

### How to Use a Jodie's Sewing Studio Pattern

For best results, study the pattern pieces first and read the notes in the margins and the terms on each piece. Pieces are labeled to help you understand the instructions. *Finished Measurements* can be found on the **Back** piece and the **Sleeve** piece.

Then, read all of the instructions and notice the photo examples. This pre-reading process will make sewing the garment so much easier... Trust me. (More about this below) Sewing Should Be Fun!!!!

The sewing steps will refer to pattern pieces in bold print. For example, Pin **Front to Back** at shoulder seams. The instructions may refer to locations on the pattern using quotation marks. For example, "Leave open between dots for turning." The phrase appears on the pattern piece exactly as quoted. Phrases unique to sewing, such as *right sides together*, will be in italics.

**All Seams are 5/8".** Several seams need to be "finished." Finishing a seam requires *zig zagging* on your sewing machine or the use of a serger if you have one. This prevents fraying of fabric edges.

### Determine the Style of Kuspuk and Your Size

1. Take the following body measurements and record in the spaces provided below:

Bust (chest for men) \_\_\_\_\_, Hip \_\_\_\_\_, Shoulder to Hem for Shirt Version \_\_\_\_\_,

Shoulder to Hip for Dress Version \_\_\_\_\_,

For Arm Length: measure from the back of neck, over the shoulder, to the wrist \_\_\_\_\_.

2. Size will be determined by Bust or Hip. Many people need a combination of sizes. Your size is: \_\_\_\_\_

*Note: Choose your size by comparing your measurements to the measurements provided on the pattern insert located in the back of the pattern package. If you are between sizes, choose the next larger size. If you plan to wear the Kuspuk over a sweater or heavier garment, choose the next larger size.*

### Prepare Your Fabric

100% Cotton woven fabric is the best choice for Kuspuks. Any 100% natural fiber works great such as silk, rayon or linen.

Prewash and iron your fabric to allow for shrinkage. Cotton trims can be prewashed in a small mesh laundry bag. It is not necessary or advisable to wash synthetic trims as they ravel easy.

Fold fabric wrong sides together aligning the selvages. Press the fabric.

### Preparing Your Pattern

1. Identify all printed pattern pieces BEFORE cutting them out. This pattern has 8 pieces and instructions for a 9th. I do not recommend tracing; the pieces fit perfectly if cut as drafted and it is difficult to trace curves accurately. Tracing tends to distort some of the curves, creating time consuming fitting challenges for the sleeves and facings. If you absolutely have to trace, tape the pattern to a large window during daylight then tape your tracing cloth over that. Use a dressmaker's ruler and curve if you have those tools. Use a sharp pencil. Transfer all markings.
2. Study all of the pattern pieces. Circle or highlight the words or phrases if necessary. Notice the relationship between the term and the pattern piece as it will certainly increase your pattern instruction comprehension.
3. Identify any pattern markings such as dots or notches. The notches on this pattern are labeled "notches" and look like tiny clip marks in the pattern. The notches on the sleeve and back neck are shaped like the letter "V". Circle the dots that pertain to your size. Mark the notches that pertain to your size. This may seem silly. However, intentionally focusing on these markings will help you with pattern instruction comprehension later. It might prevent you from sewing the hood on backwards....

4. Determine which Kuspuk you want to make. You have two options for the shorter version. The pattern is drafted with a curved bottom edge. However, you can easily convert this to a straight edge by creating a squared edge. Instructions are typed on the pattern pieces for this. You will also need to add 2" for a hem allowance if you choose a straight edged bottom. The squared bottom will also be used for the dress version of the Kuspuk which utilizes a ruffle, piece 9.
5. You might consider marking over some of the cutting lines with a colored pencil or fine tip marker. The curved lines of the neck and facing pieces are close together. Cut the size you need for your project. There are additional instructions on the pattern regarding sizes.
6. Adjust pattern pieces if necessary. Length should be adjusted along the "lengthen or shorten here" lines for best results. Larger sized women often need to shorten the sleeves (allow 4" longer than body measurement.) When patterns are graded up sizes, they are graded proportionally. As we age and our bodies change, our arms do not grow longer, thankfully.

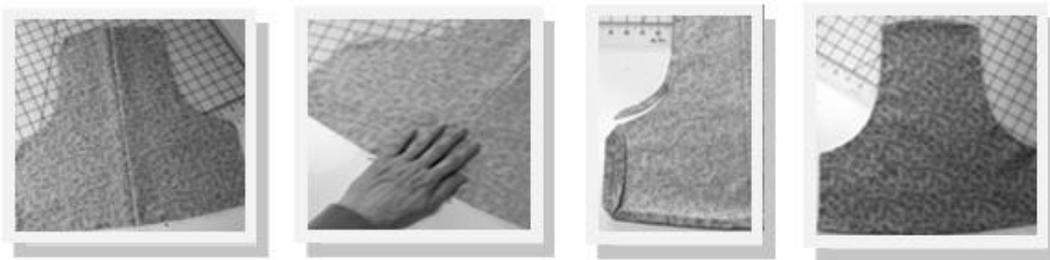
## Pattern Layout

1. Choose the style of Kuspuk and gather the required pattern pieces.
2. Identify the Layout Instructions for your selected Kuspuk and size. Circle the diagram or parts of the diagram that pertain.
3. Fold your fabric according to the Layout Instructions.
4. Place pattern pieces on the fabric. Start with the "place on fold" pieces. Ensure that the "place on fold" edges are EXACTLY on the fold of the fabric. Secure the patterns at these "place on fold" edges with pins. Place all pattern pieces on the fabric, carefully measuring and pinning only the "grain of fabric" lines. These "grain of fabric" lines have to be perfectly parallel to the selvages. Pin only the grainlines and "place on fold" lines first. Remember to allow enough room to pin a second *sleeve* and a second *bottom hem facing*. If you are making the dress version, leave at least 24" of fabric for ruffle pieces.
5. After you have pinned all grainlines and know that all the pieces fit, begin pinning the outside edges of the pattern pieces. Carefully smooth the pattern pieces over the fabric. Pin parallel to the cutting lines and about ½ inch inside of the cutting lines.
6. I suggest cutting the **Sleeve**, **Pocket**, **Hood** and **Bottom Hem Facing** first and then re-pin immediately to ensure you cut the required number of pieces.
7. Cut the remaining pieces.
8. If you choose to line your **Hood** with contrasting fabric, pin the **Hood** piece to the lining fabric. It is not necessary to remove the original cut pieces from the pattern pieces. Just position the pattern, with fabric attached, to the lining fabric. Ensure that the grain line is perfectly parallel to the selvages. Pin grain line first. Then, pin inside the outside edges of the pattern piece. Cut.
9. If it is difficult for you to identify the wrong side of your fabric, label the wrong side of the fabric before you begin the sewing process. You folded your fabric wrong sides together before pinning, so do this before removing your pins. You can label with masking tape, sticky notes or chalk.
10. Mark your fabric: Mark the "pocket placement dots" with fabric chalk. These dots are located on the **Front** piece. They will help you center your pocket. Clip the notches on the cuff ¼". Clip a ¼" triangle out of the fold on both the back and sleeve pieces where indicated.
11. Choose threads that match your fabric and trims. Prepare bobbins and get ready to sew.

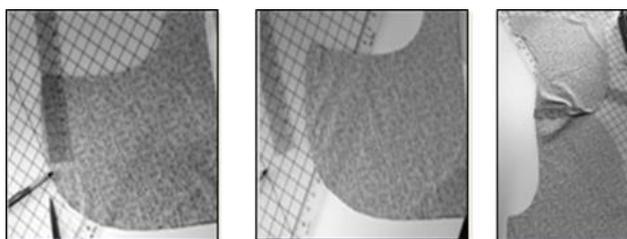
My website will have additional photos and instructions. Videos will be available there soon. You can access my site at [www.sewingshouldbefun.com](http://www.sewingshouldbefun.com) or <http://fridayskuspuk.wordpress.com>

Have fun sewing!

