

Rose Cafe

bustier dress

PDF Pattern
Printing and Sewing Instructions

 DARIA Patternmaking

 daria_patternmaking

 DARIAatelier

DARIA
PATTERNMAKING

Contents

Shopping list	3
Sizing instructions	4
1. Take your measurements	4
3. Pick your cup size	4
SIZE CHART	5
CUP SIZE CHART	5
4. Double check with flat pattern measurements	6
Printing instructions	6
Pattern assembly instructions	7
Cutting instructions	8
Sewing instructions	10
1. Preparation	10
2. The main details	11
3. Lining	13
4. Pressing	14
5. Skirt hem	14
6. Attaching the bodice to the skirt	15
7. Installing zipper	16
8. Straps and attaching lining	17
9. Preparing and attaching cups	19

This model is a lightweight dress and the instructions do not require sewing in boning. However you can sew a bustier top with boning, underwires and foam cups using this pattern (recommended for large cup sizes). You are welcome to watch a tutorial on how to make it: <https://youtu.be/6J2Ndd7vKFU>

Shopping list

You will need the following materials to sew the Rose Cafe bustier dress:

- The main fabric. The sample is made from a textured tweed with lurex, which is best, because it is soft and fluffy enough to make non-padded cups from it. Heavy or medium weight, non-stretch or with a low percentage of elastane, woven fabric are recommended.
- Interfacing to stabilize the main parts of the bodice. It should be soft, flexible, medium weight fusible interfacing.
- Stay tape. Also ≈1,5 cm (≈ 1/2") wide strips can be cut from the fusible interfacing along a non-stretchy grainline.
- Lining. If using stretch fabric, the lining should also have stretch.
- Ribbon for straps . Also can be sewn from any fabric.
- Hidden zipper.
- Underwire channeling (optional) Is used here to cover an overlock stitch on the cup seam, in this case channeling is a decoration. You can leave it with an overlock stitch if you don't have this channeling or use soft elastic. Also you can put matching underwires in channels, but the instructions don't provide it.

Main fabric (140 cm (55") width)	1 m 1.1 yard
Interfacing (≈100 (40") cm width)	0.35 m 14"
Stay tape (≈1,5 (≈1/2") cm width)	2 m 2.2 yards
Lining (≈140 (55") cm width)	0.90 m 1 yard
Ribbon	2.20 m 2.4 yards
Hidden zipper (40-50 cm/16-19")	1 pc
Underwire channeling	0.6 m 24"

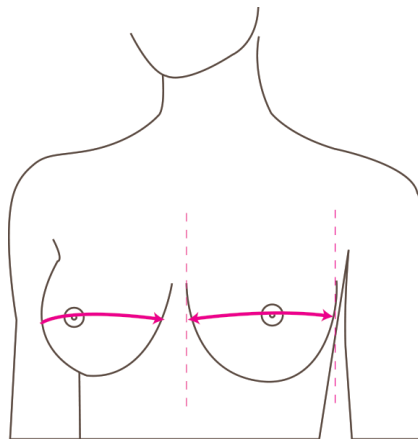
Sizing instructions

1. Take your measurements

Measure your body circumference at the underbust, waist and hip.

Make sure to keep the tape straight and parallel to the floor.

Measure the cup width to pick your cup size. Place the end of a measuring tape on the side of the breast. Go over the nipple and end at the center side of the breast. Also you can use your favourite bra to take this measurement (without push-up padding, “balcony” type or one with greater coverage is preferred). Measure on the inside of the cup, from the one side over the deepest point of the cup to the other side. For this measurement do not include the width of the underwires.



2. Pick your bodice size

Examine the size chart. Compare your underbust measurement to the size chart and see which size is closest. If you are between sizes, choose the largest underbust measurement and adjust the waist and hip measurements on the pattern as needed.

3. Pick your cup size

Examine the cup size chart. Compare your cup width measurement to the size chart and see which cup size is closest. Note that cup sizes may be not equal to the standard cup sizing.

If you are not sure about the size, to make a mockup of a cup is suggested.

SIZE CHART

EUR	32	34	36	38	40	42	44	46	48	50	52
US	0	2	4	6	8	10	12	14	16	18	20
Underbust cm	66	70	74	78	82	86	90	94	98	102	106
Underbust inches	26	27.5	29.1	30.7	32.3	34.6	35.4	37	38.6	40.1	41.7
Waist cm	60	64	68	72	76	80	88	92	96	100	104
Waist inches	23.6	25.2	26.8	28.3	29.9	31.5	34.6	36.2	37.8	39.4	40.9
Hips cm	88	92	96	100	104	108	112	116	120	124	128
Hips inches	34.6	36.2	37.8	39.4	40.9	42.5	44	46.6	47.2	48.8	50.3

CUP SIZE CHART

Cup size	Cup width in cm	Cup width in inches
AA	15.2 - 16.4	6 - 6.5
A	16.5 - 17.7	6.5 - 7
B	17.8 - 18.9	7 - 7.5
C	19 - 20.2	7.5 - 8
D	20.3 - 21.5	8 - 8.5
E	21.6 - 22.8	8.5 - 9
F	22.9 - 24	9 - 9.5
G	24.1 - 25.2	9.5 - 10
H	25.3 - 26.5	10 - 10.5
I	26.6 - 17.9	10.5 - 11
J	28 - 29.1	11 - 11.5
K	29.2 - 30.5	11.5 - 12

4. Double check with flat pattern measurements

Subtract the seam allowances and darts, and measure the main lines on the pattern: waistline, hip and underbust lines. Also check the length between the waistline and underbust line (between the bottom edge of the top and the cup seam without seam allowances).

The waist ease for this style is 0 cm (0"), it means this dress is tight-fitting. The hip ease is 5 cm (1 31/32").

If your waist measurement or your hip measurement does not correspond to a size on the chart, adjust the pattern piece before cutting it out. Add or remove the difference from the side seams on both the front and back pieces evenly.

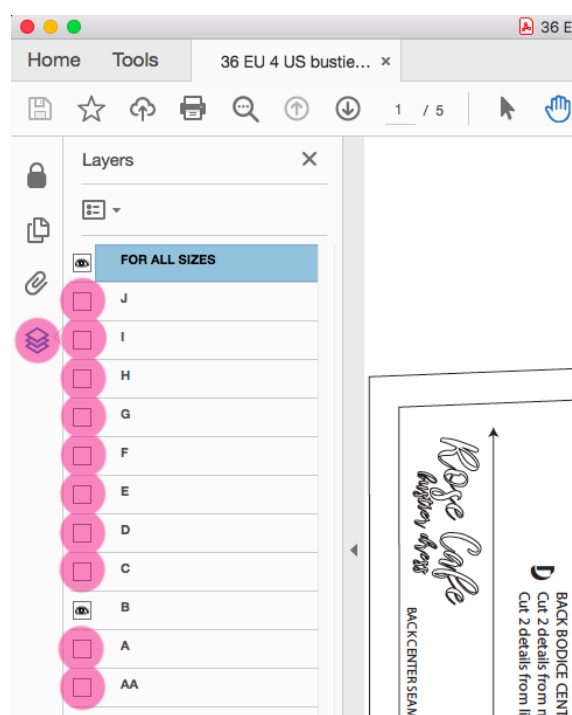
If the length between the waistline and the underbust line does not correspond to a pattern measurement, shorten or lengthen the pattern before cutting it out of paper. Do it on the top front and back pieces adding below the waistline or taking in above.

Printing instructions

The Rose Cafe bustier dress pattern consists of two .ZIP files: BUSTIER PATTERN.zip and SKIRT PATTERN.zip. They consist of 10 PDF files, each PDF file corresponds to each size (32-52 EUR 0-20 US) and includes multiple cup sizes.

All pattern files are designed with layers. You have the option to print only your cup size or a few cup sizes as necessary. Open the pattern PDF files in Adobe Acrobat Reader. Click on the icon "Layers". From the list of layers, uncheck the "eye" icon for the cup sizes that you don't want to print. The "FOR ALL SIZES" layer should always be checked, it contains all the pattern names and notes.

If you can't see any layers in Adobe Acrobat reader, try to choose View > Show/Hide > Navigation Panes > Layers.

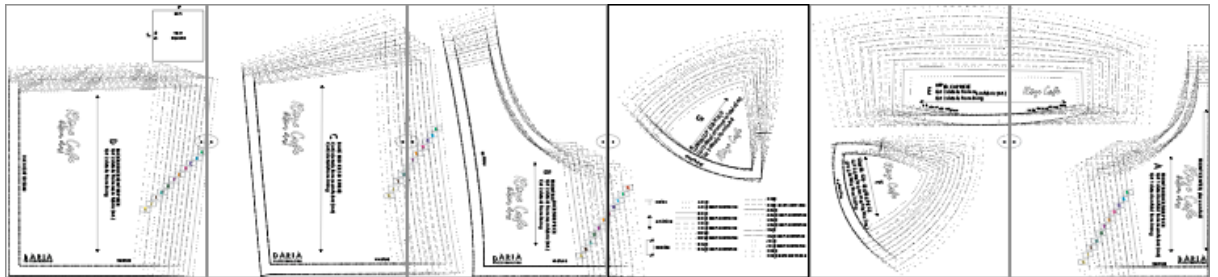


The pattern requires printing on A4 format pages. It also works on US letter format.

Make sure the printer settings are set to 100% (Actual size), and print only the first page with the test square. Check the inner square with a ruler. It should be 5 cm x 5 cm (or for inches, the outer square should measure 2" x 2"). If the measurements are correct, print the remaining pages.

Pattern assembly instructions

Follow the markings to assemble the bustier pattern.



The skirt pattern has numeric markings to help you figure out which pages should be next to each other. Line up all pattern lines and use clear tape to tape the pages together. Make sure the edges are straight and that the pages are lying flat. If you prefer, you can assemble all the pieces and then trace off your size. That way, if you need a different size you don't have to reassemble the pattern.

All pattern pieces have a 1 cm (3/8") wide seam allowances. Also, the actual seamlines are marked on the pattern pieces. The skirt hem allowance is 3 cm (1.2" 1 3/16").

The pattern inner contour lines are seam lines. They will help you measure the actual pattern sizes, for example, to check your waist. Also, you are able cut the seam allowance off in order to hack the pattern or add your own preferred seam allowances. It is important to show them to understand what we are sewing and how the pieces should look when they are sewn.



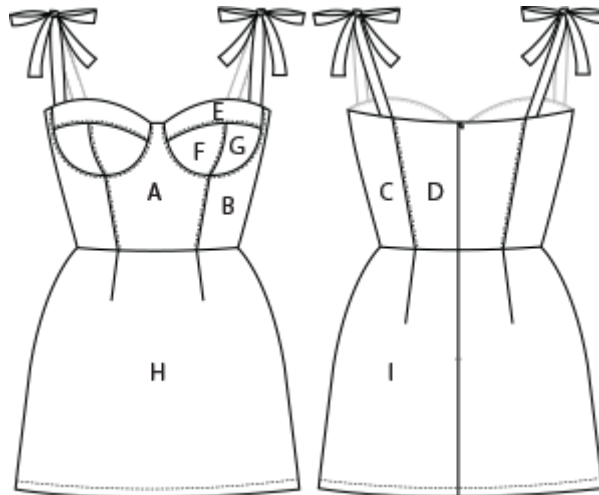
Cutting instructions

Press your fabric. Wrinkled cloth will result in inaccurate pattern markings. You will be able to cut more accurately if you have smooth fabric.

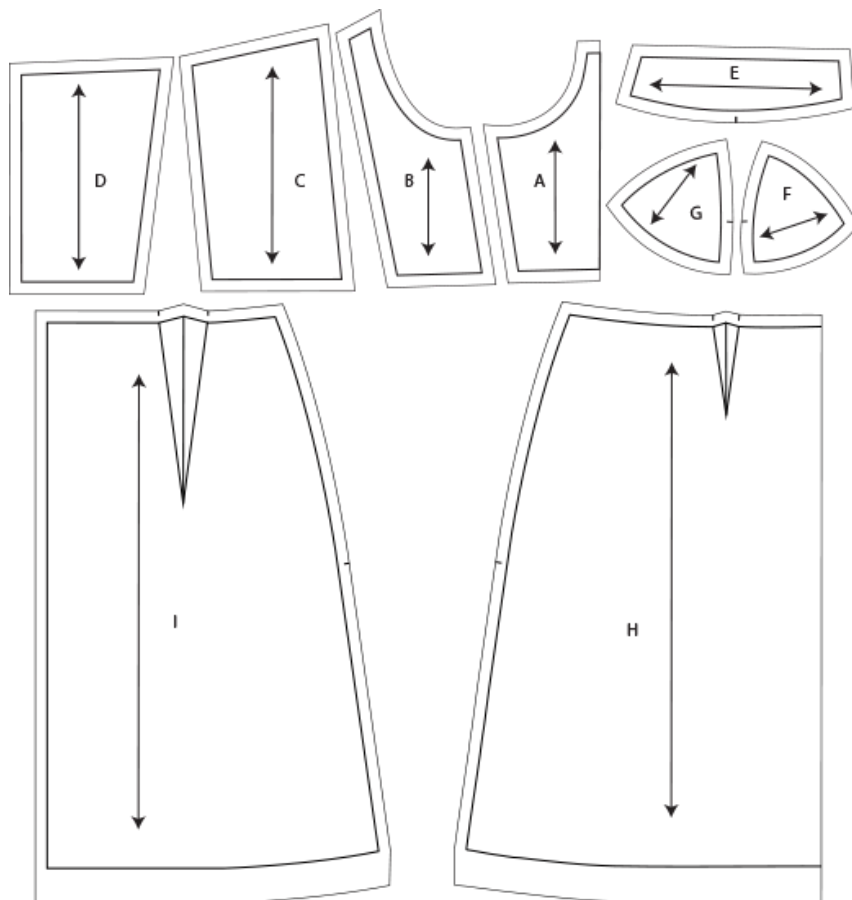
The fabric should be folded in half along the grainline. Cut the bodice parts out of the main fabric, lining and interfacing (*int.*) *on the pattern pieces*), and skirt parts out of the main fabric and lining. Make note of the grain line and front centerpieces that need to be placed on the fold. Mark the darts and other notches.

Note that the lining skirt is shorter than the main fabric skirt and is equal to the main fabric skirt without the hem seam allowance.

If you have a plaid or striped fabric, the garment will look better if the stripes are aligned at the seams.



	Pattern piece	Main fabric	Lining	Interfacing
A	Front bodice center piece	1 pc on the fold	1 pc on the fold	1 pc on the fold
B	Front bodice side piece	2 pcs	2 pcs	2 pcs
C	Back bodice side piece	2 pcs	2 pcs	2 pcs
D	Back bodice center piece	2 pcs	2 pcs	2 pcs
E	Upper cup piece	2 pcs	2 pcs	2 pcs
F	Lower cup center piece	2 pcs	2 pcs	2 pcs
G	Lower cup side piece	2 pcs	2 pcs	2 pcs
H	Front skirt piece	1 pc on fold	1 pc on fold	
I	Back skirt piece	2 pcs	2 pcs	
	Stay tape			from interfacing



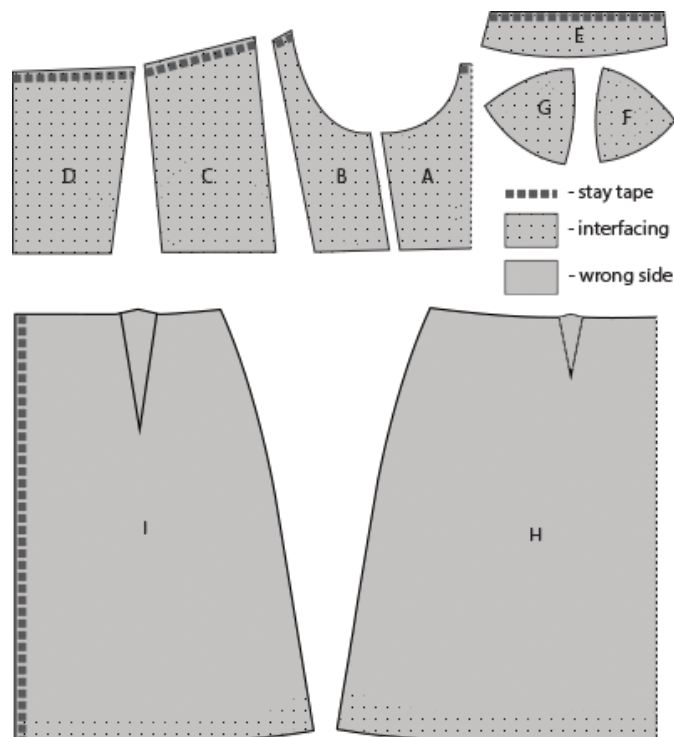
Sewing instructions

To better understand the instructions, you are welcome to watch a video with the whole sewing process on my YouTube channel:

DARIA Patternmaking <https://youtu.be/yCRjTz81oa0>

1. Preparation

1. Gently transfer the pieces to the ironing board and apply the interfacing to the wrong side of the main fabric for all the bodice pieces. This helps the bodice maintain its shape. Do not pull or drag the pieces until they are interfaced.
2. Iron on the stabilizing stay tape or a strip of the interfacing along the top edges of each bodice detail to prevent them from stretching. Also iron on the stay tape or a strip of the interfacing along the skirt edges, where the zipper is going to be and on the bottom hems. The tape can be cut from woven interfacing along the grain line.



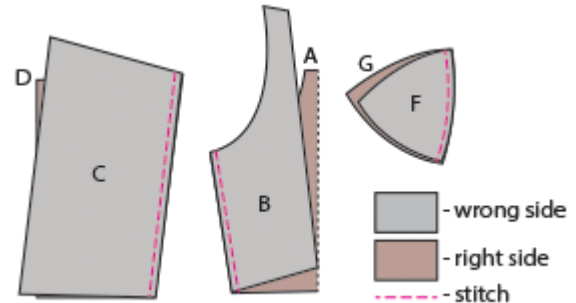
Please note that interfacing on the diagrams will not be indicated further; the wrong side implies this.

The diagrams are shown in two sections, divided along the center of the back. Assemble everything symmetrically on the two sides.

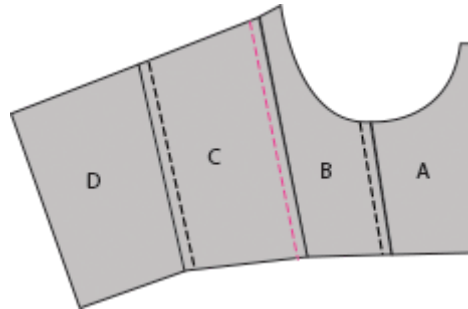
New stitches and steps are highlighted in bright pink.
Each stitch line is backstitched at the beginning and the end.

2. The main details

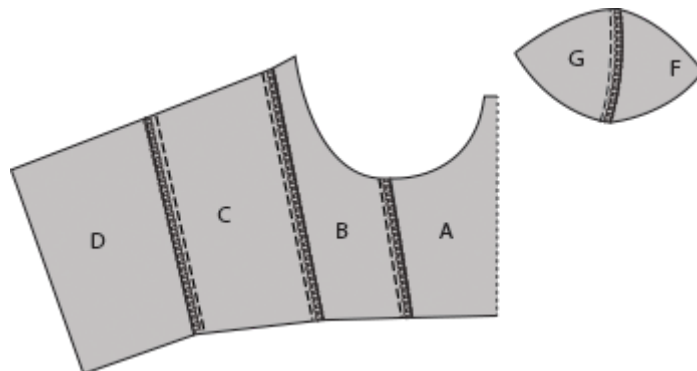
1. Pin the centerpiece of the bodice and front side pieces together. In the same way, pin back centerpieces and back side pieces together. Stitch together. Note the notches, pin and sew the lower cup center pieces and lower side pieces together.



2. Pin and stitch the side seams of the bodice.

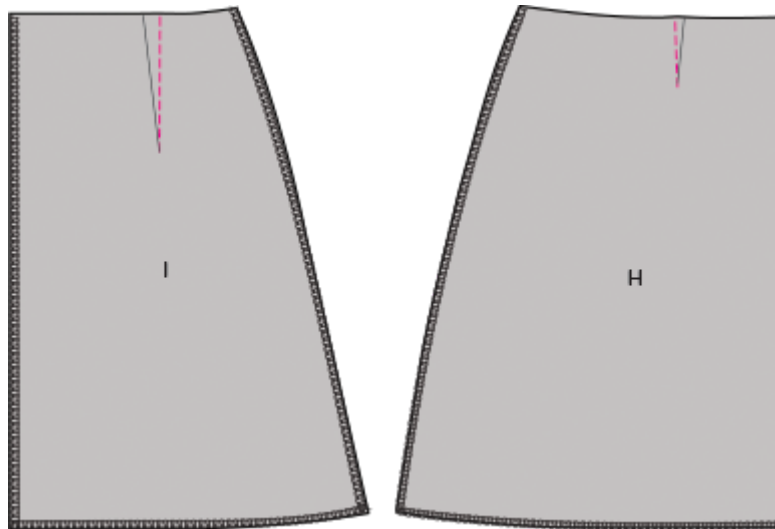


3. Overlock to finish the seam allowances on the bodice and the lower cup. Also you can use zig-zag stitch or skip this step if your fabric does not fray so much, because the bodice will be covered by a lining.

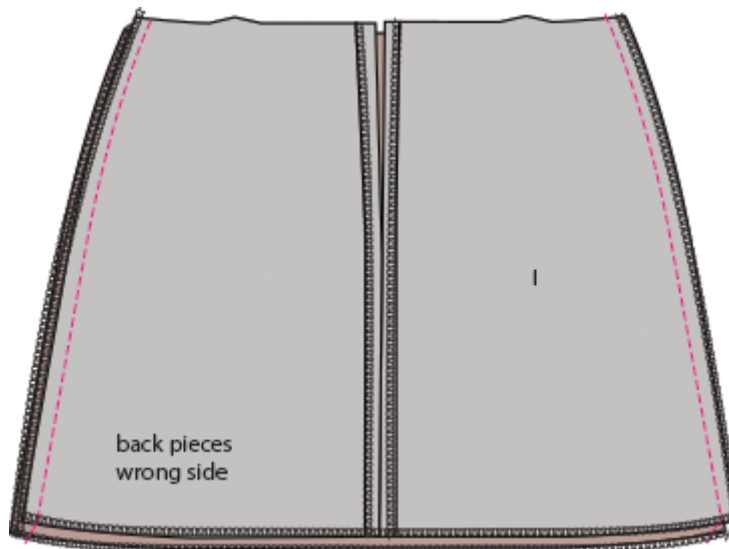


4. Pin and sew the skirt front and back darts, baste with temporary stitches if needed (depends on your skills, this won't be mentioned in the text further).

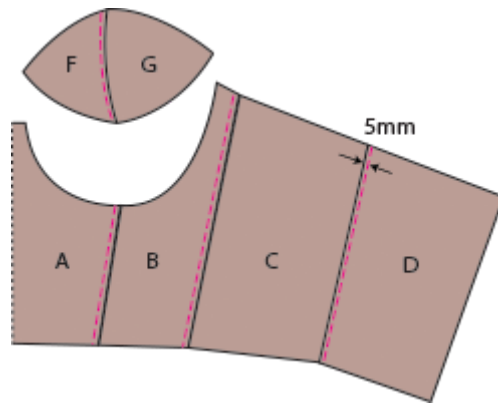
5. Overlock all the skirt pieces, except the top edges with darts.



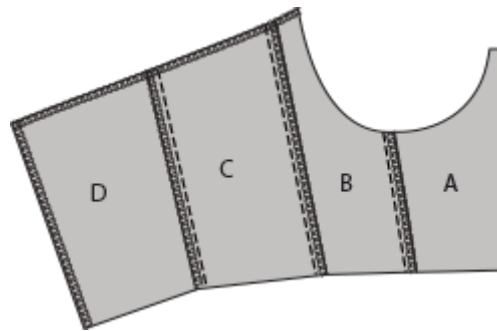
6. Sew the skirt side seams and the back center seam, leaving the space for the zipper. Measure your actual zipper length and make a notch where the back center seam starts. (In my zipper installation method I sew additional 1,5-2 cm ($\approx 1''$), see further).



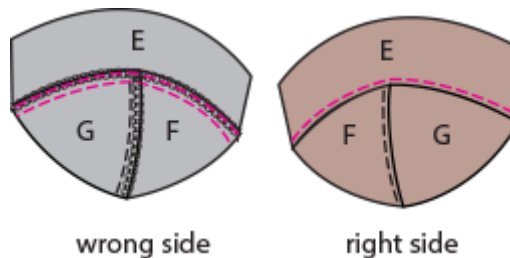
7. Put all the bodice seam allowances towards the centers. The side seam allowances are put towards the front. Topstitch from the outside 5 mm ($1/16''$) away from the seam. One easy way to topstitch is to use the sewing machine foot to follow the foot edge along the seam. It will be approximately a 5 mm ($1/16''$) topstitch depending on your machine. Do the same with cups: put the seam allowance to the center piece and topstitch.



8. Overlock the top edges of the bodice and back center edges if your fabric is fraying.

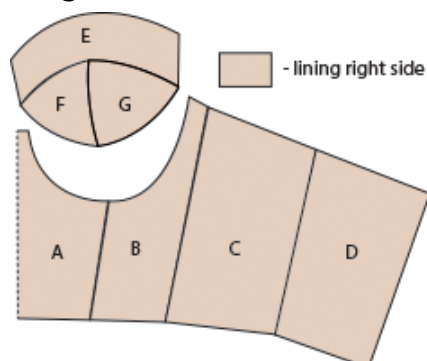


9. Stitch upper cup pieces to lower cups, overlock the edges, put allowances to the upper piece and top stitch as we have done it in the bodice part.

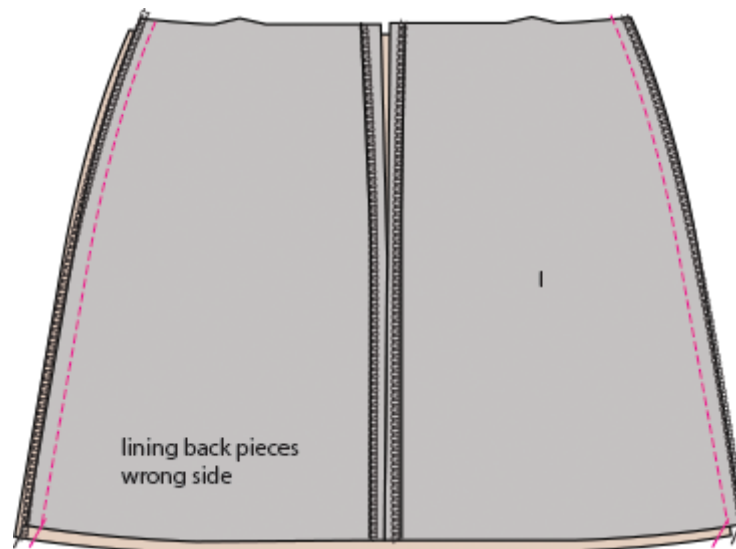


3. Lining

1. Sew all the lining pieces together as with the main fabric, but skip the overlocking and topstitching steps. Stitch the front seams, back seams, side seams, sew cup pieces together.



2. Sew the skirt side seams and the back center seam, leaving the space for the zipper. Measure your actual zipper length and make a notch where the back center seam starts. (In my zipper installation method I sew additional 1,5-2 cm ($\approx 1''$), see further).
3. Overlock skirt lining center seam as open seam and the side seams as closed seams.

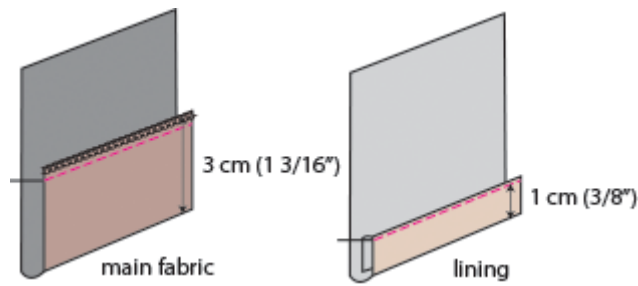


4. Pressing

1. Put the lining bodice seam allowances towards the centers and press the seams closed.
2. Do the same with the skirt part. Seam allowances on the skirt go backwards. Press the back center seam open. Press the darts towards the center.
3. Let's prepare the bottom hem at once. Fold 0.7-1 cm ($2/8 - 3/8''$) on the lining skirt part and press. It will be much easier to fold it for a second time when sewing.
4. Press the cups very slightly.
5. Press all the seams on the main fabric skirt open.
6. Fold 3 cm (1") and press the main skirt bottom hem. Be careful at rounded areas near the side seams.

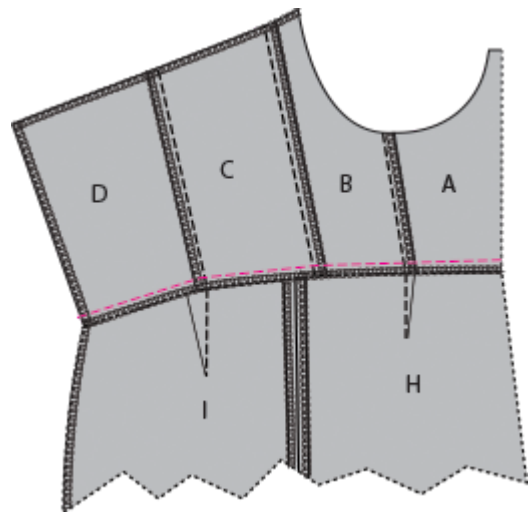
5. Skirt hem

1. Finish the pre-ironed hem on the main fabric skirt if you are sure about the dress length. If not sure, you can do it in the end. *I prefer to do it now because it is easier for me to finish the skirt fully and then to attach the bodice.*
2. Fold 0.7-1 ($2/8 - 3/8''$) cm on the prefold lining hem and stitch the seam as close as possible to the folded line, 1 mm ($1/16''$) approximately.



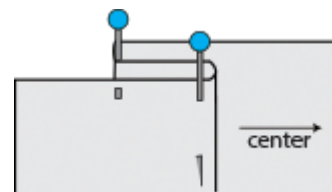
6. Attaching the bodice to the skirt

1. Attach the bodice to the skirt with their right sides together. Use pins to match skirt darts with seams, and the skirt center notch with the bodice center notch. Notice that the bodice side seams are not lined up with skirt side seams in this pattern.

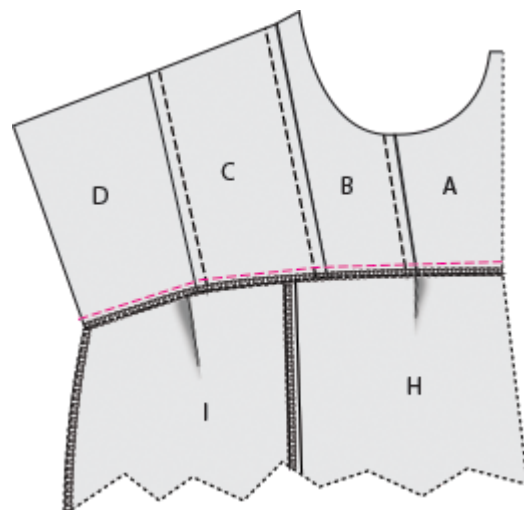


When it is bustier, it is better when a side seam is next to a cup to provide an additional support to a cup, especially if we use bones. With this pattern you can sew the corset with bones, underwires and foam cups. But this model is a lightweight dress and does not require sewing in boning. At the same time we have the skirt side seam which should divide the skirt approximately on 2 parts, (a front part usually is a little bit wider).

2. Sew the bodice and the skirt together and overlock.
3. Press the seam allowance to the skirt side.



4. Instead of sewing darts on the lining part of the skirt, lay folds from the dart notches. Match the notches at the end of each dart line. Pin them together. Also pin the fold towards the center. Leave pins in until attaching the bodice to the bottom. Do this with all 4 lining skirt darts.
5. Attach the lining bodice to the lining skirt with their right sides. Use pins to match the skirt folds with bodice seams, and the skirt center notch with the bodice center notch.



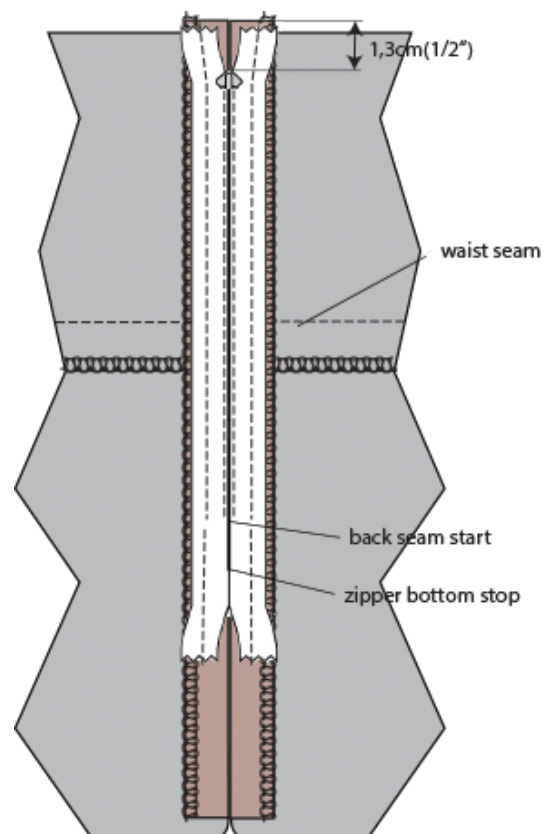
6. Sew the lining bodice and the lining skirt together. Stitch from the skirt left side to control the folds and their direction. Overlock and press the seam towards the skirt.
7. Press the folds on the skirt. Find an approximate dart point and press the fold so that it should end in this point. It turns out an unstitched dart that can open up and the lining will give necessary wearing ease to the hips. Do this with all 4 skirt darts.
8. Press the hem both on lining and the main dress.

7. Installing zipper

I will show the way how I do it without hand basting, you can sew it the way you like.

If your invisible zipper is too long and needs to be trimmed, measure and cut your zipper to the appropriate length. Assuming you've trimmed your invisible zipper, you will need to create a new bottom stop by simply hand stitching around the zipper teeth. Heat seal the end of the zipper using a lighter.

1. Place the closed zipper right side down along the seam edge. Leave 1cm from the top edge. Leave a 1.5-2 cm (1/2-3/4") zipper tail, the zipper bottom stop should be below the stitched back seam starts.
2. Start at the top edge and stitch 5 mm (3/16") from the zipper teeth on the zipper tape with your usual sewing foot along all the zipper until the back seam starts.
3. Pin the zipper's tape tail on the back seam, match the centers. Mark the waist seam placement on the second zipper side, because they should match when the zipper is closed. Pin the second seam edge to the zipper matching the waist seam with the mark. Stitch the second side from the bottom to the top. I do this step instead of basting. This prevents the zipper from shifting and allows you to stitch the zipper down more neatly.
4. Now put on an invisible zipper foot. Check that waist seam is matched. Open the zipper and put the zipper slider below the back seam start. That is why you should leave a 1.5-2 cm (1/2-3/4") zipper tail and sew

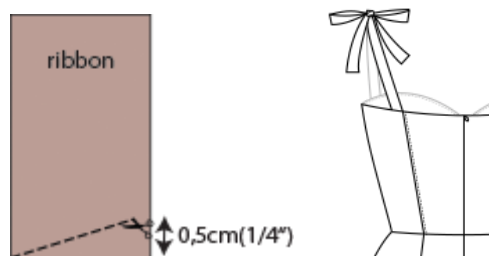


the zipper until the back seam starts, not a zipper stop.

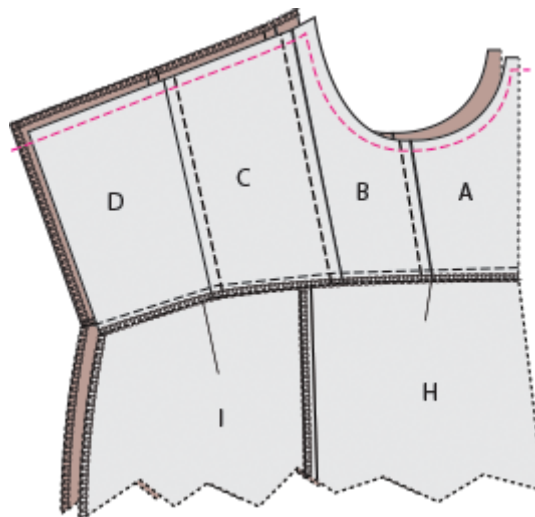
5. Starting at the top, stitch down the zipper tape close to the zipper teeth, stopping at the point where the lower center back seam begins. Repeat for the other side of zipper tape.
6. Release the zipper slider through the small remaining hole between the zipper and the back seam and close the zipper.
7. Stitch the zipper tape tail to the back seam allowances.
8. Press the zipper lightly.

8. Straps and attaching lining

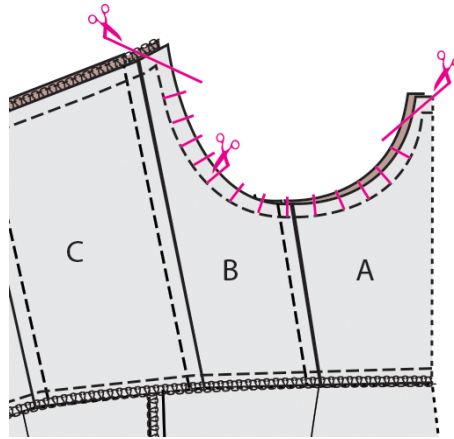
1. We have 4 straps out of a ribbon, 55 cm (22") each. You can make longer straps to have bigger bows. Straps go from the dress with a small angle, so cut the ribbon corner to form this angle (approximately 0,5 cm (0,2") to cut from one corner). Heat seal cut ends.



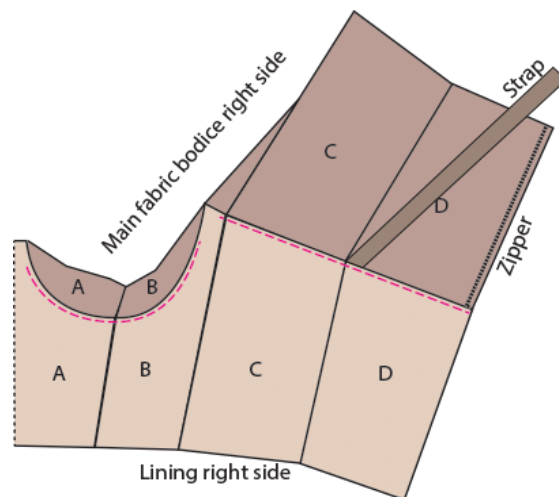
2. Pin the straps matching the seams on the back.
3. Attach the lining to the main dress. Pin along the top edge all over the bodice, including rounded underbust edges. Match all the seams and centers. Stitch 1 cm ($\frac{3}{8}$ ") along the top edge.



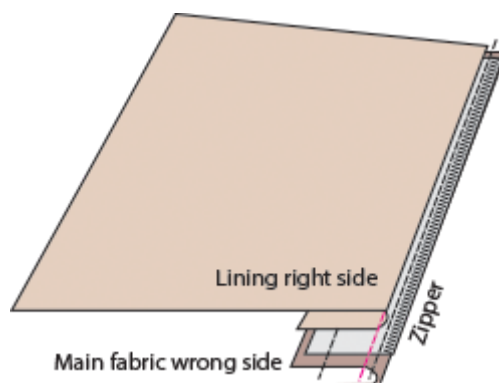
4. Carefully trim 4 corners as close as possible to the stitch line, as shown in the picture below. Be careful not to cut the stitching. Trim the cup seam allowances within every 1 cm ($\frac{3}{8}$ "). Be careful not to cut the stitching.



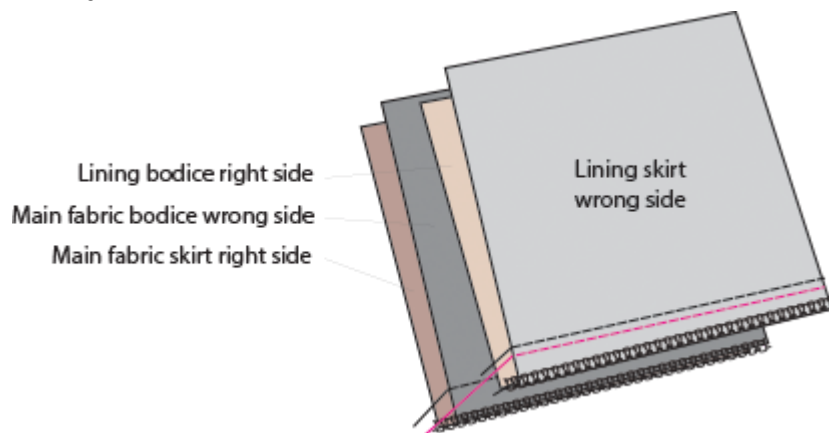
5. Turn the bodice out to the right side and understitch the lining as far as possible to keep it from rolling to the outside. Also understitch the round cup seam area as far as possible. If you will do this step, ironing out the corners will be much easier.



6. Turn out the bodice to the right side completely. Turn out the corners carefully, they should be as sharp as possible. Press the top so that the lining is not visible from the outside.
7. Attach the lining to the zipper. Open the zipper. Turn inside out the zipper area. Flip the lining over from the top. Put zipper foot or position your needle as close to the zipper teeth as possible. Sew down the lining along the zipper teeth. Leave approximately 1 cm ($\frac{1}{2}$ ") before the back seam. Do the same with the second side.



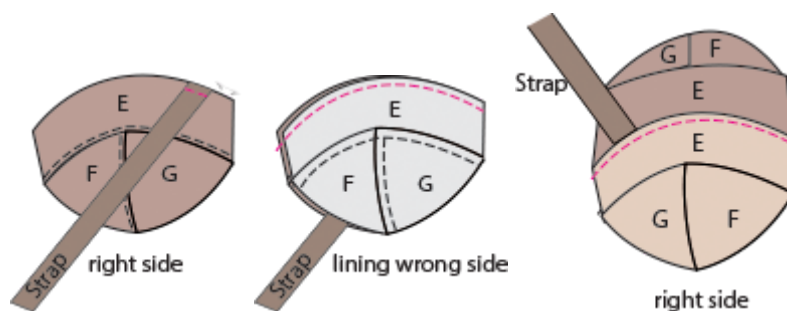
- Turn the skirt inside out between the lining and the main fabric layers and attach the linings waist seam allowance to the main dress waist seam allowance. Layers will look like this:



9. Preparing and attaching cups

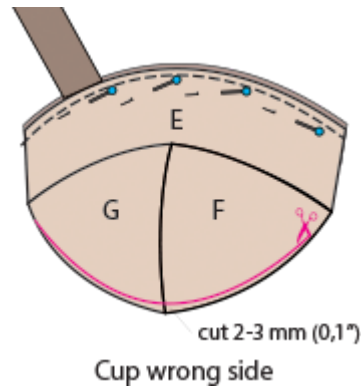
- Attach the straps to the cups with the angle, like we have done it on the back. Straps should be placed 1-6 cm ($\frac{3}{8}$ "-1 $\frac{23}{64}$ ") from the upper cup side (depending on your cup size, see the table). Put the lining and the cup right sides together and pin down along the top edges. Sew along the top edges and understitch the lining.

AA A	1 cm $\frac{3}{8}$ "
B C	2 cm $\frac{3}{4}$ "
D E	3 cm 1 $\frac{3}{16}$ "
F G	4 cm 1 $\frac{37}{64}$ "
H I	5 cm 1 $\frac{31}{32}$ "
J K	6 cm 2 $\frac{23}{64}$ "

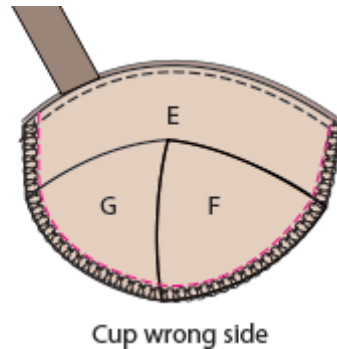


- Fold the lining inside the main cup and pin down so that the lining isn't visible from the right side. The lining will turn out bigger than the main cup

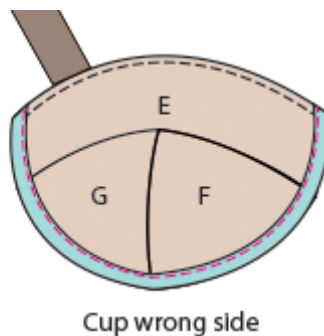
on the bottom. Cut off the 2-3 mm ($\frac{1}{16}$ - $\frac{3}{32}$ ") excess from the bottom of the lining (only in the cup center area).



3. Pin the lining to the bottom of the cup. Stitch 5 mm ($\frac{3}{16}$ ") along the bottom of the cup to attach the lining completely. Overlock from the wrong side.

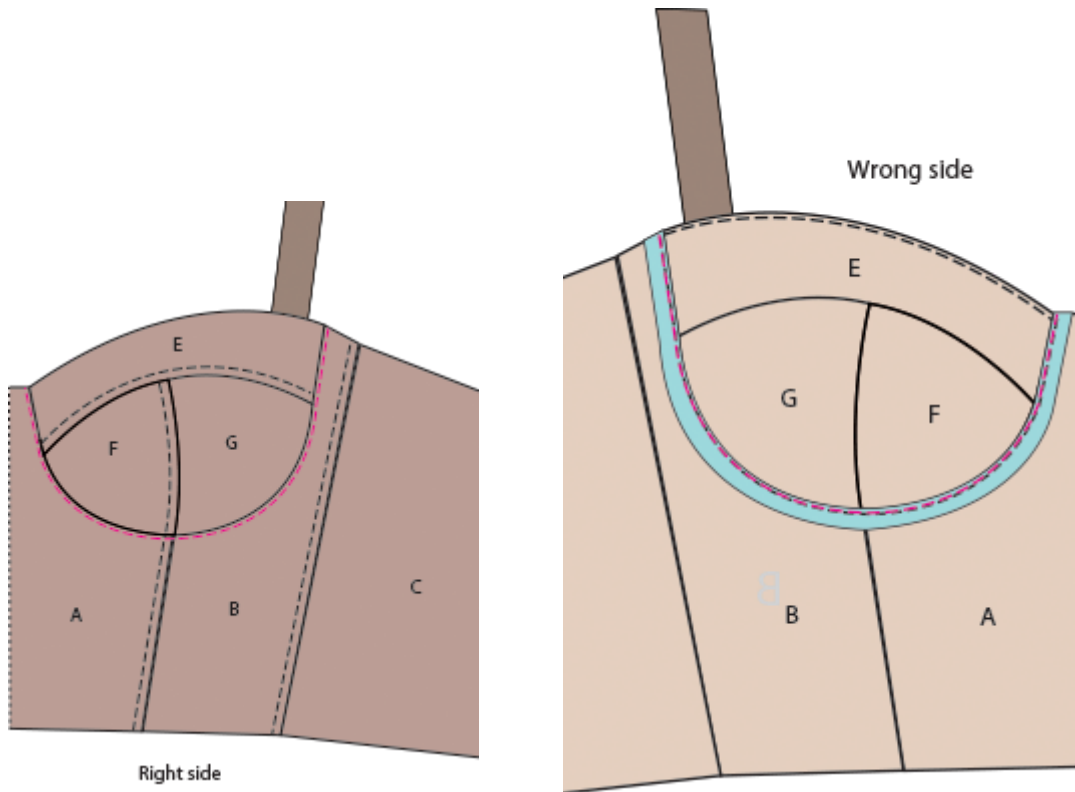


4. Iron the cup. Do not press it all over, very carefully from the sides. It is better to iron on a round ironing block to give a round shape to the cup and avoid pointiness. But if you don't have one, just press it carefully with the iron tip.
5. Close the overlock seam with an underwire channeling (it is optional, it is ok if the overlock seam is still visible). Sew down the underwire channeling along the bottom of the cup very precisely and overlap the bottom edge with it. Stitch 1 mm ($\frac{1}{16}$ ") along the top edge of the channeling. Usually there is a stitch on the channeling, you can sew exactly on this existing stitch.

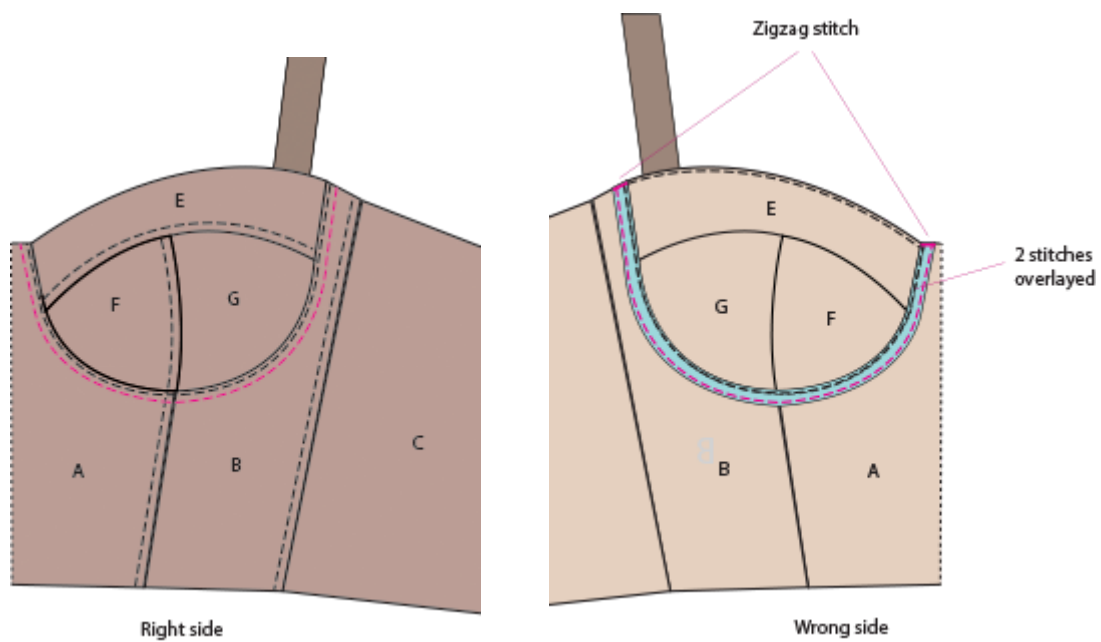


6. Now there is the stitch that is visible from the right side of the cup (aprox. 8 mm $\frac{5}{16}$ " from the cup bottom edge). *To help yourself you can stitch it once more with any contrasting color upper thread and a bigger stitch length.*

Now we have to attach the cup to the bodice so that the rounded underbust edges of the bodice overlap this bottom cup stitch (the contrasting thread) by exactly 1 mm (1/16"). It is safer to baste it. Match and pin the cup center seam with the seam on the bodice. Line up and pin the cup sides with the corners on the bodice. Topstitch on the right side 1 mm (1/16") along the edge. This seam should overlay the previous channeling seam from the wrong side.



7. Topstitch from the wrong side along the bottom edge of the underwire channeling. If you don't use this channeling, topstitch the cup line from the right side 5mm (3/16") from the seam.
(It won't be put an underwire here, but you are able to do it now if needed. The channeling here is for decoration purposes.)
8. Do tiny dense zigzag stitches on the ends of the channeling and just cut the ends as close as possible to zigzag stitches.



9. Press everything well and enjoy your brand new Rose Cafe bustier dress!

I would love if you take a photo of your finished corset and post it to Instagram with the hashtag **#rosecafebustierdress**

Thank you!