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Scrubs Top & Trouser Sewing/Construction Guide

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Scrubs top & trouser sewing/construction guide

This guide is designed to take you through the steps of constructing a scrubs outfit which includes the V neck top and drawstring trousers. I have photographed the full making process and broken it down into simple steps.

Through this process my best recommendation is to be methodical and calm, take one step at a time. And remember the iron is your new best friend! Press/iron all pieces as you go through this process. If you make a mistake and have to unpick something, just delicately remove the thread and give it a refreshing iron. The heat from the iron refreshes the threads in the fabric and bring it back to life.

If you have an overlocker (edge stitching) you can use this to finish the raw edges. Don't worry if not, I have created this guide/construction method to accommodate those of use who don't.

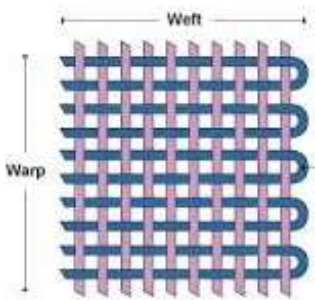
Top tips -

- Save trips back and forth to the iron by ironing as many pieces in one go. The same applies to pinning and sewing.
- Remove pins as you sew. Never sew over a pin!
- Waste as little fabric as possible.
- Making the V neck for the scrubs top can be tricky. If you have an existing V neck you can reference this could be helpful.
- Read through the full construction guide before beginning so that you understand the journey ahead of you. It will make the process much easier



Stage 1 - Cutting the top from fabric

- Prepare your fabric by ironing it.
- Collate your patterns



- When laying your fabric out. Ensure the warp of the fabric runs vertically. Your patterns grain line will run the same direction at the warp.

- Fold the fabric so you can place the back pattern along the folded edge.



- Allow enough room to place the back pattern and pocket. Place weights on the pattern pieces to hold in place.

- Pin both pieces to the fabric.



- Pin each piece as sparingly as possible to save time, but enough to secure the pattern in place.

- Cut along the edge of the pattern carefully.

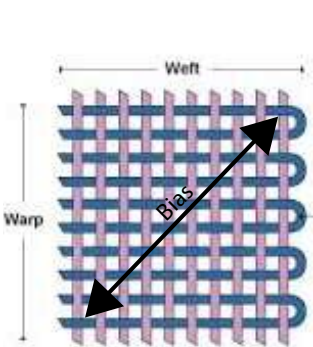
(If your fabric/table is large enough you can pin all pattern pieces along the same fold)



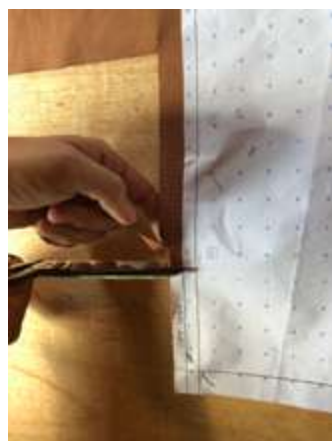
- Repeat the folding of the fabric and place the front pattern piece along the folded edge. Again, weight down, pin and cut.

- Using off cuts, fold the fabric along the warp and place the yoke.

- Cut x 2 of the neck binding too.



- Place the neck binding on the bias. This means the grain line follows the diagonal.



- When all pieces are cut, make a small snip (notch) to mark anywhere that isn't a 1cm seam allowance. This includes;

- 2cm hem lines
- Fold lines
- Centre front (CF) and Centre back (CB) points
- Side vent points



- On front panel mark the pocket position by pinning through the pattern.
- The pin marker will be used to place the pocket later.



- When all pieces are cut, notched and pocket positions marked remove all pins except 1 to hold the pattern to the cut piece.



Stage 2 - Cutting the trouser from fabric

- Fold your fabric into 4 layers, this will be for the trouser leg pattern.
- Ensure each fold stays on grain.



- Pin the leg pattern to the 4 layered, folded fabric.

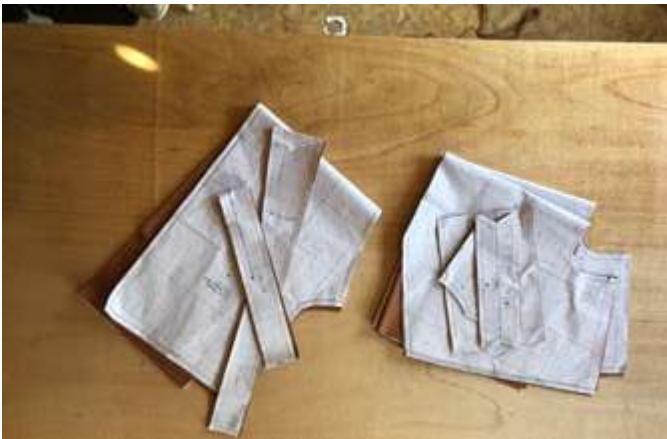


- When cutting the waistband, place on a double layer, folded edge.

- For the drawstring, cut on a folded edge. The photo is of the cut drawstring (I forgot to take a photo of the pattern being cut, Oops!)



- Ensure the waistband is following the grain line (warp).



- As before remove all pins (except 1 to secure the pattern) and you are ready to get sewing!



Stage 3 - Time to sew! The scrubs top.

- Before you begin constructing your garment make your embellishments/message on the cut pattern piece.



- As I mentioned previously, the iron is your best friend when sewing. Ensure you iron all pieces before sewing them.

- Fold and press the neck binding pieces.

- Fold (inside) the top edge of the pocket piece.



- Fold and press the side vent (to the inside) on both the front and back panel.

- To get into the sewing mood, start by sewing the more simple pieces. Choose a thread that matches your fabric. If you decide to pick a thread colour that stands out from the fabric this will show off your stitching abilities. That can be a good or bad thing!



- Stitch the pocket folded (top) edge.

- Sew 0.5cm from fabric edge. This is usually the width of one side of your sewing machine foot.



- Edge stitch along the raw edge of the side vent. This means stitch 2-3mm from the raw edge.

- Now on to the more tricky bit of sewing. So here is a lovely, sunny, calming picture from outside my little sewing studio. Now take a deep breath.



- To stitch the V neck binding, start by pinning the right piece along the neck edge.

- At the V point, trap the left side piece below.



- Stitch along the neck line edge (1cm seam allowance), removing the pins as you go.

- Stitch up-to the V point.

- Remember to leave 1cm at the V point.

- Lay flat and iron.



- Lifting the stitched side out of the way snip the body panel at the V point. Snip to meet where the stitching stops.

- Now pin along side the left V neck edge ensuring that the V point is laying flat.



- Stitch from the V point to shoulder.
- Iron from the front side of the V neck ensuring the stitched seam is ironed flat.



- Edge stitch along edge of V neck. At V point lift machine foot (leaving needle in the fabric) and pivot to continue sewing along other side of V neck.



- As always, Iron along sewn edge of V neck.
- Whilst you are still at the iron, press the 1cm seam allowance sides of the pocket. Iron to the inside.



- Pin the pockets in position in line with your pinned pocket markers on the front panel.
- Edge stitch along pocket side from Hem to pocket opening.



- At corner of pocket opening lift the machine foot (leaving the needle in the fabric) and pivot the pocket to stitch along pocket opening edge.

- Stitch 1 cm along top edge, pivot again and stitch in a straight line to meet the folded pocket opening hem line.

- Repeat for both pockets. Always start stitching from the hem line.



- Iron pocket along all stitch lines.

- Notice that the bottom edge of the pocket is un-stitched. This is deliberate! It will be trapped in the hem later.



- Now place the front panel onto the back panel. Right side to right side (inside facing out)

- Pin along shoulder seam.

- We will now attach the yoke



- Pin the yoke over the front panel. The yoke and back panel will sandwich the front panel.

- Stitch along shoulder and yoke (top) seam.



- At the curve of the yoke (top) seam, snip small cuts of 5-6mm. This will allow the curve to sit flat when turned out.

- Also snip away the corners of the yoke. This also allows it to sit flat when turned out.



- Turn to the front side and iron the seam flat, pushing the seam to the back.

- Edge stitch along the full shoulder seam from sleeve openings.

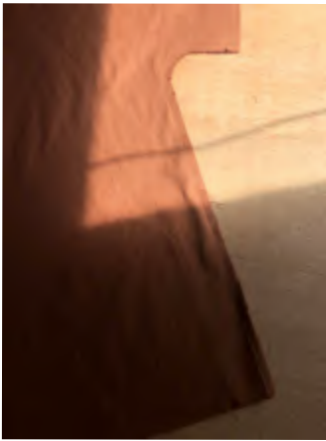


- Iron along the shoulder seam.



- Opening to the inside pin the yoke to the back panel.

- Stitch along edge of yoke 0.5cm from raw edge.



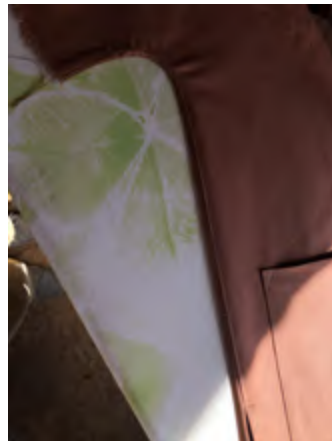
- Stitch side seam from the vent opening at the hem to the under arm and sleeve hem.

- Iron the side seam, pressing the seams towards the front pocket.



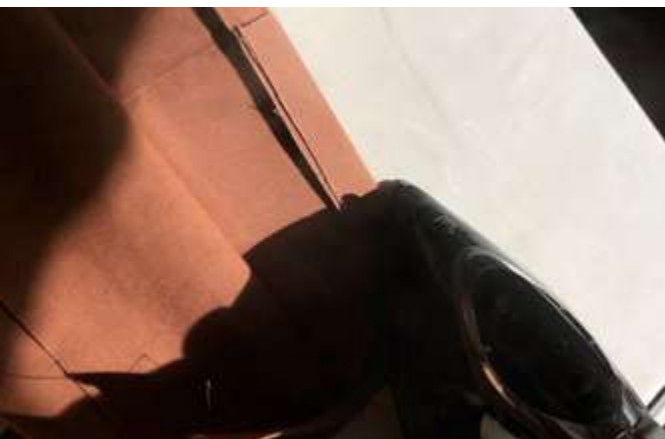
- Stitch the front back so it becomes double folded and stitched.

- Then stitch horizontally across the top of the side vent trapping both seams together. Sew back and forward 3 - 4 times.



- Starting at the horizontal side vent stitch, now edge stitch along the side seam all the way to the sleeve opening.

- Be careful when stitching around the underarm. This areas will want to pucker so sew steadily, flattening out as you stitch.



- And to finish we just need to fold, pin and sew the hems.

- Fold inside 2cm the front and back panel hems and sleeve hems. Press with an iron.



- Pin all hems in place.
- Stitch all hems from front side. The

stitch line should be 1.5cm from the hem edge.

- It sometimes helps if you place a piece of masking tape 1.5cm from the needle as a guide.



- Your hems should look like this from inside. Leaving a 5mm raw edge.



- Of course once your have stitched all hems, iron them!



- And you have DONE!! Well done! Top complete, now you just have the trousers to make and they are much easier!

Stage 4 - The final furlong, The scrubs trouser.

- Remember to keep your sewing smile

- As I mentioned the trousers are much easier to sew and you have all ready learnt to make a top!

- Start by pinning the trouser along the front/back (gusset) seam.

- Also pin together the top edge of the waistband.

- Stitch both, leaving a 1cm seam allowance

- For the drawstring, iron a 1cm seam allowance all the way around and 1cm at the drawstring ends.

- Iron the gusset seam to the left on both legs.

- Snip the inside edge of the waistband at the curve. This will allow for the waistband to sit flat when turned out

- Edge stitch the gusset seam 5mm from seam edge.

- Now I'm missing a picture here, but its straight forward! Firstly pin the front and back leg seams together so you have what now look like a pair for trousers.

Stitch the inside leg seam from hem to hem leaving a 1cm seam allowance. And of course finish by ironing the seam away from you.





- As with the gusset now add an edge stitch along the inside leg seam, 5mm from seam edge.



- Turn the trousers inside out in preparation to sew the outside leg seam.

- Stitch the outside leg seam from hem to waist and turn out to the correct side again.



- Now to the waistband. Start by pressing it closed and folding the open ends of the waistband by 1cm.

- Start by stitching the 1cm single fold. Then fold again (1cm) and stitch one more time so you have a double folded and stitch end. Repeat at both ends



- For the drawstring channel sew 2.5cm from the top edge of the waistband. Follow this measurement for the full waistband, end to end.

- Pin the waistband to the trouser waist. The open ends should meet perfectly at the front of the trouser.

- You determine which is the front by which way the outside leg seams face.



- For the drawstring channel sew 2.5cm from the top edge of the waistband. Follow this measurement for the full waistband, end to end.

- Pin the waistband to the trouser waist. The open ends should meet perfectly at the front of the trouser.

*You determine which is the front by which way the outside leg seams face, they should be pressed to face backwards, but really don't worry too much!



- Sew the waistband to the main trouser leaving a 1cm seam allowance.

- When you reach the centre front stitch backwards and forward 3 - 4 times to ensure this area is secure.



- Turn out and iron the waistband seam flat.

- Finish the waistband by edge stitching around the full circumference of the waistband 5mm from the seam edge.



- For the drawstring, pin in half.

- Edge stitch the full length and ends of the drawstring 2mm from folded seam edge.

SCRUBS - A GUIDE



- The drawstring ends can be tricky! To ensure the ends are poked inside before you stitch.

- When you reach the end, lift the machine foot ensuring the needle is still in the fabric. Pivot the drawstring and sew the ends.



- Using a safety pin, attach to the end of the drawstring and feed through the drawstring channel.



- And Finally to the hems!

- Double fold and press the trouser leg hems.

- Pin the folded hem in place and stitch! Edge stitch the hem from the inside to ensure you stay 2mm from the edge of the folded hem.



- After a final iron you are done!!!

Well done!