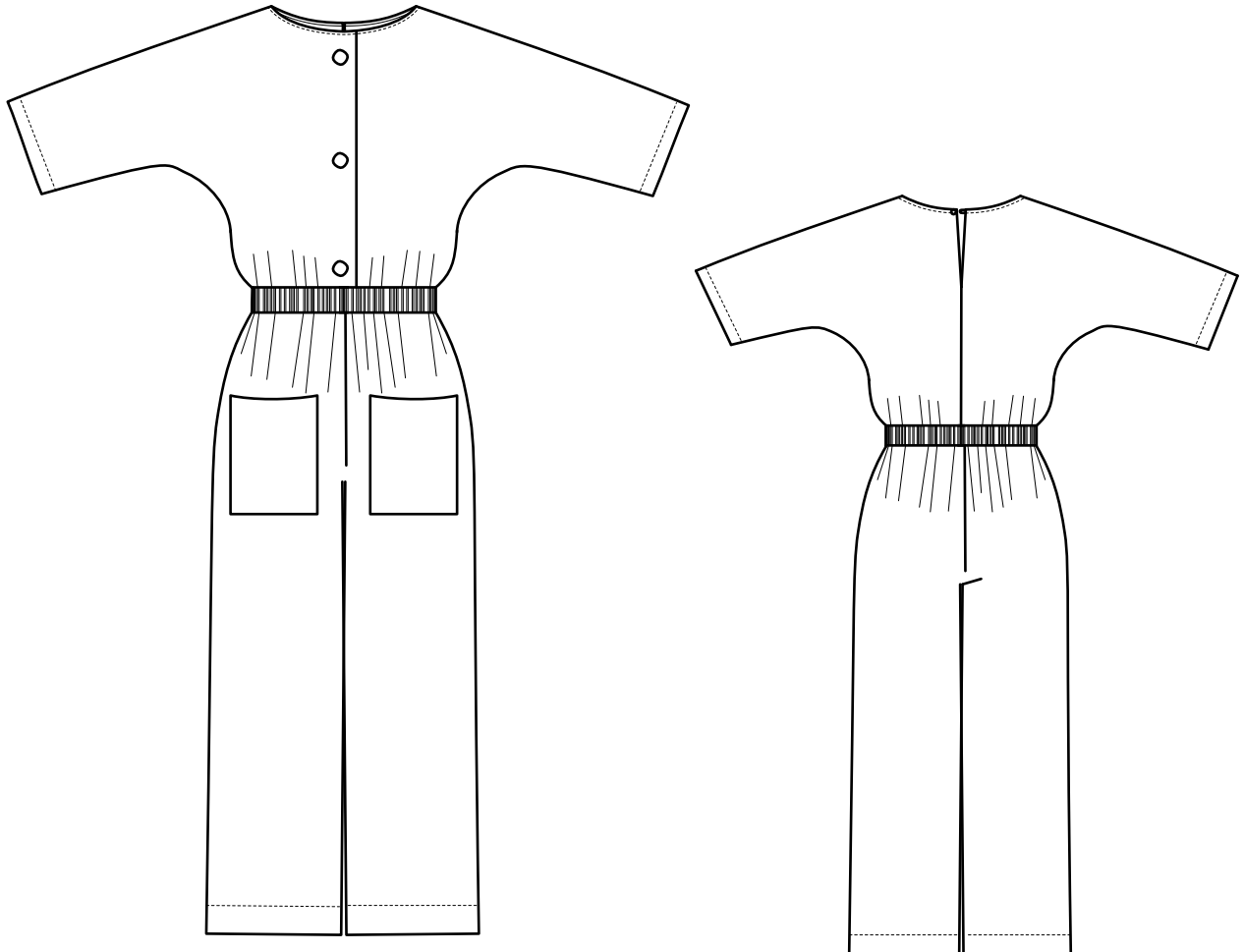


# Peppermint

## *The Valley Jumpsuit*

A free sewing pattern from *Peppermint Magazine*, created in collaboration with:

readytosew



This pattern has been created in partnership with Spoonflower! The world's largest marketplace of independent designs from global artists, Spoonflower is leading the way in custom, sustainable textile printing. Their on-demand process significantly reduces materials, energy and water, with inks that meet Oeko-Tex 100 requirements and fabrics – including a Certified Organic range – that are ethically sourced. Pop over to [spoonflower.com](https://www.spoonflower.com) for inspiration for your next me-made project!

FOR ALL OUR FREE SEWING PATTERNS HEAD TO [PEPPERMINTMAG.COM/SEWING-SCHOOL](https://www.peppermintmag.com/sewing-school)

# Peppermint Patterns

## SEWING PATTERN TERMS AND CONDITIONS

**Thank you for downloading this pattern!**  
Here are a few T&Cs before you get started...

---

© Copyright of this pattern remains with *Peppermint Magazine*.

This pattern has been created for you to print and copy for individual home use only.

The pattern cannot be used for commercial purposes or to create and sell garments.

The pattern cannot be copied or distributed to others (physically or digitally).

If you'd like to feature the pattern on your website or social media (thank you!), we just ask that you please link to [Peppermintmag.com](http://Peppermintmag.com) and the patternmaker and that you do not upload the pattern or instructions.

The pattern can be used for non-commercial, non-paid community sewing groups, but not for ticketed and paid-for sewing workshops.

Please contact *Peppermint* if you'd like to find out about our licensing fee for workshops.

If you'd like to share your makes on social media, please tag us @peppermintmagazine #peppermintpatterns #peppermintvalleyjumpsuit so we can see your handiwork!

---

GET IN TOUCH: [hello@peppermintmag.com](mailto:hello@peppermintmag.com)

MORE FREE PATTERNS: [peppermintmag.com/sewing-school](http://peppermintmag.com/sewing-school)



## The Valley Jumpsuit

The Valley Jumpsuit is a relaxed and easy to wear elasticated waist jumpsuit.

It features a boat neck, a button up front with 3/4 dolman sleeves, two deep patch pockets and straight-legs. It is designed to sit high on your natural waist above your belly button.

The finished length is just at the ankle bone but looks great shortened or rolled up too.

The Valley jumpsuit is composed of 3 pattern pieces only. The pants has no side seams and the bodice no shoulder seams, it is therefore a pretty quick sew!

The pattern is rated as intermediate due to the front buttoning, but you can replace the buttons with snaps if you are at a less advanced level. The rest of the pattern is low difficulty if you follow the steps correctly.

## PDF pattern details

### Printing

Choose the file corresponding to your desired size range. Open the document in Adobe Reader and tick your size in the layer menu (each size has its own layer). Print making sure it is not scaled. Click the link below for further infos.

<https://readytosew.fr/en/journal/how-to-print-layers-in-pdf-sewing-patterns-b77.html>



### Taping

Once printed, assemble the pages according to the taping layout printed on the first page of your pattern. Click the link below for further infos.

<https://readytosew.fr/en/journal/how-to-assemble-a-pdf-sewing-pattern-b81.html>



### Preparation

- Wash your fabric to preshrink the fabric before cutting it.
- Pin the different pattern pieces on your fabric following the cutting layout and grain line.
- A 1 cm seam allowance is included.
- First make a muslin of the pattern in a similar fabric to see if any adjustments need to be made.

# Size and garment ease chart

## Range 1 : 32 - 46

Height 167 cm (5'6") - B cup

Sizes		32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
Full bust	cm	81	82.5	84	85.5	87	88.5	90	91	92	93.5	95	96.75	98.5	100.25	102
	Inches	31 <sup>57</sup> / <sub>64</sub>	32 <sup>31</sup> / <sub>64</sub>	33 <sup>9</sup> / <sub>64</sub>	33 <sup>21</sup> / <sub>32</sub>	34 <sup>1</sup> / <sub>4</sub>	34 <sup>27</sup> / <sub>32</sub>	35 <sup>7</sup> / <sub>16</sub>	35 <sup>53</sup> / <sub>64</sub>	36 <sup>7</sup> / <sub>32</sub>	36 <sup>13</sup> / <sub>16</sub>	37 <sup>13</sup> / <sub>32</sub>	38 <sup>3</sup> / <sub>32</sub>	38 <sup>25</sup> / <sub>32</sub>	39 <sup>15</sup> / <sub>32</sub>	40 <sup>5</sup> / <sub>32</sub>
Waist	cm	61.5	63	64.5	66	67.5	68.75	70	71.25	72.5	74.5	76.5	78.5	80.5	82.5	84.5
	Inches	24 <sup>7</sup> / <sub>32</sub>	24 <sup>51</sup> / <sub>64</sub>	25 <sup>25</sup> / <sub>64</sub>	25 <sup>63</sup> / <sub>64</sub>	26 <sup>37</sup> / <sub>64</sub>	27 <sup>1</sup> / <sub>16</sub>	27 <sup>9</sup> / <sub>16</sub>	28 <sup>3</sup> / <sub>64</sub>	28 <sup>35</sup> / <sub>64</sub>	29 <sup>21</sup> / <sub>64</sub>	30 <sup>1</sup> / <sub>8</sub>	30 <sup>29</sup> / <sub>32</sub>	31 <sup>11</sup> / <sub>16</sub>	32 <sup>31</sup> / <sub>64</sub>	33 <sup>17</sup> / <sub>64</sub>
Full hips	cm	89	90.5	92	93.5	95	96.25	97.5	98.75	100	102	104	106	108	110	112
	Inches	35 <sup>3</sup> / <sub>64</sub>	35 <sup>5</sup> / <sub>8</sub>	36 <sup>7</sup> / <sub>32</sub>	36 <sup>13</sup> / <sub>16</sub>	37 <sup>13</sup> / <sub>32</sub>	37 <sup>57</sup> / <sub>64</sub>	38 <sup>25</sup> / <sub>64</sub>	38 <sup>7</sup> / <sub>8</sub>	39 <sup>3</sup> / <sub>8</sub>	40 <sup>5</sup> / <sub>32</sub>	40 <sup>15</sup> / <sub>16</sub>	41 <sup>47</sup> / <sub>64</sub>	42 <sup>33</sup> / <sub>64</sub>	43 <sup>5</sup> / <sub>16</sub>	44 <sup>3</sup> / <sub>32</sub>

Garment ease	32 - 46	
Full bust	30	11 <sup>13</sup> / <sub>16</sub>
waist	48	18 <sup>57</sup> / <sub>64</sub>
Full hips	20	7 <sup>7</sup> / <sub>8</sub>

## Range 2 : 46 - 58

Height 168 cm (5'6") - D cup

Sizes		46	47	48	49	50	51	52	53	54	55	56	57	58
Full bust	cm	107.5	110	112	114.5	117	119.7	122.5	125	128	130.7	133.5	136	139
	Inches	42 <sup>21</sup> / <sub>64</sub>	43 <sup>5</sup> / <sub>16</sub>	44 <sup>3</sup> / <sub>32</sub>	45 <sup>5</sup> / <sub>64</sub>	46 <sup>1</sup> / <sub>16</sub>	47 <sup>1</sup> / <sub>8</sub>	48 <sup>15</sup> / <sub>64</sub>	49 <sup>7</sup> / <sub>32</sub>	50 <sup>25</sup> / <sub>64</sub>	51 <sup>29</sup> / <sub>64</sub>	52 <sup>9</sup> / <sub>16</sub>	53 <sup>35</sup> / <sub>64</sub>	54 <sup>23</sup> / <sub>32</sub>
Waist	cm	90	92.5	95	97.5	100	103	106	109	112	115	118	121	124
	Inches	35 <sup>7</sup> / <sub>16</sub>	36 <sup>27</sup> / <sub>64</sub>	37 <sup>13</sup> / <sub>32</sub>	38 <sup>25</sup> / <sub>64</sub>	39 <sup>3</sup> / <sub>8</sub>	40 <sup>35</sup> / <sub>64</sub>	41 <sup>47</sup> / <sub>64</sub>	42 <sup>29</sup> / <sub>32</sub>	44 <sup>3</sup> / <sub>32</sub>	45 <sup>9</sup> / <sub>32</sub>	46 <sup>29</sup> / <sub>64</sub>	47 <sup>41</sup> / <sub>64</sub>	48 <sup>13</sup> / <sub>16</sub>
Full hips	cm	115	118	121	124	127	130	133	136	139	142	145	148	151
	Inches	45 <sup>9</sup> / <sub>32</sub>	46 <sup>29</sup> / <sub>64</sub>	47 <sup>41</sup> / <sub>64</sub>	48 <sup>13</sup> / <sub>16</sub>	50	51 <sup>3</sup> / <sub>16</sub>	52 <sup>23</sup> / <sub>64</sub>	53 <sup>35</sup> / <sub>64</sub>	54 <sup>23</sup> / <sub>32</sub>	55 <sup>29</sup> / <sub>32</sub>	57 <sup>3</sup> / <sub>32</sub>	58 <sup>17</sup> / <sub>64</sub>	59 <sup>29</sup> / <sub>64</sub>

Garment ease	46 - 58	
Full bust	30	11 <sup>13</sup> / <sub>16</sub>
waist	48	18 <sup>57</sup> / <sub>64</sub>
Full hips	23	9 <sup>1</sup> / <sub>16</sub>

## Fabric requirements for 140 cm (54") width

Range 1	<b>32 - 41</b>	<b>42 - 46</b>
	365 cm (143")	380 cm (149")

Range 2	<b>46 - 52</b>	<b>53 - 58</b>
	430 cm (169")	450 cm (177")

## Suggested fabrics

Light weight fabric with drape ranging from tencel, cupro, linen, ramie or hemp, batik, poplin and light denim.

