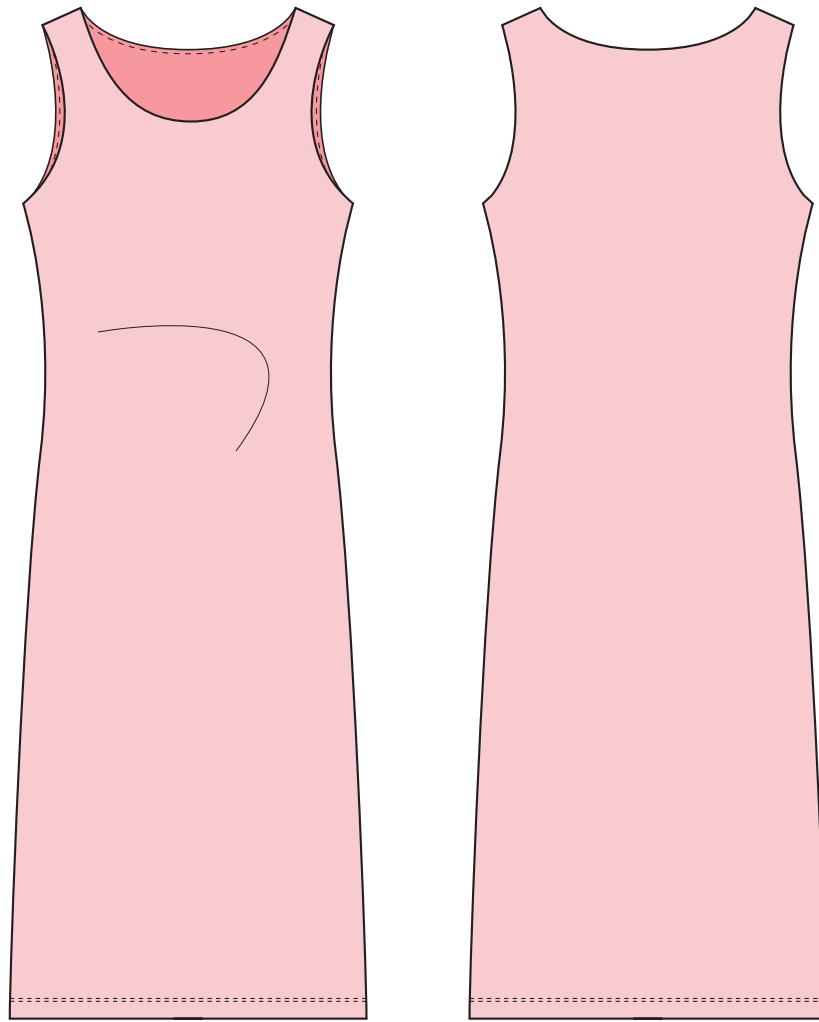


spit up & *stilettos*



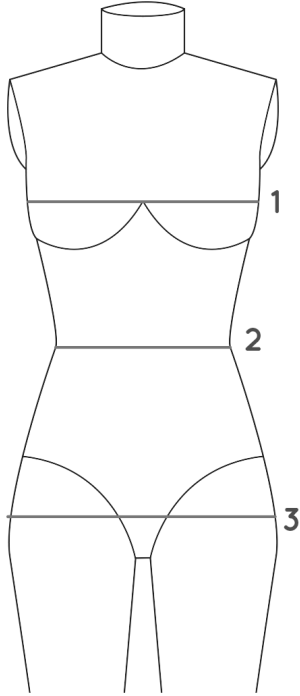
ALYSSA DRESS

Level: Easy | Time: 1-2 Hour | Pages: 23

This stretch knit dress is great for summer vacations or just lounging around and the best part? How quick it is to sew. Also, the lining provides extra support and helps hide bra lines. Make sure to get a knit that has plenty of stretch and resilience.

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Size Chart



Size	Numeric Size	Bust	Waist	Hips
XS	0	33"	25"	35"
XS	2	34"	26"	36"
S	4	35"	27"	37"
S	6	36"	28"	38"
M	8	37"	29"	39"
M	10	38"	30"	40"
L	12	39.5"	31.5"	41.5"
L	14	41"	33"	43"
XL	16	43"	35"	45"
XL	18	45"	37"	47"

(1) BUST: Measure around the fullest part of your bust and keep the measuring tape parallel to the floor.

(2) WAIST: Measure around the smallest part of your waist.

(3) HIP: Measure around the fullest part of your hip and keep the measuring tape parallel to the floor.

