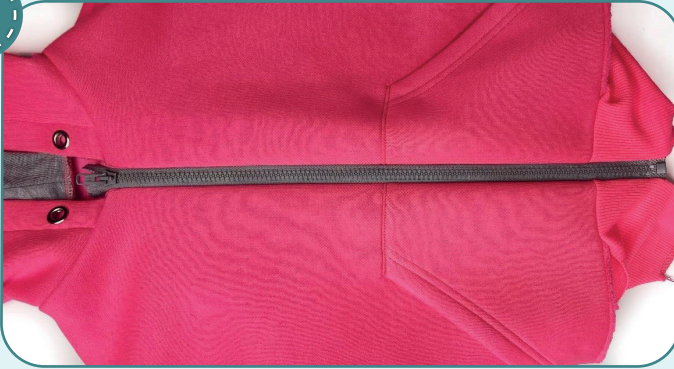


20



Close the zipper and draw marks for the pocket top edge and the waistband attaching seam on the zipper other tape.

21



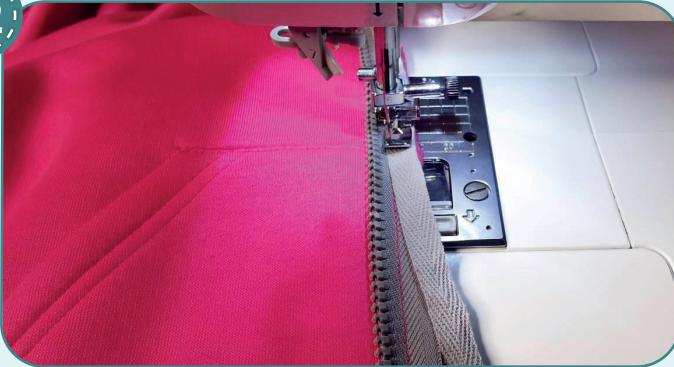
2-2,6

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 pocket top edge and the waistband attaching seam, as well as the zipper bottom edge with the middle of the waistband short edge.

Attach the zipper with a straight stitch

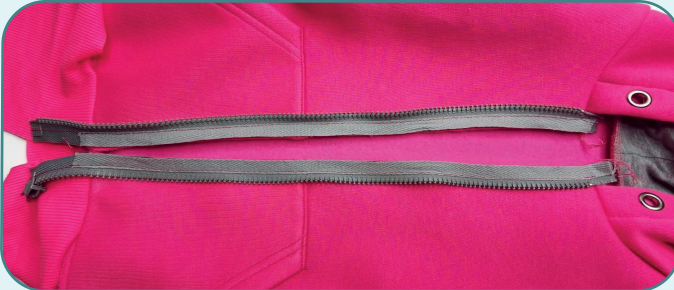
using a unilateral zipper presser foot 10 mm (3/8") away from the edge, repeating the steps for the first zipper tape. Close the zipper, care the pocket top edges and the waistband attaching seams match and the zipper is flat, not in waves.

22



2-2,6

Cover the zipper attaching seam with a piece of twilled ribbon from the neckline to waistband attaching seam + 7 mm (1/4"). Stitch the twilled ribbon so that the right edge of the ribbon coincides with the zipper edge, stitch exactly atop zipper attaching seam 1 mm (1/16") away from the twilled ribbon edge. Repeat the process for one more twilled ribbon piece and the other zipper tape.

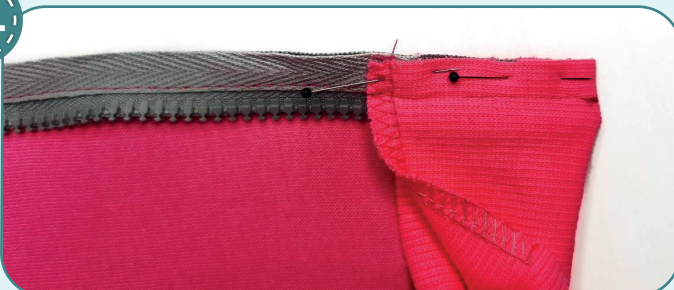


23



Trim the front center edge seam allowances leaving 3 mm (1/8").

