

SINCLAIR

Valley knit skater dress with options

Step by step sewing tutorial

SIZES: XS-3XXL (US0-US30)

HEIGHT: PETITE/REG/TALL

DIFFICULTY: 2/10 (BEGINNER)

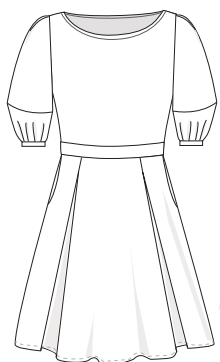
REF: S1086

#sinclairvalleydress

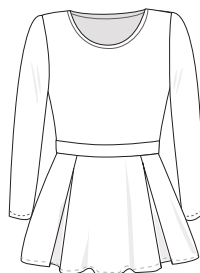


Table of contents

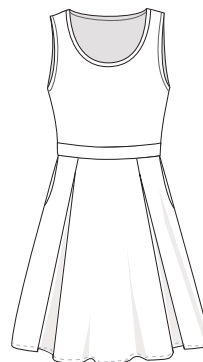
General information	1
Basic fit	1
Fabric choice and styling options	2
Tools and equipment	3
Fabric requirements* and notions	3
Sizing.....	4
Choosing your height	4
Choosing your base size	4
Sizing guide, inch*	5
Sizing guide, cm*	5
Finished measurements.....	5
Intended fit of the garment	5
Finished measurements	6
How to adjust the pattern	7
Examples	7
Other adjustments	8
Printing and assembling the pattern	8
Paper formats and layers	8
Printing the pattern	8
Assembling the pattern	9
Printing layouts	9
Sewing information	10
Hem and seam allowances	10
Pattern definitions	10
Sewing with knits overview	10
Sewing knits with a sewing machine	10
Cutting list and cutting layout.....	11
Stabilize and finish shoulder seams	12
Prepare neckline band	12
Finish the neckline with neckline band	13
(View A, Lantern sleeves) Prepare sleeves Part 1.	14
(View A, Lantern sleeves) Prepare sleeves Part 2	15
(All views) Attach sleeves	15
(All views) Finish side seams	16
(View C) Finish armholes with the bands	17
(View A , Lantern sleeves) Finish sleeves with bands .	18
(Version with pockets) Stabilize pocket openings	19
Finish skirt pleats	19
(Version with pockets) Attach pockets	20
Finish the skirt	21
Prepare the waistband	22
Attach the skirt to the bodice	23
(All views) Finish bottom hem	24
(View B) Finish sleeves' hem	24
Press the garment	25
Enjoy	25



View A



View B



View C

Valley knit skater dress with options

General information

SIZES: XS-3XXL (US0-US30)
HEIGHT: PETITE/REG/TALL
DIFFICULTY: 2/10 (BEGINNER)
REF: S1086

#sinclairvalleydress
 #sinclairpatterns

Pattern is provided in the following formats:

A4: print and tape at home
US Letter: print and tape at home
A0/Copyshop: print at copy shop
Projector: cut with projector

You can always download your pattern in your preferred format at: <https://sinclairpatterns.com/my-account/downloads>

Basic fit

Fitted at the shoulders, bust and semi fitted at the waist fit and flare skater dress with different options, designed for knit fabrics. Bodice is finished with a waistband at the natural waistline. Crew, scoop or boatneck style neckline is finished with bands. Can be with short, 3/4, long or lantern elbow length sleeves or sleeveless. Offered with a half circle peplum or classic skirt with 2 pleats in the back and in the front. Optional side seam pockets.

The pattern offers the following options:

View A - Skater dress with a standard skirt, inseam pockets, boatneck style neckline and lantern sleeves.

View B - Top with long sleeves and a peplum. Long sleeves can be changed to 3/4 or short sleeves.

View C - Skater sleeveless dress with a standard skirt and inseam pockets

This pattern is designed for **knit fabrics only**.

The **sizing** of the pattern is **based on full bust measurement**.

i

Fabric choice and styling options

- For this dress choose light to medium well draping knit fabrics with at least 50% horizontal and 20% vertical stretch. **Your first choice** of fabric may be all types of Rayon/Viscose/Bamboo Spandex/Elastane/Lycra, ITY, Single and Double brushed poly, Interlock, light weight jerseys. **Your second choice** of fabric can be light weight fabrics like light weight double knits, French terry and stable sweater knits.
- The waistband consists of two layers - outer layer and inner layer. To get more stability at the waistline, you can use power mesh or athletic knits or any other knit fabric with excellent recovery for more support. Alternatively you can use 20-30 mm / 3/4 - 1 1/4 in width elastic inside the waistband.
- IMPORTANT! Pay attention to the vertical stretch of the fabric. If the vertical stretch of the fabric is more than 30-40% (20% is recommended) then the bodice can stretch under the skirt's weight which will pull the waistline out of its intended location to the lower waist. That might happen even if you stabilize the waistline with elastic.
- For the pockets choose light weight knit fabric to eliminate bulk.
- If you're using not very stable fabric for the dress (that has poor recovery) make sure to use a different fabric with more recovery for the neckline band and armhole bands.
- Mix and match different options to create your perfect outfit for any season.
- Use add-ons to create even more styles!



Top with peplum and 3/4 sleeves

US2 PETITE
BUST 33 in

Fabric: Jersey
Photo credit: Ashley



Dress with lantern sleeves

US10 PETITE
BUST 38.5 in

Fabric: Crepe scuba
Photo credit: Nicole



Dress with long sleeves

US14 TALL
BUST 42 in

Fabric: Marl sweater knit
Photo credit: Rae



Sleeveless dress

US24 TALL
BUST 53.5 in

Fabric: Double knit
Photo credit: Florence



Tools and equipment

1. Sewing machine with a zig-zag/stretch stitch.
2. Jersey needle 70/10 or 80/12. This needle prevents snags on knit fabrics when stitching.
3. Twin jersey/stretch needle 3-4/70-80 (optional). This needle is required if you want to have decorative twin stitch on your neckline/armholes bindings and on the bottom hem. Works only with sewing machines that have zig zag stitch.
4. (optional) Serger/Overlocker.



Definitions

How to test stretch of the fabric?

How to test knit fabrics stretch %:
25% stretch means that 10 cm / 4 inches of fabric easily stretches to 12.5 cm / 5 inches and recovers after stretching.

When stretching the fabric make sure it looks the way you expect it to look in a garment. This is especially important for fitted styles, for example a tank top, fitted dress or leggings/ yoga pants.

What means 'knit fabric with good recovery'?

That means that the fabric **returns to its previous state** (width and length) **after stretching** and releasing.
 Normally fabric with good recovery **has at least 5% Spandex/Elastane or Lycra**.

Sometimes fabric with good recovery is called **4-way stretch** (horizontal and vertical stretch and recovery).



Fabric requirements* and notions

* Fabric yardage listed below is approximate and based on the largest size for TALL height option. Depending on your size, width, nap and print of your fabric you may need more or less fabric than stated below.

Main fabric

Light to medium weight knit fabric with at least 50 % horizontal and 20% vertical stretch

50/60" / 140-160 cm

BODICE + WAISTBAND 0.5 - 0.7 m / 1/2 yards

SLEEVE (LONG) 0.7 m / 1 yard

SLEEVE (3/4) 0.6 m / 3/4 yards

SLEEVE (SHORT) 0.4 m / 1/2 yard

SLEEVE LANTERN 0.6 m / 3/4 yards

SKIRT 1.2 m / 1 1/2 yards

PEPLUM 0.9 m / 1 yard

POCKETS CAN BE CUT OUT OF SKIRT YARDAGE

Ribbing/Main Fabric (neckline band)*

Medium weight knit fabric with at least 30-50% stretch and good recovery.

50/60" / 140-160 cm - 0.1 m / 1/8 yards

Other notions

1. (optional) A strip of knit fusible interfacing 30 cm / 12 inches for pocket openings reinforcement.
2. (optional) Clear elastic, twill tape or selvages from woven fabric for stabilizing shoulder seams 30 cm / 12 in.
3. (optional) 20-30 mm / 3/4 - 1 1/4 in elastic equal to your waist measurement for stabilizing waistline.
4. Polyester / Cotton threads
5. (optional) Matching overlocker threads, preferably wooly nylon stretch overlocking thread

Fabric and supplies requirements are also listed on the MEMO card. MEMO card is located next to the pattern file (same folder). Use MEMO card as a reference in your patterns binder.

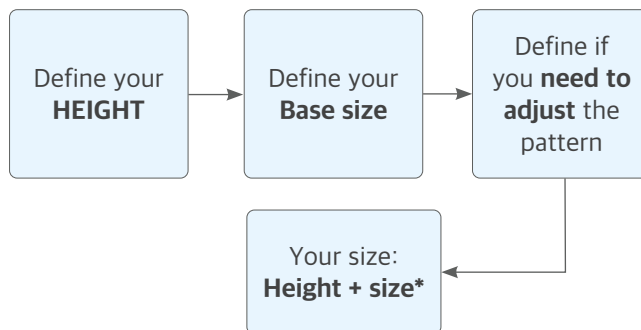


Sizing

Clothing sizes may vary, so it is essential you pick the right size based on your measurements and sizing chart.

Do not pick your size based on your store bought clothing. Always remeasure yourself to make sure your measurements are up to date.

This pattern comes in 3 heights, 16 different sizes from US0 to US30. This pattern is drafted for different cup sizes depending on the size. You can find that information in the sizing guide.



* If you need to adjust the pattern (blending sizes), then you will have one base size and additional size (sizes) in order to blend between sizes



Choosing your height



This garment is designed for 3 heights and it affects the final fit for the garment at **all vertical measurements** (not only length of the garment, but also for example, armhole depth, depth of the neckline, rise, decorative elements).

152-160 cm / 5'1" - 5'3" (PETITE)

162-170 cm / 5'4" - 5'6" (REGULAR)

170-178 cm / 5'7" - 5'9" (TALL)

If you're somewhere on the boundaries of the heights follow these recommendations:

1. If you have a long torso - choose the next height.
2. If you have long legs - choose the smaller height.
3. If your torso and legs are proportional - choose the next height.

More information on how to choose your height you can find here: <https://blog.sinclairpatterns.com/what-is-the-difference-between-sinclair-petite-regular-and-tall-patterns/>



If you want your garment to be longer than it is designed, for example at the hem or sleeves do not choose the next height. You can find more information here: <https://blog.sinclairpatterns.com/how-to-lengthen-a-garment-the-right-way/>



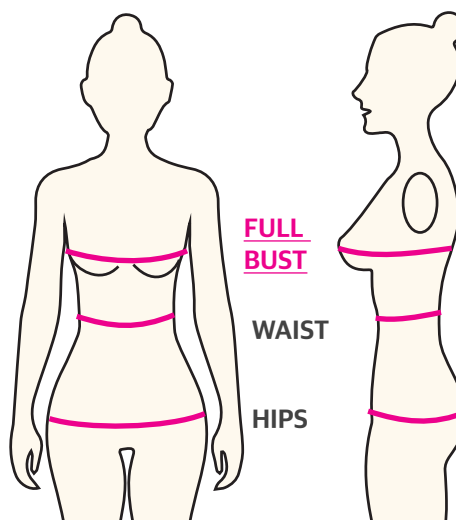
Choosing your base size

FULL BUST - measure around your bust, through the bust apex. Find your size according to the Bust measurement in the Sizing guide (next page). **If in between sizes - go smaller size. That is your base size.**

WAIST - measure your **waist at the narrowest part**, approximately under your last rib.

HIPS - measure your **hips at the widest part**.

Adjust the pattern to your waist/hip measurement (see next pages).



* Take your measurements wearing your regular underwear.

Sizing guide, inch*

US	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
	XXS	XS	S	S	M	M	L	L	XL	XL	XXL	XXL	3XL	3XL	4XL	4XL
Bust	31.5	33.1	34.6	36.2	37.8	38.6	39.4	40.9	43.3	45.7	48.0	50.4	52.8	55.1	57.5	59.8
Waist	23.6	25.2	26.8	28.3	29.9	31.5	33.1	34.6	37.0	39.4	41.7	44.1	46.1	48.0	50.0	52.4
Hips	33.9	35.4	37.0	38.6	40.2	40.9	42.5	44.1	46.5	48.8	51.2	53.5	55.9	58.3	60.6	63.0
Cup	B/C	B/C	B/C	B/C	B/C	C/D	C/D	C/D	C/D	C/D	D/E	D/E	E	E	E	E

Sizing guide, cm*

US	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
	XXS	XS	S	S	M	M	L	L	XL	XL	XXL	XXL	3XL	3XL	4XL	4XL
Bust	80	84	88	92	96	98	100	104	110	116	122	128	134	140	146	152
Waist	60	64	68	72	76	80	84	88	94	100	106	112	117	122	127	133
Hips	86	90	94	98	102	104	108	112	118	124	130	136	142	148	154	160
Cup	B/C	B/C	B/C	B/C	B/C	C/D	C/D	C/D	C/D	C/D	D/E	D/E	E	E	E	E

* Sizing guide Ver Jan 2020



Finished measurements

Ease of the garment defines finished **horizontal measurements**. This pattern has the following ease:

Bust (negative) size measurement **-4 cm / -1 5/8 in**

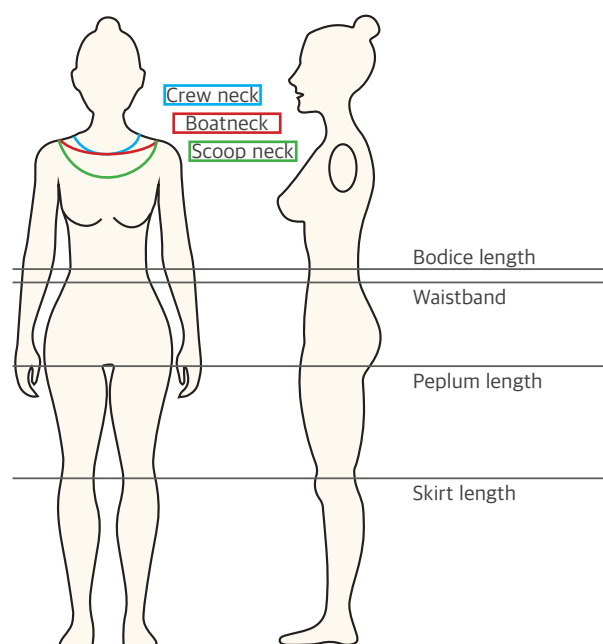
Waist (positive) size measurement **-2 cm / -1/2 in**

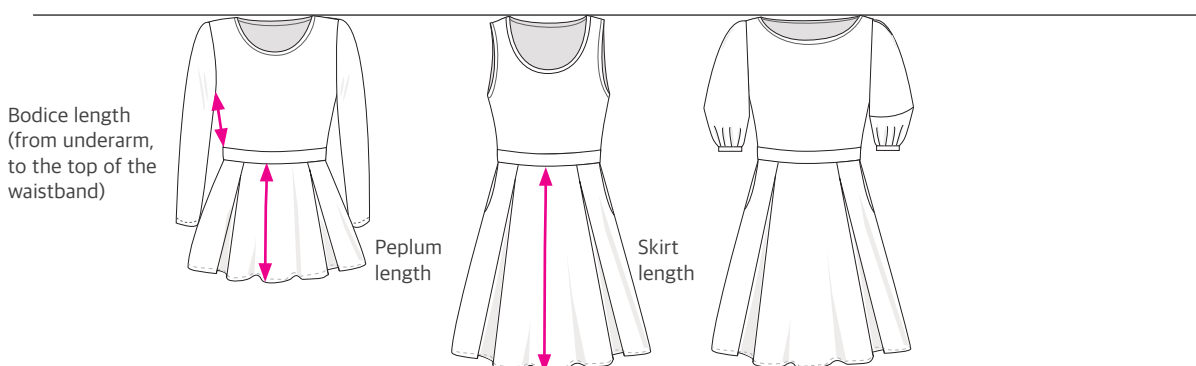
Hips flared skirt or peplum



Intended fit of the garment

You can check the intended fit of the garment in the drawing (length). Make note that the intended fit may vary depending on the body proportions.





