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Sweatshirt with hood

JUKI®
HZL-F600 + overlock MO-654DE

— advanced —
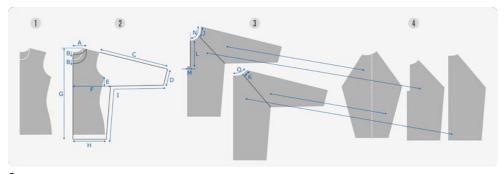
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BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

— 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 ¼ 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=13cm)
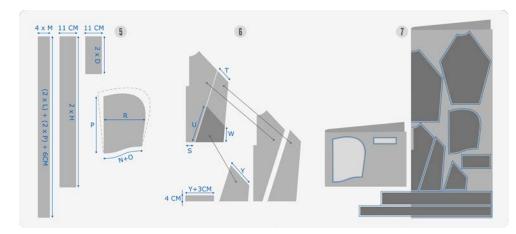
— deepen a neckline of a front and of a back, so as an arc ends up at a right angle to a center line of a blouse (B=3 cm)

— 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=52cm)

— 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=13cm)

— 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=28cm).

— 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=64cm)

— determine the width of a bottom of a sweatshirt: a quarter of the hip size increased by 1-2cm (H=25cm)

— 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=6.5cm / K=4cm)

— cut rectangle form out of a front – you will sew on a placket here; determine the depth of a cut (L=20cm) and a width of half of a placket (M=2cm)

— 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=37cm), a width (R=27cm); 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.
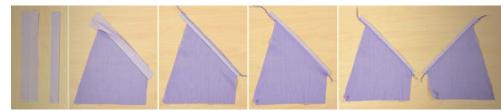
6. Make a cut at an angle on a form of a front of a sweatshirt (T=11cm / S=5cm); draw a pocket on a side part (U=25cm / W=10cm); separate a front into a middle and a side part; separately copy a form of a pocket and prepare a form of a finishing binding – a rectangle of dimensions given in the picture.

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.
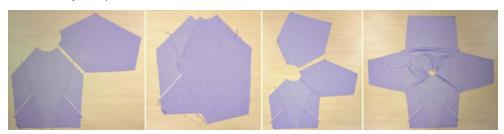

Put a pocket on a side panel of a front so that bottom and side edges overlap; pin a middle part of a front.
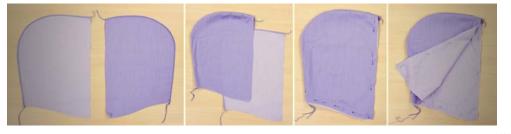

If you are using a fabric, sew elements on a regular machine, and after doing each seam, overcast seam allowances with an overlock machine; in case of a knitted material, use only a 4-thread overlock machine; after sewing and overcasting, press a seam with an iron and do a stitching on top – just like 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 1cm 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.
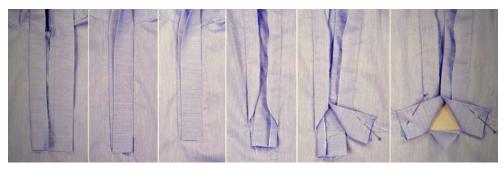

Now the most difficult part – a finishing placket of a neckline and of a hood; press the placket with an iron in half lengthwise; pin it in a way that a folded edge faces to the outward and unhemmed edges face to the centre of a sweatshirt; start pining the placket 3cm below a drawn rectangle, so that it covers its vertical edge – it should overlap on a vertical edge of a rectangle by about 1cm – 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 slided 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.
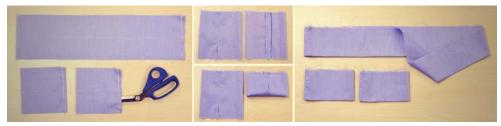

Sew the placket around on a right side, near a seam; sew precisely and closely particularly at a bottom edge so as to firmly fix a triangle folded to the inside; after sewing, cut off a triangle and ends of the placket using an overlock machine; fold a sweatshirt so that a front and a rear overlap and 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.

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.