

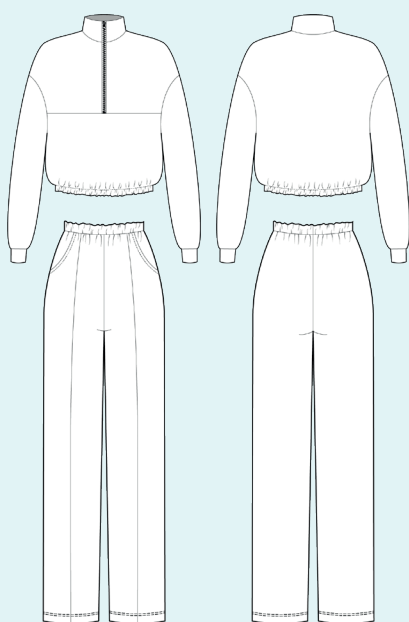
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Tracksuit Warm (for women)

#теплый_костюм_женщины



Skill level



Materials and notions



- sweatshirt fleece
- closed-end zipper
- elastic 20 mm (13/16") wide
- elastic 50 mm (2") wide
- twilled ribbon
- matching thread
- Jersey 80-90 or Stretch 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.

The required elastic length is indicated on the front pattern and the pants waistband pattern. Before beginning your sewing project, wash the fabric in warm water, dry and iron it.

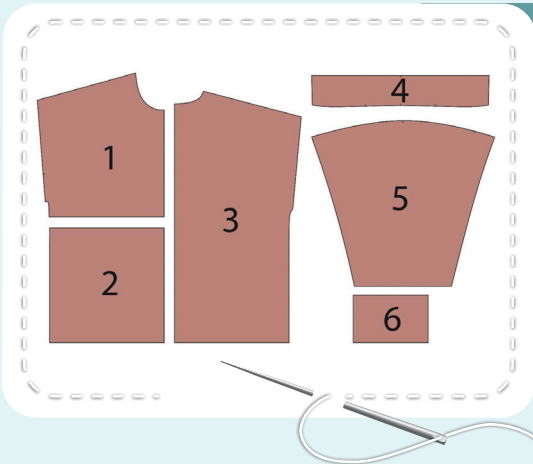
Let us start the cutting. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

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.



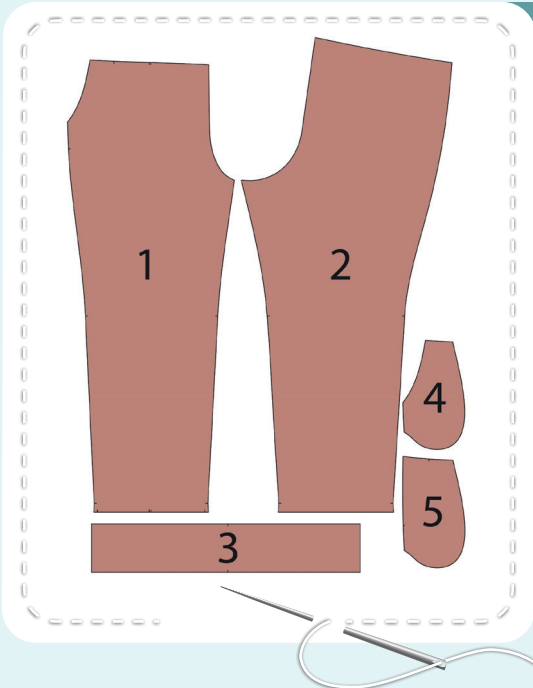
Now you have

SWEATSHIRT PIECES



- 1. yoke - cut 2**
- 2. front - cut 1 on the fold**
- 3. back - cut 1 on the fold**
- 4. stand collar - cut 2**
- 5. sleeve - cut 2**
- 6. cuff - cut 2**

PANTS PIECES



- 1. front - cut 2**
- 2. back - cut 2**
- 3. waistband - cut 1 on the fold**
- 4. pocket lining - cut 2**
- 5. side front - cut 2**

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.



Sweatshirt construction



1



4

2,5-3,5

7

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

2



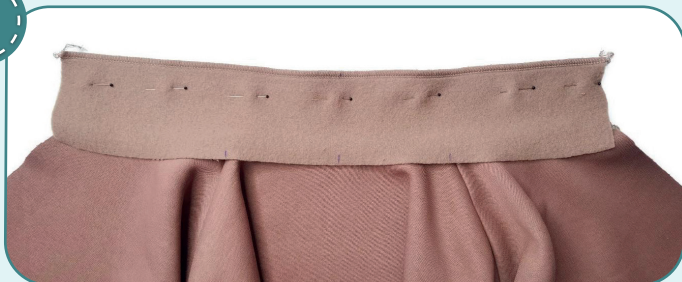
4

2,5-3,5

7

With right sides together, pin one stand collar piece to the neckline, aligning all the marks. Serge the stand collar to the garment. Press the seam allowances towards the stand collar.

3



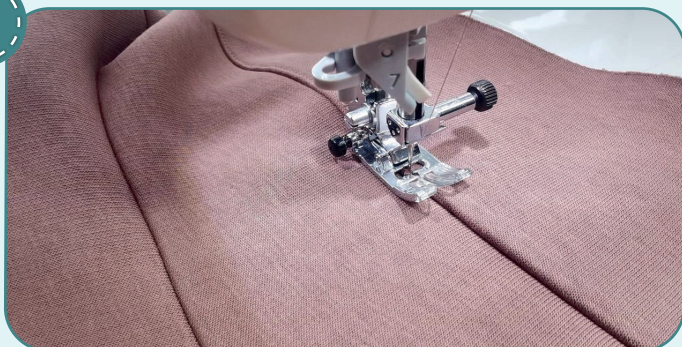
4

2,5-3,5

7

Place the other stand collar piece to the first one with right sides together. Serge them. Press the seam allowances towards the stand collar inside.

4

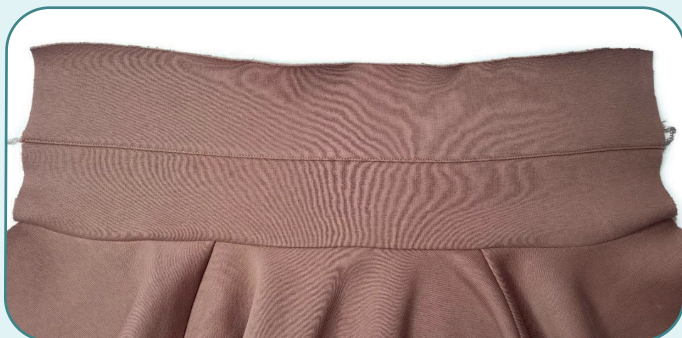


4

2,5-3

7

Working from the inside of the garment, topstitch the seam, which joins the stand collar pieces, 1 mm (1/16") away from the seam.



SWEATSHIRT CONSTRUCTION

5



Press the collar upper edge forming a roll towards the wrong side.

6



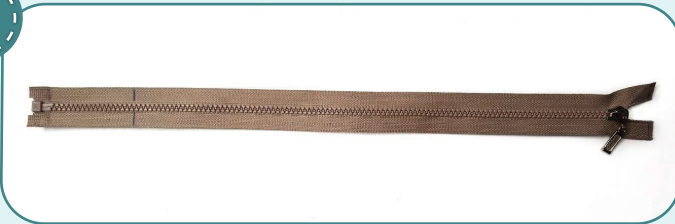
4#

2,5-3,5

7

Finish the stand collar center edges and the yoke center edges with a serger. Press them.

7



Measure the zipper length between the stand collar joint seam and the front yoke lower edge. Draw a mark.

8



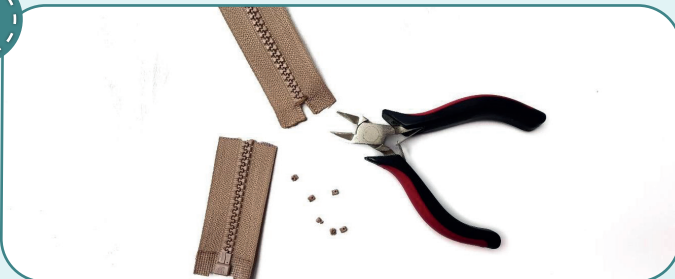
5-7

0

5-7

Zigzag a bar tack 10 mm (3/8") above the mark.

9



Trim the zipper bottom along the lower mark. Remove the zipper teeth up to the bar tack. Burn the zipper bottom edge with a lighter.

10



Cut a 40x50 mm (1 9/16x2") piece of sweatshirt fleece.



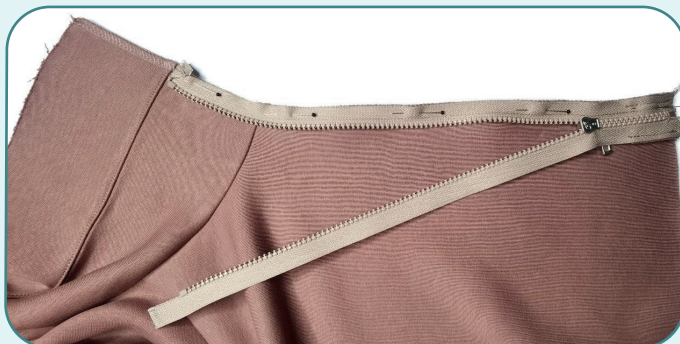
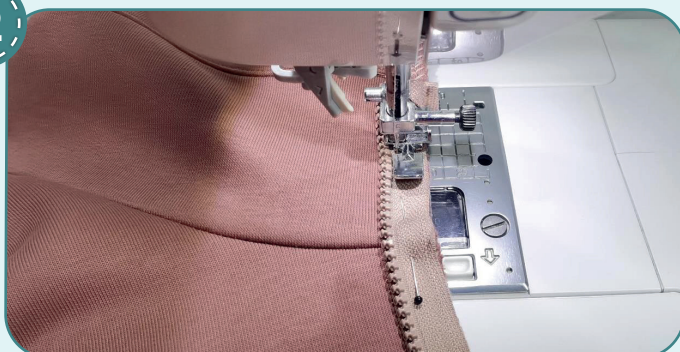
11



2,5-3

Fold the piece of fabric in half and press it. Place it onto the zipper bottom right side, with the fold upwards. Stitch it on the zipper along the side edges 3 mm (1/8") in from the edge. Trim the excess fabric from the side edges.

12



2,5-3

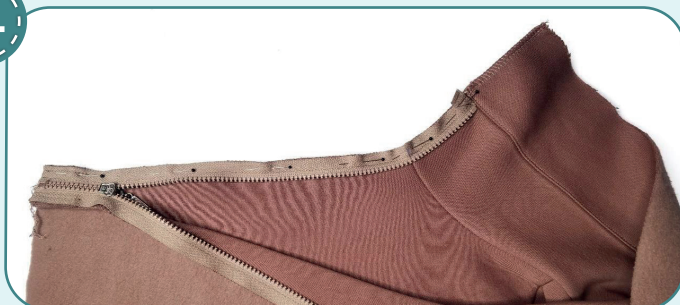
Pin or baste one zipper tape to the front yoke with right sides together. Place the zipper accurately without waving or pulling the fabric. Align the zipper bottom with the yoke lower edge and the zipper upper teeth with the stand collar pieces joining seam. Tuck in the zipper top extension, as shown in the photo. Stitch the zipper in place with a unilateral zipper presser foot 10 mm (3/8") in from the edge. If the slider prevents you from finishing the seam, then place the machine needle in the work, raise the zipper foot, move the zipper slider, place the zipper foot down and sew on.

13



Fasten the zipper and mark the place for the stand collar attaching seam on the other zipper tape.

14



2,5-3

Hand-baste or pin the other zipper tape to the opposite front yoke center edge with right sides together. Very precisely align the mark on the zipper with the stand collar attaching seam, the zipper bottom with the yoke lower edge, and the zipper upper teeth with the upper edge of the upper stand collar. Tuck the zipper tape extension in. Stitch the zipper in place with a unilateral zipper presser foot 10 mm (3/8") in from the edge, in the same way as you attached the first zipper tape.

15



Close the zipper, make sure, that the stand collar attaching seams, the yoke lower edges, and stand collar upper edges match, the zipper sits accurately without waving. Press it.

NOTE: it is recommended to try the garment on, check the stand collar height.

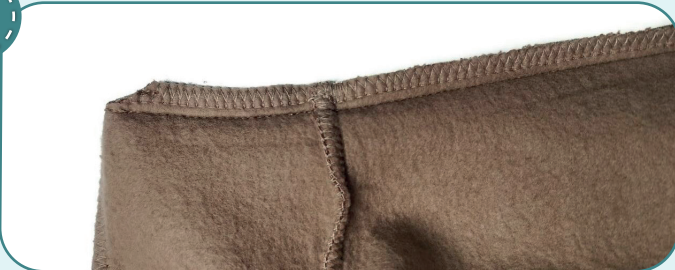
16



2,5-3

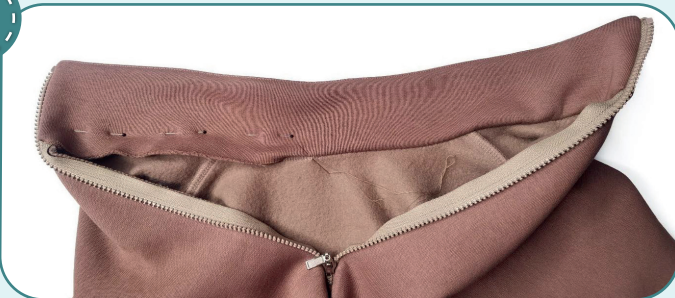
Pin the other stand collar center edges to the zipper. Tuck the seam allowances to the wrong side so that the edge of the stand collar is flush with the stand collar attaching seam. Stitch them 10 mm (3/8") away from the edge.

17



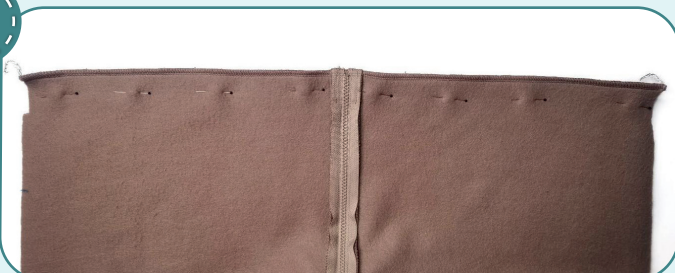
Trim the corners. Turn the stand collar out and press.

18



Hand-baste the stand collar inside along the lower edge with a blind stitch, tucking the edge inside. Press it.

19



4# 2,5-3,5 7

Pin the front to the front yoke, right sides together, aligning the centers and the marks. Serge them. Press the seam allowances down



20



2,5-3,5



7

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

21



2,5-3,5



7

Pin the back with 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.



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

22

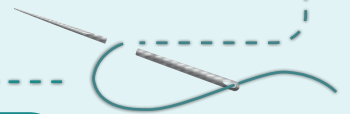


2,5-3,5



7

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



23



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

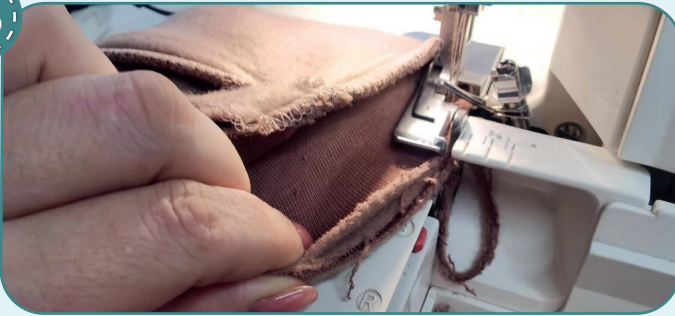
24



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



25



4#

2,5-3,5

7

Serge the cuff to the sleeve, aligning the cuff seam and the sleeve inseam. 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 up.