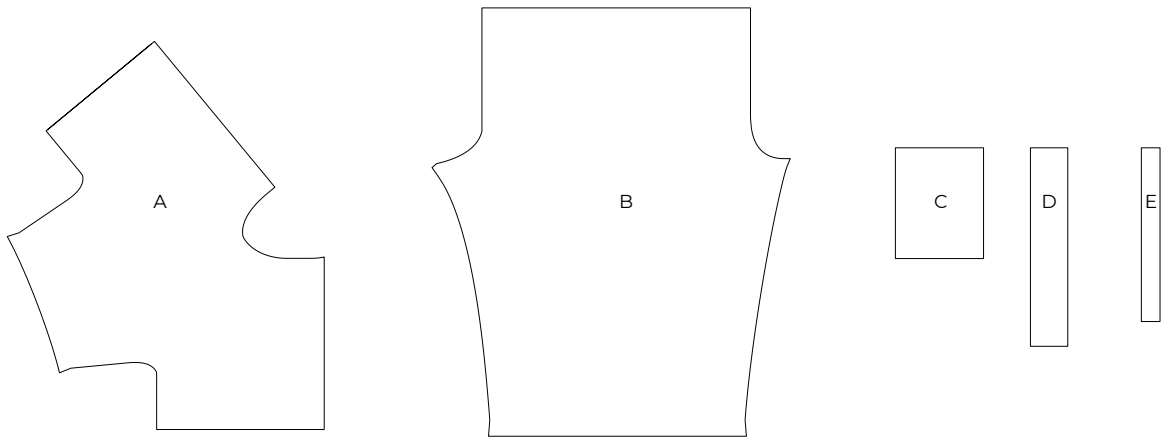
## Supplies

4 cm wide knit elastic long enough for your waist.

30 cm x 140 cm light weight fusible interfacing.

3 buttons (range 1) or 4 buttons (range 2) of 16 to 20 mm diameter.

# Pattern inventory



A - bodice

B - bottom

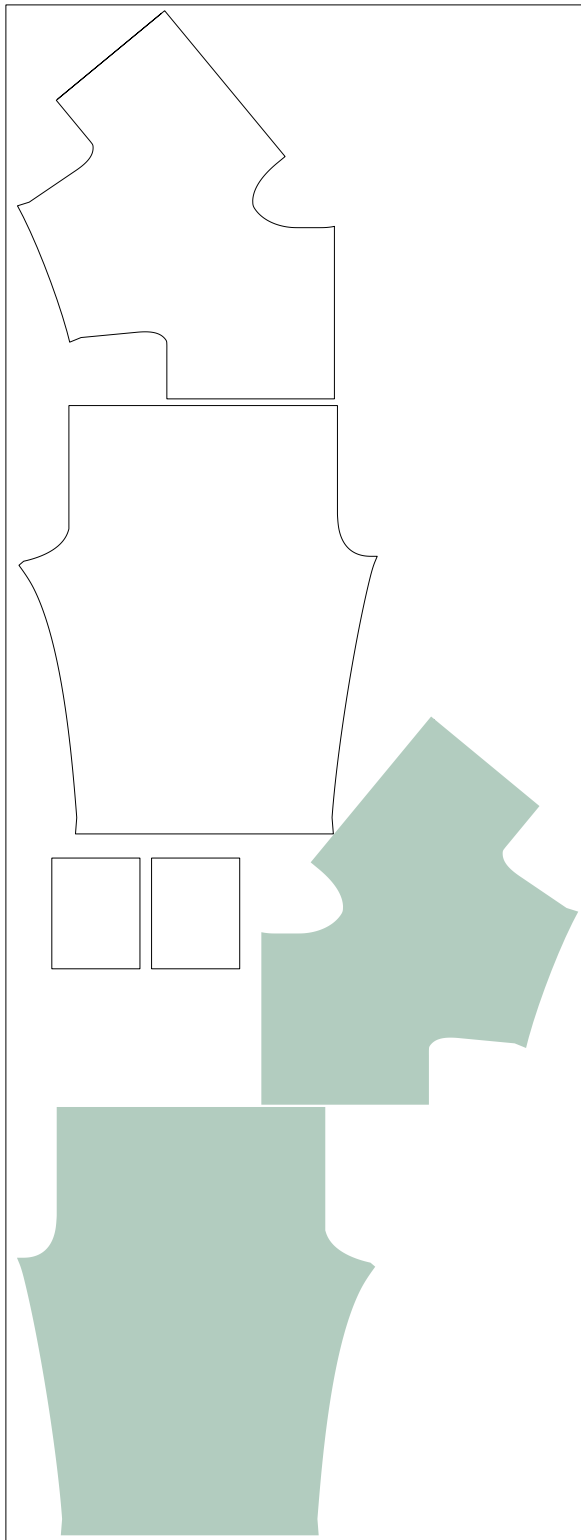
C - front patch pocket

D - buttonholes guide

E - interfacing

# Cutting layout range 1

ALL PIECES ARE CUT ON SINGLE THICKNESS



Right side of pattern

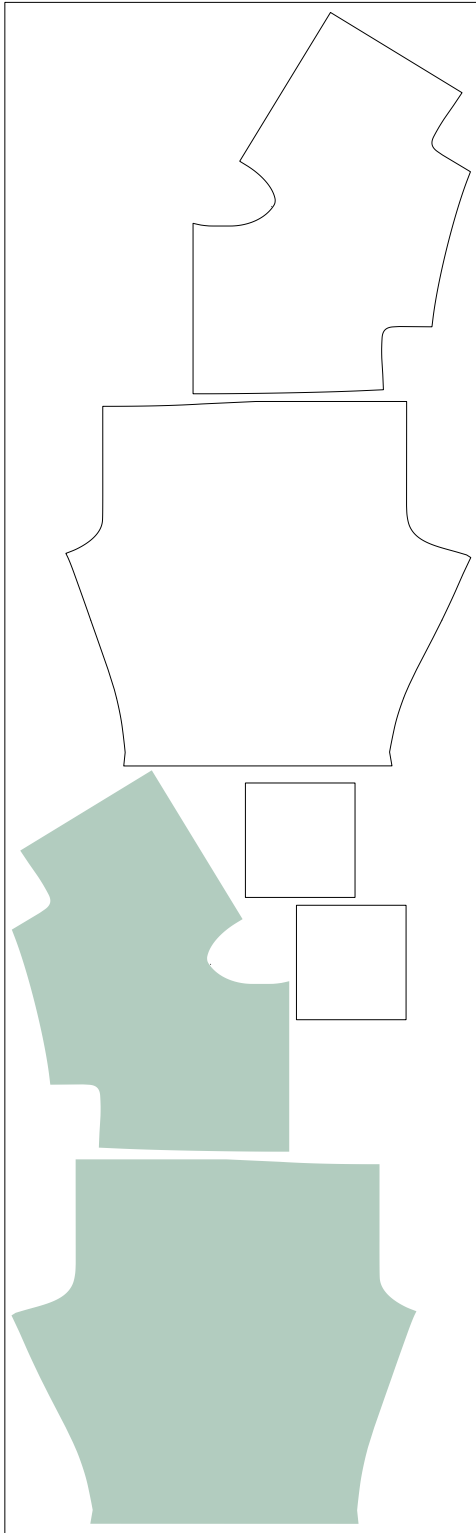


Wrong side of pattern



## Cutting layout range 2

ALL PIECES ARE CUT ON SINGLE THICKNESS



Right side of pattern



Wrong side of pattern

## Instructions



Fabric right side



Fabric wrong side



Interfacing

1 cm Included seam allowances

---

### 1

Listen to our chill playlist while sewing the pattern!

[https://www.youtube.com/watch?v=f1NuKdi6X6o&list=PL\\_jv4bTnJEynQJK9xyoXnXH0vYVvFR-Vd](https://www.youtube.com/watch?v=f1NuKdi6X6o&list=PL_jv4bTnJEynQJK9xyoXnXH0vYVvFR-Vd)



### 2

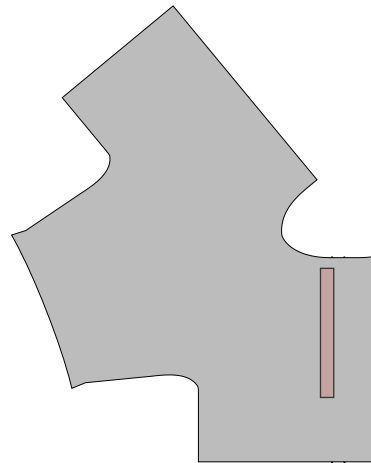
And do not hesitate to look at the tutorials and sew alongs related to this pattern.

<https://readytosew.fr/en/journal?tag=valley>



# 3

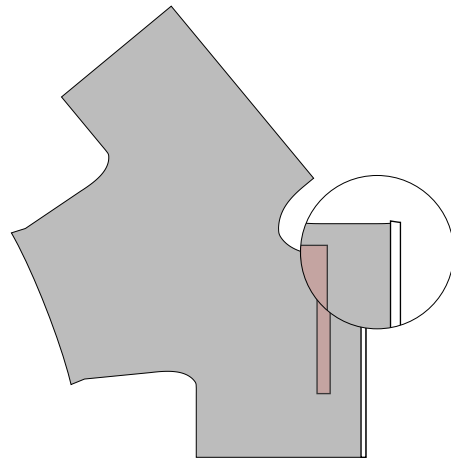
Interface the wrong side of the bodices (A) following the placement mark of the pattern (the light grey rectangle on the front bodice pattern piece).



---

# 4

On the right side of the front bodices, draw a line 1 cm from the center front raw edge. With wrong sides together, fold along the line and press.

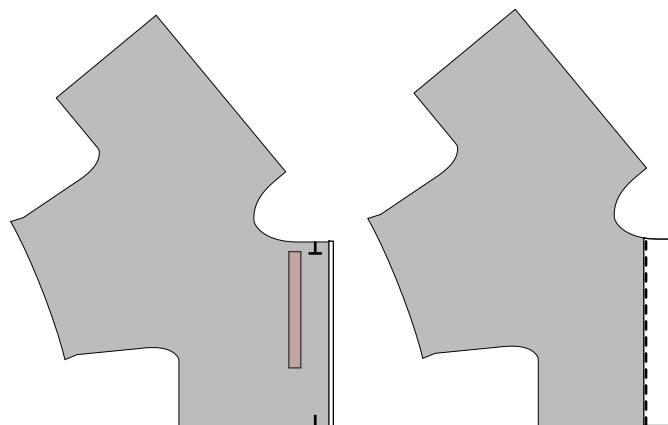


---

# 5

Then, fold along the markings wrong sides together.

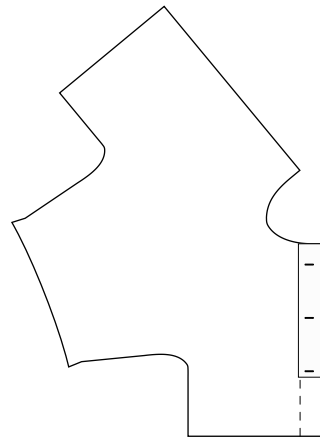
Press and topstitch to hold the fold in place.



# 6

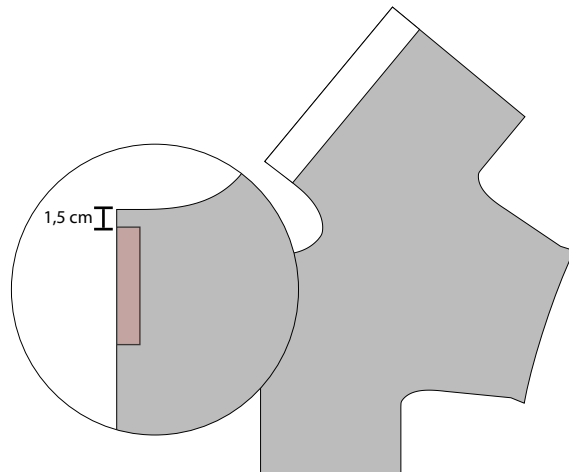
Place the buttonholes guide (D) on the right front bodice and transfer the markings (3 buttonholes for range 1 and 4 buttonholes for range 2).

Sew the buttonholes.



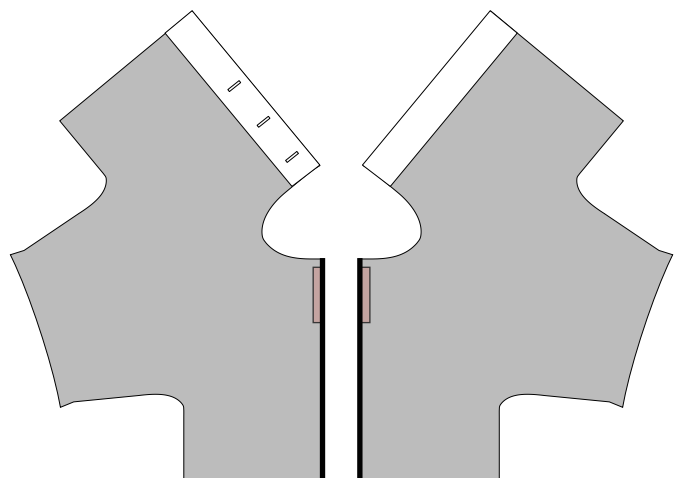
# 7

Take a strip of interfacing cut on the straight grain and fuse it along the back slit opening as shown in the drawing. Repeat these step for the right back.



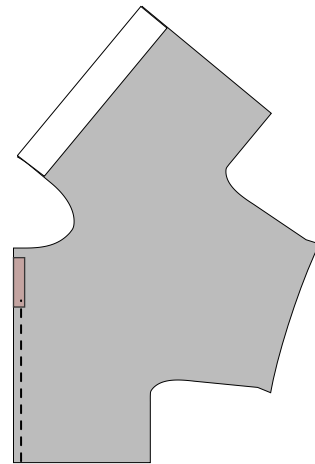
# 8

Finish the center back edges of the back bodices separately. Use your preferred method. If using a serger/overlock, make sure you just finish the raw edge and that you don't trim off too much.



# 9

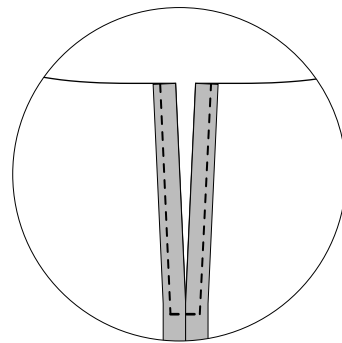
Place the two back pieces with right sides together. Line up the center back edges and pin in place. Sew together from the slit opening notch down to the hem. Backstitch. Above the notch will be left open. Press seams open.



---

# 10

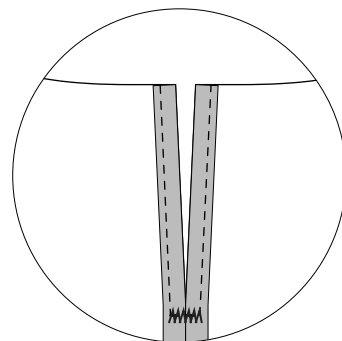
Topstitched the slit on either side of the opening as well as at the bottom. Maintain a consistent 5 mm distance from the opening.



---

# 11

Secure the bottom of the slit with a zigzag stitch.

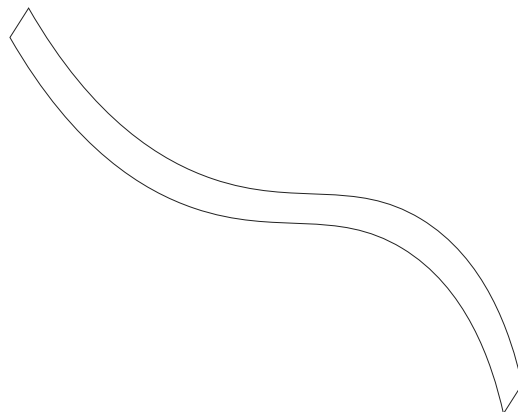


# 12

Use some pre-made bias tape or use your fabric leftovers to make your own bias band. The band must be as long as the neckline and 2.8 cm wide.

Click here to follow the photo sew along.

<https://readytosew.fr/en/journal/how-to-sew-the-valley-jumpsuit-bias-binding-b125.html>



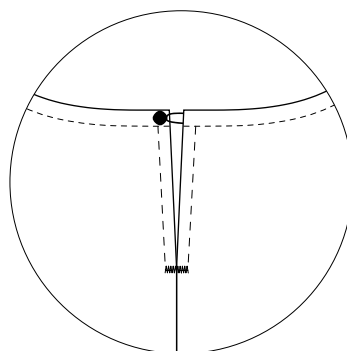
# 13

There are several way to close the top of the back slit opening.

- A hook and eye : Thread your needle with a double thread and stitch the hook on the right side of the slit and the eye on the left side.

- A button and a thread chain : click here to follow the tutorial.

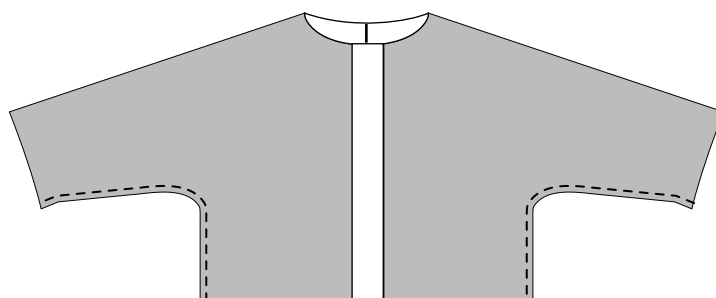
<https://www.youtube.com/watch?v=8Sre9PWGTMk&t=5s>



# 14

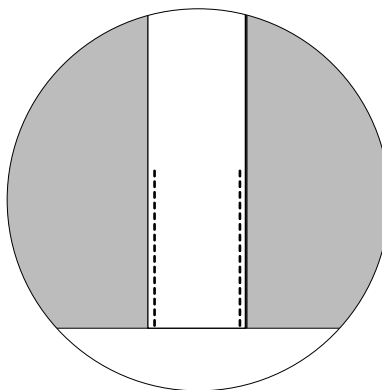
Align the front and back bodices right sides together and sew the side seams from the hem of the sleeve to the bottom of the bodice. Slightly clip the underarm curve if necessary.

Serge seams together and press them towards the back.



# 15

Place the right front tab on the top of the left front and align the center front lines. Pin and then sew 10 cm along the edges of the button plackets to hold them in place, as shown in the drawing.

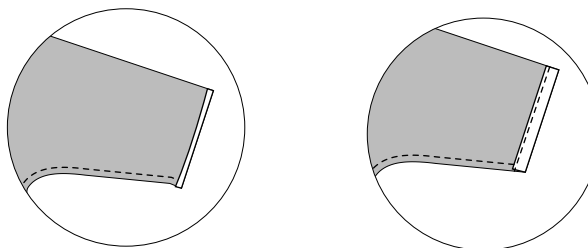


---

# 16

Fold sleeve hem under 1 cm and press.

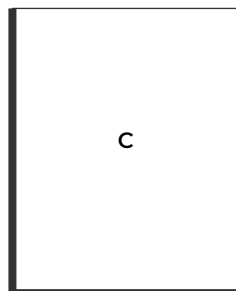
Fold under 2 cm and press. Pin in place and stitch close to the folded edge.



---

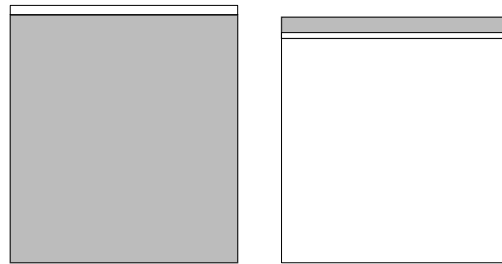
# 17

Finish the sides and bottom row edges of the patch pockets.



# 18

Fold upper edge under 5 mm towards the wrong side of the pocket and press. Then flip your pocket over so that the right side is facing up and fold again 1,5 cm. Press.



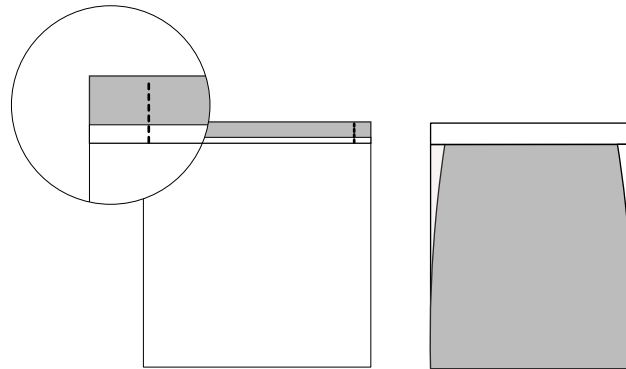
---

# 19

Stitch 1 cm away from the serge edges through the folded sections on both sides.

Trim the corners.

Turn the folded section back to the right side. Press.

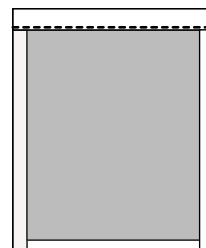


---

# 20

Fold under the bottom edge and the outer edges and press.

Topstitch the top folded edge down.



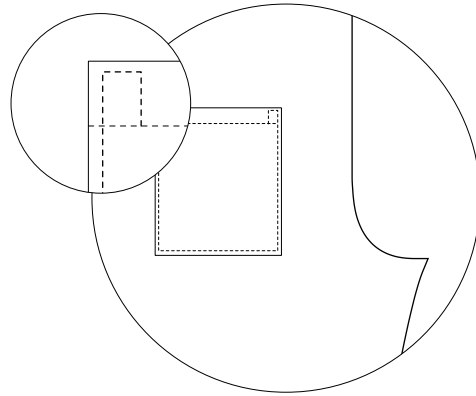


# 21

Right side of the front pants (B) facing you, pin the pockets, matching the top corners to the placement marks.

Edgestitch along the outer edges of the pockets.

Sew some extra stitches at the top corners to secure the pocket, in a small rectangle or triangle shape.

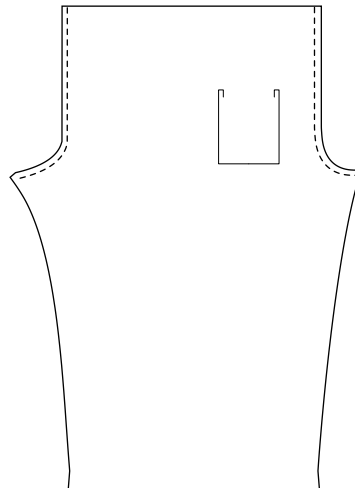


---

# 22

Sew the center front pants right sides together. Serge seams together and press towards the left.

Sew the center back pants right sides together. Serge seams together and press towards the right.

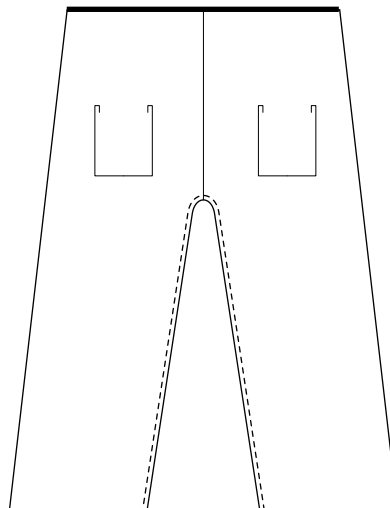


---

# 23

With right sides together, sew the front and the back pieces at the inseam. Finish the seams together and press them toward the back of the garment.

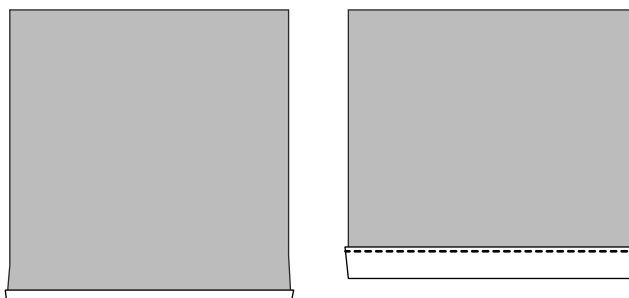
Finish the top edge (waistline) of the pants. Use your preferred method.



# 24

Fold hem under 1 cm and press.

Fold under 3 cm and press. Pin in place and stitch close to the folded edge.



---

# 25

Click here to follow the video tutorial to create the channel for the elastic.

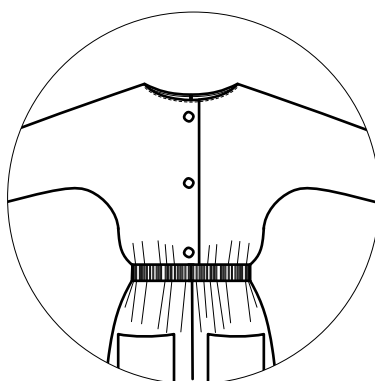
[https://www.youtube.com/watch?v=YwKsp\\_CROVQ](https://www.youtube.com/watch?v=YwKsp_CROVQ)



---

# 26

Attach buttons according to the buttonhole positions.



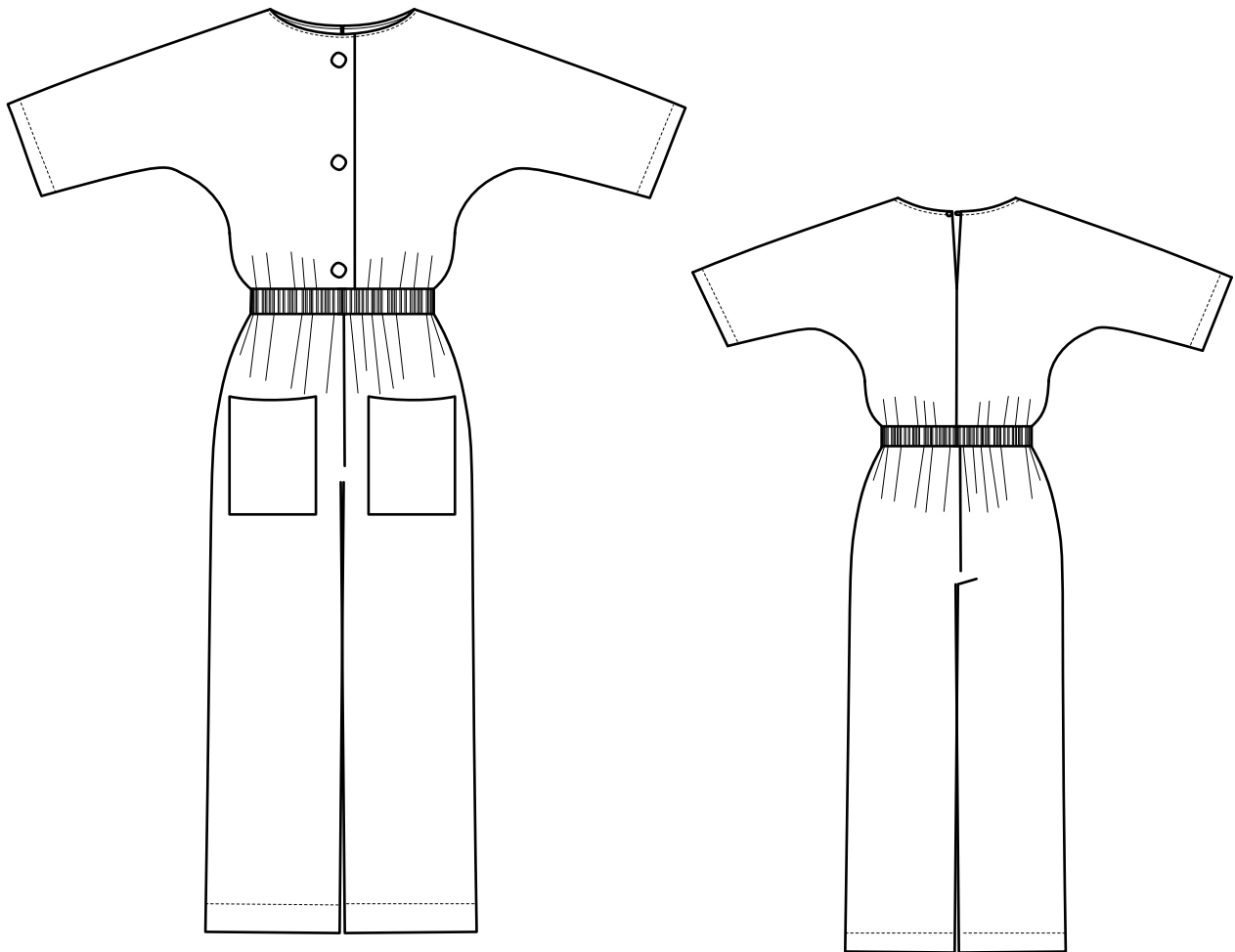
Share #peppermintvalleyjumpsuit

Peppermint

# *The Valley Jumpsuit*

A free sewing pattern from *Peppermint Magazine*, created in collaboration with:

readytosew



This pattern has been created in partnership with Spoonflower! The world's largest marketplace of independent designs from global artists, Spoonflower is leading the way in custom, sustainable textile printing. Their on-demand process significantly reduces materials, energy and water, with inks that meet Oeko-Tex 100 requirements and fabrics – including a Certified Organic range – that are ethically sourced. Pop over to [spoonflower.com](https://www.spoonflower.com) for inspiration for your next me-made project!

FOR ALL OUR FREE SEWING PATTERNS HEAD TO [PEPPERMINTMAG.COM/SEWING-SCHOOL](https://www.peppermintmag.com/sewing-school)

# Peppermint Patterns

## SEWING PATTERN TERMS AND CONDITIONS

**Thank you for downloading this pattern!**  
Here are a few T&Cs before you get started...

---

© Copyright of this pattern remains with *Peppermint Magazine*.

This pattern has been created for you to print and copy for individual home use only.

The pattern cannot be used for commercial purposes or to create and sell garments.

The pattern cannot be copied or distributed to others (physically or digitally).

If you'd like to feature the pattern on your website or social media (thank you!), we just ask that you please link to [Peppermintmag.com](http://Peppermintmag.com) and the patternmaker and that you do not upload the pattern or instructions.

The pattern can be used for non-commercial, non-paid community sewing groups, but not for ticketed and paid-for sewing workshops.

Please contact *Peppermint* if you'd like to find out about our licensing fee for workshops.

If you'd like to share your makes on social media, please tag us @peppermintmagazine #peppermintpatterns #peppermintvalleyjumpsuit so we can see your handiwork!

---

GET IN TOUCH: [hello@peppermintmag.com](mailto:hello@peppermintmag.com)

MORE FREE PATTERNS: [peppermintmag.com/sewing-school](http://peppermintmag.com/sewing-school)



## La combinaison Valley

Valley est une combinaison ample à la taille haute et élastiquée.

Le buste est boutonné devant, il comporte une encolure bateau et des manches dolman de longueur 3/4.

Le pantalon a une jambe de forme droite et longueur 7/8 avec deux grandes poches plaquées devant.

Vous pouvez aisément raccourcir la jambe du pantalon pour en faire une version 3/4 ou bien un short.

Le patron est classé niveau intermédiaire en raison des boutonniers mais vous pouvez remplacer les boutons par des pressions si votre niveau est celui d'un débutant avancé. Le reste du patron comporte peu de difficultés si vous suivez correctement les étapes.

Les instructions du patron de couture Valley sont disponibles en Français, Anglais et Espagnol et comportent des liens vers des tutoriels en images et vidéos.

## Détails sur le patron PDF

### Impression

Sélectionnez la planche patron associée à l'option, à la gamme de taille et au format qui vous intéresse. Ouvrez le document sur Adobe acrobate reader et cochez le calque qui correspond à votre taille. Vous pouvez suivre le tutoriel suivant pour vous aider dans ces étapes.

<https://readytosew.fr/fr/journal/selection-calques-impession-patrons-pdf-b77.html>



### Assemblage

Assemblez les feuilles en suivant le plan de collage disponible sur la première page de la planche patron. Vous pouvez suivre le tutoriel suivant pour vous aider dans ces étapes.

<https://readytosew.fr/fr/journal/assembler-une-planche-patron-pdf-b81.html>



### Préparation

- Lavez votre tissu avant de le découper pour prévenir un éventuel rétrécissement.
- Placez les pièces du patron sur votre tissu en suivant le plan de coupe et le droit fil.
- Les marges de couture de 1 cm sont comprises.
- Faites une toile dans un tissu similaire à votre tissu définitif pour vérifier si vous avez des ajustements à faire.

## Tableau de tailles et tableau d'aisance

### Gamme 1 : 32 - 46

Stature 167 cm - Bonnet B

Tailles	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
Poitrine	81	82.5	84	85.5	87	88.5	90	91	92	93.5	95	96.75	98.5	100.25	102
Taille	61.5	63	64.5	66	67.5	68.75	70	71.25	72.5	74.5	76.5	78.5	80.5	82.5	84.5
Bassin	89	90.5	92	93.5	95	96.25	97.5	98.75	100	102	104	106	108	110	112

Aisance vêtement	32 - 46
Poitrine	30
Taille	48
Bassin	20

### Gamme 2 : 46 - 58

Stature 168 cm - Bonnet D

Tailles	46	47	48	49	50	51	52	53	54	55	56	57	58
Poitrine	107.5	110	112	114.5	117	119.7	122.5	125	128	130.7	133.5	136	139
Taille	90	92.5	95	97.5	100	103	106	109	112	115	118	121	124
Bassin	115	118	121	124	127	130	133	136	139	142	145	148	151

Aisance vêtement	46 - 58
Poitrine	30
Taille	48
Bassin	23

## Métrage

Gamme 1	<b>32 - 41</b>	<b>42 - 46</b>
	365 cm x 140 cm	380 cm x 140 cm

Gamme 2	<b>46 - 52</b>	<b>53 - 58</b>
	430 cm x 140 cm	450 cm x 140 cm

## Conseil tissus

Tissu de poids léger à moyen et fluide de type tencel ou cupro, lin, ramie, chanvre, popeline de coton voir un denim léger ou bien un velours milleraie souple.

## Matériel

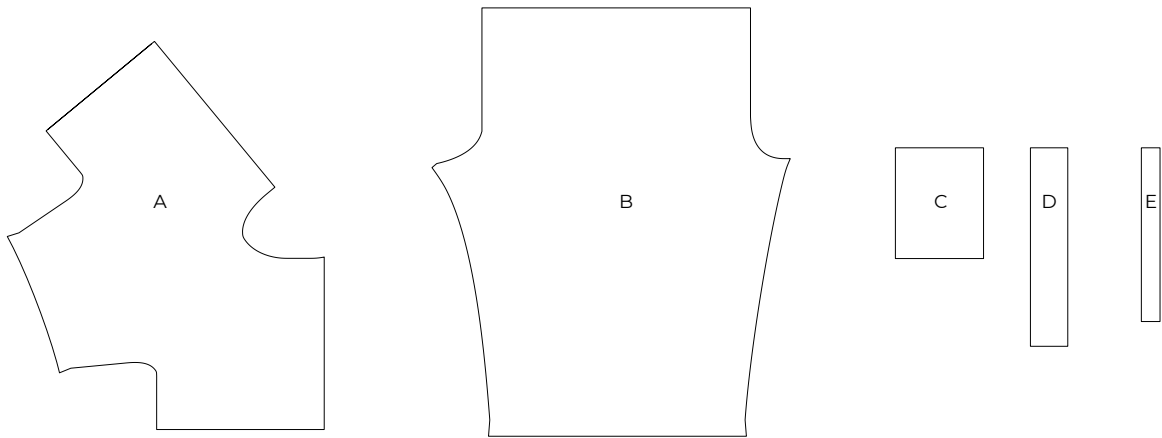
Elastique de 4 cm de large et assez long pour votre tour de taille.

30 cm x 140 cm de thermocollant léger.

3 boutons (gamme 1) ou 4 boutons (gamme 2) de 16 à 20 mm de diamètre.



## Récapitulatif des pièces du patron



A - buste

B - pantalon

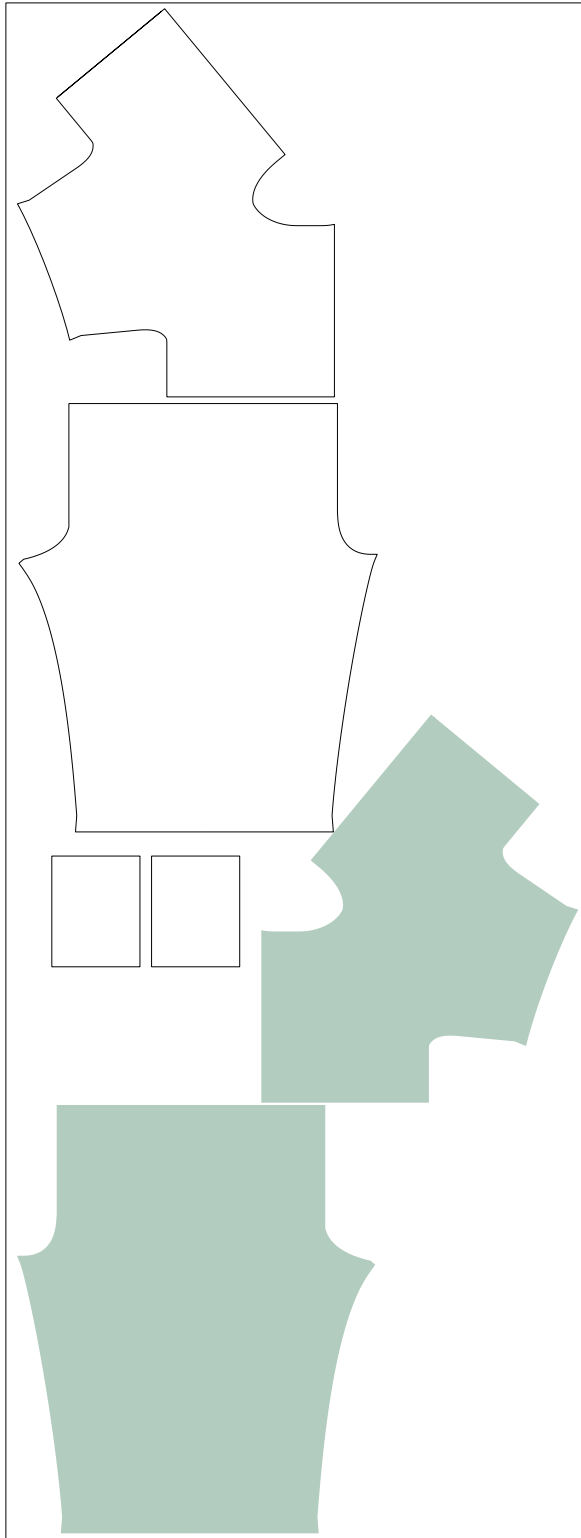
C - poche plaquée devant

D - guide boutonnières

E - thermocollant

# Plan de coupe gamme 1

TOUTES LES PIÈCES SONT COUPÉES SUR UNE SEULE ÉPAISSEUR DE TISSU



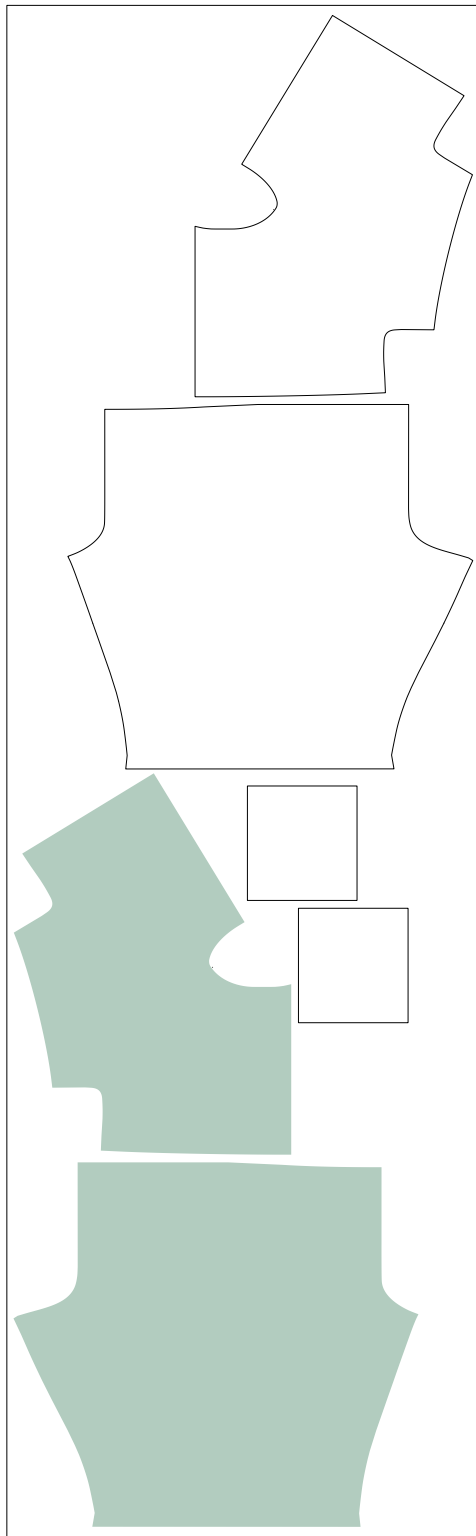
Endroit du patron



Envers du patron

## Plan de coupe gamme 2

TOUTES LES PIÈCES SONT COUPÉES SUR UNE SEULE ÉPAISSEUR DE TISSU



Endroit du patron



Envers du patron

## Instructions



Endroit tissu



Envers tissu



Thermocollant

Marges de couture de 1 cm incluses

---

### 1

Cousez en musique grâce à la playlist spécialement conçue pour ce patron de couture !

[https://www.youtube.com/watch?v=f1NuKdi6X6o&list=PL\\_jv4bTnJEynQJK9xyoXnXH0vYVvFR-Vd](https://www.youtube.com/watch?v=f1NuKdi6X6o&list=PL_jv4bTnJEynQJK9xyoXnXH0vYVvFR-Vd)



### 2

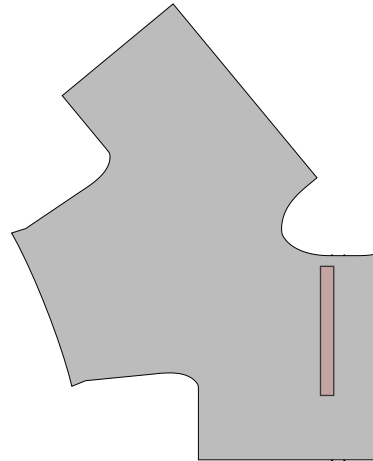
Consultez les tutoriels et pas à pas associés à ce modèle.

<https://readytosew.fr/fr/journal?tag=valley>



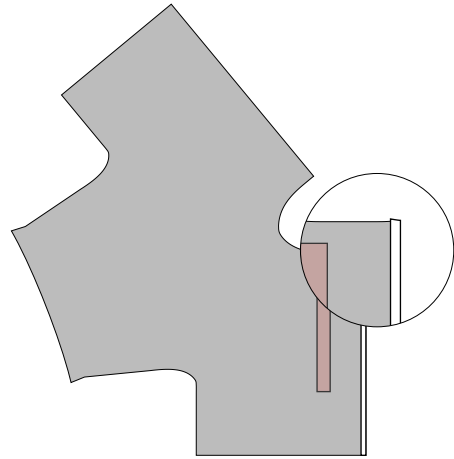
### 3

Thermocollez l'envers des bustes devant en vous reportant au repère du patron (le rectangle gris sur le buste devant).



### 4

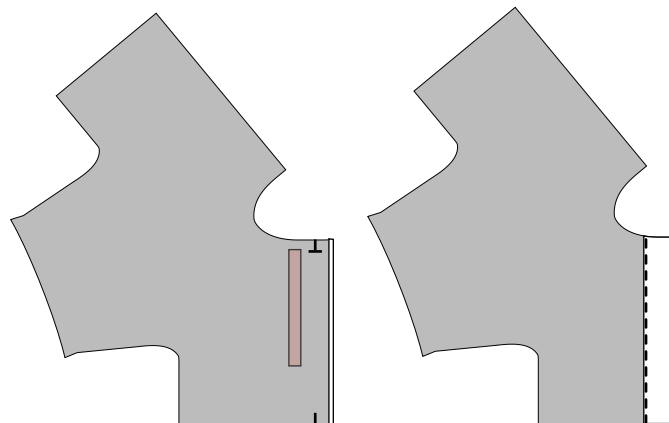
Sur l'endroit des bustes devant, tracez une ligne à 1 cm du bord central. Envers contre envers, pliez le long de la ligne et repassez.



### 5

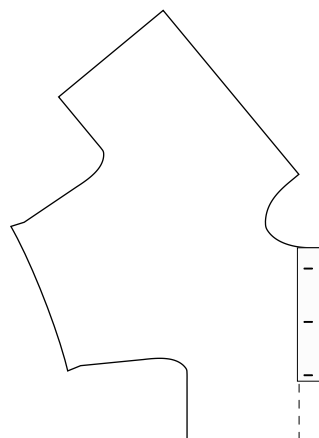
Pliez de-nouveau, envers contre envers, le long des crans présents sur le patron.

Repassez et surpiquez pour maintenir le pli en place.



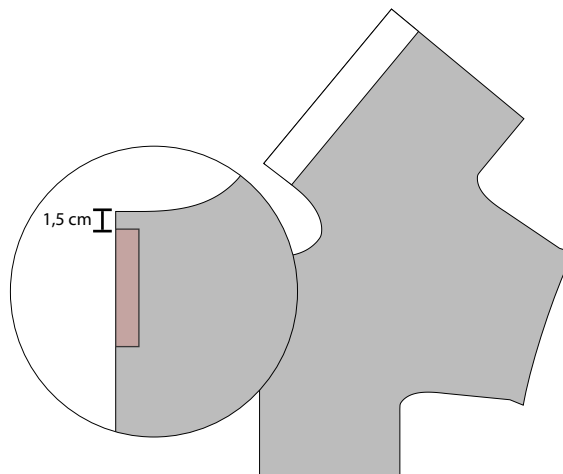
# 6

Placez le guide boutonnières sur le devant droit comme sur le schéma ci-contre, reportez les repères des boutonnières (3 boutonnières pour la gamme 1 et 4 boutonnière pour la gamme 2) puis cousez les boutonnières à l'aide de votre machine à coudre.



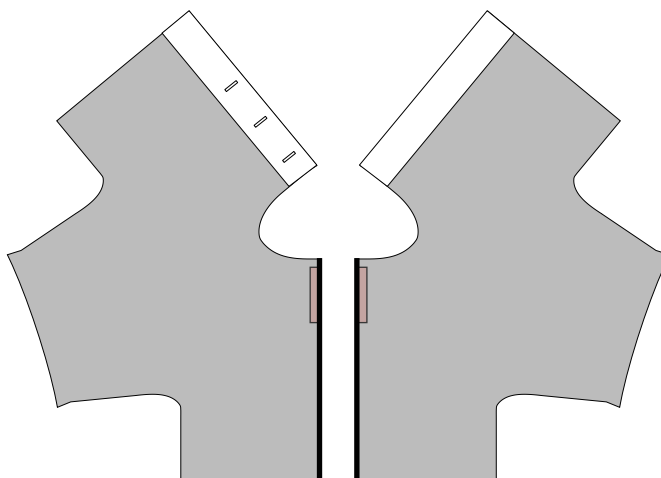
# 7

Coupez deux fines bandes de thermocollant de 1,5 cm x 14 cm. Thermocollez les bustes dos au niveau de la future fente, comme indiqué sur le schéma ci-contre



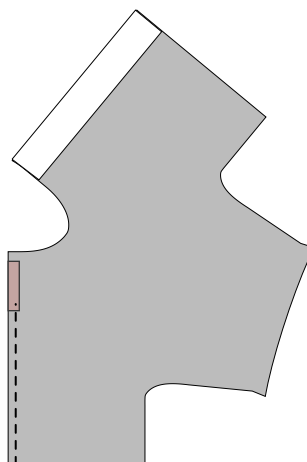
# 8

Surfilez les milieux dos des bustes.  
Si vous utilisez une surjeteuse assurez-vous de simplement surfiler le tissu sans trop le couper.



# 9

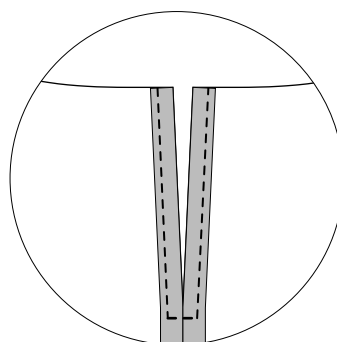
Assemblez les milieux dos jusqu'au cran. Repassez marges de couture ouvertes.



---

# 10

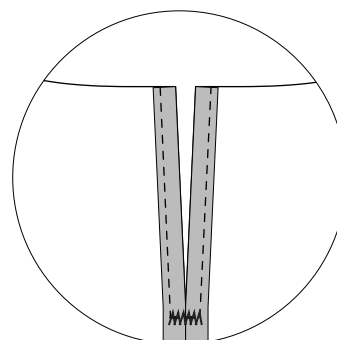
Pour renforcer l'ouverture et maintenir les marges de couture ouvertes, piquez tout autour de la fente en respectant une distance de 5 mm autour de l'ouverture.



---

# 11

Effectuez un point zigzag serré pour solidifier le bas de la fente.

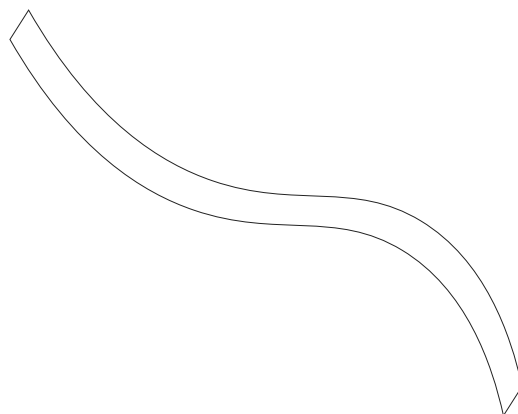


# 12

Utilisez du biais du commerce ou bien fabriquez votre propre biais dans les chutes de votre tissu. Les bandes doivent faire 2 cm de plus que la longueur de votre demi-encolure et 2.8 cm de large.

Cliquez ici pour suivre le tutoriel en image pour la pose du biais.

<https://readytosew.fr/fr/journal/valley-poser-le-biais-d-encolure-b125.html>



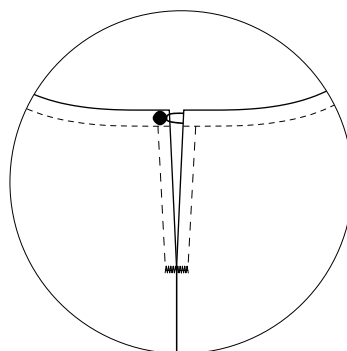
# 13

Plusieurs possibilités s'offrent à vous pour fermer la fente dos.

- Une agrafe à coudre : Enfilez votre aiguille avec un fil doublé et cousez la partie mâle côté droit et la femelle côté gauche, au dos de votre vêtement au niveau du biais.

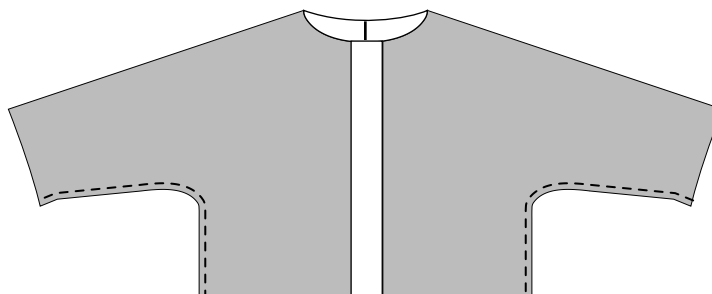
- Un bouton et une chaînette: cliquez-ici pour suivre le tutoriel.

<https://www.youtube.com/watch?v=8Sre9PWGTMk>



# 14

Buste dos et buste devant endroit contre endroit, piquez du bord de la manche jusqu'à la taille. Crantez légèrement la courbe de dessous de manche si nécessaire. Surfilez les marges de couture ensemble et repassez-les vers le dos.

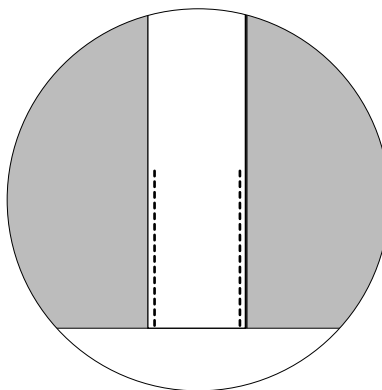




# 15

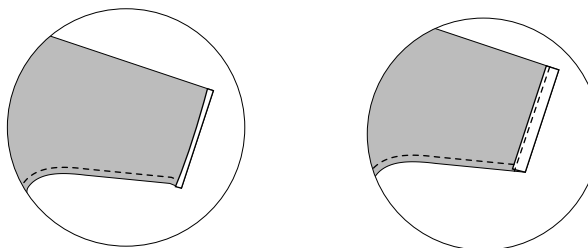
Placez la patte de boutonnage du buste droit sur celle du buste gauche.

Alignez puis épinglez les lignes de repère des milieux devant. Piquez les deux épaisseurs sur 10 cm le long des bords de la patte de boutonnage pour les maintenir ensemble, comme sur le schéma ci-contre.



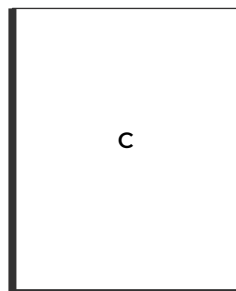
# 16

Formez l'ourlet des manches. Pliez le bord de la manche sur 1 cm, envers contre envers, repassez puis repliez sur 2 cm, repassez. Surpiquez pour maintenir l'ourlet en place.



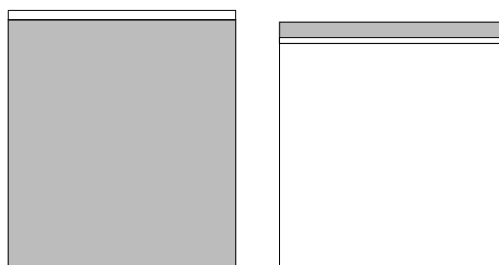
# 17

Surfilez le bas et les côtés des poches plaquées.



# 18

Pliez le haut de la poche sur 5 mm envers contre envers et repassez. Retournez la poche sur l'endroit et pliez sur 1,5 cm endroit contre endroit. Repassez.

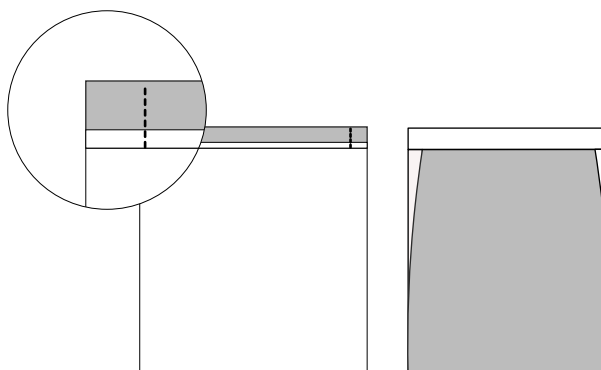


# 19

Piquez à 10 mm des bords pour maintenir le pli en place. Crantez les angles.

Retournez sur l'endroit et assurez-vous que les angles sont bien marqués.

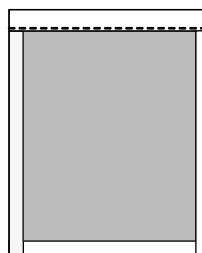
Repassez.



# 20

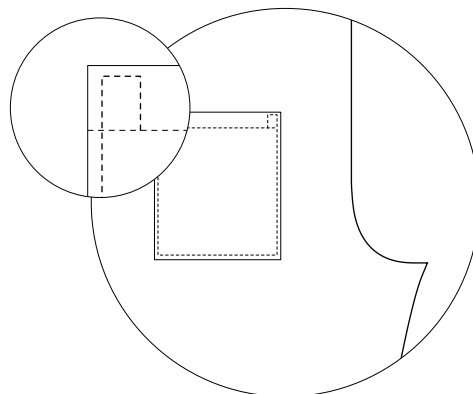
Pliez le bord bas sur 1 cm envers contre envers, repassez. Pliez ensuite les côtés sur 1 cm puis repassez.

Surpiquez le pli du haut.



# 21

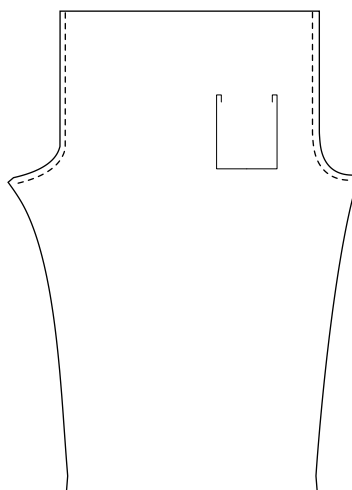
Épinglez les poches sur les devants en suivant les repères. Surpiquez à 2 mm du bord. Commencez et terminez votre couture en formant un rectangle pour renforcer le haut de la poche.



# 22

Assemblez les milieux devants du pantalon endroit contre endroit. Surfilez puis repassez vers la gauche.

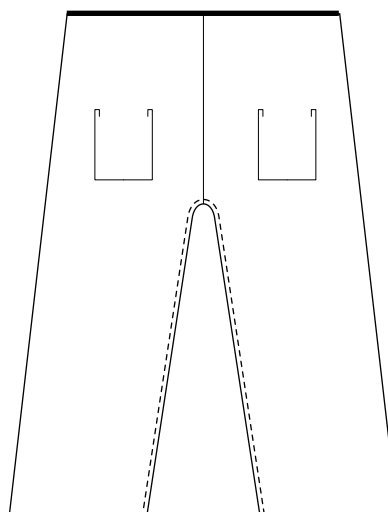
Assemblez les milieux dos du pantalon, endroit contre endroit. Surfilez puis repassez vers la droite.



# 23

Assemblez l'entrejambe du pantalon, endroit contre endroit. Surfilez puis repassez vers le dos.

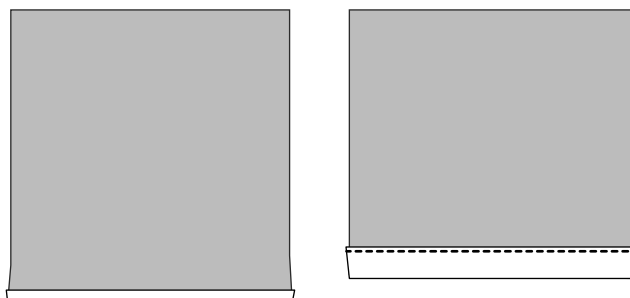
Surfilez le bord franc au niveau de la taille du pantalon.



# 24

Formez l'ourlet du pantalon. Pliez le bord du pantalon sur 1 cm, envers contre envers, repassez puis repliez sur 3 cm, repassez.

Surpiquez pour maintenir l'ourlet en place.



# 25

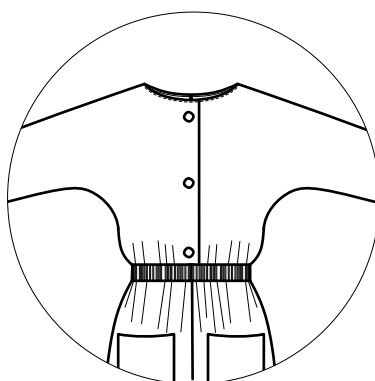
Suivez cette vidéo pour former la coulisse du pantalon.

<https://www.youtube.com/watch?v=oPs982wefi4>



# 26

Cousez les boutons.



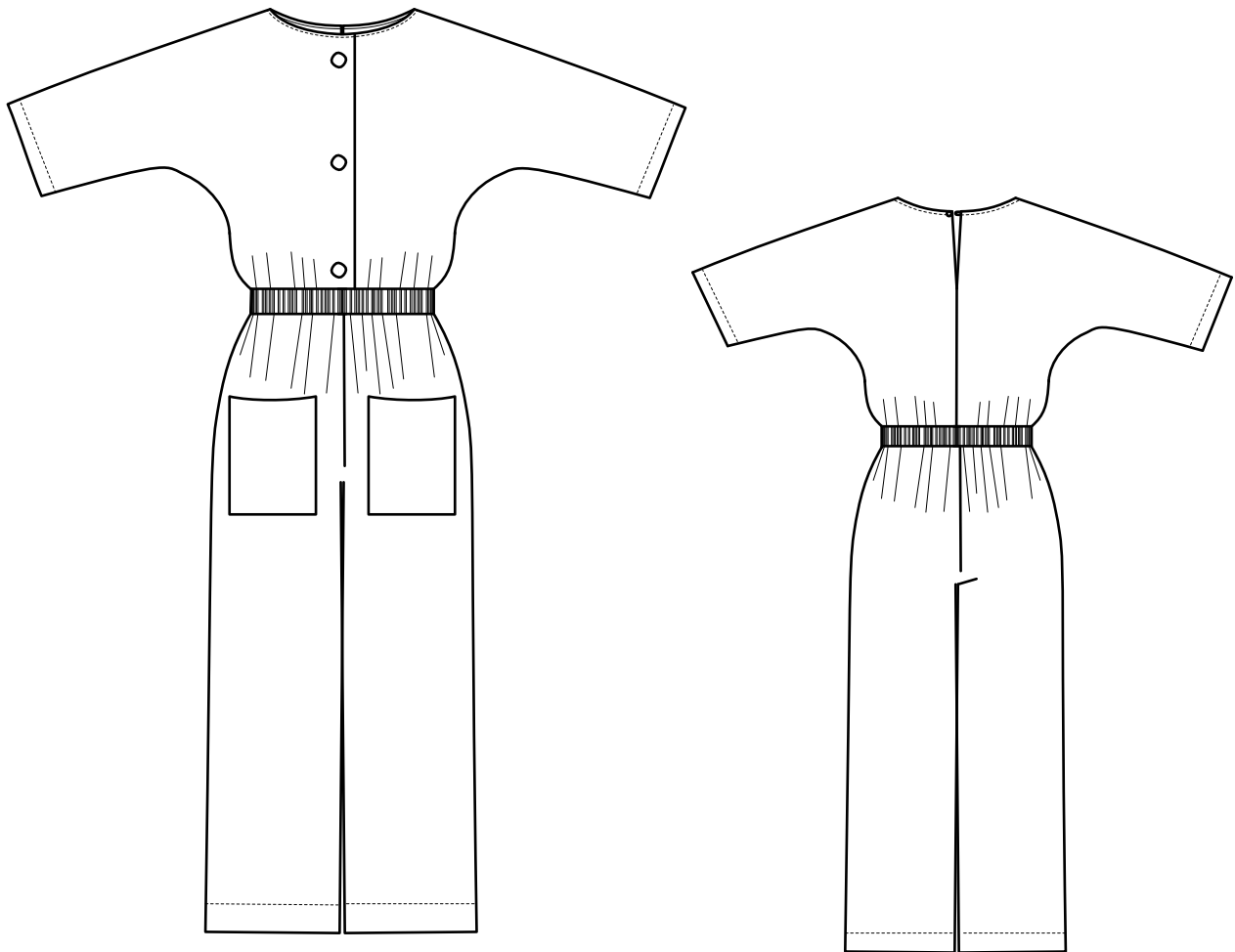
Partagez #peppermintvalleyjumpsuit

# Peppermint

## *The Valley Jumpsuit*

A free sewing pattern from *Peppermint* Magazine, created in collaboration with:

readytosew



This pattern has been created in partnership with Spoonflower! The world's largest marketplace of independent designs from global artists, Spoonflower is leading the way in custom, sustainable textile printing. Their on-demand process significantly reduces materials, energy and water, with inks that meet Oeko-Tex 100 requirements and fabrics – including a Certified Organic range – that are ethically sourced. Pop over to [spoonflower.com](https://www.spoonflower.com) for inspiration for your next me-made project!

FOR ALL OUR FREE SEWING PATTERNS HEAD TO [PEPPERMINTMAG.COM/SEWING-SCHOOL](https://www.peppermintmag.com/sewing-school)

# Peppermint Patterns

## SEWING PATTERN TERMS AND CONDITIONS

**Thank you for downloading this pattern!**  
Here are a few T&Cs before you get started...

---

© Copyright of this pattern remains with *Peppermint Magazine*.

This pattern has been created for you to print and copy for individual home use only.

The pattern cannot be used for commercial purposes or to create and sell garments.

The pattern cannot be copied or distributed to others (physically or digitally).

If you'd like to feature the pattern on your website or social media (thank you!), we just ask that you please link to [Peppermintmag.com](http://Peppermintmag.com) and the patternmaker and that you do not upload the pattern or instructions.

The pattern can be used for non-commercial, non-paid community sewing groups, but not for ticketed and paid-for sewing workshops.

Please contact *Peppermint* if you'd like to find out about our licensing fee for workshops.

If you'd like to share your makes on social media, please tag us @peppermintmagazine #peppermintpatterns #peppermintvalleyjumpsuit so we can see your handiwork!

---

GET IN TOUCH: [hello@peppermintmag.com](mailto:hello@peppermintmag.com)

MORE FREE PATTERNS: [peppermintmag.com/sewing-school](http://peppermintmag.com/sewing-school)



## El mono Valley

Valley es un mono ancho de talle elástico alto. El busto lleva botones delante, cuello de barco y mangas dolman de  $\frac{3}{4}$  de largo. El pantalón es de corte recto y  $\frac{7}{8}$  de largo con dos bolsillos de parche delanteros grandes. El largo del pantalón se puede adaptar fácilmente para hacer una versión a  $\frac{3}{4}$  o un pantalón corto.

El patrón es de nivel intermediario porque lleva tapetas de botonadura, pero puedes sustituirlas por broches de presión si tu nivel es el de un debutante avanzado. El resto del patrón tiene pocas dificultades si sigues bien las etapas.

Las instrucciones del patrón Valley están disponibles en francés, inglés y español, e incluyen enlaces a guías con imágenes y vídeos.

## Detalles del patrón PDF

### Impresión

Selecciona la plancha del patrón asociada a la gama de tallas et al formato que te interese. Abre el documento con Adobe Acrobat Reader y pincha la capa que corresponda a tu talla. En el siguiente enlace encontrarás una guía para ayudarte con estas etapas.

<https://readytosew.fr/en/journal/how-to-print-layers-in-pdf-sewing-patterns-b77.html>



### Montaje

Une las hojas siguiendo el plan de pegado disponible en la primera página de la plancha del patrón. En el siguiente enlace encontrarás una guía para ayudarte con estas etapas.

<https://readytosew.fr/en/journal/how-to-assemble-a-pdf-sewing-pattern-b81.html>



### Preparación

- Lava la tela antes de cortarla porque puede encoger.
- Coloca las piezas del patrón sobre la tela siguiendo el plan de corte y el hilo de la tela.
- Los márgenes de costura de 1 cm están incluidos.
- Haz una muestra en una tela similar a la tela definitiva para comprobar si debes hacer ajustes.



