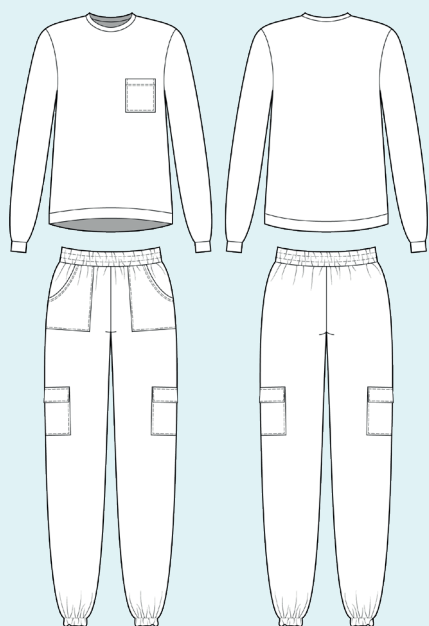


ELINA PATYKOVA
ВЫКРОЙКИ

Instructions
for sewing

White Suit

#патыкова_белый



Skill level



Materials and notions



- french terry (Anta double-sided sports jersey was used for this garment)
- rib knit fabric
- knit fusible interfacing
- stabilising tape or kantenband
- elastic band 30 mm (1 3/16") wide
- elastic band 50 mm (2") 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.



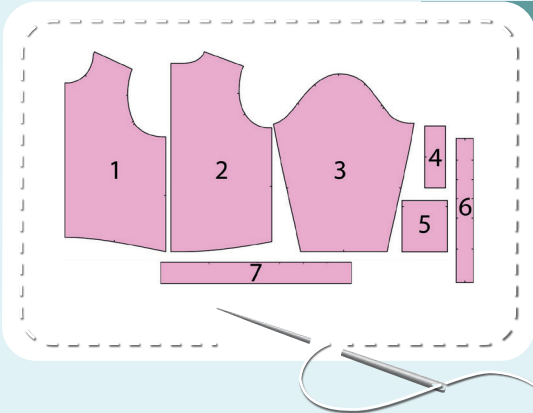
To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when 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 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 the outline. Note: seam allowances are already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

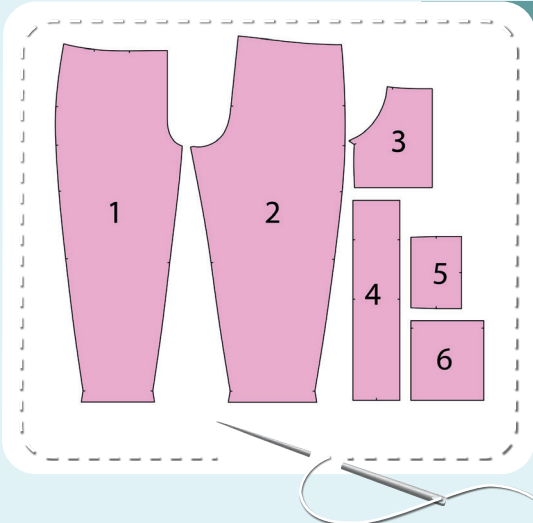


Now you have



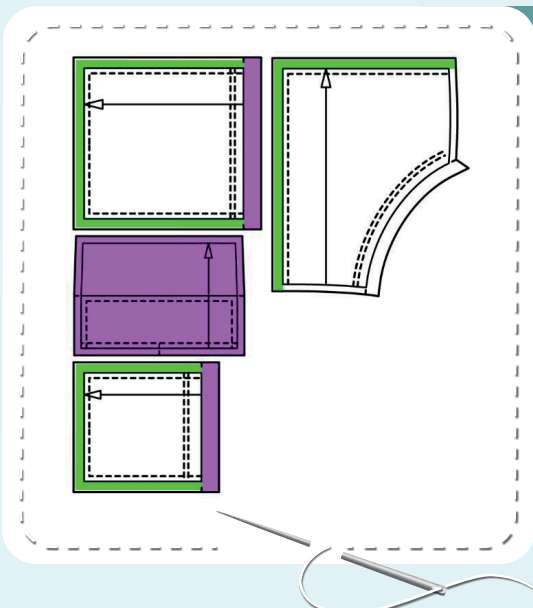
SWEATSHIRT PIECES:

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. cuff - cut 2 on the fold (rib knit fabric)
5. pocket - cut 1 (french terry)
6. neckband - cut 1 (rib knit fabric)
7. hem band - cut 2 on the fold (rib knit fabric). If the rib knit fabric cut is wide enough to make the hem band, it can be cut in one piece with a fold (excluding one side allowance).



CARGO JOGGERS PIECES:

1. front panel - cut 2 (french terry)
2. back panel - cut 2 (french terry)
3. top patch pocket - cut 2 (french terry)
4. waistband - cut 1 on the fold (french terry)
5. pocket flap - cut 2 (french terry)
6. side patch pocket - cut 2 (french terry)



PIECES TO INTERFACE:

- Purple - fusible interfacing
 - pocket flaps
 - upper seam allowances of the joggers side patch pockets
 - upper seam allowances of the sweatshirt top pocket
- Green - stabilising tape or kantenband
 - side and bottom seam allowances of all the pockets

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.



Sweatshirt construction



1



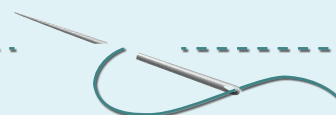
Duplicate the pocket upper seam allowance with fusible interfacing. Duplicate the pocket side and bottom seam allowances with stabilising tape.

2



Hem the pocket top with a coverstitch machine. Tie the seam thread tails on the wrong side and hide them into the seam. Press the fold.

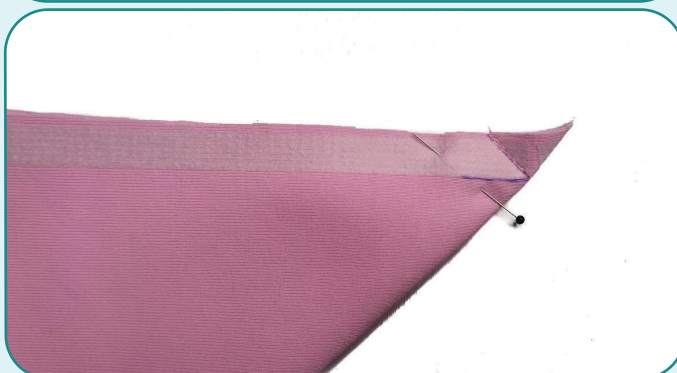
NOTE: if you lack experience, it's better to hand-baste before each step.



3



Fold the pocket bottom corners at 45°, right side inside, and pin them. Draw two lines at 90° to the fold on the pocket wrong side, as shown in the photo. The lines should start right at the ready pocket corner top points. Stitch along the marking.



SWEATSHIRT CONSTRUCTION

4



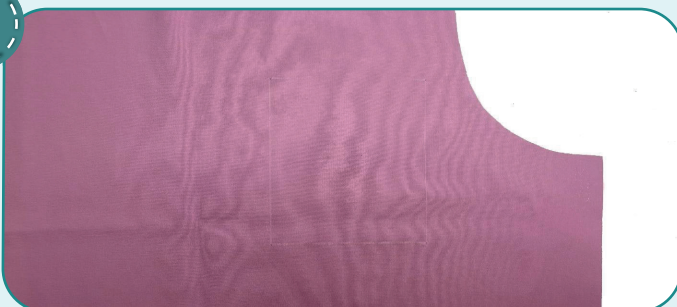
Trim the seam allowances 3 mm (1/8") away from the seam and clip the corners.

