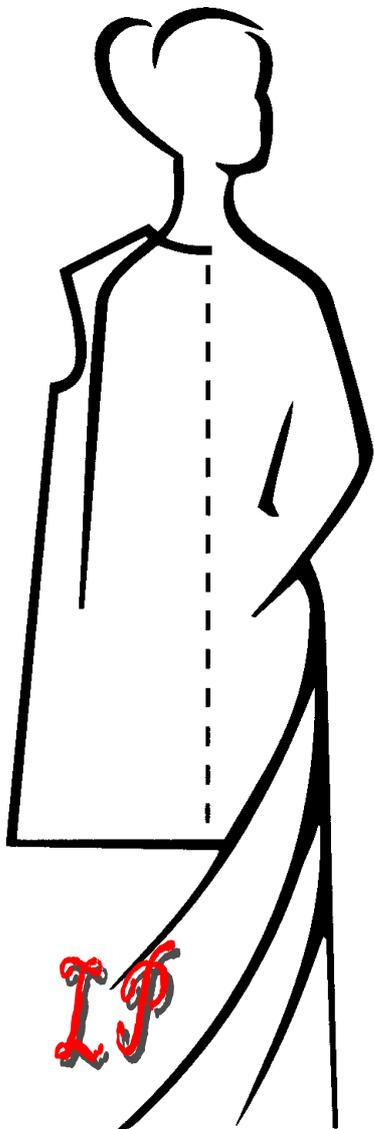


# Lutterloh Patterns

Sewing and Pattern Making Academy



## **LUTTERLOH** **Instruction Manual** **Basic Sewing**

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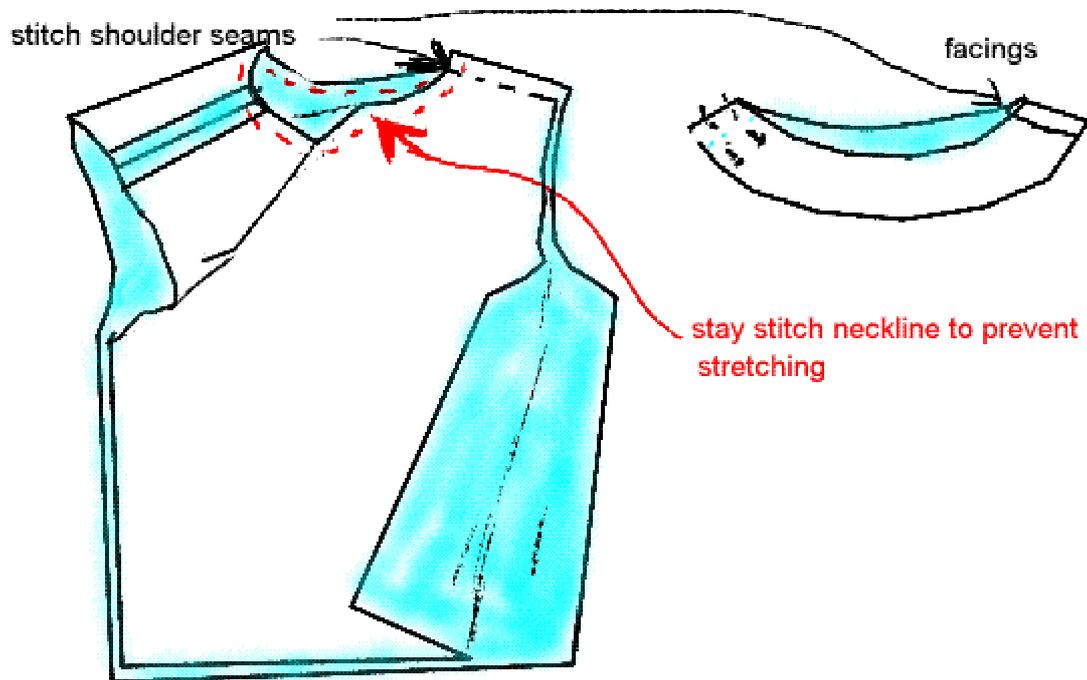
**LUTTERLOH SYSTEM**

*International*

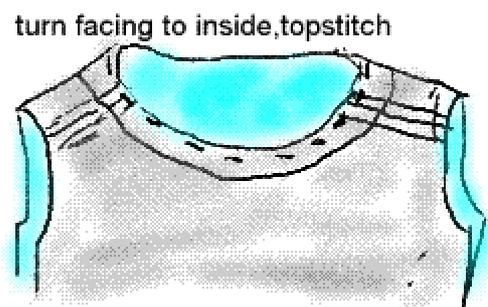
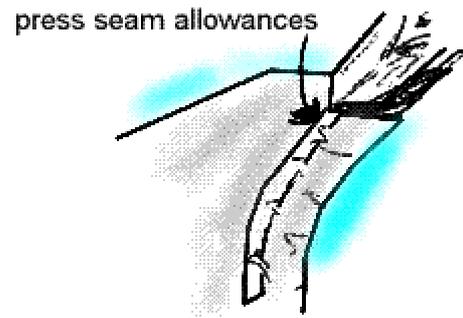
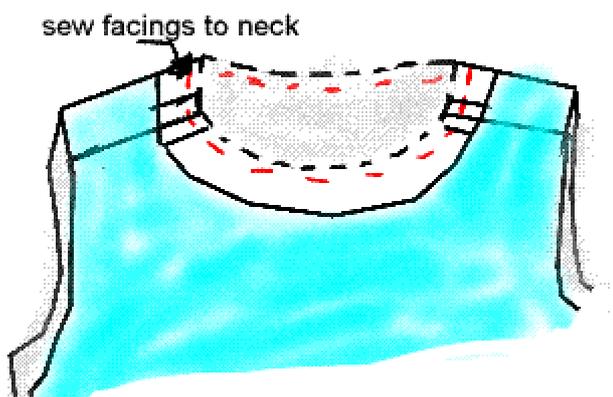
<b>Index:</b>	<b>Page</b>
Step by Step T-Shirt	26
Step by Step Trousers-Draw string / Elasticized	28
Step by Step Skirt	30
Step by Step Trousers (fitting and shaping)	32
Step by Step Blouse/Shirt	46
Step by Step Waistcoat	51
Step by Step Dresses	55
Step by Step Jacket	57

## **Step-by-Step T-shirt**

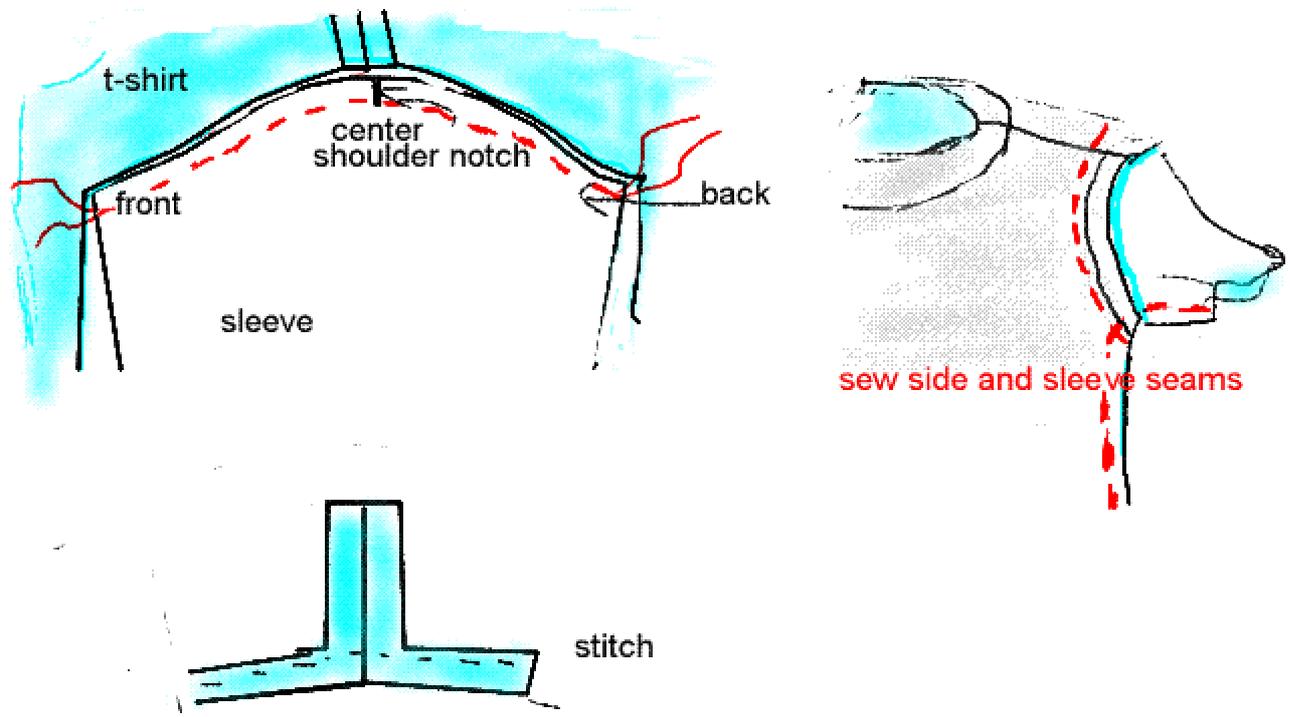
- Stitch shoulder seams. Press seams open.
- Stitch shoulder seams of facings.
- Stay stitch neckline.



- Sew facings to neck.
- Press seam allowances towards facing.
- Under stitch facing along the seam line on facing only catching all the seams.
- Trim, clip or grade seam allowances.
- Top stitch or catch facing in inside on seams.



- Pin sleeve to armhole, right sides together, matching up notches (front center and back).
- Sew sleeve to armhole.
- Stitch underarm and side seams, matching underarm seams and hems, easing if necessary.
- Sew hems of sleeve and hem of t-shirt.

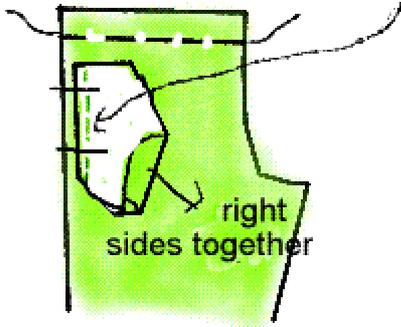


- Use a twin needle, stitching two rows in one, or just topstitching two rows of stitching
- Flat locking the hem also looks good.

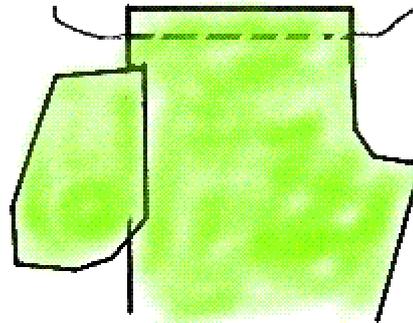
## **Step-by-Step Draw String Trousers (Elasticized trousers)**

- In-Seam pockets. Sew pocket pieces to side edges of garment (1cm seam allowances), on front and back side seams.
- Press toward seams.
- Stitch side seams, leaving pocket openings open.
- Press seam allowances open.
- Press pocket pieces on to garment front, machine together.

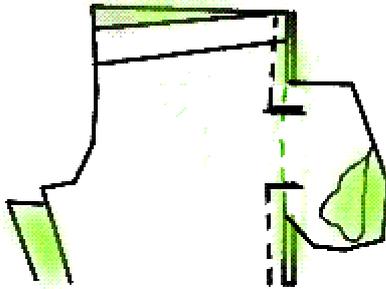
sew pocket pieces to sides



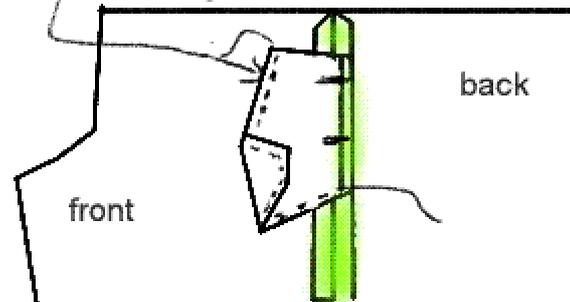
press toward seams



stitch side seams leaving pocket openings open

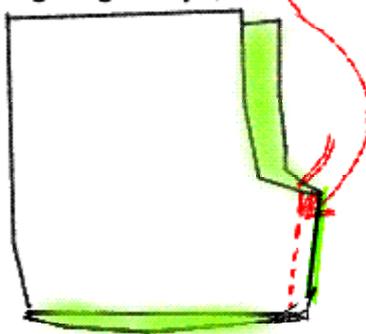


press pocket pieces on to garment fronts, machine together.

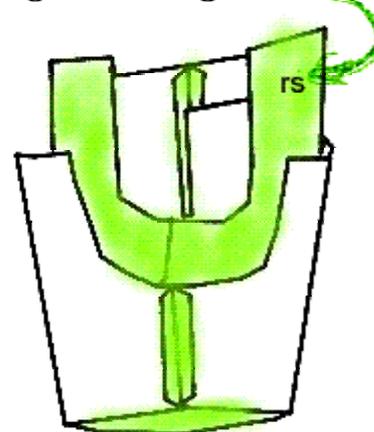


- Fold legs lengthways, stitch inside leg seams.
- Place garment halves one inside the other, right side to right side.
- Stitch crotch seam, matching center back, and center front and inside leg seam.

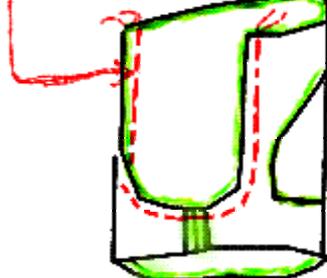
fold legs lengthways, stitch inside leg seams



place garment halves one inside the other right side to right side

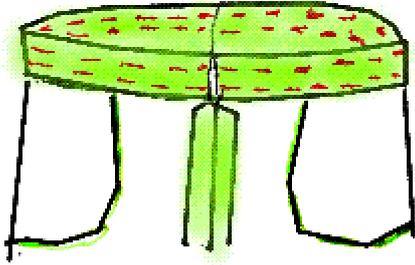


stitch crotch seam all in one go

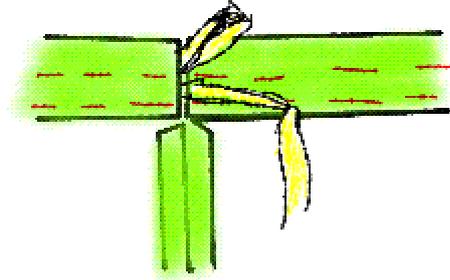


- Fold facings over and pin or press.
- Topstitch top edge of garment for elastic casings or drawstring.
- Insert elastic, sew ends together.
- Turn up hem, pin (press), machine topstitch on right side of fabric

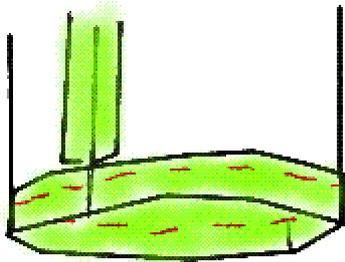
fold facings over, topstitch



insert elastic and draw string



turn up hem and press, topstitch

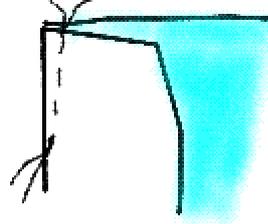
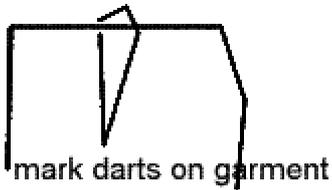


- You can also overlock elastic onto facing, fold over and stitch down.

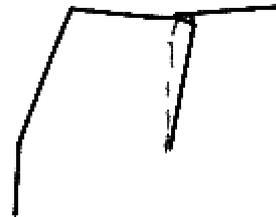
**Step-by-Step Skirt**

- Stitch in darts from top (widest part of dart) to point.
- Press darts towards front or back.
- Stitch center back seam: Sew up using basting stitches (big long stitches on machine), where the zip and vent (slit) on skirt will be.

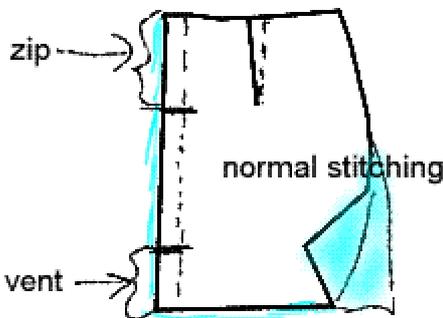
sew in darts from widest to narrow point



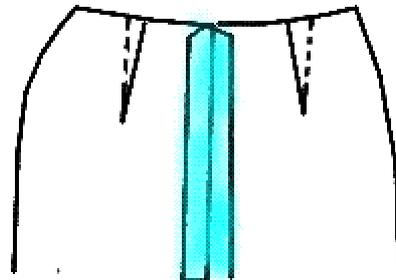
press



sew center back seam using basting stitches where zip and vent is



press center back seam open

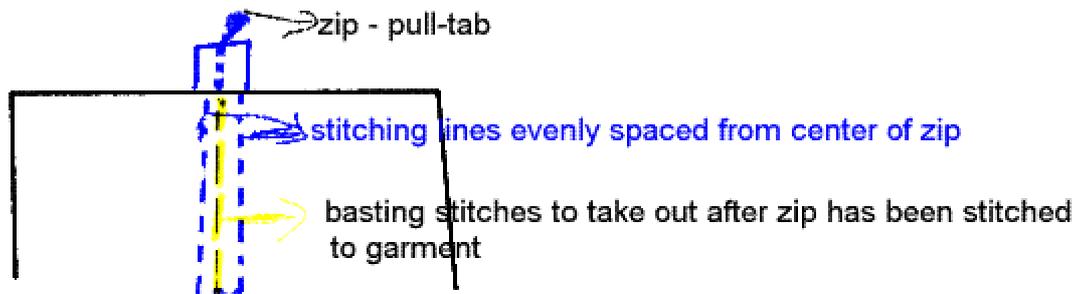


- Insert zip, using center method.

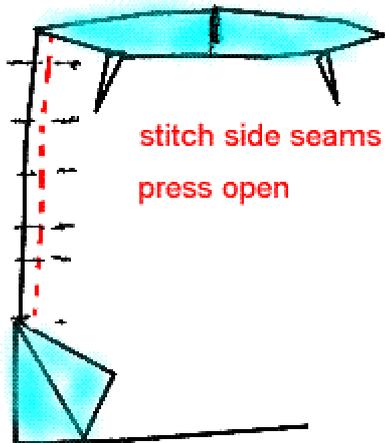
position center of zip exactly over center of seam opening



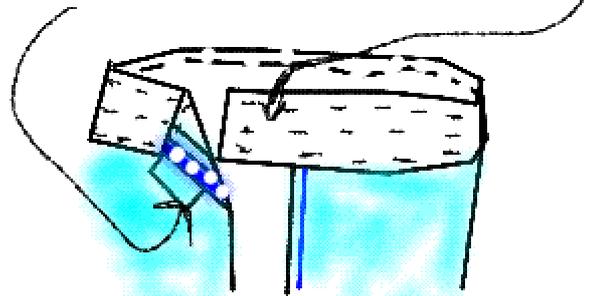
machine each side of zip separately on right side of fabric



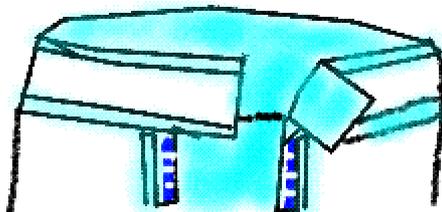
- Place skirt panels together, stitch side seams.
- Sew waistband on; underlap extending at right side. Seam allowance at left side of zip.
- Press allowance toward waistband. Press under the raw edge of waistband.



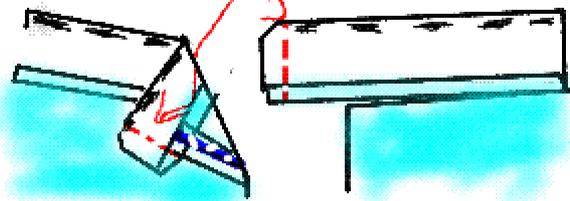
sew waistband on; underlap right side  
seam allowance left side



press allowances toward waistband



fold waistband in half, sew short edges  
together



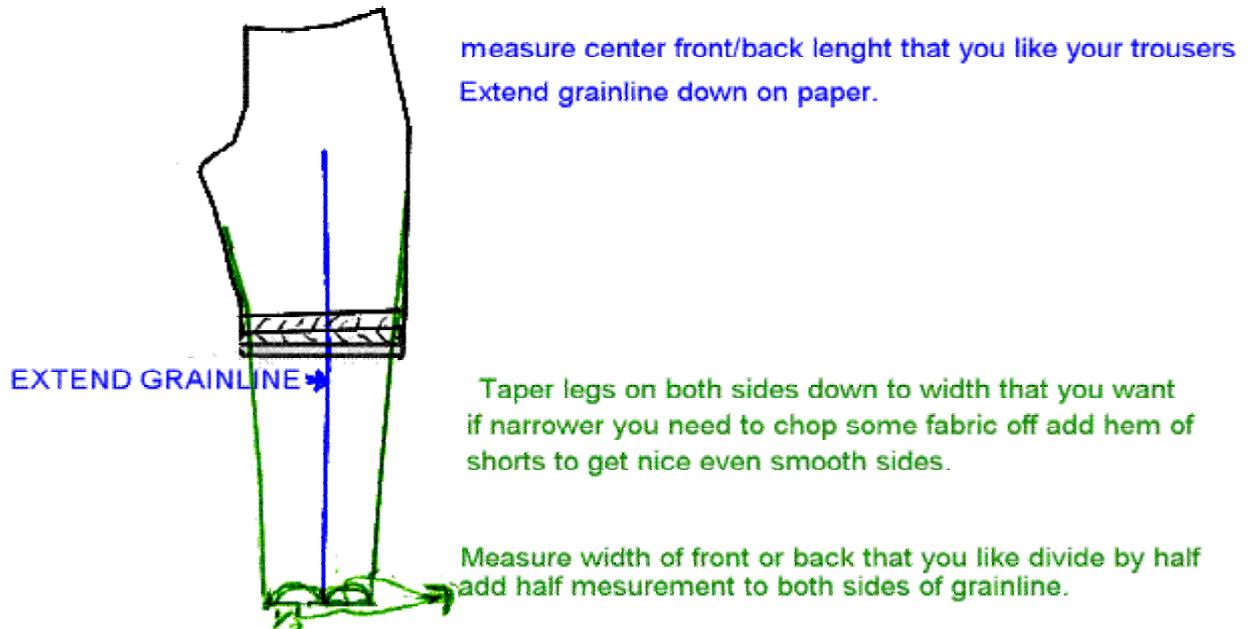
- Turn waistband, pin to seam.
- Stitch in the ditch, on right side of fabric the waistband in position.
- Make buttonhole on left side of waistband
- Mark button position on underlap, sew button on.
- Do mitered corners at vent bottom of skirt.
- Slipstitch hem loosely by hand or blind hem by machine.

## Step-by-Step Trousers (fitted)

### **Fitting.**

### **Lengthen shorts to narrow trousers**

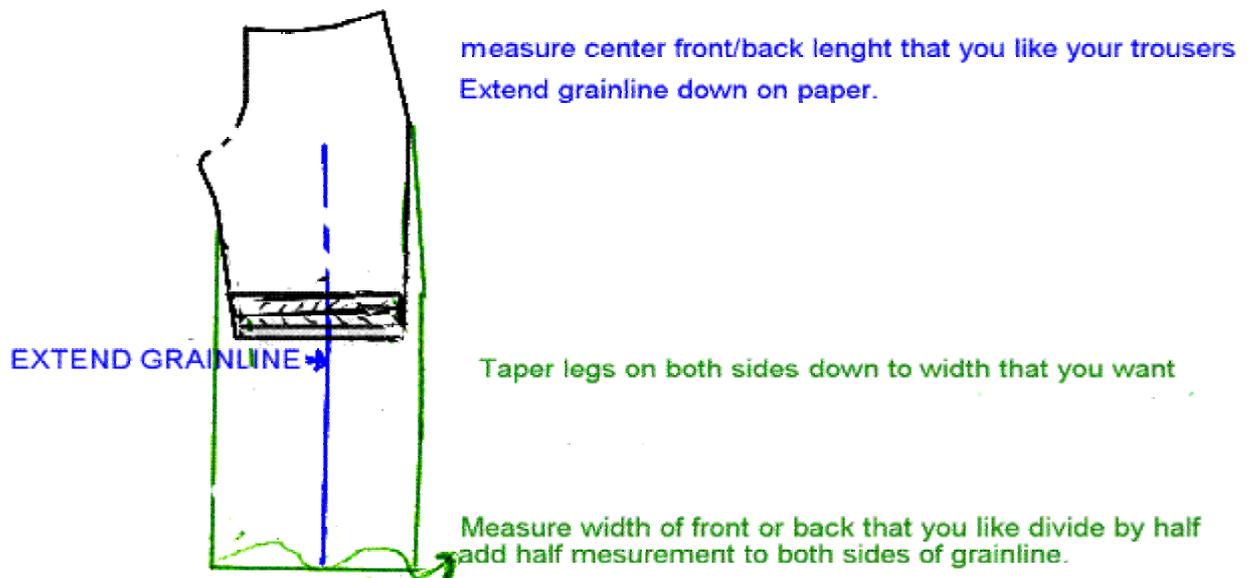
LENGTHEN SHORTS PATTERN TO LONG TROUSERS.



- Measure trousers center front length of favorite pair of trousers.
- Extend grain line on center front to measurement off above add more for hems.
- Measure width of trousers front and back of favorite trousers, half this measurement. The back is always wider than the front so don't measure as one piece but as separate pieces front and back.
- Add this measurement on both sides of grain line.
- Start tapering the legs, cutting corners of the shorts off, extend to bottom hem.

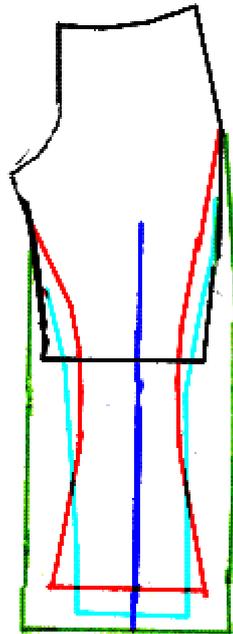
### **Lengthen shorts to wide trousers**

LENGTHEN SHORTS PATTERN TO LONG TROUSERS.



## Shaping legs:

### SHAPING LEGS OF TROUSERS



measure center front/back length that you like your trousers  
Extend grainline down on paper.

Taper legs on both sides down to width that you want

## Ease:

- Always check your waist measurements first correct the pattern and then decide if you need more ease.
- If you want to change the back to fit elastic, omit the dart and insert elastic.
- If you need more ease just add some on back pattern side seam.

