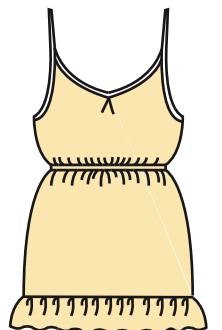
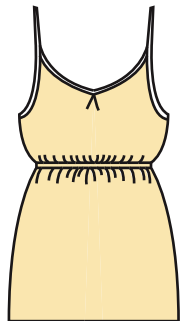
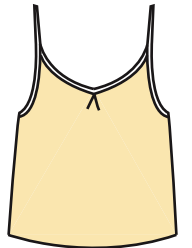
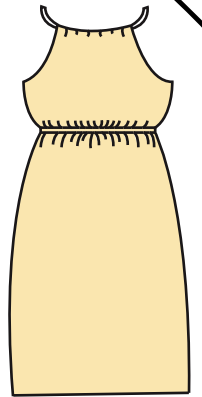


# Simply Lovely Dress

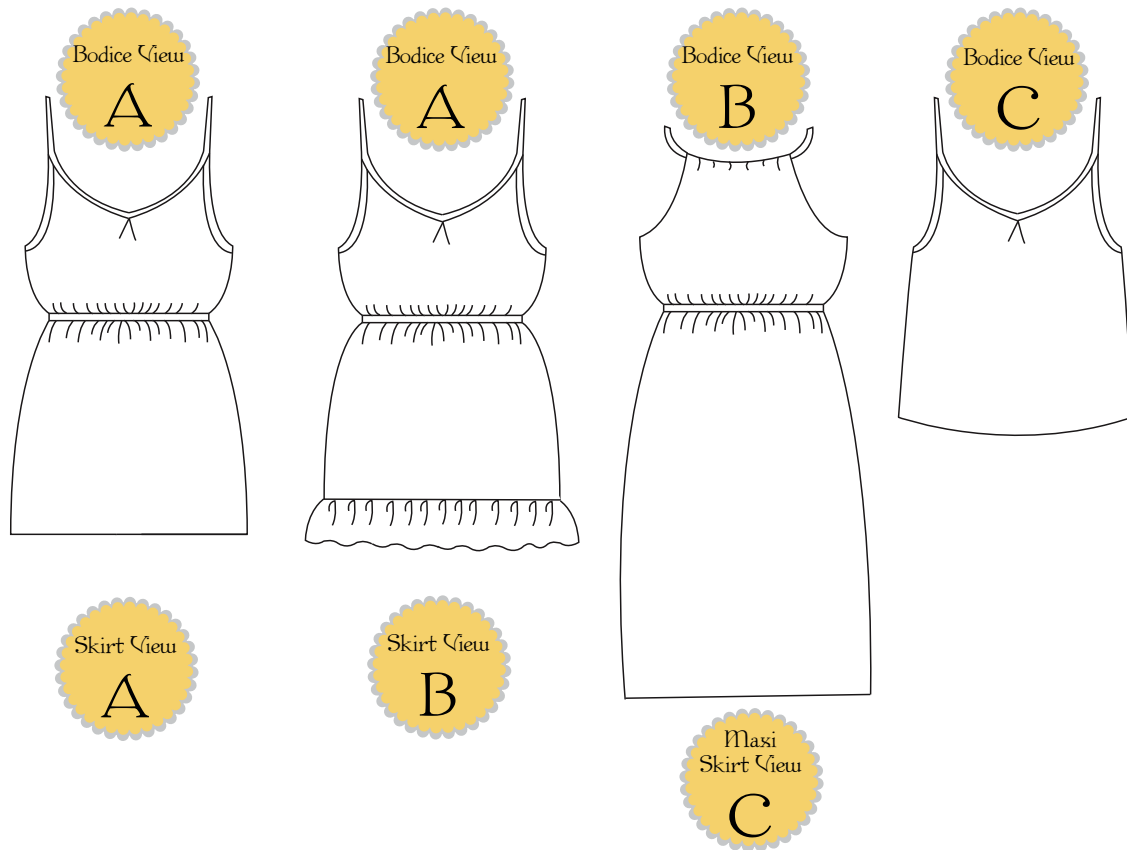
simple.lovely.



XXXS-XL  
Teens & Women

Go To Patterns

# Simply Lovely Dress



**Size Chart:** Dress can be customized top & bottom to fit your unique shape.

| Size | Bust (not bra measurement) | Hips   |
|------|----------------------------|--------|
| XXXS | 28-30"                     | 29-32" |
| XXS  | 30-32"                     | 32-35" |
| XS   | 32-34"                     | 35-37" |
| S    | 34-36"                     | 37-39" |
| M    | 36-38"                     | 39-41" |
| L    | 38-40"                     | 41-43" |
| XL   | 40-42"                     | 43-45" |

*The Simply Lovely Dress is the perfect dress for beginners and experienced sewists alike. With a small number of pattern pieces and easy construction methods this is sure to be a favorite to sew. This dress is easy fit and wear. A no fuss, flattering dress for all sizes. Easily customizable for the bodice and skirt you'll be able to sew a dress that fits you well. The elastic waistband falls above the natural waist and works well with or without a belt.*

## Fabric Selection

The Simply Lovely Dress is designed to be sewn in either a woven fabric or knit/stretch fabric. Choose a fabric that is lightweight, drapes well and is not stiff. Bias should be woven fabric, not knit.

**Fabric Amounts~** for fabric narrower than indicated, double amount required

| <b>Size</b> | <b>Bodice 44"</b><br><b>fabric</b> | <b>Skirt A</b>         | <b>Skirt B</b>           | <b>Skirt C</b>           | <b>Tank Top</b>        |
|-------------|------------------------------------|------------------------|--------------------------|--------------------------|------------------------|
| XXXS        | 1/2 yard 44"<br>fabric             | 2/3 yard 44"<br>fabric | 1 1/4 yard 44"<br>fabric | 3/4 yard 50"<br>fabric   | 1/2 yard 42"<br>fabric |
| XXS         | 12 yard 44"<br>fabric              | 2/3 yard 44"<br>fabric | 1 1/4 yard 44"<br>fabric | 3/4 yard 55"<br>fabric   | 1/2 yard 42"<br>fabric |
| XS          | 1/2 yard 44"<br>fabric             | 2/3 yard 44"<br>fabric | 1 1/4 yard 50"<br>fabric | 3/4 yard 60"<br>fabric   | 1/2 yard 42"<br>fabric |
| S           | 1/2 yard 44"<br>fabric             | 2/3 yard 50"<br>fabric | 1 1/4 yard 50"<br>fabric | 3/4 yard 60"<br>fabric   | 1/2 yard 42"<br>fabric |
| M           | 1/2 yard 45"<br>fabric             | 3/4 yard 50"<br>fabric | 1 1/4 yard 55"<br>fabric | 3/4 yard 60"<br>fabric   | 1/2 yard 42"<br>fabric |
| L           | 1/2 yard 50"<br>fabric             | 3/4 yard 55"<br>fabric | 1 1/4 yard 55"<br>fabric | 1 1/2 yard 44"<br>fabric | 1/2 yard 42"<br>fabric |
| XL          | 1/2 yard 50"<br>fabric             | 3/4 yard 55"<br>fabric | 1 1/4 yard 58"<br>fabric | 1 1/2 yard 44"<br>fabric | 1/2 yard 42"<br>fabric |

## Supplies

Use knit apparel fabric or lightweight apparel fabric with drape. Quilting cotton not recommended.

Coordinating thread

1/4" elastic the length of your high waist measurement plus 1"

Woven cotton bias tape or make your own (instructions included)

## Piecing your pattern together

Print your pattern pieces. DO NOT SCALE. There is a 1" square on each page. Measure the square to ensure your printer printed the pattern accurately. Cut or fold edges back around the rectangle.

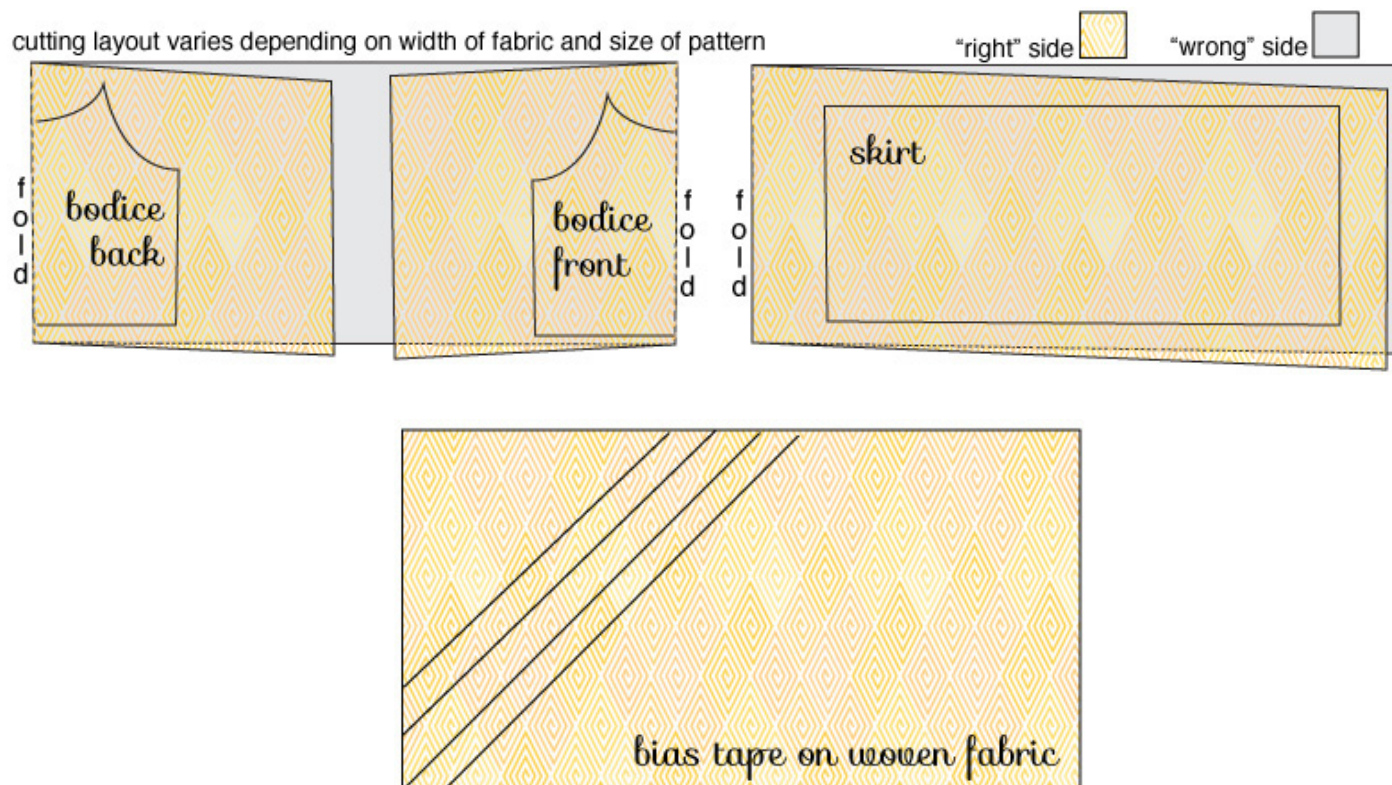
Tape pieces together matching the diamonds.

## Bias Tape Cutting Measurements: woven cotton (not knit)

| <b>Size</b> | <b>Bodice Top, View A (1<br/>piece: 1 1/4" wide)</b> | <b>Underarm Finish, View<br/>A &amp; B (2 pieces: 1 1/4"<br/>wide)</b> | <b>Neckline Strap, View B<br/>(1 piece: 2" wide does<br/>not need to be cut on<br/>bias)</b> |
|-------------|------------------------------------------------------|------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| XXXS        | 38"                                                  | 14"                                                                    | 38"                                                                                          |
| XXS         | 39"                                                  | 14"                                                                    | 39"                                                                                          |
| XS          | 40"                                                  | 15"                                                                    | 40"                                                                                          |
| S           | 41"                                                  | 15"                                                                    | 41"                                                                                          |
| M           | 42"                                                  | 15"                                                                    | 42"                                                                                          |
| L           | 44"                                                  | 16"                                                                    | 44"                                                                                          |
| XL          | 46"                                                  | 16"                                                                    | 46"                                                                                          |

## Cutting your fabric

Wash and dry all fabric before using. Find the grainline for your fabric and fold on the grainline. For knit fabric, fold against the direction of stretch. Transfer all marks from pattern onto your fabric with a water soluble fabric marker or tailor's chalk. Pay close attention to size markings.



Bodice View A & C

Cut 1 bodice front & 1 back piece on fold

Bodice View B~

Cut 1 bodice front & 1 back piece on fold

Skirt View A, C

Cut 2 skirt pieces

Skirt View B

Cut 2 skirt pieces

Cut 2 ruffle pieces

## Skirt dimensions for cutting: (width x length)

We recommend sizing up the skirt if you make the maxi length.

| Size | Skirt A     | Skirt B        | Skirt B ruffle | Skirt C     |
|------|-------------|----------------|----------------|-------------|
| XXXS | 18.5" x 22" | 18.5" x 14.75" | 37"x7.25"      | 19.5" x 39" |
| XXS  | 21"x 23"    | 21" x 15.75"   | 42" x 7.25"    | 22" x 40"   |
| XS   | 22" x 23"   | 22" x 15.75"   | 44" x 7.25"    | 23" x 40"   |
| S    | 23" x 23"   | 23" x 15.75"   | 46" x 7.25"    | 24" x 40"   |
| M    | 24.5" x 24" | 24.5" x 16.75" | 49" x 7.25"    | 25.5" x 41" |
| L    | 25.5" x 24" | 25.5" x 16.75" | 51" x 7.25"    | 26.5" x 41" |
| XL   | 26.5" x 24" | 26.5" x 16.75" | 53" x 7.25"    | 27.5" x 41" |

## *Finishing seams*

Use a 5/8" seam allowance unless otherwise instructed. Depending on the type of fabric, you may want to finish the edges of your seams. Use a serger, pinking sheers or zigzag stitch when finishing the edges of woven fabric.

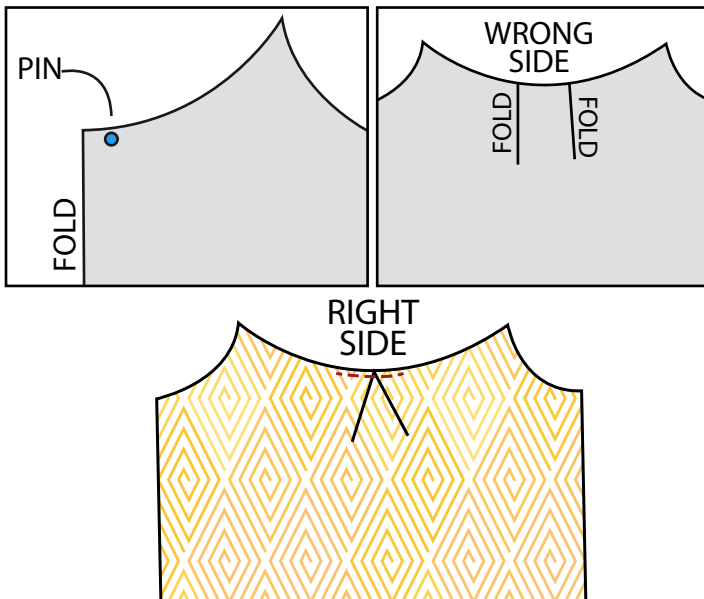
### *Tips for sewing with knit fabric*

- ~Use a ballpoint or stretch needle.
- ~Use polyester thread. You may also use a wooly nylon thread (hand wound) in your bobbin for maximum thread stretchiness.
- ~Test different stitches on a scrap of your fabric to see how different stitches and tension work best for you. I recommend a zig zag or knit stitch if you want to maintain stretch in your seam. You may want to loosen your tension some and increase your stitch length. After stitching, see how much stretch is left in your fabric. You want to be able to stretch the fabric without the thread breaking! Try not to stretch your fabric while sewing, this could create puckering in your seam. Double needles work well for hemming knit but are not required.
- ~Adjust your feed dogs, if necessary. Feed dogs are located under the needle and help pull your fabric through the machine. When you have two fabrics together the feed dogs should feed them at the same time so they continue to line up. Sometimes they will start feeding the bottom layer faster. With stretch fabric that can be a problem so test a little to see if they are feeding equally. For this project close is good enough.
- ~If your seams are wavy, try using tear away stabilizer or plain tissue paper behind your stitch then just gently tear it away after you are finished.
- ~No need to finish the edges if you don't want to!
- ~Consider using a walking foot to keep your layers feeding together well.
- ~Use a little spray starch on the edges of your fabric if they are rolling up too much. This will help them lie flat.

