

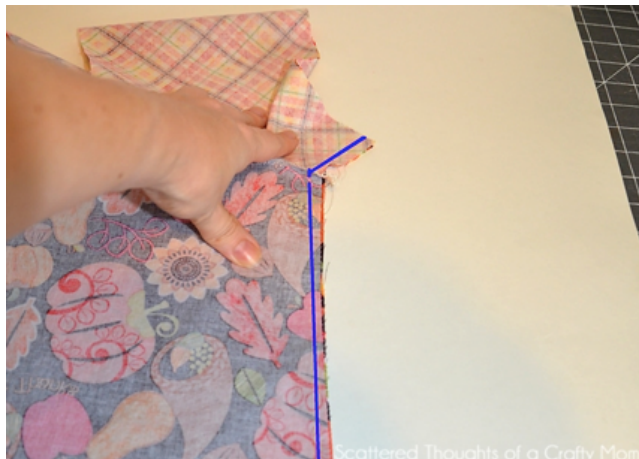
Instructions for Peasant Dress (Including Ruffle Tutorial)

Step 1: Pocket: Use the material included in the kit or choose your own from available scraps to create a 5" to 7" square pocket ... sew and attach the Dress-A-Girl Label onto the pocket and then sew the pocket onto the dress front (left or right of center) about 2/3 of the way down from the neck to the hem. **Important: Be sure to stitch a triangle (see Pocket Tutorial) at the top of each side of pocket when stitching it to the dress.**

Step 2: Dress Assembly: (1 Front piece with scooped neck, 1 back piece and 2 sleeves)



Line up one sleeve (curved edge) with the armhole edge of the dress front (right sides of fabric together). Sew this seam (marked in blue) using a $\frac{3}{8}$ " seam allowance. Repeat and sew 2nd sleeve to the dress front. Next line up curved edge of the back of dress with each sleeve and sew in the same way. Finish with a serger or a zig-zag stitch.



Line up front & back pieces at side seam. **"Nest"** the seam where sleeves meet. Begin sewing from the sleeve edge and continue to bottom of the dress. **Important: Finish the edge using the serger or zig-zag stitch.**

Nesting the seam: Where sleeves meet press one seam allowance to the right and the other to the left to reduce bulk.



Step 3. Create Neck Casing for Elastic: Fold the edge of the neckline in $\frac{1}{4}$ ", press/iron folding all sleeve seams facing the same direction and sew. Fold the neckline over another 1" and press/iron again keeping all sleeve seams facing the same direction to ease threading of elastic. Stitch down within **$\frac{1}{8}$ " of folded edge** while leaving a 1" opening on the back of the dress (**backstitch at the beginning and end**). Attach a safety pin to the edge of the elastic and thread through the casing. Sew the elastic ends together (do not twist) using a zigzag stitch. Stitch the 1" neck case opening closed ... **backstitch at beginning and end**.



Step 4: Ruffles (if included): Stitch together the two 4" x WOF strips on short end to make one long strip. This is a good time to press the hem ($\frac{1}{2}$ " then another $\frac{1}{2}$ "). Do not sew hem yet. Sew a long length stitch (5-6mm) along the long edge of the ruffle fabric (about $\frac{3}{8}$ " from edge) leaving long tail threads on each end. Grab one of the threads and gently pull the thread creating a gathering of the material. You will need to gently move the ruffling towards the middle seam. Do this until you have equal ruffles from the middle seam to the end. Repeat this step from the other end of the fabric. Distribute the ruffles as evenly.



Match the seam of the ruffle to the dress side seam (right sides together). Beginning from right to left, pin the ruffle to the dress raw edges together until you get to other dress side seam and mark with a pin in the ruffle. Go back to the first dress seam and repeat the process of pinning the ruffle to the dress moving left to right until you get to the side seam and again mark this end of the ruffle with a pin.

Align these two pins in the ruffle and stitch along short end to create a complete circle. Trim off excess ruffle material and zig-zag. Now match this ruffle seam with the dress side seam and sew the ruffle with $\frac{1}{2}$ " seam to the dress. Finish with a serger or zig-zag stitch.

Step 5: Hem the dress. Fold over $\frac{1}{2}$ ", press/iron, fold over another $\frac{1}{2}$ " press/iron and stitch along the folded edge (**backstitch at overlap**). **Ruffle hemming tip:** Press/iron the ruffle hem edge first ($\frac{1}{2}$ " and then $\frac{1}{2}$ ") prior to attaching to the dress, then stitch final hem. This will make the final hemming much easier.

Step 6: Hem the sleeves: Fold the sleeve edge under $\frac{1}{4}$ ", press/iron and stitch then fold under again $\frac{1}{4}$ " press/iron and stitch (**backstitch at overlap on seam under arm**).

Pocket Tutorial

For a 5"x 5" pocket, cut a piece of fabric 6"x13". For 7"x 7" pocket cut fabric 8"x 15".

Fold material in half right sides together and stitch with 3/8" seam around the three open sides leaving a 3" gap. Clip corners and turn right side out through the 3" opening.



Sew on the Dress-A-Girl label and embellish the pocket if you wish.

Position pocket on dress, tuck in the 3" seam opening and stitch both sides and bottom close enough to the edge to close the opening. **Backstitch a small triangle at the top of each side for added strength...THIS IS A MUST.**



Appendix 1 – Techniques to finish seams without a serger.

Zig-Zag Sleeve and Side Seams – If a serger is not available, you can finish the sleeve and side seams by stitching a 3/8” regular seam and then stitch a zig-zag inside the seam and the raw edge of the material. This only needs to be done on the seams that attach the sleeves to the dress and the side seams.

French Seam the Sleeve and Side – Pin the sleeve to dress front with wrong side of fabric (WOF) facing each other and sew a 1/4” seam. Open the seam and press, then fold fabric back so that right sides of fabric are facing each other and sew a 1/2” seam. The original 1/4” seam will be encapsulated inside the new 1/2” seam. Repeat this process on other sleeve seam and both side seams. Be sure that you sew carefully and don’t let the raw edges stick out from the final seam.

To reduce seam bulk make sure that when seams meet each other you nest them together by pressing one seam allowance to the right and the second to the left matching up the two seams perfectly.

How to Make Ruffles: Here is a link to a youtube video on how to make ruffles using a little bit different technique.

https://www.youtube.com/watchtime_continue=278&v=tO3ghcocAOU&feature=emb_title