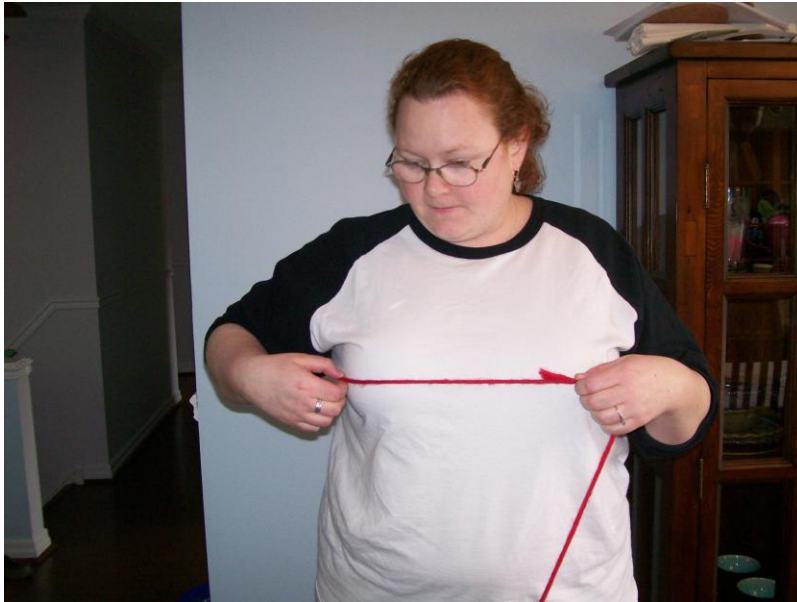


# Beginner's guide to making a Norse dress.



By: Alof and Anneke

# Step 1: Measuring the bust



Use a piece of string to measure the fullest part of your bust. Make sure the string is not too tight and that you will have room to breathe. Breathing is important... Really!

# Measure the length of your garment.



- Use another piece of string to measure from the shoulder seam to the floor. Remember it's easier to take up a garment than add to it.

# Measuring sleeve width



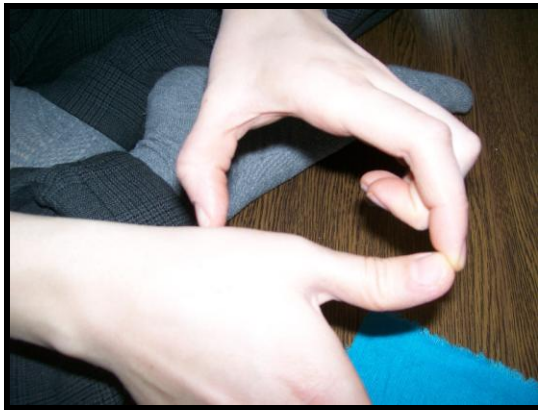
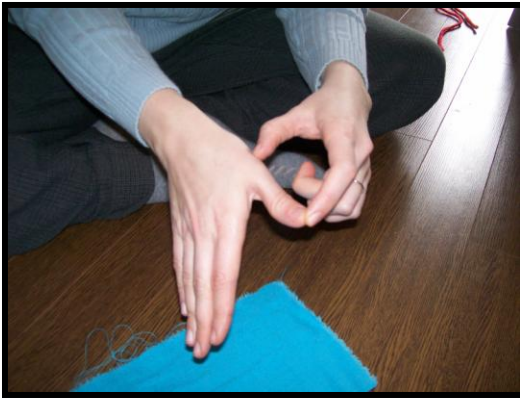
- With another piece of string measure the fullest part of your bicep. You want to be sure that the sleeve will fit over your elbow when it's bent. You don't want it to pull.

# Measure sleeve length.



- With your string measure from the tip of your shoulder to your finger tips. Norse sleeves were usually longer and created a bunch at the wrist. Don't worry if you think it's too long. You can always cut off the extra!

# Measuring the underarm gore



- To measure the underarm gore you don't really need to bother with a string.
- Depending on how large the person is and how tightly fitting they have chosen to make the body of the garment the length of the gore will be in the range of the measurement in the first picture and the measurement in the second picture.

# Measuring gore length



- To get the gore length measure from the top of your hip bone to the floor. Some people may wish to start their gores at their natural waist line for a less form fitting garment.



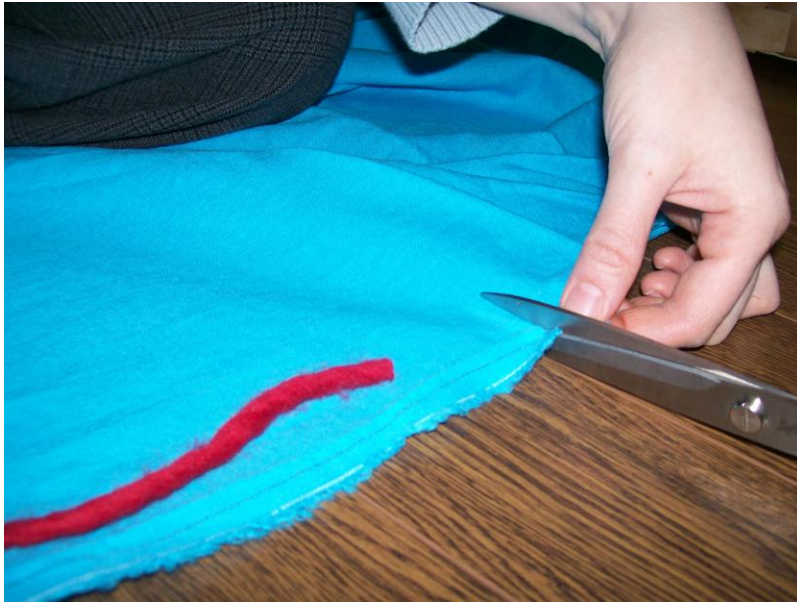
# Step 2: Cutting out the garment; Front of Garment



- Take the string that was used to measure your chest and fold it in half to get the width of the front of your dress.
- Add 2 thumb widths to the measurement to give seam allowance
- Make a small cut to mark the final measurement.



# Cutting the Length



- Take your length lay it along the fabric at a right angle to the bust measurement.
- Add 1 thumb width for seam allowance for the shoulder seam and 2 thumb widths for the hem.
- You now cut to connect the two small cuts thus making a rectangle that is front piece of the garment.

# Cutting the front.



- You should now have your front piece cut out. The front piece should look similar to this picture!

# Cutting the back piece.



- Cutting the back piece is very similar however for the width you need to add 4 thumb widths instead of 2 thumb width. Measure and cut the length the same way that you did for the front piece.

# Cutting the back piece



- Now fold the back piece in half width-wise and cut in half.
- This step is done because Norse women's garment have a back gore but not a front gore and the extra seam down the back makes it much easier to set the gore.

# Cutting the back piece.



- You should now have two back pieces that look like these!



# Cutting the sleeve



- Take your sleeve width and sleeve length strings and place them on your fabric at a right angle as shown (play around with the string and fabric to make the least amount of wasted fabric possible)
- You need to add 2 thumb widths to the length of each string and make a small cut to mark the cutting lines.



# Cutting the underarm gore.



- Use length of your thumb to either the the first knuckle or the bump at the bottom of your palm. Add two thumb widths for seam allowance. Now cut out two squares using this measurement.

# Cutting the dress gores.



- Using the gore length piece of string add a hand spans width the the bottom of the string. This will give you some added length when you go to set your gores. Your gore width will depend on the amount of fabric you have left as well as how full you wish your dress to be.

# Cutting dress gores.



- You should now have 3 rectangles for both side gores and back gore.
- To get your gores from rectangles to triangles fold them like the picture here!

# Gores... Continued.



- Make sure that the top of your gore is a thumbs width wide for seam allowances at the top of the gore.
- Now cut each rectangle into two right triangles.

# Layout of garment



- Once you have completed cutting out all the necessary pieces you should have something that resembles a dress! YAY! These pieces laid out are the front of the garment.
- *Sleeves and underarm gores are folded in half in this picture.*



# Layout of garment



- This pictures shows you the layout of how the back of the garment will look once all the pieces are cut out.

Now you are ready to sew! WOO HOO!



# Sewing the Garment.



- Sew your two back pieces together. You may only want to sew the first top part of the gown to leave room for placing the gores. This makes it much easier to sew the gores into place.

# Sewing the garment.



- Now sew your front piece and back pieces to one another across the top to make your shoulder seams.
- You may wish to finish the shoulder seam and the beginning of the back seam before you add the neck hole facing.

# Sewing the neck hole.



- One way to add the neck hole to the garment is to cut out a facing in matching fabric and position it on the outside of the garment.
- Position the neck hole slightly more towards the front of the garment for a more comfortable fit.

# Sewing the neck hole.



- Stitch around the neck hole before cutting out the centre bit. Don't forget to stitch down the key hole as well. It will make it easier for the garment to slip over your head.
- Once the facing has been stitched, cut out the centre and down the key whole. Keep the seam allowance small. You may wish to clip the curves.

# Sewing the neck hole



- Turn the facing to the wrong side of the garment and press. This will give a nice clean edge to the neck hole.



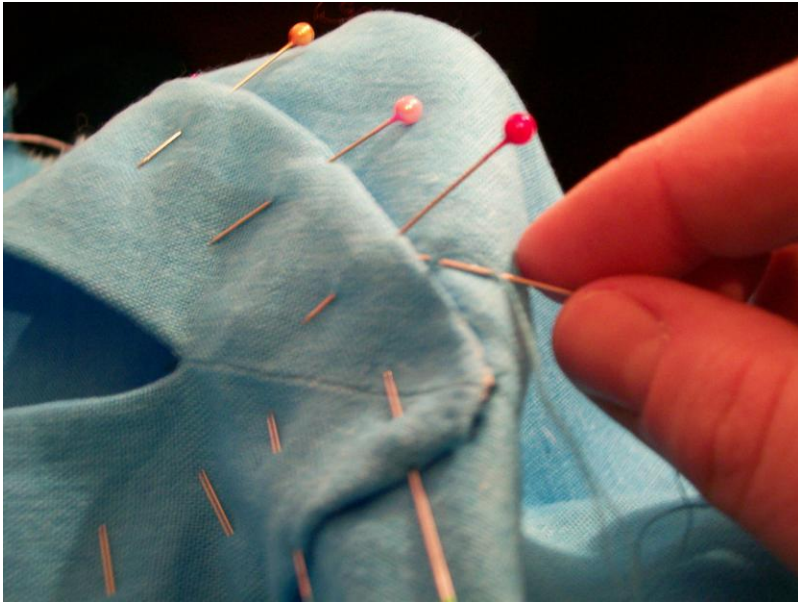
# Sewing the neck hole.



- Turn in the the raw edge of the facing press and pin in place.



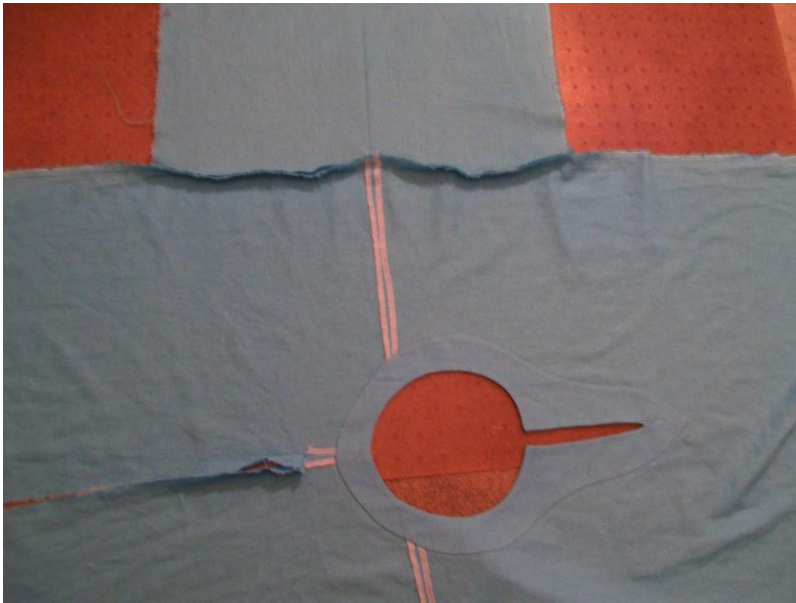
# Sewing the neck hole.



- Now you may hand stitch the facing using a blind stitch to keep it in place.

# Sleeves

- Sew both sleeves to the the gown. Once both sleeves are sewn onto the gown you can now add the under arm gores.



# Underarm Gores



- Once the sleeves are attached you can now sew on your gores. Sew gores to sleeve and side of gown as shown in the picture.

# Underarm Gores



- Once all sides of the under arm gore are sewn it should look like this. Do not sew the sleeve together. It will be easier to fit the sleeve later.

# Skirt Gores



- Sew up the middle of each gore.

# Skirt Gores



- Now you can attach all the skirt gores to the rest of your dress.



# Fitting the sleeves



- Now that all or gores are in place you can now fit your sleeves.
- Usually Norse gowns have long fitted sleeves that bunch at the wrist but you can fit them however you like.

# Finishing the gown.

Once you have completed these steps  
you can now finish the gown. You  
may wish to hand finish your seams  
or machine finish.