

DRESS «LENA» FOR GIRLS



INSTRUCTIONS FOR SEWING

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—
ПРО ШИТЬЕ



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YOU WILL NEED THE FOLLOWING MATERIALS:

- woven dress fabric, that holds its shape (for example, linen, but I used flannel)
- fusible interfacing stabilizing tape
- such as kantenband or formband
- matching threads
- 3 buttons

A

Check the pattern for amount of fabric to take according to your size. Note: if the width of the fabric differs from the one specified in the table, the length of the cut is likely to be different. Before beginning your sewing project, wash the fabric on warm, dry and iron it.

B

Let us start the cutting. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

C

Put the paper pattern pieces onto the fabric. It's important to check that the grain is straight. Pin the paper pattern pieces to the fabric gently and cut the fabric along them. Note: seam allowance is included. Transfer any necessary marks from the pattern onto the wrong side of your fabric. Cut the pieces from the fusible interfacing in the same way.

NOW YOU HAVE ALL THE PEACES:

OF THE DRESS:



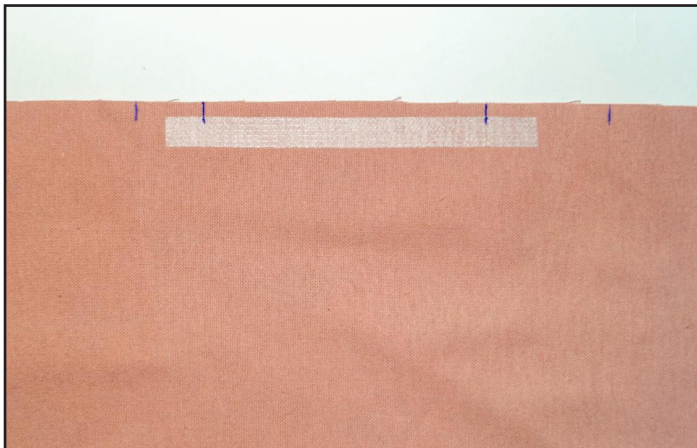
- ① front – cut 2
- ② 2. back - cut 1 on the fold
- ③ 3. skirt panel - cut 2 on the fold
- ④ sleeve - cut 2
- ⑤ pocket - cut 4
- ⑥ front neck facing - cut 2 and 2 pieces from the fusible interfacing
- ⑦ back neck facing - cut 1 on the fold and a piece from the fusible interfacing cut 1 on the fold



You should press the fusible interfacing on the facing pieces. Press the interfacing pieces over the complete facing.



While sewing, I decided to reinforce the front parts with the interfacing, but you can do it now, at the preparation stage. To do it, cut two 2,5 cm (1") width stripes of fusible interfacing and press them to the dress front plackets folds.



Reinforce the pockets openings on both skirt panels by stitching through the kantenband itself.

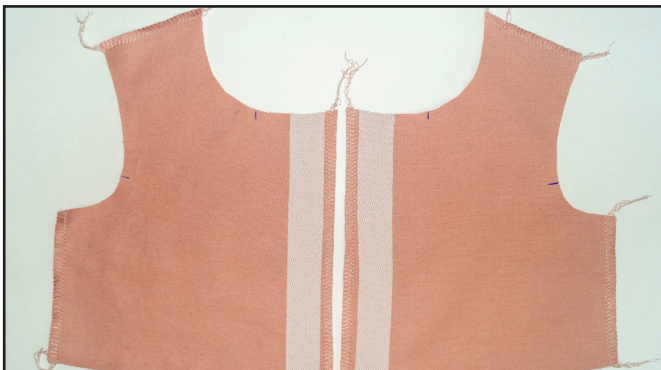
NOW WE CAN START SEWING

DRESS MAKING

1



Finish the shoulder, side and center front edges with the 3-thread serger stitch, or, if you don't have a serger, use a zig-zag stitch. Press the finished edges.



2



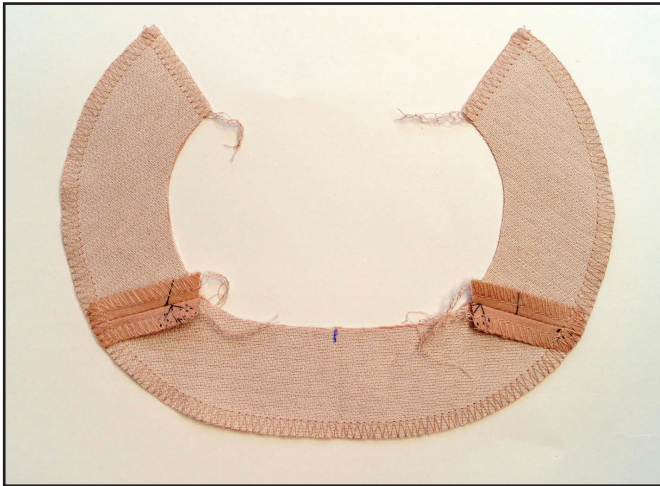
Baste or pin the fronts and the back along the shoulder and side seam lines right sides together. If you are a beginner, I advise you to baste, but not pin. Stitch the seams 1cm (0,4") in from the edge. Press the seam allowances open.

3



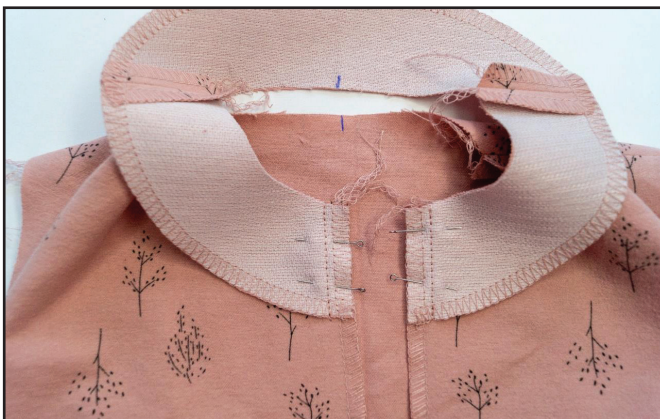
Finish the facing raw shoulder edges with the serger or a zig-zag stitch. Press the finished edges.

4



Pin the front neck facing and the back neck facing pieces along the shoulder seam lines right sides together. Sew the facing shoulder seams 1 cm (0,4") in from the edge. Press the seam allowances open. Finish the outer and the center facing edges with the serger or a zig-zag stitch. Press the facing.

5



Beginning from the neckline, pin or baste facing and fronts center edges right sides together. Sew the facing to the garment 1cm (0,4") in from the edge. Press the seams flat towards the facing.

6



Fold the plackets onto the right side. Baste or pin the facing to the bodice neckline, right sides together. Align the shoulder seams, marks and the parts centers. Stitch the facing and the placket top edges 7 mm (0,27") in from the edge.

7



Trim the seam allowances ends, slash all over the neckline. Turn the facing to the right side.

8



Press the seam allowance towards the facing. Stitch the facing 1 mm (0,03") in from the seam. Begin and end stitching 2-3 cm (0,8 - 1,2") from the central edges and as close to the edges as the presser foot of the sewing machine will allow.

9



Fold the facing towards the bodice back wrong side, forming a roll. To avoid twisting the facing up, you should hand-stitch it to the shoulder seams. Press the bodice neckline once again and then press the plackets towards the wrong side.

10



Transfer the buttonhole placement marks from the pattern to the right dress front. With a buttonhole foot make the buttonholes of those same sizes as the buttons prepared. Gently cut the buttonhole with the seam ripper to create an opening. Avoid cutting the seams.

11



Stitch the plackets lower edges 5 mm (0,24") in from the edge. Sew on the buttons.

12



Finish the sleeves side edges with the serger or zig-zag stitching. Press the seams.

13



Around the sleeve head, work two rows of long stitches 6 mm (0,24'') and 4 mm (0,16'') in from the edge. Set the maximum stitch length at 4 - 5 mm (1,6- 2''), don't backstitch and leave the thread tails at least 3 cm (1,2'') long at both sides of the seams.

14



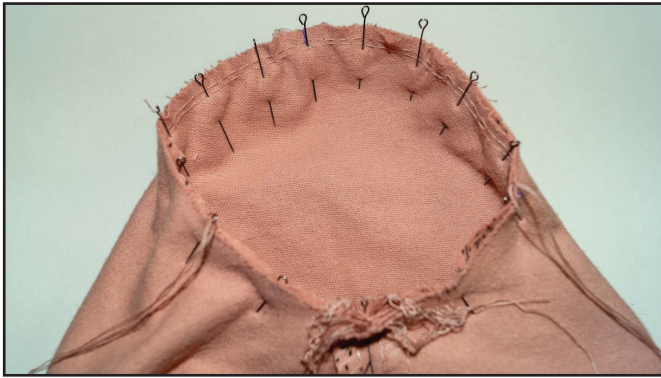
Pin or baste sleeve side edges right sides together. Stitch the seam 1cm (0,4'') in from the edge. Press the seam open.

15



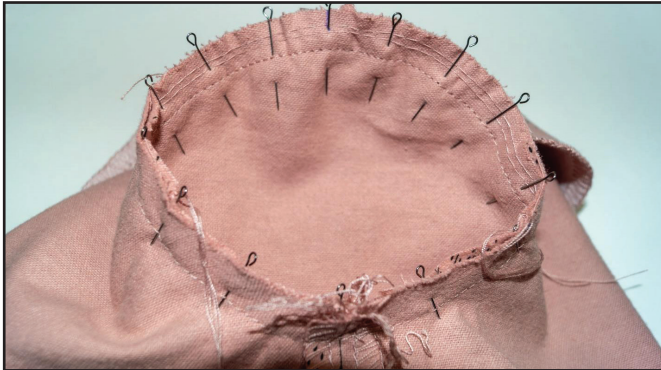
Baste or pin the sleeve to the bodice armhole, right sides together. Align the side seams, marks and the highest point of the sleeve with the shoulder seam. Now we see some excess fabric along the sleeve head edge.

16



Pull up the gathers to make the sleeve head fit the armhole. To do it use the thread tails of two rows of long stitches along the sleeve head. Tie the thread tails. Distribute the gathers through the whole sleeve head so that the folds are formed evenly. Pin or baste along the sleeve head.

17



Stitch the sleeve to the armhole 1 cm (0,4") in from the edge. Stitch from the sleeve side, making sure that no creases are formed along the sleeve head.

18



Finish the seams together with the serger or zig-zag stitching. The seam is pressed on the edge. Repeat the steps (12 - 18) with the opposite sleeve.

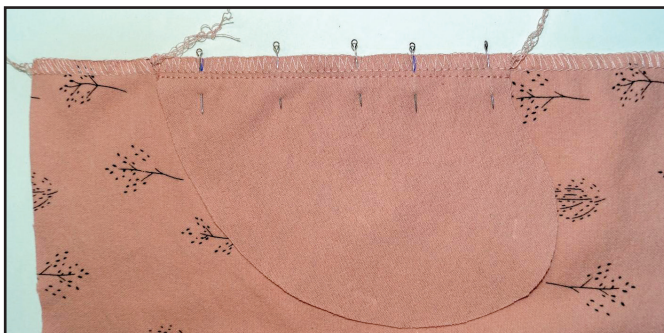
19



Finish both skirt panels and pockets side edges with the serger or zig-zag stitching. Press the seams.

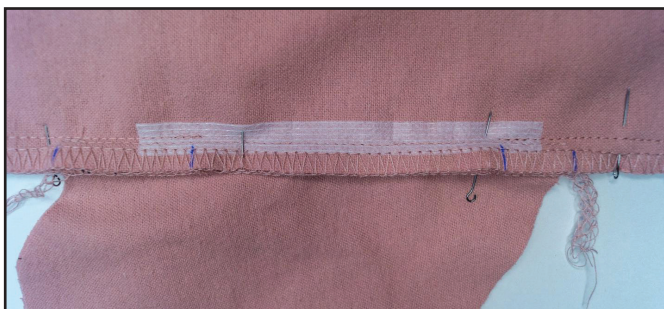


20

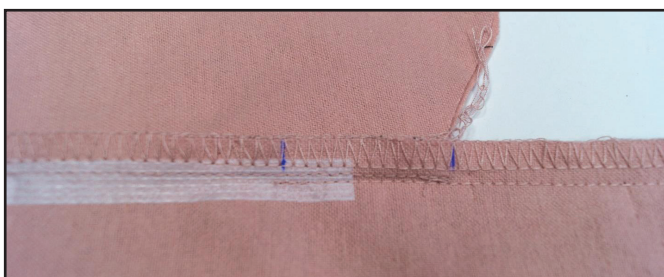


Pin or baste the pocket linen to the one of the skirt side edge, aligning the marks. Sew it to the garment 0,9 cm (0,35") in from the edge. Repeat the steps with the left three pockets parts.

21



Pin or baste skirt panels along the side seams right sides together. Stitch the side seams above and below the pocket marks 1cm (0,4") in from the edge. Make sure the seam stitching extends 1-1,5 cm (0,4 - 0,6") past the pocket stitching.



22



Pin around the pocket to join the two pieces together. Stitch the seams 1cm (0.4") in from the edge. Stop the stitching for the pocket at the pocket-to-garment stitching line. Finish the pocket raw edges together with the serger or zig-zag stitching. Tie the seam thread tails and hide them into the seam. Press the seam open. Press the pocket

towards the skirt front panel. Repeat the steps (21 - 22) with the opposite pocket.

23



First sew two parallel seams 6 mm (0,24") and 4 mm (0.16") in along the first panel top long edge between the side seams, then do the same with the other panel. Set the maximum stitch length at 4 - 5 mm (1,6- 2"), don't backstitch and leave the thread tails at least 3 cm (1,2")

long at the both sides of the seams. Pull the upper threads to gather the skirt to the length specified in the pattern. Tie the thread tails.

24



Baste or pin the skirt to the bodice lower edge right sides together. Align the side seams and the pieces center marks. Distribute the gathers so that the folds are formed evenly.

25



Sew the skirt to the bodice 1 cm (0,4") in from the edge. Finish the seams together with the serger or zig-zag stitching. Press the seam allowances towards the bodice.

26



Finish the dress lower hem and the sleeves hems with the serger or a zig-zag stitch. Fold the hems 2 cm (0,8") up to the wrong side. Stitch the lower hems 1,5 cm (0,6") with the straight stitch. Lightly press the dress and sleeves hems into position.

26



Remove the basting stitches, trim the thread tails and press once again. The dress is ready!

ELINA PATYKOVA

ПРО ШИТЬЕ

**THANK YOU FOR JOINING MY TEAM AND ME!
SHARE YOUR WORKS IN INSTAGRAM AND MY
GROUP IN VKONTAKTE. HOPE YOU WILL STAY
WITH US FOR OUR NEXT PROJECT!**