

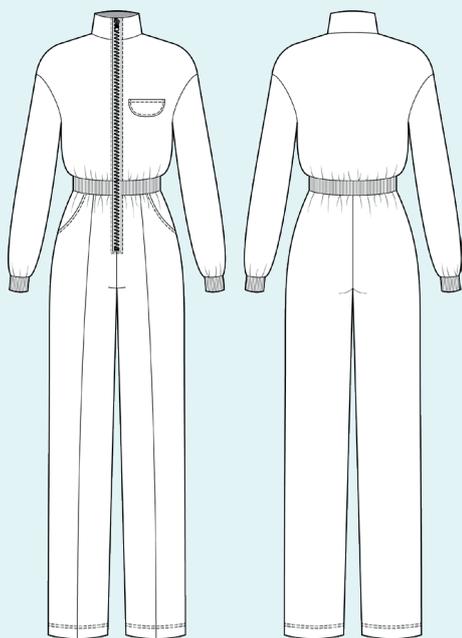
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Jumpsuit Warm

#теплый_комбинезон_женщины



Skill level



Materials and notions



- sweatshirt fleece
- rib knit fabric
- closed-end zipper
- elastic 70 mm (2 3/4") wide
- 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.

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 to this length 5% for the fabric shrinkage - this will be the required amount of fabric for the project. Before beginning your sewing project, wash the fabric in warm water, dry and iron it.

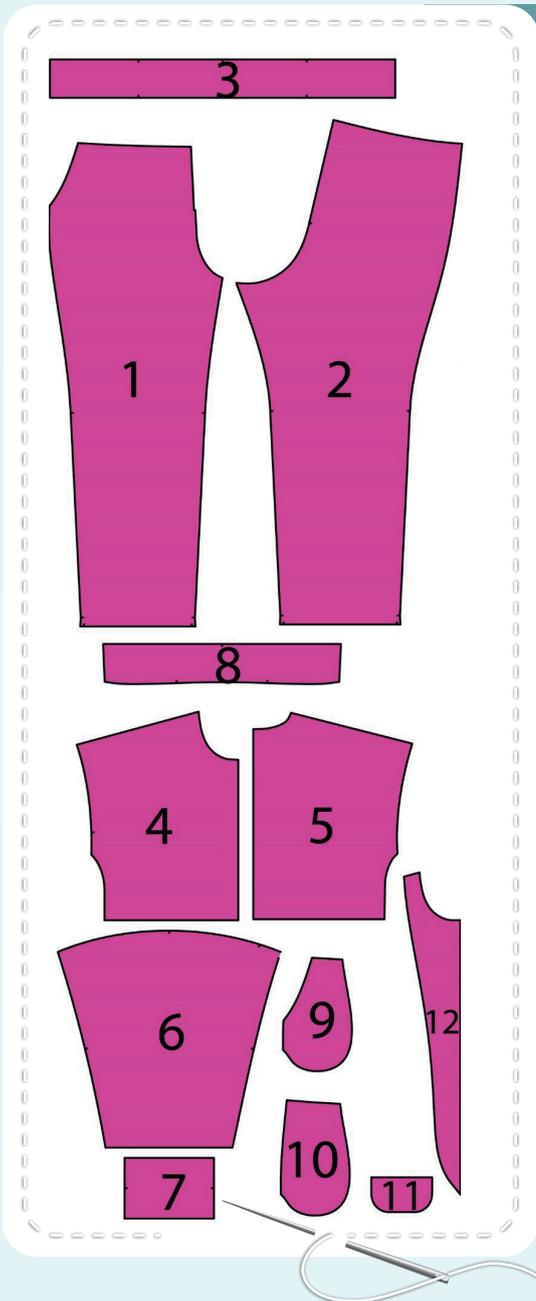
How to cut: Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

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

JUMPSUIT PIECES:

1. front pant panel - cut 2 (sweatshirt fleece)
2. back pant panel - cut 2 (sweatshirt fleece)
3. waistband - cut 2 (rib knit fabric)
4. front - cut 2 (sweatshirt fleece)
5. back - cut 1 on the fold (sweatshirt fleece)
6. sleeve - cut 2 (sweatshirt fleece)
7. cuff - cut 2 (rib knit fabric)
8. stand collar - cut 2 (sweatshirt fleece)
9. side front - cut 2 (sweatshirt fleece)
10. pocket lining - cut 2 (sweatshirt fleece)
11. flap - cut 2 (sweatshirt fleece)
12. front facing - cut 2 (sweatshirt fleece)



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.



Jumpsuit construction



1



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

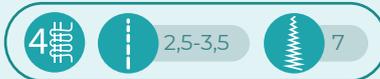
2



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 stitch presser foot. Press them. When you unfold the pants, the center creases should look like this one.



3



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

4



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 again.

JUMPSUIT CONSTRUCTION



5



4 2,5-3,5 7

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

6



2,5-3

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 3-6).

7



4 2,5-3,5 7

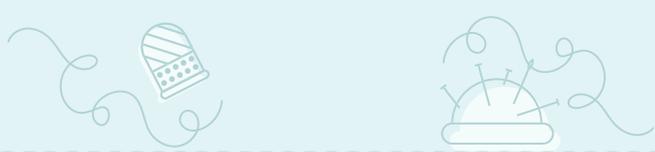
Place the pant front and back panels along the side seam and inseam, right side inside. Serge them. Press the seam allowances flat towards the pant back panel. Repeat the process for the other pant leg.

8



4 2,5-3,5 7

Pin the pant backs along the crotch seam. Serge them. Press the seam towards the left.



9



4 2,5-3,5 7

Place both waistband pieces with wrong sides together. Pin them to the garment right side along the upper edge aligning the marks with the side and crotch seams. Serge the waistband to the garment. When attaching the waistband, evenly stretch it, but avoid stretching the garment upper edge. Press the seam down.



10



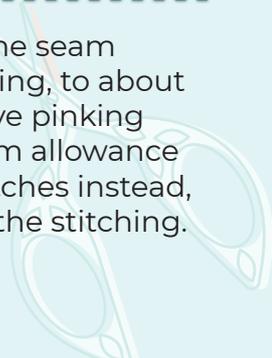
2,5-3

Pin both flap pieces with right sides together. Stitch them along the side and bottom edges 7 mm (1/4") in from the edge.

11



Use pinking shears to trim the seam allowance close to the stitching, to about 3 mm (1/8"). If you do not have pinking shears, you can trim the seam allowance to 4 mm (1/8") and make notches instead, but stop 1 mm (1/16") before the stitching.





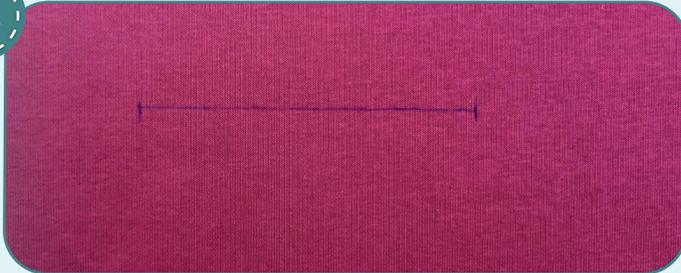
12



2-2,5

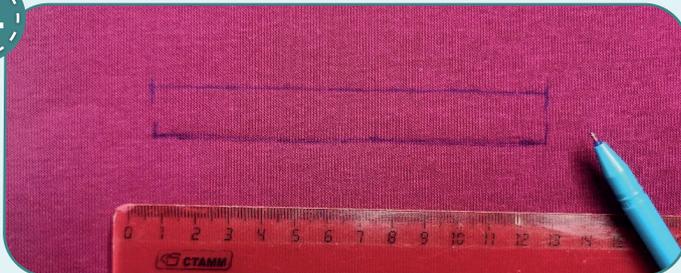
Turn the flap out and press it forming a roll towards the wrong side. Topstitch the side and bottom edges 5 mm (3/16") in from the edge.

13



Transfer the flap attaching marking line from the paper pattern onto the right side of the left front piece.

14



Draw a parallel line 15 mm (9/16") below the flap attaching line to align the flap edge with it.

15



Pin the flap to the front with right sides together coinciding the flap edge with the marking bottom line. Mark the line for the stitching on the flap, 15 mm (9/16") away from the raw edge.

16



2-2,5

Stitch the flap to the left front.





17



Trim the flap seam allowances to 3-4 mm (1/8"). Place the scissors at a 45° angle to the surface to trim the allowance gradually. Press the flap in place.



18



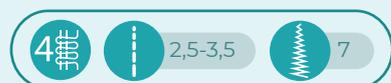
Topstitch the flap 5 mm (3/16") away from the attaching seam. Press it again.

19



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

20



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





21



4

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 same steps for the opposite side seam.

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

22



4

2,5-3,5

7

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

23



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

24



With wrong sides together, fold the cuff in half, lengthways, and press it.

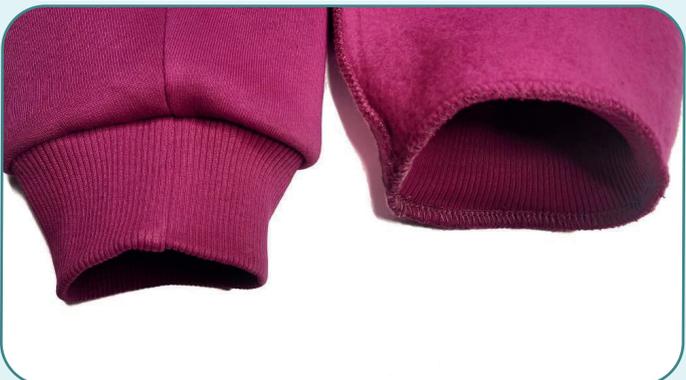


25



4 2,5-3,5 7

Serge the cuff to the garment aligning the cuff seam and the sleeve side seam. When attaching the cuff, evenly stretch it, but avoid stretching the sleeve lower hem. Repeat the process for the other cuff (steps 22-25). Press the seams upwards.



26



4 2,5-3,5 7

Pin both stand collar pieces along the top edge with right sides together. Serge the pieces. Press the seam allowances towards one of the stand collar pieces and it will be the under collar.

27



2-2,5

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

28



4 2,5-3,5 7

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





29



4 2,5-3,5 7

Finish the outer and shoulder edges of the front facings with a serger. Press them.

30



4 2,5-3,5 7

Pin the under stand collar to the front facing neckline with right sides together. The front facing shoulder edge should coincide the mark on the stand collar. Serge the pieces. Press the seam allowances towards the stand collar and press 20 mm (13/16") of the seam



allowances close to the center towards the front facing to avoid bulk when attaching the zipper. Repeat the process for the opposite front facing.

31



4 2,5-3,5 7

Pin both waistband pieces to the bodice lower edge (place the upper waistband piece to the bodice right side), aligning the marks to the side seams and the back center. Serge the waistband to the garment. When attaching the waistband,

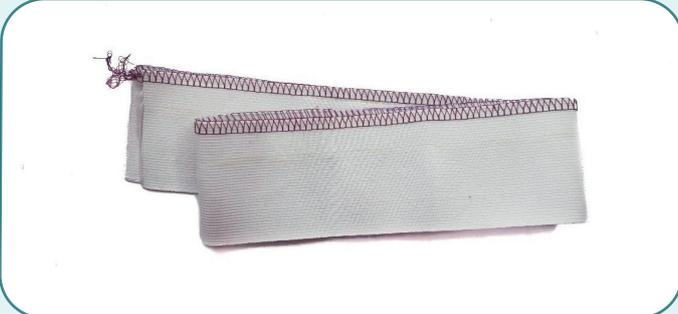
evenly stretch it, but avoid stretching the bodice lower edge. Press the seam upwards.

32



4 2,5-3,5 7

Cut the elastic 70 mm (2 3/4") wide and the length, indicated on the waistband paper pattern. If there is no elastic of the right width, then there are two ways to solve the problem. If you have an elastic of a larger width, then cut it off and overstretch it with a serger to 70 mm (2 3/4") at the same time. If you have an elastic 35 mm (1 3/8") wide, or an elastic 30 and 40 mm (1 3/16-1 9/16"), you can join the two elastics together in a zigzag pattern.





33



Thread the elastic into the waistband using bodkin or a safety pin.

34



2,5-3

Secure the elastic ends, stitching across it 7 mm (1/4") away from the edge.

35



2,5-3

To avoid the elastic twisting, while wearing it, secure it at the back center and at the side seams. Stitch between the ribs of the rib knit fabric, leaving 3 mm (1/8") before the waistband attaching seam.

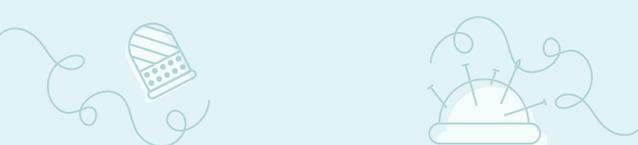
36



4
2,5-3,5
7

Finish the center front edges with a serger. But leave under stand collars and the front facings with raw edges. Press them.





37



2,5-3

Pin the pants front pieces along the crotch seam with right sides together. Stitch them 8 mm (5/16") in from the edge. Finish the seam at the level of the zipper bottom stop. Press the seam allowances open.