5



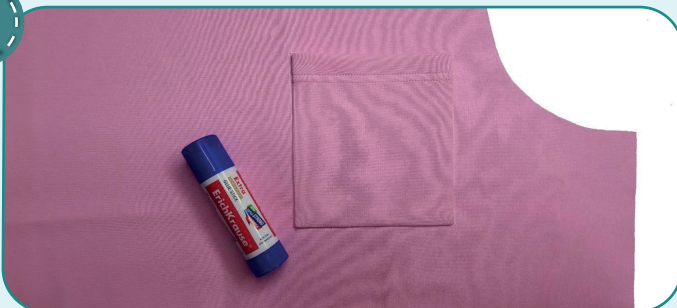
Turn the corners out, shape the pocket. Press the pocket side and bottom edges to 12 mm (1/2"). For ease, you can baste or glue the seam allowances with a glue-stick.

6



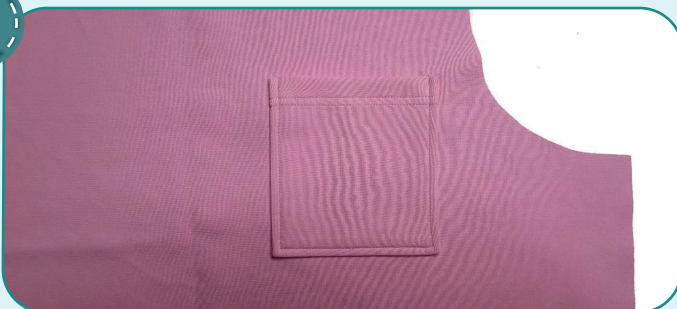
Transfer the pocket attaching marking lines from the pattern onto the front right side.

7



Affix the pocket, faced up, onto the front along the marking (with pins, basting stitching or a glue stick).

8



2-2,5

Topstitch the pocket in place 5 mm (3/16") away from the fold. Backstitch both seam ends. Press the pocket.

SWEATSHIRT CONSTRUCTION

9



4#

3-4

7

Pin the front and the back shoulder edges with right sides together. Serge them. Press the seam allowances flat towards the front.

10



4#

3-4

7

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

11



4#

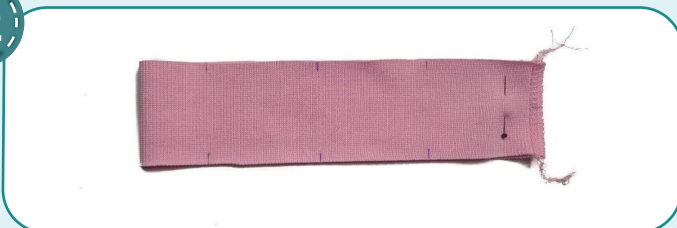
2,5-3,5

7

With right side inside, pin the back with the front, and the sleeve along the side seam. Serge them. To avoid bulk, place the sleeve attaching seam allowances in different directions. 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 hem band length.

12



4#

2,5-3,5

7

Pin and serge the neckband short edges in a ring.

13



To avoid bulk while attaching the neckband, press the seam allowances in different directions.

