

## Sewing Pattern #3440804

**Dress - Semi-fitted - Micro length - Regular V wrap - Jacket style collar with rounded lapel - No front closure - Dress without waist seam - No waist seam, 6-panel skirt - Princess front seam: upper armhole to waist - Back princess seam upper armhole to waist - 2-seam sleeve, full length**

### Note on seam allowances:

- If the pattern has double contour the seam allowances are included.
- If the pattern has single contour, the seam allowances are NOT included and need to be added when laying out the pattern.

### Note on length of fabric:

Attention! The amount of fabric needed for your pattern is not included. It will depend on the selected pattern size, the width, and design of the fabric you plan to use. You are welcome to use the Online Fabric Estimator to make calculations. Alternatively, print all the paper patterns and lay them out at the width of fabric you plan to use (usually from 90 to 150 cm). Measure how much fabric you will need. Don't forget to account for pieces that need to be cut multiple times and pieces that are cut on the fold.



### PRINTING:

Please use Adobe Reader software to open your PDF pattern. You can get Adobe Reader free of charge at this link - <https://get.adobe.com/reader/>.

Make sure you print your patterns at actual size (100%% scale or None) and on single sides of plain A4 paper. Verify that the print out size is to the correct scale by measuring the test square on the first page. The upper edge of the square features a centimeter scale, and the bottom edge features an inch scale.

Trim top and/or right margin of the pages where you see the scissors symbols. In the center of each page, the number of row and column is printed, separated by / sign. Construct layout pages according to these marks (for example, page marked 2/3 is in the second row and in the third column). Align pages using margins and tape or glue together.

### CUTTING:

#### Note on cutting:

Lay out your pieces according to straight of grain as marked on the pattern pieces.

Some pieces will be cut on the fold, the corresponding edge will then be marked with a fold mark. Kindly pay attention to notes regarding type of fabric and quantity of required pieces on a block. For example, [ Main, Interfacing - cut 1+1 ] on a pattern piece means that you need to cut 1 piece as is and 1 mirrored piece from the main fabric as well as from interfacing.

Make sure to mark all notches and other design features such as pleats etc. from the pattern piece onto your fabric. When sewing the garment, pay attention to notches, they must match up.

\* The capital letters in brackets correspond to pattern blocks as seen in Online Fabric Estimator and in pattern blocks preview on the right.

## INSTRUCTIONS:

### 1. Recommended fabric for your sewing pattern:

- **Linen:** A breathable and lightweight fabric (weight: light to medium) that drapes beautifully, perfect for creating comfortable and semi-fitted garments.
- **Cotton Poplin:** A smooth and versatile fabric (weight: light to medium) with a slight crispness, ideal for semi-fitted dresses and tops with a classic look.
- **Rayon Challis:** Soft and drapey (weight: light), rayon challis offers a lovely flow for semi-fitted garments with a relaxed feel.
- **Cotton Lawn:** A lightweight and breathable fabric (weight: light) with a smooth surface, great for creating comfortable and semi-fitted summer dresses and tops.
- **Chambray:** Similar to denim but with a lighter weight (weight: light to medium), chambray provides a casual yet polished look for semi-fitted styles.
- **Light-weight Denim:** A versatile option (weight: light to medium) that adds a touch of casual elegance to semi-fitted dresses and tops, perfect for everyday wear.
- **Polyester Blends:** Woven fabrics with small to medium stretchiness and limited give (weight: light to medium), ideal for creating semi-fitted garments with a polished appearance.
- **Crepe:** With its subtle texture and drape (weight: light to medium), crepe is an excellent choice for semi-fitted garments with a touch of elegance.
- **Silk Habotai:** Soft and smooth (weight: light), silk habotai adds a luxurious feel to semi-fitted dresses and tops.
- **Tencel Twill:** Eco-friendly and breathable (weight: light to medium), Tencel twill is perfect for creating semi-fitted garments with a modern touch.
- **Cotton Sateen:** With a slight sheen and soft touch (weight: light to medium), cotton sateen works well for semi-fitted dresses and tops with a polished appearance.

Remember to consider the pattern's style elements and the ease allowance while selecting the fabric. These woven fabrics, including polyester blends and light-weight denim, will ensure comfortable and stylish semi-fitted garments for various occasions. Happy sewing!

### 2. Preparing the Fabric:

**a. Prewash the Fabric:**

- Before starting your sewing project, it's essential to prewash the fabric to remove any sizing or shrinkage.
- Follow the fabric's care instructions for washing and drying.

**b. Dry and Iron:**

- After prewashing, dry the fabric according to the care instructions.
- Once dry, iron the fabric to remove any wrinkles and ensure it's smooth and flat.

**c. Check Fabric Edges and Salvage Edge:**

- Examine the edges of the fabric piece to ensure they are even and not cut in a slanted line.
- If the fabric is cut at an angle, take this into account when calculating the yardage needed.
- Do not include the salvage edge (the rough edge) into the calculations, as it may affect the look of the garment.

**d. Use the Online Yardage Tool at Sewist.com:**

- Visit Sewist.com and use the [online yardage tool](#) to estimate the amount of fabric required for your sewing pattern.
- Input the necessary measurements and details to get an accurate yardage estimate.

**e. Check Sewing Pattern Instructions:**

- Review the sewing pattern instructions to determine the number of fabric pieces to cut and if any of them need to be cut on the fold.
- Take note of any seam allowances on the edge of the fold line. If the seam allowance extends beyond the fold line, ignore it.

**f. Language Options:**

- If you need the sewing pattern instructions in German, French, Spanish, Italian, or Russian, you can download them from the sewing pattern page at Sewist.com.
- Simply go to the gallery, type in the design number, and proceed to the sewing pattern page.

**g. Choose Your Cutting Method:**

1. (Option 1)

- Print out the sewing pattern and tape the pages together to create the pattern pieces.
- Place the sewing pattern pieces on the fabric and use weights to keep them from shifting.
- Consider marking the outlines with a water-soluble or heat-erasable marker, transferring all marks and notches, and paying attention to the width of the seam allowances.

2. (Option 2)

- If you have an iPhone, you can use the augmented reality sewing pattern with the VectAR app.
- Download the app and print out the marker page, then follow the manual at [Sewist.com - VectAR Manual](#) to use the AR sewing pattern.

### 3. FUSIBLE INTERFACING

#### Applying Fusible Interfacing:

- a. Follow the Cutting instructions to determine the size and shape of the fusible interfacing needed.
- b. Prepare your work area by laying out the main fabric on the ironing board, with the wrong side facing up.
- c. Take the fusible interfacing and place it on top of the fabric, ensuring the adhesive side faces down.
- d. To protect the fabric, position a pressing cloth over the interfacing.
- e. Apply the fusible interfacing in manageable stages, focusing on one area at a time.
- f. With the iron held over the fabric, maintain a steady position for approximately 10 seconds.
- g. Keep the iron still during this time to prevent any movement of the fabric layers.
- h. Lift the iron and move on to the next area, repeating the process until all sections are covered.

- i. Allow the fused interfacing to cool down a bit before proceeding to the next step.

### Applying Fusible Interfacing to Shoulder Edges:

- a. Cut a strap of fusible interfacing on bias, approximately 1.5 cm or 1/2 inch wide.
- b. From the wrong side of the main fabric, place the interfacing strip along the shoulder edges of the Front and Back pieces.
- c. This step helps stabilize and reinforce the edges, ensuring durability and shape retention.
- d. Refer to the *Figure on the right* for visual guidance.



4. Sew Side Backs to Center Backs. Clip into the seam allowance along the curve. Serge the seams and press apart or towards the center. Treat as one piece (Back Bodices) in the future.

For example:



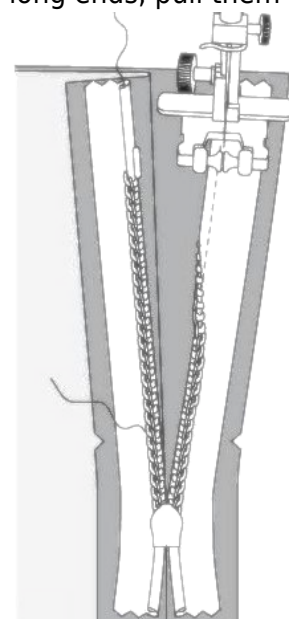
5. Sew Side Fronts to Center Front. Clip into the seam allowance along the curve. Serge the seams and press apart or towards the center. Treat as one piece (Front Bodice) in the future.

For example:



## 6. CENTER BACK ZIPPER

- Fold under the seam allowances along the center back seam. Push them down with your hand, but do not press them.
- Open the dress zipper. Put it down onto the center back edge, right sides together. The teeth of the zipper should be matched with the center back of the garment. The edge of the zipper tape is directed towards the edge of the seam allowance.
- Line up the upper end of the zipper 1mm lower than the marked stitch line of the neckline edge (not the edge of the seam allowance of the neckline) and baste the zipper tape to the seam allowance of center back. Do not baste through both layers of the main fabric, but to the seam allowance only. It is best to baste with slanted stitches at the center of the zipper tape. Baste both the left and the right sides of the zipper, from the upper edge downwards.
- Install the invisible zipper foot.
- Push down the teeth of the left side of the zipper with the nail of your index finger, and thread them into the special groove of the zipper foot. Make sure to uncurl the spiral of the zipper with your nail a bit, so that you can see the future stitch line. Adjust the position of the needle and stitch the zipper close to teeth. Make sure that the stitch line is exactly at the center back line. Stop at 2 cm from the slider. Leave long ends, pull them to the wrong side, tie a knot and cut thread. (See Figure 1)
- Repeat for the right side of the zipper. Start stitching at the top and proceed downwards toward the hem. You may need to readjust the position of the needle depending on your zipper foot. (See Figure 2)
- Close the zipper.
- Baste the center back seam, folding away the lower end of the zipper, so that you can baste it up to the stitch line of the zipper.
- Install the zipper foot. Sew the center back seam from the lower edge (or the vent upper corner, if there's a vent) and stitch as closely as you can to the end of the zipper.
- Remove baste stitches. Slipstitch the base of the opening for zipper. Press the seam apart, pressing the opening for the zipper at the same time.



## 7. JACKET STYLE COLLAR

- Pin upper collar to lower collar and sew the corners and the fall (the outer edge of the collar). Start and stop sewing exactly at the T-notch that marks the position of the seam between the collar and the garment. Trim away corners, clip into the seam allowances near the T-notch. Turn the collar right side out, straighten and press.
- Pin back neckline facing to center front facing along the shoulder seams. Sew and press apart.

- Place the Center Front Facing onto Front, right sides together, pin together and sew along the center front edge. Sew upwards up to the T-notch marking the end of the collar seam. Trim away corners. Topstitch seam allowance along center front edge: (1) onto center front facing along the closure, and (2) onto front along the part, which is folded away when the collar is ready. Place stitch line at 0,2 cm from the seam. Turn center front facings onto the wrong side and straighten the seams.

- Pin the lower collar to the neckline of the Front and the Back, matching the edge of the collar with the T-notch, and matching the marks for shoulder seams and center back seam correspondingly. Sew.

- Pin the upper collar into the neckline of back facing and center front facing. matching the edge of the collar with the T-notch, and matching the marks for shoulder seams and center back seam correspondingly. Sew.

- Press the seam allowances of the collar seam apart, and slipstitch them together close to the seam.

8. Sew the sleeve seams. Serge and press towards lower sleeve.

## 9. HEM FINISHING

- Serge Hem** Using a serger or overlock machine, serge the raw edge of the hem to prevent fraying.
- Turn Under and Press:** Turn the serged edge of the hem towards the wrong side of the fabric. Press the folded hem in place with an iron to create a crisp edge.
- Topstitch or Slip Stitch:** Choose your desired finishing method:
  - Topstitch:** Sew a straight stitch along the folded edge of the hem, securing it in place.
  - Slip Stitch:** Use a hand sewing needle and matching thread to invisibly stitch the folded hem to the main fabric.

## 10. SLEEVE FINISHING

- Serge the Lower Edge:** Use a serger to finish the lower edge of the sleeves for a clean look.
- Turn Under and Press:** Turn under the serged edge and press it to create a neat fold.
- Topstitch or Slip Stitch:** Choose your preferred method and either topstitch or slip stitch the folded edge in place.

## 11. SEWING IN SLEEVES

- Prepare the Sleeves:** Ensure that you have the right and left sleeves ready, with their right sides facing out.
- Insert the Sleeves:**
  - Start by inserting the sleeve directly into the armhole, aligning the mark at the top of the sleeve cap with the shoulder seam. This is a key reference point.
  - Thread the sleeve into the armhole, adjusting the fabric as needed to fit smoothly.
- Align Notches:** Match the notches on the sleeve cap with the corresponding notches on the back armhole, front armhole, and the shoulder seam of the garment. These notches help ensure proper placement.
- Pin the Sleeves:** Once the sleeve is inserted and aligned properly, secure it by pinning. Begin with the top of the sleeve cap at the shoulder seam and then continue pinning around the armhole, distributing any ease evenly.
- Sew the Sleeves into Armholes:**

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- Using a sewing machine or hand-sewing, stitch along the pinned edge, ensuring that the sleeve fabric is on top and not the armhole part of the garment. Be cautious and follow the alignment created by the pins. Maintain a consistent seam allowance.
  - After sewing, serge the seam to prevent fraying.
  - If necessary, make small snips into the seam allowances along the curves to allow the fabric to lie flat and reduce bulk.
6. **Press the Seam Allowances:** After serging and snipping, press the seam allowances gently towards the sleeves. This helps achieve a neat and polished finish while ensuring the seams lay flat.

## TECHNICAL DRAWING:

