

STRAND dress

Full Size Chart- Body Measurements

your body in CENTIMETERS

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm
high bust	71	75	79	83	87	91	95	99	103	107	113	119	125	131	137	143	149	155
natural waist	60	64	68	72	76	80	84	88	92	96	102	108	114	120	126	132	138	144
full hip	86	90	94	98	102	106	110	114	118	122	128	134	140	146	152	158	164	170
full bust B-cup	76	80	84	88	92	96	100	104	108	112	118	124	130	136	142	148	154	160
full bust D-cup	81	85	89	93	97	101	105	109	113	117	123	129	135	141	147	153	159	165

your body in INCHES

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	in	in	in	in	in	in	in	in	in	in	in	in	in	in	in	in	in	in
high bust	28"	29½"	31"	32¾"	34¼"	35¾"	37½"	39"	40½"	42¼"	44½"	46¾"	49¼"	51½"	54"	56¼"	58¾"	61"
natural waist	23½"	25¼"	26¾"	28¼"	30"	31½"	33"	34¾"	36¼"	37¾"	40¼"	42½"	45"	47¼"	49½"	52"	54¼"	56¾"
full hip	33¾"	35½"	37"	38¾"	40¼"	41¾"	43¼"	45"	46½"	48"	50½"	52¾"	55"	57½"	59¾"	62¼"	64½"	67"
full bust B-cup	30"	31½"	33"	34¾"	36¼"	37¾"	39¼"	41"	42½"	44"	46½"	48¾"	51½"	53½"	56"	58¼"	60¾"	63"
full bust D-cup	32"	33½"	35"	36¾"	38¼"	39¾"	41¼"	43"	44½"	46"	48½"	50¾"	53¼"	55½"	57¾"	60¼"	62½"	65"

Full Size Chart- Finished Measurements

final garment in CENTIMETERS

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm	cm
high bust	77	81	85	89	93	97	101	105	109	113	119	125	131.5	137.5	143.5	150	156	162
full bust B-cup	88	92.5	97.5	102	106.5	111.5	116	120.5	125.5	130	137.5	145	152.5	160	167.5	175	182.5	190
full bust D-cup	93	97.5	102.5	107	111.5	116.5	121	125.5	130.5	135	142.5	150	157.5	165	172.5	180	187.5	195
TOP full hip	88	92.5	97.5	102	106.5	111.5	116	120.5	125.5	130	137.5	145	152.5	160	167.5	175	182.5	190
TOP length	57.5	58.5	59	59.5	60.5	61	61.5	62.5	63	64	64.5	65	66	67	68	69	70	71
DRESS full hip	114.5	120.5	126.5	132.5	138.5	144.5	151	157	163	169	178.5	188	197.5	207	216.5	226	235.5	245
DRESS length	114	115	115.5	116	117	117.5	118	119	119.5	120.5	121	121.5	122.5	123.5	124.5	125.5	126.5	127.5

final garment in INCHES

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	in	in	in	in	in	in	in	in	in	in	in	in	in	in	in	in	in	in
high bust	30¼"	32"	33½"	35"	36½"	38¼"	39¾"	41¼"	43"	44½"	47"	49¼"	51¾"	54¼"	56½"	59"	61¼"	63¾"
full bust B-cup	34¾"	36½"	38¼"	40¼"	42"	43¾"	45¾"	47½"	49¼"	51¼"	54¼"	57"	60"	63"	66"	69"	71¾"	74¾"
full bust D-cup	36½"	38½"	40¼"	42¼"	44"	45¾"	47¾"	49½"	51¼"	53¼"	56"	59"	62"	65"	68"	71"	73¾"	76¾"
TOP full hip	34¾"	36½"	38¼"	40¼"	42"	43¾"	45¾"	47½"	49¼"	51¼"	54¼"	57"	60"	63"	66"	69"	71¾"	74¾"
TOP length	22¾"	23"	23¼"	23½"	23¾"	24"	24¼"	24½"	24¾"	25"	25¼"	25¾"	26"	26½"	26¾"	27¼"	27½"	28"
DRESS full hip	45"	47½"	49¾"	52¼"	54½"	57"	59¼"	61¾"	64¼"	66½"	70¼"	74"	77¼"	81½"	85¼"	89"	92¾"	96¾"
DRESS length	45"	45¼"	45½"	45¾"	46"	46¼"	46½"	46¾"	47"	47¼"	47½"	48"	48¼"	48¾"	49"	49½"	49¾"	50¼"

Fabric Requirements- Yardage

fabric requirements | TOP

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
59" 150cm	3/4 yd 70cm			1 yd 90cm					1-1/8 yd 1m					1-1/2 yd 140cm				
54" 137cm	1 yd 90cm					1-3/8 yd 130cm					1-5/8 yd 150cm							
41" 106cm	1-1/8 yd 1m				1-1/4 yd 120 cm			1-5/8 yd 150 cm			1-7/8 yd 170cm				2-1/8 yd 190cm			
interfacing (1yd/90cm wide)	3/8 yd 40cm										1/2 yd 50cm							

