

ELINA PATYKOVA

ПРО ШИТЬЕ

Instructions
for sewing

Dress Alone

#патыкова_alone



Skill level



ELINA_PATKOVA



ELINA-PATKOVA.RU



VK.COM/ELINA_PATKOVA

Materials and notions



- jersey
- knit fusible interfacing
- buttons 10-12 mm (3/8-1/2") - 16 pcs.
- 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.

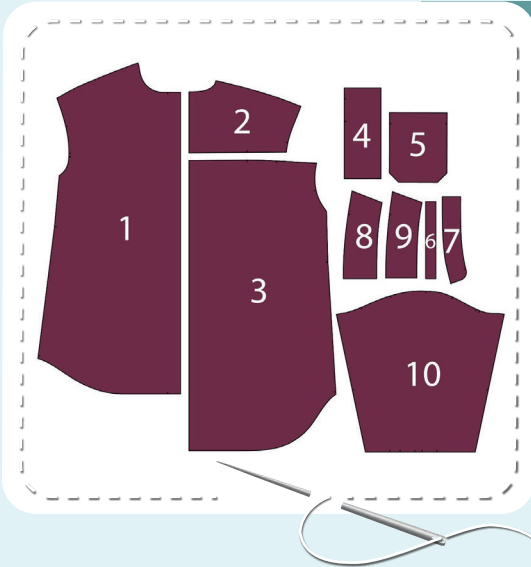
To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when cutting. Measure the length of the pattern pieces fit, add to this length 5% for the fabric shrinkage - this will be the required amount of fabric for the project. Before beginning your sewing project, wash the fabric in warm water, dry and iron it.

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

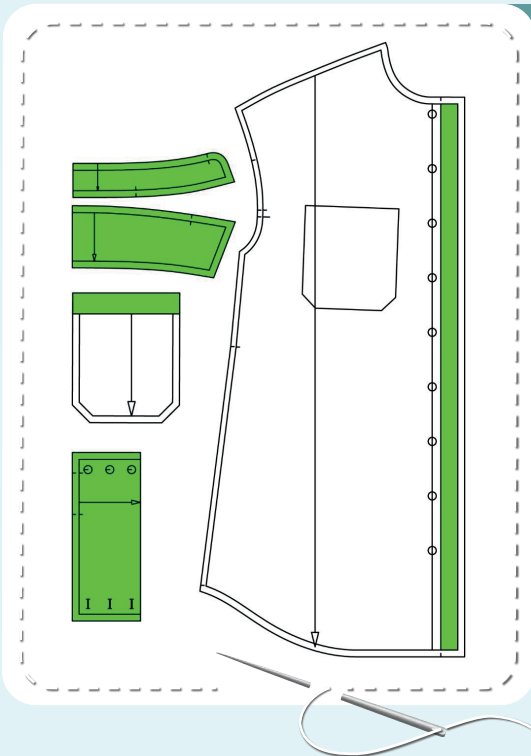
Now you have

DRESS PIECES



1. front - cut 2
2. back yoke - cut 2 on the fold
3. back - cut 1 on the fold
4. cuff - cut 2 on the fold
5. breast pocket - cut 1
6. sleeve bias strip - cut 2
7. collar stand - cut 2 on the fold
8. under collar - cut 1 on the fold
9. upper collar - cut 1 on the fold
10. sleeve - cut 2

PIECES TO INTERFACE



- Green - knit fusible interfacing
 - cuffs
 - collar stand pieces
 - upper collar
 - pocket top allowance
 - front plackets

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

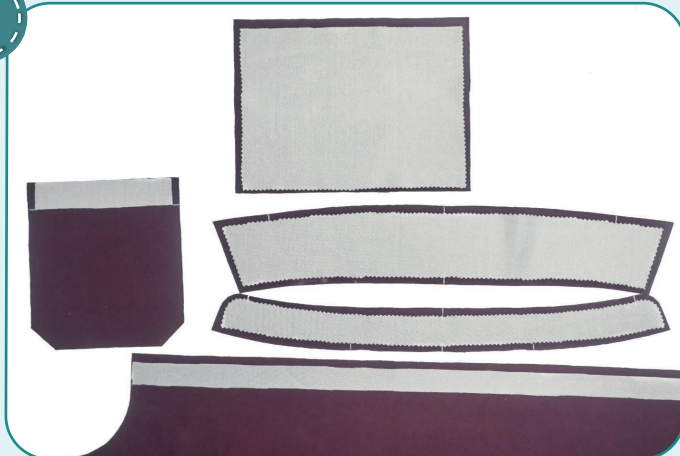
flat lock stitch

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



1



Duplicate the cuffs, collar stands, upper collar, pocket top allowance and the front plackets.

2



4

2,5-3,5

7

Finish the pocket top edge with serger. Press it.

NOTE: If you lack experience, it is better to hand-baste before stitching.

3



2,5-3

2,5-3

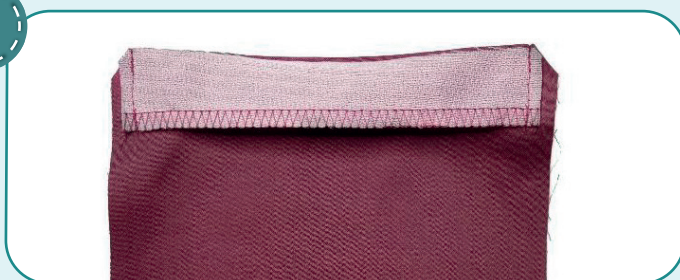
2,5-3

2,5-3

2,5-3

Fold the pocket top seam allowance to the right side. Stitch along the side edges 10 mm (3/8") away from the edge.

4



Trim the seam allowances right at the corner points. Trim away the pocket top seam allowance to 3 mm (1/8").

5

5



Turn the pocket out to the right side, smooth the corners and press it. Trim the seam allowances from the pocket paper pattern to use it as a template. Use the template to press the seam allowances along the straight folds.

6



2,5-3

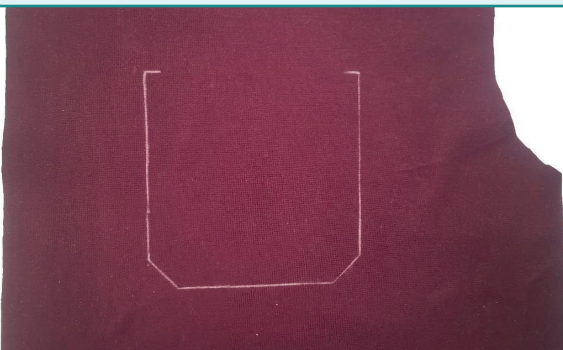
Topstitch the pocket along the top edge 25 mm (1") away from the edge. Press it.

7



Press the front plackets to the wrong side along the marked lines: first at 10 mm (3/8"), and then at 25 mm (1").

8



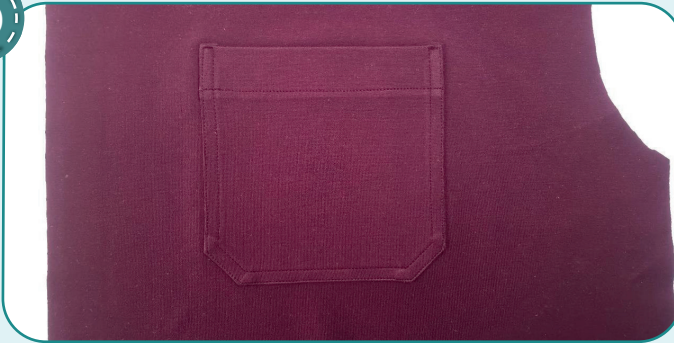
Transfer the marking for the pocket onto the front left side.

9



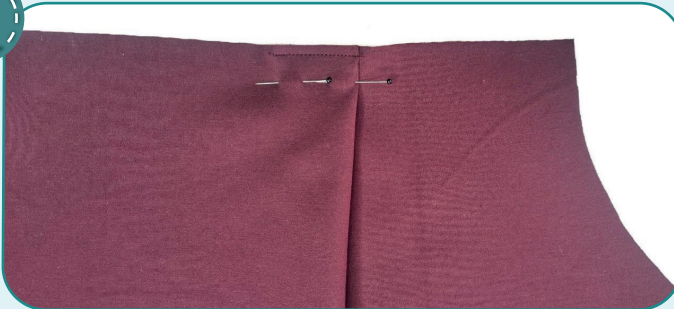
Pin, baste or glue with a glue-stick the pocket wrong side to the front left side focusing on the marking.

10



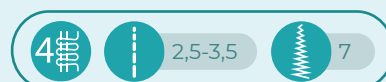
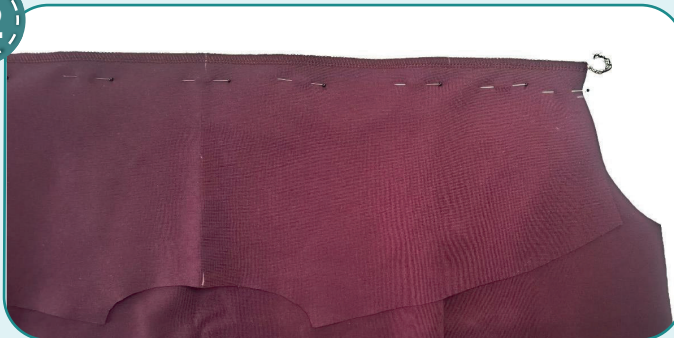
Edgestitch the pocket in place 1 mm (1/16") away from the fold and then stitch one more seam 6 mm (1/4") away from the fold. Press it.

11



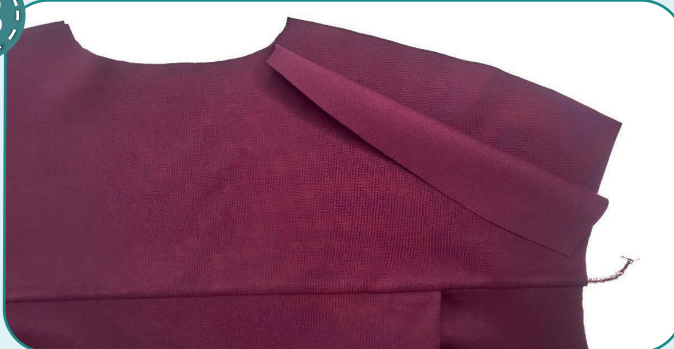
Make the pleats on the back sides. Face the pleat to the side seam on the right side. Stitch them 5 mm (3/16") in from the edge to secure.

12



Place the back yokes with right sides together. Sandwich the back piece between them, align the lower edges of yokes and the back upper edge. Serge them.

13



Press both yokes upwards.

14



Place the back face up. Pin the upper yoke piece and the fronts along the shoulder edges with right sides together.



15



Roll the back and the front to place them completely on the upper yoke. Place the under yoke with upper edge down.

16



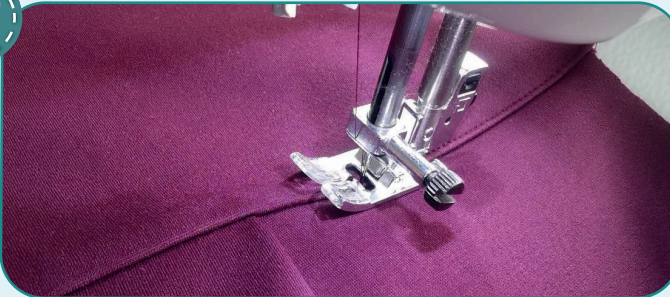
4

2,5-3,5

7

Pin the yokes shoulder edges with right sides together sandwiching the fronts and the back between them. The back and the fronts should be sandwiched between the yokes. Serge the shoulders. Turn the back and the fronts out through one of the armholes. Press the seams.

17

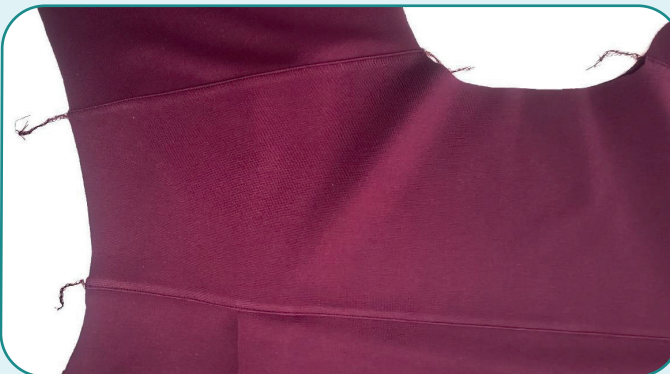


1

2,5-3

2,5-3

Edgestitch the yokes 1 mm (1/16") away from its attaching seams. Press them.



18



Transfer the marking for the sleeve split from the pattern. Cut the split along the marking.



19

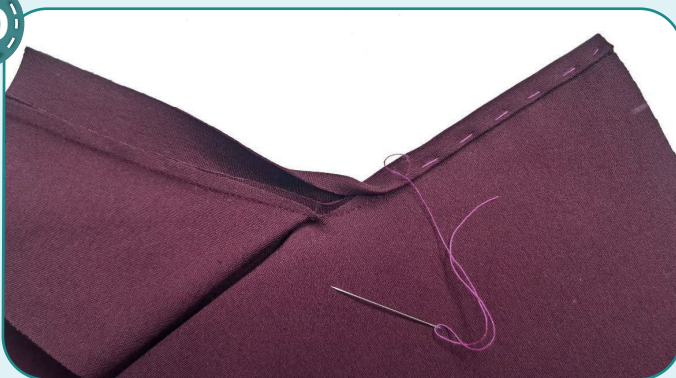


2,5-3

Open the split out into a straight line. Pin the bias strip along the sleeve split with right sides together. Place the split top point 4 mm (1/8") away from the bias strip edge. Stitch the bias strip 5 mm (3/16")

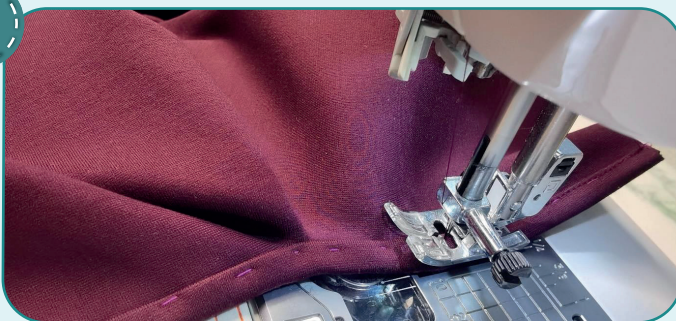
away from the edge. Stitch from the sleeve side not to form the creases. Press the seam allowances onto the bias strip.

20



Wrap the bias strip, edge turned under to the wrong side around the seam allowance. Baste in small stitches to have the bias strip covering the stitching. Press it.

21



2,5-3

Stitch it from the right side 1 mm (1/16") in from the edge. Make sure that the bias strip is stitched on the wrong side as evenly as on the right side. Remove the basting stitches and press it.



22



2,5-3

Fold the split in half with right side inside and stitch a straight seam across the split top, as a dart.

23



2,5-3

Tuck the bias strip of the front split edge inside (the front split edge is further from the side edge of the sleeve), press and topstitch it 5 mm (3/16") in from the edge. Press the bias strip of the split back edge. The edge also becomes an extension for the fastener. Fold the pleats according to the marks, transferred from the pattern, with pleats facing the sleeve split. Pin them and then stitch 5 mm (3/16") in from the edge to secure. Repeat the same steps for the other sleeve (steps 18-23).

24



2,5-3,5



7

Baste or pin the sleeve to the garment armhole, right sides together. Align the marks, the sleeve shoulder point mark with the shoulder seam. Pin or baste along the sleeve cap. Stitch the sleeve in place. Stitch from the sleeve side but care the folds not to be formed along the

sleeve cap. Press the seam allowances flat towards the sleeve.

25



2,5-3,5



7

Pin the sleeve and the back with the front along the side edges with right sides together. Serge the pieces. Press the seam allowances towards the front. Repeat the process for the other sleeve (steps 24-25).

NOTE: It is recommended to try it on, check the fit, length and ease. When fitting, consider the lower hem width and the cuff width.

26



2,5-3

Pin the upper and under collars with right sides together aligning the edges. Stitch them 10 mm (3/8") in from the edge.

27



Trim away the upper collar seam allowances to 4-5 mm (3/16"). So, cut in steps, the allowances will stand out less on the collar right side. Trim the seam allowance corners.

28



2,5-3

Turn out the collar and smooth the corners. Press it forming a roll towards the under collar. Edgestitch along the collar 1 mm (1/16") in from the edge. Press it again.

29



Press the lower seam allowance of one of the collar stands to the wrong side. This is inner collar stand piece.

30



2,5-3

Working from the upper collar, pin the inner collar stand right side to the collar. Align the under and upper collar edges, but do not care that the upper collar is slightly larger. It should be done to have the upper collar tucking around the under one and eventually looking good in the finished garment. Stitch the collar and the collar stand 10 mm (3/8") in from the edge.

31



template to have the same curved edges.



2,5-3

Working from the under collar, pin the outer collar stand right side to the collar. Working from the inner collar stand, stitch the collar and the collar stand 10 mm (3/8") in from the edge. Stitch exactly atop the previous seam. Draw the marking beforehand using a pattern as a

32



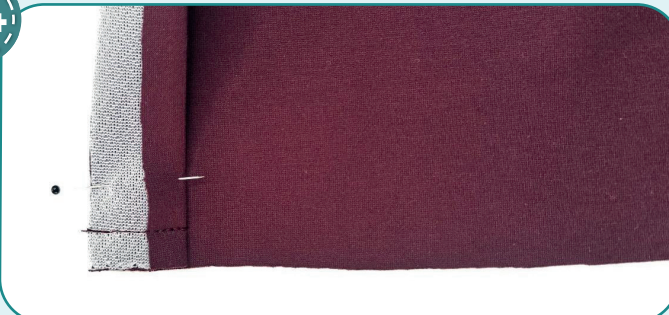
Trim away the outer collar stand seam allowances to 3-4 mm (1/8"). Trim away the collar seam allowances to 5-6 mm (3/16-1/4"). Clip the curved edges with V-shapes leaving 1 mm (1/16") before the seam. Turn the collar stand out to the wrong side and press it.

33



Draw a line on the outer collar stand along the inner collar stand lower edge.

34



2,5-3

Fold the front placket lower edge to the right side. Stitch along the lower edge 10 mm (3/8") away from the edge.

35



Trim the corner. Trim away the placket seam allowance to 3 mm (1/8"). Repeat the process for the opposite placket (steps 34-35).

36



4#

2,5-3,5

7

Finish the garment lower hem with a serger. Press it. Turn the placket corners out to the right side, iron it and at the same time press the lower hem seam allowance to the wrong side at 10 mm (3/8").

37



2,5-3

2,5-3

2,5-3

Topstitch the garment lower hem 7 mm (1/4") away from the edge. Press it.

38



2,5-3

2,5-3

2,5-3

Edgestitch the plackets 1 mm (1/4") in from the fold. Press it.

39



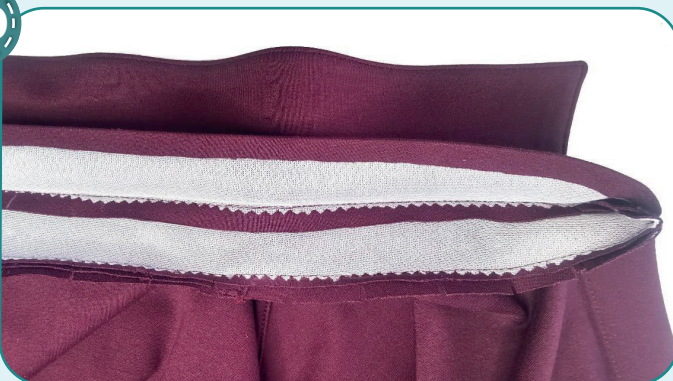
2,5-3

2,5-3

2,5-3

With right sides together, baste the outer collar stand to the garment neckline aligning the marks. Working from the collar stand, stitch the pieces a little to the left of the drawn line (closer to the collar).

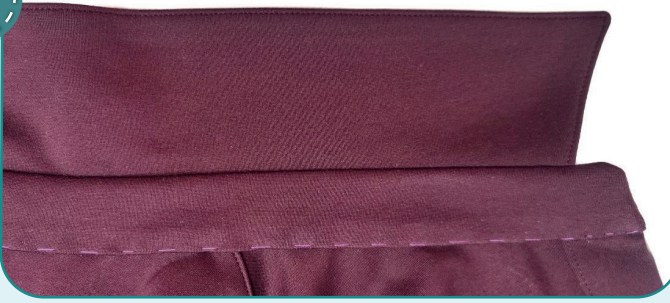
40



Trim away the outer collar stand seam allowances to 4-5 mm (3/16"). Slash the seam allowances every 15-20 mm (9/16-13/16") leaving 1 mm (1/16") before the stitching. Press the seam allowances flat towards the collar stand.



