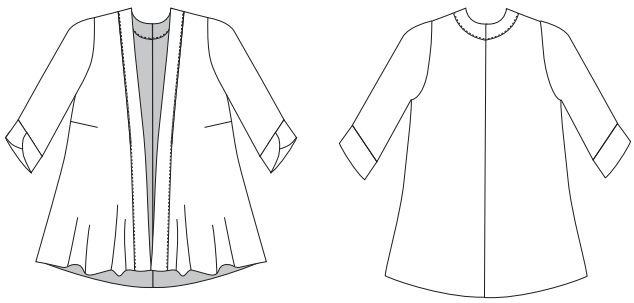
Stitching Zen
with Gail & Jen

◆ The Zen Jacket ◆



How to Select a Size:

The Zen Jacket is semi-fitted in the back and loose fitting in the front. The Zen Jacket is open in the front, use your full bust measurement to select your size. If you are between sizes, choose the size closest to your measurement.

Zen Body Measurements:

Size	Full Bust
2XS	33
XS	35
S	37
M	39
L	42
XL	44
2XL	47
3XL	51
4XL	55

Pattern Measurements and Yardage:

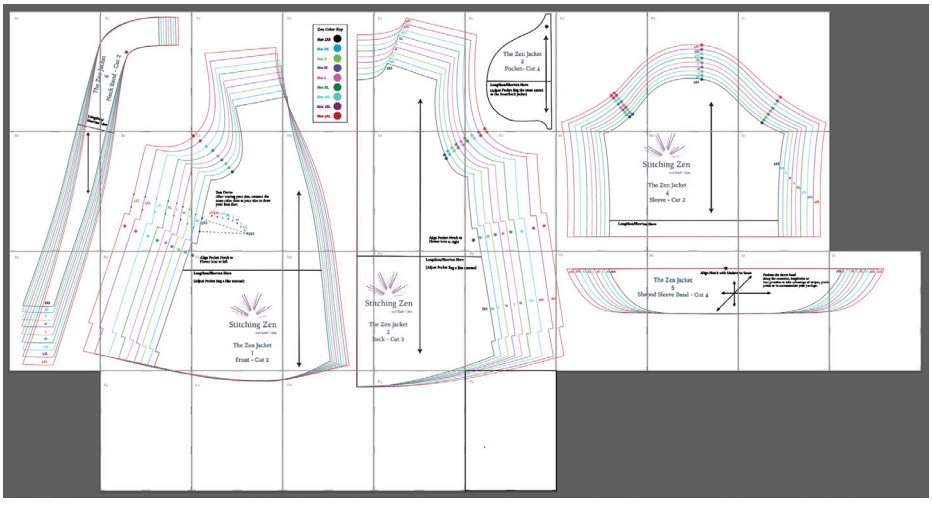
Size	Full Bust	Hem	CB Length	Yardage: 45-*wide*"	Yardage: 60-*wide*"
2XS	35	48	27	2	1 ½
XS	37	50 ½	27 ½	2	1 ¾
S	39	53	28	2 ¼	2
M	41	55 ½	28 ½	2 ⅓	2
L	44	58	29	2⅓	2 ¼
XL	47	61	29 ½	2 ½	2 ½
2XL	51	65	30	2 ½	2 ½
3XL	55	69	30 ½	2 ½	2 ½
4XL	59	73	31	2 ½	2 ½

How to Assemble:

For step-by-step instruction watch the video "Putting together PDF Patterns" in this lesson. Either fold back or trim along dashed lines along the right side and bottom edges of each sheet. Then secure pieces by matching the folded/cut edge with the dashed lines. You should have "plus signs" (+) in the corners of all the assembled pages.

Note: there's not an equal amount of pages in each column or row intentionally to save paper. *See pattern assembly guide.*

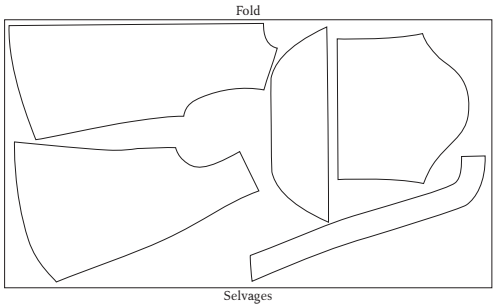
PDF Pattern Assembly Guide:



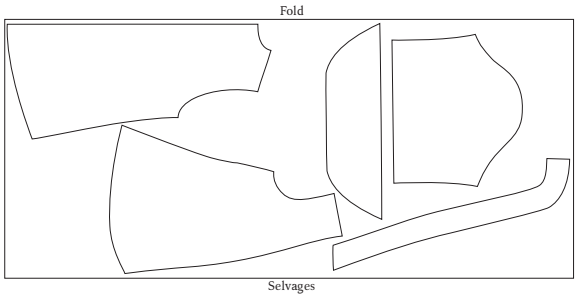
Zen Jacket Layout

Double Fold Fabric (56”- 60” wide)

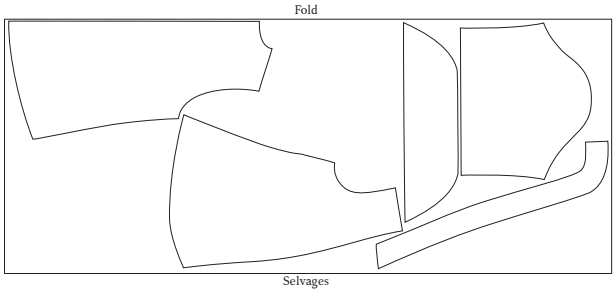
Size 2XS



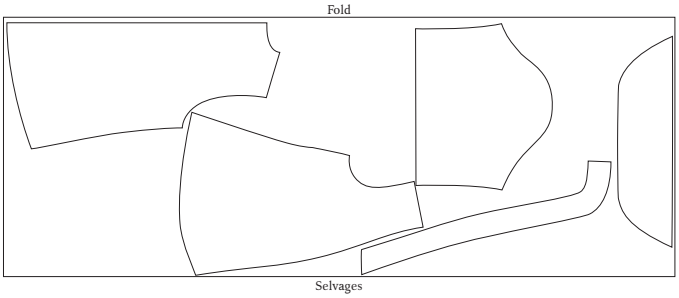
Size XS



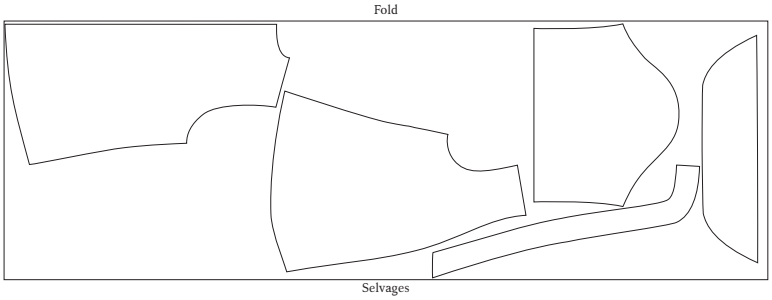
Size S



Size M - L



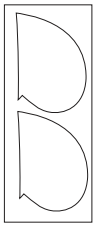
Size XL - 4XL



Pocket Bag Layout

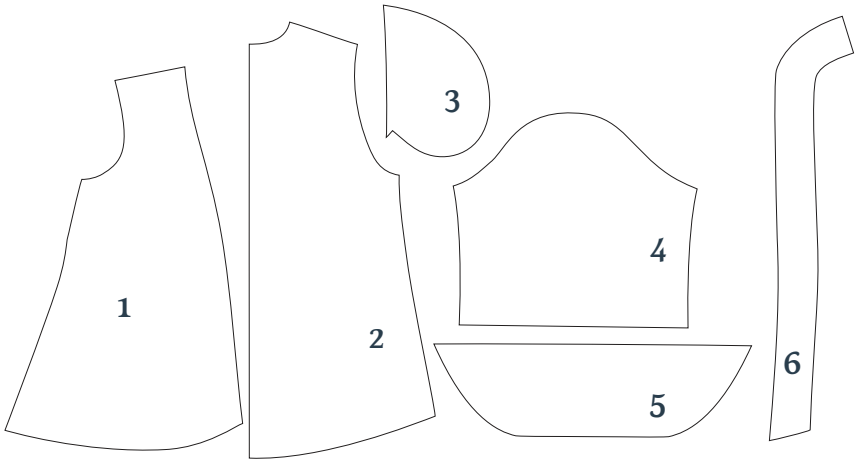
Double Fold Fabric: *44” wide*

All Sizes



Pattern Pieces

1. Front
2. Back
3. Pocket Bag
4. Sleeve
5. Shaped Sleeve Band
6. Neck Band

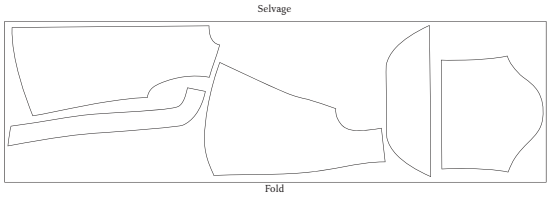


The Pattern Pieces include 3/8” Seam Allowances

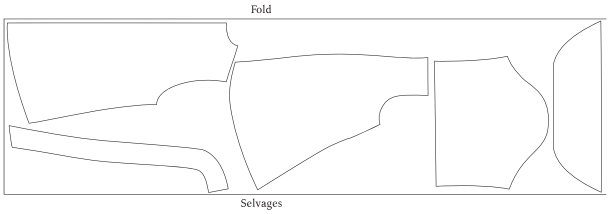
Zen Jacket Layout

Double Fold Fabric (45” wide)

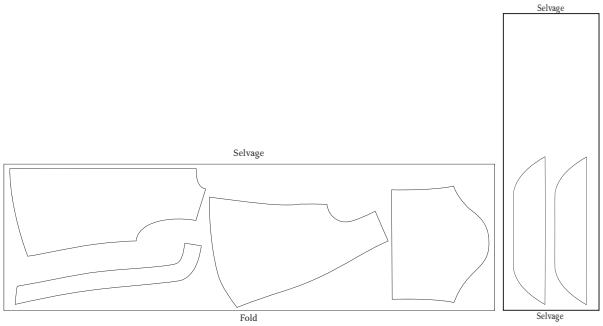
Size 2XS



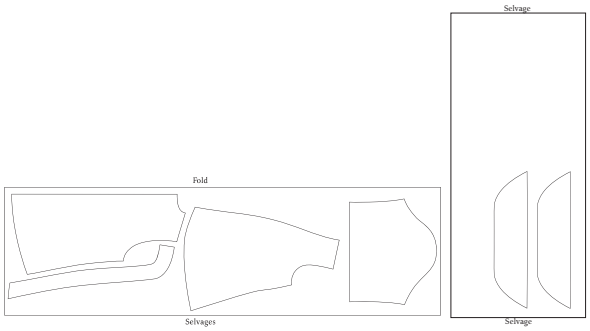
Size XS



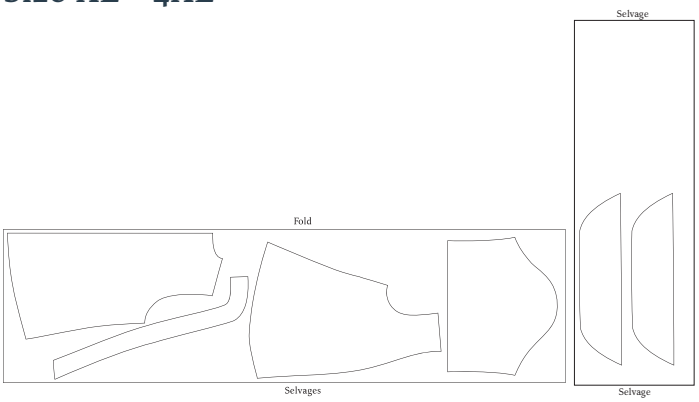
Size S



Size M - L



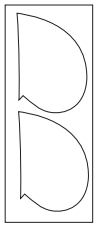
Size XL - 4XL



Pocket Bag Layout

Double Fold Fabric: *44” wide*

All Sizes



Pattern Pieces

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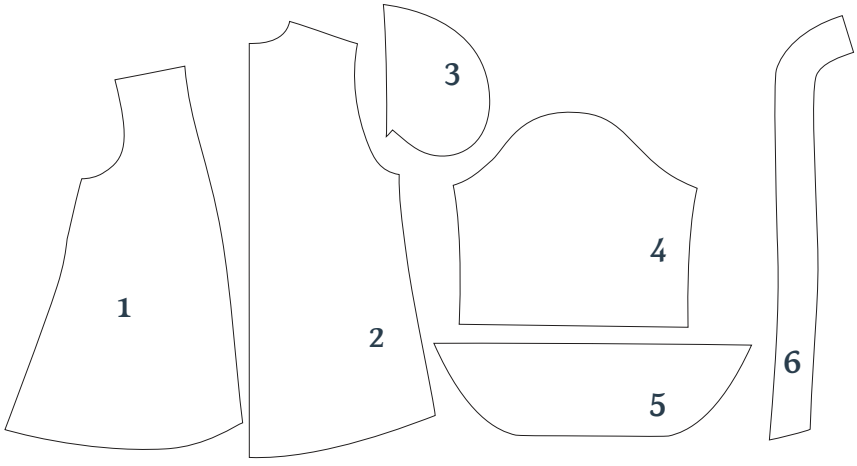
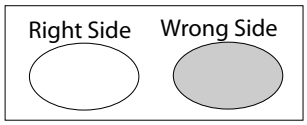
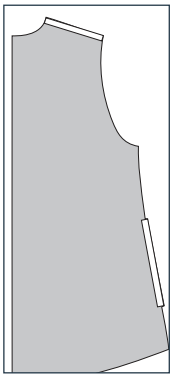


The Pattern Pieces include 3/8” Seam Allowances



Where to Place Stabilizer:

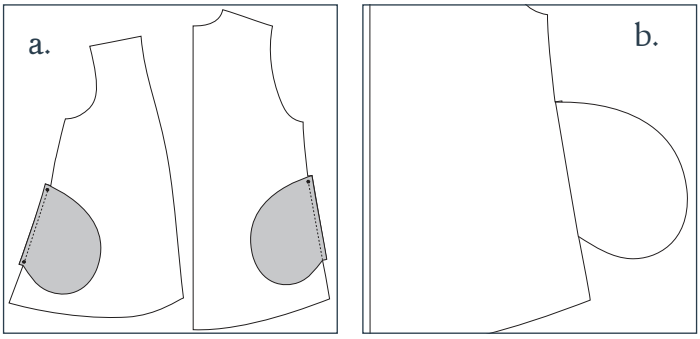
1. Stabilize the shoulder and pocket bag seams by fusing woven stay tape to the wrong side of the back shoulder seam and all pocket bag seams.



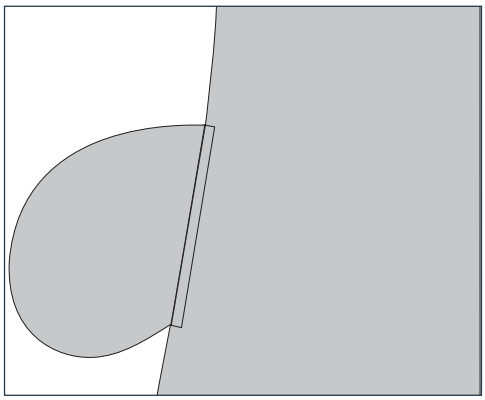
Pockets:

2a. Position pocket bags right sides together with the jacket front/back pieces. Align notches. Sew pocket bags between the notches.

2b. Press pocket bag flat.

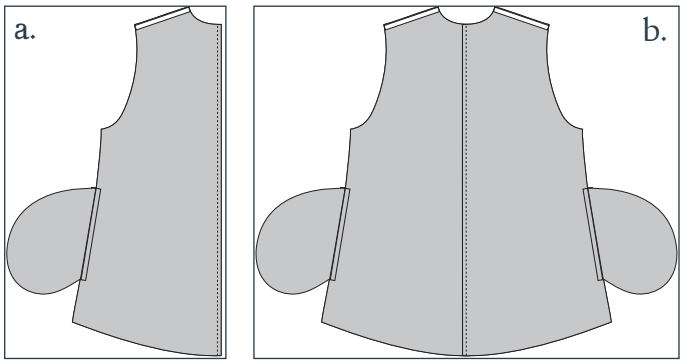


3. Press pocket bag seam allowances toward the jacket.



4a. Position jacket back pieces right sides together aligning center back seam. Sew center back seam using a 3/8" seam allowance.

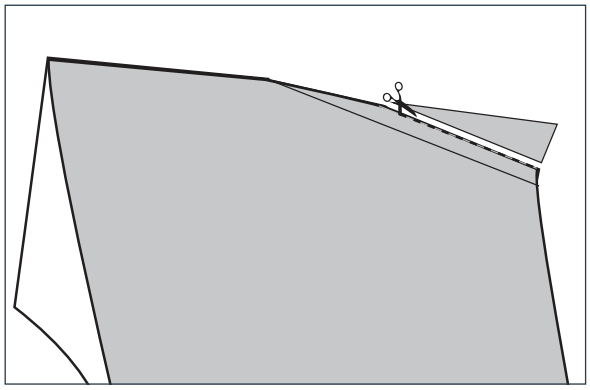
4b. Press seam allowances to one side.



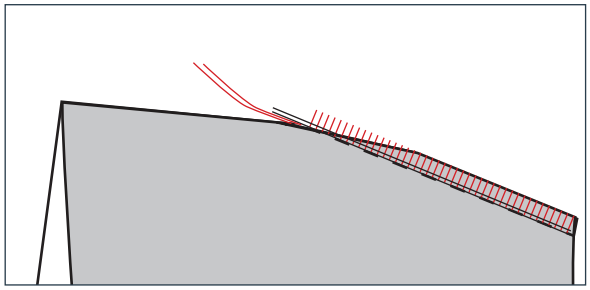
Darts:

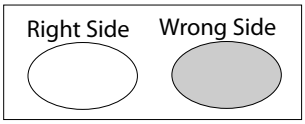
5. Fold bust dart so that the dart legs are aligned with each other, use a couple of pins to secure the two layers of fabric together.

6. If you're new to sewing darts with the serger, creating a seam allowance will help you stitch more accurately. Trim the fabric along the inside of the dart legs to 1/4".

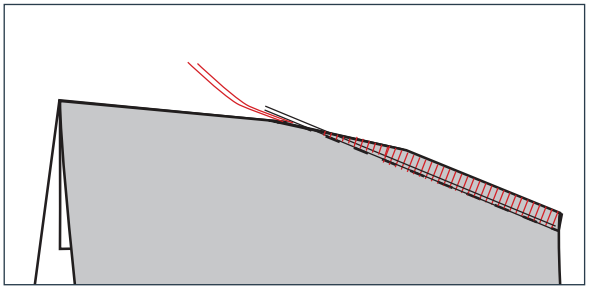


7. Starting at the side seam edge, Use a 4-thread stitch to serge along the dart legs, skimming the trimmed edges with the knife. As you approach the point of the dart, be careful to stitch smoothly off the edge of the fabric.



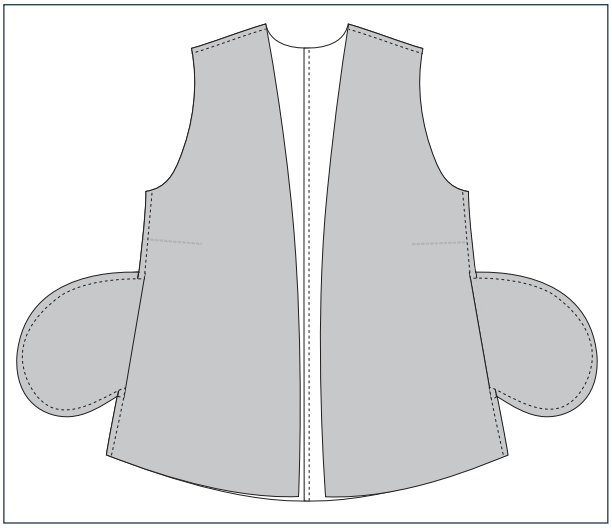


8. Trim the serged tail to 1". Tease the threads apart. The two longer threads are the looper threads. Gently pull them to tighten the loops that are hanging off the edge of the fabric near the dart tip. Trim tails to 1/4". *(Pulling loop thread tails secure the tip of the dart.)*



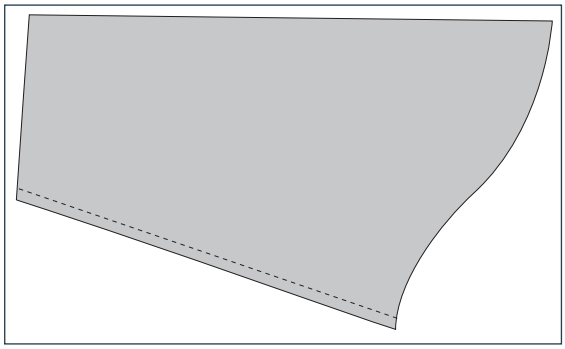
Construct Pocket & Side Seams:

9. Position jacket fronts right sides together with the back. Align shoulder notches, side seams and pocket bags. Sew shoulder and side seams. Start at hem and stitch to the pocket bag. Pivot and stitch around pocket bag. Then pivot and stitch up to the armhole. Repeat for the opposite side seam.

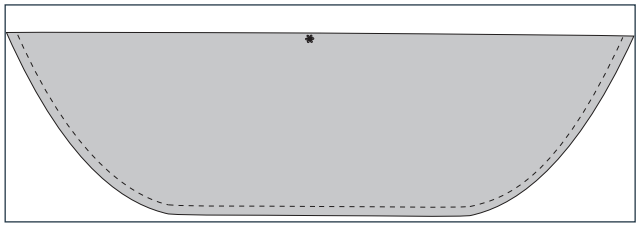


Construct Sleeves:

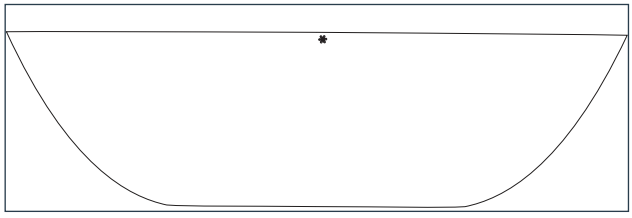
10. Align the underarm edges of the sleeve by folding it in half, right sides together. Sew underarm seam using a 3/8" seam allowance.



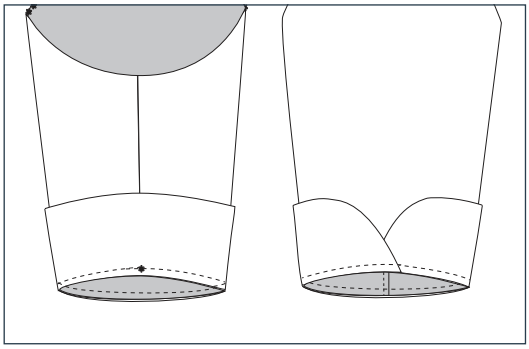
11. Construct Sleeve Band. Position sleeve band and facing right sides together matching notches. Sew along the curved outer edge using a 3/8" seam allowance.



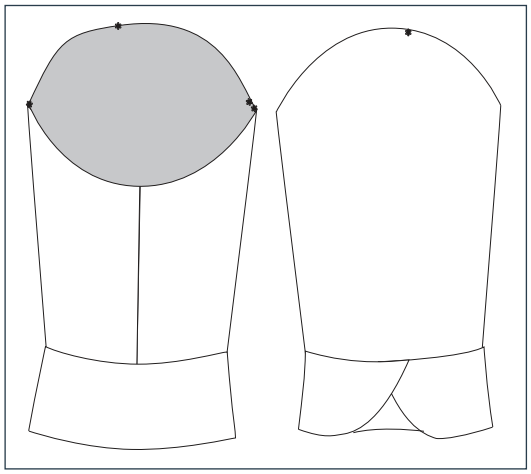
12. Turn sleeve band to the right side, press.



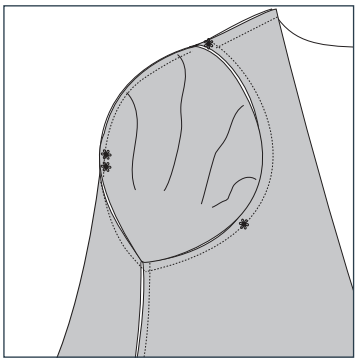
13. Sew sleeve band to end of sleeve. Position sleeve band right sides together with the wrist end of the sleeve matching notch with the underarm seam. Overlap ends of band so that it fits the sleeve. Sew sleeve band to sleeve using a 3/8" seam allowance.



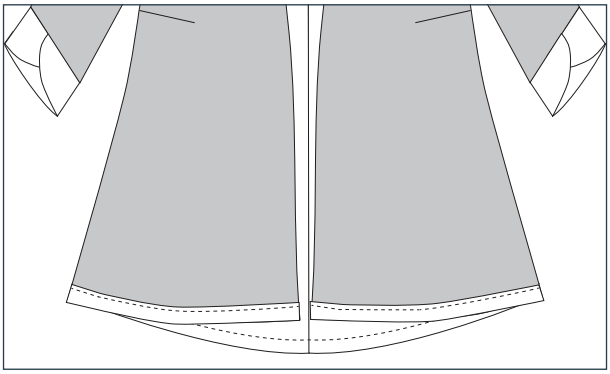
14. Fold the sleeve band down and press.



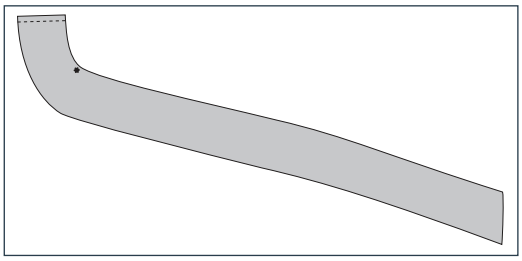
15. Set Sleeves into armholes. Turn sleeve right side out. Turn jacket inside out. Position sleeve in armhole matching underarm seam to the side seam. Align front, back and shoulder notches. Starting right behind underarm seam, sew sleeve to armhole using a 3/8" seam allowance.



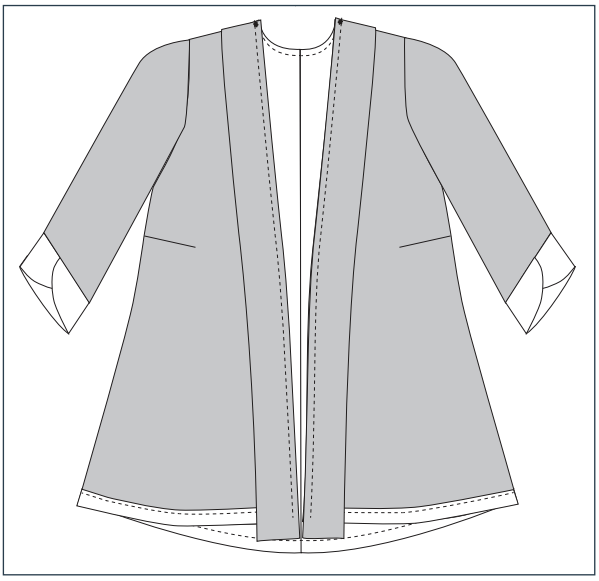
16. The next step is the hem. Turn hem under 3/4". Press and stitch in place.



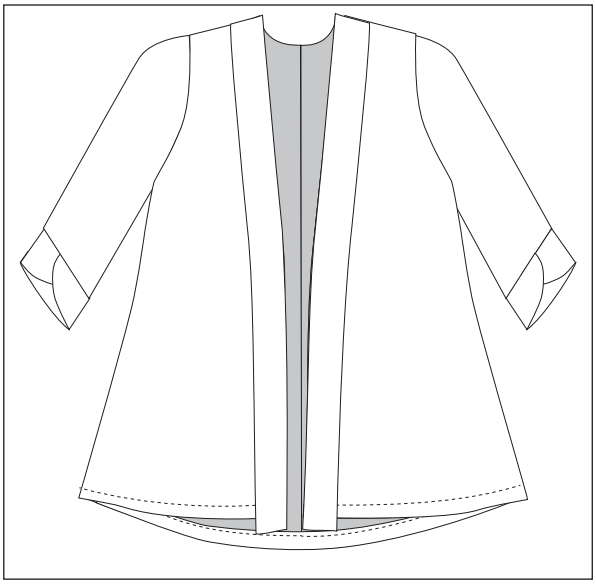
17. Position neck bands right sides together. Sew center back seam using a 3/8" seam allowance.



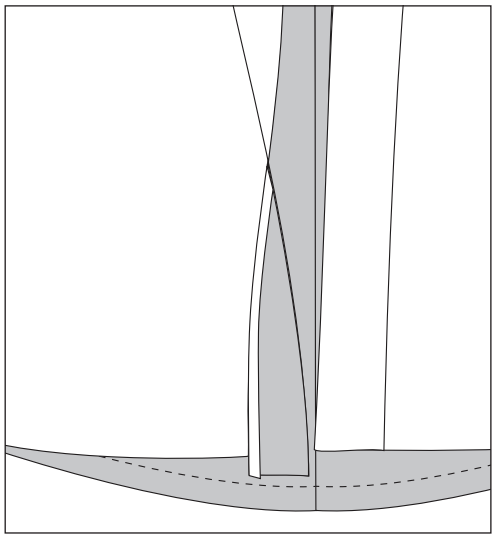
18. Position neck band right side together with the wrong side of the jacket front. Align CB seams and shoulder notches on neck band with shoulder seams on the jacket. Stitch neck band to the jacket front using a 3/8" seam allowance.



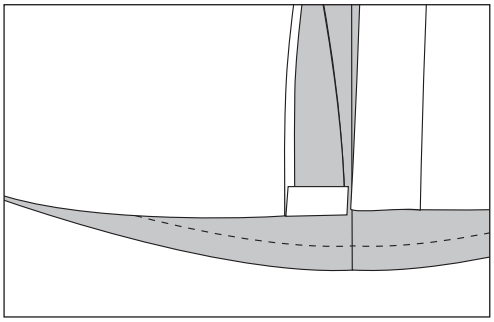
19. Press neck band to right side of the jacket.



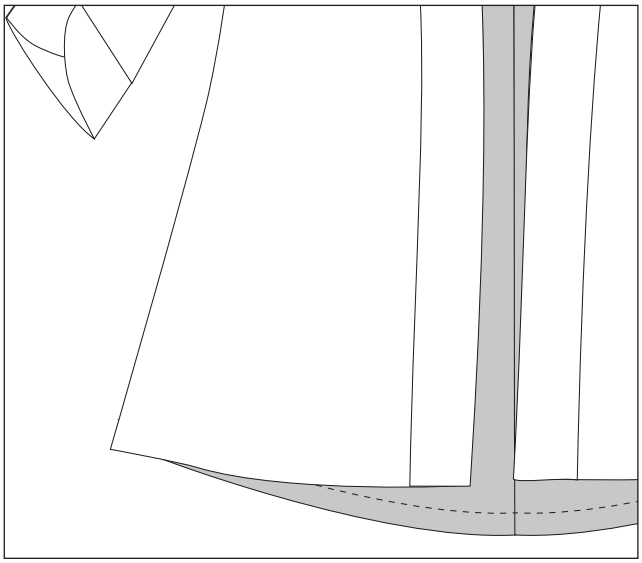
20. The neck band should extend past the finished hem.



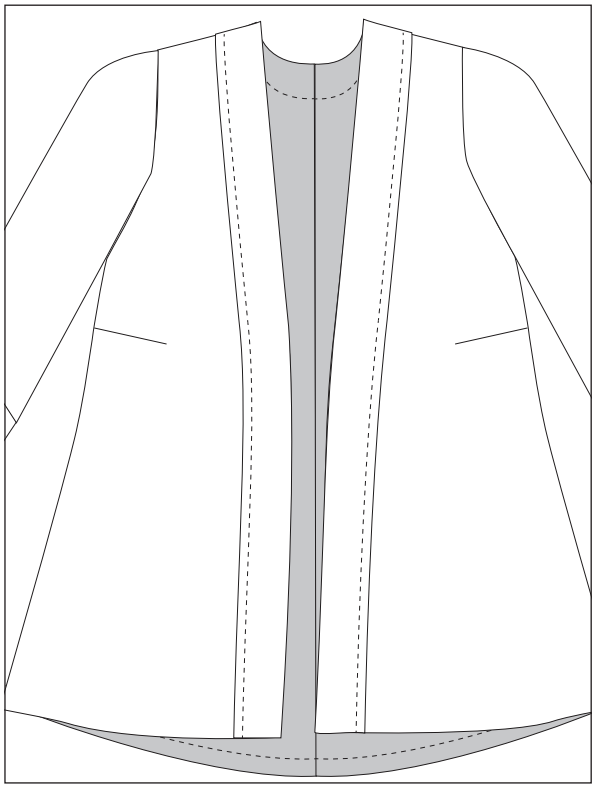
21. Fold the end of the neck band up so that it's equal to the length of the hem.



22. Fold the neck band back in place. Pin the neck band in place.



23. Secure the neck band to the jacket. Stitch along the outer edge of the neck band. *(If you're using a woven fabric, turn the outer edge of the band under 1/4" before stitching it down.)*



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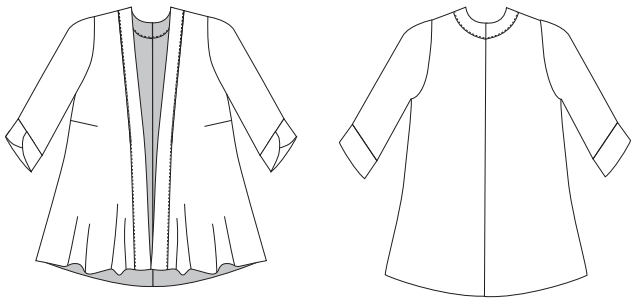

How to Select a Size:

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Recommended Fabrics:

This pattern is designed for woven fabrics with a soft drape and stable knits such as cotton gauze, linen, lightweight denim, wool, ponte or double knits.

Notions:

All purpose thread to match fabric, fusible stay tape. Optional decorative buttons to embellish the sleeve band.

Comments or Questions? Post in the discussion forum or Contact Us by email: stitchingzen@gmail.com

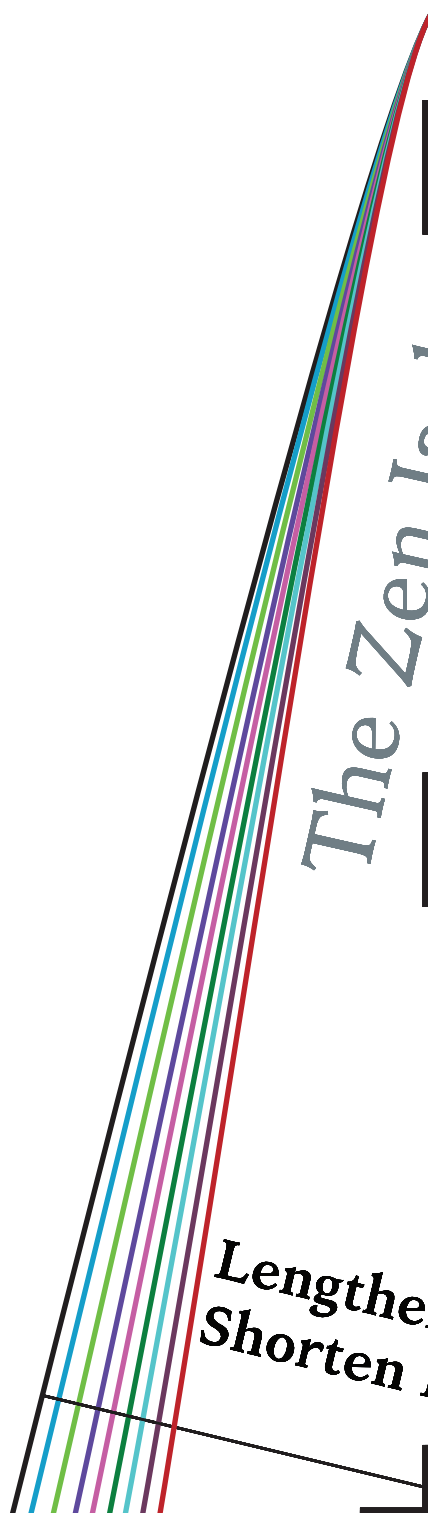
Scale Check: Measure squares to confirm proper printing

2 in

2 in

5 cm

5 cm



B1

Jacket

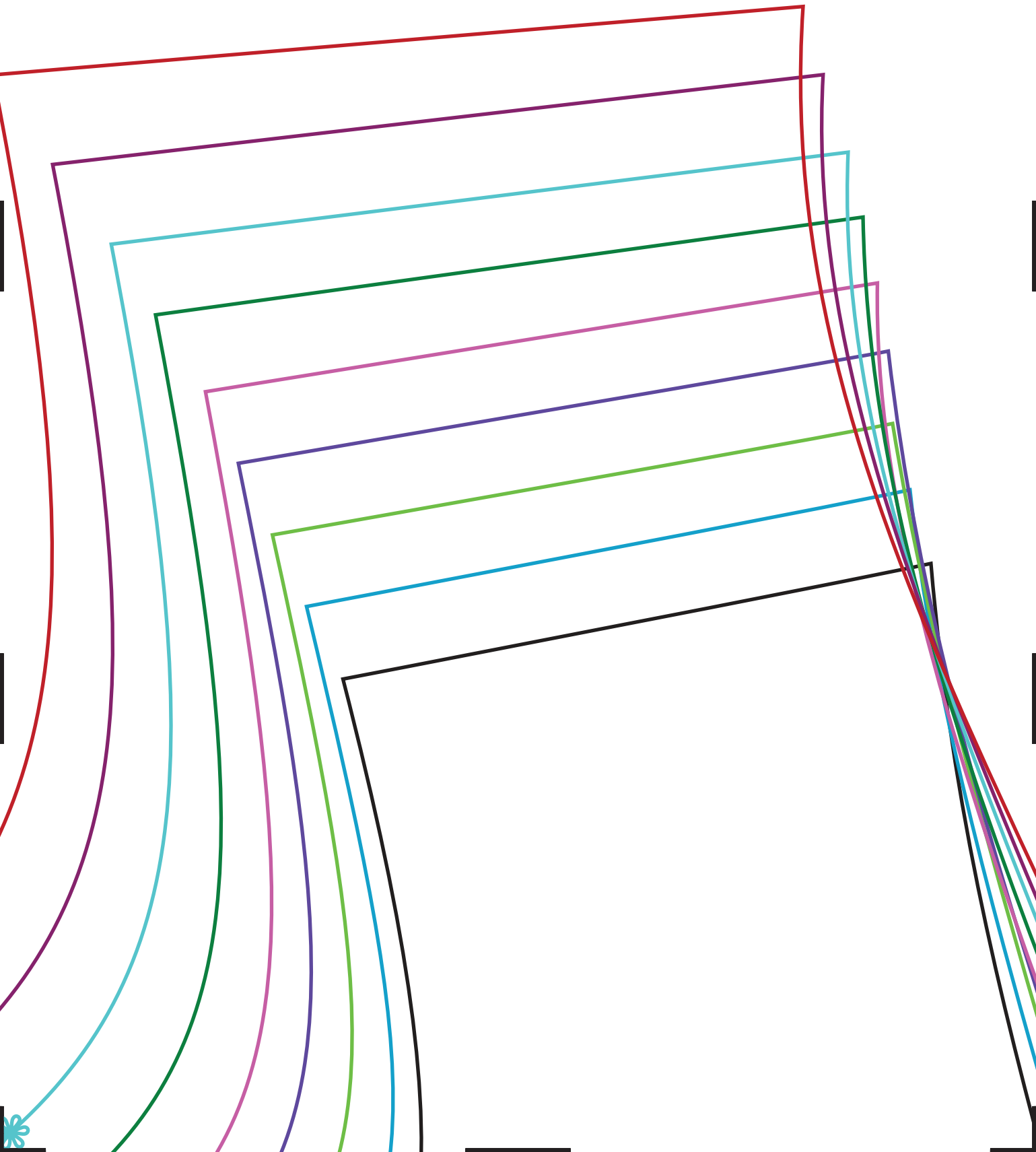
6

Neck Band - Cut 2

n/

Line

C1



D1

Zen Color Key

Size 2XS

Size XS

Size S

Size M

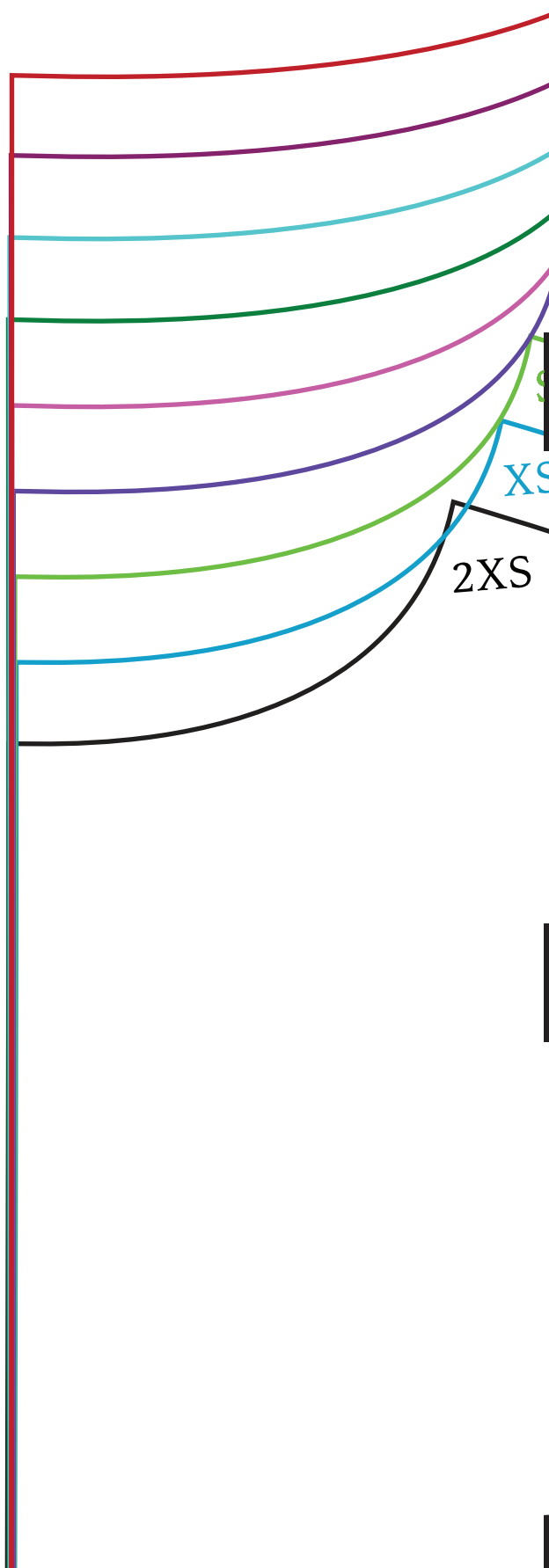
Size L

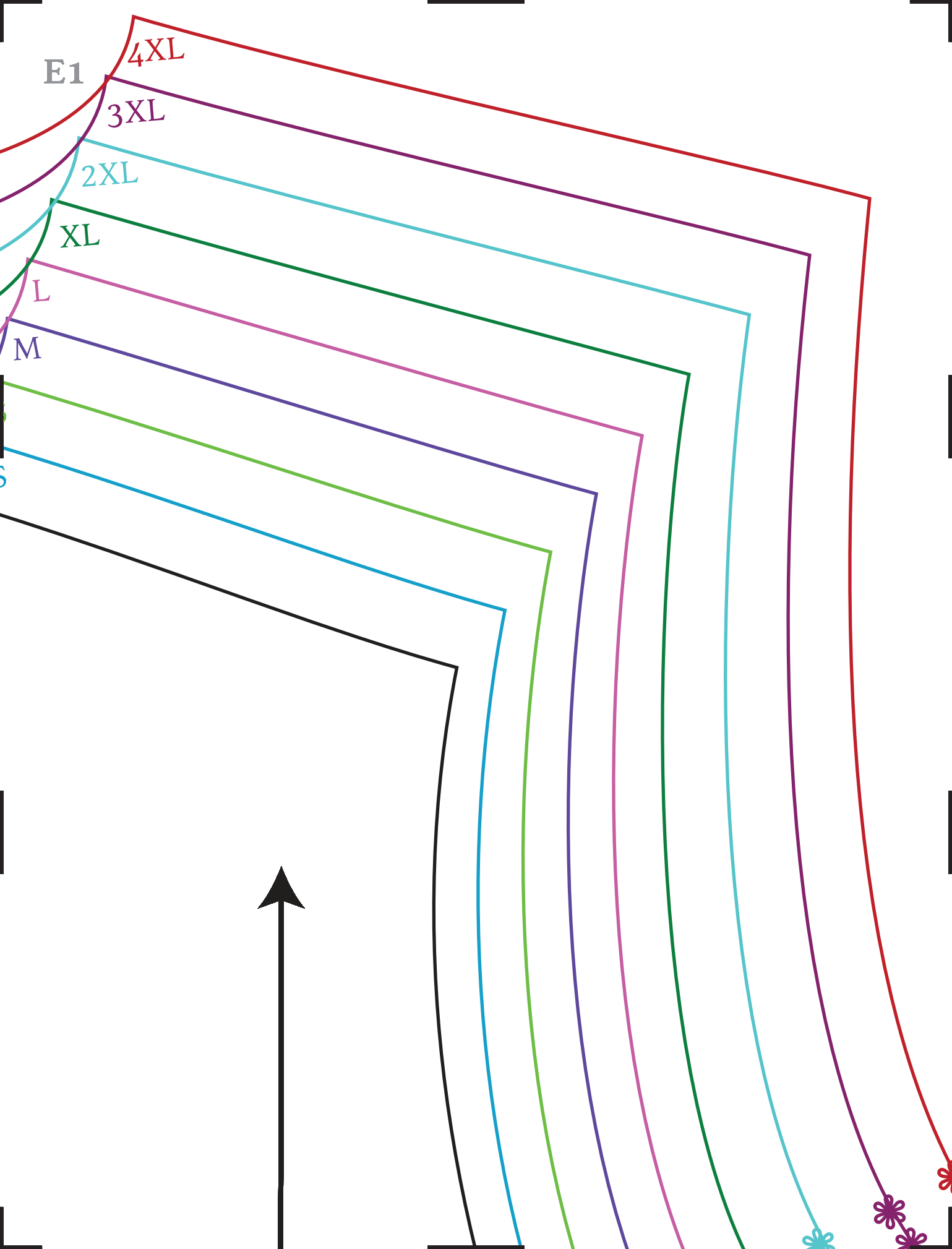
Size XL

Size 2XL

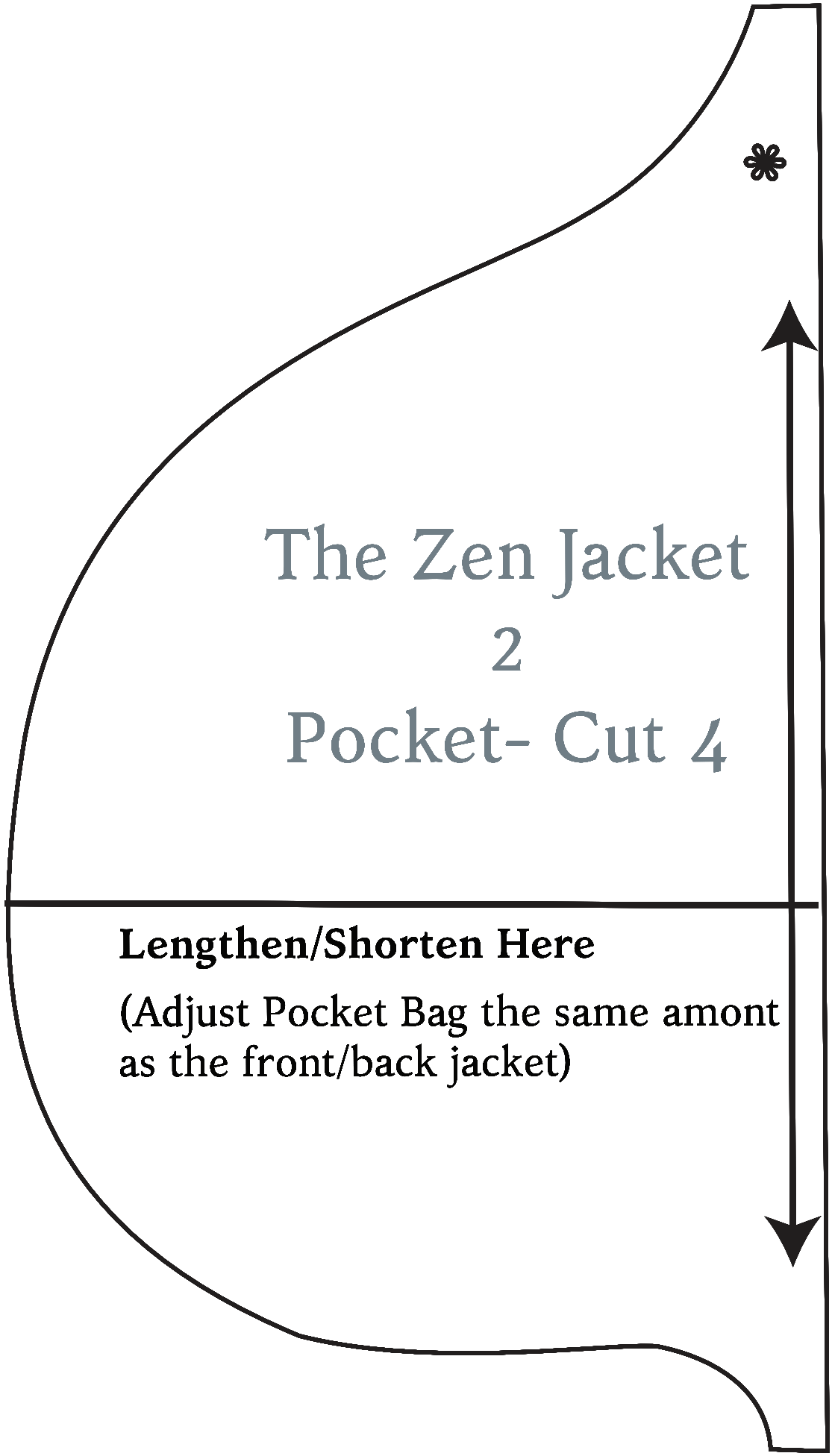
Size 3XL

Size 4XL

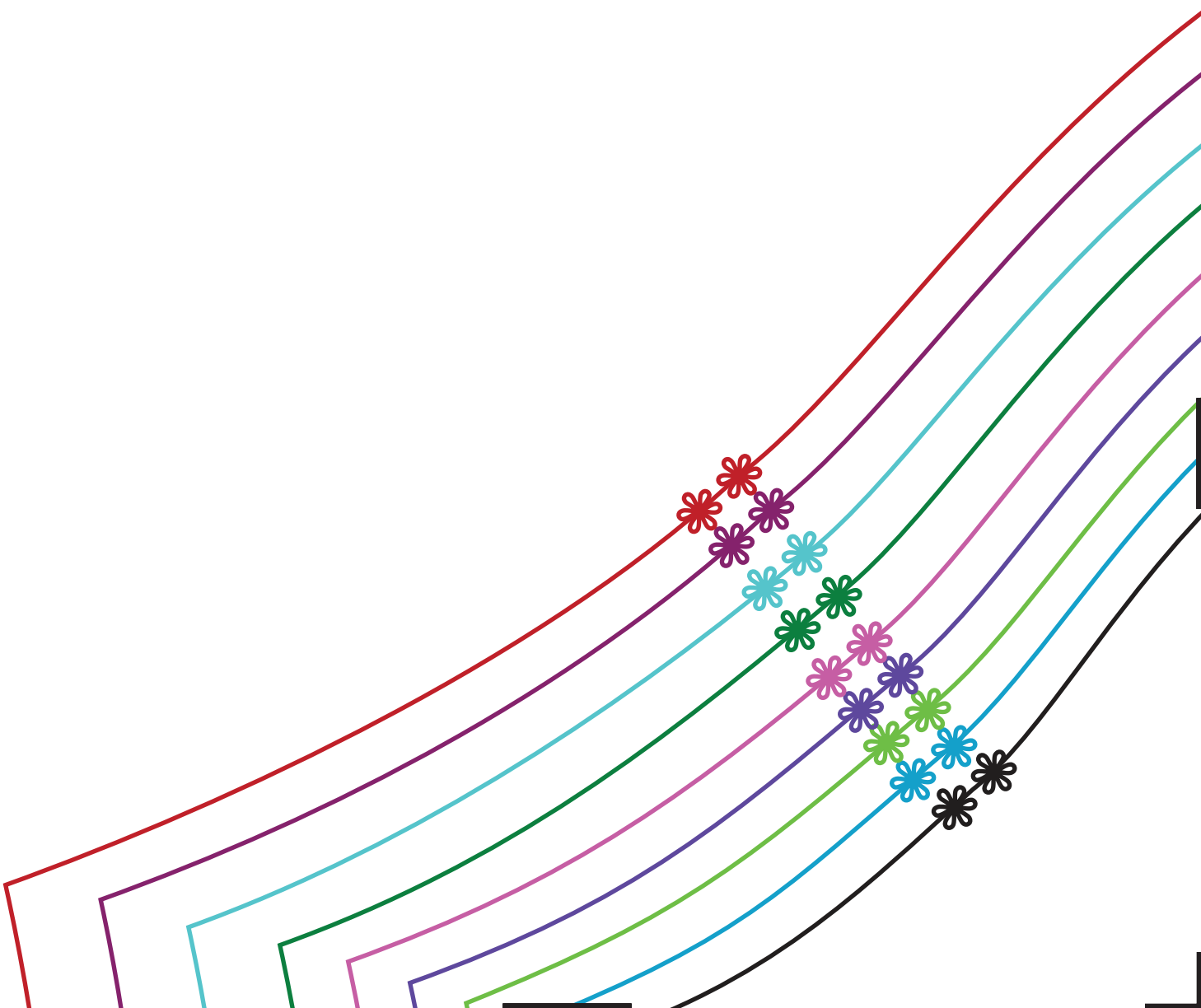



E1
4XL
3XL
2XL
XL
L
M

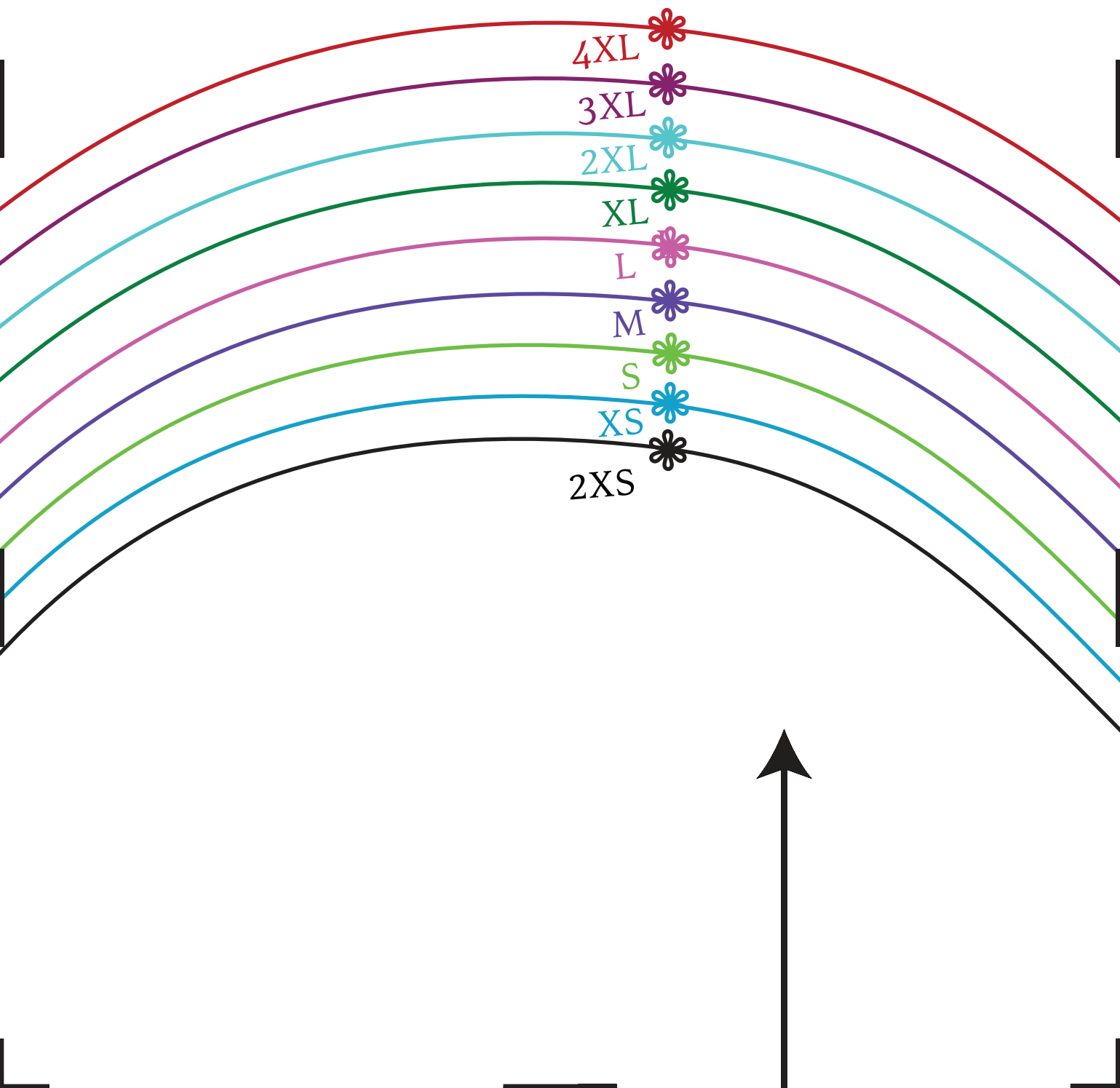
F1


The Zen Jacket
2
Pocket- Cut 4
Lengthen/Shorten Here
(Adjust Pocket Bag the same amont as the front/back jacket)

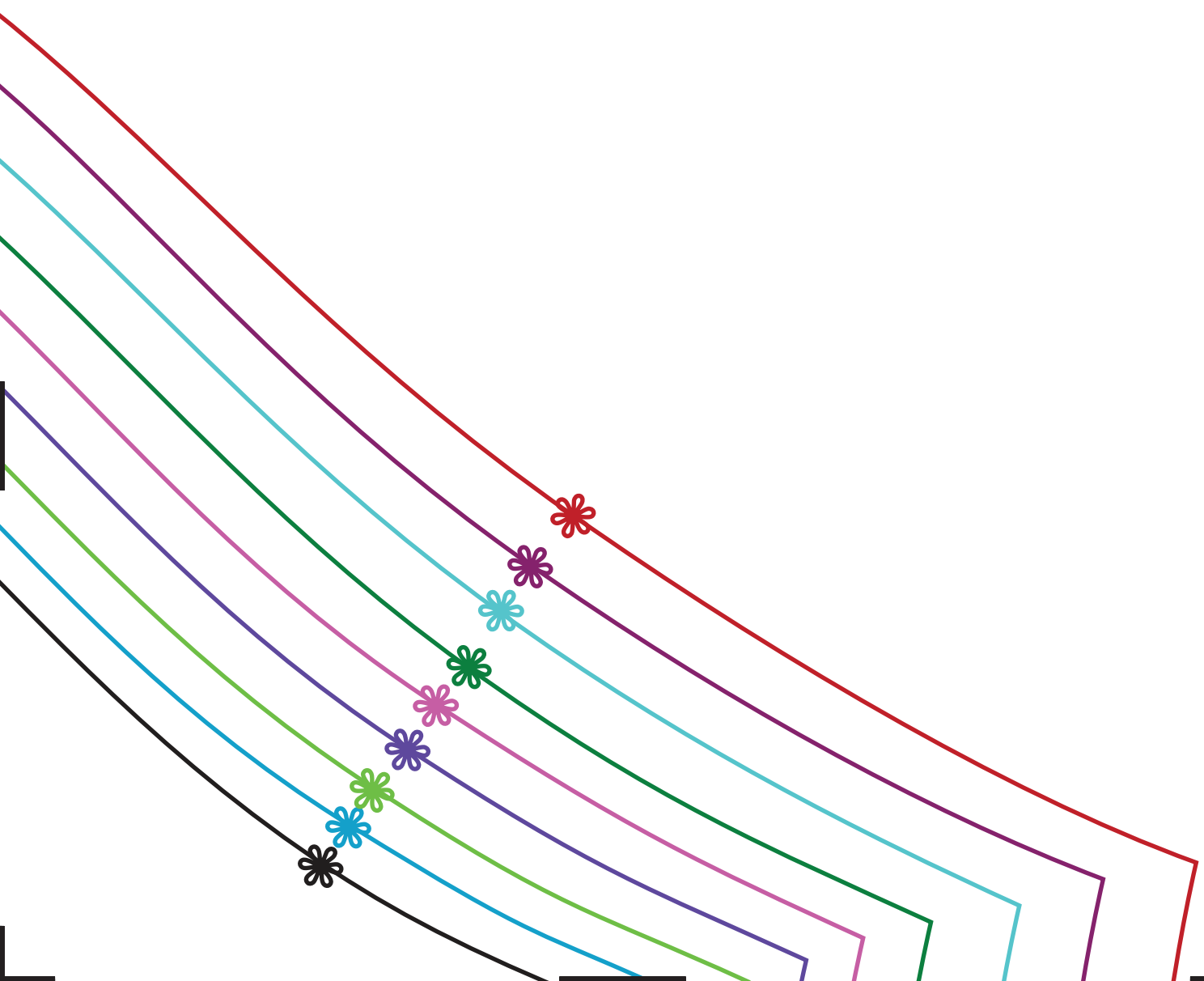
G1



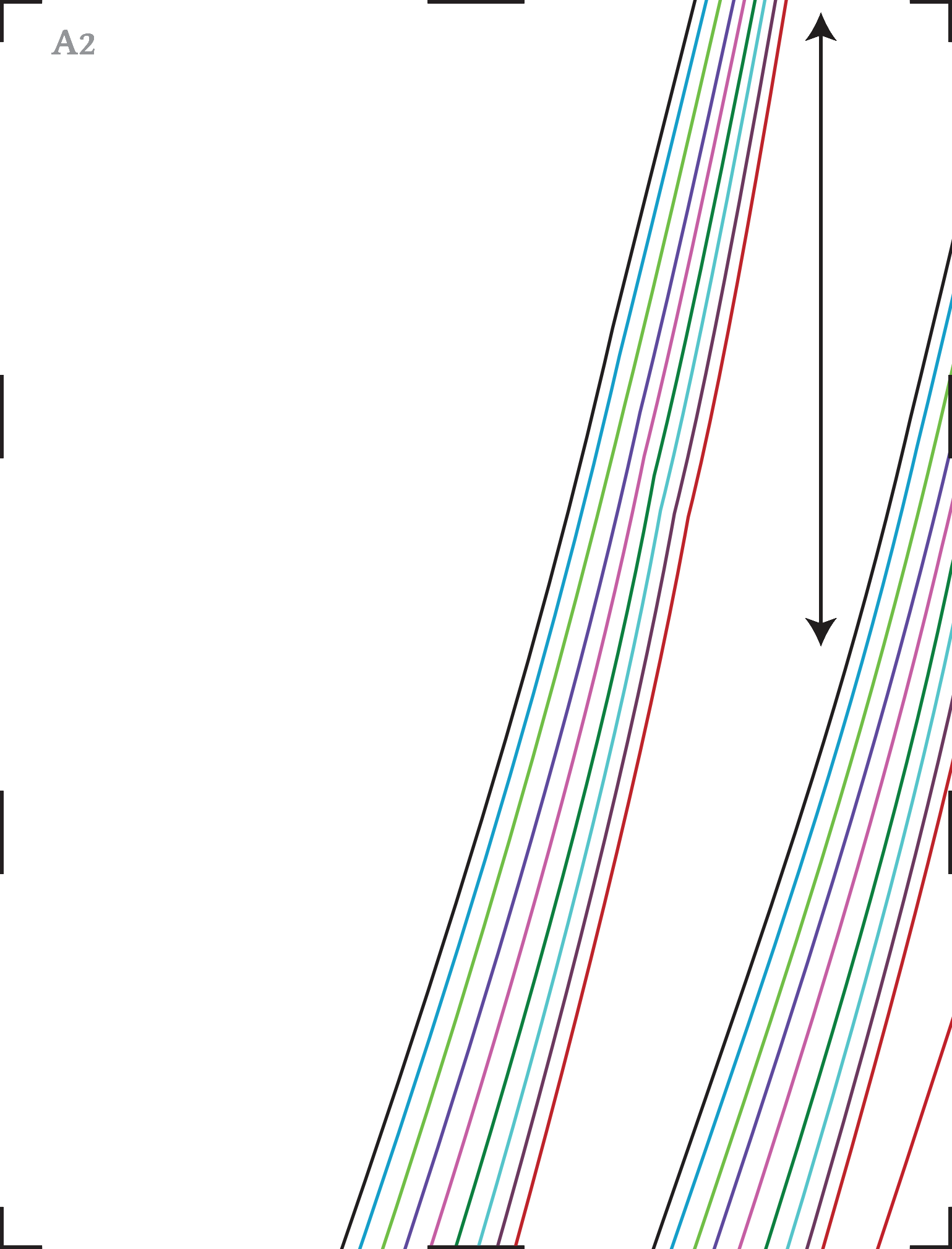
H1

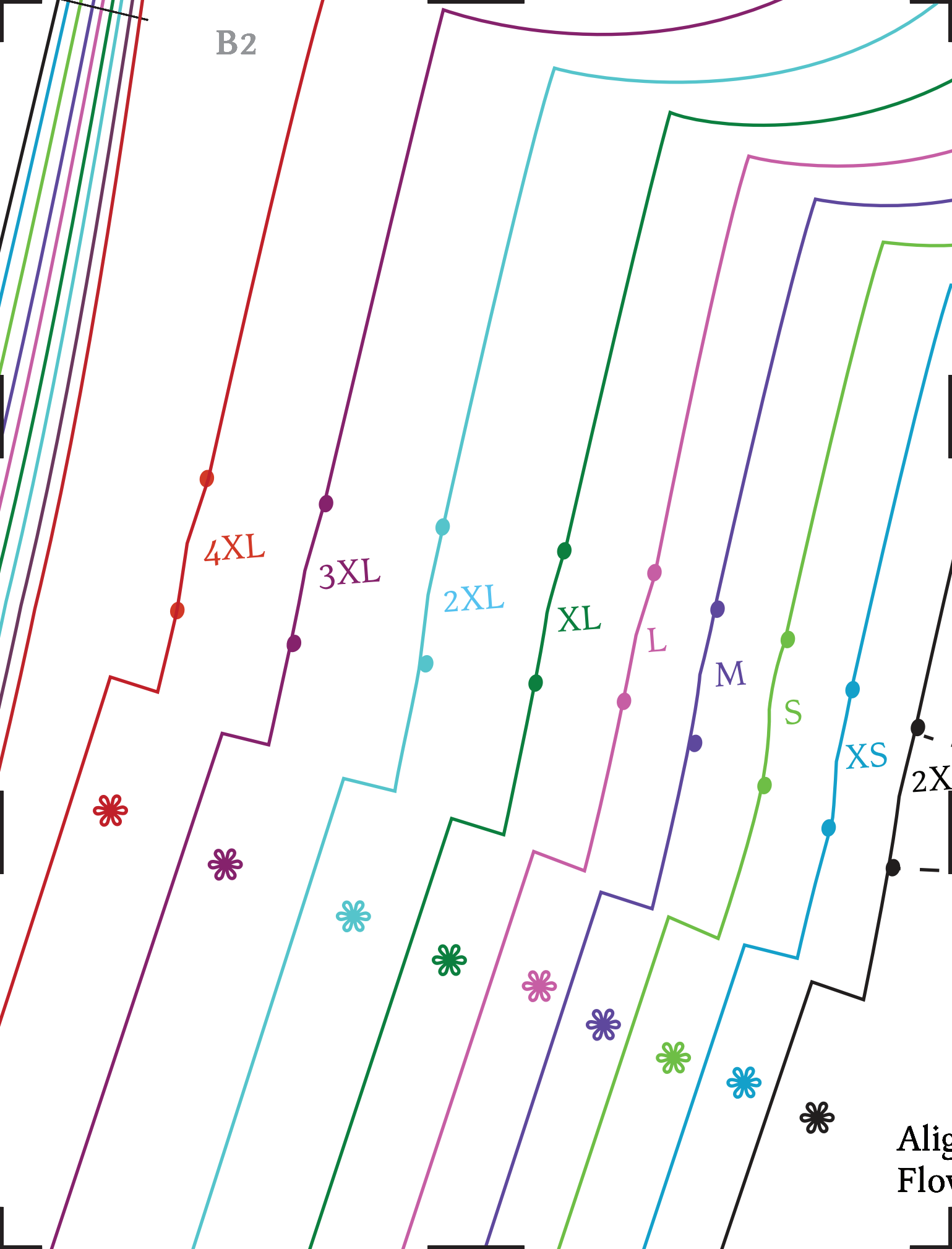


I1



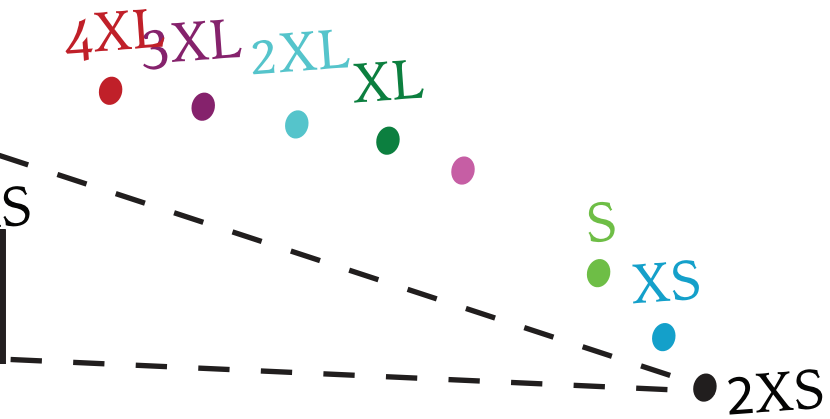
A2



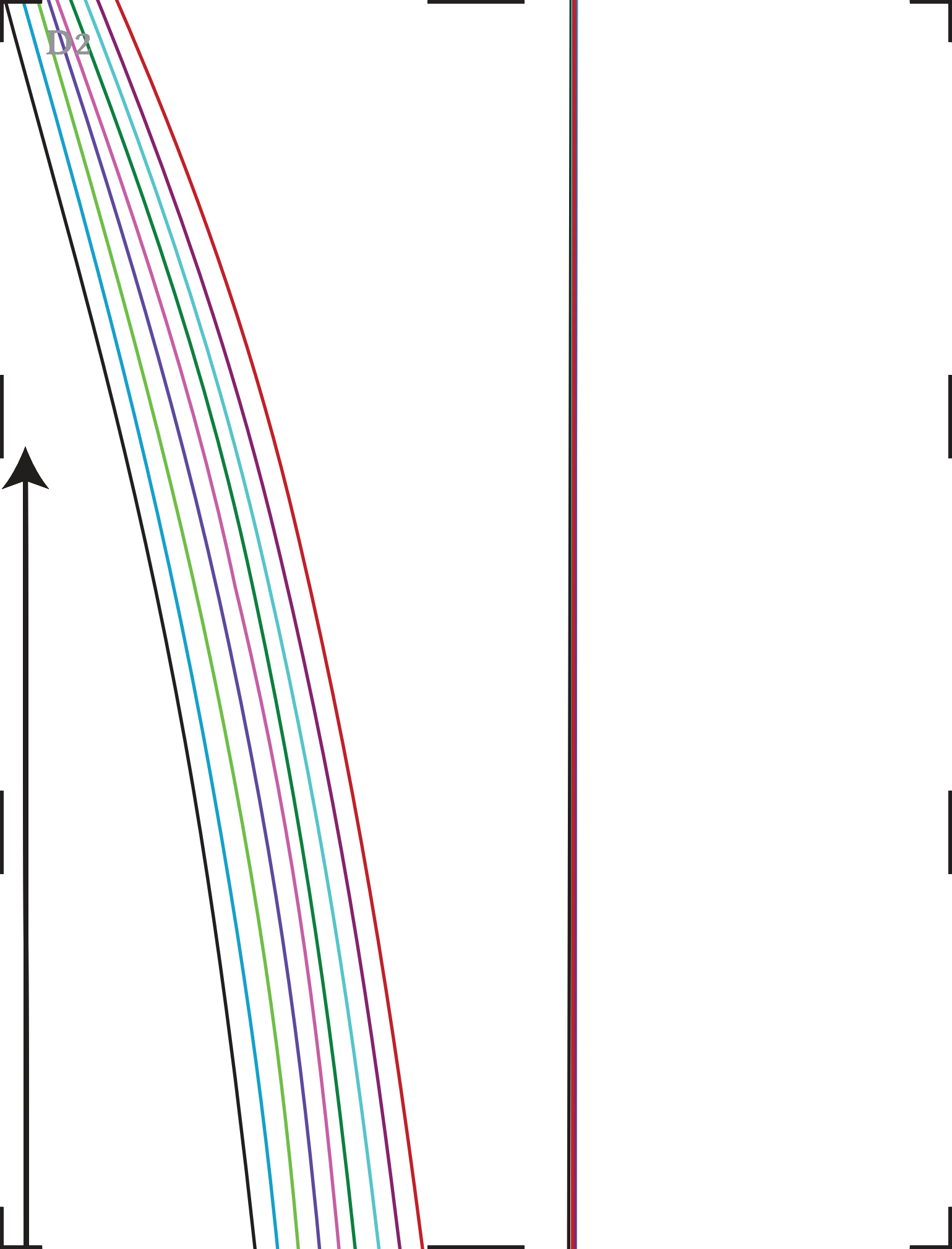

B2
4XL
3XL
2XL
XL
L
M
S
XS
2X
Alig
Flo

C2

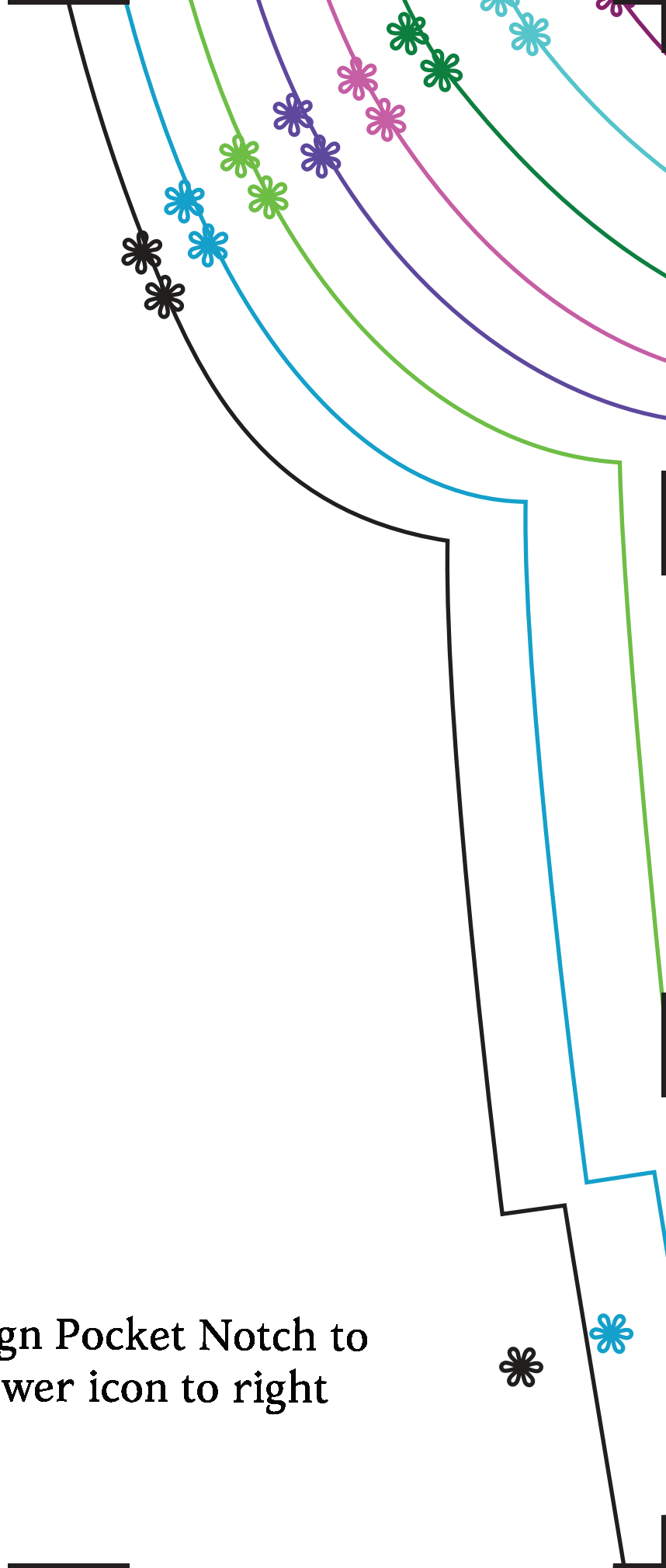
Zen Darts:
After tracing your size, connect the same color dots as your size to draw your bust dart.



gn Pocket Notch to
wer icon to left

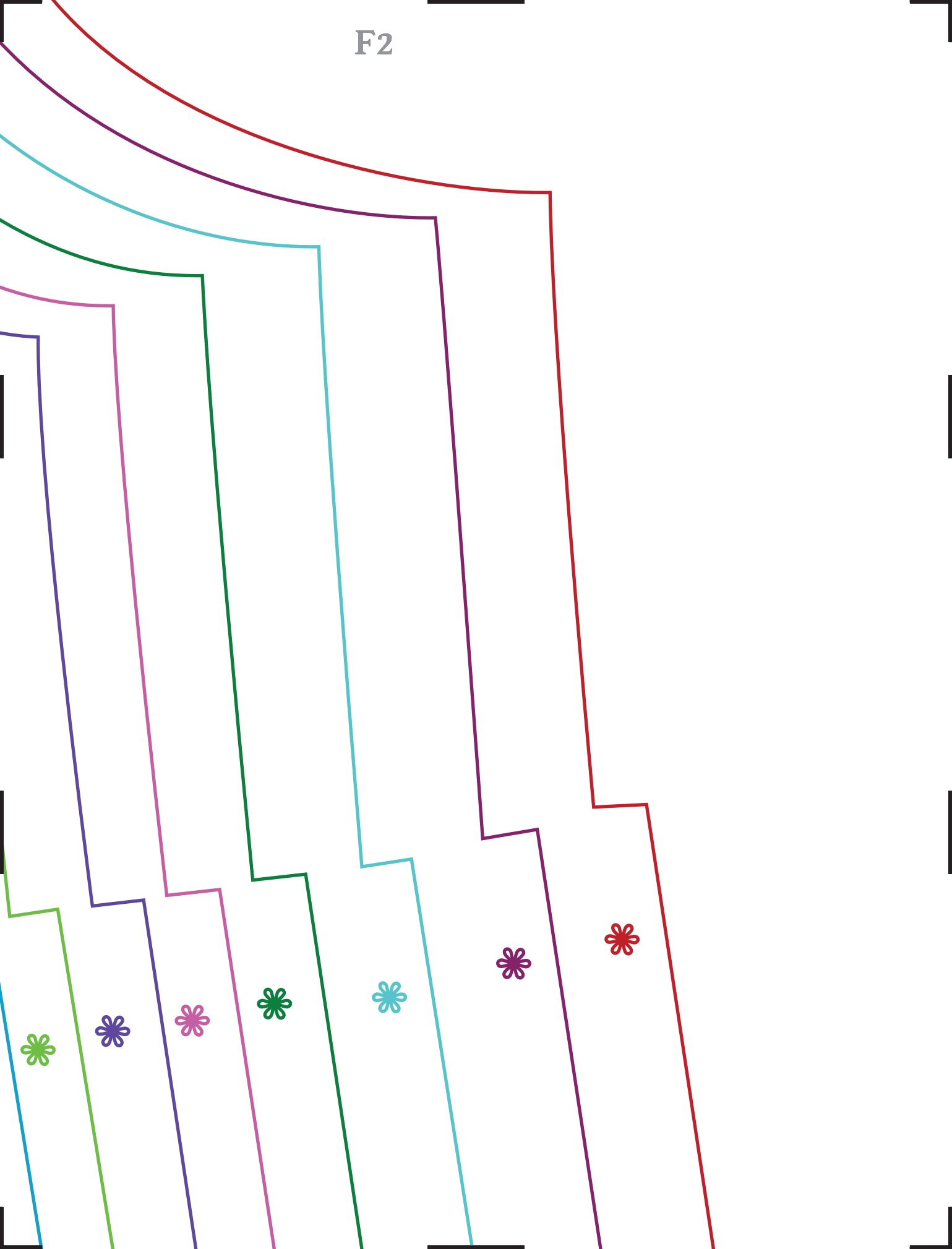

D2

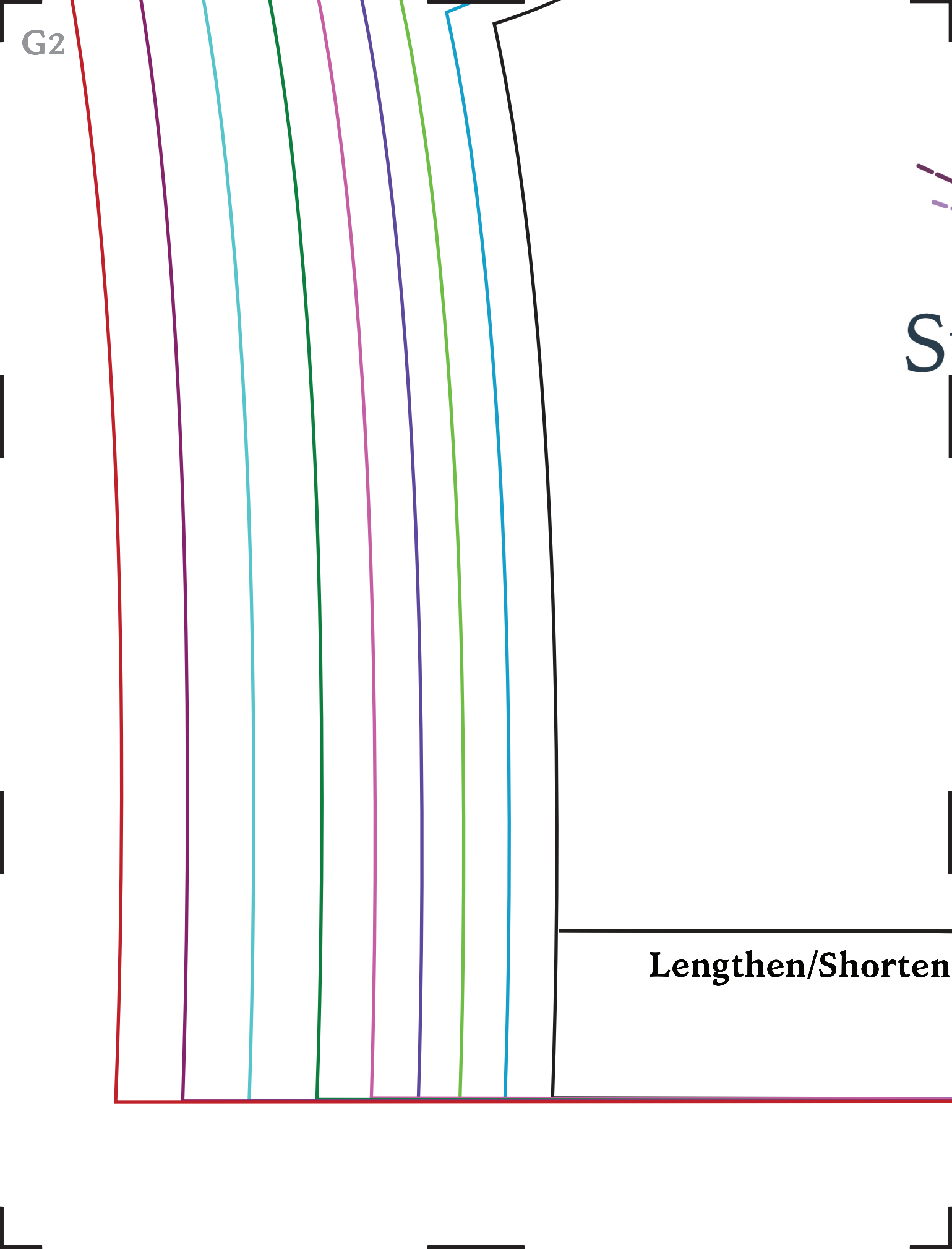
E2



Align Pocket Notch to
Flower icon to right

F2




G2
Lengthen/Shorten

H2

titching Zen

with Gail & Jen

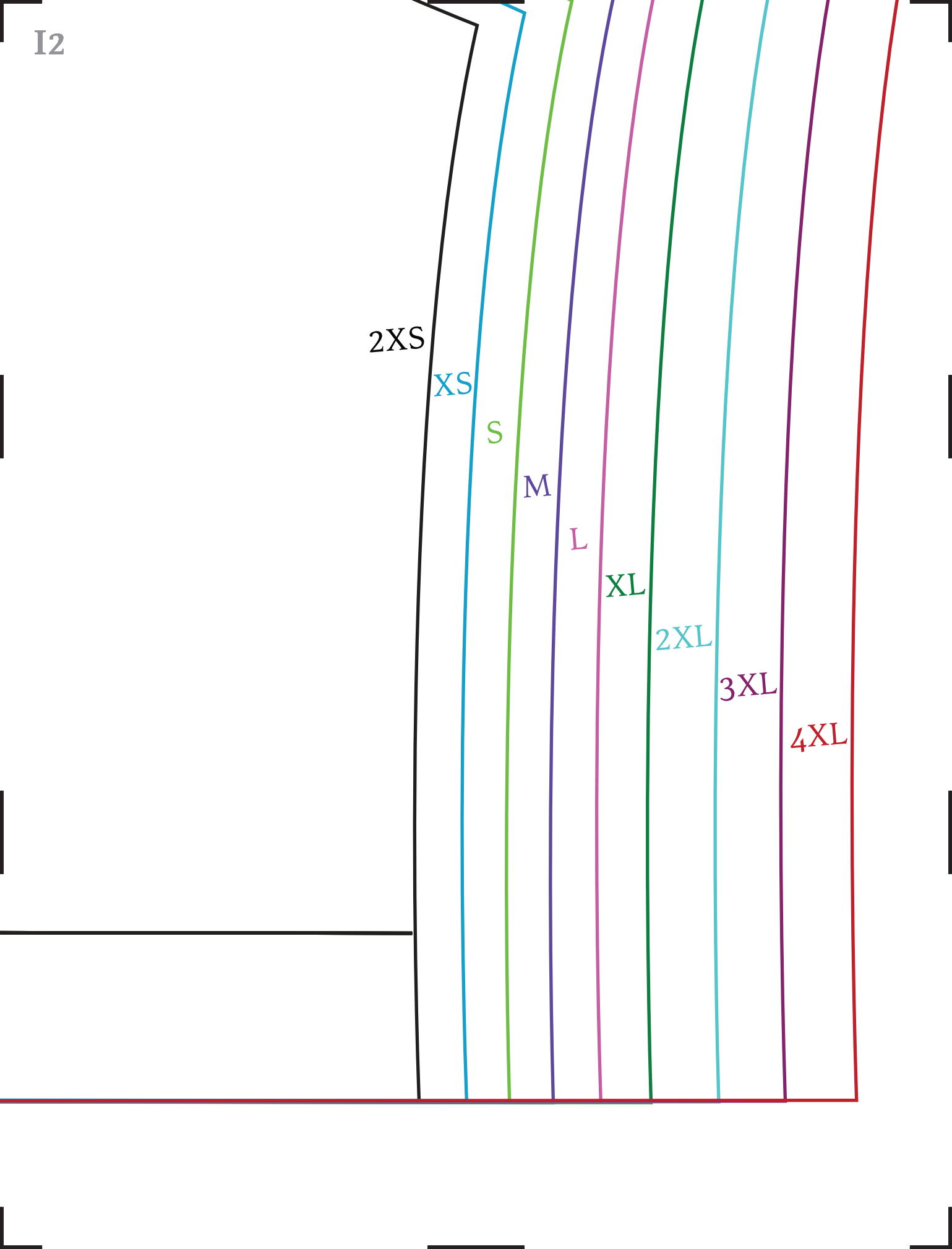
The Zen Jacket

4

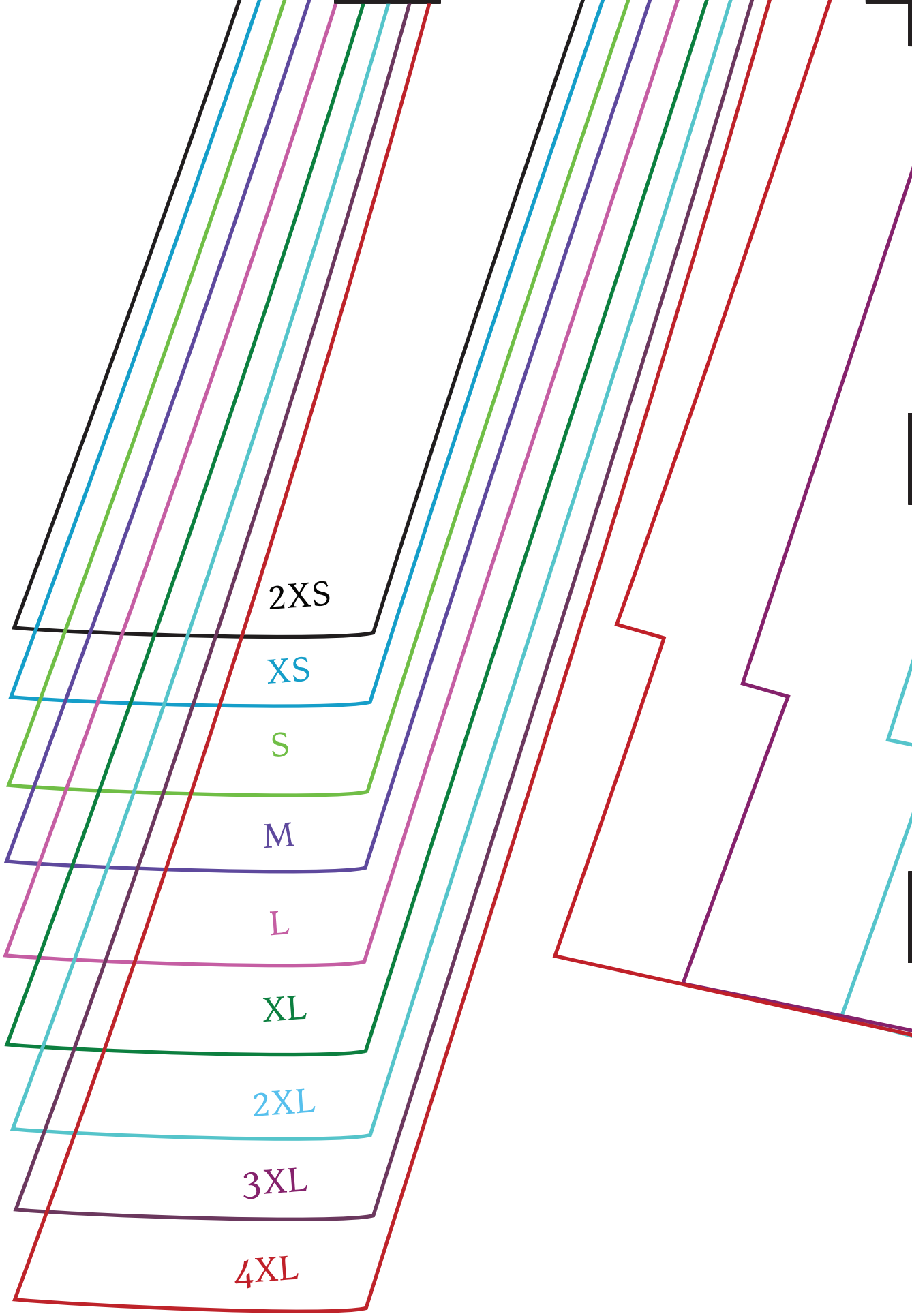
