

JUMPSUIT HOT FOR GIRLS

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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FOR TAILORING YOU WILL NEED:

- sweatshirt fabric with lycra: sweatshirt fleece or sweatshirt loop back fabric,
- cotton lycra jersey of the same color as the main fabric or contrasting to it,
- zipper,
- grommets 8 mm (5/16") 2 pcs.,
- flat draw cord 120 - 130 cm (47 1/4 - 51 3/16") is optional,
- elastic band 30 mm (1 3/16") wide,
- matching threads,
- fusible interfacing,
- kantenband,
- Jersey 90 or Stretch 90 needles

A

Check the pattern for amount of fabric to take according to your size. The required length of the elastic band and the zipper is indicated on the paper pattern. 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.

B

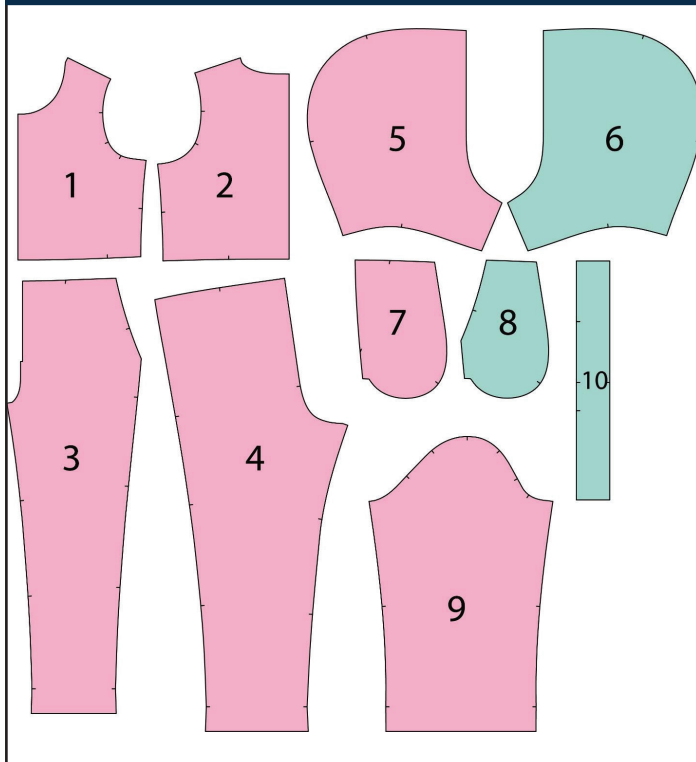
Let us start the cutting. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

C

Put 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 them. 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:



- ❶ front - cut 2 (sweatshirt fabric)
- ❷ back - cut 1 on the fold (sweatshirt fabric)
- ❸ front pant panel - cut 2 (sweatshirt fabric)
- ❹ back pant panel - cut 2 (sweatshirt fabric)
- ❺ hood - cut 2 (sweatshirt fabric)
- ❻ hood lining - cut 2 (cotton lycra jersey)
- ❼ side front - cut 2 (sweatshirt fabric)
- ❽ pocket lining - cut 2 (cotton lycra jersey)
- ❾ sleeve - cut 2 (sweatshirt fabric)
- ❿ casing - cut 1 on the fold (cotton lycra jersey)

NOW WE CAN START TAILORING

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



4  2,5-3  7

If you do not have a suitable flat cord, you can make it yourself. Cut a strip of fabric of the desired length, 40 mm (1 9/16") wide. We use the same fabric for the flat cord as for the hood lining in this example. Serge the fabric strip along the long sides.

2



Turn the strip through to the right side with a bodkin or safety pin.

3



Press the flat cord with an iron.

4



Reinforce the places for the grommets with 30 x 30 mm (1 3/16 x 1 3/16") fusible interfacing pieces.

5

5



4  2,5-3,5  7 

Pin the hood pieces with right sides together. Serge the hood pieces. Press the seam allowances towards the right piece. Repeat the same steps for the hood cotton lycra jersey lining.

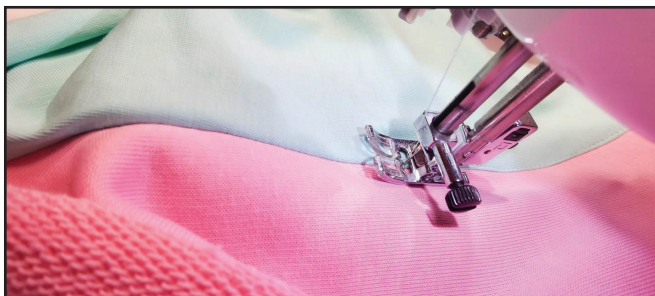
6



4  2,5-3,5  7 

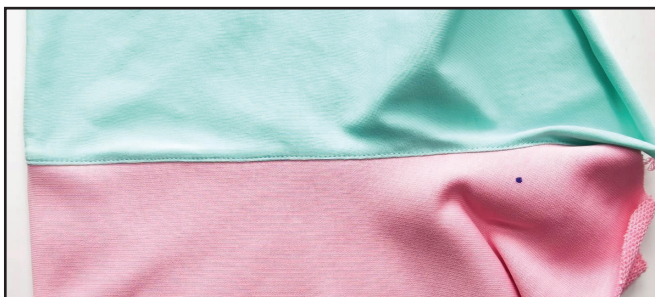
Place the hood lining and the hood, right sides together, and pin them along the outer edge. Serge them. Press the seam allowances towards the hood lining.

7



    2,4-2,8

Topstitch the hood lining attaching seam, stitching on the lining 1 mm (1/16") away from the seam.



8



Press the hood edge forming a roll towards the lining.

9



Punch 3,5 mm (1/8") holes for the grommets with a Hole Punch or scissors. Attach the grommets with a press.

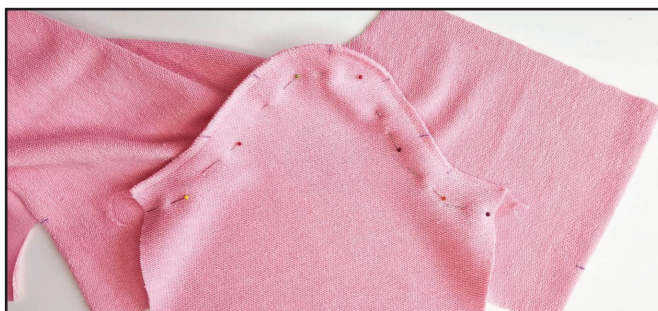
10



4 2,5-3,5 7

Pin the front and back shoulder seams with right sides together. Serge them. Press the seam allowances flat towards the front.

11



4 2,5-3,5 7

With right sides together, pin the sleeve into the armhole, aligning all the marks. Stitch it in with a serger. Press the seam allowances towards the front and the back. Repeat the same steps for the opposite sleeve.

12

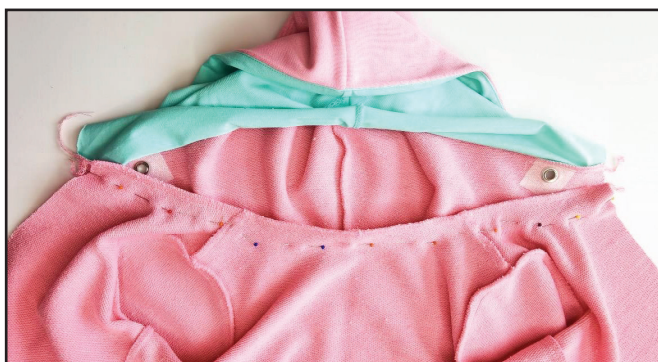


4 2,5-3,5 7

Pin the back, the front and the sleeve along the side edges with right sides together. Serge them. To avoid excess thickening, place the sleeve attaching seam allowances in different directions. Press the seam

allowances towards the front. Repeat the same steps for the opposite side seam.

13



4 2,5-3,5 7

With right sides together, pin the hood to the garment neckline, aligning the marks. Serge the hood to the garment. Press the seam allowances towards the front and the back.

