

DRESS COLOR BLOCK FOR GIRLS

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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FOR TAILORING YOU WILL NEED:

- cotton lycra french terry,
- grommets - 2 pcs.,
- flat draw cord,
- fusible interfacing,
- aglets (optional),
- matching threads,
- Jersey 75 - 80 or Stretch 75 - 80 needles

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 in warm water, dry and iron it.

B

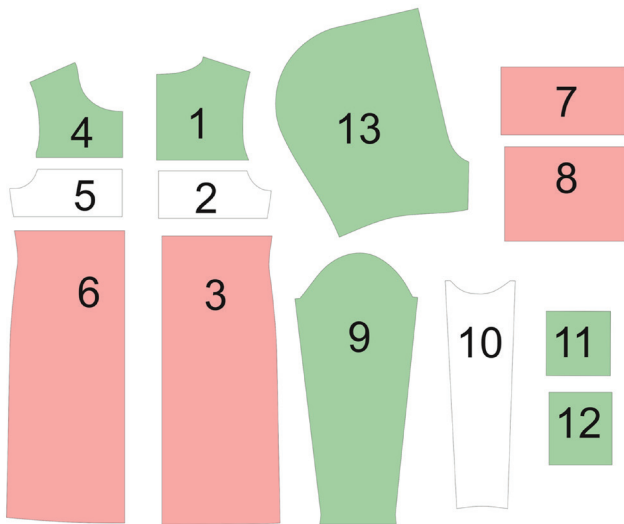
Let us start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

C

Lay 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 already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

NOW YOU HAVE ALL THE PIECES:

DRESS PIECES:



- ① Upper back - cut 1 on the fold (color 1)
- ② Middle back - cut 1 on the fold (color 2)
- ③ Lower back - cut 1 on the fold (color 3)
- ④ Upper front - cut 2 (color 1)
- ⑤ Middle front - cut 1 on the fold (color 2)
- ⑥ Lower front - cut 1 on the fold (color 3)
- ⑦ Pocket flap - cut 1 (color 3)
- ⑧ Pocket - cut 1 (color 3)
- ⑨ Upper sleeve - cut 2 (color 1)
- ⑩ Under sleeve - cut 2 (color 2)
- ⑪ Sleeve pocket flap - cut 2 (color 1)
You can make 1 pocket or 2, as in this dress sample.
- ⑫ Sleeve pocket - cut 2 (color 1)
You can make 1 pocket or 2, as in this dress sample
- ⑬ Hood - cut 2 on the fold (color 1)

NOW WE CAN START TAILORING

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 presser foot



universal presser foot



invisible zipper 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.

DRESS SEWING GUIDE

1



Fuse pieces of kantenband (2x2 cm or 3/4x3/4") on the marks for the grommets.

2



Punch the holes and attach the grommets.

3



Fold the hood piece in half, right side inside, and stitch it along the curved edge 7 mm (1/4") in from the edge. Press the seam allowances open.

4



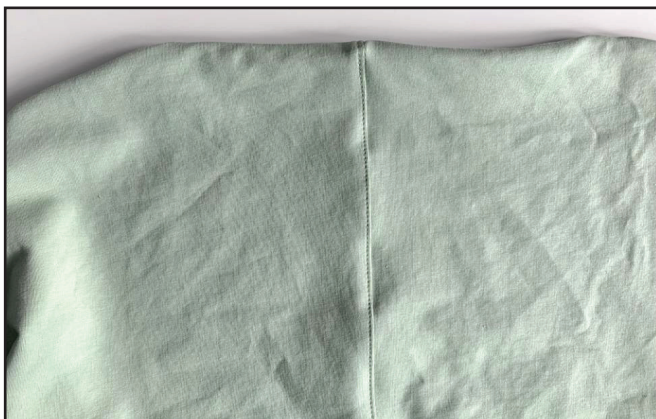
Place the hood lining piece, right sides inside, and stitch it along the curved edge 7 mm (1/4") in from the edge. Press the seam allowances open.

5



Place the hood and the hood lining, right sides together, and stitch them along the outer edge 7 mm (1/4") in from the edge.

6



Topstitch the outer seam allowances towards the lining 1 – 2 mm (1/16") away from the previous seam.

7



Place the hood lining into the hood and press the outer edge forming a roll 1 mm (1/16") towards the lining.

8



Insert the flat draw cord into the grommets. Place it to the outer edge, as close as possible, and pin the hood with the hood lining.

9



Stitch the hood and the hood lining together 2.5 – 3 cm (1 – 1 3/16") in from the hood outer edge. If the grommets do not allow you to stitch, you can use a zipper foot for it.

10



Pin the hood and the hood lining along the lower edge aligning the marks.

11



Fuse strips of interfacing 10 mm (3/8") wide to the upper back shoulder edges.

12



4 2,5-3 7

Place the upper backs and fronts, right sides together, and serge the shoulder seams. Press the seam allowances towards the back.

13



4 3-3,5 7

Pin the hood to the garment neckline and serge them. Press the seam allowances towards the front and the back.

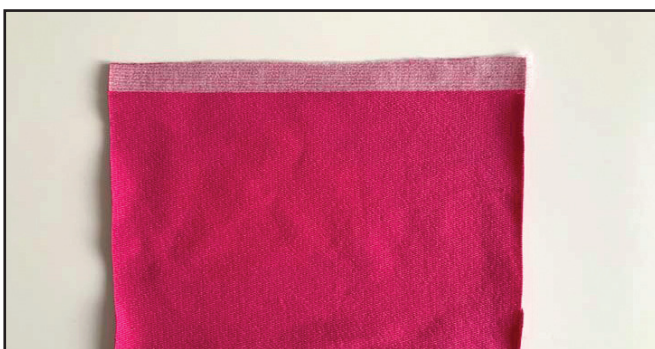
14



4 2,5-3 7

Serge the upper and middle fronts and upper and middle backs. Press the seam allowances towards the middle pieces.

15



Fuse a strip of interfacing 1.5 cm (9/16") wide to the pocket top edge.

16



Finish the pocket top edge with a serger. Press the seam.

17



Turn the seam allowances 1.5 cm (9/16") wide along the pocket top edge to the right side and stitch them along the side seams 1 cm (3/8") in from the edge.

18



Finish the pocket side edges with a serger.

19



Turn the pocket out to the right side and press the upper fold. Press the pocket side and bottom edge seam allowances, 1 cm (3/8") wide, to the wrong side.

20



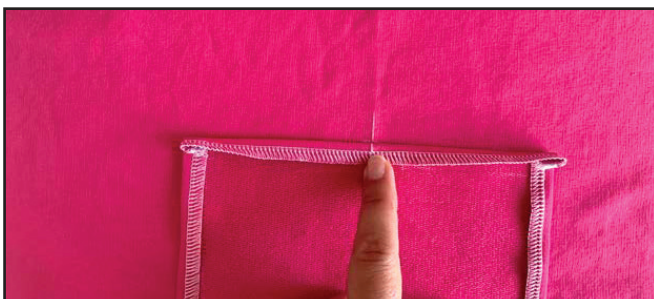
Topstitch the top pocket seam allowance towards the pocket 1 cm (3/8") away from the fold.

21



Fold the pocket in half and mark the middle on the top and bottom edges.

22



Place the pocket and the lower front, right sides together, so that the fold at the pocket bottom coincides with the mark of the pocket bottom on the front. Stitch the pocket to the front sewing exactly atop the fold.



23



Turn the pocket in place and press it.

24



Pin the pocket to the lower front along the side edges and topstitch along the side and bottom edges 1 mm (1/16") in from the edge. Reinforce it, stitching exactly in the middle of the pocket upper hem. Press the seams.



25



Fuse interfacing to the pocket flap.

26



Place the pocket flap in half, lengthways, right sides together, and stitch its short edges 7 mm (1/4") in from the edge.

27



Turn the flap out to the right side and press it.

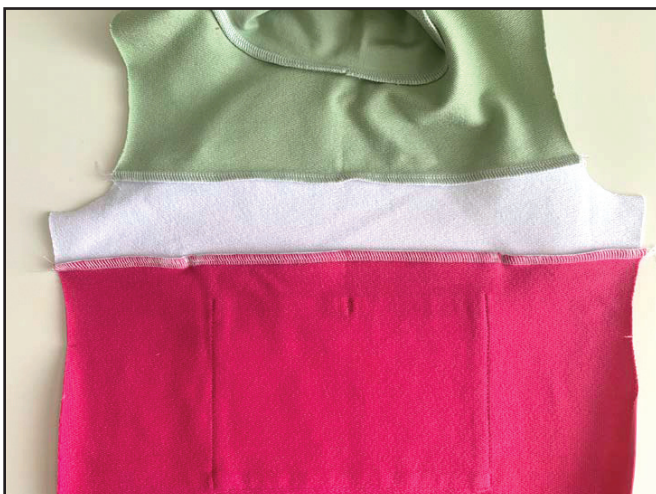
28



Mark the middle on the pocket flap upper edge. Pin the lower front and the pocket flap aligning the marks. Stitch them 4 – 5 mm (3/16") in from the edge.



