

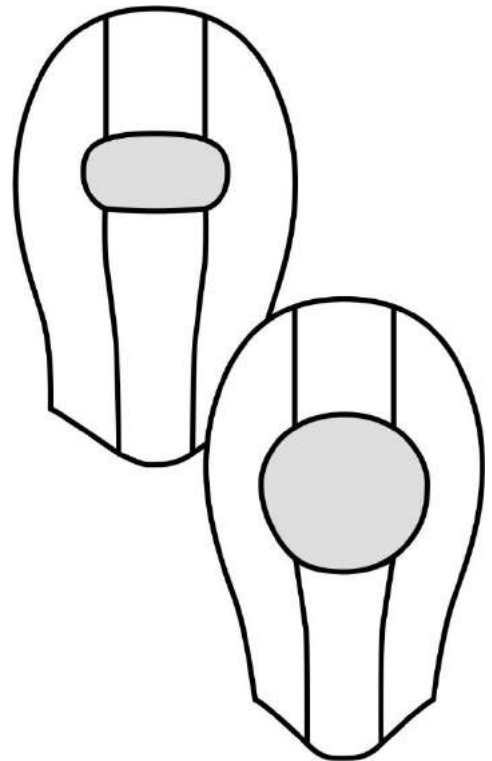


PICOLLY.COM

A LITTLE JOY FOR EVERY DAY

Balaclava

SKI



Head circumf.: 40–62 cm / 16"–24.5"

Skill level: Intermediate



This guide contains all the important information you will need when sewing and working with your new digital pattern. I recommend that you go through this PDF before you start sewing.

By purchasing this pattern, you support Prošikulky.cz and Picolly.com, which bring you quality content and detailed sewing instructions without annoying ads.

Thank you!

TIP: SHARED JOY IS A DOBLE JOY

Enjoy sewing as much as you can and if you feel like it, share your pieces on social networks and tag them with **@picollysewingpatterns** or **#picollycom**



THANK YOU!

The pattern is not intended for commercial use and it cannot be shared without the author's permission.



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QR CODES AND LINKS

QR CODES

This sewing guide and your new sewing pattern contain QR codes, thanks to which you can easily get to specific articles and tutorials.

THIS IS A QR CODE:



HOW TO USE QR CODES?

Simply use your smartphone (its camera or QR code scanner) to scan the QR code and you will be immediately referred to a related article. QR codes can be especially useful if you decide to print this guide. They will allow you to access articles without having to type long URLs.

If for any reason you cannot work with QR codes, you can access the articles by clicking on related links.

SEWING FORUM / HELP CENTER

If you encounter problems while sewing or working with a pattern, you can contact me through the Help Center:

<https://www.picolly.com/forum>





WHAT DIGITAL SEWING PATTERNS LOOK LIKE

All pattern files are in PDF format. A4 pattern files are optimized for printing on regular home printers and A0/A1 pattern files can be printed on plotters or in copy centers.

There are three versions (views) of your new pattern:

1st version: PDF A4 – Individual sizes view (with seam allowances outlined)

This pattern version contains pattern pieces with their seam & hem allowances. The stitching line is drawn in red, and the overall outline in blue. When using this version, cut the pieces exactly according to the template – blue outer lines. Do not add seam & hem allowances.



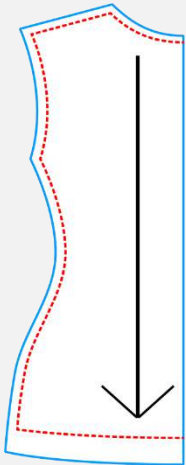
2nd version: PDF A4 – All sizes view (without seam allowances outlined)

This version does not contain seam & hem allowances – multicolored lines in the pattern file are stitching lines. When using this version, transfer the pattern to the fabric and add seam & hem allowances. Only then cut out the pieces.