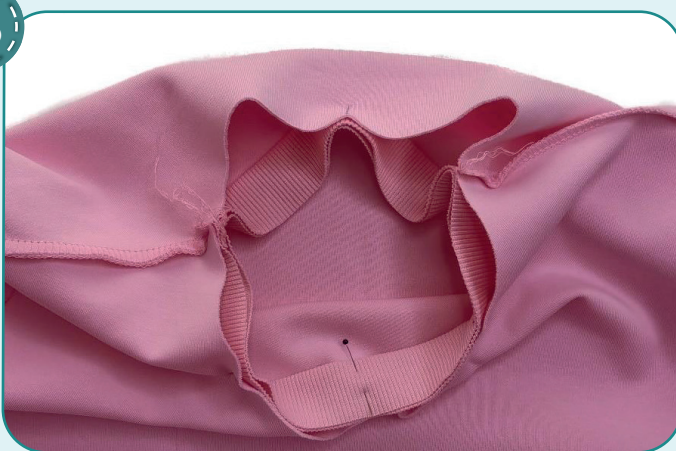


14



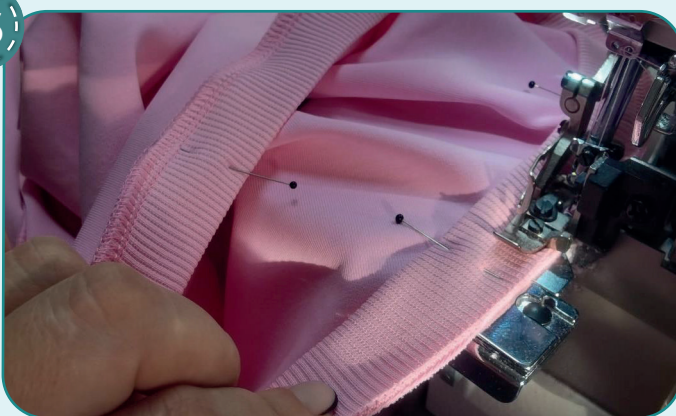
Press the neckband, having folded it in half with wrong side inside. At the same time, shape the neckline with an iron, gently stretching the raw edges and ironing the fold. You can pin the neckband at the marks beforehand.

15



Working from the right side, pin the neckband to the garment neckline. Align the neckband seam with one of the shoulder seams; the rest marks - with the front neckline center, with the back neckline center, and the other shoulder seam.

16

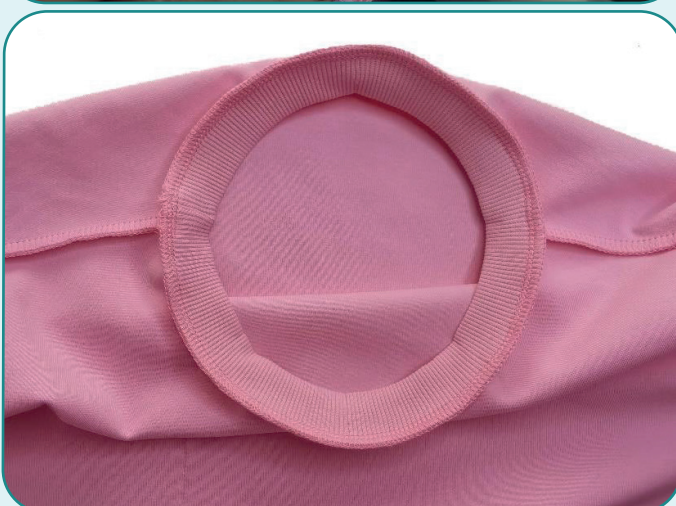


4

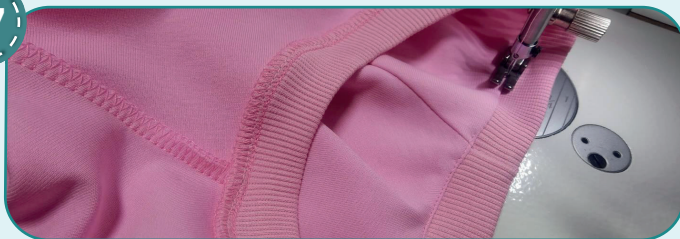
2,5-3,5

7

Serge the neckband to the garment. While serging, stretch the neckband evenly, but avoid stretching the neckline itself. Press the seam down.



17



2-2,5

Edgestitch the neckline 1 mm (1/16") away from the neckband attaching seam. Stitch on the back and the front. Press.



18



2,5-3,5



7

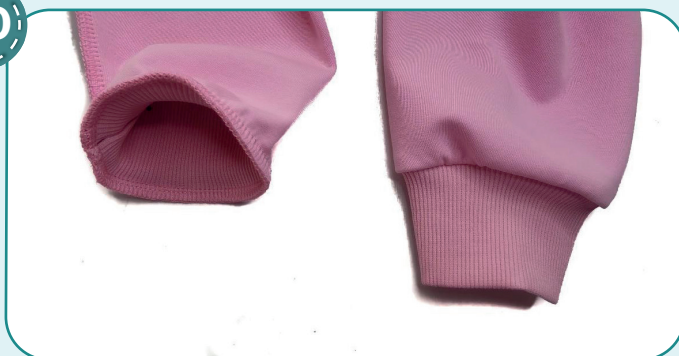
With right sides together, fold the cuffs in half lengthways and pin along the short edges. Serge them.

19



Press the seam allowance ends in different directions. With wrong side inside, fold the cuffs in half, lengthways, and press them.

20



2,5-3,5



7

Aligning the cuff and the sleeve side seams, serge the cuff to the sleeve. When attaching the cuff, evenly stretch it, but care not to stretch the sleeve lower edge. Repeat the process for the other cuff. Press the seam allowance upward.

21



2,5-3,5



7

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

SWEATSHIRT CONSTRUCTION

NOTE: in this garment the hem band is cut in one piece. In the pattern the hem band consists of two pieces, which should be sewn along the side seams.

22



Press the seam allowances ends in different directions. With wrong sides together, fold the hem band in half, lengthways, and press it.

23



4#

2,5-3,5

7

Serge the hem band to the garment lower hem aligning the hem band seam with the garment side seam, and the marks - with the other side seam, front center, and back center. When attaching the hem band, evenly stretch it, but care not to stretch the garment lower edge. Press the seam up.

24



4#

2,5-3,5

2-2,5

Topstitch the garment lower hem 5 mm (3/16") away from the hem band attaching seam. Stitch on the back and the front. Press.

25



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

Cargo Joggers construction



1



Duplicate the patch pockets upper edges with fusible interfacing. Duplicate the pockets side and bottom edges with stabilising tape. Duplicate the pocket flaps.

2



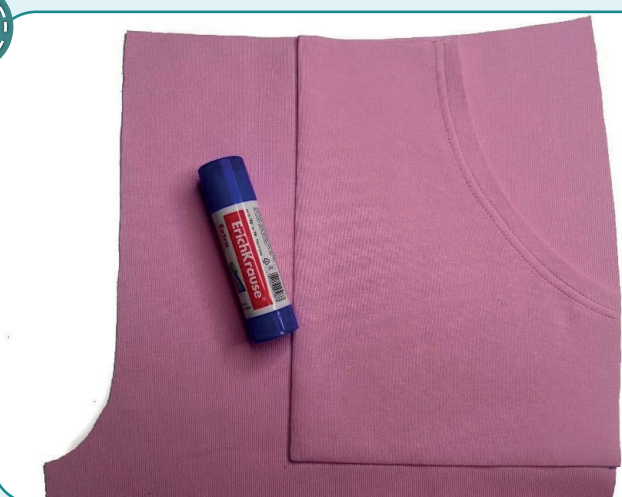
Coverstitch the pocket openings. Tie the seam thread tails on the wrong side and hide them into the seam. Press the folds.

3



Work the pockets corners in the same way as the sweatshirt pocket (steps 3-5).

4



Transfer the marking for the upper pocket onto the front panel right side. Affix the pocket, faced up, along the marking (with pins, basting stitches or a glue stick).

CARGO JOGGERS CONSTRUCTION

5



2-2,5

Topstitch (and affix) the pocket above and below the pocket opening 5 mm (3/16") away from the edge. Backstitch at the seam ends. Press the pocket. Repeat the process for the other top pocket (steps 4-5).

6



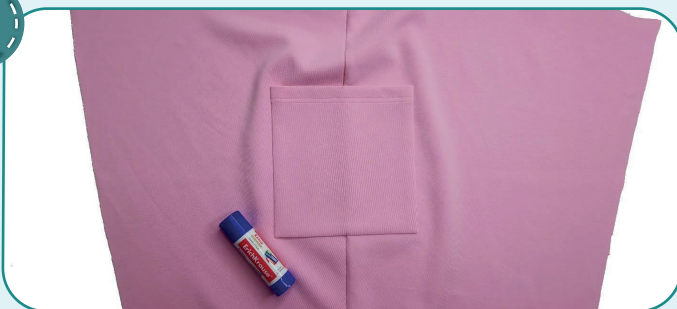
2,5-3,5



7

Pin the garment front and back panels along the side edge with right sides together. Serge them. Press the seams flat towards the pants back. Repeat the process for the other pant leg.

7



Transfer the marking for the side patch pocket onto the right side of the pant leg you have made. Affix the pocket, faced up, along the marking (with pins, basting stitches or a glue stick).

