

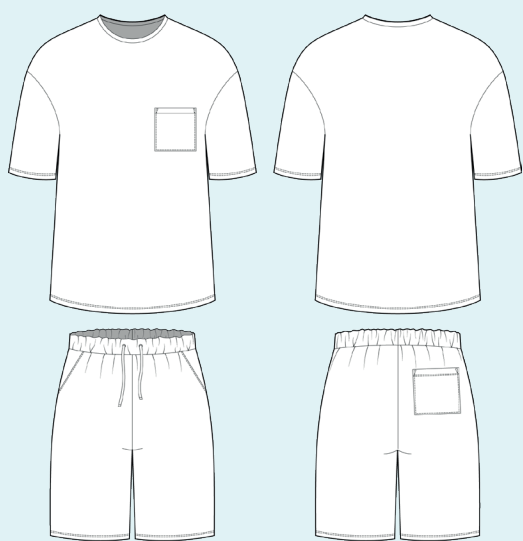
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Summer set Time

#патыкова_time



Skill level



Materials and notions



- french terry,
- elastic 40 or 50 mm (1 9/16 -2") wide,
- eyelets 8 mm (5/16") - 2pcs.,
- flat draw cord 120 - 130 cm (4 ft.) long,
- knit fusible interfacing,
- 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.

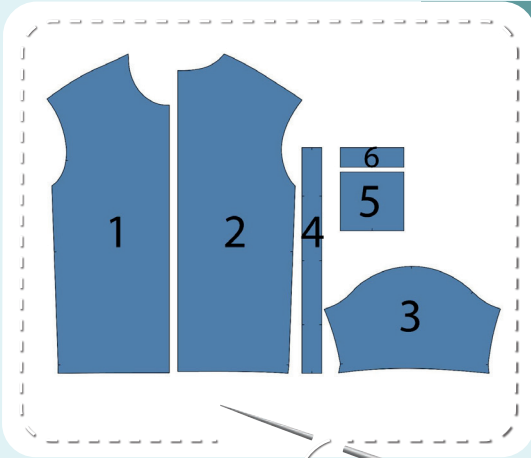
Check the pattern for amount of fabric to take according to your size. The required length of the elastic is indicated on the pants waistband patterns. Note: if the width of the fabric differs from the one specified in the table, the length of the cut is likely to be different. Before beginning your 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.

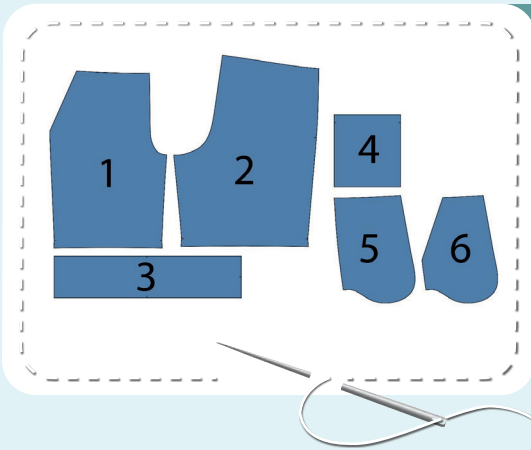
Put the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along them. Note: seam allowances are already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

Now you have



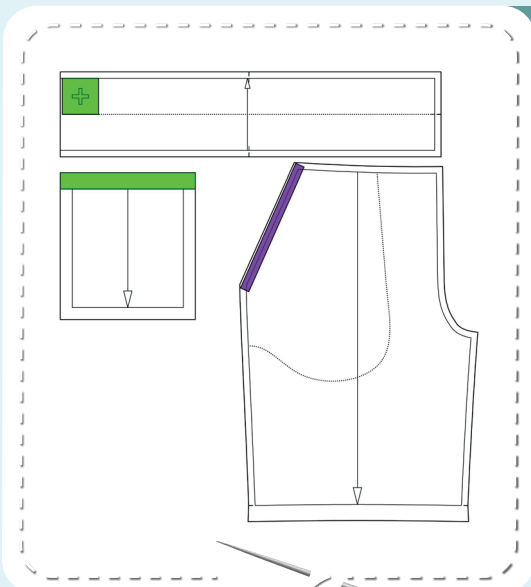
T-SHIRT PIECES:

1. front - cut 1 on the fold
2. back - cut 1 on the fold
3. sleeve - cut 2
4. neckband - cut 1
5. breast pocket - cut 1
6. breast pocket band - cut 1



SHORTS PIECES:

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



PIECES TO INTERFACE:

- Purple - kantenband
 - reinforce the pocket openings on the front pieces of the shorts
- Green - knit fusible interfacing
 - places for eyelets on the pants waistband
 - back pocket top seam allowance

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



2,5-3

Fold the breast pocket band in half, lengthways, right side inside. Pin short edges. Stitch them 15 mm (9/16") in from the edge.

2



Trim the seam allowances (the first - to 7 mm (1/4"), the second to 3 mm (1/8")) and clip the corners. Turn the pocket band to the right side, smooth the corners and press them.

3



2,5-3,5



7

Pin the pocket band to the pocket with right sides together, aligning the band raw edges with the pocket top edge. Fold the pocket side edges to the wrong side to cover the band. Serge the pieces. Press the seam allowances flat towards the pocket.

4



Draw the seam lines on the pocket bottom 15 mm (9/16") in from the edge.





5



2,5-3

Fold the pocket bottom corners at 45°, right side inside, and pin them. Draw lines on the pocket wrong side, at 90° to the fold, as shown in the photo. Begin the lines exactly at the ready pocket corner top points. Stitch them along the marking lines.

6



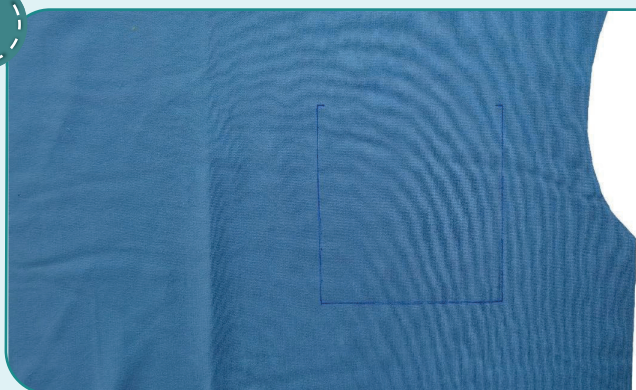
Trim the seam allowances to 3 mm (1/8") and clip the corners.

7



Turn out the corners, shape the pocket. Press the seam allowances at 15 mm (9/16").

8



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



T-SHIRT CONSTRUCTION

9



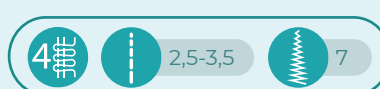
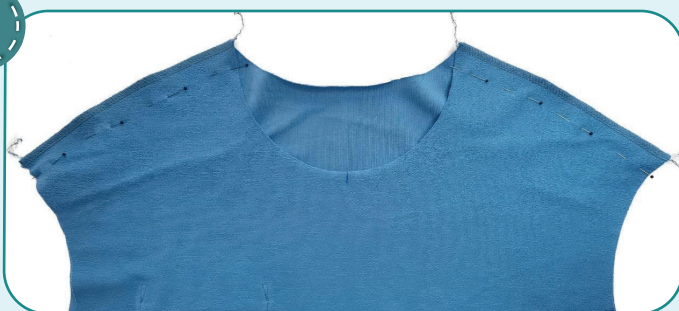
Pin, hand-baste or glue with a glue stick the pocket in place, face up.

10



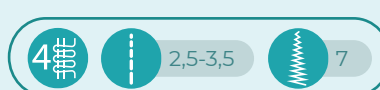
Edgestitch the pocket in place about 1 mm (1/16") away from the fold. Bar tack at the seam ends. Press the pocket.

11



With right sides together pin the front and the back along the side edges. Serge them. Press the seam allowances flat towards the back.

12



Serge the neckband short edges, having previously pinned them.

13



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

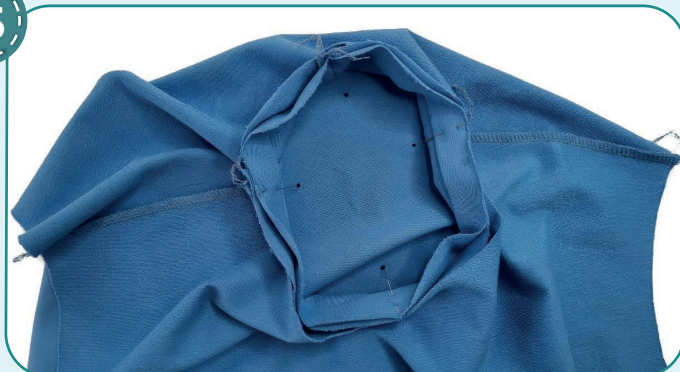


14



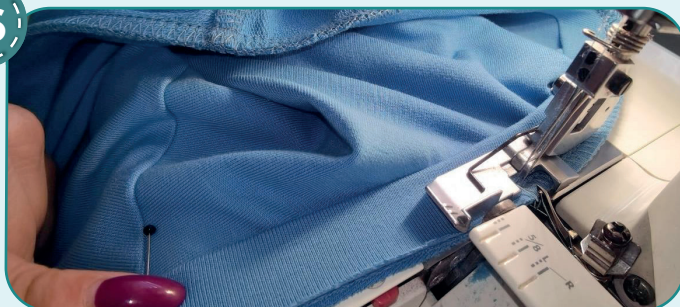
Fold the neckband in half and press it with wrong side inside. At the same time, shape the neckline with an iron, gently stretching the raw edges and ironing the fold. For convenience, you can pin it at the marked places beforehand.

15



Pin the neckband to the garment neckline. Align the neckband seam with the back neckline center, the neckband center - with the front neckline center, and align the rest marks with shoulder seams.

16



4mm



2,5-3,5

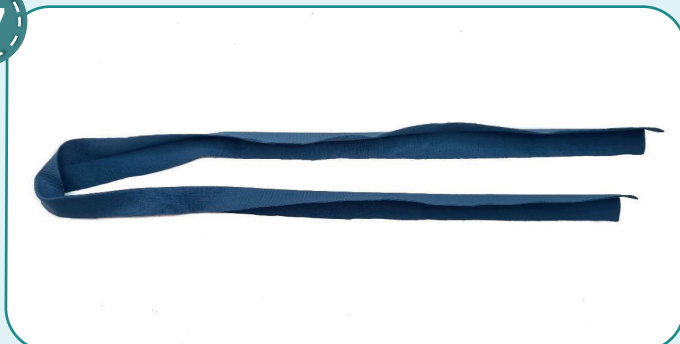


7

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



17



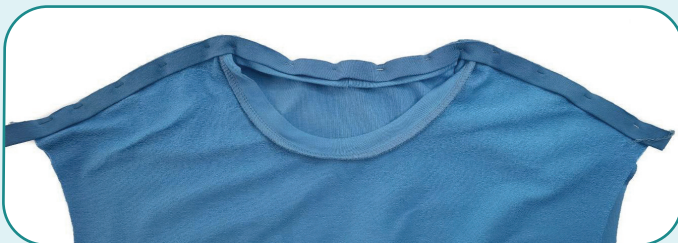
Measure the back neckline length and the shoulder seam length. Cut a strip from the main fabric or cotton lycra jersey. The strip is 35 mm (1 3/8") wide. The strip length (StL) is equal the sum of the back neckline length (BNL) and the shoulder seam double length (ShL) plus 20 mm (13/16") for the seam allowances. I.e., $StL = BNL + ShL * 2 + 20 \text{ mm (or } 13/16\text{'')}$. Press the strip in half, wrong side inside.

NOTE: this instruction shows how to overlap and reinforce the back neckline and shoulder seams at the same time. You can skip steps 17-22 if you want.

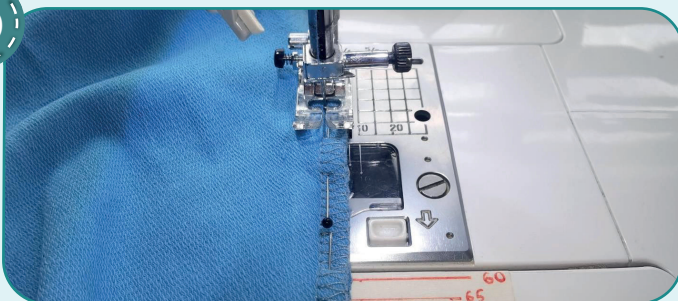
18



Working from the front and the neckband, pin a strip of fabric to the shoulder seams and back neckline. Align the raw edges with the serged seam edge. Smooth carefully the seam allowances at the joint of shoulder seam and the neckband attaching seam. If you lack experience, it is better to hand-baste.