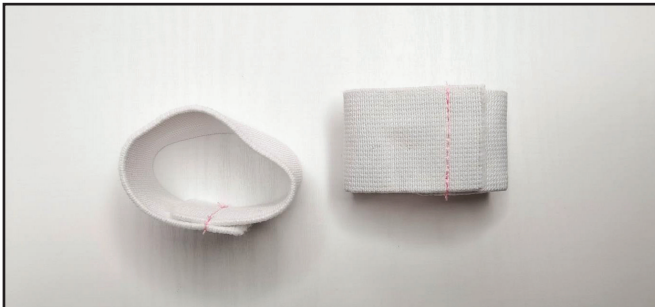
14



4 2,5-3,5 7

Fuse the front and the hood central edges with kantenband. Finish with a serger the central edges of the front, the hood and the hood lining. Press them.

15



2,4-2,8

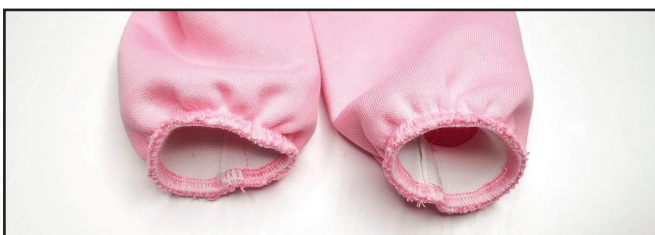
Cut two pieces of elastic band 30 mm (1 3/16") wide and the length indicated on the sleeve paper pattern. Stitch their short edges, taking into account the elastic band seam allowances 10 mm (3/8") wide.

16

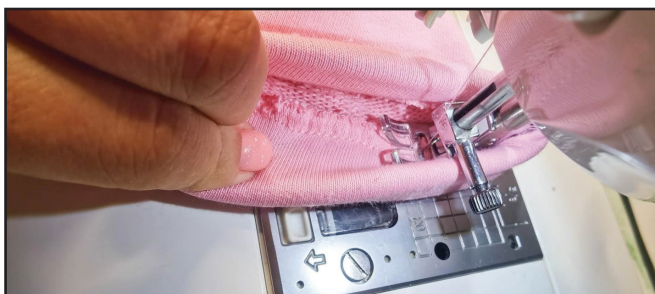


4 2,5-3,5 7

Place the elastic band to the sleeve lower hem on the wrong side. Serge them evenly stretching the elastic band. This is what we should have.



17

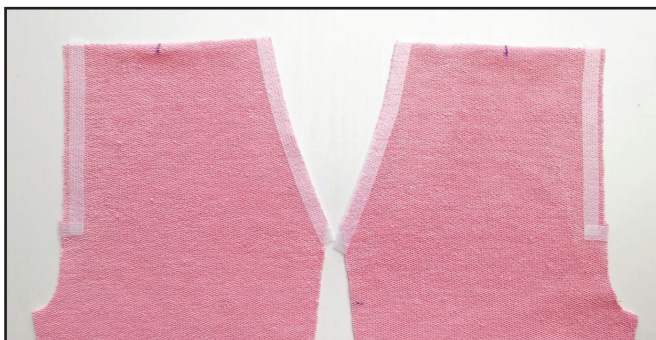


2,4-2,8

Tuck the elastic band to the sleeve wrong side and stitch it 25 mm (1") away from the edge evenly stretching the elastic band. Repeat the same steps for the opposite sleeve (steps 16 - 17).



18



Fuse the kantenband strips to the pocket openings on the pant leg fronts and to the places for attaching the zippers.

19



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.

20



Topstitch along the pocket opening 5 mm (3/16") in from edge. Press the pocket opening again.

21



Pin the pocket lining to the side front with right sides together. Serge the pocket. Press it.

22



Reinforce the pocket lining above and below the pocket opening with a straight stitch 4 mm (3/16") in from the edge. Repeat the process for the opposite pocket (steps 19 - 22).

23



4 2,5-3,5 7

With right sides together, pin the front and the back pant panels along the side seam aligning the marks. Serge them. Press the seam allowances towards the pant back panel. Repeat the same steps for the other pant leg.

24



4 2,5-3,5 7

Finish the pant front central edges with a serger. Press them.

25



4 2,5-3,5 7

Pin the back pieces along the crotch seam right sides together. Serge them. Press the seam towards the right side.

26



2,4-2,8

Pin the pant front pieces along the crotch seam with right sides together. Stitch them together 8 mm (5/16"") in from the edge. Finish stitching 10 mm (3/8") above the zipper bottom mark. Press the seam allowances open.

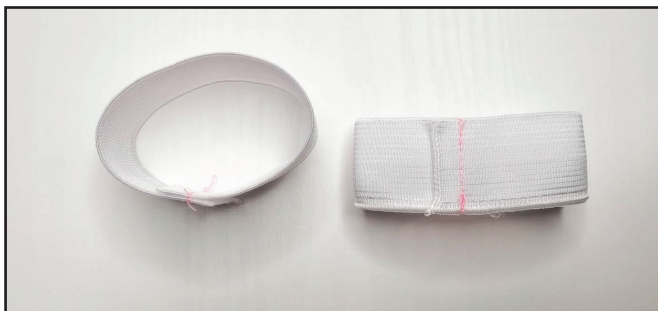
27



4 2,5-3,5 7

Pin the pant legs along the inseams with right sides together. Serge them. Press the seam allowances flat towards the front.

28



Cut two pieces of elastic band 30 mm (1 3/16") wide and the length indicated on the pant front paper pattern. Stitch their short edges, taking into account the elastic band seam allowances 10 mm (3/8") wide.

29



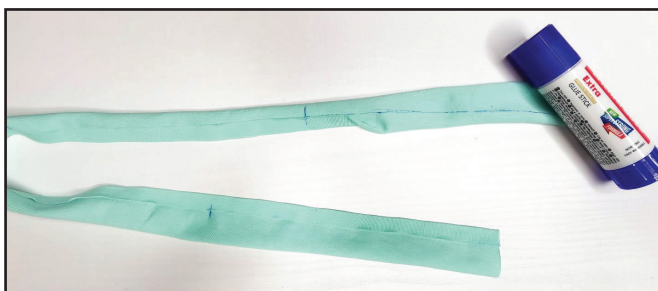
Place the elastic band to the wrong side of the pant leg opening. Serge it, evenly stretching the elastic band.

30



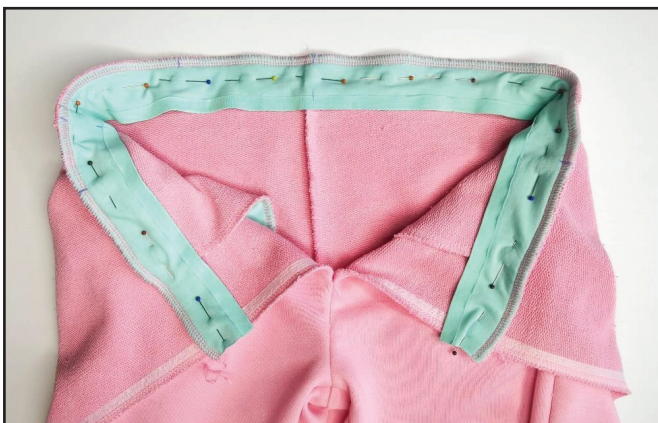
Tuck the elastic band to the pant leg wrong side and stitch it 25 mm (1") away from the edge evenly stretching the elastic band. Repeat the same steps for the other pant leg (steps 29 - 30).

31



Draw lines along the strip for casing upper edge 20 mm (13/16") in from the edge. Use the lines to fold 10 mm (3/8") of the strip up. Pin, baste or glue the folded strip. Press it.

32



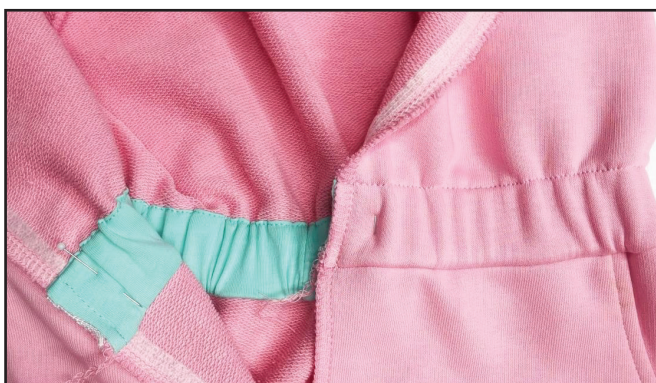
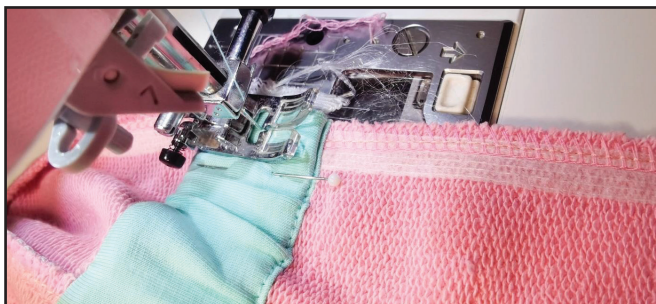
Pin the jumpsuit bodice lower edge to the pants upper edge, right sides together, aligning the marks. Pin the casing lower edge to the pants upper edge, right side to the wrong side, aligning the marks. Serge the pieces. Press the seam allowances and the casing up.

33



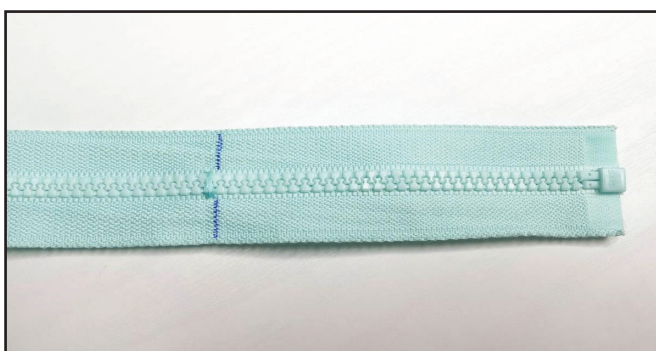
Topstitch the casing on the bodice 1 mm (1/16") away from the folded edge. Press it.

34



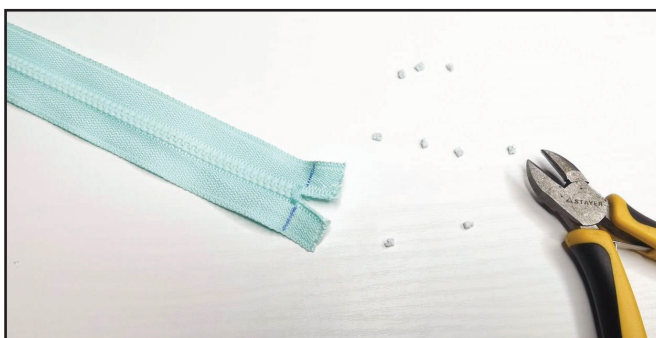
Cut the elastic band 30 mm (1 3/16") wide, the length is indicated on the casing pattern. Insert the elastic band into the casing using a bodkin or a safety pin. Secure the elastic band ends stitching across it 7 mm (1/4") away from the edge.

35



If you could not find the zipper of the desired length, mark where it should end. Reinforce this place with a zigzag stitch.

36



Cut the excess zipper bottom 10 mm (3/8") below the reinforcement stitch. Remove the extra teeth.

37



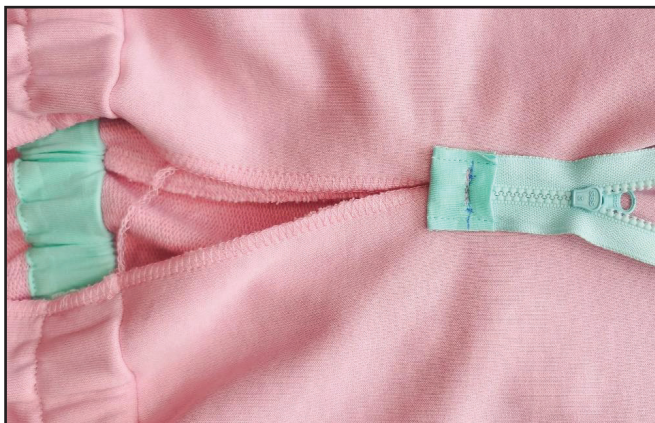
Cut out a strip of fabric (cotton lycra jersey) with a width equal to the zipper width, and about 100 mm (4") long.

38



Press the strip short edges to the wrong side. And then press it in half once again. Place the zipper bottom into the strip middle and reinforce it with two straight stitches along the raw edges.

