

a simple dress

a sewing tutorial by www.japanesesewingbooks.com

You can view the making of this dress on my youtube channel
<http://www.youtube.com/user/JapaneseSewingBooks>

Materials (for 110cm size)

(for 110cm size and based on fabric width of 110cm)

40cm of surface fabric

40cm of lining fabric

(if using same fabric for bodice surface and lining, 40cm of 110cm wide fabric is enough)

90cm of skirt fabric

14" concealed zipper

Preparation

Download PDF pattern, piece together according to sequence and cut out the following pieces from your fabric.

1 bodice front in surface fabric

2 mirror images of bodice back in surface fabric

1 bodice front in lining

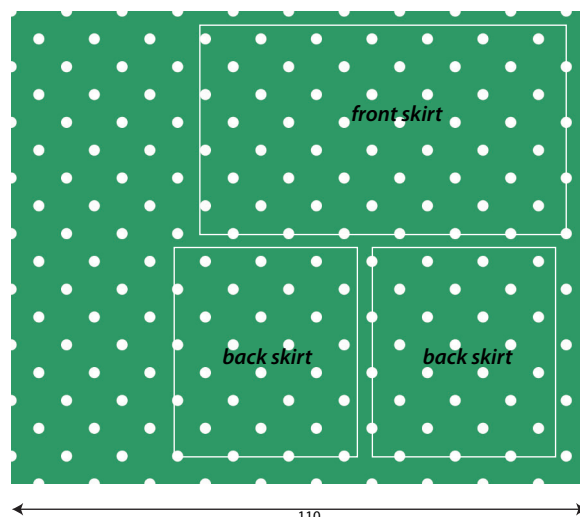
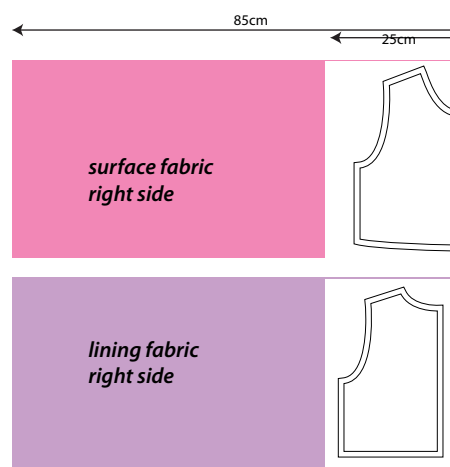
2 mirror images of bodice back in lining fabric

1 front skirt piece 70cm x 40cm (W x H)

2 back skirt pieces 35cm x 40cm (W x H)

Points to note

- Seam allowances **are included** in all pattern pieces.
- The words in brackets (rs) refer to the right side/printed side of the fabric and (ws) refer to the wrong side/unprinted side of the fabric.



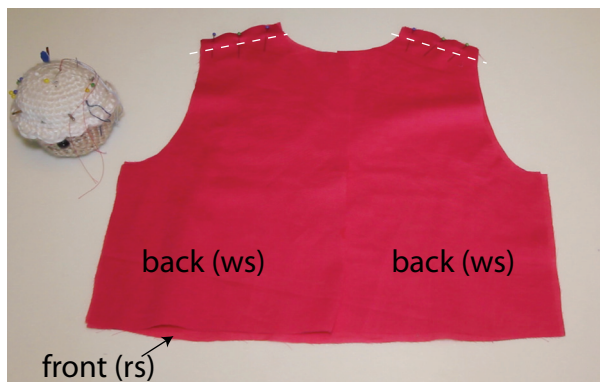
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1. Cut out pattern pieces - front bodice surface fabric (pink) and lining fabric (purple)

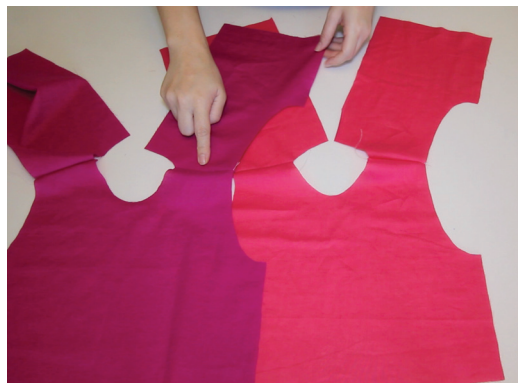


Back bodice surface fabric (pink) and lining fabric (purple)