## Instructions Bodice Kiem A

### 1. Make pleats in bodice front

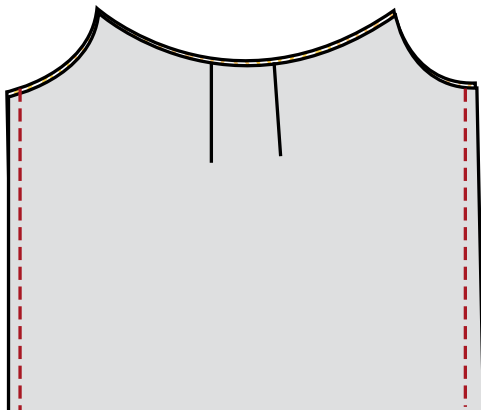
Fold front bodice, right sides together, down the middle. Pin your bodice together on the neckline mark transferred from the pattern. Flatten the fold and pin to make pleats. Using a long stitch, baste the pleat 1/8" from the top of the bodice to hold in place



### 2. Sew Front to Back

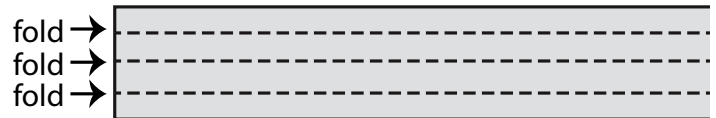
Align front bodice RIGHT side together with RIGHT side of back bodice. Match up pattern notches to align. Pin side seams.

Sew side seams using a 5/8" seam allowance. Repeat with lining.



### 3. Sew bias binding to underarms

Prepare your bias tape by folding the bias strip, wrong sides together and press down the middle. Open and fold each long edge in toward the center fold and press. The bias tape will be slightly more than 1/4" wide now.



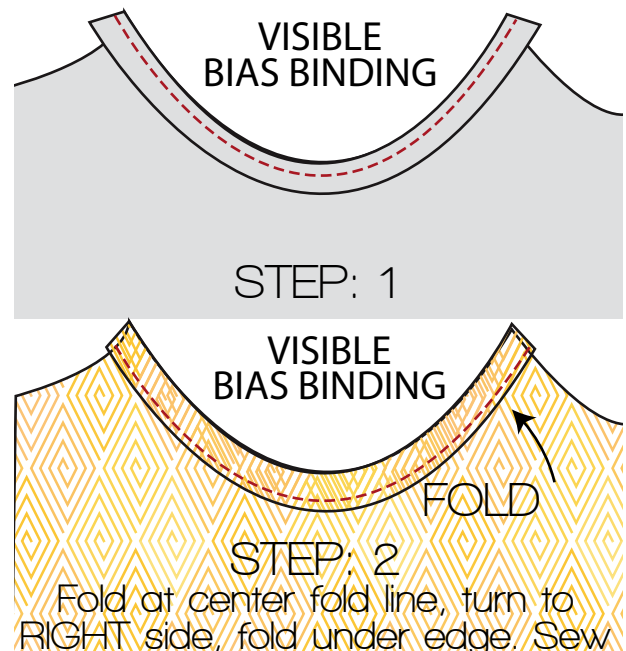
There are two options for finished the underarm. Use a visible bias binding to add detail or contrast to your dress or use an invisible bias binding to hide the bias tape.

#### VISIBLE BIAS BINDING INSTRUCTIONS:

Unfold bias tape and align RIGHT side with WRONG side (inside) of underarms. Pin and sew 1/4" from edge

Fold bias tape over to the right side. Pin in place then carefully sew near the edge of the bias tape. Repeat on opposite side.

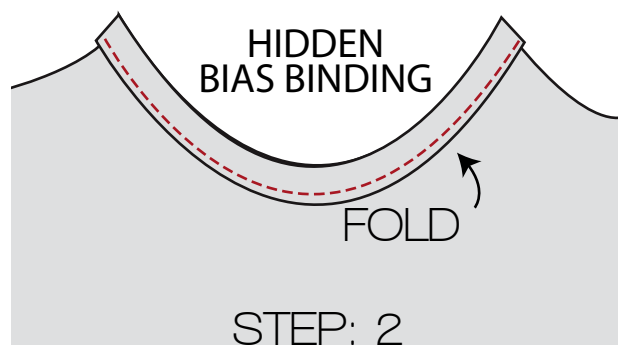
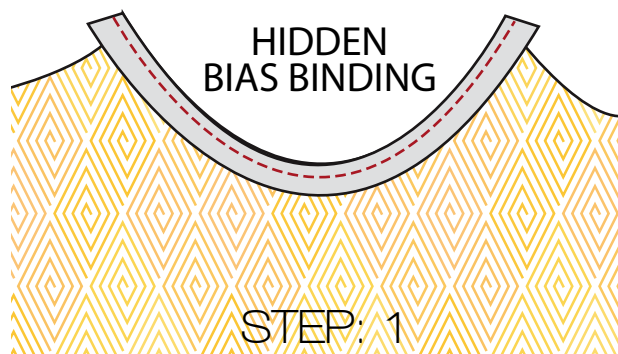
Trim the excess bias tape hanging over each side of the bodice (front and back).



### *Hidden bias binding option:*

Pin RIGHT side of bias tape to RIGHT side (inside) of bodice underarm. Sew 1/4" from the edge.

Turn bias tape all the way to inside of bodice. Press. Turn the edge under on the fold. Pin. Sew along edge to secure. You won't see the bias trim on the RIGHT side of the garment at all.



## *4. Sew bias neckline*

Note: the neckline length is very personal. Please pin and test before sewing. Testers' preference varied by 4-5" with each size.

Leave about 5" of bias tape hanging over the back bodice. Pin RIGHT side of neckline bias tape to WRONG side of back bodice neckline.

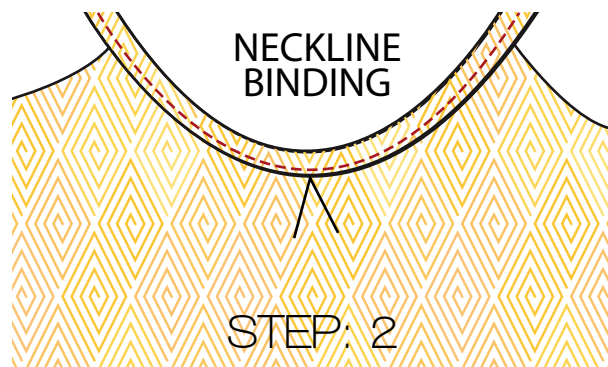
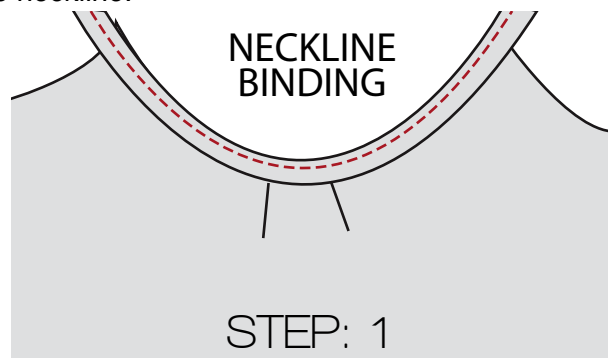
Try on to confirm length of straps then pin RIGHT side of bias tape to WRONG side of front bodice neckline.

Trim ends of bias tape so each shoulder strap is the same length. Sew cut ends, right side together.

Sew bias binding to neckline using 1/4" seam allowance.

Turn bias trim to RIGHT side of bodice front and back. Turn edge under on fold. Pin and sew a continuous line securing the bias trim closed all the way around

the neckline.



## *Instructions Bodice View B*

### *1. Sew bodice front to back*

Align bodice front and back, right sides together. Match up pattern notches to align.

Pin and sew side seams using a 5/8" seam allowance. If lining the bodice sew the front and back lining pieces together as well.



### *2. Finish underarms*

Turn right side out and press flat.

Prepare your bias tape by folding the bias strip, wrong

sides together and press down the middle. Open and fold each long edge in toward the center fold and press. The bias tape will be slightly more than 1/4" wide now..

*There are two options for finished the underarm. Use a visible bias binding to add detail or contrast to your dress or use an invisible bias binding to hide the bias tape.*

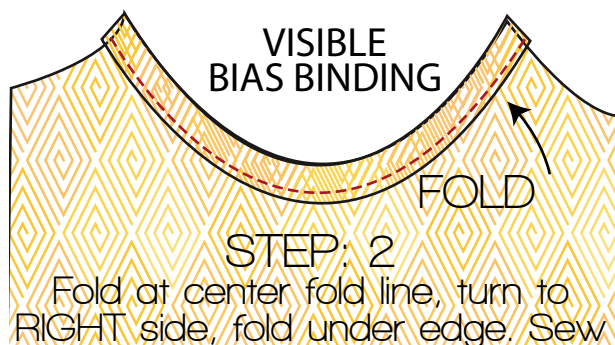
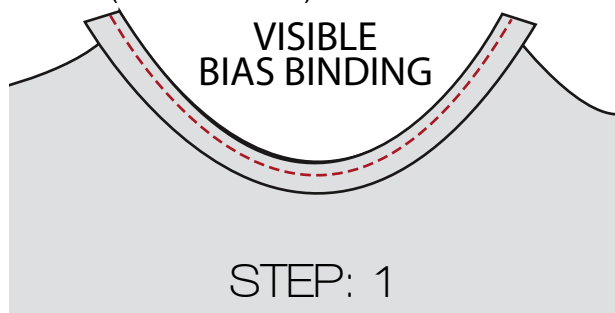
### **VISIBLE BIAS BINDING INSTRUCTIONS:**

Unfold bias tape and align RIGHT side with WRONG side (inside) of underarms. Pin and sew 1/4" from edge

Fold bias tape over to the right side. Pin in place then carefully sew near the edge of the bias tape.

Repeat on opposite side.

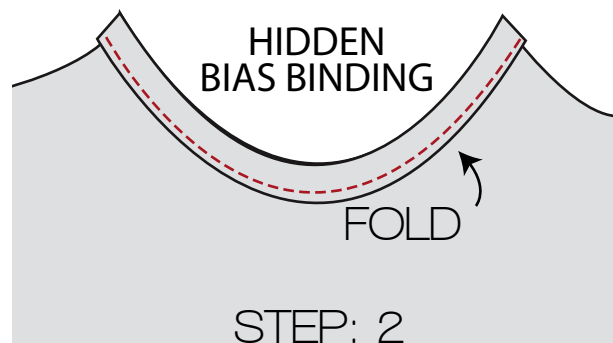
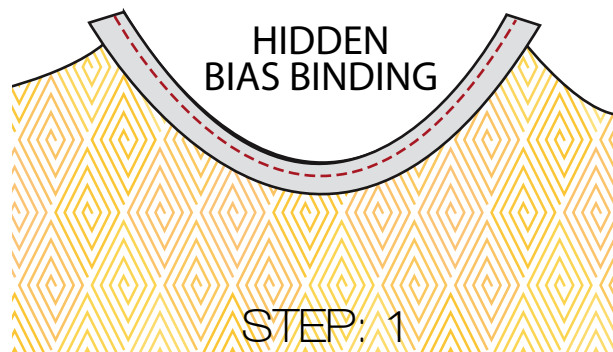
Trim the excess bias tape hanging over each side of the bodice (front and back).



### **Hidden bias binding option:**

Pin RIGHT side of bias tape to RIGHT side (inside) of bodice underarm. Sew 1/4" from the edge.

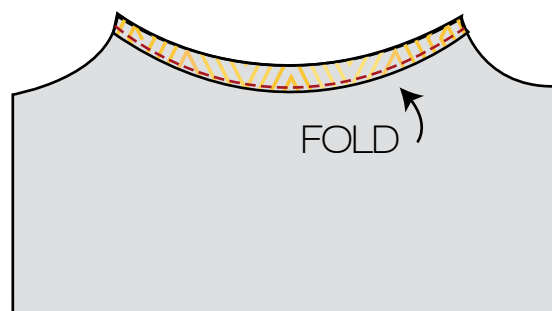
Turn bias tape all the way to inside of bodice. Press. Turn the edge under on the fold. Pin. Sew along edge to secure. You won't see the bias trim on the RIGHT side of the garment at all.



### **3. Make neckline casing.**

Turn the front bodice neckline toward the wrong side 1/4" and press. Turn again 1/2" and press. Pin and topstitch close to the folded edge.

Do the same for the back bodice neckline.

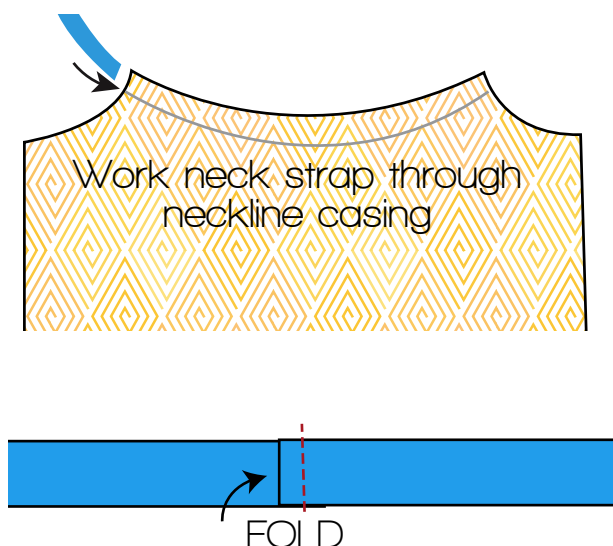


### **4. Inserting the bias shoulder straps**

Make bias tape with 2" wide strip of fabric. It is fine to cut this piece against the grain instead of on the bias to save fabric.

Once folded together it will be 1/2" wide. Topstitch along the edge to make the neck strap. Insert it into the front bodice casing and then through the back bodice casing.

Determine exactly how long you want your strap to be then sew the ends together by folding each end under to hide the unfinished edges. Pull the strap through so the sewn ends are hidden inside the casing.



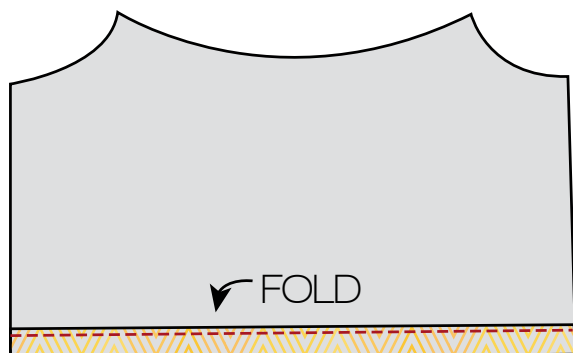
## Instructions Tank Top View C

### 1. Sew Tank

Follow steps 1 through 4 for whichever style you wish to sew your tank top.

### 2. Finish hem

Press bottom of bodice toward wrong side  $\frac{1}{4}$ ". Fold and press up another  $\frac{1}{2}$ ". Pin and top stitch along the folded edge.

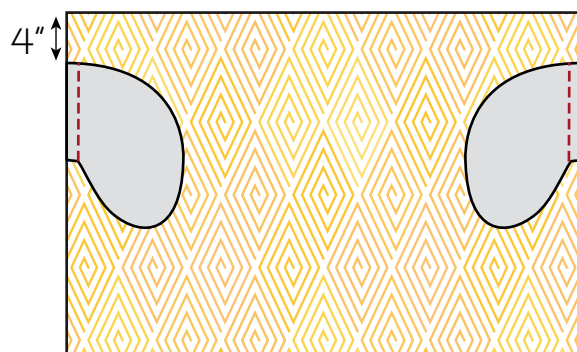


## Instructions for Shirt All Views

### 1. Adding pockets (optional)

Align pockets, right side together, to each side of the skirt piece for the front and back separately. Pin top edge of pocket 4 inches down from top of skirt. Sew  $\frac{5}{8}$ " seam allowance to attach outside (straight) edge of pocket to skirt.

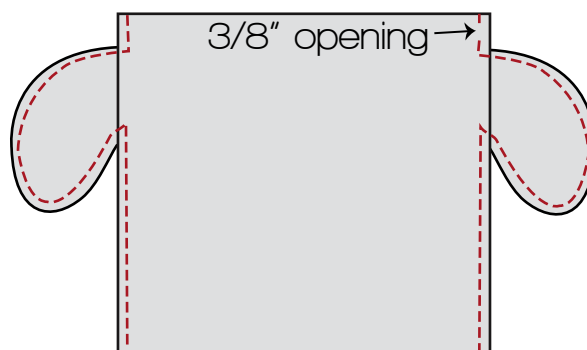
Note: adding inset pockets makes french seams a little more difficult but it is still possible with a little extra care.



### 2. Sew skirt front to skirt back

Align the front and back of the skirt, right sides together. Pin and sew side seams. If adding pockets, use the  $\frac{5}{8}$ " seam allowance rule to sew up to and around the pockets. Repeat for lining.

