

# Princess Seamed Dress - 302



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## Pretreating Fabric

Pretreat fabric according to manufacturer's care label (usually found on the end of the fabric bolt core).

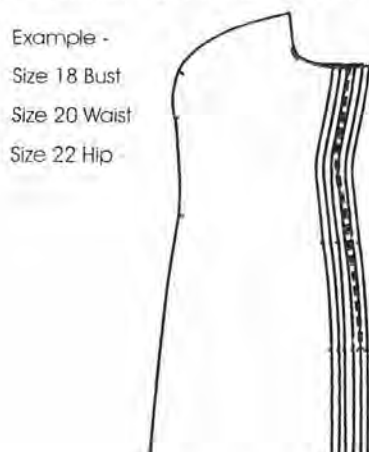
## Sizing

**Compare** your measurements to those on the Petite Plus Pattern measurement chart. Choose your size according to your **High Bust Measurement\*\***.

**Petite Plus Patterns** are designed for a "D" cup.

\*\*If the **difference** between your full bust and high bust measurement is more than **10 cm (4 in)**, follow the instructions for "Busts" in **The Perfect Fit Guide™**.

Cut out or trace pattern. Use the multi-size format to taper from one size to the next for adjustments to waist and hip.



## Sewing Information

"cm" refers to centimeters.

"in" refers to inches.

"mm" refers to millimeters.

**Backstitch** to secure stitching at the beginning and end of each seam that will not be crossed by other stitching.

**CF/CB** refers to centre front/centre back of the garment.

**Edgestitch** topstitch 3 mm (1/8 in) from garment edge.

**Grade or grading** refers to trimming the seam allowance to eliminate extra bulk.

**Right and left** refer to the finished garment as you wear it.

**Serging (use 3 thread finish)** is referred to as a method of **clean finishing** the raw edges, but other methods of seam finishing may be used such as zigzag and seam tape.

**Stitch-in-the-ditch** from the right side of the garment, by sewing in the well or "ditch" formed by the seam line.

**Staystitch** for reinforcement and to prevent armholes and necklines from stretching out of shape during construction. Use 5 stitches per cm (12 stitches per in).

**Straight stitch** using a stitch length of 2.5 to 3 mm (9 to 12 stitches per in).

**Stretch** knit fabrics as you sew.

**Understitch** by rolling the seam allowance slightly to the facing side, while stitching the seam allowance to the facing. This stops the facing from rolling outside of your garment.

## Cutting

Suggested cutting layouts can be found on the pattern tissue.

Place pattern on fabric with straight of grain lines parallel to the selvage. For professional results, cut and mark accurately.

## Fabric

*View A Princess-seamed dress with soft collar, adjustable back belt and optional side pockets*

- |                   |                             |
|-------------------|-----------------------------|
| Cut from fabric:  | • 2 collars                 |
| • 2 fronts        | • 2 sleeves                 |
| • 2 front sides   | • 4 side pockets (optional) |
| • 2 front facings | • 2 belts                   |
| • 1 back          |                             |
| • 2 back sides    |                             |

## Cut from interfacing

- 2 front facings
- 1 collar
- 2 belts

For side pocket option:

- 2 strips 1.5cm wide and 18cm long (3/4 in wide, 7 in long)

*View B - Collarless princess-seamed dress with elastic back waist and optional side pockets*

- |                   |                             |
|-------------------|-----------------------------|
| Cut from fabric:  | • 2 back sides              |
| • 2 fronts        | • 1 back neck facing        |
| • 2 front sides   | • 2 sleeves                 |
| • 2 front facings | • 4 side pockets (optional) |
| • 1 back          |                             |

## Cut from interfacing

- 2 front facings
- 1 back neck facing

For side pocket option:

- 2 strips 1.5cm wide and 18cm long (3/4 in wide, 7 in long)

## Construction Information

**Seam allowances** are 1 cm (3/8 in) unless otherwise indicated.

**Mark all notches and construction notations.**

**Slit notches** used on this pattern are the type used in the ready-to-wear apparel industry. They offer greater accuracy than conventional home-sewing pattern notches and make it easier to use tools like rotary cutters which lend themselves to faster, more accurate cutting methods.

Mark these notches on your fabric with a **disappearing fabric marker**, a white marking pen or by making a **tiny clip inwards** with sharp scissors. Be careful not to clip too deeply into the seam allowances.

**For loosely woven or fabrics that fray easily, do not clip the notches. Use a fabric marker instead.**



To "set" stitching and have a smooth seam line, press seam line flat before pressing seam open.

## Key

RIGHT SIDE	
WRONG SIDE	
INTERFACING RIGHT SIDE	

Instructions

View A and B

View A

View B



Interfacing

- 1. Apply lightweight, preshrunk fusible interfacing according to the manufacturer's instructions to the wrong side of garment pieces to be interfaced (See list under "Cutting").



Tip: If using a woven interfacing, cut interfacing on the bias for best results

Back Waist Options

Choose Elastic Back or Adjustable Back Belt

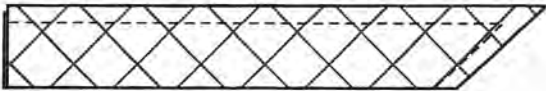
Elastic Back

- 2. Choose your size and cut 5 cm (2 in) wide sport elastic based on the chart below.

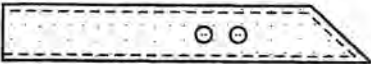
Size	Centimetres	Inches
14	20 cm	8 in
16	22 cm	8 1/2 in
18	23 cm	9 in
20	24 cm	9 1/2 in
22	25 cm	10 in
24	26 cm	10 1/2 in

Adjustable Back Belt

- 5. With right sides together sew ties as indicated.



- 6. Turn into finished position using a loop turner. Press, rolling the seam allowance to the interfaced side. Edgestitch.
- 7. For an adjustable fit; mark button and buttonhole placement from pattern. On the right hand belt stitch two buttonholes. On the left hand belt, sew on two buttons.



Left belt



Right belt

- 3. Position elastic on the wrong side of the back panel, even with cut edges and matching the markings. Machine baste elastic in place on each seam line.



