



The School of Making



THE JUMPSUIT PATTERN

with shirt, shirt dress, and jumpsuit variations

For use with *Alabama Stitch Book*, *Alabama Studio Style*, *Alabama Studio Sewing + Design*,
Alabama Studio Sewing Patterns, and *The Geometry of Hand-Sewing*

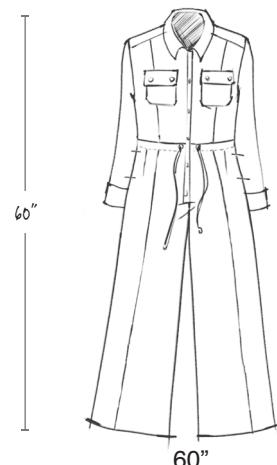
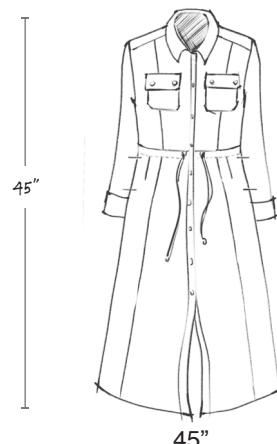
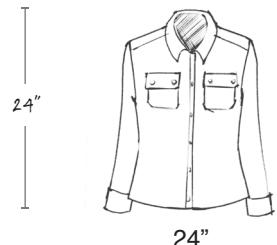
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ABOUT THIS PATTERN

The Jumpsuit pattern, designed to be used in tandem with The School of Making Book Series, is created with a utilitarian design in mind. This garment is included in three variations: shirt, shirt dress, and jumpsuit. The jumpsuit has a fitted bust, snap-up placket, drawstring waistline, and a flowing wide leg. The shirt dress variation is a mid-length fashion, and the shirt is a functional, comfortable snap-up style with a collar. The jumpsuit measures approximately 60" with an inseam of approximately 30", the shirt dress measures approximately 45", and the shirt measures approximately 24".

LENGTH VARIATIONS



PATTERN SIZING

	XS	S	M	L	XL	XXL
Chest	28 – 30"	30 – 32"	32 – 34"	36 – 38"	40 – 42"	44 – 46"
Waist	23 – 24"	25 – 26"	27 – 28"	30 – 32"	33 – 35"	35 – 36"
Hips	32 – 33"	34 – 35"	36 – 37"	38 – 39"	40 – 42"	43 – 44"

APPROXIMATE YARDAGE REQUIRED

VARIATION	SINGLE LAYER	DOUBLE LAYER
Shirt	1.5 yards	3 yards
Shirt Dress	2.5 yards	5 yards
Jumpsuit	3 yards	6 yards

*Yardage measurement taken with fabric folded with the grainline.

*Yardage measurements are for short sleeve variations. Add an additional 1/4 yard per layer for a long sleeve variation of the shirt and shirt dress and an additional 1/2 yard per layer for a long sleeve jumpsuit

TO NOTE BEFORE BEGINNING

All fabric should be pre-washed, dried, and wrinkle free.

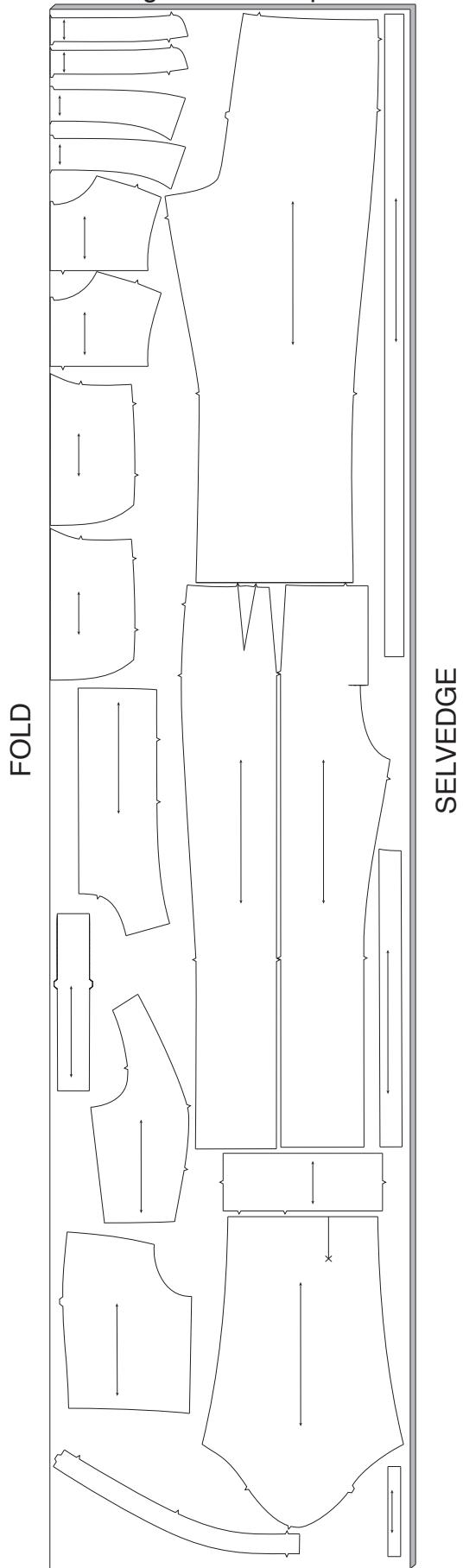
Seam allowance is 1/4" unless otherwise noted.



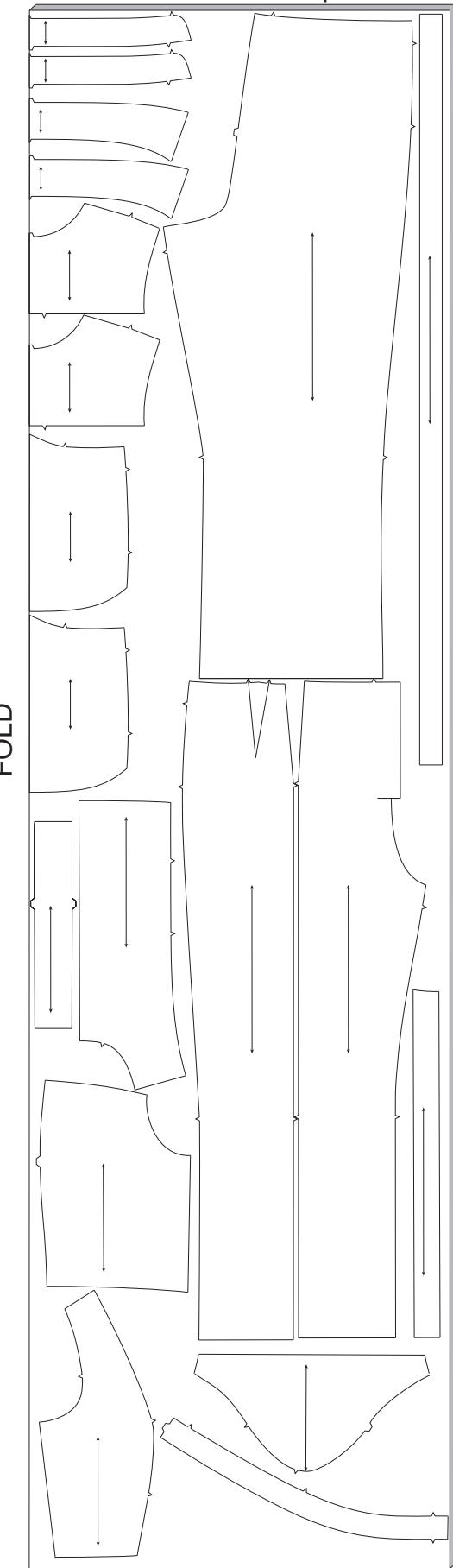
THE JUMPSUIT CUTTING GUIDE

In lieu of Master Pattern

Long Sleeve Jumpsuit



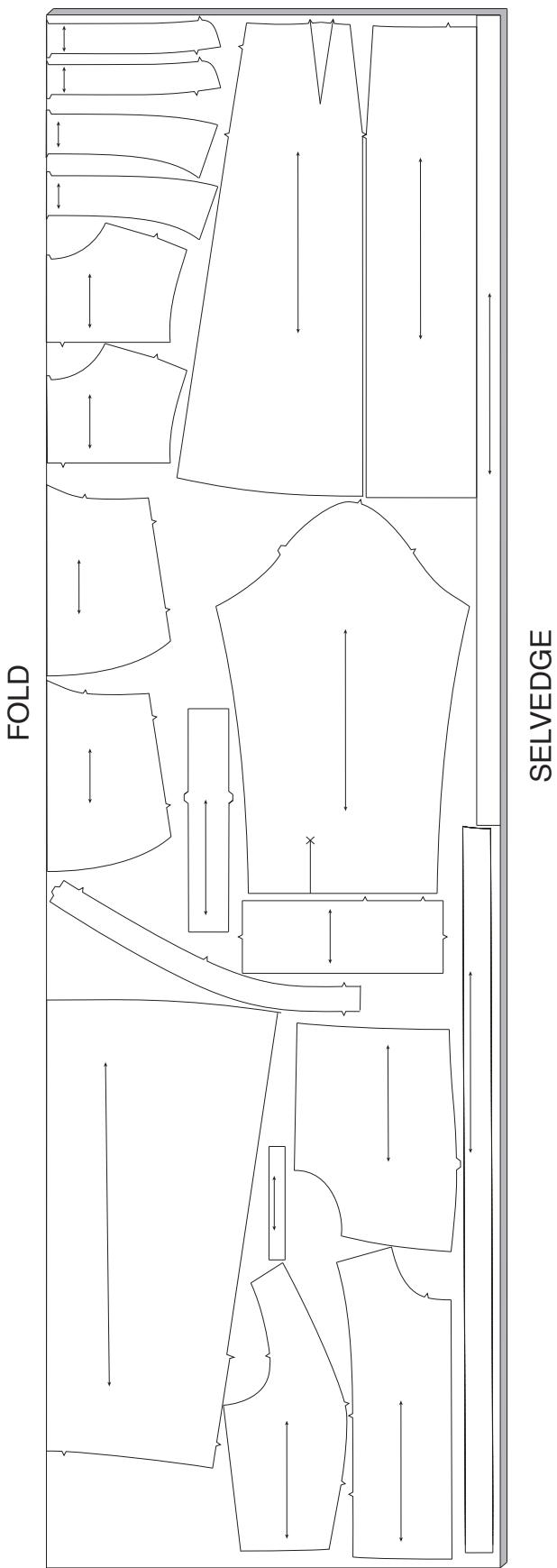
Short Sleeve Jumpsuit



THE SHIRT DRESS CUTTING GUIDE

In lieu of Master Pattern

Long Sleeve Shirt Dress



Short Sleeve Shirt Dress



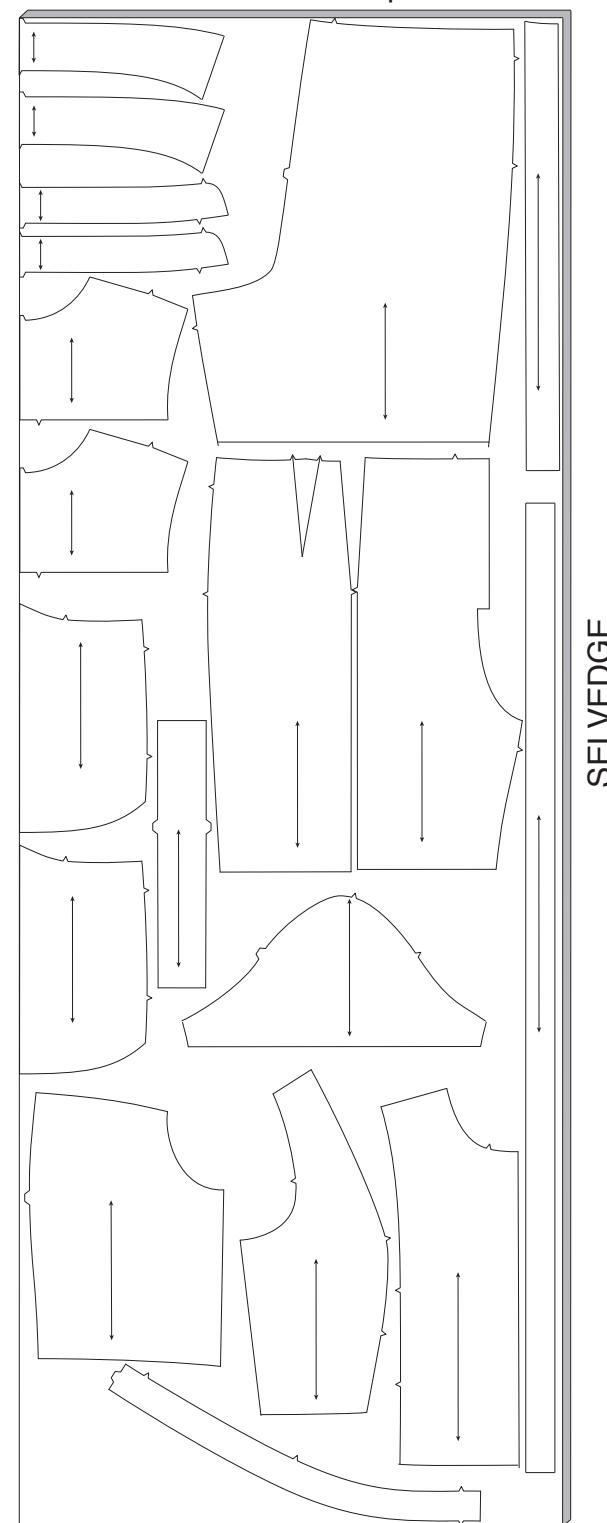
THE SHORT JUMPSUIT CUTTING GUIDE

In lieu of Master Pattern

Long Sleeve Jumpsuit



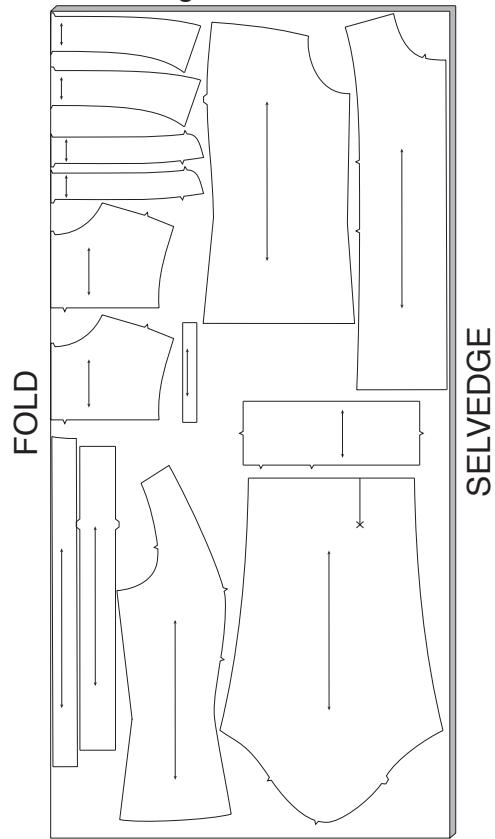
Short Sleeve Jumpsuit



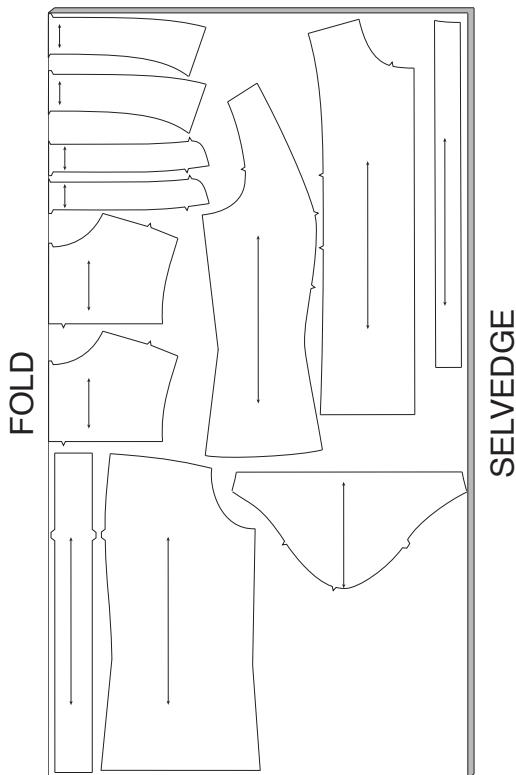
THE SHIRT CUTTING GUIDE

In lieu of Master Pattern

Long Sleeve Shirt



Short Sleeve Shirt



THE JUMPSUIT PATTERN INSTRUCTIONS

SUPPLIES

The Jumpsuit Pattern

60"-wide cotton jersey fabric in one color, for top layer (see chart on page 2 for yardage)
Optional - 60"-wide cotton jersey fabric in one color, for backing layer

Paper scissors

Tape

Garment scissors

Tailor's chalk or disappearing-ink fabric pen

Hand-sewing needle

Button Craft thread

All-purpose thread (for basting)

Pins

#7 Snaps (8 for jumpsuit, 11 for shirt dress, 7 for shirt)

1. CUT THE PATTERN

This garment provides three style variations (The Jumpsuit, The Shirt Dress, The Shirt), five sleeve variations (short without a cuff, three-quarter with or without a cuff, long with or without a cuff), two length variations (short or pant) and six sizes (from XS to XXL). Sleeve options with cuffs may be better suited for more experienced sewers. You may also choose to add patch pockets with our separate pocket pattern. Once you've chosen your pattern variation and size, use your paper scissors to cut out the desired pattern variation. Cut as close to the black line as possible.

