ELINA PATYKOVA
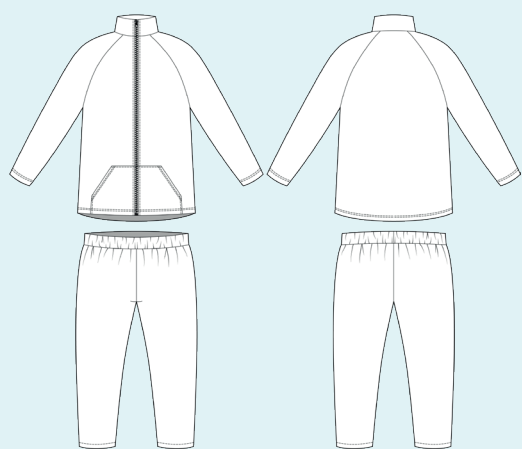
ВЫКРОЙКИ

Instructions for sewing

Sweatsuit Fleece

#патыкова_флис

Skill level

Materials and notions

- **fleece fabric**
- **jacket zipper**
- **stabilising tape (kantenband)**
- **elastic 30 mm (1 3/16'') wide**
- **matching thread**
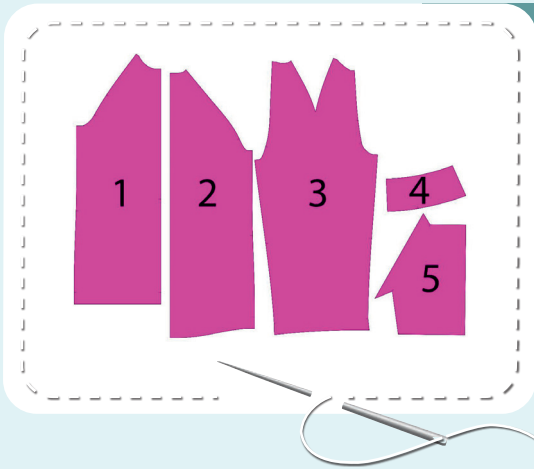- **Jersey 90 or Stretch 90 needles**

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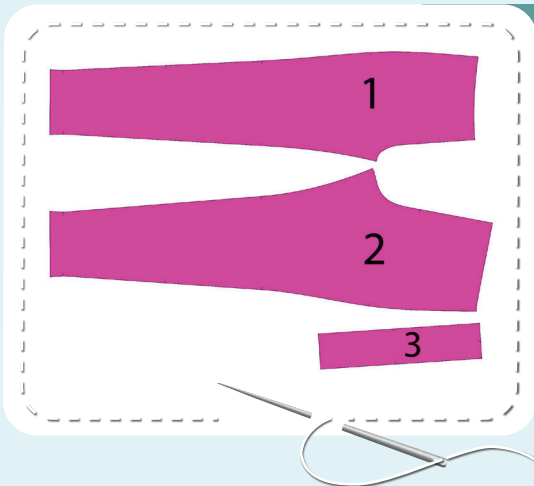
How to cut. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square. Put the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along them. Note: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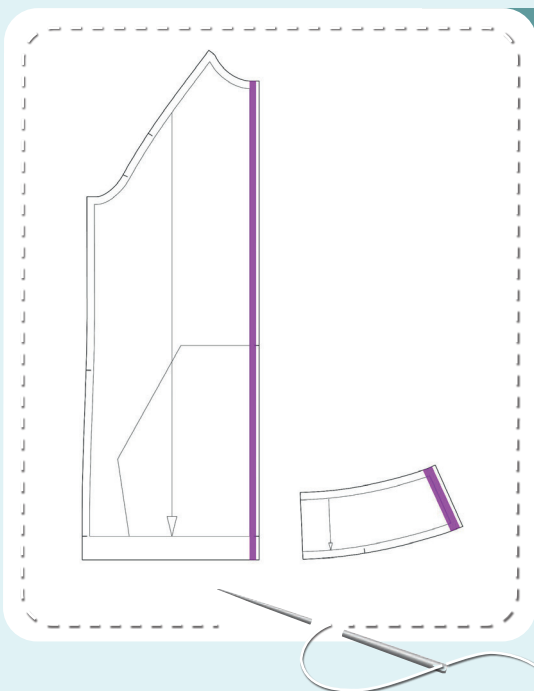
JACKET PIECES:

1. front - cut 2
2. back - cut 1 on the fold
3. sleeve - cut 2
4. stand collar - cut 2 on the fold
5. pocket - cut 2

PANTS PIECES:

1. front - cut 2
2. back - cut 2
3. waistband - cut 1 on the fold

PIECES TO INTERFACE:

▪ **Purple - stabilizing tape or kantenband**
• **front center edges**
• **center edges of one of the collar pieces**

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.

Jacket construction

1

Fuse a piece of stabilising tape (kantenband) to the front center edges and to the center edges of one of the collar pieces.

2

Transfer the marking for the pockets from the pattern onto the front right side. Indent 10 mm (3/8") down from the pocket upper seam lines and draw parallel lines.

3

2,5-3   5,6

Press the pocket opening at 25 mm (1"). Coverstitch it. Tie the thread tails on the wrong side and hide them into the seam. Press the fold.
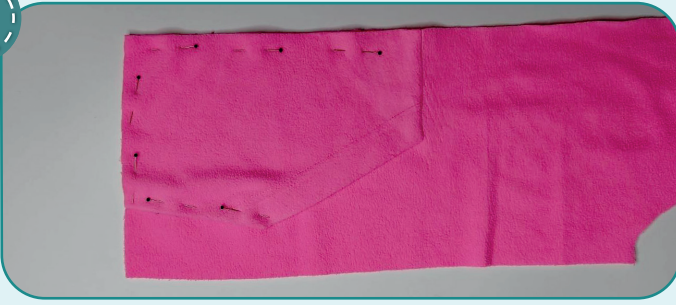
4

2-2,5

Turn the pocket upside down, align the pocket top edge with the lower line and pin it to the front right side. Transfer the marking line 10 mm (3/8") away from the pocket top edge. Attach the pocket along the marking. Press the pocket downward.
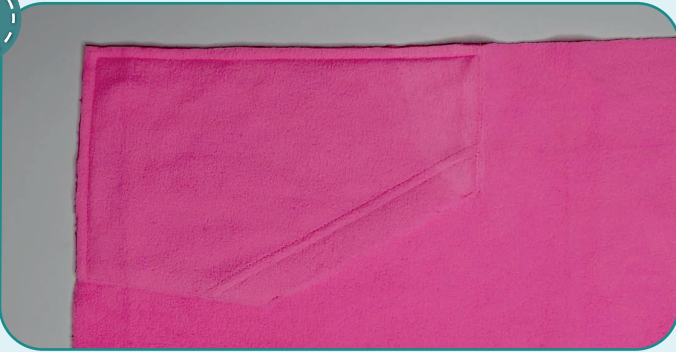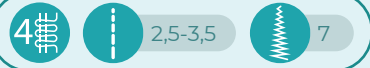
5

Tuck the pocket side edge to the wrong side at 10 mm (3/8") and press it. Pin the pocket, aligning its side edges with the marking line, and align the pocket bottom and center edges with the front lower and center edges.
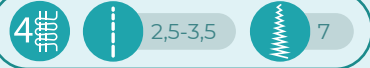
6

2-2,5

Edgestitch the pocket side and top edges 1 mm (1/16") in from the edge. Edgestitch the pocket lower and center edges 4 mm (1/8") in from the edge. Press the pocket. Repeat the process for the opposite pocket (steps 3-6).
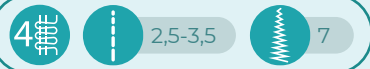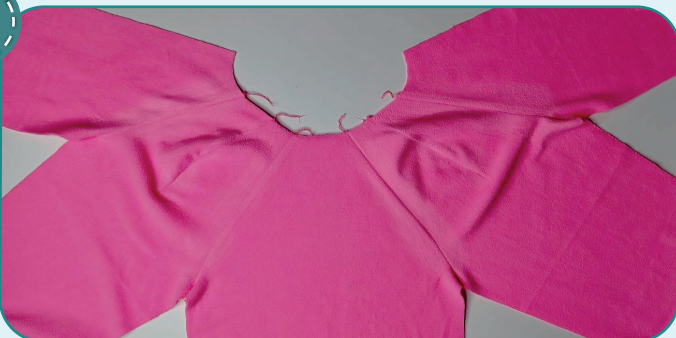
7

4 | 2,5-3,5 | 7

Pin the shoulder darts on the sleeves with right side inside. Serge the darts. The stitching starts from the neckline and goes down smoothly. Tie the thread tails at the top of the dart and hide them into the seam. Press the seam allowances flat towards the front.

8

4 | 2,5-3,5 | 7

Pin the sleeves to the back with right sides together. Serge them. Press the seam allowances flat towards the back.

9

4 | 2,5-3,5 | 7

Pin the fronts to the sleeves with right sides together. Serge them. Press the seam allowances flat towards the front.

10

4 | 3-4 | 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.

11

4 | 3-4 | 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 (the one not fused with stabilising tape). It will be called inner collar.
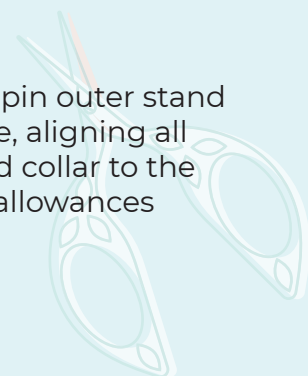
12

| | 2-2,5

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

13

4 | 3-4 | 7

With right sides together, pin 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.

14

2,5-3

Hand-baste or pin 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 27 mm (1 1/16") above the lower edge, the zipper top stop should be 2 mm (1/16") below the collar 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 zipper 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.
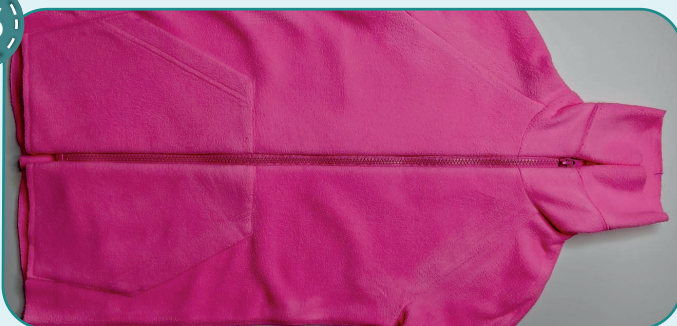
15

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 27 mm (1 1/16") 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 stand collar attaching seams, the upper and lower edges coincide, the zipper lies flat, not in waves. Press it.

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 10 mm (3/8") in from the edge. Turn out and press it.
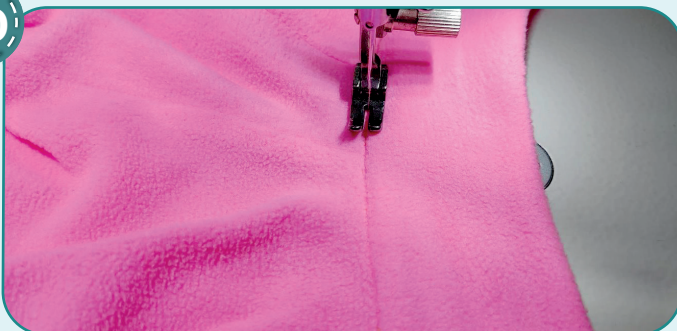
18

Trim the front seam allowances along the zipper to 4-5 mm (3/16").
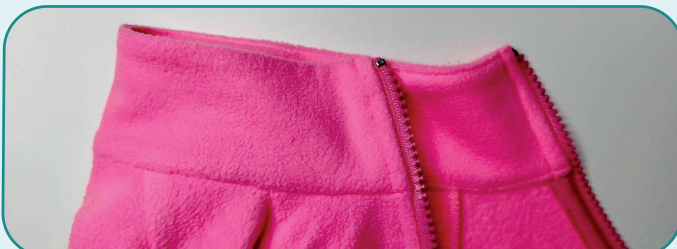
19

Tuck the inner collar seam allowance inside. Hand-baste the inner collar edge to the back neckline with this edge covering the attaching seam. Press it.

20

2-2,5

Working from the right side, stitch the stand collar to the garment from one zipper tape to the other having the needle got exactly atop the collar attaching seam. The inner collar edge should get into the seam. If this method seems difficult, you can sew the edge of the inner collar by hand using a blind stitch. Press the neckline.

21

Stitch along the zipper 7 mm (1/4") in from the edge. Press.

22

2,5-3   5,6

Fold the garment lower hem and the sleeve lower hems at 25 mm (1") towards the wrong side and press it. You can whip stitch the edge. Coverstitch them. When stitching the garment lower hem, start and finish the stitching exactly at the zipper seam. Pull the threads to the wrong side with a needle, tie and hide them in the seam Press the fold.

23

Trim and hide the thread tails and press the garment once again. The jacket is ready.

