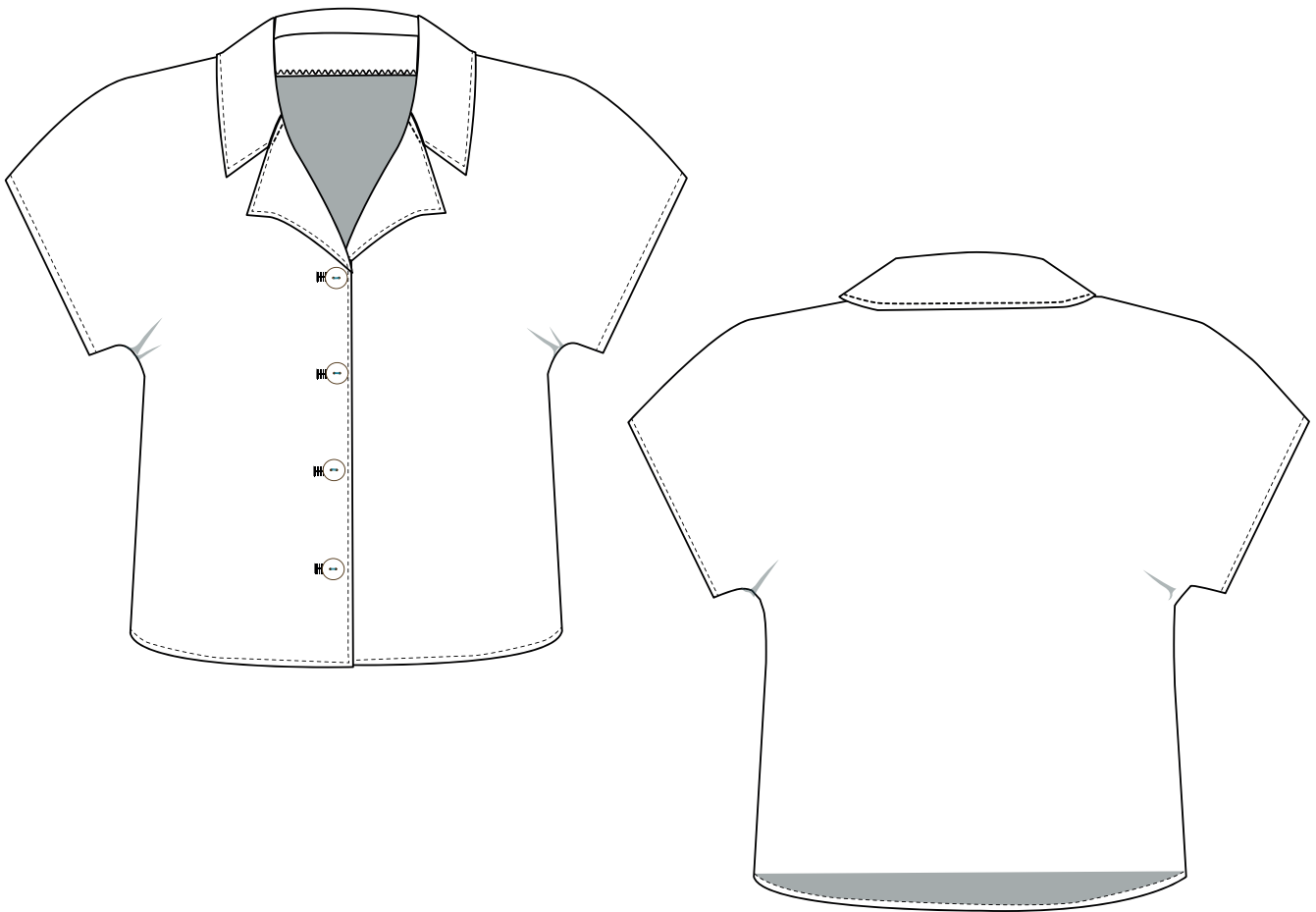


# Peppermint

## The Samford Set – Top

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

SEW TO GROW  
with *Lindsey Rae*



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# Peppermint Patterns

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# pattern information

## STYLE NOTES

The Samford Top is a loose fitting boxy top designed for light to medium-weight woven fabrics. The pattern includes drop sleeves, button-up front, and features a camp collar that is easy to sew, but is also completely optional. The straight hem line sits just above the hip bone so that the top can be easily French tucked or tied at the waist.

## FIT OVERVIEW

The Samford Top is oversized through the bust and waist to create a boxy silhouette. The sleeves extend past the shoulders stopping just above the elbow. Due to the top being a drop shoulder and not inset, there will be extra fabric that flows between your bust and shoulder. This will help your arms to move freely.

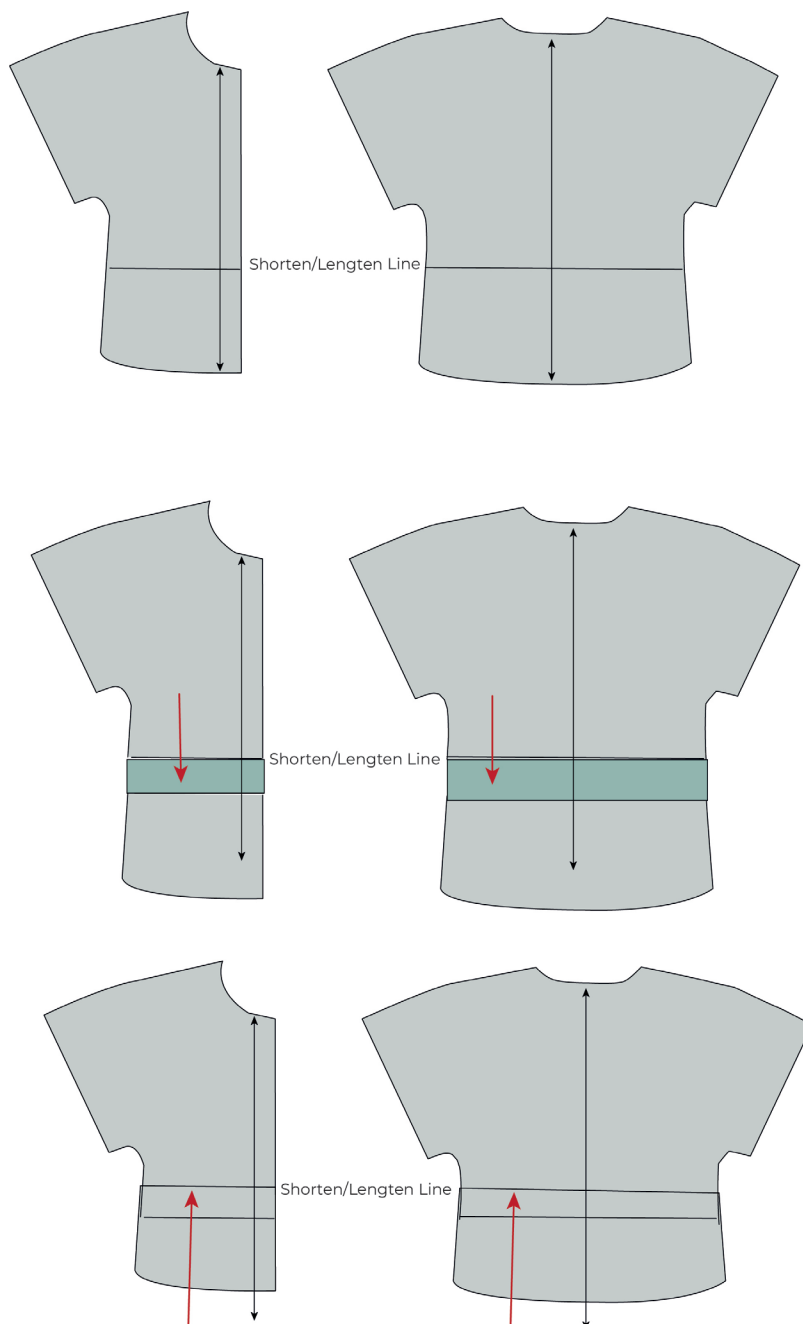
# pattern hack (optional!)

