

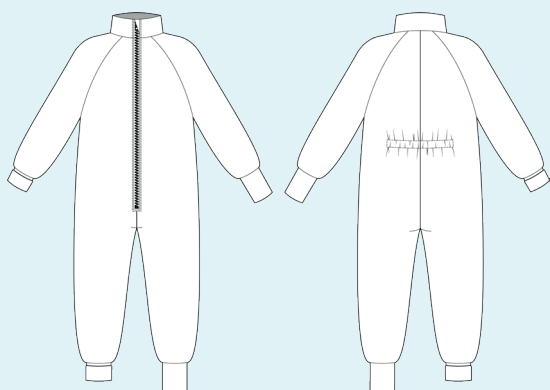
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Fleece Undersuit

#патыкова_поддева



Skill level



ELINA_PATKOVA

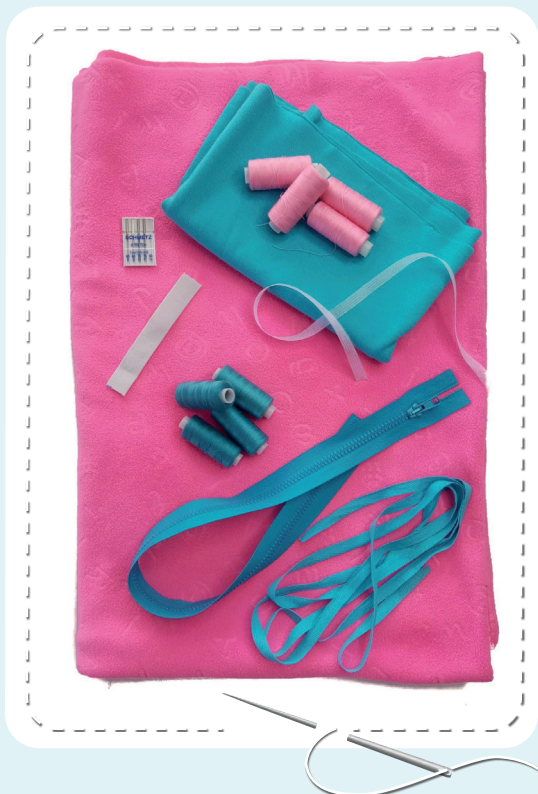


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Materials and notions



- fleece fabric
- ribbing
- zipper
- stabilising tape or kantenband
- twilled ribbon
- elastic 20 mm (13/16'') wide
- matching thread
- Jersey 90 or Stretch 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.



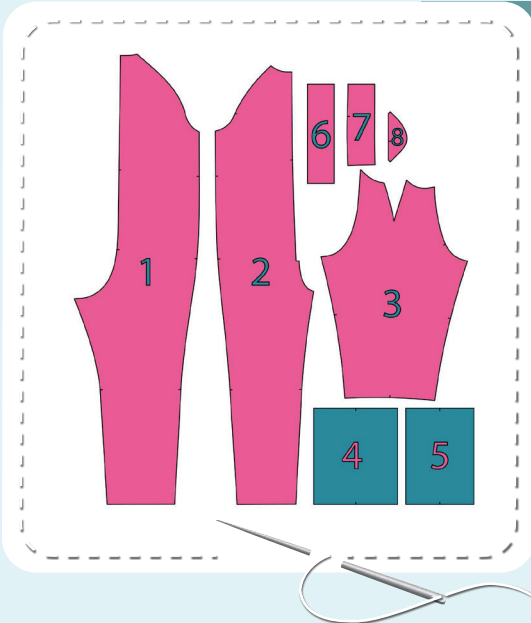
To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when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

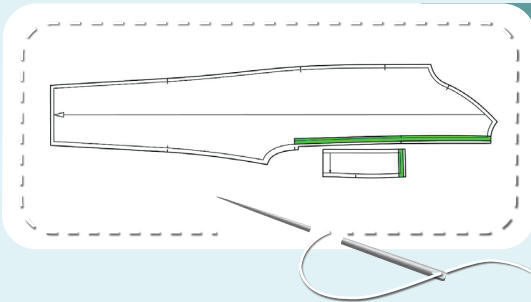


Now you have



UNDERSUIT PIECES:

1. back - cut 2 (fleece fabric)
2. front - cut 2 (fleece fabric)
3. sleeve - cut 2 (fleece fabric)
4. pant cuff - cut 2 (ribbing)
5. sleeve cuff - cut 2 (ribbing)
6. back casing - cut 1 (fleece fabric)
7. stand collar - cut 2 on the fold (fleece fabric)
8. chin guard - cut 2 (fleece fabric)



PIECES TO INTERFACE:

- Green - kantenband
 - front center edges (along the zipper attaching area)
 - upper stand collar center edges

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.

Undersuit construction



1



Fuse kantenband to the fronts and the upper collar center edges.

2



4

2,5-3,5

7

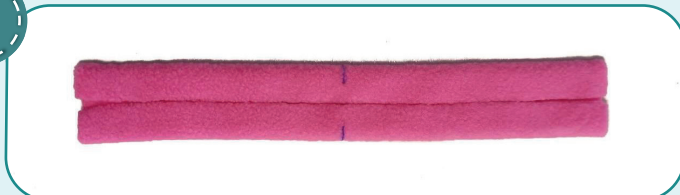
Pin the back pieces along the crotch seam with right sides together. Serge them. Press the seam towards the right side.

3



Mark the place for attaching the casing on the back wrong side.

4



Press the casing long edges towards the wrong side at 15 mm (9/16").

5



4

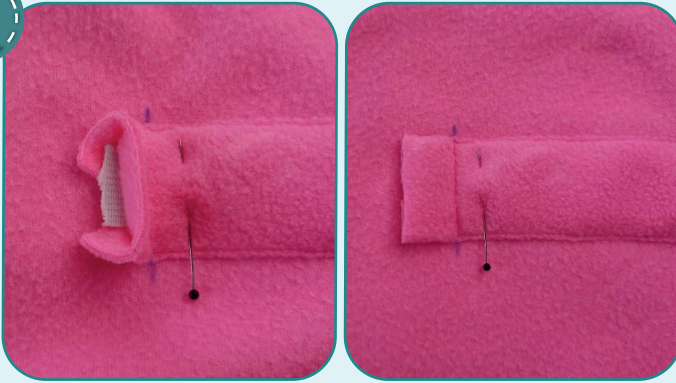
2,5-3

7

Pin the casing to the back piece with wrong sides together. Topstitch the casing along long edges, stitching 1 mm (1/16") away from fold. Begin and finish the stitching 15 mm (9/16") away from the short edge. Press it.

UNDERSUIT CONSTRUCTION

6



2,5-3

Cut the elastic 20 mm (1 3/16") wide, the length is indicated on the back pattern. Insert the elastic into the casing using a bodkin or a safety pin. Pin the end of elastic. Stitch across 15 mm (9/16") in from the casing edge.

7



2,5-3

Pull the elastic from the other casing opening. Pin and stitch 15 mm (9/16") in from the casing edge. Trim the elastic and the casing seam allowances to 5 mm (3/16").



8



2,5-3,5



7

Pin the shoulder darts on the sleeves, with right side inside. Serge the darts. Start serging from the neckline and slowly sew to the point. Tie the thread tails at the dart point and hide them into the seam. Press the seam allowances towards the front.

UNDERSUIT CONSTRUCTION

9



4#

2,5-3,5

7

Pin the sleeves to the back. Serge them. Press the seam allowances flat towards the back.

10



4#

2,5-3,5

7

Pin the fronts to the sleeves. Serge them. Press the seam allowances flat towards the front.

11



4#

2,5-3,5

7

Pin both stand collar pieces along the top edge with right sides together. Serge the pieces. Press the seam allowances towards the under stand collar.

12



↺

2,5-3

↺

2,5-3

Working from the under stand collar, topstitch the collar attaching seam 1 mm (1/16") in from the seam. Press the stand collar in half forming a roll towards the under stand collar.

13



↺

2,5-3

↺

2,5-3

Working from the right side, pin the twilled ribbon to the under stand collar lower edge, to have 1-2 mm (1/16") of the piece visible. Stitch the twilled ribbon 1 mm (1/16") in from the top edge. Press it. Make sure that collar lower edges are equal in length.

UNDERSUIT CONSTRUCTION

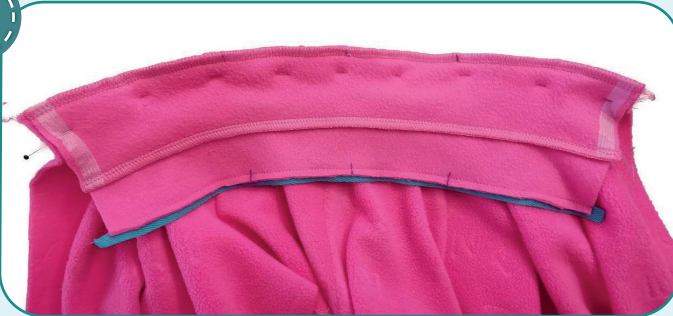
NOTE: sanforize the twilled ribbon beforehand for it not to get shrinkage after washing the garment. Wash the twilled ribbon in warm water, dry and steam iron it.

14



Trim the under stand collar lower seam allowance to 3 mm (1/8").

15



2,5-3,5



7

With right sides together, pin the upper stand collar piece to the garment neckline, aligning all the marks. Segre it to the garment. Press the seam allowances towards the stand collar.

16



2,5-3,5



7

Finish the front crotch seam lower edges with serger up to the zipper attaching marks. Press them.

17



2,5-3

Pin the pant front pieces along the crotch seam with right sides together. Stitch it 10 mm (3/8") in from the edge. Finish the seam at the level of the zipper bottom stop. Press the seam allowances open.

18



2,5-3

Place the chin guard pieces with right sides together. Stitch along the curved edge 5 mm (3/16") in from the edge.

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19



Trim the seam allowances to 2 mm (1/16"). Turn the chin guard out to the right side and press.

20



Topstitch the chin guard along the perimeter 5 mm (3/16") in from the edge. Press it.

21



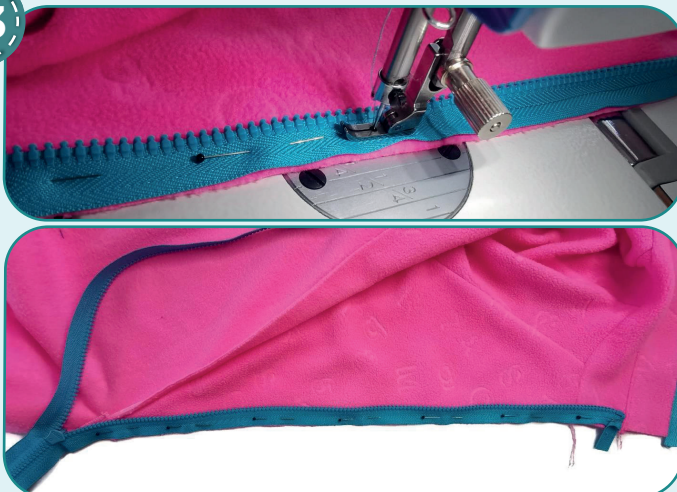
Place the chin guard (its longer edge) to the wrong side of the zipper right tape. Tuck the zipper tape top to the wrong side and align it with the mark.

22



Fold the chin guard other end (the shorter one) over the zipper right side. Affix the chin guard with straight stitching 5 mm (3/16") in from the edge.

23



Open the zipper all the way to the end. Baste one zipper tape to the front center edge with right sides together. Place the zipper to sit accurately without pulling the fabric. Tuck the zipper top and place the zipper top stop 1 mm (1/16") below the stand collar attaching seam. Stitch the zipper using unilateral zipper presser foot 10 mm (3/8") away from the edge. Finish the seam 5 mm (3/16") above the zipper bottom stop mark. If the slider prevents you from finishing the seam, then place

the machine needle in the work, raise the zipper foot, move the zipper slider, lower the presser foot, and sew on.

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24



Close the zipper and mark the places for the stand collar attaching seam, waist mark and zipper bottom mark on the other zipper tape.

25



2,5-3

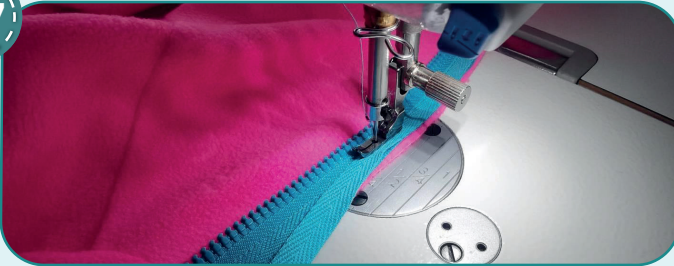
Baste or pin the other zipper tape. Very precisely, align the marks on the zipper with the collar attaching seam and the waist mark. Stitch the zipper using unilateral zipper presser foot 10 mm (3/8") away from the edge, in the same way as you attached the first zipper tape.

26



Close the zipper, make sure that the collar attaching seams match and the zipper is flat, not in waves. Press it.

27



2,5-3

Place the twilled ribbon to the zipper wrong side, overlapping the zipper edge at 1-2 mm (1/16") and stitch it. Use a zipper presser foot to stitch it 1 mm (1/16") in from the edge (the closer one to the zipper teeth). Start stitching 10 mm (3/8") above the stand collar attaching seam and finish at the zipper bottom stop mark but leave the twilled ribbon end 15-20 mm (9/16-13/16") long.

28



Cut the strip of ribbing 40 mm (1 9/16") wide and 75 mm (3") long.

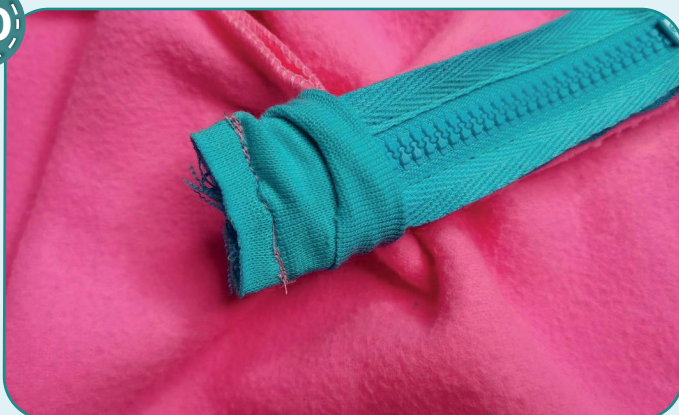
29



2,5-3

Fold it in half, right side inside, and stitch along the short edges. Stitch 1 mm (1/16") in from the edge. Turn the piece out to the right side. Press the seam, place it in the middle and press the piece. Turn it out to the wrong side once again.

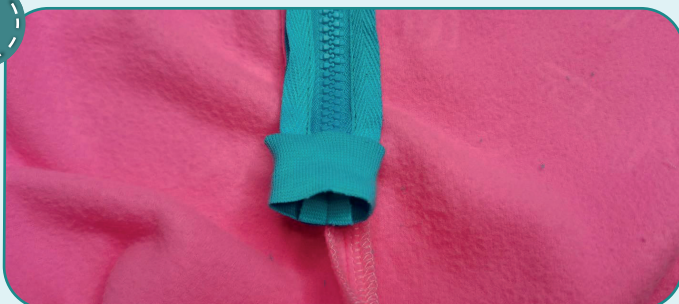
30



2,5-3

Trim excess zipper bottom, leaving a "tail" about 20 mm (13/16") long. Insert the zipper bottom into the workpiece and affix it with straight stitching as far from the edge as possible.

31



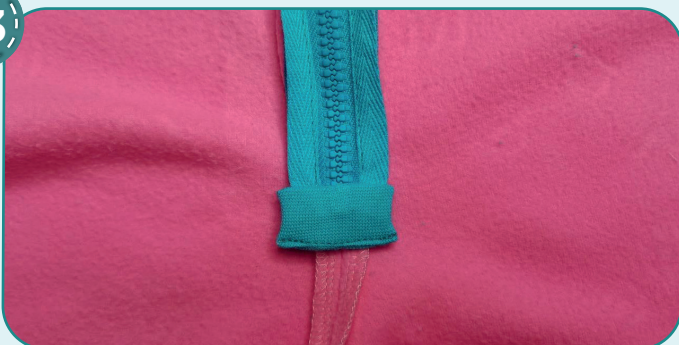
Fold back the fabric to the right side so that the zipper bottom was hidden inside.

32



Tuck the raw edges inside.

33



2,5-3

Stitch them 1 mm (1/16") in from the edge.

UNDERSUIT CONSTRUCTION

34



2,5-3

Pin the upper stand collar center edges to the zipper with wrong side out. Affix the twilled ribbon edges to have it 2 mm (1/16") below the stand collar attaching seam. Stitch it 10 mm (3/8") in from the edge.

