



So Sew Easy

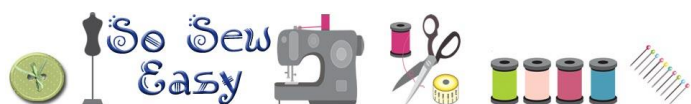
Perfect for Work Dress

Features:

- Quick and easy to sew
- Figure skimming fit
- Longer length - pick your own skirt length
- Center back seam to help get a nice fit
- Short sleeves
- Sizes 29- 41 bust, 33-45 inch hips
- For knit fabrics only - I used a Ponte Knit (Read more about [different types of knit fabrics](#) here.)
- Fabric needed for all sizes – 1.75 yards



More pictures and the full step by step photo sewing instructions for this dress can be found on So Sew Easy [here – SEWING INSTRUCTIONS](#)



Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>

Skill level –Confident Beginner

You can find a range of useful sewing tutorials and videos at So Sew Easy – [tutorials page](#). Experience in sewing knit bindings would be useful.

Please read through all of these instructions before starting your project and cutting your fabric.

To print your PDF pattern

Your pattern and instructions come as one file to make printing easy. Please make sure you are using the latest version of Adobe for best results. You can [download the latest version here](#) if you need to.

This pattern comes as a Layered PDF file which means you can select the size you want to print and hide the others. If this is your first time with a layered PDF file, you can read a full step by step photo tutorial on how to use it here:

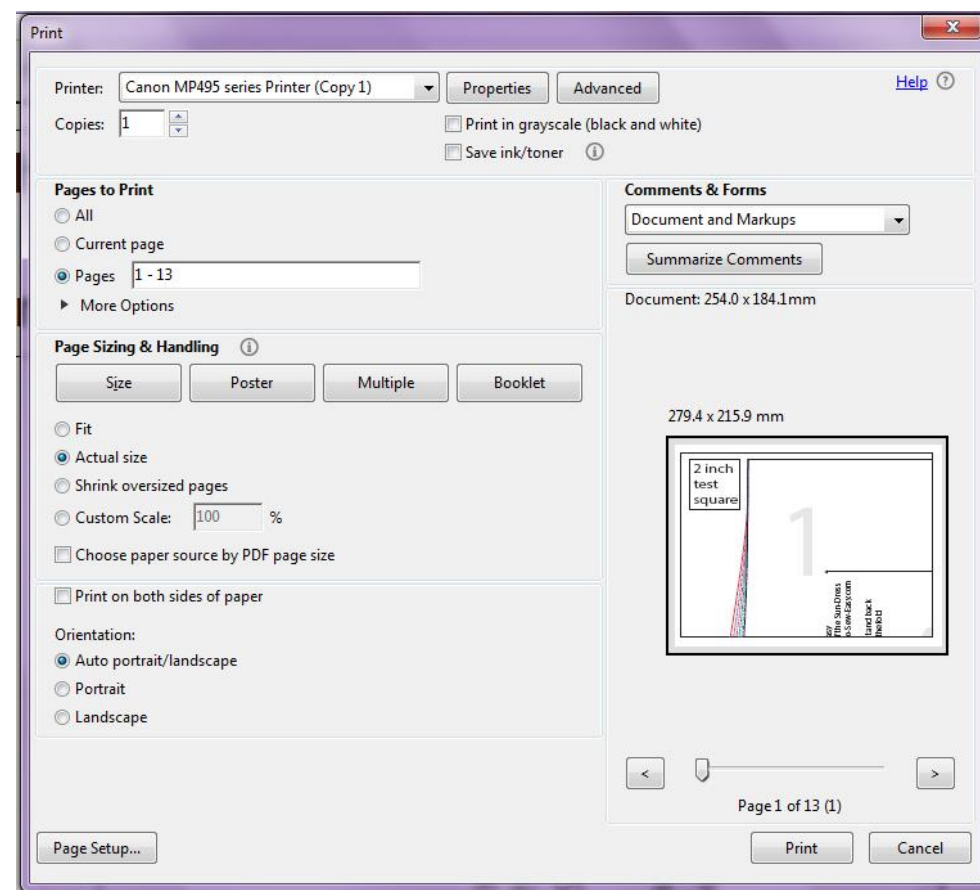
[How to print just your size in a layered PDF file](#)

To select the layers you want to see and print, go over to the menu with little icons on the left hand side. Pick the icon that looks like one sheet of paper on top of the other – that is the layers tool. Now you can see all of the separate layers in your pattern. These will correspond to your sizes.

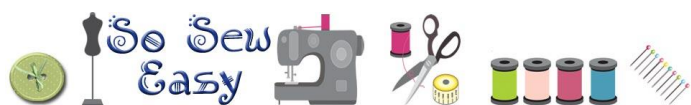
There is one layer that has all of the 'fixed' information on it, such as the test square, size chart, pattern piece names and descriptions and

so on. In our pattern, this is called 'Print for all sizes'. Then there are the size layers, one layer for each size. Next to the layers is a little icon that looks like an eye. You can click the eye to turn each layer on and off, so you can see it, or not see it. Pick your size and turn off the eye from all the other layers, except the Print for all Sizes layer.

Up at the top menu, select File, then Print and up comes the print preview box.



Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>



Make sure you have selected Actual Size as the print option so that there isn't any scaling of the pattern. **Don't** select Fit to page or Shrink Oversized Pages. You can use the arrows under the preview on the right to see all of the pages.

You can print the lot including the pattern and instructions, or if you want, just print the pattern pieces at the end of these instructions.

Need help with the pattern?

You can find helpful tutorials on how to download, print and assemble PDF sewing patterns here:

[How to download and print a PDF sewing pattern](#)

[How to print and assemble a PDF sewing pattern](#)

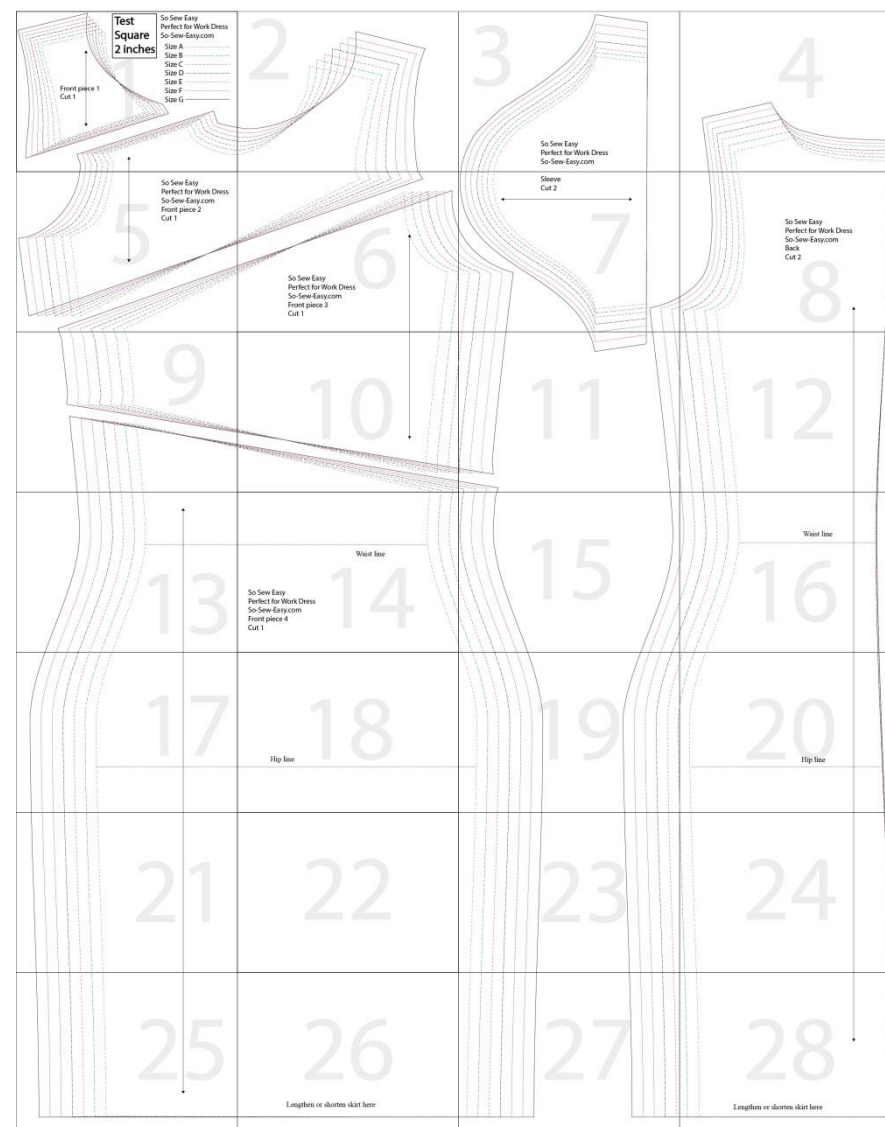
[How to print a layered PDF file](#)

Assembling your pattern

On the top edge of the first pattern sheet is a test square. This box should measure 2 inches square. If yours is wildly different you will need to check your printer options to make sure the pages are not being resized.

Match up the pattern pieces, folding under or cutting off any overlaps, and tape together. Match up lines across pattern pieces.

Your assembled pattern should look like this: →



If you have printed just your size, you may not need all of the sheets, and your pattern will look much simpler than that above.

Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>



Materials needed

- Knit stretch fabric 1.75 yards – see suggestions
- Matching thread
- [Stretch or ball point needle](#) for knit fabrics
- Useful – [serger](#) or [Overcasting foot](#)
- Optional – [Stretch Twin Needle](#)

Fabric requirements and suggestions

Stretch knit fabrics with a moderate stretch. In my example, the black and pink dress is made with a quite firm Ponte Knit which gives a smooth finish but can feel closer fitting than an ITY knit for example. Fabrics with different weights and stretch will affect the fit. Be aware of how much stretch in your fabric as this will affect the end result.

Assuming fabric 54 inches wide, all sizes will need 1.75 yards of fabric.

What size do I need?

Please use this table as a guide only as although our body measurements may be similar, different body shapes may require fitting differently. Fabrics with different thickness, drape and stretch will also affect the finished result and fit on this dress, so use this table as a guide only. Compare the flat pattern measurements to your own body measurements.

The dress is close fitted at bust and hips. Use only fabrics with good crossways stretch for best fit.

Size	Bust (in/cm)	Waist (in/cm)	Hips (in/cm)
A	29 / 74	25 / 64	33 / 84
B	31 / 79	27 / 69	35 / 89
C	33 / 84	29 / 74	37 / 94
D	35 / 89	31 / 79	39 / 99
E	37 / 94	33 / 84	41 / 104
F	39 / 99	35 / 89	43 / 109
G	41 / 104	37 / 94	45 / 114

Always test the fit using the paper pattern pieces, or an inexpensive test fabric before cutting your expensive fabric for this project. If in doubt test the larger size and adjust for fitting at the seams during construction.

Directions

Seam allowances – 0.5 inches unless otherwise stated.

Abbreviations used – RST – right sides together.

Neaten your seams – serge/overlock your seams, or finish with your favourite method. Trim, neaten and finish seams as you go.

Stitches to use – if using a regular sewing machine, you may have a stretch stitch – refer to your sewing machine manual.

If not, then you can use a narrow zig-zag stitch – try a stitch length of 2.5 and a width of 0.5 or 1.0. Always test your intended stitches on a scrap of fabric before starting your project and test for stretch.



Let's start to sew !

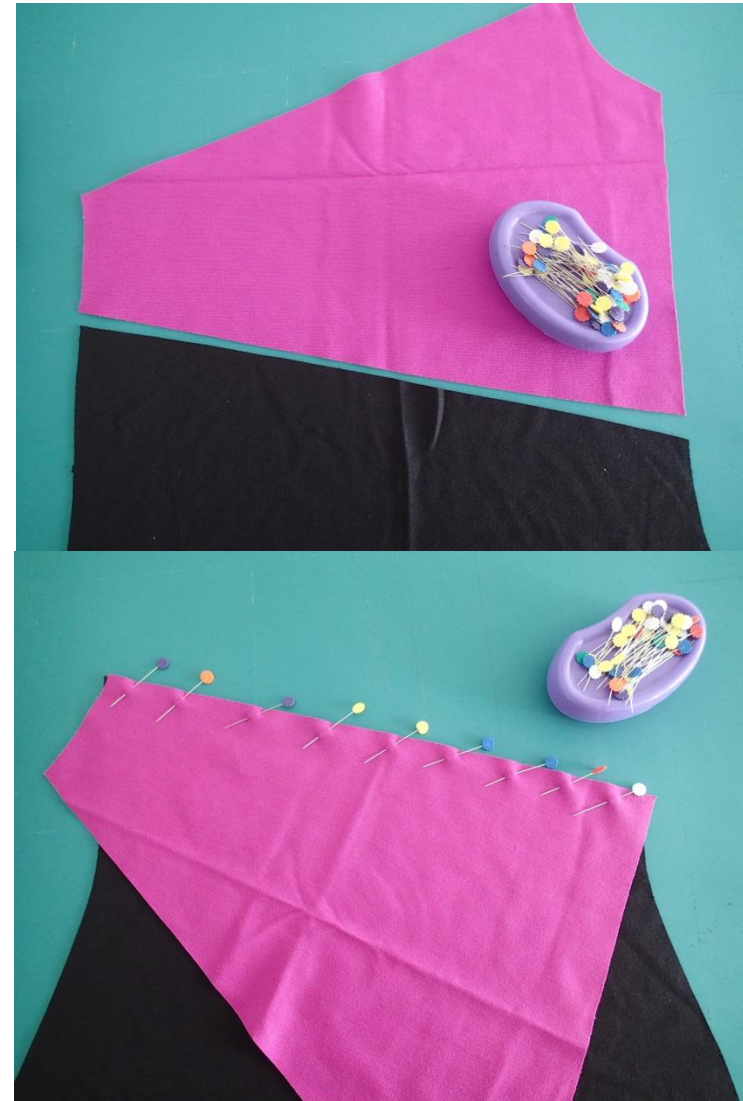
Cut out your fabric pieces. Make in two colors, three or even 4 – whatever takes your fancy. Take care to cut your fabric for the front pieces with all the of the pattern pieces face up and placed on the right side of your fabric.

Pin, sew and then press the center back seam.



Assemble the front of the dress starting with the largest pieces, piece 3 and 4. Match them right sides together and sew with a half inch seam allowance.

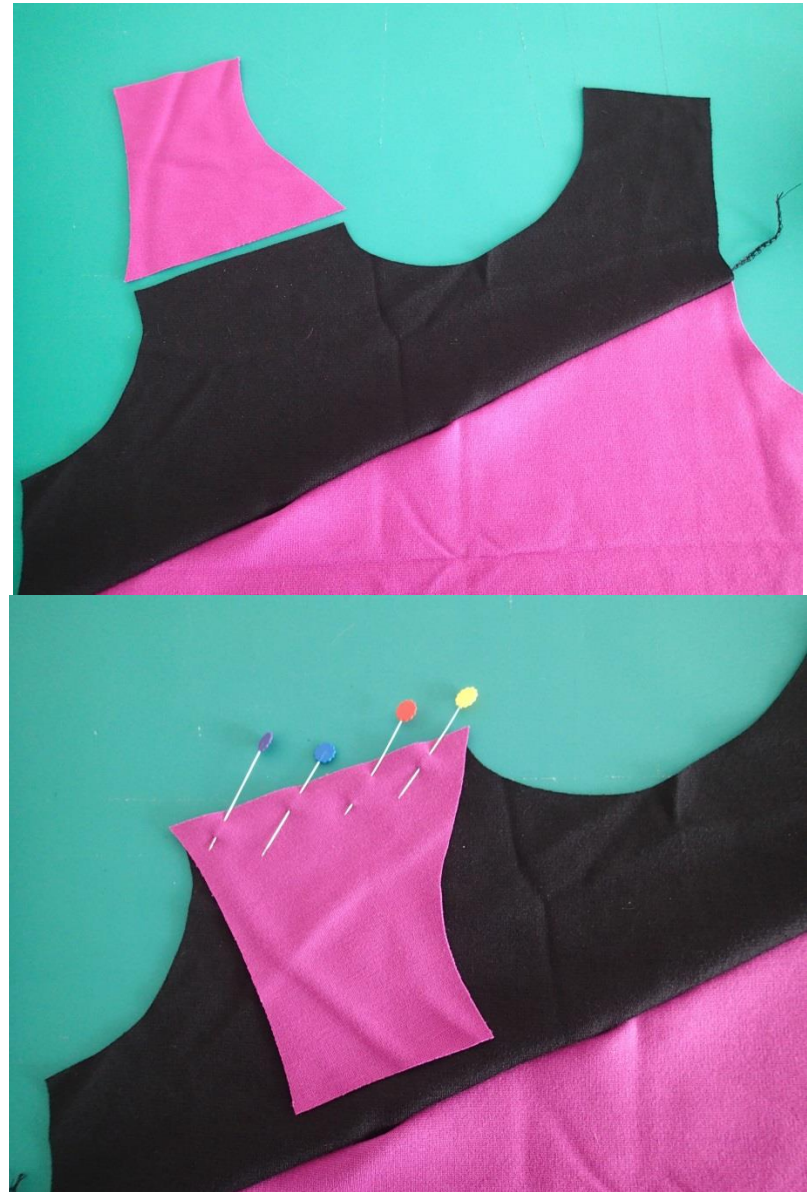
You may wish to refer to this previous tutorial on [how to sew slanted seams](#) – remember to match up the stitching lines not the points of the fabric or you'll get jagged edges at the joins. Press.



Join piece 2 to piece 3, pin, stitch and press.



Join the small piece 1 to piece 2. Press.



If you don't quite line up exactly and get little jagged pieces at the overlaps, just trim the seam smooth with your scissors. It will all still work out just fine.



Join the front of the dress to the back at the shoulders, right sides together.

Use a half inch seam allowance, BUT start stitching 3/8th of an inch from the neckline edge and leave that part unsewn.

Stitch all the way to the outer edge of the shoulder seam, where the sleeve will join. Press the shoulder seam open.



Leaving this 3/8th of an inch unsewn will give us just a little bit of ease in the neckline later on and make it easier to get a smooth finish when we turn and stitch.

Find the center of your sleeve and match this to the shoulder seam. Pin your sleeve in place right sides together. Stitch and press seam towards the sleeve. Repeat for the other sleeve.



With right sides together, stitch the side seams of the dress, and the under arm part of the sleeve, and press seams towards the back.



Turn the neckline edge 1/2 inch to the inside and pin well.

The shoulder seam should be neatly turned under the neckline edge and allowed to open if necessary to make those curved turns lie nice and flat.

Stitch in place and press.



Turn up 1/2 inch to the inside of the sleeves edges and stitch. Press.



Mark the hem length for your dress and trim if necessary.

Turn up your hemline and finish with your favorite finish for knit fabrics. Using a twin needle is optional.

Now wear and enjoy your Perfect for Work Dress and don't be surprised when your colleagues want to know where you bought it from :-)

How about making another – mixing a solid with a bright print!





Thank you for downloading this pattern. I hope you enjoyed making this project and remember that I love to see what you made so do upload your completed projects to the pattern page on Craftsy.

Keep up with all the latest news and sewing projects at [So Sew Easy](#).

We also have a really great sewing chat group where you can ask questions, share your completed projects, and get 24 hr sewing inspiration. It's not just for So Sew Easy projects – you can chat about all sewing there, whether a newbie just starting out, or an advanced and experienced sewer, there's something for everyone in the sewing chat group. Join us here and share what you made.

[SEWING CHAT GROUP](#)

For the latest list of both free and paid patterns available, pop on over to my [designer page at Craftsy](#).

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This is intended for your personal use. If you would like to recommend these instructions, please pass on the original download link at So Sew Easy. Thank you for your understanding.

Usage – you ARE allowed to use this pattern to make things to sell on a small handmade basis, such as for craft fairs and for your Etsy shop. However it may not be used for larger scale commercial purposes without a commercial licence



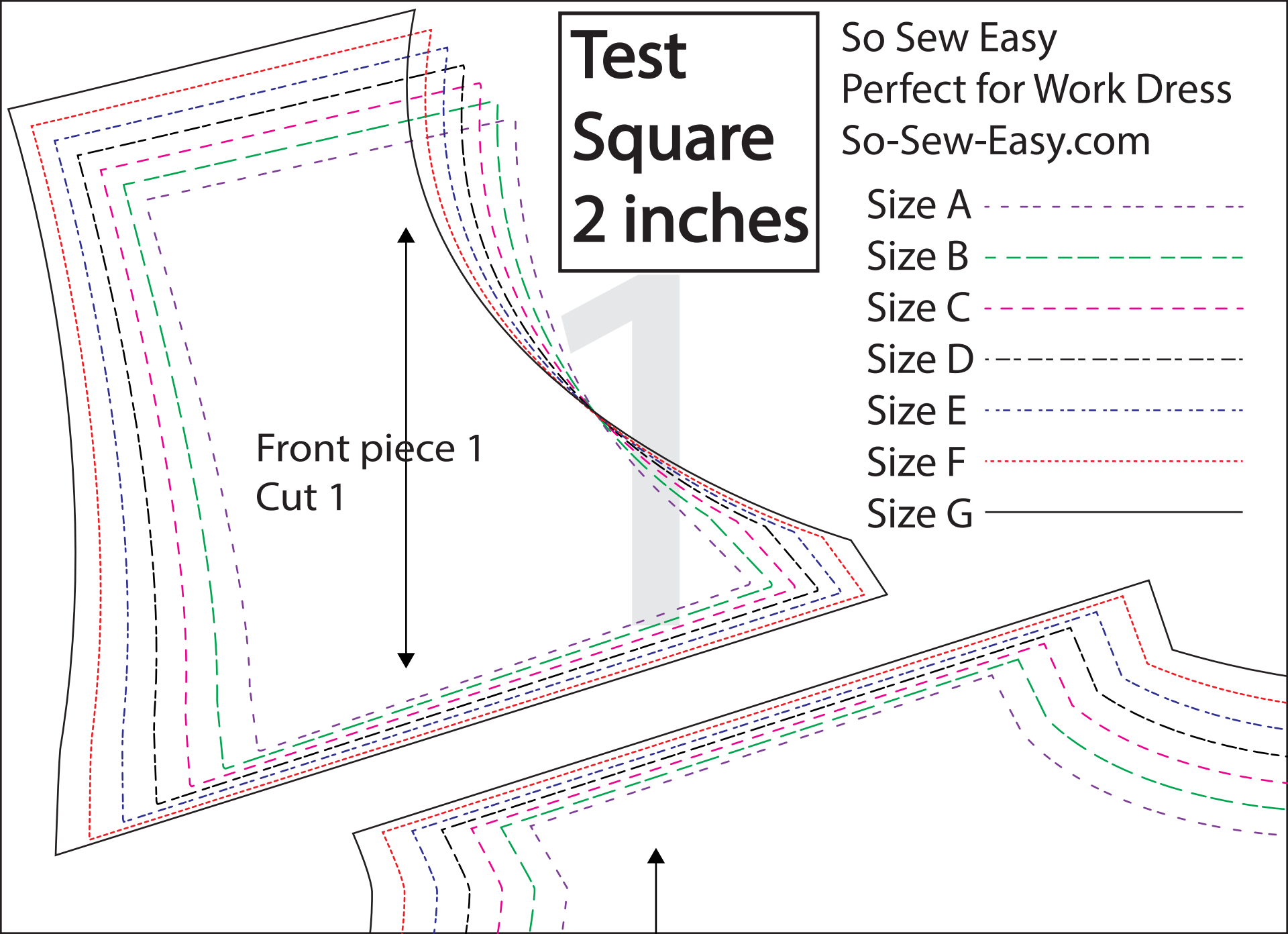
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Test Square 2 inches

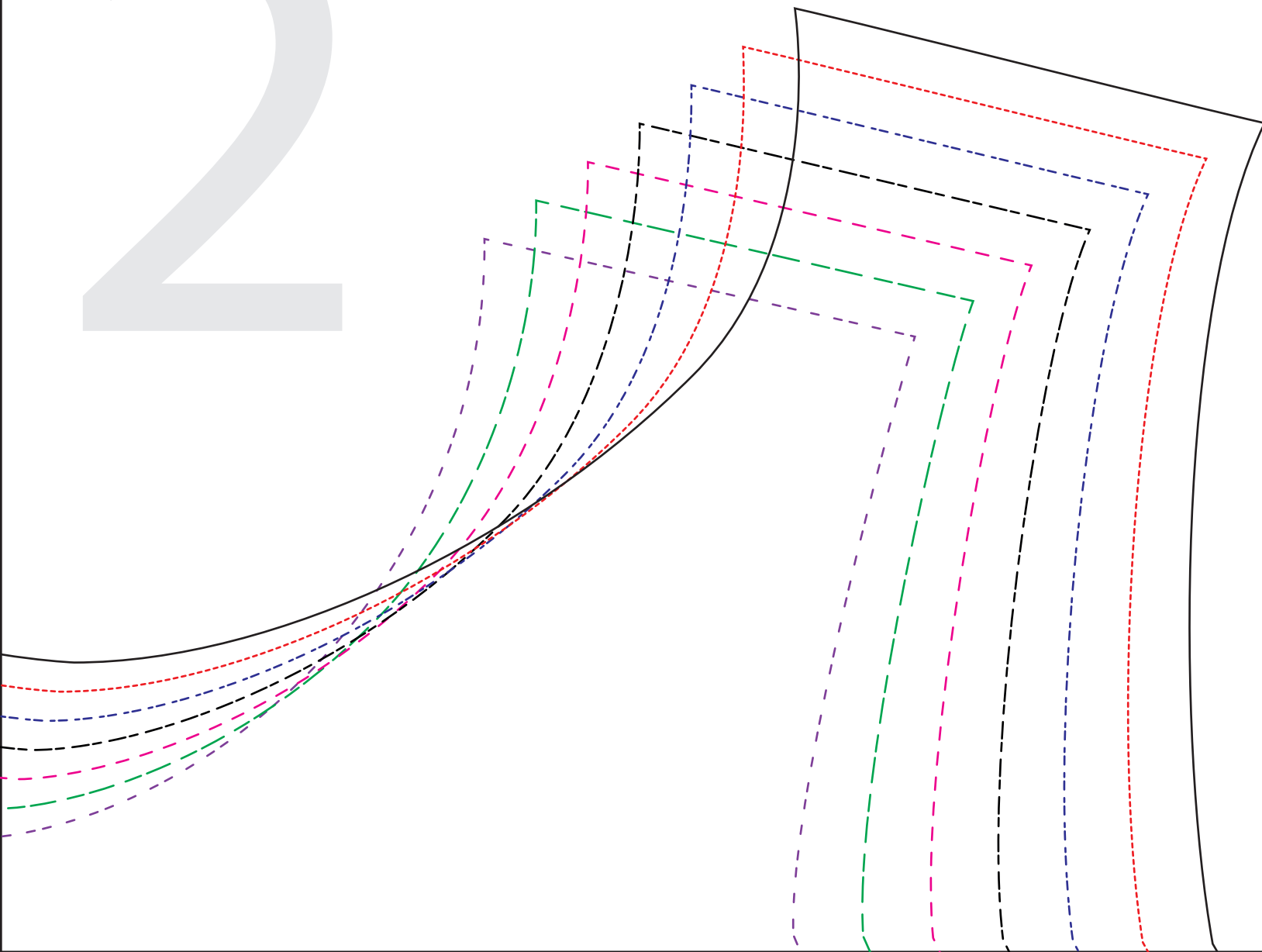
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- Size A - - - - -
- Size B - - - - -
- Size C - - - - -
- Size D - - - - -
- Size E - - - - -
- Size F - - - - -
- Size G - - - - -

Front piece 1
Cut 1



2

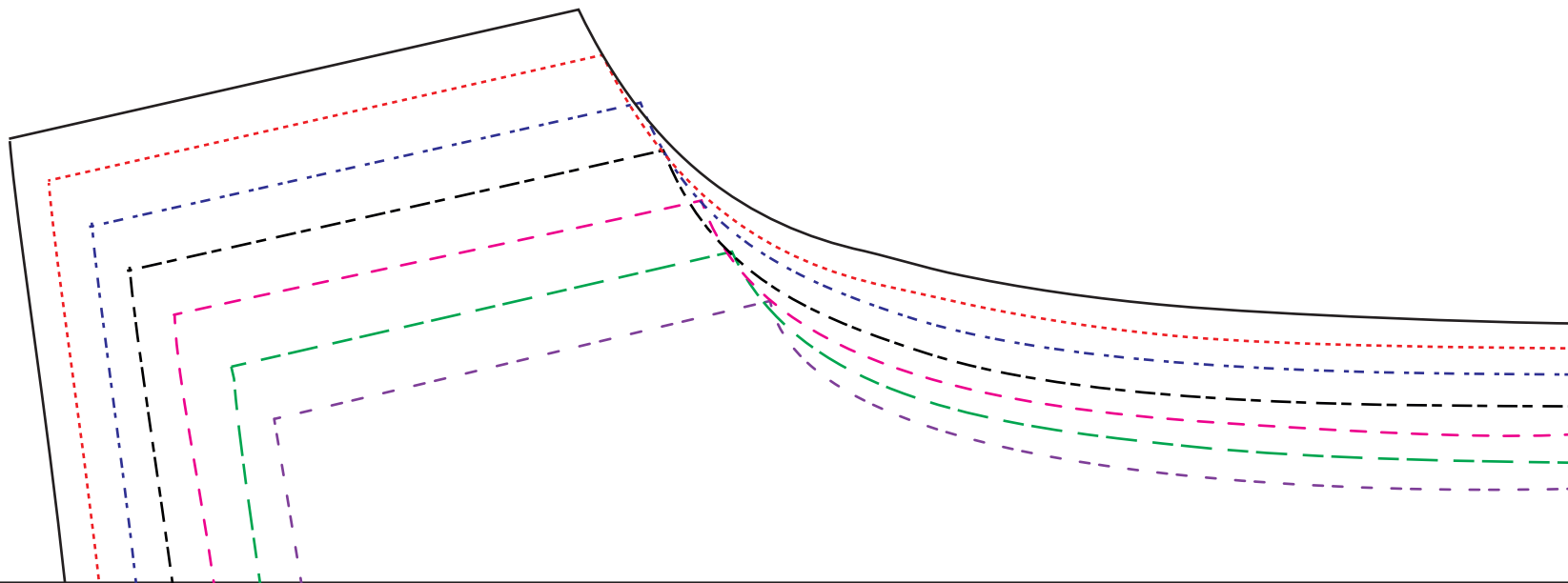


3



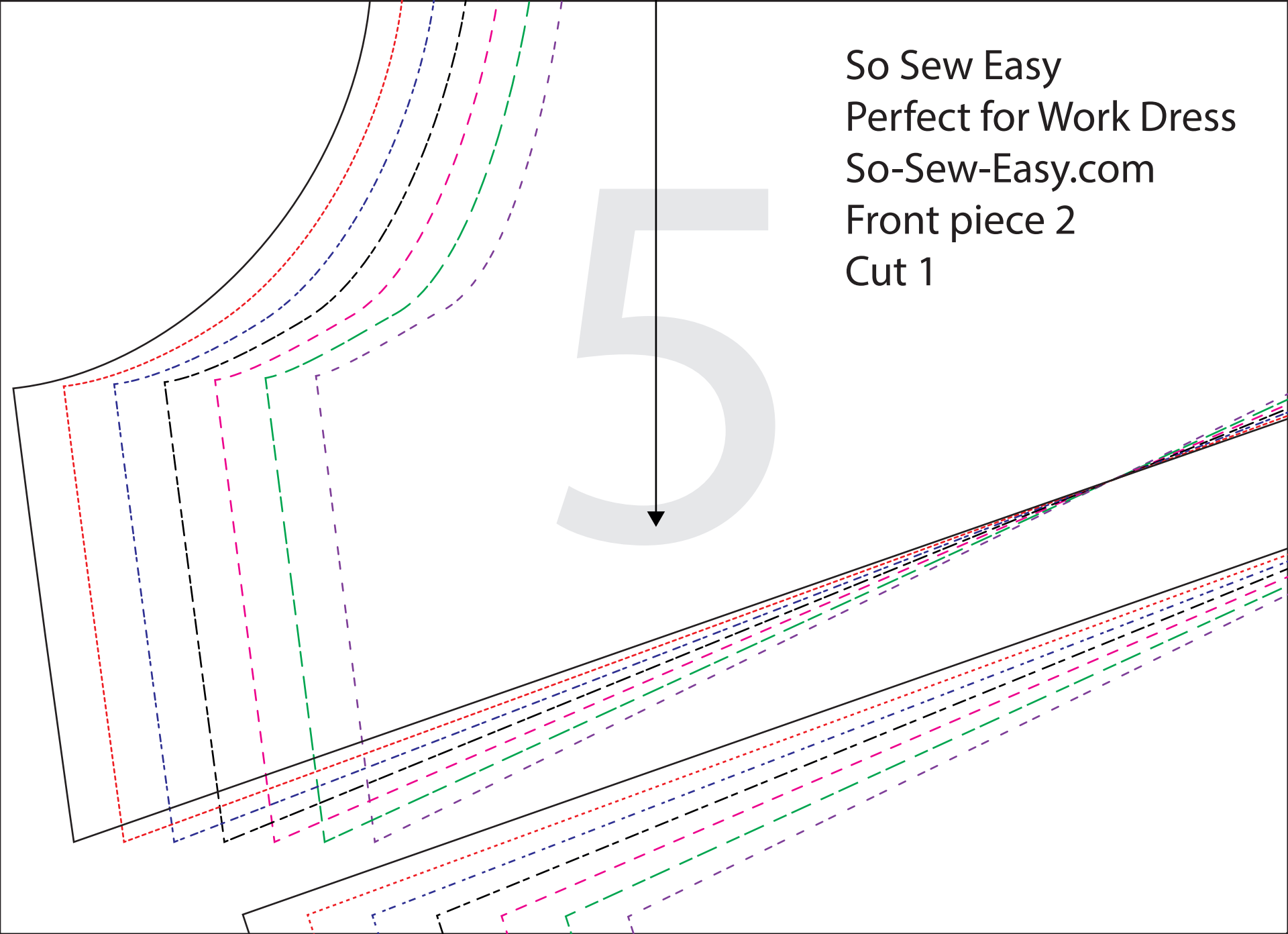
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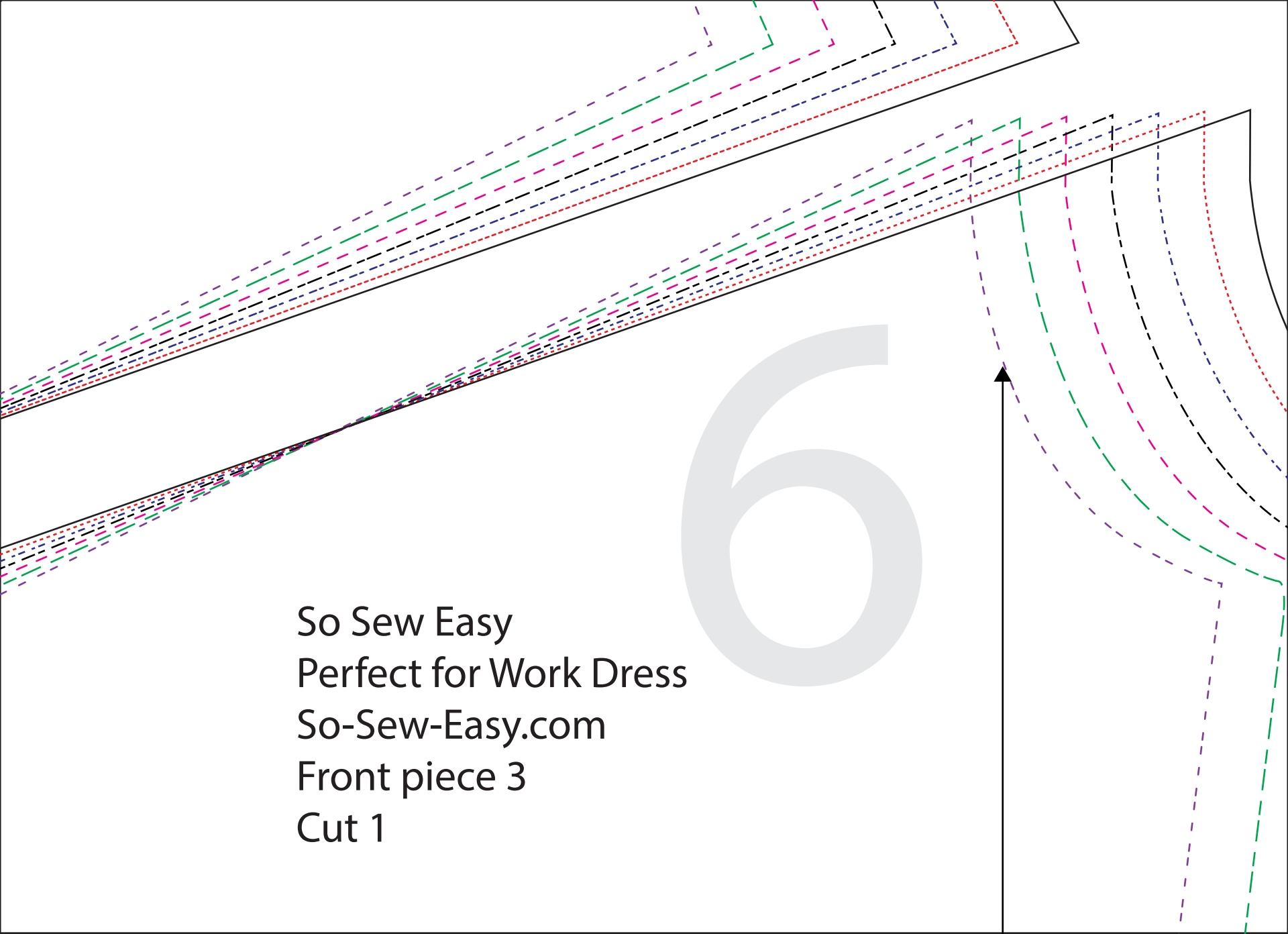
4



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Front piece 2
Cut 1

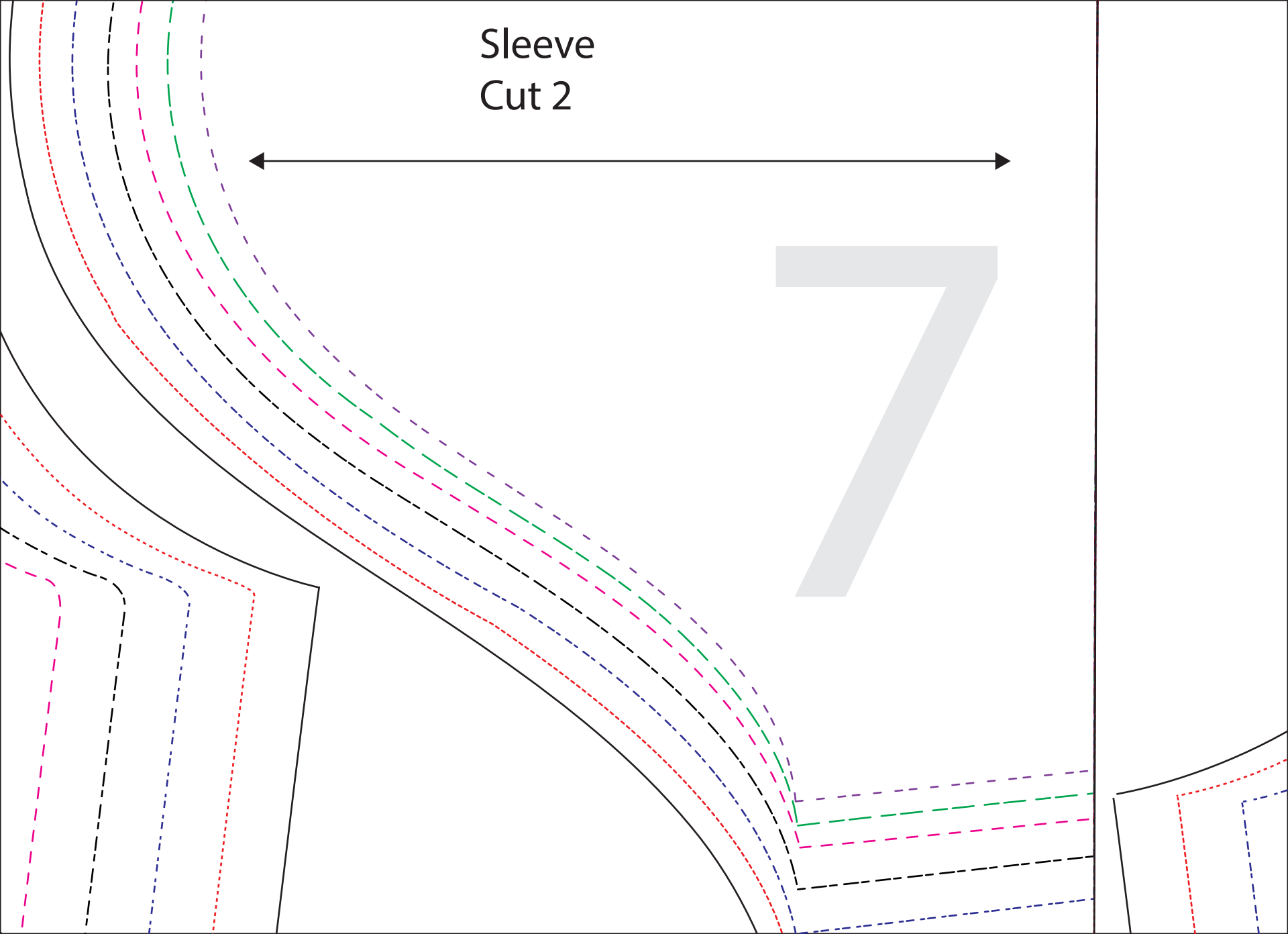
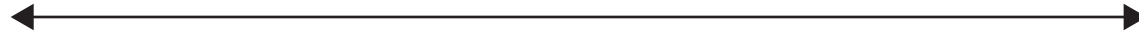
5