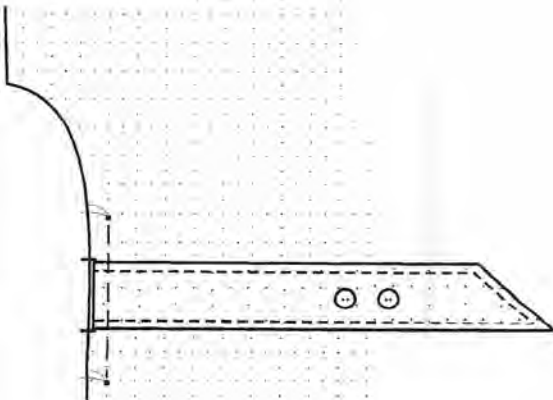
- 4. With elastic on top and garment next to the machine, stretch elastic to fit the fabric and using a long stitch, sew the top and bottom edges of the elastic in place.



Then sew three more evenly spaced rows stretching elastic to fit the fabric as you sew.



- 8. Position the belt onto the right side of the Back garment piece, between the markings. Baste in place.



## Back Princess Seams

- Sew dress Back to Side Back panel. Serge or clean finish the seam allowances and press towards center back.

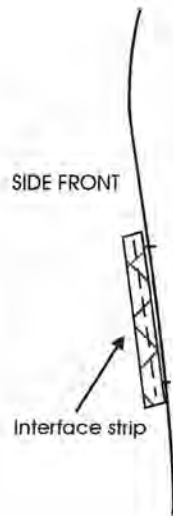
## Front Princess Seams

- Sew the Front to the Side Front panel. Serge or clean finish the seam allowances and press toward the front side panel.

## Side Pockets (optional)

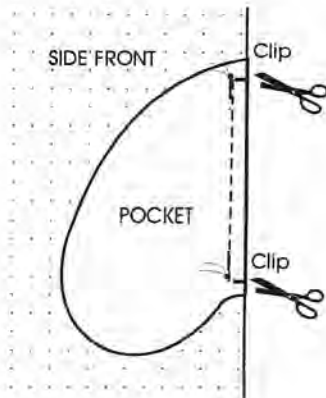
Here is a fabulous “no-gape” pocket technique. Be sure to follow the instructions step by step.

- On the wrong side of Side Front fuse a narrow strip of lightweight interfacing at pocket placement notches. Then, stay stitch on the seam line between the pocket notches and 1 cm (3/8 in) beyond. (The notches will be clipped to the stay stitching a little later.)

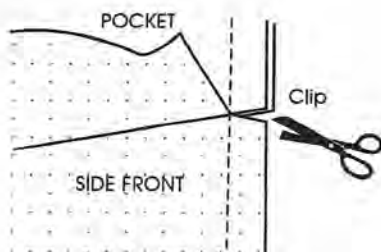


- With right sides together and matching notches, pin pockets to Side Front and to Side Back.

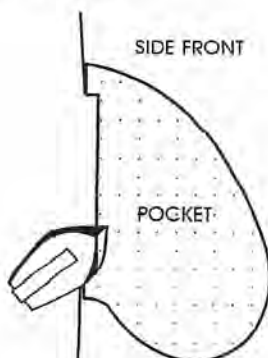
- Using a 1cm (3/8 in) seam allowance, stitch along pocket opening backstitching at the notches. **Precision is very important here. Do not sew past the notches.**



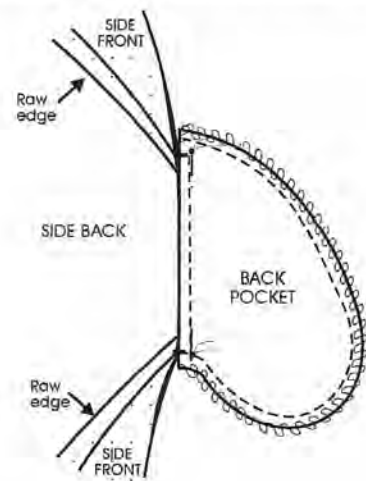
- On the Side Front section only, clip both notches all the way to, but not through the stay stitching.



- Press Front Pocket towards wrong side of Side Front.

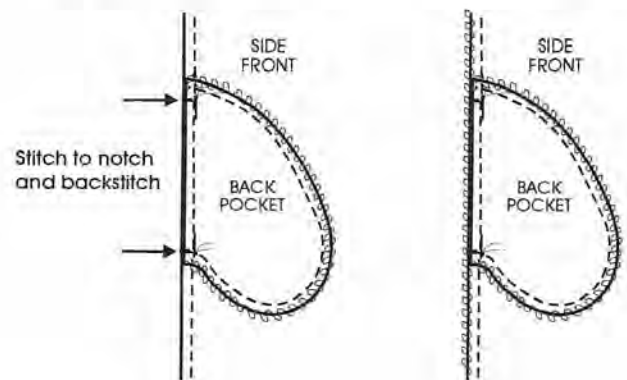


- Pin Back Pocket to Front Pocket right sides together. Sew around Pocket Bag only. Then serge finish the raw edges.



## Side Seams

- Sew side seams to Pocket notch, backstitch, break thread and resume sewing at second notch. Be sure to backstitch to **but not past the notches into the pocket opening**. Then serge the raw edges of the entire side seam. Press towards back.

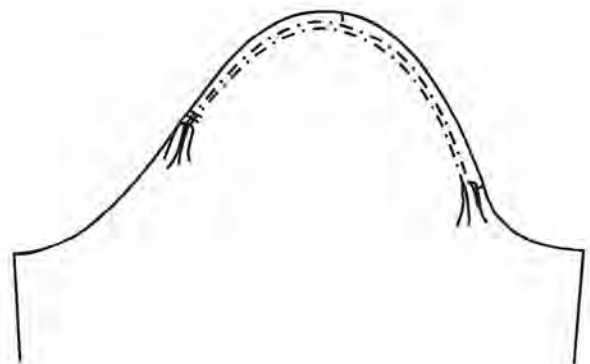


## Shoulder Seams

- Directional stitch shoulder seams from armseye to neck edge. Clean finish and press toward back.

## Sleeves

- Stitch two rows of gathering stitches (on either side of the seam line) across the sleeve cap.



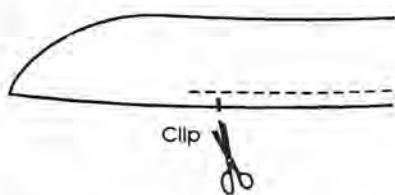
Pull up gathering stitches to form a soft cap with no puckers.