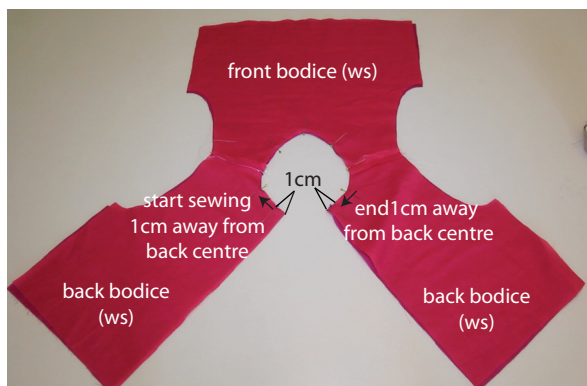
2. Working with surface fabric (pink), lay back bodice pieces on top of front bodice, right sides facing. Pin and sew at shoulder seams with 1cm allowance.

Repeat for lining fabric bodice (purple)

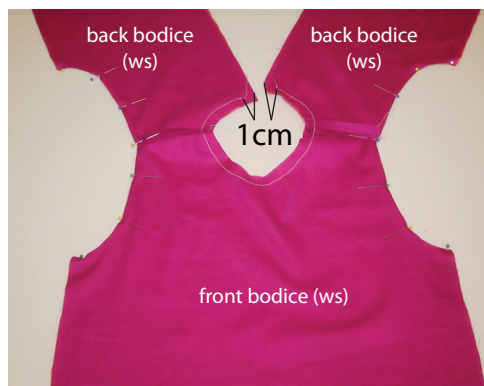


3. You should have two bodice pieces with shoulder seams sewn, as above.

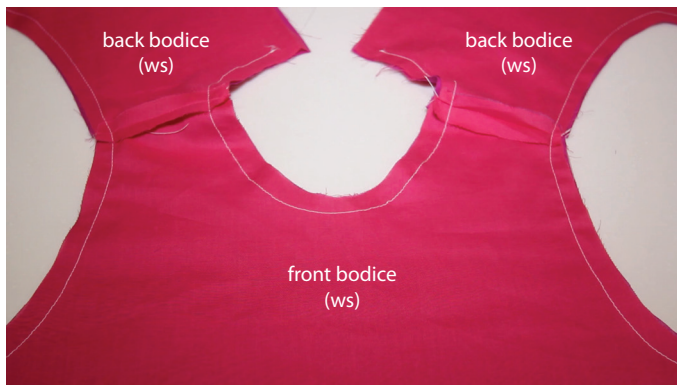
Press open shoulder seams on both bodice pieces.



4. Stack the bodice pieces together, right sides facing. Align at shoulder seams, and pin around neckline. Sew with a 1cm allowance. Start 1cm from the back centre and end 1cm before the back centre on the opposite site.



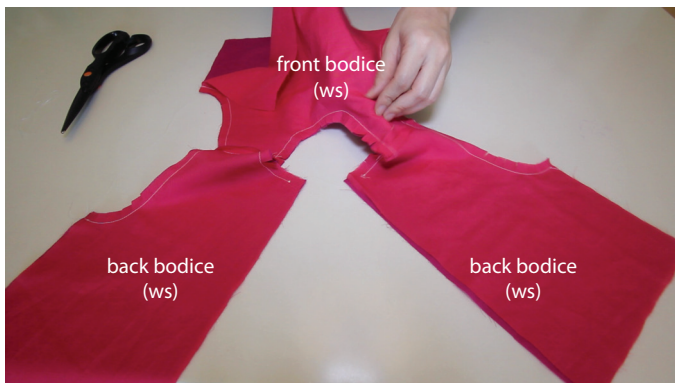
5. After neckline is sewn, pin the bodice and lining pieces together at the armholes. Sew with a 1cm allowance.



6. This is what you should have after sewing the armholes.



7. Clip the curves around neckline and armholes. This will help your curves lie flat and not pucker up. Be careful not to cut into the seams. Just clip the seam allowance.



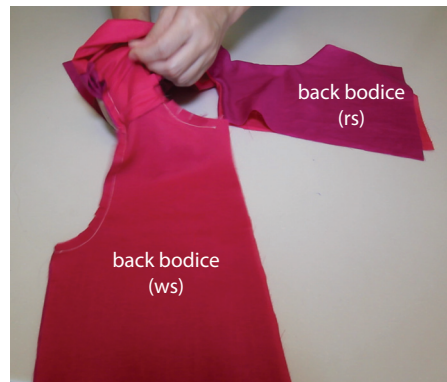
8. Now it's time to flip it inside out. Put your hand in between the surface and lining layers.