Important: Leave a  $\frac{3}{8}$ " opening on one side of the skirt. Sew  $\frac{1}{2}$ " and back stitch. Then leave  $\frac{3}{8}$ " opening. Sew the rest of the seam. (If lining: only leave opening in the lining seam)

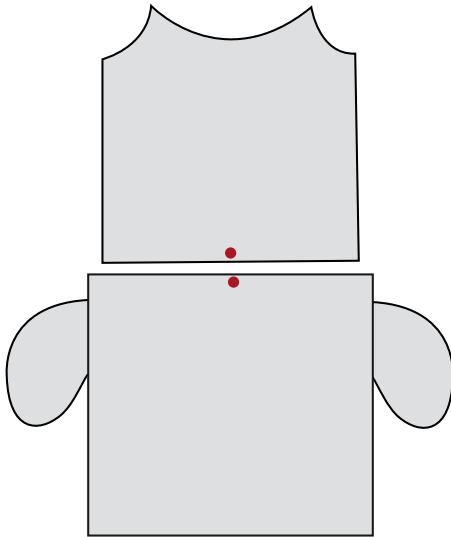


Finish seams.

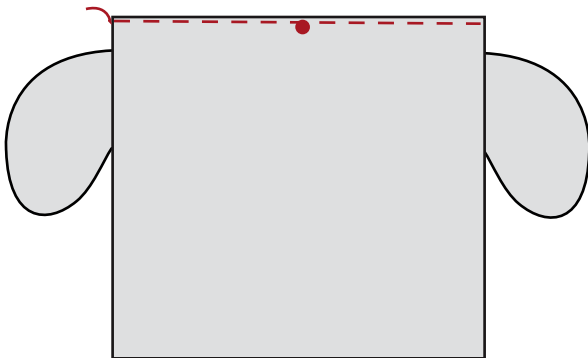
### 3. Gather top of skirt

If your skirt bottom is larger than your bodice top, you'll need to gather your fabric together in order to match them up.

Mark the center of the top of the skirt front and back as well as the center of the bodice front and back at the bottom edge.



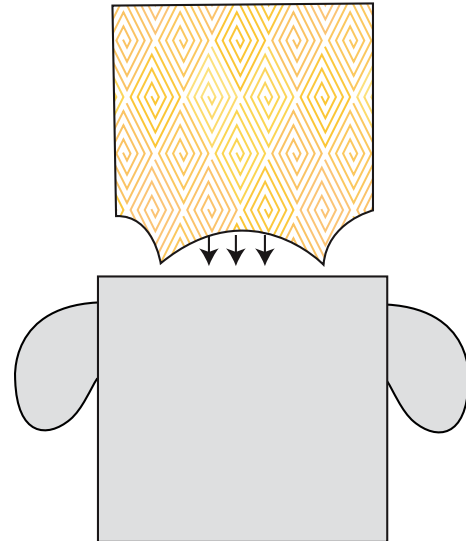
Using a long basting stitch, sew around the top edge of the skirt, 1/8" from the edge. When finished, gently pull the bobbin thread to make a gather. Even out the gathers and align the skirt to the bodice, making sure to line up the side seams on the side and center marks.



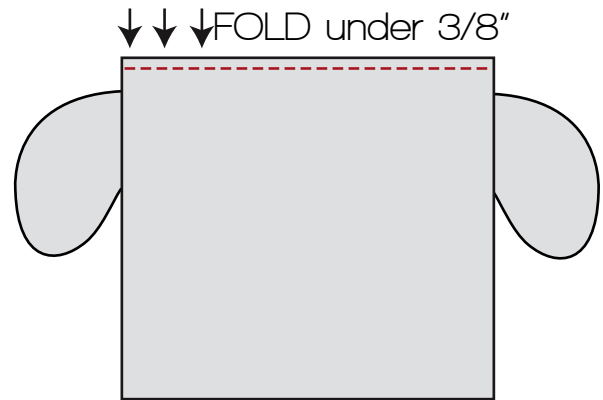
### 4. Attach skirt to bodice

Place the bodice (RIGHT side out) inside the skirt (WRONG side out). Align the top of the skirt and

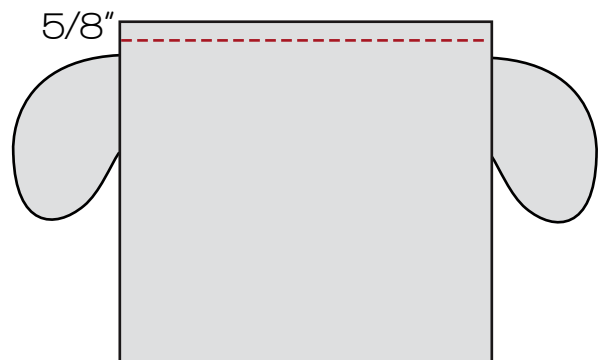
bottom of the bodice, RIGHT sides together. Baste together.



Fold the edges in toward the bodice 3/8". Press. Baste 1/4" from the fold to secure. This will aid in finishing the casing.

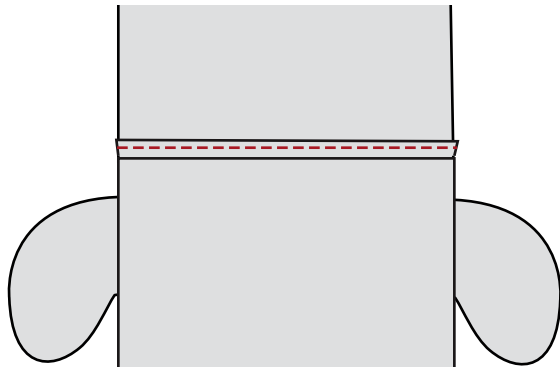


Do not fold again. Sew 5/8" seam allowance. This will be 3/8" from the previous stitches.



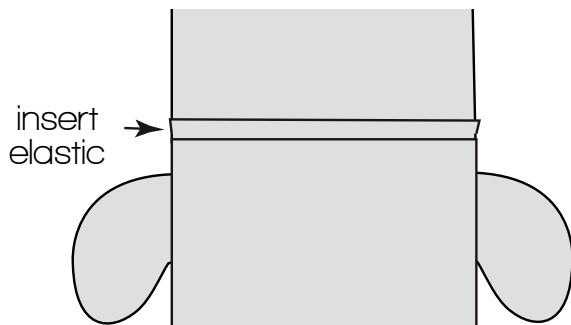
Open dress up with the wrong side out. Press seam toward bodice.

Pin the folded edge to the bodice and sew. Stitch all along the folded edge to form a casing. Do not leave an opening for elastic.



## 5. Add elastic

Insert the elastic into the casing opening in the side seam of the skirt. Use a safety pin or a bodkin on the end of the elastic to work it all the way through the casing, leaving the ends out.



Overlap ends 1/2". Sew the ends of the elastic together with a zig zag stitch to secure. Hand sew casing closed, if desired.



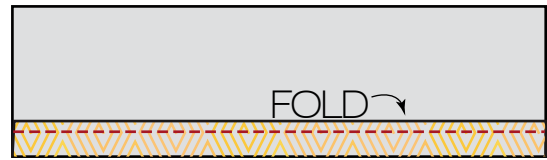
## 6. Add Ruffle (Shirt B only)

Mark the middle of the ruffle pieces at the top edge.

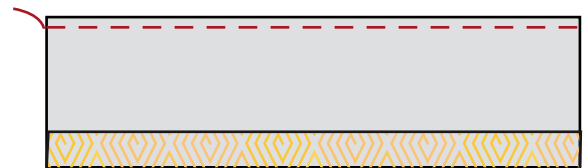
Lay the ruffle pieces together, right sides together. Sew the short edges of the ruffle together. Finish seams.



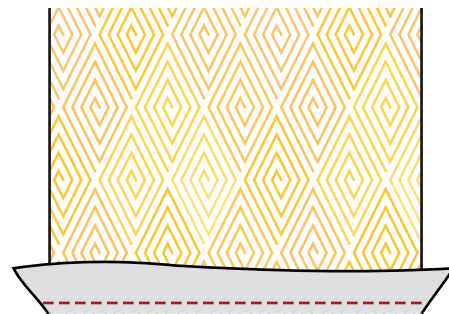
Hem the bottom edge of the ruffle. Fold and press up 1/4" then another 1/2". Pin then top stitch along the folded edge.



