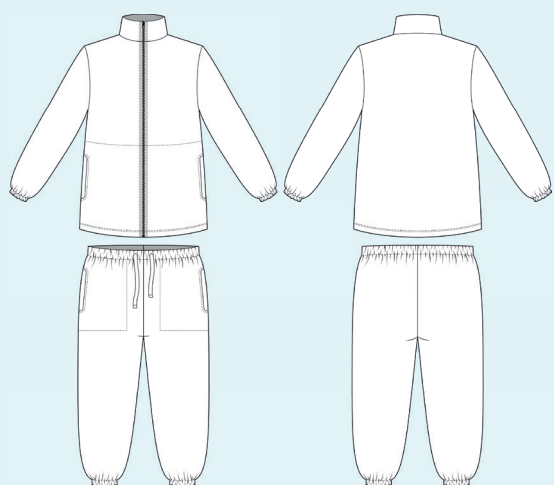


ELINA PATYKOVA  
ВЫКРОЙКИ

Instructions  
for sewing

## Stand Collar Suit

#патыкова\_стойка



Skill level



## Materials and notions



- sweatshirt blend fleece
- cotton lycra jersey
- jacket zipper
- elastic 30 mm (1 3/6") wide
- elastic 20 mm (13/16") wide
- eyelets 8 mm (5/16") - 2 pcs
- cord
- matching thread
- Jersey 90 or Stretch 90 needles

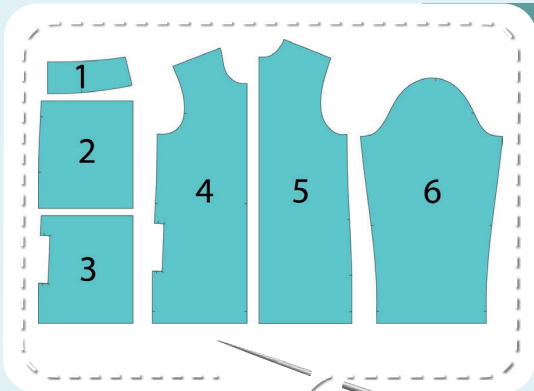
If you are not sure about the fit of the garment, it is recommended to sew a muslin with similar properties (elasticity, thickness, drape) first. This will allow you

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

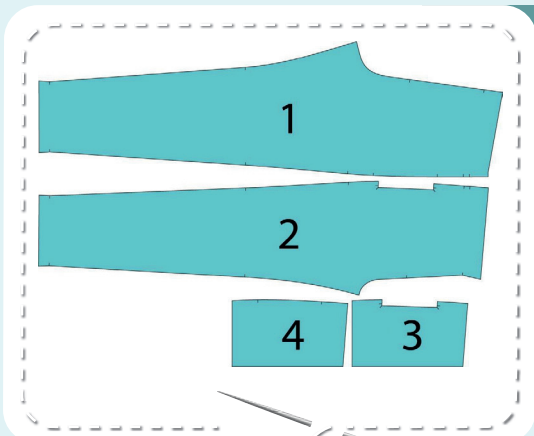
water, dry and iron it.  
How to cut: Print and glue all the paper patterns. When printing, do not forget to check the size of the test square. Place the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along outline. Note: seam allowances are already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

## Now you have



### SWEATSHIRT PIECES:

1. stand collar - cut 2 on the fold (sweatshirt blend fleece)
2. side front - cut 2 (sweatshirt blend fleece)
3. pocket lining - cut 2 (cotton lycra jersey)
4. front - cut 2 (sweatshirt blend fleece)
5. back - cut 1 on the fold (sweatshirt blend fleece)
6. sleeve - cut 2 (sweatshirt blend fleece)



### PANTS PIECES:

1. back panel - cut 2 (sweatshirt blend fleece)
2. front panel - cut 2 (sweatshirt blend fleece)
3. pocket lining - cut 2 (cotton lycra jersey)
4. side front - cut 2 (sweatshirt blend fleece)

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



4



2,5-3,5



7

With right sides together, pin the pocket lining to the front along the pocket opening. Serge the pieces. Turn the pocket out and press the pocket opening forming a roll towards the pocket lining.