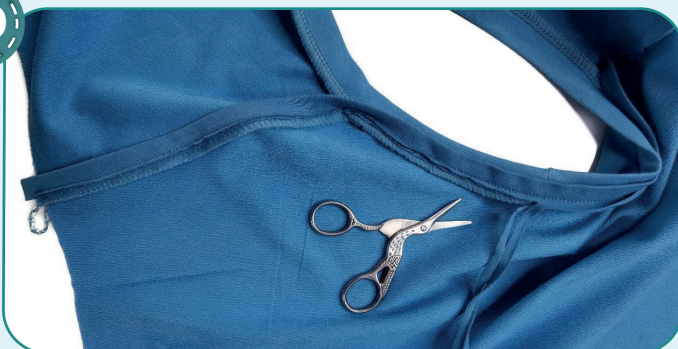
19



Stitch the strip working from the back piece. The needle should get exactly at the left edge of the serged stitch.



20



Trim the strip seam allowances to 3 mm (1/8"). Press the strip flat towards the back.

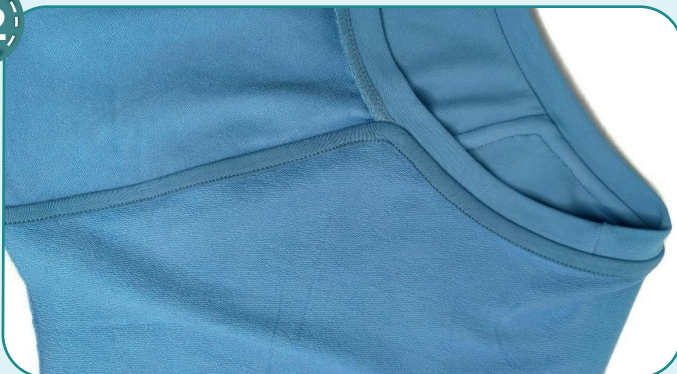
T-SHIRT CONSTRUCTION

21



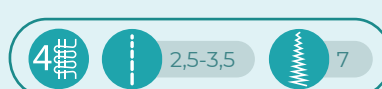
Pin or hand-baste the strip to the back overlapping the serged seams.

22



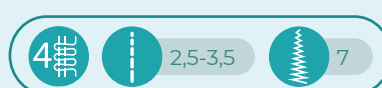
Understitch the strip to the back working from the wrong side. Press.

23



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

24



Pin the sleeve, 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 and sleeves width.



25



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 edge. Coverstitch the lower hems. Tie the seam thread tails on the wrong side and hide them into the seam. Press them again.

26



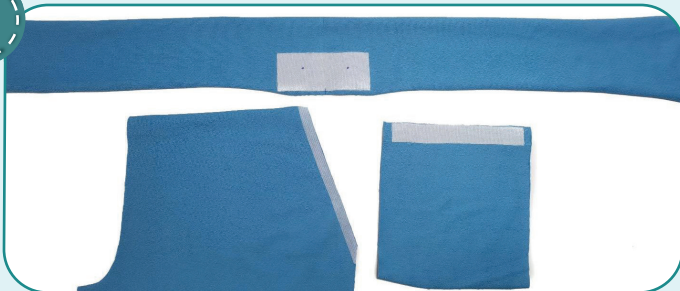
Remove the basting stitches, trim, and hide the thread tails and press the garment once again. The T-shirt is ready.



Shorts construction

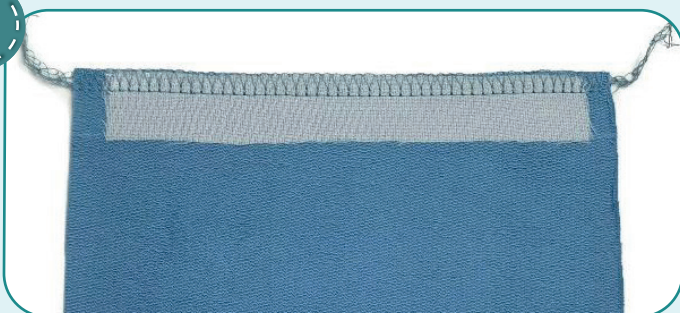


1



Reinforce the pocket openings on the fronts with kantenband. Duplicate the back pocket top seam allowance and the place for eyelets on the waistband.

2



2,5-3,5



7

Finish the pocket top edge with serger. Press it.

3



2,5-3

Fold the top of the pocket to the right side. Stitch along the side edges 15 mm (9/16") away from the edge.

4

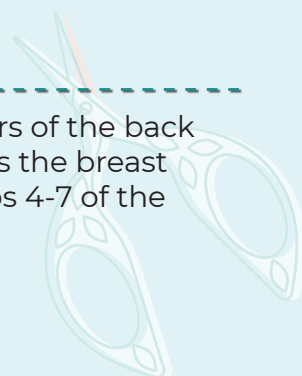


Clip the corners. Trim away the pocket top seam allowance at 3 mm (1/8"). Turn out to the right side and smooth the corners. Press it.

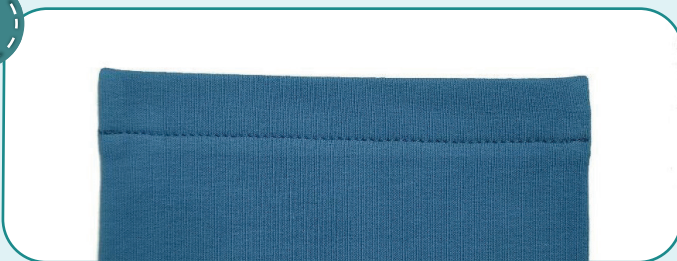
5



Process the bottom corners of the back pocket, in the same way as the breast pocket on the T-shirt (steps 4-7 of the previous instruction).



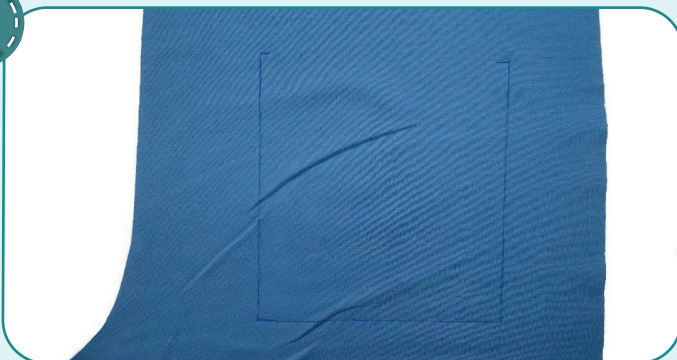
6



2,5-3

Edgestitch the pocket along the top edge 15 mm (9/16") away from the seam. Press it.

7



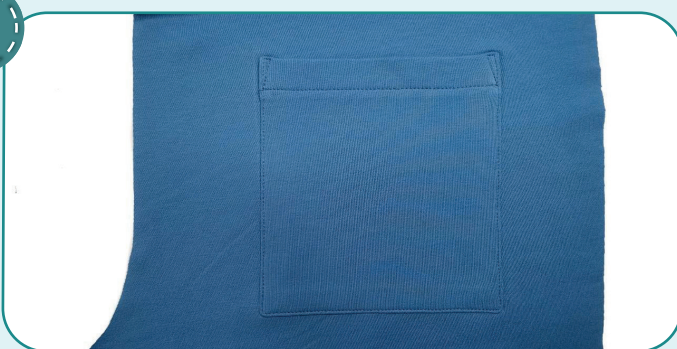
Transfer the pocket attaching seam line from the pattern onto the right side of the shorts back right piece.

8



Pin, hand-baste or glue with a glue stick the pocket in place, face up.

9



2,5-3

Edgestitch the pocket in place about 1 mm (1/16") away from the fold. Bar tack at the seam ends. Press the pocket.

10



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 with right side up and press the pocket opening to the wrong side forming a roll.

SHORTS CONSTRUCTION

11



2,5-3

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

12



2,5-3,5



7

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

13



2,5-3

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 10-13).

14



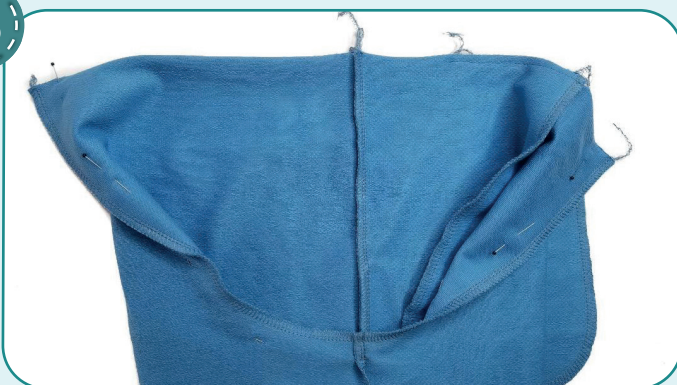
2,5-3,5



7

With right sides together, pin the pant front and back along the side edges aligning the marks. Serge them. Press the side seam allowances towards the back and the inseam allowances towards the front. Repeat the process for the other pant leg.

15



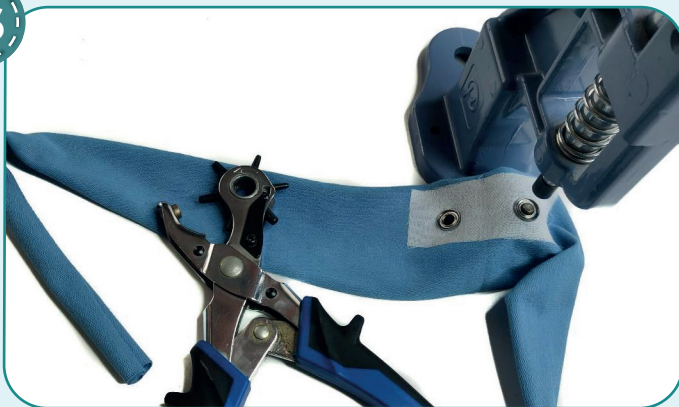
2,5-3,5



7

Insert the left pant leg into the right pant leg with right sides together. Pin along the crotch seam placing the inseam allowances in different directions to avoid bulk. Serge it. Press the seam towards the left.

16



Punch 3,5 mm (1/8") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.

17



4

2,5-3,5

7

Serge the waistband short edges, having pinned the side edge beforehand.

18



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

19



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

20



1

1,5

3

Cut the elastic 50 mm (2") wide and the length, indicated on the waistband paper pattern. Join the ends of the elastic band in a ring with a straight or a zig-zag stitch. It is recommended to make a fitting of the elastic. Make sure, that the shorts waistband is comfortable to wear. If need be, change the length of the elastic.

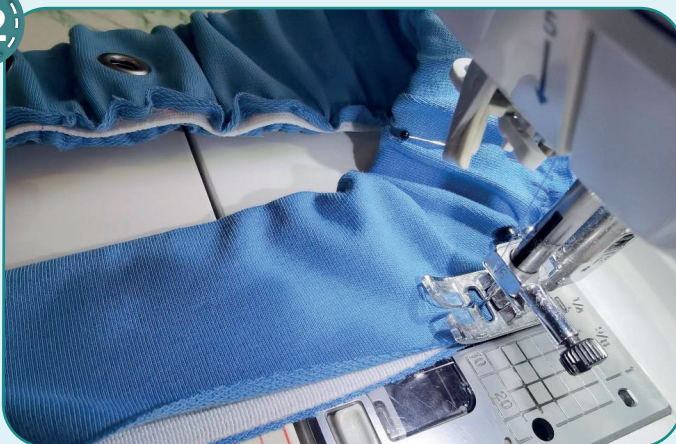
NOTE: the elastic 50 mm (2") wide allows you to attach it together with the waistband. But if you are not sure what length of the elastic to take, or if you are afraid that it is too thick to serge, use elastic 40 mm (1 9/16") wide. In that case, sew the waistband without elastic (be sure to leave an opening for the elastic), then thread the elastic and sew it into a ring.

21



Divide the elastic into fourths, and pin-mark. Place the elastic inside the waistband, align the marks on the elastic with the marks on the waistband and pin at these places. To avoid bulk, do not match the elastic and waistband seams.

