

RACERBACK DRESS

1 - 8





The Racerbac Dress is a casual knit dress perfect for summertime! Feature a cute print with solid contrast bands, or make one in every color of the rainbow! The back features a fun gathered racerback and the front is the perfect place for screen printing, appliqué, fabric painting, or iron-on heat transfers.



REQUIREMENTS: 1 yard of 55" or wider knit fabric with at least 30% stretch and good recovery, such as jersey, cotton spandex, interlock, double knit, or cotton/spandex french terry. Contrast neck and arm bands require 1/4 yard of fabric.

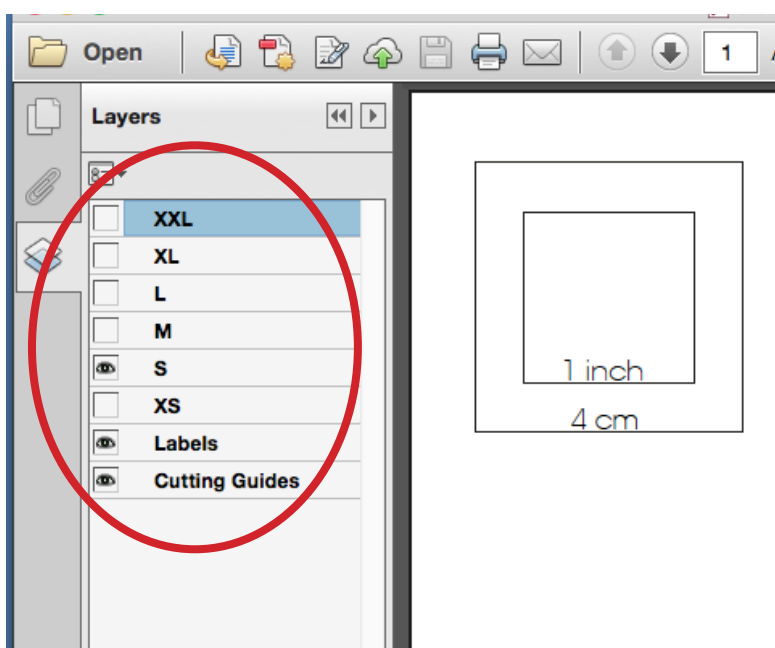
SIZING: Below are body and finished garment measurements in inches. Choose size based on chest measurement and lengthen or shorten if necessary. Size down if between sizes unless a loose fit is desired. Due to the a-line shape of the dress, waist and hip are free.

Body Measurements in inches		size	1	2	3	4	5	6	7	8
	chest		20	21	22	23	24	25	26	27
	height		30	34	37	40	43	45	47	50

Finished Garment Measurements		size	1	2	3	4	5	6	7	8
	chest		20	21.3	22.4	23.6	24.9	26	27.3	28.5
	shoulder to hem length		18.3	19.8	21.3	22.8	24.3	25.8	27.3	28.8

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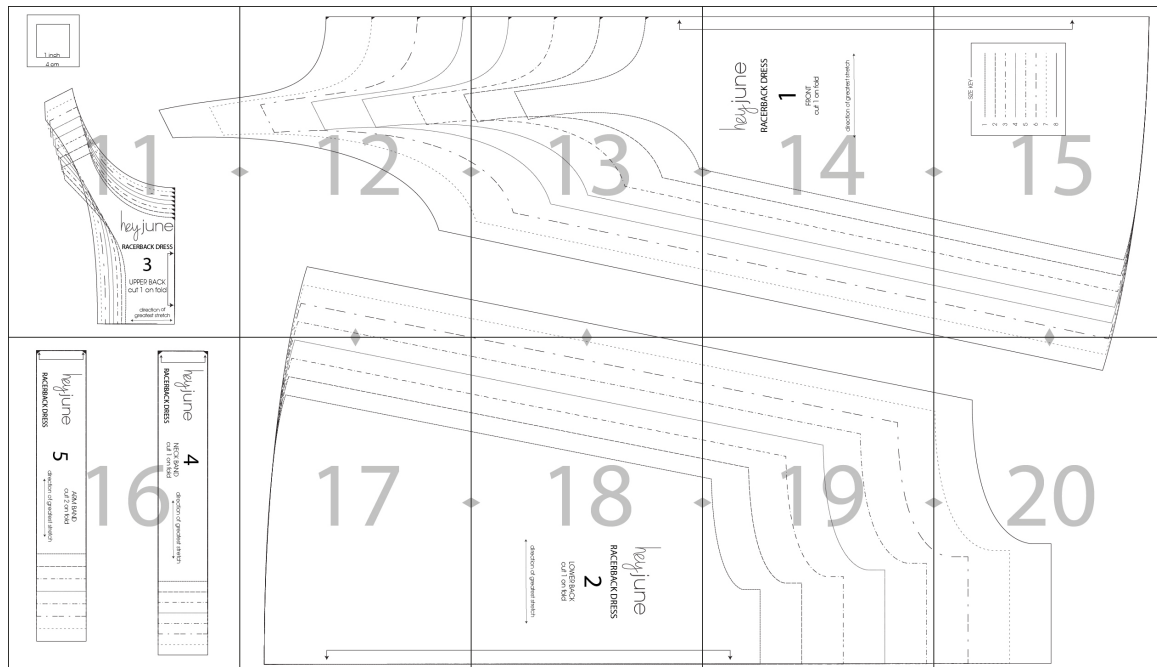
TO PRINT: Open the pattern using Adobe Reader. (If you don't have the program, you can download it free from www.adobe.com/reader. A downloaded version of Adobe Reader tends to help correct any printing issues that can occur with a Microsoft or Mac pdf preview application.) On the left side of your pattern window, you'll see a menu. Choose the layers option, which looks like two overlapping diamond shapes, and is usually the last symbol on the menu. Now you can click in the boxes next to each size to turn them on or off. Make sure the eyeball symbol is visible next to your size, "labels", and "cutting guides". You can turn the other sizes off. Your printed pattern will now only include your size, making it much easier to cut and saving ink. The picture below is an example of only printing size small.



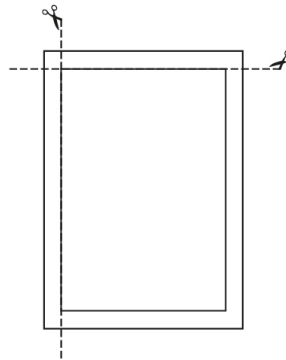
Before printing, be sure that your scaling is set to "no scaling" or "100%". Print page 11 first and measure the test boxes to be sure you're printing to scale. Even 1/16" discrepancy can throw your whole pattern off.

Print pages 11 - 20 for the pattern only and follow the sewing directions on a screen to save paper and ink.

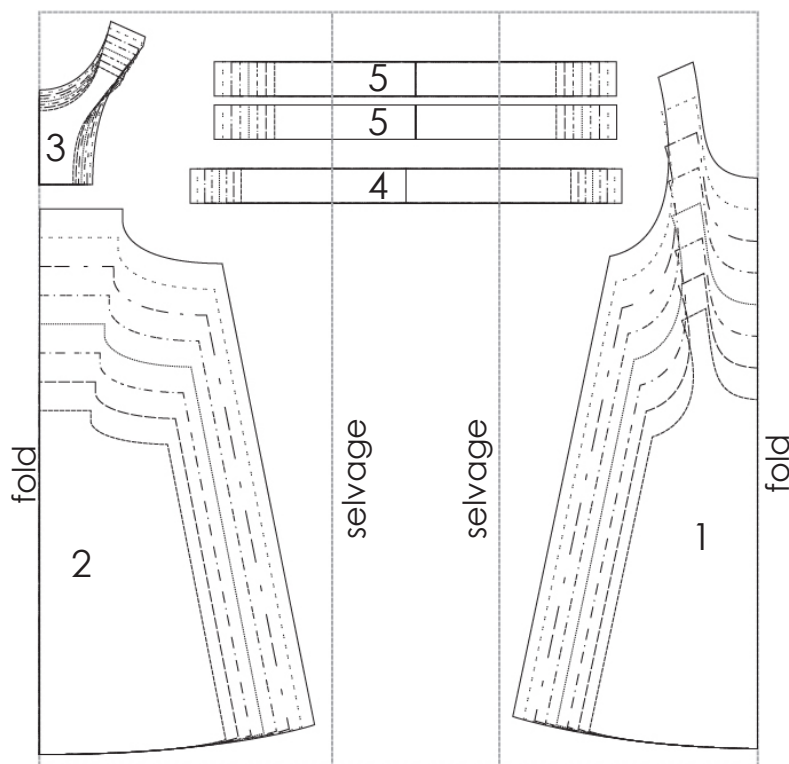
TAPING GUIDE: Use the following chart as a guide to tape the pattern together. The small triangles will help you line up the pages, and they also indicate where pages will be taped together. If no triangle is present, that side will not be taped.



TIP: The fastest way to trim a PDF pattern is to stack multiple pages and cut off the top and left margins from each page.



This image shows all sizes laid out on 1 yard of 55" or wider fabric. To make the bands in a separate fabric, you will need 1/4 yard of contrast fabric.



CUTTING INSTRUCTIONS

First:

- Cut 1 front (piece 1) on the fold
- Cut 1 lower back (2) on the fold
- Cut 1 upper back (3) on the fold

Then refold the fabric and:

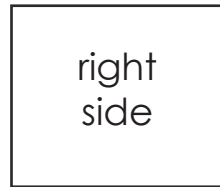
- Cut 1 neckband (4) on the fold
 - Cut 2 arm bands (5) on the fold
- (neck and arm bands shown flat in the illustration)

Cut your neck and arm bands with the fabric folded right sides together and they'll be all lined up and ready to sew!

MARKING INSTRUCTIONS

- Mark notch at center front neckline on piece 1 and center back neckline on piece 3.
- Mark notches on center neck and arm bands.

RACERBACK DRESS SEWING INSTRUCTIONS

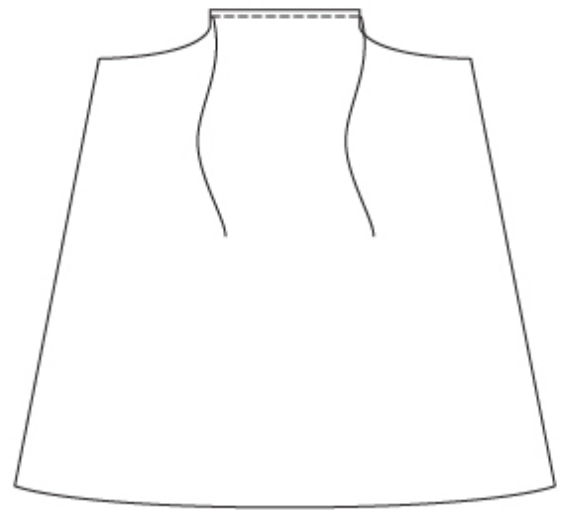


SEAM ALLOWANCES 3/8" UNLESS
OTHERWISE STATED

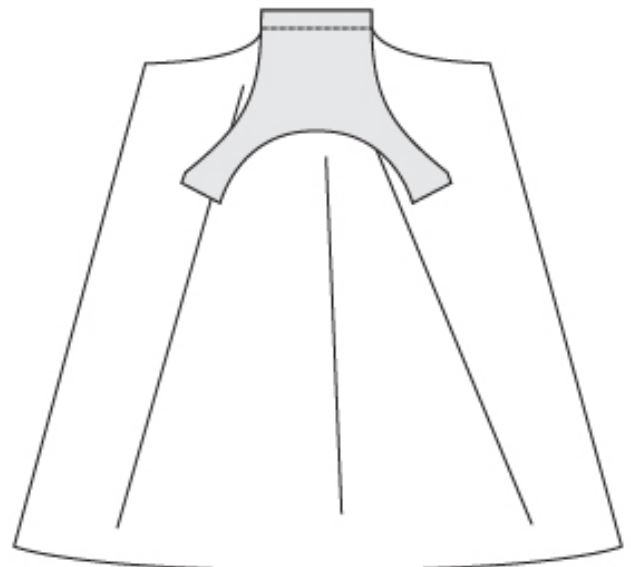
Finish all seam allowances by serging, zig zag stitching, or as otherwise desired.

1. Sew a basting stitch across the top center section of the lower back piece (2), leaving long thread tails. Pull the bobbin threads gently to gather the lower back.

A basting stitch is made using the longest stitch length available on a sewing machine. A quick way to gather fabric is to use the longest stitch length and turn the tension dial as high as it will go. Your machine will automatically gather the fabric!



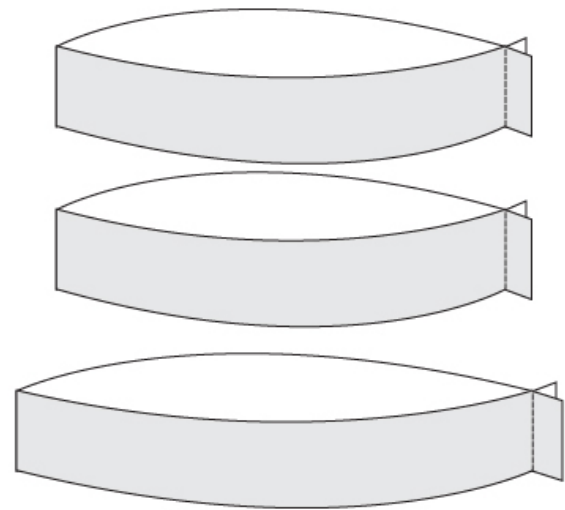
2. Gather the lower back until it matches the lower section of the upper back piece (3). Sew the lower back and upper back right sides together along the center section.



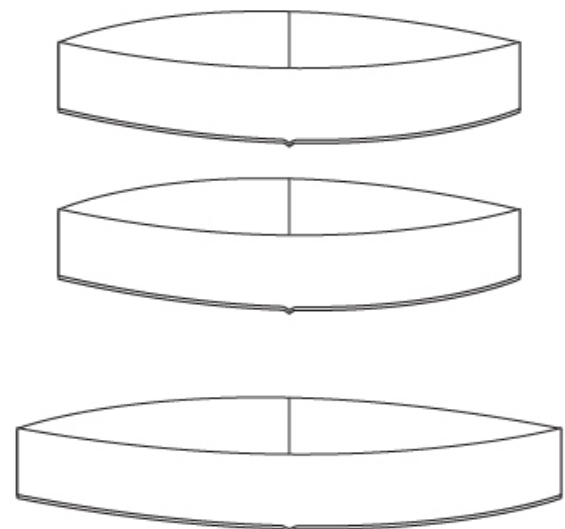
3. Sew the front (1) and back right sides together at the shoulder seams. Press the seam allowances toward the back.