## NO COLLAR

If you prefer to not have a collar on your top or are a bit short on fabric, you can create a new look by simply not making or attaching the collar. All the steps of attaching the facing will be exactly the same.

## SHORTEN/LENGTHEN

This pattern includes shorten and lengthen lines. If you would prefer to have the hem stop at your natural waist, then use the line to fold up and shorten the pattern. Alternatively, cut on the shorten/lengthen line to add length to your top. You can lengthen it to your hips or perhaps drop it down to your knees to create a shirt dress. Just remember, if you shorten or lengthen the Top, you will need to do the same adjustment to the Front Facing and adjust your buttonhole and button placement positions.



# materials required

## FABRIC

This pattern is best suited to light to medium weight woven fabrics. Try to steer clear of fabric that is too thin or light weight to avoid the Samford Set looking like bedtime clothing. Stick to linen and linen blends, cotton sateen, cotton lawn or a heavier weight rayon (viscose).

## INTERFACING

0.5m (0.55 yards) of lightweight fusible interfacing.

I recommend French Fuse or Birch's Multi Stretch Fusible Interfacing.

## NOTIONS

- 4 x 7/8" (2.2cm) Buttons
- Thread
- Hand Sewing Needle (If you are attaching buttons by hand sewing).

### *Optional Tools*

- Buttonhole Punch/Blade - Tool with sharp blade at the end to open buttonhole with.
- Point Turner- Plastic tool with pointed end to help push out Collar and Facing corners.
- Expandable Buttonhole Gauge- Use this tool if you plan to change your buttonhole locations. This tool expands so that you can mark and space your buttonholes evenly.
- Scissors
- Thread Snips
- Iron
- Chalk or Water Soluble Marking Pen

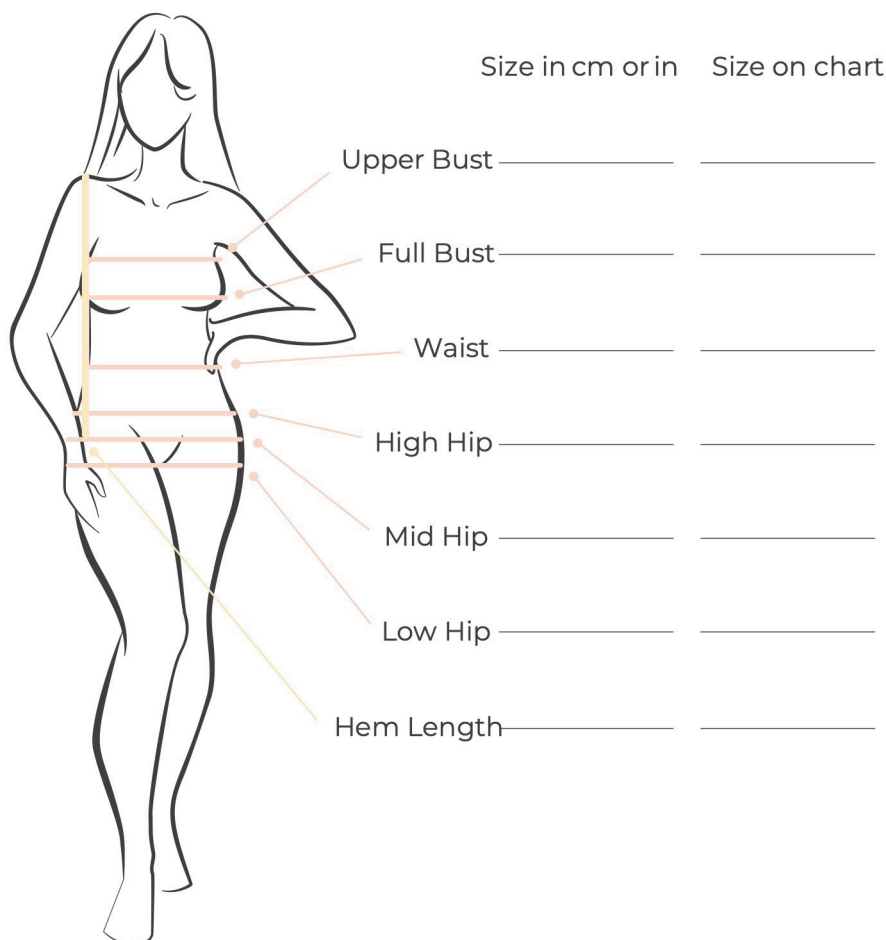
## FABRIC REQUIREMENTS

		TOP		SHORTS		PANTS	
		METERS	YARDS	METERS	YARDS	METERS	YARDS
SIZES A-H	140CM	1.5	1.65	1.5	1.9	2.6	2.85
	113CM	1.6	1.75	1.8	2	3	3.3
SIZES I-P	140CM	1.7	1.9	2.1	2.3	3	3.3
	113CM	2	2.2	2.1	2.3	3.7	4

# choosing your size

Start by measuring yourself and recording your measurements and the correlating size with the chart provided. If your Upper Bust measurement is a smaller size than your Full Bust then I would recommend tracing the neck and shoulder at your Upper Bust size and then grade out through the sleeve and down under the arm and waist using the Bust measurement. This will ensure a better fit through the neck and shoulder. If your Waist Measurement is larger than your Bust Measurement then use the Waist size to grade out to through the bottom of the Top.