- With right sides together, pin sleeve in place, matching underarm seam lines and notches. Stitch on seam line. Serge or clean finish seam allowances. Remove basting stitches and press seam allowances toward the sleeve.

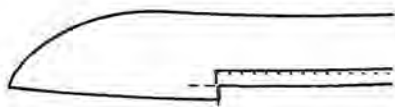


### Collar (optional)

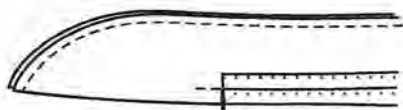
20. On the non-interfaced collar piece (upper collar), staystitch on the seam line between the shoulder notches and 1 cm (3/8 in) beyond on each side. Clip to the seam line at the notches.



Press seam line to the wrong side between notches.



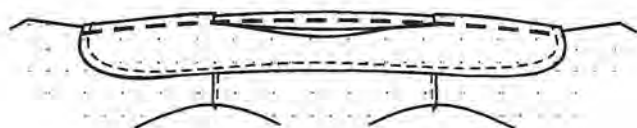
21. Stitch collar pieces right sides together. Trim seam allowance and turn to right side. Roll seam line to underside (interfaced side) and press. Understitch the seam allowances to the undercollar.



Press collar, rolling the seamline to the faced side.

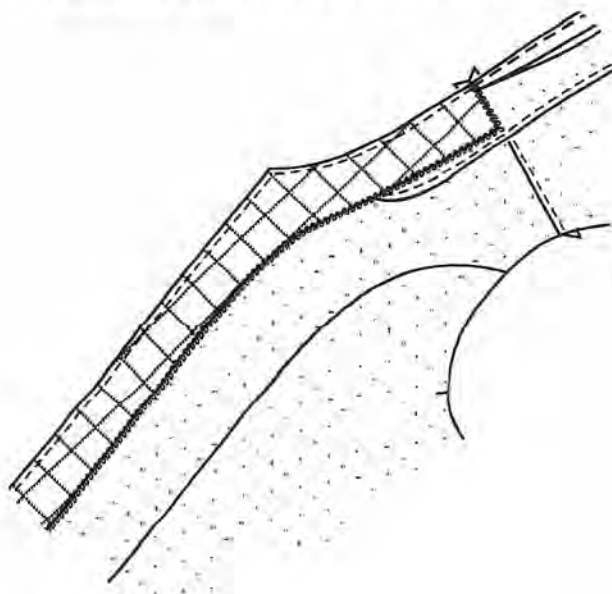
22. Pin collar to neckline edge with the right side of the interfaced collar piece against the right side of the garments.
23. Directional stitch collar in place from center front to center back, being careful not to catch the folded edge of the upper collar in the stitching.

Repeat for the other side.



### Front Facings (with collar)

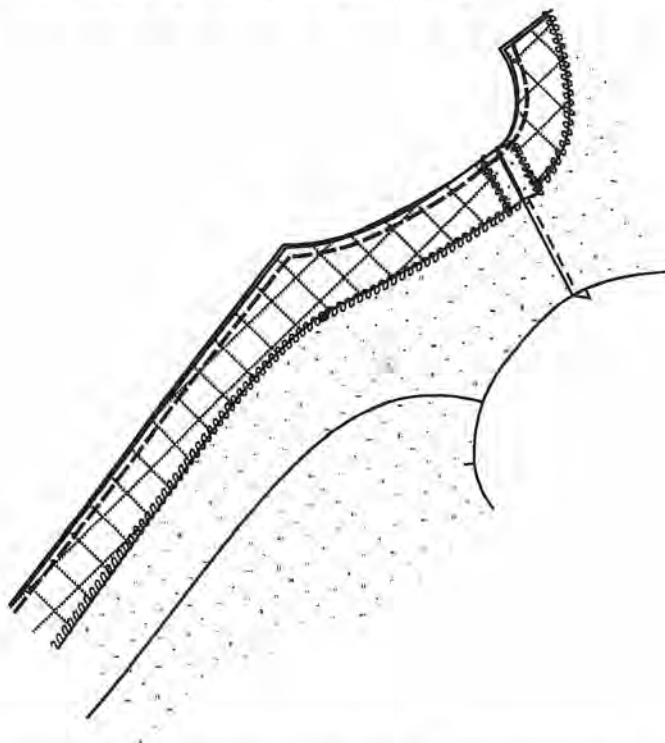
24. Serge finish the outside edge of facings.
25. Pin front facings to garment front. Directional stitch facings in place by stitching across hemline, pivoting and stitching up front seam line to the shoulder seam. Trim and press into place, rolling seam line towards the facing. Understitch. Clip neckline seam allowance if necessary.



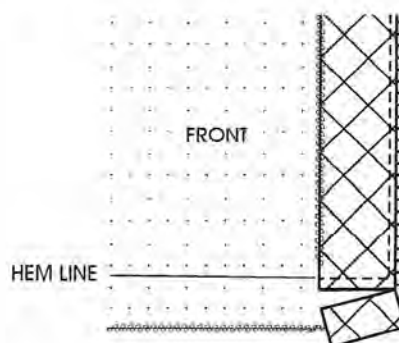
26. Clip seam allowance at shoulder seam. Sandwich the back neck seam allowance between the collar pieces. Hand stitch or topstitch opening.
27. Press facing into finished position and stitch-in-the-ditch down shoulder seam line to secure in place.

### Back Neck Facing (collarless view)

28. With right sides together, stitch front and back neck facings together at shoulder seams. Serge or clean finish and press toward back.
29. Pin facings to garment with right sides together.



30. Directional stitch facing in place by stitching across the bottom of the facing, up the front and around the neckline to the center back. Repeat for other side.
31. Roll facings to underside and understitch. Stitch in the ditch down shoulder seam line to secure in place. Press.



### Hems

32. Serge or clean finish hem and sleeve edges. Press a 2.5 cm (1 in) hem into finished position and stitch in place. If using a very lightweight fabric, turn up hem 1.25 cm (1/2 in) twice and topstitch.

### Buttonholes

33. Mark buttonhole placement on the right front of garment. Sew buttonholes.



Tip: Use buttonhole marking tape for ease and accuracy.

### Buttons

34. Mark button placement and sew buttons in place.

*continued on page 5*

# The Perfect Fit Guide™

## Choosing Your Size

Choose your pattern size by your **full bust measurement**.

Petite Plus Patterns are sized for D-cup busts; that is, the full bust measures 10 cm (4 in) greater than the high bust. Choose your pattern size by your **high bust measurement** and adjust using the Guide's easy steps.

Use the multi-size pattern to taper from one size to the next as needed for your waist and hip. Compare your centre back waist length and back shoulder width to the pattern measurement chart and **note the differences** if any.

It is always a good idea to make a test garment in an inexpensive fabric the first time you are using a pattern. This allows you to test the fit and make adjustments before cutting into your expensive fabric.

## What To Do First

These are the procedures that tailors and professional dressmakers use to adjust patterns for their clients. Follow each step in order. You'll be delighted with the results!

You should make pattern changes in this order for:

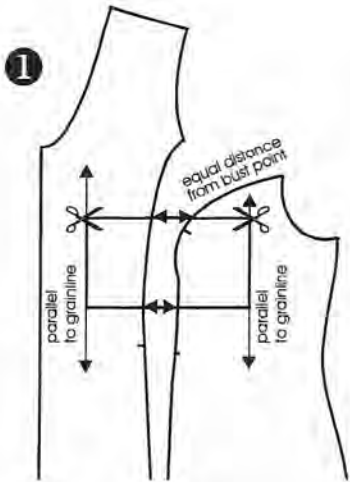
1. Fullness of bust position
2. Enlarging or reducing bust
3. Shoulder and neck
4. Back waist and front waist length

## Fullness of Bust Position

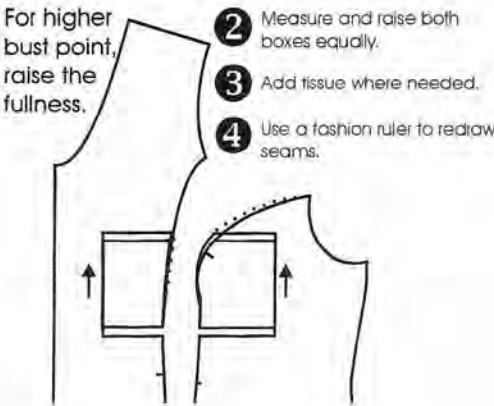
In a princess-seamed garment, the point where the most pronounced curve or fullness begins to turn downward is the apex or bust point.

It's important to get the pattern's fullness in the right place for you. Hold the pattern to yourself as you would wear it and see where your own bust point is in relation to the one on the pattern. Measure the distance and adjust your pattern as shown.

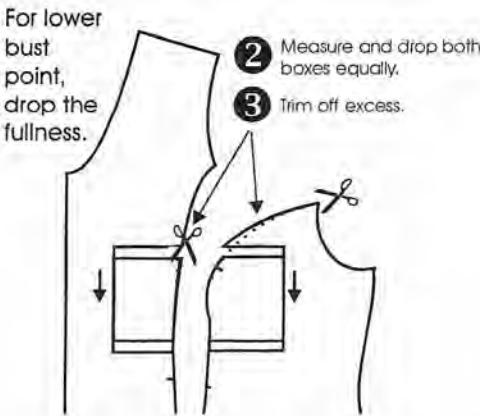
Draw a box at the bust (point on front and side front, then cut out the boxes.



For higher bust point, raise the fullness.



For lower bust point, drop the fullness.



## Enlarging or Reducing Bust

To determine how much adjustment you need:

Measure around your chest under your armpits, just above the fullness of the bust. This is your **high bust measurement**. Use this measurement to choose your pattern size. (Using the high bust measurement will give you a better fit at the neck and shoulders.) Now compare your **full bust** to the **pattern full bust** measurement for the size that you have chosen.

### Example

If your high bust measurement is 102 cm (40 in), choose pattern size 18.

Say your full bust measurement is 120 cm (47 in)

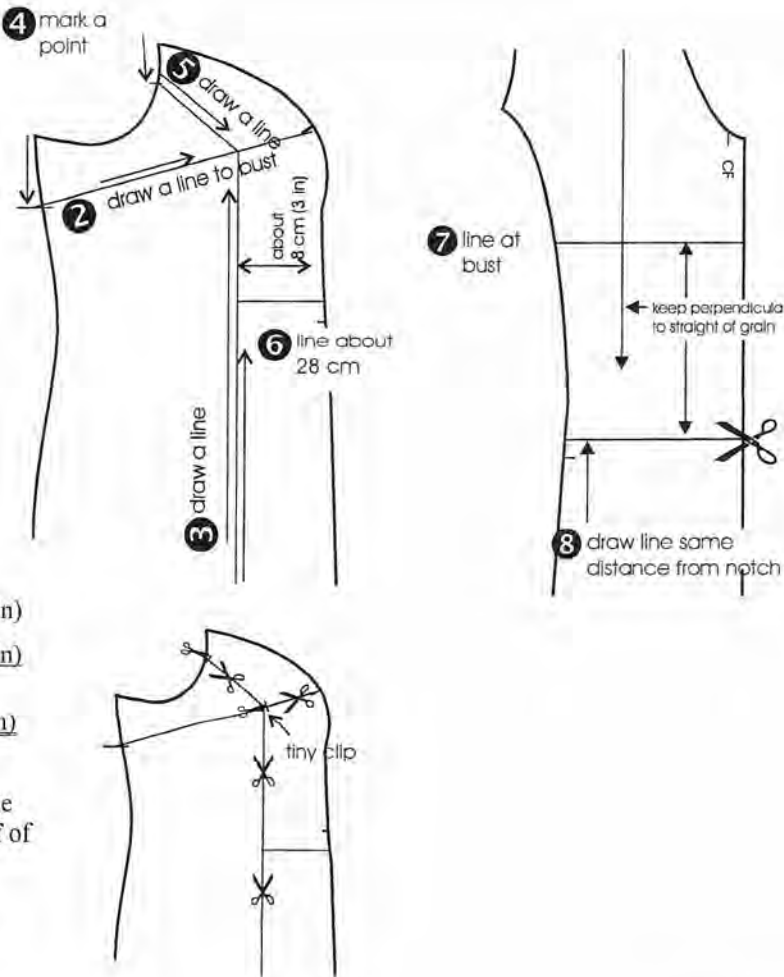
Deduct size 18 full bust measurement -112 cm (44 in)

This difference will be added to the **front only**. 8 cm ( 3 in)

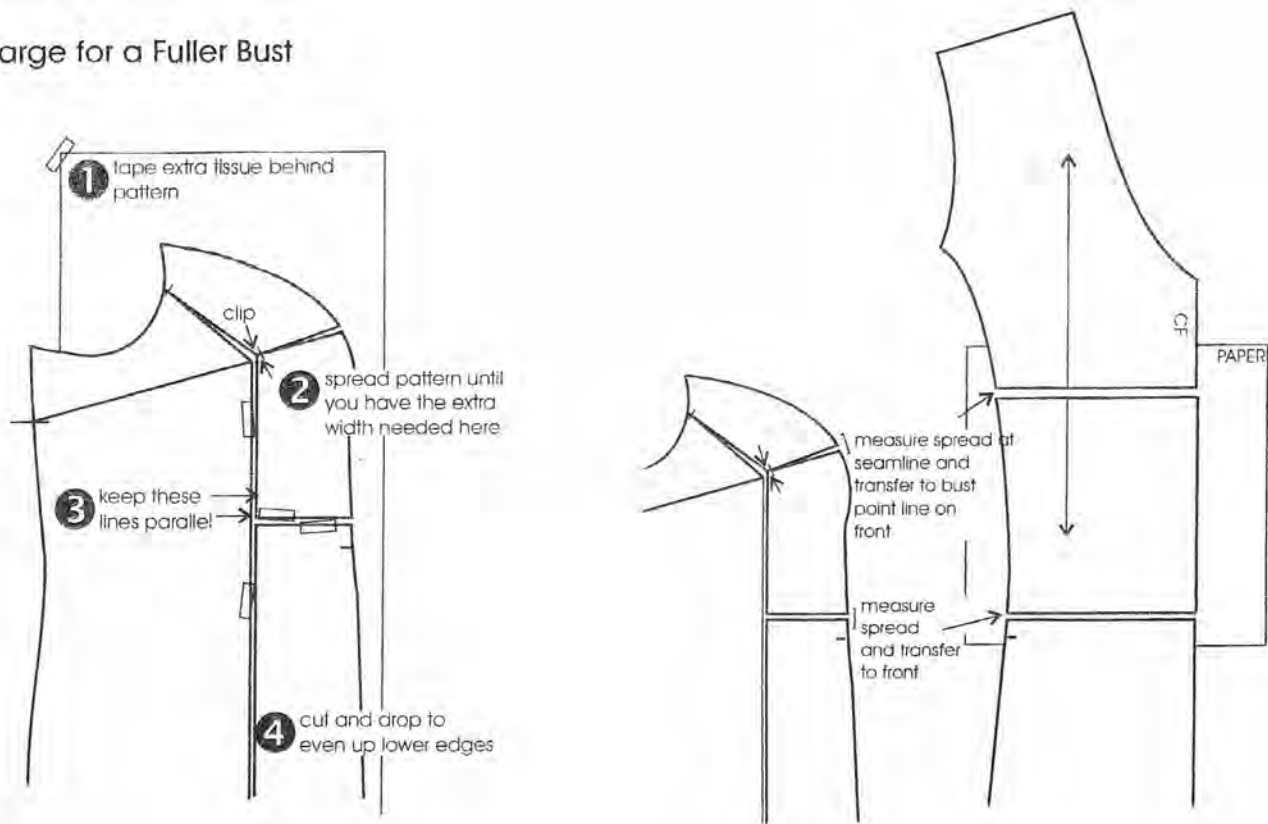
Since you are working with just half of the pattern, divide the difference in half for an adjustment to the **front half** of 4 cm (1 1/2 in).

To adjust the side front and front for a fuller or flatter bust, begin by drawing the lines as shown.

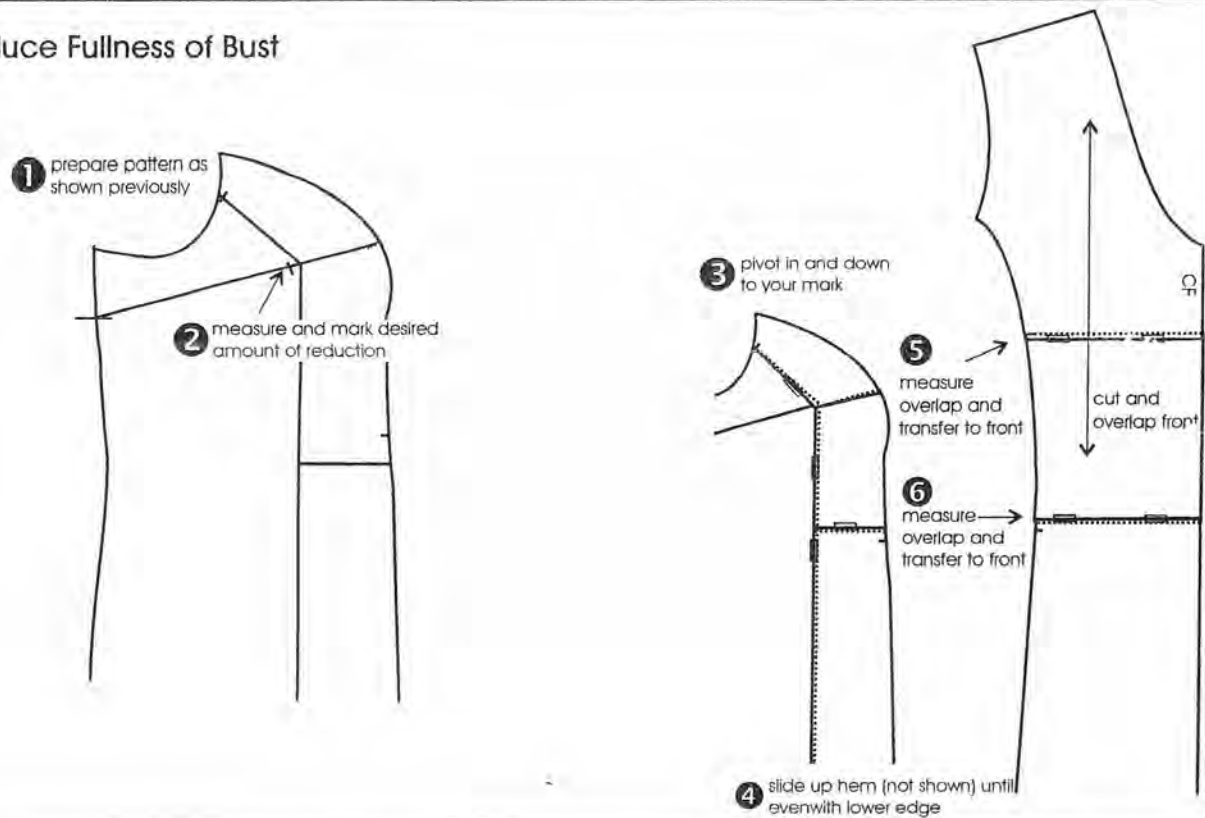
Then cut the side front as shown.



To Enlarge for a Fuller Bust



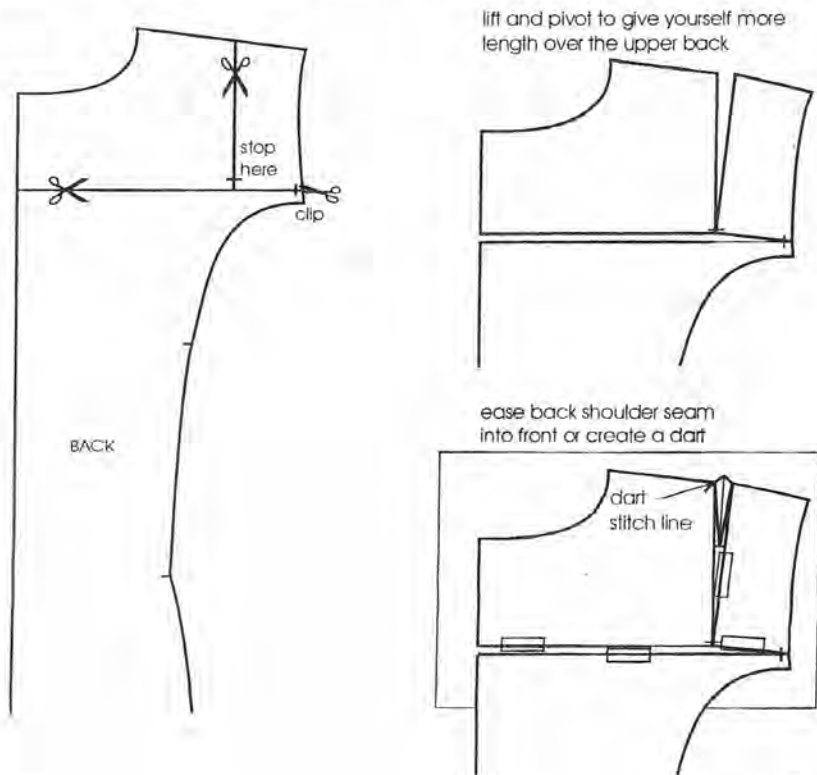
To Reduce Fullness of Bust



Shoulder and Neck Adjustments

Round Shoulders

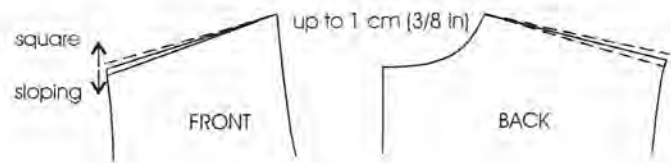
If your tops ride up toward your back neck, make this simple adjustment.



Square or Sloping Shoulders

The amount to adjust is hard to determine without actually wearing the garment. Make up a quick “muslin” for test purposes.

The method below is simple and quick if you require a small adjustment.



Sloping Shoulders

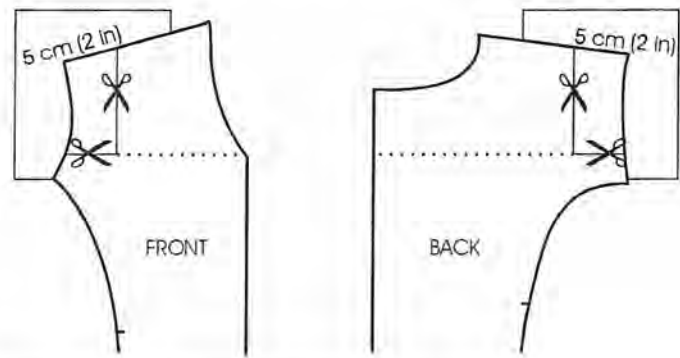
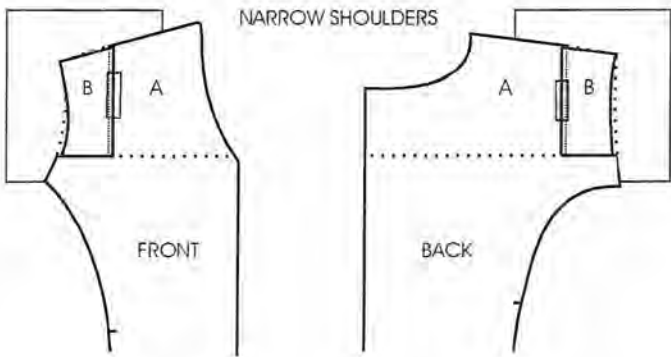
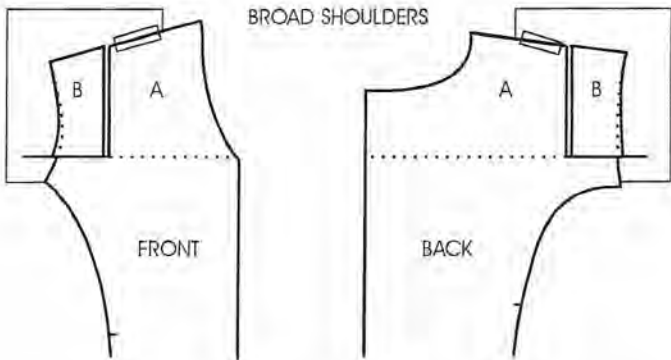
If you are planning to wear shoulder pads, have them in place. With shoulder pads in place, pinch out and pin the extra fullness along the shoulder seam starting at the armhole point. Measure the amount pinned out and transfer evenly to front and back shoulder seams on your pattern.

Square Shoulders

Starting at the armhole, loosen the shoulder seam until the garment sits comfortably on your shoulders with no strain. Measure the width of the opening at the armhole point. Add **half** to front and **half** to back.

