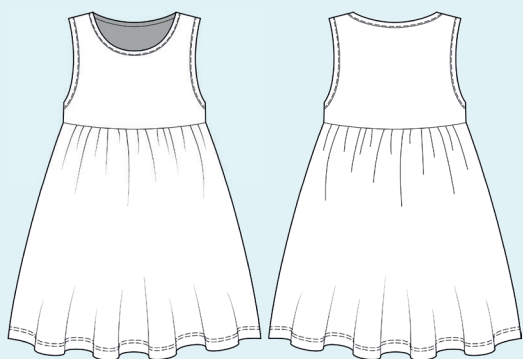


ELINA PATYKOVA  
ВЫКРОЙКИ

Instructions  
for sewing

## Sundress «Ice cream»

#патыкова\_мороженка



Skill level



## Materials and notions



- cotton lycra jersey
- matching thread
- Jersey 70-80 or Stretch 70-80 needles

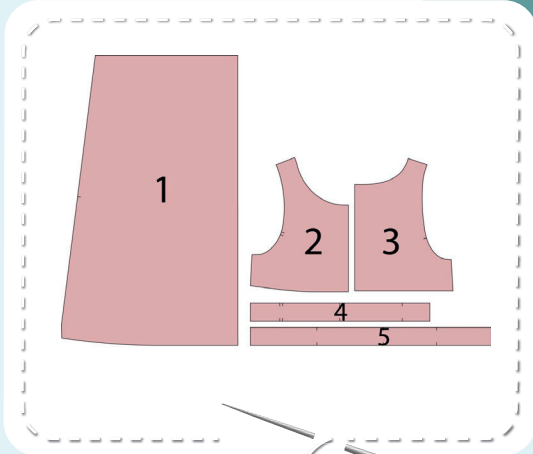
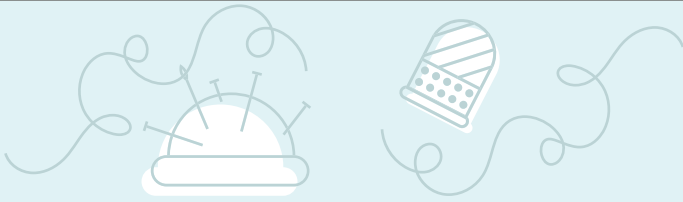
If you are not sure about the fit of the garment, it is recommended to sew a muslin with similar properties (elasticity, thickness, drape) first. This will allow you

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.  
Cutting layout: Print and glue all the paper patterns. When printing, do not forget to check the size of the test square. Place 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 outline. Note: seam allowances are already included. Transfer all the marks from the pattern onto the wrong side of your fabric.

# Cutting layout



## SUNDRESS PIECES:

- 1. skirt panel - cut 2 on the fold
- 2. front bodice - cut 1 on the fold
- 3. back bodice - cut 1 on the fold
- 4. arm binding - cut 2
- 5. neck binding - cut 1

## 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.



# Sundress construction



1



4



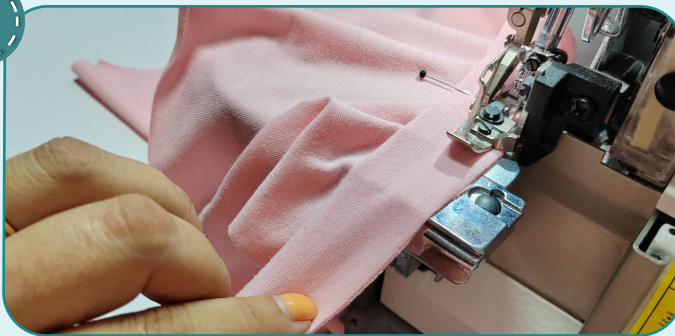
2,5-3,5



7

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

2



4



2,5-3,5



7

With right sides together, serge the neck binding to the bodice aligning the marks. While serging, stretch the neck binding evenly, but avoid stretching the neckline itself. Press the seam towards the binding.



3



Tuck the binding around the seam allowance. Hand-baste and iron it.

4



4



2,5-3



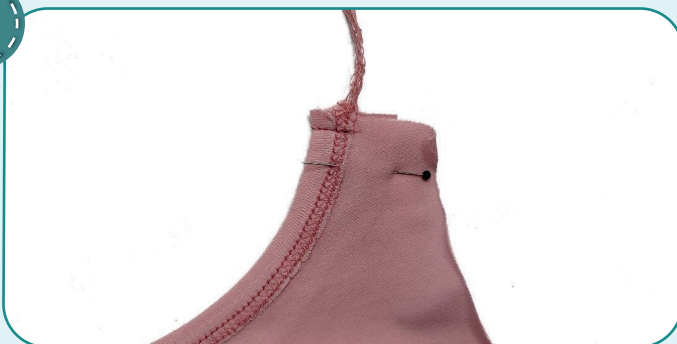
2,8

Working from the right side, coverstitch the binding with a narrow stitch 1 mm (1/16") away from the attaching seam. Make sure the binding is evenly stitched on the wrong side. Remove the basting stitches and press the seam.

## SUNDRESS CONSTRUCTION

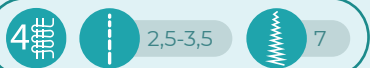


5



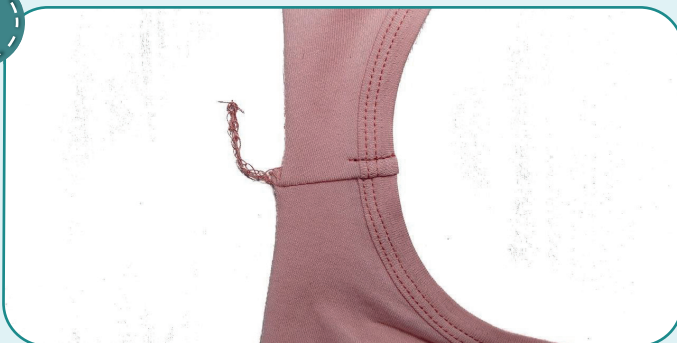
Pin the left shoulder seam with right sides together aligning the marks. To affix the edges, stitch about 10 mm (3/8") of the ends of the neck binding. Stitch the seam 7 mm (1/4") in from the edges.

6



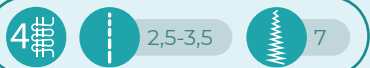
Serge the left shoulder seam. Tie the thread tails and hide them into the seam using a thick needle with a large eye. Press the seam allowance flat towards the front.

7



To affix the neckline seam allowance, stitch about 10 mm (3/8") along the shoulder seam.

8



With right sides together, serge the arm bindings to the bodice aligning the marks. While serging, stretch the arm bindings evenly, but avoid stretching the armholes themselves. Press the seams towards the arm bindings.

9



Hand-baste and then coverstitch the arm bindings with a narrow stitch 1 mm (1/16") away from the attaching seams. Make sure the arm bindings are evenly stitched on the wrong side. Remove the basting stitches and press the seams.

## SUNDRESS CONSTRUCTION



10



With right sides together, pin both bodice pieces along the side seams aligning the marks. To affix the edges, stitch about 10 mm (3/8") of the ends of the arm bindings. Stitch the seam 7 mm (1/4") in from the edges.

11



Serge the side seams. Tie the thread tails and hide them into the seams using a thick needle with a large eye. Press the seam allowances flat towards the front.

12



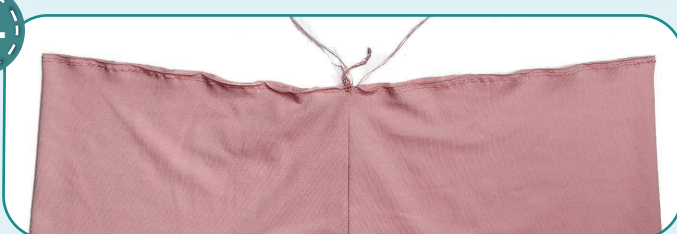
To affix the armhole seam allowance, stitch about 10 mm (3/8") along the side seam.

13



Pin the skirt panels along the side edges with right sides together. Serge them. Press the seam allowances flat towards the back.

14



Stitch two parallel seams along the skirt upper edges 4 mm (1/8") and 6 mm (1/4") in from the edge. Stitch both seams along one of the skirt panels (from one side seam to the other), then stitch both parallel seams along the other skirt panel. Set maximum stitch length (4-5 mm), do not bar tuck, leave the thread tails at least 50 mm (2") long.

## SUNDRESS CONSTRUCTION



15



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

16



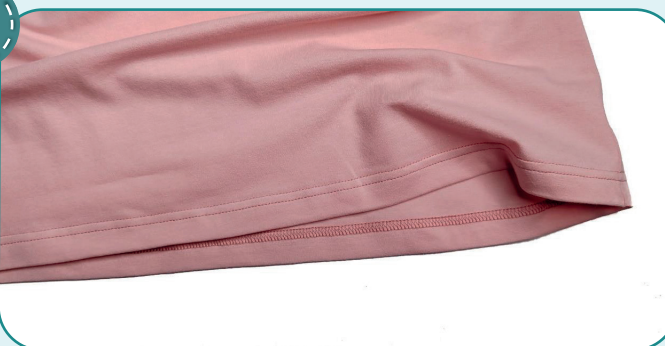
4

2,5-3,5

7

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

17



2,5-3

5,6

Fold the garment lower hem 20 mm (13/16") towards the wrong side and press it. You can hand-baste the edge. Coverstitch the lower hem. Tie the thread tails on the wrong side and hide them into the seam. Press the seam.

18



Remove the basting stitches, trim the thread tails, and press the garment. The sundress is ready.





ELINA PATYKOVA  
ВЫКРОЙКИ

## Sundress «Ice cream»

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