### ADDING EASE

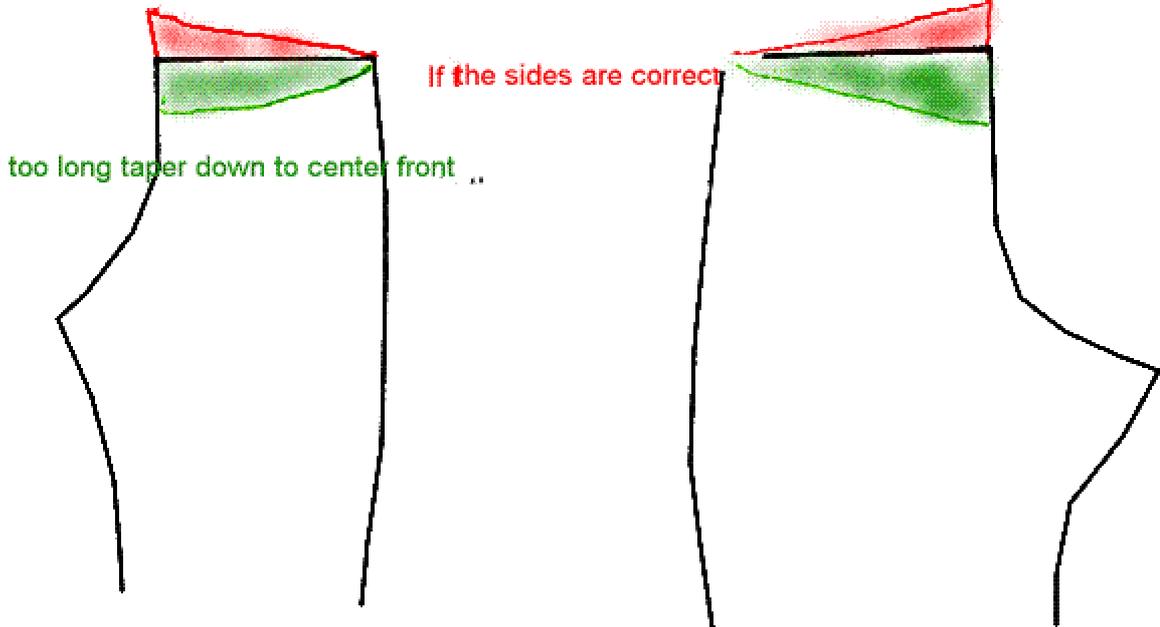


add more ease on side if you want more; I usually straighten it up from hip dot or curve.

**Lengthen crotch line:**

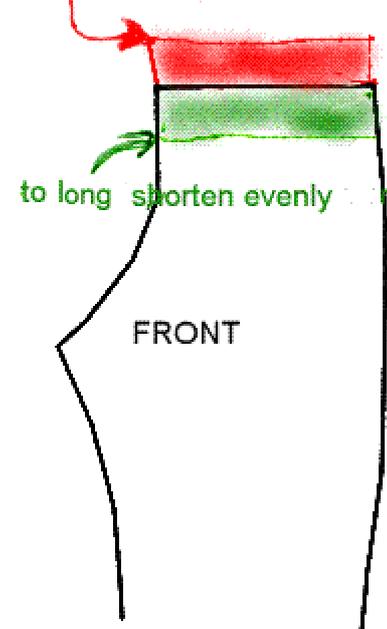
- Is the side seams the right length?
- Is the back too short?
- Is the front too short?

front too short extend on center front crotch tapering to side seam

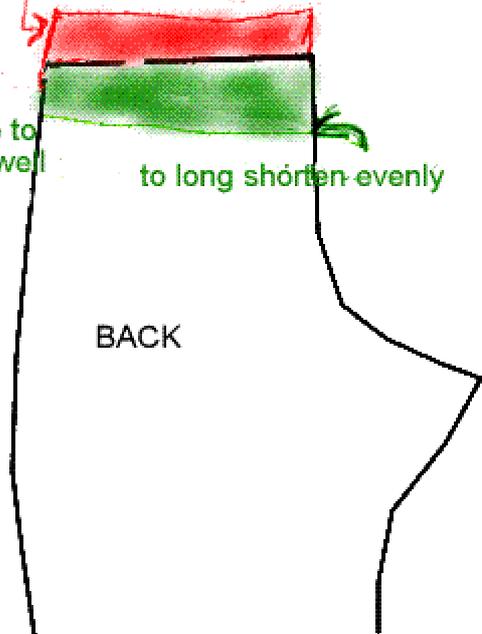


- **If the crotch and side seams are too long or too short.**

front and sides too short extend evenly



back and sides too short extend evenly



use this technique to make hipsters as well

to long shorten evenly

to long shorten evenly

## **Construction of trousers/shorts**

### **Step 1;**

- Baste in pleats on fronts. Fit.
  - To eliminate weakness in bottom of pleat!
- Fold fabric to match pleat marks. Sew pleat from waist down to length of pleat. Stop with needle down and pivot fabric clockwise so that the pleat fold is horizontal to you. Pivot a bit more and sew across the pleat toward the fold, angling the stitching line up about 1,5cm ( $\frac{5}{8}$ ").

Pleat perfection:

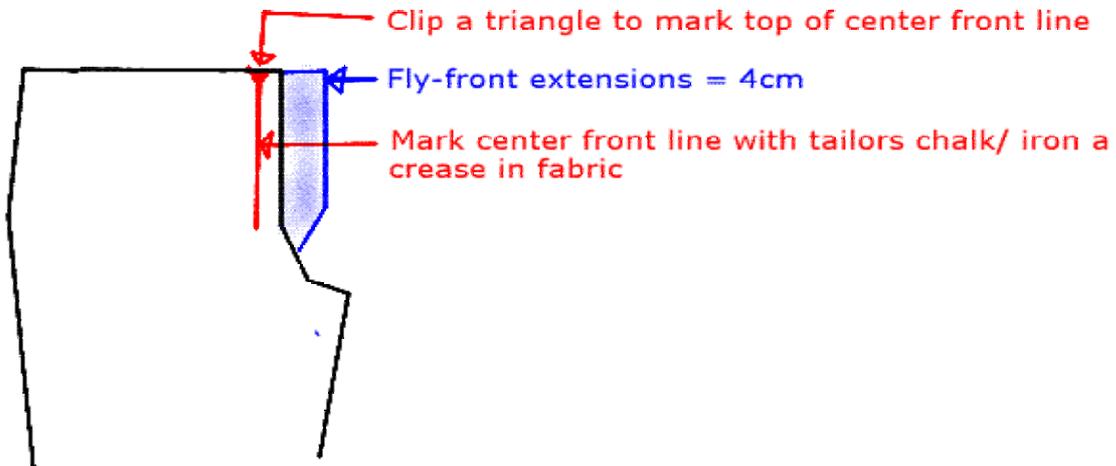


- The stitching line extends across the bottom of the pleat to the fold, which strengthens the pleat. Sew all of the pleats in the same manner and press towards center front.

**Step 2:**

Insert fly front zipper.

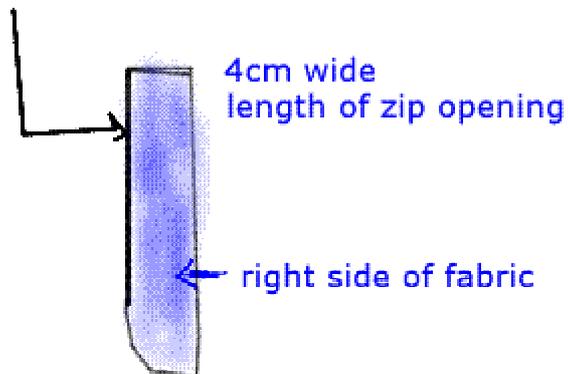
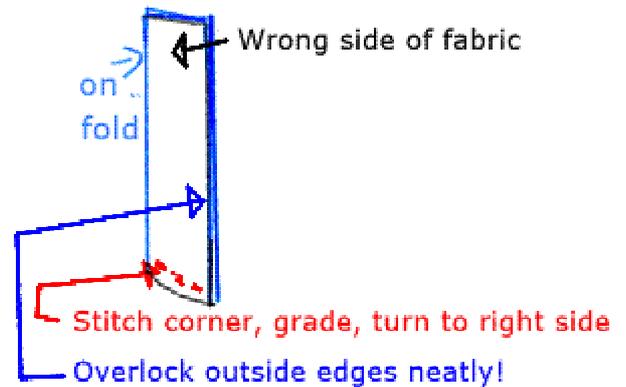
- General: **WOMEN'S fly front:** Lap from right to left. **MEN'S fly front:** Lap from left to right.
- Do the zipper application before the front sections are joined to the back sections.
- Do all stitching from bottom to top of opening.
- If fabric tends to ravel, finish the curved edge of extended facings. (Overlock all center front seams first.)

**Fly-front zips - Notches and markings**

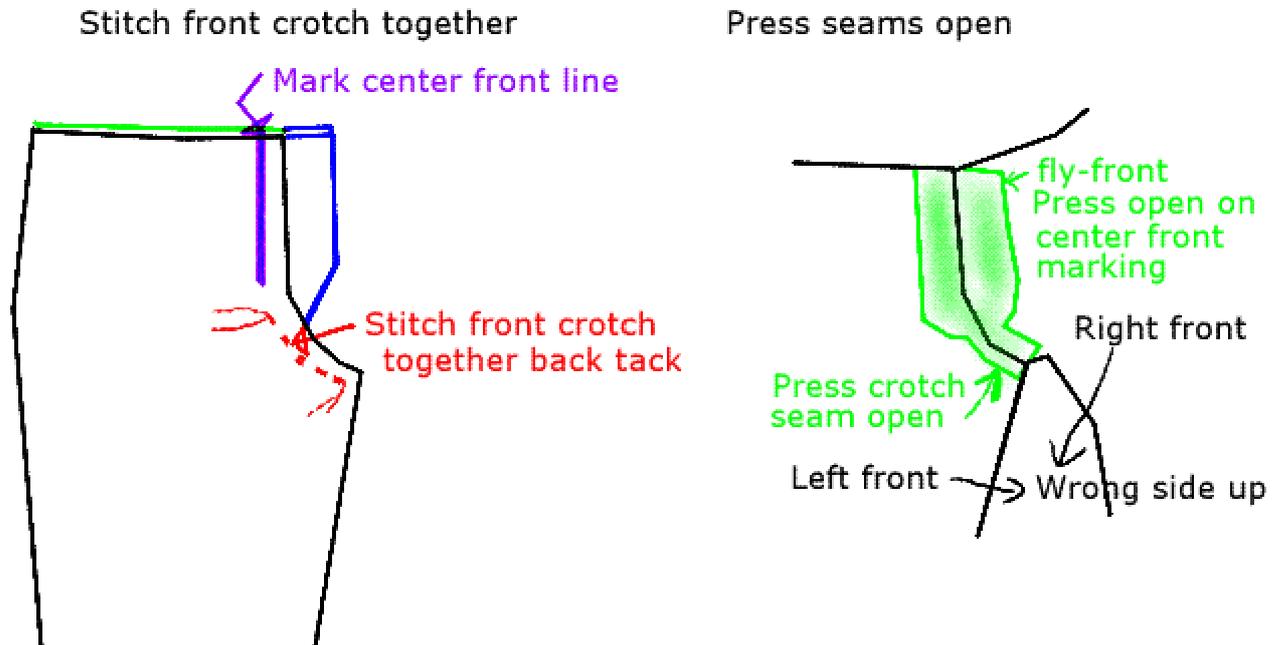
- Front zipper guards: Cut 1 on fold -
- Prepare zipper guards

**Zipper guards**

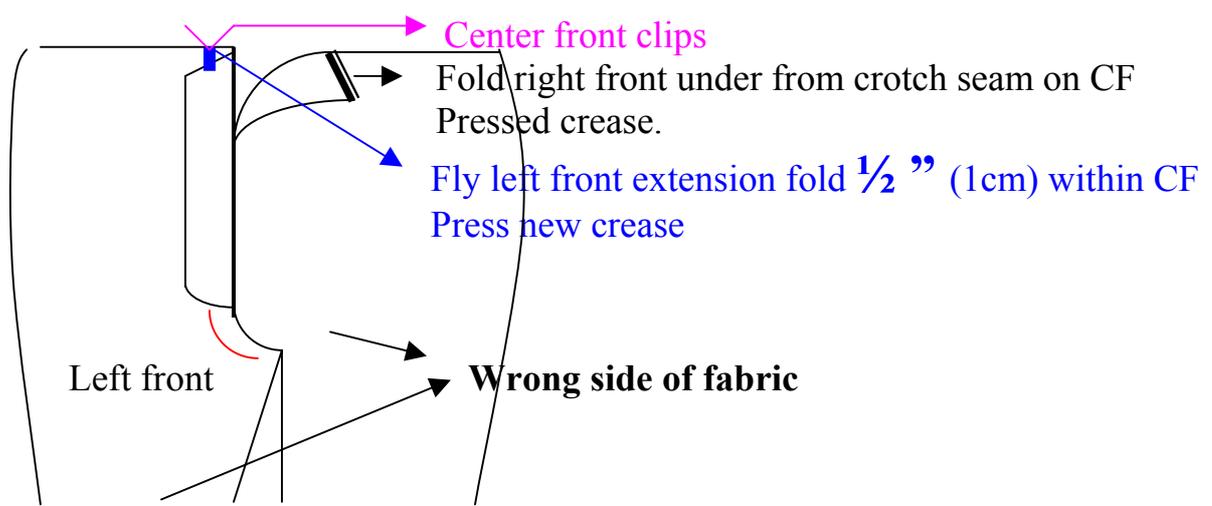
Cut on fold

**Prepare zipper guard**

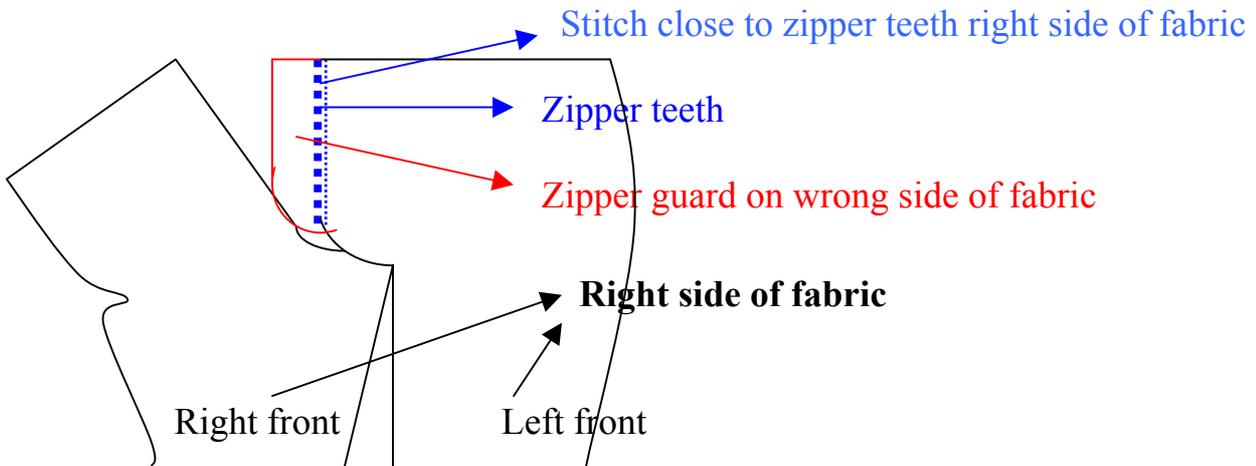
- **Join two, center front crotch seams together.**
- Starting 1 - ½" (3-4cm) from inner leg seam, Stitch to bottom of zipper opening.
- Back tack.
- Carefully press center front seam lines.



