



5

Got sleeve dress

JUKI
HZL-80HP-B

— medium —





BEFORE YOU SET ABOUT TO SEWING, PLEASE PREPARE:

- 1.6 meters of a material 1.5m wide; choose a light, gauzy and falling in soft folds knit or woven fabric first prepare a form and then check if, with your dimensions, you do not need a different amount a material
- 1.5 meter of a soft drawstring, tape or string for a strap
- a tape-measure, a ruler, a pencil and a paper for forms
- threads, tailor scissors, pins and tailor's chalk (French chalk)
- your T-shirt, choose the fitted one but not too tight-fitting and at least your mid-bottom-length; it will be used as a basis for a form, so its size should be similar to your body dimensions.

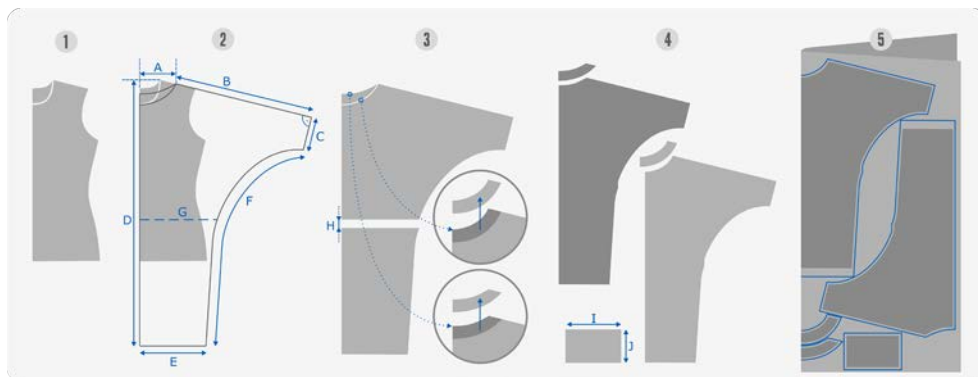
A FORM AND A CUT:

The work starts with preparing a form for half of a dress; cut a form out of a folded paper in order to obtain symmetrical elements.

1. Prepare a form for half of a T-shirt; press your T-shirt with an iron and fold it in half lengthwise; spread it down on a paper so that the material stays not tightened or not gathered; outline your T-shirt (sides, a bottom, arms and a neckline); a shape of an armhole and a front part of a neckline should be copied by densely spiking seams with pins so that there are holes in the paper that determine the shape (if you put a thick material under the paper, pins will be spiked deeper and the holes will be more visible); the width of a bottom of a T-shirt should be equal to $\frac{1}{4}$ of your hip size – if it is not, widen a bottom.



2. Convert a form for a dress; the dimensions given are pretty universal as far as knitted materials are concerns, but you can modify them to your expectations and needs:
 - determine the width of a neckline and divide it in two, a bateau neck fits best when it begins roughly in the middle of an arm ($A=13\text{cm}$); draw a front neckline so as not to deepen the original neckline of a T-shirt, and so as to make it contact with a center line of a dress at a right angle; a back neckline should be slightly shallower than a front neckline (2-3cm)
 - lengthen a bias of a sleeve to the desired length of a sleeve ($A=50\text{cm}$, as measured from a new neckline)
 - at a right angle, enter a desired width of a sleeve ($C=12\text{cm}$); a width should equal half of your hand size (half of a circumference of your hand) just where a sleeve ends, increased by 2-4cm
 - determine the length of a dress and add 5-10cm for the blouse like effect in waist (after gathering dress in waist by the waist band) ; measure the length from the highest point of a shoulder – in the picture, it is the highest point of a neckline in a T-shirt and on a silhouette, it is a curve between a neck and an arm ($D=90\text{cm}$)
 - determine the width at a bottom of a dress (at a right angle to its center – a line D) – it should be equal to the bottom of the T-shirt (in case of a fabric) or 1-2cm narrower (in case of a knit) than the width of a bottom of a T-shirt ($E=24\text{cm}$)
 - draw a side line of a dress (F): start at a right angle to a line C, then turn downward with a fluid arc drawing a bat sleeve shape and connect an arc with a width at the bottom(E) with a straight line; if you want to wear a dress loose at the hips, add 1-2cm to the width of a bottom of a T-shirt.
 - mark a place where you want to set a tunnel for a strap, preferably about 5 -8 cm below your waist, waist is the tightest part on a T-shirt (a dotted line G).
3. Cut a form along a line G and add $H=3\text{cm}$ which is an allowance for a tunnel for a string; prepare forms for facing of a neckline: copy a strap around a neckline of a front and a back, 6m wide; keep a shape of an arm; facing of a front and a back must have the same width on a shoulder; these elements should coincide with a shape of a dress – do not cut them off a dress as they will make an additional layer of a material.
4. Copy separately a front (a deeper neckline) and a back (a shallower neckline) including an allowance for a tunnel; if you use a knitted material, prepare a form for cuffs – a rectangle of a width equal to your hand size just where a sleeve ends ($I=20\text{cm}$) and twice the height of a cuff ($J=12\text{cm}$); if you use a fabric, you will trim sleeves by turning up edges – remember to lengthen sleeves by 1-3cm for turning-up.
5. Fold a material in half lengthwise and arrange forms as in the picture below (a center of a front is in contact with a bend in a material, a back is made of two parts); cut it adding 1cm allowance around each element, and at a bottom of a front and a back add 3cm – a blue outline is a cutting line; cut the facing of a neckline after fitting of a dress.

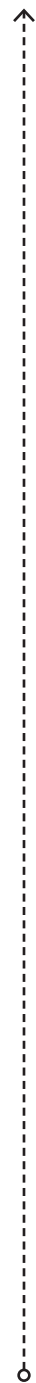


SEWING:

Put two parts of a back one on the other so that their right sides are in contact; sew up a center of a back; in case of a knitted material, use a stitch for jersey or a zigzag stitch which ensure elasticity and stretchability with a knit – first do a trial sewing and choose which stitch is more appropriate to the material; if you sew a fabric, do a regular stitching; if edges frays, do overlock stitching after sewing each seam – an overlock stitching reinforces edges and prevents them from fraying.



Now unfold a back with its right side up and place a front on it so that their right sides are in contact; sew up shoulders and sides together; try on a dress to check whether a neckline suits you; if you change a shape of a neckline, remember to change consequently a form for neck facing – its form must be identical to a neckline; line a piece of a material of which you cut out the facing, with a fleece on a left side – select its thickness to the thickness of a material; cut out forms of facing of a back and a front and sew them up on shoulders.



Using an overlock-mock seam, overcast a bottom edge of the facing; this is an imitation of a seam executed by an overlock machine; the machine will instruct you on what kind of a presser foot you need to install to achieve an optimum seam.



Turn up a dress to a right side and put the facing to a neckline, so that unhemmed edges of a dress and those of the facing overlap one another, and a layer of fleece remains visible; pin and sew up edges of a neckline.



In order to prevent a seam from gathering, after you turn up the facing into the inside of a dress, make a nicks in across allowances, in the corners between a front and a back of a neckline; be careful so as not to cut a seam.



Now turn up the facing to the inside of a neckline.



Press it with an iron; if the facing turns up; sew it to allowances on shoulders, or do the stitching around a neckline.



If you sew a fabric (not a knit), turn up edges of sleeves to the inside and sew them all around; if you sew a knitted material, prepare cuffs; fold a cuff in half and sew up shorter edges together – you will get something like a tunnel; turn up a tunnel half so as to hide a seam inside, between two layers of a material, the unhemmed edges should overlap with each other on one side.



Thus prepared a cuff slide into a sleeve – unhemmed edges of a cuff and a sleeve should be in contact; sew with a presser foot inside a sleeve, gently pulling a cuff – it has a smaller circumference than a sleeve and that is why you have to stretch it during sewing to the appropriate width in order to prevent a tuck (a fold) at the end; a smaller circumference of a cuff results in a sleeve to hug hands and not slide off after pulling it up.



After sewing, turn up cuffs off a sleeve and press them with an iron.



Now trim a bottom; apply a blind stitch; in order to facilitate sewing and to make a turn-up to remain stable, first line an edge on the left side with a strap of a fleece. Press a binding to the inside (on a left side) on whole width of the fleece; pin a material about 1 cm from a cut edge; turn up a binding again to the outside (on a right side) so that a small piece of a fleece 0.5cm wide protrudes from a folded edge; repin the pins to the left side. You are ready to sewing.



Select a blind stitch, change a presser foot according to the instructions that appear on a display of a machine head; do a trial sewing as this kind of stitch requires high precision; when you become skilled, sew a binding; press an edge of a bottom with an iron.

5. BAT SLEEVE DRESS



Now taking advantage of the functions of a machine, embroider a hole, at a back, at the height of an insertion (do you remember a form? You put an allowance for tunnels below the waist); when a hole is cut, turn up a bottom of a dress almost in half; turn up a bottom to the front in order to obtain a folded edge exactly in the middle of a hole – an allowance for a tunnel should be folded in half.



Do a stitching, joining two layers of a dress and forming a tunnel around a front and a back of a dress; press a seam so it does not show up; enter a string to a tunnel through a hole, using a safety pin. You can also form a tunnel by sewing a strap of a material 3cm wide on the inside, around a front and a back.



A dress is ready! You can wear it loose as an oversize tunic, then turn up sleeves which adds a shapely form and a nonchalance; too thick or stiff string may distort a form – in that case, pull it out of a tunnel; if you prefer to wear a dress pulled up, with a blouse like effect around waist, tighten and tie a string to match it to the waist size.

