

## Sewing Pattern #2168135

**Dress - Fitted - Ankle length - Regular armholes - Wide plunging neckline - No collar - Button closure neckline to hem - Dress with high waist inset - 1/3 circle skirt - Sewist ♥ front: gathers along waist - Back design: Sewist ♥ exclusive - Sewist ♥ back: gathers along waist - Sleeve with gathered lower part**

### 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:

- Cotton (lightweight to medium-weight, no elastane)
- Linen (lightweight to medium-weight, no elastane)
- Rayon (lightweight, no elastane)
- Chambray (lightweight, no elastane)
- Cotton Lawn (lightweight, no elastane, note: may be transparent)
- Cotton Sateen (medium-weight, no elastane)
- Viscose (lightweight, no elastane)
- Polyester-Cotton Blend (lightweight to medium-weight, may contain elastane)
- Polyester-Rayon Blend (lightweight to medium-weight, may contain elastane)
- Polyester-Linen Blend (lightweight to medium-weight, may contain elastane)

### 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](https://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. Gathering the Back:**

Sew a gathering stitch along the marked edge on the Back piece to create gathers and add fullness. Gather the

fabric according to the desired length mentioned on the sewing pattern piece for Back.

### 5. Gathering the Front:

Sew a gathering stitch along the marked edge on the Front piece to create gathers and add fullness. Gather the fabric according to the desired length mentioned on the sewing pattern piece for Front.

### 6. Attaching Waist Insets:

- Front Waist Inset:** Align the Front Waist Inset with the Front Bodice, matching the notches for precise placement. Sew the pieces together securely. After sewing, serge the seam allowance and press it towards the Waist Inset.
- Treat as One:** From this point forward, treat the combined piece as the Front Bodice for further assembly.
- Back Waist Insets:** Pair up the Back Waist Insets with the Back Bodices, matching the notches carefully. Sew each pair together, ensuring a clean and smooth seam. Serge the seam allowances and press them towards the Waist Insets.
- Treat as One:** Consider the resulting pieces as the Back Bodices for the remaining steps in the process.

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

- Place the Front Bodice and Front Skirt pieces together with *right sides facing* each other. Match the side seams and pin them in place.
- Align the center front lines of both pieces and pin them together. Ensure the darts and notches line up correctly.
- 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.
- Stitch* the pieces together along the pinned seam, using a straight stitch. *Backstitch* at the beginning and end for added durability.
- Serge* the seam allowances to finish the edges neatly.
- Press* the seam allowances towards the top to flatten and set the seam.
- 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.*



- 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. BUTTON PLACKET

- Pin the longer edge of button placket to the center front edge, right sides together, and sew. Press towards placket.
- Fold placket in half, right sides together, and sew upper corner. Trim corners, clip into corners. Turn the placket right side out, straighten the corner, and press.
- Repeat for the other side.

## 12. Sleeve with gathered lower part

### Option 1 - No lining

- Sew a gathering stitch along the upper edge of the lower sleeve and gather fullness (the desired length is mentioned on the pattern block).
- Pin the lower sleeve and upper sleeve together, right sides together, and sew. Serge and press towards upper sleeve.
- Sew the sleeve seam. Serge and press towards back.
- Cut a casing 4 cm wide - it's length should equal overarm + 10 cm. Sew a gathering stitch along the lower edge of the lower sleeve and gather fullness to the casing's length. Pin the casing to the lower edge of the lower sleeve, right sides together, and sew. Fold under the inner edge of the casing and topstitch along the edge of the lower sleeve. Thread in elastic tape.
- Treat as one piece in the future.

### Option 2 - With lining (recommended)

- Cut 2 additional Lower sleeves from lining fabric, or main fabric if you are using a light dress or blouse fabric.
- Sew a gathering stitch along the lower edge of the lower sleeve and lining and gather fullness (the desired length is overarm girth + approximately 4 cm).
- Sew the sleeve seam on the lower sleeve and on lining. Serge and press towards back.
- Pin lining onto lower sleeve, right sides together, and sew along the lower edge. Turn right side out, baste the pieces together along all edges.
- Sew a gathering stitch along the upper edge of the lower sleeve and lining and gather fullness (the desired length is mentioned on the pattern block).
- Pin the lower sleeve+lining and upper sleeve together, right sides together, and sew. Serge and press towards upper sleeve.

## 13. SEW THE SIDE SEAMS



1. **Pin Front to Back:** Place the front piece over the back piece, ensuring that the right sides of the fabric are facing each other.
2. **Match Marks and Edges:** Align the waist marks or seams, the armholes, and the lower edges of the pieces.
3. **Sew Side Seams:** Stitch along the sides to create the seams.
4. **Finish Edges:** After sewing, use a serger to finish the edges of the fabric.
5. **Press Towards Back:** Press the finished seams towards the back of the garment to give it a neat appearance.

14. - Turn under seam allowance along inner edge of button placket, pin to the seam between placket and front, and stitch in the ditch from the right side.

- Repeat for the other side.

- Make buttonholes on right placket, sew on buttons on left placket according to the markings.

## 15. 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.

## 16. SEWING IN SLEEVES

1. **Prepare the Sleeves:** Ensure that you have the right and left sleeves ready, with their right sides facing out.
2. **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.
3. **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.
4. **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.
5. **Sew the Sleeves into Armholes:**
  - 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:

