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# Alcoy Dress

Sizes XXS-4XL



# Appropriate Sewing Level

## Confident Beginner

If you've never sewn with knits before, don't be intimidated! This project is quite simple and a great way to learn about this fabric staple.

## Description

The Alcoy Dress is a stretchy knit dress with a figure-hugging fit and raglan-style sleeves. This super simple silhouette is a breeze to whip up and so flattering!

## Materials

- Appropriate yardage of knit fabric with at least 30% stretch. Recommended Fabrics: jersey, spandex, interlock, etc. If you're a knit newbie, check out [this amazing post](#) by Miranda of One Little Minute. It'll tell you everything you need to know about knits!
- Matching thread

## Sizing

The bust and hip areas of the raglan dress are designed with negative ease (smaller than the body), while the waist has slightly more ease (closer to the same size as the body); this means that the dress will hug your bust and hips while just skimming over your waist. I designed it this way to accent your curves while camouflaging any belly imperfections! Try sizing up one size if you're looking for a more relaxed, everyday look.



# Additional Instructions

**Seam Allowances:**  $\frac{3}{8}$ " (1 cm), unless otherwise noted

**Hem Allowance:** Hem allowance is  $\frac{1}{2}$ " (1.2 cm), unless otherwise noted

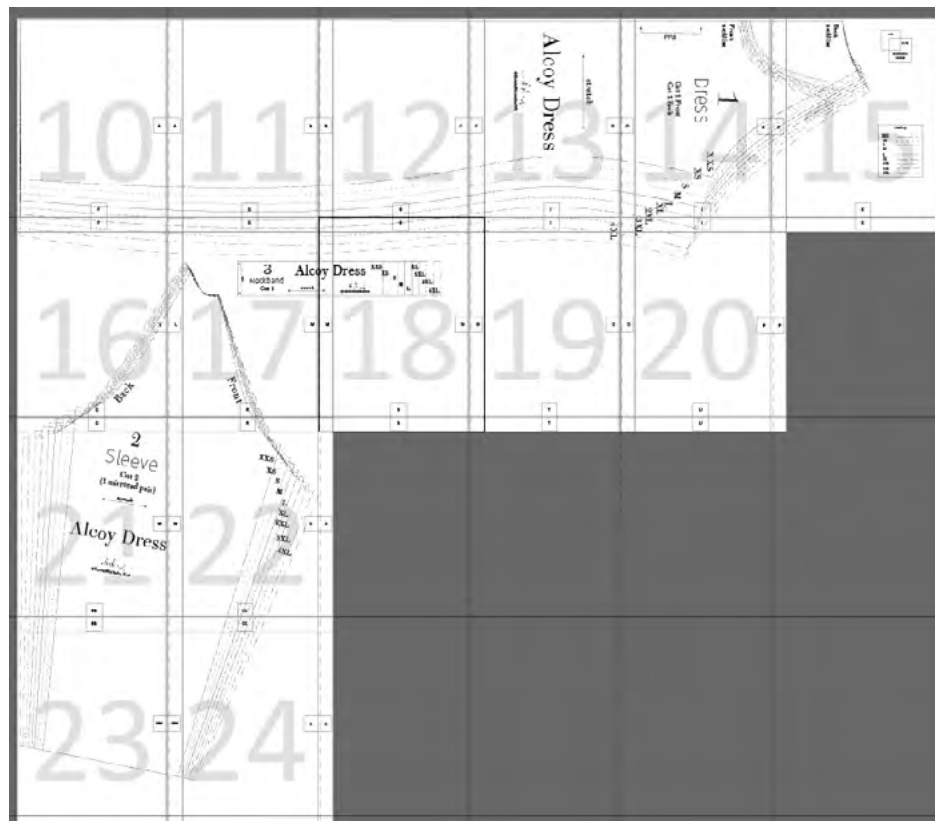
**Finish Raw Edges:** Serge or zig-zag raw edges of pattern piece before beginning to sew

**Press:** Iron seam allowances open or to one side and then finish raw edges

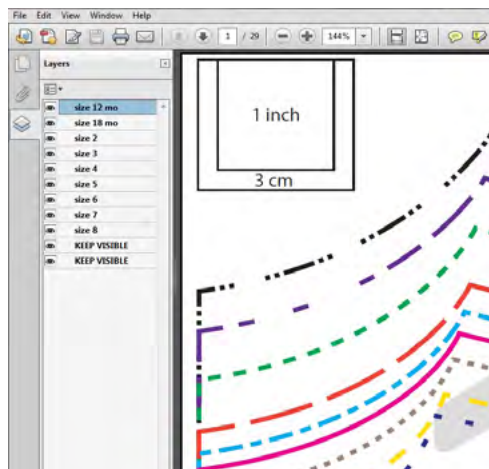
**RST:** Right sides together

**Hemming Knits:** For sleeves and bottom of skirt, fold raw edge under  $\frac{1}{2}$ " (1.2 cm) and press. Using a coverlock machine or double needle, stitch hem on right side of fabric, approximately  $\frac{1}{4}$ " (.6cm) from bottom fold. Press well.

**Topstitching:** Visible stitching along neckline in order to keep binding and seam allowance lying flat. Can be done in a matching thread or in a contrast thread to add visual interest.



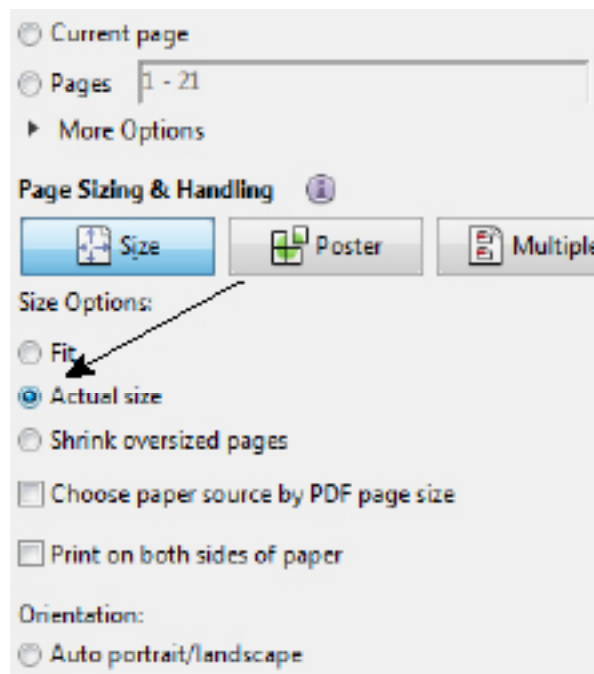
# Pattern Printing and Piecing Instructions



This pattern is laid out on layered PDF tiles which means that you can choose to print only the size(s) you choose. After opening the pattern in Adobe Reader (not in a browser!), open the “layers” menu on the left (the icon looks like a stack of 3 papers) and then turn each size on or off by clicking the eyeball icon next to each size. The bottom two layers include guides for both 8.5”x11” and A4 sized paper. Be sure to leave on whichever layer corresponds to the paper size you are using.

When you’re ready to print, set your printer settings to NOT scale your pattern pieces. Look for the option to print “Actual Size” or uncheck “Fit to Page”. Before printing out all your pattern pieces, I recommend only printing the first pattern page and measuring the 1” (3cm) calibration square to ensure that your printer is not scaling the pattern.

Depending on the size you’re sewing, you may not need to print every page because the smaller sizes do not take up as much room. Be sure to turn on the appropriate layer(s) and scroll through your pattern pages to avoid printing blank pages.



This pattern is also designed with NO-TRIM pages which means that you do not need to cut off your margins before taping together. Simply overlap the margin of one page over the margin of the neighboring page, matching up letter markings, and tape securely (see overview on page 4). Then trace or cut out your pattern pieces.

## TERMS OF USE

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For personal use only. Please do not sell garments made from this pattern.

THANK YOU for respecting my time and effort!

## Body Measurements

| Size | Bust         | Waist       | Hip          |
|------|--------------|-------------|--------------|
| XXS  | 32" (80 cm)  | 24" (60 cm) | 33" (84 cm)  |
| XS   | 33" (84 cm)  | 25" (64 cm) | 35" (88 cm)  |
| S    | 35" (88 cm)  | 27" (68 cm) | 36" (92 cm)  |
| M    | 36" (92 cm)  | 28" (72 cm) | 38" (96 cm)  |
| L    | 38" (98 cm)  | 30" (76 cm) | 39" (100 cm) |
| XL   | 41" (105 cm) | 31" (80 cm) | 41" (104 cm) |
| 2XL  | 44" (112 cm) | 33" (84 cm) | 43" (108 cm) |
| 3XL  | 46" (118 cm) | 35" (88 cm) | 44" (112 cm) |
| 4XL  | 48" (122 cm) | 37" (94 cm) | 46" (117 cm) |

## Finished Garment Measurements

Like many knit garments, the Alcoy Dress is designed with negative ease (i.e. some of the garment's finished measurements are smaller than the body's measurements) in order for it to fit the body snugly. Be sure to use a knit fabric with enough stretch so that the garment will fit over your curves comfortably! (see page 3 for fabric details)

| Size | Bust         | Waist        | Hip          |
|------|--------------|--------------|--------------|
| XXS  | 29" (74 cm)  | 26" (66 cm)  | 33" (83 cm)  |
| XS   | 31" (80 cm)  | 28" (72 cm)  | 34" (87 cm)  |
| S    | 34" (86 cm)  | 30" (77 cm)  | 36" (92 cm)  |
| M    | 36" (91 cm)  | 32" (82 cm)  | 38" (96 cm)  |
| L    | 38" (96 cm)  | 35" (88 cm)  | 39" (100 cm) |
| XL   | 40" (101 cm) | 37" (93 cm)  | 41" (104 cm) |
| 2XL  | 43" (108 cm) | 39" (98 cm)  | 43" (108 cm) |
| 3XL  | 44" (112 cm) | 41" (104 cm) | 44" (113 cm) |
| 4XL  | 46" (117 cm) | 43" (109 cm) | 46" (117 cm) |

# Fabric Cutting Instructions

When cutting a long, thin pattern such as this dress, it's the most efficient to fold both selvages of your fabric in towards each other, so that they meet in the center. Then you can cut two bodices out, both along the fold, without wasting any fabric!

Don't forget to mark the front and back of your sleeve pieces! These look very similar (but are indeed different) and can easily get mixed up.

## Yardage Requirements

| <u>Imperial</u> |               | Required<br>Yardage                | <u>Metric</u> |                    |
|-----------------|---------------|------------------------------------|---------------|--------------------|
| Size            | Fabric Width  |                                    | Size          | Fabric Width       |
| XXS             | 60/54"<br>44" | 1 ¼ yd (120 cm)<br>2 yd (180 cm)   | XXS           | 150/135cm<br>115cm |
| XS              | 60/54"<br>44" | 1 ¼ yd (120 cm)<br>2 yd (180 cm)   | XS            | 150/135cm<br>115cm |
| S               | 60/54"<br>44" | 1 ⅞ yd (170 cm)<br>1 ⅞ yd (170 cm) | S             | 150/135cm<br>115cm |
| M               | 60/54"<br>44" | 1 ⅞ yd (170 cm)<br>1 ⅞ yd (170 cm) | M             | 150/135cm<br>115cm |
| L               | 60/54"<br>44" | 1 ⅞ yd (170 cm)<br>1 ⅞ yd (170 cm) | L             | 150/135cm<br>115cm |
| XL              | 60/54"<br>44" | 1 ⅞ yd (170 cm)<br>1 ⅞ yd (170 cm) | XL            | 150/135cm<br>115cm |
| 2XL             | 60/54"<br>44" | 1 ⅞ yd (170 cm)<br>3 ¼ yd (220 cm) | 2XL           | 150/135cm<br>115cm |
| 3XL             | 60/54"<br>44" | 1 ⅞ yd (170 cm)<br>3 ¼ yd (220 cm) | 3XL           | 150/135cm<br>115cm |
| 4XL             | 60/54"<br>44" | 1 ⅞ yd (170 cm)<br>3 ¼ yd (220 cm) | 4XL           | 150/135cm<br>115cm |

# Instructions



1

1. Lay one SLEEVE piece on top of dress FRONT, right sides together. Pin sleeve to dress along front shoulder seam. (Be sure you're working with the side of the sleeve labeled "front", it's the side with the shorter point). Stitch together; press well. Repeat with opposite sleeve.



2

2. Stitch the rear shoulder seams by repeating Step 1 with the dress BACK and opposite sides of sleeves (labeled "back"). Press well.



4

3. Hem sleeves by pressing raw edge under  $\frac{1}{2}$ " (1.2 cm). Using a double needle, coverstitch or other stretch stitch, sew  $\frac{1}{4}$ " (0.6cm) from fold.

4. With dress right sides together, sew your underarm seam and side seam all in one step (from the bottom of the sleeve to the bottom of the dress). Repeat with opposite side of dress. Press both seams well. (If using a serger, tie off threads at sleeve hem).

5. Stitch short ends of your NECKBAND together, right sides together; press well. Press neckband in half lengthwise, wrong sides together.

6. Place 4 pins equidistant along the neckband (marking 4 quarters of the band) and do the same to dress neckline. Pin band to neckline, RST, raw edges even and matching each pin in band to each pin in dress (I always place the neckband seam sewn in step 5 at the center back of dress).



6

7. Baste neckband to neckline, stretching band to fit. Try dress on to make sure neckline lies flat. Stitch together using a stretch stitch or serger. Press neckband away from dress and seam allowance towards dress. You can leave the neckband as is, or topstitch along neckline, close to seam; don't forget to use a stretch stitch again!



8. Press under raw edge of dress and hem the bottom as you did the sleeves in step 3.

VOILA! NICE WORK :)



Don't forget to share pictures of your Alcoy Dress on social media  
using the hashtags #AlcoyDress and #WhiskemPatterns!

10

A

A

F

F

A

1

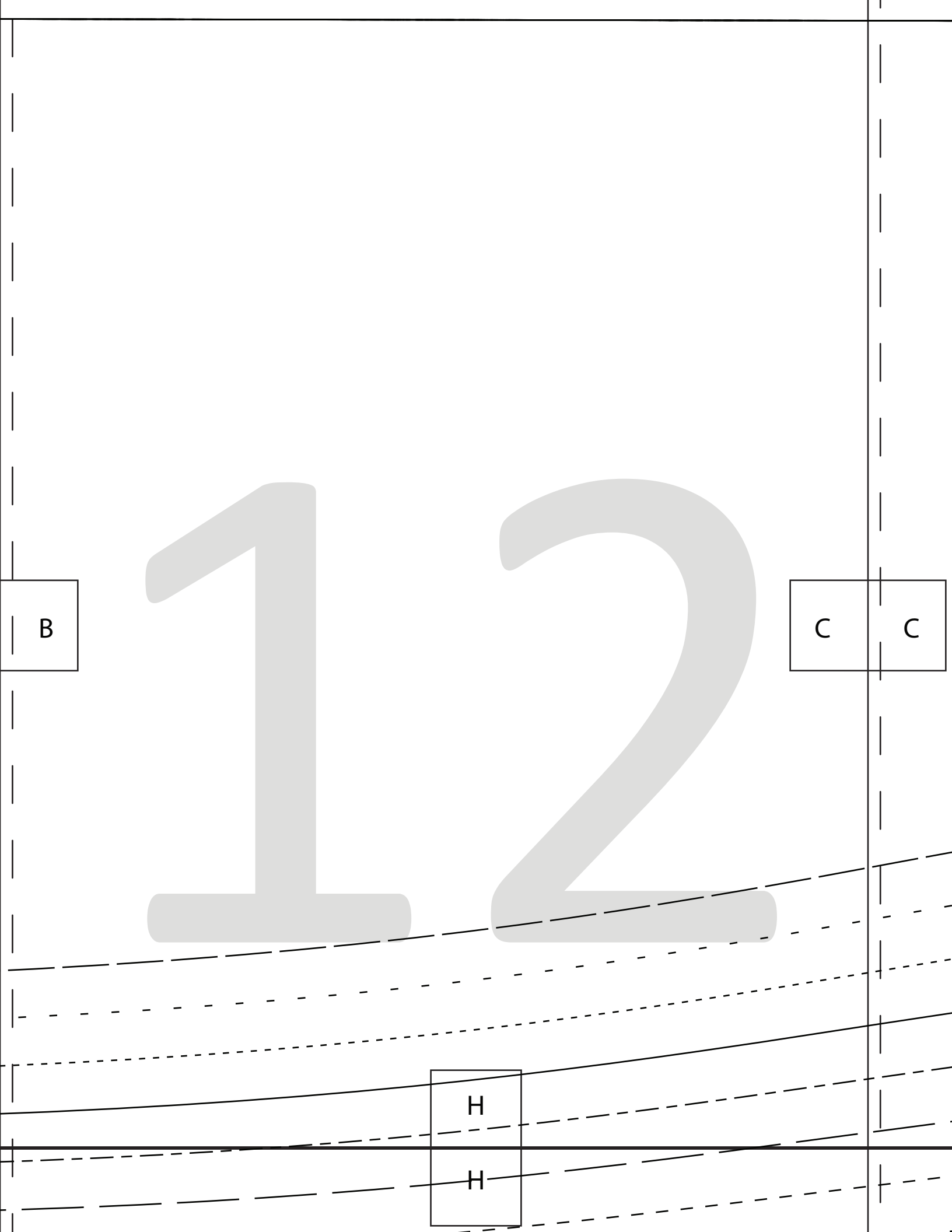
B

B

1

G

G



12

B

C

C

H

H

D

D

stretch

# Alcay Dress



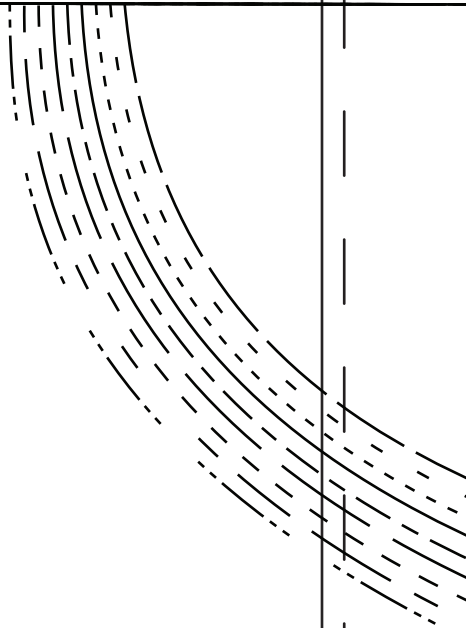
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C

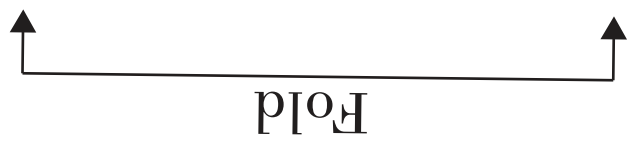
-

-

4X

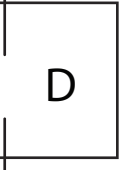
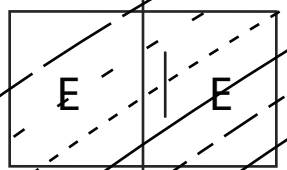
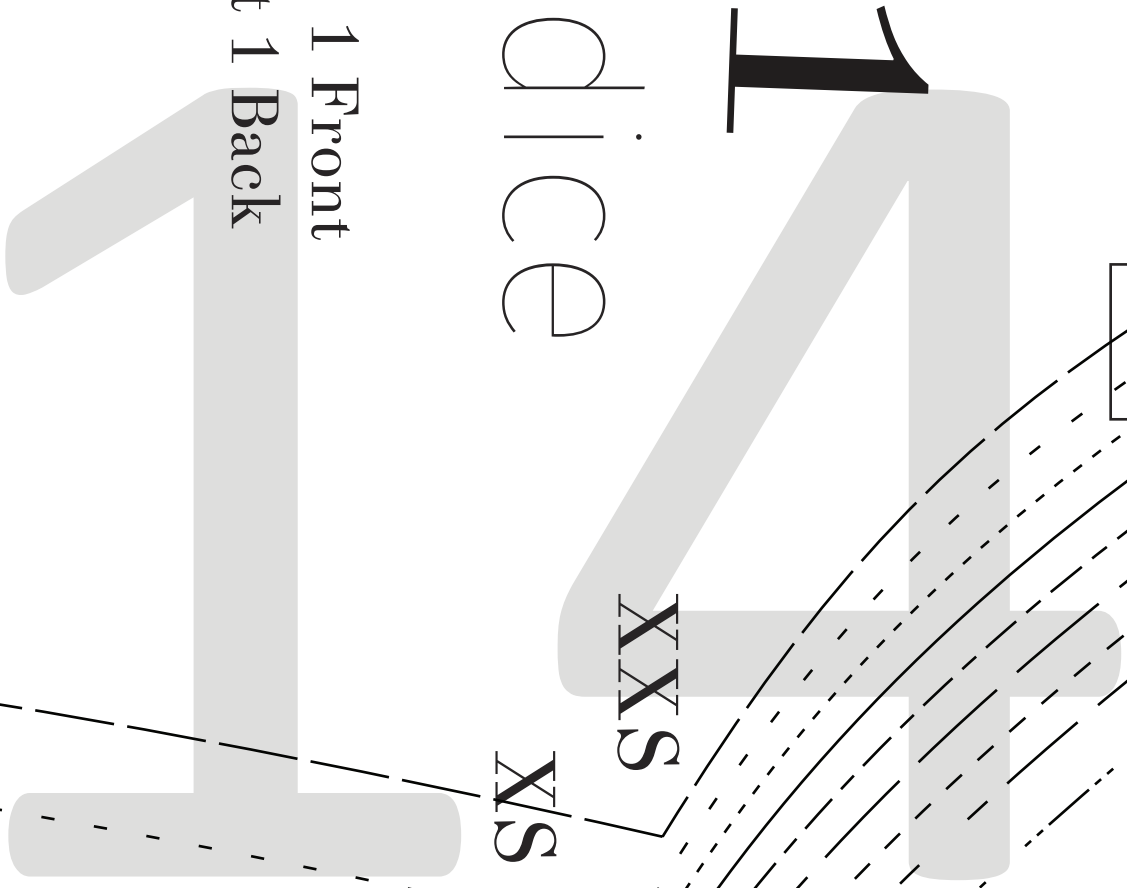


Front  
neckline

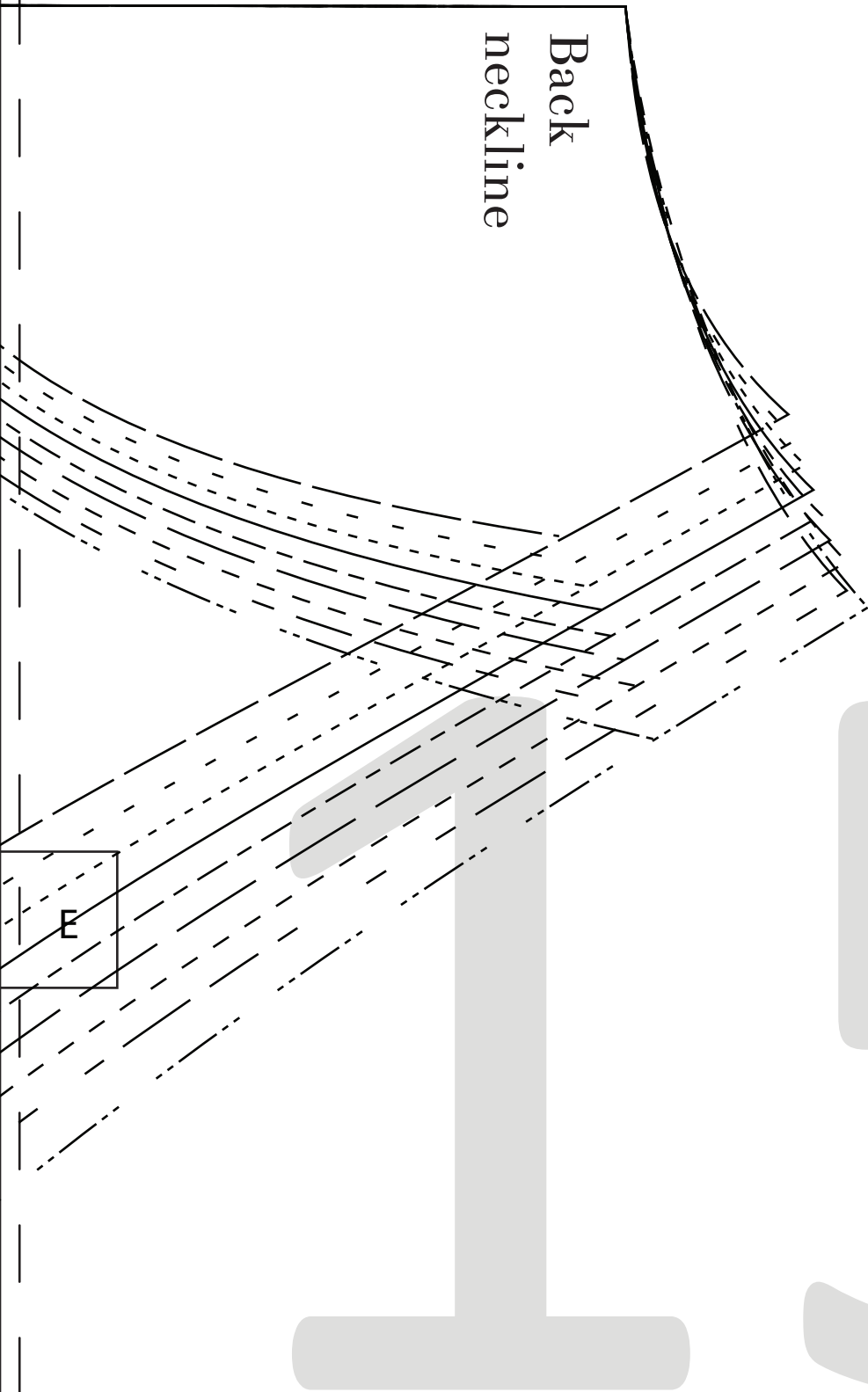


# Bodice

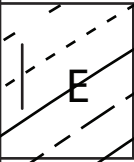
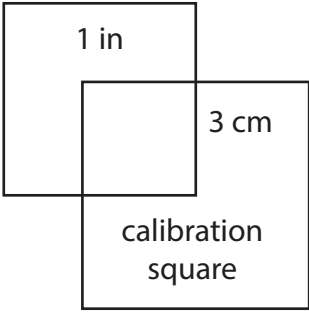
Cut 1 Front  
Cut 1 Back



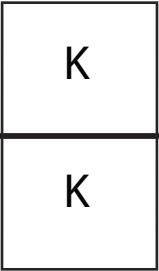
L  
XL  
2XL  
3XL



Back  
neckline



| size key |         |         |
|----------|---------|---------|
| XXS      | —       | —       |
| XS       | - -     | - -     |
| S        | ----    | ----    |
| M        | —       | —       |
| L        | —       | —       |
| XL       | —       | —       |
| 2XL      | - - - - | - - - - |
| 3XL      | —       | —       |
| 4XL      | ----    | ----    |



F

L

L

Back

Q

Q

G

3

Alcory

Neckband

Cut 1

Fold

stretch

L

M

M

Front

R

R

H

by Dress

XXS

XS

S

M

L

XL

2XL

3XL

4XL

*whisk 'em*

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M

18

N

N

S

S

4XL

I

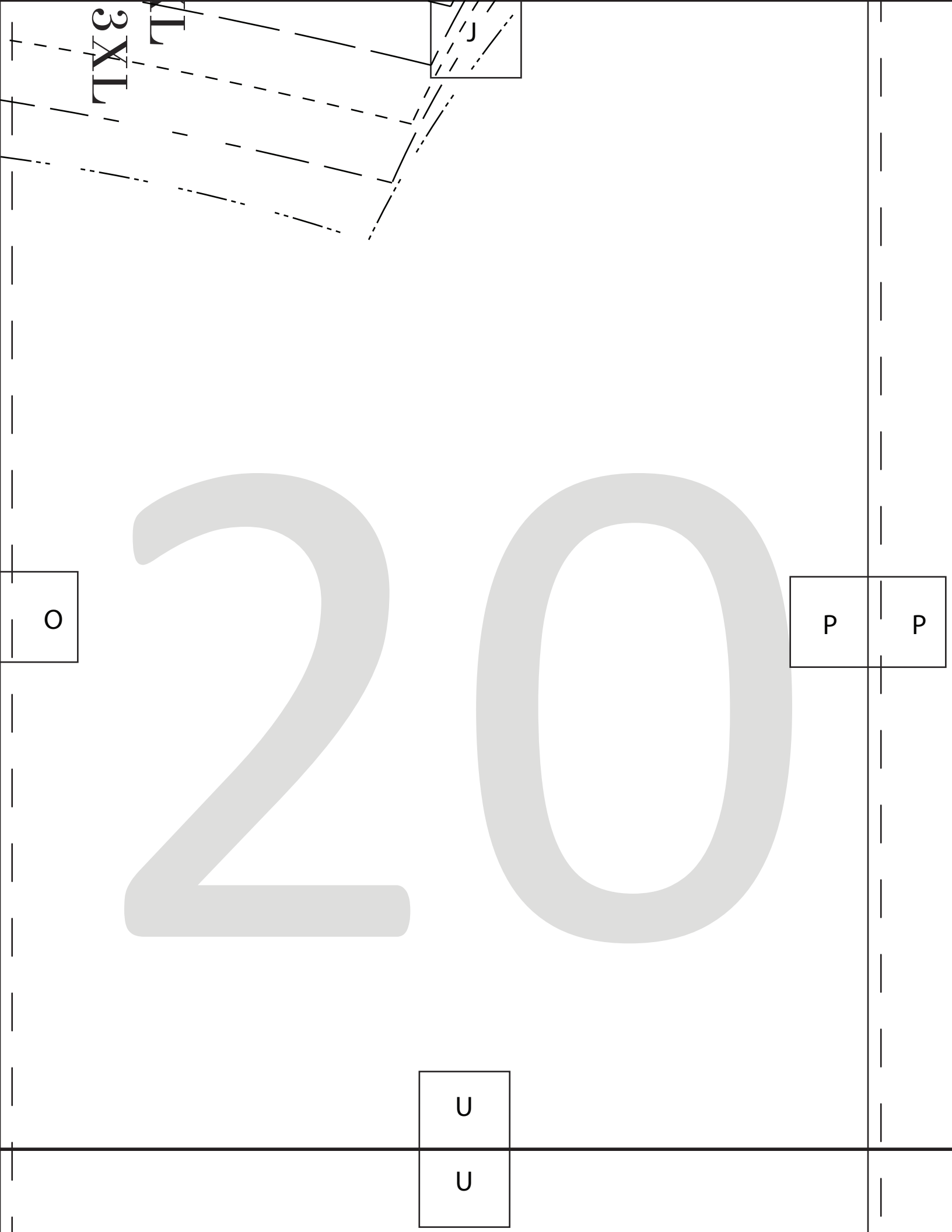
N

O

O

T

T



3XL

11

J

O

P

P

U

U

Q

2

Sleeve

Cut 2  
(1 mirrored pair)

stretch

W

W

Alcory Dress

whisk 'em  
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BB

BB

R

XXS

XS

S

M

L

XL

2XL

3XL

4XL

W

X

X

CC

CC

BB

HH

HH

23

CC

HH

II II