39



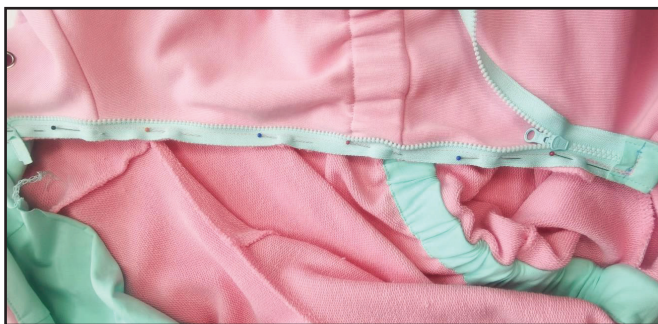
Transfer the zipper bottom stop mark onto the front right side. Pin the zipper to this mark upside down. Also transfer the mark for the seam 10 mm (3/8") onto the zipper. Stitch exactly atop the marking using a unilateral zipper presser foot.

40



Slash into the corners 1 mm (1/16") before the seam.

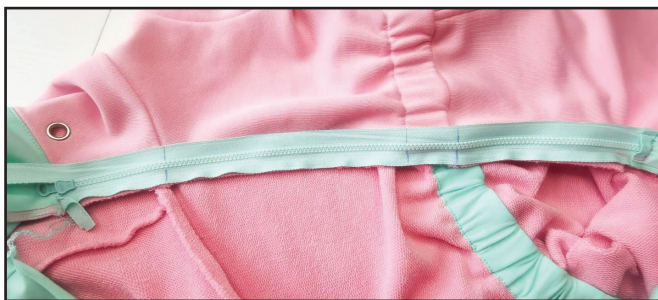
41



Turn the zipper out. Baste one zipper tape to the front central edge with right sides together. Place the zipper to sit accurately in the seam without waving and pulling the fabric. Turn the zipper top extension up and place the zipper top stop

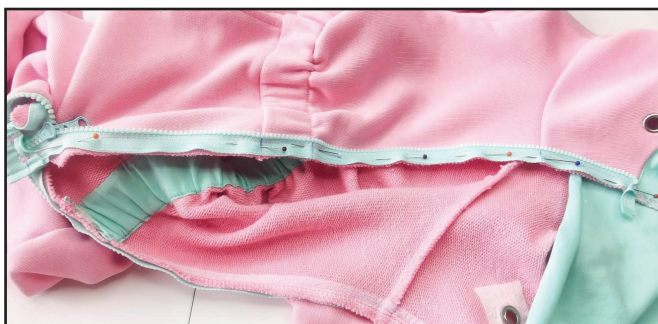
1 mm (1/16") below the hood lining attaching seam. Stitch the zipper using a unilateral zipper presser foot 10 mm (3/8") in from the edge. Start stitching exactly at the end of the previous cross seam. If the slider prevents you from finishing the seam, then place the machine needle in the work, raise the zipper foot, move the zipper slider, lower the zipper foot, and sew on.

42



Close the zipper and mark the places for hood attaching seam and the casing edge on the other zipper tape.

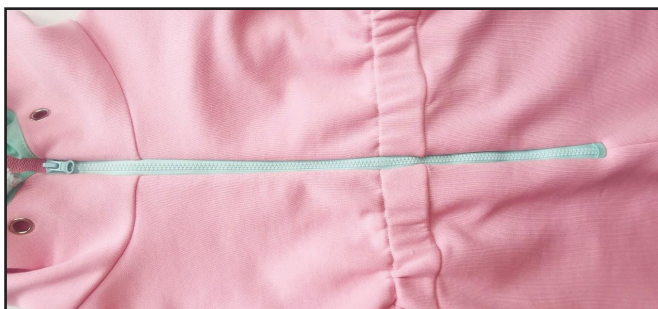
43



Baste or pin the other zipper tape. Very precisely align the marks on the zipper with the hood attaching seam and the casing edges. Stitch the zipper using a unilateral zipper presser foot 10 mm (3/8") away from the edge, in the same way as you

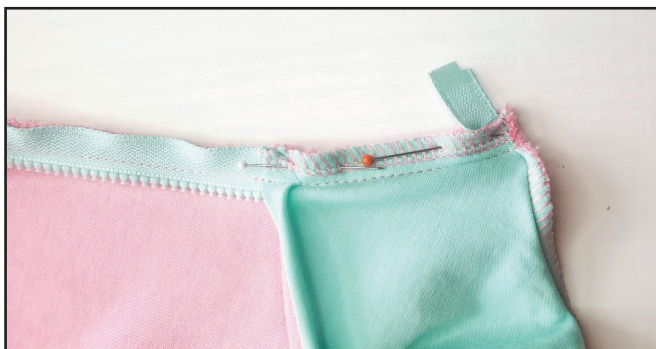
attached the first zipper tape. Finish stitching exactly at the end of the cross seam.

