

DRESS POLO FOR WOMEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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—
ПРО ШИТЬЕ



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YOU WILL NEED THE FOLLOWING MATERIALS:

- french terry
- woven interfacing for stretchy fabric
- closed-end zipper 18 cm (7")
- matching threads
- kantenband
- Jersey 70 - 80 or Stretch 70 - 80 needles

A

Check the pattern for amount of fabric, elastic cord length and zipper length 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 is 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.

NOW YOU HAVE ALL THE PIECES:

DRESS PIECES:



- 1 front - cut 1 on the fold (french terry)
- 2 back - cut 1 on the fold (french terry)
- 3 sleeve - cut 2 (french terry)
- 4 inside pocket section - cut 2 (french terry)
- 5 pocket lining- cut 2 (french terry)
- 6 collar - cut 2 on the fold (french terry) and cut 1 on the fold (fusible interfacing)
- 7 facing - cut 1(french terry) and cut 1(fusible interfacing)

If the woven interfacing is dense, cut the interfacing pieces with 2 - 3 mm (1/16 - 1/8") seam allowances only, not to make the seams too thick. You can use pinking shears for cutting.

NOW WE CAN START SEWING

SYMBOLS:



straight stitch



the stitch length in (mm)



flat lock stitch



zigzag stitch



the stitch width in (mm)



3-Step Zigzag Seam Finishing



unilateral zipper foot



universal presser foot



invisible presser foot



pinning

You should lockstitch the seam and trim the thread tails or tie the seam thread tails and hide them into the seam after sewing a serger stitch or cover seaming chain stitch.



3-thread serger stitch



4-thread serger stitch

NOTE:

A

4-thread serger stitch

If you do not have a serger, you can use stretch stitches available on your sewing machine, or at least, a zigzag stitch.

B

3-thread serger stitch

If you do not have a serger, you can replace it with an overedge stitch, or a zigzag stitch.

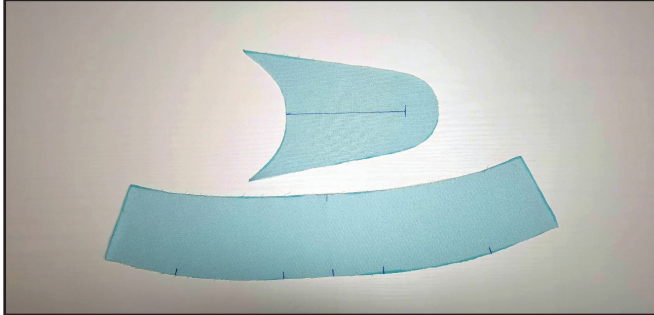
C

flat lock stitch

If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.

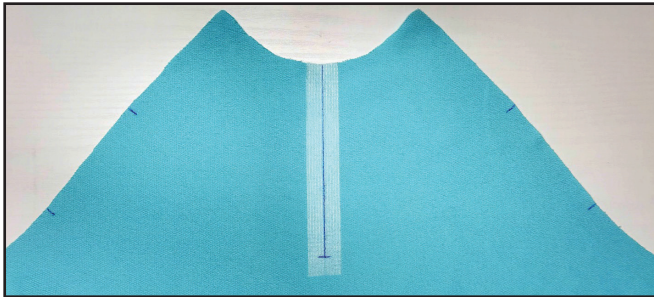
SEWING GUIDE

1

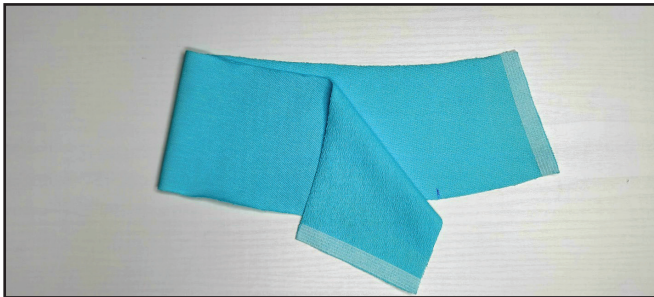


Fuse the interfacing to the lower collar and the facing.

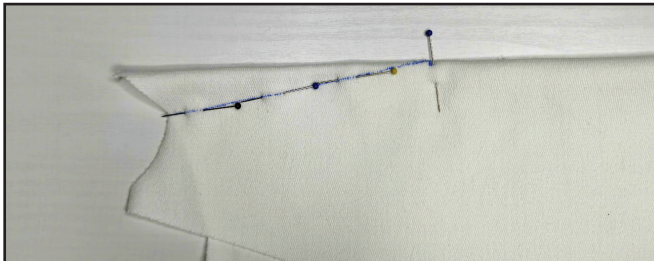
2



Fuse the kantenband to the upper collar short edges and along the front placket edges at the places for attaching the zipper.

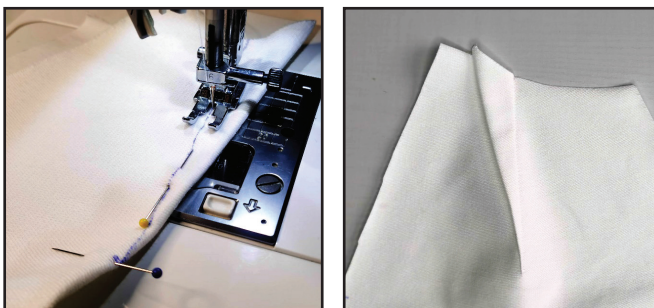


3



Mark the darts on the sleeves wrong side. Pin the sleeve darts. If you lack experience, it is better to hand-baste the darts.

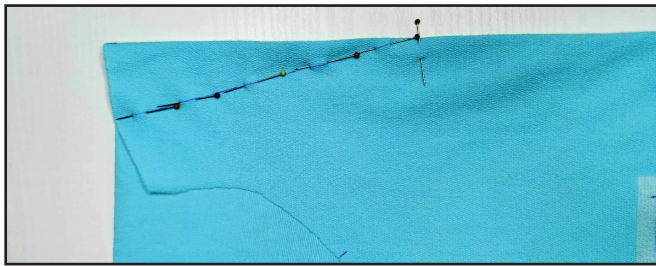
4



Stitch the darts along the marked line. Remove the basting stitches and press the darts towards the back.

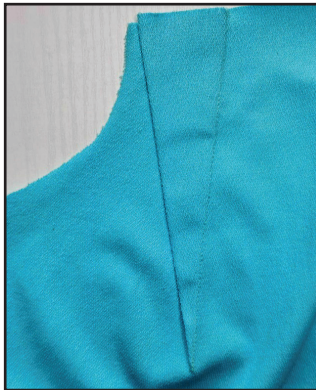
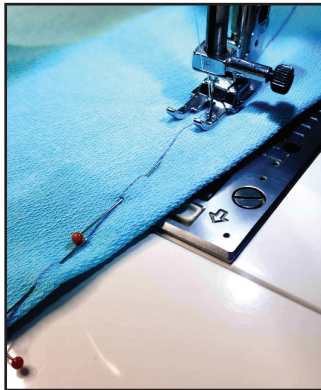
5

5



Mark the darts on the front wrong side. Pin the darts.

6



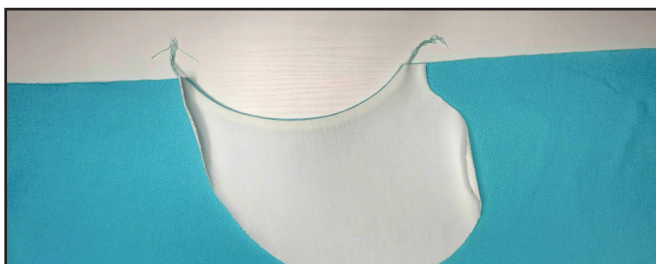
Stitch the darts along the marked line. Remove the basting stitches and press the darts up.

7



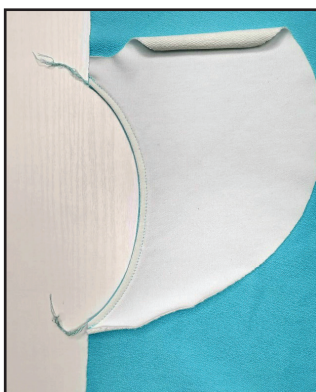
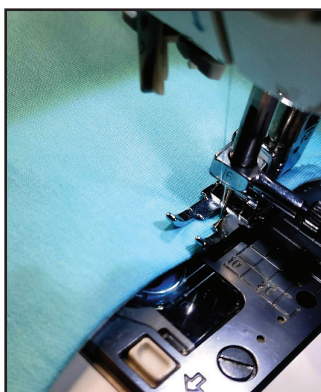
With right sides together, pin the pocket lining to the front, aligning the marks. Serge the pieces.

8



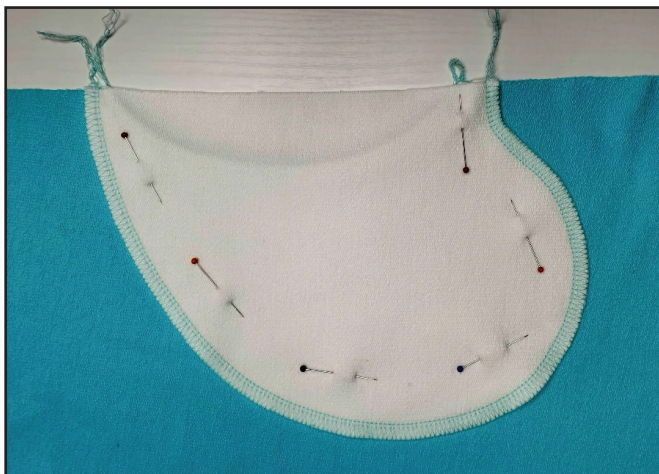
Press the pocket lining to the wrong side forming a roll.

9



Topstitch the pocket opening 5 mm (3/16") in from the edge. Press it.

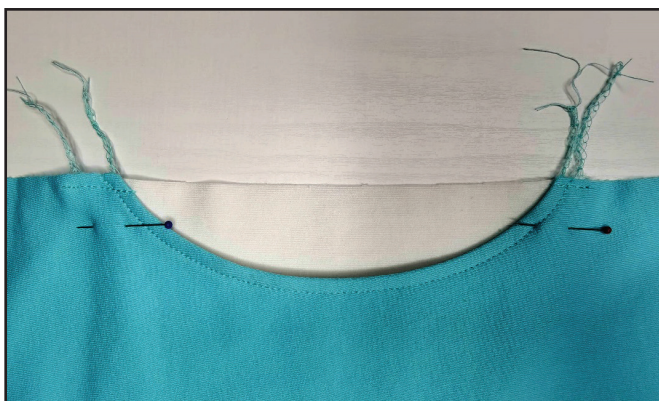
10



4   3-4  7

Pin the inside pocket section and the pocket lining right sides together. Serge them. Press the pocket.

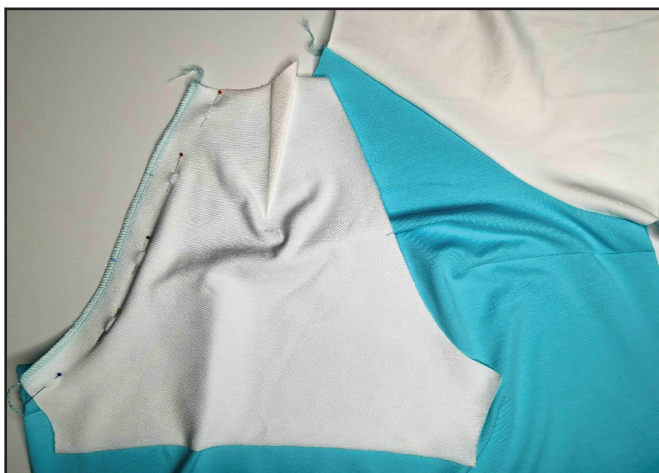
11



    2-2,6

Reinforce the pocket lining, stitching along the side edge 4 - 5 mm (03/16") above and below the pocket opening. Repeat the same steps (7 - 11) for the other pocket.

12



4   3-4  7

With right sides together, pin the sleeves to the front, aligning the marks. Serge them. Press the seams towards the front.

13



4   3-4  7

With right sides together, pin the sleeves to the back, aligning the marks. Serge them. Press the seams towards the back.

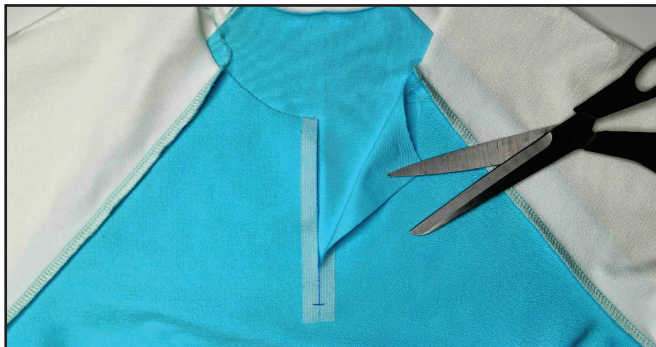
14



4 3-4 7

Pin along the side seams from the sleeve hem to the bottom hem right sides together aligning all the marks. Place the sleeve attaching seam allowances in different directions to avoid excess thickening. Serge the seams. Press the seam allowances flat towards the front.

15



Cut the front in the center along the marking but stop 20 mm (13/16") away from the mark for the zipper bottom.

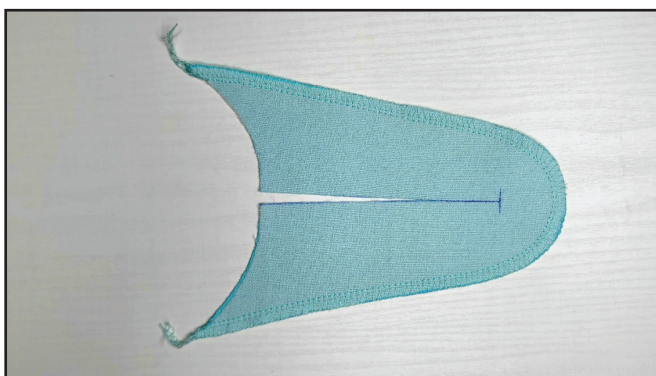
16



4 3-4 7

With right sides together, pin the lower collar to the garment neckline, aligning the marks. Serge them. Press the seams towards the collar.

17



4 3-4 7

Finish the facing outer edge with a serger. Press the seam.

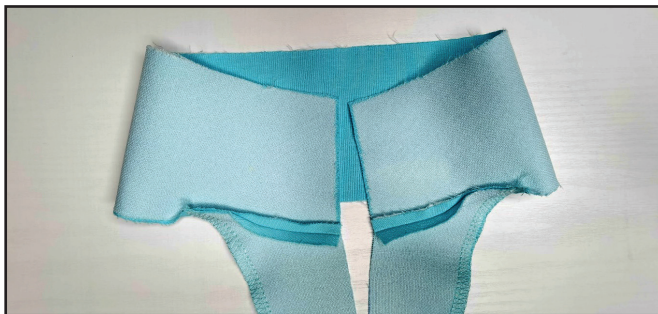
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2-2,6

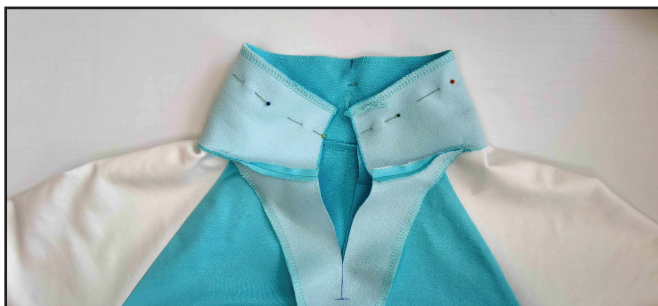
Pin the lower collar and the facing with right sides together. Stitch them 7 mm (1/4") in from the edge.

19



Seam allowances closer to the center are pressed open and then pressed towards the collar.

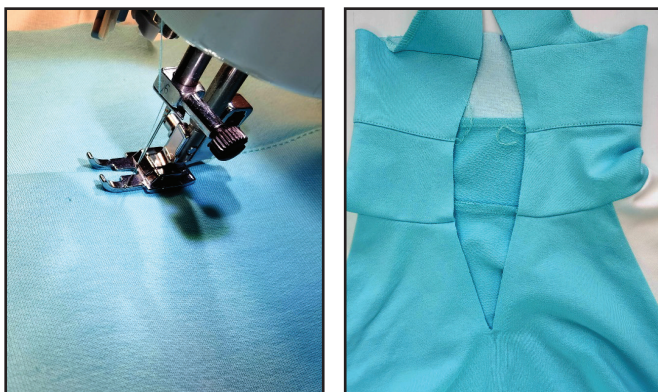
20



3-4
 7

Pin the lower and upper collars with right sides together. Serge them. Press the seam allowances towards the lower collar.

21



2-2,6

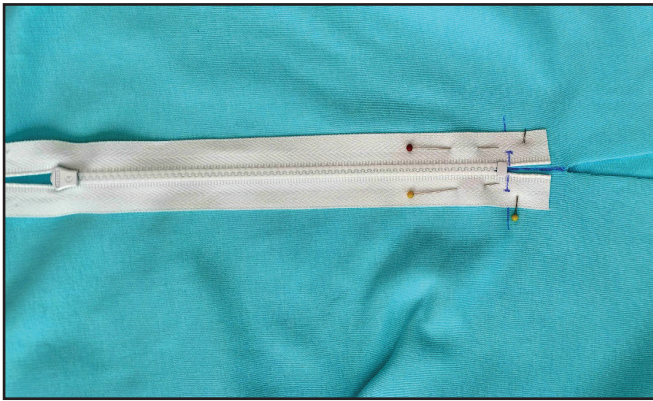
Topstitch the seam allowances towards the lower collar 1 mm (1/16") from the seam. Get the seam pressed and then press it towards the collar, forming a roll.

22



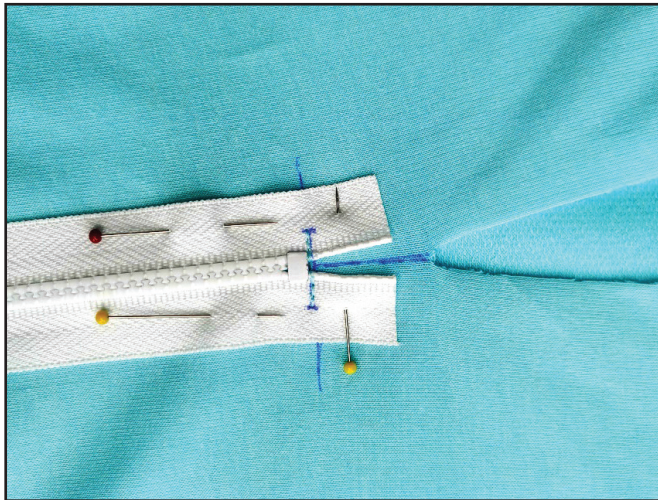
Transfer the placket mark and the zipper bottom mark from the pattern to the front right side, with a vanishing fabric marker, for example.

