

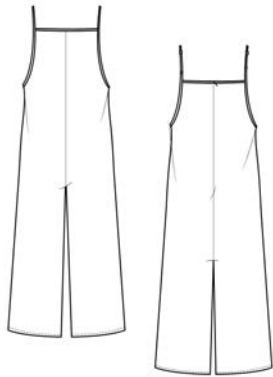
Overall Jumpsuit



**INSTRUCTION
BOOKLET**

Table of Contents

- 3 What do I need to start sewing?
- 4 Printing instructions
- 6 Size chart
- 7 Patterns
- 8 Sewing instructions
- 14 Pattern modifications
- 15 Glossary



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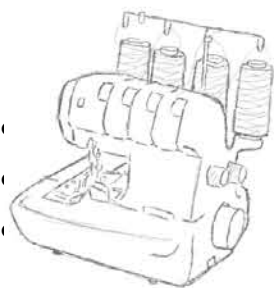
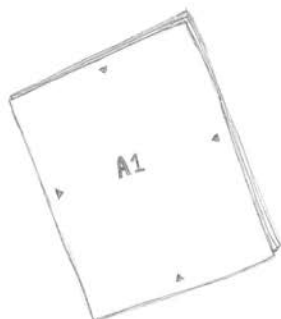
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What do I need to start sewing?



Sewing machine
Overlock/Serger
Pattern printout
Sewing thread
Measuring tape
Water erasable pen/Chalks
Scissors
Ruler
Pins

Invisible zipper
2 pairs of rings and sliders
18" or 45.7cm invisible zipper

3 yard polyester fabric

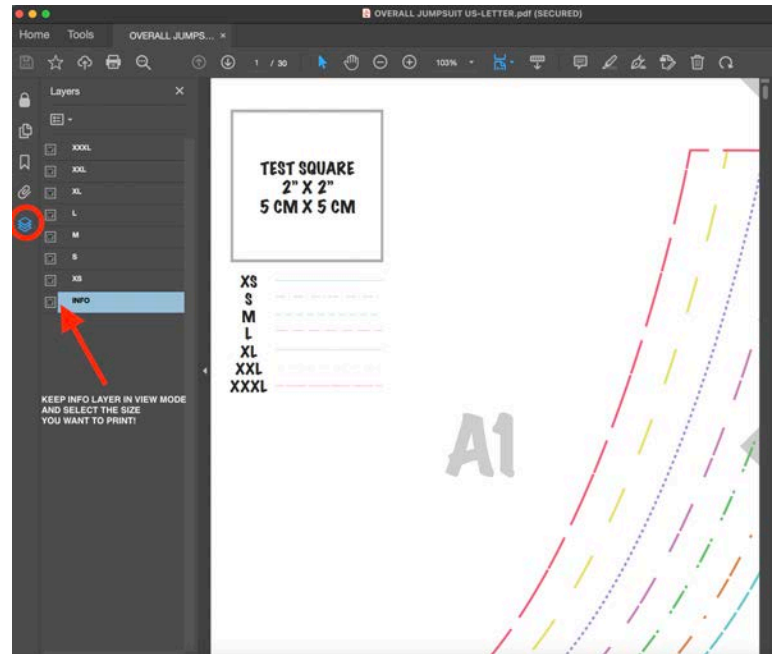
Fabric Recommendations: Non-stretch woven fabric, 100% polyester, viscose, cotton, poplin, linen, crepe de chine.

Printing Instructions

Let's print out the pattern!

The sewing pattern comes with 3 different printing options! The US Letter and A4 print is a tile version PDF that you can print out at home. The A0 version is used by a printshop to print on a single sheet of paper and saves time taping the separate pages together.

Additionally, you can use view mode to only select/print the size you are working on. Each pattern file is designed with layers of different sizes. There is an option to print only your size or all sizes based on your preference. Open the file in Adobe Acrobat and keep in legend layer.

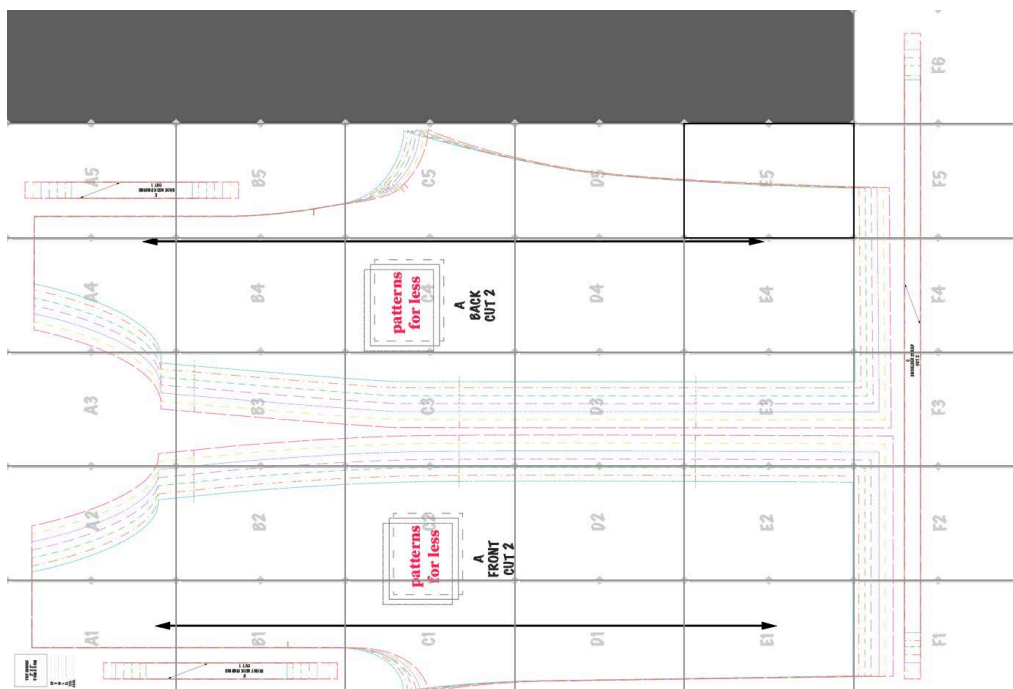


If you print at home, then you need to trim each sheet by cutting off the top and excess margin. Tape each page together by row, and then attach the rows together. Use the diamond marks to align everything!

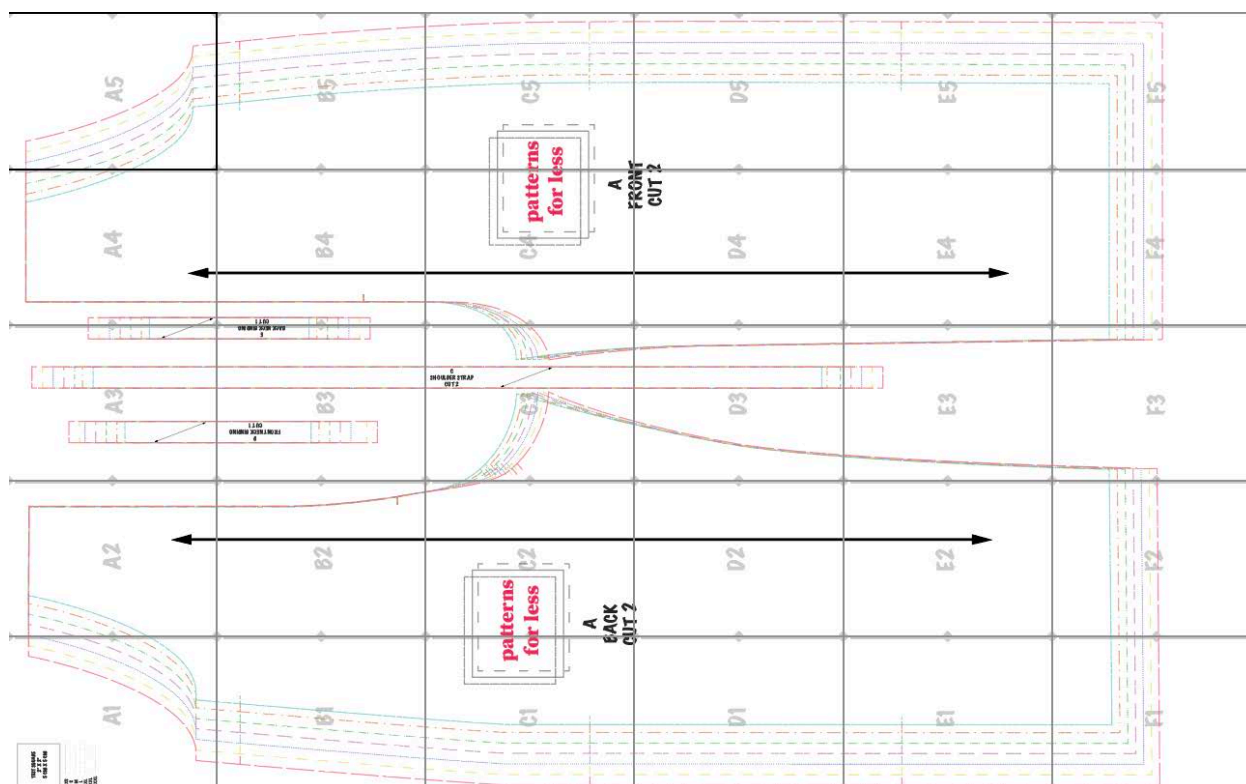
Always make sure to print on 100% scale.
(Do not 'fit to page' or reduce the size!)

There is a test square on the first page of the pattern.
Use as a scale to check if the dimensions are 5x5cm and/or 2x2".

A4



US Letter



Size Chart

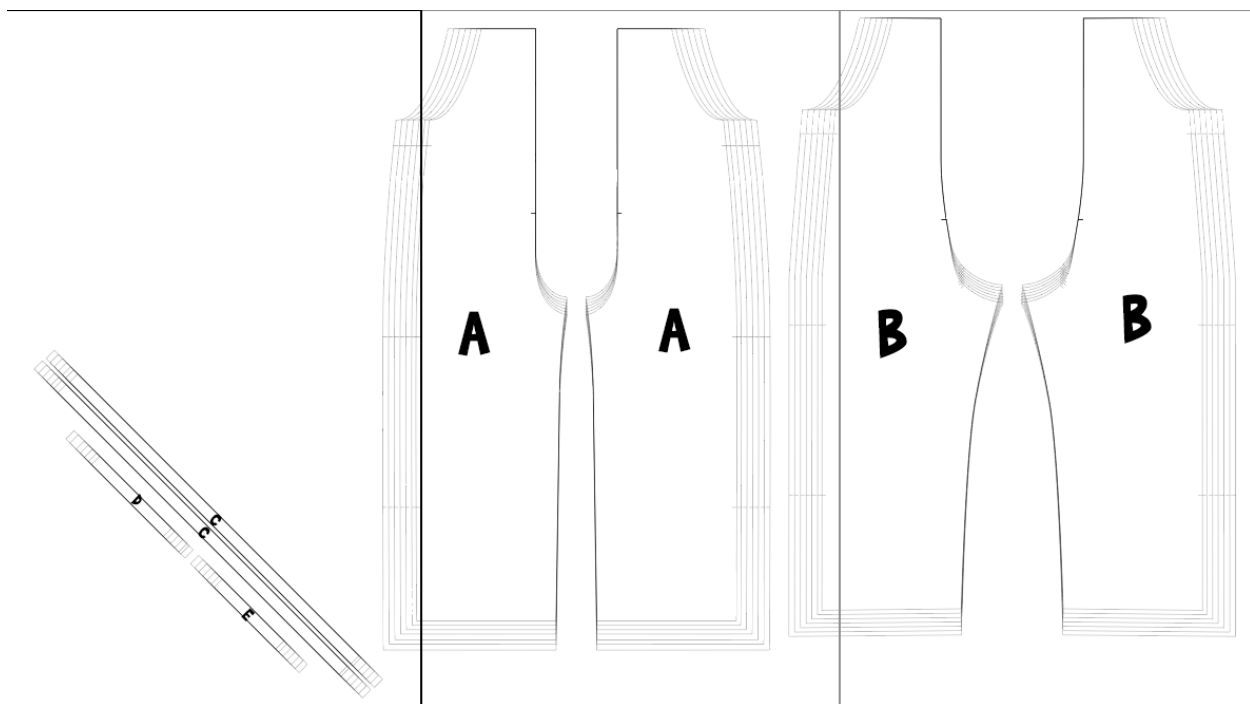
inches

SIZE	BUST	WAIST	HIP
XS	30	25	36
S	33	27	38
M	36	29	40
L	39	31	42
XL	41	33	44
XXL	44	35	46
XXXL	47	37	48

centimeters

SIZE	BUST	WAIST	HIP
XS	76	63	91
S	84	68	96
M	91	74	102
L	99	79	107
XL	104	84	112
XXL	112	89	117
XXXL	119	94	122

Patterns

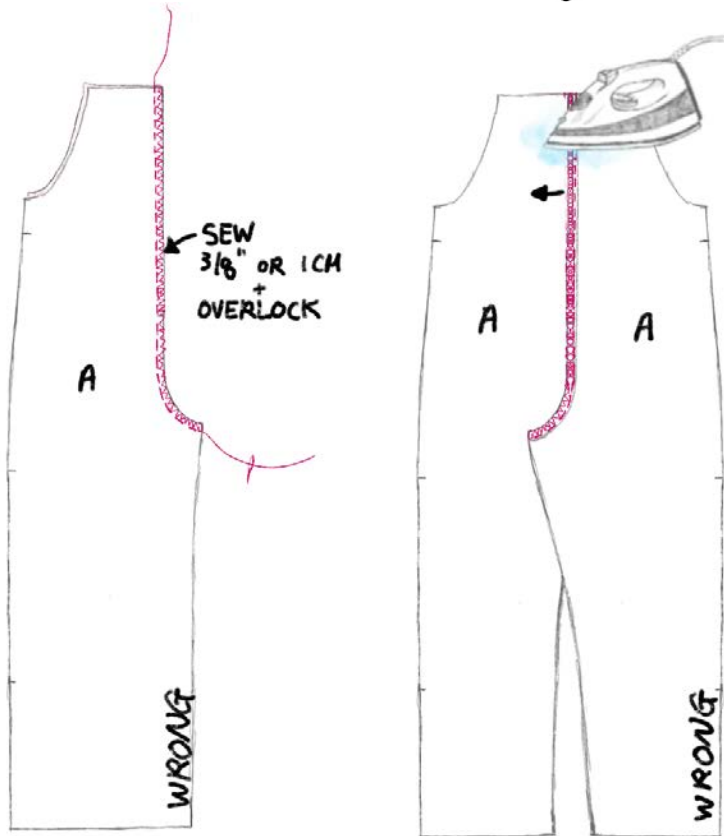


Overall Jumpsuit pattern pieces include:

- A- Front, cut 2
- B- Back, cut 2
- C- Shoulder Strap, cut 2
- D- Front Neck Binding, cut 1
- E- Back Neck Binding, cut 1

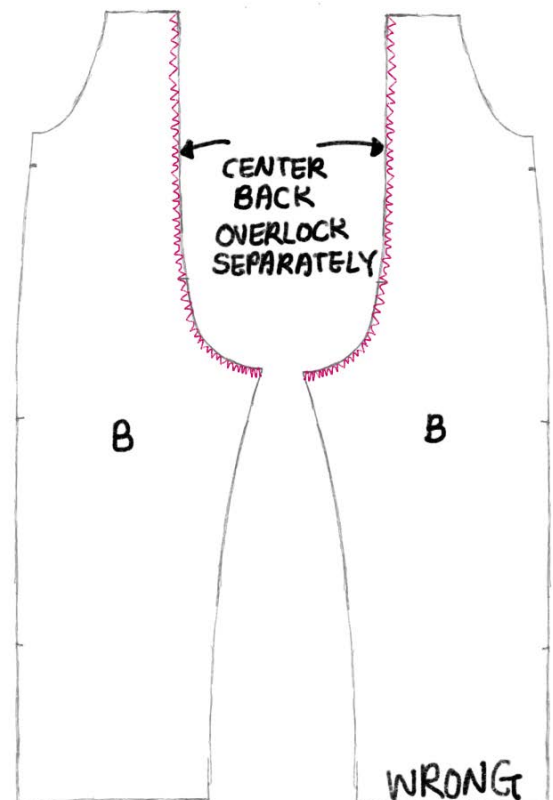
$\frac{3}{8}$ " or 1cm seam allowance is already included unless indicated on the pattern or instruction book.