## Tabla de tallas y holguras

### Gama 1 : 32 - 46

Altura 167 cm - Copa B

Tallas	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46
Busto	81	82.5	84	85.5	87	88.5	90	91	92	93.5	95	96.75	98.5	100.25	102
Cintura	61.5	63	64.5	66	67.5	68.75	70	71.25	72.5	74.5	76.5	78.5	80.5	82.5	84.5
Caderas	89	90.5	92	93.5	95	96.25	97.5	98.75	100	102	104	106	108	110	112

<b>Holgura</b>	<b>32 - 46</b>
Busto	30
Cintura	48
Caderas	20

### Gama 2 : 46 - 58

Altura 168 cm - Copa D

Tallas	46	47	48	49	50	51	52	53	54	55	56	57	58
Busto	107.5	110	112	114.5	117	119.7	122.5	125	128	130.7	133.5	136	139
Cintura	90	92.5	95	97.5	100	103	106	109	112	115	118	121	124
Caderas	115	118	121	124	127	130	133	136	139	142	145	148	151

<b>Holgura</b>	<b>46 - 58</b>
Busto	30
Cintura	48
Caderas	23

## Metraje

Gama 1	<b>32 - 41</b>	<b>42 - 46</b>
	365 cm x 140 cm	380 cm x 140 cm

Gama 2	<b>46 - 52</b>	<b>53 - 58</b>
	430 cm x 140 cm	450 cm x 140 cm

## Consejo sobre las telas

Elige una tela fluida y ligera como el lino, el ramio o una popelina ligera.

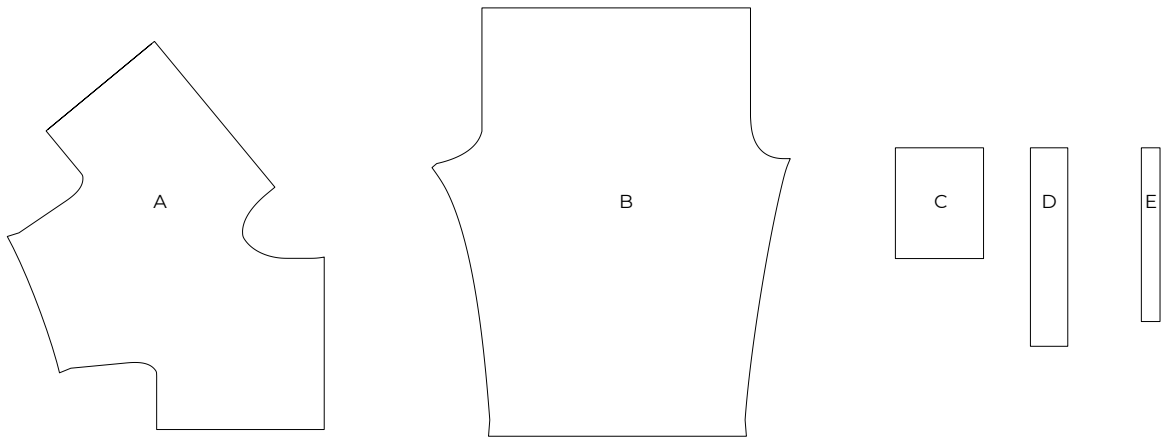
## Materiales

Elástico de 4 cm de ancho y del largo de tu contorno de cintura.

30 cm x 140 cm de entretela termoadhesiva ligera y fina.

3 botones para la gama 1 y 4 botones para la gama 2 de 16 a 20 mm de diámetro.

## Resumen de la piezas del patrón



A - busto

B - pantalón

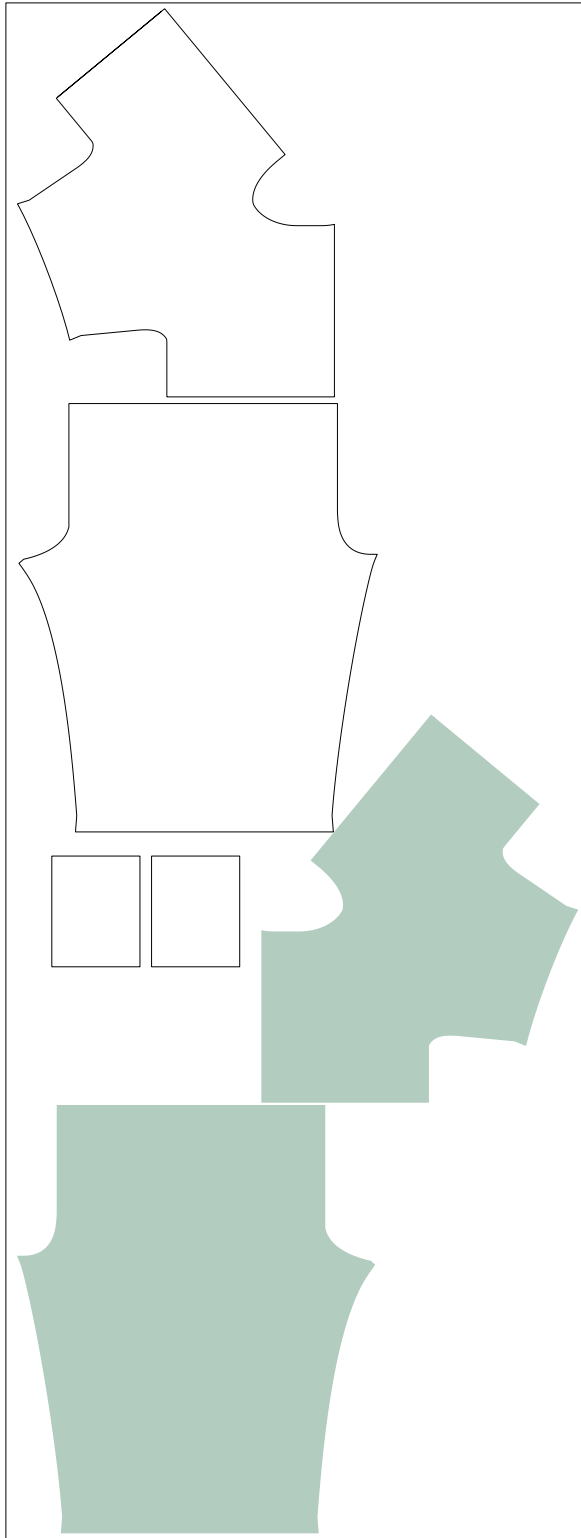
C - bolsillo

D - guía de ojales

E - entretela termoadhesiva

# Plan de corte gama 1

TODAS LAS PIEZAS SE CORTAN SIN DOBLAR LA TELA



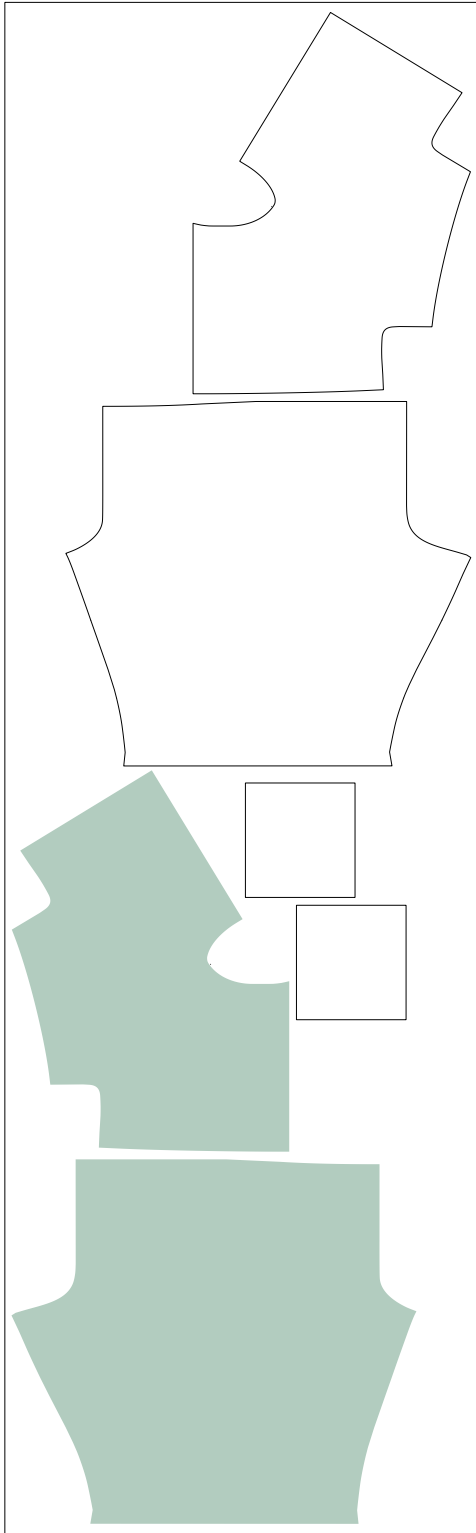
Derecho del patrón



Revés del patrón

# Plan de corte gama 2

TODAS LAS PIEZAS SE CORTAN SIN DOBLAR LA TELA



Derecho del patrón



Revés del patrón

## Instrucciones



derecho de la tela



revés de la tela



Entretela termoadhesiva

Márgenes de costura de 1 cm incluidos

---

### 1

¡Cose con música gracias a la playlist especialmente concebida para este patrón!

[https://www.youtube.com/watch?v=f1NuKdi6X6o&list=PL\\_jv4bTnJEynQJK9xyoXnXH0vYVvFR-Vd](https://www.youtube.com/watch?v=f1NuKdi6X6o&list=PL_jv4bTnJEynQJK9xyoXnXH0vYVvFR-Vd)



### 2

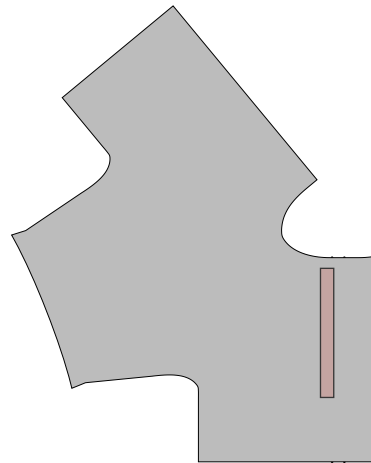
Consulta las guías y los paso a paso asociados a este modelo.

<https://readytosew.fr/en/journal?tag=valley>



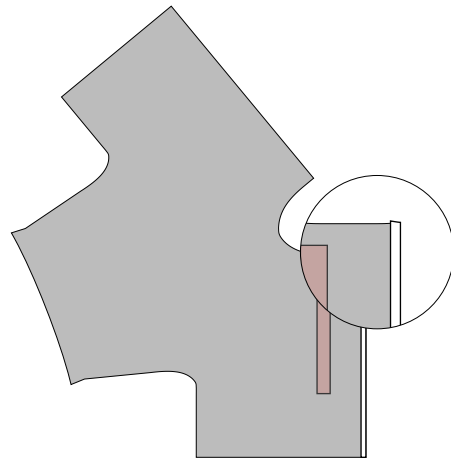
### 3

Pega la entretela termoadhesiva sobre el revés de los bustos delanteros, como muestra la figura.



### 4

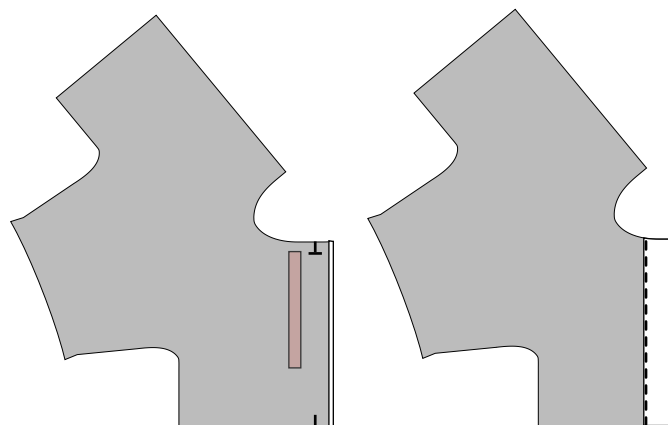
Sobre el revés de los bustos delanteros, traza una línea a 1 cm del borde central. Revés contra revés, dobla a lo largo de la línea y plancha.



### 5

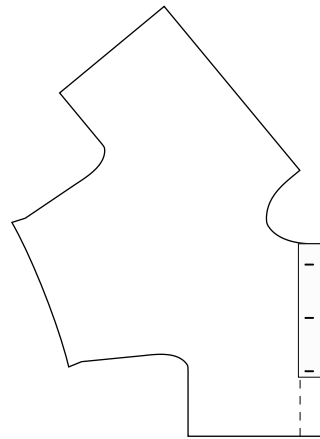
Dobla de nuevo, revés contra revés, a lo largo de los entalles presentes en el patrón.

Plancha y remata para mantener el pliegue en su sitio.



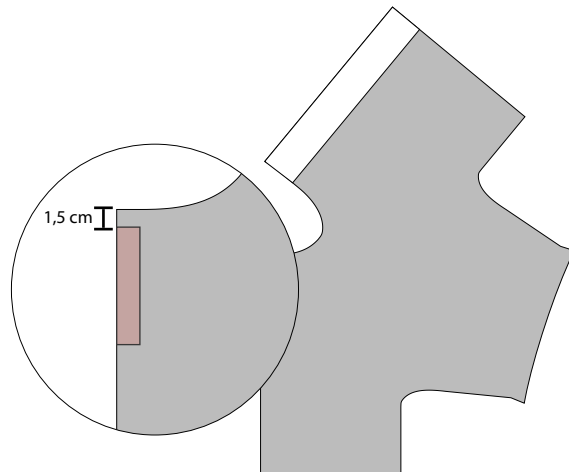
# 6

Coloca la guía de ojales sobre el delantero derecho como indica el esquema más arriba, traza las marcas de los ojales (3 ojales para la gama 1 y 4 ojales para la gama 2), después cose los ojales a máquina.