8



2-2,5

Topstitch the pocket in place 5 mm (3/16") away from the edge. Backstitch both seam ends. Press the pocket

9



2-2,5

Pin the flap piece with right side inside. Stitch along the side edges 7 mm (1/4") in from the edge.

CARGO JOGGERS CONSTRUCTION



10



Trim the seam allowance corners, trim one side seam allowances to 3-4 mm (1/8"). Turn the flap out, smooth the corners and press.

11



2-2,5

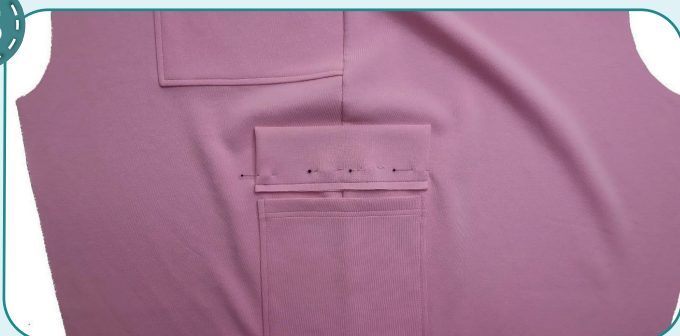
Topstitch the flap along three sides 5 mm (3/16") away from the edge. Press it with an iron. In this garment, the flap has been stitched after attaching it to the pant leg, but it is harder to do neatly.

12



Transfer the flap attaching marking line from the pattern onto the pant leg. Draw a parallel line 7 mm (1/4") below the flap stitching line to coincide the flap edge with it. Pin the flap open edge to this line. Mark the seam line on the flap 7 mm (1/4") in from the edge.

13



2-2,5

Stitch the flap to the pant leg.

14



Trim the flap seam allowance to 3-4 mm (1/8"). Place the scissors at 45° to the surface to trim the seam allowance gradually. Press the flap in place.



CARGO JOGGERS CONSTRUCTION

15



2,5-3

Topstitch the flap 5 mm (3/16") away from the attaching seam. Press it with an iron. Repeat the process for the opposite patch pocket (steps 7-15).

16



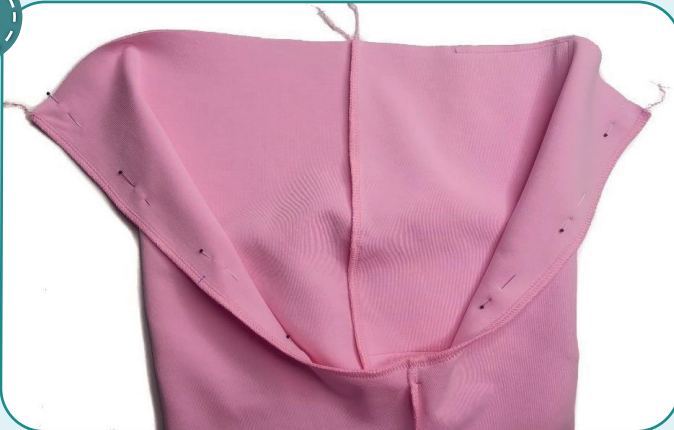
2,5-3,5



7

Pin the garment front and back panels along the inseam edge with right sides together. Serge them. Press the seams flat towards the pants front. Repeat the process for the other pant leg.

17



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 allowances towards the right.

18



2-2,5

Place the waistband in half, right side inside, and pin it along the short edges. Stitch the waistband in a ring with two straight stitches 70 and 15 mm (2 3/4 and 9/16"), leaving an opening for the elastic in it. Press the seam allowances open.

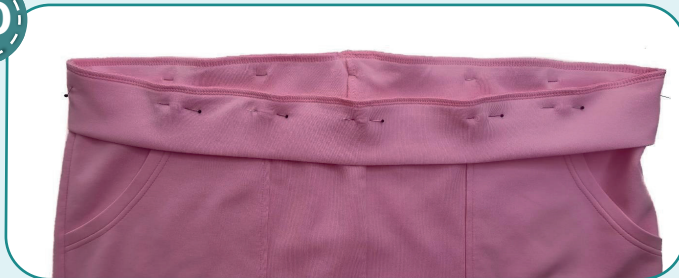
19



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

CARGO JOGGERS CONSTRUCTION

20



4#

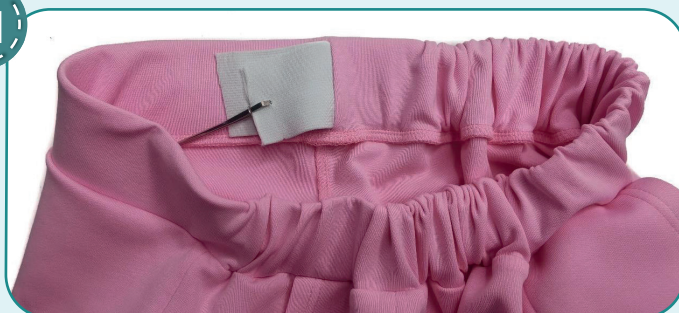
2,5-3,5

7

Pin the waistband to the pants upper edge, with right sides together, aligning the waistband seam with the pants back crotch seam, waistband center with the front crotch seam and the marks with the side seams. Serge them. Tie the thread

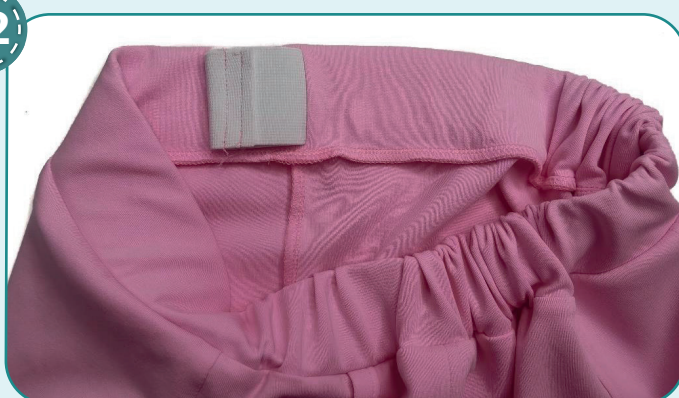
tails and hide them into the seam. Press the seam allowances down.

21



Cut the elastic band with the length, indicated on the waistband pattern. Thread it through the opening in the waistband with a safety pin or a bodkin.

22



2-2,5

2-2,5

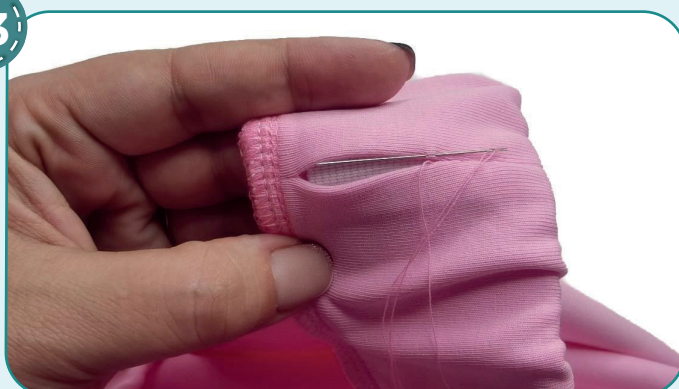
2-2,5

2-2,5

Stitch the elastic band ends together. Evenly spread the elastic inside the waistband.

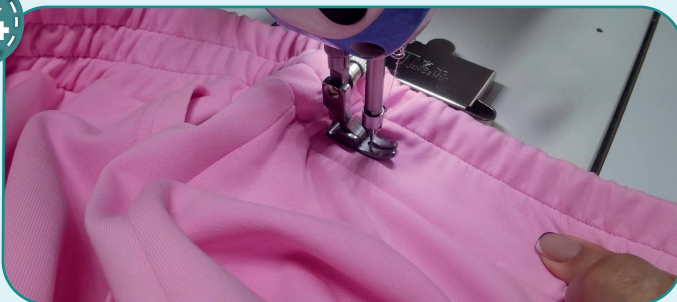
NOTE: it is recommended to try it on, check the fit, length and ease. When fitting, consider the lower hem width. It is also necessary to check if the pants waistband is comfortable to wear. If need be, change the length of the elastic.

