



Trapeze Knit Tank Dress - Women's PDF Pattern

Sizes XSmall thru XXLLarge

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Original Version & Twist Neck Variation

Trapeze Knit Tank Dress

The trapeze knit tank dress is the perfect dress to throw on for casual Spring and Summer days. You can be comfortable and cute in this easy, breezy tank dress as you stroll the beach, go shopping, or just hang around the house! Also makes a great swimsuit cover-up.

SIZE CHART

	XSmall	Small	Medium	Large	XLarge	XXLarge
Bust	32"	34"	36"	39"	42"	44"
Waist	25"	27.5"	30"	33.5"	37"	39.5"
Height	65"	65"	65"	65"	65"	65"

SEAM ALLOWANCE

The pattern includes a 1/2" seam allowance.

FINISHED MEASUREMENTS

	XSmall	Small	Medium	Large	XLarge	XXLarge
Bust	33"	36"	39"	42"	45"	48"

***The dress is designed to be loose fitting, for a tighter fit around the bust, please see the finished dress measurements above. The dress falls just at the knee. The finished length is approximately 36" from shoulder to the bottom of the dress.

FABRIC REQUIREMENTS

	XSmall	Small	Medium	Large	XLarge	XXLarge
Original	2.5 yds	2.5 yds	2.5 yds	2.5 yds	2.5 yds	2.5 yds
Twist Neck	3 yds	3 yds	3 yds	3 yds	3 yds	3 yds

All fabric requirements are based on 54" width of fabric (typical for knits).

Allow extra fabric if matching up stripes or plaids.

FABRIC RECOMMENDATIONS

This fabric was intended for use with Knit fabrics - interlock, jersey, or sweater knits. Wovens are ok, but will not fall or drape the same, if using a woven - I recommend a lightweight fabric with a lot of 'movement' or 'flow'.

SUPPLIES NEEDED

- Fabric
- Bias Tape for Facing (as per instructions below)
- Coordinating Thread
- Scissors / Rotary Cutter
- Pins or Binder Clips
- Sewing Machine, and other basic sewing essentials

PATTERN CUTTING

Dress Front:

- Cut (1) on the Fold

Dress Back:

- Cut (1) on the Fold

TIPS FOR SEWING THIS PATTERN

- Wash and dry all fabric before sewing.
- Read through entire pattern instructions before beginning to sew.
- Trace your pattern pieces onto tracing or freezer paper to minimize printing.

TIPS FOR SEWING WITH KNITS

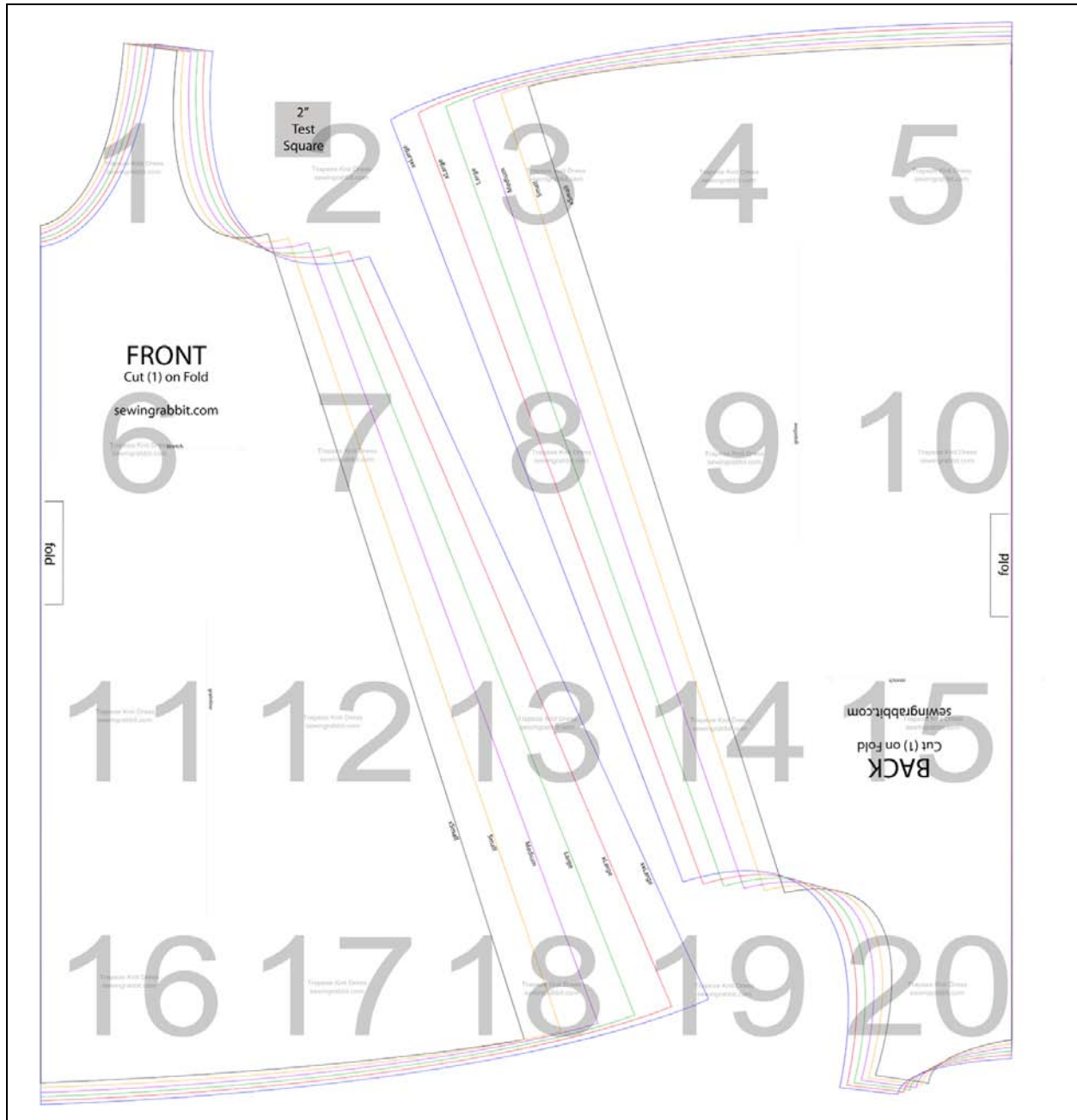
- DO NOT STRETCH AS YOU SEW!!! If you stretch as you sew, you will end up with a wavy / wonky looking seam. Adjust your presser foot to the lowest amount of pressure this will help you not to stretch as you sew! The use of a walking foot also helps.
- The use of a ball point needle is recommended to avoid skipping stitches.
- Use a zig zag stitch, stretch stitch, overlock (serger) or cover stitch when sewing.

Printing and Piecing Instructions

- All pages should be printed on standard paper. Using Adobe Reader (free to download) is recommended but may not be necessary.
- Make sure that “Auto Rotate and Center” is checked and that “Scaling” is NOT checked (scaling may be in a drop-down menu - make sure to find it and check the setting). If you have a newer version of Adobe Reader, your options might look like “Fit to Size” or “Actual Size”. If that is the case, make sure you choose “Actual Size”.

- To make sure you're printing the right size pattern, measure the 2 inch by 2 inch test square. Do your troubleshooting here so you don't print out the wrong size pages.
- If you live outside Canada or the US, print the pages to your standard paper size.
- To connect each page, trim to the grey border (do not cut the grey border off), and match up the numbers of each page with the pattern image diagram below.
- Tape the pages together.
- Once the whole pattern is printed and taped, cut along your size line according to the size chart. You may prefer to trace your size onto tracing paper and then cut it out.

