

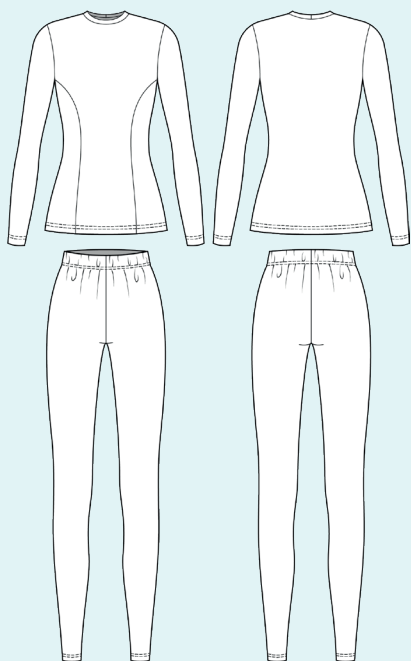
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Underwear set Thermo

#термобелье_женщины



Skill level



Materials and notions



- thermobiflex fabric
- elastic 30 mm (1 3/16") wide
- matching thread
- Super Stretch 70-80 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.

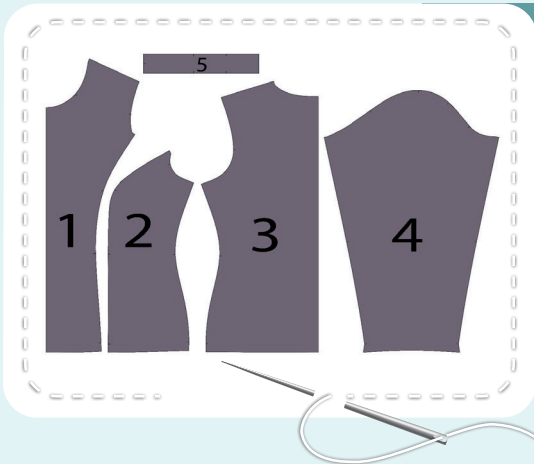
To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when cutting. Measure the length of the pattern pieces fit, add 5% to this length for the fabric shrinkage - this will be the required amount of fabric for the project.

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

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.

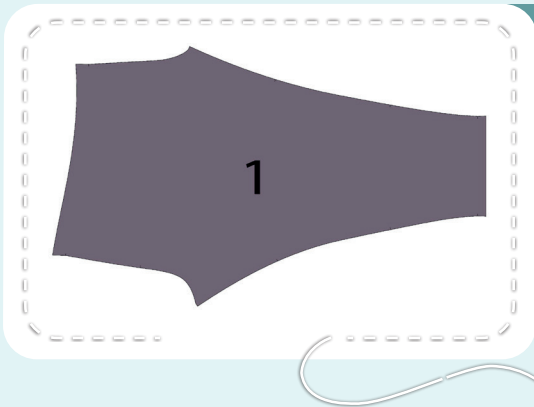
Place the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along the outline. Note: seam allowances are already included. Transfer all the marks from the pattern onto the wrong side of your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

Now you have



TOP (LONG SLEEVE SHIRT) PIECES

- 1.** front - cut 1 on the fold
- 2.** side front - cut 2
- 3.** back - cut 1 on the fold
- 4.** sleeve - cut 2
- 5.** neckband - cut 1 on the fold



2 UNDERWEAR BOTTOMS (LEGGINGS) PIECES

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

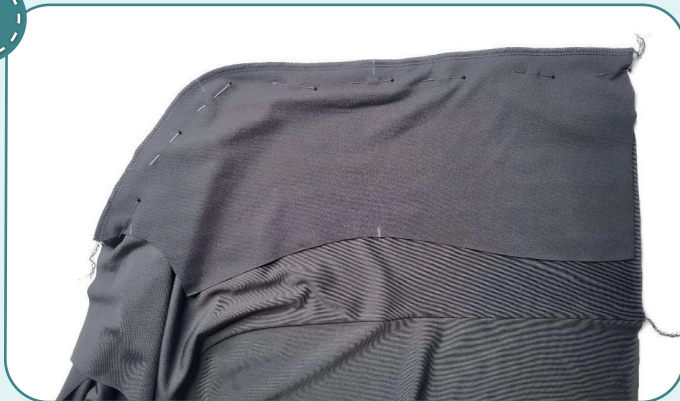
If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.



Long sleeve shirt construction



1



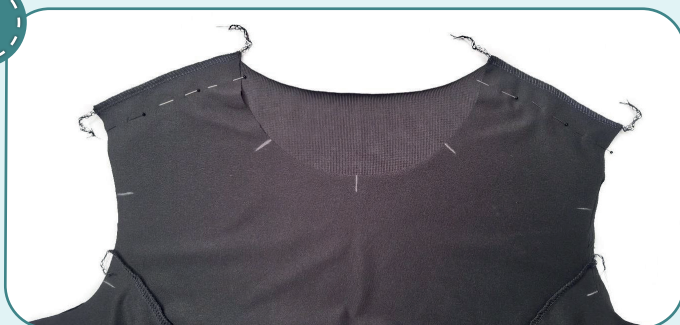
4#

2,5-3,5

7

With right sides together, pin the front and the side front along the princess line aligning the marks. Serge them. Press the seam allowances towards the front. Repeat the process for the opposite side front.

2



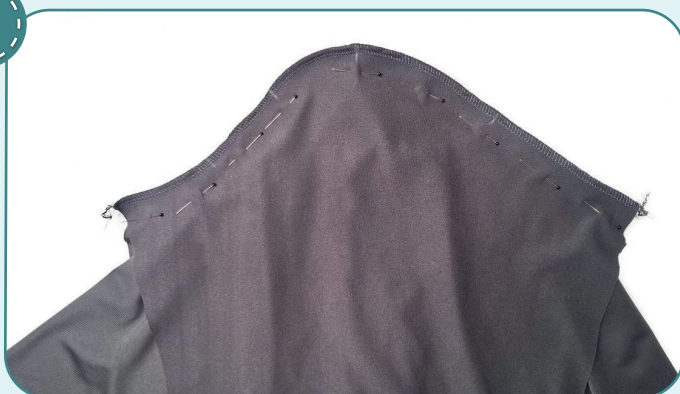
4#

2,5-3,5

7

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

3



4#

2,5-3,5

7

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

4



4#

2,5-3,5

7

Pin the back with the front and the sleeve along the side seam with right sides together. Serge them. 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.

LONG SLEEVE SHIRT CONSTRUCTION



5



4

2,5-3,5

7

Serge the neckband short edges together, having pinned the side edge beforehand.

6



To avoid bulk when attaching the neckband, press the ends of the seam allowances in different directions.

7



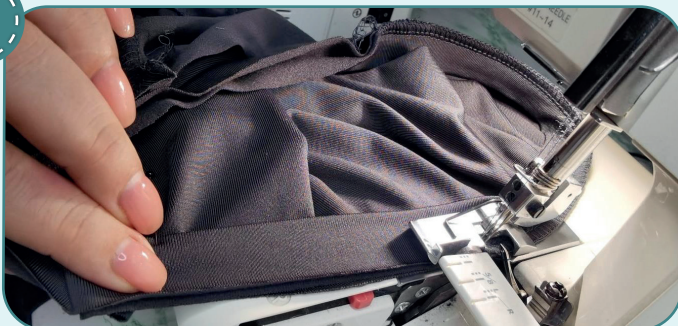
Fold the neckband in half, lengthways, wrong side inside, and press it. At the same time, shape the neckline with an iron, slightly stretching the raw edges and ironing the fold. For convenience, you can pin it at the marked places beforehand.

8



Pin the neckband to the garment neckline right side. Align the neckband seam with the back center, neckband center with front center and all the other marks with the marks on the front neckline and the shoulder seams.

9

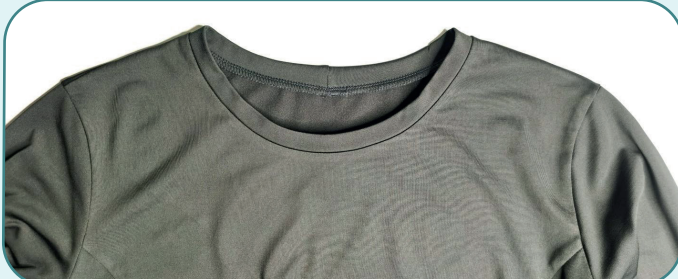


4

2,5-3,5

7

Serge the neckband to the garment. In the process, evenly stretch the neckband, but care not to stretch the neckline. Press the seam down.



LONG SLEEVE SHIRT CONSTRUCTION

10



Working from the front piece and the back piece and using your coverstitch machine, topstitch the neckline 1 mm (1/16") away from the neckband attaching seam with Narrow Cover Stitch. Tie the tread tails on the wrong side and hide them into the seam. Press the neckline.

11



Fold the garment lower hem and the sleeve lower hems to the wrong side by 20 mm (13/16") and press them. You can hand-baste the lower hems. Coverstitch the lower hems. Tie the tread tails on the wrong side and hide them into the seam. Press it.

12



Remove the basting stitches, trim the thread tails, and press once again. The top (Long Sleeve Shirt) is ready!

Leggings construction



1



2,5-3,5



7

Place the pant leg pieces with right sides together. Pin them along the front and back crotch seams. Serge them. Press the front crotch seam towards the right side, and the back crotch seam towards the left side.

2



2,5-3,5



7

Pin the pant legs along the inseams with right sides together aligning the crotch seams and the marks. Serge them. Press the seam allowances flat towards the front.

3



1,5



3

Cut the elastic 30 mm (1 3/16") wide, the length is indicated on the leggings pattern. Stitch the elastic in a ring with a straight or a zigzag stitch.

4

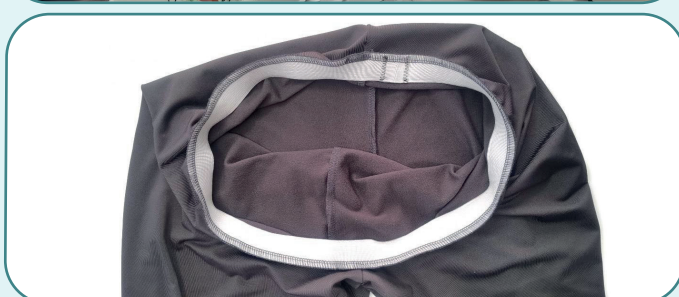


2,5-3,5



7

Divide the elastic in quarters. Divide the leggings waistband into quarters. Align the marks and pin the elastic to the leggings wrong side. To avoid bulk, do not align the waistband and elastic seams. Evenly stretching the elastic, serge it to the garment.



LEGGINGS CONSTRUCTION

5



Tuck the edge to the wrong side with the elastic band width, and evenly stretching, coverstitch the elastic band 30 mm (1 3/16") in from the edge. Tie the thread tails on the wrong side and hide them into the seam.

6



Fold the pant leg lower hems to the wrong side by 20 mm (13/16") and press them. You can hand-baste the lower hems. Coverstitch the lower hems. Tie the tread tails on the wrong side and hide them into the seam. Press them.

7



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

