

We love
STYLE

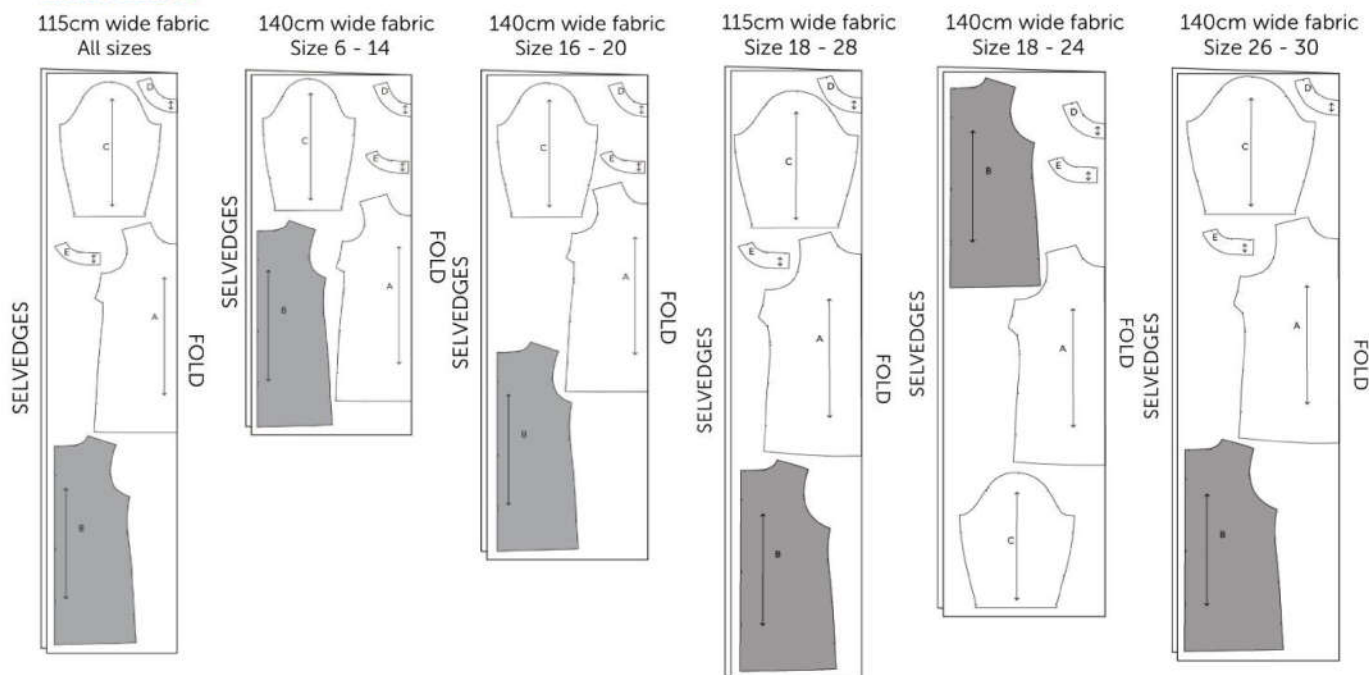


Chic shift **DRESS**

An ideal beginner dress or a quick weekend make, this throw-on shift dress teaches dart sewing, neckline facing and how to neatly finish a back neck opening

Project **LISA COMFORT**
www.sewoverit.com

LAYPLANS



BODY MEASUREMENTS (IN INCHES)

NOTES:

Compare your body measurements on the size charts. There are two size ranges due to changes in proportion of the pattern. If you're between the two ranges but your bust is on the larger side, we recommend opting for the 18-30 range

SIZES 6-20

	6	8	10	12	14	16	18	20
Bust	31	33	35	37	39	41	43	45
Waist	24	26	28	30	32	34	36	38
Hip	34	36	38	40	42	44	46	48

SIZES 18-30

	18	20	22	24	26	28	30
Bust	45	47	49	51	53	55	57
Waist	38	40	42	44	46	48	50
Hip	48	50	52	54	56	58	60

FABRIC REQUIRED (IN METRES) FOR SIZES 6-20

	6	8	10	12	14	16	18	20
1.15m-wide fabric	2.5	2.5	2.5	2.7	2.8	2.8	2.8	2.8
1.4m-wide fabric	1.6	1.8	1.8	1.8	1.8	2.4	2.4	2.4

FABRIC REQUIRED (IN METRES) FOR SIZES 18-30

	18	20	22	24	26	28	30
1.15m-wide fabric	2.9	2.7	3	3	3	3	3
1.4m-wide fabric	2.7	2.7	2.7	2.9	2.9	2.9	2.9

FINISHED GARMENT (IN INCHES) FOR SIZES 6-20

	6	8	10	12	14	16	18	20
Bust	34 1/4	36 1/4	38 1/4	40 1/4	42 1/4	44 1/4	46 1/4	48 1/4
Waist	33	35	37	39	41	43	45	47
Hip	38	40	42	44	46	48	50	52
Back length	34	34 1/4	34 1/2	34 3/4	35	35 1/4	35 1/2	35 3/4

FINISHED GARMENT (IN INCHES) FOR SIZES 18-30

	18	20	22	24	26	28	30
Bust	50 1/4	52 1/4	54 1/4	56 1/4	58 1/4	60 1/4	62 1/4
Waist	47 1/4	49 1/4	51 1/4	53 1/4	55 1/4	57 1/4	59 1/4
Hip	52	54	56	58	60	62	64
Back length	35 1/4	35 3/8	35 1/2	35 5/8	35 3/4	35 7/8	36

MATERIALS & TOOLS:

- lightweight woven fabric such as cotton, cotton lawn, rayon or crêpe (see fabric requirements table below)
- hook & eye
- templates downloaded from www.craftworld.com/cms/love-sewing

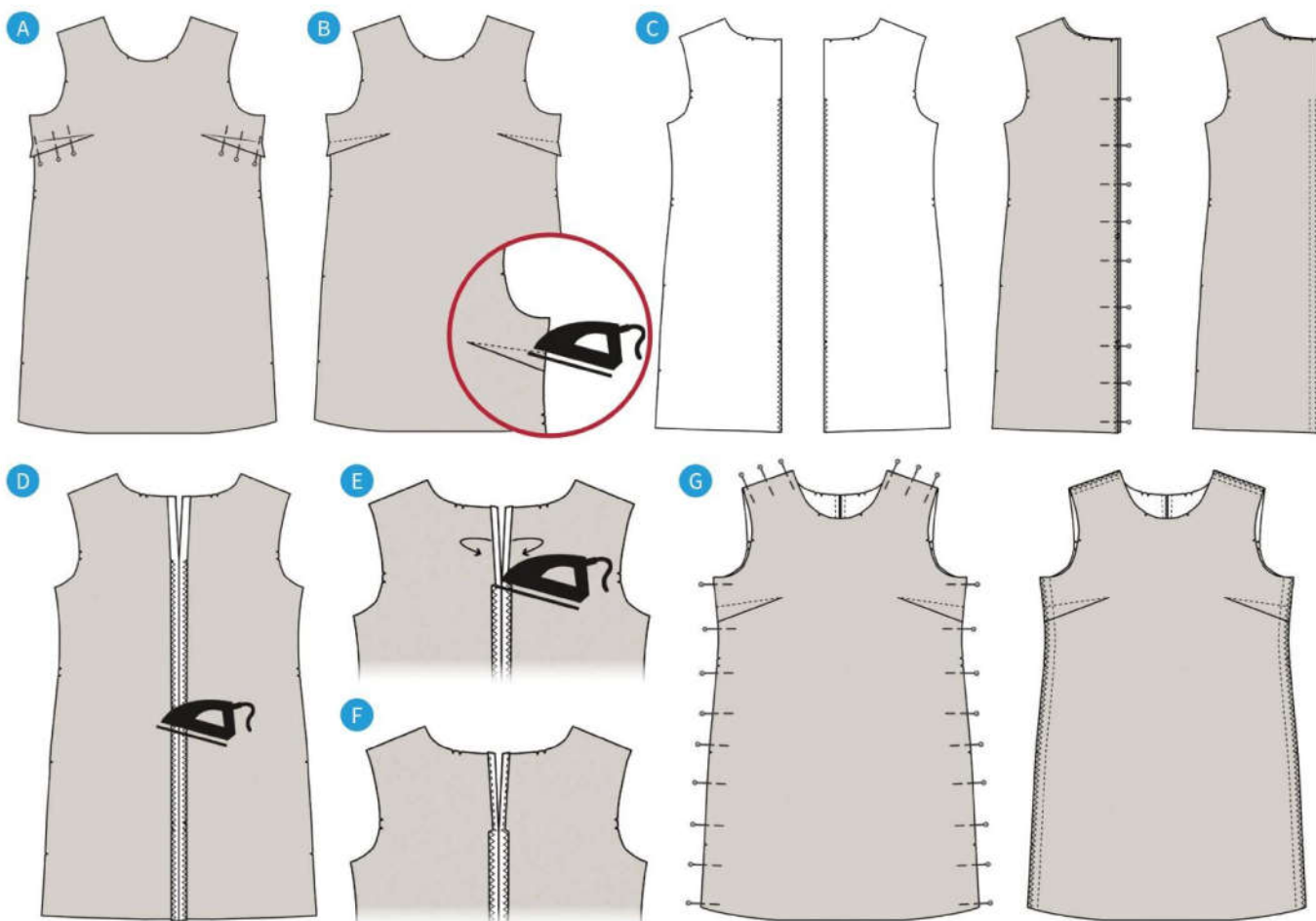
NOTES:

Instructions are for Version 1 with long-sleeves but you can download the other different sleeve versions now at www.craftworld.com/cms/love-sewing

Seam allowances are 1.5cm throughout unless otherwise stated

HOW TO MAKE:

- 1 Mark the darts on the front pieces. Pin through the line you drew, making sure you're pinning exactly on the line on the other side of the fabric. Stitch along your line, from the notches to the circle, so you eventually stitch off of your fabric. Make sure not to backstitch, but leave long thread tails. Double knot these together and trim to 3mm. Press the dart down towards the hem.
- 2 Zigzag centre back edges of the back separately. Start at the first notch from the neckline.
- 3 With RST, align the centre



back seam edges, matching the notches. Pin from the first notch from the neckline down to the hem. Stitch in place.

4 Press the seam allowances open, continuing to press them open at the centre back opening so that the edges are pressed over by 1.5cm in line

with the seam allowances.

5 At the centre back opening, fold under the raw edges by 0.5cm, so they will be hidden. You may need to snip further into the notch to be able to do this. Pin in place.

6 Edge-stitch the centre back opening in place. Sewing from the WS, start at the top right and stitch down to the notch. Pivot and stitch across the seam. Pivot once more so you're able to sew back up to the neckline.

7 With RST, align the shoulder and side seam edges of the front and back. Pin and stitch in place. Zigzag the seam allowances together and press towards the back.

8 Interface your front and back neck facing pieces.

9 With RST, align the shoulder seam edges of the front and back facing pieces. Pin and stitch in place. Press seam allowances open.

10 Zigzag all the way along the bottom edge of the facing.

11 With RST, align the facing

with the neckline. Match shoulder seams and notches and pin in place. At centre back edge of facing, fold raw edges over WST, so they align with dress opening. Stitch facing in place with 1cm seam allowance.

12 Trim seam allowances down to half width and clip into curves at 2cm intervals.

13 Understitch seam allowances to the facing, 2-3mm from neckline seam. Fold facing to the inside of the dress and press flat, slightly rolling seam allowance to inside.

14 Slip-stitch facing in place along back neck opening. Secure facing to shoulder seam on inside of dress, ensuring not to stitch through to outside.

15 Hand-titch a hook and eye at top of back neck opening.

16 Stitch two rows of gathering stitches along sleevehead at 1cm and 1.4cm from raw edge, between notches. Set stitch length to

4.5-5 and leave long thread tails at start and end of stitch line. Once done on both sleeves, pull threads gently to gather sleevehead.

17 With RST, align underarm edges of sleeve, matching notches. Pin and stitch in place.

18 Zigzag seam allowances together and press towards back of sleeve. Repeat steps 16 and 17 for second sleeve.

19 With the sleeve RS out and top inside out, insert sleeve into armhole. Match underarm seams with side seams, and match notches together.

Pin in place. Aim to get the gathers in the sleevehead as flat as possible.

20 Zigzag seam allowances together and press towards the sleeve. Repeat for second sleeve.

21 Zigzag hem edge of dress and sleeve hem.

22 Press the hem of the dress and the sleeves up by 2cm.

23 Top-stitch the hems in place to finish.

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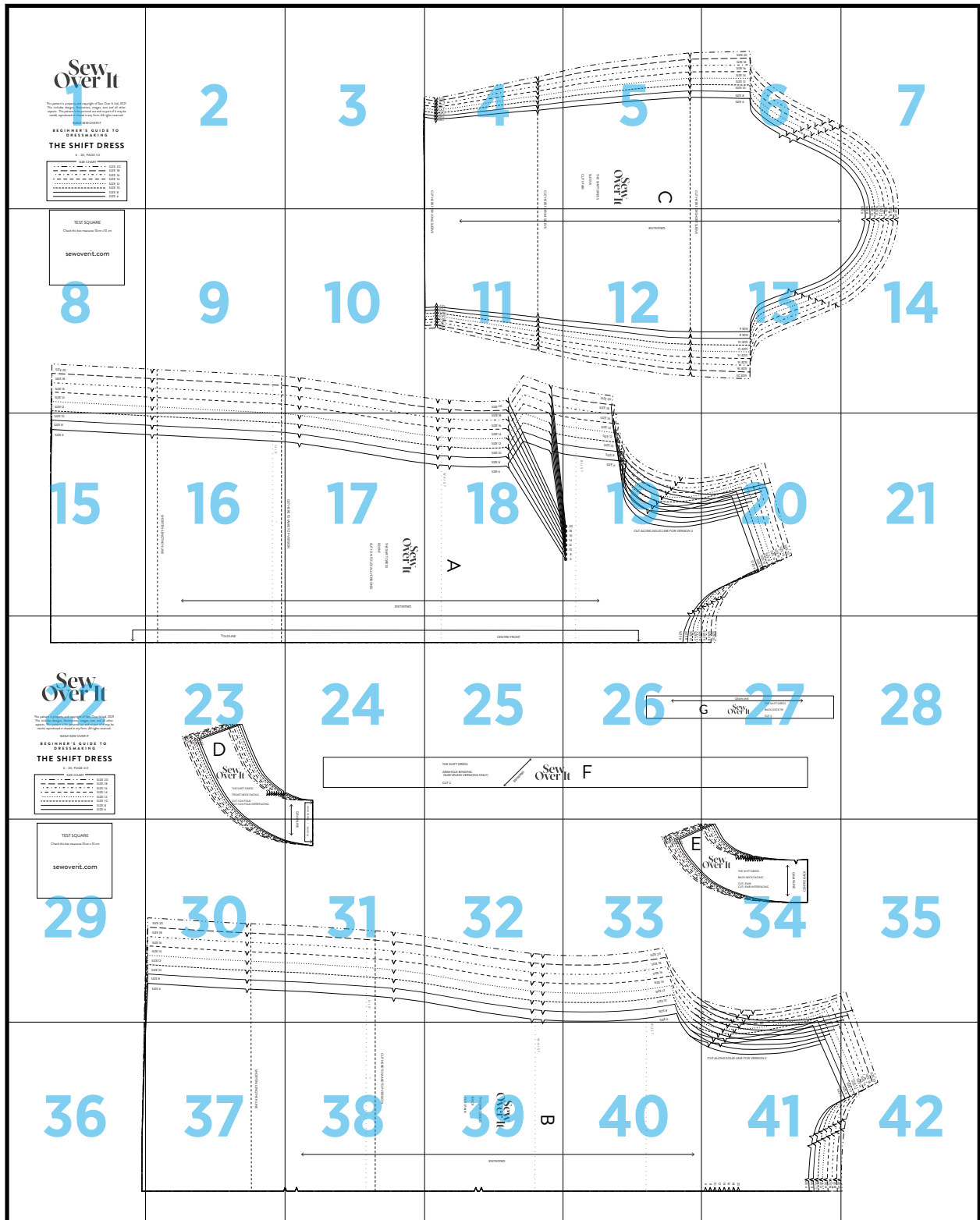
Sew Over it is all about stylish sewing patterns, gorgeous fabrics, easy-to-follow classes and expert advice to help you learn to sew one make at a time. Find a wealth of sewing guidance, patterns, fabrics and more at

www.sewoverit.com

and follow Sew Over It on Instagram [sewoverit](https://www.instagram.com/sewoverit)



Shift Dress





Sew Over It

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**BEGINNER'S GUIDE TO
DRESSMAKING**

THE SHIFT DRESS

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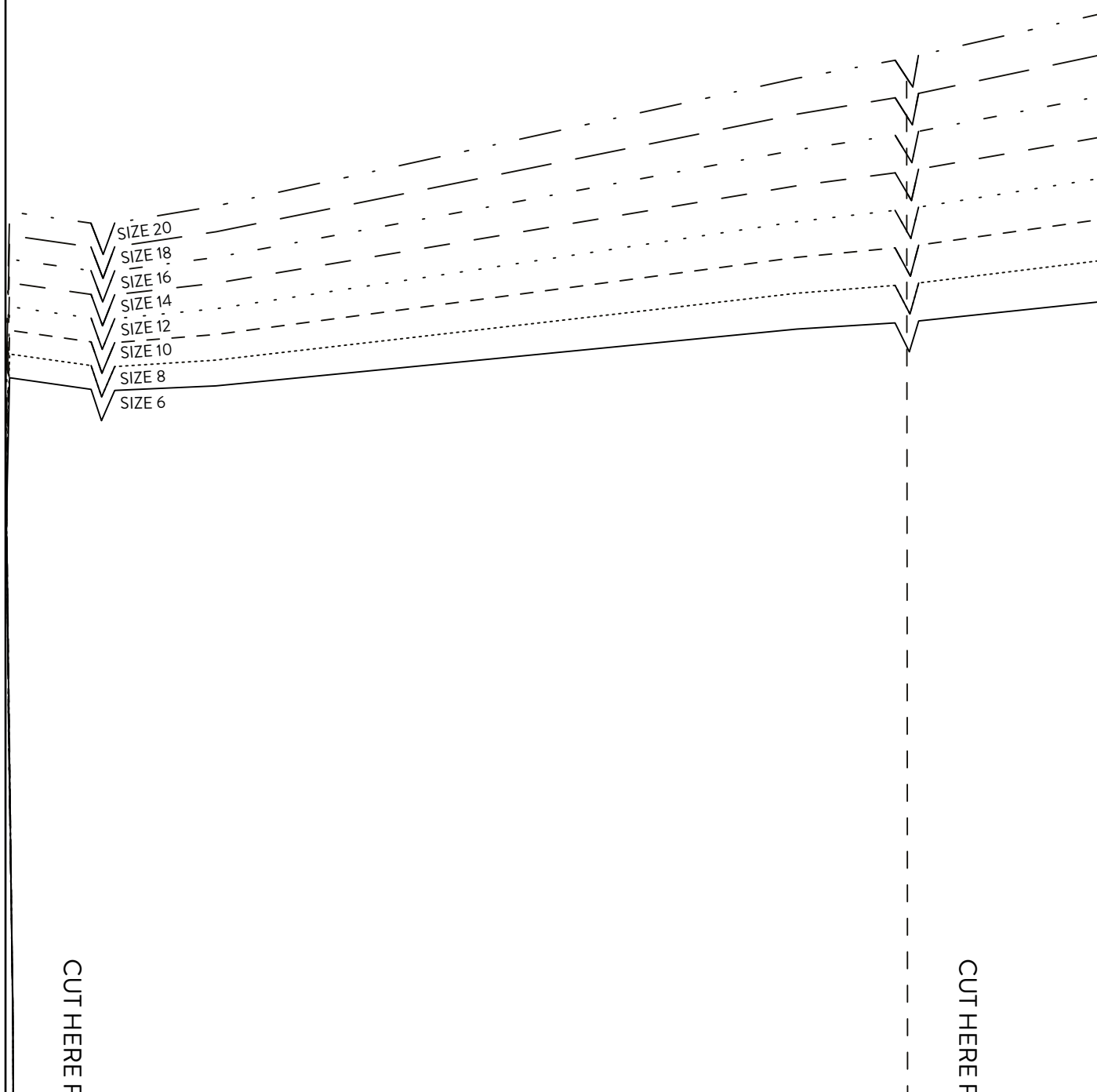
SIZE CHART

.....	SIZE 20
————	SIZE 18
.....	SIZE 16
————	SIZE 14
.....	SIZE 12
————	SIZE 10
.....	SIZE 8
————	SIZE 6

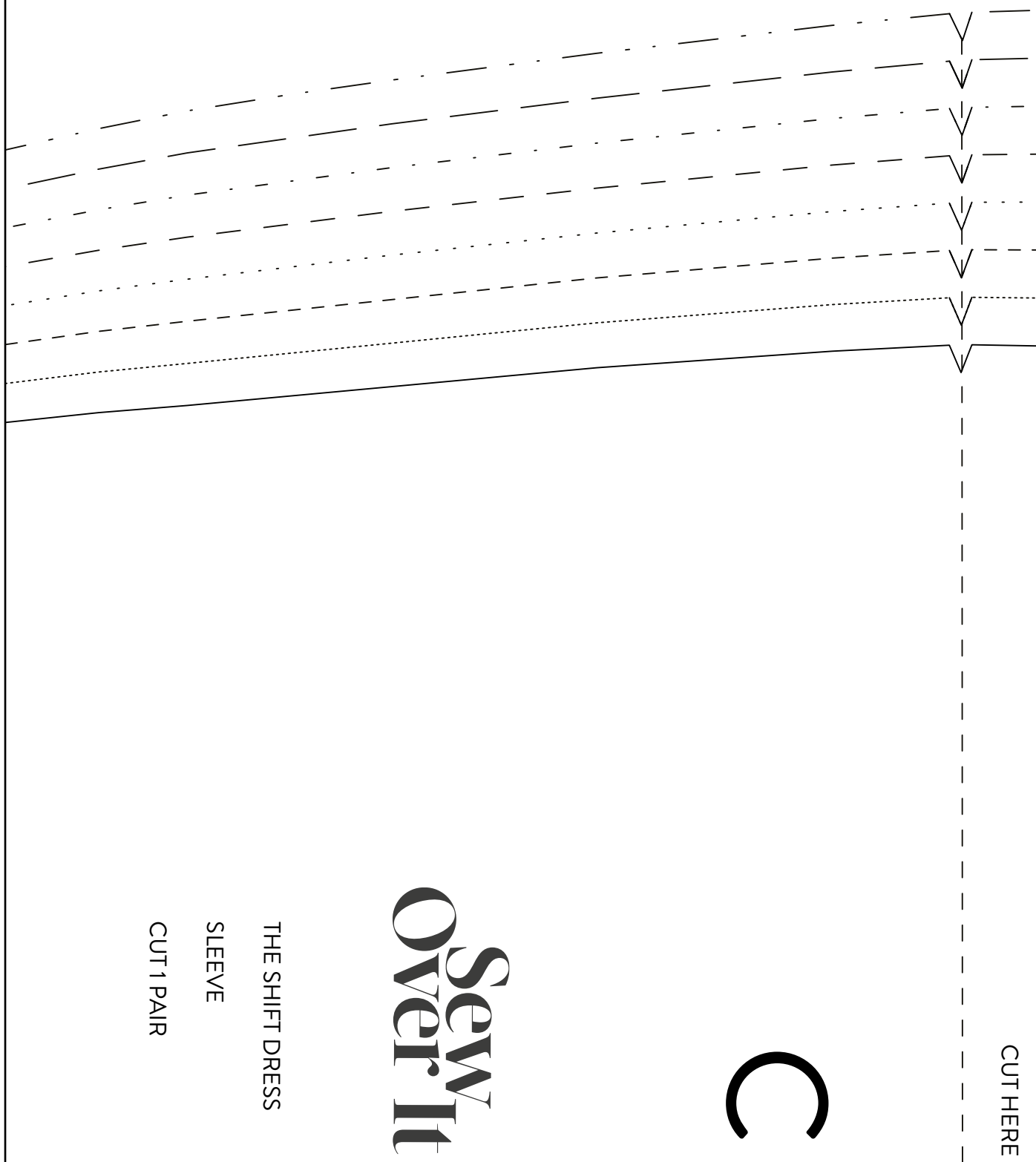




4



5



Sew
Over It

THE SHIFT DRESS

SLEEVE

CUT 1 PAIR

6



SIZE 20

SIZE 18

SIZE 16

SIZE 14

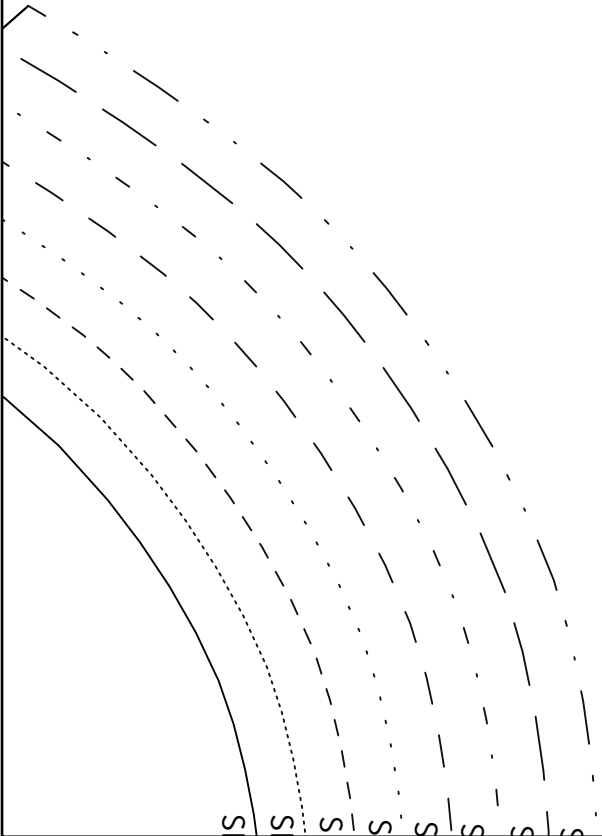
SIZE 12

SIZE 10

SIZE 8

SIZE 6

7



TEST SQUARE

Check this box measures 10cm x 10 cm

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SIZE 20

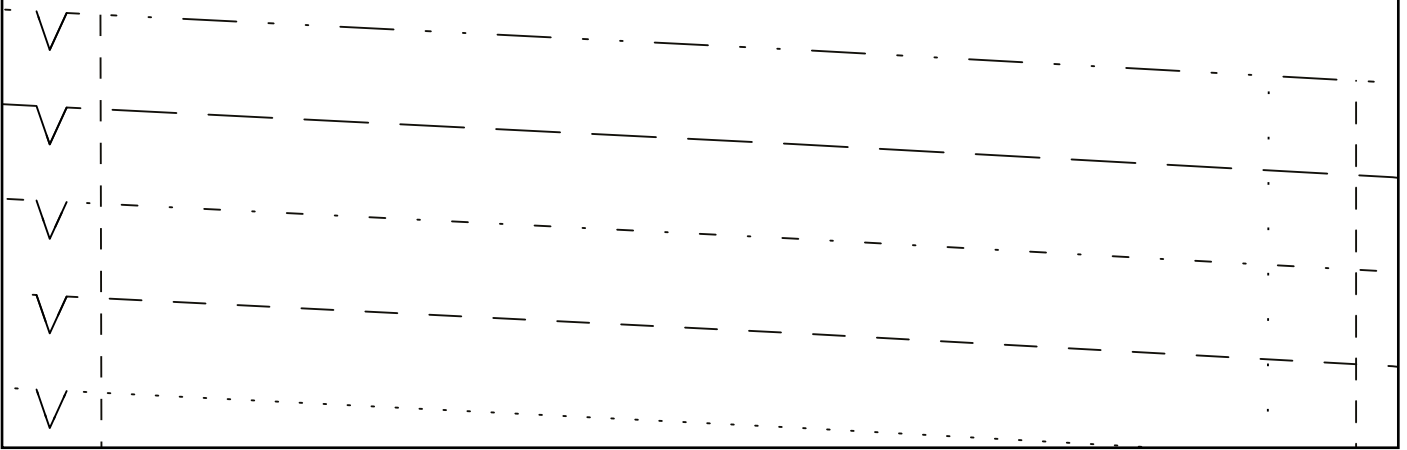
SIZE 18

SIZE 16

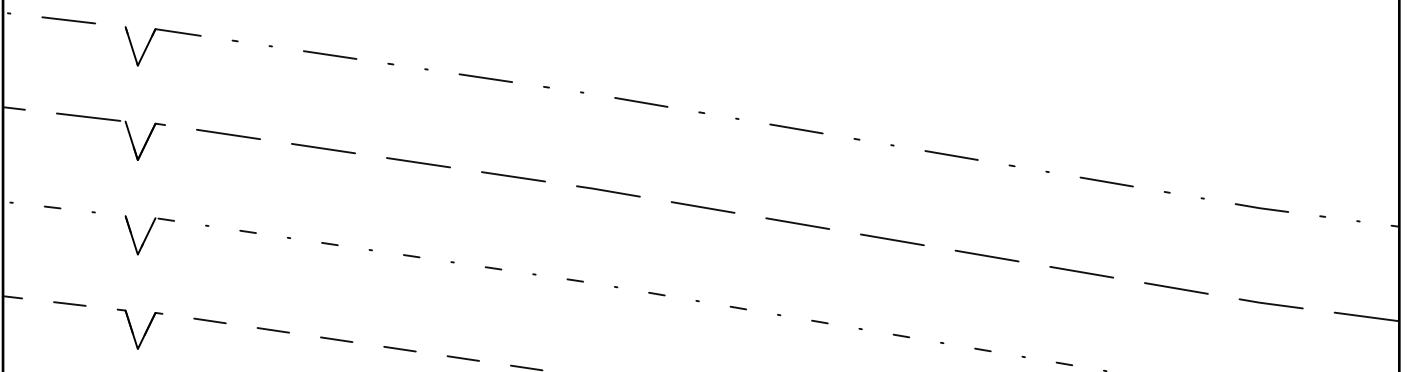
SIZE 14

SIZE 12

9



10

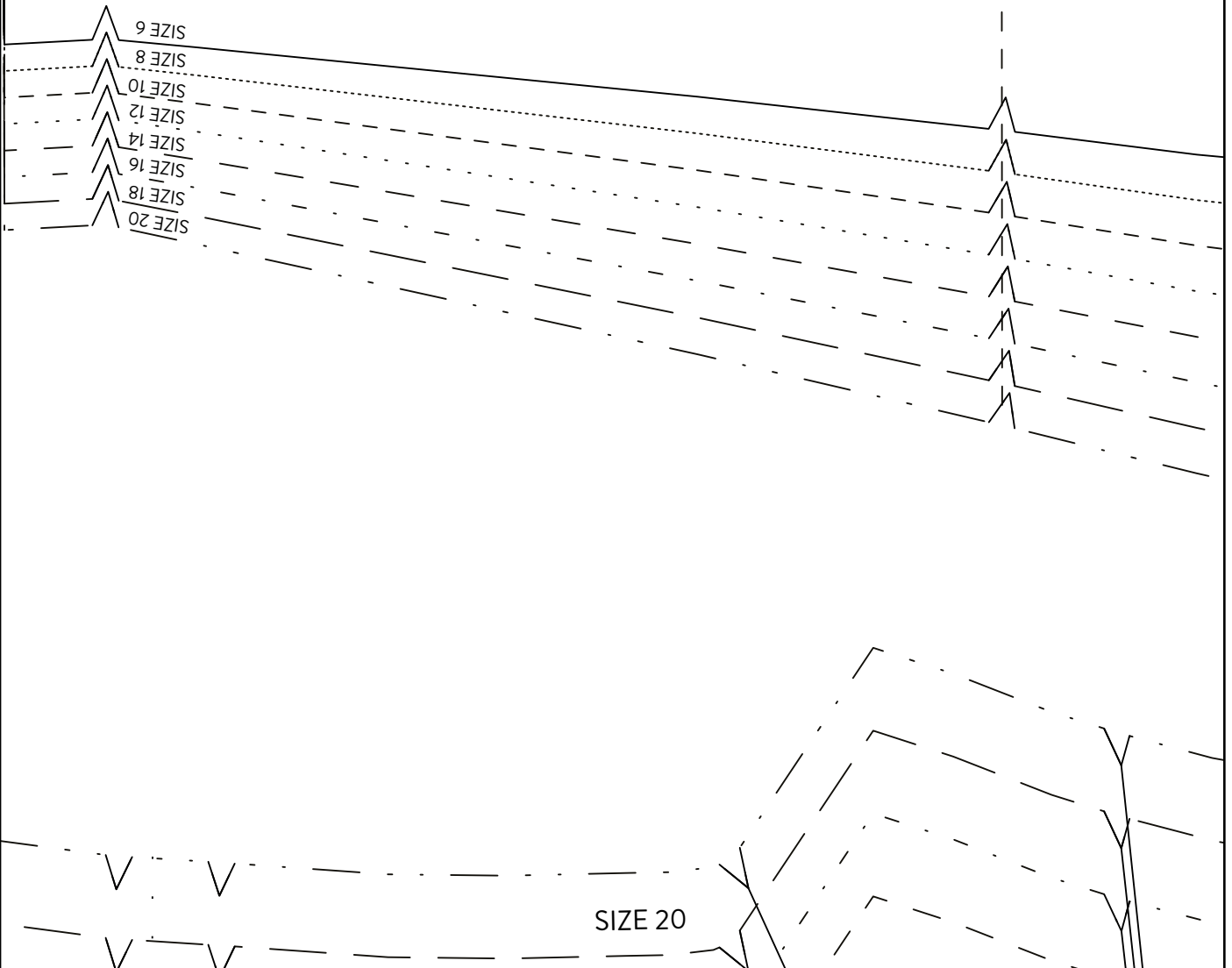




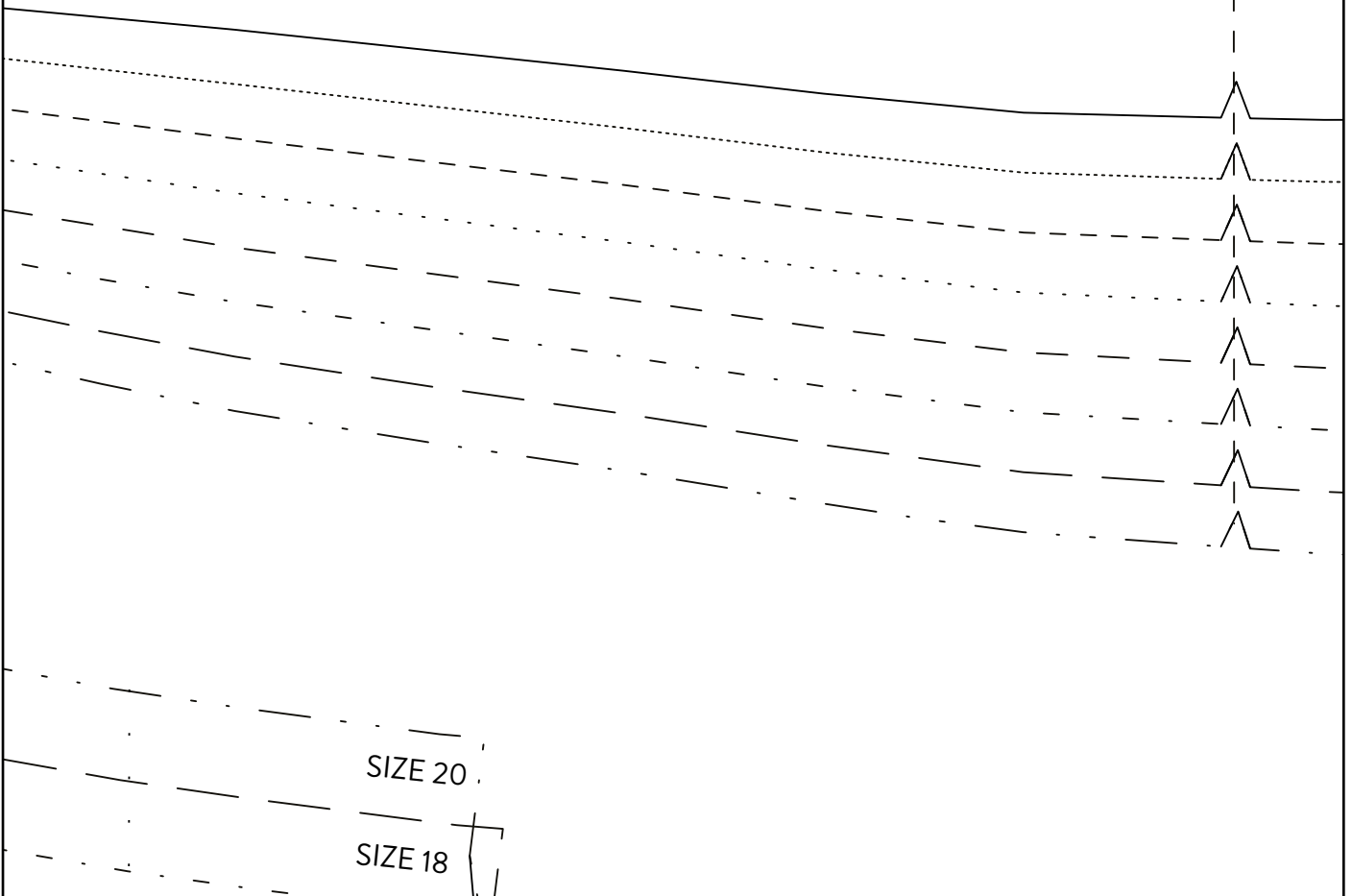
OR 3/4 SLEEVE



OR LONG SLEEVE



GRAINLINE

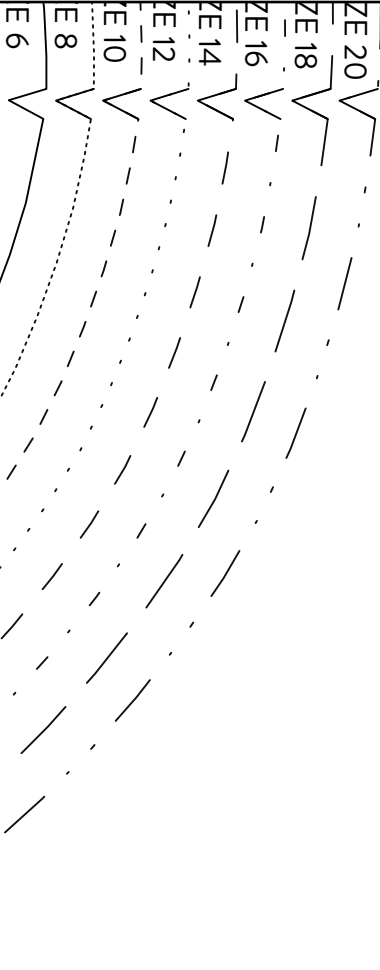




SIZE 6
SIZE 8
SIZE 10
SIZE 12
SIZE 14
SIZE 16
SIZE 18
SIZE 20



14



15

SIZE 10

SIZE 8

SIZE 6



16



H I P

SHORTEN/LENGTHEN LINE



17



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THE SHIFT DRESS

FRONT

CUT 1 ON FOLD (ALL VERSIONS)

CUT HERE TO MAKE TOP VERSION

GRAINLINE

18

SIZE 18

SIZE 16

SIZE 14

SIZE 12

SIZE 10

SIZE 8

SIZE 6

W A I S T

A



19

SIZE 16

SIZE 14

SIZE 12

SIZE 10

SIZE 8

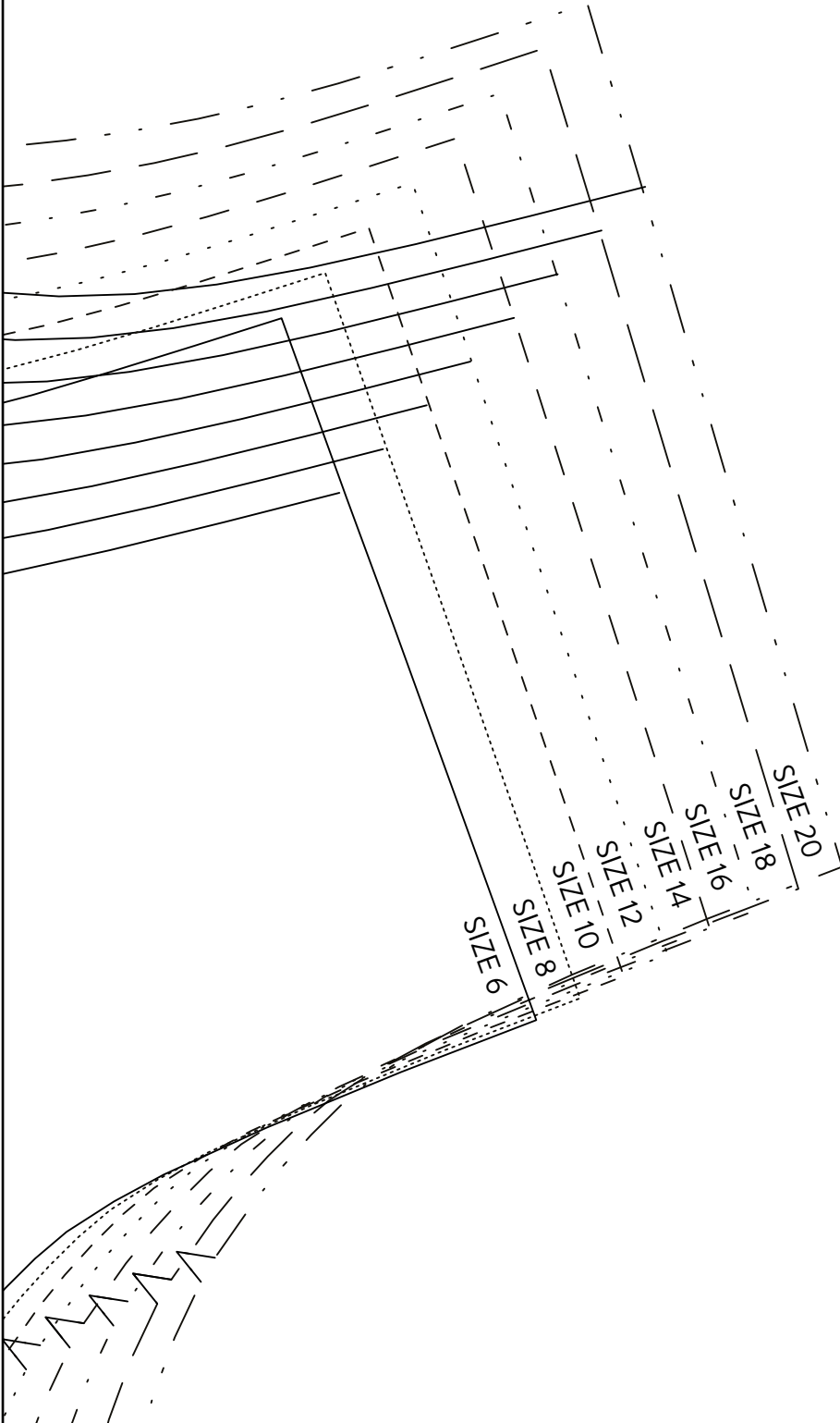
SIZE 6

BUST

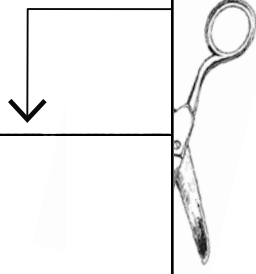
- 20
- 18
- 16
- 14
- 12
- 10
- 8
- 6

CUT ALONG SOLID LINE FOR VERSION 2









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DRESSMAKING**

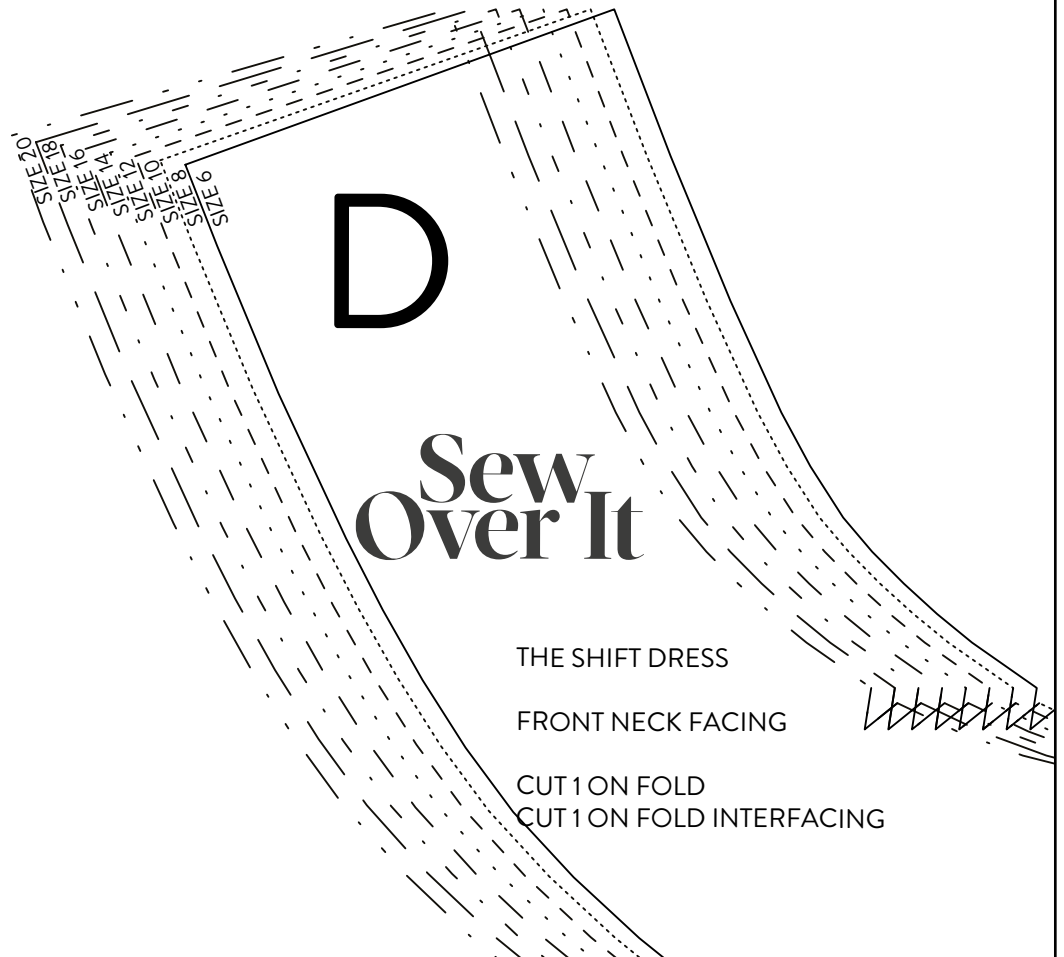
THE SHIFT DRESS

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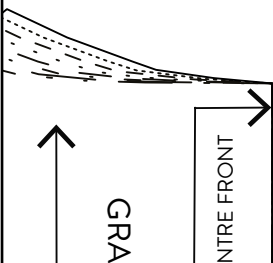
SIZE CHART

.....	SIZE 20
————	SIZE 18
.....	SIZE 16
-----	SIZE 14
.....	SIZE 12
-----	SIZE 10
.....	SIZE 8
————	SIZE 6

FOLDLINE



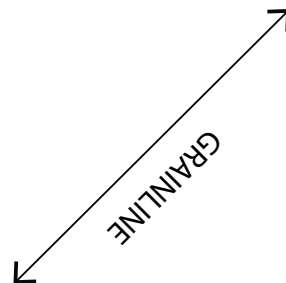
24



CENTRE FRONT



THE SHIFT DRESS
ARMHOLE BINDING
(SLEEVELESS VERSIONS ONLY)
CUT 2



**Sew
Over**

26

SIZE 14
SIZE 12
SIZE 10
SIZE 8
SIZE 6



It F

27

SIZE 20
SIZE 18
SIZE 16



GRAINLINE



G

Sew
Over It

THE SHIFT DRESS

BACK NECK TIE

CUT 2



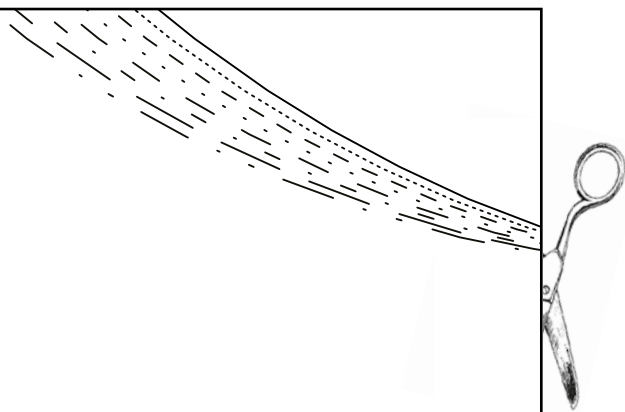
TEST SQUARE

Check this box measures 10cm x 10 cm

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30



SIZE 20

SIZE 18

SIZE 16

SIZE 14

SIZE 12

SIZE 10

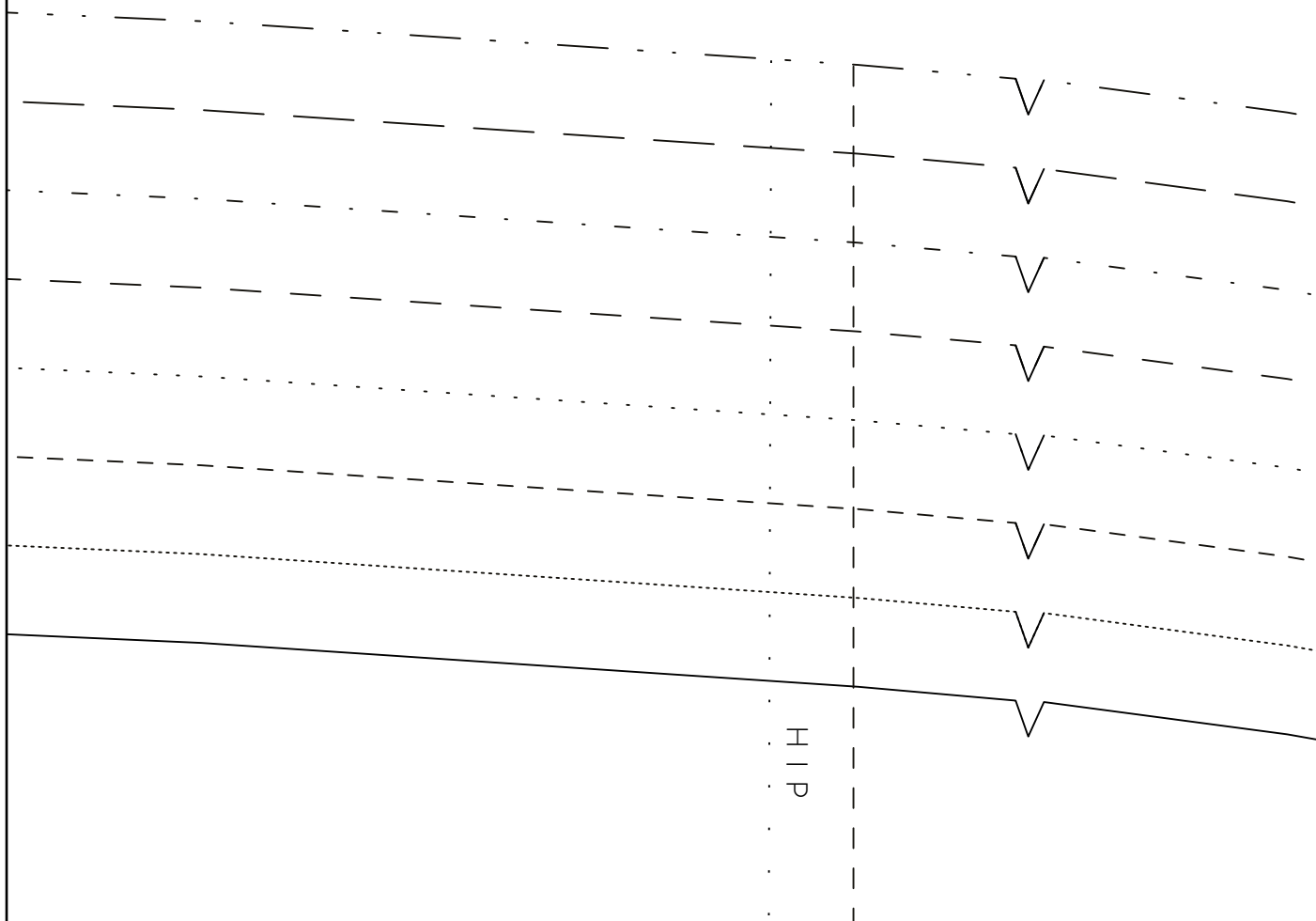
SIZE 8

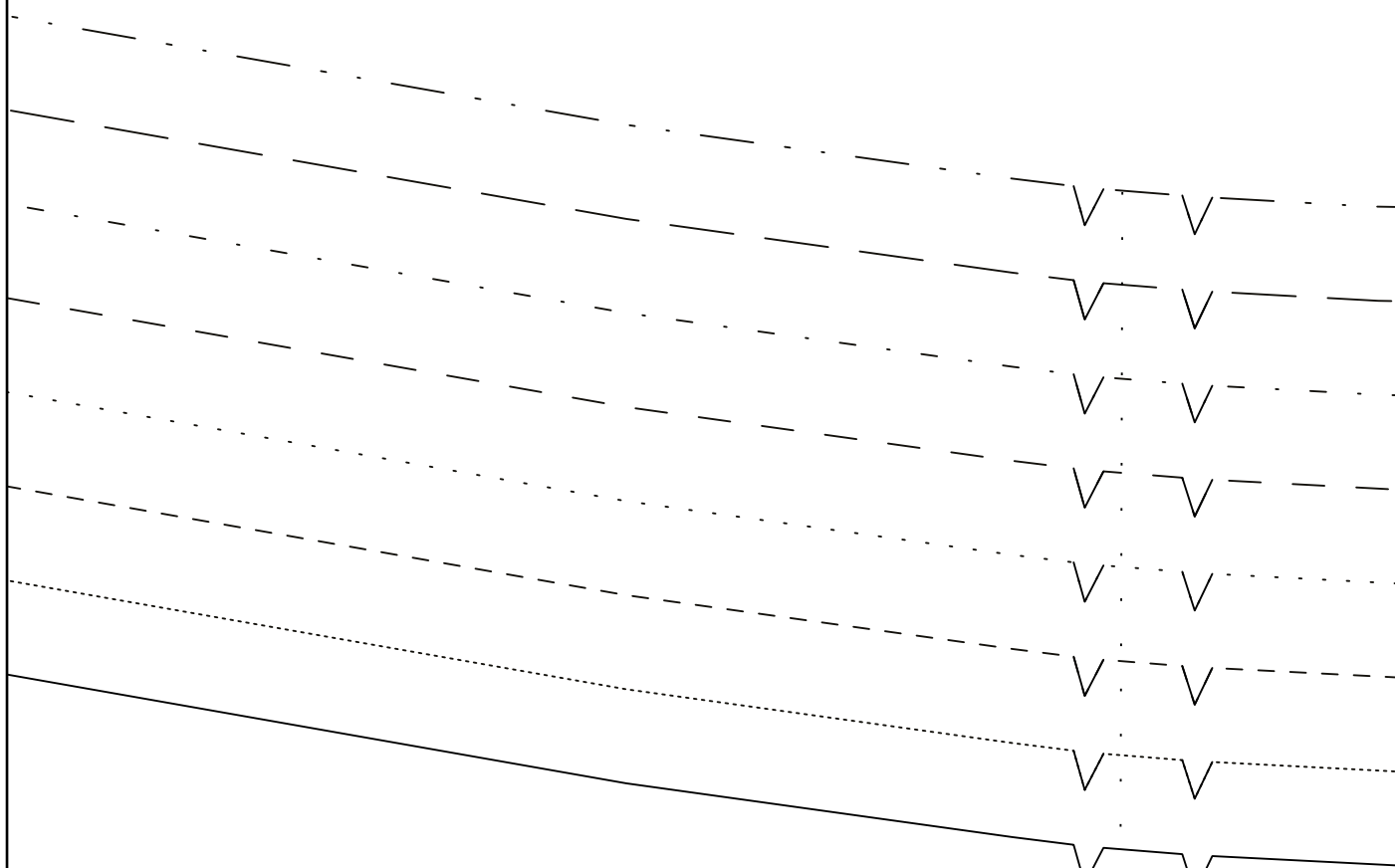
SIZE 6

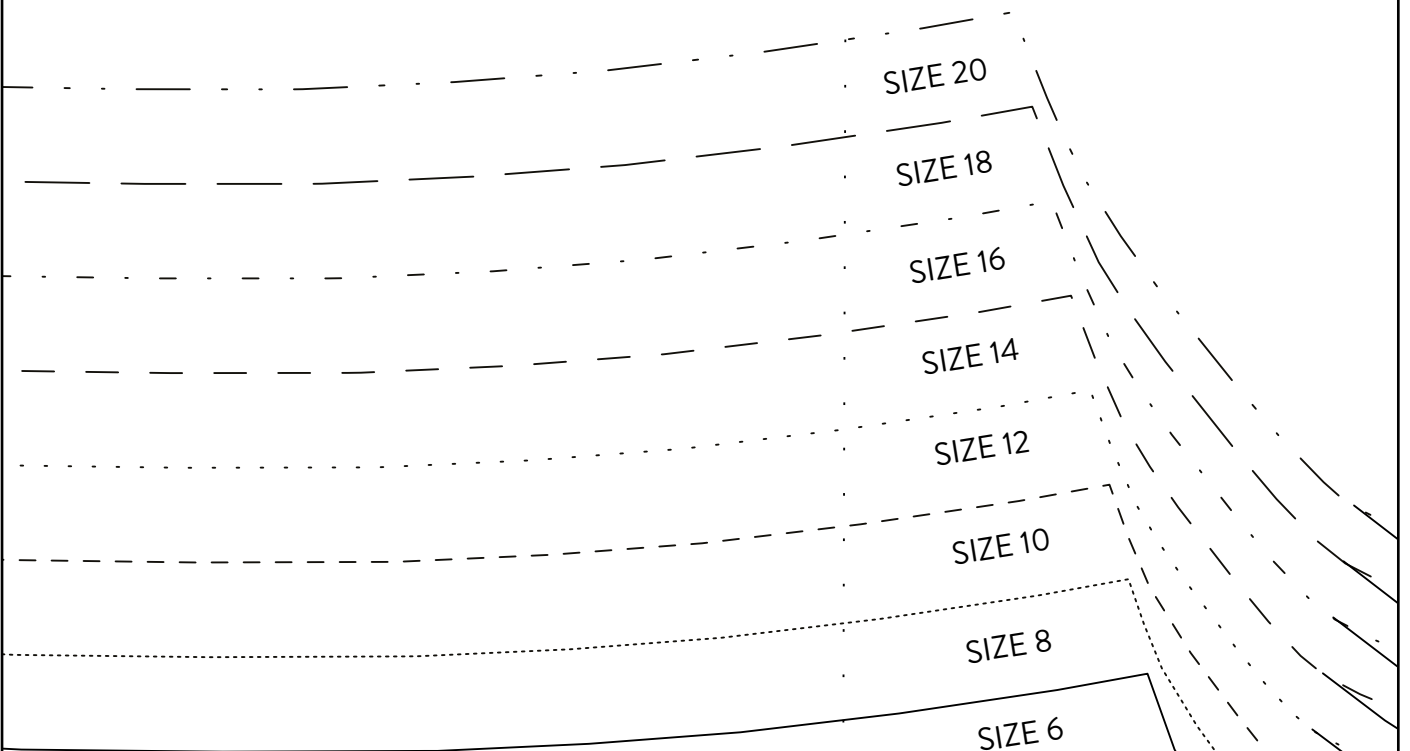
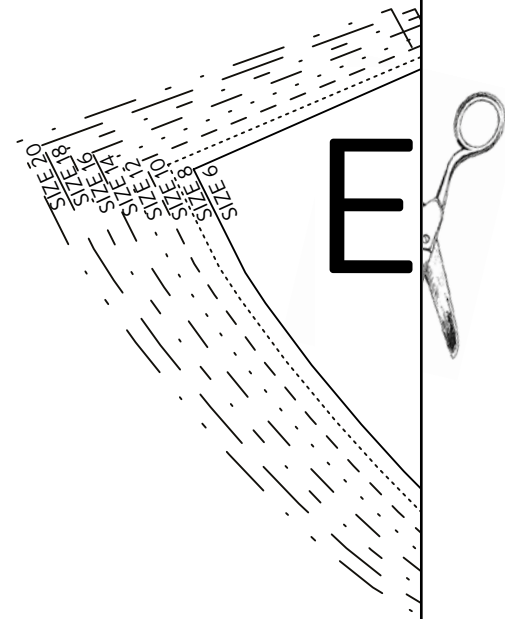
31

N

FOLDLINE / C







34

Sew Over It

THE SHIFT DRESS

BACK NECK FACING

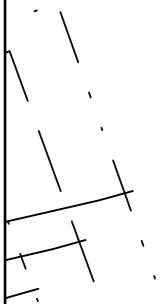
CUT 1 PAIR

CUT 1 PAIR INTERFACING

GRAINLINE

CENTRE BACK







SHORTEN/LENGTHEN LINE





CUT HERE TO MAKE TOP VERSION





W A I S T

B

Sew Over It

THE SHIFT DRESS

BACK

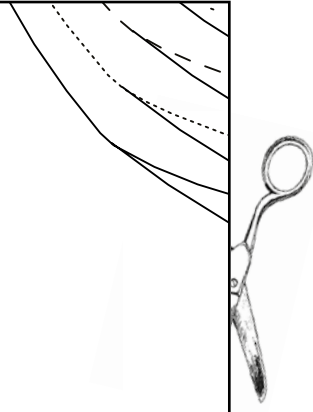
CUT 1 PAIR

GRAINLINE



40

BUST



CUT ALONG SOLID LINE FOR VERSION 2



SIZE

SIZE 20
SIZE 18
SIZE 16
SIZE 14
SIZE 12
SIZE 10
SIZE 8
SIZE 6

20
18
16
14
12
10
8
6

42

SIZE 20
SIZE 18
SIZE 16
SIZE 14
SIZE 12
SIZE 10
SIZE 8

