

INSTRUCTION BOOKLET

A SEWING PATTERN FROM JOANNA BLÜM STUDIO

# 😈 Joanna Blüm Studio





#### **SEWING PATTERN TERMS AND CONDITIONS**



#### Before you get started, here are a few important T&Cs



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Got Questions? Shoot us an email at joannablumstudio@gmail.com

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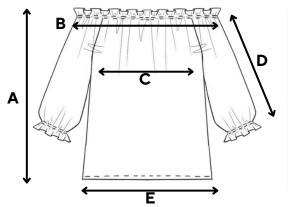
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### **Size Chart (Imperial)**

	Chest	Waist	Hip
XS (2)	30¾-32¼	24½-26	33¾-35½
S (4-6)	321/4-351/2	26-29	35½-38¼
M (8-10)	35½-38½	29-32½	381/4-403/4
L (12-14)	38½-42	32½-36½	40¾-43½
XL (16-18)	42-46¾	36½-41¼	431/2-471/2



#### **Finished Garment Measurements (Imperial)**



	A	В	С	D	Е
XS (2)	18	15 ½	21 ½	14 ½	22
S (4-6)	18 ½	16 ½	22 ½	15	23
M (8-10)	19	17 ½	23 ½	15 ½	24
L (12-14)	19 ½	18 ½	24 ½	16	25
XL (16-18)	20 1/4	20	25 ¾	16 ¾	26 ½

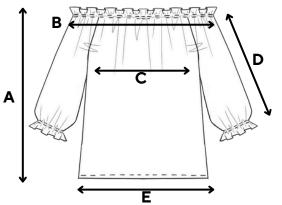
Please note that if your size falls in between, we advise referring to the finished garment measurements to determine the best fit for you. Additionally, please be aware that there might be slight fit differences depending on the fabric you choose, so we highly recommend making a prototype if you desire a perfect fit.

### **Size Chart (Metric)**

	Chest	Waist	Hip
XS (2)	78-82	62-66	86-90
S (4-6)	82-90	66-74	90-97.5
M (8-10)	90-98	74-82.5	97.5-103.5
L (12-14)	98-107	82.5-93	103.5-110.5
XL (16-18)	107-119	93-105	110.5-120.5



#### **Finished Garment Measurements (Metric)**



	А	В	С	D	E
XS (2)	45.72	39.37	54.61	36.83	55.88
S (4-6)	46.99	41.91	57.15	38.1	58.42
M (8-10)	48.26	44.45	59.69	39.37	60.96
L (12-14)	49.53	46.99	62.23	40.64	63.5
XL (16-18)	51.44	50.8	65.41	42.55	67.31

Please note that if your size falls in between, we advise referring to the finished garment measurements to determine the best fit for you. Additionally, please be aware that there might be slight fit differences depending on the fabric you choose, so we highly recommend making a prototype if you desire a perfect fit.

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# Let's get started!



#### What do I need?

- Your Choice of Fabric
- 1/4"(6-7mm) Elastic
- Sewing Machine
- (Optional) Serger
- Sewing Supplies (Pins, Clips, Pattern Weights, Chalks, Fabric Marking Pen, etc)
- Iron board, iron

#### **Fabric Recommendation**

**Cotton Voile**: This lightweight and breathable fabric has a soft, slightly crisp feel. It drapes beautifully and is comfortable to wear.

**Linen**: Linen fabric has a natural texture and excellent breathability, making it perfect for spring/summer tops..

Rayon Challis: Rayon Challis is soft, lightweight, and has a fluid drape. It's comfortable to wear and comes in a variety of prints and solid colors, making it a versatile choice.

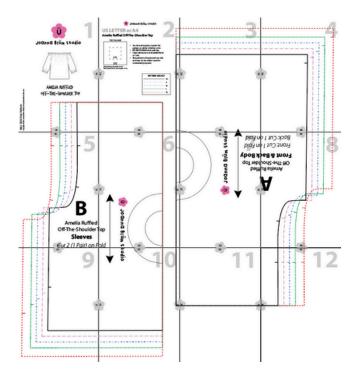
#### **Printing Instructions**

This pattern file has embedded layers (organized by size). If you don't want to print all sizes, you can choose to print only your size using Adobe Reader (**FREE!**):

- 1. Open in <u>Adobe Acrobat Reader</u>
- 2. Menu -> View -> Show/Hide -> Side Panels -> Make sure Layers is checked.
- 3. Click on the Layers option on the side panel.
- 4. There will be an eye next to each layer in the pattern. Turn off (by clicking) all the layers you do not need. The DO NOT TOUCH layer needs to remain on for all sizes.

