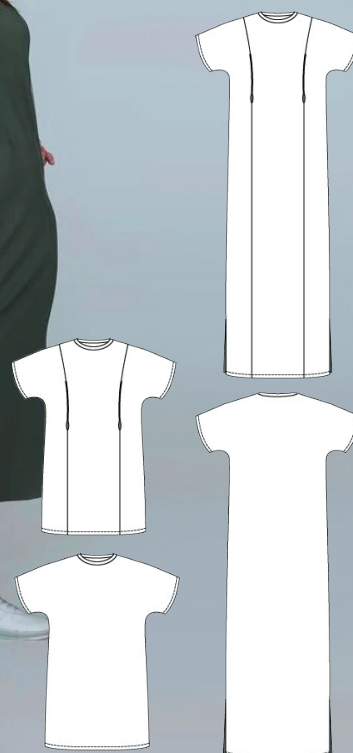


T - SHIRT DRESS WITH SECRET ZIPPERS FOR BREASTFEEDING FOR WOMEN

SKILL LEVEL



INSTRUCTIONS FOR SEWING

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ПРО ШИТЬЕ



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FOR TAILORING YOU WILL NEED:

- cotton lycra jersey,
- invisible zipper 30 - 40 cm (1 3/16 - 1 9/16") long - 2 pcs.,
- fusible interfacing,
- matching thread,
- Jersey 65 - 75 or Stretch 65 - 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. Before beginning your sewing project, wash the fabric in warm water, dry and iron it.

B

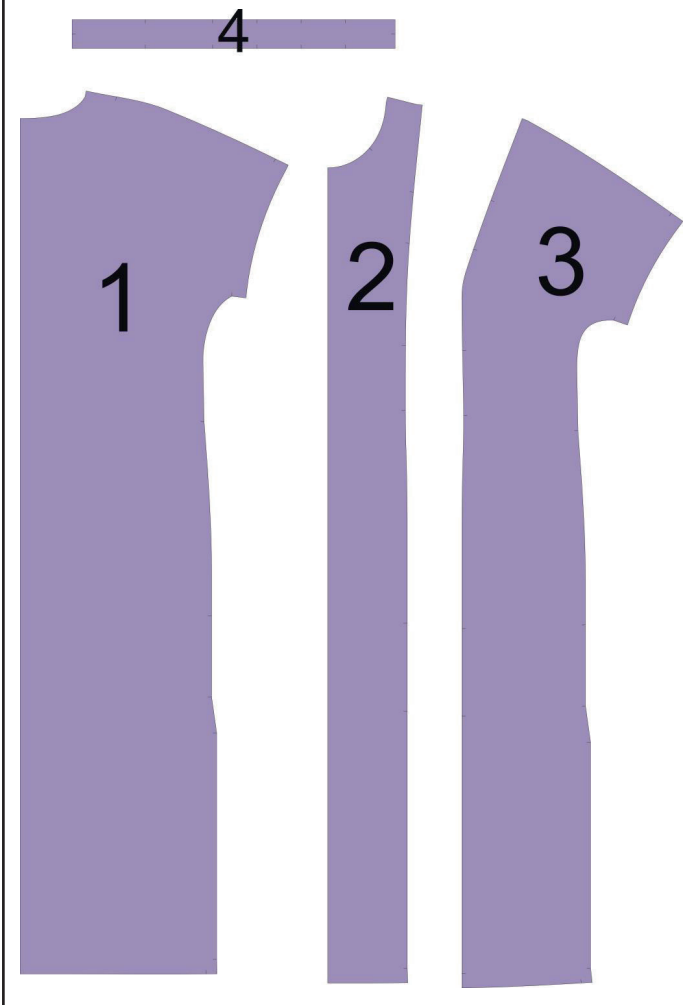
Let's start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

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 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 Back - cut 1 on the fold
- ② Center front - cut 1 on the fold
- ③ Side front - cut 2
- ④ Neckband - 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.