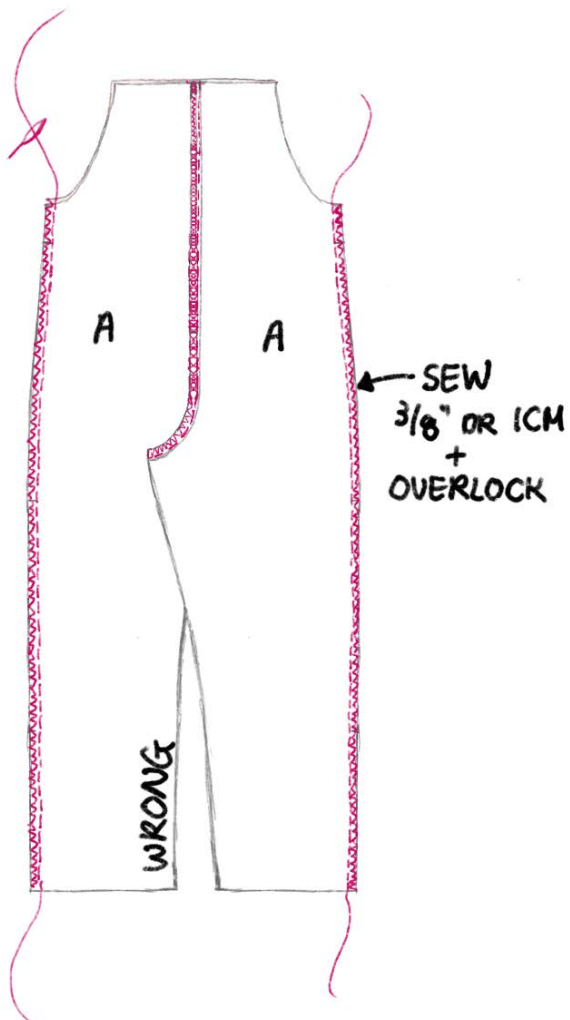
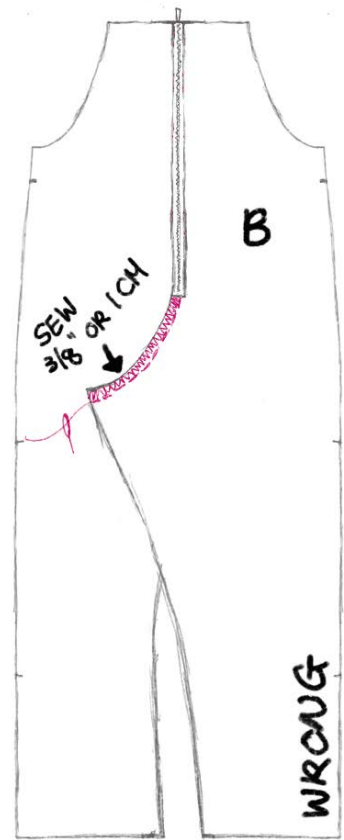
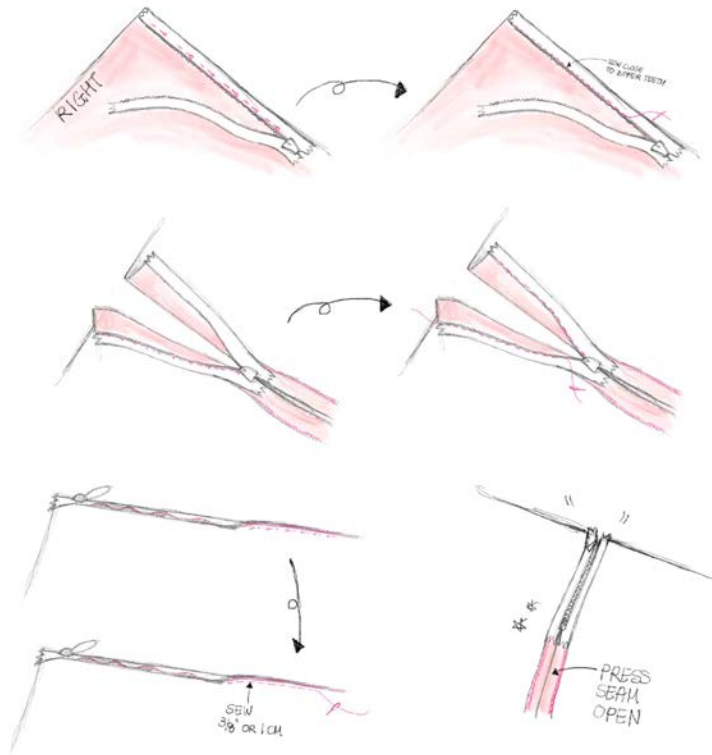
Sewing Instructions



Step 1- Sew both right and left Front (A) pieces facing right sides together with $\frac{3}{8}$ " or 1cm width seam allowance and overlock to finish. Press the seam toward the side seam.

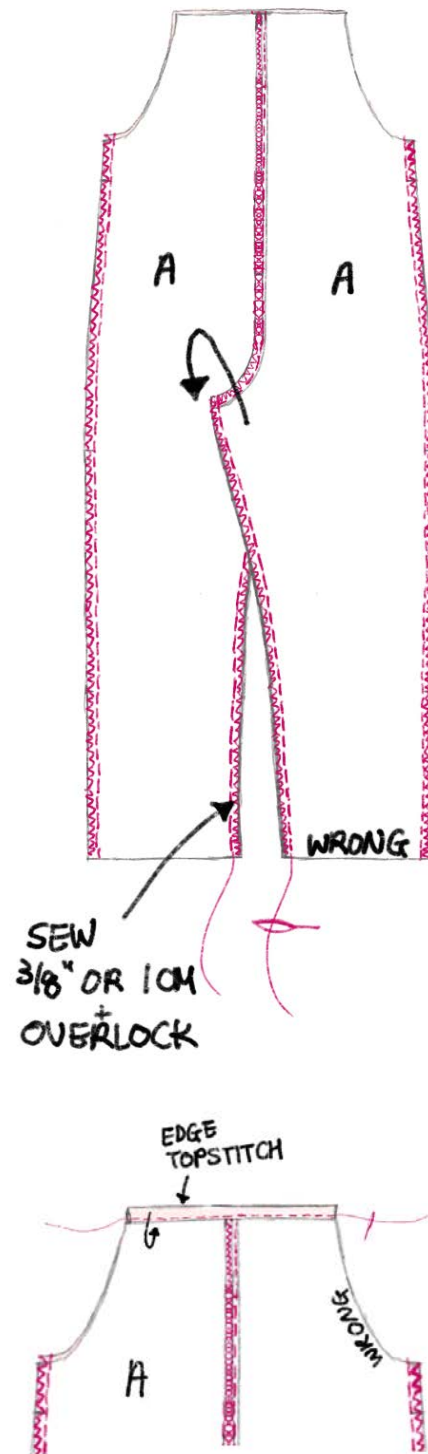
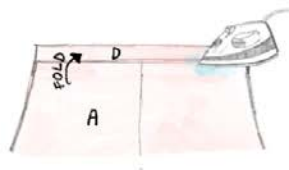
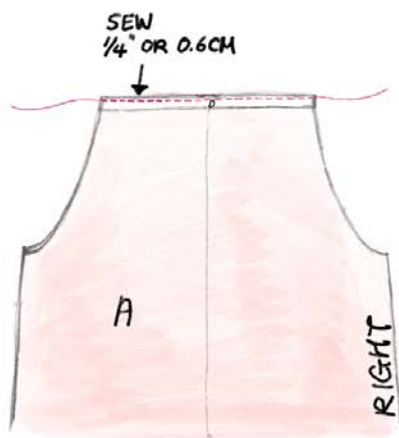
Step 2- Overlock stitch the center back seam on Back (B) separately and insert the invisible zipper. Insert an invisible zipper at the right side of the center back seam of the jumpsuit. Open the zipper and place the zip tape on the right side of the Front (B) $\frac{3}{8}$ " or 1cm down from the top edge, and sew closely to the zipper teeth. Do the same to the other side of zipper tape on the Back (B) of the left side of the center back seam. Sew up the remainder of the center back seam and press open.



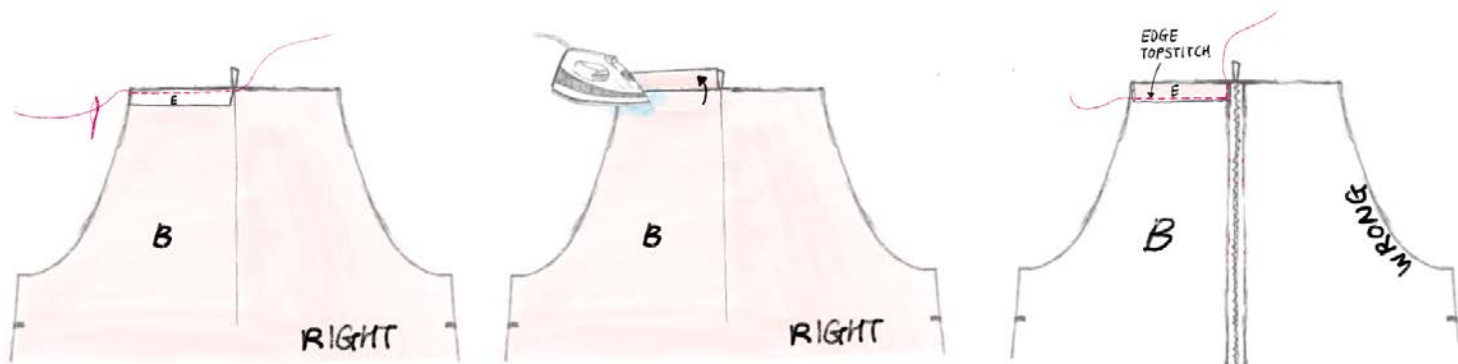


Step 3- Place Front (A) and Back (B) right sides facing each other. Sew $\frac{3}{8}$ " or 1cm width seam allowance and overlock along the side seams.