23



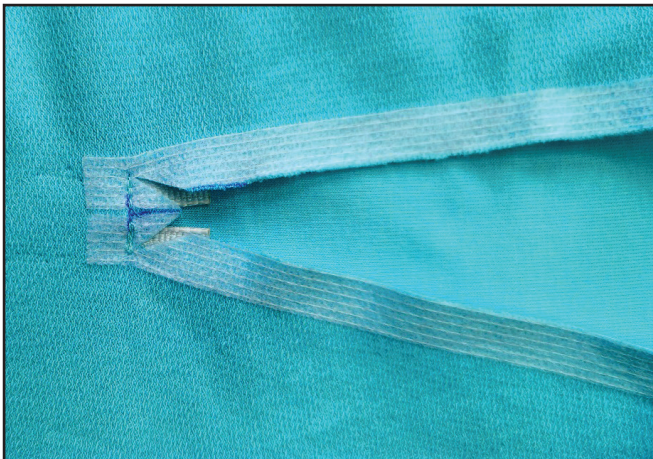
Pin the zipper to this mark, upside down. Make a mark for the seam on the zipper. The marking width should be equal to the zipper width half. Here we took 30 mm (1 1/16") wide zipper, the marking width is 15 mm (9/16").

24



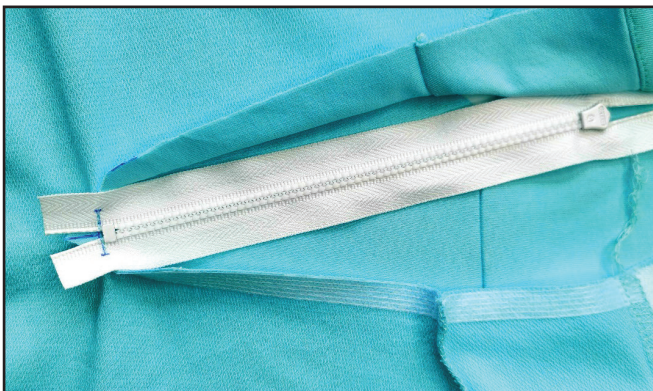
Stitch exactly along the marking using a unilateral zipper presser foot.

25



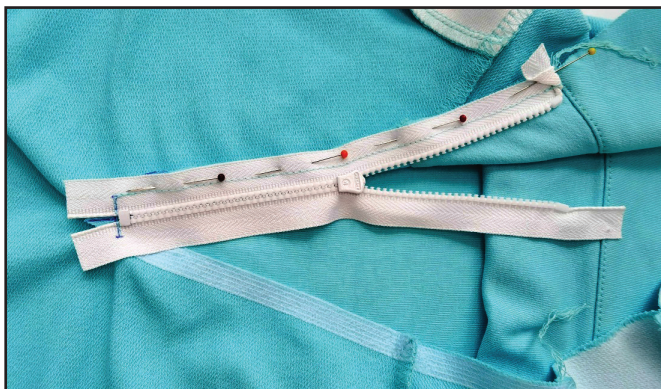
Extend the placket 10 mm (3/8") not reaching the zipper seam and make two cuts diagonally, 1 mm (1/16") not reaching the end of the seam.

26



Turn the zipper out.