23



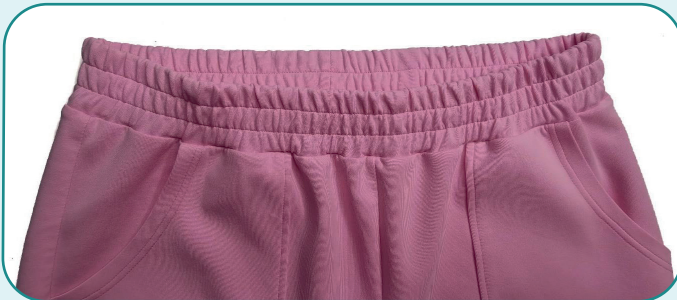
Hand-baste the hole with a blind stitch.

24



2-2,5

Stretching the waistband evenly, stitch it with two parallel equally spaced straight seams.



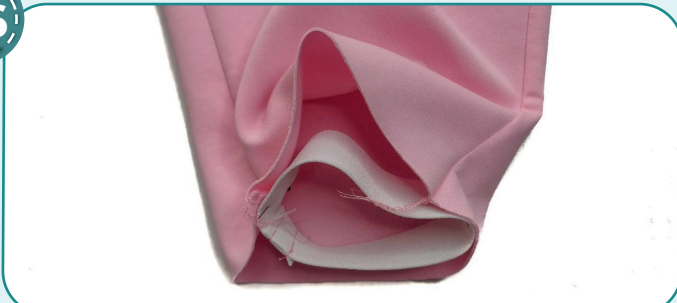
25



2-2,5

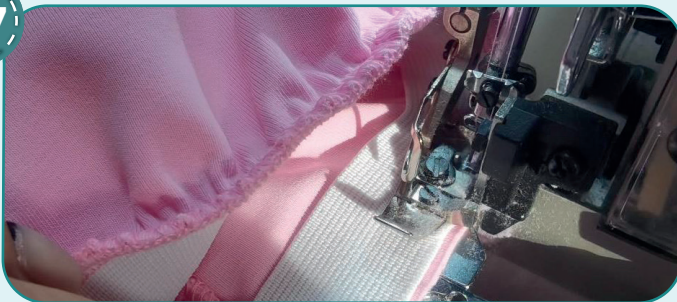
Cut the elastic 30 mm (1 3/16") wide, with the length, indicated on the pant front panel pattern. Stitch the elastic in a ring with a straight or a zig zag stitch.

26



Divide the elastic and the pant leg lower hem into halves. Align the marks and pin the elastic to the garment wrong side. To avoid bulk, do not align the pant leg seam and the elastic attaching seam.

27



2,5-3,5



7

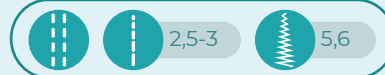
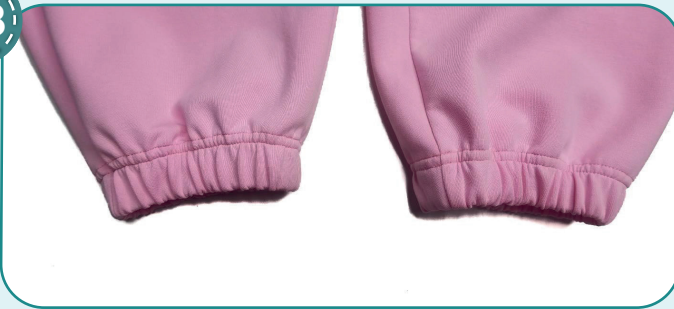
Serge the elastic evenly stretching it.



CARGO JOGGERS CONSTRUCTION



28



Tuck the pant leg lower hem at the elastic width and coverstitch it, evenly stretching the elastic. Repeat the process for the other pant leg (steps 25-28).

29



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



ELINA PATYKOVA
ВЫКРОЙКИ

White 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!



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