22



2,5-3

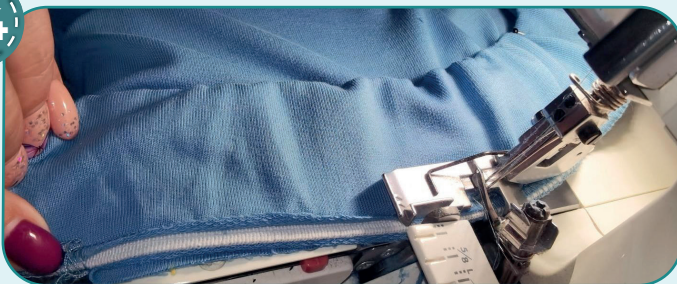
Stitch the waistband along the lower edge 5 mm (3/16") in from it, evenly stretching the elastic.

23



Turn the garment out to the wrong side and place the waistband with elastic to the garment upper edge. Pin the waistband to the garment upper edge, with right sides together, aligning the waistband seam with the garment back crotch seam, waistband center with the front crotch seam and the marks with the side seams.

24



4

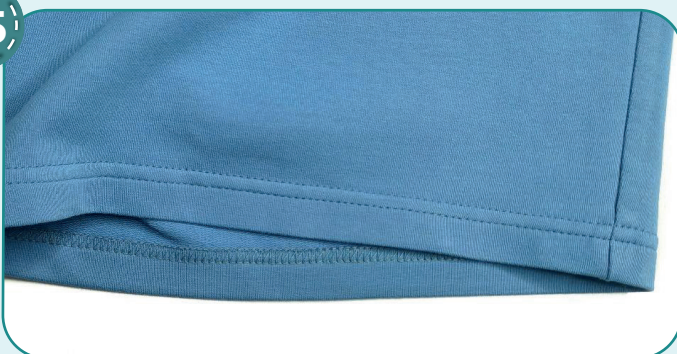
2,5-3,5

7

Serge the waistband. While stitching, evenly stretch the elastic, but avoid stretching the garment upper edge. Stitch slowly, especially along the pockets. When stretching the elastic, the serger needles should be at their lowest position. Tie the seam thread tails and hide them into the seam. Press the seam allowances down.

NOTE: it is recommended to try it on, check the fit, length and ease. When fitting, consider the lower hem width.

25

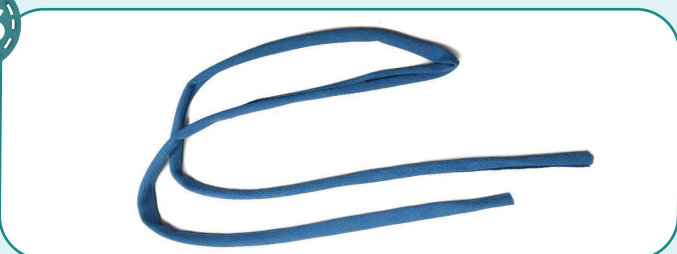


2,5-3

5,6

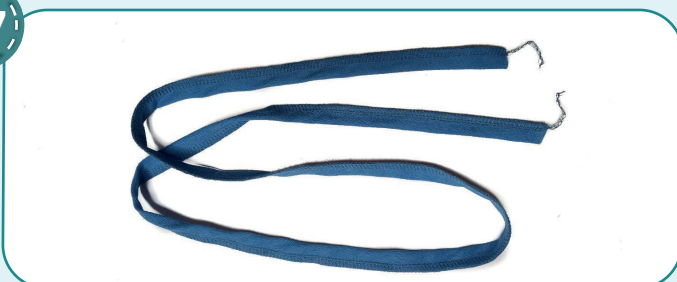
Fold the garment lower hems 20 mm (13/16") towards the wrong side and press it. You can hand-baste the edge. Coverstitch the lower hems. Tie the seam thread tails on the wrong side and hide them into the seam. Press them again.

26



If you do not have a cord, it can be made from the main fabric. Cut a strip of french terry 35 mm (1 3/8") wide and 120-130 cm (3-4 ft.) long.

27



4

2,5-3,5

7

Serge the strip along the long edges.



28



Turn the cord through with a safety pin or a bodkin.

29



Thread the cord into the waistband and tie the ends in knots. Remove the basting stitches, trim and hide the thread tails and press the garment once again. The shorts are ready!



ELINA PATYKOVA

ПРО ШИТЬЕ

Summer set Time

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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