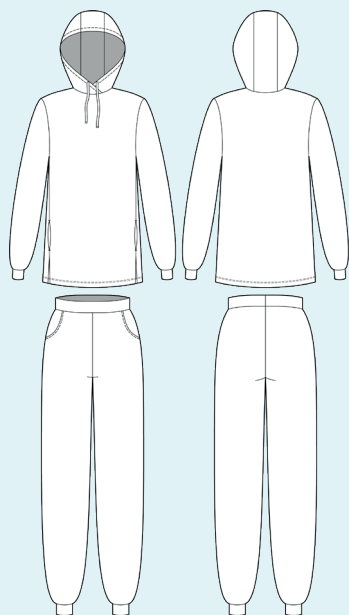


ELINA PATYKOVA
ВЫКРОЙКИ

Instructions
for sewing

Thick sweatshirt fleece Suit

#патыкова_начес



Skill level



Materials and notions



- sweatshirt fleece
- french terry
- rib knit fabric
- cord 120 cm (47 1/4") long
- eyelets 8 mm (5/16") - 2 pcs
- elastic 40 mm (1 9/16") 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.



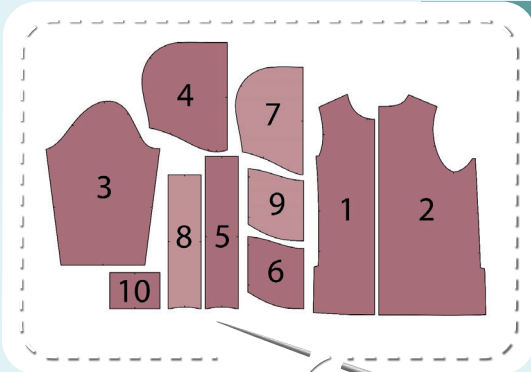
To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when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

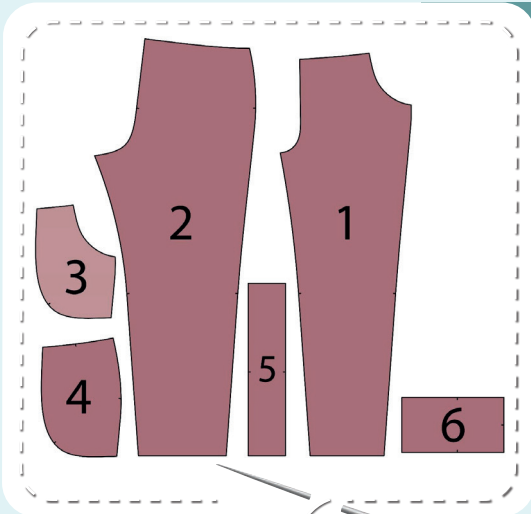


Now you have



HOODIE PIECES:

1. front - cut 1 on the fold (sweatshirt fleece)
2. back - cut 1 on the fold (sweatshirt fleece)
3. sleeve - cut 2 (sweatshirt fleece)
4. hood - cut 2 (sweatshirt fleece)
5. hood center - cut 1 (sweatshirt fleece)
6. pocket lining - cut 1 on the fold (sweatshirt fleece)
7. hood lining - cut 2 (french terry) or you can use cotton lycra jersey as in this garment
8. hood center lining - cut 1 (french terry) or you can use cotton lycra jersey as in this garment
9. pocket lining 2 - cut 1 on the fold (french terry)
10. sleeve cuff - cut 2 (rib knit fabric)



SWEATPANTS PIECES:

1. front panel - cut 2 (sweatshirt fleece)
2. back panel - cut 2 (sweatshirt fleece)
3. pocket lining - cut 2 (french terry or cotton lycra jersey)
4. side front - cut 2 (sweatshirt fleece)
5. waistband - cut 1 on the fold (rib knit fabric)
6. pant cuff - cut 2 (rib knit fabric)

