

Theresa Dress

By: burdastyle

<http://www.burdastyle.com/projects/theresa-dress>



By participating in a Project Runway-esque competition at Kent State University, winner Theresa Rietschlin won the opportunity to have a creation of their choice made into a BurdaStyle sewing pattern sponsored by Coats & Clark. This is her lovely design. This sweet, sleeveless dress pattern features a curved neckband and

ruffled front, a voluminous skirt with side pockets and a band which ties at the waist. It is a perfect summer frock. We made our sample in a paisley printed cotton, but explore other cotton options, too. For the front ruffles, we serged the edges, but you could also do a zig-zag stitch or simply leave the edges raw for a more vintage feel.

Materials

2 1/2 – 2 3/4 yds. (2,20 – 2,45 m.) self, interfacing and invisible zipper. The skirt is 21" (53 cm.) long from the waistband.

Step 1 — PATTERN



PATTERN

- 1 Center front piece 1x
- 2 Side front piece 2x
- 3 Back piece 2x
- 4 Front placket 1x
- 5 Front neckline placket 2x
- 6 Back neckline placket 4x
- 7 Front skirt panel 1x
- 8 Back skirt panel 2x
- 9 Pocket pouch 4x
- 10 Ruffle 2x

- 11 Strap 2x
- 12 Bias straps / armhole 2x

Fabrics: Cotton fabrics

The patterns can be printed out at the copy shop. If you decide to print them at home, follow the instructions:
Paper cut for ANSI A (German DIN A4) prints:

The patterns are printed out on 30 sheets with a thin frame. Wait until all sheets are printed out. Arrange the sheets so that they fit together (see additional page with the overview of the prints). Fold the single sheets on the upper and right edge along the thin frame lines. Begin with the left lower sheet and then tape the frame lines together precisely.

Step 2 — ADJUST PATTERN SIZE TO YOUR MEASUREMENTS



ADJUST PATTERN SIZES

Select your size according to the Burda-dimension table: dresses, blouses, jackets and coats according to the bust size, trousers and skirts according to the hip width. Change the pattern to fit your measurements if they deviate from the Burda-size chart. Cut out the pattern pieces 1 to 12 for the dress according to your size.

Refer to our *Adjust patterns for mixed sizes* technique.

LENGTHENING OR SHORTENING THE PATTERN PIECES

Our pattern is calculated for a height of 5'6" (168 cm). If you are taller or shorter, you can adjust the pattern pieces along the lines marked "lengthen or shorten here". This way the proper fit is maintained. Always adjust all pattern pieces along the same line to the same degree.

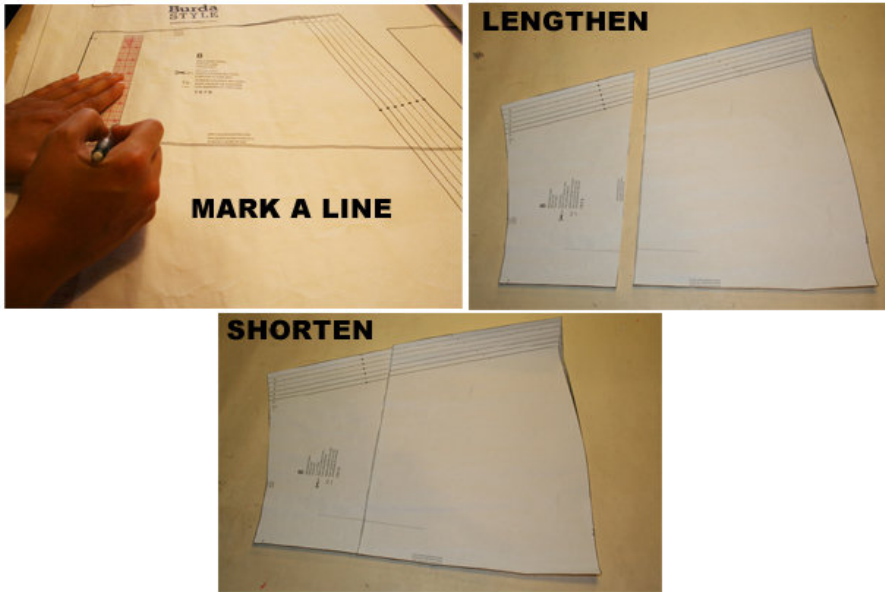
How to lengthen and shorten pattern pieces:

Cut the pattern pieces along the marked lines

To lengthen, slide the two halves of the pattern piece as far apart as necessary.