Supplies

- Knit fabric
- Polyester thread
- 2 1/4 Yards 3/8" wide clear elastic

Tools

- Fabric scissors
- Pins
- Chalk or marking pen
- Tape (for piecing pattern)
- Paper scissors (to cut pattern)

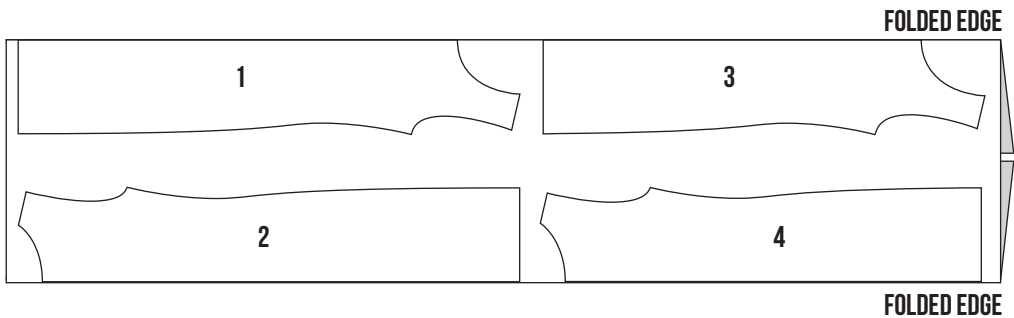
Fabric

Find a knit fabric with good resistance that bounces back really well. Otherwise your dress will start to look stretched out after the first few times you've worn it. We suggest getting a knit with lycra in it.

Fabric Usage

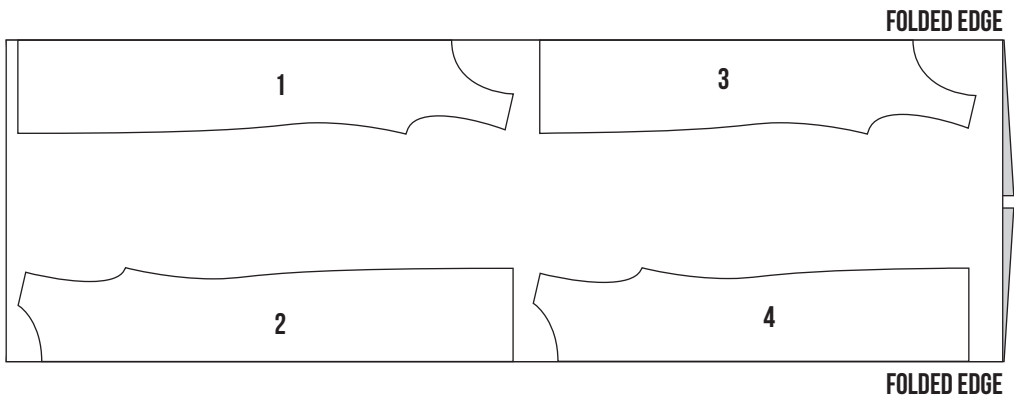
45" WIDE

You will need 2 3/4 yards of fabric. If you are doing a stripe or plaid dress, you will need an extra 1/2 to 1 yard of fabric. Below is the layout guide.



60" WIDE

You will need 2 3/4 yards of fabric. If you are doing a stripe or plaid dress, you will need an extra 1/2 to 1 yard of fabric. Below is the layout guide.



Why is there only one fabric usage guide? Well, we felt that to make things easier we would only include one based on the largest size so that no matter what you have enough fabric. Who doesn't love scraps?

First Things First

FIND YOUR SIZE

Using the size chart on the previous page, find your size. If you are in between, you can draw a new pattern line between the two sizes or simply choose the larger size.

PIECE TOGETHER YOUR PATTERN

At the end of these instructions, you will find your PDF pattern. On the first page, there is a 2" x 2" test square. Measure this square with a ruler to verify that the pattern is the correct size and then cut out each 7" x 9.5" rectangle. Tape the pieces together matching the colors/letters/numbers, then cut out your pattern size.

LAY OUT YOUR PATTERN

Using the fabric layout in the Fabric Usage section as a guide, lay out your pattern pieces. Use either pins or pattern weights (we like the latter option) to keep your pattern in place. Pay attention to the fabric grain-line and, if using a plaid or stripe fabric, make sure to line up the stripes.

TRACE THE PATTERN

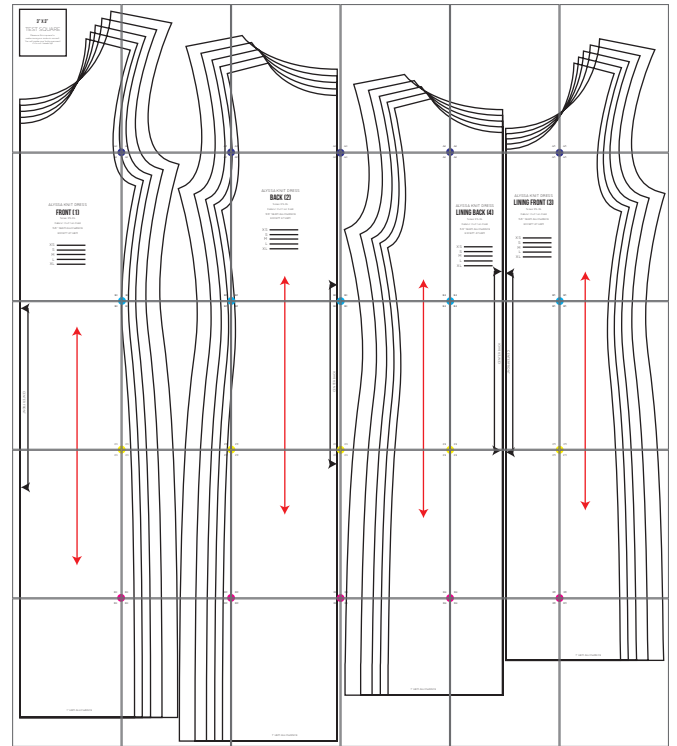
Trace your pattern edges onto your fabric by using chalk, pencil, or carbon paper. Transfer all markings, notches, darts and center front and back lines. Trust us. It's really no fun to have to come back and mark them later.

CUT IT OUT

You know that pattern tracing you just did? Well, cut along your marking lines.

SEAM ALLOWANCE

This pattern includes 3/8" seam allowances unless otherwise stated. Don't worry, we will let you know in the instructions when you're sewing a piece with a different seam allowance.



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• If this is your first time making this pattern, it's always a good idea to make a muslin to test the fit and make sure it
• flatters your body type. A muslin also lets you know what areas need to be altered. For a quick alteration guide
• or if you have any fit questions, go to Spitupandstilettos.com.
•
•
.....

Pattern Key

GRAIN-LINE

This red arrow indicates your grain-line, which you should align with the grain of your fabric. Don't know what grain-line or grain is? Let us explain. When fabric is made it is woven with threads that go in two different directions. Lengthwise, which spans the cut edges and crosswise, which spans the selvage edges (the selvage is the band of tightly woven fabric that runs up either side). The lengthwise direction is the grain of your fabric and what you use to line up your grain-line.



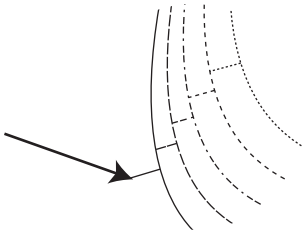
FOLD LINE

This means you line up the edge with the folded edge of your fabric before you cut. Your fabric should be folded on the grain.



NOTCH

Mark this onto your fabric with chalk, washable pen, or carbon paper to use for future reference.



BUTTONHOLE PLACEMENT

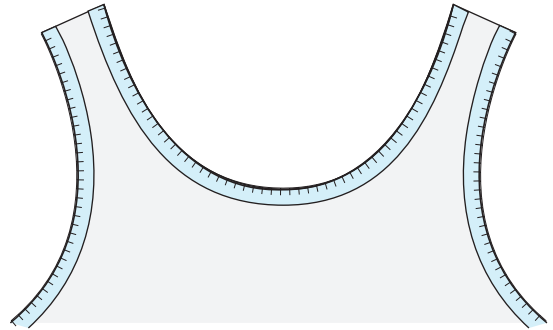
This indicates where a button (left image) and buttonhole (right image) will go.



Elastic

NOTE: Since this is a knit dress, you can sew seams using either a serger or a straight stitch machine. If using a straight stitch, use either your overcast or knit overcast stitch.

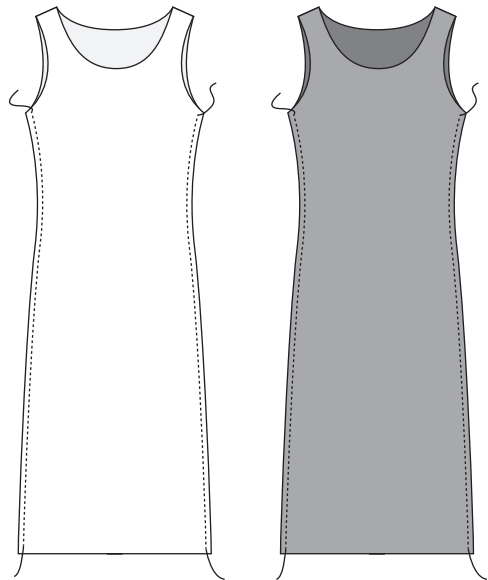
1. On the wrong side of the FRONT and BACK pattern pieces, attach the clear elastic along the neckline and armhole edges.



Side Seams

1. Stitch the FRONT and BACK pattern pieces and FRONT LINING and BACK LINING pieces together at the side seams, right sides together.

NOTE: The FRONT and BACK pieces will be referred to as the dress and the FRONT LINING and BACK LINING will be referred to as the lining from here on out.



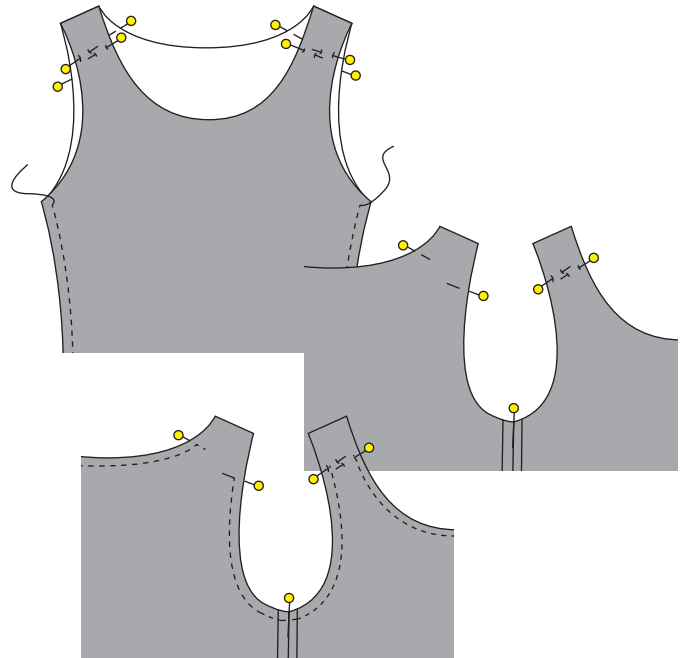
Lining

1. Turn the dress right side out, but keep the lining inside out.
2. Slip the lining over the dress, lining up all neck and armhole curves. The dress and lining should be right sides together.



Pinning

1. Pin the lining to the dress by placing a pin 2" down from the shoulder seam on each side.
2. Turn your pieces to the side and pin the side seams together. Keep in mind the lining is a smidgen smaller than the dress, do your best to keep everything lined up.

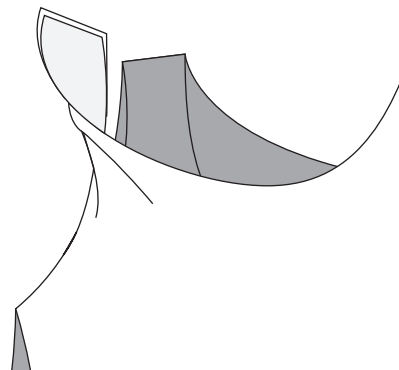


Sewing

1. Sew the lining to the dress by sewing between all the pinned areas and over the side seams. The shoulder seams will be left open.
2. Turn the dress right side out by pulling it through the bottom.

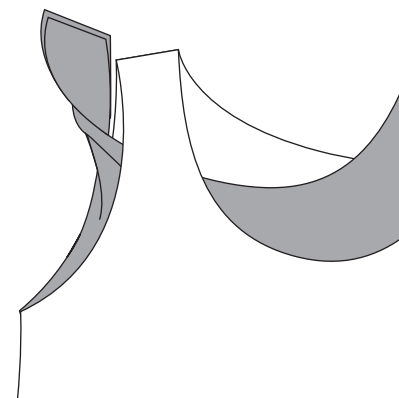
Shoulder Seams

1. Twist the dress straps until they are right sides together, and pin. This might take a little time, but it will work.
2. Sew the shoulder seam. Repeat for the other side.



Lining Shoulder Seams

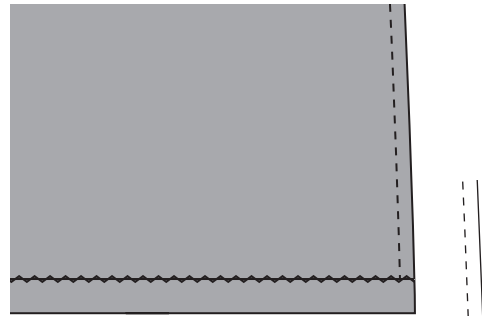
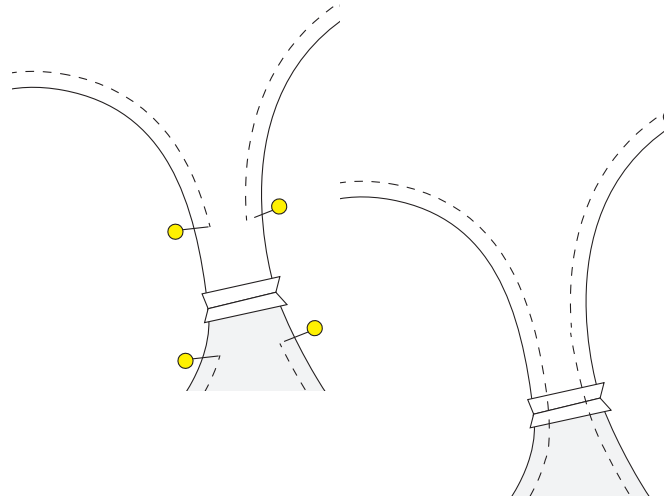
1. Twist the lining straps until they are right sides together, and pin. This might take a little time, but it will work.
2. Sew the lining shoulder seams together.
3. Make sure the dress is right side out. Your shoulder seams should now be finished. Now let's fix those raw edges..



Shoulder Strap

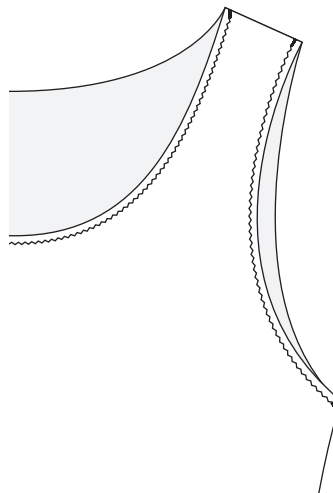
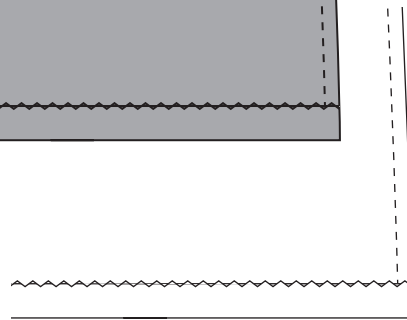
1. Reach your hand up between the lining and bodice and pinch the dress and lining shoulder seams.
2. Pull down as you remove your hand (still holding the shoulder seams) and stop when you see your two unfinished shoulder strap seams on either side and the shoulder seam is laying flat.
3. You should now have a clear visual of the 4 seams you sewed 2" shy of the shoulder seam. Put a pin where each of those seams end.
4. Sew between those pins, smoothly connecting the stitch lines and closing up the raw edges.
5. Repeat these steps for the other shoulder strap.

NOTE: This is the most complicated step of the pattern, just take your time, sew steady, and push the additional fabric out of the way.



Hems

1. On the lining, fold up the 1" seam allowance and pin. Using either a hemming or zigzag stitch, sew down your hem edge.
2. On the dress, fold up the 1" seam allowance and pin. Using either a hemming or zigzag stitch, sew down your hem edge. If you need to make any hem adjustments, do it prior to this step.



Finishing

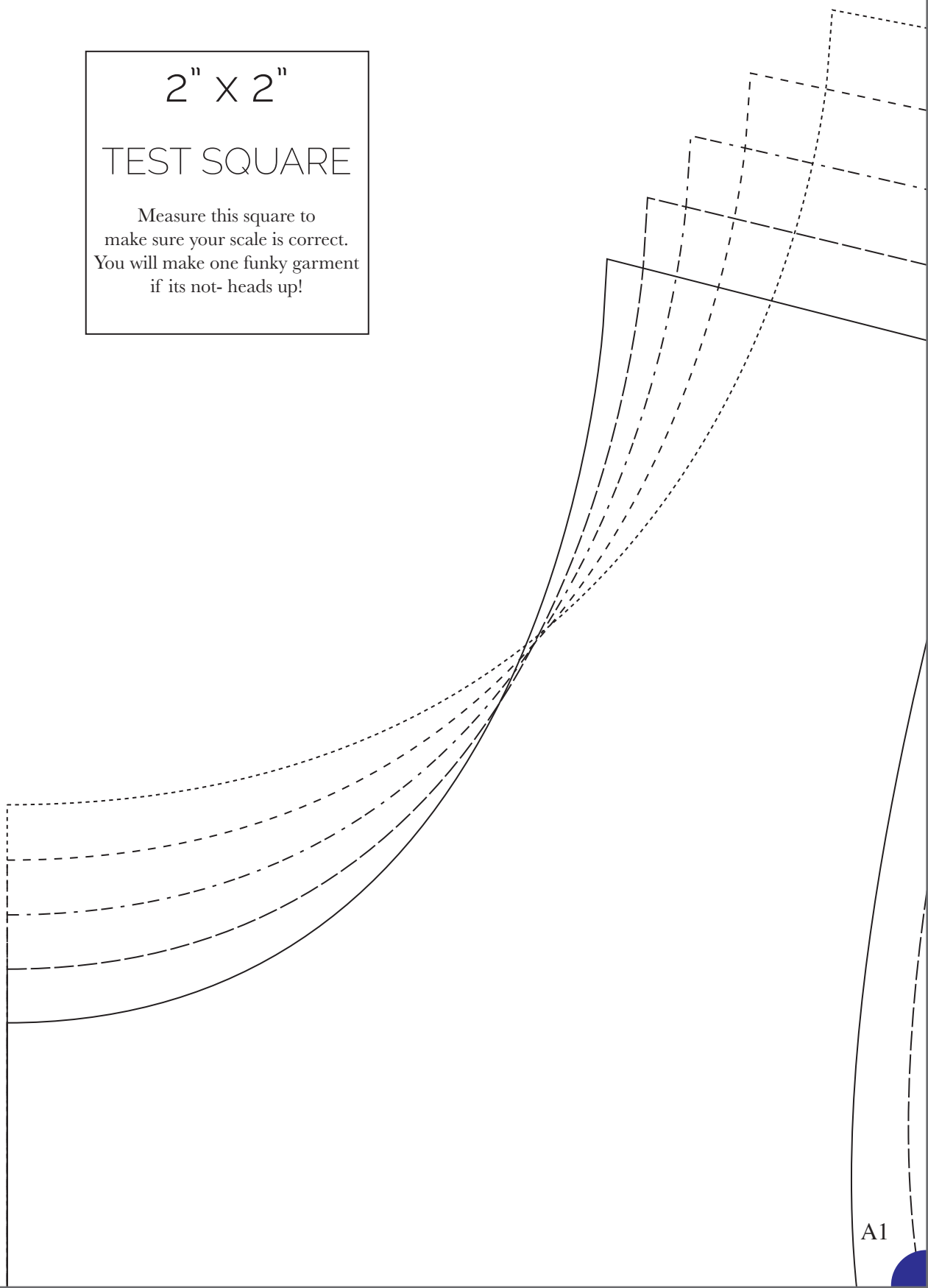
1. Around the neckline and armholes, use either a double needle or zigzag stitch 1/4" from the edge to secure the dress and lining layers together.

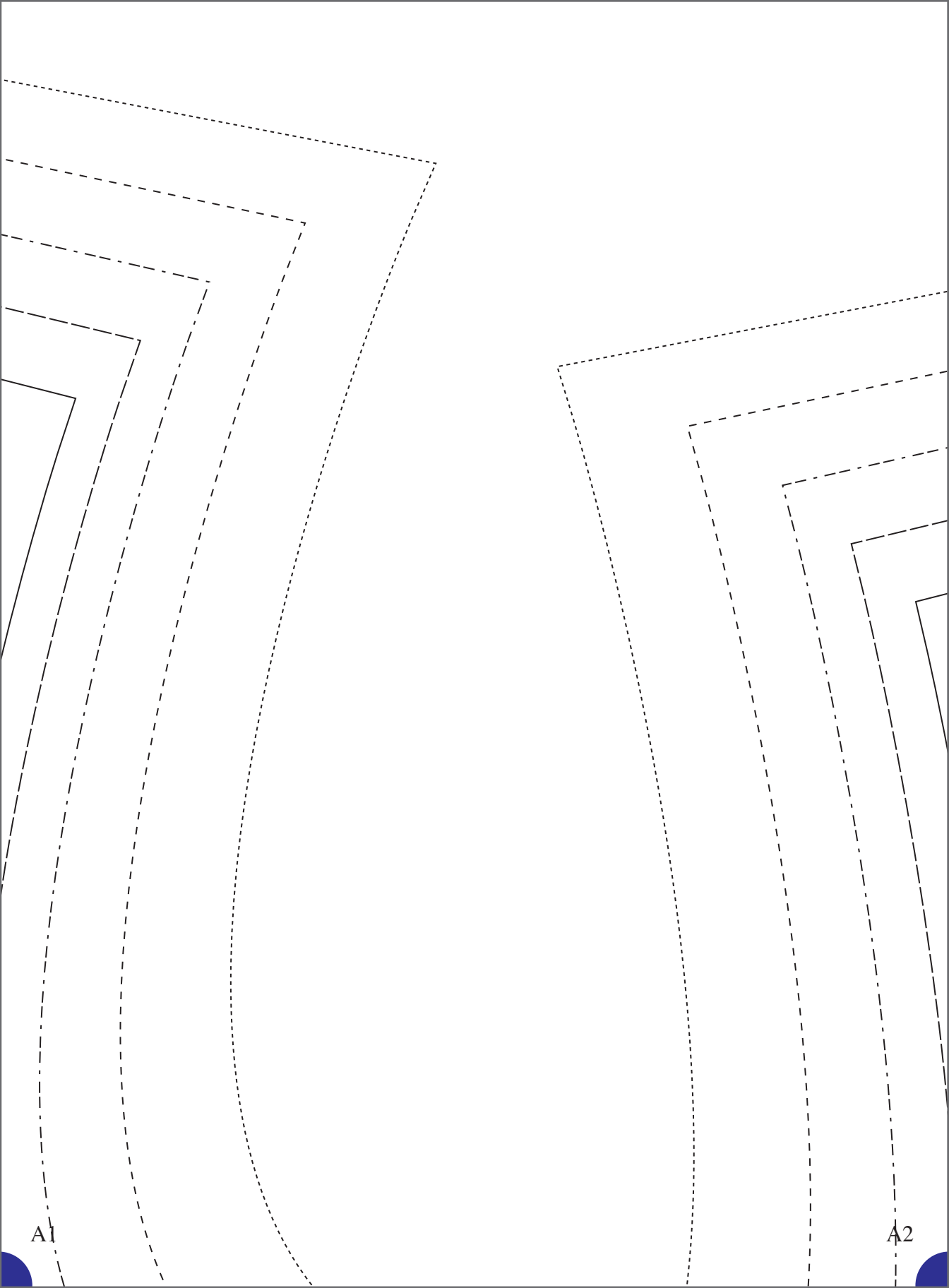
Guess who has a brand new dress? Hopefully you but if you find anything wrong with this pattern, please let me know at lauren@spitupandstilettos.com

2" x 2"

TEST SQUARE

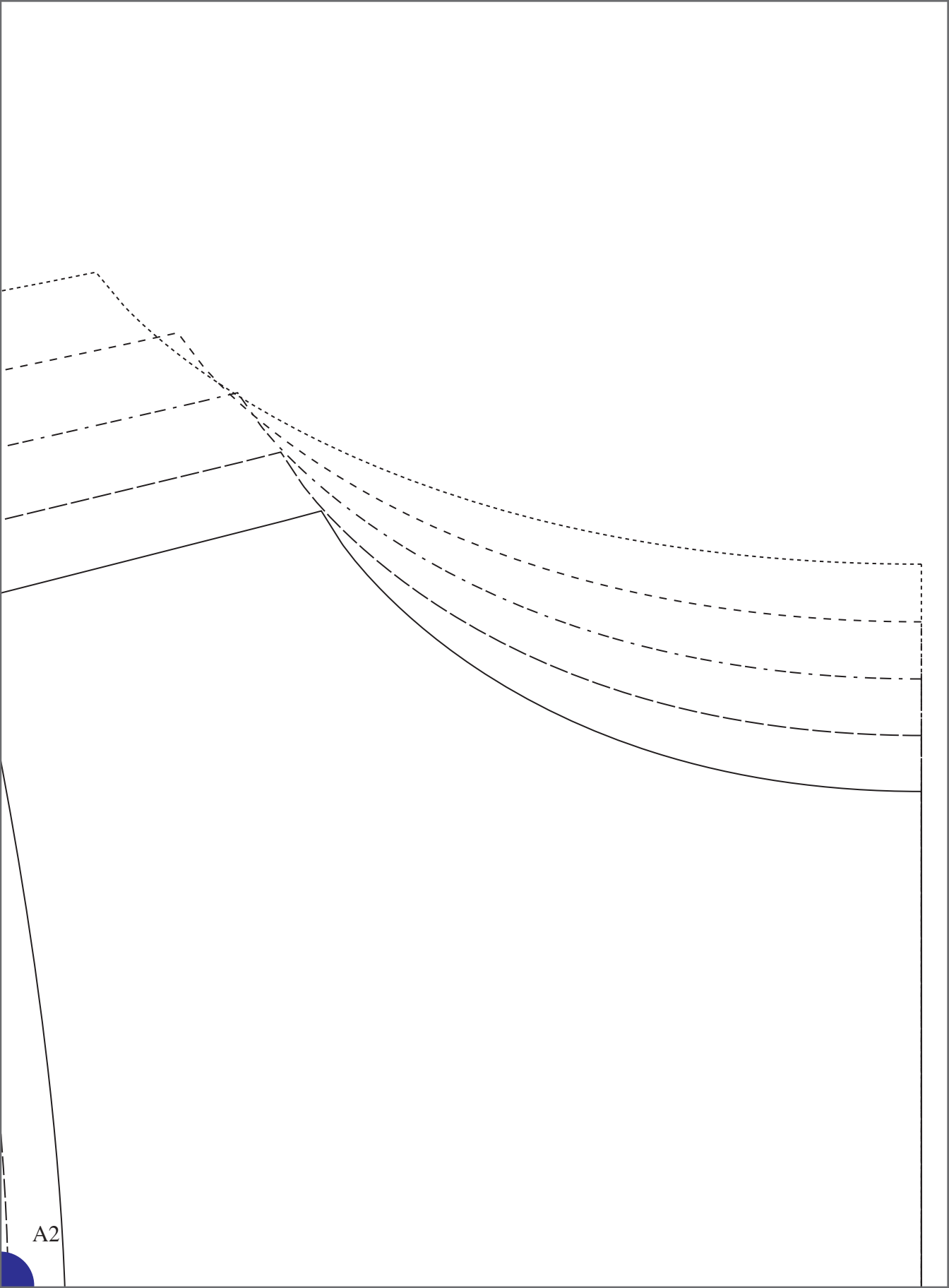
Measure this square to
make sure your scale is correct.
You will make one funky garment
if its not- heads up!





A1

A2



A2

ALYSSA KNIT DRESS

Front (1)

Sizes XS-XL

Fabric: Cut 1 on Fold

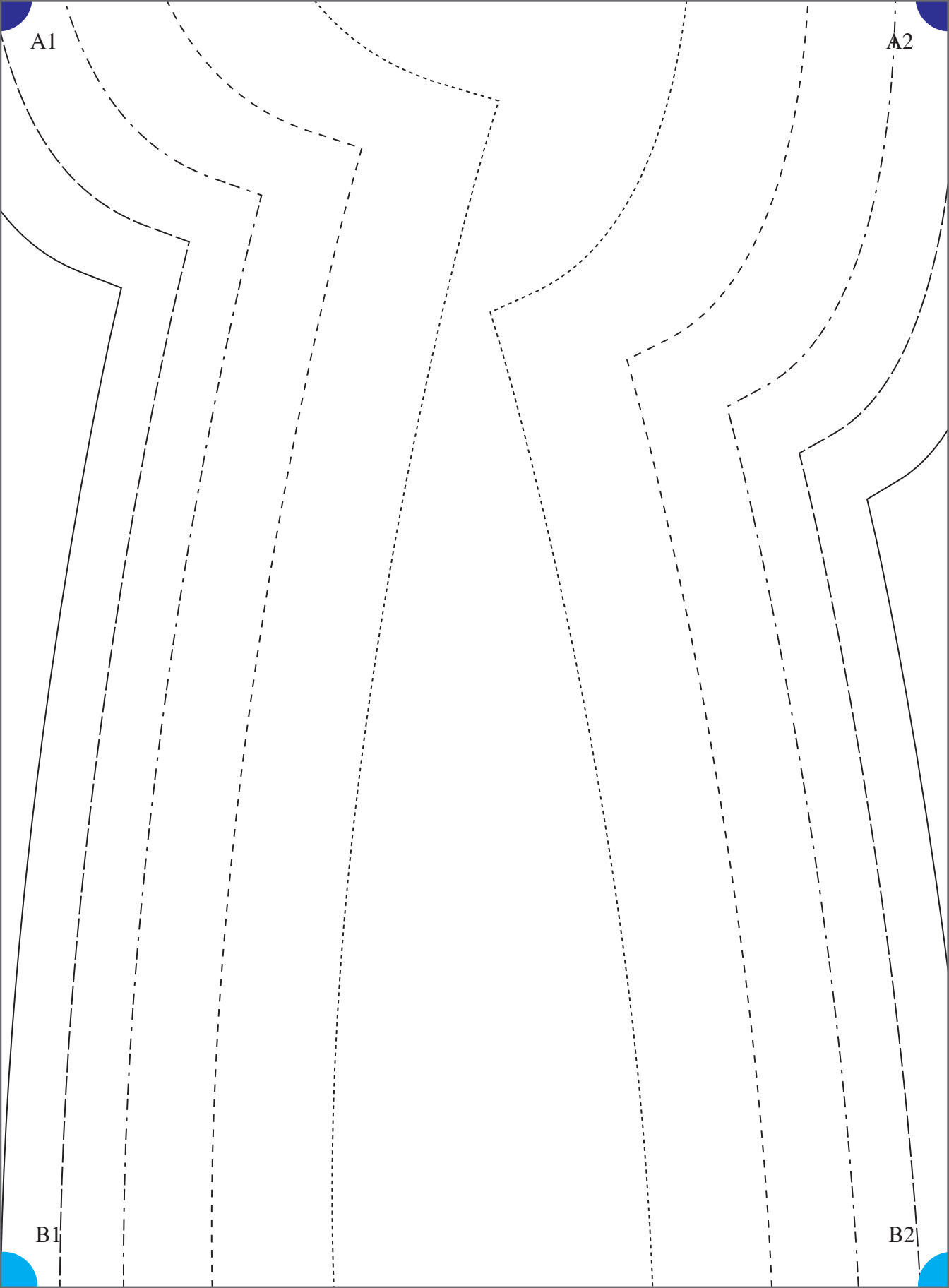
Lining: Cut 1 on Fold

3/8" SEAM ALLOWANCE

1" HEM ALLOWANCE

*On lining pieces only, trim off
1/8" along the neckline and
armholes. This will make it so
the lining is not visible when you
wear your dress.*

XS _____
S - - - - -
M - - - - -
L - - - - -
XL - - - - -



A1

A2

B1

B2

ALYSSA KNIT DRESS

Back (2)

Sizes XS-XL

Fabric: Cut 1 on Fold

Lining: Cut 1 on Fold

3/8" SEAM ALLOWANCE

1" HEM ALLOWANCE

*On lining pieces only, trim off
1/8" along the neckline and
armholes. This will make it so
the lining is not visible when you
wear your dress.*

- XS* _____
- S* - - - - -
- M* - - - - -
- L* - - - - -
- XL*



CENTER FRONT

B1

B2

C1

C2

B2

C2

CENTER BACK





C1

C2

D1

D2

C2



D2

D1			D2

