

JUMPSUIT NEW

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,
- rib knit fabric,
- zipper,
- grommets 8 mm (5/16") 2 pcs.,
- flat draw cord 120 - 130 cm (47 1/4 - 51 3/16") is optional,
- elastic 30 mm (1 1/4") wide,
- matching threads,
- 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 is indicated on the 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

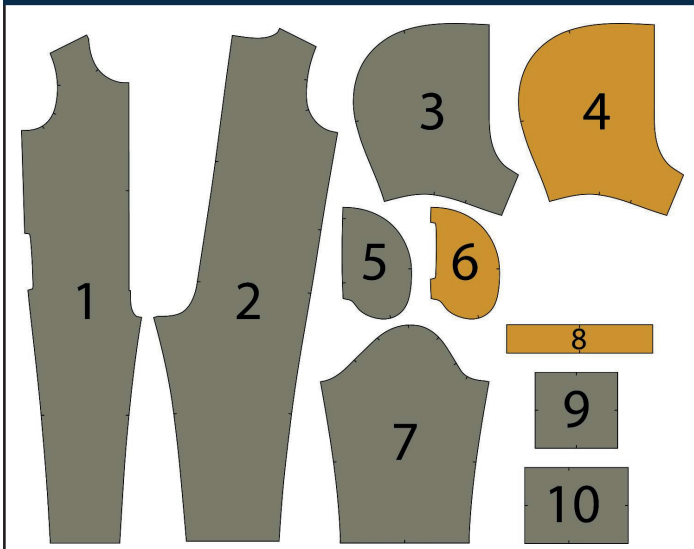
Let us start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

C

Lay 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 allowances are 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 - cut 2 (sweatshirt fabric)
- ② back - cut 2 (sweatshirt fabric)
- ③ hood - cut 2 (sweatshirt fabric)
- ④ hood lining - cut 2 (cotton lycra jersey)
- ⑤ side front - cut 2 (sweatshirt fabric)
- ⑥ pocket lining - cut 2 (cotton lycra jersey)
- ⑦ sleeve - cut 2 (sweatshirt fabric)
- ⑧ casing - cut 1 (cotton lycra jersey)
- ⑨ sleeve cuff - cut 2 (rib knit fabric)
- ⑩ pant cuff - cut 2 (rib knit fabric)

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.

JUMPSUIT SEWING GUIDE

1



4  2,5-3,5  7 

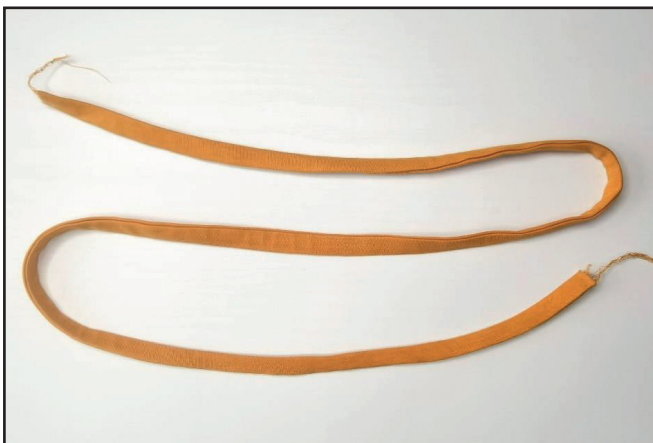
If you do not have a suitable flat cord, you can make it yourself. Cut a strip of fabric of the desired length, 40 mm (1 9/16") wide. We use the same fabric for the flat cord as for the hood lining in this example. Serge the fabric strip along the long edges.

2



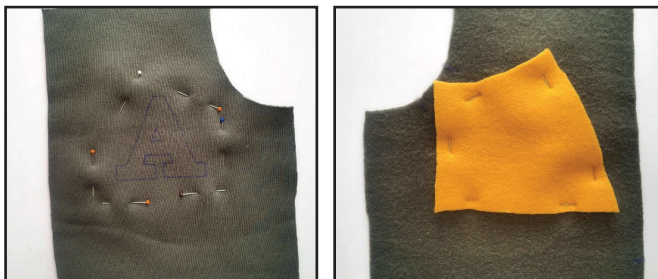
Turn the strip through to the right side with a loop turner, bodkin, or safety pin.

3



Press the flat cord with an iron.

4



You can decorate the jumpsuit with applique. Mark the drawing in the desired place on the garment right side. Use disappearing ink marker, fabric pencil, or heat erasable fabric marking pen. Working on the wrong side, pin a piece of fabric in a contrasting color with the same

density as the main fabric. The piece right side should fit the garment wrong side and overlap the entire area of the drawing.

5



Topstitch the drawing along the outline with a straight stitch or a triple straight stitch.

6



Working on the wrong side, trim the excess fabric close to the stitching.

7



Working on the right side, trim the fabric inside the outline 1-2 mm (1/16") away from the stitching, but avoid trimming the fabric underneath. Press it.

8



Pin the hood pieces with right sides together. Finish the hood curved seam with a serger. Press the seam allowances flat towards the right hood piece. Repeat the process for the hood cotton lycra jersey lining pieces.

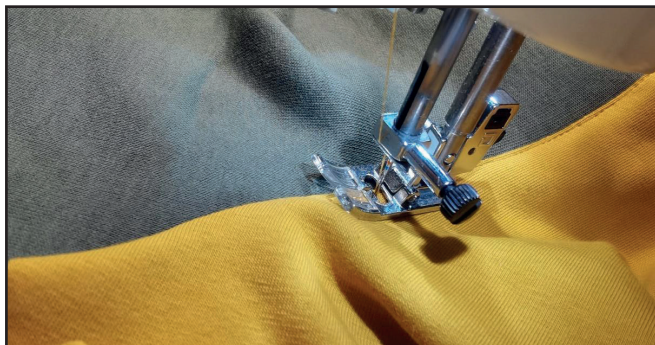
9



4 2,5-3,5 7

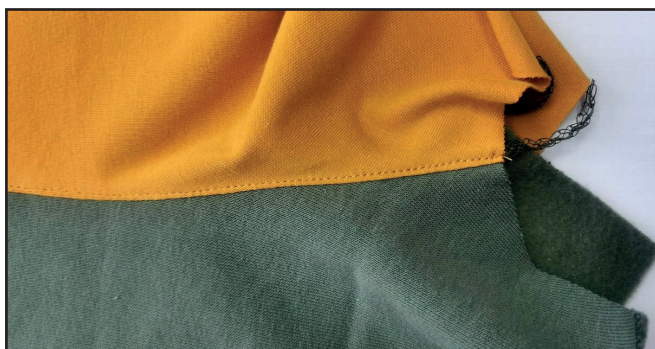
Place the hood lining and the hood, right sides together, and pin them along the outer edge. Serge them. Press the seam allowances towards the hood lining.

10



2,4-2,8

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



11



Press the hood edge forming a roll towards the lining.

12



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

13



4 2,5-3,5 7

With right sides together, pin the pocket lining to the front, along the pocket opening. Serge the pieces. Turn it out and press forming a roll towards the pocket lining.

14



2,4-2,8

Topstitch along the pocket opening 7 mm (1/4") in from the edge. Press the pocket opening.

15



4 2,5-3,5 7

Pin the side front right sides together. Serge them. Press the pocket.

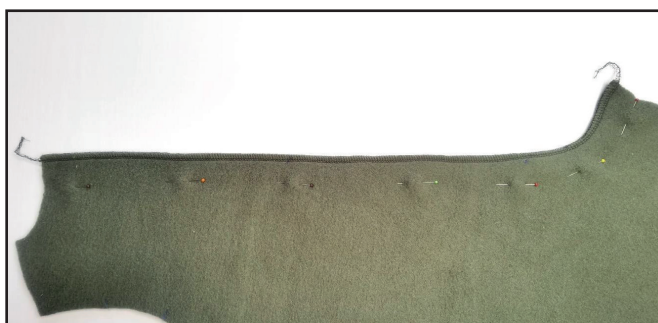
16



2,4-2,8

Reinforce the pocket lining above and below the pocket opening 4 mm (3/16") in from the edge. Repeat the process for the opposite pocket (steps 13 - 16).

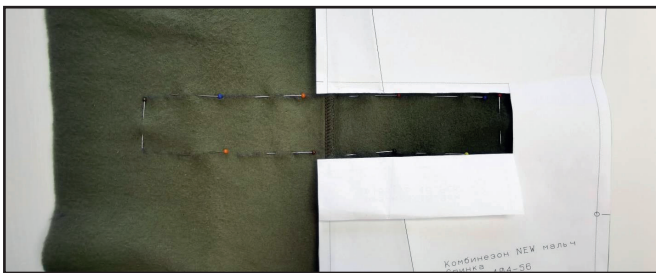
17



4 2,5-3,5 7

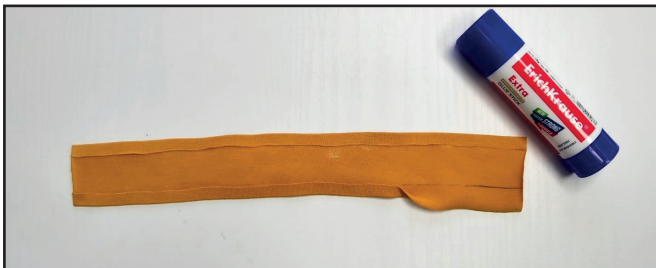
Pin the back pieces along the central and crotch seams with right sides together. Serge them. Press the seam allowances towards the left piece.

18



Mark the place for attaching the casing on the back wrong side.

19



Draw lines along the strip for casing long edges 14 mm (9/16") in from the edge. Use the lines to fold 7 mm (1/4") of the strip up. Pin, baste or glue the folded edges.

20



Pin the casing to the back piece with wrong sides together. Topstitch the casing along long edges, stitching 1 mm (1/16") away from the fold. Begin and finish the stitching 7 mm (1/4") away from the short edge.

21



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



22



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.

23



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 hood.

24



4 2,5-3,5 7

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

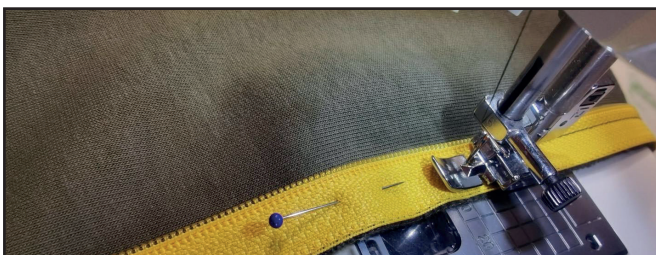
25



2,4-2,8

Pin the front pieces along the crotch seam with right sides together. Stitch them 8 mm (5/16") in from the edge. Finish the seam at the zipper bottom stop level. Press the seam allowances open.

26



2,4-2,8

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 unilateral zipper presser foot 10 mm (3/8") away from the edge. Finish the seam 5 mm (3/16") above

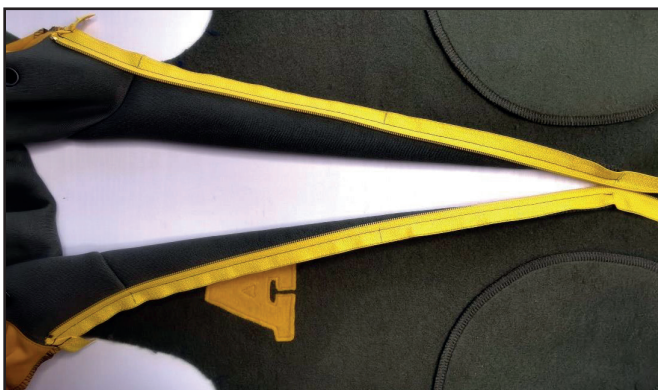
the zipper bottom stop mark. If the slider prevents you from finishing the seam, then place the machine needle in the work, raise the zipper presser foot, move the zipper slider, lower the zipper foot, and sew on.

27



Close the zipper and mark the places for the hood attaching seam, waist mark and zipper bottom mark on the other zipper tape.

28



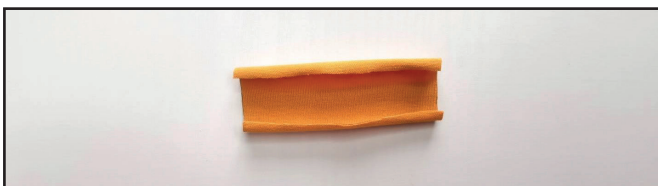
Baste or pin the other zipper tape. Very precisely align the hood attaching seam and waist mark with the marks on the zipper. Stitch the zipper using unilateral zipper presser foot 10 mm (3/8") away from the edge, in the same way as you attached the first zipper tape.

29



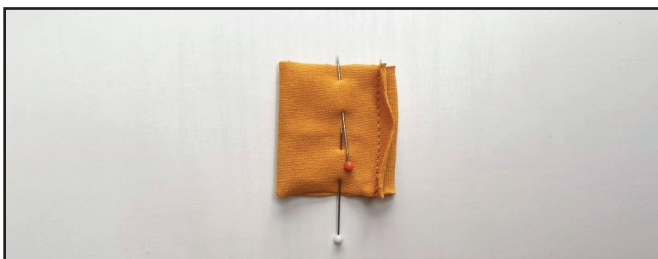
Close the zipper, make sure that the hood attaching seams match, the zipper sits accurately, without waving. Press it.

30



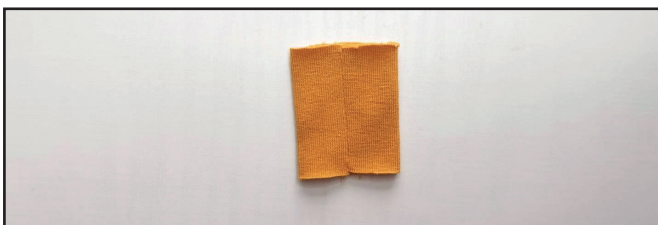
Cut the strip of cotton lycra jersey 40 mm (1 9/16") wide and 75 mm (3") long.

31



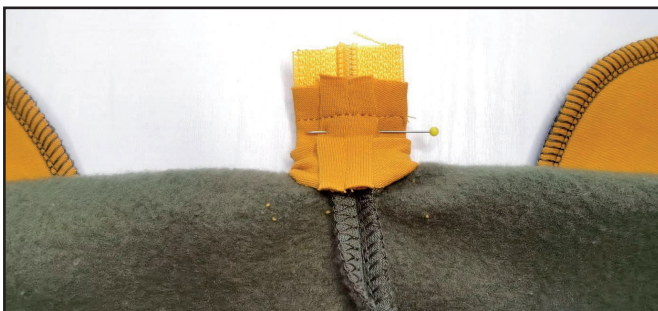
Fold it in half, right side inside, and stitch along the short edges. Stitch 7 mm (1/4") in from the edge.

32



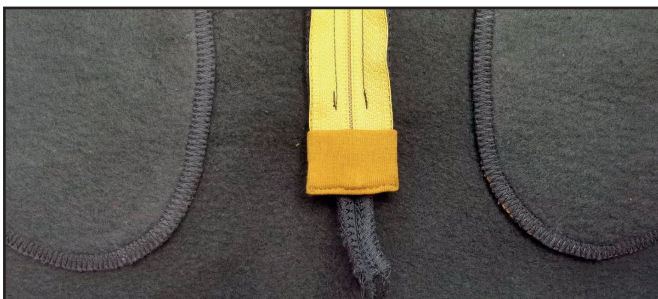
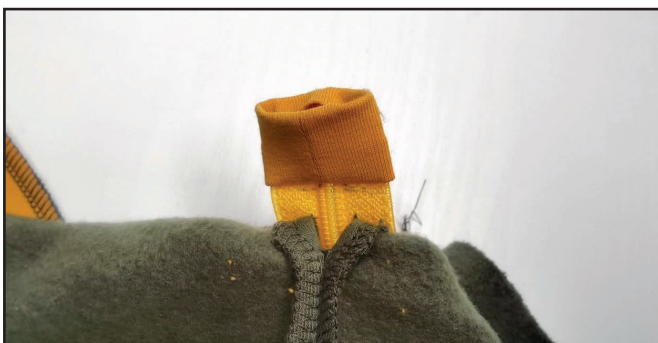
Turn the piece out to the right side. Press the seam, place it in the middle and press the piece. Turn it inside out again.

33



Trim excess zipper bottom, leaving a «tail» about 30 mm (1 3/16") long. Insert the zipper bottom into the workpiece and fix it with straight stitching as far from the edge as possible.

34



Fold the fabric back to the right side so that the zipper bottom was hidden inside. Tuck the raw edges inside and stitch them 1 mm (1/16") in from the edge.

35



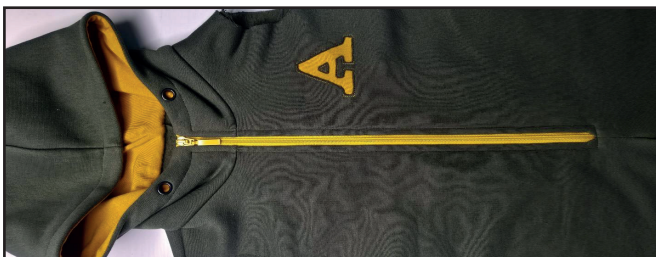
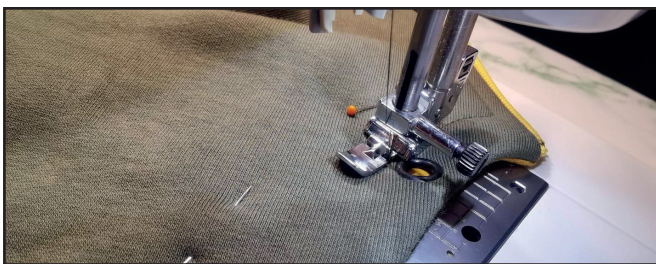
Pin the hood lining central edges to the zipper. Tuck the seam allowances to the wrong side, so that the hood lining edge was at the same level as the hood attaching seam. Stitch it 10 mm (3/8") in from the edge.

36



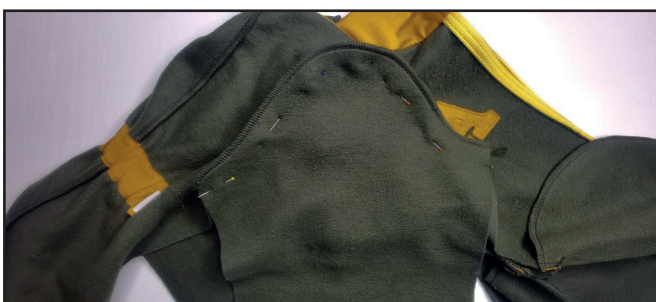
Tuck the hood lining inside and pin it to the neckline. Hand-baste the hood lining with a blind stitch. Press it.

37



Topstitch the hood outer edge 20 - 25 mm (13/16 - 1") from the edge and the zipper 7 mm (1/4") away from the edge all the way around. Press it.

38



With right sides together, pin the sleeve into the armscye, aligning the marks. Serge it in place. Press the seam allowance towards the front and the back. Repeat the same steps for the opposite sleeve.

39



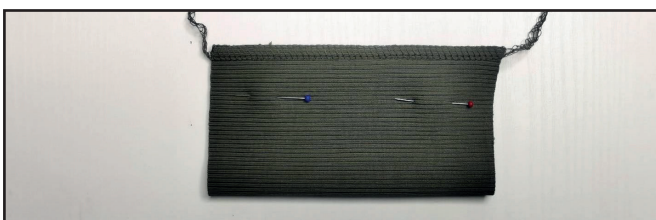
Pin the back, the front, and the sleeve along the side edges with right sides together. Serge them. To avoid excess thickening, place the sleeve attaching seam allowances in different directions. Press the seam allowance towards the back. Repeat the same steps for the opposite side seam.

40



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

41



With right sides together, fold the cuffs in half, lengthways, and pin along the short edges. Serge them.

42



To avoid excess thickening when stitching the cuffs, press the seam allowances in different directions.

43



With wrong sides together, fold the cuffs in half, lengthways, and press them.

44



4  2,5-3,5  7

Serge the cuff to the garment, aligning the cuff seam and the sleeve side seam. While serging, evenly stretch the cuff, but avoid stretching the sleeve opening. Repeat the process for the opposite cuff. Press the seam up.



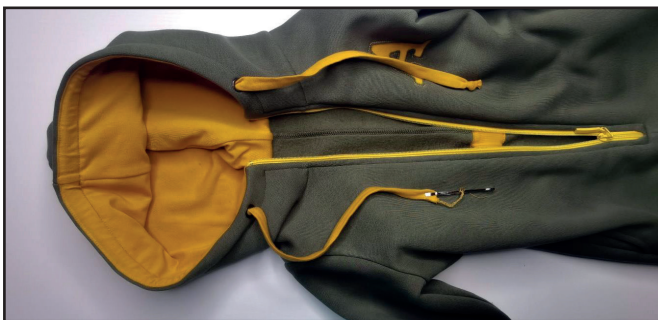
45



4  2,5-3,5  7

Repeat the process for the pant leg cuffs in the same way as the sleeve cuffs (steps 41-44). Align the cuff seams with the pant leg inseams.

46



Insert the flat cord, tie the seam thread tails, trim the excess cord close to the knots.

47



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

ELINA PATYKOVA

ПРОШИТЬЕ

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