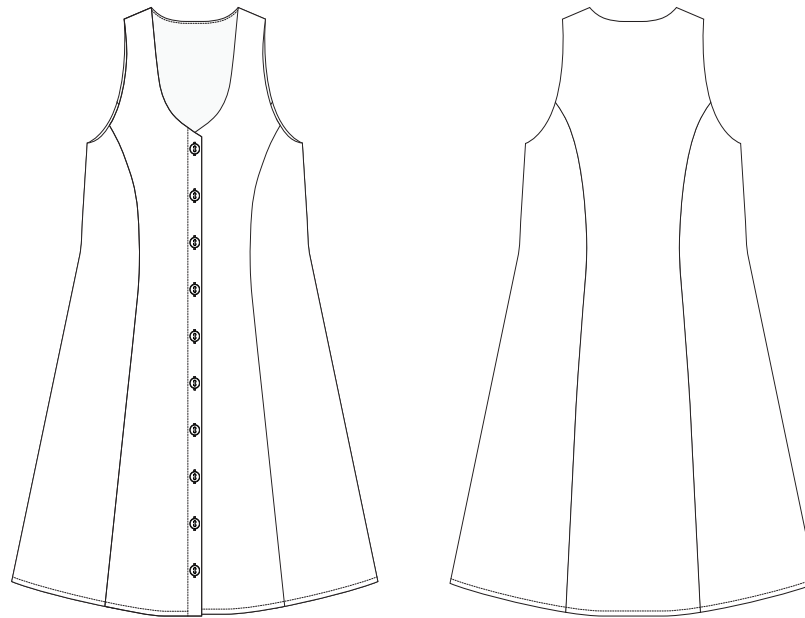


Peppermint

MAGAZINE



BUTTON-UP DRESS / ISSUE 39

SKILL LEVEL



IN THE
FOLDS

CONTENTS

ABOUT IN THE FOLDS PATTERNS	3
GARMENT OVERVIEW (INCLUDING FABRIC SUGGESTIONS AND NOTIONS)	4
SIZING + GARMENT MEASUREMENTS (INCLUDING FABRIC REQUIREMENTS)	5
PRINTING THE PATTERN	6
PRINTING PLAN	7
CUTTING YOUR FABRIC	8
SUGGESTED CUTTING PLAN	9-10
INSTRUCTIONS	11-20
GLOSSARY	21
REFLECTION	22

We're super excited to bring you these patterns in partnership with the lovely people at **The Fabric Store**. With a passion for all things sewing, they stock an incredible range of fabrics – think quality linen, silk, cotton, merino and even leather – at their Sydney, Melbourne, Brisbane and New Zealand stores, as well as a small selection online.

The Fabric Store

ABOUT IN THE FOLDS PATTERNS

In the Folds patterns are designed to inspire and encourage modern makers to create garments that are beautiful both inside and out. Through selected techniques and construction details, **In the Folds** aims to encourage thought-provoking and memorable making experiences - helping you enjoy each stitch in the process.

Techniques may differ slightly to the home sewing methods you are used to, but in some cases industrial finishes will give you the cleanest and most professional finish.

Seam allowances are marked on each pattern piece and detailed in each step.

You will notice that in some cases the seam allowances meet each other at different angles at the end of the seam. This is so that when you press the seam allowances open the seams will sit flush with the edges and will help you get a really clean finish.

SLOW SEWING

In the Folds patterns are designed to include thoughtful details and interesting techniques so that you can enjoy the process of making the garment as much as the end result.

If we slow down and take in every stitch, we can better our skills, appreciate the amazing things we can do with our hands, understand the process more fully and create garments that will be worn, loved and cared for long into the future.

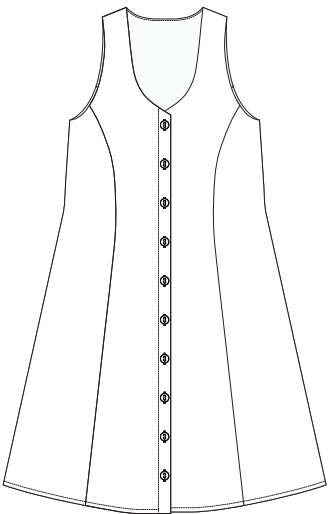
We'd love to see your work in progress. Find us on Instagram @inthefolds and @peppermintmagazine and tag your photos with #peppermintbuttonupdress

Happy sewing!

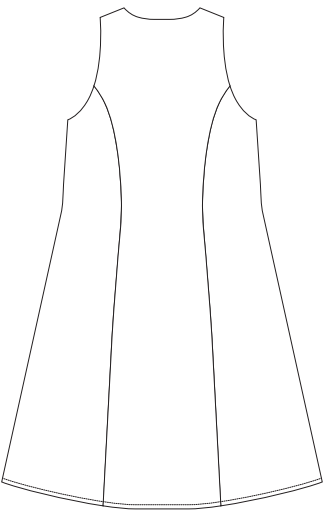
THE ENVIRONMENT

Consider using fabric from your stash before going to buy something new. I dare you. You might be surprised by what you find there. Before selecting your fabric, really think about how this garment will fit into your wardrobe and how you plan to care for it. Choose a fabric that fits the bill.

GARMENT OVERVIEW



FRONT VIEW



BACK VIEW

GARMENT DETAILS

The **Button-up Dress** is a sleeveless dress with princess panels that give a subtle 'fit and flare' silhouette. The dress is designed to be worn on it's own in the warmer months or layered over a long sleeve top and tights in the cooler months. The dress features a button up front and an all-in-one facing to finish the neckline and armholes.

