

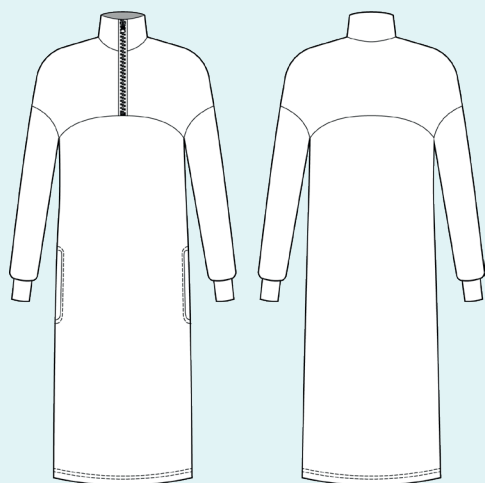
ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Dress «Brave» (for women)

#платье_brave



Skill level



Materials and notions:



- sweatshirt fleece or sweatshirt loop back fabric,
- cotton lycra jersey,
- rib knit fabric,
- kantenband,
- closed-end zipper,
- matching thread,
- Jersey 90 or Stretch 90 needles.

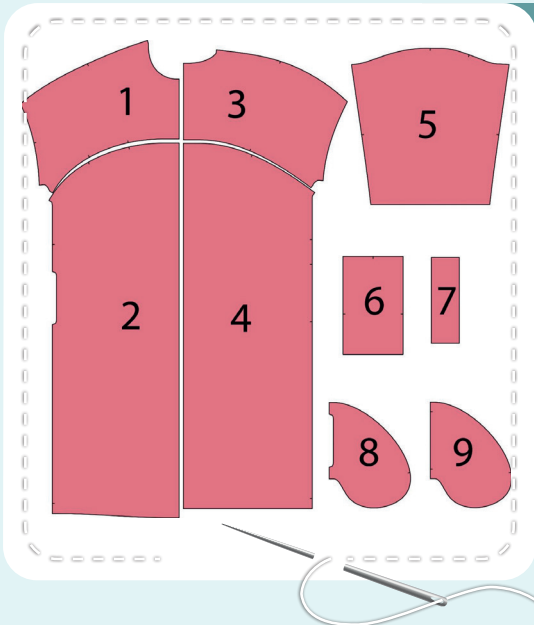
If you are not sure about the fit of the garment, it is recommended to sew a muslin with similar properties (elasticity, thickness, drape) first. This will allow you to adjust the length, width and fit of the garment and save time.

Before beginning your sewing project, wash the fabric in warm water, dry and iron it.

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.

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 them. Note: seam allowances are already included . Transfer all the marks from the pattern onto the wrong side of your fabric.

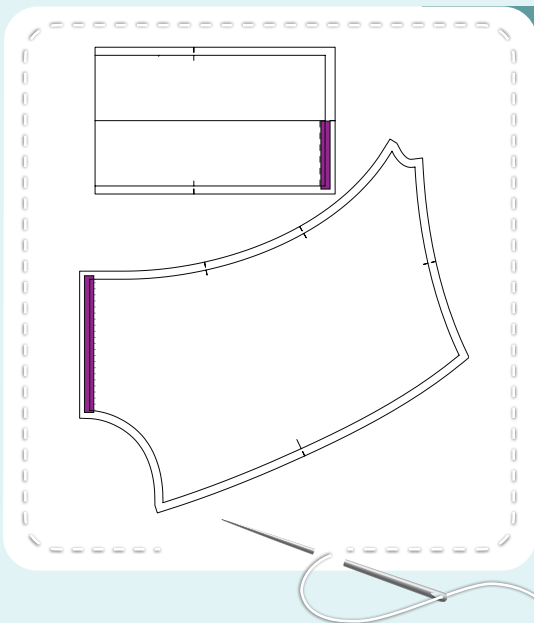
Now you have



DRESS PIECES:

1. front yoke - cut 2 (sweatshirt fabric, color 1)
2. front - cut 1 on the fold (sweatshirt fabric, color 2)
3. back yoke - cut 1 on the fold (sweatshirt fabric, color 1)
4. back - cut 1 on the fold (sweatshirt fabric, color 2)
5. sleeve - cut 2 (sweatshirt fabric, color 1)
6. stand collar - cut 1 on the fold (sweatshirt fabric, color 1)
7. cuff - cut 2 (rib knit fabric, color 1)
8. pocket lining - cut 2 (cotton lycra jersey, color 2)
9. side front - cut 2 (sweatshirt loop back fabric, color 2)

NOTE: all the pieces for this garment have been cut from sweatshirt loop back fabric of the same color.



PIECES TO INTERFACE:

- kantenband:
 - front yoke center edge
 - stand collar side edge

Construction

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

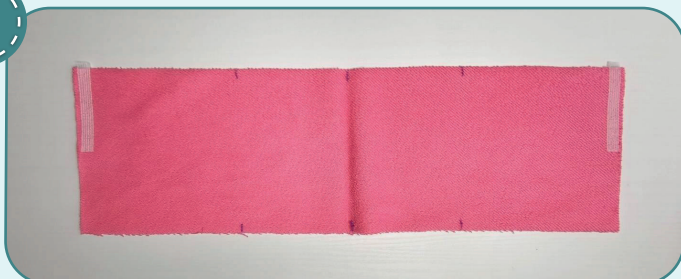
flat lock stitch

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 construction:



1



Fuse pieces of kantenband along the front yoke center edges and collar stand center edges up to their middle.



2



4



2,5-3,5



7

Pin the front and back yokes along shoulder edges with right sides together. Serge the seams. Press the seam allowances flat towards the front.

3



4



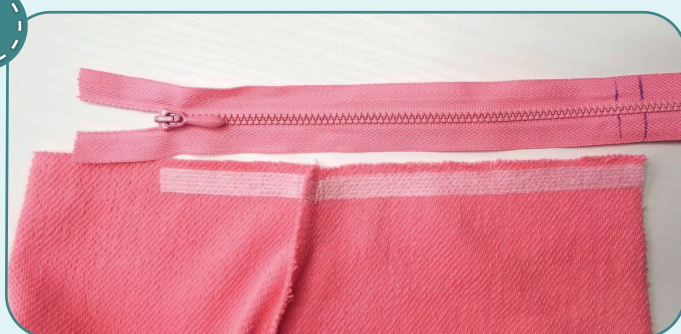
2,5-3,5



7

With right sides together, pin the stand collar to the neckline, aligning the marks. Serge the stand collar to the garment. Press the seam allowances towards the stand collar.

4

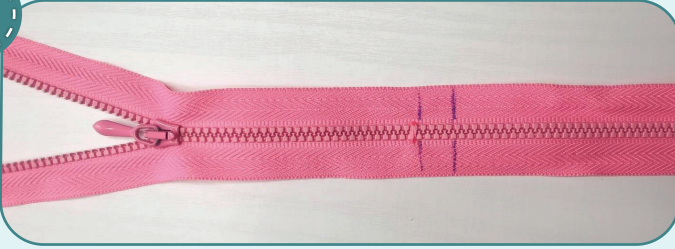


Measure the length of the zipper from the collar stand middle to the front yoke lower edge. Draw a mark, then draw another mark 10 mm (3/8") above.

5

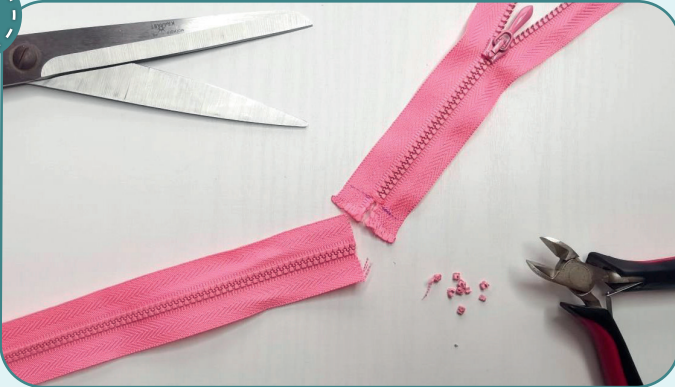
DRESS CONSTRUCTION:

5



Zigzag a bar tack at the upper mark level.

6



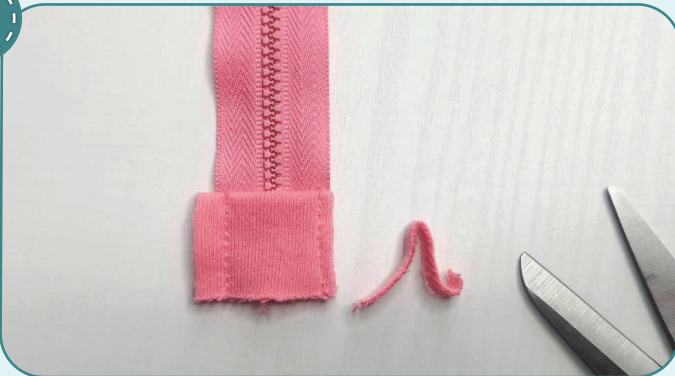
Trim the zipper bottom along the lower mark. Remove the zipper teeth up to the bar tack. Burn the bottom edge with a lighter.

7



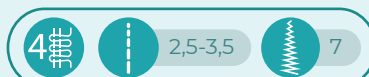
Cut a 40x50 mm (1 9/16x2") piece of cotton lycra jersey.

8



Fold the piece of fabric in half and press it. Place it onto the zipper bottom right side, with the fold upwards. Stitch it on the zipper along the side edges 3 mm (1/8") in from the edge. Trim excess fabric from the side edges.

9



Finish the stand collar and the yokes center edges with a serger. Press them.

DRESS CONSTRUCTION:

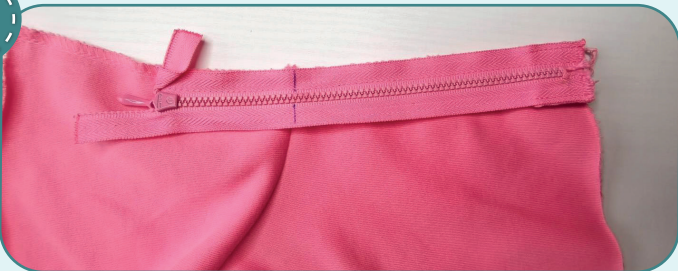
10



2,4-2,8

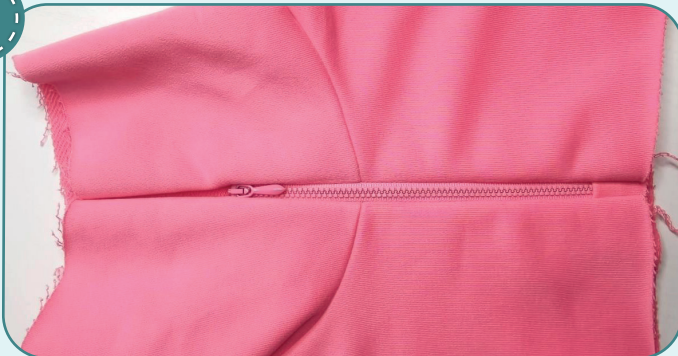
Pin or hand-baste one zipper tape to the front yoke with right sides together. Place the zipper accurately without waving or pulling the fabric. Align the zipper bottom with the yoke lower edge and the zipper upper teeth with the middle of the stand collar. Tuck in the zipper top extension, as shown in the photo. Stitch the zipper in place with a unilateral zipper presser foot 10 mm (3/8") in from the edge. If the slider prevents you from finishing the seam, then place the machine needle in the work, raise the zipper foot, move the zipper slider, place the zipper foot down and sew on.

11



Close the zipper and mark the place for the stand collar attaching seam on the opposite zipper tape.

12



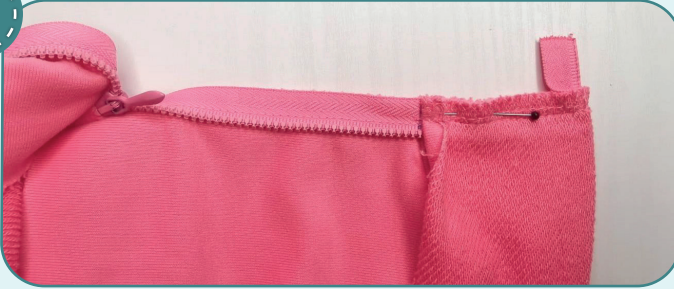
2,4-2,8

in. Stitch the zipper in place with a unilateral zipper presser foot 10 mm (3/8") in from the edge, in the same way as you attached the first zipper tape. Close the zipper, make sure, that the stand collar attaching seams, the yoke lower edges, and stand collar upper edges match, the zipper sits accurately without waving. Press them.

NOTE: it is recommended to try the garment on and check the stand collar height.



13



2,4-2,8

Pin the other stand collar center edges to the zipper. Tuck the seam allowances to the wrong side, so that the stand collar edge was flush with the attaching seam. Stitch the zipper in place 8 mm (5/16") in from the edge. Trim the zipper tape top

extensions. Turn the stand collar out and press it.

14



Tuck the stand collar other edge inside at 8 mm (5/16") and pin it to the neckline. Hand-baste the stand collar. Press it.

15



2,4-2,8

Stitch the zipper in place 7 mm (1/4") in from the edge. Press the seams.

16



7

2,5-3,5

With right sides together, pin the pocket lining to the front along the pocket opening. Serge the pieces. Turn it out and press, forming a roll towards the pocket lining.

17



2,4-2,8

Topstitch along the pocket opening 7 mm (1/4") in from the edge. Press the pocket opening.



18



4

2,5-3,5

7

Pin the side front to the pocket lining with right sides together. Serge the pocket. Press it.