Waistband width - 3.7-6 cm / 1 1/2 - 2 3/8 in finished

FINISHED MEASUREMENTS, IN

US	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
	XXS	XS	S	S	M	M	L	L	XL	XL	XXL	XXL	3XL	3XL	4XL	4XL
PETITE 152-160 cm / 5'1" - 5'3"																
Bodice length	6.4	6.4	6.3	6.3	6.5	6.5	6.5	6.5	6.6	6.6	6.6	6.6	6.7	6.7	6.6	6.5
Peplum length	9.1	9.3	9.6	9.8	10	10.1	10.3	10.6	10.9	11.3	11.6	12	12.3	12.7	13	13.4
Skirt length	19.1	19.3	19.5	19.7	19.8	20	20.2	20.4	20.6	20.7	20.9	21.1	21.3	21.4	21.6	21.8
REG 162-170 cm / 5'4" - 5'6"																
Bodice length	6.9	6.9	6.8	6.8	6.9	7	7	7	7	7	7	7.1	7.2	7.1	7	7
Peplum length	9.4	9.7	9.9	10.2	10.4	10.5	10.6	10.9	11.3	11.6	12	12.3	12.7	13	13.4	13.7
Skirt length	20.2	20.4	20.6	20.7	20.9	21.1	21.3	21.4	21.6	21.8	22	22.2	22.3	22.5	22.7	22.9
TALL 170-178 cm / 5'7" - 5'9"																
Bodice length	7.4	7.3	7.3	7.2	7.4	7.4	7.4	7.5	7.5	7.5	7.5	7.6	7.7	7.6	7.5	7.4
Peplum length	9.8	10	10.3	10.5	10.7	10.8	11	11.3	11.6	12	12.3	12.7	13	13.4	13.7	14.1
Skirt length	21.3	21.4	21.6	21.8	22	22.1	22.3	22.5	22.7	22.9	23	23.2	23.4	23.6	23.7	23.9

FINISHED MEASUREMENTS, CM

US	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28	30
	XXS	XS	S	S	M	M	L	L	XL	XL	XXL	XXL	3XL	3XL	4XL	4XL
PETITE 152-160 cm / 5'1" - 5'3"																
Bodice length	16.3	16.2	16.1	16	16.4	16.5	16.5	16.6	16.7	16.7	16.8	16.8	17.1	16.9	16.7	16.6
Peplum length	23	23.7	24.3	24.9	25.5	25.6	26.1	26.8	27.7	28.6	29.5	30.4	31.3	32.2	33.1	34
Skirt length	48.6	49.1	49.5	50	50.4	50.9	51.3	51.8	52.2	52.6	53.1	53.6	54	54.4	54.9	55.4
REG 162-170 cm / 5'4" - 5'6"																
Bodice length	17.5	17.4	17.3	17.2	17.5	17.7	17.7	17.8	17.8	17.9	17.9	18	18.3	18.1	17.9	17.8
Peplum length	23.9	24.6	25.2	25.8	26.4	26.6	27	27.7	28.6	29.5	30.4	31.3	32.2	33.1	34	34.9
Skirt length	51.3	51.8	52.2	52.6	53.1	53.6	54	54.4	54.9	55.4	55.8	56.3	56.7	57.1	57.6	58.1
TALL 170-178 cm / 5'7" - 5'9"																
Bodice length	18.7	18.6	18.5	18.4	18.7	18.8	18.9	19	19	19.1	19.1	19.2	19.5	19.3	19.1	18.9
Peplum length	24.8	25.5	26.1	26.7	27.3	27.4	27.9	28.6	29.5	30.4	31.3	32.2	33.1	34	34.9	35.8
Skirt length	54	54.4	54.9	55.4	55.8	56.2	56.7	57.1	57.6	58.1	58.5	58.9	59.4	59.9	60.3	60.8



How to adjust the pattern

If according to the measurement guide and sizing recommendations you need to adjust your pattern at the waist or hips, please follow the guide below. Make sure that you measure your natural waist that is located right below your last rib and your hips – at the widest part.

To grade your waist / hips:

1. At least **2 sizes should be printed** (selected as visible layers).
2. **Find** the corresponding pattern lines – **your base size** and **the size of your waist/hips**.
3. **Draw a new cut line** starting from the corresponding size at the armhole curving it down to the waist/hips size. Make sure, that **the new curve is similar** in shape to **the original one**.

IMPORTANT!

The **waist ease** is negative – it is essential to blend sizes if your waist is different from your base size. As a general rule – use the skirt based on your waist size. The skirt has enough volume and flare to allow not to blend sizes.

Example #1

According to the sizing chart :

Bust (base size) US14-Waist US14-Hips US10

The pattern does not have to be adjusted, use straight US 14 for all pattern parts.

Example #2

According to the sizing chart :

Bust (base size) US10-Waist US14-Hips US14

The pattern needs to be adjusted from the bust to the waist/hips from US10 to US14.

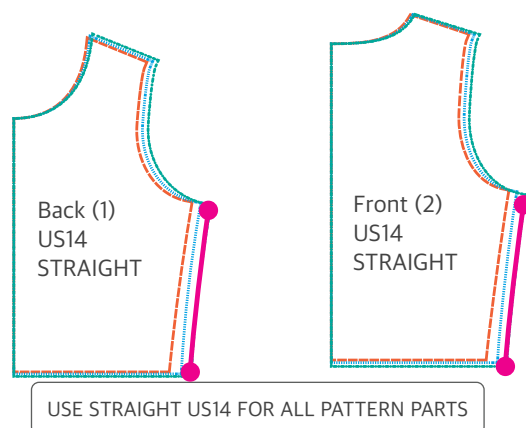
Example #3

According to the sizing chart :

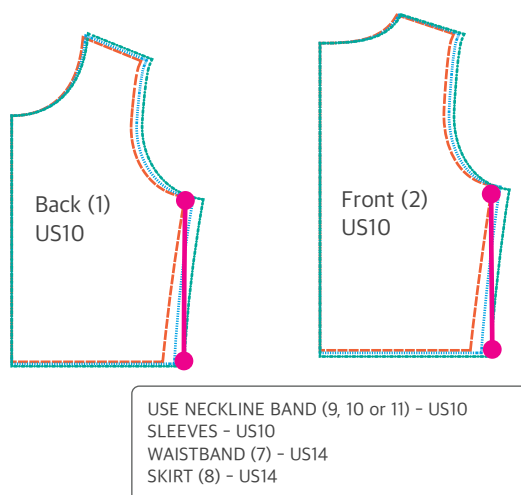
Bust (base size) US14-Waist US10-Hips US10

The pattern needs to be adjusted from the bust to the waist/hips from US14 to US10.

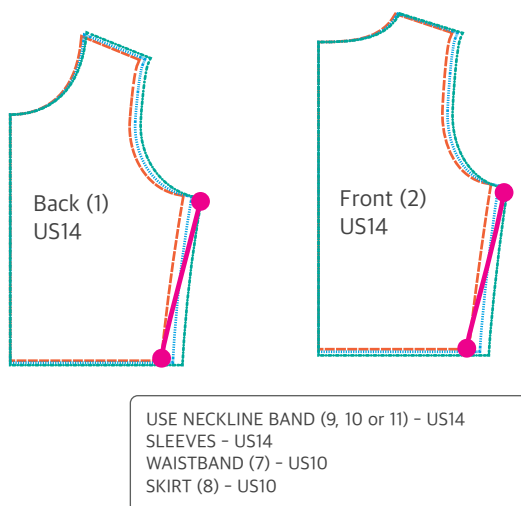
Adjusting bust/waist (US14) to hips (US10)



Adjusting bust (US10) to waist/hips (US14)



Adjusting bust (US14) to waist/hips (US10)





Other adjustments

We try to draft our patterns to **fit a majority of body types**. However every body is unique and it is **impossible to find a fit that is perfect for everyone without modifications**. You may or may not need to adjust the pattern to your shape.

The best way to **determine if you need any adjustments** is to make a fit test – **make** a muslin (or a **test garment**) using inexpensive fabric that will be similar to your main fabric. **Evaluate the fit** and decide if you need any adjustments.

Do not decide if you need any adjustments based on your previous experience with clothing made not using Sinclair Patterns.

Make a note, that it is better to evaluate the fit twice – right after you made a garment and then the next day. In this case the garment will have a 'rest' and you will give it a 'fresh look'.



Printing and assembling the pattern

This pattern comes in PDF file 4 different formats:

A4 Designed for European paper standard.

US Letter Designed for American paper standard.

A0/Copy shop Designed for European paper standard (A0) and American paper standard (Copy shop/Super A0).

Projector Designed for use with projectors (paperless).

LAYERS



The pattern is **layered** which means you can **print/project only sizes that you need**. You need to use **Adobe Acrobat Reader (free)** to use this pattern feature. Each height option is grouped in a separate file.

How to select sizes/layers to print?

1. **Open the pattern** file with a required height option (PETITE(SHORT)/REG/TALL) **in Acrobat Reader**.
2. Click on the layers icon on the left vertical toolbar or select from the menu **View >> Show/Hide >> Navigation panes>>Layers**.
3. **Deselect or select sizes** that you want to print.

You can find more information on layers here: <https://blog.sinclairpatterns.com/what-is-a-layered-pdf-pattern-and-how-to-use-it/>



Printing the pattern

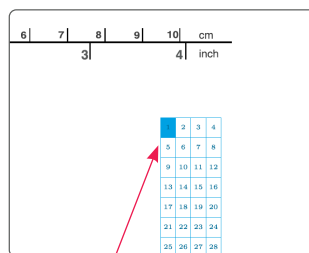
1. Open the pattern file in Adobe Acrobat reader (default pdf opener) and click print.
2. Select on the print menu 'Actual size'.
3. Print Page number 1 of the document.
4. Check the scaling on the page with a ruler according to the instructions given above the scale.
5. If the scaling is right print the rest of the sheets with the same settings.

You can find more information and troubleshooting on printing the pattern here: <https://blog.sinclairpatterns.com/how-to-print-your-pdf-pattern-and-troubleshooting-guide/>

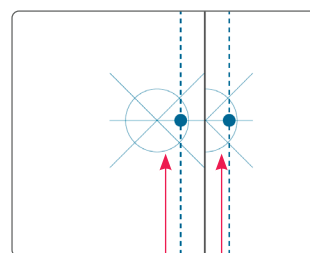
i

Assembling the pattern

1. Make a layout of sheets on a big surface according to the pictogram on the each sheet
2. This pattern is TRIMLESS, just overlap the sheets from the right to the left / top to the bottom and match big circles on the short and long sides.
3. Glue sheets together using a glue stick or invisible tape trying to match circles perfectly. I recommend to glue it in the page number order, row by row (1, 2, 3 etc.).
4. Adjust pattern to your measurements before cutting out the pattern parts if needed.



Pictogram is showing the pattern pages layout. Highlighted number is your current page.



Overlap and match the circles and tape/glue the sheets together

i

Printing layouts

Preview US letter Tall



Preview A4 Tall





Hem and seam allowances

The **pattern** already **has all seam allowances** needed. The seam allowance information is stated on each part of the pattern unless otherwise stated right on the curve.

Pay attention to the armhole, neckline, lining seam allowances – they may be different from standard seam allowances.

ALL SEAM AND HEM ALLOWANCES ARE INCLUDED

SEAM: 7 mm - 1/4 in

Unless marked differently on the pattern part

HEM: 25 mm / 1 in

Seams can be done using:

- sewing machine (zig-zag or stretch stitch)
- overlocker/serger (3 or 4 thread stitch)

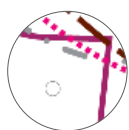
Hems and topstitching can be done using:

- sewing machine (zig-zag, stretch stitch or stretch stitch made with double needle)
- coverstitch machine

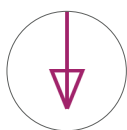
Detailed **introduction to sewing with knit fabrics** you can find here: <https://blog.sinclairpatterns.com/how-to-sew-knits-with-sewing-machine-or-serger/>



Pattern definitions



Solid/Dashed line
– Cut lines
Small circles indicate seam allowance.



Grainline – shows a longwise direction of a fabric.



Notch – a mark to match pattern pieces together.



Marking dot – used for a reference, for example as a pocket opening guide.



Pattern part number and name – used as a reference in the tutorial.

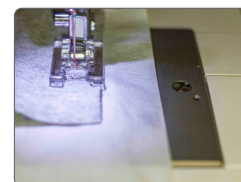


Sewing knits with a sewing machine

Stabilize your fabric

You can use special stabilizers for sewing, such as: fusible elastic interfacing, fabric stay spray, knit stay tape and others. You can also use tissue paper.

Place a strip of a tissue paper under the fabric, then place it both together under the presser foot and stitch. That will help to eliminate stretching while sewing. Tear away the strip after the seam is finished.



Sewing with knits overview

Depending on your equipment and taste, you can choose what kind of finish you want to use for stitching seams, bindings, bands and hems.

Modern sewing machines make neat and professional stitching for knits without using a serger and cover stitch machine. Every step of the tutorial gives you information on how you can finish seams or hems, including information on your seam allowances.

If you have both a serger and a sewing machine you may combine sewing techniques listed below to your liking.

Decrease the presser foot pressure

The presser foot pressure can be usually set to one of 3-4 levels. The larger the setting, the stronger the pressure. Use setting 1 or 2 for knit fabrics.

Use appropriate needles for the weight of the fabric

For thinner knits and knits use 70/10, for mid weight knits 80/12, for heavy weight 90/14 jersey needles.

Use walking foot on your machine

If you have a walking foot, use it to get flat seams and hems, instead of wavy ones.

Press

Press your seams using a steam iron. It might help bring stretched out fabric back to its original state.



Cutting list and cutting layout

Back (1) - Cut 1 on FOLD

Front (2) - Cut 1 on FOLD

Waistband (7) - Cut 2 on FOLD (MAIN/MAIN FABRIC OR MAIN/LINING FABRIC)

Skirt (8) - Cut 2 on FOLD (STRAIGHT or CROSS GRAIN)
full length or peplum length

Pocket (13) - Cut 2 sets of 2 MIRRORRED LINING

Choose your neckline:

- **Crew neck band (9)** - Cut 1 on FOLD
- **Scoop neck (10)** - Cut 1 on FOLD
- **Boatneck band (11)** - Cut 1 on FOLD

Choose your sleeve option:

(View A, lantern sleeves)

- **Lantern sleeve top cap (I) (4)** - Cut 2 MIRRORRED
- **Lantern sleeve bottom (II) (5)** - Cut 2 MIRRORRED
- **Lantern sleeve band (III) (6)** - Cut 2 MIRRORRED

(View B, classic sleeves)

- **Sleeve (3)** - Cut 2 MIRRORRED - FULL, 3/4 or SHORT length

(View C, sleeveless)

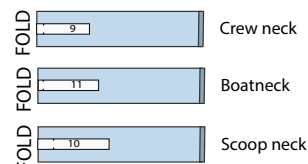
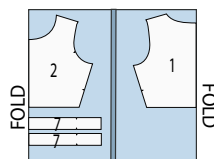
- **Armhole bands (12)** - Cut 2

ADDITIONAL

Cut 4 pieces 25 mm x side of the pocket plus 25 mm / 1 in Fusible interfacing to reinforce pocket openings

MAIN FABRIC
50/60" / 140-160 cm

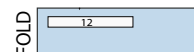
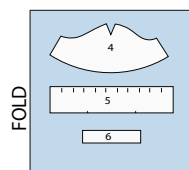
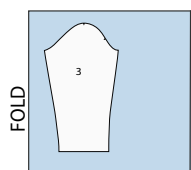
NECKLINE BANDS
50/60" / 140-160 cm



REGULAR SLEEVE
50/60" / 150-160 cm

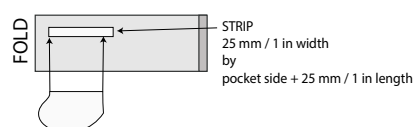
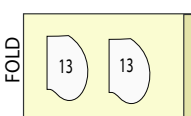
or LANTERN SLEEVE
50/60" / 150-160 cm

or SLEEVELESS
50/60" / 150-160 cm



Pockets: LINING
50/60" / 140-160 cm

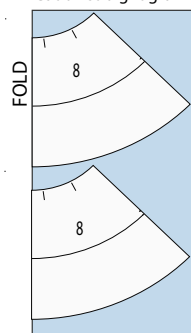
KNIT INTERFACING
FOR POCKET OPENING



SKIRT
50/60" / 150-160 cm

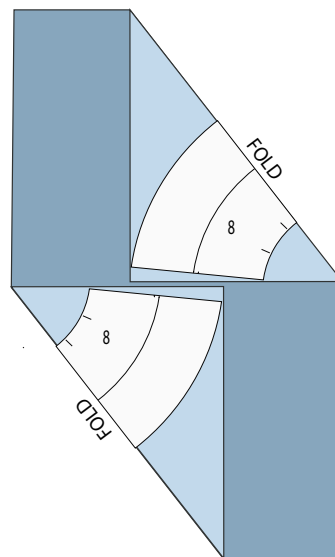
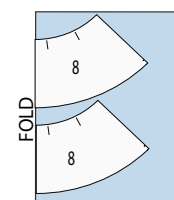
Cut on straight grain

or Cut on bias



or

PEPLUM
MAIN FABRIC
50/60" / 150-160 cm



* optional pattern parts to cut

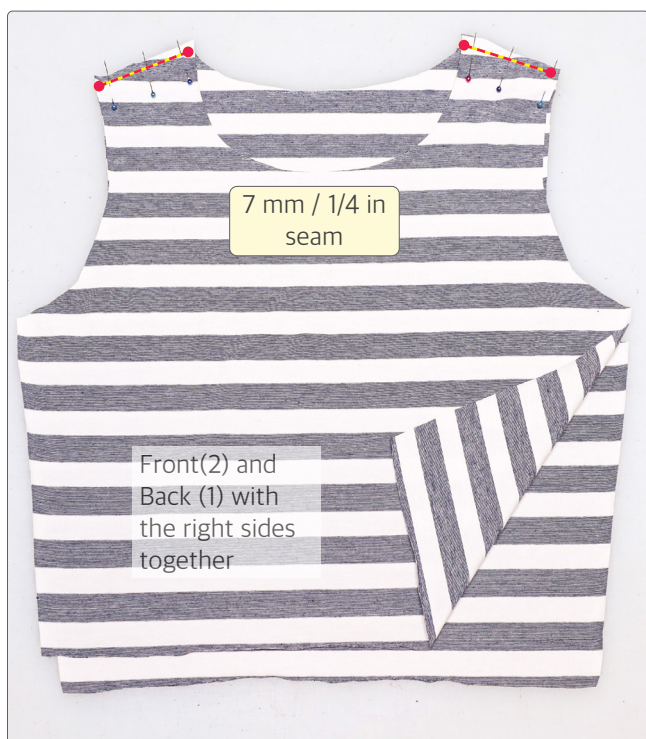
1 Stabilize and finish shoulder seams

1. Stabilize shoulder seams by stitching a clear elastic or a cotton tape to the wrong side of the Back shoulder seams. For this dress I decided to reinforce the shoulder seams with a strip of fusible interfacing. If you choose to use a tape or clear elastic, stitch it to wrong side of fabric at the Back shoulders with a zig-zag using your sewing machine prior to finishing the shoulder seams.



2. With the right sides together, pin and stitch at shoulder seams Back (1) and Front (2) at 0.7 mm / 1/4 inch seam allowance / using: zig-zag or stretch seam (sewing machine) or 4-threads overlock seam (serger). If using sewing machine in the step above, overcast edges together, using zig-zag or overlock imitation stitch.

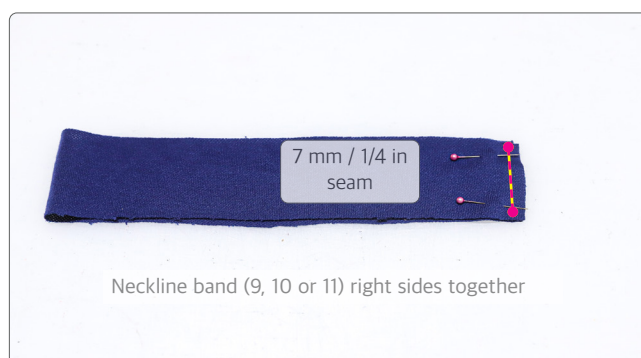
3. Press the seams towards the Back.



2 Prepare neckline band

1. Make sure that you choose the right neckline band for the chosen neckline. There are 3 different neckline bands: for crew neck (9), for scoop neck (10) and for boatneck (11).

2. With the right sides together, **stitch the short ends of the neckline band (9, 10 or 11) with a 7 mm (1/4 inch) seam**, using zigzag or stretch seam (sewing machine) or 4-threads overlock seam (serger). Alternatively stitch a seam with a sewing machine and press it open for less bulky results.



3. Fold the Neckline band (9, 10 or 11) in half lengthwise wrong sides together, meeting cut edges. Press. The neckline band is now ready to be attached.



3

Finish the neckline with neckline band

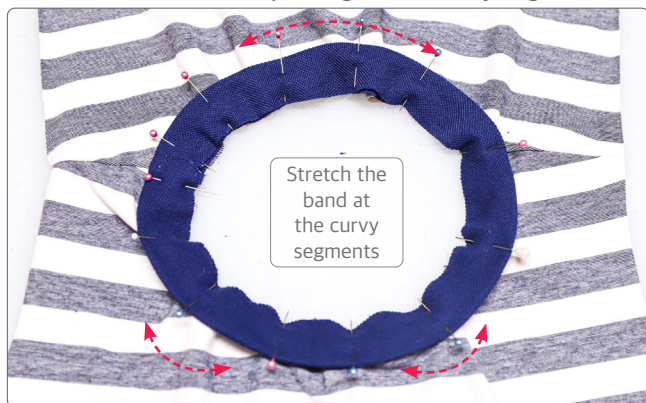
1. With the right sides together match the neckline band (9, 10 or 11) seam with the left shoulder seam (as we look at it) and pin.



2. Match the notch at the neckline with the other shoulder seam. The shorter side of the neckline band before the notch goes to the back. Pin.



3. Distribute band to neckline evenly with the right sides together and pin. The band is shorter than the neckline in order to make the neckline lay flat when finished. Stretch the band when pinning at the curvy segments.



4. Stitch or serge the band to the neckline, at 7 mm / 1/4 inch, using zigzag or stretch seam (sewing machine) or 4-thread overlock seam (serger). If using sewing machine in the step above, overcast edges together, using zigzag or overlock imitation stitch.



5. Fold the stitched edge to the wrong side.



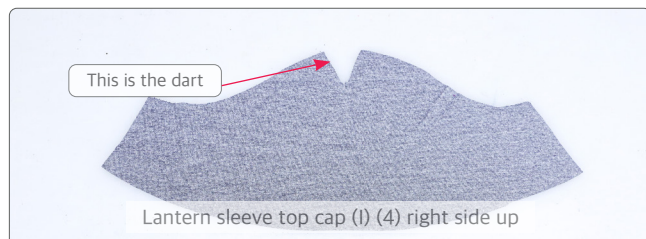
6. Press the neckline well.

7. (Optional) topstitch around the neckline with a twin needle or with a zig zag / stretch stitch.

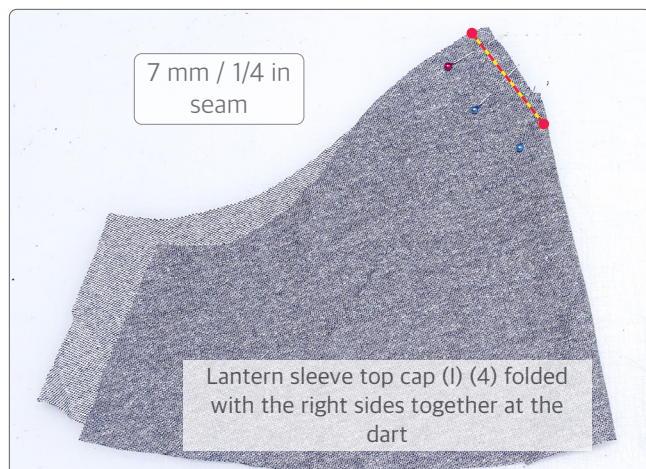


4 (View A, Lantern sleeves) Prepare sleeves Part 1

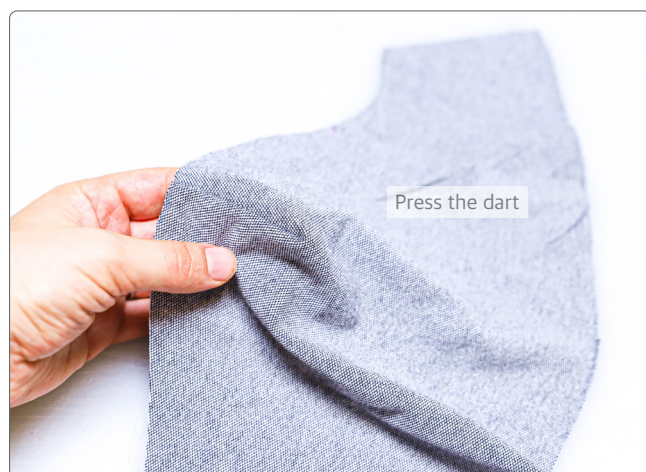
1. To create more volume and structure for the sleeve there is a dart added at the sleeve cap. It looks like a cut-out triangle.



