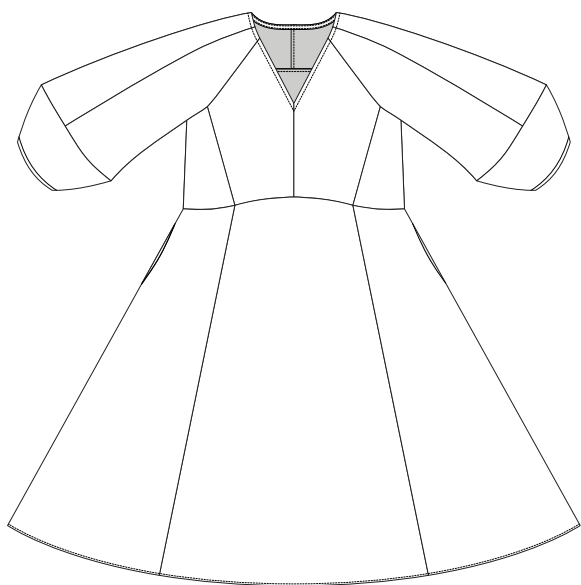


ELWOOD DRESS / #023



SKILL LEVEL



IN THE
FOLDS

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ABOUT IN THE FOLDS PATTERNS

In the Folds patterns are designed to inspire and encourage modern makers to create garments that are beautiful both inside and out. Through selected techniques and construction details, **In the Folds** aims to encourage thought-provoking and memorable making experiences - helping you enjoy each stitch in the process.

Techniques may differ slightly from the home sewing methods you are used to, but in some cases industrial finishes will give you the cleanest and most professional finish.

Seam allowances are included and detailed in each step.

You will notice that in some cases the seam allowances meet each other at different angles at the end of the seam. This is so that when you press the seam allowances open the seams will sit flush with the edges and help you get a really clean finish.

SLOW SEWING

In the Folds patterns are designed to include thoughtful details and interesting techniques so that you can enjoy the process of making the garment as much as the end result.

If we slow down and take in every stitch, we can better our skills, appreciate the amazing things we can do with our hands, understand the process more fully and create garments that will be worn, loved and cared for long into the future.

We recommend that you read all the instructions before getting started.

We'd love to see your work in progress. Find us on Instagram **@inthefolds** and tag your photos with **#ElwoodDress**.

Happy sewing!

THE ENVIRONMENT

Please consider the environment before printing this booklet. Consider using fabric from your stash before going to buy something new.

You might be surprised by what you find there. Before selecting your fabric, really think about how this garment will fit into your wardrobe and how you plan to care for it. Choose a fabric that fits the bill.

GARMENT OVERVIEW



VIEW A

The **Elwood dress (View A)** has a raglan sleeve with panel pieces which create a lantern shape that finishes below the elbow. The wrist opening is finished with an exposed binding.



VIEW B

The **Elwood dress (View B)** is sleeveless with armholes finished with bias binding.

GARMENT DETAILS

The **Elwood dress** is all about sophisticated comfort. Sweeping panel lines and additional ease in the waist and hips create a fun and interesting silhouette. The dress has two sleeve options and can be dressed up or down, depending on the season. Think party dress with the right accessories or floating house dress on a warm summer day. The dress is calf-length and features in-seam pockets and a v-neck with a bias bound finish.

The **Elwood dress** is sewn with French seams for a beautiful and professional finish.

FABRIC SUGGESTIONS

The **Elwood dress** is compatible with mid-weight woven fabrics such as: linen, linen blends, cotton poplin, shirting and chambray. Lightweight fabrics are also suitable, but will create a softer and more relaxed silhouette. For a softer silhouette, consider sateen, silk (crepe de chine or habotai), double gauze or viscose (rayon). Be careful if you are a beginner though, as these fabrics are a little trickier to sew.

NOTIONS

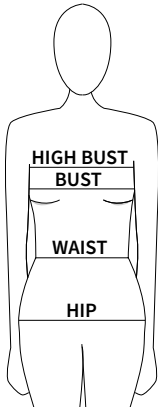
- Coordinating thread
- Small strip of iron-on lightweight interfacing (approx. 3cm x 20cm (1¼in x 8in)).
- **View A:** 1m (1.1 yd) x 32mm (1¼in) single-fold bias tape (if using pre-made binding, this is 12mm (½in)) + 1m (1.1yd) x 4.5cm (1¾in) bias binding (if using pre-made, this is 25mm (1in)).
- **View B:** 2.5m (2.8 yd) x 32mm (1¼in) single-fold bias tape (if using pre-made binding, this is 12mm (½in)).

SIZING + GARMENT MEASUREMENTS

NOTES ON FITTING

The **Elwood dress** is designed to be relaxed in fit. Select a size based on your high bust measurement and then check the finished garment measurements for your size before choosing to do a Full Bust Adjustment (FBA). The waist and hip also have considerable ease, so check the finished garment measurements before choosing to grade between sizes.

This pattern is drafted for a B cup bust and a height of 170cm (5'7"). Use the LENGTHEN / SHORTEN lines on the pattern to make alterations to the length.



BODY MEASUREMENTS

	A	B	C	D	E	F	G	H	I	J
HIGH BUST	71cm 28"	76cm 29½"	81cm 31⅞"	86cm 33⅞"	91cm 35⅞"	96cm 37¾"	103.5cm 40¾"	111cm 43¾"	118.5cm 46⅝"	126cm 49⅝"
BUST	76cm 29⅞"	81cm 31⅞"	86cm 33⅞"	91cm 35⅞"	96cm 37¾"	101cm 39¾"	108.5cm 42¾"	116cm 45⅝"	123.5cm 48⅝"	131cm 51⅝"
WAIST	61cm 24"	66cm 26"	71cm 28"	76cm 29⅞"	81cm 31⅞"	86cm 33⅞"	93.5cm 36¾"	101cm 39¾"	108.5cm 42¾"	116cm 45⅝"
HIP	84cm 33"	89cm 35"	94cm 37"	99cm 39"	104cm 41"	109cm 42⅞"	116.5cm 45¾"	124cm 48⅞"	131.5cm 51¾"	139cm 54¾"

FINISHED GARMENT MEASUREMENTS

	A	B	C	D	E	F	G	H	I	J
BUST	86cm 33¾"	91cm 35¾"	96cm 37¾"	101cm 39¾"	106cm 41¾"	111cm 43¾"	118.5cm 46¾"	126cm 49⅝"	133.5cm 52⅝"	141cm 55½"
WAIST	97cm 38"	102cm 40"	107cm 42"	112cm 44"	117cm 46"	122cm 48"	129.5cm 51"	137cm 53⅞"	144.5cm 56⅞"	152cm 59¾"
HIP	147cm 57¾"	152cm 59¾"	157cm 61¾"	162cm 63¾"	167cm 65¾"	172cm 67¾"	179.5cm 70¾"	187cm 73⅝"	194.5cm 76⅝"	202cm 79½"
LENGTH ¹	111cm 43¾"	112.3cm 44¼"	113.6cm 44¾"	114.9cm 45¼"	116.2cm 45½"	117.5cm 46¼"	119.4cm 47"	121.3cm 47¾"	123.2cm 48½"	125.1cm 49¼"
SLEEVE LENGTH VIEW A ²	52.5cm 20⅝"	53.9cm 21¼"	55.3cm 21¾"	56.7cm 22⅜"	58.1cm 22⅞"	59.5cm 23⅜"	61.7cm 24¼"	63.9cm 25⅝"	66.1cm 26"	68.3cm 26⅞"

¹ Centre back neck to hem

² High shoulder point (neck side of shoulder) to sleeve hem

FABRIC REQUIREMENTS

	A	B	C	D	E	F	G	H	I	J
VIEW A 115cm 45"	4m 4.4yds	4m 4.4yds	4m 4.4yds	4.1m 4.5yds	4.3m 4.7yds	4.3m 4.7yds	4.8m 5.3yds	4.9m 5.4yds	5.1m 5.6yds	5.2m 5.7yds
150cm 60"	2.7m 3yds	2.8m 3.1yds	2.9m 3.2yds	2.9m 3.2yds	3m 3.3yds	3.1m 3.4yds	3.3m 3.6yds	3.8m 4.2yds	3.8m 4.2yds	4m 4.4yds
VIEW B 115cm 45"	3.2m 3.5yds	3.3m 3.6yds	3.3m 3.6yds	3.4m 3.8yds	3.4m 3.8yds	3.4m 3.8yds	3.5m 3.9yds	3.8m 4.2yds	4.1m 4.5yds	4.2m 4.6yds
150cm 60"	2.6m 2.9yds	2.6m 2.9yds	2.6m 2.9yds	2.7m 3yds	2.7m 3yds	2.8m 3.1yds	2.8m 3.1yds	2.9m 3.2yds	3.1m 3.4yds	3.4m 3.4yds

PRINTING THE PATTERN

PAPER SIZE

This pattern can be printed on either A4 or US letter-sized paper. There is also a full-sized version included so it can be printed in full sheets at your local copy shop (4 x A0).

LAYERS

This pattern has embedded layers, which means that if you have access to Adobe Reader, you can select just the size/s you would like to print. Layers make it much less confusing to cut out the pattern and also save on ink (and paper in some cases). Adobe Reader is free to download.

The stitch line (pattern without seam allowance) is marked on the pattern. The stitch line is handy to have when making alterations to a pattern. You can choose whether or not to have the stitch lines showing on your pattern when printing by turning the stitch line layers on or off.



Open the pattern in Adobe Reader and click on the 'layers' option on the left hand side. There will be an eye next to each layer in the pattern. Click the eye to turn off all the layers you do not need. Turn on the optional stitch line layer if you would like the stitch line marked on your pattern.



← **Please note: the 'PATTERN INFO' layer needs to be on for all sizes.**

At the time of publishing, layers are not available on Preview (Mac).

SCALING

Before printing the file, you will need to check the scaling settings on your printer. The pattern needs to be printed at its true scale. To do this, go into your print settings and select 'actual size', 100% or set page scaling to 'none' or 'turn off page scaling'.

Print only Page 1 of the pattern and check that the large test square measures 5cm x 5cm or the smaller one measures 1in x 1in.

PRINT

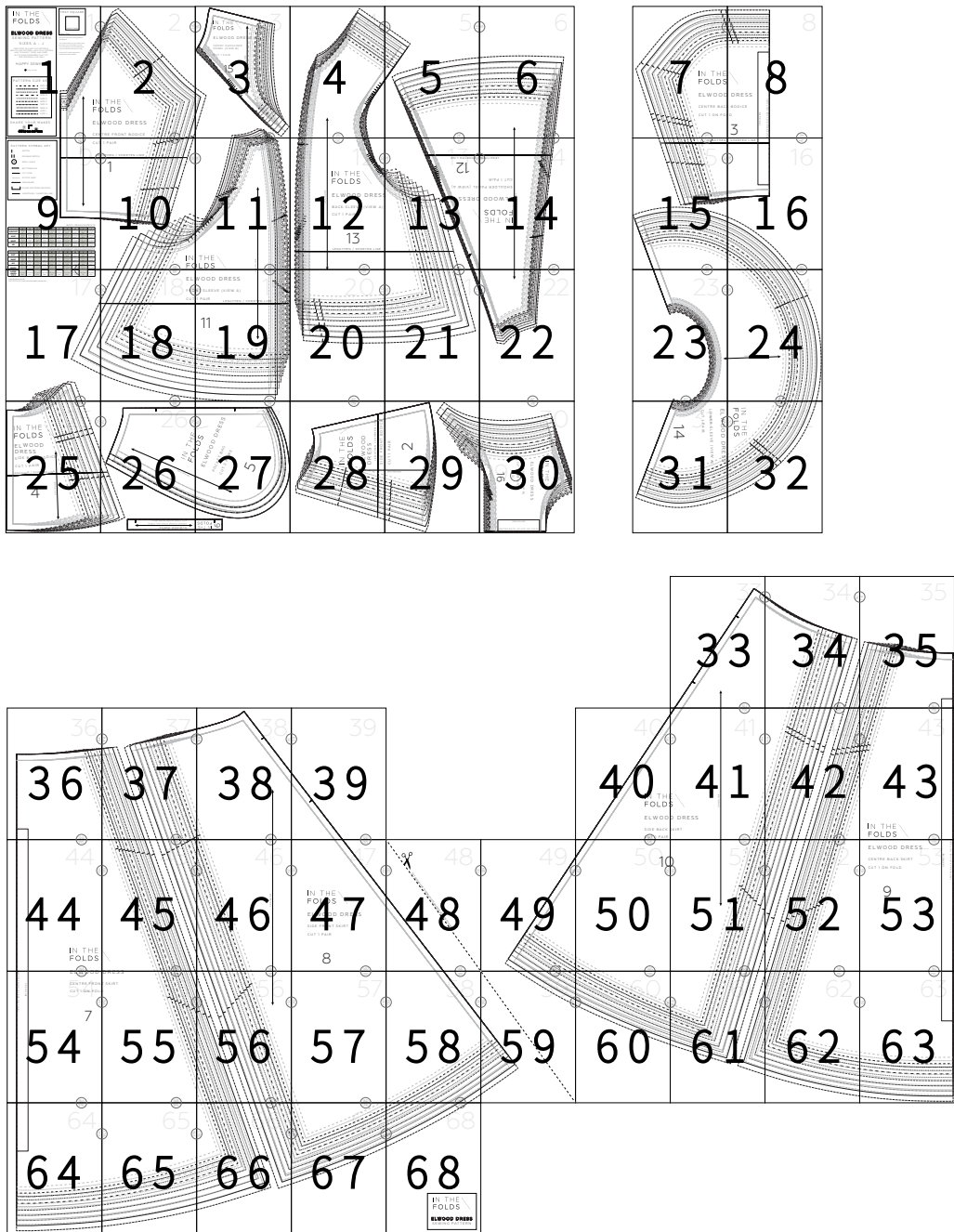
When you have the scaling right, print the remainder of the pattern.

Please note: when printing from Adobe Reader, make sure the print orientation is set to 'Auto portrait / landscape' - this will ensure the border of each page will be printed.

ASSEMBLE

Cut two of the borders off each page - one long side and one short side (keep your choice of sides consistent between pages). Align the circles so that 1A matches up to 1A, 2A with 2A etc, and tape or glue in place. Use the printing plan on p 7 as a reference, if required.

PRINTING PLAN



REQUIRED PAGES

	A-C	D-J
VIEW A	1-2 / 4-29 / 31-68	1-29 / 31-68
VIEW B	1-3 / 7-10 / 15-17 25-30 / 33-68	Same as A-C

CUTTING YOUR FABRIC

Wash and dry your fabric. Use the method you intend to use when washing your garment so it doesn't shrink after its first wash!

Give your fabric a good press before cutting.

Due to the shape of the pattern pieces, the most efficient way to cut the pattern pieces is flat, rather than on the fold. Lay the fabric on a cutting table or other flat surface and smooth out any wrinkles.

Take your pattern pieces and lay them on your fabric with the grainline of each pattern piece running exactly parallel to the selvedge. To do this, use a tape measure to measure from each end of the grainline to the selvedge, ensuring the measurement is the same (meaning your pattern piece is on grain). Once you have cut a piece with right side up, flip the piece to cut the pair. Use the cutting plans on pp 9 - 10 as a guide.

If a pattern piece says 'CUT 1 ON FOLD,' pin and cut one side of the pattern piece and then flip it on the centre front / centre back to cut the other side of the piece so that you will be left with a full pattern piece once cut. Alternatively, trace the pattern piece onto the fabric.

Use weights or pins to hold the pieces in place. Carefully cut out each piece.

Be sure to transfer all pattern markings onto your fabric. To mark a notch, snip into the fabric **6mm (1/4in)**.

TIPS

- *Take note of any changes you make to the pattern as you go. This will help you when you use the pattern again. You can use the section on pp 31-32.*
- *If you are using a lightweight fabric, or fabric that is prone to shifting when cutting, consider cutting your fabric sandwiched between two layers of fine paper (pinning and cutting through all three layers). This will help keep the fabric on grain and ensure that it doesn't move while you are cutting.*
- *If using a striped fabric, consider playing with stripe direction to emphasise the different panels.*
- *Enjoy the process! It's not a race to the end.*

SUGGESTED CUTTING PLANS - VIEW A

PIECES TO CUT - VIEW A

- 1 - Centre front bodice - cut 1 pair
- 2 - Side front bodice - cut 1 pair
- 3 - Centre back bodice - cut 1 on fold
- 4 - Side back bodice - cut 1 pair
- 5 - Pocket bag - cut 2 pairs
- 6 - Pocket fusing strip (not pictured)
- cut 1 pair interfacing only
- 7 - Centre front skirt - cut 1 on fold
- 8 - Side front skirt - cut 1 pair
- 9 - Centre back skirt - cut 1 on fold
- 10 - Side back skirt - cut 1 pair
- 11 - Front sleeve - cut 1 pair
- 12 - Shoulder panel - cut 1 pair
- 13 - Back sleeve - cut 1 pair
- 14 - Lower sleeve - cut 1 pair

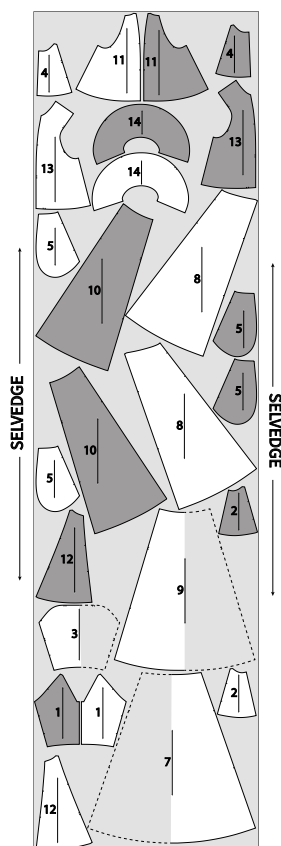
KEY



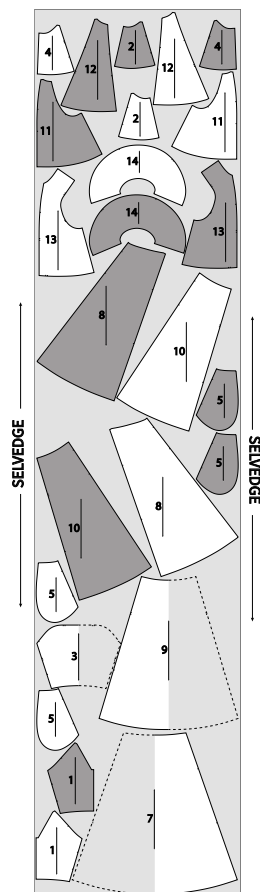
Turn pattern piece face down to maximise fabric available.



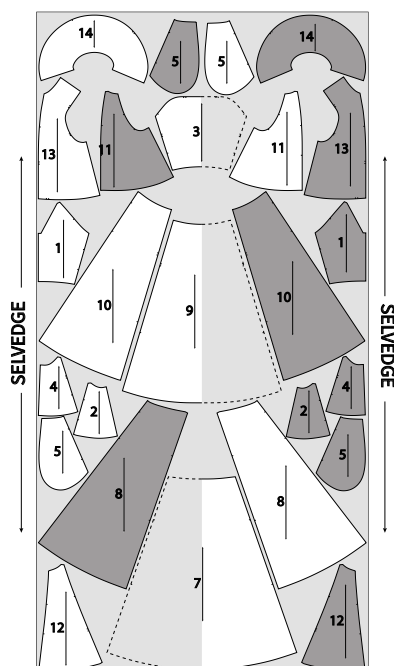
Create full pattern piece by cutting one side of pattern piece and then flipping on centre front / centre back to cut remaining side



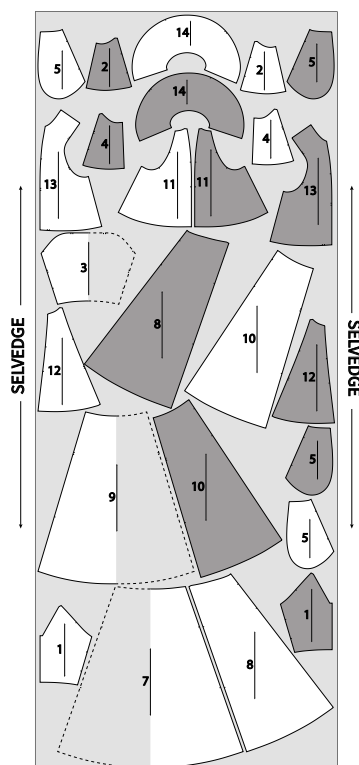
SIZES A-F
115cm / 45in fabric



SIZES G-J
115cm / 45in fabric



SIZES A-G
150cm / 60in fabric



SIZES H-J
150cm / 60in fabric

SUGGESTED CUTTING PLANS - VIEW B

PIECES TO CUT - VIEW B

- 1 - Centre front bodice - cut 1 pair
- 2 - Side front bodice - cut 1 pair
- 3 - Centre back bodice - cut 1 on fold
- 4 - Side back bodice - cut 1 pair
- 5 - Pocket bag - cut 2 pairs
- 6 - Pocket fusing strip (not pictured)
- cut 1 pair interfacing only
- 7 - Centre front skirt - cut 1 on fold
- 8 - Side front skirt - cut 1 pair
- 9 - Centre back skirt - cut 1 on fold
- 10 - Side back skirt - cut 1 pair
- 15 - Front shoulder panel - cut 1 pair
- 16 - Back yoke - cut 1 on fold

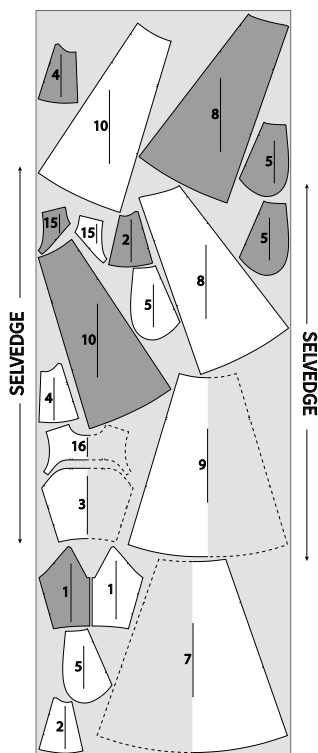
KEY



Turn pattern piece face down to maximise fabric available.

