Second Dressmaking Made Easy! Easy-Sew patterns for all the family •FASHION • KIDS • HOME•

SEW PATTERN Ref: Freya ISSUE 35

Yoke detail

dress

Make with under two metres of fabric

Child's mandarin dress

BUMPER COLLECTION!

Boho tunic

Retro apron One size fits all

Simply adapt the dress pattern

PLUS! STITCH PATTERN SIZES 8-18

Adult garments designed by Amanda Walker, Apron designed by Joanne Printall (copyright) Maze Media (2000) Ltd 2012 Subscribe at www.sewmag.co.uk

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Your FREE downloadable pattern contains all the information you need to start making this easy Freya Dress and Tunic, plus an apron and child's dress.

✓Easy-to-follow instructions for printing off a full-sized pattern on your home printer

 \checkmark Exclusive three-piece pattern allows you to create two versatile garments \checkmark Graded and sized for you! Choose from 8 – 10; 12 – 14 and 16 – 18

 $\checkmark \mathsf{Supplies}$ list for fabric and notions

STITCH DICTIONARY

Grain The fibres in every fabric run in two directions: lengthwise and crosswise. These directions are called the grain of the fabric. The straight or lengthwise grain runs parallel to the selvedge.

P

Meet the dressmaker... Amanda Walker

"There are a couple of techniques to master when sewing this pattern (applying a concealed zip

and attaching bias binding) but a beginner should be able to complete these garments without too much trouble." The Freya Tunic is perfect for lightweight, slightly sheer fabrics to add a touch of glamour to your summer wardrobe. Floaty materials such as this can move around as you are stitching them so novices should practise sewing on spare pieces before working on the final garment. CpatternFREEpatternFREEpatternFREEpatternFREEpatternFREEpatternFREEpattern Sewfashion

This pretty dress uses under two metres of fabric so can be inexpensive to make. We've used a polycotton for the main garment and combined it with a silky material for the upper collar which adds an interesting contrast.

NILINI

For a novice, add approx 180 min

Dress

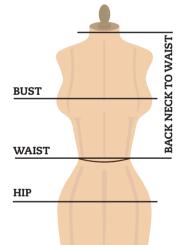
The FREYA Collection

These dress and tunic designs are easy to wear and versatile pieces for a summer wardrobe. The pattern could easily be extended to make a full-length maxi dress, ideally in a fine cotton to wear on a holiday evening out.

Made to measure

When making your own clothing getting the fit and shaping just right is the key to success. The best way to ensure this is to start out with accurate body measurements. We always recommend taking careful notes of your proportions before you being working on your pattern, this way you will be much happier with the finished results.

1 Wear wellfitting underwear and use a fabric tape measure 2 Note down the stated body measurements 3 Use the sizing chart on the download to select your size



Workshop Wisdom

• If you have a favourite scrap of fabric but there is not enough for a whole garment this is a good opportunity to use it on the yoke of this tunic or dress. You could find a plain fabric to coordinate with it to make the body of the garment.

• Both garments are unlined, however the yoke is self-lined which means the outer fabric is also used to make the inner lining. Adding a lining to a garment helps it hang better and gives it more body, it also provides structure and helps maintain the shape.





Transferring pattern markings onto fabric can be tricky, so use a hole punch to perforate your paper pattern pieces where the marked dots appear. You can then easily mark the fabric at the centre of the punched-out circle while the pattern template is still pinned on your fabric.

essentials

Freya dress

Cotton, print, 1.80m Contrast cotton, plain, 40cm Zip, concealed, 23cm Fastening, hook and bar PATTERN PIECES Front and Back Dress

- cut two on fold Front Yoke - cut two on fold Back Yoke - cut two on fold

Layout and print off the pieces you require, each page is numbered grid-wise to make identification easier. Establish the size required which best suits your proportions and note the corresponding pattern markings. Working on a flat surface lay out the pattern and join the pieces using the Reference Sheet to guide you. Cut out each individual pattern piece.

Prepare your fabric. Prepare your fabric. Ensure it is flat and crease free and lay on a smooth surface. Place and pin the pattern pieces onto the fabric using the Fabric Layout to guide you. Using sharp scissors cut around each piece. Remove the paper pattern pieces and transfer any markings onto the fabric including notches, zip placement and cutting lines. Place to one side.

Brom the scraps of fabric Cut two bias strips. The bias of a fabric is a 45° angle from the grain. Cut the pieces 4cm x 30cm. Fold and press in 1cm on either side of the strips or use a bias binding tool to complete this process.

Neaten the seams. Take 4 Neatern une scanne. the Front and Back Dress pieces and neaten the edges of all the side seams by either working a zig zag stitch or overlocking them. With the right sides of the fabric facing join the seams, working one from top to base; the other seam should be stitched from the bottom as far as the zip notch. Press the seam allowances open. Insert the zip. Stitch the \mathcal{J} concealed zip into the side seam opening using a zip foot or a concealed zip

foot. Fold and press the seam allowance along the two edges of the side opening. Open out the seam allowance and, with the right side of the fabric facing, place the opened zip face down, matching the teeth to the crease line in the seam allowance. Pin in place. If you are using a concealed zip foot then place the teeth of the zip into the groove and as you stitch the foot will uncurl the teeth and the stitching will be placed right alongside them.

If you are stitching with a 6 normal zip foot, you will need to uncurl the teeth with your fingertips; stitch from the top of the side seam. It is impossible to stitch to the end of a concealed zip so leave approximately 3cm of the zip base unstitched. Back stitch and then sew the other side of the zip in place. Carefully thread the zip pull through to the right side at the base of the side seam and pull up to close. This seam becomes the left-hand side seam.

Attach the bias binding 7 Attach the armholes. Open one side of one of the bias strips and position it, with right sides facing, around the inside of the right armhole, aligning the edge of the armhole with the edge of the bias strip. Pin in place and stitch along the fold line pressed into the bias strip. Next fold the strip over onto the wrong side of the armhole and position the remaining folded edge over the stitching line, pin and edge stitch in place by hand sandwiching the raw edge of the armhole inside the bias binding. Trim away any excess binding at the tops of the armholes.

Ber the left-hand armhole, cut the bias strip in half, stitch the two pieces in the same way as before leaving approximately 1cm protruding over the top of the zip ends. Fold these ends in after stitching the first row and then complete the process folding and edge

the process, folding and edgestitching.

Gather across the front and back of dress. Adjust the stitch length of the machine to a wide, straight or gathering stitch. Make two lines of stitching close to one Freya Dress

Freya Tunic

line)

Yoke

Back & Front:

Back & Front:

another between the two notches within the seam allowance. Pull up the threads until the top of the Front and Back Dress pieces fit between the notches of the Front and Back Yokes.

Stitch the voke shoulder seams. Separate the yoke pieces matching the Front and Back pieces together across the shoulder seams, pin and then stitch together. Press the seams open.

Stitch the two yokes together around the neckline. With the right side of the yokes facing, match the shoulder seams and the necklines together. Pin in place and stitch all the way around. Clip the seam allowance around the curved lines and press the seam allowance in one direction. Turn right sides out and stay stitch on top of the seam allowances on the right side of the fabric. This side will become the lining of the yoke and help the seam to roll inside the neckline.

2 Attach the Front and Back Dress pieces to the Front and Back Yoke pieces. Position the gathered top Front Dress between the notches on the right side of the Front Yoke. Pin in place and stitch. Repeat the process attaching the Back Dress to the Back Yoke.

 $\mathbf{2}$ Stitch the lower edges ${\mathfrak I}$ of the yoke and yoke lining together. Carefully fold and press in 1.5cm along the lower edges of the outside yokes on either side of the gathered areas on the Front and Back Dress. Fold and press 1.5cm around the lower edge of the lining yoke. Match the two folded edges of the yoke and yoke lining together, pin and then hand slip stitch the two edges together.

Hem the dress. Neaten **t**he base of the dress by either using a zig zag stitch or overlocking. Fold and press up 3cm, pin and hand stitch the hem in place. Finally hand stitch a hook and bar fastening to the top of the zip.

essentials

Freva tunic

Chiffon, print, 1.20m

Contrast fabric, plain, 40cm

Zip, concealed, 23cm

Elastic, 5mm wide, 1m Fastening, hook and bar

PATTERN PIECES

Front and Back Dress - cut two on fold and cut along line indicated on the pattern piece

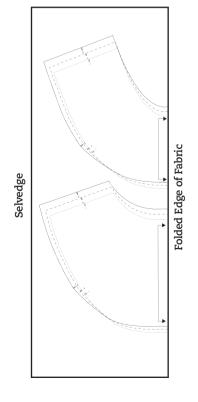
Front Yoke - cut two on fold

Back Yoke - cut two on fold

Please note: Follow Steps 1 – 13 in the making up instructions for the Freya Dress, then proceed to Step 15.

