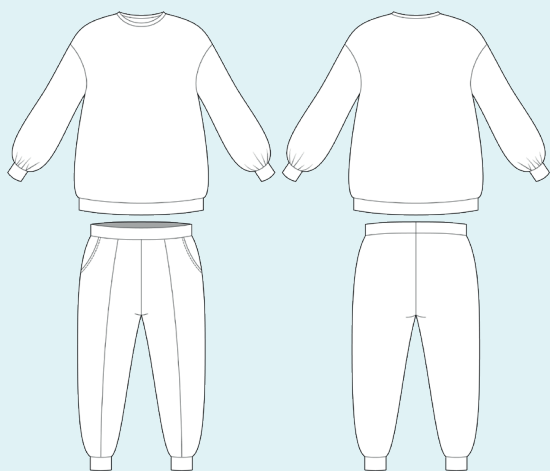# ELINA PATYKOVA

ВЫКРОЙКИ

Instructions for sewing

Spring
Suit

#патыкова_весна

Skill level

Materials and notions

- **french terry**
- **rib knit fabric**
- **stabilising tape or kantenband**
- **elastic 35 mm (1 3/8") wide**
- **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 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 outline. Note: seam allowances are already included. Transfer all the marks from the pattern onto the wrong side of your fabric.
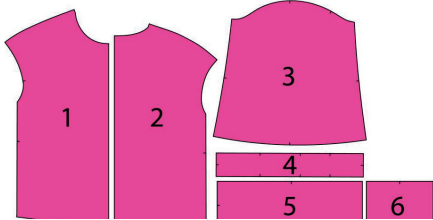
SWEATSHIRT PIECES:

1. front - cut 1 on the fold (french terry)
2. back - cut 1 on the fold (french terry)
3. sleeve - cut 2 (french terry)
4. neckband - cut 1 (rib knit)
5. hem band - cut 1 on the fold (rib knit fabric)
6. cuff - cut 2 (rib knit fabric)
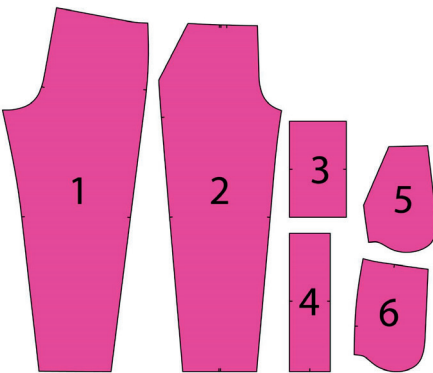
PANTS PIECES:

1. back panel - cut 2 (from french terry)
2. front panel - cut 2 (from french terry)
3. pant leg cuff - cut 2 (from rib knit fabric)
4. waistband - cut 1 on the fold (from rib knit fabric)
5. pocket lining - cut 2 (from french terry)
6. side front - cut 2 (from french terry)
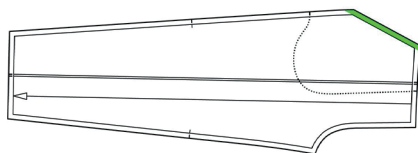
PIECES TO INTERFACE:

■ **Green - stabilizing tape or kantenband**
• **pocket openings**

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 (pipping) 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

4 | 2,5-3,5 | 7

Pin the front and the back along the shoulder seams with right sides together. Serge the pieces. Press the seam allowances flat towards the front.

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

2

4 | 2,5-3,5 | 7

With right sides together, pin the sleeves into the armscyes, aligning the marks. Serge the sleeves in place. Press the seam allowances towards the front and the back.

3

4 | 2,5-3,5 | 7

Pin the back and the front along the side edges with right sides together. Pin the sleeve along the side edges with right sides together. Serge the pieces. To avoid bulk, place the sleeve attaching seam allowances in different directions. Press the seam allowances towards the front. 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 cuffs and the waistband length.

4

4 | 2,5-3,5 | 7

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

5

To avoid bulk when attaching the neckband, press the ends of the seam allowances in different directions.

