

# SHIRT DRESS FOR WOMEN

SKILL LEVEL



## INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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## YOU WILL NEED THE FOLLOWING MATERIALS:

- dress fabric: cotton, linen, tencel,
- woven interfacing,
- buttons 6 pcs.,
- matching threads,
- Universal 80-90 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**

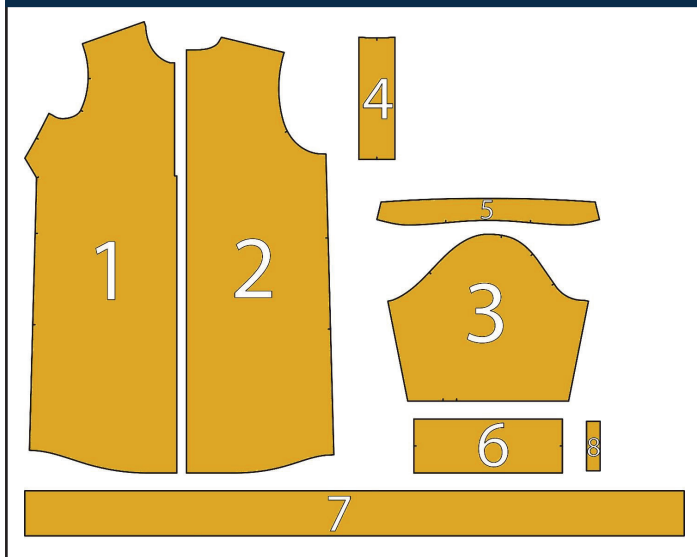
Let us start the cutting. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

**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 necessary marks from the pattern onto the wrong side of your fabric.

## NOW YOU HAVE ALL THE PIECES:

### PIECES OF THE DRESS:



- ❶ front - cut 1 on the fold (main fabric)
- ❷ back - cut 1 on the fold (main fabric)
- ❸ sleeve - cut 2 (main fabric)
- ❹ placket - cut 2 (main fabric) and cut 2 (interfacing)
- ❺ stand collar - cut 2 (main fabric) and cut 1 (interfacing)
- ❻ cuff - cut 2 (main fabric) and cut 2 (interfacing)
- ❼ waistband - cut 1 (main fabric)
- ❽ belt loop - cut 2

If the woven interfacing is dense, cut the interfacing pieces with 2 - 3 mm (1/16 - 1/8") seam allowances only, to avoid the seams thickening. You can cut with pinking shears.

## 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**

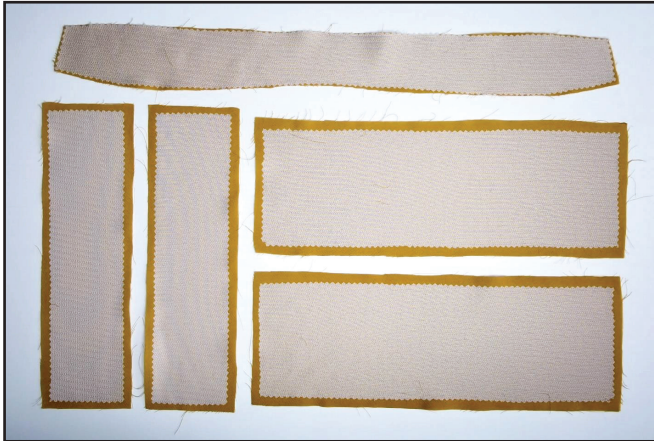
### flat lock stitch

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.



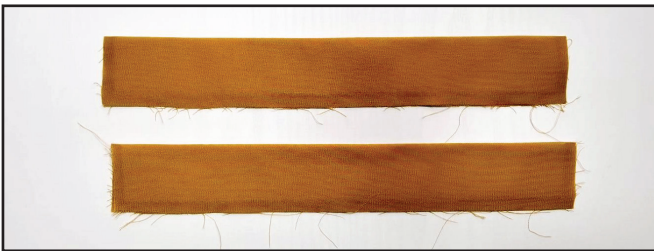
# SEWING GUIDE

1



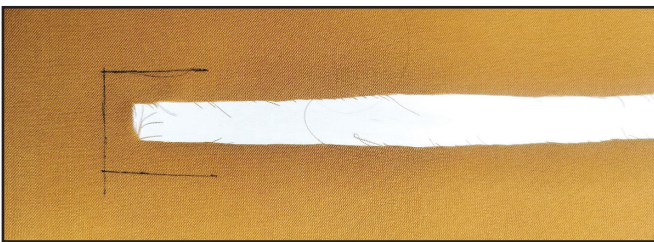
Fuse the interfacing to the stand collar, plackets, and cuffs. Fused stand collar will be the upper piece.

2



Press the plackets in half with wrong side inside.

3



Mark the placket attaching seam lines on the front wrong side. It is enough to mark at the bottom of the cut.

4



Pin the right side of the prepared placket pieces to the dress front right side along the cut edges. Stitch the plackets to the garment 10 mm (3/8") in from the edge. Stitch on the front piece exactly along the marked line.

5

5



Slash into the corners leaving 1 mm (1/16") before the seam ends. Press the seam allowances flat towards the plackets.

6



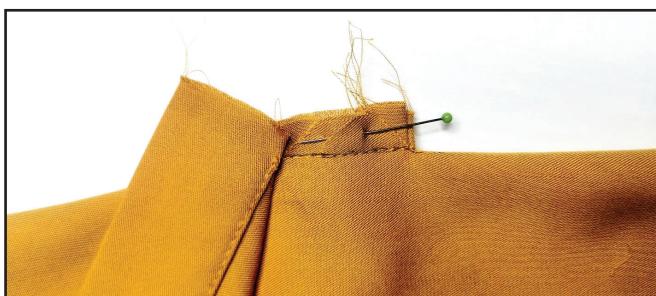
Tuck the other placket side inward and hand-baste it so that the placket edge will extend above the seam. Repeat the same steps with the other placket. Press it.

7



Stitch on the placket other side, sewing on the right side, exactly along the seam of attaching the placket to the garment. Use a unilateral zipper presser foot for it. The other placket edge should be exactly in the seam. Remove the basting stitches and press the placket. Repeat the same steps for the other placket.

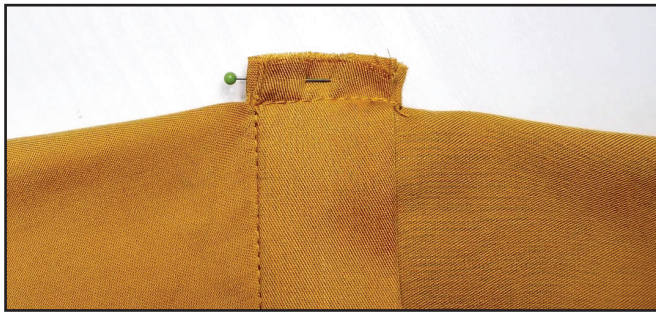
8



Unfold the front upper right part to the right side at the opening top level. Pin the opening bottom seam allowance and the right placket lower edge with right sides together. Stitch along the previously marked line. The seam ends should match the placket attaching seams ends.

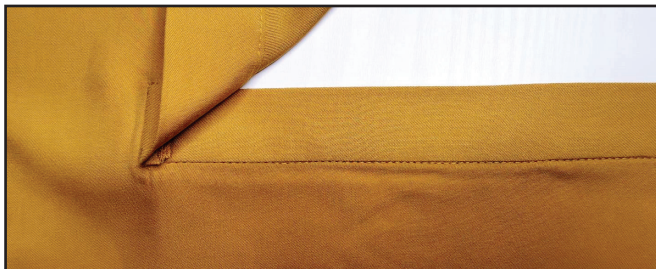


9



Pin the left placket lower edge so that the opening lower seam allowance ended up between the plackets. Stitch it exactly along the previous seam.

10



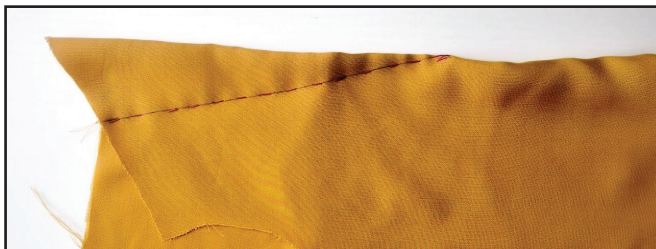
Smooth the dress front. The seam allowances should be between the plackets. Trim them to 3 - 4 mm (1/8 - 3/16") and press.

11



To hide the seam allowances, topstitch a rectangle at the placket bottom. Press it again.

12



Mark the darts on the front wrong side and hand-baste them with right side inward aligning their edges.

13



Stitch the darts along the marking line. Remove the basting stitches and press them up. Trim excess fabric at the dart bottoms to align them with the front edge.

14



Pin the front and the back along the shoulder edges with right sides together. Stitch the pieces 10 mm (3/8") in from the edge.

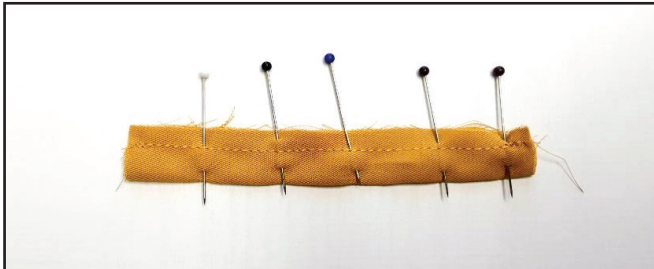
15



3 7 3-4

Finish the edges with a 3-thread serger stitch. Press the seam allowances flat towards the front.

16



2-2,6

Fold the belt loop in half lengthways with right side inside and pin it. Stitch it 7 mm (1/4") in from the edge.

17



Turn the belt loop out to the right side with a mending needle or with a needle and a thread. Tie the thread tail at the belt loop one end and first pass the needle eye through the tube, then begin pulling the thread carefully turning the entire tube right side out.

18



Press the belt loop.

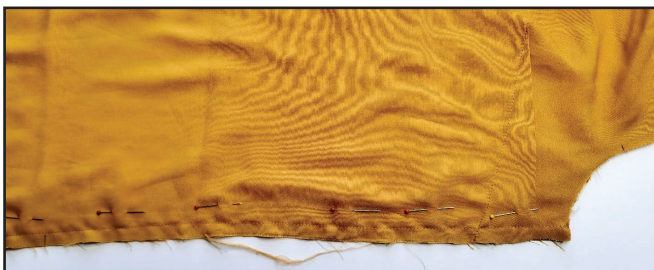
19



2-2,6

Secure the belt loop at the front side edge at the upper waist mark. Topstitch it 7 mm (1/4") from the edge. Repeat the same steps with the opposite belt loop (steps 16 - 19).

20



2-2,6

Pin the front and the back along the side edges with right sides together. Stitch the pieces 10 mm (3/8") in from the edge.

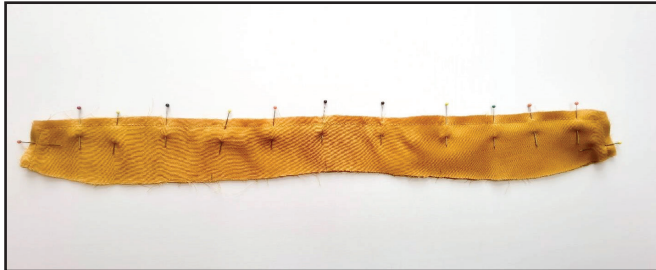


21



Finish the edges with a serger. Press the seam allowances flat towards the front.

22



Pin the stand collar pieces with right sides together. Stitch them along the upper and the side edges 7 mm (1/4") in from the edge.

23



Trim the seam allowances sharp corner points and snip every 30 mm (1 3/16") along the upper edge 1 mm (1/16") away from the seam.

24



Turn the stand collar out to the right side, press it forming a roll inside the collar.

25



Baste the upper collar part to the neckline with right sides together, aligning the marks. The stand collar edges should align with the plackets edges. Stitch the stand collar 10 mm (3/8") in from the edge.

26



Slash the seam allowances every 20 - 25 mm (13/16 - 1") along the whole seam 1 mm (1/16") away from the seam. Press the seam allowance towards the stand collar.



27



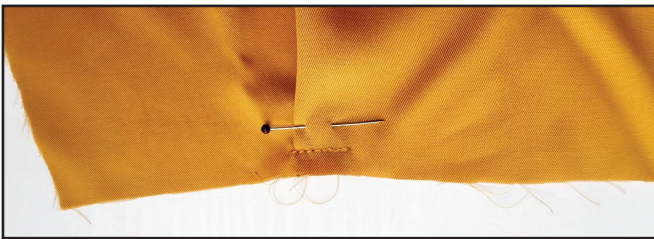
Tuck the under collar raw edge inward overlapping the collar attaching seam and hand-baste it along the fold line. Press it.

28



Topstitch the under collar tucked edge on the right side sewing exactly along the seam of attaching the upper collar to the neckline. The under collar edge should be exactly in the seam. Remove the basting stitches and press the collar stand.

29



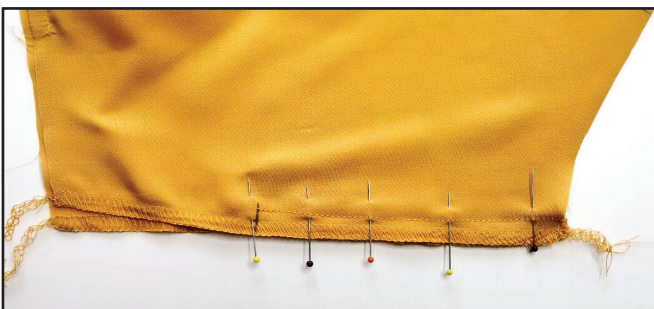
Fold the sleeve pleat towards the back. Stitch it 7 mm (1/4") in from the edge.

30



Finish the sleeves side seams with a serger. Press them.

31



Pin the sleeve along the side seam with right sides together. Stitch it up to the opening top mark 10 mm (3/8") in from the edge. Press the seam allowances open.

32



Topstitch the sleeve opening 5 mm (3/16") away from the edge. Press the sleeve opening. Repeat the same steps (29 - 32) for the opposite sleeve.

33



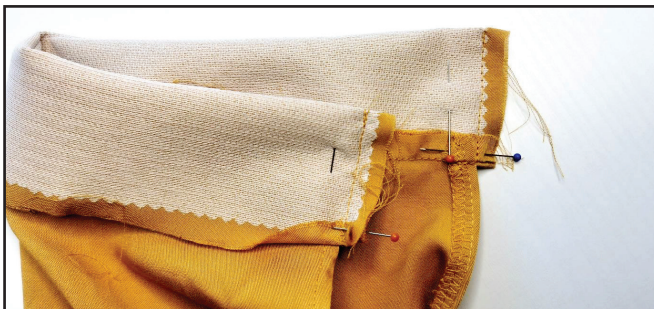
Press the cuffs in half lengthways wrong sides together.

34



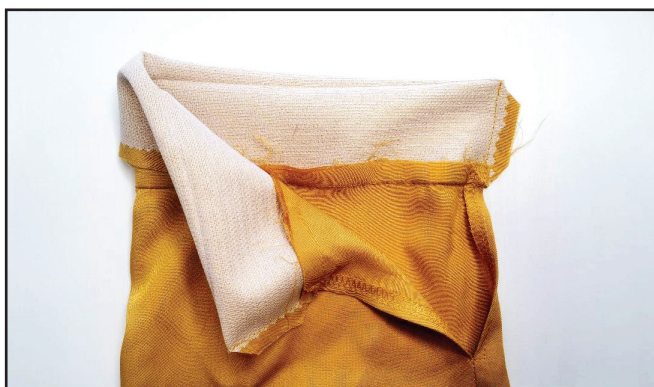
Pin the cuff to the sleeve lower edge, with right sides together. Stitch them 10 mm (3/16") in from the edge. Press the seam allowances towards the cuff.

35



Fold the cuff lengthways, right sides together. Pin the short side edges, folding the seam allowances inward. Stitch the side edges 10 mm (3/8") in from the edge.

36



Trim the seam allowance sharp corner points. Turn the cuff out and press it.



37



Tuck the cuff raw edge inward overlapping the cuff attaching seam and hand-baste it along the fold line. Topstitch on the right side, exactly along the cuff attaching seam. Use a unilateral zipper presser foot for it. Another cuff edge should be exactly

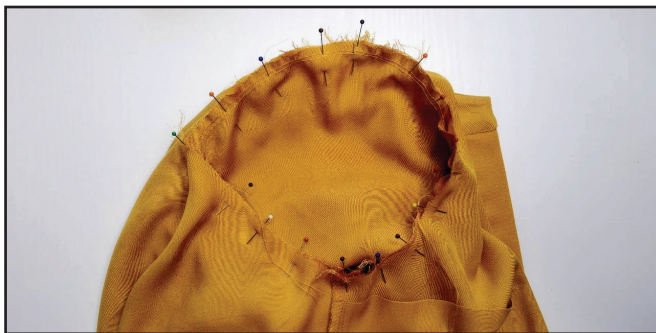
in the seam. If this step seems difficult, the edge can be sewn with a blind hand-stitch. Remove the basting stitches and press the cuff. Repeat the same steps for the opposite cuff (steps 34 - 37).

38



Sew two rows of gathering stitches around the sleeve cap 6 mm (1/4") and 4 mm (1/5") in from the edge. Set the maximum stitch length at 4 - 5 mm (3/16 - 2"), don't backstitch and leave the thread tails at least 3 cm (1 3/16") long at both sides of the seams.

39



Pin the sleeve to the armhole, with right sides together. Match the side seams, marks, and the sleeve cap top mark with the shoulder seam. If there are excess fabric gathers, pull them up to make the sleeve cap fit the armhole. Tie the thread tails. To

avoid forming crease marks, readjust the folds along the whole sleeve head. Pin or hand-baste along the sleeve cap. Stitch the sleeve into the armhole 10 mm (3/8") in from the edge. Stitch on the sleeve side, checking for unwanted tucks or puckers along the sleeve cap.

40



Finish the seam allowances with a serger. Press the seam up. Repeat the same steps for the opposite sleeve (steps 38 - 40).

41



Finish the dress lower hem with a serger. Press it.

42



Fold the dress lower hem 20 mm (13/16") up to the wrong side and hand-stitch it. Press it. Stitch it 15 mm (9/16") in from the edge. Remove the basting stitches and press again.

43



Fold the waistband in half lengthways with right side inside and pin it. Stitch it along all the edges 10 mm (3/8") in from the edge. Note: leave a hole 50 mm (2") wide in the middle of the waistband seam so you may turn it out.

44



Trim the seam allowance sharp corner points. Use a pencil to turn the waistband out through the hole. Press the waistband.

45



Hand-baste the waistband hole with a blind stitch.



46



Transfer the marks for the buttonholes from the pattern onto the front, stand collar and the cuffs. With a buttonhole foot make the buttonholes of those same sizes as the buttons prepared. Gently cut the buttonhole with the seam ripper to create an opening. Avoid cutting the seams.

47



Sew on the buttons, remove the basting stitches, trim, and hide 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!**