38



2,5-3

Baste one zipper tape to the front central edge with right sides together. Place the zipper to sit accurately in the seam without waving and pulling the fabric. Turn the zipper top extension up and place the zipper top stop 1 mm (1/16") below the hood lining attaching seam. Stitch the zipper using unilateral zipper presser foot 10 mm (3/8") away from the edge. Finish the seam 5 mm (3/16") above the zipper bottom stop mark. 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, lower the presser foot, and sew on.

39



2,5-3

Close the zipper and draw the marks for the stand collar attaching seam, waistband attaching seams and the zipper attaching seam end. Baste or pin the other zipper tape. Very precisely align the marks on the zipper with the stand collar attaching seam and the waistband attaching seams, the lower mark on the zipper is placed 5 mm (3/16") above the mark of the zipper end on the pant legs. Sew on the zipper with a straight stitch using the single-leg zipper foot 10 mm (3/8") away from the edge, in the same way as the first zipper tape.



40



Close the zipper. Check the stand collar and waistband attaching seams align, the zipper is flat, without waves.

41



Cut the strip of cotton lycra jersey 40 mm (1 9/16") wide and 75 mm (3") long.

42



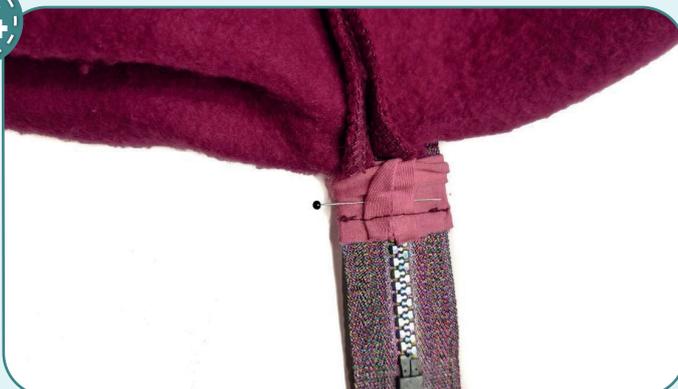
Fold it in half, right side inside, and stitch along the short edges. Stitch 7 mm (1/4") in from the edge.

43



Turn the piece out to the right side. Press the seam, place it in the middle and press the piece. Turn it inside out again.

44



Insert the end of the zipper into the workpiece and secure it with a straight stitching 10 mm (3/8") away from the zipper attaching seams. Stitch carefully to avoid breaking the needle. Trim the excess zipper leaving the end of it about 10 mm (3/8").



45



Fold back the fabric on the right side to have the zipper bottom hidden inside. Tuck the raw edge inside and stitch them 1 mm (1/16") in from the edge.



46



Pin the garment center front edge and the facings with right sides together. Align the front facings marks with the waistband attaching seams and place the stand collar attaching seams (seam allowances) in different directions. Stitch them 1 cm (3/8") in from the edge. Work

from the front, stitching exactly atop the zipper attaching seam. Stitch the front facing lower edge to the seam allowance. Repeat the process for the opposite front facing.

47



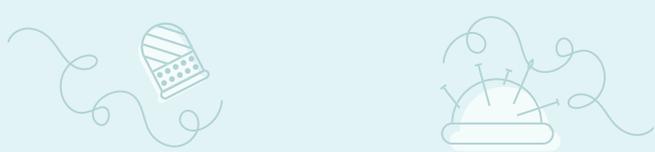
Trim the front facing seam allowances to 3 mm (1/8") and trim the front seam allowances from the waistband attaching seam and the stand collar attaching seam to 2-3 mm (1/16-1/8"). Trim the corners leaving 1 mm (1/16") before the stitching.

48



Turn the front facing and the stand collar out to the right side. Press the front facing and the front along the zipper, smoothing the fabric gently.





49



Pin or hand-baste along the zipper. Topstitch the zipper 5 mm (3/16") in from the edge. Press it again.

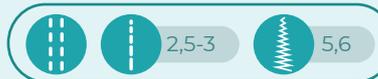
50



Pin the pant legs along the inseams with right sides together. Serge them. Press the seam allowances flat towards the front.

NOTE: it is recommended to try it on, check the fit, length and ease. Consider the lower hem width when trying on.

51



Fold the pant leg lower hems towards the wrong side by 25 mm (1") and press them. You can hand-baste the lower hems. Coverstitch the lower hems. Press them.

52



Hand-baste the under stand collar inside along the lower edge with a blind stitch, tucking the edge inside. Stitch the front facing shoulder edges to the bodice shoulder seam allowances. Press them.



53



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



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Thank you for joining my team and me!
Share your works in my groups. Hope you will stay with us for our next project!

