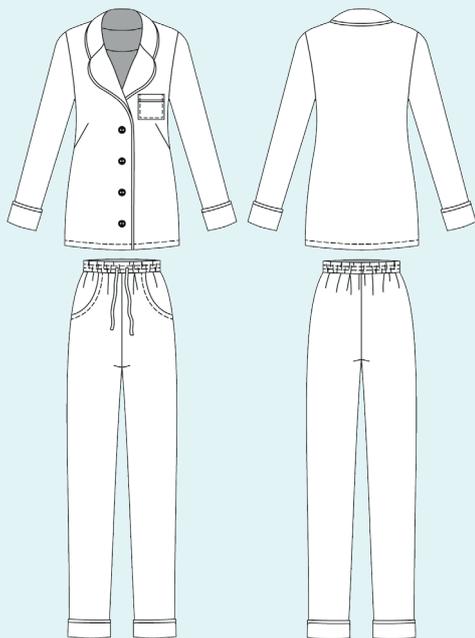# ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions for sewing

Pajamas Set Family
(universal)

#пижама_family

Skill level

Materials and notions

- **cotton or tencel**
- **fusible interfacing**
- **piping**
- **elastic 30-40 mm (1 3/16-1 9/16'') wide**
- **flat draw cord - 120-130 cm (3-4 ft.)**
- **4 buttons - 15-20 mm (9/16-12/16'')**
- **matching thread**
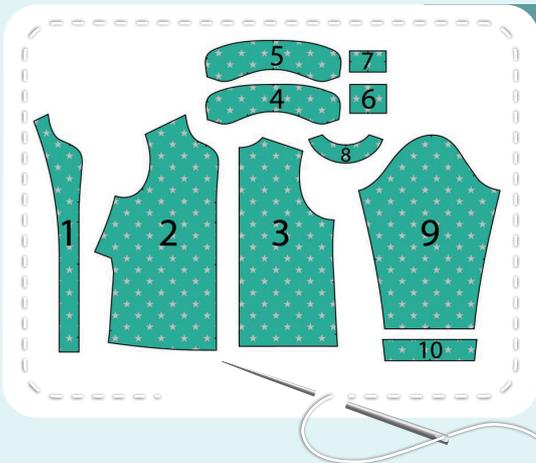- **Universal 80-90 needles**

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

SHIRT PIECES

1. front facing - cut 2
2. front - cut 2
3. back - cut 1 on the fold
4. under collar - cut 1
5. upper collar - cut 1
6. pocket - cut 1
7. pocket band - cut 1
8. back neck facing - cut 1
9. sleeve - cut 2
10. sleeve cuff - cut 2

PANTS PIECES

1. pant front - cut 2
2. pant back - cut 2
3. pant front lower part - cut 2
4. pant back lower part - cut 2
5. side front - cut 2
6. pocket lining - cut 2
7. waistband - cut 1 on the fold

PIECES TO INTERFACE

■ **Lilac - fusible interfacing**
• **shirt front facings**
• **shirt back neck facing**
• **shirt under collar**
• **shirt pocket band (for light-weight fabric)**
• **the area for buttonholes on the pant 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 (pipping) 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.
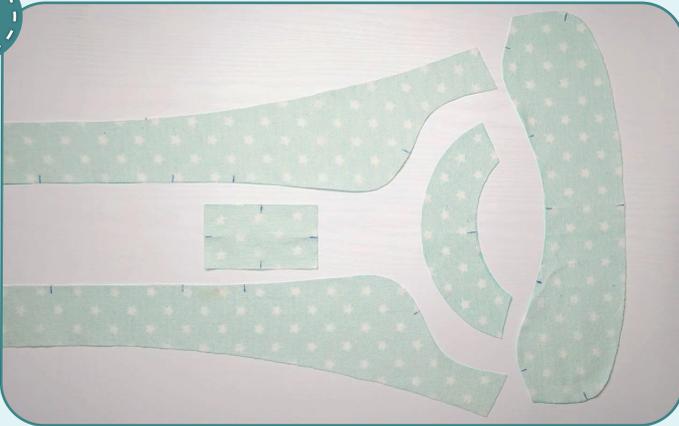
C **flat lock stitch**
If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.

Shirt construction

1

Reinforce the front facings, back neck facing and under collar with fusible interfacing. If the fabric is light-weight or stretchy, reinforce the pocket band.

2

2,5-3

You can use a universal presser foot or unilateral zipper presser foot to attach the piping to the garment. It is more convenient to do it with a piping presser foot (Double Welting Foot). Press the pocket band in half. Stitch the piping to one long raw edge. Stitch 10 mm (3/8") away from the edge, atop the stitching on the piping. Press the seam allowances towards the pocket band.

3

2,5-3

Pin the band raw edge right side to the pocket top edge wrong side. Stitch it in place 10 mm (3/8") in from the edge. Press the seam allowances towards the pocket band.

4

2,5-3

Stitch the edge with piping to the pocket, covering the band attaching seam. Stitch 1 mm (1/16") in from the piping. Press it.

5

Press 10 mm (3/8") of the pocket bottom and side edges. Working on the right side, transfer the marking for the pocket onto the front left side.
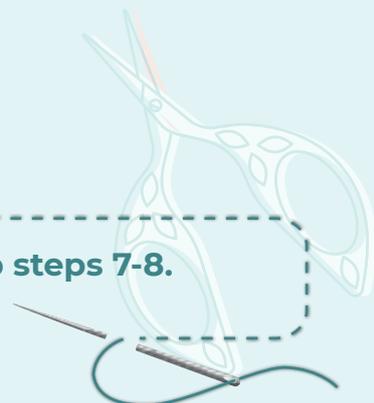
6

2,5-3

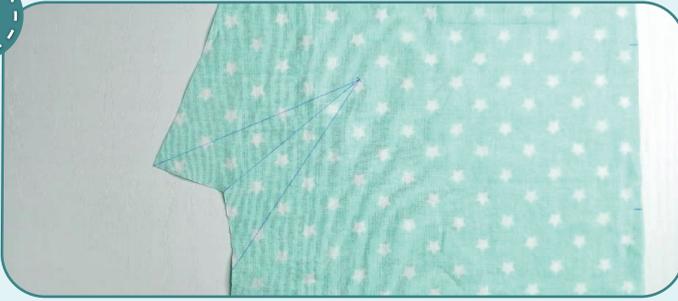Pin the pocket to the front. Stitch it in place 1 mm (1/16") away from the edge. Press it.

NOTE: if you are sewing pajamas for men or children, then skip steps 7-8.

7

Transfer the darts markings onto the front wrong side.

8

2,5-3

Pin and baste the darts, evenly aligning their sides. Stitch the darts along the markings. Press them up.

9

3-3,5

Pin the front and the back along the shoulder edges with right sides together. Stitch them 10 mm (3/8") in from the edge.

10

3   3-4   7

Finish the edges together using 3-thread serger stitch. Press the seam allowances towards the front.

11

3-3,5

With right sides together, pin the front and the back along the side edges. Stitch the pieces 10 mm (3/8") in from the edge.

12

Serge the side edges together. Press the seam allowances towards the back.

NOTE: It is recommended to try it on, check the fit, length and ease. When fitting, consider the lower hem width.

13

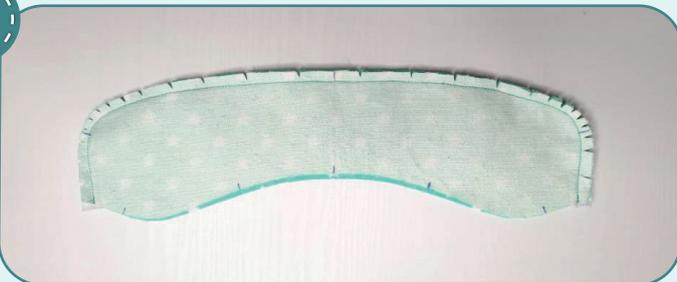Working on the right side, stitch the piping along the under collar outer edge 10 mm (3/8") in from the edge.

14

Pin the upper and under collars with right sides together. Stitch them 10 mm (3/8") in from the edge. Stitch on the under-collar side, so that the stitching coincides with the piping attaching seam.