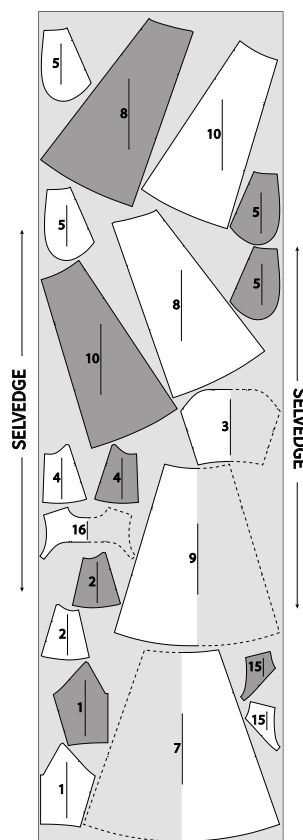


Create full pattern piece by cutting one side of pattern piece and then flipping on centre front / centre back to cut remaining side



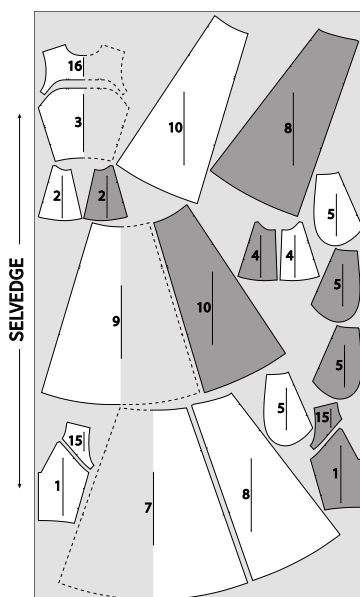
SIZES A-G

115cm / 45in fabric



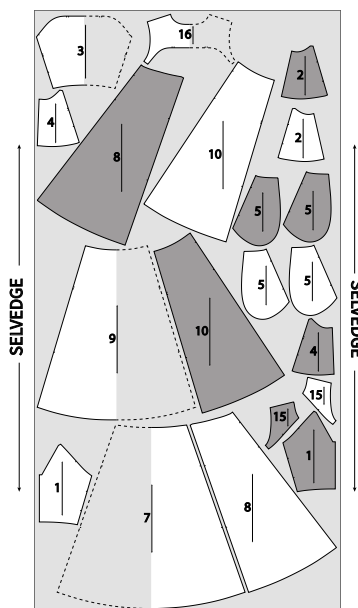
SIZES H-J

115cm / 45in fabric



SIZES A-G

150cm / 60in fabric



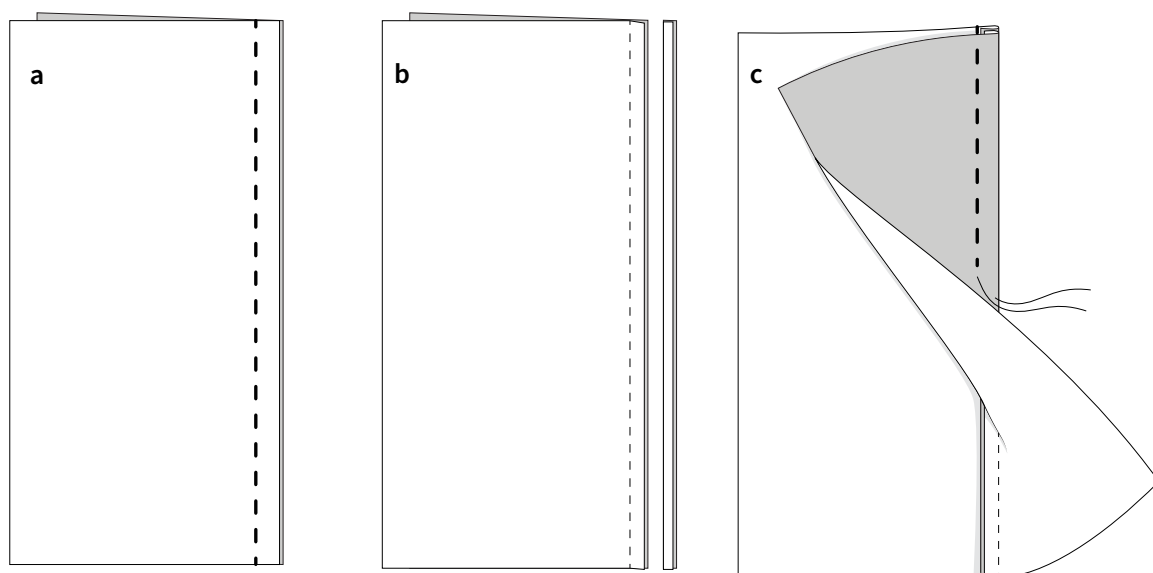
SIZES H-J

150cm / 60in fabric

FRENCH SEAMS

The instructions for the **Elwood dress** suggest French seams for all seams. If using a thicker fabric than what is suggested, you may prefer to use an overlocker or zig-zag stitch to finish seams.

French seams are a great, durable seam finish option for light to midweight fabrics, particularly those that are prone to fraying. They are also great for sheer fabrics where you might be able to see the seam allowance through the fabric. Although they are more time consuming than other seam finishes, French seams are very satisfying and give a beautiful, clean finish without the need for a overlocker / serger.



a Pin the pieces you are joining together with wrong sides together. Stitch with a **6mm (¼in)** seam allowance.

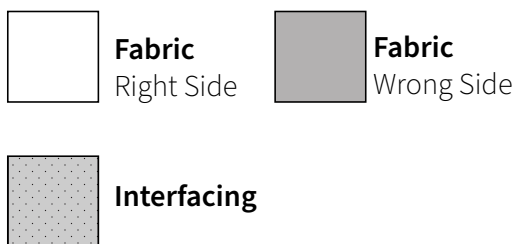
b Trim down the seam allowance by half (**3mm / ⅛in**). Be careful to not leave any threads along the seam allowance, as these can end up poking through the finished seam if you are not careful. Press seam allowance to one side.

c Turn the pieces so that the fabric now has right sides together and the raw edges are sandwiched in between the two layers of fabric. Pin another seam, enclosing the raw edges. Stitch with a **6mm (¼in)** seam allowance. Press seam allowance flat to one side (refer to the instructions for the direction seam needs to be pressed).

INSTRUCTIONS

VIEWS A + B

ILLUSTRATION KEY



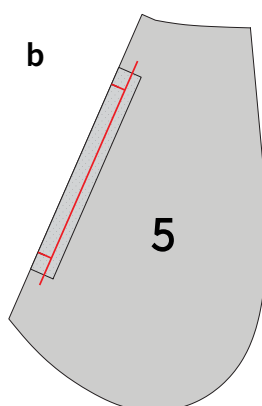
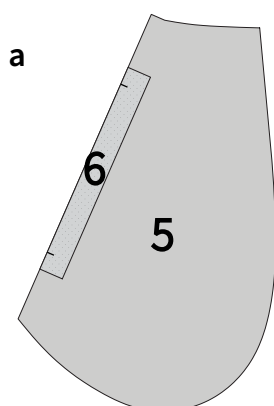
*These instructions guide you through making the **Elwood dress** with French seams.*

Seam allowances vary and are noted in each step.

*For help with sewing terms, see **GLOSSARY** on p 30.*

Happy Sewing!

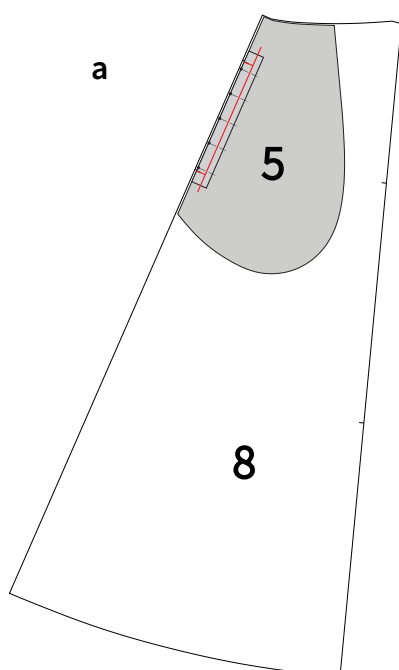
ATTACH POCKETS (BOTH VIEWS)



STEP 1

a On one pair of POCKET BAGS [5], place the POCKET FUSING STRIP [6] on the wrong side. Position the piece by lining up the notches. Fuse in place using a warm iron.

b Using a ruler and chalk, mark in the stitch line on the wrong side of the POCKET BAGS [5]. The stitch line is **1.2cm (1 1/2 in)** from the edge. Extend the notches to intersect with the stitch line.

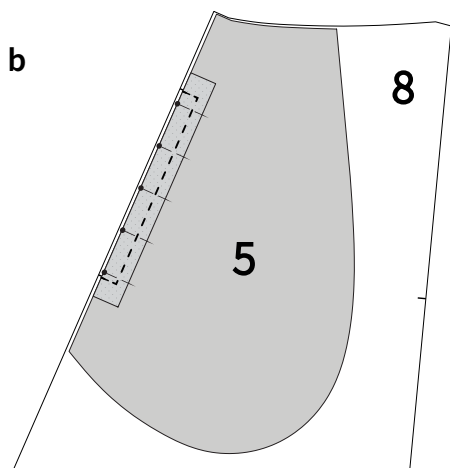


Piece fusing

When interfacing is applied to a particular part of a piece, rather than the whole piece, it is called "piece fusing". Put scrap fabric under the piece to prevent the interfacing fusing to the ironing board.

STEP 2

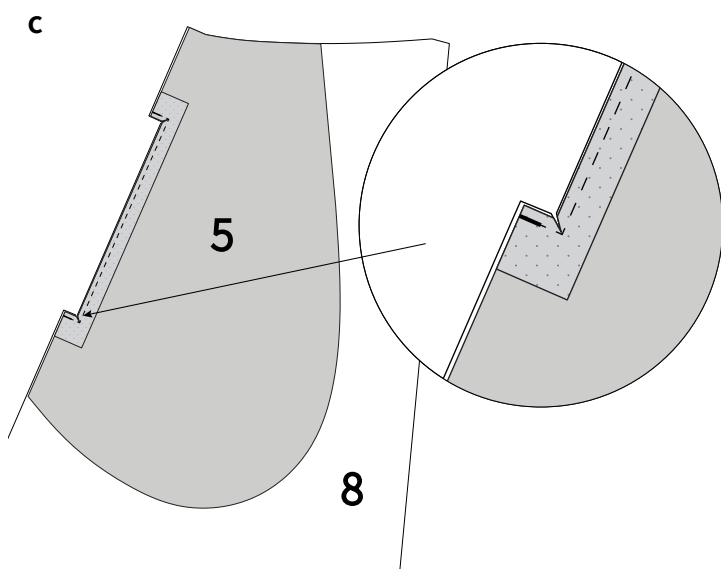
a With right sides together, line up the POCKET BAG [5] pieces with the SIDE FRONT SKIRT [8] piece, lining up the notches. Pin along the line marked in STEP 1.



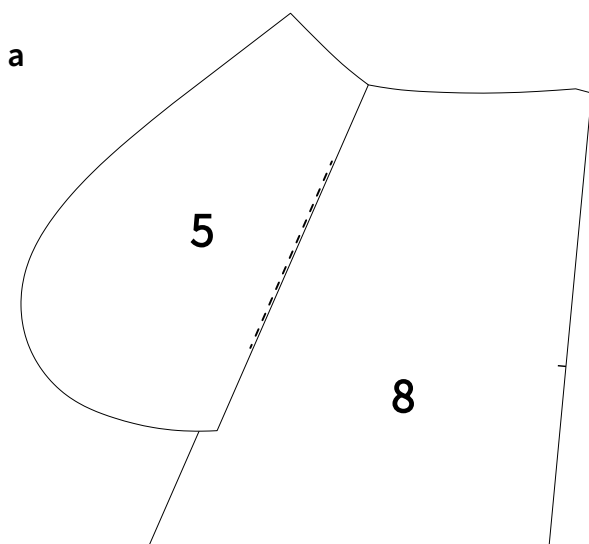
b Carefully stitch along the lines marked on the POCKET BAG [5], stitching from one of the notches, pivoting at the corner and stitching along the line until you reach the other corner, the pivoting again and stitching to the other notch.

Beginner tip

When sewing to a specific point - rather than just to the end of a seam - it may help to 'walk' in the last couple of stitches. This means that you use the hand wheel on your machine to make the last stitches, rather than the foot pedal, which allows for more precision and control.



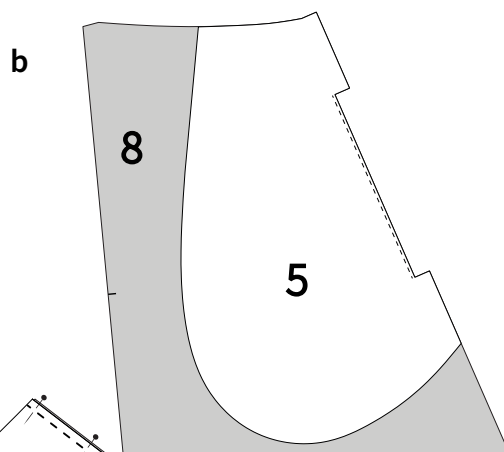
c Trim back the seam allowance inside of the stitching, leaving a seam allowance of approximately **3mm (1/8in)**. Carefully cut in on a diagonal at each corner to the pivot point. Get nice and close to the stitching without cutting through it.



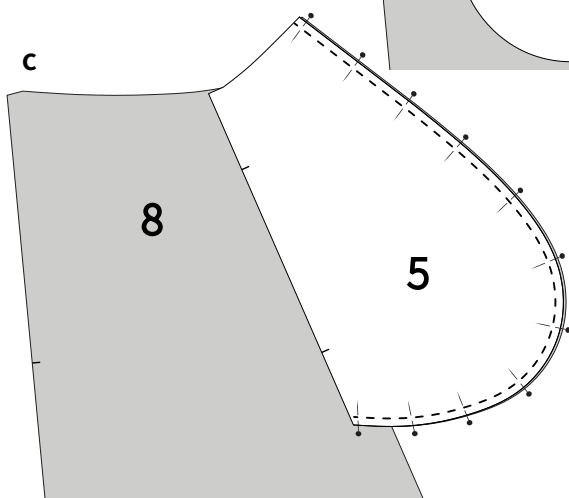
STEP 3

a Flip the POCKET BAG [5] to the right side.

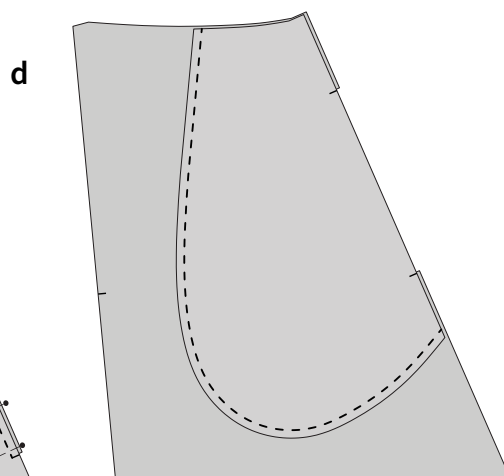
Using your fingers, press the seam allowance towards the POCKET BAG [5] and understitch the stitched section only.



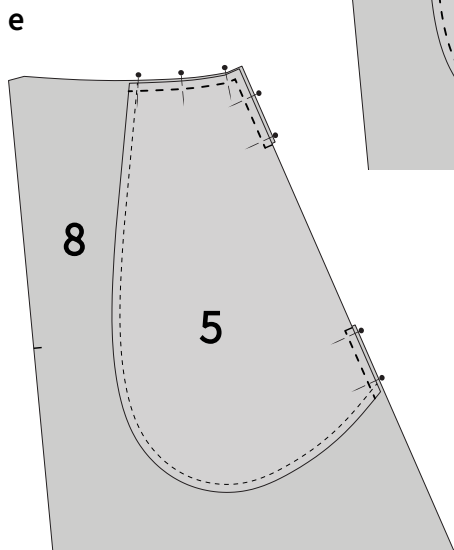
b Turn the POCKET BAG [5] so that the wrong side is touching the wrong side of the SIDE FRONT SKIRT [8]. Press well.



c Flip the POCKET BAG [5] so that the wrong side is facing up. Pin one of the remaining POCKET BAGS [5] to the attached POCKET BAG [5] with wrong sides together. Pin around the curved edge only.

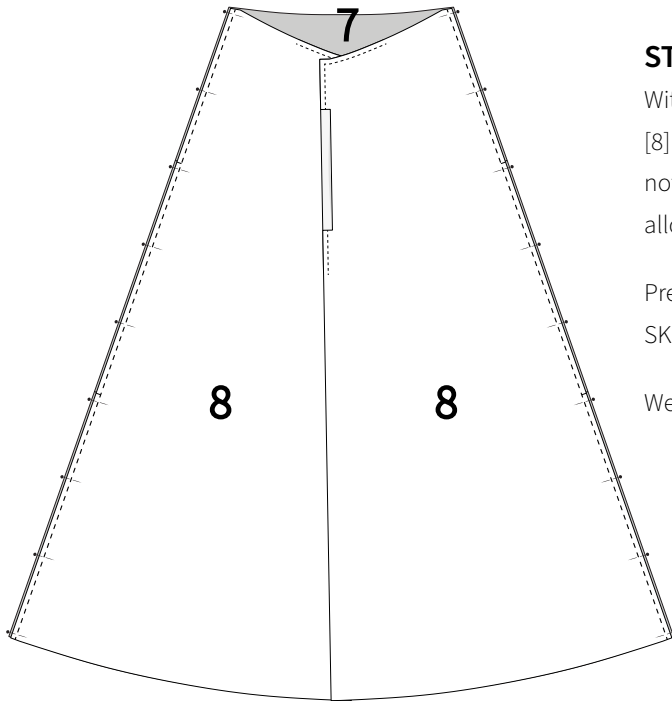


d Stitch with a **6mm (1/4in)** seam allowance. Complete the French seam (see p 11).



e Pin the POCKET BAG [5] in place along the top edge and side seam of the SIDE FRONT SKIRT [8] and stitch in place **6mm (1/4in)** from the edge.

ASSEMBLE SKIRT (BOTH VIEWS)

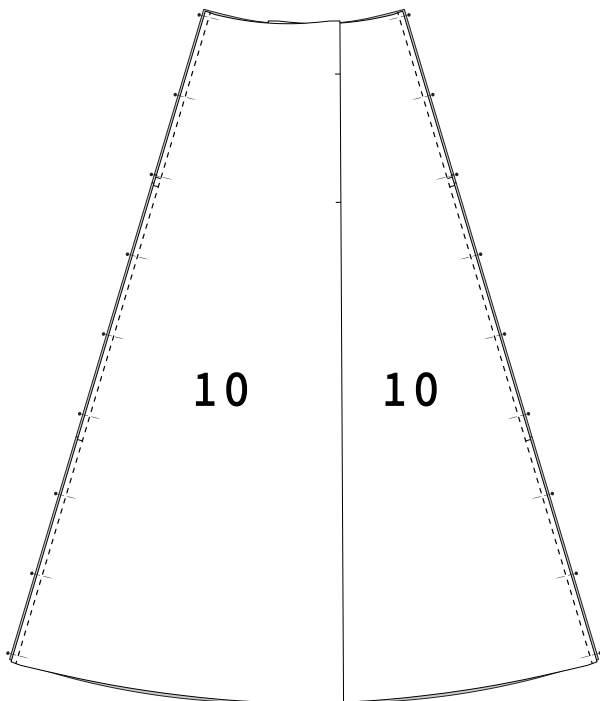


STEP 4

With **wrong sides together**, pin the SIDE FRONT SKIRT [8] pieces to the CENTRE FRONT SKIRT [7], using the notches to guide you. Stitch with a **6mm (¼in)** seam allowance. Complete the French seams (p 11).

Press the seam allowances towards the SIDE FRONT SKIRT [8].

We will now refer to this as the '**FRONT SKIRT**.'

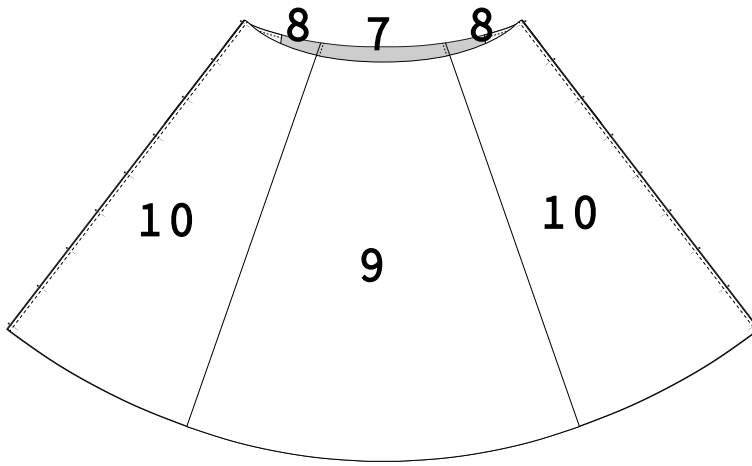


STEP 5

With **wrong sides together**, pin the SIDE BACK SKIRT [10] pieces to the CENTRE BACK SKIRT [9], using the notches to guide you. Stitch with a **6mm (¼in)** seam allowance. Complete the French seams (p 11).

Press the seam allowances towards the SIDE BACK SKIRT [10].

We will now refer to this as the '**BACK SKIRT**.'

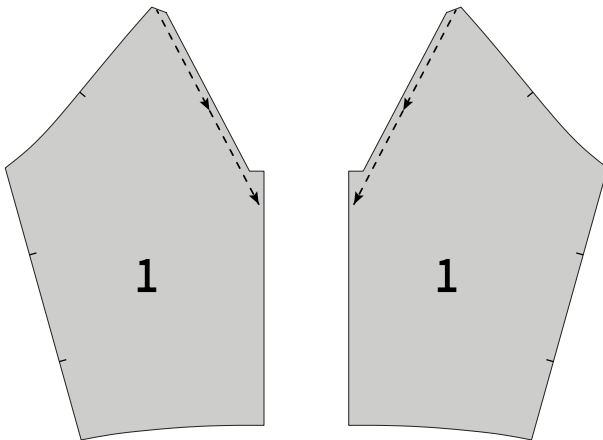


STEP 6

Pin the *FRONT SKIRT* to the *BACK SKIRT* at the side seams with wrong sides together. Due to the pocket opening, you may find it easier to pin and stitch from the *BACK SKIRT* side as you will be able to feel the pocket opening more easily.

Stitch with a **6mm (1/4in)** seam allowance. Complete the French seams (p 11) being careful not to catch the pocket openings in the seams. Press seam allowances towards the *BACK SKIRT*.

ASSEMBLE BODICE

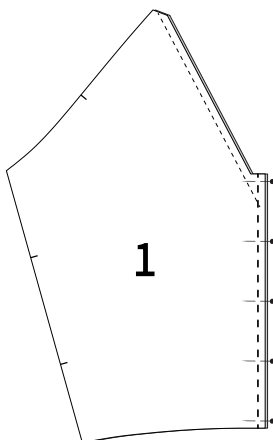


STEP 7

Staystitch the neckline on the *CENTRE FRONT BODICE* [1] **6mm (1/4in)** from the edge. Stitch from the top of the V-neck to the bottom.

Beginner tip

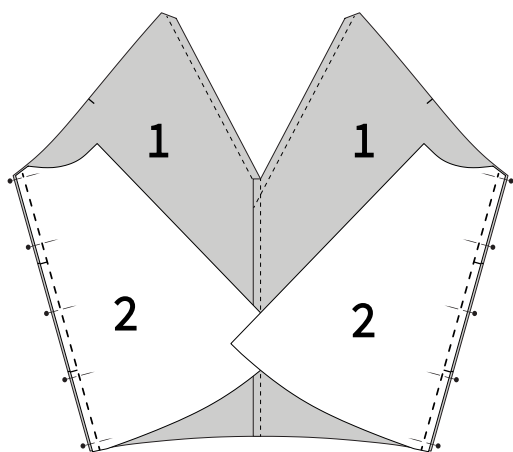
Staystitching prevents fabric from stretching while sewing a garment. It is particularly important on curves and pieces cut on an angle, as these are more prone to stretching. Staystitching will be hidden inside the seams when the garment is completed.



STEP 8

Pin the *CENTRE FRONT BODICE* [1] pieces together at the *CENTRE FRONT* seam with wrong sides together.

Stitch with a **6mm (1/4in)** seam allowance. Complete the French seam (p 11) . Press seam allowance to either side.



