

SUMMER JUMPSUIT FOR WOMEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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TO SEW THE JUMPSUIT YOU WILL NEED:

- dress fabric: muslin, tencel,
- woven interfacing,
- elastic band 20 mm (13/16") wide,
- matching threads,
- Universal 70 needles

A

Check the pattern for amount of fabric to take according to your size. The required length of the elastic band is indicated on the paper patterns. Note: if the width of the fabric differs from the one specified in the table, the length of the cut is likely to be different. Before beginning your sewing project, wash the fabric in warm water, dry and iron it.

Б

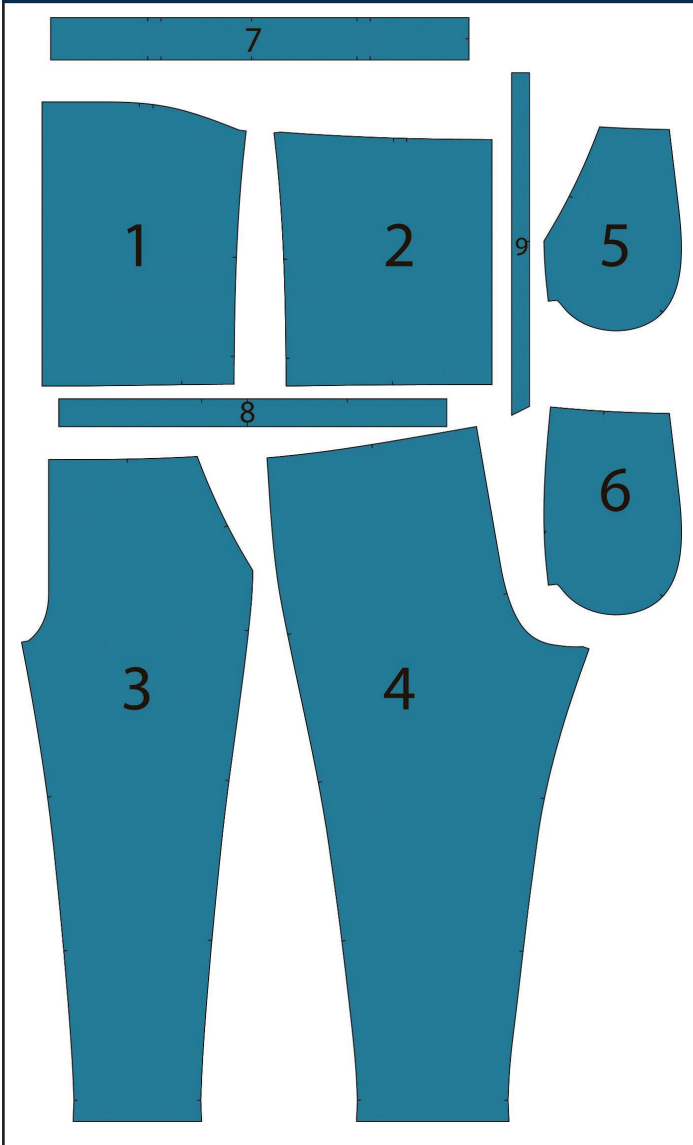
Let us start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

В

Place the paper pattern pieces onto the fabric. It is important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along the outline. Note: seam allowance is already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

NOW YOU HAVE
ALL THE PIECES:

JUMPSUIT PIECES:



- ① front bodice - cut 1 on the fold,
- ② back bodice - cut 1 on the fold,
- ③ front pant leg - cut 2,
- ④ back pant leg - cut 2,
- ⑤ pocket lining - cut 2,
- ⑥ side front - cut 2,
- ⑦ bodice casing - cut 1 on the fold,
- ⑧ waistband casing - cut 1 on the fold,
- ⑨ shoulder strap - cut 4 on the fold

NOW WE CAN START SEWING

SYMBOLS:



straight stitch



the stitch length in (mm)



flat lock stitch



zigzag stitch



the stitch width in (mm)



3-Step Zigzag Seam Finishing



unilateral zipper foot



universal presser foot



invisible presser foot



pinning

You should lockstitch the seam and trim the thread tails or tie the seam thread tails and hide them into the seam after sewing a serger stitch or cover seaming chain stitch.



3-thread serger stitch



4-thread serger stitch

NOTE:

A

4-thread serger stitch

If you do not have a serger, you can use stretch stitches available on your sewing machine, or at least, a zigzag stitch.

B

3-thread serger stitch

If you do not have a serger, you can replace it with an overedge stitch, or a zigzag stitch.

C

flat lock stitch

If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.

JUMPSUIT SEWING GUIDE

1



With right sides together, pin the pocket lining to the pant front along the pocket opening. Serge the pieces. Press the seam allowances towards the pocket lining.

2



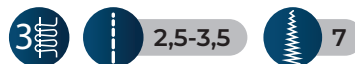
Press the lining forming a roll towards the wrong side. Topstitch along the pocket opening 5 mm (3/16") in from edge. Press the pocket opening.

3



Pin the pocket lining to the side front with right sides together. Topstitch the pocket 10 mm (3/8") in from the edge.

4



Finish the lining edges together with a serger. Press the seam allowances.

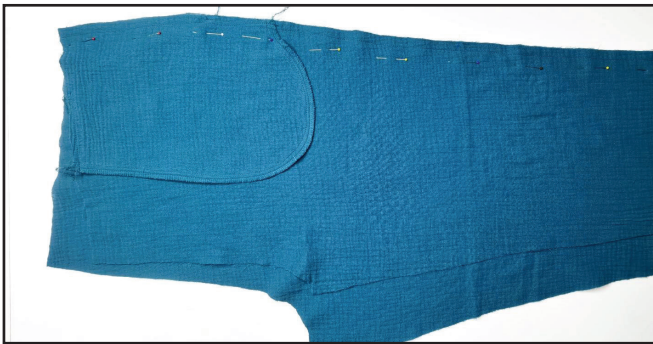
5

5



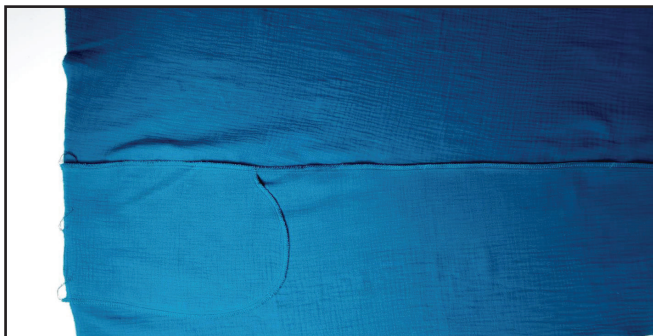
Reinforce the pocket lining above and below the pocket opening 7 mm (1/4") in from the edge. Repeat the process for the opposite pocket.

6



With right sides together, pin the pant front and back side seams aligning the marks. Stitch them 10 mm (3/8") in from the edge.

7



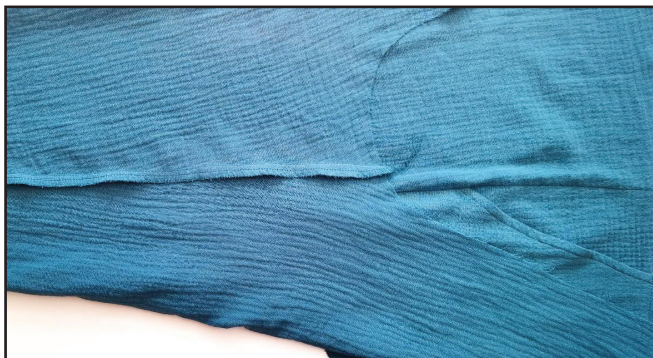
Finish the edges with a 3-thread serger stitch. Press the seam allowances towards the back.

8



With right sides together, pin the pant front and back inseams aligning the marks. Stitch them 10 mm (3/8") in from the edge.

9



Finish the edges with a 3-thread serger stitch. Press the seam allowances towards the front.

10



Insert 1 pant leg into the other with right sides together. Pin the crotch seam. Stitch it 10 mm (3/8") in from the edge.

11



Finish the edges with a 3-thread serger stitch. Press the seam allowances towards the right pant leg.

12



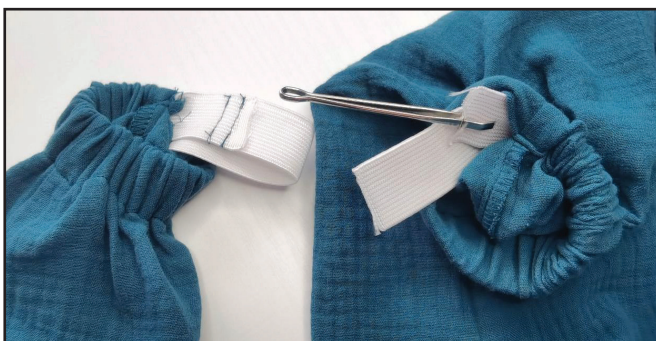
Press the bottom edge of each leg 10 mm (3/8") up to the wrong side. Fold the hem once again 23 mm (7/8") up to the wrong side and press it.

13



Stitch the hem 1 mm (1/16") away from the fold. Leave an opening for elastic band about 30 mm (1 1/16").

14



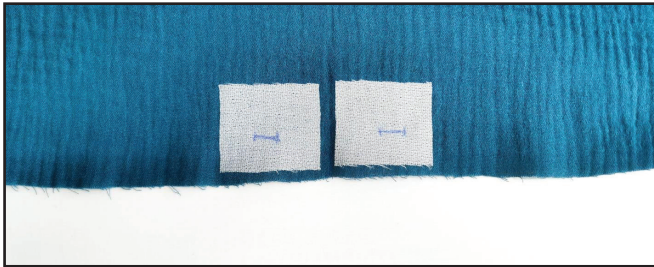
Cut two pieces of elastic band with the length indicated on the pant leg front. Insert the elastic band into the pant leg bottom opening using a bodkin or a safety pin. Stitch the elastic band short edges.

15



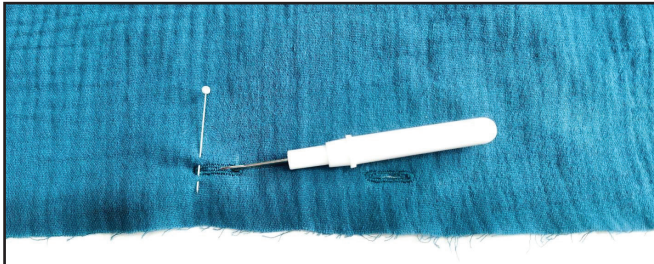
Readjust the elastic band evenly. Close the opening with a straight stitch.

16

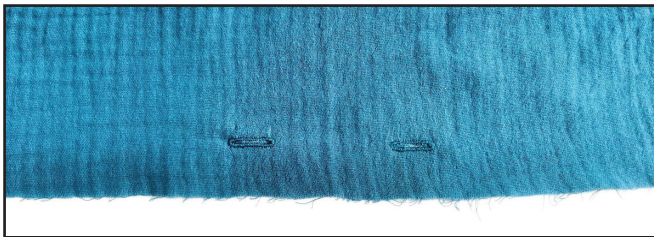


Take two small pieces of interfacing about 30x40 mm or (1 3/16x1 9/16"). Transfer the buttonhole marks onto the bodice front. Fuse the marked places on the wrong side.

17



Make the buttonholes 12 mm (1/2") long with a buttonhole presser foot. Gently cut the buttonhole with a seam ripper to create an opening. Avoid cutting the seams. Press.

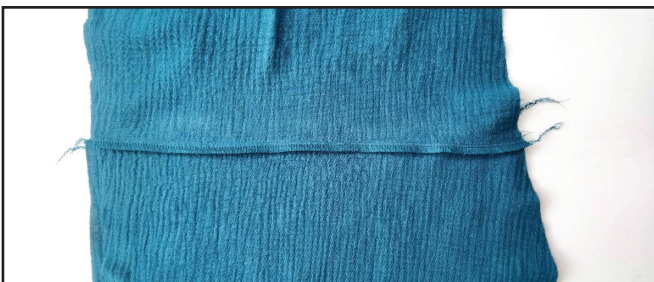


18



Place the bodice front and back with right sides together. Pin them along the side edges and stitch 10 mm (3/8") in from the edge.

19



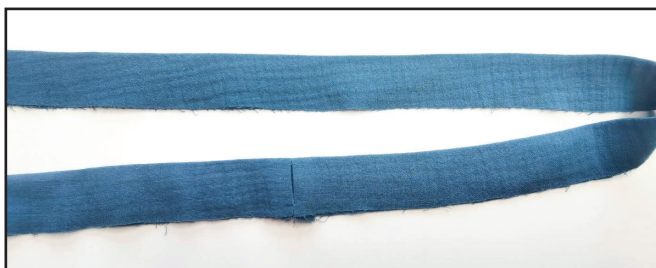
Finish the edges with a 3-thread serger stitch. Press the seam allowances towards the bodice front.

20



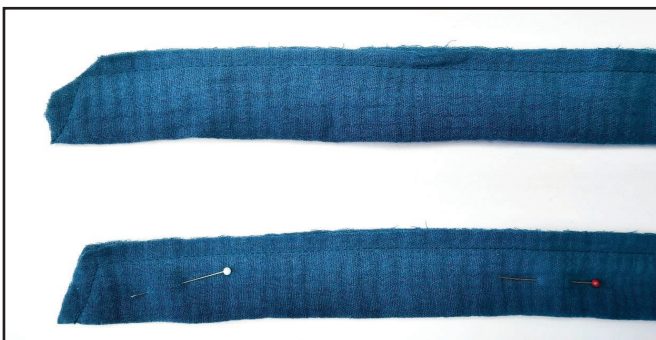
Place a strip for casing in half lengthways with right sides together. Pin it along the short edges. Stitch the casing short edges 10 mm (3/8") away from the edge with 2 straight seams 35 mm (1 3/8") and 12 mm (1/2") long. Press the seam allowances open.

21



Place the casing in half lengthways with wrong sides together and press it.

22



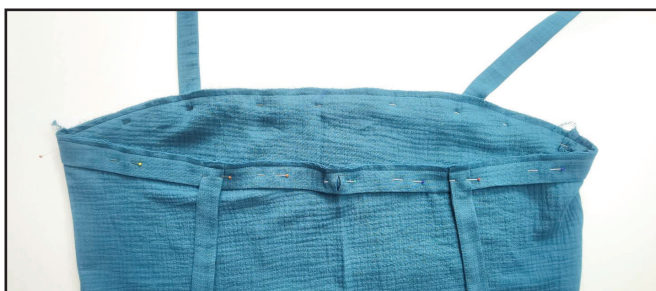
Place the shoulder straps in half lengthways with right side together aligning long edges. Stitch the straps down the open long edges and across the short sloping edge. Trim the sharp corner points leaving 1 mm (1/16") before the seam.

23



Turn the strap right side out using a pencil and smooth the corners. Press the straps. Now you have 4 straps. If you do not need straps, skip steps 22 - 23.

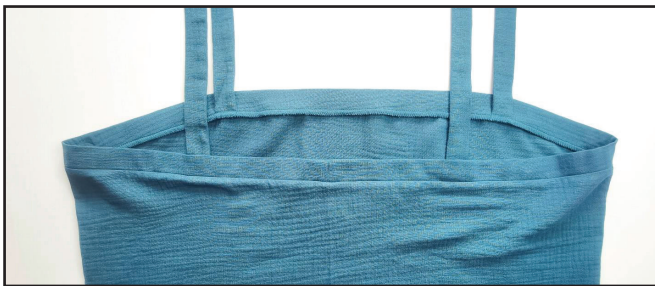
24



With right sides together, place the bodice upper edge and bodice casing aligning the marks and the seam with the back center. If you sew a jumpsuit with straps, pin them to the marks on the casing

wrong side placing the strap sides seems to the garment front. Stitch the pieces 10 mm (3/8") in from the edge.

25



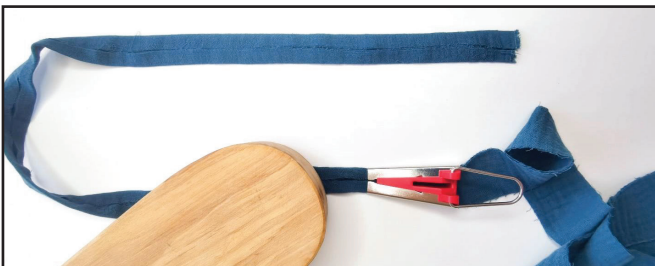
Finish the edges with a 3-thread serger stitch. Press the seam allowances towards the bodice.

26



Cut a strip 40 mm wide (1 9/16") and 120 - 130 mm (4 3/4 - 5 1/8") long for a lace.

27



Fold the strip in half, wrong sides together. You can use a bias binding tool 18 mm (11/16") for it or do it by hand.

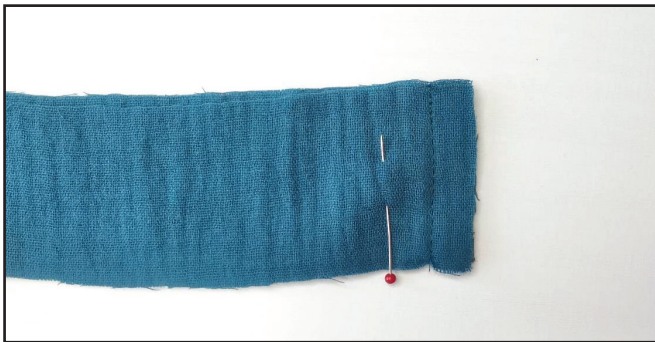


28



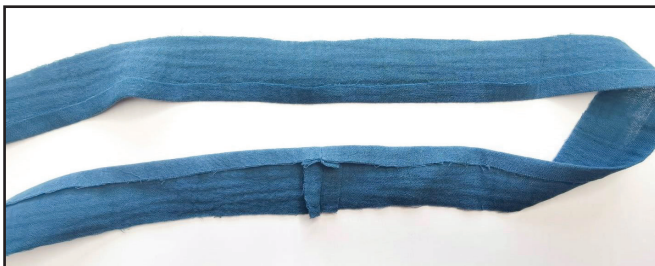
Fold the strip in half and topstitch 1 mm (1/16") from the edge. If you lack experience, you can hand-baste it. Press the lace.

29



Place the waistband casing in half right sides together and pin it along the short edges. Stitch the casing short edges 10 mm (3/8") in from the edge. Press the seam allowances open.

30



Press 10 mm (3/8") of one casing long edge towards the wrong side.

