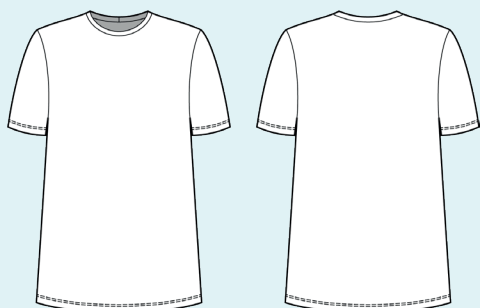


ELINA PATYKOVA  
ВЫКРОЙКИ

Instructions  
for sewing

## Basic T-shirt

#патыкова\_стандарт



Skill level



# Materials and notions



- cotton lycra jersey
- matching thread
- Jersey 70-80 or 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 and fit of the garment and save time.



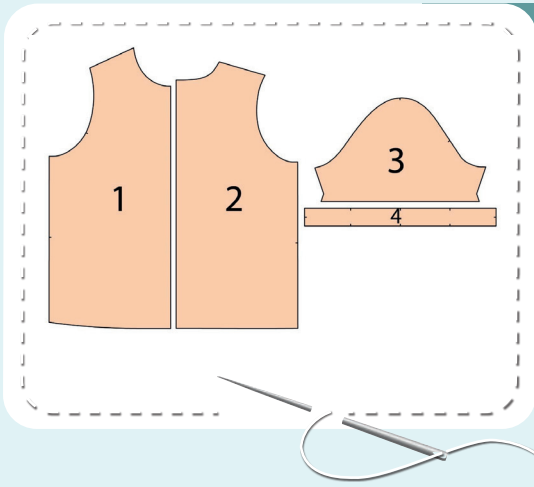
To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when 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. The fabric must be prepared for sewing: washed in warm water, dried, and ironed.

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.



## Now you have



### T-SHIRT PIECES:

1. front - cut 1 on the fold
2. back - cut 1 on the fold
3. sleeve - cut 2
4. neckband - cut 1

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.



# T-shirt construction



1



4  2,5-3,5  7

With right sides together pin the front and the back along the shoulder edges. Serge them. Press the seam allowances flat towards the front.

2




4  2,5-3,5  7

With right sides together, pin the sleeve into the armhole, aligning all the marks. Serge it in. Press the seam allowance towards the front and the back. Repeat the process for the other sleeve.

3

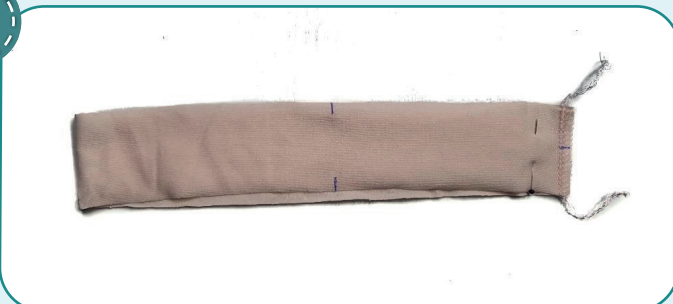


4  2,5-3,5  7

Pin the back and the front along the side seam with right sides together. Pin the sleeve along the side seam with right side inside. Serge them. 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 folded lower hem width and the sleeve lower hem width.

4



4  2,5-3,5  7

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

5

## T-SHIRT CONSTRUCTION



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. For convenience, you can pin it at the marked places beforehand.

7



Measure the back neckline. Cut a strip of the main fabric 35 mm (1 3/8") wide and 20 mm (13/16") longer than the back neckline. Fold the strip in half, lengthways, and press it.

8

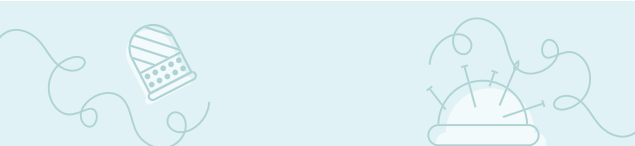


Pin the neckband to the garment neckline right side. Align the neckband seam with the back neckline center, the neckband center - with the front neckline center, and align the rest marks with shoulder seams.

9



Aligning the marks, pin the strip of fabric to the back neckline and tuck the strip short edges at 10 mm (3/8"). Place the strip between the shoulder seams with right side to the neckband wrong side. The neckband is sandwiched between the neckline and the strip.



10



4 2,5-3,5 7

Serge the neckband and the strip. In the process, evenly stretch the neckband, but care not to stretch the neckline and the strip. Press the seam and the strip down.



11



2,5-3

Pin or hand-baste the strip raw edge to the back overlapping the serged seam. Stitch the strip 1 mm (1/16") in from the edge.





12



Topstitch the front neckline between the shoulder seams 1 mm (1/16") away from the neckband attaching seam. Press the seams.



13



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

14



Remove the basting stitches, trim and hide the thread tails, press the garment once again. The T-shirt is ready!





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## Basic T-shirt

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