STEP 9

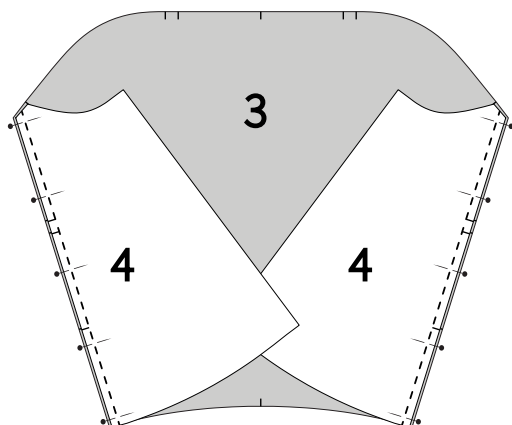
With wrong sides together, pin the SIDE FRONT BODICE [2] pieces to the CENTRE FRONT BODICE [1] using the notches to guide you.

Stitch with a **6mm (1/4in)** seam allowance. Complete the French seams (p 11). Press seam allowances towards the CENTRE FRONT BODICE [1].¹

We will now refer to this as the '**FRONT BODICE**'.

1Construction note

The instructions guide you to press the seam allowance in opposite directions on the two to minimise bulk when you join the skirt and the bodice. If using a transparent fabric, you may prefer to press the seam allowances in the seam direction because of how it will look visually. Test this on some scrap fabric to make sure the seam won't become too bulky.



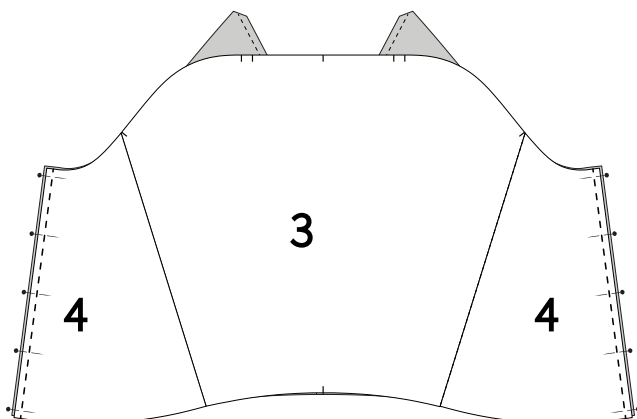
STEP 10

With wrong sides together, pin the SIDE BACK BODICE [4] pieces to the CENTRE BACK BODICE [3] using the notches to guide you.

Stitch with a **6mm (1/4in)** seam allowance. Complete the French seams (p 11). Press seam allowances towards the CENTRE BACK BODICE [3].

We will now refer to this as the '**BACK BODICE**'.

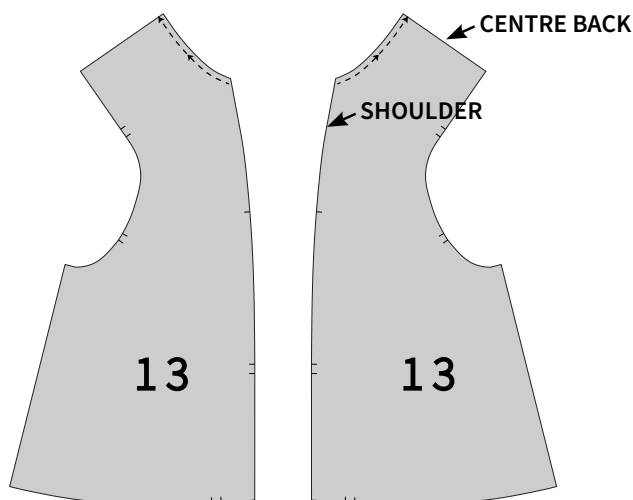
For View B, move to STEP 20 (p 21).



STEP 11

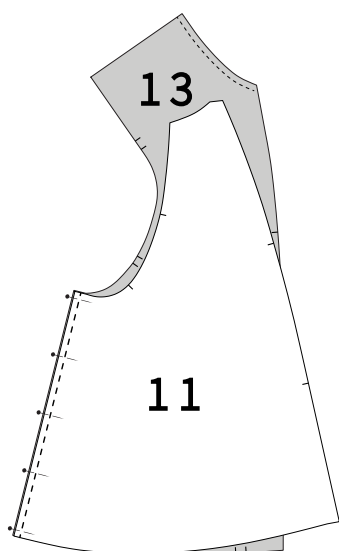
With wrong sides together, pin the **FRONT BODICE** to the **BACK BODICE** at the side seams.

Stitch with a **6mm (1/4in)** seam allowance. Complete the French seams (p 11). Press seam allowances towards the **FRONT BODICE**.



STEP 12

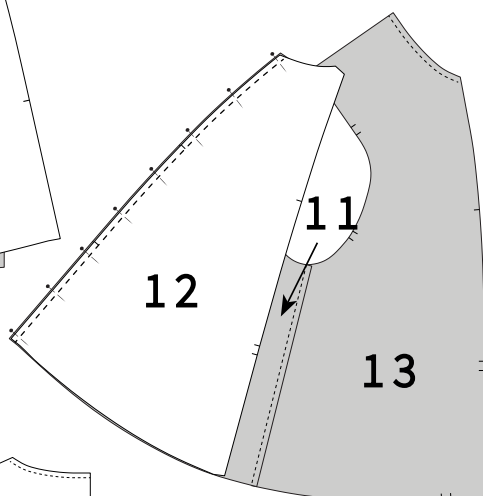
Staystitch back neckline on BACK SLEEVE [13] **6mm (1/4in)** from the edge. Stitch from the shoulder towards the CENTRE BACK.



STEP 13

With wrong sides together, pin the FRONT SLEEVE [11] to the BACK SLEEVE [13] at the underseam.

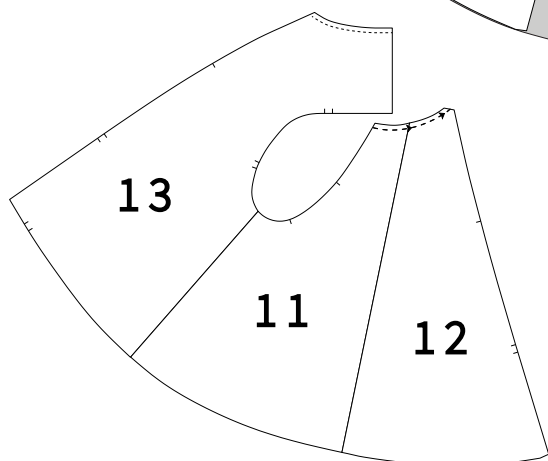
Stitch with a **6mm (1/4in)** seam allowance. Complete the French seam (p 11). Press seam allowance towards the BACK SLEEVE [13].



STEP 14

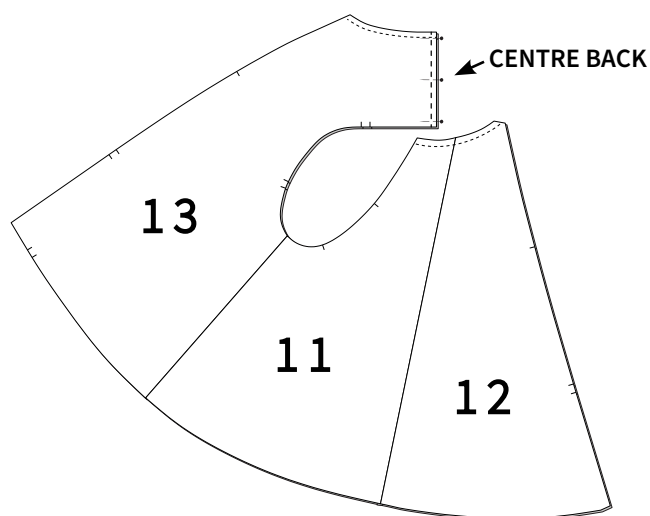
Pin the SLEEVE SHOULDER PANEL [12] to the FRONT SLEEVE [11] with wrong sides together.

Stitch with a **6mm (1/4in)** seam allowance. Complete the French seam (p 11). Press seam allowance towards the FRONT SLEEVE [11].



STEP 15

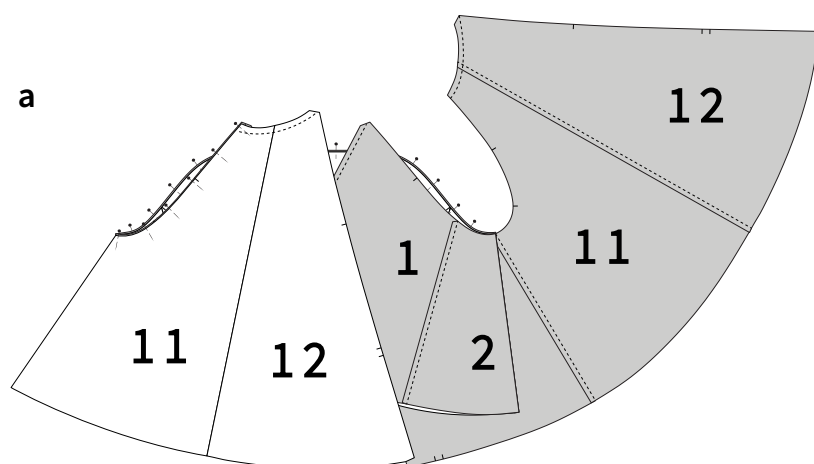
Staystitch the neckline on the FRONT SLEEVE [11] and SLEEVE SHOULDER PANEL [12] **6mm (1/4in)** from the edge. Start stitching on the FRONT SLEEVE [11].



STEP 16

Pin the sleeves together at the CENTRE BACK with wrong sides together. Stitch with a **6mm (¼in)** seam allowance. Complete the French seam (p 11). Press seam allowance to either side.

ATTACH SLEEVES (VIEW A ONLY)



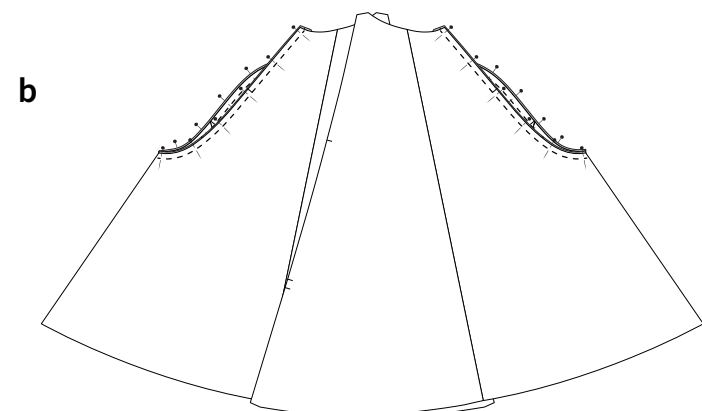
STEP 17

a Place the bodice so that the **FRONT BODICE** is facing up with wrong side out. Take the sleeves and pin the FRONT SLEEVE [11] to the **FRONT BODICE**, with wrong sides together. Use the notches to guide you. Continue pinning until the underseam of the sleeve meets the side seam of the bodice. Flip the bodice so that the **BACK BODICE** is facing up. Continue pinning around the curve of the armhole, attaching the BACK SLEEVE [12] to the **BACK BODICE** using the notches to guide you.

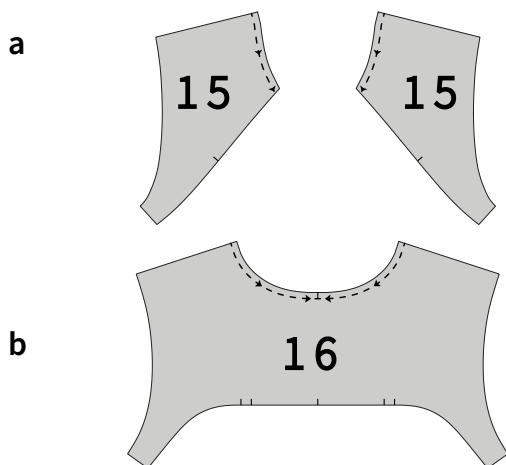
b Work your way back to the **FRONT BODICE** so the sleeves are attached the whole way around.

Stitch with a **6mm (¼in)** seam allowance. Complete the French seam (p 11). Press seam allowance towards the neckline.

Move to STEP 23 (p 22).



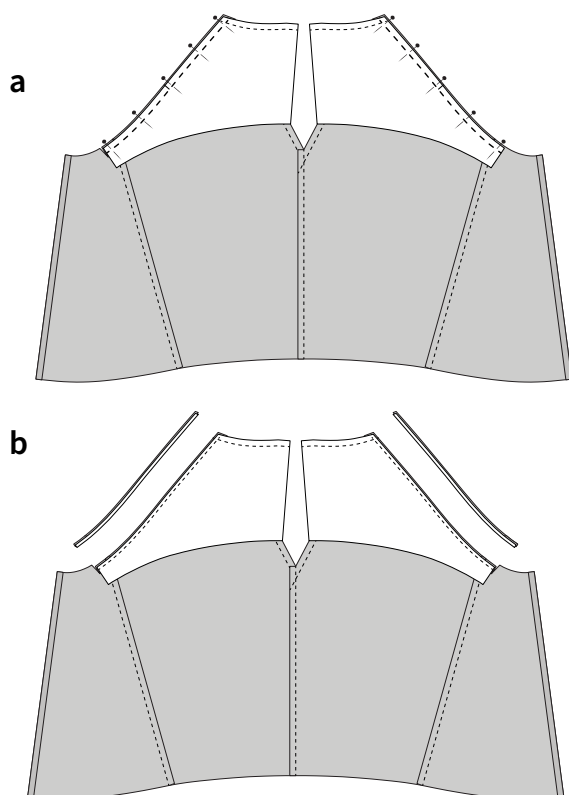
ATTACH SHOULDER PANELS (VIEW B ONLY)



STEP 18

a Staystitch the neckline on the FRONT SHOULDER PANELS [15] **6mm (1/4in)** from the edge. Stitch from the shoulder down.

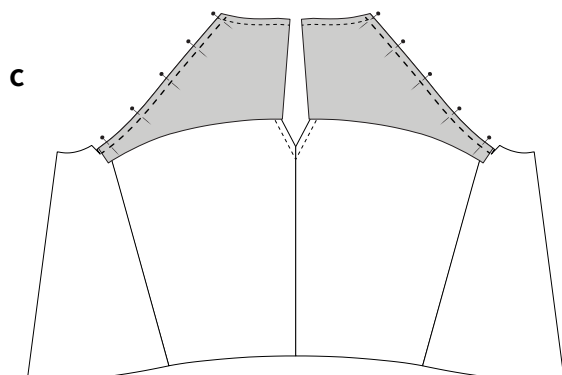
b Staystitch the neckline on the BACK YOKE [16] **6mm (1/4in)** from the edge. Stitch from the shoulder down to the CENTRE BACK notch on each side.



STEP 19

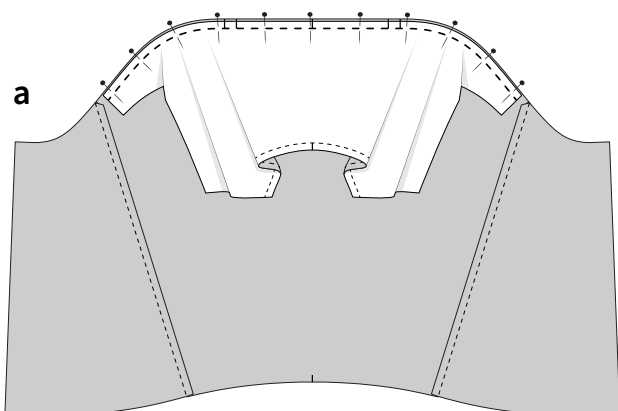
a With wrong sides together pin the FRONT SHOULDER PANELS [15] to the **FRONT BODICE**, using the notch to guide you. Stitch with a **6mm (1/4in)** seam allowance.

b Where the stitching ends, snip into the seam allowance by **1.2cm (1/2in)**. This will allow you to sew a French seam on this section only. Trim back the seam allowance by half on the stitched section only.



c Enclose the seam allowance in a French seam, using the snip to help you. Press the seam well and pin. Stitch with a **6mm (1/4in)** seam allowance.

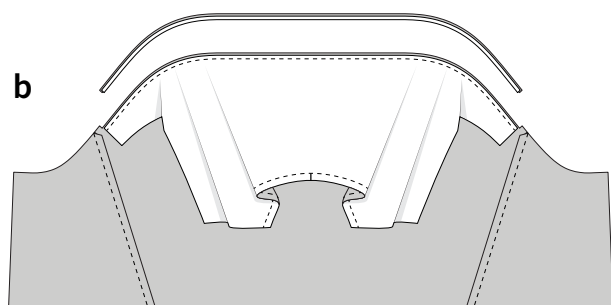
Press seam towards the neckline.



STEP 20

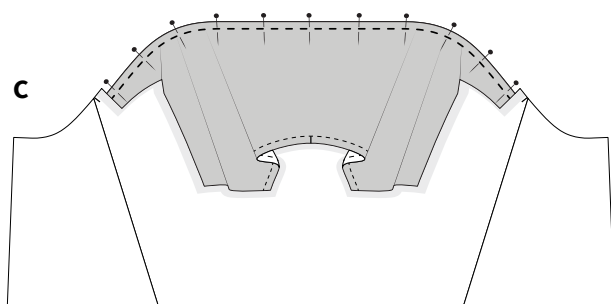
a With wrong sides together, pin the BACK YOKE [16] to the **BACK BODICE**, lining up the notches.

Stitch with a **6mm (¼in)** seam allowance.



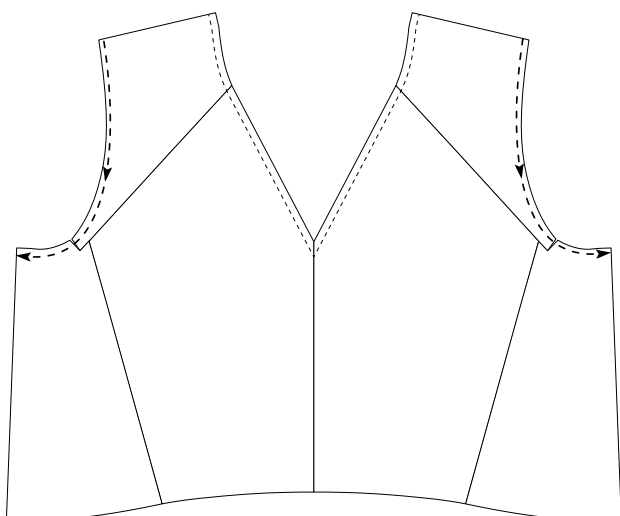
b Where the stitching ends, snip into the seam allowance by **1.2cm (½in)**.

Trim back the seam allowance by half on the stitched section only.



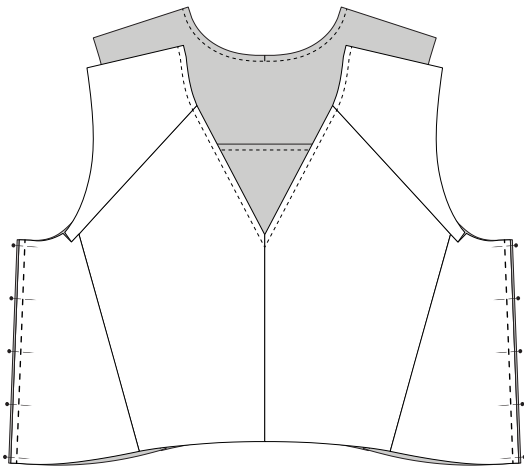
c Enclose the seam allowance in a French seam, using the snips in the back to help you. Press the seam well and pin in place. Stitch with a **6mm (¼in)** seam allowance.

Press seam towards the neckline.



STEP 21

Staystitch the armholes on the **FRONT BODICE** and **BACK BODICE** **6mm (¼in)** from the edge, stitching from the top of the armhole down.

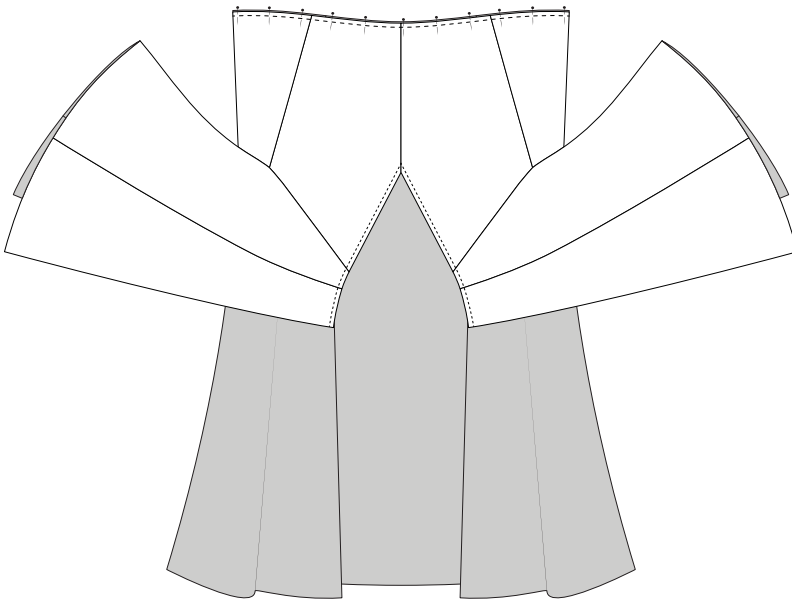


STEP 22

Pin the *FRONT BODICE* to the *BACK BODICE* at the side seams with wrong sides together.

Stitch with a **6mm (1/4in)** seam allowance. Complete the French seams (p 11). Press seam allowances towards the *FRONT BODICE*.

ATTACH BODICE TO SKIRT (BOTH VIEWS)

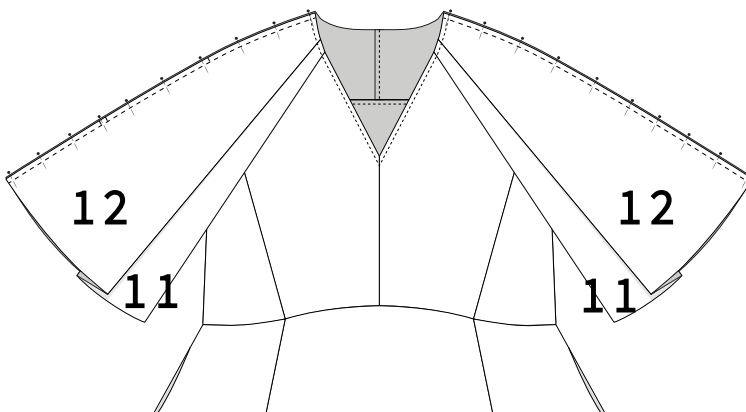


STEP 23

Pin the bodice to the skirt with wrong sides together. Start at the CENTRE FRONT seam on the bodice, lining it up with the notch on the skirt, and work your way around. Line up the seams and notches. Stitch with a **6mm (1/4in)** seam allowance. Complete the French seam (p 11). Press the seam allowance towards the skirt.

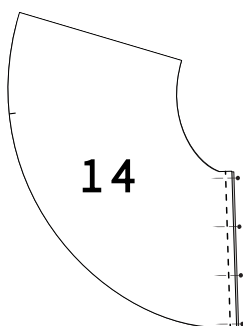
For View B, move to STEP 28 (p 24).

COMPLETE SLEEVES (VIEW A)



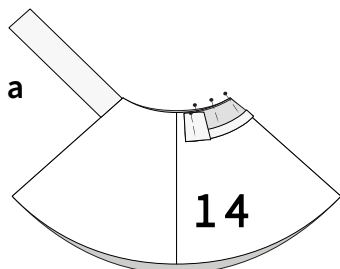
STEP 24

With wrong sides together, pin the SLEEVE SHOULDER PANEL [12] to the BACK SLEEVE [13] using the notches to guide you. Stitch with a **6mm (1/4in)** seam allowance. Complete the French seams (p 11). Press seam allowances towards the BACK SLEEVE [13].



STEP 25

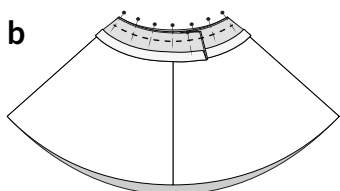
With wrong sides together, bring together the sides of the LOWER SLEEVE [14]. Stitch with a **6mm (1/4in)** seam allowance. Complete the French seam (p 11). Press seam allowance towards the front of the piece (indicated by the single notch).



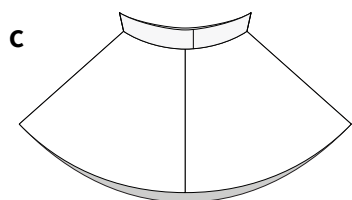
STEP 26

a The cuff edge will be finished at this point as it is easier to handle than when it is attached to the dress.

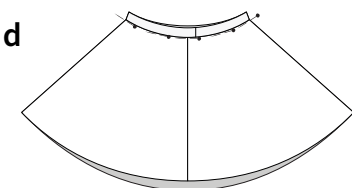
Take a length of the wider binding at least **3cm (1 1/2in)** longer than the opening. Fold back one short edge and pin to the LOWER SLEEVE [14] with right sides together. Pin to one side of the seam so there is not too much bulk.



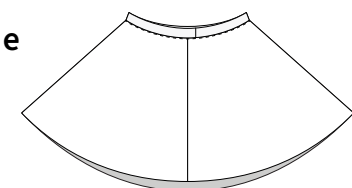
b Continue pinning until you reach where you started. Cut the binding, leaving a small overlap. Stitch binding in place with a **1cm (3/8in)** seam allowance.



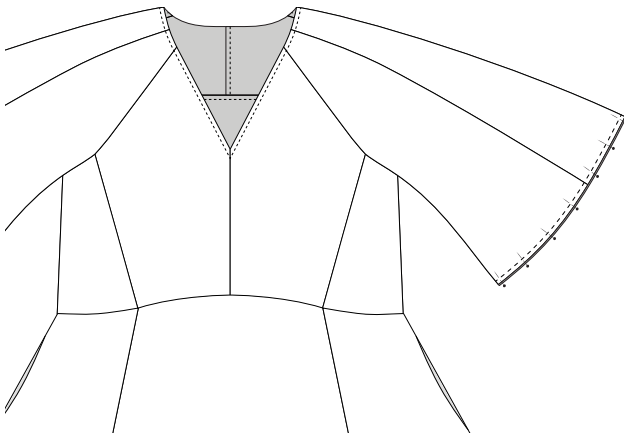
c Press the seam allowance towards the binding. If you have one, use a sleeve board to help with this. You may be able to do this with the piece right side out, but if you struggle, turn it inside out so you can see the seam allowance.



d Fold the binding so the folded edge sits just past the seam on the inside. Pin through the seam line from the outside to pick up the folded edge. If you are finding it difficult to make the binding sit flat, clip into the seam allowance to release the tension. Check that you have caught the folded edge on the inside all the way around before stitching.



e Stitch in place by stitching in the ditch or 1-2mm from the seam (on the binding side).



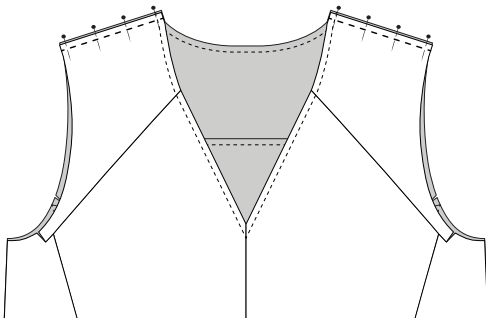
STEP 27

With wrong sides together, pin the LOWER SLEEVE [14] inside the sleeve, matching notches and seam lines.

Stitch with a **6mm (1/4in)** seam allowance. Complete the French seam (p 11). Press seam allowance towards the LOWER SLEEVE [14].

View A move to STEP 29.

JOIN SHOULDERS (VIEW B)



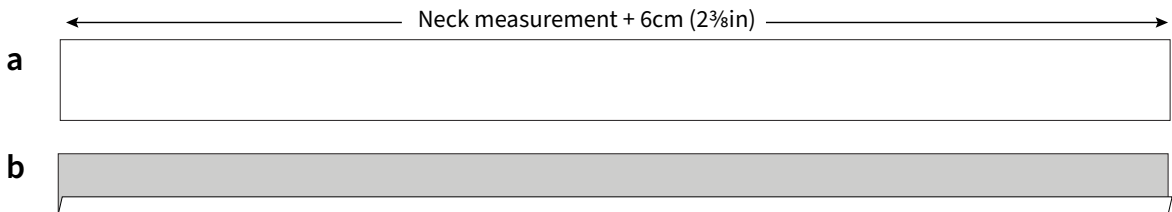
STEP 28

With wrong sides together, pin shoulders together.

Stitch with a **6mm (1/4in)** seam allowance. Complete the French seams (p 11). Press seam allowances towards the back.

BIND NECKLINE (BOTH VIEWS)

Please note: the neckline will be finished with a bias facing, which means the binding will not be visible from the right side, whereas the wrist was finished with a bias binding, meaning that the bias tape is visible.

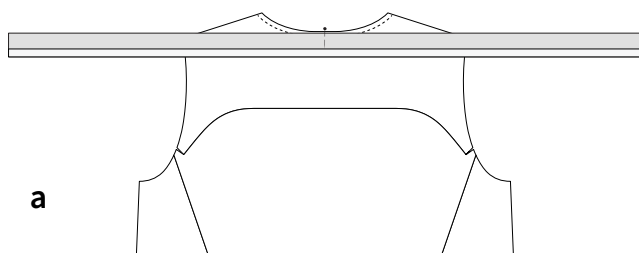


STEP 29

Using a tape measure, measure around the neckline of the dress starting from the CENTRE FRONT V-neck on one side and continuing around the neckline until you reach the CENTRE FRONT again.

a Cut a piece of bias binding about **6cm (2 3/4in)** longer than the neckline measurement. If you are making your own binding, it needs to be **32mm (1 1/4in)** wide.

b If you have made your own binding, place it right side down and press one long edge of the binding under by **1cm (3/8in)**.

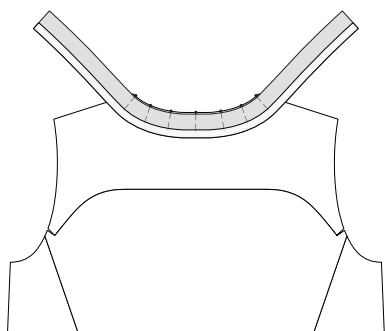


a

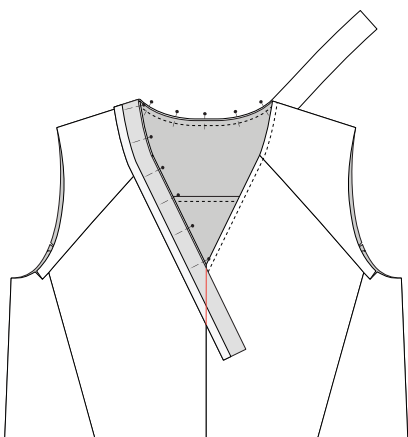
STEP 30

a Fold the binding in half to find the midway point. Finger press the fold. Unfold and pin the right side of the binding (at the midway point) to the right side of the garment at the CENTRE BACK of the neckline (indicated with a notch).

Pin around the neckline on one side until you reach the shoulder.

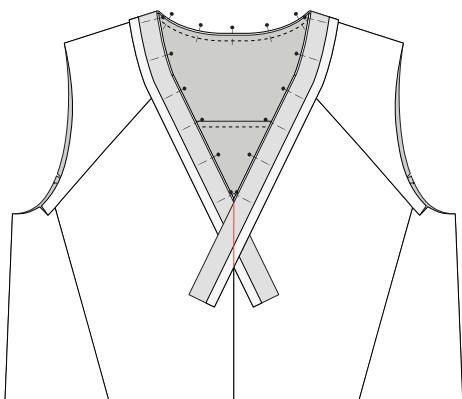


b



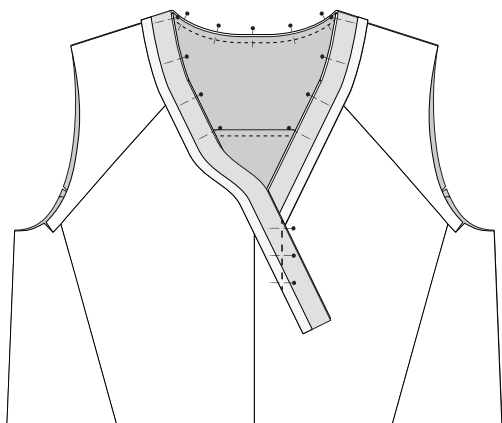
b Flip the dress to the front. Continue pinning the binding around the neckline until you reach the CENTRE FRONT seam. When you get to the V-neck point, stop pinning and mark the CENTRE FRONT line onto the binding with chalk or erasable pen and a ruler.

c



c Pin the second side. Again, mark the CENTRE FRONT line on the other end of the binding with chalk or erasable pen and a ruler.

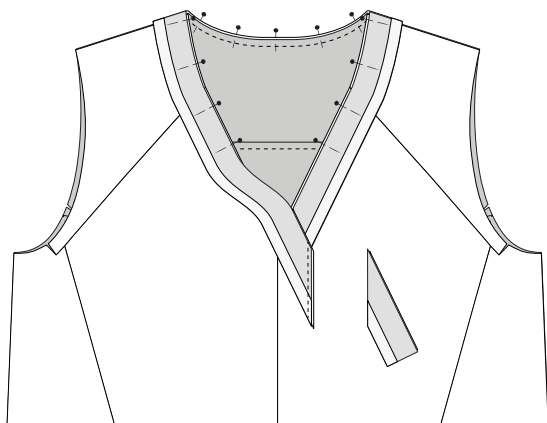
d



d Remove the last couple of pins so that you can lift the binding on either side of the CENTRE FRONT seam. (These pins were only used so you could ensure the CENTRE FRONT line you marked was precise).

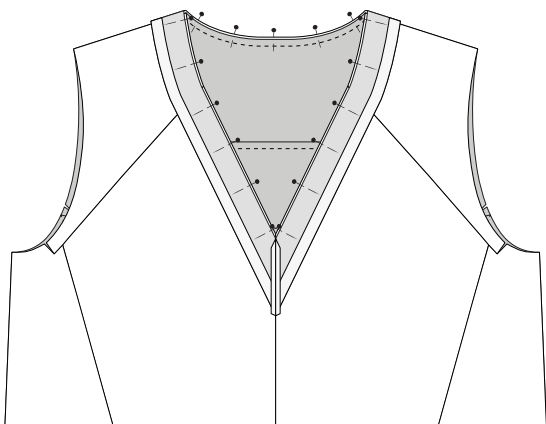
Position the binding with right sides together, matching the two lines marked. The outer long edge of the binding should still be folded up. Pin. Stitch along the marked line.

e

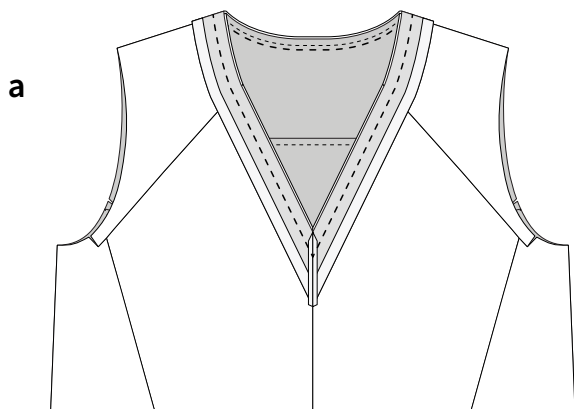


e Trim back the seam allowance close to the stitch line. Press the seam allowance open.

f

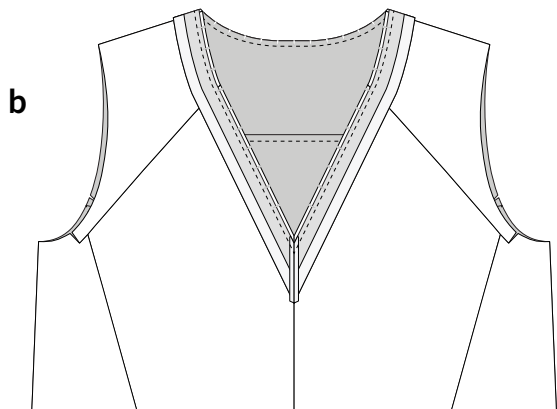


f Repin the binding to the neckline, lining up the seam in the binding with the CENTRE FRONT V-neck point of the dress. The binding should sit flat on the garment at this point.

