

# Summer one-piece dress instructions 🎵

For adults



Finished size  
 Garment length: 95 cm  
 Bust: 104 cm  
 Hem width: 80 cm

For children



Finished size  
 Garment length: 63 cm  
 Chest measurement: 72 cm  
 Hem width: 58 cm

## Materials

For adults

Top fabric 110 cm wide, 1.6 m long

For children

Top fabric 110 cm wide, 1.0 m long

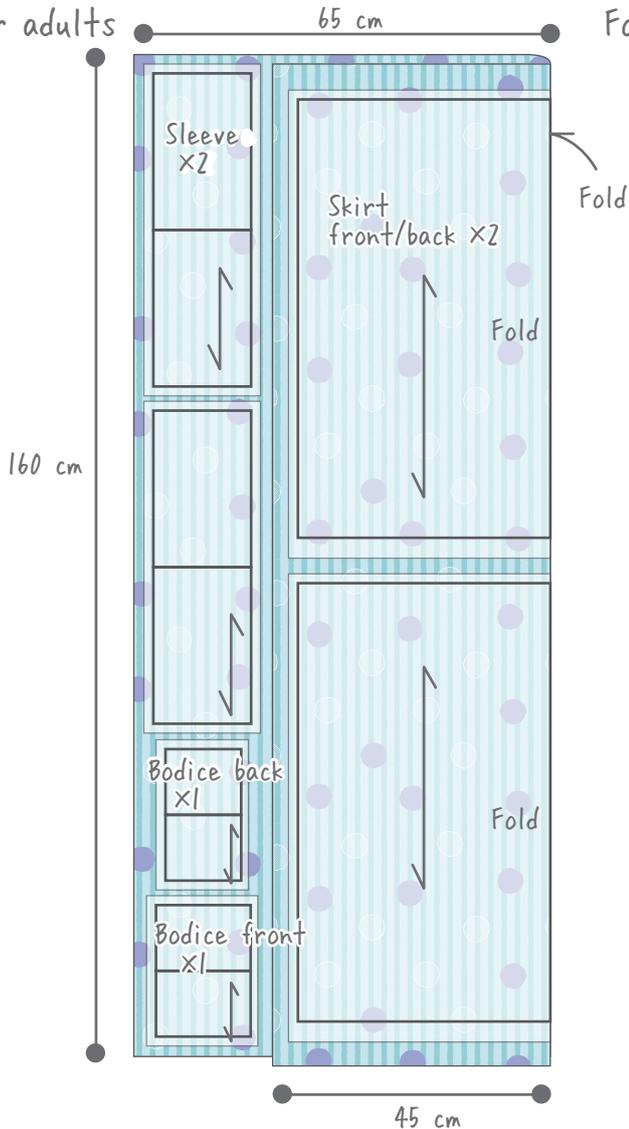
\* Apply laces, etc. to the chest to give the dress a different appearance.

★ The finished size is medium (M) for an adult and 110 cm for a child.

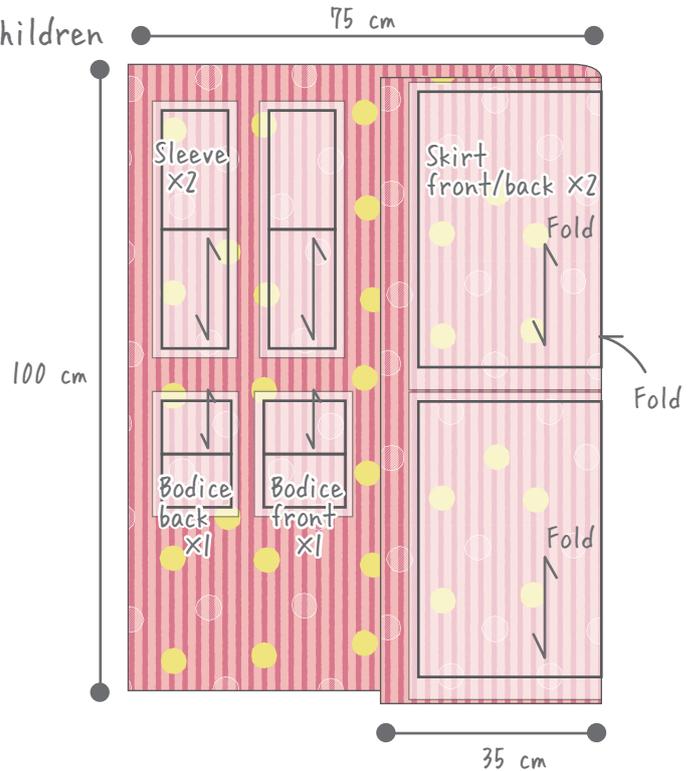
★ When sewing items with a paneled design, you can have fun with the printed fabric patterns. In that case, rearrange the cutting direction of each piece according to the direction of the fabric pattern.

## Cutting guide

For adults



For children



★ Cut out the skirt pieces along the fold.

★ Cutting the fabric for the sleeves, bodice front and bodice back will be easier if you join two copies of the pattern.

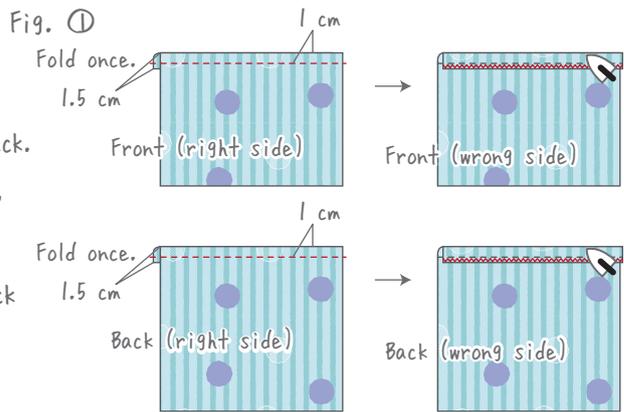
Note) The fabric pattern can be more effectively used by cutting out the bodice front and bodice back along the crosswise grain. Since the pattern indicates cutting along the lengthwise grain, cut it that way if the fabric pattern does not have a specific orientation.

# Instructions

## \* Step 1

### Make the garment top.

- ① Finish the top edges of the bodice front and bodice back. Fold over a 1.5 cm seam allowance at the top edge, and then stitch 1.0 cm from the edge. Finish the edge of the seam allowance with overlock or zigzag stitching, and then press the seams.

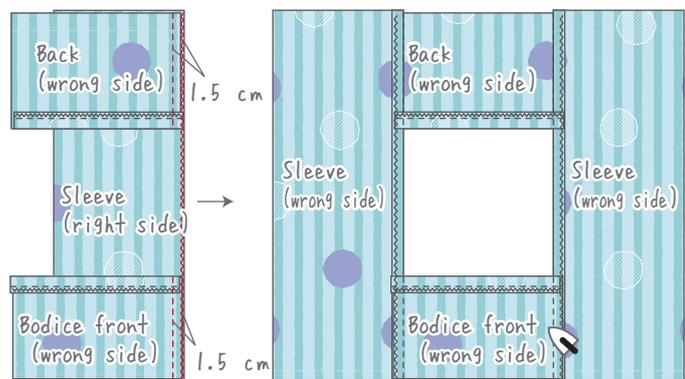


**Note**

Sew reverse stitches at the beginning and end of stitching. If lace will be attached to the front, etc., sew it on at this stage.

- ② With right sides together, sew the sleeve to the bodice front with a 1.5 cm seam allowance. Finish the edge of the seam allowance with overlock or zigzag stitching, and then press the seams, folding the seam allowances toward the sleeve. Do this on the left and on the right as well as for the bodice back.

Fig. ②



**Note**

Sew reverse stitches at the beginning and end of stitching.

