

sew

COUTURE

Dressmaking Made Easy!

Easy-Sew patterns for all the family

FASHION • KIDS • HOME

SEW PATTERN

REF: FREYA

ISSUE 35



Retro apron
One size fits all



BUMPER COLLECTION!

Child's mandarin dress
Age 2-4 years



Yoke detail dress

Make with under two metres of fabric

Boho tunic

Simply adapt the dress pattern

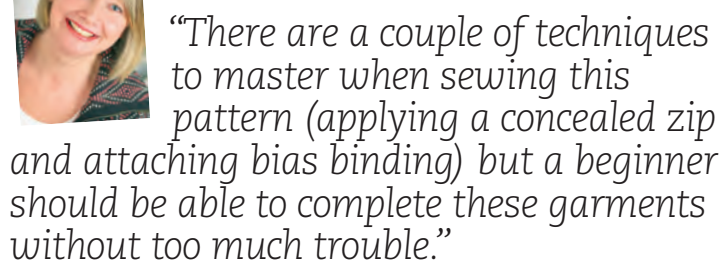


PLUS!

STITCH PATTERN
SIZES 8-18

Adult garments designed by Amanda Walker, Apron designed by Joanne Printall (copyright) Maze Media (2000) Ltd 2012

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The Freya Tunic is perfect for lightweight, slightly sheer fabrics to add a touch of glamour to your summer wardrobe. Floaty materials such as this can move around as you are stitching them so novices should practise sewing on spare pieces before working on the final garment.

Summer Tunic

This pretty dress uses under two metres of fabric so can be inexpensive to make. We've used a poly-cotton for the main garment and combined it with a silky material for the upper collar which adds an interesting contrast.

Dress
240min

For a novice,
add approx
180 min

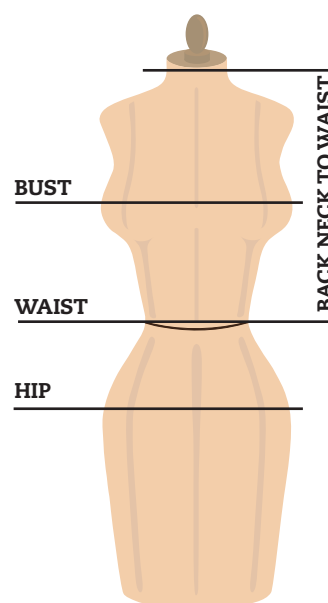
The FREYA Collection

These dress and tunic designs are easy to wear and versatile pieces for a summer wardrobe. The pattern could easily be extended to make a full-length maxi dress, ideally in a fine cotton to wear on a holiday evening out.

Made to measure

When making your own clothing getting the fit and shaping just right is the key to success. The best way to ensure this is to start out with accurate body measurements. We always recommend taking careful notes of your proportions before you being working on your pattern, this way you will be much happier with the finished results.

- 1 Wear well-fitting underwear and use a fabric tape measure
- 2 Note down the stated body measurements
- 3 Use the sizing chart on the download to select your size



Workshop Wisdom

- If you have a favourite scrap of fabric but there is not enough for a whole garment this is a good opportunity to use it on the yoke of this tunic or dress. You could find a plain fabric to coordinate with it to make the body of the garment.
- Both garments are unlined, however the yoke is self-lined which means the outer fabric is also used to make the inner lining. Adding a lining to a garment helps it hang better and gives it more body, it also provides structure and helps maintain the shape.



A woman with brown hair styled in a bun, smiling, wearing a purple floral dress with a black belt and a necklace. The dress has a white collar and a gathered waist. She is standing against a white background with a decorative pink dotted line at the top.



hot tip



Freya dress

Back Yoke – cut two on fold

9 Gather across the front and back of dress. Adjust the stitch length of the machine to a wide, straight or gathering stitch. Make two lines of stitching close to one

another between the two notches within the seam allowance. Pull up the threads until the top of the Front and Back Dress pieces fit between the notches of the Front and Back Yokes.

10 Stitch the yoke shoulder seams.

Separate the yoke pieces matching the Front and Back pieces together across the shoulder seams, pin and then stitch together. Press the seams open.

11 Stitch the two yokes together around the neckline. With the right side of the yokes facing, match the shoulder seams and the necklines together. Pin in place and stitch all the way around. Clip the seam allowance around the curved lines and press the seam allowance in one direction. Turn right sides out and stay stitch on top of the seam allowances on the right side of the fabric. This side will become the lining of the yoke and help the seam to roll inside the neckline.

12 Attach the Front and Back Dress pieces to the Front and Back Yoke pieces. Position the gathered top Front Dress between the notches on the right side of the Front Yoke. Pin in place and stitch. Repeat the process attaching the Back Dress to the Back Yoke.

13 Stitch the lower edges of the yoke and yoke lining together. Carefully fold and press in 1.5cm along the lower edges of the outside yokes on either side of the gathered areas on the Front and Back Dress. Fold and press 1.5cm around the lower edge of the lining yoke. Match the two folded edges of the yoke and yoke lining together, pin and then hand slip stitch the two edges together.

14 Hem the dress. Neaten the base of the dress by either using a zig zag stitch or overlocking. Fold and press up 3cm, pin and hand stitch the hem in place. Finally hand stitch a hook and bar fastening to the top of the zip.

essentials

Freya tunic

Chiffon, print, 1.20m

Contrast fabric, plain, 40cm

Zip, concealed, 23cm

Elastic, 5mm wide, 1m

Fastening, hook and bar

PATTERN PIECES

Front and Back Dress - cut two on fold and cut along line indicated on the pattern piece

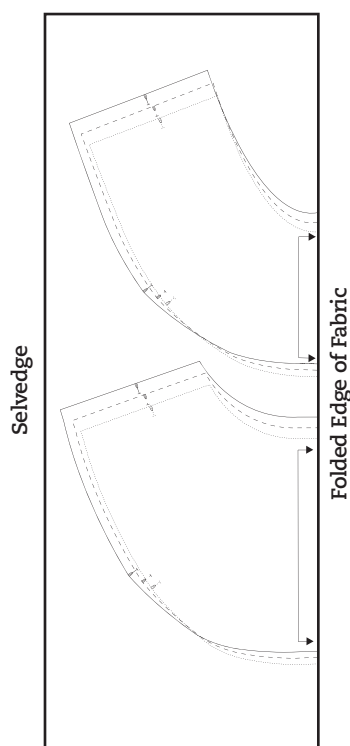
Front Yoke - cut two on fold

Back Yoke - cut two on fold

Please note: Follow Steps 1 – 13 in the making up instructions for the Freya Dress, then proceed to Step 15.

15 Attach the elastic. Cut a piece of elastic that fits comfortably around your waist very slightly stretched. Pin the elastic along the line indicated on the front and back pattern piece, evenly stretching it as you pin. Machine stitch through the centre of the elastic.

16 Hem the top. Make a small machine stitched roll hem at the base of the top. Finally hand stitch a hook and bar fastening to the top of the zip.



Freya Collection Cutting layout guide

Use these diagrams to determine how your pattern pieces should be laid on the fabric.

150cm (wide) 1.8m main fabric folded as shown:

Freya Dress

Back & Front:

Cut two on the fold

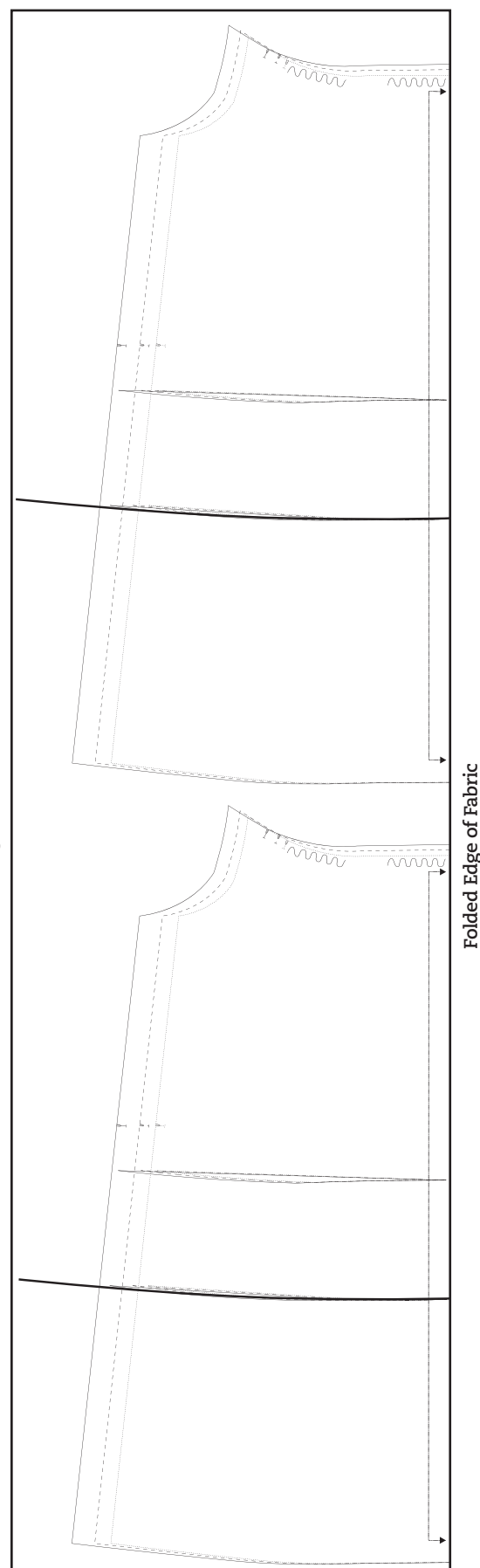
Freya Tunic

Back & Front:

Cut two on the fold (shorten at indicated line)

Yoke

Cut two on the fold.





Age:	2	3	4
Waist size:	53cm	56cm	59cm
Finished length:	46cm	50cm	55cm

make a dress

6 Press the bias tape away from the right front and press the 2.5cm tail at the bottom edge up. Fold the bias tape to the wrong side of the right front and pin. For neat stitches, sew close to the inside folded edge of the trim from the right side of the front. If you are unable to catch the bias tape when you stitch from the right side, sew with the wrong side up, along the edge of the tape.

36"

INNER COLLAR

OUTER COLLAR

STEP 4

INNER COLLAR

OUTER COLLAR

STEP 5

hem

stitch binding to right front

1"

The diagram shows the right front piece of the dress, which is a trapezoidal shape with a notched collar and a small tie at the center. A dashed line indicates the hemline. A circular inset shows a detail of the waistband closure, which is a small, decorative knot. The text "RIGHT FRONT" is printed on the piece. A dimension line indicates a width of 1" at the top. Another dimension line indicates a height of 1/2" for the waistband closure.

hem

1"

RIGHT FRONT

1/2"

STEP 9

STEP 6

7 Starting from the bottom edge of the keyhole opening on the left front collar piece, unfold the bias tape and pin it along the raw edge with the right sides together. Leave a 1.5cm tail of bias tape extending beyond the edge of the left front. Continue pinning the bias tape in place around the top edge of the collar and then along the keyhole neckline of the right front. Trim the bias tape, leaving a 1.2cm tail extending beyond the edge of the right front. Turn the dress over so the wrong side is facing up. Fold the tails of bias tape to the wrong side and pin them in place. Press the bias tape away from the garment, fold it over to encase the raw edges of the left and right fronts and collar, and stitch in place as before.

8 Pin bias tape along the armhole edges, encasing all the fabric raw edges the same as for the side front, keyhole edges and neck opening. Overlap the bias tape slightly where the ends meet, taking care to turn and press the short raw edge to the wrong side. Stitch the tape in place, making sure to catch the back of it in the stitching.

9 Cut the elastic cording into four 9cm lengths. Fold each elastic piece in half and knot the two ends together, so that you have 1.2cm of looped cord to work with. Make sure the knot is very secure. Using a needle and thread, secure the elastic loops onto the wrong side of the right front at the placement marks. Make two running stitches over the cord at the bottom of the loop, just above the knot. Trim the ends of the cord to 3mm.

10 Determine button placement by closing the front of the dress and marking button position on the left front. Securely sew on the buttons.

Vintage apron

Your pattern includes the following pattern pieces:

- Neck Ties
- Waistband
- Waist Ties
- Skirt
- Pocket
- Pocket Edge
- Neckline Bodice
- Bodice

essentials

Fabric: cotton: print, 1m; contrast, 50cm

Fusible webbing, lightweight

Thread

Tailor's chalk

DIMENSIONS:

One size fits all

vintage apron

1 Carefully cut out all of the paper pattern pieces, piece and secure together. Iron the fabric flat and pin the pattern shapes to the wrong side of the material. Cut out all pieces, transferring any markings, including the pocket position, with tailor's chalk; snip all notches. Iron-on the interfacing as directed.

2 Place the fused, interfaced bodice neckline, and the bodice piece right sides facing, carefully pinning them along the curved edges. Sew them together allowing for a 1cm seam allowance and press. Run a line of stay stitching along the edge of the printed fabric 2mm away from the stitched seam.

3 Hem the two longest sides of the bodice. Take the neck ties and hem the three longest edges. Pin the ties to the top of the bodice, right sides together, line them up with the notches and sew in place. Fold under the 1cm seam allowance along the top edge (snipping through the seam allowance at the centre front), press and stay stitch on the front, 2mm away from the top edge. Place all to one side.

4 Lay the two pocket pieces right sides together and sew along the top edge. Press



Why not fix fastenings to the ribbon so you can cross it over your back too?

the width of the waistband (approx 35cm). Change to a straight stitch setting on your machine and sew between the two gathered rows to secure.

6 Prepare the waist ties as for the neck straps, hemming the three longest sides. Take the two waistband pieces: the fused section needs to be at the front, and the edge with notches needs to be at the top. Put these right sides together and between them enclose the bodice, correctly lined up with the centre front and notches; also enclose the waist ties along the shortest edges. Sew along the three sides. Turn out and press.

7 Tuck in the two raw edges on the waistband and insert the skirt with them. Pin securely in place and stay stitch along the bottom edge of the waistband, 2mm from the edge to secure in place.

the seam allowance at the back, turn back over to the front and stay stitch 2mm away from the seam just worked. Hem or bind all four sides of the pocket. Pin the pocket in place where you have marked on the skirt and sew along three sides.

5 Hem the skirt along the two short sides and the bottom edge. Set the sewing machine to a long stitch length and sew two straight lines along the top edge, 5mm apart, leaving long threads at the ends. Hold the threads and gently pull to gather the fabric. Continue until it is

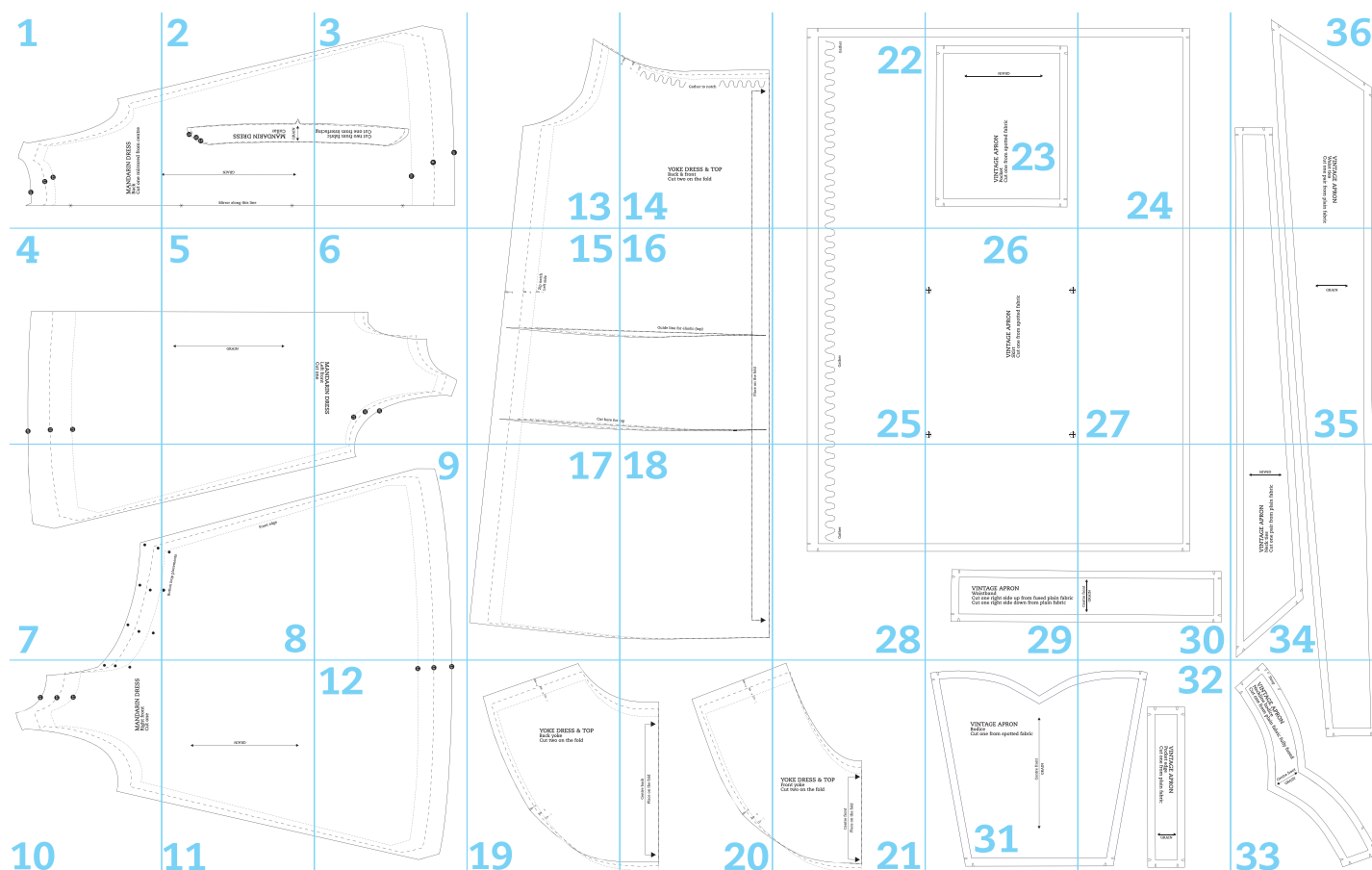


Sew Freya Pattern Reference Sheet

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Pattern layout guide



Guide to sizes

Yoke Dress & Top (tunic):

Size 8-10 — — —

Size 12-14 — — —

Size 16-18 — — —

Mandarin Dress:

Size age 2 — — —

Size age 3 — — —

Size age 4 — — —

The following pattern pieces are included...

Yoke Dress & Top (tunic):

Back & front

Front yoke

Back yoke

Mandarin Dress:

Left front

Right front

Back

Collar

Vintage Apron:

Skirt

Neckline bodice

Waistband

Waist ties

Neck ties

Pocket

Pocket edge

Layout key:

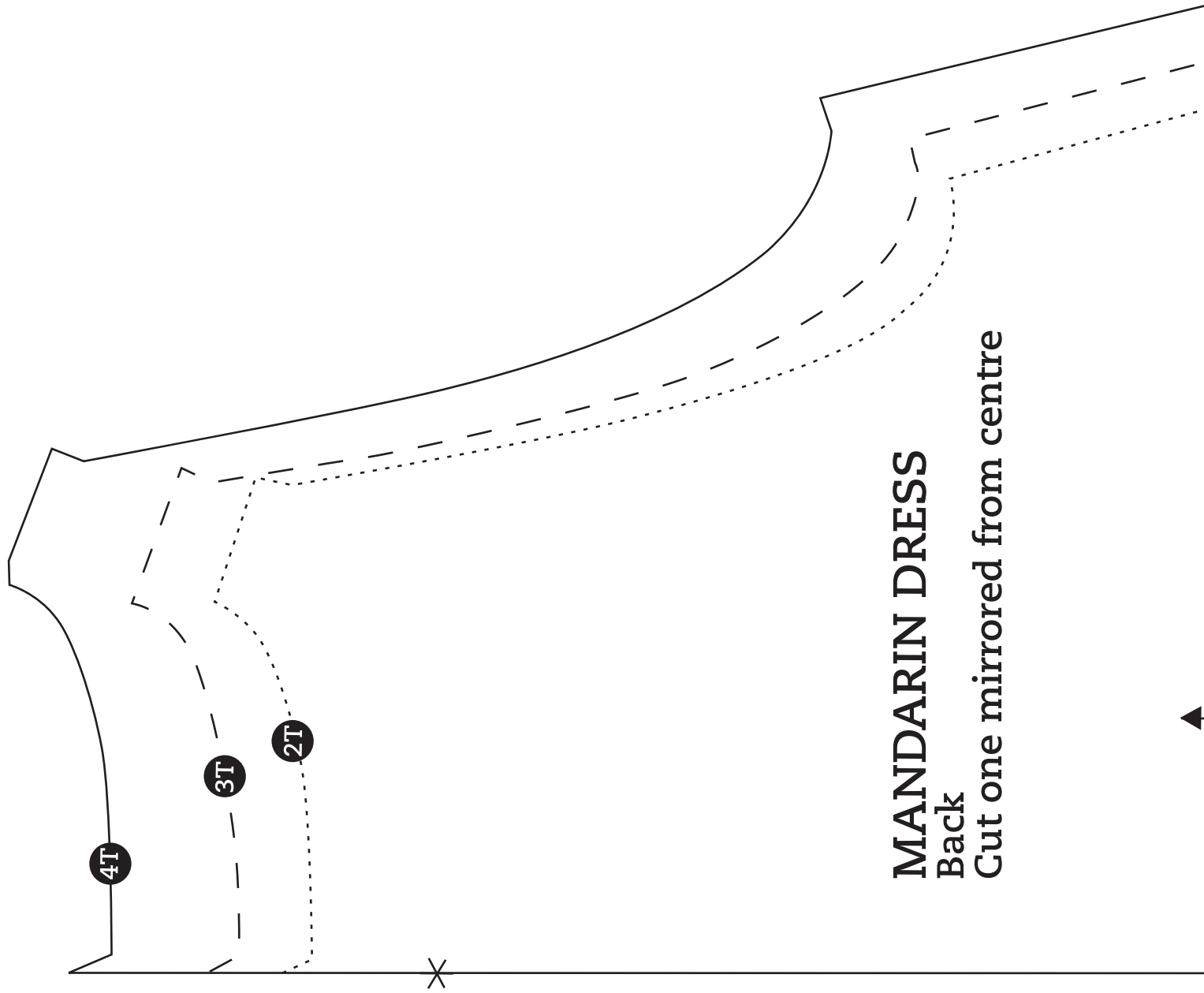
1-12 Mandarin dress

13-21 Yoke dress

22-36 Vintage apron

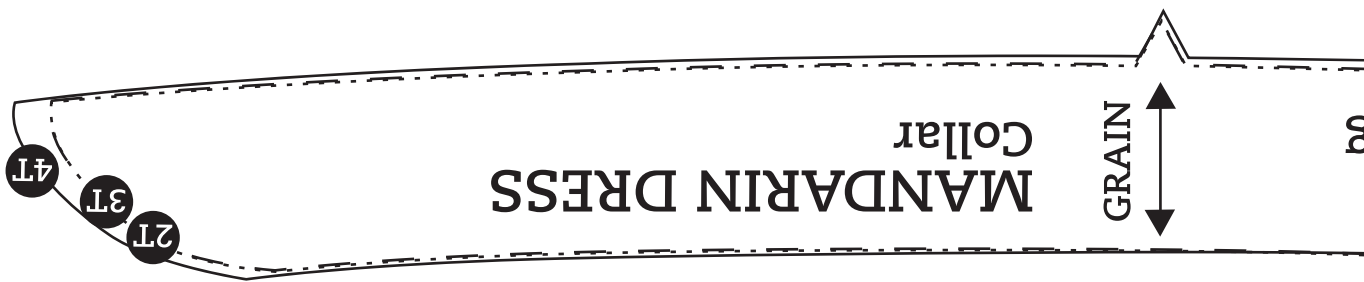
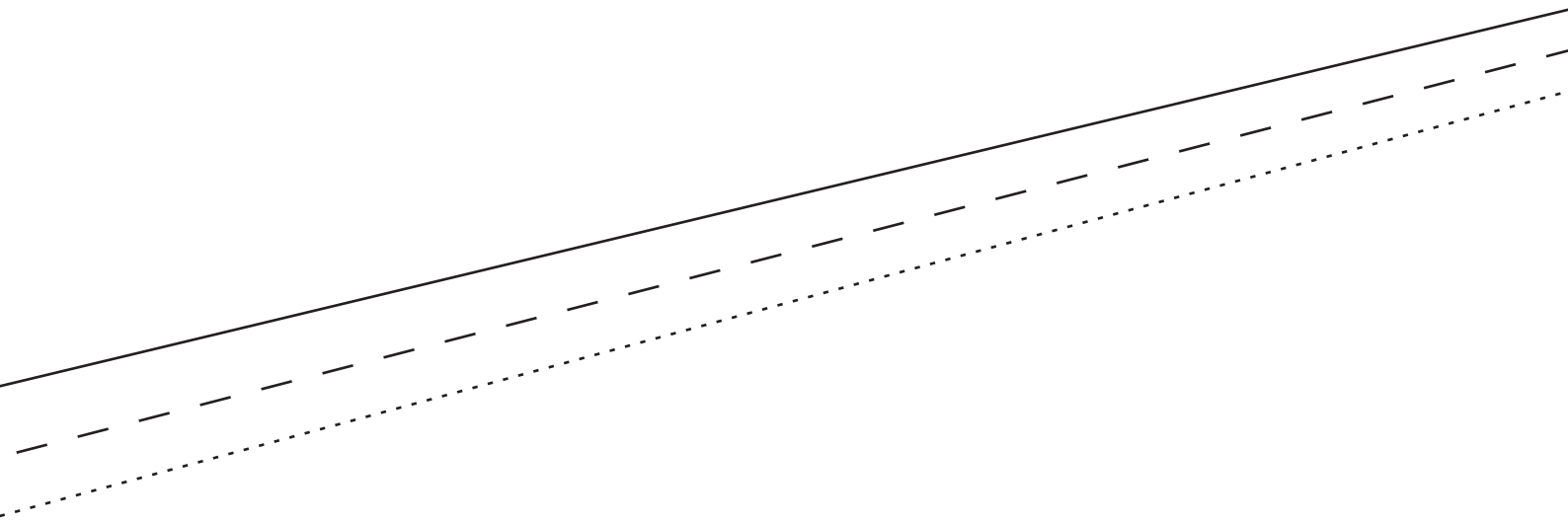
Vintage Apron: © Jo Printall, Mandarin Dress: © Rebecca Yaker and Patricia Hoskins, Freya garments: © Amanda Walker, Garments and accessories featured on this download pattern are for personal home use only and cannot be sold or used for commercial purposes. Pattern pieces cannot be reproduced for commercial purposes © Maze Media (2000) Ltd 2012.

1



MANDARIN DRESS
Back
Cut one mirrored from centre

2



3

Cut two from fabric
Cut one from interfacing

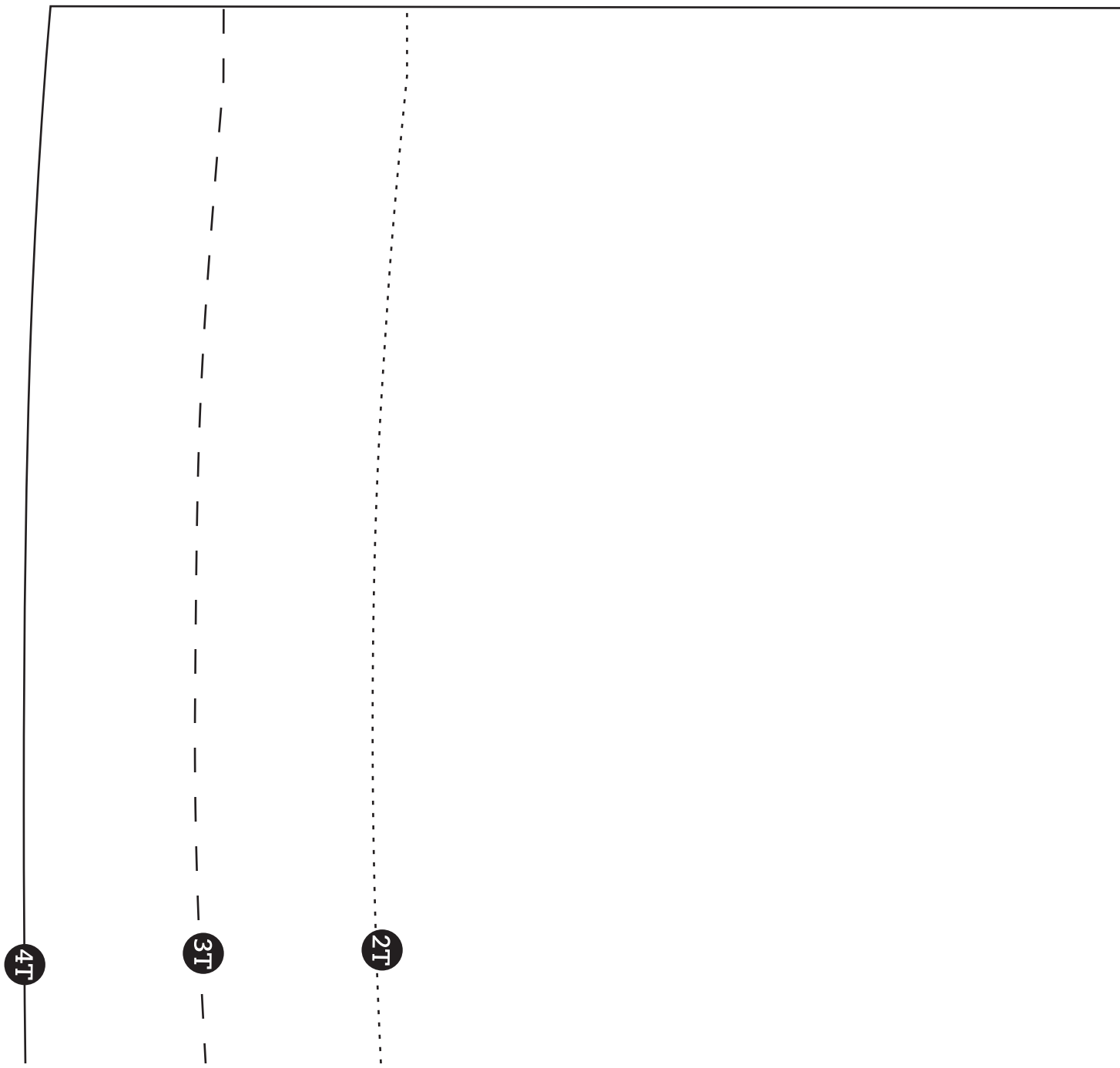


2T

3T

4T

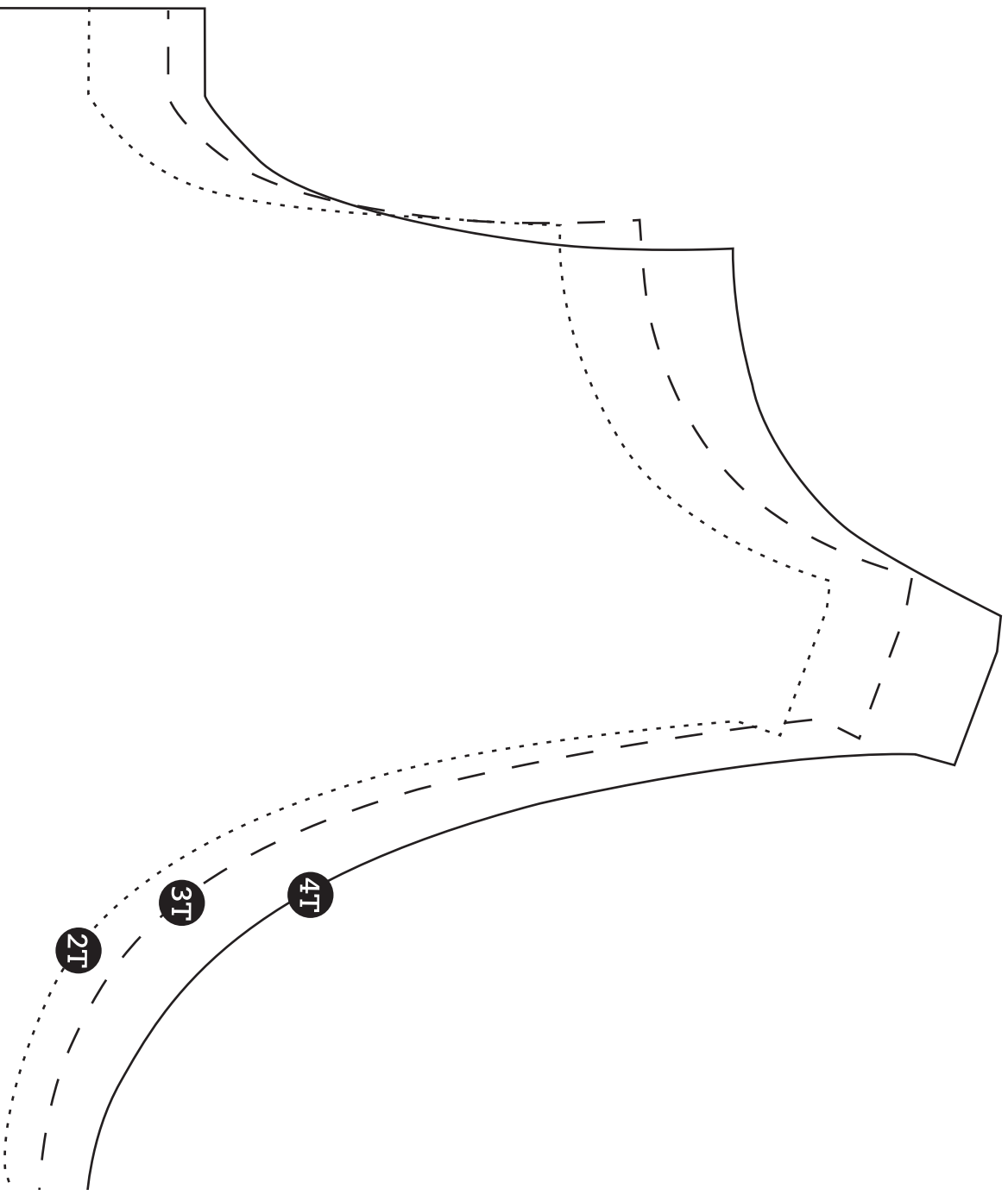
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5

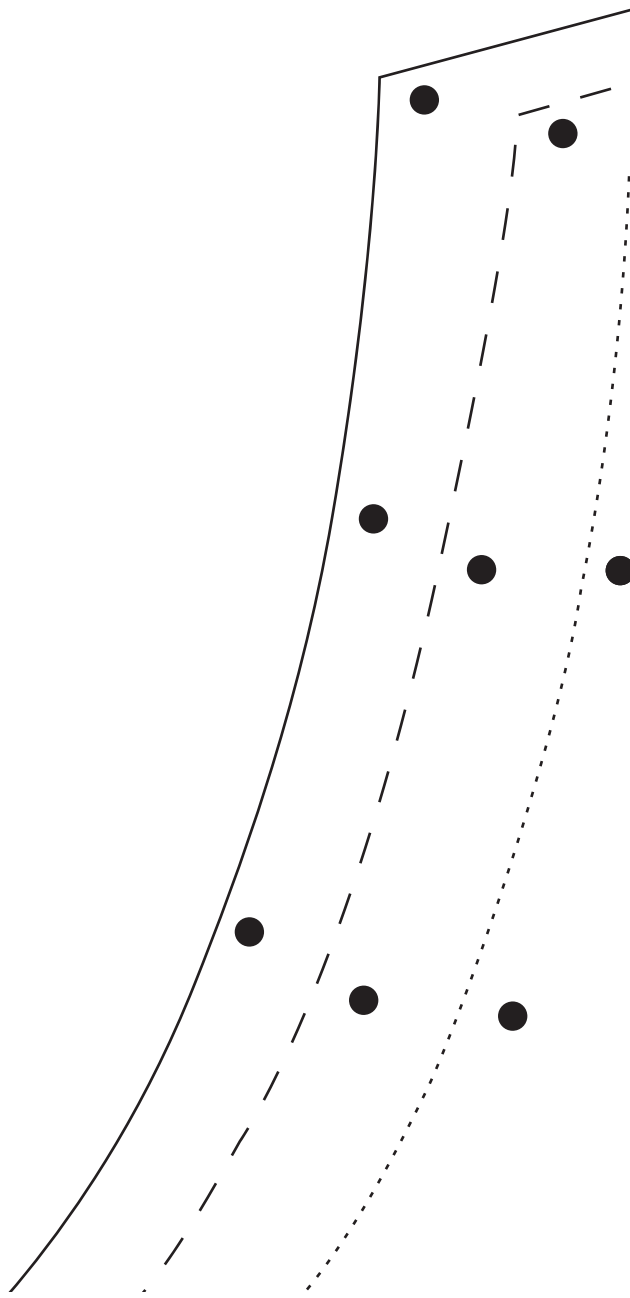
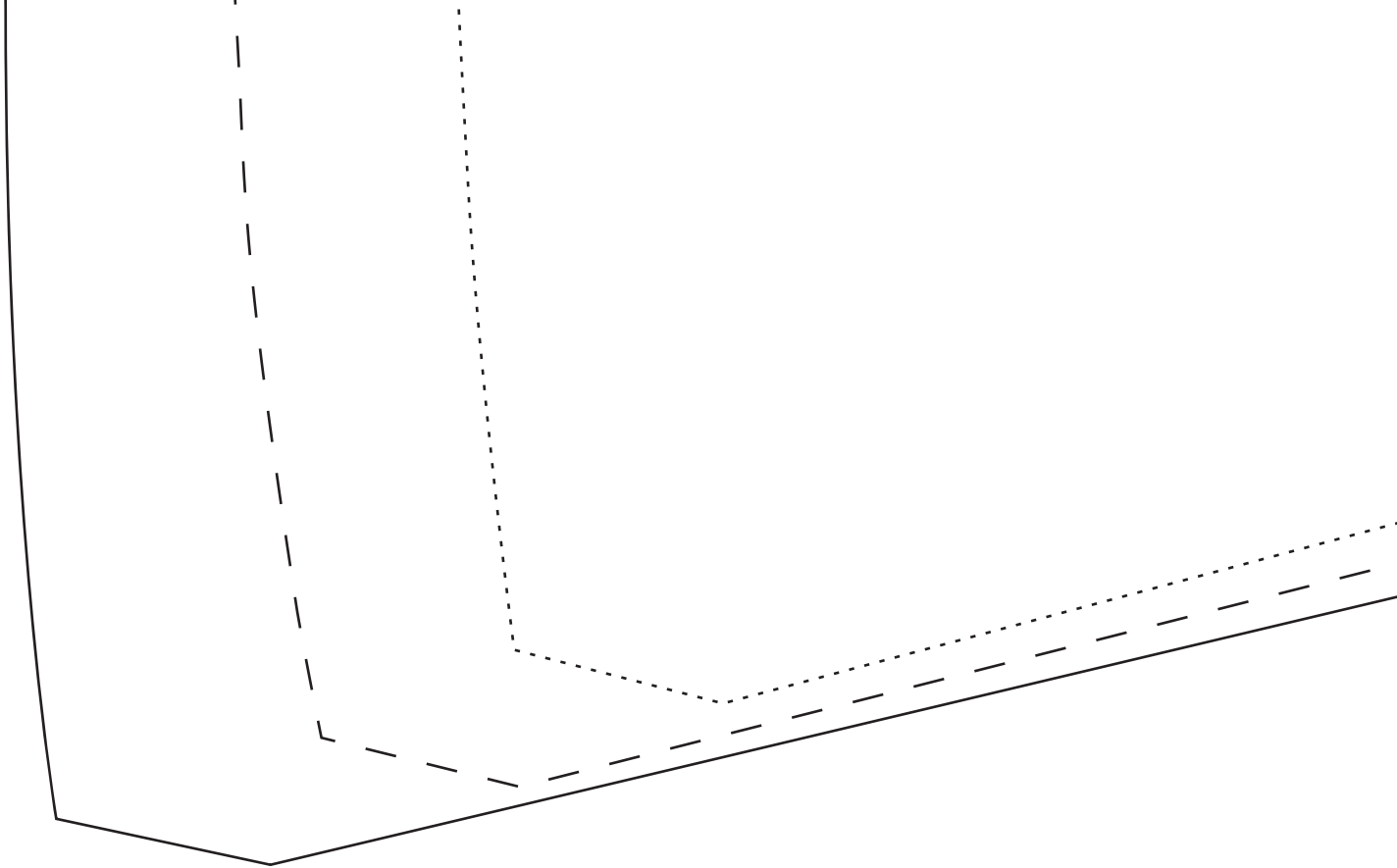


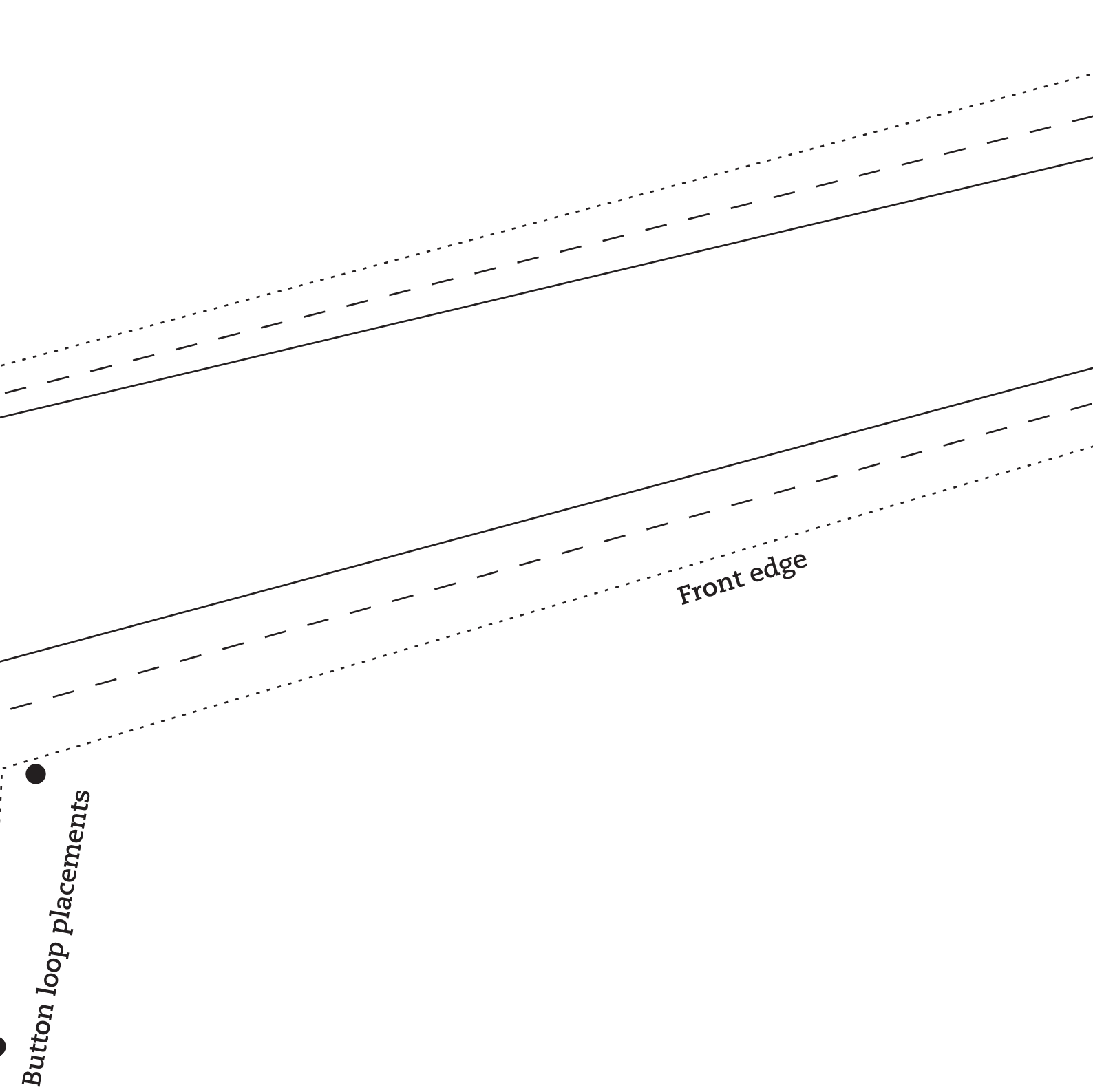
GRAIN



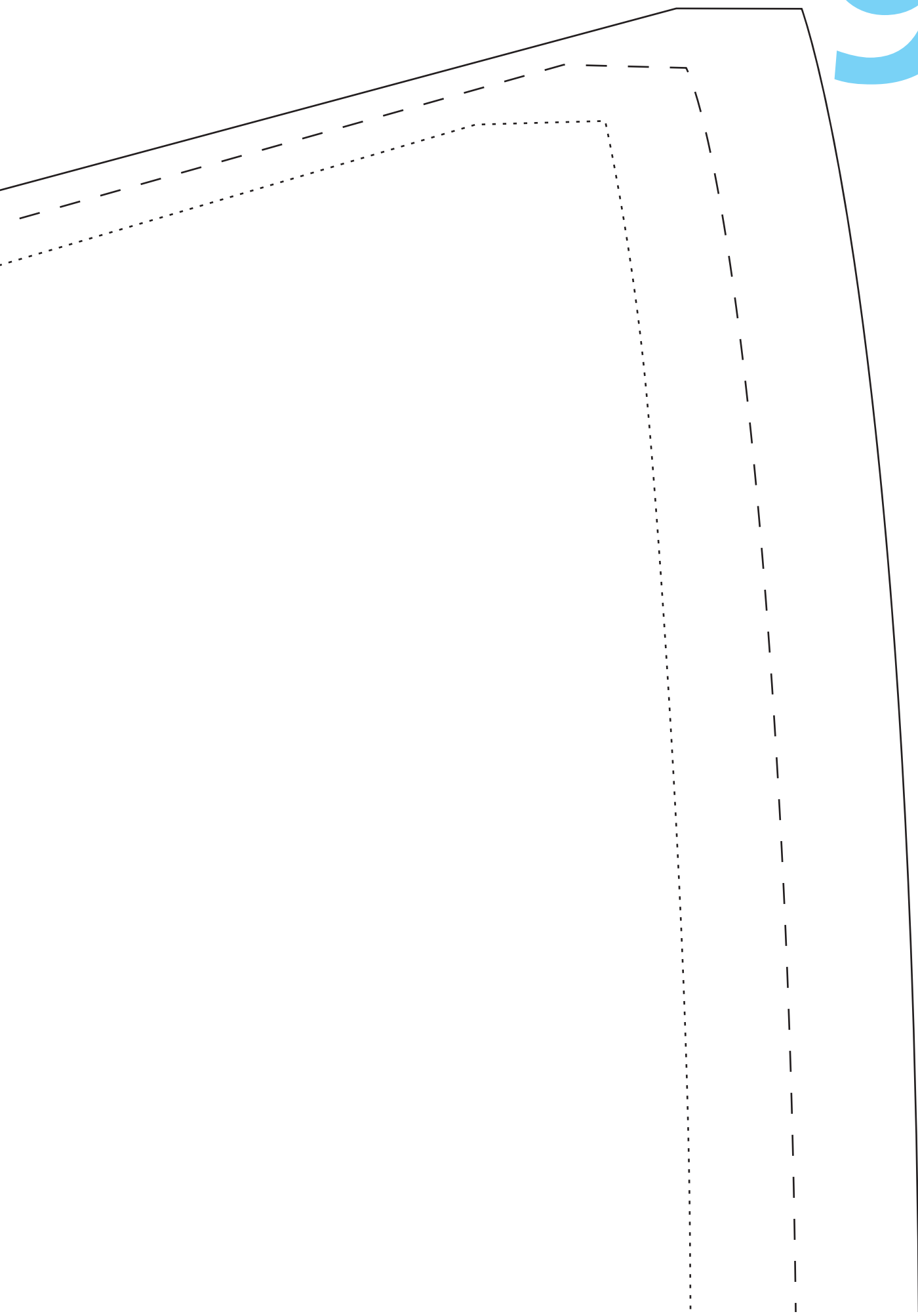
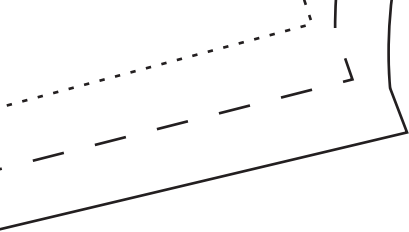
MANDARIN DRESS
Left front
Cut one

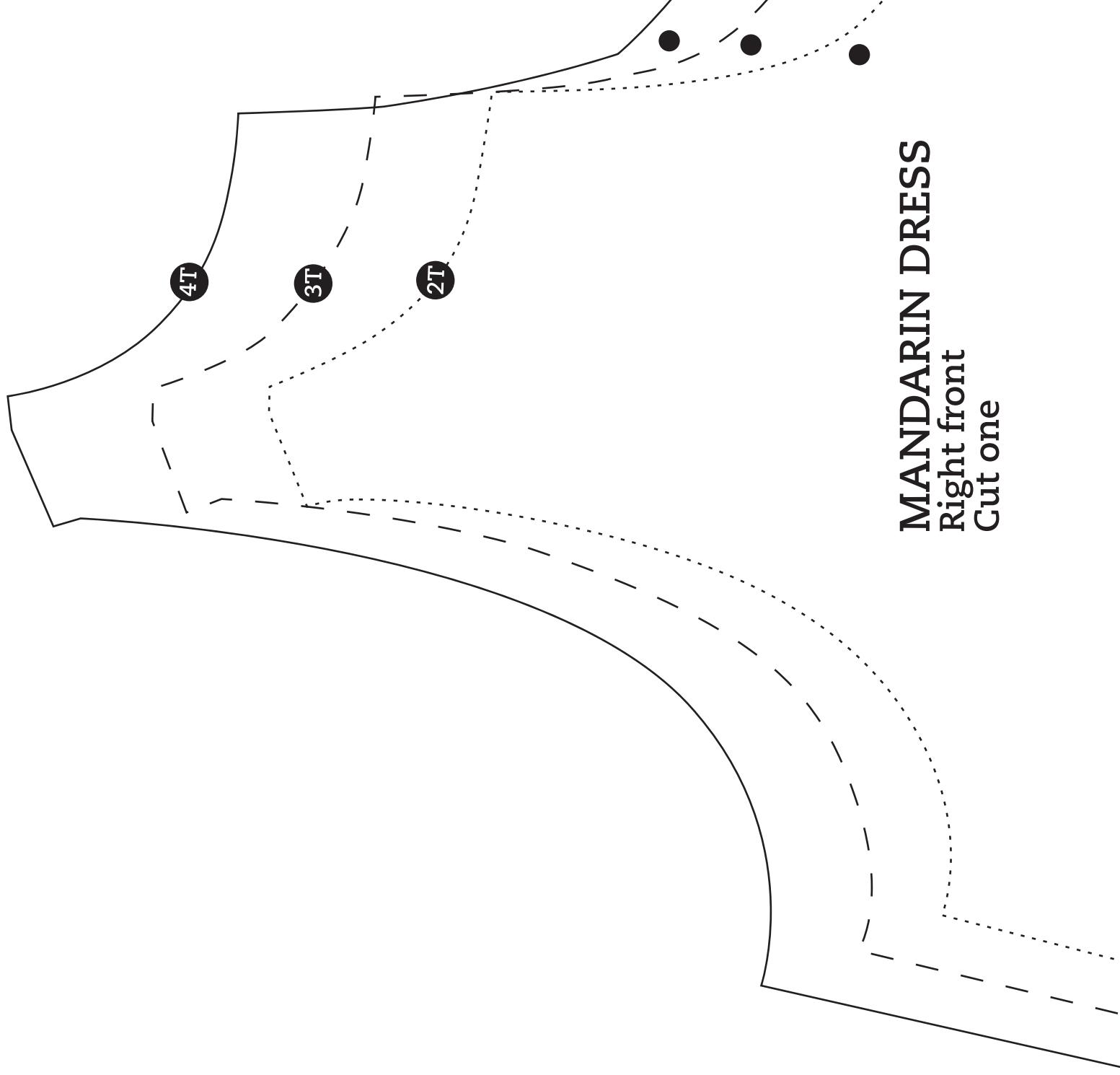
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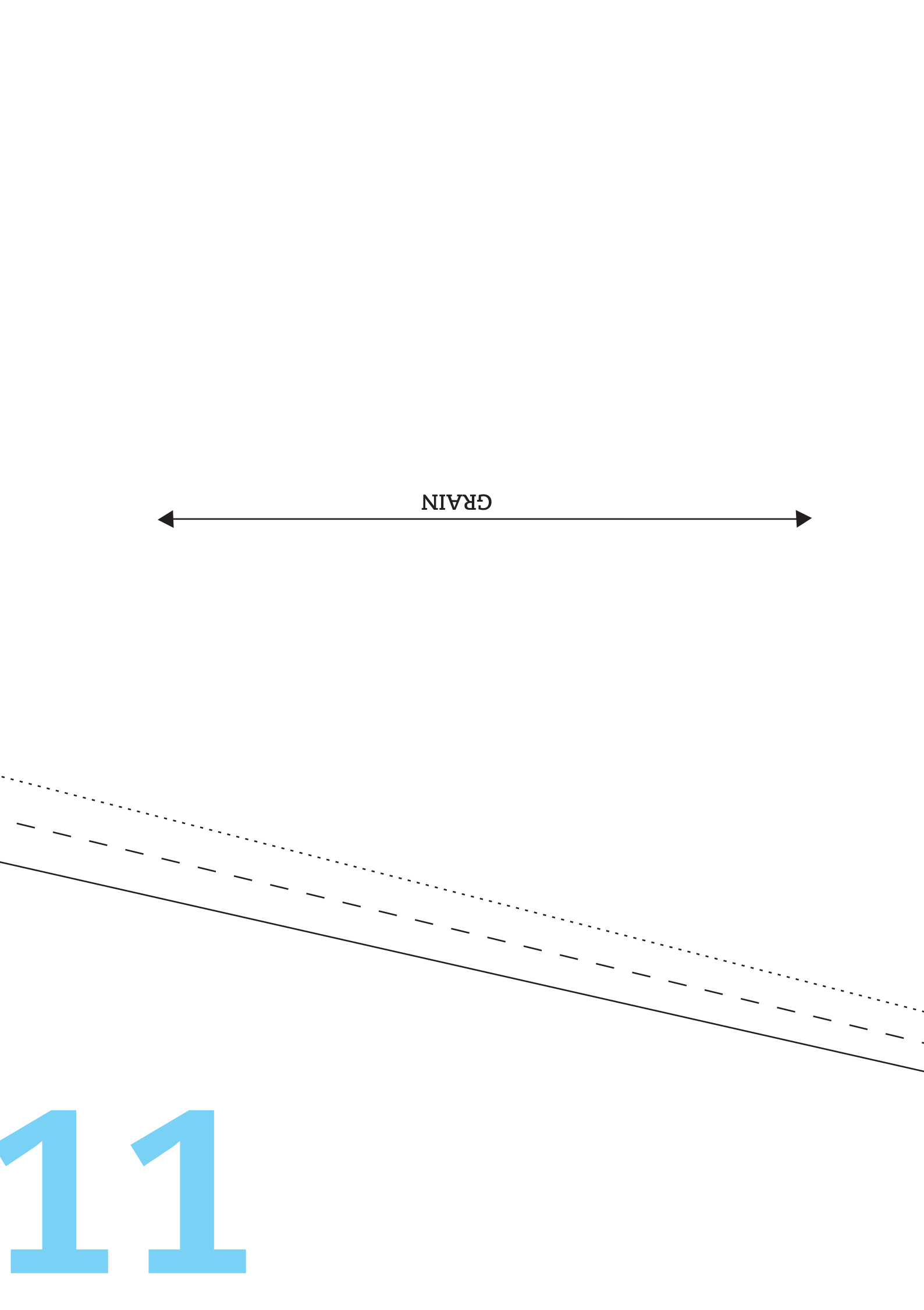


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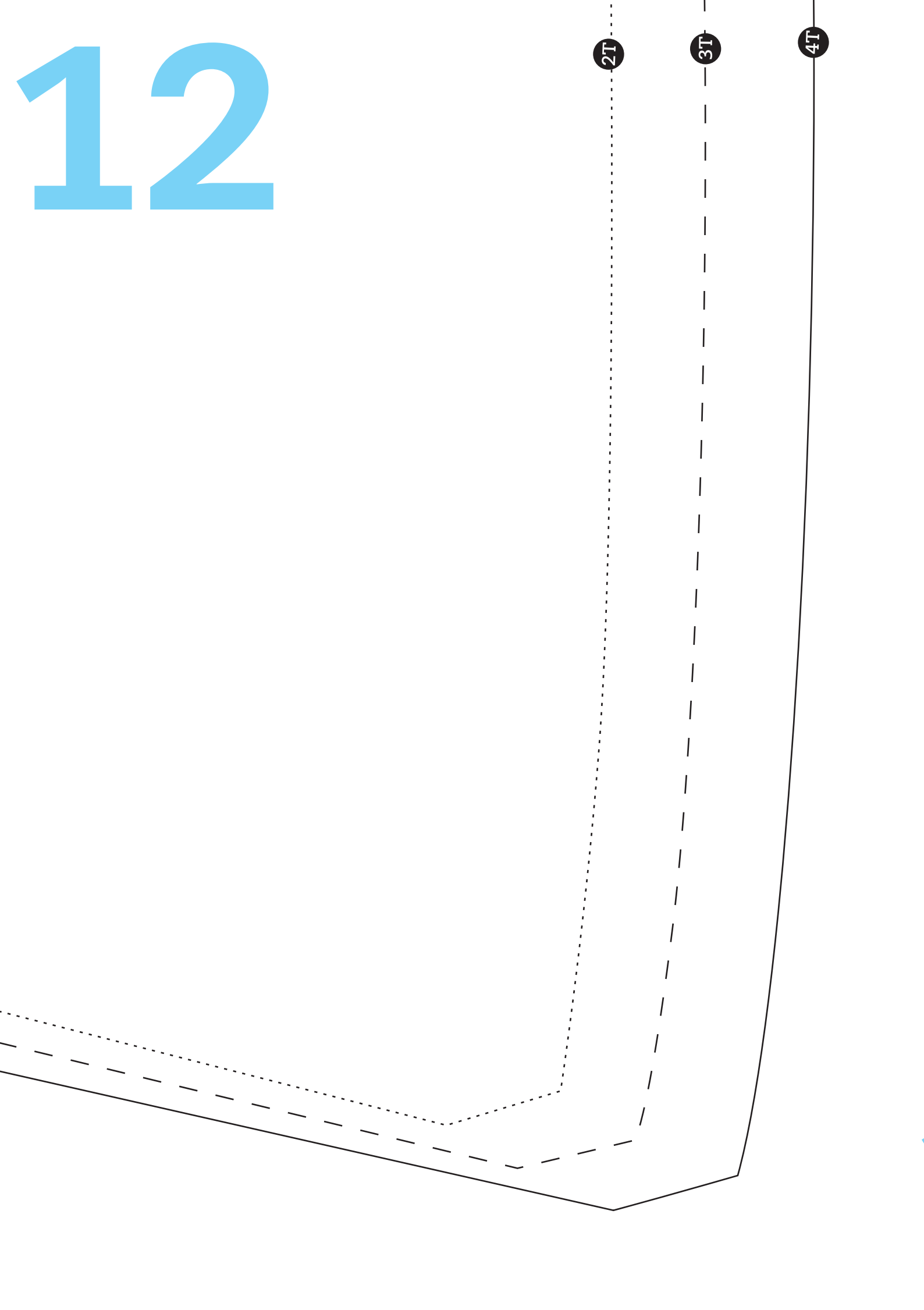


MANDARIN DRESS
Right front
Cut one



11

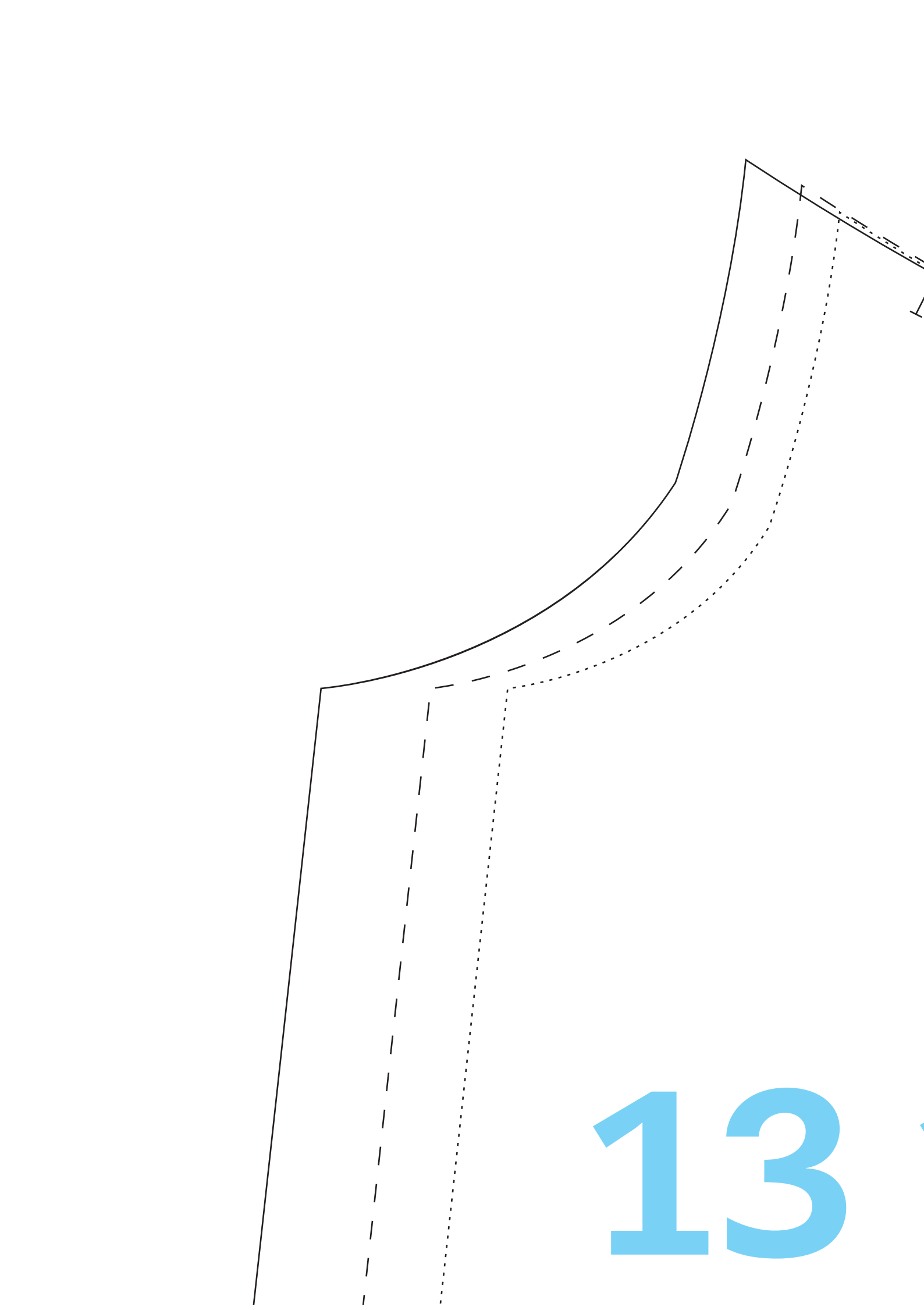
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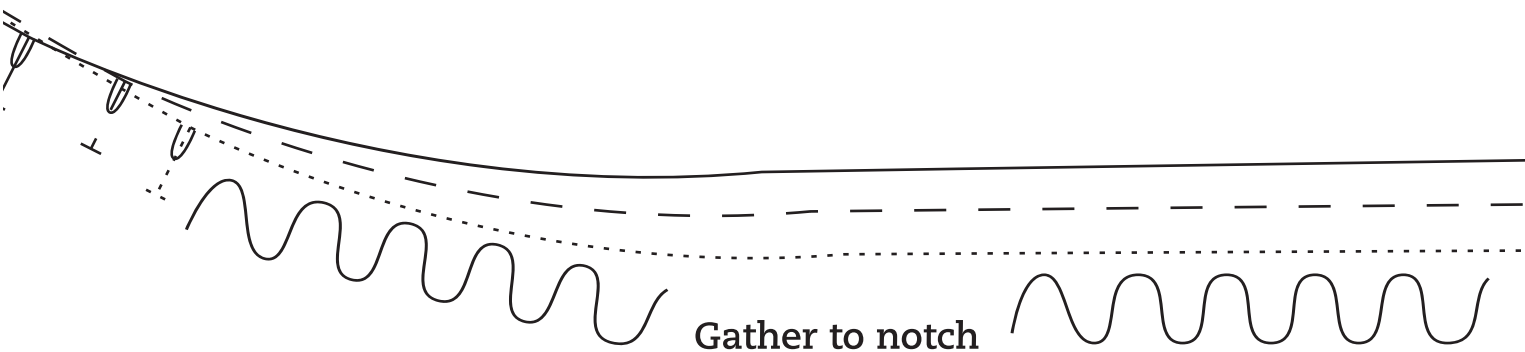


2T

3T

4T





YOKE DRESS & TOP

Back & front

Cut two on the fold

15

Zip notch
Left side

Cut here for top

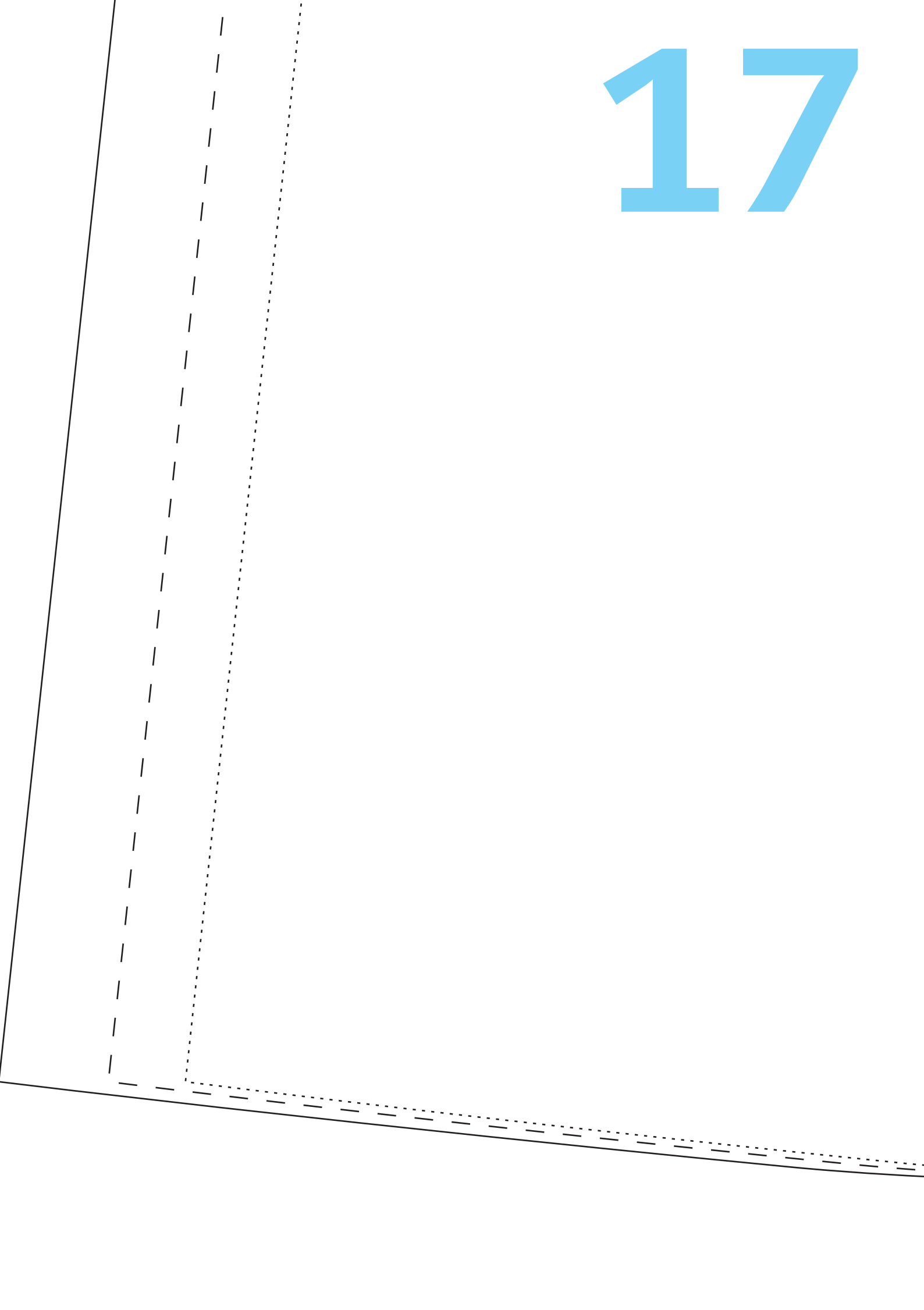
16

Guide line for elastic (top)

Place on the fold

p

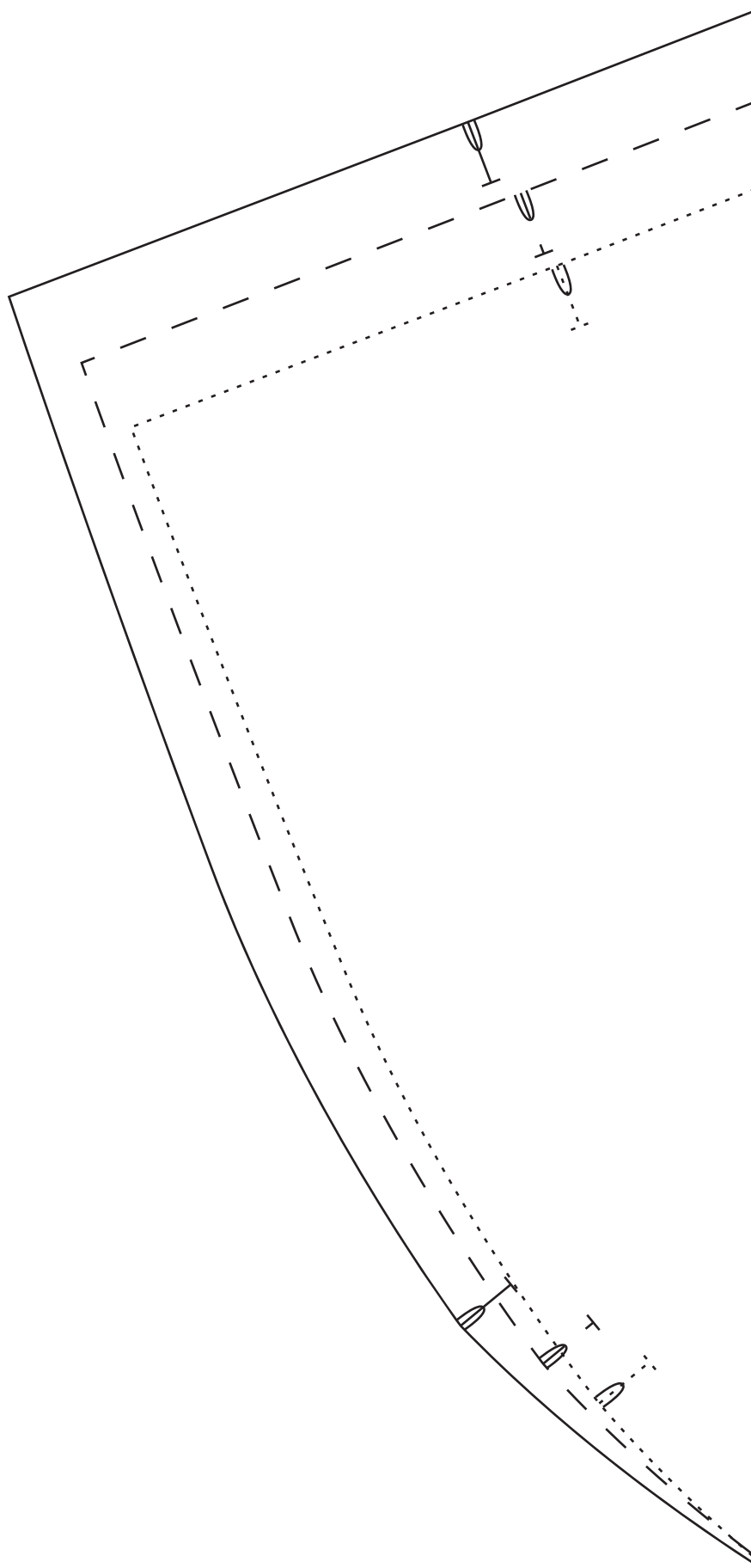
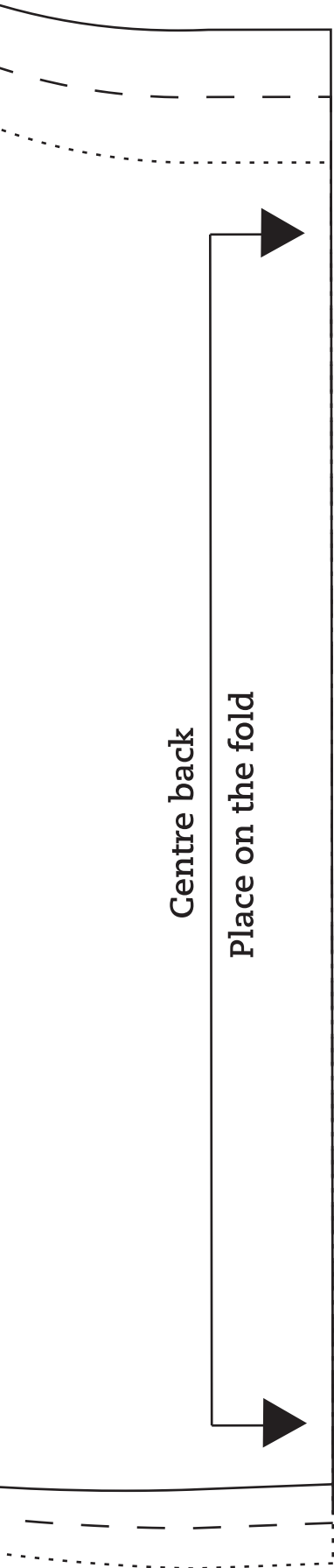
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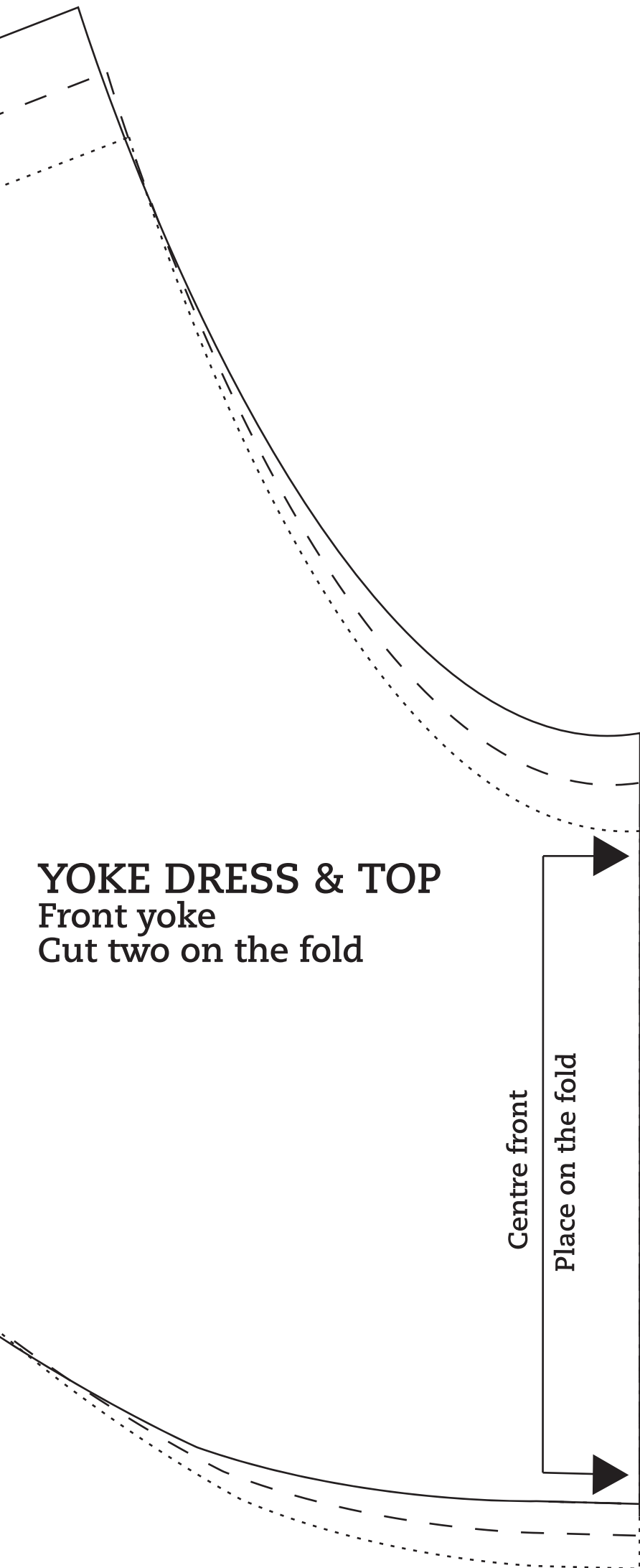


18



YOKE DRESS & TOP
Back yoke
Cut two on the fold





YOKE DRESS & TOP
Front yoke
Cut two on the fold

Centre front

Place on the fold

22

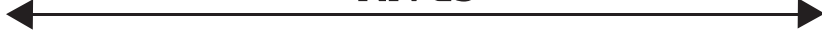
Gather



VINTAGE APRON
Pocket
Cut one from spotted fabric

23

GRAIN



24

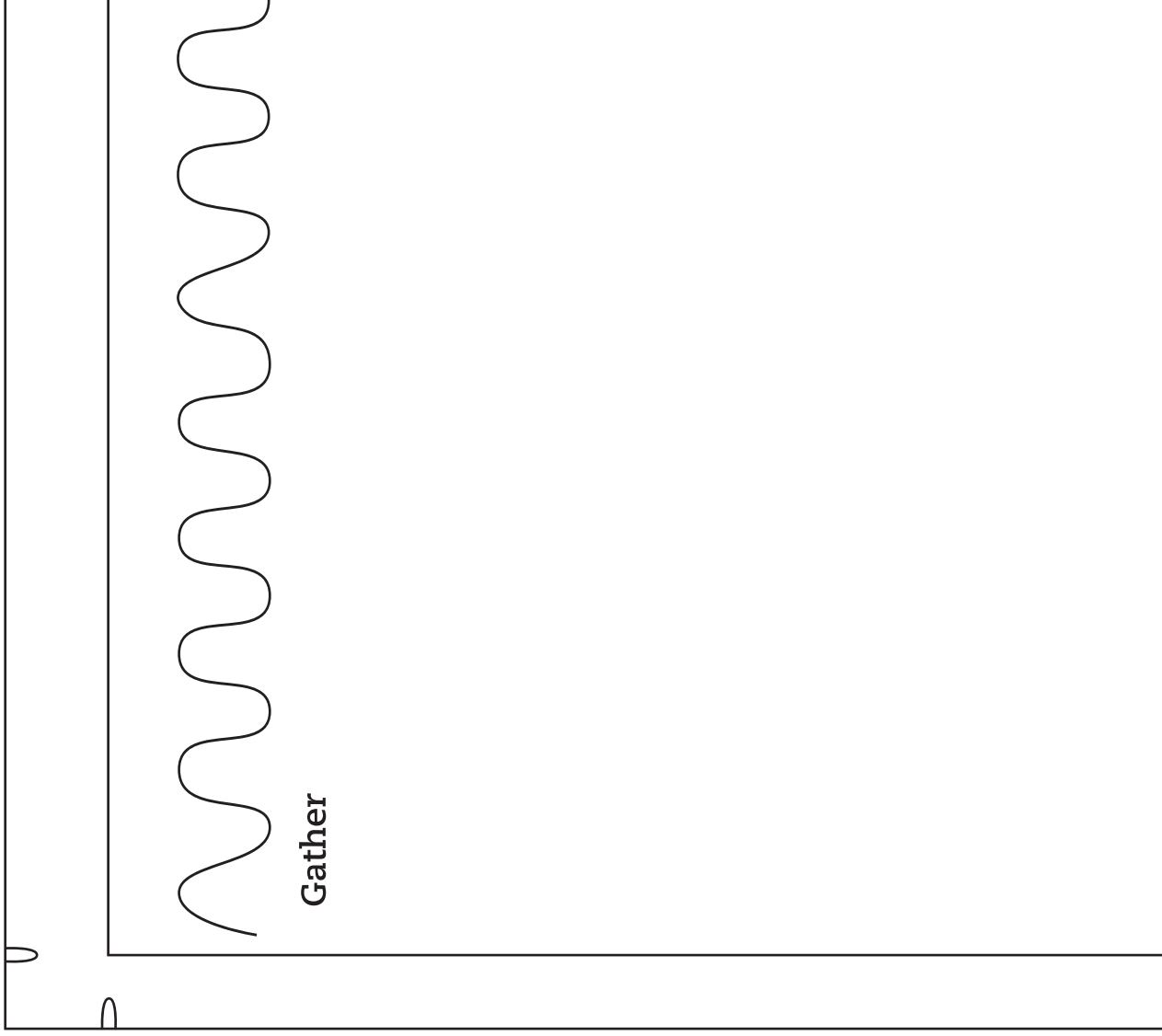
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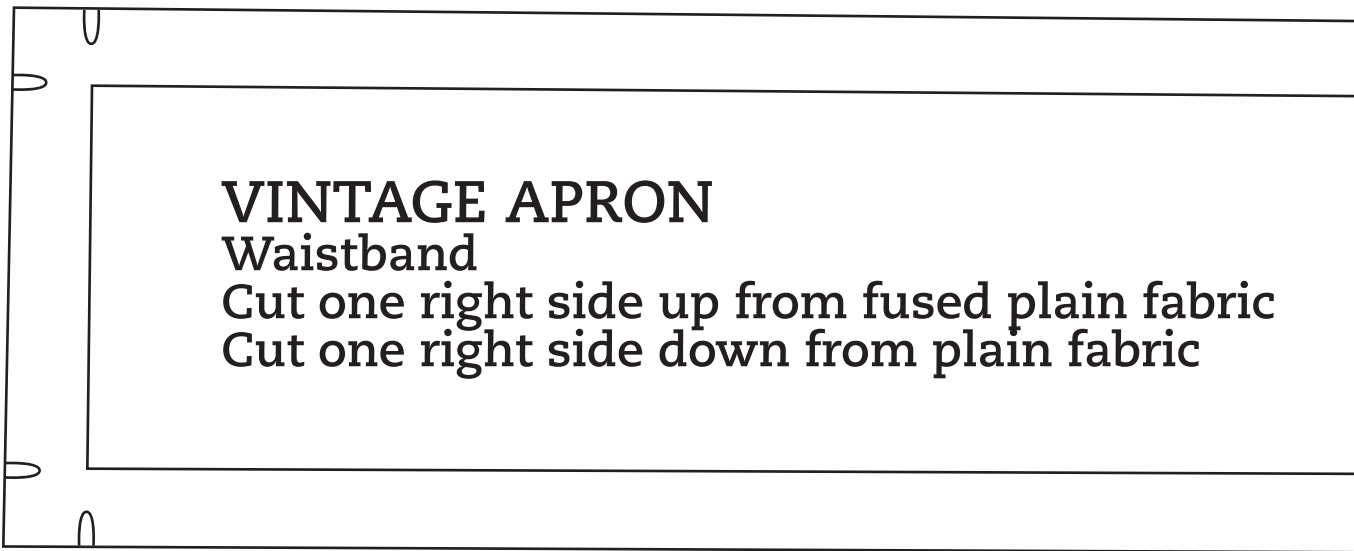
Gather



26

VINTAGE APRON
Skirt
Cut one from spotted fabric



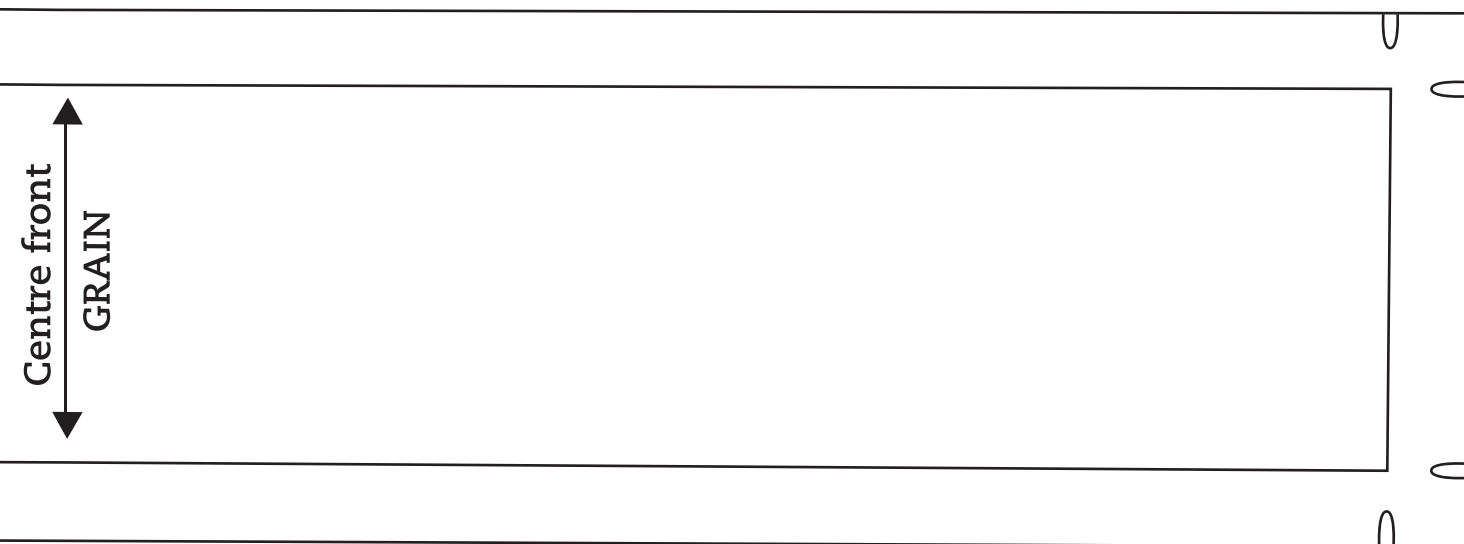


VINTAGE APRON

Waistband

Cut one right side up from fused plain fabric

Cut one right side down from plain fabric



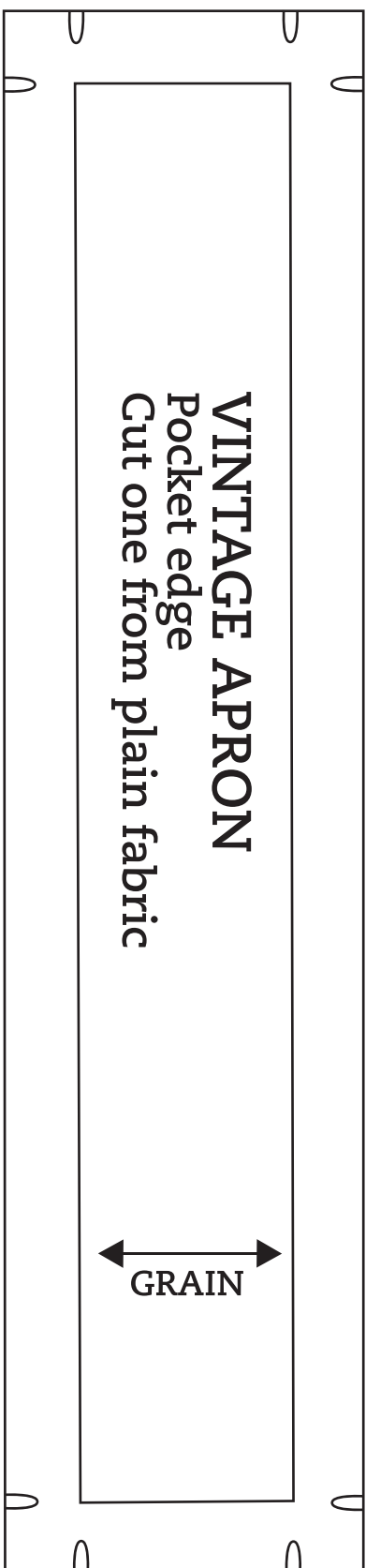
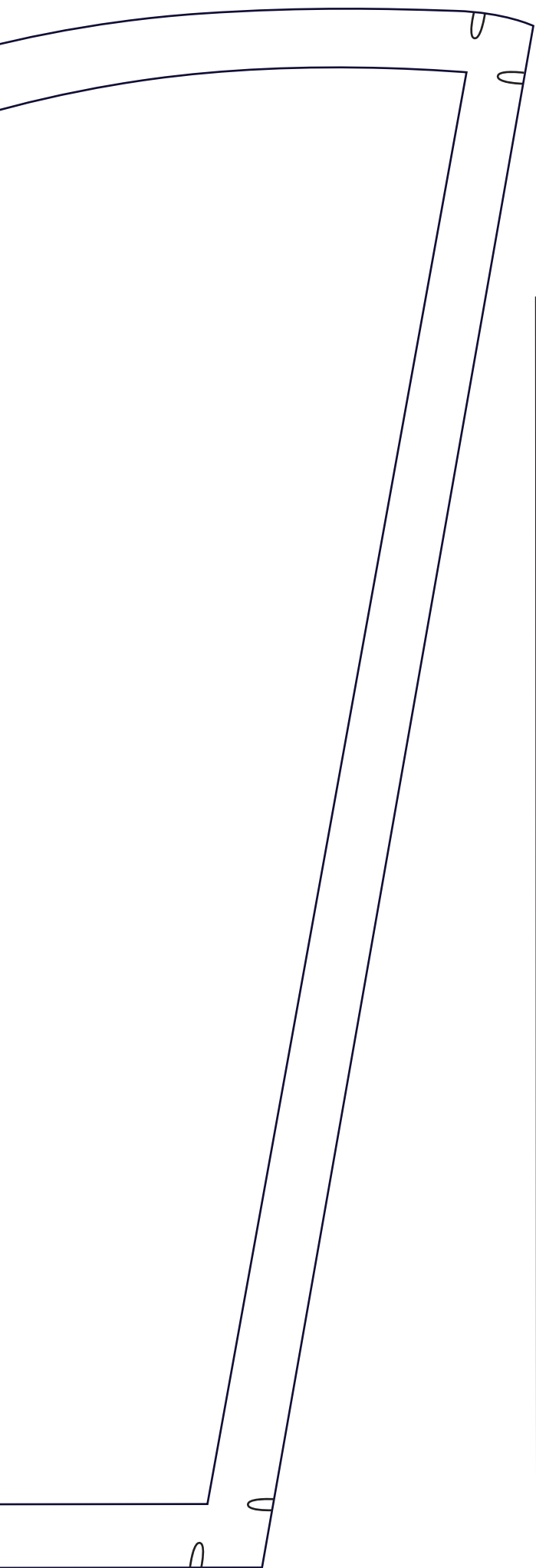
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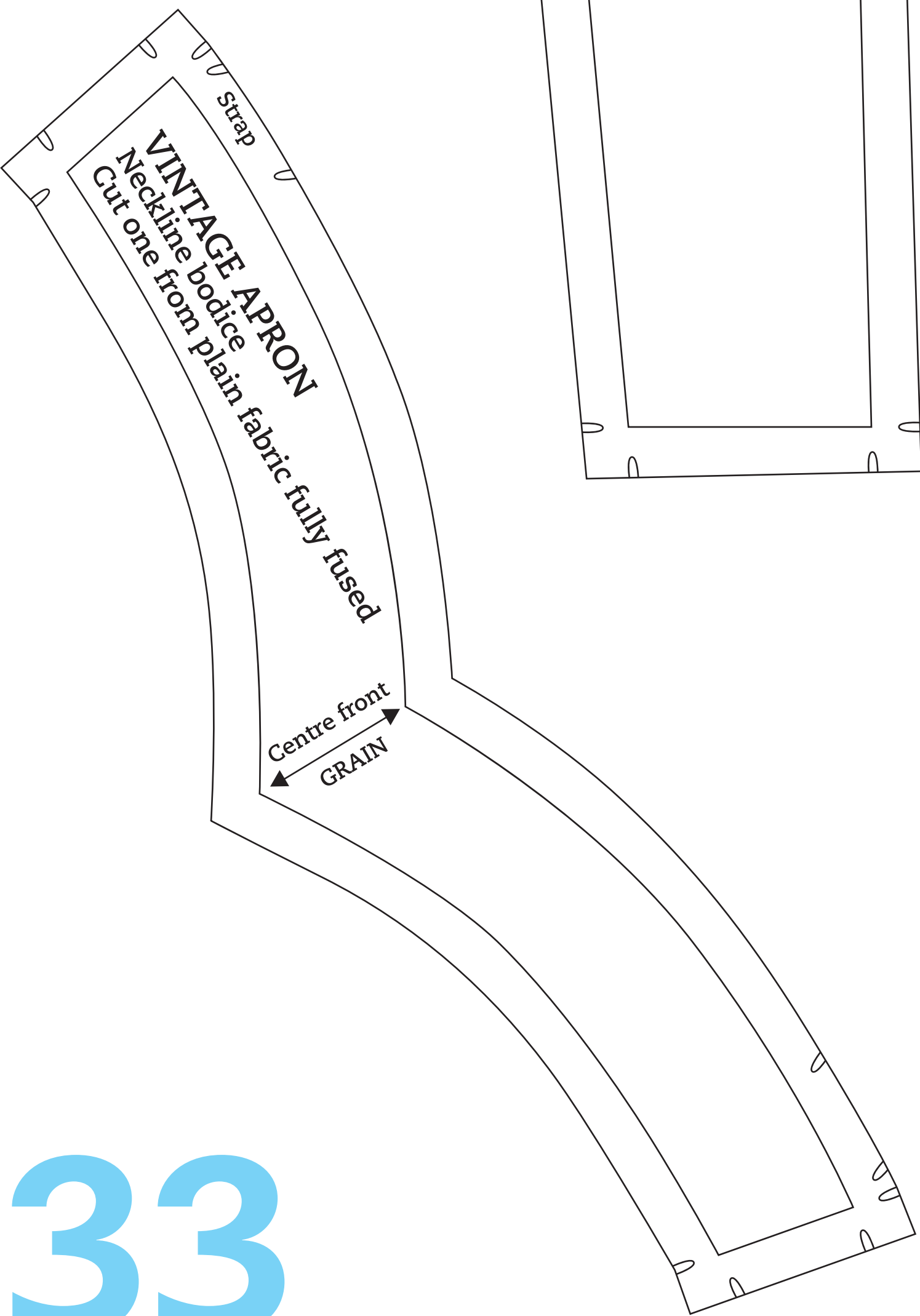
VINTAGE APRON
Bodice
Cut one from spotted fabric

The image shows a pattern for a vintage apron bodice. The pattern is drawn with dark purple lines on a light gray background. It features a V-neckline with a small notch at the center. The left side of the pattern is a straight line, while the right side is a curved line that follows the neckline. There are small circles at the top and bottom corners of the left side, indicating where to fold or sew. A vertical double-headed arrow on the right side of the pattern is labeled 'Centre front' and 'GRAIN'. The number '31' is printed in large blue font at the bottom left of the pattern.

Centre front
GRAIN

31





VINTAGE APRON

Neck ties

Cut one pair from plain fabric

GRAIN

34



35

36

VINTAGE APRON

Waist ties
Cut one pair from plain fabric

