

SIDE STRIPE JUMPSUIT WITH WC SECRET FOR WOMEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

ELINA PATYKOVA

ПРО ШИТЬЕ



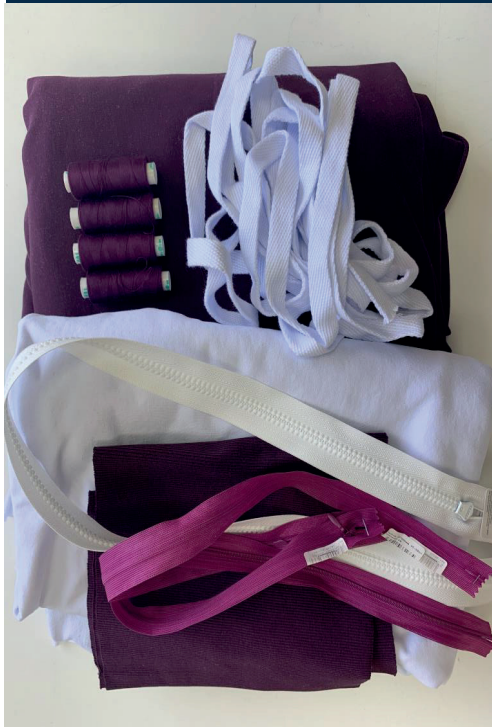
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FOR TAILORING YOU WILL NEED:

- cotton lycra french terry,
- rib knit fabric or ribbing,
- grommets - 4 pcs.,
- flat draw cord,
- front zipper,
- invisible zipper 30 - 40 cm (1 3/16 - 1 9/16") long - 2 pcs.,
- fusible interfacing,
- elastic 2 cm (13/16") wide.,
- cord locks,
- aglets (optional),
- matching threads,
- Jersey 75 - 80 or Stretch 75 - 80 needles

A

Check the pattern for amount of fabric to take according to your size. 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

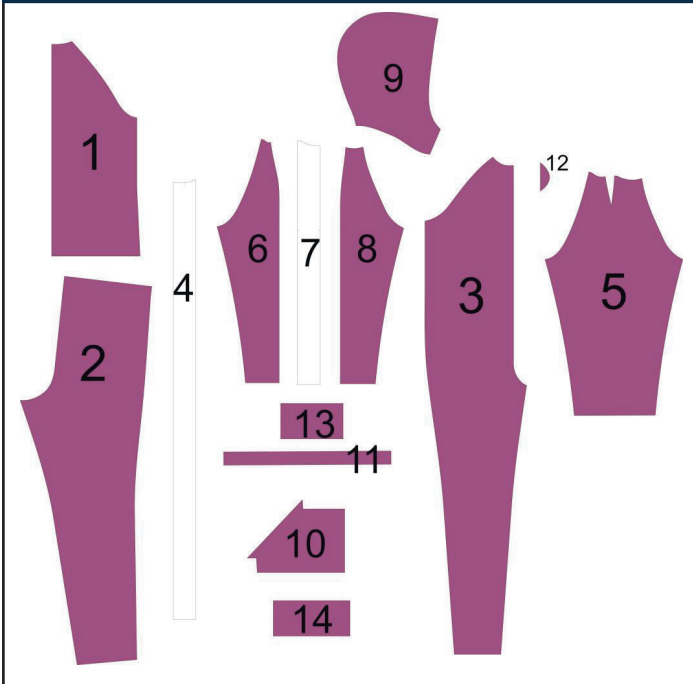
Let's start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

В

Lay the paper pattern pieces onto the fabric. It's 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 allowances are included. Transfer all the marks from the pattern onto the wrong side of your fabric.

NOW YOU HAVE ALL THE PIECES:

JUMPSUIT PIECES:



- ① Upper back - cut 1 on the fold
- ② Lower back - cut 2
- ③ Front - cut 2
- ④ Side stripe - cut 2
- ⑤ Sleeve - cut 2 (do not cut pieces 6, 7 and 8)
- ⑥ Sleeve back - cut 2 (do not cut piece 5)
- ⑦ Sleeve side stripe - cut 2 (do not cut piece 5)
- ⑧ Sleeve front - cut 2 (do not cut piece 5)
- ⑨ Hood - cut 4
- ⑩ Pocket - cut 2
- ⑪ Casing - cut 1 on the fold
- ⑫ Flap - cut 1 on the fold
- ⑬ Sleeve cuff - cut 2
- ⑭ Pant cuff - cut 2

There are two types of raglan sleeve in this pattern: side stripe sleeve and the sleeve with a dart.

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 presser foot



universal presser foot



invisible zipper 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.

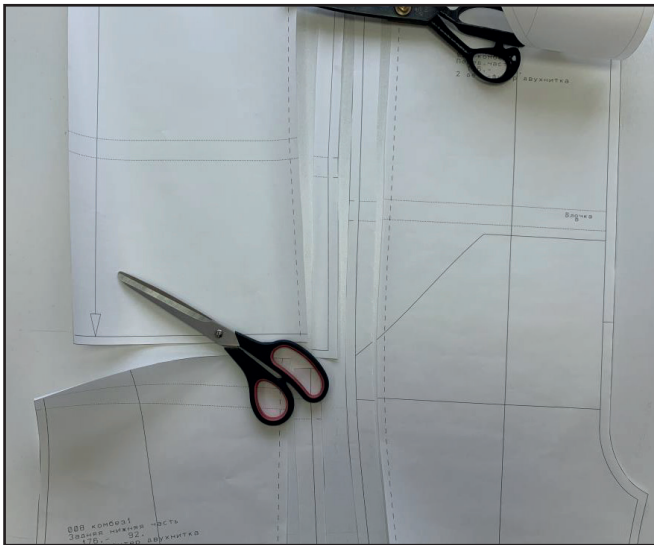
C

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.

SEWING GUIDE

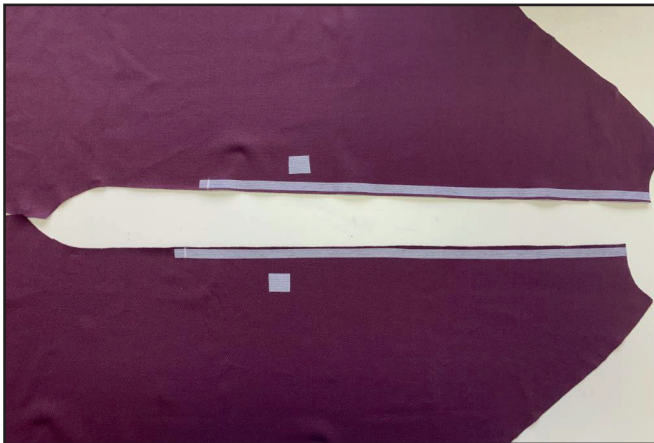
1



If you are sewing a side stripe jumpsuit, cut the front piece patterns and the upper and lower back patterns along the marking line, having added seam allowances:

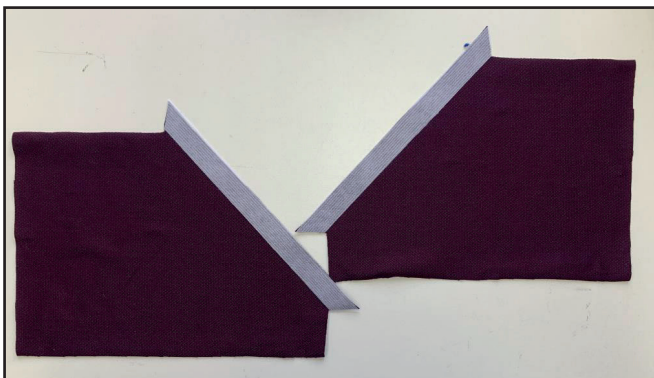
- 1 cm (13/16") to the back paper patterns
- 7 mm (1/4") to the front paper pattern

2



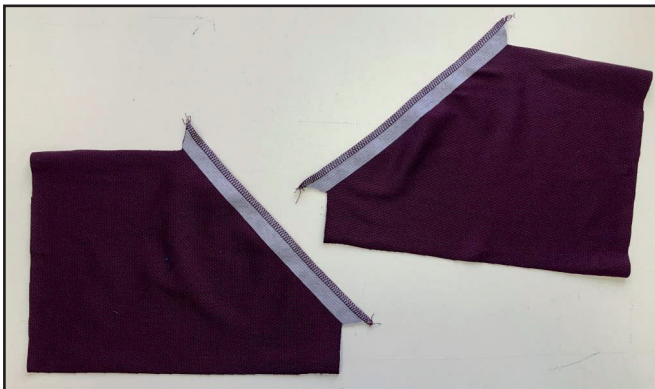
Fuse a strip of interfacing 12 - 15 mm (1/2 - 9/16") wide to the front piece center edges between the neckline and the zipper mark + 1 cm (3/8"). If you have a narrower kantenband, fuse it 3 - 5 mm away from the edge. Fuse pieces of kantenband about 2x2 cm (13/16x13/16") on the marks for the grommets.

3



Fuse the strips of interfacing 2 cm (13/16") wide to the pocket opening seam allowances.

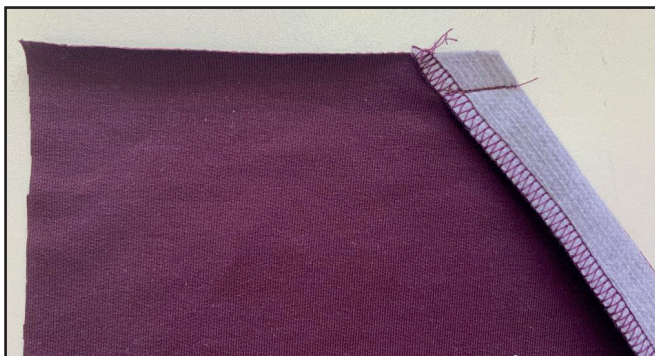
4



4 2,5-3 7

Finish the pocket opening seam allowances with a serger.

5



2,5-3

Fold 2 cm (13/16") of the pocket openings seam allowances to the right side and topstitch on the pockets along the top edges 1cm (3/8") in from the edge.

6



4 2,5-3 7

Finish the pocket top and bottom edges with a serger.

7



Turn the pocket out and press the pocket opening as well as the pocket top and bottom edges 1 cm (3/8") of the seam allowances to the wrong side.

8



Topstitch the pocket opening seam allowances 15 mm (9/16") away from the fold.

9



Place the pocket bottom fold to the marks for the pocket bottom on the front piece and pin it. Topstitch the pocket on the front piece exactly atop the fold line. If you are sewing a side stripe jumpsuit, the pocket will be a little wider than the front piece.



10



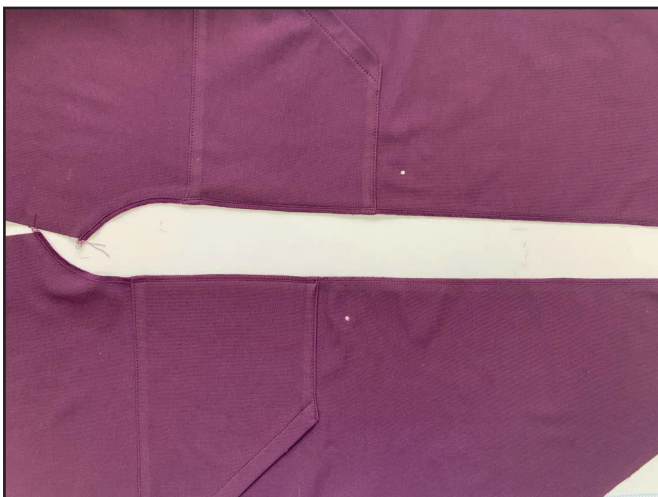
Turn the pocket in place and press it. Pin the pocket top edge to the front piece. Topstitch the pocket along the top and bottom sides 1-2 mm (1/16") away from the edge.

11



If you are sewing a side stripe jumpsuit, trim the excess fabric of the pocket to align the edges.

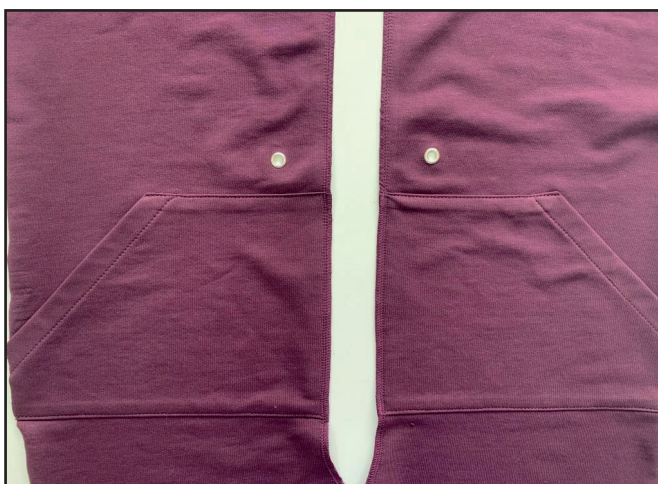
12



4 2,5-3 7

Finish the front center edges with a serger. The pocket side edges should be finished together with the front piece center edges. Press the seams.

13



Punch the holes and attach the grommets at the marked places.

14



4 2,5-3 7

Place the side stripes to the fronts, right sides together, and pin them aligning the marks. Serge them. The pocket side edges should be serged together with the front piece center edges. Press the seam allowances towards the side stripes.



15



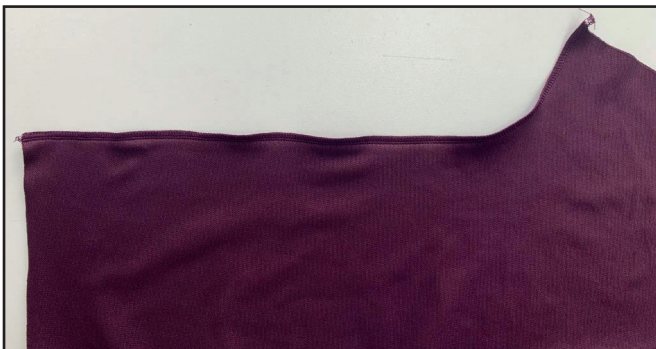
Transfer the marking for the zippers along the lower back side edges 25 - 30 cm (1 - 1 3/16") away from the upper edge. Fuse a strip of interfacing 12 - 15 mm (1/2 - 9/16") wide to the lower back piece side edges between the upper edge and the zipper mark + 1 cm (3/8"). If you have a narrower kantenband, fuse it 3 - 5 mm away from the edge.

16



Finish the lower back pieces side edges with a serger. Press the seams.

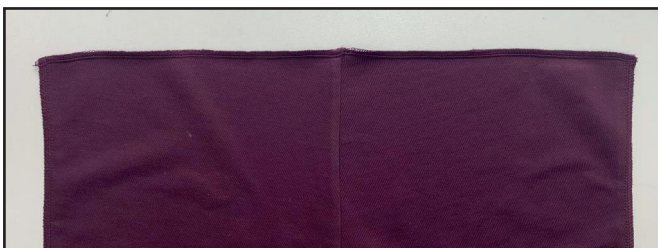
17



Place the lower back pieces, right side inside, and serge the central (crotch) seam. Press the seam allowances towards any side.

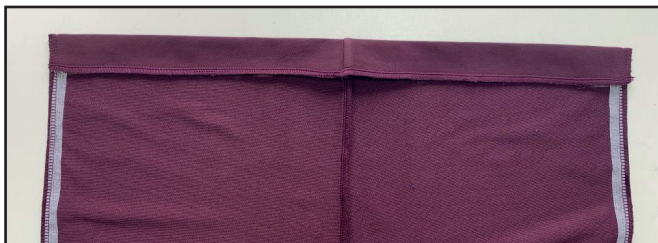


18



Finish the lower back piece upper edge with a serger.

19



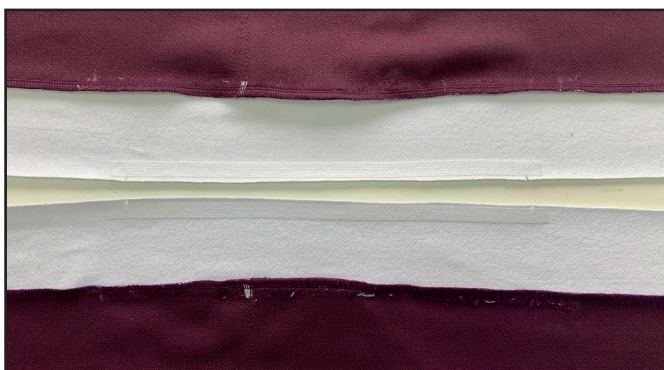
Press 3 cm (1 3/16") of the lower back piece upper edge (seam allowance) towards the wrong side.

20



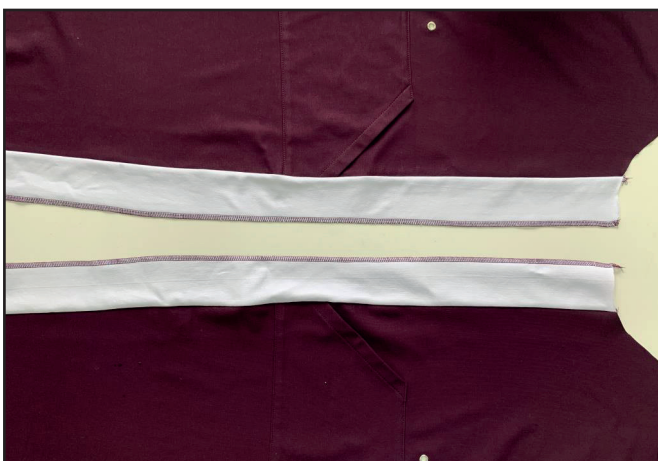
Pin the side stripe to the lower back to transfer the marks for the zippers onto them. Then remove the pins.

21



Fuse a strip of interfacing 12 - 15 mm (1/2 - 9/16") wide to the side stripes between the marks for the zippers + 1 cm (3/8") from each side. If you have a narrower kantenband, fuse it 3 - 5 mm away from the edge.

22



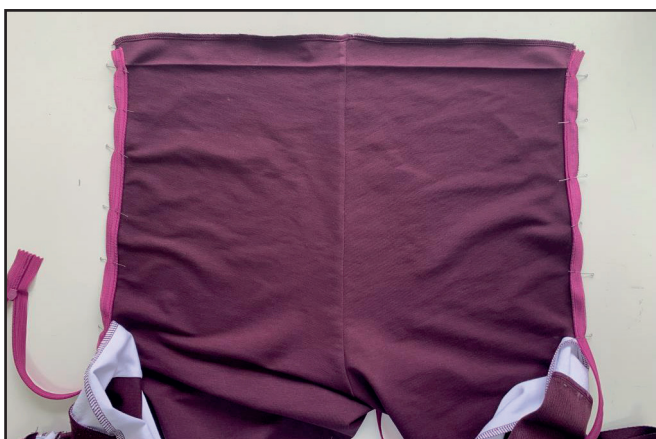
Finish the stripes long raw edges with a serger.