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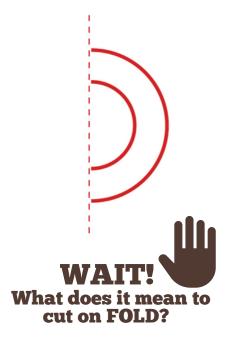
#### **Pattern Inventory**





- Front: Cut 1 On Fold
- Back: Cut 1 On Fold

**B**. Sleeves: Cut 2 on Fold

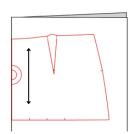


When a pattern piece or fabric is cut on fold, it means that you fold the fabric in half and place the pattern piece on the fold line.

This allows you to cut out a symmetrical piece without having to cut two separate pieces and then sew them together

#### **Fabric Consumption**

You will need **1.2** to **1.5** yards, depending on your size. This calculation is based on fabric width ranges from 48 to 60 inches (120 to 150 cm). Wider fabric can accommodate a little more, but there won't be a significant difference. If you're a beginner and not used to tightly laying out pattern pieces, I highly suggest you get about **2** yards for this project.





#### Glossary



**Seam Allowance**: Seam allowance refers to the space between the seam and the cut edge of the fabric. It provides room for stitching and helps reinforce the seam for durability.

**Open Seam**: An open seam is one where the seam allowances on each side of the seam have been pressed open, with the wrong side of the fabric facing the wrong side. This technique creates a flat, neat finish and is commonly used in garments and sewing projects.

**Right Side of the Fabric**: The right side of the fabric refers to the side that is intended to be visible on the outside of the garment.

**Wrong Side of the Fabric**: The wrong side is the interior-facing side that remains hidden on the inside of the finished piece.

**Notches**: Small, strategically placed markings or cuts on fabric pieces that serve as reference points to align and match corresponding pieces accurately during assembly.

**Finish**: To finish a seam means to neaten the raw edge to prevent fraying. This can be done in several ways:

- 1. **Overlock (Serging)**: This method trims the seam allowance while simultaneously encasing it in thread, creating a neat and secure edge.
- 2. **Zigzag Stitching**: Zigzag stitching involves sewing along the edge of the fabric with a zigzag pattern, which helps bind the raw edge and prevent fraying.
- 3. **Pinking Shears**: These are scissors with a serrated edge that cuts the fabric in a zigzag pattern. Pinking shears are commonly used for lightweight fabrics and create a finished edge that reduces fraying.

**Back Stitch**: A sewing technique where stitches are made backward before sewing forward, creating a reinforced seam.

**Pressing:** The process of using an iron to smooth and flatten fabric, seams, or finished garments to achieve a crisp and professional appearance.

**Under Stitching:** Stitching the seam allowance to the facing, to prevent the facing from rolling towards the right side of the garment.

**Zipper Foot:** A sewing machine attachment specifically designed for installing zippers neatly and accurately.





Wrong Side

#### Step 1. Preparation

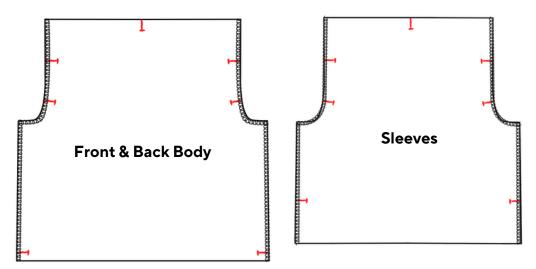


- 1. When cutting the fabric, be sure to "**notch**" along the marked points on the pattern.
- 2. Mark the Center Front (CF) and Center Back (CB) points on the fabric, remembering to notch them as well.

**Beginner's Tip**: To avoid confusion, use a fabric marking pen to label the front and back pieces, especially since we're using the same block for both in this project.

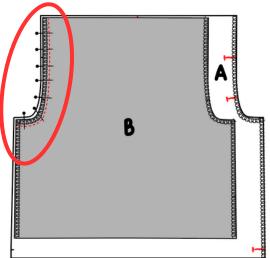
#### Step 2. Finish Edges (Serge or Zigzag)

1. Use a fabric marking pen to clearly indicate all notch positions on the fabric. As these points will not be visible after serging or zigzagging, ensure they are marked with sufficient visibility for accurate alignment during assembly.

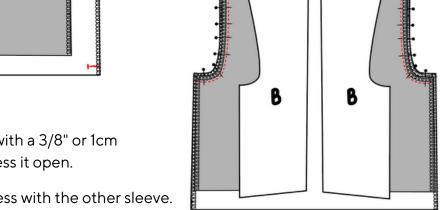


2. Finish the edges of the **armholes** and **side seams** for **both the sleeves and the body**. There's no need to finish the neck opening or the hem.

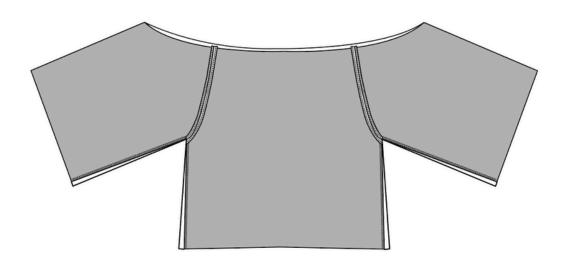
#### **Step 3. Attaching the Armholes**



1. Grab one of the sleeves (B) and the front piece (A). Align the sleeve's armhole with the armhole of the front body piece, ensuring that the right sides are together, and pin them in place.

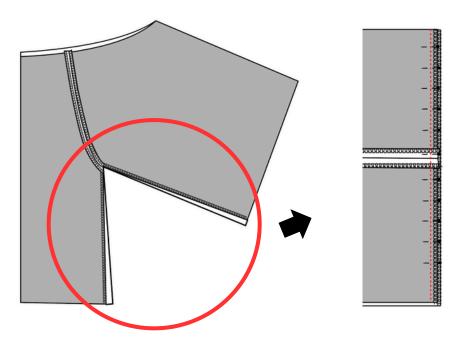


- 2. Sew the pinned seam with a 3/8" or 1cm seam allowance, then press it open.
- 3. Repeat the same process with the other sleeve.



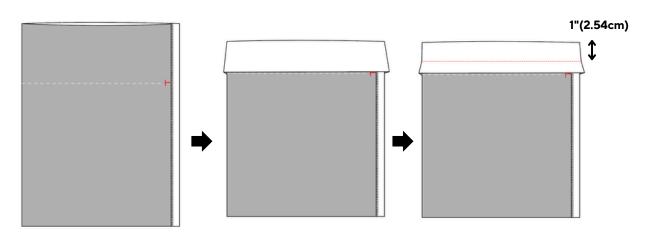
4. Now, repeat steps 1 through 3 to attach the sleeves to the back piece following the same procedure.



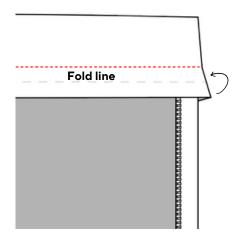


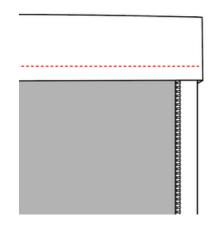
Align and pin the side seam (sleeve and body) together, then sew using a 3/8" or 1cm seam allowance. Press the seam open.

#### Step 5. Working on the Sleeve Ruffle Hem

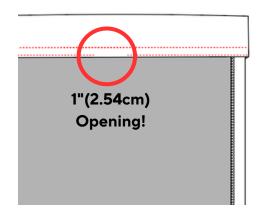


- 1. Fold the sleeve edge to the notch, pressing it firmly on the wrong side to secure.
- 2. Stitch 1" (2.5cm) from the sleeve edge.



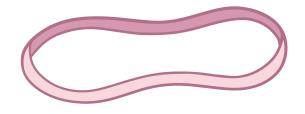


3. Fold the bottom edge in half, towards the 1" stitch line, pressing it firmly.



4. Finish by edge stitching along the bottom folded line.

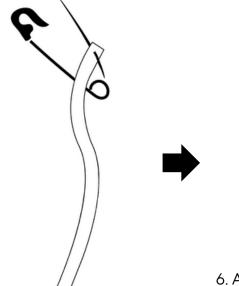
Don't forget to leave a **1"(2.5cm)** opening to insert the elastic!

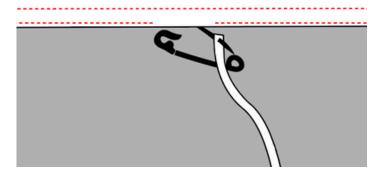


5. Cut the elastic of your size, then add an additional 3/8" (1cm) for the overlap. For example, if your size corresponds to an 8" (20cm) length according to the chart, cut the elastic to 8 3/8" (21cm) instead.

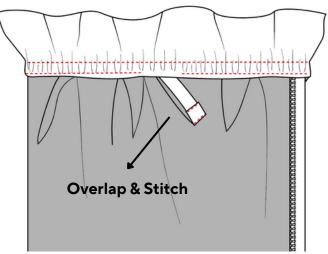
#### **Elastic Length for Sleeves**

	inch	cm
XS (2)	8	20
S (4-6)	8 1/4	21
M (8-10)	8 ½	21.5
L (12-14)	9	23
XL (16-18)	9 ½	24



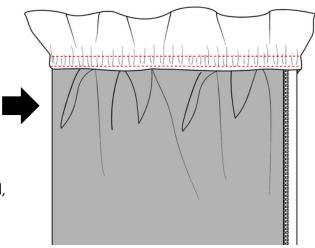


- 6. Attach a safety pin to one end of the elastic.
- 7. Insert the safety pin into the opening of the tunnel.



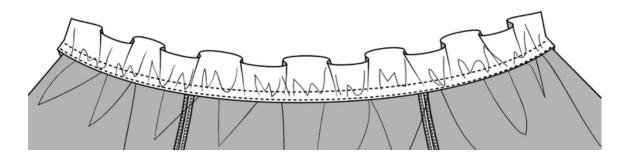
8. Carefully guide the pin through the tunnel, gently pulling the elastic along. Continue pulling until the elastic has been completely threaded through the entire tunnel.

Once the elastic is fully inserted, overlap the ends by a **3/8" (1cm)** allowance, and secure them with a zigzag stitch.



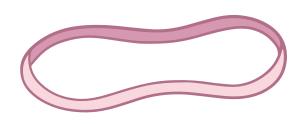
9. Close the opening.





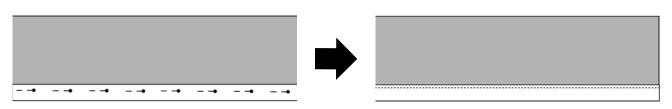
Follow the same technique as in **Step 5** for the sleeve ruffle hem, but keep in mind that the elastic size will be different. Refer to the chart below for the correct size. Remember to add the 3/8" or 1cm overlap as well.:)

**Elastic Length for Neck Opening Ruffles** 



	inch	cm
XS (2)	31	78.5
S (4-6)	33	84
M (8-10)	35	89
L (12-14)	37	94
XL (16-18)	39	99

Step 7. Sew Hem



Turn up hem by 3/8" or 1cm and press. Repeat to enclose the raw edge inside the hem. Stitch close to the folded edge.

# **Feedback Survey**



Thank you for your valuable feedback! Your input will help us improve. As a token of our appreciation, you have the chance to win a **\$25 gift card.** We truly appreciate your support.

Please email this form to: joannablumstudio@gmail.com

What is your proficiency level in sewing?			
Beginner Intermediate Advanced			
How satisfied are you with the digital pattern and sewing	instructions pro	vided?	
Very Satisfied Satisfied	Neutral		
Dissatisfied Very dissatisfied	Other:		
Were the sewing instructions <b>clear</b> and <b>easy</b> to follow?			
Yes Somewhat No			
Did you encounter any difficulties understanding the insti	ructions?		
○ Yes ○ No			
Were the pattern pieces accurate and properly labeled?			
○ Yes ○ No			
Any problems preparing (printing/cutting/taping) pattern	n pieces?		
Yes No			
Did the pattern provide accurate sizing information?			
Yes No			
How did the final garment fit compared to your expectati	ons?		
Exactly as expected Slightly larger	Slightly sm	aller	
Much larger Much smaller	Other:		
If you answered negatively to any of the questions above, we kindly ask you to provide further details or explanations.			
Would you recommend this digital pattern and instructio to others?	ns <b>Yes</b>	○ No	<b>Maybe</b>
Did this pattern exceed your expectations?	<b>Yes</b>	O No	<b>Maybe</b>
Would you consider purchasing patterns from us in the future?	<b>Yes</b>	○ No	<b>Maybe</b>
Additional Feedbacks:			P