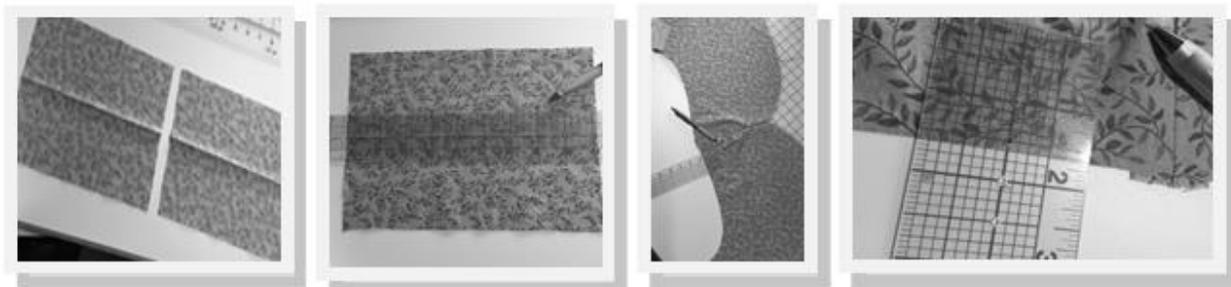
## Sewing the Kuspuk



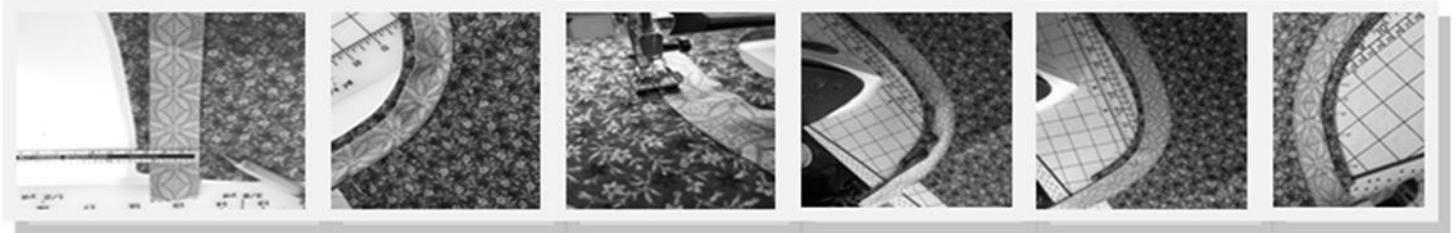
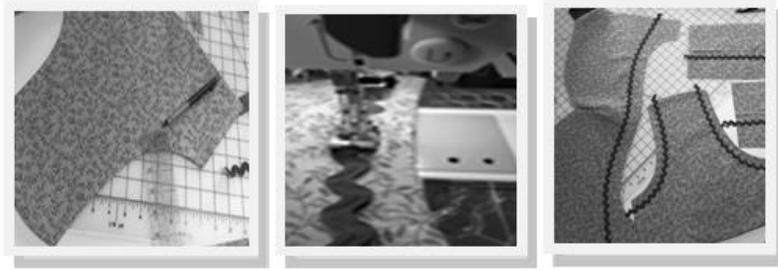
1. Pin **Pocket** to **Pocket Lining**, *right sides together*. Stitch, “leaving a space open between dots for turning.” Clip corners and clip curves. Pinking shears work great for clipping concave curves. Press seams open as indicated in 3<sup>rd</sup> photograph above. Turn pocket *right side out* and press. If using the **Pocket Facing**, you will need to finish the outer curved edge of facing pieces first. Then, pin the facing pieces *right sides together* to pocket, matching top and side edges. Stitch along the top edge, curved edge and side edge. Clip corners and curves. Turn and press.



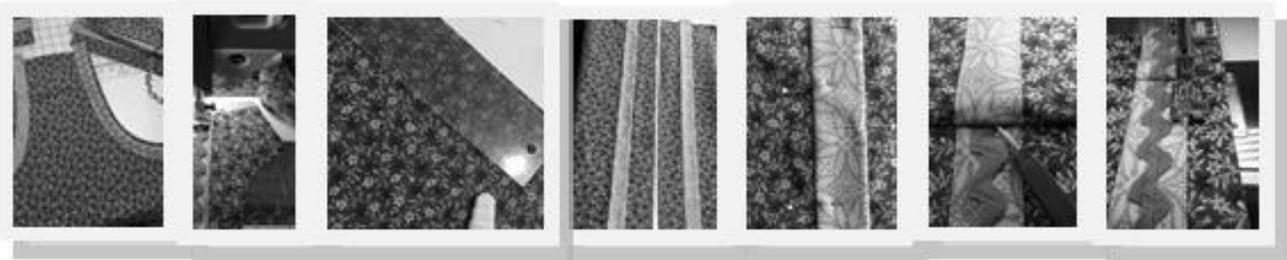
2. Place **Hood** pieces together, *right sides together*. Mark 6” from the curved face edge along top of hood (1<sup>st</sup> photo above). Sew a 5/8” seam from the curved face edge to the marking. Press the seam open (3<sup>rd</sup> photo above). (Do not do this step for the **Hood Lining**.) This is in preparation for attaching the trim.



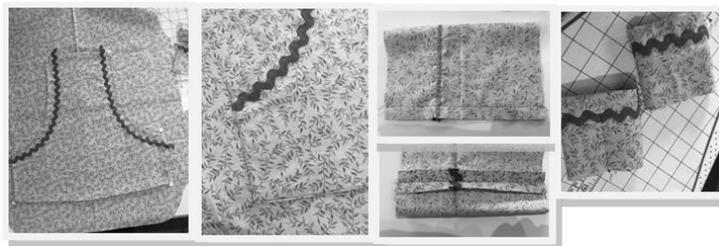
3. Press the **Cuff** pieces *wrong sides together* then open to lay flat. The crease is the lower edge of the cuff. The trim needs to be placed between this crease and the seam allowance of the “top edge of the cuff” (see pattern piece for this.) Most trims should be placed closer to the crease rather than the top edge. Several of the photographs on the back of the pattern cover depict trim ideas. Use a ruler or measuring tape to draw a *trim placement line* on each cuff (2<sup>nd</sup> photo above).
4. When marking the *trim placement line* on the **Hood**, consider the seam allowance and the width of the trim. The inside edge of the trim should be 1” from the “face curve” cut edge; when complete, the trim will be 3/8” from the finished face curve. So, you will add the width of the trim to 1”. This total is the measurement of the *trim placement line*, or its distance from the cut edge (3<sup>rd</sup> and 4<sup>th</sup> photos above). Please look at the photos below (or on next page) of trimmed hoods; the trim needs to taper towards the neck edge. Ensure that the trims will be equally distanced from the “center front” seam of the hood.



5. Determine where you want to place trim on the pocket (photos above). Mark a placement line. Rick Rack type trim is the easiest to attach. It easily conforms to the curves. Try using a double needle; it works beautifully! The photos below demonstrate a layered trim. Sew the outer, longer curve first (3<sup>rd</sup> photo above). Then, steam to shrink the trim into the smaller curve. Pin as indicated (in 6<sup>th</sup> photo above) and sew.



6. Mark the bottom edge of the **Ruffle** for trim placement (3<sup>rd</sup> photo above), allowing for a 1" hem allowance. Place ruffle pieces right sides together. Pin one side. Stitch and finish that seam. Press. (Note: If you choose to layer trim, you can sew the first layer of trim to the separate ruffle pieces before sewing one side seam (4<sup>th</sup> photo above).
7. Pin trim in place. Sew trim. The photos above depict the process of sewing layered trim. Always work from the bottom layer up (In the pictures above, the "bottom layer" is the 1" wide fabric trim; the top layer is the Ric Rac). Sew the second side of the ruffle together, matching trim. You might need to leave an opening to insert trim as depicted in the 6<sup>th</sup> photo above. Hem the bottom edge of ruffle; press the hem in place then *stitch in the ditch*.