2. CUT TOP-LAYER PATTERN PIECES

To prevent the cotton jersey from stretching, lay the fabric flat on your work surface, fold to create two layers, and gently pat the cotton jersey into place with your fingertips.

Find your grain line by locating the vertical lines that run along the length of the fabric's right side. Next, lay your paper pattern pieces on top of your fabric, making sure the pattern's marked grain line runs in the same direction as the fabric's grain line. Trace your pattern pieces with tailor's chalk or a disappearing-ink fabric pen. You may hold or weight the pattern



instead of pinning to prevent skewing the fabric or causing small nicks and holes in your pattern and fabric. Cut just inside of your traced line to remove it entirely.

See the chart below to organize your total number of pattern pieces, top-layer pieces, and backing-layer pieces for double layered garments.

	# pattern pieces	Total # cut top-layer pieces (see details below)	Total # cut back-ing-layer pieces (see details below)	Total # cut Pieces for a dou-ble-layer garment
The Jumpsuit - cuffed sleeve	17	32	21	53
The Shirt Dress - cuffed sleeve	17	31	20	51
The Shirt - cuffed sleeve	11	21	13	34
The Jumpsuit - no cuff	15	28	19	47
The Shirt Dress - no cuff	15	27	18	45
The Shirt - no cuff	9	17	11	28

Pattern Pieces	Unembellished cut	Backing Layer add
The Jumpsuit		
Center Front	2	2
Side Front	2	2
Yoke	2	1
Center Back	1	1
Side Back	2	2
Sleeve	2	2
Center Front Leg	2	2
Side Front Leg	2	2
Back Leg	2	2
Collar Stand	2	0
Collar	2	1
Placket Facing	2	0
Waistband Casing	2	2
Drawstring	1	0
Side Seam Pocket Bag (Optional)	2	0
Sleeve Cuff (Optional)	2	2
Sleeve Placket (Optional)	2	0

The Shirt Dress		
Center Front	2	2
Side Front	2	2
Yoke	2	1
Center Back	1	1
Side Back	2	2
Sleeve	2	2
Center Front Skirt	2	2
Side Front Skirt	2	2
Back Skirt	1	1
Collar Stand	2	0
Collar	2	1
Placket Facing	2	0
Waistband Casing	2	2
Drawstring	1	0
Side Seam Pocket Bag (Optional)	2	0
Sleeve Cuff (Optional)	2	2
Sleeve Placket (Optional)	2	0

The Shirt		
Center Front	2	2
Side Front	2	2
Yoke	2	1
Center Back	1	1
Side Back	2	2
Sleeve	2	2
Collar Stand	2	0
Collar	2	1
Placket Facing	2	0
Sleeve Cuff (Optional)	2	2
Sleeve Placket (Optional)	2	0

3. CUT BACKING-LAYER PATTERN PIECES

Lay out the backing-layer fabric flat, fold to create two layers, and gently pat the cotton jersey into place with your fingertips. Repeat the process in Step 2 to cut 21 backing-layer pieces for The Jumpsuit, 20 pieces for The Shirt Dress, and 13 for The Shirt if you have chosen a sleeve with cuffs. Use your cut front and back top-layer pieces as pattern guides, excluding one collar, collar stands, pocket bags, placket facings, sleeve plackets, drawstring, and one yoke. See the chart above to organize your total number of cut backing-layer pieces.



4. BASTE NECKLINE AND ARMHOLES

To ensure that the neckline and armholes don't stretch while you are constructing your garment, use a single strand of all-purpose thread to baste around the neckline and curved edges of each piece.

5. ADD STENCILING AND/OR EMBROIDERY (OPTIONAL)

If you choose to stencil and/or embroider your project, add your design to the right side of the cut top-layer pieces, and let stenciled images dry thoroughly. You may choose to stencil one layer of your collar. At The School of Making, we generally do not stencil our pocket bags, as they are hidden on the inside of the garment; however, you may choose to stencil both layers, creating a patterned pocket bag.

Add embellishment as desired using our Alabama Studio Book Series for inspiration. If you are adding beads, avoid beading in the 1/4" (6mm) seam allowance.

6. PREPARE FOR CONSTRUCTION

After completing embellishment, choose whether you would like your garment to have inside or outside floating or felled seams (see our Alabama Studio Book Series for more information). Pin the fabric's wrong sides together for seams visible on the outside of the garment; pin with fabric's right sides together for seams that are finished on the inside of the garment. If you choose to make your garment with outside floating or felled seams, trim off all exposed notches before felling your garment's seams.

When pinning knit seams for construction, it is important to follow a method we call "pinning the middle." With right sides together for inside seams and wrong sides together for outside seams, start by pinning the top of your seam, and follow by pinning the bottom. After pinning both top and bottom, place one pin in the middle, between the two initial pins. Continue by pinning

in the middle of each set of pins until your seam is securely pinned and ready to sew.

Unless otherwise noted, all of our garment patterns use a 1/4" (6mm) seam allowance.

7. STITCH CENTER AND SIDE FRONT SEAMS

See page 19 of this document for basic sewing instructions or reference our Alabama Studio Book Series for more in-depth instruction.

With right sides together and raw edges aligned (or wrong sides together if you have chosen outside seams), pin one center and one side front piece together, matching notches. Thread your needle, love your thread, and knot off. Using a straight stitch and stitching 1/4" (6mm) from the fabric's cut edges, sew the center front and side front pieces together starting at the neckline and working towards the bottom of the garment, checking your thread tension as you work. Be sure to begin and end your seam by wrap-stitching its edges to secure.

Repeat for the second set of center and side front pieces.

If desired, fell each seam towards the side seam of your garment by folding over the seam allowances and topstitching them 1/8" (3mm) from the cut edges down the center, using a straight stitch and wrap-stitching the seam. If you choose to make your garment with outside floating or felled seams, trim off all exposed notches before felling your garment's seams.

Repeat this process for the second set of center and side front pieces, completing your top front panels.

8. STITCH CENTER AND SIDE BACK SEAMS

With right sides together and raw edges aligned (or wrong sides together if you have chosen outside seams), pin one center and side back piece together, matching notches. Thread your



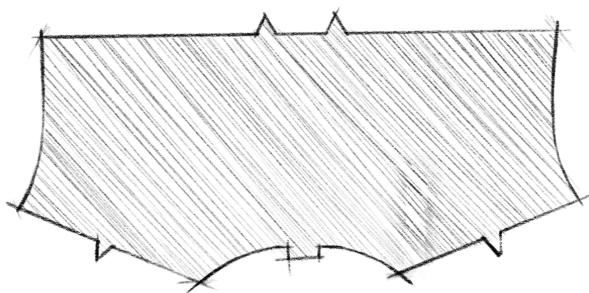
needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the center back and side back pieces together starting at the yoke and working towards the bottom of the garment, checking your thread tension as you work. Be sure to begin and end your seam by wrap-stitching its edges to secure.

Repeat the process for the second side back piece to complete your top back panel.

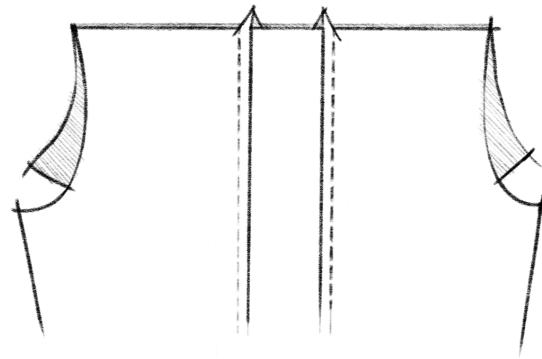
If you have chosen to fell your garment's seams, fold the fabric toward the side seam and topstitch them $1/8"$ (3mm) from the cut edges down the center of the seam allowances, using a straight stitch and wrap-stitching the seam. If you choose to make your garment with outside floating or felled seams, trim off all exposed notches before felling your garment's seams.

