

A woman with long, wavy brown hair is wearing a white hooded sweatshirt and dark pants. She is looking down and to her right. The background is a solid, light blue color. Overlaid on the image is the word "Tutorials" in a large, blue, cursive font.

Tutorials

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Janek Leśniak

Janek Leśniak – fashion designer who, together with JUKI, conducts dress-making courses in Warsaw. He infects others with a passion for making your own clothes on his blog: www.pracowniajanlesniak.pl, where he reveals the arcana of his trade. Combining craftsmanship and design, he builds an awareness of the quality and the fashion industry among people non-related with the business. He has acquired fifteen years' experience working with such brands as Reserved, House and Big Star. He has independently created original collections and conducted lectures on fashion business at the Cracow School of Art and Fashion Design. He has rejected massive fashion in favour of passion and work under his own name. His official website is: www.pracowniajanlesniak.pl.



1

Maxi skirt

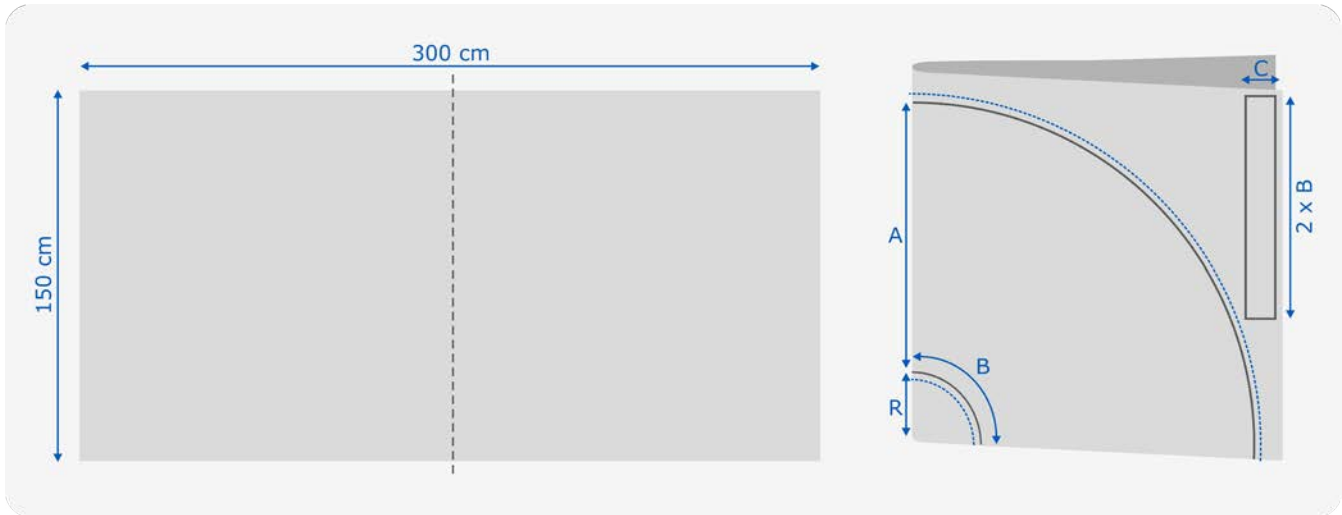
JUKI[®]
HZL-357ZP-C





BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

- 3 meters of a material 1,5m wide – a pattern is fit both for a knit and for a woven fabric; however it is recommended to use not very heavy, rather light material
- 1 meter rubber 4cm wide
- a tape-measure, a ruler, a pencil, a drawing pin and a paper to make a pattern for a skirt
- threads, tailor scissors, pins and tailor's chalk (French chalk).



A PATTERN AND A CUT:

First you must decide a height at which you want to wear a skirt at the waist and measure your size at this altitude. Next, you must determine the length of a skirt. Finally measure your hip size – the widest part through which you put on a skirt. A skirt must be sufficiently wide – you will fit its size at the waist with a rubber sewn into a waistband.

Fold the material in two so as to form a square. You must cut two arcs – a smaller one is a waist opening, the other determines the length of a skirt. Draw these two arcs with the use of a tape-measure as a pair of compasses – pin the end of a tape-measure in a corner of a material so that the end aligns with the edge of the fold (see a picture on the right).

Draw the arches by two distances. In order to calculate a radius of a smaller arc, multiply your hip size by 2, then divide the result by 6.28, the value you get (R) is a distance at which you draw a smaller arc. The second arc must be drawn at a distance (A) from the first arc. Distance (A) is the length of a skirt minus the width of a waistband (a waistband should be 0.5cm wider than a rubber). Cut arches adding 1cm allowance for seams and a hem / a tuck (a blue dotted line on picture on the left). Measure a circumference of a smaller arc – (B). Measure (B) along the original arc, not along the edge of an allowance. A measurement should be larger than or equal to half of your hip size. If it is smaller, you must slightly lower an arc to enlarge its circumference.

Cut a strip of a width (C) = 2 x a width of a waistband + 2cm for seams and of a length equal to size of the first arc, which is 2 x B (in the picture, a material is folded in two).

SEWING:

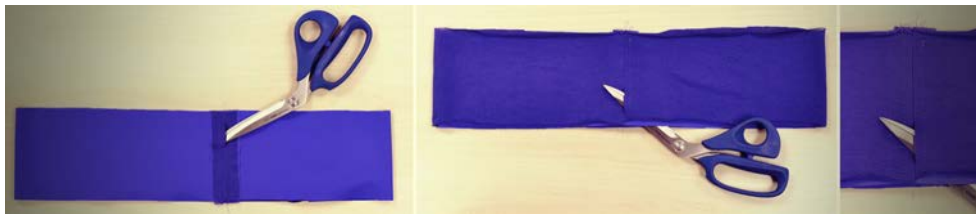
Leave a semicircle folded in two, fasten and sew up the edges of a material along the straight side, 1cm from the edge. A skirt is almost ready. In case of a very elastic and stretchy material, use a zigzag stitch. Remember to select a needle suitable to the thickness of a material.



Now, prepare a waistband. Since a material is very delicate, a waistband must be sewn with an additional layer of a stronger material of same size as the outer layer of the waistband. Fold a waistband in two and sew up a shorter edge leaving an unsewn hole in the bottom part of a seam (see a picture – scissors are inserted into an unsewn hole).



Now press allowances aside with an iron and do the stitching along an edge to hold allowances inside a waistband.



Fold a waistband in two and press it with an iron lengthwise – on top there should be a folded edge; at the bottom should be raw edges, and they should touch one another. Pin a waistband around a waist opening on the right side of a skirt with a hole pointed upward so that having a waistband sewn up and ironed, a hole was inside a skirt.



After sewing, if it is necessary, you can whip edges with overlock stitches and press a waistband with an iron.

Adjust the length of a rubber to the size at which you want to wear a skirt. With a use of a safety pin, enter a rubber into a hole in a waistband. When you drag it through a waistband, sew up its edges flat and slide inside a waistband.

Now leave a skirt hanged upright throughout the night so that a material is stretched under its weight (fabric will stretch "on bias"). That will result in a difference in length. In the morning, even the length of a skirt.

If a material does not fray, you can leave the bottom not hemmed thus a skirt is lighter. If a material frays, press a bottom edge with an iron twice by 0.5cm inside and sew it up. A bottom of a skirt has a shape of an arc and when it is wider tucked, a seam will gather.



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2

*Simple top
with
a pocket*

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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.

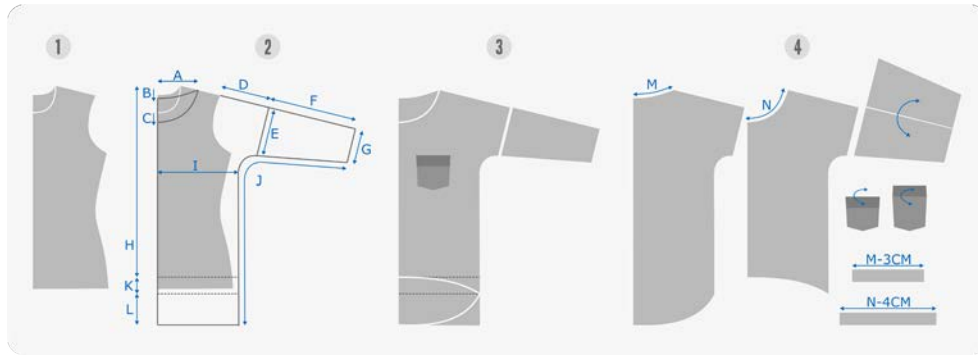
1. Prepare a form for half of a T-shirt; press your T-shirt with an iron and fold it in half lengthwise; spread it down on a paper so that the material stays not tightened or not

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.



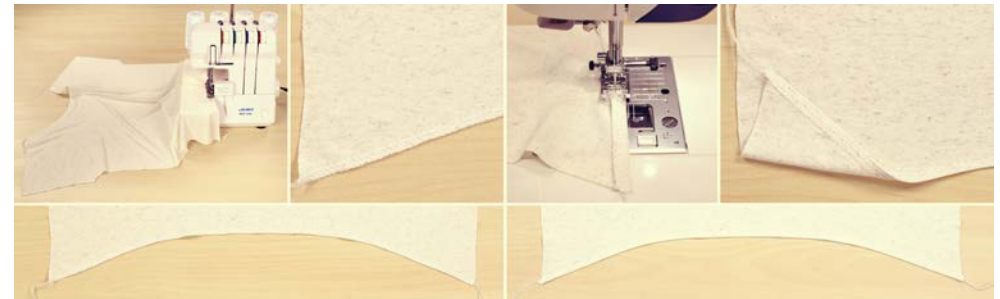
Sew a strip using an overlock machine; when sewing, pay attention so that a presser foot is always on a strip – this way it is easier to control a width of a strip; after completing sewing, press a strip with an iron up – owing to the elasticity of a knitted material and to the fact that a strip is smaller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



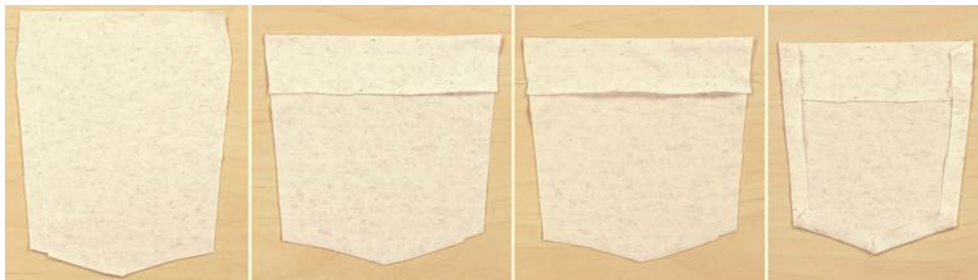
Unfold a front and a back sewn at shoulders; using an overlock machine sew up sleeves; trim the ends of sleeves the same way as the ends of a bottom.



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.





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3

Shawl and skirt for mom and daughter

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— easy —
★☆☆



MACHINE:

JUKI HZL-DX7, which is a simple and compact model, ideal for those, who begin their adventure with sewing. We encourage moms and their daughters to sew together the set for them.

BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

- materials – in case of a shawl, it is recommended to use a knit fabric in two colors, it can also be combined with a soft and delicate wooven fabric; in case of a skirt, it is suggested to use a light and thin woven fabric – the lengths are determined in the next section of the tutorial
- 1 meter rubber 5cm wide and 1 meter rubber 2.5cm wide; a rubber must not be too soft (so as not to roll in within a strap)
- a ruler, threads, tailor scissors, pins and tailor's chalk (French chalk).

MEASURES AND A FORM:

In order to make a shawl, we need two rectangles 30cm-high and 150-190cm-wide (depending on how many times you want to wrap it around your neck). In case of a shawl for your daughter, 24cm-high and 100-140cm-wide rectangles are enough.

You should determine the length of skirts:

- for an adult, you should prepare two rectangles of a fabric of preferably approximately 150cm width, their height is calculated as follows: $2 \times \text{desired length of a skirt} + 4\text{cm seam allowance (to fold hems twice)}$
- for a kid, one rectangle of a fabric of preferably approximately 150cm width is enough, its height is $2 \times \text{desired length of a skirt} + \text{seam allowance (to fold hems twice)}$

SEWING A SHAWL:

Fasten and sew up the longer sides of rectangles so that the right side of the material was inside. Sew about 1cm from the edge of the fabric. Doing this way, you will get a long chimney.



Leave the chimney on the left side. Insert your hand into the chimney, grasp it at the mouth on the opposite side and pull inward folding it in two to the inside, so that the unhemmed edges of the fabric are on one side – on the opposite side there should be a folded material.

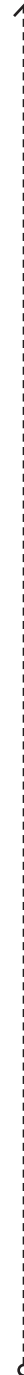


3. A SHAWL AND A SKIRT FOR MOM AND DAUGHTER

Fasten together unhemmed edges at the mouth of the chimney. Sew them up leaving about 8-12cm free – the unsewn section will provide an opening through which you will turn up the chimney on the right side – leave it on the material you want to have inside the chimney – having it sewn up when your work is almost done, a seam will remain visible.



Now, carefully turn up the chimney through this opening on the right side (on the outside) – in the picture below, a blue shawl is already turned up while the pink one is still inside out which is on the left side. After turning it up, press the edges of a fabric by the opening with an iron – press them to the inside for 1cm. Fold them together and sew as close to the edge as possible – the seam will remain visible.



SEWING A SKIRT:

First, let's sew a skirt for an adult.

Sew up two rectangles together on the shorter sides (those which are twice as long as the length of a skirt) to form a wide chimney. Leave an unsewn section 3cm-long on one of the edges of a fabric. You will insert an elastic tape through this opening. The opening should be located 1cm below the middle of the side so that when the fabric is folded into half, it was just inside the skirt.

A skirt for a kid is made of one piece of a fabric. Fold it in half and sew up the shorter edges leaving an opening 2cm-long. The remaining steps are the same in both cases.



Press the edges on the top and bottom of the chimney with an iron – twofold within the width of 1cm. Sew close to the edge of the pressed section (see: photo).



When the edges are finished, fold the chimney in half so that the allowances for seams are inside and the hemmed edges are connected with each other. Pin the upper edge (where the fabric is folded) at a distance of about 7cm from the edge. Using a tailor's chalk draw a sewing line at a distance of 5.5cm from the top edge – sewing up two layers of a fabric, you will create a tunnel for an elastic tape. The passage should be about 0.5cm wider than the elastic tape which will prevent the shirring elastic tape from bending.



After drawing a line, sew the tunnel around. Cut a piece of an elastic tape of a length slightly smaller than the circumference of your waist. Using safety pin, insert an elastic tape into the tunnel.

3. A SHAWL AND A SKIRT FOR MOM AND DAUGHTER



A lot of fabric and a short elastic tape will result in an intensely gathered skirt. Sew elastic tape's ends up and slide it into the belt. Distribute the gather evenly, dynamically stretching the belt several times. Done!



Daughters often like to dress up like their moms, therefore we suggest to make sets of similar fabrics. However, in order to avoid boredom, you can mix colors. Shawls and skirts are done!



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4

Envelope coat

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— medium —





BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

- 2 meters of a knitted material 1.5m wide; as we are using a regular machine, a knitted material should not be too flexible and stretchable – avoid light knitted materials for sweaters
- a tape-measure, a ruler, a pencil, a paper for forms
- threads, tailor scissors, pins and tailor's chalk (French chalk)
- your T-shirt, blouse or coat; choose the fitted one but not too tight-fitting; it will be used as a basis for a form.

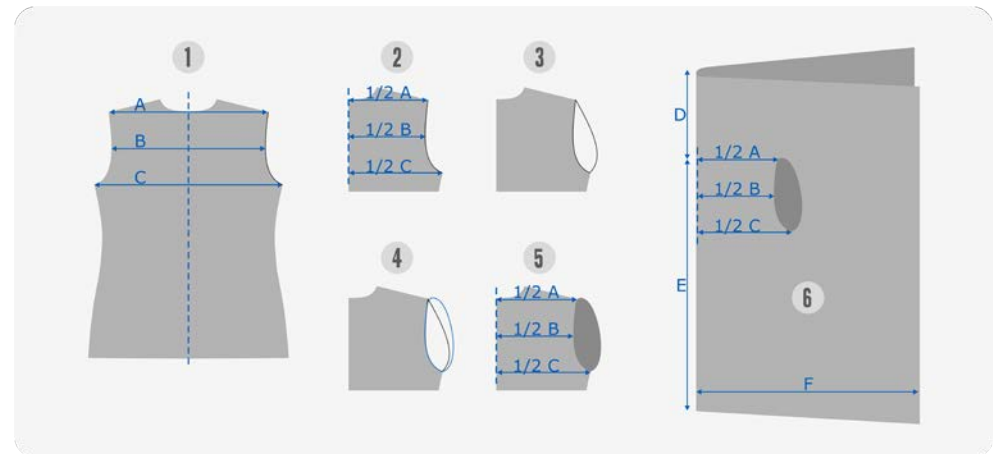
A FORM:

This throw is rectangular in shape, with sleeves; the secret lies in the fact that they should be sewn in the right place and at the right angle. First, you must prepare a form for a hole which you cut out in a rectangle; then you sew sleeves up to it.

1. Press your T-shirt (or a coat) with an iron; spread it down on a paper so that a material stays not tightened or not gathered; You need to place holes for sleeves at such a distance, to fit the back between them (A = width of shoulders; B = width of the back; C = 1/2 of the chest size).
2. In order to cut holes symmetrically, you must work with a half of a form – copy a half of the upper part of a T-shirt back: outline a shoulder, a neckline and a side, mark the center of the back; a shape of an armhole at a back should be copied by densely spiking seams with pins so that there are holes in the paper that determine the shape – a black line on picture below (if you put a thick material under the paper, pins will be spiked deeper and the holes will be more visible).

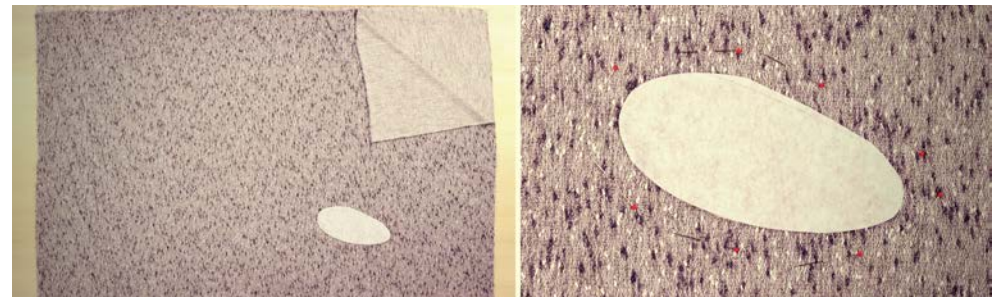


3. Now, draw a mirror image to a shape of an armhole so as to create a teardrop shape – black lines.
4. In order to facilitate sewing, slightly widen a teardrop shape at a top and a bottom by drawing an ellipse; it is important not to change a shape of an armhole at a back!
5. A dark ellipse shape is a form for a hole, to which you will sew a sleeve in a coat; cut it together with a fragment of a T-shirt shape to determine how far from the edge it should be put on a material.
6. Prepare a material in a shape of a rectangle 150cm wide and 120cm long; its length is a sum of a height of a collar (D=30cm) and a length of a coat (E=90cm) including allowances for turning up a material (about 4-5cm); fold a rectangle in half (a knitted material should stretch across its width); place a form for a hole at a right distance from the folded edge (1/2A, 1/2B and 1/2C) and align with a collar, from a top edge (D).



CUTTING AND SEWING OF A THROW:

When you place a form in the right place, pin both layers of a knitted material around an ellipse; copy a shape just right by a paper form.



4. ENVELOPE COAT

Cut a shape of an ellipse adding 1cm seam allowance to the inside of an ellipse – see a picture below; now try a throw on – you can adjust its length and width to your figure; remember that while turning up edges, a length and a width will be reduced by 10cm; check whether opening for armholes are not too tight; if you want to enlarge them, deepen them downward and forward – a shape of back of the armhole must remain unchanged; at a final stage, measure a circumference of a hole (this dimension is needed for a sleeve form).

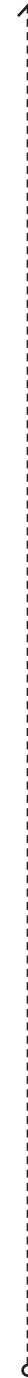
Caution! It is very important to measure a circumference 1cm away from an edge – at a point where there will be a seam attaching a sleeve – measure a circumference along a purple line – as in the picture below.



When the size is matched, fold back a rectangle in half and cut corners; cut them in a way to cut off an isosceles triangle with a side length of about 9cm, and the basis of about 12cm.



Now press all edges with an iron of 1cm, apart from the cut corners.



Turn up a throw on a right side and fold cut corners in half diagonally, so that the edges of cut corners overlap one another; sew these edges at a distance of about 1cm from an edge.



Now turn up sewn corners so that a seam is hidden inside; similarly prepare all 4 corners for sewing edges of a throw; corners determine a width at which edges must be pressed with an iron (about 4-5cm).



Turn up and pin all edges.



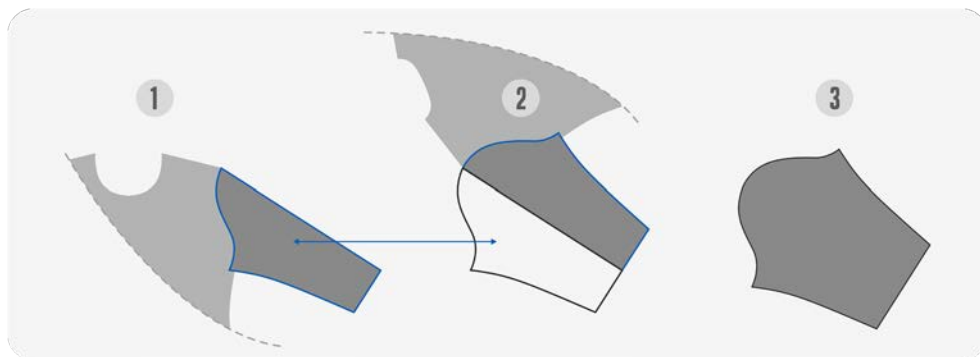
Sew them using a regular stitch – in this case, although you sew a knitted material, you do not have to use elastic stitches, because these seams will not be stretched.



A FORM FOR SLEEVES:

You can prepare a form for a sleeve in several ways: by unstitching a sleeve of an old shirt or by choosing a model from a magazine with patterns; you can also copy a form of your clothes, but you must be precise and have knowledge of a shape of a top part of a sleeve; prepare a shirt or a coat and place it on a paper (light gray elements in the picture below are parts of a front and a back of a blouse).

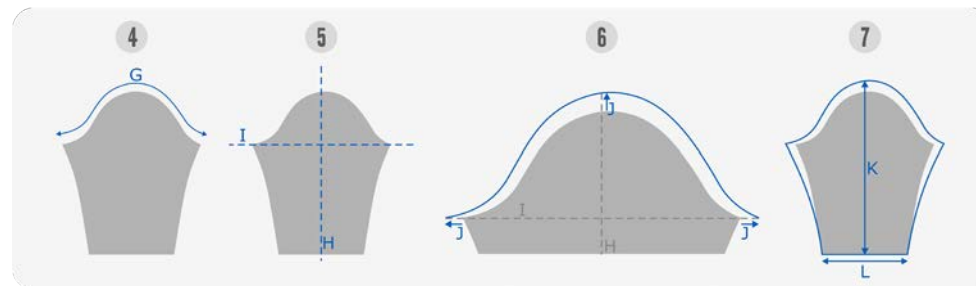
1. Start with a front; carefully straighten a sleeve, a blouse must be slightly crumpled as a top part of a sleeve must be flat (a blue wave between a blouse and a sleeve); copy its shape by spiking it with pins – similar to copying an armhole of a back part of a blouse; outline a sleeve.
2. Now place a blouse with its back to the top, so that an edge of a rear sleeve is in contact with an outline of a front part of the sleeve (which you've just made); copy a shape of a top part of a back by spiking it with pins and outline a sleeve.
3. A sleeve is ready – make sure that the sleeve cap (wave on top of the sleeve) has a shape similar to the picture below; front and back of sleeve cap is not symmetrical (front is more cut), but a bottom part of a sleeve, after being folded in half, should be symmetrical – if it is not, center a shape of sides and a bottom so that they correspond.



4. Measure a circumference of a sleeve cap (G) and compare it with a circumference of a hole cut in a throw.
5. If both measurements are not the same, you must enlarge or decrease a sleeve; in order to do this, mark its center vertically (H), and a horizontal line connecting the widest points (I).
6. The missing number of centimeters divide in 3 parts (J) and add them to the top part of a sleeve: a height (extend a H line) and a width (lengthen a I line on each side); draw a new shape of a larger sleeve cap trying to copy the original arc; if a size must be reduced, point a J size in the opposite direction and draw a smaller top part.



7. Finally, determine a length of a sleeve (K); remember that you will add cuffs so now you must deduct a length of cuffs from a desired length; set a width of a sleeve at the bottom (L) – it should be slightly larger than the hand size so as to freely slide your hand into it; draw new lines of sides of a sleeve – they should be symmetrical.



CUTTING AND SEWING SLEEVES:

Fold a remaining part of the material in half and cut out a form of a sleeve so that a knitted material stretches across a width of a sleeve; cutting through two layers, you will cut both left and right sleeve (they should be mirror images); when cutting, add 1cm seam allowance around a form; cut also two rectangles for cuffs; their height is $2 \times$ a height of a cuff + 2cm for seams, and their width should be about 2-4cm smaller than a width of a sleeve form at a bottom + 2cm seam – the more stretchable a knit is, the more you must deduct from a width of a sleeve; when sewing, you will slightly stretch cuffs and it will result in puller effect; cut cuffs so that a knitted material stretch out stronger across a width of a cuff; fold sleeves in half lengthwise and sew their sides; do the same with cuffs; turn up a sewn cuff in half so that a seam is hidden inside; there should be a right side of a knit both inside and outside of a cuff.



Leave sleeves on a left side and slide cuffs inside them; slide them facing a folded edge toward the inside of a sleeve so as unhemmed edges of a sleeve and a cuff are in contact at an outlet; pin all 3 layers of a material inside a cuff.

4. ENVELOPE COAT



As cuffs are a bit narrower in size than sleeves, stretch them slightly during sewing; sew so that a presser foot is inside a cuff – then it is easier to control a seam; use a zigzag stitch, to make elastic seam; after sewing, turn up sleeves to a right side and press a seam with an iron.



There is only one operation that needs to be done – sewing sleeves to a throw; pin them in a way that a front of a sleeve is pinned to a front of a throw; a front of a sleeve is the one where the sleeve cap is more cut; a front of a throw is where edges of holes are further from the center; spike pins inside a sleeve; before you start sewing, make sure that a sleeve is turned up to a right side.



When sewing, a presser foot must remain inside a sleeve; use a zigzag stitch; If sizes of a sleeve and a hole differ, gently stretch a knitted material; if a difference in sizes is more than 2cm, you can adjust the previous seam on the sleeve to make it smaller, if a hole is too big, you need to make a fold under an armhole or prepare a new sleeve.



Sleeves are sewn, a throw is ready! You can wear it loose, gathered around your neck... or as an envelope coat, fastening a top edge with a brooch and emphasizing your waist with a wide belt.



JUKI®

HZL-80HP-B

The Juki HZL-80HP is the flag-ship model of the Juki HZL Hseries. It has anything your heart desires in a sewing machine; 197 stitch patterns - including 1 alphabet with uppercase and lowercase letters, numbers, special characters, 7 buttonholes, and of course stretch stitch for stretchy fabrics. The decorative stitches and the alphabet characters can be sewn thanks to the stitch width of up to 7 mm. You also have the option to mirror the stitches and to save individual combinations. Thanks to the LCD display you have a perfect overview of the stitch selection, stitch length and width, as well as the needle position. It even provides details on what presser foot is required.





5

Got sleeve dress

JUKI
HZL-80HP-B

— medium —





BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

- 1.6 meters of a material 1.5m wide; choose a light, gauzy and falling in soft folds knit or woven fabric first prepare a form and then check if, with your dimensions, you do not need a different amount a material
- 1.5 meter of a soft drawstring, tape or string for a strap
- 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.

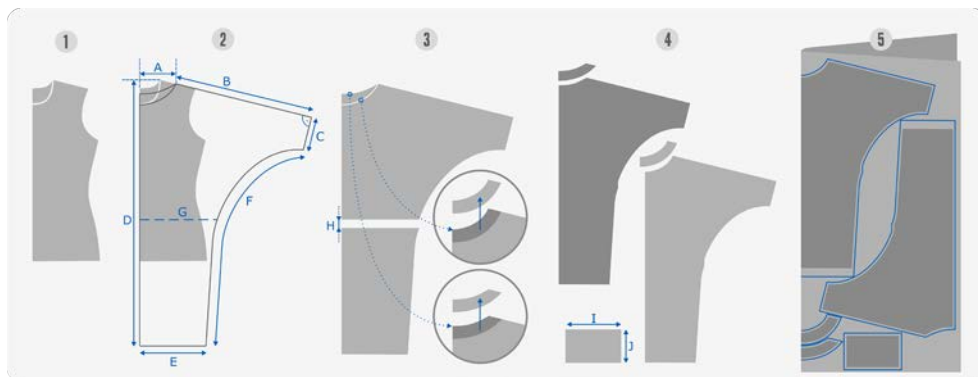
A FORM AND A CUT:

The work starts with preparing a form for half of a dress; cut a form out of a folded paper in order to obtain symmetrical elements.

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 (sides, a bottom, arms and a neckline); 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 $\frac{1}{4}$ of your hip size – if it is not, widen a bottom.



2. Convert a form for a dress; the dimensions given are pretty universal as far as knitted materials are concerns, but you can modify them to your expectations and needs:
 - determine the width of a neckline and divide it in two, a bateau neck fits best when it begins roughly in the middle of an arm ($A=13\text{cm}$); draw a front neckline so as not to deepen the original neckline of a T-shirt, and so as to make it contact with a center line of a dress at a right angle; a back neckline should be slightly shallower than a front neckline (2-3cm)
 - lengthen a bias of a sleeve to the desired length of a sleeve ($A=50\text{cm}$, as measured from a new neckline)
 - at a right angle, enter a desired width of a sleeve ($C=12\text{cm}$); a width should equal half of your hand size (half of a circumference of your hand) just where a sleeve ends, increased by 2-4cm
 - determine the length of a dress and add 5-10cm for the blouse like effect in waist (after gathering dress in waist by the waist band) ; measure the length from the highest point of a shoulder – in the picture, it is the highest point of a neckline in a T-shirt and on a silhouette, it is a curve between a neck and an arm ($D=90\text{cm}$)
 - determine the width at a bottom of a dress (at a right angle to its center – a line D) – it should be equal to the bottom of the T-shirt (in case of a fabric) or 1-2cm narrower (in case of a knit) than the width of a bottom of a T-shirt ($E=24\text{cm}$)
 - draw a side line of a dress (F): start at a right angle to a line C, then turn downward with a fluid arc drawing a bat sleeve shape and connect an arc with a width at the bottom(E) with a straight line; if you want to wear a dress loose at the hips, add 1-2cm to the width of a bottom of a T-shirt.
 - mark a place where you want to set a tunnel for a strap, preferably about 5 -8 cm below your waist, waist is the tightest part on a T-shirt (a dotted line G).
3. Cut a form along a line G and add $H=3\text{cm}$ which is an allowance for a tunnel for a string; prepare forms for facing of a neckline: copy a strap around a neckline of a front and a back, 6m wide; keep a shape of an arm; facing of a front and a back must have the same width on a shoulder; these elements should coincide with a shape of a dress – do not cut them off a dress as they will make an additional layer of a material.
4. Copy separately a front (a deeper neckline) and a back (a shallower neckline) including an allowance for a tunnel; if you use a knitted material, prepare a form for cuffs – a rectangle of a width equal to your hand size just where a sleeve ends ($I=20\text{cm}$) and twice the height of a cuff ($J=12\text{cm}$); if you use a fabric, you will trim sleeves by turning up edges – remember to lengthen sleeves by 1-3cm for turning-up.
5. Fold a material in half lengthwise and arrange forms as in the picture below (a center of a front is in contact with a bend in a material, a back is made of two parts); cut it adding 1cm allowance around each element, and at a bottom of a front and a back add 3cm – a blue outline is a cutting line; cut the facing of a neckline after fitting of a dress.

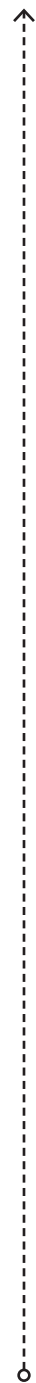


SEWING:

Put two parts of a back one on the other so that their right sides are in contact; sew up a center of a back; in case of a knitted material, use a stitch for jersey or a zigzag stitch which ensure elasticity and stretchability with a knit – first do a trial sewing and choose which stitch is more appropriate to the material; if you sew a fabric, do a regular stitching; if edges frays, do overlock stitching after sewing each seam – an overlock stitching reinforces edges and prevents them from fraying.



Now unfold a back with its right side up and place a front on it so that their right sides are in contact; sew up shoulders and sides together; try on a dress to check whether a neckline suits you; if you change a shape of a neckline, remember to change consequently a form for neck facing – its form must be identical to a neckline; line a piece of a material of which you cut out the facing, with a fleece on a left side – select its thickness to the thickness of a material; cut out forms of facing of a back and a front and sew them up on shoulders.



Using an overlock-mock seam, overcast a bottom edge of the facing; this is an imitation of a seam executed by an overlock machine; the machine will instruct you on what kind of a presser foot you need to install to achieve an optimum seam.



Turn up a dress to a right side and put the facing to a neckline, so that unhemmed edges of a dress and those of the facing overlap one another, and a layer of fleece remains visible; pin and sew up edges of a neckline.



In order to prevent a seam from gathering, after you turn up the facing into the inside of a dress, make a nicks in across allowances, in the corners between a front and a back of a neckline; be careful so as not to cut a seam.



Now turn up the facing to the inside of a neckline.



Press it with an iron; if the facing turns up; sew it to allowances on shoulders, or do the stitching around a neckline.



If you sew a fabric (not a knit), turn up edges of sleeves to the inside and sew them all around; if you sew a knitted material, prepare cuffs; fold a cuff in half and sew up shorter edges together – you will get something like a tunnel; turn up a tunnel half so as to hide a seam inside, between two layers of a material, the unhemmed edges should overlap with each other on one side.



Thus prepared a cuff slide into a sleeve – unhemmed edges of a cuff and a sleeve should be in contact; sew with a presser foot inside a sleeve, gently pulling a cuff – it has a smaller circumference than a sleeve and that is why you have to stretch it during sewing to the appropriate width in order to prevent a tuck (a fold) at the end; a smaller circumference of a cuff results in a sleeve to hug hands and not slide off after pulling it up.



After sewing, turn up cuffs off a sleeve and press them with an iron.



Now trim a bottom; apply a blind stitch; in order to facilitate sewing and to make a turn-up to remain stable, first line an edge on the left side with a strap of a fleece. Press a binding to the inside (on a left side) on whole width of the fleece; pin a material about 1 cm from a cut edge; turn up a binding again to the outside (on a right side) so that a small piece of a fleece 0.5cm wide protrudes from a folded edge; repin the pins to the left side. You are ready to sewing.



Select a blind stitch, change a presser foot according to the instructions that appear on a display of a machine head; do a trial sewing as this kind of stitch requires high precision; when you become skilled, sew a binding; press an edge of a bottom with an iron.

5. BAT SLEEVE DRESS



Now taking advantage of the functions of a machine, embroider a hole, at a back, at the height of an insertion (do you remember a form? You put an allowance for tunnels below the waist); when a hole is cut, turn up a bottom of a dress almost in half; turn up a bottom to the front in order to obtain a folded edge exactly in the middle of a hole – an allowance for a tunnel should be folded in half.



Do a stitching, joining two layers of a dress and forming a tunnel around a front and a back of a dress; press a seam so it does not show up; enter a string to a tunnel through a hole, using a safety pin. You can also form a tunnel by sewing a strap of a material 3cm wide on the inside, around a front and a back.



A dress is ready! You can wear it loose as an oversize tunic, then turn up sleeves which adds a shapely form and a nonchalance; too thick or stiff string may distort a form – in that case, pull it out of a tunnel; if you prefer to wear a dress pulled up, with a blouse like effect around waist, tighten and tie a string to match it to the waist size.



JUKI®

MO-1000

The new Juki overlock not only looks great with its timeless design but also combines the looks with unrivaled functionality. Over curls are quickly and easily feed by hand. JUKI has managed to combine the MO-1000 ease of use with innovative technology allowing you to create professional fashion, home textiles or accessories. No matter the material - stretchy sportswear, durable children's fashion, exclusive wardrobe - with the MO-1000, you can achieve the design you need.

One of the remarkable aspects of the MO-1000 is the easy threading system. No tedious and time consuming threading anymore, with the easy threader-threading the looper is child's play.





6

Yoke dress

JUKI[®]
MO-1000

— medium —





BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

- 1.5 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
- 0.6 meter of a knit or a fabric for a yoke and a waistband – a material for a yoke should be lighter as it consists of two layers
- 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.

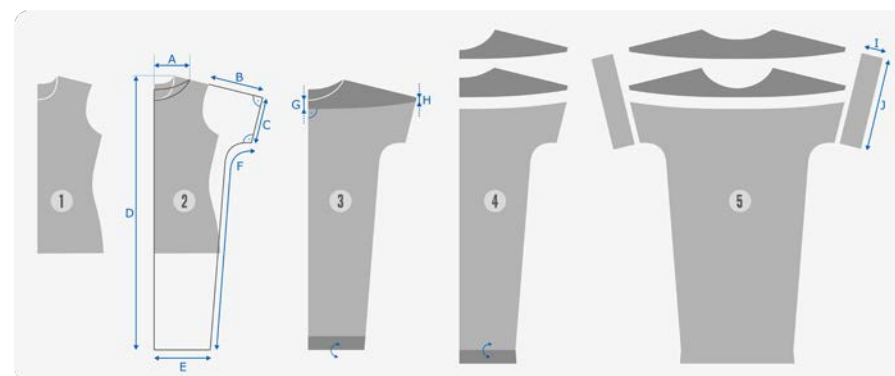
A FORM:

The work starts with preparing a form for half of a dress; in a final stage you will copy it as a mirror image in order to create a symmetrical shape.

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 (sides, bottom, shoulder, neckline); 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 $\frac{1}{4}$ of your hip size – if it is not, widen a bottom.
2. Convert a form for a dress – the dimensions given are pretty universal, but you can modify them to your expectations and needs:
 - determine the width of the neckline and divide it in two, a bateau neck fits best when it begins roughly in the middle of an arm ($A=13\text{cm}$); draw a front neckline so as not to deepen

- the original neckline of a T-shirt, and so as to make it contact with a center line of a dress at a right angle; a back neckline should be slightly shallower than a front neckline ($2-3\text{cm}$)
- extend an angle of an arm to the to the desired length of a sleeve ($B=20\text{cm}$)
- perpendicular to the angle of a shoulder, draw the width of the sleeve ($C=17\text{cm}$) it should equal a sleeve in a bicep, that is half of a circumference of your bicep increased by $4-8\text{cm}$
- determine the length of a dress – the best fit is a below-the-knee skirt, because you can then pull a material up, to rest tight on the hips and give the loose, blouse-like effect above the hips; measure the length from the highest point of a shoulder – in the picture, it is the highest point of a neckline in a T-shirt and on a silhouette, it is a curve between a neck and an arm ($D=90-100\text{cm}$)
- determine the width at a bottom of a dress (at a right angle to its center – a line D) – it should be $2-3\text{cm}$ narrower than the width of a bottom of a T-shirt so it tapers down and fits tightly around the hips after being pulled up ($E=21\text{cm}$)
- draw a side line of a dress (F): start at a right angle to a line C, then turn downward with a fluid arc and connect an arc with a width at the bottom with a straight line (E); If you want to fit a dress at the hips and pull it up to get the blouse-like effect above the hips, a side line should cut (decrease) the width of a bottom of a T-shirt (see a picture below); If you want to wear a dress loose at the hips, add $1-2\text{cm}$ to the width of a bottom of a T-shirt; an angle at which you lead a side line, can be adjusted by changing the width of a dress at the bottom (E) and across the chest (just below an armhole).

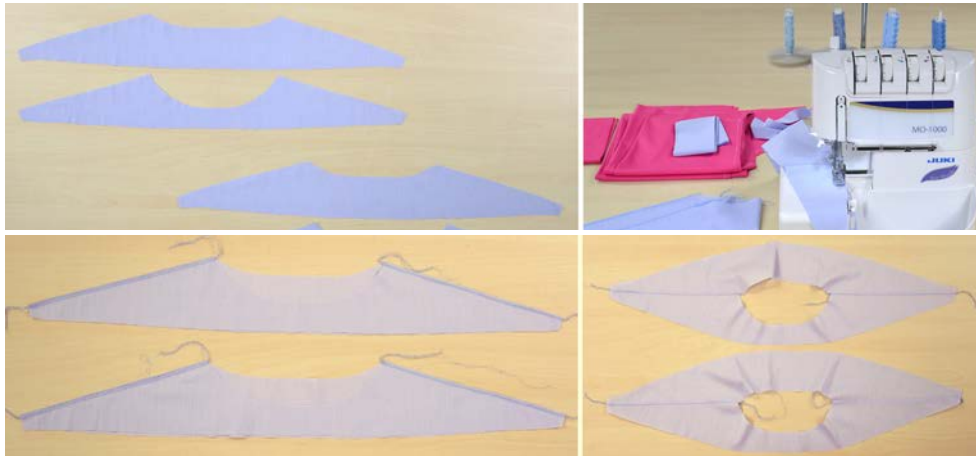
3. Draw a shape of a yoke (dark gray outline); a yoke should start several centimeters below a neckline ($G=3\text{cm}$), at a right angle to a center line, and then gradually, with a gentle curve, taper just by the edge of a sleeve ($H=1.5\text{cm}$); draw the width of a strip at a bottom of a dress (dark gray outline).
4. Cut a yoke and separate it from a dress; copy separately a front (a deeper neckline) and a back (a shallower neckline); draw a mirror image of a strip at the bottom.
5. Copy all elements in a mirror image; draw cuffs to size equals twice a width of a cuff ($I=6\text{cm}$) and a circumference of a sleeve ($J=C \times 2=34\text{cm}$); a form is ready.



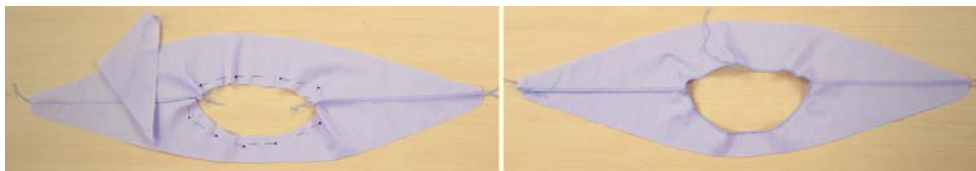
A CUT AND A SEWING:

Cut all elements adding 1cm seam allowance around each one.

Cut out: 2 bottom parts of a dress so that a knitted material stretches in a form wide – a front and a back have exactly the same shape, and 2 cuffs – in their case, a knitted material should stretch in length. Cut a yoke twice (2 fronts and 2 backs) from a fabric or a knit so that a material stretches in a form wide. You must start work by sewing up a yoke. Put a front part on the back part, so that their right sides are in contact and sew up shoulders' part. This way, prepare two symmetrical elements. Press seams with an iron.



Put the two elements one on top of the other so that their right sides are in contact. Pin necklines together so that the edges of necklines and shoulder seams in both elements coincide. Sew up the edges of necklines. Pay special attention at a curve between a front and a back so as not to cut a material with a knife – gently straighten the edge of a neckline in front of a knife, taking care to hold a material under a presser foot. When sewing try not to stretch a material forcibly.



Turn one of elements inside of a neckline, so that seams will be inside – between the two elements.



Press the edge of a neckline and pin unhemmed edges of a material together – a yoke is ready.



Now, when the machine is still threaded with threads of a yoke color, prepare a belt. Cut a strip from the rest of a material. It should be as long as possible (preferably across the entire width of a material) whereas its width is at your own discretion – add 1cm seam allowance around. Fold a strip in two so that its right side is inside and sew long edges up using an overlock machine. With a use of a safety pin, drag a strip to a right side, wrap edges of the ends to the inside and sew by hand or using a regular machine. Press a strip with an iron so that a seam is in the middle of the width.



Before you set about sewing a dress, you must change a color of threads. Fortunately, JUKI overlock machine MO-1000 has a great solution – owing to a special system of tubes and compressed air, a machine threads automatically (all 4 threads). You just have to put the end of a thread in a right tube and press a switch. Compressed air will do the rest. When threads are changed, pin a lower edge of a yoke (both layers of a material) with an upper edge of a dress. Start pinning from the center in order to sew both elements up symmetrically. Do the same with the other part of dress.



Sew a yoke with a bottom of a dress joining both layers of a yoke and a bottom of a dress. Press seams with an iron.



It is time for cuffs. Press them lengthwise in half with an iron and pin on the left side of a dress, so that unhemmed edges of cuffs come in contact with edges of sleeves.



Sew the edges up. Then press them off a dress. Turn a dress to a right side and press cuffs with an iron on a right side of a dress so that an overlock seam is hidden under a cuff.



Fold a dress in two so that its front coincides with a back – their right sides should be in contact inside. Leave a cuff pressed on a right side (that is now to the inside of a dress). Fasten sleeves and sides of a dress. Sew them up using an overlock machine, cutting down all roughness and unnecessary threads. At a curve next to an armhole, the same as in case of a neckline, you have to straighten an edge of a material in front of a knife, taking care to hold a material under a presser foot.

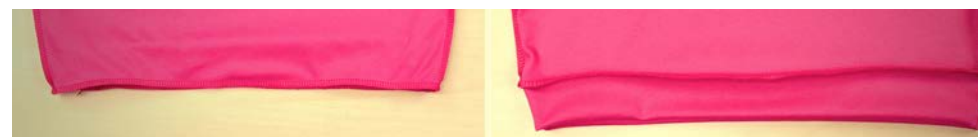
Before you start sewing, remember to pull about 10cm thread from under a presser foot in order to secure a seam by a cuff, later. Turn these 10cm of a seam hanging from a cuff, on a left side of a dress and fasten it to the allowance by sewing manually in order to prevent threads from protruding on the outside.



Now prepare a binding on a bottom of a dress. Leave a dress on a left side. Turn a width of a binding up, on a left side. Pin an unhemmed top edge to a dress. The whole binding (two layers of a material) turn to the inside of a dress so as an unhemmed edge is flush with a folded edge of a material. Using the same pins, fasten all 3 layers of a material together.



Using an overlock machine, sew a bottom edge (3 layers of a material) by cutting only a small fragment so as not to decrease a binding. Tie the end of an overlock seam and attach manually to the allowance. Turn a binding back down and press the allowance with an iron.



A dress is ready! You can wear it loose as an oversize tunic or tied with a belt at the waist. You can also pull it up, to rest tight on the hips and give the loose, blouse-like effect above the hips,.



JUKI®

TL-2200QVP mini

The compact high-speed sewing machine for high-level quilters and tailors.

The TL-2200QVP mini is a portable 1-needle lockstitch machine which runs at a speed of up to 1500 stitches per minute. TL-2200QVP mini has all the quality and durability of an industrial sewing machine. This model differs from a conventional sewing machine by its larger workspace, needle penetration power and overall high quality performance. In addition, the TL-2200QVP mini has a foot controller for thread trimming as well as normal manual trimming. Thanks to this function you can concentrate until the end of a seam with both hands on your sewing project. The arm and the base plate of the TL-2200QVP mini were made from aluminum die-cast parts and this solid body reduces vibration and ensures high-quality seams. With the robust double circulation gripper, the TL-2200QVP mini guarantees a perfect processing of all materials.





7

Backpack

JUKI

TL-98P / TL-2010Q/TL-2200QVP mini

— medium —

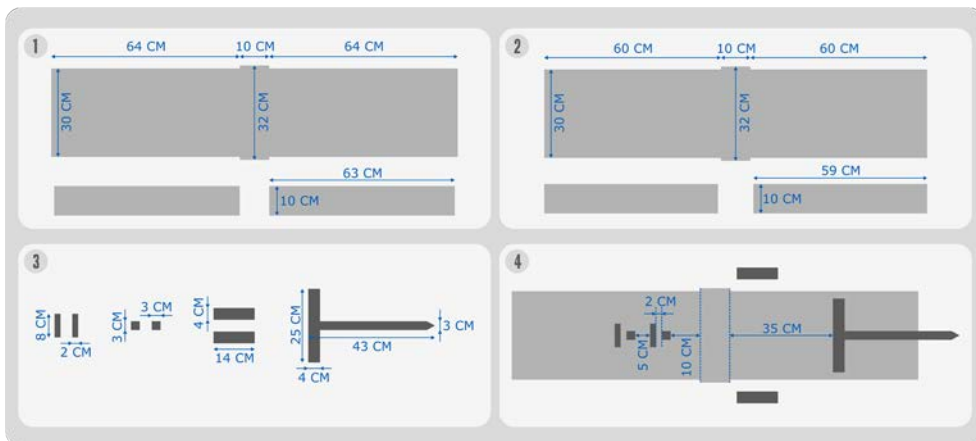




BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

- jeans of dimensions 0.6m x 1.5m and the same amount of a lining
- a piece of a leather 0.3m x 0.5m
- a tape-measure, a ruler, a pencil, a paper for forms and a sharp knife
- threads, tailor scissors, pins, tailor's chalk (French chalk) and a glue in a form of spray or other easily removable adhesive
- 3m of a line or a tape or a webbing strip for handles
- a packet of press studs (5 pieces), a hammer
- needles suitable for jeans and needles suitable for sewing a leather.

A FORM:



1. Prepare a form for top layer elements of a backpack according to the dimensions given in the picture bottom on the left side; cut them out of a material with a 1cm seam allowance around.
2. Prepare a form for elements of a lining according to the dimensions given in the picture bottom on the left side (it is shorter than a top layer); cut them out of a material with a 1cm seam allowance around.
3. Prepare a form for leather elements according to the picture bottom on the left side: 2 loops of 2cm x 8cm / 2 pads under press studs of 3cm x 3cm / 2 loops for handles of 4cm x 14cm / a fastening in a shape of the letter "T" of 25cm x 4cm + 43cm x 3cm.
4. Arrange leather elements on a material.

SEWING:

Arrange leather elements on a top layer; you can not baste a leather so in order to facilitate sewing, glue elements using temporary glue.



Install a needle for sewing a leather; sew leather elements; do stitching on loops in a shape of a rectangle but only along shorter edges – you must leave unsewn space of 4cm in the middle; sew square pads around; sew a fastening in a shape of the letter "T" only on a horizontal strip; do rectangular stitching by shorter edges and in the middle – leave unsewn spaces under which you will insert handles made of a line (see the following pictures and the final one); other two leather elements fold in half and glue shorter edges so as to form loops.



In the picture on top of next page, pink pens are inserted under unsewn portions of a leather; now arrange a side element so that a shorter edge covers the 1 cm wide allowance in the center of a main element; sew 1cm away from an edge; do the same with the other side element, on the opposite side; glue loops made of a leather on the side of a main element where a fastening in a shape of the letter "T" is sewn; place loops approximately 3cm away from lateral elements with a loop facing toward inside of a main element.



Fold a form so that a long edge of a side element covers with a long edge of a main element; if they differ in length, you will level them later; sew together these two edges – when sewing a leather loops, use a needle for a leather; when a presser foot leaves a loop, make a fastening and replace a needle with a one for jeans; do the same on the remaining 3 edges – as a result you will have a shape of a backpack; after sewing, level a length of elements on the top edge of a backpack.



Press edges of a bottom and sides with an iron and do reinforcing stitching on edges at a right side; hence a backpack has a distinct shape.

Caution! Do not sew the last 6cm from the top of a backpack on edges of sides – you will do a stitching there after sewing up a lining; remember to change a needle before setting about sewing a leather.



Change a needle for a universal one and similarly to a top, sew all elements of a lining; leave an un-sewn fragment 15cm long a one of side edges.



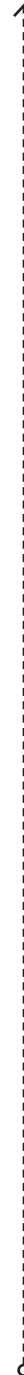
Turn up a lining on a right side, and a top of a backpack on a left side; insert a lining into a backpack; fasten edges of an opening; install a needle for jeans and sew around edges of a lining with a top.



Pull a lining out of a backpack; turn the back pack to the right side through an opening in a side seam of a lining; sew up the slit in the lining; insert a lining inside the backpack; press an upper edge of a backpack with an iron so as to turn it up inwardly by about 2cm (a lining is shorter); do stitching on a line between a lining and jeans.



Now you can complete reinforcement of side edges at a mouth of a backpack; within these seams, you will also sew edges of a lining so as to prevent it from turning up.



Now it is time to stud press studs – in a packet of press studs, there are also tenons and pads for studding and an instruction manual; you must hammer press studs; if you are doing it for the first time, hammer only two studs to test on a piece of a material.

Start with executing a small cut in a material where you want to hammer a press stud; push a neck of a stud to a hole, place it on a pad, put the other part of a snap on a neck on the other side of a material; arrange a tenon on a neck and flatten a neck by hitting a tenon with a hammer – see an instruction manual on a packet of press studs; remember that a fastening consists of two parts of press studs of different shapes.

Fasten a top part with a lining by means of press studs; pin a lining inside a backpack so that it coincides with a shape of a top; hammer bottom parts of press studs on two square leather pads; now hammer three press studs on a top edge to fasten a backpack; in order to mark position of upper parts of press studs on the “T”-shaped element, fold an upper part of a backpack along a horizontal edge of a “T” element; mark where to hammer press studs on a vertical strip so that they match those hammered on squares (see a final picture).



Finally, insert a line into a loop on the side and under an unsewn part of a “T” element; tie ends of a line and firmly twist a thread around them to prevent a line from fraying. A backpack is ready!



Fasten a lid in a conventional way – using a lower press stud; you can also roll a lid up and fasten a strip to a press stud higher located above.





Sew Have Fun!

JUKI®

MO-735

With the 24 stitch options available on the Juki MO-735 you can achieve virtually every serger technique and decorative stitch you can imagine.

Create the latest sophisticated styles, trendy sportswear, stretchy active wear, adorable children's wear, decorative home fashions and more. With the MO-735 you can expand your sewing capabilities to include advanced applications such as chainstitching, 5-thread safety stitch, and 2 or 3 needle coverstitch.

The Juki MO-735 can handle all types of fabrics from ultra-light weight to heavy weight and even the most difficult-to-feed materials.





8

Oversize Tunic

JUKI
MO-735

— advanced —



— easy —

without a pocket and a lining:



An overlock machine and a coverlock machine in one; when sewing a tunic, you will use a hemming stitch (an overlock machine), and when trimming a tunic, you will execute a coverlock stitch (a coverlock machine).



BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

- 1.5 meters of a top material 1,5m wide; you can use either a knitted material or a woven fabric with added elastane (slightly flexible and stretchable) first prepare a form and then check if, with your dimensions, you do not need a different amount of material
- 1 meter of a material for a lining – if you use a knitted material on top, a lining should also be knitted
- a paper for forms, a ruler, a pencil
- threads, tailor scissors, a tape-measure, tailor's chalk (French chalk) and pins
- 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.

MEASURES AND A FORM:

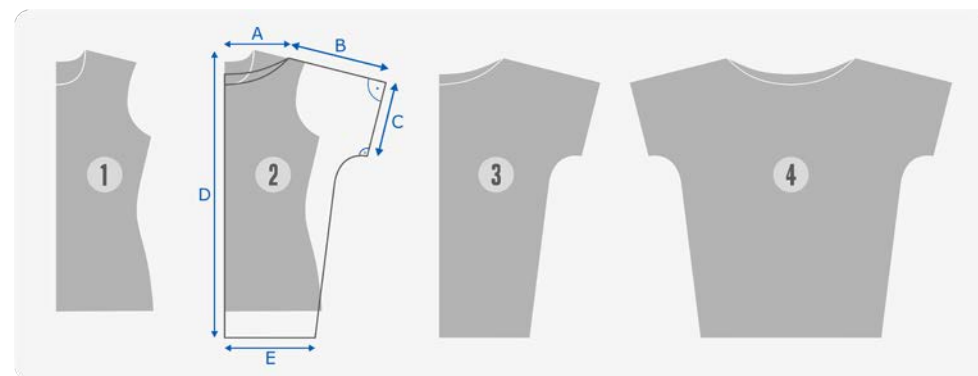
The work starts with preparing a form for half of a tunic; a front and a back are the same, they differ only in a shape of a neckline; the dimensions given refer to size 36/38 but you can modify them to your expectations and needs.

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). Width of bottom of t-shirt pattern should be equal to $\frac{1}{4}$ of your hips circumference.

2. Convert a form for a tunic:
 - determine the width of half of a neckline ($A=14\text{cm}$); draw a front neckline of the same depth as a T-shirt; a back neckline should be slightly shallower than a front neckline
 - extend an angle of an arm to the desired length of a sleeve – measure it from where a neckline ends ($B=25\text{cm}$)
 - draw a width of a sleeve at a right angle, a width ($C=18\text{cm}$) should equal half of a circumference of your biceps increased by 4-10cm
 - determine the length of a tunic; measure the length from the highest point of a shoulder – the heights point of a neckline in the form of a t-shirt; If you want to pull up the tunic, to rest tight on the hips and give the loose, blouse-like effect above the hips, add 3-5cm ($D=66\text{cm}$)
 - determine the width at a bottom of a tunic ($E=24\text{cm}$) – If you want a tunic to be pulled up, the width should be a bit smaller that the width of a bottom of a T-shirt; If you want to wear a tunic loose, a bottom should be wider that in a T-shirt
 - with an arc, connect a width of a sleeve with a width of a bottom – draw the first 2cm of this line at a right angle to the edge of a sleeve, and then turn with a fluid arc and with a straight line connect an arc with a bottom; hence you widen a form in the chest and at the waist in relation to a T-shirt.

3. A form for half of a tunic is ready.

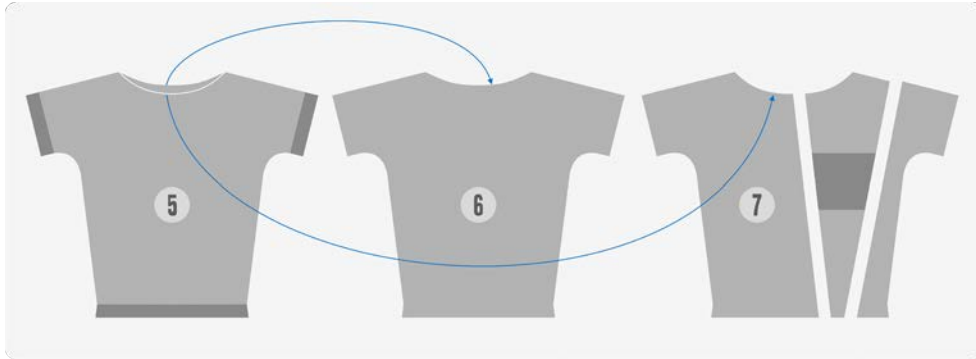
4. Now, you must set about preparing a whole – it is a form for a lining; if you are going to sew a tunic without a lining and a pocket, it is enough to add seam allowances and you can cut a material.



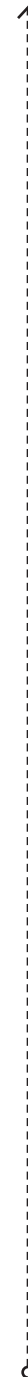
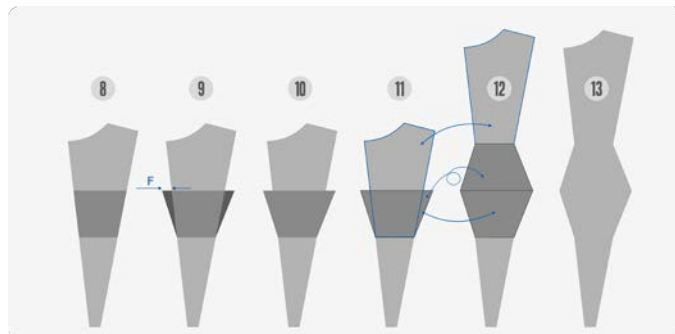
5. Add 2-3 cm allowance to a form of a lining for turning up cuffs (dark gray color); extend sleeves; at a bottom copy a form as a mirror-image – as sides are slanted, an allowance to be turned up underneath should also be sloping.
6. Now you have a ready form for a top fabric; just copy a back with a shallower neckline.

8. OVERSIZE TUNIC

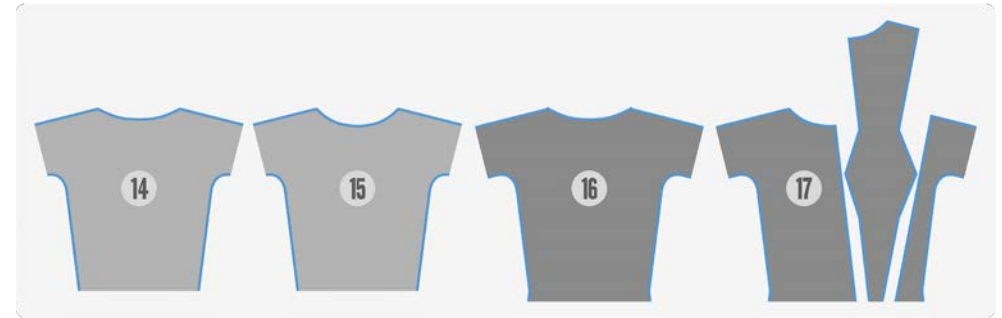
- At a front form (with a deeper neckline), draw straight cuts between which there will be a pocket – it is recommended to make cuts tapering downwards; draw a pocket (dark gray color); side parts are already ready; now carefully prepare a pocket.



- A middle part cut from a front.
- Extend the upper edge of a pocket; the more you widen the edge, the more it will protrude and drop after sewing it up ($F=3.5\text{cm}$); connect the extended upper edge with a bottom part of a pocket (dark gray triangular shape).
- A fragment with an extended pocket.
- Isolate 3 parts: an upper part of a fragment of a blouse (a light gray part with a blue outline), a form of a pocket (dark gray part with black outline) and a lower part of a fragment of a blouse (a light gray part without any outline).
- Draw aside an upper and a lower fragment, and insert a double form of a pocket between them in a mirror image.
- A form for a middle part of a front tunic is ready.



Now add 1cm seam allowance – a blue line in the picture below; do not add it to the edges of a bottom and those of sleeves as you have already added it in step 5, the allowances added in step 5 will be used to cover edges on a lining; finished forms for a lining – 14 and 15, finished forms for a top material – 16 and 17; cut all parts so that the fabric will stretch across.



SEWING A LINING:

Fold a front and a back so that their right sides are in contact; pin the edges; sew shoulders and sides of a lining.

Caution! Pull out pins before the knife approaches or pin them 5cm away from the edge; sewing on arcs between a sleeve and a side of a blouse requires precision and caution so as not to cut an arm hole with a knife; when you approach an arc, gently flatten it before a presser foot, but do not pull a material.

A lining is ready! Quickly, isn't it?



SEWING A TUNIC:

Pin a pocket. Put the middle part of front on the table with left side of a material up; fold it in half at its widest part, turning up a narrower part to a right side; pin edges of a pocket; turn the whole element with a pinned pocket to a right side; place a pinned pocket on the upper part of the element; pin the protruding edges of a pocket with the edges of the upper part. Ready! A pocket will look like that after sewing it up.



Pin a fragment with a pocket together with the side parts of the front of the tunic.



Change threads to a different color and sew three elements in a front together using an overlock machine; now sew up a front with a back on the shoulders and sides, same as in a lining. Note to sew carefully on curves under an arm hole.



TRIMMING:

Prepare a top material and a lining; turn a top to a right side and leave a lining on a left side; slide a top part into a lining so that inside, their right sides are in contact; pin a neckline; if there is a difference in size, you can slightly adjust shoulder seams in order to reduce a neckline circumference. Do not stretch a neckline while sewing! Sew the two pieces on the edge of a neckline; be careful on the border between a front and a back as there is a sharp turn – similar to arcs, you need to straighten it in front of a knife so as not to cut a material; when sewing on a curve, do not stretch a neckline and pay attention that each layer of a material remains under a needle.



Turn a lining to a right side and slide it to the inside of top part through a neckline; to make a lining not visible on a right side, press a neckline with an iron so that it is about 2mm deeper than the edge; if a lining is still visible on a right side, sew a neckline using a regular machine.



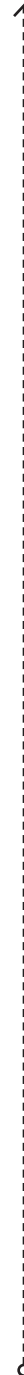
Turn a whole tunic to a left side and pin the edges of a lining with a top material within sleeves and at the bottom.



Now fold an allowance of a top material in sleeves and bottom on a lining and pin all 3 layers together (see a picture below); now it is time to trim cuffs using a function of a coverlock stitching; a seam is applied 1.5cm from the edge and should include all 3 layers, closing the edge of a lining inside a cuff; additionally you can baste all edges together, to make sewing with coverlock easier.



JUKI MO-735 makes a great combination of the two machines, switching it from an overlock to a coverlock takes only about 15 minutes; change the position of needles and thread the lower looper according to the instruction manual of the machine; when sewing a coverlock stitch, you must do a double stitching on top and underneath there will appear the so-called "ladder"; a challenge is that you sew on a right side – without seeing a bottom edge of cuff that is why we suggest to leave a wide cuff and after sewing, cut an unwanted part; this ensures that the whole seam is on a cuff, underneath.



Now it is time for a precise task – you must cut an excess of a material; if you want to avoid it and make a seam so as to cover the edge of a material with a cover-stitch, add smaller allowances on cuffs or cut them before sewing; but then you can't make any mistake; you need to carefully baste the edge of a cuff and sew on a right side, exactly in the place where a material ends underneath.



JUKI®

HZL-357ZP-C

The Juki HZL-357ZP is a lightweight and compact sewing machine that can be easily transported for sewing on the go. You can find many small utilities in your Juki HZL-357ZP, such as an easy to use needle threader or an LED light which ensures very good illumination of the sewing area. The 7-point feed dog can transport light to heavy fabrics without any problems and allows for excellent sewing result.





9

Sweatshirt with hood

JUKI
HZL-F600 + overlock MO-654DE

— advanced —





BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

- a main material: 2m x 1.5m; first prepare a form and then check if considering your size, you will need different amount of a material; you can use either a knitted material or a light fabric; a sweatshirt in this tutorial is prepared of a typical shirting
- a material for trimming pockets and the inside of a hood: 0.5m x 1m
- 2 m of rubber tape 5 cm wide.
- a tape-measure, a ruler, a pencil, a paper for forms
- threads, tailor scissors, pins, tailor's chalk (French chalk) and a safety pin
- 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.
- your sweatshirt with a hood; you will use it in order to outline a form for a hood.

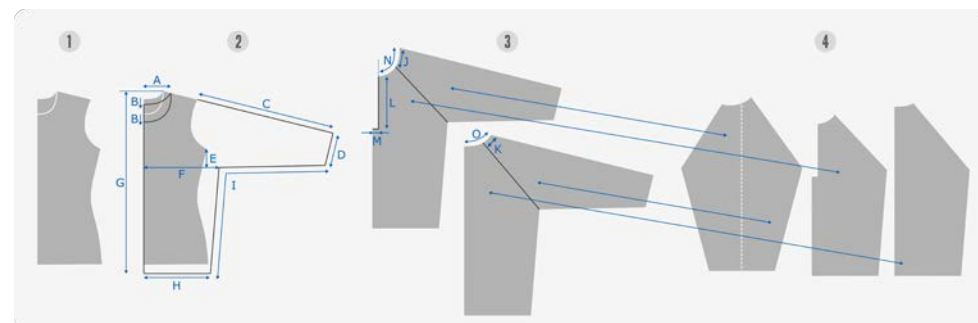
A MEASURE AND A FORM:

The work starts with preparing a form for half of a sweatshirt; in step no 4, you will divide a form into separate parts of a front, a back and a sleeve.

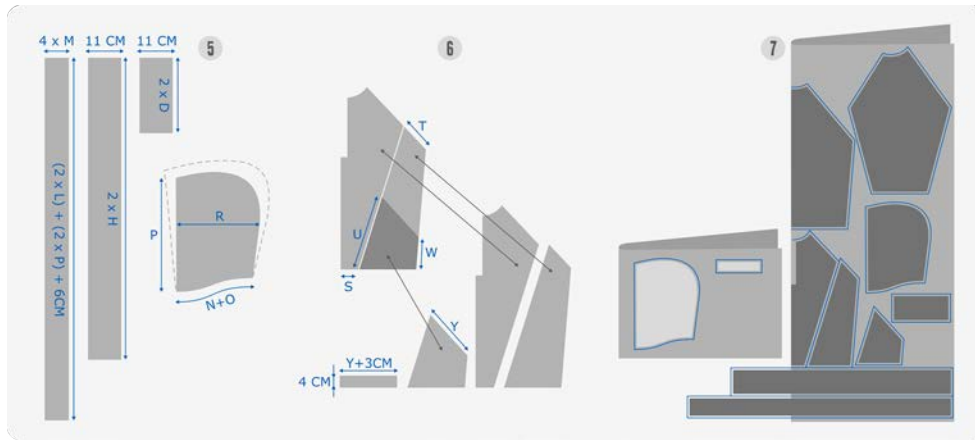
1. Prepare a form for half of a T-shirt; press your T-shirt with an iron and fold it in half lengthwise; spread it down on a paper so that the material stays not tightened or not gathered; outline your T-shirt; a shape of an armhole and a front part of a neckline should be copied by densely spiking seams 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 $\frac{1}{4}$ of your hip size – if it is not, widen a bottom.
2. Convert a form for a sweatshirt – the dimensions given are 36/38, but you can modify them to your expectations and needs:
 - determine the width of half of a neckline; a new neckline should be wider at least 2cm that the one in a T-shirt ($A=13\text{cm}$)

- deepen a neckline of a front and of a back, so as an arc ends up at a right angle to a center line of a blouse ($B=3\text{ cm}$)
- extend an angle of an arm to the desired length of a sleeve; remember that you will sew on a cuff at the end of the sleeve. ($C=52\text{cm}$)
- determine, at a right angle to the slant, the width of a sleeve in its end part; it must be wide enough to put your hand in ($D=13\text{cm}$)
- descend by 6cm from an armhole (E) and at this height, enter the width of a sweatshirt, it should be a quarter of a circumference of a chest increased by 5-7cm ($F=28\text{cm}$).
- determine the length of a sweatshirt measured from the highest point of a shoulder (the heights point of a neckline in the form of a t-shirt); remember that you will sew on a welt (bottom cuff) to it and thus lengthen a sweatshirt ($G=64\text{cm}$)
- determine the width of a bottom of a sweatshirt: a quarter of the hip size increased by 1-2cm ($H=25\text{cm}$)
- draw a side and a bottom of a sleeve (I) combining widths H, F and D.

3. Separate forms: a front (a deeper neckline) and a back (a shallower neckline):
 - set cuts between a sleeve and a torso – black lines ($J=6.5\text{cm}$ / $K=4\text{cm}$)
 - cut rectangle form out of a front – you will sew on a placket here; determine the depth of a cut ($L=20\text{cm}$) and a width of half of a placket ($M=2\text{cm}$)
 - measure circumferences of a front (N) and a back neckline (O).
4. Cut sleeves and a torso; a sleeve of a back and a front must be glued together so that they touch with a ridge; Form for sleeve and for back part is ready; you will finish preparing a form for a front in step no 6.



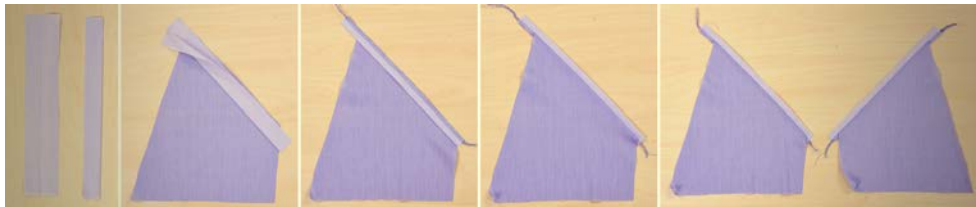
5. Prepare a form for a hood, and for a placket and welts (cuffs for sleeve and bottom of blouse) - rectangles for welts are of dimensions shown in the picture; copy a form for a hood out of your sweatshirt, just like a shape of a T-shirt, folding a hood in half; adjust a size to your expectations; the most important is that a wave at a bottom of a hood has the same length as measurements of a front and a back necklines ($N+O$); a height ($P=37\text{cm}$), a width ($R=27\text{cm}$); you can modify a form of a hood (a dotted line), but remember not to change a length of a wave at a bottom; sew a prototype of a hood to check a form.



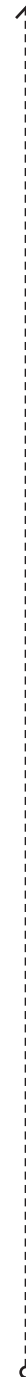
6. Make a cut at an angle on a form of a front of a sweatshirt ($T=11\text{cm}$ / $S=5\text{cm}$); draw a pocket on a side part ($U=25\text{cm}$ / $W=10\text{cm}$); separate a front into a middle and a side part; separately copy a form of a pocket and prepare a form of a finishing binding – a rectangle of dimensions given in the picture.
7. Fold materials in half lengthwise and put forms on them; cut them with 1cm seam allowance around; a center part of a front and a back should be in contact with a folded edge of a material, thus you will cut symmetrical elements. Caution! Do not cut out a rectangle part for a placket by a front neckline, but precisely copy its edges on both sides of front part.

SEWING:

Start with trimming edges of a pocket; press a strip in half lengthwise with an iron; sew a binding to an edge of a pocket, overcast using overlock stitching and press with an iron; finally make a stitching on a regular machine on a right side, just by a seam in order to sew a seam allowance underneath.



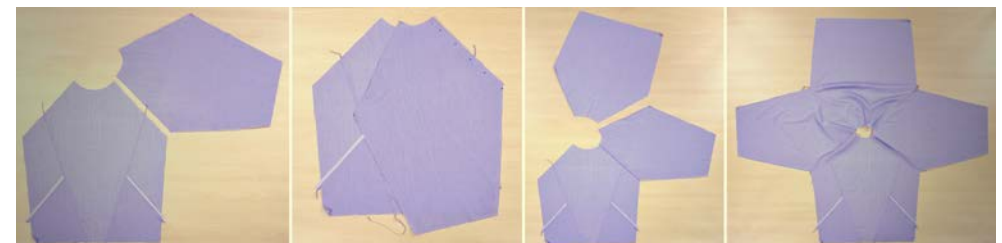
Put a pocket on a side panel of a front so that bottom and side edges overlap; pin a middle part of a front.



If you are using a fabric, sew elements on a regular machine, and after doing each seam, overcast seam allowances with an overlock machine; in case of a knitted material, use only a 4-thread overlock machine; after sewing and overcasting, press a seam with an iron and do a stitching on top – just like in a case of a pocket; similarly sew the other side panel.



When a front is prepared, sew a sleeve to it; then sew a back to a sleeve; sew the other sleeve to a back and finally sew up the other sleeve with a front.



Sew together halves of a hood on a ridge – separately a top and an inner layer; turn up a top layer on a right side and slide an inner layer into it; fasten edges with pins.



Pin a hood around a neckline starting from the middle of a back neckline; at a front, edge of a hood should protrude at least 1 cm beyond edges of a rectangle drawn under a front neckline; Turn up a sweatshirt to a left side (inside out), slide a hood to the inside and sew up edges of a hood and a neckline; when sewing, a presser foot must be inside the neckline.



Now the most difficult part – a finishing placket of a neckline and of a hood; press the placket with an iron in half lengthwise; pin it in a way that a folded edge faces to the outward and unhemmed edges face to the centre of a sweatshirt; start pinning the placket 3cm below a drawn rectangle, so that it covers its vertical edge – it should overlap on a vertical edge of a rectangle by about 1 cm – see a picture; pin a binding around a hood and on the other side of a rectangle, in the same way as on the opposite side; sew a binding on a regular machine. Caution! The beginning and the end of a seam must be exactly at the same height – that will decide a shape of a bottom of the placket which must be straight.



Fold back edges of the placket and perform cut in a shape of an inverted “Y”, through the center of a rectangle; lower ends of cuts should be 1-2mm away from seams, which sew up the placket; now fold and press a triangle with an iron to the inside of a sweatshirt; the folded edge of the triangle should be straight; the last picture below shows the inside of a sweatshirt.



Now press a left and a right part of the placket with an iron so that they overlap in the middle; slide the bottom ends of the placket to the inside, under a triangle; first 3 pictures below show the outer side, another 3 pictures show the inside of the sweatshirt with the placket pressed and slid inside; if the placket gathers at the corners of a lower part, you must slightly deepen a “Y” cut; if a left and a right side of the placket is too wide, you must move the seam fastening the placket to a sweatshirt towards the sides – that will widen the rectangle and narrows the placket; then you must also deepen a “Y” cut so that it ends just by the end of a new seam.



Now fold a front of a sweatshirt along a seam fastening the placket; a binding allowances and “Y” cuts should protrude beyond the folded edge; using an overlock machine, cut down an unnecessary allowance.

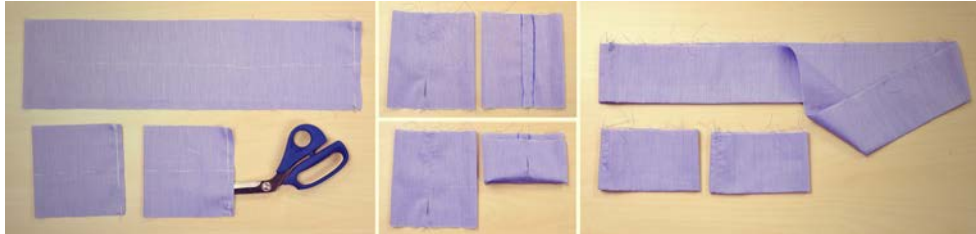


Sew the placket around on a right side, near a seam; sew precisely and closely particularly at a bottom edge so as to firmly fix a triangle folded to the inside; after sewing, cut off a triangle and ends of the placket using an overlock machine; fold a sweatshirt so that a front and a rear overlap and touch on right sides; sew sleeves and sides of a sweatshirt; do a seam under an armhole in a shape of a small arc and cut it off using an overlock machine so that an allowance is not too big.



9. SWEATSHIRT WITH HOOD

Now prepare cuffs; fold rectangles in half and sew their shorter edges; at a lower part of a seam, leave seamless opening for a rubber; press allowances with an iron to the sides, and sew them in length, together with a top so that they do not protrude from holes on a right side; then press cuffs with an iron in half, lengthwise.



Sew cuffs to sleeves and to a lower edge; turn up a sweatshirt on a right side; slide cuffs on a sleeve so that a layer with an opening in a seam is on top; fasten unhemmed edges of a sleeve and a cuff; turn up a sweatshirt inside out and sew a cuff around; when sewing, a presser foot must be inside a cuff; do the same with a bottom of a sweatshirt.



Press cuffs with an iron downward; using a safety pin, slide a rubber through an opening in a seam; pull its ends outside and sew them flat; slide the ends to the inside of cuffs.



A sweatshirt is ready! You can additionally sew holes on the placket and sew on buttons.





10

Parka

JUKI
HZL-F600 + overlock MO-50e

— advanced —





BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

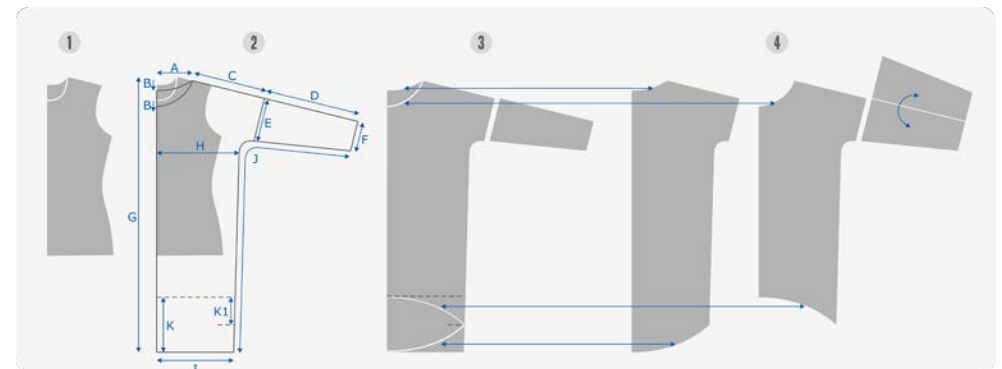
- 2m of an outer material 1.5m-wide (you can use both a fabric or a knit, we suggest thin jeans); 1m of a lining – if you are to modify the dimensions, please prepare forms and check the exact quantity of material you might need
- 10 buttons
- 2m of a cotton tape, 1.5-2.5cm-wide
- 2m of a cord
- a tape-measure, 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.
- your sweatshirt with a hood or your jacket with a hood - it will be used as a basis for a hood form.

MEASURES AND A FORM:

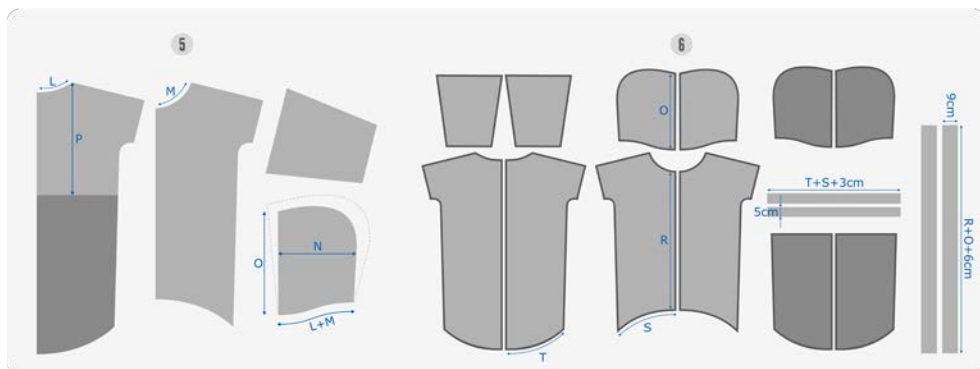
The work starts with preparing a form for half of a jacket; a front and a back are the same, they differ only in a shape of a neckline and the length and shape of the bottom. Then, within a step no. 4, the form is divided into separate pieces of the front, the back and the sleeve.

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). Width of bottom of t-shirt pattern should be equal to $\frac{1}{4}$ of your hips circumference.

2. Prepare a form for a parka; 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 the neckline ($A=13\text{cm}$)
 - deepening a front and back of a neckline of 2cm is a standard, regardless the size (B)
 - 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 ($C=27\text{cm}$)
 - lengthen this line to the desired length of a sleeve ($D=34$)
 - 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 6-12cm ($E=16.5\text{cm}$)
 - at the end of the length of a sleeve, determine at right angle, the width of a sleeve in its bottom part ($F=12\text{cm}$)
 - determine the length of a parka at the back measured from the highest point of a shoulder (the heights point of a neckline in the form of a t-shirt, $G=100\text{cm}$)
 - determine the width of a chest – a quarter of a circumference of a chest increased by 6-10cm ($H=30\text{cm}$)
 - determine the width at the bottom – a quarter of the desired circumference at the bottom ($I=28\text{cm}$)
 - draw a bottom part of a sleeve and jackets side (J = a smooth and straight line with a gentle curve by an armhole)
 - determine a difference between the length of a front and a back ($K=20\text{cm}$) and mark half of this dimension on the side line ($K1=10\text{cm}$)
3. Draw a shape of a bottom of a front and a back; cut a sleeve.
4. Separate elements:
 - copy a back separately – copy a shallower neckline and a longer bottom
 - copy a front separately – copy a deeper neckline and a shorter bottom
 - draw a mirror image to a sleeve
 - a form of an entire sleeve is ready



5. Copy shape of a hood from your sweatshirt (just like in case of a shape of a T-shirt), folding a hood in half; adjust dimensions to your expectations; important: a wave at a bottom of a hood must be of the same length as neckline sizes of a front and a back ($L+M$); a height ($O=38$) and a width ($N=30$) can be modified (a dotted line), however you must not change a length of a wave; determine a height at which there should be an end of a lining; that would be a place where a parka is gathered at the back – around a waist ($P=40\text{cm}-45\text{cm}$).
6. Cut two stripes in order to prepare tunnels with a cord, which will be sewn up at a bottom. Also prepare two strips for placket with buttons sewn in a front:
 - a width of stripes is: $2 \times$ desired width of a placket / tunnel + 2cm for seams.
 - a length of stripes: we recommend to cut stripes across a whole width of a fabric, and when sewing, reduce them to the correct dimensions.
 - in case of all forms, except stripes, add 1cm seam allowance (dark gray outline); element in light gray are forms for an outer material, dark gray elements are forms for a lining
 - done! – cut forms of materials.



SEWING:

Using an overlock machine (or, if you don't have one, use one of overlock stitches available in HZL-F600 model), overcast middle edges of all elements in a rear, in case of a lining, overcast additionally a top edge; put a lining on an outer material – their right sides should be in contact; make a stitching along a center line of a back, along a whole length of a lining; sew as close as possible to an overlock seam.



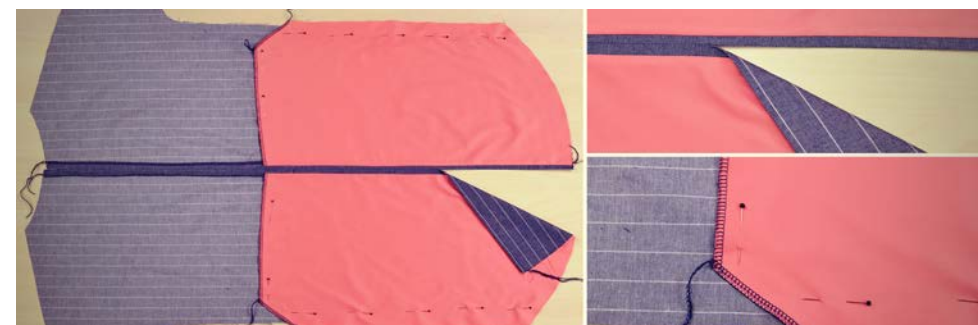
Press a lining with an iron to the side; put the two elements of a back one on top of the other, so as their right sides are in contact; sew up starting at the neckline and ending about 25cm from the bottom – a slit of a parka should be at the back on the bottom.



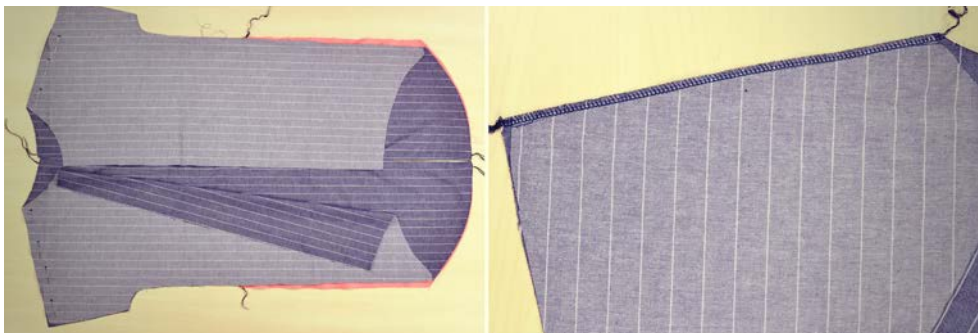
When sewing, a presser foot should be just by the overlock seam and a needle in the middle position – that will enable to cover the preceding seam.



Press the seam with an iron to the sides – a slit in the bottom of a parka is now beautifully finished; using an overlock machine, cut corners in a lining (about 5cm from a top edge); fasten sides of a lining with an outer material.



Sew up front elements with back ones on shoulders; allowances should be overcasted with an overlock stitch.



Press a seam on a shoulder and sew up sleeves.



After sewing sleeves up, fold a jacket in half; the sides of a front and a back should coincide, and sleeves should be folded in half; fasten the sides of a front and a back so that edges of an outer material overlap one another – if a lining protrudes a bit, after sewing, you can cut it with scissors or cut using an overlock machine; sew the sides and a bottom of a sleeve with one seam; when overcasting allowances, precisely cut them off by an armhole as too large allowance will cause material to gather outside, after turning it up to the right side.



Sew a hood and overcast it with an overlock seam; fasten an outer material with a lining. Outer layer of the hood should be on the right side, lining should be on the wrong side, so that overlock seams are inside.



Fasten a hood to a neckline – a seam in a middle of a hood should cover (coincide with) a seam in a middle of a back.



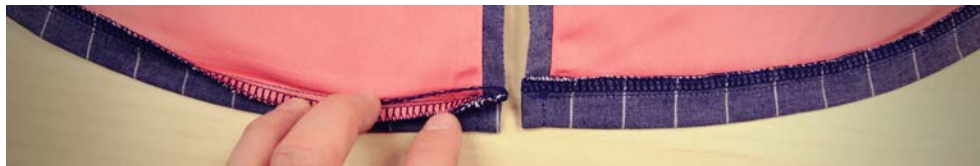
Sew a hood to a neckline, overcast an allowance with an overlock seam; press an allowance with an iron up and make a strengthening stitching in a middle of an overlock seam – it will be visible at the base of a hood, on an outer surface.



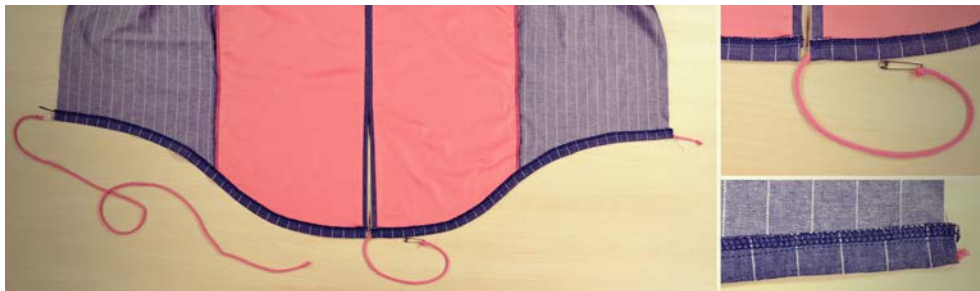
Sew up tunnels for a cord in a bottom part of a parka; a shorter edge in each stripe should be overcasted with an overlock seam – press it with an iron by 1cm to the inside and sew; press stripes with an iron in half and fasten so that the finished edge is fastened by a slit at the back.



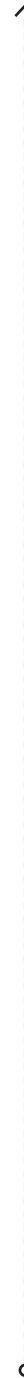
After sewing up and overcasting with an overlock seam, cut any excess in a front; press tunnels with an iron down and ends of an overlock seam hide under a pressed allowance; similarly to a hood, make a reinforcement stitching in the middle of an allowance in order to prevent it from rolling.



Insert a cord into tunnels; at the ends of a cord, make a knot; in a front edge, a knot should be hidden inside a tunnel at about 3-4cm from an edge; an excess of a cord should protrude by a slit in the back.



Sew the end of a cord up in a front at about 3cm from an edge; make a triple, reinforced stitching so that a cord remains in a place.



To make a front placket sew up together other two stripes into one long stripe; press it with an iron in half lengthwise; a resulted strip fasten around edges of a front and a hood; leave about 5cm-long stripes in a bottom.



Overcast the ends in the bottom and turn them up by 1cm; press them with an iron up so that an edge of a strip in the bottom, remains even with an edge of a tunnel; sew the strip to the jacket, fastening turned-up ends; Overcast whole placket with an overlock seam; press seam allowances with an iron and make a reinforced stitching along a strip, in the middle of an allowance; finally, sew an edge of turned-up ends making a square stitch in a bottom of a strip.



Finish sleeves – overcast edges with an overlock seam, press them with an iron for about 1cm to the inside and sew all around.



Look closely at the upper part of a lining in a back; make 3 pairs of 2 cm long seams at each half (place seams as the pins on photo below), every few centimeters – as a result you will get a tunnel for a tape; gaps between upper and lower fastenings should be wider by 0.5cm from a tape; you should make only local seams so that they are not very visible on an outside surface, and the gathers at a back is more striking after pulling and tying tapes ends (a stitched tunnel would give even gathering, and a single stitching will result in accumulation of gathering in 3 locations).



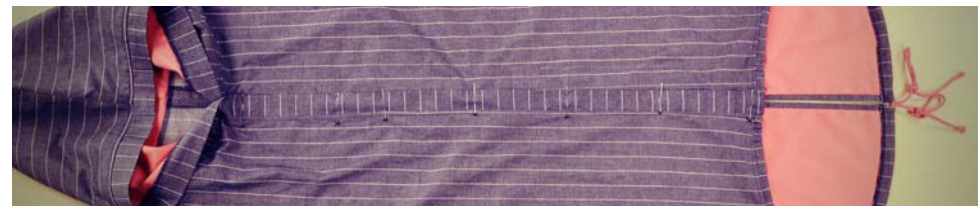
Pockets – determine a shape and a size of a pocket; prepare a form having in mind an allowance for seams; sew up strips to pockets, overcast them with an overlock seam and press with an iron up; overcast sides and a bottom with an overlock seam and press with an iron.



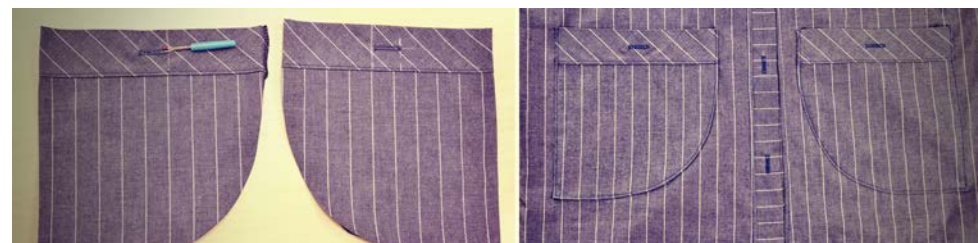
Determine location of buttonholes on a strip; place a button in a holder on a presser foot to buttonholes; follow instructions on operating a machine, attach a presser foot and sew a desired shape of a buttonhole – it will be automatically adjusted to a size of a button.



Sew remaining holes – determine their locations on a strip in a front; in order to do this, it is recommended to put a jacket on – one of a button must be at your bust level, and one button in the bottom, the location of the rest of buttons depends your choice.



After sewing all buttonholes, cut them carefully so as not to cut a thread; use a seam ripper or special scissors for slitting holes that are included as an accessory; finally sew pockets up.



Your parka is ready! You can tighten a cord in a bottom and have a more baggy shape, or gather it in a waist in a back and have a coat shape.