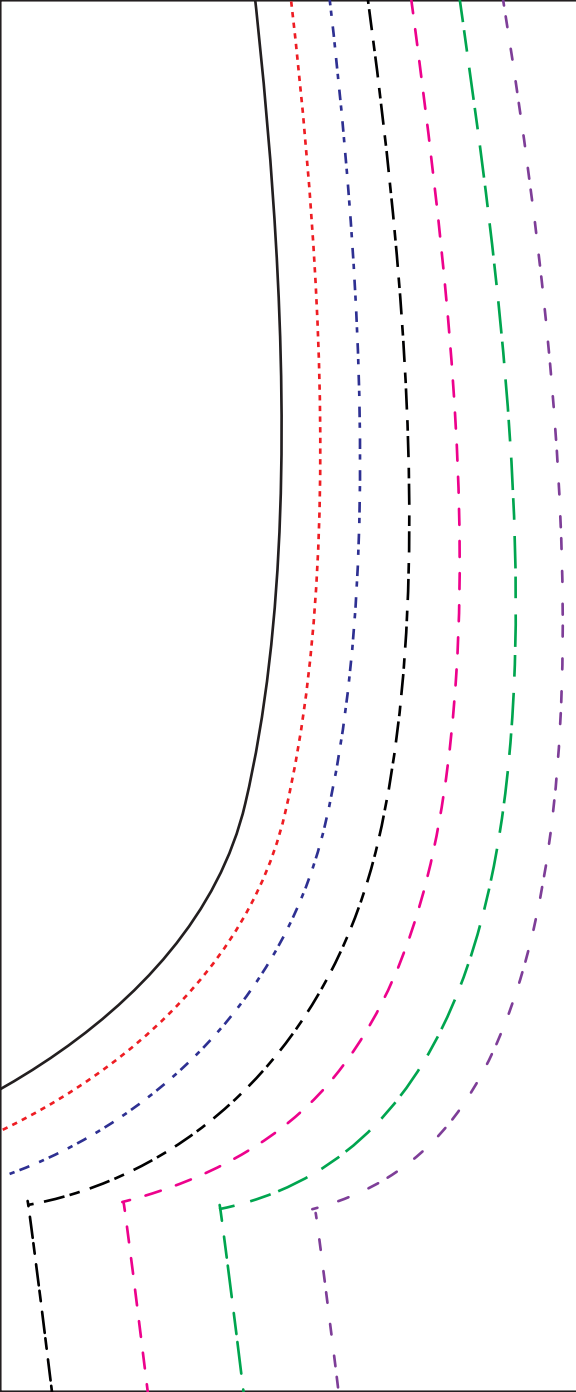




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Front piece 3
Cut 1

Sleeve
Cut 2



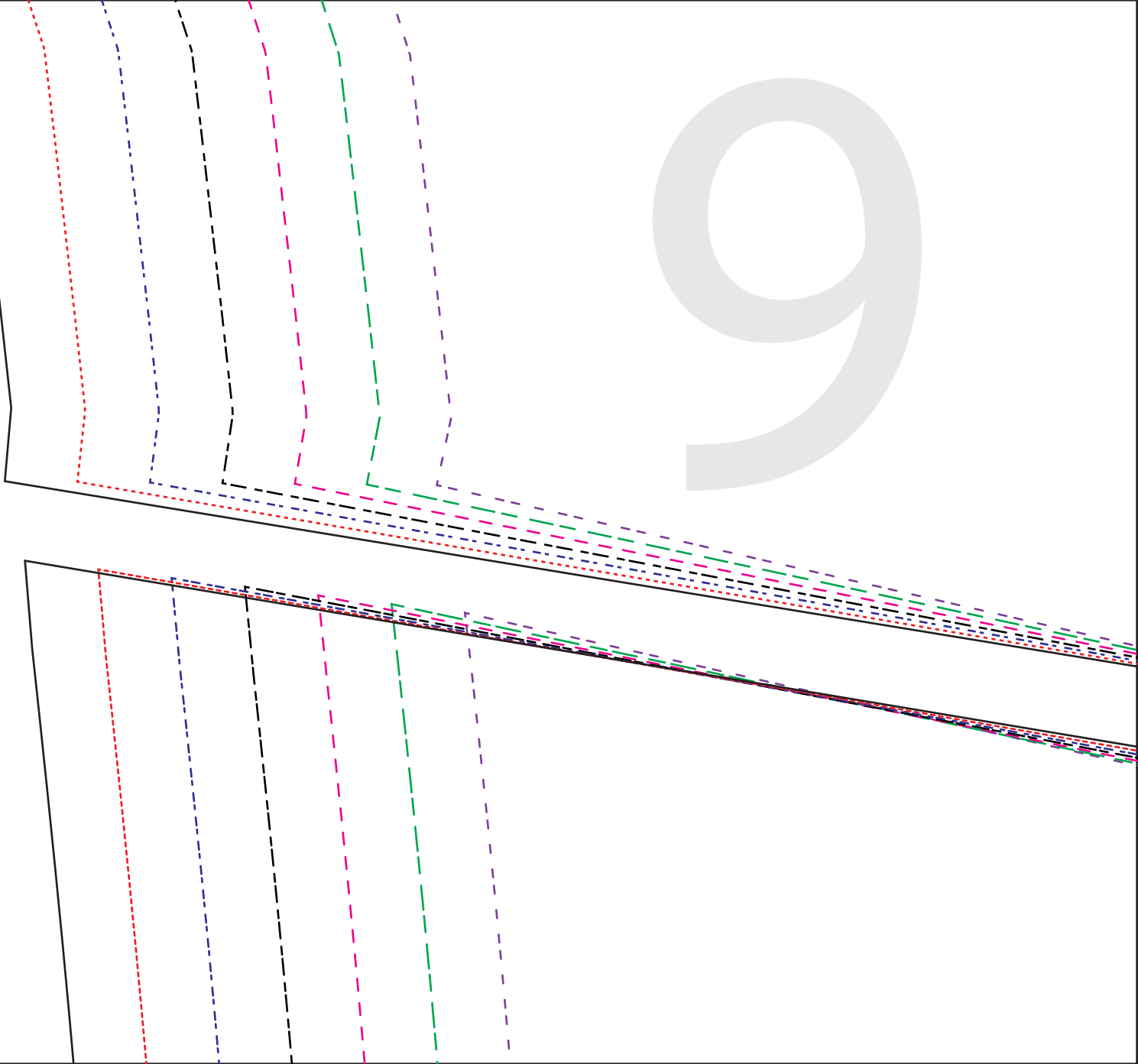
A series of curved lines on the left side of the page, representing a sewing pattern. The lines are in various colors and styles: solid black, dotted red, dashed blue, dashed black, dashed pink, dashed green, and dashed purple. They curve from the bottom left towards the top right.

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Back
Cut 2

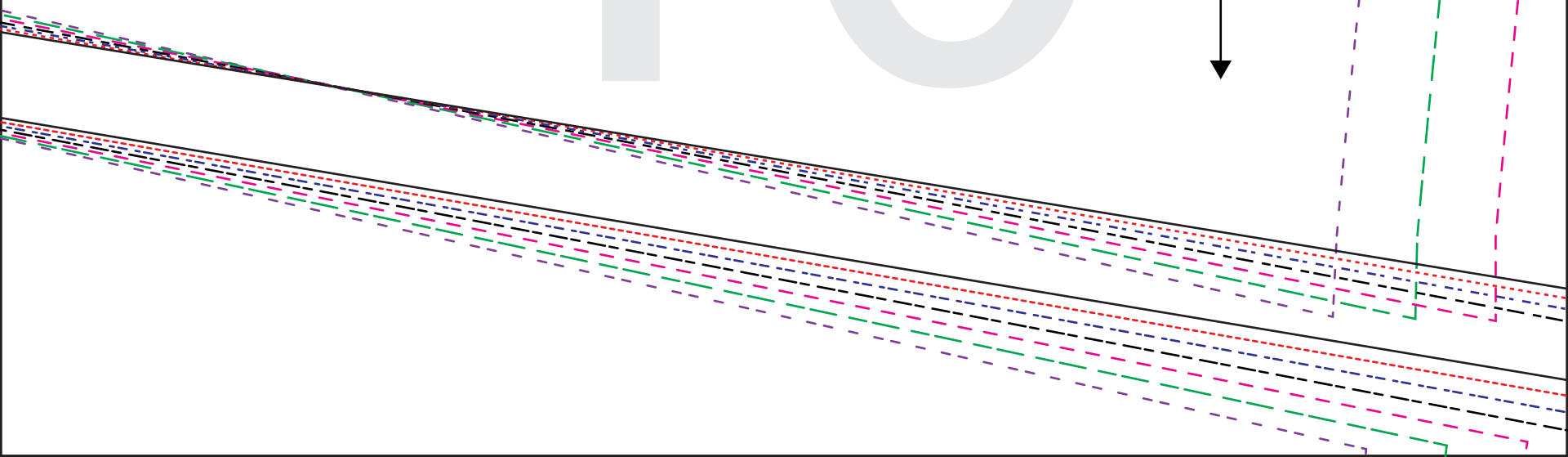
8

A simple black arrow pointing upwards, located at the bottom right of the page.