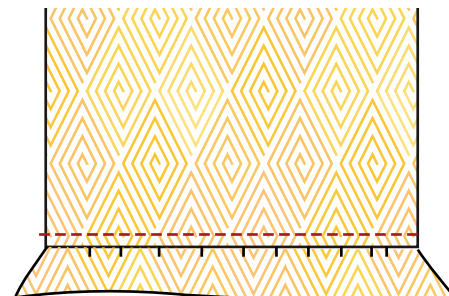
Use a long basting stitch to sew along the top of the ruffle. Gently pull the bobbin thread and gather the ruffle until it is the same diameter as the bottom of the bodice.



Line up the skirt and ruffle, right sides together matching side seams and middle marks. Pin and sew together.



Finish seam allowance. Press seam allowance up and top stitch if desired.



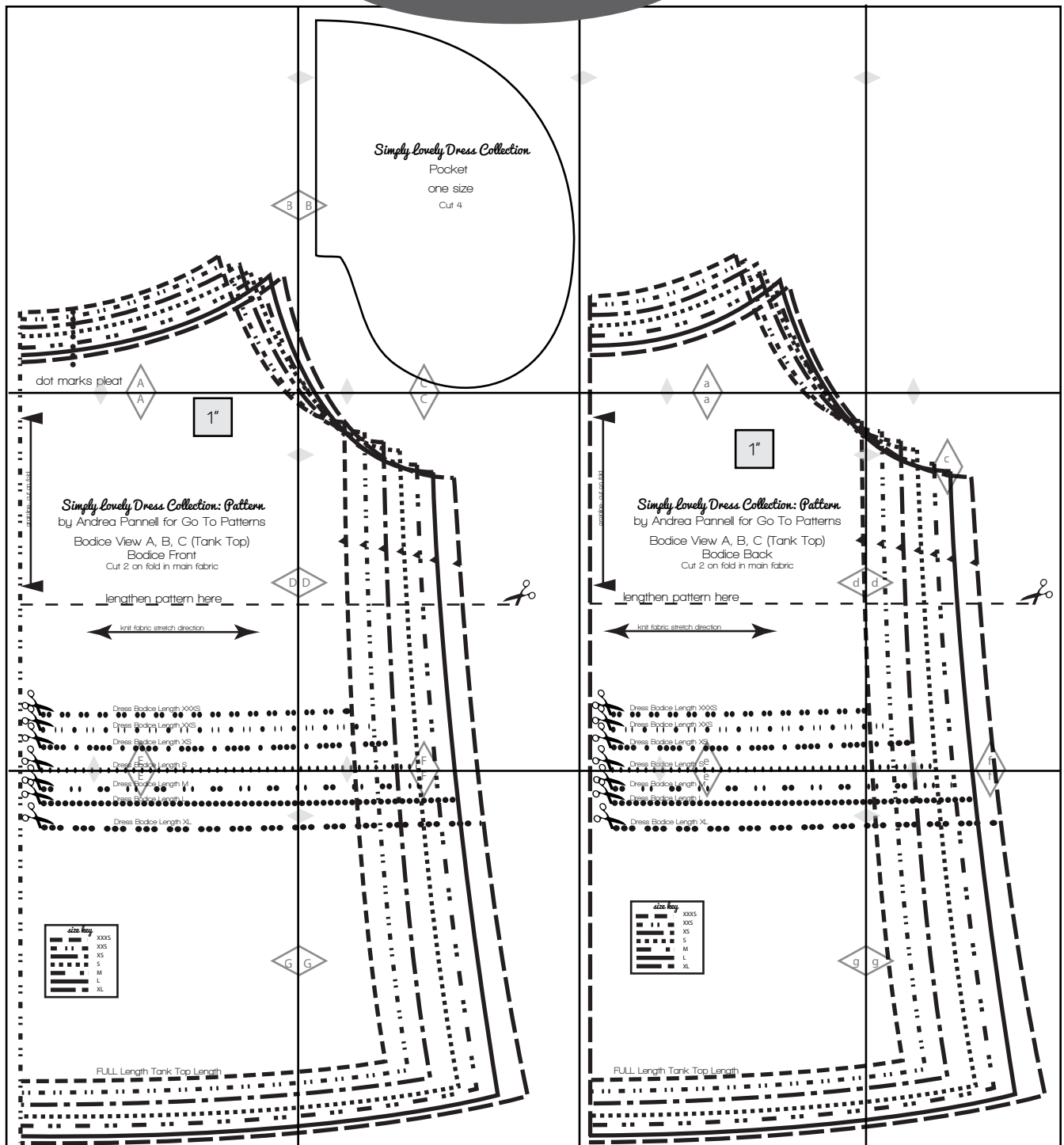
## 7. Finish hem (View A, C)

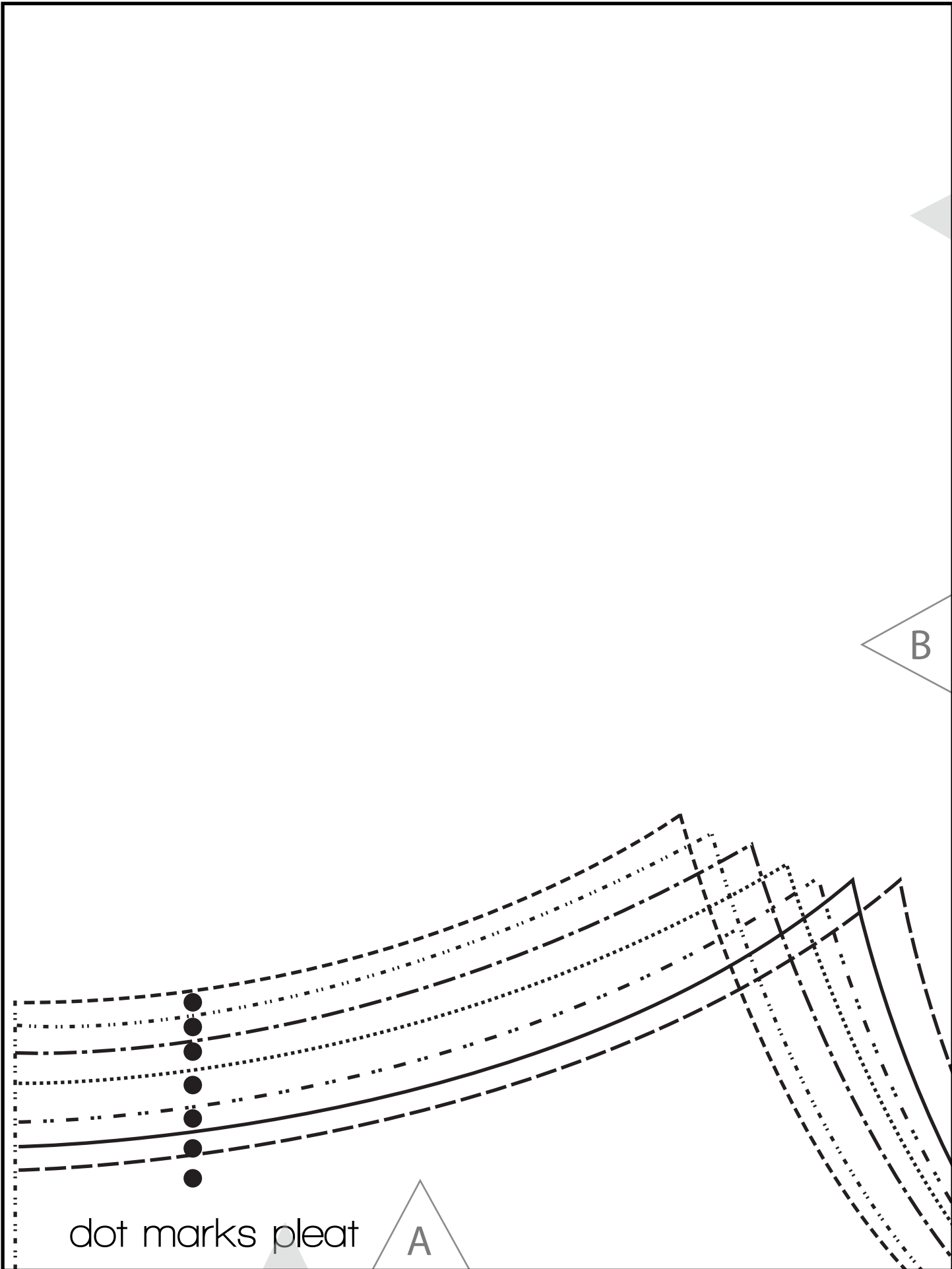
Press bottom of skirt toward wrong side 1/4". Fold

and press up another 1/2". Pin and top stitch along the folded edge.



# Pattern Layout





A

1"

grainline- cut on fold

# *Simply Lovely Dress Collection: Pattern* by Andrea Pannell for Go To Patterns

Bodice View A, B, C (Tank Top)  
Bodice Front  
Cut 2 on fold in main fabric

D

lengthen pattern here

knit fabric stretch direction

Dress Bodice Length XXXS

Dress Bodice Length XXS

Dress Bodice Length XS

Dress Bodice Length S

F

E

Dress Bodice Length M

Dress Bodice Length L

Dress Bodice Length XL

*size key*

|                 |      |
|-----------------|------|
| -----           | XXXS |
| .....           | XXS  |
| - - - - -       | XS   |
| .....           | S    |
| - . . - . . - . | M    |
| =====           | L    |
| - - - - -       | XL   |

G G

FULL Length Tank Top Length



*Simply Lovely Dress Collection*

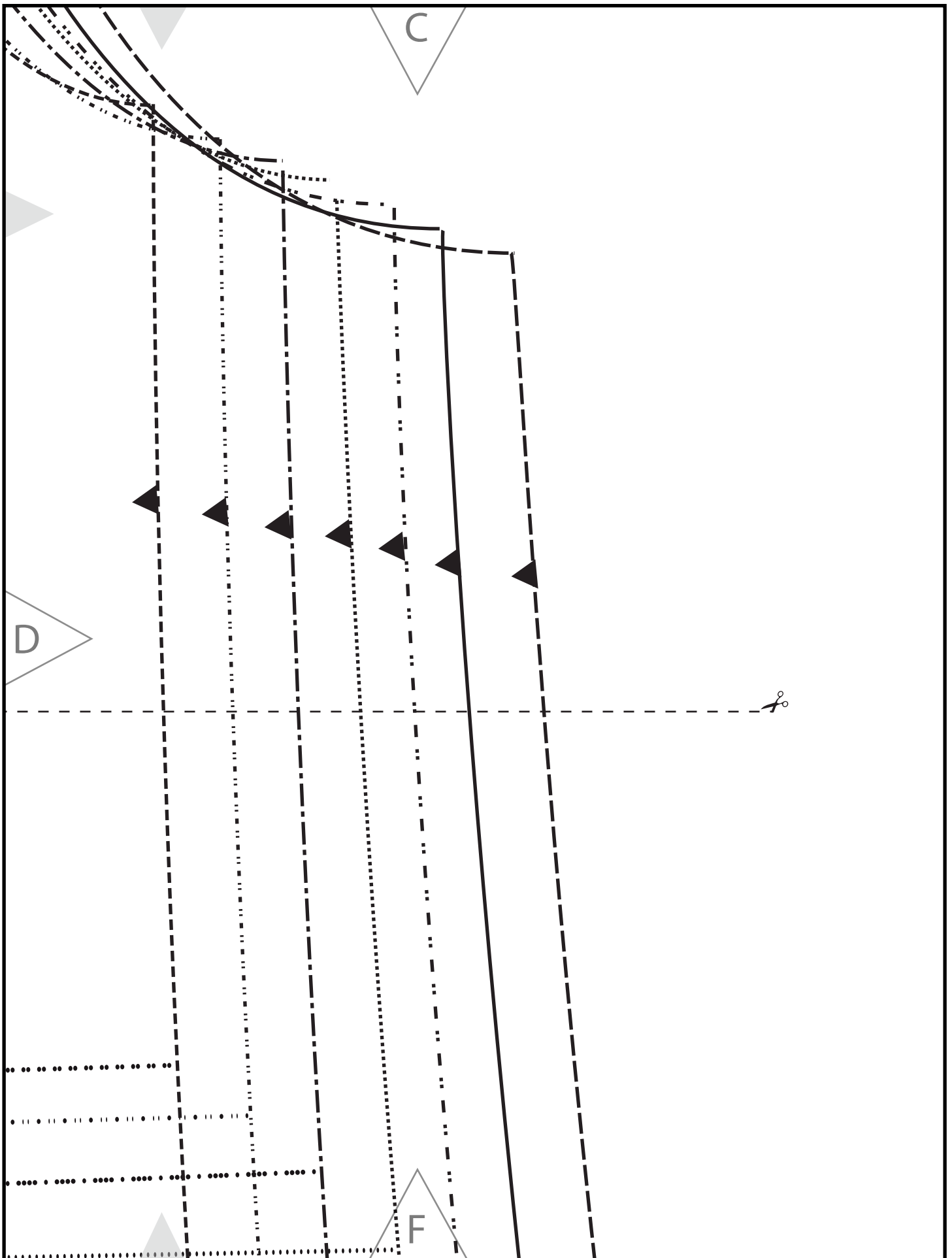
