

## Sewing Pattern #4214788

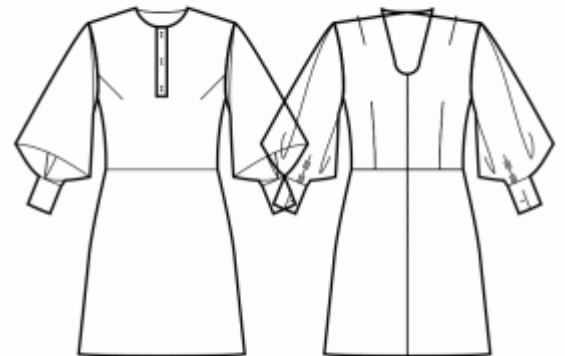
**Dress - Semi-fitted - Above knee length - Regular armholes - Tight neckline - No collar - Polo button placket - Dress with waist seam - Waist seam, A-line skirt - All front darts transferred to armhole - Back design: Sewist ♥ exclusive - Back teardrop neckline - Shirt sleeve with a folded opening**

### 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.

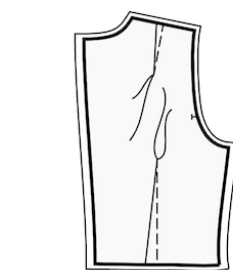
### Applying Fusible Interfacing to Shoulder Edges:

- 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 darts on Front pieces. Start from the edge of the fabric, and stitch towards the dart corner, using a narrow stitch. Do not backstitch, leave long threads and tie a knot. Cut bulk off of 1 cm, if desired, and serge the raw edge. Press towards top.

5. Sew darts on Back pieces. Start from the edge of the fabric, and stitch towards the dart corner, using a narrow stitch. Do not backstitch, leave long threads and tie a knot. Press bulk of darts towards center back (see Figure in the right).



6. Serge slanted edge of Upper Back, fold under and topstitch. Pin Upper back to Lower back from armhole edge to mark, and sew. Start and stop stitching exactly at the notch. Serge, press towards bottom. Topstitch at 0.5 cm from the seam. Sew a hook and eye to the corners of the back neckline.

### 7. Assembling Front Bodice and Front Skirt:

- a. Place the Front Bodice and Front Skirt pieces together with *right sides facing* each other. Match the side seams and pin them in place.
- b. Align the center front lines of both pieces and pin them together. Ensure the darts and notches line up correctly.
- c. For precise alignment and to prevent fabric shifting, consider *basting* the seam before stitching. Use a contrasting thread to make the basting stitches easily visible.
- d. *Stitch* the pieces together along the pinned seam, using a straight stitch. *Backstitch* at the beginning and end for added durability.
- e. *Serge* the seam allowances to finish the edges neatly.
- f. *Press* the seam allowances towards the top to flatten and set the seam.
- g. Treat the assembled Front Bodice and Front Skirt as one Front piece for further construction.

*Kindly note that the example below may showcase a slightly different pattern design, but the overall concept remains the same.*



8. Place the right Back Bodice and right Back Skirt together with right sides together, matching the side seams. Pin the bodice to the skirt, matching the darts/notches. Consider basting the seam first to be sure the seams match up perfectly and to prevent any shifting of fabric when stitching. Stitch together. Serge the seam allowances, and press them towards top. Repeat for the left Back Bodice and Left Back Skirt. Treat as whole Back pieces in the future.

9. Sew shoulder seams. Serge and press towards back.



## 10. NECKLINE FACING

- Sew shoulder seams of neckline facings. Press seam apart and serge.



- Serge outer edge of facings.

- Pin facing onto Shell right sides together, adjusting neckline edges. Fold the facing away all the way along EXCEPT for the area 5 mm from the edge of dress zipper (or center back edge if the back has an opening) and pin it to upper edge of garment. Fold seam allowances along zipper ((or center back edge) onto right side and pin to neckline on top of facings.

- Sew the neckline. Clip into curves, trim the corners, turn pieces right side out and press.

- Slipstitch facing to seam allowances of shoulder seam on Shell. Slipstitch facing to zipper tape, or the seam allowances along the center back edge, in case the back has an opening at the top.



11. Slash slit on sleeve along the marked line. Stop at 1 cm from the end. (Figure 1)

Cut bias tape from main fabric (or take ready), its width should equal 4 cm and length should equal two lengths of slit + 4 cm. You may also use a ready bias tape.

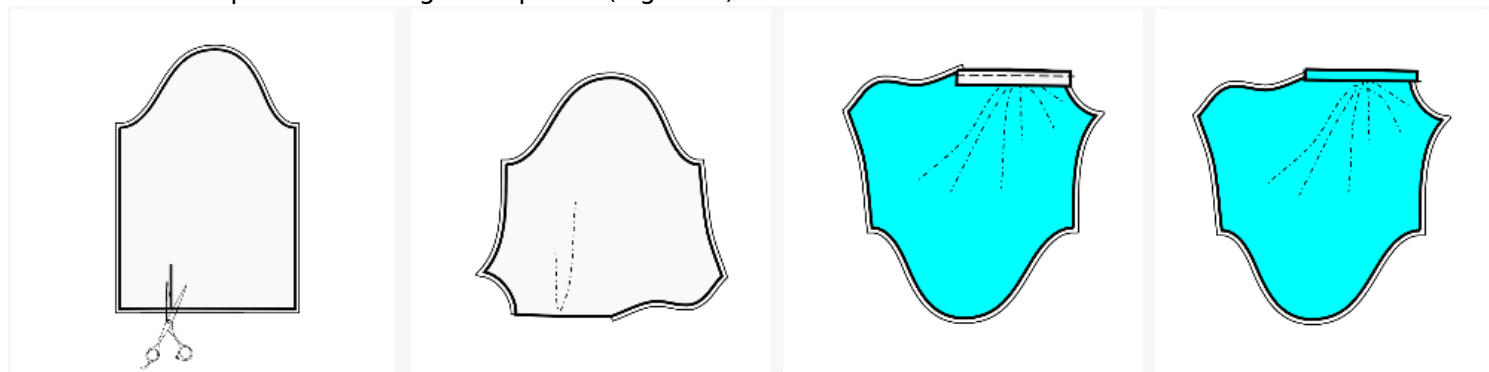
Spread the slit so that it forms a straight line. (Figure 2)

Sew bias tape to slit of sleeve:

- Pin bias tape to the slit edge from the right side. The longer edge of the bias tape matches the edge of the slit. Baste the bias tape in place.

- Sew at 5-7 mm from the edge up to the slit corner. Stop the sewing machine, leave the needle in fabric. Raise the foot, straighten the slit, lower the foot, and then continue sewing. (Figure 3)

- Fold the bias tape towards edge and press. (Figure 4)



- Trim the seam allowance of the slit to 3-5 mm. Trim the bias tape to 1-1.2 cm. These recommendations are valid for natural/mixed woven thin and well draping fabrics, suitable for blouses.

- Fold bias tape onto the wrong side. Fold under the inner edge, and baste. (Figure 5)

- Stitch in the ditch from the right side, into the first seam of the bias tape, connecting the inner side of the bias tape to the fabric. The ready trimming is approximately 4 mm wide. (Figure 6)

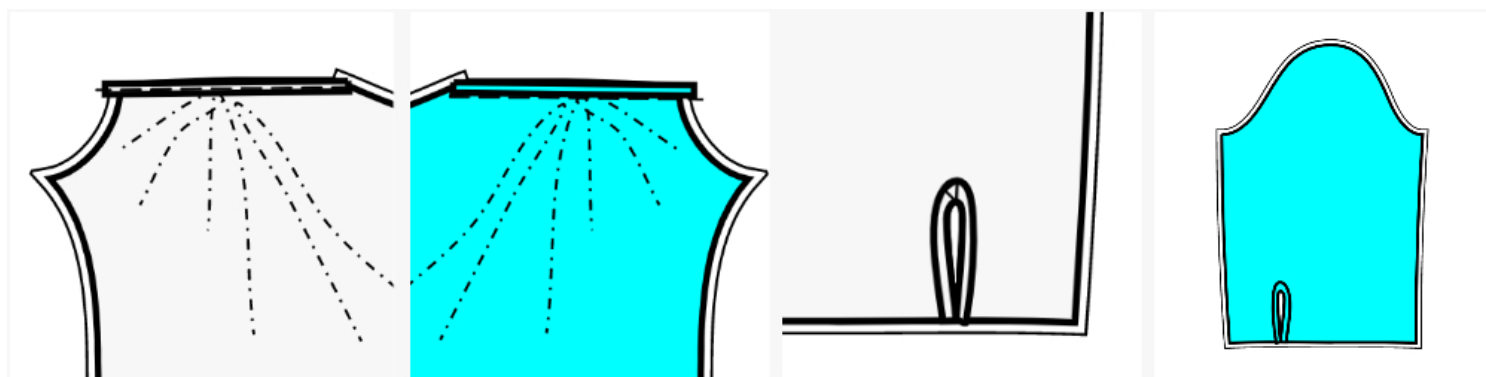
- Match the sides of the slit, and fold the sleeve right sides together along the slit line.

- Sew the corner of the trimming by a slanted stitch, like a small dart.

- On the wrong side, press the corner of the 'dart' towards one side and slipstitch it in place. (Figure 7)

- The ready slit is shown in Figure 8.





## 12. Polo placket with buttons

Pin the plackets in half lengthwise and serge the longer edge and one shorter edge. Make buttonholes on one of the plackets according to the markings.

Pin the placket onto front, right sides together. The placket should be closer to center front than the marking on the front by the width of seam allowance. The bottom edge should be below the bottom line of the marking on the front by the width of seam allowance. Stitch from the top exactly up to the corner of the marking on the front.

Cut the opening on the front following the smaller inner rectangle. Slash diagonally into the bottom corners, stopping at 1 mm from the corner (do not cut the plackets).

Fold under the bottom seam allowance of the placket area on the front and press. Thread in the plackets, so that their ends are on the wrong side of the Front. Make sure that the placket with the buttonholes lies on top.

Baste the plackets together so that they don't shift. Sew a double fixing stitch at the bottom of the placket area, thus fixing the ends of the placket on the wrong side.

Optionally sew a decorative stitch line along the longer edge of the plackets.

Sew on buttons on the lower placket according to the upper placket.

13. Serge the straight area along the lower edge of the sleeve, between the dashed lines. Turn under, press and topstitch or slip stitch as desired. Make and baste the pleats according to the dashed lines and to the technical drawing. Slipstitch 3-4 cm along the inner fold at the sleeve cap.

## 14. Garment Assembly

1. **Aligning Right Sides and Pinning:** Carefully place the Back piece onto the Front piece, right sides together. Take your time to align the following elements for a proper fit: the armholes, the lower edge of the sleeve, the waist seam, and the hem of the garment. Once aligned, use pins to secure them in place. Pins will help keep everything in order.
2. **Side Seam Stitching:** Commence stitching from the armhole corner, sewing a straight line down to the hem of the garment. This seam forms the side of your dress. Proceed deliberately, removing pins as you sew. Remember to begin and end your seam with a few backstitches to secure it.

3. **Sleeve Seam Sewing:** Transition to the sleeve section. Stitch a straight line from the armhole down to the lower edge of the sleeve. This creates the sleeve seam. Once again, take your time and remove pins as you progress. Ensure that you commence and conclude your seam with backstitches.
4. **Seam Finishing and Pressing:** After completing the stitching, it's important to finish the raw edges of the fabric to prevent fraying. You can accomplish this using a serger or by employing a zigzag stitch on your sewing machine. Subsequently, press the seams towards the back of the garment or the back part of the sleeve.

## 15. Attaching Cuffs to Sleeves

1. **Fold the Cuff in Half:** Take the cuff and fold it in half lengthwise, right sides together. Pin or use clips to hold the fabric together.
2. **Sew the Short Sides:** Sew the short sides of the cuff together, starting right at the line where the cuff and sleeve meet. Remember to backstitch at the beginning and end to secure the seam.
3. **Turn the Cuff Right Side Out:** Trim away the corners of the seam allowances at about 1 mm from the seam, so that when you turn the cuff right side out, there are no bulky untidy corners. Gently turn the cuff right side out, pushing out the corners to make them neat. Press the cuff with an iron to flatten it.
4. **Attach the Cuff to the Sleeve:** Place the outer side of the cuff onto the lower edge of the sleeve, matching the edges carefully. You can either pin or baste the cuff to the sleeve to hold it securely in place. Then, sew the cuff to the sleeve with a straight stitch.
5. **Fold and Stitch the Inner Side:** Fold the inner side of the cuff towards the inside of the sleeve to enclose the raw edges. The fold should cover the seam by 1-2 mm. It is advisable to baste this area so that the layers of fabric don't shift when you stitch. From the right side of the cuff, stitch along the seam between the cuff and the sleeve to secure the folded edge in place.
6. **Create Buttonholes and Attach Buttons:** Make buttonholes and sew buttons on the opposite side of the cuff, aligning them with the buttonholes.

## 16. HEM FINISHING

- a. **Serge Hem** Using a serger or overlock machine, serge the raw edge of the hem to prevent fraying.
- b. **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.
- c. **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.

## TECHNICAL DRAWING:



