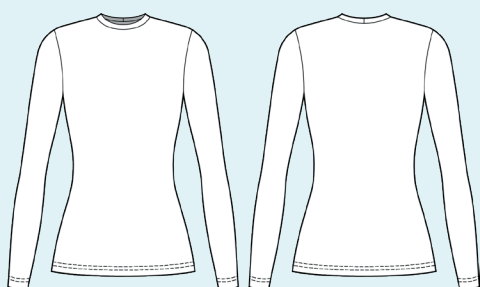


ELINA PATYKOVA
ВЫКРОЙКИ

Instructions
for sewing

Long Sleeve Shirt

#патыкова_лонгслив



Skill level



Materials and notions



- cotton lycra jersey
- matching thread
- Super 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.



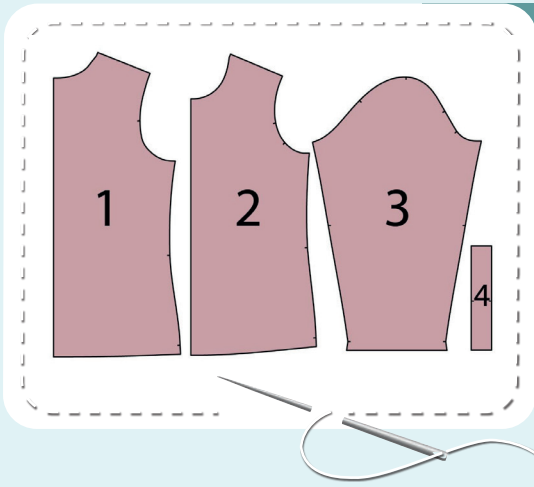
To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when 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



LONG SLEEVE SHIRT PIECES

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

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.



Long Sleeve 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 place. Press the seam allowance towards the front and the back. Repeat the process for the other sleeve.

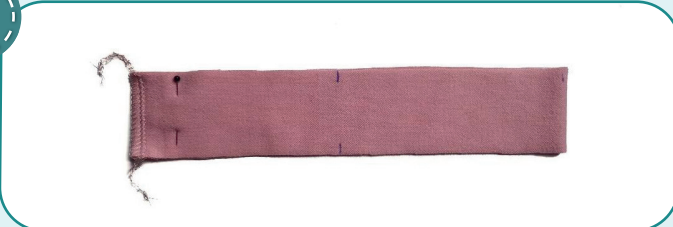
3



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 sides together. 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.

4



4 2,5-3,5 7

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

5



To avoid bulk when attaching the neckband, press the ends of the seam allowances in different directions.

LONG SLEEVE SHIRT CONSTRUCTION



6



Fold the neckband 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



4
指

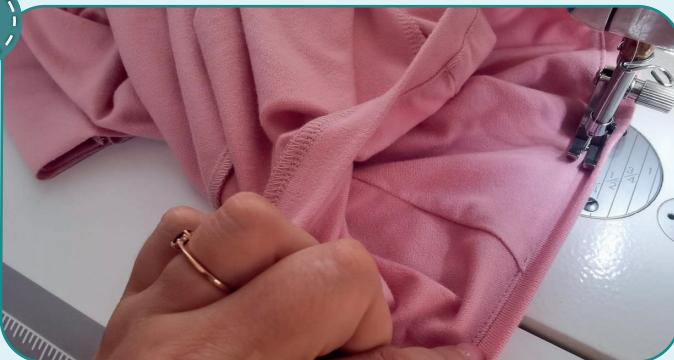
2,5-3,5

7

Pin the neckband to the garment neckline right side. Align the neckband seam with the back neckline center, neckband center with the front neckline center and align the rest marks with the shoulder seams. Serge the neckband to the garment. In the process, evenly stretch the neckband, but care not to stretch the neckline itself. Press the seam down.



8



4
指

2,5-3

7

Topstitch the neckline along the front and the back 1 mm (1/16") away from the neckband attaching seam. Press the neckline.



LONG SLEEVE SHIRT CONSTRUCTION



9



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.

10



Remove the basting stitches, trim, and hide the thread tails and press the garment once again. The Long Sleeve Shirt is ready!

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Long Sleeve 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!

