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SIY Project



Sew It Yourself

The following project was created with fabric that your local retailer may no longer have available. You can re-create these projects by replacing the fabrics shown using the fabric key as a guide for similar colorations or styles.

PROJECT DISCLAIMER: Every effort has been made to ensure that all projects are error free. All the information is presented in good faith, however no warranty can be given not results guaranteed as we have no control over the execution of instructions. Therefore, we assume no responsibility for the use of this information or damages that may occur as a result. When errors are brought to our attention, we make every effort to correct and post a revision as soon as possible. We recommend that you test the project prior to cutting for kits. Finally, all free projects are intended to remain free to you and are not for resale.

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The logo for Free Spirit Fabrics, featuring the brand name in a purple script font with a small graphic of a triangle and a diamond.

Girls' Summer Dress

Skill level – Beginner/Easy



Fabric by Dena Designs

Technique:	Sewing
Brand:	FreeSpirit Fabrics
Crafting time:	An Evening

The fun and beauty of quilting and sewing is to take a project and make it your own with the fabric of your choice. While this collection may no longer be available we encourage you to find fabrics you like and make it your own.

Materials

FreeSpirit fabric from the "Leanika" collection by Dena Designs

Additional Requirements

Elastic thread

Cotton sewing thread to match fabric.



Girls' Summer Dress

General instructions

Fabric may shrink during the first washing. For this reason, it is best to wash the fabric before cutting the fabric pieces and sewing.

During sewing, press all seams open before continuing to the next sewing step.

Seam and hem allowances on all seams and edges = 1.0 cm, except 1.5 cm on upper edge of dress and skirt and 2.5 cm for hem on lower edge of hem band, dress and skirt

Sewing instructions

Dress A Sun dress with ruffled hem band

Size

92/98 – 104/110 – 116/122 – 128/134

Cutting (add seam and hem allowances)

Front and back pieces, each 60 – 65 – 70 – 75 cm wide and 27 – 35 – 43 – 51 cm long
2 hem bands, each 100 – 100 – 110 – 110 cm long and 15 – 16 – 17 – 18 cm high
4 straps, each 18 – 20 – 22 – 24 cm long and 7 cm wide (finished width 3.5 cm)

1. Neaten the side edges of front and back pieces with zigzag stitching. Lay front and back pieces together, right sides facing. Stitch one side seam. Press seam open.

2. Use tailor's chalk or a vanishing marker to mark six "smocking" lines on wrong side of the fabric, over the entire width of both fabric pieces.

Mark the upper line 3 cm below the upper edge, then mark five more lines below this line, all spaced 1.5 cm apart.

3. Stitch the second side seam. Press seam open.

4. Turn allowance (1.5 cm wide) on upper edge to wrong side, press, and baste in place. Stitch 1.0 cm from fold edge.

5. Stitch elastic thread along each marked line, beginning at one side seam and leaving approx. 5 cm of the thread extending at beginning and end.

Stitch with zigzag stitching, setting the stitch width wide enough to not catch the elastic thread. If the elastic thread is caught in the stitching, it cannot be pulled to gather the fabric.

When stitching the upper elastic thread in place, you should also catch the folded-under fabric edge.

6. Pull the elastic threads to gather the front and back to a circumference of 53 – 57 – 61 – 65 cm.

Knot the ends of each elastic thread together. Hide the ends under the zigzag stitching. Distribute the gathering evenly.

7. Neaten the narrow edges of the hem band pieces with zigzag stitching. Lay hem band pieces together, right sides facing. Stitch narrow edges together.

Press seams open.

8. Stitch two closely spaced lines of machine basting (longest stitch setting) close to upper edge of hem band.

Pull bobbin threads of machine basting to gather hem band to match lower edge of dress.

Baste hem band to lower edge of dress, right sides facing, matching side seams.

Stitch hem band to dress.

Neaten edges of seam allowances together, with zigzag stitching.

Press allowances up. Working from right side of fabric, topstitch dress close to seam, thereby catching the allowances.

Turn hem allowance (= 2.5 cm wide) on lower edge of hem band to wrong side, turn raw edge under 1 cm wide, and edgestitch hem in place.

9. Fold each strap piece in half lengthwise, right side facing in. Stitch edges together, leaving one narrow edge open.

Trim seam allowances.

Turn straps right side out and press.

Stitch open edges together with zigzag stitching.

Baste zigzagged edges of straps to inside upper edge of dress, with strap ends 4 cm below upper edge of dress and placing straps 5 cm from each side seam, on front and back.

Stitch strap ends in place, stitching along the upper two "smocking" lines.

Dress B Short sun dress

Size

92/98 – 104/110 – 116/122 – 128/134

Cutting (add seam and hem allowances)

Front and back pieces, each 60 – 65 – 70 – 75 cm wide and 40 – 48 – 56 – 74 cm long 4 straps, each 18 – 20 – 22 – 24 cm long and 7 cm wide (finished width 3.5 cm) Sew as for the dress, view A, except for the following differences:

1. Hem the lower edge before pulling the elastic threads. Turn hem allowance (= 2.5 cm wide) on lower edge of dress to wrong side, turn raw edge under 1 cm wide, and edgestitch hem in place.
2. Omit the hem band.

Skirt C Skirt with "smocked" waistband and butterfly appliqué

Size

92/98 – 104/110 – 116/122 – 128/134

Cutting (add seam and hem allowances)

Skirt front and back pieces, cut 1 each Sew as for the dress, view A, except for the following differences:

1. Draw only four lines for "smocking" (instead of six) and stitch 4 pieces of elastic thread along these lines.
2. Hem the lower edge before pulling the elastic threads. Turn hem allowance (= 2.5 cm wide) on lower edge of skirt to wrong side, turn raw edge under 1 cm wide, and edgestitch hem in place. Baste velvet ribbon over the line of hem stitching. Edgestitch both edges of the ribbon in place.
3. Pull the elastic threads to gather the skirt to a circumference of 55 – 59 – 63 – 67 cm.
4. Omit the hem band and the straps.

Appliqué

Trace the butterfly pattern onto the paper side of the fusible web. Iron the fusible web to the wrong side of the piece of fabric B. Cut out the butterfly shape. Peel the paper backing off the fusible web and iron the butterfly onto the skirt front, positioning it as indicated in the diagram.

Use tailor's chalk or a vanishing marker to draw the feelers and wing segments on the fabric. Stitch the outline of the butterfly several times, "casually" crossing and overlapping the lines. Also stitch the feelers and wing segments several times, again crossing and overlapping the lines. Sew three small beads to the end of each feeler.

