

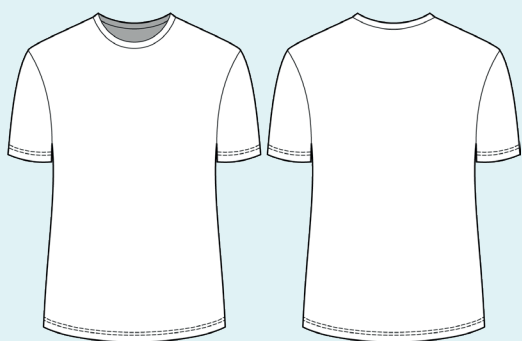
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

T-shirt Gang

#патыкова_gang



Skill level



Materials and notions



- cotton lycra jersey
- matching thread
- Jersey 70 - 80 or 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

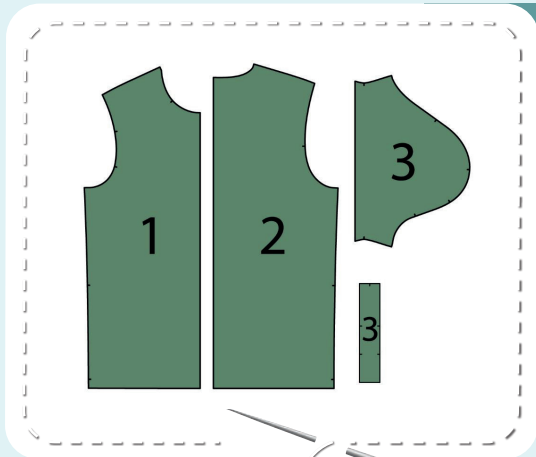
to adjust the length, width and fit of the garment and save time.

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 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's 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



T-SHIRT PIECES:

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

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

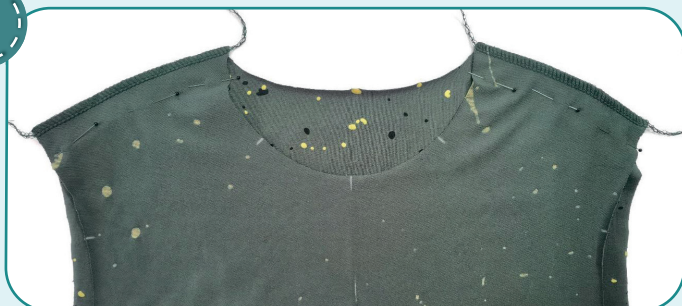
If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.



T-shirt construction



1



4



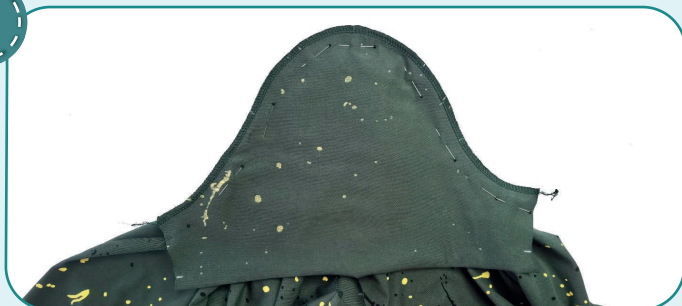
2,5-3,5



7

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

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 opposite sleeve.

3



4



2,5-3,5



7

Pin the sleeve and the front with the back 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 folded lower hem width and the sleeves lower hem width.

4



4



2,5-3,5



7

Serge the neckband short edges, having previously pinned them.

5

T-SHIRT CONSTRUCTION



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



Measure the back neckline. Cut a strip of the main fabric 35 mm (1 3/8") wide and 20 mm (13/16") longer than the back neckline.

8



Pin the neckband to the garment neckline right side aligning the seam with the back center and the neckband center with the front center. Fold the strip in half, lengthways, tucking its ends inside at 10 mm (3/8"). Pin the strip along the back neckband wrong side aligning the edges. Place the strip right side to the neckband right side between the shoulder seams. The neckband is sandwiched between the neckline and the strip.

9



4 针

2,5-3,5

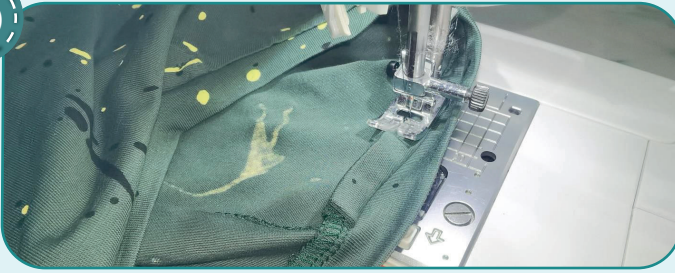
7

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





10



2,5-3

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



11

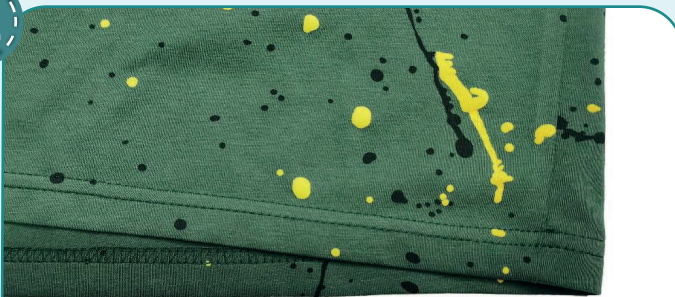


2,5-3

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 20 mm (13/16") towards the wrong side and press it. You can hand-baste the lower hem. Coverstitch the lower hem. Tie the seam thread tails on the wrong side and hide them into the seam. Press it.

13



2,5-3



5,6

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



14



Remove the basting stitches, trim the thread tails and press the garment. The T-shirt is ready.



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ПРО ШИТЬЕ

T-shirt Gang

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