- ③ Stitch a 0.5 cm lapped seam along the connecting seam for the sleeve. Press the seams.

**Note**

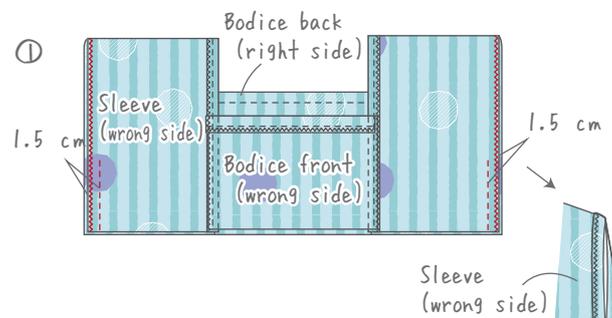
Sew reverse stitches at the beginning and end of stitching.

## \* Step 2

### Finish the sleeve hems.

- ① With the right sides of the garment top together, sew the bottom seams of the sleeves. Finish the edges of seam allowances with zigzag stitching or overcasting, press the seams, and then press open the seam allowances.

Fig. ①

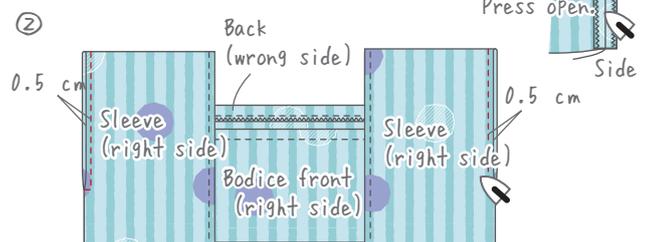


**Note**

Sew reverse stitches at the beginning and end of stitching.

- ② Stitch a 0.5 cm lapped seam along the sleeve hems. Press the seams.

Fig. ②



**Note**

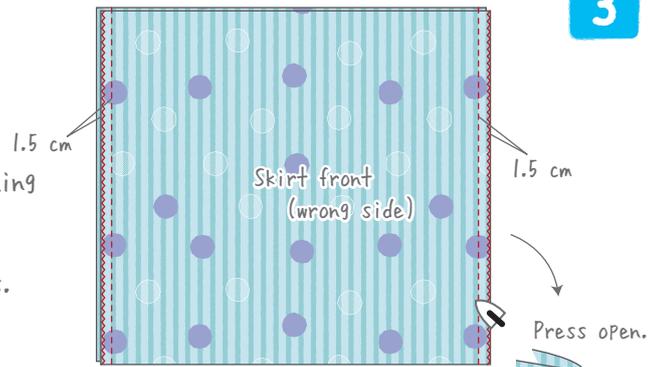
Sew reverse stitches at the beginning and end of stitching.

\* Step 3

Sew together the two halves.

- ① With right sides together, sew the side seam.  
Finish the edge of the seam allowance with zigzag stitching or overcasting,  
press the seam, and then press open the seam allowances.  
Do this on the left and on the right.

Fig. ①



Note

Sew reverse stitches at the beginning and end of stitching.

- ② Create gathers at the top of the skirt.  
Gather to 104 cm (for adults) or 72 cm (for children).

Fig. ②



Note

Tips on sewing gathers

- Increase the stitch length, sew the stitching, and then pull one thread to create gathers.  
For sewing machines without stitch length adjustment, select a straight stitch with a longer stitch length.
- Gathers can easily be created by considerably increasing the tension of either the upper thread or bobbin thread, then pulling the tighter thread.

- ③ With right sides together, overlap the garment top and skirt.

Secure with pins.

Insert pins at the front centerline, then the right side, then the left side. Next, insert more pins to hold the sections in-between.  
Do this for the bodice back as well.

Sew along the edge with a 1.0 cm seam allowance.