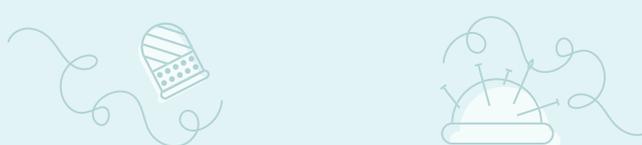**15**

Clip the seam allowance curved edges, 1 mm (1/16") away from the seam. Turn the collar out and press it.

16

Topstitch the collar outer edge 1 mm (1/16") away from the piping. Press it.

17

Align both collars raw edges and pin them. Stitch the collars together 7 mm (1/4") in from the edge. The bulk, formed on the upper collar, is aimed to wrap the under collar and will provide a good fit.

18

Pin the collar into the neckline, aligning the marks. Place the under collar to the garment right side. Stitch the collar 10 mm (3/8") in from the edge.

19

Working on the right side, stitch the piping along the front center edges 10 mm (3/8") in from the edge. Stitch the front piping close to the collar piping at the collar edges and get the piping end come to the edge.

20

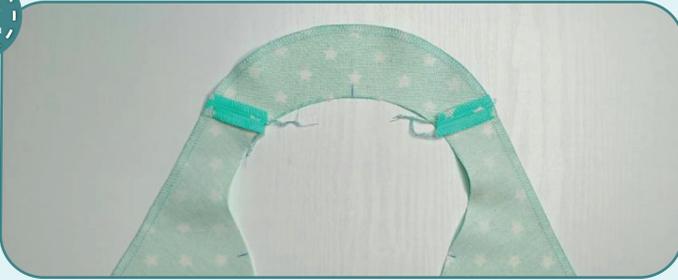Serge the front facings and the back facing shoulder edges. Press them.

21

Pin the back facing and the front facings along the shoulder edges with right sides together. Stitch the facings together 10 mm (3/8") in from the edge. Press the seam allowances open.

22

3 | 3-4 | 7

Finish the facing outer edges with a serger. Press them.

23

2,5-3

With right sides together, pin the garment and the facings along the center edges and the neckline, aligning the marks. Stitch them 10 mm (3/8") in from the edge. Stitch on the garment side, so that the stitching coincides with the piping attaching seam.

24

Clip the seam allowance curved edges, 1 mm (1/16") before the seam. Turn the facings out and press them.

25

2-2,5

Smooth and pin the back facing to the back, aligning the shoulder seams. Stitch the back facing 3-4 mm (1/8") away from its edge. Stitch it between the shoulder seams. Press it.

26

Press the garment lower hem between the front facings, first at 10 mm (3/8"), then at 30 mm (1 3/16").

27

⟲ | ▮ | 🧵 | ▮ 2,5-3

Pin the garment lower hem and the front facings. Stitch them 40 mm (1 9/16") away from the garment lower hem.

28

Trim the seam allowances corners, piping and the front facing lower seam allowance to 10 mm (3/8"). Turn the front facing out and press it.

29

⟲ | ▮ | 🧵 | ▮ 2,5-3

Pin or baste the garment lower hem. Topstitch the garment lower hem 30 mm (1 3/16") in from the edge. Press it.

30

🔄 | 🔵 | 🪡 | 🔵 2,5-3

Topstitch the front center edges and the lapels 1 mm (1/16") away from the piping. Press the seams.

31

Transfer the marking for the buttonholes onto the right front and the marking for the buttons onto the left front. Use the buttonholing foot to sew buttonholes to the size of the buttons you have prepared. Carefully cut the buttonholes with the seam ripper but avoid cutting the stitching threads. Press them.

NOTE: If you are sewing a pajamas for a man or a boy, the buttonholes and buttons will be the opposite way. In this case, transfer the marks for the buttonholes from the pattern onto the left front, and the marks for the buttons onto the right front.
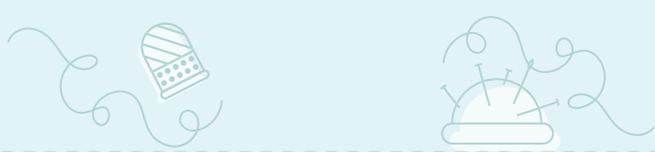
32

Hand stitch or machine the buttons.