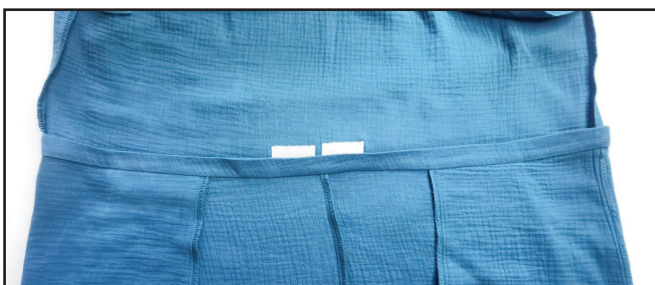
31



With right sides together pin the bodice lower edge and the pant upper edge aligning the marks. Pin the casing to the pants wrong side aligning the seam with front center.

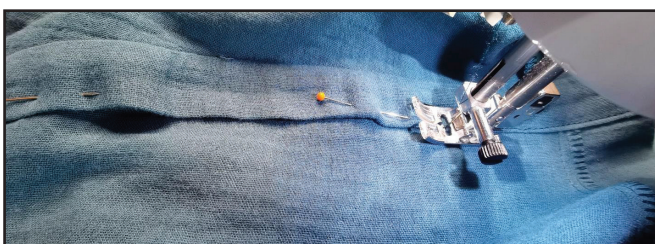
Stitch the pieces 10 mm (3/8") in from the edge.

32

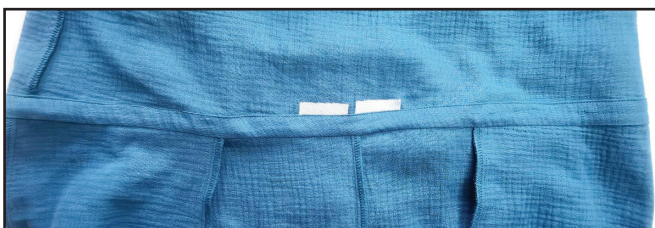


Finish the edges with a 3-thread serger stitch. Press the seam allowances and the casing towards the bodice.

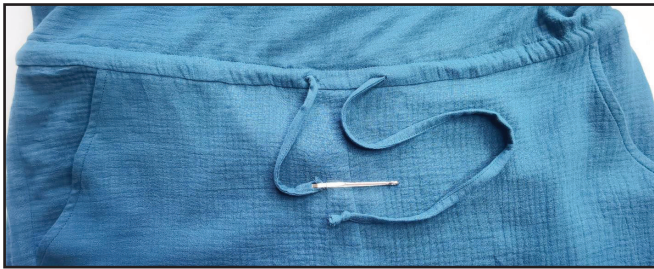
33



Topstitch the casing on the bodice 1 mm (1/16") away from the edge.



34



Insert the lace into the casing using a bodkin or a safety pin. Tie the lace tails.

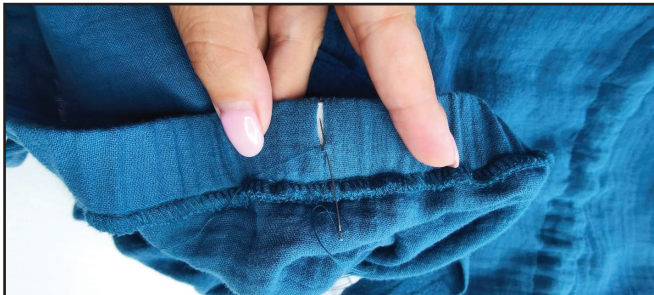
35



Cut the elastic band of the length indicated on the bodice casing paper pattern. Insert the elastic band into the casing using a bodkin or a safety pin. Stitch the elastic band short edges together.

Readjust the elastic band evenly along the casing. Try the jumpsuit on and, if necessary, adjust the length of the elastic band.

36



Hand-baste the opening on the casing with a blind stitch.

37



Remove the basting stitches, trim, and hide the thread tails and press the garment once again. The jumpsuit is ready!

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ПРО ШИТЬЕ

**THANK YOU FOR JOINING MY TEAM AND ME!
SHARE YOUR WORKS IN INSTAGRAM AND MY
GROUP IN VKONTAKTE. HOPE YOU WILL STAY
WITH US FOR OUR NEXT PROJECT!**