

Sewing instructions - pattern

## Set Helena



Sectional drawing:



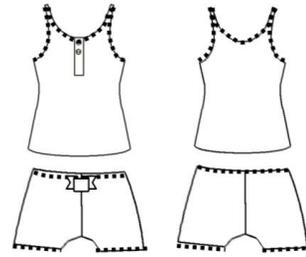
**#sethena**

Art.-Nr: 10-E-9

Size: 34-54

Level:





## Shopping List Set Helena

### Material

- Jersey
- Elastic lace approx. 1cm - 3cm wide
- 2-3 small buttons
- Possibly narrow satin ribbon 10cm for laundry bows

### Note:

As jersey has different widths, we recommend that you lay the pattern pieces on top of each other before cutting and, if necessary, check the fabric consumption again. We have calculated the lace for the shirt neckline, armholes and hem. For the panty, we used it for the waistband and trouser legs. You can also use matching lace scraps.

### Fabric consumption 1,40m fabric width

Size / Part	34-46	48 -54
Top ca.	65-70cm	70cm
Panty ca.	The off-cut from the shirt is enough for the panty	35cm
Lace for shirt + panty approx.	5,70m long + 3,50cm wide	7,20 long + 3,50cm wide

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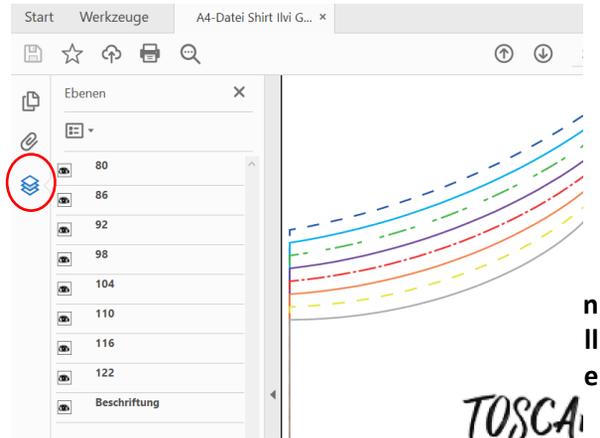
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### Cut on layers

Each size is saved on its own layer. This makes it possible to show only the sizes you actually want to print. For this function you need Acrobat Reader, which you can download free of charge from the Internet.

Click on the layer symbol in Acrobat Reader and show or hide sizes as you wish or hide.



Lines are drawn around the sheets with rows and pages, so you can use these as a guide when gluing them together.

### Tips for beamer users:

Improve the contrast when projecting on dark materials by using the following setting:

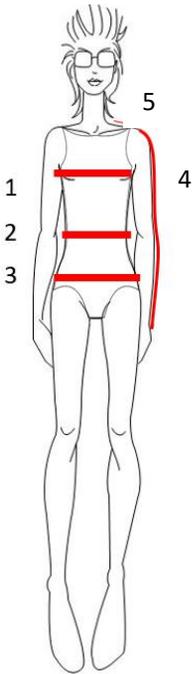
File / Edit / Settings / Accessibility (or Shortcut Ctrl+K

activate the check mark "Replace document colours

- deactivate the checkmark "Change colour of black text or vector graphics only".



**Find the right size**



**1 Bust measurement:**

The bust is measured horizontally around the body. The tape measure is placed around the highest part of the chest and over the shoulder blades/back.

**2 Waist measurement:**

The tape measure is placed loosely around the waist.

**3 Hip measurement:**

The hip is measured around the strongest point

**4 Arm length:**

The arm length is measured with one arm slightly bent, over the elbow to the wrist

**5 Shoulder width:**

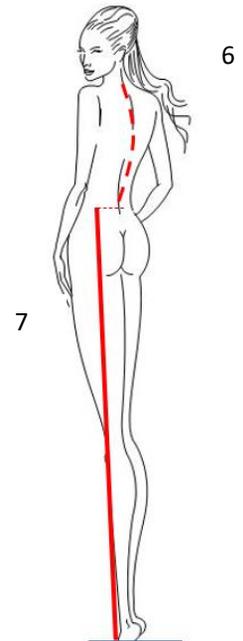
From the base of the neck to the ball of the arm

**6 Back length:**

Measure from the base of the neck to the waist

**7 Side length:**

Measure the length from the waist to the floor



**Ladies measurement chart**

Size	34	36	38	40	42	44	46	48	50	52	54
Bust size	80	84	88	92	96	100	104	110	116	122	128
Hip size	86	90	94	98	102	106	110	116	122	128	134
Waist size	62	66	70	74	78	82	86	92	98	104	110

**Information on fit / work preparation**

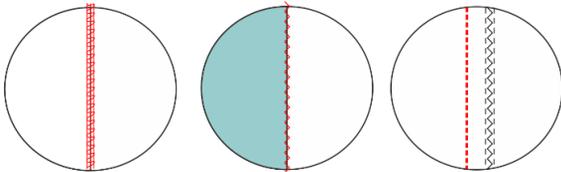
With an ebook or a paper pattern, no matter what brand, you buy a ready-to-wear pattern. This means that you have to adapt your own measurements to this cutting system. You can adjust the shirt at the side seams and in length. If necessary, sew the panties down at the side seams.



Set the sewing machine to "jersey compatible":

### Sewing with the overlock

The easiest way to sew is with an overlock. Make sure you set the differential of your overlock correctly to prevent the jersey from curling.



By the way, there is a great [video](#) on this from Makerist.

If you are sewing with a sewing machine, we recommend that you first sew the seams with a small backstitch (length 2-2.5) and then overcast both layers with an overlock stitch.

### Sewing with the sewing machine

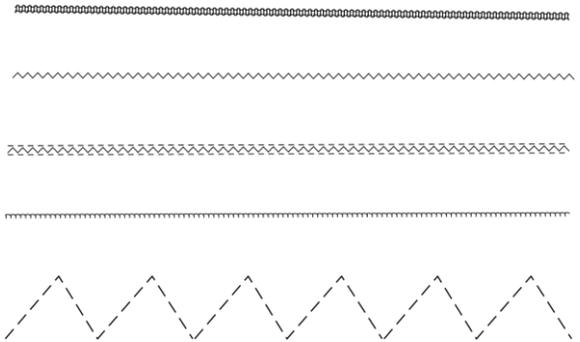
There are also sewing machine feet that have a small cutter built in and also cut the fringe. For jersey you should use an elastic stitch. There are many elastic stitches available with the sewing machine.

Make sure you use the right needles, there are special needles for jersey.

If you don't have an overlock, you can overcast the fabric with a zigzag stitch.

Your sewing machine probably has stitches like this or similar.

The triple zigzag stitch is great for elastic hems and for sewing underwear - it is very decorative and durable with the right thread.



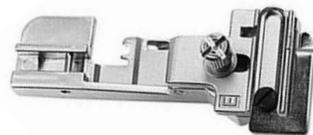
### Do you know the top feed foot?

Top feed feet are popular for sewing velvet, plaid or striped fabrics so nothing shifts.

What may not be so well known, it is also great for jersey. With a top feed foot, both the bottom layer of fabric and the second layer on top are fed evenly and so the jersey doesn't curl.

### Rubber presser foot

If you own an overlock, a useful purchase for sewing underwear is the rubber presser foot.



You can adjust how tight you want the elastic to be. This makes sewing on lace elastic very easy.

Sew the inseam together,



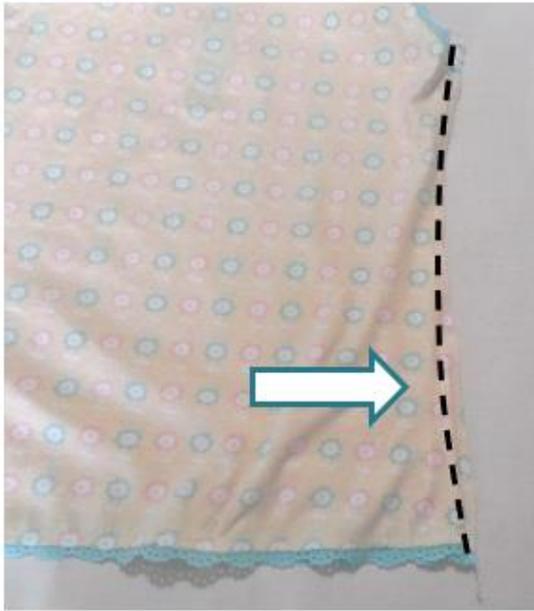
serge the interlining



Place lining in gusset, sew



Sew the two side seams together, secure the thread beads again with a zigzag stitch before unravelling. Sew small buttons, florets, flowers, beads, bows or whatever you like best onto the facing.



Finished ☺



**Congratulations, you did it and you can be proud of yourself!**  
We would be pleased if you mark your works so that we can admire them.

**Hashtags: #toscaminni #sweaterlya**

**Are you on Makerist?**

You can also show your work here in the [>>sewing show](#) - we would be happy if you link us here and rate the pattern.

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