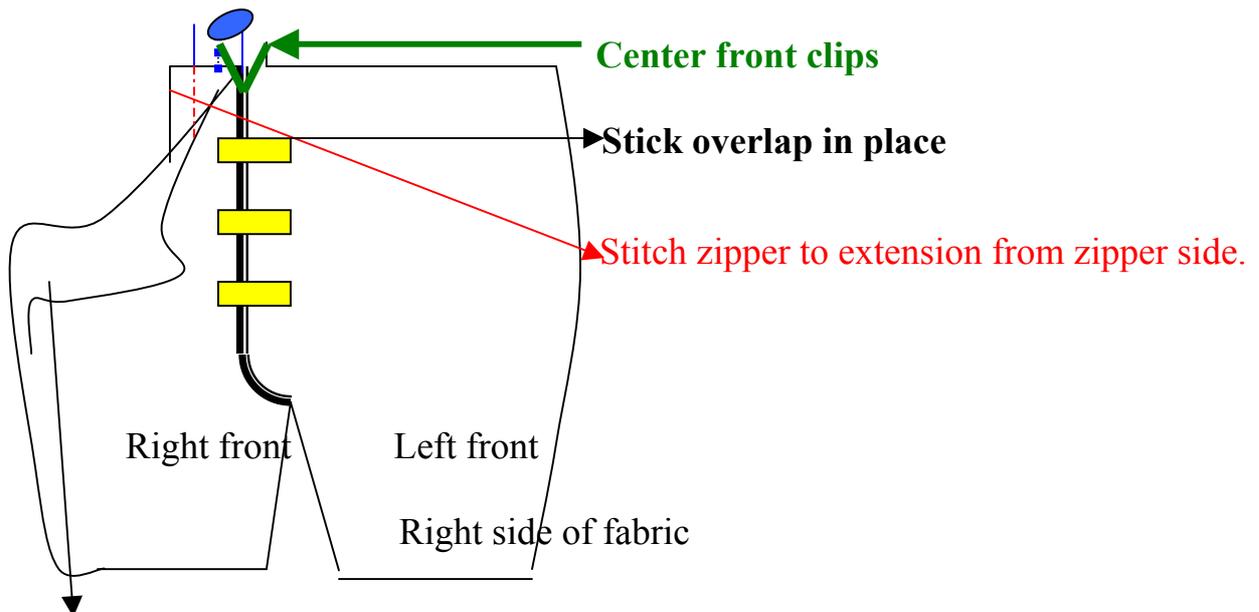
- Neaten the edges of the front extensions with a zigzag stitch or overlock.
- Turn under the **right front extension** along center front pressed seam line and tack/pin to hold.
- Fold under **left front extension** ½" (1cm) within center front pressed seam line to make a narrower turning.



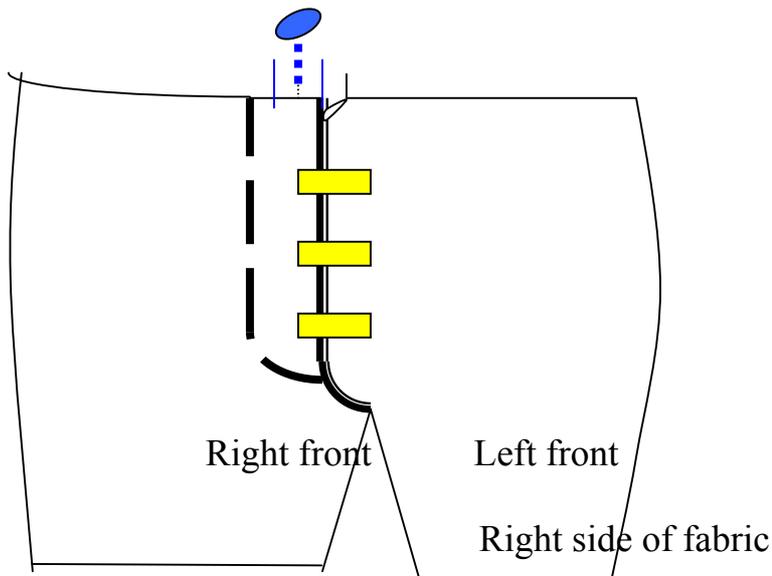
- With right side of garment and zip uppermost, place left hand folded edge of opening along teeth of zip.
- Place zip guard with overlapped edge on zipper, pin and edge stitch close to zipper teeth sandwiching the zipper in between the zipper guard and left front of garment.
- Edge-stitch close to zip, catching zip & guard.



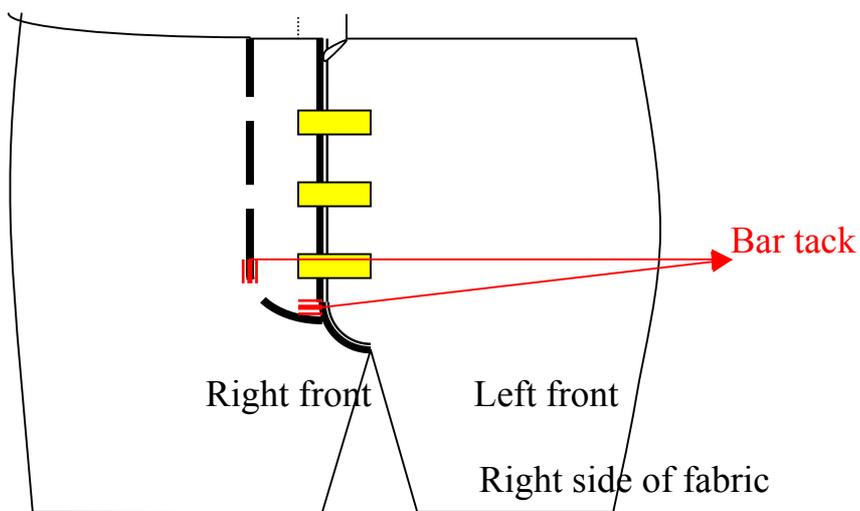
- Spread work flat, right side up. Line up center front markings.



- Flip overlap out of the way and pin right extension to zipper.



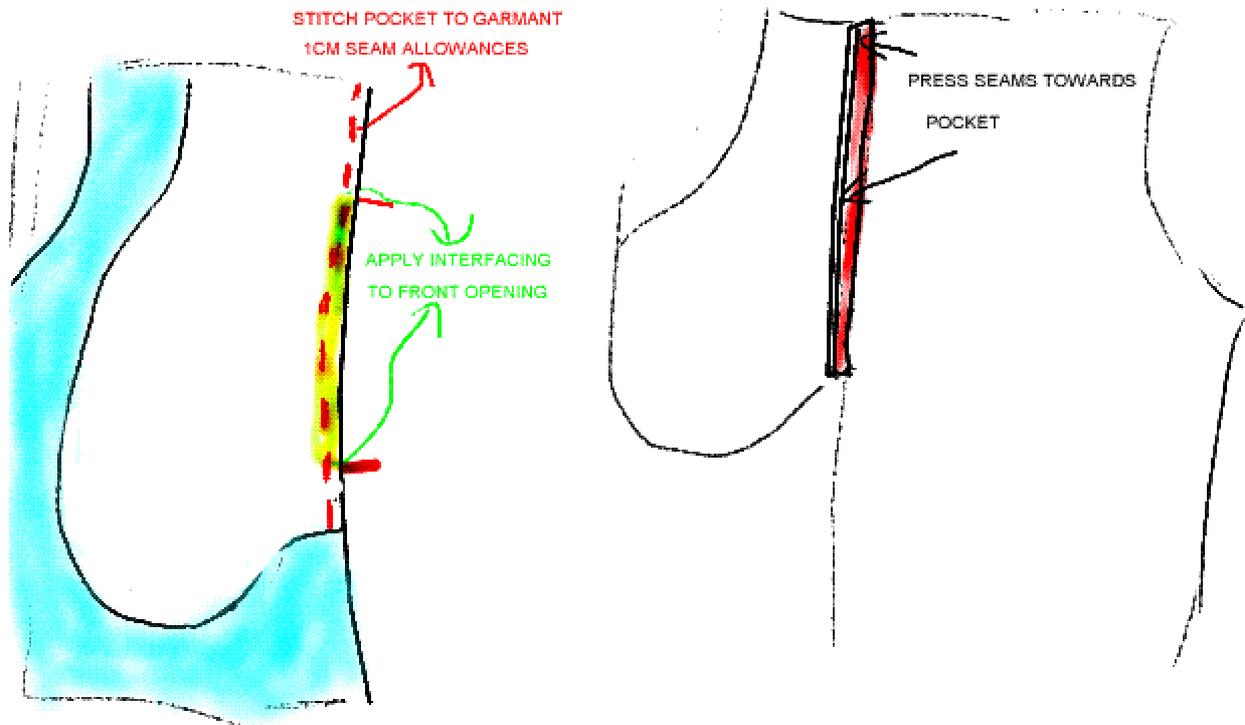
- Lay fronts on flat surface. Pin overlap side through all layers, omitting the fly guard. (Pin out of the way).
- Mark guideline where to do topstitching. **TOPSTITCH.** When you go around the curve it's easier to stitch fast.
- On inside unpin folded-back zip guard. Press
- On outside, make a bar tack at bottom of opening, making sure to catch in all thickness, including zip guard.



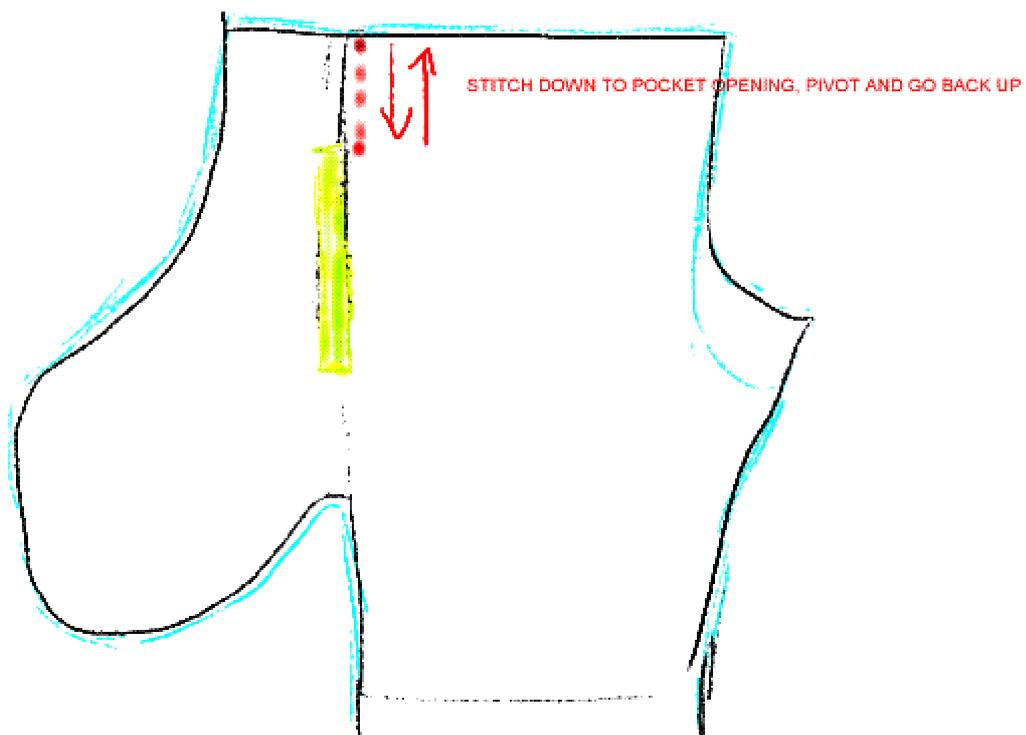
If zipper is longer than opening, open zipper and stitch across each tape at waist. Cut off excess, I don't cut it off until I finished the waistband stitching, fitted and made sure it's perfect then I snip the excess zipper off.

**Step 3:**

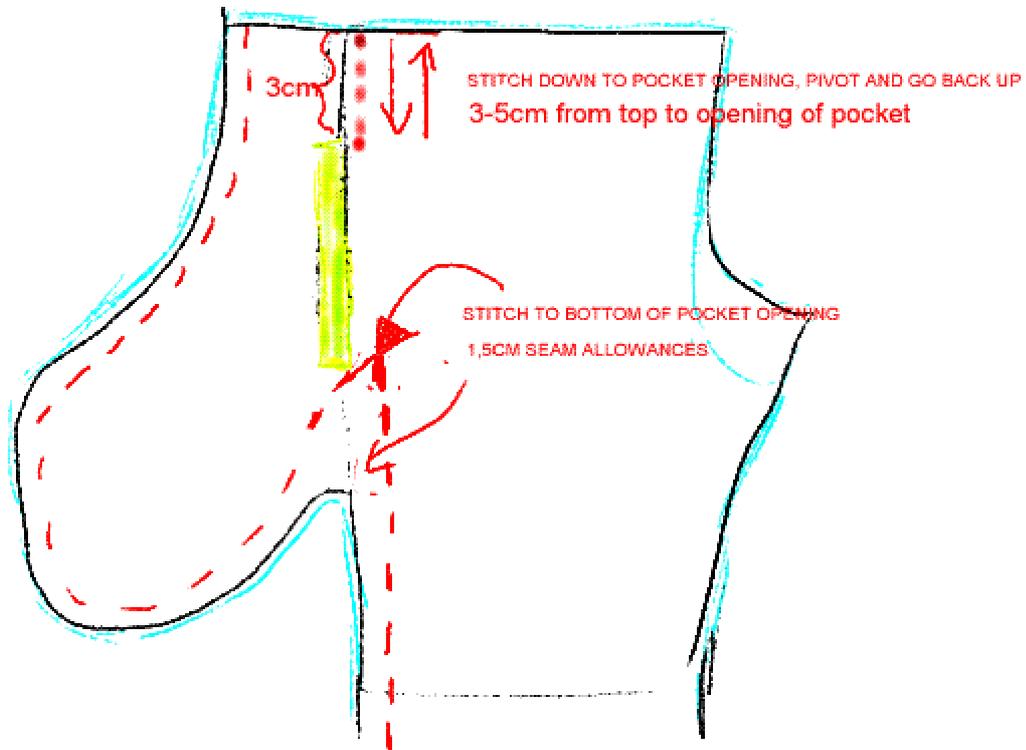
- Sew inseam pockets;
- Strengthen front pocket opening – Apply 1,5cm ( $\frac{5}{8}$ " ) strip of fusible knit interfacing to seam allowance.
- Overlock/Stitch 1cm seam allowance - front pocket to garment front, and back pocket to garment back.
- Press seams towards pockets.