3rd version: PDF A1/A0 – All sizes view (without seam allowances outlined)

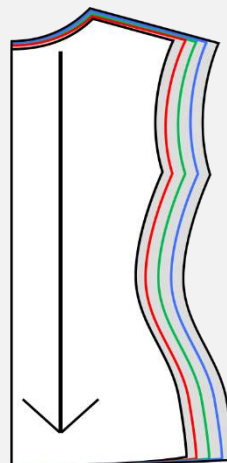
SEAM & HEM ALLOWANCES

Seam allowance is the area between the edge of the fabric and the stitching line. Seam allowances are usually 1–2 cm (0.4"–0.8") wide, but the width may vary depending on the type of pattern (whether it is designed for woven fabrics or knits) and their location on the pattern. For example, in the side seams, they may be wider than 2 cm (0.8"), while in the neck opening or armholes, they may be only 0.75 cm (0.3") wide. Hem allowances are used to finish the edges of a garment (not to attach another piece of fabric). You can find them on the bottom edges of T-shirts and skirts, or maybe at the ends of the sleeves. Hem allowances are usually 3–4 cm (1.2"–1.6") wide.



Sewing pattern with its seam & hem allowances. The dashed inner line is the stitching line, and the outer solid line is the overall outline.

The correct size of all seam & hem allowances is always indicated in the individual sizes view of the pattern.



Several sizes without seam allowances. Each line is a stitching line of a different size.

Don't forget to add seam & hem allowances when using this pattern view.

HOW TO ASSEMBLE DIGITAL SEWING PATTERNS

Perform the following steps on a computer (not a phone or other mobile device) to avoid problems associated with corrupted/distorted files.

1. DOWNLOAD

Download the pattern by clicking on the link in the email you received after purchase. You can also download your patterns directly from Picolly.com (after logging in).

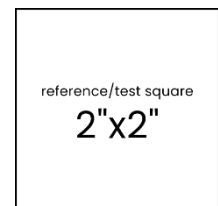
2. OPEN

The freshly downloaded pattern is in ZIP format because it contains several files. To open/unzip the ZIP archive, please download WinZIP (www.winzip.com) or WinRAR (www.winrar.com) app for Windows. If you use Mac you don't need any special app, just double-click the file.

3. PRINT

Print the pattern at 100% scale (do not increase or decrease the scale). In some cases, it is necessary to use "Poster mode".

Each pattern contains a test square that allows you to verify that the scale is correct. First, print only the page that contains the test square and measure it. If the length of the sides of the square matches the dimensions written in it, you can print the rest of the file. Otherwise, you need to adjust the print settings.



4. ASSEMBLE & GLUE THE PATTERN

Align the related points (corners) of the pages - they are marked with letters. Fold (or trim) the margins of the pages to make the sections of the pattern pieces tile.

You can learn more about how to assemble the pattern here:

<https://www.picolly.com/how-to-assemble-the-paper-pattern-from-a4-pages-in-6-steps-correct-and-simple-way>



Take look at this article if you want to know more about how to download, open and print the pattern:

<https://www.picolly.com/how-to-download-open-print-assemble-your-pattern>

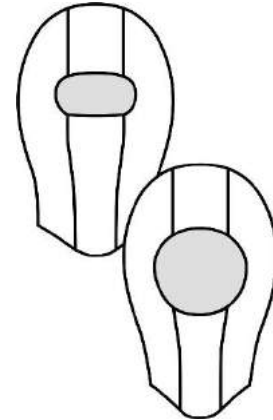




BALACLAVA SKI

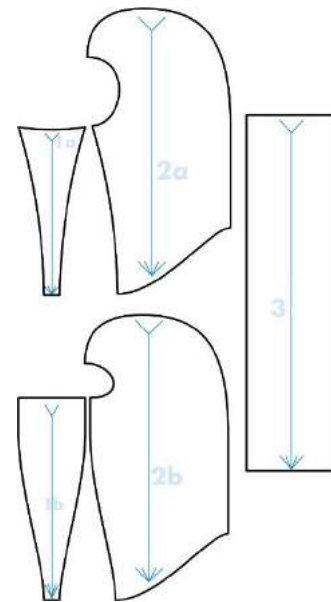
TECHNICAL PARAMETERS

- Head circumf.: 40–62 cm / 16"–24.5"
- Skill level: Intermediate ●●○○○
- Material: Knits (medium & thick)
- Additional info: There are two styles of balaclava SKI:
 - Open (leisure)
 - Closed (1-hole ski mask)



PATTERN PIECES

- Front piece (1a / 1b)
- Side piece (2a / 2b)
- Back piece (3)



SIZES

- Select the appropriate size based on head circumference.

Size	46	48	50	52	54	56	58	60	62
Age (approx.)	kids 0–1	kids 1–2	kids 2–4	kids 4–6	kids 6+	women S	women L	men S	men L
Head circumf. (cm)	40–46 cm	47–48 cm	49–50 cm	51–52 cm	53–54 cm	55–56 cm	57–58 cm	59–60 cm	61–62 cm
Head circumf. (inches)	15 3/4"–18 1/8"	18 1/2"–18 7/8"	19 1/4"–19 3/4"	20"–20 1/2"	20 7/8"–21 1/4"	21 5/8"–22"	22 1/2"–22 7/8"	23 1/4"–23 5/8"	24"–24 1/2"



BALACLAVA **SKI**

SEWING INSTRUCTIONS

Step-by-step sewing instructions can be found here:

<https://www.picolly.com/how-to-sew-a-balaclava-sewing-instructions-pattern-in-childrens-womens-and-mens-sizes>



HELP CENTER

The forum topic dedicated to this pattern can be found here:

<https://www.picolly.com/forum/topic/ski-balaclava>



WHAT YOU SHOULD KNOW BEFORE YOU BEGIN

Useful information you should know before you start sewing can be found here:

<https://www.picolly.com/c/before-you-start/>



SEWING STRETCH FABRICS ON A REGULAR SEWING MACHINE

Elastic materials should be sewn on an overlock machine (serger). But if you don't have it, you can use your regular sewing machine. Just follow a few simple tips that you'll find in this article:

<https://www.picolly.com/sewing-elastic-fabrics-on-regular-sewing-machine-4-steps-to-success-sewing-knits/>



FURTHER INSTRUCTIONS AND TIPS

I'm constantly preparing articles with tutorials, sewing instructions for individual patterns, and articles with useful tips & tricks for you.

<https://www.picolly.com/c/tutorials-and-patterns/>





BALACLAVA SKI

RECOMMENDED MATERIAL

This pattern is designed for thick & medium knits (stretchy materials). You can use stretchy laid-in knits, elastic sweater fabrics, Warmkeepers, etc.

You will also need a little bit of knit for the hems.

THE REQUIRED AMOUNT OF MATERIAL

(for 140 cm / 55" wide fabric):

- All sizes: 60 cm / 24"

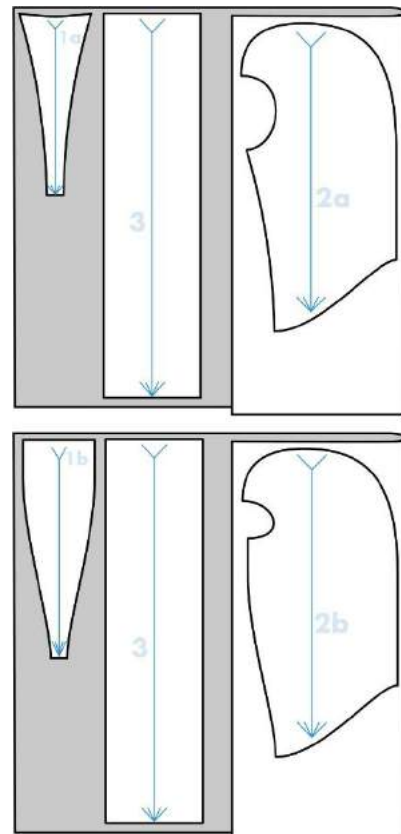
PATTERN LAYOUT

- Seam allowances are 1 cm / 0.4" wide.

Prepare:

- 1x front piece (1a / 1b)
- 2x side piece (2a / 2b)
- 1x back piece (3)

You can position the pieces like this:





TYPES OF TEXTILE MATERIALS

TYPES OF TEXTILE MATERIALS

There are two basic groups of textile materials – knits and woven fabrics.

Woven fabrics are produced in weaving mills on looms. The number, size, and arrangement of the warp and weft threads in the loom determine the weave of the fabric, i.e. how the weft thread is interwoven between the warp threads. This thread arrangement is called the type of weave.

The important thing is that **woven fabrics are inelastic**.

Knits are created on knitting machines. You can imagine knit as a plane of intertwined loops. There are many different types of knits.

By their nature, **knits are elastic**, either in one or both directions. Knits are usually more elastic in width than in length. The loops that make up the knit can stretch, hence the primary (natural) elasticity. In addition, if the knit contains elastic fibers (elastane), it is even more elastic (secondary elasticity).

More information about textile materials can be found here:

<https://www.picolly.com/types-of-textile-materials-woven-fabrics-knits-natural-synthetic>



FABRIC WEIGHT

The weight (grammage) of the fabric is usually given in grams per square meter (g/m^2), or in ounces per square yard (oz/yd^2). The weight depends on the density of the fabric and the strength of the individual fibers and thus also on the strength of the yarn used. If you want to sew a winter T-shirt, you should be looking for heavier (thicker) knits, usually, over $200 \text{ g}/\text{m}^2$ ($8.44 \text{ oz}/\text{yd}^2$). If you want to sew a summer T-shirt, look for knits with the weight of around $120 \text{ g}/\text{m}^2$ ($5 \text{ oz}/\text{yd}^2$).

ELASTICITY

Elasticity is a very important property. You need to know the elasticity, for example, if you want to find out whether a fabric is suitable for some close-fitting garment. Material can be naturally elastic (primary elasticity), or it can gain elasticity due to the content of the elastic fiber (secondary elasticity). Elastic fibers added to knits increase the elasticity and prolong their service life. Further reading on elasticity and instructions on how to determine the elasticity of the fabric and its suitability for your specific project can be found in this article:

<https://www.picolly.com/how-to-test-the-elasticity-of-your-material/>





HOW TO LAY OUT SEWING PATTERNS

HOW TO LAY OUT SEWING PATTERN PIECES

The pattern contains a reference line/grainline (large arrow). Grainline determines the direction in which the pattern should be placed on the fabric. If there is no note near the grainline, you should position the pattern "along the thread" (along the warp threads, along the lengthwise grain - for woven fabrics) or "along the rib" (for knits). In some cases, however, you may also encounter patterns requiring "diagonal positioning / bias positioning" - basic circle or half circle skirts are like that - or "along the weft / crosswise grain" - for example, for knits that are more flexible in the direction of the ribs than along the weft.

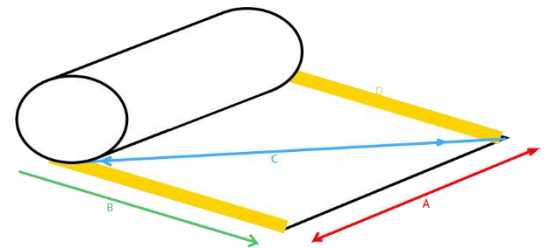
A - Direction of the weft threads (width of the fabric). If the pattern should be positioned along the crosswise grain, align the grainline with the weft threads.

This is called "along the weft". The weft thread is always perpendicular to the warp thread.

B - Direction of the warp threads (woven fabric) or ribs (knits). When the pattern should be positioned in the direction of the warp thread, place it on the fabric so that the grainline follows the direction of the warp threads (or ribs). This is called "along the thread" or "along the rib". This method of positioning is the most common.

C - Diagonal positioning Grainline on the pattern must form an angle of exactly 45 ° with the selvage of the fabric, this is called "diagonal positioning" or "bias".

D - Selvage These are the edge of the fabric going in the direction of the warp threads or ribs, they are usually several centimeters wide and they are not used for sewing. Selvages are used to attach the fabric to the frame of the loom during production. They run along the entire length of the fabric. These parts of the fabric are of lower quality and do not have the same properties as the rest of the fabric.



MARKINGS ON SEWING PATTERNS

The pattern contains marks that help to correctly align the individual pieces. You will always find the meaning of specific marks in the sewing instructions. The patterns also contain marks of an informative nature. In the case of tops, these may be, for example, marks on the side seam which show the position of the waistline or hips. These marks are especially useful if you need to slightly narrow or widen the pattern in one of these sections. These markers indicate where the cut can/should be adjusted. Patterns for tops usually contain corresponding marks on the sleeve pieces and the front piece. These are used to properly connect the sleeves to the torso. They will help you sew the sleeve correctly - for example, when using them, you cannot mix up the sleeves. Patterns for pants sometimes have marks indicating the knee area. Always carefully transfer all important marks to the fabric. Thanks to them, you will be able to easily and accurately sew even long seams without risking inaccuracies.

RECOMMENDATIONS FOR GREAT RESULTS

The patterns are constructed in ready-made sizes because it is not possible to construct a pattern for all body types and sizes. To make the clothes fit the individual figure perfectly, you need to **carefully measure** it first. **Then compare measurements with size chart and paper pattern.** This is the only way to find the right size. Also, it's almost always necessary to adapt the pattern to a specific figure with minor adjustments. Even if we have two women whose measurements are the same, they will differ in other ways – one of them may have a narrower back and a larger bust, the other may be more muscular with a smaller bust. One of them may also have wider hips and flatter buttocks, the other may have narrower hips and rounder buttocks... The patterns are, therefore, mere guides, and if you want the garment to fit like a glove, you always need to **sew a test piece.** Then, if necessary, adjust the pattern and sew the final piece.

You will find more about pattern adjustments on page 8 of this document.

Also, remember to **mark and use the seam allowances properly.** A common mistake is that the seamstress does not measure the seam allowances and "eyeballs it". It is necessary to measure seam allowances with the measuring tape around the entire pattern and then sew along the correct seamlines – the right distance from the cutting edge. Careless work with the seam allowances can result in large deviations in the overall widths and lengths of the individual pieces. If you want to **save some time, use pattern version/view with pre-drawn seam allowances.**

In addition to seam allowances, the patterns always contain so-called allowances for the freedom of movement and allowances for design elements. You won't find these marked in the pattern, but they determine the overall shape of the garment, for example, whether it will be tight or oversized, etc. Therefore, when comparing your body dimensions with the paper pattern, do not forget to take into account the overall design of the garment.

When positioning the paper pattern pieces always make sure that the pieces are oriented correctly. If you position the pieces inaccurately, your garment may become twisted in certain areas. Learn to use the grainline correctly. You probably have some bad experiences with clothes from stores, so you know what I'm talking about.

It is also necessary to test and measure the garment during sewing. No two fabrics are the same, therefore, please note that what works with one fabric may not work with another. I also recommend basting (temporarily stitching) all seams that affect circumferences (such as side seams, instep seams, etc.) before sewing. So, you can try the garment on and adjust it if necessary. Also, do not underestimate ironing. These "extra" things will pay off. Believe me.

TEST PIECE

If you are interested in the process of sewing a test piece (muslin), you can read this article:

<https://www.picolly.com/how-and-why-to-make-a-muslin-video/>