19



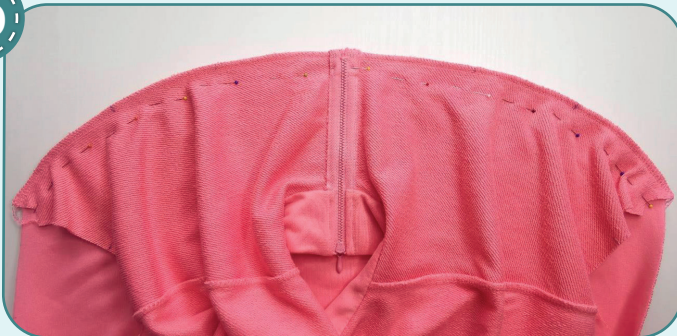
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2,5-3,5

7

Secure the pocket lining above and below the pocket opening, 3 mm (1/8") in from the edge. Repeat the process for the opposite pocket (steps 16-19).

20



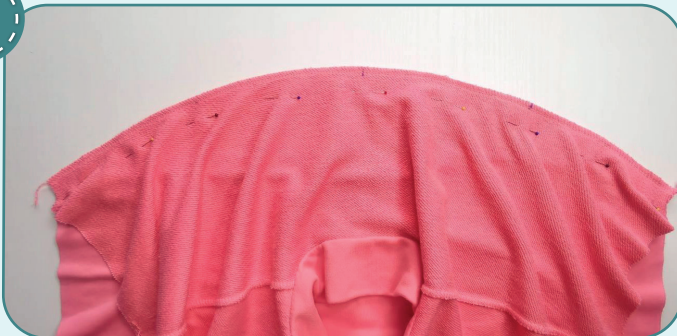
4

2,5-3,5

7

Pin the front to the front yoke, right sides together, aligning the centers and the marks. Serge the seams. Press the seam allowances down.

21



4

2,5-3,5

7

Pin the back to the back yoke, right sides together, aligning the centers and the marks. Serge the seams. Press the seam allowances down.

22



4

2,5-3,5

7

With right sides together, pin the sleeve into the armscye, aligning the marks. Serge it in place. Press the seam allowance towards the back. Repeat the process for the opposite sleeve.

23



4#

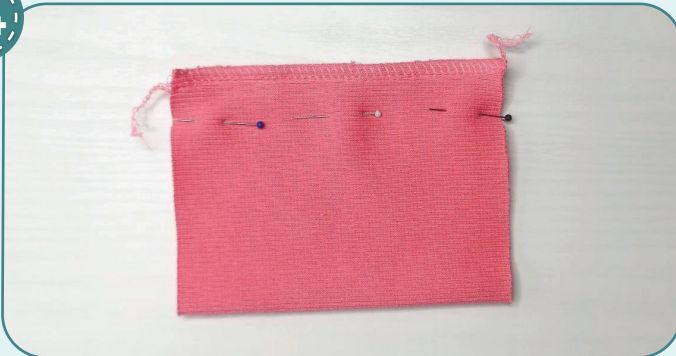
2,5-3,5

7

Pin the sleeve, the front and the back along the side seam with right sides together. Serge them. To avoid bulk, place the sleeve attaching seam allowances and the yoke attaching seam allowances in different directions. To align the yoke attaching seams, pin across them 7 mm (1/4") in from the edge, caring aligning the marks on the right side. You can move the pins, if need be. If you lack experience, hand-baste the seam. Press the side seam allowances towards the back. Repeat the process for the opposite side seam.

NOTE: it is recommended to try the garment on, check the fit, length and ease. When fitting, consider the cuffs length and the hem fold width.

24



4#

2,5-3,5

7

With right sides together, fold the cuffs in half and pin along the short edges. Serge them.

25



To avoid bulk when stitching the cuffs, press the seam allowances in different directions.

26



With wrong sides together, fold the cuffs in half, lengthways, and press them.

27



4#



2,5-3,5



7

Serge the cuff aligning the cuff seam and the sleeve inseam. While serging, evenly stretch the cuff, avoiding the sleeve lower hem stretching. Repeat the process for the opposite cuff. Press the seam allowances flat towards the sleeve.

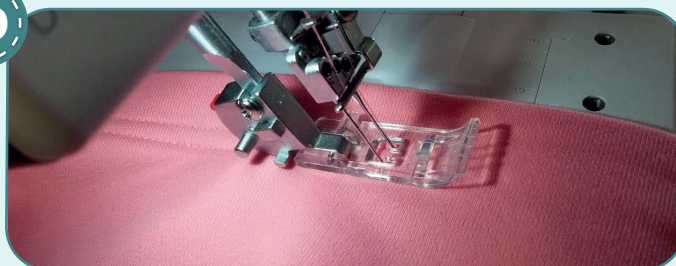


28



Draw a line along the garment hem 50 mm (2") in from the edge. Use the line to fold the hem at 25 mm (1"). Pin, baste or glue the folded hems. Give the hems a final pressing.

29



2,5-3,5

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



DRESS CONSTRUCTION:

30



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

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ПРО ШИТЬЕ

Dress «Brave» (for women)

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!