Pants construction

1

4 | 2,5-3,5 | 7

Place the pant front and back panels along the side edge and inseam, right side inside. Serge them. Press the seams flat towards the front part of the pants. Repeat the process for the opposite pant leg.
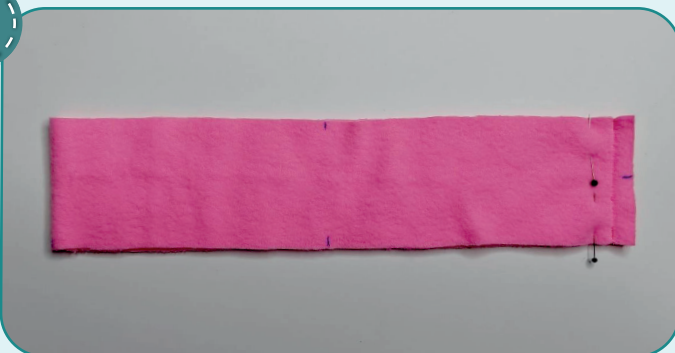
2

4 | 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 towards the right.

3

2-2,5

Stitch the waistband 7 mm (1/4") in from the edge having pinned the side edge beforehand. Press the seam allowances open.
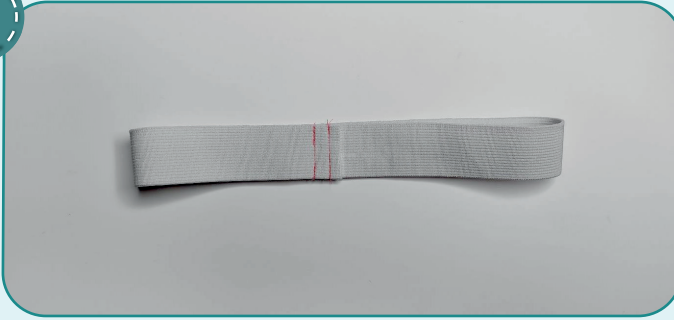
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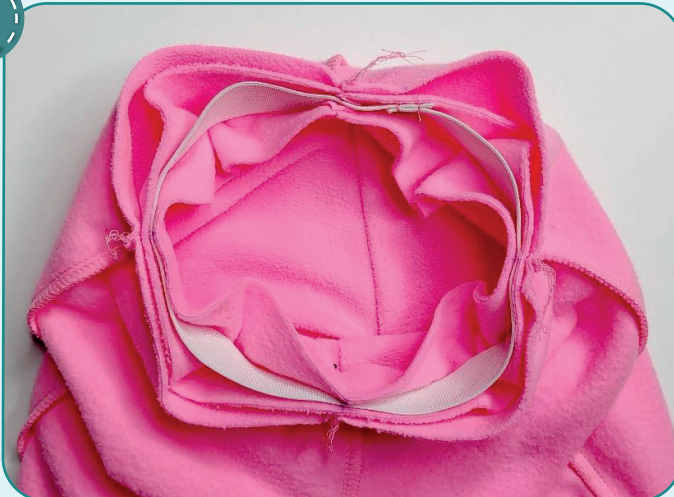Fold the waistband in half, lengthways, wrong side inside, and press it.

5

2-2,5

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

6

Divide the elastic into quarters and pin-mark. 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.
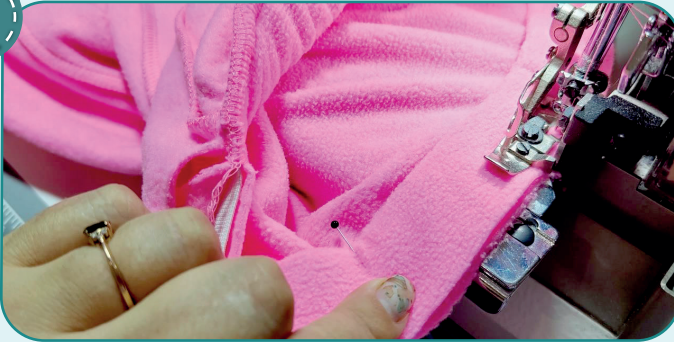
7

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

NOTE. The elastic should be 30 mm (1 3/16") wide and sewn to the pants together with the waistband. But if you are not sure what length of the elastic to take, or if you doubt that you serger can take such thickness, use elastic 25 mm (1"). 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.
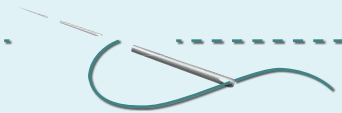
8

4 | 2,5-3,5 | 7

Serge the waistband to the garment. While serging, stretch the elastic evenly, but avoid stretching the garment upper edge. Sew very slowly. When stretching the elastic, the serger needles should be at their lowest position. Tie the thread tails and hide them into the seam. Press the seam allowances downward.

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.

9

| 2,5-3 | 5,6

Fold the garment lower hems 25 mm (1") towards the wrong side and press them. You can whip stitch the edge. Coverstitch them. Press the folds.

10

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

Sweatsuit Fleece

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