

Sewing Pattern #4110168

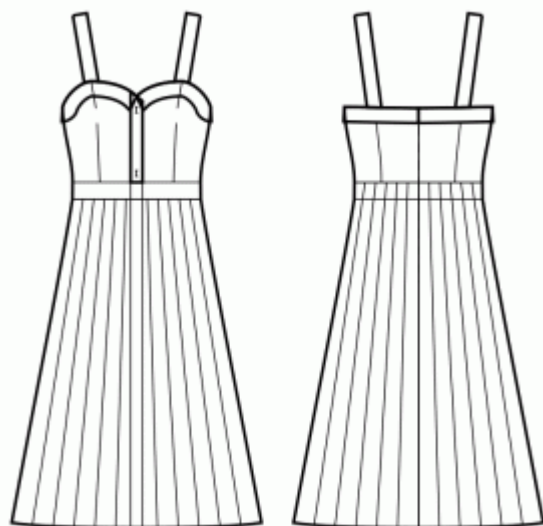
Dress - Semi-fitted - Maxi length - Sweetheart top edge - Facing collar along the upper edge - Button closure neck to waist - Dress with waistband - Pleated skirt with waist seam - Front top and waist darts - Back waist darts - Regular Straps

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 and waist 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 the center and waist darts toward the center.

5. 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).



6. WAISTBAND

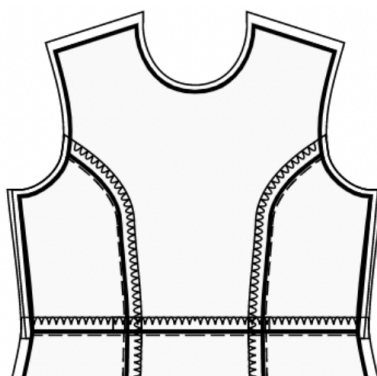
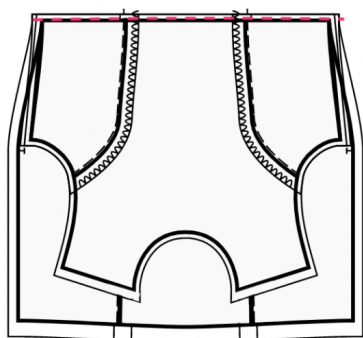
- Sew Front Waist Band to Front Bodice matching notches.
- Serge and press towards inset. Treat the resulting piece as Front Bodice in the future.
- Sew Back Waistbands to Back Bodices pairwise, matching notches.
- Serge and press towards inset. Treat the resulting pieces as Back Bodices in the future.

7. Make pleats on Front and Back Skirts according to markings and baste them 5-7 cm down from the waistline.

8. 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.



9. 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.

10. Assembling the Button Placket:

1. **Attach the Button Placket:** Sew the longer edge of the button placket to the center front edge of the garment from the top corner of the neckline to the waistline. After sewing, press the seam allowances towards the placket to make it neat and flat.
2. **Fold and Sew the Placket:** Fold the placket in half, right sides together, matching the right sides together, and sew the upper corner. This forms the top part of the placket. Trim the corners diagonally close to the seam to help the placket lay flat when turned right side out. Carefully turn the placket right side out, straighten the corner, and press it for a clean finish.
3. **Finish the Placket Edge:** Turn under the seam allowance along the inner edge of the button placket. Securely pin it to the seam between the placket and the front piece. To ensure a tidy look, stitch in the ditch from the right side, catching the folded edge of the placket and securing it to the front piece.
4. **Repeat for the Other Side:** Complete the same steps for the other side of the button placket to ensure symmetry.
5. **Add Buttons and Buttonholes:** Make buttonholes on the right placket side. Sew buttons on the left placket side according to the markings provided in the pattern.
6. **Secure Center Fronts:** Baste the center fronts together along the lower edge of the placket. From this point forward, treat the plackets and front pieces as one piece, referred to as the "Upper Front," for ease of sewing and handling in future steps.

11. Pin collars pairwise right sides together and sew outer edge and corners. Trim seams, turn collar right side out and press.

Pin collar onto the right side of the garment, adjusting neckline edges. On the next step, pin facing ON TOP of the collar.

12. Pin the Front to the Back, matching the armhole corner, and the waist level. Sew the side seam. Serge the seam press it towards the Back.

13. INSERTING STRAPS & SEWING FACING ALONG THE TOP EDGE

- Sew side seams of back and front top edge facings. Serge the lower edge of the facing.

- Pin facing onto Shell right sides together, adjusting neckline edges. Insert the front straps according to the markings. Fold the facing away all the way along EXCEPT for the area 5 mm from the edge of dress zipper and pin it to upper edge of garment. Fold seam allowances along zipper onto right side and pin to neckline on top of facings.

- Sew the top edge continuously. Clip into curves, turn pieces right side out and press.

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- Put on garment, adjust length of straps, serge lower edges and fasten them to back facing.
 - Slipstitch the facing to the seam allowances along the side edges. Slipstitch facing to zipper tape.

14. 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.

TECHNICAL DRAWING:

