

# *Brunch in Paris* COWL DRESS

*Whether it's at a sidewalk café  
in the City of Lights or in your  
own town, you'll find plenty  
of opportunities to wear this  
beautifully draped cowl dress  
from sewing pro Tanya Whelan*

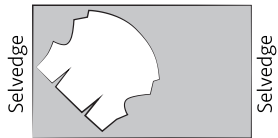


**Sew Many Dresses, Sew Little Time: The  
Ultimate Dressmaking Guide** by Tanya  
Whelan is a fantastic spiral-bound pattern  
workbook. £21.99, published by Potter  
Craft, [www.gmcdistribution.com](http://www.gmcdistribution.com)

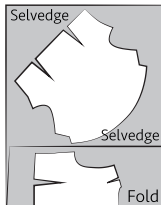


BRUNCH IN PARIS COWL DRESS

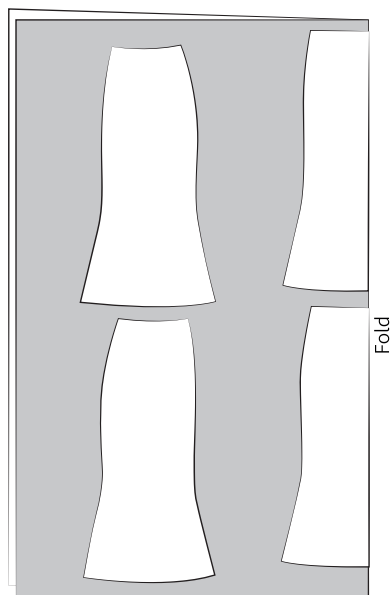
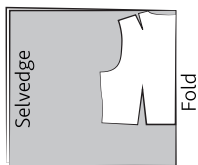
Cutting layouts



45" (114cm), sizes 1-12  
60" (142.5cm), sizes 9-12



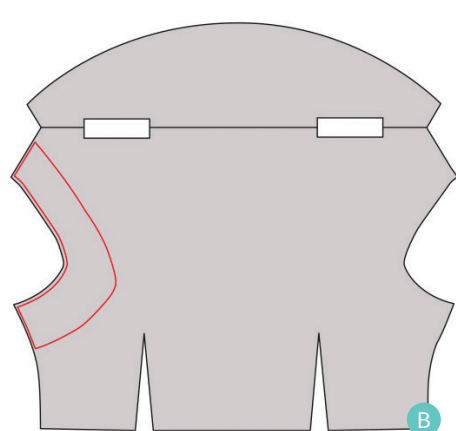
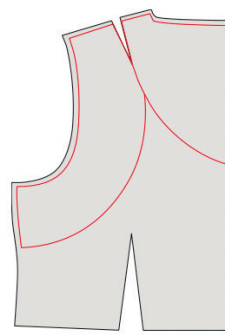
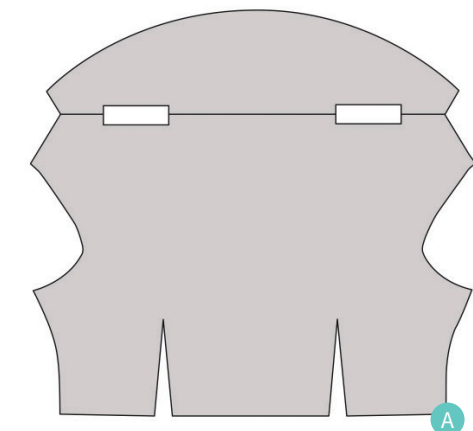
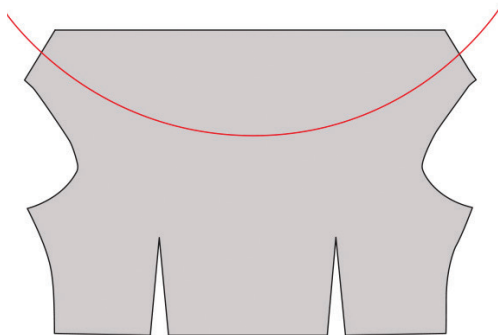
60" (152.5cm), sizes 1-8



размеры в дюймах

SIZING

| Inches | Bust | Waist | Hip |
|--------|------|-------|-----|
| 1      | 32   | 24    | 34  |
| 2      | 33   | 25    | 35  |
| 3      | 34   | 26    | 36  |
| 4      | 35   | 27    | 37  |
| 5      | 36½  | 28    | 28½ |
| 6      | 38½  | 30½   | 40½ |
| 7      | 40½  | 32½   | 42½ |
| 8      | 42½  | 34½   | 44½ |
| 9      | 44½  | 36½   | 46½ |
| 10     | 46½  | 38½   | 48½ |
| 11     | 48½  | 40½   | 50½ |
| 12     | 50½  | 42½   | 52½ |



Skill level ♥♥

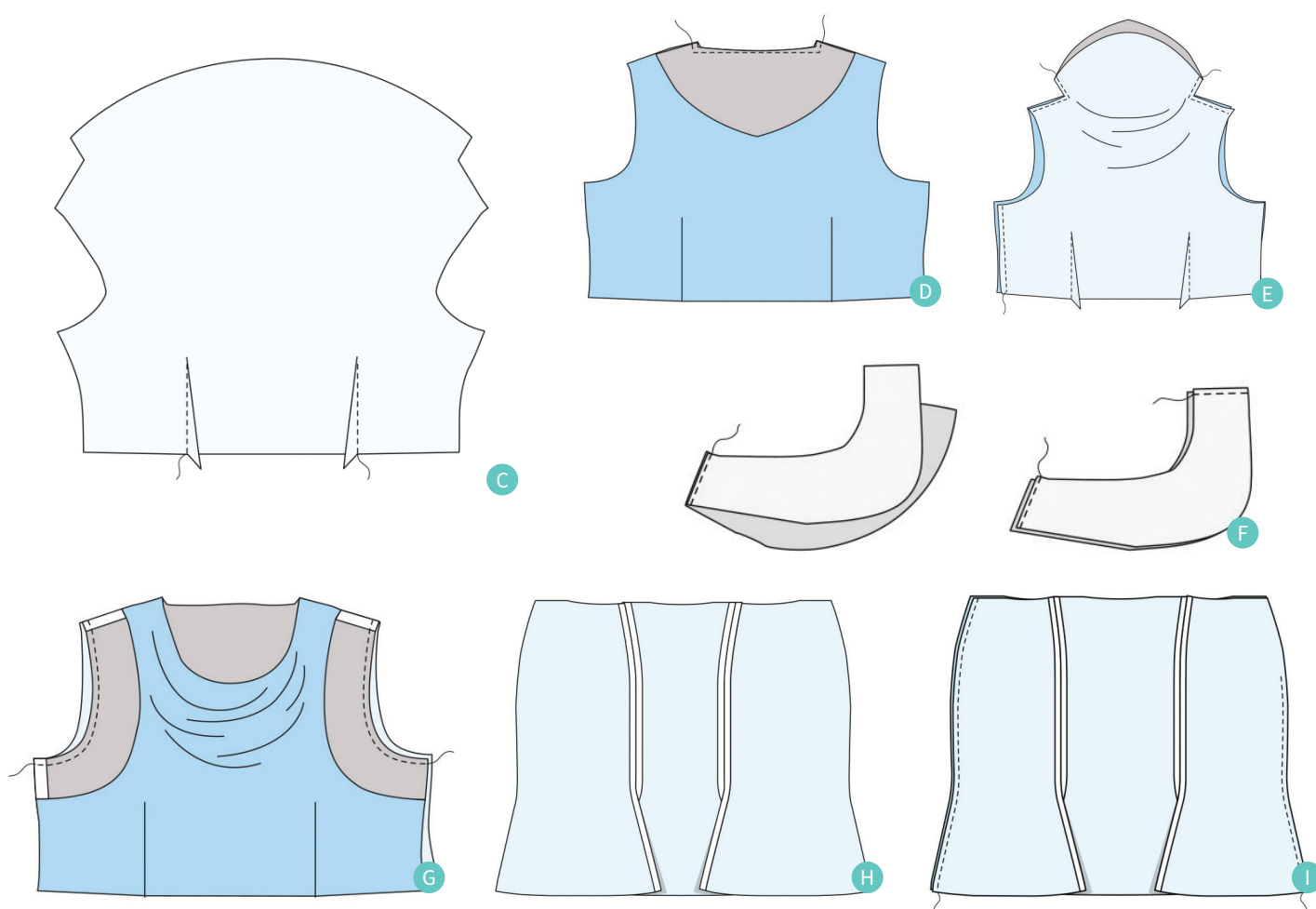
MATERIALS:

- ♥ 4m 45"-wide fabric or 3m 60"-wide fabric
- ♥ invisible zipper (the length of the zipper should be the length of the bodice side seam plus 8")
- ♥ co-ordinating thread

How to make:

- 1 Trace the cowl front pattern from the template on a large sheet of paper. Flip it over, align the centre fronts and trace again to make a mirror image.
- 2 Make an extended facing pattern for the cowl neckline by tracing the top portion of the Cowl pattern as shown below. Cut out the tracing and tape the extension to your mirrored pattern as shown. (See Pic A.)
- 3 Make the back and front armhole facings by tracing the front and back bodices as shown to within 1–3mm of the armhole curve. This will help the facing roll to the inside of the finished garment. Make the back neckline facing by tracing the back neckline of the pattern as shown again, making sure to trace to within (1–3mm) of the neckline. (See Pic B.)

- 4 Cut out your fabric using the layplans above.
- 5 Interface the WS of the armhole and back neck facing pieces according to the manufacturer's instructions.
- 6 Sew the front darts of the cowl and press them toward the centre. (See Pic C.) Repeat for the four bodice back darts.
- 7 With RST, sew the back neck facing to the back bodice and press seam open. (See Pic D.)
- 8 Sew the front cowl bodice to the back bodice at the shoulder, the pieces should be RST and the facing placed as shown. (See Pic E.) Sew one side seam, leaving the other side open for the zipper. Press the seam open.
- 9 With RST, sew the armhole facings together at the shoulder. Sew one pair at the under arm seam as well, but make sure the facings with the open under arm are for the same side as the open side seam of the bodice. Press the seams open. (See Pic F.)
- 10 With RST, sew the armhole facings to the bodice. (See Pic G.) Grade the seams and clip



the curves, then under-stitch (so the seam allowance is attached to the facing stitching) 3mm from the seam line to stop the facing flipping out. Finish the seam allowances with a zigzag stitch if desired. Press neck and armhole facings to the inside.

**11** Now we can assemble the skirt so set your bodice to one side. With RST, sew one side front panel to the centre front panel. Repeat with the other side front panel. Press the seams open. (See Pic H.) Now you can repeat these steps for the three skirt back panels.

**12** With RST, sew the skirt front to the back along one side seam. Sew the other side seam to within (20.5cm) of the waist to leave room for the zipper. Make sure to leave the same side seam open for the zipper as you did on your bodice! (See Pic I.)

**13** Attach the skirt to the bodice by placing the two RST and ensuring the darts match the princess seams of the skirt.

**14** Hem by pressing the bottom edge of the skirt to the inside by 6mm. Press to the inside again by 1cm and stitch close to the folded edge.

**15** Install your invisible zip within the side seam, ensuring the top of the zip sits neatly under the arm and does not encroach on the facing.

**16** Complete the side seam by stitching above and below the installed zipper – through the hem and armhole facing. Clip where necessary and turn the armhole facing back to the inside.

*Top tip!*

*Take care when handling your bias-cut bodice, it will be surprisingly stretchy because of the way it's been cut*

## NOTES:

### >FABRIC SELECTION

The cowl bodice is cut on the bias and will work best with a fabric that has a lot of drape and not much stiffness or body. Viscose or silk are perfect but lightweight cotton will also work.

### >SEAM ALLOWANCES

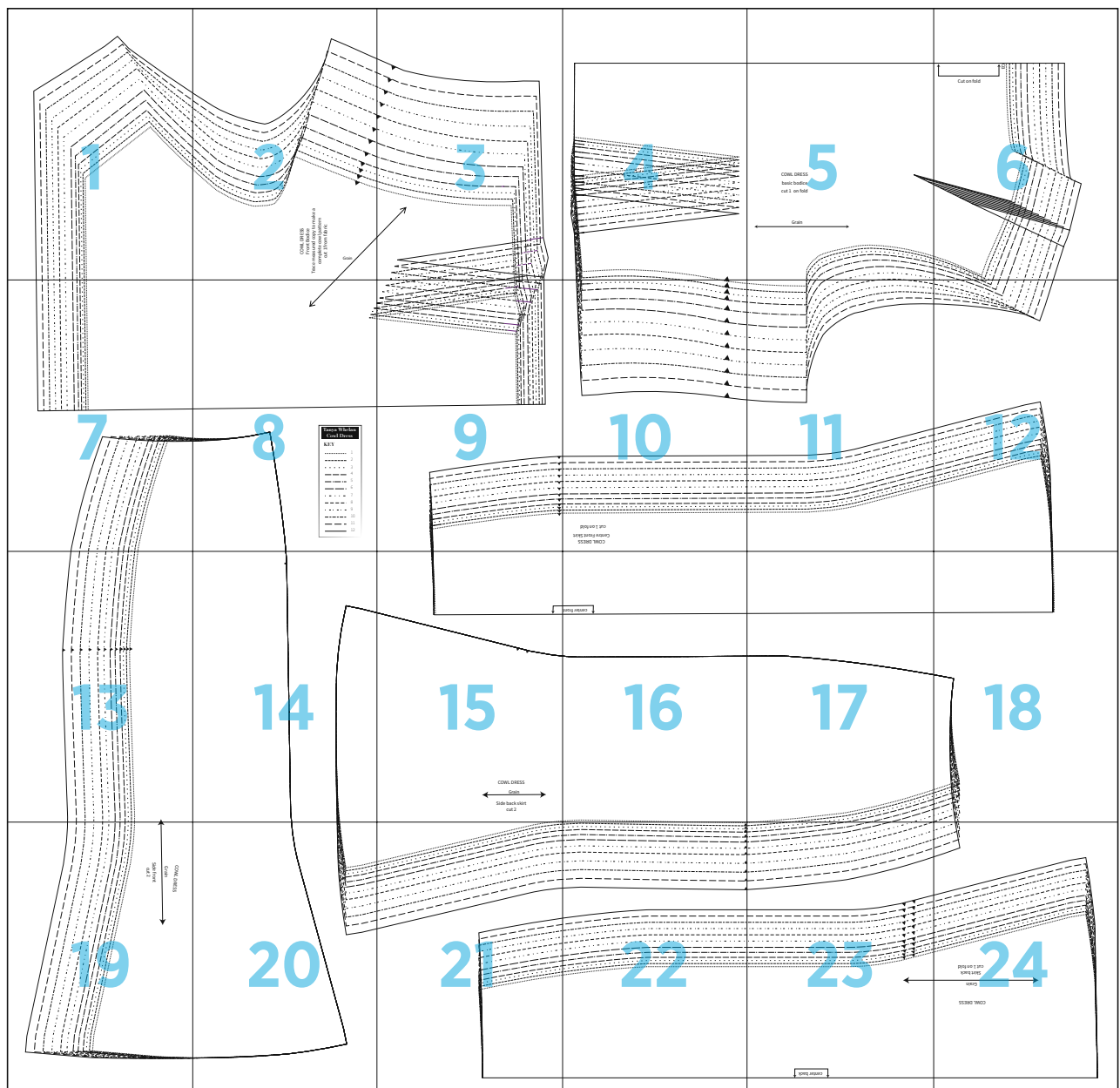
Use a  $\frac{5}{8}$ " (1.5cm) seam allowance.

If you make it with a back zipper instead of a side zipper, you will need to add a  $\frac{5}{8}$ " (1.5cm) seam allowance to the centre back of the pattern and cut 2 instead of 1 on the fold.

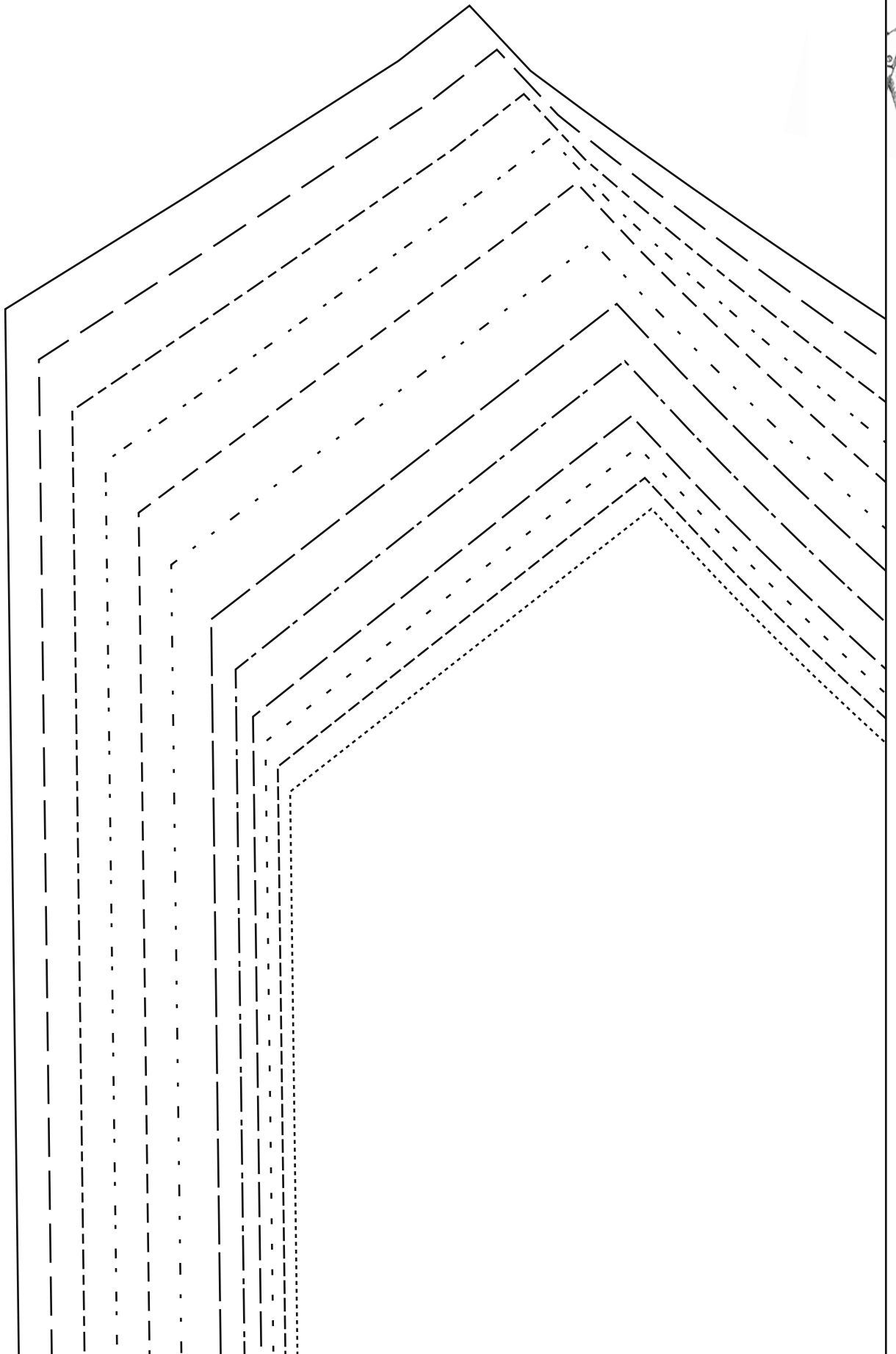
### >TRUE BIAS

Bias garments like the front cowl are cut from a whole as opposed to half pattern. They are not cut on a fold. On the pattern sheet, the front cowl bodice is cut in half to save space. You will need to trace it and tape it together to make a whole pattern.

# Brunch in Paris Cowl Dress



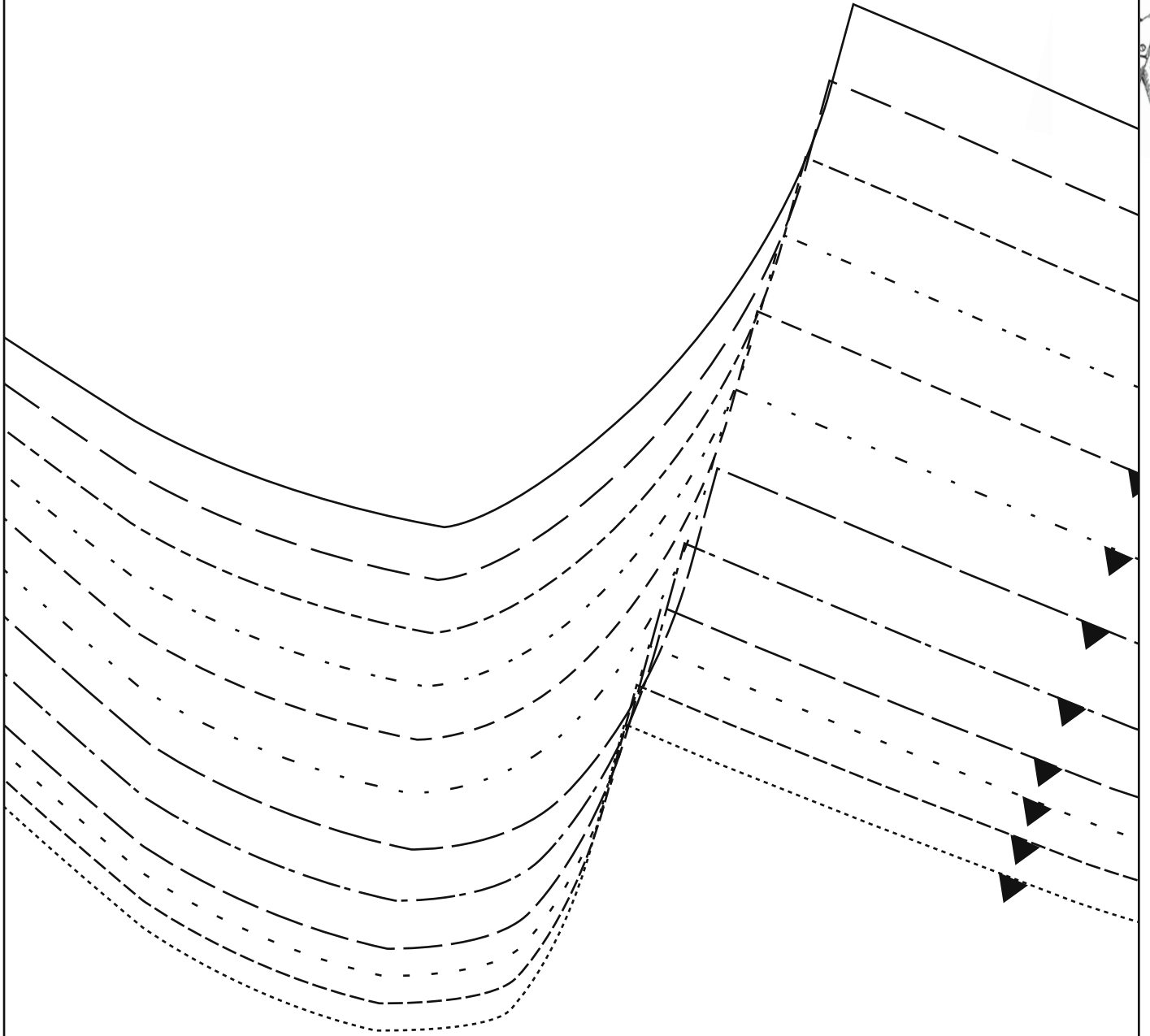
1



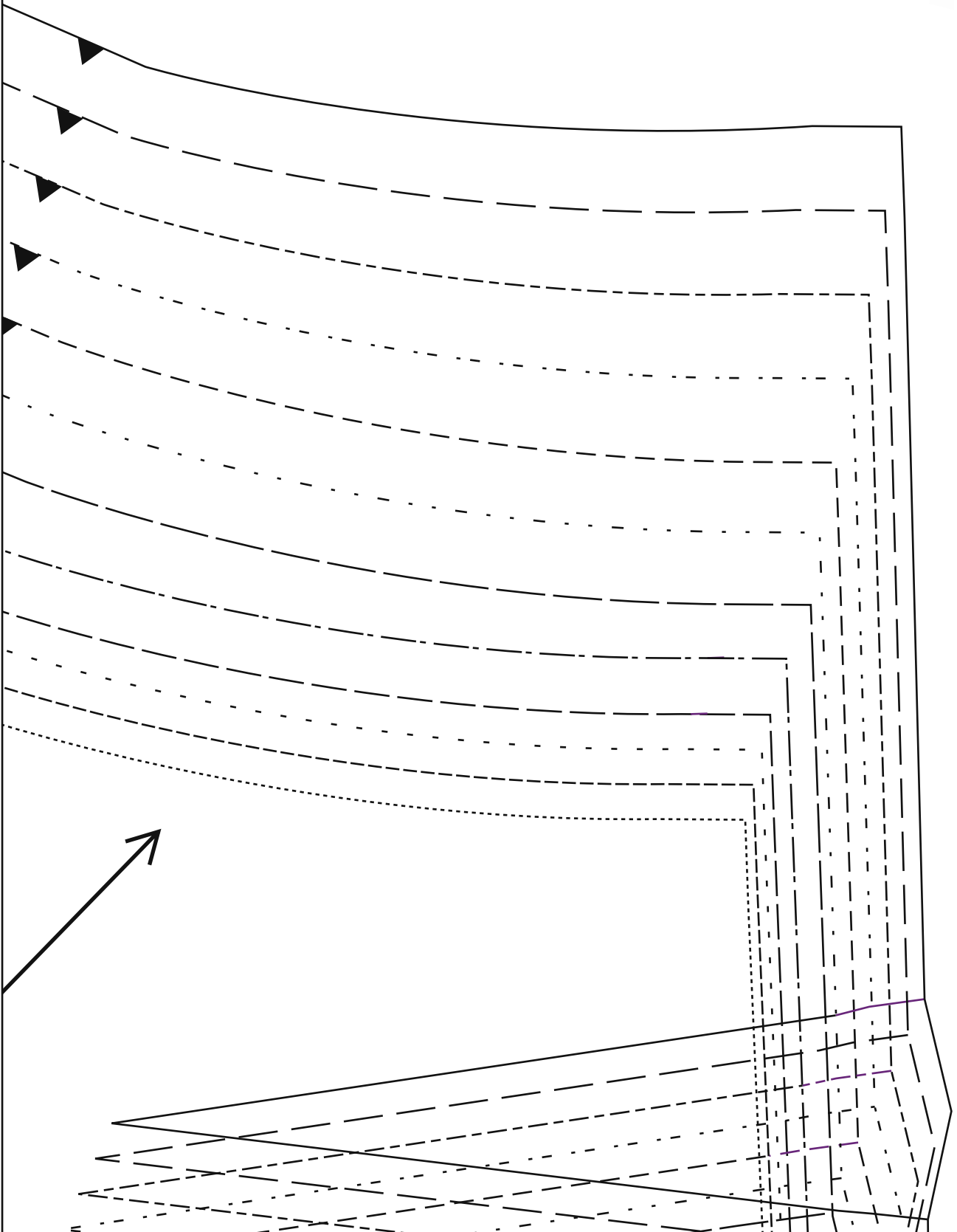
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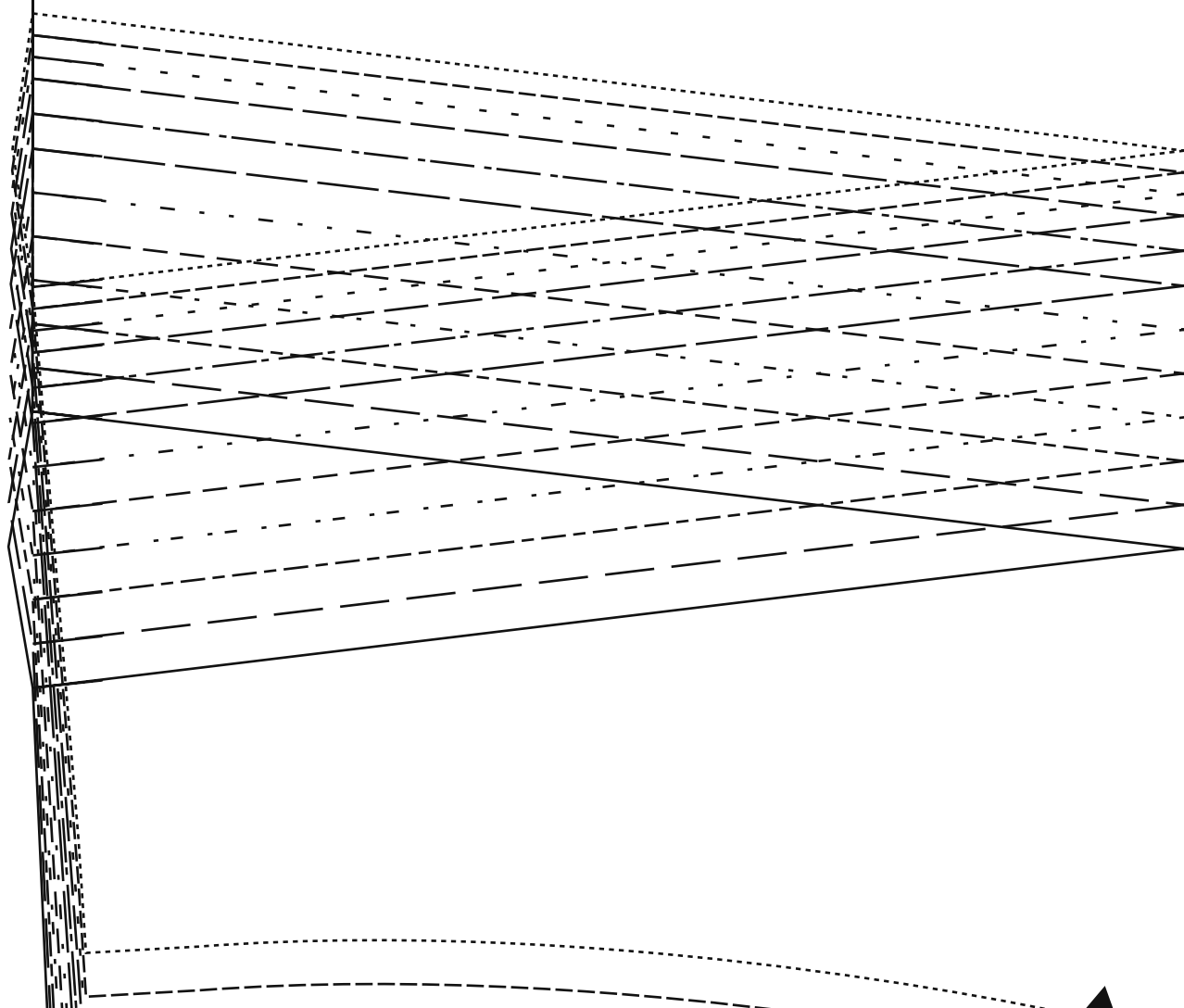
COWL DRESS  
Front Bodice  
Trace measured copy to make a  
complete cowl pattern  
cut 1 from fabric

Grain



3

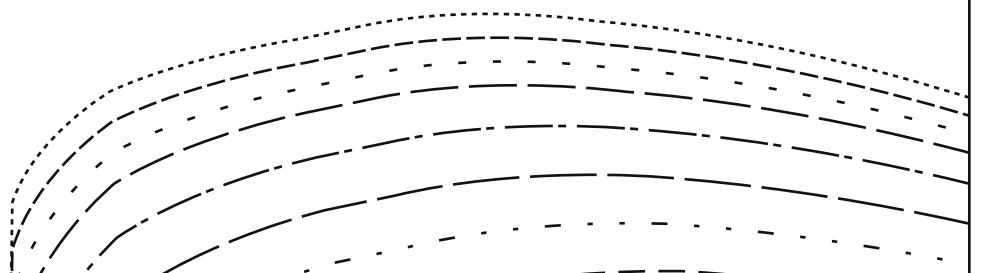
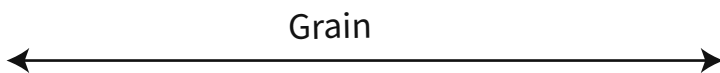




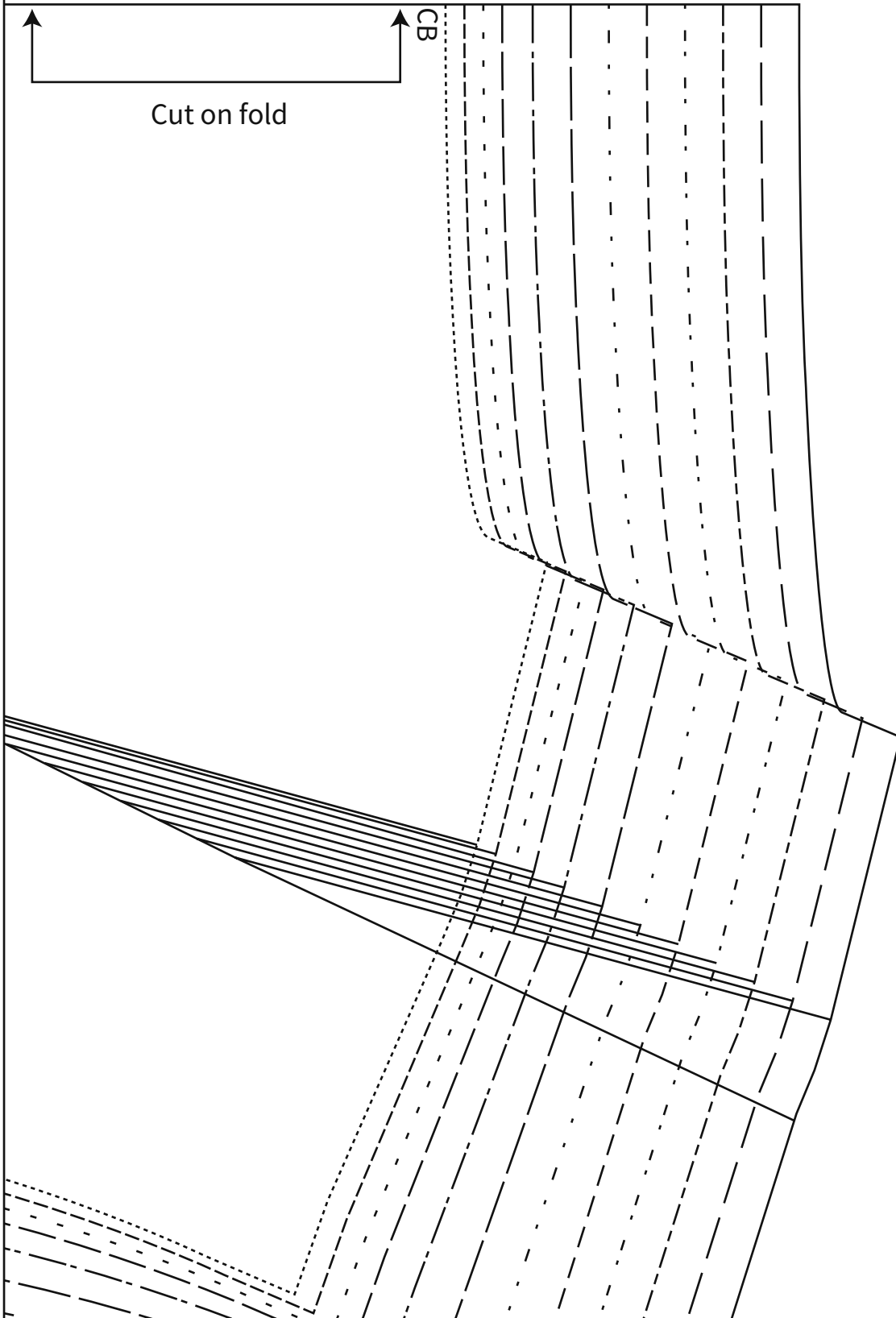
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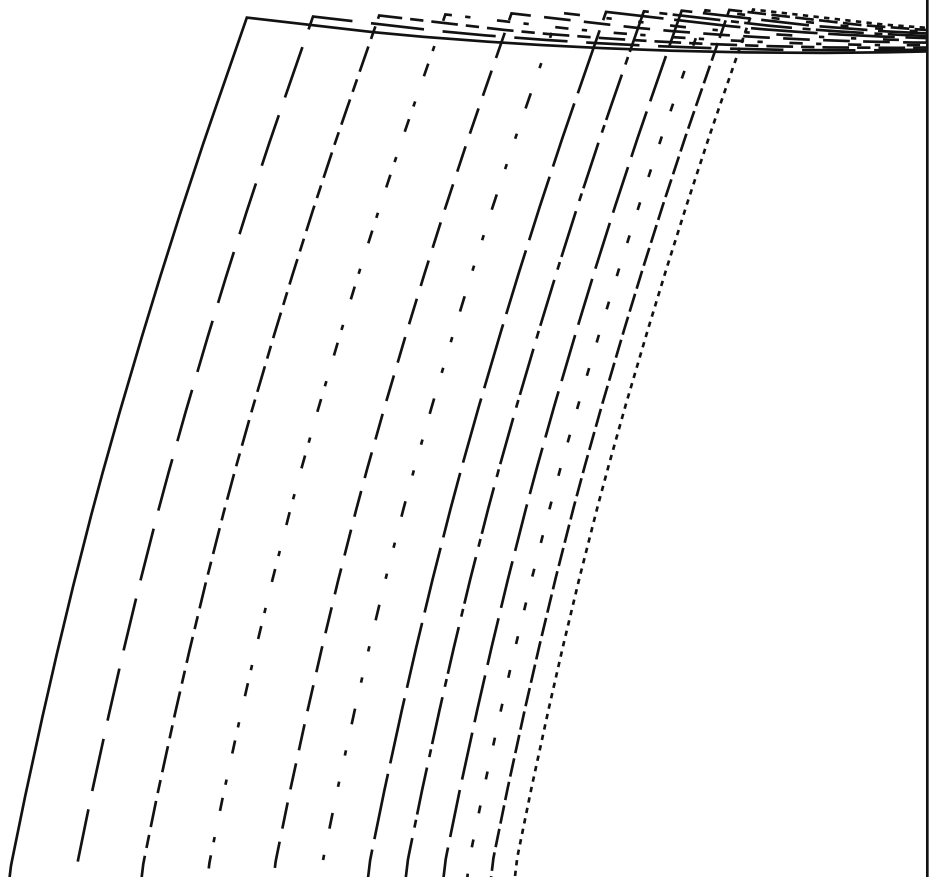
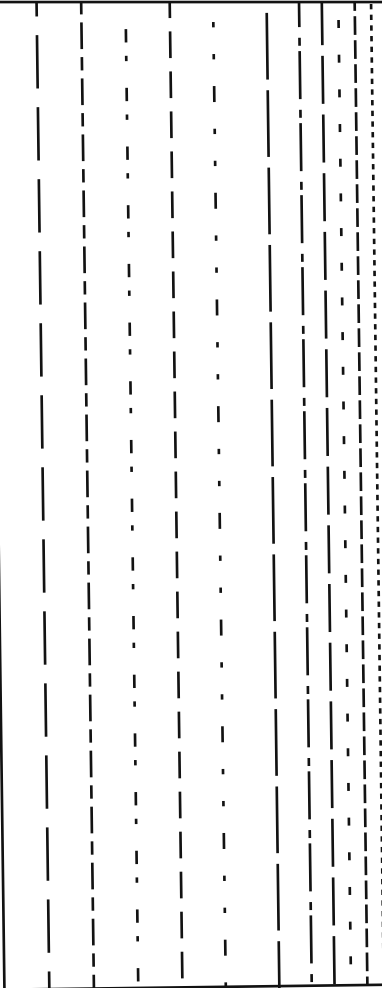
COWL DRESS  
basic bodice  
cut 1 on fold

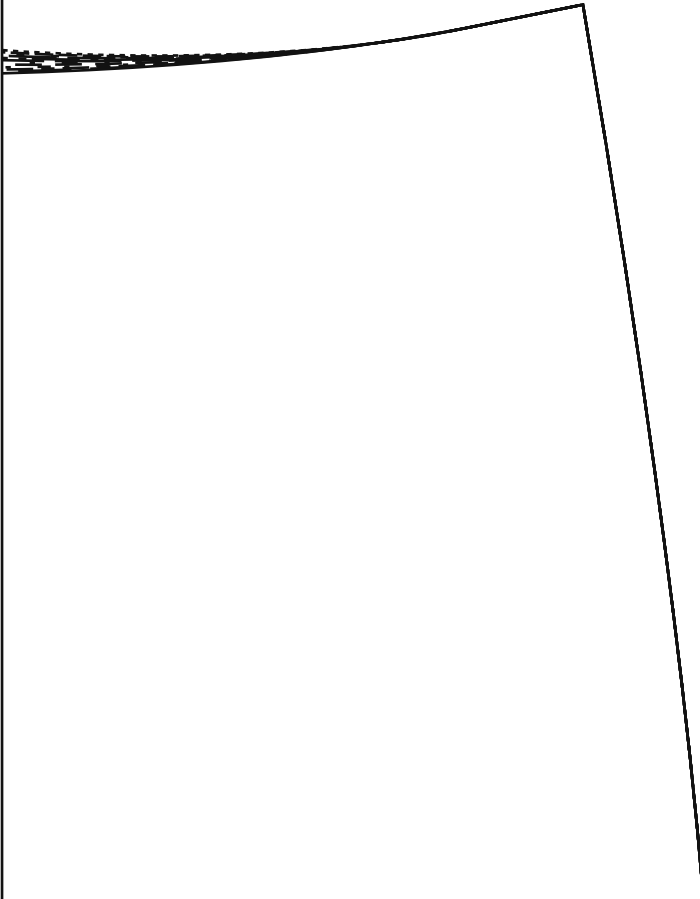
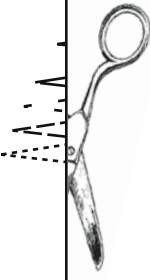
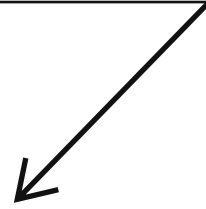


6



7



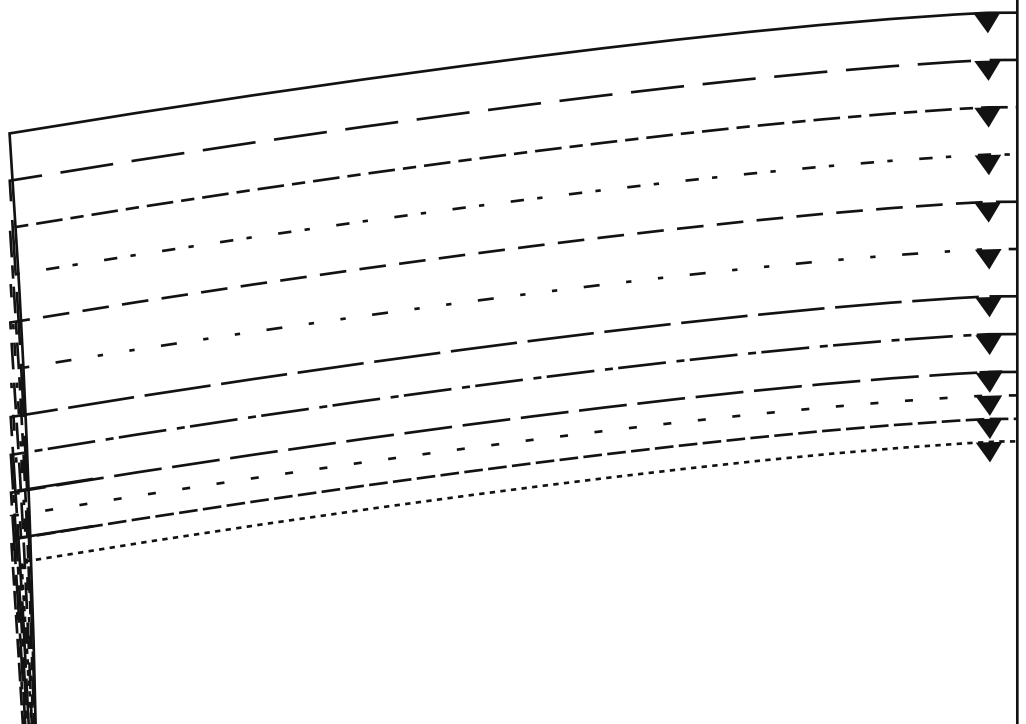
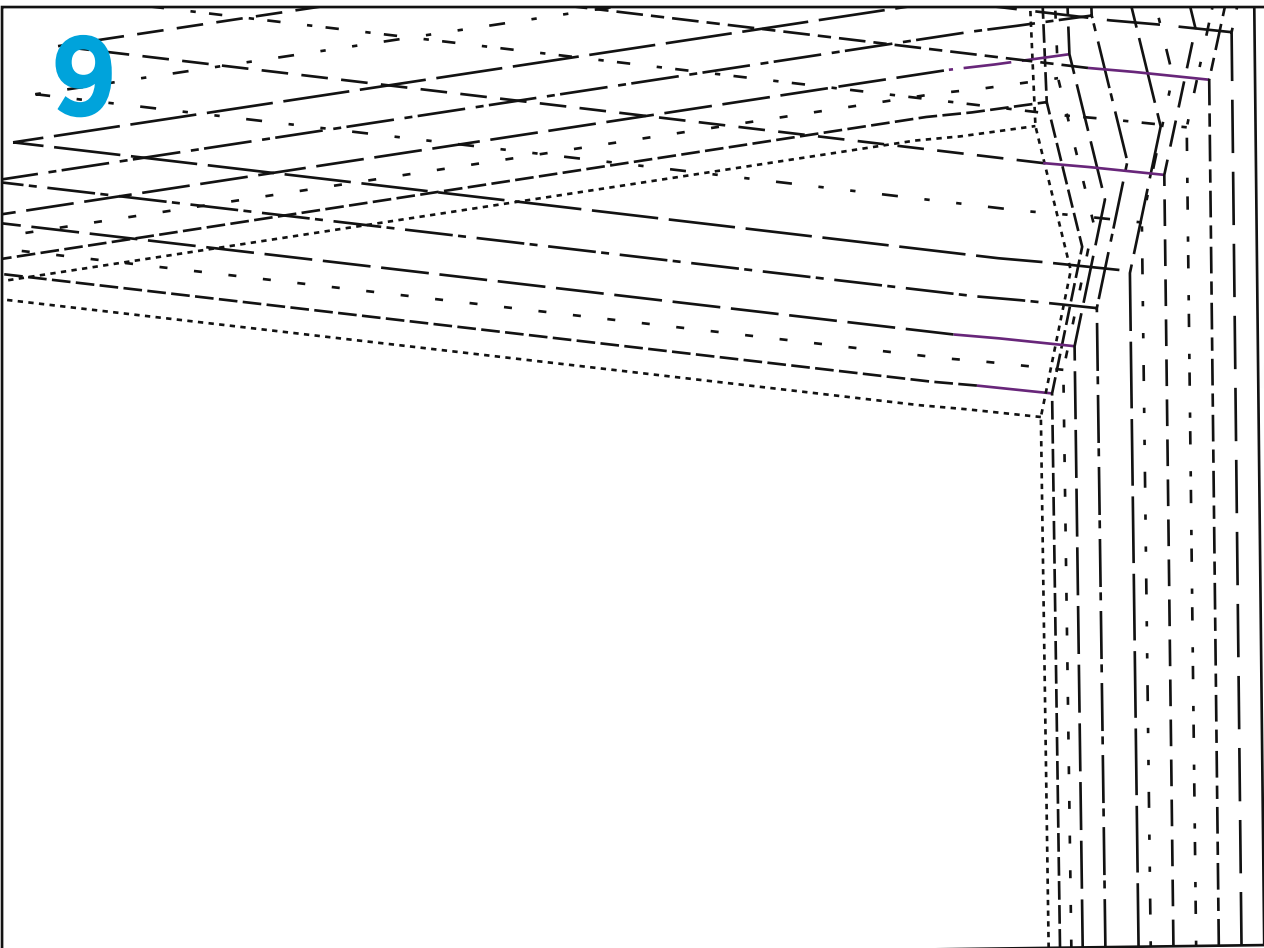


# **Tanya Whelan Cowl Dress**

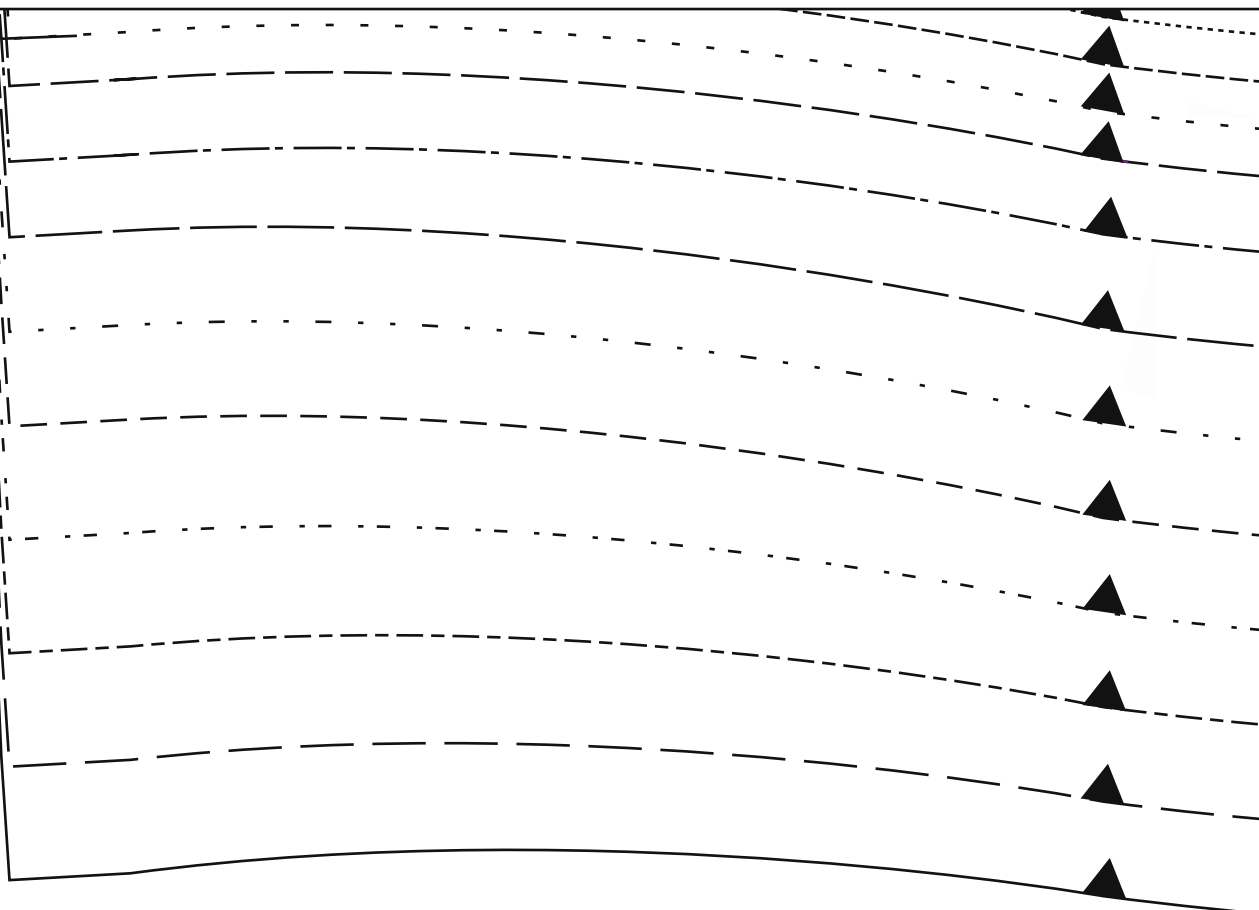
## **KEY**

|             |    |
|-------------|----|
| .....       | 1  |
| -----       | 2  |
| - - - - -   | 3  |
| ___ ___     | 4  |
| ___ . ___   | 5  |
| ___ ___ .   | 6  |
| . - . - .   | 7  |
| ___ . ___ . | 8  |
| . - - - -   | 9  |
| ___ . ___ . | 10 |
| ___ . ___ . | 11 |
| _____       | 12 |

9



10



COWL DRESS  
Centre Front Skirt  
cut 1 on fold

11









15



COWL DRESS

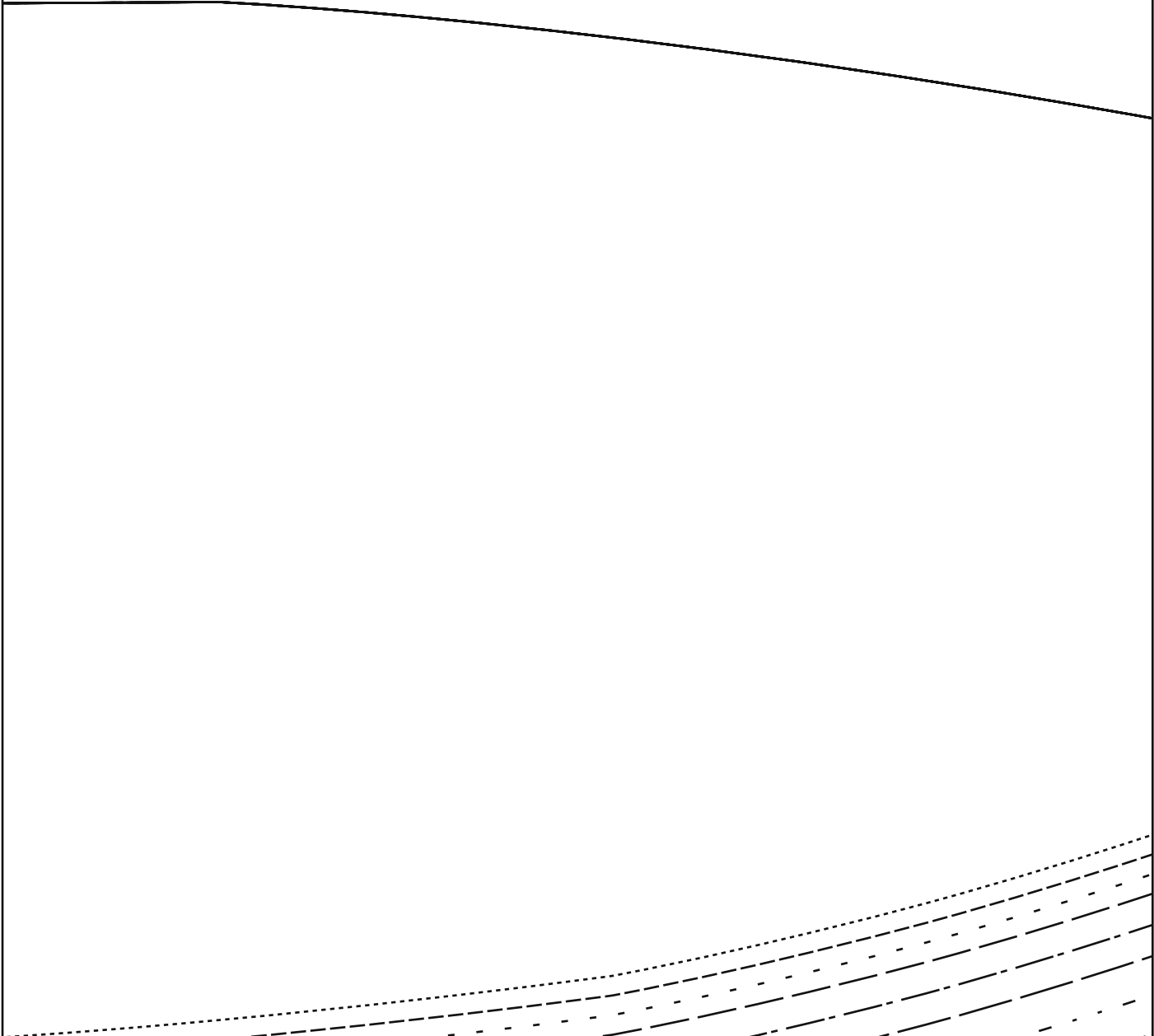
Grain

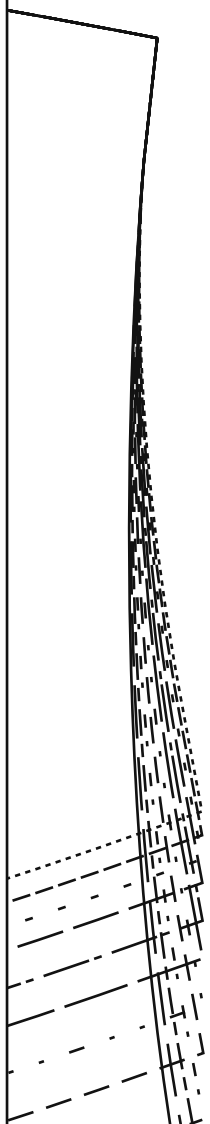
Side back skirt  
cut 2



center front