9. ATTACH AND CLEAN FINISH YOKE TO TOP BACK

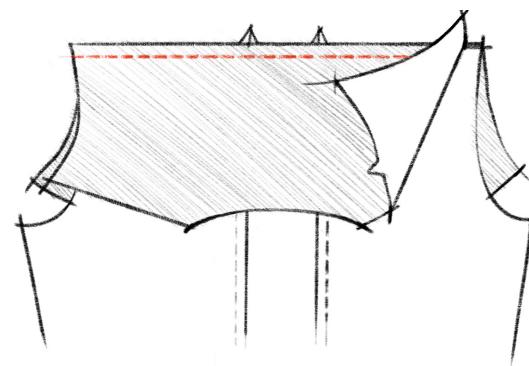
If you choose to embroider your garment, your outside yoke will be embellished and made from a top and backing layer; your inside yoke will not be embellished. To clean finish your yoke, begin by placing the inside yoke right side down on a flat surface.



Align the top back panel (that you made in step 8) on top of the inside yoke with the right side up, matching the yoke's notches to the seams of the top back.



With the right side down, align your outside yoke on top of the inside yoke and top back panel, matching the notches. With all three pieces aligned, pin them into place, making sure to pin through all three layers.

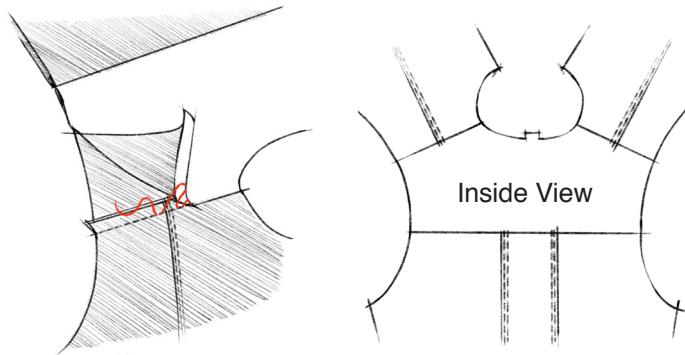
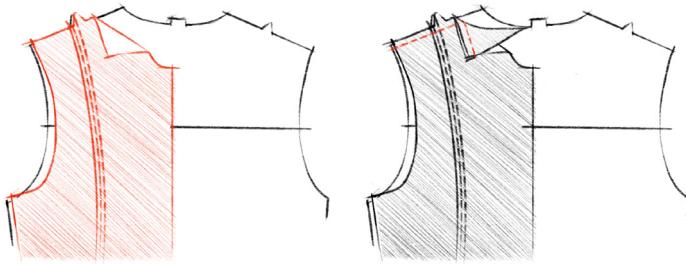


Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the three layers of the yoke and top back to join. Begin and end your seam by wrap-stitching its edges to secure.

Fold your two yokes open to sandwich the seam between the two layers. Press gently into place using a scrap of fabric as pressing cloth.

10. ATTACH AND CLEAN FINISH YOKE TO TOP FRONT PANELS TO SEW SHOULDER SEAMS

Place your completed top back on a flat surface with the fabric's right side facing up. At the shoulder, align one side of the top front panel (that you made in step 7) with the top back. Place right sides of the fabrics together and match the notch with the seam of the top front. Pin the top front panel to the outside yoke and leave the inside yoke loose.



Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the outside yoke and top front to join. Be sure to begin and end your seam by wrap-stitching its edges to secure.

Repeat the process above to connect the second top front panel.

Press a $1/4"$ (6mm) seam allowance on the top edge of your inside (loose) yoke piece. Pin this into place (see step 3 above) and blind stitch the inside yoke to the seams you've just completed.

Your yoke is now connected to your top back and front pieces.

11. ADD SLEEVES TO ARMHOLES

This pattern has several sleeve variations: short (without a cuff), three-quarter (with or without a cuff), and long (with or without a cuff).

The sleeve patterns with cuffs have several additional steps in Section 13 and are intended for more advanced sewers.

Add sleeves to your garment by pinning your unconstructed sleeve pieces to the armholes, with the right sides together for inside seams (or wrong sides together if you have chosen outside seams) and matching the notches and the sleeve's edges with the edges of the front and back of the garment. Pin together sleeve and garment pieces securely, working in excess fabric with pins as you go. Using a straight stitch, sew the pinned pieces together at the armhole, wrap stitching the seam. Based on your design choices, you can leave the seam floating or fold the seam allowances toward the sleeve and fell them down the center.

12. CONSTRUCT TOP SIDE SEAMS AND SLEEVES

With right sides together for inside seams (or wrong sides together if you have chosen outside seams), pin together the front, back, and sleeves at the side seams. Thread your needle, love your thread, and knot off. Using a straight stitch, sew the pinned pieces together, starting at the bottom edge of the top and sew the side and sleeve seams in one continuous pass, stitching $1/4"$ (6mm) from the fabric's cut edges. Be sure to begin and end your seam by wrap-stitching its edges to secure them.

If desired, fell each seam of the garment by folding over the seam allowances to the back of the garment and topstitching $1/8"$ (3mm) from the cut edges, down the center of the seam allowances, using a straight stitch and wrap-stitching the seam. If you choose to make your garment with outside floating or felled seams, trim off all exposed notches before felling your garment's seams.

13. (OPTIONAL FOR ADVANCED SEWERS) SEW SLEEVE CUFF

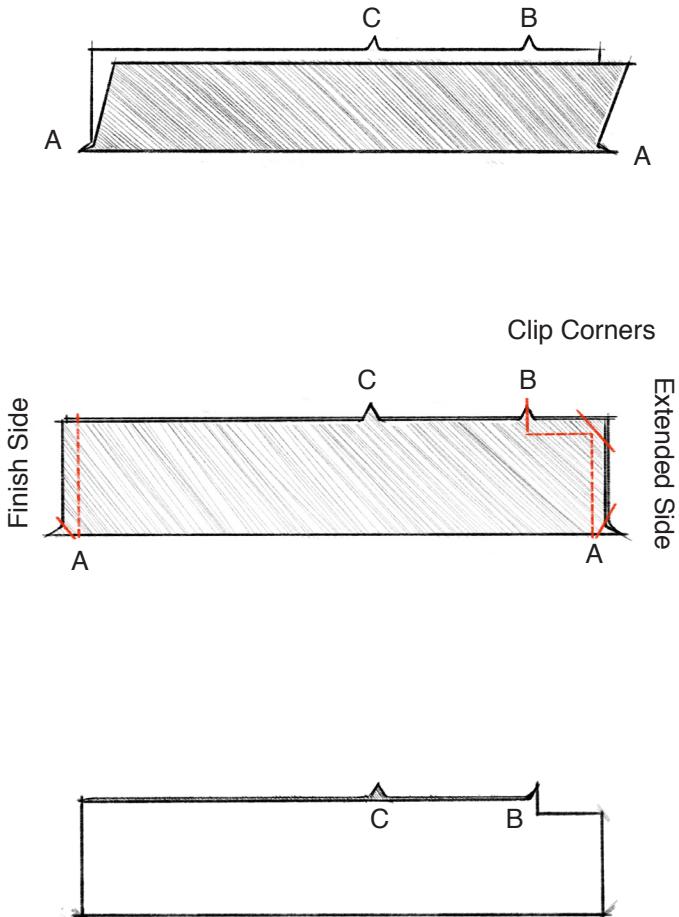
If you have chosen to use the sleeve without the cuff, skip to Step 14.

For those who have opted to add cuffs to their sleeves, fold one cuff in half at the notch labeled



"A" with the right sides of the fabric together and pin into place. Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the short end of the cuff on the edge closest to the notch labeled "B" by starting at the folded edge and pivoting at the corner to work around to the center of notch "B". This creates the end of the cuff that will be the extended overlap in the next step.

Sew the other short end of the cuff starting at the folded edge and ending at the cut edge, creating the end of the cuff that will be flush with the placket in the next step.



Clip the corners, staying at least $1/16"$ (1.5mm) away from your stitching line, and clip through the center of notch "B" keeping at least $1/16"$ (1.5mm) away from your stitching line. Press the seams open gently and turn the cuff so that the fabric's right side is on the outside of the finished cuff. Press the cuff into place. You may choose to add an optional top stitch around the edges of your cuff at $1/16"$ (1.5mm) from the finished edges.

Repeat for the second cuff.

13A. (OPTIONAL FOR ADVANCED SEWERS) ADD SLEEVE PLACKET TO ARM SLASH (ONLY FOR USE WITH SLEEVE CUFF)

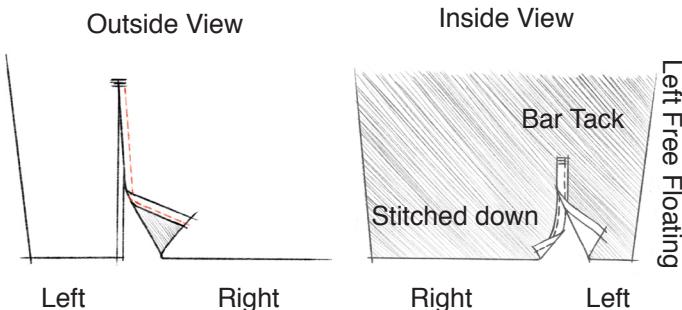
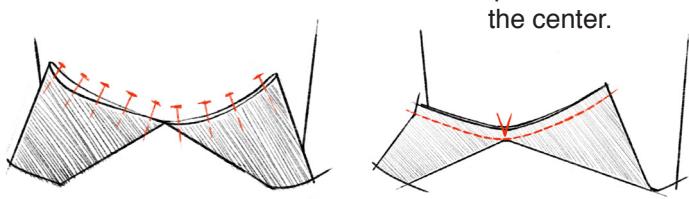
If you have chosen to use the sleeve without the cuff, skip to Step 14.

Fold one of the cut sleeve placket pieces in half with the wrong sides of the fabric together and press gently. Pin the $1/2"$ finished binding into place on the right side of the fabric around the slash at the sleeve hem. Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/8"$ (3mm) from the cut edge and through all three layers, sew around the opening from hem-to-hem.

The following instructions are for the right sleeve. Instructions will be opposite for the left sleeve.

Clip the seam allowance at the uppermost part of the sleeve slash, making sure to stay at least $1/16"$ (1.5mm) from your stitched seam. Turn the front seam allowance on the right side to the inside of your garment and press gently (see illustration below). Fell this seam allowance by stitching down the folded right side placket $1/16"$ (1.5mm) from the edge. The back seam allowance will be left floating to create an overlap (see illustration below). At the apex of the slash, add 3 whip stitches very close together to create a bar tack, securing the placket.





Reverse and repeat this step to complete the opposite sleeve.

13B. (OPTIONAL FOR ADVANCED SEWERS) ATTACH CUFF TO SLEEVE

If you have chosen to use the sleeve without the cuff, skip to Step 14.

To add the finished cuff to the sleeve, first find the extended side of the cuff created in step 13. The flush end of the cuff will be aligned with the felled—or front—side of the placket.

With right sides of the fabric together and notches aligned, match one layer of the finished cuff with the raw edged hem of the sleeve and pin into place. Match the opposite overlapped end of the cuff with the other side of the placket and pin into place. Matching all notches, secure the rest of the cuff into place by pinning the middle (see page 8) to ease in any excess fabric.

Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, stitch the cuff to the sleeve hem.

Turn the bottom edge of the inside layer of the cuff under $1/4"$ (6mm), press, and secure into place by pinning the middle (see step 6) to ease in any excess fabric. Stitching through all layers of the cuff, topstitch the cuff closed to complete this sleeve detail.

Repeat for the other sleeve.

14. CONSTRUCT SIDE FRONT AND CENTER FRONT LEG

If you are sewing The Shirt Dress, skip to the instructions beginning on page 18. If you are sewing The Shirt, skip to the instructions beginning on page 19.

For those making The Jumpsuit, using your pattern and a disappearing ink pen or chalk, mark the wrong side of your fabric with the dart on one of the side front leg pieces. Thread your needle, love your thread, and knot off. Using a straight stitch, stitch the dart from the raw edge at pant top to the point.

Repeat for second side front leg piece.

Gently press the finished darts and seam allowances towards the side seam of the garment.

With right sides together and raw edges aligned (or wrong sides together if you have chosen outside seams), pin one of your side front leg pieces to one center front leg, matching the notches. Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the pinned side front leg and center front leg pieces together starting at the waist and working towards the bottom of the garment, checking your thread tension as you work. Be sure to begin and end your seam by wrap-stitching its edges to secure.

Repeat for the second set of side front leg and center front leg pieces.

If desired, fell each seam towards the side seam of your garment by folding over the seam allowances and topstitching them $1/8"$ (3mm) from the cut edges down the center of the seam allowances, using a straight stitch and wrap-stitching the seam. If you choose to make your garment with outside floating or felled seams, trim off all exposed notches before felling your garment's seams.

15. CONSTRUCT BACK CROTCH

With right sides together and notches aligned (or wrong sides together if you have chosen outside seams), pin your back leg pieces at the crotch, matching the notches. Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the pieces together starting at the waist and working towards the bottom of the garment, checking your thread tension as you work. Be sure to begin and end your seam by wrap-stitching its edges to secure.

Fell this seam (if desired) towards the right side seam of your garment by folding over the seam allowances and topstitching them $1/8"$ (3mm) from the cut edges, down the center of the seam allowances, using a straight stitch and wrap-stitching the seam. If you choose to make your garment with outside floating or felled seams, trim off all exposed notches before felling your garment's seams.

16. ADD SIDE-SEAM POCKETS (OPTIONAL)

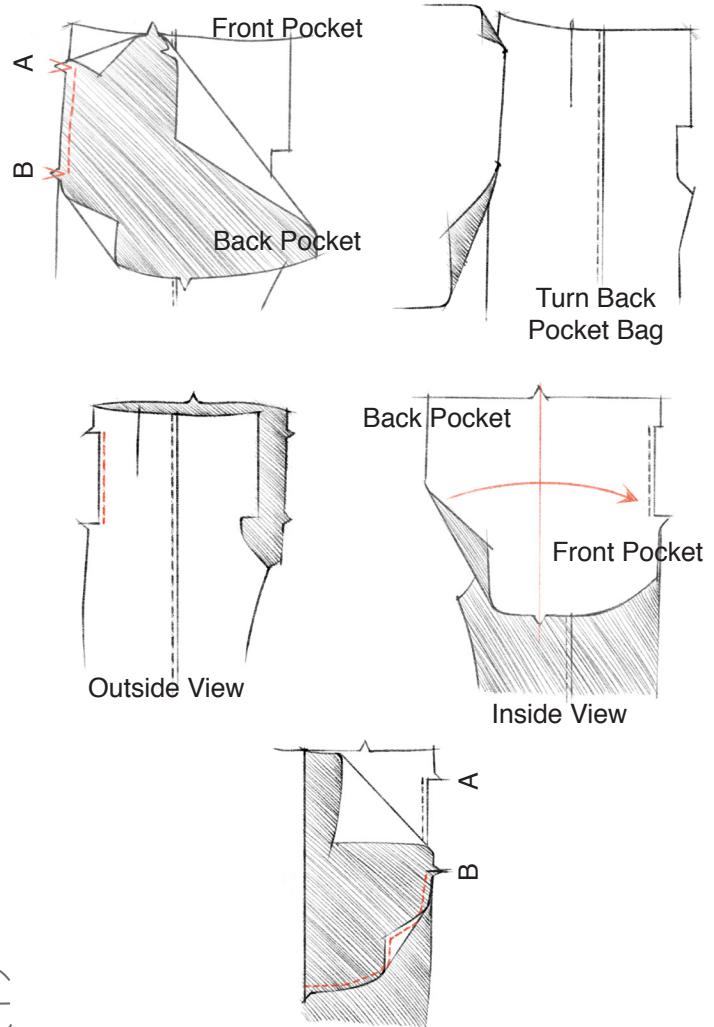
This pattern includes an optional side-seam pocket. The Jumpsuit and The Shirt Dress can be made with or without side-seam and/or patch pockets. You will set this pocket in each side-seam panel and attach it before pinning the front panels to the back panels.

You will need two side-seam pockets from your pattern piece, one for each side. Pin the front of each side-seam pocket to each of the side front panels with right sides together and notches

aligned. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, attach the pocket piece by sewing between notches A and B to each front side leg. Clip a straight line through the notches at A and B (see illustration), stopping $1/16"$ (1.5mm) away from the edge.

Fold back each side and press gently. Topstitch the front pocket opening $1/8"$ (3mm) away from the edge. Fold the back side of the pocket bag (noted on pattern piece) over the front side of your pocket bag on the fold line at notch C (noted on pattern piece) and pin into place. Thread your needle, love your thread, and knot off. Sew the bottom of the pocket bag, pivoting at the corner and continuing up the side to notch B. Your pockets are now attached to your two front panels.

Once the pockets are attached to the front panels, continue on to the next step of sewing the side seams.



17. SEW SIDE SEAMS

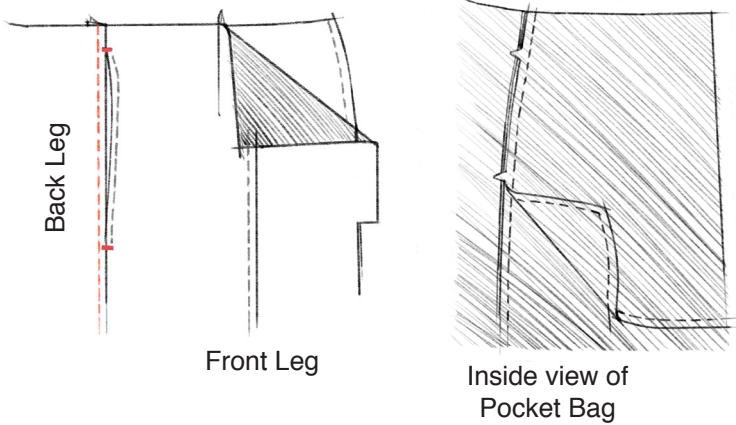
See page 19 of this document for basic sewing instructions or reference our Alabama Studio Book Series for more in-depth instruction.

With right sides together and notches aligned (or wrong sides together if you have chosen outside seams), align and pin the side front leg to the back leg panel, pinning around the side-seam pockets.

Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the pieces together starting at the waist and working toward the bottom of the garment. You will catch the back side of the pocket bag in the seam; be careful not to catch the front pocket opening. Leave the bottom of the pocket bag loose. Be sure to check your thread tension as you work, making sure to begin and end your seam by wrap-stitching its edges to secure.

Repeat this process with the other side.

Using a straight stitch, fell the side seams (if desired) towards the back of the garment by folding over the seam allowances to one side and topstitching them $1/8"$ (3mm) from the cut edges and down the center of the seam allowances, avoiding the pocket opening but catching the seam allowance of the back pocket. Reinforce the stress points at the pocket opening by securing them with tacking stitches.



Fold the pocket bag towards the side front leg, align the top raw edges and notch with the dart, and baste into place with an all-purpose thread.

18. CONSTRUCT AND ATTACH WAISTBAND CASING

With the right sides together and notches aligned, pin your waistband casing at center back, matching the notches. Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the pieces together. Fell this seam to the right side.

Turn back the center front edges of the waistband casing at the notch and press gently, using an all-purpose thread to baste into place.

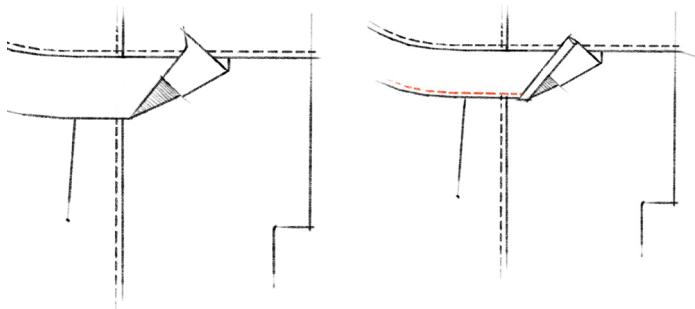
Align the notches at the center back, side seam, and turn back edge, and pin the waistband casing to the top edge of the pants with the wrong side of the casing fabric on the right side of the pant fabric. Baste together at the waist using an all-purpose thread.

19. ATTACH GARMENT TOP TO BOTTOM

With right sides together and seams aligned (or wrong sides together if you have chosen outside seams), pin your garment top to the garment bottom and basted casing, matching the side seams, princess seams, and notches. Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the pieces together starting on one side and working all the way around the waist, checking your thread tension as you work. Be sure to begin and end your seam by wrap-stitching its edges to secure.

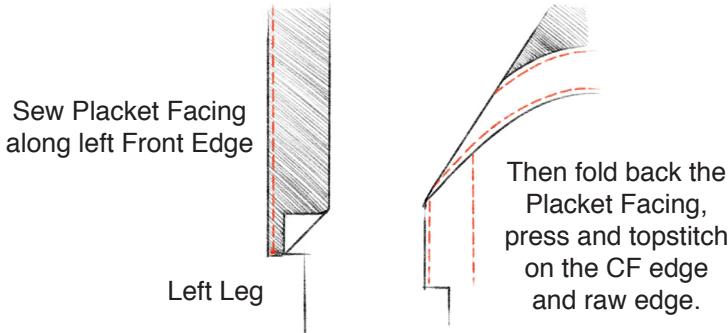
Finish your waistband casing by turning the loose bottom edge up $1/4"$ (6mm), pressing into place, and stitching down $1/8"$ (3mm) from the turned edge using a straight stitch. Continue all the way around the casing's loose edge to secure to the garment bottom.





20. ATTACH LEFT PLACKET AND SEW FRONT CROTCH

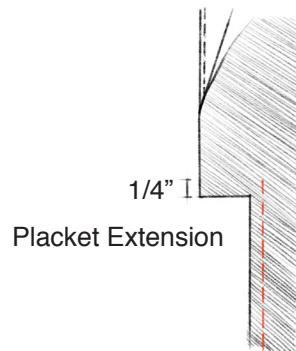
Starting on the left side of the garment with right sides together (or wrong sides together if you have chosen outside seams), pin your placket facing to the left front of your garment from the neckline down to the pant, keeping the bottom edge loose. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the pieces together starting at the neckline and working towards the bottom of the facing. Be sure to begin and end your seam by wrap-stitching its edges to secure.



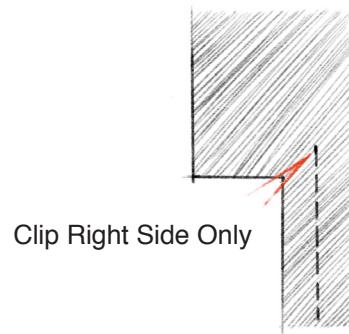
Fold back the placket facing and press gently into place. Topstitch the folded placket facing into place by sewing $1/8"$ (3mm) from the clean finished edge and $1/4"$ (6mm) from the raw edge (see illustration above). Baste together at the neck using an all-purpose thread.

Pin your left and right front crotch (see label on pattern piece) with right sides together (or wrong sides together if you have chosen outside seams), ending at the placket facing. Starting at the bottom, sew the front crotch using a straight

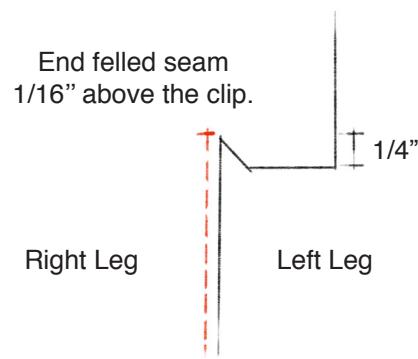
stitch $1/4"$ (6mm) from the fabric's cut edges, working your way up and ending your stitch $1/4"$ (6mm) above the placket extension (see illustration below). Check your thread tension as you work and be sure to begin and end your seam by wrap-stitching its edges to secure.



Clip the right side of the fabric at a 45-degree angle from the corner of the placket extension to $1/16"$ (1.5mm) away from the stitch line (see illustration below).

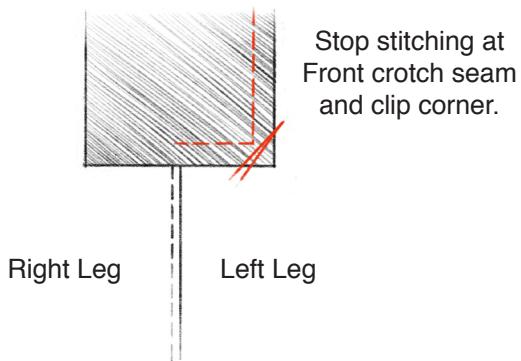


Fell the front crotch seam (if desired) towards the right leg of your pant by folding over the seam allowances and topstitching them $1/8"$ (3mm) from the edge and up the center of the seam allowance, stopping at the clip.



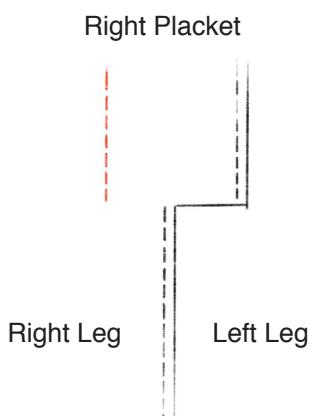
21. SEW RIGHT FRONT PLACKET

Pin your remaining placket facing piece, including the bottom edge, to the right center front of your garment with the right sides of the fabric together (or wrong sides of the fabric together if you have chosen outside seams). Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the pieces together starting at the neckline and working towards the bottom of the placket facing. Pivot $1/4"$ (6mm) from the bottom left corner and continue stitching across the bottom, stopping at your crotch seam.



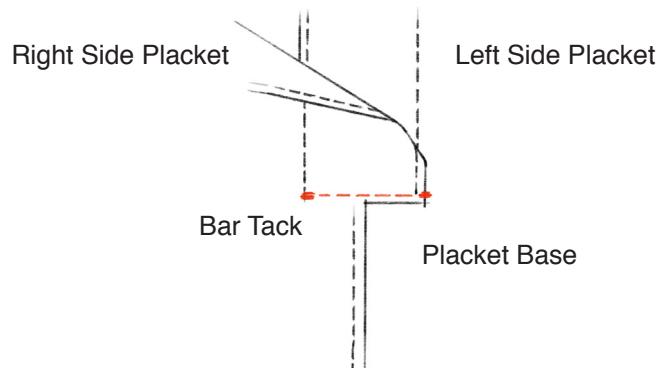
Clip the placket corner, keeping at least $1/16"$ (1.5mm) away from your stitching line.

Turn the finished placket and press gently using a pressing cloth. Pin into place and secure the folded placket by topstitching $1/8"$ (3mm) from the finished front edge and $1/4"$ (6mm) from raw edge of your facing (see illustration below).



22. JOIN RIGHT AND LEFT PLACKETS AT BASE

With the right side of the placket layered on top of the left side, pin the layers together at the base and topstitch through all layers at the bottom between the two topstitched seams in the step above. At each end of this stitched seam, add 3 whip stitches very close together to create a bar tack, securing the placket on both sides.



23. SEW INSEAM OF PANTS

With right sides together, pin the front and back leg together at the inseam, aligning raw edges and matching the notches. Starting at the hem of one leg, stitch $1/4"$ (6mm) from the cut edge towards the crotch then down the other leg, adjusting the tension as you work. Make sure to begin and end your seam by wrap-stitching its edges to secure.

Fell each seam (if desired) towards the back of your garment by folding over the seam allowances and topstitching them $1/8"$ (3mm) from the cut edges, down the center of the seam allowances, using a straight stitch and wrap-stitching the seam. If you choose to make your garment with outside floating or felled seams, trim off all exposed notches before felling your garment's seams.

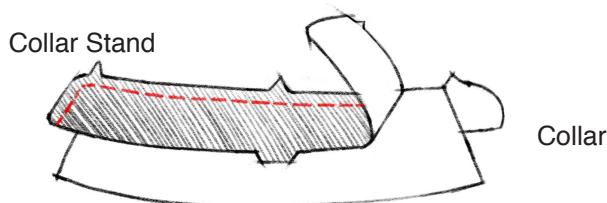
24. SEW COLLAR

With right sides together, pin the two collar pieces together, aligning raw edges and matching notches. Stitch the collar sides and collar top (longest curved edge) together using a $1/4"$ (6mm) seam allowance. Once complete, trim the



corners and turn collar inside out so that the right side of the fabric is on the outside of the collar.

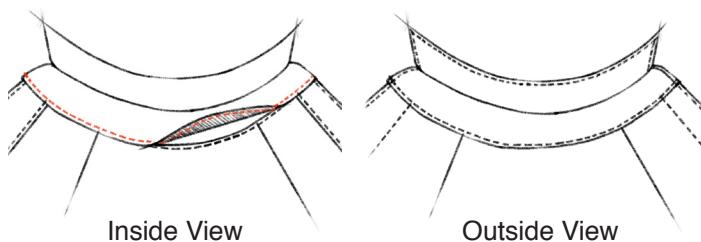
Lay the first piece of the collar stand (this will be on the inside of the garment) down on a flat surface with the right side up. Lay the completed collar on the inside collar stand with right sides together and matching the notches. Lay the outside piece of your collar stand right side down on the completed collar. Pin around the top of the collar stand, sandwiching the collar between the inside and outside collar stands, making sure the collar ends at the notches on the collar stand. Stitch $1/4"$ (6mm) from the cut edge from notch to notch, making sure to begin and end your seam by wrap stitching its edges to secure it. Once stitched, turn the collar stand out and press so the completed collar is clean finished between the two collar stands.



Pin a single layer of the collar stand into the back neck, matching the notches and making sure that the center back of the garment is aligned with the center back of the collar. Thread your needle, love your thread, and knot off. Using a straight stitch, sew the pinned pieces together, stitching $1/4"$ (6mm) from the fabric's cut edges.

Turn the top layer of the collar stand up $1/4"$ (6mm) and press the entire collar and collar stand together gently. Baste the top layer of the collar stand into place, easing in any excess fabric. Thread your needle, love your thread, and knot off. Using a straight stitch, sew $1/8"$ (3mm) from the edge of both the inner and outer layers, sewing all the way through and securing the collar stand in place. Press the edges of the collar and collar stand using a pressing cloth. This flattens the seam allowances, making it easier to

topstitch your collar. Topstitch $1/8"$ (3mm) from the side and top edges around the edge of the collar stand and the collar, if desired.



25. ADD DRAWSTRING TIE

Pull the ends of your cut drawstring, which will cause the edges to roll towards the center. Attach a large safety pin to one end of your drawstring and insert the safety pin and drawstring into the drawstring opening of your waistband. Use the safety pin to push the drawstring through the waistband until you've reached the other opening. Remove the safety pin. Your drawstring is now in place.

26. APPLY SNAPS

You will need 8 snaps for The Jumpsuit variation, plus an additional 2 snaps for sleeve cuffs, if you've chosen sleeves with cuffs.

Place the male snap on the right side and the female snap on the left side when looking at your garment. Using the center of the snap for measurements, line your first snap directly with the waistline casing $1/2"$ (12mm) from the side edge of the garment's center front. Add two more snaps $1/2"$ (12mm) from snap center and side edge of the garment's center front, evenly spaced from each other to the bottom of the placket. The snaps will be approximately $2\frac{1}{2}"$ (64mm) apart.

Stitch a snap on the collar stand and apply four snaps between the collar stand and waistline, distributing evenly, keeping snaps $1/2"$ (12mm) from the side edge of the garment's center front. These will be approximately $3"$ (76mm) apart.



If you have chosen to add cuffs to your garment, add one set of snaps to each of the cuffs, centering between the cuff edges. Apply the male snap on the side of the cuff with the overlap.

THE SHIRT DRESS INSTRUCTIONS

1. Follow Steps 7 – 12 of The Jumpsuit to construct the body of The Shirt through to a fluted sleeve, or 7 – 13 for a cuffed sleeve of The Jumpsuit to construct the bodice.

2. CONSTRUCT SIDE FRONT AND CENTER FRONT SKIRT OF SHIRT DRESS

Using your pattern and a disappearing ink pen or chalk, mark your fabric on the wrong side with the dart on one of the side front skirt pieces. Thread your needle, love your thread, and knot off. Using a straight stitch, stitch the dart from the raw edge at skirt top to the point of the dart that is marked on the pattern.

Repeat for second side front skirt piece.

Gently press the finished darts and seam allowances towards the side seam of the garment.

With right sides together and raw edges aligned (or wrong sides together if you have chosen outside seams), pin one of your side front skirt pieces to center front skirt, matching the notches. Thread your needle, love your thread, and knot off. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the pinned side front skirt and center front skirt pieces together, starting at the waist and working towards the bottom of the garment, checking your thread tension as you work. Make sure to begin and end your seam by wrap-stitching its edges to secure.

Repeat for the second set of side front skirt and center front skirt pieces.

Fell each seam (if desired) towards the side seam of your garment by folding over the seam allowances and topstitching them $1/8"$ (3mm) from the cut edges, down the center of the seam allowances, using a straight stitch and wrap-stitching the seam. If you choose to make your garment with outside floating or felled seams, trim off all exposed notches before felling your garment's seams.

3. Follow Steps 16, 17, 18 and 19 of The Jumpsuit for the optional side seam pocket, constructing the side seam, applying the waistband casing and attaching the bodice to the skirt of the dress.

4. APPLY CENTER FRONT PLACKET

Starting on one side of the garment with right sides together (or wrong sides together if you have chosen outside seams), pin your placket facing to the right front of your garment from the neckline down to the bottom of the skirt, keeping the bottom edge loose. Using a straight stitch and stitching $1/4"$ (6mm) from the fabric's cut edges, sew the pieces together starting at the neckline and working towards the bottom of the facing, checking your thread tension as you work. Be sure to begin and end your seam by wrap-stitching its edges to secure.

Turn back the placket facing and press gently into place. Topstitch the folded placket facing into place by sewing $1/8"$ (3mm) from the clean finished edge and $1/4"$ (6mm) from the raw edge (see illustration in Step 20 of the jumpsuit). Baste together at the neck using an all-purpose thread.

Repeat this process on the other side of the garment.

5. Follow Steps 21 and 22 of the Jumpsuit to attach the collar and insert the drawstring.

6. APPLY SNAPS

You will need 11 snaps for The Shirt Dress variation, plus 2 for the cuffs (see step 26 above).



Place the male snap on the right side and the female snap on the left side when looking at your garment. Stitch a snap on the collar stand and then apply five additional snaps between the collar stand and waistline, distributing evenly, keeping snaps $1/2"$ (12mm) from the side edge of the garment's center front. These will be approximately $3"$ (76mm) apart.

Continue to evenly space five additional snaps down the garment's center front skirt.

If you have chosen to add cuffs to your garment, apply one set of snaps to each of the cuffs, centering between the cuff edges. Apply the male snap on the side of the cuff with the overlap.

