

ELINA PATYKOVA

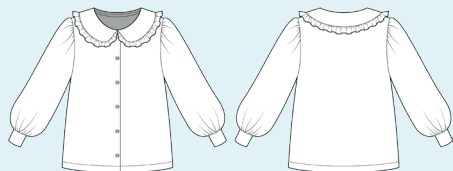
ПРО ШИТЬЕ

Instructions
for sewing

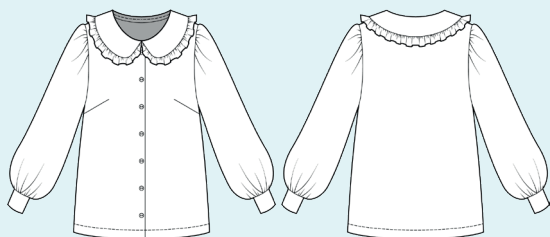
Blouse School

#патыкова_school

98-146 sizes are without darts



152-164 sizes are with darts



Skill level



Materials and notions



- Niagara fabric
- chiffon
- cotton lycra jersey
- woven interfacing
- buttons 10-12 mm (7-16-1/2") - 5-7 pcs., (for height 98-104 (3' 2 1/2"- 4')- 5 pcs., 110-146(3' 7" - 5') - 6 pcs., 152 (4' 12") and higher - 7 pcs.)
- matching thread
- Universal 80-90 needles

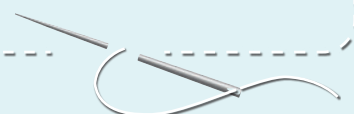
If you are not sure about the fit of the garment, it is recommended to sew a muslin with similar properties (elasticity, thickness, drape) first. This will allow you

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

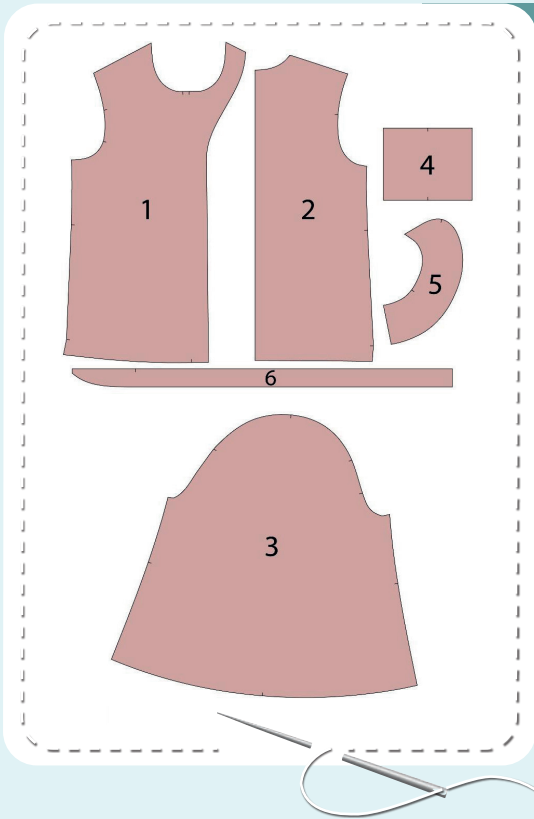


To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when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

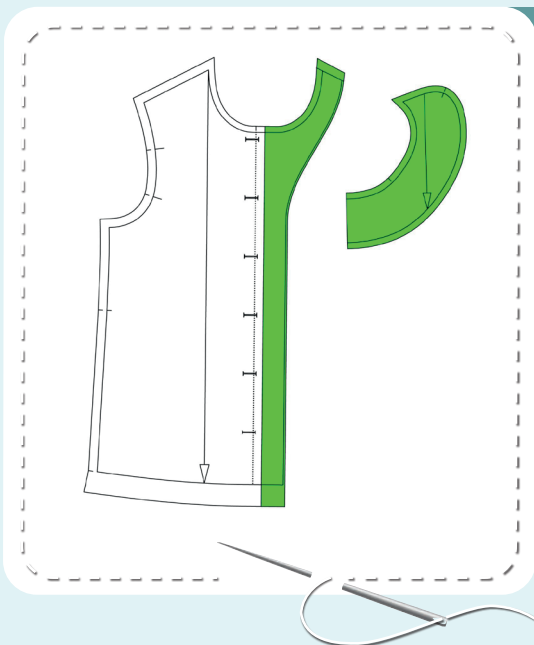


Now you have



BLOUSE PIECES:

1. front - cut 2 (Niagara fabric)
2. back - cut 1 on the fold (Niagara fabric)
3. sleeve - cut 2 (chiffon)
4. cuff - cut 2 (cotton lycra jersey)
5. collar - cut 2 on the fold (Niagara fabric)
6. collar ruffle - cut 1 on the fold (Niagara fabric)



PIECES TO INTERFACE:

- Green - fusible interfacing
 - two collar pieces
 - front facing

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

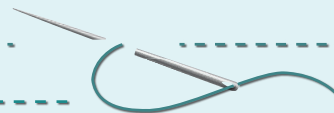
If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.



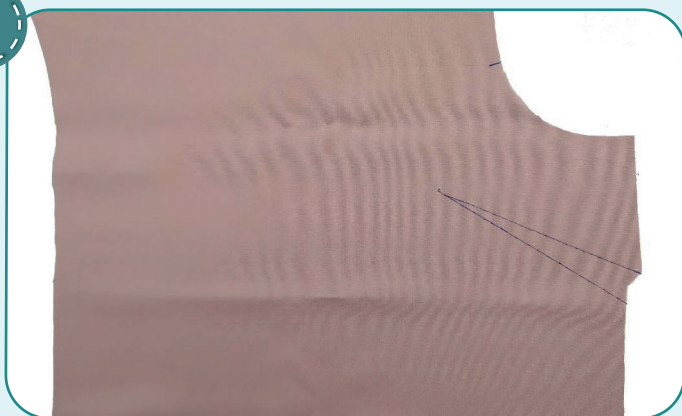
Blouse construction



NOTE: skip steps 1-2 for sizes 98-146 (height 3' 2 1/2" - 5').

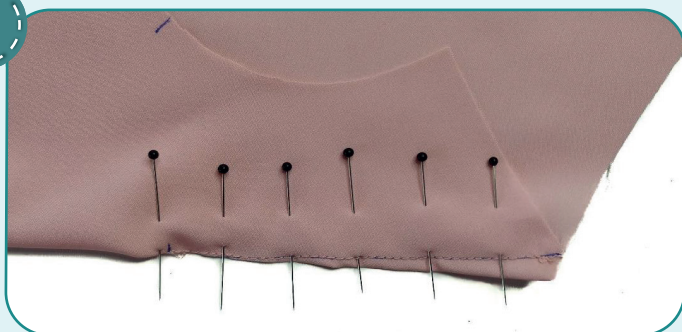


1



Transfer the darts onto the wrong side of both fronts.

2



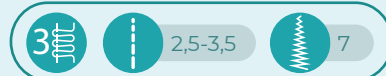
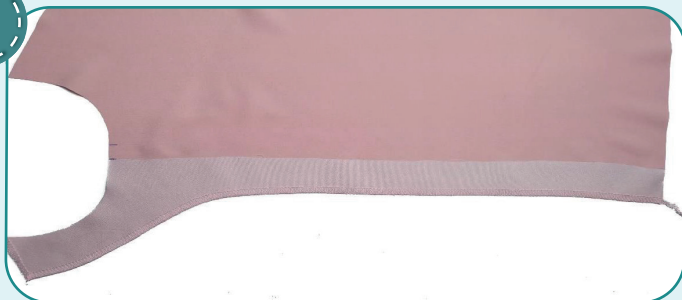
Pin or baste the darts, evenly aligning their sides. Stitch the darts along the marking line. Press the darts upwards.

3



Duplicate the front facings and both collar pieces.

4



Finish the front facing shoulders and outer edges with serger. Finish them with a 3-thread serger stitch having removed the left needle. Press it.

BLOUSE CONSTRUCTION

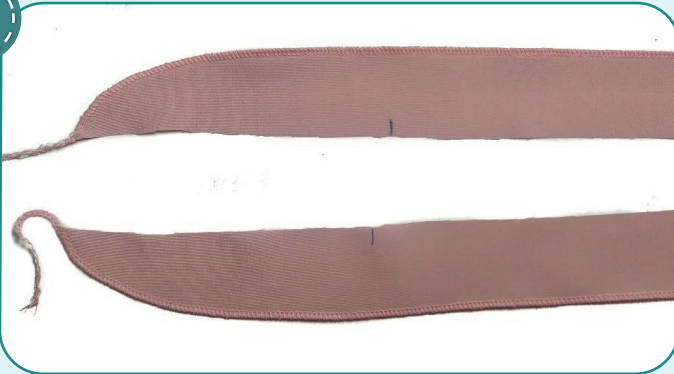


5



Press the front facing to the wrong side along the fold line.

6



Finish the curved edge of the collar ruffle with a rolled hemming stitch or a small zigzag stitch. Press it.

NOTE: remove the left needle, set up the machine for 3-thread serger stitch with one needle in the right position, retract the knife and select the rolled hemming stitch pattern. You can read the detailed instructions in the manual for your serger.

7



Sew two parallel seams along the straight collar ruffle edge 3 mm (1/8") and 5 mm (3/16") in from the edge. Set maximum stitch length at 4-5 mm, do not backstitch and leave the thread tails at least 50 mm (2") long at both sides of the seams.

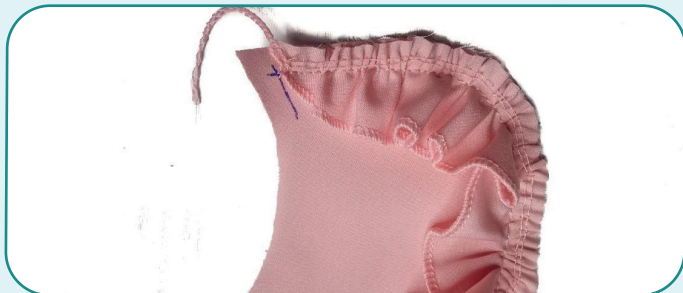
8



Transfer the marking for the stitching in the corner area on the under collar right side.



9



2,5-3

Tighten the ruffle to the length indicated on the pattern, pulling on the ends of the upper threads of the parallel stitches previously laid. Tie the thread tails. Pin the ruffle wrong side to the under collar right side. Align the ruffle end with the intersection of the marking lines. Evenly spread the gathers along its entire length. Stitch the ruffle 7 mm (1/4") in from the edge.

NOTE: If you lack experience, it is better to hand-baste before stitching.

10



Trim the collar ruffle seam allowance to 3 mm (1/8").

11



2,5-3

Pin the upper and under collars with right sides together. Sandwich the ruffle between the collars. Stitch the collars 7 mm (1/4") in from the edge. Working from the under collar, stitch exactly atop the ruffle attaching seam.

BLOUSE CONSTRUCTION

12



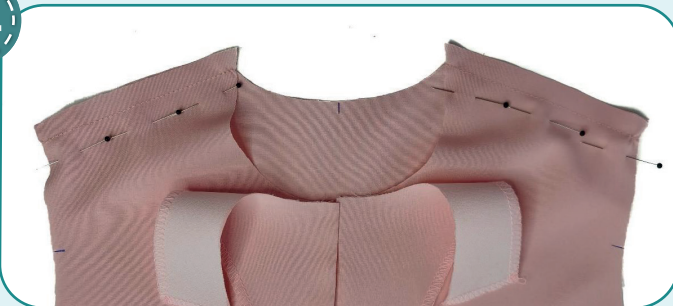
Clip V-shaped notches on the collar allowances every 5-10 mm (3/16-3/8"), leaving 1 mm (1/16") before the stitching. Turn the collar out to the right side and press it.

13



Edgestitch along the collar 1 mm (1/16") in from the ruffle attaching seam. Press it.

14



Pin the fronts and the back along the shoulder seams with right sides together. Stitch them 10 mm (3/8") in from the edge.

15



Pin the front and the back along the side edges with right sides together. Stitch the pieces 10 mm (3/8") in from the edge.

BLOUSE CONSTRUCTION

16



3

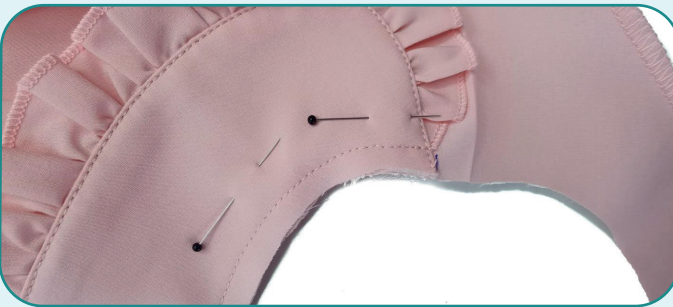
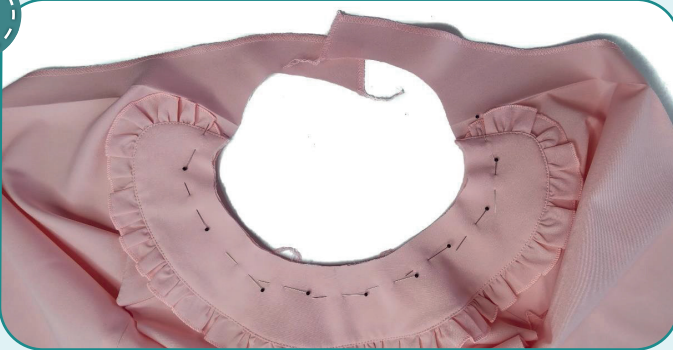
3

2,5-3,5

7

Finish the shoulders and side seams with 3-thread serger stitch. Press the shoulder seam allowances towards the back. Press the side seam allowances towards the fronts.

17



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2,5-3

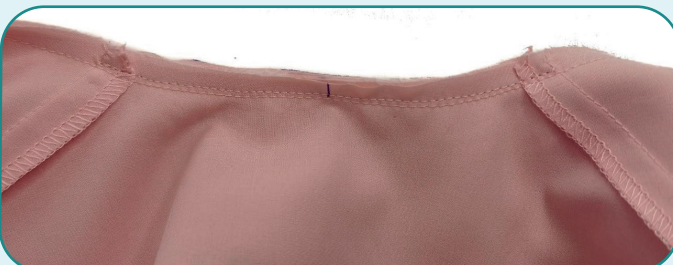
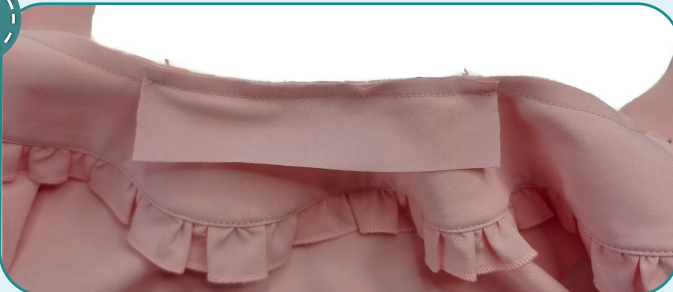
Pin the collar to the garment neckline with the under collar facing the garment right side. Align the collar marks with the shoulder seams and align the collar ends with the marks on the front neckline. Stitch the collar 10 mm (3/8") in from the edge.

18



Cut a bias strip of Niagara fabric 35 mm (1 3/8") wide and the length equal the back neckline length + 20 mm (13/16").

19



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2,5-3

Working from the collar, pin the strip right side to the garment back neckline. Working from the back, stitch it 1 mm (1/16") away from the collar attaching seam. To avoid bulk, trim the seam allowances to 3 mm (1/8"). After attaching the strip, trim its excess end.

BLOUSE CONSTRUCTION



20



Wrap the strip, edge turned under, to the wrong side around the seam allowance. Hand-baste it in small stitches with the strip overlapping the strip attaching seam and reaching the collar attaching seam. Press it.

21



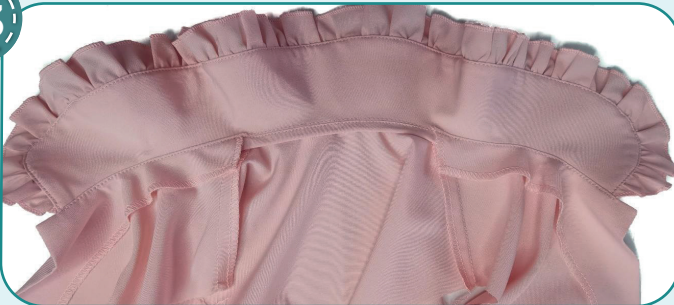
Pin the front facings right side to the collar. Stitch the facings in place 10 mm (3/8") in from the edge. Working from the wrong side, stitch exactly atop the collar attaching seam.

22

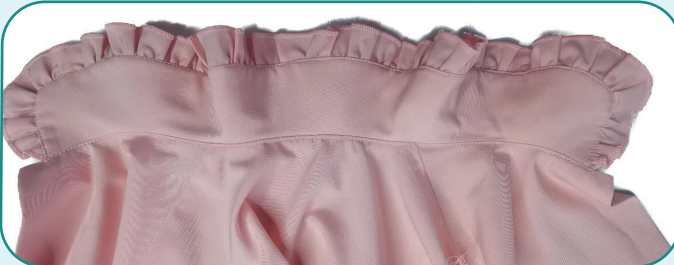


Trim the corners and slash every 10 mm (3/8") leaving 1 mm (1/16") before the stitching. Turn the front facings out to the right side and press them.

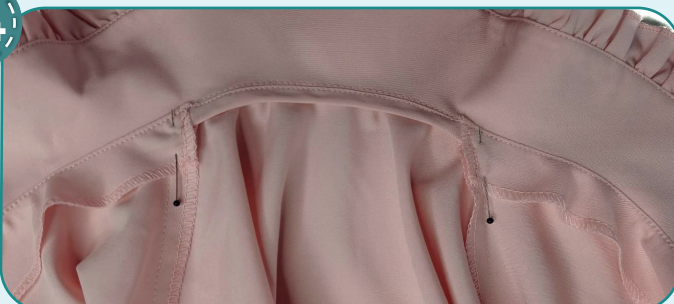
23



Edgestitch the front facings and the back neckline binding along the collar 1 mm (1/16") in from the seam. Stitch on the wrong side, making sure that the binding inner edge caught in the stitching. Remove the basting stitches. Press the seams.



24



Align the shoulder seams with the front facing shoulder edges. Secure them with straight seams sewn as close to the collar as possible or hand-stitch them.

BLOUSE CONSTRUCTION



25



2,5-3

Pin the sleeve along the side edges with the right side inside. Stitch it 10 mm (3/8") in from the edge.

26



2,5-3,5



7

Finish the edges with a 3-thread serger stitch. Press the seam allowances flat towards the back.

27



4-5

Stitch two parallel seams along the sleeve cap 5 mm (3/16") and 7 mm (1/4") in from the edge. Stitch between the marks (both marks are the closest to the shoulder top point mark). Set maximum stitch length at 4-5 mm, do not backstitch and leave the thread tails at least 30 mm (1 3/16") long at both sides of the seams.

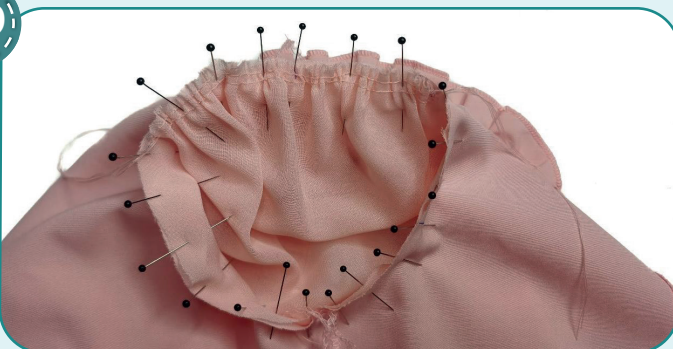
28



4-5

Stitch two parallel seams along the sleeve lower hem 4 and 6 mm (1/8 and 1/4") in from the edge. Set maximum stitch length at 4-5 mm, do not backstitch and leave the thread tails at least 30 mm (1 3/16") long at both sides of the seams.

29



Pin the sleeve into the armhole with the right sides together. Align the side seams and the check marks. Pull up the gathers to make the sleeve head fit the armhole. To do it use the thread tails of two rows of long stitches along the sleeve head. Tie the thread tails. Evenly spread the gathers along the sleeve cap. Pin or baste along the sleeve cap.

BLOUSE CONSTRUCTION



30



2,5-3

Stitch the sleeve into the armhole 10 mm (3/8") in from the edge. Stitch from the sleeve side.

31



2,5-3,5



7

Finish the edges with 3-thread serger stitch. Press the seam allowances on the edge. Repeat the process for the other sleeve (steps 25-31).

32



2,5-3,5



7

With right sides together, fold the cuffs in half, lengthways, and pin along the short edges. Serge them.

33



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

34



With the wrong side inside, fold the cuffs in half, lengthways, and press them.

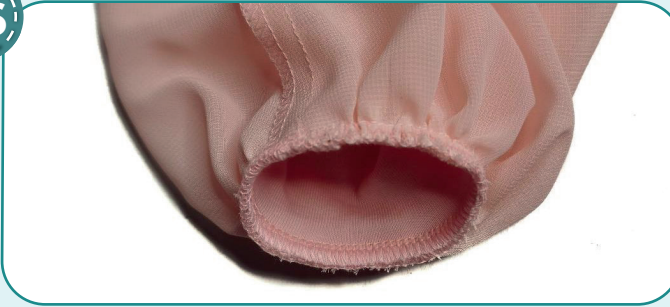
BLOUSE CONSTRUCTION

35



Pin the cuff to the sleeve lower hem with right sides together. Align the side seams and the pieces center marks. Pull up the upper thread tails and make the sleeve opening fit the cuff. Tie the thread tails. Evenly spread the gathers.

36



4

2,5-3,5

7

Serge the cuff to the sleeve. Press the seam allowance upwards. Repeat the process for the other cuff (steps 32-36).

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

37



3

2,5-3,5

7

Finish the garment lower hem with 3-thread serger stitch. Press it.

38



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2,5-3

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2,5-3

Fold the front facing lower hem to the right side. Pin the garment lower hem and the front facings with right sides together. Stitch them 25 mm (1") in from the garment lower hem.

39

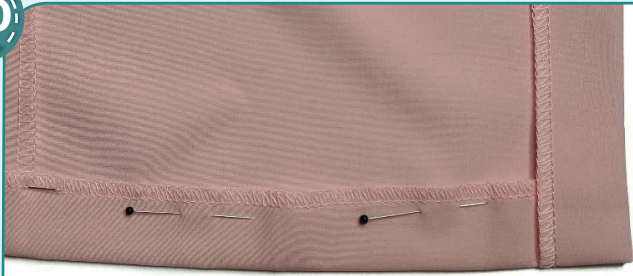


Trim the seam allowances corner and the front facing lower seam allowance to 7 mm (1/4"). Turn the front facing out and press it. Repeat the process for the other side (steps 38-39).

BLOUSE CONSTRUCTION



40



Pin or hand-baste the garment lower hem at 25 mm (1"). Press it.

41



2,5-3

Topstitch the garment lower hem 20 mm (13/16") in from the edge. Press it.

42



Transfer the marks for the buttonholes from the pattern onto the right front. Use the buttonholing foot to sew buttonholes to the size of the buttons prepared. Carefully cut the buttonholes with the seam ripper but avoid cutting the stitching threads. Press it. Transfer the marks for the buttons onto the left front. Hand-stitch or machine the buttons.

43



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



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ПРО ШИТЬЕ

Blouse School

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

