

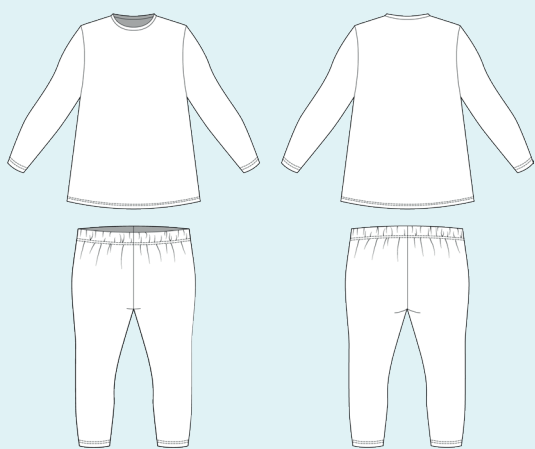
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions  
for sewing

## Base Layer set

#патыкова\_термобелье



Skill level



# Materials and notions



- fleece Ribbed Knit fabric
- elastic 20 mm (13/16") wide
- matching thread
- Super 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.

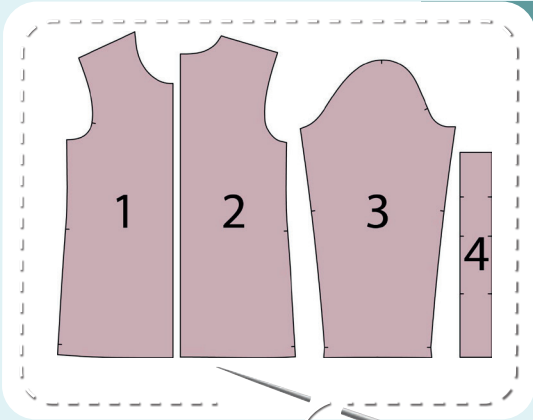


To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when 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 the paper patterns. When printing, do not forget to check the size of the test square. Place 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 marks from the pattern onto the wrong side of your fabric.

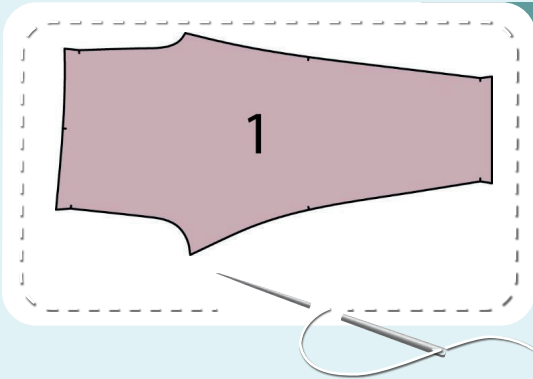


## Now you have



### LONG SLEEVE 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



### LEGGINGS PIECES:

1. 2 underwear bottom (leggings) pieces

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 (Long Sleeve Shirt) construction



1



Slight deformation of the fabric is allowed, which is easily corrected by WTO (wet-thermal processing, ironing).

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 towards the front. Adjust the differential feed according to the elasticity of the fabric chosen. The seams should be sufficiently elastic, without deformation.

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 flat 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 side inside. 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.

4



4

2,5-3,5

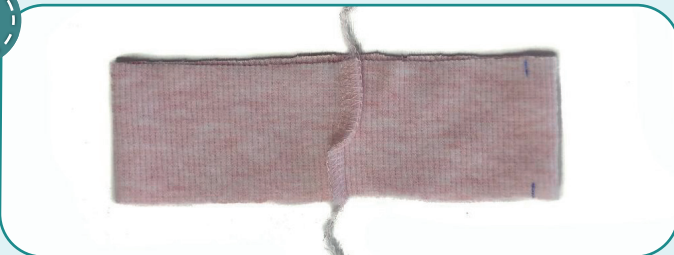
7

Serge the neckband short edges in a ring, having pinned the side edge beforehand.

## TOP (LONG SLEEVE SHIRT) CONSTRUCTION

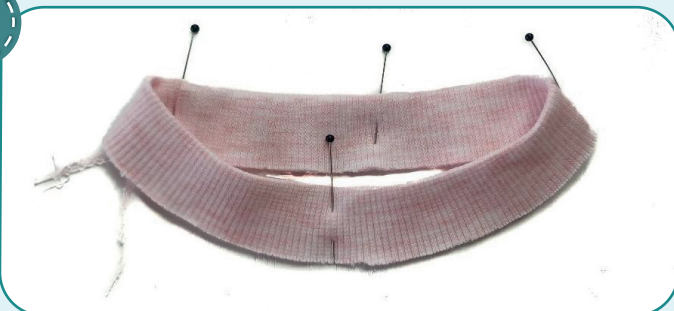


5



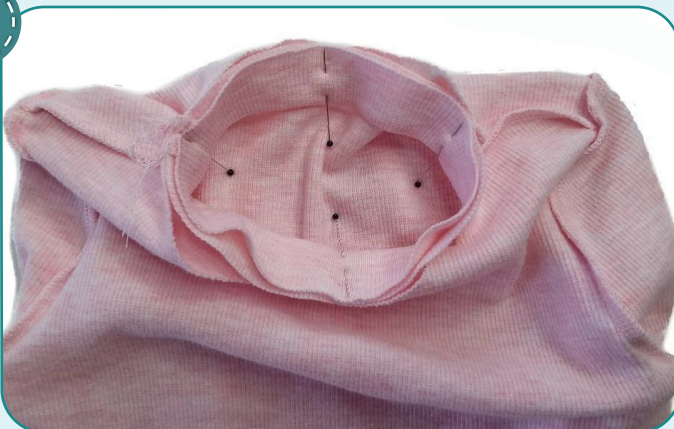
To avoid bulk when attaching the neckband, press the ends of the seam allowances in different directions.

6



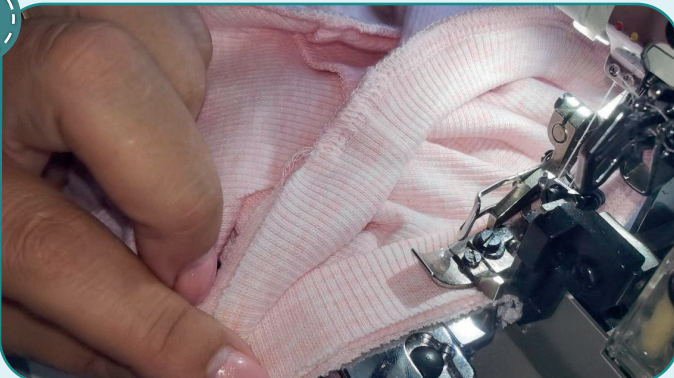
Fold the neckband in half, lengthways, wrong side inside, and press it. At the same time, shape the neckline with an iron, gently stretching the raw edges and ironing the fold. For convenience, you can pin it at the marked places beforehand.

7



Pin the neckband to the garment neckline right side. Align the neckband seam with one of the shoulder seams, align the marks with the back and the front centers and the other shoulder seam.

8



4

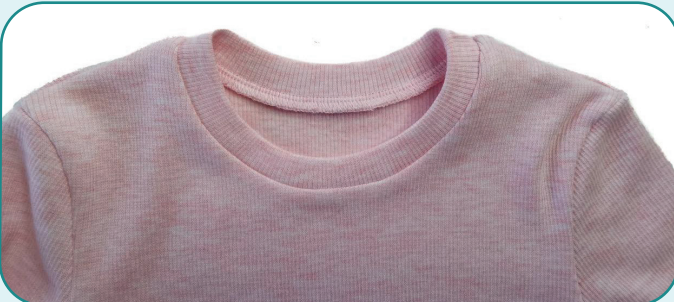


2,5-3,5



7

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





## TOP (LONG SLEEVE SHIRT) CONSTRUCTION



9



Fold the garment lower hem and the sleeve lower hems to the wrong side by 15 mm (9/16") and press them. You can hand-baste the lower hems. Coverstitch them. Tie the tread tails on the wrong side and hide them into the seam. Press again. The seams should be sufficiently elastic,

without deformation. Slight deformation of the fabric is allowed, which is easily corrected by WTO.

10



Remove the basting stitches, trim the thread tails, and press the garment once again. The top (Long Sleeve Shirt) is ready!



# Bottom (Leggings) construction



1



4

2,5-3,5

7

Place the pant leg pieces with right sides together. Pin them along the front and back crotch seams. Serge them. Press the front crotch seam towards the right side, and the back crotch seam towards the left side.

