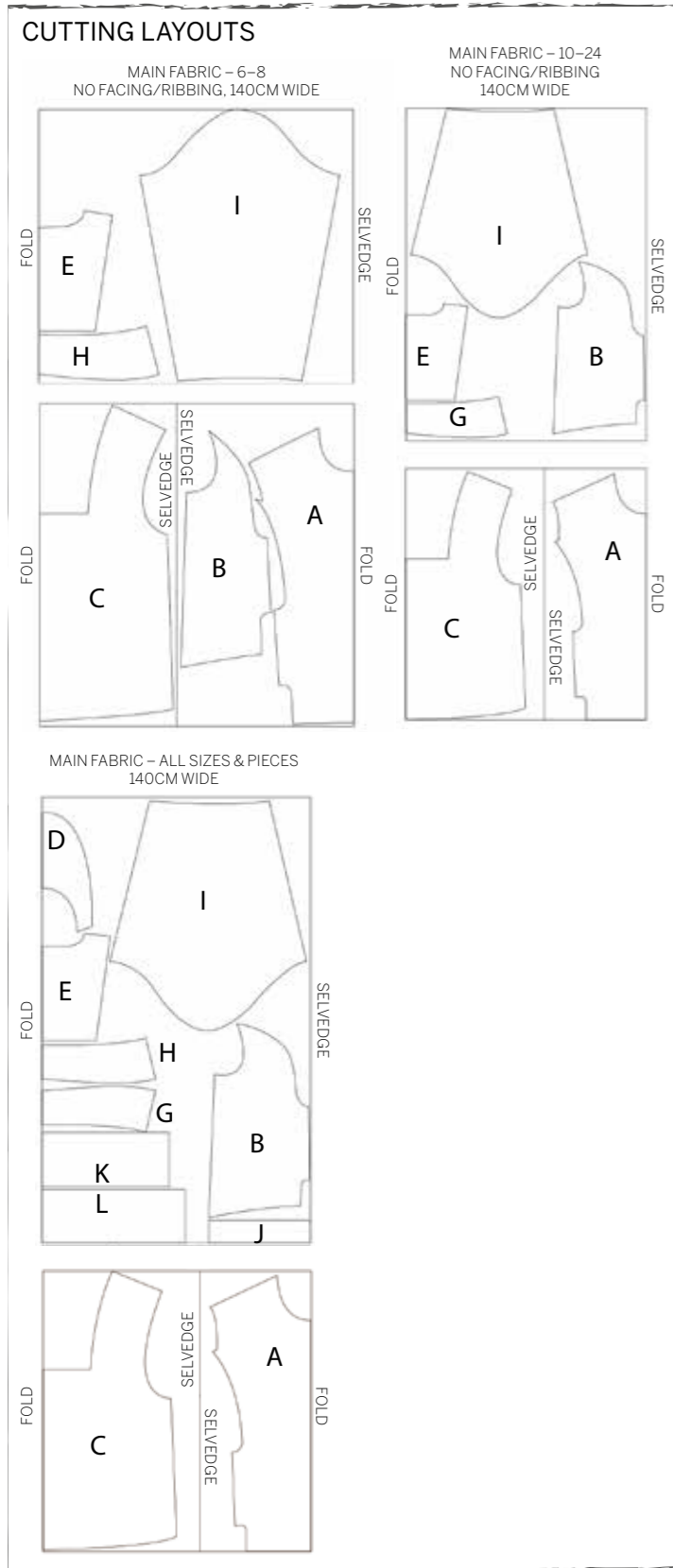


# LINDSEY SWEATSHIRT



## CUTTING OUT

**Step one** From the main fabric cut:

- Front (A):** one on fold
- Side Front (B):** two
- Back (C):** one on fold
- Front Facing (D):** one on fold (or cut from ribbing)
- Back Yoke (E):** one on fold
- Pocket Lining (F):** one on fold (or cut from lining)
- Inner Collar (G):** two (or cut from ribbing)
- Outer Collar (H):** one on fold
- Sleeve (I):** two
- Cuff (J):** two (or cut from ribbing)
- Front Waistband (K):** one on fold (or cut from ribbing)
- Back Waistband (L):** one on fold (or cut from ribbing)
- Zip End Tab:** 6x3cm

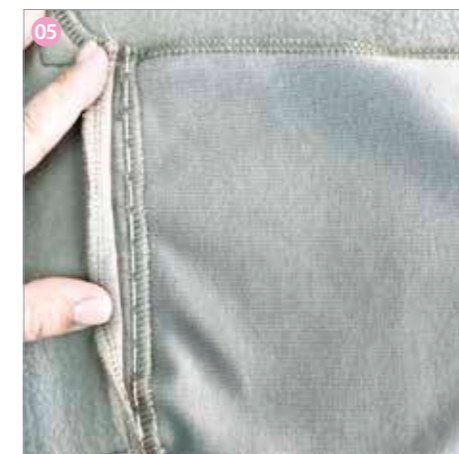
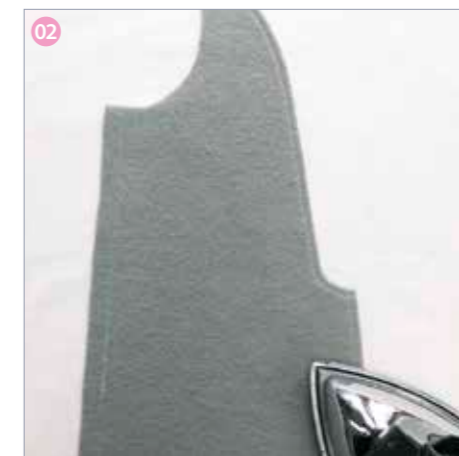
## INTERFACING THE PIECES

**Step one** Interface the Outer Collar edges with a 1.5cm wide strip of interfacing, and the Back neckline with a 1cm wide strip of interfacing, 6cm long. Interface the zip area on the Front with a 4cm wide strip of interfacing, 12cm long. Interface the grown-on pocket facings (4cm wide strip of interfacing, length according to pattern piece). Interface the corners where yoke is attached on the Back piece (1.5x1.5cm squares of interfacing). <sup>01</sup>

## MAKING THE SWEATSHIRT

### ASSEMBLING THE FRONT

- Step one** Overlock the Side Front princess seam edges, WS facing up. Press. <sup>02</sup>
- Step two** Overlock the princess seam edges on the Front, WS facing up. Press.
- Step three** Mark and hand tack the topstitching lines on the Front piece.
- Step four** Stitch on the bottom topstitching line on the Front piece. Stitch on the RS with a stitch length of 4mm. Backstitch at the beginning and end.
- Step five** Place the Front and the Side Fronts RS together along the princess seams. Align the edges, pin and tack. Machine stitch the pieces.
- Step six** Stitch from the underarm up to the point of the pocket opening, then perpendicularly towards to the edge of the grown-on facing, stopping 1cm short of the edge. Backstitch at the beginning and end.
- Step seven** Next, start stitching 1cm away from the grown-on facing edge, stop at the pocket opening point and continue along the princess seam all the way to the bottom edge. Backstitch at the beginning and end. <sup>03</sup>
- Step eight** Press the seams and then press the seam allowances towards the Front piece. <sup>04</sup>
- Step nine** Overlock the Pocket Lining edges with the WS facing up. Press.
- Step ten** Place the Pocket Lining WS together with the Front piece. The top edge of the Pocket Lining should be above the upper topstitching line. Place the edge of the Front piece grown-on facing on top of the Pocket Lining edge. The facing edge should extend by 5mm beyond the seam allowance of the Pocket Lining. Pin the seam allowances, tack and stitch.
- Step eleven** Sew at 1cm from the facing edge. Press the seam. <sup>05</sup>
- Step twelve** Fold the Pocket Lining along the foldline, place it on top of the grown-on facing edges. Align the top edges. Pin the Pocket Lining edges to the edges of the Side Front grown-on facing. Tack and stitch.
- Step thirteen** Stitch on the side of the facing. Backstitch at the beginning and end. Press the seam. <sup>06</sup>
- Step fourteen** Pin, tack and stitch the bottom part of the Pocket Lining. Backstitch at the beginning and end. Press the seam. <sup>07</sup>
- Step fifteen** Align the top edges of the Pocket Lining, pin, tack and stitch. Backstitch at the beginning and end. Pin and tack the top edge of the Pocket Lining to the Front piece at the topstitching line.



