

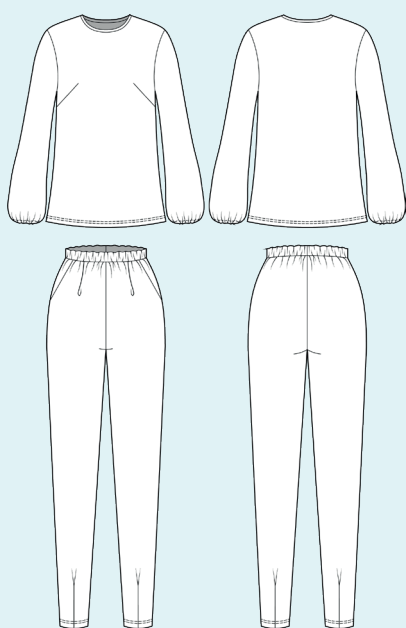
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions  
for sewing

## Jersey Suit

#патыкова\_джерси



Skill level



# Materials and notions



- jersey
- stabilising tape or kantenband
- elastic 40 mm (1 9/16) wide
- elastic 10 mm (3/8") wide
- matching thread
- Jersey 80-90 or Stretch 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.

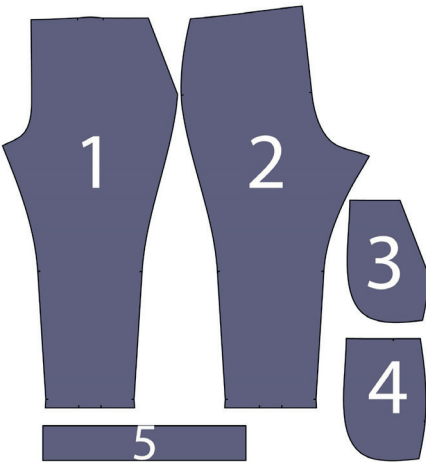
Put the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along them. Note: seam allowances are already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

## Now you have



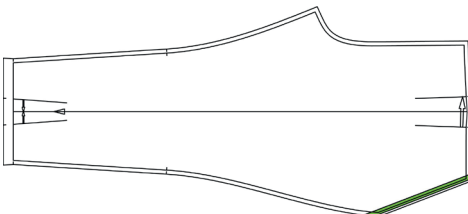
### SWEATSHIRT PIECES:

1. front - cut 1 on the fold
2. back - cut 1 on the fold
3. neckband - cut 1 on the fold
4. sleeve - cut 2



### PANTS PIECES:

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



### PIECES TO INTERFACE

- Green - stabilizing tape or kantenband
- the pocket opening area on the front 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.





# Sweatshirt construction

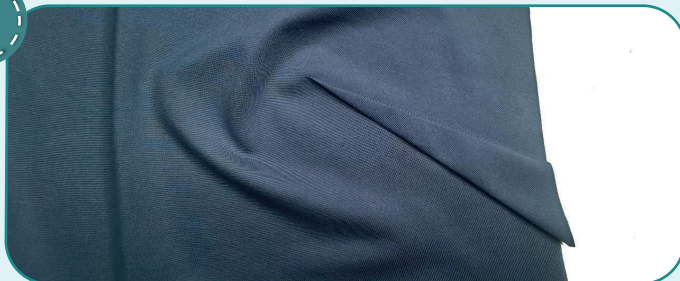


1



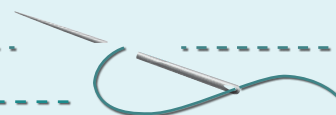
Transfer the marking for the darts from the pattern onto the front wrong side. Pin or hand-baste the darts carefully aligning their sides.

2

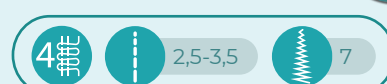
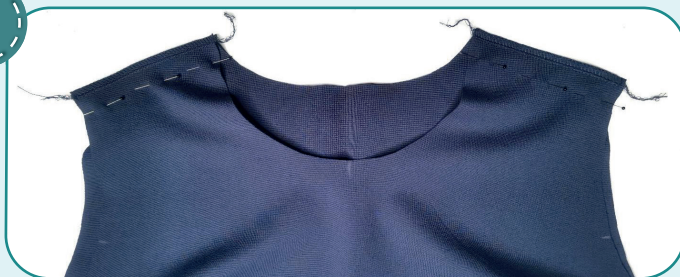


Stitch the darts along the marking. Press the darts down.

**NOTE:** if you lack experience, it's better to hand-baste beforehand.

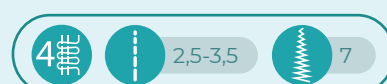
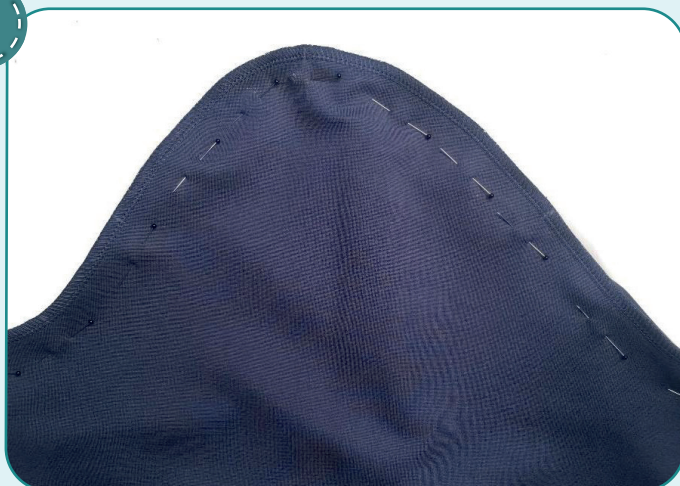


3



Pin the front and the back along the shoulder edges with right sides together. Serge them. Press the seam allowances towards the front.

4



Pin the sleeve to the armhole with right sides together. Align the marks, the sleeve cap top mark with the shoulder seam. Pin or hand-baste along the sleeve cap. Serge the sleeve into the armhole. Stitch from the sleeve side. Care no folds are formed along the sleeve cap. Press the seam allowances towards the front and the back.

5



4

2,5-3,5

7

Pin the back with the front and the sleeve along the side seam with right sides together. Serge the pieces. Place the sleeve attaching seam allowances in different directions to avoid bulk. Press the seam allowances towards the back. Repeat the process for the opposite side seam and the other sleeve seam.

6



4

2,5-3,5

7

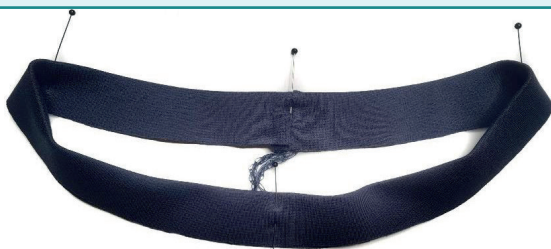
Serge the neckband short edges, having pinned the side edge beforehand.

7



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

8



Fold the neckband in half wrong side inside and press it. While pressing, shape the neckband stretching the raw edges a little and pressing the fold. You can pin the neckband at the marks beforehand.

9

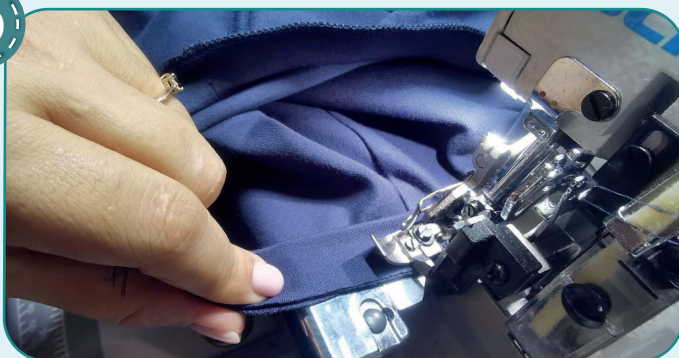


Pin the neckband to the garment right side. Align the neckband seam with the back neckline center and align the neckband center with front neckline center; the rest marks are aligned with the shoulder seams.





