

ALL SEAM ALLOWANCES ARE 6MM (1/4 INCH) UNLESS OTHERWISE STATED

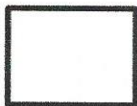
★ 6mm = the edge of the presser foot

★ Stitch type used = very narrow zigzag 0.5, C, 2.5 or straight stitch 5, A, 3

Fabric Key



Right side



Wrong side

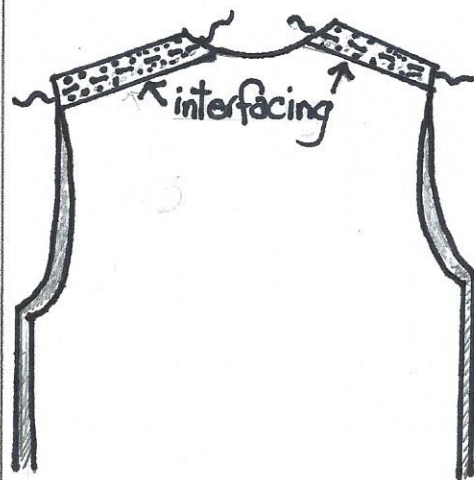


Interfacing

Shoulder Seam – these need to be stabilized to keep them from stretching

SHOULDER SEAM

1. Press a 1" wide strip of interfacing (cut to the length of your shoulder seam) to the WRONG side BACK should seam.
 - a. Use a press cloth between the iron and interfacing
2. Sew the RIGHT sides of the front to the back at the shoulders.
 - a. interfaced layer is on top
 - b. Match end of shoulder and neck first then stretch to fit, pin the rest
3. Sew a straight stitch, Backstitch at each end
4. Press seam open



HOOD

1. Sew the center back seam of **each** hood RIGHT SIDES with a very narrow zigzag
 2. Blend the top of hood, sew off the fabric so you don't get a point at the top
 3. Repeat on 2nd hood
 4. Turn 1 hood RIGHT SIDE OUT, leave the other hood as it is
 5. Place one hood inside the other hood so the RIGHT side of the fabric are facing each other
 6. Pin the FACE EDGE ONLY – the straight edge
- ★ If you want openings for a drawstring, mark 2 dots on each sides, 3 cm & 5 cm from the bottom – DON'T sew between dots
7. Sew with a very narrow zigzag at 1cm seam allowance
 8. Press the seams open

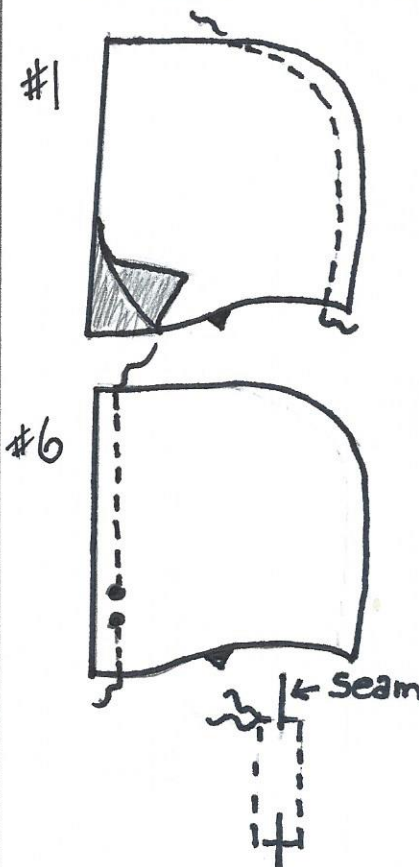
★ If you have left holes for the drawstring, edge stitch a box around the opening.

- a. Line up the center of the presser foot with the seam and sew at a (0,A,3)

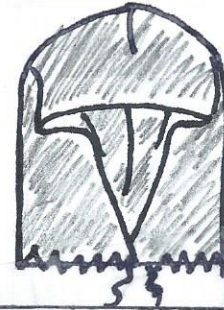
9. Turn the hood the RIGHT side out, press so facing seam is "crisp"

10. Topstitch (5,A,3) Facing at a 2 cm seam

★ Diagram on next page

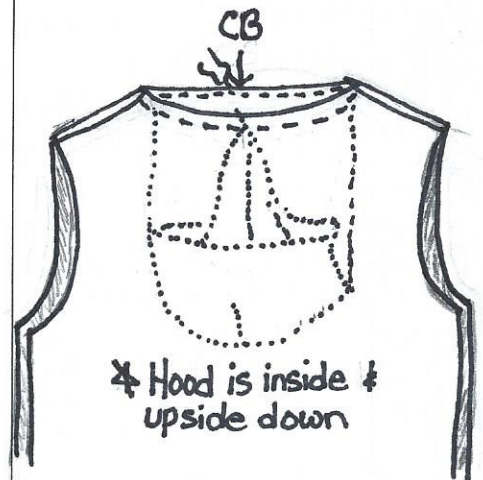


11. Pin neck of hood together matching center back seams.
 - a. Zigzag (5,C,3) along the hood neck edges – As close to the edge as possible.
12. Overlap the two front edges of the hood only half way to the topstitching.
13. Zigzag the overlapped bottom edge to hold it in place



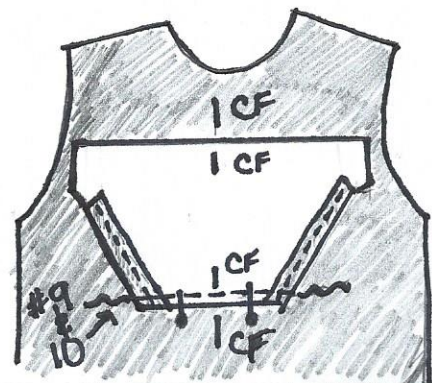
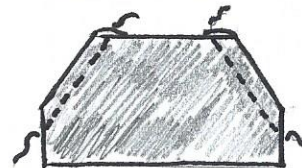
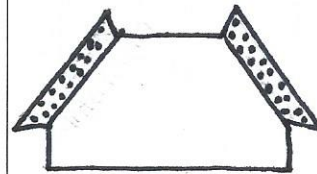
PUTTING THE HOOD ONTO THE SWEATSHIRT

1. Turn your sweatshirt inside out
2. Mark on the WRONG side Center Front and Center Back of your Sweatshirt.
3. Pin hood inside the sweatshirt lining up the neck edge with the zigzag part of the hood neckline RIGHT SIDES TOGETHER
 - a. Match the center back, center front of hood with neck line
 - b. Match the notches of the hood to the shoulder seams
4. Take off extension plate, BASTE stitch first (0.5,C,4), sew so you see the neck line as you sew.
 - a. STRETCH as you sew
 - b. Check that it is perfect – no tucks etc.
5. Sew again with a very narrow zigzag over what you just sewed
6. TOPSTITCH (5,A,3) around neck edge with the edge of the presser foot as a guide

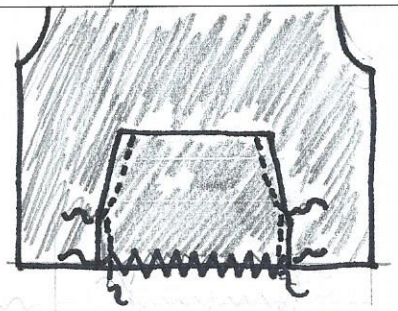


POCKET

1. Place interfacing the length of the pocket facing on the WRONG SIDE and press .
2. Fold the facings to the WRONG SIDE, pin from RIGHT side
3. Topstitch (5,A,3) from RIGHT side, at the 2 cm seam allowance from the fold on a diagonal of the pocket only
4. Fold the top of the pocket down 2.5 cm (or more if desired) and press
5. Find the center front of the pocket and Center Front of sweatshirt and mark with Fabric Pen
6. Match center front of the sweatshirt with the center of the pocket; center bottom of the pocket lines up with the center bottom of the sweatshirt.
7. Carefully Flip the pocket up and Pin
8. BASTE stitch (5,A,4) just above the Press line
9. Fold the pocket back down and make sure it lines up with the bottom – if not REDO
10. If perfect sew again with (5,A,3) Backstitching at each end
11. Trim off any extra material

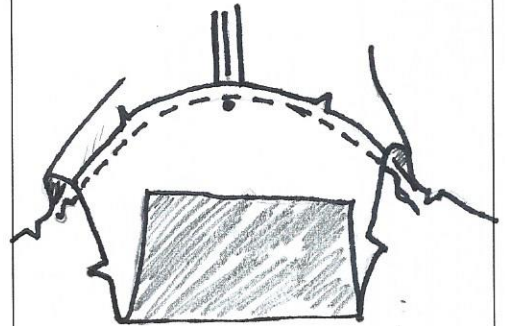


12. Fold in the sides of the pocket and EDGE stitch using a straight stitch as close to the edge as possible (0,A,3) Line up center of presser foot with fold
 - a. Make sure both sides of the pocket match
13. Zigzag the bottom of the pocket to the sweatshirt (5,C,3) as close to edge as possible (this holds pocket in place)



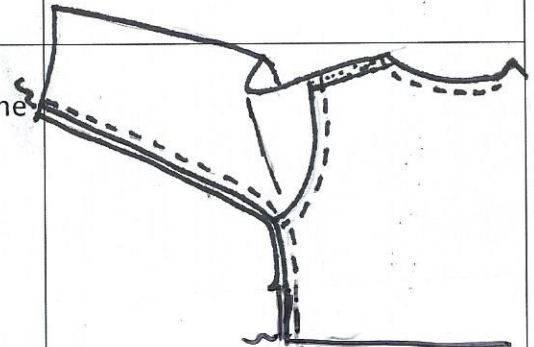
SLEEVES

1. Mark center of your sleeve at the rounded end only – on WRONG side
2. Match the center of the sleeve to the shoulder seam RIGHT SIDES TOGETHER & Pin
3. Pin the ends of the sleeve to end of armhole, pin matched notches, then pin between in the curve.
4. Make sure the edges of the sleeve and the armhole match
5. Sew with a very narrow zigzag



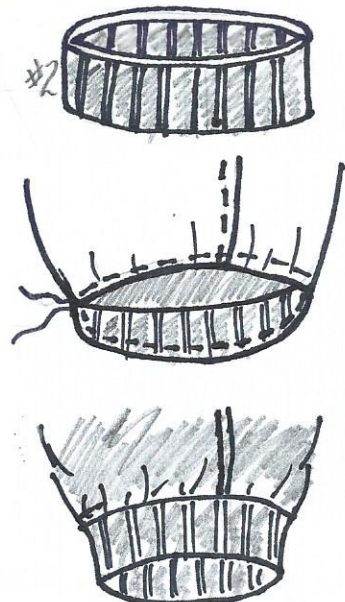
SIDE AND UNDERARM SEAM

1. Pin the side and underarm RIGHT SIDES together, from the bottom to the end of the sleeve.
2. Match the seams at the underarm
3. Match the edges of the material
4. Pin and sew with very narrow zigzag



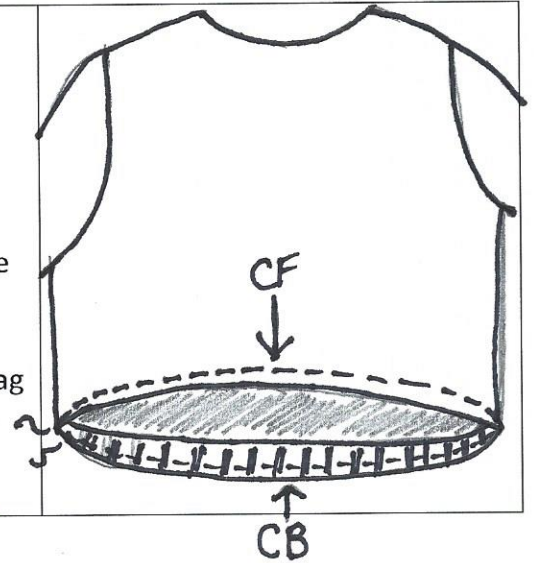
SLEEVE RIBBING (Round construction) – refer to sample

1. Sew the **short end** of the ribbing RIGHT SIDES together (0.5,C,3) 6 mm seam allowance
2. Fold the circle band WRONG SIDES together
3. Put sweatshirt arm inside out
4. Place ribbing inside sleeve with the folded edge AWAY from sleeve opening
5. PIN seam of ribbing to seam of the sleeve.
6. Stretch the ribbing to fit the rest of the arm hole, PIN
7. Remove the extension table and place the sleeve around the FREE ARM. Sew with a very narrow zigzag
8. Repeat on the other arm
9. **(OPTIONAL)** TOPSTITCH edge of presser foot from the seam



BOTTOM RIBBING

1. REPEAT #1 AND #2 FROM SLEEVE RIBBING
2. Mark the center front and center back of sweatshirt on WRONG side
3. Mark side seams, center front and Back of Ribbing on UNFOLDED edge
4. Place ribbing inside the sweatshirt, like you did the sleeve
5. Pin Center front, Center back, Side seam.
6. Stretch ribbing EVENLY between the markings and PIN
7. Remove the extension table Sew with a very narrow zigzag **1 cm seam allowance.**
8. (OPTIONAL) TOPSTITCH edge of presser foot from the seam



Fill in self evaluation