26



1,5

3

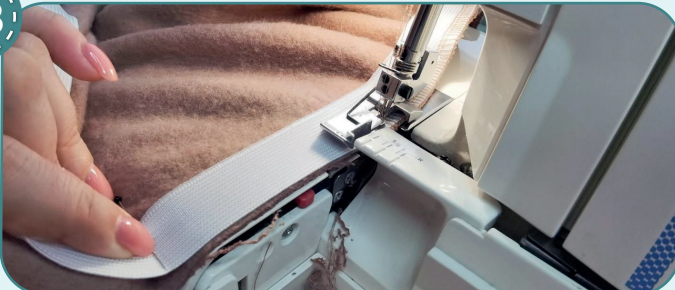
Cut the elastic 20 mm (13/16") wide and the length, indicated on the front paper pattern. Stitch the elastic in a ring with a straight or a zigzag stitch.

27



Divide the elastic into fourths. Divide the garment lower hem into fourths. Align the marks and pin the elastic to the garment wrong side. To avoid bulk, do not align the garment side seams and the seam, joining the elastic ends.

28



4#

2,5-3,5

7

Serge the elastic evenly stretching it.





29



2,5-3

Tuck the edge inside to the width of the elastic and evenly stretching the elastic, stitch 18 mm (11/16") away from the edge.



30



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

Pants construction



1



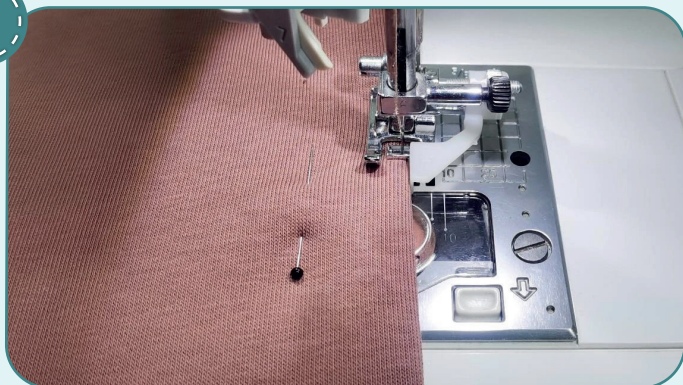
Fold the pant front paper pattern in the middle along the center crease line. Place it to the front pieces and mark the center crease lines on the right side.

2



With wrong side inside, fold the pant front pieces along the marking and press the center creases.

3



Pin the pant legs along the center creases. Topstitch them along the fold 2 mm (1/16") away from the edge. It is more convenient to use a blind hem presser foot. Press them.



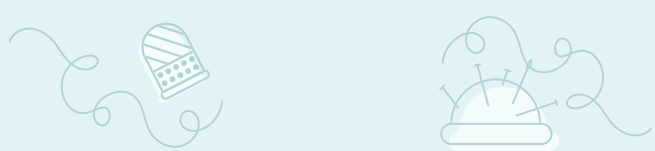
4



When you unfold the pants, the center creases should look like this one.



PANTS CONSTRUCTION



5



4#

2,5-3,5

7

With right sides together, pin the pocket lining to the pants front along the pocket opening. Serge the pieces. Press the seam allowances towards the lining.

6



4#

2,5-3,5

7

Press the lining to the wrong side forming a roll. Topstitch along the pocket opening 5 mm (3/16") in from edge. Press the pocket opening.

7



4#

2,5-3,5

7

Pin the pocket lining to the side front with right sides together. Serge the pieces. Press the pocket.