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

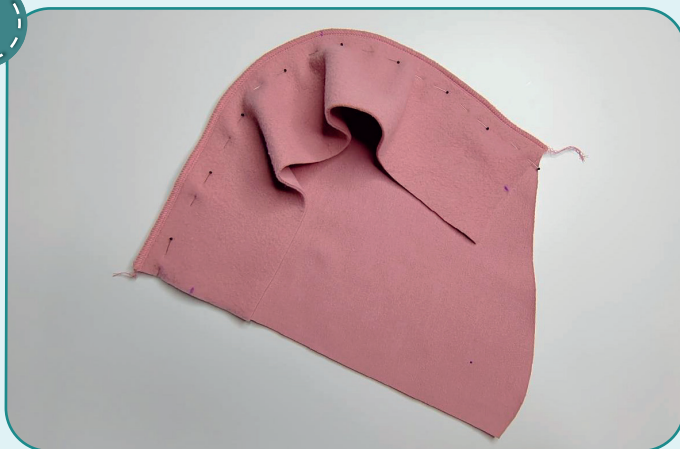
If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.



Hoodie construction



1



4

2,5-3,5

7

With right sides together, pin the hood and the hood center pieces, aligning the marks. Serge the pieces. Press the seam allowances towards the hood center piece. Repeat the process for another hood piece.

2



4

2,5-3,5

7

Repeat the process for the hood lining.

3



Punch 3,5 mm (1/8") holes for the eyelets with a Hole Punch or scissors. Attach the eyelets with a press.

4



4

2,5-3,5

7

Place the hood lining and the hood, right sides together, and pin them along the outer edge. Serge them. Press the seam allowances towards the hood lining. Turn the hood out to the right side.

HOODIE CONSTRUCTION

5



Tuck the hood edge inward and press along the marking transferred from the pattern. There should be an equal interval of 30 mm (1 3/16") between the fold and the hood lining.

6



Working from the wrong side, stitch a seam 30 mm (1 3/16") away from the fold. The needle should get exactly into the lining attaching seam. Press it.



7



Affix the hood with the lining using a straight stitch 5 mm (3/16") in from the edge.

HOODIE CONSTRUCTION

8



2,5-3

Overlap the right end of the hood over the left one, aligning the marks. Pin them. Affix the hood ends with a straight stitch 5 mm (3/16") in from the edge.

9



2,5-3

With right sides together, pin the front and the pocket lining 2 (french terry) along the side edges aligning the pocket opening marks accurately. Stitch them 10 mm (3/8") in from the edge. Stitch them from mark to mark.

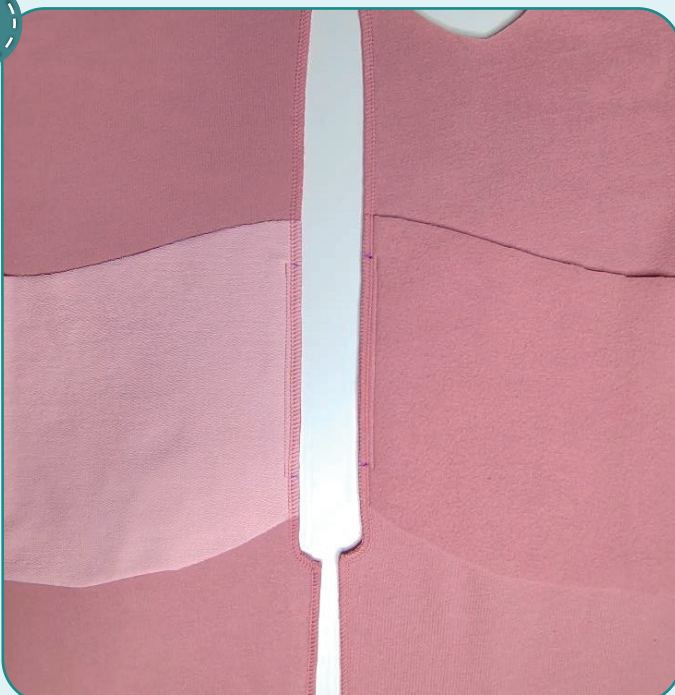
10



2,5-3

With right sides together, pin the back to the pocket lining (sweatshirt fleece). Stitch them 10 mm (3/8") in from the edge. Stitch them from mark to mark.

