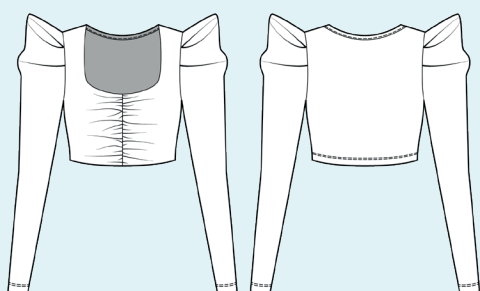


ELINA PATYKOVA
ВЫКРОЙКИ

Instructions
for sewing

Long-sleeve shirt Soul

#патыкова_soul



Skill level



Materials and notions



- cotton lycra jersey
- tulle
- Silicone tape 4-6 mm (3/16-1/4") wide - 40 cm (1 9/16") long
- matching thread
- Super Stretch 70-80 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, fit of the garment and save time.



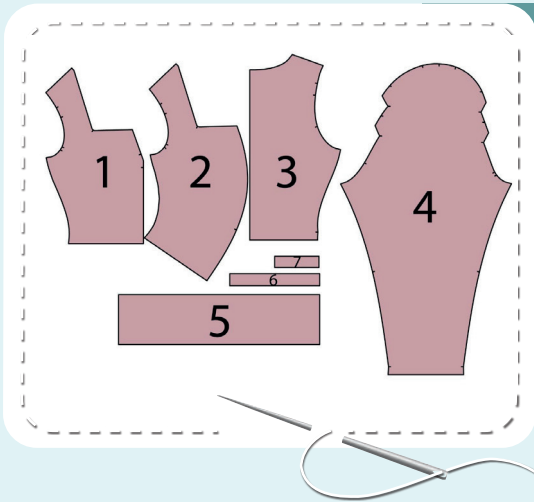
To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when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



Now you have



LONG SLEEVE SHIRT PIECES:

1. front lining - cut 2 (cotton lycra jersey)
2. front - cut 2 (cotton lycra jersey)
3. back - cut 1 on the fold (cotton lycra jersey)
4. sleeve - cut 2 (cotton lycra jersey)
5. sleeve head - cut 2 (tulle)
6. back neck facing - cut 1 (cotton lycra jersey)
7. sleeve head binding - cut 2 (cotton lycra jersey)

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.

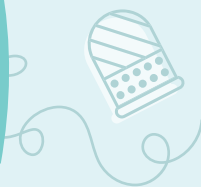
C

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.



Long Sleeve Shirt construction



1



Transfer the darts from the pattern onto both bodice linings wrong side.

2



Pin or baste the darts, evenly aligning their sides. Stitch the darts along the marking.

3



Press the darts down.

4



With right sides together, pin the front linings along the center edges, aligning the darts. Serge them. Press the seam allowances towards the right.

LONG SLEEVE SHIRT CONSTRUCTION



5



4 - 5 mm, do not backstitch and leave the thread tails at least 50 mm (2") long at the both ends of the seams.

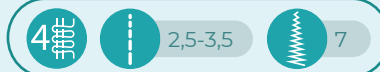
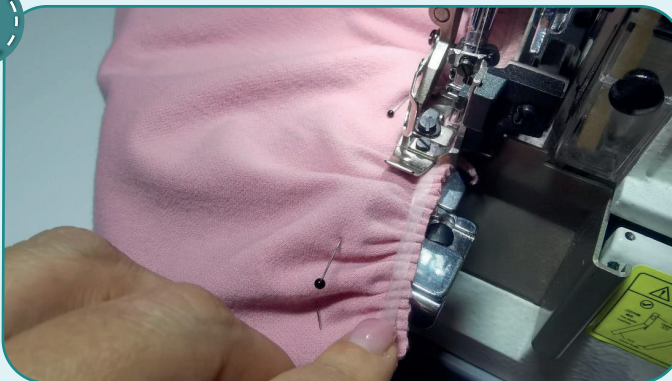
Double-stitch along the center edge from the upper edge to the mark 3 mm (1/8") and 5 mm (3/16") away from the edge and double-stitch from the mark to the lower edge. Set the maximum stitch length at

6



Tighten both center edge parts to the length indicated on the pattern by pulling the ends of the upper threads of the parallel seams previously sewn. Tie the thread tails at the ends of the seams. Evenly spread the gathers along its entire length. Repeat the process for the other front (steps 5-6).

7



Pin both fronts along the center edges with right sides together. Serge them. When serging, place the silicone tape under the serger presser foot, but do not stretch the tape. It will prevent the seam from stretching.



8



Slightly press the seam and the folds.



LONG SLEEVE SHIRT CONSTRUCTION



9



4



2,5-3,5



7

Pin the front and the front lining along the neckline with right sides together. Serge them.

10



4



2,5-3,5



7

Pin the front and the front lining along the lower edges with right sides together. Serge them.

11



4



2,5-3



5,6

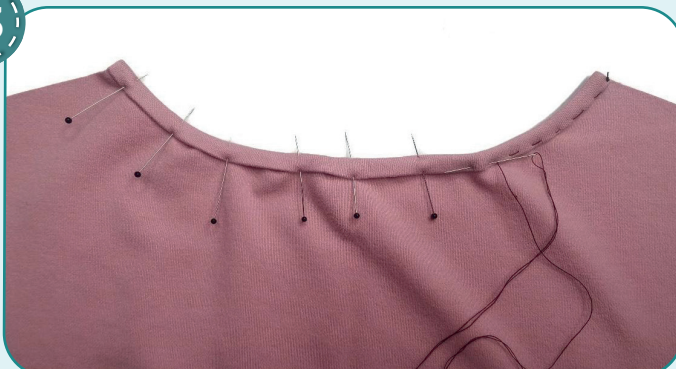
Fold the back lower hem at 20 mm (13/16") and press it. You can hand baste the edges. Coverstitch it. Tie the thread tails on the wrong side. Press it.

12



Press the back neck facing to the center, towards the wrong side. Then press the back neck facing in half.

13



Place the back neck to the back neck facing. Pin the back neck facing to the back, slightly stretching the facing and aligning the edges and the centers. Hand baste the facing, catching the edges from both right and wrong sides.

LONG SLEEVE SHIRT CONSTRUCTION



14



2,5-3

Stitch the facing 1 mm (1/16") in from the edge. You can coverstitch it with a chain stitch. Make sure that the wrong side of the stitching is good. Remove the basting stitches and press the neckline.

15



Turn the front out to the wrong side. Place the back piece inside the front with right sides together and with wrong side to the lining right side. Pin the back, the front and the front lining along both side edges. Tuck the front and the front lining over the back lower hem.

16



2,5-3,5



7

Serge the side edges. Turn the bodice out to the right side. Press the side seams, lower edge and front neckline forming a roll towards the lining.



17



Turn the garment out to the wrong side. Place the back and the front along the shoulder edges with right sides together. Then tuck the front lining over them with right side to the back piece wrong side and pin all three layers. Tuck the front and the front lining over the neck facing.

LONG SLEEVE SHIRT CONSTRUCTION



18



4



2,5-3,5



7

Serge the shoulder edges. Turn it out to the right side and press.



19



2,5-3



2,5-3

Make the pleats on the sleeves. Face two pairs of top pleats on the right side to each other, face the bottom pleats upward. Stitch them 5 mm (3/16") in from the edge.

20



4



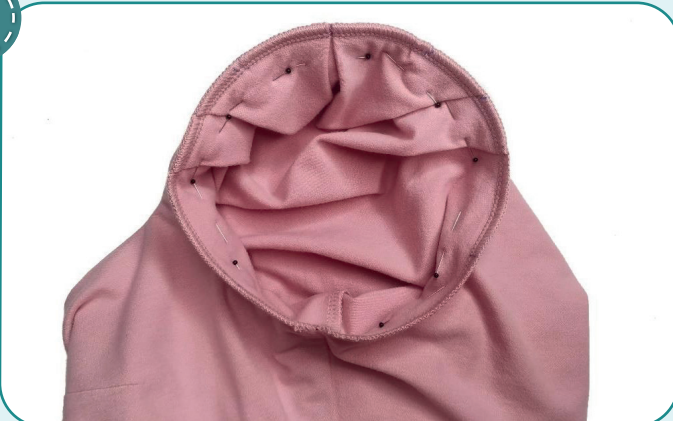
2,5-3,5



7

Pin the sleeve side edges and serge them. Press the seam allowances flat towards the back.

21



4

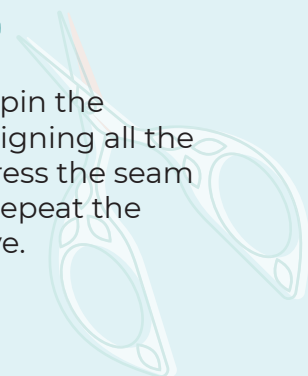


2,5-3,5



7

With right sides together, pin the sleeve into the armhole, aligning all the marks. Serge it in place. Press the seam allowances on the edge. Repeat the process for the other sleeve.



LONG SLEEVE SHIRT CONSTRUCTION



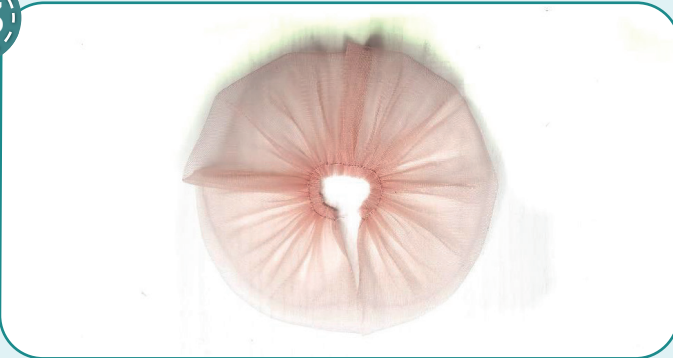
22



Pin the sleeve head in half along the long edges. Stitch along the long edges 5 mm (3/16") in from the edge. Set the maximum stitch length at 4-5 mm, do not backstitch and leave the thread tails at

least 50 mm (2") long at the both ends of the seam.

23



Tighten the sleeve head to the length indicated on the pattern by pulling the ends of the upper thread of the previously sewn seam. Tie the thread tails at the ends of the seam. Evenly spread the gathers along its entire length.

24



Pin the sleeve head to the sleeve head binding right side. Stitch the pieces 5-6 mm (3/16") in from the edge.

25



Tuck the seam allowance free edge over the sleeve head binding and hand-baste it covering the attaching seam. Tuck the binding raw edge inside.

26



Stitch the binding 1 mm (1/16") in from the edge. Remove the basting stitches and press it.

LONG SLEEVE SHIRT CONSTRUCTION



27



2,5-3

Pin the sleeve head to the sleeve cap aligning the sleeve head center and the shoulder seam. The sleeve head should be directed into the sleeve. Double-stitch the sleeve head 1 mm (1/16") and 6-7 mm (1/4") in from the edge. Repeat the process for the opposite sleeve head (steps 22-27).

28



2,5-3



5,6

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

29



Remove the basting stitches, trim and hide the thread tails and press the garment. The Long Sleeve Shirt is ready!



ELINA PATYKOVA
ВЫКРОЙКИ

Long-sleeve shirt Soul

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

