

## Sewing Pattern #4118821

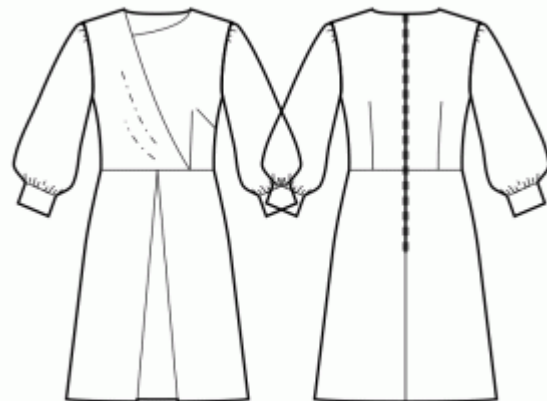
**Dress - Semi-fitted - Below knee length - Creative dresses with set-in sleeves - Waist seam, A-line skirt with center pleat - Gathers, wraps and twists - Asymmetrical wrap with fly piece - Back waist dart - Long sleeve gathered at standard cuff and at cap**

### 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. Apply fusible interfacing according to the Cutting instructions. Lay out your main fabric on the ironing board with the wrong side of the fabric up. Place the interfacing on top with the adhesive facing down. Place a pressing cloth over the top. Apply fusible interfacing in stages, covering a certain area at a time. Hold the iron over the fabric for about 10 seconds. Keep the iron still so that the fabric layers don't move around. Lift the iron and proceed to the next area. Leave it to cool a little before moving onto the next stage.
- 4. Stitch bust 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. Press the bulk of bust darts towards top.
- 5. Sew waist darts on Front pieces. Cut bulk off of 1 cm, if desired, serge and press towards center.

## 6. FRONT BODICE WITH WRAP EFFECT

- Serge the outer edges of front facings.
- Pin Left Front Facing to Left Front right sides together and sew the neckline. Clip seam allowances, fold facing onto wrong side and press.
- Serge the right edge of the Right Front piece. Fold away along the marked line of the fold onto wrong side, press. You may hem the edge if desired.
- Pin Right Front onto Left Front, right side up, and baste together along the side edge, the lower edge, and the armhole edge.

7. Sew waist darts on Back pieces if these are present on your sewing pattern. 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).

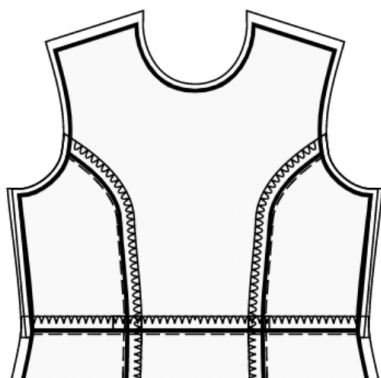


8. Make box pleat on Front Skirt and baste it 5-7 cm down from the waistline.

## 9. 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.*



10. 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.

11. Serge the central back edges separately.

## 12. CENTER BACK ZIPPER

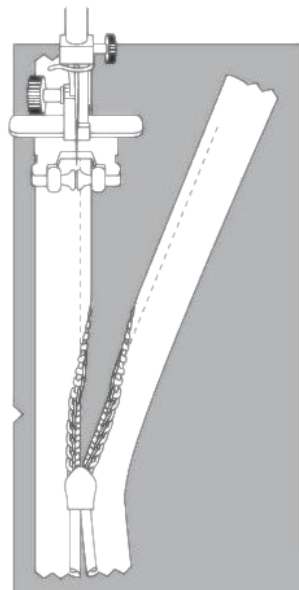
- Fold under the seam allowances along the center back seam. Push them down with your hand, but do not press them.

- 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.



13. 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.

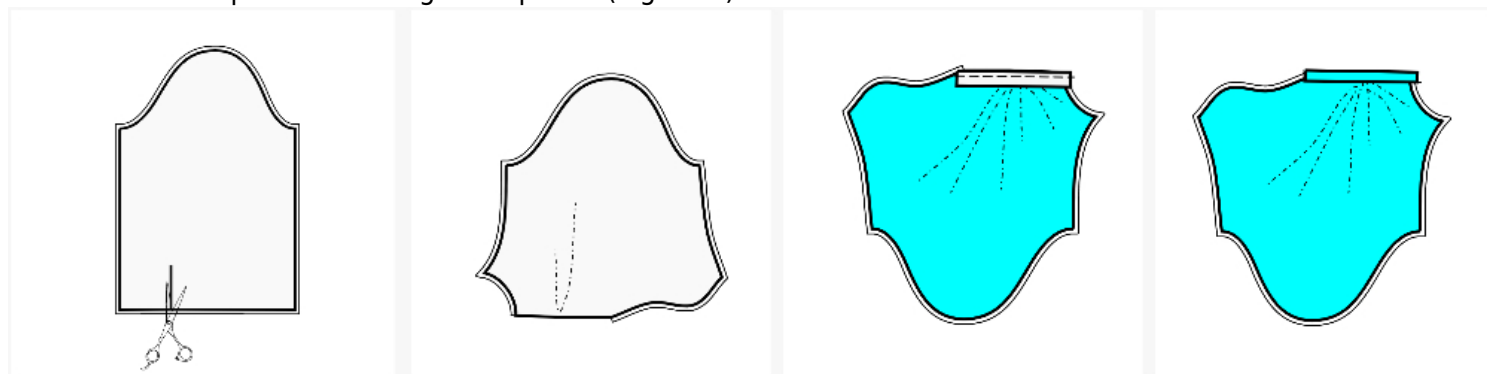
Spread the slit so that it forms a straight line. (Figure 2)

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)

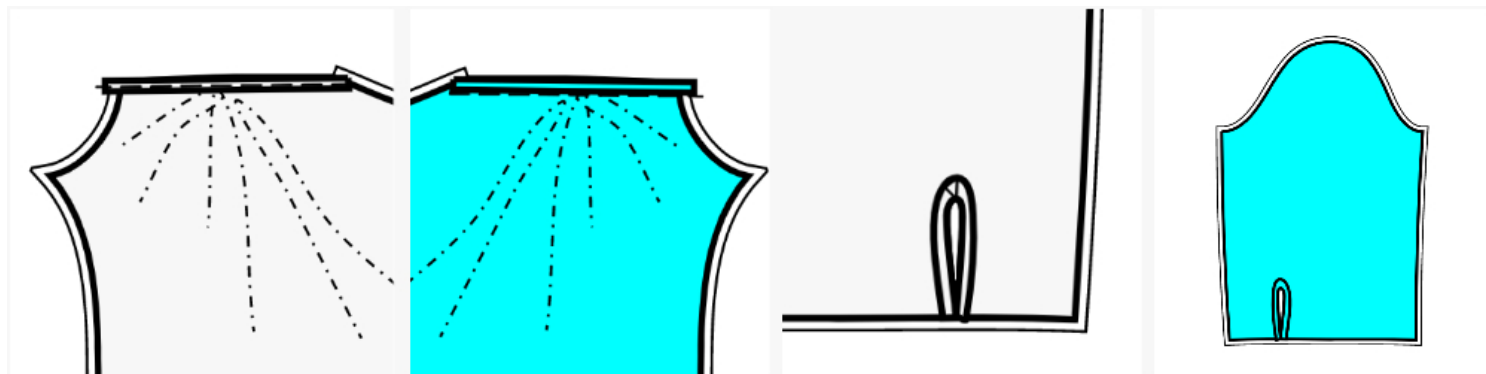
- Stitch in the ditch from the right side, into the first seam of the bias tape, connecting the inner side of the bias tape to the fabric. The ready trimming is approximately 4 mm wide. (Figure 6)

- 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.

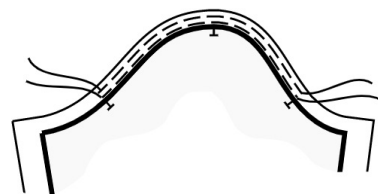


14. Sew a gathering stitch along upper edge of cuff and gather fullness. Sew upper edge of cuff to lower edge of sleeve. Serge and press towards sleeve. Sew sleeves into armholes, adjusting ease and matching notches.

### 15. SEW SLEEVES INTO ARMHOLES

- Stitch two parallel gathering stitches along the sleeve cap, between the two markings at the back and at the front of the sleeve. Leave the ends of threads on each side, at least 10 cm (4 inches) long.

The first stitch line should be placed at 0.1 mm above the marked stitch line, the second stitch line should be placed at 0.5 mm above the first stitch line. (See Figure 1)



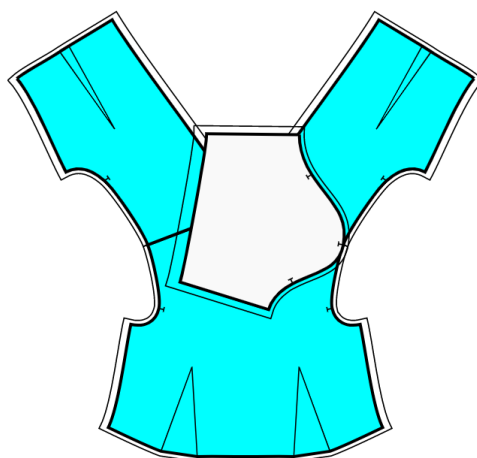
- Gather ease, pulling the lower thread. Press the cap of the sleeve, easing it in, 1-1.5 cm at a time. (See Figure 2)

OPEN ARMHOLE (side seams and sleeve seam not sewn yet):

- Pin the sleeve to the bodice (Right Back, Front and Left Back, connected at the shoulder seams). The side edges of the seam should line up with the side edges of the Front / Back, correspondingly. The upper mark on the cap of the sleeve should line up with the shoulder seam - see Figure 3. Baste the sleeve into the armhole, matching the markings at the front and back armholes with the markings at the front and back sides of the cap.

- Sew the seam, with the sleeve on top, and the bodice at the bottom, so that you can control the ease and make sure there are no unwanted tucks at the cap.

- If there are any uneven edges at the cap due to easing it in, trim the seam allowance a little bit to have a smooth line at the edge. Serge the seam with the sleeve on top, and the bodice at the bottom.





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- Serge the cap edge with the sleeve on top, and bodice at the bottom.

- Press towards the sleeve.

## 16. 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.

## TECHNICAL DRAWING:



