

# atlas wrap dress

PDF SEWING PATTERN



SEWING PATTERNS BY

masn



# atlas wrap dress

## description

Thank you so much for purchasing this sewing pattern. The Atlas Wrap Dress is a very versatile wrap dress that you can wear to work, out for drinks, to brunch, or for a long walk along the beach. This dress combines the formality of a shirt with the playfulness of a wrap dress. Depending on your fabric choice the Atlas can look very elegant or quite casual. If you are new to shirtmaking, this pattern is going to teach you how to sew a collar and a sleeve placket. I hope you enjoy sewing your Atlas just as much as I enjoyed putting the pattern together.

## fabric

Lightweight woven fabrics are best suited, like:

- Viscose/Rayon
- Satin
- Crepe
- Cotton poplin, shirting
- Lightweight linen

## before you start

- Wash and dry all your fabric before cutting to ensure your final garment will not shrink in the wash.
- Seam allowances of 1cm / 3/8" are included on all seams, unless otherwise stated.
- This is an asymmetrical dress, make sure to cut the skirt pattern pieces right sides up as indicated on the pattern. I am referring to the left and right sides of the garment as worn on the body.

## printing and cutting the pattern

Every size is on an individual layer with this pattern. This gives you the option of only printing the size that you need. Open the Atlas Wrap Dress pattern in Adobe Acrobat and open the layers panel in the top left corner. Click the eye icon to turn off the layers with the sizes that you don't want to print.

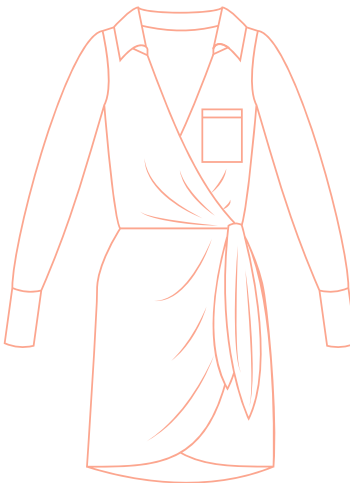
Only your size will print.

You can choose to print the sewing pattern in A4 format at home or you can take the A0 format to your local copy shop to save time.

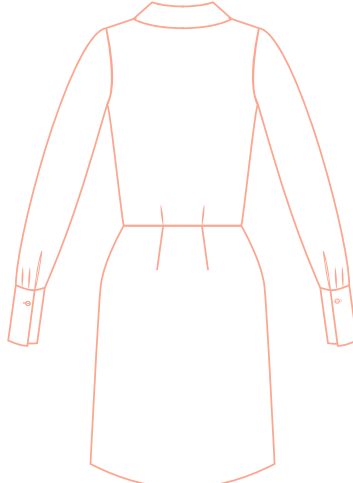
### If printing from home:

- For View A print pages 1 - 50.
- For View B print pages 1 - 37, 41 - 47 and 51 - 56.
- Make sure that your printer scaling is set to print at 100%.
- Measure the 3x3cm / 1.2"x1.2" test square to make sure the printing size is accurate.
- Assemble the A4 sheets as the watermarks indicate.

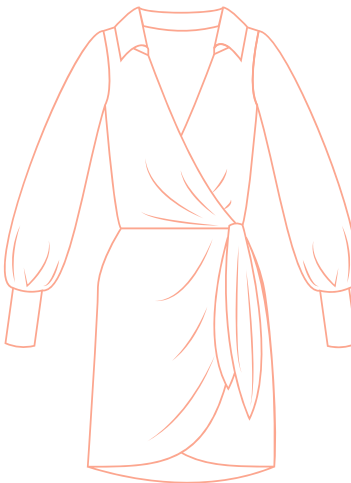
VIEW A FRONT



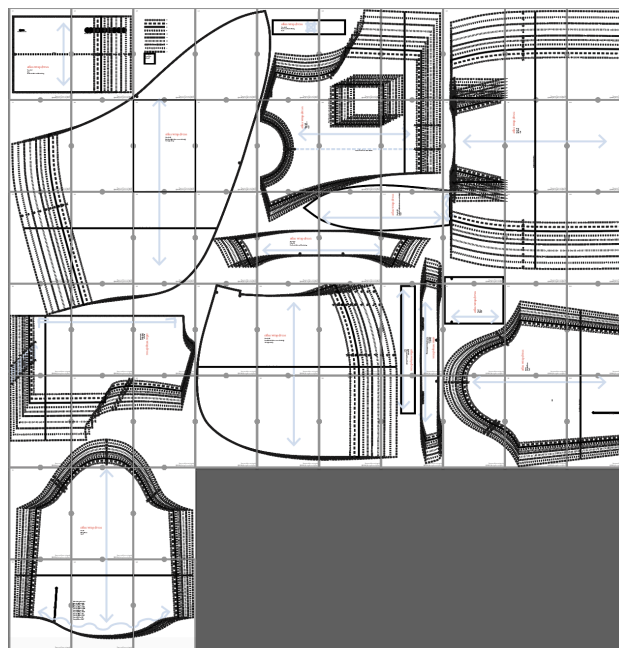
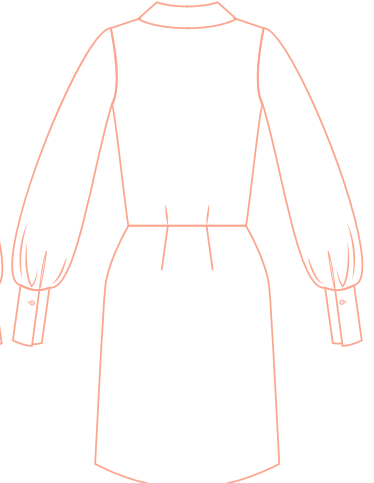
VIEW A BACK



VIEW B FRONT



VIEW B BACK



## size chart

Compare your body measurements to the table below to determine your size.

The pattern was drafted for people with a height of 160 -170 cm / 5'2" - 5'6". If you are shorter or taller than this, you might consider shortening or lengthening the pattern. If you are between sizes, I recommend sizing down as there is quite a bit of ease in this pattern.

| METRIC | SIZE A | SIZE B | SIZE C | SIZE D | SIZE E | SIZE F | SIZE G | SIZE H | SIZE I | SIZE J |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| BUST   | 84cm   | 89cm   | 94cm   | 99cm   | 104cm  | 109cm  | 116cm  | 123cm  | 130cm  | 137cm  |
| WAIST  | 64cm   | 69cm   | 74cm   | 79cm   | 84cm   | 89cm   | 96cm   | 103cm  | 110cm  | 117cm  |
| HIP    | 89cm   | 94cm   | 99cm   | 104cm  | 109cm  | 114cm  | 121cm  | 128cm  | 135cm  | 142cm  |

| IMPERIAL | SIZE A | SIZE B | SIZE C | SIZE D | SIZE E | SIZE F | SIZE G | SIZE H | SIZE I | SIZE J |
|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| BUST     | 33"    | 35"    | 37"    | 39"    | 41"    | 43"    | 45.5"  | 48.5"  | 51"    | 54"    |
| WAIST    | 25"    | 27"    | 29"    | 31"    | 33"    | 35"    | 38"    | 40.5"  | 43.5"  | 46"    |
| HIP      | 35"    | 37"    | 39"    | 41"    | 43"    | 45"    | 47.5"  | 50.5"  | 53"    | 56"    |

## finished garmet measurments

| METRIC      | SIZE A | SIZE CB | SIZE C | SIZE D | SIZE E | SIZE F | SIZE G | SIZE H | SIZE I | SIZE J |
|-------------|--------|---------|--------|--------|--------|--------|--------|--------|--------|--------|
| BUST        | 89cm   | 94cm    | 99cm   | 104cm  | 109cm  | 116cm  | 123cm  | 130cm  | 137cm  | 142cm  |
| WAIST       | 67cm   | 72cm    | 77cm   | 82cm   | 87cm   | 92cm   | 99cm   | 106cm  | 113cm  | 120cm  |
| HIP         | 92cm   | 97cm    | 102cm  | 107cm  | 112cm  | 117cm  | 124cm  | 131cm  | 138cm  | 145cm  |
| BACK LENGTH | 92cm   | 92.6cm  | 93.2cm | 93.8cm | 94.4cm | 95cm   | 95.9cm | 96.8cm | 97.7cm | 98.6cm |

| IMPERIAL    | SIZE A | SIZE B | SIZE C | SIZE D | SIZE E | SIZE F | SIZE G | SIZE H | SIZE I | SIZE J |
|-------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| BUST        | 35"    | 37"    | 39"    | 41"    | 43"    | 45"    | 47.5"  | 50"    | 52.5"  | 55"    |
| WAIST       | 26.5"  | 28.5"  | 30.5"  | 32.5"  | 34.5"  | 36.5"  | 39"    | 41.5"  | 44.5"  | 47"    |
| HIP         | 36"    | 38"    | 40"    | 42"    | 44"    | 46"    | 49"    | 51.5"  | 54.3"  | 57"    |
| BACK LENGTH | 36"    | 36"    | 36.5"  | 36.5"  | 37"    | 37"    | 37.5"  | 38"    | 38.5"  | 39"    |



## what you'll need

Main fabric: 140cm / 55" wide

|          | SIZE A | SIZE B | SIZE C | SIZE D | SIZE E | SIZE F | SIZE G | SIZE H | SIZE I | SIZE J |
|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| METRIC   | 250cm  | 250cm  | 250cm  | 285cm  | 285cm  | 295cm  | 295cm  | 305cm  | 305cm  | 305cm  |
| IMPERIAL | 99"    | 99"    | 99"    | 112"   | 112"   | 116"   | 116"   | 120"   | 120"   | 120"   |

### Interfacing at least 100cm / 40" wide

|          | SIZE A | SIZE B | SIZE C | SIZE D | SIZE E | SIZE F | SIZE G | SIZE H | SIZE I | SIZE J |
|----------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| METRIC   | 65cm   | 65cm   | 65cm   | 65cm   | 65cm   | 65cm   | 65cm   | 65cm   | 65cm   | 65cm   |
| IMPERIAL | 25"    | 25"    | 25"    | 25"    | 25"    | 25"    | 25"    | 25"    | 25"    | 25"    |

(If you work with patterned fabric, you might need more fabric to pattern match)

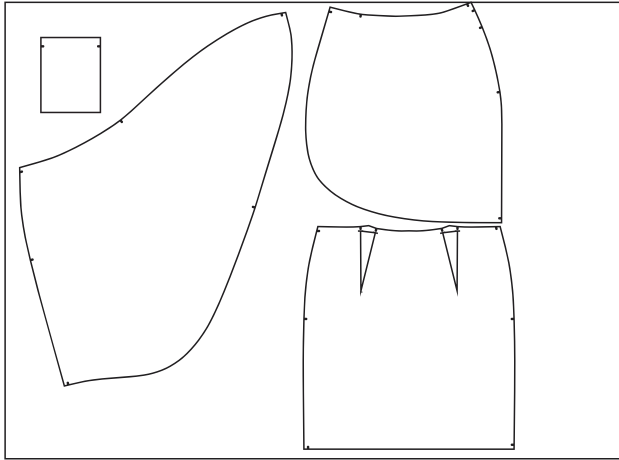
- Fabric
- Interfacing
- Two 12mm / 1/2" buttons
- Thread in a matching colour to your fabric
- Sewing pins
- Scissors
- Sewing machine



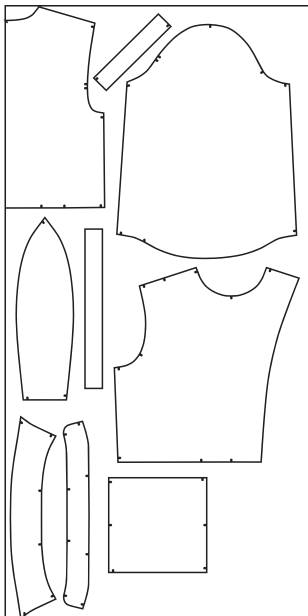
# cutting order / lay plan

sizes A-C

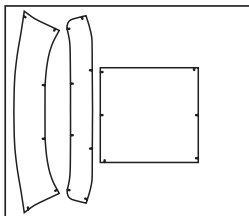
One layer of fabric.



Fabric on the fold

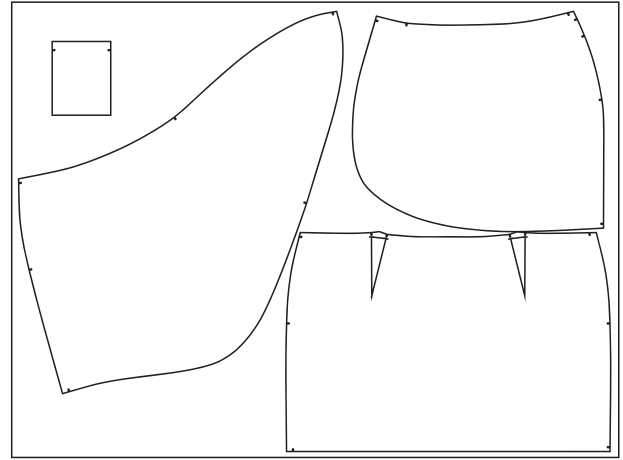


Interfacing on the fold

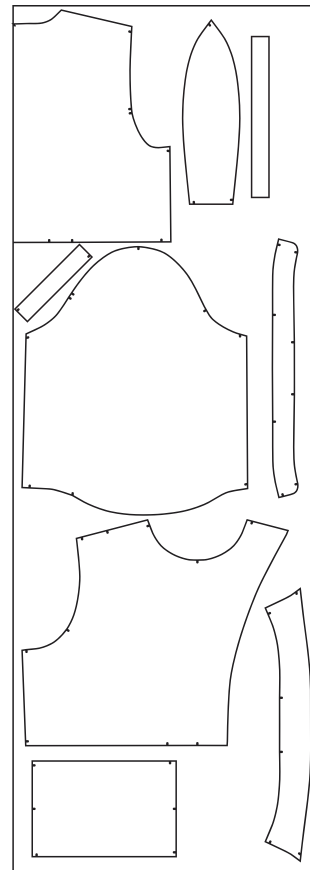


sizes D-J

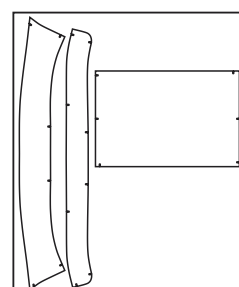
One layer of fabric.



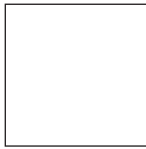
Fabric on the fold



Interfacing on the fold



# instructions



**Right side of fabric**



**Wrong side of fabric**

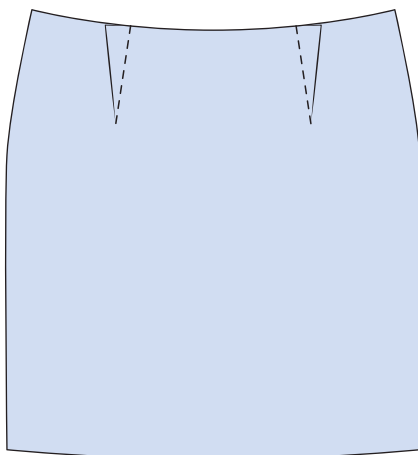
**Seam allowance of 1cm / 3/8" are included.**

## 1. interfacing

Fuse your interfacing to the wrong fabric sides of your two collar fall, two collar stand and two cuff pattern pieces.

## 2. skirt darts

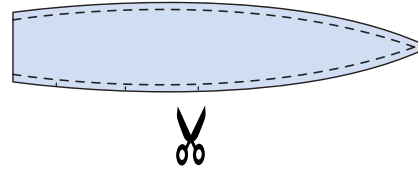
Mark and sew the darts and press towards the side seams. Tip: Don't go backstitch at the point of your dart. Instead, leave long thread ends and knot them twice, then cut the excess thread.



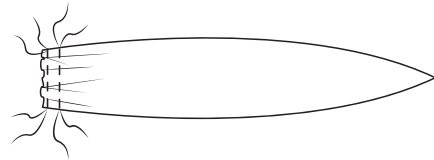
## 3. left side tie

This is an asymmetrical dress, I am referring to the left and right sides of the garment as worn on the body. Place the two pattern pieces right sides together. Sew around the pointy end and cut into the seam allowance every 5cm / 2" and clip away

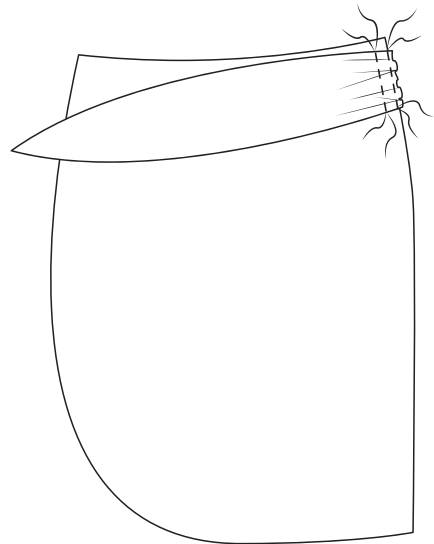
the corner to make sure the tie can turn nicely. Turn the tie right side out and press with an iron whilst pushing the seam allowance out, so the tie keeps its original shape.



Now we are going to attach tie to the front left skirt pattern piece. First, you need to gather up the end of your tie. Sew along the raw edge (with stitch length 3 or 4) 0.6cm / 1/4" away from the raw edge. Repeat 1.5cm / 5/8" away from the raw edge. Then pull on the top threads to gather up the fabric to a 4cm / 1.5" width.



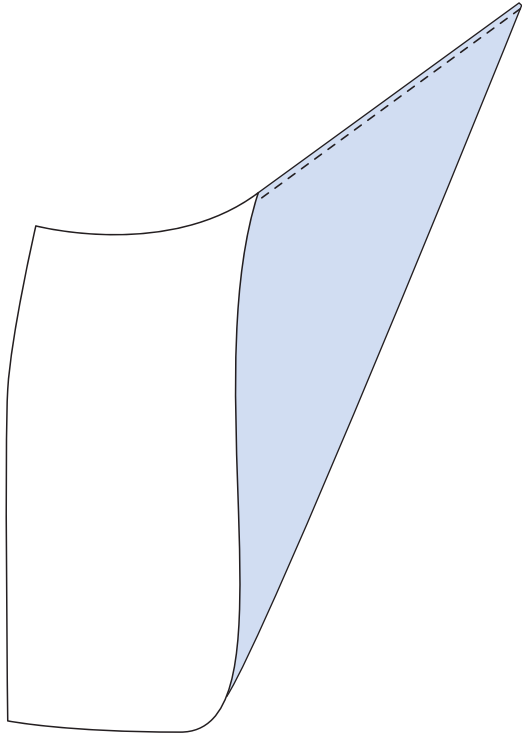
Baste stitch the tie onto the right side of the fabric of the front left skirt as the notches indicate and remove gathering stitches.



## 4. front right skirt

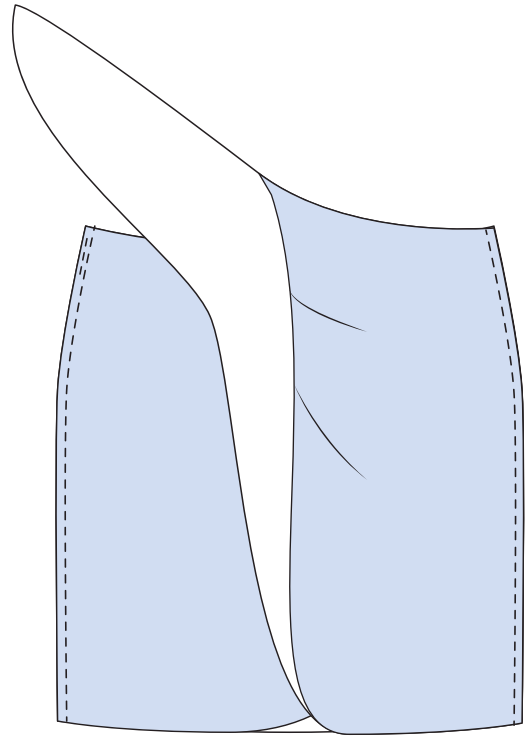
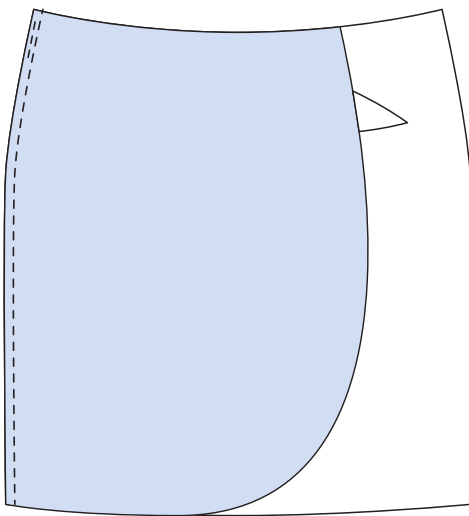
This pattern piece looks a bit odd, doesn't it? Just keep on going, it will soon make sense, I promise! Place the two notches together and fold to fabric all the way to the pointy end (see illustration next page). Sew along the long edge from the notches all the way to the point and clip away the corner.

Finish raw edges with a zigzag or overlocking stitch. Turn right side out and press with an iron whilst pushing the seam allowance out. Only press the side where the seam is and not the fold, as it will drape more naturally without pressing.



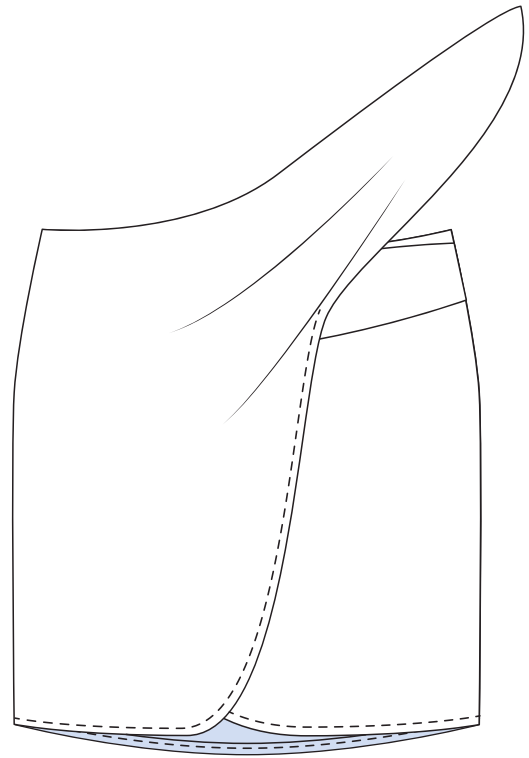
## 5. side seams

Place the front left and right and back of the skirt right sides together. Sew along both side seams and finish the raw edges with a zigzag or overlocking stitch. Then press the seam allowance towards the back of the skirt.



## 6. hems

Fold over the raw edge twice by 0.6cm /  $\frac{1}{4}$ ", iron and topstitch all around your hem. Taking your time with the ironing and using a lot of sewing pins will help you achieve a neat looking hem around the curves. On the front right skirt just go as far as you can until you reach the tie.

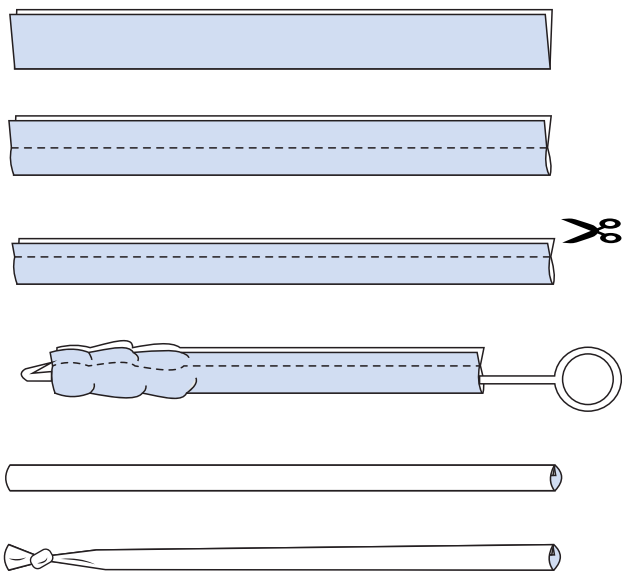




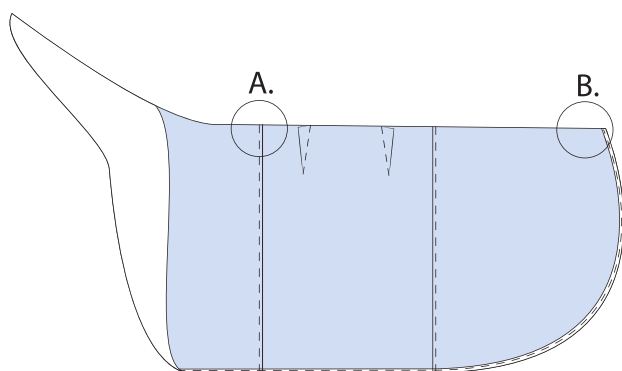
## 7. inside ties

Two little ties will be hidden inside your dress at the right side seam. Their job is to keep your skirt in place whilst you are busy living your best life.

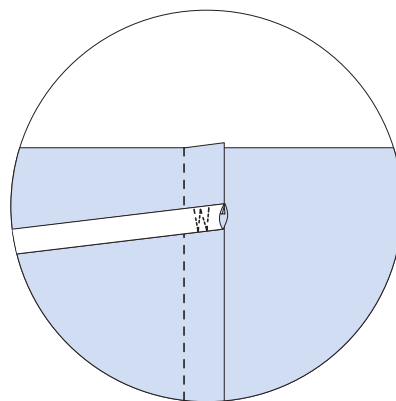
Fold the ties right sides together and sew along the long edge. Trim back the seam allowance. Turn them right side out using a loop turner or a safety pin and then press. Knot one side of either tie.



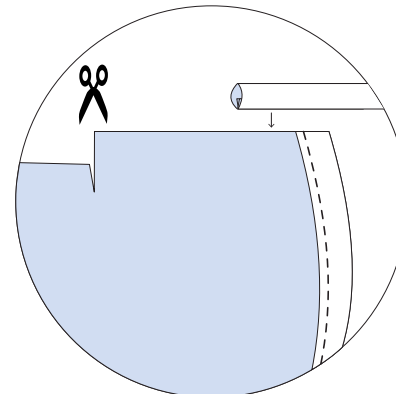
Attach one of the ties to the seam allowance of your right side seam, 1.5cm / 5/8" down from the raw edge. Go back and forth a few times with your straight stitch to really secure it into place. Attach the second inside tie to the top corner of your front left skirt. Clip into the notch. Fold over the top edge of the skirt twice by 0.6cm / 1/4" all the way until you reach your notch (the notch indicates where the bodice will later be attached to the skirt). Topstitch the fold in place from the wrong side of the fabric and do a few parallel stitching lines to secure your tie.



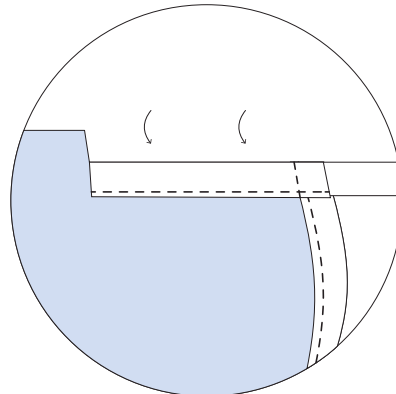
A.



B.

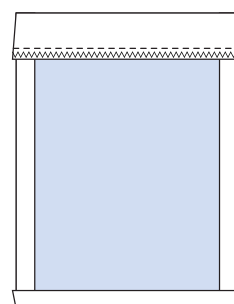


B.

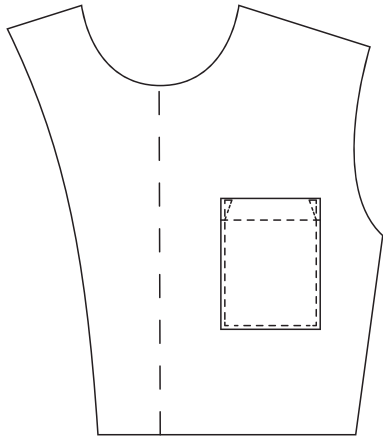


## 8. pocket (view A only)

Finish the top edge of your patch pocket with a zigzag or overlocking stitch. Fold it down by 2cm / 3/4" and press. Now fold over the side edges and the bottom edge by 1cm / 3/8" and press.

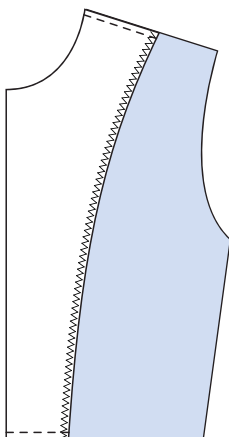
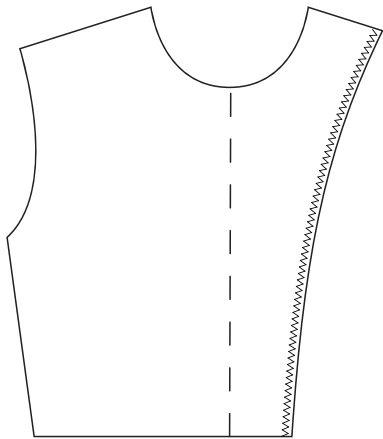


Sew your pocket onto the left side of your fabric on the left bodice as per the pattern markings.



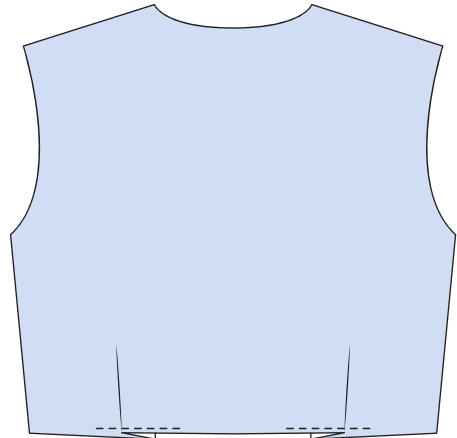
## 9. front placket

Finish the long curvy raw edge of your two front bodice pattern pieces with a zigzag or overlocking stitch. Make sure you don't stretch the curve out so it will still match up with the other side of the bodice once folded back on itself. Press the facing towards the bodice as the notches indicate. Baste stitch at the shoulder and at the waist to hold the facing in place.



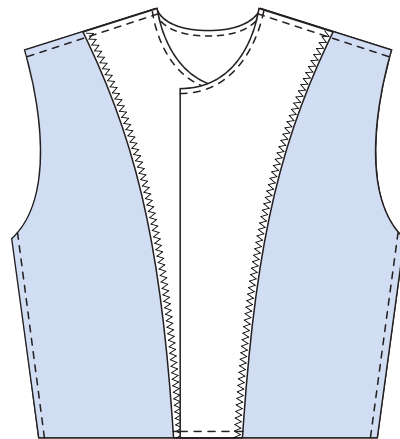
## 10. back bodice

Baste stitch the tucks in place as the notches indicate.



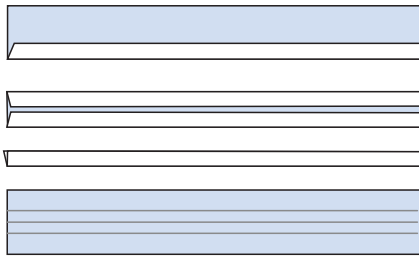
## 11. shoulder and side seams

Place your front and back bodice pieces together right sides together. The two front pattern pieces are going to overlap at the center front. Pin along the side seams and the shoulder seams. Sew and finish raw edges with a zigzag or overlocking stitch. Press all seam allowances towards the back of the bodice. Then, stay stitch along the shirt neckline with a 0.6cm / 1/4" seam allowance to make sure it won't stretch between now and when we'll be attaching the collar.



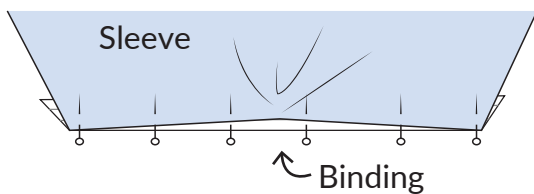
## 12. continuous placket binding

Take your binding piece and fold both sides over by 1cm / 3/8", then press. Fold the binding along the middle and press again. Now you can unfold your binding, the crease lines are going to help you with the next step.

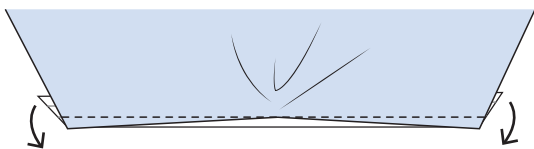


Now, we are going to finish your raw placket splits with your bias binding. This step is a bit hard to explain if you've never sewn a continuous placket before, but I hope the illustrations make it clear.

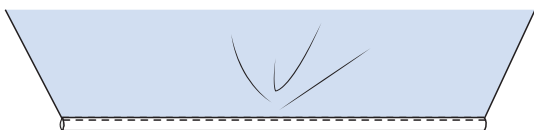
Cut the placket line open as indicated in the pattern. It is easier if you pull the placket open once it is cut, so you have one straight line of fabric to attach the binding to. Start pinning the placket to the binding with the wrong side of your sleeve facing you. When you get to the middle, only overlap a tiny bit of your binding and your sleeve, so it will be possible to fold the placket back down later.



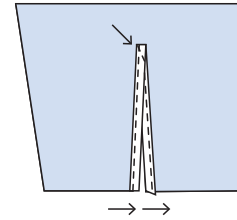
Once everything is pinned, sew your binding to your sleeve. At the middle of the placket, try to catch as little fabric from your sleeve as possible (only a few threads).



Fold the binding back on itself (the crease lines should help you here). All the raw edges are now hidden inside the binding. Now topstitch close to the binding's edge.

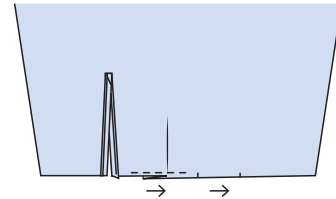


Next, let the sleeve pop back into its original shape. Then sew a little diagonal line at the top of the binding to hold the placket in place. Press the placket binding towards the side where you have more sleeve fabric. Be mindful to keep track of which is your left and right sleeve in this step. (The illustration below shows the sleeve of view A, the view B sleeve has a slightly curved hem.)



### 13. standard sleeve (view A only)

Pin the two pleats on both sleeves as the notches indicate. Baste stitch in place.

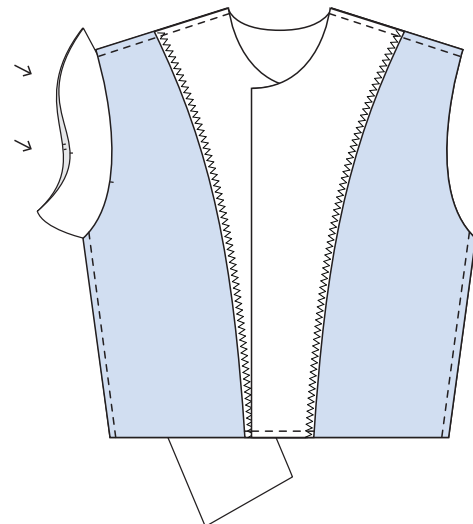


### 14. underarm seam (view A + B)

Place the underarm seams right sides together. Sew along the long edge. Finish the raw edge with a zigzag or overlocking stitch. Press the seam allowance towards the back of the sleeve. You can see which side is the back of the sleeve by checking the notches on the sleeve head. The back is always marked with a double notch whilst the front has a single notch.

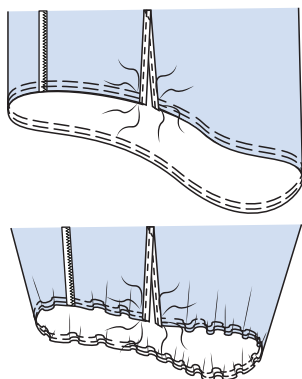
### 15. set in sleeves

Now that the sleeves are done, it is time to connect them to the bodice. Depending on your fabric, you might want to run gathering stitches along your sleeve head before you attach them to your bodice to help ease them in. Turn your bodice wrong side out and your sleeve right side out. Match up your seams and notches. Sew on the sleeves with a 1cm /  $\frac{3}{8}$  inch seam allowance. Finish the raw edge with a zigzag or overlocking stitch and press towards the sleeve.



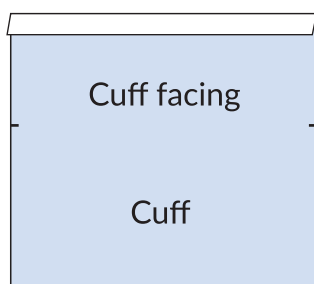
## 16. bishop sleeves (view B only)

For the bishop sleeve, we are going to gather the end of the sleeve so that it will fit the cuff. Start at the placket and sew along the sleeve edge (with stitch length 3 or 4) 0.6cm /  $\frac{1}{4}$ " away from the raw edge. Repeat 1.5cm /  $\frac{5}{8}$ " away from the raw edge. Then pull on the top threads to gather up the fabric until it fits the length of the cuff.

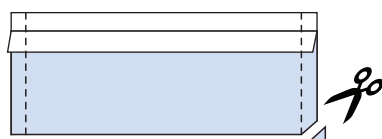


## 17. cuff (view A + B)

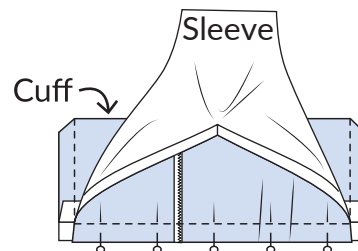
Fold under one edge of either one of your cuffs by 1cm /  $\frac{3}{8}$ " and press. This side with the folded edge is your cuff facing. This is the side that will be touching your wrist when wearing your Atlas. I recommend marking your cuff facing and cuff so you don't get them mixed up in the process. Fold your cuff in half with right sides together as the notches indicate.



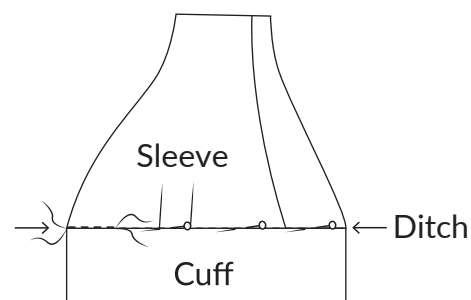
Stitch along both side edges with a 1cm /  $\frac{3}{8}$ " seam allowance. Clip away the corners to make turning the cuff easier but don't turn it right side out just yet.



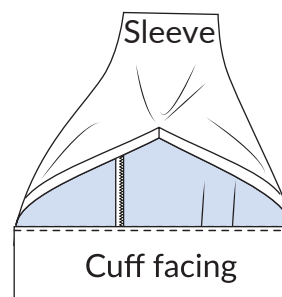
Now, pin your cuff to your sleeve right sides together.



One side of your continuous binding will be folded under. Sew, then press the seam allowance towards the cuff. Turn the cuff right side out. The cuff facing should now enclose all the seam allowances and raw edges. From the right side of the garment, pin the cuff facing in place, placing your pins along the channel of the seam ("the ditch").



Now we are going to stitch in the ditch (isn't this just a wonderful term?) to secure the cuff facing in place. The stitch line will not be visible from the outside of your garment, it is hidden in the ditch – sewing wizardry!

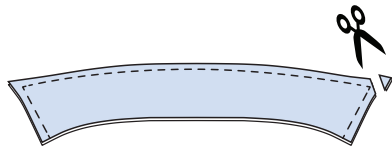


## 18. buttons

Now that your cuffs are finished sew your buttonholes and attach your buttons as the pattern indicates. Your button goes on the side of your cuff that is closer to the underarm seam and your buttonhole goes on the other side. If you wish to add more buttons you can do so, the cuff also looks lovely with 3 buttons in a row.

## 19. collar

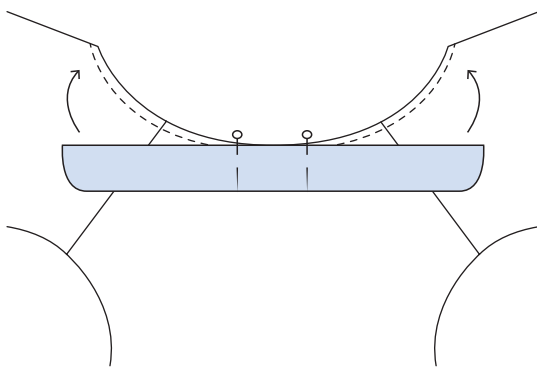
Take your two collar fall pieces and place them right sides together. Sew around the top edge, trim back the seam allowance around the corners and cut into the seam allowance along the top curve to allow it to turn easier.



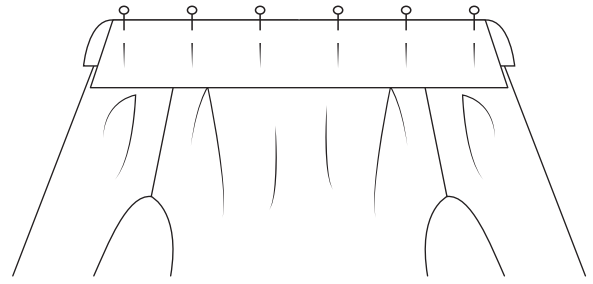
After you turn your collar fall right side out, press the seam allowance towards the facing (you can decide which side is going to be the top side and which side is going to be the facing) with your fingers. Understitch the facing to the seam allowance. Sew from the right side of your facing about 3mm /  $\frac{1}{8}$ " away from the seam line. You can not go all the way to the points, just go as far as possible. This step will give the edge a neat, professional finish.



Now take one of your collar stand pattern pieces and pin it to your neckline right sides together. You need to straighten out your neckline to be able to fit the collar onto it, you might need to clip into the neckline a few times to make straightening it easier. The collar stand will extend beyond the neckline by 1 cm /  $\frac{3}{8}$ " on either side. Sew it in place and then press the collar stand and the seam allowance up.



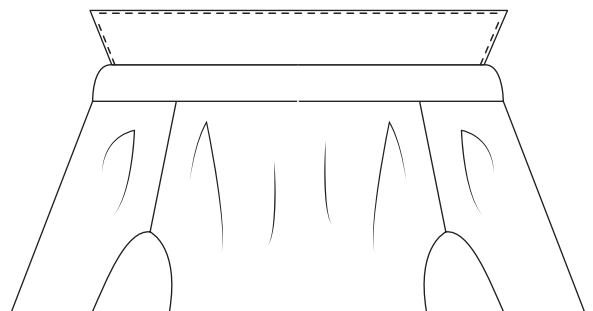
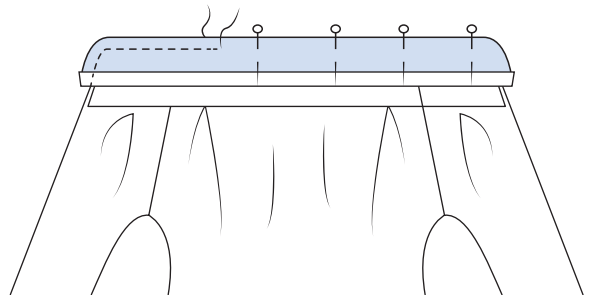
Now take your collar fall and baste stitch it to the collar stand, stitching through all three layers. Make sure that the facing of the collar stand (where the understitching is visible) faces the right side of the collar stand.



Now take your second collar stand piece and fold the straight edge up by 1cm /  $\frac{3}{8}$ " and press.

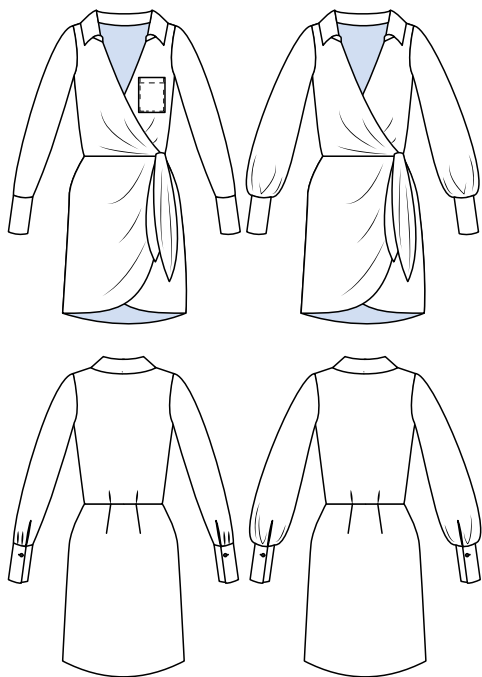


Then place it on top of your collar fall, right sides together. Your collar fall is now in a collar stand sandwich. (Optional: You might want to baste stitch before you sew.) Sew around the top edge slowly and carefully through all fabric layers. (Tip: Stop every few stitches, leave your needle down, lift your sewing foot and pivot around the curve to achieve a smooth, balanced curve.) Trim back the seam allowance around the curves and cut into the seam allowance along the top curve to allow it to turn easier. Turn your collar stand right side out. The collar stand facing should enclose all the seam allowances. From the outside of the garment, pin the collar stand facing in place, placing your pins along the channel of the seam ("the ditch"). Now we are going to stitch in the ditch again as we did with the cuff.



## 20. attach bodice to skirt

Now it is time to finish off your beautiful dress! Take your skirt and your bodice and place them right sides together at the waist seam. Pin all along the waist. Remember, the skirt will extend beyond the bodice a few cm/inches at the left side where we have previously attached the little tie. Sew all around the waist, finish the raw edges with a zigzag or overlocking stitch and press the seam allowance towards the skirt. Now you can try on your brand new Atlas Wrap Dress for the first time. Well done you, this dress was a challenge to sew. I hope you had fun and you've learned a few new sewing skills.



Thank you so much for supporting my small business. Please share a photo of your Atlas Wrap Dress with me on Instagram or TikTok with the hashtag #atlaswrapdress and tag me @sewing.masin. I cannot wait to see it!