6

Fold the neckband piece in half, lengthways, wrong side inside, and press it. At the same time, shape the neckline with an iron, gently stretching the raw edges and ironing the fold. You can pin the neckband at the marks beforehand.
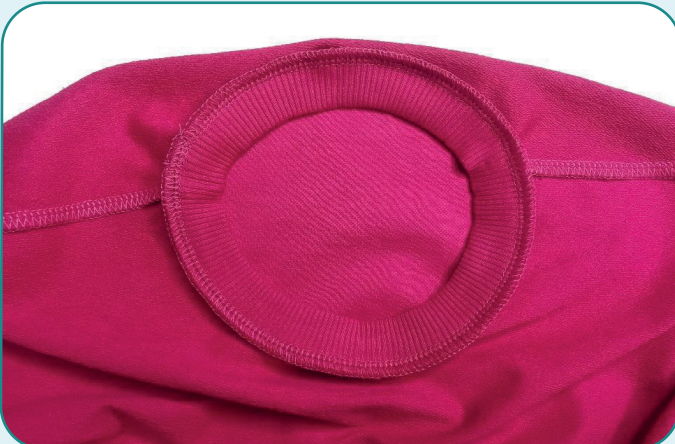
7
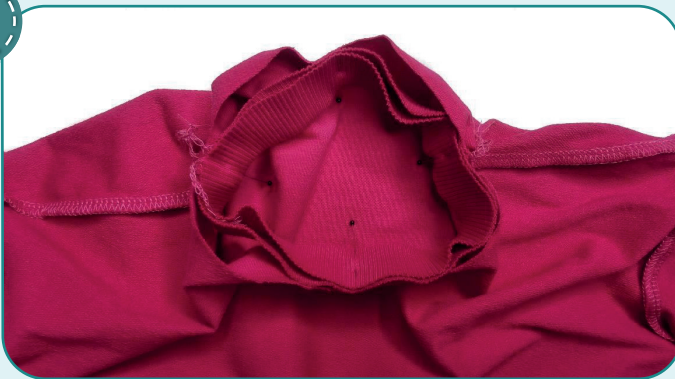
Pin the neckband to the garment right side. Align the neckband seam with one of the shoulder seams, the remaining marks - with the front neckline center, the back neckline center and with the other shoulder seam.
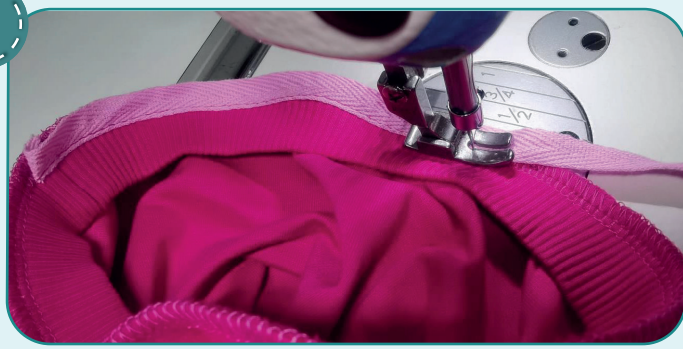
8

4 | 2,5-3,5 | 7
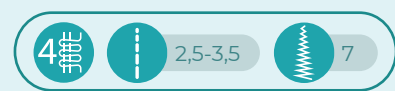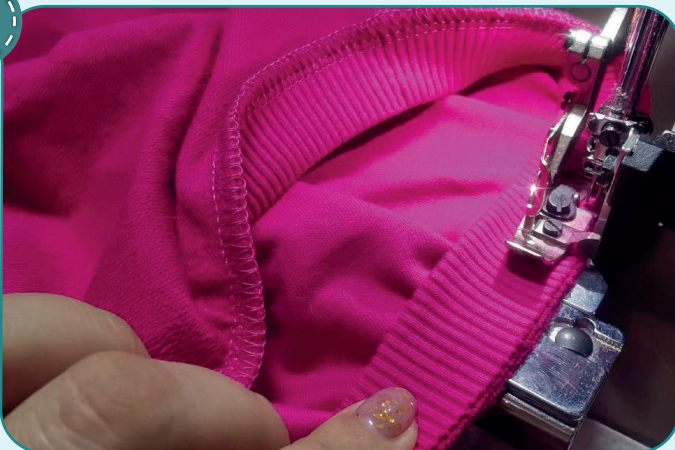
Serge the neckband to the garment. While serging, evenly stretch the neckband but avoid stretching the neckline itself. Press the seams down.

9

2,5-3

Stitch the twilled ribbon to the back neckline between the shoulder seams, overlapping the neckband attaching seam. Tuck the twilled ribbon ends in. Stitch the twilled ribbon, overlapping the serger seam and sewing exactly atop the serged seam left edge 1 mm (1/16") away from the twilled ribbon edge. While stitching the twilled ribbon, stretch the neckline gently.
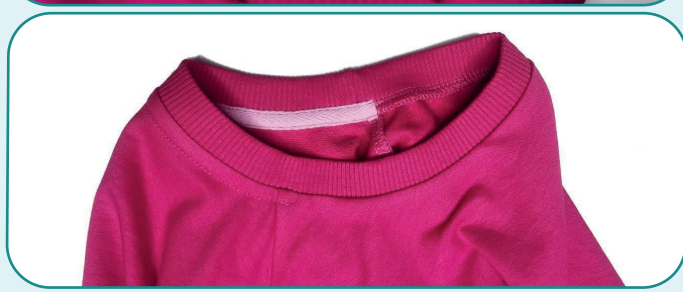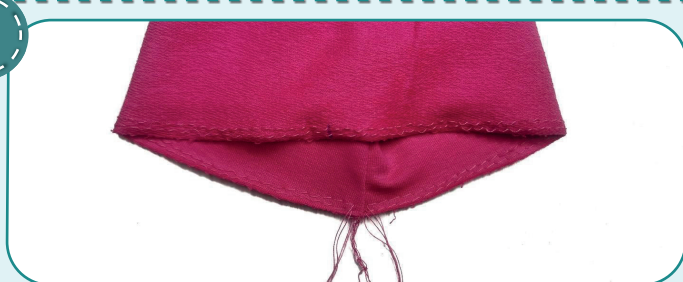
10
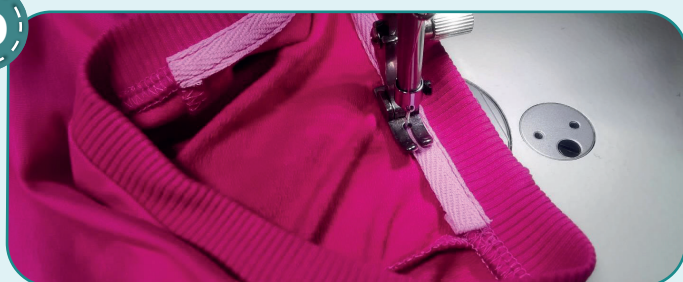
2,5-3

Overlapping the serged seam, stitch the twilled ribbon raw edge to the back, 1mm (1/16") in from the edge. Press the back neckline.
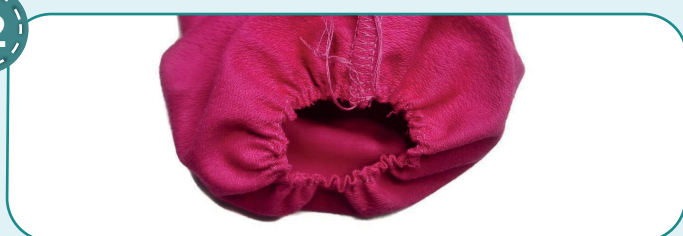
11

4-5

Double stitch along the sleeve lower hem (between the side seams) 3 mm (1/8") and 5 mm (3/16") away from the edge. Set maximum stitch length at 4 5 mm (3/16-2"), do not backstitch and leave the thread tails at least 50 mm (2") long at both sides of the seams.

12

Pull up the upper thread tails and make the sleeve opening fit the cuff. Tie the thread tails. Evenly spread the gathers.
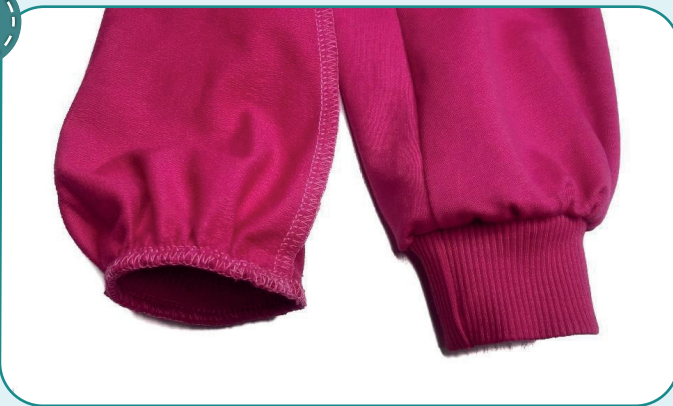
13

4 | 2,5-3,5 | 7

Fold the cuffs in half, right side inside, and pin them along the short edges. Serge them.

14

Press the seam allowances into different directions. Fold the cuffs in half, wrong sides together and press them.

15

4 | 2,5-3,5 | 7

Attach the cuff to the sleeve with a serger, aligning the seams. Repeat the process for the other cuff (steps 11-15). Press the seams upwards.

16

4 | 2,5-3,5 | 7

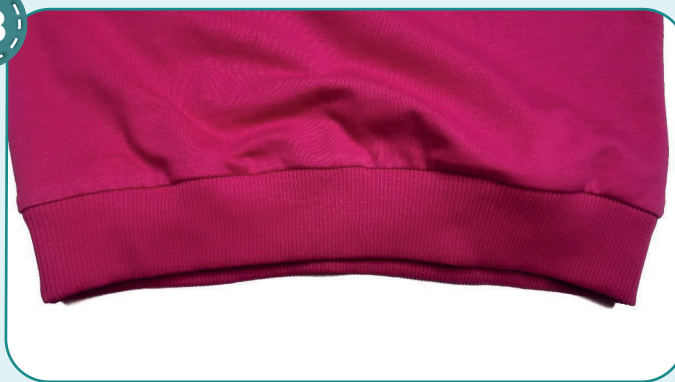With right sides inside, fold the hem band in half, lengthways, and pin along the short edges. Serge them.

17

Press the seam allowances into different directions. Fold the hem band in half wrong sides together and press it.

18

4 | | 2,5-3,5 | 7

Serge the hem band to the garment aligning the hem band seam with the garment side seam. Align the marks with the other side seam and both back and front centers. When attaching the hem band, evenly stretch it, but avoid stretching the garment lower edge. Press the seam upwards.

19

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

4 | | 2,5-3,5 | 7
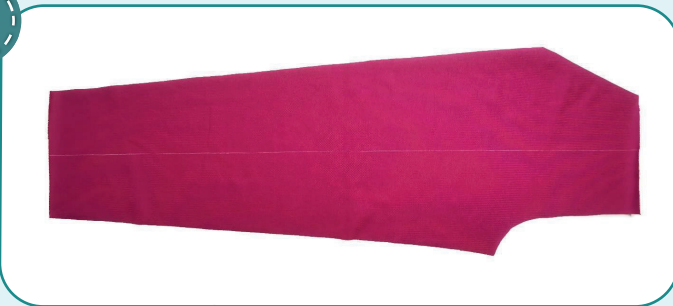
Pants construction

1 Reinforce the pocket openings on the pant fronts with kantenband.

2 Fold the front panel paper pattern in the middle along the center crease line. Place it to the front panels and mark the center crease lines on the right side.
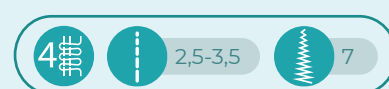
3

2,5-3

Fold the front panels along the marking with the wrong side inside and press the center crease lines. Pin the pant legs along the center crease lines. Edgestitch them along the fold 2 mm (1/16") away from the edge. It is more convenient to use a blind stitch presser foot. Press.

4 You should get center creases like this one.

5

4   2,5-3,5   7

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

6

Press the lining to the wrong side forming a roll. Edgestitch along the pocket opening 5 mm (3/16") in from edge. Press the pocket opening.

7

Pin the pocket lining to the side front with right sides together. Serge the pieces. Press the pocket.

8

Affix the pocket bag above and below the pocket opening, stitching 4-5 mm (3/16") away from the edge. Repeat the process for the opposite pocket (steps 5-8).
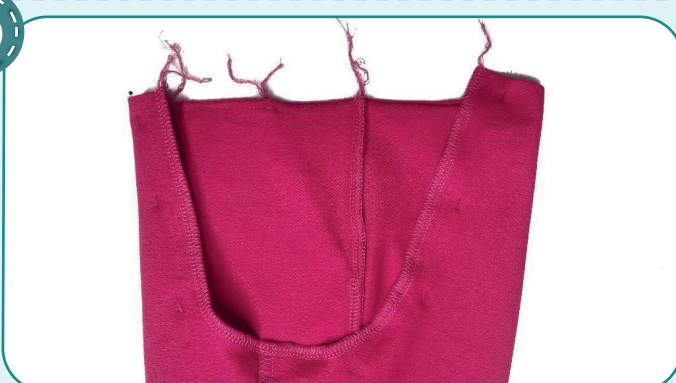
9

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

10

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.

11

4 | | 2,5-3,5 | | 7

Pin and serge the waistband short edges. Press the seam allowances into different directions.

12

Fold the waistband in half, lengthways, wrong side inside and press it.

13

| | | | 1,5 | | 3

Cut the elastic 35 mm (1 3/8") wide and the length, indicated on the waistband paper pattern. Stitch the elastic in a ring with a straight or a zigzag stitch.

14

Divide the waistband and the elastic band in quarters and pin at the marks. Place the elastic inside the waistband, align the marks on the elastic with the marks on the waistband and pin at these places. To avoid bulk, do not align the elastic and waistband seams.

15

Turn the garment out to the wrong side and place the waistband (with elastic inside) to the garment upper edge. Pin the waistband to the garment upper edge, with right sides together, aligning the waistband seam with the pants crotch seam, waistband center with the front crotch seam and the marks with the side seams.

PANTS CONSTRUCTION

NOTE: the elastic should be 35 mm (1 3/8") wide and sewn to the garment together with the waistband. But if you are not sure what length of the elastic to take, or if you are afraid that it is too thick to serge, use elastic 25 mm (1") wide. In that case, sew the waistband without elastic (be sure to leave an opening for the elastic), then thread the elastic and sew it into a ring.
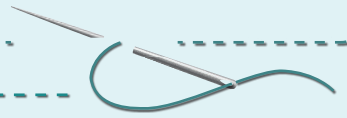
16

4 | 2,5-3,5 | 7

Serge the waistband to the garment. While serging, evenly stretch the elastic, but avoid stretching the garment upper edge. Serge slowly, especially at the pockets area, and lower the needles when stretching the elastic. 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 fitting, consider the lower hem width. It is also necessary to check if the pants waistband is comfortable to wear.
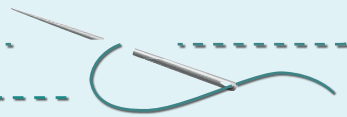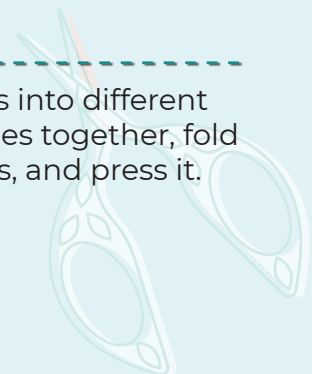
17

4 | 2,5-3,5 | 7

With right sides together, fold the cuff in half, lengthways, and pin along the short edges. Serge them.
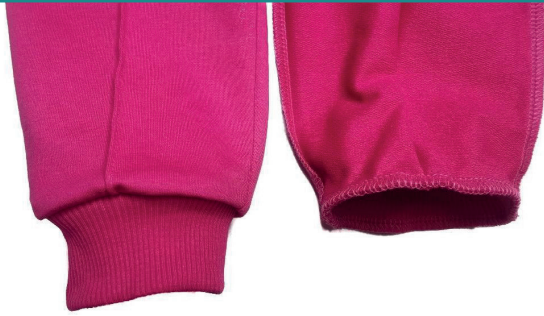
18

Press the seam allowances into different directions. With wrong sides together, fold the cuff in half, lengthways, and press it.

PANTS CONSTRUCTION

19

4 | | 2,5-3,5 | 7

Aligning the cuff and the garment inseam, serge the cuff to the pant leg lower hem. When attaching the cuff, evenly stretch it, but care not to stretch the pant leg lower hem. Repeat the process for the other cuff. Press the seams upwards.

20

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

ELINA PATYKOVA
ВЫКРОЙКИ

Spring 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!