2



4

2,5-3,5

7

Pin the pant legs along the inseams with right sides together aligning the crotch seams and the marks. Serge them. Press the seam allowances flat towards the front.

3



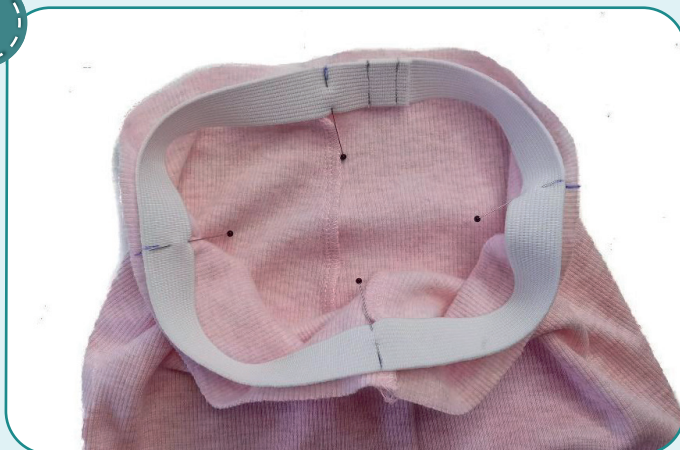
4

2,5-3

7

Cut the elastic 20 mm (13/16") wide and the length, indicated on the leggings paper pattern. Stitch the elastic in a ring with a straight or a zigzag stitch.

4

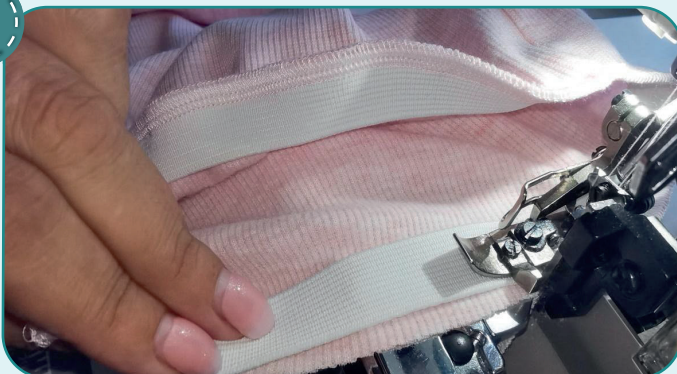


Divide the elastic in quarters. Align these marks with the marks and the seams on the leggings waistband and pin the elastic to the wrong side. To avoid bulk, do not align the waistband and elastic seams.



## BOTTOM (LEGGINGS) CONSTRUCTION

5

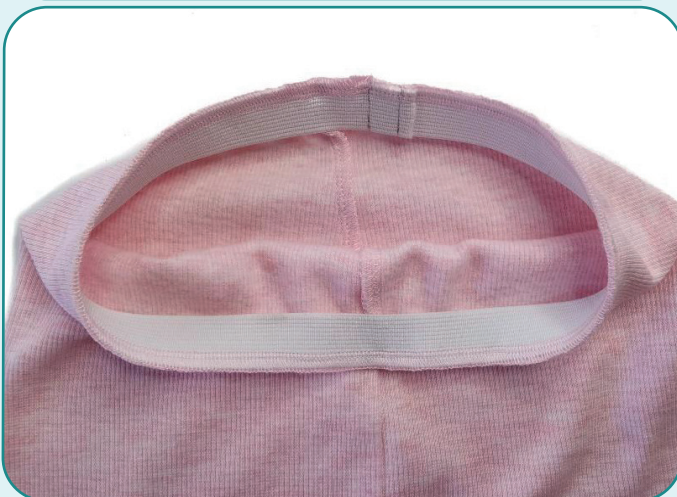


4#

2,5-3,5

7

Evenly stretching the elastic, serge it to the garment.



6



2,5-3

5,6

Tuck the waistband edge over the seam with the elastic width, and evenly stretching, coverstitch the elastic 20 mm (13/16") in from the edge. Tie the thread tails on the wrong side and hide them into the seam.

7



2,5-3

5,6

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

## BOTTOM (LEGGINGS) CONSTRUCTION



8



Remove the basting stitches, trim the thread tails, and press the garment once again. The leggings are ready!





ELINA PATYKOVA

ПРО ШИТЬЕ

## Base Layer set

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

