

Sewing Pattern #4119156

Jumpsuits - Fitted - Regular armholes - Tight neckline - No collar - No front closure - Jumpsuit with waist seam - Semi circular pants - Ankle length - All front darts transferred to waist dart - Back waist dart - Flared sleeve with opening from armhole to hem

Note on seam allowances:

- If the pattern has double contour the seam allowances are included.
- If the pattern has single contour, the seam allowances are NOT included and need to be added when laying out the pattern.

Note on length of fabric:

Attention! The amount of fabric needed for your pattern is not included. It will depend on the selected pattern size, the width, and design of the fabric you plan to use. You are welcome to use the Online Fabric Estimator to make calculations. Alternatively, print all the paper patterns and lay them out at the width of fabric you plan to use (usually from 90 to 150 cm). Measure how much fabric you will need. Don't forget to account for pieces that need to be cut multiple times and pieces that are cut on the fold.



PRINTING:

Please use Adobe Reader software to open your PDF pattern. You can get Adobe Reader free of charge at this link - <https://get.adobe.com/reader/>.

Make sure you print your patterns at actual size (100%% scale or None) and on single sides of plain A4 paper. Verify that the print out size is to the correct scale by measuring the test square on the first page. The upper edge of the square features a centimeter scale, and the bottom edge features an inch scale.

Trim top and/or right margin of the pages where you see the scissors symbols. In the center of each page, the number of row and column is printed, separated by / sign. Construct layout pages according to these marks (for example, page marked 2/3 is in the second row and in the third column). Align pages using margins and tape or glue together.

CUTTING:

Note on cutting:

Lay out your pieces according to straight of grain as marked on the pattern pieces.

Some pieces will be cut on the fold, the corresponding edge will then be marked with a fold mark. Kindly pay attention to notes regarding type of fabric and quantity of required pieces on a block. For example, [Main, Interfacing - cut 1+1] on a pattern piece means that you need to cut 1 piece as is and 1 mirrored piece from the main fabric as well as from interfacing.

Make sure to mark all notches and other design features such as pleats etc. from the pattern piece onto your fabric. When sewing the garment, pay attention to notches, they must match up.

* The capital letters in brackets correspond to pattern blocks as seen in Online Fabric Estimator and in pattern blocks preview on the right.

INSTRUCTIONS:

1. Cut a strap of fusible interfacing on bias, approximately 1.5 cm or 1/2 inch wide, and apply it to the neckline edges on the Front and on the Back, from the wrong side of the main fabric, to stabilise the edges (see the Figure on the right).



2. FUSIBLE INTERFACING

Applying Fusible Interfacing:

- Follow the Cutting instructions to determine the size and shape of the fusible interfacing needed.
- Prepare your work area by laying out the main fabric on the ironing board, with the wrong side facing up.
- Take the fusible interfacing and place it on top of the fabric, ensuring the adhesive side faces down.
- To protect the fabric, position a pressing cloth over the interfacing.
- Apply the fusible interfacing in manageable stages, focusing on one area at a time.
- With the iron held over the fabric, maintain a steady position for approximately 10 seconds.
- Keep the iron still during this time to prevent any movement of the fabric layers.
- Lift the iron and move on to the next area, repeating the process until all sections are covered.
- Allow the fused interfacing to cool down a bit before proceeding to the next step.

Applying Fusible Interfacing to Shoulder Edges:

- Cut a strap of fusible interfacing on bias, approximately 1.5 cm or 1/2 inch wide.
- From the wrong side of the main fabric, place the interfacing strip along the shoulder edges of the Front and Back pieces.
- This step helps stabilize and reinforce the edges, ensuring durability and shape retention.
- Refer to the *Figure on the right* for visual guidance.



3. Sew waist darts on Front pieces. Cut bulk off of 1 cm, if desired, serge and press towards center.

4. Sew waist darts on Back pieces if these are present on your sewing pattern. Start from the edge of the fabric, and stitch towards the dart corner, using a narrow stitch. Do not backstitch, leave long threads and tie a knot. Press bulk of darts towards center back (see Figure in the right).



5. Serge inseam edges of fronts and backs separately. Ease in the inner edge of the back pants to match the front seam on the area from the crotch corner to the knee marking, using a steam iron. Pin one front and one back right sides together. Sew inner leg seam. Press seam allowances apart. Repeat for the other side.

6. Serge the crotch edges of the front and back pants separately. Place one pant leg into the other pant leg, right sides together. Sew the center crotch. Press seam allowance apart.

7. Sew Front Bodice to Front Pants. Serge and press towards top. Treat as one Front piece in the future.

8. Sew Back Bodices to Back Pants pairwise. Serge and press towards top. Treat as whole Back pieces in the future.

9. CENTER BACK ZIPPER

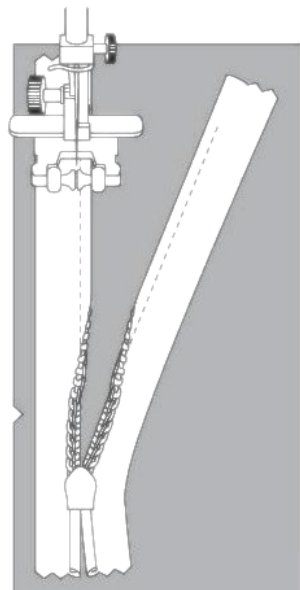
- Fold under the seam allowances along the center back seam. Push them down with your hand, but do not press them.

- Open the dress zipper. Put it down onto the center back edge, right sides together. The teeth of the zipper should be matched with the center back of the garment. The edge of the zipper tape is directed towards the edge of the seam allowance.

- Line up the upper end of the zipper 1mm lower than the marked stitch line of the neckline edge (not the edge of the seam allowance of the neckline) and baste the zipper tape to the seam allowance of center back. Do not baste through both layers of the main fabric, but to the seam allowance only. It is best to baste with slanted stitches at the center of the zipper tape. Baste both the left and the right sides of the zipper, from the upper edge downwards.

- Install the invisible zipper foot.

- Push down the teeth of the left side of the zipper with the nail of your index finger, and thread them into the special groove of the zipper foot. Make sure to uncurl the spiral of the zipper with your nail a bit, so that you can see the future stitch line. Adjust the position of the needle and stitch the zipper close to teeth. Make sure that the stitch line is exactly at the center back line. Stop at 2 cm from the slider. Leave long ends, pull them to



the wrong side, tie a knot and cut thread. (See Figure 1)

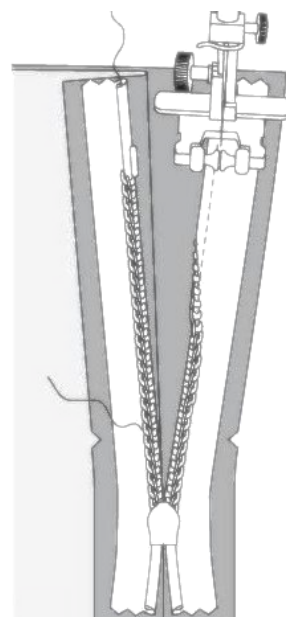
- Repeat for the right side of the zipper. Start stitching at the top and proceed downwards toward the hem. You may need to readjust the position of the needle depending on your zipper foot. (See Figure 2)

- Close the zipper.

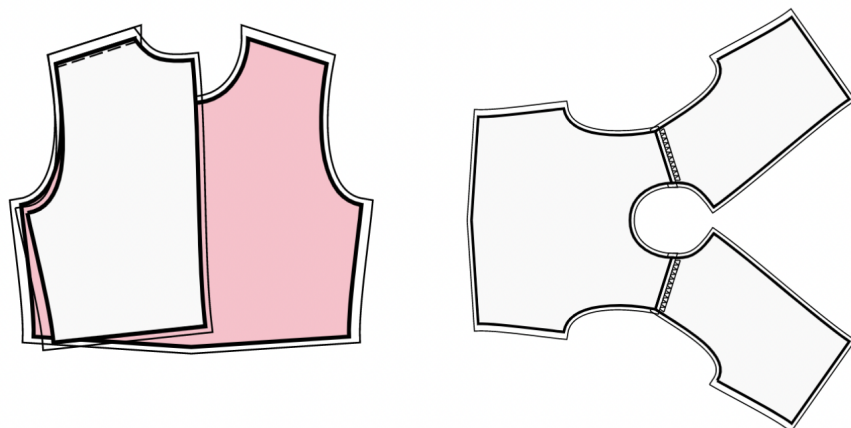
- Baste the center back seam, folding away the lower end of the zipper, so that you can baste it up to the stitch line of the zipper.

- Install the zipper foot. Sew the center back seam from the lower edge (or the vent upper corner, if there's a vent) and stitch as closely as you can to the end of the zipper.

- Remove baste stitches. Slipstitch the base of the opening for zipper. Press the seam apart, pressing the opening for the zipper at the same time.

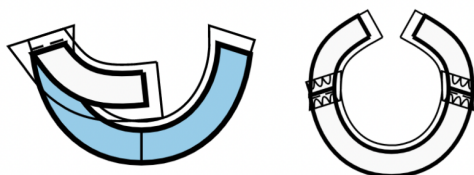


10. Sew shoulder seams. Serge and press towards back.



11. NECKLINE FACING

- Sew shoulder seams of neckline facings. Press seam apart and serge.

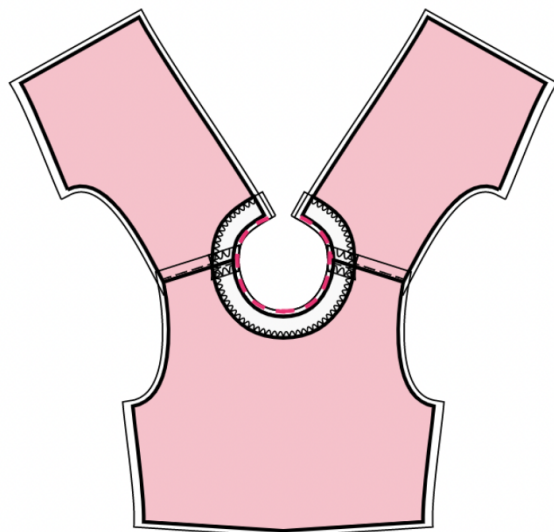


- Serge outer edge of facings.

- Pin facing onto Shell right sides together, adjusting neckline edges. Fold the facing away all the way along EXCEPT for the area 5 mm from the edge of dress zipper (or center back edge if the back has an opening) and pin it to upper edge of garment. Fold seam allowances along zipper ((or center back edge) onto right side and pin to neckline on top of facings.

- Sew the neckline. Clip into curves, trim the corners, turn pieces right side out and press.

- Slipstitch facing to seam allowances of shoulder seam on Shell. Slipstitch facing to zipper tape, or the seam allowances along the center back edge, in case the back has an opening at the top.



12. SEW THE SIDE SEAMS

1. **Pin Front to Back:** Place the front piece over the back piece, ensuring that the right sides of the fabric are facing each other.
2. **Match Marks and Edges:** Align the waist marks or seams, the armholes, and the lower edges of the pieces.
3. **Sew Side Seams:** Stitch along the sides to create the seams.
4. **Finish Edges:** After sewing, use a serger to finish the edges of the fabric.
5. **Press Towards Back:** Press the finished seams towards the back of the garment to give it a neat appearance.

13. SLEEVE FINISHING

- a. **Serge the Lower Edge:** Use a serger to finish the lower edge of the sleeves for a clean look.
- b. **Turn Under and Press:** Turn under the serged edge and press it to create a neat fold.
- c. **Topstitch or Slip Stitch:** Choose your preferred method and either topstitch or slip stitch the folded edge in place.

14. SEWING IN SLEEVES

1. **Prepare the Sleeves:** Ensure that you have the right and left sleeves ready, with their right sides facing out.
2. **Insert the Sleeves:**
 - Start by inserting the sleeve directly into the armhole, aligning the mark at the top of the sleeve cap with the shoulder seam. This is a key reference point.
 - Thread the sleeve into the armhole, adjusting the fabric as needed to fit smoothly.
3. **Align Notches:** Match the notches on the sleeve cap with the corresponding notches on the back armhole, front armhole, and the shoulder seam of the garment. These notches help ensure proper placement.
4. **Pin the Sleeves:** Once the sleeve is inserted and aligned properly, secure it by pinning. Begin with the top of the sleeve cap at the shoulder seam and then continue pinning around the armhole, distributing any ease.

evenly.

5. **Sew the Sleeves into Armholes:**

- Using a sewing machine or hand-sewing, stitch along the pinned edge, ensuring that the sleeve fabric is on top and not the armhole part of the garment. Be cautious and follow the alignment created by the pins. Maintain a consistent seam allowance.
- After sewing, serge the seam to prevent fraying.
- If necessary, make small snips into the seam allowances along the curves to allow the fabric to lie flat and reduce bulk.

6. **Press the Seam Allowances:** After serging and snipping, press the seam allowances gently towards the sleeves. This helps achieve a neat and polished finish while ensuring the seams lay flat.

TECHNICAL DRAWING:

