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Make a Dress In A Day

Workshop content

- On this workshop you will:
- Take your measurements accurately
- Adjust fit/shape/size of pattern and cut out your dress in stretch fabric
- Learn best stitches to sew stretch fabric on a domestic sewing machine
- Have a go at using our overlockers too if you wish
- Adjust the fit and mark back onto your pattern to perfect it
- Learn how to apply a t-shirt style neckline and sew easy stretch hems/cuffs
- Take your pattern home so you can make more dresses!

You will need:

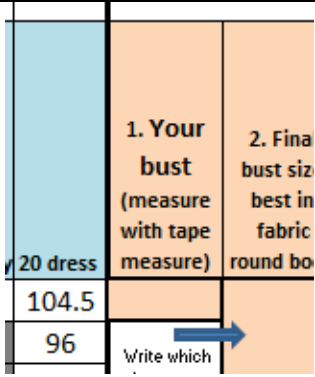
- Stretch jersey fabric suitable for the dress. Fabric should be a knitted stretch jersey type (not a woolly knit, just not a woven/stretch woven!). HOW MUCH: If it is 44"- 59" wide bring 3m. If it's 60" wide bring 2m (check the roll end in the shop for width) BUT if you are size 18+ please bring 3m regardless of width of fabric. Avoid anything super soft and drapery for your first skirt!
- A reel of matching good quality sewing thread
- Wear leggings or tights and a vest under your clothes so you can measure up easily and try the dress on part way through
- Bring some jersey/stretch tops, skirts, dresses you like the fit/tightness of, as it will help you decide which pattern to use on the day more easily.
- Glasses if you need them for close up work
- Tape measure
- Sewing machine
- Pencil
- Measure chart for this workshop
- Patterns

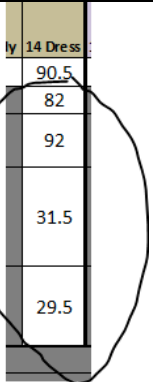
Notes

- all measurements are in cm
- SEAM ALLOWANCE: the dress pattern inc 1.5cm seam allowance (SA) on the side seams and inside arm seam. The shoulder, neck, neckband, armhole and sleeve head have 1cm SA. There are notches on the seam allowance at the side and shoulder to act as a guide
- Notches should be cut as a single slit into the fabric, 1cm deep. You do not need to cut the notch out of the paper first, just cut once pinned to fabric
- Test your fabric on the sewing machine first to see if it needs a jersey needle
- When starting your seams, start 1cm forward and backstitch first. Hold onto the threads until you are sure your fabric has come out the back of the foot! Jersey can disappear down the bobbin thread hole if you don't do this. Backstitch at the end but if the fabric rucks up stitch 1 back, 1 forward, 1 back 1 forward (on the spot) instead
- Seams are sewn with zig zag width 1.5, length 1.5. You will need to move the masking tape seam allowance marker to 1.3cm to get a 1.5cm seam, as the zig zag stitch sews slightly to the left on the machine
- The side seams and underarms are BASTED first with a machine straight stitch length 4, in case they need letting out/taking in