8. Pin **Pocket to Front** using the placement dots as a guide. *Edge stitch* the top, sides and bottom of pocket. The second photo above depicts this. Press.
9. Stitch the cuff side seams, *right sides together*, matching notches and trim. Fold *wrong sides together* (photo to the far right above).



10. **For short version**, prepare facings. Finish top edge of facings (1<sup>st</sup> photo above). Sew facings to Front and Back at bottom edge, *right sides together* (2<sup>nd</sup> photo above). Trim and clip curved edges. Turn *right side out* and press (3<sup>rd</sup> photo above).
11. **For dress version**: Gather top edge of Ruffle. To do this, (using a long stitch) straight stitch two parallel rows 5/8" and 3/8" from top edge; do not backstitch. Leave about four inches of thread at the beginning and end of the stitching. Pull the threads from the right side of the fabric to gather pieces. Spread gathers evenly. Proceed to steps 12 – 14. **(After step 15: Pin Ruffle to garment *right sides together*, matching seams. Stitch. Press seam up towards top. This is pictured in the last 3 photos above.)**



12. Stitch Front to Back at shoulder seams (1<sup>st</sup> photo above). Pin sleeves to armhole of each side (2<sup>nd</sup> photo above). Match notch of sleeve to shoulder seams. Stitch and press towards sleeve. Note: you might find it easier to stay stitch 5/8" from top of sleeve cap using a long straight stitch first. This will draw the outer curve in very slightly which makes it easier to attach to armhole. Warning: do not gather sleeve at all. The "corners" of the sleeves will extend slightly over the edge of the side seam (3<sup>rd</sup> photo above). The edges match perfectly at 5/8" of an inch though.
13. Pin underarm and side seams, *right sides together* (4<sup>th</sup> photo above). Match facings and underarm seams. Stitch, starting from bottom of garment. The short, curved version is depicted above; the facing will be pulled down for this step. Finish seams then press towards back. Press facing up and pin (8<sup>th</sup> photo above). Stitch the top edge of facings to the front and back, securing it in place. You will be sewing over the corners of the pocket. Turn garment *right side out*.
14. Gather bottom edges of sleeve (5<sup>th</sup> photo above). Pin gathered edge to right side of cuff at top edges of cuff. Make sure the right side of the sleeve is pinned to the trimmed side of the cuff. Stitch in place; this is depicted in the 6<sup>th</sup> and 7<sup>th</sup> photos above. Finish seams and press up towards sleeve. Turn garment *inside out* for the next step.



15. **Hood**: Pin **Hood** pieces *right sides together*. Continue the top and back seam. Stitch the center front seam of hood. Press seams open. Pin the **Hood Lining** pieces *right sides together*. Stitch the top, back and center front seams. Press seams to one side. Turn hood lining *right side out*. Insert lining into hood so pieces are *right sides together* (1<sup>st</sup> photo above). Pin the face curve (2<sup>nd</sup> photo above). Stitch and clip curves. Turn *right side out* and press (4<sup>th</sup> photo above). Insert hood into garment through the neck opening (5<sup>th</sup> photo above). Match the notch from the center back neck to the center back seam of the hood. Match the center front of the hood with the center front of the neck. Match shoulder seams of garment to dots and shoulder notches of hood (see hood pattern piece for "dot" and "notch"). (Caution, do not sew hood on backwards; the face of the hood should be facing the pocket side of the garment.) Stitch and finish the neck seam. (If adding ruffle, see step 11 above.) You are finished!

**Jodie's Sewing Studio Facebook Page and [www.sewingshouldbefun.com](http://www.sewingshouldbefun.com) have additional photos with explanations.**