LOUNGEWEAR SET

Common Stitch.

Peppermint

ISSUE 46
LOUNGEWEAR SET

There’s no better time like the present than to sit back and relax in some luxurious linen loungewear! Designed as part of the loungewear set with the Robe Jacket, the top features built-in sleeves, a scoop back hem and neck facings. The pants are a 7/8 length with wide hems, deep pockets and an elasticated waist.

Find us on Instagram @peppermintmagazine and @common_stitch and tag your photo with #peppermintloungewear

Love your Loungewear Set? Visit www.peppermintmag.com/sewing-school/ to see the rest of our free patterns!

Top Front

Top Back

Pants Front

Pants Back
# LOUNGEWEAR SET

## PATTERN PIECES

<table>
<thead>
<tr>
<th>Pattern Piece</th>
<th>Cut</th>
</tr>
</thead>
<tbody>
<tr>
<td>1_Top Bodice Front</td>
<td>Cut One on Fold</td>
</tr>
<tr>
<td>2_Top Bodice Back</td>
<td>Cut One on Fold</td>
</tr>
<tr>
<td>3_Front Facing</td>
<td>Cut One on Fold</td>
</tr>
<tr>
<td>4_Back Facing</td>
<td>Cut One on Fold</td>
</tr>
<tr>
<td>5_Pants Front</td>
<td>Cut One Pair</td>
</tr>
<tr>
<td>6_Pants Back</td>
<td>Cut One Pair</td>
</tr>
<tr>
<td>7_Pocket Facing</td>
<td>Cut One Pair</td>
</tr>
<tr>
<td>8_Pocket Backing</td>
<td>Cut One Pair</td>
</tr>
</tbody>
</table>

## REQUIRED NOTIONS

- Matching Thread
- 3-4cm Wide Elastic

*Length of elastic should be the measurement around your waist, minus 8cm (3 inches)*

## SEWING LEVEL

Beginner

## SUGGESTED FABRICS

Light to medium-weight woven fabrics.
Linen, cotton, hemp + other natural fibres

## EQUIPMENT REQUIRED

- Sewing machine
- A good pair of sewing scissors
- Pins or pattern weights
- Markers chalk

## SEAM ALLOWANCES

All seams have a 1cm (0.4 inch) seam allowance included in the pattern pieces

## NOTES

A space to write notes about your make!
Loungewear Set

Size Chart

Our sizing is based on the Australian standard size range. Please check the below body measurements closely.

<table>
<thead>
<tr>
<th>AUS</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
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<tbody>
<tr>
<td>BUST</td>
<td>78cm</td>
<td>83cm</td>
<td>88cm</td>
<td>93cm</td>
<td>98cm</td>
</tr>
<tr>
<td>WAIST</td>
<td>61cm</td>
<td>66cm</td>
<td>71cm</td>
<td>76cm</td>
<td>81cm</td>
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<tr>
<td>HIPS</td>
<td>87cm</td>
<td>92cm</td>
<td>97cm</td>
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<th>H</th>
<th>J</th>
<th>K</th>
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</thead>
<tbody>
<tr>
<td>BUST</td>
<td>103cm</td>
<td>108cm</td>
<td>113cm</td>
<td>118cm</td>
<td>123cm</td>
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<tr>
<td>WAIST</td>
<td>86cm</td>
<td>91cm</td>
<td>96cm</td>
<td>101cm</td>
<td>106cm</td>
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<tr>
<td>HIPS</td>
<td>112cm</td>
<td>117cm</td>
<td>122cm</td>
<td>127cm</td>
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Completed Garment Measurements - Top

<table>
<thead>
<tr>
<th>AUS</th>
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<th>C</th>
<th>D</th>
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<tbody>
<tr>
<td>BUST</td>
<td>125cm</td>
<td>130cm</td>
<td>135cm</td>
<td>140cm</td>
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<tr>
<td>CENTRE BACK</td>
<td>59.4cm</td>
<td>60.6cm</td>
<td>61.8cm</td>
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<table>
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<th>J</th>
<th>K</th>
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<tr>
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<td>155cm</td>
<td>160cm</td>
<td>165cm</td>
<td>170cm</td>
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<tr>
<td>CENTRE BACK</td>
<td>65.4cm</td>
<td>66.6cm</td>
<td>67.8cm</td>
<td>69cm</td>
<td>70.2cm</td>
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Completed Garment Measurements - Pants

<table>
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<tr>
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<th>E</th>
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</thead>
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<tr>
<td>WAIST*</td>
<td>95cm</td>
<td>100cm</td>
<td>105cm</td>
<td>110cm</td>
<td>115cm</td>
</tr>
<tr>
<td>LOWER HIPS</td>
<td>104cm</td>
<td>109cm</td>
<td>114cm</td>
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<tr>
<td>FRONT LEG LENGTH</td>
<td>79.8cm</td>
<td>80.4cm</td>
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<td>81.6cm</td>
<td>82.2cm</td>
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<table>
<thead>
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<th>J</th>
<th>K</th>
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<tr>
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<td>140cm</td>
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<tr>
<td>LOWER HIPS</td>
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<td>139cm</td>
<td>144cm</td>
<td>149cm</td>
</tr>
<tr>
<td>FRONT LEG LENGTH</td>
<td>82.8cm</td>
<td>83.4cm</td>
<td>84cm</td>
<td>84.6cm</td>
<td>85.2cm</td>
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</tbody>
</table>

*Waist measurement without elastic inserted.
LOUNGEWEAR SET

FABRIC REQUIREMENTS
All of our fabric requirements are based on a standard 1.4m wide fabric (1.5 yards)

TOP FABRIC REQUIREMENTS

<table>
<thead>
<tr>
<th>SIZE</th>
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<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
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<tr>
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<table>
<thead>
<tr>
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<th>F</th>
<th>G</th>
<th>H</th>
<th>J</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>METERAGE</td>
<td>1.7m</td>
<td>1.8m</td>
<td>1.8m</td>
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</table>

PANTS FABRIC REQUIREMENTS

<table>
<thead>
<tr>
<th>SIZE</th>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
</tr>
</thead>
<tbody>
<tr>
<td>METERAGE</td>
<td>1.8m</td>
<td>1.8m</td>
<td>1.8m</td>
<td>1.9m</td>
<td>1.9m</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>SIZE</th>
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<th>G</th>
<th>H</th>
<th>J</th>
<th>K</th>
</tr>
</thead>
<tbody>
<tr>
<td>METERAGE</td>
<td>1.9m</td>
<td>2m</td>
<td>2m</td>
<td>2m</td>
<td>2m</td>
</tr>
</tbody>
</table>
NOTE
Fabric is to be inside out.
Layout and meterage may vary depending on fabric selection.

TOP FABRIC REQUIREMENTS

| ALL SIZES | 1. Top Bodice Front | Cut One on Fold |
| 2. Top Bodice Back | Cut One on Fold |
| 3. Front Facing | Cut One on Fold |
| 4. Back Facing | Cut One on Fold |

PANTS FABRIC REQUIREMENTS

| SIZES A-F | 5. Pants Front | Cut One Pair |
| 6. Pants Back | Cut One Pair |
| 7. Pocket Facing | Cut One Pair |
| 8. Pocket Backing | Cut One Pair |

| SIZES G-K | 5. Pants Front | Cut One Pair |
| 6. Pants Back | Cut One Pair |
| 7. Pocket Facing | Cut One Pair |
| 8. Pocket Backing | Cut One Pair |
Printing Instructions

WITHIN THIS PACKAGE YOU HAVE TWO PRINTING OPTIONS

COPY SHOP PRINT

This will contain three (3) A0 black and white pages (pdf)

Take this pdf to your copy shop / office works and get them printed as per below;
  _ Black & white
  _ Plotter printer
  _ 100% scale
  (this will be your cheapest option)

PRINT AT HOME

This will contain a combined A4 format / US Letter Paper format that you can print on your home printer & stick together to make the overall pattern - 53 pages total.