23



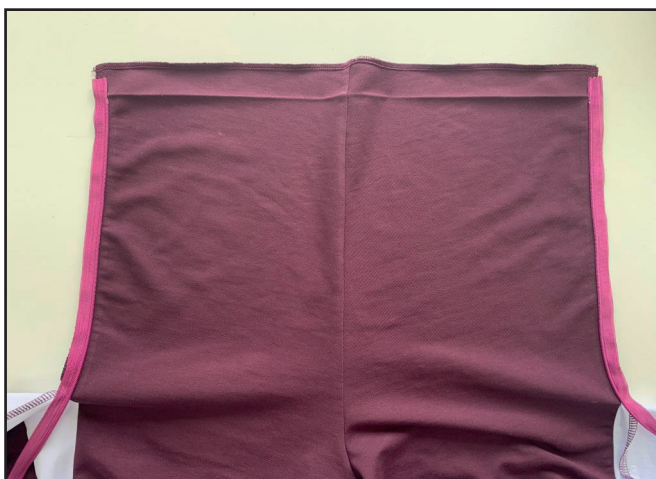
Place the fronts and the lower backs, right sides together, and pin them between the zipper bottom mark and the pant lower edges. Stitch them 1 cm (3/8") in from the edge. Press the seam allowances open.

24



Pin one zipper tape to the lower back. The zipper top stop matches with the fold.

25



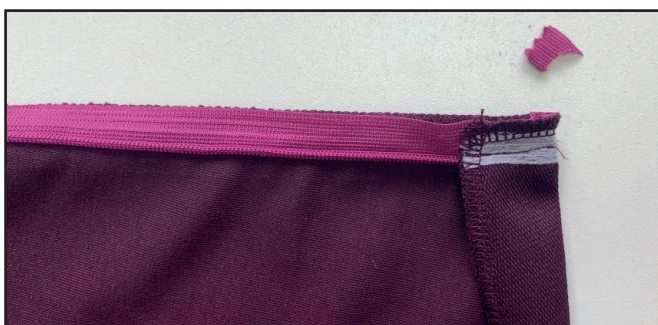
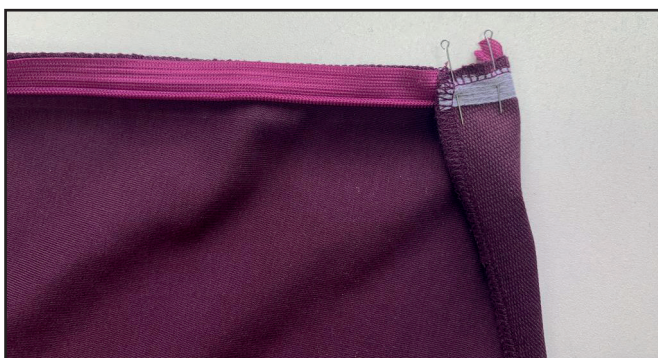
Stitch the zipper in. Repeat the process for the other zipper (steps 24 - 25).

26



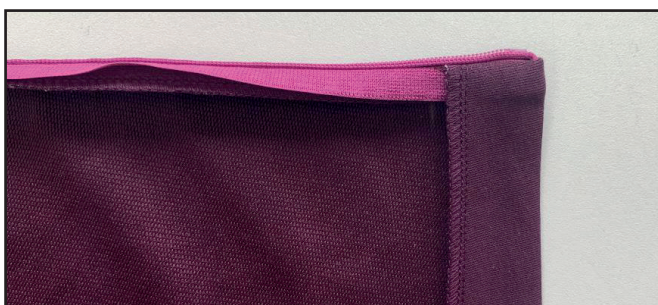
Fasten the zipper and transfer the marks for the seam beginning and end to the other zipper tape.

27



Turn the zipper top to the wrong side and pin it. Turn 3 cm (1 1/16") of the lower back piece upper edge onto the zipper and pin them. Stitch them 1 - 2 mm (1/16") away from the previous seam. Cut the excess zipper top.

28



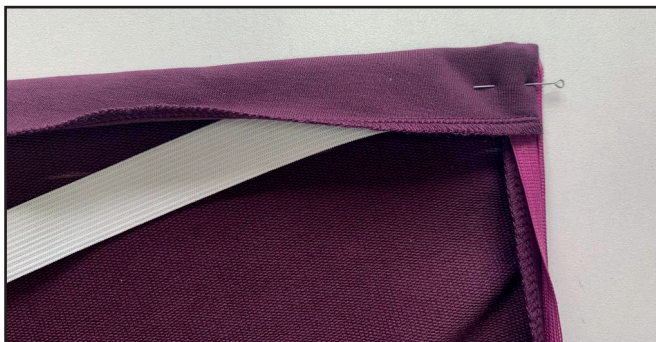
Turn out the seam allowances on the lower back piece upper edge to the right side and press it.

29



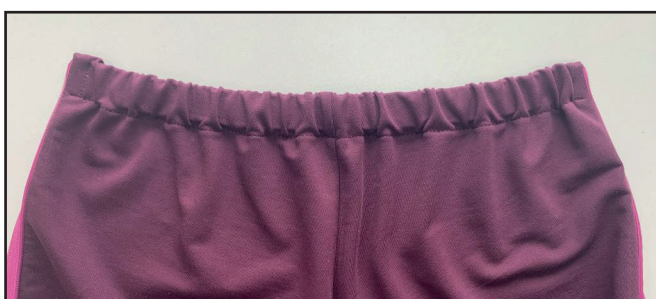
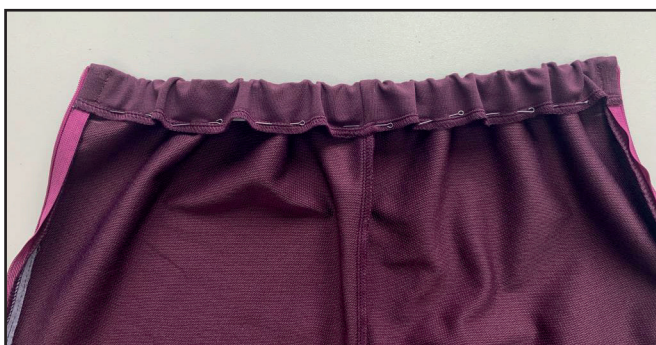
The length of the elastic is equal to 0.5-0.75 (3/16 - 5/16") length of the lower back piece upper edge.

30



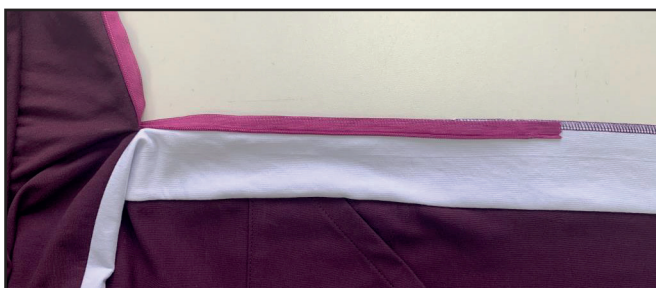
Pin the elastic ends to the zipper attaching seam allowances and stitch them up.

31



Pin the seam allowances to the lower back and stitch 2.5 cm (1") away from the fold. Be careful not to get the elastic into the stitching.

32



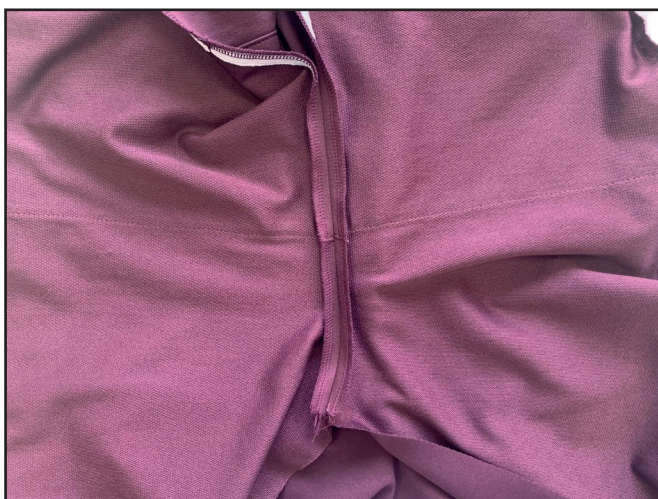
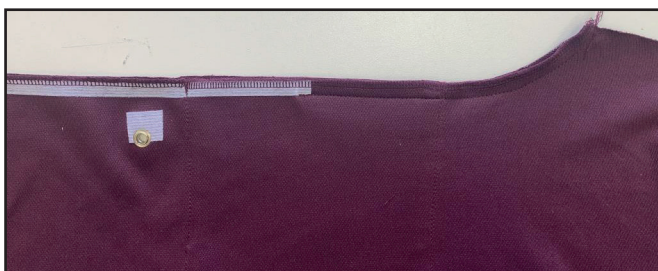
Pin the zipper other tape to the side stripes aligning the marks. Stitch them. Fasten the zipper and neatly press it on the right side. Repeat the process for the other zipper.

33



Trim the zipper bottom leaving 2 - 3 cm (13/16 - 1 3/16").

34



2,5-3

Place the front pieces, right sides together, and pin between the mark for zipper and the inseam edge. Stitch them 1 cm (3/8") in from the edge. Press the seam allowances open.

35



2,5-3



7

Place the front and the lower back, right sides together, and pin the inseam aligning the marks. Serge them. Press the seam allowances towards the back.

36



Finish the upper back lower and side edges.

37



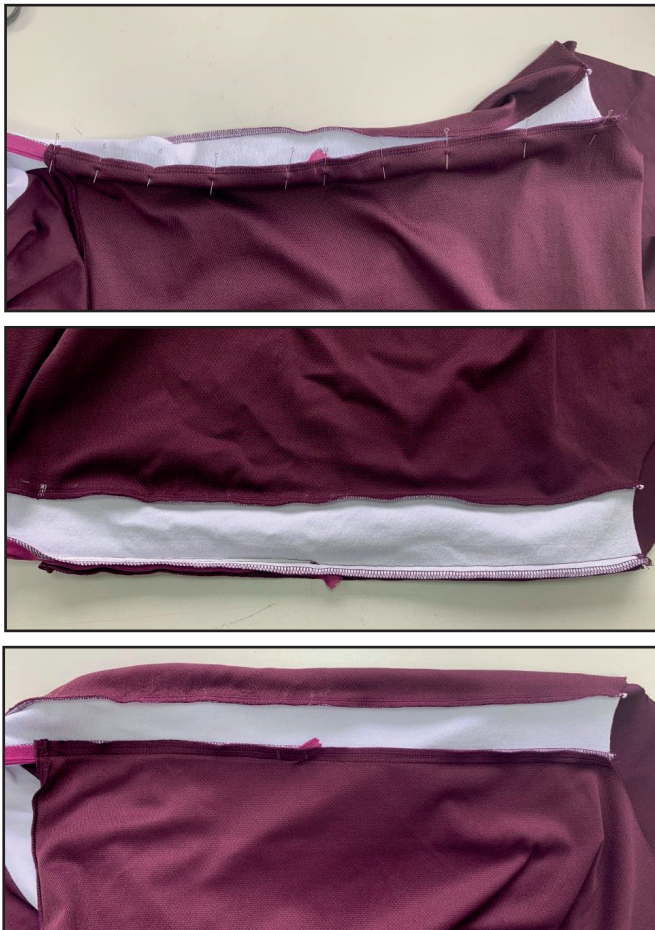
Hem 7 - 10 mm (1/4 - 3/8") of the upper back using a straight stitch 5 - 7 mm (3/16 - 1/4") away from the edge. Press the seam.

38



Turn the zipper tops on the side stripes towards the seam allowances and pin them.

39



Pin the side stripes (the front - for jumpsuits without side stripes) to the upper back, right sides together, to sandwich the zipper between them. Stitch them 1 cm (3/8") in from the edge. Stitch 1 - 2 mm (1/16") away from the zipper attaching seam. Press the seam allowance flat towards the side stripes.

40



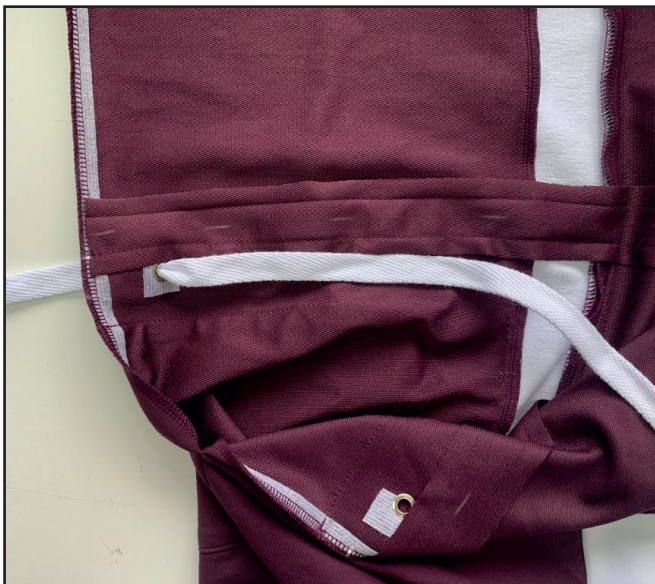
Press 1 cm (3/8") of the seam allowances along the casing long edges towards the wrong side.

41

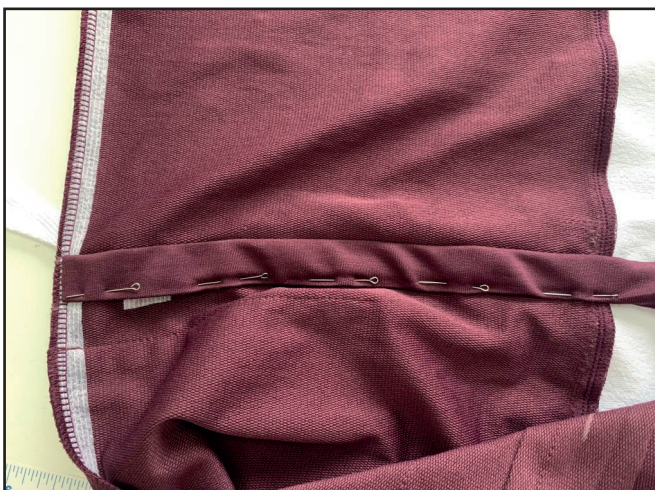


Place one casing long edge fold to the upper mark for casing on the front and back pieces and pin them. Stitch them exactly atop the fold.

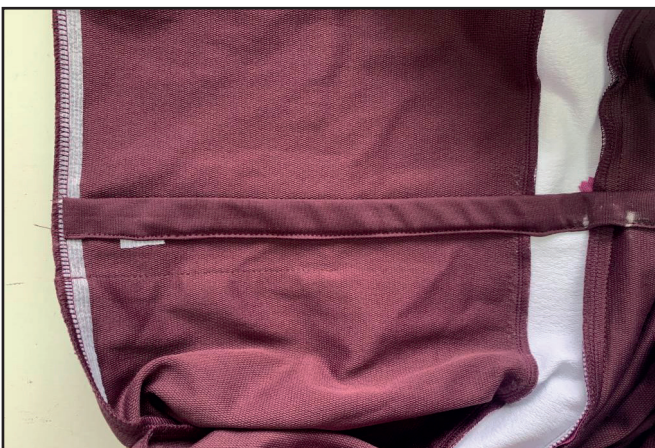
42



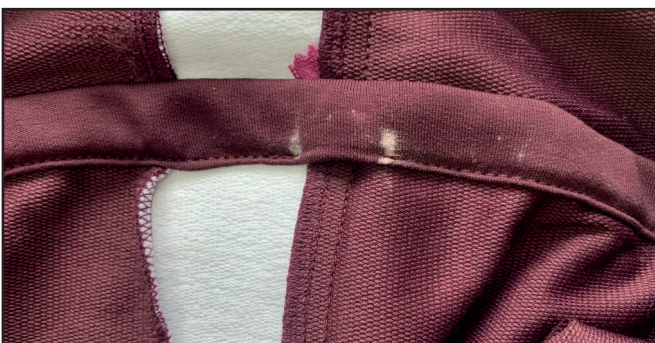
Insert the flat draw cord into the grommets, cover it with the casing and pin along the lower edge.



43



Stitch the casing 1 - 2 mm (1/16") away from the lower edge. Note: leave an opening about 2 cm (13/16") in the zipper area.



44



4 2,5-3 7

If you are sewing side stripe sleeves, place the sleeve front, the stripe, and the sleeve back, right sides together, and pin them aligning the marks. Serge them. Press the seam allowances towards the side stripes.

If you are sewing a jumpsuit without side stripes, pin and stitch the dart. Press the dart allowance of the side stripe towards the sleeve back.

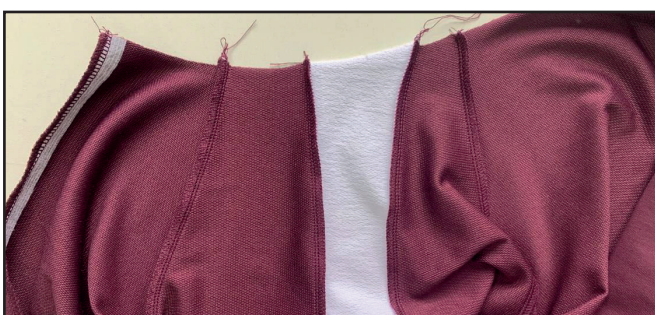
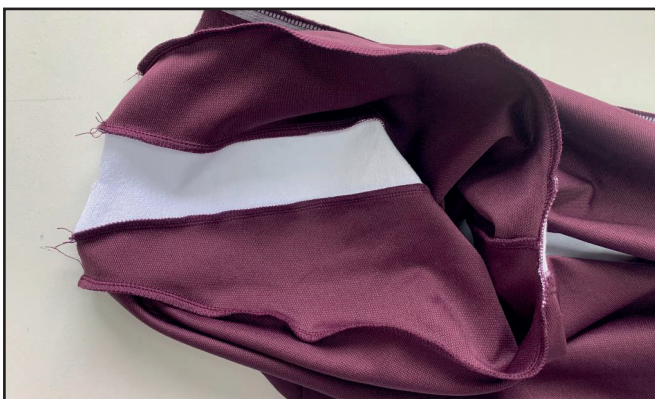
45



4 2,5-3 7

Place each sleeve in half, right side inside, and pin along the side edges. Serge them. Press the seam allowances towards the sleeve fronts.

46



4 2,5-3 7

Turn the sleeves out to the right side and pin them to the garment aligning the marks. Serge them. Press the seam allowances towards the garment.

47



Fuse the strip of interfacing 12 - 15 mm (1/2 - 9/16") wide to the hood pieces center edges. If you have a narrower kantenband, press it 3 - 5 mm (1/8 - 3/16") away from the edge. Fuse pieces of kantenband about 2x2 cm (13/16x13/16") on the marks for the grommets.

48



Punch the holes and attach the grommets at the marked places.

49



Place the hood pieces, right sides together, and stitch the curved seam 7 mm (1/4") in from the edge. Press the seam allowances open.



50



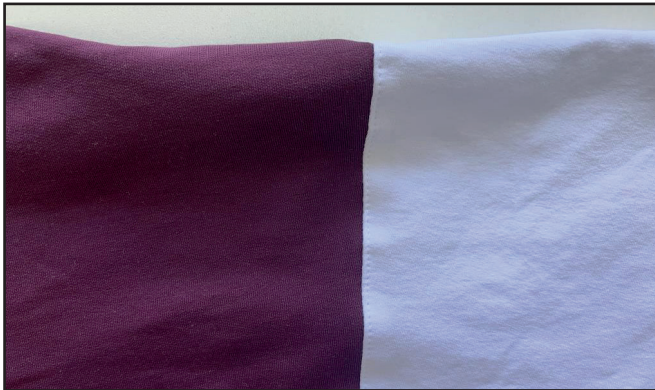
Place the hood lining pieces, right sides together, and stitch the curved seam 7 mm (1/4") in from the edge. Press the seam allowances open.

51



Place the hood and the hood lining, right sides together, and pin the outer edges aligning the marks. Stitch them 7 mm (1/4") away from the edge.

52



Topstitch the seam allowances towards the lining 1 - 2 mm (1/16") away from the previous seam.

53



Turn the hood out, wrong side inside, and press the outer seam forming a roll 1 mm (1/16") towards the lining.

54



Finish the hood lining lower edge with a serger.

55

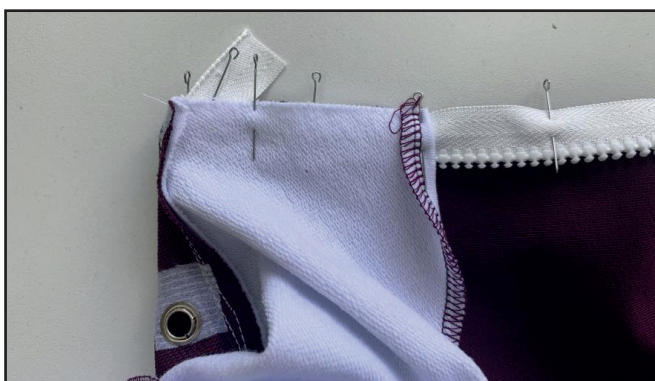


Place the hood and the garment neckline, right sides together, and pin them aligning the marks. Stitch them 7 mm (1/4") in from the edge. Press the seam allowance flat towards the hood.

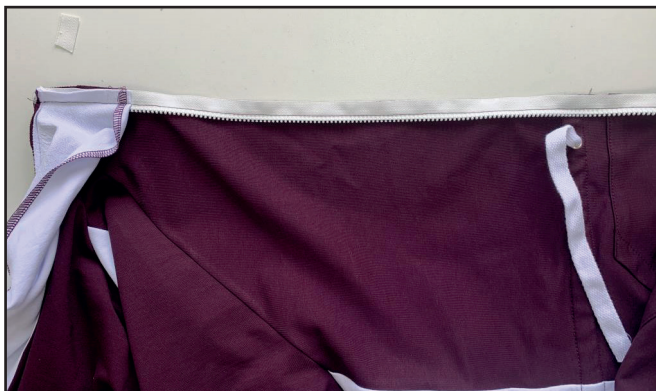
56



Pin one zipper tape and the front right piece center edge, right sides together, between the hood outer edge and the mark for the zipper. Turn the zipper top to the wrong side. Place the hood center edges, right sides together, and pin them to sandwich the zipper in between. Turn the hood lining lower edge seam allowances towards the wrong side.

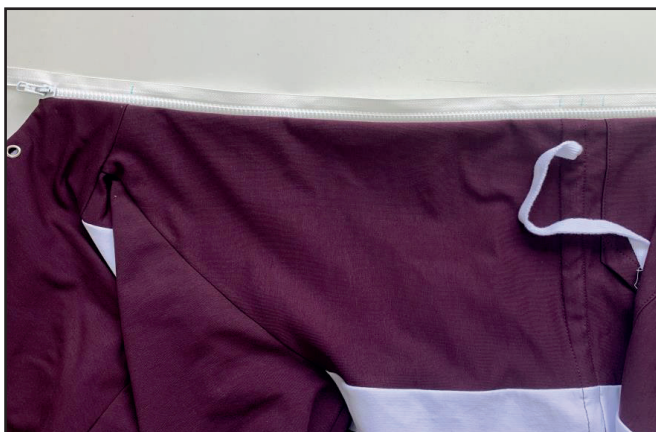


57



Stitch the zipper in, close to its teeth.

58



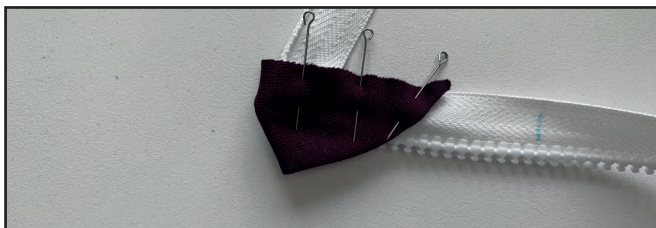
Fasten the zipper and transfer onto the other zipper tape the following marks: for the hood attaching seam, pocket top edge, casing upper and lower edges, and the lower end of the seam.

59



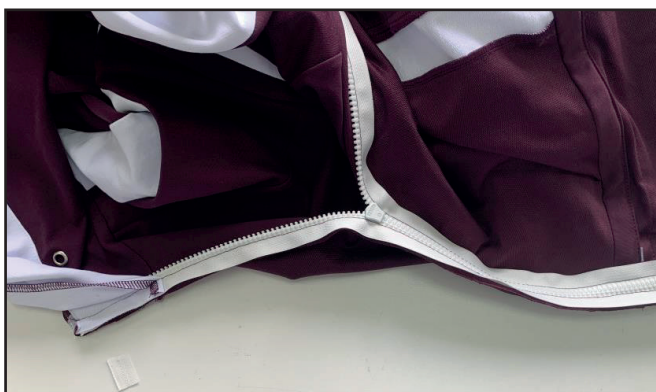
Place the flap, wrong side inside, and press it.

60



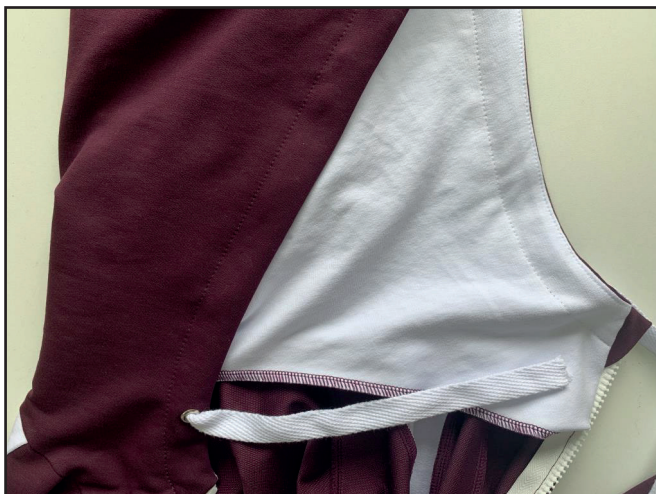
Turn the zipper left tape top to the wrong side and pin it. Place the flap in half, insert the zipper in it and pin.

61



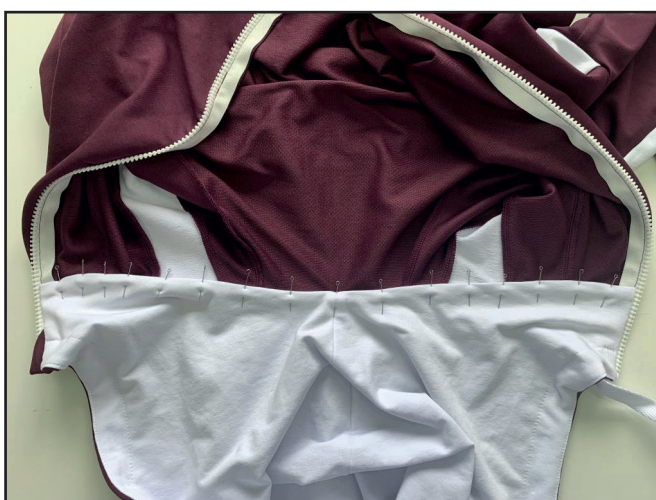
Pin and stitch the other zipper tape together with the flap and the front left piece aligning the marks.

62

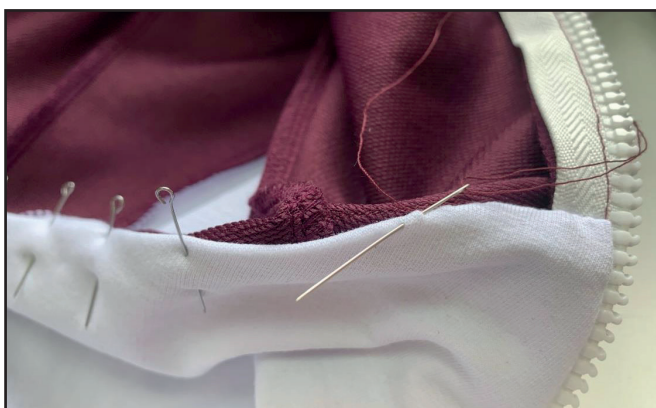


Insert the flat draw cord into the grommets on the hood, place it to the hood outer edge seam as close as possible, and pin the hood and the hood lining together. Stitch them 2.5 - 3 cm (1 - 1 3/16") away from the hood outer edge seam.

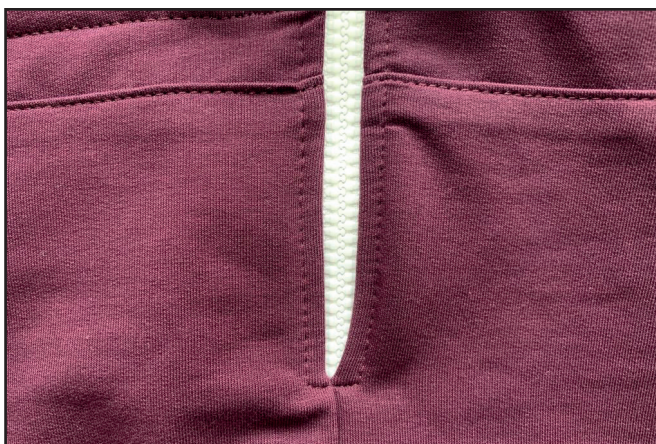
63



Turn 7 mm (1/4") of the hood lower edge seam allowances to the wrong side, pin it to the garment overlapping the hood attaching seam. Hand-baste the hood lining lower edge.

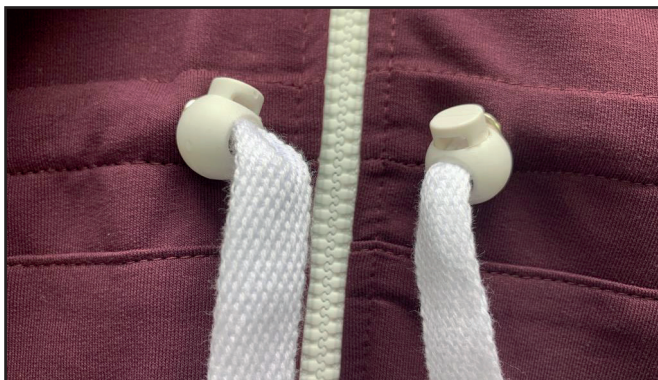


64



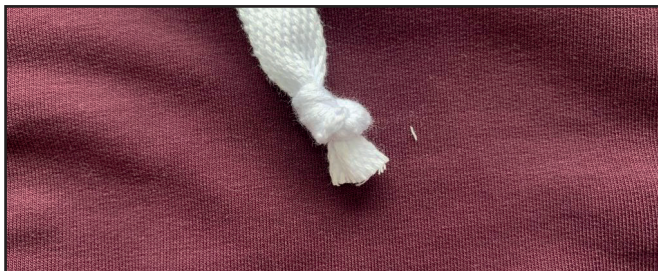
Topstitch the garment along the zipper.

65



Insert the flat draw cord ends into the cord locks. You can do the same for the flat draw cord on the hood.

66



Process the flat draw cord ends as you like. Tie knots, for example.

67



If your zipper is much longer than necessary, cut off the bottom, leaving 2-3 cm (13/16 - 1 3/16").

68



Process the zipper with the twilled ribbon, corded silk ribbon, or any other ribbon. Place the ribbon long edge to the zipper wrong side, wrap the short edges around the zipper and pin it. Turn the ribbon other long edge to the zipper right side and stitch close to the ribbon edge.

69



Place each cuff in half, right side inside, and stitch the short edges 7 mm (1/4") in from the edge. Press the seam allowances open.

70



Place the cuffs in half lengthwise, wrong side inside, and insert them into the sleeve and pant leg openings. Pin them stretching the cuffs. Serge them around. Unravel the seam ends, tie two knots and hide them into the seam. Press the seam allowances towards the sleeves and the pant legs.

71



Remove the basting stitches and press the garment. The jumpsuit is ready!

ELINA PATYKOVA

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!**