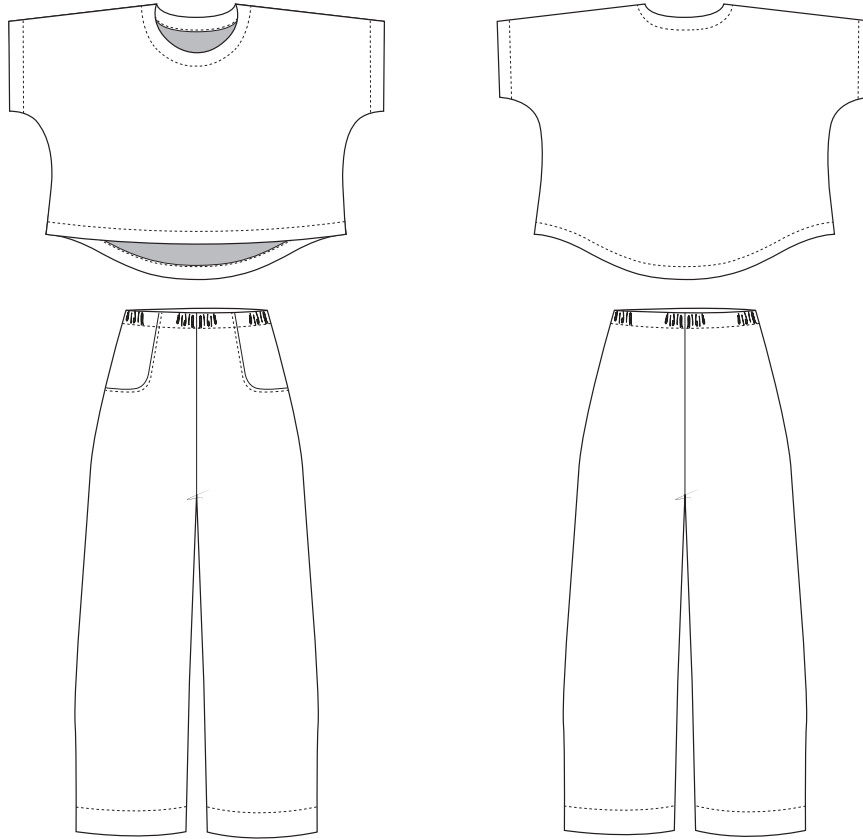


# LOUNGEWEAR SET



Common Stitch.



# Peppermint

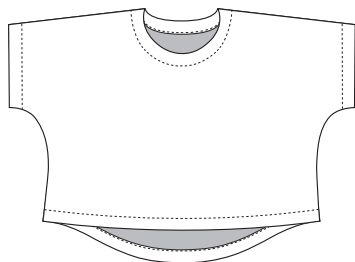
ISSUE 46

LOUNGEWEAR SET

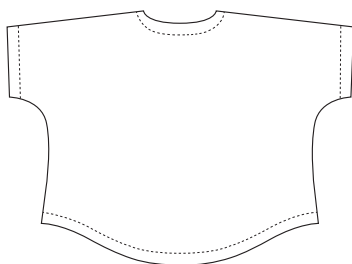
*There's no better time like the present than to sit back and relax in some luxurious linen loungewear! Designed as part of the loungewear set with the Robe Jacket, the top features built-in sleeves, a scoop back hem and neck facings. The pants are a 7/8 length with wide hems, deep pockets and an elasticated 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/](http://www.peppermintmag.com/sewing-school/) to see the rest of our free patterns!



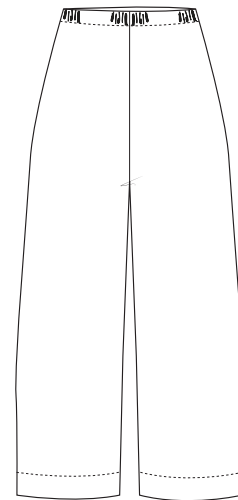
Top Front



Top Back



Pants Front



Pants Back

# LOUNGEWEAR SET

---

## PATTERN PIECES

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
5_Pants Front	Cut One Pair
6_Pants Back	Cut One Pair
7_Pocket Facing	Cut One Pair
8_Pocket Backing	Cut One Pair

## 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.

AUS	A	B	C	D	E
<b>BUST</b>	78cm	83cm	88cm	93cm	98cm
<b>WAIST</b>	61cm	66cm	71cm	76cm	81cm
<b>HIPS</b>	87cm	92cm	97cm	102cm	107cm

AUS	F	G	H	J	K
<b>BUST</b>	103cm	108cm	113cm	118cm	123cm
<b>WAIST</b>	86cm	91cm	96cm	101cm	106cm
<b>HIPS</b>	112cm	117cm	122cm	127cm	132cm

### COMPLETED GARMENT MEASUREMENTS - TOP

AUS	A	B	C	D	E
<b>BUST</b>	125cm	130cm	135cm	140cm	145cm
<b>CENTRE BACK</b>	59.4cm	60.6cm	61.8cm	63cm	64.2cm

AUS	F	G	H	J	K
<b>BUST</b>	150cm	155cm	160cm	165cm	170cm
<b>CENTRE BACK</b>	65.4cm	66.6cm	67.8cm	69cm	70.2cm

### COMPLETED GARMENT MEASUREMENTS - PANTS

AUS	A	B	C	D	E
<b>WAIST*</b>	95cm	100cm	105cm	110cm	115cm
<b>LOWER HIPS</b>	104cm	109cm	114cm	119cm	124cm
<b>FRONT LEG LENGTH</b>	79.8cm	80.4cm	81cm	81.6cm	82.2cm

AUS	F	G	H	J	K
<b>WAIST*</b>	120cm	125cm	130cm	135cm	140cm
<b>LOWER HIPS</b>	129cm	134cm	139cm	144cm	149cm
<b>FRONT LEG LENGTH</b>	82.8cm	83.4cm	84cm	84.6cm	85.2cm

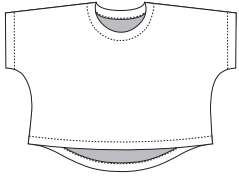
\*Waist measurement without elastic inserted.

## LOUNGEWEAR SET

### FABRIC REQUIREMENTS

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

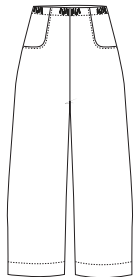
### TOP FABRIC REQUIREMENTS



SIZE	A	B	C	D	E
METERAGE	1.5m	1.5m	1.5m	1.7m	1.7m

SIZE	F	G	H	J	K
METERAGE	1.7m	1.8m	1.8m	1.8m	1.8m

### PANTS FABRIC REQUIREMENTS



SIZE	A	B	C	D	E
METERAGE	1.8m	1.8m	1.8m	1.9m	1.9m

SIZE	F	G	H	J	K
METERAGE	1.9m	2m	2m	2m	2m

# LOUNGEWEAR SET

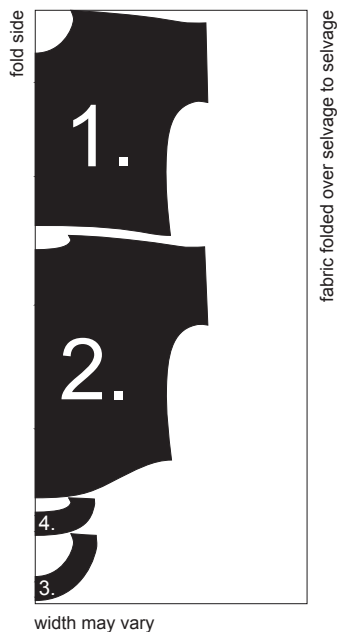
## Cutting Instructions

### NOTE

Fabric is to be inside out.  
Layout and meterage may vary depending on fabric selection.

### TOP FABRIC REQUIREMENTS

#### ALL SIZES

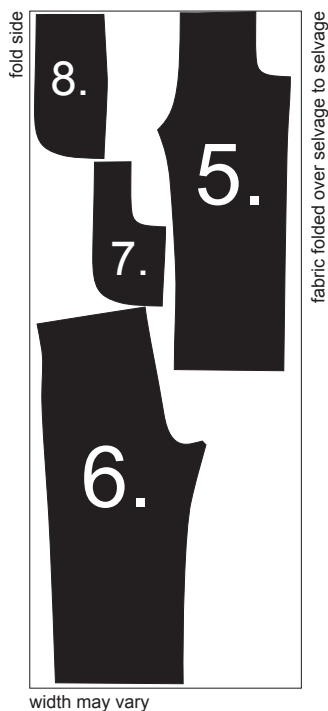


- 1\_Top Bodice Front
- 2\_Top Bodice Back
- 3\_Front Facing
- 4\_Back Facing

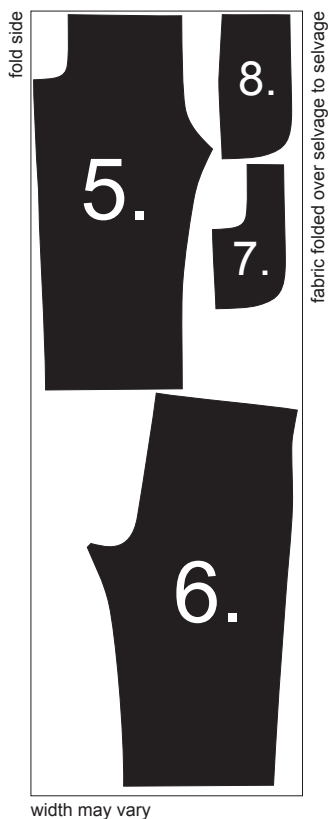
- Cut One on Fold
- Cut One on Fold
- Cut One on Fold
- Cut One on Fold

### PANTS FABRIC REQUIREMENTS

#### SIZES A-F



#### SIZES G-K



- 5\_Pants Front
- 6\_Pants Back
- 7\_Pocket Facing
- 8\_Pocket Backing

- Cut One Pair
- Cut One Pair
- Cut One Pair
- Cut One Pair

# LOUNGEWEAR SET

## 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)

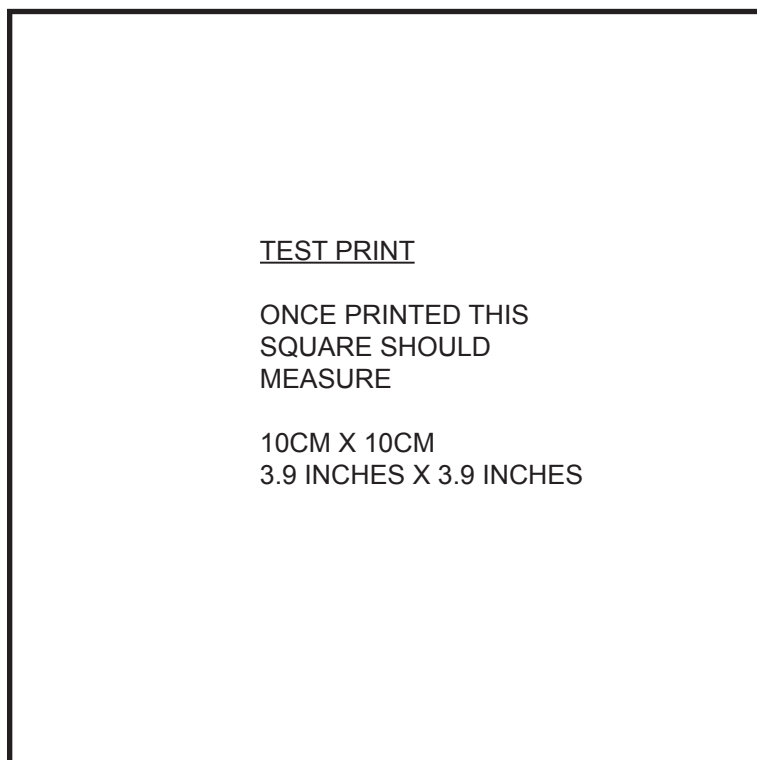
### PRINT AT HOME

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



# LOUNGEWEAR SET

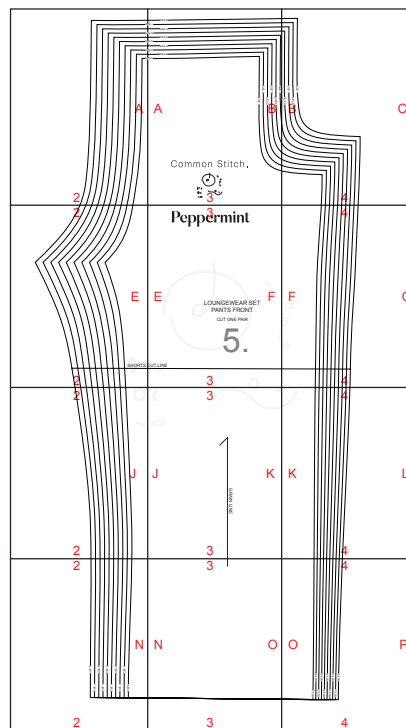
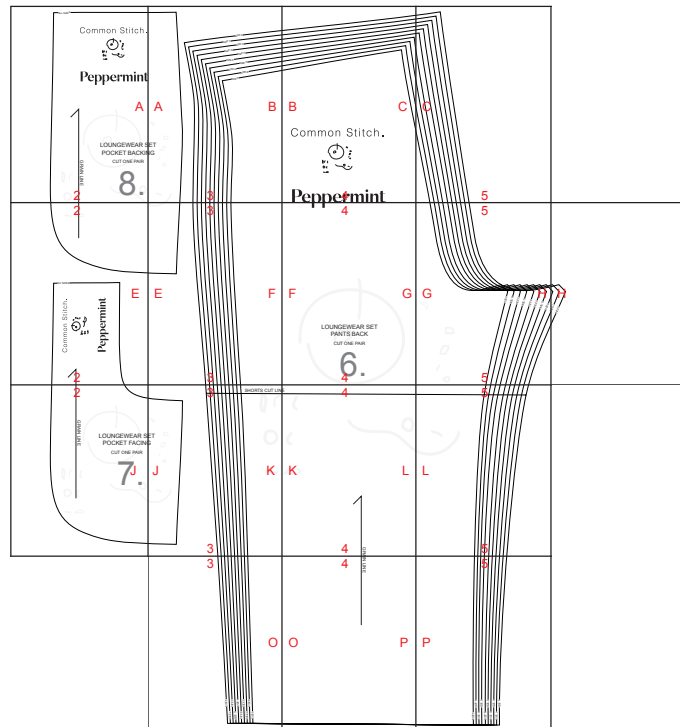
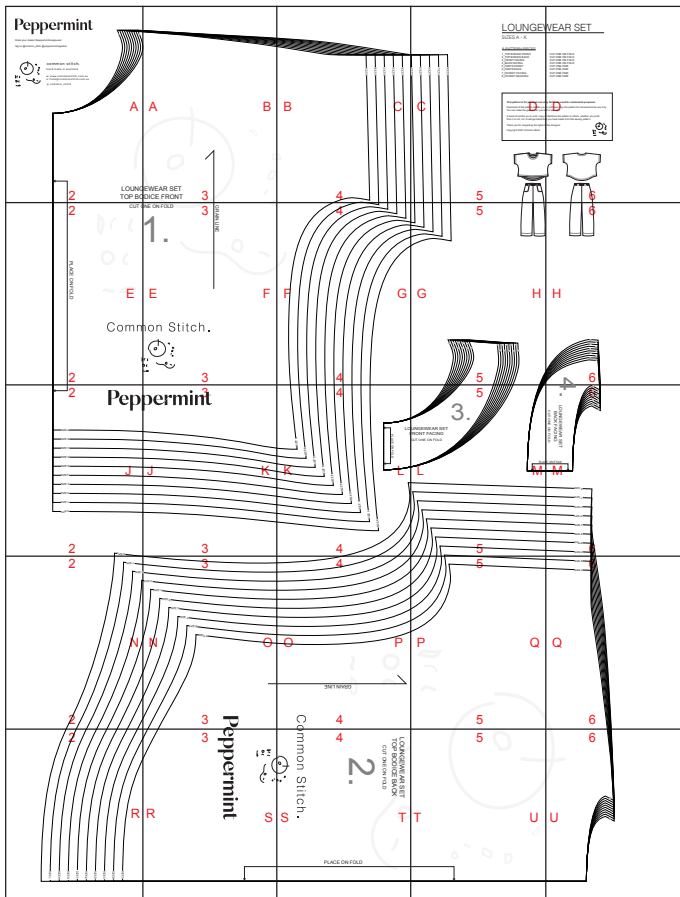
## Printing Instructions

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

 place on fabric fold line

 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

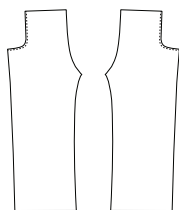
#### *Pant Pockets*

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

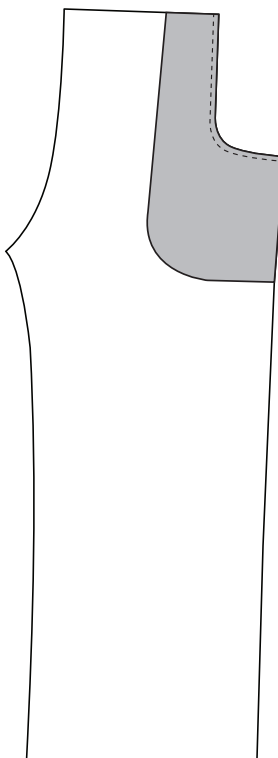
Press\* pocket facing around to the wrong side of the leg fronts & top stitch the pocket opening (on right side of fabric).

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

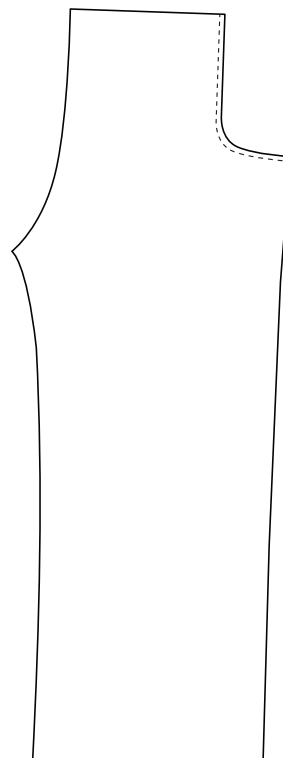
Make sure you have a pair here.



ATTACH POCKET FACING



TOPSTITCH POCKET FACING



### 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.

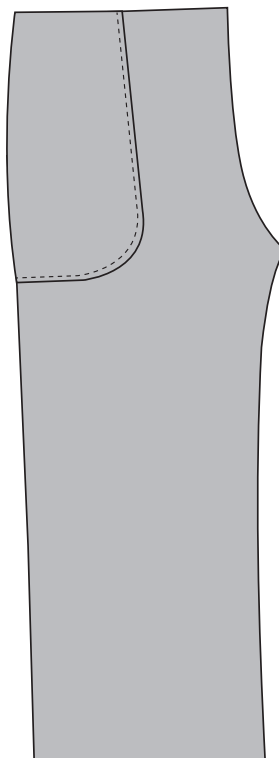


Wrong Side of Fabric

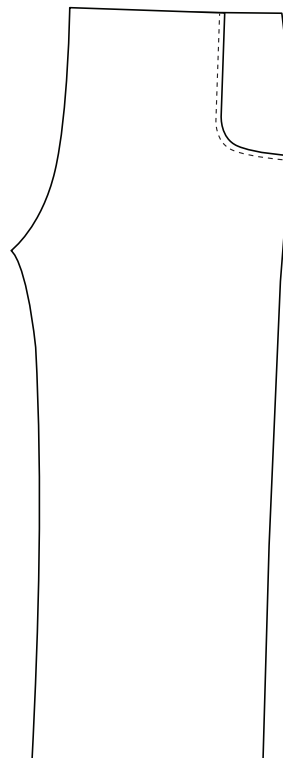


Right Side of Fabric

ATTACH POCKET BACKING



FINISHED POCKET



# LOUNGEWEAR SET

## Instructions

### STEP THREE

#### *Pants*

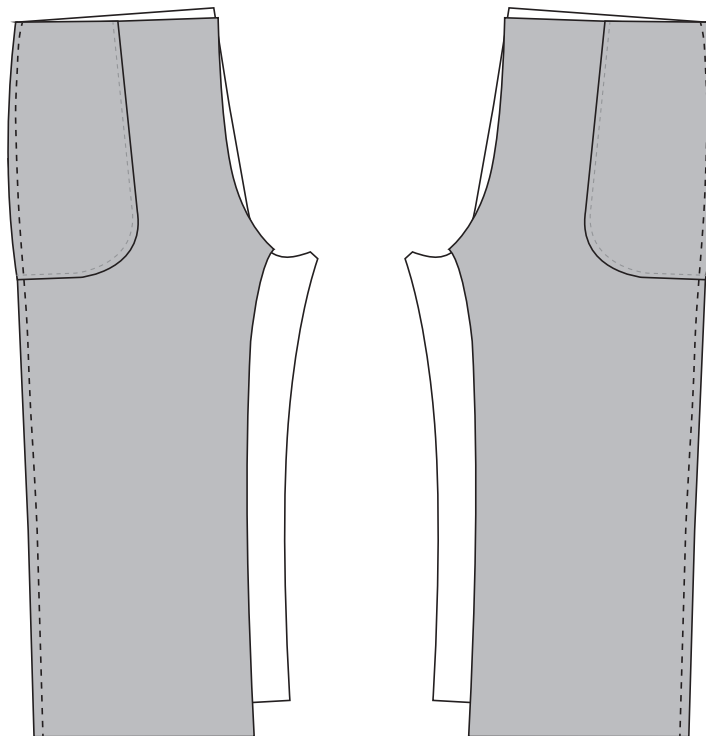
Make sure you have a pair.

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

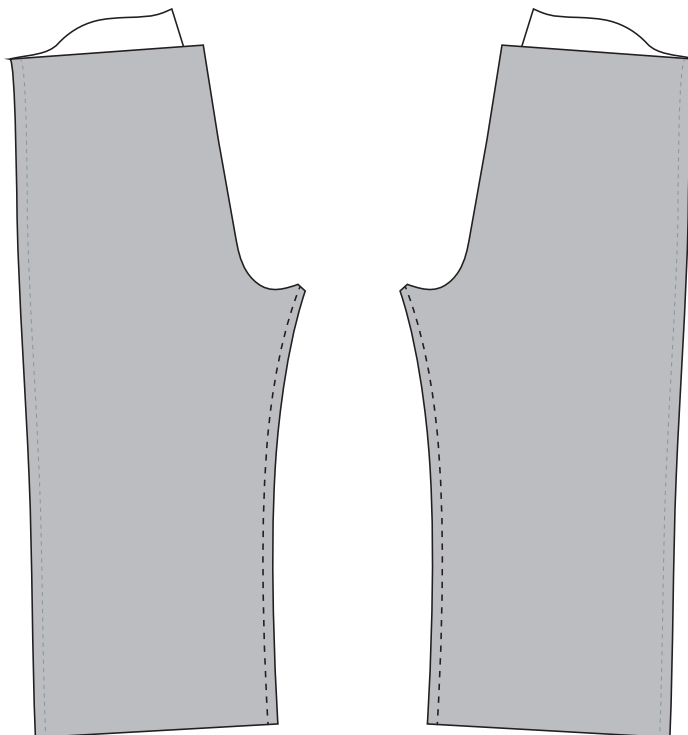
*Pop some pins in your pockets to keep them in place*



### 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.



# LOUNGEWEAR SET

## Instructions

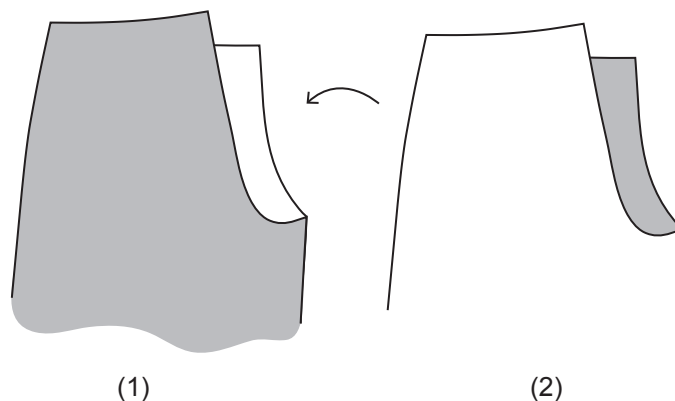
### STEP FIVE

#### *Pants*

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

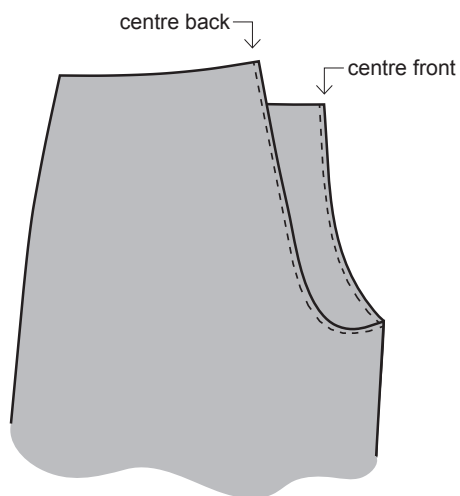
The easiest way to do this is by turning one leg rightside-out (2) and placing it inside the inside-out leg (1).

Zig-Zag / Overlock these seams.



(1)

(2)

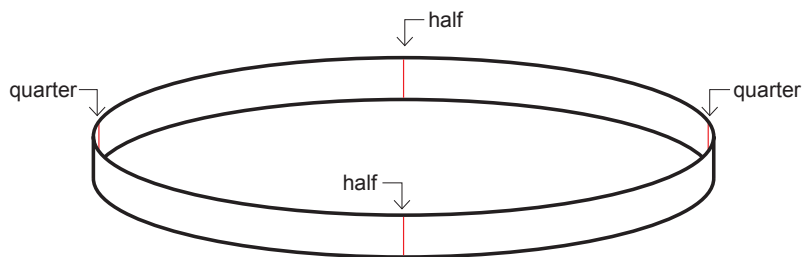
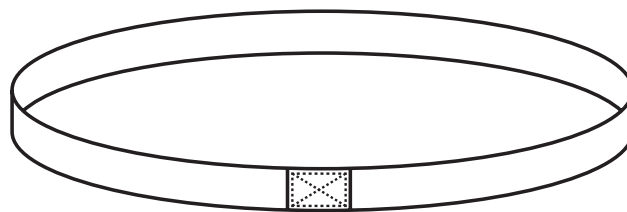


### STEP SIX

#### *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

# LOUNGEWEAR SET

## Instructions

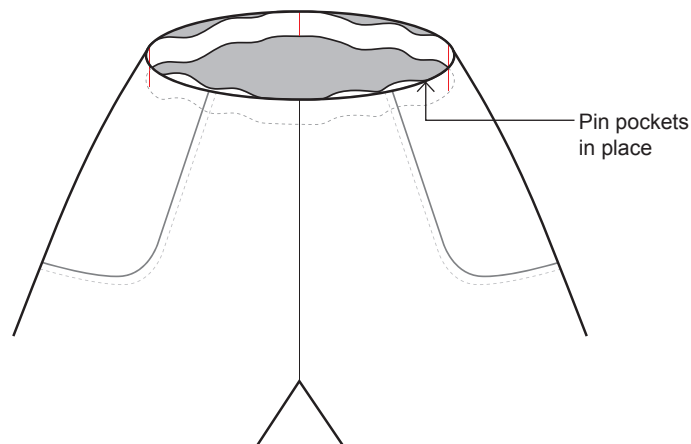
### STEP SEVEN

#### 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

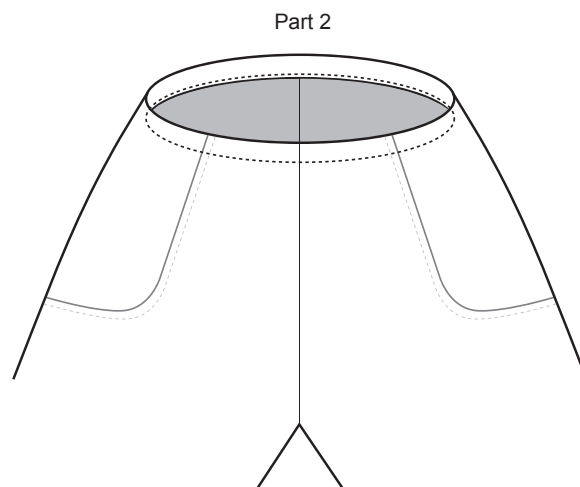
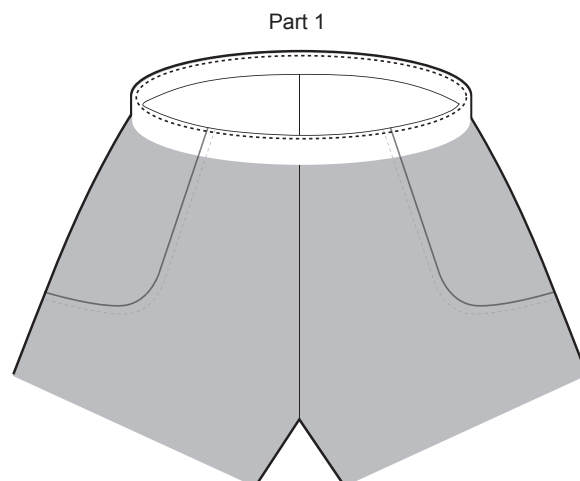
Overlock / Zig-Zag your elastic loop into your pants waist, starting at the center back. Stretch your elastic as you go so it is even between your pinned markers.

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.



# 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.



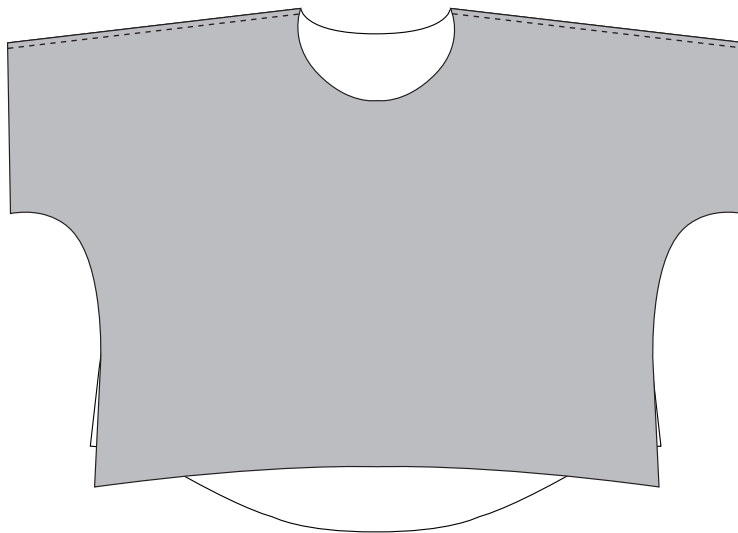
# LOUNGEWEAR SET

## 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.



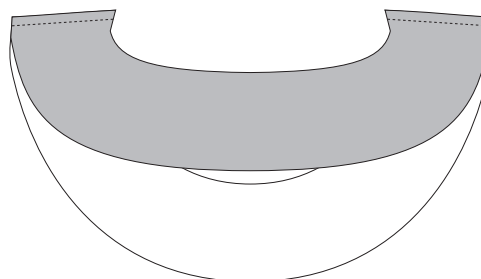
### STEP ELEVEN

#### Facing

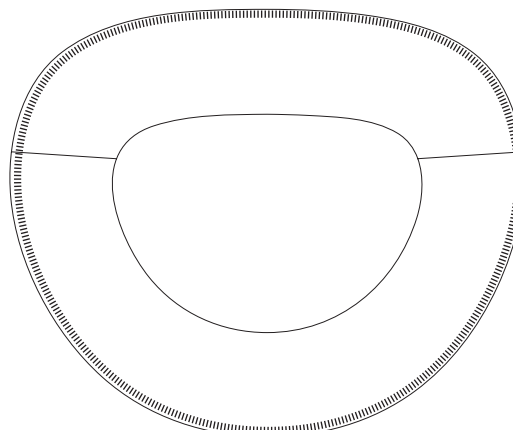
Sew front facing to back facing (with right sides of fabric together), on top of sholder. Overlock / Zig-Zag.

Overlock / Zig-Zag outer edge of facings.

Join facing back + front pieces together



Finish outer edges of your facing



#### SEAM ALLOWANCES

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



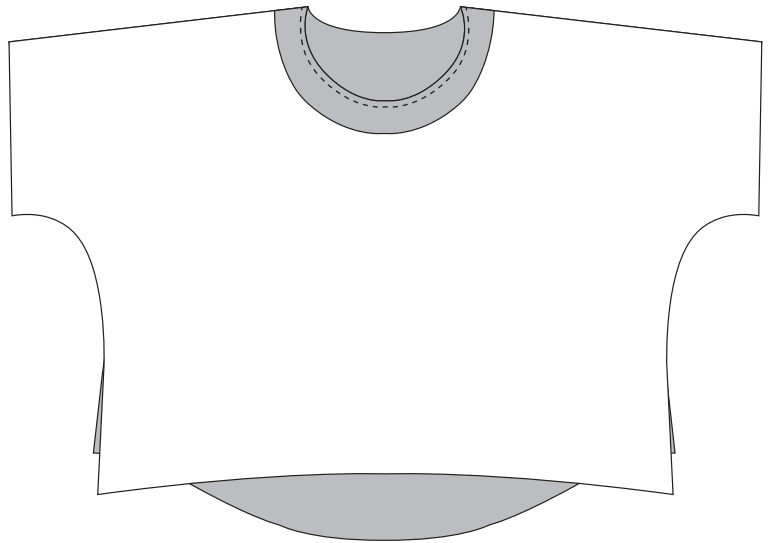
# LOUNGEWEAR SET

## Instructions

### STEP TWELVE

#### *Facing*

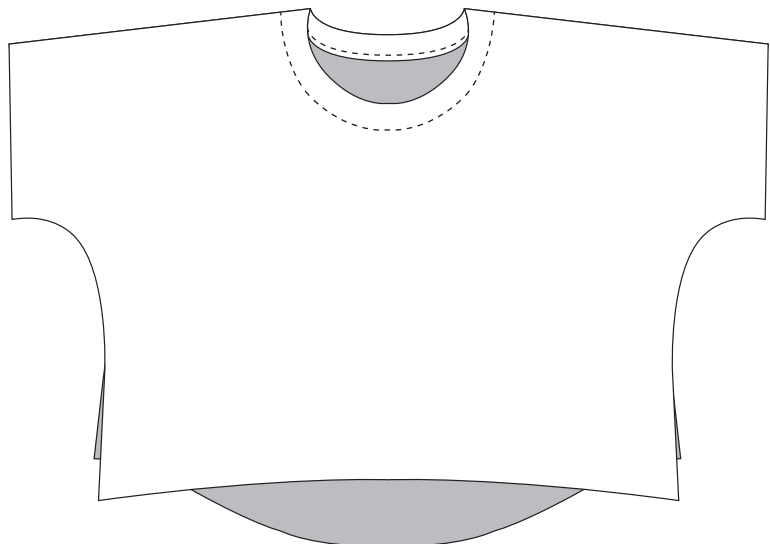
Sew the joined facings onto the bodice, around the neckline (with right sides of fabric together).



### 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.





# LOUNGEWEAR SET

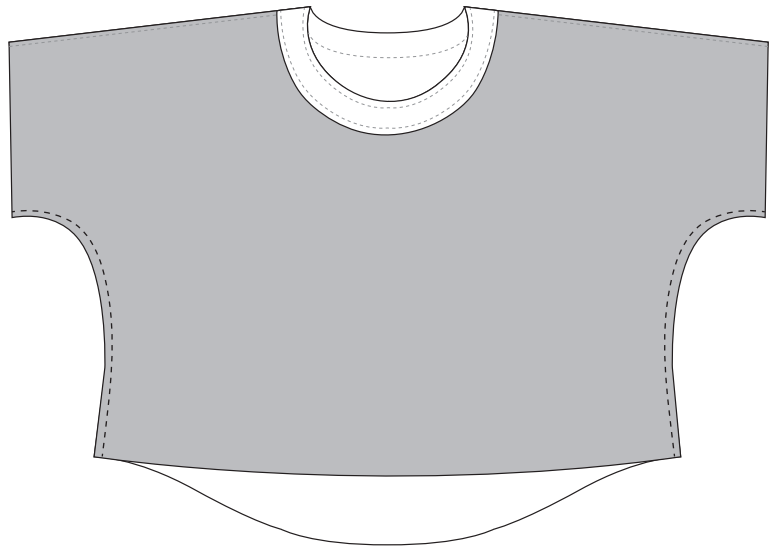
## Instructions

### STEP FOURTEEN

#### Side Seams

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

Overlock / Zig-Zag to finish.

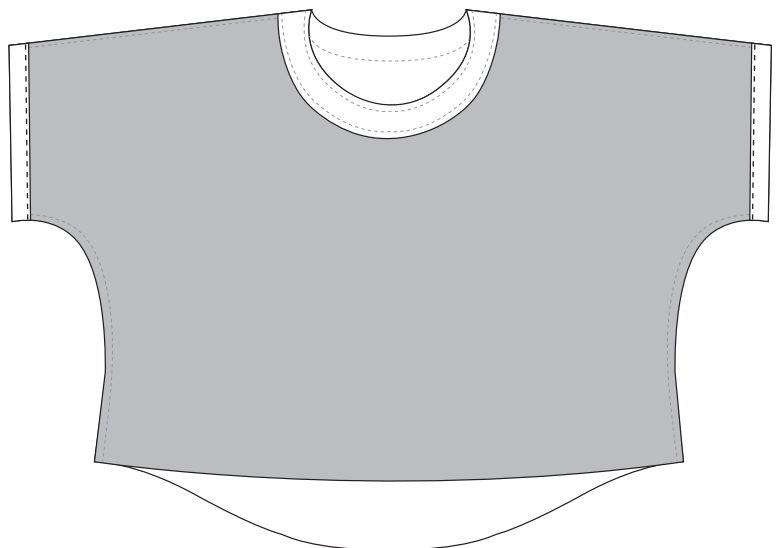


### STEP FIFTEEN

#### Sleeve Hem

Overlock / 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.



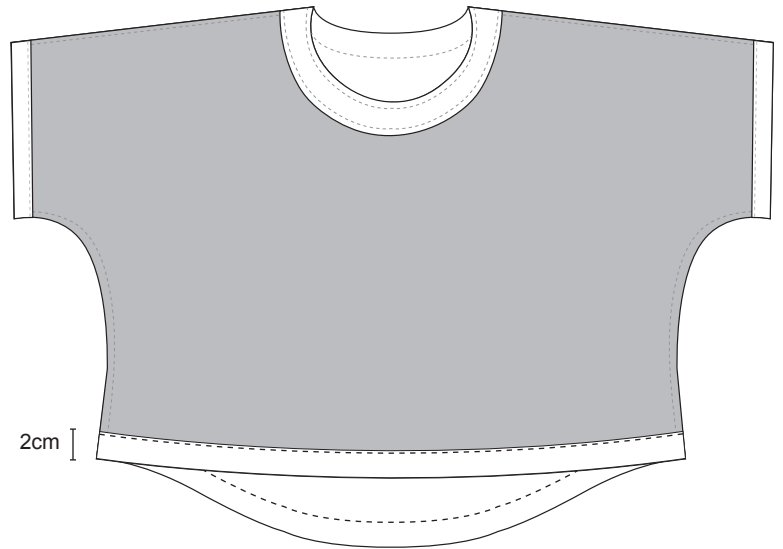
# LOUNGEWEAR SET

## Instructions

### 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.



Common Stitch.



# Peppermint

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Download of this pattern entitles you to print and copy the pattern for individual home use only.  
You can make the garment for yourself or as a gift.

It does not entitle you to print, copy or distribute the pattern to others, whether you profit from it or not, nor to sell garments that you have made from this sewing pattern.

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