Sleeve - Cut 2

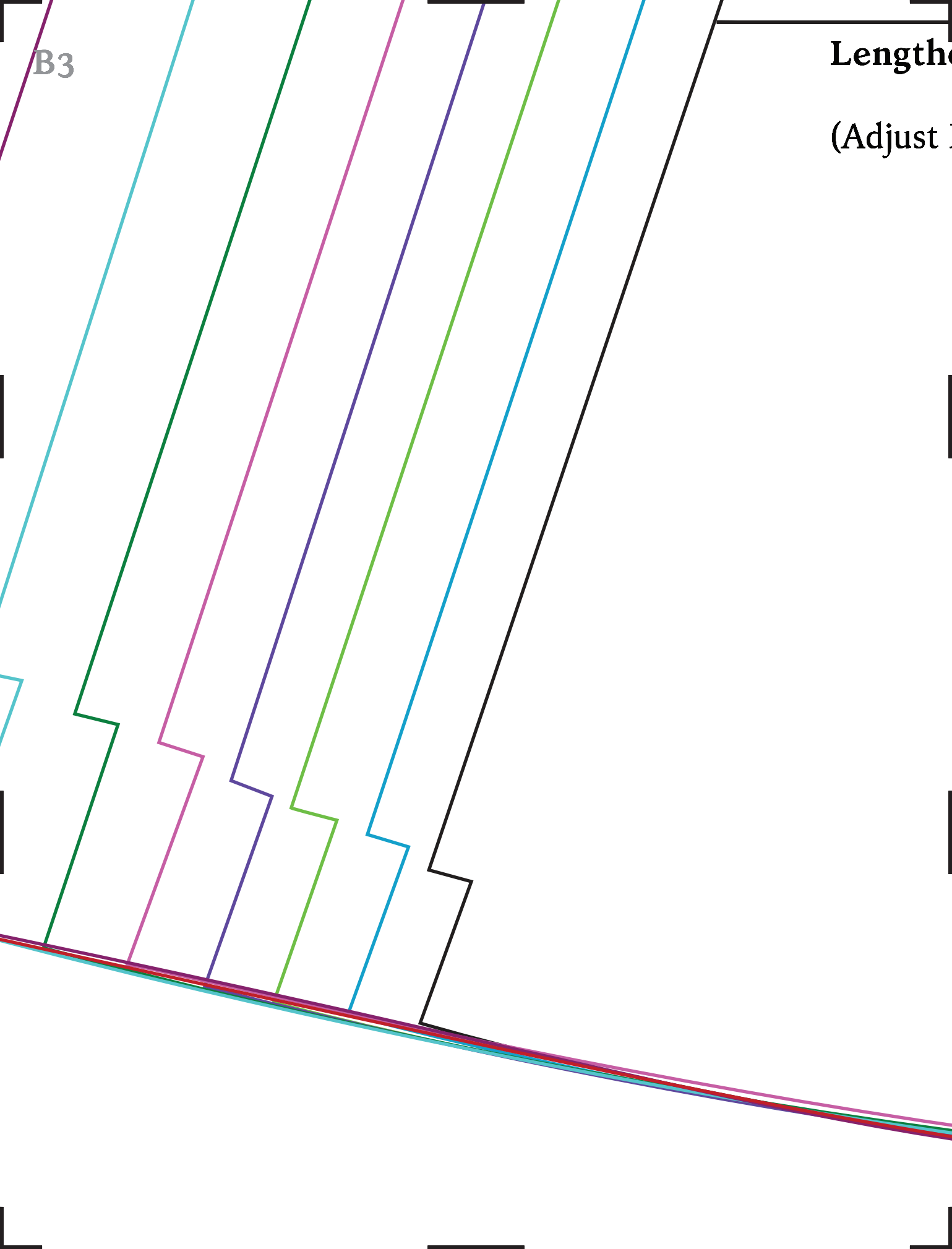
Here

I2



A3




B3
Lengthe
(Adjust

en/Shorten Here

Pocket Bag a like amount)

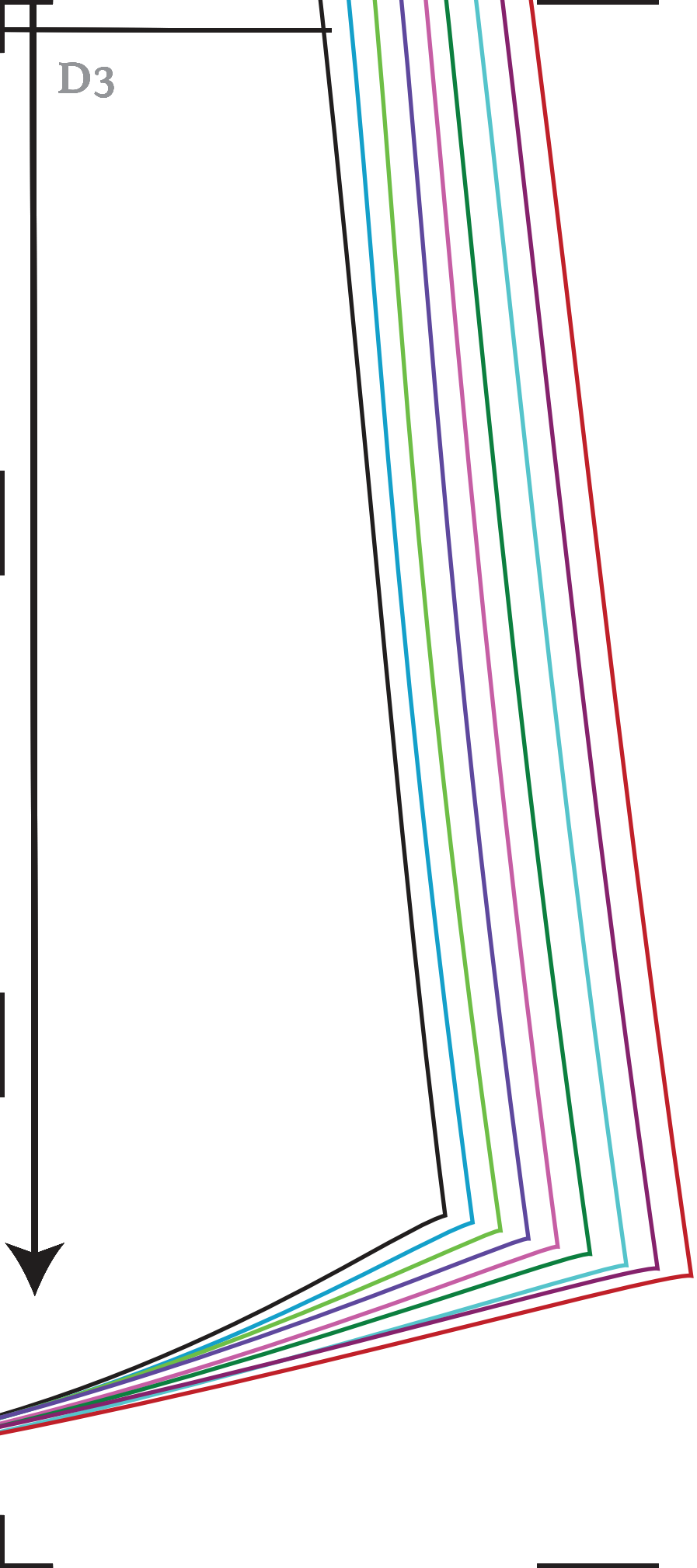
Stitching Zen

with Gail & Jen

The Zen Jacket

1

Front - Cut 2



Stitching

w

The Zen J

2

Back - C

E3

Lengthen/Shorten Here

(Adjust Pocket Bag a like amount)