2



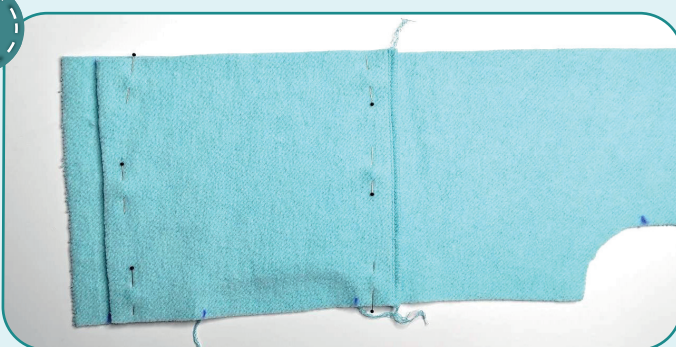
2,5-3



7

Topstitch along the pocket opening 7 mm (1/4") in from the edge. Press the pocket opening.

3



4



2,5-3,5



7

Pin the pocket lining to the side front with right sides together. Serge the pocket along the upper edge. Press it.

4



2,5-3



7

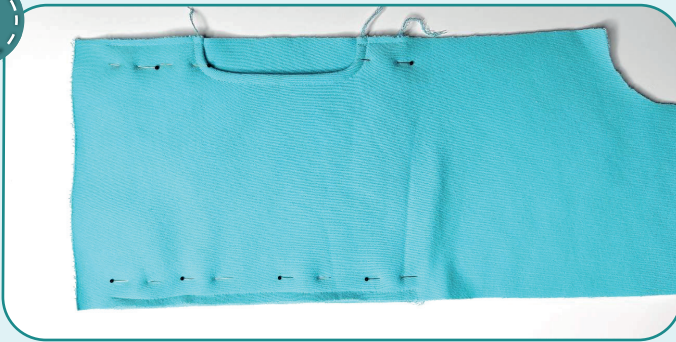
Stitch the lower edges of the side front and pocket lining together 5 mm (3/16") in from the edge (ignore the front piece).

5

## SWEATSHIRT CONSTRUCTION



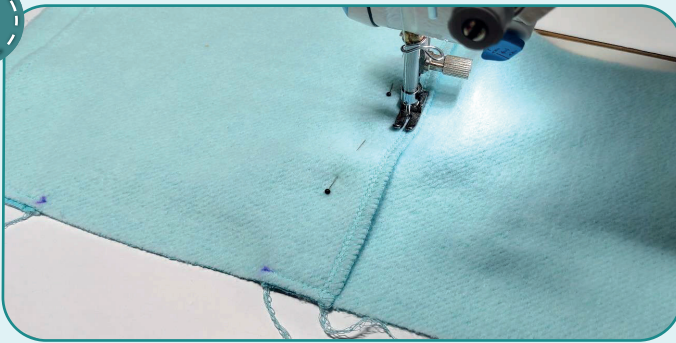
5



2,5-3

Affix the pocket along the side and center edges with straight stitches 4 mm (1/8") away from the edge.

6



2,5-3

Affix the pocket top edge. Stitch from the wrong side 5-7 mm (3/16-1/4") in from the edge. Press the pocket. Repeat the process for opposite pocket (steps 1-6) in the same way and make sure that both pockets are symmetrical.



7



2,5-3,5



7

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

8

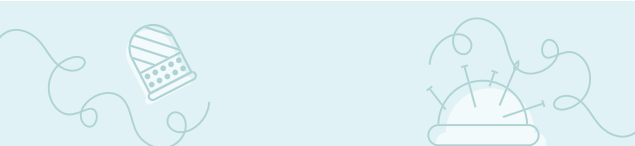


2,5-3,5



7

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



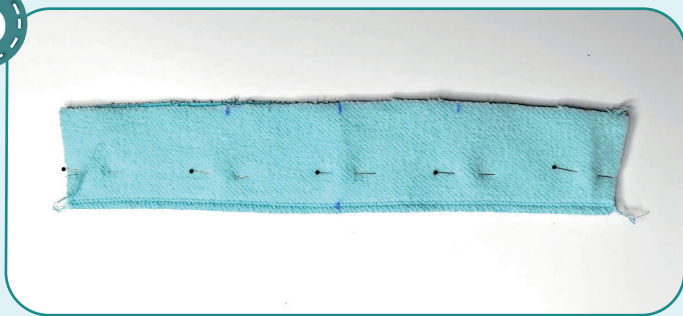
9



4 2,5-3,5 7

Pin the back and the front along the side edge with right side inside. Pin the sleeve along the side edge with right side inside. 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 edge.

10



4 2,5-3,5 7

Pin both stand collar pieces along the upper edges with right sides together. Serge the pieces. Press the seam allowances onto one of the stand collar pieces. It will be called inner collar.

11



2,5-3

Topstitch the seam, which joins the stand collar pieces, along the inner collar piece 1 mm (1/16") away from the seam.

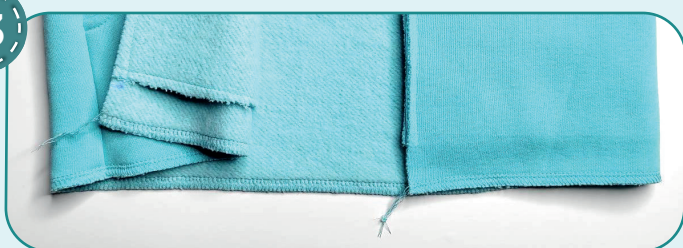
12



4 2,5-3,5 7

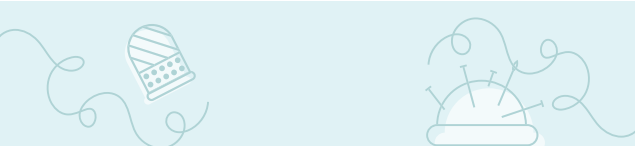
With right sides together, pin the outer stand collar piece to the neckline, aligning all the marks. Serge the stand collar to the garment. Press the seam allowances towards the stand collar.

13

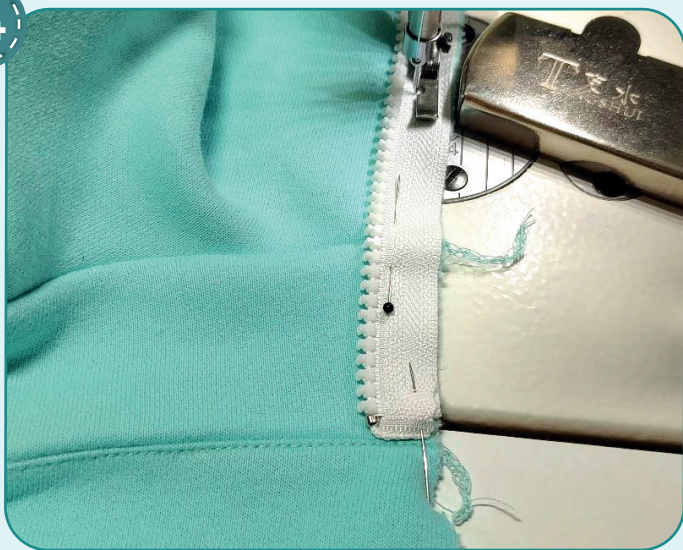


4 2,5-3,5 7

Finish the garment lower hem with the serger. Press it.



14





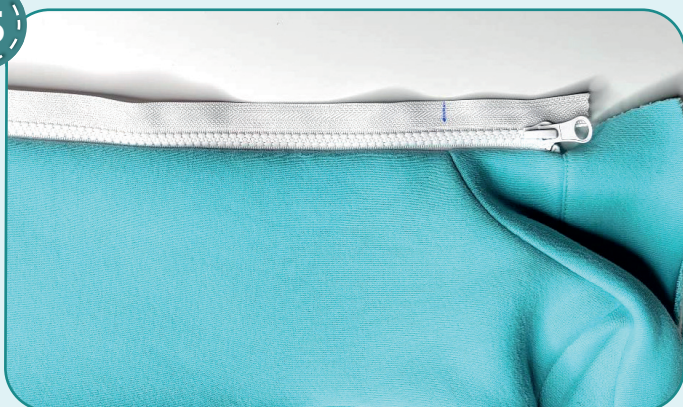


2,5-3

Pin or baste one zipper tape to the front with right sides together. Place the zipper to sit accurately without waving and pulling the fabric. Place the zipper bottom stop 22 mm (7/8") above the garment lower edge. The zipper top stop should be 2 mm (1/16") below the stands collar joining seam. If need be, shorten the zipper (remove the teeth and attach the top stop, trim excess zipper tail) tuck the zipper tail. Stitch the zipper in place with a unilateral zipper presser foot 10 mm (3/8") away from the zipper edge. If the slider prevents you from finishing the seam, then: place the machine needle in the work, raise the zipper foot, move the zipper slider, lower the zipper foot and sew on.

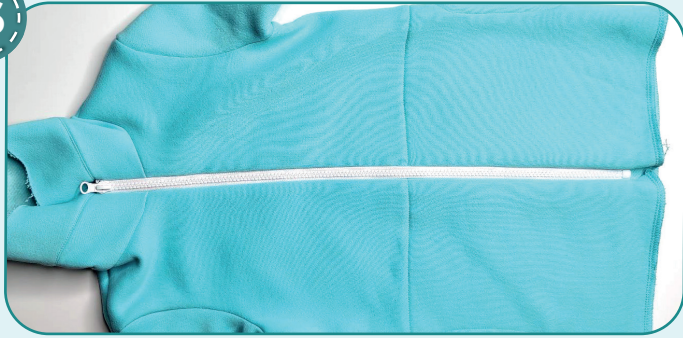


15



Close the zipper and draw marks for the pocket top edge and the stand collar attaching seam on the zipper other tape.

16







2,5-3

Baste or pin the other zipper tape to the front center edge, with right sides together. Very precisely align the marks on the zipper with the pocket top edge and the stand collar attaching seam, as well as the zipper bottom edge 22 mm (7/8") above the lower edge (at the fold). Attach the zipper with a straight stitch

using a unilateral zipper presser foot 10 mm (3/8") away from the edge, repeating the steps for the first zipper tape. Close the zipper, make sure that the pockets, the seams of stand collar pieces, the upper and lower edges coincide, the zipper lies flat, not in waves. Press it.



## SWEATSHIRT CONSTRUCTION

17



2,5-3

Pin the inner stand collar center edges and the garment lower hem to the zipper. Tuck the stand collar seam allowances to the wrong side to have the edges of both collar pieces at the same level. Stitch

them 10 mm (3/8") in from the edge. Turn out and press it.

18



Trim the front seam allowances along the zipper to 4-5 mm (3/16").

19



Baste the inner collar free edge with a blind stitch. Press it.

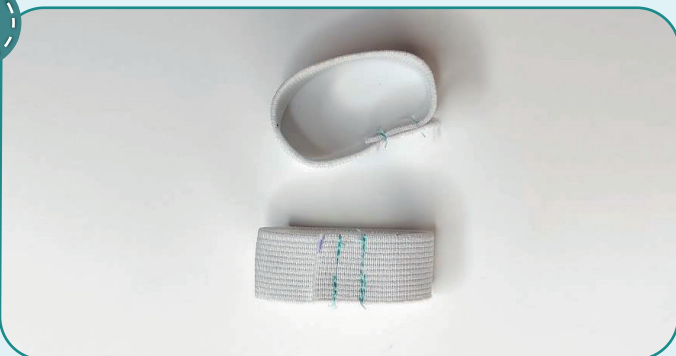
20



2,5-3

Topstitch the zipper 7 mm (1/4") away from the edge. Topstitch the garment lower hem 15 mm (9/16") away from the edge. Make sure the pocket lower edges got into the hemming. Press it.

21

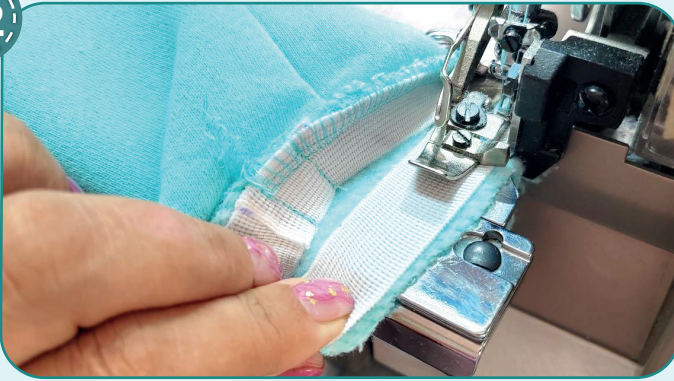


2,5-3

Cut the elastic 20 mm (13/16") wide and the length, indicated on the sleeve paper pattern. Stitch the elastic in a ring with a straight or zigzag stitch.



22

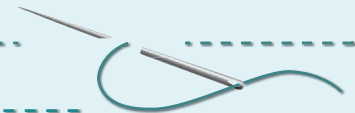


4 2,5-3,5 7

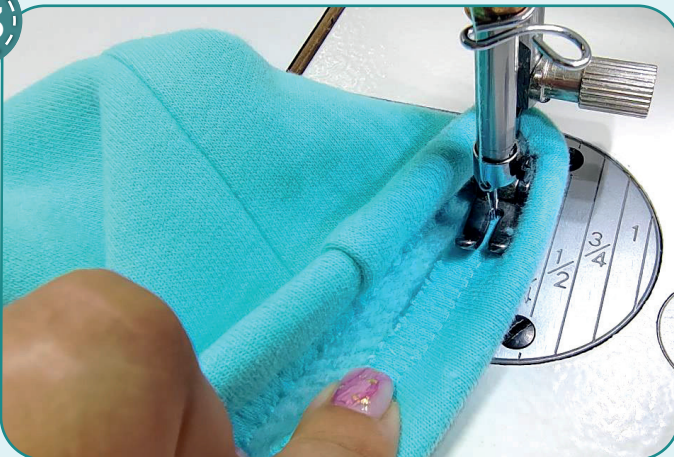
Pin the elastic to the sleeve wrong side. To avoid bulk, do not align the sleeve seam and the seam joining the elastic ends. Evenly stretch the elastic and serge it to the garment.



**NOTE.** It can be difficult to perform this step when sewing small sizes, because it is not easy to get there. You can use the following method to process the sleeve: finish the sleeve edge with the serger, fold the hem and topstitch 20 mm (13/16") away from the edge, leaving an opening for elastic; insert the elastic and stitch it into a ring; stitch the opening.



23



2,5-3

Tuck the edge inside to the width of the elastic and evenly stretching the elastic, stitch 15 mm (9/16") away from the edge. Repeat the process for the other sleeve (steps 21 -23).





24



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



# Pants construction



1



4



2,5-3,5



7

With right sides together, pin the pocket lining to the pant front along the pocket opening. Serge them.

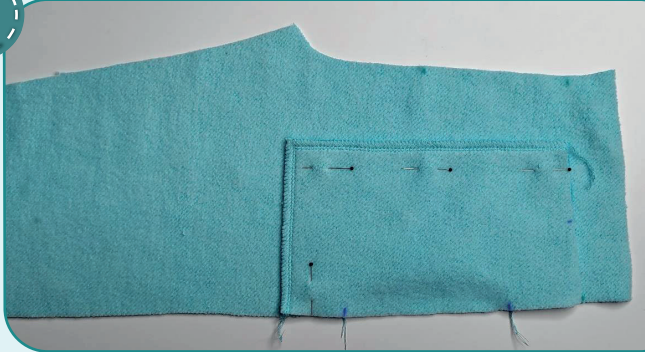
2



2,5-3

Press the lining to the wrong side forming a roll. Topstitch along the pocket opening 7 mm (1/4") in from the edge. Press the pocket opening.

3



4



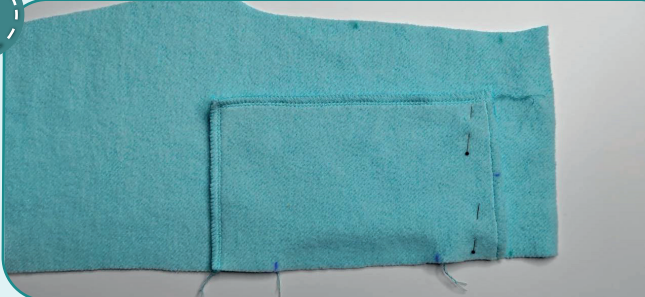
2,5-3,5



7

Pin the side front to the pocket lining with right sides together. Serge the pieces along the lower and center edges. Press the pocket.

4



2,5-3

Affix the pocket top edges with a straight stitch 5 mm (3/16") in from the edge (ignore the pant front).

**NOTE.** You can edgestitch the pocket along the marking but it was not done in this garment.

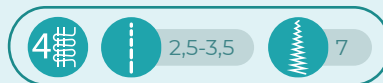
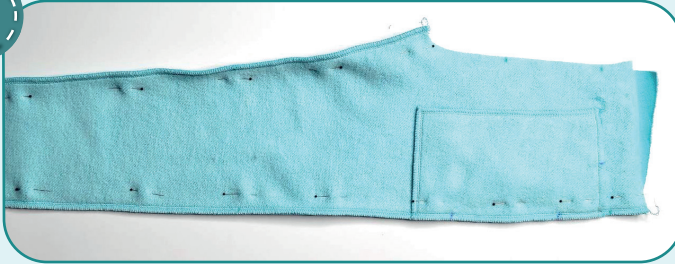
## PANTS CONSTRUCTION

5



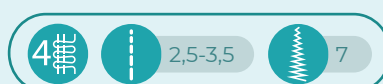
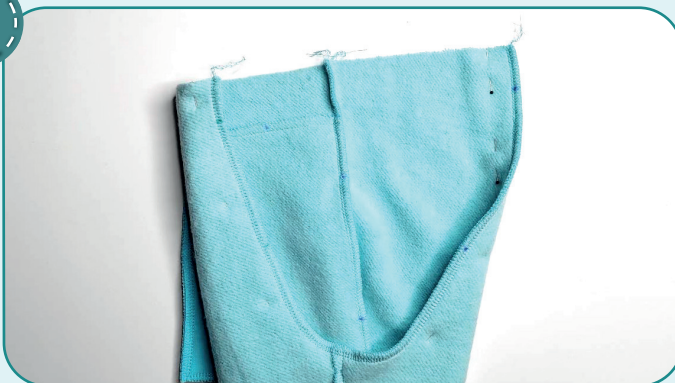
Affix the pocket bag above and below the pocket opening, stitching 4-5 mm (3/16") away from the edges. Repeat the process for the opposite pocket (steps 1-5).

6



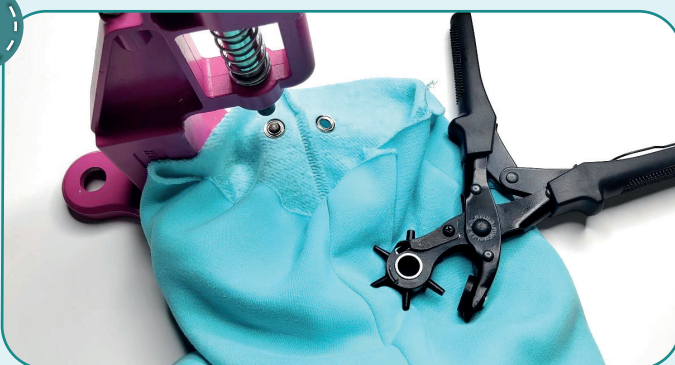
Pin the garment front and back panels along the side and inseam edges with right sides together. Serge them. Press the side seam allowances towards the back and the inseam allowances towards the front. Repeat the process for the opposite pant leg.

7



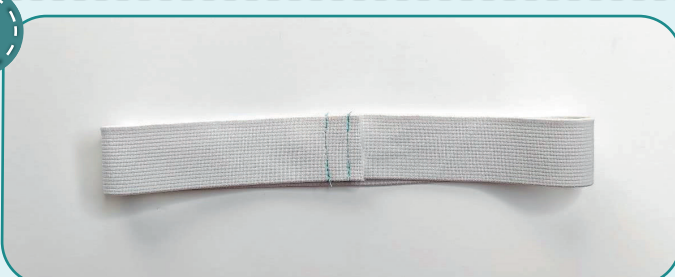
Insert the left pant leg into the right pant leg with right sides together. Pin along the crotch seam placing the inseam allowances in different directions to avoid bulk. Serge it. Press the seam towards the right.

8



Punch 3,5 mm (1/8") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press. You can sew buttonholes about 10 mm (3/8") long instead.

9



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



10



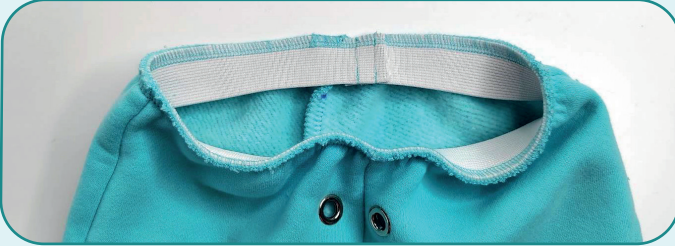
Divide the elastic in quarters. Align the marks with the pants crotch seams and the side seams and pin the elastic to the garment wrong side. To avoid bulk, do not align the elastic and waistband seams.

11



4 2,5-3,5 7

Serge the elastic evenly stretching it.

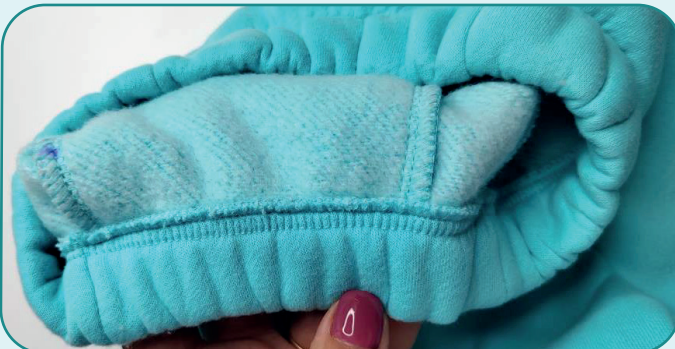
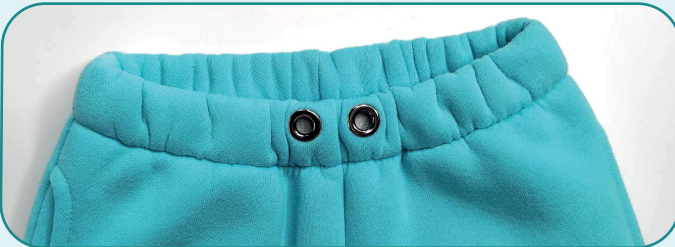


12



2,5-3

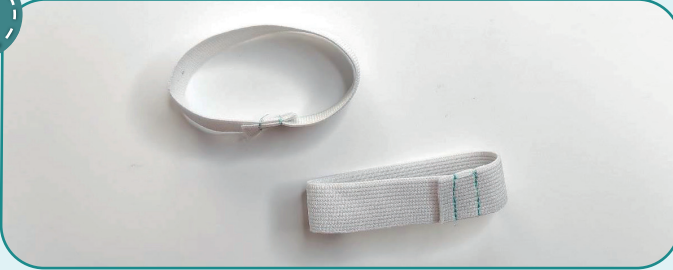
Tuck the edge inside to the width of the elastic and evenly stretching the elastic, stitch 25 mm (1") away from the edge. Care the pocket top edges got inside the waistband.



## PANTS CONSTRUCTION

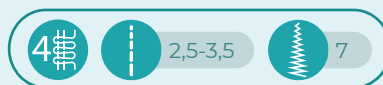
**NOTE.** It is recommended to try it on, check the fit, length and ease. When fitting, consider the lower hem width. It is also necessary to check if the pants waistband is comfortable to wear.

13



Cut the elastic 20 mm (13/16") wide and the length, indicated on the pants back paper pattern. Stitch the elastic in a ring with a straight or zigzag stitch.

14



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 garment side seams and the seam, joining the elastic ends. Serge the elastic evenly stretching it.

15



Tuck the edge inside to the width of the elastic and evenly stretching the elastic, stitch 15 mm (9/16") away from the edge. Repeat the process for the other pant leg (steps 13-15).



16



Thread the cord, remove the basting stitches, trim and hide the thread tails, and press the garment once again. The pants are ready!





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## Stand Collar 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!

