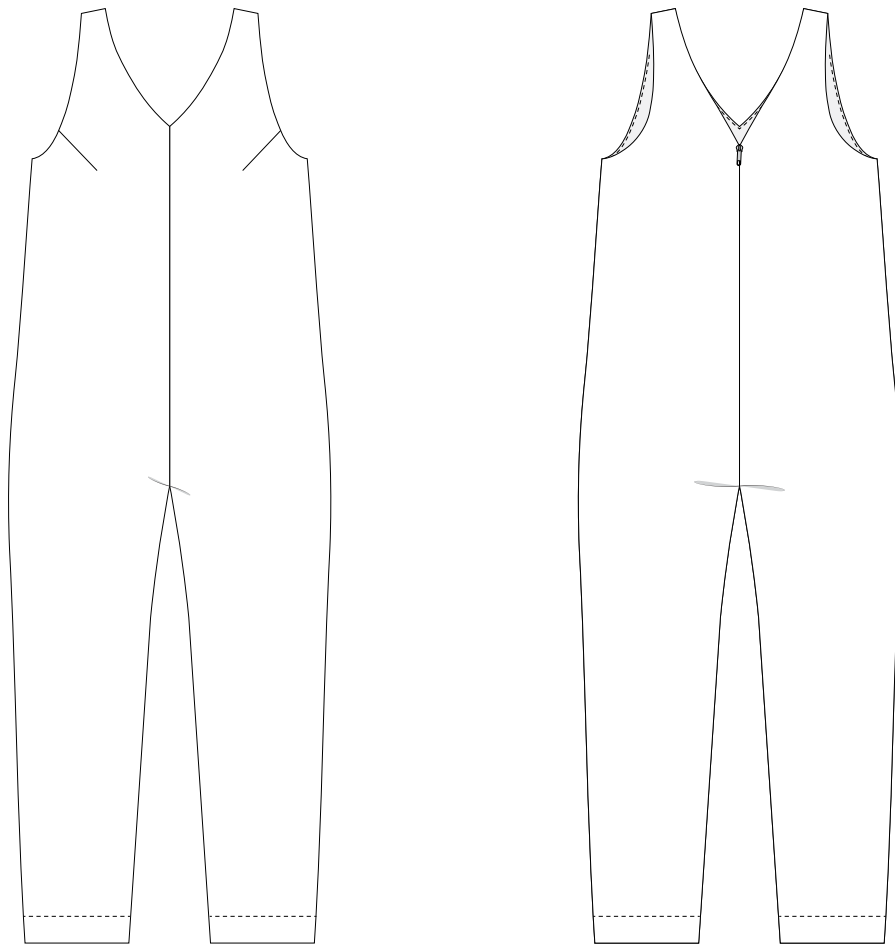




# Peppermint

M A G A Z I N E



## JUMPSUIT

SIZES A - K | ADVANCED BEGINNER



Pattern made exclusively for Peppermint Magazine by In the Folds

# contents

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# about in the folds patterns

In the Folds patterns are designed to enable you to create beautiful and innovative garments, as well as encourage interesting and thought-provoking learning experiences.

Techniques may differ slightly to the home sewing methods you are used to, but in some cases industrial finishes will give you the cleanest and most professional finish. Due to this, seam allowances vary. Seam allowances are highlighted in each step, but can also be found below.

## THE ENVIRONMENT

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Please consider the environment before printing this instruction booklet.

Also consider using fabric from your stash before going to buy something new. I dare you. You might be surprised by what you find there. Before selecting your fabric, really think about how this garment will fit into your wardrobe and how you plan to care for it. Choose a fabric that fits the bill.

## SLOW SEWING

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In the Folds patterns are designed to include thoughtful details and interesting techniques so that you can enjoy the process of making the garment as much as the end result.

If we slow down and take in every stitch, we can better our skills, appreciate the amazing things we can do with our hands, understand the process more fully and create garments that will be worn, loved and cared for long into the future.

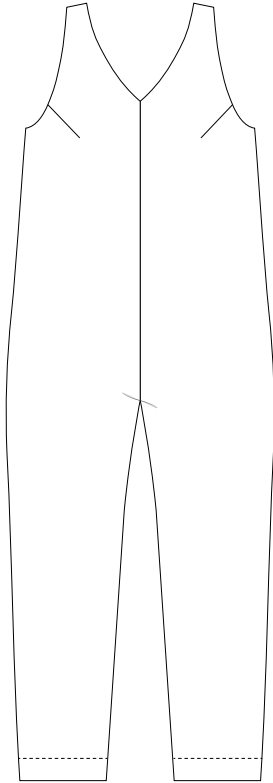
We'd love to see your work in progress.

Find us on Instagram @inthefolds and @peppermintmagazine and tag your photos with #peppermintsewingschool

Happy sewing!

# garment overview

FRONT



## GARMENT DETAILS

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The Jumpsuit is a relaxed and loose fitting garment, perfect to wear day-to-day with a T-shirt underneath or dressed up with a pair of heels. The Jumpsuit features a v-neck front and back, bust darts for a beautiful fit across the bust, invisible zip, all-in-one facing and an optional waist sash for a more fitted silhouette.

Through the creation of this garment you will gain confidence in:

- sewing with woven fabrics
- sewing darts
- sewing an invisible zip
- sewing an all-in-one facing

## FABRIC SUGGESTIONS

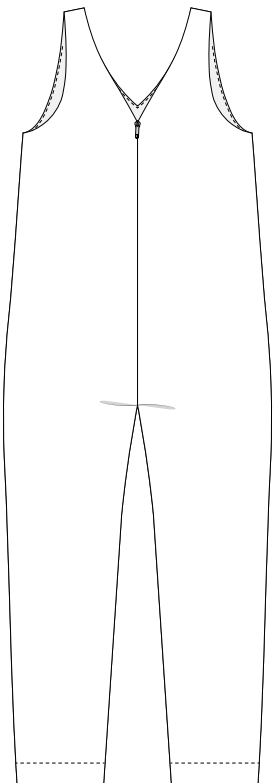
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It is encouraged that you use a fabric that is soft and drapes well. Consider using light to mid-weight fabrics such as: linen, linen blends, cotton, gauze or chambray. For a softer silhouette, consider sateen, silk (crepe de chine or habotai), tencel or viscose (rayon). Be careful if you are a beginner though, as these fabrics are a little trickier to sew. I'd suggest sticking to stable natural fabrics that are not too prone to fraying if you are a beginner.

**Please note:**

**Due to the width of the pattern pieces, 150cm (60in) wide fabric is required for sizes G - K**

BACK



## NOTIONS

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- Fabric (yardage on p. 8 - 9)
- 50cm (14in) invisible zip
- Coordinating thread

# sizing + garment measurements

|           |             |             |             |             |             |              |                |               | BODY MEASUREMENTS |               |
|-----------|-------------|-------------|-------------|-------------|-------------|--------------|----------------|---------------|-------------------|---------------|
|           | A           | B           | C           | D           | E           | F            | G              | H             | J                 | K             |
| HIGH BUST | 71cm<br>28" | 76cm<br>30" | 81cm<br>32" | 86cm<br>34" | 91cm<br>36" | 96cm<br>38"  | 103.5cm<br>41" | 111cm<br>43½" | 118.5cm<br>46½"   | 126cm<br>49½" |
| FULL BUST | 76cm<br>30" | 81cm<br>32" | 86cm<br>34" | 91cm<br>36" | 96cm<br>38" | 101cm<br>40" | 108.5cm<br>43" | 116cm<br>45½" | 123.5cm<br>48½"   | 131cm<br>51½" |
| WAIST     | 61cm<br>24" | 66cm<br>26" | 71cm<br>28" | 76cm<br>30" | 81cm<br>32" | 86cm<br>34"  | 93.5cm<br>37"  | 101cm<br>39½" | 108.5cm<br>42½"   | 116cm<br>45½" |

|                                      |          |          |          |          |          |          |          |          | FINISHED GARMENT MEASUREMENTS |          |
|--------------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|-------------------------------|----------|
|                                      | A        | B        | C        | D        | E        | F        | G        | H        | J                             | K        |
| BUST                                 | 79.4 cm  | 84.4 cm  | 89.4 cm  | 94.4 cm  | 99.4 cm  | 104.4 cm | 111.9 cm | 119.4 cm | 126.9 cm                      | 134.4 cm |
|                                      | 31 1/4"  | 33 1/4"  | 35 1/4"  | 37 1/8"  | 39 1/8"  | 41 1/8"  | 44"      | 47"      | 50"                           | 53"      |
| WAIST                                | 90.0 cm  | 94.8 cm  | 99.6 cm  | 104.4 cm | 109.2 cm | 114.0 cm | 121.0 cm | 128.0 cm | 135.0 cm                      | 142.0 cm |
|                                      | 35 3/8"  | 37 3/8"  | 39 1/4"  | 41 1/8"  | 43"      | 44 7/8"  | 47 5/8"  | 50 3/8"  | 53 1/8"                       | 55 7/8"  |
| HIP                                  | 104.8 cm | 109.2 cm | 113.6 cm | 118.0 cm | 122.4 cm | 126.8 cm | 133.2 cm | 139.6 cm | 146.0 cm                      | 152.4 cm |
|                                      | 41 1/4"  | 43"      | 44 3/4"  | 46 1/2"  | 48 1/4"  | 50"      | 52 1/2"  | 55"      | 57 1/2"                       | 60"      |
| FINISHED LENGTH<br>(from HPS to hem) | 145.4 cm | 146.6 cm | 147.8 cm | 149 cm   | 150.2 cm | 151.4 cm | 153.2 cm | 155 cm   | 156.8 cm                      | 158.6 cm |
|                                      | 57 1/4"  | 57 3/4"  | 58 1/8"  | 58 5/8"  | 59 1/8"  | 59 5/8"  | 60 3/8"  | 61"      | 61 3/4"                       | 62 1/2"  |

## Taking your measurements:

If your measurements fall between sizes, use the finished measurements to help you select your size.

If your measurements range between several sizes, print the sizes your measurements lie between and grade between the sizes by drawing diagonal lines from one size to another. To learn more about printing only the size/s you need, look to p. 6 for guidance.

The pattern is drafted for height of 170cm (5'7").

There are 'Lengthen / Shorten' lines on the pattern that you can use if you would like to adjust the length of the garment. Use the one on the leg to lengthen the legs of the jumpsuit. Use the one the body section to lengthen the body, or a little in both areas if required.

# printing the pattern

## PAPER SIZE

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This pattern can be printed on both A4 or US letter-sized paper.

## LAYERS

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This pattern has embedded layers. This means that you can select only the size/s you would like to print.

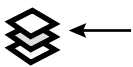
Layers make it much less confusing to cut out the pattern, and also saves on ink (and paper in some cases).



Open the pattern in Adobe Reader and click on the 'layers' option on the left hand side.



There will be an eye next to each layer in the pattern. Turn off (by clicking) all the layers you do not need. Please note, at the time of publishing, layers are not available on Preview (Mac). You will need to install Adobe Reader to access this feature.



**The 'PATTERN INFO' layer needs to be on for all sizes.**

## SCALING

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Open the pattern in Adobe Reader. Before printing the file, you will need to check the scaling settings on your printer. The pattern needs to be printed at its true scale. To do this, go into your print settings and select 'actual size' or set page scaling to 'none' or 'turn off page scaling.'

Print only Page 1 of the pattern, and check that the large test square measures 5cm x 5cm, or the smaller one measures 1in x 1in. It really needs to be precise, so if it is not quite right, you will need to go back and check your printer settings again.

## PRINT

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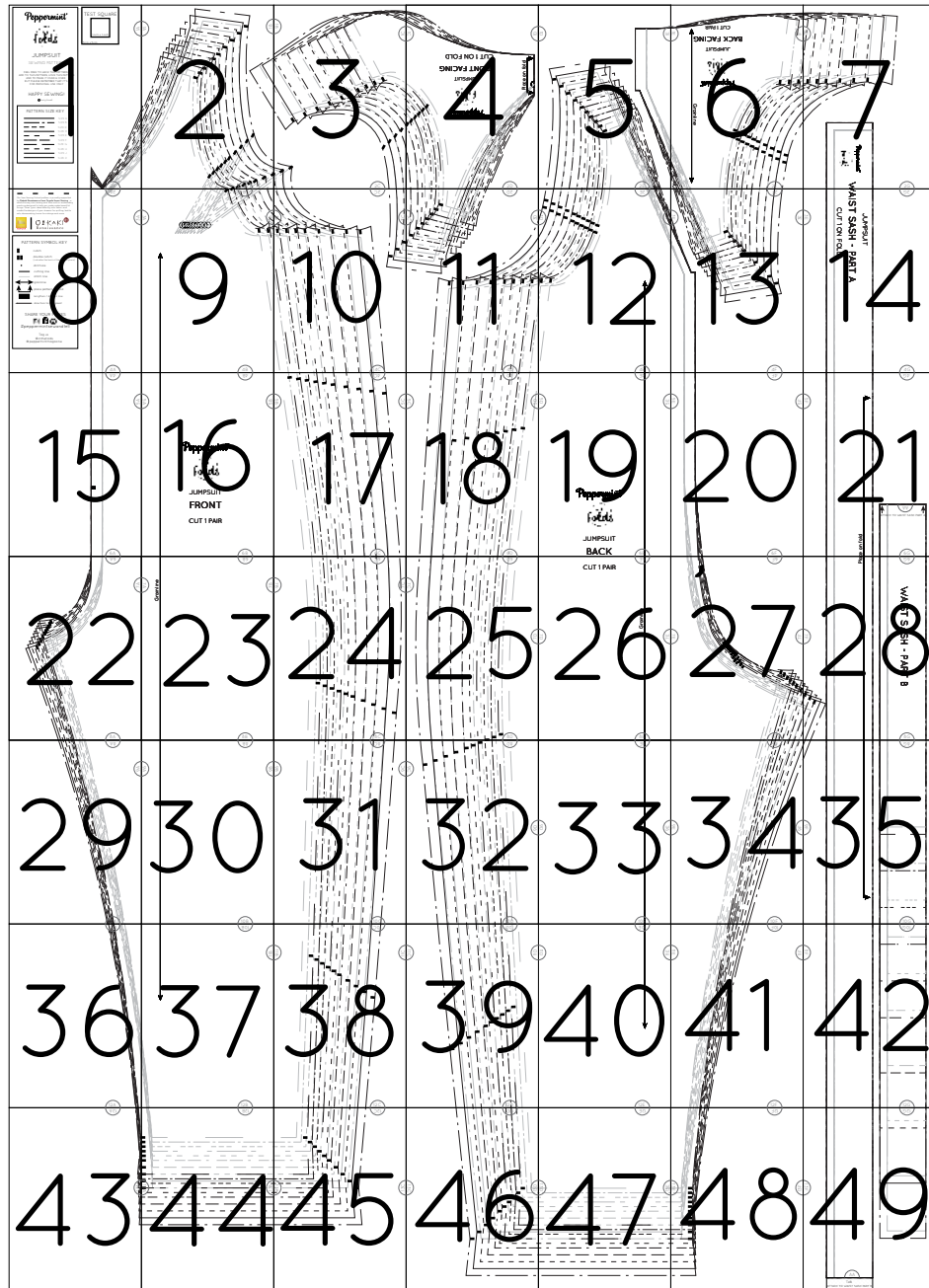
When you have the scaling right, print the remainder of the pattern.

## ASSEMBLE

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Cut around the border of each page - one long side and one short side (keep your choice of sides consistent between pages). Align the circles so that 1A matches up to 1A, 2A with 2A etc, and tape or glue in place. Use the printing plan on p. 7 as a reference, if required.

# printing plan



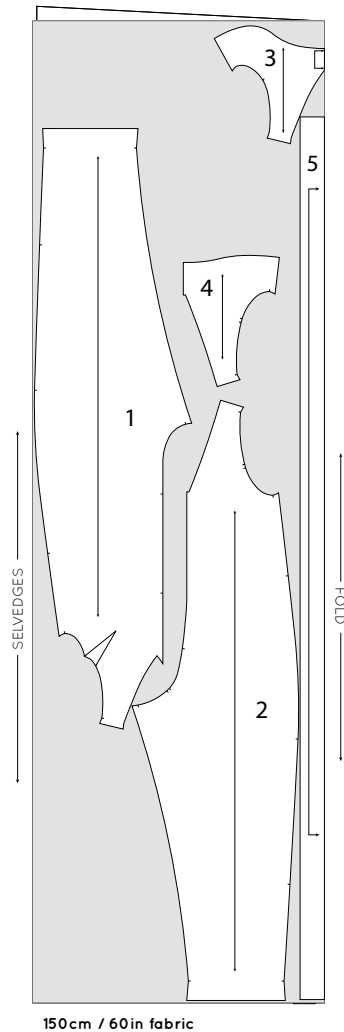
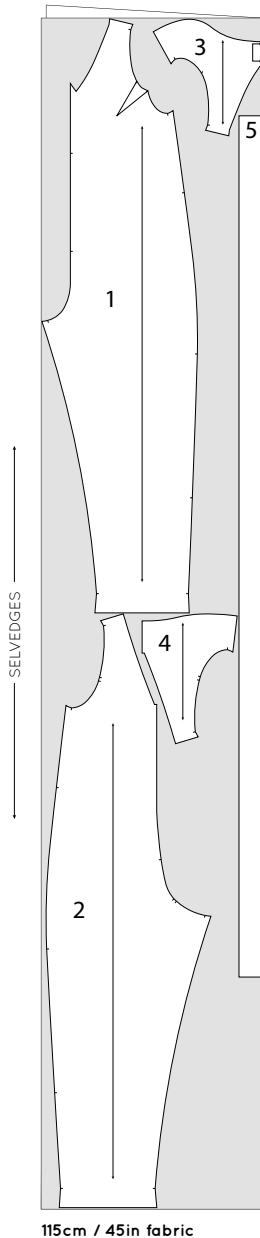
## Note:

This pattern has layers, which means you can just print the size/s you need. Be sure to keep the 'PATTERN INFO' layer on, as this layer includes all cutting information etc. For more information look to p. 6.

# fabric requirements + suggested cutting plans

SIZES A - F

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## Fabric requirements:

3.2m (3.5yds) x  
115cm (45in) fabric

2.6m (2.8yds) x  
150cm (60in) fabric

If you are using a directional print, be careful to cut the pattern piece so that the print is the right way up (this may require more fabric than suggested). If you are planning on matching prints, you may also require more fabric.

## Pieces to cut :

- 1 - Front** - cut 1 pair
- 2 - Back** - cut 1 pair
- 3 - Front facing** - cut 1 on fold
- 4 - Back facing** - cut 1 pair
- 5 - Waist sash** - cut 1 on fold

## TIP

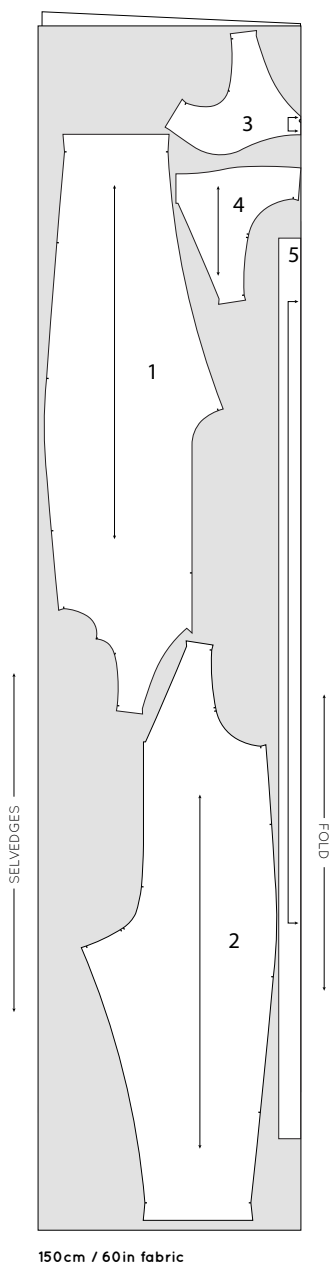
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Although cutting on the fold is the fastest way to cut your fabric, if you cut flat (fabric is not folded) and cut each piece independently, you will use less fabric.

If you use this method, when cutting a pair, be sure to cut one piece with the pattern face up, and then the other with the pattern face down.

## SIZES G - K

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### Pieces to cut :

- 1 - Front** - cut 1 pair
- 2 - Back** - cut 1 pair
- 3 - Front facing** - cut 1 on fold
- 4 - Back facing** - cut 1 pair
- 5 - Waist sash** - cut 1 on fold

### Fabric requirements:

3.5m (3.9yds) x  
115cm (45in) fabric

### Please note:

**Due to the width of the pattern pieces, 150cm (60in) wide fabric is required for sizes G - K**

If you are using a directional print, be careful to cut the pattern piece so that the print is the right way up (this may require more fabric than suggested). If you are planning on matching prints, you may also require more fabric.

### TIP

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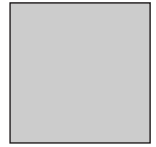
Although cutting on the fold is the fastest way to cut your fabric, if you cut flat (fabric is not folded) and cut each piece independently, you will use less fabric. If you use this method, when cutting a pair, be sure to cut one piece with the pattern face up, and then the other with the pattern face down.

# sewing time!

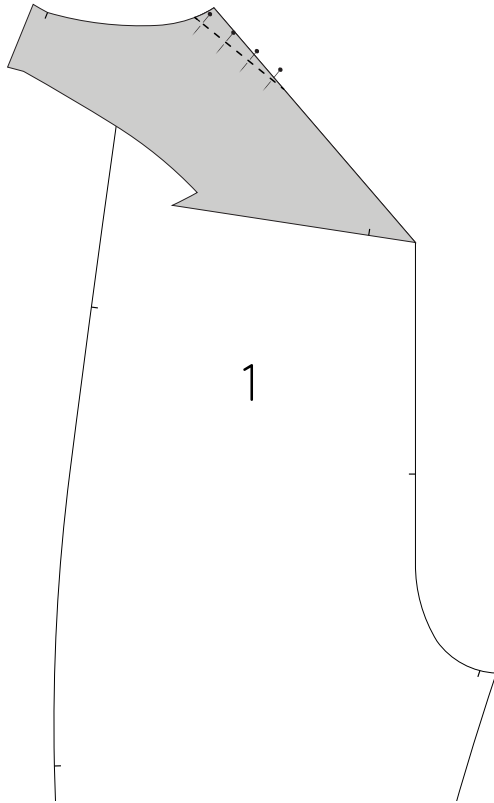
## Illustration key:



Fabric -  
Right side



Fabric -  
Wrong side

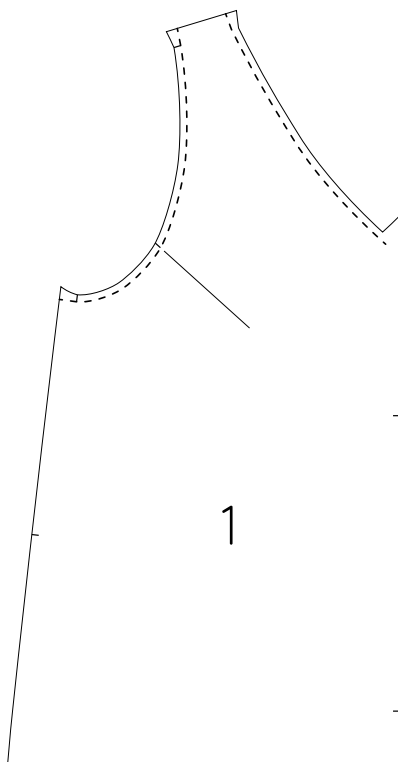


### Step 1:

Take the FRONT [1] pieces and fold the dart on each piece, with right sides together, matching the notches at the armhole together and folding towards the point of the dart. Press dart in place and pin.

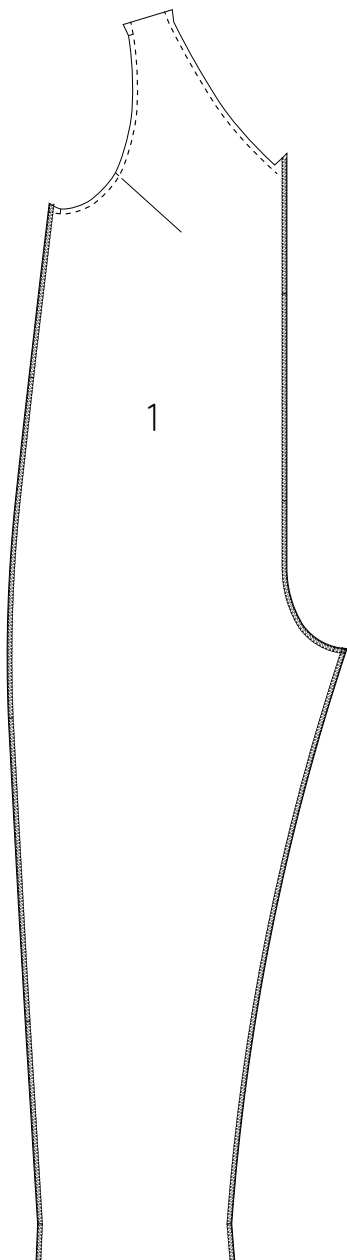
Stitch from the notches to the tip of the dart.

NOTE: If you like, you can take a ruler and tailor's chalk and draw in the dart line so that you have a sewing guide.



### Step 2:

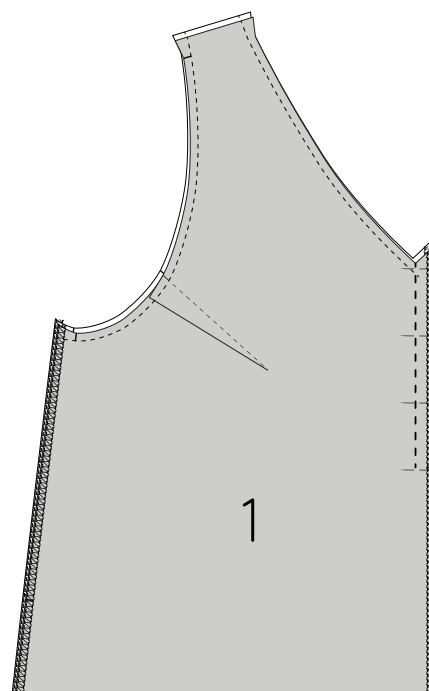
Press dart down before staystitching around the armhole and along the neckline on each FRONT [1] piece.



### Step 3:

Finish the front crotch seams on each FRONT [1] pieces using your chosen method.

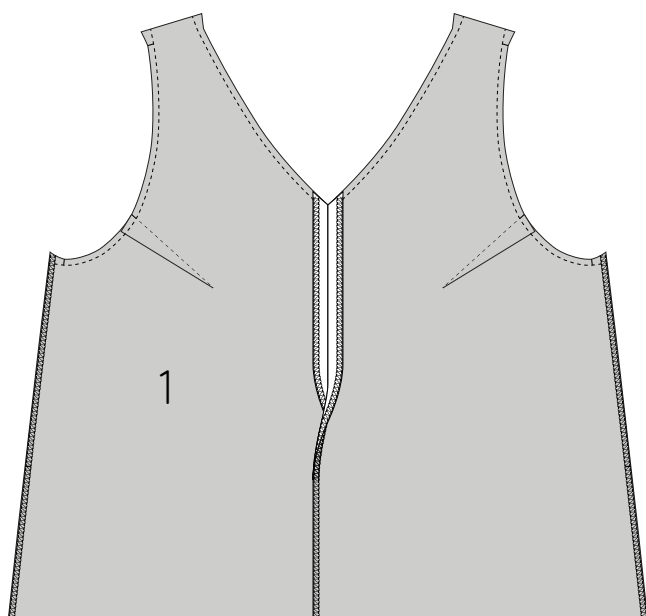
At this stage you can also finish both the inner leg seam and the side seam.



### Step 4 (image above):

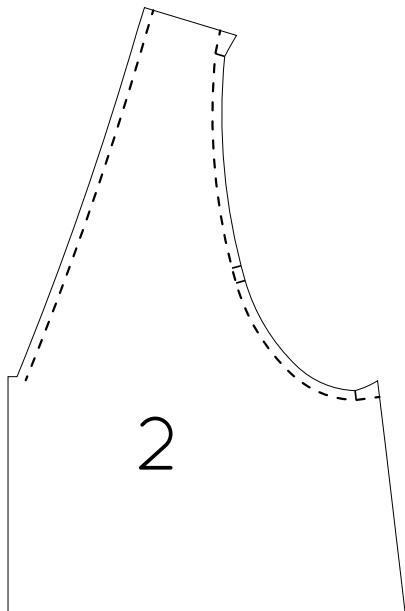
With right sides together, pin the two FRONT [1] pieces together at the centre front seam, from the top of the neckline down to the first notch. You will only be sewing a small section of this seam so that you can attach the facing. The rest of the seam will be sewn later.

Stitch seam with a **1.5cm (5/8in)** seam allowance.



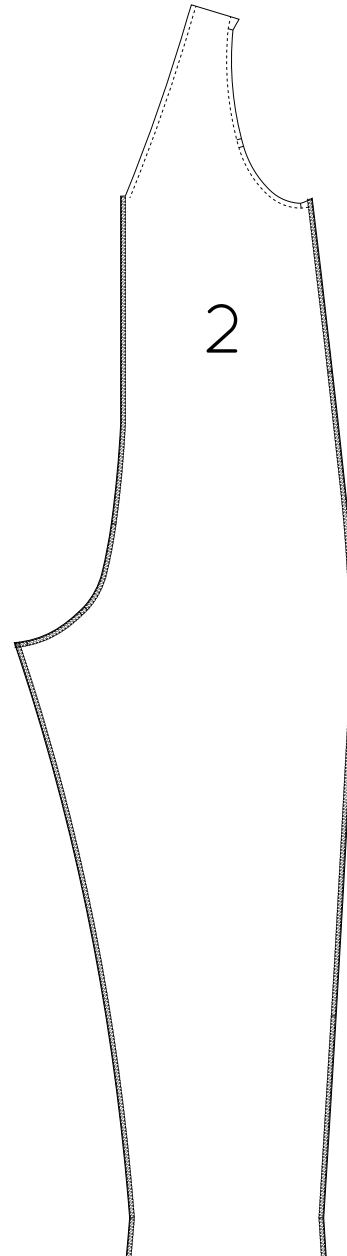
### Step 5:

Press seam allowance open before setting the FRONT [1] of the jumpsuit aside for a moment.



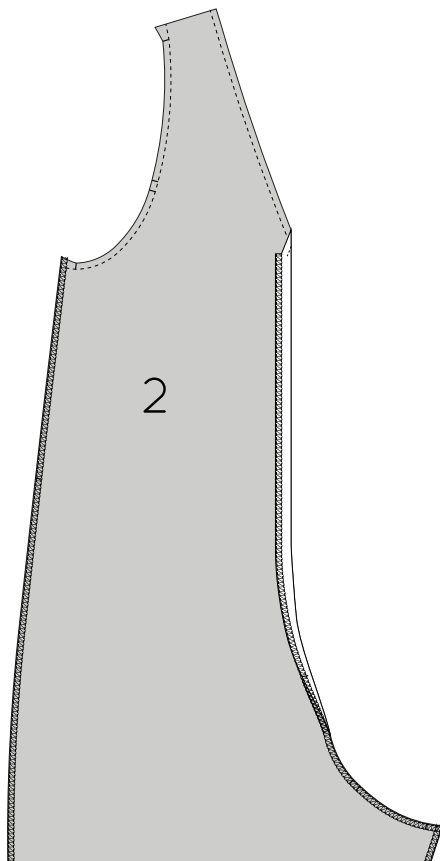
#### Step 6:

Take the BACK [2] pieces and staystitch the neckline and armhole on each piece.



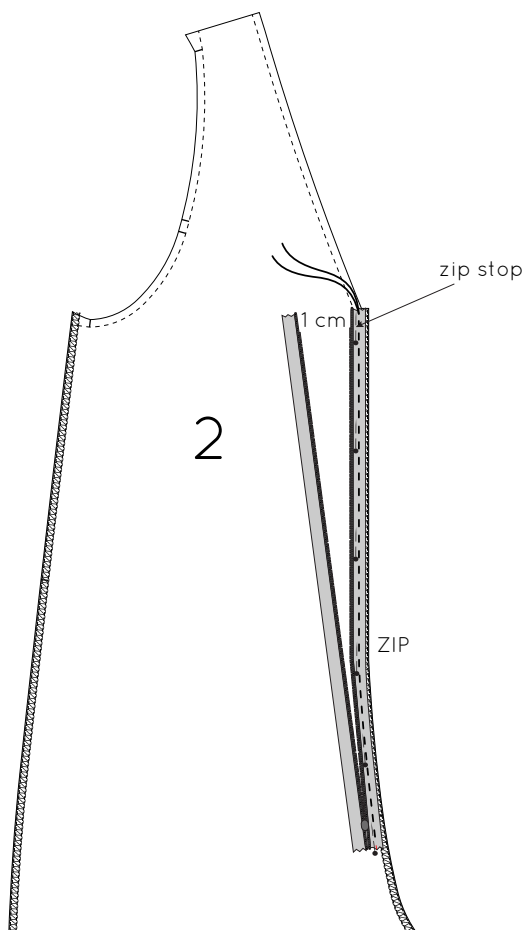
#### Step 7:

Finish the back crotch seams with your chosen method, as well as the inner leg seam and the side seam on each BACK [2] piece.



#### Step 8:

Press the centre back seam allowance back by **1.5cm (5/8in)** to form a crease. This crease will help when you insert the zip in the following steps.



### Step 9:

Turn the BACK [2] pieces right side up and unfold the centre back seam.

Unzip the invisible zip, and using a warm, dry iron press the zipper teeth flat.

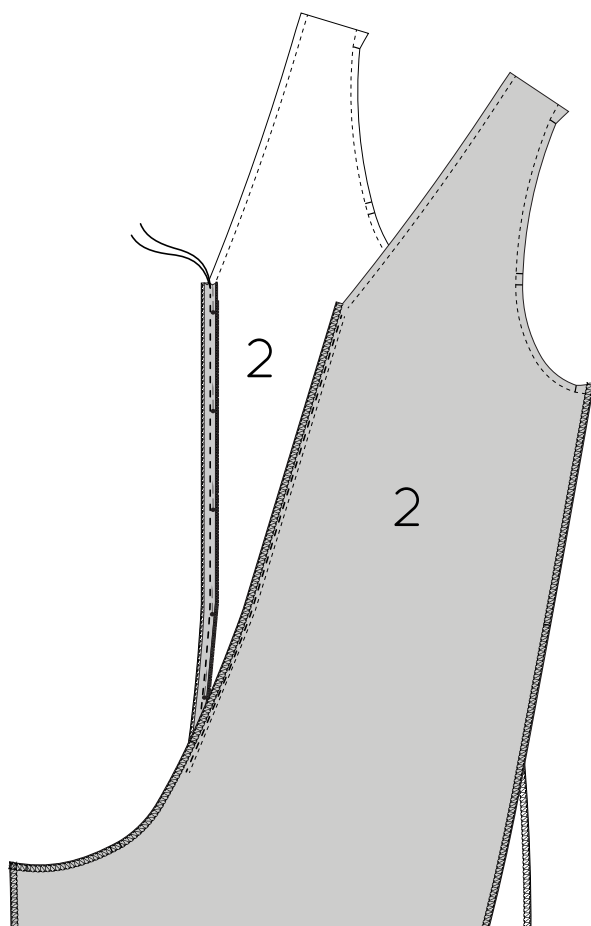
Take the zip and place it face down on the back opening on one of the BACK [2] pieces. Place the zip stop **1cm (3/8in)** down from the top edge, and align the zip teeth with the creased line created in the previous step. Pin the zip to the centre back, regularly checking that the zip teeth are aligned with the crease.

Take a needle and contrasting thread and baste the zip tape to the dress by hand. This will ensure the zip does not shift while you are sewing it in.

Remove the pins.

Using an invisible zip foot, stitch down the length of the zip, using your finger to uncoil the teeth as you sew, so that you can get as close to the teeth as you can. Backstitch just before you reach the end of the zip (you won't be able to get past the zip pull).

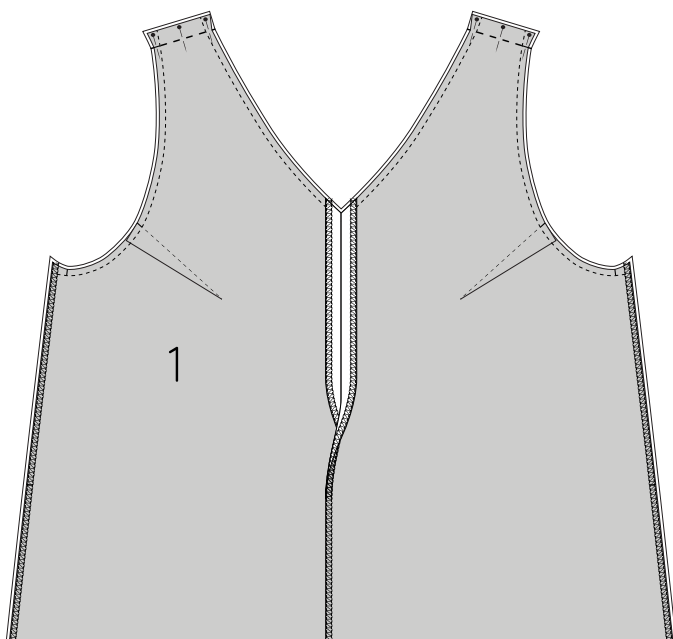
For a photo tutorial on inserting an invisible zip, look here: <http://www.inthefolds.com/blog/2015/9/3/how-to-sew-an-invisible-zip>



### Step 10:

Now open the zip and place the other side of the zip tape face down on the other side of the back opening. Make sure the zip is not twisted. Place pins along the length of the zip, and again baste in place by hand. Stitch in place with an invisible zip foot.

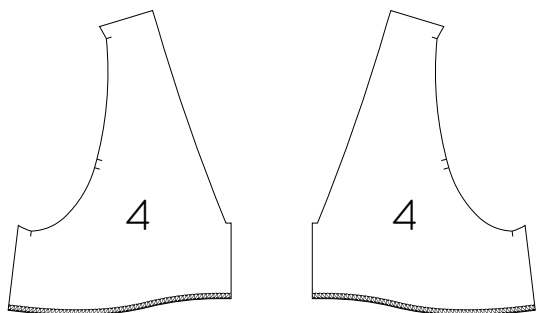
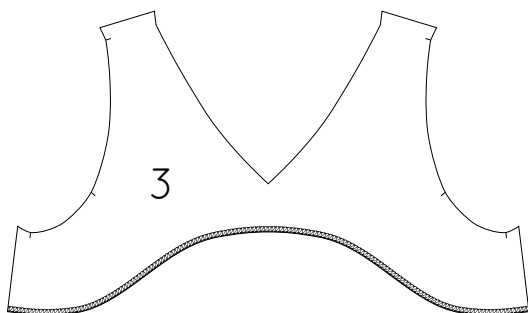
Give the centre back seam a good press from the right side.



#### Step 11:

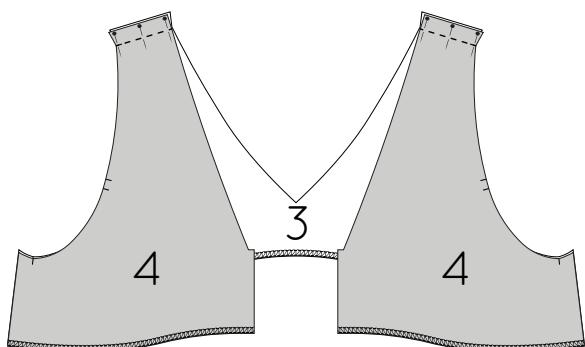
Pin the FRONT [1] and BACK [2] pieces together at the shoulder seams, with right sides together.

Stitch shoulder seams with a **1.5cm (5/8in)** seam allowance and press seam open. These seams don't need to be finished as they will be enclosed in the facing (unless your fabric is prone to fraying).



#### Step 12:

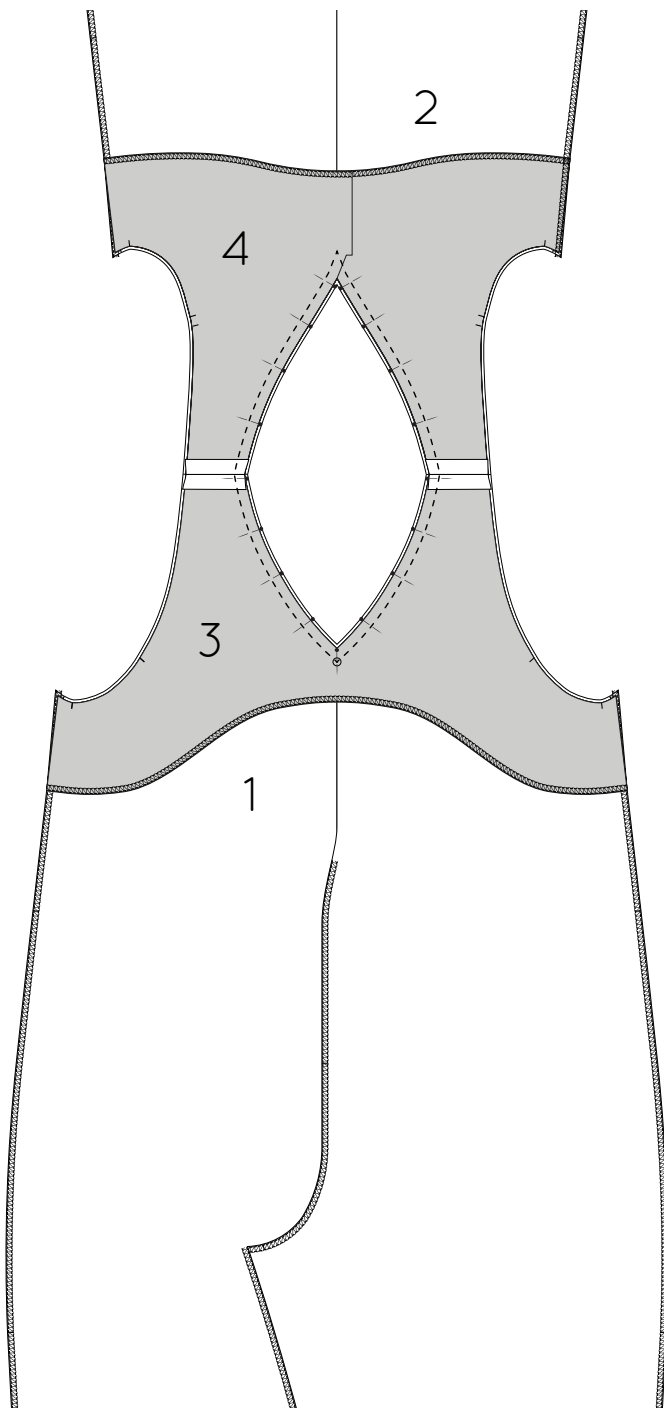
Take the facing pieces [3 + 4] and finish the bottom edge of each piece with your chosen method.



#### Step 13:

Pin the FRONT FACING [3] and BACK FACING [4] pieces together at the shoulder seams, with right sides together.

Stitch with a **1.5cm (5/8in)** seam allowance and press seams open.



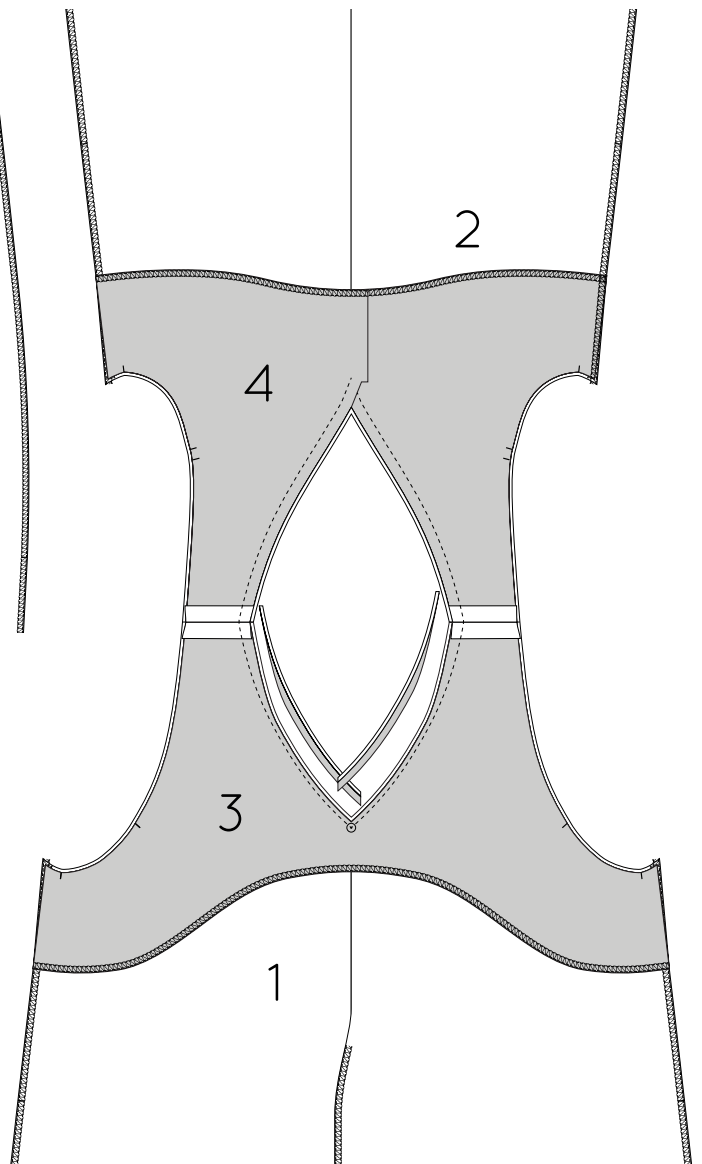
**Step 14:**

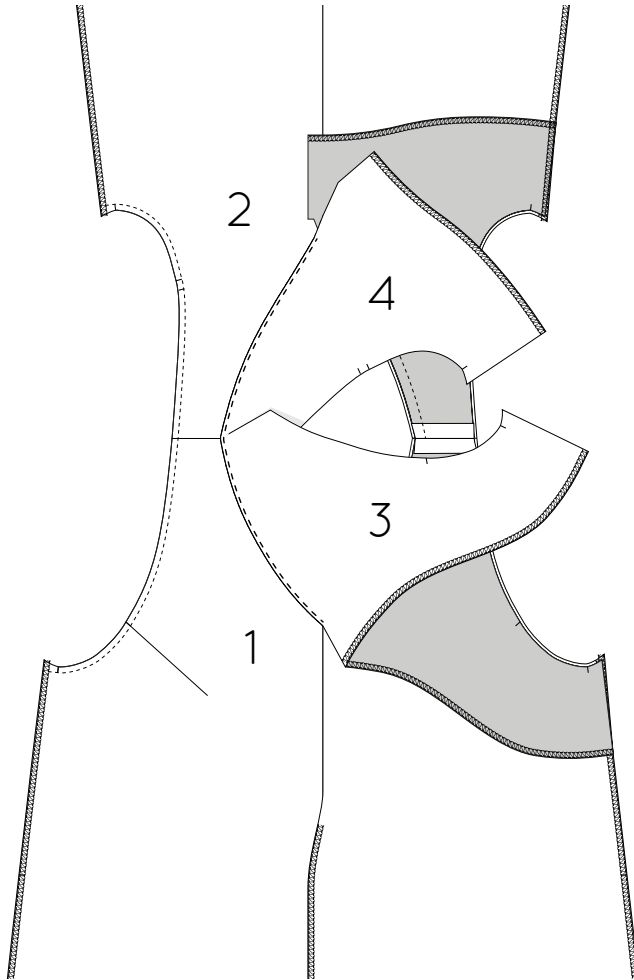
With the shoulder seams flat and the jumpsuit facing right side up, pin the facing to the neckline. The zip will need to be open.

Stitch the facing in place around the neckline with a **1cm (3/8in)** seam allowance.

**Step 15:**

Trim down the seam allowance around the neckline, clipping in at the point of the "V".





#### Step 16:

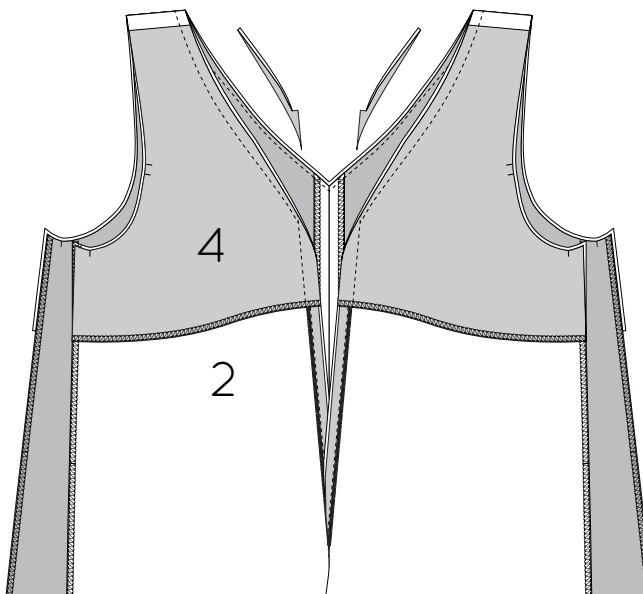
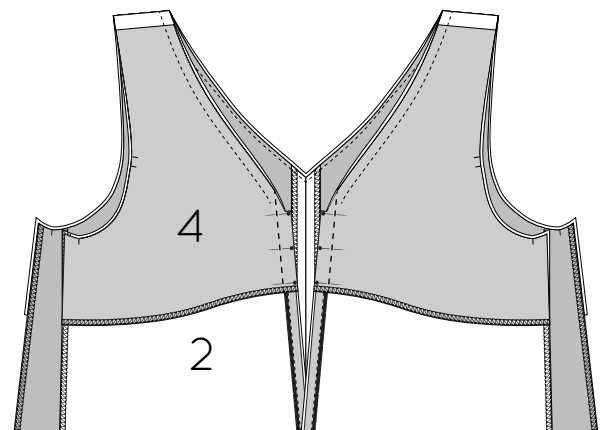
Flip the facing to the right side, and use your fingers to push the seam allowance towards the facing. Understitch from about 3-4cm (2 - 2½in) above the zip at the centre back to the point of the "V" on the neckline, on one side only.

Repeat on the other side, but in the opposite direction (centre front to back).

#### Step 17:

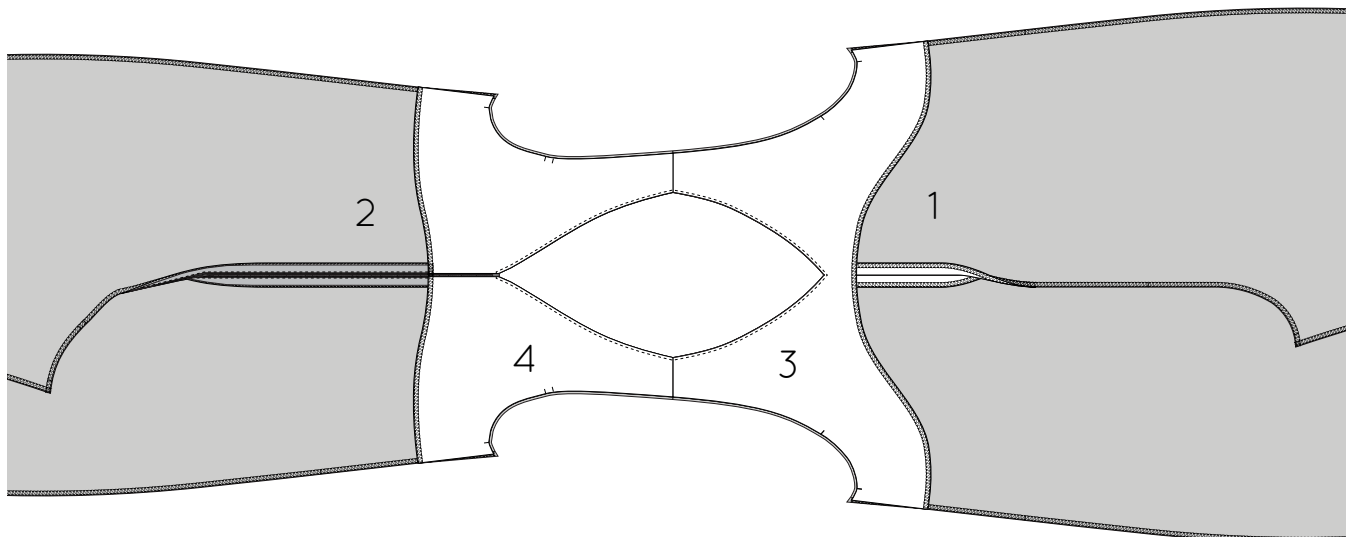
Pin the facing to the centre back seam, sandwiching the zip between the two layers.

Take an ordinary zipper foot and use it to secure the BACK FACING [4] by stitching close to the zip teeth.



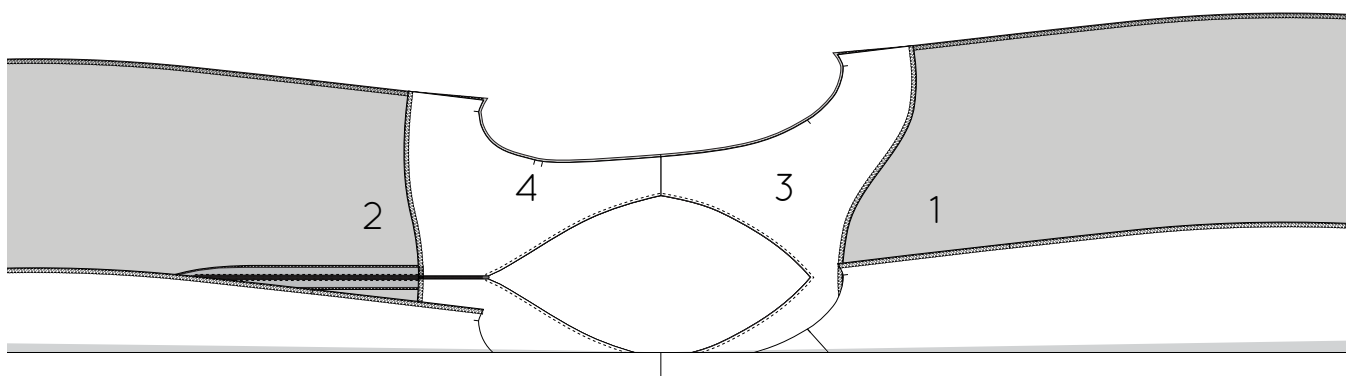
#### Step 18:

Trim back the corners close to the zip.



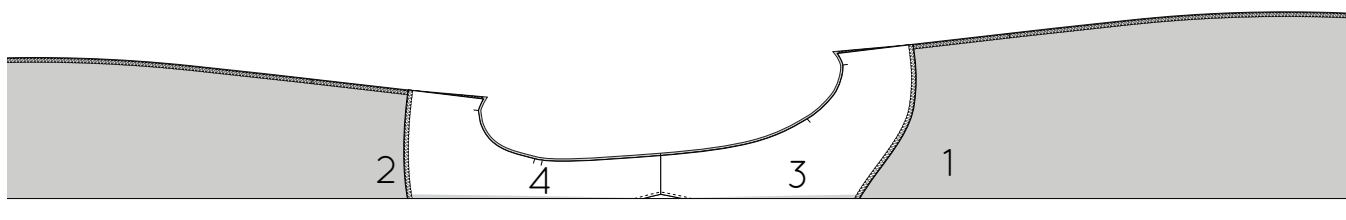
**Step 19:**

Flip the facing to the inside of the garment and give the neckline a good press - rolling the seam allowance slightly towards the inside (the understitching should help with this).



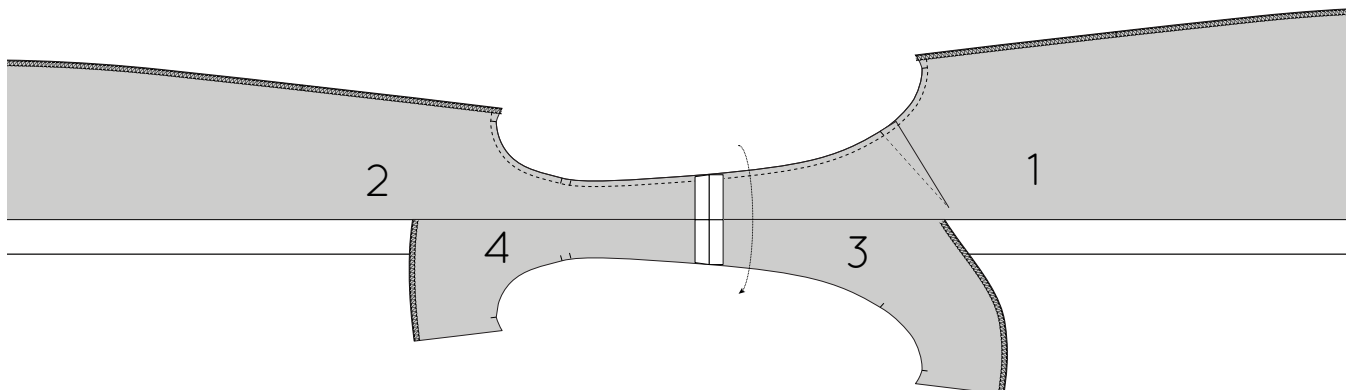
**Step 20:**

With the jumpsuit still laid out flat (with wrong side up), take one side and carefully roll up the garment, towards the opposite side.



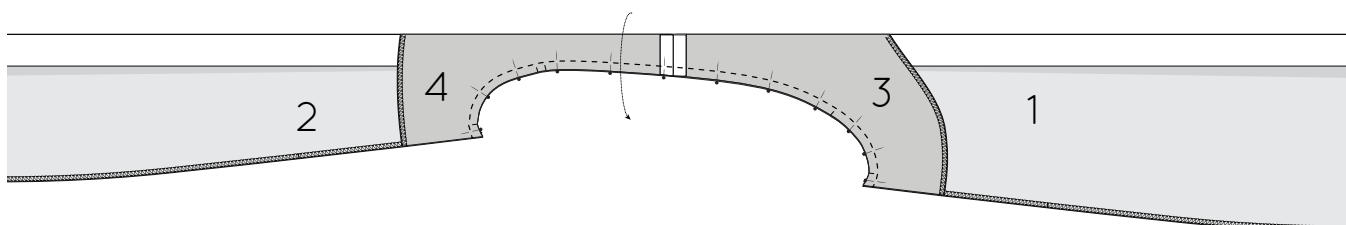
**Step 21:**

Continue rolling the pieces until you reach the start of the shoulder seam on the opposite side.



#### Step 22:

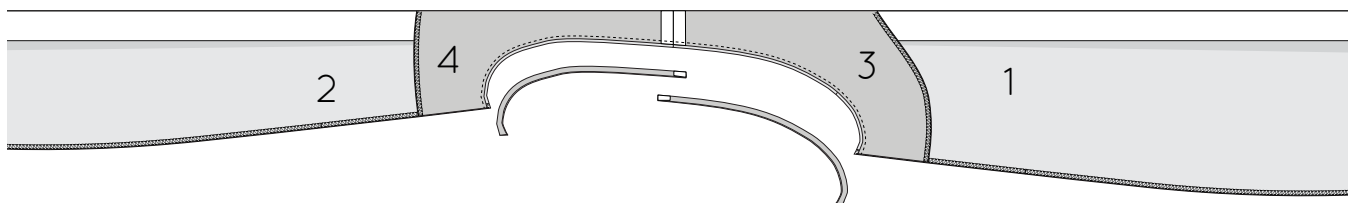
With the pieces still rolled up, flip the facing back towards you, so that it lies on top of the rolled fabric.



#### Step 23:

Lift the rolled fabric and flipped facing, and turn the remaining side of the garment right side up, so that the armhole of the jumpsuit can now meet the armhole of the facing (with the rolled up fabric in between). Pin the pieces together at the armhole, using the shoulder seams and notches as a guide.

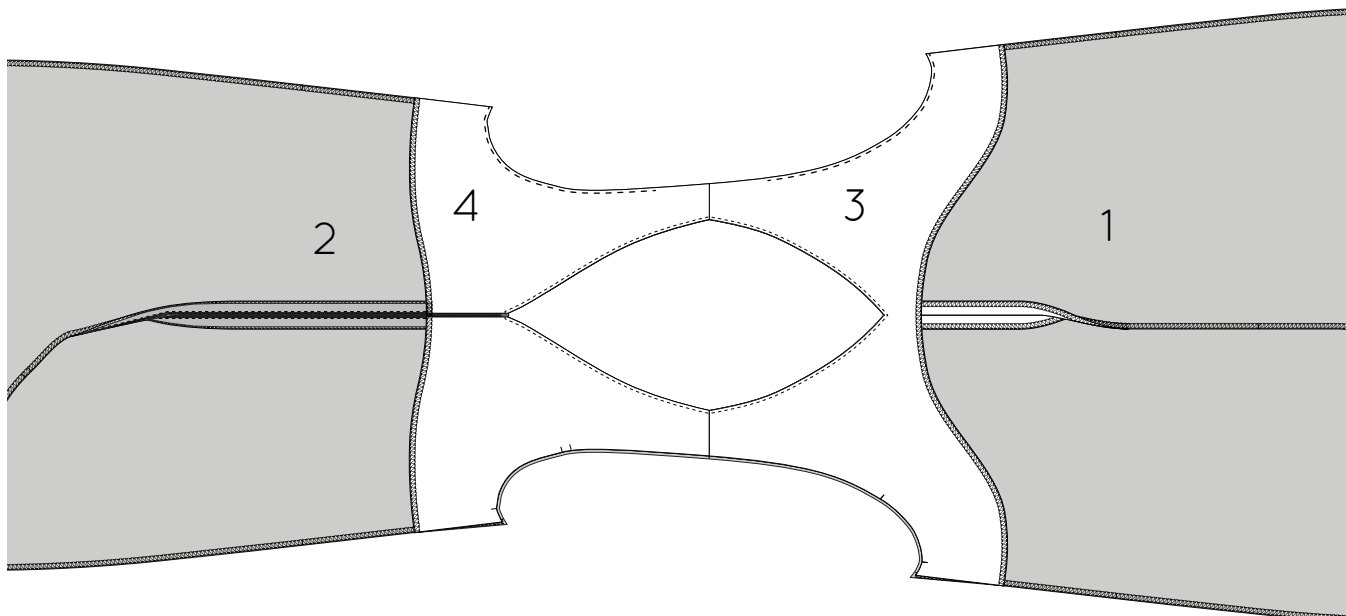
Stitch the armhole with a **1cm (3/8in)** seam allowance (being careful not to stitch through the rolled up fabric).