5 Attach the elastic. Cut a piece of elastic that fits comfortably around your waist very slightly stretched. Pin the elastic along the line indicated on the front and back pattern piece, evenly stretching it as you pin. Machine stitch through the centre of the elastic.

Hem the top. Make a Osmall machine stitched roll hem at the base of the top. Finally hand stitch a hook and bar fastening to the top of the zip.



Freya Collection Cutting layout guide

Use these diagrams to determine how your pattern pieces should be laid on the fabric.

Cut two on the fold Cut two on the fold (shorten at indicated Cut two on the fold. Selvedge

150cm (wide) 1.8m main fabric folded as shown:



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mandarin dress



essentials

Fabric: cotton, 1m

Thread, coordinating

Fusible interfacing, lightweight, small piece

Bias binding, double-fold, two metres, 0.5cm wide Elastic cording, 36cm

Buttons, four

DIMENSIONS:			
Age:	2	3	4
Waist size:	53cm	56cm	59cm
Finished length:	46cm	50cm	55cm
Seam allowances: 6mm unless stated otherwise			

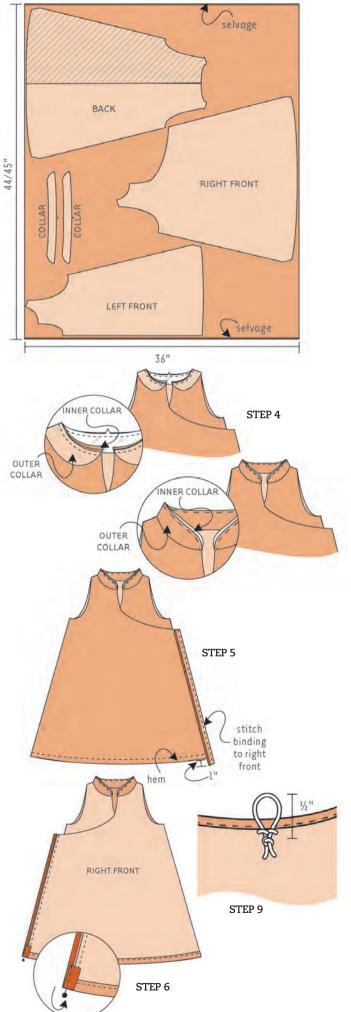
make a dress

Determine your child's size using the chart to guide you. Lay out your fabric in a single layer with the right-side facing up. Piece together then position the pattern pieces according to the cutting layout and cut them out as follows: right front: cut one, left front: cut one, back: cut one, collar: cut two. Cut a collar from interfacing. Transfer the markings from the pattern, including the button loop placement, to the wrong side of the fabric. With right-sides together, pin the left front and right front to the back piece at the shoulders and stitch. Press the seams toward the back of the dress. With the right sides together, pin the front pieces to the back piece at the side seams and stitch. Press the side seams toward the back of the dress.

3 At the inside straight edge of the left front, stitch a 6mm double-fold hem. Stitch a 1.2cm double-fold hem along the bottom edge of the entire dress.

Fuse the interfacing tonto the wrong side of one collar piece following the manufacturer's instructions. The interfaced collar becomes the inner collar piece. Pin the inner and outer collar pieces with the right sides together and the dress neckline sandwiched between the two collars, aligning all the neck edges. Take care to match the notch at the centre of the collar with the centre back of the dress. Stitch through all three layers with a 6mm seam allowance. Turn and press the collar pieces up, away from the dress. The pieces will now be wrong sides together. Secure the top raw edges of the collar together with a 3mm seam allowance. ⊂ Unfold the double-fold \mathcal{J} bias tape and pin it along the raw edge of the right front, starting at the top straight edge of the right front, with right sides together. Pin along the entire length of the right front piece, leaving a 2.5cm tail of bias tape extending beyond the bottom edge. Stitch the bias tape in the crease closest to the raw edge. Press the bias tape away 6 from the right front and press the 2.5cm tail at the bottom edge up. Fold the bias tape to the wrong side of the right front and pin. For neat stitches, sew close to the inside folded edge of the trim from the right side of the front. If you are unable to catch the bias tape when you stitch from the right side, sew with the wrong side up, along the edge of the tape.

CUTTING LAYOUT



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the seam allowance at the

back, turn back over to the

front and stay stitch 2mm

worked. Hem or bind all four

have marked on the skirt and

Hem the skirt along the

 ${\cal J}$ two short sides and the

bottom edge. Set the sewing

length and sew two straight

machine to a long stitch

sides of the pocket. Pin the

pocket in place where you

sew along three sides.

away from the seam just

Starting from the bottom edge of the keyhole opening on the left front collar piece, unfold the bias tape and pin it along the raw edge with the right sides together. Leave a 1.5cm tail of bias tape extending beyond the edge of the left front. Continue pinning the bias tape in place around the top edge of the collar and then along the keyhole neckline of the right front. Trim the bias tape, leaving a 1.2cm tail extending beyond the edge of the right front. Turn the dress over so the wrong side is facing up. Fold the tails of bias tape to the wrong side and pin them in place. Press the bias tape away from the garment, fold it over to encase the raw edges of the left and right fronts and collar, and stitch in place as before. $8^{\rm Pin}$ bias tape along the armhole edges, encasing all the fabric raw edges the same as for the side front, keyhole edges and neck opening. Overlap the bias tape slightly where the ends meet, taking care to turn and press the short raw edge to the wrong side. Stitch the tape in place, making sure to catch the back of it in the stitching. $9^{\rm Cut}$ the elastic cording into four 9cm lengths. Cut the elastic cording Fold each elastic piece in half and knot the two ends together, so that you have 1.2cm of looped cord to work with. Make sure the knot is very secure. Using a needle and thread, secure the elastic loops onto

the wrong side of the right front at the placement marks. Make two running stitches over the cord at the bottom of the loop, just above the knot. Trim the ends of the cord to 3mm.

10 Determine button placement by closing the front of the dress and marking button position on the left front. Securely sew on the buttons.

Vintage apron

Your pattern includes the following pattern pieces:

- Neck Ties
 Waistband
- Waistband
 Waist Ties
- Skirt
- Pocket
- Pocket Edge
- Neckline Bodice
- Bodice

essentials

Fabric: cotton: print, 1m; contrast, 50cm

Fusible webbing, lightweight Thread

Tailor's chalk

DIMENSIONS: One size fits all

vintage apron

2 Carefully cut out all of the paper pattern pieces, piece and secure together. Iron the fabric flat and pin the pattern shapes to the wrong side of the material. Cut out all pieces, transferring any markings, including the pocket position, with tailor's chalk; snip all notches. Iron-on the interfacing as directed.

2 Place the fused, interfaced bodice neckline, and the bodice piece right sides facing, carefully pinning them along the curved edges. Sew them together allowing for a 1cm seam allowance and press. Run a line of stay stitching along the edge of the printed fabric 2mm away from the stitched seam.

2 Hem the two longest ${\sf J}$ sides of the bodice. Take the neck ties and hem the three longest edges. Pin the ties to the top of the bodice, right sides together, line them up with the notches and sew in place. Fold under the 1cm seam allowance along the top edge (snipping through the seam allowance at the centre front), press and stay stitch on the front, 2mm away from the top edge. Place all to one side.

4 Lay the two pocket pieces right sides together and sew along the top edge. Press Why not fix fastenings to the ribbon so you can cross it over your back too?

the width of the waistband (approx 35cm). Change to a straight stitch setting on your machine and sew between the two gathered rows to secure.

6 Prepare the waist ties as for the neck straps, hemming the three longest sides. Take the two waistband pieces: the fused section needs to be at the front, and the edge with notches needs to be at the top. Put these right sides together and between them enclose the bodice, correctly lined up with the centre front and notches; also enclose the waist ties along the shortest edges. Sew along the three sides. Turn out and press.

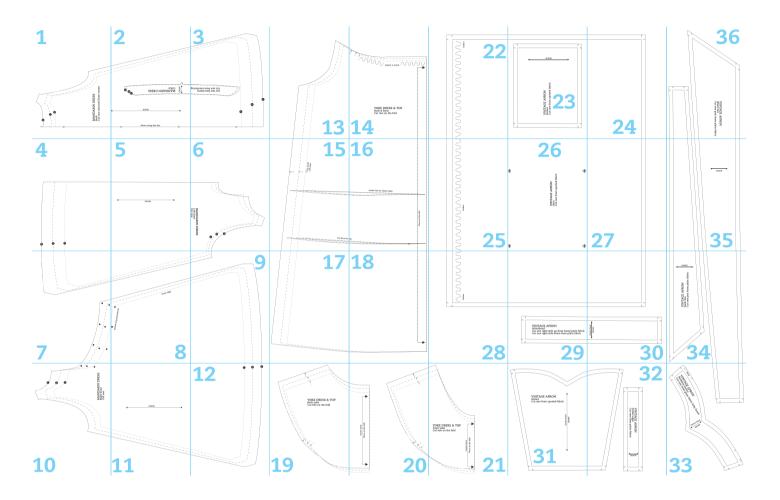
Tuck in the two raw edges on the waistband and insert the skirt with them. Pin securely in place and stay stitch along the bottom edge of the waistband, 2mm from the edge to secure in place.



Sew Freya Pattern Reference Sheet

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Pattern layout guide



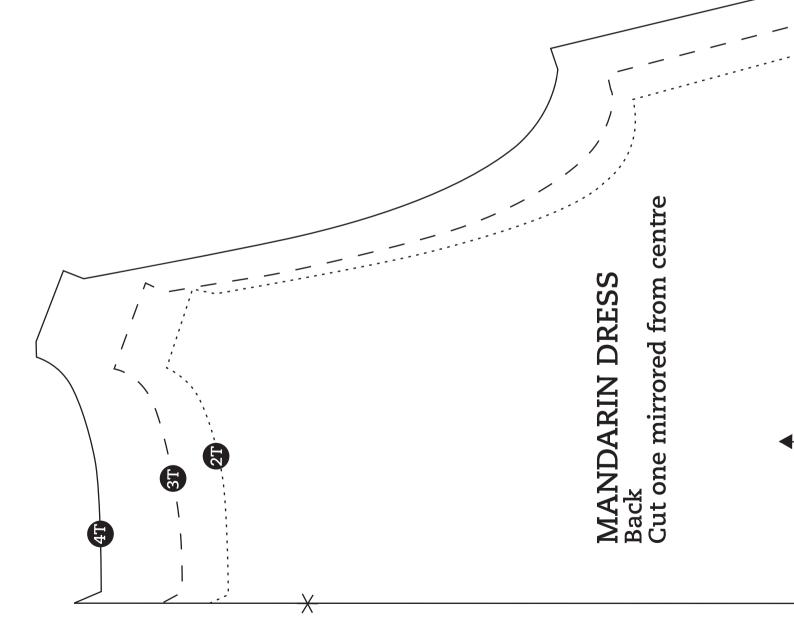
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Guide to sizes Yoke Dress & Top (tunic):
Size 8-10
Size 12-14 — — —
Size 16-18
Mandarin Dress:
Size age 2
Size age 3 — — —
Size age 4 ———

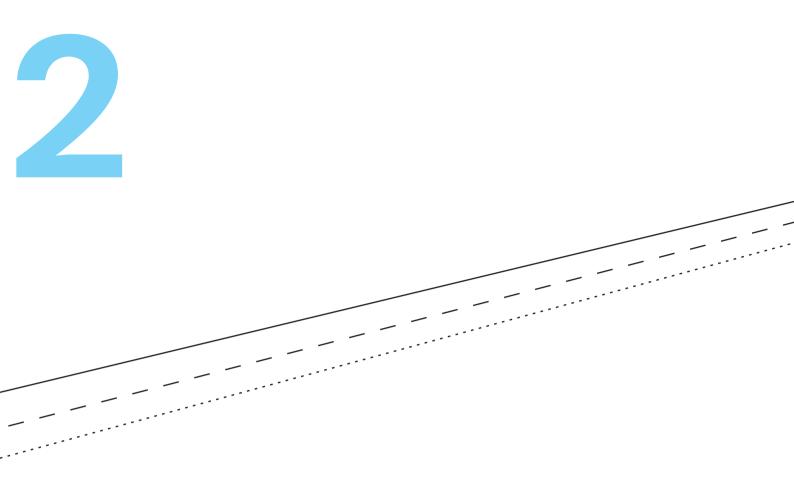
The following pattern pieces are included... Yoke Dress & Top (tunic): Back & front Front yoke Back voke Mandarin Dress: Left front Right front Back Collar Vintage Apron: Skirt Neckline bodice Waistband Waist ties Neck ties Pocket Pocket edge

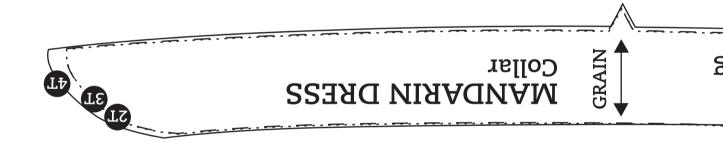
Layout key: 1-12 Mandarin dress 13-21 Yoke dress 22-36 Vintage apron

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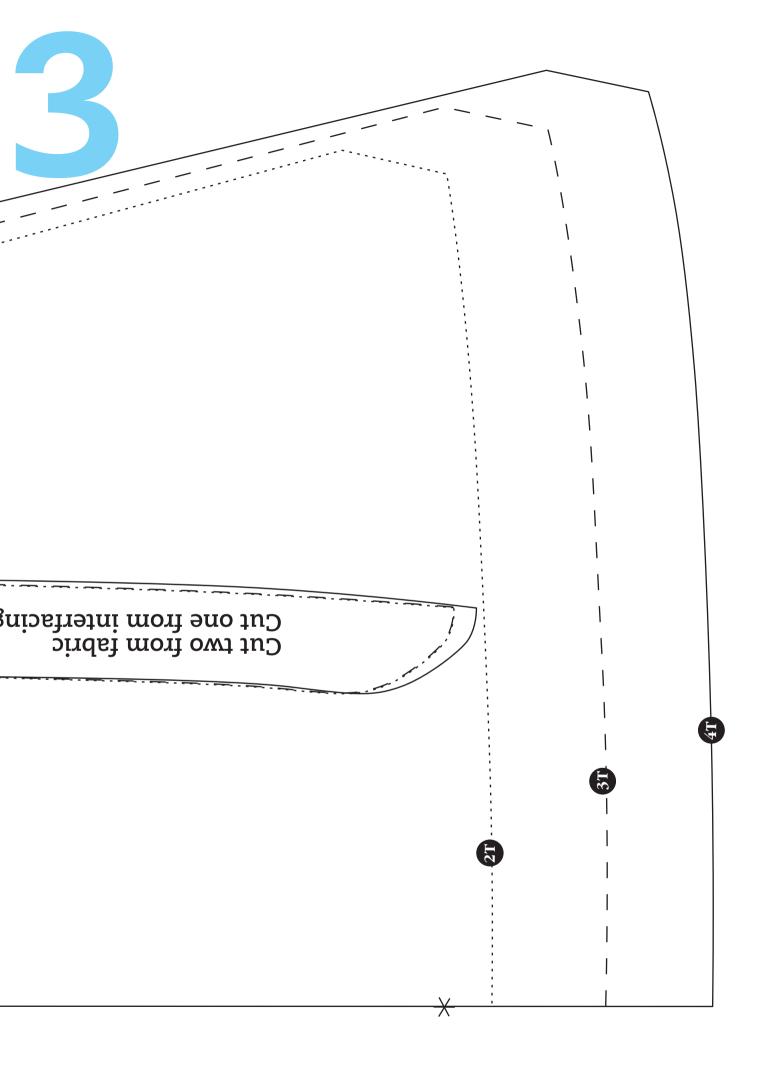


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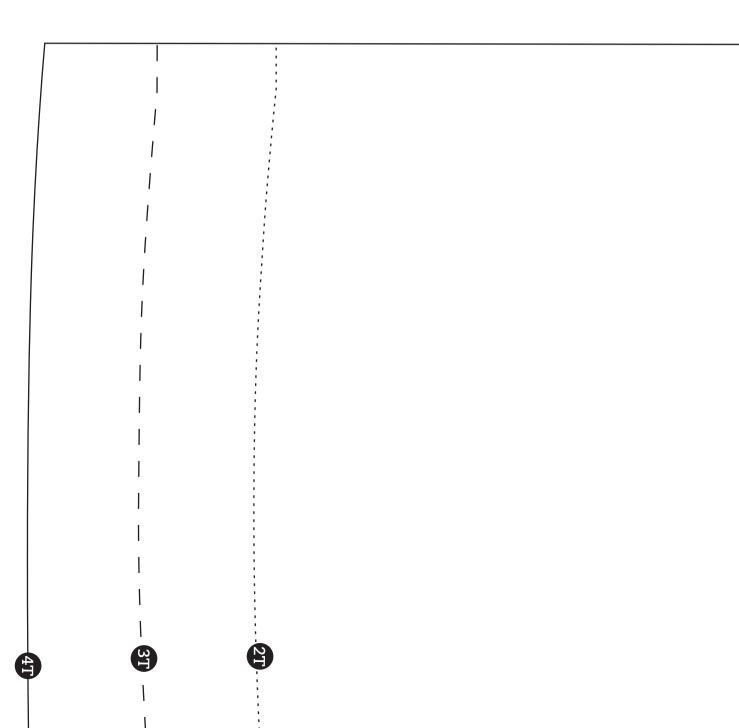
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Mirror along this line

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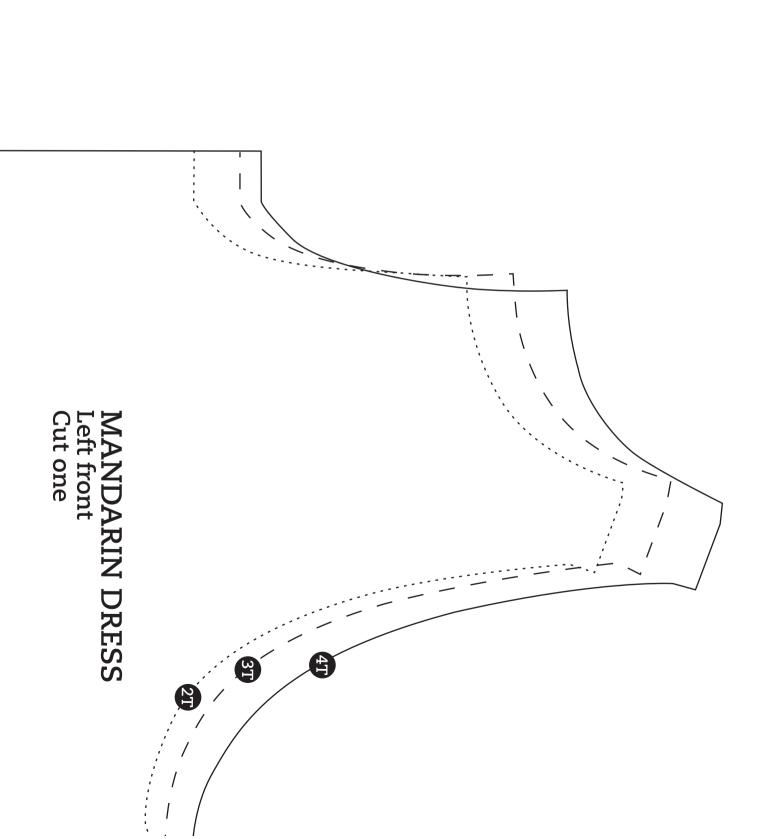




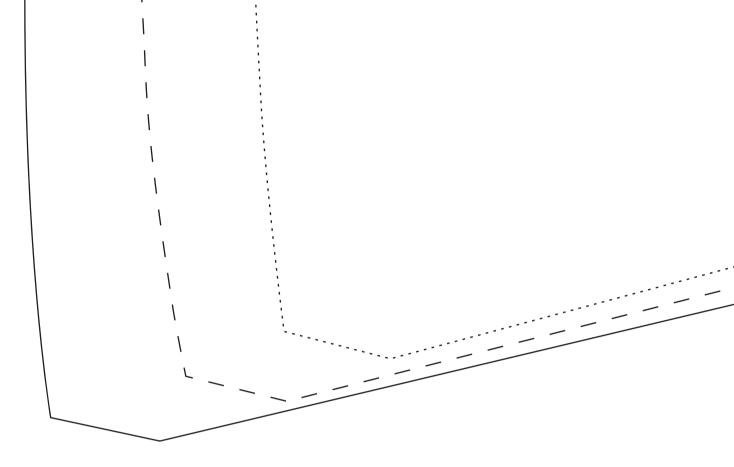




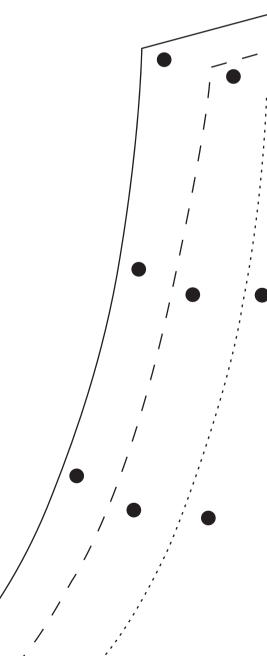
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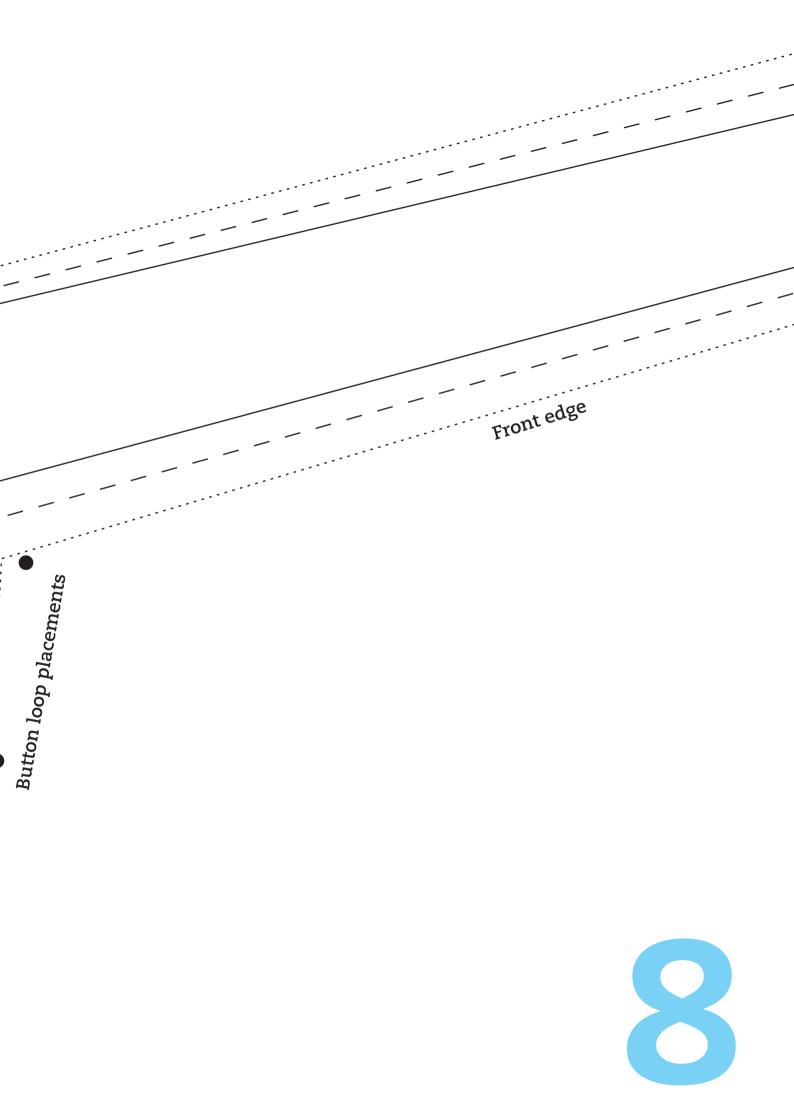


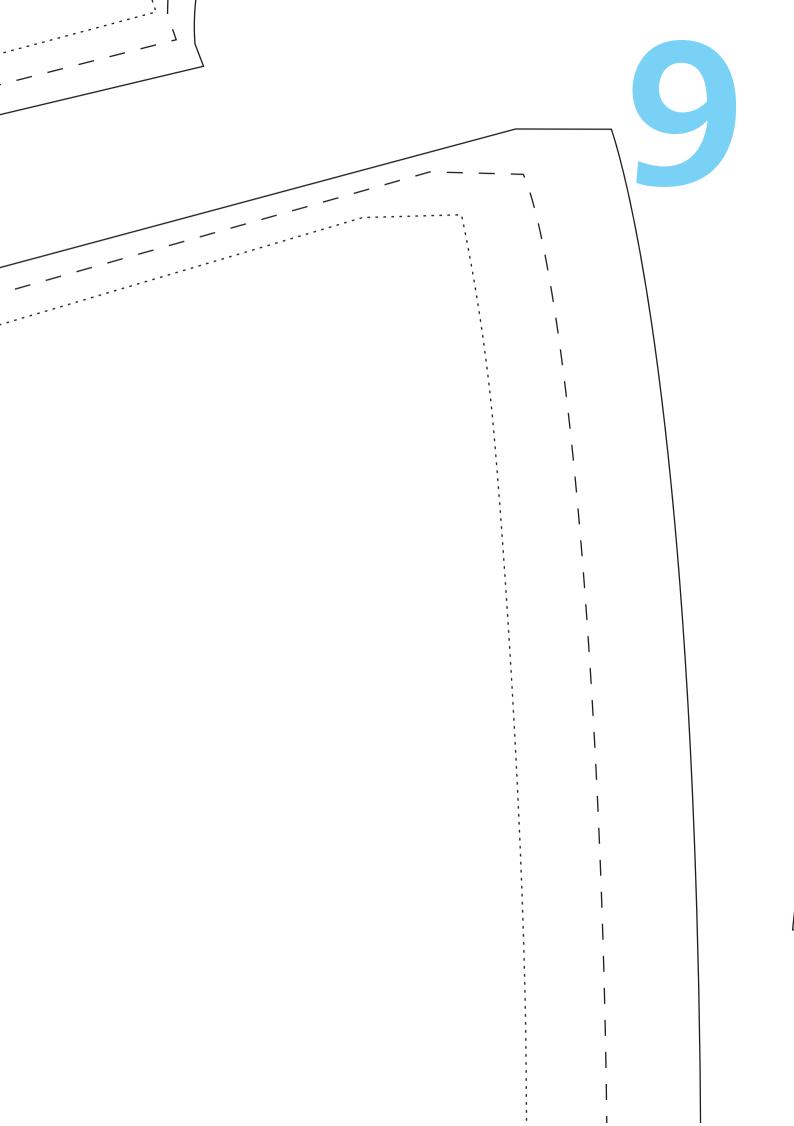


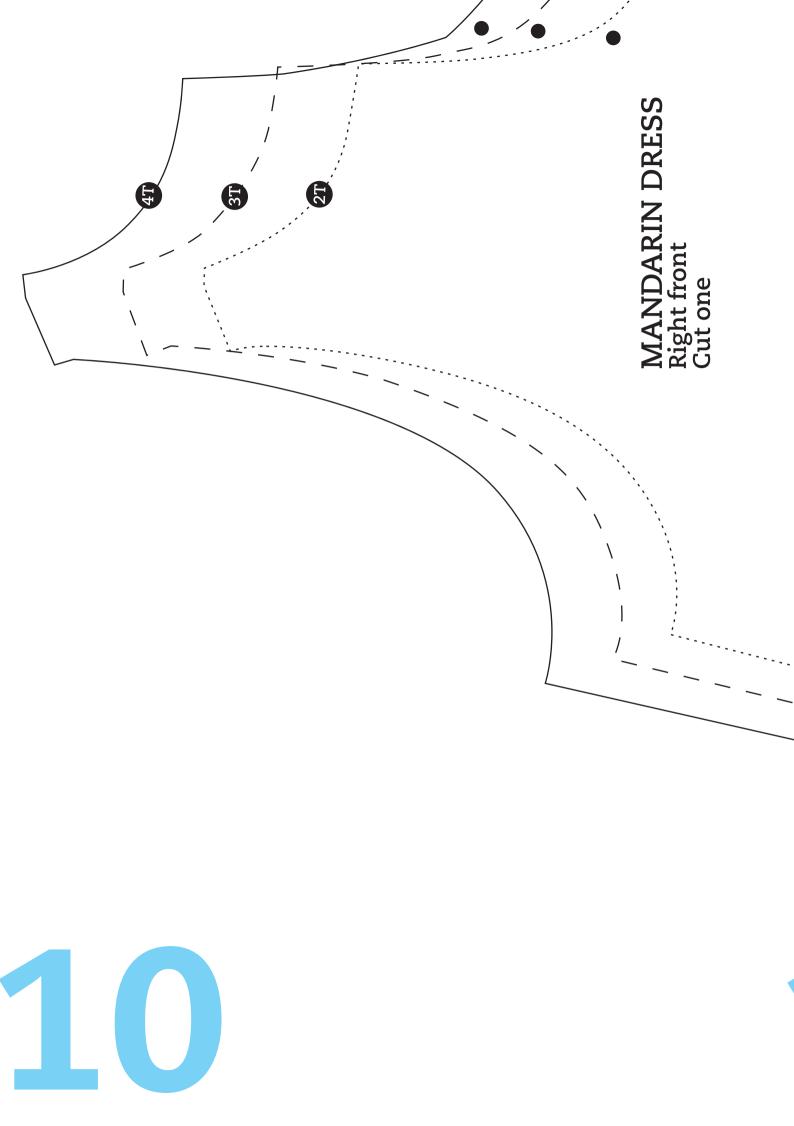


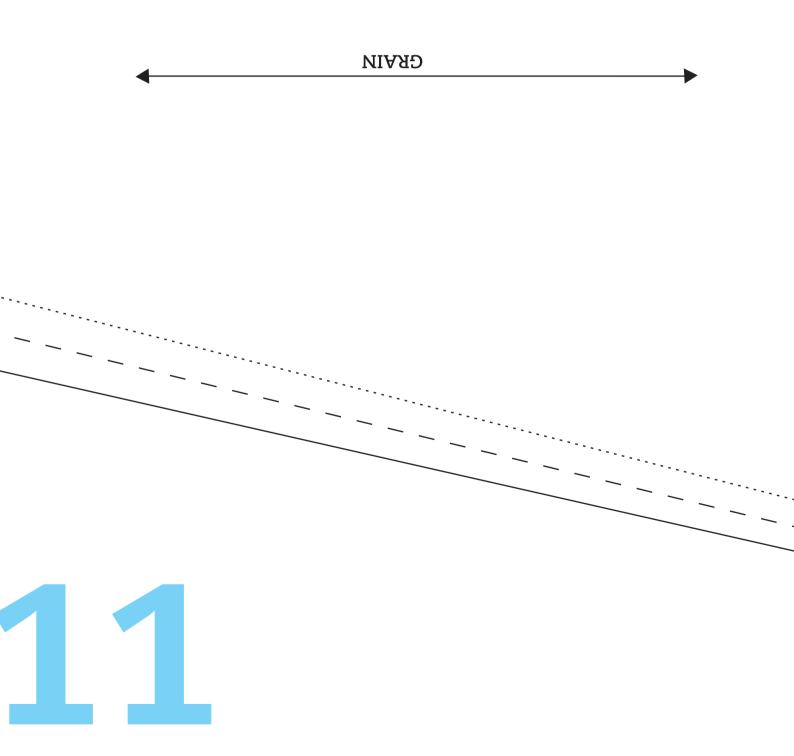






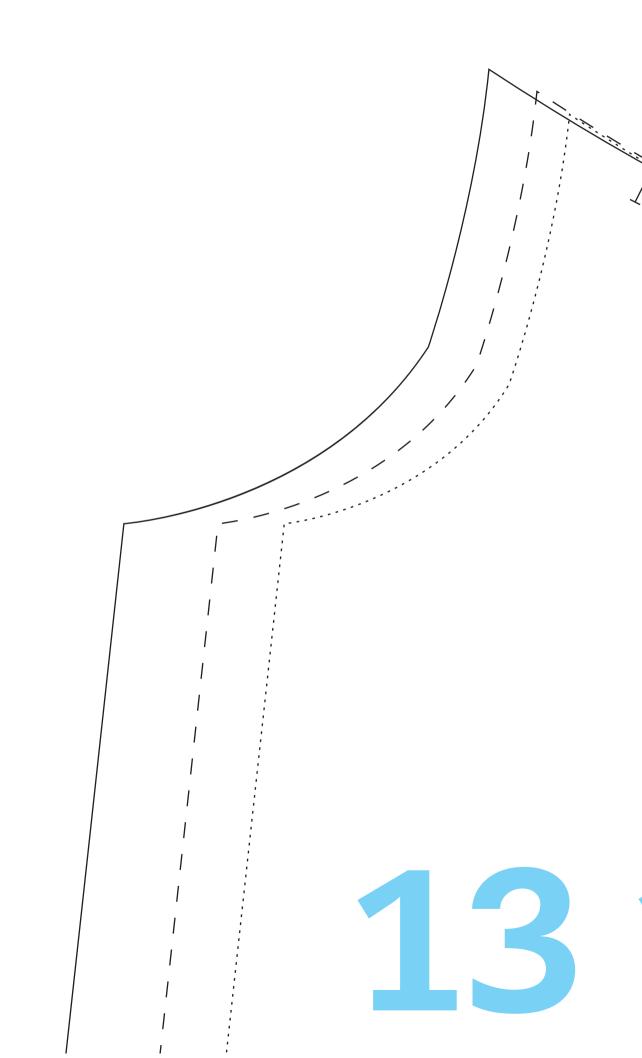


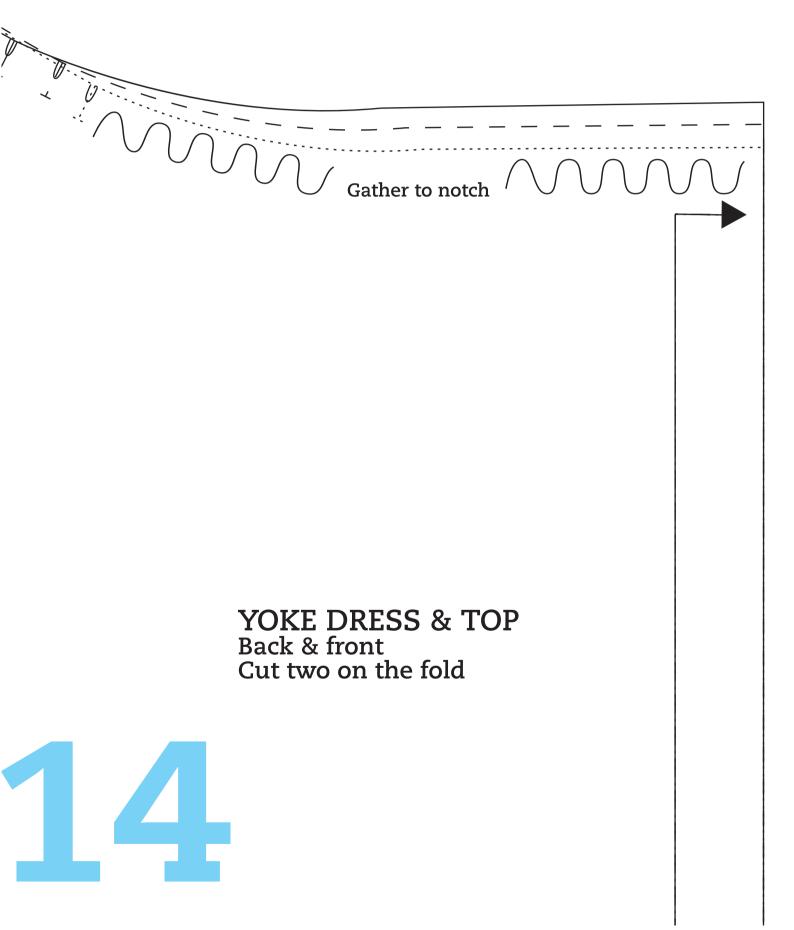


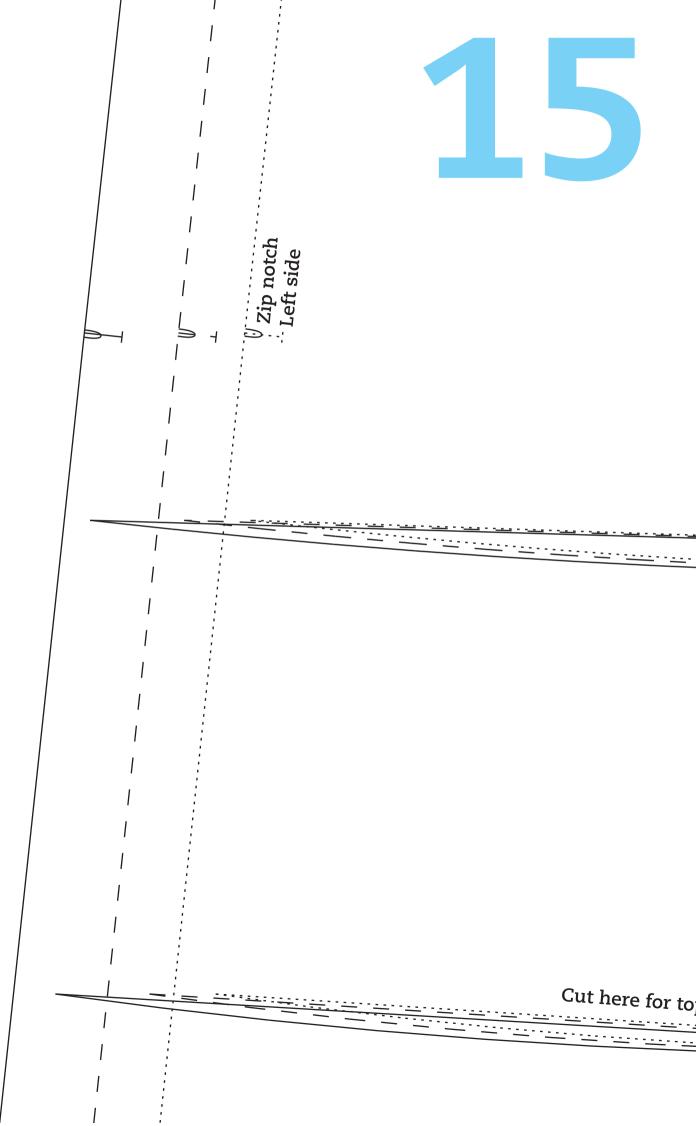


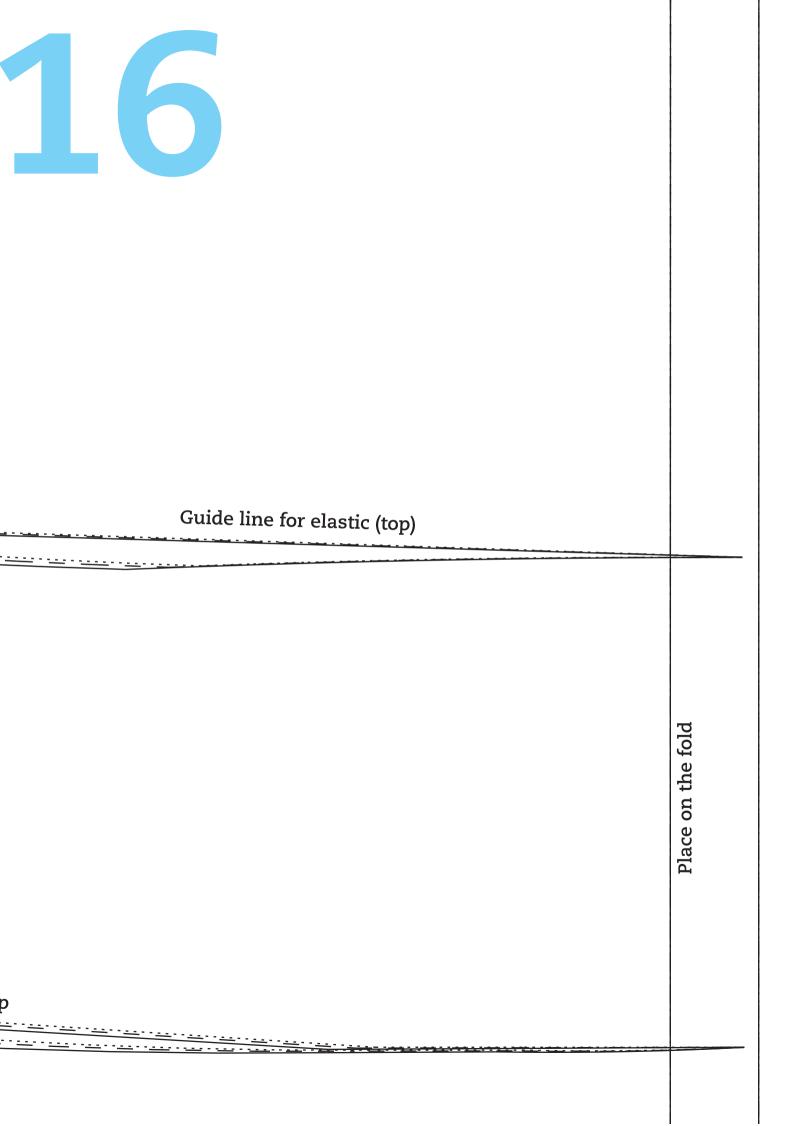


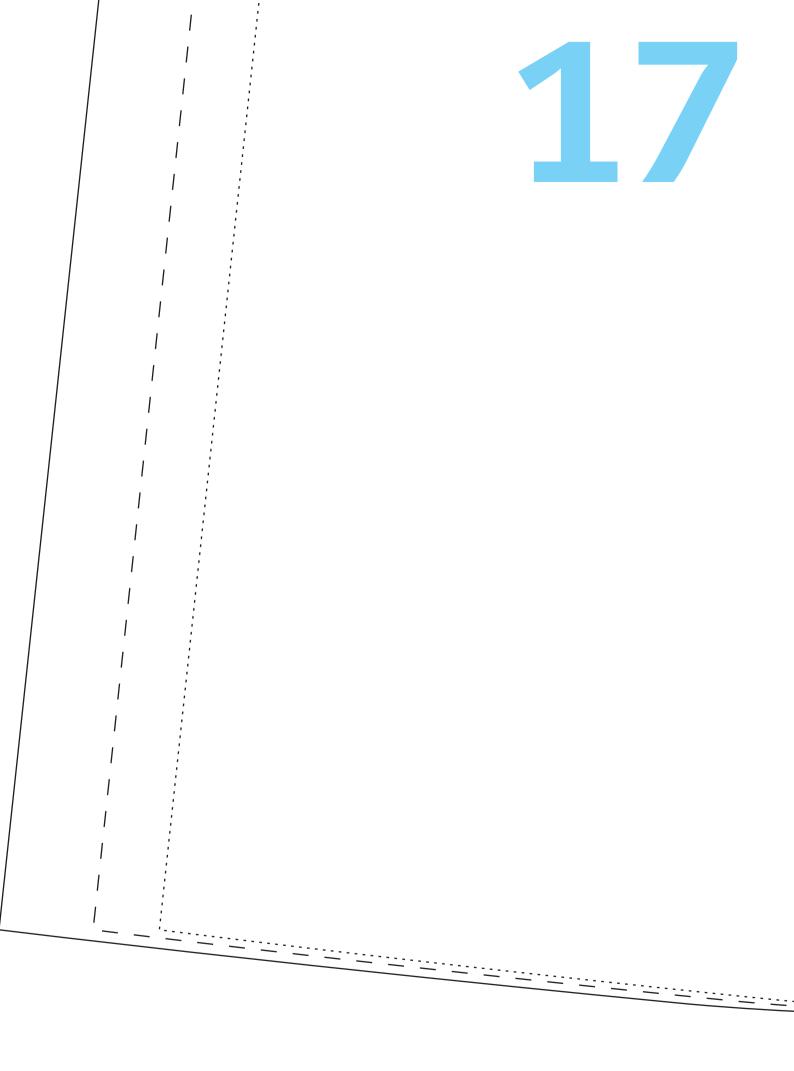
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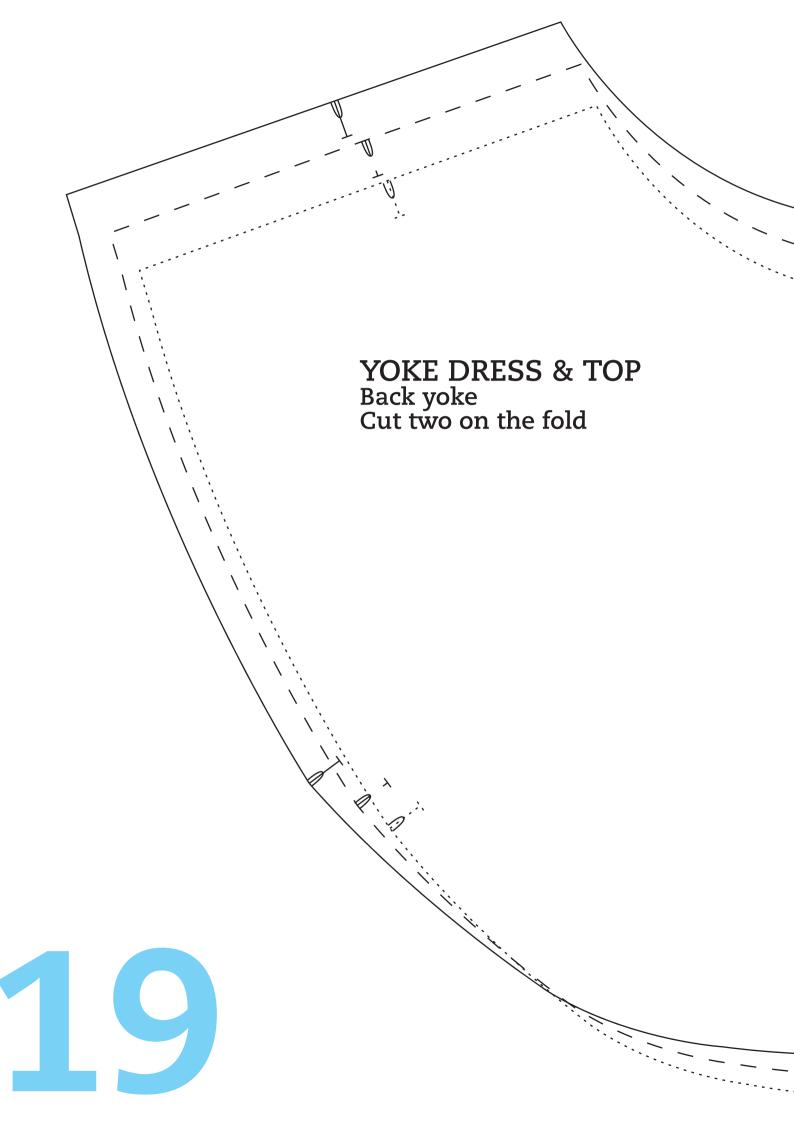


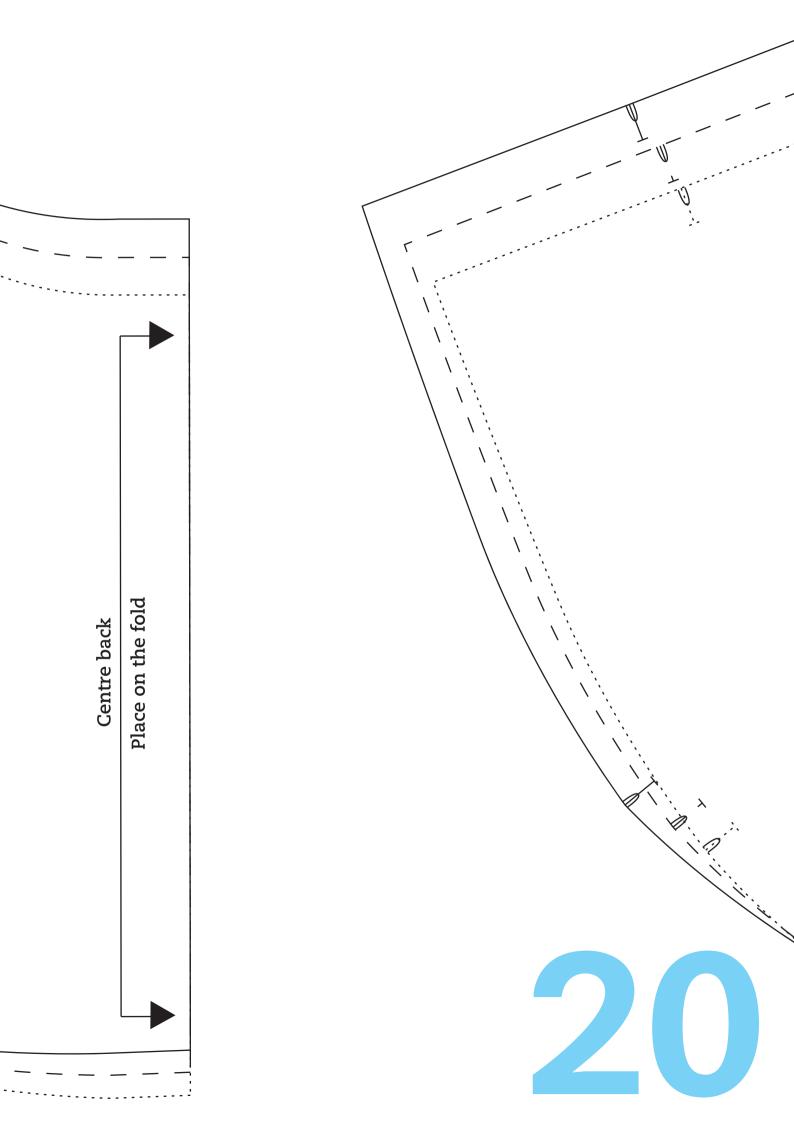


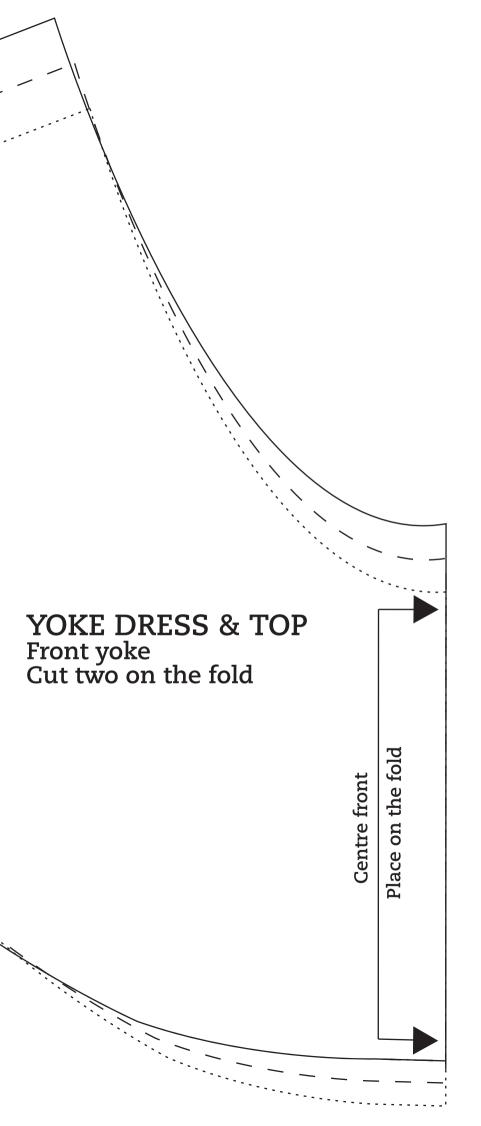




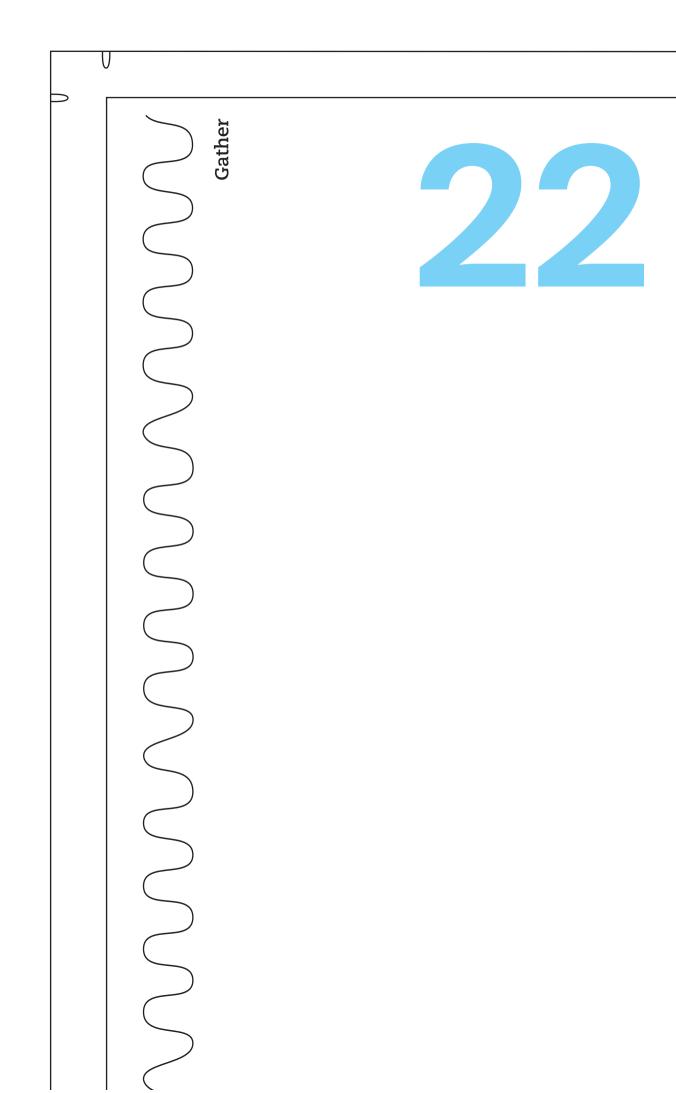


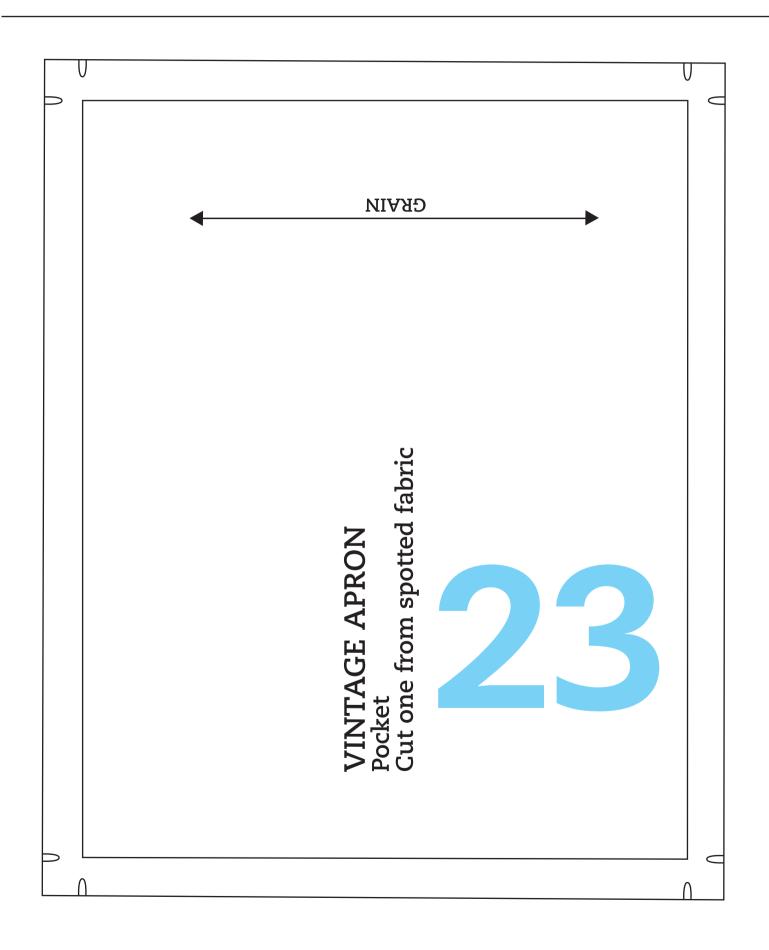


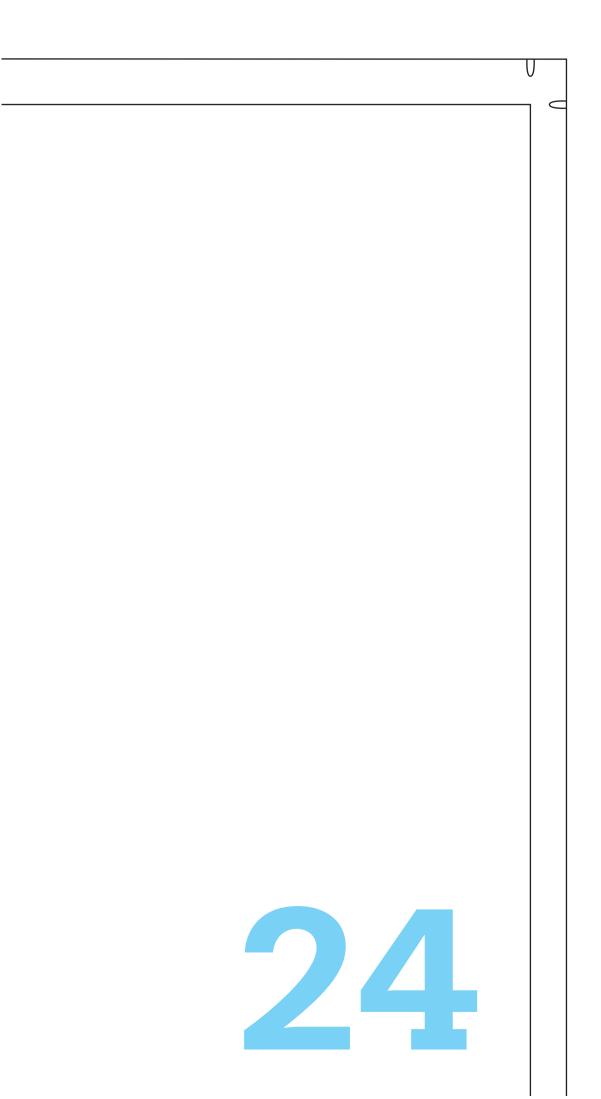


















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VINTAGE APRON Skirt Cut one from spotted fabric \oplus



