

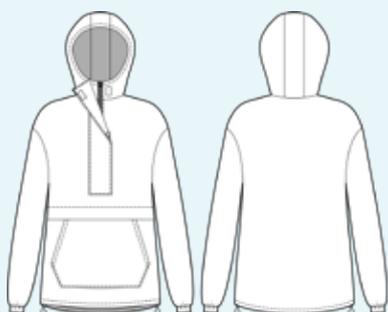
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions  
for sewing

## Anorak

#патыкова\_анорак



Skill level



# Materials and notions



- softshell fabric
- lining fabric (mesh)
- closed-end zipper
- Velcro tape (Velcro) 3 cm (1 3/16") wide and 13,5 cm (5 5/16") long
- elastic 30 mm (1 3/16") wide
- elastic cord 3 mm (1/8")
- 2 holes stopper - 2 pcs. (or 4 pcs. for a children's anorak)
- eyelets 4-6 mm (1/8-1/4") - 4 pcs. (or 8 pcs. for children's anorak)
- matching thread
- 80-90 Universal, 80-90 Microtex 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.

If the fabric contains cotton, then the piece of the fabric must be sanforized: steam iron it through the pressing cloth

(a piece of cotton fabric). Select the temperature mode using a scrap of the main fabric.

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

### ANORAK PIECES:



1. front - cut 1 on the fold (softshell fabric)
2. back - cut 1 on the fold (softshell fabric)
3. sleeve - cut 2 (softshell fabric)
4. hood - cut 2 (softshell fabric)
5. hood center - cut 1 on the fold (softshell fabric)
6. hood facing - cut 2 (softshell fabric)
7. patch pocket - cut 1 on the fold (softshell fabric)
8. front facing - cut 2 (softshell fabric)
9. back neck facing - cut 1 on the fold (softshell fabric)
10. storm flap - cut 1 (softshell fabric)
11. hood center - cut 1 on the fold (lining fabric)
12. hood - cut 2 (lining fabric)

**NOTE:** If the lining fabric frays, it can be cut with pinking shears.



## 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.



# Anorak construction



**NOTE:** softshell fabric is not recommended to be exposed to high temperatures to avoid property loss, so do not use WTO when sewing. You can finish the edges with a serger, as it was done in this garment, or leave them as they are. You can also use pinking shears instead. Try to avoid ripping, because puncture marks can occur on the softshell. It would be better to avoid basting as well. You can use sewing clips as an alternative to hand-basting. If you can not avoid hand-basting, hand-baste then leaving 1-2 mm (1/16") away from the seam (closer to the edge). To choose a better needle, check them on the scrap of fabric before you start.

1



Finish the pocket openings with serger.

2



Fold the pocket opening edges at 25 mm (1") and affix them with sewing clips. Stitch them 20 mm (13/16") in from the edge.

3



Transfer the marking for the pocket from the pattern onto the front right side. Draw a line below the pocket upper attaching line 10 mm (3/8") away from it.

## ANORAK CONSTRUCTION



4



Turn the pocket upside down, align the pocket upper edge with the low line and pin it with its right side to the front. Mark the line 10 mm (3/8") away from the pocket upper edge.

5



Stitch the pocket along the marking line.

6



Tuck the pocket lower and side edges to the wrong side at 10 mm (3/8"). Pin the pocket, aligning its sides with the marking line.

7



Topstitch the pocket along the side and lower edges 1 mm (1/16") in from the edge.



## ANORAK CONSTRUCTION



8



2,5-3

Topstitch the pocket along the upper attaching seam 1 mm (1/16") in from the edge.

9



Transfer the marking line for stitching the placket onto the front right side. Fold along the fold line and affix with sewing clips.

10



2,5-3

Stitch the placket along the marking.

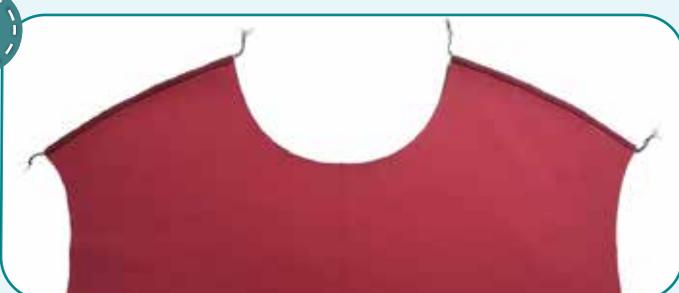
11



2,5-3

Bend the placket down and affix it stitching along the side seams 5 mm (3/16") in from the edge.

12



3-4

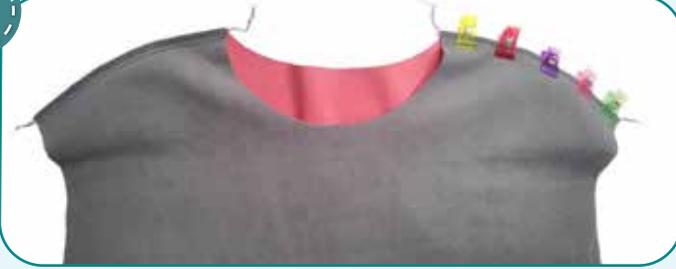


7

Finish the front shoulder edges with serger.

## ANORAK CONSTRUCTION

13



Pin the front and the back along the shoulder edges with right sides together. Stitch them 10 mm (3/8") away from the edge.

14



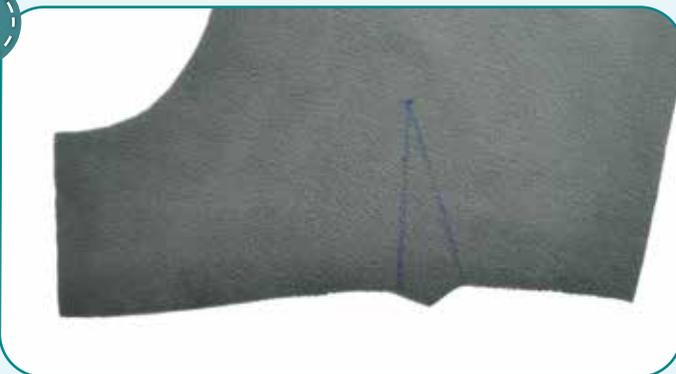
Trim the seam allowances of the back shoulder seams to 4 mm (1/8") to avoid bulk.

15



Topstitch the shoulder seams onto the back. Stitch on 7 mm (1/4") in from the attaching seam.

16



Transfer the marking for the darts onto the hood pieces wrong side.

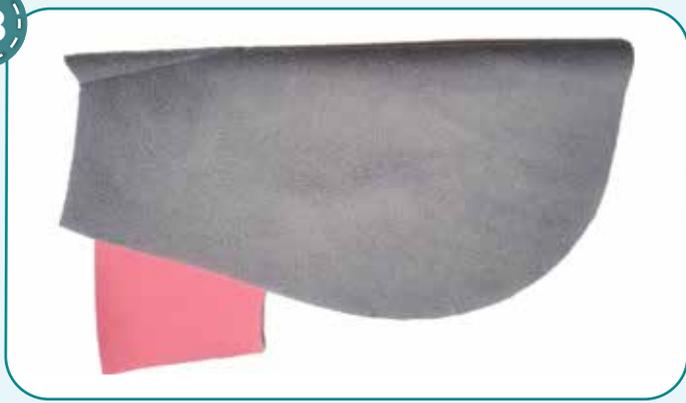
17



Pin or hand-baste the darts carefully aligning their sides.



18







2,5-3

Stitch the darts along the marking.

19







2,5-3

With right sides together, pin the hood and the hood center pieces, aligning the marks. Stitch the pieces 10 mm (3/8") in from the edge. Repeat the process for the opposite hood piece.

20



Trim the hood center seam allowances to 4 mm (1/8").

21







2,5-3

Stitch on the seam allowances onto the hood center piece. Stitch on 7 mm (1/4") in from the attaching seam.



22



Stitch the hood facing pieces along the upper edge with right sides together. Stitch them 10 mm (3/8") away from the edge.

23



Place the seam allowances in different directions and edgestitch along both sides of the seam 1 mm (1/16") away from it.

24



Trim the seam allowances to 3-4 mm (1/8").

25



With right sides together, pin the hood lining and hood lining center pieces, aligning the marks. Stitch the pieces 10 mm (3/8") in from the edge. Press the seam allowances towards the hood lining center piece. Repeat the process for the opposite hood lining piece.

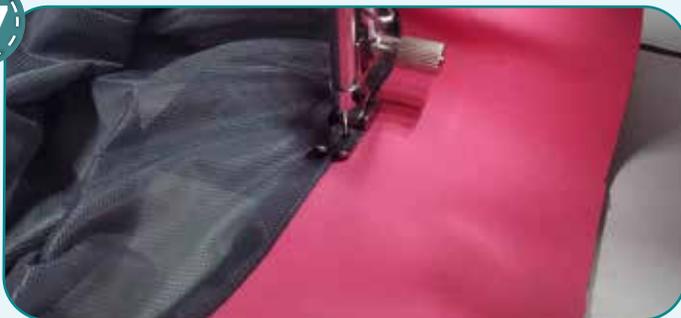
26



Pin the hood lining to the hood facing, right sides together. Stitch them 10 mm (3/8") in from the edge. Press the seam allowances towards the lining.



27



2,5-3

Topstitch the facing seam allowance onto the lining 1 mm (1/16") in from the edge.



28



Cut a strip of lining fabric 30 mm (1 3/16") wide and 100 mm (4") long to make a loop.

29



2,5-3

Fold the loop in half and tuck it, wrong side inside, pin and topstitch 1 mm (1/16") in from the edge.

30



2,5-3

Working from the right side, pin the loop to the back neck facing center. Stitch the loop strip 7 mm (1/4") in from the edge.

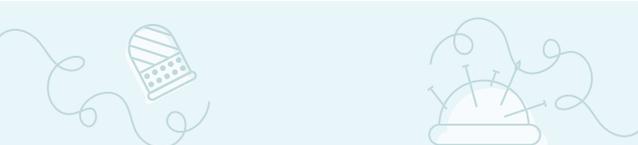
31



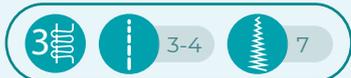
3-3,5

Stitch the back neck facing and the front facings along the shoulder seams with right sides together. Stitch them 10 mm (3/8") away from the edge.





32



Finish the front facings and the back neck facing outer edges with serger. Place the shoulder seam allowances into different directions.

33



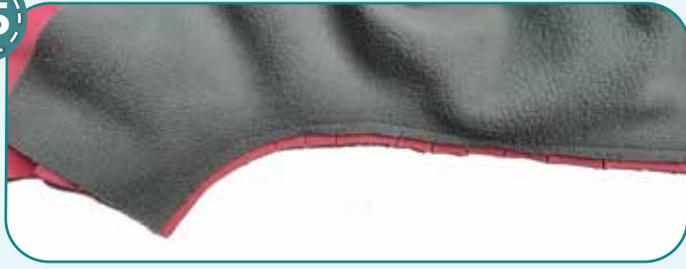
Stitch the hood lining to the back neck facing and the front facings with right sides together aligning the seams and the centers. Stitch 7 mm (1/4") in from the edge.

34



Pin the hood and the hood lining with right sides together, aligning the marks. Stitch them along the outer edge 10 mm (3/8") in from the edge.

35



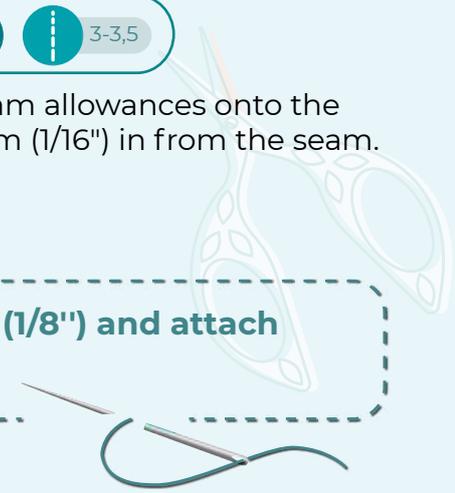
Trim the hood seam allowance along the seam to 3-4 mm (1/8"). Slash the curves every 10 - 20 mm (3/9-13/16"), leaving 1 mm (1/16") before the stitching. Turn the hood out to the right side.

36



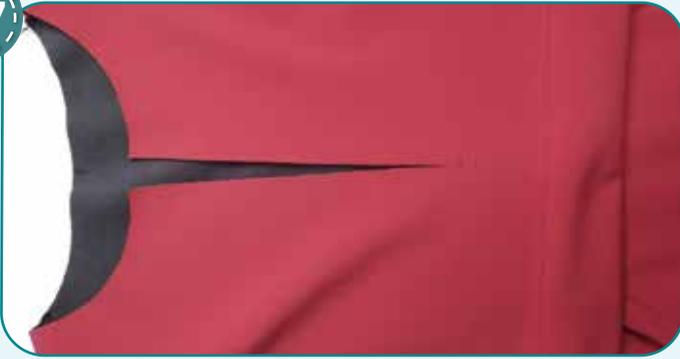
Stitch up the seam allowances onto the hood facing 1 mm (1/16") in from the seam.

**NOTE:** For children's anorak: punch holes for eyelets 3 mm (1/8") and attach them, focusing on the marking.





37



Cut the front along the marking at the front center, leaving 15 mm (9/16") before the zipper bottom stop mark.

38







2,5-3

Pin the hood to the garment neckline with right sides together, aligning the marks. Stitch it 10 mm (3/8") in from the edge.

39



Measure the required length of the zipper. Pin the zipper with the mark to the mark of zipper bottom stop on the front. Place the zipper upside down with its right side to the front right side. Transfer the marking for the seam onto the zipper. The width of this marking should be half the zipper width. In this case, the zipper is 30 mm (1 3/16") wide and the marking is 15 mm (9/16") wide.

40







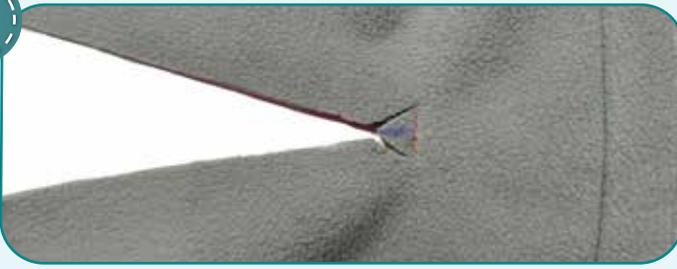
2,5-3

Stitch exactly atop the marking. Turn the hand wheel of sewing machine by hand to avoid breaking the needle.





41



Slash into the corners at the end of the split, leaving 1 mm (1/16") before the ends of the seam. Trim the zipper tail to 10 mm (3/8").

42



Pin or baste one zipper tape to the split with right sides together. Place the zipper to sit accurately without waving and pulling the fabric. Tuck the top of the zipper tape and place the zipper top stop 1 mm (1/16") below the hoods attaching seam. Stitch the zipper in place with a unilateral zipper presser foot 7 mm (1/4") in from the edge. Finish stitching exactly at the end of the cross seam. 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.



43



Zip up and mark the place for the hood attaching seam on the other zipper tape.

44



Baste in place the other side of the zipper. Very accurately align the mark on the zipper with the hood attaching seam. Stitch the zipper in place with the unilateral zipper presser foot 7 mm (1/4") in from the edge in the same way as you stitched the first zipper tape. Start stitching exactly at the cross seam.

## ANORAK CONSTRUCTION



45



Zip up, make sure that the hood attaching seams match, the zipper is flat, not in waves.

46



Pin the front facing to the front center edge with right sides together. Align the hood and hood lining attaching seams (place the seam allowances into different directions). Stitch them 7 mm (1/4") in from the edge. Work from the front, stitching exactly atop the zipper attaching seam. Repeat the process for the opposite front facing.

47



Trim the seam allowances to 3 mm (1/8"). Trim the corners leaving 1 mm (1/16") before the stitching.

**NOTE:** For children's anorak: Thread the elastic cord with the length indicated on the pattern into the eyelets and 2 holes stoppers. Hand stitch the ends to affix it to the zipper attaching seam allowances (10 mm (3/8") below the hood upper edge).

48



Pin the seam allowances of the garment neckline with back and front facings neckline.

49



Stitch them 7 mm (1/4") in from the edge. Stitch at the beginning and the end of the seam as close to the zipper as possible.



50



Slash along the neckline every 20 mm (13/16") leaving 1 mm (1/16") before the seam.

51



Smooth the back neck facing and place it to the back aligning the shoulder seams.

52



Stitch the neck facing onto the back from one shoulder seam to the other. Stitch them 7 mm (1/4") away from the facing edge.



53



Stitch along the zipper and the hood outer edge. Start from the zipper bottom stop and stitch 1 mm (1/16") away from the zipper attaching seam and stitch along the hood edge 20 mm (13/16") away from it.



54



Transfer the marking for the storm flap to place to the right side of the zipper (10 mm or 3/18" to the right of the zipper attaching seam).

**NOTE:** transfer the marking for the storm flap to place to the left of the zipper on the anorak for men.



55



Transfer the marking for the Velcro onto the storm flap right side. Pay attention to where the marking is: it should coincide with the markings on the front right side of the paper pattern. Cut the Velcro fuzzy loop strip into 2 pieces 10x40 mm (3/8 x 1 9/16"). To prevent the Velcro from shifting during stitching, it can be pinned or glued with a pencil glue.

56



Stitch the Velcro tape on the flap right side 1 mm (1/16") in from the edge.

57



With right side inside, place the storm flap in half, along the long edges. Stitch the side edges 10 mm (3/8") in from the edge.

58



Trim the corners and one of seam allowances to 4 mm (1/8"). Turn the storm flap to the right side.





59



Topstitch the storm flap along the perimeter, but leave the lower edge free, 7 mm (1/4") in from the edge. Finish stitching along the fold, leaving 7 mm (1/4") before the lower edge.

60



With right sides together, place the storm flap free edge to the marking on the front. Pin it.



61



Stitch the storm flap 10 mm (3/8") in from the edge.

62



Trim the storm flap seam allowances to 3-4 mm (1/8").

63



Cover the zipper with the storm flap. Topstitch the storm flap 7 mm (1/4") away from the attaching seam.



## ANORAK CONSTRUCTION

64



Carefully unbend the storm flap edge, draw the marks for the Velcro tape, focusing on the Velcro tape on the storm flap.

65



Cut the Velcro scratchy hook strip into 2 pieces 10x40 mm (3/8 x 1 9/16"). Stitch them onto the left front right side with straight seams 1 mm (1/16") in from the edge.

**NOTE:** stitch the Velcro scratchy loop strip onto the right front in the men's garment.

66



Affix the storm flap lower edge with a straight stitch. Stitch 7 mm (1/4") in from the edge. The end of the stitching should coincide with the end of the storm flap stitching. Check to have the front facing edges caught in the seam and lie flat on the wrong side.

67



Finish the sleeve cap with serger.

68



With right sides together, pin the sleeve into the armhole, aligning the marks. Stitch it in place 10 mm (3/8") in from the edge.

## ANORAK CONSTRUCTION



69



Trim the armscye seam allowances to 4 mm (1/8").

70



Press the seam allowances towards the front and the back. Stitch it up 7 mm (1/4") away from the attaching seam. Repeat the process for the other sleeve (steps 67-70).

71



Finish the side edges of the sleeves, the front, and the back with serger. Finish the front and the back lower edges with serger.

72



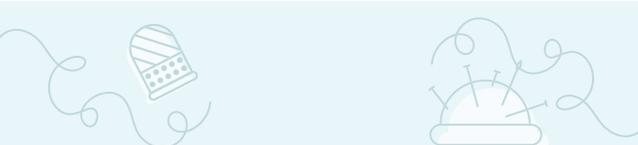
Pin the back with the front and the sleeve along the side seam with right side inside. Stitch the pieces 10 mm (3/8") in from the edge. Repeat the process for the opposite side seam.

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

73



Punch 3 mm (1/8") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.



74






 1,5
  3-4

Cut the elastic cord with length indicated on the back paper pattern. Pass it through the eyelets and 2 holes stoppers as it is shown in the photo. Stitch the elastic cord in a ring having placed its ends (about 30 mm or 1 3/16") together facing each other.

75



Fold the garment lower hem to the wrong side at 30 mm (1 3/16") and affix it with sewing clips. Place the elastic cord inside the garment folded lower hem.

76






 2,5-3

Stitch the garment lower hem 25 mm (1") in from the edge.

77






 2,5-3

Make a blank for fixing the elastic cord in the same way as the loop was done (steps 28-29).

78






 2,5-3

Wrap the strip made around the elastic cord and stitch it to the side seam 2 cm (13/16") above the folded lower hem. Trim excess fabric. Repeat the process for attaching the other strip to the opposite side seam.



79



2,5-3

Cut the elastic width and length indicated on the sleeve pattern. Sew the elastic in a ring, with a straight or a zig-zag stitch.

80



2,5-3,5



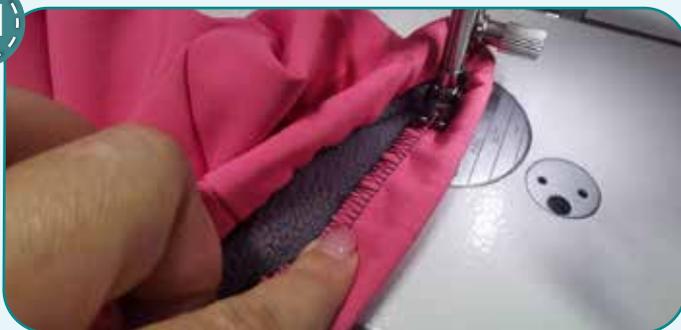
7

Place the elastic to the sleeve wrong side. To avoid bulk, do not align the sleeve side seam and the elastic attaching seam. Serge the elastic, evenly stretching it.



**NOTE:** the elastic should be 30 mm (1 3/16") wide and serged to the sleeve. But if you are not sure what length of the elastic to take, or afraid that it is too thick to serge, use elastic 25 mm (1") wide. In this case, tuck the sleeve without elastic leaving an opening for it, then pass the elastic through and stitch it in a ring.

81



2,5-3

Tuck the sleeve edge inside with the elastic width and stitch it along the serged seam 3 mm (1/8") in from the edge.





82



Remove the basting stitches, trim, hide the thread tails. The anorak is ready!



ELINA PATYKOVA

ПРО ШИТЬЕ

## Anorak

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