29



Place the lower and middle fronts, right sides together, and serge them aligning the marks. Press the seam allowances towards the middle piece.

30


 4  2,5-3  7

Place the lower and middle backs, right sides together, and serge them aligning the marks. Press the seam allowances towards the middle piece.

31


 4  2,5-3  7

Place the garment, right side inside, and pin the side edges. Serge them. Press the seam allowances towards the back.



32

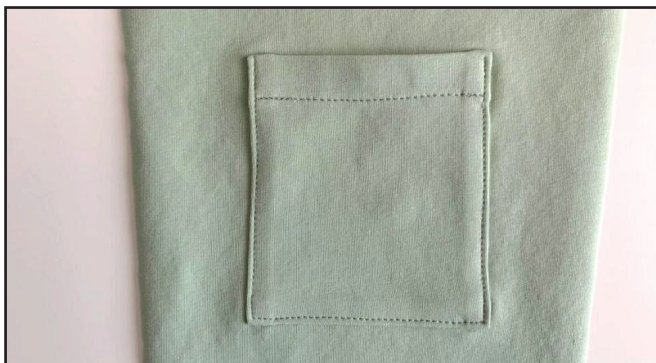

 3-3,5  3-3,5

Coverstitch the garment hem with a flat lock seam 2 cm (13/16") in from the edge. Tie the thread tails and hide them into the seam. Press the seam.

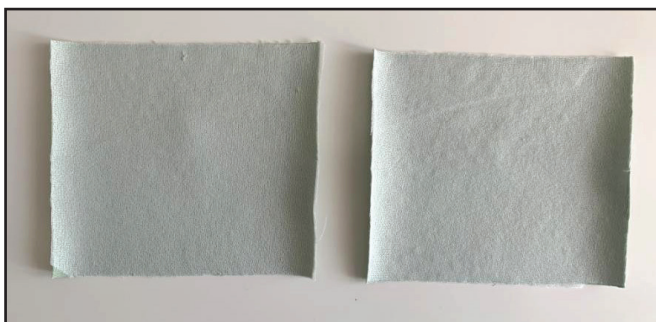
33



Sew the sleeve pockets in the same way as the front pocket (steps 15–24). Vertical bartack in the center is not necessary.



34



Prepare the sleeve pocket flaps in the same way as the front pocket flap (steps 25–27).



35



Pin the pocket flap on the sleeve in place 1 cm (3/8") up from the pocket top edge. Topstitch the seam allowances towards the pocket 7 mm (1/4") away from the raw edge.

36



Trim the seam allowances to 5 mm (3/16").

37



Turn the flap down, press and pin it. Topstitch the flap 7 mm (1/4") away from the fold.

38



4  2,5-3  7 

Place the upper and under sleeves, right sides together, and pin them. Serge them. Press the seam allowances towards the under sleeves.

39



4  2,5-3  7 

With right sides together, insert the sleeves into the armholes and pin them aligning the marks. Serge them all around the armholes. Tie the thread tails and hide them into the seam.

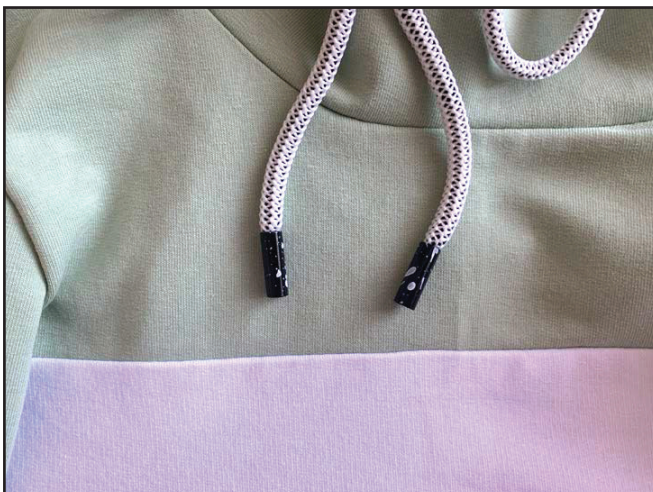
40



  3-3,5

Turn the seam allowances to the wrong side (2 cm or 13/16") along the sleeve lower hems and press them. Hem the sleeves with a flat lock seam using a coverstitch machine. Tie the thread tails and hide them into the seam. Press the seams.

41



Process the flat draw cord ends as you like. For example, you can attach aglets.

42



Remove the basting stitches and press the garment. The dress is ready!

ELINA PATYKOVA

ПРОШИТЬЕ

**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!**