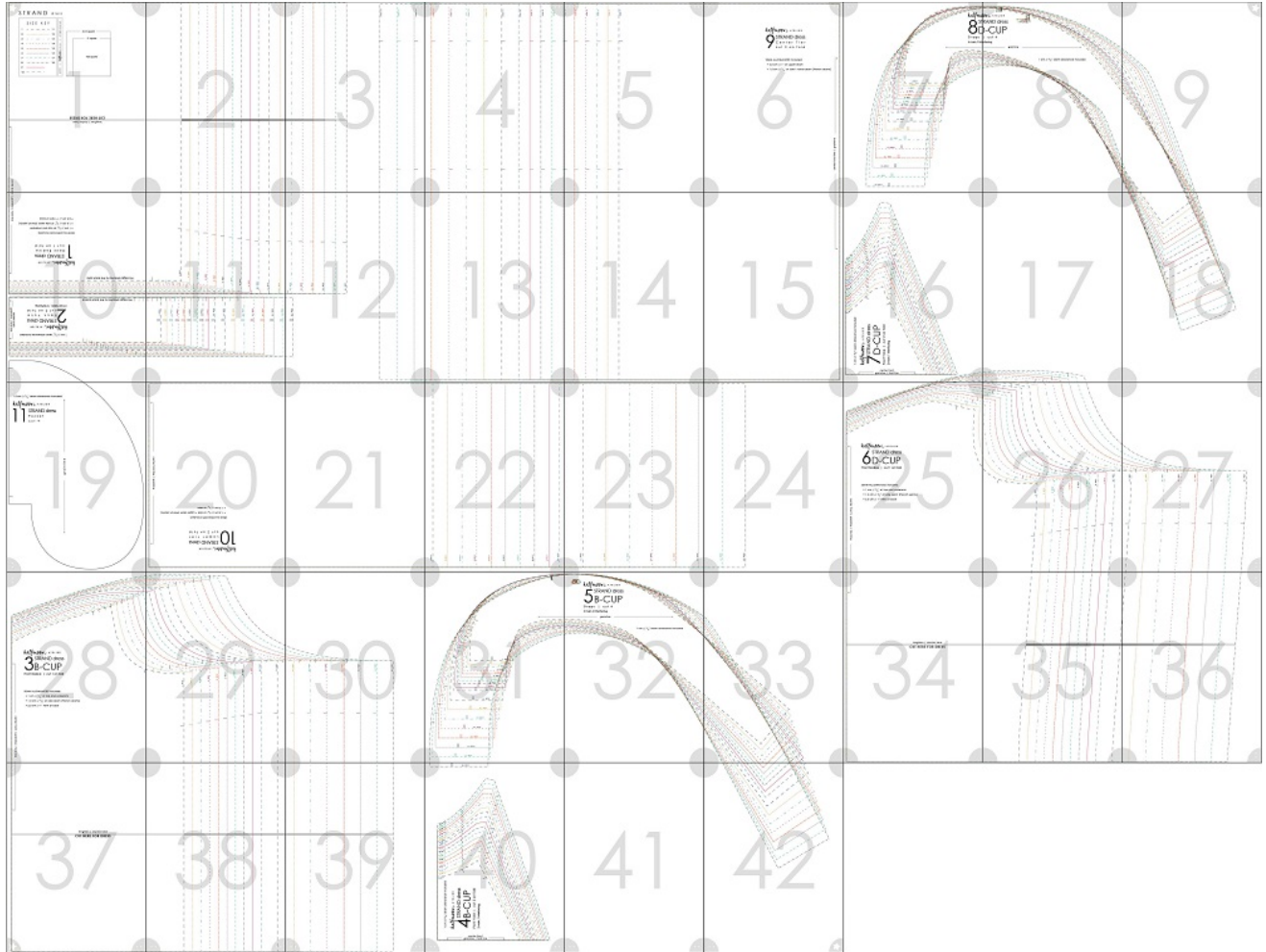
fabric requirements | DRESS

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
59" 150cm	1-7/8 yd 170cm			2 yd 180cm			2-1/8 yd 2m			2-5/8 yd 240cm			3-1/4 yd 3m						
54" 137cm	2-1/8 yd 190cm			2-1/8 yd 2m			2-5/8 yd 240cm			2-7/8 yd 260cm			3-1/2 yd 320cm						
41" 106cm	2-3/4 yd 250cm			2-7/8 yd 260cm			3-5/8 yd 330cm			3-7/8 yd 360cm			4-5/8 yd 420cm						
interfacing (1yd/90cm wide)				3/8 yd 40cm									1/2 yd 50cm						
(drawstring) twill tape or fabric strips	yd. cm	1 1/4 120	1 3/8 125	1 3/8 130	1 1/2 135	1 1/2 140	1 5/8 145	1 5/8 150	1 3/4 155	1 3/4 160	1 3/4 165	2 180	2 1/8 190	2 1/8 200	2 1/4 210	2 3/8 220	2 1/2 230	2 5/8 240	2 3/4 250

Print the Pattern

To print at home, once you have chosen your size and either the top or dress, download the pattern to your laptop or computer and open it using Adobe Acrobat Reader (download for free here: <https://get.adobe.com/reader/>). Turn off all scaling, and print (portrait orientation) on letter paper or size A4 paper at "Actual Size" or "100%" in full color or gray-scale (to save ink). Print p.1 first, on its own, and measure the test square to be sure the print has been done accurately. Printing your size(s) only may save paper and ink. To do this, turn on the "Layers" icon (far left side of the screen, when the pattern is open) and toggle the eye icon to view or hide sizes. When you go to print, only print the pages with lines.

The Front Bodice and Front Yoke have two cup options - a sewing B-cup and a sewing D-cup.



Back Bodice (1) + Yoke (2):

size 1 - 12: p. 1, 2, 10, 11

size 13 - 18: p. 1- 3, 10 - 12

B-cup Front Bodice (3):

size 1 - 11: p. 28, 29, 37, 38

size 12 - 18: p. 28 - 30, 37 - 39

B-cup Strap (5) + Yoke (4): p. 31-33, 40, 42 (sizes 1 - 4 do NOT require p. 42)

D-cup Front Bodice (6):

size 1 - 10: p. 25, 26, 34, 35

size 11 - 18: 16, 17, 25 - 27, 34 - 36

D-cup Strap (7) + Yoke (8) (all sizes): p. 7 - 9, 16, 18

Dress, Center Tier (9):

size 1 - 5: p. 5, 6, 14, 15

size 6 - 15: p. 4 - 6, 13 - 15

size 16 - 18: p. 3 - 6, 12 - 15

Dress, Lower Tier (10):

size 1 - 10: p. 20 - 22

size 11 - 16: p. 20 - 23

size 17 - 18: p. 20 - 24

Dress, Pocket (11): p. 19, 10

To assemble the pattern, cut off the top and right-side page borders. Leave the left- and lower borders to overlap and tape pages. Quarter-circles match to form full circles where pages attach.

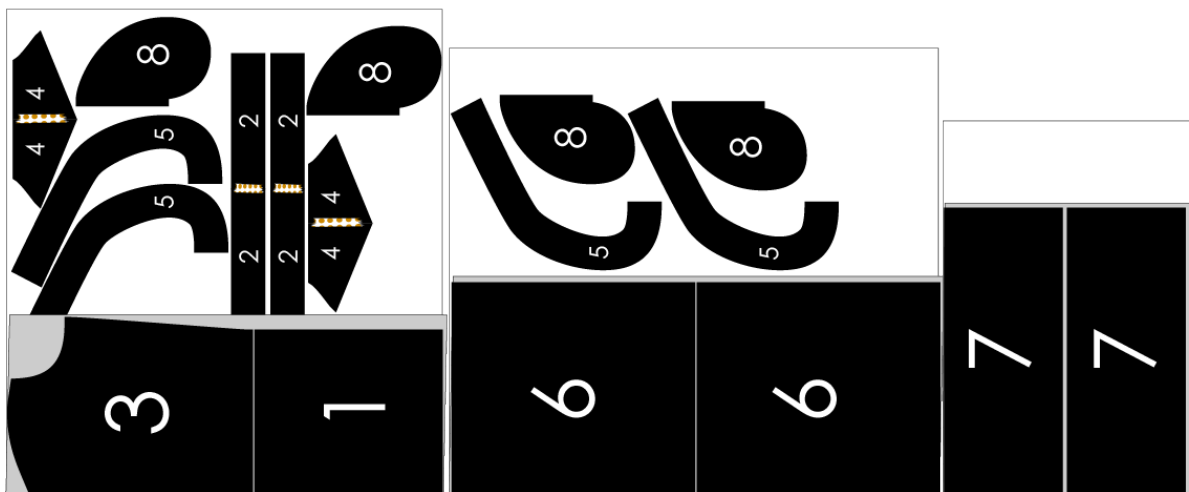
Cutting Layouts

Please note that these are simply examples, based on a size 10-D and a directional print of 54" [137 cm] width. Depending on the fabric width and garment size, there may be a more economical layout. Also note that the lower tier will need to be pieced together for sizes 9 and above using 41" [106 cm] wide fabric.

Be sure to carry over all notches and markings when cutting your fabric. Also make a notch at center front or back on all pieces cut on the fold.

Please note that Back Bodice and Front Bodice pieces must be cut along the marked line for the Dress view.

STRAND dress Size 10 D-Cup Layout (54" [137 cm] wide fabric)



STRAND top Size 10 D-Cup Layout (54" [137 cm] wide fabric)