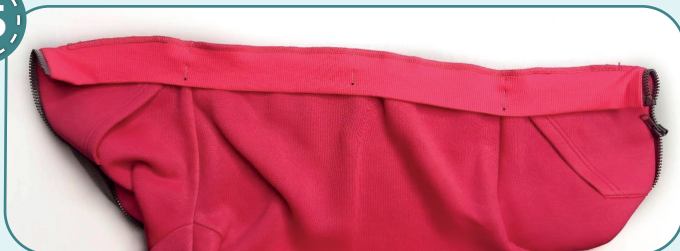
24



2-2,6

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.

25



4



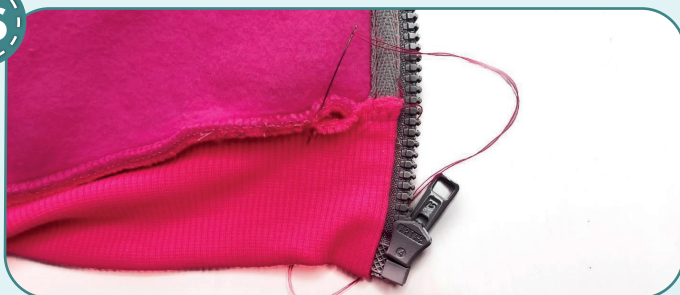
2,5-3,5



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 upwards.

26



Hand-baste the waistband edges that weren't serged together.

27



4

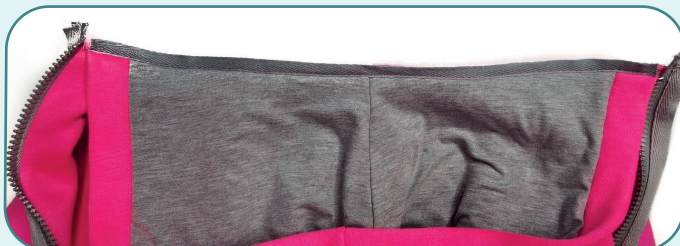


2,5-3

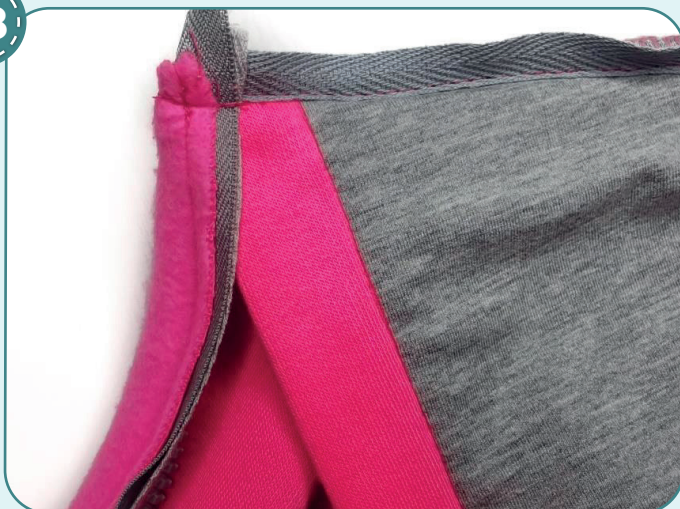


7

Cover the hood attaching seam with twilled ribbon from one hood edge to the other. Stitch the twilled ribbon, overlapping the serged seam left edge, sewing along the serger seam 1mm (1/4") from the twilled ribbon edge.



28



4



2,5-3



7

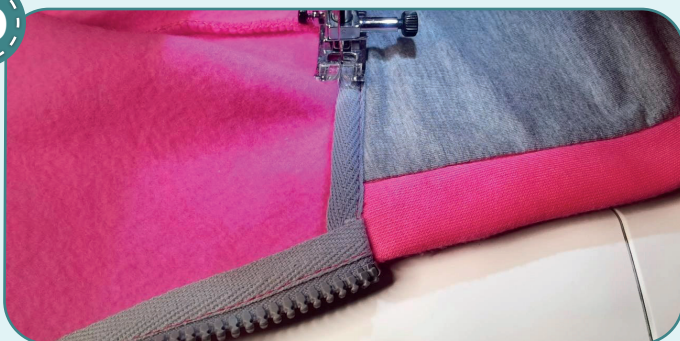
Tuck the zipper top and the seam allowances to the right side and turn the hood edge firmly. Secure with a straight stitch 7 mm (1/4") away from the neckline.

29

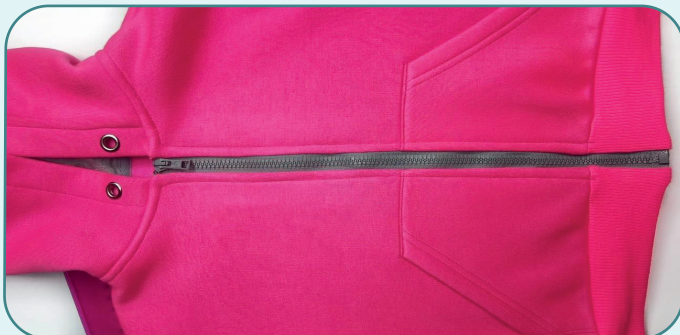


Trim the corner but avoid cutting the stitching. Turn it out and press.

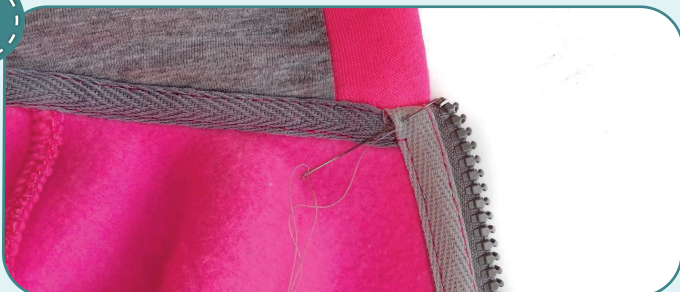
30



Stitch the twilled ribbon raw edge to the garment along the neckline 1 mm (1/16") away from the edge, overlapping the serged seam. Press the neckline and the front along the zipper.

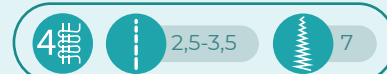


31



Hand-baste the twilled ribbon edges at the joint of the neckline and the zipper.

32



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

33



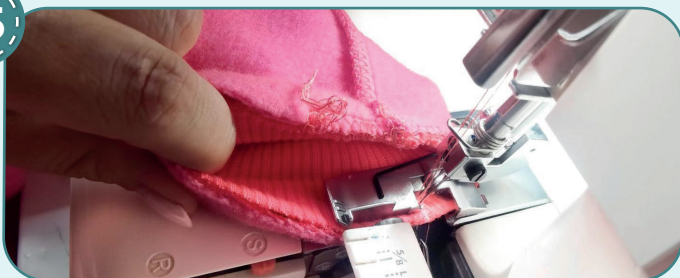
To avoid bulk when stitching the cuffs, press the seam allowances in different directions.

34



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

35

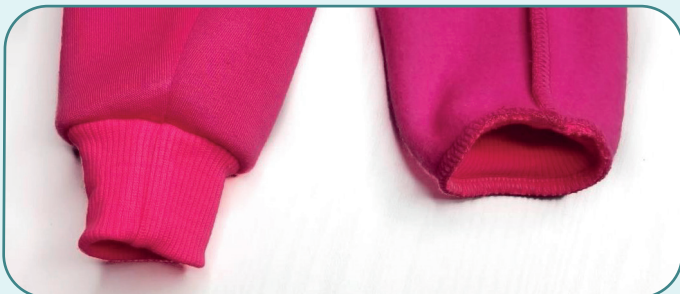


4

2,5-3,5

7

Aligning the cuff and the 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 other cuff. Press the seams upwards.