Pocket

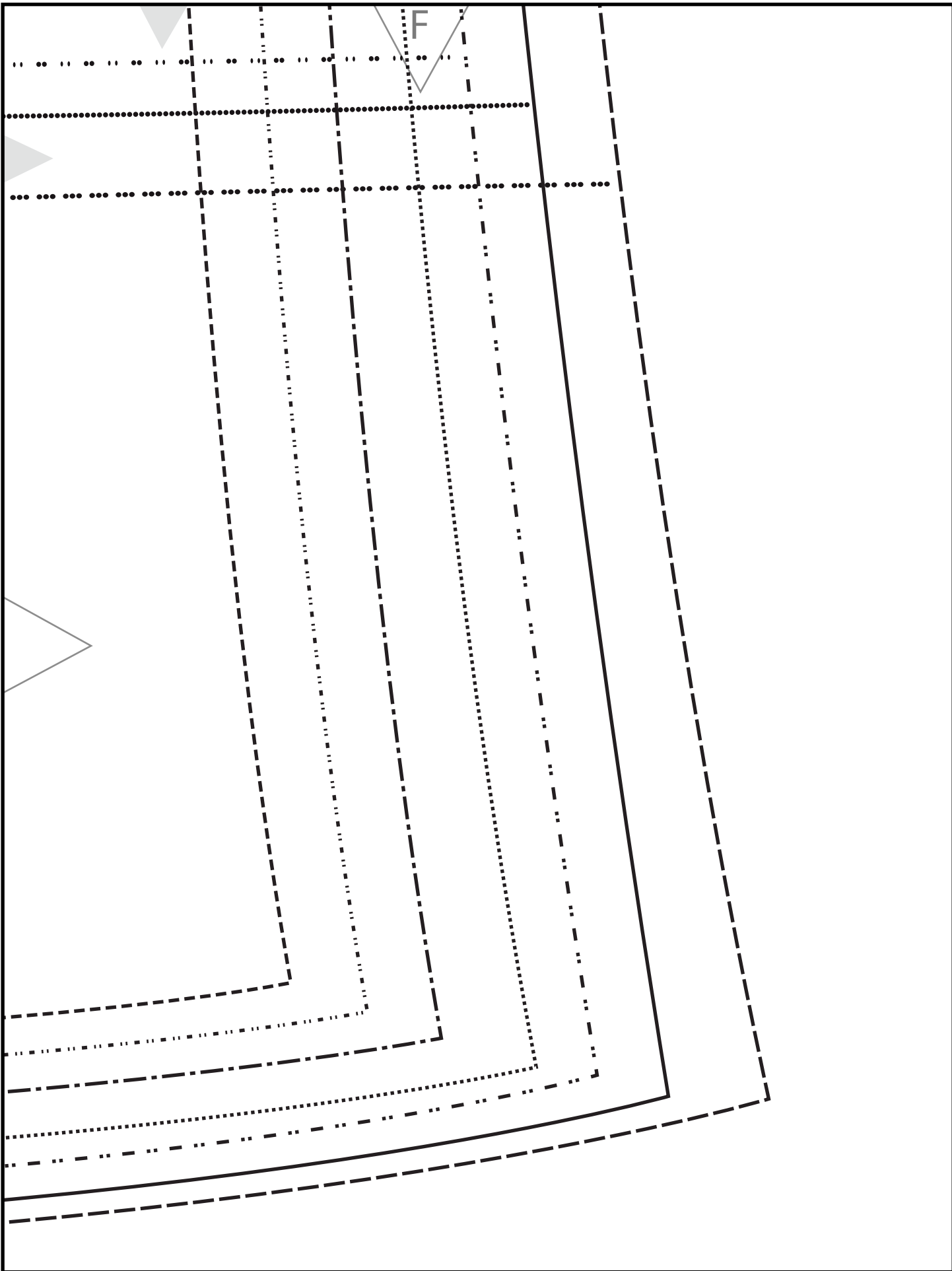
one size

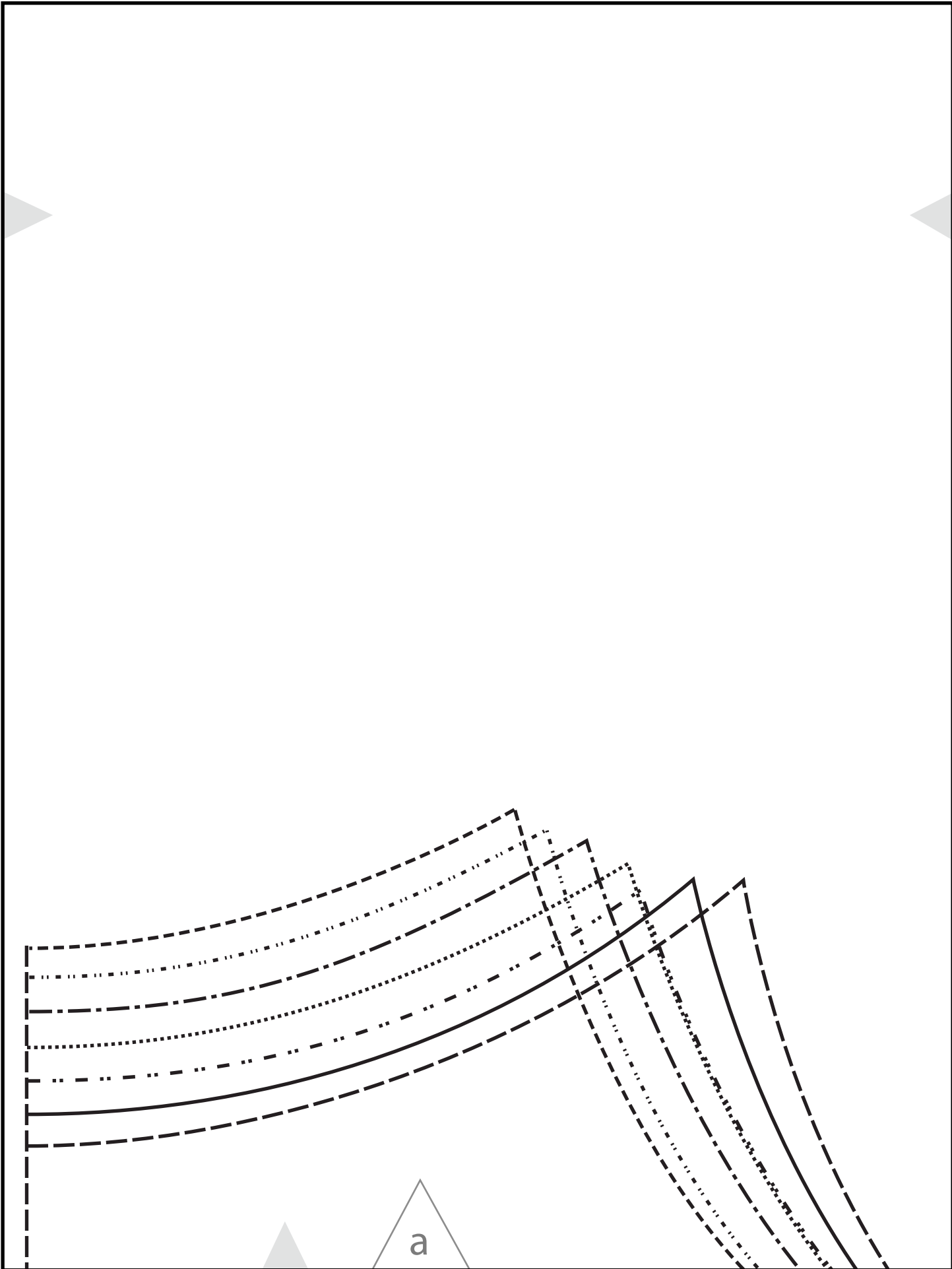
Cut 4

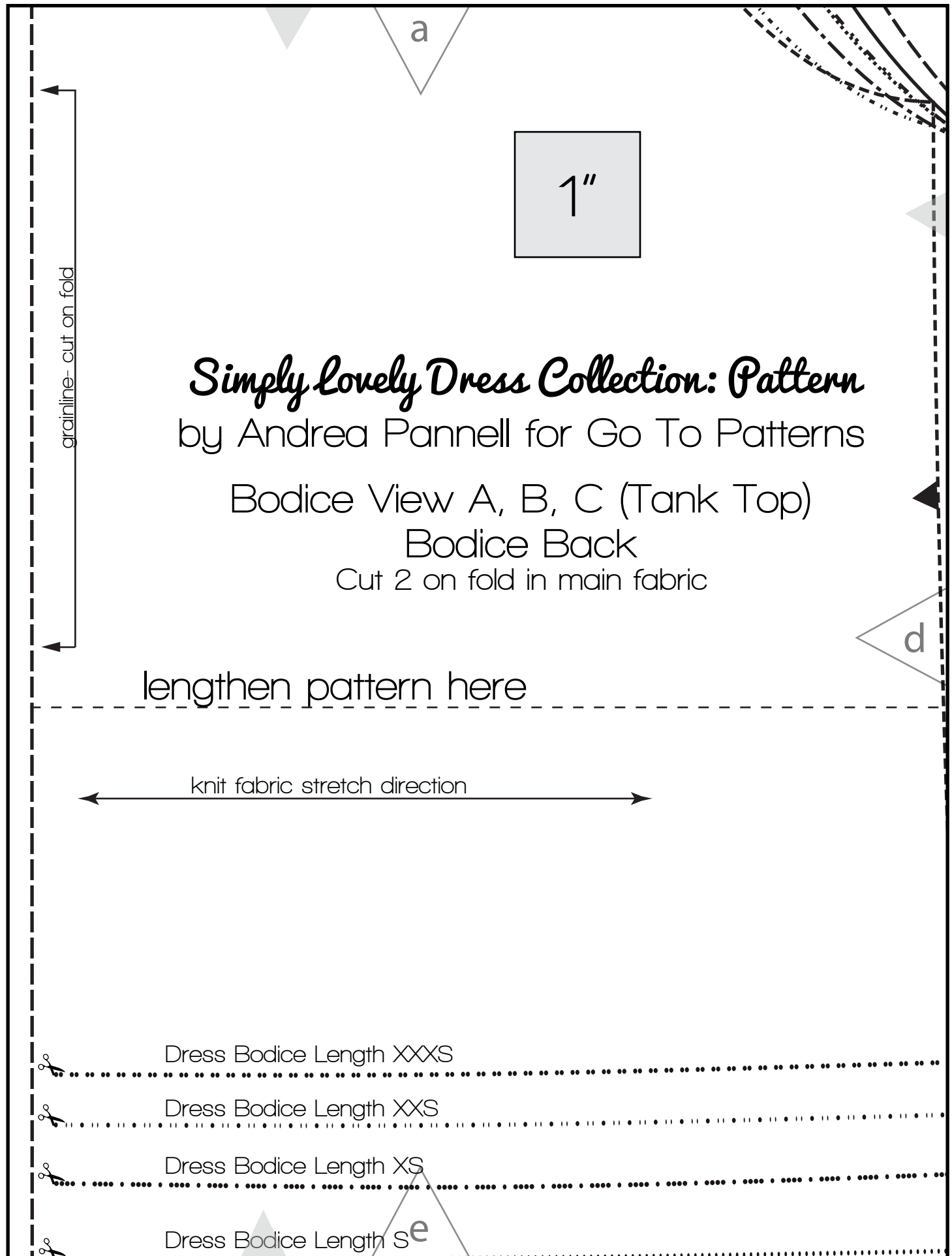
B

C









# *Simply Lovely Dress Collection: Pattern*

by Andrea Pannell for Go To Patterns

Bodice View A, B, C (Tank Top)

Bodice Back

Cut 2 on fold in main fabric

lengthen pattern here

knit fabric stretch direction

Dress Bodice Length XXXS

Dress Bodice Length XXS

Dress Bodice Length XS

Dress Bodice Length S

e



Dress Bodice Length M



Dress Bodice Length L



Dress Bodice Length XL

*size key*

|             |      |
|-------------|------|
| -----       | XXXS |
| .....       | XXS  |
| - - - - -   | XS   |
| .....       | S    |
| - . - . - . | M    |
| —————       | L    |
| - - - - -   | XL   |

g

FULL Length Tank Top Length

