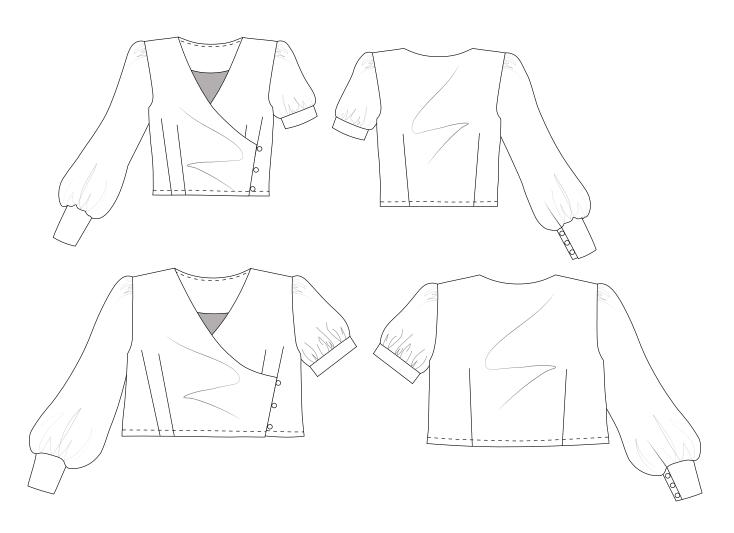
Peppermint The Albion Blouse

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Peppermint Patterns

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PATTERN INFORMATION

ABILITY LEVEL

This pattern suits intermediate level sewists.

STYLE NOTES

The Albion blouse is a cute wrap top with vintage vibes, featuring double front darts, that goes great together with wide leg trousers, shorts, or a high waisted summer skirt. It's got a billowy sleeve with a deep cuff, closed with buttons and loops. You can also use the short sleeve pattern to make it better suited for hot summer days, where the cuff is roomy and doesn't need closure. The neckline is softly curved and the front wrap is closed with buttons and loops. The top finishes a little below the natural waist line, so will best be styled with bottoms that finish at the waist.

SUGGESTED FABRICS

This pattern works well with light to medium weight fabrics that aren't too thin and shifty. Cottons such as poplin, double gauze or chambray. Softened lightweight linen and viscose fabrics that have a little body. A viscose/linen mix would also make a good choice.

FABRIC CONSUMPTION

SIZE	SIZES A-D	SIZES E-H	SIZE I-L	SIZE M-P
60"	1.3 yd	1.5 yd	1.9 yd	2.1 yd
45"	1.75 yd	2 yd	2.4 yd*	2.6 yd*
150 cm	1.2 m	1.4 m	1.7 m	1.9 m
115 cm	1.6 m	1.8 m	2.2 m*	2.4 m*

^{*} Please note that sizes I-P need to be cut on single layer fabric if using 45" (115 cm) width.

PATTERN INFORMATION

NOTIONS

Long sleeved version: 9 buttons size 24L/5/8" (1.5 cm) covered or slightly bigger if they are flat

Short sleeved version: 3 buttons size 24L/5/8" (1.5 cm) covered or slightly bigger if they are flat

3 small sew on snap buttons for the inside closure

Fusible interfacing for the facings and cuffs (not thicker/stiffer than the fabric you are using)

Premade single fold bias binding for the waist (you can cut your own, but it isn't included in the fabric layout). Any finished binding width over 3/8" (1cm) works. I like using 5/8" (1.8cm) width

SIZE	Α	В	С	D	E	F	G	н
BINDING (IN)	29	30	30 ½	31 ½	32 ½	33 ½	35 ½	37 ½
BINDING (CM)	73cm	75cm	78cm	80cm	83cm	85cm	90cm	90cm

SIZE	ı	J	κ	L	М	N	0	Р
BINDING (IN)	39	41	43	45	46 ½	48 ½	50	52
BINDING (CM)	100cm	104cm	109cm	114cm	118cm	123cm	128cm	132cm

