

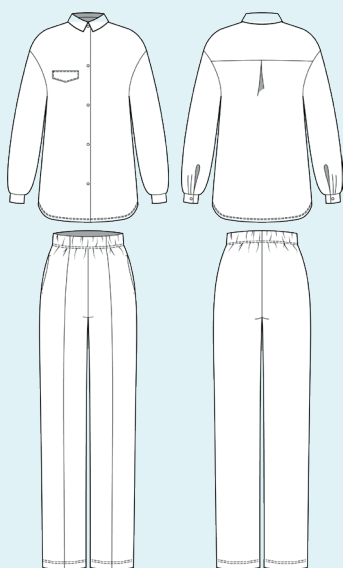
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions  
for sewing

## Set from sweatshirt loop back fabric

#патыкова\_трехнитка



Skill level



ELINA\_PATKOVA



ELINA-PATKOVA.RU



VK.COM/ELINA\_PATKOVA

# Materials and notions



- sweatshirt loop back fabric
- knit fusible interfacing
- stabilising tape or kantenband
- Alfa snap buttons 12,5 mm (1/2") - 7 pcs.
- elastic 50 mm (2") wide
- twilled ribbon 15 mm (9/16") wide - 0,5 m (16")
- 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.

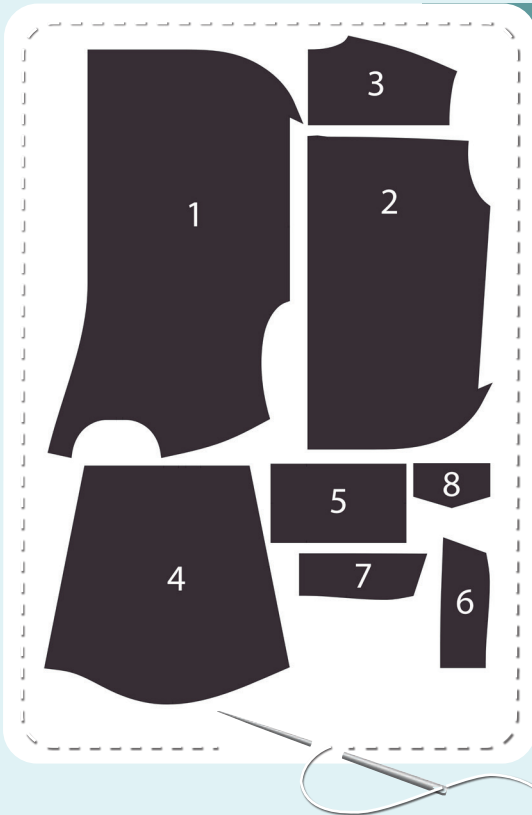
To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when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

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.

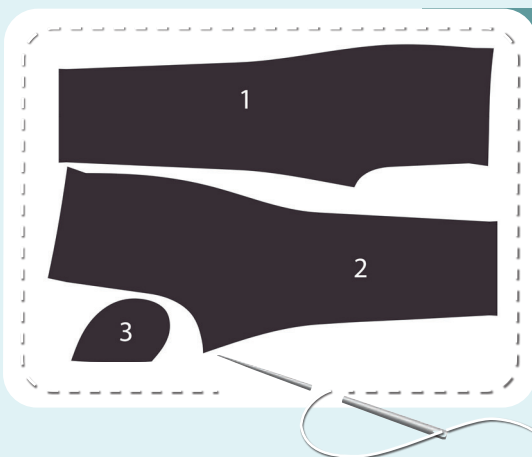


## Now you have



### SHIRT PIECES:

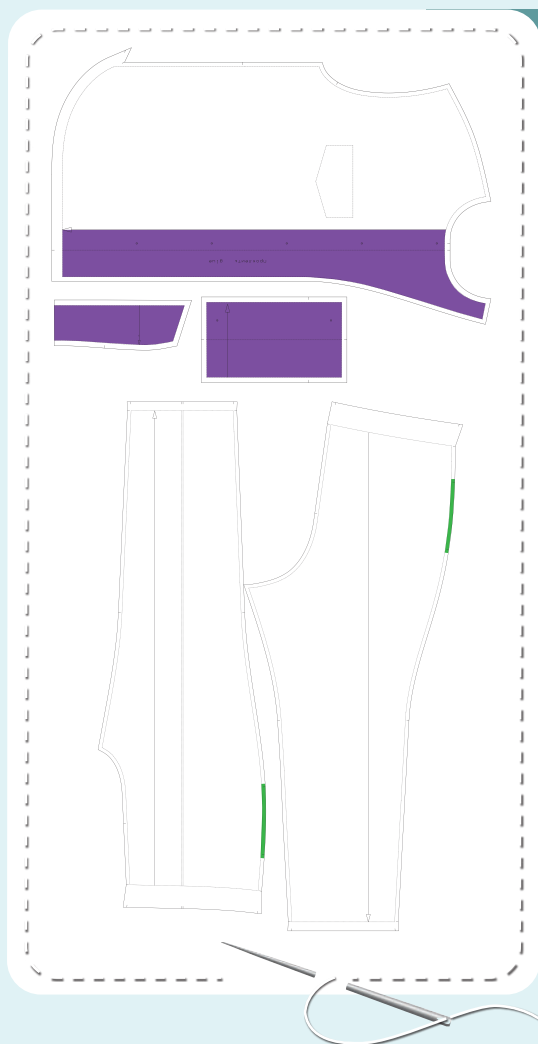
- 1. front - cut 2
- 2. back - cut 1 on the fold
- 3. back yoke - cut 1 on the fold
- 4. sleeve - cut 2
- 5. sleeve cuff - cut 2
- 6. upper collar - cut 1 on the fold
- 7. under collar - cut 1 on the fold
- 8. blind pocket flap - cut 2



### PANTS PIECES:

- 1. front - cut 2
- 2. back - cut 2
- 3. pocket lining - cut 4

**NOTE:** Cut the pocket pieces from french terry for better fit of the pocket on the right side.



## PIECES TO INTERFACE:

- **Purple - fusible interfacing**
  - cuffs
  - under collar
  - front facings
- **Green - stabilizing tape or kantenband**
  - pocket opening area on the pants front and back pieces

# 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.

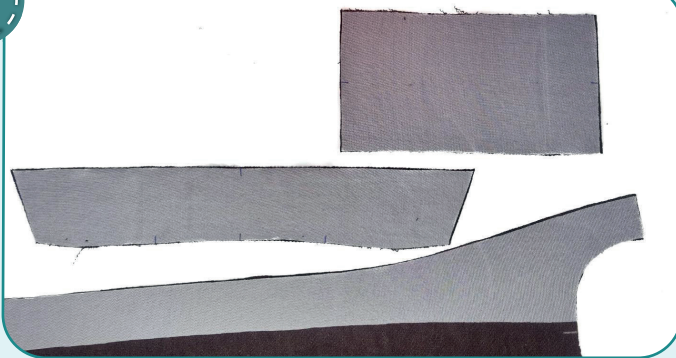




# Shirt construction



1



Duplicate the cuffs, under collar and front facings.

2



4

2,5-3,5

7

Finish the center and shoulder edges on the front facing with a serger. Press it.

3



4

2,5-3

7

2,5-3

Fold the front facing lower edge towards the right side. Stitch along the lower edge 20 mm (13/16") in from the edge.

**NOTE:** If you lack experience, it is better to hand-baste the seams beforehand.

4



Clip the corner. Trim the front facing seam allowance to 3 mm (1/8").



5



Turn the front facing out and press it. Repeat the process for the opposite front facing (steps 2-5).

6



Stitch along the front curved lower edge 3-4 mm (1/8") in from the edge. Set the stitch length maximum (4-5 mm), do not bar tack the seam ends and leave the thread tails at least 30 mm (1 3/16").

7



Working from the wrong side, draw a line along the front lower hem 40 mm (1 9/16") in from the edge.

8



Fold the shirt lower hem along the straight edge 20 mm (13/16 "). Pin, baste or glue the folded hem. Pull the thread tails to shape the curves. Tie the thread tails. Press the lower hem.

9



Coverstitch the front lower hem. Start stitching as close to the center fold as possible. Tie the seam thread tails on the wrong side and hide them into the seam. Press the fold. Repeat the process for the other front and the back (steps 6-9).





10



2-2,5

Pin two pocket flap pieces with right sides together. Stitch the pieces 10 mm (3/8") in from the edge along all the perimeter, except the top edge.

11



Trim the flap upper side seam allowance to 3 - 4 mm (1/8"). Clip the corners.

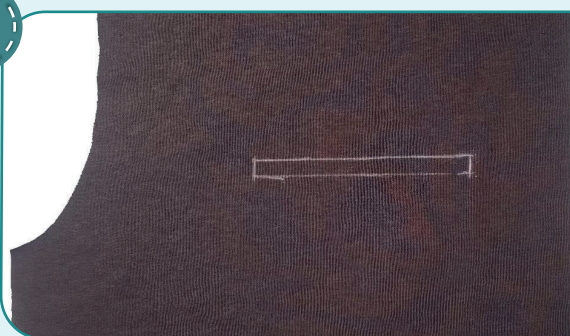
12



2-2,5

Turn the flap out the right side and press it with an iron forming a roll towards the wrong side. Topstitch it 5 mm (3/16") in from the edge.

13



Working from the right side, transfer the flap attaching seam line from the pattern onto the right front. Draw a parallel line 10 mm (3/8") below the flap stitching line to coincide the flap edge with it.

14



2-2,5

Pin the flap open edge to lower line, right sides together. Mark the seam line on the flap 10 mm (3/8") in from the edge. Stitch the flap in place.



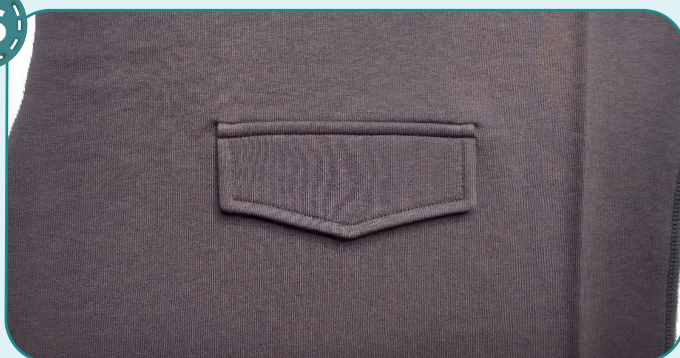


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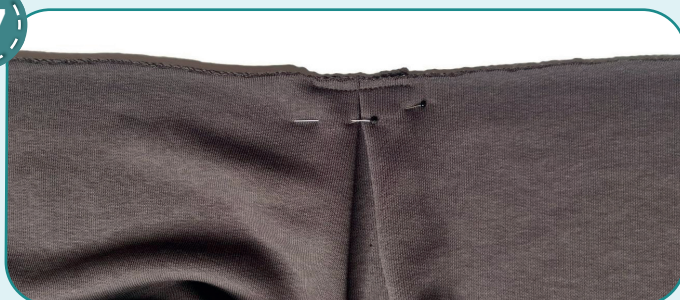
Trim the pocket flap seam allowance to 3 - 4 mm (1/8"). Press the flap into place.

16



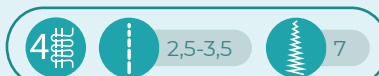
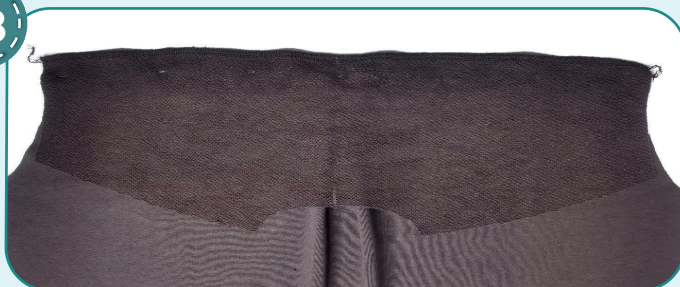
Topstitch the flap 5 mm (3/16") away from its attaching seam. Press it.

17



Make the kick pleat at the back center. The pleat folds should face the center on the right side. Stitch them 5 mm (2") in from the edge to affix them.

18



Pin the back and the back yoke with right sides together. Serge them. Press the seam upwards.

19



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





20



4#



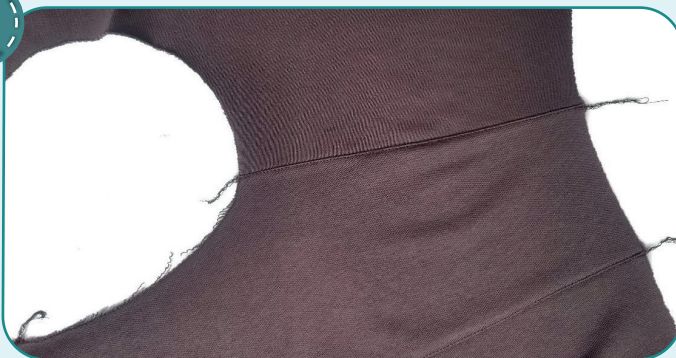
2,5-3,5



7

Pin the fronts and the back along the shoulder edges, with right sides together. Serge the pieces. Press the seam allowances flat towards the back.

21



2-2,5

Edgestitch the shoulder edges along the back yoke 1 mm (1/16") in from the attaching seam. Press it.

22



2-2,5

Pin the upper and under collars with right sides together, matching the edges. Stitch them 10 mm (3/8") in from the edge.

23



Trim the upper collar seam allowances to 7 mm (1/4"), trim the under collar seam allowances to 3-4 mm (1/8"). So, the allowances, cut gradually, will stand out less on the collar right side. Clip the collar seam allowance corners.

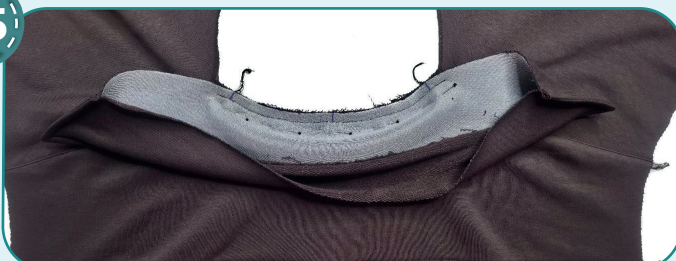
24



2-2,5

Turn the collar out and smooth the corners. Press it forming a roll towards the under collar. Topstitch the collar 5 mm (3/16") in from the edge. Press it again.

25



2-2,5

Pin the under collar to the back neckline with right sides together aligning the marks. Stitch from one shoulder seam to the other, 10 mm (3/8") in from the edge.



26



2-2,5

Align the collar lower edges and pin them to the front neckline. The collar edges should match with the marks on the front necklines. Place the front facings over the upper collar (right sides together) and pin them. Stitch the front, the collars, and the

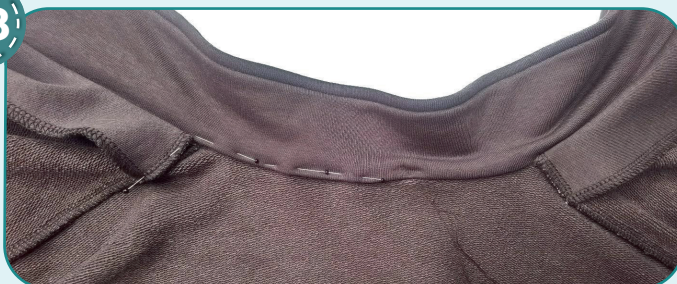
front facings with one seam 10 mm (3/8") in from the edge. Finish stitching on the front facing shoulder edges. It means that you should not stitch the upper collar edge along the back.

27



Trim the seam allowances of the front facings and the collars gradually to 3-4 mm (1/8"). Clip the corners. Slash the seam allowances of the collars and the neckline at the shoulder marks leaving 1 mm (1/16") before the stitching. Turn out the front facings to the right side. Press them. Press the back neckline seam allowances towards the collar.

28



Fold the upper collar inside at 10 mm (3/8"). Hand-baste the upper collar raw edge with a blind stitch and affix the front facing shoulder edges to the shoulder edges of the shirt.

29



Press the twilled ribbon in half lengthways.

**NOTE:** twilled ribbon should be sanforized beforehand to avoid shrinkage after washing the garment. Wash the twilled ribbon in warm water, dry and steam iron it.

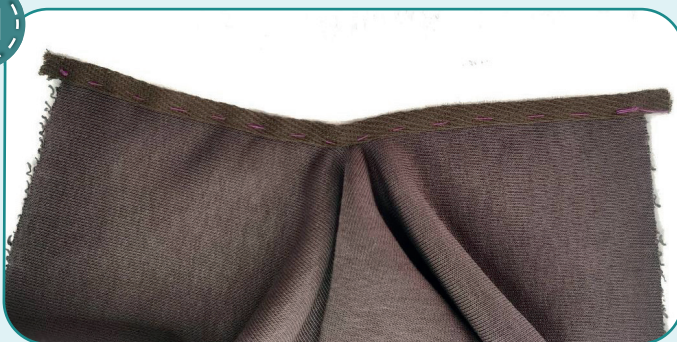
30



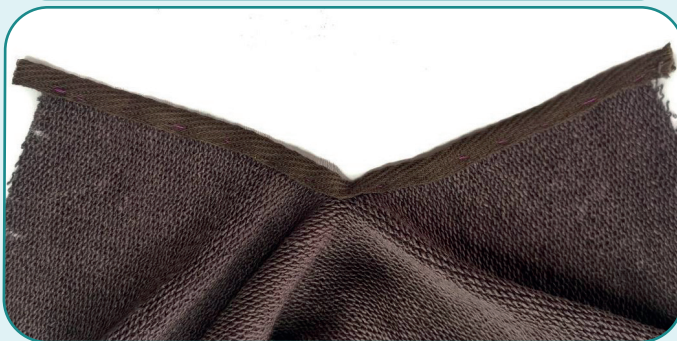
Transfer the marking for the sleeve split from the pattern. Cut the sleeve along the marking line.



31

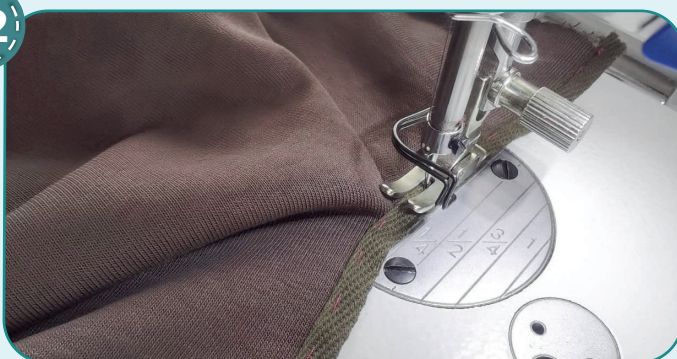


Place the split forming a straight line. Insert the split edges into the twilled ribbon, folded in half. Pin or hand-baste the twilled ribbon. The split top point should be 1-2 mm (1/16") away from the twilled ribbon edges.



**NOTE:** the split can be also hemmed with a piece of bias binding made from single jersey of matching color.

32



2-2,5

Working from the right side, stitch the twilled ribbon 1 mm (1/16") in from the edge. Make sure, no creases are formed, and the twilled ribbon is evenly stitched. Remove the basting stitches and press.



33



2-2,5

Fold the split in half, with right sides together and sew a straight stitch across the split top point as if it were a dart.



34



Tuck the split upper edge (the further from the sleeve side edge), press and topstitch along the lower edge 5 mm (3/16") in from the edge. Press the split lower edge (it will be used as an allowance for the fastener).





35



Make the pleats along the marking transferred from the pattern. Face the pleat folds towards the split. Pin them and then stitch 5 mm (3/16") in from the edge to secure. Repeat the process for the opposite sleeve (steps 30-35).

36

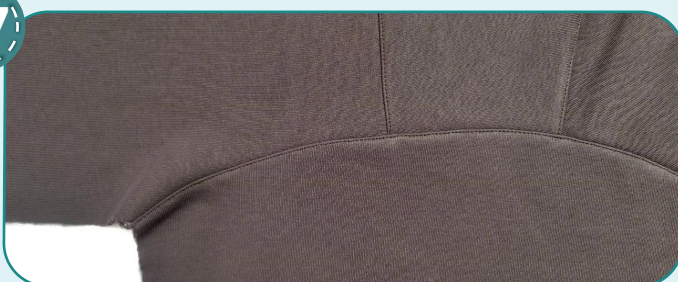


4  2,5-3,5  7

Pin the sleeve to the garment armhole with right sides together. Align the corresponding marks and the shoulder point with the shoulder seam. Pin or baste along the sleeve cap. Serge the sleeve into the armhole. Stitch from the sleeve side. Make sure, no creases are formed along

the sleeve cap. Press the seam allowances flat towards the sleeve.

37

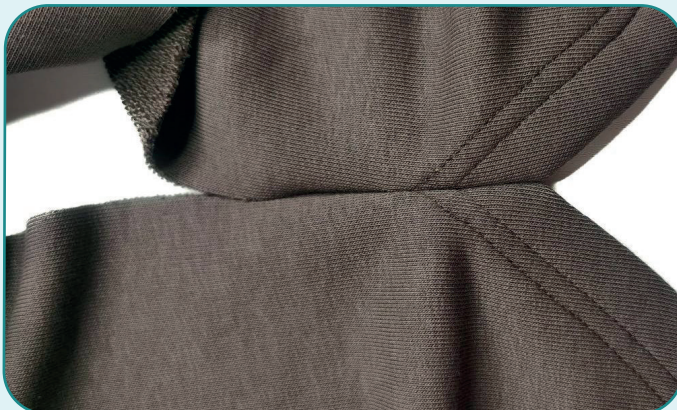


  2,5-3 

Stitch the seam allowances onto the sleeve 1 mm (1/16") away for the attaching seam. Press them. Repeat the process for the other sleeve (steps 36 - 37).



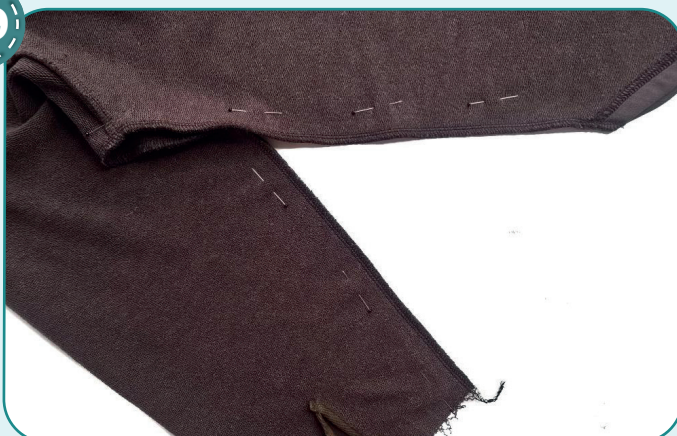
38



2-2,5

With right sides together, pin the shirt pieces along the side seams aligning the marks. Stitch about 30 mm (1 3/16") of the side seam bottom end to affix the lower edges.

39



2,5-3,5

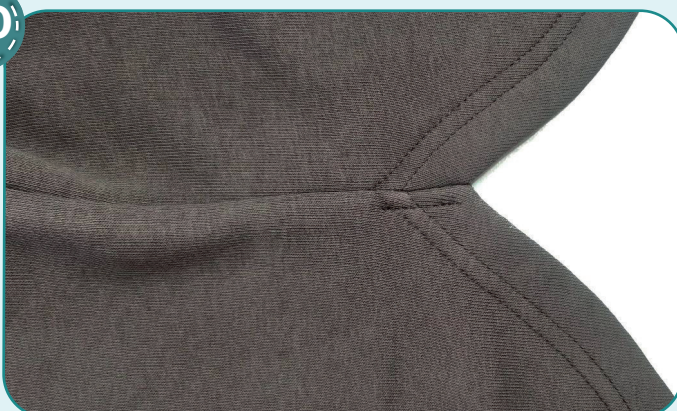


7

Serge the side seams. Use a hook or needle with a big eye to hide the thread tails into the seam. Press the seam allowances flat towards the front.

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

40

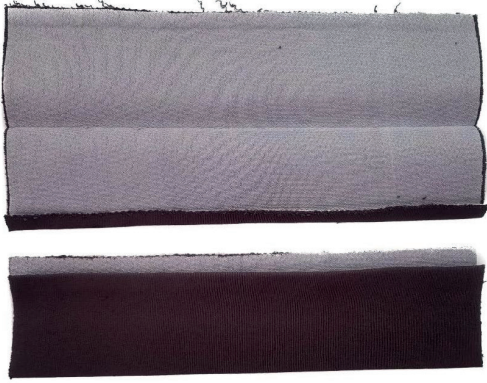


2,5-3

To affix the seam allowance, stitch along the side seam about 20 mm (13/16").



41



Press the cuffs in half, lengthways. Press one long edge seam allowance towards the wrong side at 10 mm (3/8").

42



Pin the cuff to the sleeve with right sides together (with unpressed edge), aligning the mark with the side seam. Stitch it 10 mm (3/8") in from the edge. Trim the cuff seam allowance to 3-4 mm (1/8"). Press the seam allowances towards the cuff.

43



Fold the cuff in half, right sides together. Pin the short edges. Stitch the short edges 10 mm (3/8") in from the edge.

44



Trim the cuff seam allowances from the right side to 3-4 mm (1/8"). Clip the corners.

45



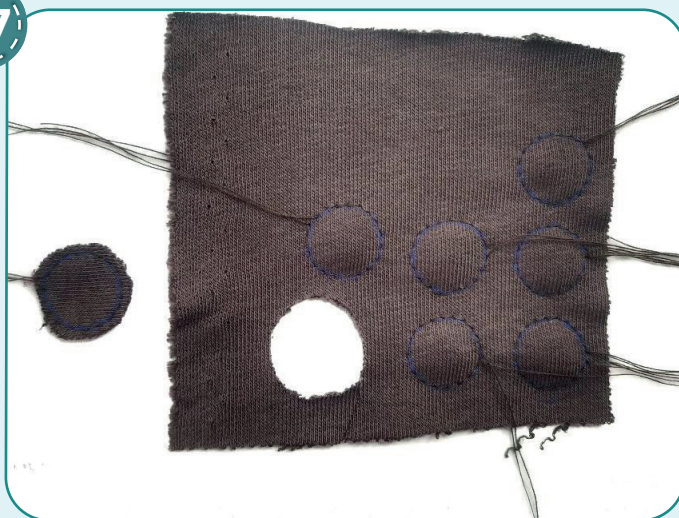
Turn the cuff out and press it. Hand-baste the cuff raw edge with a blind stitch, overlapping the seam line. Repeat the process for the other sleeve (steps 42-45).

46



Draw circles on scrap of french terry with a diameter slightly larger than the diameter of the snap buttons. Draw circles Ø15 mm (9/16") for snap buttons Ø12,5 mm (1/2") on the fabric.

47



Stitch a gather thread around the edge leaving the thread tails about 50 mm (2") long. Then cut out circles 15 mm (9/16") from the stitching carefully, but avoid cutting the thread tails.

48



Place the snap button top on a circle of fabric and tighten, pulling the upper thread tails at the same time, tie the tails together with a few knots. Then tie the bottom thread tails to each other with a few knots. Trim the thread tails. Slightly tighten the fabric by hand with a needle and thread.

49



Transfer the marking for the snap buttons onto the fronts and the cuffs. Punch 1-2 mm (1/16") holes with a Hole Punch or scissors. Attach the snap buttons with a press.



50

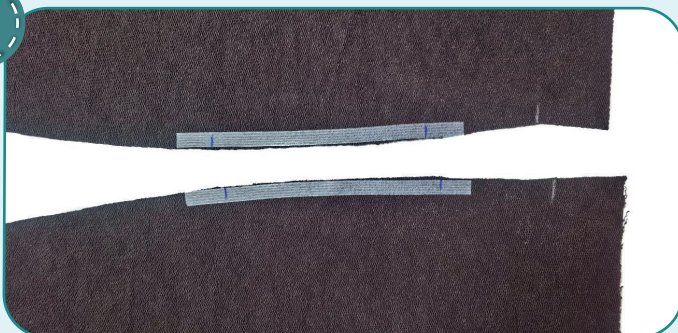


Remove the basting stitches, trim, and hide the thread tails and press the garment once again. The shirt is ready!

# Pants construction

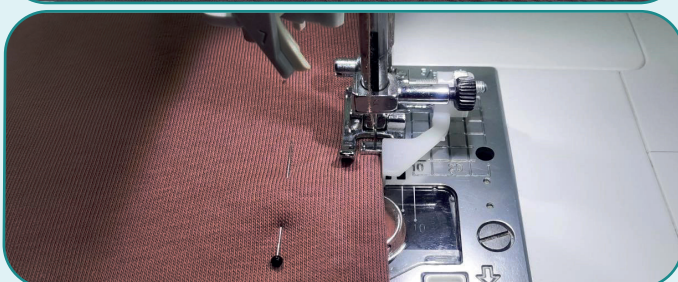


1



Duplicate the pocket openings on the fronts and the backs with kantenband.

2



2,5-3

With wrong side inside, fold the pant front pieces along the marking and press the center creases. Pin the pant legs along the center creases. Topstitch them along the fold 2 mm (1/16") away from the edge. It is more convenient to use a blind stitch presser foot. Press it.

3



When the front part is unfolded, you should get center crease like this.

4



2,5-3

With right sides together, pin the pocket lining to the pants front along the pocket opening between the marks. Stitch them 8 mm (5/16") in from the edge.



## PANTS CONSTRUCTION

5



Slash the corners leaving 1 mm (1/16") before the stitching.

6



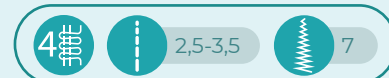
Stitch the seam allowances onto the lining 1 mm (1/16") away from the attaching seam. Press it.

7



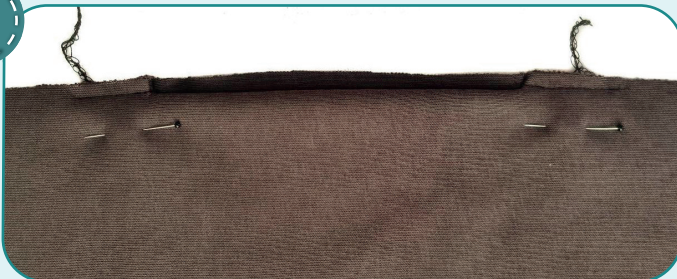
Press the pocket opening forming a roll towards the lining.

8



Pin both pocket linings with right sides together. Serge them. Press them.

9



Reinforce the pocket bag above and below the pocket opening, stitching 7 mm (1/4") away from the edge. Repeat the process for the opposite pocket (steps 4-9).

10



Place the pant front and back panels along the side edge, right side inside. Serge them. Care the pocket opening is not caught into the stitching. Press the seams flat towards the pants back. Repeat the process for the other pant leg.



## PANTS CONSTRUCTION

11



2,5-3

Bar tack the pocket opening at both ends with two cross stitches. Start stitching exactly at the pocket opening ends. The bar tacks are 7-10 mm (1/4 - 3/8") long.

12



2,5-3,5



7

Place the pant front and back panels along the inseam, right side inside. Serge them. Press the seam allowances towards the front. Repeat the process for the other pant leg.

13



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 towards the right.

14



2,5-3

Cut the elastic 50 mm (2") wide and the length, indicated on the pants front paper pattern. Stitch the elastic in a ring with a straight or zigzag stitch.

15



Divide the elastic in quarters. Align the marks with the pants crotch seam and the side seams and pin the elastic to the garment wrong side. To avoid bulk, do not align the elastic and waistband seams.



16



4#

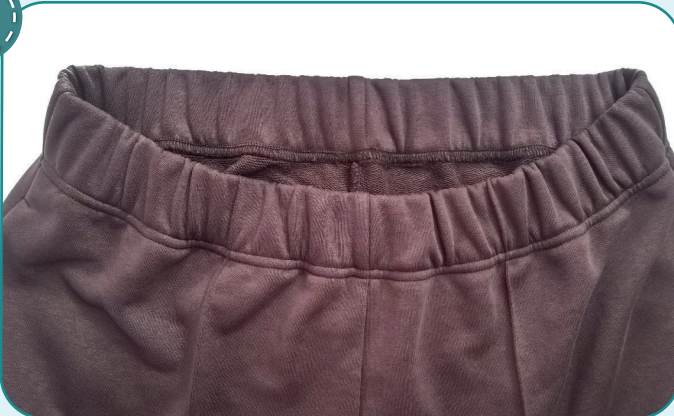
2,5-3,5

7

Evenly stretching the elastic, serge it to the garment.



17



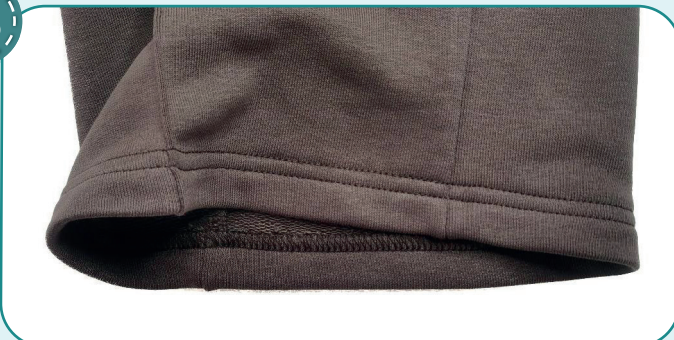
2,5-3

5,6

Tuck the waistband inside to the elastic width and coverstitch, stretching the elastic evenly.

**NOTE:** it is recommended to try it on, check the fit, length and ease. When fitting, consider the lower hem width. Make sure, the waistband is comfortable to wear.

18



2,5-3

5,6

Fold the pant lower hems to the wrong side by 20 mm (13/16") and press them. You can hand-baste the edge. 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

## Set from sweatshirt loop back fabric

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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