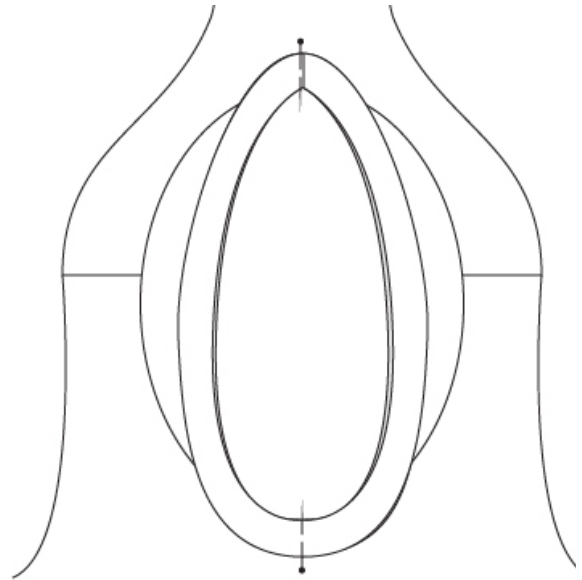
4. Sew the two arm bands and the neck band right sides together along the short edges to form loops.



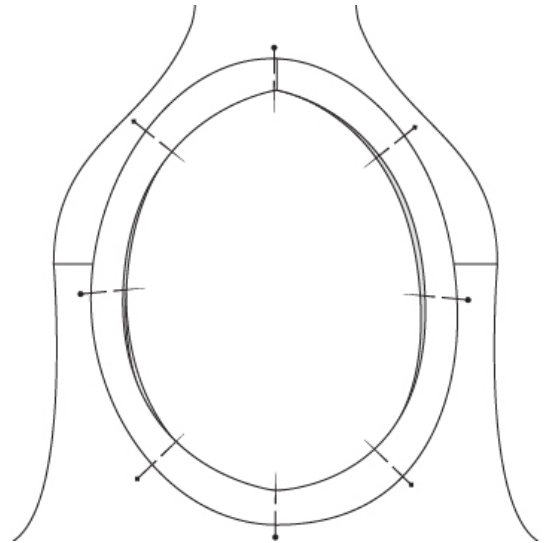
5. Press the seam allowances open or to one side and fold the arm and neck bands down on themselves, wrong sides together, until only the right side of fabric is showing on both sides.



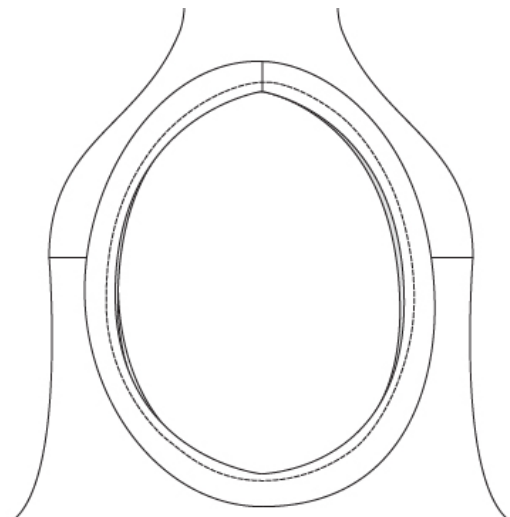
6. Align the two raw edges of the neck band with the neck line, right sides together. Pin the seam in the neck band to the center back notch on the neck line. Pin the notch in the neck band to the center front notch in the neck line.



7. If desired, continue stretching the neck band evenly around the neck line and pin every few inches. You can also just stretch between the first two pins from step 6 as you sew. As you become more experienced with neck bands, you will require fewer pins.



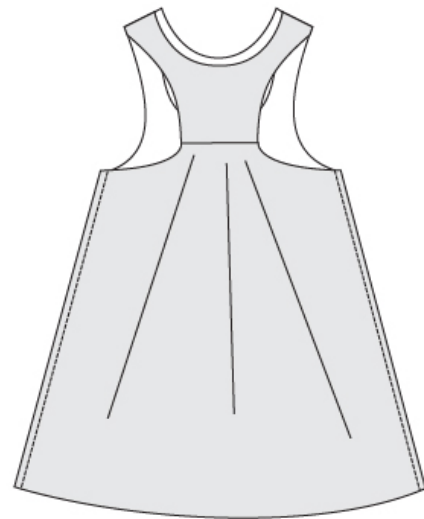
8. Sew the neck band to the neck line **using a 1/4" seam allowance**, stretching between pins as you sew.



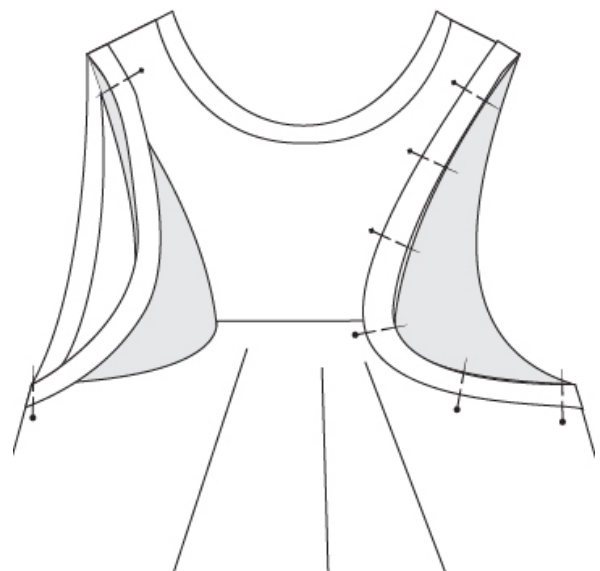
9. Flip the neck band up and steam it until the neck band fabric contracts and lays nicely. Press the seam allowances down toward the dress. This step is crucial to achieving a beautifully finished neck band. If desired, top stitch around the neck line, catching the seam allowances underneath. You can use a longer straight stitch to topstitch since the dress fits over the head.



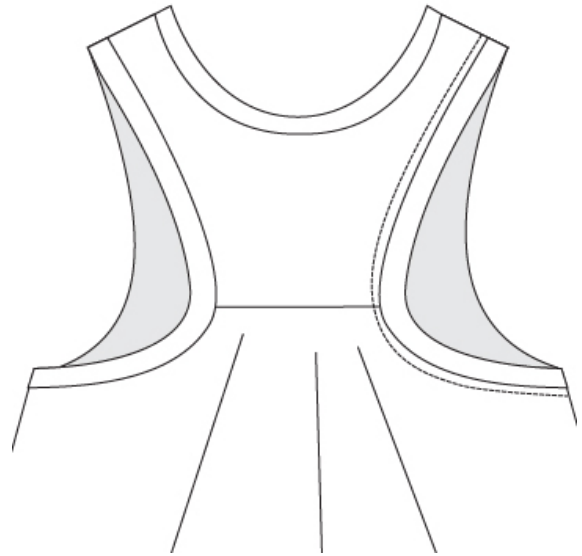
10. Sew the dress right sides together along the side seams. Press the seam allowances toward the back.



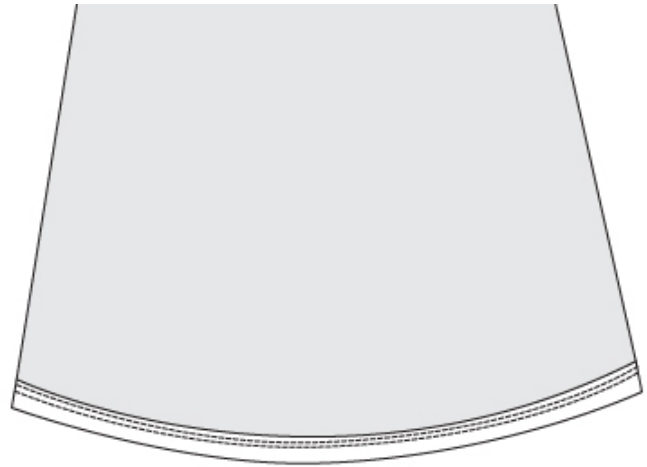
11. Apply the arm bands in the same way as the neck bands. First divide the arm curve on the dress in halves and mark the point exactly opposite the underarm seam (it will be about 1.5 - 2" down from the shoulder on the back of the dress). Pin the arm band right sides together, aligning the seam in the arm band with the side seam of the dress at the underarm point. Then pin the notch in the arm band to the half-way mark on the arm curve. If desired, continue stretching the arm band around the arm curve and place a pin every few inches.

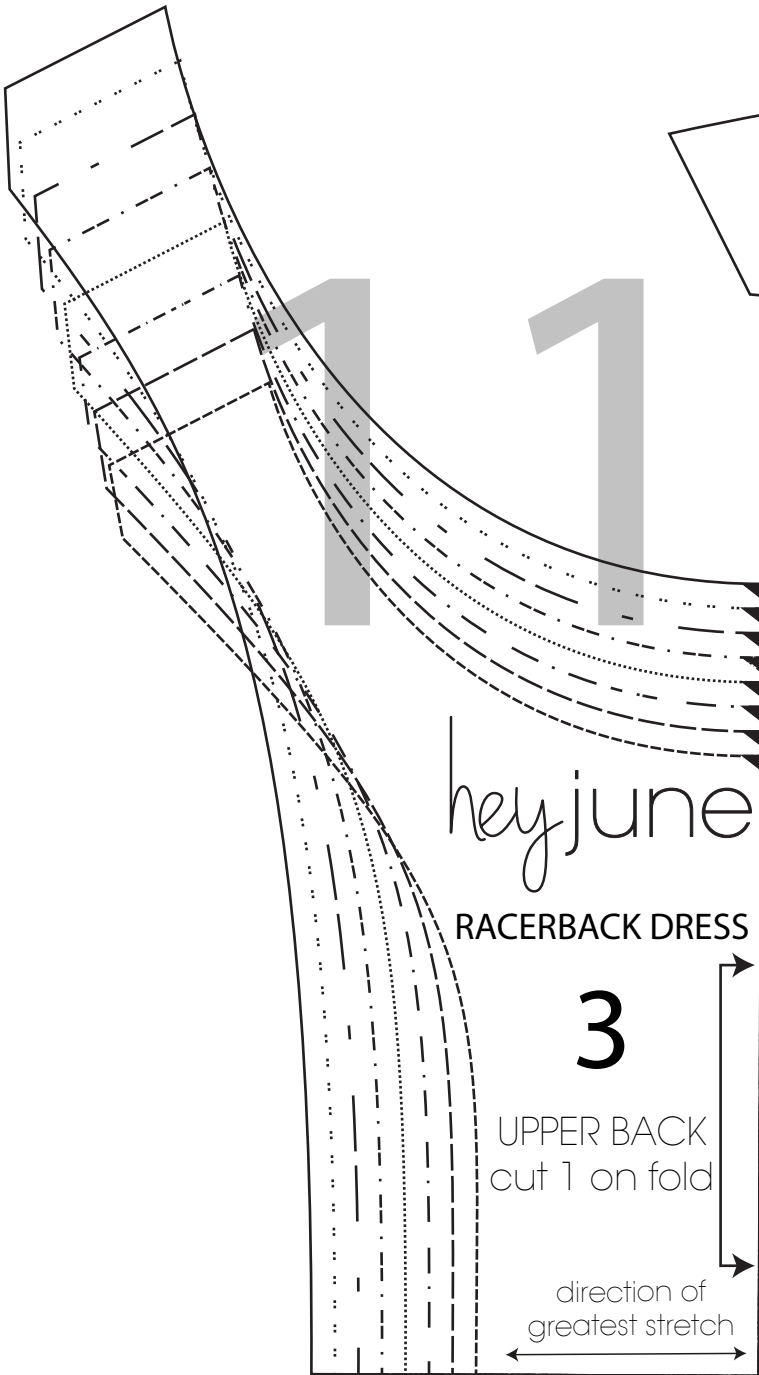
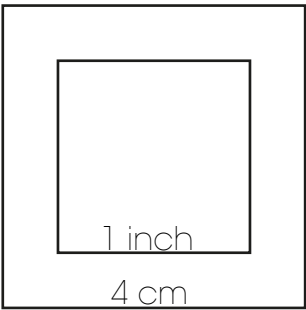


12. Sew the arm band to the arm curve. Flip the arm band out and steam and press really well, just as you did with the neck band. Again, you can top stitch around the arm curve if desired.



13. Turn the hem 1/2" toward the wrong side of the dress and press well. Edgestitch the hem in place (you can also use a twin needle or a coverstitch for this step). For a faux coverstitch look, sew a second seam just below the first hem seam.

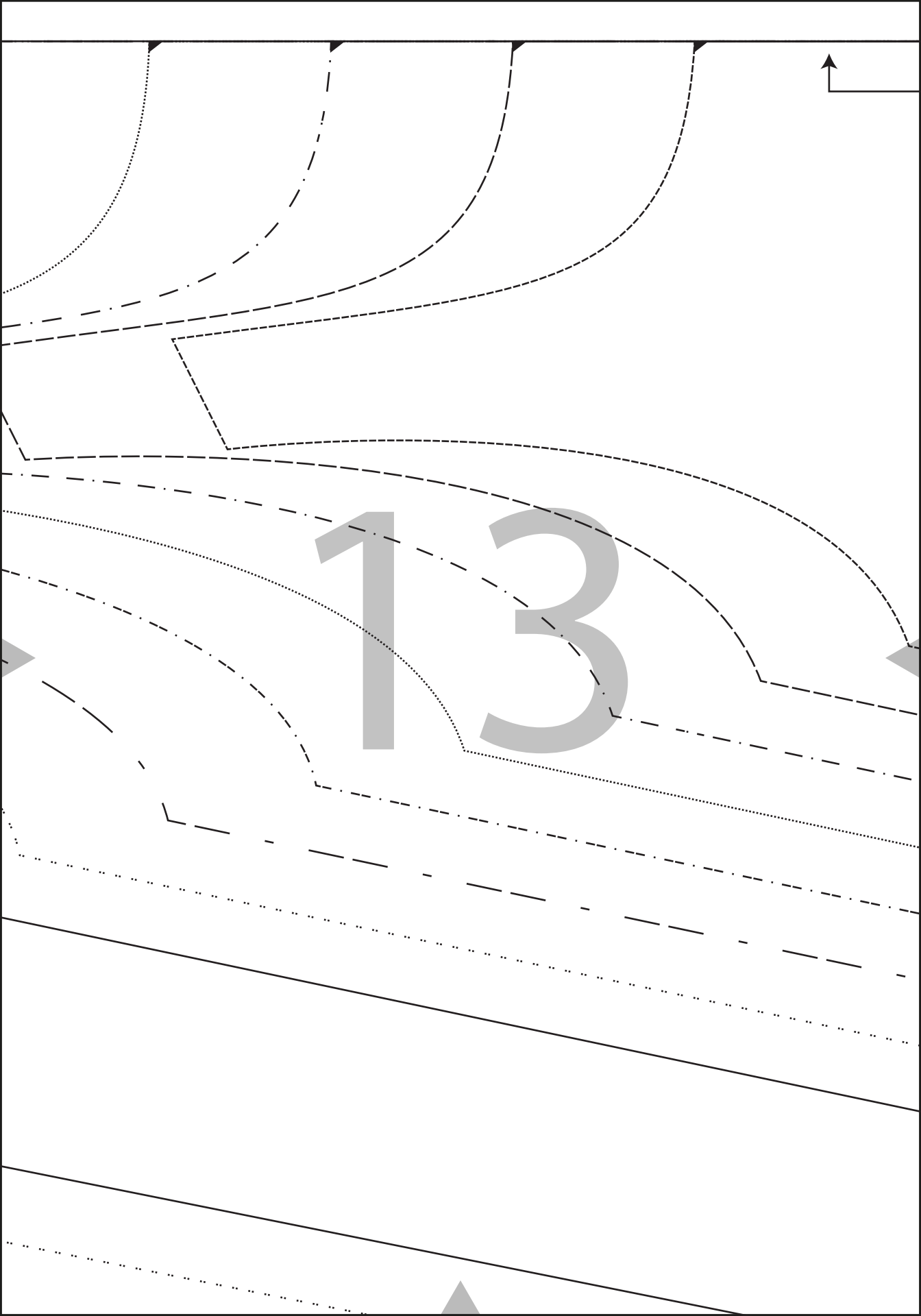




UPPER BACK
cut 1 on fold

direction of
greatest stretch

12



13

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RACERBACK DRESS

1

FRONT

cut 1 on fold

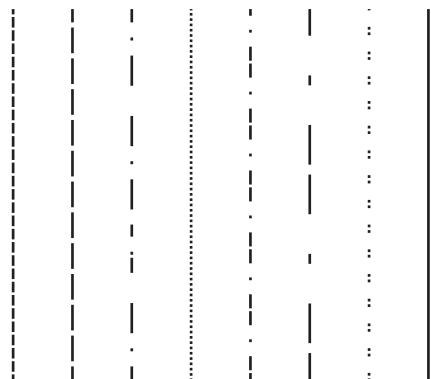
direction of greatest stretch



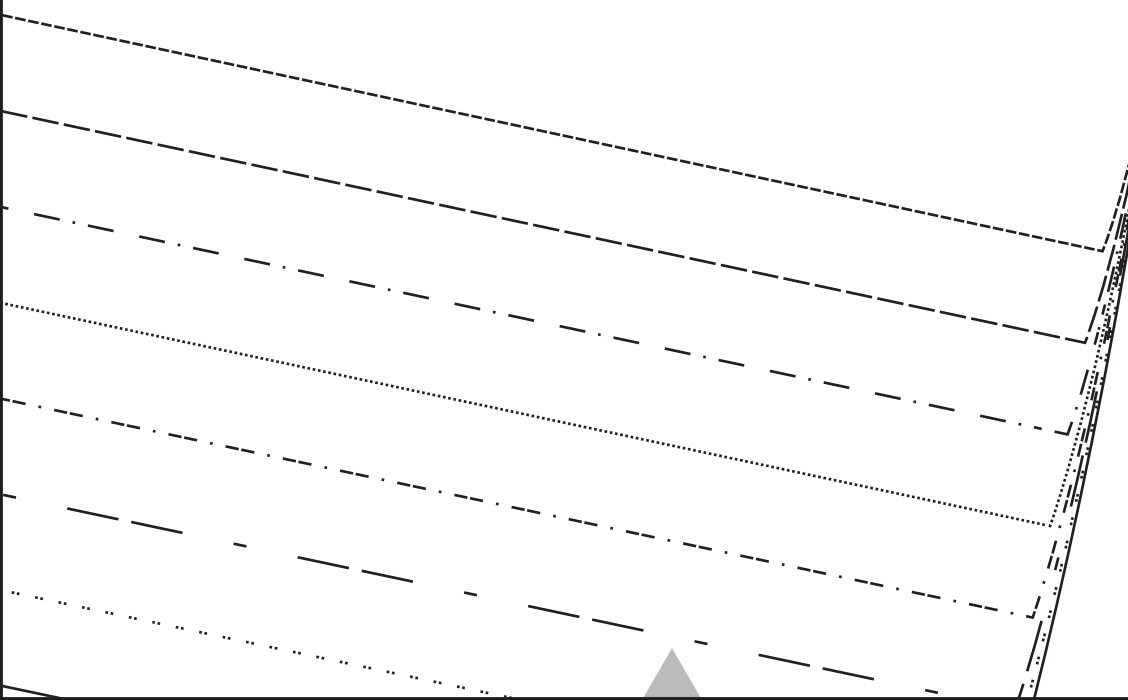
14

SIZE KEY

1
2
3
4
5
6
7
8

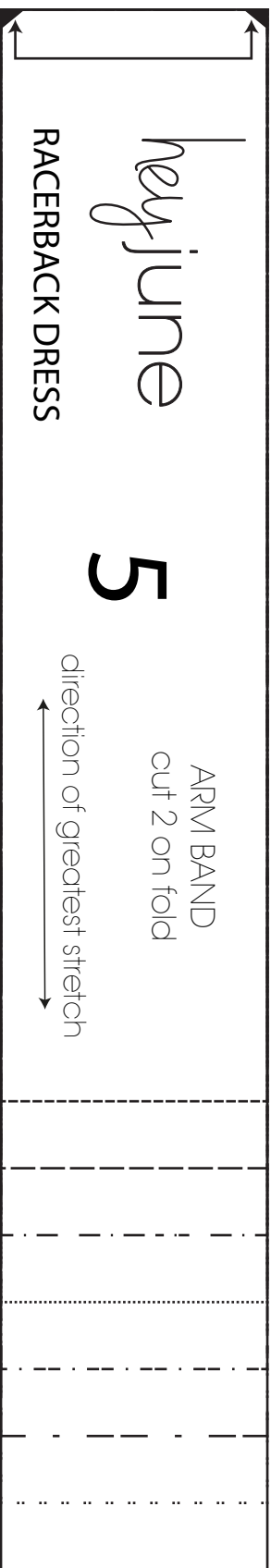


15





1



17



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RACERBACK DRESS

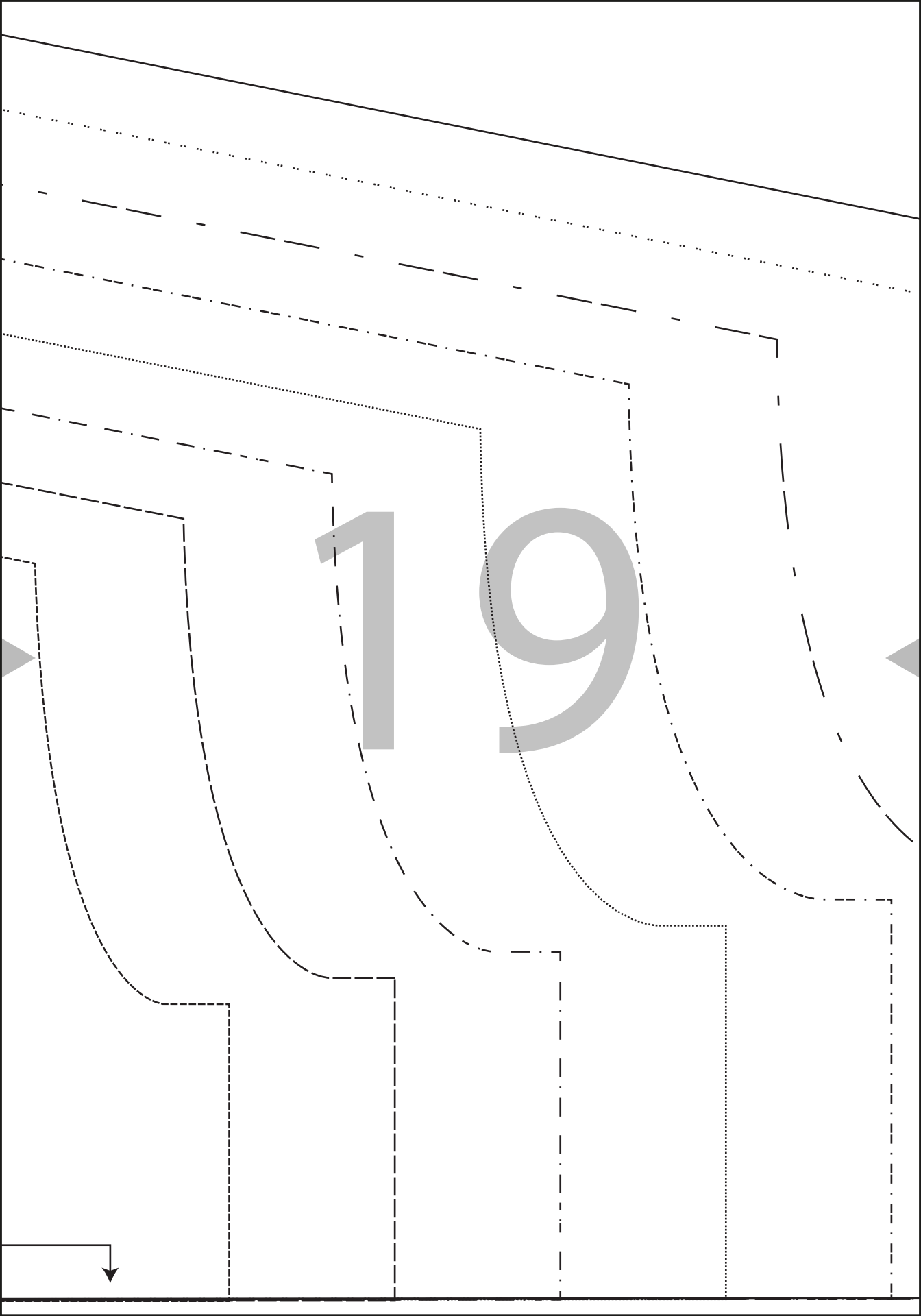
2

LOWER BACK
cut 1 on fold

direction of greatest stretch



18



20