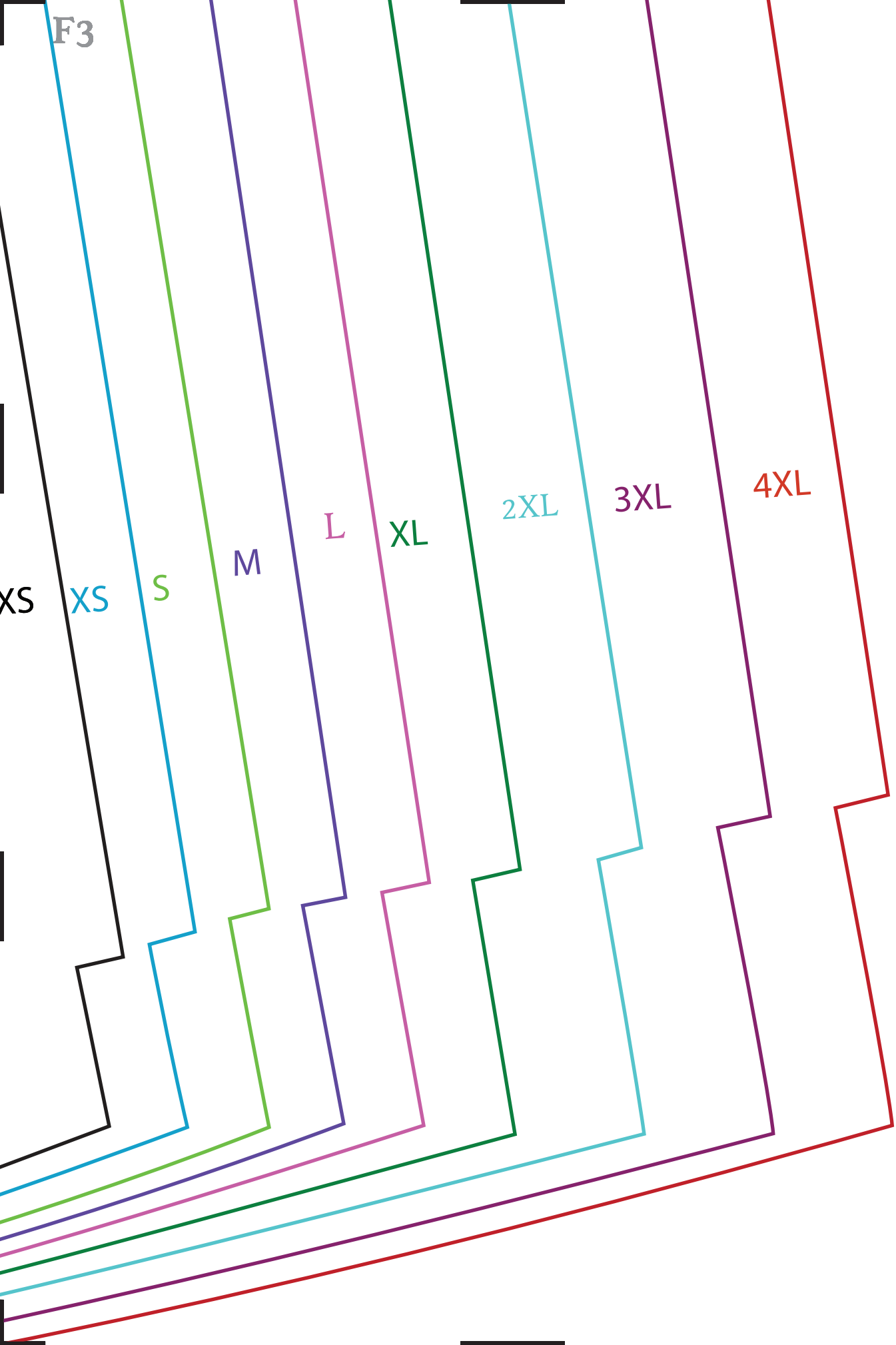
g Zen

ith Gail & Jen

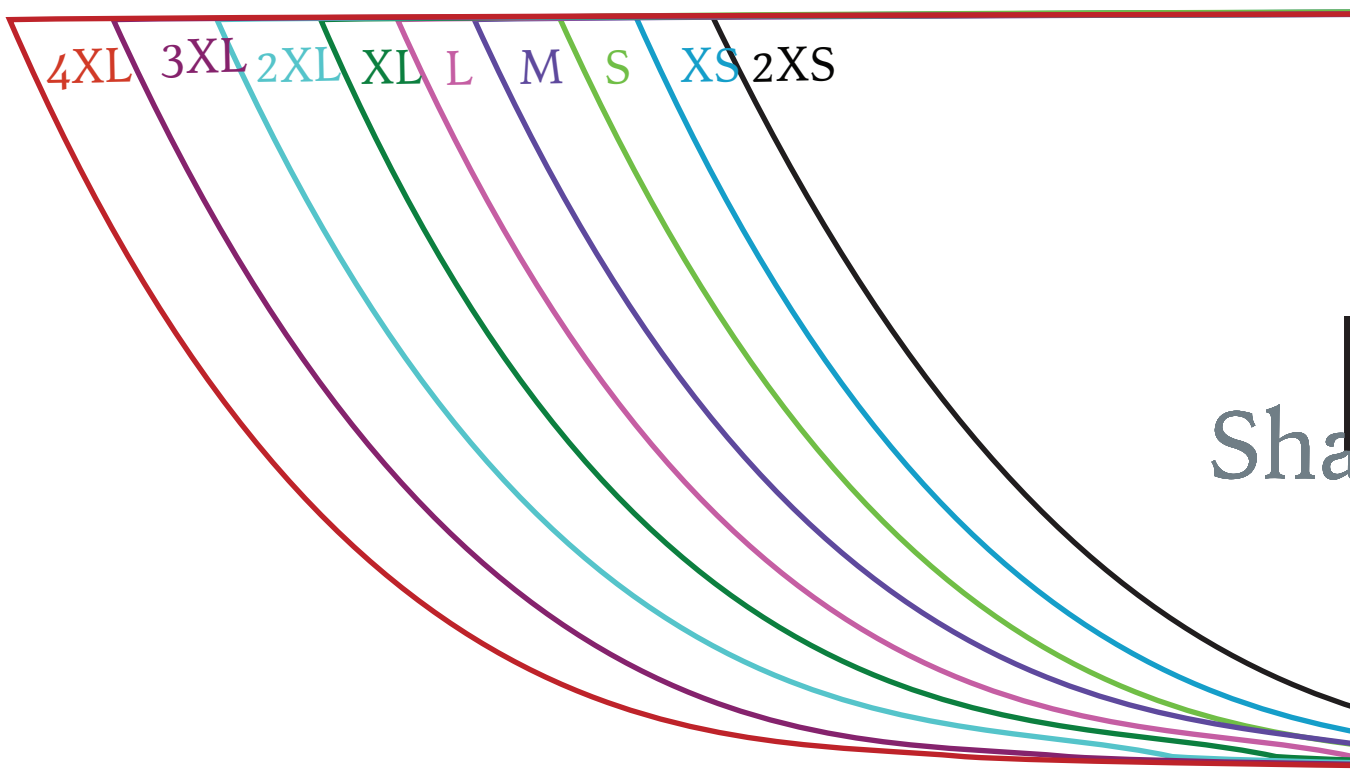
Jacket

ut 2

2X


F3
XS
XS
S
M
L
XL
2XL
3XL
4XL

G3

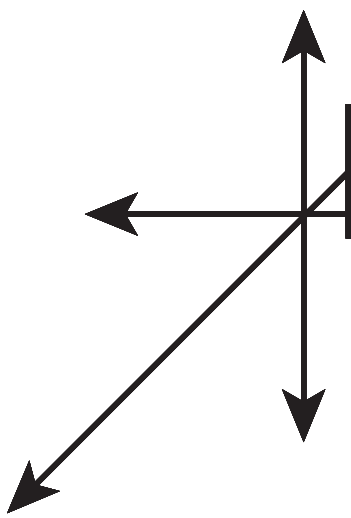


Align Notch with Undera

The Zen Jacket

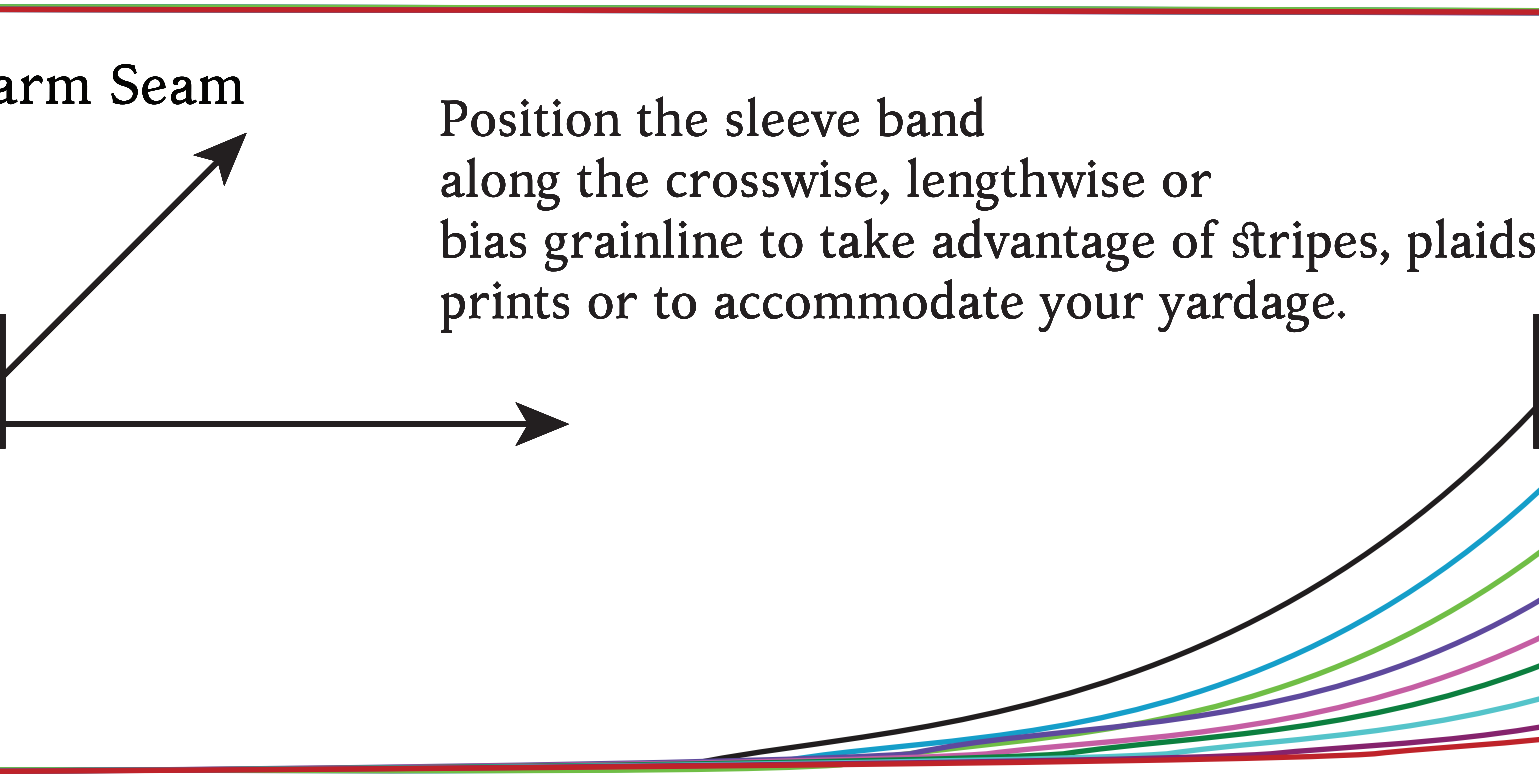
5

ped Sleeve Band - Cut 4

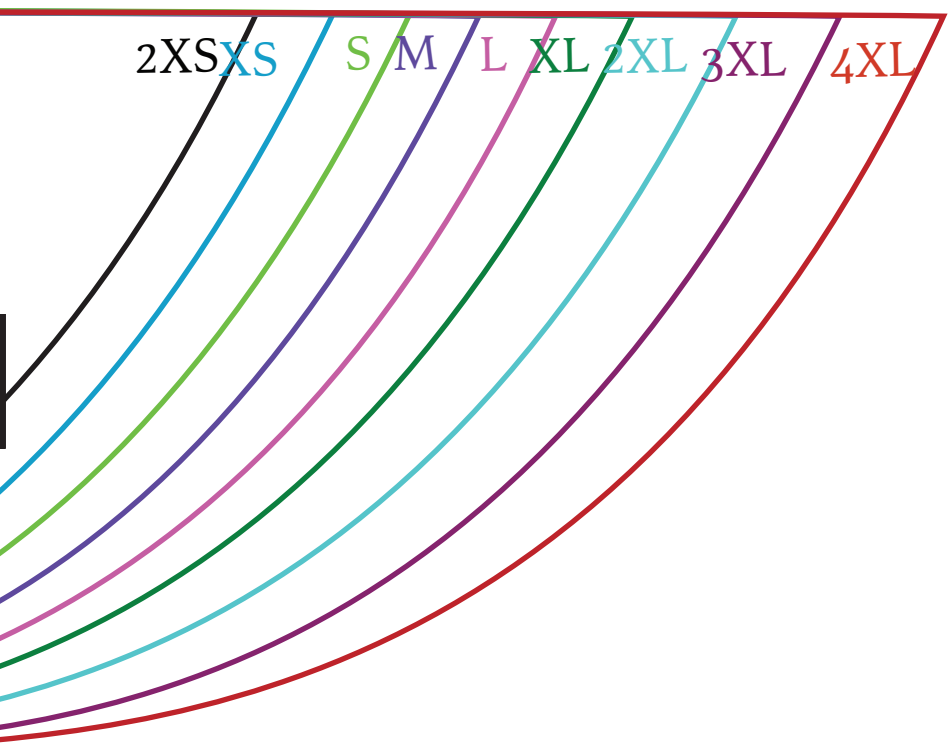
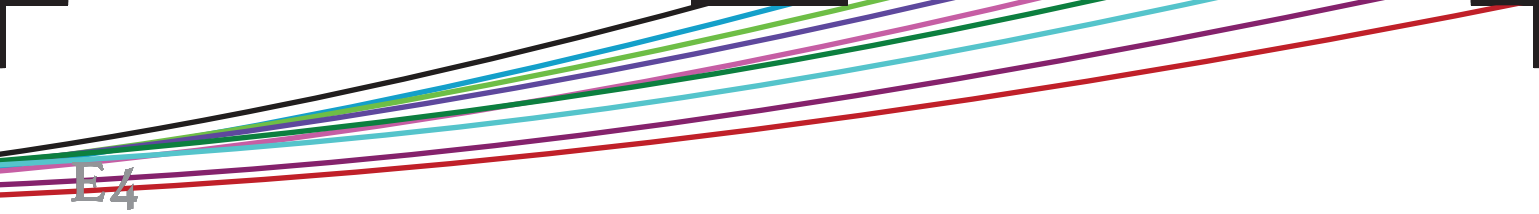


arm Seam

Position the sleeve band
along the crosswise, lengthwise or
bias grainline to take advantage of stripes, plaids
prints or to accommodate your yardage.



J3



D4