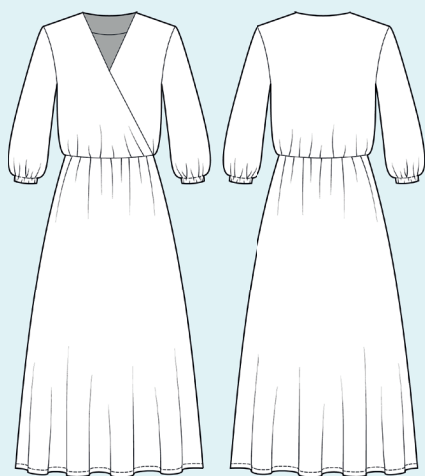


ELINA PATYKOVA  
ВЫКРОЙКИ

Instructions  
for sewing

## Staple Dress

#патыкова\_штапель



Skill level



# Materials and notions



- staple fabric
- fusible interfacing
- elastic 1 cm (3/8") wide
- elastic 2 cm (13/16") wide
- formband (a bias strip of fusible interfacing with a chain stitching along the center)
- matching thread
- Universal 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.

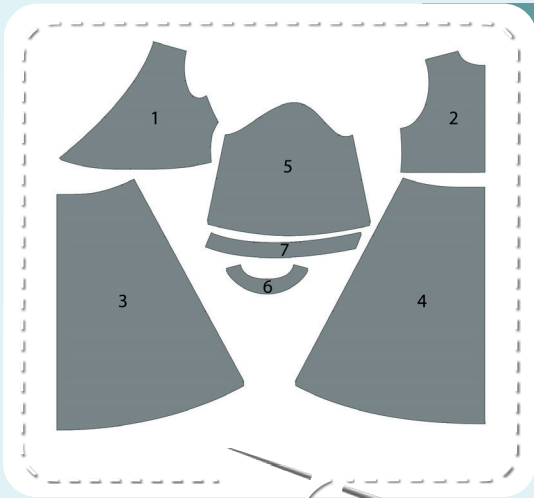


To find out how long a piece of fabric to take, you should place the pattern pieces onto the table, the floor or bedspread, pre-measured width equal to half the width of the selected fabric. Place the pieces, caring the direction of the grain line, their number, i.e., the way you will place them when 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 the paper patterns. When printing, do not forget to check the size of the test square. Lay 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.

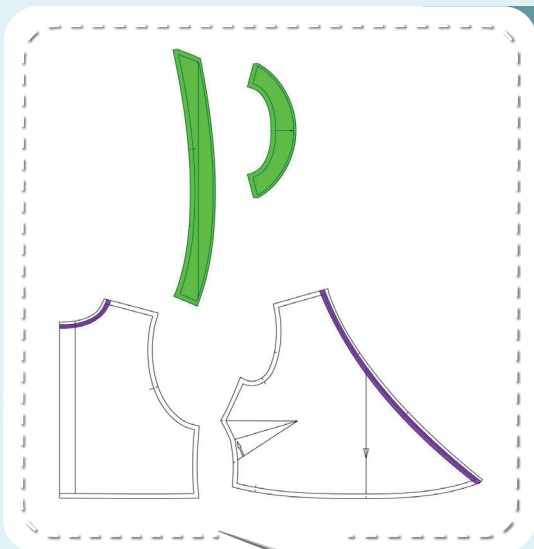


# Cutting layout



## DRESS PIECES:

1. front - cut 2
2. back - cut 1 on the fold
3. front skirt panel - cut 1 on the fold
4. back skirt panel - cut 1 on the fold
5. sleeve - cut 2
6. back neck facing - cut 1 (cut rough)
7. front neck facing - cut 2 (cut rough)



## PIECES TO INTERFACE:

- Green - fusible interfacing
  - front neck facings
  - back neck facing
- Purple - formband (a bias strip of fusible interfacing with a chain stitching along the center):
  - front and back necklines

# 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

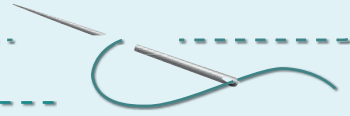
If you do not have a coverstitch machine, the flat seam can be performed with a) a twin needle on a sewing machine, b) decorative stretch seam on a sewing machine, c) finish the seams with serger and stitch them with a straight stitch.



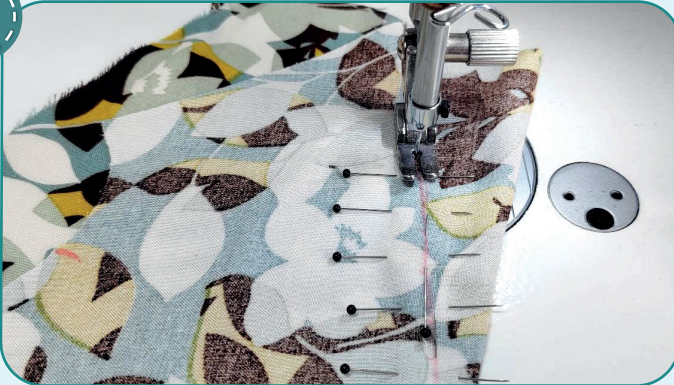




**NOTE.** If you lack experience, it is better to hand-baste before stitching.



5



Stitch the darts along the marking. Press the darts upwards.



6



Pin the fronts and the back along the shoulder edges with right sides together. Stitch them 10 mm (3/8") in from the edge.

7



Finish the edges with a 3-thread serger stitch. Press the seam allowances towards the fronts.

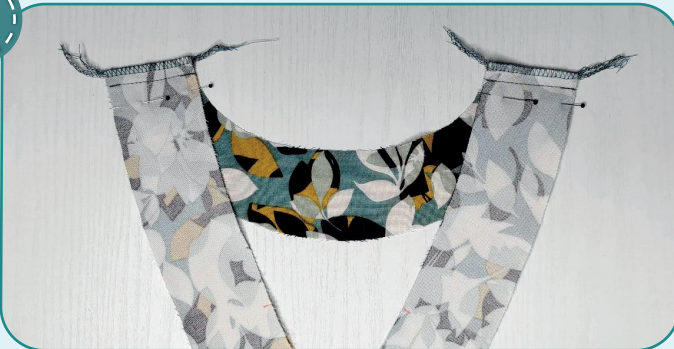


8



Finish all the facings shoulder edges with a 3-thread serger stitch. Press.

9



With right sides together, stitch the neck facings shoulder edges 10 mm (3/8") in from the edge. Press the seam allowances open.

10



Finish the facings outer edges with a serger. Press them.

11



With right sides together, pin the neck facing to the front and back neckline aligning the marks. Stitch the pieces 10 mm (3/8") in from the edge.

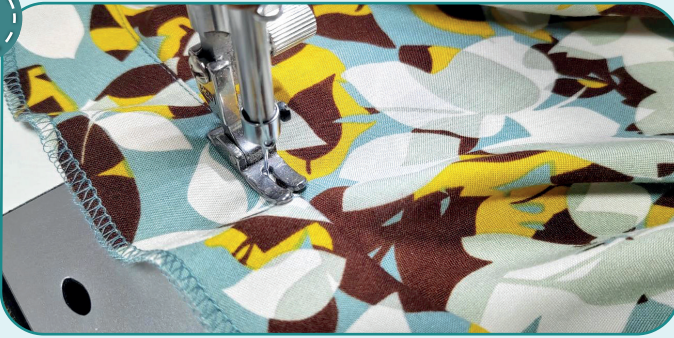
12



Slash the seam allowances every 10-20 mm (3/8 - 13/16") leaving 1 mm (1/16") before the stitching. Press the seam allowance towards the facing.



13

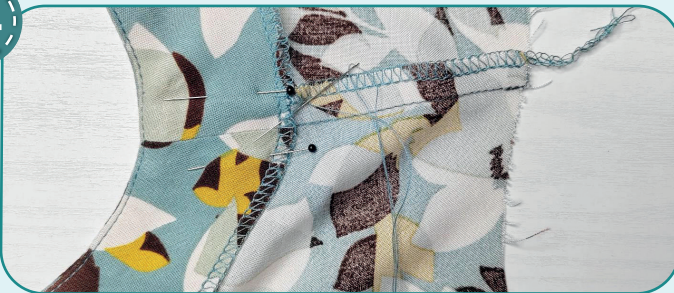


2,5-3

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



14



Hand-stitch the facing at the shoulder seams to affix it.

15



2,5-3

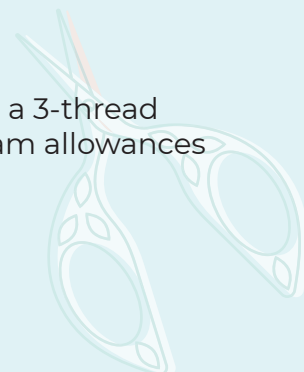
Pin the fronts and the back along the side edges with right sides together. Stitch the pieces 10 mm (3/8") in from the edge.

16



7

Finish the side edges with a 3-thread serger stitch. Press the seam allowances flat towards the back.







17



Work two rows of long stitches 6 mm (1/4") and 4 mm (1/8") in from the edge around the sleeve cap. Set maximum stitch length at 4-5 mm (3/16"), do not backstitch and leave the thread tails at least 3 cm (1 3/16") long at both sides of the seams.

18



Pin the sleeve along the side edges with right side inside. Stitch it 10 mm (3/8") in from the edge.

19



Finish the edges with a 3-thread serger stitch. Press the seam allowances towards the front.

20



Pin the sleeve to the armhole with right sides together. Align the side seams and the check marks. Now we see some excess fabric along the sleeve head edge. 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 at the ends of the seams. Evenly spread the folds along the sleeve cap, so that no crease marks are formed. Baste along the sleeve cap.

21



Stitch the sleeve into the armhole 10 mm (3/8") in from the edge. Stitch from the sleeve side, caring there aren't folds formed along the sleeve cap.



22



Finish the seam allowances with a serger. The seam is pressed on the edge. Repeat the process for the other sleeve (steps 17-22).

23



Pin the front pieces with each other aligning the marks and the centers. Place the right front atop the left one. Stitch the pieces 5 mm (3/16") in from the edge.

24



Pin the front and back skirt panels along the side edges with right sides together. Stitch the pieces 10 mm (3/8") in from the edge.

25

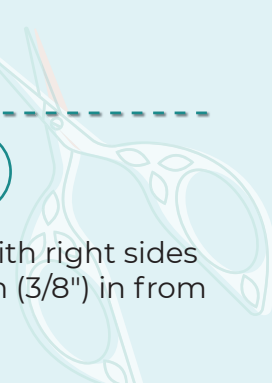


Finish the side edges with a 3-thread serger stitch. Press the seam allowances flat towards the back.

26



Pin the bodice to the skirt with right sides together. Stitch them 10 mm (3/8") in from the edge.





27



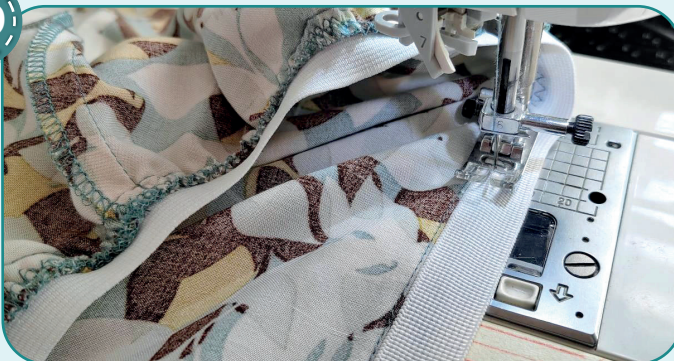
Finish the edges with a 3-thread serger stitch. Press the seam allowances down.

28

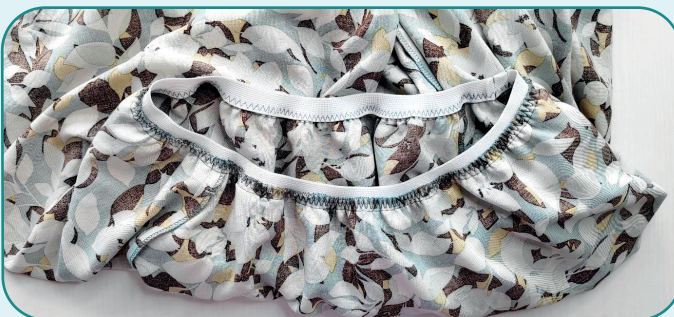


Cut the elastic 20 mm (13/16") wide, with the length, indicated on the front pattern. Stitch the ends of the elastic in a ring. Divide the elastic in quarters and pin at the marks. Place the elastic around the garment aligning the marks on the elastic with the side seams and the center marks on the garment and pin at these marks. To avoid bulk, do not align the seam on the elastic with the garment side seams.

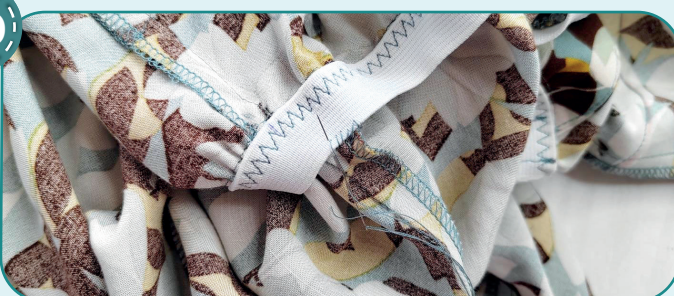
29



Align one edge of the elastic with the skirt and bodice joining seam. Working from the bodice side, stitch the elastic onto the seam allowances with a zigzag stitch or a 3-step zigzag seam finishing stitch.



30

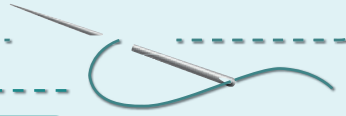


Hand stitch the elastic at the side seams to affix them.





**NOTE.** It is recommended to try it on, check the fit, length and ease. When trying the garment, consider the garment lower hem and the sleeve lower hem seam allowances width. Make sure that the elastic is comfortable to wear.



31



Finish the sleeve lower hem with a serger.



32



Fold the sleeve lower hem 15 mm (9/16") to the wrong side. Pin or hand-baste and then press it. Topstitch the lower hem 12 mm (1/2") in from the edge. Leave an opening for the elastic about 25 mm (1") long. Press it.

33



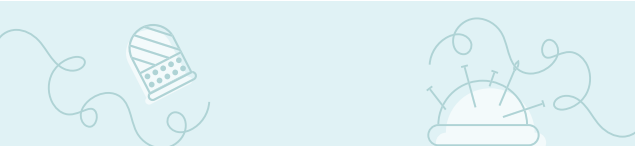
Cut the elastic 10 mm (3/8") wide, with the length, indicated on the sleeve pattern. Thread it through the opening with a safety pin or a bodkin.

34



Stitch the ends of the elastic in a ring. Evenly spread the elastic along the sleeve hem.





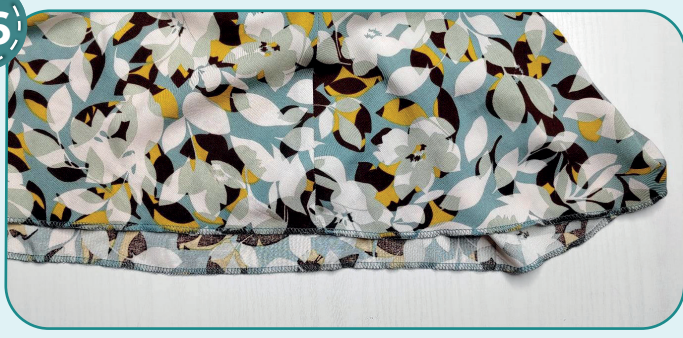
35



2,5-3

Stitch up the opening, stretching the elastic and moving the folds. Repeat the process for the opposite sleeve (steps 31-35).

36



3-4
 
 7

Finish the garment lower hem with a serger.

37



2,5-3

Press the dress lower hem 15 mm (9/16") to the wrong side. Pin or hand-baste the fold. Topstitch the lower hem 12 mm (1/2") in from the edge. Press the seam.

38



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



ELINA PATYKOVA  
ВЫКРОЙКИ

## Staple Dress

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