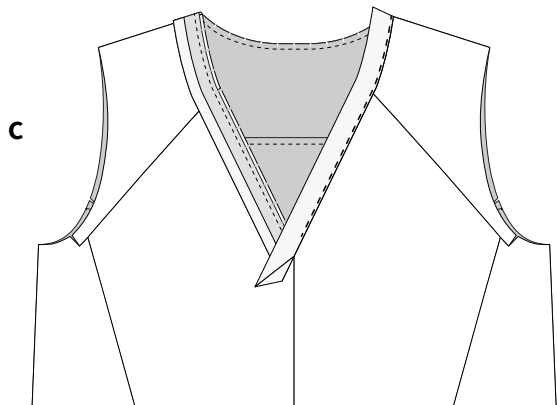


STEP 31

a Sew binding in place with a **1cm (3/8in)** seam allowance. Start at the CENTRE BACK or shoulder seam and work your way around to the CENTRE FRONT or opposite shoulder seam. Walk your stitches as you approach the CENTRE FRONT to ensure your needle lines up with the seam in the binding. Pivot to continue sewing around the neckline.

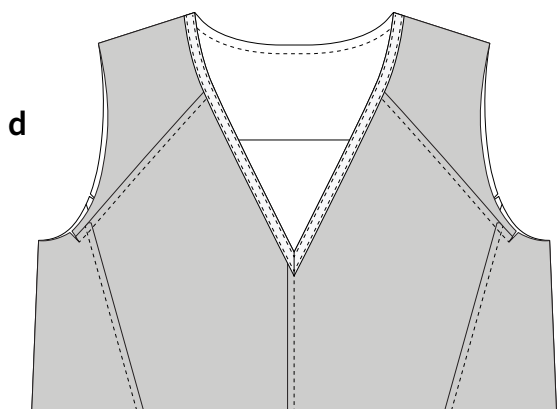


b Trim, clip and grade the seam allowance. Trim in nice and close to the point of the V at the front to minimise bulk as much as possible. Be careful not to cut through the stitching.



c Flip the binding to the right side and, using your finger to press the seam allowance towards the binding, understitch.

Start stitching about **1.2cm (1/2in)** back from the points of the V on one side and then repeat on the other side.

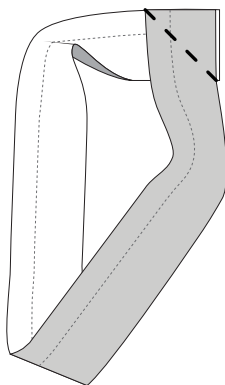


d Turn the dress inside out and roll the binding to the inside. Press well and pin in place. Stitch in place close to the folded edge of the binding.

For View A, move to STEP 33 (p 29).

BIND ARMHOLES (VIEW B ONLY)

a

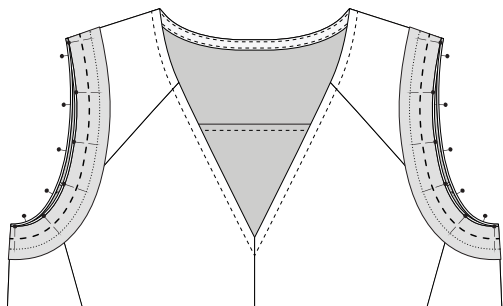


STEP 32

a Measure the armholes. Cut a piece of bias binding the length of the armhole. Prepare the binding in the same way you prepared the neckline binding (STEP 29, p 24).

With right sides together, bring the short ends of the binding together at a right angle. Unfold the pressed edges so you can join the ends. The overlap will create a square. Stitch across on the diagonal (you can mark a line with a ruler and chalk if you like) to get a clean join. Press the seam allowance open. Trim back the seam allowance close to the stitch line.

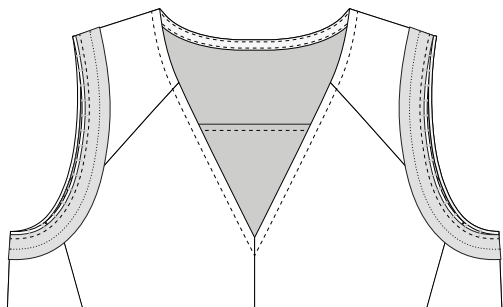
b



b With right sides together, pin the binding to the armhole. Align the binding seam so that it is not on top of the side seam or shoulder seam.

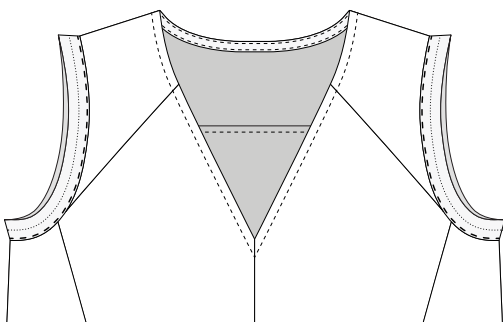
Stitch with a **1.2cm (½in)** seam allowance. We would normally stitch this with a **1cm (⅔in)** seam allowance, but we use a **1.2cm (½in)** seam allowance here so that the same pattern pieces can be used between the styles.

c



c Trim, clip and grade the seam allowance around the armholes. More information about these techniques can be found in the GLOSSARY (p 30).

d



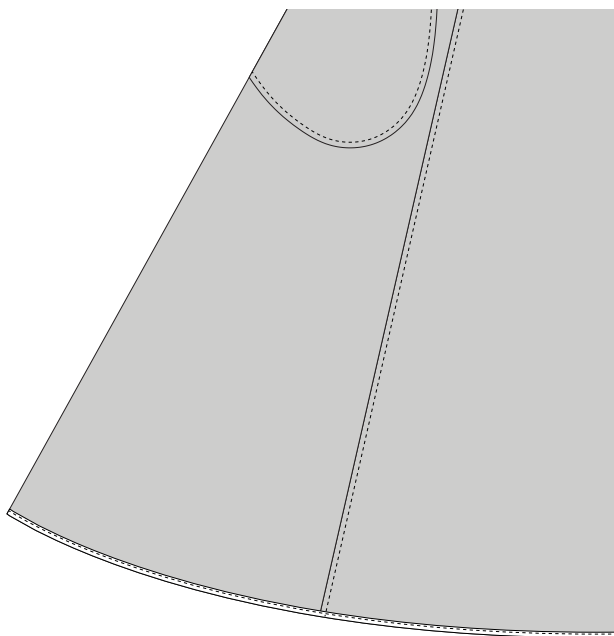
d Flip the binding to the right side. Using your finger, press the seam allowance towards the binding and understitch.

e



e Turn the dress inside out and turn the binding to the inside of the armholes, rolling the seam lines towards the inside of the dress slightly (the understitching will help with this). With the raw edges of the binding folded under, press the binding flat and pin in place. Stitch close to the folded edges of the binding through all layers.

HEMMING (BOTH VIEWS)



STEP 33

With the dress inside out, turn up the hem by **6mm (1/4in)** and stitch. You can simply do this with your finger rather than pressing and pinning. Turn the hem by another **6mm (1/4in)** and press. Pin hem in place and stitch along the original stitch line to complete the hem

We'd love to see your **Elwood dress!**

Find us on Instagram **@inthefolds** and tag your new make with **#ElwoodDress**

GLOSSARY

BASTE

Sew temporary stitches to hold pieces in place before sewing permanently. Basting can be done by hand or machine (on a long stitch length). Consider using a contrasting thread when basting to make stitches easier to remove later.

CLIP

Snip into the seam allowance (perpendicular to the raw edge) getting close to but not through the stitch line to help open up curved seams or corners.

DRILL HOLE

Drill holes are points marked on a pattern, often used to indicate a dart point or other design features, such as the location of patch pockets, belt loops or pivot points (any feature that is located in an area where you are unable to notch a seam).

FINISH

Neaten the raw edges of your project using an overlocker, zig-zag stitch or binding.

INTERFACING

A (normally) fusible fabric that is used to stiffen or strengthen fabric in certain parts of a garment. It is often used in collars, cuffs and waistbands.

GRADE

Minimise bulk by trimming down raw edges in varying widths. Trim down the seam allowance that will sit closest to the body close to the stitch line. Trim the next layer, leaving a slightly wider seam allowance than the first, and so on until all layers are trimmed back.

NOTCH

A notch is a small cut in the fabric that helps guide you while you are sewing. It can be used to indicate seam allowance, dart arms, the location of design details or indicate key points on the pattern (like the centre front or centre back). Notches are also used to indicate balance points (points on your pattern that help you sew the right pieces together, as well as help you when you are sewing long or curved seams).

PRESS

Use an iron to press seams flat, using steam if appropriate for your fabric.

RIGHT SIDE / WRONG SIDE

The right side of the fabric is the side you would like to see on the outside of the finished garment, while the wrong side is the side that will be hidden inside the garment.

TRIM

Cut back a seam allowance to make a seam easier to manage or less bulky.

SEAM ALLOWANCE

The space between the stitch line and the raw edge of the fabric. The seam allowance varies throughout this pattern, depending on the seam. For example, larger seam allowances are required for centre back and side seams, while smaller seam allowances are required for curved seams so that you can achieve a clean finish. More information on seam allowances on **In the Folds** patterns can be found on p 3.

STAYSTITCH

Staystitching is a line of stitching inside the permanent stitch line (so it remains hidden inside the seam allowances) that is used to reinforce curved and bias cut seams so that they do not stretch or distort during the sewing process.

UNDERSTITCH

Stitch the seam allowance to a facing or binding, close to the seam edge. This helps the facing (or binding) roll to the inside of the garment, preventing it from being seen on the outside of a garment.

REFLECTION

OVERVIEW	WHAT DID YOU ENJOY ABOUT THE PROCESS?	WHAT SKILLS WOULD YOU LIKE TO WORK ON IN THE FUTURE?
Date made _____		
Measurements	_____	
High bust _____	_____	_____
Bust _____	_____	_____
Waist _____	_____	_____
Hip _____	_____	_____
Size/s made _____	_____	_____
Fabric used _____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
ADJUSTMENTS MADE	WHAT PARTS OF THIS PROJECT ARE YOU MOST PROUD OF?	NOTES FOR NEXT TIME
_____	_____	_____
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SKILLS LEARNED	IS THERE ANYTHING YOU WOULD DO DIFFERENTLY NEXT TIME?	
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[illegible]

WOOHOO! YOU HAVE FINISHED YOUR DRESS!

WE'D LOVE TO SEE
WHAT YOU'VE MADE.

*Find us on Instagram @inthefolds
and tag your make with #ElwoodDress*

LOVE YOUR DRESS?

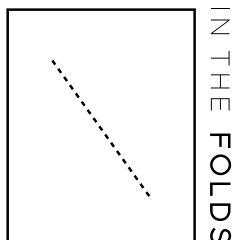
*There are plenty more patterns available at
www.inthefolds.com*

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SYDNEY, AUSTRALIA