

DRESS COLOR BLOCK FOR WOMEN

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,
- zipper,
- 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

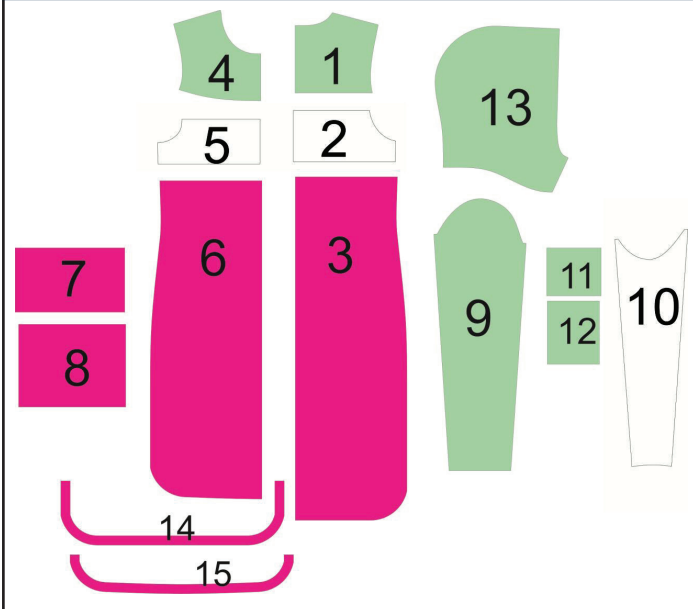
Let us start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

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 1 or 2 (color 1)
- ⑫ Sleeve pocket - cut 1 or 2 (color 1)
- ⑬ Hood - cut 4 (color 1)
- ⑭ Back lower hem facing - cut 1 (color 3)
- ⑮ Front lower hem facing - cut 1 (color 3)

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 a strip of interfacing 12 – 15 mm (1/2 – 9/16") wide to the central edges of the hood pieces. If you have a narrower kantenband, you can fuse it 3 – 5 mm (1/8 – 3/16") away from the edge. 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



Place the hood pieces with right sides together, and stitch them along the curved edge 7 mm (1/4") in from the edge. Press the seam allowances open.

4



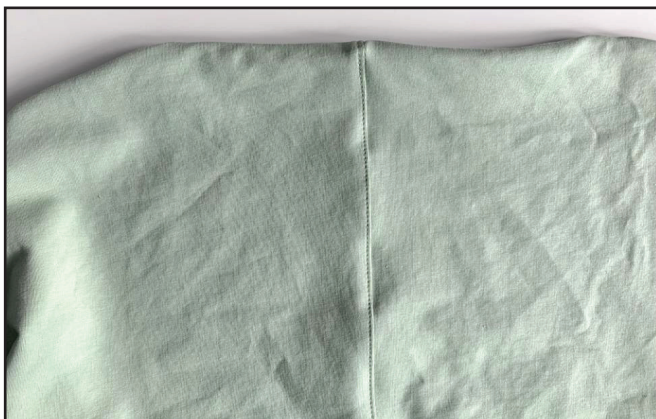
Place the hood lining pieces, right sides together, and stitch them along the curved edge 7 mm (1/4") in from the edge. Press the seam allowances open.

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



Finish the hood lining lower edge with a serger. Press the seam.

9



Fuse strips of interfacing 12 – 15 mm (1/2 – 9/16") wide to the upper front central edges. If you have a narrower kantenband, you can fuse it 3 – 5 mm (1/8 – 3/16") away from the edge.

10



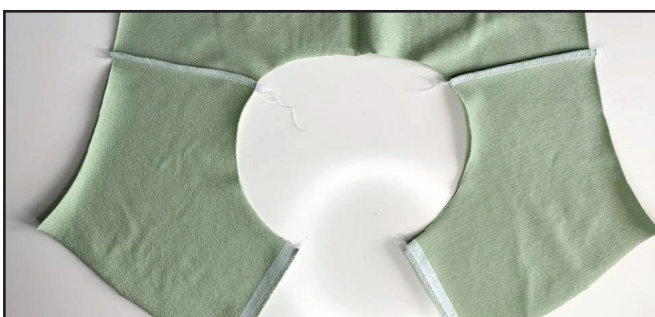
Finish these edges with a serger.

11



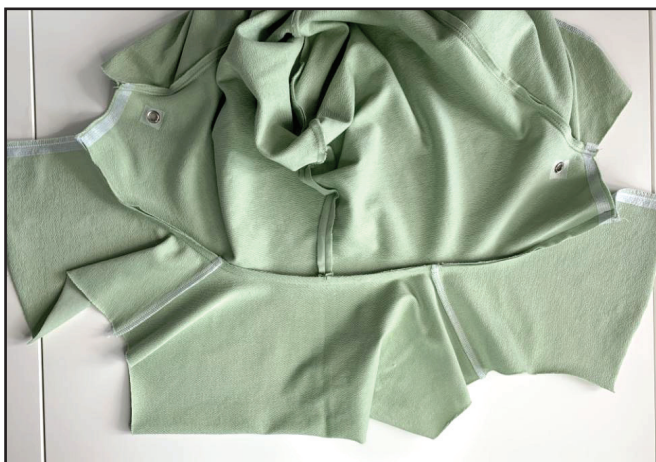
Fuse strips of interfacing 10 mm (3/8") wide to the upper back shoulder edges.

12



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

13



2,5-3

Pin the hood with the garment neckline and stitch them 7 mm (1/4") in from the edge.

14



Open the zipper. Pin one zipper tape to the upper front along the central edge. Turn the zipper tape top to the wrong side. Place the hood and the hood lining central edges, right sides together, to sandwich the zipper between them. Note: the hood lining seam allowances should be turned to the wrong side.

15



2,5-3

Stitch the seam with a zipper presser foot. Cut the excess zipper top.

16



Close the zipper and transfer the marks for the seam lower end and the hood attaching seam onto the other zipper tape.

17



Stitch the other zipper tape aligning the marks.

18



Turn the upper front out to the right side and gently press the zipper. Topstitch the hood and the upper front along the zipper 4 – 5 mm (3/16") away from the zipper.

19



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.

20



Stitch the hood and the hood lining together 2 – 3 cm (13/16 – 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.

21



Tuck the hood lining seam allowances, overlapping the hood lining lower edge, to the wrong side and pin them. Hand-baste the hood lining to the garment.

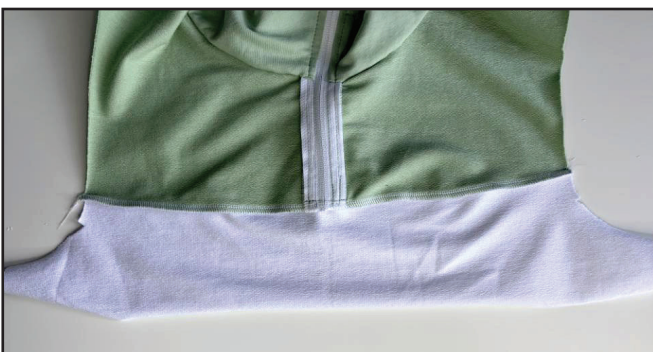


22



Place the upper and middle fronts, right sides together, and pin them aligning the marks. Stitch the section with a zipper, 7 mm (1/4") away from the edge.

23



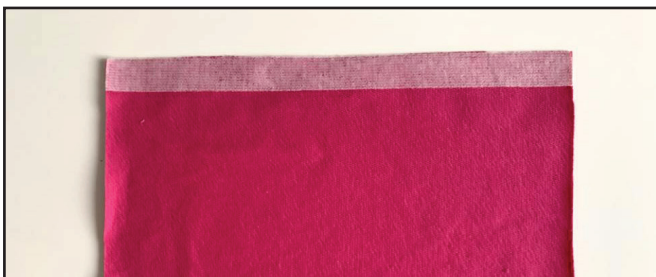
Serge the upper and middle fronts. Press the seam allowances towards the middle front.

24



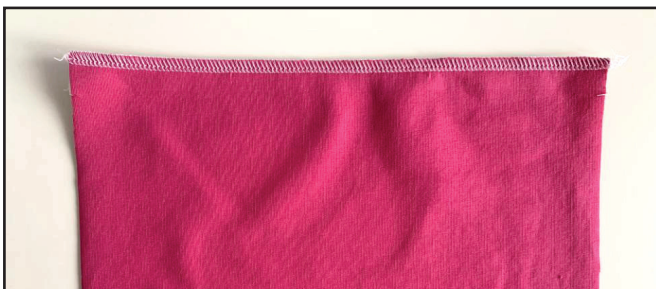
Place the upper and middle backs, right sides together, and serge them. Press the seam allowances towards the middle back.

25



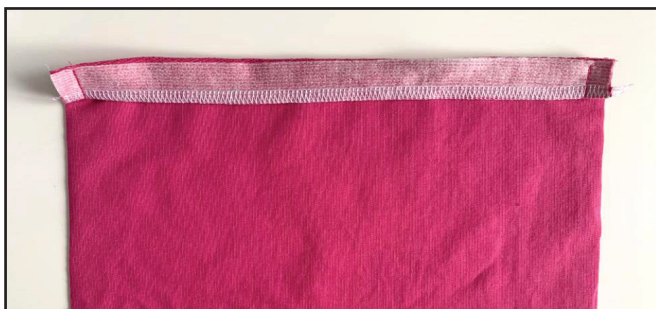
Fuse the strip of interfacing 2 cm (1 3/16") wide to the pocket top edge.

26



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

27



Turn the seam allowances 2 cm (13/16") 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.

28



Finish the pocket bottom and side edges with a serger.

29



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.

30



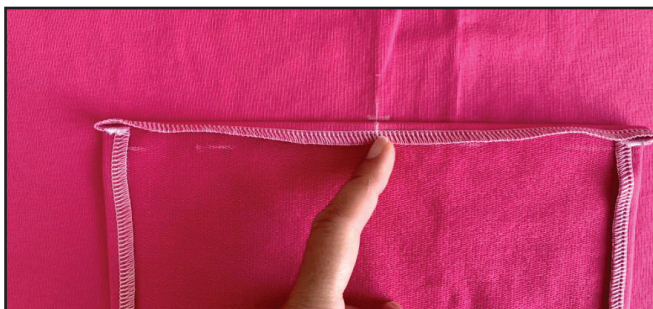
Topstitch the pocket top edge seam allowances towards the pocket 1.5 cm (9/16") away from the fold.

31



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

32



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.



33

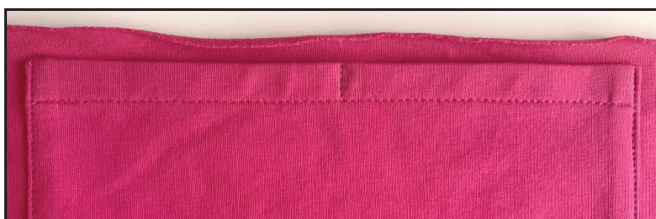


Turn the pocket in place and press it.

34



Pin the pocket to the lower front along the side edges and topstitch along the side and bottom edges 1– 2 mm (1/16") in from the edge. Reinforce it, stitching exactly in the middle of the pocket top hem. Press the seams.



35



Fuse interfacing to the pocket flap.

36



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

37

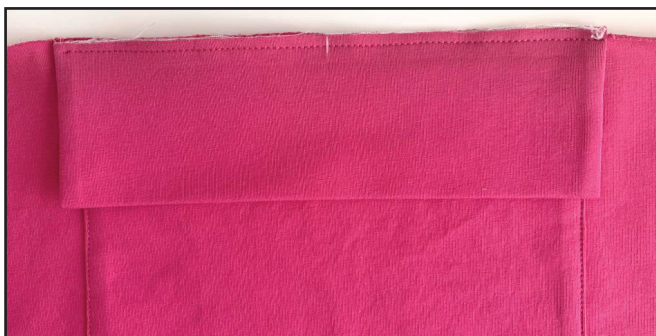


Turn the flap out to the right side and press it.

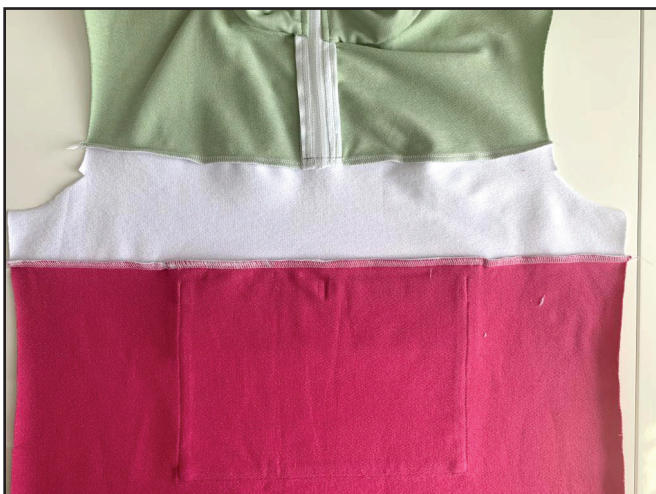
38



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.



39



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

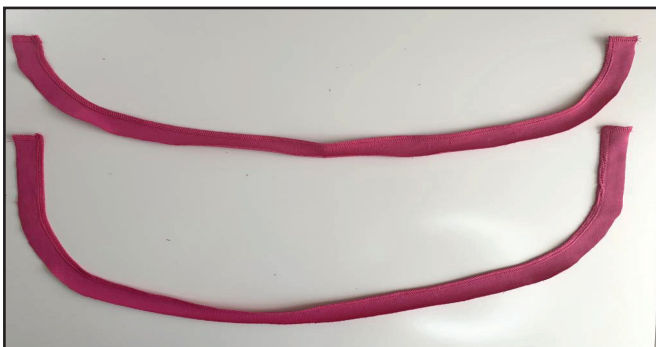
40



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.

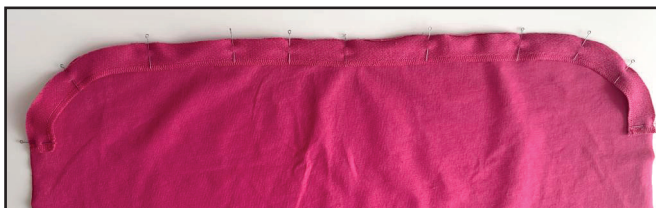
41



4   2,5-3  7

Finish the inner long edges of the front and back lower hem facings and all the lower hem facings short edges.

42



Pin the lower hem facings with the garment front and back lower edges aligning the marks.

43



4   2,5-3  7

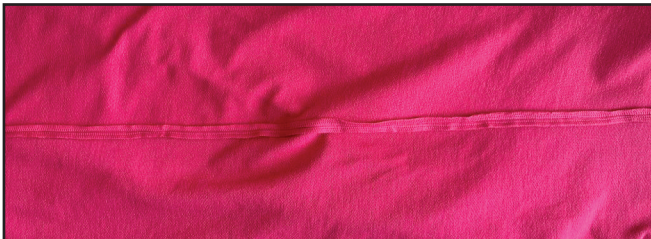
Serge the facings with the front and back lower edges and finish the side edges.

44



With right sides together, pin the side edges aligning the marks. Stitch the side seams between the armhole and the lower hem facing 7 mm (1/4") in from the edge.

45



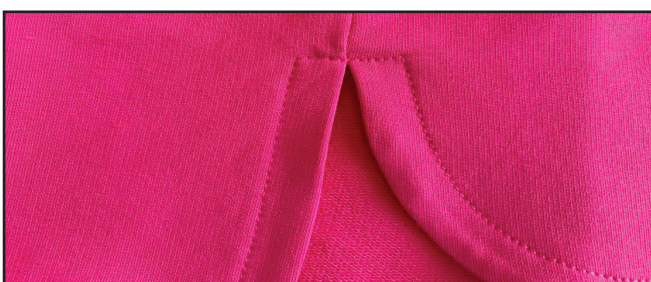
Press the seam allowances open.

46



Topstitch the seam allowances towards the lower hem facings 1 – 2 mm (1/16") away from the previous seam.

47



Turn the lower hem facings to the wrong side and press the front and back lower hems. Topstitch the inner short edges of the lower hem facings 1.5 cm (9/16") in from the edges.

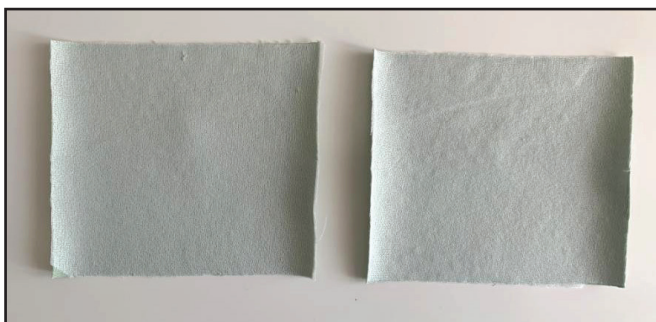
48



Sew the sleeve pockets in the same way as the front pocket (steps 25–34). Vertical bartack in the center is not necessary.



49



Prepare the sleeve pocket flaps in the same way as the front pocket flap (steps 35–37).



50



3-3,5

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



51



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

52

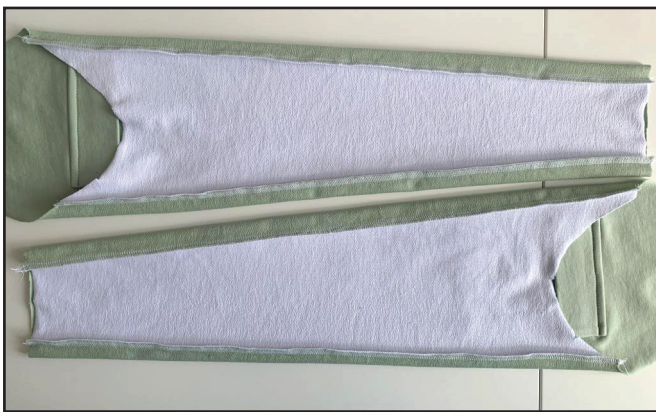


3,5-4

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



53



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.

54



4 2,5-3 7

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

55



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. Pull the thread tails to the wrong side, tie and hide them into the seam. Press the seams.

56



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

57



Remove the basting stitches and press the garment. 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!**