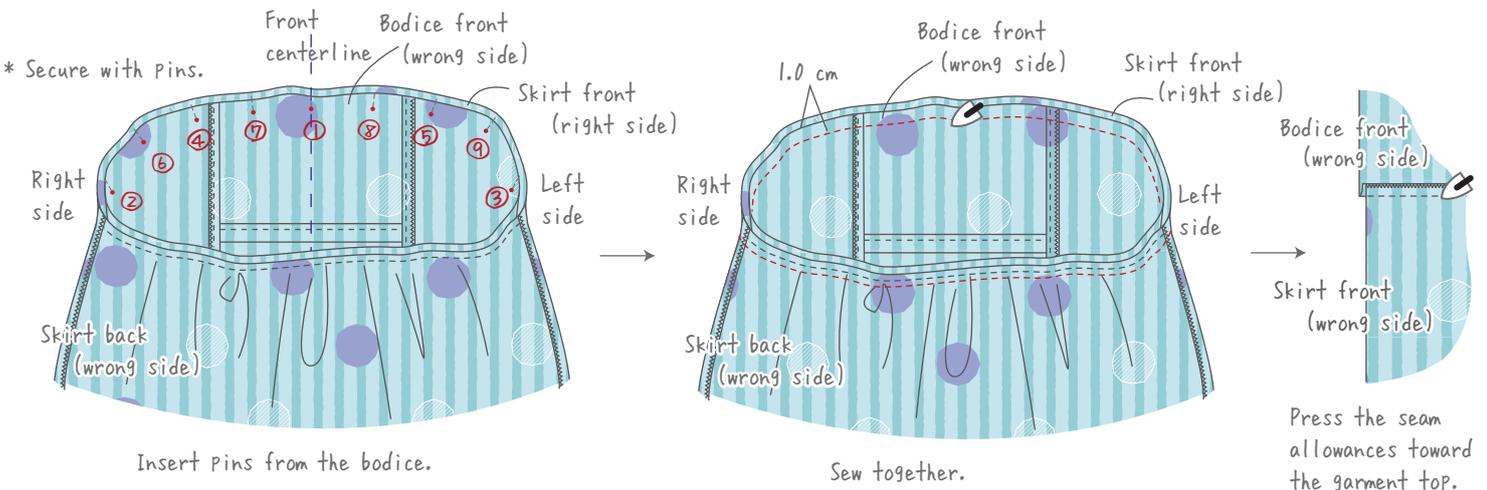
Finish the edge of the seam allowance with zigzag stitching or overcasting, and then press the seams, folding the seam allowances toward the garment top.

Fig. ③



Note

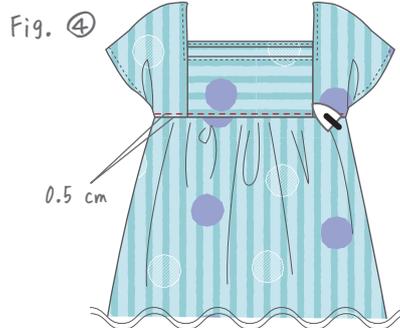
Sew reverse stitches at the beginning and end of stitching.



- ④ Stitch a 0.5 cm lapped seam along the connecting seam.  
Press the seams.

**Note**

Sew reverse stitches at the beginning and end of stitching.



\* Step 4

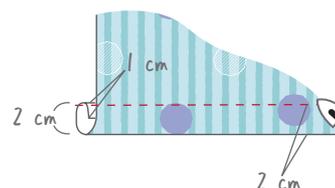
Finishing

- ① Turn up the hem 1.0 cm, then 2.0 cm, and then stitch along the edge.  
Press the seams.

**Note**

Sew reverse stitches at the beginning and end of stitching.  
By starting from the side, a cleaner, less visible seam will be sewn.

Fig. ① Hem: Double-fold clean finish



- ② Touch up with an iron, and you are finished!!  
★ Sew the children's dress using the same procedure. ♪



The summer one-piece dress ♪ is finished!!

