

DRESS FOLD FOR GIRLS

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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FOR TAILORING YOU WILL NEED:

- cotton lycra jersey (3 colors),
- rib knit fabric or ribbing,
- matching threads,
- kantenband,
- Jersey 70 - 75 or Stretch 70 - 75 needles

A

Check the pattern for amount of fabric and 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. The fabric must be prepared for sewing: washed in warm water, dried and ironed.

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 the outline. Note: seam allowance is already included. Transfer all the necessary marks from the pattern onto the wrong side of your fabric.

NOW YOU HAVE
ALL THE PIECES:

DRESS PIECES:



- 1 upper front - cut 1 on the fold (cotton lycra jersey, color 1)
- 2 middle front - cut 1 on the fold (cotton lycra jersey, color 2)
- 3 lower front - cut 1 on the fold (cotton lycra jersey, color 3)
- 4 upper back - cut 1 on the fold (cotton lycra jersey, color 1)
- 5 middle back - cut 1 on the fold (cotton lycra jersey, color 2)
- 6 lower back - cut 1 on the fold (cotton lycra jersey, color 3)
- 7 upper sleeve - cut 2 on the fold (cotton lycra jersey, color 2)
- 8 lower sleeve - cut 2 on the fold (cotton lycra jersey, color 3)
- 9 neckband - cut 1 (knit rib fabric or ribbing, color 1)

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.

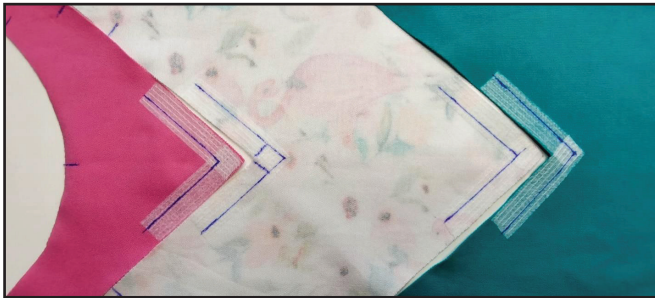
DRESS SEWING GUIDE

1



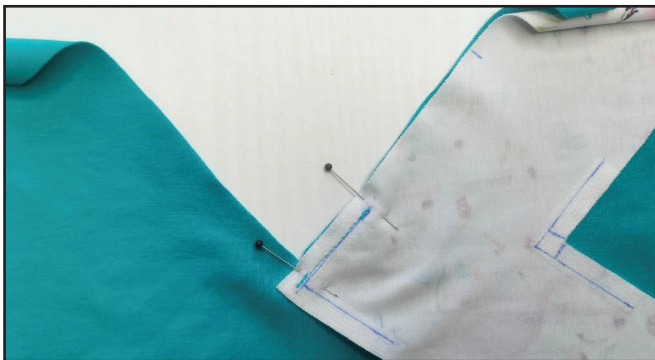
Cut off 16 kantenband pieces 50 mm (2") long. Fuse the kantenband pieces to the upper, middle, and lower back and front corners.

2



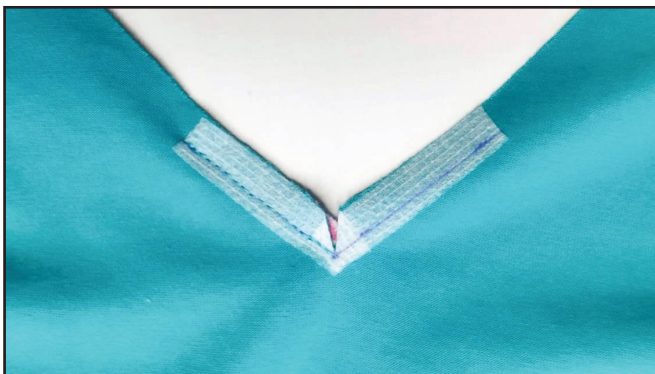
Draw lines for stitching over the fused by kantenband corners, 7 mm (1/4") away from the edge.

3



Pin the lower and the middle front pieces at the corner, with right sides together. Be careful: you should precisely align the corner tops. Beginning at the corner top, stitch 50 mm (2") seam with color 3 thread, 7 mm (1/4") away from the edge.

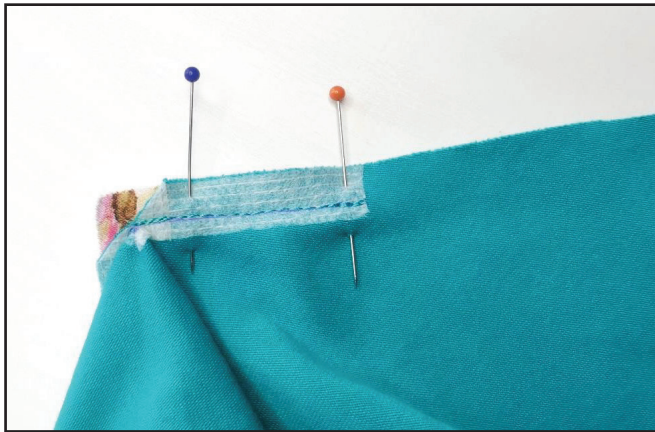
4



Slash the lower front piece corner leaving 1 mm (1/16") before the seam.

5

5



Pin the corner opposite side. Beginning at the corner top, stitch 50 mm (2") seam with color 3 thread, 7 mm (1/4") away from the edge. You should start stitching exactly at the end of the previous seam.

6



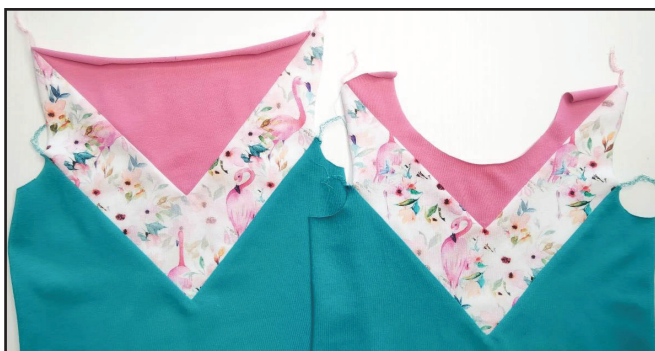
With right sides together, pin the middle and the lower front pieces aligning the marks. Serge the pieces with color 3 thread. The left needle should sew exactly atop the corner stitching seam. Seam allowances are to be pressed down. Repeat the same steps for the middle and lower back pieces.

7



With right sides together, pin the upper and lower sleeve pieces aligning the marks. Serge the pieces with color 3 thread. Seam allowances should be pressed up. Repeat the same steps with the opposite sleeve.

8



Stitch the front and back upper pieces in the same way as in steps 3 - 6. Use color 1 thread.

9



4 3-4 7

Pin the front and back shoulders with right sides together. Align the seams, place the seam allowances in different directions to avoid excess thickening. Serge the shoulder seams with color 1 thread. Press the seam allowances flat towards the front.

10



4 3-4 7

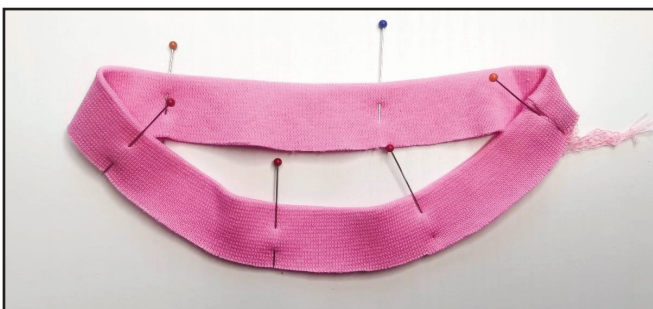
Pin and serge the neckband short edges.

11



Press the seam allowances in different directions to avoid excess thickening while attaching the neckband.

12



Fold the neckband in half wrong sides together and press it. At the same time, shape the neckline with an iron, slightly stretching the raw edges and pressing the fold. For ease, you can pin the neckband at the marks.

13



Measure the back neckline length. Cut a strip of any main fabric color 25 mm (1") wide and 20 mm (13/16") longer than the back neckline.

14



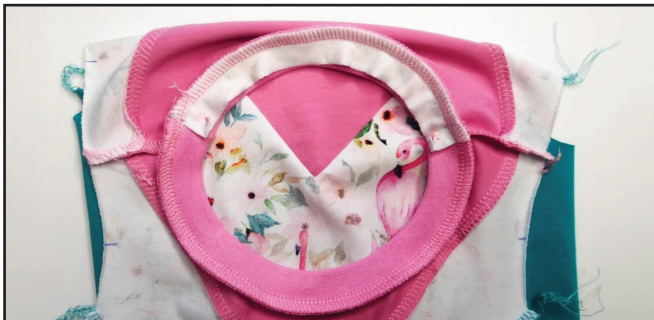
Pin the neckband to the dress neckline write side, aligning the centers and shoulder seams with the marks. Aligning the edges, pin the strip along the back neckline, working on the neckband wrong side. With right sides together, place the strip on the neckband 10 mm

(3/8") to the wrong side. The neckband should be between the dress neckline and the strip.

15



Serge the neckband and the strip. At the same time, evenly stretch the neckband and make sure that the neckline does not stretch. Press the seam and the strip down.



16



Tuck the strip raw edge around the seam allowance and pin it to the neckline.

17



Stitch the strip to the back 1 mm (1/16") away from the edge, overlapping the serged seam. Press the back neckline.



18



With right sides together, pin the sleeve into the armhole, aligning all the marks and the seams. Place the seam allowances open. To align the seams, pin across them 7 mm (1/4") away from the edge, checking how they are aligned on the right side. If it is necessary, you can move

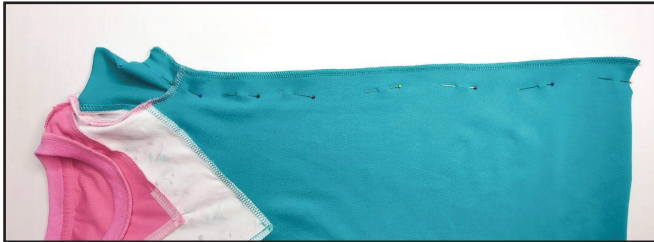
the pins. If you lack experience, hand-baste the sleeve into the armhole by hand.

19



Serge the sleeve with color 2 thread. Press the seam allowances flat towards the front and the back, matching the seams. Repeat the same steps with the opposite sleeve.

20



Pin the back, front, and the sleeve along the side seams with right sides together. Serge the pieces with color 3 thread. Place the sleeve attaching seam allowances

in different directions to avoid excess thickening. Press the seam allowances towards the front. Repeat the same steps with the opposite side seam.

21



Draw lines along the dress and sleeve lower hems 30 mm (1 3/16") away from the edge. Use the lines to fold the dress lower hems 15 mm (9/16") up to the wrong side. Pin, baste or glue it with a glue-stick. Press the dress and the sleeve lower hems into position.

22



Coverstitch the dress and the sleeve lower hems. Tie the thread tails on the wrong side and hide them into the seam. Press the seams.

23



Remove the basting stitches, trim the thread tails, and press the garment 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!**