Broad or Narrow Shoulders

1. Compare your shoulder measurement to the pattern measurement chart. You will be working with half the pattern so divide the difference to be adjusted for in half. This amount will be added for broad shoulders or subtracted for narrow shoulders to both front and back.
2. Section off the shoulder area as shown in the diagram.
3. For broad shoulder adjustment, attach some extra pattern paper behind and extend the horizontal line onto it as shown.
4. Cut out section B. For broad shoulders, slide section B out along the guideline. For narrow shoulders, slide section B in along the guideline to overlap onto section A.
5. Tape in place. Draw a straight line to connect shoulder to neck. Use a fashion ruler to blend the cutting line along the armhole.

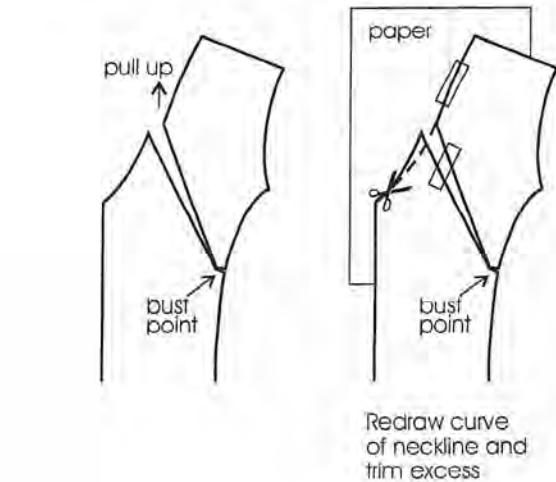
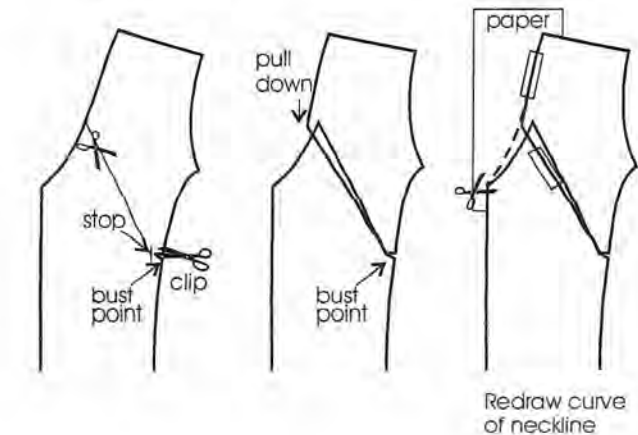


Tugging Neckline

If your shoulders are very square or if you have a rounded chest, you may need to “open” the neckline. Prepare your pattern as in Gaping Neckline, then open and redraw the pattern lines.

Gaping Neckline

Choosing your pattern size by your high bust measurement will usually eliminate the problem of a gaping neckline. But if you have a “hollow chest” or shoulders that roll forward, you may need to make a little “tuck” to smooth out the extra length around your front neckline. Pin out and measure the excess fabric on your muslin. You’ll notice that it doesn’t take much to make a big difference. Transfer this adjustment to your pattern.



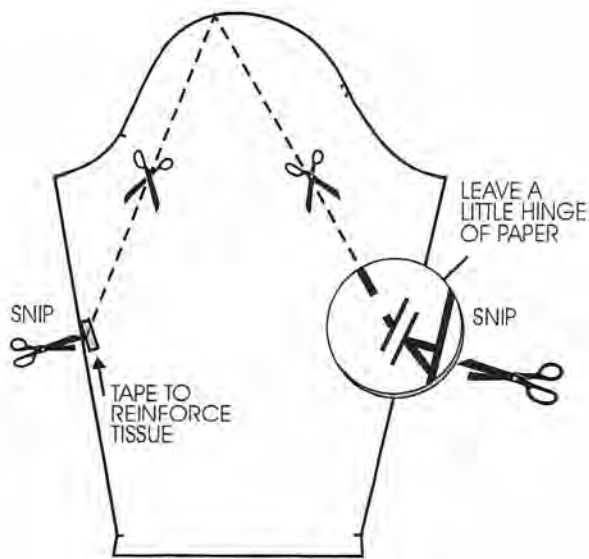


Back Waist and Front Waist Length

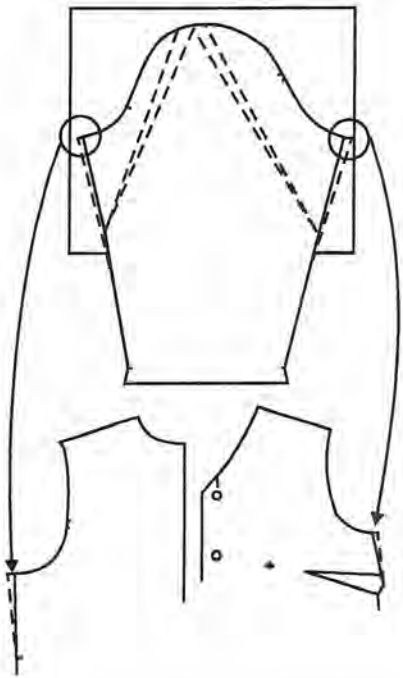
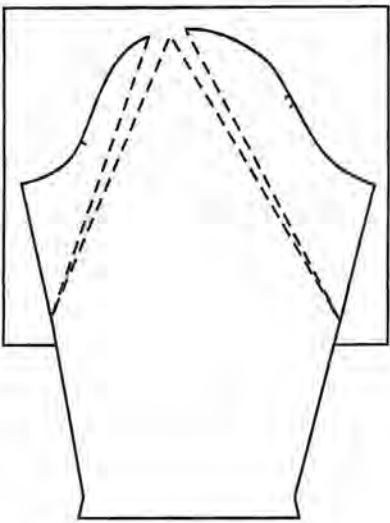
Measure from your cervical bone to your waistline. If you have trouble locating your cervical bone, nod your head forward and back until you feel the high point of the bone. Compare your back waist length measurement to the pattern measurement chart for the size you have chosen. Adjust the centre back waist length for your measurement by cutting the pattern apart at the **shorten/lengthen line**, above the waist mark. Add paper to lengthen or overlap to shorten. Remember to do the same amount of adjustment to front and side front. Use a fashion ruler to blend and reconnect lines.

