

TILLY AND THE BUTTONS



BETTINE DRESS

This classic dress, designed for beginners and beyond, can be made with or without the pockets

Project Tilly and the Buttons
www.tillyandthebuttons.com



WANT TO MAKE BETTINE IN KNIT FABRIC?

TURN TO
PAGE 31
TO LEARN
HOW



How to

PRINT YOUR PATTERN

Go to **www.craftworld.com** and search 'Bettine dress'. Download the pattern and print it 'at actual size' or 'set scaling to 100%' to ensure the pattern prints at full scale. Set the orientation to 'portrait' and print page 1 of the pattern first to measure the test square. It should measure exactly 60mm square, so if it is a few mm out, adjust the scaling on your printer setting before you print the rest of your pattern.

Cut along the rectangular border lines – one long side and one short side on each sheet. Align the little triangles to match up the pages (1A with 1A, 1B with 1B, etc) and glue or tape them together. Voilà!

Please note: This pattern is available as a free download for a limited time only from 3rd March to 14th April 2022, so make sure to download it soon!

This stylish and comfortable dress is one of Tilly and the Buttons' bestselling patterns, and is destined to become a staple in your wardrobe. Bettine is quick and easy to make, with no fiddly fastenings, darts or set-in sleeves. It has a blousy bodice, scoop neckline, elasticated waistline, grown-on sleeves and turn-up cuffs, with optional in-seam pocket skirt and cuff tabs. Follow these clear step-by-step photo instructions to help you sew up a gorgeous new dress in no time!



MATERIALS AND TOOLS:

- 2m (2¼ yards) x 150cm (60") wide OR 3m (3¼ yards) x 115cm (45") wide (see fabric suggestions below)
- Your waist measurement in 9-12mm (½") wide elastic
- 0.3m (½ yard) iron-on interfacing (similar weight to your fabric)
- Optional: 2x1.5-2cm, (5⁄8-¾") button for cuff tabs
- Medium-large safety pin
- Co-ordinating thread
- Templates downloaded from **www.craftworld.com/cms/love-sewing**

FABRIC SUGGESTIONS

Light- to medium-weight drapey fabrics, such as viscose (rayon), cotton voile, lawn or chambray. If you're a confident stitcher, try a delicate crêpe or georgette.

NOTES

Sew seams together with a 15mm (⅝") seam allowance, back tacking at each end, unless stated otherwise.

FIND YOUR PATTERN SIZE

Measure your bust, waist and hips
and find your pattern size here:

Size	Bust	Waist	Hip
1	76cm (30")	61cm (24")	84cm (33")
2	81cm (32")	66cm (26")	89cm (35")
3	86.5cm (34")	71cm (28")	94cm (37")
4	91.5cm (36")	76cm (30")	99cm (39")
5	96.5cm (38")	81cm (32")	104cm (41")
6	101.5cm (40")	86.5cm (34")	109cm (43")
7	106.5cm (42")	91.5cm (36")	114cm (45")
8	112cm (44")	96.5cm (38")	119.5cm (47")

If a measurement lands between sizes, go for the larger one. If your proportions fall across sizes, you can combine size lines by drawing a curved diagonal line between them

FINISHED GARMENT MEASUREMENTS

This is the size the dress will be once
you've sewn it together

Size	Bust	Waist*	Hip
1	81cm (32")	76cm (30")	88cm (34¾")
2	86cm (34")	81cm (32")	93cm (36¾")
3	91.5cm (36")	86cm (34")	98cm (38¾")
4	96.5cm (38")	91cm (36")	103cm (40¾")
5	101.5cm (40")	96cm (38")	108cm (42¾")
6	106.5cm (42")	101.5cm (40")	113cm (44¾")
7	115.5cm (44")	106.5cm (42")	118cm (46¾")
8	117cm (46")	111.5cm (44")	123.5cm (48¾")

*This is the waistline size before you add elastic to
cinch it in to fit you

The bodice includes extra length to create blousiness
at the waist. If your torso is particularly long or short,
you may want to lengthen or shorten the bodice pieces

NEED A
BIT OF
HELP?

SEARCH WWW.TILLYANDTHEBUTTONS.COM/BETTINE

Cut your **FABRIC**

Wash and dry your fabric before cutting in case it shrinks, and iron out any creases. If your fabric is 115cm (45") wide, fold it lengthways, with the right sides together, bringing together the selvages (the finished edges). If your fabric is 150cm (60") wide, fold 115cm (1¼ yards) of fabric like this to cut the bodice and pocket pieces and fold the rest with the selvages brought together in the middle – see the cutting layout diagrams on page 11. Lay the fabric out on a table, smoothing out any wrinkles.

Find the pattern pieces you need for your chosen version of the Bettine dress:

ALL VERSIONS:

Front bodice – cut 1 on fold
Back bodice – cut 1 on fold
Front neckline facing – cut 1 on fold
Back neckline facing – cut 1 on fold
Cuff – cut 2 on fold

FOR POCKET SKIRT VERSION:

Pocket front skirt – cut 1 on fold
Back skirt – cut 1 on fold
Pocket bag – cut 2
Pocket facing – cut 2

FOR PLAIN SKIRT VERSION:

Front skirt/back skirt – cut 2 on fold
(cut the same piece twice)

FOR OPTIONAL TABS:

Tab – cut 2



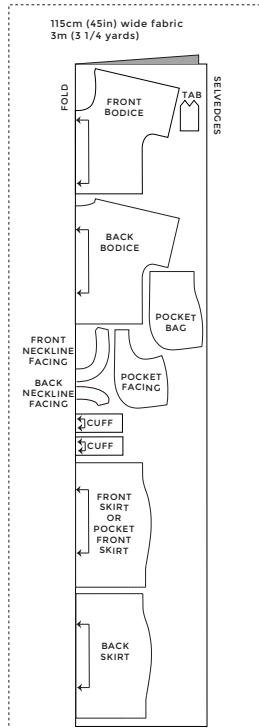
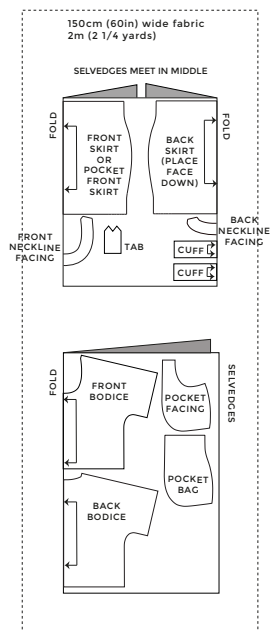
Cut roughly around the pattern pieces in your size. Place them right side up on the fabric, flipping the back skirt face down if your fabric is 150cm wide – the cutting layout diagrams (right) will help. Line up the sides of the bodice, skirt and facing pieces labelled with the 'place on fold' arrows with the fold of the fabric. Line up the grainline arrows on the other pieces so they're parallel to the selvages. If your fabric has a directional print, make sure the design is pointing the correct way up! Hold the pattern pieces in place with pins or weights.

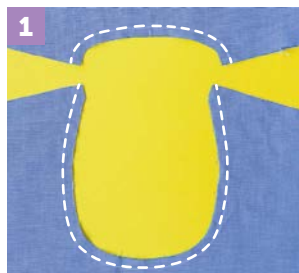
Trace the outline of the pattern pieces in your size onto the fabric using dressmaker's carbon and a tracing wheel – or cut through the lines with fabric scissors. Mark the notches (the short lines at right angles to the lines) – these help you pin the pieces together accurately.

Remove the pattern pieces and (if you traced with dressmaker's carbon) carefully cut the outlines using the fabric scissors. Cut short snips for the notches (about 5mm/¼"). Snip extra notches at either end of the centre fold on the cuffs.

Cut interfacing pieces to the shape of the front neckline facing and the back neckline facing. The facing will finish the neckline and give it structure.

CUTTING LAYOUT DIAGRAMS





HOW TO MAKE

For all versions:

1 We're going to start by staystitching the curved edges so they don't stretch out of shape. Sew a line of stitching on the front bodice and back bodice necklines, 10mm ($\frac{3}{8}$ ") away from the edge, from one shoulder to the middle, then from the other shoulder to the middle. If you're making the pocket version, staystitch the curved top edges of the pocket front skirt and pocket facings, from the side seam towards the top.

2 Place the front bodice on top of the back bodice, right sides together. Pin them together at the shoulder seams, matching up the notches. Stitch. Finish the seam allowances using pinking shears, zigzag stitch or an overlocker and press them towards the back.

3 Lay the interfacing pieces over the front and back neckline facings, the (rough) glue side of the interfacing against the wrong side of the fabric. Hold a hot, dry iron on top for a few seconds to fuse them

together. Try not to let the glue side stick to your iron or ironing board!

4 Place the front neckline facing on top of the back neckline facing, right sides together. Pin together the shoulder seams, matching the notches. Stitch.

5 Press the seam allowances open. Finish the outside edge of the neckline facing using pink shears, zigzag stitch or an overlocker.

6 Open out the bodice at the shoulders and lay it flat on the table, right side up (it won't lie completely flat as the neckline is shaped to stop it gaping). Place the facing on top of the bodice neckline, right sides together. Pin the facing to the neckline, lining them up at the shoulder seams and notches so they're directly on top of each other.

Quick tip

If you stitch with the interfaced piece on top, the neckline is less likely to stretch out of shape



7 Sew the facing to the bodice, 15mm ($\frac{5}{8}$ "") from the neckline.

8 Trim the seam allowances, then clip into the curves every 30mm (1") or so, being careful not to cut through the stitching. This will help the seam allowances lie flat when they're turned to the inside.

9 Press the facing away from the bodice and towards the seam allowances. Now press it to the wrong side of the bodice, rolling the seam line in ever so slightly, so you won't see the facing when you wear the dress, and pin it in place.

10 Top-stitch the facing to the wrong side of the bodice, 35mm (1 $\frac{3}{8}$ "") from the neckline. You'll see the topstitching on the outside of the dress, so take your time, and choose matching thread if you want to hide dodgy stitching.

11 Fold the front bodice over the back bodice, right sides together. Pin them together along the side seams, matching up the notches. Stitch. Trim the seam

Quick tip

You may find it helpful to draw the stitching line on in chalk pencil or washable pen to help you sew it neatly

allowances and clip into the curves, like you did with the neckline. Finish the seam allowances, either together or separately, and press them either open or towards the back.

12 Fold each cuff widthways, right sides together, and pin together the short edges. Stitch. Press the seam allowances open.

13 Now fold each cuff lengthways, wrong sides together. Pin together the raw edges, matching the notches and seam line. Press the fold. Tack (baste) together the raw edges using a 4mm stitch length and a 10mm ($\frac{3}{8}$ "") seam allowance.

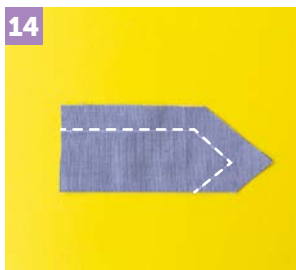
For optional cuff tabs:

14 Fold each cuff tab right sides together along the fold line, matching notches, and press. Using a 15mm ($\frac{5}{8}$ "") seam allowance, stitch up each

13



14



long raw edge and along the diagonal edges, pivoting at the corners (leave the short straight edge and the fold unstitched).

Quick tip

To make it easier to see where to pivot, draw the stitching line onto the fabric first, 15mm ($\frac{5}{8}$ ") inside the raw edges, using chalk pencil or washable pen

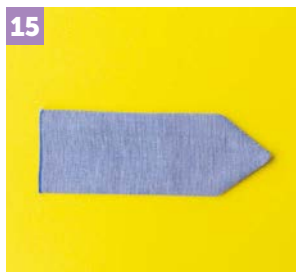
15 Trim the seam allowances, notch triangles into the corners, and press the seam allowances open – these steps will help create a neat seam line. Turn each tab right sides out (a pencil can help) and use a pin to gently pull the fabric out at the corners into neat points. Press again.

16 Pin the raw edges of the tab to the wrong side of the sleeve, lining up the notch and the point on the tab with the shoulder seam line. Tack (baste) the raw edges together using a 10mm ($\frac{3}{8}$ ") seam allowance.





15



16



For all versions:

17 With the dress right sides out, slip one cuff inside each armhole so the raw edges are together. Pin them together, lining up the cuff seam with the sleeve side seam and the cuff notch with the sleeve shoulder seam. (If you've added the tab, it should be sandwiched between the cuff and armhole.) Stitch.

18 Trim and finish the seam allowances. Press the cuffs (and tab) away from the sleeves and press the seam allowances towards the sleeves. Now, turn the cuffs up 2cm ($\frac{3}{4}$ ") over the right sides of the sleeves and press again. Secure the cuffs in place with a few discreet hand stitches at the shoulder and side seams.

19 If you've added the tabs, pin them to the right side of the dress, lining up the points with the

TURN
TO PAGE
34

FOR A GLOSSARY OF ALL THE SEWING TERMS USED HERE



shoulder seams. Stitch a button on each tab through all layers.

For the pocket skirt version:

20 With the pocket front skirt right side up, lay one pocket facing over each side, right sides together. Pin them together at the top curved seams, aligning the notches and the corners. The curve on the pocket facing is slightly longer than that on the skirt to coax the seam line to the inside, so you'll need to ease the curves together slightly as you pin them. Stitch.

21 Trim the seam allowances and notch little triangles into the curves. Press the seam allowances open to neaten the seam line, then press the pocket facings and seam allowances away from the skirt. Understitch the facings to the seam allowances, close to the seam line.

22 Press the facings to the wrong side of the skirt, rolling the seam lines in so they're not visible from the right side. Place a pocket bag on top of each pocket facing, right sides together. Pin

them together around the outside curves (without pinning the side seams or the skirt), matching the notches. Stitch these curves, being careful not to sew through the skirt. Trim and finish the seam allowances.

23 Pin the side seams of the pocket bag and facing to the skirt side seams, matching up the hip notches. Tack (baste) them in place using a 4mm stitch length and a 10mm seam allowance. Tack the short top edge of the pocket bag and facing to the skirt waist seam. Tack a 30mm (1¼") line down either side of this line – this will make it easier to insert the elastic later without it getting stuck.

For all versions:

24 Place the front skirt over the back skirt, right sides together. Pin together the side seams, matching up the notches. Stitch. Trim and finish the seam allowances and press them either open or towards the back.

25 With the bodice right sides out, turn the skirt over it at the waist



line, so the right sides are facing each other. Pin them together at the waistline, matching up the side seams and notches. Stitch them together all the way round the waistline, using a 30mm (1¼") seam allowance – this will soon become our elastic casing. Finish the seam allowances together with zigzag stitch or an overlocker, without trimming them.

26 Turn the dress wrong sides out. Press the seam allowances towards the skirt and pin them in place, taking care not to catch the other side of the dress with the pins. Before sewing the casing, we need to leave a gap to insert the elastic – use two pairs of pins to mark an opening of about 50mm (2") near one of the side seams.

27 Turn the dress right sides out. With the wrong side facing up on your sewing machine so you're sewing inside the dress, stitch the seam allowances to the skirt from one pair of pins to the other around the longest distance, 20mm (¾") from the waist seam. Take care not to

catch any wandering bits of dress in the stitching!

28 Now to cut the waistband elastic. Measure your natural waist (where you bend at the side), take off 10% for stretch, and add 15mm (⅝") for seam allowances. Cut the elastic to this length and attach a large safety pin to one end.

29 This bit requires a little patience! Insert the safety pin end of the elastic into the opening you left

Quick tip

The fabric will cover up the seam allowance guides on the sewing machine, so use a tape measure to check the distance of the needle from the seam

in the casing, and pin the other end of the elastic near the opening so it doesn't get lost. Gently guide the elastic through the casing, being careful not to twist it, smoothing out the fabric as you go.

30 When the elastic emerges at the other end, pin the two elastic ends



together, overlapping them by 15mm ($\frac{5}{8}$ "). Temporarily pull the fabric out of the way and stitch the ends of the elastic together using zigzag stitch or a couple of rows of straight stitch, backtacking securely.

31 Tuck the elastic inside the casing, smooth down the fabric so it's nice and flat, then stitch the opening closed. Distribute the gathers evenly around the waistline. If you like, you can stitch the elastic at the side seams to stop the fabric bunching up in one place.

32 The dress has a 4cm ($1\frac{5}{8}$ ") hem allowance. Try your dress on and adjust the hemline to your preference. Finish the raw edge using pinking shears, zigzag stitch or an overlocker. Press it under 4cm ($1\frac{5}{8}$ ") to the wrong side of the dress, pin it in place and topstitch 35mm ($1\frac{3}{8}$ ") from the fold.

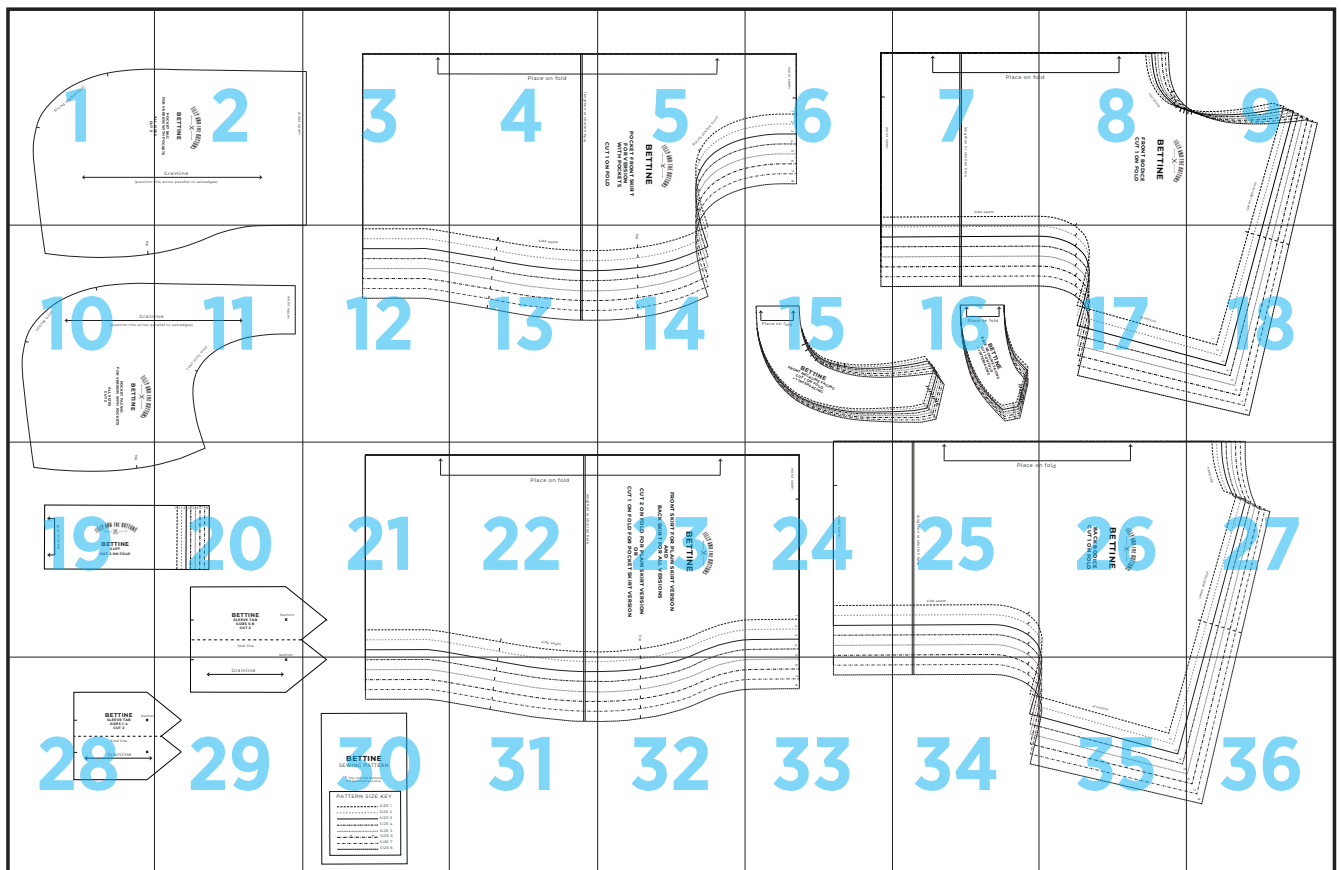
33 Give your Bettine one final press and enjoy your beautiful finished dress!



TILLY AND THE BUTTONS

To find out more about Tilly and the Buttons and shop the full selection of patterns for all abilities, visit shop.tillyandthebuttons.com

Bettine Dress



1



joins pocket facing

CUT 2

(position t

2



waist seam

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BETTINE

POCKET BAG
FOR VERSION WITH POCKETS

ALL SIZES

Grainline

(this arrow parallel to selvedges)



3

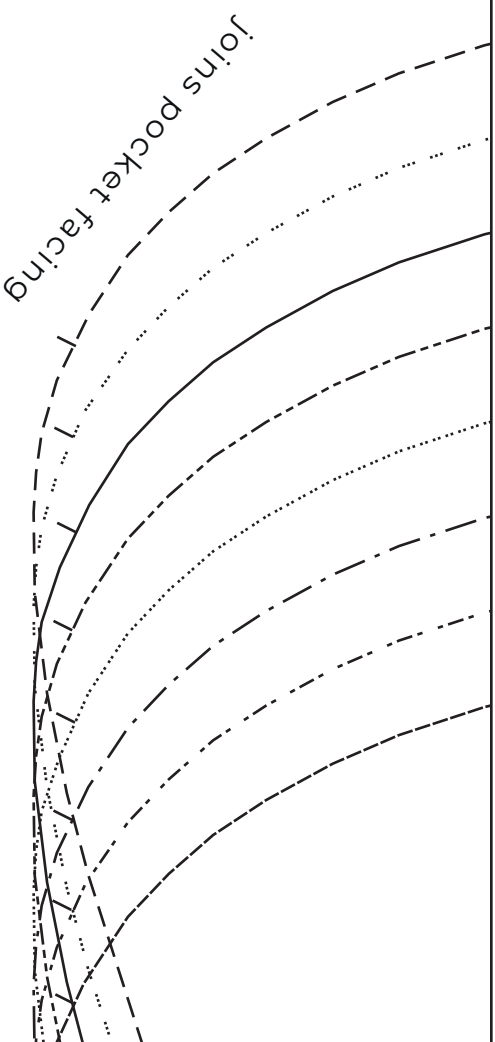


4



Place on fold

lengthen or shorten here



TILLY AND THE BUTTONS

BETTINE

**POCKET FRONT SKIRT
FOR VERSION
WITH POCKETS**

CUT 1 ON FOLD

5



waist seam

6

waist seam

1

2

3

4

5

6

7

8

7



Place on fo

lengthen or shorten here

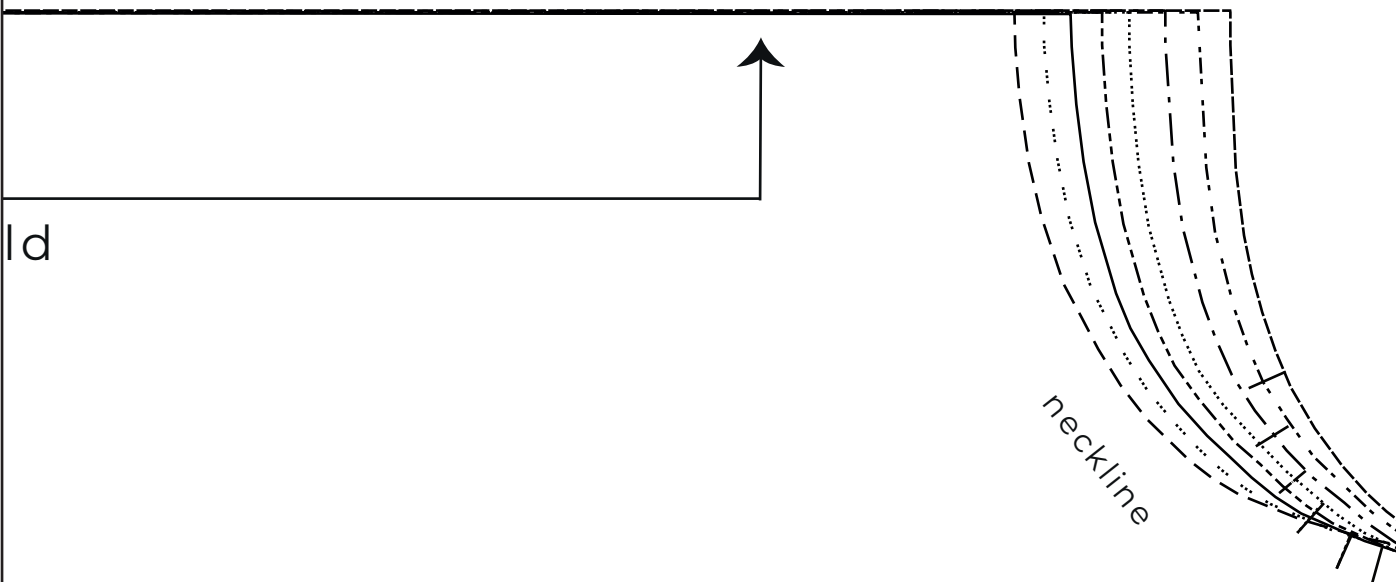
side seam

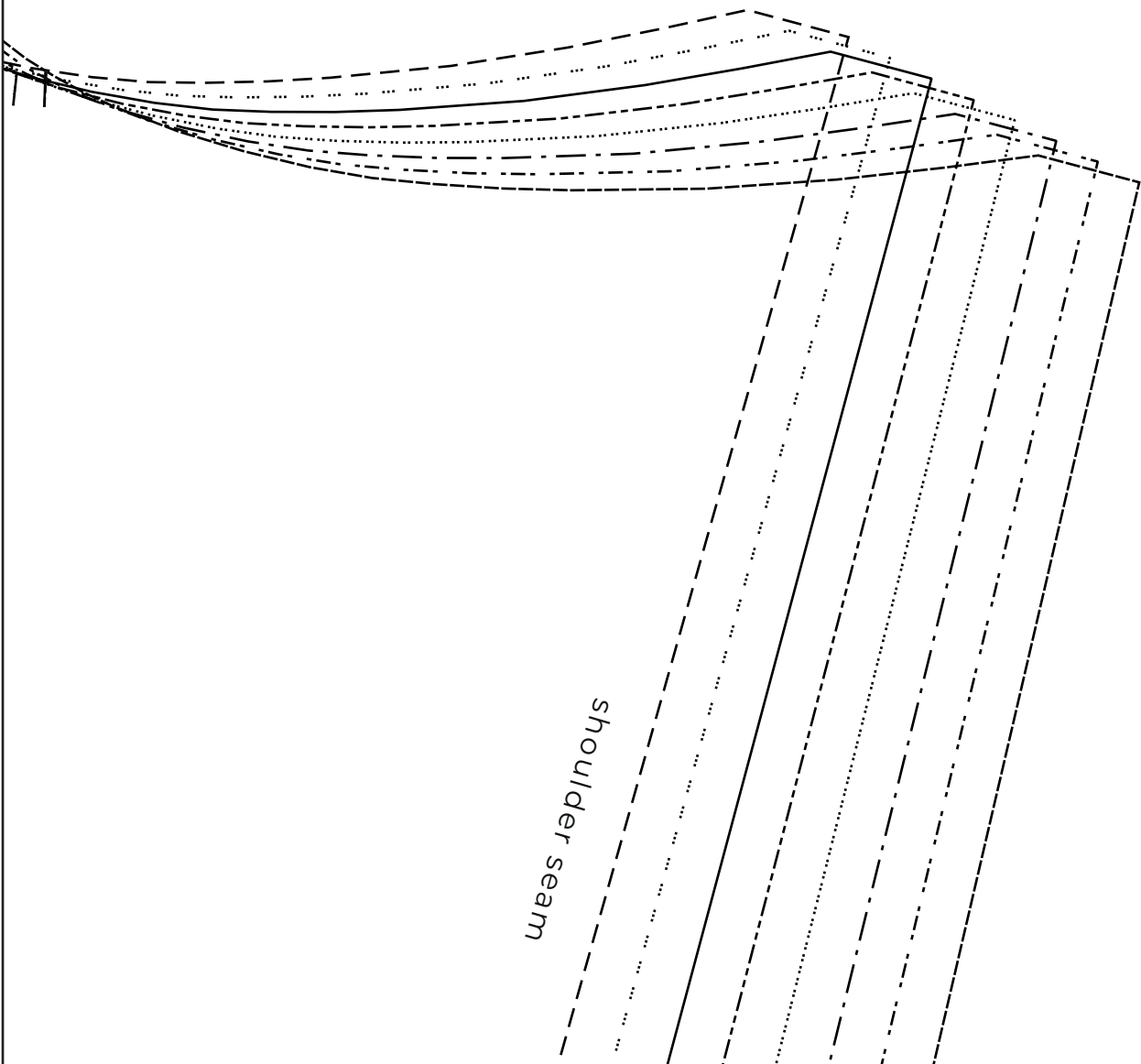


Id

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BETTINE
FRONT BODICE
CUT 1 ON FOLD





10

hip



Grainline

(position this arrow parallel to the grainline)

joins pocket

TILLY AND THE BUTTONS



BETTINE

POCKET FACING
FOR VERSION WITH POCKETS

ALL SIZES
CUT 2

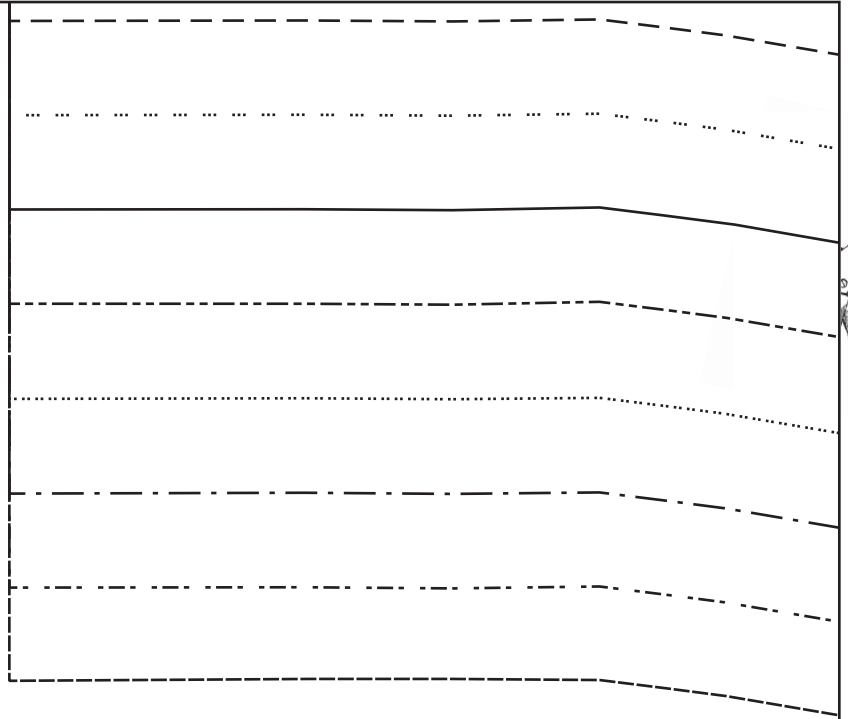


line

parallel to selvedges)

waist seam

joins front skirt

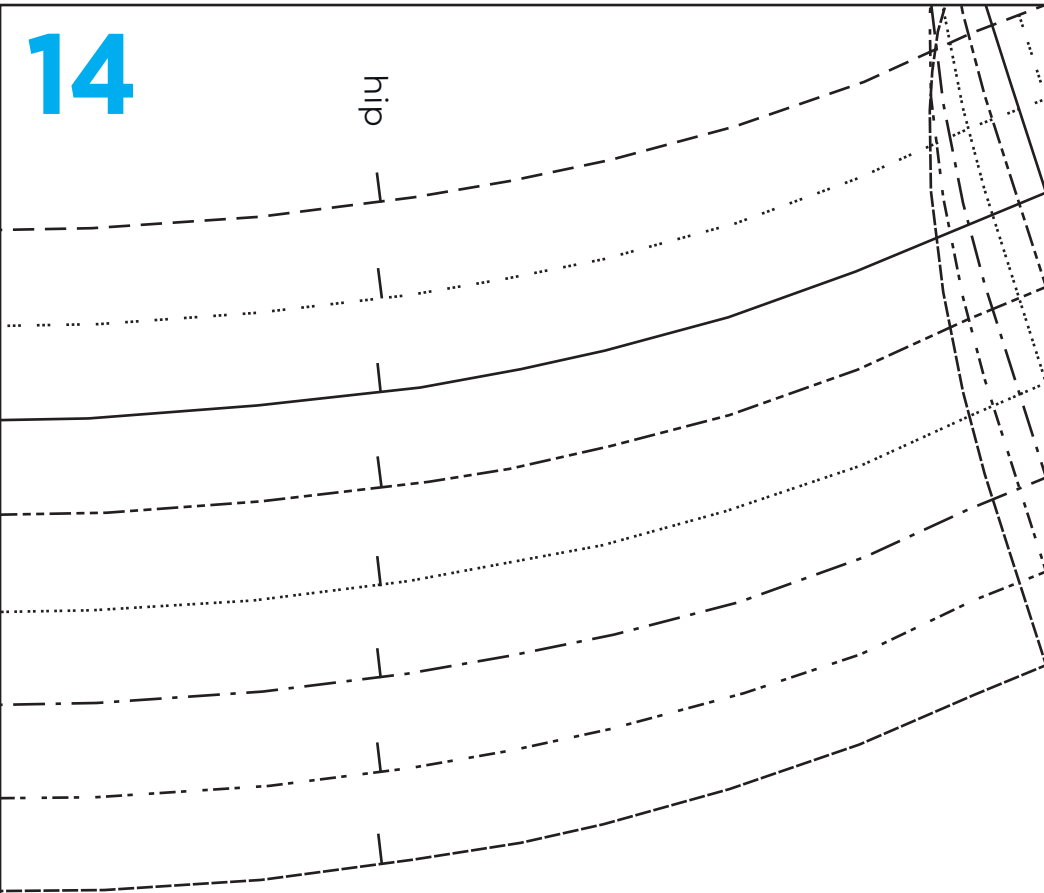


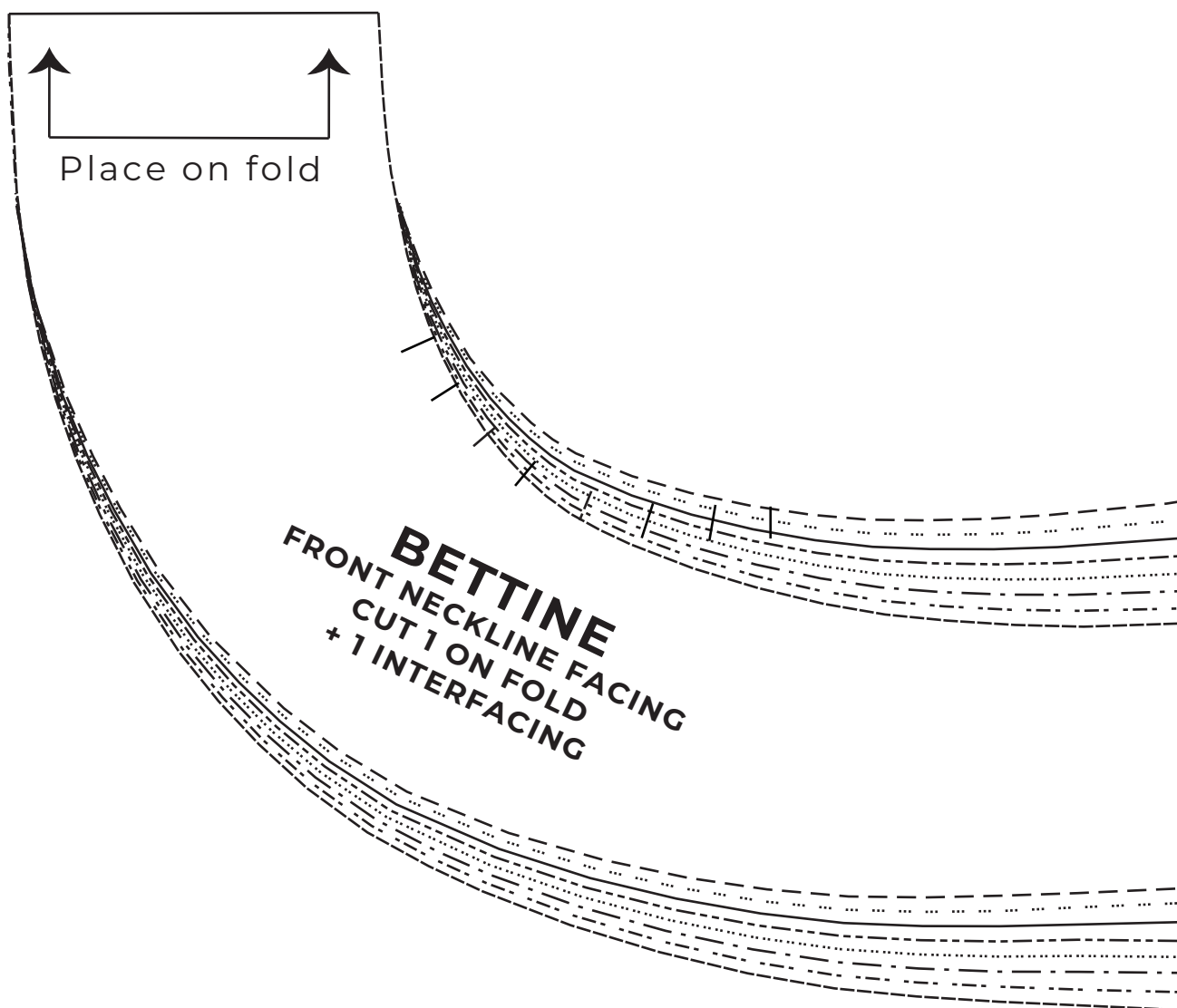
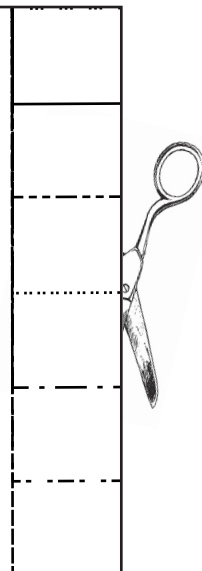
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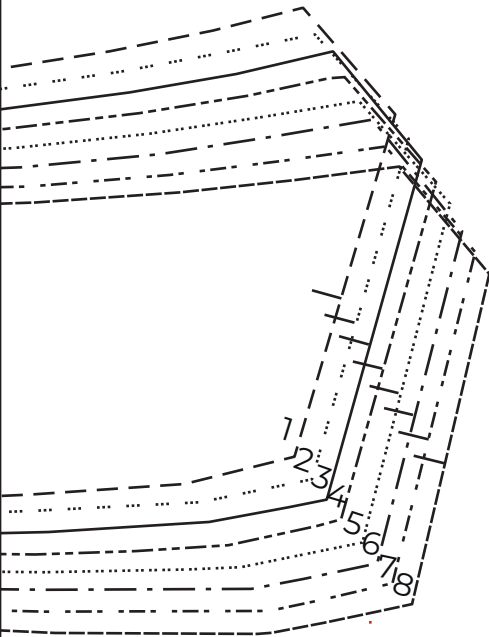
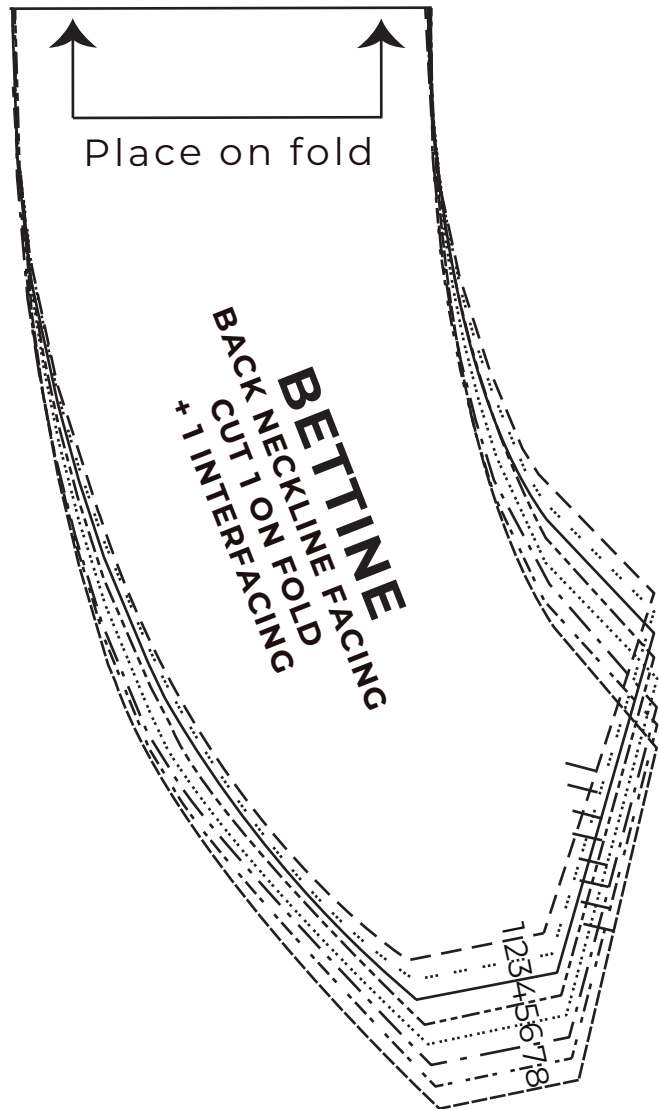
side seam



diy



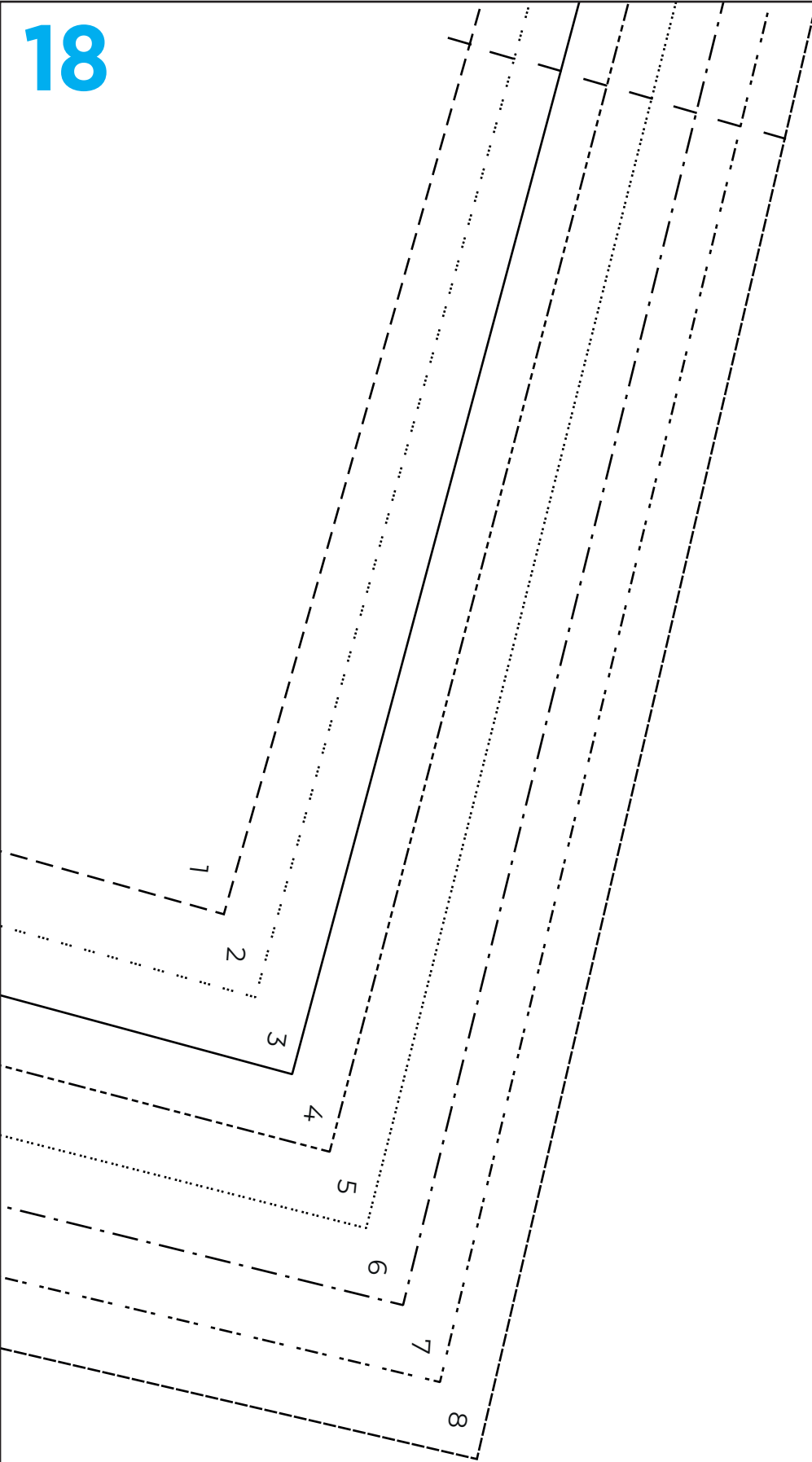




17



armhole



19

hip

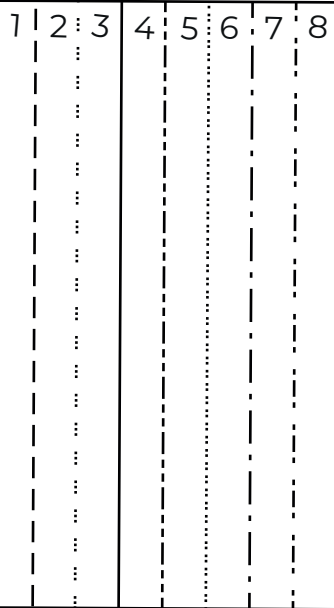


Place on fold

TILLY AND THE BUTTONS

BETTINE
CUFF
CUT 2 ON FOLD

20

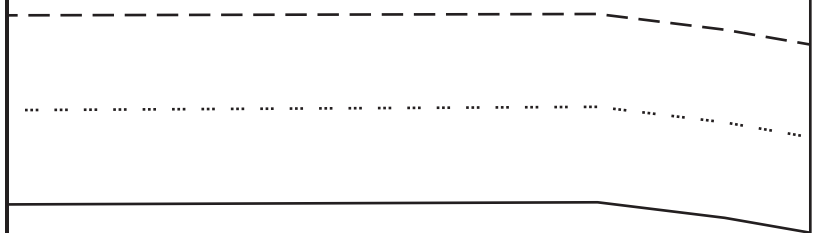
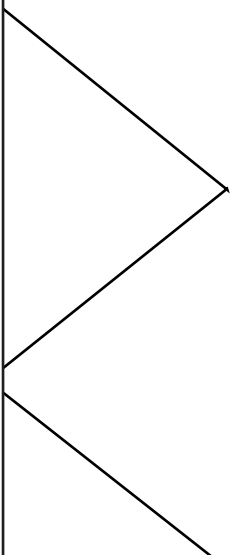
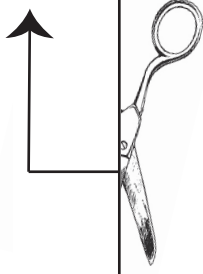


BETTINE
SLEEVE TAB
SIZES 5-8
CUT 2

button
X

fold line

button



Place on fold

lengthen or shorten here



side seam



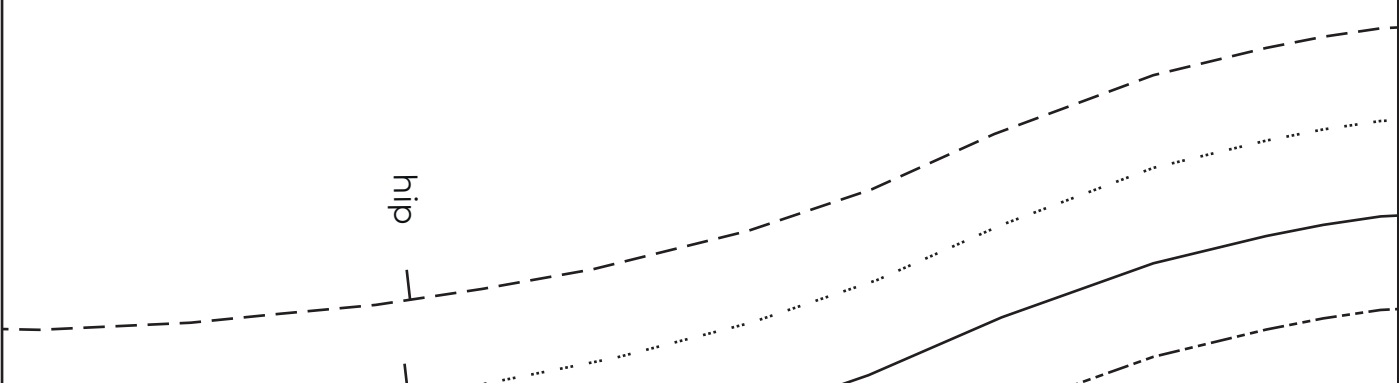
TILLY AND THE BUTTONS
— ✂ —

BETTINE

FRONT SKIRT FOR PLAIN SKIRT VERSION
AND
BACK SKIRT FOR ALL VERSIONS

CUT 2 ON FOLD FOR PLAIN SKIRT VERSION
OR
CUT 1 ON FOLD FOR POCKET SKIRT VERSION

hip

The diagram shows a pattern piece for a skirt. It features a solid line for the waist, a dashed line for the hip, and a dotted line for the hem. A horizontal line is drawn across the pattern, labeled 'hip' with a small vertical tick mark. The pattern is intended to be cut on a fold, as indicated by the text 'CUT 2 ON FOLD FOR PLAIN SKIRT VERSION OR CUT 1 ON FOLD FOR POCKET SKIRT VERSION'.

waist seam

waist seam



1

2

3

4

5

25

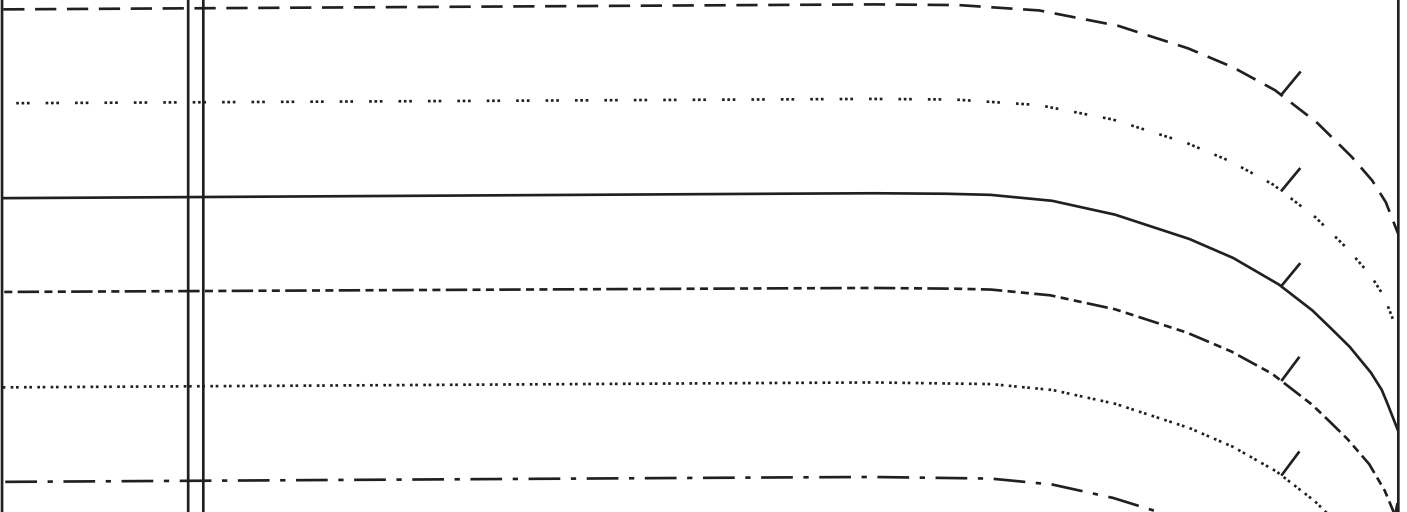


Place o



lengthen or shorten here

side seam





h fold



LILLY AND THE BUTTONS

BETTINE

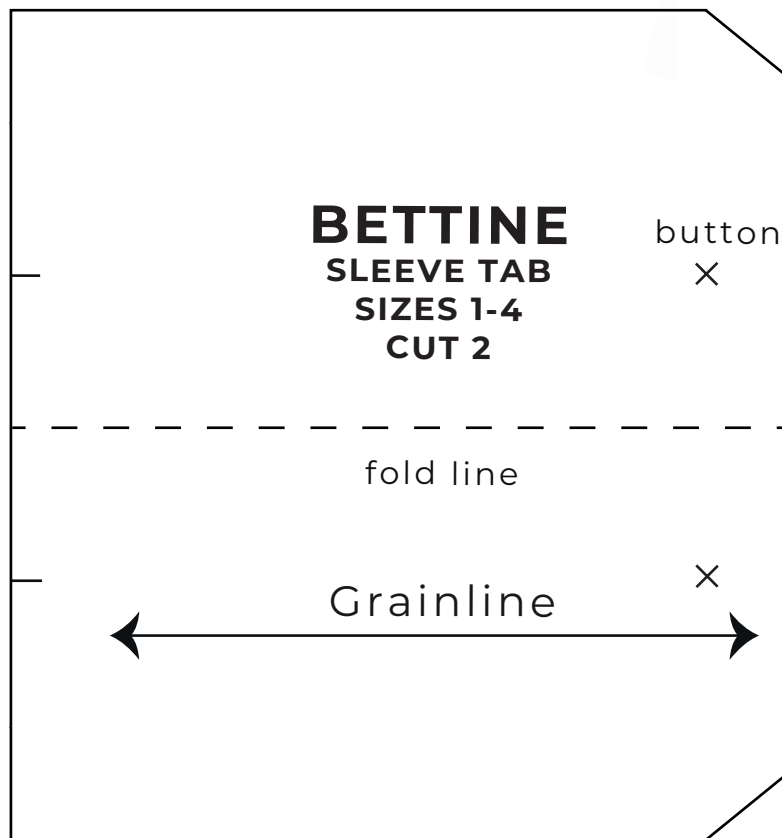
BACK BODICE
CUT 1 ON FOLD



neckline

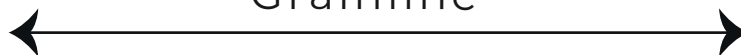
shoulder seam



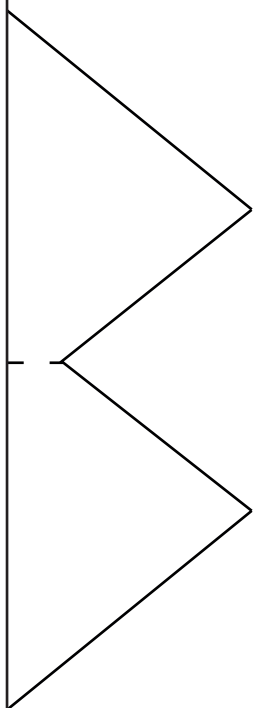


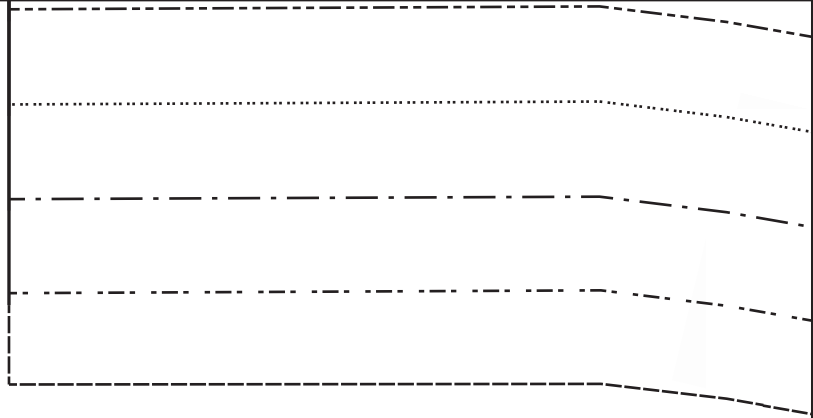
29

Grainline



x





BETTINE SEWING PATTERN

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PATTERN SIZE KEY

-----	SIZE 1
.....	SIZE 2
_____	SIZE 3
-----	SIZE 4
.....	SIZE 5
-----	SIZE 6
-----	SIZE 7
-----	SIZE 8

31



32



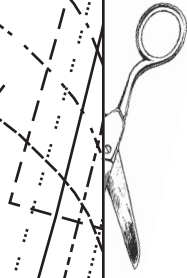
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6

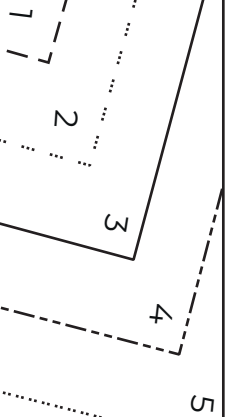
7

8





armhole



36

