

DRESS COCOA 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 20 - 30 cm (8 - 12")
2 pcs. (optional),
- strap ring 10 - 12 mm (3/8 - 1/2") - 2 pcs.,
- strap slider 10 - 12 mm (3/8 - 1/2") -
2 pcs.,
- fusible interfacing band w/h thread,
- 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

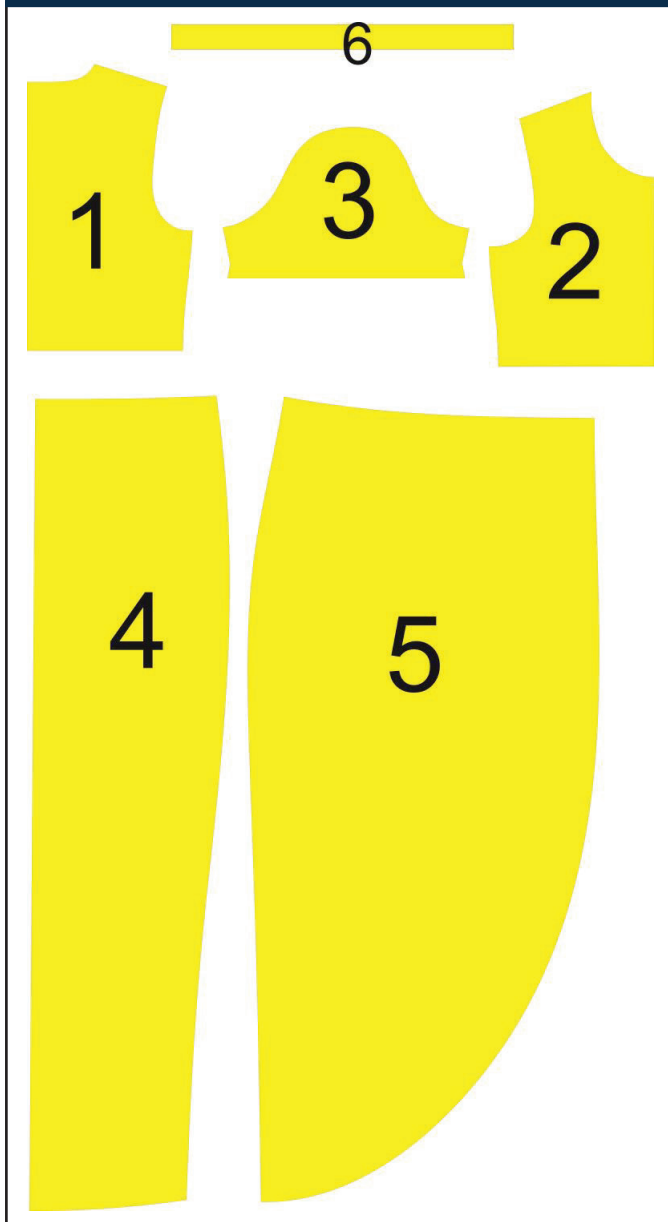
Let us start the cutting. Print and glue the paper patterns. When printing, do not forget to check the size of the test square.

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 allowance is already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

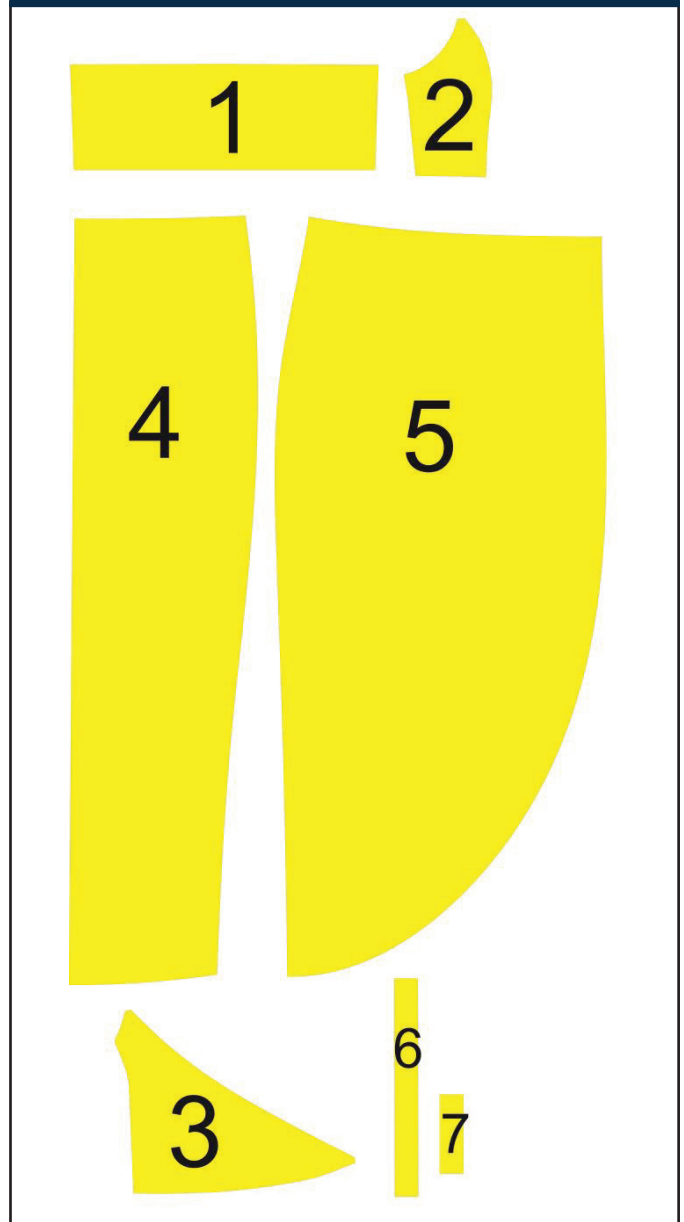
NOW YOU HAVE ALL THE PIECES:

DRESS PIECES:



- ❶ Back - cut 1 on the fold
- ❷ Front - cut 1 on the fold
- ❸ Sleeve - cut 2
- ❹ Back skirt panel - cut 1 on the fold
- ❺ Front skirt panel - cut 2
- ❻ Neckband - cut 1

SUN DRESS PIECES:



- ❶ Back - cut 2
- ❷ Side front - cut 4
- ❸ Center front - cut 4
- ❹ Back skirt panel - cut 1 on the fold
- ❺ Front skirt panel - cut 2
- ❻ Long strap - cut 2
- ❼ Short strap - cut 2

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 (SUNDRESS) CONSTRUCTION

1



4  2,5-3  7

If you are sewing a sun dress, skip this and the following steps and go straight to step 8.

If you are sewing a dress, place the front and the back, right sides together, and serge the shoulder seams. Press the seam allowances towards the back.

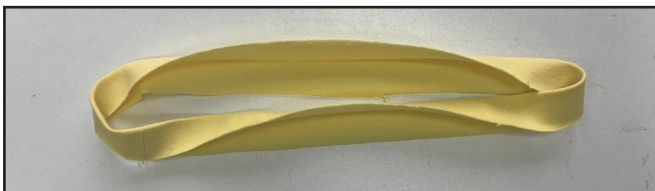
2



   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.

3



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

4



4  2,5-3  7

Place the neckband and the bodice neckline, right sides together, and pin them aligning the marks and stretching the neckband. Serge them around the neckline. Tie the thread tails and hide them into the seam. Press the seam allowances towards the bodice.

5

5



4  2,5-3  7 

Pin the sleeves into the armholes, aligning the marks. Serge them. Press the seam allowances towards the sleeves.

6



4  2,5-3  7 

Place the bodice, right side inside, and pin the side edges of the sleeves and bodice. Serge them. Press the seam allowances towards the back.

7



 3-3,5 

Press the seam allowances towards the wrong side (2 cm or 13/16") along the sleeve lower hems. Coverstitch the sleeves. Tie the thread tails and hide them into the seam.



8



If you are sewing a dress, skip this and the following steps and go straight to step 37.

If you are sewing a sun dress without secret zippers for breastfeeding, skip this and the following steps and go straight to step 20.

If you are sewing a sun dress with secret zippers for breastfeeding, fuse the princess lines on the side fronts and center fronts with strips of interfacing 12 - 15 mm (1/2 - 9/16") wide. You can also use fusible interfacing band w/h thread - it is better for curved edges.