33

🔄 | 🔵 | 🪡 | 🔵 2,5-3

Working on the right side, stitch the piping 10 mm (3/8") away from the sleeve cuff longer side.

SHIRT CONSTRUCTION

34

2,5-3

With right side inside, place the cuff in half, along the short edges. Pin them. To match the piping ends, secure it at both ends with two pins. Stitch the side seam. Press the seam open. Press the piping towards the sleeve cuff.

35

2-2,5

Draw a mark on the sleeve side seam 50 mm (2") away from the sleeve lower hem. Pin the sleeve, right side inside, along the side seam. Stitch it up to the mark 10 mm (3/8") in from the edge.

36

Make a notch at the mark level exactly to the end of the seam. But care not to cut the stitching itself.

37

2,5-3

Turn the sleeve out to the right side. Place 50 mm (2") of the side seam lower section together with wrong sides. Stitch the side seam lower section 10 mm (3/8") away from the edge.

38

3   3-4   7

Finish the sleeve inseams together with a serger. Press the seam allowances towards the front. Press the seam allowance lower sections open.

39

2,5-3

Turn the sleeve and the cuff out to the wrong side. Insert the sleeve into the cuff and align the raw edges and the seams. Pin them. Stitch them along the edge 10 mm (3/8") in from the edge.

40

Turn the cuff out to the right side. Press the edge.

41

2-2,5

Stitch the edge with piping on the sleeve. You can hand baste it beforehand. Stitch 1 mm (1/16") in from the piping. Press it.

42

5-7

Stitch two parallel seams along the sleeve cap 6 mm (1/4") and 4 mm (1/8") away from the edge. Set the stitch maximum length (4-5 mm), do not bar tack the seam ends and leave the thread tails no less than 30 mm (1 3/16").

43

2-2,5

Pin the sleeve to the garment armscye with right sides together. Align the side seams, marks and the sleeve top mark with the shoulder seam. There is a bulk along the sleeve cap. Gather the sleeve cap to have its size equal the armscye size, by pulling the needle thread tails of the parallel seams, sewn before. Tie the thread tails. Evenly spread the folds along the sleeve cap, so that no creases are formed. Pin or baste along the sleeve cap. Stitch the sleeve into the armscye around the edge 10 mm (3/8") in from the edge. Stitch in, working on the sleeve side, make sure that no folds are formed along the sleeve cap.

44

3   3-4   7

Serge the seam allowances together. The seam is pressed on the edge. Repeat the process for the other sleeve (steps 33-44).

45

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

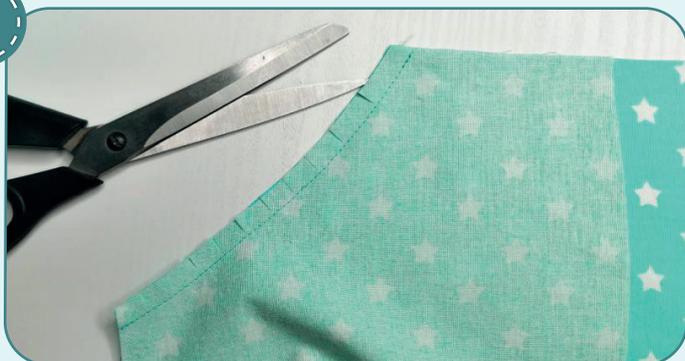# Pants construction

1

2-2,5

Pin the pocket lining along the pocket opening to the pants front with right sides together. Stitch the pieces 10 mm (3/8") in from the edge.

2

Make notches on the seam allowances along the pocket opening, 1 mm (1/16") before the seam. Turn the pocket out, forming a roll towards the pocket lining.

3

2-2,5

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

4

2-2,5

Pin the pocket lining to the side front with right sides together. Stitch them 10 mm (3/8") in from the edge. Press the pocket.

5

3 | 3-4 | 7

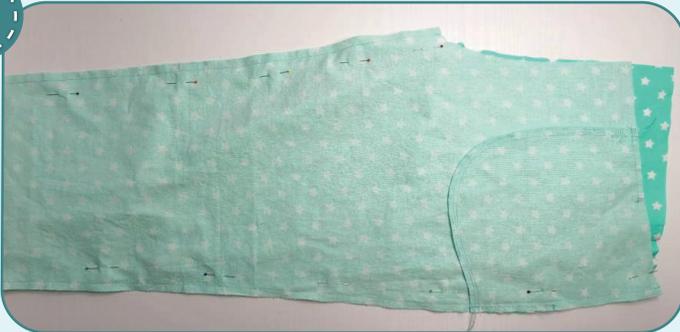Serge the seam allowances together. Press the pocket.

6

2-2,5

Secure the pocket bag above and below the pocket opening and along the top edge, stitching 7 mm (1/4") away from the edge. Repeat the process for the opposite pocket (steps 1 - 6).
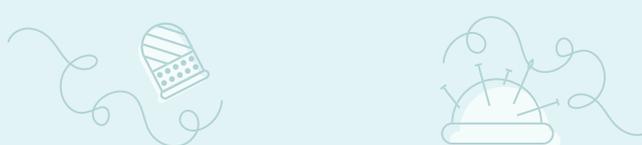
7

2-2,5

Draw marks along the side seam and inseam 50 mm (2") away from the pant leg lower hems. Pin the pant front and the pant back along the side seam and inseam. Stitch the pieces up to the marks, 10 mm (3/8") away from the edge.

8

Clip at the marks level, exactly to the seam ends. But care not to cut the stitching itself.

PANTS CONSTRUCTION

9

Turn the pant leg out to the right side. Place 50 mm (2") of the side seam and the inseam lower sections together with wrong sides. Stitch the side seam and the inseam lower sections 10 mm (3/8") away from the edge.

10

3 | 3-4 | 7

Finish the pant leg inseam and side seam with a serger. Press the inseam allowances towards the pant leg front and press the side seam allowances towards the pant leg back. Press the seam allowances lower sections open. Repeat the process for the other pant leg (steps 7-10).
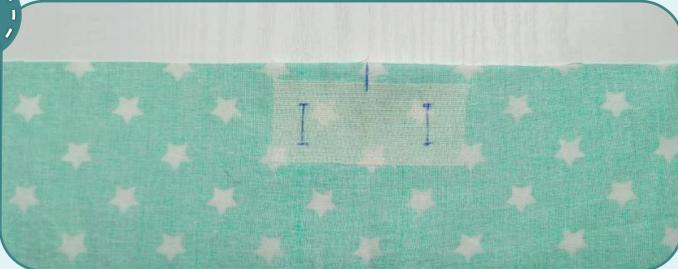
11

2-2,5

Insert the right pant leg into the left one with right sides together. Pin the crotch seam. Stitch it 10 mm (3/8") in from the edge.

12

3 | 3-4 | 7

Finish the crotch seam with a serger. Press the seam allowances towards the right.

13

Fuse the scraps of interfacing 35x80 (1 9/16"x3 1/8") to the area for the flat draw cord openings.

PANTS CONSTRUCTION

14 Make the flat draw cord size openings with the buttonholing presser foot. Use a ripper to cut the openings but avoid cutting the stitching threads. Press them.

15

2-2,5

Place the pants waistband in half, with right side inside, and pin it along the short edges. Stitch the waistband in a ring with two straight seams 55 mm (2 3/16") and 15 mm (9/16"), leaving an opening for the elastic. Press the seam allowances open.

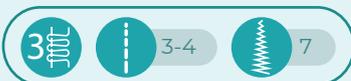**16** Fold the waistband in half, wrong side inside, and press it.

NOTE: If your elastic is 40 mm (1 9/16") wide, then stitch it to the garment together with the waistband. But if you're not sure about the length of the elastic, or if you realize that the serger can't go through fabric layers, then use elastic 30 mm (1 3/16") wide and process the waistband in the way shown below.

17

2-2,5

With right sides together, pin the waistband to the pants upper edge, aligning the waistband seam with the pants crotch seam, waistband center with the front crotch seam and the marks with the side seams. Stitch the pieces 10 mm (3/8") in from the edge.