Use the chart below to take and record your measurements and select your size.



## LINDSEY RAE'S TIPS FOR GETTING ACCURATE MEASUREMENTS

- Wear a well fitting bra or a bra you plan on wearing under the garment you are making. There can be a large size difference between wearing a sports bra, regular bra, bralette, push up bra or no bra at all.
- Relax and don't suck in! We want you to choose the right size that is comfortable and easy to wear.
- Do not add or slack when measuring. Make sure the tape measure is taut.

## PEPPERMINT SIZE CHART: BODY MEASUREMENTS

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
BUST	CM	81	83	86	89	91	94	99	104	109	114	124	129	134	139	144
	INCHES	32	33	34	35	36	37.5	39	41	43	45	49	51	53	55	57
WAIST	CM	64	66	69	72	74	77	82	87	92	97	107	112	117	122	127
	INCHES	25	26	27	28	29	30.5	32	34	36	38	42	44	46	48	50
HIP	CM	89	93	95	98	100	103	108	113	118	123	133	138	143	148	153
	INCHES	35	36	37	38	39	40.5	42	44	46	48	52	54	56	58	60

## SIZE CHART: TOP FINISHED MEASUREMENTS

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P
BUST	CM	108	110	112	114	116	120	130	136	140	144	150	156	160	166	170
	INCHES	42.5	43	44	45	45.5	47	51	53.5	55	56.5	59	61.5	63	65	67
WAIST	CM	112	114	116	118	120	124	134	140	144	150	154	160	164	170	174
	INCHES	44	45	45.5	46.5	47	48.5	52	55	56.5	59	60.5	63	64.5	67	68.5

# glossary

## RST AND WST

RST refers to right sides together. This is the side of the fabric that shows on the outside of the garment. WST refers to wrong sides together. This is the back or inside of the fabric

## BASTE

Set your machine to a slightly longer stitch (4-5 stitch length) and stitch inside the seam allowance to tack and hold layers together.

## UNDERSTITCH

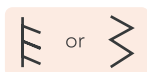
Understitching is when you sew the seam allowance to the facing to help keep the garment laying flat and prevent rolling.

## TOPSTITCH

A topstitch is a stitch that is sewn to the outside of the garment, typically close to an already sewn edge, to sew layers together and hold everything in place. This stitch will be seen so it is important to sew straight using a guide (like an edge stitch foot) and to ensure you thread colour matches.

## OVERLOCK/SERGE/ ZIG-ZAG

After a seam is sewn, you may wish to overlock or zig zag the raw edges of your fabric to prevent fraying of your garment. If you don't own an overlocker/serger, I would suggest using a machine stitch that looks similar to the ones below. I will mention when to use these stitches within the instructions. The term used throughout the pattern will be 'overlock'.





# printing and tracing

## PRINTING THE PDF PATTERN

Only print the size(s) you need from the PDF thanks to the layer functionality in Adobe Acrobat Reader, allowing you to select the required size(s). Always keep the “Text” and “Format” layers. In A4, there are 24 pages (for sizes A to F) or 28 pages (for sizes G to M) to print. In A0, there are 2 pages to print.

### **A4 pattern**

Assemble the pages together with magic tape.

Make sure your printing settings are set up at 100% scale.

### **A0 pattern**

Contact your local print or copy shop for large scale printing.

## USING THE PRINTED PATTERN FROM THE MAGAZINE

The pattern pieces overlap, therefore trace the pattern pieces using your preferred method.

## CUTTING TIPS

Paper cutting - cut all the pattern pieces according to your size and pattern adaptations with paper scissors.

Fabric cutting - pin each pattern piece on the fabric following the cutting layout set out on the next page, and cut each piece close to the paper with fabric scissors or a rotary cutter.

# cutting layouts

## TRACE

The pattern pieces included are full size pieces with seam allowances already included. To preserve the integrity of your pattern, trace pattern pieces onto your preferred tracing paper. Make sure to transfer the size, name of pattern, and markings. Once traced, cut out the pattern pieces in your size.

## CUT FABRIC

Before you begin, pre-wash and care for your fabric to prevent unwanted shrinkage. I also suggest making a sample (muslin) of the Top to check sizing, fitting, and length. Use the shorten/lengthen line to change length if desired. Fold your fabric in half Right Sides Together with selvage edges matching. Place your pattern pieces onto the fabric as shown in the relevant diagrams below.

## INTERFACE COLLAR AND FACINGS

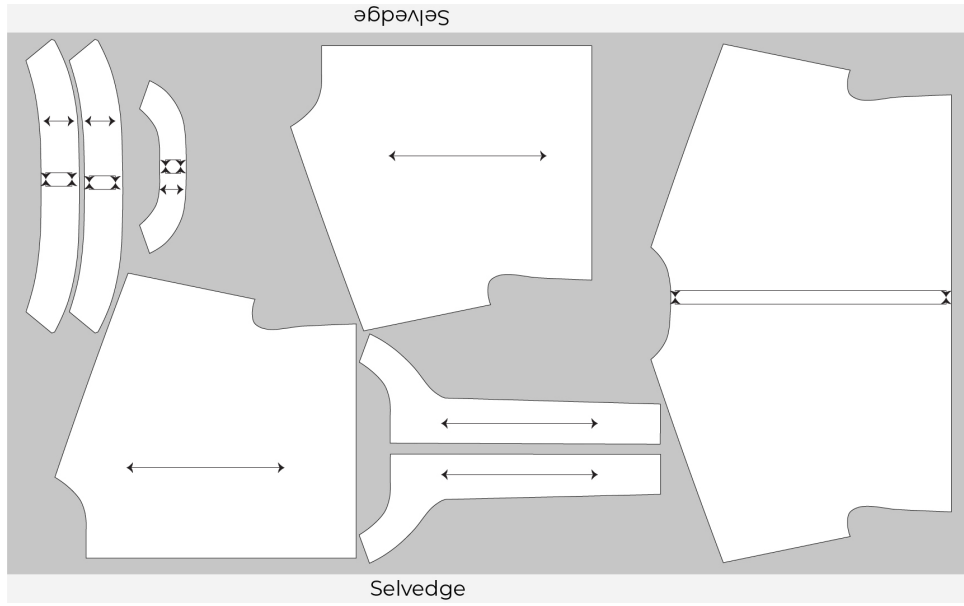
Iron on light-weight fusible interfacing to the wrong side both Collar pieces as well as front and Back Facings. Use a pressing cloth to protect your iron from and glue residue.

## TRANSFER MARKINGS

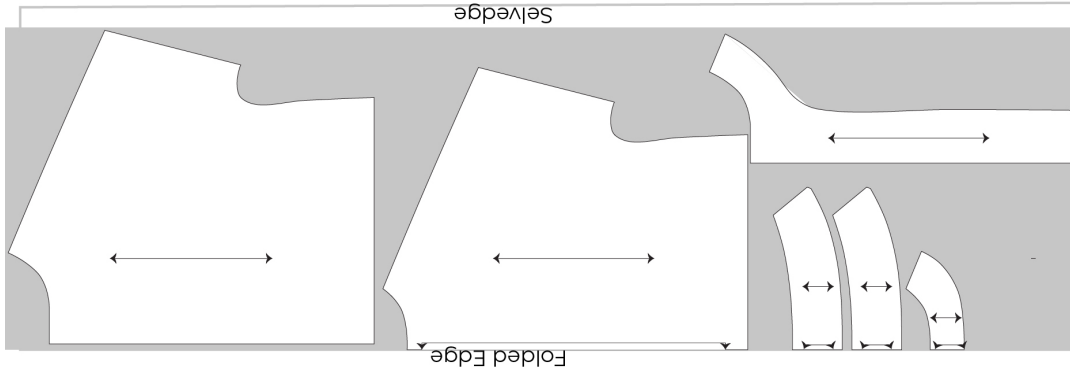
Once you have cut out all of your pieces from your fabric, take a water soluble marking pen or chalk and transfer the markings for the Button Holes and Buttons from your paper pattern pieces onto the right side of your fabric. For this particular pattern I placed the buttonholes on the left and the buttons on the right, however, you can put them on which ever side feels most comfortable for you.

Also, transfer the markings for the Collar on the Front Facing and Front Top.

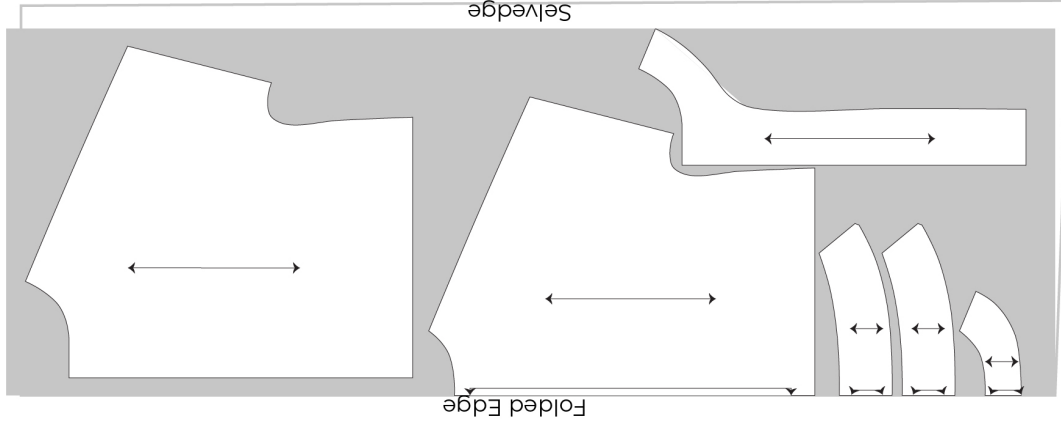
# CUTTING LAYOUTS



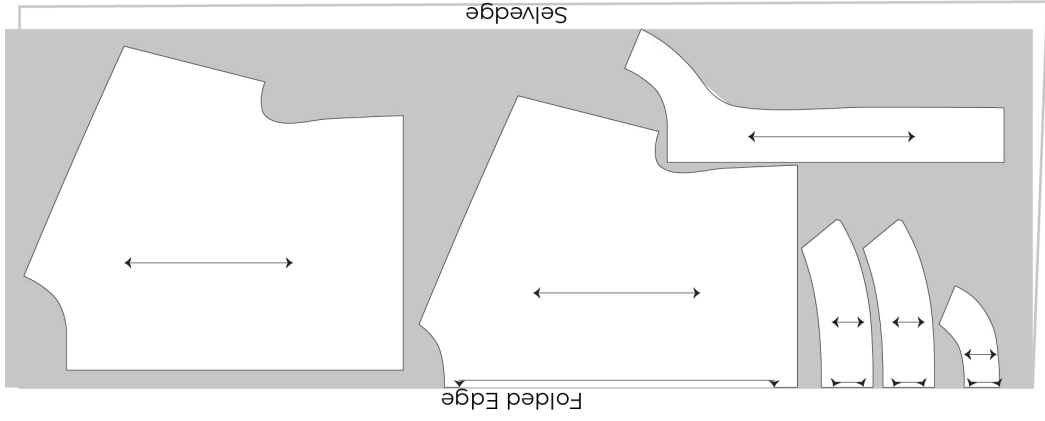
113 CM Fabric Sizes I - P



113 CM Fabric Up to Size H



140 CM Fabric Sizes I - P



140 CM Fabric Up to Size H

# sewing instructions

Thread your machine with coordinating thread, insert a new needle, and set your machine for a straight stitch. All seams are 3/8" (10mm) unless otherwise stated.

## MAKE COLLAR

### 1. Interface and Sew Collar

Iron interfacing to wrong side of only one collar piece. Sew Collar pieces RST on both sides and across the top. Pivot at the corners, as shown. Clip the curved edges and corners. (Figure 1)

RST = Right sides together WST = Wrong sides together

### 2. Press and Topstitch

Once clipped, flip right side out and use a point turner to poke out the points and then press collar.

Baste along bottom edge to hold all the layers together.

## MAKE NECK FACING

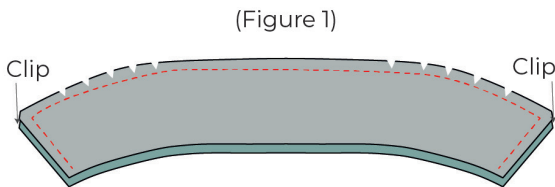
### 3. Sew Front to Back Facing

Place Front Facings and Back Facing RST at Shoulder seams. Pin together and sew outwards from neck edge. Press seam open. (Figure 3) Next, overlock/ zig-zag around entire outside edge of facing. Tip: for a really neat finish, try hemming outside edge of facing 1/4" (6mm) after you overlock edge. (Figure 4)

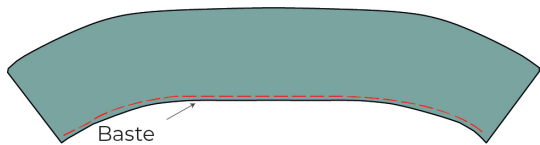
## SEW FRONT

### 4. Sew Front to Back

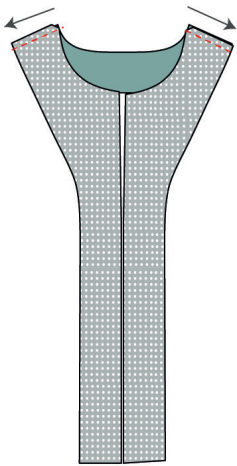
Place Front and Back RST. Pin together at shoulder seams and sew outwards from neck edge. Once sewn, overlock and press seam towards back. (Figure 5)



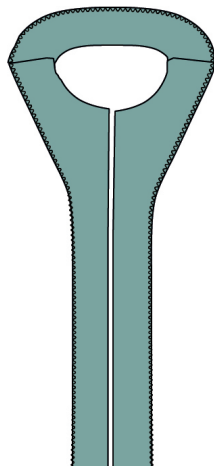
(Figure 1)



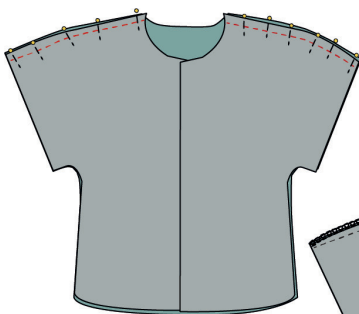
(Figure 2)



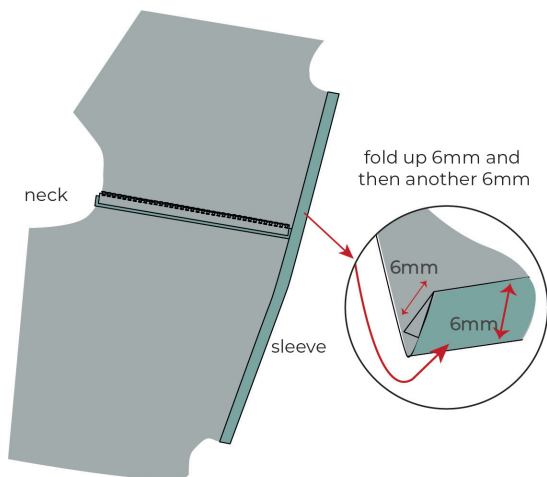
(Figure 3)



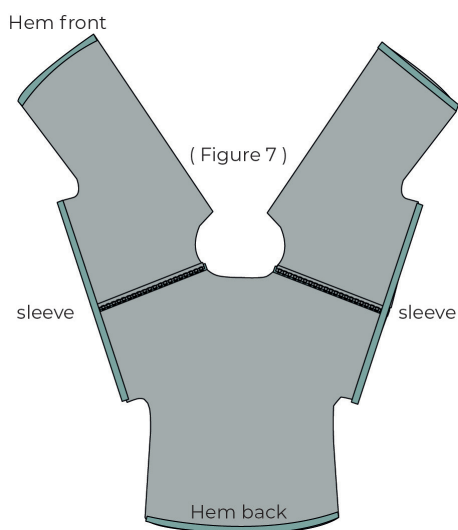
(Figure 4)



(Figure 5)



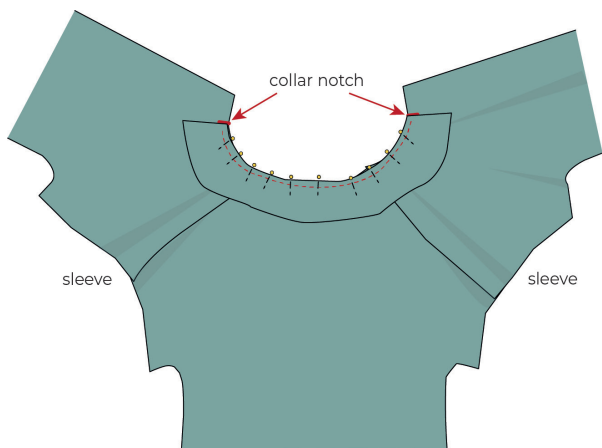
( Figure 6 )



( Figure 7 )



( Figure 8 )



( Figure 9 )

## PRE-PRESS HEMS

### 5. Pre-Press Sleeve Hem

In this step, you are pressing up the hems, but won't stitch them until a later step. Pressing while the garment is flat is sometimes easier than trying to press after it is all sewn together.

Press hem of both sleeves up by 1/4" (6mm). Press up another 1/4" (6mm). (Figure 6)

Tip: When hemming, first mark at double your hem. (1/2" (1.2cm). Then fold up to the mark and press. Fold again on the line to create a double hem.

I also like to use a light weight spray starch such as Flatter or Best press to help hold the hems in place. Alternatively, use a couple of pins.

### 6. Pre-Press Front and Back Hem

Press hem of both fronts and back up by 1/2" (1.2cm). Press up another 1/2" (1.2cm). (Figure 7 & 8)

## ATTACH COLLAR AND FACING

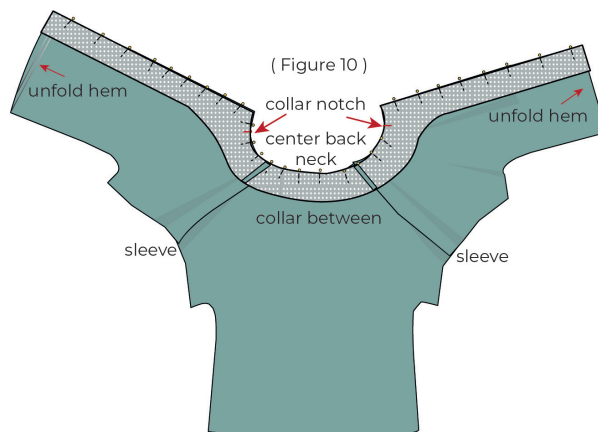
### 7. Attach Collar to Top

On the right side of Front, line up the edges of the collar piece with markings on the Front neck. Continue pinning collar around the front and back of neck, then baste 1/4" (6mm) from the edge to hold in place. (Figure 9)

Tip: If you don't want a collar, skip this step and go straight to attaching the Facing.

