

DRESS «SMART» 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 or jersey
- woven interfacing for stretchy fabric
- elastic cord
- grommets 4 - 6 mm (3/16 - 1/4") 8 pcs.
- 2 holes stopper 4 pcs.
- zipper 2 pcs.
- hook-and-loop fastener (velcro) 20 - 25 mm (13/16 - 1") wide and 50 mm (2") long
- matching threads
- kantenband
- Jersey 70-80, Stretch 70-80 or Super 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.

Б

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.

Б

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 the outline. Note: seam allowance is included. Transfer any necessary marks from the pattern onto the wrong side of the fabric pieces.

NOW YOU HAVE ALL THE PIECES:

DRESS PIECES:



- ❶ side upper front - cut 2 (french terry)
- ❷ center front and front facing - cut 2 on the fold (french terry)
- ❸ back - cut 1 on the fold (french terry)
- ❹ front skirt panel - cut 1 on the fold (french terry)
- ❺ back skirt panel - cut 2 (french terry)
- ❻ collar - cut 2 on the fold (french terry) and cut 1 on the fold (woven interfacing)
- ❼ band cut 2 (french terry)

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

If the fabric is slippery or you are a beginner, you would better hand-baste instead of pinning the fabric. Not to leave holes after hand-basting, stitch on the seam allowance close to the seam.

B

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.

C

3-thread serger stitch

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

D

If you need the zippers for feeding your baby, then cut the zipper bottom stop and add one more slider so that the zipper also could be opened at the bottom. Or you can select a zipper with double sliders.

SEWING GUIDE

1



Fuse the interfacing to the collar, vents and the places for the grommets.

2



Fuse the kantenband to the places for attaching the zippers and along the edges on the center and side fronts.

3



Serge the reinforced with kantenband edges.

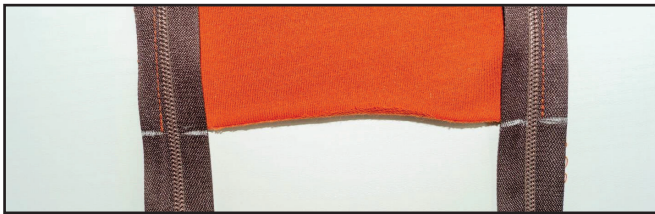
4



With right sides together pin or baste the zipper tapes to the right center front. Place the zippers to sit accurately in the seam without waving and pulling the fabric. The zipper top stops are 8 mm (5/16")

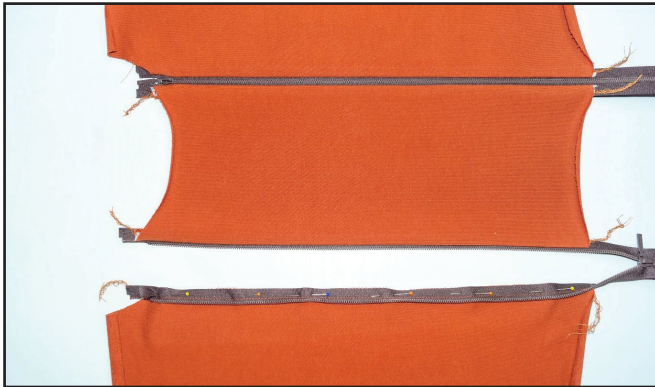
from the collar gorge. Stitch the zippers in place with a unilateral zipper presser foot 10 mm (3/8") in from the edge. If the slider prevents you from finishing the seam, then place the machine needle in the work, raise the zipper foot, move the zipper slider and sew on.

5



Close the zippers and mark the center fronts lower points on the opposite zippers tapes.

6



Pin or baste the side fronts and the zippers with right sides together. The zipper top stops are 8 mm (5/16") below the pieces upper edges and marks on the zippers should coincide with lower edges. Stitch the zippers in place with a unilateral zipper presser foot 10 mm (3/8") in from the edge. Press the fronts open along the zipper.

7



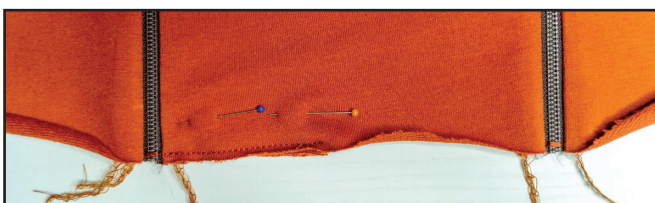
Fold the front facing in half with wrong sides together. Serge the edges.