44



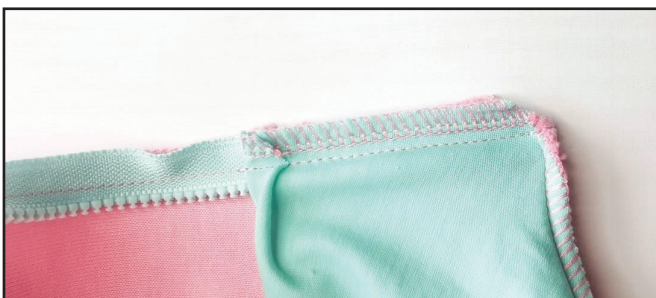
Close the zipper, make sure that the hood attaching seam and the casing edges match, and the zipper is flat, not in waves. Press them.

45



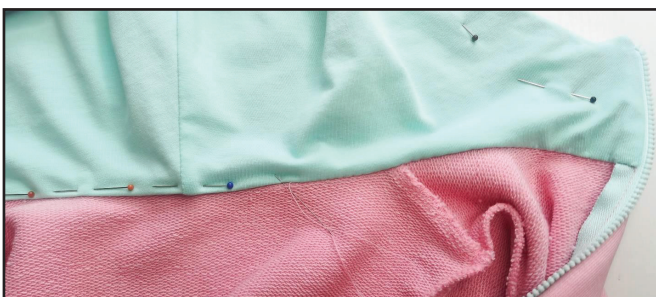
Pin the hood lining central edges to the zipper. Tuck the seam allowances to the wrong side, so that the hood lining edge would be at the same level as the hood attaching seam. Stitch it 10 mm (3/8") in from the edge.

46



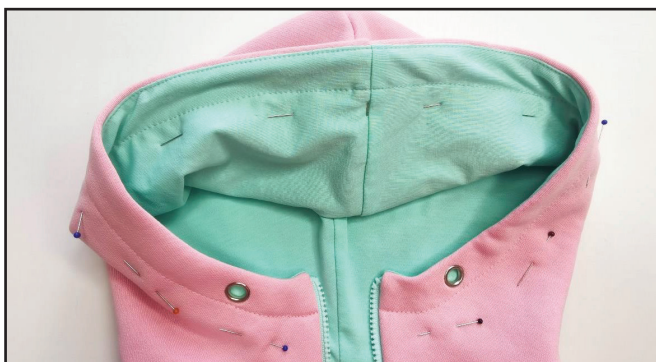
Trim the corners, but not through the stitching line.

47



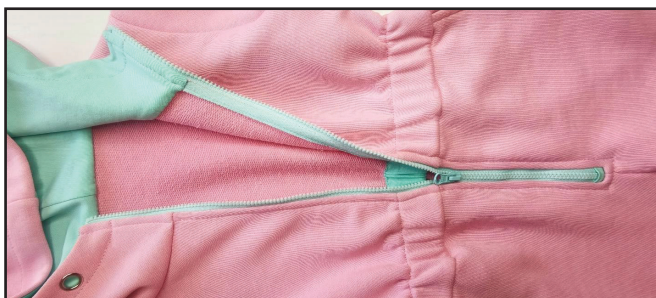
Tuck the hood lining inside and pin it to the neckline. Hand-baste the hood lining with a blind stitch. Press them.

48



Topstitch the hood outer edge down 25 mm (1") in from the edge. Press the hood.

49



Topstitch the zipper along the perimeter 5 mm (3/16") away from the edge.

50



Insert the flat cord, tie the seam thread tails, trim the excess cord close to the knots. Remove the basting stitches, trim 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!**