

# Cara Dress

## Sewing Instructions

These instructions are designed for beginners, more advanced seamstresses may of course use their own techniques.



### Photos



### Description

The dress is designed to be calf length. Before cutting please check measurements especially length.

Depending on grain and pattern the skirt pieces may be cut out 'mirrored' to save fabric.

The hem strips lend themselves well to cutting with a ruler and rotary cutter



Serge the armhole casings (4) along the longest edge. Pin the four armhole casings right sides together to the small underarm curves of the dress pieces. Stitch, trim and clip seam allowance.



turn and press.  
Topstitch at underarm. Stitch another line approx. 5/8 inch from this seam to make a casing



Insert 1/2-inch elastic and allow ends of elastic to show. Sew to secure at one end on the seam allowance. Pull the elastic through to the length of about 6-10cm (depending on the size of the child) and sew on the seam allowance to secure at the other end.



Apply fusible interfacing to the ends of the shoulder straps and top edge of the bodice.



With the right sides together pin the front bodice (2) piece to its lining and stitch from one armhole to the other. Trim and clip seam allowance. Turn and press. Topstitch around neck and armholes. Repeat with the back bodice piece and its lining.



Turn the right way out and topstitch.



Run a gathering stitch along the top edge of the skirt (1)  
Loosen the needle thread tension slightly and increase the stitch size for long stitch. On the right side sew two lines  $\frac{1}{4}$ " apart leaving long thread tails. and back bodice.



With right sides together pin skirt front to bodice front making sure that the sides and the centre of the bodice and skirt pieces match. Pull both gathering threads pushing the fabric along until the skirt piece fits the bodice piece. For extra security you may find it useful place a pin at the end of the skirt piece and wind the gathering threads around it. Raise you tension and shorten your stitch again and stitch skirt piece to bodice front sewing in between the two gathering threads, securing elastic end. Repeat for back skirt



Remove the bottom gathering thread. Serge or finish the seam.



Press the seam allowance towards the bodice and top stitch.



Pull the elastic to approximately 6cm. Close the side seams, at the same time catching the elastic. Serge or finish the side seams.



Take the seam allowance near the elastic and press it towards the skirt and top stitch using a small triangle to secure the seam allowance.



Add button holes and buttons to the straps.



Fold the hem strips lengthways wrong sides together. Sew folded strips onto the hem of the skirt, right sides together from side seam to side seam. When doing so begin at one side seam and sew just short of the other side seam.



Trim the strip approximately 1cm past the second side seam. Fold this centimetre underneath and continue sewing until the second side seam.



Repeat with the next hem strip.



Serge



... Press the seam allowance towards the dress and top stitch. Sew a row of stitching straight through the middle of the hem strip. Thread elastic cord through the top tunnel. Knot a small loop on one side and secure the other end with the toggle. Thread elastic cord through the tunnel. Knot a small loop on one side and secure the other end with the toggle.

**FINISHED !**

