

# TWO-PIECE TANK DRESS

SKILL LEVEL



## INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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## FOR TAILORING YOU WILL NEED:

- cotton lycra jersey (two colors),
- matching threads,
- 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

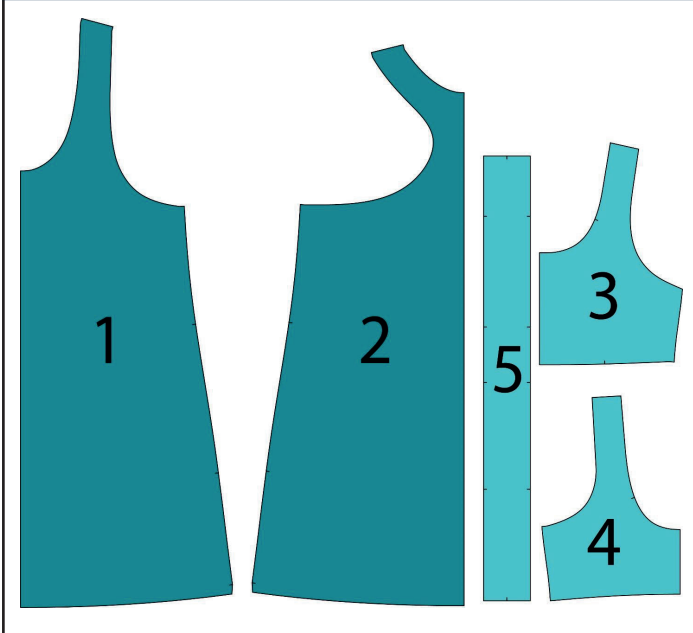
Let's start the cutting. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

C

Put the paper pattern pieces onto the fabric. It'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 allowances are 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
- ❷ back – cut 1 on the fold
- ❸ the top front - cut 2 on the fold
- ❹ the top back - cut 2 on the fold
- ❺ the top waistband – cut 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.



# TAILORING OF THE TOP

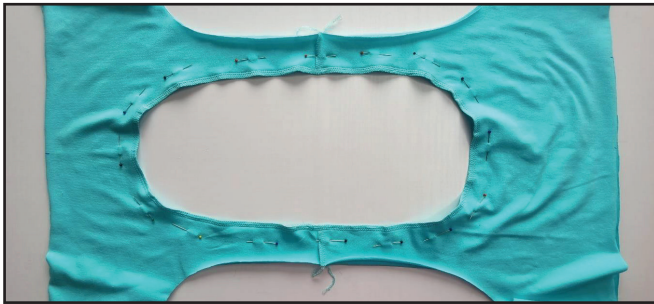
1



4  2,5-3,5  7 

With right sides together, pin the front and back of the top along shoulder edges. Serge them. Press the seam allowances towards the front. Repeat the process for the front and back lining pieces. Press the seam allowances flat towards the back.

2



4  2,5-3,5  7 

Place the top and the top lining pieces with right sides together. Serge them along the neckline.

3



Turn the neckline out and press it.

4



Without turning the top inside out and working from the side edge, tuck the seam allowances of the armhole inside and pin them. Continue pinning the bodice and the lining along the armhole till the shoulder seam. The other part of the strap should be inside this pinned one.

5

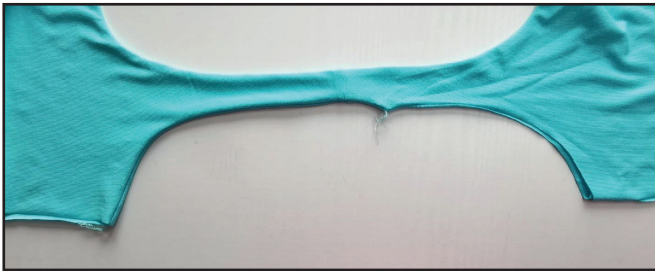
5



4  2,5-3,5  7

Serge the armhole. Start stitching from the side edge and finish 10-20 mm (3/8 - 13/16") beyond the shoulder seam. Make sure that the strap other part is not caught in the seam.

6



Turn the top out to the right side.

7



Repeat the process, beginning from the side edge and pin the other armhole part (step 4).

8



4  2,5-3,5  7

Serge the armhole. Start stitching from the side edge and finish 10 mm beyond the end of the previous seam so that they coincide. Make sure that the strap other part is not caught in the seam.

9



Turn it out to the right side and press. Repeat the same steps for the other armhole (steps 4 - 9).



10



4 2,5-3,5 7

Pin the back, the front and the lining pieces along the side seam with right sides together. Serge the pieces. Place the armhole attaching seam allowances in different directions to avoid excess thickening. Press the seam allowances towards the front. Repeat the process for the opposite side seam but leave an opening 50 mm (2") long to turn it out.

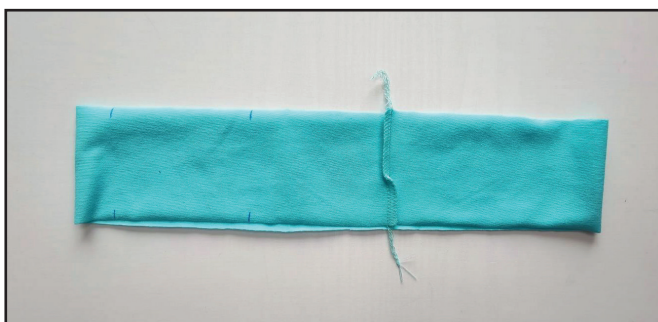
11



4 2,5-3,5 7

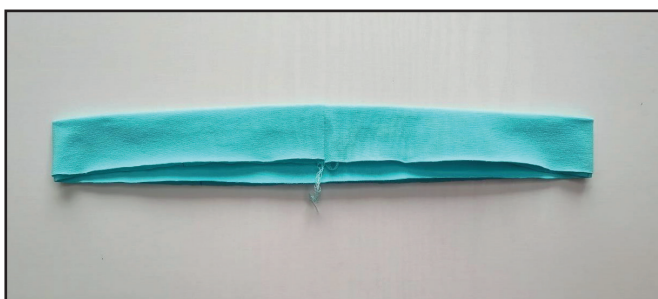
Serge the waistband short edges having previously pinned them.

12



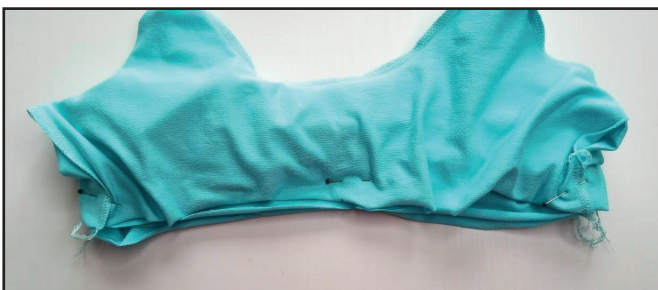
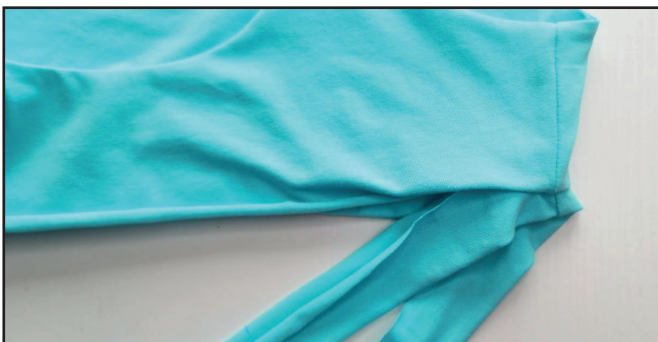
To avoid excess thickening when stitching the waistband, press the seam allowances into different directions.

13



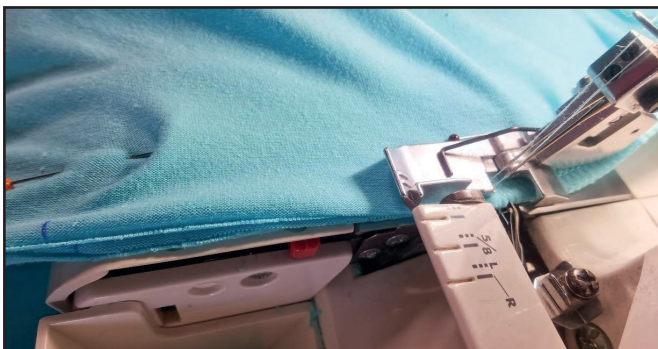
With wrong sides together, fold the waistband in half lengthways and press it.

14



Turn the top out to the right side and place the waistband next to it, as it will be in the finished form. Fold the lower edge seam allowances of the top inside and insert the waistband between them. Holding it with your fingers, pin it off working inside. Continue aligning the edges of the top back piece, waistband, and back lining, pinning them. You should align all the marks. As a result, the top itself and the waistband, should be between the back of the top and the back lining.

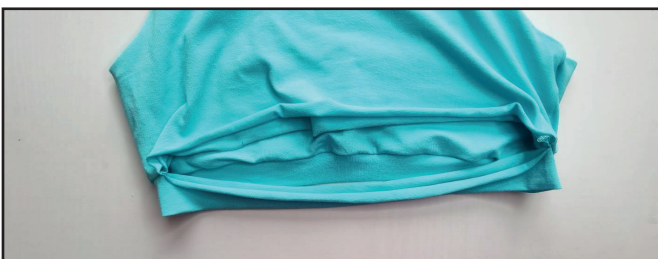
15



4  2,5-3,5  7

Serge the back, waistband, and the lining of the back between the side edges. Stretch the waistband evenly and avoid stretching the back and the lining.

16



Turn the top out to the right side.

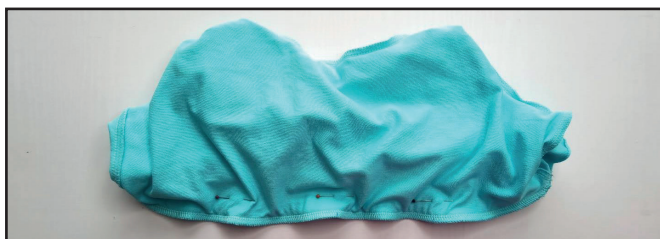


17



Align the edges of the front piece of the top, waistband, and the front piece lining, pinning them, as it was done in step 14. You should align all the marks. As a result, the top itself and the waistband, should be between the back of the top and the back lining.

18



4  2,5-3,5  7

Serge the back, waistband, and the lining of the back piece between the side edges. Evenly stretch the waistband but avoid stretching the front and the lining pieces. The

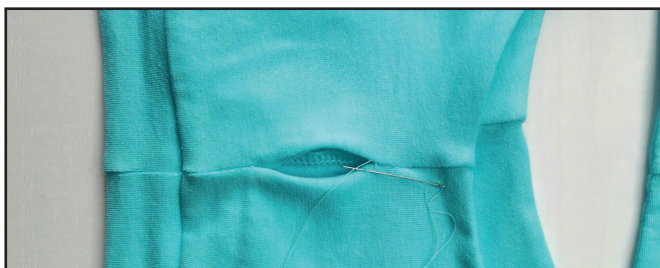
beginning and end of the seam should overlap the ends of the previous seam by about 10 mm (3/8").

19



Turn the top out to the right side through the opening left before. Press it. It should look like the photo.

20



Hand-baste the opening with a blind stitch. Press it.

21

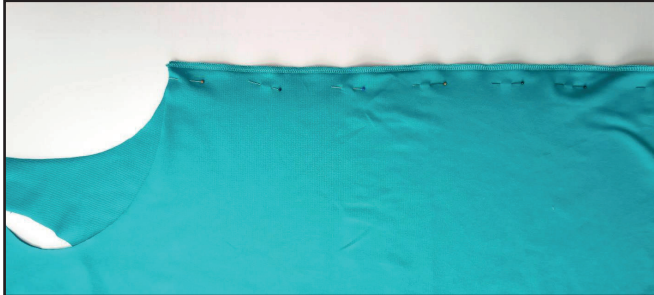


Remove the basting stitches, trim the thread tails and press once again. The top is ready!



# TANK DRESS SEWING GUIDE

1



4  2,5-3,5  7

With right sides together, pin the front and back of the dress along the side edges. Serge them. Press the seam allowances flat towards the front.

2



4  2,5-3,5  7

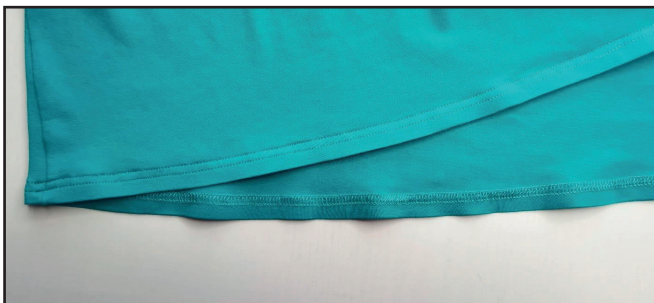
Pin the front and the back shoulders with right sides together. Serge them. Press the seam allowances flat towards the back.

3



Draw a line along the garment lower edge 30 mm (1 3/16") from the edge. Use the line to fold the hem 15 mm (3/16") up to the wrong side. Pin, baste or glue the folded hems. Give the hem a final pressing.

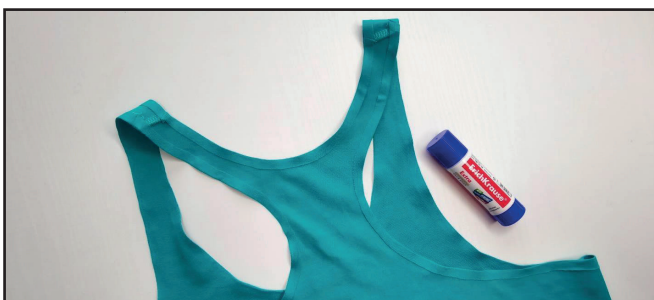
4



2  2,5-3

Hem the dress by a coverstitch machine. Tie the thread tails on the wrong side and hide them into the seam. Press them.

5



Fold the neckline and the armhole edges by 10 mm (3/8"). Baste or glue the folded hems. Press the neckline and the armholes.

6



Coverstitch the dress neckline and the armholes. Tie the thread tails on the wrong side and hide them into the seam. Press them.

7



Remove the basting stitches, trim the thread tails, and press once again. 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!**