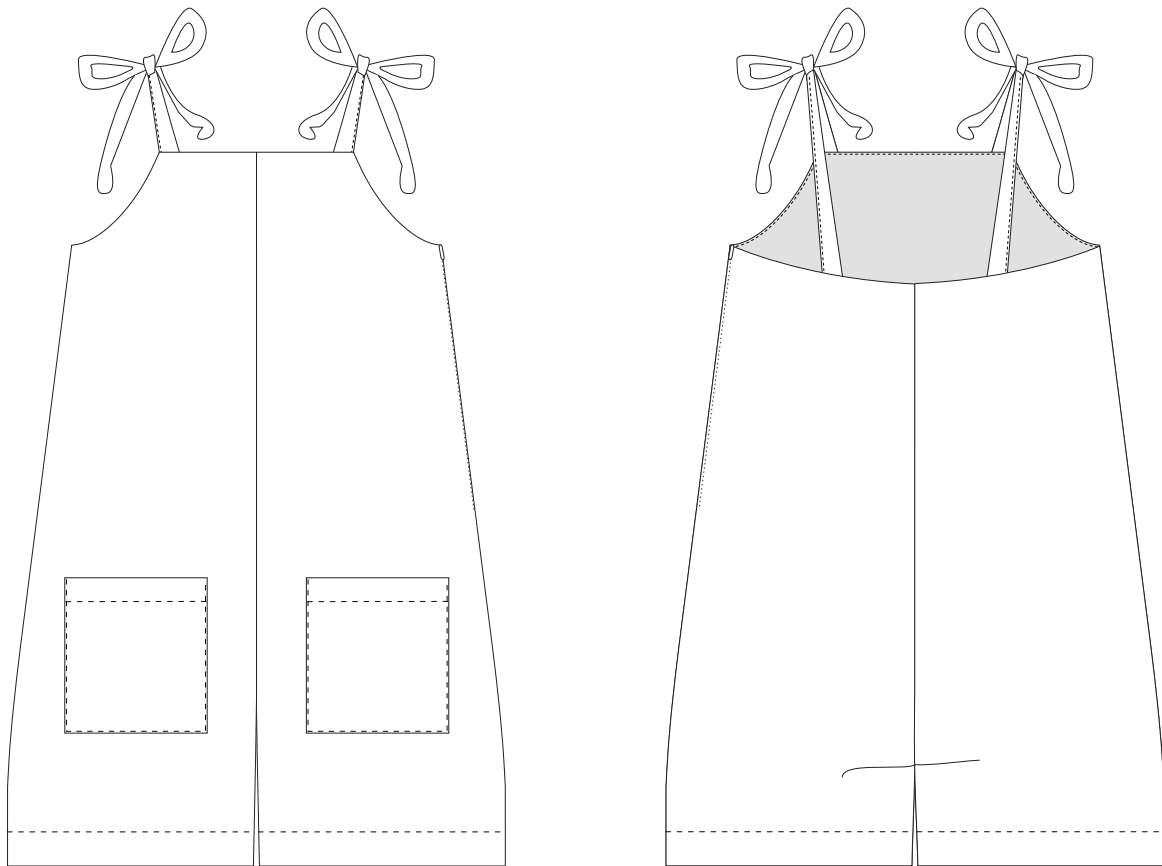


# Peppermint

M A G A Z I N E



PLAYSUIT / ISSUE 40

SKILL LEVEL



IN THE  
FOLDS

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We're super excited to bring you these patterns in partnership with the lovely people at **The Fabric Store**. With a passion for all things sewing, they stock an incredible range of fabrics - think quality linen, silk, cotton, merino and even leather - at their Sydney, Melbourne, Brisbane and New Zealand stores, as well as a small selection online.

*The Fabric Store*

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# ABOUT IN THE FOLDS PATTERNS

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**In the Folds** patterns are designed to inspire and encourage modern makers to create garments that are beautiful both inside and out. Through selected techniques and construction details, **In the Folds** aims to encourage thought-provoking and memorable making experiences - helping you enjoy each stitch in the process.

Techniques may differ slightly to the home sewing methods you are used to, but in some cases industrial finishes will give you the cleanest and most professional finish.

Seam allowances are marked on each pattern piece and detailed in each step.

You will notice that in some cases the seam allowances meet each other at different angles at the end of the seam. This is so that when you press the seam allowances open the seams will sit flush with the edges and will help you get a really clean finish.

## SLOW SEWING

In the Folds patterns are designed to include thoughtful details and interesting techniques so that you can enjoy the process of making the garment as much as the end result.

If we slow down and take in every stitch, we can better our skills, appreciate the amazing things we can do with our hands, understand the process more fully and create garments that will be worn, loved and cared for long into the future.

We'd love to see your work in progress. Find us on Instagram @inthefolds and @peppermintmagazine and tag your photos with #peppermintplaysuit

*Happy sewing!*

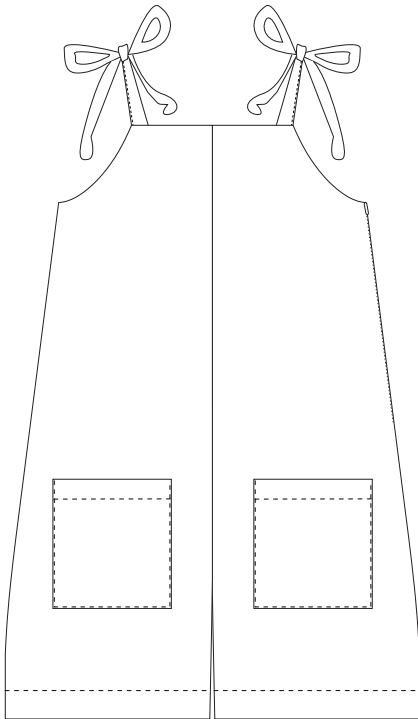
## THE ENVIRONMENT

Consider using fabric from your stash before going to buy something new. I dare you.

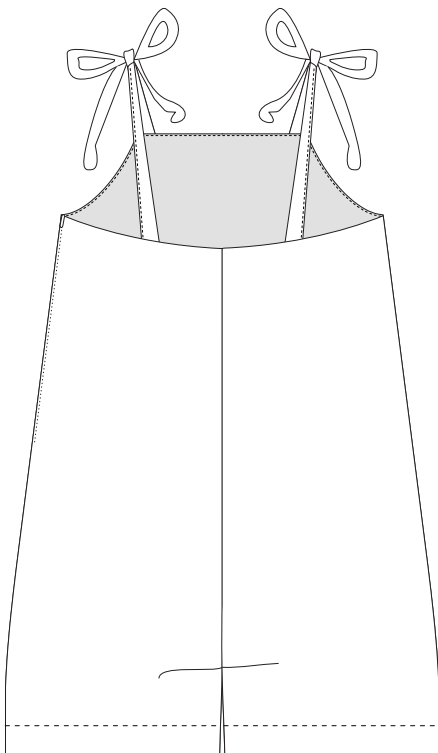
You might be surprised by what you find there. Before selecting your fabric, really think about how this garment will fit into your wardrobe and how you plan to care for it. Choose a fabric that fits the bill.

# GARMENT OVERVIEW

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**FRONT VIEW**



**BACK VIEW**

## GARMENT DETAILS

The **Playsuit** is a comfortable and easy to wear summer staple with bib front and tie straps. The bust area has a close fit and then relaxes into the waist and hip area, for ease and comfort on warm summer days. The **Playsuit** features patch pockets, invisible zip and an all-in-one facing for a clean and high end finish.

## FABRIC SUGGESTIONS

The **Playsuit** is compatible with a range of different fabrics. Consider using light to mid-weight fabrics such as: linen, linen blends, cotton, gauze or chambray. You could also consider sateen, silk (crepe de chine or habotai), tencel or viscose (rayon) for a dressier look. For a boxier silhouette, consider light-weight denims or heavy-weight cottons.

## NOTIONS

- Coordinating thread
- 40cm (16in) invisible zip

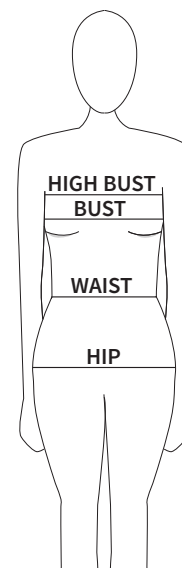
# SIZING + GARMENT MEASUREMENTS

## NOTES ON FITTING

When making the **Playsuit**, use your **high bust measurement** to select your size and then your **bust measurement** to work out whether or not you need to do a Small Bust Adjustment (SBA) or Full Bust Adjustment (FBA). This pattern is drafted for a B cup bust.

The pattern is nested so that you can grade between sizes if necessary. Simply print the sizes you need and draw a diagonal line between the sizes to grade between them.

The pattern is drafted for height of 170cm (5'7"). Use the 'Lengthen / Shorten' line on the pattern to adjust the finished length.



## REQUIRED MEASUREMENTS

### BODY MEASUREMENTS

	A	B	C	D	E	F	G	H	I	J
<b>HIGH BUST</b>	71cm 28"	76cm 30"	81cm 32"	86cm 34"	91cm 36"	96cm 38"	103.5cm 41"	111cm 43½"	118.5cm 46½"	126cm 49½"
<b>FULL BUST</b>	76cm 30"	81cm 32"	86cm 34"	91cm 36"	96cm 38"	101cm 40"	108.5cm 43"	116cm 45½"	123.5cm 48½"	131cm 51½"
<b>WAIST</b>	61cm 24"	66cm 26"	71cm 28"	76cm 30"	81cm 32"	86cm 34"	93.5cm 37"	101cm 39½"	108.5cm 42½"	116cm 45½"
<b>HIP</b>	84cm 33"	89cm 35"	94cm 37"	99cm 39"	104cm 41"	109cm 43"	116.5cm 46"	124cm 49"	131.5cm 51½"	139cm 54½"

### FINISHED GARMENT MEASUREMENTS

	A	B	C	D	E	F	G	H	I	J
<b>BUST</b>	78cm 30¾"	83cm 32¾"	88cm 34⅞"	93cm 36⅞"	98cm 38½"	103cm 40½"	110.5cm 43½"	118cm 46½"	125.5cm 49½"	133cm 52⅞"
<b>WAIST</b>	87cm 34¼"	92cm 36¼"	97cm 38¼"	102cm 40¼"	107cm 42⅞"	112cm 44⅞"	119.5cm 47⅞"	127cm 50"	134.5cm 53"	142cm 56"
<b>HIP</b>	110cm 43¼"	115cm 45¼"	120cm 47¼"	125cm 49¼"	130cm 51¼"	135cm 53⅞"	142.5cm 56⅞"	150cm 59⅞"	157.5cm 62"	165cm 65"

### FABRIC REQUIREMENTS

	A	B	C	D	E	F	G	H	I	J
<b>115cm 45"</b>	2m 2.2yds	2m 2.2yds	2m 2.2yds	2m 2.2yds	2m 2.2yds	2.1m 2.3yds	2.3m 2.5yds	2.3m 2.5yds	2.4m 2.6yds	2.5m 2.8yds
<b>150cm 60"</b>	1.3m 1.5yds	1.3m 1.5yds	1.4m 1.6yds	1.4m 1.6yds	1.5m 1.7yds	1.5m 1.7yds	1.9m 2yds	2.1m 2.3yds	2.1m 2.3yds	2.2m 2.4yds

# PRINTING THE PATTERN

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## PAPER SIZE

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This pattern can be printed on both A4 or US letter-sized paper. There is also a full sized version included so that, if you'd prefer, you can get it printed on full sheets (2 x A0) at your local copy shop.

## LAYERS

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This pattern has embedded layers. This means that you can select only the size/s you would like to print.

Layers make it much less confusing to cut out the pattern, and also saves on ink (and paper in some cases).



Open the pattern in Adobe Reader and click on the 'layers' option on the left hand side. There will be an eye next to each layer in the pattern. Turn off (by clicking) all the layers you do not need.



Please note, at the time of publishing, layers are not available on Preview (Mac). You will need to install Adobe Reader to access this feature.



**Please note :** *The 'PATTERN INFO' layer needs to be on for all sizes.*

## SCALING

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Open the pattern in Adobe Reader. Before printing the file, you will need to check the scaling settings on your printer. The pattern needs to be printed at its true scale. To do this, go into your print settings and select 'actual size' or set page scaling to 'none' or 'turn off page scaling.'

Print only Page 1 of the pattern, and check that the large test square measures 5cm x 5cm, or the smaller one measures 1in x 1in. It really needs to be precise, so if it is not quite right, you will need to go back and check your printer settings again.

## PRINT

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When you have the scaling right, print the remainder of the pattern. Depending on the size/s you need, you may not need to print all the pages.

There is a printing plan on p. 7.

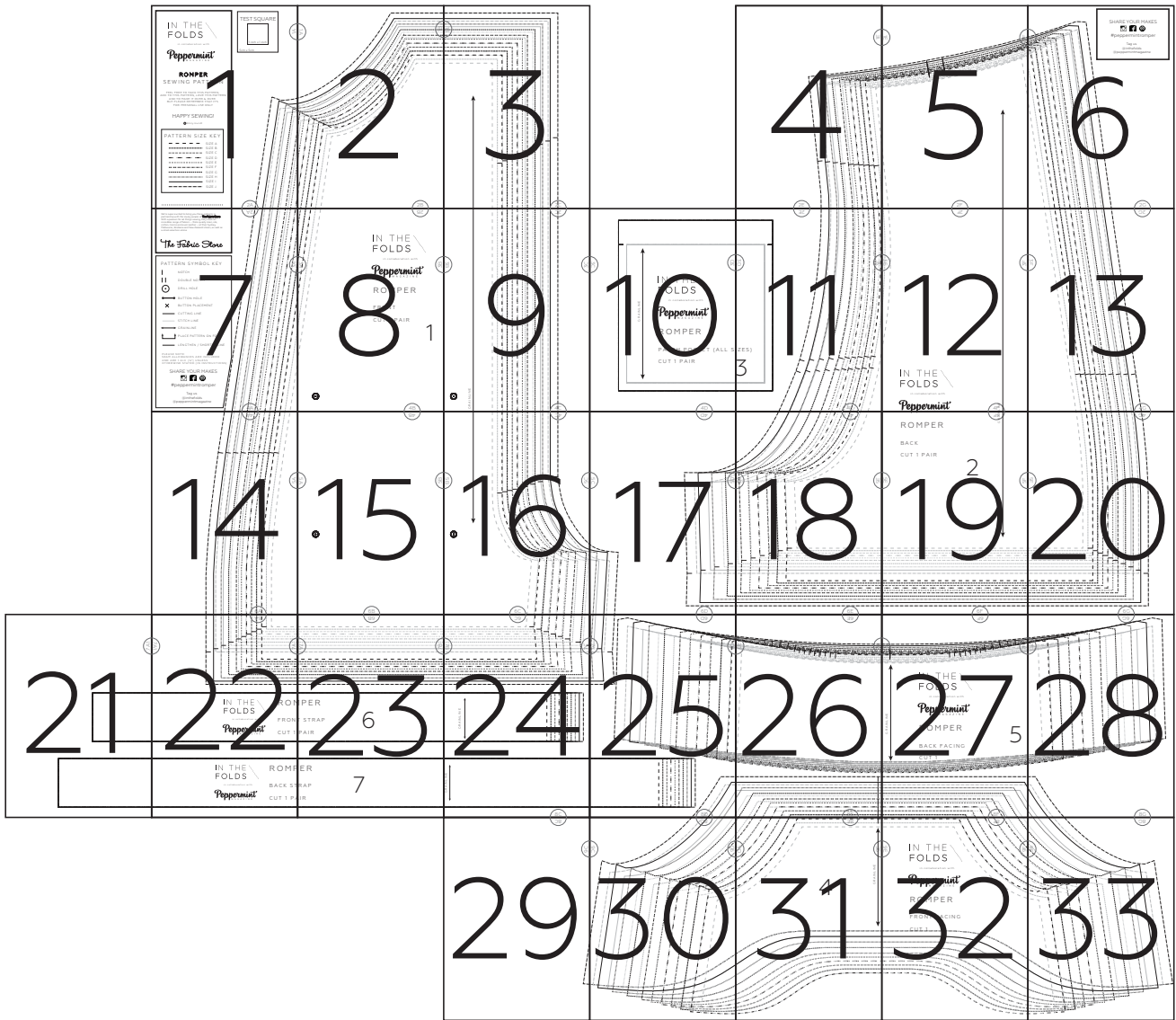
**Please note:** *When printing from Adobe Reader, make sure the print orientation is set to "Auto portrait / landscape" - this will ensure the border of each page will be printed.*

## ASSEMBLE

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Cut around the border of each page - one long side and one short side (keep your choice of sides consistent between pages). Align the circles so that 1A matches up to 1A, 2A with 2A etc, and tape or glue in place. Use the printing plan on p. 7 as a reference, if required.

# PRINTING PLAN



# CUTTING YOUR FABRIC

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*Wash and dry your fabric. Use the method you intend to use when washing your garment so it doesn't shrink after its first wash! Give your fabric a good press before cutting.*

Take your pre-washed fabric and fold it in half lengthways, with right sides together, on a cutting table or other flat surface. Bring the selvedges (woven edges of the fabric) together and smooth out any wrinkles. By folding the fabric in half, you will be able to cut two pieces at the same time.

Take your pattern pieces and lay them on your fabric, with the grainline of each pattern piece running exactly parallel to the selvedge (use a tape measure to measure from each end of the grainline, ensuring your pattern piece is on grain). Use the cutting plans on pp 9 - 10 as a guide.

Use weights or pins to hold the pieces in place. Carefully cut out each piece. Be sure to transfer all pattern markings onto your fabric.

To mark a notch, snip into the fabric **5-6mm (¼in)**. Buttonholes can be marked when cutting or when you are ready to sew them. Mark drill holes with tailors chalk on the wrong side of the fabric or a single stitch in a contrasting thread (by hand).

## TIPS

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- Take notes of any changes you make to the pattern as you go. This will help you when you use the pattern again (there is a section for this on p. 22).
- Enjoy the process! It's not a race to the end.



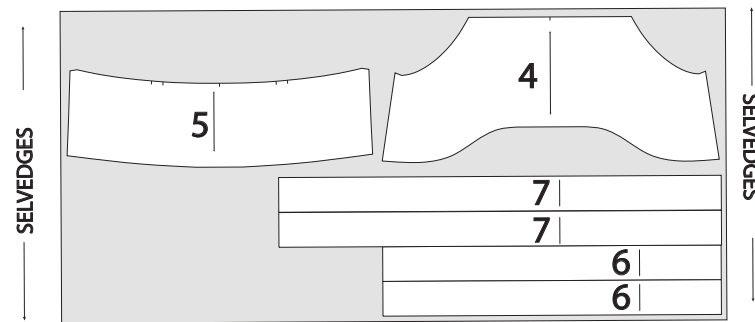
# SUGGESTED CUTTING PLANS

(SIZES A - F)

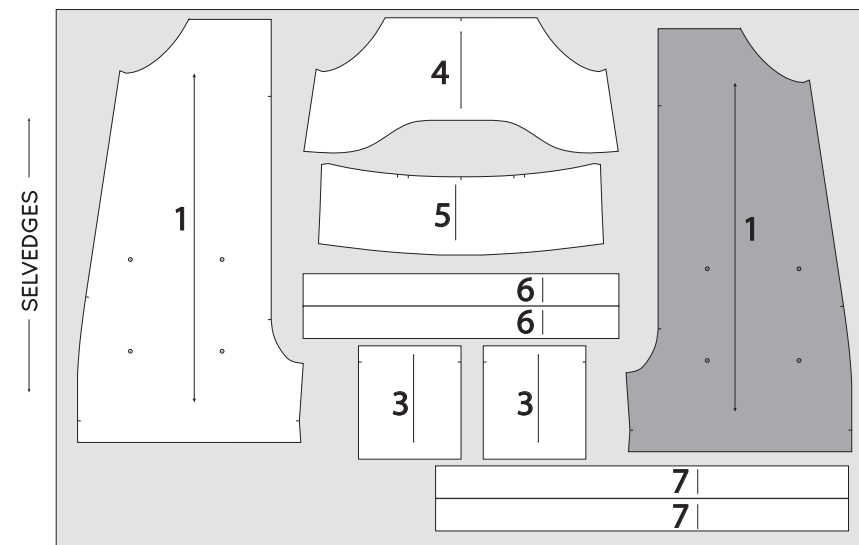
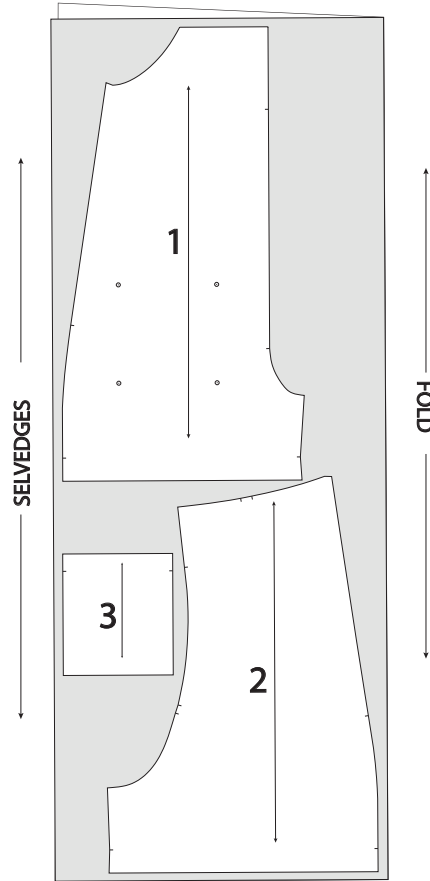
## PIECES TO CUT:

- 1 - Front - cut 1 pair
- 2 - Back - cut 1 pair
- 3 - Patch pocket - cut 1 pair
- 4 - Front facing- cut 1
- 5 - Back facing- cut 1
- 6 - Front strap - cut 2
- 7 - Back strap - cut 2

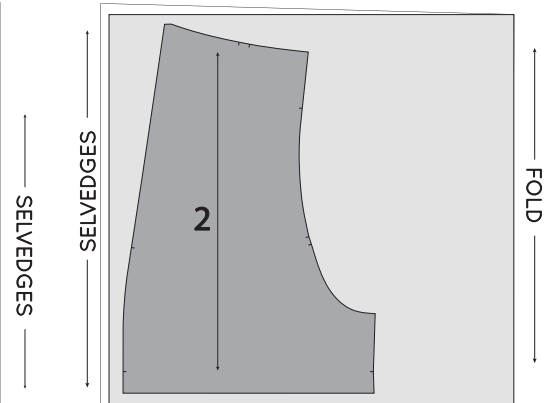
## ILLUSTRATION KEY:



115cm / 45in fabric



150cm / 60in fabric

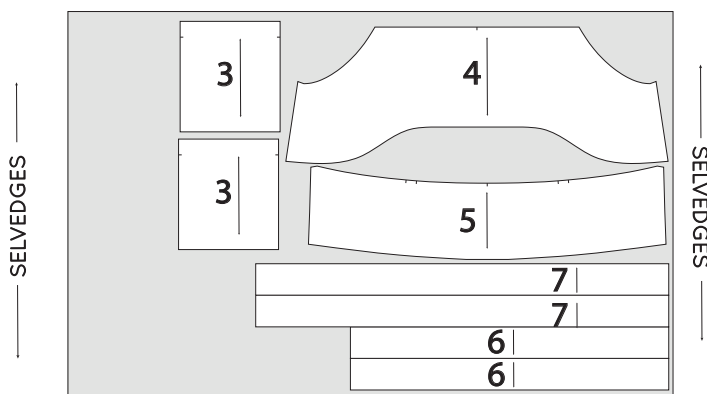
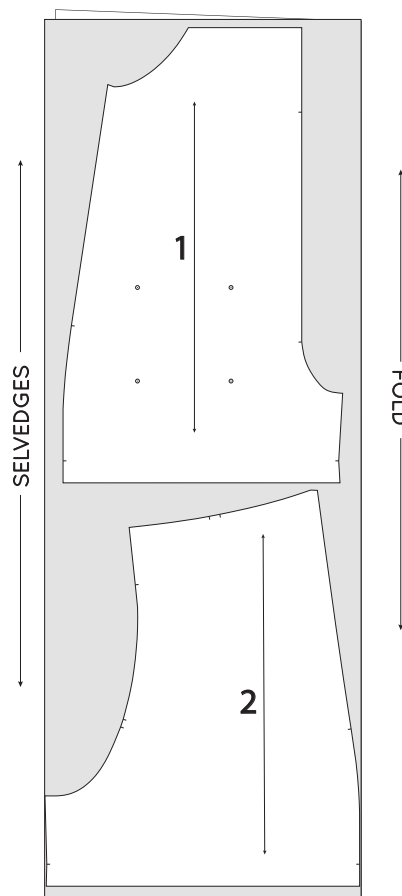


# SUGGESTED CUTTING PLANS

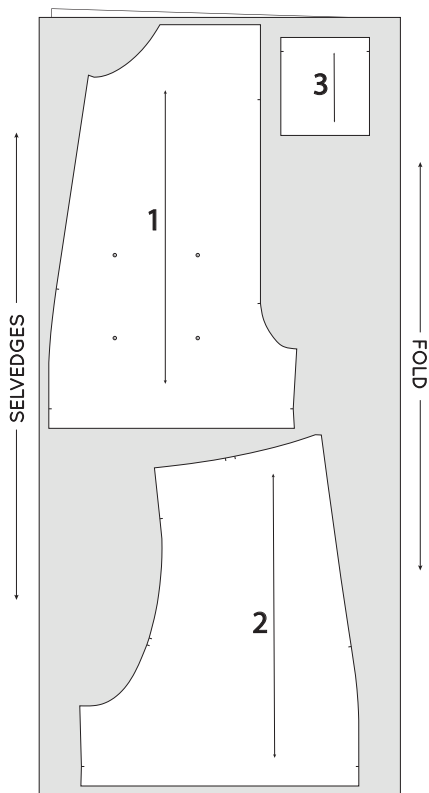
(SIZES G - J)

## PIECES TO CUT:

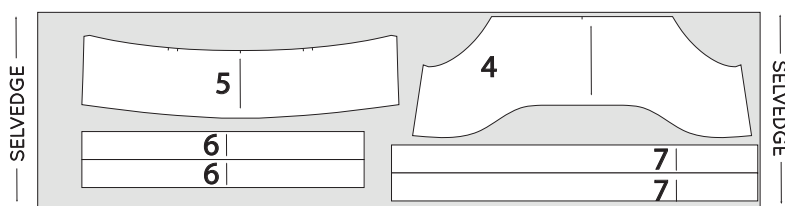
- 1 - Front - cut 1 pair
- 2 - Back - cut 1 pair
- 3 - Patch pocket - cut 1 pair
- 4 - Front facing - cut 1
- 5 - Back facing - cut 1
- 6 - Front strap - cut 2
- 7 - Back strap - cut 2



115cm / 45in fabric



150cm / 60in fabric



# INSTRUCTIONS

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## ILLUSTRATION KEY:



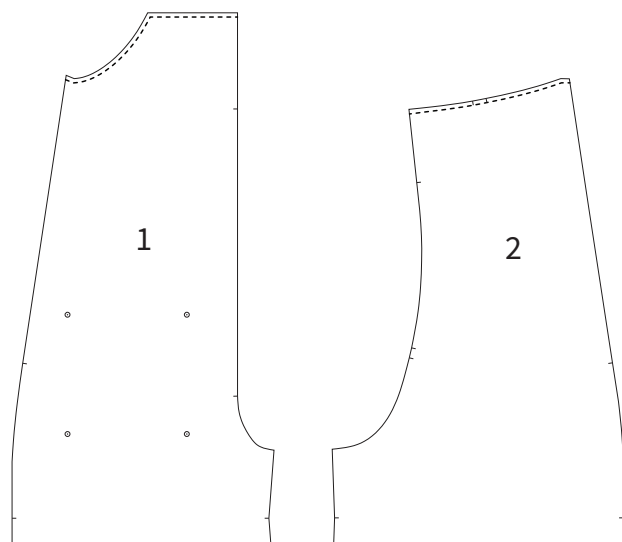
*These instructions guide you through making the **Playsuit** with seams overlocked / serged.*

*Seam allowances are noted in each step. More details on sewing terms can be found in the *Glossary* on p. 21.*

**Happy Sewing!**

## STAYSTITCH

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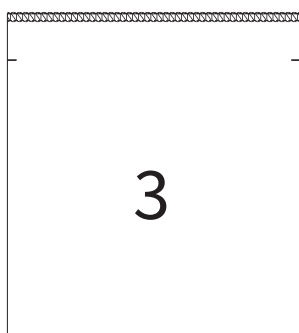
### STEP 1

Staystitch the top edge of both the FRONT [1] and BACK [2] pieces. Staystitch **6mm (1/4in)** from the edge so that when finished, this line of stitching will remain hidden in the seam allowance.

This stitching will prevent the edges from stretching as you work with the pieces.

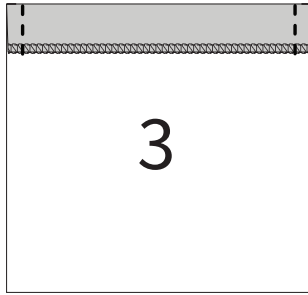
## SEW THE POCKETS

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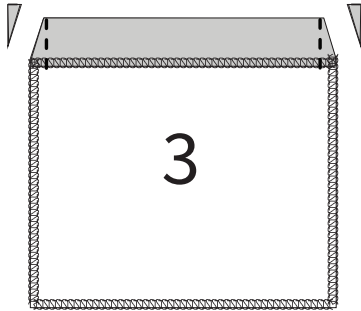
### STEP 2

Take the POCKET [3] pieces and finish the top edge with your chosen method.



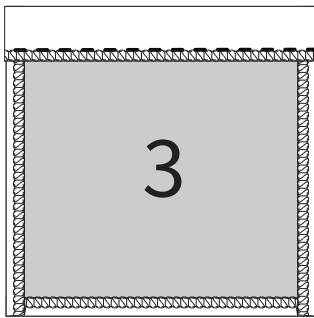
### STEP 3

With right side facing up, turn back the top edge of the POCKET [3] by **2.5cm (1in)**, using the notches to guide you. Press in place. Sew down each side of the section that's turned down, stitching **1cm (3/8in)** from the edge.



### STEP 4

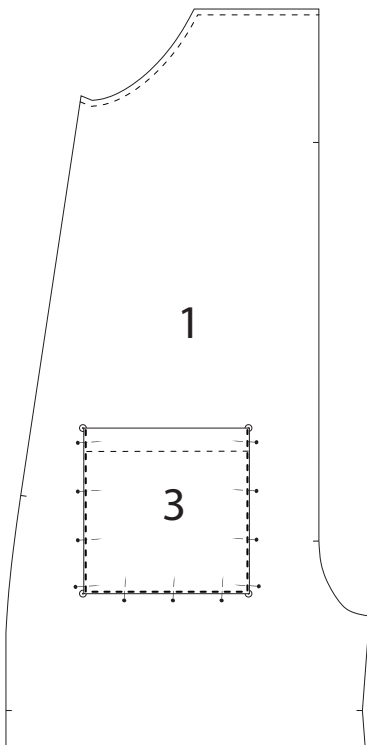
Trim back each corner, before finishing the other three edges of the POCKET [3] with your chosen method.



### STEP 5

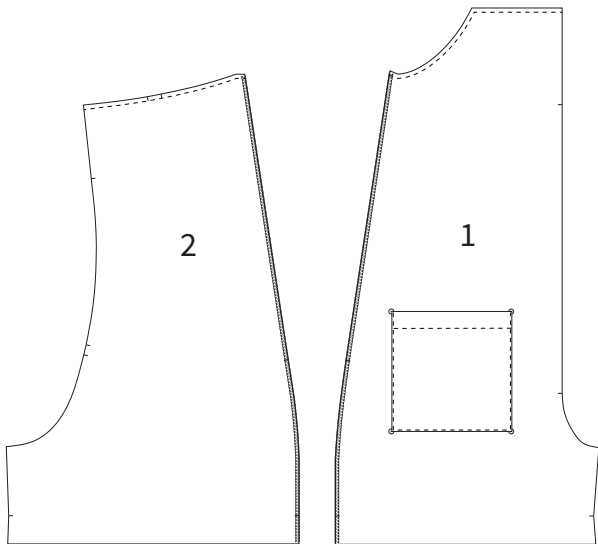
Turn the top edge right side out, and use a corner turner to turn out the corners. Press the top edge nice and flat, before turning back the other three edges by **1cm (3/8in)**. Press from both the right and wrong side.

Stitch the top edge in place, close to the cut edge.



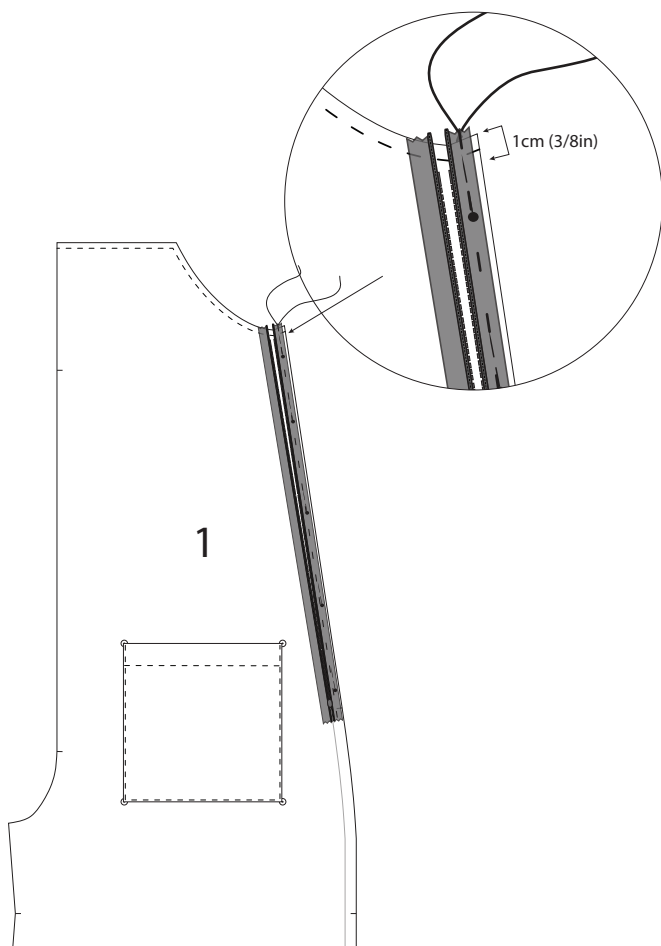
### STEP 6

Position each POCKET [3] on the right side of each FRONT [1] piece, using the drill holes as a guide. Pin in place before stitching close to the edge of the POCKET [3] - checking that the bottom corners are tucked neatly inside the POCKET [3].



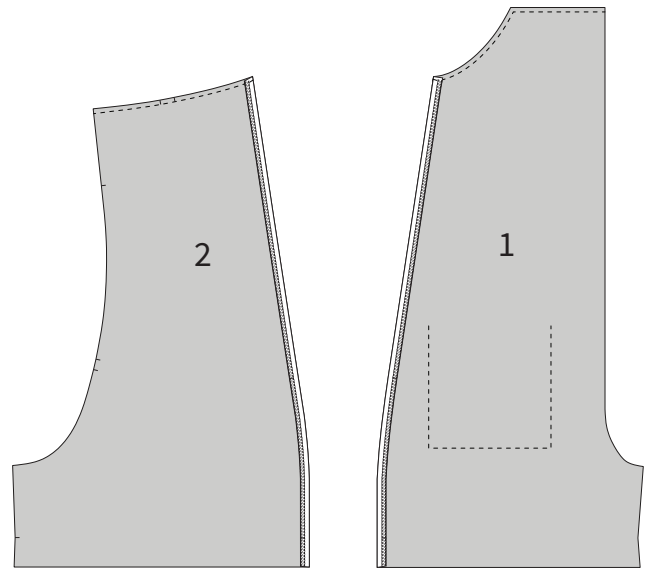
## STEP 8

Take the **left hand side** of both the FRONT [1] and BACK [2] pieces and set the other pair aside for the moment. This is the side that you will install the zip. Flip both pieces so that they have right sides facing down and fold back the side seam allowance by **1.2cm (½in)**. Press in place. Flip pieces to the right side and unfold pressed seam (the crease will help you install the zip in the following steps).



## STEP 7

Take the FRONT [1] and BACK [2] pieces and finish the side seam allowances with your chosen method.

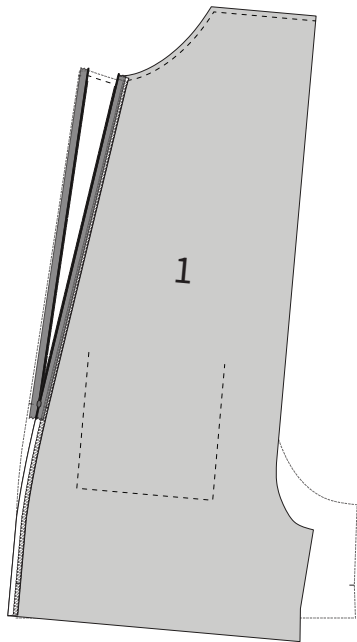


## STEP 9

Unzip the invisible zip, and using a warm, dry iron press the zipper teeth flat. Take the zip and place it face down on the side of the left FRONT [1] piece. Place the zip stop **1cm (¾in)** down from the top edge, and align the zip teeth with the creased line created in STEP 8.

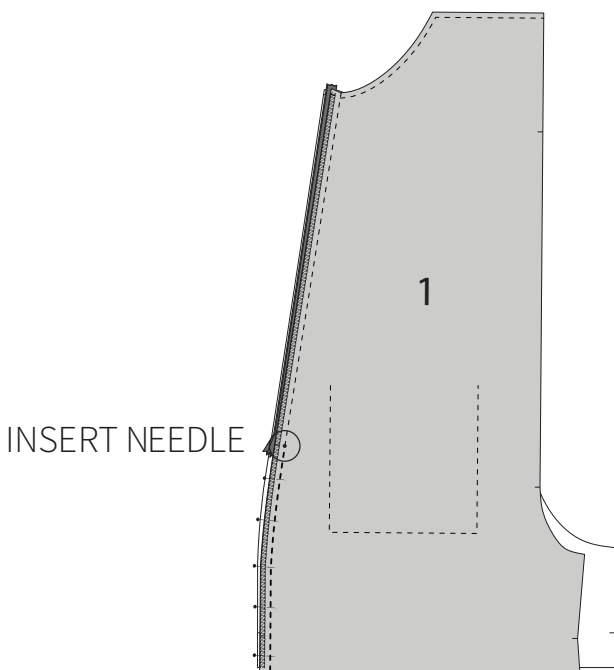
Pin the zip to the side seam allowance, regularly checking that the zip teeth are aligned with the crease. Take a needle and contrasting thread and baste the zip tape to the piece by hand. This will ensure the zip does not shift while you are sewing it in. Remove the pins.

Using an invisible zip foot, stitch down the length of the zip, using your finger to uncoil the teeth as you sew, so that you can get as close to the teeth as you can. Backstitch just before you reach the end of the zip (you won't be able to get past the zip pull).



### STEP 10

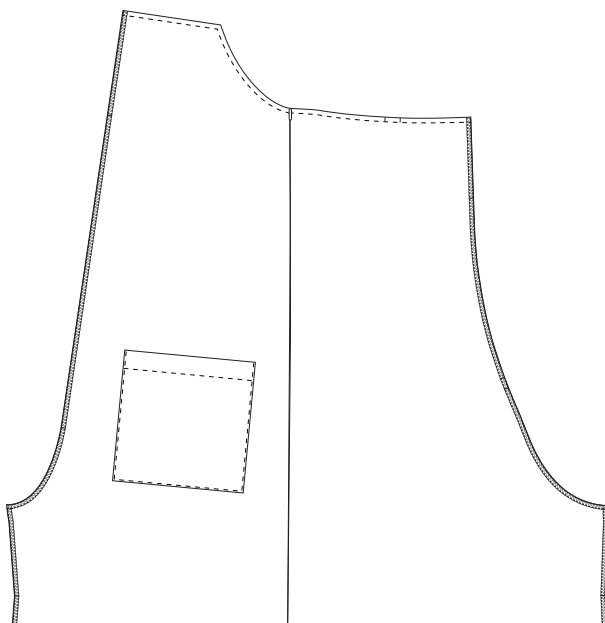
Open the zip and place the other side of the zip tape face down on the left BACK [2] piece, positioning the zip stop **1cm (3/8in)** down from the top edge. Make sure the zip is not twisted. Place pins along the length of the zip, and baste in place by hand. Stitch in place with an invisible zip foot. Close the zip and give the seam a good press from the right side.



### STEP 11

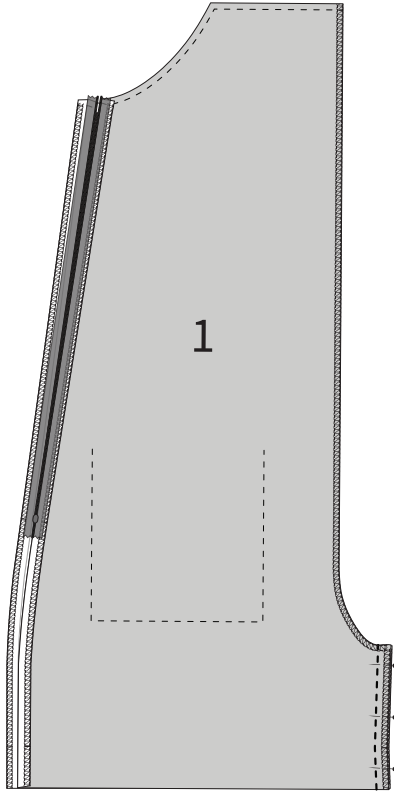
With right sides together, pin the remainder of the side seam closed. Stitch from the bottom of the zip (where the stitching ended) to the end of the seam with a **1.2cm (1/2in)** seam allowance, using a regular zip foot. Press seam allowance open.

Press well the right and wrong side.



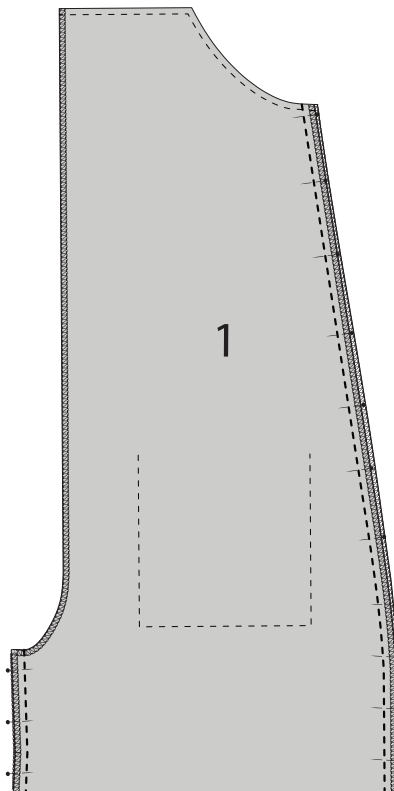
### STEP 12

Finish centre front and centre back seam allowances, as well as the seam allowance on each inner leg seam.



### STEP 13

Pin FRONT [1] and BACK [2] inner leg seams together with right sides together. Stitch with a **1.2cm (½in)** seam allowance and press seam open.



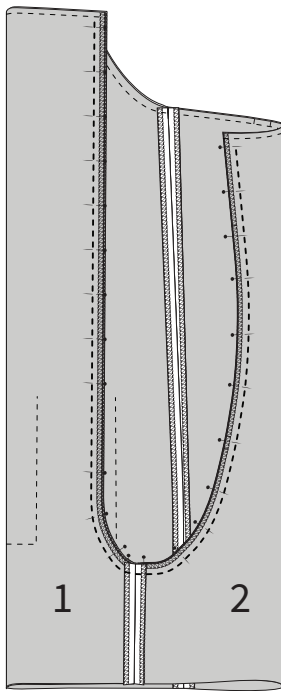
### STEP 14

Assemble the other side of the Playsuit by pinning the remaining FRONT [1] and BACK [2] together at the side seam. Stitch with a **1.2cm (½in)** seam allowance. Press seam allowance open.

Pin FRONT [1] and BACK [2] inner leg seams together with right sides together. Stitch with a **1.2cm (½in)** seam allowance and press seam open.

## SEW CROTCH

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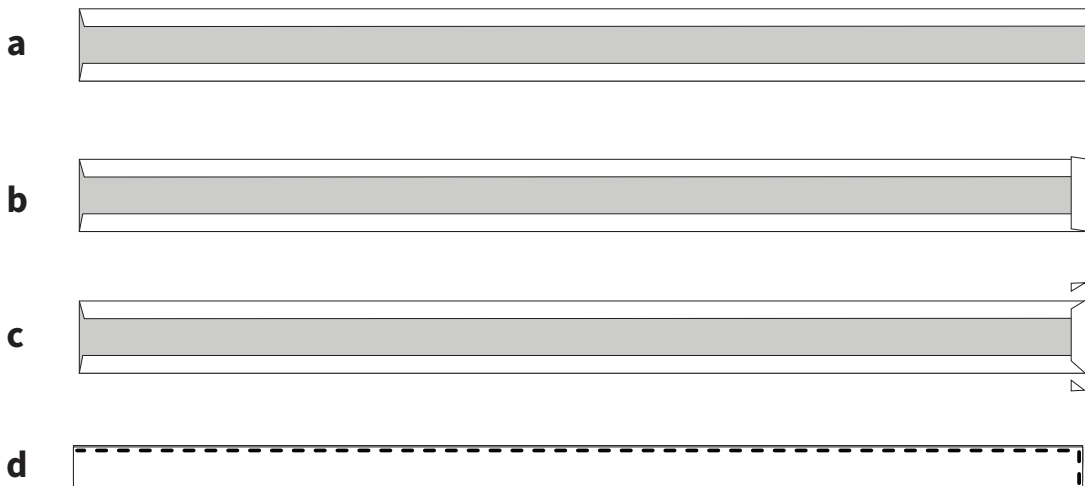


### STEP 15

Put one leg inside the other, with right sides together, and pin around the crotch seam from the top of the centre front to the top of the centre back, using the notches and seam lines to guide you. Stitch with a **1.2cm (1/2in)** seam allowance. Press seam allowance open from the right and wrong side.

## SEW STRAPS

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### STEP 16

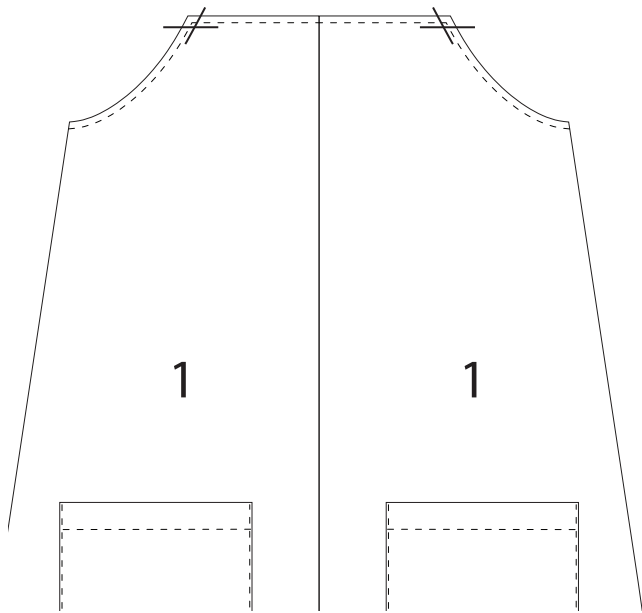
Assemble all four STRAPS [6 + 7] pieces using the following instructions:

- a** Place STRAP right side down and fold back and press each long side by **1cm (3/8in)**.
- b** Fold and press one short edge back by **1cm (3/8in)** (the other one will be enclosed inside the facing and does not need to be finished).
- c** Cut back each corner of the short end.
- d** Fold in half lengthways and press and pin, enclosing one short edge inside the fold. Stitch along the length of the strap, close to the edge. Stitch across the folded short edge.



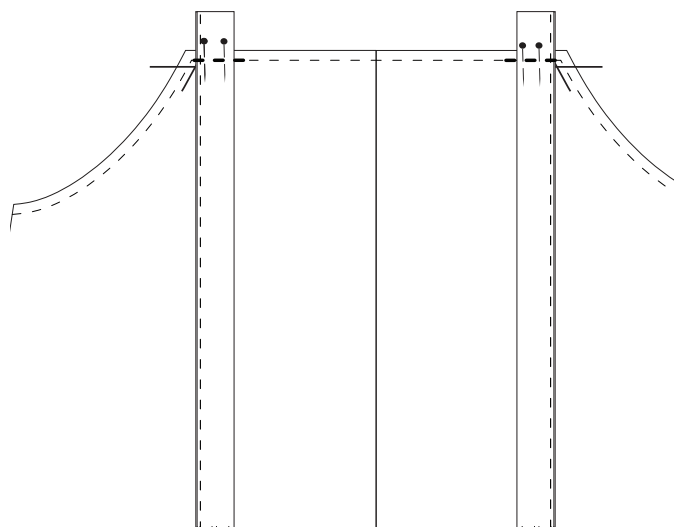
# ATTACH STRAPS

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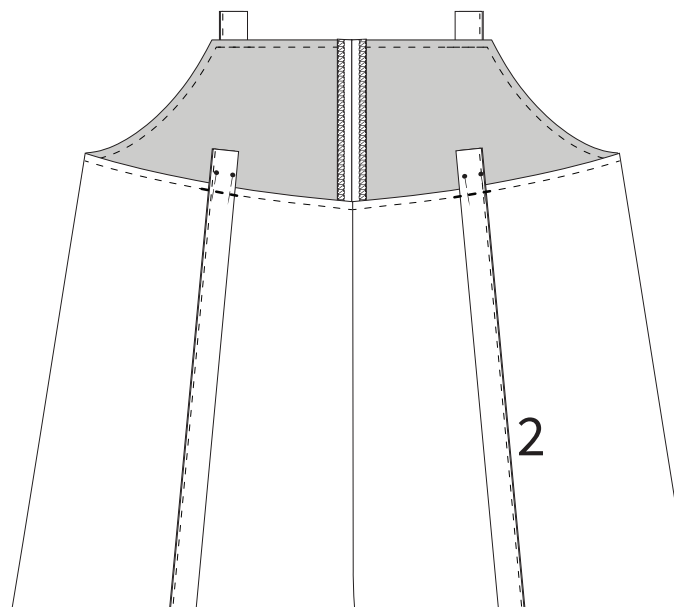
## STEP 17

Take a ruler and some chalk and mark two guidelines on each side of the front bib. One guideline will be **1cm (3/8in)** down from the top edge, and the other **1cm (3/8in)** in from the armhole. This will help you position the FRONT STRAPS [6] correctly, whilst allowing the space required for the seam allowance to attach the facing.



## STEP 18

Pin FRONT STRAPS [6] in place, allowing **2.5cm (1in)** to extend beyond the top of the front bib (be sure to be pinning the raw edge of the strap and not the enclosed edge). Stitch in place with a **6mm (1/4in)** seam allowance.

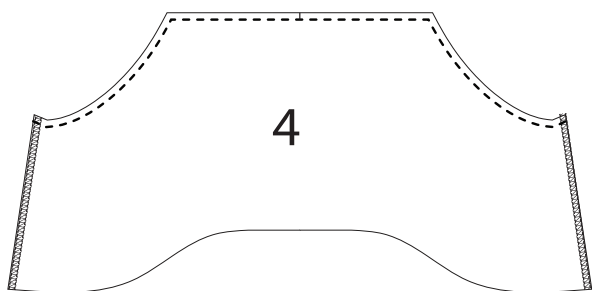


## STEP 19

Pin BACK STRAPS [7] in place - between the two notches on the BACK [2] - allowing **2.5cm (1in)** to extend beyond the top of the piece (again be sure to pin the raw edge of the strap). Stitch in place with a **6mm (1/4in)** seam allowance.

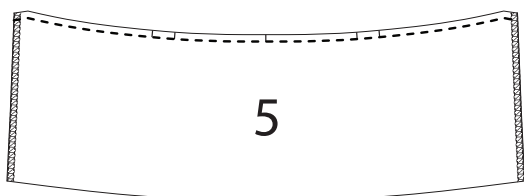
## PREPARE FACING

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### STEP 20

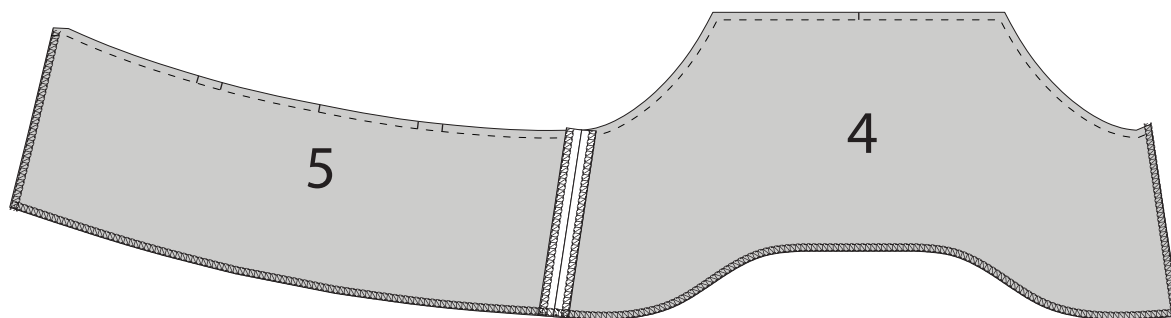
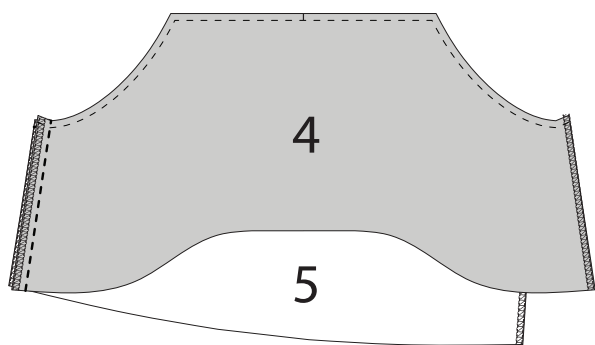
Staystitch the top edge of the FRONT FACING [4] and BACK FACING [5] and then finish each side seam allowance with your chosen method.



### STEP 21

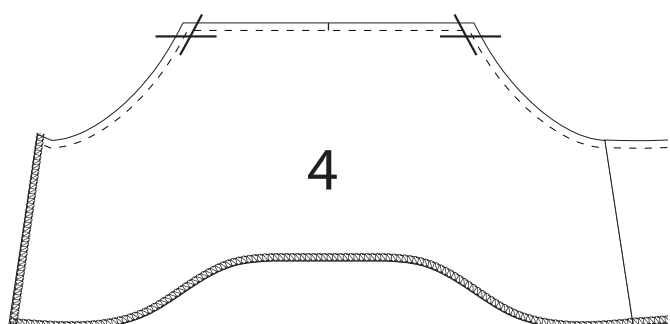
With right sides together, pin together the **right side** of the FRONT FACING [4] and BACK FACING [5].

Stitch with a **1.2cm (½in)** seam allowance (leaving the other side open to allow for the zip).



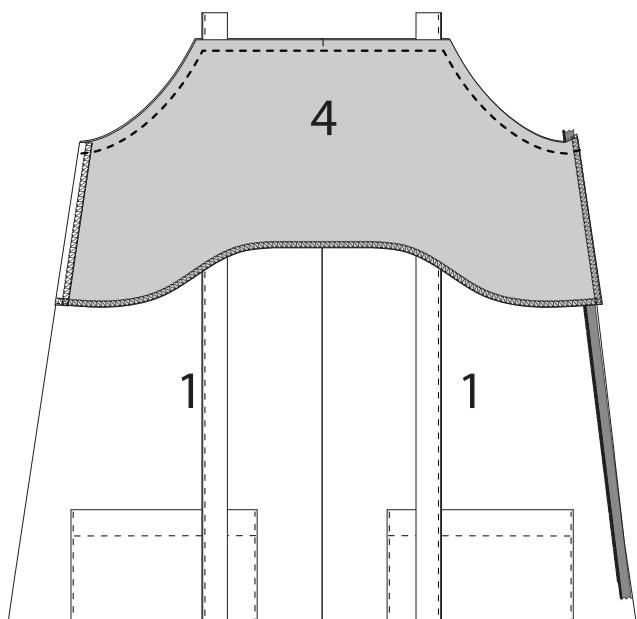
### STEP 22

Press seam allowance open before finishing the bottom edge with your chosen method.



### STEP 23

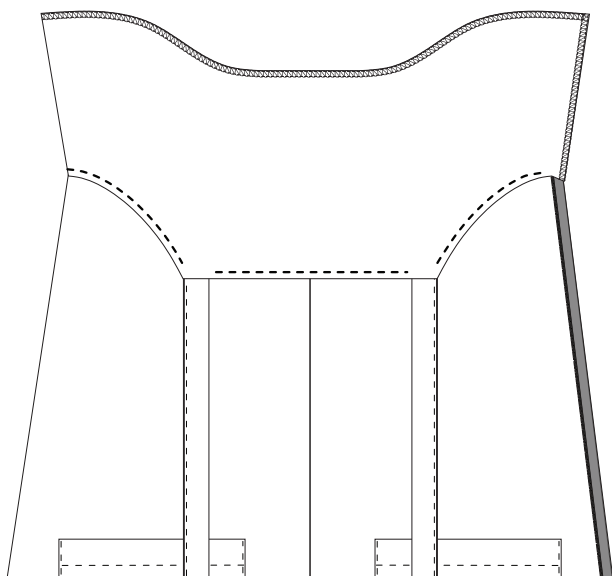
Flip facing to the right side and mark the same guidelines on the FRONT FACING [4] that you marked on the front of the Playsuit in STEP 16 (p 16).



## STEP 24

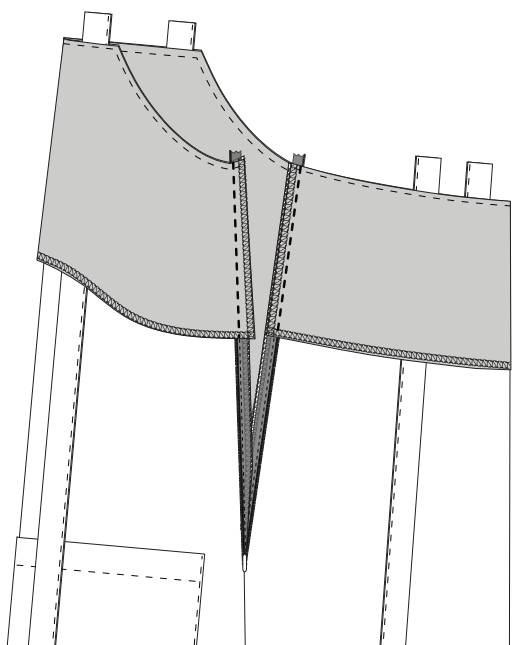
Pin the facing to the body of the Playsuit, being careful to keep the straps out of the way - use the seam lines and notches to guide you.

Stitch in place with a **1cm (3/8in)** seam allowance, using the guidelines to help you. Consider using a zip foot to start and finish the seam so that you can get nice and close to the top of the zip. Grade the seam allowance and trim back the corners at the front of the bib near the straps. Clip around the curves of the armholes.



## STEP 25

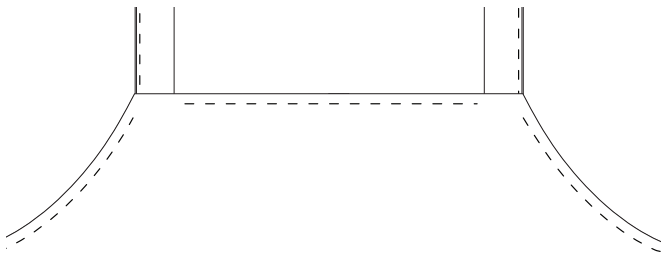
Flip up the facing and understitch the seam allowance to the facing, starting and ending **2.5cm (1in)** from the start and end of the seam. Get as close as you can to the front straps / corner.



## STEP 26

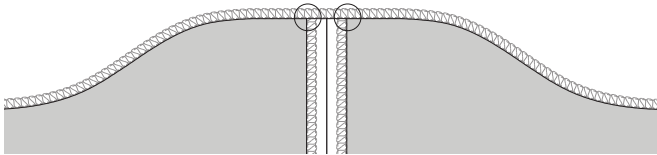
Turn the facing so that the facing and the Playsuit have right sides together. Pin the open side of the facing to the opening on the side seam of the Playsuit - sandwiching the zip between the two layers. Use a zip foot to stitch the facing in place on each side, stitching close to the zip.

Trim back the corners at the top of the zip opening before turning out the corners with a corner turner. Press well from the right and wrong side.



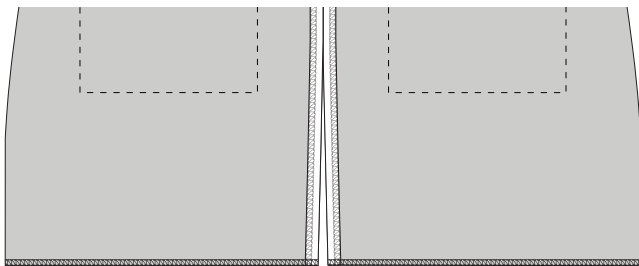
### STEP 27

To secure the facing, pin facing to the seam allowances (centre front, centre back and side seam without zip) and stitch in place by hand (only stitch through the seam allowance of the Playsuit and keep stitches discreet on the facing).



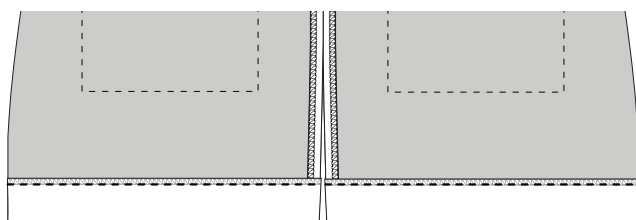
## HEM

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### STEP 28

Finish the hem edge of each pant leg with your chosen method.



### STEP 29

With the Playsuit inside out, turn the hem up by **3cm (1¼in)** (use the notches to guide you) and press and pin. Stitch in place by hand or machine.

---

*Give the Playsuit a good press and you are ready to wear it!*

We'd love to see what you made!

Find us on Instagram @peppermintmagazine and @inthefolds and tag your photo with #peppermintplaysuit

# GLOSSARY

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## **BASTE**

Sew temporary stitches to hold pieces in place before sewing permanently. Basting can be done by hand or machine (on a long stitch length). Consider using a contrast thread when basting to make stitches easier to remove later.

---

## **CLIP**

Snip into the seam allowance (perpendicular to the raw edge) getting close to the stitch line, to help open up curved seams or corners.

---

## **DRILL HOLE**

Drill holes are small holes marked on a pattern, often used to indicate a dart point or other design feature, such as the location of patch pockets, belt loops or pivot points (any feature that is located in an area where you are unable to notch a seam).

---

## **FINISH**

Neaten the raw edges of your project using an overlocker, zigzag stitch or binding.

---

## **INTERFACING**

A (normally) fusible fabric that is used to stiffen or strengthen fabric, in certain parts of a garment. It is often used in collars, cuffs and button plackets.

## **GRADE SEAM ALLOWANCES**

Minimise bulk by trimming down raw edges in varying widths. Trim down the seam allowance that will sit closest to the body close to the stitch line. Trim the next layer, leaving a slightly wider seam allowance than the first, and so on until all layers are trimmed back.

---

## **NOTCH**

A notch is a small cut in the fabric that helps guide you while you are sewing. It can be used to indicate seam allowance, dart arms, the location of design details or indicate key points on the pattern (like the centre front or centre back). Notches are also used to indicate balance points (points on your pattern that help you sew the right pieces together, as well as help you when you are sewing long or curved seams).

---

## **PRESS**

Use an iron to press seams flat, using steam (if appropriate for your fabric).

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## **RIGHT SIDE / WRONG SIDE**

The right side of the fabric is the side you would like to see on the outside of the finished garment, while the wrong side is the side that will be hidden inside the garment.

## **TRIM**

Cut back a seam allowance to make a seam easier to manage or less bulky.

---

## **SEAM ALLOWANCE**

The space between the stitch line and the raw edge of the fabric. Seam allowances are included in this pattern and are noted on the pattern pieces and throughout the instructions.

---

## **STAY STITCH**

Staystitching is a line of stitching inside the permanent stitch line (so it remains hidden inside the seam allowances) that is used to reinforce curved and bias cut seams, so that they do not stretch or distort during the sewing process.

---

## **UNDER STITCH**

Understitching is when the seam allowance is stitched to a facing or binding, close to the seam edge. This helps the facing, binding (or similar) roll to the inside of the garment, preventing it from being seen on the outside of a garment.

# REFLECTION / NOTES\*

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## OVERVIEW

Date made: \_\_\_\_\_

Measurements

Bust: \_\_\_\_\_

Waist: \_\_\_\_\_

Hip: \_\_\_\_\_

Size/s made: \_\_\_\_\_

Fabric used: \_\_\_\_\_

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## ADJUSTMENTS MADE

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## SKILLS LEARNED

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## WHAT DID YOU ENJOY ABOUT THE PROCESS?

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## WHAT SKILLS WOULD YOU LIKE TO WORK ON IN THE FUTURE?

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\*Tip: Take a copy of this for the next time or to use with other projects

# WOOHOO! YOU HAVE FINISHED YOUR PLAYSUIT!

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WHAT YOU'VE MADE

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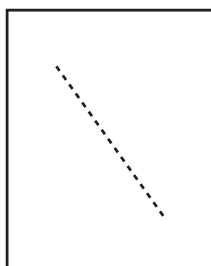
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IN THE  
FOLDS

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SYDNEY, AUSTRALIA