

Peppermint

MAGAZINE



RUFFLE SLEEVE TOP / ISSUE 37

SKILL LEVEL



IN THE
FOLDS

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We're super excited to bring you these patterns in partnership with the lovely people at **The Fabric Store**. With a passion for all things sewing, they stock an incredible range of fabrics – think quality linen, silk, cotton, merino and even leather – at their Sydney, Melbourne, Brisbane and New Zealand stores, as well as a small selection online.

The Fabric Store

ABOUT IN THE FOLDS PATTERNS

In the Folds patterns are designed to inspire and encourage modern makers to create garments that are beautiful both inside and out. Through selected techniques and construction details, **In the Folds** aims to encourage thought-provoking and memorable making experiences - helping you enjoy each stitch in the process.

Techniques may differ slightly to the home sewing methods you are used to, but in some cases industrial finishes will give you the cleanest and most professional finish.

Seam allowances are marked on each pattern piece and detailed in each step.

You will notice that in some cases the seam allowances meet each other at different angles at the end of the seam. This is so that when you press the seam allowances open the seams will sit flush with the edges and will help you get a really clean finish.

SLOW SEWING

In the Folds patterns are designed to include thoughtful details and interesting techniques so that you can enjoy the process of making the garment as much as the end result.

If we slow down and take in every stitch, we can better our skills, appreciate the amazing things we can do with our hands, understand the process more fully and create garments that will be worn, loved and cared for long into the future.

We'd love to see your work in progress. Find us on Instagram @inthefolds and @peppermintmagazine and tag your photos with #peppermintsewingschool

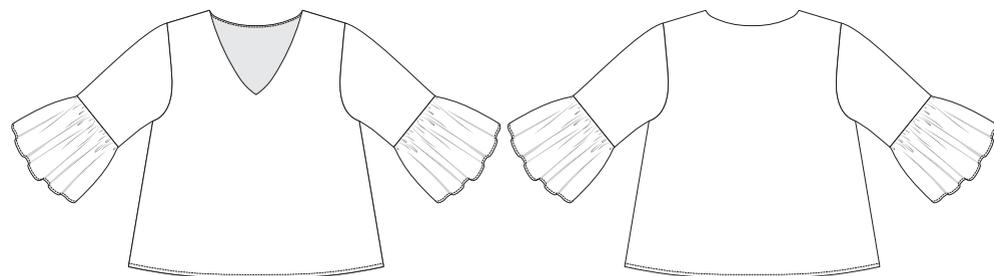
Happy sewing!

THE ENVIRONMENT

Consider using fabric from your stash before going to buy something new. I dare you.

You might be surprised by what you find there. Before selecting your fabric, really think about how this garment will fit into your wardrobe and how you plan to care for it. Choose a fabric that fits the bill.

GARMENT OVERVIEW



GARMENT DETAILS

The Ruffle Sleeve Top is a simple woven shirt with a v-neck, bust darts, elbow length sleeve with ruffle and a neck facing. It has a boxy fit and is the perfect piece to take you from day to evening.

It slips over the head and therefore does not have a closure.

The instructions guide you through making the top with french seams for a clean and professional finish.

FABRIC SUGGESTIONS

The Ruffle Sleeve Top is compatible with a range of different fabrics. Consider using light to mid-weight fabrics such as: linen, linen blends, cotton, gauze or chambray. For a softer silhouette, consider sateen, silk or viscose (rayon). Be careful if you are a beginner though, as these fabrics are a little trickier to sew.

Softer fabrics will drape over the bust, while stiffer fabrics will create a more voluminous and structured silhouette. If using a sheer fabric, consider binding the neckline rather than using the facing.

NOTIONS

- Coordinating thread

SIZING + GARMENT MEASUREMENTS

NOTES ON FITTING

When making **The Ruffle Sleeve Top**, use your **high bust measurement** to select your size and then your **bust measurement** to work out whether or not you need to do a Small Bust Adjustment (SBA) or Full Bust Adjustment (FBA). This pattern is drafted for a B cup bust.

The pattern is nested so that you can grade between sizes if necessary. Simply print the sizes you need and draw a diagonal line between the sizes to grade between them.

The pattern is drafted for height of 170cm (5'7"), with the hem finishing close to the high hip (approximately in the position where mid-rise jeans would sit). If you prefer your shirts to hit lower on the hip, use the 'lengthen / shorten' lines on the pattern to lengthen the top.



REQUIRED MEASUREMENTS

	A	B	C	D	E	F	G	H	I	J
HIGH BUST	71cm 28"	76cm 30"	81cm 32"	86cm 34"	91cm 36"	96cm 38"	103.5cm 41"	111cm 43½"	118.5cm 46½"	126cm 49½"
FULL BUST	76cm 30"	81cm 32"	86cm 34"	91cm 36"	96cm 38"	101cm 40"	108.5cm 43"	116cm 45½"	123.5cm 48½"	131cm 51½"
WAIST	61cm 24"	66cm 26"	71cm 28"	76cm 30"	81cm 32"	86cm 34"	93.5cm 37"	101cm 39½"	108.5cm 42½"	116cm 45½"
HIP	84cm 33"	89cm 35"	94cm 37"	99cm 39"	104cm 41"	109cm 43"	116.5cm 46"	124cm 49"	131.5cm 51½"	139cm 54½"

BODY MEASUREMENTS

FINISHED GARMENT MEASUREMENTS

	A	B	C	D	E	F	G	H	I	J
BUST	90cm 35½"	95cm 37½"	100cm 39½"	105cm 41½"	110cm 43¼"	115cm 45¼"	122.5cm 48¼"	130cm 51½"	137.5cm 54½"	145cm 57½"
WAIST	100cm 39½"	105cm 41½"	110cm 43½"	115cm 45¼"	120cm 47¼"	125cm 49¼"	132.5cm 52½"	140cm 55½"	147.5cm 58½"	155cm 61½"
HIP	100cm 39½"	111cm 43¾"	116cm 45¾"	121cm 47½"	126cm 49½"	131cm 51½"	138.5cm 54½"	146cm 57½"	153.5cm 60½"	161cm 63½"
LENGTH*	51.8cm 20¾"	52.4cm 20¾"	53cm 20¾"	53.6cm 21½"	54.2cm 21¾"	54.8cm 21¾"	55.6cm 21¾"	56.4cm 22¼"	57.2cm 22½"	58cm 22¾"

*Measurement from back neck to hem

FABRIC REQUIREMENTS

	A	B	C	D	E	F	G	H	I	J
115cm 45"	2.2m 2.4yds	2.2m 2.4yds	2.3m 2.5yds	2.4m 2.6yds	2.4m 2.6yds	2.5m 2.7yds	2.5m 2.7yds	2.6m 2.9yds	2.7m 3yds	2.7m 3yds
150cm 60"	1.5m 1.7yds	1.5m 1.7yds	1.5m 1.7yds	1.5m 1.7yds	1.5m 1.7yds	1.5m 1.7yds	2.2m 2.4yds	2.2m 2.4yds	2.3m 2.55yds	2.3m 2.5yds

PRINTING THE PATTERN

PAPER SIZE

This pattern can be printed on both A4 or US letter-sized paper. There is also a full sized version included so that, if you'd prefer, you can get it printed on full sheets (2 x A0) at your local copy shop.

LAYERS

This pattern has embedded layers. This means that you can select only the size/s you would like to print.

Layers make it much less confusing to cut out the pattern, and also saves on ink (and paper in some cases).



Open the pattern in Adobe Reader and click on the 'layers' option on the left hand side. There will be an eye next to each layer in the pattern. Turn off (by clicking) all the layers you do not need.



Please note, at the time of publishing, layers are not available on Preview (Mac). You will need to install Adobe Reader to access this feature.



Please note : The 'PATTERN INFO' layer needs to be on for all sizes.

SCALING

Open the pattern in Adobe Reader. Before printing the file, you will need to check the scaling settings on your printer. The pattern needs to be printed at its true scale. To do this, go into your print settings and select 'actual size' or set page scaling to 'none' or 'turn off page scaling.'

Print only Page 1 of the pattern, and check that the large test square measures 5cm x 5cm, or the smaller one measures 1in x 1in. It really needs to be precise, so if it is not quite right, you will need to go back and check your printer settings again.

PRINT

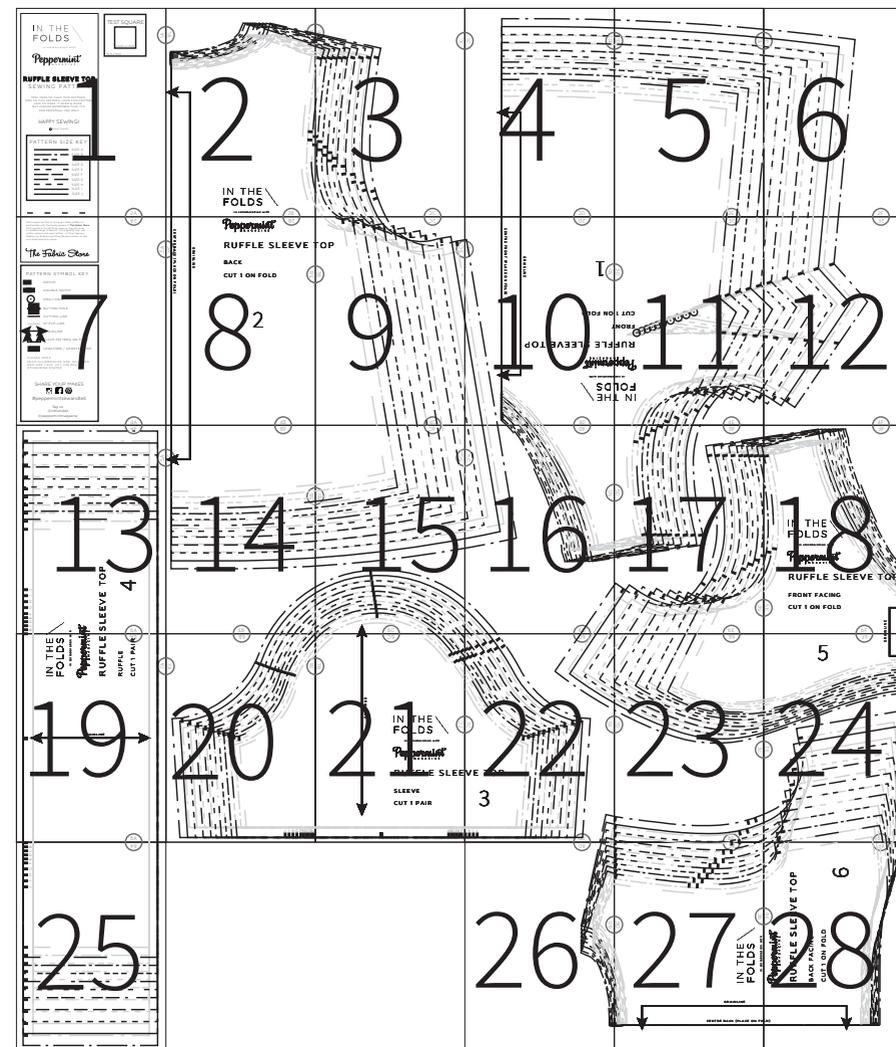
When you have the scaling right, print the remainder of the pattern. Depending on the size/s you need, you may not need to print all the pages. There is a printing plan on p. 7.

Please note: When printing from Adobe Reader, make sure the print orientation is set to "Auto portrait / landscape" - this will ensure the border of each page will be printed.

ASSEMBLE

Cut around the border of each page - one long side and one short side (keep your choice of sides consistent between pages). Align the circles so that 1A matches up to 1A, 2A with 2A etc, and tape or glue in place. Use the printing plan on p. 7 as a reference, if required.

PRINTING PLAN



CUTTING YOUR FABRIC

Wash and dry your fabric. Use the method you intend to use when washing your garment so it doesn't shrink after its first wash! Give your fabric a good press before cutting.

Take your pre-washed fabric and fold it in half lengthways, with right sides together, on a cutting table or other flat surface. Bring the selvages (woven edges of the fabric) together and smooth out any wrinkles. By folding the fabric in half, you will be able to cut two pieces at the same time.

Take your pattern pieces and lay them on your fabric, with the grainline of each pattern piece running exactly parallel to the selvedge (use a tape measure to measure from each end of the grainline, ensuring your pattern piece is on grain). Use the cutting plans on p. 9 as a guide.

If a pattern piece asks for 'CUT 1 ON FOLD' - align the fold line on the pattern piece with the fold of the fabric, so that you will be left with a full pattern piece once cut.

Use weights or pins to hold the pieces in place. Carefully cut out each piece. Be sure to transfer all pattern markings onto your fabric.

To mark a notch, snip into the fabric **5-6mm (1/4in)**. Mark drill holes with tailors chalk on the wrong side of the fabric or a single stitch in a contrasting thread (by hand).

TIPS

- Take notes of any changes you make to the pattern as you go. This will help you when you use the pattern again (there is a section for this on p. 22).
- If you are using silk or a similar substrate, consider cutting your fabric sandwiched between two layers of fine paper (pinning and cutting through all three layers). This will help keep the fabric on grain, and ensure the fabric doesn't move while you are cutting. Use silk pins, and a nice sharp fine needle on your sewing machine.
- Enjoy the process! It's not a race to the end.

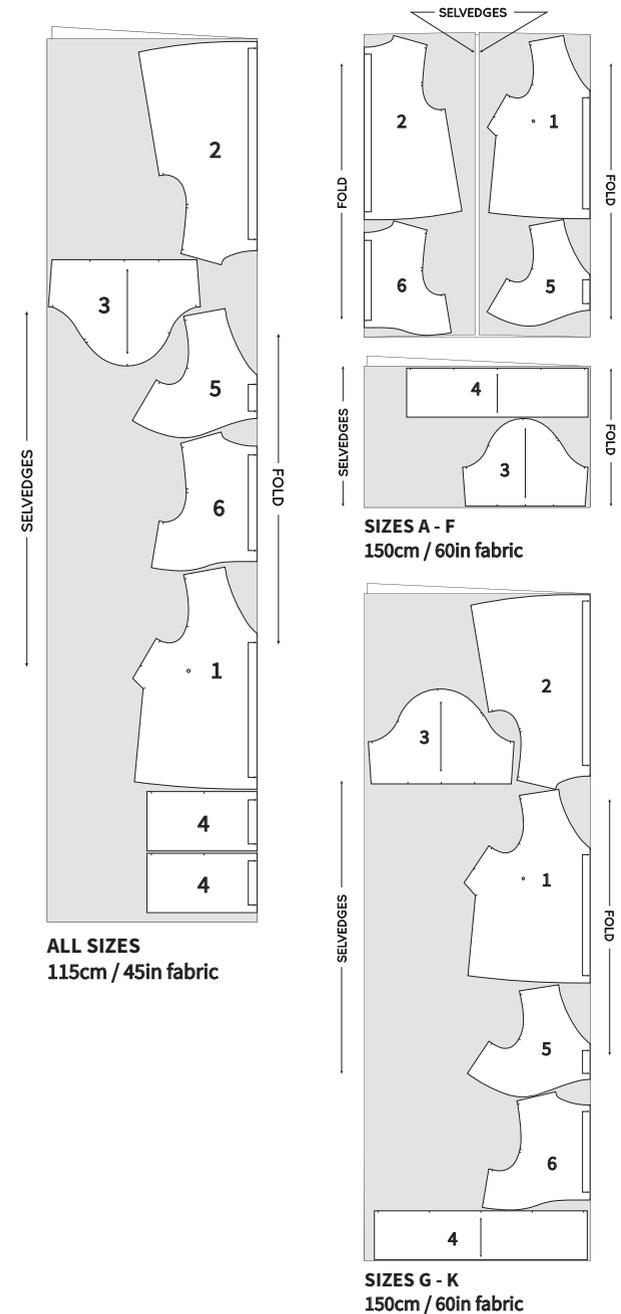
SUGGESTED CUTTING PLANS

PIECES TO CUT:

- 1 - Front - cut 1 on fold
- 2 - Back - cut 1 on fold
- 3 - Sleeve - cut 1 pair
- 4 - Ruffle - cut 1 pair
- 5 - Front facing - cut 1 on fold
- 6 - Back facing - cut 1 on fold

*For 115cm (45in) wide fabric, fold piece in half and cut 2 on fold.

Please note: If you are using a fabric with a directional print, make sure all pattern pieces are placed the right way up.



INSTRUCTIONS

ILLUSTRATION KEY:



These instructions guide you through making the **Ruffle Sleeve Top with french seams**, which are most appropriate for light to mid-weight fabrics. For heavier fabrics, construct your **TOP** with regular seams and finish with an overlocker or zig-zag stitch.

Seam allowances are noted in each step.

Happy Sewing!

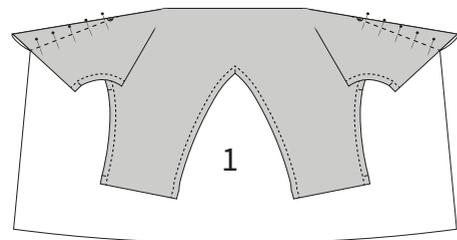
ASSEMBLE THE BODY



STEP 1

Take the **FRONT [1]** and staystitch the neckline and armholes.

Staystitching should lie inside the permanent stitch line (so it remains hidden inside the seam allowance when the garment is finished), so in this case approximately **6mm (1/4in)** from the raw edge will suffice.



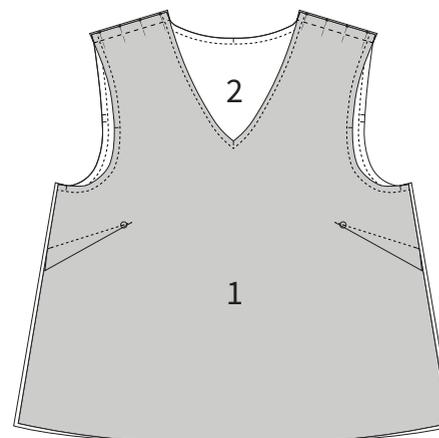
STEP 2

Fold each dart (right sides together), by matching the notches and folding towards the drill hole. Press in place. Pin from the notches to **1.2cm (1/2in)** beyond the drill hole. If you would like, you can draw in the stitch line with a ruler and erasable fabric pen so that you have a guideline when sewing. Stitch down the dart to the point beyond the drill hole (this way the drill hole will remain hidden inside the dart).



STEP 3

Take the **BACK [2]** and staystitch neckline and armholes

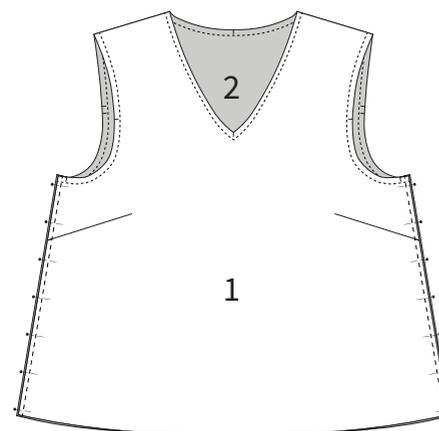


STEP 4

Take **FRONT [1]** and **BACK [2]** pieces and align shoulder seams with right sides together* and pin. Stitch seam with a **1.2cm (1/2in)** seam allowance.

Press the seam allowances open.

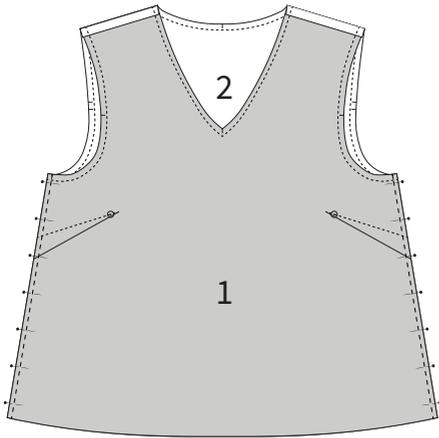
**As the shoulder seams will be enclosed inside the facing, the instructions guide you to stitch this seam in the standard way. If you choose to omit the facing (for bias binding, for example), you may choose to sew the shoulder seam with a french seam.*



STEP 5

Pin the **FRONT [1]** and **BACK [2]** together at the side seams with **wrong sides together**. Stitch with a **6mm (1/4in)** seam allowance.

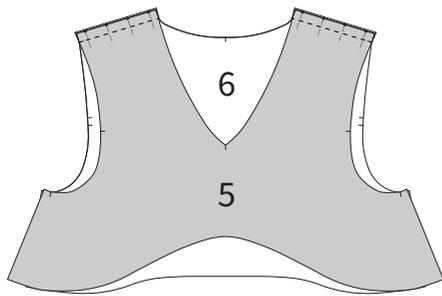
Press seam allowance to one side, before trimming down the seam allowance by about half (**2-3mm**).



STEP 6

Turn the top inside out and press the side seams flat. Pin the side seams again, this time enclosing the raw edges inside the new seams. Stitch with a **6mm (1/4in)** seam allowance. Press seam allowances towards the back of the top.

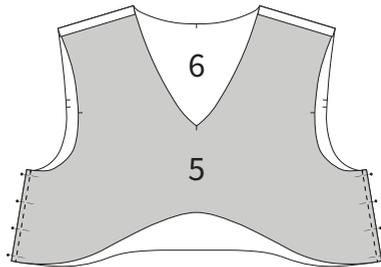
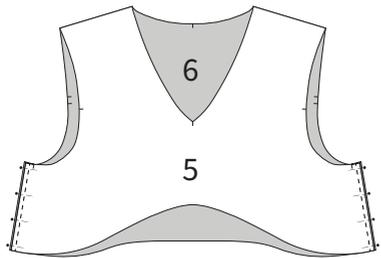
ATTACH FACING



STEP 7

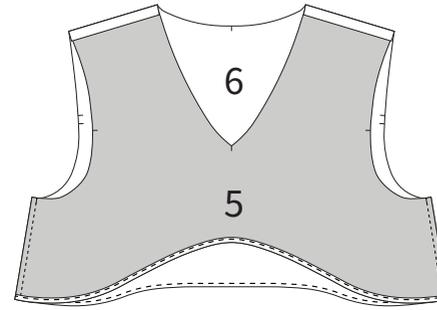
Take the FRONT and BACK FACING pieces [5 + 6] and pin together at the shoulder seams, with **right sides together**. You don't need to sew the shoulder seams with french seams as they will remain hidden inside the facing when it is attached to the top.

Stitch with a **1.2cm (1/2in)** seam allowance and press seams open.



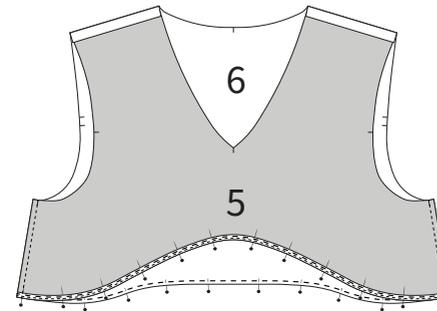
STEP 8

Sew FRONT and BACK FACINGS [5 + 6] together at the side seams, using a french seam. Press seam allowances towards the front.



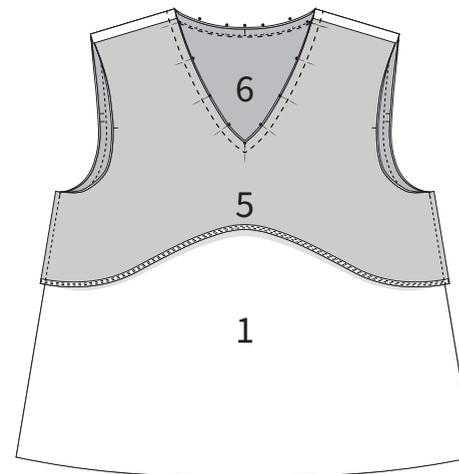
STEP 9

With the facing inside out, turn up the bottom edge by **6mm (1/4in)** and carefully stitch in place. You can simply do this with your finger as you sew, rather than pressing and pinning.



STEP 10

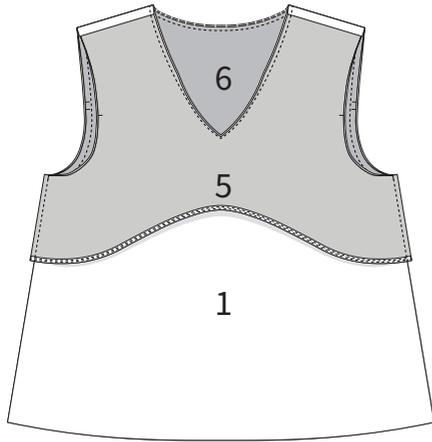
Turn the edge by another **6mm (1/4in)** and carefully press. Pin in place and stitch along the original stitch line to complete the edge.



STEP 11

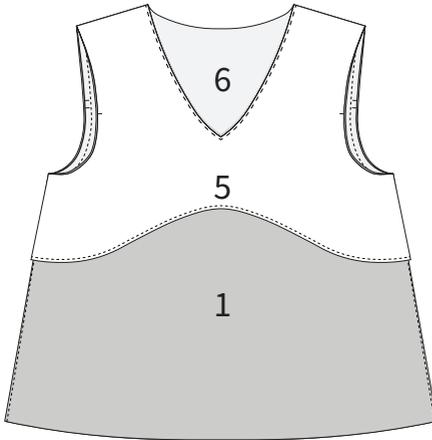
With the body of the top right side out, pin the facing to the neckline, matching up notches and seam lines.

Stitch with a **1cm (3/8in)** seam allowance.



STEP 12

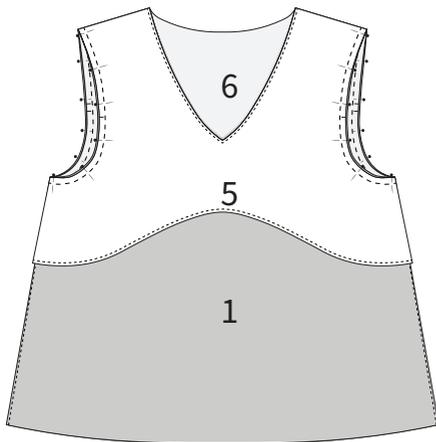
Grade the seam allowance - particularly focusing on the point at the centre front. Clip into the seam allowance around the curve of the back neck.



STEP 13

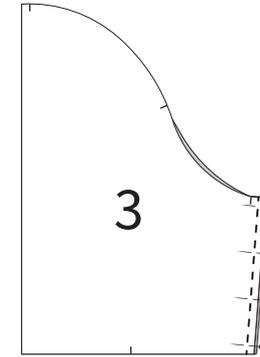
Use your finger to press the seam allowance towards the facing and understitch around the neckline (this will help the facing remain on the inside of the top).

Turn the facing to the inside of the top and give it a good press.



STEP 14

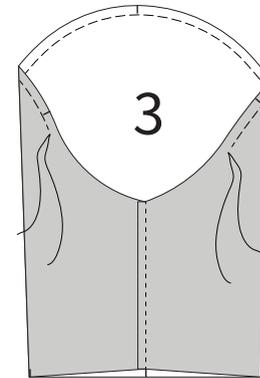
Pin the facing to the armholes before staystitching in place, matching the notches and side seams.



STEP 15

Set the body of the top aside for a moment and take the SLEEVE [3] pieces. Sew underseam with a french seam, as demonstrated in previous steps.

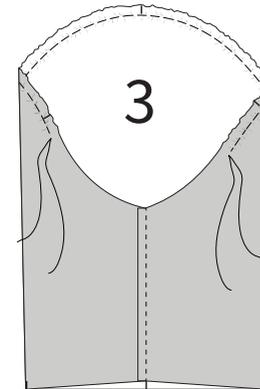
Press seam allowance towards the front of the sleeve.



STEP 16

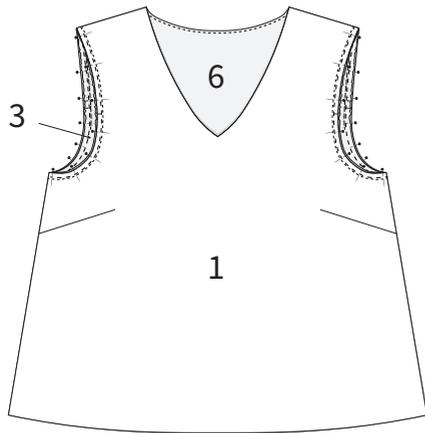
When it comes to setting in sleeves, the sleeve will always have a bit more ease in the sleeve cap than what is in the armhole (the length of the sleeve cap will be slightly longer than the sum of the front and back armhole lengths). This will create some fullness in the top of the sleeve to account for your shoulder and the movement required in this area.

With your machine on it's longest stitch length, make a line of stitching along the sleeve cap - between the front and back armhole notches - leave the threads long at each end and don't backstitch to start or finish.



STEP 17

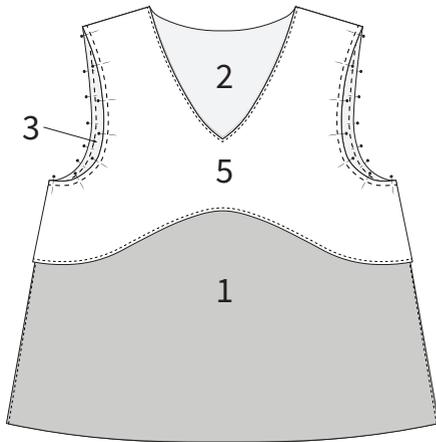
Carefully pull one of the threads to slightly pull in the sleeve cap, allowing it to curve in nicely, but not making gathers.



STEP 18

With **wrong sides together**, pin the SLEEVE [3] into the armhole. Use the notches to check that you are putting the correct sleeve in the correct armhole. With the help of your stitches made in the previous step, you can ease the sleeve so that it fits nicely into the armhole.

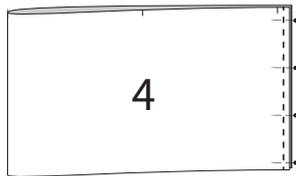
Stitch with a **6mm (1/4in)** seam allowance - remembering to turn your stitch back down. Repeat for the other sleeve.



STEP 19

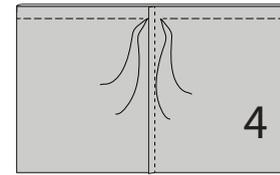
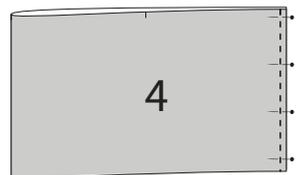
Check that there is no puckering from the right side before trimming down the seam allowance by about **2-3mm** and completing the french seam. As this seam is curved, you may choose to clip into the curve in the seam allowance to help you get a nice smooth seam.

ATTACH RUFFLE



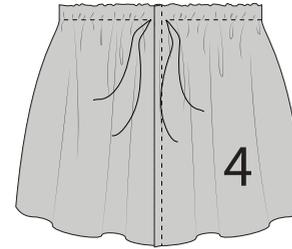
STEP 20

Take the RUFFLE [13] pieces and join the short ends to form a loop - using a french seam. Press the seam allowance to one side.



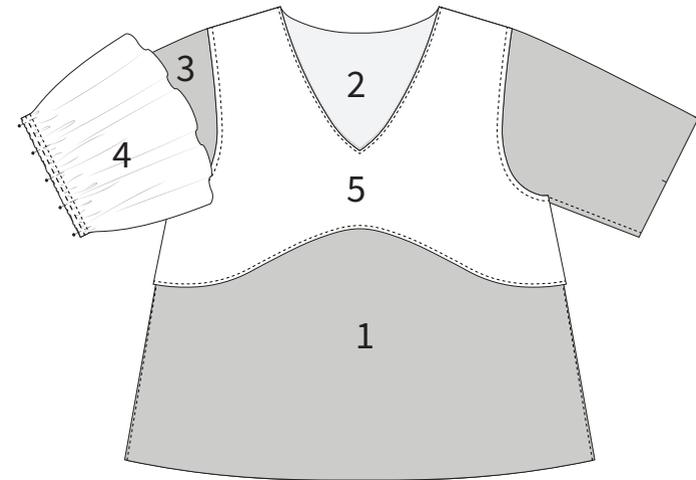
STEP 21

Turn your stitch length back up and stitch around the top of the RUFFLE [4] (starting and finishing close to the seam, but not stitching over it) within the seam allowance. The top of the RUFFLE [4] is the side with the notches.



STEP 22

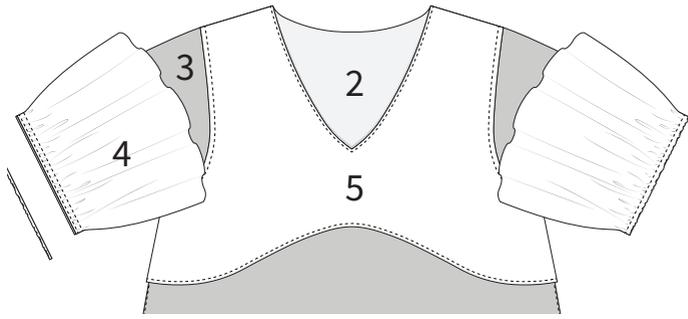
Carefully pull on one of the threads to gather the RUFFLE [4].



STEP 23

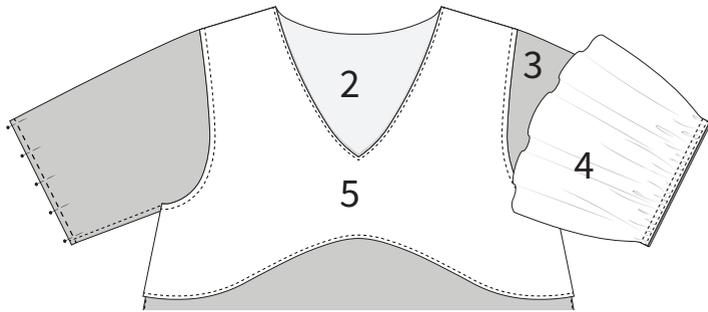
With the top **inside out**, pin the **wrong side** of the RUFFLE [4] to the bottom of the SLEEVE [3] using the notches to help you distribute the gathers evenly.

Stitch with a **6mm (1/4in)** seam allowance.



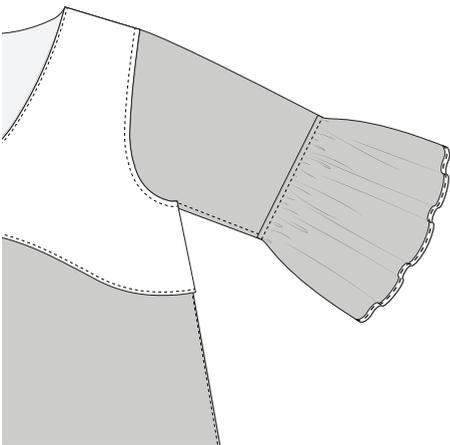
STEP 24:

Carefully trim down the seam allowance by **2-3mm (1/8in)**.
Press seam allowance up.



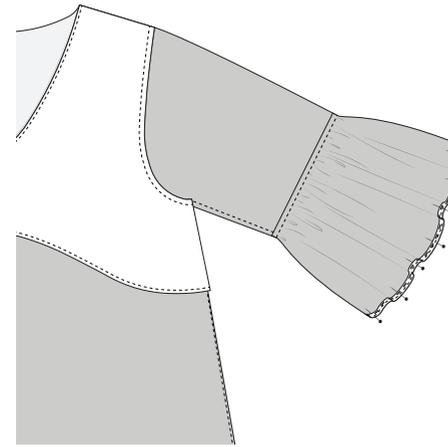
STEP 25

Turn RUFFLE [4] to the inside of the SLEEVE [3] and press seam flat. Pin in place - enclosing the raw edge inside the french seam. Stitch with a **6mm (1/4in)** seam allowance. Press seam allowances towards the SLEEVE [3].



STEP 25

Finish sleeve hem by turning up the bottom edge by **5mm (1/4in)** and carefully stitching in place. You can simply do this with your finger as you sew, rather than pressing and pinning.



STEP 26

Turn the hem a second time to enclose the raw edge inside the rolled hem. Press and pin, before stitching on the original stitch line.

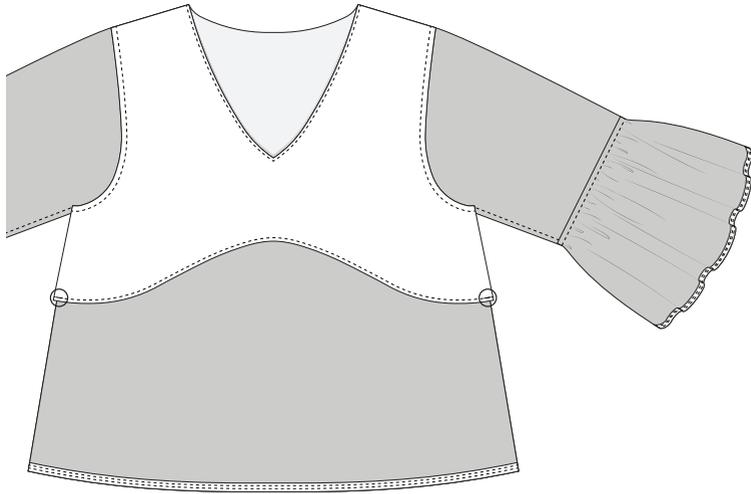
HEM



STEP 27

Repeat for the hem, this time though turning up by **1cm (3/8in)** each time.

Give the top a good press.

**STEP 28**

Secure the facing by taking a hand needle and thread and stitching the side seam of the facing to the seam allowance of the top with a few discreet hand stitches.

Give it a good press and you are ready to wear your new top!

We'd love to see what you made!

Find us on Instagram @peppermintmagazine and @inthefolds and tag your photo with #peppermintsewingschool

GLOSSARY

BASTE

Sew temporary stitches to hold pieces in place before sewing permanently. Basting can be done by hand or machine (on a long stitch length). Consider using a contrast thread when basting to make stitches easier to remove later.

CLIP

Snip into the seam allowance (perpendicular to the raw edge) getting close to the stitch line, to help open up curved seams or corners.

DRILL HOLE

Drill holes are small holes marked on a pattern, often used to indicate a dart point or other design feature, such as the location of patch pockets, belt loops or pivot points (any feature that is located in an area where you are unable to notch a seam).

FINISH

Neaten the raw edges of your project using an overlocker, zigzag stitch or binding.

INTERFACING

A (normally) fusible fabric that is used to stiffen or strengthen fabric, in certain parts of a garment. It is often used in collars, cuffs and button plackets.

GRADE SEAM ALLOWANCES TRIM

Minimise bulk by trimming down raw edges in varying widths. Trim down the seam allowance that will sit closest to the body close to the stitch line. Trim the next layer, leaving a slightly wider seam allowance than the first, and so on until all layers are trimmed back.

NOTCH

A notch is a small cut in the fabric that helps guide you while you are sewing. It can be used to indicate seam allowance, dart arms, the location of design details or indicate key points on the pattern (like the centre front or centre back). Notches are also used to indicate balance points (points on your pattern that help you sew the right pieces together, as well as help you when you are sewing long or curved seams).

PRESS

Use an iron to press seams flat, using steam (if appropriate for your fabric).

RIGHT SIDE / WRONG SIDE

The right side of the fabric is the side you would like to see on the outside of the finished garment, while the wrong side is the side that will be hidden inside the garment.

Trim a seam allowance to make a seam easier to manage or less bulky.

SEAM ALLOWANCE

The space between the stitch line and the raw edge of the fabric. Seam allowances are included in this pattern and are noted on the pattern pieces and throughout the instructions.

STAY STITCH

Staystitching is a line of stitching inside the permanent stitch line (so it remains hidden inside the seam allowances) that is used to reinforce curved and bias cut seams, so that they do not stretch or distort during the sewing process.

UNDER STITCH

Understitching is when the seam allowance is stitched to a facing or binding, close to the seam edge. This helps the facing, binding (or similar) roll to the inside of the garment, preventing it from being seen on the outside of a garment.

REFLECTION / NOTES*

OVERVIEW

Date made: _____

Measurements

Bust: _____

Waist: _____

Hip: _____

Size/s made: _____

Fabric used: _____

ADJUSTMENTS MADE

SKILLS LEARNED

WHAT DID YOU ENJOY
ABOUT THE PROCESS?

WHAT PARTS OF THIS
PROJECT ARE YOU MOST
PROUD OF?

IS THERE ANYTHING YOU
WOULD DO DIFFERENTLY
NEXT TIME?

WHAT SKILLS WOULD YOU
LIKE TO WORK ON IN THE
FUTURE?

NOTES FOR NEXT TIME:

*Tip: Take a copy of this for the next time or to use with other projects

WOOHOO! YOU HAVE FINISHED YOUR RUFFLE SLEEVE TOP!

WE'D LOVE TO SEE
WHAT YOU'VE MADE.

Find us on Instagram @peppermintmagazine
and @inthefolds and tag your photo with
#peppermintsewingschool

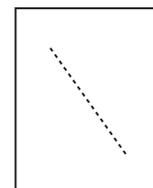
LOVE YOUR TOP?

There are plenty more patterns available at
www.inthefolds.com +
www.peppermintmag.com/sewing-school/

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IN THE FOLDS

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MADE WITH LOVE IN
SYDNEY, AUSTRALIA