

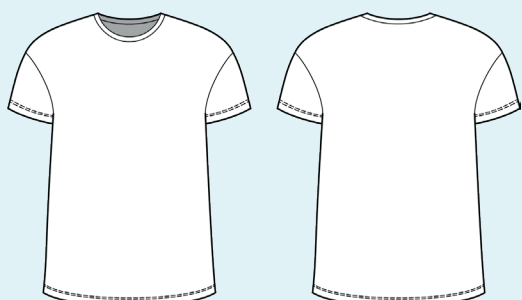
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

T-shirt Everyday

#патыкова_Everyday



Skill level



Materials and notions



- cotton lycra jersey
- twilled ribbon
- 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

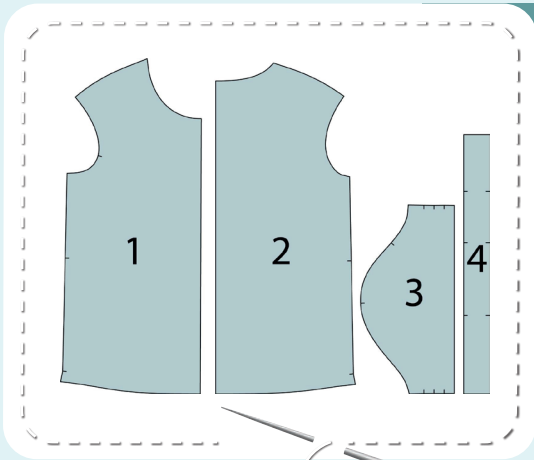
to adjust the length, width and fit of the garment and save time.

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

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 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 armscye, aligning all the marks. Serge it in. 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 and the front 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 sleeves lower hem width.

4



4



2,5-3,5



7

Serge the neckband short edges, having previously pinned them.



T-SHIRT CONSTRUCTION



5



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

6



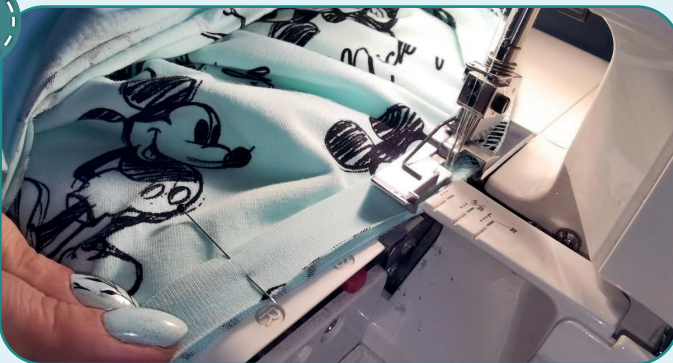
With wrong sides together, fold the neckband in half lengthways and press it. At the same time, shape the neckline with an iron, gently stretching the raw edges and ironing the fold. For convenience, the neckband can be pinned at the marked places.

7



Pin the neckband to the garment neckline. 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



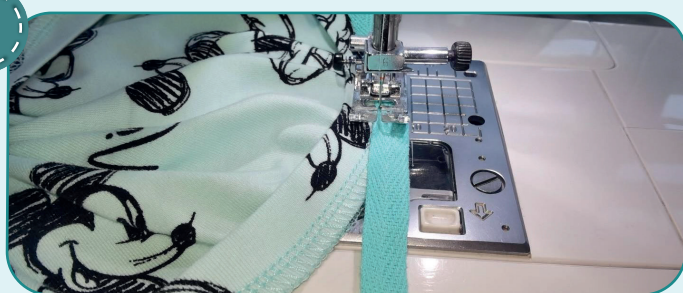
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Serge the neckband to the garment. While serging, stretch the neckband evenly, but avoid stretching the neckline itself. Press the seams down.





9





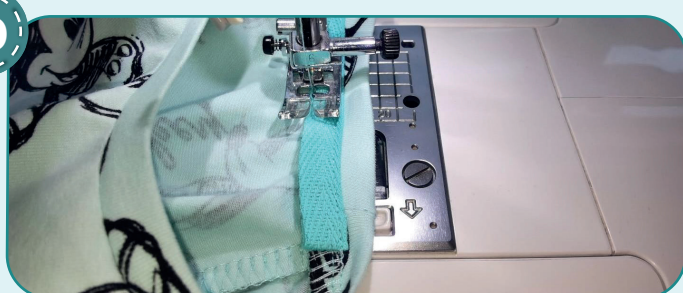


2,5-3

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



10



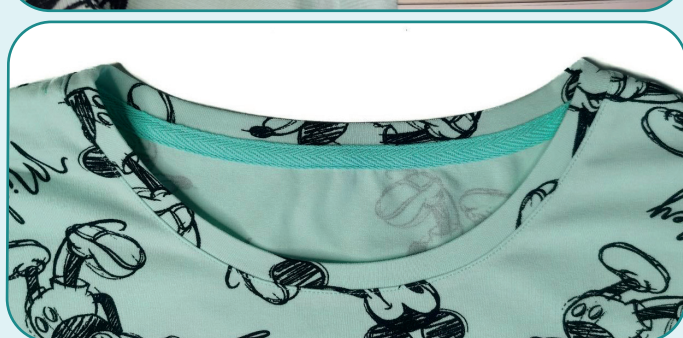
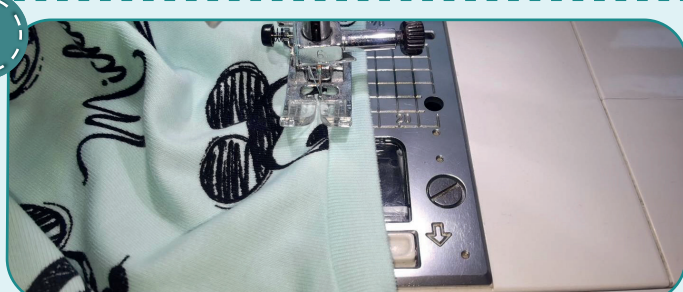




2,5-3

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







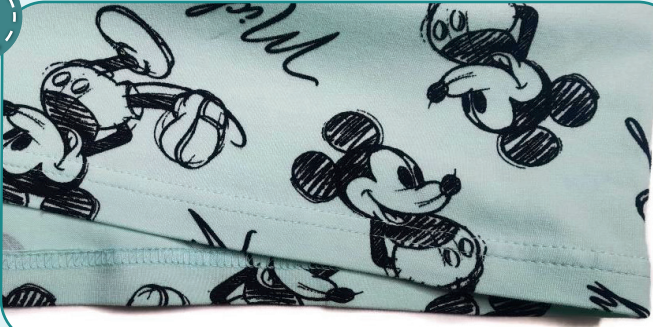
2,5-3

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



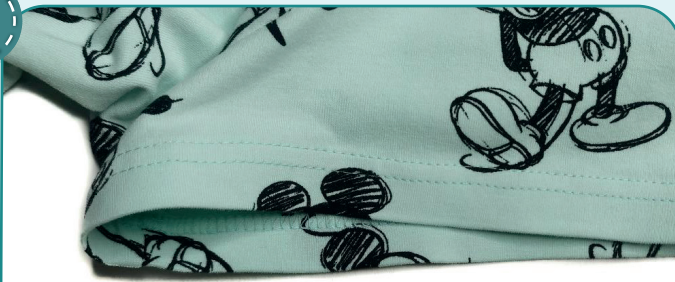


12



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

13



Fold the sleeve lower hems 20 mm (13/16") 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



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



ELINA PATYKOVA

ПРО ШИТЬЕ

T-shirt Everyday

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

