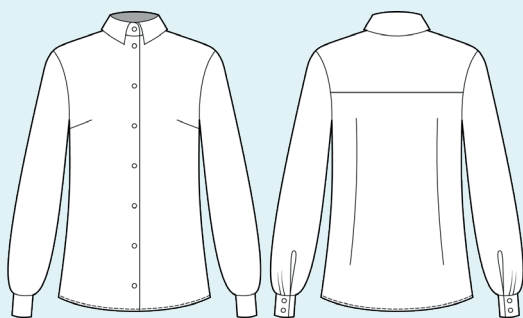


ELINA PATYKOVA  
ВЫКРОЙКИ

Instructions  
for sewing

## Office Blouse

#патыкова\_офис



Skill level



# Materials and notions



- stretch rayon
- fusible interfacing
- buttons 10-15 mm (3/8-9/16") - 12 pcs.
- matching thread
- Microtex 70 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.

## HOW TO SEW STRETCH RAYON

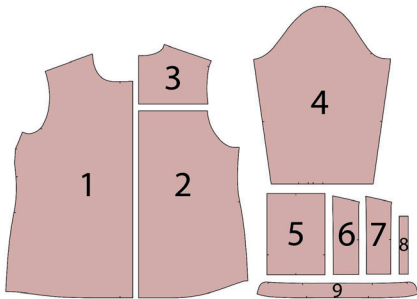
The fabric should be prewashed before the cutting in warm water (30°C). You can either hand-wash it or use a delicate mode on your washing machine. To keep the fabric soft and smooth, use softener during the wash. Do not wring or squeeze the fabric. Dry the fabric as it is, without overheating or using a clothes dryer. Iron the material at low temperatures; if the iron has a mode "Silk", use it. You can use a steam iron as well.

For easier cutting, it is better to place the

piece of fabric on a bedspread or a wool blanket, so the fabric does not slip. First, fix the fabric with weights, then use pins for it (as many as possible). Pin along the seam allowances not to leave holes on the fabric. For fully duplicated pieces: duplicate the necessary square of cloth and only then cut the pieces. First, try to duplicate the scraps of fabric to see if there are glue spots on the fabric right side.

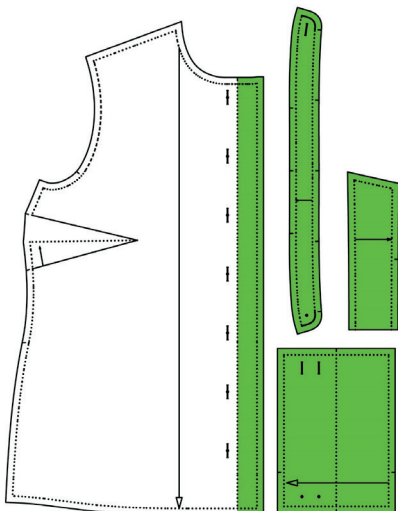
Hand-baste with a fine needle using fine thread before each step.

## Now you have



### BLOUSE PIECES:

1. front – cut 2
2. back – cut 1 on the fold
3. back yoke – cut 2 on the fold
4. sleeve – cut 2
5. cuff – cut 2
6. under collar – cut 1 on the fold
7. upper collar – cut 1 on the fold
8. sleeve bias strip – cut 2
9. collar stand – cut 2



### PIECES TO INTERFACE:

- Green - fusible interfacing
  - cuffs
  - collar stand
  - under collar
  - front plackets

# 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.





# Blouse construction

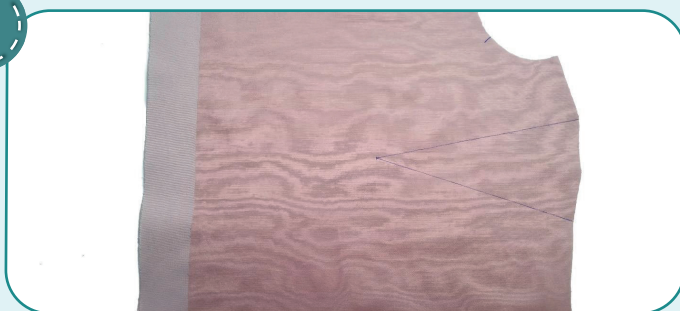


1



Duplicate the cuffs, stand collars, under collar and front plackets.

2



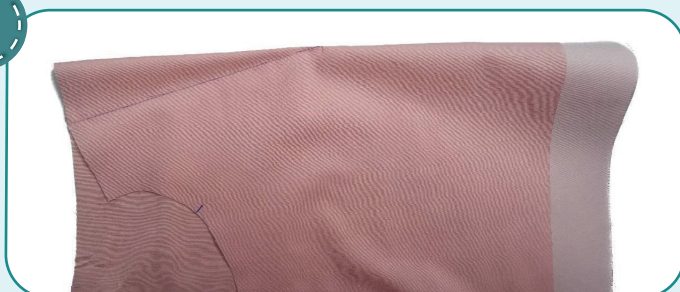
Transfer the darts marking onto the front wrong side.

3



Baste the darts, evenly aligning their sides.

4



Stitch the darts along the marking line. Press the darts upwards.

5



Mark the darts on the back wrong side.

## BLOUSE CONSTRUCTION

6



2,5-3

Baste the darts, evenly aligning their sides. Stitch the darts along the marking line. Press the darts towards the center.

7



2,5-3

Place the back yoke pieces with right sides together. Sandwich the back piece between them, align the yoke lower edges and the back upper edge. Stitch them 10 mm (3/8") in from the edge. Press both yoke pieces upwards.

8



Place the back, facing up. Pin the upper yoke and the fronts along the shoulder edges with right sides together.

9



Roll up the back and the fronts to place them onto the upper yoke. Place the under yoke down.

10



2,5-3

Pin the shoulder edges of the yokes and the fronts with right sides together placing the rest of the fronts between the pieces. The back and the fronts should be inside, between the yokes. Stitch the

shoulder edges 10 mm (3/8") in from the edge. Turn the garment out through one of the armholes. Press the seams.



## BLOUSE CONSTRUCTION

11



2,5-3

Edgestitch the yokes 1 mm (1/16") away from the attaching seams with the fronts and the back. Press it.

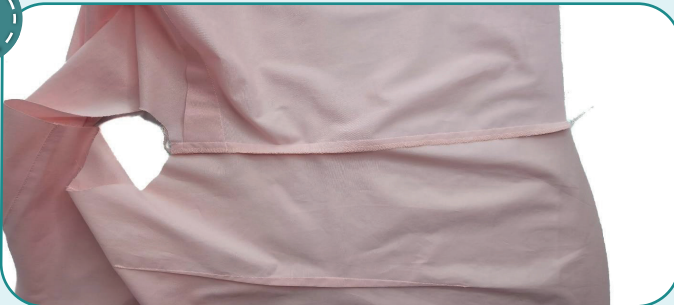
12



2,5-3

Pin the back and the fronts along the side edges with right sides together. Stitch them 10 mm (3/8") in from the edge.

13



3-4

7

Finish the side edges together with a serger. Press the seam allowances towards the back.

14

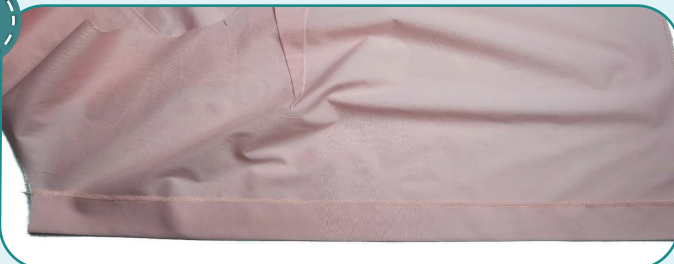


3-4

7

Finish the center and lower edges of the blouse with a serger. Press them.

15



Press out the front plackets to the wrong side along the marking.

16



2,5-3

Fold the placket onto the right side. Pin the garment lower hem and the placket lower hem with right sides together. Stitch them 10 mm (3/8") away from the garment lower hem.



17



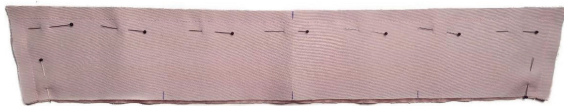
Trim the seam allowance corners. Turn the placket out and press it. Repeat the process for the other side (steps 16-17).

18



Sew up the blouse lower hem at 10 mm (3/8"). Press it. Topstitch the garment lower hem 7 mm (1/4") in from the edge. Press it.

19



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

20



Trim the seam allowance corners.

21



Turn the collar out and smooth the corners. Press it forming a roll towards the under collar. Edgestitch along the collar 1 mm (1/16") in from the edge. Press it again.