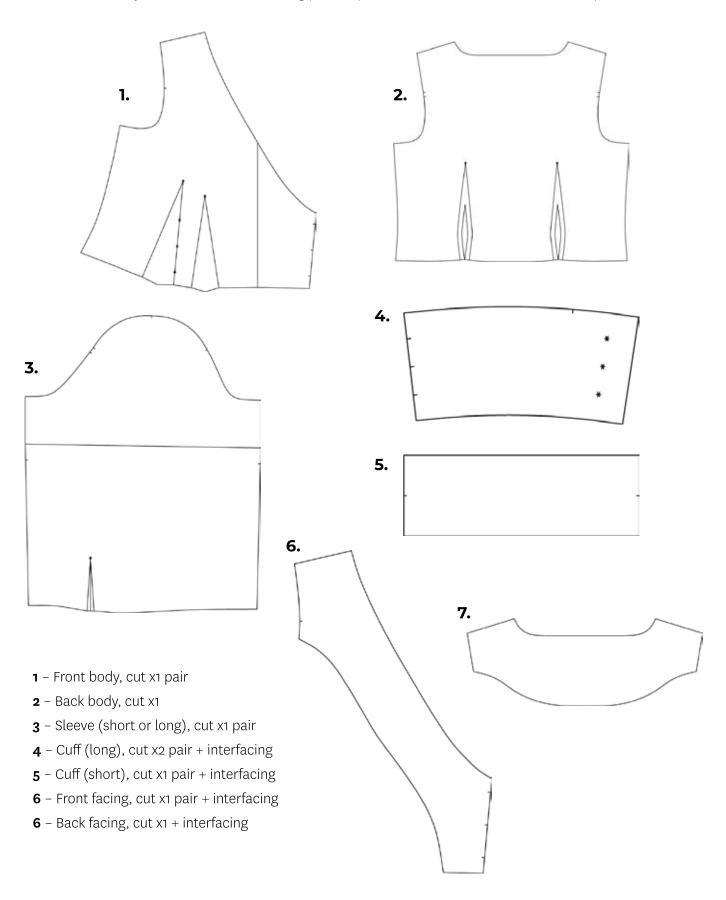
Fusible neck stabilizer tape/bias tape/seam tape to prevent the neck from stretching

SIZE	A	В	С	D	E	F	G	н
TAPE (IN)	44 1/2	45	45 1/4	46	46	46 ½	47	49
TAPE (CM)	113cm	114cm	115cm	116cm	117cm	118cm	119cm	123cm

SIZE	1	J	κ	L	М	Z	0	Р
TAPE (IN)	49	49 ½	49 ½	50	50 ½	51	51 ½	52
TAPE (CM)	124cm	125cm	126cm	127cm	128cm	129cm	130cm	131cm

PATTERN PIECE INVENTORY

Please note that you need to trace the facing pattern pieces from the front and back bodice pieces.



SIZE CHART: BODY MEASUREMENTS

B CUP SIZES	Α	В	С	D	E	F	G
UPPER BUST (IN)	30	31	32	33	34	35 ½	37
UPPER BUST (CM)	76.3cm	78.8cm	81.5cm	84cm	86.5cm	90cm	94cm
BUST (IN)	32	33	34	35	36	37 ½	39
BUST (CM)	81.3cm	83.8cm	86.5cm	89cm	91.5cm	95cm	99cm
WAIST (IN)	25	26	27	28	29	30.5	32
WAIST (CM)	63.5cm	66cm	68.5cm	71cm	74cm	77.5cm	81cm
BICEP (IN)	11	11 ½	11 5⁄8	11 3/4	12	12 3/8	13
BICEP (CM)	28cm	29cm	29.5cm	30cm	30.5cm	31.5cm	33cm

D CUP SIZES	н	ı	J	K	L
UPPER BUST (IN)	37	39	41	43	45
UPPER BUST (CM)	94cm	99cm	104cm	109.5cm	114.5cm
BUST (IN)	41	43	45	47	49
BUST (CM)	104cm	109cm	114cm	119.5cm	124.5cm
WAIST (IN)	34	36	38	40	42
WAIST (CM)	86.5cm	91.5cm	96.5cm	101.5cm	107cm
BICEP (IN)	13 ½	14 1/4	15	15 ½	16 ½
BICEP (CM)	34.5cm	36cm	38cm	39.5cm	41cm

			1	
D CUP SIZES CONT.	М	N	0	Р
UPPER BUST (IN)	47	49	51	53
UPPER BUST (CM)	119.5cm	124.5cm	129.5cm	134.5cm
BUST (IN)	51	53	55	57
BUST (CM)	129.5cm	134.5cm	140cm	145cm
WAIST (IN)	44	46	48	50
WAIST (CM)	111cm	117cm	122cm	127cm
BICEP (IN)	17	17 ½	18 ¼	19
BICEP (CM)	43cm	44.5cm	46.5cm	48cm

SIZE CHART: FINISHED GARMENT MEASUREMENTS

B CUP SIZES	Α	В	С	D	E	F	G
BUST (IN)	33 5⁄8	34 5⁄8	35 5⁄8	36 5⁄8	37 5⁄8	38 ¾	40 3/4
BUST (CM)	85.4cm	88cm	90.5cm	93cm	95.5cm	98.5cm	103.5cm
WAIST (IN)	29 1/4	30 ½	31 ½	32 1⁄8	33	34 1⁄8	35
WAIST (CM)	74.3cm	76.7cm	79cm	81.4cm	83.8cm	86.7cm	91.2cm
BICEP (IN)	12	12 1/4	12 5⁄8	12 3/4	13	13 3⁄8	14
BICEP (CM)	30.7cm	31.3cm	31.9cm	32.5cm	33.1cm	34cm	35.6cm

D CUP SIZES	Н	ı	J	K	L
BUST (IN)	43 ¾	45 ¾	47 1/4	49 1/4	51 1/4
BUST (CM)	110.2cm	115.2cm	120.2cm	125.2cm	130.2cm
WAIST (IN)	37 ³ / ₄	39 ½	41 ½	43 ¾	45 1/4
WAIST (CM)	95.9cm	100.4cm	105.4cm	110.1cm	114.9cm
BICEP (IN)	14 5/8	15 1/4	16	16 ½	17 ½
BICEP (CM)	37.2cm	38.8cm	40.4cm	42cm	43.6cm

D CUP SIZES CONT.	М	N	0	Р
BUST (IN)	53 1/4	55 1 / ₄	57 1 /4	59 1/ 8
BUST (CM)	135.2cm	140.2cm	145.2cm	150.2cm
WAIST (IN)	47 1⁄8	49	50 %	52 ³ / ₄
WAIST (CM)	119.7cm	124.4cm	129.2cm	134cm
BICEP (IN)	18	18 ½	19 ¼	20
BICEP (CM)	45.4cm	47.2cm	49cm	50.8cm

FITTING NOTES

This pattern has been drafted for a sewing cup size B (sizes A-G) and D (sizes H-P), for someone who's 5 ft 5" (168 cm) tall, with an arm length from shoulder point to wrist of 22 in (56 cm).

Choose your size based on the measurements in the size charts and check your body measurements to the finished garment measurements. There is 1 5/8" (4.5 cm) ease in the bust for sizes A-G and 2 3/8" (6 cm) ease for sizes H-P. If you're in between sizes on your bust, choose the bigger one and grade down the waist.

Please note that the hem of the blouse finishes a little below the natural waist. If shorter tops aren't for you, you can try adding a gathered peplum to the hem by using a long rectangular piece (or pieces sewn together from left over fabric) and gathering it up to fit the hem.

The buttoned wrap closure at the front gives some room for playing around with the fit without altering the pattern. You can sew the buttons nearer the side seam for a tighter fit or more towards the CF for a little looser fit.

SEWING CUP SIZES

Sewing cup sizes are different to bra cup sizes, and you may have to calculate yours in order to know if you need to adjust the bust on the pattern. To calculate your sewing cup size, measure your upper bust and full bust. Then subtract the upper bust from the full bust. The difference will tell you what sewing cup size you have, and can help you determine if you might need to do a Full Bust Adjustment or a Small Bust Adjustment (instructions on how to do this below).

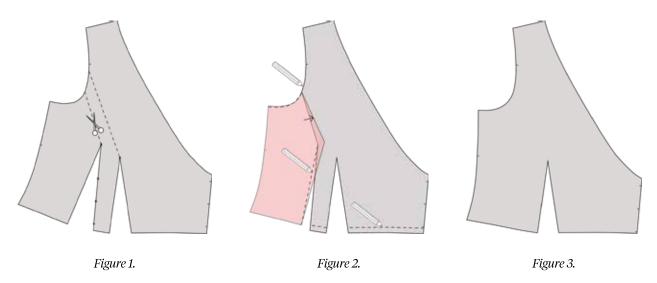
Example: full bust 50 in (127 cm) – upper bust 46 in (117 cm) = 4 in (10 cm) which makes a D cup

1 IN (2.5 CM) A CUP
2 (5 CM) B CUP
3 IN (7.5 CM) C CUP
4 IN (10 CM) D CUP
5 IN (12.5 CM) DD CUP
6 IN (15 CM) DDD CUP

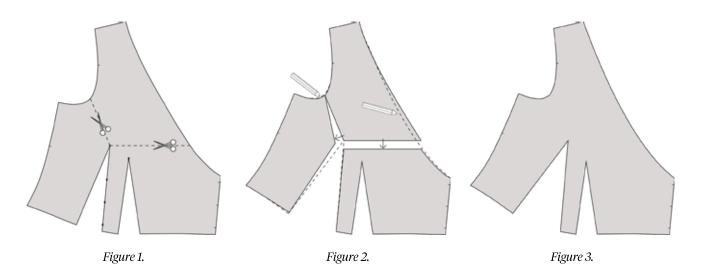
FITTING NOTES

BUST ADJUSTMENTS

If you need to do a **Small Bust Adjustment**, cut into the dart nearest the side seam from the hem and out to the armhole, if needed do the same to the second dart. (*Figure 1*). Then close as much as needed, redraw the new narrower dart and shorten the front to match (*Figure 2*). Trace off your new pattern piece (*Figure 3*). Before going on to cut your intended fabric, measure the amount you took out from the bust and compare to your bust measurement and then make a toile to check the fit. If you need to make the bust smaller after this, cut into the second dart too.



If you need to do a **Full Bust Adjustment**, draw lines and cut from the dart closest to the side seam, straight out to the neckline. Slash from the dart into the arm hole, but try and keep the two pieces connected (Figure 1). After slashing, swing the side piece the desired amount out towards the side and lengthen the front. Draw the new dart and measure the dart legs to make sure they're the same length, you might have to adjust the hem on the side. Re-draw the armhole and neckline (Figure 2) and trace off your new pattern piece (Figure 3). Make a toile to check the fit before cutting into your chosen cloth.



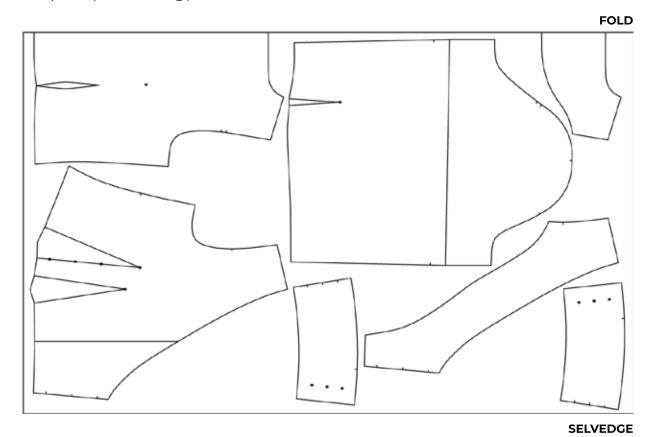
CUTTING PLAN

Please note that the cutting plan is a suggestion only, based on sizes G and size P. Each size will have its own individual layout and it may take some time to rearrange the pieces for the most efficient fabric usage.

The fabric calculations do not include allowance for fabric shrinkage, please do make sure to prewash your fabric before laying out the pieces and take shrinkage into account when buying fabric.

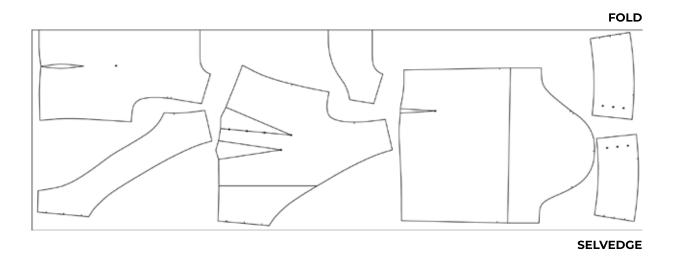
Bias strips for the rouleau loops and sleeve slits are not included in the layout, cut these strips using scraps from cutting. If your fabric is stiff or thick, you may want to consider cutting the rouleaus in a lighter cloth such as satin.

60" (150cm) width cutting plan on fold, based on size G

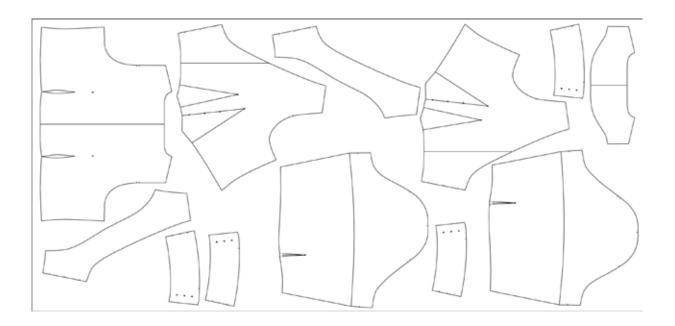


CUTTING PLAN

45" (115cm) width cutting plan on fold, based on size G

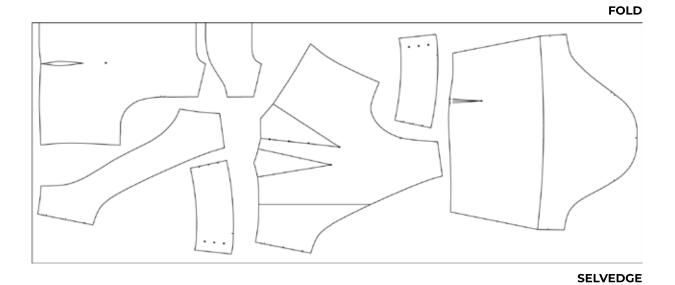


60" (115cm) width cutting plan single layer, based on size P



CUTTING PLAN

60" (150cm) width cutting plan on fold, based on **size P**



SEWING INSTRUCTIONS

You can sew this blouse on your regular machine, finishing the insides with a zigzag or french seams to prevent fraying. The instructions include overlocking as the inside finish

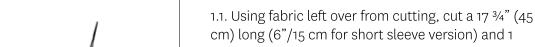
All pattern pieces include 3/8" (1 cm) seam allowance all around

Cut around all your pieces, mark the drill holes and cut the notches (or mark them if the fabric frays a lot). You can also draw in the sewing line of the darts on the wrong side with chalk/vanishing pen to make it easier to sew them

Cut fusible interfacing and iron on to the cuffs (depending on fabric you might have to fuse both layers), the front facings and the back facings

1. Make rouleau loops

FABRIC RIGHT SIDE UP FABRIC WRONG SIDE UP In the following instructions the drawings are colour coded to show which face of the fabric is up.

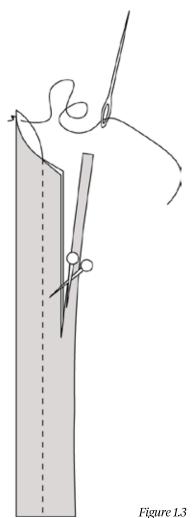


1/4"-1% (3-3.5 cm) wide bias strip for the rouleaus. You can also cut several shorter strips instead of one long piece.

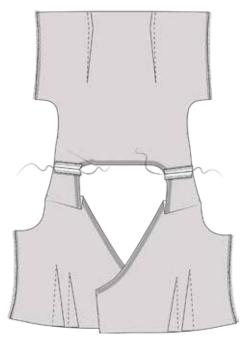
Depending on your fabric you will need to cut wider or narrower strips. If you are cutting the rouleaus in a satin for instance, you can sew a very narrow rouleau and still be able to turn it easily.

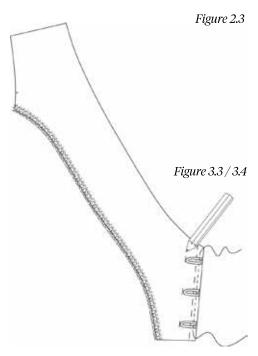
1.2.Fold the bias strips in half, right sides together. Sew 3/8" (1 cm) from the open edge. Cut down the seam allowances to about half – the seam allowance should be around the same width as the rouleau.

1.3.Use a rouleau turner/bodkin to turn the rouleaus through, or thread a chunky darning needle with double thread, knot the ends. Cut the top of the rouleau at an angle and fasten the thread at the top, making sure the thread is coming out to the inside of the rouleau (Figure 1.3). Use the back, blunt end of the darning needle to thread through and turn the rouleau. Thread it all the way through to the end and then start pulling the rouleau through itself. Cut into 9 equal (3 for short sleeve version) sections, 2" (5 cm) long.









Test one rouleau with the intended buttons on a separate piece of scrap fabric, before sewing the rouleaus into the garment.

2. Body

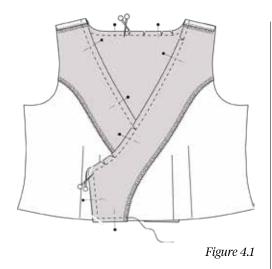
2.1.Start by stabilising the front and back necklines with seam tape.

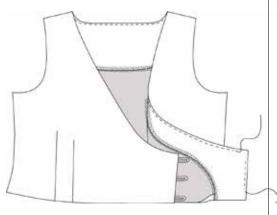
This tape is special because it has a stitch running through it meaning the neck can't stretch at all. If you don't have tape, alternatives are stay stitching or cutting your own strips of fusible fusible interfacing and iron on to the neckline, making sure to compare against the pattern that the neckline hasn't stretched out.

- 2.2.Fold all the darts in half, (two on each front, two on the back) right sides together, pin and sew. Press the front darts towards the Centre Front and the back darts towards the Centre Back. It is a good idea to mark all the dart seam lines to make it easier to sew.
- 2.3. Overlock each shoulder seam. Pin the shoulders, right sides together, sew and press the seams open (Figure 2.3).
- 2.4. Overlock each side seam. Pin the side seams, right sides together, sew and press the seams open.

3. Facings

- 3.1.Overlock the lower edges of the facings.
- 3.2.Pin the shoulder seams of the front and back facing, right sides together, sew and press the seams open. These edges can be left raw unless your fabric frays a lot.
- 3.3. Mark how far from the edge the rouleau loops should finish, 1" (2.5 cm) if using the button size suggested in Notions, on the right side of the right-hand side facing as worn on the body. This will be the over wrap. (Figure 3.3).
- 3.4. Using the notches along the edge to guide the placement, fold each rouleau in half and tape in place using a low tack tape, the folded tip of the rouleau finishing at the 1" (2.5 cm) marks. Baste the rouleaus in place inside the seam allowance (Figure 3.4). Take the tape off.





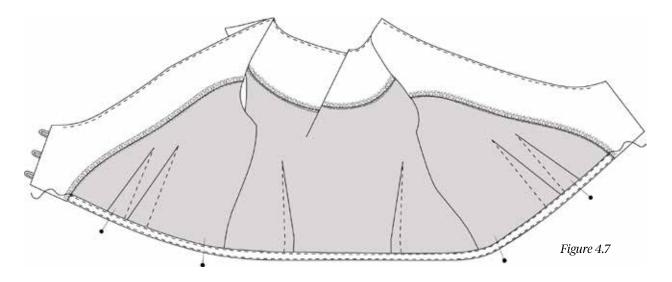
4. Finish the body

- 4.1.Pin the facing to the body, right sides together, at the neckline, front edge and hem. Sew the whole seam, including the little bit at the hem (Figure 4.1).
- 4.2.Grade the seams, clip the curves, and trim off corners before turning out to the right side.
- 4.3.Understitch all around the neck as far as you can go you won't be able to go inside the corners (Figure 4.3). Press well.
- 4.4.Turn the front facing corners inside out. Mark the 3/8" (1 cm) seam allowance all around the hem on the body with a chalk or a vanishing pen (or make a stitch line if you don't have a good pen), going half way onto the facing as well.
- 4.5. Lay the folded edge of single folded premade bias binding to the marked line, wrong/folded side of binding to right side of body, pin in place. Continue the binding halfway out on the facing as well, laying it just below the seam of the facing. Top stitch the binding in place close to the edge of the binding (Figure 4.5).

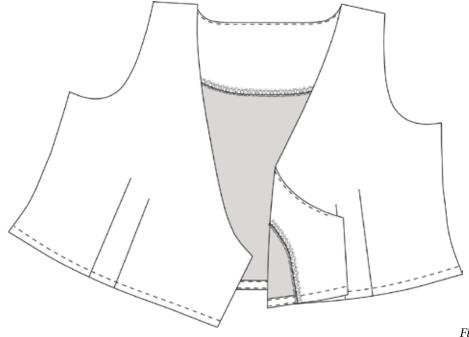
Figure 4.3



Figure 4.5



- 4.6. Now turn the front facing corners to be right sides out again and fold the binding and seam allowances up to be inside of the body. Press the folded edge.
- 4.7. You can now either slip stitch the top edge of the binding in place by hand on the inside, or top stitch it in place on your machine (Figure 4.7). Press well.
- 4.8. Take a look at Figure 4.8 to see what the finished binding will look like on the outside, with one row of topstitching showing. The binding on the inside will have two rows of stitching and the facing is covering the end of the binding.



5. Sleeve slit (Long sleeve version)

5.1.Add a small piece of fusible interfacing, on the wrong side, to the top of the sleeve slit so it covers the drill hole you marked. Cut the slit from the notch to just before the marked drill hole.

5.2. Using fabric scraps from cutting, cut two 8" (20 cm) long bias strips, 1 %" (3.5 cm) wide. Press in the edges of the binding to meet at the middle, to make single fold bias binding.

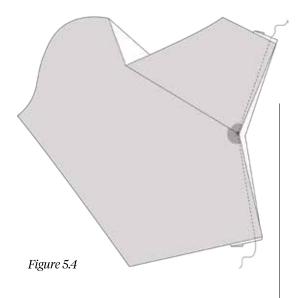
5.3. Apply the binding to the sleeve slit by opening one of the folded sides of the binding and laying it edge to edge, right sides together, with the opening.

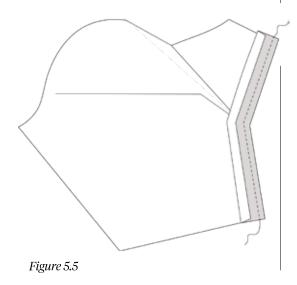
Look at the sleeve slit on the paper pattern – the diagonal lines drawn in are your seam allowances. The tricky part is that, at the very top, there's no seam allowance left. What you need to do is to sew just 1/8" (a couple of mm) past where you stopped cutting.

5.4. Start sewing from the hem with 1 1/4 "0.6 cm) seam allowance and pull the slit open, to be as straight as possible. Sew with the wrong side of the sleeve facing you, and the binding underneath (Figure 5.4). The binding will stick out the closer to the pivot point at the top of the slit you come (Figure 5.4). When you are at the drill hole, turn the needle down by hand, lift the presser foot and pivot your work so that you can continue down the other side of the slit.

5.5. Take a look at Figure 5.5 to see what it will look like at this stage from the right side of the sleeve.

5.6. Fold the binding over the seam allowance and press.





slit, to cover the seam allowance. Pin it in place. Stitch in the ditch from the right side (or hand sew from the inside) to catch the binding on the inside (Figure 5.7). Figure 5.7 5.8. To make a sharp corner at the top of the sleeve slit, bring the bound edges to the inside of the sleeve, and lay them together. Sew a diagonal seam across the top corner, from the top of the slit to the edges of the binding (Figure 5.8) 5.9. Press the finished sleeve slit so that the edge on the widest part of the sleeve is folded to the inside and the one on the narrow side is showing (Figure 5.9). The folded back edge is the overlap side where the loops will go on the cuff. Figure 5.8 Pat yourself on the back for making bound sleeve slits!

5.7. Now fold the binding to the inside of the sleeve

Figure 5.9

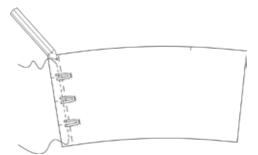


Figure 6.2

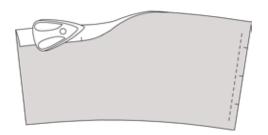


Figure 6.3

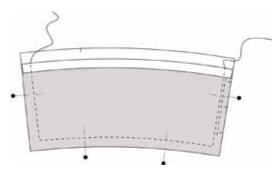


Figure 6.4

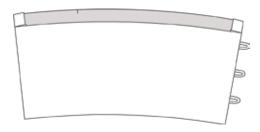


Figure 6.5

6. Cuff (Long sleeve version)

- 6.1. Pick which pair will be your cuff facings and which will be your outer cuffs, lay the outer pieces to one side for now. Remember that each should be a mirrored pair.
- 6.2. Repeat the steps for adding rouleau loops from section 3; marking where the rouleau loops will end at 1" (2.5 cm) (Figure 6.2). Tape the loops in place first, then baste them to stay. Take the tape off.
- 6.3. Fold down and press 3/8" (1 cm) of the top edge of the cuff facings to the inside (Figure 6.3).
- 6.4. Pin the cuff facing, right sides together, to the outer cuff. Sew all around but leave the top edge (Figure 6.4). Trim the corners, grade the seams, and clip the curve.
- 6.5. Turn your cuff to the right side and press. This is your finished cuff, seen from the facing side (Figure 6.5).



7. Sleeve (Long sleeve version)

7.1.Overlock the seams of the sleeves separately. Fold the sleeve, right sides together, pin the seam, sew and press the seams open.

7.2.Set your stitch length to the longest stitch. Then, starting at the sleeve slit, sew two rows of gathering stitches about $\frac{1}{4}$ " (0.7 cm) and 5/8" (1.5 cm) from the edge. Gather the sleeve by pulling the bobbin threads carefully (Figure 7.2).

7.3. Take a look at Figure 7.3 to see which cuff goes to which sleeve. Essentially, the loop side of the cuff goes to the front edge of the slit (Figure 7.3).

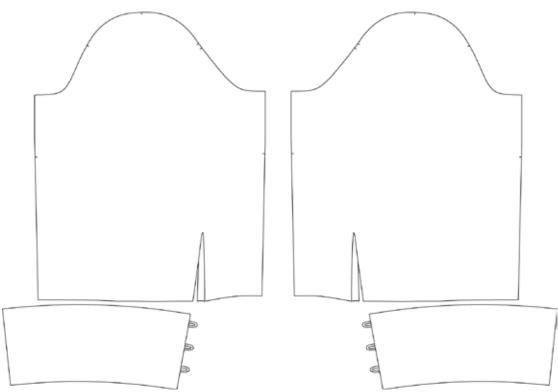


Figure 7.3



7.4. Pin the unfolded edge of the outer cuff, right sides together, to the sleeve. The side with loops on the cuff goes to the folded edge of the sleeve slit (Figure 7.4). Sew, being careful not to catch the facing. Fold the cuff up to have the right side out, and press the seam allowances away from the sleeve, into the cuff.

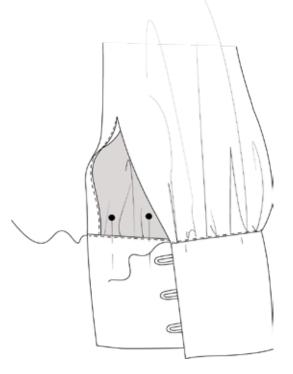


Figure 7.5

7.5. Tuck the seam allowances of the sleeve hem and cuff inside the cuff. Pin the facing in place and stitch in the ditch from the outside (or slip stitch the facing in place by hand on the inside) (Figure 7.5). Remember to take the gathering stitches out of the sleeve.

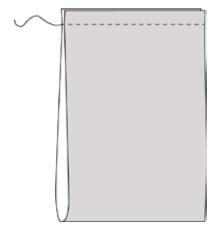


Figure 8.1

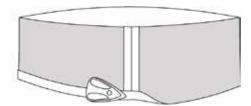


Figure 8.2

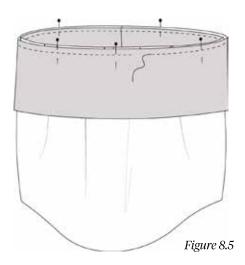


Figure 8.6

8. Sleeve and cuff (Short sleeve version)

- 8.1. Fold the cuff right sides right sides together and sew the short seam, press open (Figure 8.1).
- 8.2.Fold 3/8" (1 cm) of one long sides to the inside and press (Illustration 8.2).
- 8.3. Overlock the sleeve seams separately. Pin the sleeve seams, right sides together, sew and press open.
- 8.4.Set your stitch length to the longest stitch. Then run two rows of stitches about 1/4" (0.7 cm) and 5/8" (1.5 cm) from the edge. Gather the sleeve by pulling the two bobbin threads carefully.
- 8.5. Place the cuff around the sleeve so that the unfolded edge is right sides together with the sleeve hem (Illustration 8.5). Match the under arm seam to the cuff seam and pin all the way around, adjusting the gathers. Sew and press the seams down towards the cuff.
- 8.6. Now fold the cuff up so that the folded edge covers the seams on the inside. Slip stitch by hand from the inside, or stitch in the ditch from the outside to secure (Figure 8.6). Press the edge of the cuff well and remove the gathering stitches.

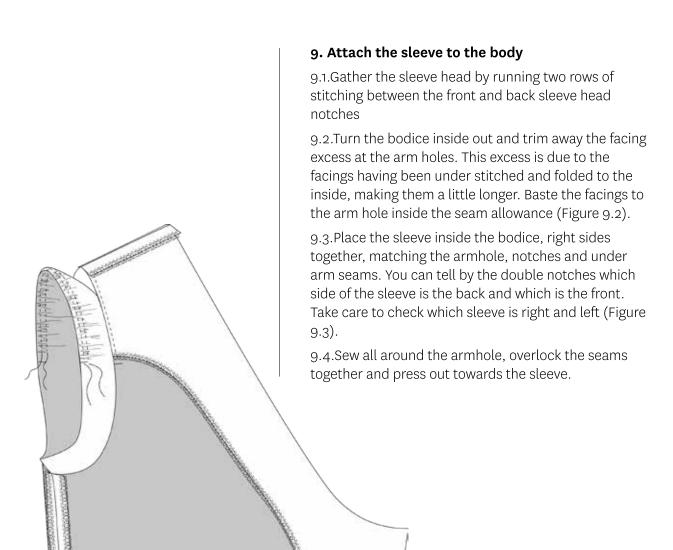


Figure 9.2 / 9.3

10. Buttons

10.1. Sew the three buttons on the left bodice as marked. Then attach the three small snap buttons on the inside of the right bodice to the dart excess (to prevent the stitches from showing on the right side) and to the right side of the left under wrap. Add your buttons to the cuff and that's your Albion blouse done and dusted!

Give the top a good press, admire your handiwork and enjoy wearing your new Albion Blouse!



The Peppermint Albion Blouse was created in collaboration with Sweden-based patternmaker Vanessa Hansen of VANESSA HANSEN STUDIO. Find out more at **vanessahansenstudio.com**