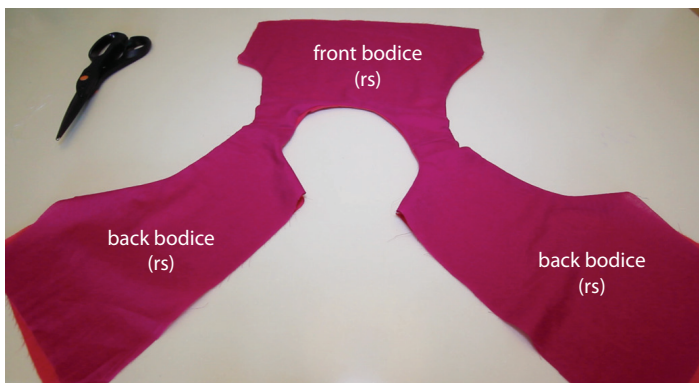
9. Reach through the "tunnel" formed at the shoulder seam, reach for the back center corner.



10. Pull the back corner (both layers of fabric) through the shoulder seam "tunnel" and pull out.



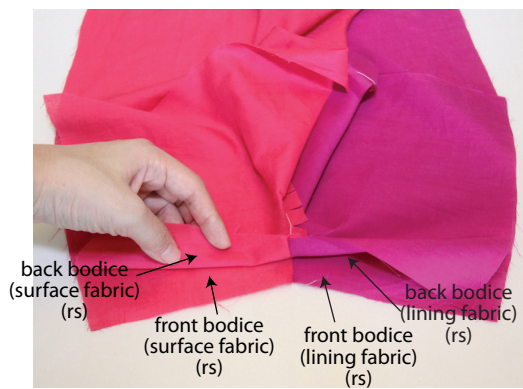
11. Repeat for the other side.



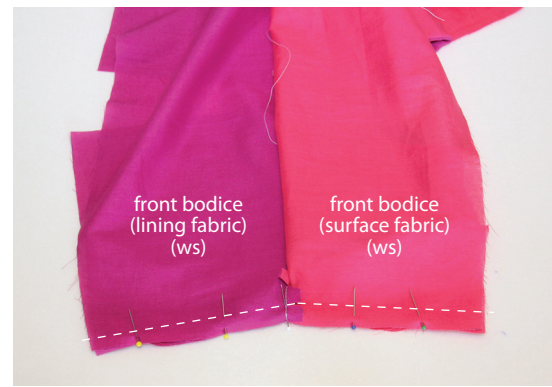
12. After turning out



13. Now place the back bodice pieces over the front bodice.



14. Open up the bodice sides so that the right side of the lining pieces are facing each other, and the right sides of the surface fabric pieces are facing each other.



15. Match the seam lines on the armhole curves and pin in place.



16. Sew down the side seams on both sides.



And the bodice is done!



17. Place one back skirt piece over the front skirt piece, align at the side seams, pin in place and sew. Repeat for the other side.



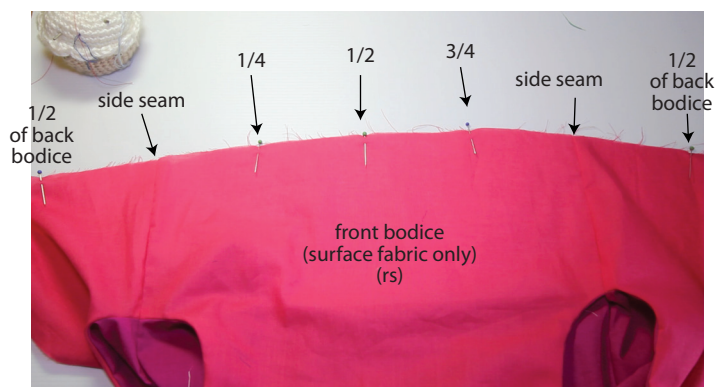
18. Serge or zig/zag the side seams on the left and right to finish the raw edges. Serge/zig-zag stitch the back skirt pieces at the back centre edges.



19. Sew two rows using the widest stitch length on your sewing machine. The first row is 0.3cm from the top edge. Second row is 0.6cm from the top edge. Leave long ends of threads on both sides for gathering.

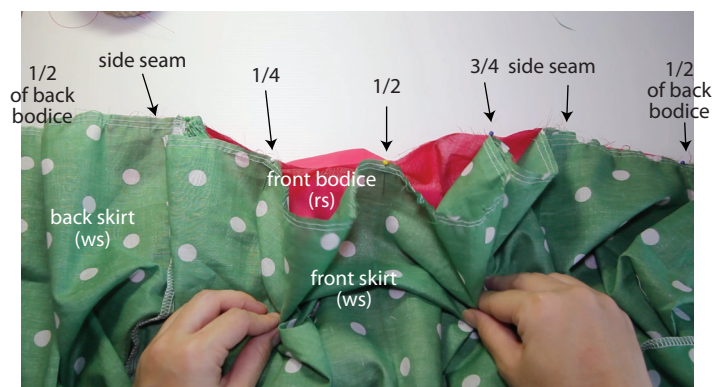


20. Mark the following points across the width of the front skirt. 1/4, 1/2 and 3/4. Mark the 1/2 way point for each back skirt piece.



21. Mark the following points across the width of the front bodice (Surface fabric only). 1/4, 1/2 and 3/4. Mark the 1/2 way point for each back bodice piece.

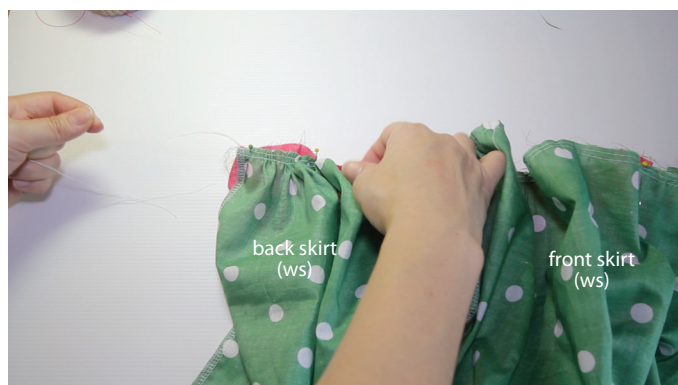
Do not pin down the bodice lining, so make sure it is pushed out of the way



22. Place right side of skirt over right side of front bodice. Align the top edge of the skirt to the bottom edge of the front bodice (surface fabric only).

First match and pin down at the side seams, then pin the corresponding points marked previously, i.e. the 1/4, 1/2 and 3/4 points on the front skirt and bodice, as well as the back center and 1/2 way mark on the back bodice.

You will see that the skirt fabric is much wider than the bodice.



23. Taking the two long upper threads, pull away from the fabric, while using the other hand to gather the fabric towards the centre.



24. Keep gathering till the width of the skirt is the same as the width of the bodice. Even out the gathers across the width.



25. Check that the bodice piece is nice and flat on the other side, and make sure the bodice lining (purple) is not pinned down accidentally.



26. Now sew down the gathered skirt to the bodice (surface fabric only) with a 1cm allowance.



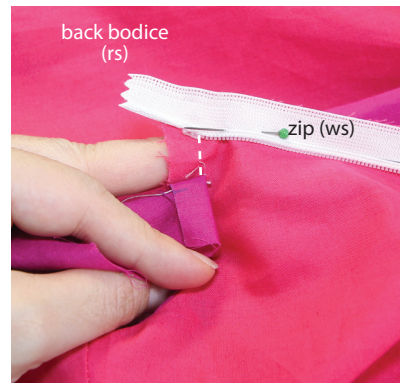
25. This is what you should have after sewing the skirt to the bodice.



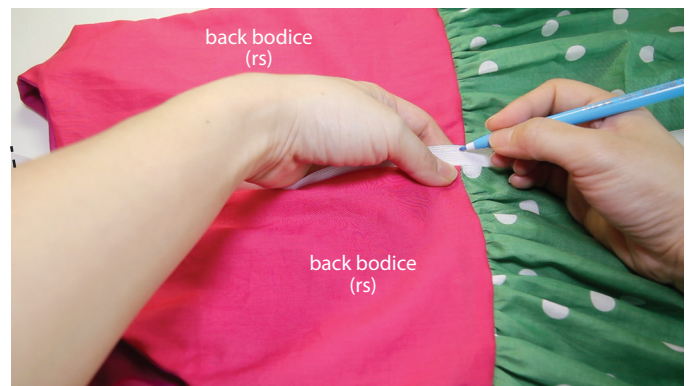
26. Now let's finish up the back center. Mark a point 10cm from the top of the skirt. Pin from that point onwards and sew from marked point down to skirt hem.



27. Open up your concealed zip, align the top of the zip so that the zip stopper aligns to the seam line between the surface fabric bodice and the bodice lining edge of the bodice. flip one side so that the right side of the zip is facing the right side of the bodice. Pin to surface fabric only.



28. Using a concealed zipper foot, sew the pinned zip.



29. Pull the zipper close and mark on the other side of the zipper, the position of the seam line between bodice and skirt.



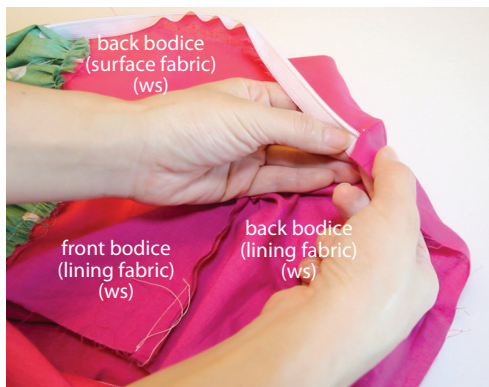
30. Now open up the zip and flip the zip over so that the right side of the zip is facing the right side of the bodice and skirt. Match the mark made earlier to the bodice+skirt seam line on the other side and pin.



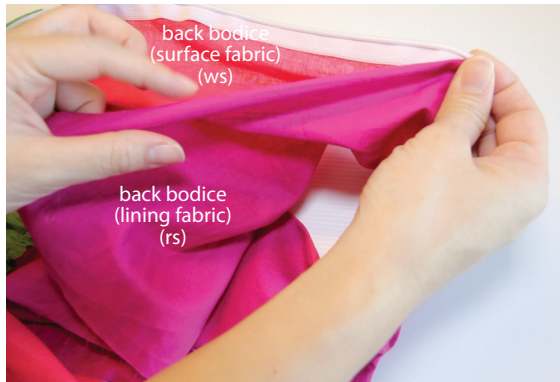
31. Pin the rest of the zip and sew.



32. Close up the zip and you will notice the top still hanging out. Let's tuck in the tops now.



33. First, open up the zip and pull out the bodice lining. Fold the edge of the lining over the top of the zip.



34. Foldover the bodice lining, hiding the top edge of the zip. Tuck in the 1cm seam allowance on the edge facing the zip.



35. Pin down the bodice lining along the zip. Don't pin it too near or else the fabric might get caught in the zip.



36. When you reach the top of the skirt, tuck in the bottom edge by 1cm and pin down.



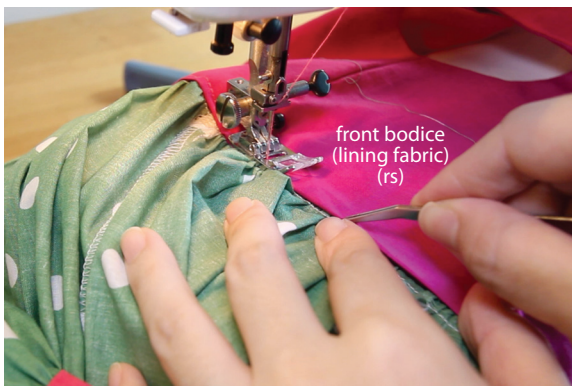
37. Next, we will pin the rest of the bodice lining to the skirt, covering the raw top edges of the skirt. Start by aligning and pinning down the side seams, then the centre. Keep the folded edge in line with the bodice+skirt seam.



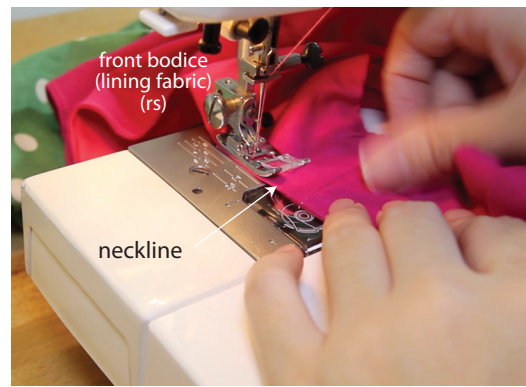
38. Start sewing from one side of the zip, 0.5cm from the edge.



39. When you reach the skirt, pivot and sew the lining down in a stitch running parallel to the bodice+skirt seam



40. As you sew along, use your fingers or a pair of tweezers to guide the folded edge of the bodice so that it lies right next to the bodice+skirt seamline. Use the presser foot markings to ensure you are always sewing a constant distance from the edge of the fabric. This will ensure a nice uniform stitch on the front of the dress.



41. When you reach the top of the zip on the other side, continue to sew around the neckline.



42. Turn the dress right side out and topstitch the armholes.



43. While sewing the zip earlier on, there might have been a small gap left. Sew it up with a blind stitch.



44. Now hem up the skirt. I serged the raw edges first and just folded up one time and sewed it down. If you prefer, you can just fold it over twice and sew it down.



45. And we're done! Experiment with different types of fabrics, add your own embellishments, ribbons, lace etc and make it your own!