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*Simple top
with
a pocket*

JUKI[®]

HZL-G220 + overlock MO-50e





BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

- 1.2 meters of a knitted material 1.5m wide; first prepare a form and then check if, with your dimensions, you do not need a different amount of material; we recommend a light cotton knit
- a tape-measure, a ruler, a pencil and a paper for forms
- threads, tailor scissors, pins and tailor's chalk (French chalk)
- your T-shirt, choose the fitted one but not too tight-fitting and at least your mid-bottom-length; it will be used as a basis for a form, so its size should be similar to your body dimensions.

A MEASURE AND A FORM:

The work starts with preparing a form for half of a blouse; a front and a back are the same, they differ only in a shape of a neckline and the length and shape of the bottom. Then, within a step no. 4, the form is divided into separate pieces of a front, a back and a sleeve.

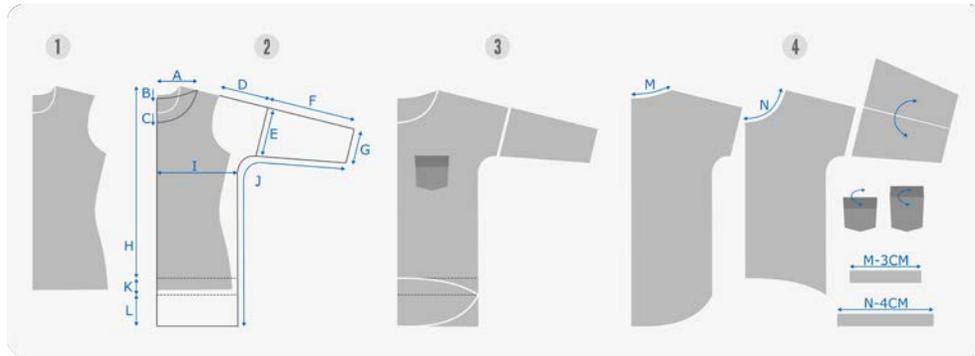
1. Prepare a form for half of a T-shirt; press your T-shirt with an iron and fold it in half lengthwise; spread it down on a paper so that the material stays not tightened or not

gathered; outline your T-shirt; a shape of an armhole and a front part of a neckline should be copied by densely spiking seams with pins so that there are holes in the paper that determine the shape (if you put a thick material under the paper, pins will be spiked deeper and the holes will be more visible); the width of a bottom of a T-shirt should be equal to ¼ of your hip size – if it is not, widen a bottom.

2. Convert a form for a blouse; in case of this tutorial, we base on the size of 36/38, but each of the dimensions can be modified to your expectations and needs:
 - determine the width of a half of a neckline (A=13cm)
 - deepen a back of a neckline so that an arc ends up at a right angle to a center line of a blouse (B=about 1-2cm); a front neckline should be lowered at your own discretion; you can also give it a desired shape (C=4cm); draw a new shape of a wider and deeper neckline
 - extend an angle of an arm to the length at which you want to make a cut on a sleeve (D=16cm)
 - lengthen this line to the desired length of a sleeve (F=30cm)
 - make a cut on a sleeve, perpendicular to the angle of a shoulder, a width should equal a sleeve in

- a biceps, that is half of a circumference of your biceps increased by 4-10cm (E=16cm)
- at the end of the length of a sleeve, determine at a right angle, the width of a sleeve in its bottom part (G=11cm)
- determine the length of a blouse measured from the highest point of a shoulder (the heights point of a neckline in the form of a t-shirt, H=61cm); determine the depth at which you enter the oval shape of a front bottom of a blouse (K=5cm); set a line corresponding to the length of a back of a blouse (L=10cm)
- determine the width of a chest – a quarter of a circumference of a chest increased by 2-4cm (I=25cm); set the same width at a bottom, unless it is less than a quarter of the hip size, then widen a bottom of a blouse
- draw a bottom part of a sleeve and side line of the body part (J = a smooth and straight line with a gentle curve by an armhole).

3. Cut a sleeve; draw oval shapes of a bottom in a front (the one above) and at a back (the one below); draw a pocket; the one in our tutorial is basing on square – 11 cm high and 11 cm wide; set a width of a rolling part in a pocket (the darkest element).
4. Separate forms: a back (a shallower neckline and a deeper arc at a bottom) and a front (a deeper neckline and a shallower arc at a bottom); make a mirror image of a sleeve – now its form is complete; copy separately a pocket and draw an allowance for a rolling part as a mirror image; measure a circumference of a neckline in a back and in a front; prepare a strips form for trimming a neckline – strips should be 2cm wide and their length is indicated in a picture; forms of a front and a back are halves – when you transfer a form to a material, remember to copy the other halves; an oval shape of a bottom requires high precision during sewing; if you are not skillful at sewing, you should choose a simple shape of a bottom with a front and a back of the same length; cut all elements including 1cm seam allowance all around, so that a knit stretches across a width of forms.



SEWING:

You must start work by trimming a neckline of a front and a back; press a strip with an iron in half lengthwise; pin a strip around a neckline so that unhemmed edges of a strip are in contact with an edge of a neckline; a strip is a little shorter than an arc of a neckline – you must pin it up evenly distributing a difference in a size; divide a strip into 4 equal parts – doing it this way, you will determine 5 points; do the same on a neckline; pin strip points with points on a neckline.



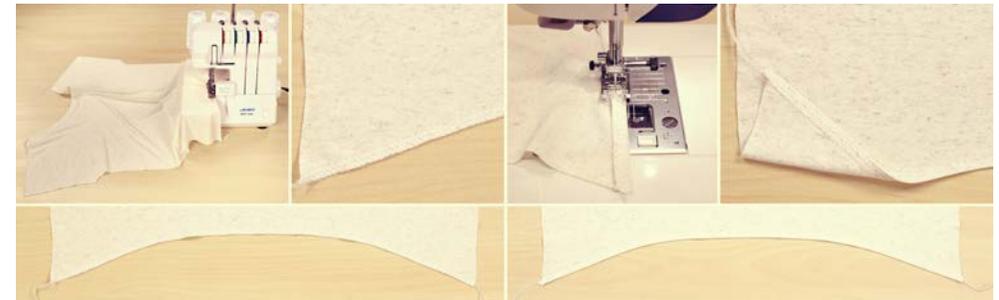
Sew a strip using an overlock machine; when sewing, pay attention so that a presser foot is always on a strip – this way it is easier to control a width of a strip; after completing sewing, press a strip with an iron up – owing to the elasticity of a knitted material and to the fact that a strip is smaller in size than a neckline, it will fall into an arc.



If, despite pressing a strip with an iron, it still unrolls, a stitching on a regular machine must be done; a neckline is wide enough to use a plain stitch (there is no need for an elastic stitch as you will not stretch it when putting on through your head); do a stitching on a right side, near a seam, sewing up a seam allowance of a strip on the left side; in the same way trim a neckline at a back.



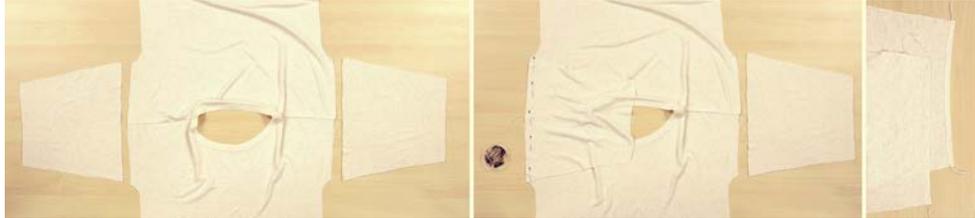
Now trim bottom parts in a front and in a back; If you have decided on a simple form of a bottom part of a blouse and on equal length of a front and a back, you can trim it at a very final stage which will give you a possibility to align the edges that may be shifted during sewing; first overcast the edges using an overlock machine, then press it with an iron only by 5-8mm (a little more than the width of an overlock seam), when sewing on arcs, a wider turning-up will cause creases. Sew a turning-up as far as possible from a folded edge to prevent it from rolling up; press it with an iron.



Put a front part of the blouse on a back part so that their right sides are in contact; using an overlock machine, sew shoulders – start a seam by a neckline toward a sleeve, the edges of necklines must be evenly arranged; when you complete sewing, press an allowance with an iron to a back, and turn the end of an overlock stitch to the inside; using a regular machine, do stitching across a binding in order to secure threads and allowance on the left side.



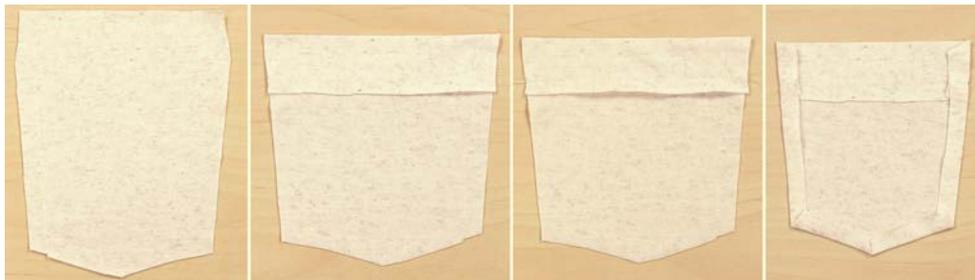
Unfold a front and a back sewn at shoulders; using an overlock machine sew up sleeves; trim the ends of sleeves the same way as the ends of a bottom.



After sewing up sleeves, fold the blouse again so that its front and back are in contact (overlap one another); fasten a part of a sleeve and sides with one seam; when pinning a material, pay attention so that edges of sleeves are arranged flush with each other; stitches under an arm hole should also touch each other; and at a bottom, the edge of a front and a back should meet exactly in the place where you do the seam; when doing overlock stitching on a curve of an arm hole, be careful not to cut a material – gently straighten an arc in front of a knife, but do not pull a material.



Prepare a pocket; Fold upper hem and press it with an iron; sew it close to an edge using a regular machine; then press side and bottom edges by 1cm.



Pin a pocket to a blouse; optimally pocket is about 5cm from the center of a blouse and about 18cm from the highest point of the arm (just by a neckline); using a regular machine, sew it up – a free arm will allow you to easily operate a blouse during sewing; sew close to the edge and do all curves with

a needle stuck in a material, which means stop a machine with a needle stuck in a corner of a pocket, raise a presser foot, turn fabric so that a presser foot is set parallel to another edge, lower a presser foot and continue sewing.