9



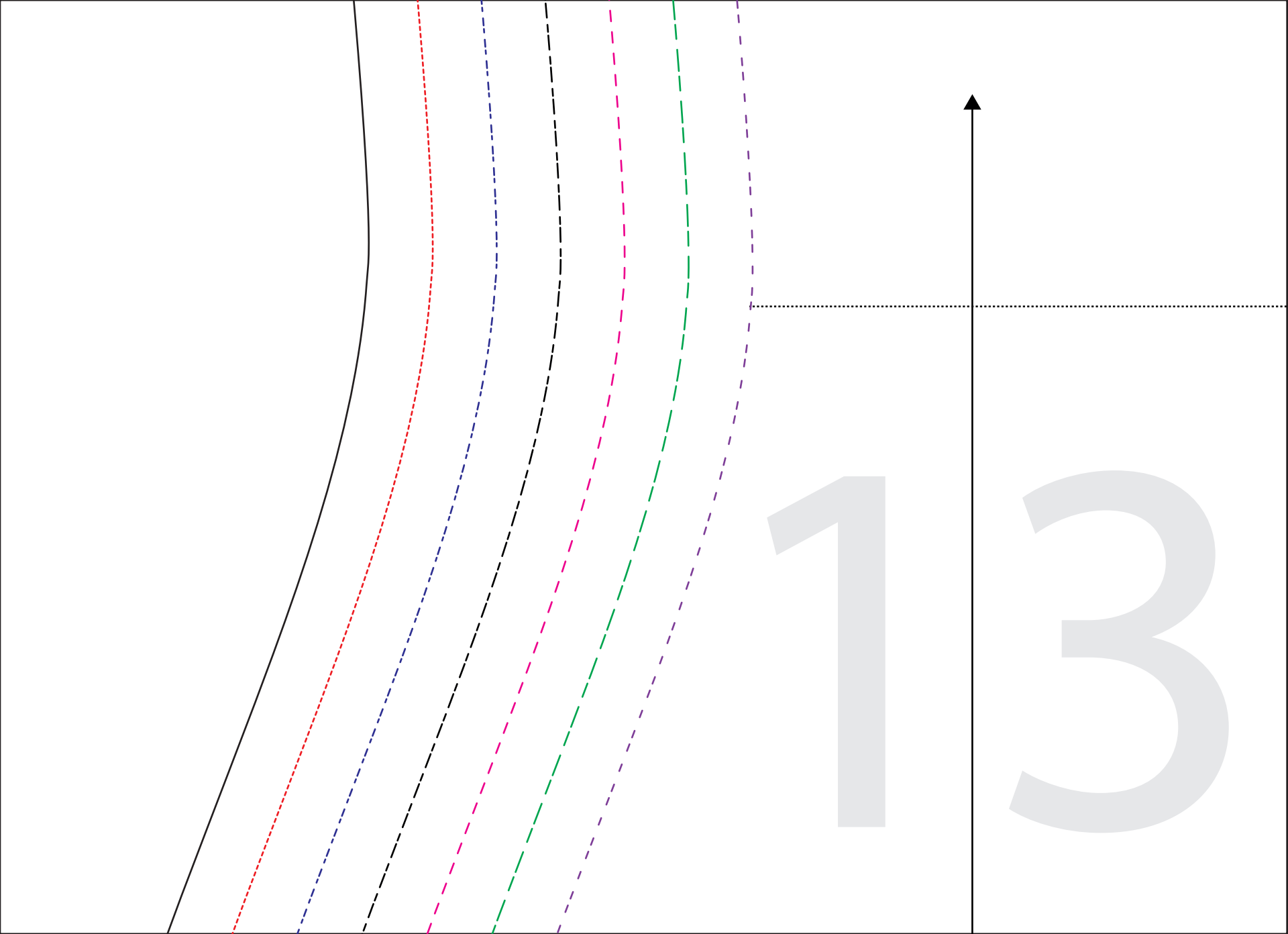
10



1

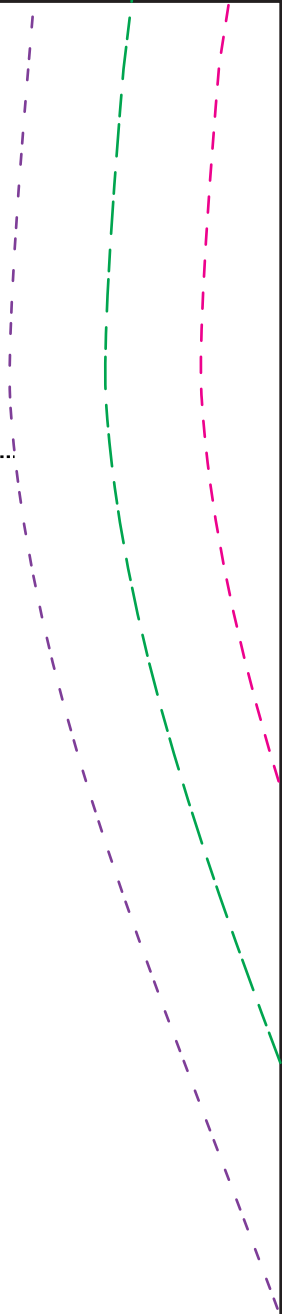
1

12



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Front piece 4
Cut 1

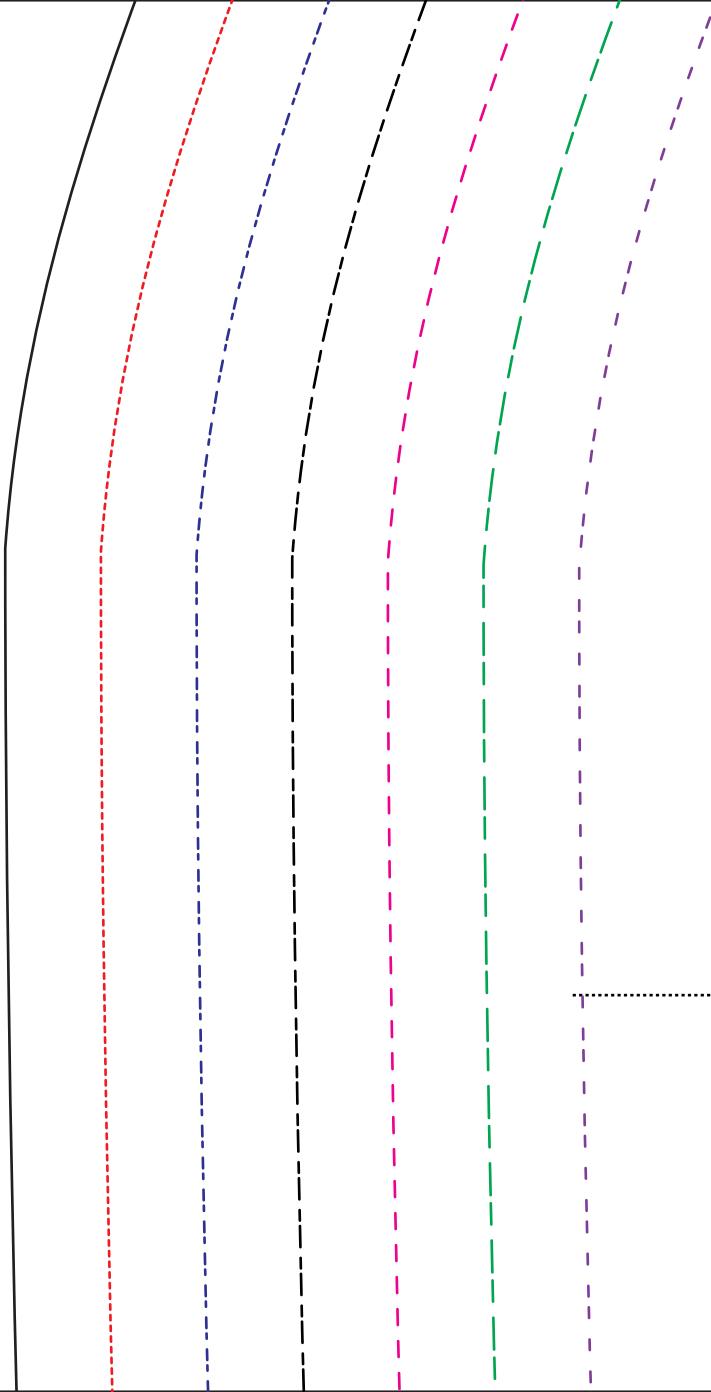
Waist line



15

Waist line

16



1

A tracing guide for the number 1. It features seven vertical lines of varying colors and styles: a solid black line, a dotted red line, a dashed blue line, a dashed black line, a dashed pink line, a dashed green line, and a dashed purple line. Each line starts at the top and ends at the bottom, with a slight curve at the top. A horizontal dotted line is positioned at the bottom of the tracing area.

7

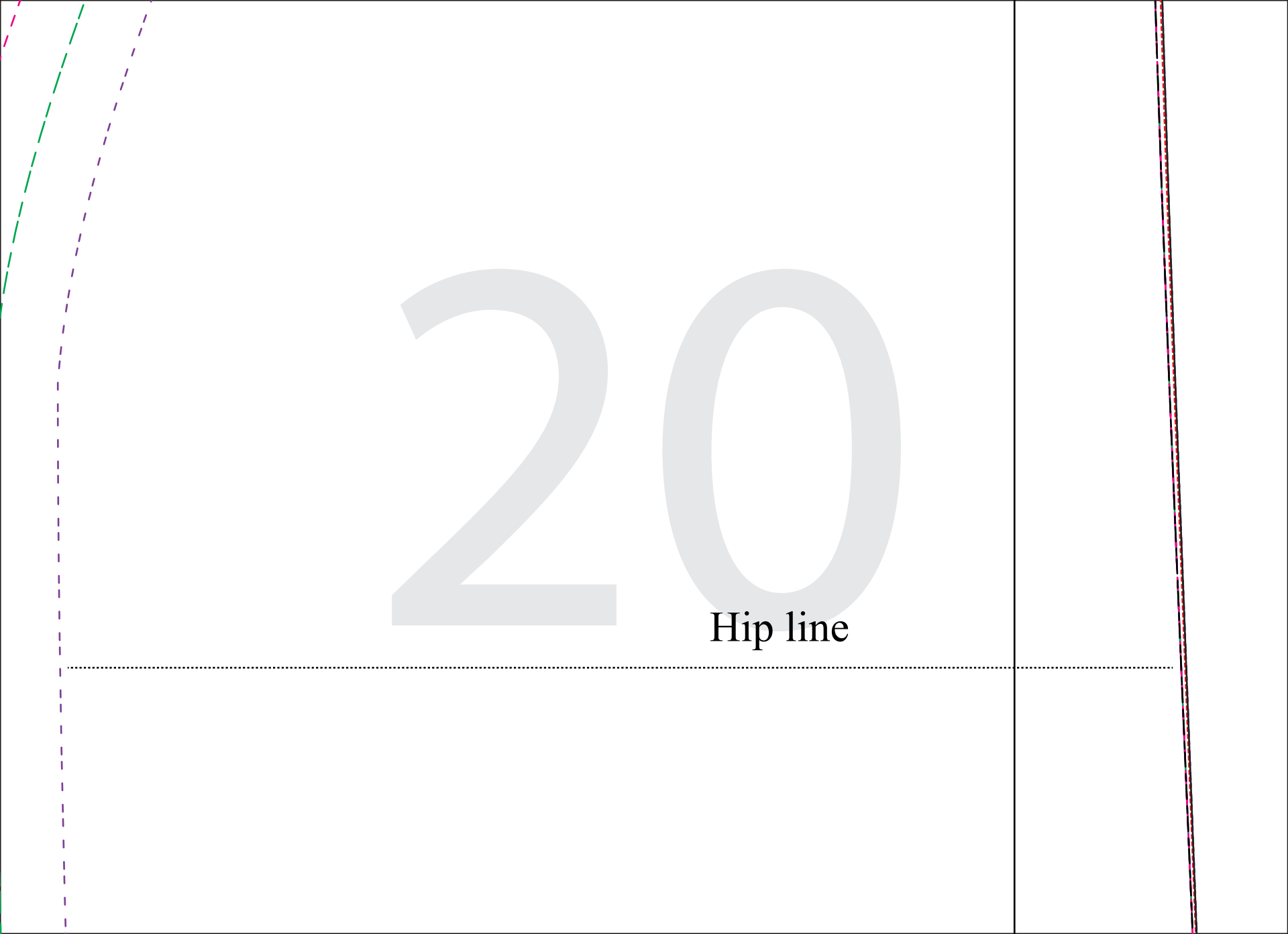
18

Hip line

19

20

Hip line



2

1

22

23

24

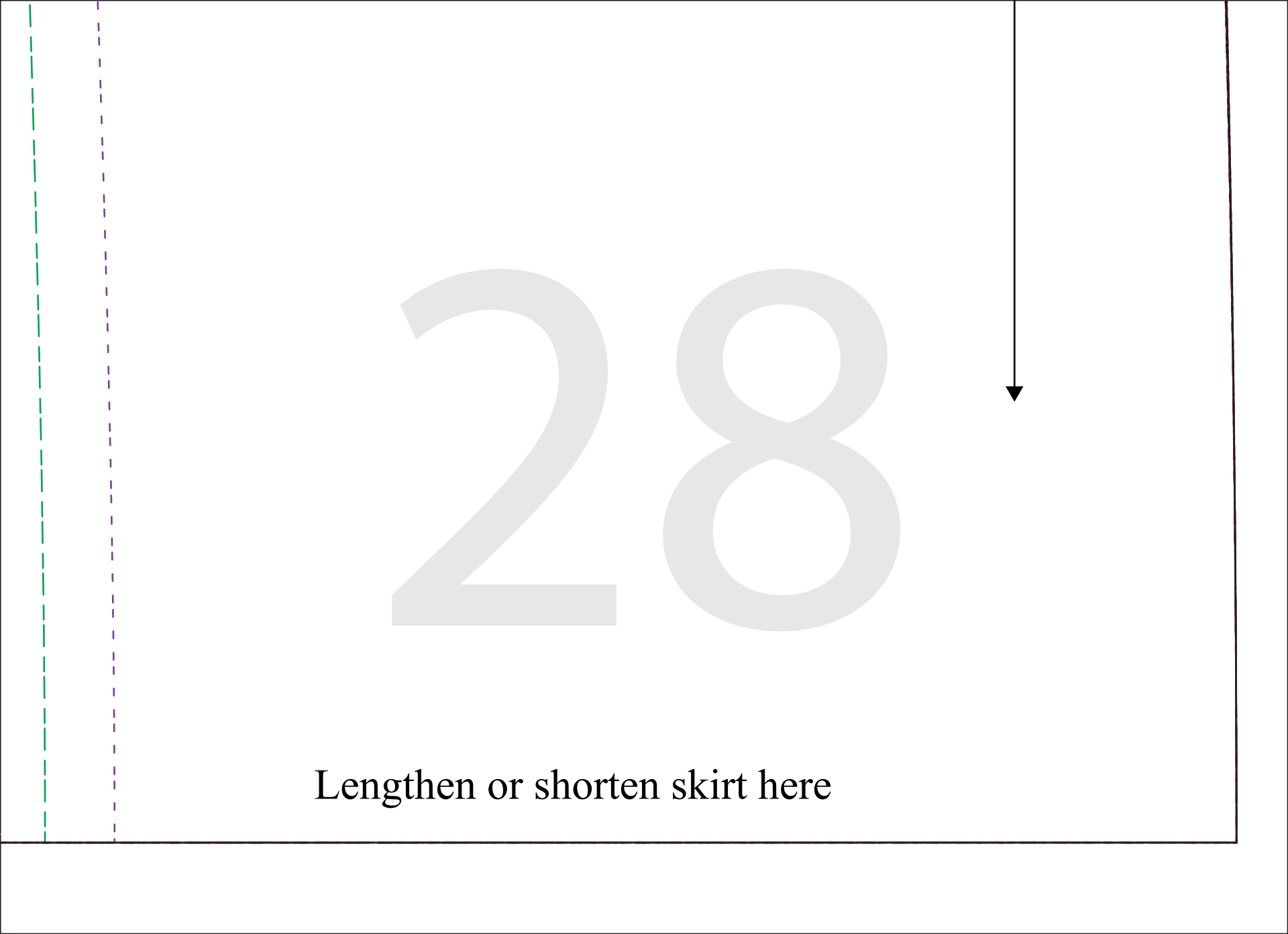
25



26

Lengthen or shorten skirt here

27



28

The image shows a pattern piece for a skirt. It features a large, light gray number '28' in the center. To the left of the number, there are two vertical dashed lines: a green one on the far left and a purple one to its right. To the right of the number, there is a vertical black line with a downward-pointing arrowhead. Below the number, the text 'Lengthen or shorten skirt here' is written in a black serif font. The entire pattern piece is enclosed in a thin black rectangular border.

Lengthen or shorten skirt here