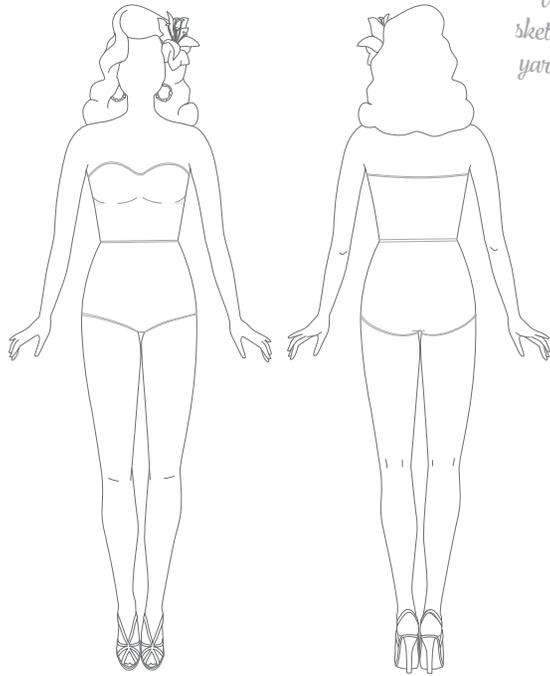


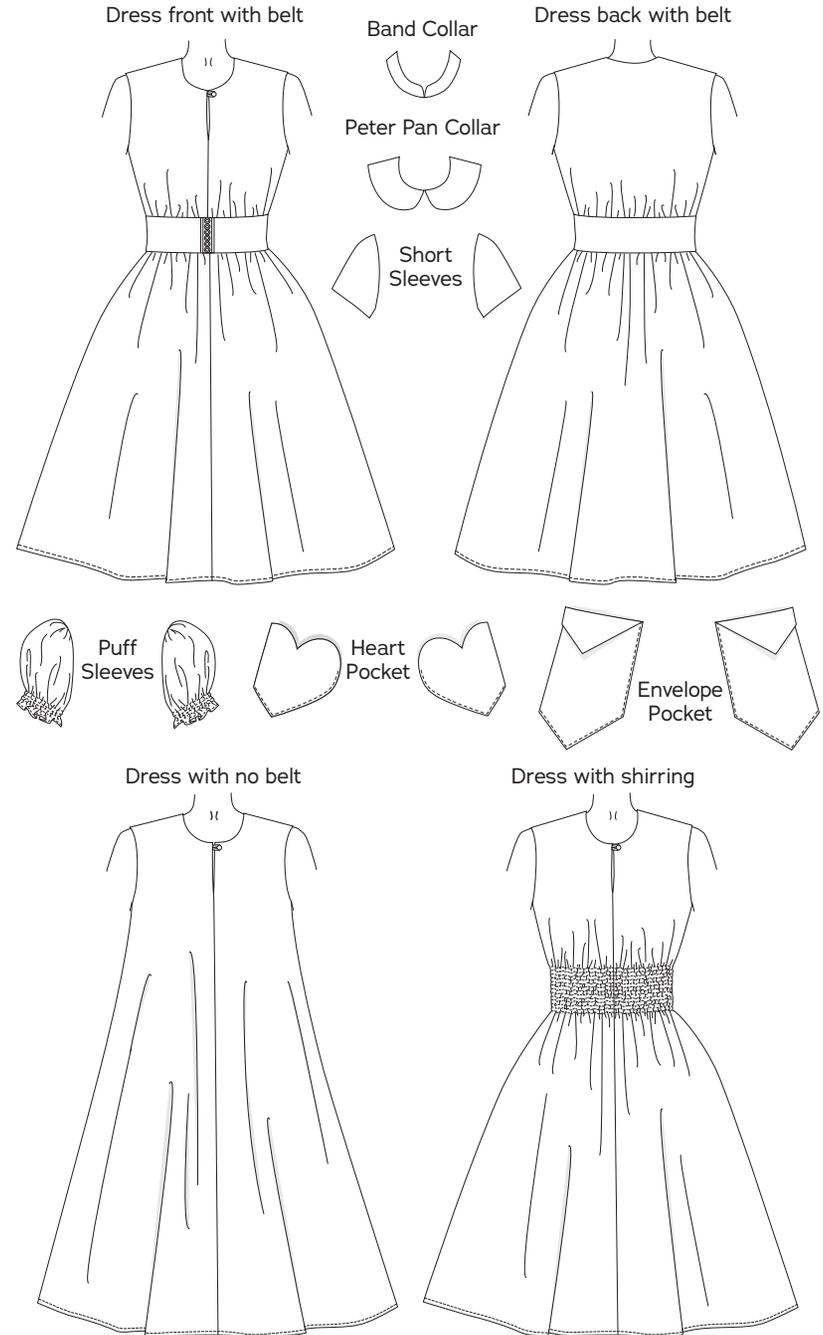
DESIGN YOUR CINCH-IT DRESS



Use this worksheet to sketch, plan, and estimate yardage for your dress!

OPTION	PIECE #s	YARDAGE	FABRIC
Dress (waist treatment)			
Collar			
Sleeves			
Pockets			
NOTES:			

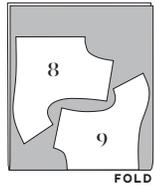
DESIGN OPTIONS



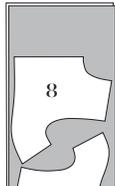
All-In-One Facings, fabric (8, 9)

(8, 9)

	Sizes 2-10	Sizes 12-22
45 in	5/8 yd 0.6 m	3/4 yd 0.7 m
60 in	1/2 yd 0.5 m	5/8 yd 0.6 m



45 in, all sizes



60 in, all sizes

All-In-One Facings, interfacing (8, 9)

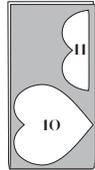
	Sizes 2-10	Sizes 12-22
60 in	1/2 yd 0.5 m	5/8 yd 0.6 m



60 in, all sizes

Heart Pocket, fabric (10, 11)

All sizes	
45 in	3/8 yd 0.3 m
60 in	3/8 yd 0.3 m



FOLD

Heart Pocket, interfacing (11)

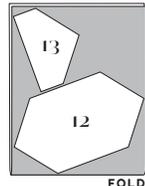
All sizes	
60 in	1/4 yd 0.2 m



FOLD

Envelope Pocket, fabric (12, 13)

	Sizes 2-10	Sizes 12-22
45 in	5/8 yd 0.6 m	3/4 yd 0.7 m
60 in	5/8 yd 0.6 m	5/8 yd 0.6 m



FOLD

Envelope Pocket, interfacing (13)

All sizes	
60 in	3/8 yd 0.3 m



FOLD

Puff sleeve, fabric (15)

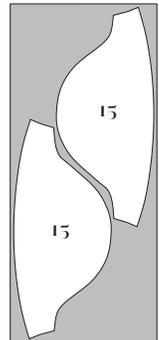
	Sizes 2-10	Sizes 12-22
45 in	1/2 yd 0.5 m	5/8 yd 0.6 m
60 in	3/8 yd 0.3 m	1/2 yd 0.5 m



60 in, all sizes



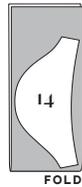
45 in, sizes 2-10



45 in, sizes 12-22

Short sleeve, fabric (14)

All sizes	
45 in	3/8 yd 0.3 m
60 in	3/8 yd 0.3 m



FOLD

A GUIDE TO FITTING

Here are my top tips for choosing a size and diagnosing fit issues, specifically for the Cinch-It Dress pattern. Note that our size chart is different for this dress than our other patterns. Because this design has a very forgiving fit, some of the numeric sizes are a range (like 12-14) and the cup sizes are divided into two groupings.

Use your high bust and full bust measurements to choose a size. We have grouped more cup sizes together than usual: A-C and D-H (the smaller grouping does not have bust darts while the larger grouping does have bust darts). To figure out which size you should make, first measure your high bust (under your armpits and above your breasts) and your full bust (the fullest part of your bust). Make sure to hold the measuring tape snug and parallel to the ground. Compare your body measurements to the Size Chart on the envelope. First, find your high bust measurement on the chart to determine your dress size and then scan down the cup sizes in that column to find the cup size that matches your full bust measurement.

FINISHED MEASUREMENTS: This dress has a unique fit and was designed with anywhere between 2 and 8 in (0-6.4 cm) of ease in the bust, and much more in the waist and hips. The design was meant to have a pronounced trapeze shape and lots of ease, which you can cinch in at the waist if you choose. You can consult the finished measurements chart below if you need more information to help you pick a size.

Size	2	4	6	8-10	12-14	16-18	20-22
Bust A-C	38.5 in 97.8 cm	40.5 in 102.9 cm	42.5 in 108 cm	43.5 in 110.5 cm	47.5 in 120.7 cm	51.5 in 130.8 cm	56.5 in 143.5 cm
Bust D-H	39.5 in 100.3 cm	41.5 in 105.4 cm	43.5 in 110.5 cm	44.5 in 113 cm	48.5 in 123.2 cm	52.5 in 133.4 cm	57.5 in 146.1 cm
Waist	53 in 134.6 cm	55 in 139.7 cm	57 in 144.8 cm	58 in 147.3 cm	62 in 157.5 cm	66 in 167.6 cm	70 in 177.8 cm
Hips	76.5 in 194.3 cm	78.5 in 199.4 cm	80.5 in 204.5 cm	81.5 in 207 cm	85.5 in 217.2 cm	89.5 in 227.3 cm	93.5 in 237.5 cm
Bicep (short sleeve)	11.25 in 28.6 cm	12.75 in 32.4 cm	14.25 in 36.2 cm	15.75 in 40 cm	17.25 in 43.8 cm	18.75 in 47.6 cm	20.25 in 51.4 cm

After deciding on a size, measure your waist. Measure your body around the smallest part of your torso; this is where your body creases when you bend to the side (for many people this is about

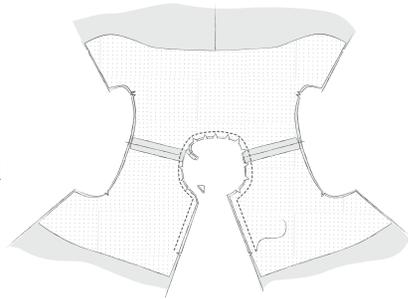
4. Secure the facings at the shoulder seams, center back seam, and center front seam by stitching in the ditch from the dress RS.

5. Sew side seams: pin dress front to dress back, RS together, at side seams. Stitch. Press seam allowances open.

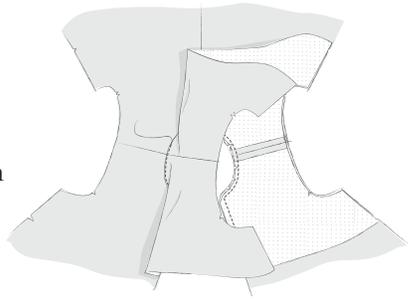
 *Proceed to Sleeves, p. 24.*

FINISHING NECKLINE WITH ALL-IN-ONE FACING (FOR SLEEVELESS DRESS)

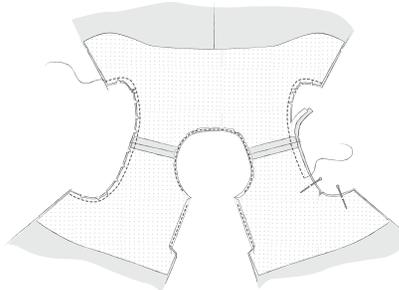
1. Sew facing to neckline: pin all-in-one facing unit to the dress around the neckline, RS together, matching notches. Start by backstitching at center front notch, then stitch around neckline, pivoting at corners and ensuring that shoulder seams remain open and flat. End and backstitch at opposite center front notch. Grade the neckline seam allowances so that the dress seam allowance is the widest. Clip the neckline curves and trim across the neckline corners.



