

# DRESS FOLD FOR WOMEN

SKILL LEVEL



## INSTRUCTIONS FOR SEWING

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## FOR TAILORING YOU WILL NEED:

- cotton lycra jersey (3 colors),
- rib knit fabric or ribbing,
- invisible zipper (color 3) - 2 pcs.,
- matching threads,
- kantenband,
- twilled ribbon 10 mm (3/8») wide,
- Jersey 70 - 75 or Stretch 70 - 75 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. 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 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) (in this example color 3 = color 1)
- 4 upper back - cut 2 (cotton lycra jersey, color 1)
- 5 middle back - cut 2 (cotton lycra jersey, color 2)
- 6 lower back - cut 2 (cotton lycra jersey, color 3) (in this example color 3 = color 1)
- 7 upper sleeve - cut 2 (cotton lycra jersey, color 2)
- 8 lower sleeve - cut 2 (cotton lycra jersey, color 3) (in this example color 3 = color 1)
- 9 neckband - cut 1 (knitted rib fabric or ribbing, 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.



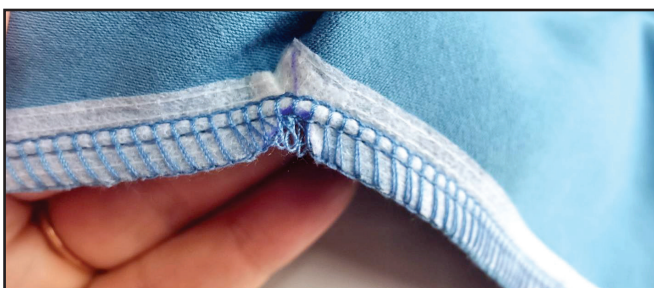
# DRESS SEWING GUIDE

1



Cut off several kantenband pieces 60 mm (2 3/8") long. Fuse the kantenband pieces to the upper, middle, and lower backs and fronts corners. If you are going to make hidden zipper openings, fuse all the middle- and lower-pieces seam allowances with the kantenband. If you are sewing a dress without hidden zipper openings, skip steps 2 - 14 and go straight to step 15.

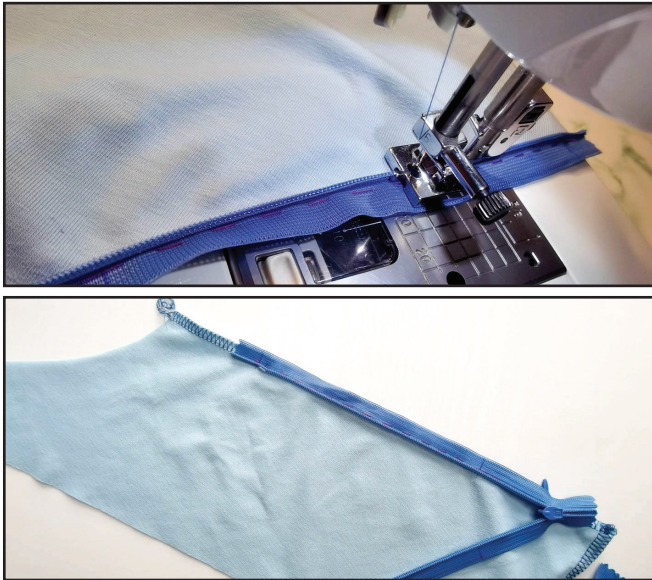
2



Finish the fused with the kantenband middle and lower front seam allowances with a serger. Finish the middle front with color 2 thread. Serge the lower front with color 3 thread. To ease the serging of the lower front inner corner, slash the corner by 5 - 6 mm (3/16 - 1/4").

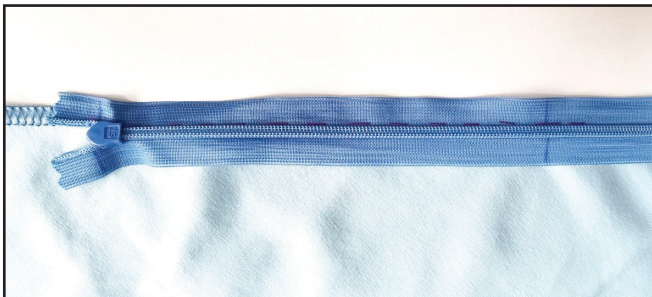
5

3



With right sides together, baste the open zipper between the marks on the middle front, so that the zipper attaching seam would be 8 mm (5/16") away from the edge. Stitch the zipper using invisible zipper presser foot and with color 3 thread.

4



Close the zipper and mark on the zipper other tape the places, where the zipper attaching seam begins and ends.

5



Aligning the marks, pin the zipper other tape to the lower front right side. Stitch it between the marks using invisible zipper presser foot. Use color 3 thread. Repeat the same steps for the opposite zipper (steps 3 -5).

6



Baste the lower and middle fronts between the zipper bottom stop and the armhole. Stitch exactly between the armhole and the zipper attaching seam 8 mm (5/16") in from the edge. Use unilateral zipper presser foot and color 3 thread. Repeat the same steps with the opposite side.



7



Baste the lower and middle fronts between the zipper bottom stop and the corner. Be careful: draw a line for the seam at the corners and precisely align the corners tops. Stitch between the corner top and the

zipper attaching seam 8 mm (5/16") in from the edge. Use unilateral zipper presser foot and color 3 thread.

8



Baste the lower and middle fronts between the bottom stop of the opposite zipper and the corner. Stitch from the corner top, right from the previous seam end until the zipper attaching seam 8 mm

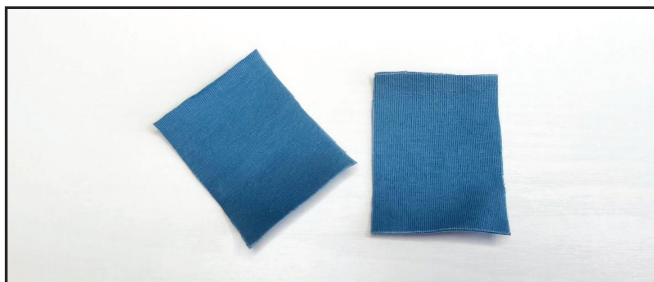
(5/16") in from the edge. Use unilateral zipper presser foot and color 3 thread.

9



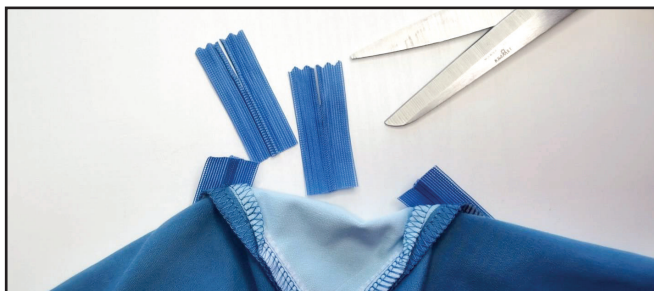
Press the seam allowances above the zipper open, press the zippers on the right side and press the corner seam allowances down.

10



Cut two cotton lycra jersey pieces 40x50 mm (1 9/16 - 2").

11



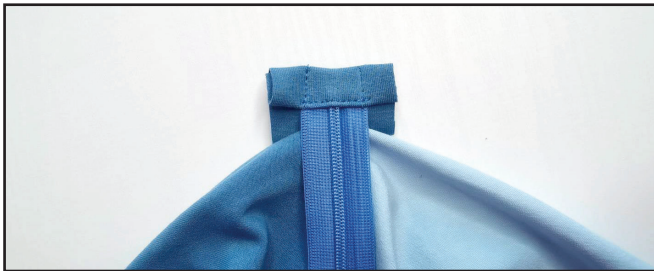
Trim the zipper bottoms leaving the «tails» 15 mm (9/16") long.

12



Pin the pieces to the zipper “tails”, right side to the wrong side, aligning the edges. Stitch them 10 mm (3/8”) away from the edge.

13



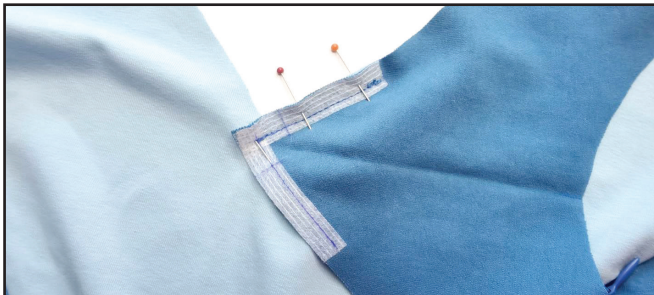
Tuck the fabric pieces around the zipper “tails”. Stitch along the zipper sides and atop the fabric piece attaching seam.

14



Trim excess fabric close to the seams.

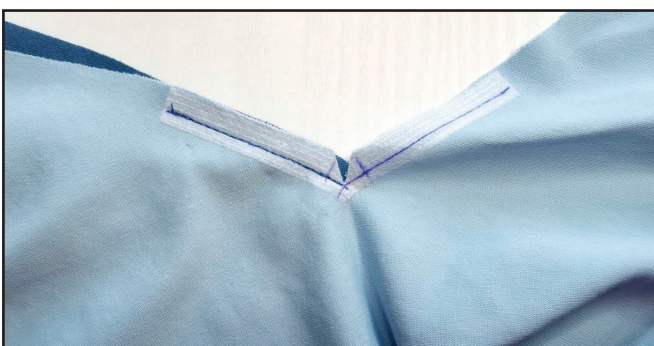
15



If you are not going to use the hidden zipper openings, then stitch the middle and lower fronts in the same way as the upper and middle fronts.

Draw lines for stitching along the fused by kantenband corners, 7 mm (1/4”) away from the edge. Pin the lower and middle back pieces at the corner with right sides together. Be careful: you should precisely align the corner tops. Beginning at the corner top, stitch a seam 50 mm (2”) long with color 1 thread, 7 mm (1/4”) away from the edge.

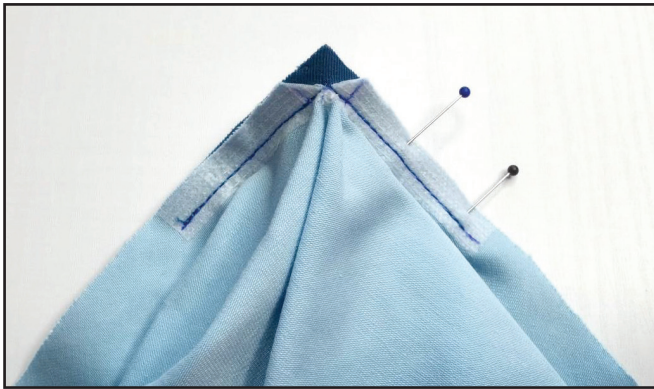
16



Slash the lower front piece corner 1mm (1/4”) before the seam.

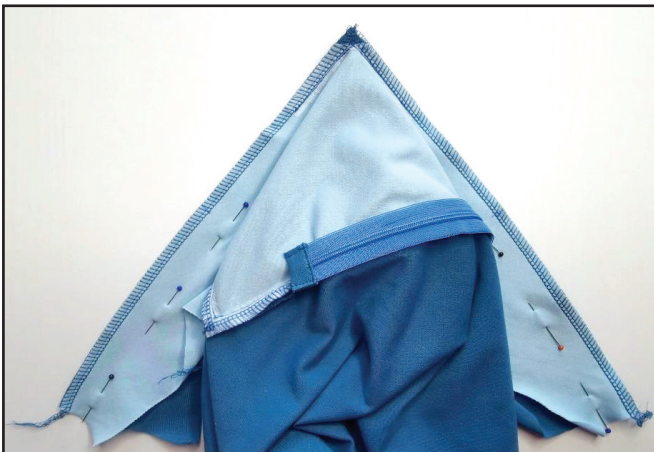


17



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

18



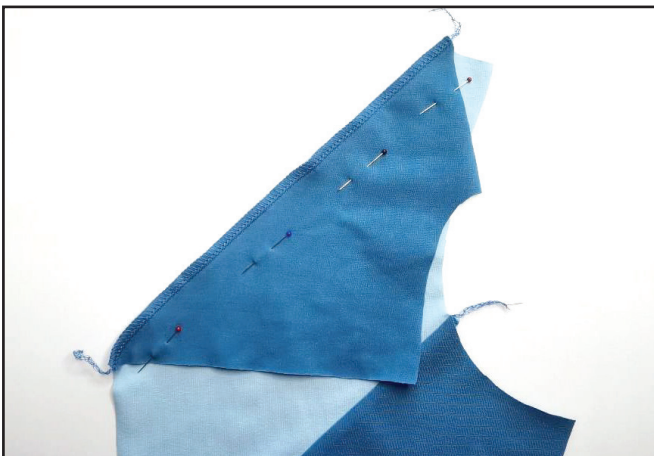
Aligning the marks, pin the upper and middle fronts, right sides together. Serge the pieces with color 1 thread. The left needle should sew exactly atop the corner stitching seam. Press the seam allowances down.

19



With right sides together, pin the middle back to the lower back aligning the marks. Serge the pieces with color 3 thread. Press the seam allowances down.

20



With right sides together, pin the upper back to the middle back, aligning the marks. Serge the pieces with color 1 thread. Press the seam allowances down. Repeat the same steps for the other back side (steps 19 - 20).



21



Pin both back pieces, right sides together, along the center seam. Align the seams, place them in different directions to avoid excess thickening. Serge the pieces with color 3 thread. Press the seam allowances towards the left side.

22



Aligning the marks, pin the upper and lower sleeve pieces right sides together. Serge the pieces with color 3 thread. Press the seam allowances upwards. Repeat the same steps for the opposite sleeve.

23



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

24



4 3-4 7

With right sides together, pin the sleeve into the armhole, aligning all the marks and seams. Place the seam allowances in different directions. To align the seams, pin across them 7 mm (1/4") from the edge and care aligning the marks on the right side. You can move the pins if necessary. If you lack experience, it is better to hand-baste the sleeve in advance. Serge the sleeve with color 2 thread. Press the seam allowances flat towards the front and the back checking the seams alignment. Repeat the same steps for the other sleeve.

25

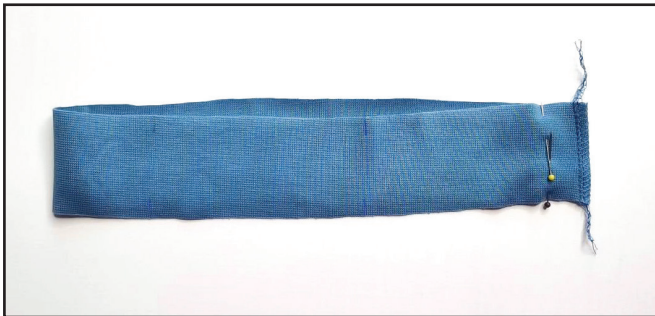


4 3-4 7

With right sides together, pin the sleeve, the back, and the front pieces along the side seam. 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.

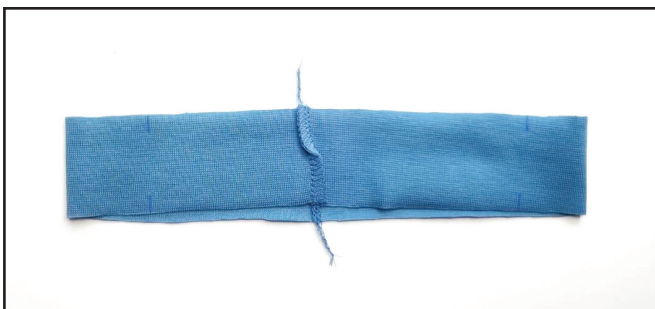
26



4 3-4 7

Serge the neckband short edges, having pinned the side seam beforehand. Use color 1 thread.

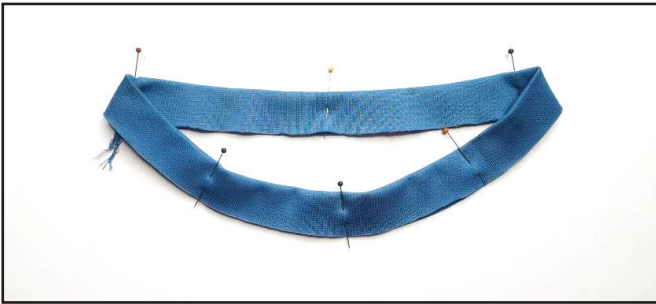
27



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



28



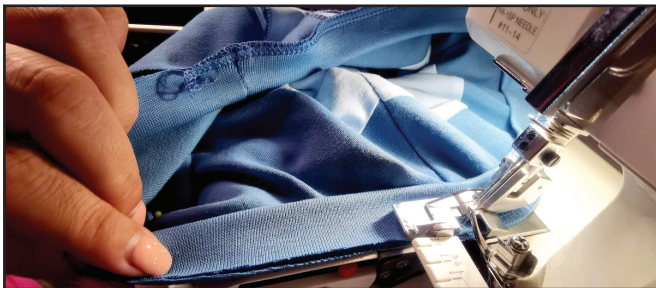
Fold the neckband in half, wrong sides together, and press it. At the same time, shape the neckline with an iron, slightly stretching the raw edges and pressing the fold. For ease, you can pin the neckband at the marks.

29



Pin the neckband to the garment neckline right side with six pins, aligning the centers and shoulder seams with the marks.

30

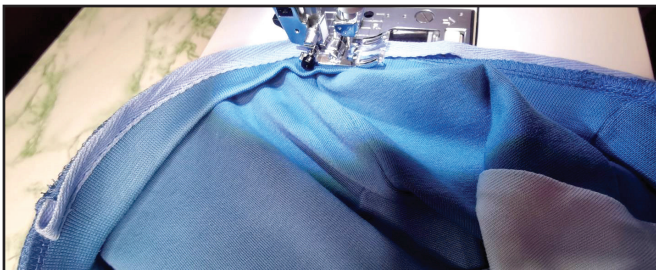


4 3-4 7

Serge the neckband with color 1 thread. While serging, stretch the neckband, but avoid stretching the neckline itself.



31



2,4-2,8

Stitch the twilled ribbon to the back neckline between the shoulder seams. Tuck the twilled ribbon ends by 10 mm (3/8"). Stitch the twilled ribbon, overlapping the serged seam. Sew exactly along the serged seam left edge 1mm (1/16") in from the twilled ribbon edge. While stitching the twilled ribbon, stretch the neckline gently.



32



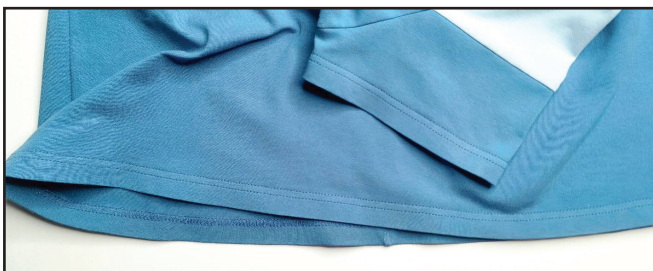
Stitch the twilled ribbon to the back 1 mm (1/16") away from the edge, overlapping the serged seam. Press the back neckline.

33



Draw lines along the dress lower and sleeves lower edges 40 mm (1 9/16") in from the edge. Use the line to fold the dress lower hem 20 mm (13/16") up to the wrong side. Pin, baste or glue it with a glue-stick. Press the dress and the sleeves hems into position.

34



Stitch the dress and the sleeves lower hems by a coverstitch machine. Tie the thread tails on the wrong side and hide them into the seam. Press the seams.

35



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

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**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!**