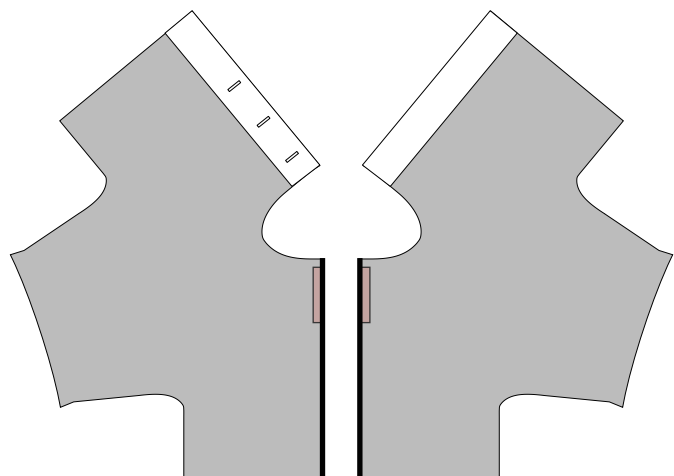
# 7

Corta dos tiras finas de entretela termoadhesiva de 1,5 cm x 14 cm. Pega la entretela termoadhesiva sobre los bustos traseros a la altura de la futura apertura, como muestra la figura.



# 8

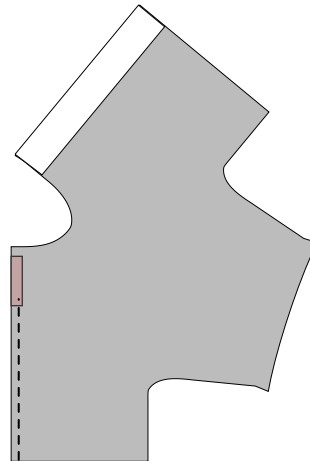
Sobrehíla los centros traseros de los bustos. Si utilizas una remalladora, asegúrate de simplemente sobrehilar la tela sin cortarla demasiado.





# 9

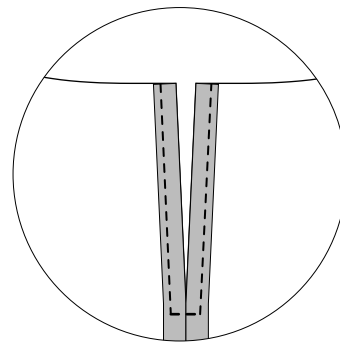
Une los centros traseros hasta el entalle. Plancha el margen de costura abierto.



---

# 10

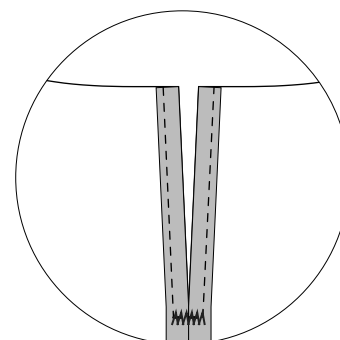
Para reforzar la apertura y mantener los márgenes de costura abiertos, cose alrededor de la apertura dejando una distancia de 5 mm alrededor de la apertura.



---

# 11

Da una puntada en zigzag ajustado en la parte inferior de la apertura para reforzarla.

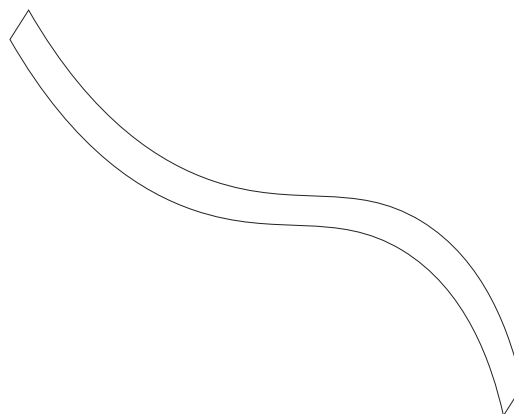


# 12

Utiliza un biés del comercio o bien fabrica tu propio biés con los restos de la tela. La tira debe medir como el largo de la mitad del cuello y 2.8 cm de ancho.

Pincha aquí para ver las instrucciones en imágenes para colocar el biés del mono.

<https://readytosew.fr/en/journal/how-to-sew-the-valley-jumpsuit-bias-binding-b125.html>



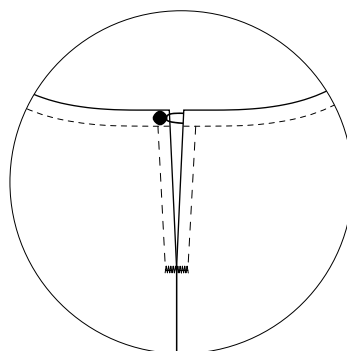
# 13

Tienes varias posibilidades para cerrar la apertura de la espalda.

-Un enganche cosido: Enhebra la aguja con un hilo doble y cose la parte macho en el lado derecho y la parte hembra en el lado izquierdo, en la parte trasera de la prenda a la altura del biés.

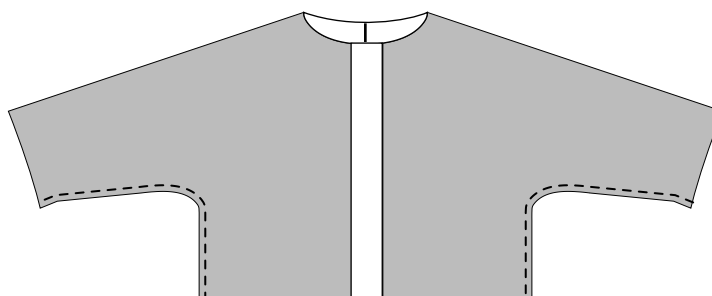
-Un botón con cadeneta: Sigue las instrucciones para hacer una cadeneta.

<https://www.youtube.com/watch?v=8Sre9PWGTMk>



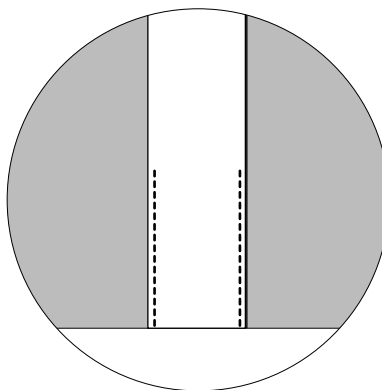
# 14

Con el busto trasero y el busto delantero derecho contra derecho, cose desde el extremo de la manga hasta la cintura. Entalla ligeramente la curva bajo la manga si es necesario. Sobrehíla y plancha la costura hacia atrás.



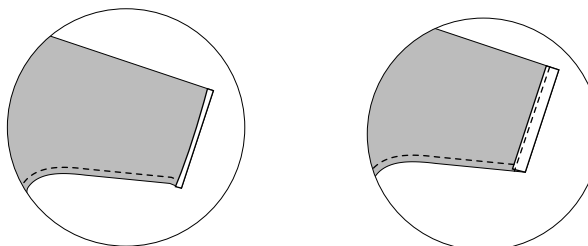
# 15

Coloca la tapeta de botonadura del busto derecho encima de la del busto izquierdo, haciendo que coincidan las líneas marcadas de los centro delanteros. Sujeta con alfileres y cose 10 cm a lo largo de los bordes de la tapeta de botonadura para mantenerlos en su sitio, como muestra la figura.



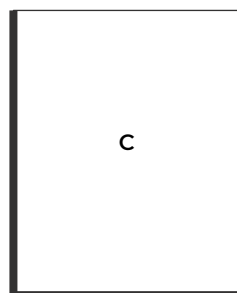
# 16

Forma el dobladillo de las mangas. Dobla el borde la manga a 1 cm, revés contra revés, plancha y dobla de nuevo a 2 cm, plancha. Cose para mantener el dobladillo en su sitio.



# 17

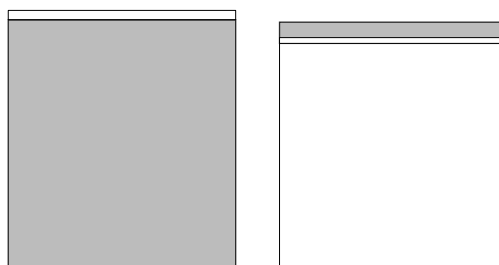
Sobrehíla la parte inferior y los laterales de los bolsillos de parche.



# 18

Dobla la parte superior del bolsillo a 5 mm, revés contra revés, y plancha.

Da la vuelta al bolsillo del derecho y dobla a 1,5 cm, derecho contra derecho. Plancha.

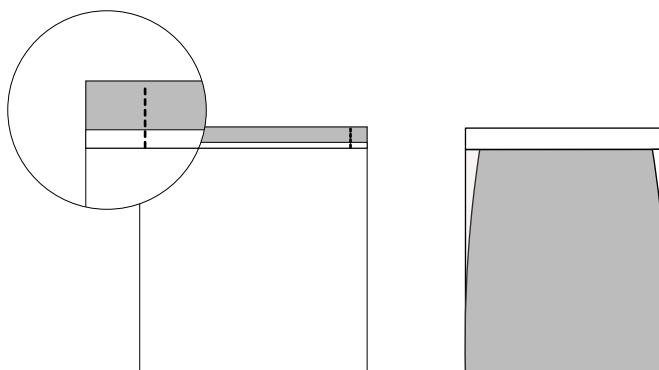


# 19

Cose a 10 mm del borde para mantener el dobladillo en su sitio. Entalla las esquinas.

Da la vuelta del derecho y asegúrate de que las esquinas estén bien marcadas.

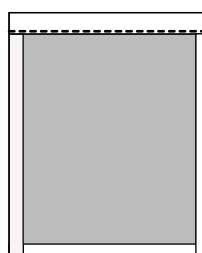
Plancha.



# 20

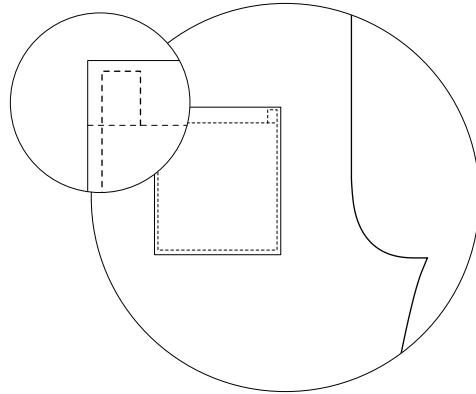
Dobla el borde inferior a 1 cm, revés contra revés, plancha. Después, dobla los laterales a 1 cm y plancha.

Remata el dobladillo superior del bolsillo.



# 21

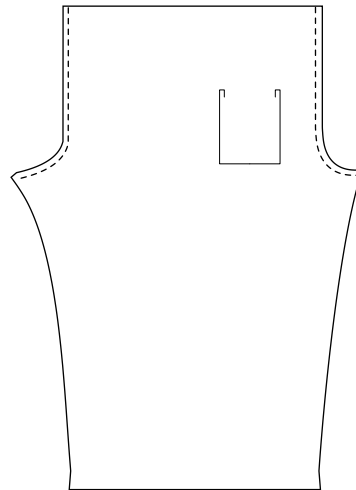
Sujeta con alfileres los bolsillos sobre los delanteros siguiendo las marcas de referencia. Cose a 2 mm del borde. Termina la costura formando pequeños cuadrados para reforzar la parte de arriba del bolsillo.



# 22

Une los centros delanteros del pantalón, derecho contra derecho. Sobrehíla y plancha hacia la izquierda.

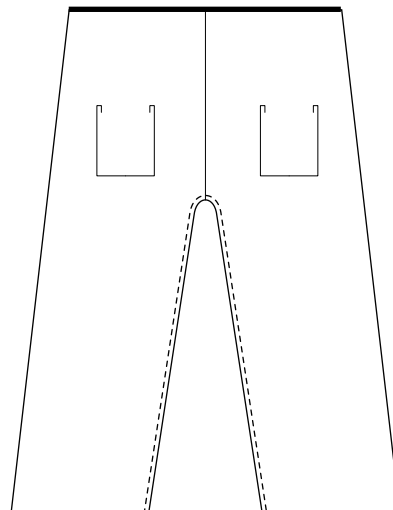
Une los centros traseros del pantalón, derecho contra derecho. Sobrehíla y plancha hacia la derecha.



# 23

Une la entrepierna del pantalón, derecho contra derecho. Sobrehíla y plancha hacia atrás.

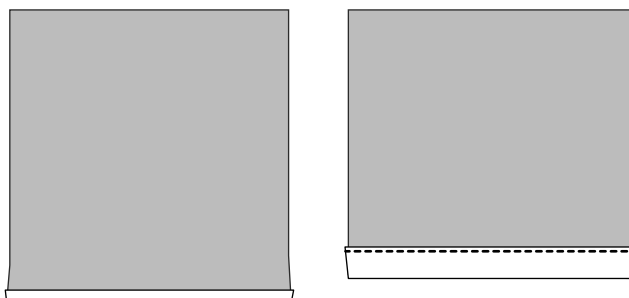
Sobrehíla el borde bruto a la altura de la cinturilla del pantalón.



# 24

Forma el dobladillo del pantalón. Dobra el borde del pantalón a 1 cm, revés contra revés, plancha y después dobla de nuevo a 3 cm, plancha.

Cose para mantener el dobladillo en su sitio.



# 25

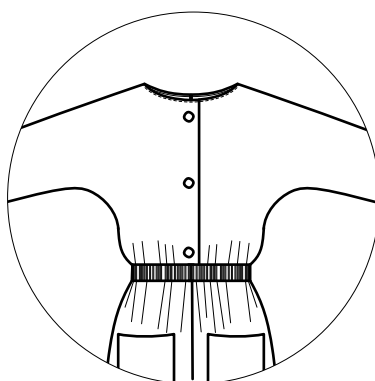
Sigue este vídeo para formar la corredera del pantalón.

[https://www.youtube.com/watch?v=YwKsp\\_CROVQ](https://www.youtube.com/watch?v=YwKsp_CROVQ)



# 26

Cose los botones.



Comparte #peppermintvalleyjumpsuit