RIB KNIT DRESS 2.0 FOR WOMEN

SKILL LEVEL
★ ★ ☆ ☆ ☆
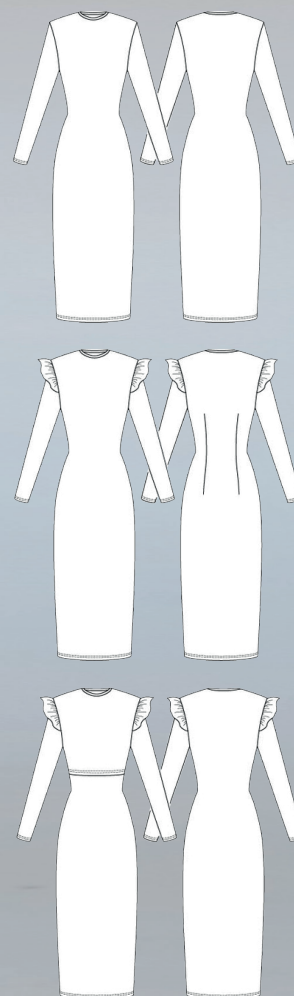
INSTRUCTIONS FOR SEWING

ELINA PATYKOVA

ПРО ШИТЬЕ

FOR TAILORING YOU WILL NEED:

- Rib knit fabric,
- silicone tape 5 -7 mm (3/16 - 1/4'') (optional),
- matching thread,
- 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 us 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 allowances are already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

NOW YOU HAVE ALL THE PIECES:

DRESS PIECES:
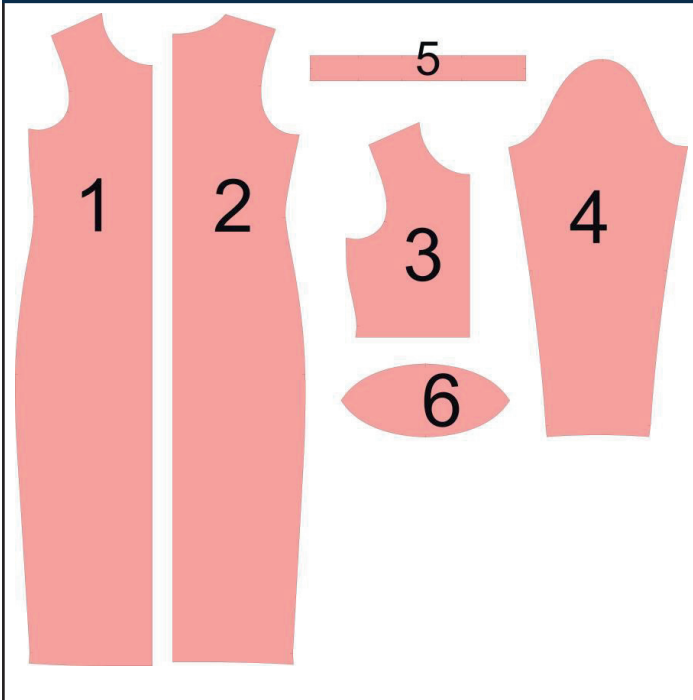
1. Front - cut 1 on the fold
2. Back - cut 1 on the fold
3. Front bodice - cut 1 on the fold (only for the dress with secret zippers for breastfeeding)
4. Sleeve - cut 2
5. Neckband - cut 1
6. Sleeve-wing (ruffle) - cut 2 (optional)

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.
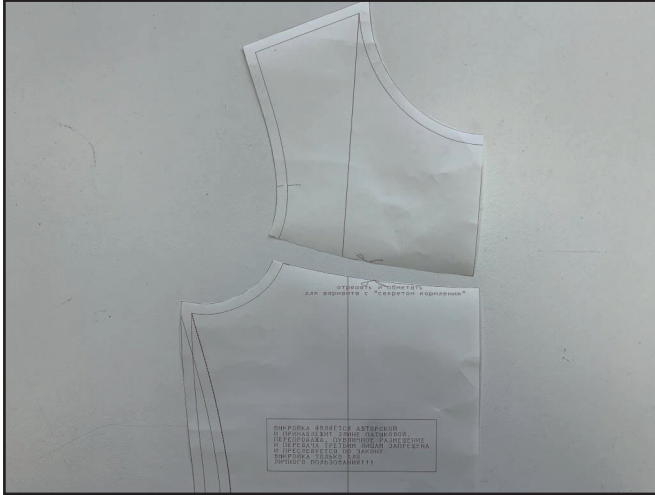
C **flat lock stitch**
If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.

1

If you are sewing a dress without secret zippers for breastfeeding, skip this and the following steps and go straight to step 5.

If you are sewing a dress with secret zippers for breastfeeding, cut the front paper pattern along the marking. You will not need the upper part of the pattern.

2

4️⃣ | 2,5-3 | 7

Finish the upper edge of the lower front with a serger. To avoid the edge stretching while you are wearing it, you can put a silicone tape under the serger presser foot on the piece wrong side. Press the stitching.

3

3-3,5

Press 2 cm (13/16'') of the upper front lower edge towards the wrong side. Coverstitch it. Press the stitching.

4

3-3,5

Lay the lower front out on a flat surface, right side up. Place the upper front piece atop it with right side up. Pin the pieces aligning the marks. Stitch them together along the armscyes and side edges 4 - 5 mm (3/16'') in from the edge.

5

2,5-3 **7**

Place the front and the back with right sides together and pin shoulder edges. Serge them by placing the silicone tape under the presser foot on the back piece side. Press the seam allowances towards the back.

6

2,5-3 **7**

Place the garment, right side inside, and pin the side edges aligning the marks. Serge them. Press the seam allowances towards the back.

7

2,5-3

Place the neckband in half, lengthways with right side inside, and stitch the short edges 7 mm (1/4'') in from the edge. Press the seam allowances open.

8

Place the neckband in half, lengthways, wrong side inside and press it.

9

4 | 3-3,5 | 7

Turn the garment out to the wrong side. Pin the neckband to the garment neckline aligning the marks. Align the neckband seam with the garment shoulder seam. Note: the center mark on the neckband is not exactly in the middle. The smaller neckband part aligns with the back and the larger neckband part aligns with the front. Serge them all the way around the neckband. Tie the thread tails and hide them into the seam. Press the seam allowances towards the garment.

10

If you are sewing a dress without «sleeve-wings» (ruffles), skip this and the following steps and go straight to step 13.

To make a dress with «sleeves-wings» (ruffles), place each piece in half, lengthways, wrong side inside, and press them.

11

5-6

Stitch along the ruffle curved edge 4 - 5 mm (3/16") in from the edge. Set maximum stitch length and minimum needle thread tension. Do not backstitch at the seam ends. Leave 10 cm (4") thread tail from each seam side.

12

3-3,5

Pin the ruffle to the garment armhole right side aligning the marks. Gather the ruffle to the desired size by pulling on the bobbin thread. Pin and stitch it 5 mm (3/16") in from the edge.

13

4 2,5-3 7

Place each sleeve in half with right sides together and serge the side seams. Press the seam allowances towards the sleeve front side.

14

4 | | 3-3,5 | 7

Turn the garment out to the wrong side and the sleeve to the right side. Insert the sleeves into the garment and pin them to the armscyes aligning the marks. Serge them all the way around the armscyes. Tie the thread tails and hide them into the seam. Press the seam allowances.

15

| | 3-3,5

Press 2 cm (13/16'') of the dress and sleeve lower hems towards the wrong side. Hem them with a flat lock seam using a coverstitch machine. Press the stitching.

16

2,5-3

Try the dress on. If unwanted fullness forms on the back, transfer the darts from the pattern to the back of the dress. Pin and stitch the darts. Press them towards the back center.

17

Remove the basting stitches and press the garment. The dress is ready!

ELINA PATYKOVA

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!