11



2,5-3,5

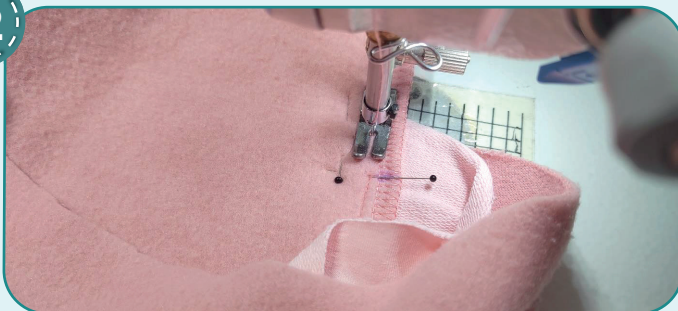


7

Use the serger to finish the side edges of the front and back, together with pocket linings. Press them.



12



2,5-3

Sandwich the front between the back and pocket lining (sweatshirt fleece) to have the front and back facing each other and pocket linings facing each other. Pin the front and back along the side edges above and below the pocket opening (up to the vent top point). Stitch the side edges 10 mm (3/8") in from the edge. Finish stitching exactly near the pocket lining attaching seams. Press the seam allowances open.



13



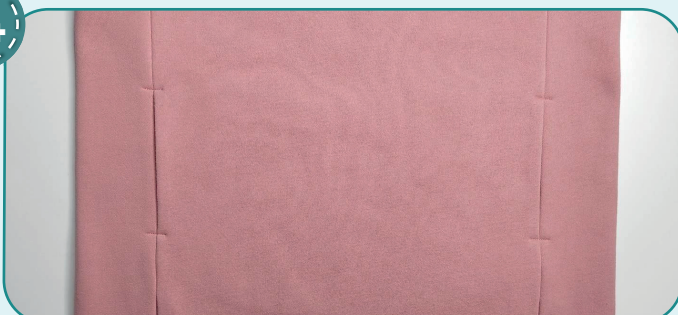
2,5-3,5



7

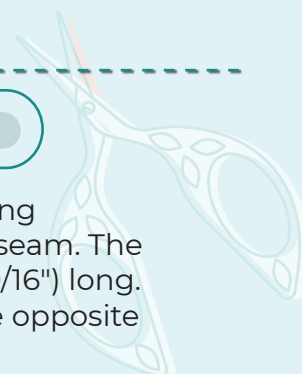
Pin the pocket linings along the free edges. Serge them. Begin and finish stitching as close to the side seams as possible. Press them.

14



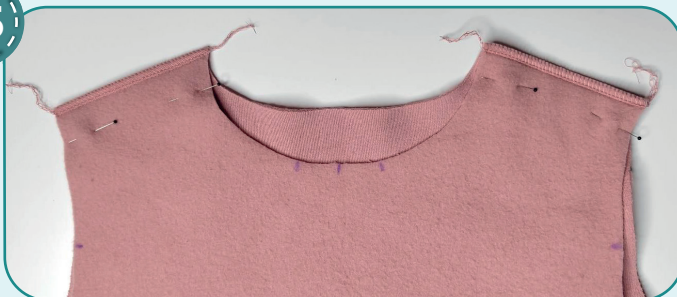
2,5-3

Bar tack the pocket opening perpendicular to the side seam. The seams are 10-15 mm (3/8-9/16") long. Repeat the process for the opposite pocket opening.





15



2,5-3,5



7

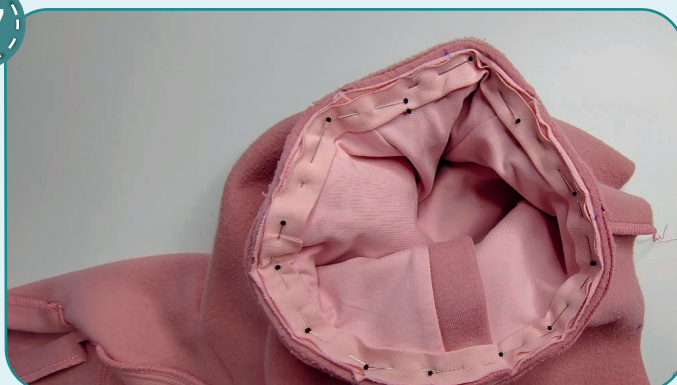
Pin the front and the back along the shoulder edges with right sides together. Serge them. Press the seam allowances flat towards the front.

16



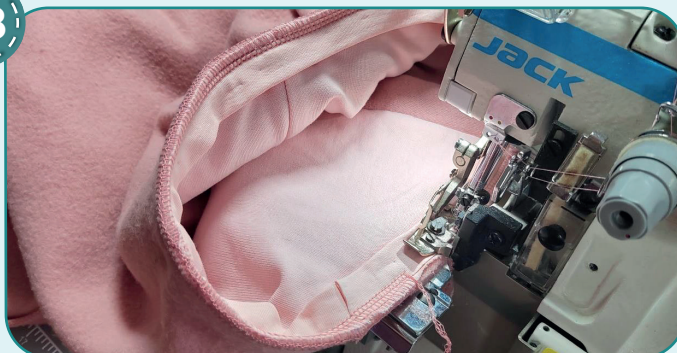
Cut a strip of cotton lycra jersey 35 mm (1 3/8") wide and the length equal the neck length + 20 mm (13/16"). Press it in half, lengthways, with wrong side inside.

17



Insert the hood into the garment with right sides together and pin them along the neck. Place a strip of cotton lycra jersey to the hood lining with right sides together, aligning the edges. Tuck the strip end inside at 10 mm (3/8"), put the other end atop the first one, but do not tuck it. If you lack experience, it is better to hand baste the strip.

18

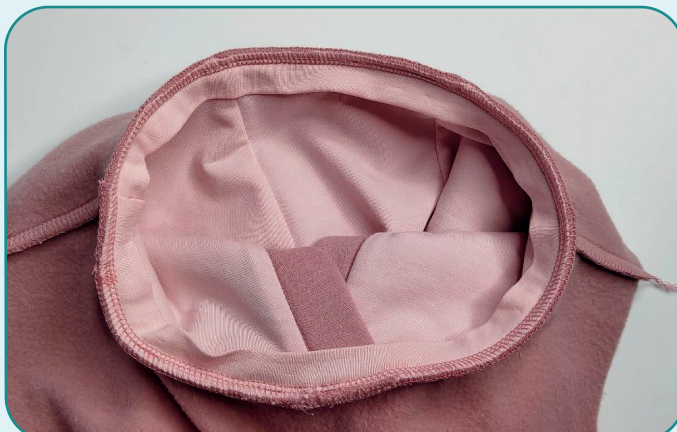


2,5-3,5



7

Serge the hood and the strip to the garment neck. Press the seam allowances and the strip downward.



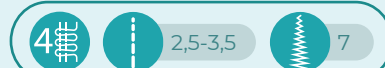
19



Cover the seam allowance with the strip edge and hand baste it to the front and back. Press them. Topstitch the strip along the neck 7 mm (1/4") away from the attaching seam. Topstitch on the right side to have even stitching. Check if the strip is sewn on the wrong side. Press it.

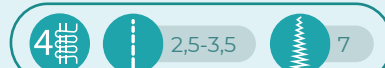


20



Pin the sleeve side edges with right sides together. Serge it. Press the seam towards the right.

21



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

HOODIE CONSTRUCTION

NOTE. It is recommended to try it on, check the fit, length and ease. When fitting, consider the cuffs and the lower hem seam allowances.

22



2,5-3

Fold the vent seam allowances to the right side at 25 mm (1"). Stitch the short edges 35 mm (1 3/8") in from the edge.

23



Trim the seam allowance corner. Trim the vent lower seam allowance to 5 mm (3/16"). Turn it out to the right side and press. Check the vent lower edges are level.

24



2,5-3

Press the garment lower hem to the wrong side at 35 mm (1 9/16"). Press and then hand baste it. Topstitch across the vent tops with seams 50 mm (2") long.



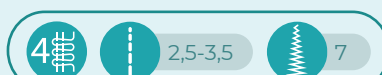
25



Coverstitch the garment lower hem. Tie the thread tails on the wrong side and hide them into the seam with a large eye needle. Press it again.



26



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

27



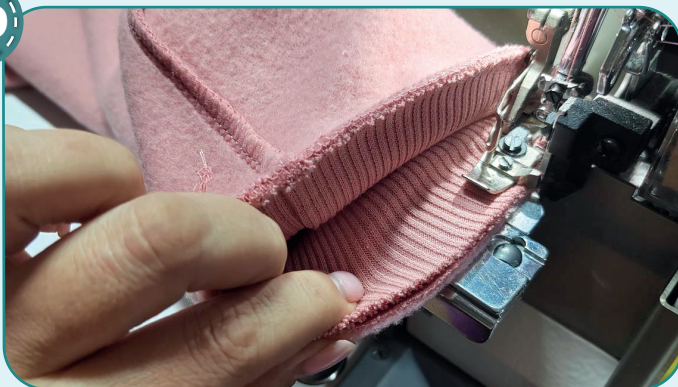
To avoid bulk when stitching the cuffs, press the seam allowances in different directions.

28



Fold the cuffs in half, wrong side inside, and press them.

29



4#

2,5-3,5

7

Aligning the cuff seam and the sleeve inseam serge the cuff to the sleeve opening. When serging, evenly stretch the cuff, but avoid stretching the sleeve lower hem. Repeat the process for the other cuff. Press the seams towards the sleeves.



30



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

Sweatpants construction



1



4

2,5-3,5

7

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

2



4

2,5-3

7

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

3



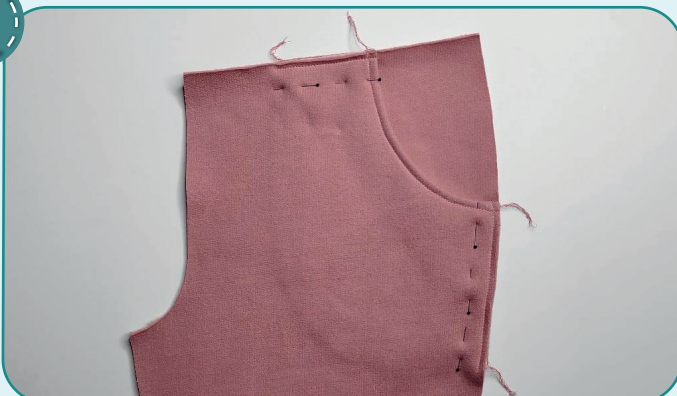
4

2,5-3,5

7

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

4



4

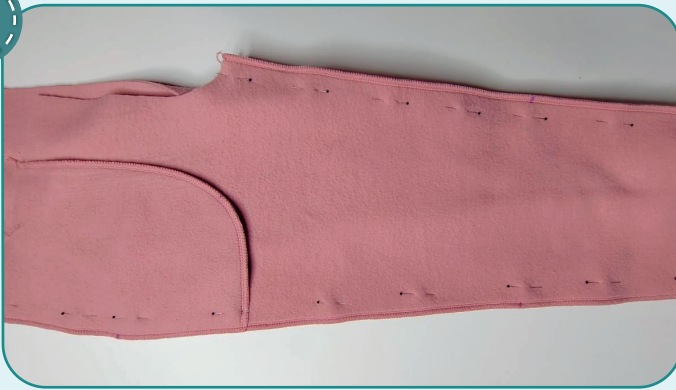
2,5-3

7

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

SWEATPANTS CONSTRUCTION

5



4#

2,5-3,5

7

Pin the pant front and back panels along the side edge and inseam, right side inside. Serge them. Press the side seam allowances towards the pants back and the inseam allowances towards the pants front. Repeat the process for the other pant leg.

6



4#

2,5-3,5

7

Insert the left pant leg into the right one with right sides together. Pin the crotch seam. In the process, place the inseam allowances in different directions to avoid bulk. Serge it. Press the seam towards the right.

7



4#

2,5-3,5

7

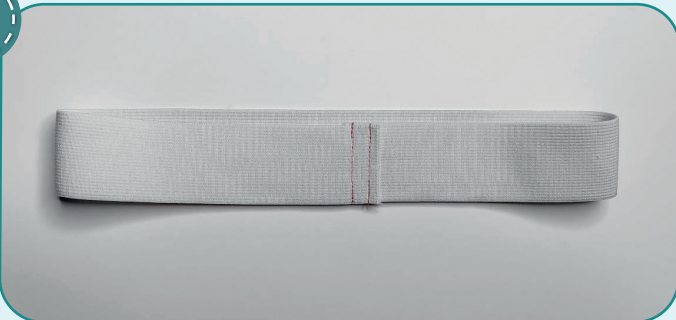
Serge the waistband in a ring, having pinned the side edge beforehand. Press the seam ends in different directions.

8



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

9



4#

2,5-3

7

Cut the elastic 40 mm (1 9/16") wide and the length, indicated on the waistband paper pattern. Stitch the elastic in a ring with a straight or a zigzag stitch.

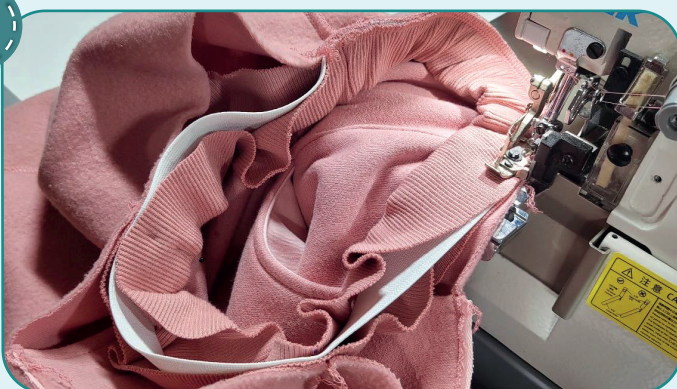
10



Divide the elastic 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.

NOTE. The elastic should be 40 mm (1 9/16") wide and sewn to the pants together with the waistband. But if you are not sure what length of the elastic to take, or you think it is too thick to serge, use the elastic 35 mm (1 5/8") 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.

11



4

2,5-3,5

7

Turn the pants 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. Align the waistband center mark with the front crotch seam. Align the rest marks with the side seams. Serge the waistband to the garment. While serging, stretch evenly the elastic, but avoid stretching the garment upper edge. Serge slowly, especially along the pockets. When stretching the elastic, place the serger needles 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 cuffs width. Be sure to check if the pants waistband is comfortable to wear.

12



4#

2,5-3,5

7

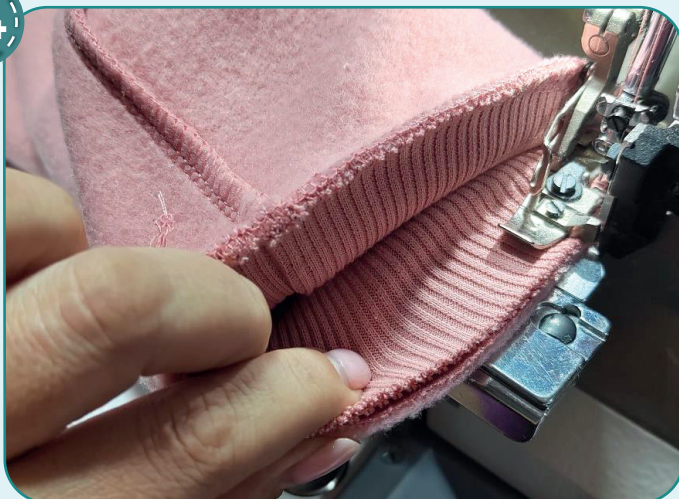
With right sides together, fold the cuffs in half, lengthways, and pin along the short edges. Serge them. To avoid bulk when attaching the cuffs, press the seam allowances ends in different directions.

13



Fold the cuffs in half, wrong side inside, and press them.

14



4#

2,5-3,5

7

Aligning the cuff seam and the inseam, serge the cuff to the pant leg opening. Evenly stretch the cuff while stitching it but avoid stretching the pant leg opening. Repeat the process for the other cuff. Press the seam allowances flat towards the pant legs.





15



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



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Thick sweatshirt fleece 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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