22



Press and sew up the lower seam allowance of one of the stand collar pieces towards the wrong side. This will be an inner collar stand piece.



23



2,5-3

Working from the under collar, pin the outer collar stand right side to the collar. Align the edges of the under and upper collars, but do not care that the upper collar is slightly bigger than under collar. You need this to have the collar look good in the finished garment. Stitch the seam 10 mm (3/8") in from the edge.



24



1,5

Working from the upper collar, pin the inner collar stand right side to the collar. Working from the outer collar stand, stitch the collar and the collar stand 10 mm (3/8") in from the edge. Stitch exactly atop the previous seam. Draw the marking beforehand using a pattern as a

template to have the same curved edges.

25



Clip the curved edges with V-shapes every 3 mm (1/8") leaving 1 mm (1/16") before the seam. Turn the collar stand out to the right side and press it.

26



Draw a line on the outer collar stand along the inner collar stand lower edge.

27

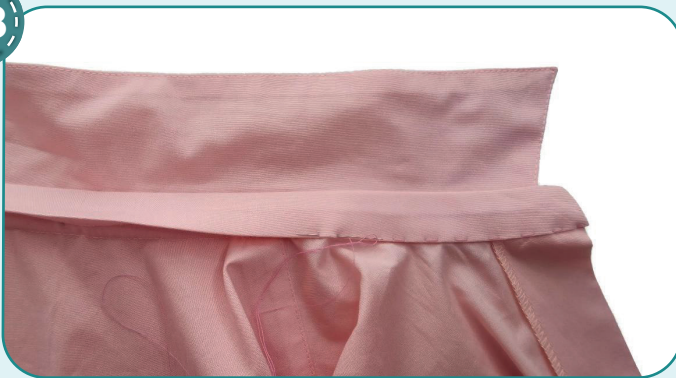


1,5-2

With right sides together, pin the outer collar stand to the garment neckline, aligning the marks. Stitch the pieces, working on the stand collar side, slightly to the left of the drawn line. Press the seam allowances towards the stand collar.

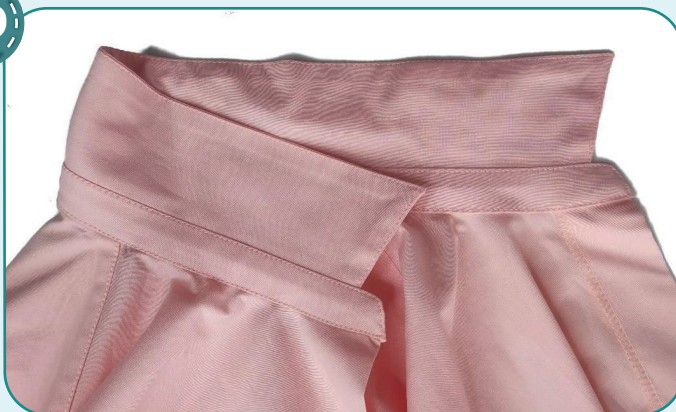


28



Hand-baste the inner collar stand to the neckline to have its edge overlapping the attaching seam.

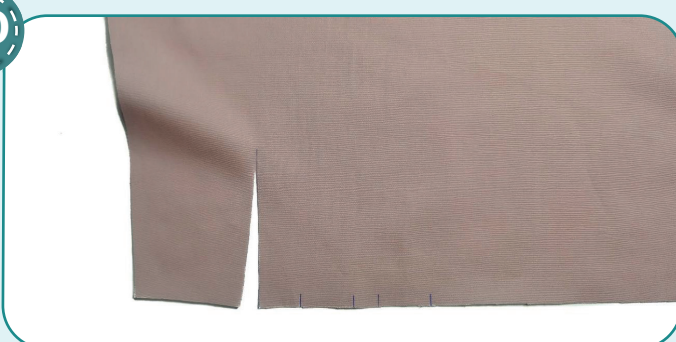
29



2,5-3

Edgestitch the collar stand all around the perimeter 1 mm (1/16") in from the edge. Make sure the inner stand collar is also evenly stitched along the perimeter. Remove the basting stitches and press it.

30



Transfer the marking for the sleeve split from the paper pattern onto the sleeve right side. Cut the split along the marking.



31



1,5-2

Open the split out into a straight line. Pin the bias strip along the sleeve split with right sides together. Place the split top point 4 mm (1/8") away from the bias strip edge. Stitch the bias strip 5 mm (3/16") away from the edge. Stitch from the sleeve side not to form the creases. Press the seam allowances onto the bias strip.

32



Wrap the strip, edge turned under to the wrong side around the seam allowance. Hand-stitch it with fine stitches to have the bias strip covering the stitching. Press it.

33



2,5-3

Stitch it from the right side 1 mm (1/16") in from the edge. Make sure that the bias strip is stitched on the wrong side as evenly as on the right side. Remove the basting stitches and press it.

34



2,5-3

Fold the split in half with right side inside and stitch a straight seam across the split top.

35



Tuck the split bias strip (the one further from the sleeve side edge) inside and press it. Press the bias strip of the split back edge. The edge also becomes an extension for the fastener.

36



2,5-3

Fold the pleats in the direction of the sleeve opening according to the marks, transferred from the pattern. Pin them and then affix them with straight stitching 5 mm (3/16") away from the edge.

37



2,5-3

Pin the sleeve along the side edges with right side inside. Stitch them 10 mm (3/8") from the edge.

38



3-4



7

Finish the edges with a 3-thread serger stitch. Press the seam allowances towards the front.

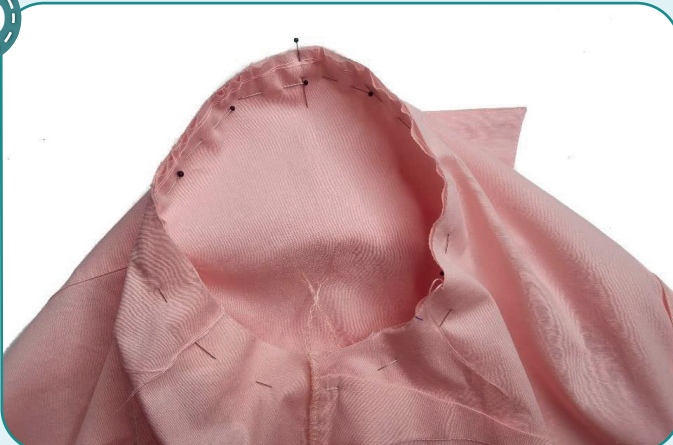
39



4-5

Around the sleeve cap, work two rows of long stitches 6 mm (1/4") and 4 mm (1/8") in from the edge. Set maximum stitch length at 4-5 mm (1/8"-3/16"), do not backstitch and leave the thread tails at least 3 cm (1 3/16") long at both sides of the seams.

40



Baste or pin the sleeve to the garment armhole, right sides together. Align the side seams and the marks. Now we see some excess fabric along the sleeve head edge. Pull up the gathers to make the sleeve cap fit the armhole. To do it, use the thread tails of two rows of long stitches along the sleeve cap. Tie the thread tails. Evenly spread the folds along the sleeve cap, so that no crease marks are formed. Baste along the sleeve cap.



41



2,5-3

Stitch the sleeve into the armhole around the edge 10 mm (3/8") in from the edge. Stitch from the sleeve side, caring there aren't folds formed along the sleeve cap.

42



3-4



7

Finish the seam allowances with a serger. The seam is pressed on the edge. Repeat the process for the other sleeve (steps 30-42).

43



Press the cuff long edges seam allowance at 10 mm (3/8") to the wrong side. Then press it in half.

44



2-2,5

Pin the cuff to the sleeve lower hem with right sides together. Stitch them 10 mm (3/8") away from the edge. Press the seam allowances towards the cuff.

45



2-2,5

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



46



Trim the seam allowance corners.

47



Turn the cuff out and press it. Hand-baste the cuff other long edge to have it overlapping the attaching seam. Working from the right side, edgestitch the cuff all around the perimeter 1 mm (1/16") away from the edge. Make sure that the cuff inside is also evenly stitched all along the

perimeter. Remove the basting stitches and press it. Repeat the process for the opposite cuff (steps 43-47).

48



Transfer the marks for the buttonholes from the pattern onto the right front and the cuffs. Use the buttonholing foot to sew buttonholes to the size of the buttons prepared. Carefully cut the buttonholes with the seam ripper but avoid cutting the stitching threads. Press it. Transfer the marking for the buttons onto the left front and cuffs. Hand stitch or machine the buttons.

49



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





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## Office Blouse

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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