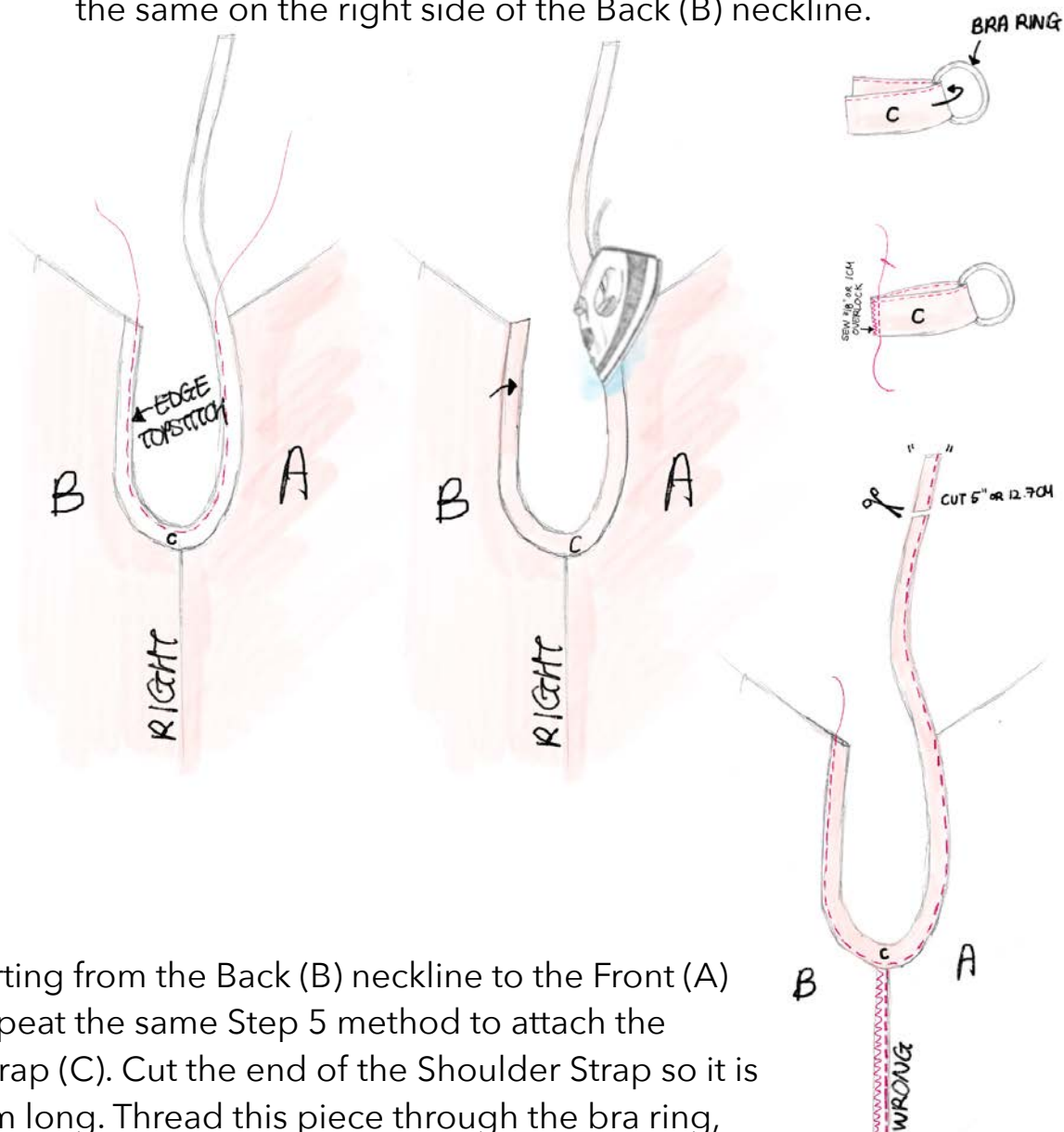
Step 4- Join the inner leg seam with $\frac{3}{8}$ " or 1cm width seam allowance and overlock to complete.



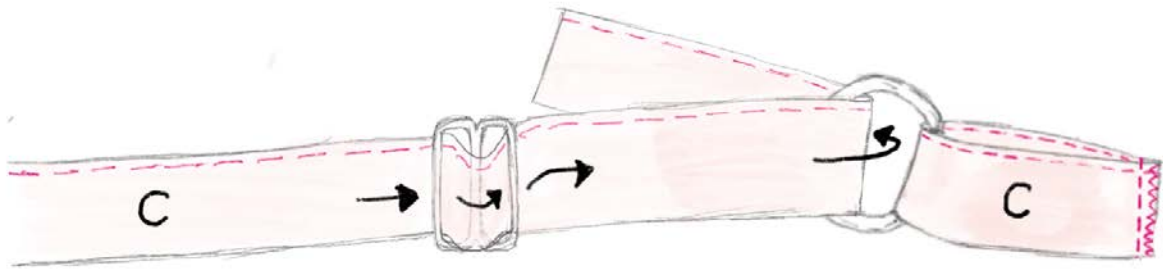
Step 5- Place the right side of Front Neck Binding (D) on top of the Front (A) neckline and sew $\frac{1}{4}$ " or 0.6cm width straight stitch. Press seam open and fold over to the wrong side and press again. Double fold the Front Neck Binding (D) toward inside and edge topstitch to finish.



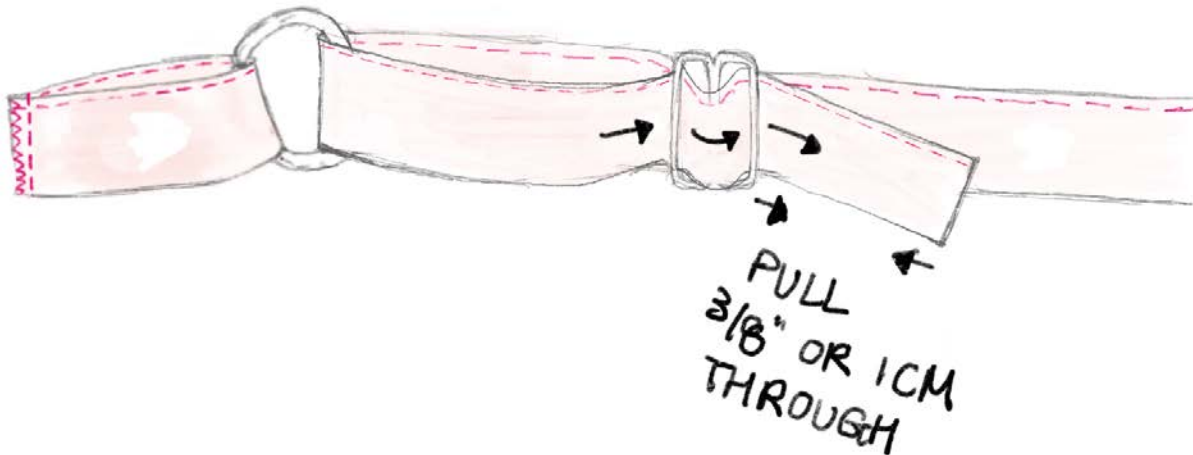
Step 6- Place left side of Back Neck Binding (E) on top of the left side of Back (B) neckline and sew $\frac{1}{4}$ " or 0.6cm width straight stitch. Press seam open and fold over to the wrong side and press again. Double fold the Back Neck Binding (E) toward inside and edge topstitch to finish. Do the same on the right side of the Back (B) neckline.



Step 7- Starting from the Back (B) neckline to the Front (A) neckline, repeat the same Step 5 method to attach the Shoulder Strap (C). Cut the end of the Shoulder Strap so it is 5" or 12.7cm long. Thread this piece through the bra ring, matching the raw edges of the binding. Stitch the ends of binding together $\frac{3}{8}$ " or 1cm width and overlock stitch.



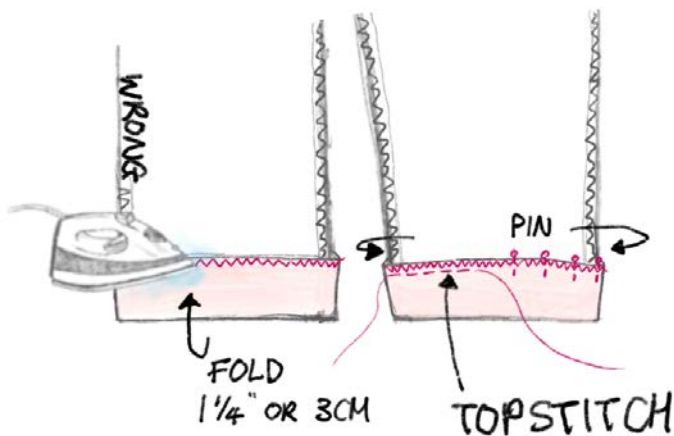
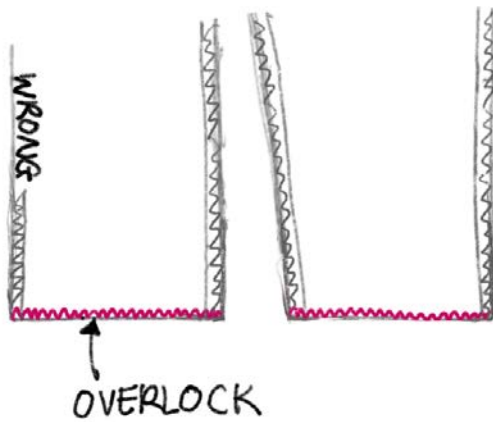
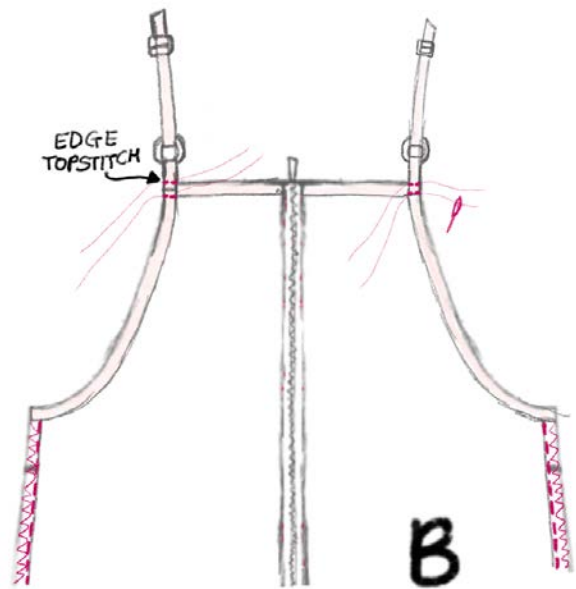
Step 8- Thread the remaining binding over the center bar of the slider and pull about 2" or 5cm of the binding through. Thread the end of the binding through the bra ring.



Step 9- Turn the binding over and pass the raw edge of the binding above the center bar of the slider, then turn it back toward the bra ring and insert the raw edge just under the center bar of the slider and pull $\frac{3}{8}$ " or 1cm through to the other side. Make sure the raw edges are sandwiched between two layers of the binding! Use zigzag stitch to secure the binding to the wrong side of the binding. Do not stitch through the last layer of the binding!

OVERALL JUMPSUIT

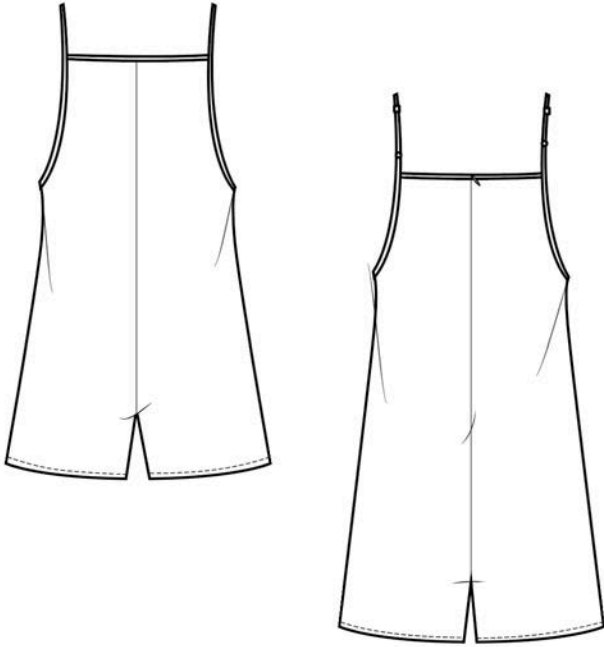
Step 10- Place the Ring assembly on the Back (B) neckline and sew back and forth to secure the position.



Step 11- Finish the hem edge of each pant leg with overlock stitch. With the jumpsuit inside out, turn the hem up 1 1/4" or 3cm and press. Pin around the leg opening and topstitch in place. Give a nice press all around and enjoy your overall jumpsuit!

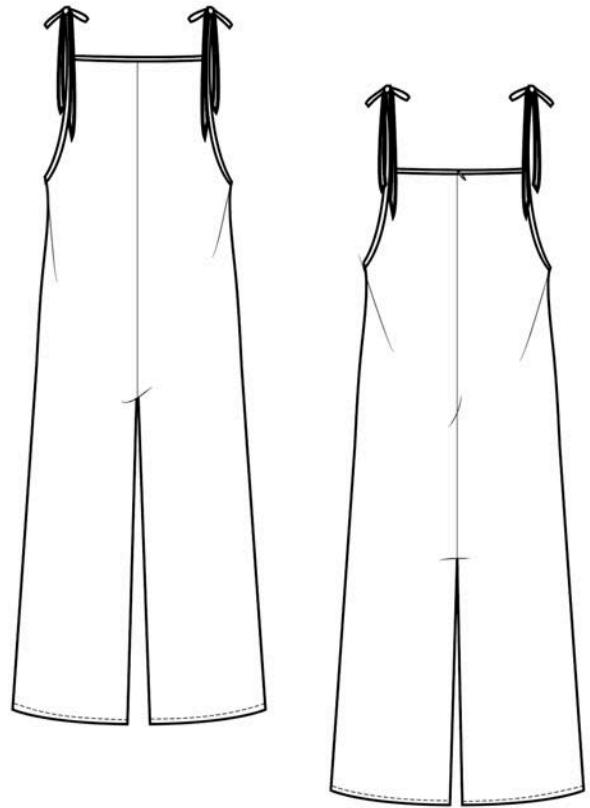


Pattern Modifications



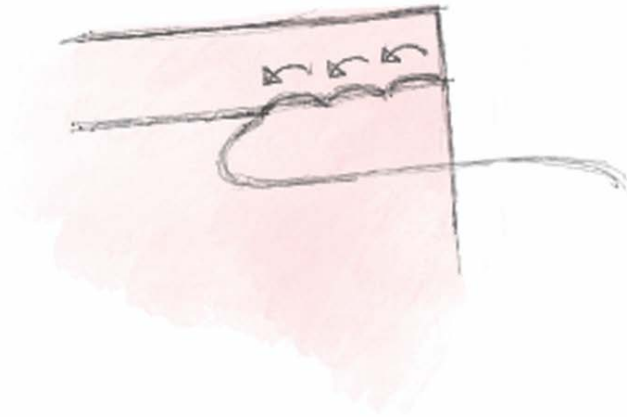
Shorten the leg length by 2½" or 6.3cm (measured from inseam crotch) to make into short jumpsuit.

Ditch adjustable ring and slider, and convert into bow tie shoulder by extending the shoulder strap length.



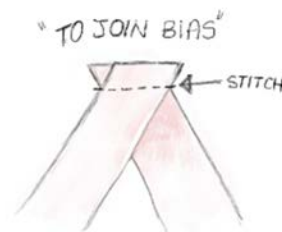
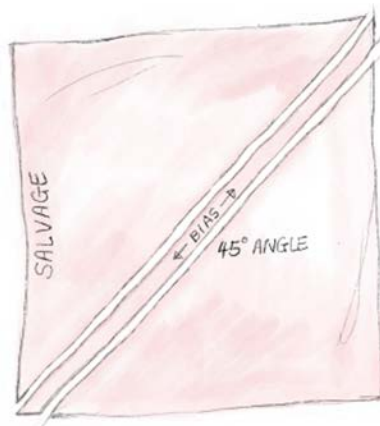
Sewing Glossary

Back Stitch



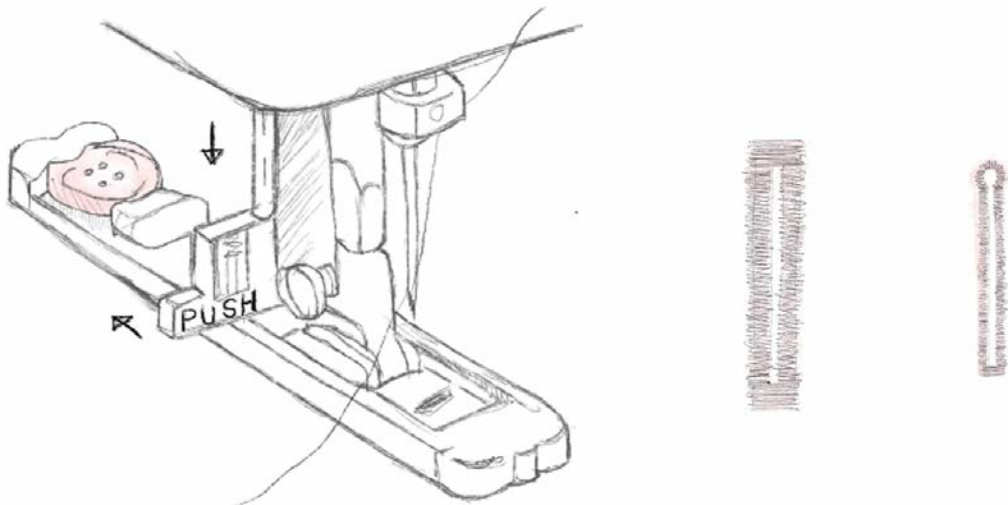
When you start a new seam or finish the seam, always backstitch by hitting the reverse button on your sewing machine. Back stitching consists of 3-4 stitches to lock the stitching and prevent unraveling.

Bias Tape



Bias tape is widely used in neckline, spaghetti strap, and other garment finishings. Prepare the bias strap by cutting in half diagonally to give a nice stretch. When needing to make a long continuous bias tape, sew the diagonal pieces together as long as you need.

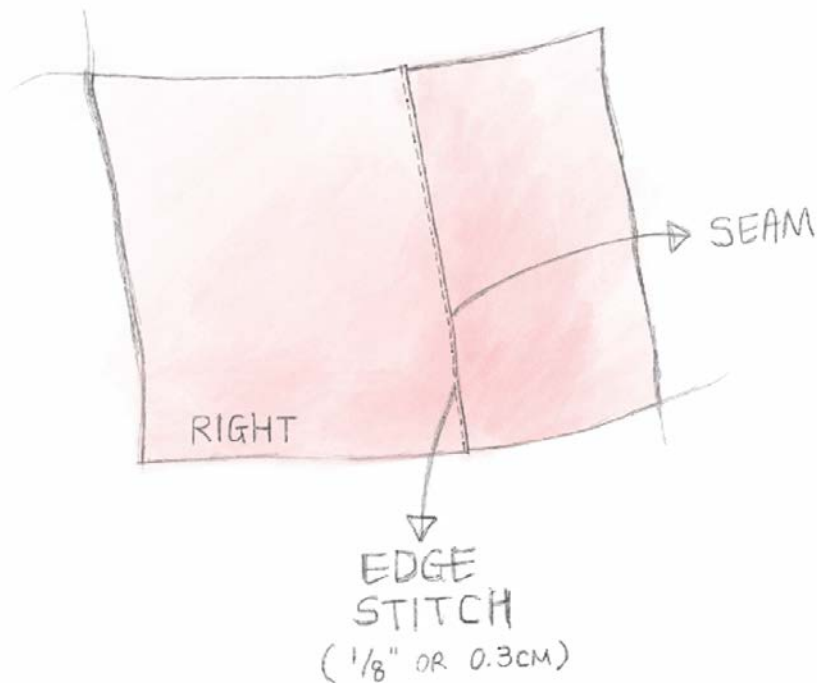
Buttonholes



There are various styles of buttonholes you can create with your sewing machine. For cleaner look, add interfacing and sew over the buttonhole more than once to create nice tight holes.

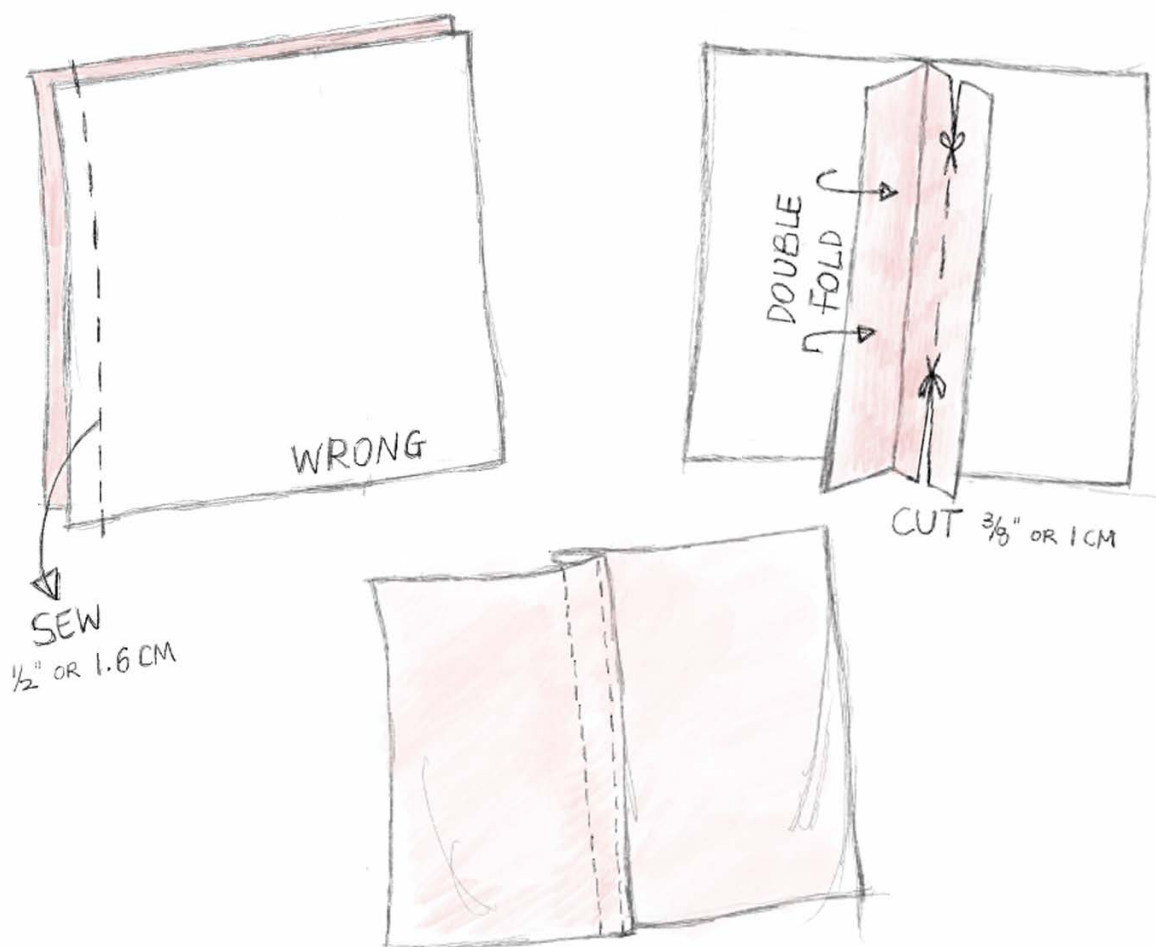
Use a buttonhole foot by inserting the button in the back of the foot, and snap the foot into place. Pull the button hole lever down, and select the buttonhole stitch on your machine. Press the pedal and stitch away, your machine will automatically go through the steps to make an accurate buttonhole.

Edge Stitch



Edge stitches are typically used to decorate or emphasize the original seam line. To achieve clean edge stitch, use a special footer to sew close to the edges without gliding off. Sew slowly to control the fabric.

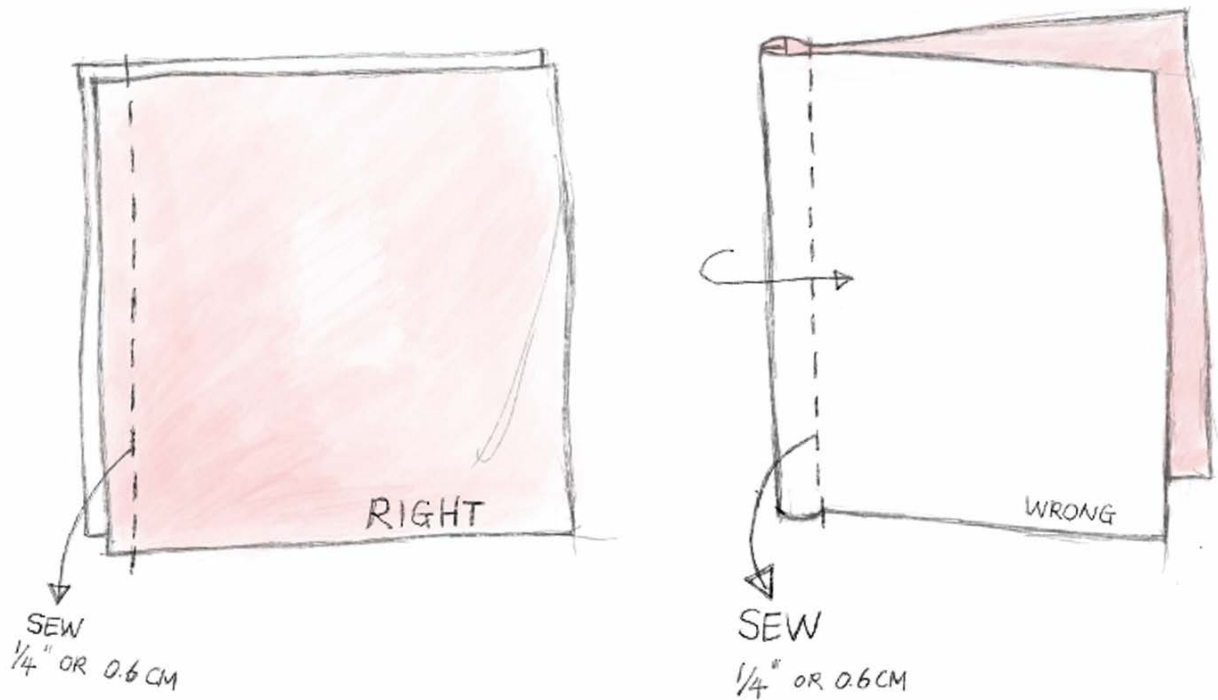
Flat Felled Seam



Flat felled seam or jeans seams is a great way to sew heavy duty fabric or bottoms to strengthen the garment.

Sew the fabric right sides facing each other. Trim one of the seam allowances in half. Turn the raw edge under and fold over to hide the half cut edge. Topstitch down the enclosed seam allowance.

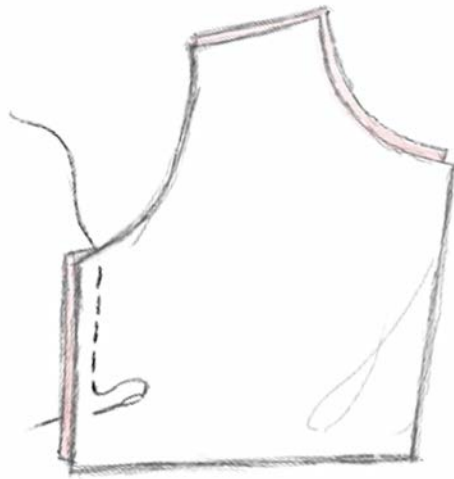
French Seam



When sewing silk or chiffon with delicate fabrication, French seams are a great way to achieve an excellent quality finish.

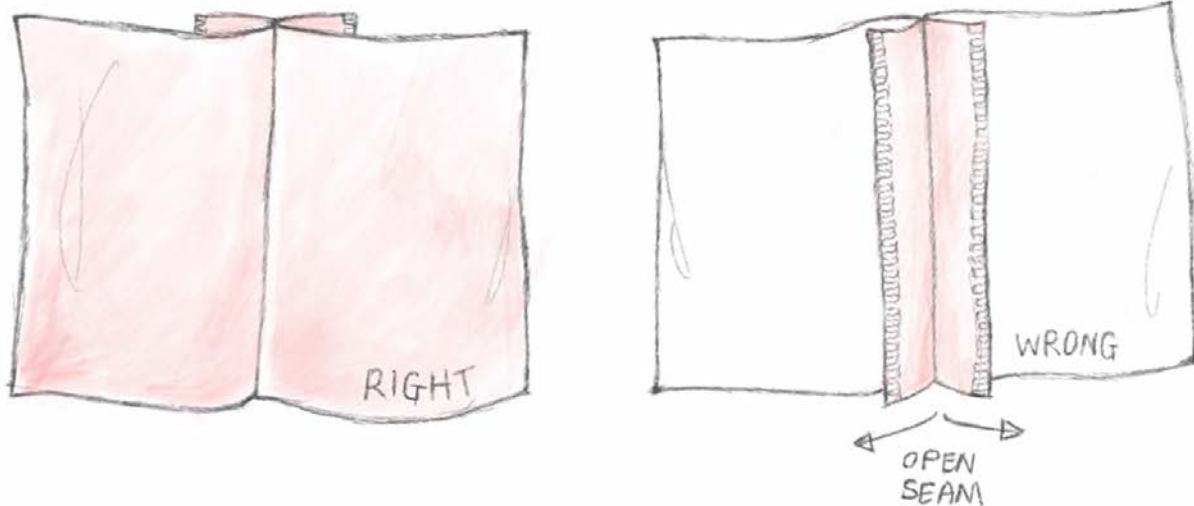
Place wrong sides of fabric facing each other and sew $\frac{1}{4}$ " or 0.6cm. Press the seam and fold the fabric along the seam line. Enclose the seam by stitching $\frac{1}{4}$ " or 0.6cm from the folded edge.

Hand Basting



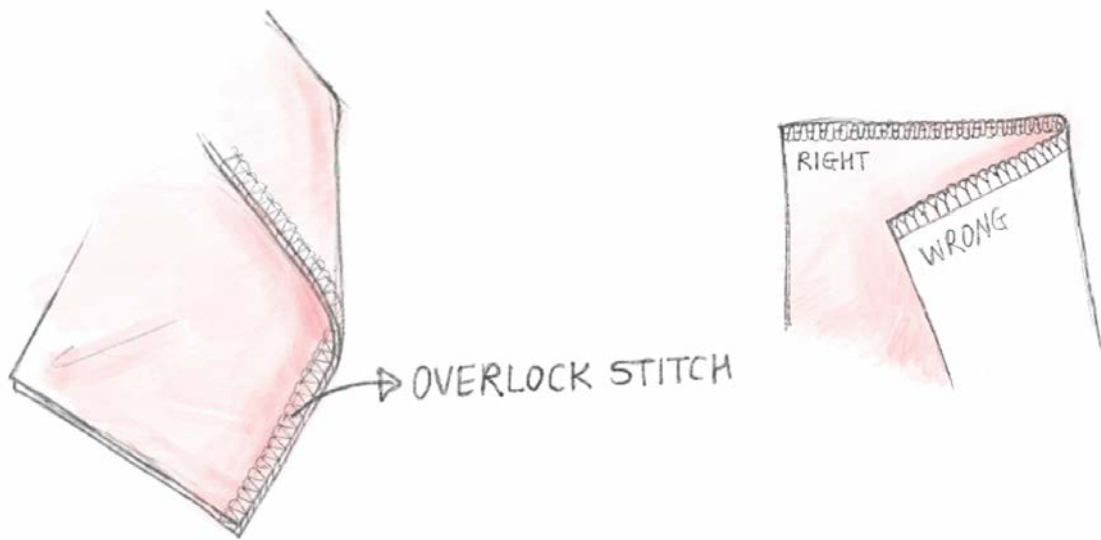
Basting or running stitches are simple hand stitches to use instead of pinning or gathering. Alternatively, you can increase the stitch length and loosen tension on your sewing machine to create a basting look.

Open Seam



Open seams are a technique used to make the seams clean and flat. It can be used for CF, CB, or side seams. Overlock both raw edges first, and then stitch the 2 pieces together to iron the seam open.

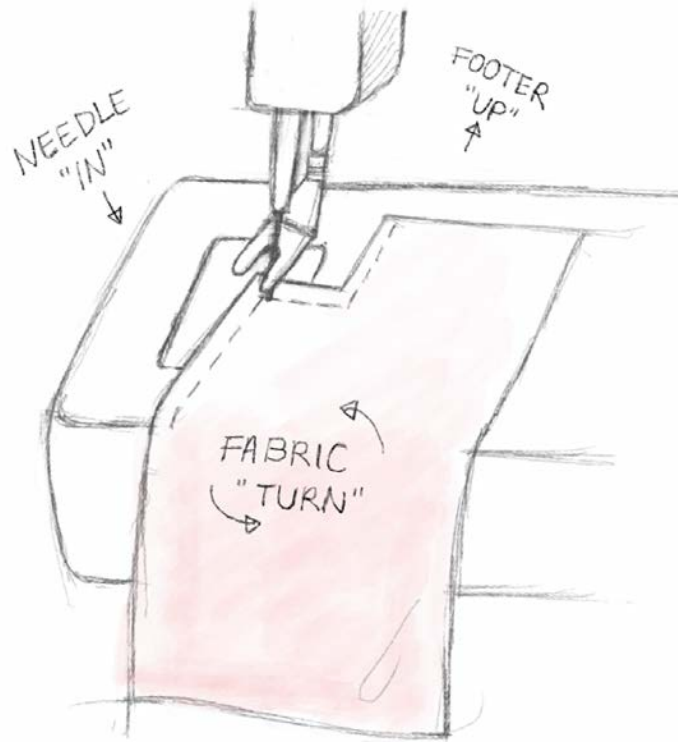
Overlock



Overlock stitches help to bind raw cut edges to prevent from fraying. This technique is mostly accomplished by overlock machine, serger, or your home sewing machine with overlock stitch setting.

Overlock machines have 2 to 3 needles and 2 top threads and lower threads to braid and stitch, which results in a variation of blanket stitch. The knife blade cuts the fabric edge to give a clean overlock stitch.

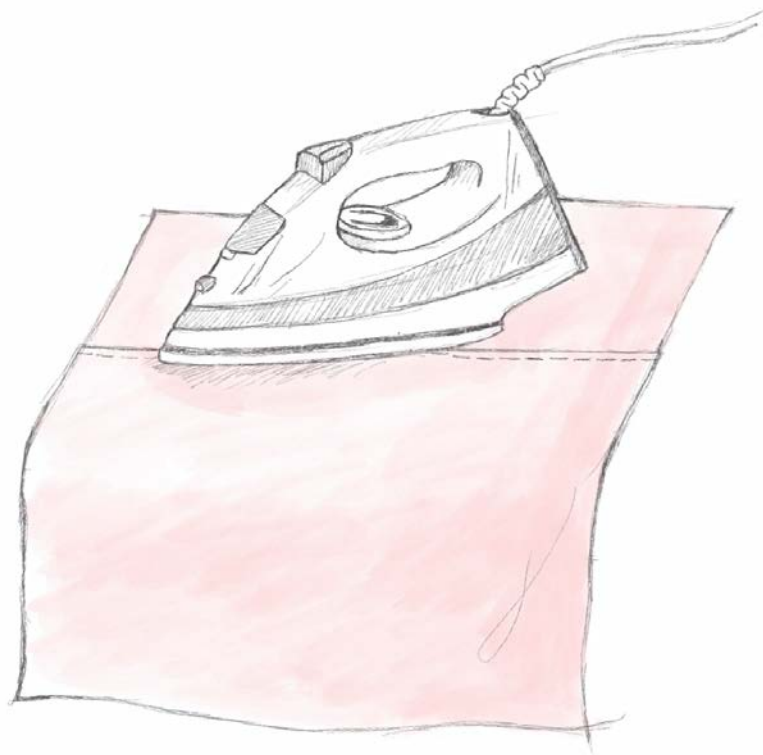
Pivoting



Use the pivoting method when sewing corners or at an angle such as pocket corners, tip of collars, v-neckline, etc.

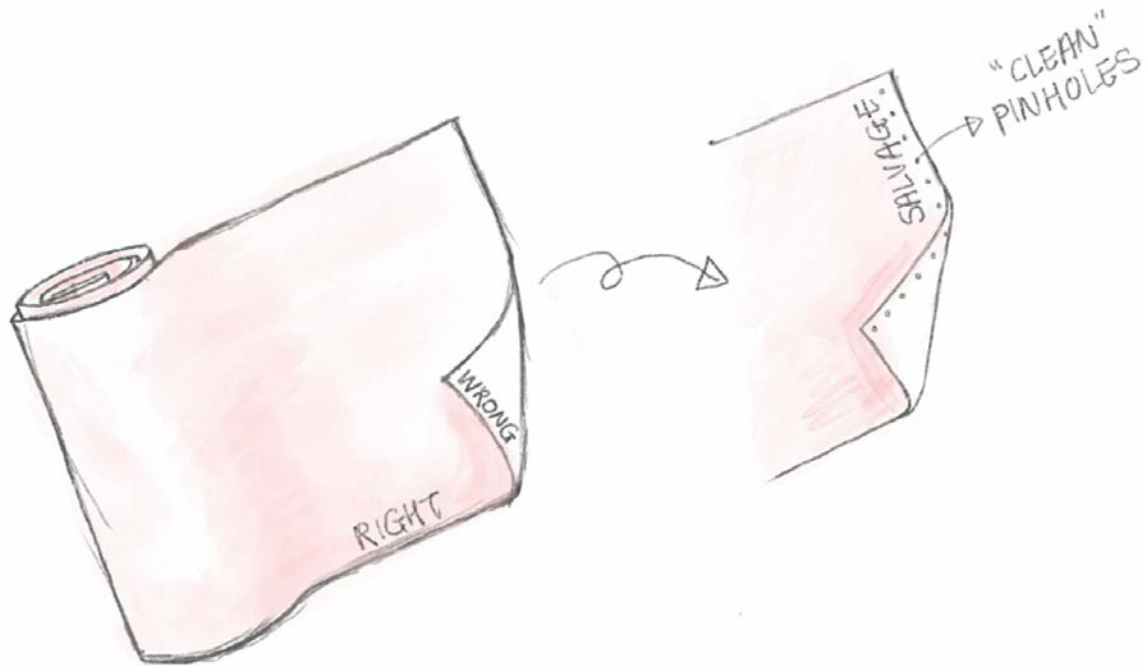
Execute the technique by leaving the needle in the fabric, lift the footer, and then turn the fabric as much as you need. Continue to sew by lowering the footer again, then stitch in the new direction.

Pressing



Steam and iron with pressure after every stitch you make in the garment. Pressing helps to relax the threads and finish the seams cleanly. Be aware to avoid extreme steam on natural fabrics such as cotton and linen due to the risk in shrinkage.

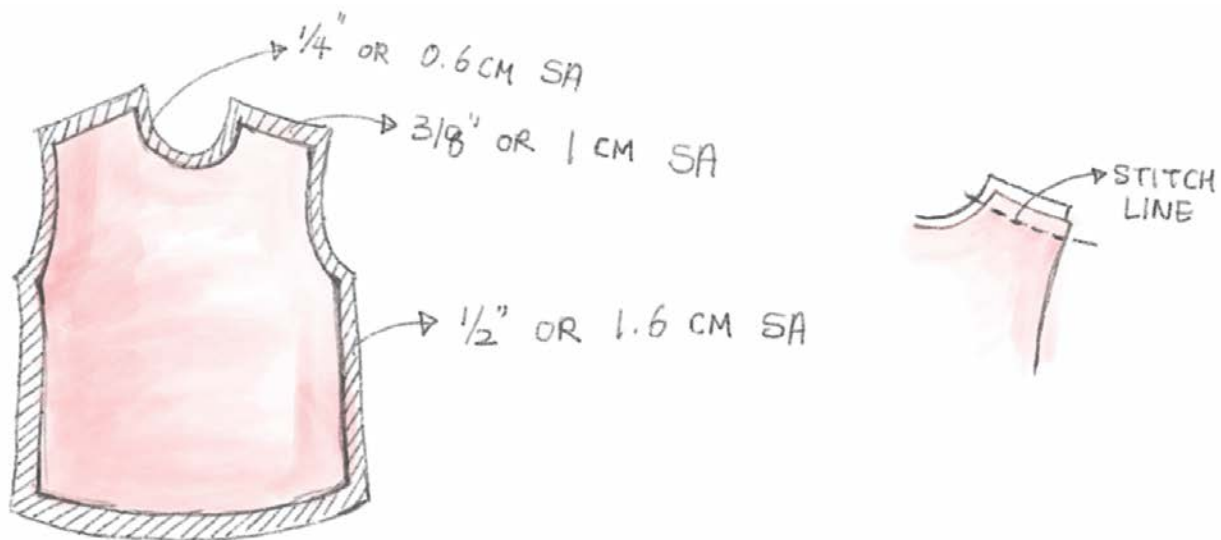
Right side - Wrong side



All fabrics have a right side and wrong side. The right side is mostly worn visibly to the outside whereas the wrong side should be on the inside of the garment. Some fabrics are easy to identify the right or wrong side by sheen or texture, but some might look identical both right and wrong side.

To find out the right and wrong side of the fabric, look for little pinholes along the selvage. The clean side of the holes is the right side.

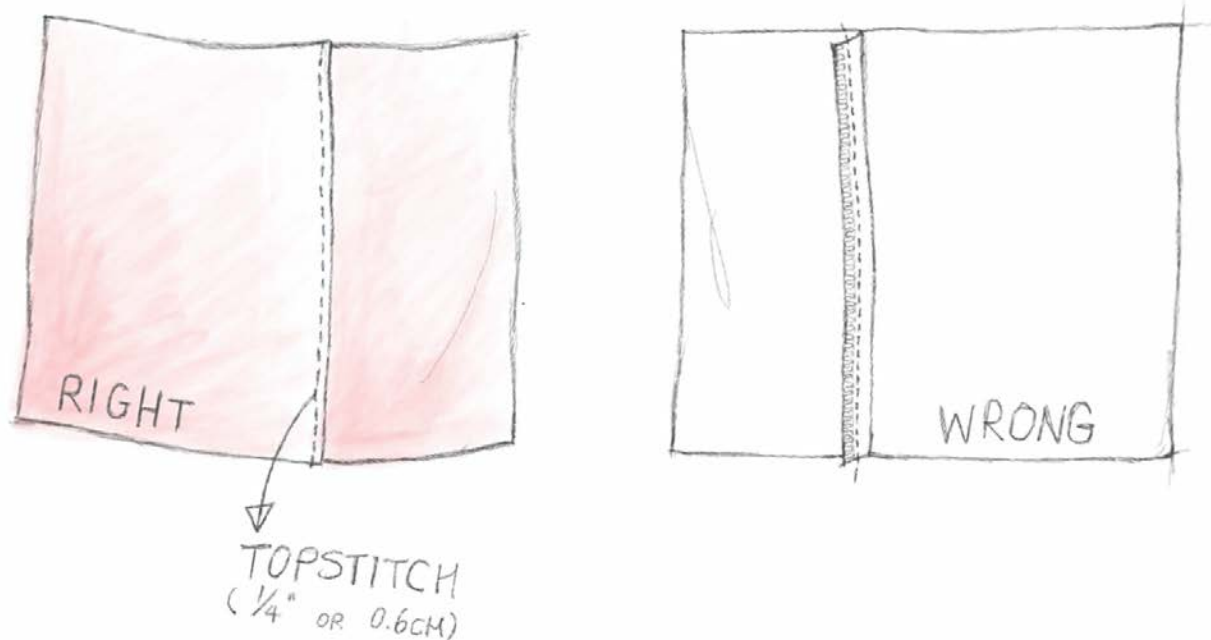
Seam Allowance



The seam allowance or SA is the extra fabric next to the stitch line all around each pattern piece. The additional space allows us to sew everything together.

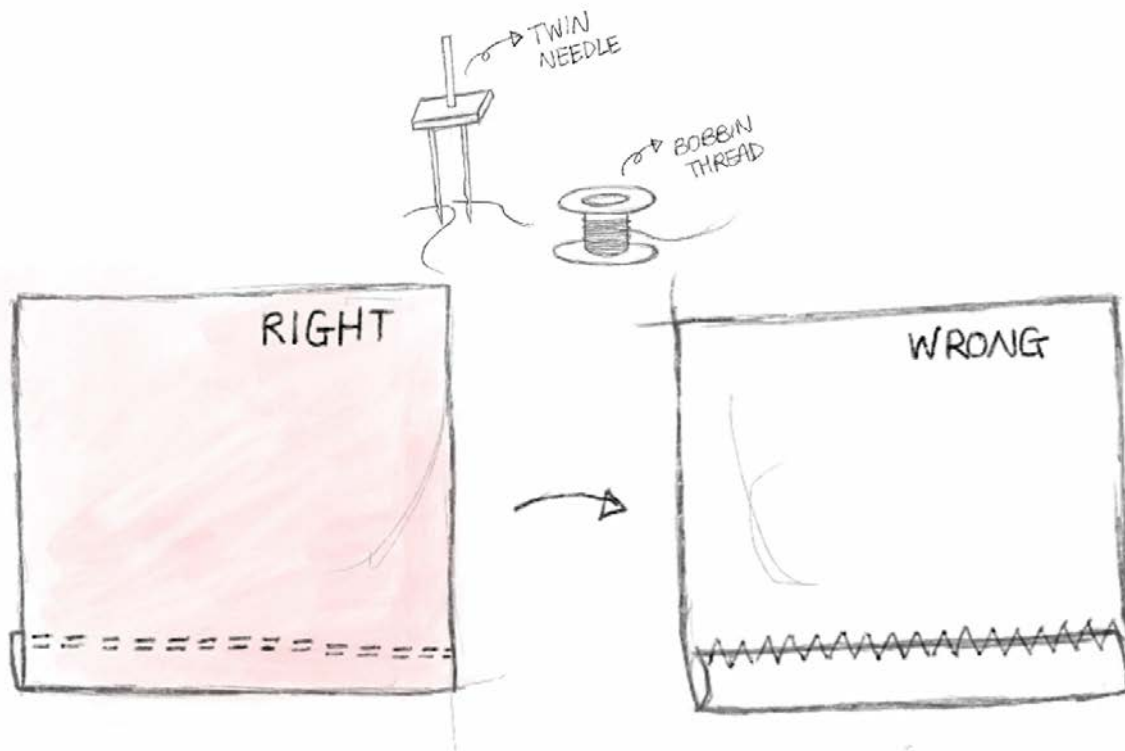
Depending on the seams and styles, the seam allowance is usually ($\frac{1}{4}"$, $\frac{3}{8}"$, $\frac{1}{2}"$) or (.6cm, 1cm or 1.2cm) width. Always refer to the pattern and instruction booklet for accurate seam allowance amount.

Topstitch



The purpose of top stitches are to add strength to the garment. Iron the seam allowance to the side. Straight stitch $\frac{1}{8}$ " or 0.3cm, or $\frac{1}{4}$ " or 0.6cm away from the original seam to sew the right side and seam allowance together.

Twin Needle



Twin needles are used in knit casual or sportswear for clean finishing without needing a double fold hemming method. The 2 top threads and 1 bobbin thread create parallel topstitch on the right side of the fabric and zigzag stitch on the wrong side of the fabric.