18

3   3-4   7

Serge the seam allowances together. Press the seam allowances down.

19

Cut the elastic 30 mm (1 3/16") wide and with the length, indicated on the waistband pattern. Insert it through the opening in the waistband with a safety pin or a bodkin.
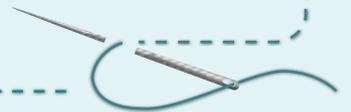
20

2-2,5

Join the ends of the elastic together by straight or zigzag stitch. Spread the elastic evenly around the waistband.

NOTE: It is recommended to try it on, check the fit, length and ease. When trying the garment, consider the lower hem seam allowance width. Make sure, that the pants waistband will be comfortable to wear. If need be, measure the length of the elastic.
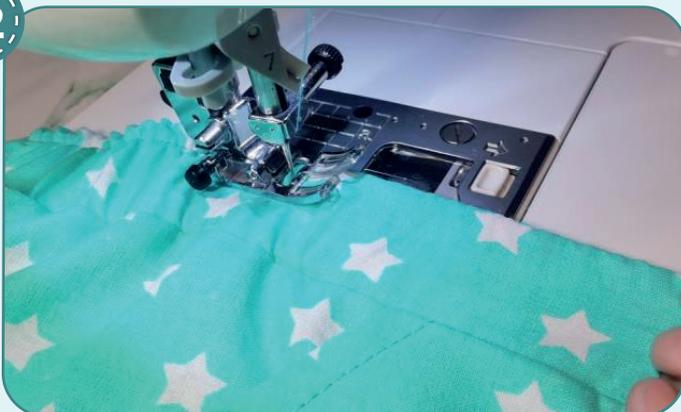
21

Sew up the opening in the waistband with a blind stitch.

22

2-2,5

Stretching the elastic evenly, stitch 7 mm (1/4") away from the waistband fold.
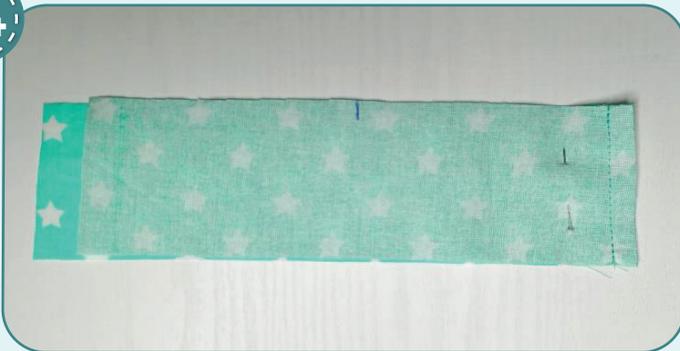
23

2-2,5

Stitch the parallel seam, 7 mm (1/4") away from the waistband attaching seam.

24

2-2,5

With right sides together, pin the pant front and back lower parts along the side edge. Stitch them 10 mm (3/8") in from the edge. Press the seam allowances open.
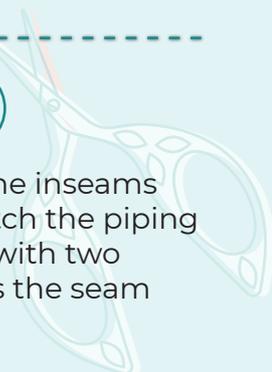
25

2-2,5

Working on the right side, stitch the piping 10 mm (3/8") away from the pant cuff longer side edge.

26

2-2,5

Pin the pant leg cuff along the inseams with right side inside. To match the piping ends, secure it at both ends with two pins. Stitch the inseam. Press the seam allowances open.

27

Press the piping seam allowances towards the pant cuff.

28

2-2,5

Turn the pant leg and the cuff out to the wrong side. Insert the pant leg into the cuff and align the raw edges and the seams. Pin them. Stitch them along the edge 10 mm (3/8") in from the edge.

29

2-2,5

Stitch the edge with the piping on the pant leg. You can hand baste it beforehand. Stitch 1 mm (1/16") in from the piping. Press them. Repeat the process for the other pant leg (steps 24 - 29).

30

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

Pajamas Set Family
(universal)

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!