2. Join the sides of the triangle and pin. Stitch the dart at 7 mm / 1/4 in from the base to the dart point using a standard medium length straight stitch with your sewing machine or 4-thread overlock seam (serger). If using sewing machine in the step above, overcast edges together, using zigzag or overlock imitation stitch.



3. Turn the sleeve cap to the right side and press the dart.

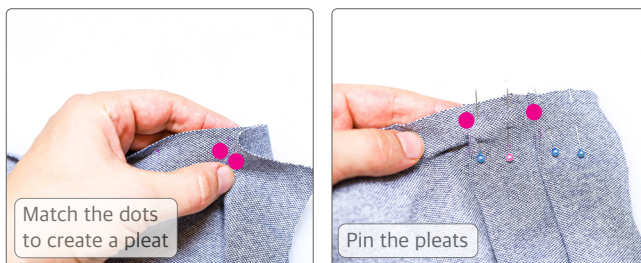


4. Transfer the dot and line markings on the Lantern sleeve bottom (II) (5) to the right side of fabric.

5. There are 5 pleats on the bottom part of the sleeve. We are going to create them by matching the dot markings and lines.



6. Match the first pair of dots and pin the fabric together to form the first pleat. Repeat for the rest of the pleats.



7. Make sure that the pleats are mirrored on both sleeve parts (so they have the same direction with attached to the bodice).

8. Secure the pleats on the Lantern sleeve bottom parts by stitching them through at 3-4 mm / 1/8-1/6 in seam with a medium length simple straight stitch using a sewing machine.



9. Recheck the width of the pleated end of the sleeve by comparing it with the **Lantern sleeve band (III) (6)**. It should be slightly longer than the band (by 15-25 mm / 5/8-1 in).

5 (View A, Lantern sleeves) Prepare sleeves Part 2

1. Lay the top and the bottom parts of the lantern sleeves wrong side up with. Now we need to stitch the long sides of the parts together to create volume.



2. Match and pin curved bottom side of the Lantern sleeve top cap (I) (4) and non pleated long side of Lantern sleeve bottom (II) (5). If you pin them correctly the sides should match.

3. Stitch or serge the sleeve parts together, at 7 mm / 1/4 inch, using zigzag or stretch seam (sewing machine) or 4-thread overlock seam (serger). If using sewing machine in the step above, overcast edges together, using zigzag or overlock imitation stitch.



To create more volume and add structure to the sleeve add a cotton tape or a strip of horse-hair braid into the seam.

6 (All views) Attach sleeves

1. **Position the sleeve correctly so its Front matches the Front bodice armhole.** With the right sides together, pin the top center of the sleeve to the shoulder seam. Match the other notch with the front armhole notch. Pin the edges of the sleeve to the Back and Front armhole.



2. Pin the rest of the sleeve to the armhole, matching the edges.



3. **Stitch or serge the sleeves to the armholes, at 7 mm / 1/4 inch,** using zig-zag or stretch stitch (sewing machine) or 4-threads overlock stitch (serger). If using a sewing machine in the step above, overcast edges together, using zig-zag or overlock imitation stitch.



4. Press the seams towards the sleeves.

7

(All views) Finish side seams

1. With the right sides together match notches and pin Front and Back starting from the sleeves/armholes, all the way down to the bottom hem.
2. **Stitch side seams from the sleeve/armholes to the bottom hem at 7 mm / 1/4 inch seam allowance / using:**
 - zigzag or stretch seam (sewing machine) or
 - 4-thread overlock seam (serger)
3. If using a sewing machine in the step above, overcast edges together, using zigzag or overlock imitation stitch.
4. Press the seams toward the Back.



Sleeveless version (View C)
Front and Back with the right
sides together

5. The bodice is now ready. In the next steps we will finish the skirt and join it with the bodice to create the dress.

6. **IMPORTANT!** If you decided to check the fit of the bodice by trying it on you may feel like the bodice may be slightly short. Make a note that the waistband adds the length to the bodice plus when the skirt or the peplum is attached it pulls the bodice down, especially if your fabric has a good vertical stretch. However if your fabric has a minimal vertical stretch the bodice may become shorter because of the vertical shrinkage when a fabric is stretched horizontally.



8

(View C) Finish armholes with the bands

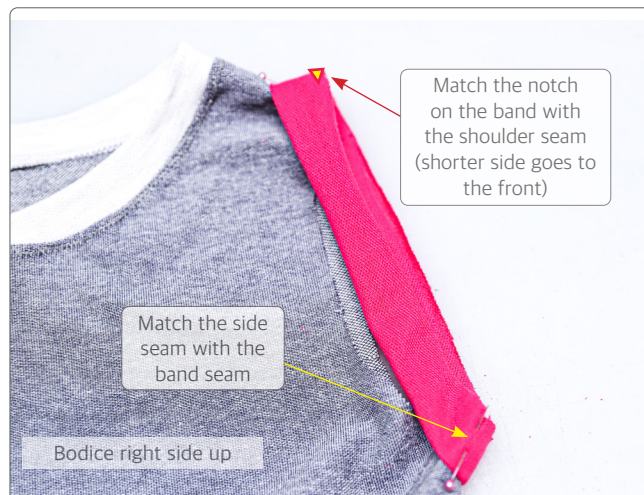
1. With the right sides together, **stitch the short ends of the Armhole bands (12)** with a **7 mm (1/4 inch) seam**, using zigzag or stretch seam (sewing machine) or 4-threads overlock seam (serger). Alternatively stitch a seam with a sewing machine and press it open for less bulky results.



2. Fold the Armhole bands (12) in half lengthwise wrong sides together, meeting cut edges. Press.



3. With the right sides together, meet the raw edges and position the Armhole band (12) seam to the side seam at the armhole. Meet the notch of the band and shoulder seam (shorter side goes to the front) and pin with the right sides together.



4. Pin the rest of the band to the armhole. The band is shorter than the armholes. Stretch the bands when pinning at the lower part of the armhole and keep it not stretch around shoulder seam.

5. Stitch or serge the bands to the armholes, at 7 mm / 1/4 inch, using zigzag or stretch seam (sewing machine) or 4-thread overlock seam (serger). If using sewing machine in the step above, overcast edges together, using zigzag or overlock imitation stitch.



6. Fold the stitched edge to the wrong side.

7. Press the armholes well.

8. (Optional) topstitch around the armholes with a twin needle or with a zig zag / stretch stitch through the bodice and the seam.



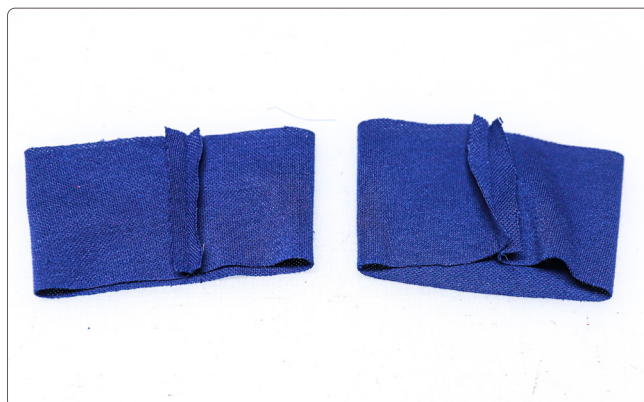
9

(View A , Lantern sleeves) Finish sleeves with bands

1. With the right sides together, join the sides of the **Lantern sleeve band (III) (6)** and stitch with a 7 mm (1/4 inch) seam, using zigzag or stretch seam (sewing machine).



2. Press the seam open.



3. Fold the bands in half lengthwise wrong sides together, meeting cut edges. Press.



4. Position the band seam to the sleeve seam on the right side of fabric.



5. Distribute the band to the sleeve hem evenly with the right sides together and pin. Slightly stretch the band when pinning if needed.

6. Stitch or serge the bands to the sleeves, at 7 mm / 1/4 inch, using zigzag or stretch seam (sewing machine) or 4-threads overlock seam (serger). If using sewing machine in the step above, overcast edges together, using zigzag or overlock imitation stitch.



7. Turn the bands to the right side.

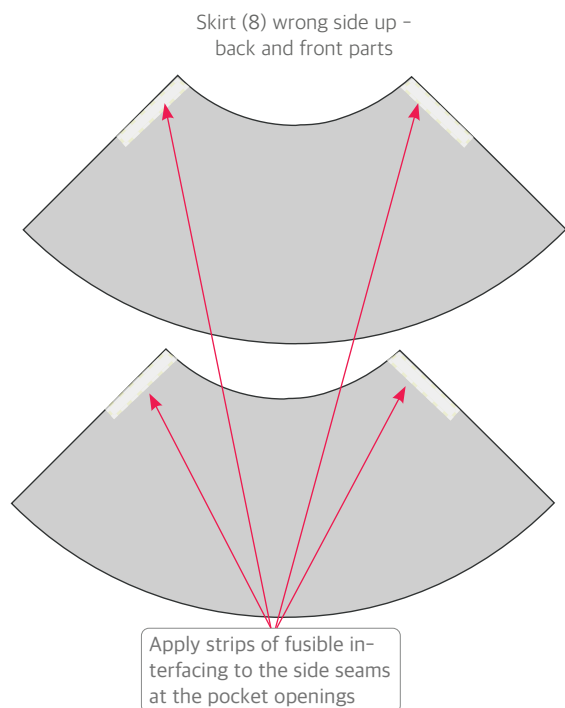
8. Press the bands and sleeves well.

9. (Optional) topstitch with a twin needle or with a zig zag / stretch stitch through the seam allowance.



10 (Version with pockets) Stabilize pocket openings

1. (optional, but highly recommended) Place a strip of a fusible interfacing at the pocket opening. Fuse the interfacing to the side seam of the Skirt (8) parts using a steam iron. I recommend to use very light-weight knit interfacing to eliminate bulk at the pocket openings.



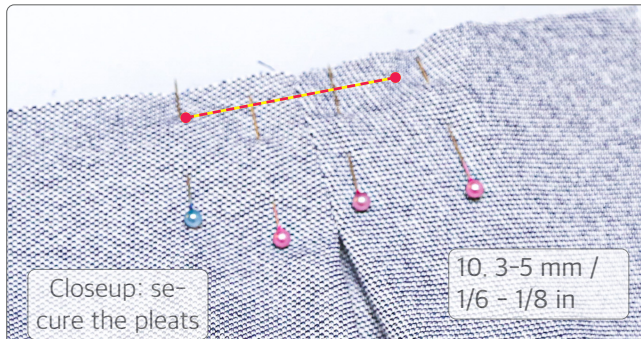
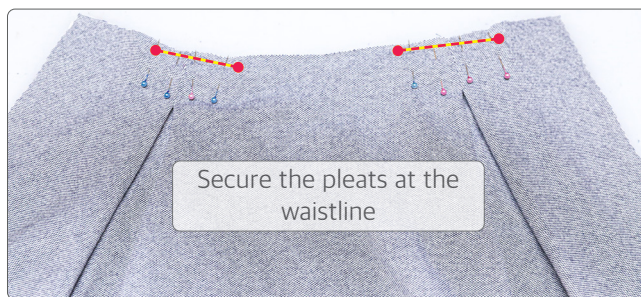
3. Stitch the fold at the marked lines with your sewing machine using a standard medium length straight stitch, Backstitch several times. The standard depth of the closed part of the pleat is 25 mm / 1 in, however you can make it longer or shorter.



4. Open the skirt and press the folded fabric behind the stitching flat as it is shown in the picture. Make sure that the folded fabric is distributed equally on the both sides from the stitching. Pin it through the layers.



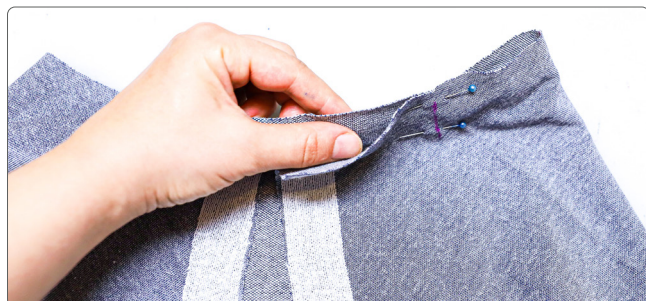
5. Secure the pleat by stitching it through at 3-5 mm / 1/6 - 1/8 in using straight stitch with your sewing machine.



11 Finish skirt pleats

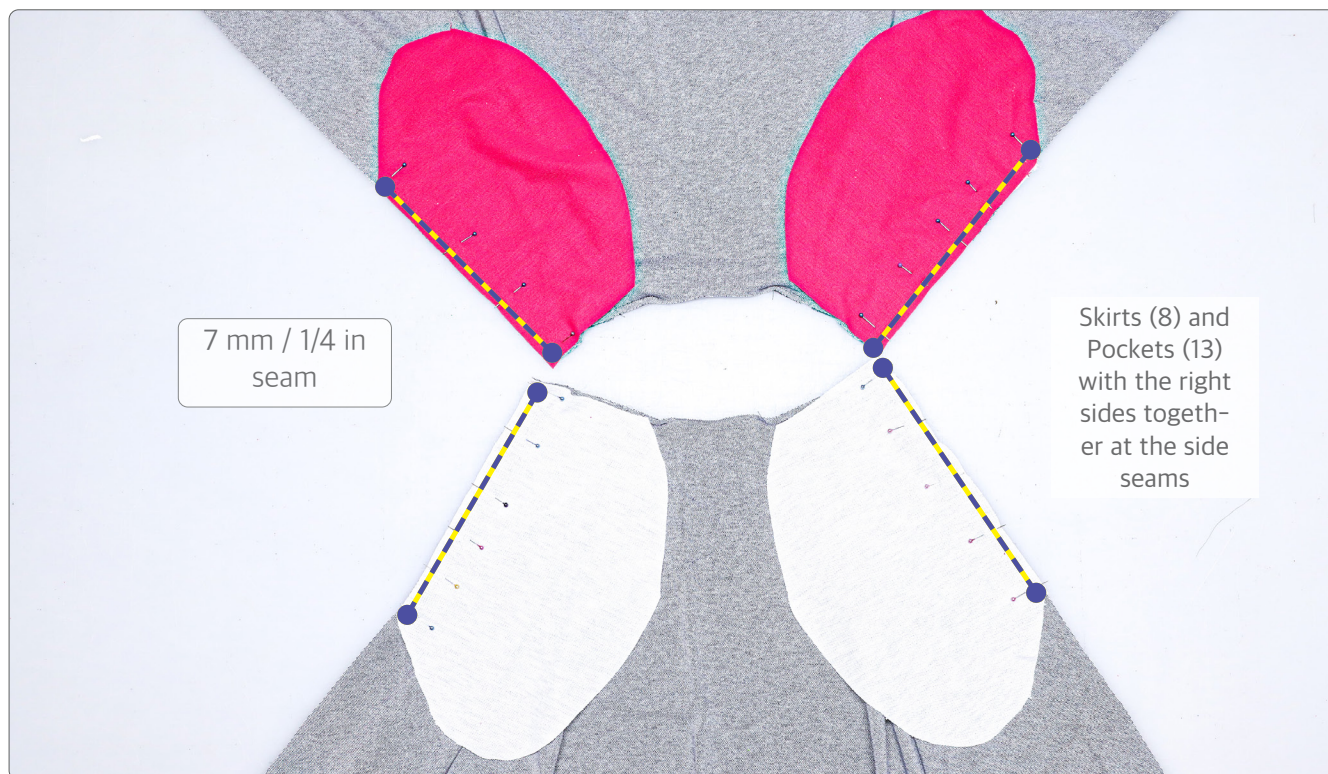
1. Transfer pleat markings to the back and front Skirt (8) from the wrong side of fabric using a fabric marking pen or tailor's chalk. You will have 2 pleats on the back skirt and 2 pleats on the front skirt. Pleats are not central, they are aligned with shoulders.

2. **Fold** the skirt at the center of the pleat markings with **the right sides together**, match the marked lines to form a fabric fold and pin.



12 (Version with pockets) Attach pockets

1. With the right sides together, align the pockets at the waist and the side seams pin. Repeat the step on both skirt parts, at the left and right side seams.
2. **Stitch or serge the pockets to the front and back skirts at the side seams, at 7 mm / 1/4 inch,** using zig-zag or stretch stitch (sewing machine) or 4-threads overlock stitch (serger). If using sewing machine, overcast edges together, using zig-zag or overlock imitation stitch.



3. Flip the pockets to the right side and press the seam towards the pocket.
4. Understitch the pocket from the right side of fabric through the pocket and the seam allowance at 3-4 mm / 1/12-1/8 in using stretch stitch or a short zig-zag.



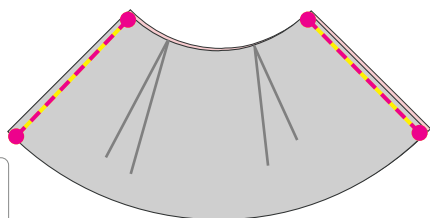
13 Finish the skirt

1. Match at the side seam (and the pockets), **pin and stitch or serge Back and Front skirt at 7 mm / 1/4 inch**, using **zig-zag or stretch stitch** (sewing machine) or 4-threads **overlock stitch** (serger). If using sewing machine, overcast edges together, using zig-zag or overlock imitation stitch. For the pocketless version the step is the same except there are no pockets at the side seams.



Version without pockets – stitch at the side seams from the waistline to the bottom hem

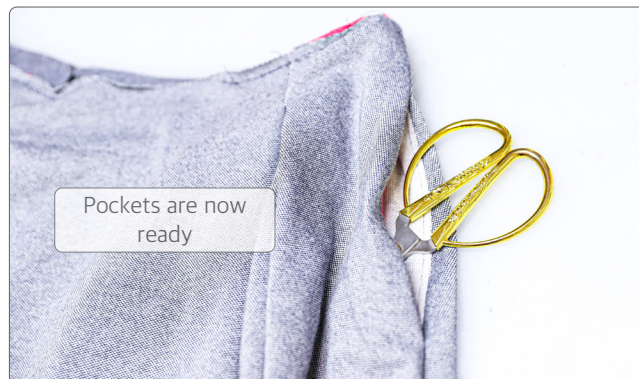
7 mm / 1/4 in seam



2. **Stitch the pocket openings** as it is shown on the picture, from pocket opening markings (located on the Pocket part) to the side seam, a bit past the interfacing. Also to keep the pocket in place you can stitch the pocket opening 2.5 cm / 1 in from the top edge. Use stretch stitch or short zig-zag. Backstitch.

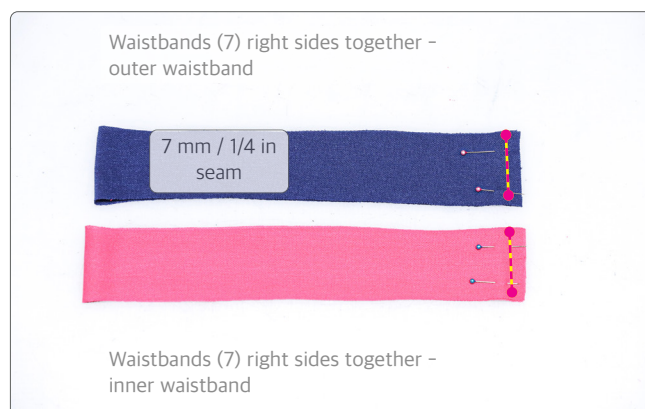


3. **Secure the pockets to the front waistline** using a short zig-zag or stretch stitch with your sewing machine **at 3-5 mm / 1/8-1/6 in**. When securing the pockets to the front make sure that the pocket is fully inside and the Front and the Back skirts are matched at the side seam.



14 Prepare the waistband

1. The waistband consists of two layers – inner side and outer side. In this tutorial I use blue fabric for the outer waistband and pink for the inner waistband. Two layers of the waistband add stability and keep the dress in place without using elastic. You can to add elastic to the waistband for even more support at the waistline by threading it between layers of the waistband when the bodice is finished.
2. With the right sides together, **stitch the short ends of the Waistbands (7)** with a **7 mm (1/4 inch) seam**, using zigzag or stretch seam (sewing machine) or 4-threads overlock seam (serger). Alternatively stitch a seam with a sewing machine and press it open for less bulky results. **If you want to add elastic to the waistband leave a 25 mm / 1 inch gap between stitching in the inner waistband** (pink in the picture).



3. Sandwich the waistline of the skirt between waistbands so the outer waistband and the skirt are with the right sides together and the inner waistband's right side is matched with the wrong side of the skirt. Match waistband seams with the right side seam of the skirt.



4. Stitch the waistbands to the skirt **at 7 mm / 1/4 inch**, using **zig-zag or stretch stitch** (sewing machine) or 4-threads **overlock stitch** (serger). If using sewing machine, overcast edges together, using zig-zag or overlock imitation stitch.



5. Turn the waistband parts to the right side and press well. (optional) Topstitch the waistline through the waistband and the seam inside the waistband using a stretch stitch or short zig-zag with your sewing machine.



15 Attach the skirt to the bodice

1. With the right sides together, match at the side seams the bodice and the skirt at the waistline and pin. We are going to **join two layers of the waistband with the bodice**.



2. **Stitch the bodice to the waistband (attached to the skirt) at 7 mm (1/4 inch) seam**, using zigzag or stretch seam (sewing machine) or 4-threads overlock seam (serger). If using sewing machine, overcast edges together, using zig-zag or overlock imitation stitch.



3. Turn the dress to the right side and press well. (optional) Topstitch the waistline through the bodice and the seam using a stretch stitch or short zig-zag with your sewing machine.



4. The dress is nearly ready.



16 (All views) Finish bottom hem

1. Choose any of the following techniques for hemming:

- double fold the hem at 25 mm / 1 in in total and stitch using a straight, short zig zag or stretch stitch with your sewing machine;
- overcast the hem, single fold the hem at 25 mm / 1 in and stitch using a straight, short zig zag or stretch stitch with your sewing machine;
- finish the hem at 25 mm / 1 in using a straight stitch and a double needle with your sewing machine;
- finish the hem at 25 mm / 1 in using a flat seam with your coverstitch machine.

2. For this version I chose to have the hem folded twice and finished with a simple straight stitch using my sewing machine.

3. Topstitch from the folded edge using a twin needle or a zig zag / stretch stitch or using your coverstitch machine. Press the hem.



4. Press the hem.



17 (View B) Finish sleeves' hem

1. Choose any of the recommended techniques for hemming from step 15. For the sleeves I recommend to use stitches that stretch.

2. For this version of the dress, I chose to have the hem folded twice and finished with a simple stretch stitch using my sewing machine.

3. Topstitch from the folded edge using a twin needle or a zig zag / stretch stitch or using your coverstitch machine. Press the hem.



4. Press the hem.



18 Press the garment

1. Press all the seams.
2. The better you press, the better look you get. Use pressers tools for the best results.

19 Enjoy

1. Try it on, make an Instagram post and tag #sinclair-patterns, share your experience on the FB group.
2. Hang your garment and give it a rest.
3. Enjoy yourself! You've done a great job!



Finished garment

#sinclairvalleydress



Thank you for choosing Sinclair Patterns for your sewing project!

Help Sinclair Patterns to become better - complete a survey, it will only take couple of minutes.

Subscribe to our newsletter

[Complete the survey](#)

[✉ Subscribe to our newsletter](#)

Follow us on social networks



You may also like:



Ivy colorblocked tee



Adele boatneck top



Laura cardigan