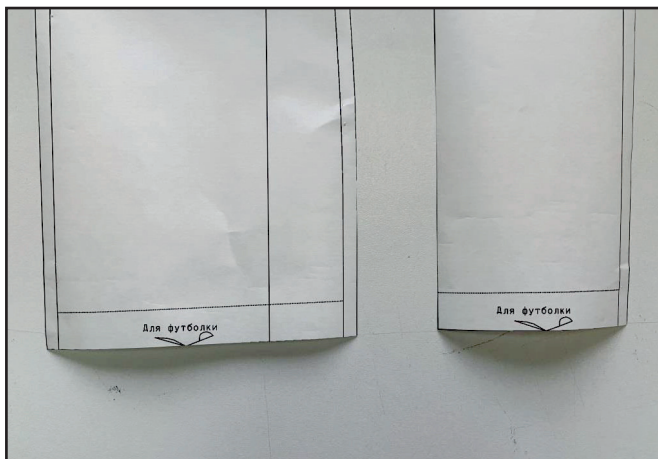
C

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.

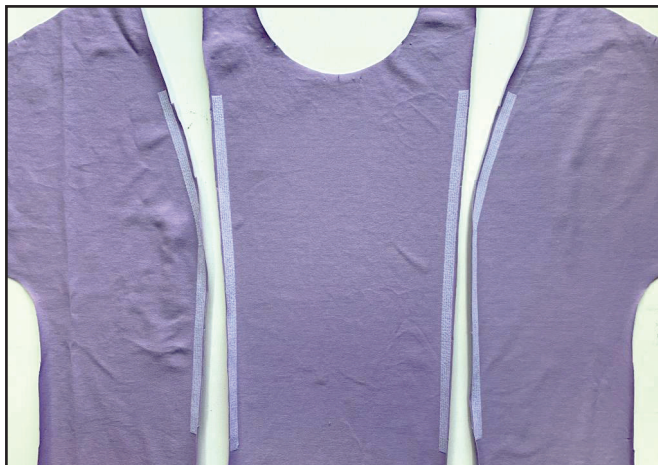
SEWING GUIDE

1



If you are sewing a T-shirt, cut the front and the back patterns along the marking.

2



If you are sewing a dress (T-shirt) without secret zippers for breastfeeding, skip this and the following steps and go straight to step 11.

If you are sewing a dress (T-shirt) with secret zippers for breastfeeding, fuse the strips of interfacing 12 - 15 mm (1/2 - 9/16") wide to the places for zippers on the center and side fronts. If you have a narrower kantenband, press it 3 -

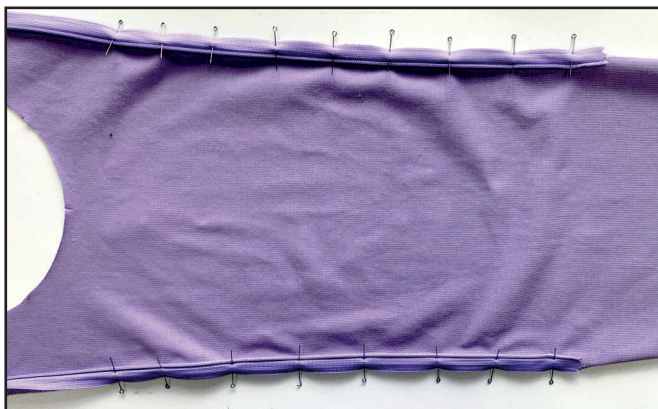
5 mm (1/8 - 3/16") away from the edge. The strip length is equal to the length of the zipper section + 1 cm (3/8") on each side.

3



Finish the princess seam allowances on the center and side fronts. Press the seams.

4



Open the zipper. Pin one zipper tape to the center front. The zipper top stop matches the lower mark for the zipper. Stitch the zipper with invisible zipper presser foot. Repeat the process for the opposite zipper.

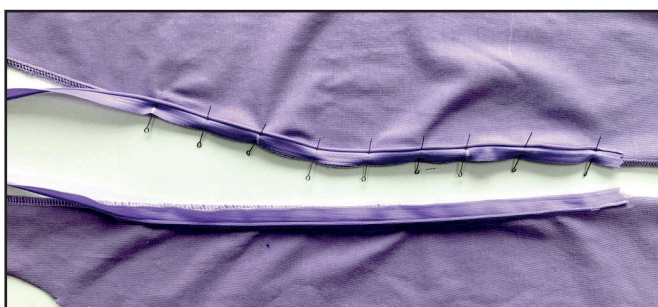


5



Close the zipper and transfer the marks for the beginning and the end of the zipper attaching seam, and the marks between them, onto the other zipper tape.

6



Open the zipper. Pin the other zipper tape to the side front aligning the marks. Stitch the zipper with invisible zipper presser foot. Repeat the process for the opposite zipper.



7



2,5-3

Close the zippers. Place the center and side fronts, right side inside, and pin the princess seam allowances above and below the zipper. Stitch them 10 mm (1/4") in from the edge. For ease, stitch from the zipper to the front lower or shoulder edge.

8



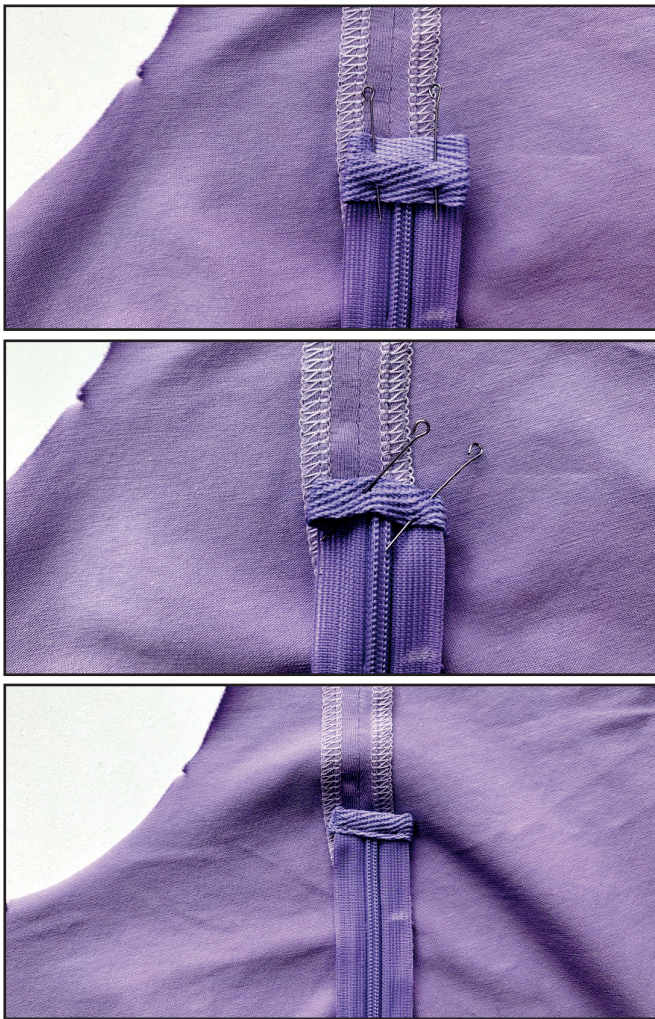
Press the seam allowances open. Gently press out the zippers on the right side.

9



If your zipper is just longer, cut it leaving a 2 - 3 cm (13/16 - 1 3/16") end.

10



3-3,5

Cover the zipper ends with a twilled ribbon, corded silk ribbon or fabric binding tape. Working on the zipper wrong side, pin the ribbon to the zipper wrong side and tuck its short edges around the zipper. Fold the ribbon other long edge to the zipper right side and pin them. Stitch as close to the ribbon edge as possible.

11



2,5-3



7

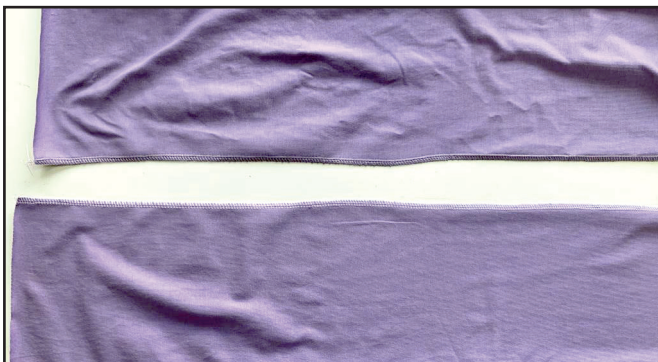
If you are sewing a dress (T-shirt) without secret zippers for feeding, place the center and side fronts, right side inside, and pin them aligning the marks. Serge them. Press the seam allowances towards the side pieces.

12



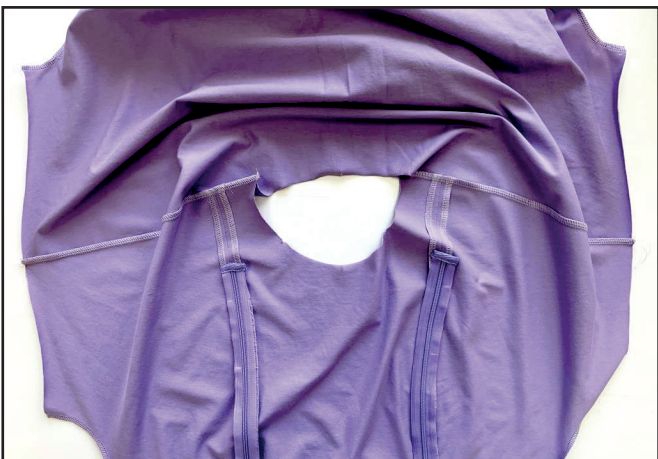
Fuse the strips of interfacing 15 mm (9/16") wide to the front and the back side edges along the marks for the vent.

13



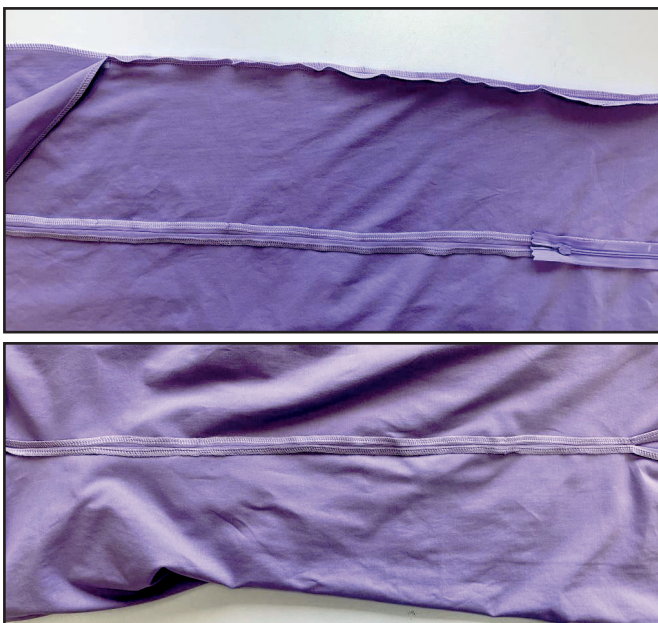
Finish the front and the back side edges with a serger. Press the seams.

14



Place the front and the back with right sides together, and pin them along the shoulder edges aligning the marks. Serge them. Press the seam allowances towards the back.

15



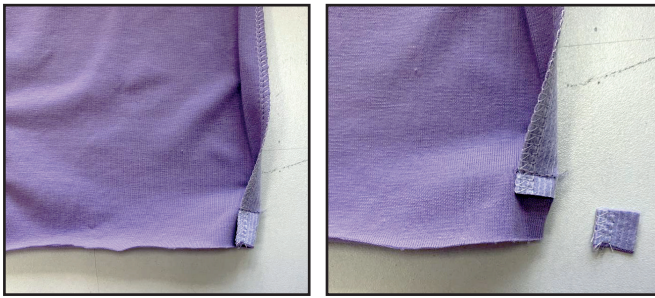
Place the front and the back with right sides together, and pin them along the side edges. Stitch them from the sleeve lower hems till the vent top mark. Topstitch the seam allowances in different directions.

16



Press 1,5 cm (9/16") of vent seam allowances to the wrong side.