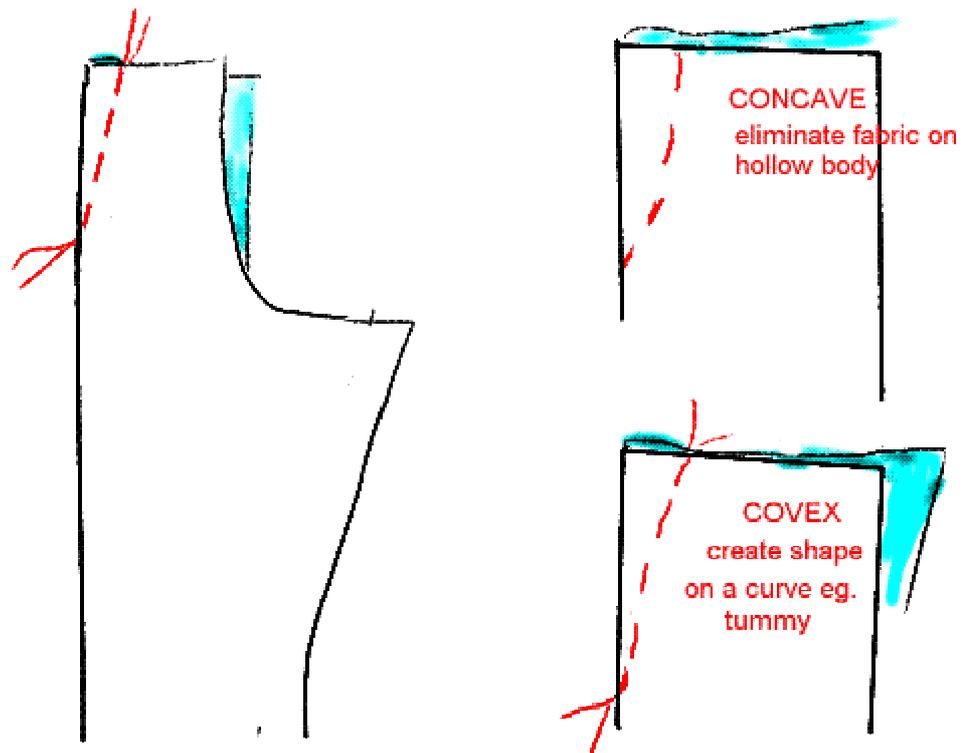
- Stitch garment side seams:
- With right sides together, stitch from top of garment to beginning of pocket opening, needle down, pivot and turn garment and stitch to top of trousers again.



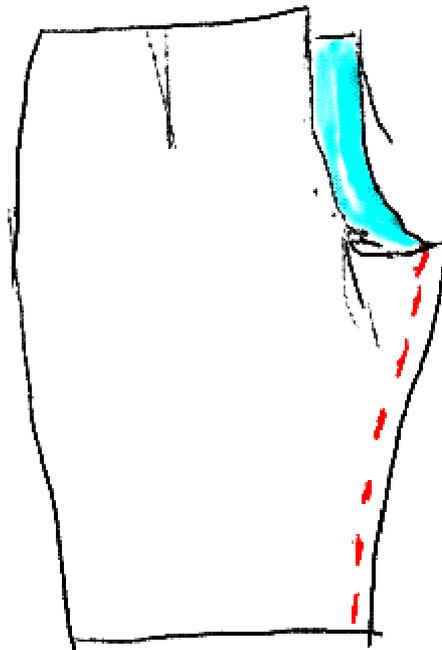
- Stitch pocket and bottom of side seam together.
- Pin pockets together and side seams, ease if necessary. Stitch from top of pocket going round it and up to bottom of opening in pocket.
- Pivot and sew side seam down the leg of pants.
- Overlock side seam and pockets.
- Press pocket and side seam to front of garment.
- Top stitch front of pocket opening, folding bulk away.
- Reinforce openings (stress points) with horizontal bar tacks. Use a narrow, short zigzag stitch.



- Stitch back pants darts in and press.

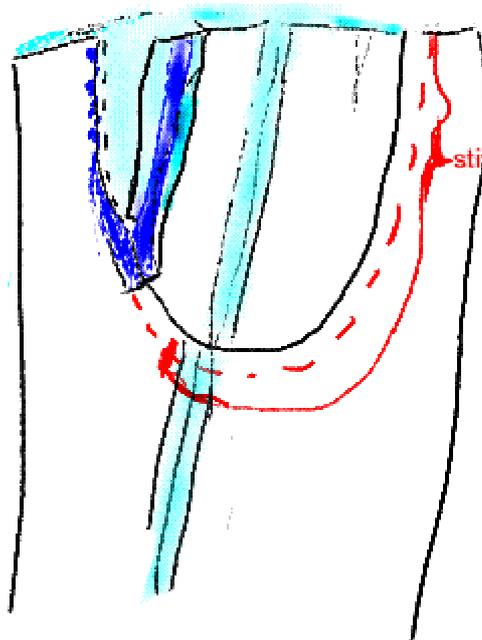


- Fold trouser pieces lengthways, stitch inside leg seams.
- Press open.



STITCH INSIDE LEGS TOGETHER

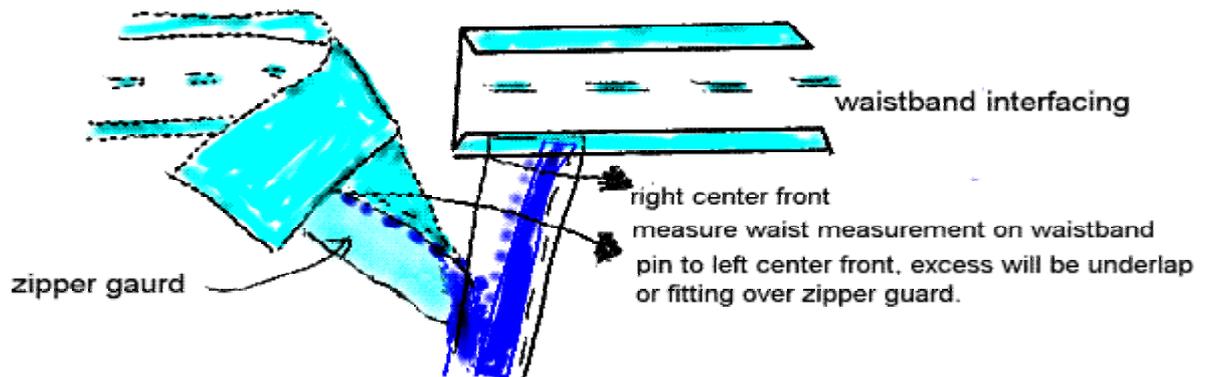
- Place trouser halves (legs) one inside the other, right side to right side.
- Stitch center front the last bottom bit and center back crotch together.
- Stitch the bottom-curved portion of the crotch again 3mm(1/8") away in the seam allowance from the previous stitching. Trim smaller.
- Press open. Fit



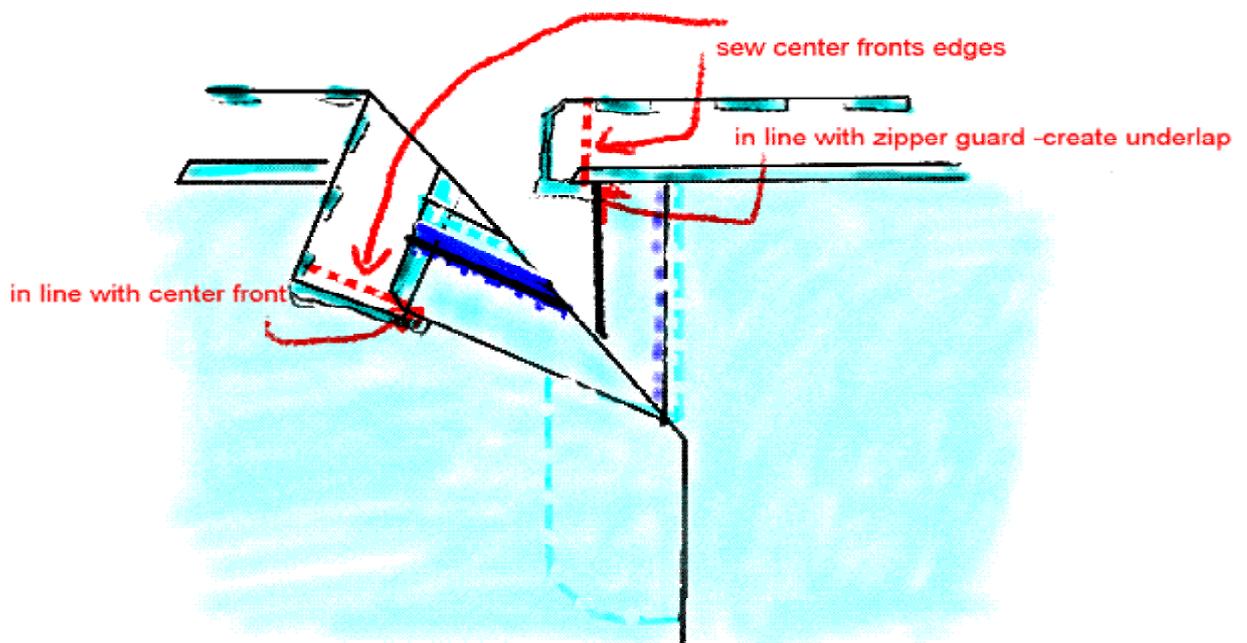
stitch crotch closed

- Cut waistband interfacing the length of your waist measurement plus 10cm. E.g. 92 (waist) + 10cm = 102cm

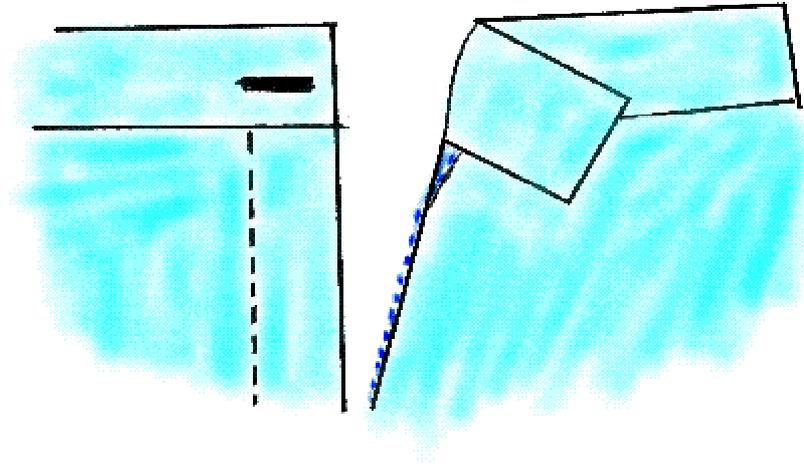
- Iron the waistband interfacing onto the wrong sides of your waistband fabric.
- Pin waistband, right side to right side, to the corresponding top edges of trousers. Center front to center front markings.
- Start at the right side of the waistband leaving seam allowance, measure from center front pin the actual waist measurement on the waistband (e.g. 92cm) this will be the left center front marking on waistband, pin.
- Get half of the waistband this will be your center back point. Match to trousers center back and pin together.
- Rest of waistband will be pinned and trousers have to ease in waistband.
- You can ease in a 0,6cm (¼") on each quarter of the pants, depending on your waist you could do more or less.



- Fold waistband in half, right side to right side.
- Sew front edges together, left side in line with zipper guard or create underlap.
- Right side in line with center front mark – overlap.

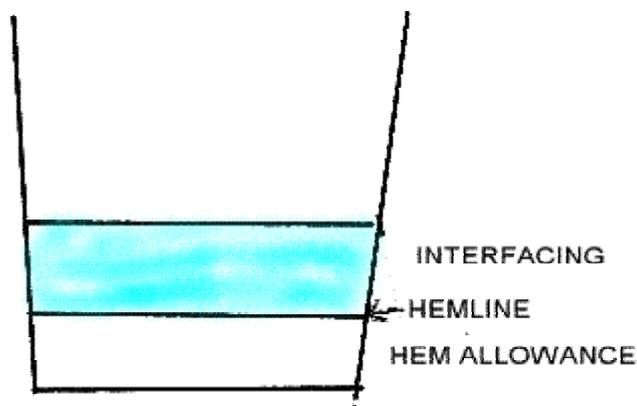


- Clip corners, grade seams and turn to right side. Press all seam allowances towards waistband. Pin from the right side of fabric, waistband nice and flat. Stitch in the ditch, catching the back of the waistband in as well.
- Make buttonhole on right front edge of waistband, sew on button on left underlap of waistband.



- Measure your hem. Press. Slipstitch loosely by hand or blind hem by machine.
- **Long trousers;** One of the best finishes on a hem of trousers is to interface the hem area, except for vary drapey fabrics. With interfacing, pant hems are crisper and hang better with extra weight, the hem allowance won't show on the right side of the garment and the hand stitching is invisible.
- Cut a length of fusible tricot interfacing (on the crossgrain) that's 1,3cm (1/2") wider than the hem allowance.
- Place the interfacing at the hemline on the wrong side of the garment. Position the width of the interfacing on the pant – not on the hem allowance. Fuse the strip to the leg.

**HEMS. FUSE THE INTERFACING TO PANT LEGS BEFORE CLOSING THE INSIDE LEG.**



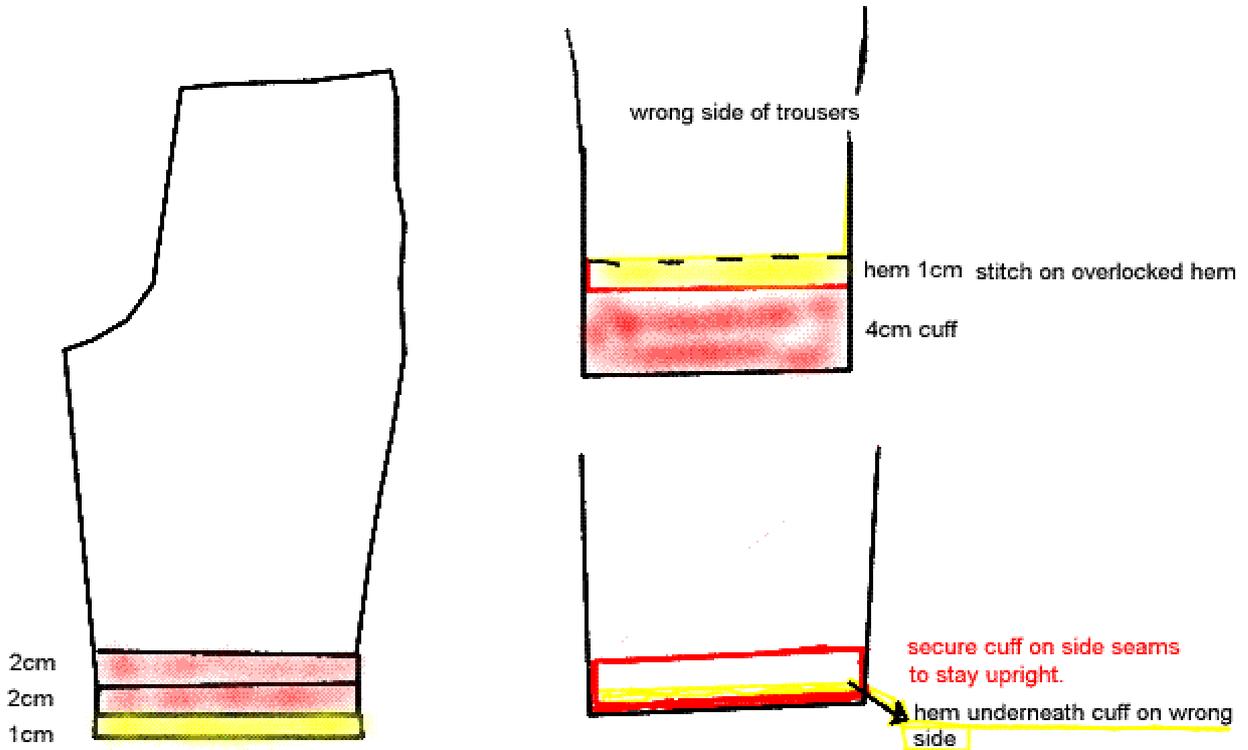
**TIP: Don't interface the hem on white or cream pants because the layers make the hem more obvious.**

- Sew cuffed hem.

Fold over 5cm hem allowance to wrong side of fabric.

Stitch hem on overlocked edge.

Fold fabric 2cm to right side to form cuff. Press and secure side seams through all thickness.



## **Step-by-step Blouse / Shirt**

**Choose which placket you want -Hidden Placket or Extended Quick Placket**

### **Hidden Placket:**

**Extend right front 11.5cm (4½")**  
(Mark center front with tailor chalk)

#### **Step 1.**

Fold under 10cm (4").  
Press first crease.  
Open up folded fabric.

#### **Step 2.**

Turning raw edge under to meet crease crease.  
Press second crease.  
Leave fabric folded.

#### **Step 3.**

Make buttonholes.  
Work with bodice right side up.  
Edge stitch 5mm(¼") catching all raw edges.

#### **Step 4.**

Turn flat under on first crease, forming placket of three placket layers.  
Topstitch 2,5cm (1") from placket edge.  
Press flat to embed stitches in fabric.

#### **Step 5.**

Fold buttonholes flap towards center front.  
Press from wrong side.  
Free edge of buttonhole flap lies on top of placket edge.

**Extend left front 6.5cm (2½")**

(Mark center front with tailor chalk)

#### **Step 1.**

Fold under 5cm (2") on left hand bodice.  
Press crease.

#### **Step 2.**

Open up fabric to bring raw edge to meet  
Press second crease.

#### **Step 3.**

Fold on first crease.  
Press crease.

#### **Step 4.**

Sew buttons through all fabric layers, to hold them in place.

**Extended Quick Placket:**

**Extend right front 9cm (3½")**  
(Mark center front with tailor chalk)

**Step 1.**

From edge mark 3cm (1¼").  
Press first crease.

**Step 2.**

Fold over on crease.  
crease.  
Press second crease.

**Step 3.**

Fold over on third crease.  
Press third crease.  
Edge stitch 0.5cm(¼") catching all raw edges.

**Step 4.**

Stitch 0.5cm (¼") from edge.  
Fold placket open and press.

**Step 5.**

Topstitch 0.5cm (¼") from edge.  
Put buttonholes in.  
No interfacing needed.

**Extend left front 6.5cm (2½")**  
(Mark center front with tailor chalk)

**Step 1.**

Fold under 5cm (2") on left hand bodice.  
Press crease.

**Step 2.**

Open up fabric to bring raw edge to meet  
Press second crease.

**Step 3.**

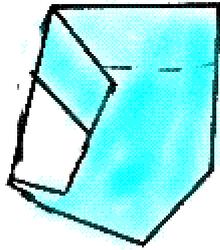
Fold on first crease.  
Press crease.

**Step 4.**

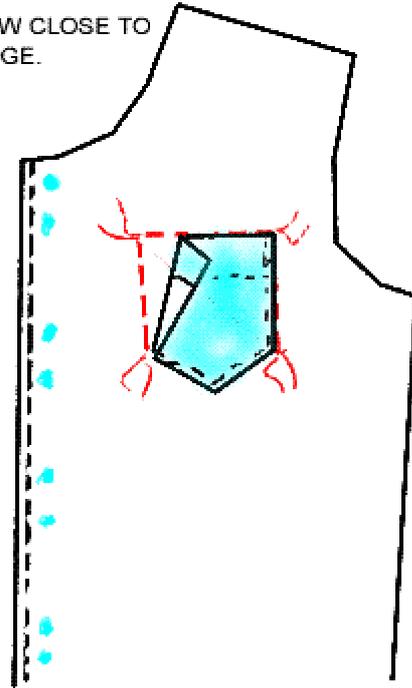
Sew buttons through all fabric layers,  
to hold them in place.

- Fold and press facing at top of pocket, turn in raw edge and machine in place.
- Fold seam allowances to inside on other edges of pocket and press.
- Pin pocket to left front, on pocket placement lines. Sew, close to edge.

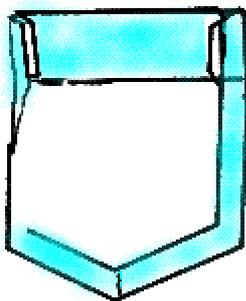
FOLD AND PRESS TOP OF POCKET



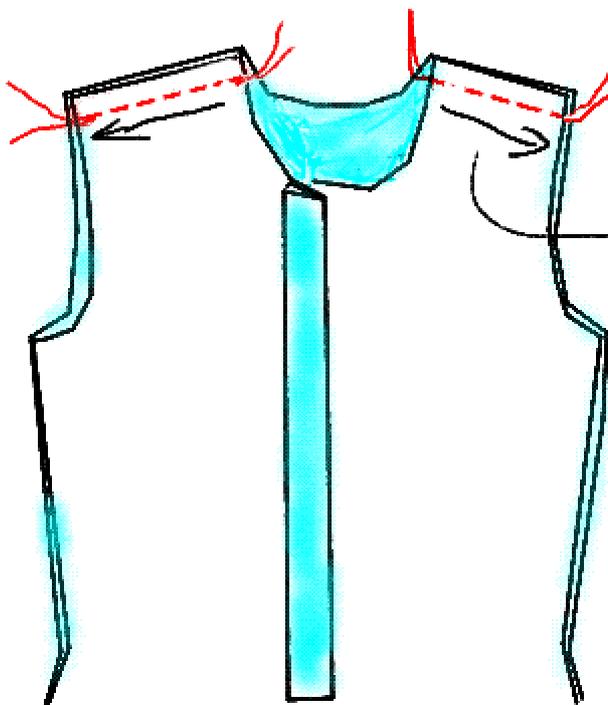
PIN POCKET TO LEFT FRONT,  
SEW CLOSE TO  
EDGE.



FOLD ALLOWANCES TO INSIDE, PRESS



- Stitch shoulder seams. Backstitch beginning and end of seam.
- Ease seams if necessary on top of each other. Press seams open.



EASE SHOULDER SEAMS  
BACK STITCH BEGINNING AND END  
OF SEAM.

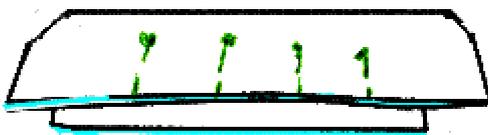
TIP: ALWAYS GOOD TO SEW FROM  
NECK TOWARDS ARM.

- Place collars together, pin at neck edges together.
- Hold under collar over your hand. Pin top collar first along outside edge.
- Stitch outside edge, from the under-collar side.
- Pin corners or short edges and stitch from the under-collar side.
- Press with point presser all seams open.
- Trim all seam allowances.
- Turn collar, carefully picking out the corners with a pin or bamboo point presser.

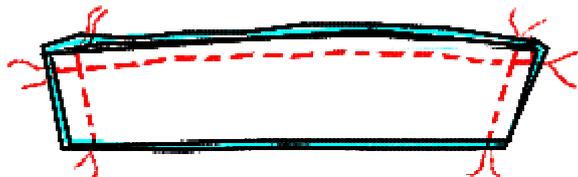
Place collars together, pin neck edges together



Hold undercollar over your hand. Pin top collar first along outside edge...



stitch from under collar side the long straight edge and then short edges.



PRESS SEAMS OPEN

Trim/grade seam allowances as well as corners

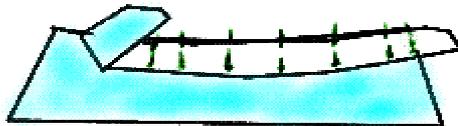


Turn collar pressing out corners and PRESS FLAT.



- Pin the interfaced collar band to the under collar.
- Press the allowance under on the neck edge of non-interfaced collar band.
- Pin collar bands together sandwiching the top collar inside the two collar bands.
- Stitch all layers together.
- Press non-interfaced collar towards seam.
- Sew the interfaced collar band to neck edge.
- Trim and clip where necessary.
- Turn raw edge of non-interfaced collar band under, pin and baste to the seam.

Pin interfaced collar band to the under collar.



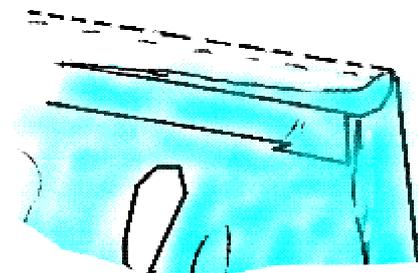
Press allowance on collar band on neck edge



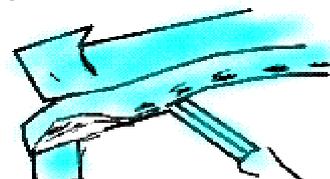
Pin and stitch the top collar in between the two collar bands.



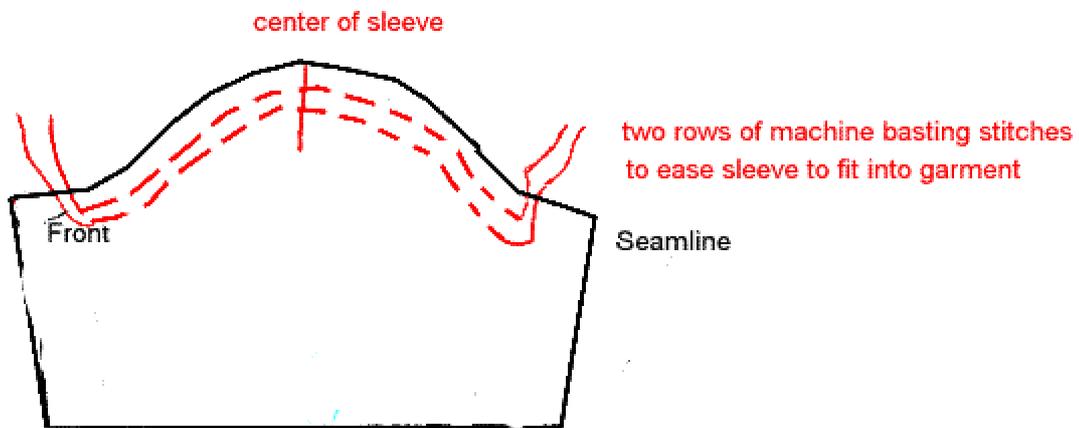
Press and sew interfaced collarband to neck edge



Turn raw edge of non-interfaced collar band under, pin and baste to the seam, stitch.



- Sew side seams of shirt.
- Sew under arm seams of sleeves.
- Ease stitch sleeves into armhole.
- Fit if needed add shoulder pads.
- Sew hem of sleeves and bottom of shirt.
- VOILA!!!!!! LOOKING GOOD.

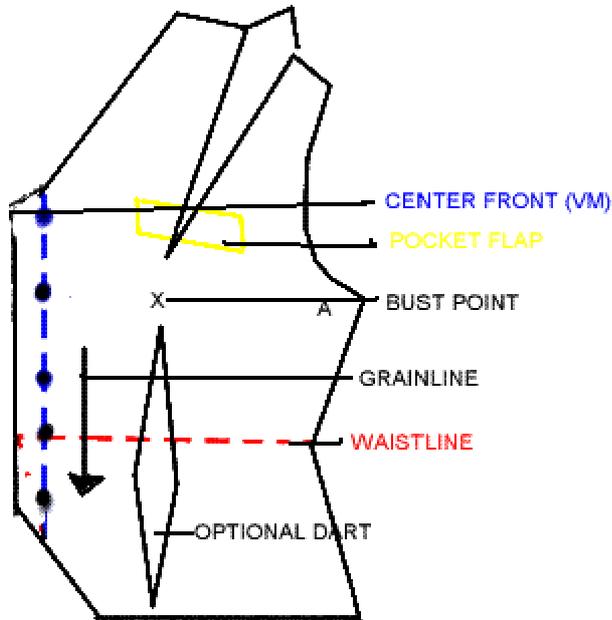


- This is a loose fitting blouse with nice big sleeves.
- I've extended the sleeves and used corduroy fabric and made a very nice casual jacket out of this pattern.
- Using the same pattern just extending the front and back pattern pieces it makes a very nice long coat/dress with a loose belt. Embellishing it with interesting patch pockets.
- If you use sheer fabric, it makes a very nice top over a camisole or for our in-between weather situations.
- Please share your thoughts with how to use it in different ways with us.

## Step-by-Step Waistcoat

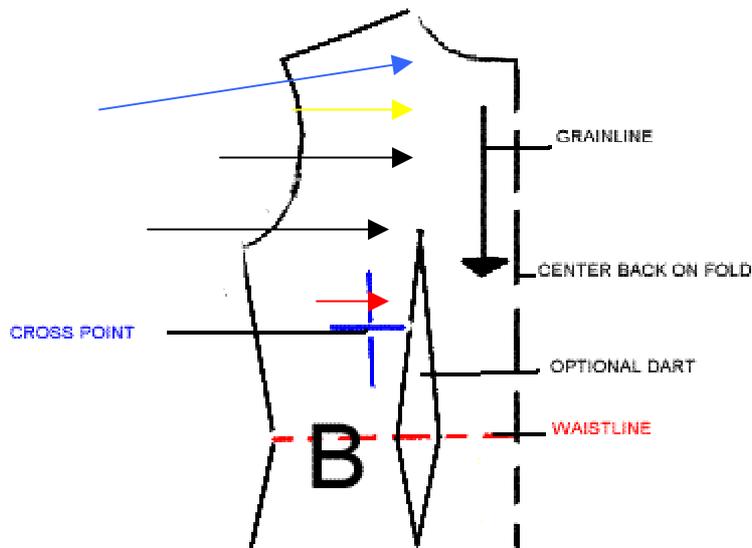
- Baste in darts. Fit.
- Make sure shoulder dart is pointing low enough according to your bust point. It shouldn't go up to the bust point but point in the right direction!
- Waist dart is taken in enough for fabric type or less if using thick fabric.
- Stitch in darts, press. Do the same with the lining.
- Make pocket flap, baste, and check if in right position. Stitch and press flat.

### FRONT



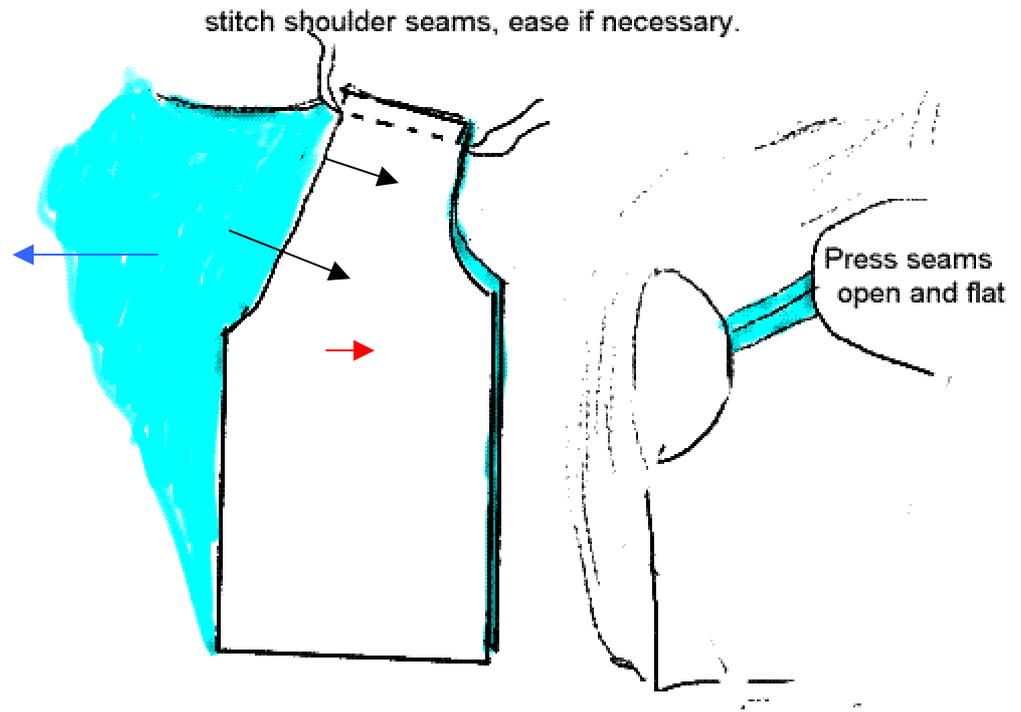
- Stitch optional dart in back and press flat. Do the same with the lining.

### BACK



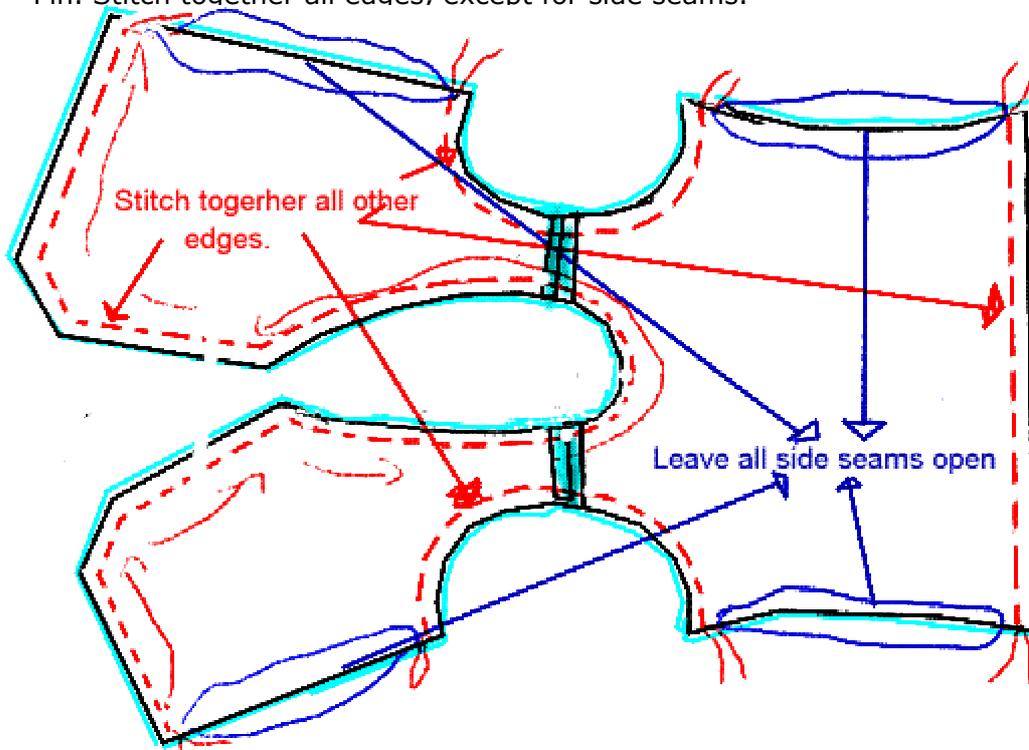
➤ **Shoulder seams:**

Place fabric front and back shoulder seams right sides together. Stitch easing back seams if necessary. Press flat. Do the same with the lining.

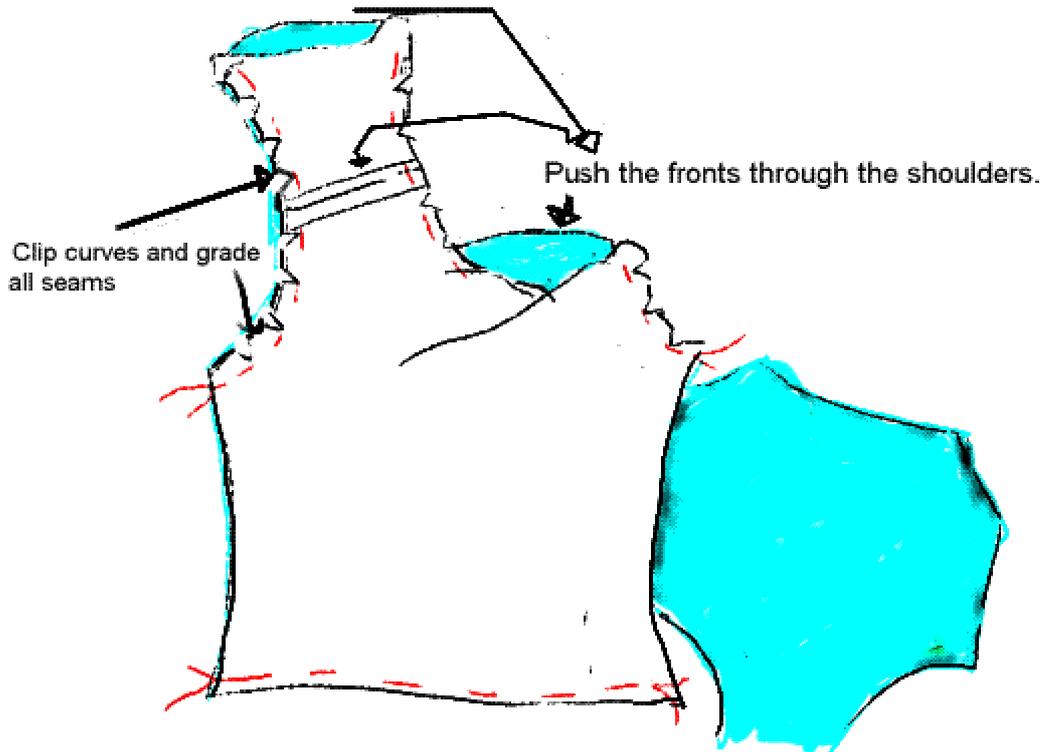


**Face waistcoat with lining.**

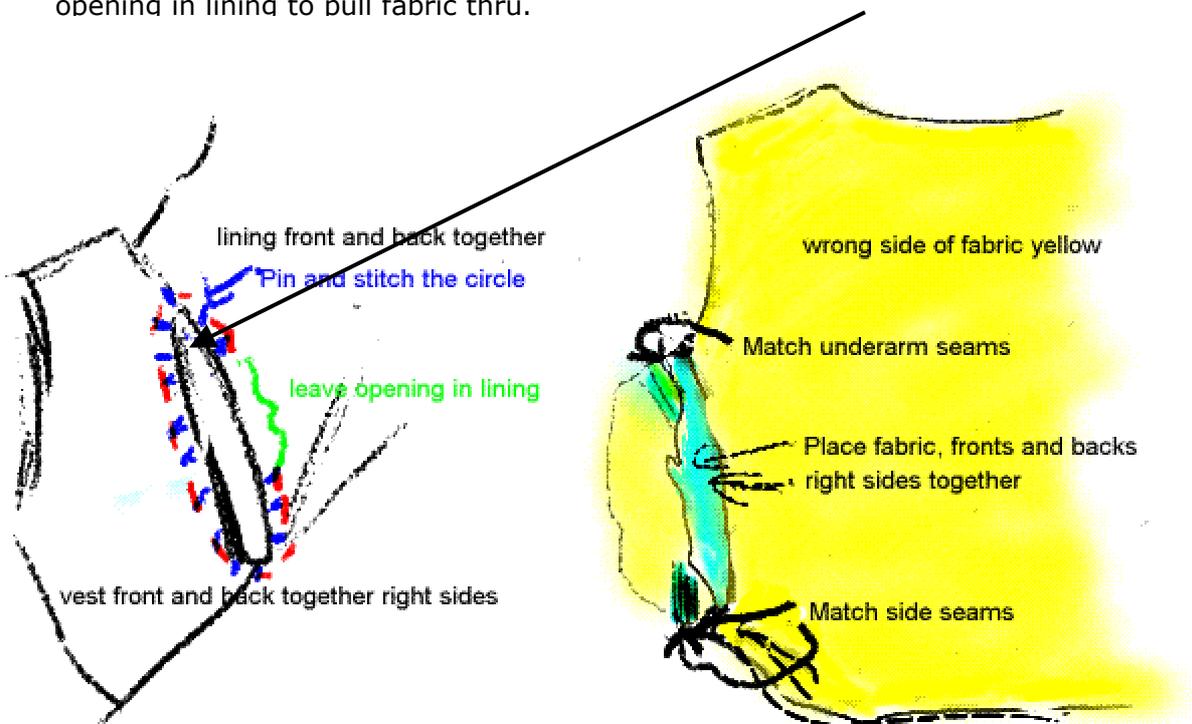
- Place waistcoat lining pieces on the fabric pieces right sides together, matching seams and darts.
- Pin. Stitch together all edges, except for side seams.



- Trim all seam allowances, clip around curves, and cut off corners.
- Turn waistcoat by first pushing the fronts through the shoulders and then turning them to the outside through one side seam on the back.
- Baste edges, Press.



- Place fabric, front and backs right sides together, pin. Sew a horseshoe shape, leaving opening in lining to pull fabric thru.



- Slip stitch opening in lining close after pressing the seam.
- Do exactly the same with the other sides.
- Baste and press waistcoat nice and flat.
- Topstitch close to edge.

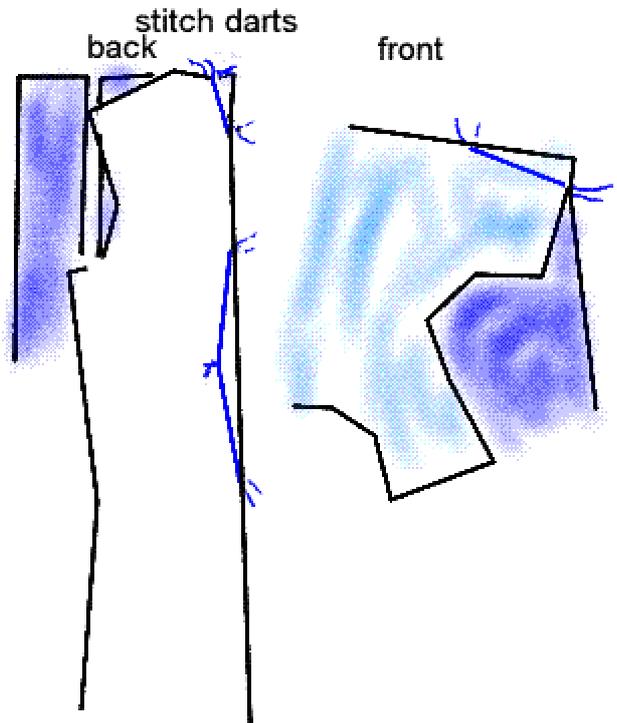
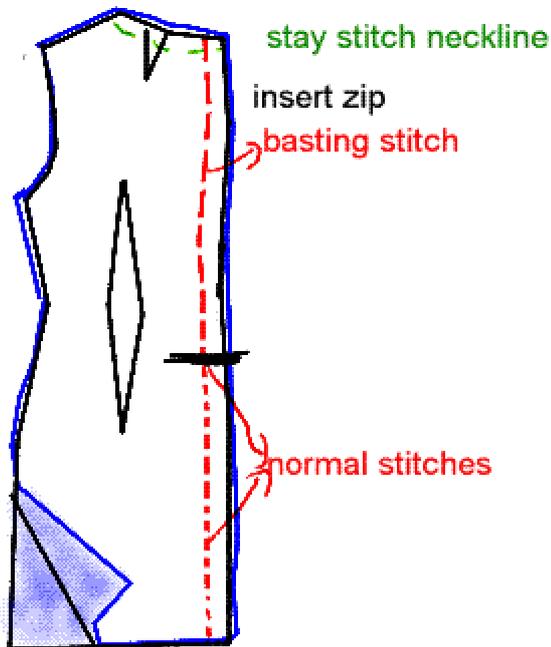
**Tips:**

- Do embellishing on your waistcoat before you attach the lining.
- If you're doing machine embroidery – mark the outline of waistcoat, don't cut yet, embroidery then place pattern on fabric again, mark new lines and cut out.

## **Step-by-Step Dresses**

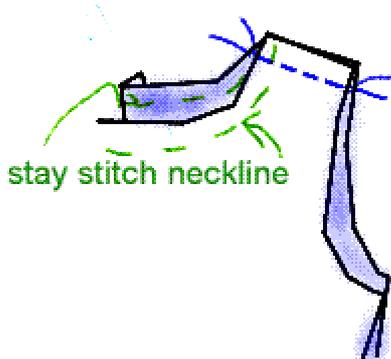
- Center back: Insert centered zipper or invisible zip. Stitch center back.
- Stitch darts back optional darts and front bust darts.

stitch center back insert zip



- Stitch shoulder seams. Stitch shoulder seams of facings.
- Stay stitch neckline to prevent stretching.
- Pin facing to neck edge, right sides together, matching shoulder seams. Stitch.
- Trim/ grade seam allowances along curves.
- Turn facings up and press.
- Under stitch on facings, catching all seam allowances towards facing side. Press.
- Turn facing to inside of garment, press, topstitch if needed.

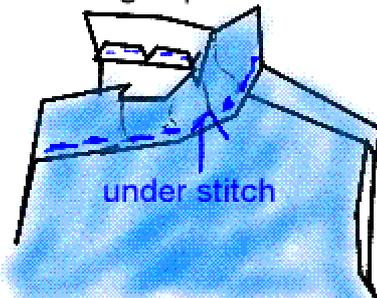
stitch shoulder seams



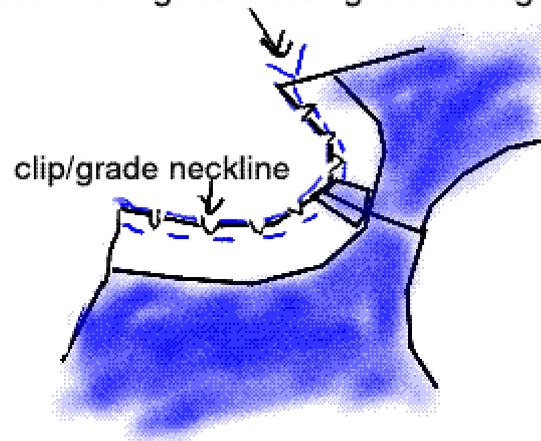
stitch facings at shoulder seams



turn facings up and under stitch



stitch facings to dress right sides together

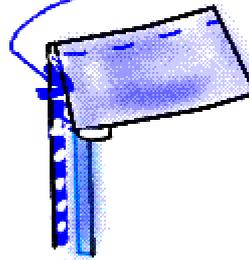


- Turn facing to inside, baste the neck edge and press.
- Stitch side seams.
- Insert sleeve, easing sleeve into dress.

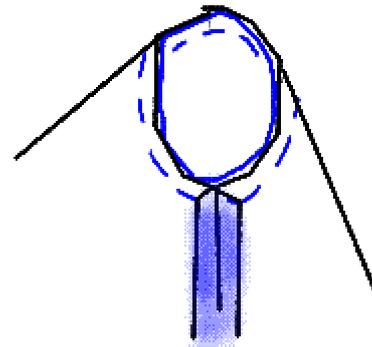
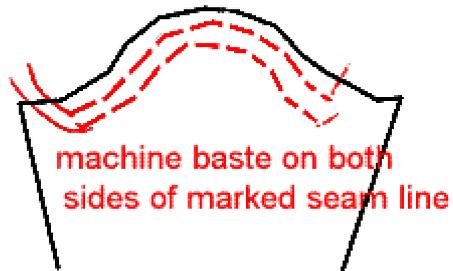
stitch side seams



turn facings baste neck in place



easing sleeves and inserting in garment

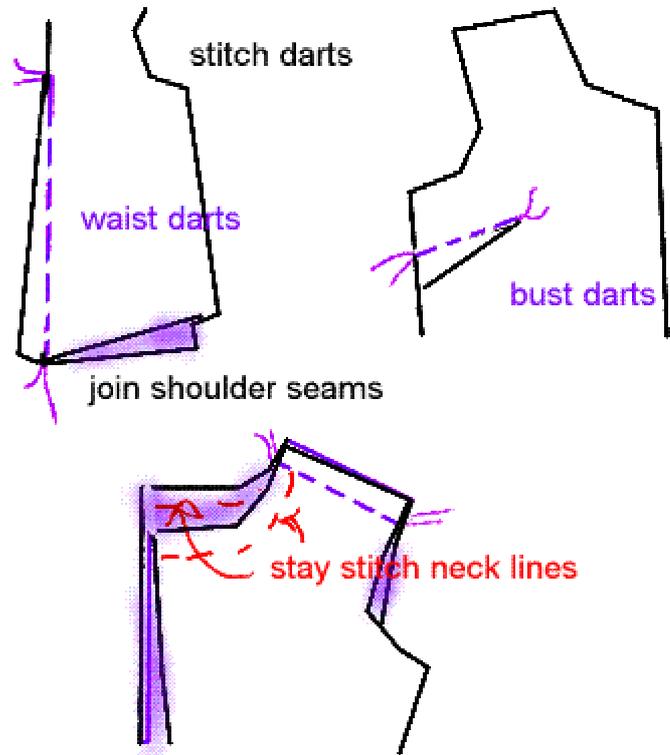
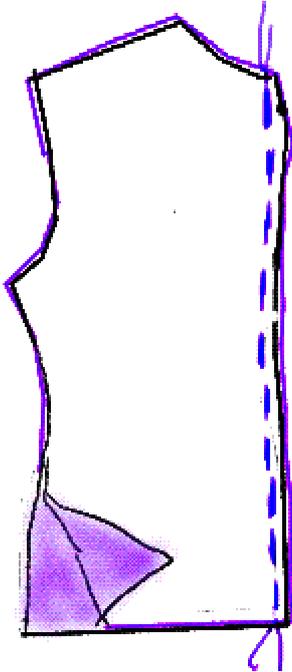


- Stitch hem of sleeve and hem of dress.

## **Step-by-Step Jackets**

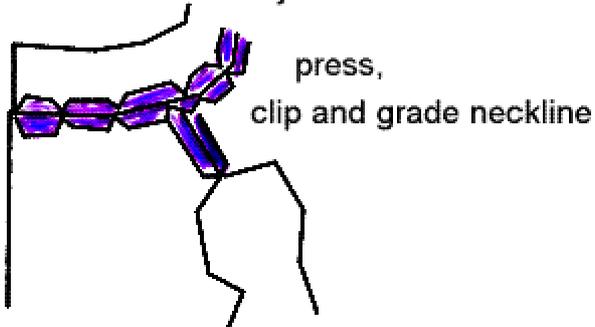
- Stitch center back seam.
- Stitch darts in front and back if necessary.
- Stitch shoulder seams.
- Stay stitch neck lines

stitch center back

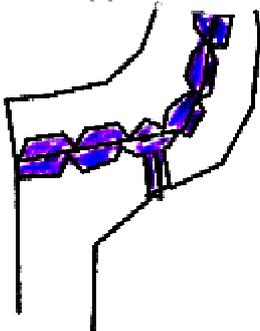


- Stitch under collar to garment
- Stitch upper collar to facings

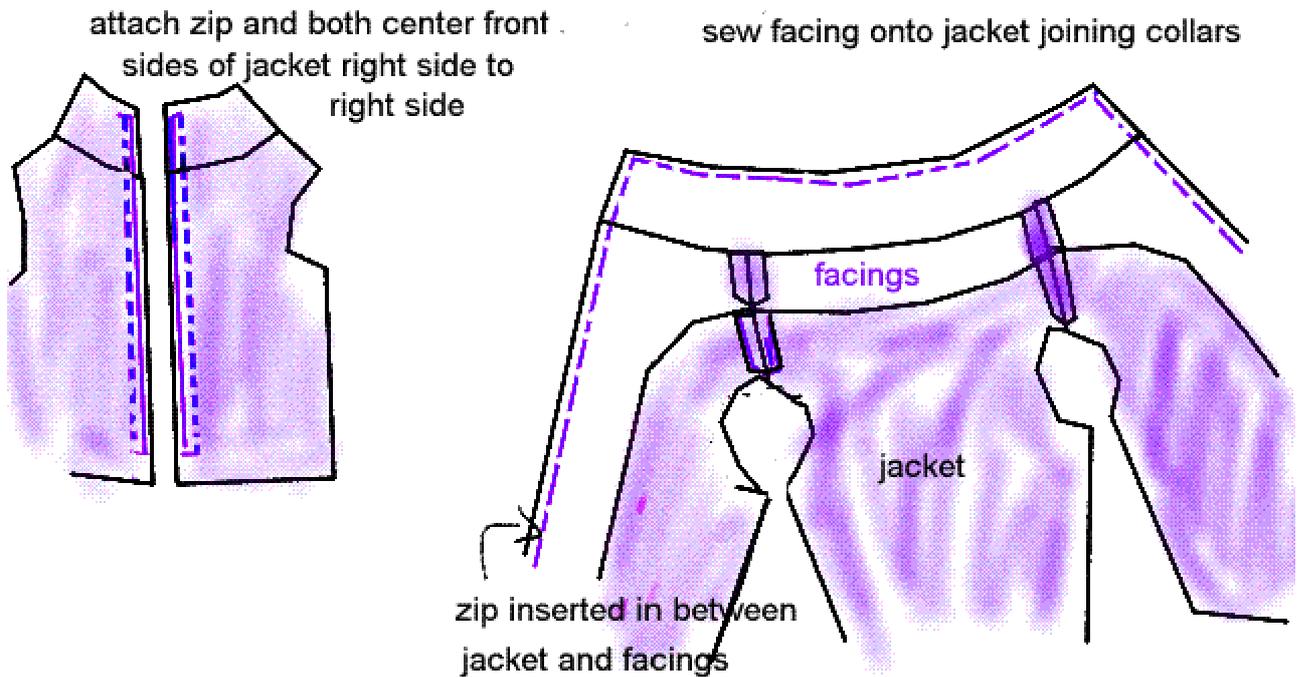
stitch under collar to jacket



stitch upper collar to facings

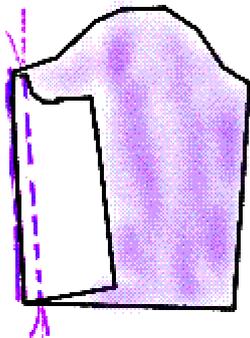


- Insert zip – Open-end zip
- Sew facings on garment, joining collars. Press seams
- Clip, grade seams and press again.

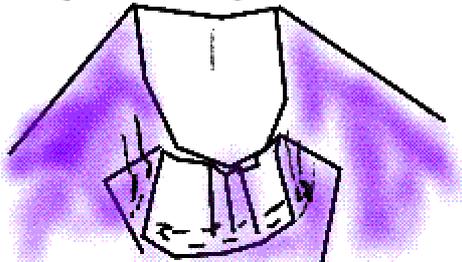


- Join upper and lower sleeve.
- Do easing stitch on sleeve.
- Insert sleeve into garment matching notches.

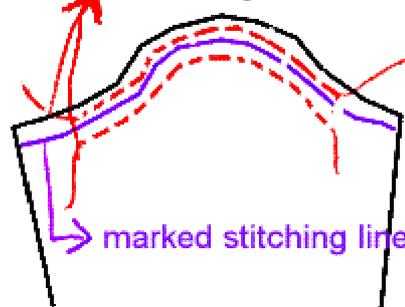
join sleeves



fit under arm of sleeve first right sides together



ease stitching sleeves



ease in top of sleeve in armhole



- Press only in seam allowances.
- Fold over hems, press and stitch in, either topstitch or blind hem.