



Pattern Name: Knit Surplice Empire Dress

Design Date: 10-20-2020

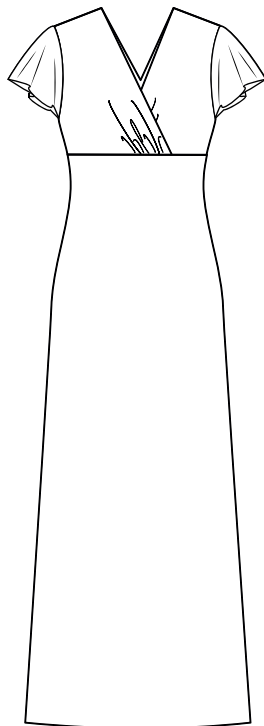
Design Details: Dress with empire waist seam, full length, A-line, gathered surplice neckline, center back seam, short flutter sleeves, above elbow sleeve length

Suggested materials: Knit fabric with low stretch

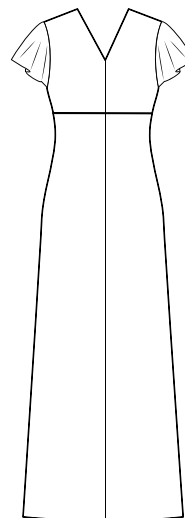
Pattern Fit: Very fitted

Technical Sketch:

FRONT



BACK





Pattern Name: Knit Surplice Empire Dress

Pattern Pieces:

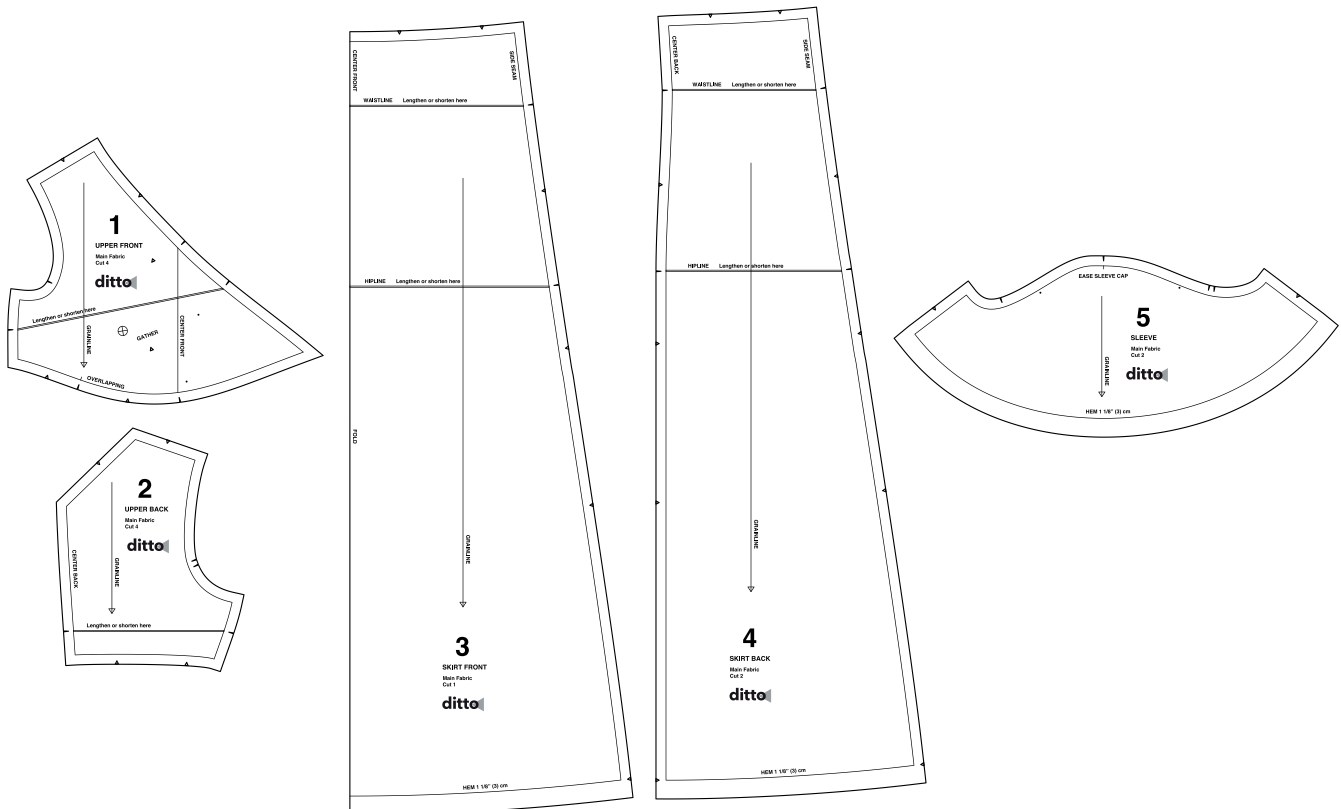
1. Upper Front, garment fabric cut 4
2. Upper Back, garment fabric cut 4
3. Skirt Front, garment fabric cut 1 on fold
4. Skirt Back, garment fabric cut 2
5. Sleeve, garment fabric cut 2

Paper Size: 72";

Print Actual Size (100% Scale);

Seam Allowance: 5/8" (1.6 cm);

Hem: 1 1/8" (3 cm)





Cutting And Making Instructions

- Pre-wash the fabric if needed, to pre-shrink (unless labeled <pre-shrunk>)
- Press your fabric before cutting.
- Select **with nap** layout for fabrics with nap, one-way prints, pile or fabric surface shading or luster.
- Due to most knits having surface shading, a **with nap** layout must be used.
- For **single layer** pattern layout, place fabric right side up. (For fabrics with pile, place pile side down).
- If your fabric has **plaid** or repeat pattern design add an additional 1/2 - 1 yard to your fabric calculations.
- **Cutting Layouts** show approximate position of pattern pieces, as pattern placement may vary according to your actual fabric width. Before cutting your fabric, place all pieces on fabric according to the selected layout and pin. Cut out the pattern pieces using a sharp dressmaker's shears.
- **Cut Notches** outward.
- Transfer Markings and construction lines to the fabrics's wrong side, using chalk, pattern pencil, tracing paper and dressmaker wheel. Markings that need to show on the right side of fabric should be thread traced.

Body Measurements

Height: 66 7/8" (170.00 cm)

Bust: 42 1/2" (108.00 cm)

Waist: 37 3/4" (96.00 cm)

Hips: 45 5/8" (116.00 cm)

Pattern Measurements

(Circumferences are divided by 2):

Across chest: 21 3/4" (54.43 cm)

Across front: 14 5/8" (37.02 cm)

Across back: 14 5/8" (37.06 cm)

Across shoulders: 16 1/8" (40.94 cm)

Armhole length front: 9 7/8" (25.17 cm)

Armhole length back: 11" (28.02 cm)

Neck opening: 8 3/8" (21.40 cm)

Shoulder width: 3 7/8" (9.98 cm)

Apex to apex: 8 1/2" (21.70 cm)

Skirt side seam length: 47 1/2" (120.59 cm)

Skirt waist: 19 7/8" (50.48 cm)

Low hips: 23 3/8" (59.24 cm)

Sleeve length: 9 5/8" (24.33 cm)

Sleeve cap length: 21 3/8" (54.15 cm)

Armhole length: 21" (53.19 cm)

Sleeve upper arm width: 20 5/8" (52.50 cm)

Sleeve opening: 28 1/8" (71.47 cm)

Hemline sweep: 31 3/4" (80.70 cm)

Seams and Seam Allowances

- If you selected No seam allowances for your pattern, than add 5/8" (1.6 cm) unless otherwise indicated.
- Pin or baste seams, right side together, marching notches.
We recommend that you fit the garment before stitching.



How To Cut Knits

- Determine **Stretch Direction** of your fabric
- Determine **Stretch Percentage** using the Fabric Stretch Calculator
- Always cut your garments **on-grain**
- Press cut pieces immediately before sewing to slow down the curling of the edges in some fabrics.
Use extra pins to hold the edges

How To Sew Knits

- Use a **Ballpoint Needle**
- Use a **Polyester Thread**
- Select a **Stretch Stitch** from options below

Stretch stitch #1: use a narrow zigzag stitch along the edge of the fabric

Stretch stitch #2: use a straight stitch, stretching the fabric gently to preserve the elasticity of the seams

Stretch stitch #3: select a stretch stitch setting of your choice on your sewing machine

Stretch stitch #4: use a serger to overlock seams

How To Hem Knits

Stabilize knit fabrics at hemline:

1. Attach a strip of fusible elastic interfacing before turning up hem
2. Use knit stay tape, fabric spray starch, wash-away, or tear-away stabilizers

Select a **Stretch Stitch** of your choice from options below:

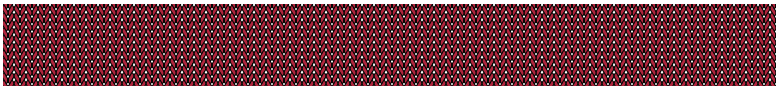
1. Zigzag stitch
2. Twin (double) needle
3. Coverstich



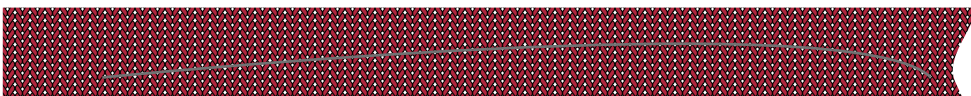
Fabric Stretch Calculator

WOVENS	No Stretch	Low Stretch	Medium Stretch	High Stretch	
				➔	
	KNITS	Fabric edge	Low Stretch	Medium Stretch	High Stretch
					➔
				Very High Stretch	

Step 1: Cut 4" (10cm) wide fabric square, align with the rectangle above.



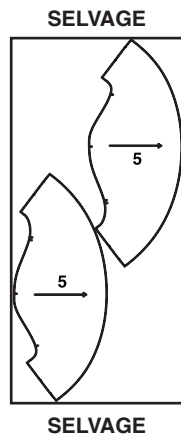
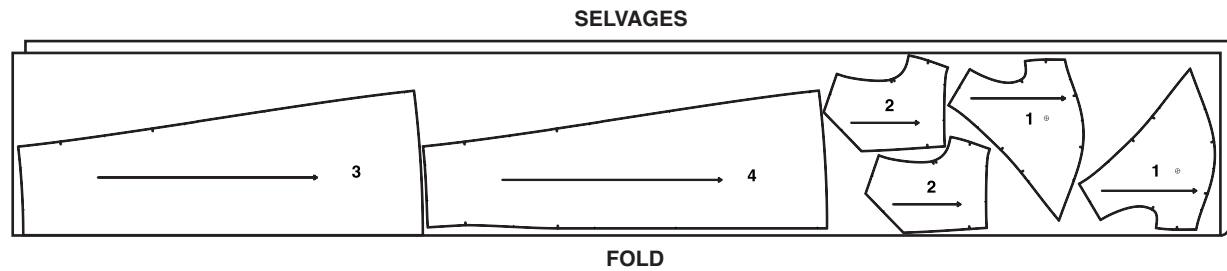
Step 2: Hold the left edge or pin it to the paper, aligned with the edge of the chart. Stretch the right edge to the maximum, pulling toward the closest line, representing the stretch factor. Find the stretch of the fabric, based on the matching rectangle.





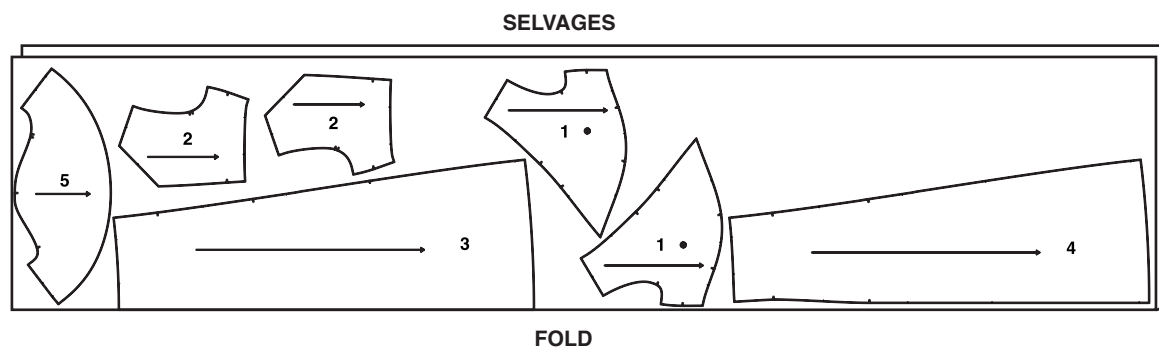
Pattern Layout and Cutting Suggestions:

Fabric: 45". On folded fabric. With or Without Nap. Yardage needed: 4 1/4 yards



Fabric: 45". Single layer. With or Without Nap. Yardage needed: 5/8 yards

Fabric: 60". On folded fabric. With or Without Nap. Yardage needed: 4 yards



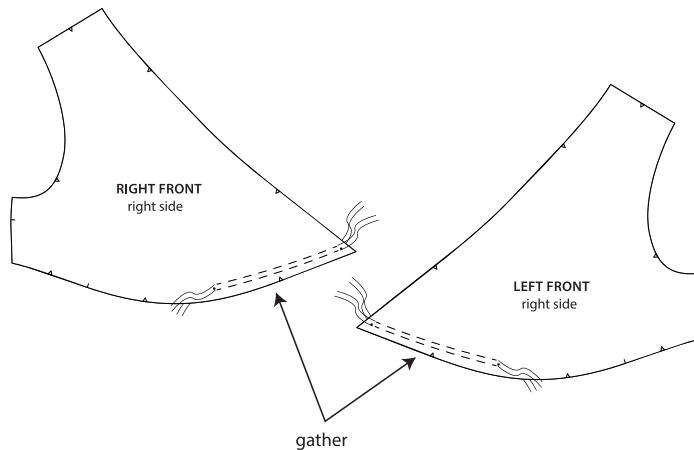


Sewing instructions:

Step 1

Underbust Gathering

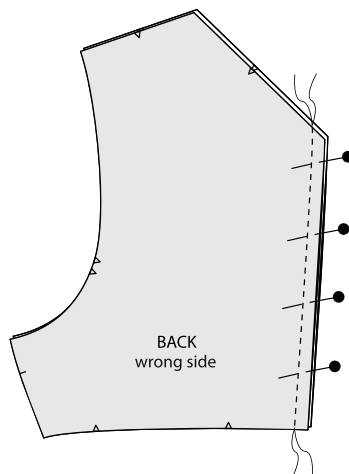
- To gather Upper Front machine-baste between circles by stitching along the lower edge. Set stitch length to 5/8" (1.5cm) and stitch the first row at 1/2" (1.3cm) from the lower edge, leaving long thread tails.
- Stitch again 1/4" (6mm) away from the first stitch-line inside seam allowance.
- Pull thread tails to adjust the gathers.
- Repeat steps for Upper Front Lining.



Step 2

Back

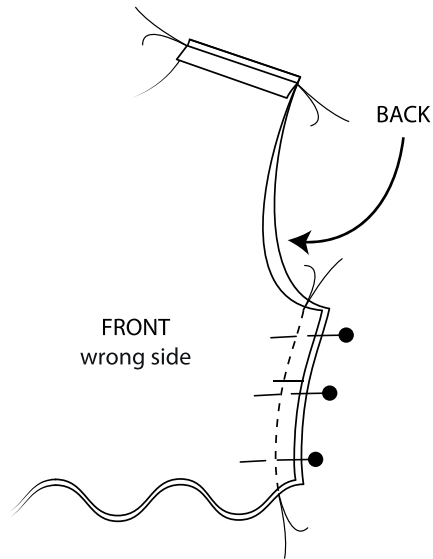
- With right sides together, pin Back sections together and stitch at the center back seam, press.



Step 3

Sewing Side Seam

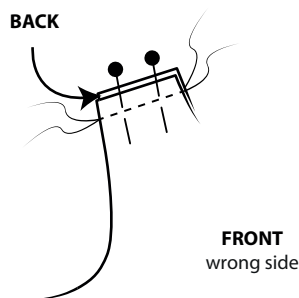
- Pin Upper Front section to Back at side seam, then sew underarm seam to end of bodice. Press.
- Repeat steps for Lining.



Step 4

Sewing Shoulders

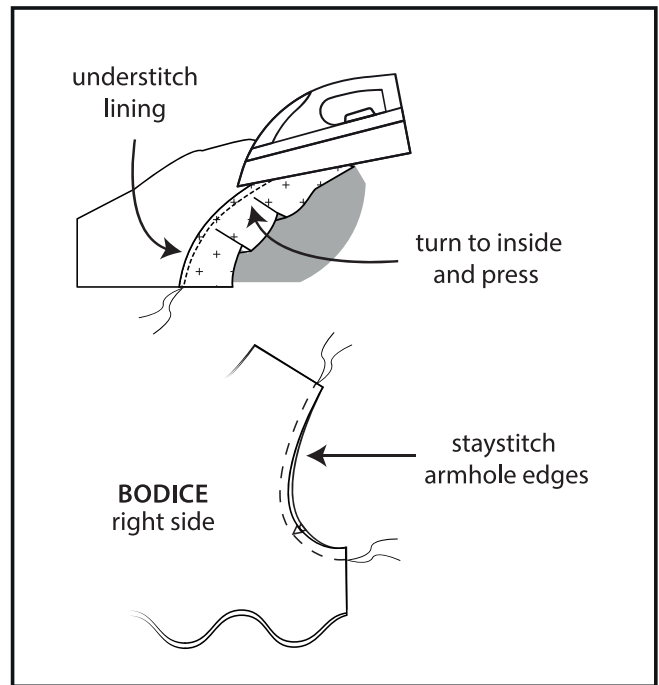
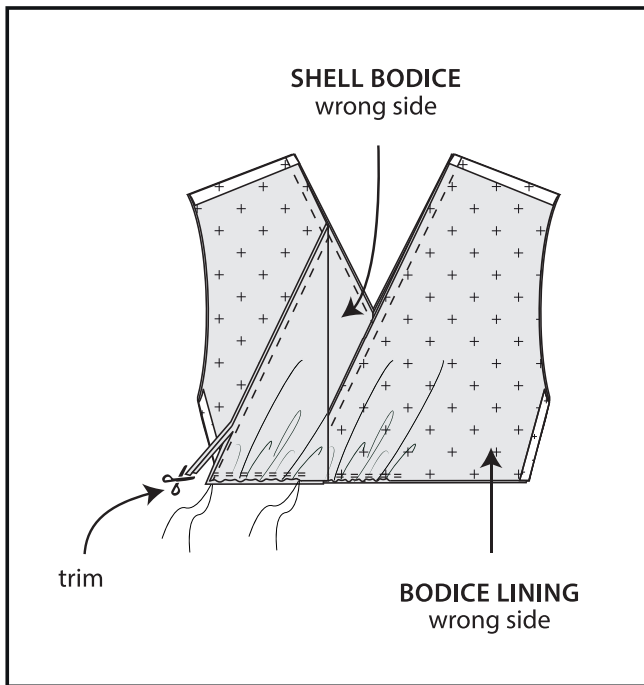
- With right sides together, pin Front to Back at shoulders, then stitch. Press.
- Repeat steps for Lining.



Step 5

Joining Lining to Bodice

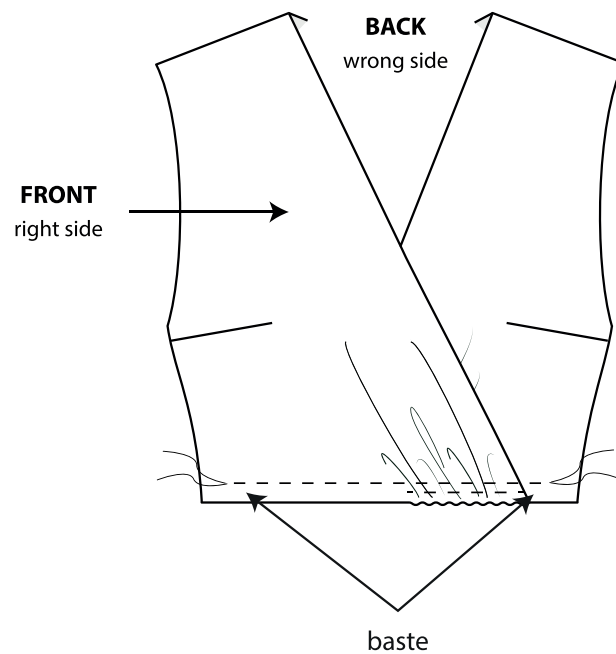
- Pin Bodice Lining to Shell Bodice, right sides together, aligning edges and matching notches and seams.
- Stitch front and neck edges, then trim.
- **Understitch** Lining.
- Turn lining to the inside and press. **Staystitch** armhole edges together, matching notches and seams.



Step 6

Joining Front Sections

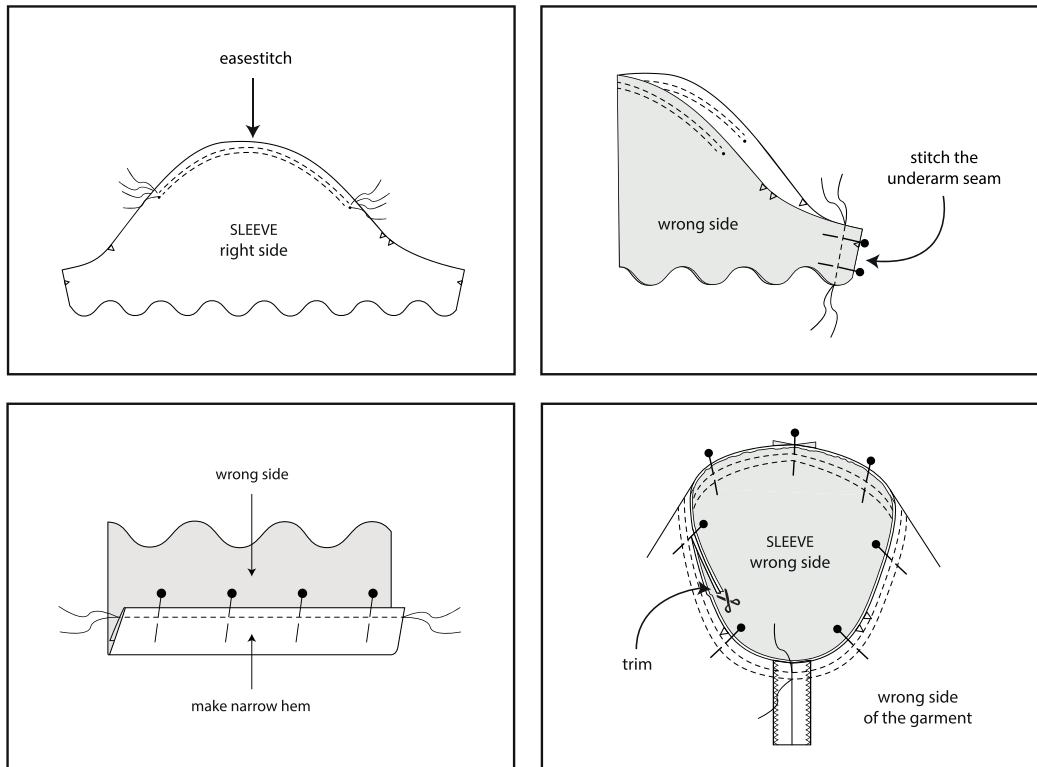
- Lap Right Front over Left Front, matching notches, and aligning at the center front line, then baste at the lower edge



Step 7

Setting Sleeves

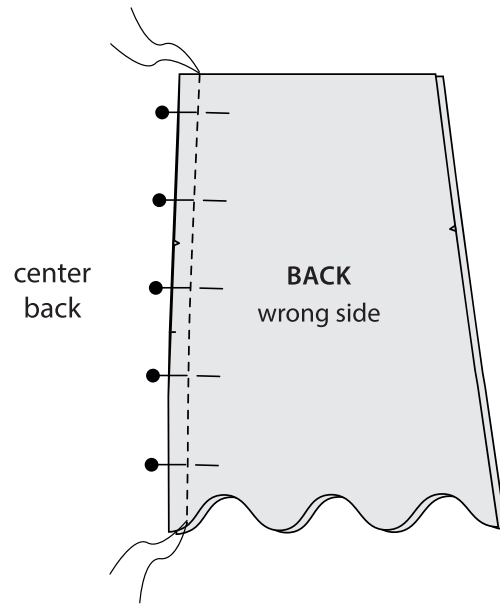
- Easestitch the sleeve cap between small circles, leaving long thread tails. Stitch along seamline, using long machine stitches, then stitch 2nd row 1/4" (6mm) away inside seam allowance.
- Stitch the underarm seams.
- Make 5/8" (1.5cm) narrow hem at lower edge: turn the hem in, then press. Ease in fullness if necessary. Open out hem, turn in again so that raw edge is aligned along with the crease, then press. Turn in along the crease and stitch.
- Insert one sleeve into the armhole, right sides together, matching notches and seams. Match the center sleeve notch with the shoulder seam. Adjust the ease of the sleeve cap, by pulling thread tails, then baste. Stitch.
- Stitch again 1/4" (6mm) away inside the seam allowance. Trim close to stitching. Press seams flat.
- Press seams toward the sleeve.



Step 8

Skirt Center Back Seam

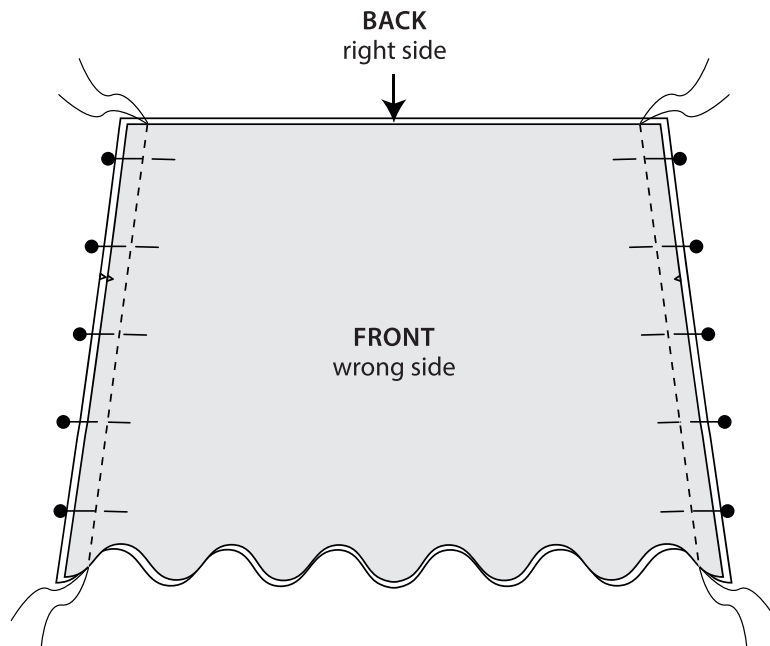
- Pin skirt Backs together and stitch at the center back, right sides together, matching notches. Press.



Step 9

Skirt Side Seams

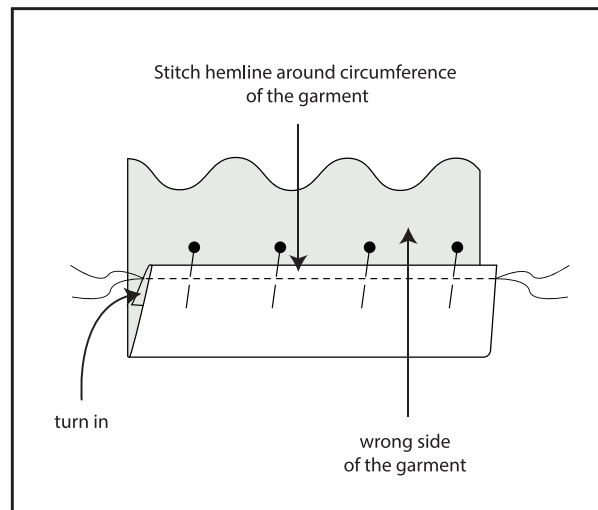
- Pin skirt Front and Back sections together at sides, matching notches.
- Stitch at Side Seams from waistline down to the hem.
- Press seam allowances toward back.



Step 10

Hem

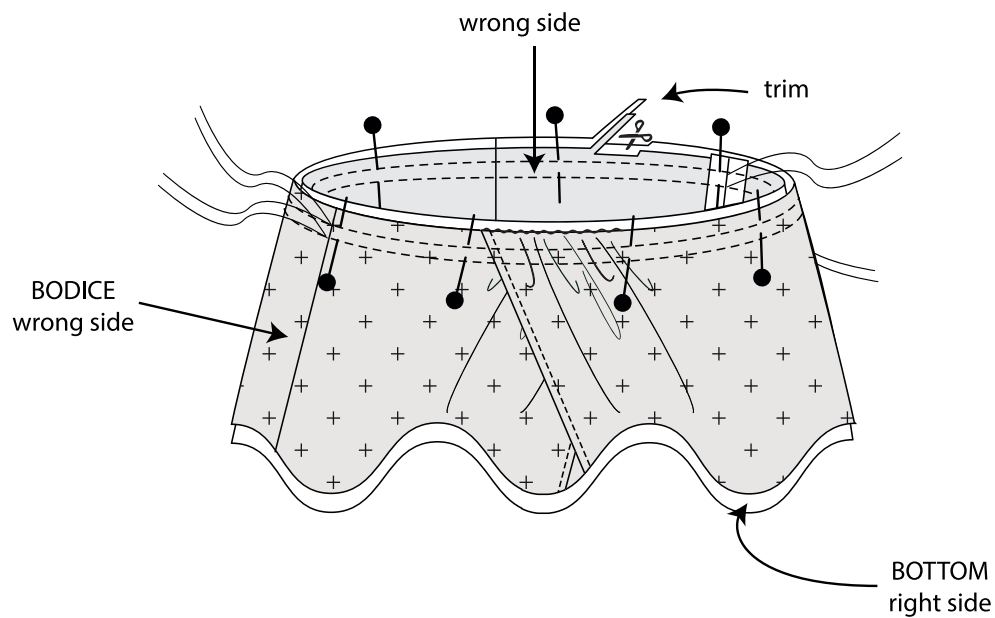
- Turn up 1 1/8" (3 cm) hem, turning in 1/4"(6mm) on raw edge, easing in fullness if necessary, then stitch. Press.



Step 11

Attaching Skirt to Bodice

- With right sides together, pin skirt to bodice, matching notches, centers and side seams, then stitch.
- Stitch again 1/4" (6 mm) away inside seam allowance. Trim close to second stitching. Press down.



NOTES