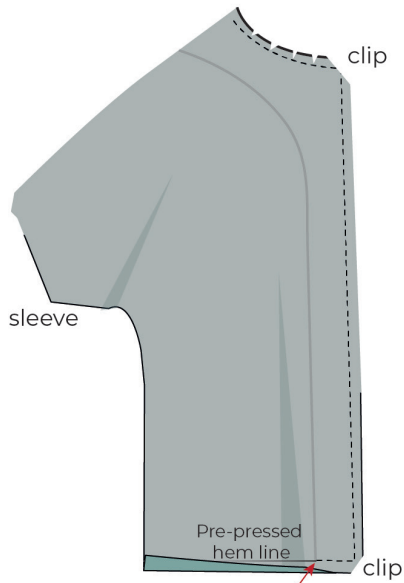
### 8. Pin Facing to Front

Place Facing and Front RST matching up the shoulder seams and matching marks on neck. Pin in place. Make sure that bottom hems are unfolded and pin bottom edge of facing to bottom edge of hem raw edges together – you should be able to see your pressed hem lines. (Figure 10)



( Figure 10 )

( Figure 11 )



Start at edge of facing from WRONG side of FRONT TOP

### 9. Sew and Clip Facing

Find where the edge of the facing meets the second pre-pressed hem line and place a mark on the pre-hemmed (Wrong Side) of Top Facing.

Repeat for opposite side. This is your start sewing mark.

Start on your mark, backstitch, and continue sewing along the pressed hemline to the corner. Stop when you are 3/8" (1cm) from the front edge. (Figure 11)

Pivot and sew at 3/8" (1cm) up the front of the Top, continuing around the neck, back down the opposite side and stop at your mark on the opposite side where the edge of the facing meets the second hemline.

Clip the corners and around the neck line curve. (Figure 12)

### 10. Understitch Facing

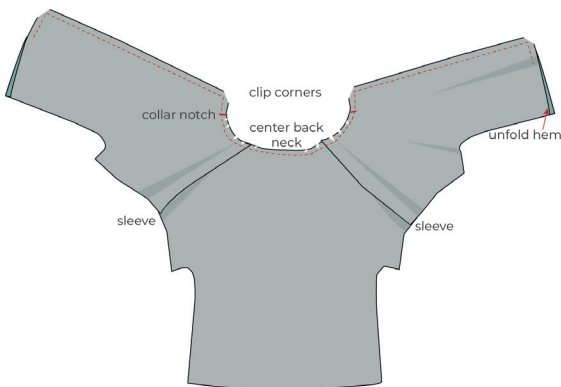
Understitch seam allowance to inside of facing along where the collar is inserted to help it lay flat to the inside of your garment. (Figure 13)

### 11. Press Facing

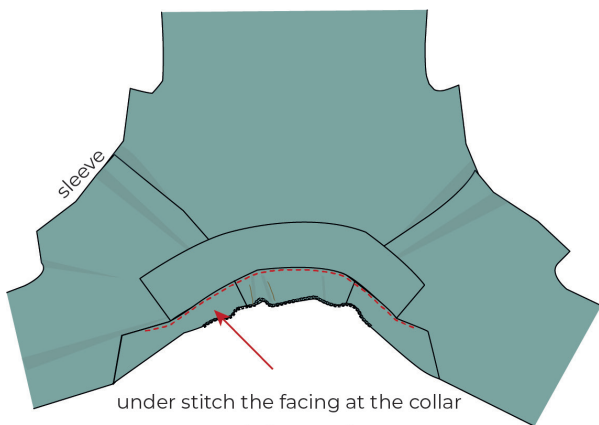
Once sewn, press facing towards the inside of the garment. (Figure 14)

Use point turner to poke out corners. Also allow your pre-pressed hem to fold up. (Figure 15)

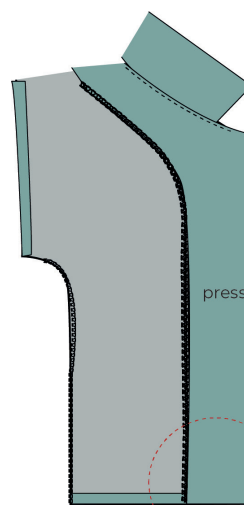
Tip: To help hold the facing in place, line up the shoulder seams and top stitch along the shoulder seam to hold facing to inside of garment and keep it from shifting.



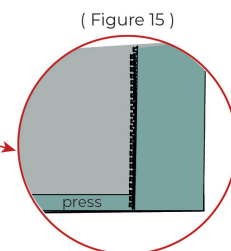
( Figure 12 )



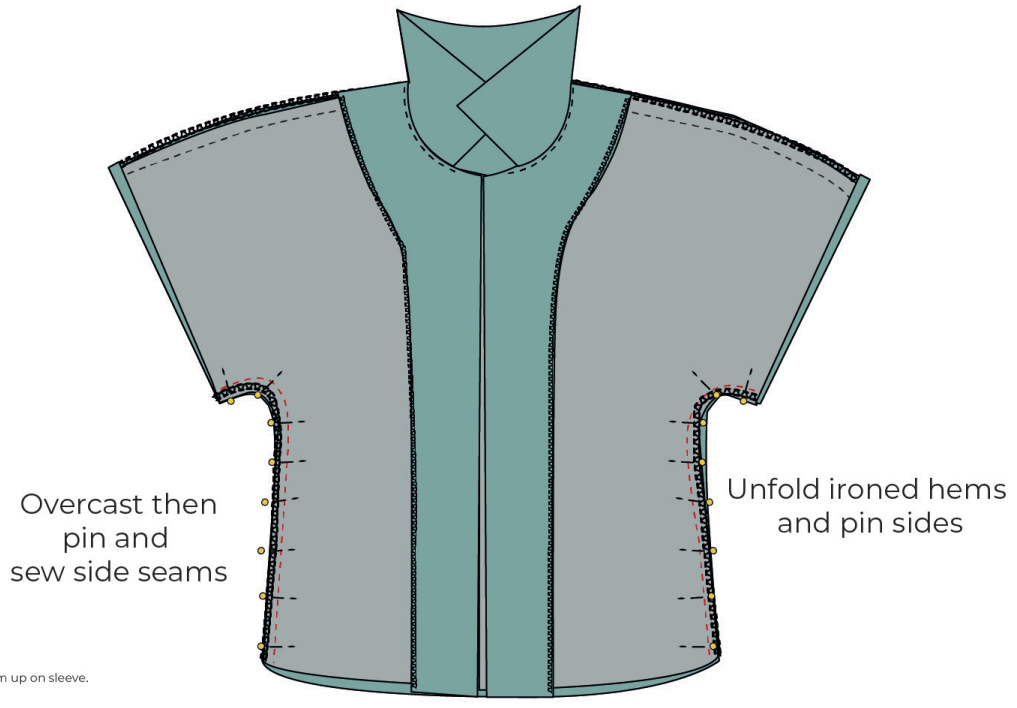
( Figure 13 )



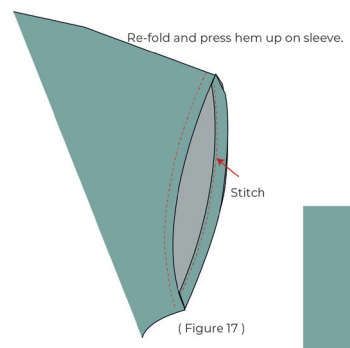
( Figure 14 )



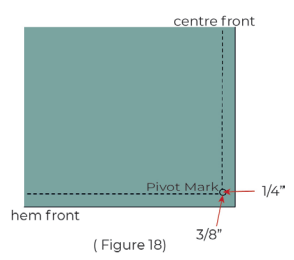
( Figure 15 )



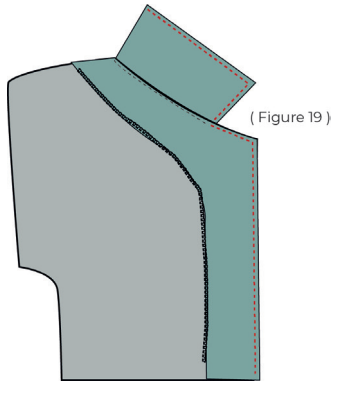
( Figure 16 )



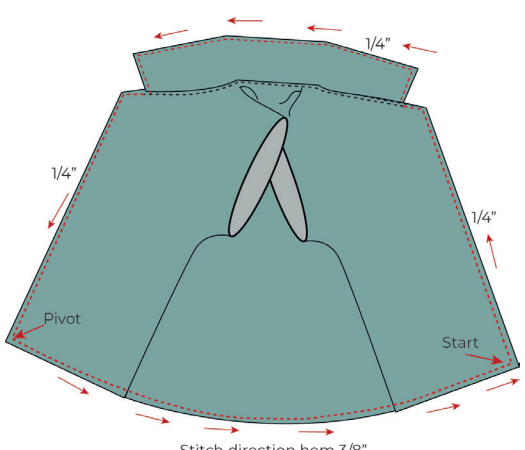
( Figure 17 )



( Figure 18 )



( Figure 19 )



( Figure 20 )

## SIDE SEAMS AND HEM

### 12. Sew Side Seams

Start by overlocking all four edges of the side seams making sure the hems are UNFOLDED. Next, pin and sew from under the arm down to the bottom edge RST with hems unfolded. Repeat for opposite side. Press seam allowance open. (Figure 16)

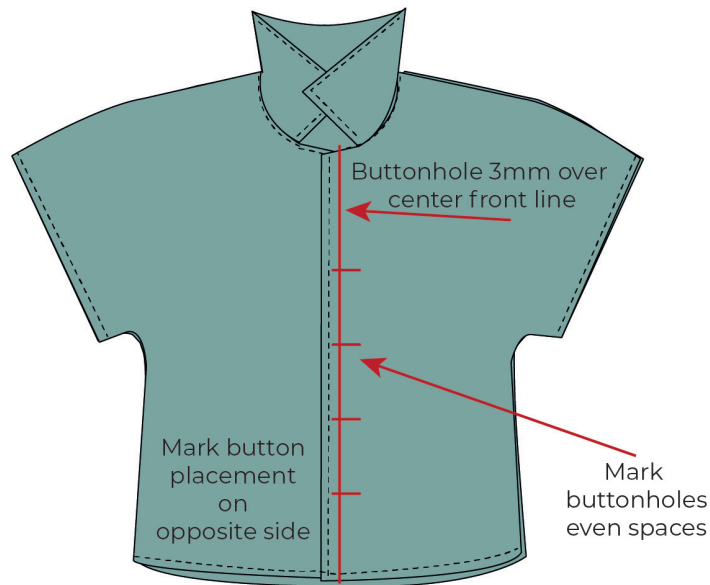
### 13. Hem Sleeves

Turn up pre-pressed hems, pin in place and sew close to the inside folded edge. (Figure 17)

### 14. Hem Bottom and Topstitch

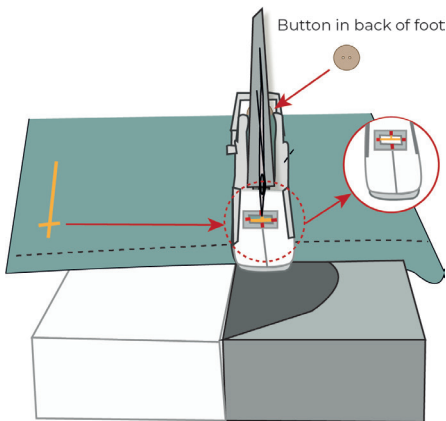
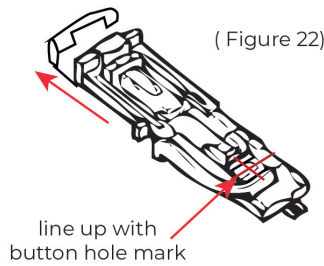
Place a mark 1/4" (6mm) in and 3/8" (1 cm) up at bottom corners. (Figure 18) This will be your pivot point. Start at mark on the right bottom corner, sew a 3/8" (1cm) seam allowance along the bottom edge. This will secure the facing and hem the bottom edge. Stop at mark on opposite side with needle down, pivot and continue to topstitch a 1/4" (6mm) seam allowance around the remaining perimeter of the top. Up along the facing, around the collar (Figure 19), and back down the other side stopping where you began. (Figure 20)





( Figure 21)

slide back for button



( Figure 23 )  
Most Buttonhole Feet sew backwards first

## BUTTONHOLES AND ATTACH BUTTONS

Tip: With buttonholes and button positions marked (transferred from pattern piece) try on your top and pin together matching the buttonhole and button markings. You may wish to add an extra button, move the top one up, or the bottom one down. Just make sure they are all spaced evenly if you decide to move or add a button. I like using an expandable buttonhole gauge to help when distancing buttonholes evenly. (Figure 21)

### 15. Sew Buttonholes

Refer to your sewing machine manual (most can be downloaded online if you can't find yours) to find out how your specific machine sews buttonholes. Each machine has a slightly different foot, stitch selection, or sewing method so it is important to refer back to the user manual.

Practice sewing your buttonholes on scrap fabric first with interfacing on the back of the fabric. This will ensure that you are confident with your buttonhole stitch before sewing on your actual garment.