It is exactly the same as the A0 prints, it has just been broken down into multiple smaller sheets.

Step 1 - Print the below 10cm x 10cm (3.9 inch x 3.9 inch) test square (Print at 100% scale)

Step 2 - Print all sheets of the ‘print at home’ pdf file (colour or b&w)

Step 3 - Trim the pages so there is no white border around the boxes (a guillotine is useful here)

Step 4 - Use the printing layout guide below and the numbers & letters indicated on the individual pages and stick the sheets together

Step 5 - Cut out your pattern pieces

TEST PRINT

ONCE PRINTED THIS SQUARE SHOULD MEASURE

10CM X 10CM
3.9 INCHES X 3.9 INCHES
Printing Instructions

PRINT AT HOME LAYOUT
A4 / US LETTER - 53 PAGES

TOP ONLY - PAGES 1 - 25 (25 PAGES)

PANTS ONLY - PAGES 26 - 53 (28 PAGES)
BEFORE YOU START YOUR PROJECT

Please read all instructions prior to starting work on your garment.

We recommend pre-washing all your fabrics and trims before sewing, to allow for any shrinkage.

Transfer all pattern markings to the wrong side of the fabric before removing the pattern pieces unless indicated otherwise.

Seam allowances for all garment pieces are 1cm (0.4 inch) unless indicated otherwise.

Neaten your seams + give your garments a longer life by either using an overlocker or a regular zig-zag stitch on your seams.

We recommend pressing the seams as you go.

GLOSSARY OF TERMS

BACK STITCH
at the beginning and end of each line of continuous stitches sew four stitches forward and four stitches backwards to secure the stitch.

PIN STITCH
a finishing stitch sewn on the right side of the fabric very close to the edge as a decorative feature.

TOP STITCH
a continuous row of stitches on the right side of a garment as a decorative feature.

PATTERN SYMBOLS

FOLD
place on fabric fold line

GRAIN
grain direction of fabric

Right Side of Fabric
Wrong Side of Fabric
LOUNGEWEAR SET
Instructions

TIPS
Iron all seams once sewn to get a crisp finish.

STEP ONE
Pant Pockets
Sew the pocket facing onto the pocket curve on pant fronts, right side to right side. Overlock / Zig-Zag to finish the seam.

Press* pocket facing around to the wrong side of the leg fronts & top stitch the pocket opening (on right side of fabric).

*You can put some little snips into the curve so it sits flat when ironed (make sure not to cut the stitches)

Make sure you have a pair here.

STEP TWO
Pant Pockets
Still on the front pant pieces, sew the pocket backing onto the pocket facing (not the leg).

The curves on the pocket facing and backing will line up at the base.

Overlock / Zig-Zag to finish.

SEAM ALLOWANCES
All seams have a 1cm (0.4 inch) seam allowance included in the pattern pieces.
LOUNGEWEAR SET
Instructions

STEP THREE

Pants

Make sure you have a pair.

With the right sides of the fabric faced together, sew the front and back pant pieces together by sewing down the outer leg side seams. Making sure each leg is a mirror image of the other.

Zig-Zag / Overlock these side seams.

Note
Pop some pins in your pockets to keep them in place

STEP FOUR

Pants

With the right sides of the fabric faced together, sew inner leg seams together, Zig-Zag / Overlock these seams.

SEAM ALLOWANCES

All seams have a 1cm (0.4 inch) seam allowance included in the pattern pieces.

Wrong Side of Fabric
Right Side of Fabric
LOUNGEWEAR SET

Instructions

STEP FIVE

Pants

Next sew your left leg to your right leg by sewing down the centre back and up through the centre front.

The easiest way to do this is by turning one leg rightside-out (2) and placing it inside the inside-out leg (1).

Zig-Zag / Overlock these seams.

---

STEP SIX

Elastic

Join both ends of your elastic with a 2cm (0.8 inch) overlap, to create a loop. Make sure to stitch in a cross pattern to make this join secure. Make sure your elastic is not twisted.

Using your elastic join as your centre back, fold the elastic in half and mark it with a pencil to mark the halfway point. Then fold in half the opposite direction and mark the quarter points.

---

SEAM ALLOWANCES

All seams have a 1cm (0.4 inch) seam allowance included in the pattern pieces.

Wrong Side of Fabric

Right Side of Fabric
STEP SEVEN

Elastic

Pin your elastic to the waist of your shorts. Line up the markers on your elastic with your 4 side seams.

Your elastic will be smaller than your shorts waist, so you will only need to pin it in four places as a guide.

Pop some pins in the top of your pockets so they sit flat in place for step 8.

STEP EIGHT

Elastic

Overlock / Zig-Zag your elastic loop into your pants waist, starting at the center back. Stretch your elastic as you go so it is even between your pinned markers.

Fold the elastic over into the garment and straight stitch the lower edge of the elastic onto the garment.

Make sure you stretch the elastic as you go so that the fabric is flat as you stitch.

Note
If you would prefer not to overlock in your elastic, you can sew a casing with a single fold (just slightly larger than your elastic), and thread your elastic through with a safety pin.

SEAM ALLOWANCES

All seams have a 1cm (0.4 inch) seam allowance included in the pattern pieces.

Wrong Side of Fabric

Right Side of Fabric
LOUNGEWEAR SET
Instructions

STEP NINE

Hemming

Try on your pants to see where your hem should sit.

Overlock / Zig-Zag the leg hems and fold a 5cm (2 inch) single hem inwards, top stitch.

SEAM ALLOWANCES

All seams have a 1cm (0.4 inch) seam allowance included in the pattern pieces.

<table>
<thead>
<tr>
<th>Wrong Side of Fabric</th>
<th>Right Side of Fabric</th>
</tr>
</thead>
<tbody>
<tr>
<td>5cm</td>
<td>5cm</td>
</tr>
</tbody>
</table>
LOUNGEWEAR SET
Instructions

STEP TEN

Shoulder Seams

Join the front top pieces to back top piece (with right sides of fabric together), by sewing on top of shoulders / sleeves. Overlock / Zig-Zag.

STEP ELEVEN

Facing

Sew front facing to back facing (with right sides of fabric together), on top of shoulder. Overlock / Zig-Zag.

Overlock / Zig-Zag outer edge of facings.

SEAM ALLOWANCES

All seams have a 1cm (0.4 inch) seam allowance included in the pattern pieces.
STEP TWELVE

**Facing**

Sew the joined facings onto the bodice, around the neckline (with right sides of fabric together).

STEP THIRTEEN

**Facing**

Press the facing around to the inside of your top and topstitch (on right side of fabric), at 5cm (2 inch) from the neckline edge.

SEAM ALLOWANCES

All seams have a 1cm (0.4 inch) seam allowance included in the pattern pieces.
STEP FOURTEEN

Side Seams

With the right sides of fabric together, close the side seams of bodice through to the sleeve.

Ovelock / Zig-Zag to finish.

STEP FIFTEEN

Sleeve Hem

Ovelock / Zig-Zag the sleeve hem.

Fold a single 2cm (0.8 inch) hem, and topstitch to finish.

SEAM ALLOWANCES

All seams have a 1cm (0.4 inch) seam allowance included in the pattern pieces.
STEP SIXTEEN

*Top Hem*

Overlock/ Zig-Zag the blouse bodice hem, fold over 2cm (0.8 inch) and finish with a top stitch.

**SEAM ALLOWANCES**

All seams have a 1cm (0.4 inch) seam allowance included in the pattern pieces.
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