

Recommendations on fabric: fleece, polartec or jersey.

You will also need: collar cord, two caps for cord.

Seam allowances: 2.5 cm for hems, 1 cm for other seams.

Note on seam allowances:

- If the pattern has double contour the seam allowances are included. They are 1 cm unless specified otherwise.
- If the pattern has single contour, the seam allowances are NOT included and need to be added when laying out the pattern.

Note on length of fabric:

Attention! The amount of fabric needed for your pattern is not included. It will depend on the selected pattern size, the width, and design of the fabric you plan to use. First, print all the paper patterns and lay them out at the width of fabric you plan to use (usually from 90 to 150 cm). Measure how much fabric you will need. Don't forget to account for pieces that need to be cut multiple times and pieces that are cut on the fold.



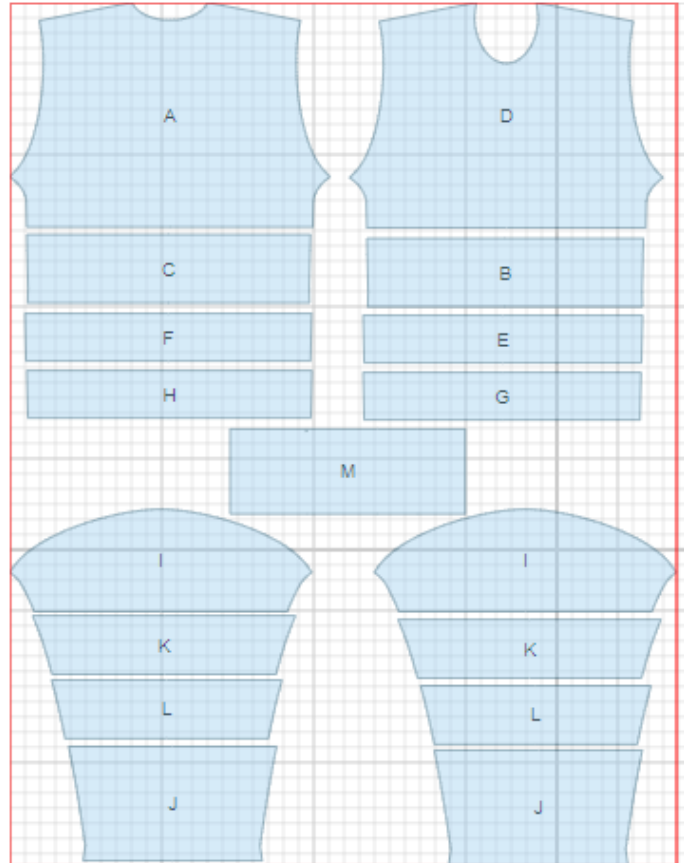
Note on working with stretchy fabric:

Knitted fabric pieces are sewn together with special elastic or narrow zig-zag stitch. Seam allowance on hems can be stitched with twin needles to save stretchiness. Pieces can also be sewn together with a serger. When serging, cut seam allowances to 0.6 – 0.8 cm.

CUTTING:

Main fabric:

1. Back – cut 1 (A)
2. Lower front insert – cut 1 (B)
3. Lower back insert – cut 1 (C)
4. Front – cut 1 (D)
5. Upper front insert – cut 1 (E)
6. Back upper insert - cut 1 (F)
7. Middle front insert - cut 1 (G)
8. Middle back insert - cut 1 (H)
9. Upper sleeve - cut 2 (I)
10. Lower sleeve insert - cut 2 (J)
11. Upper sleeve insert - cut 2 (K)
12. Middle sleeve insert - cut 2 (L)
13. Collar - cut 1 (M)



Note: *Before sewing please check if your head goes through the collar sewn into ring.*

INSTRUCTIONS:

1. Sew inserts to front. Topstitch along seam. Sew inserts to back. Topstitch along seam. Sew inserts to sleeves. Topstitch along seams. Sew shoulder seams. Sew sleeves into open armholes. Topstitch along seams. Sew sleeve and side seam to slit mark with one continuous stitch.
2. Mark and make buttonholes for cord on collar. Sew collar into ring. Fold in half lengthwise. Topstitch at 1.5 cm from fold to make self-belt. Sew collar into neckline placing collar seam near left shoulder seam. Topstitch along collar connecting seam with stretchy stitch.
3. Press lower edge of sleeves, garment and slit edges under, and topstitch. Press sweatshirt.
4. Set cord into self-belt.

TECHNICAL DRAWING:

