

# DRESS POWER FOR GIRLS

SKILL LEVEL



## INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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## FOR TAILORING YOU WILL NEED:

- french terry or sweatshirt cotton poly blend fabric,
- cotton lycra jersey (only for hoodie dress),
- rib knit fabric or ribbing,
- piping,
- zipper - 4 pcs.,
- fusible interfacing,
- 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

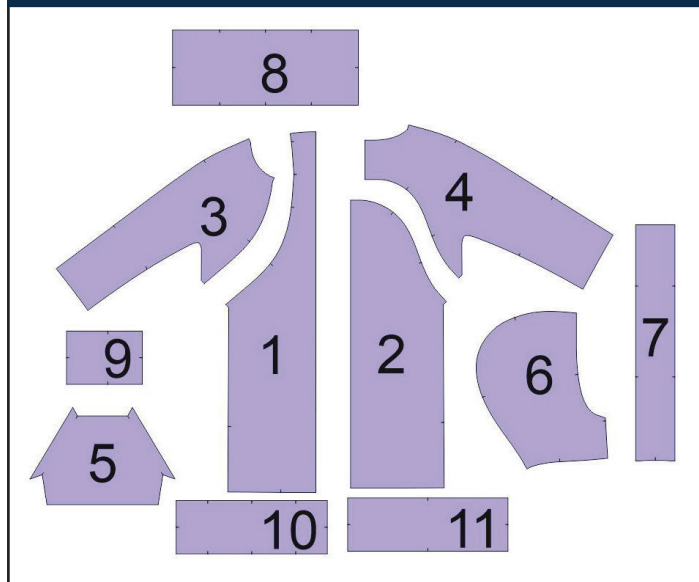
Let's start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

C

Lay the paper pattern pieces onto the fabric. It's 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:



- ❶ Front - cut 1 on the fold (french terry or sweatshirt cotton poly blend fabric)
- ❷ Back - cut 1 on the fold (french terry or sweatshirt cotton poly blend fabric)
- ❸ Sleeve front - cut 2 (french terry or sweatshirt cotton poly blend fabric)
- ❹ Sleeve back - cut 2 (french terry or sweatshirt cotton poly blend fabric)
- ❺ Pocket - cut 2 (french terry or sweatshirt cotton poly blend fabric)
- ❻ Hood side piece - cut 4: 2 - french terry or sweatshirt cotton poly blend fabric, 2 - cotton lycra jersey (do not cut for stand collar dress)
- ❼ Hood center piece - cut 2: 1- french terry or sweatshirt cotton poly blend fabric and cut 1 - cotton lycra jersey (do not cut for stand collar dress)
- ❽ Stand collar - cut 11- french terry or sweatshirt cotton poly blend fabric (do not cut for a hoodie dress)
- ❾ Cuff - cut 2 (rib knit fabric or ribbing)
- ❿ Front hem band - cut 1 (rib knit fabric or ribbing)
- ⓫ Back hem band - cut 1 (rib knit fabric or ribbing)

## 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**

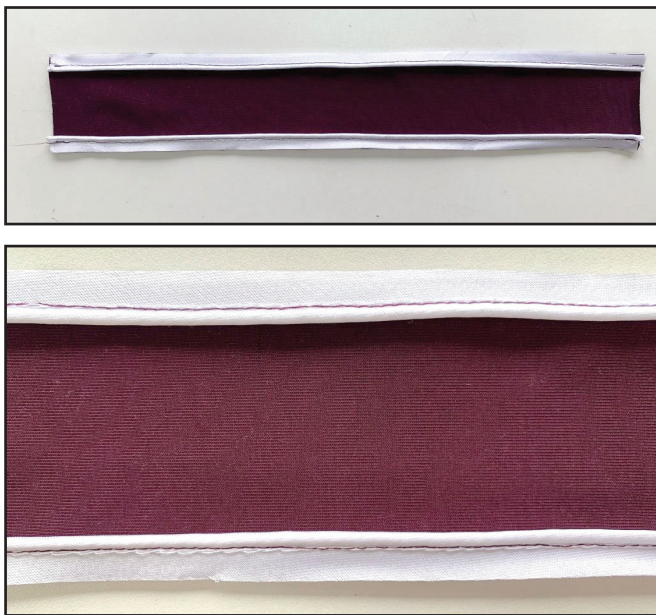
### **flat lock stitch**

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



If you are sewing a stand collar dress, skip this and the following steps and go straight to step 8. If you are sewing a hoodie dress: stitch the piping to the hood center long edges. Sew exactly atop the stitching on the piping itself. You can use zipper foot for this step.

2



Place the hood side and center pieces right sides together and stitch them aligning the marks. Work on the hood center piece, stitching exactly atop the previous seam. Press the seam allowances towards the hood center piece.

3



Place the hood lining side and center pieces, right sides together, and stitch them aligning the marks. Press the seam allowances towards the hood side pieces.

4



Finish the hood lining lower edge with a serger.

5



Place the hood and the hood lining, right sides together, and stitch them along the curved edge.

6



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



7



Turn the hood out to the right side and press the curved seam forming a roll 1 mm (1/16") towards the lining.

8



If you are sewing a stand collar dress, place the stand in half lengthwise, wrong sides together, and press it.

9



Finish one stand collar long edge with a serger.

10



Stitch the pipping, working on the back piece upper edge. Sew exactly atop the stitching on the pipping itself. You can use zipper foot for this step.

11



4 2,5-3 7

Place the sleeve back pieces with right sides together and serge the center back seam. Press the seam allowances towards any piece.



12



3-3,5

Place the back and the sleeve back pieces, right sides together, and stitch them. Work on the back piece, stitching exactly atop the previous seam.

13



4 2,5-3 7

Finish the seam allowances with a serger and press them towards the back.



14



Stitch the piping, working on the sleeve back piece upper edge. Sew exactly atop the stitching on the piping itself. You can use zipper foot for this step.

15



Fuse the interfacing strips 12 - 15 mm (1/2 - 9/16") wide along the edges for the zipper on sleeve front pieces.

16



Finish these edges with a serger. Press the seams.

17



Place the sleeve front and back pieces with right sides together and stitch the upper edges. Work on the sleeve back piece, stitching exactly atop the previous seam.

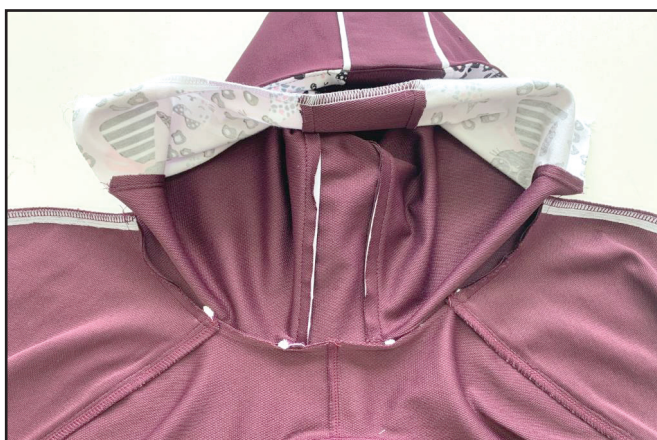


18



Finish the seam allowances with a serger and press them towards the sleeve back.

19



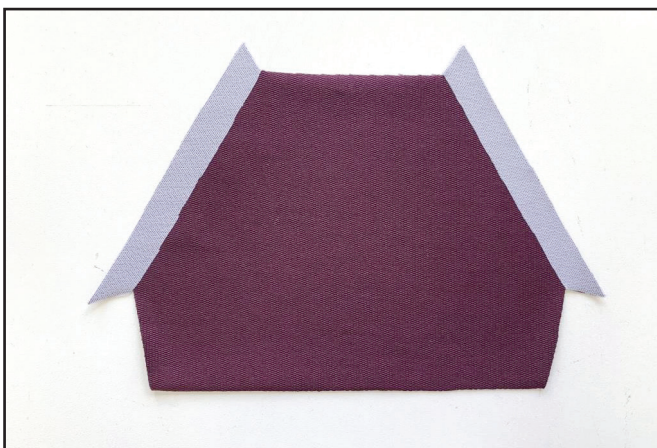
Place the hood (or stand collar long raw edge) and the dress neckline, right sides together, and stitch them with a 7 mm (1/4") wide seam allowance. Press the seam allowances towards the hood (or the stand).

20



a) Fuse the interfacing strips 12 - 15 mm (1/2 - 9/16") wide to the places for zippers on the dress front.  
b) Serge the places for zippers and the front upper edge. Press the seams.

21



Fuse the 1.5 cm (9/16") wide interfacing strip along the pocket opening.



22



Finish these edges with a serger and press them 1.5 cm (9/16") towards the pocket wrong side.

23



Topstitch the seam allowances towards the pocket 12 mm (1/2") away from the previous seam.

24

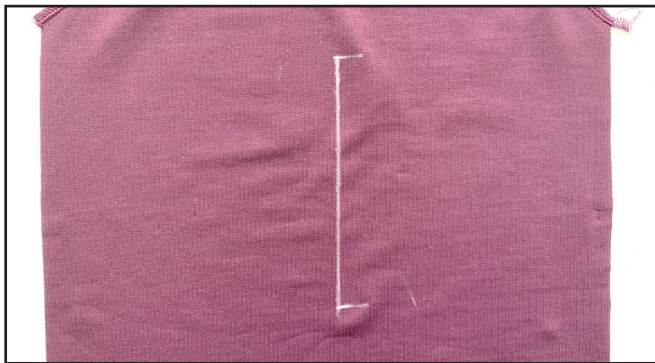


Finish the rest pocket edges with a serger and press them 1 cm (3/8") wide towards the wrong side.





25



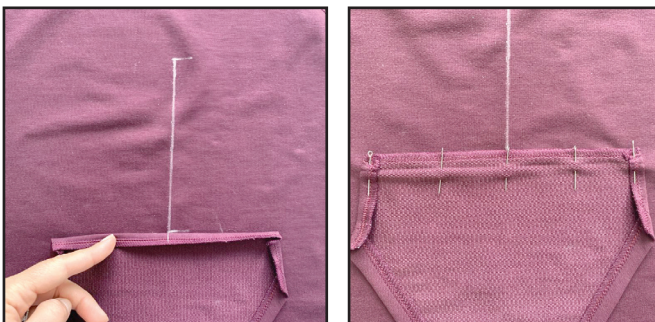
Transfer the pocket top, bottom and center marks from the paper pattern onto the front piece.

26



Mark the center on the pocket upper and lower edges.

27



Place the pocket fold to the bottom mark on the front piece aligning the pieces center marks. Fold the seam allowances up to the wrong side and pin the pocket to the front.

28



Stitch the pocket to the front sewing exactly atop the fold.

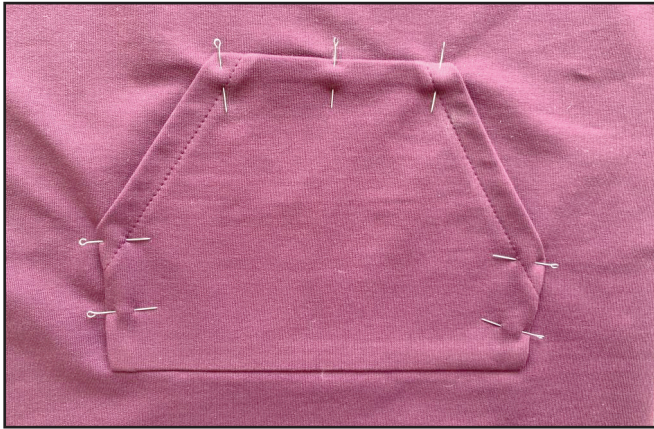
29



Turn the pocket wrong side to the front piece right side and press the pocket lower edge.



30



Pin the pocket and the front along the upper and side edges. You can hand-baste them, if need be.

31



Topstitch the pocket to the front along the upper, lower and side edges 1 -2 mm (1/16") in from the edges. Press the seams.

32



a) Open the long zipper. Pin the zipper one half, right side down, along the edge for the zipper on the front piece. Pin the zipper between the first notch and the side seam. Turn the zipper top tape extension to the wrong side.

b) Turn the front upper section between the front upper edge and the first notch to the zipper and pin it.

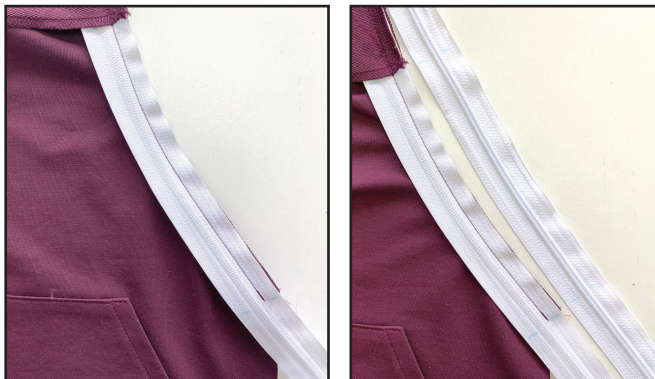
33



Stitch it close to the zipper teeth. Use the zipper foot for ease. Cut the zipper top extension.



34



Close the zipper and transfer the marks for the seam ends and the front upper edge onto the zipper other half. Repeat the process for the opposite zipper.

35



Stitch the opposite zipper aligning the marks.

36



Turn the front out to the right side and press the zippers.

37



Pin each zipper other half to the corresponding sleeve front aligning the marks. Place the hood and the hood lining center edges (stand collar upper and under pieces) with right sides together to have the zipper between them. Note: the hood lining seam allowances (stand under collar) should be turned to the wrong side, and the marks on the zipper will be exactly 7 mm (1/4") lower the hood attaching seam.



38



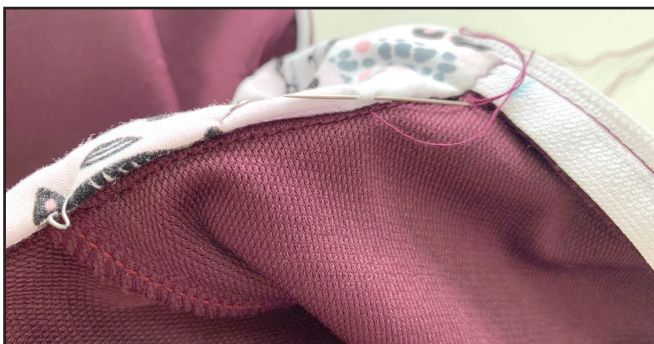
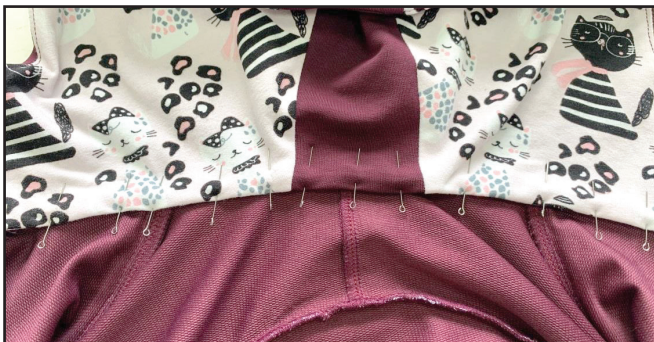
Stitch them. Cut the zipper top extension.

39



If your zipper is longer than you need, cut it exactly close to the front side edge (close the zipper beforehand) and stitch it up 4 - 5 mm (3/16") away from the edge, to avoid its opening while you are working.

40



Turn the hood lining seam allowances along the hood lining lower edge to the wrong side (stand under collar) and pin them. Hand-baste the hood lining to the garment.

41



Fuse the interfacing strips 12 -15 mm (1/2 - 9/16") wide to the places for side zippers on the dress front and back pieces. The strip length is equal to the interval between the notch and the lower edge + 1 cm (3/8").



42



4 2,5-3 7

Finish the dress front and back side edges.

43



Place the front and back hem bands in half lengthwise, wrong side inside, and press them.

44



4 2,5-3 7

Finish one long edge of each piece with a serger.

45



4 3-3,5 7

Place the back hem band raw edges to the back, and the front hem band raw edges to the front, right sides together, then serge them slightly stretching the hem bands. Press the seam allowances towards the back and the front.

46



Place the garment, right side inside, and stitch the side seams between the sleeve lower edge and side zipper top stop. The seam is 7 mm (1/4") wide first, and increases to 1 cm (3/8") at the end of the stitch. Press the seam allowances open.

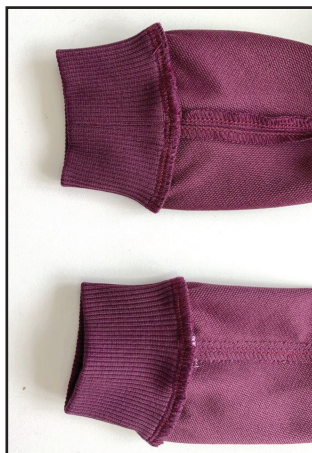


47



Place the cuffs in half, right side inside, and stitch the side edges. Press the seam allowances open.

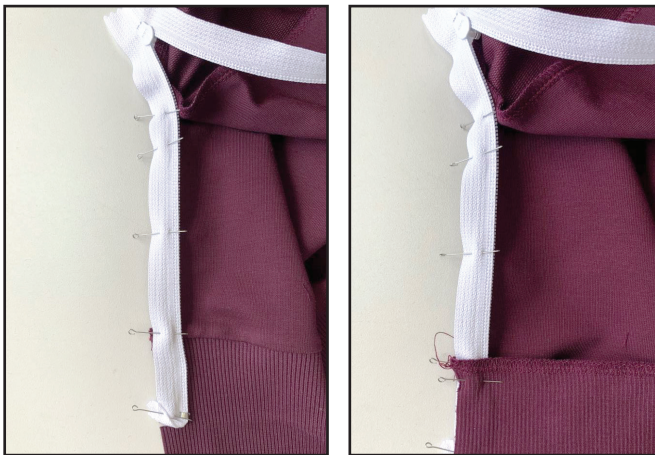
48



Place the cuff in half lengthwise, wrong side inside, and insert it into the sleeve opening. Pin and serge them around the cuffs. Press the seam allowances towards the sleeves.



49



Pin the short zipper to the front side edge and the front hem band. Align the zipper top stop with the middle mark on the hem band. Turn the top zipper extension to the wrong side and pin it. Place the hem band in half lengthwise, right sides together, to hide the zipper and pin it.

50



Stitch the zipper close to the zipper teeth.

51



Close the zipper and transfer the marks for the seam beginning and end to the other zipper tape.

52



Pin and stitch the other zipper tape in, aligning the marks.



53



Turn the hem band out to the right side and press the zipper.

54



Repeat the same steps for the opposite zipper.

55



Pin the back and front hem bands to the garment.

56

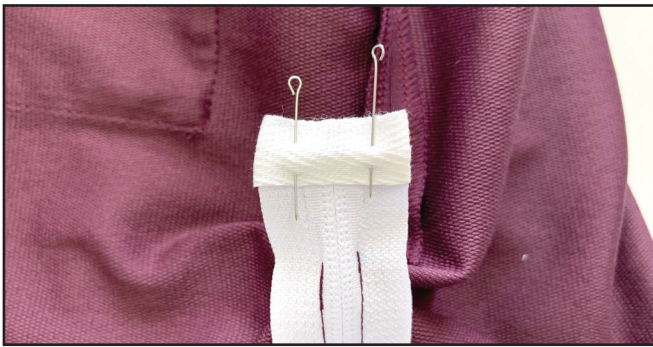


Stitch in the hem bands to the garment using a stretch stitch. Try to stitch exactly atop the hem band attaching seam. If there are no such stitches in your sewing machine, you can hand-stitch using a herringbone stitch.



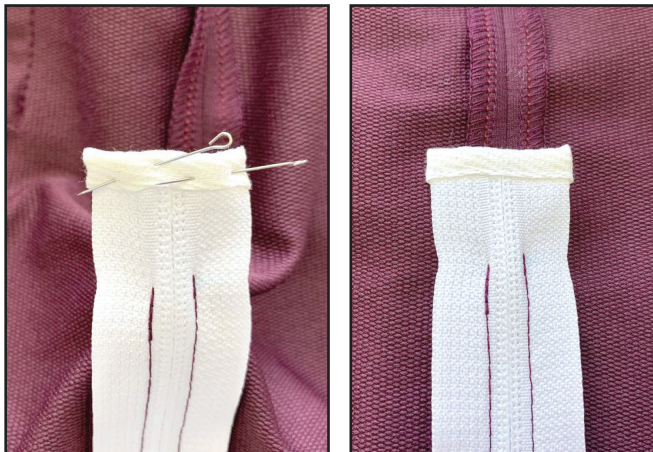


57



If your zipper is little longer, cut its bottom, leaving 2 - 3 cm (1/16 - 1/8"), and cover with a twilled ribbon, corded silk ribbon or fabric binding tape. For example, pin a small piece of twilled ribbon to the zipper bottom working on the zipper wrong side. Tuck the zipper with the ribbon short edges.

58



Fold the ribbon long side onto the zipper right side and pin it. Stitch in the zipper close to the edge.

59



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!**