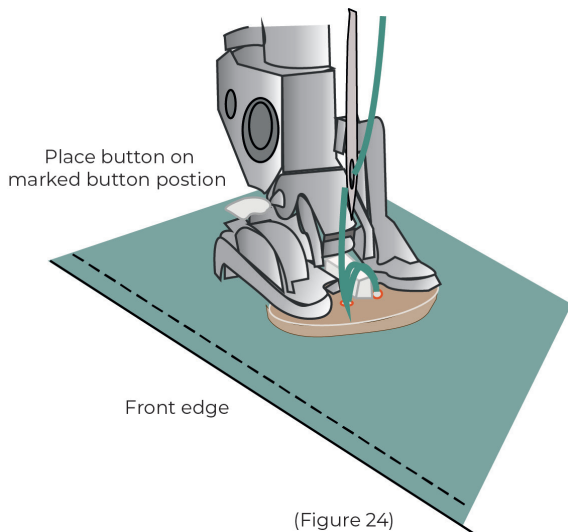
## THE BASICS OF SEWING A BUTTONHOLE

Select a rectangular buttonhole stitch, attach your buttonhole foot and either place the button in the back of the foot or select buttonhole size. (Figure 23) Make sure the buttonhole lever is pulled down before you begin (Only if your machine has this feature). (Figure 22)

Start at the beginning of the T-cross lining up the T-cross mark with the middle of the opening of the buttonhole foot. (Figure 23) The machine will go backwards first. Allow it to sew the buttonhole guiding it gently as it sews. Repeat for remaining buttonholes. Use a buttonhole cutter to open buttonholes. If using a seam ripper to open, place a pin across the end of the buttonhole to prevent accidentally ripping into your top.

Tip: I like to reselect the buttonhole each time before starting a new one to make sure the buttonhole sequence starts at the beginning each time.





## 16. Attach Buttons

Again, you may need your sewing machine manual if you choose to use your button attachment foot. (Figure 24)

### *Button Attachment Foot:*

Make sure feed-dogs are dropped. Select zig-zag stitch or button stitch. (Basically a zig-zag that doesn't move forward.) Place and hold button in place over marking. Slowly lower needle, turning the flywheel on the right side of your machine towards you, to hold button in place. Lower the foot and check the needle won't hit the button when you start to stitch. Once you have checked, you can press down on your foot control until the button is stitched. Remove and tie threads at the back. Repeat for remaining buttons.

### *Hand stitching:*

Thread a needle and secure end with a knot. Place Button over mark on top and start sewing from underneath, pushing up through the hole on one side of the button and down through the other. Repeat this 10-12 times. Secure thread by threading the thread through stitches at back, leave a loop, and pull needle and thread through the loop to secure with a knot. Repeat this step 2 more times and then cut close to knot.

Repeat for remaining buttons.

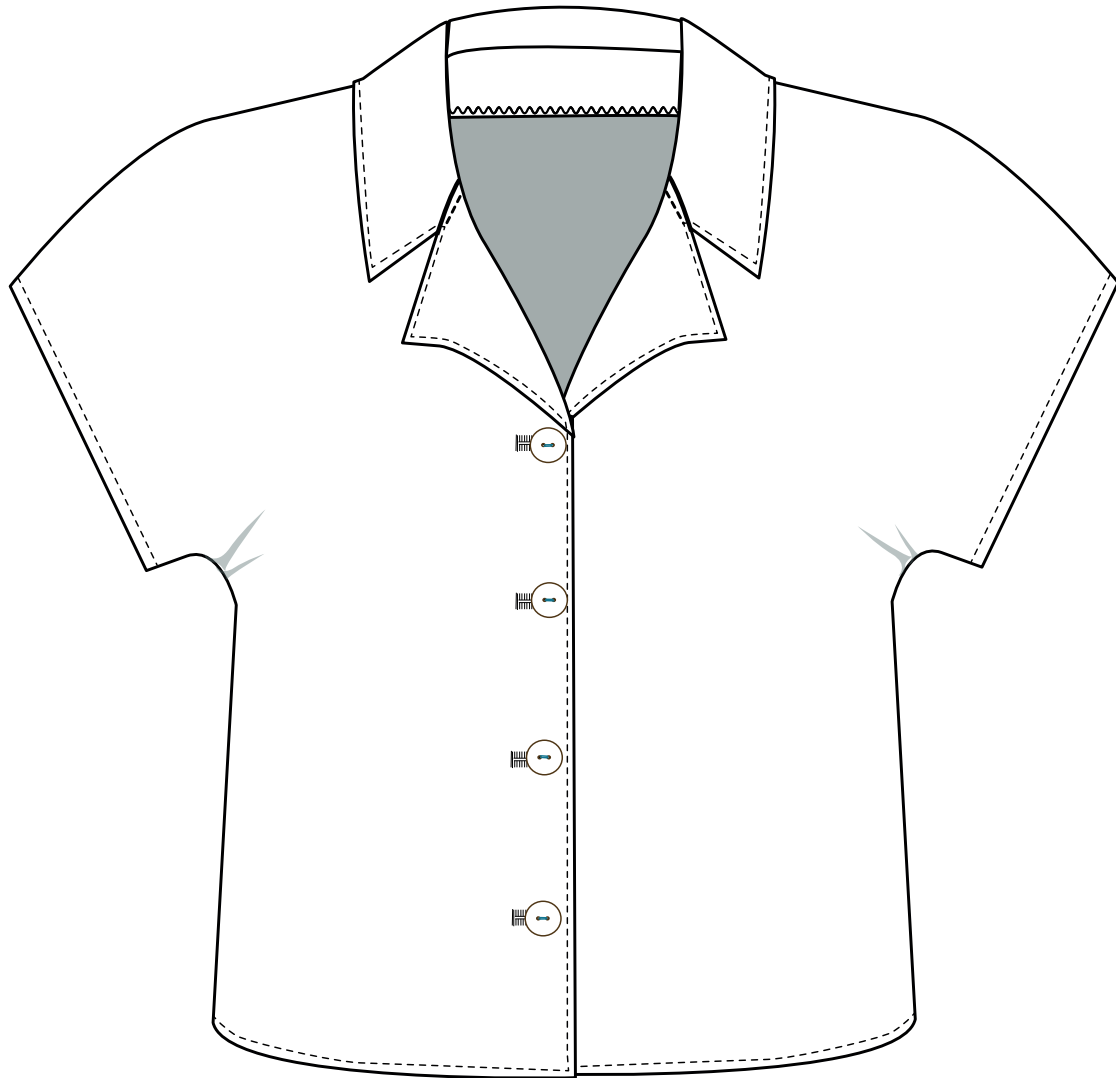
## PRESS TOP

### 17. Press Back Facing

Press back front facing from collar edge down to the first button to create the camp collar look. (Figure 25)

Your Top is now completed and you are ready to enjoy!





The Peppermint Samford Set was created in collaboration with Lindsey Rae from Sew to Grow! Find out more at [sewtogrow.com.au](http://sewtogrow.com.au)

*This pattern can be purchased from the Peppermint website, or get the printed version of the top **FOR FREE** (along with a free digital pattern of the pants) when you buy a copy of our print magazine!*