36

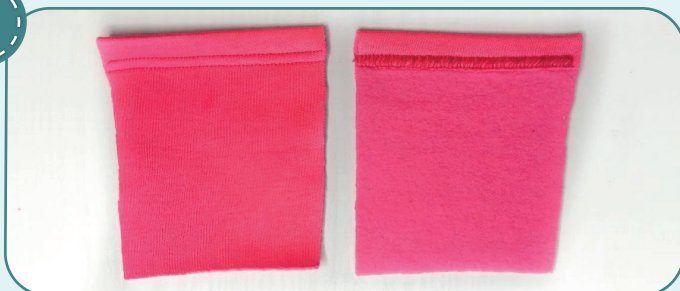


Insert the flat draw cord, remove the basting stitches, trim the thread tails and press the garment once again. The hoodie is ready!

Pants construction



1



2,5-3

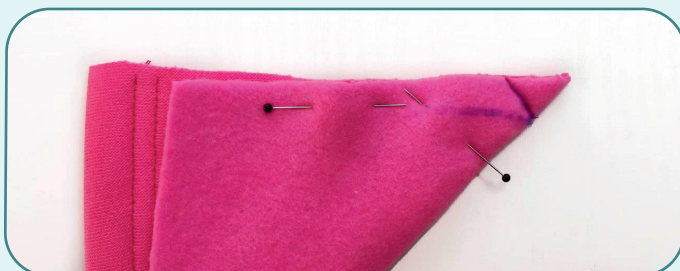
Press the pocket top edge at 20 mm (13/16"). Hem the pocket opening with a coverstitch machine. Tie the seam thread tails on the wrong side and hide them into the seam. Press the fold.

2



2,5-3

Fold one of the pocket bottom corners in half, right side inside, and pin it. Draw a line on the pocket wrong side, perpendicular to the fold, as shown in the photo. Begin the line exactly at the ready pocket corner top point. Stitch it along the marking line.



3

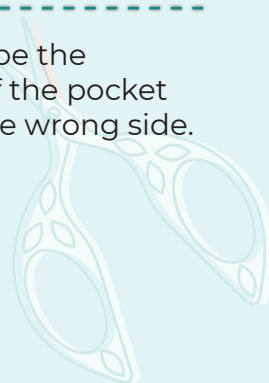


Trim the seam allowance leaving 2 mm (1/16") before the seam and trim the corners.

4

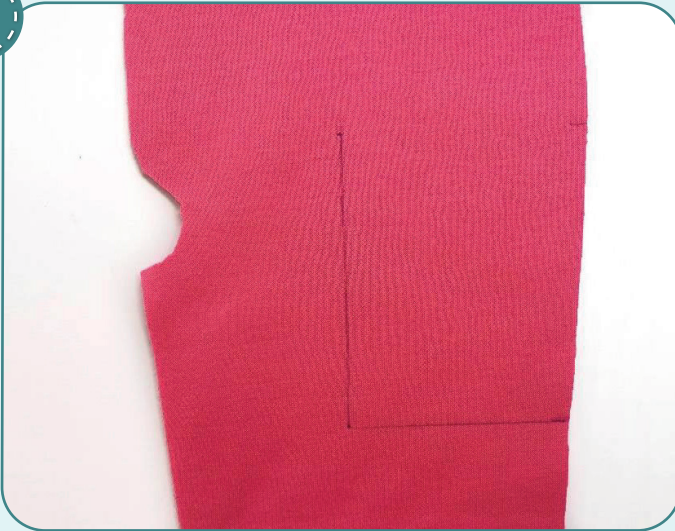


Turn the corner out and shape the pocket. Press 10 mm (3/8") of the pocket bottom and side edges to the wrong side.





5



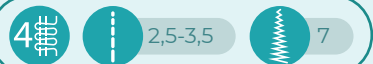
Transfer the marks for the pocket onto the pant front panel.

6



Pin, baste, or glue with a glue stick, the pocket along the marking line on the right side. Stitch the pocket side and bottom edges 1 mm (1/16") in from the edge, secure along the garment side seam 4 mm (1/8") in from the edge. Bar tack at the beginning and the end of the stitching. Press the pocket.

7



Pin the pant front panels along the crotch seam and the fly front with right sides together. Serge them.