THE SHIRT INSTRUCTIONS

3. Follow Steps 7 – 12 of the jumpsuit to construct the body of the shirt through to a fluted sleeve, or 7 – 13 for a cuffed sleeve of the Jumpsuit to construct the Shirt.

4. Follow Step 4 of The Shirt Dress to apply the center front placket.

5. Follow Step 21 to attach the collar.

6. APPLY SNAPS

You will need 7 snaps for the The Shirt, plus two for the cuffs (see step 26).

Place the male snap on the right side and the female snap on the left side when looking at your garment. Stitch a snap on the collar stand. Distributing evenly and keeping snaps $1/2"$ (12mm) from the side edge of the garment's center front, apply 6 additional snaps spaced between the collar and the edge of the garment. These will be approximately $3"$ (76mm) apart.

If you have chosen to add cuffs to your garment, apply one set of snaps to each of the cuffs, centering between the cuff edges. Apply the male snap on the side of the cuff with the overlap.

BASIC SEWING INSTRUCTIONS

Provided below are notes on our basic construction and sewing techniques. For more thorough instructions on stenciling, embellishment, and construction, reference one of our Alabama Studio books, shown on page 21.

LOVE YOUR THREAD

To love your thread, cut a piece twice as long as the distance from your fingertips to your elbow. Thread your needle, pulling the thread through the needle until the two ends of the thread are the same length.

Hold the doubled thread between your thumb and index finger, and run your fingers along it from the needle to the end of the loose tails. Repeat this several times to release the tension in the thread, and then double-knot your thread.

KNOTTING OFF

After bringing the needle up through the fabric, make a loop with the thread, then pull your needle through that loop, using your forefinger or thumb to nudge the knot in place, flush with the fabric. Then repeat this process to make a double knot. After making a second knot, cut the thread, leaving a $1/2"$ (12mm) tail.



In hand-sewing, your knot anchors and holds your entire seam. One important design decision we make when starting any project is how to handle the knots. There are two options: knots that show on the project's right side (outside) and knots that show on the wrong side (inside). Either of these knots can be used throughout an entire project.

STRETCH AND NON-STRETCH STITCHES

We use three categories of stitches in our work: stitches that do not stretch, for construction, reverse appliqué, and other embellishments; stitches that do stretch, for sewing necklines, armholes, and other areas in a project that require "give"; and stitches that are purely decorative, for embellishment. Following are examples of non-stretch and stretch:

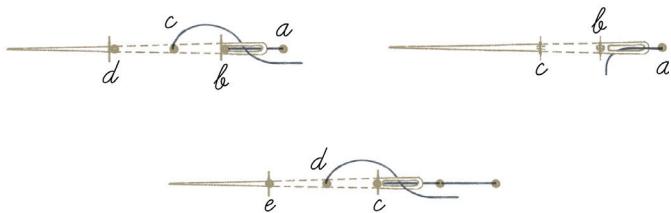
NON-STRETCH STITCH

Straight (Running) Stitch: Bring needle up at A, go back down at B, and come up at C, making stitches and spaces between them the same length (about 1/8" (3mm) to 1/4" (6mm) long).



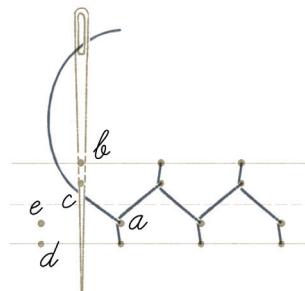
BACKSTITCH

Bring needle up to A, go back down at B, and come up at C. Then insert needle just ahead of B, and come up at D. Next insert needle just ahead of C, and come up at E. Continue this overall pattern.

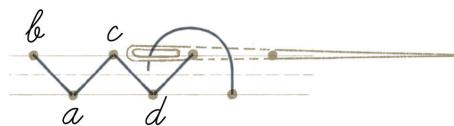


STRETCH STITCH

CRETAN STITCH: Bring needle up at A, go down at B, and come back up at C, making a downward vertical stitch while bringing needle over thread. Insert needle again at D, and come back up at E, making an upward vertical stitch while bringing needle over thread. Continue to repeat stitch pattern.



ZIGZAG STITCH: Bring needles up at A, go down at B, and come back up at C. Insert needle again at A, and come back up at D. Insert needle again at C, and come back up at E. Continue to repeat stitch pattern.

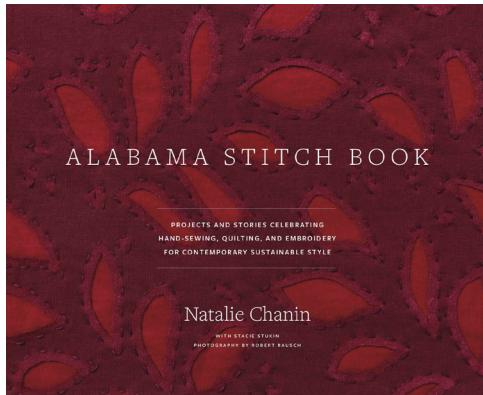


SEAMS

To start a seam, make a double knot, and insert the needle at point A. Wrap your thread around side of the fabric to the front, insert the needle back in at B, then come up at C, and stitch the seam. Also wrap-stitch the end of your seam before knotting off.



THE SCHOOL OF MAKING BOOK SERIES AT A GLANCE

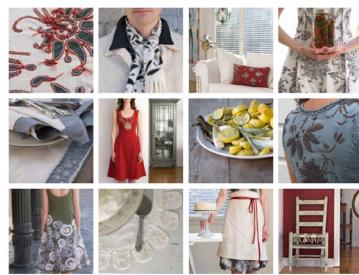


Alabama Stitch Book

Alabama Stitch Book is a collection of stitching, beading, and embroidery instructions, stories, and projects from Alabama Chanin. Projects include our best-selling Corset, Swing Skirt, "boa" scarf, bandana, and more.

Alabama Studio Style

More Projects, Recipes & Stories Celebrating Sustainable Fashion & Living



Natalie Chanin
Photography by Robert Bausch
From the Author of *Alabama Stitch Book*

Alabama Studio Style

Alabama Studio Style expands upon the stitching, stenciling, and beading techniques introduced in *Alabama Stitch Book* and introduces twenty new clothing and home decor projects. This book also includes recipes and stories.



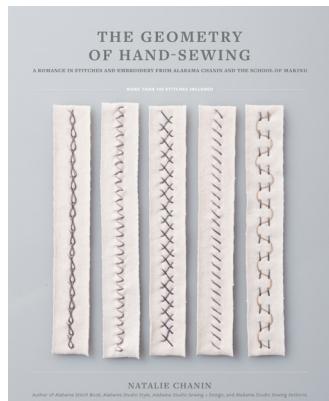
Alabama Studio Sewing + Design

An encyclopedic compilation of techniques used to create the Alabama Chanin line of organic cotton clothing. Included are dresses, skirts, tops, and accessories.



Alabama Studio Sewing Patterns

Alabama Studio Sewing Patterns explores fit, patternmaking, and how to create a garment to fit your unique shape. It includes three new patterns with several variations as well as previous open-sourced patterns on a disc at the back of the book.



The Geometry of Hand-Sewing

The Geometry of Hand-Sewing: A Romance in Stitches and Embroidery from Alabama Chanin and The School of Making by Natalie Chanin is a comprehensive guide to hand-stitching and embroidery. This book focuses solely on the stitches themselves taking embroidery stitches and breaking them down into different geometric grid systems that make learning even seemingly elaborate stitches as easy as child's play.

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ABOUT THE SCHOOL OF MAKING

Alabama Chanin as a concept and a company began as a DIY enterprise. Workshop programming was a natural outgrowth of the emerging DIY initiative growing around us. Our experiences showed us that face-to-face and hand-to-hand contact helped our customers better understand the what, why, and how of our making processes and the importance of an organic supply chain. And our business continued to grow. DIY offerings expanded, our workshop offerings became more diverse, and our Journal content added additional DIY instruction, stories, and ideas.

Educational programming is one of the fastest growing and most exciting aspects of our business model. So, as the opportunities to educate our team and our customers began to multiply, we realized that we should create a specific home for this knowledge.

To fully embrace our growing model, we have developed an overseeing body that will direct and innovate learning initiatives and educational programs: The School of Making. All of our current and developing educational and training initiatives fall under the umbrella of The School of Making. This arm of the Alabama Chanin Family of Businesses oversees DIY and workshop programming, format, and content; it acts as a researching body for new subjects and new ways of disseminating information. Our hope is that The School of Making can be an active voice in our local community, our state, and the making community, at large.

VISIT THE SCHOOL OF MAKING:

theschoolofmaking.alabamachanin.com

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Use the hashtag #theschoolofmaking to join the conversation.

