

ELINA PATYKOVA

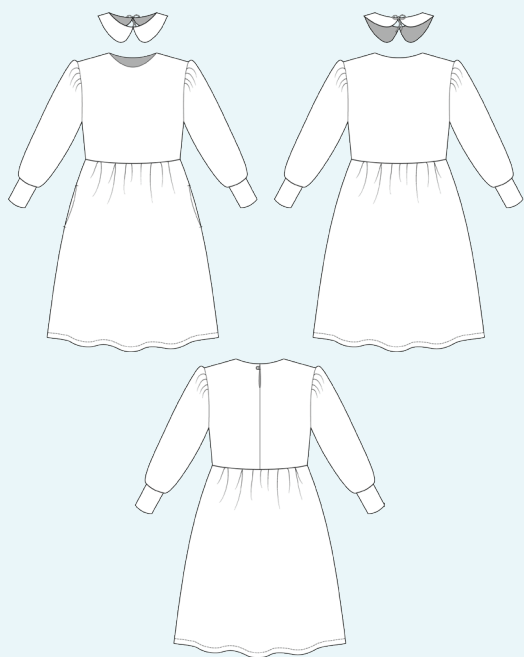
ПРО ШИТЬЕ

Instructions  
for sewing

# Dress Emerald

(for girls)

#изумруд\_девочки



Skill level



## Materials and notions



- jersey
- woven interfacing for stretchy fabric
- button (for sizes smaller than 152)
- elastic cord 4-5 cm or 1 9/16-2" (for sizes smaller than 152)
- matching thread
- Jersey 80-90 or Stretch 80-90 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.

**NOTE:** you can make different dresses using this pattern: without a collar, with a sewn-in collar and with a detachable collar. Note: dresses of sizes smaller than 152 are made with a seam and button on the back, and dresses of sizes 152 and above are made with one-piece back without a button.

The fabric must be prepared for sewing: washed in warm water, dried, and ironed.

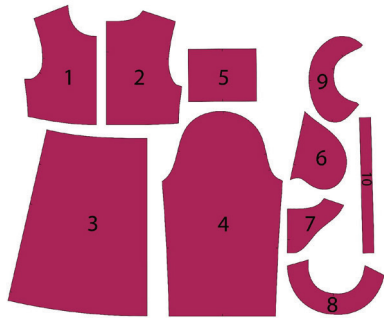
Let us start the cutting. Print and glue all the paper patterns. When printing, do not forget to check the size of the test square.

Put the paper pattern pieces onto the fabric. It'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.

**NOTE:** all the pieces for this garment have been cut from french terry.

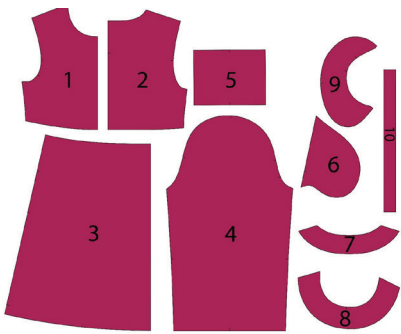
# Now you have

## DRESS PIECES (for sizes smaller than 152):



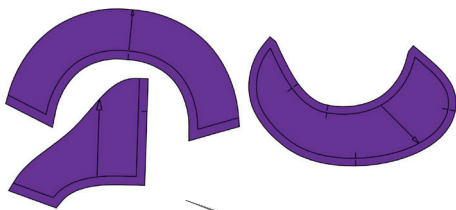
1. front - cut 1 on the fold
2. back - cut 2
3. skirt panel - cut 2 on the fold
4. sleeve - cut 2
5. cuff - cut 2
6. pocket lining - cut 4
7. back neck facing - cut 2
8. front neck facing - cut 1
9. collar - cut 4 (for both sewn-in and detachable collars)
10. tie string - cut 2 (for detachable collar)

## DRESS PIECES (for size 152 and above):



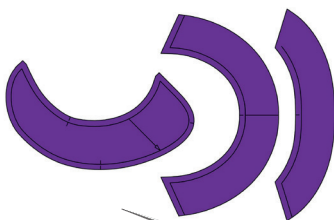
1. front - cut 1 on the fold
2. back - cut 1 on the fold
3. skirt panel - cut 2 on the fold
4. sleeve - cut 2
5. cuff - cut 2
6. pocket lining - cut 4
7. back neck facing - cut 1
8. front neck facing - cut 1
9. collar - cut 4 (for both sewn-in and detachable collars)
10. tie string - cut 2 (for detachable collar)

## PIECES TO INTERFACE (for sizes smaller than 152)



- Lilac - woven interfacing for stretchy fabric
- back neck facing
- front neck facing
- 2 collar pieces (mirroring) - for both sewn-in and detachable collars

## PIECES TO INTERFACE (for size 152 and above)



- Lilac - woven interfacing for stretchy fabric
- back neck facing
- front neck facing
- 2 collar pieces (mirroring) - for both sewn-in and detachable collars

## 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.



double welting (piping) presser foot



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

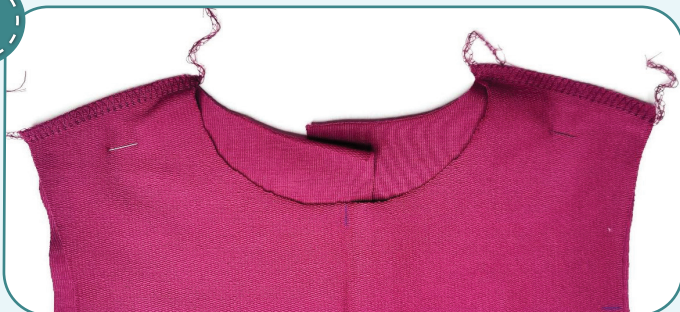
If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.



## Dress construction (for sizes smaller than 152)



1



4

2,5-3,5

7

Pin the front and the backs along the shoulder edges with right sides together. Serge them. Press the seam allowances flat towards the front.

2



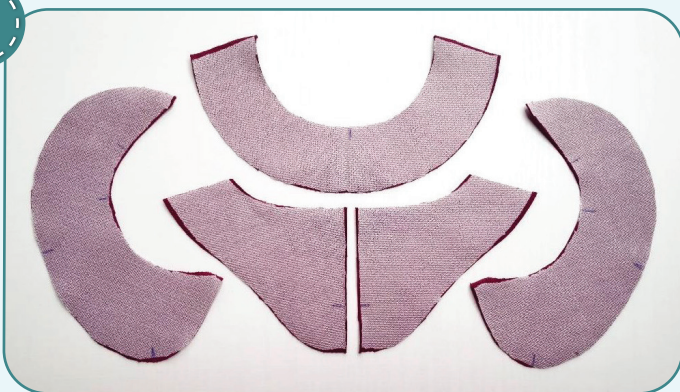
4

2,5-3,5

7

Serge the back center edges. Press them.

3



Fuse all the neck facings and two collar pieces.

4



4

2,4-2,8

7

Pin the facings along the shoulder edges with right sides together. Stitch them 7 mm (1/4") in from the edge. Press the seam allowances open.

5



5



4 2,5-3,5 7

Finish the facings along the outer and center edges with a serger. Press them.



6



2,4-2,8

Skip the steps 6-7, if you are sewing a dress without sewn-in collar. Stitch the pieces along the outer edge with 7 mm (1/4") seam allowances, but do not stitch the neckline.

7

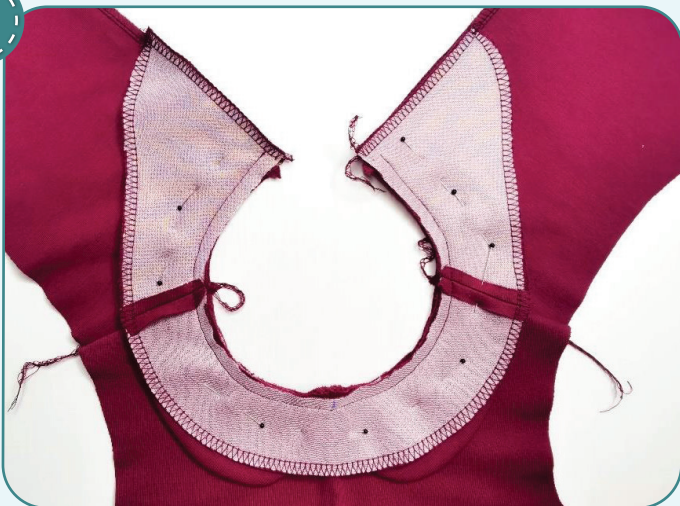


Trim the seam allowances at 3-4 mm (1/8") with pinking shears. You can use regular scissors to notch along the curved edges 1 mm (1/16") before the seam. Turn the collar out and press it forming a roll towards the lower (reinforced with interfacing) piece. Repeat the process for the other collar half (steps 6-7).



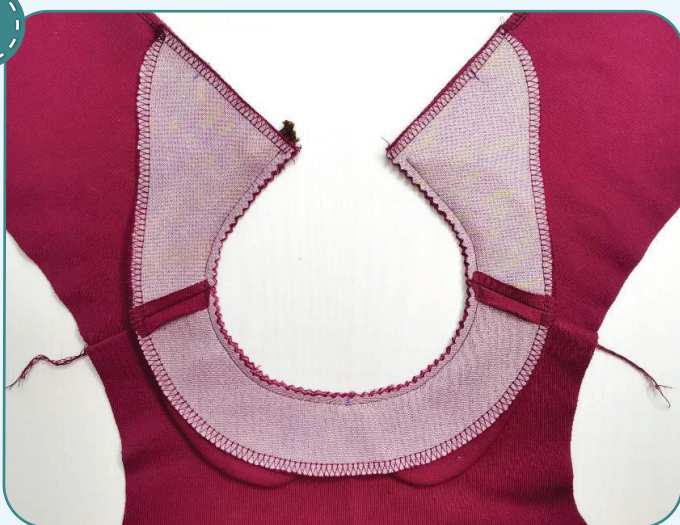


8



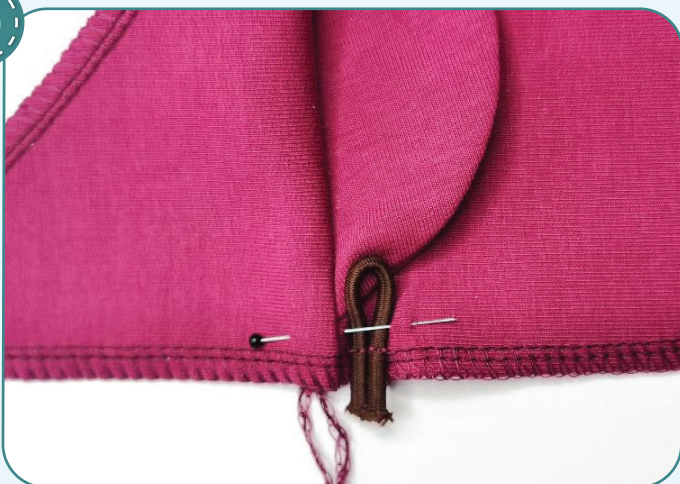
Baste or pin the facings to the bodice neckline with right sides together. If you are sewing a dress with sewn-in collar, sandwich the collar pieces between the facings and the bodice, placing the under collar to the bodice. Align the shoulder seams and the centers. Stitch the facings 7 mm (1/4") in from the edge.

9



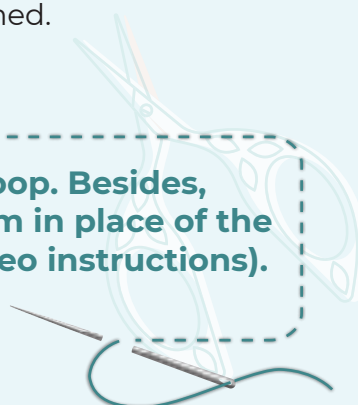
Trim the seam allowances along the neckline at 3-4 mm (1/8") with pinking shears. You can use regular scissors to notch along the curved edges 1 mm (1/16") before the seam.

10



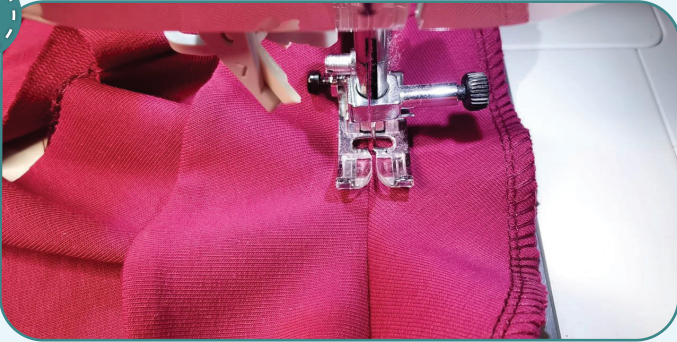
Working from the right side, pin elastic cord to the back right piece, as close to the facing as possible, to make a loop. Place the elastic cord ends towards the edge. The loop size should be equal to the button size (not including allowances). Stitch them 7 cm (1/4") away from the edge. Check whether the button goes through the loop formed.

**NOTE:** you can use a scrap of main fabric or thread to make a loop. Besides, you can make tie strings, as for a detached collar, and sew them in place of the loop and button on both sides (for more details on this, see video instructions).





11



2,4-2,8

Press the seam allowance towards the neck facing. Stitch the facing 1 mm (1/16") in from the seam. Press the facing towards the wrong side forming a roll.



12



2,4-2,8

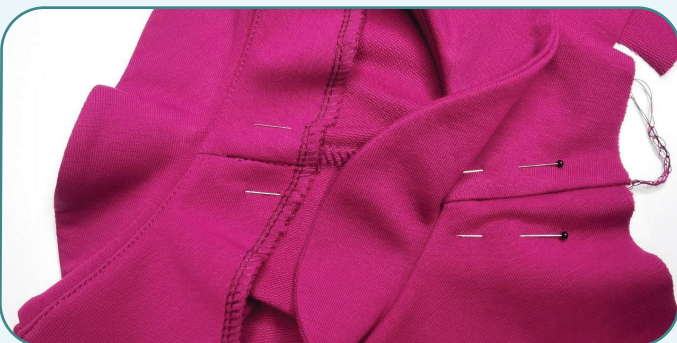
Pin the back facings to the bodice back along the center edges with right sides together. Align the back opening top marks. Stitch the facings up to the back opening mark 10 mm (3/8") away from the neckline edge. Trim the corners. Turn the facing out and press it.

13



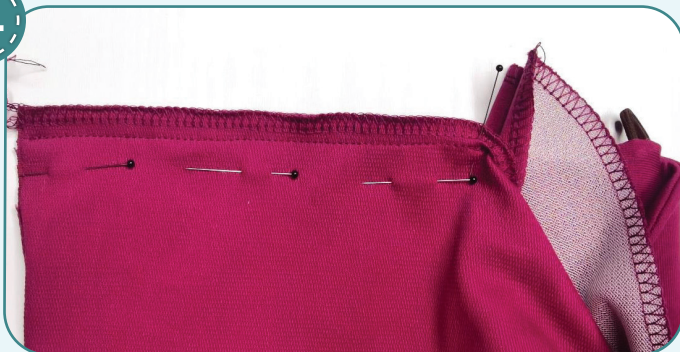
2,4-2,8

Secure the facing along the shoulder edges. Stitch 20 mm (13/16") exactly atop the shoulder seam line from the right side.



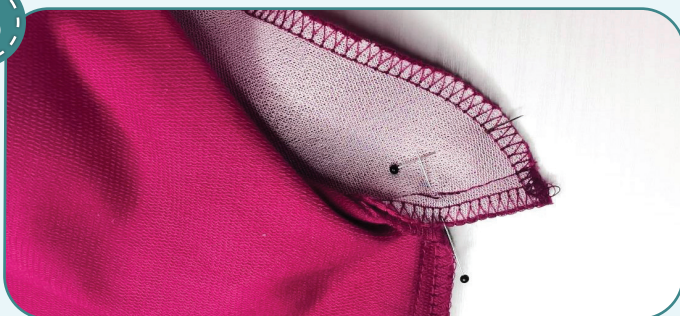


14



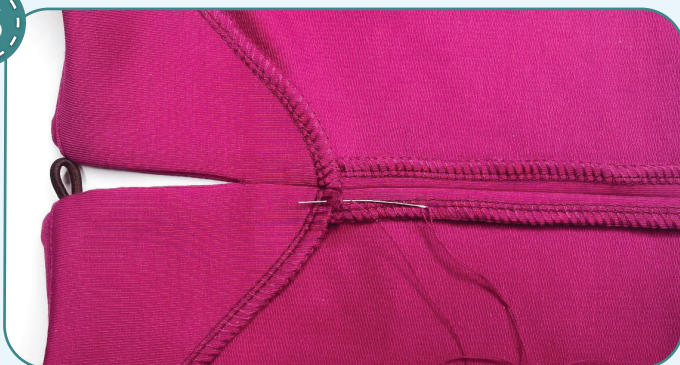
Pin the back center seam and stitch it 10 mm (3/8") in from the edge using unilateral zipper presser foot. Stitch it up to the beginning mark of the back opening. Press the seam allowances open.

15



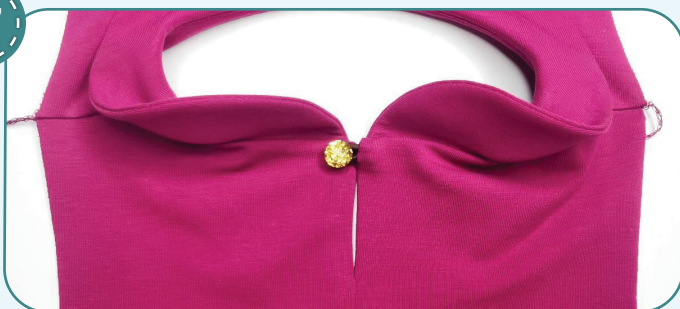
Stitch the facing short sides along the center seam up to the end mark of the back opening in the same way. Press the seam allowances open.

16



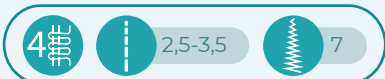
Hand-stitch the end of the facing to the back center seam. Press it.

17



Sew on the button.

18



Pin the back and the front along the side seam with right sides together. Serge the pieces. Press the seam allowances towards the front. Repeat the same steps with the opposite side seam.



19



4 2,5-3,5 7

Pin the pocket lining along the pocket opening to the skirt front with right sides together. Serge the pieces. Press the seam allowances towards the pocket lining. Repeat the process for the rest 3 pocket lining pieces.

20



4 2,5-3,5 7

With right sides together, place the skirt panels along the side seams and the pocket linings. Evenly align the pocket lining attaching seams and pin or baste them. Serge the skirt panels and the pocket linings with one seam. It is more convenient to start stitching from the top. Repeat the process for the opposite side seam.

21



2,4-2,8

Evenly align the pocket lining attaching seams and pin or baste them. Stitch above and below the pocket opening 1 mm (1/16") away from the pocket lining attaching seams. The seam should start smoothly from the side seam and end at the pocket opening mark. Press the side seam and the pocket towards the front.

22



2,4-2,8

Bar tack across the side seam at the pocket opening ends. The seams length is 10 mm (3/8"). Repeat the process for the opposite pocket.

23



4 2,5-3,5 7

Pin the sleeve along the side seam with right side inside. Serge it. Press the seam allowances flat towards the front.

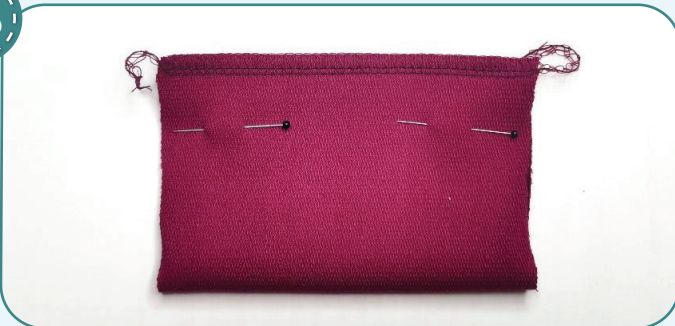
24



4-5

Stitch two parallel seams along the sleeve lower hem 4 and 6 mm (1/8 and 1/4") in from the edge. Set maximum stitch length (4-5 mm), do not secure the seam ends and leave the thread tails at least 50 mm (2").

25



4 2,5-3,5 7

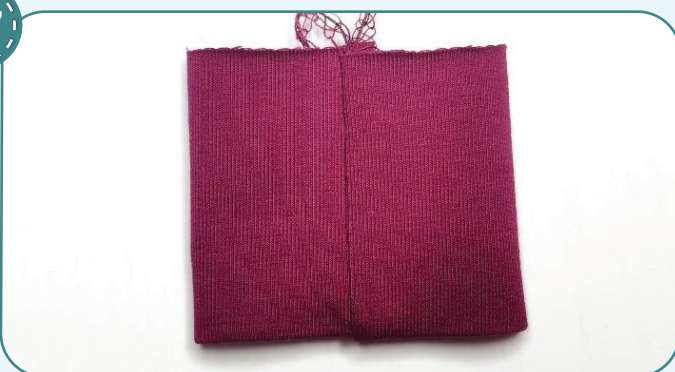
With right sides together, fold the cuffs in half and pin along the short edges. Serge them.

26



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

27



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



28



Pin the cuff to the sleeve lower hem with right sides together. Align the side seams and the pieces center marks. Pull up the needle thread tails and make the sleeve opening fit the cuff. Tie the thread tails. Evenly spread the gathers.

29



4

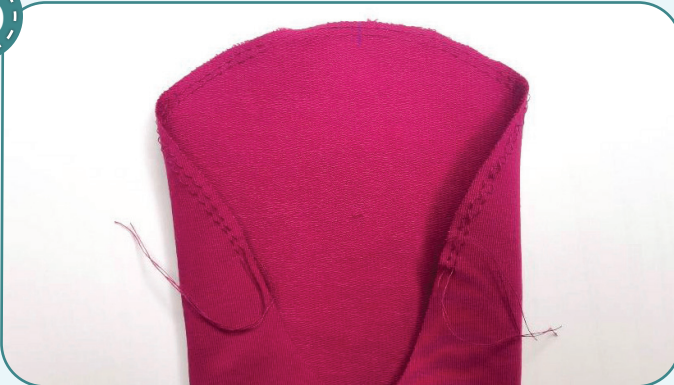
2,5-3,5

7

Serge the cuff to the sleeve. Press the seam allowance upwards. Repeat the process for the other sleeve (steps 23-29).



30



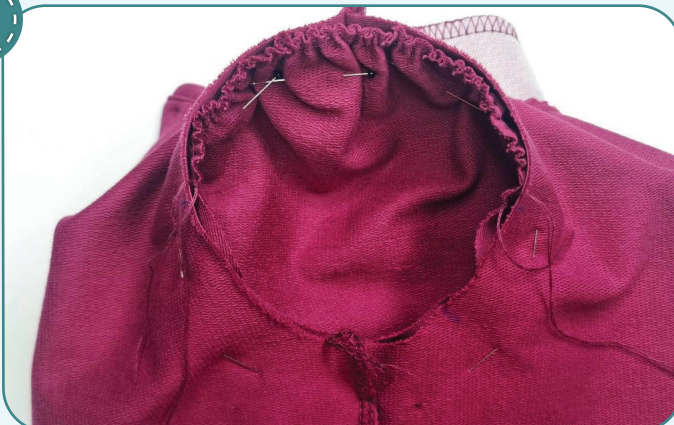
4-5

4-5

4-5

Stitch two parallel rows along the sleeve cap 4 and 6 mm (1/8 and 1/4") in from the edge. Set maximum stitch length (4-5 mm), do not secure the seam ends and leave the thread tails at least 50 mm (2").

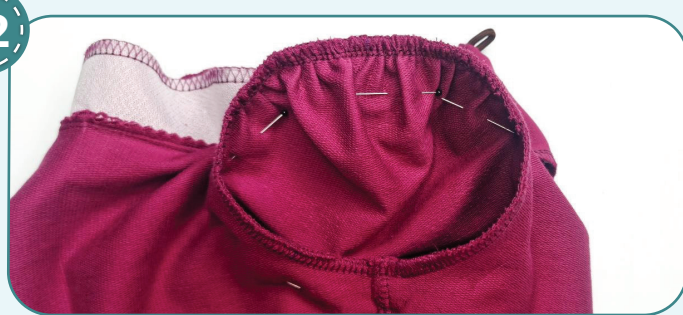
31



Pin the sleeve into the armhole with right sides together. Align the side seams and the check marks. Pull up the gathers to make the sleeve cap fit the armhole, using the thread tails of two rows along the sleeve cap. Tie the thread tails. Evenly spread the gathers along the sleeve cap. Pin or baste along the sleeve cap.



32



4 2,5-3,5 7

Serge the sleeve into the armscye all around the edge. Stitch from the sleeve side. Press the seam allowances on the edge. Repeat the process for the other sleeve (steps 30-32).

33



4-5

First stitch two parallel rows between two seams on one skirt panel 4 mm (1/8") and 6 mm (1/4") in from the edge, then repeat the process for the other skirt panel. Set maximum stitch length (4-5 mm), do not secure the seam ends and leave the thread tails at least 50 mm (2").

34



Pulling the tails of the upper threads, gather the skirt upper edge to the length indicated on the pattern. Tie the thread tails. Baste or pin the skirt to the bodice lower edge with right sides together. Align the side seams and the pieces center marks. Evenly spread the gathers.

35



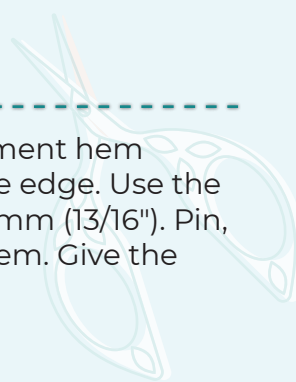
4 2,5-3,5 7

Serge the skirt to the bodice. Press the seam allowances flat towards the bodice.

36



Draw a line along the garment hem 40 mm (1 9/16") in from the edge. Use the line to fold the hem at 20 mm (13/16"). Pin, baste or glue the folded hem. Give the hem a final pressing.





37



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

38



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



# Dress construction (size 152 and above)



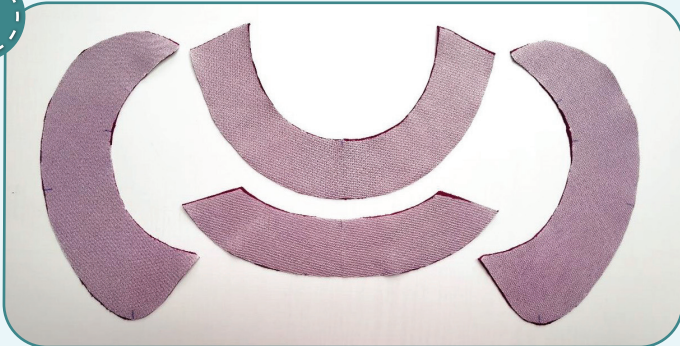
1



4 2,5-3,5 7

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

2



Fuse all the neck facings and two collar pieces.

3



2,4-,2,8

Pin the facings along the shoulder edges with right sides together. Stitch them 7 mm (1/4") in from the edge. Press the seam allowances open.

4

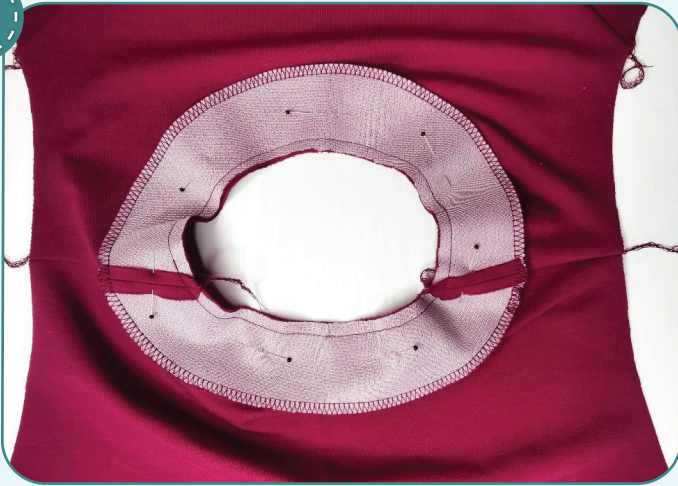


4 2,5-3,5 7

Finish the facings along the outer curved edge with a serger. Tie the thread tails at the end of the stitching. Press them.



5



2,4-,2,8

Baste or pin the facings to the bodice neckline with right sides together. If you are sewing a dress with a sewn-in collar, then make a collar as shown in step 6-7 for sizes smaller than 152 and sandwich it between the facing and the bodice. Place the lower collar to the bodice. Align the shoulder seams and the centers. Stitch the facings 7 mm (1/4") in from the edge.

6



Trim the seam allowances along the neckline at 3-4 mm (1/8") with pinking shears. You can use regular scissors to notch along the curved edges 1 mm (1/16") before the seam.

7



2,4-,2,8

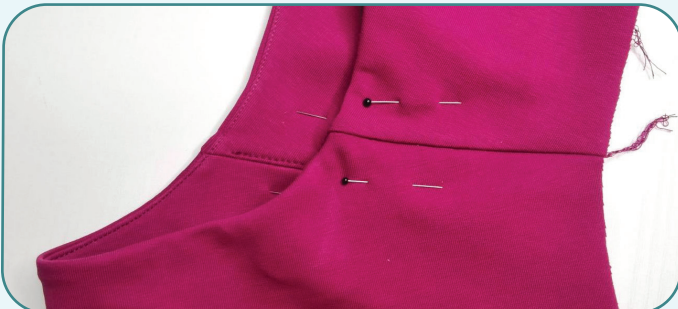
Press the seam allowance towards the neck facing. Stitch the facing 1 mm (1/16") in from the seam. Press the facing towards the wrong side forming a roll.

8



2,4-,2,8

Secure the facing along the shoulder edges. Working from the right side, sew a straight stitch about 25 mm (1") long exactly atop the seam line. Then all dress sizes are sewn the same way (steps 18-38 of the previous section).





# Detachable collar construction



1



2,4-2,8

Fold the strips for tie strings lengthways, right side inside. Stitch them 3-4 mm (1/8") in from the edge and get the seam end come to the fold, overlapping one of the short edges.

2



Turn the strips through with a loop turner or a needle with a thread. Tie the thread tail at the end of the stitching and first pass the needle eye through the tube, then begin pulling the thread carefully turning the entire tube right side out. Press the tie strings.

3



2,4-2,8

Place two collar pieces (one of them is fused with interfacing) with right sides together. Stitch both pieces together along the neckline from the sharper collar corner to the nearest mark 7 mm (1/4") away from the edge.

4



Sandwich the tie string raw edge between the upper and lower collars, as close to the stitching as possible. Pin it. Sandwich the tie string between the upper and lower collars.

5



2,4-2,8

Stitch the collar pieces all way around the outside 7 mm (1/4") in from the edge. Be sure to leave an opening for turning it out. Care the tie string does not get into the seam.

## DETACHABLE COLLAR CONSTRUCTION



6



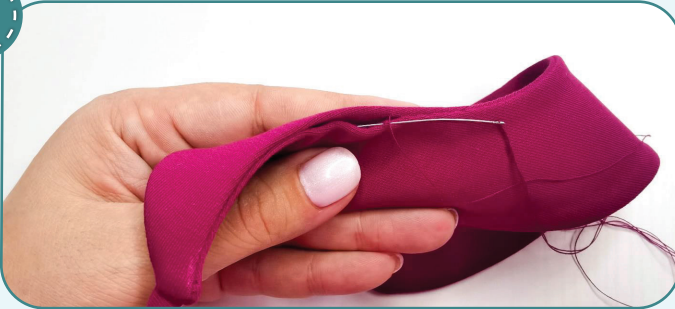
Trim the corners, but avoid cutting the stitching. Trim the seam allowances at 3-4 mm (1/8") with pinking shears. You can use regular scissors to notch along the curved edges 1 mm (1/16") before the seam.

7



Turn the collar out and press it forming a roll towards the lower (reinforced with interfacing) piece.

8



Hand-stitch the opening with a blind stitch. Repeat the process for the other collar half (steps 3-8).

9



Hand-stitch the collar halves together with a blind stitch. The detachable collar is ready!

ELINA PATYKOVA

ПРО ШИТЬЕ

## Dress Emerald

(for girls)

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!