8



4#

2,5-3,5

7

Secure the pocket lining above and below the pocket opening, 4-5 mm (3/16") in from the edge. Repeat the process for the opposite pocket (steps 5-8).

9



4#

2,5-3,5

7

Place the pant front and back panels along the side seam and inseam, right side inside. Serge them. Press the side seam allowances towards the pants back and the inseam allowances towards the pants front. Repeat the process for the other pant leg.

10



4

2,5-3,5

7

Insert the left pant leg into the right one with right sides together. Pin along the crotch seam placing the inseam allowances in different directions to avoid bulk. Serge it. Press the seam towards the left.

11



2,5-3

7

2,5-3

Stitch the waistband short edges, having pinned the side edge beforehand. Stitch 7 mm (1/16") in from the edge. Press the seam allowances into different directions.

12



To avoid bulk later, trim all the seam allowance ends at an angle.

13



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

14



1,5

3

1,5

3

Cut the elastic 50 mm (2") wide and the length, indicated on the pants waistband paper pattern. Stitch the elastic in a ring with a straight or a zigzag stitch.

15



Divide both the waist band and the elastic into fourths, and pin-mark. Place the elastic inside the waistband, align the marks on the elastic with the marks on the waistband and pin at these places. To avoid bulk, do not match the elastic and waistband seams.

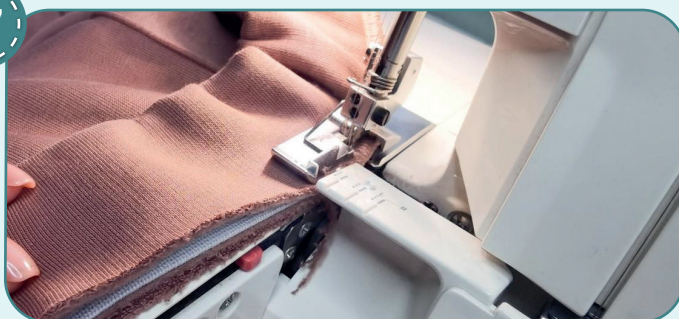
16



Turn the pants out to the wrong side and place the waistband with elastic to the garment upper edge. Pin the waistband to the garment upper edge, with right sides together, aligning the waistband seam with the pants crotch seam, waistband center with the front crotch seam and the marks with the side seams.

NOTE: The elastic should be 50 mm (2") wide and sewn to the pants together with the waistband. But if you are not sure what length of the elastic to take, or if you are afraid that it is too thick to serge, use elastic 40 mm (1 9/16") wide. In that case, sew the waistband without elastic (be sure to leave an opening for the elastic), then thread the elastic and sew it into a ring.

17

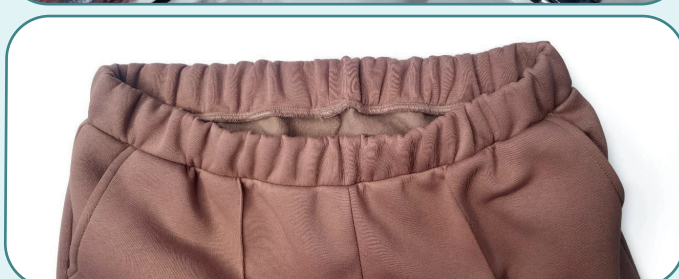


4#

2,5-3,5

7

Serge the waistband to the garment. While serging, stretch evenly the elastic, but avoid stretching the garment upper edge. Serge slowly, especially at the pockets area, and lower the needles when stretching the elastic. Tie the seam thread tails and hide them into the seam. Press the seam allowances down.



PANTS CONSTRUCTION

NOTE: it is recommended to try it on, check the fit, length and ease. Take into account the lower hem width when trying on. You should also test if the pants waistband is comfortable to wear.

18



Fold the pant leg lower hems 20 mm (13/16") to the wrong side and press them. You can hand-baste the edge. Hem the pant legs with a coverstitch machine. Press them again.

19



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

ELINA PATYKOVA

ПРО ШИТЬЕ

Tracksuit Warm (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!