#### Step 24:

Grade the seam allowance before clipping into the curve.

Gently pull the rolled section out through one side of the facing to turn jumpsuit and facing right side out.

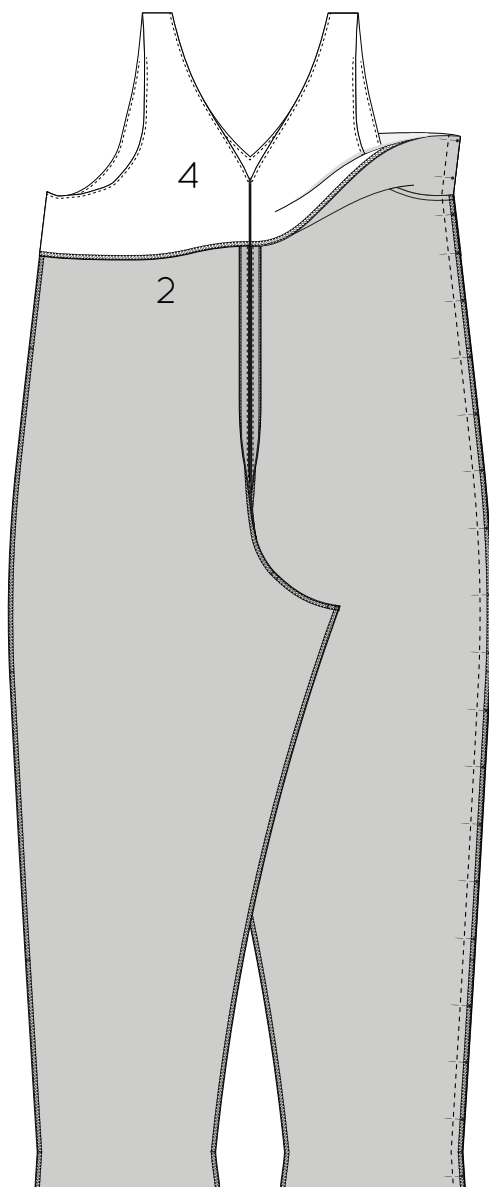


#### Step 25:

As the facing is already attached at the neckline, you won't be able to understitch the armhole all in one go. Understitch the armhole seam allowance to the facing by lifting the facing on the front armhole and sewing in from the side seam on the front and getting as close to the shoulder seam as possible.

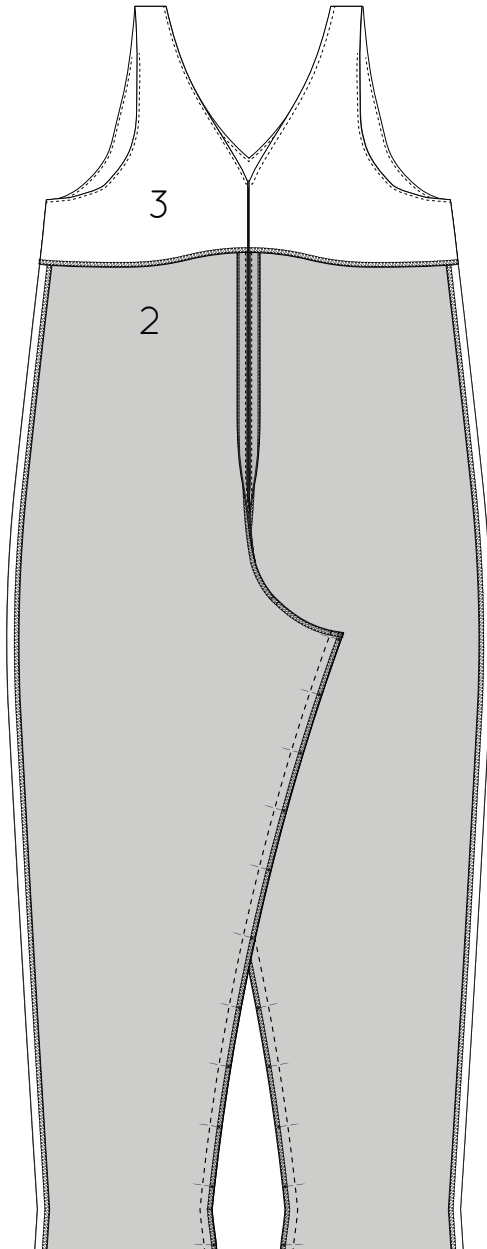
Repeat for the back armhole by stitching from the back side seam around the armhole towards the shoulder seam.

Repeat the previous 6 steps to attach the jumpsuit and facing on the other side. Give the neckline and armholes a good press.



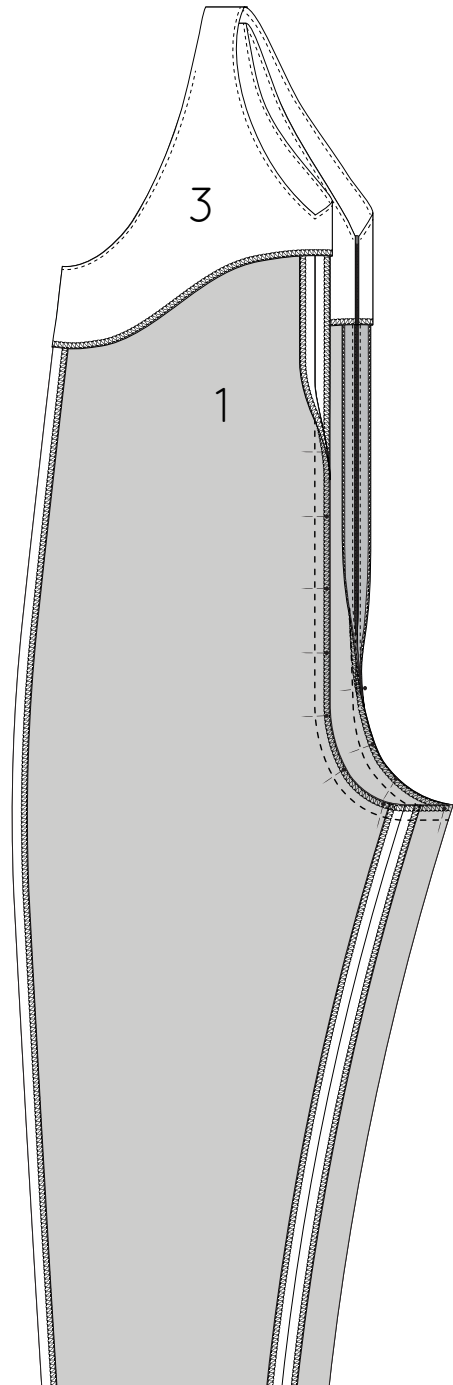
#### Step 26:

With the jumpsuit inside out, flip up the facing so that you can access the side seam of both the jumpsuit and the facing. Pin the side seam of the facing and continue down the side seam of the jumpsuit. Stitch the side seam with a **1.5cm (5/8in)** seam allowance and press the seam allowances open. Repeat on the other side.



**Step 27:**

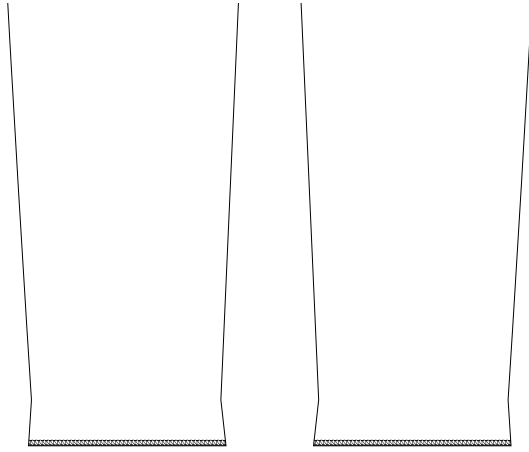
Pin the front inner leg seam to the back inner leg seam on each leg. Stitch with a **1.5cm (5/8in)** seam allowance. Press seam allowances open.



**Step 28:**

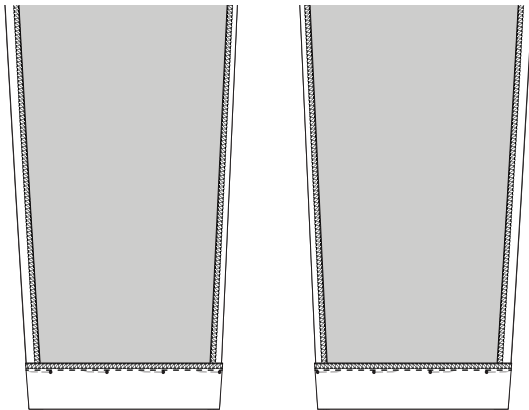
Turn one pant leg inside out and insert it into the other pant leg, so that they have right sides together. Pin the crotch seam from the bottom of the zip around to the point where you stopped stitching at the centre front earlier on.

Stitch with a **1.5cm (5/8in)** seam allowance, before pressing the seam open.



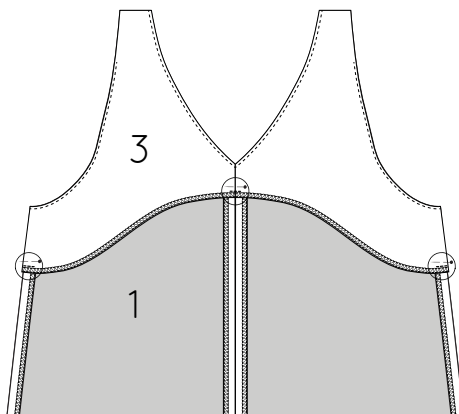
**Step 29:**

Finish each pant leg with your chosen method.



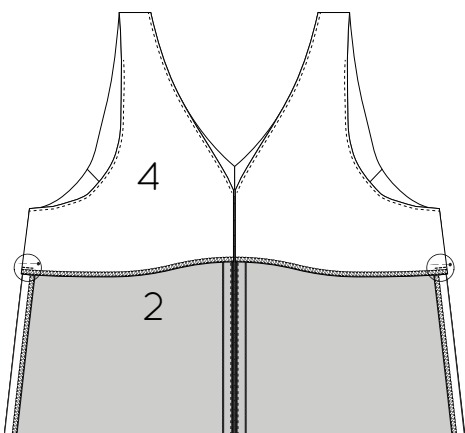
**Step 30:**

Fold the hem up by 5cm (2in) and stitch close to the edge.



**Step 31:**

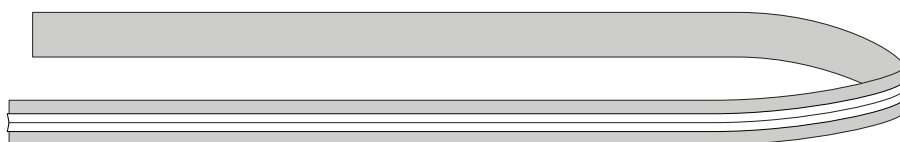
With the garment inside out, give the facing a good press before pinning the facing in place at the side seams and centre front. Take a hand needle and thread and attach the facing to the seam allowance at each point, to prevent the facing from flipping up.





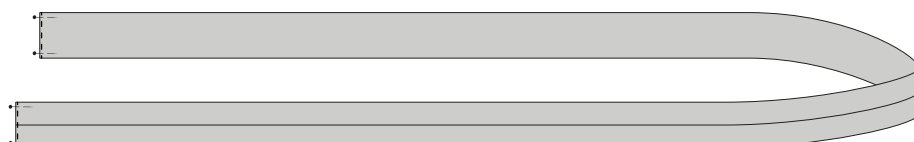
**Step 32:**

Take the WAIST SASH [5] and fold in half lengthways, with right sides together. Press. Stitch with a **1cm (3/8in)** seam allowance.



**Step 33:**

Roll the seam so it is in the centre and press the seam allowance open.



**Step 34:**

Turn the sash right side out and turn in each end by **1cm (3/8in)** and press. Stitch close to the edge to enclose.

Give your jumpsuit a good press and you are ready to wear it!

**We'd love to see what you made!**

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# glossary

**BASTE** - Sew temporary stitches to hold pieces in place before sewing permanently. Basting can be done by hand or machine (on a long stitch length). Consider using a contrast thread when basting to make stitches easier to remove later.

**CLIP** - Snip into the seam allowance (perpendicular to the raw edge) getting close to the stitch line, to help open up curved seams or corners.

**DRILL HOLE** - Drill holes are small holes marked on a pattern, often used to indicate a dart point or other design features, such as the location of patch pockets, belt loops or pivot points (any feature that is located in an area where you are unable to notch a seam).

**FINISH** - Neaten the raw edges of your project using an overlocker, zigzag stitch or binding.

**GRADE SEAM ALLOWANCES** - Minimise bulk by trimming down raw edges in varying widths. Trim down the seam allowance that will sit closest to the body close to the stitch line. Trim the next layer, leaving a slightly wider seam allowance than the first, and so on until all layers are trimmed back.

**INTERFACING** - A (normally) fusible fabric that is used to stiffen or strengthen fabric, in certain parts of a garment. It is often used in collars, cuffs and button plackets.

**NOTCH** - A notch is a small cut in the fabric that helps guide you while you are sewing. It can be used to indicate seam allowance, dart arms, the location of design details or indicate key points on the pattern (like the centre front or centre back). Notches are also used to indicate balance points (points on your pattern that help you sew the right pieces together, as well as help you when you are sewing long or curved seams).

**PRESS** - Use a hot iron to press seams flat, using steam (if appropriate for your fabric).

**RIGHT SIDE / WRONG SIDE** - The right side of the fabric is the side you would like to see on the outside of the finished garment, while the wrong side is the side that will be hidden inside the garment.

**SEAM ALLOWANCE** - The space between the stitching line and the raw edge of the fabric. The seam allowance varies throughout this pattern, depending on the seam. For example, larger seam allowances are required for centre back and side seams, while smaller seam allowances are required for curved seams so that you can achieve a clean finish.

**STAY STITCH** - "Staystitching" is a line of stitching inside the permanent stitch line (so it remains hidden inside the seam allowances) that is used to reinforce curved and bias cut seams, so that they do not stretch or distort during the sewing process.

**TRIM** - Cut back a seam allowance to make a seam easier to manage or less bulky.

**UNDERSTITCH** - Stitch the seam allowance to a facing or binding, close to the seam edge. This helps the facing (or binding) roll to the inside of the garment, preventing it from being seen on the outside of a garment.

# Woohoo, you have finished your jumpsuit!

We'd love to see what you made!

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**Pattern is for individual use only**

You can make the garment for yourself or as a gift. It does not entitle you to print, copy or distribute the pattern to others, whether you profit from it or not, nor to sell garments that you have made from this sewing pattern.

Thank you for respecting the rights of the designer.

WOMENSWEAR + SEWING PATTERNS  
in the  
**folds**  
HANDMADE IN SYDNEY

© Emily Hundt

|       |        |
|-------|--------|
| _____ | SIZE A |
| _____ | SIZE B |
| _____ | SIZE C |
| _____ | SIZE D |
| _____ | SIZE E |
| _____ | SIZE F |
| _____ | SIZE G |
| _____ | SIZE H |
| _____ | SIZE J |
| _____ | SIZE K |

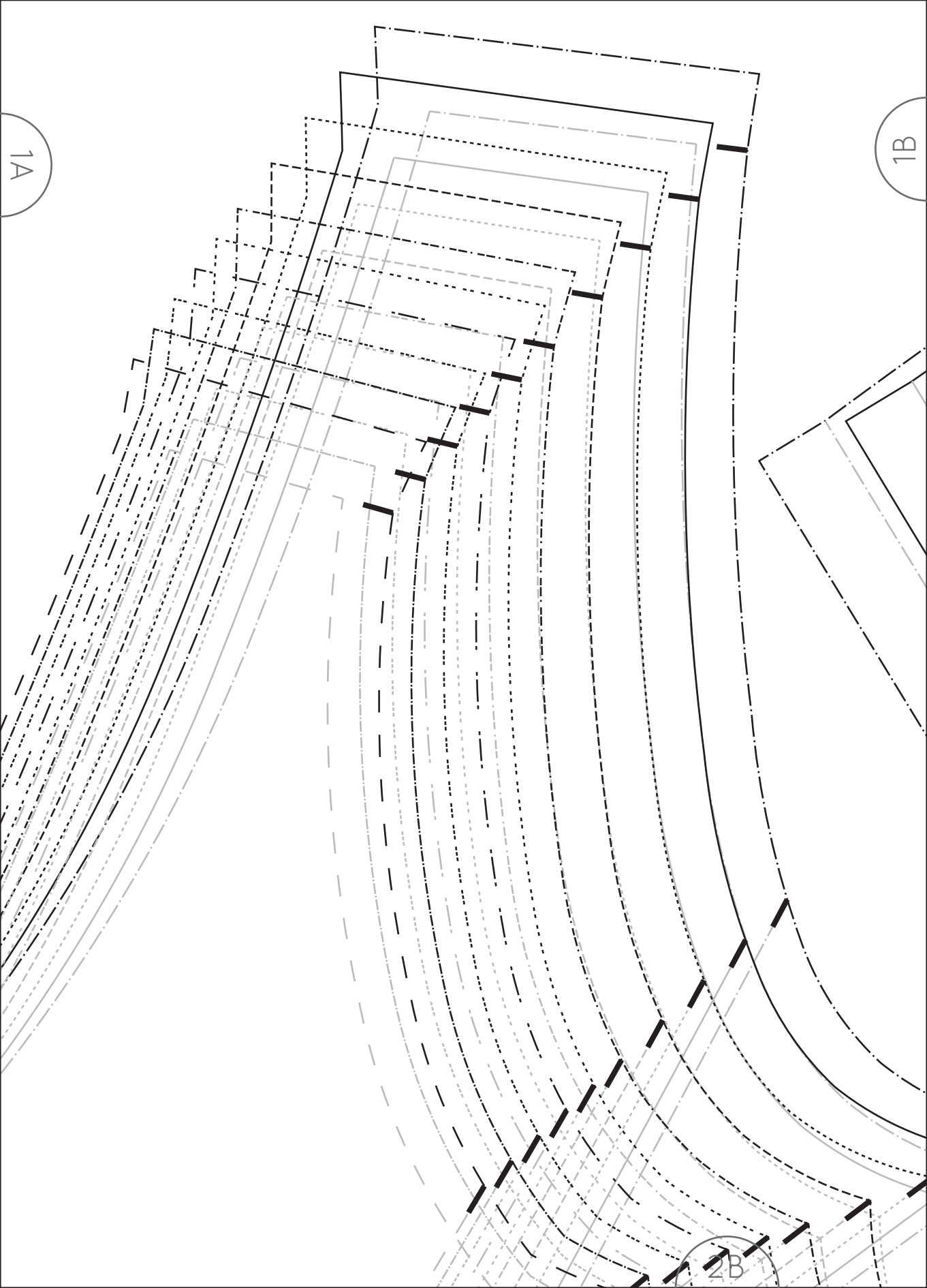


1 inch x 1 inch

5cm x 5cm

1A

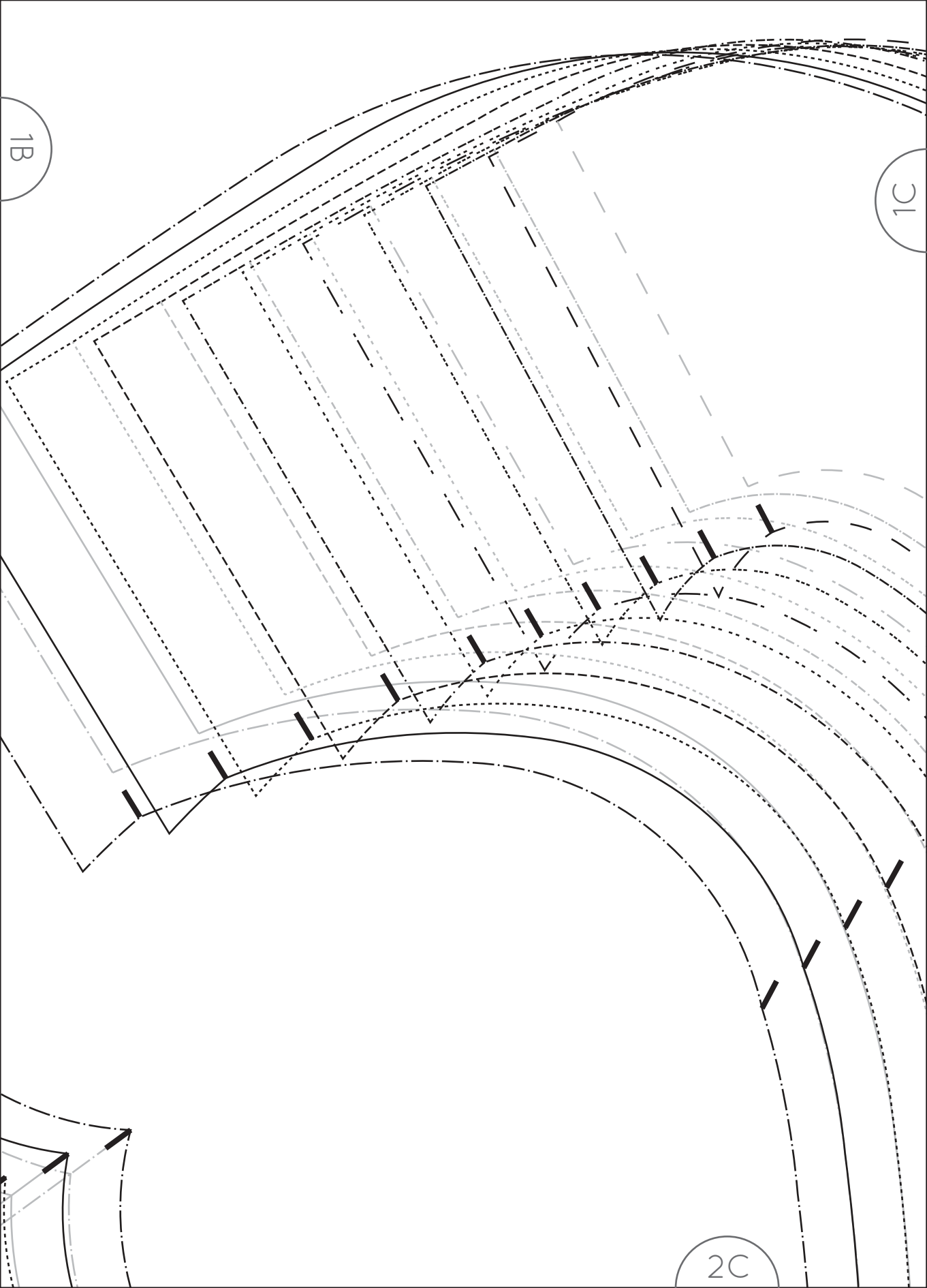
2A

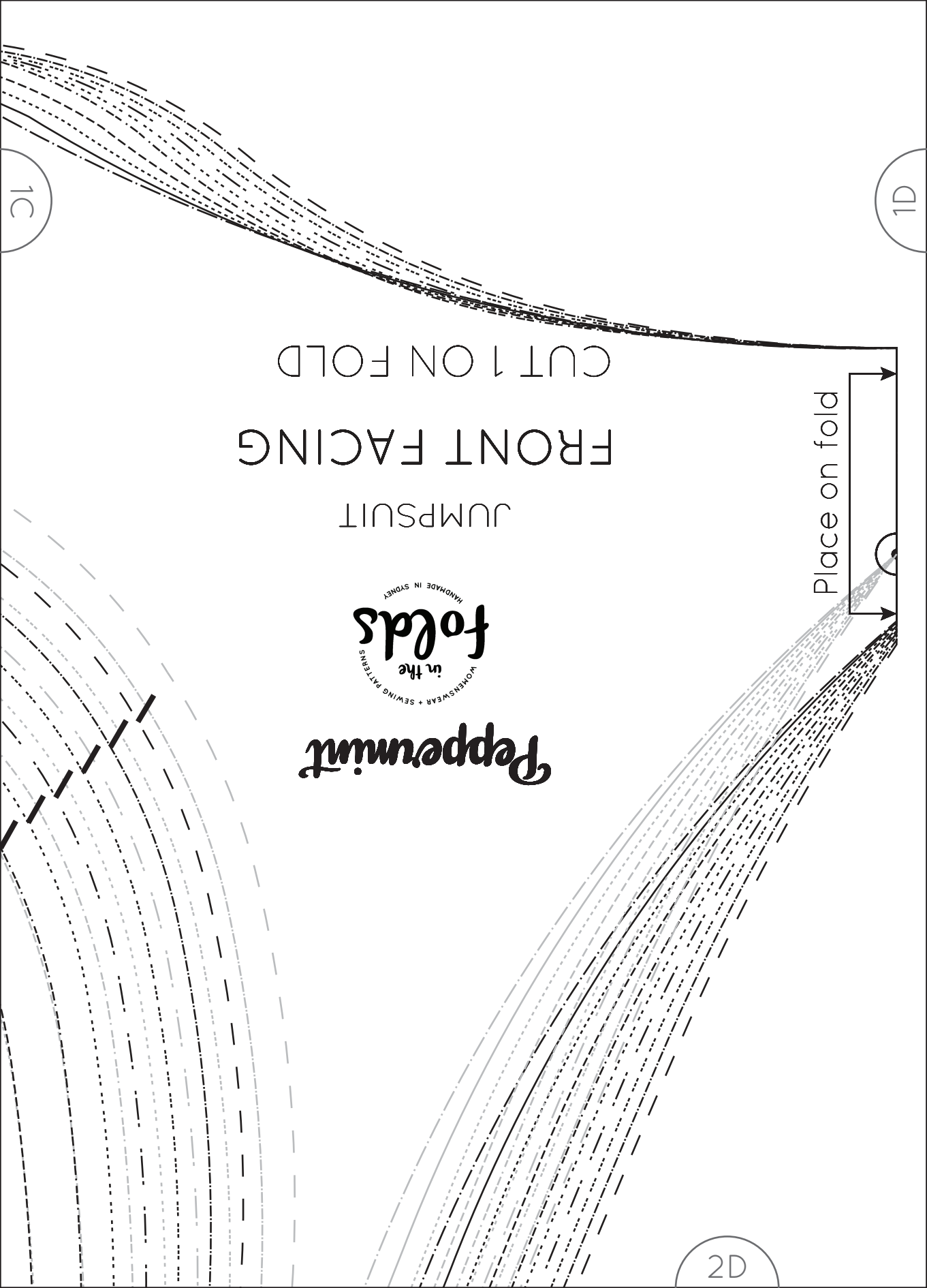


1A

1B

2B





1C

1D

JUMPSUIT  
FRONT FACING  
CUT 1 ON FOLD

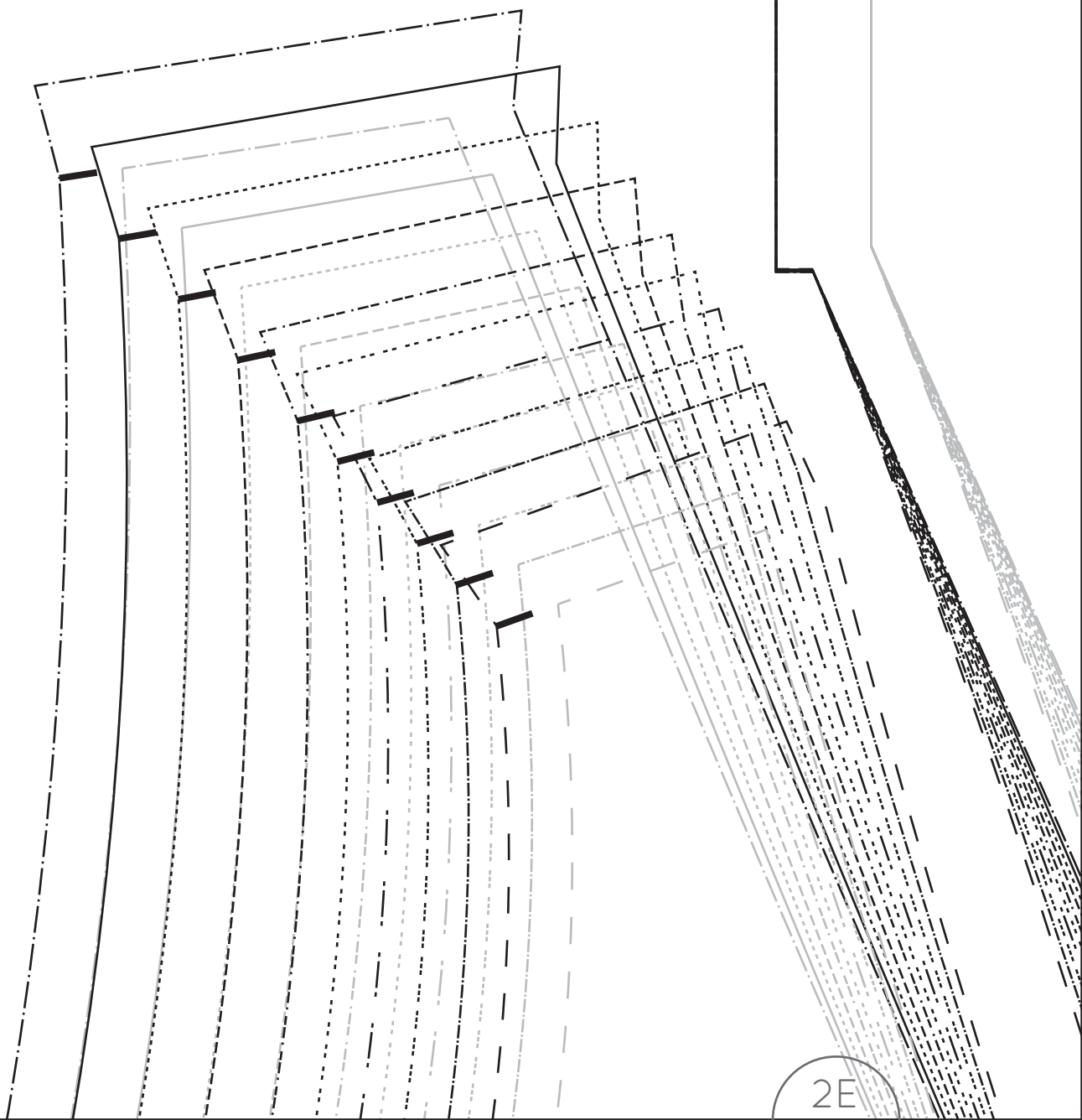
Peppermint  
in the folds  
WOMENWEAR + SEWING PATTERNS  
HANDMADE IN SYDNEY

Place on fold

2D

1D

1E



2E



CUT 1 PAIR

BACK FACING

JUMPSUIT

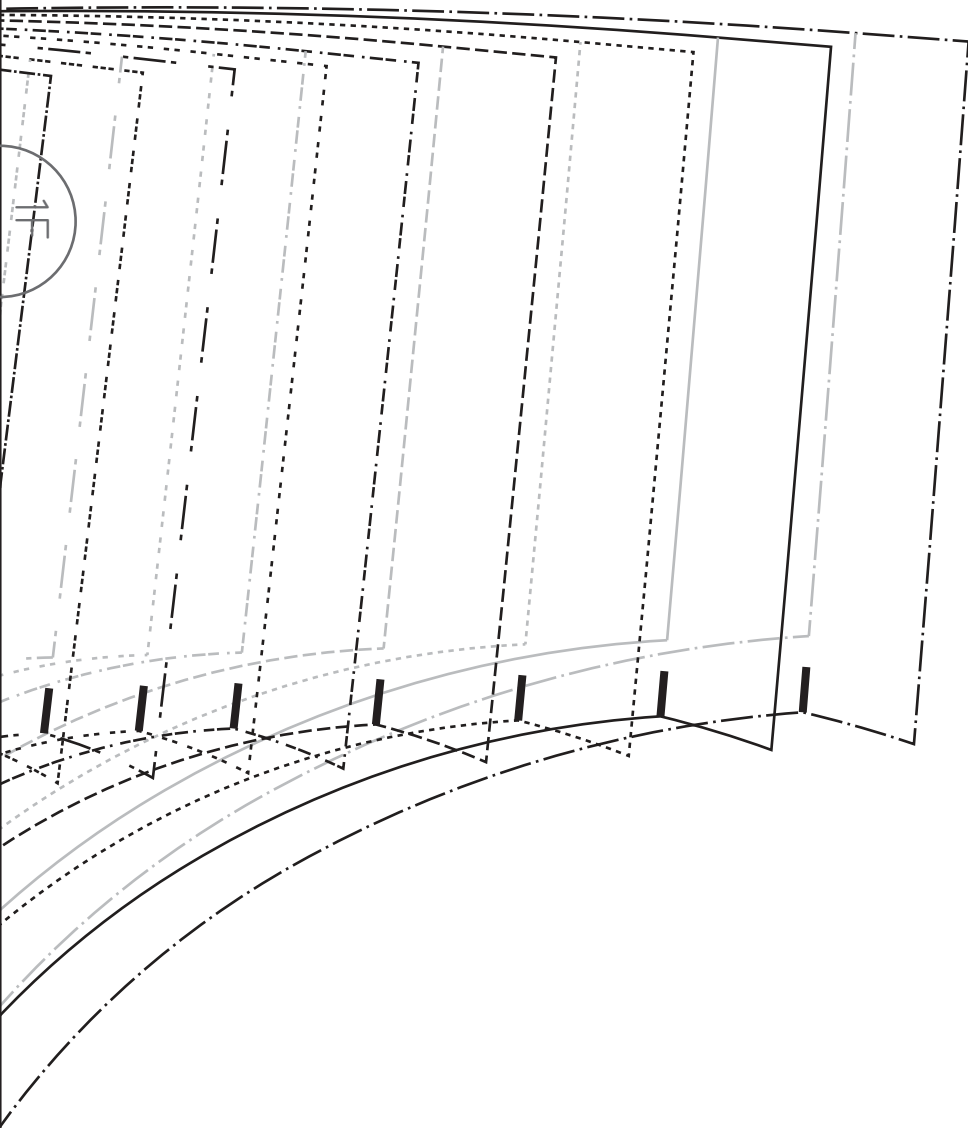
Peppermint  
in the  
folds  
WOMENWEAR + SEWING PATTERNS  
HANDMADE IN SYDNEY

Grainline

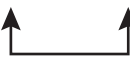
1E

1F

2F



## PATTERN SYMBOL KEY

|                                                                                   |                                                           |
|-----------------------------------------------------------------------------------|-----------------------------------------------------------|
|   | notch                                                     |
|   | double notch<br>(indicates the back of the pattern piece) |
|  | drill hole                                                |
|   | cutting line                                              |
|   | stitch line                                               |
|   | grainline                                                 |
|   | place pattern on fold                                     |
|   | lengthen / shorten line                                   |
|   | direction to fold pleat                                   |

## SHARE YOUR MAKES



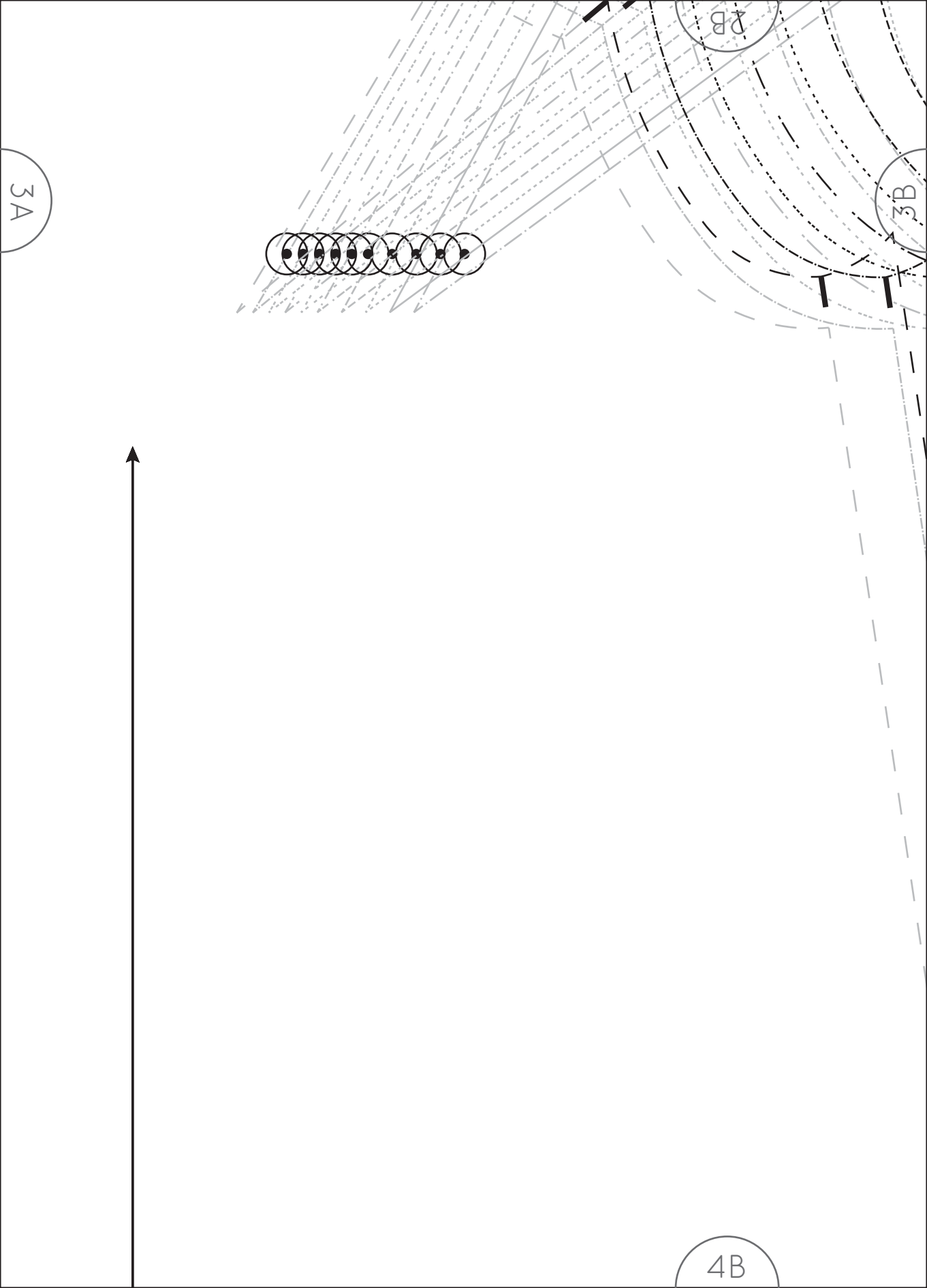
#peppermintsewandtell

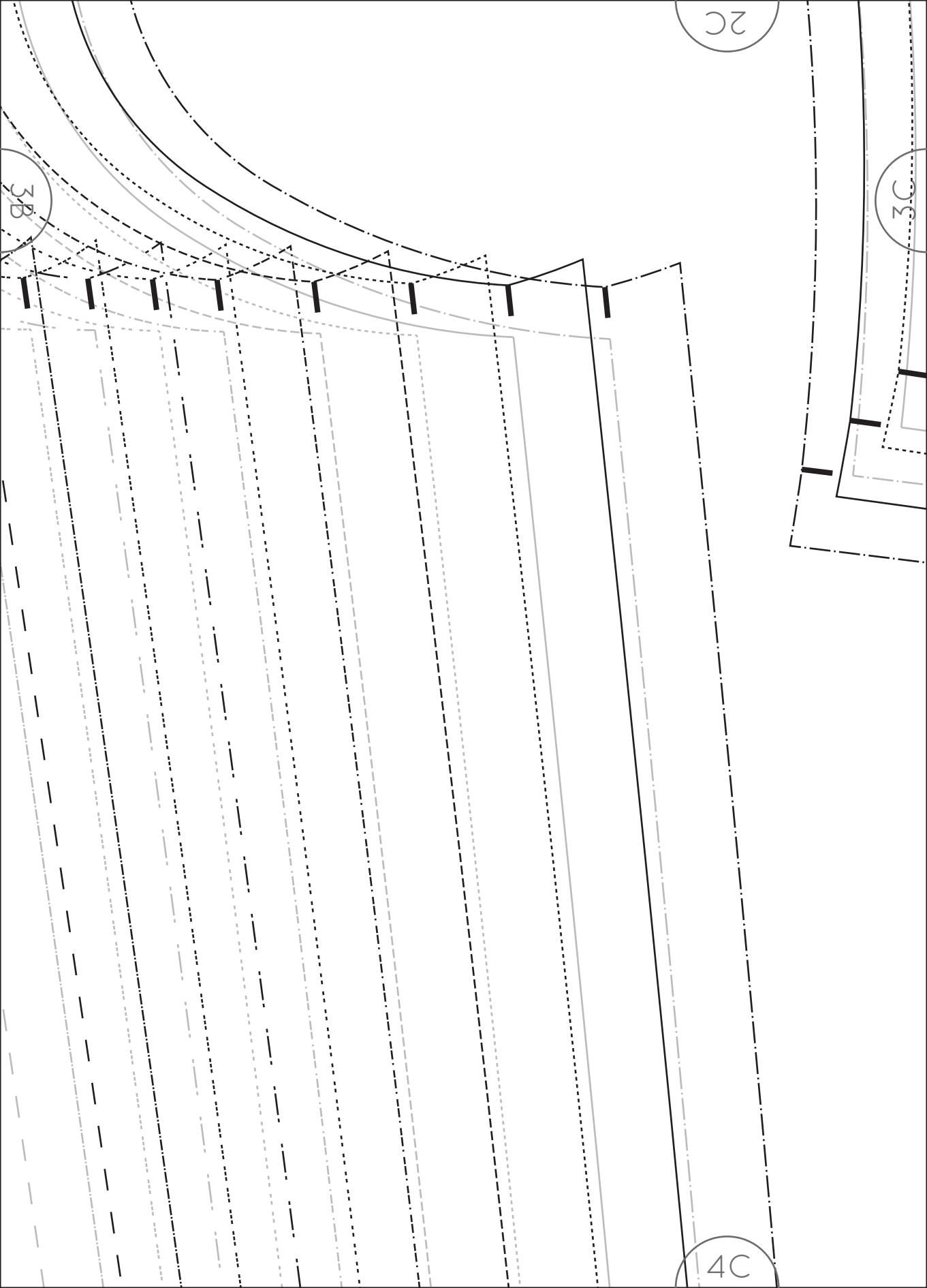
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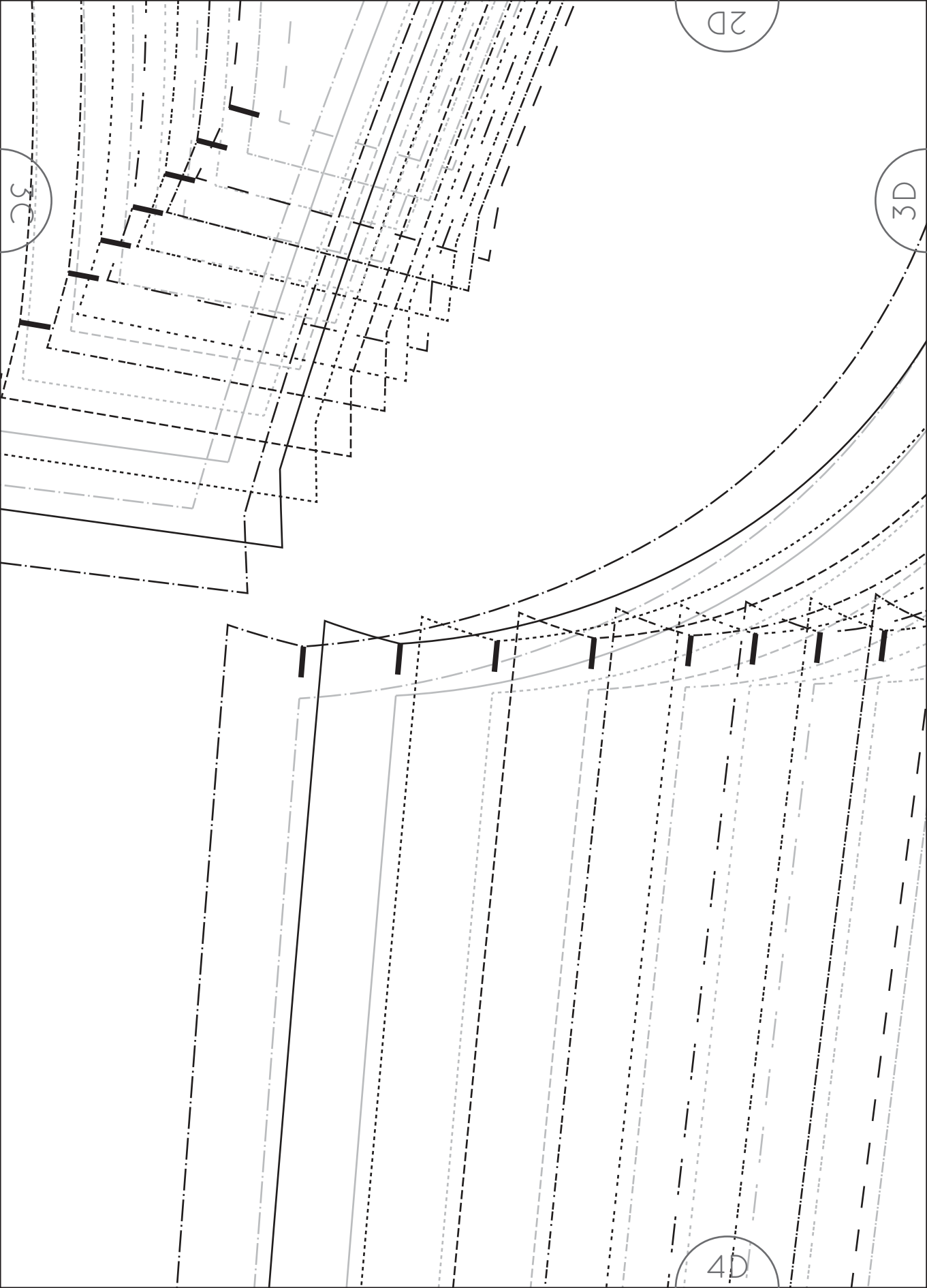
2A

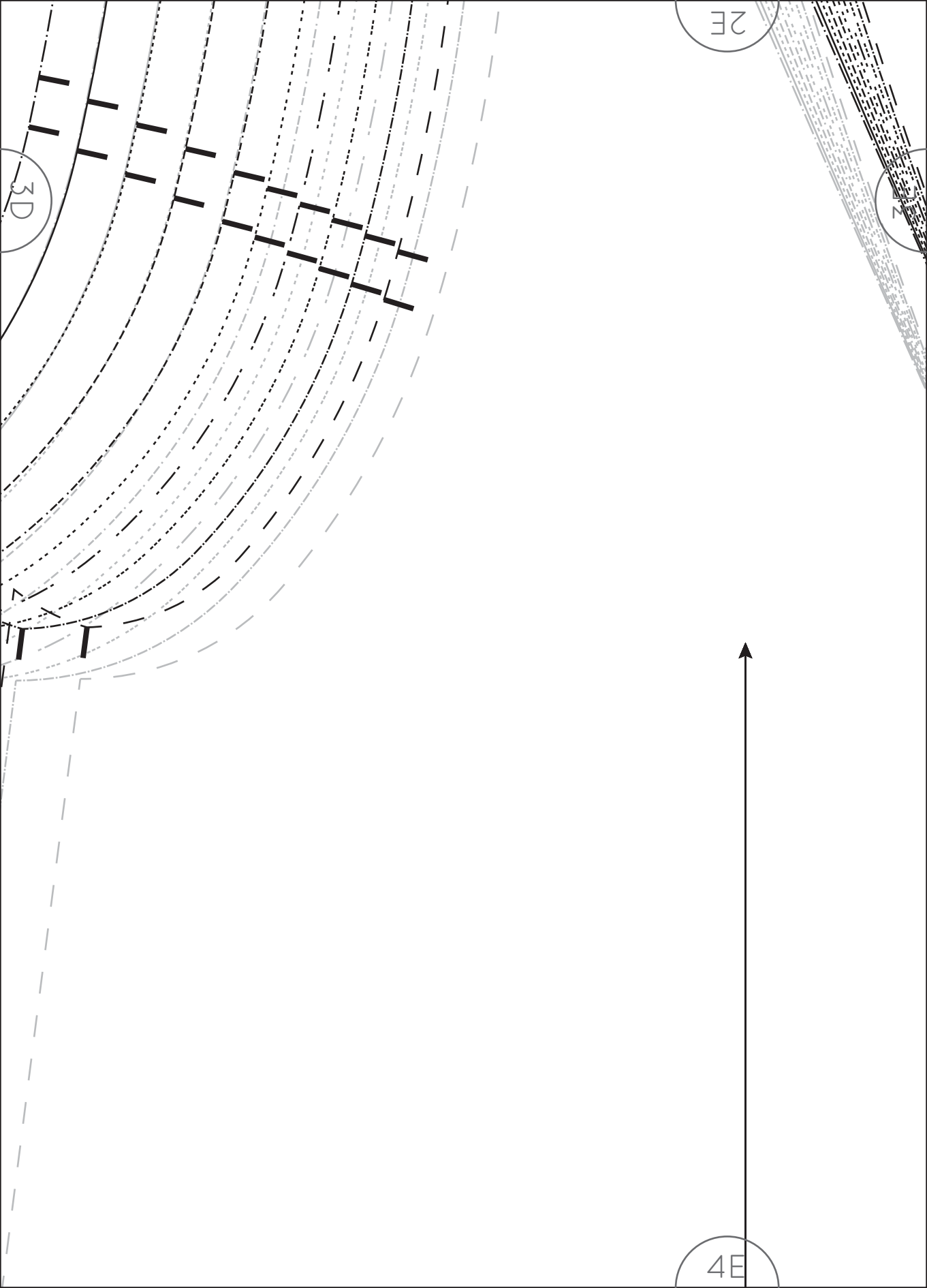
3A

4A







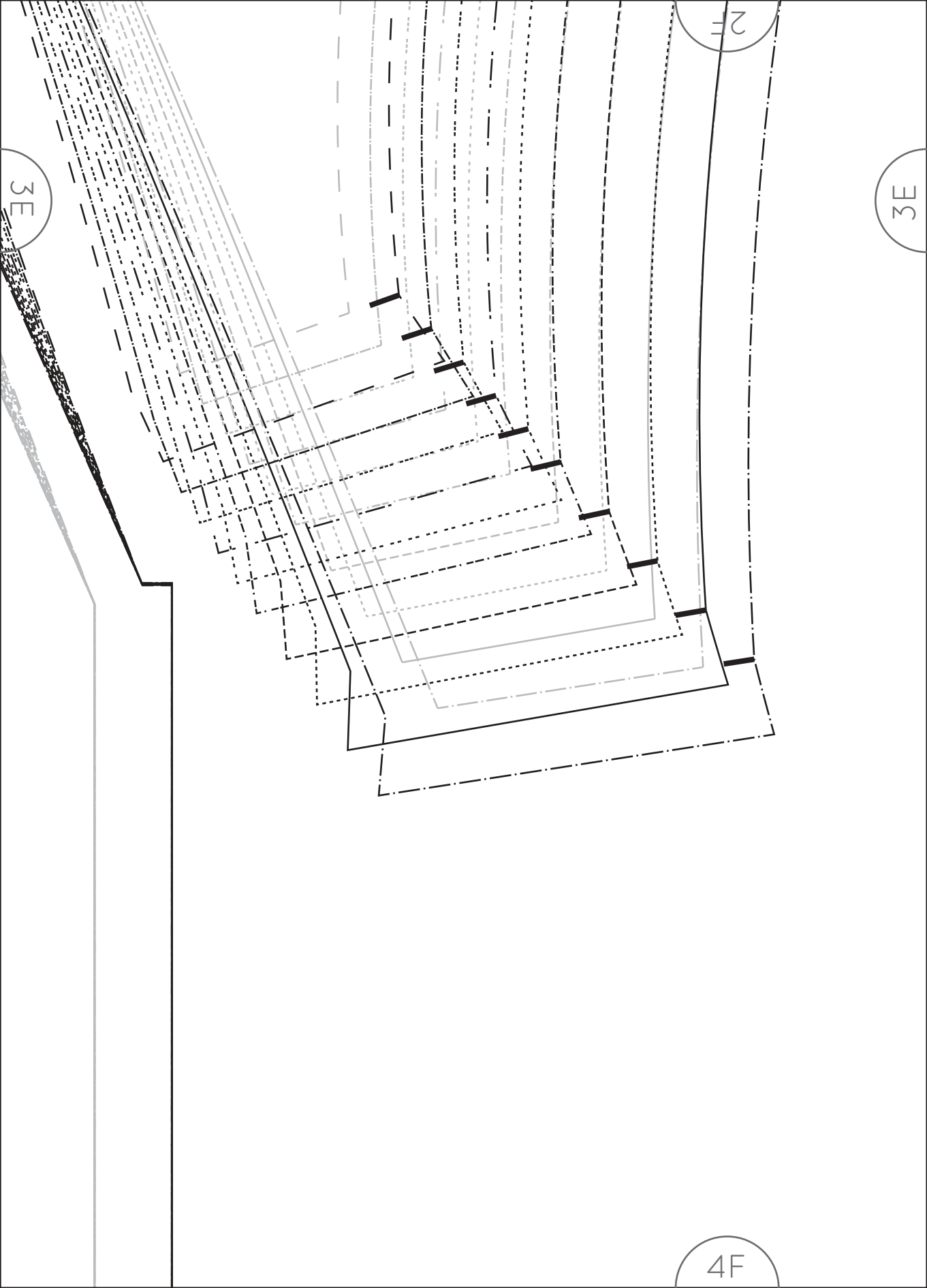


3E

2F

4F

3E



JUMPSUIT

WALIST SASH - PART A

CUT 1 ON FOLD

5A

4A

6A

1

4B

5B

LENGTHEN / SHORTEN LINE

Peppermint



JUMPSUIT

FRONT

CUT 1 PAIR

6B

5C

4C

5C

5B

5C

4D

5D

6D

4E

5E

5D

LENGTHEN / SHORTEN LINE

Peppermint



JUMPSUIT

BACK

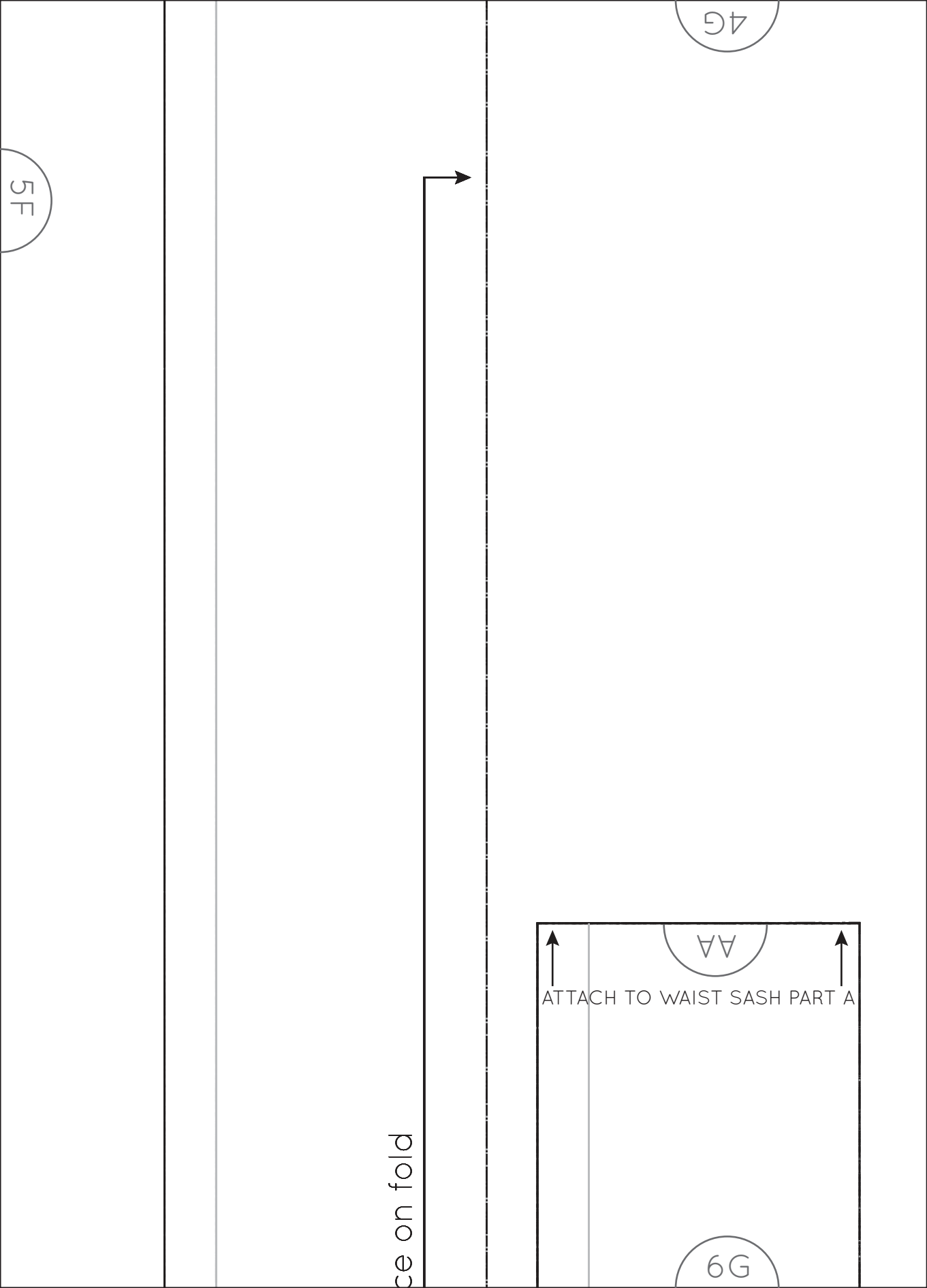
6E

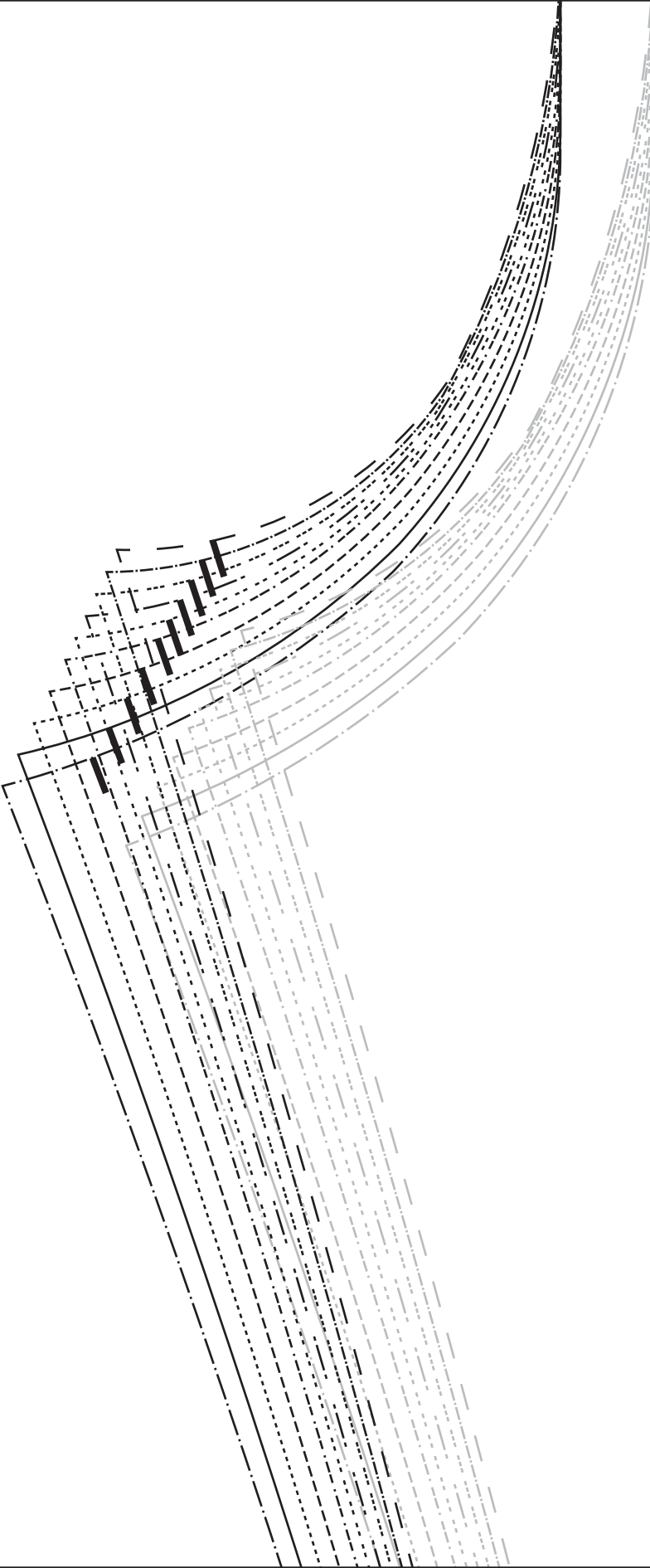
4F

5F

6F

5E





6A

7A

8A

7A

Grainline

6B

7B

8B

7C

39

8C

7B

7D

8D

9D

7C

CUT 1 PAIR

Grainline

8E

6E

7E

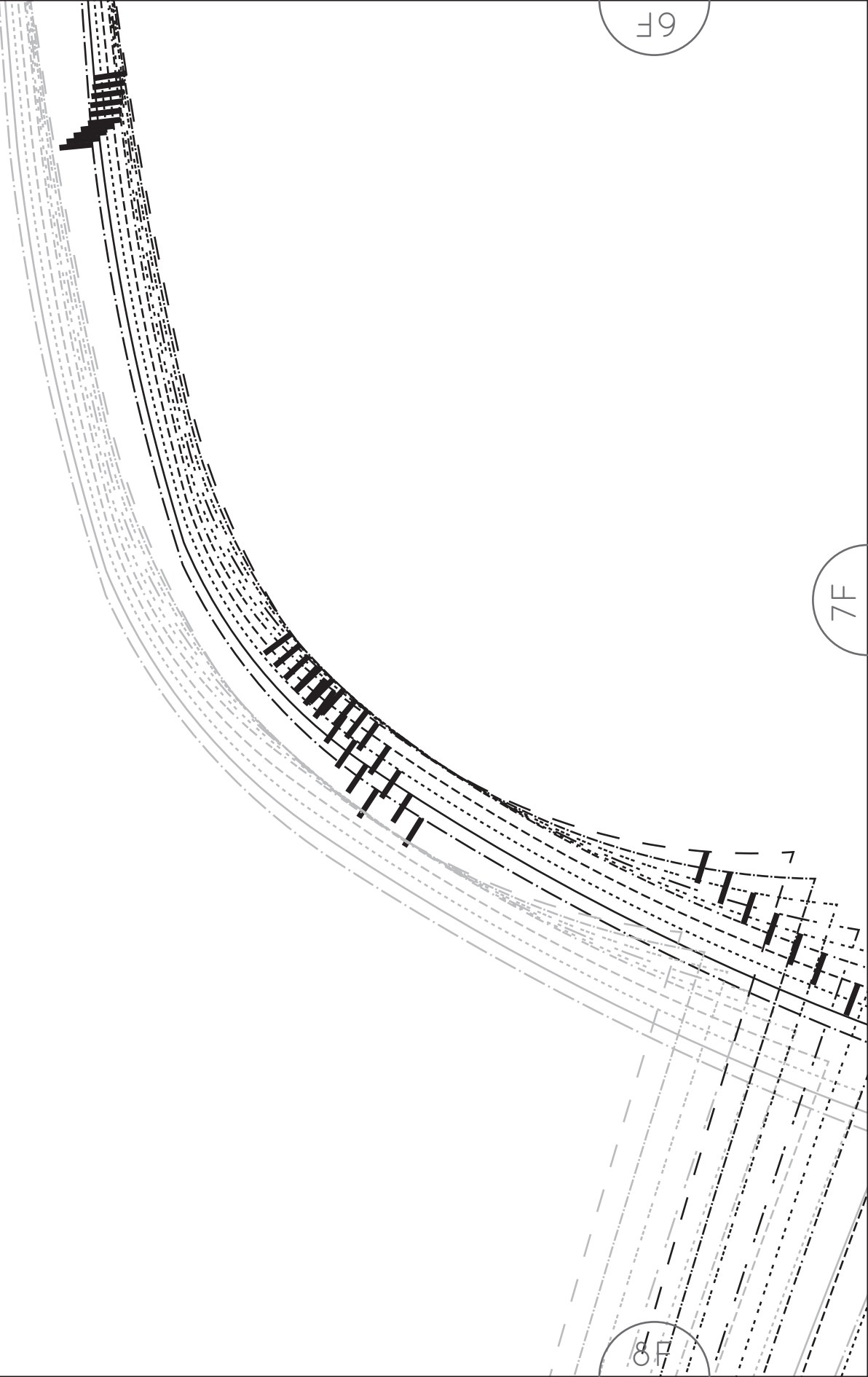
7D

6F

7F

8F

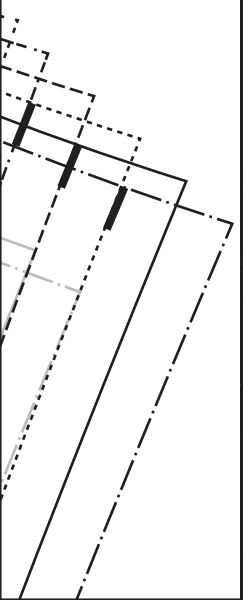
7E



## WAIST SASH - PART B

Pla

7F





|  |  |
|--|--|
|  |  |
|--|--|

9A

8B

9B

10B



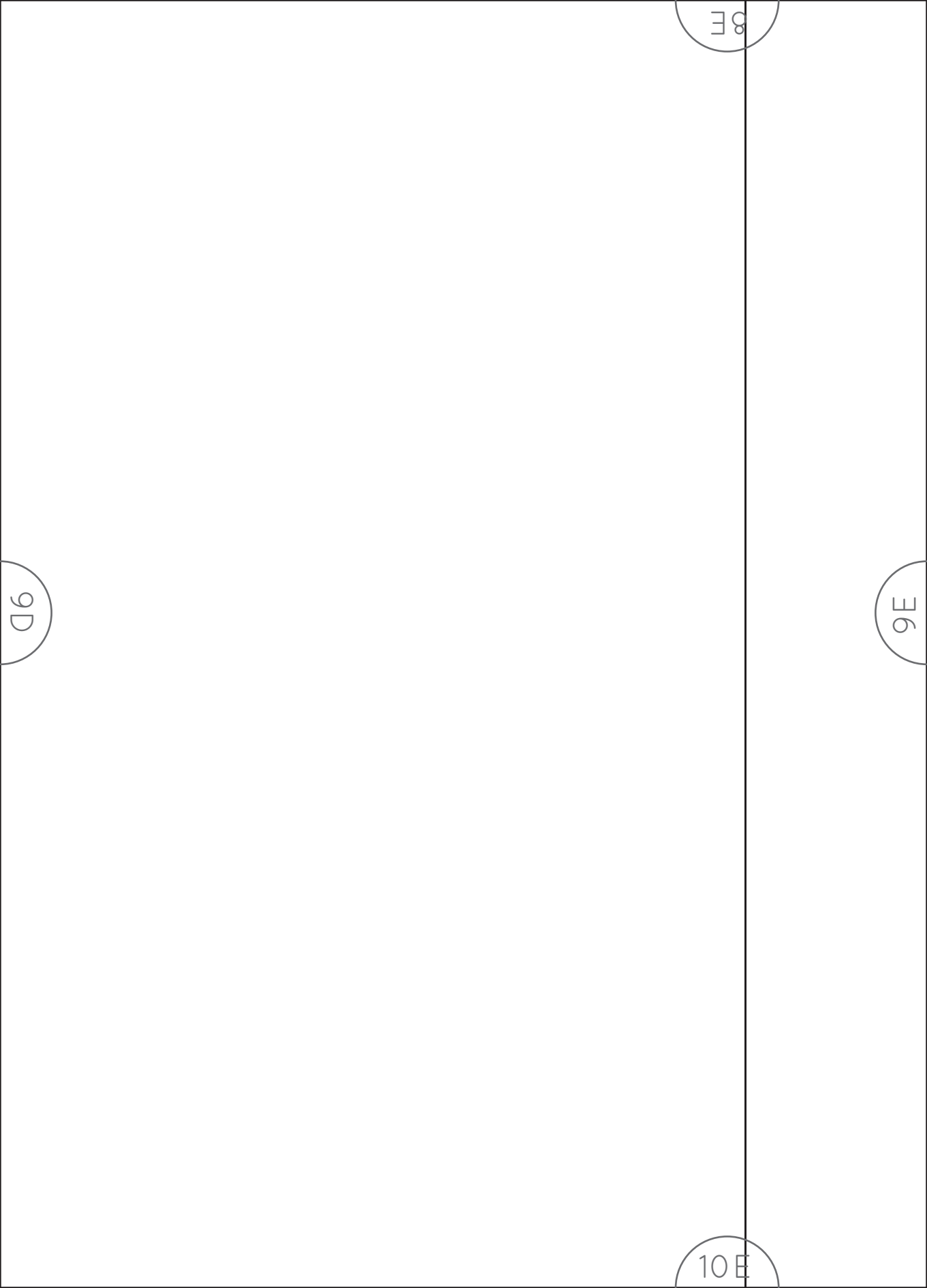
9C

Handwriting practice lines for section 9C. The section contains 10 rows of lines. Each row consists of a solid top line, a dashed middle line, and a solid bottom line. The first row includes a small vertical tick mark on the solid top line. The remaining 9 rows are empty for practice.

8D

9D

10D



9D

9E

10E

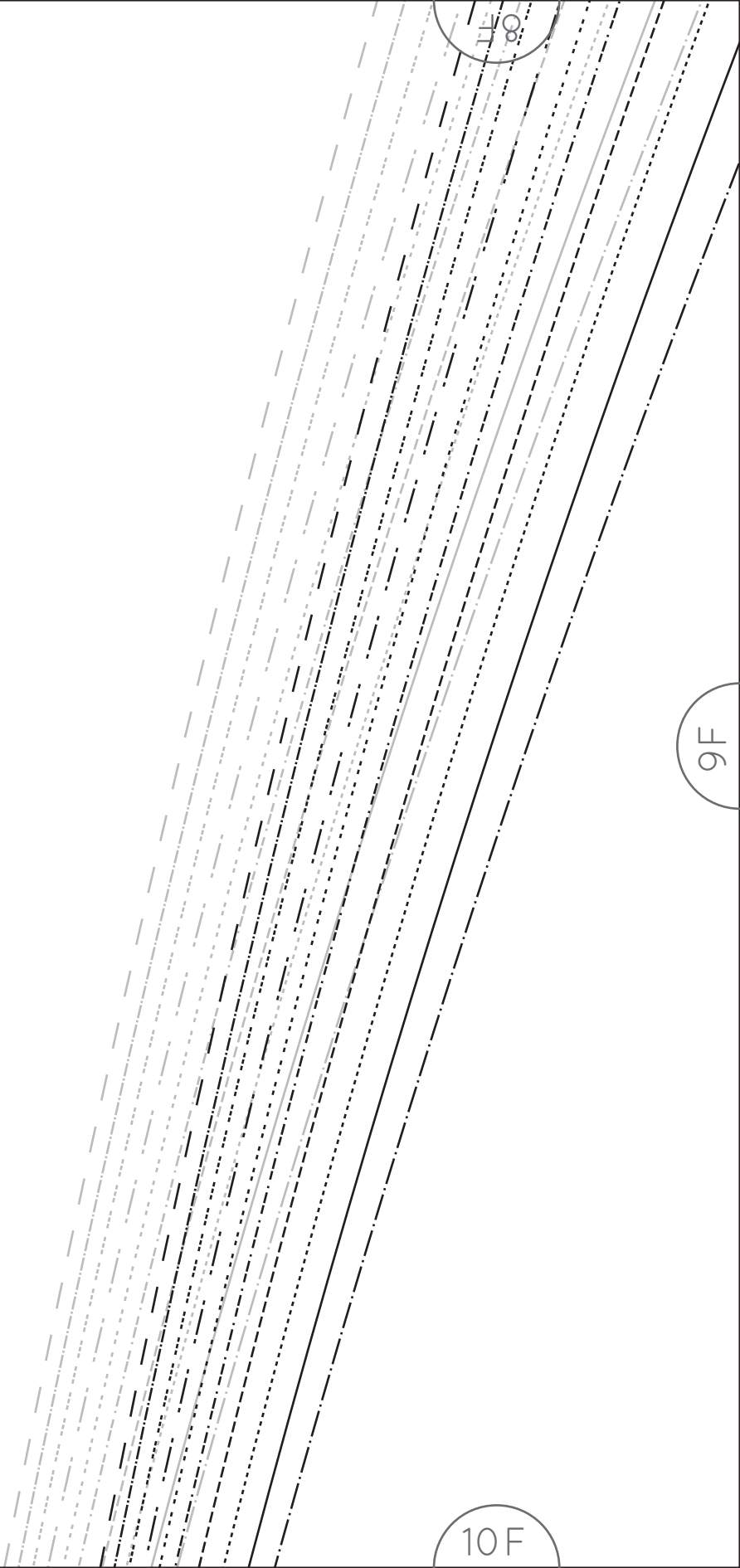
8E

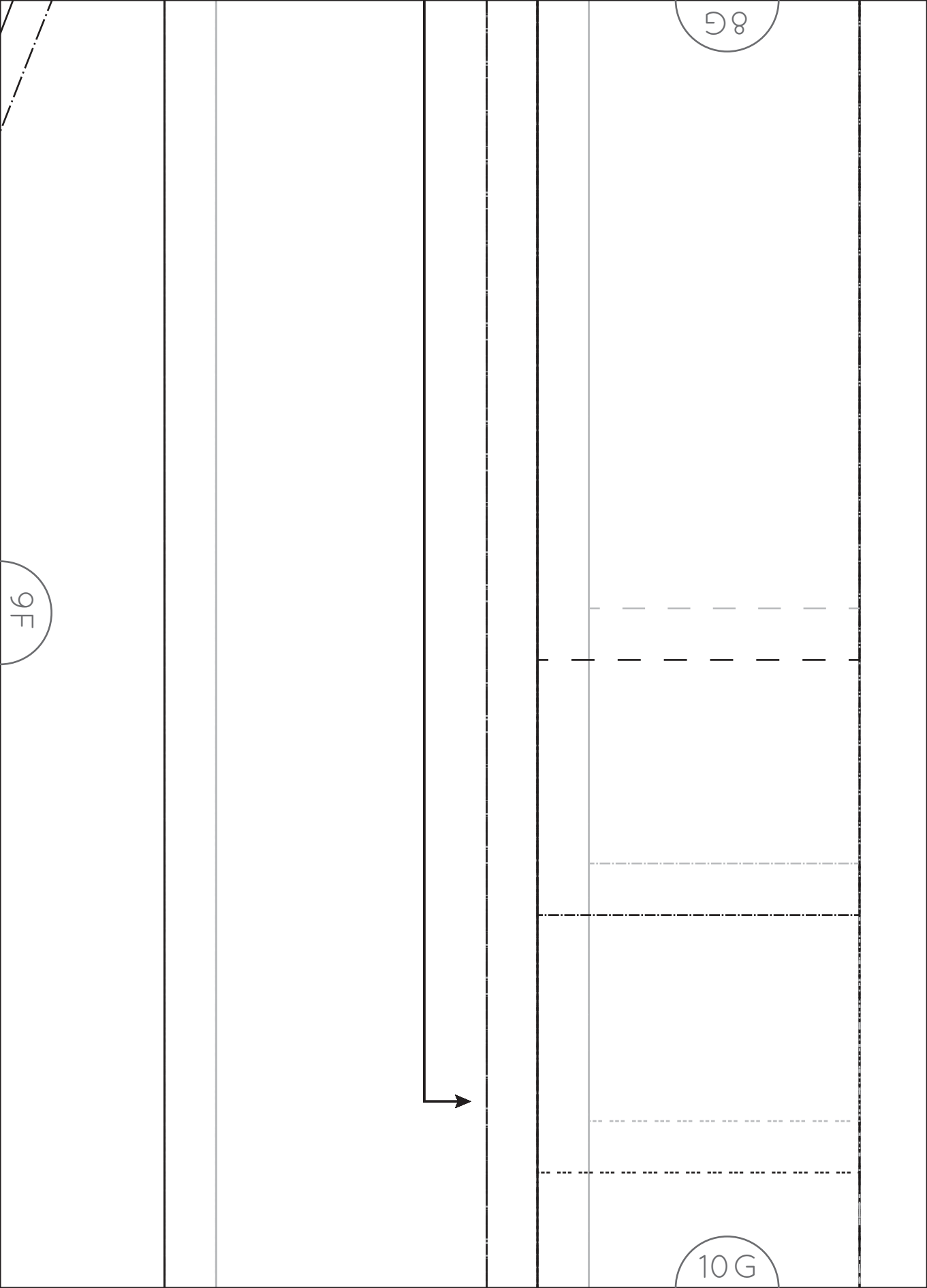
9E

9F

10F

80  
81





12A

12A

10B

LENGTHEN / SHORTEN LINE

11B



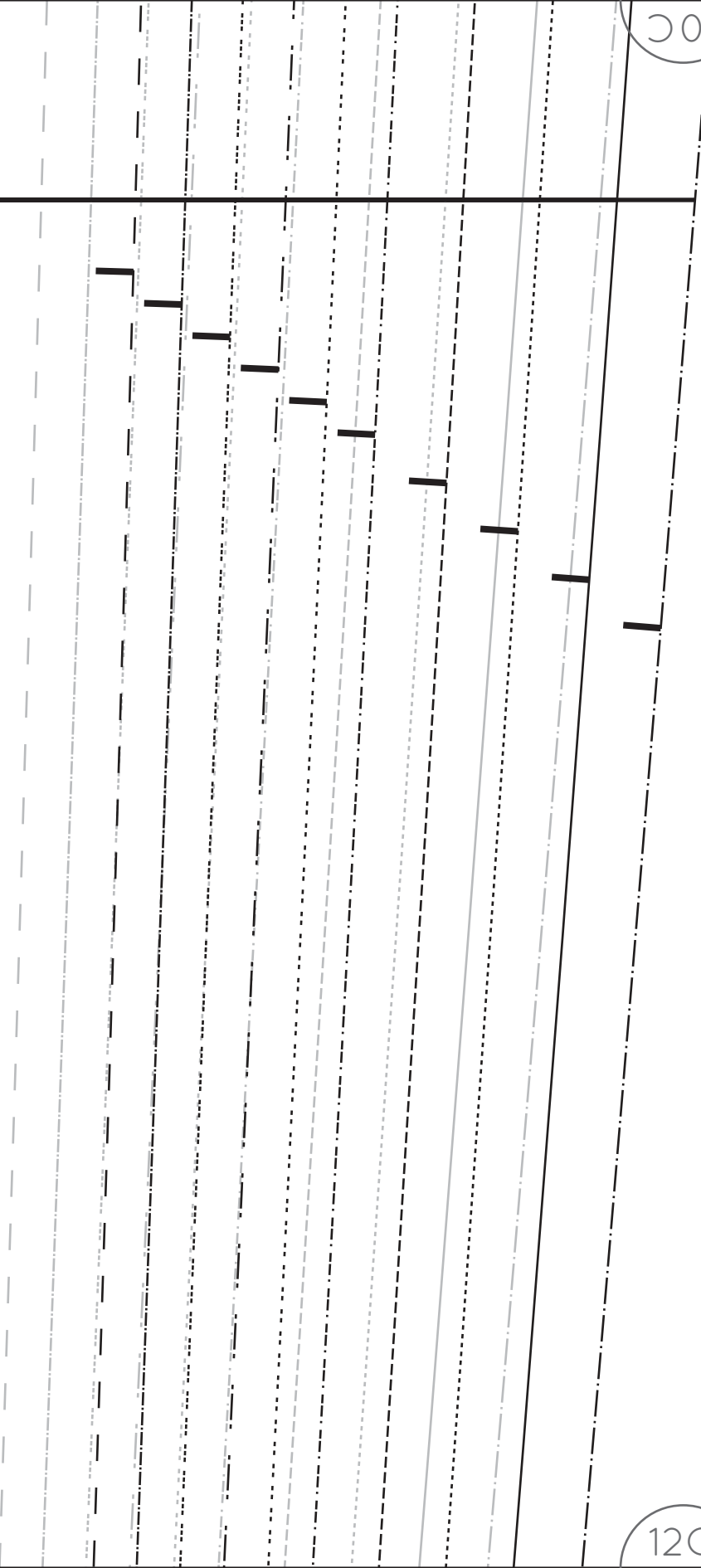
12B

11C

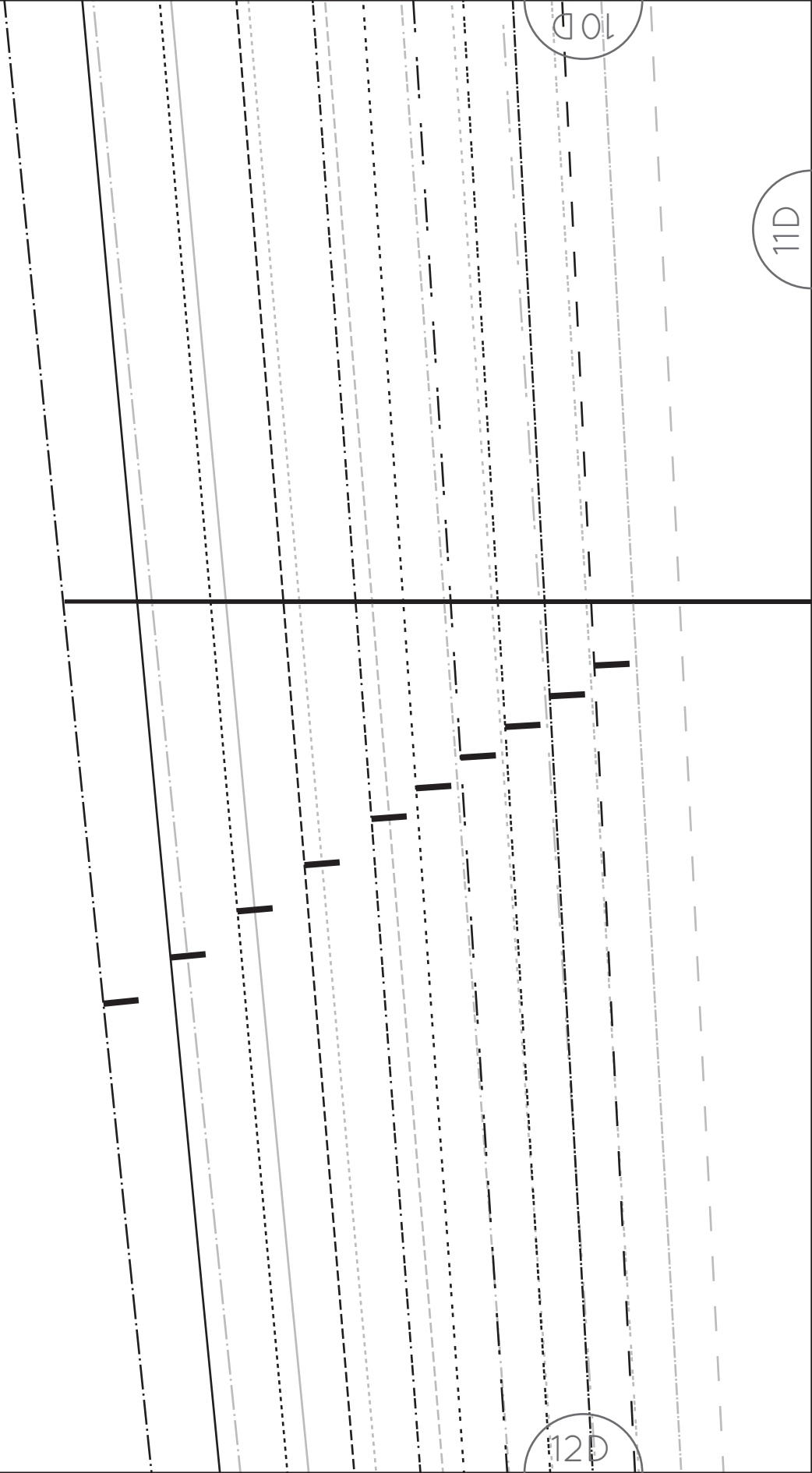
10C

12C

11B

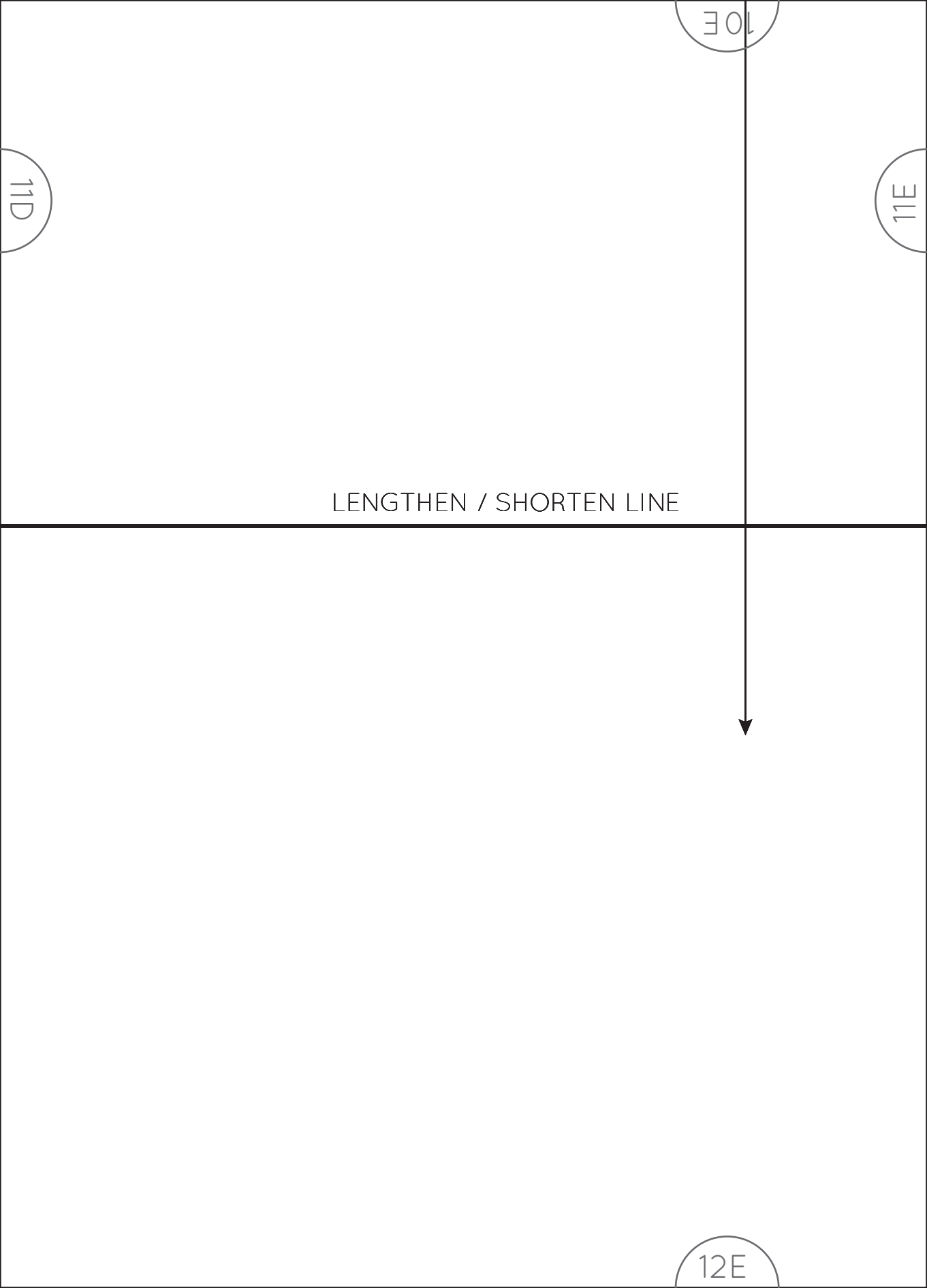


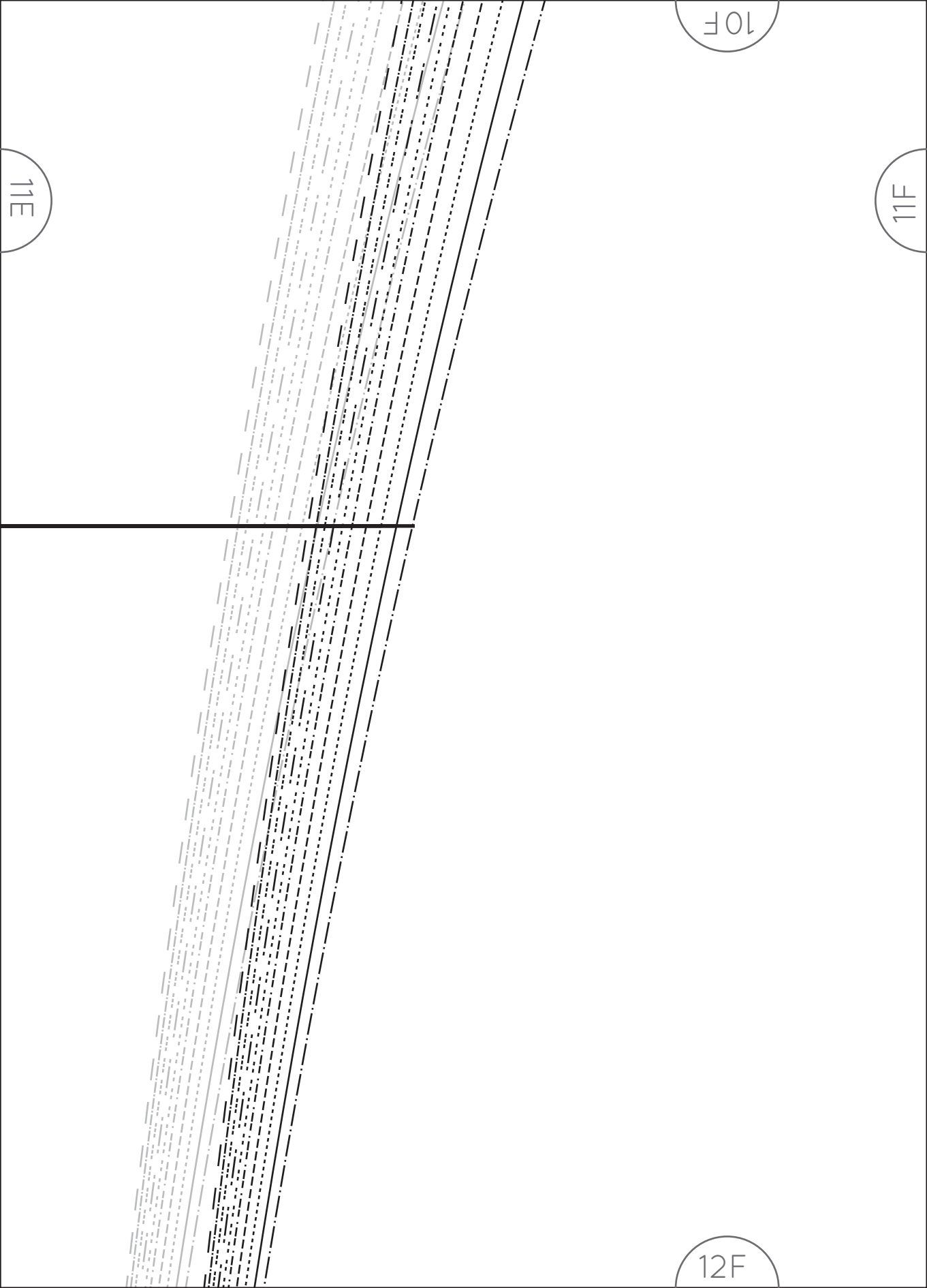
11C



11D

12D







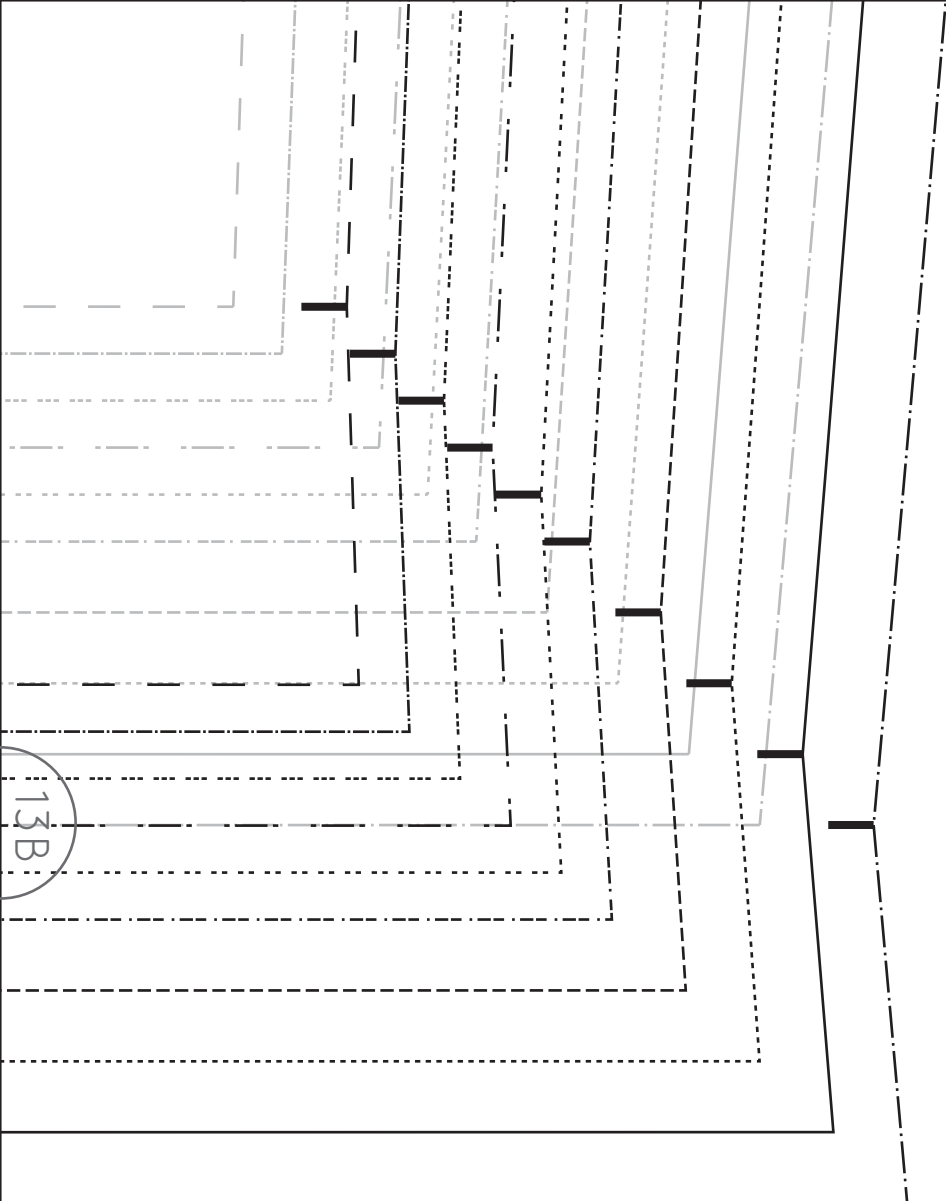
12A

13A



13B

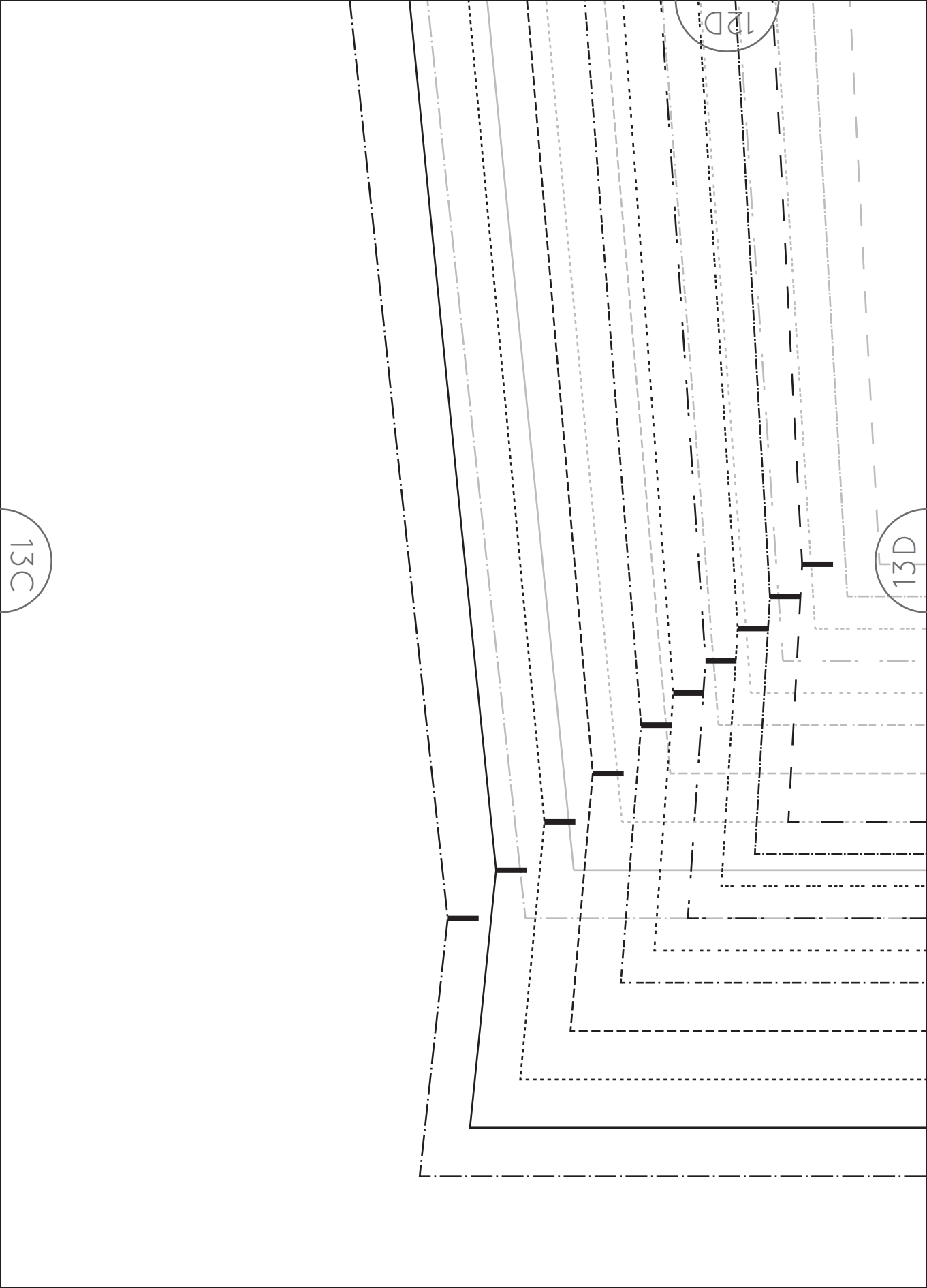
13A



13D

12D

13C



12E

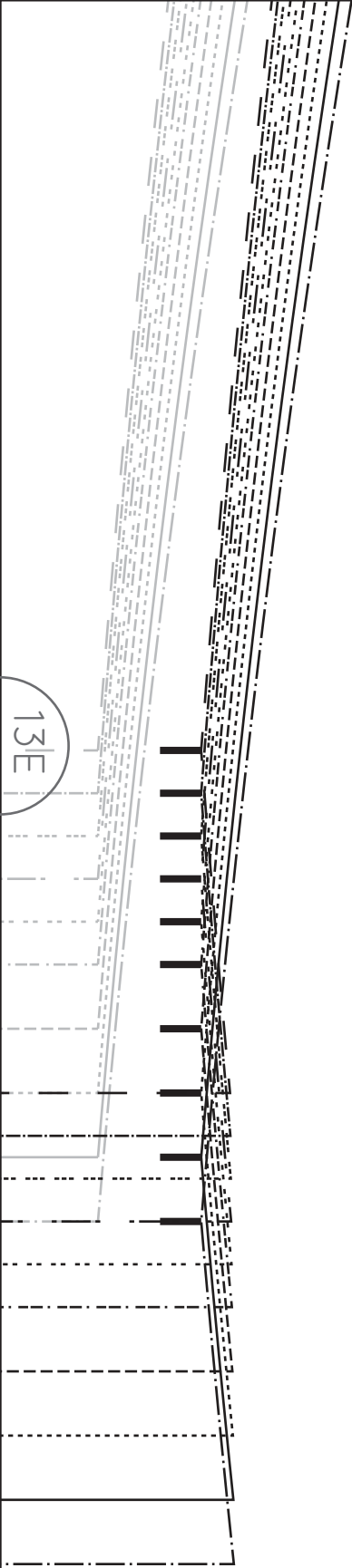
13E

13D

13F

12F

13E



13F