35



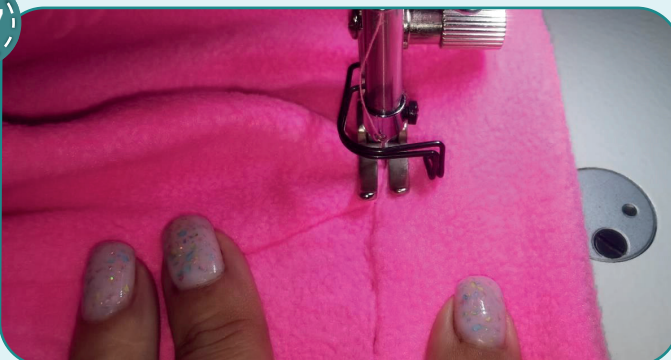
Trim the seam allowances of the stand collar, fronts and the chin guard to 3-4 mm (1/8"). Trim the corners leaving 1 mm (1/16") before the stitching. Turn the garment out to the right side and press it.

36



Hand-baste the twilled ribbon to have its edge overlapping the stand collar attaching seam at 2 mm (1/16"). Hand-baste the other twilled ribbon long edge along the zipper.

37

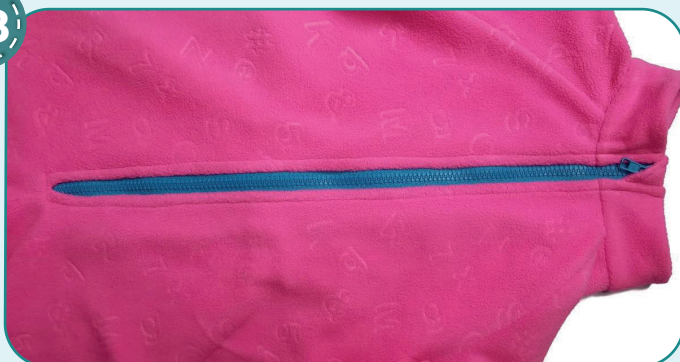


2,5-3

Stitch the stand under collar lower edge. Working from the right side, stitch exactly atop the stand collar attaching seam. Make sure, that the stitching is accurate on the wrong side and good along the whole twilled ribbon edge. Remove the basting stitches and press.



38



2,5-3

Topstitch the zipper 5 mm (3/16") in from the edge. Sew carefully at the bottom, where the stitching goes over the teeth, turning the sewing machine hand wheel by hand to avoid breaking the needle. Remove the basting stitches and press.



39



2,5-3,5



7

Pin the back to 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 and the sleeve seam.

40



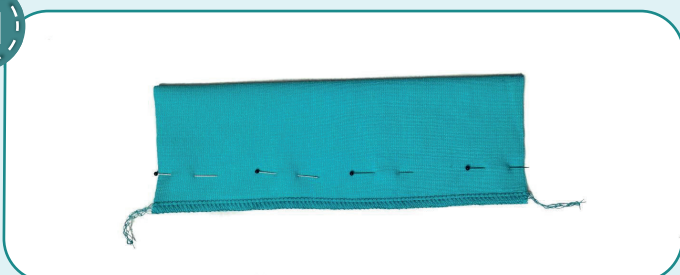
2,5-3,5



7

Pin the pant legs along the inseams with right sides together. Serge them. Press the seam allowances flat towards the front.

41



2,5-3,5

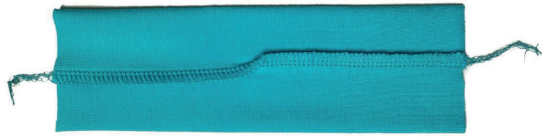


7

Place the sleeve cuff in half, right side inside, and pin along the long edges (along the grain). Serge it.

UNDERSUIT CONSTRUCTION

42



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

43



With wrong sides together, fold the cuff in half, lengthways, and press it.

44



4



2,5-3,5



7

Serge the cuff to the garment aligning the cuff seam and the sleeve side seam. While serging, evenly stretch the cuff, but avoid stretching the sleeve opening. Press the seam upwards. Repeat the process for the other sleeve cuff and the pant cuffs (steps 41-44). Align the pant cuff seams with the pant leg inseams.



45



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

ELINA PATYKOVA

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Fleece Undersuit

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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