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Intro and Measuring up

	<ol style="list-style-type: none"> 1. Introductions 2. Show fabric you've bought. 3. In pairs, use tape measure to measure your bust circumference and note on the measuring sheet in pink box 1. on top right of sheet 																																													
<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr> <th>8 Body</th> <th>8 Dress</th> <th>10 Body</th> <th>10 Dress</th> <th>12 Body</th> <th>12 Dress</th> <th>14 Body</th> <th>14 Dress</th> <th>16 Body</th> <th>16 Dress</th> <th>18 Body</th> <th>18 Dress</th> <th>20 Body</th> <th>20 Dress</th> <th>Final bust size</th> </tr> </thead> <tbody> <tr> <td>84</td> <td>78.5</td> <td>88</td> <td>82.5</td> <td>92</td> <td>86.5</td> <td>96</td> <td>90.5</td> <td>100</td> <td>94.5</td> <td>104</td> <td>98.5</td> <td>110</td> <td>104.5</td> <td></td> </tr> <tr> <td></td> <td>69</td> <td></td> <td>73</td> <td></td> <td>77.5</td> <td></td> <td>82</td> <td></td> <td>86.5</td> <td></td> <td>90</td> <td></td> <td>96</td> <td></td> </tr> </tbody> </table>	8 Body	8 Dress	10 Body	10 Dress	12 Body	12 Dress	14 Body	14 Dress	16 Body	16 Dress	18 Body	18 Dress	20 Body	20 Dress	Final bust size	84	78.5	88	82.5	92	86.5	96	90.5	100	94.5	104	98.5	110	104.5			69		73		77.5		82		86.5		90		96		<ol style="list-style-type: none"> 4. Look left along the body measures on the sheet for bust and find the nearest size. Circle it
8 Body	8 Dress	10 Body	10 Dress	12 Body	12 Dress	14 Body	14 Dress	16 Body	16 Dress	18 Body	18 Dress	20 Body	20 Dress	Final bust size																																
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<p>our st sure tape ure)</p>	<p>2. Final bust size best in fabric round body</p> <p>92</p>	<p>3. need to increase (+) or reduce (-) bust waist or hip?</p> <p>1.5</p>	<p>4. divid inc/de to adj side se patt</p>	<p>5. Take your fabric, hold or put safety pins the distance apart stated for that size bust for DRESS, and wrap round your bust (hold fabric in from the edge a bit, as it is stretchier on the edge). Does it look about right? If not which size DRESS bust is about right? Circle that instead, crossing out the first size you chose.</p> <p>6. If you are in between sizes with the jersey wrapped round, you can reduce or enlarge any of the bust sizes – so note by how much you need to do this in box2</p>											
			<p>7. Now work through the rest of the body measures for the size that is good for your bust, wrapping the fabric round your waist, hips and bicep to check that size is ok. If you need it bigger or smaller note how much extra or less fabric you need in the box provided</p>												
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Making the Pattern

No image

1. Trace round the size dress pattern that was right for your bust onto your spot and cross paper, using tin cans or pattern weights to anchor it in place. To save time, carefully line up the straight edge of the pattern with the edge of the paper so you don't need to cut the straight edge.
2. *Neckline*: Choose which neckline you want to trace (higher one sits approx 8cm from your throat at the centre front). The holes in the card pattern can be marked through to the paper for the lower neckline cutting line
3. *Flare or non?*: The holes in the card pattern can be marked through to the paper for the non flare cutting line
4. *Armhole depth*: If you need the wide sleeve on the chart you'll need the lower armhole depth
5. Copy all the notches onto the paper

1. Your bust (measure with tape measure)	2. Final bust size best in fabric round body	3. need to increase (+) or reduce (-) bust waist or hip?	4. divide this inc/dec by 4 to adjust on side seam of pattern
90		2cm	0.5cm
Write which size patt to use - the one that fits bust	size 12		
	Standard		

6. *How to adjust the bust, waist and hip*: divide whatever you needed to inc/decrease by 4 (as pattern is in 4 quarters i.e. 4 side seam edges to adjust on).
7. Add or subtract this amount to the waist and hip on your pattern and redraw the side seam with a nice smooth line.

8. Cut the main dress body pattern out
9. *Sleeve pattern*: Fold over enough remaining paper to trace the sleeve on the fold (must be same size card pattern as dress but you could choose slim or standard sleeve pattern then increase or decrease as you did for the dress, but only divide by 2 not 4 as there are only 2 seams). You have the option to have a cap sleeve – these are marked on the

pattern for you to copy if needed. Mark all notches etc as before, then once cut out open up to have a whole sleeve pattern

10. *Neckband:* Did you want the lower or higher neck? Trace round the correct neckband. Mark all notches etc as before. Cut out

Pinning and cutting out

1. Fold over enough fabric along one selvedge (right sides inwards) to fit one dress pattern. Take time to get it straight (measure from the fold to the selvedge). Note the max stretch on the pattern/fabric goes across the body, so fold fabric the right way for this. Pin and cut. **Notch with 0.5cm deep notches – very shallow!**
2. Repeat with the other side of the fabric to cut your second dress piece – you can turn pattern up the other way if you don't have a nap (like velvet or cord) or a one way print, otherwise you'll have to read the notches through the upside down pattern.
3. Using tailors carbon paper, wheel in the front neckline, then pin and cut it out. So you now have one piece with a high neck and one with a low neck
4. Fold over enough fabric to cut your sleeve x2. Note the max stretch on the pattern/fabric. Pin and cut out. Notch with half cm deep notches
5. Cut the band. Note the max stretch on the pattern/fabric.

Sewing it up

1. Stitches you will use:
 - a. shoulders, sewing on sleeve, sewing on neckband and for re-sewing sides and arms once you have checked the fit , use **narrow zigzag**: C stitch (zigzag) / stitch width 1.5 / stitch length 2
 - b. **basting** the side seams and arms first to try on for fit: A stitch (straight) / stitch width 5 (central needle position) / Stitch length 4 (easy to remove if needed)
 - c. stitching the hem and sleeve hems with a **3step zig zag**: D (3-step zigzag), stitch width 5, stitch length 1.5. You may also want to trim the seam allowance of your neckband a bit and use this stitch to hold it down. See what you think. You could overlock the excess off and not topstitch the neckband
 - d. You may need a jersey or Organ Super Stretch needle – test with normal needle first: Get a machine out and practise the narrow zig zag and the stretch stitch with your tutor on a scrap of your jersey.
 - e. Seam allowance: The sides and arms are 1.5cm (to allow for alterations) and everything else is 1cm SA

- f. **IMPORTANT: For the narrow zig zag the masking tape seam allowance guide needs to be at 1.3 not 1.5 or .8 not 1cm, as the stitching will be set slightly to the left as you sew, not quite central**
 - g. **ALSO V IMPORTANT!: Hold your threads when you start sewing until you are confident the fabric has gone past the foot and out the back and not down the hole towards the bobbin! This is a jersey issue – you may need to gently tug it to get it NOT to go down the hole.**
 2. Pin the shoulders right sides together and stitch with a 1cm SA (note point e. above!).
 3. *Inserting the sleeve:*
 - a. Pin sleeve head to sleeve hole matching shoulder seam to sleevehead notch and the other notches to their corresponding ones. You may need to half snip the SA to get the pieces to pin well – ask tutor for help with this
 - b. Take base off machine to expose the ‘arm’.
 - c. Stitch with the sleeve piece onto the machine and the dress piece uppermost, with a 1cm SA, keeping pins in till the last minute to avoid any fabric moving forward.
 4. With garment inside out pin the front and back side seams to each other at the cuffs, underarm, hem and all notches, pin the rest, BASTE with a size 4 straight stitch with a 1.5cm SA (move masking tape back to 1.5 marker first!!)
 5. **Try it on to check**
 - a. If side seams and arms are good sew over the basting with a zig zag 1.5 width/2 length.
 - b. You may need a CB dart or seam – discuss with tutor while trying on.
 - c. If you make any adjustments after this fitting ask your tutor to show you how to mark them back onto the pattern so your next dress is perfect!
 6. Sew the neckband into a circle with a 1cm SA at the ends. Fold in half lengthways, **WRONG** sides together. Put pins at quarter points (tutor will explain)
 7. Pin neck at quarter points too
 8. With band to the right side of the fabric at neck, pin the quarter points together with neckband seam at CB. Stitch with a 1cm SA.
 9. Try it on again. Check you are happy that the hem and cuffs lengths are good (will be 2cm shorter once hemmed) and the neck is a good fit.
 10. You could now overlock off the excess on the neck or trim and zig zag
 11. Turn the dress inside out and mark a chalk line (best is a sharpened chalk block – use lightly if your fabric is pale) 4cm from the hem all the way round.
 12. Pull over an ironing board without stretching too much, test the iron on a scrap by tapping for 1second, 2 second, 3 seconds until you feel sure the temp is ok for your jersey.
 13. Press the raw edge to the line.

14. Do the same with the cuffs
15. Hem the hem and sleeves (see above for stitch advice)
16. Lightly press seams open.
17. Your dress is complete!
18. Try it on as you may need a dart or two at the back and you might want to adjust other things on the pattern for when you make it again. Your teacher will help you with this.
19. When you use your pattern again at home you will need to check the stretch of the fabric on the bust, waist, hips and upper arm again against the pattern measurements, as the stretch of the cloth may be different to the one you used the first time. To get the correct pattern measurements (to replace the chart you use with our original patterns), make a note of what you added or reduced to your pattern at the various points as and use the new measurement to check your fabric

I.e.:

	Original pattern	What I added or subtracted	Current pattern to check with new fabric
Bust			=
Waist			=
Hip			=
Bicep			=