To shorten, overlap the two halves of the pattern piece as far as necessary. Blend the side edges.

Step 3 — CUTTING OUT | FOLD



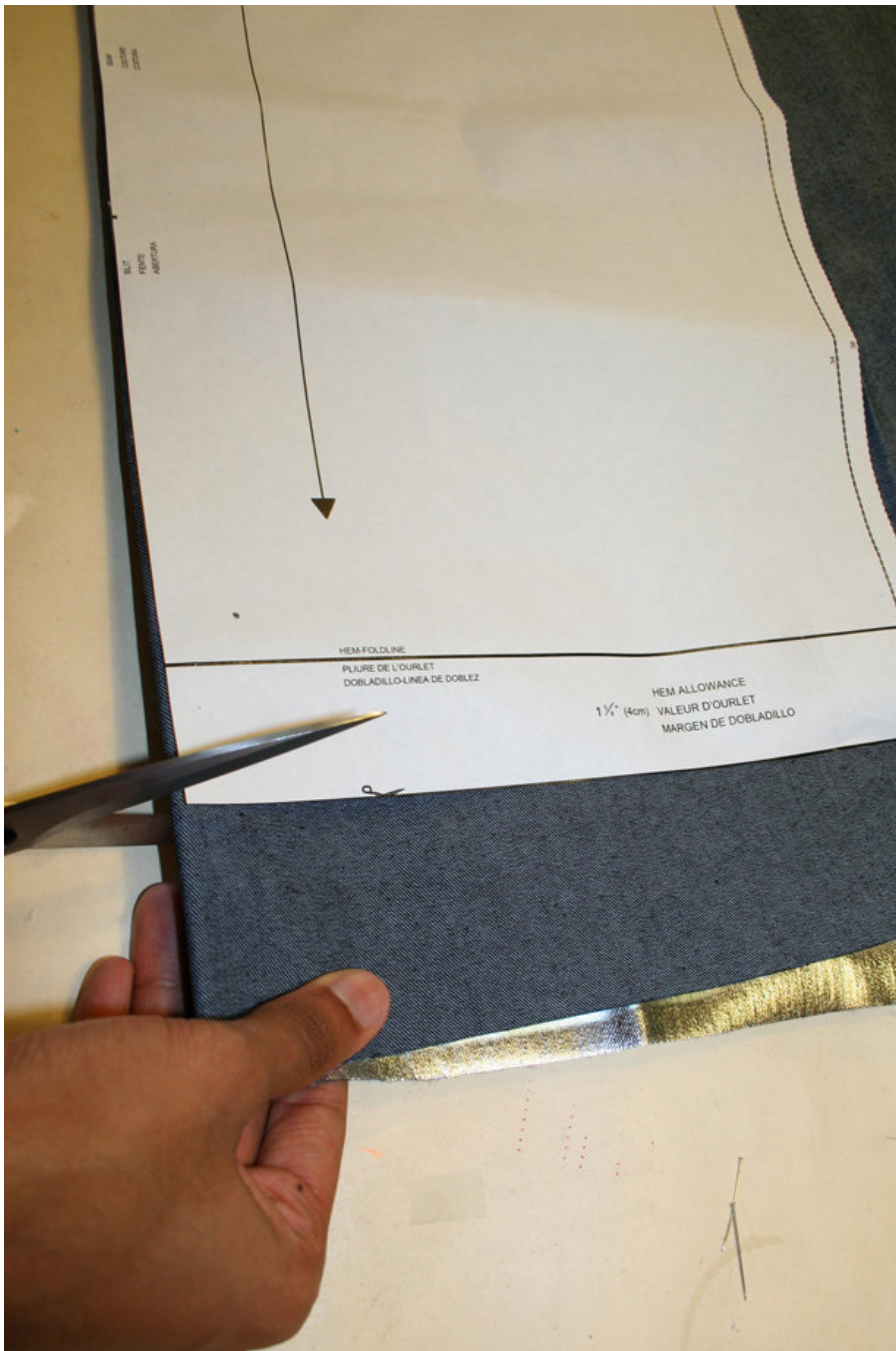
CUTTING OUT

FOLD () means: Cut on the fold, the fold being the center of the pattern piece, but never a cut edge or seam. The piece should be cut double, with the fold line forming the center line. Pattern pieces that are outlined with a broken line in the cutting diagrams are to be placed face down on the fabric. The cutting diagrams on the pattern sheet show how the pattern pieces should be placed on the fabric.

The cutting diagrams show the placement of the pattern on the fabric.

For a single layer of fabric, the pattern pieces are pinned to the right side. For double layers of fabric, the right sides are facing and the pattern pieces are pinned to the wrong side. The pattern pieces that are shown extending over the fold of the fabric in the cutting diagram should be cut last from a single layer of fabric.

Step 4 — SEAM ALLOWANCE | INTERFACING



SEAM AND HEMLINE ALLOWANCES are included on an average:
 1 5/8" — 8" (4 cm) for hem, 5/8" — (1.5 cm) for all edges and stitches. Using BURDA copying paper, transfer the lines and signs of the pattern onto the wrong side of the fabric. Instructions can be found in the packaging.

INTERFACING

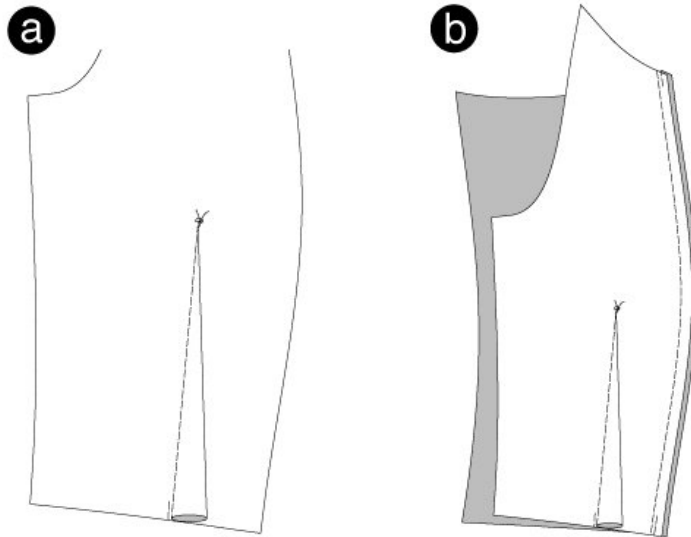
Cut out the interfacing pieces and press onto the wrong side of the fabric.

SEWING

While sewing, the right sides of the fabric are facing.

Transfer all lines of the pattern onto the right side of the fabric using chalk.

Step 5 — TOP | FRONT PRINCESS SEAMS



DRESS

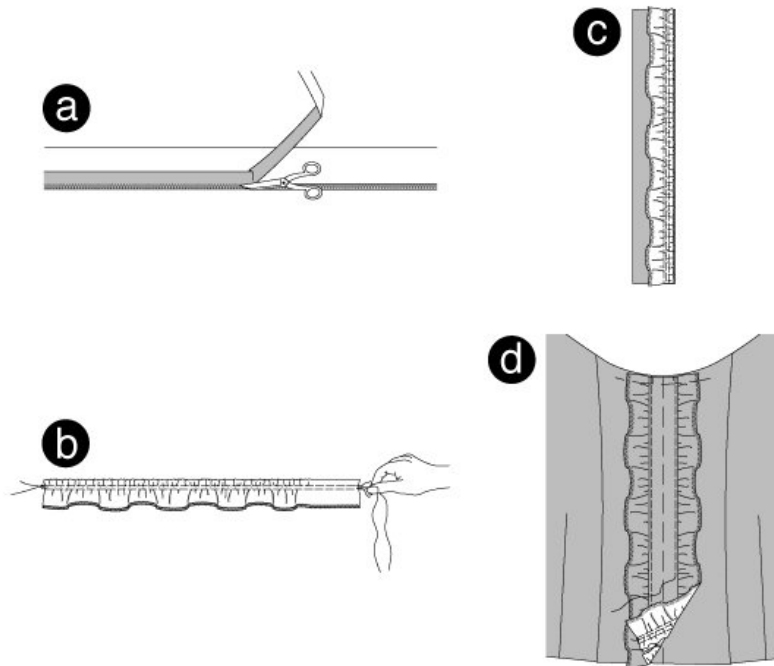
TOP

1 Stitch darts on front top piece from the bottom up while slowly tapering off of the fabric to the top point of dart. Knot thread ends to secure the closed point. Press darts towards the center front. Stitch back darts the same way. Press towards the center back.

FRONT PRINCESS SEAMS

2 Lay the side front pieces on the center front pieces, right sides facing together. Pin front princess seams (seam number 1) and stitch. Trim allowances and press towards the center front.

Step 6 — RUFFLES | PLACKET | SIDE SEAMS



RUFFLES | PLACKET

3. Turn seam allowances of the long ruffled edge inwards and press. Stitch the fold line using a narrowly adjusted zigzag stitch. Trim the overlapping allowance close to the stitch line.

TIP

Use a remnant fabric piece for a trial. Adjust stitch adjustment and thread tension.

4. BASTE (hand stitch or longest machine stitch setting) 2 rows of threads along the seam allowance edge of the long ruffled pieces. Pull and tighten bobbin threads while gathering the ruffled pieces and shorten them to the length of the placket piece. Knot the thread ends and distribute the ruffles nicely down the placket.

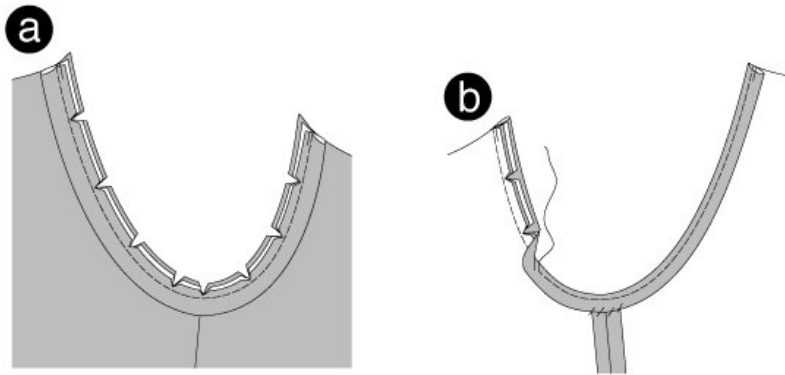
5. Position ruffle on placket, right sides facing. Pin and stitch. Trim allowances and press inside the placket. Stitch the second ruffle accordingly. Press.

6. Position the placket on the center front piece, centers meet. Topstitch narrowly along the ruffle seam line. Pin the ruffles along the neckline and bottom edge.

SIDE SEAMS

Position the back and front pieces together, right sides facing. Pin side seams (seam number 5) and stitch. Neaten allowances and press apart.

Step 7 — ARMHOLE EDGES | BIAS STRIPS



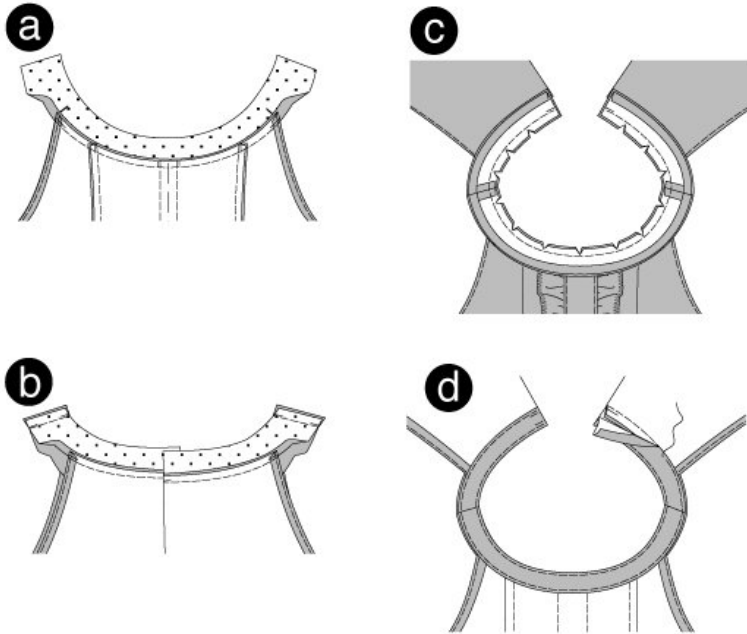
ARM HOLE EDGES / BIAS STRIPS

Trim seam allowances along the armholes to $\hat{A}^{1/2}$ (1 cm). Fold bias strips lengthwise in half, wrong sides together. Press.

7. Position the bias strips on the armholes, right sides facing; the open edges positioned on the allowances. Stitch bias strip $\hat{A}^{1/2}$ (1 cm) wide. Trim allowances and snip in.

8. Fold the bias strips inside and press. Topstitch armholes narrowly, enclosing the bias strip. By hand, sew the bias strip onto the allowance of the side seams.

Step 8 — NECKLINE PLACKET



NECKLINE PLACKET

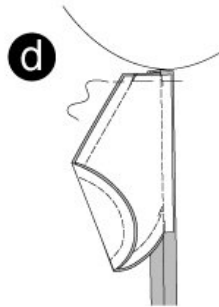
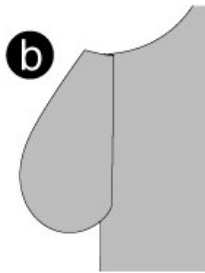
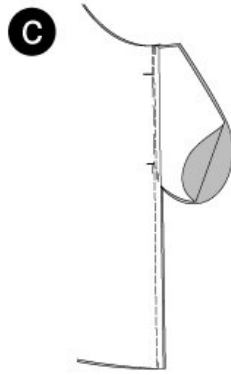
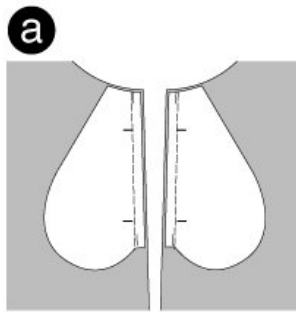
9. Position the interfaced front neckband onto the front top piece, right sides facing (seam number 2). The cross lines meet the armhole edges. Stitch. Trim allowances and press inside the placket. Stitch the interfaced back neckband accordingly (seam number 3).

10. Position the front and back neckband pieces together, right sides facing. Stitch side seams of the neckband (seam number 4). Trim allowances and press apart. Stitch side seams of the inside neckband pieces (seam number 4). Press allowances apart. Trim allowance of the outer neckband edge and fold inside.

11. Position the neckband pieces together, right sides facing and shoulder seams meeting. Stitch neckline edges. Trim allowances and snip in.

12. Turn neckband, pin edge and press. Position the inner neckband edge on the seam line. All around the neckline, position the neckband edge together and pin. Topstitch edge narrowly, enclosing the inner placket part.

Step 9 — SKIRT | SIDE SEAMS | POCKETS



SKIRT

SIDE SEAMS / POCKETS

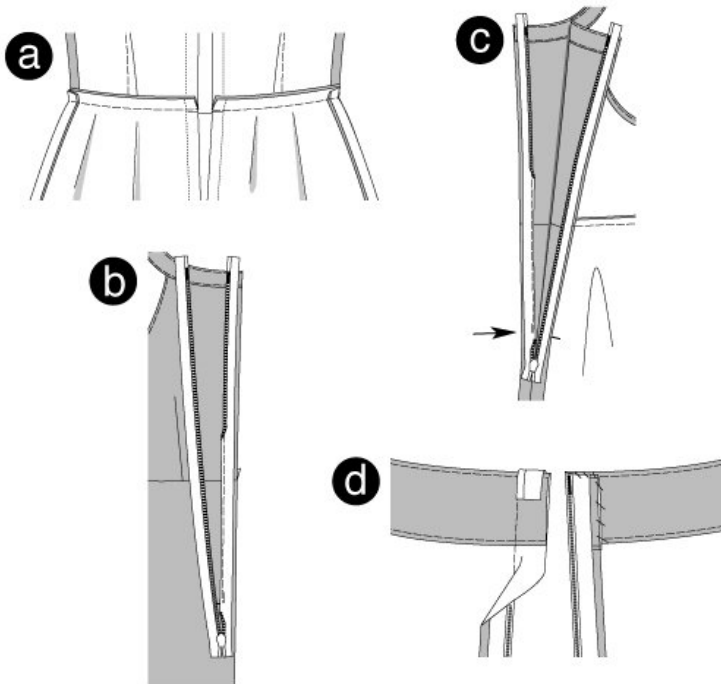
13. Position the pocket pouches on the front and back skirt panels, right sides facing. Cross lines meet. Stitch. Secure seam ends.

14. Fold the pocket pouch over the seam line and press.

15. Position the front and back skirt panels together, right sides facing. Pin side seams (seam number 6). Stitch, but leave an open space between the cross lines for the pocket opening. Keep the opening pinned. Secure seam ends. Neaten allowances and press apart.

16. Fold pocket pouch inside the front skirt panel and press. Position the pouch pieces together and stitch. Neaten allowances. Pin pocket pouch along the top skirt seam line.

Step 10 — ZIPPER



17. Position the top piece and skirt together, right sides facing (seam number 7) and stitch. Side seams meet. Neaten allowances and press inside the top piece.

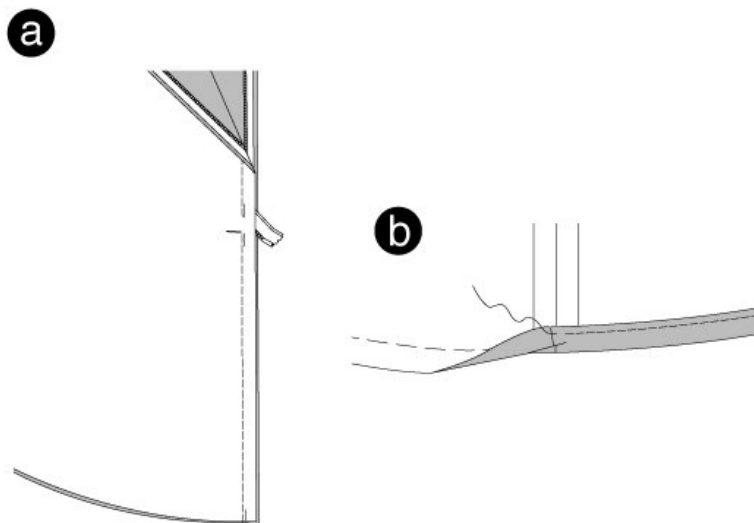
ZIPPER (hidden)

The dress requires a zipper that will be hidden behind the opening edge so it won't be visible. The zipper needs to be slightly longer than the opening. It will be stitched before stitching the center back seam below the opening. Neaten allowances.

18. Open zipper and position its right side on the allowance of the opening edge. The little teeth meet the marked opening edge. Stitch the zipper, using a zipper foot along the teeth line. Stitch the other zipper strip accordingly (18a).

Stitch along the opening edge, from the top to the opening sign (arrow). While stitching, the zipper foot keeps the little zipper teeth flat. On top, fold the zipper strip ends around the allowance. Fold the allowances inside and sew by hand (18b). close zipper.

Step 11 — CENTER BACK SEAM OPENING



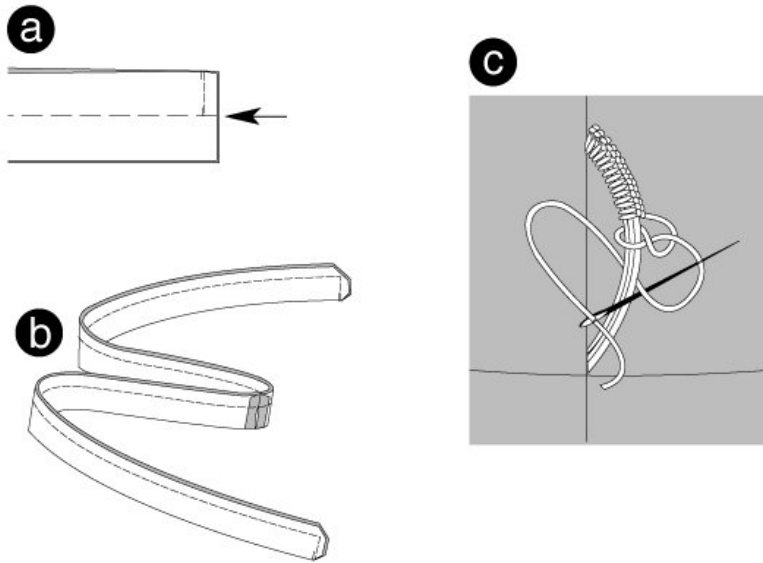
CENTER BACK SEAM / OPENING

19. Position the back skirt panels together, right sides facing. Stitch the center seam from the bottom to the end of the zipper. Pull the zipper slightly away and secure the seam ends. Press allowances apart.

HEMLINE

20. Neaten hemline, fold inside and press. Stitch bottom edge of the dress $\hat{A}1/2\hat{a}$ (1.2 cm) wide, enclosing the hemline.

Step 12 — TIE | BELT



TIE BELT

21. Position the pieces together, right sides facing. Stitch the center seam to the fold line (arrow). Secure seam ends. Press allowances apart.

22. Fold the belt along the FOLD LINE, right sides facing. Stitch edges together. Trim allowances, bias cut corners. Turn right side out, pin edges, press and topstitch narrowly. Sew the open edge by hand.

23. Sew thread loops by hand on the side seams; above the skirt seam line. Adjust the size of the loops so that the belt fits perfectly. Pull belt through the loops.

BurdaStyle

Theresa Dress