41

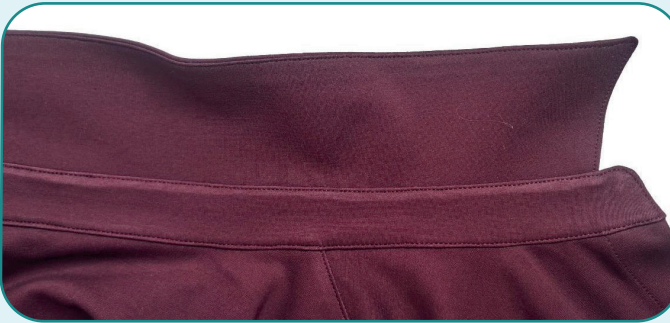


Hand-baste the inner collar stand to the neckline to have its edge overlapping the attaching seam.

42



Edgestitch the collar stand all around the perimeter 1 mm (1/16") in from the edge. Make sure the inner collar stand is also evenly stitched around the perimeter. Remove the basting stitches and press it.



43

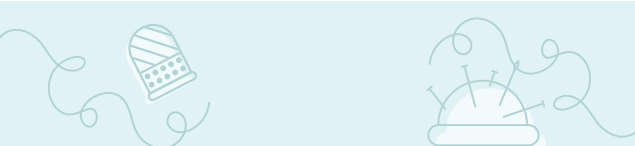


Press the cuffs long edge seam allowances to the wrong side at 10 mm (3/8"). Then press them in half.

44



Pin the cuff to the sleeve with right sides together, aligning the marks with the side seam and the split edge. Stitch the seam 10 mm (3/8") in from the edge.

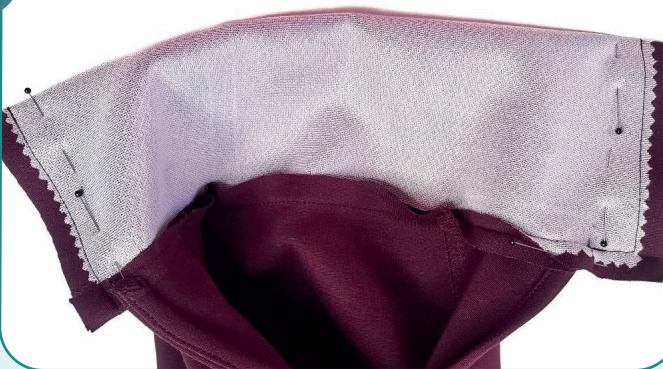


45



Trim the cuff seam allowance to 3 - 4 mm (1/8"). Press the seam allowances flat towards the cuff.

46



Fold the cuff in half, right side inside. Pin the short edges. Stitch the short edges 10 mm (3/8") in from the edge. Care to stitch the cuff edge (which is closer to the side seam) with L-stitch to have the seam end coinciding with the cuff attaching seam end. Trim the cuff seam allowances on the right side to 3 - 4 mm (1/8"). Trim the seam allowances corners.

47

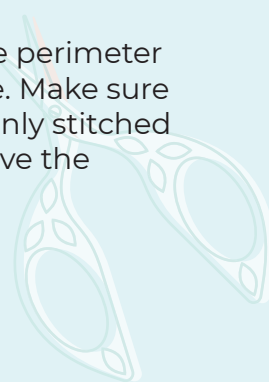


Turn the cuff out and press it. Hand-baste the cuff other long edge to have it overlapping the attaching seam.

48



Edgestitch the cuff along the perimeter 1 mm (1/16") in from the edge. Make sure the cuff inner part is also evenly stitched around the perimeter. Remove the basting stitches and press it.





49



Transfer the buttonhole placement marks from the pattern to the right dress front. Use the buttonholing presser foot to make the buttonholes with the size of the buttons prepared. Make the buttonholes with a seam ripper but care not to cut the seam threads. Press it. Transfer the marking for the buttons on the left front. Hand-stitch or use a sewing machine to sew the buttons.

50



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



ELINA PATYKOVA

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Dress Alone

Thank you for joining my
team and me!
Share your works in my
groups. Hope you will stay
with us for our next project!



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