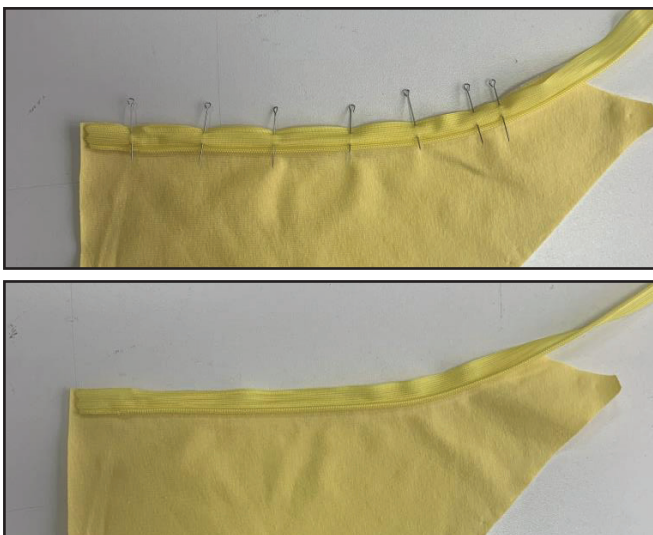
9



Draw marks at the beginning and the end of the zipper on the fused edges:

- 1.5 - 2 cm (9/16 - 13/16") in from the lower edge;
- 2 - 3 cm (13/16 - 1 3/16") in from the upper edge.

10



Open the zipper and pin one zipper tape to the center front. Match the zipper top stop with the lower mark for the zipper. Stitch the zipper with an invisible zipper presser foot.

11



Close the zipper and transfer the marks for the zipper beginning and end and the mark on the princess seam onto the zipper other tape.

12



Pin and stitch the zipper other tape to the side front aligning the marks.

13



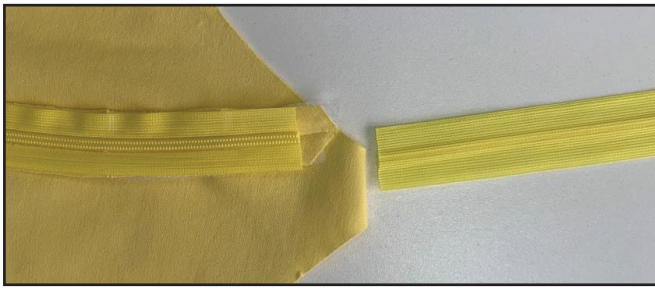
Pin the sections above and below the zipper and stitch them 1 cm (3/8") in from the edge. For convenience, stitch from the zipper towards the bodice upper or lower edges. Press the seam allowances open.

14



Gently press out the zippers on the right side.

15



Cut the zipper, leaving the end 2 - 3 cm (13/16 - 1 3/16") long.

16



Draw the marks (step 11), similar to those on the main fabric, onto the lining pieces.



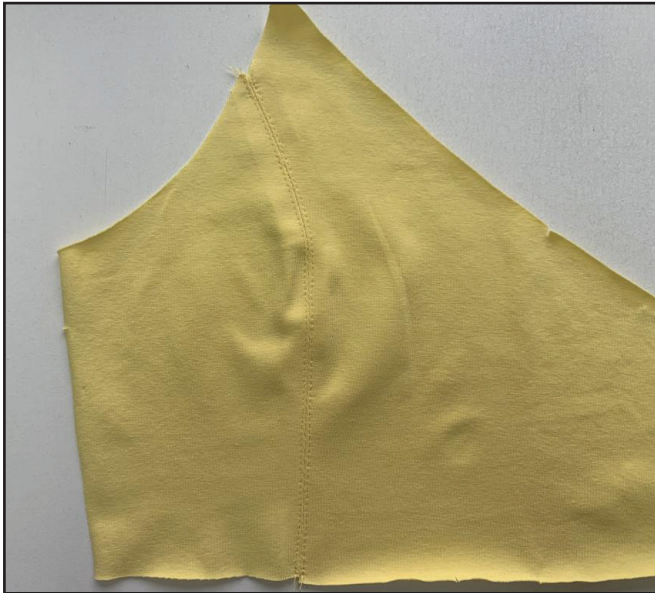
17



Place the center front and the side fronts, right sides together, and pin them aligning the marks. Stitch them in the following way:

- sew a bar tack (stitch length 2.5 - 3 mm or 1/8");
- working on the right side, stitch from the upper edge to the zipper upper mark;
- sew a bar tack up to the mark;
- set Max stitch length (5 - 6 mm or 2 - 2 3/8") and stitch up to the zipper lower mark;
- set regular stitch length (2.5 - 3 mm or 1/8") and sew a bar tack after the mark;
- stitch up to the bodice lower hem and sew a bar tack.

18



Press the seam allowances open and topstitch them towards the lining 2 mm (1/16") away from the previous seam.

19



Rip the section between the zipper marks. It will be easy due to setting the longer stitch, and the bar tacks will secure the stitching above and below the marks.

20



If you are sewing a sun dress without secret zippers for breastfeeding, place the center and side fronts, right sides together, and pin them aligning the marks. Stitch them 7 mm (1/4") in from the edge. Press the seam allowances open. Repeat the process for the front lining pieces.

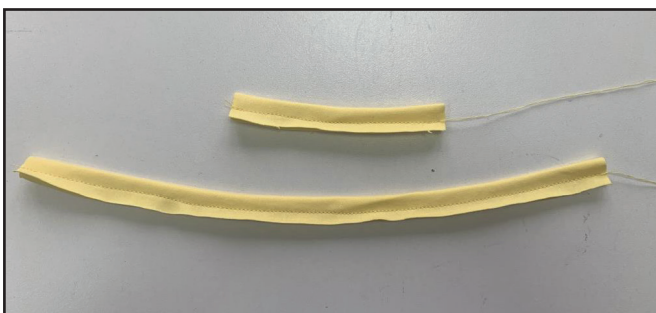
21



Place the fronts and the back, right sides together, and pin them aligning the marks. Stitch them 7 mm (1/4") in from the edge. Press the seam allowances open. Repeat the process for the lining pieces.



22



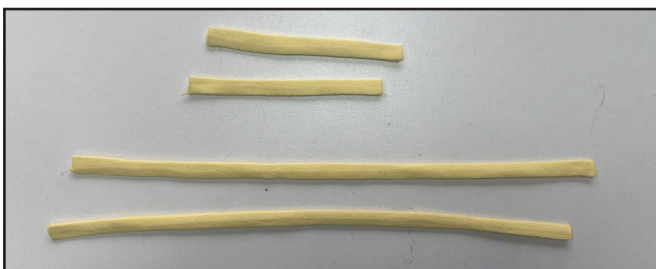
Place the strap pieces in half, lengthways, with right sides together and pin them. Stitch them 7 mm (1/4") in from the edge. Leave thread tails 10 cm (4") long on one side.

23



Trim the excess seam allowances leaving 3 mm (1/8") only.

24



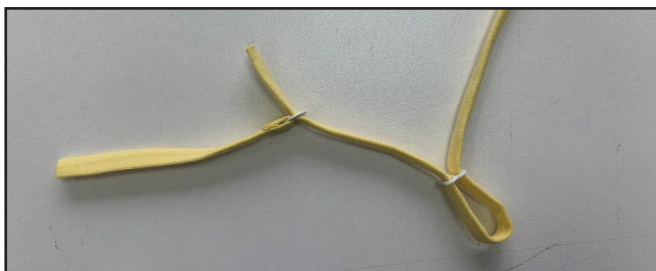
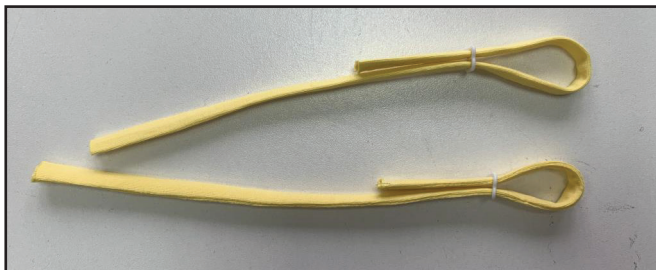
Turn the straps out with a needle: insert the thread tails into the needle eye and tie two knots. Turn the straps out, pulling the needle through with the blunt end facing forward. Press the straps.

25



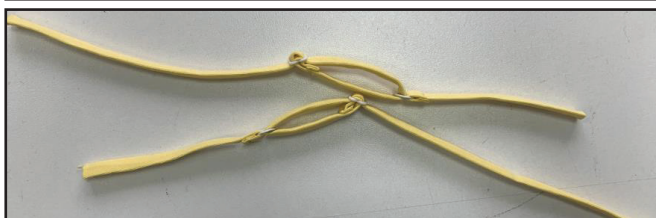
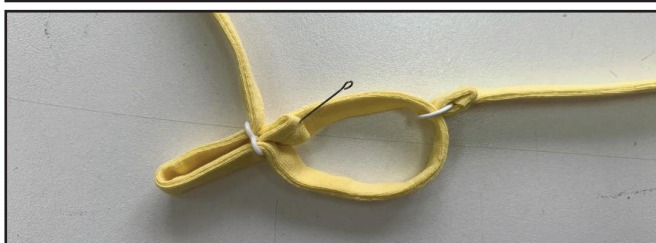
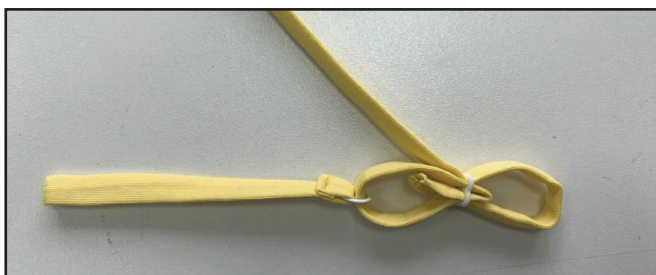
Insert the short straps into the strap rings. Double tuck the strap ends and stitch them.

26



Insert the longer strap into the strap slider, and then into the ring.

27



Insert the strap end into the strap slider again. Double tuck the strap ends and stitch them.

28



Pin the shorter strap other end to the back. Pin the longer strap other end to the front.

29



Place the bodice and the bodice lining with right sides together and pin them aligning the marks. Stitch them 7 mm (1/4") in from the edge. Then turn it to the right side.

30



Topstitch the seam allowances towards the lining 1 -2 mm (1/16") away from the previous seam, where it is possible.

31



Press the bodice upper edge forming a 1 mm (1/16") roll towards the lining.

32



Try the bodice on to decide what wrap size to make.

33



Pin the bodice with the bodice lining along the lower edge aligning the marks. Note: the bodice lining should be wider than the bodice itself.

34



Pin the fronts forming a wrap (the right front atop). Stitch the bodice lower edge 5 mm (3/16") in from the lower edge.

35



Align the bodice lower edges and the bodice lining, having trimmed the excess fabric.

36



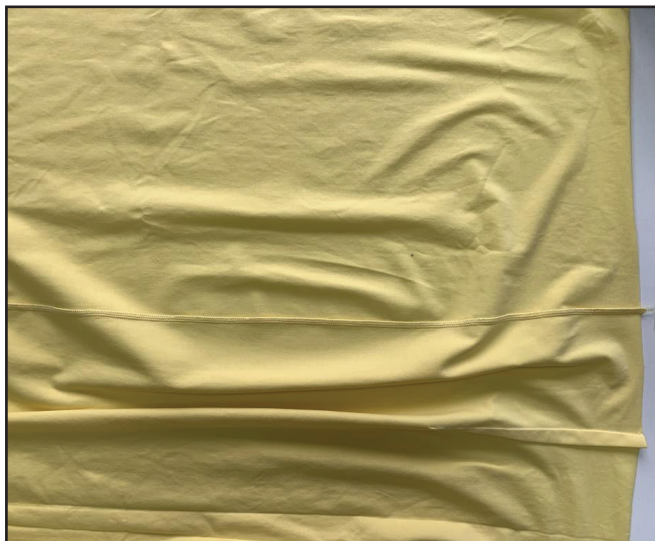
If you are sewing a sun dress with secret zippers for breastfeeding, hand-baste the lining princess line to the zipper.

37



Pin the darts on the skirt back panel and stitch them. Press the darts towards the center.

38



With right sides together, place the back and the front skirt panels and pin them aligning the marks. Serge them. Press the seam allowances towards the skirt front panels.

39



Coverstitch the skirt lower hem by 1 – 1.5 cm (3/8 - 9/16"). Press the stitching.

40



Pin the skirt front panels along the upper edges aligning the marks and forming a wrap (skirt right front panel is atop).

41



Stitch two parallel seams between the marks (close to the side seams) 3 and 5 mm (1/8 - 3/16") away from the edge, having set the Max stitch length and Min needle thread tension. Do not bar tack at the beginning and the end of the seam.

42



Turn the skirt out to the wrong side and place the bodice into it. Pin the pieces aligning the marks. Gather the skirt front panels having pulled the lower (bobbing) threads to align them with the bodice lower hem.

43



Stitch only the gathered section 7 mm (1/4") away from the edge. Stitch on the skirt to check the gathers. Remove all the basting stitches.

44



Serge the bodice and the skirt all the way around. Tie the thread tails and hide them into the seam. Press the seam allowances towards the bodice.

45



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