10



2,5-3,5

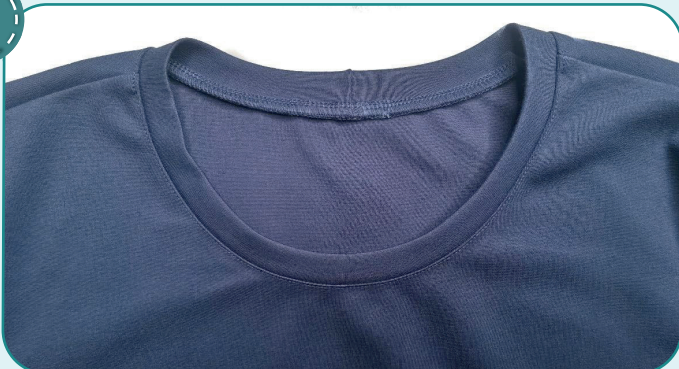


7

Serge the neckband to the garment. While serging, evenly stretch the neckband but avoid stretching the neckline itself. Press the seam allowances towards the back and the front.



11



2-2,5



2-2,5

Topstitch the neckband along the front and the back 1 mm (1/16") in from the neckband attaching seam. Press the neckline, making a good shape.

12



2,5-3,5



7

Serge the sleeve lower hem.

13



2-2,5



2-2,5

Fold the sleeve lower hem 18 mm (11/16") to the wrong side. Pin or hand-baste it. Topstitch it 15 mm (9/16") in from the edge. Leave a hole 25-30 mm (1 - 1 13/16") to thread the elastic. Press the seams.



14



2-2,5

Cut the elastic 10 mm (3/8") wide, with the length, indicated on the sleeve pattern. Thread it through the hole with a safety pin or a bodkin. Stitch the ends of the elastic into a ring. Spread the elastic evenly along the sleeve.

15



2-2,5

Stitch up the hole left, stretching the elastic and moving the folds. Repeat the process for the other sleeve lower hem (steps 12-15).

16



2,5-3



5,6

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

17



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





# Pants construction



1



Duplicate the pocket openings on the fronts of the pants with kantenband.

2



4

2,5-3,5

7

With right sides together, pin the pocket lining along the pocket opening to the pants front. Serge the pieces. Press the seam allowances flat towards the lining.

3



2-2,5

2-2,5

2-2,5

2-2,5

2-2,5

Stitch up the seam allowances towards the pocket lining 1 mm (1/16") in from the attaching seam. Press it.

4



Fold the pocket lining to the wrong side of the front and iron the pocket opening, forming a roll to the wrong side.



## PANTS CONSTRUCTION

5



4

2,5-3,5

7

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

6



4

2,5-3,5

7

Affix the pocket bag above and below the pocket opening stitching 5 mm (3/16") away from the edge. While stitching, make and affix the pleat. On the right side the pleat should be faced to the center. Repeat the process for the opposite pocket and the pleat (steps 2-6).

7



4

2,5-3,5

7

Transfer the marking for the pleats from the paper patterns onto the lower hems of the front and back pieces. Pin or hand-baste them carefully aligning their sides. Stitch the pleats along the marking.

8



4

2,5-3,5

7

Press the pleats into different directions for them to face each other on the right side. Affix the pleats with straight stitching 5 mm (3/16") above the lower edge.





9



4



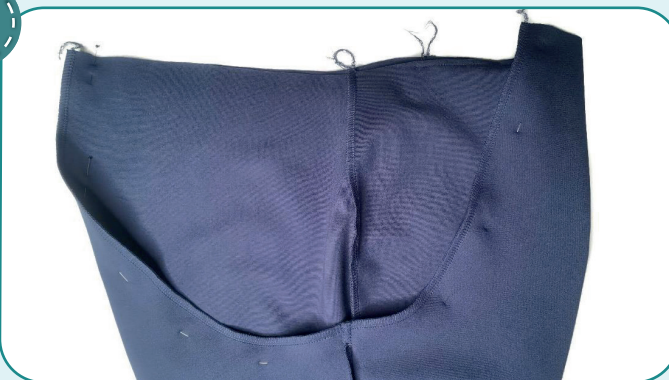
2,5-3,5



7

Place the pant front and back panels along the side seam and inseam, right side inside. Serge them. Stretch the back piece inseam edge to make it equal the front piece inseam edge. Press the side seam allowances towards the garment back and then press the inseam allowances towards the garment front. Repeat the process for the opposite pant leg.

10



4



2,5-3,5



7

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

11



4



2,5-3,5



7

Fold the waistband lengthways, right side inside. Serge the waistband short edges, having pinned the side edge beforehand.

12



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

13



Fold the waistband in half, lengthways, with wrong sides together and press it.



14



2-2,5

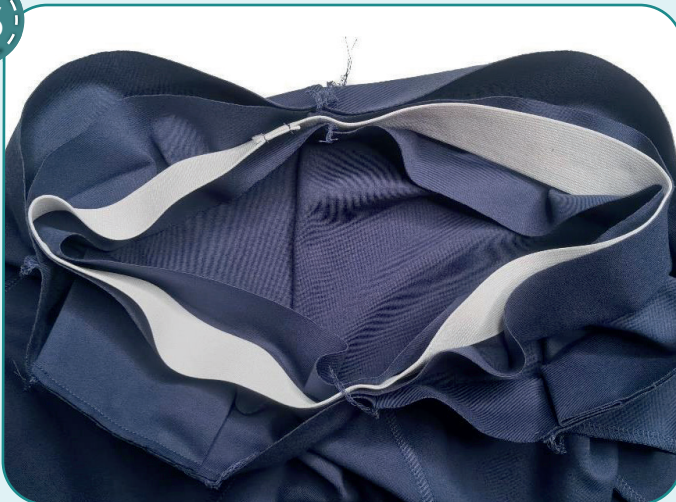
Cut the elastic 40 mm (1 9/16") wide, with the length, indicated on the waistband pattern. Stitch the elastic in a ring with a straight or a zig-zag stitch.

15



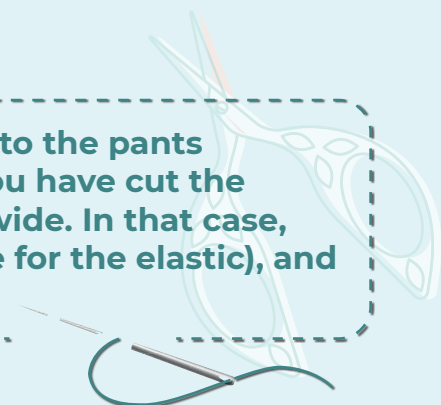
Divide the elastic in quarters and pin at the marks. Place the elastic into the waistband, align the marks on the elastic and the waistband and pin them at the places. To avoid bulk, do not align the elastic and waistband seams.

16



Turn the pants out to the wrong side and insert the waistband with elastic inside of it into the pants. Pin the waistband to the garment upper edge, with right sides together, aligning the waistband seam with the pants back crotch seam, waistband center with the front crotch seam and the marks with the side seams.

**NOTE:** the elastic should be 40 mm (1 9/16") wide and sewn to the pants together with the waistband. But if you are not sure that you have cut the elastic of the right length, then use elastic 30 mm (1 3/16") wide. In that case, stitch the waistband without elastic (be sure to leave a hole for the elastic), and then thread the elastic and stitch it into a ring.





17



4

2,5-3,5

7

Serge the waistband. When serging, evenly stretch the elastic, but avoid stretching the garment upper edge, sew slowly. 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 trying the garment, consider the lower hem seam allowance width. Make sure, the waistband is comfortable to wear.

18



2,5-3

5,6

Fold the pants lower hems at 20 mm (13/16") to the wrong side and press them. You can hand-baste the edges. Coverstitch the lower hems. Press them.

19



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

# ELINA PATYKOVA

ПРО ШИТЬЕ

## Jersey Suit

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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