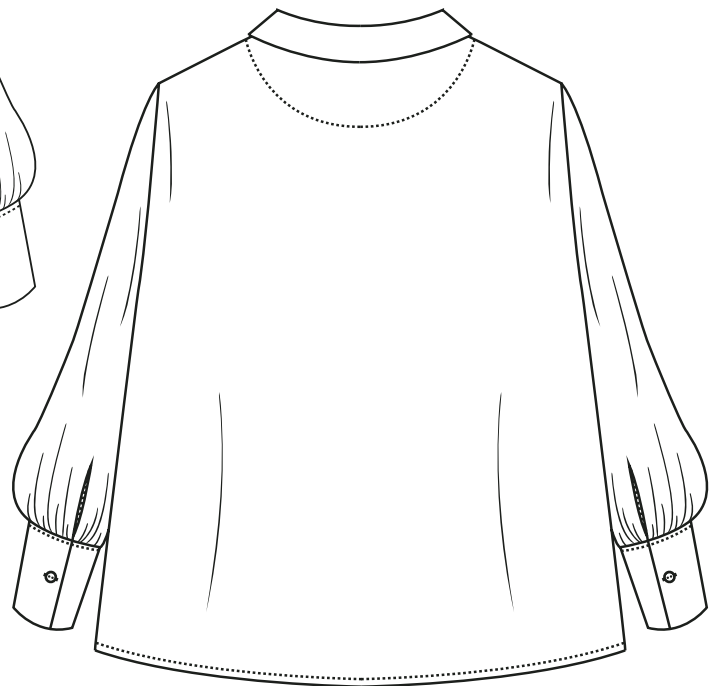


Peppermint

The Belle Shirt

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



Spoonflower

Many thanks to our sewing partner Spoonflower for helping to make our much-loved patterns possible! From wallpaper to fabric to home decor, Spoonflower offers one of the largest Marketplaces of designs from independent artists around the world. They are committed to reducing their carbon footprint and lessening negative impacts as much as possible. They make their products with water-based inks and responsibly sourced materials using their innovative, on-demand printing process. Each order is printed and made in the USA by their team of manufacturing experts.

Pop over to [spoonflower.com](https://www.spoonflower.com) for inspiration for your next me-made project.

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Peppermint Patterns

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pattern information

STYLE NOTES

The Belle Shirt is a stylish wardrobe staple that's perfect for all seasons. Choose the blouse or dress option and wear in linen or light poplins in the summer or twills and brushed cottons in the winter.

FIT OVERVIEW

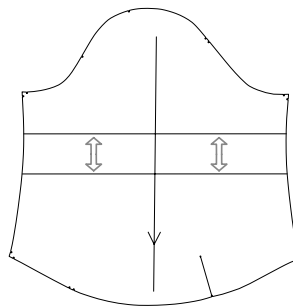
The fit is relaxed with a slight A-line silhouette, dropped front collar and voluminous gathered sleeves which put the 'bell' in Belle Shirt.

Construction wise it features french seams, gathered sleeve detail, sleeve opening with a binding, curved cuffs and a two-piece collar. All of these details combine to give the overall garment a considered, high quality feel.

To get your fit right for the Belle Shirt you should check your shoulder and bust measurements and find the closest match. The shape is forgiving from the bust down so it's just about making sure the bust and shoulders feel good.

Given the gathered sleeve detail it's important to check your arm length before cutting your fabric.

CHOOSING YOUR SIZE



Length should be added or removed in the middle of the sleeve as shown.

CHOOSING YOUR FABRIC

The Belle Shirt works best in a lightweight, breathable fabrics that have a bit of flexibility. You can choose fabrics suitable for warm or cold weather but it's a good idea to choose something that will be soft next to the skin. We think a plain colour fabric works beautifully for this cut as it will help to show off the features but you could also choose a print or weave. If you're choosing a stripey fabric you can play with the direction of the stripe on the collar and cuffs.

fabric and materials

FABRIC CHECK LIST

- Weight of roughly 80-180 GSM
- Not too transparent
- Non-stretchy
- Has some flexibility and movement (not too rigid)
- Natural fibres to allow the body to breathe

SUITABLE FABRICS

- Linen
- Cotton poplin/lawn
- Needlecord
- Lightweight twill
- Flannel
- Brushed cotton
- Silk

OTHER MATERIALS YOU'LL NEED

- 50cm of midweight iron on fusing
- Thread in a colour of your choice
- Buttons roughly 1.5cm wide (blouse x 5 | dress x 7)

fabric consumption

	FABRIC WIDTH 150CM	FABRIC WIDTH 110CM
SIZES A-E	160CM	220CM
SIZES F-J	160CM	260CM
SIZES K-O	210CM	290CM

peppermint size chart: body measurements

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	
BUST	CM	75	78	81	86	91	96	101	106	111	116	121	126	131	136	141
	INCHES	29.5	30.7	31.9	33.9	35.8	37.8	39.8	41.7	43.7	45.7	47.6	49.6	51.6	53.5	55.5
WAIST	CM	59	62	65	70	75	80	85	90	95	100	105	110	115	120	125
	INCHES	23.2	24.4	25.6	27.6	29.5	31.5	33.5	35.4	37.4	39.4	41.3	43.3	45.3	47.2	49.2
HIP	CM	83	86	89	94	99	104	109	114	119	124	129	134	139	144	149
	INCHES	32.7	33.9	35	37	39	40.9	42.9	44.9	46.9	48.8	50.8	52.8	54.7	56.7	58.7

size chart: finished measurements

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O
BUST	CM	91	96	101	106	111	116	121	131	136	141	146	151	156	161
	INCHES	35.8	37.8	39.7	41.70	43.7	45.6	47.6	51.5	53.5	55.5	57.5	59.4	61.4	63.3
WAIST <i>(41CM BELOW SNP)</i>	CM	103	108	113	118.00	123	128	133	143	148	153	158	163	168	173
	INCHES	40.5	42.5	44.5	46.4	48.4	50.4	52.3	56.3	58.3	60.2	62.2	64.2	66.1	68.1
SHOULDER TO SHOULDER	CM	38.5	40	41.4	43	44.5	46	47.5	50.5	52	53.5	55	56.5	58	59.5
	INCHES	15.1	15.7	16.3	16.9	17.5	18.1	18.7	19.9	20.5	21	21.6	22.2	22.8	23.4
SHOULDER LENGTH	CM	11.5	11.9	12.3	12.7	13.1	13.5	13.9	14.7	15.1	15.5	15.9	16.3	16.7	17.1
	INCHES	4.5	4.7	4.8	5	5.1	5.3	5.5	5.8	5.9	6.1	6.2	6.4	6.6	6.7
SLEEVE LENGTH <i>(SLEEVE AND CUFF)</i>	CM	64	64.2	64.4	64.6	64.8	65	65.2	65.6	65.8	66	66.2	66.4	66.6	66.8
	INCHES	25.1	25.2	25.3	25.4	25.5	25.6	25.7	25.8	25.9	26	26	26.1	26.2	26.3
LENGTH SHIRT <i>(SIDE NECK TO HEM)</i>	CM	53.5	54	54.5	55	55.5	56	56.5	57.5	58	58.5	59	59.5	60	60.5
	INCHES	21	21.2	21.4	21.6	21.8	22	22.2	22.6	22.8	23	23.2	23.4	23.6	23.8
LENGTH DRESS <i>(SIDE NECK TO HEM)</i>	CM	64.5	65	65.5	66	66.5	67	67.5	68.5	69	69.5	70	70.5	71	71.5
	INCHES	25.4	25.6	25.8	26	26.2	26.4	26.6	27	27.2	27.4	27.6	27.8	27.9	28.1

This pattern is drafted for a height of 5'8 and a cup size 'C'.

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.

Pages to Print

A4/US Letter Tile: 56

A0: 3

A4 pattern

Assemble the pages together with magic tape.

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

A0 pattern

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

USING THE PRINTED PATTERN FROM THE MAGAZINE

Cut out your size or 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. 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 the 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 slip to check sizing, fitting and length. Use the shorten/lengthen line to change length if desired. Open your fabric out so it is one layer selvedge to selvedge (not on the fold).

TRANSFER MARKINGS

Mark all the notches by making a small clip in the edge of the fabric. Use the tailors awl to make a small hole in the fabric to mark the drill hole for the back bodice darts.

SEAM ALLOWANCES (ALREADY INCLUDED)

0.5cm - Collar
1cm - Everywhere else

SEAM FINISHES

- Overlocked (armholes only)
- French seams

cutting layouts

SELF

Cut Single

- 2 - Back
- 6 - Back Neck Facing
- 7 - Top Collar
- 8 - Under Collar

Cut 1 Pair

- 1 - Front
- 3 - Sleeves
- 5 - Front Neck Facing

Cut 2 Pairs

- 4 - Cuffs

FUSING

Cut 1 Pair

- 5 - Front Neck Facing
- 4 - Cuffs

Cut Single

- 6 - Back Neck Facing
- 7 - Top Collar

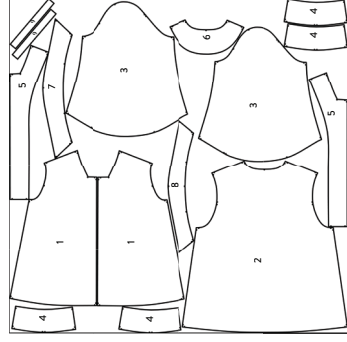
POCKETING/BINDING

Cut 1 Pair

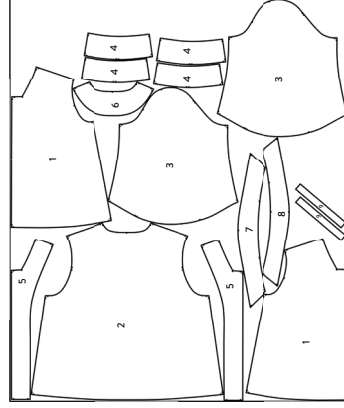
- 9 - Binding

SELF | 150CM WIDE

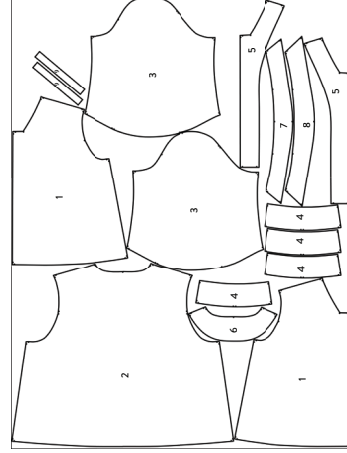
Selvedge Edge, Right Side Up



Fabric width:
150cm
Sizes:
A - E
Length needed:
160cm



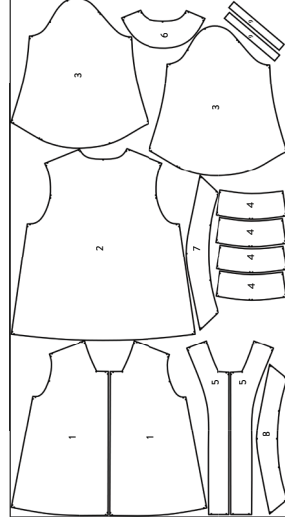
Fabric width:
150cm
Sizes:
F - J
Length needed:
160cm



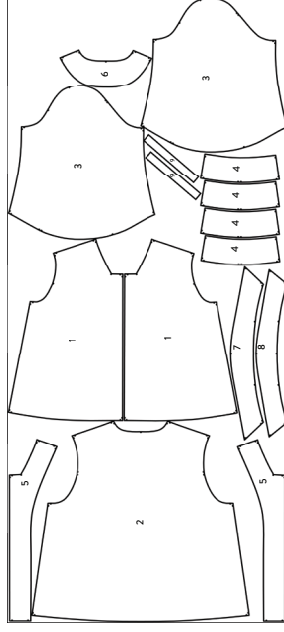
Fabric width:
150cm
Sizes:
K - O
Length needed:
210cm

SELF | 110CM WIDE

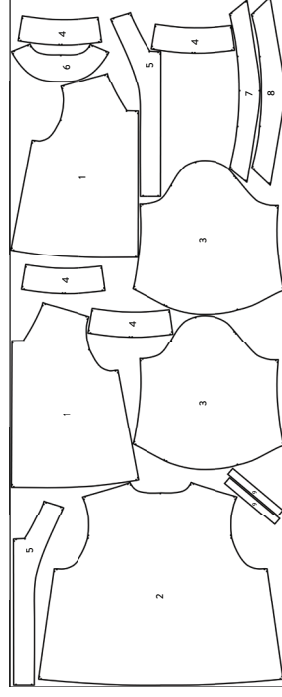
Selvedge Edge, Right Side Up



Fabric width:
150cm
Sizes:
A - E
Length needed:
220cm



Fabric width:
150cm
Sizes:
F - J
Length needed:
260cm

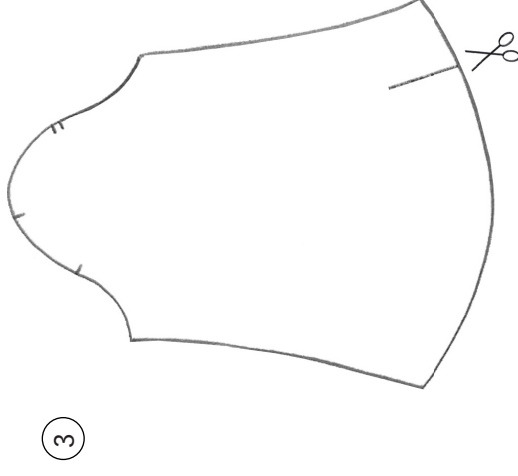
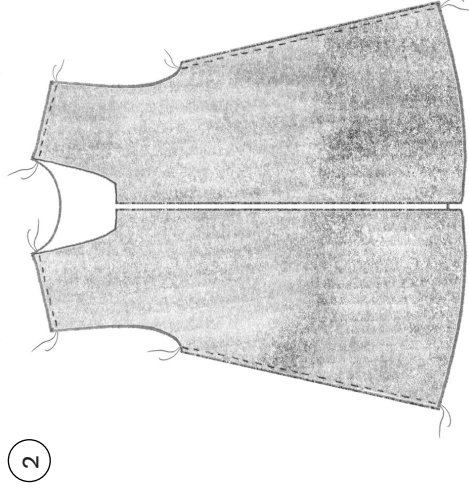
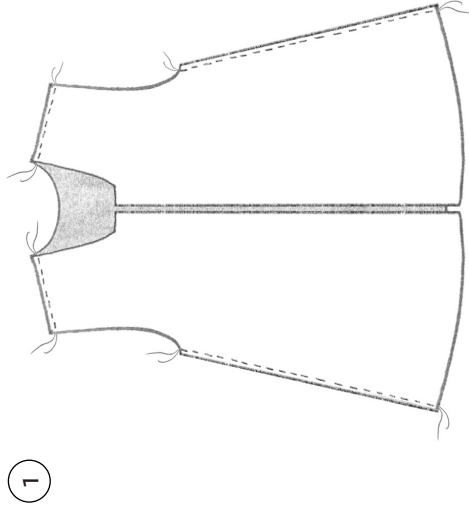
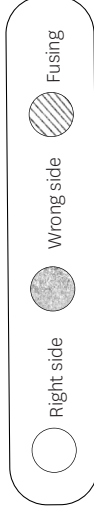


Fabric width:
150cm
Sizes:
K - O
Length needed:
290cm

Layplans are done on a single layer to waste as little fabric as possible.

sewing instructions

Seam Allowances: (already included): 0.5cm - Collar / 1cm - Everywhere else



French Seam Shoulders & Side Seams

1. Lay the Back (2) and two Fronts (1) WRONG SIDES TOGETHER. Pin your side seams and shoulder seams together and sew each seam at 0.5cm. Then trim off all the frayed threads from the seam. This should leave you with short, neat seam allowance of about 0.3cm.

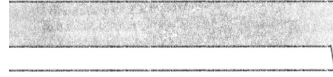
Binding the Sleeve Opening

3. Make sure your sleeve slit is marked on to your sleeves (3) with chalk and then cut the slit open. Double check the slit is on the back side of the sleeve (the side with the double notches on the sleeve head).

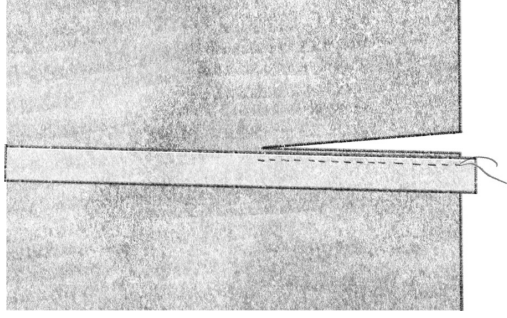
2. Press each seam flat and closed to one side (rather than open) and then turn the garment inside out. Now press each seam closed with the garment RIGHT SIDES TOGETHER and then stitch down each side seam and shoulder seam at 0.5cm.

This stitch line will enclose the raw edges and finish the whole area nicely. You can then press your side seams towards the back.

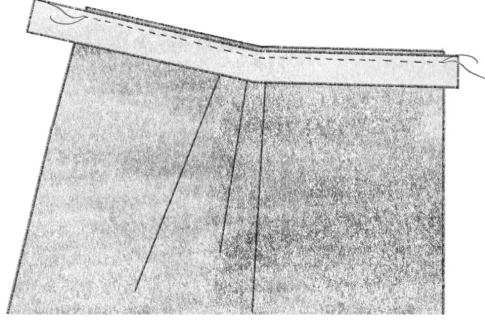
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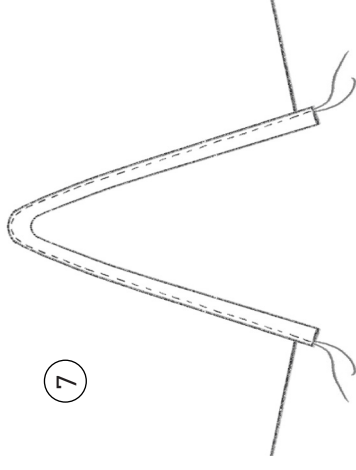
5



6



7



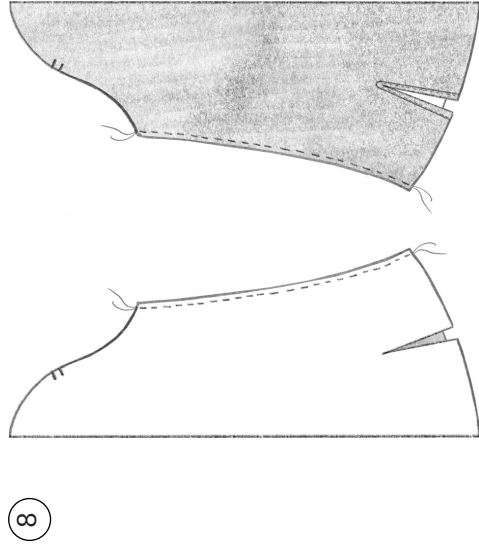
Binding the Sleeve Opening

4. Prepare your binding strips (9) by pressing each side in to meet in the middle as shown.

5. Apply your binding to the **WRONG SIDE** of the sleevelet first. Match the raw edges of the binding and sleeve slit and stitch up to the top of the slit at 0.5cm.

6. Once you're at the top, open the slit up and continue to match the raw edges together. You will need to snip from the slit up to the stitching to open it up fully. This will help to avoid small pleats at the top of the slit in the next step.

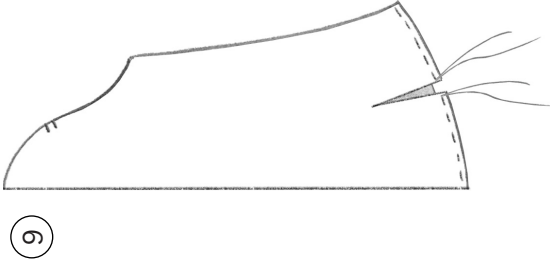
7. Next, wrap the binding over to the **RIGHT SIDE** of the sleeve. Carefully pin the pre-pressed fold to sit on top of the previous stitch line. Then stitch into place at 1mm, taking it slow around the top of the slit.



8

Closing the Sleeves

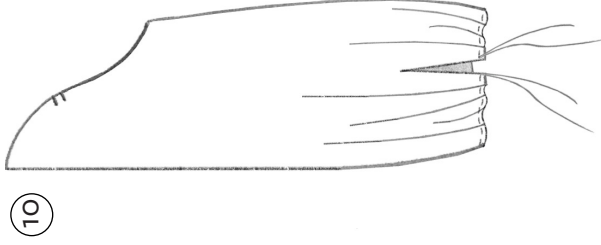
8. French seam your sleeve in the same way as your side seam. Fold your sleeves **WRONG SIDES TOGETHER** and sew at 0.5cm, trim and flip out and sew at 0.5cm to finish the seam.



9

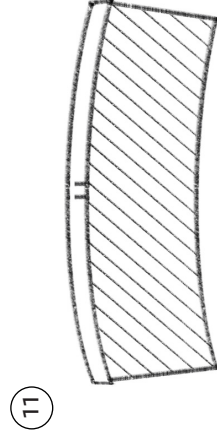
Adding Gathers

9. Using a long stitch run one line of stitching around the bottom of the sleeve 0.5cm from the edge. If you prefer to do gathers by running 2 lines of stitching you can add another row. Leave the threads nice and long at each end.

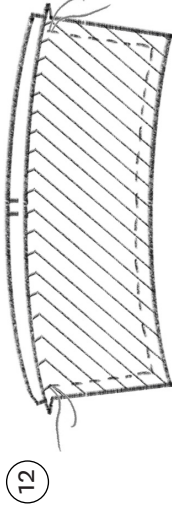


10

10. Pull on the bobbin thread to create your gathers, making sure they're evenly spaced all the way around.



11

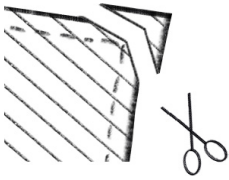


12

Preparing the Cuff

11. Make sure you have 2 pairs of cuffs (4) and fuse one cuff from each pair. Then press the top curved edge down by 1cm (fused cuffs only). This is the edge with the double notch.

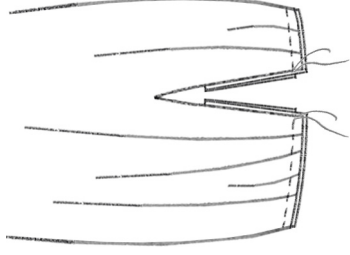
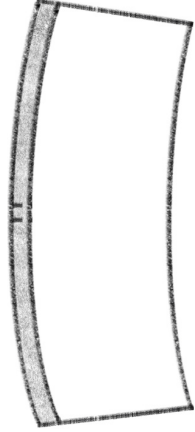
12. Match each fused cuff piece with the corresponding unfused piece **RIGHT SIDES TOGETHER**. Stitch around the edges at 1cm, starting 1cm from the top in the groove of the pressed fold and finishing 1cm from the end at the other side. This will leave the pressed fold flapping free.



13

Preparing the Cuff

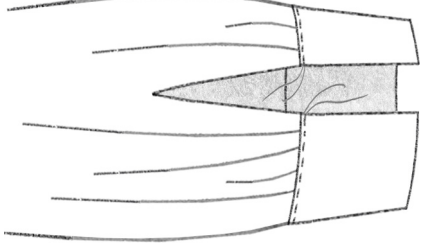
13. Mitre the corners and bag out each cuff. Use the point on a pair of scissors to push the corners out nice and sharp and then press flat, making sure the pre-pressed seam allowance is tucked inside.



14

Attaching the Cuffs

14. The cuff will be attached from the inside of the sleeve first and then flipped over to the right side to be secured into place. Align the RIGHT SIDE of the unfused layer of the cuff to the WRONG SIDE of the sleeve. The unfused layer of the cuff will be pinned whilst the fused layer remains free and out of the way.

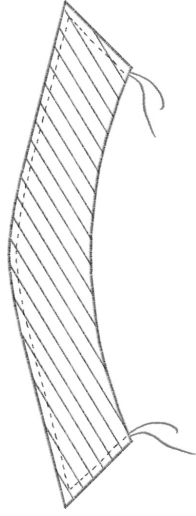


15

Pin the raw edges together matching the ends and distributing the volume evenly. The binding opening should be folded back on itself sitting inside the sleeve and not visible from the outside. Stitch around the cuff at 1cm.

15. Flip the cuff out from inside the sleeve and lay the pre-pressed fold over the previous stitch line. Pin thoroughly all the way around. Edgestitch from the right side.

16

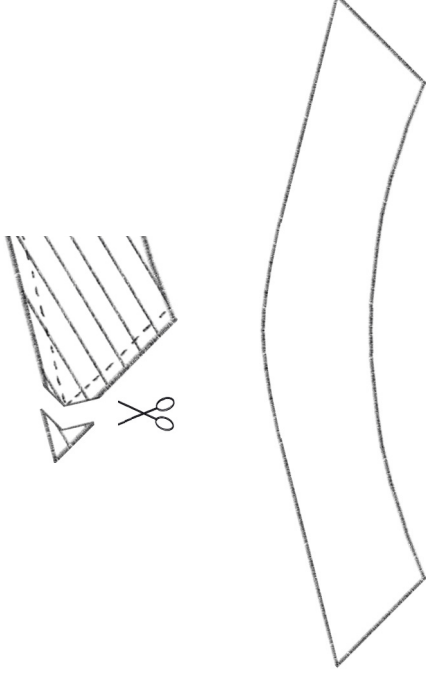


Collar

16. The fused top collar piece (7) is a few millimetres bigger than the under collar (8) so that the seam will roll towards the under-collar more easily once it is bagged out. When pinning the two collar pieces RIGHT SIDES TOGETHER start by matching the corners and the centre back then ease in the rest to spread this tiny difference in size evenly throughout the seam.

Stitch at 0.5cm around the two short edges and the longest outer edge (this is called the leaf edge) leaving the neck edge free.

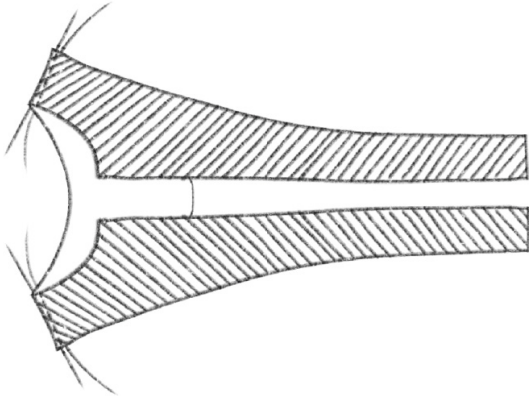
17



17. Mitre the corners of the collar and bag it out (this means turn it out the right way). Use pointed small scissors to push the point of the collar out and create a nice crisp corner.

Press the collar by starting with the unfused side facing towards you on the ironing board. Line up the neck edges so that they're meeting and you can even pin them together so they stay aligned. Then press the rest of the collar, allowing the top collar to roll over the edge towards the under collar. Make sure to just press a small part of the collar at once to avoid flattening the whole area. You want to retain some of the curved shape that the under collar helps to create.

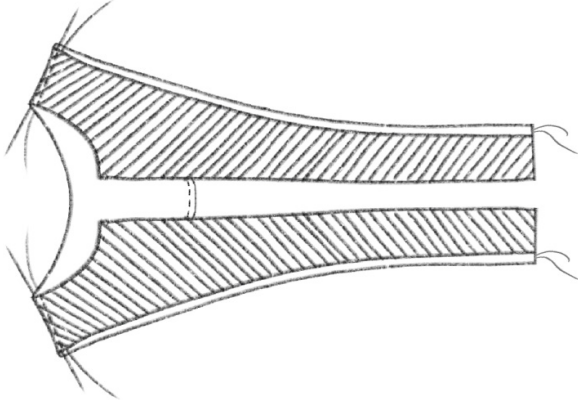
18



(A)

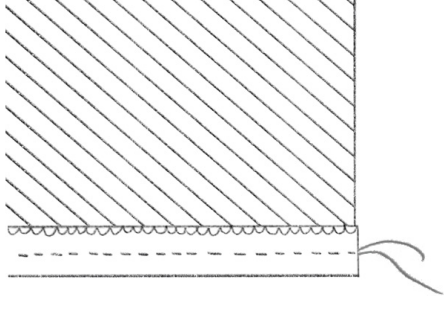
Prepare the Facing

18. A - To prepare your facing fuse your front facings (5) and back facing (6). Place them **RIGHT SIDES TOGETHER** and join at the shoulder seams with a 1cm seam allowance. Press the seams open and flat.



(B)

B - Now overlock around the whole outside edge of the facing. This starts from the bottom corner and goes around the whole outside curve to the bottom corner on the other side (as shown above).



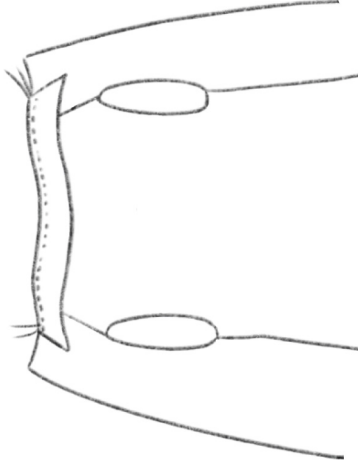
(C)

C - Then press in a 1cm allowance and stitch it down at 0.5cm from the edge.

Tip: Use the iron for double the amount of time that you'd usually use it for a finish that's twice as crisp. Careful ironing can be the difference in achieving a professional finish.

Tip: Carefully trim away excess seam fabric from bulky areas. You can remove a lot of bulk by removing the inside seam allowances where thick sections meet.

19

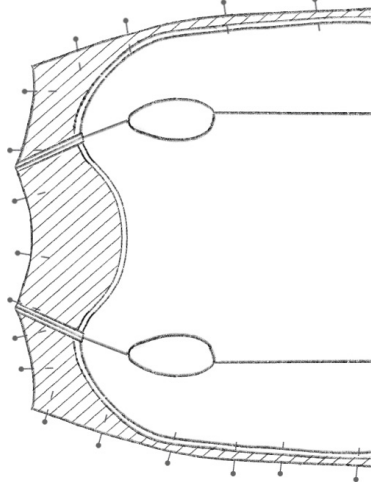


Attaching the Collar

19. Align the raw neck edge of the collar with the neckline making sure the top collar is on top. Firstly match the notches at the Centre Back and Shoulder. Then match the ends of the collar with the corner of the front neckline.

Pin thoroughly and then stitch at just under 1cm to attach the collar.

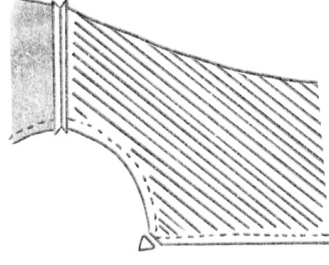
20



Adding the Facing

20. Next take your facing and add it to the body **RIGHT SIDES TOGETHER**. Match the front corners, shoulder seams and centre back and then carefully pin together.

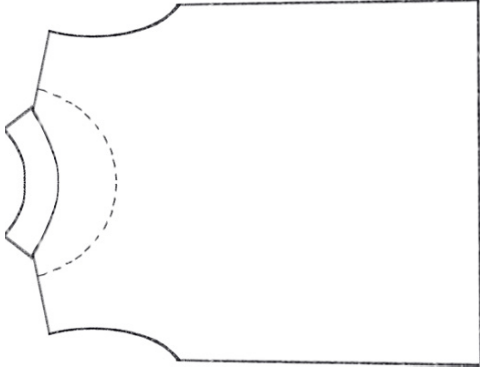
21



21. Stitch around the whole edge at 1cm. Mitre the corners at the top of the front and trim the neck seam allowance to about 0.5cm to make it easier for the curve of the neck to fold back on itself.

Using your iron carefully press the front edges flat and then back on themselves so that the wrong sides are enclosing the seam. Take this nice and slowly and get a nice crisp straight edge up the centre fronts. When you reach the neck, carefully press around the neckline and collar to flatten the curved seam. Make sure the collar is pressed straight out of the garment.

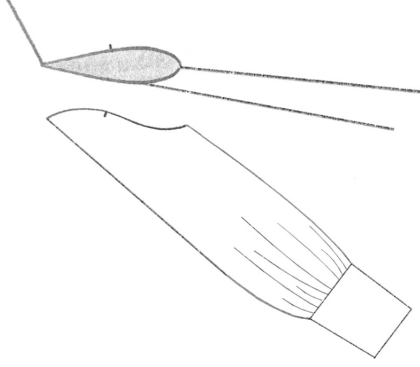
22



Adding the Facing

22. To make sure the facing stays in place as you're wearing the garment you'll need to add a line of stitching around the back facing. Start by pinning the facing shoulder seams to the garment shoulder seams, then carefully pin the rest of the back facing to the back piece. Do this from inside the garment. Then edge stitch the facing into place at 1mm, starting and finishing at the shoulder seams.

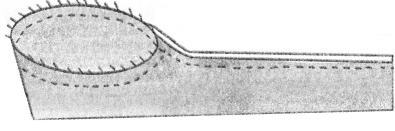
23



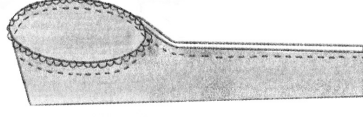
Inserting the Sleeves

23. With the garment and sleeve right side out, align the sleeve in the armhole **RIGHT SIDES TOGETHER**. Starting by matching the sleeve seam to the body side seam and then match up the other notches from there. Pin from the inside of the garment. The front of the sleeve has a single notch on the sleeve head and the back of the sleeve has a double notch on the sleeve head.

24



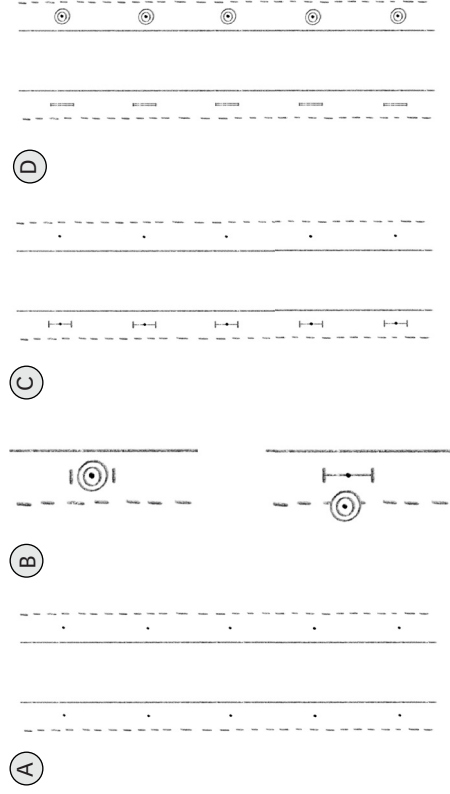
25



24. Stitch around the armhole at 1cm being careful to avoid creating any tucks at the sleeve head, the shaping should be gently eased in.

25. Finish this seam with overlocking and then press the finished seam towards the sleeve.

26



Buttons & Buttonholes

26. To mark your button positions you'll need your pattern piece which has the button hole marker, your buttons and a piece of chalk/pencil. Button holes will usually go on the right hand side of the garment (when worn) with the buttons on the left but you can choose which side you prefer.

A - Using your button marker, chalk a small dot to mark the position on both left and right sides, right in the centre of the button stands. Your button positions are now marked along with the guidelines for the button holes.

B - To mark the length of your button holes place a button right in the centre of each dot on the right hand button stand and mark the top and bottom of the button, leaving a 2mm gap at the top and bottom (if you're using pencil instead of chalk mark very lightly).

C - Your button holes should be vertically positioned and in the centre of the button stand.

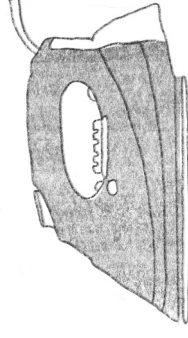
D - You can now stitch your button holes using the button hole setting on your machine and attach your buttons.

You can then repeat the process to add buttons to the cuffs.

Tip: After sewing your button hole, sew over it again before cutting it open.

This will strengthen the button hole and it will look much neater and less sparse.

27



Hemming & Pressing

27. Hem your shirt or dress by pressing the bottom up by 1cm and again by 1cm and stitch into place. Then give the garment a final press, especially over the cuffs and collar. Using generous amounts of steam whilst pressing really helps to achieve that professional finish.

Enjoy & wear!

Now it's time to trim off any loose threads and enjoy your Belle Shirt! Feel proud of what you've made and feel free to share a photo of your finished piece with us.



The *Peppermint Belle* Shirt was created in collaboration with Hetty Adams from Modern Sewing Co! Find out more at modernsewingco.com

*This pattern can be purchased from the Peppermint website, or get the printed version **FREE** when you buy a copy of our print magazine!*