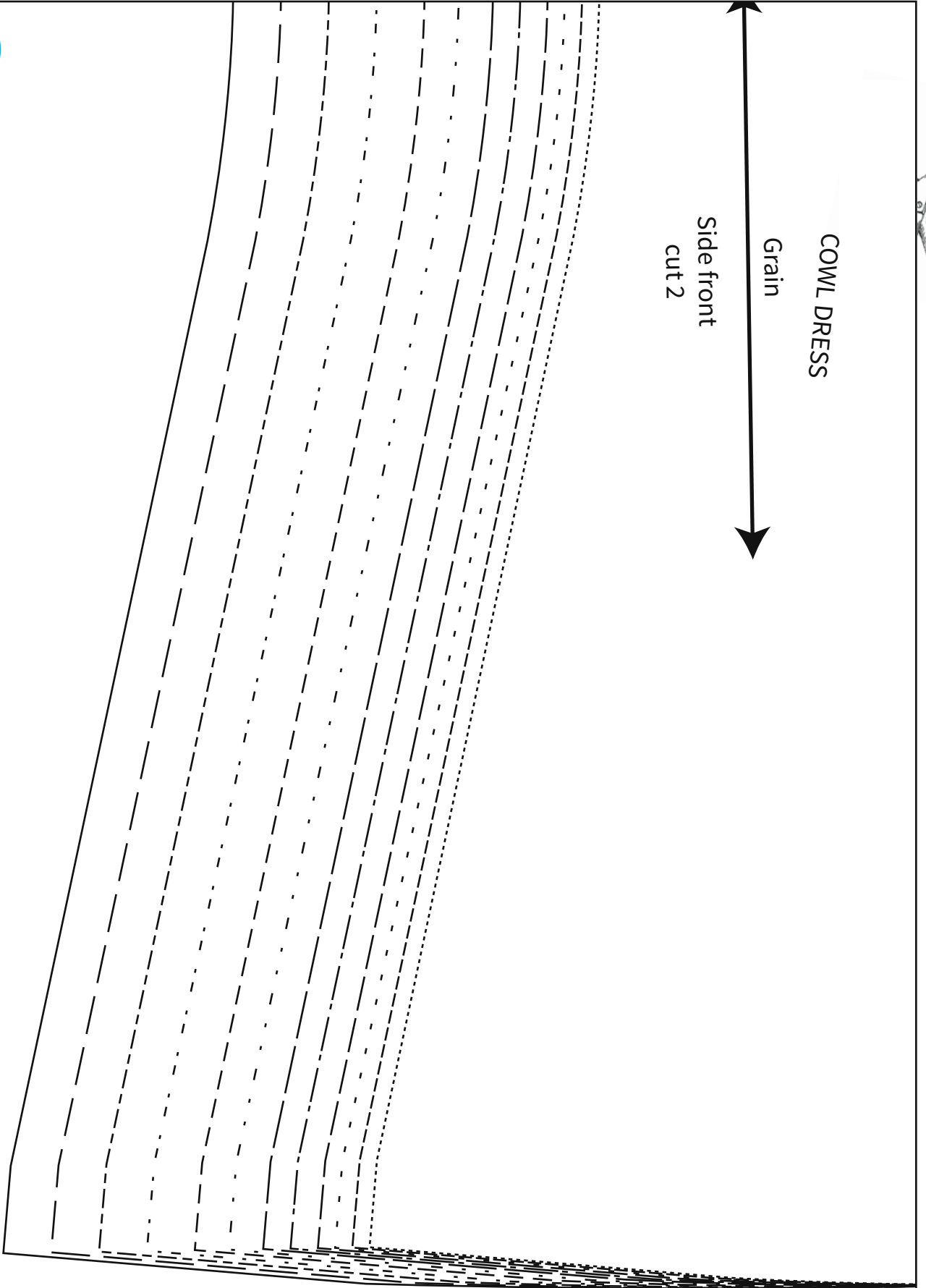


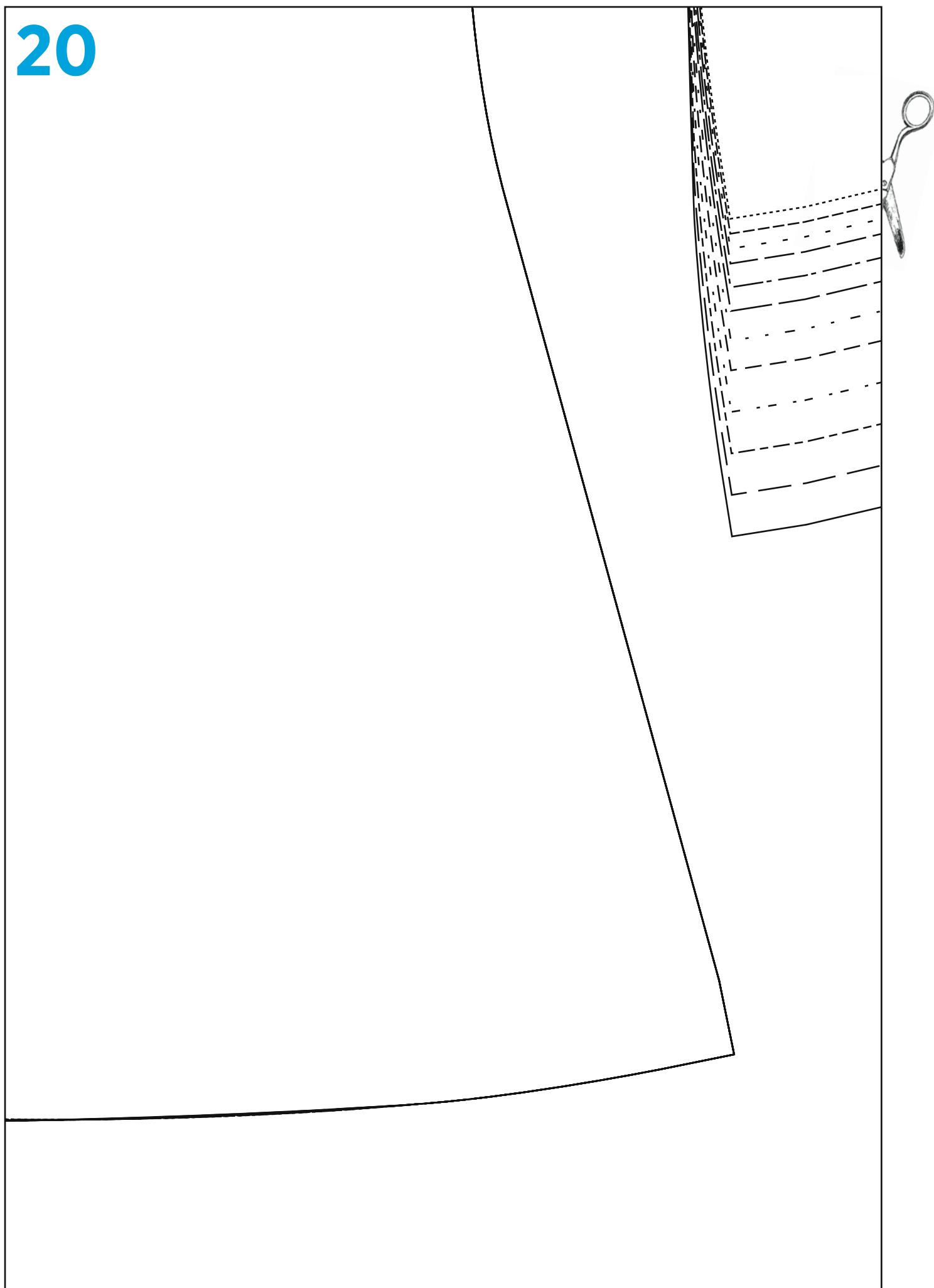


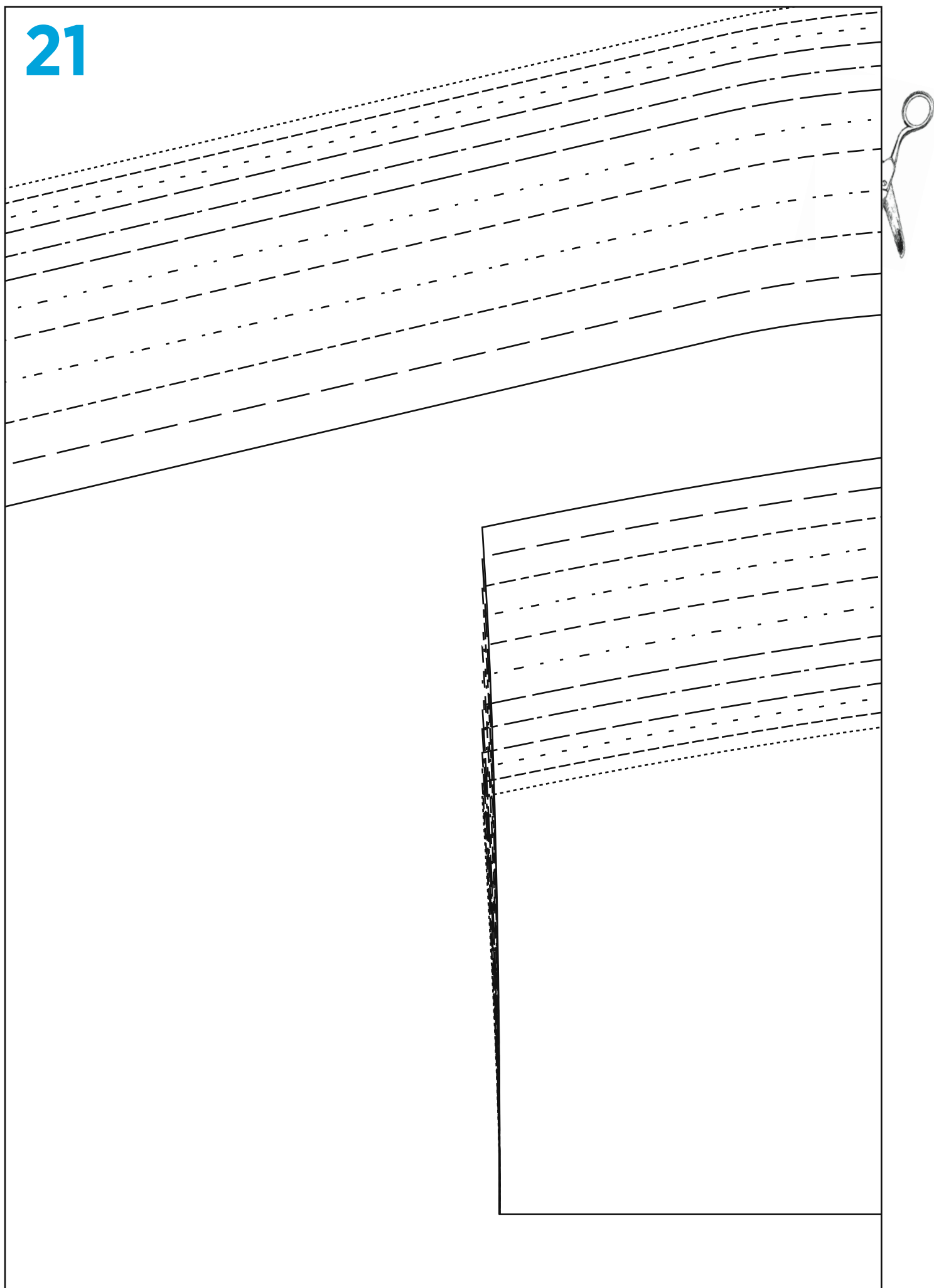
COWL DRESS

Grain

Side front  
cut 2









23



center back



Skirt back  
cut 1 on fold

Grain

COWL DRESS