17



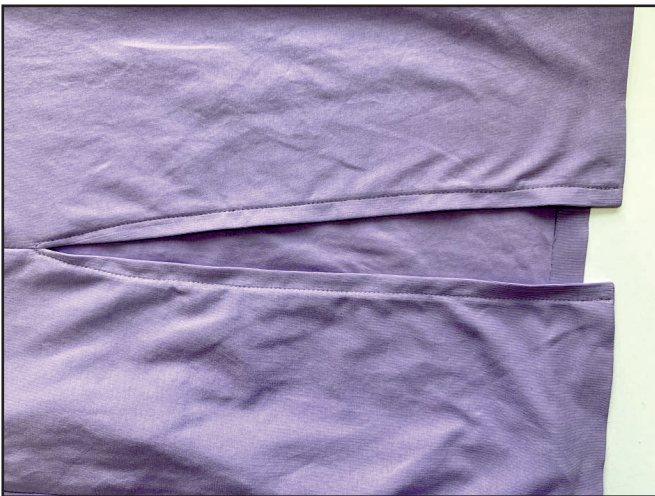
Fold 1,5 cm (9/16") of the vent seam allowances to the right side and pin them. Stitch them 2 cm (9/16") away from the lower hem. Trim the seam allowance below the seam, leaving 5 - 7 mm (13/16 - 1/4").

18



Turn the corners out to the right side and press them. Press the seam allowances towards the wrong side (2 cm or 13/16") along the front and the back lower edges.

19



Topstitch the vent seam allowances onto the fronts and the back. The seam allowance is 12-13 mm (1/2") wide at the garment lower edge and gets narrower to 4-5 mm (3/16") at the vent top.

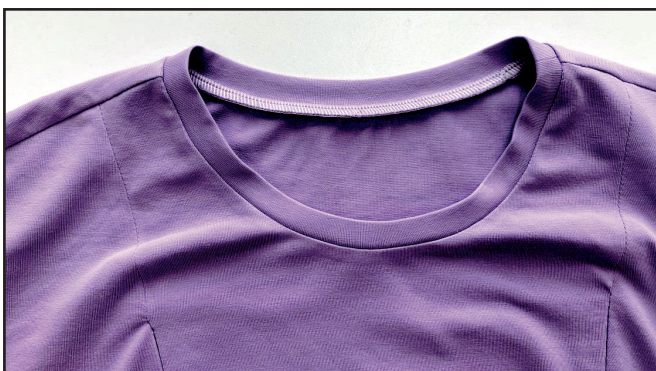
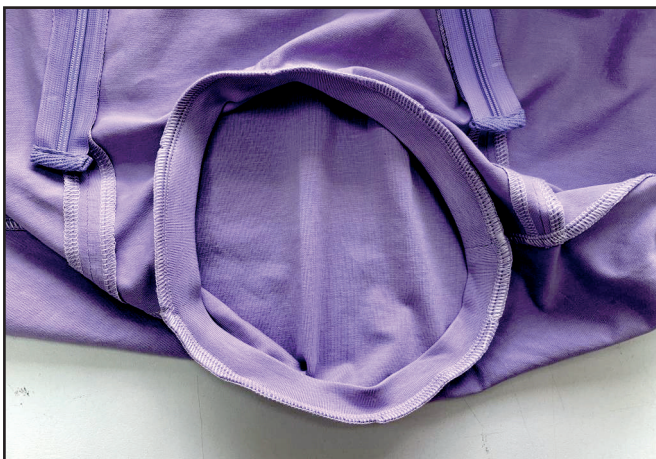
20



Place the neckband in half, right side inside, and stitch the short edges. Press the seam allowances open. Place the neckband in half, lengthways, wrong side inside, and press it.



21



Turn the garment out to the wrong side. Insert the neckband into the garment and pin it to the neckline aligning the marks. Serge it around the neckline. Tie the thread tails and hide them into the seam. Press the seam allowances towards the garment.

22



Press the seam allowances towards the wrong side (2 cm or 13/16") along the sleeve lower hems.

23



Coverstitch the sleeve, the front, and the back lower hems. Pull the thread tails to the wrong side, tie and hide them into the seam.

24



Remove the basting stitches and press the garment. Your 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!**