Large Upper Arms

- 1. Draw cutting lines from Shoulder Seam Notch to Elbow. Place a piece of tape at elbows to reinforce tissue. Cut from top of sleeve to elbow just short of seam allowance. Clip in from seam allowance to create a little hinge.



- 2. Place extra tissue behind pattern. Open cap of sleeve as shown. Tape in place.
- 3. Redraw cap of sleeve with a curved line. Widen the underarm points equally. Draw seam line to elbow (or lower for a fuller sleeve).
- 4. Add the same amount from under arm points to blouse at side seams.



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Petite Plus Patterns®

#101	Short Sleeve Shell
#102	Sweater Twin Set
#103	Button Front Blouse
#150	Tuxedo Wrap Vest
#151	Tunic Length Vest
#152	Shapely Zip Front Vest
#301	Easy Dress w/Bonus Bike Short/ Knickers
#302	Princess Dress
#401	Simple Nightgown & Pyjamas
#501	Straight Skirts
#502	Flared Skirts
#601	Flat Front Pant

Pattern Extenders

PE #10	Convertible Collar
PE #11	Fast Fake Collar
PE #12	Frilly Collar
PE #20	Lengthening Sleeves
PE #21	Fast Fake Cuffs
PE #60	Full Elastic Waist Band
PE #61	Narrowing Pant Legs

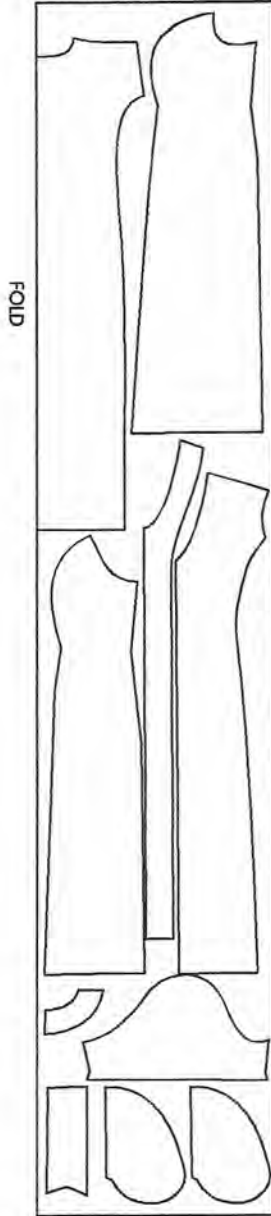


# Fabric Cutting Layouts

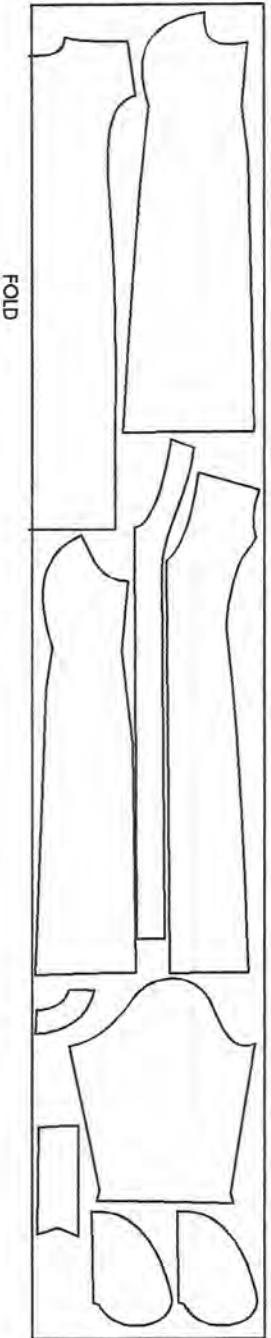
## All Sizes

## All Fabric Widths

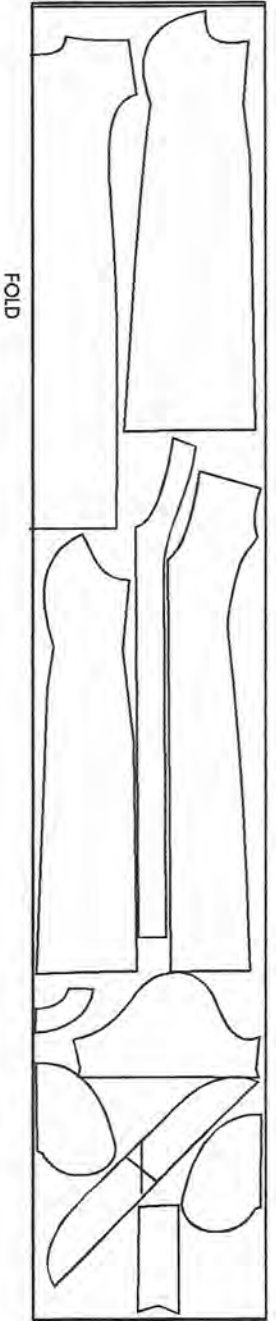
Dress with short sleeves  
and no collar



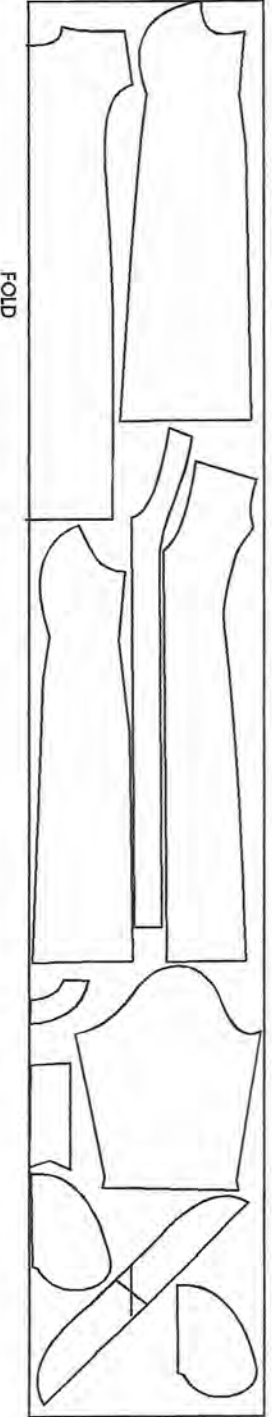
Dress with long sleeves  
and no collar



Dress with short sleeves  
and collar



Dress with long sleeves  
and collar



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