

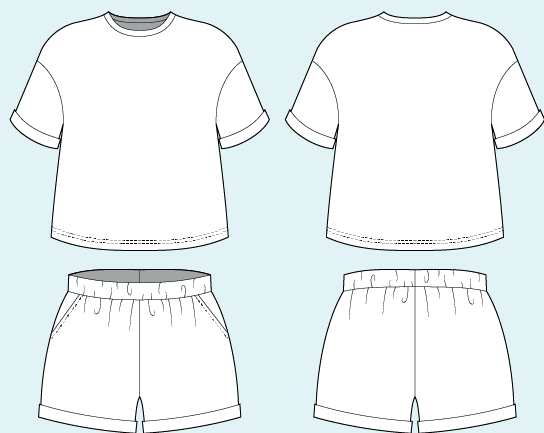
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Summer Set Whole

#whole_костюм



Skill level



Materials and notions



- french terry
- ribbing or rib knit fabric
- elastic 40 mm (1 9/16") wide
- twilled ribbon
- stabilising tape or kantenband
- matching thread
- Jersey 80 or Stretch 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.

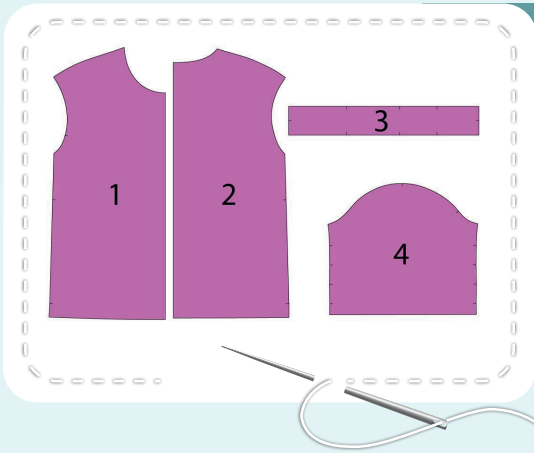
To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when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

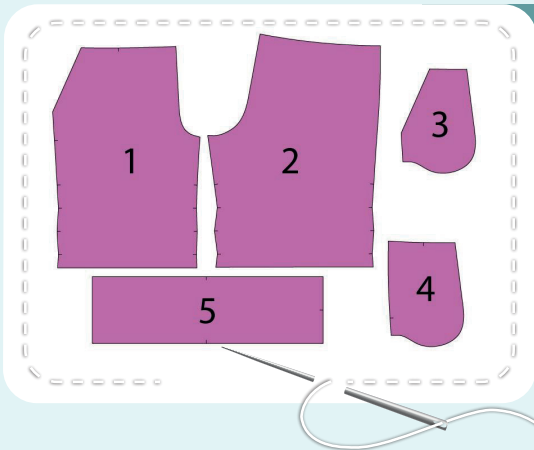
Put the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along outline. Note: seam allowances are already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

Now you have



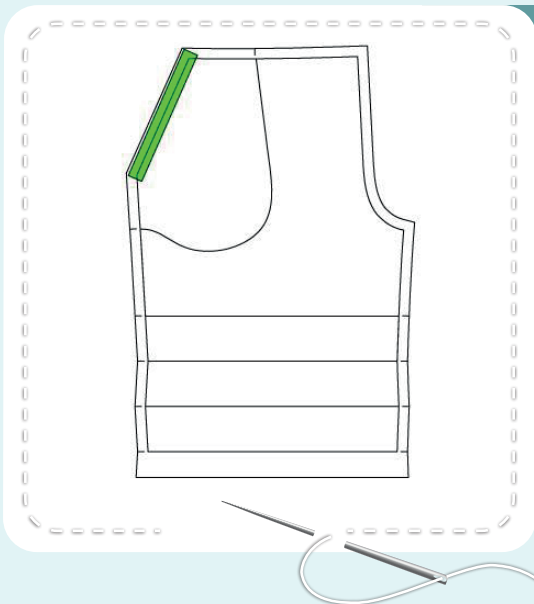
TOP PIECES:

1. front - cut 1 on the fold (french terry)
2. back - cut 1 on the fold (french terry)
3. sleeve - cut 2 (french terry)
4. neckband - cut 1 (ribbing)



SHORTS PIECES (FRENCH TERRY):

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



PIECES TO INTERFACE:

- Green - kantenband:
- pocket openings on the pant fronts

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.



Top construction



1



4



2,5-3,5



7

Pin the front 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 the sleeve into the armhole, aligning all the marks. Serge it in place. Press the seam allowances towards the front and the back. Repeat the process for the other sleeve.

3



4



2,5-3,5



7

Pin the back with the front and the sleeve along the side seam with right sides together. 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 lower hem bend width and the cuff width.

4



4



2,5-3,5



7

Pin and serge the neckband short edges.



5



To avoid bulk when stitching the neckband, press the seam allowances into different directions.

6



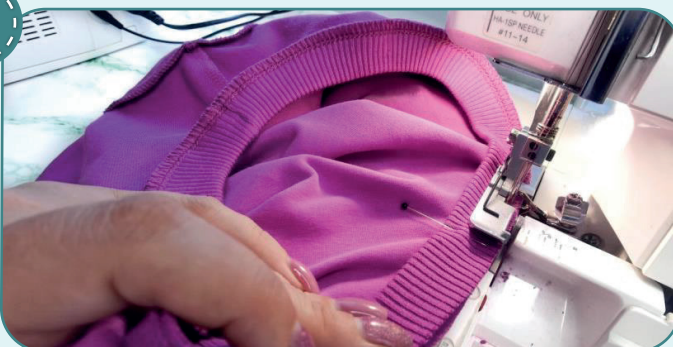
Fold the neckband piece in half, lengthways, wrong side inside, and press it. At the same time, shape the neckline with an iron, gently stretching the raw edges and ironing the fold. For convenience, the neckband can be pinned at the marked places.

7



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

8

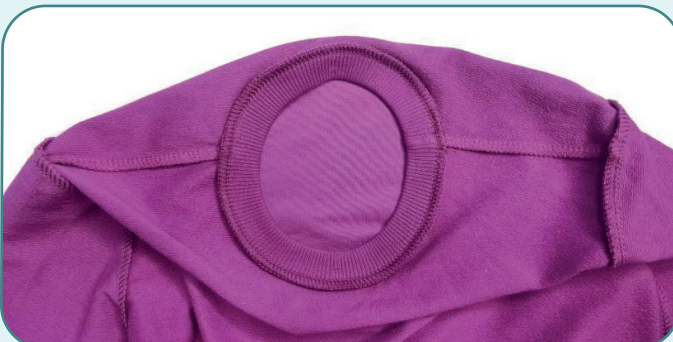


4

2,5-3,5

7

Serge the neckband to the garment. While serging, stretch the neckband evenly, but avoid stretching the neckline itself. Press the seams down.



9



2,5-3

Stitch the twilled ribbon to the back neckline between the shoulder seams, overlapping the neckband attaching seam. Tuck the twilled ribbon ends in. Stitch the twilled ribbon, overlapping the serger seam and sewing exactly atop the serged seam left edge 1mm (1/16") away from the twilled ribbon edge. While stitching the twilled ribbon, stretch the neckline gently.

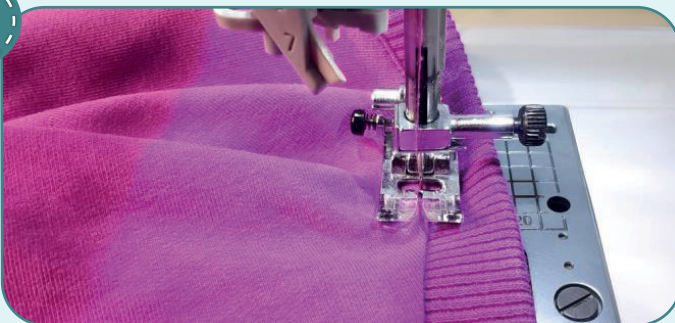
10



2,5-3

Overlapping the serged seam, stitch the twilled ribbon raw edge to the back, 1 mm (1/16") away from the edge. Press the back neckline.

11



2,5-3

Topstitch the front neckline between the shoulder seams 1 mm (1/16") away from the neckband attaching seam. Press the seams.



12



2,5-3



5,6

Fold the garment lower hem 25 mm (1") towards the wrong side and press it. You can hand-baste the edges. Coverstitch the lower hem. Tie the seam thread tails on the wrong side and hide them into the seam. Press the garment.

13



2,5-3



5,6

Fold the sleeve lower hems 55 mm (2 1/4") to the wrong side and press them. You can hand-baste the edges. Coverstitch the lower hems. Tie the seam thread tails on the wrong side and hide them into the seam. Press the garment.

14



2-2,5

Press the sleeve cuffs by 35 mm (1 3/8") to the wrong side. To secure the cuff, stitch two 10 mm (3/8") long parallel seams along the side seam and along the sleeve center line. Repeat the process for the opposite cuff.



15



Remove the basting stitches, trim the thread tails and press the garment. The top is ready.



Shorts construction



1



Reinforce the pocket openings on the garment fronts with kantenband.

2



4

2,5-3,5

7

With right sides together, pin the pocket lining along the pocket opening to the shorts front. Serge the pieces. Turn the pocket lining to the wrong side and press the pocket opening forming a roll towards the wrong side.

3



4

2,5-3,5

7

2-2,5

Topstitch along the pocket opening 5 mm (3/16") away from the edge. Press the pocket opening again



4



4#

2,5-3,5

7

Pin the side front to the pocket lining with right sides inside. Serge the pocket bag. Press it.

5



4#

2,5-3,5

7

Reinforce the pocket bag above and below the pocket opening stitching 5 mm (3/16") away from the edge. Repeat the process for the opposite pocket (steps 2-5).

6



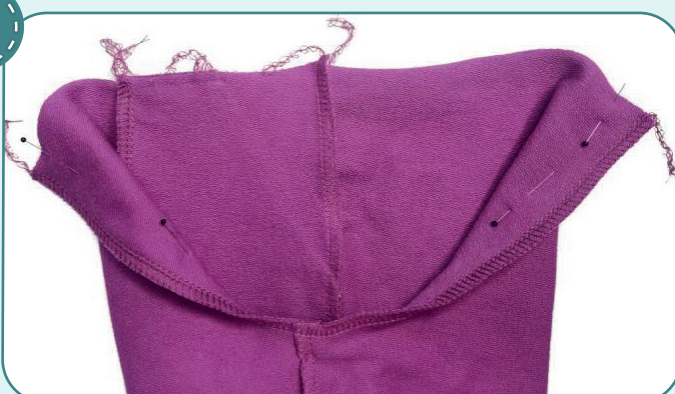
4#

2,5-3,5

7

With right sides together, pin the shorts front and back panels along the side seams and the inseams aligning the marks. Serge them. Press the side seam allowances towards the garment back and the inseam allowances towards the garment front. Repeat the process for the opposite pant leg.

7



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 inseams allowances in different directions to avoid bulk. Serge the inseam. Press the seam towards the right.



8



2-2,5

Fold the waistband in half, right side inside, and pin it along the short edges. Stitch the waistband in a ring with two straight seams 60 mm (2 3/8") and 15 mm (9/16"), leaving an opening for the elastic. Stitch 7 mm (1/4") in from the edge. Press the seam allowances open.

9



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

10



2,5-3,5



7

Pin the waistband to the garment upper edge, with right sides together, aligning the waistband seam with the garment crotch seam, waistband center with the front crotch seam and the marks with the side seams. Serge the pieces. Tie the

thread tails and hide them into the seam. Press the seam down.

11



Cut the elastic 40 mm (1 9/16") wide, with the length, indicated on the waistband pattern. Thread it through the opening into the waistband with a safety pin or a bodkin.

12

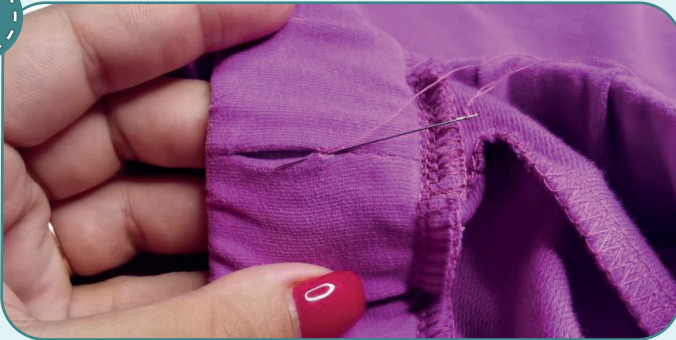


2-2,5

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 and the cuff width. Make sure, that the pants waistband will be comfortable to wear. If need be, change the length of the elastic.

13



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

14



Icons: Repeat, Straight Seam, Sewing Machine, 2-2,5

Spread the elastic evenly inside the waistband. Secure the elastic with three straight seams. Stitch one seam exactly atop the waistband center seam and stitch the rest two to continue the side seams.

15



Icons: Zigzag Seam, Straight Seam, 2,5-3, Zigzag Seam, 5,6

Fold the garment lower hems 55 mm (2 1/4") towards the wrong side and press them. You can hand-baste the edges. Coverstitch the lower hems. Tie the seam thread tails on the wrong side and hide them into the seam. Press the garment.

16



Icons: Repeat, Straight Seam, Sewing Machine, 2-2,5

Fold the shorts lower hems to the right side to shape cuffs 35 mm (1 3/8") wide and press it. Find and mark the center points on the shorts front and back panel cuffs. Stitch four 10 mm (3/8") long parallel seams along the side seam, inseam and on the marked shorts panel centers. Repeat the process for the opposite cuff.

17



Remove the basting stitches, trim the thread tails, and press the garment. The shorts are ready.

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ПРО ШИТЬЕ

Summer Set Whole

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



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