PATTERN DIAGRAM:



To print out the pattern pages only, print pages: 18 - 37

Classic Trapeze Knit Dress

FIRST - cut out all pattern pieces as instructed from the fabric on the pattern pieces.

We will be using bias tape for the facings on this dress.

1. From the left over knit fabric, cut (3) 1.25" wide strips on a 45 degree angle, or on the 'bias', approximately 25" in length each.



2. Fold the bottom edge towards the center of the wrong side of the fabric bias strip and press.

If you are having a problem with the knit fabric curling, try using a little bit of starch spray when you iron.

Repeat for all 3 bias strips and set aside.



3. Place your front and back dress right sides together, matching up shoulder seams.

Pin and sew ONE shoulder seam. Press seam open.



4. We will now be adding our bias tape facing to the neckline.



5. Pin (1) strip of bias tape right sides together around the neckline. (The folded bias tape edge should be facing up on the outer edge).

Trim off excess bias tape.

Sew around using a serger, zig zag stitch, or stretch stitch - being careful not to stretch the fabric as you sew - using a $\frac{1}{2}$ " seam allowance.



6. Fold the bias tape to the inside of the dress, so that it does NOT show on the outside and so that the folded bias tape edge is secured in the middle of the bias tape and the dress.

Press around the neckline seam so that it remains nice and flat. Pin and sew using a coverlock stitch, long straight stitch, or stretch stitch.

Double needle is also a nice way to finish the neckline if you have one.



7. Place the front and back of the dress right sides together, matching up the other shoulder seam. Pin and sew.

Press seam towards the back.



8. Sew seam down on the shoulder to secure.



9. Repeat the bias tape facing method, which we just used in the previous neckline steps, around both armsyces.



10. Fold the dress right sides together matching up the side seams.

Pin and sew.

Press seam to the back, and edge stitch the side seam down 1" below the armsyce to secure in place.



11. Try the dress on to ensure proper hem length.

Turn hem under ¼" towards wrong side and press. Press again ¼" and sew using a stretch stitch, zig zag stitch, coverlock or double needle.



And you are finished!

Twist Neck Variation



Please note - this variation is NOT for the faint of heart. We will be going over some difficult sewing instructions, but you CAN do it! Let's get started...

You will need to print out (2) Front Pattern pieces, and (1) Back Pattern piece.

****DO NOT CUT FABRIC YET!****

1. Place (2) Front Paper Pattern Pieces right next to each other.



2. Flip one front pattern over, so that the wrong side is facing up, and match up the fold line in the center.

Tape together at the center, giving you one whole front pattern piece.



3. Using your rotary cutter, Cut an arc down the front pattern.

Starting at the lower half of the front armsyce, curving towards the front neckline (about 1" below neckline), continue down to the hem.



4. Now, using your rotary scissors again, take the piece that you just cut away from the front bodice (the piece without the neckline), and cut another arc from the top going down in the opposite direction.

It should look like a giant curved triangle in the middle.

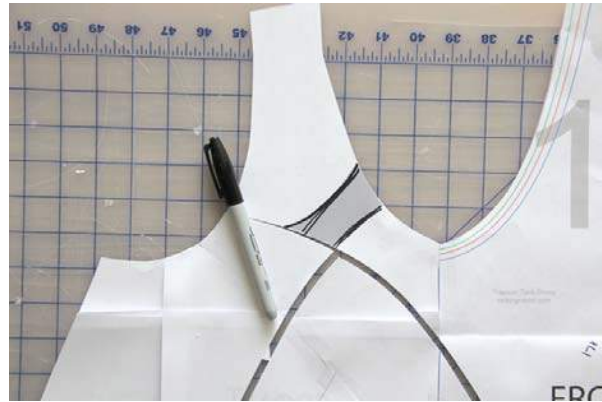
Let's title these 3 pieces as Front 1, Front 2, and Front 3. This will make it easier to explain in the following steps.



5. On the 'Front 3' pattern piece, at the neckline where 'Front 1' touches, draw 2 connecting lines from 'Front 1' to the neckline.

I shaded the area grey on the photo to your right for easier visibility.

We will be using this as an additional pattern piece.



6. Place a piece of paper on top of your drawn piece (the shaded grey area), and using a marker - copy around the drawn lines.

Do this twice, and cut out both pattern pieces.



7. Take (1) of your new cut pattern shapes, and tape it to the top right corner of 'Front 1'. (The shaded grey piece on the image to your right).



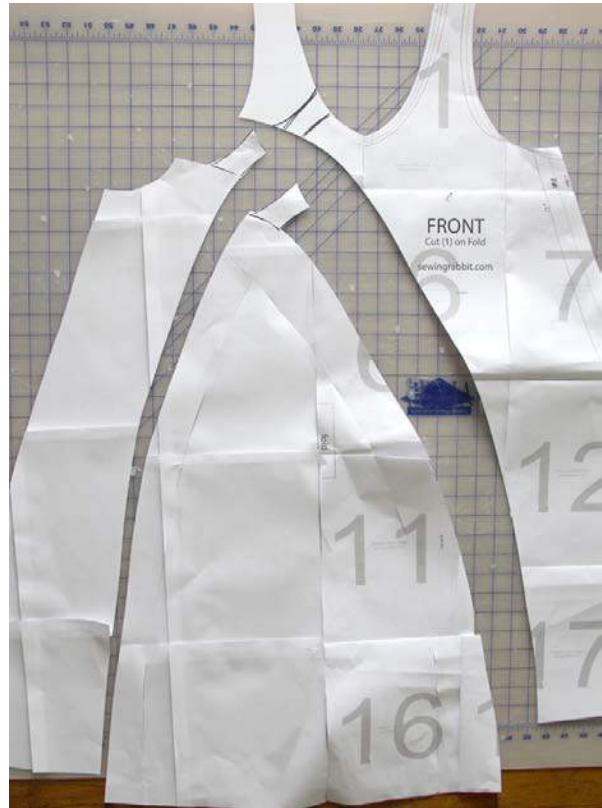
8. Take your other new cut pattern piece, and place it on the top right corner of 'Front 2'.

You should now have your two tabs coming out of the top of both pattern pieces Front 1 & Front 2.



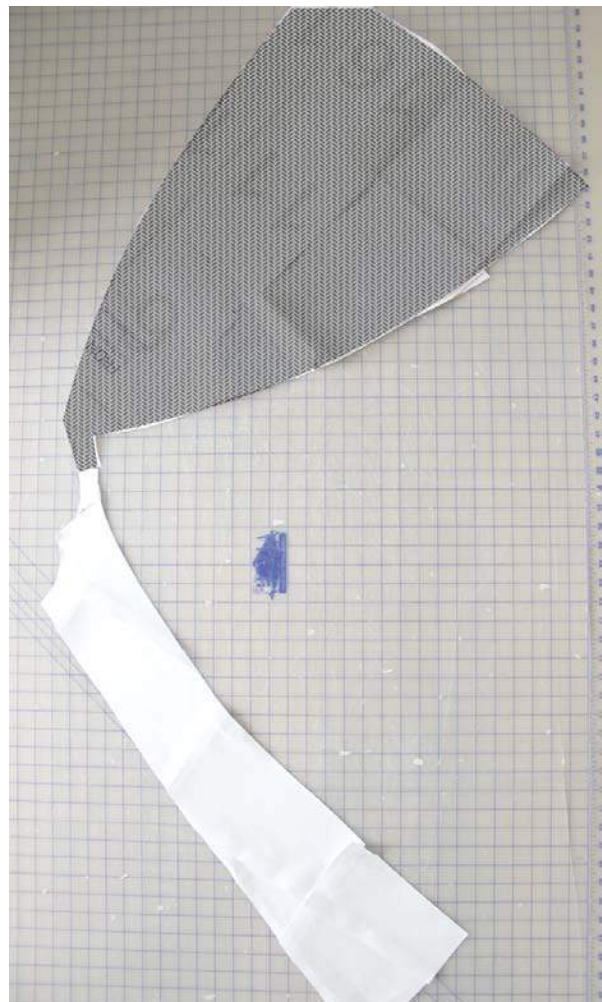
Here is what your 3 Front Pattern pieces should all look like as of now.

These are all right sides up. Please pay attention in the next step, as we will be flipping one of them.



9. Flip the 'Front 2' Pattern piece so that it is wrong side up.

Attach 'Front 2' to 'Front 1' at the new connected tab ends, with Front 2 above.

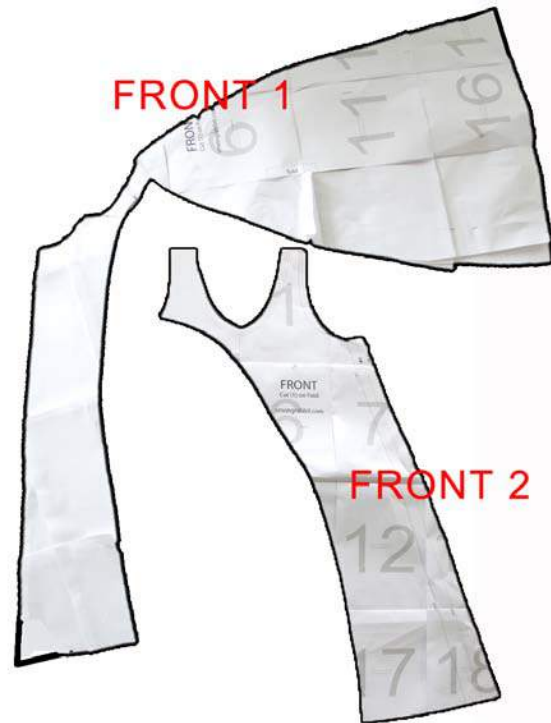


These are your new front pattern pieces.
We will give them new Pattern names (see the image on the right).

Cut (1) of each Front pattern piece.

Cut (1) of the Back pattern on the fold as normal.

Cut out bias strips and iron as instructed in the Classic Dress Steps 1 thru 2.



- 10.** Place your Back and Front 2 pattern piece right sides together, matching up shoulder seams. Pin 1 shoulder, and sew.

LEAVE THE OTHER SHOULDER UNSEWN.

Press open seam.



- 11.** Add bias tape facing to neckline and finish sewing other shoulder seam, as instructed in the Classic Dress Steps 5 thru 8.



- 12.** We will now be attaching Front 1, to the Front 2 pattern piece. Match up the armsyce where we initially cut it in half on the front pattern pieces.



- 13.** Flip up the Front 1 pattern piece, matching up the upper curve (NOT the armsyce, but rather just to the right of the armsyce), and sew the fabric together for about 3 - 4" - using a 1/4" seam allowance.



- 14.** Press open seam.



- 15.** Flip the other side of the Front 1 pattern up and over the neckline, twisting it as you flip so that the right side of the fabric remains facing up.



16. It should now look like this.

We will be sewing the front pieces together now at the arced sides (at the arrows).



17. Flip the Front 2 side over the Front 1 arced triangle center, so that they are right sides together, matching up the seams. Pin and sew, getting as close to the top knot / flip as possible.

Repeat for the other side of the arced triangle, and the other side of the Front 1. Pin and sew, getting as close to the top knot / flip as possible.

Press seams open.



18. You should now have a completed front pattern piece, with the flip / twist in place at the neckline.

Continue sewing the pattern together as instructed in the Classic Version, Step 9 thru 11.



Consider yourself a total sewing rockstar.