8



Pin the front facing to the right side front with right sides together. Stitch the piece in place with a unilateral zipper presser foot 10 mm (3/8") in from the edge. Stitch on the side front exactly along the zipper attaching seam. Press the seam allowances towards the side front.

9



Align the front facing lower edge and the center front lower edge and pin them. Stitch the pieces together 4-5 mm (3/16") in from the edge.

Trim excess zippers teeth and hand-baste the zippers ends.

10



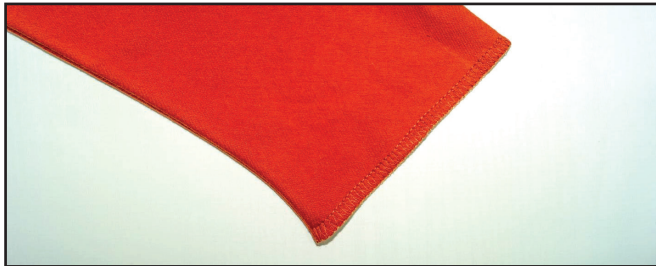
3-4



7

Pin the front and the back along the shoulder seams and the side seams right sides together. Serge the pieces. Press the seam allowances flat towards the front.

11



3-4



7

Finish the sleeves lower hems with a serger. Press them.

12



3-4

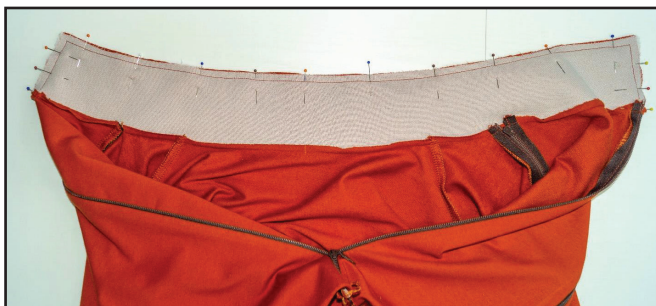


2-2,6

With right sides together, pin the collar to the dress neckline, aligning the marks. Stitch the collar in place 7 mm (1/4") in from the edge. Stitch carefully across the zippers teeth not to break the needle. Trim 3-4 mm (1/8") of the collar seam

allowances. Press the seam towards the collar.

13

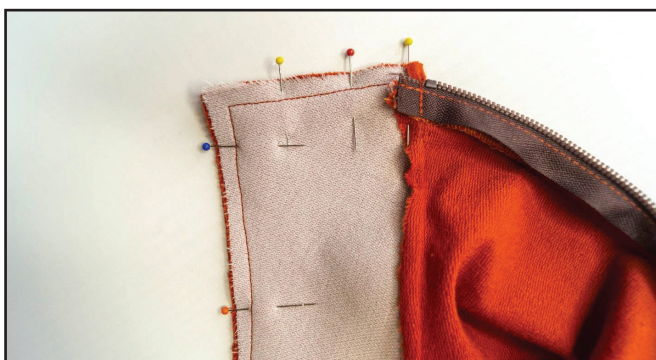


3-4



2-2,6

With right sides together, pin the lower collar and the upper collar along the edges aligning the marks. Fold the collars lower edges seam allowances to the wrong side. Stitch the collar 7 mm (1/4") in from the edge.



14



Trim the seam allowances right at the corner points. Trim 3-4 mm (1/8") of upper collar seam allowance. Turn the collar out and press the seams forming a roll.

15

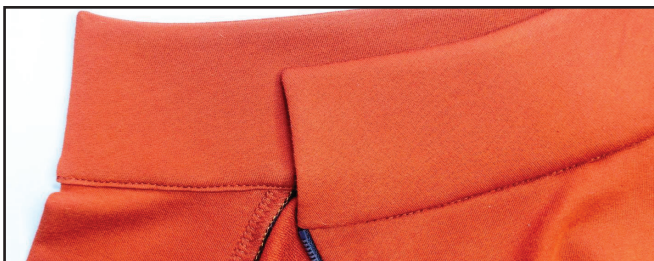


Fold and hand-baste the other collar edge in the way it covers the attaching seam.

16



Stitch the lower collar edge on the right side, sewing exactly along the upper collar attaching seam. Use the unilateral zipper presser foot for it. The turned down upper collar edge should get exactly at the seam. If this step seems difficult for you, you can sew the edge with the blind hand stitch. Remove the basting stitches and press the collar.



17



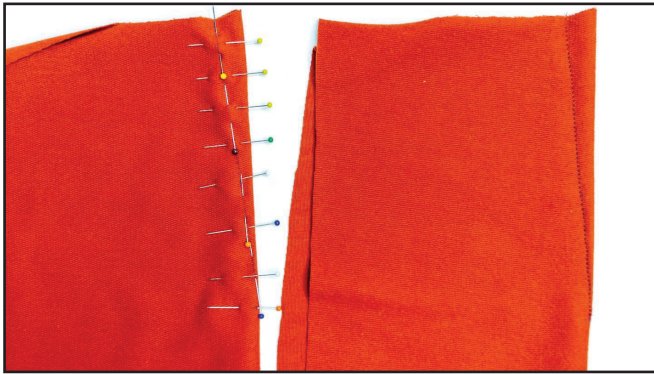
Transfer from the pattern the marks for a hook-and-loop fastener.

18



Pin or glue the hook-and-loop fastener pieces to the collar. Carefully sew along the edges of both hook-and-loop sides.

19



Baste or pin the darts on the skirt back panels. Stitch the darts along the marked line. Remove the basting stitches and press the darts towards the center.

20



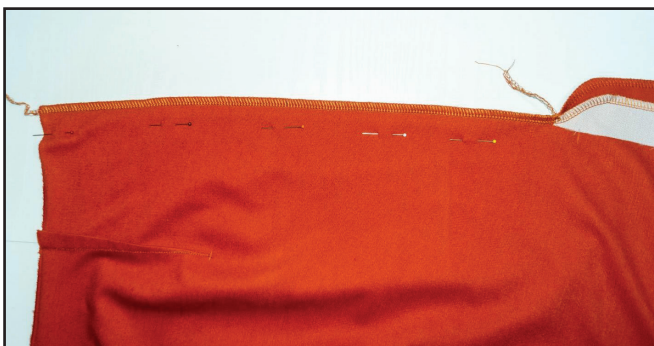
With right sides together pin both skirt back panels to the skirt front along the side edge aligning the marks. Serge the pieces. Press the seam allowances towards the front.

21

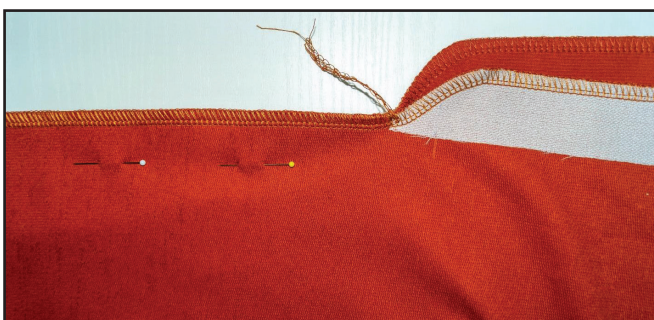


Finish your hem and vent using a serger all the way around. Press them.

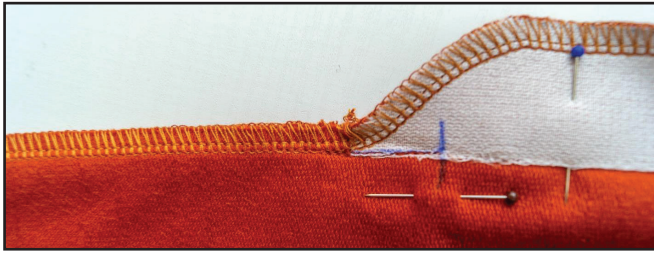
22



Pin the skirt pieces along the back center seam right sides together. Serge the seam up to the vent top. Tie the thread tails and hide them into the seam.