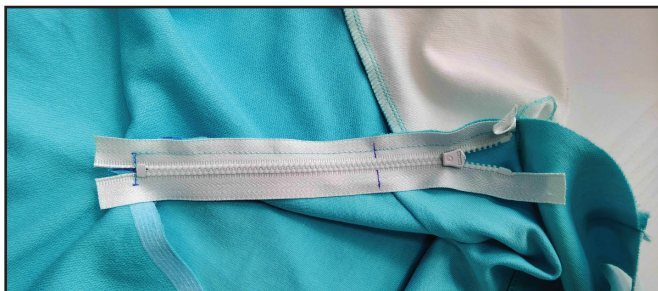
27



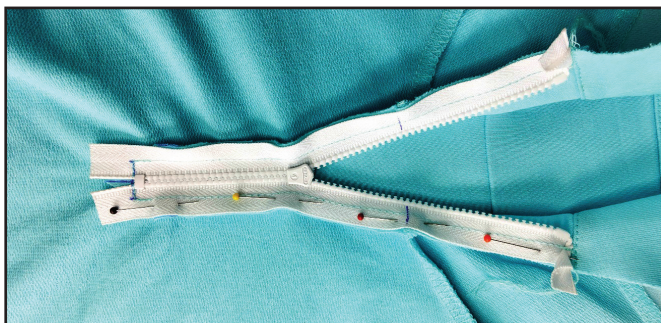
Pin or baste one zipper tape to the placket with right sides together. Place the zipper accurately without waving or pulling the fabric. Fold the top of the zipper tape over and place the zipper top stop 1 mm (1/16") below the collars joining seam. Shorten the zipper, if it is too long. Stitch the zipper in place with a unilateral zipper presser foot 7 mm (1/4") in from the edge. Begin stitching exactly at the end of the previous transverse seam. If the slider prevents you from finishing the seam, then place the machine needle in the work, raise the zipper foot, move the zipper slider, put down the zipper foot and sew on.

Close the zipper and mark the place for the upper collar attaching seam on the opposite zipper tape.

28

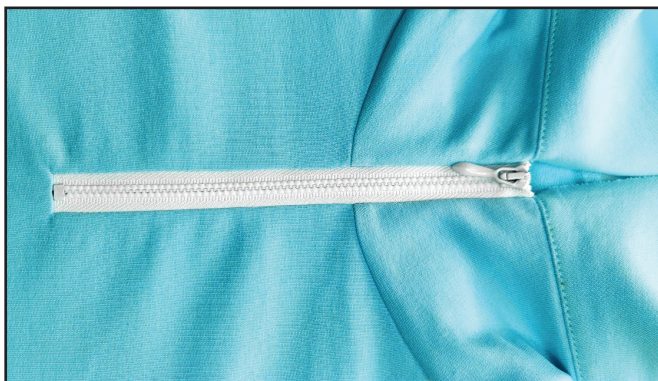


29



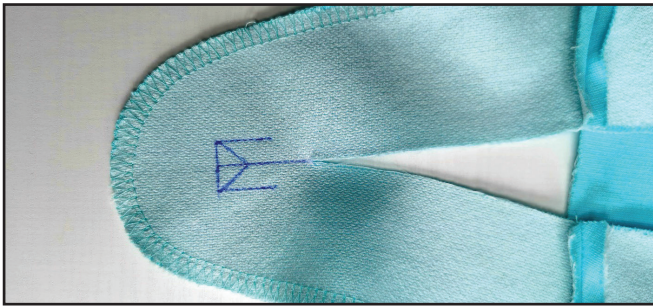
Pin or baste in place the zipper other side. Very precisely, align the mark on the zipper with the collar attaching seam. Stitch the zipper in place with a unilateral zipper presser foot 7 mm (1/4") in from the edge, in the same way you attached the first zipper tape. Stitch exactly up to the transverse seam.

30



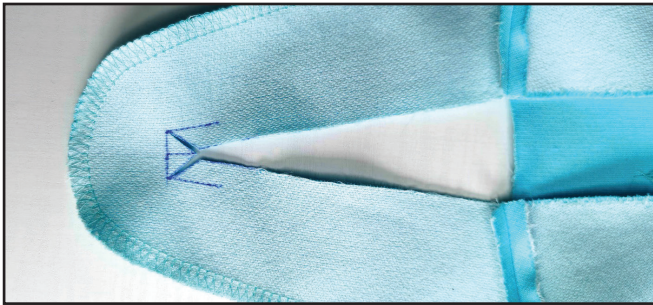
Close the zipper, make sure that the collar attaching seams match and the zipper is flat, not in waves. Press it. At this step it is better to have the dress fitting to make sure that the collar height with the zipper closed will be comfortable to wear. If not, then shorten the collar height and the zipper length to a comfortable one.

31



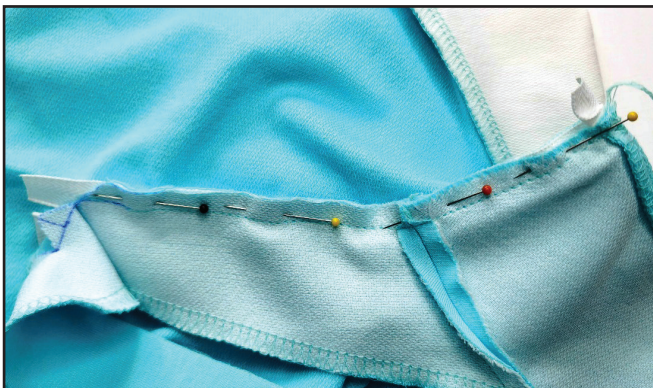
Mark on the facing the exact placket width and length for the zipper. They should be equal to the placket width and length on the front (step 23).


32



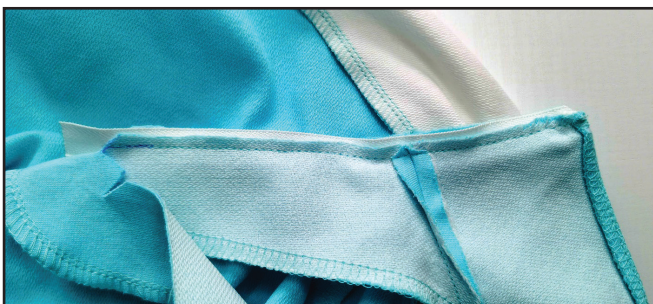
Cut along the marked line.

33



 Baste one facing placket raw edge with right side to the zipper. Make sure that the collar attaching seams coincide with the placket top. Stitch on the front, sewing exactly along the zipper attaching seam. It is better to use a unilateral zipper presser foot.

34



Trim the facing seam allowances to 3 - 4 mm (1/8") and trim the corner points.

35



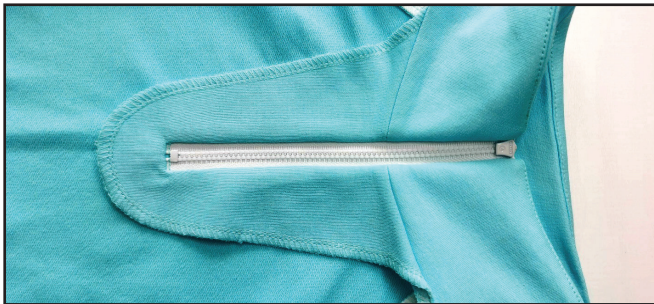
 Repeat the same steps for the other facing placket raw edge (steps 33 - 34).

36



Fold the facing bottom up. Hand-baste the corner to the zipper, beginning the seam exactly at the ends of two previous seams.

37



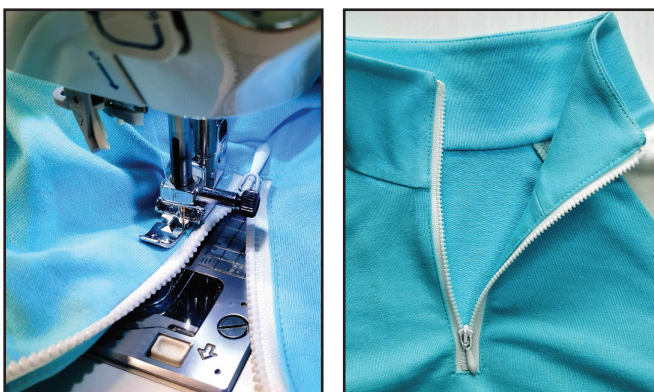
Press the facing and the collar.

38



Pin the collar in the way it should be. Fold and hand-baste the lower collar seam allowances with a blind stitch. Press the collar.

39



Topstitch the zipper along the edges using a unilateral zipper presser foot, sewing on the facing. Stitch 1 mm (1/16") in from the edge. Press the seam.

40



Draw a line along the lower hem 40 mm (1 9/16") from the edge. Use the line to fold the dress lower hem 20 mm (13/16") up to the wrong side. Pin, baste or glue the folded hems. Press the dress and the sleeves hems into position.

41



Stitch the dress and the sleeves lower hems by a coverstitch machine. Tie the seam thread tails on the wrong side and hide them into the seam. Press the lower hems.

42



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

ELINA PATUKOVA

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!**