2. Understitch facing: from RS, with facing opened out from dress and seam allowances underneath, stitch the facing 1/8 in (3 mm) from seamline, catching seam allowances in stitching. Turn facing to dress WS and press neckline edge, rolling seamline just to WS. Gently tug the neckline loop out.

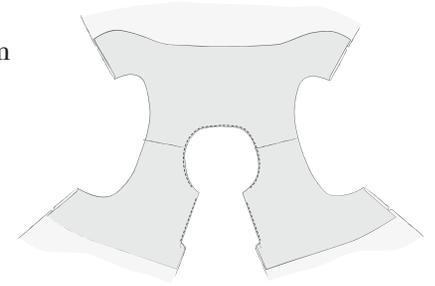


3. Sew facing unit to armhole: turn the facing WS out so that the dress and facing are RS together again. Pin the facing to the dress around the armholes, matching the shoulder seams, and stitch. Grade the armhole

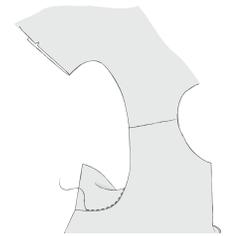


seam allowances so that the dress seam allowances are widest. Clip the armhole seam allowances along the inner curves.

4. Turn the dress RS out by reaching through each shoulder from the dress back and pulling the dress front through.

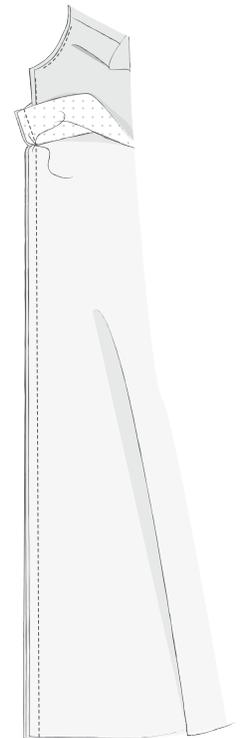


5. Understitch the armholes as far as possible up to the shoulder seam; you will have to understitch each armhole in two separate stages.



6. Press the dress neckline and armholes, rolling the understitching just to the WS.

7. Sew dress and facing front: pin the dress and facing fronts RS together from hem up to the bottom of the facing, matching at the notch point where the facing meets the dress. Stitch the center front seam in two separate lines of stitching, first from the dress hem to the notch and then from the bottom of the facing to the notch. You will need to maneuver between the seam allowances at the notch and make sure that there is no gap in your stitching where the two lines of stitching meet. Press seam allowances open and turn the facing to the WS of the dress.





TAKE YOUR DRESS TO THE NEXT LEVEL

ADD SHIRRING TO THE WAISTLINE

1. Wind elastic thread onto a bobbin by hand (it helps to very gently stretch the elastic thread as you wind) and load it into your sewing machine. Set the stitch length to 4 mm to 5 mm.

2. From the RS, begin stitching along the marked shirring placement line at the side seam, backstitching first. As the stitches approach the starting point again, instead of meeting the previous line of stitching, gradually steer the stitching $\frac{1}{4}$ in (6 mm) below the first line of stitching to apply the elastic thread in a spiral pattern. Use your presser foot as a guide to space the lines evenly. Continue in this way until you've stitched about 4½ in (11.5 cm) deep around the midriff. You will probably need to start a new bobbin at some point, so just backstitch or pull threads to the WS of the dress and tie them in a knot. Backstitch at the end of the shirring.

3. Steam the shirring from the RS to shrink the elastic back to its original length.