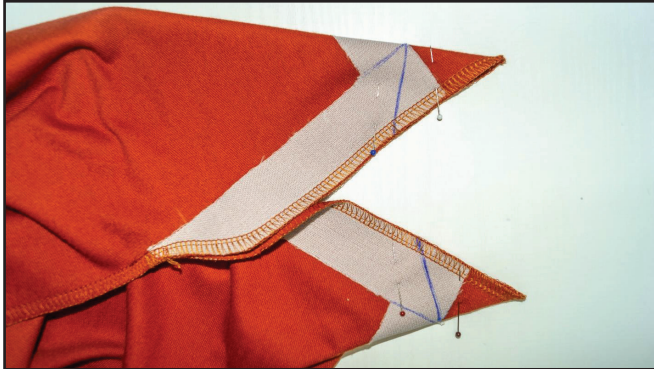


23



Stitch the side seam up to the vent top mark.

24



Fold in the vent bottom corners at 45°. Mark the seam line at 90° to the fold. The corner top point should coincide with the vent bottom.

25



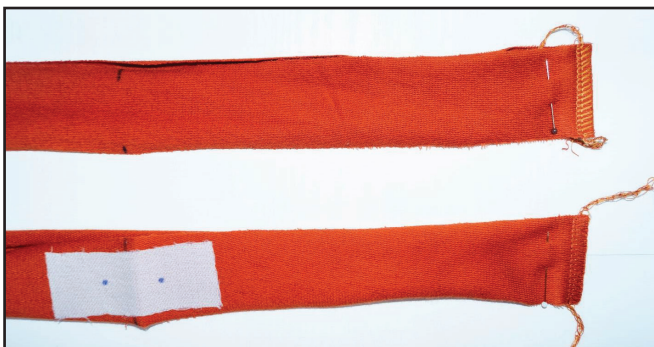
Stitch the corners according to the applied marking. Trim the seam allowance 3 mm (1/8") from the seam.

26



Turn the vent corners out and press them. Press the center seam towards the left side.

27



Pin the band pieces short edges right sides together. Serge the band short edges forming a circle. Press the seam allowances flat towards the back.

28



Pin the dress bodice between the band pieces at quarter points aligning the marks. Place the band pieces and the bodice right sides together. To avoid excess thickening, you can place the upper band side seam on the left and lower band

side seam on the right. If you are a beginner, you'd better hand-baste the edges. Serge the pieces slightly stretching the band, but avoid stretching the bodice lower edge. Not to break the needles turn the handwheel by hand when sewing across the zippers. Press both band pieces down.

29



Punch 2,5 - 3 mm (1/8") holes for the grommets with a Hole Punch or scissors at the marked places on the upper band, sleeves and the skirt vent. Attach the grommets with a Snap Press, a Snap Setter, or a Hammer Tool.



30



Draw a line along the skirt lower hem and the sleeves lower hems on the wrong side 70 mm (2 3/4") in from the edge. Fold and pin the skirt and the sleeves lower hems 35 mm (1 3/8") up to the wrong side. Press the folded edges.

31



Cut the elastic cord of necessary length. First insert it into a 2 holes stopper and then into the sleeves grommets on the right sides.

32



To fasten the elastic cord ends, you need a small piece of fabric about 40x40 mm (1 9/16 × 1 9/16"). Join the elastic cord ends in a ring and wrap them in this piece of fabric.

33



Stitch back and forth securing the elastic cord ends firmly.

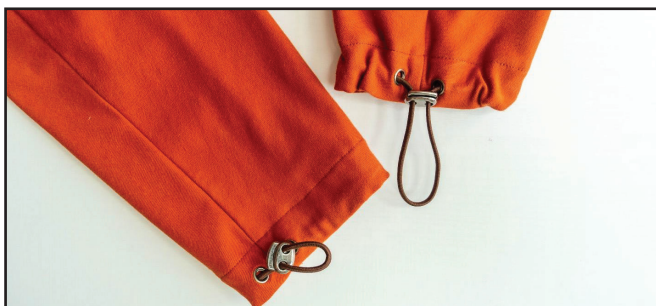
34



Repeat the same steps with the opposite sleeve, the band and the skirt lower hem. Pin the folded hem and the band pieces placing the elastic cord inside. Mark with a marker the place where the vent should be topstitched.



35



Topstitch the sleeves, the skirt lower hems and the vent along the marked line 30 mm (1 3/16") in from the edge. Avoid sewing across the elastic cord.

36



With right sides together pin the skirt to the band at quarter points aligning the marks. Serge the pieces slightly stretching the band, but avoid stretching the skirt upper edge. Press the seam allowances down.

37



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

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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!**