- Step sixteen** Topstitch the Pocket Lining on the sewing machine. Stitch on the RS of the Front piece between the princess seams, with a stitch length of 4mm. Backstitch at the beginning and end. Press the seam.
- Step seventeen** Pin and tack the pocket openings along the fold on the Front piece. Topstitch the pocket openings at 8mm from the edge, with a stitch length of 4mm. Backstitch at the beginning and end. Press the topstitching.
- Step eighteen** Place the Back Yoke bottom edge RS together with the bottom edge of the Back piece yoke insertion area. Align the edges, pin and tack. Stitch, leaving 1cm from the yoke side edges unstitched.
- Step nineteen** Make a diagonal clip into the yoke area corners on the Back, stopping 2mm short of the stitching line.
- Step twenty** Align the Back Yoke and Back pieces along the side edges; open up the sides around the clipped corner to help them line up. Pin and tack. Stitch the Back Yoke to the Back. Overlock the seam allowances with the Back Yoke facing up. Press. <sup>08</sup>
- Step twenty one** Press the seam allowances towards the Back piece.
- Step twenty two** Mark the cutting lines for the zip on the WS of the Front piece. Cut along the straight line; do not cut the diagonal lines. <sup>09</sup>

### ASSEMBLING THE SWEATSHIRT

- Step one** Place the Front and Back pieces RS together along the shoulder and side seams. Align the shoulder edges and pin, tack and stitch on the machine. Backstitch at the beginning and end. Overlock the seam allowances with the Back piece facing up.
- Step two** Align the side seams and pin, tack and stitch on the overlocker with a 7mm seam allowance. Overlock with the Back piece facing up, cutting off 3mm as you go.
- Step three** Press the shoulder seam and press the seam allowance towards the Front. Press the side seam and press the seam allowance towards the Front.

### ATTACHING THE COLLAR

- Step one** Place the bottom edge of the Outer Collar RS together with the neckline edge. Align the edges and pin, tack and stitch on the sewing machine. Press the seam. Make a clip into the Front neckline seam allowance near the shoulder seam, stopping 2mm short of the stitching line.
- Step two** Press the Back neckline seam allowances towards the Outer Collar. Press the Front neckline seam allowances open up to the clips. <sup>10</sup>

### INSERTING THE ZIP

- Step one** Carefully steam the zip tape in order to avoid shrinkage once it's inserted in the garment. Open the zip. Place one side of the zip on the RS of the Front in such a way that the top stop is 1cm below the top edge of the Outer Collar. Pin in place.
- Step two** Mark a line with chalk or a disappearing pen on the zip tape at the level of the Outer Collar and bodice seam. Close the zip. Mark a line on the opposite side of the zip tape at the Outer Collar seam level. <sup>11</sup>
- Step three** Pin the second side of the zip to the opening edge. Align the edges, match the marked lines. The top stops should be 1cm below the Outer Collar top edge. Fold and pin the zip top tape extensions.
- Step four** Tack and stitch the zip on the sewing machine. Stitch at 7mm from the edge and stop at the bottom corner of the marked zip frame. Backstitch at the beginning and end. Press the seams. <sup>12</sup>

### ASSEMBLING THE FACING

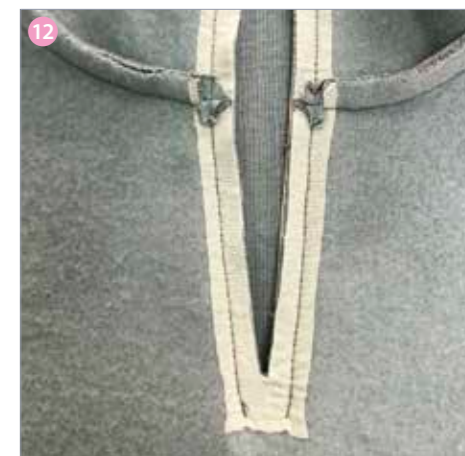
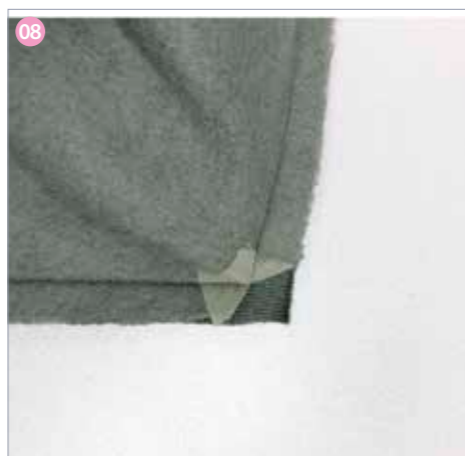
- Step one** Place the Inner Collar pieces RS together along the centre edge. Align the edges and pin, tack and stitch on the sewing machine. Backstitch at the beginning and end. Press the seam. Press the seam allowances open.
- Step two** Overlock the curved bottom edge of the Front Facing piece with the RS facing up. Press.

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# LINDSEY SWEATSHIRT



**Step three** Press the Front Facing shoulder edges to the WS by 1cm.

**Step four** Mark and cut along the straight cutting line on the Front Facing; do not cut the diagonal lines.

**Step five** Place the Inner Collar and the Front Facing pieces RS together along the neckline edge. Align the edges and pin, tack and stitch on the sewing machine. Backstitch at the beginning and end. Make sure to catch the pressed shoulder edge on the Front Facing piece in the stitching. **13**

**Step six** Clip into the Front Facing seam allowance, stopping 2mm short of the stitching line. Press the seam. Press the seam allowances open up to the clip. Place the Inner Collar with the Front Facing piece RS together with the Front of the sweatshirt.

**Step seven** Align the cut opening edges and the top edges of the Outer and Inner Collar pieces. Pin the cut opening edges of the Front Facing and Inner Collar piece to the opening edges of the Front piece and tack and stitch on the sewing machine. Stitch exactly on top of the zip stitching line up to the bottom corner of the zip frame. Backstitch at the beginning and end.

**Step eight** Cut along the diagonal lines on the bottom of the opening, stopping 1mm short of the stitching. Align the top edges of the Outer and Inner Collar pieces and pin, tack and stitch on the sewing machine. Start and end stitching at the beginning of the zip stitching lines. Backstitch at the beginning and end. **14**

**Step nine** Trim the corners, but don't cut off the top of the zip tape.

**Step ten** Trim the Outer and Inner Collar seam allowances down to 5mm.

**Step eleven** Trim the seam allowances of the Inner Collar and Front Facing down to 2mm.

**Step twelve** Pass the bottom edge of the zip between the Front and the Front Facing. Flip the triangle and hand stitch it to the zip. Stitch on the sewing machine. Backstitch at the beginning and end. Turn the hand wheel manually when you reach the zip teeth to avoid breaking the needle. **15**

## MAKING THE ZIP TAB ENDS

**Step one** Place the long edge of the Zip End Tab RS down on the bottom edge of the zip; fold both sides around the zip. Pin in place.

**Step two** Tack in place, then stitch on the sewing machine. Backstitch at the beginning and end. Turn the rectangle to the RS and press.

**Step three** Fold the free edge of the Zip End Tab over the zip end and pin, tack and stitch. Stitch right in the ditch of the first stitching line. Backstitch at the beginning and end. Press.

## STITCHING THE ZIP IN PLACE

**Step one** Press around the zip area on the RS. Hand tack around the zip and along the top edge of the collar. Pin together the seam allowances of the Front neckline and the Front Facing, tack and stitch.

**Step two** Start stitching at the clip and stop 4cm short of the zip insertion seam. Backstitch at the beginning and end. Pin and tack the folded Front Facing shoulder edge to the shoulder seam.

## ATTACHING THE FACING

**Step one** Stitch in the ditch to attach the shoulder edge of the facing to the shoulder seam of the garment. Backstitch at the beginning and end.

## FINISHING THE COLLAR

**Step one** Fold the bottom edge of the Inner Collar to the WS by 1cm. Pin and hand tack. Tack exactly on top of the seam where the collar is attached to the garment.

**Step two** Stitch the Inner Collar bottom edge on the sewing machine. Stitch in the ditch on the RS of the Back piece between the shoulder seams, in the seam where the Outer Collar is attached to the garment. Backstitch at the beginning and end. Press the seam.

**Step three** Topstitch the top edge of the collar and around the zip area. Stitch on the Outer Collar, starting at the centre, at 8mm from the edge and with a stitch length of 4mm.

## FINISHING THE ZIP

**Step one** Around the zip, stitch at 8mm from the zip insertion seam. Press. **16**

## INSERTING THE SLEEVE AND CUFF

**Step one** Fold the Sleeve piece RS together. Align the underarm edges and pin, tack and stitch on the overlocker with a seam allowance of 7mm, cutting off 3mm as you go.

**Step two** Press the seam flat. Press the seam allowances towards the back.

**Step three** Fold the Cuff piece, align the short edges and pin, tack and stitch on the sewing machine. Backstitch at the beginning and end. Press the seam flat, then press the seam allowances open.

**Step four** Fold the Cuff WS together and press. Place the Cuff to the RS of the Sleeve bottom edge. Align the edges, pin and tack. Turn the Sleeve RS out.

**Step five** Turn the garment WS out. Place the Sleeve into the armhole, RS together. Align the edges, match notches, pin and tack.

**Step six** Fitting at this stage will verify the fit of the Sleeve cap, the Sleeve's width and length, as well as the Cuff width. We recommend checking the fit before permanently attaching the Sleeves. When checking the fit of the Sleeve, it should lie smoothly, without any folds or draglines.

**Step seven** Set the Sleeve in with two lines of stitching. First stitch one line, then a second on top of the first one. Backstitch at the beginning and end.

**Step eight** Overlock the seam allowances with the Sleeve facing up. **17**

**Step nine** Now stitch the Cuff on the overlocker with the Cuff facing up at a 7mm seam allowance, cutting off 3mm as you go. Press the seam. Press the seam allowance towards the Sleeve. **18**

## FINISHED GARMENT MEASUREMENTS

SIZE	UK	6	8	10	12	14	16	18	20	22	24
		US	4	6	8	10	12	14	16	18	20
EUR		34	36	38	40	42	44	46	48	50	52
BUST	cm	104.7	108.7	112.7	115.7	118.7	121.7	125.7	129.7	133.7	137.7
	in	41¼	42¾	44½	45½	46¾	48	49½	51	52½	54¼
WAIST	cm	106.6	110.5	114.5	117.5	120.5	123.5	127.4	131.4	135.4	139.3
	in	42	43½	45	46¼	47½	48½	50¼	51¾	53¼	54¾
HIPS	cm	109.3	113.3	117.3	120.4	123.4	126.5	130.5	134.5	138.5	142.5
	in	43	44½	46¼	47½	48½	50	51½	53	54½	56

**Step ten** Press the armhole seam as sewn. Press the armhole seam allowances towards the bodice.

## ATTACHING THE WAISTBAND

**Step one** Place the Front and Back Waistband pieces RS together. Align the side edges and pin, tack and stitch on the sewing machine. Backstitch at the beginning and end. Press the seams flat. Press the seam allowances open.

**Step two** Fold the Waistband in half, with WS together. Align the long edges and press.

**Step three** Place the Waistband raw edge on the RS of the garment's lower edge. Match the side seams of the Waistband and the garment. Pin, tack and stitch on the overlocker using a 7mm seam allowance. Overlock with the Waistband facing up, cutting off 3mm. Press the seam allowance towards the garment.

**Step four** Give the garment a final press.