8



Continue stitching the crotch seam 15-20 mm (5/8-13/16") on the fly front up to the mark transferred from the pattern. Secure the fly front along the upper edge with straight stitch 7 mm (1/4") in from the edge.

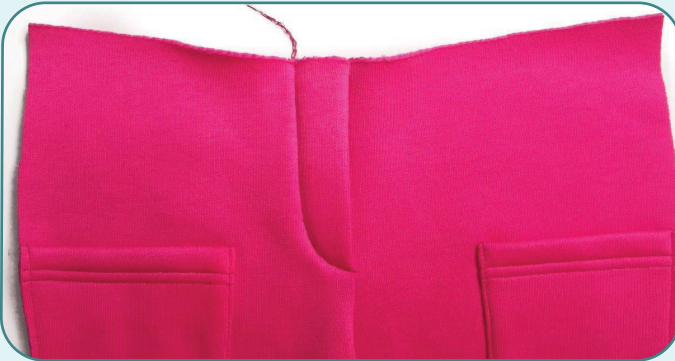


9

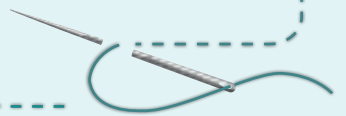


2,5-3

Press the fly front and the seam towards the pant right front panel. Pin it. Working at the wrong side, stitch the fly front along the serged edge. Press it.



NOTE: If you are sewing the pants for boys, press the fly front towards the pant left front panel.



10



2,5-3,5



7

Pin the pant back panels along the crotch seam with right sides together. Serge them. Press the seam allowances towards the pant left back panel.

11

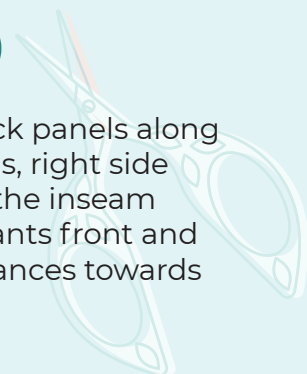


2,5-3,5

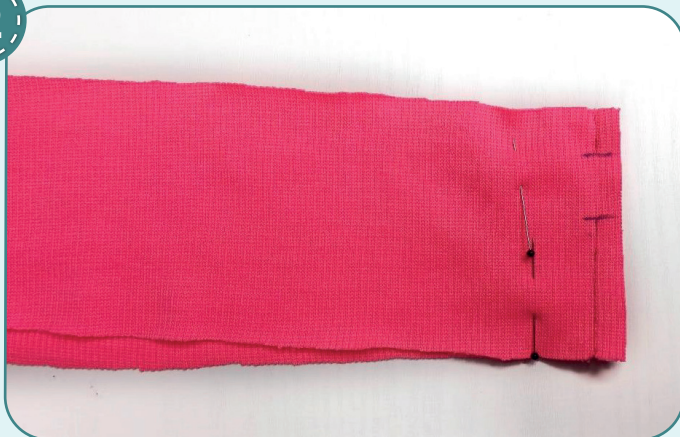


7

Pin the pant front and back panels along the inseam and side seams, right side inside. Serge them. Press the inseam allowances towards the pants front and press the side seam allowances towards the pants back.



12



2,5-3

Place the pants waistband in half, right side inside, and pin it along the short edges. Stitch the waistband in a ring with two straight stitches 45 and 15 mm (1 3/4 and 9/16"), leaving an opening for elastic in it. Press the seam allowances open.

13



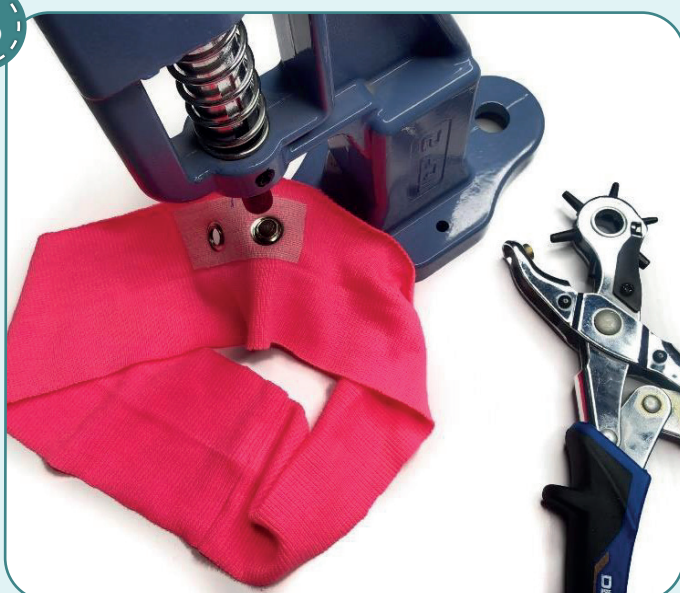
Fold the waistband in half, lengthwise, with wrong side inside, and press it.

14



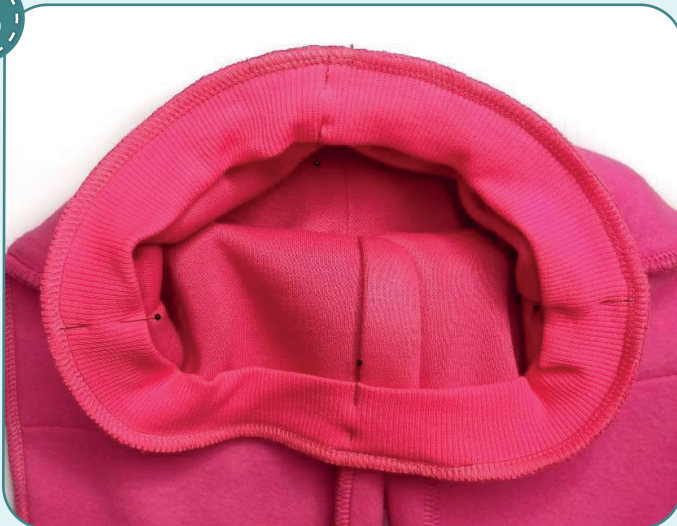
Reinforce the places for grommets with scraps of interfacing 60x30 mm (2 3/8x1 3/16").

15



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

16



4

2,5-3,5

7

Pin the waistband to the pants upper edge, with right sides together, aligning the waistband seam with the pants back 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. Tie the seam thread tails and hide them into the seam. Press the seam allowances down.

17



Cut the elastic 30 mm (1 3/16") wide, the length is indicated on the waistband pattern. Insert it through the opening into the waistband with a safety pin or a bodkin.

18



2,5-3

2,5-3

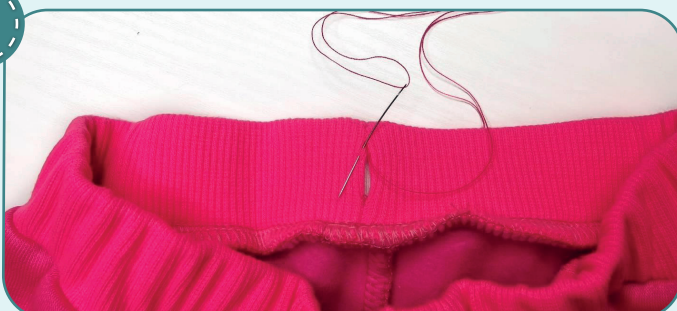
2,5-3

2,5-3

Join the ends of the elastic together by straight or zigzag stitch. Evenly spread the elastic along the waistband.

NOTE: it is recommended to try it on, check the fit, length and ease. When fitting, consider the cuffs and the waistband length. It is also necessary to check if the pants waistband is comfortable to wear. If necessary, change the length of the elastic.

19



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

20



4

2,5-3,5

7

Process the pant cuffs in the same way as the sleeve cuffs (steps 32-35). Aligning the cuff seam with the pant leg inseam and the mark with the side seam, serge the cuff to the pant leg opening. While serging, evenly stretch the cuff, but avoid stretching the pant leg opening. Press the seam allowances flat towards the pant legs.



21



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

ELINA PATYKOVA

ПРО ШИТЬЕ

Tracksuit Flame

(for children)

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!