FABRIC SUGGESTIONS

The **Button-up Dress** is compatible with medium to heavy weight fabrics. Consider using: cotton twill, cotton drill, linen, corduroy or denim.

Lighter fabrics could be used, but keep in mind that the buttons could weight it down.

NOTIONS

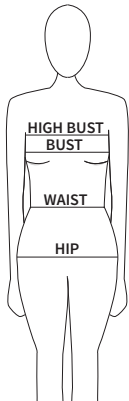
- Coordinating thread
- 10 x 22mm (7/8") buttons
- 0.8m (0.9yds) Light to mid-weight iron on fusing (if your fabric requires it)

SIZING + GARMENT MEASUREMENTS

NOTES ON FITTING

When making the **Button-up Dress**, use your **high bust measurement** to select your size and then your **bust measurement** to work out whether or not you need to do a Small Bust Adjustment (SBA) or Full Bust Adjustment (FBA). This pattern is drafted for a B cup bust, but you will notice that there is some ease at the bust. Use the finished garment measurements to guide you.

The pattern is nested so that you can grade between sizes if necessary. Simply print the sizes you need and draw a diagonal line between the sizes to grade between them. The pattern is drafted for height of 170cm (5'7"). Use the 'Lengthen / Shorten' line on the pattern to adjust the finished length.



REQUIRED MEASUREMENTS

	A	B	C	D	E	F	G	H	I	J
HIGH BUST	71cm 28"	76cm 30"	81cm 32"	86cm 34"	91cm 36"	96cm 38"	103.5cm 41"	111cm 43½"	118.5cm 46½"	126cm 49½"
FULL BUST	76cm 30"	81cm 32"	86cm 34"	91cm 36"	96cm 38"	101cm 40"	108.5cm 43"	116cm 45½"	123.5cm 48½"	131cm 51½"
WAIST	61cm 24"	66cm 26"	71cm 28"	76cm 30"	81cm 32"	86cm 34"	93.5cm 37"	101cm 39½"	108.5cm 42½"	116cm 45½"
HIP	84cm 33"	89cm 35"	94cm 37"	99cm 39"	104cm 41"	109cm 43"	116.5cm 46"	124cm 49"	131.5cm 51½"	139cm 54½"

FINISHED GARMENT MEASUREMENTS										
	A	B	C	D	E	F	G	H	I	J
BUST	86cm 33¾"	91cm 35¾"	96cm 37¾"	101cm 39¾"	106cm 41¾"	111cm 43¾"	118.5cm 46⅝"	126cm 49⅞"	133.5cm 52½"	141cm 55½"
WAIST	81cm 32"	86cm 34"	91cm 36"	96cm 37¾"	101cm 39¾"	106cm 41¾"	113.5cm 44¾"	121cm 47⅞"	128.5cm 50⅞"	136cm 53½"
HIP	105cm 41⅜"	110cm 43¼"	115cm 45¼"	120cm 47¼"	125cm 49¼"	130cm 51⅞"	137.5cm 54⅞"	145cm 57⅞"	152.5cm 60"	160cm 63"
LENGTH*	90cm 35¼"	90.4cm 35½"	90.8cm 35¾"	91.2cm 36"	91.6cm 36⅞"	92cm 36¼"	92.8cm 36½"	93.5cm 36¾"	94.2cm 37"	95cm 37⅞"

FABRIC REQUIREMENTS

	A	B	C	D	E	F	G	H	I	J
115cm 45"	2.2m 2.4yds	2.2m 2.4yds	2.2m 2.4yds	2.2m 2.4yds	2.3m 2.5yds	2.3m 2.5yds	2.3m 2.5yds	2.5m 2.8yds	2.7m 3yds	2.8m 3.1yds
150cm 60"	1.8m 2yds	1.8m 2yds	1.8m 2yds	1.9m 2.1yds	1.9m 2.1yds	1.9m 2.1yds	1.9m 2.1yds	2.3m 2.5yds	2.4m 2.7yds	2.4m 2.7yds

PRINTING THE PATTERN

PAPER SIZE

This pattern can be printed on both A4 or US letter-sized paper. There is also a full sized version included so that, if you'd prefer, you can get it printed on full sheets (2 x A0) at your local copy shop.

LAYERS

This pattern has embedded layers. This means that you can select only the size/s you would like to print.

Layers make it much less confusing to cut out the pattern, and also saves on ink (and paper in some cases).



Open the pattern in Adobe Reader and click on the 'layers' option on the left hand side. There will be an eye next to each layer in the pattern. Turn off (by clicking) all the layers you do not need.



Please note, at the time of publishing, layers are not available on Preview (Mac). You will need to install Adobe Reader to access this feature.



Please note : The 'PATTERN INFO' layer needs to be on for all sizes.

SCALING

Open the pattern in Adobe Reader. Before printing the file, you will need to check the scaling settings on your printer. The pattern needs to be printed at its true scale. To do this, go into your print settings and select 'actual size' or set page scaling to 'none' or 'turn off page scaling.'

Print only Page 1 of the pattern, and check that the large test square measures 5cm x 5cm, or the smaller one measures 1in x 1in. It really needs to be precise, so if it is not quite right, you will need to go back and check your printer settings again.

PRINT

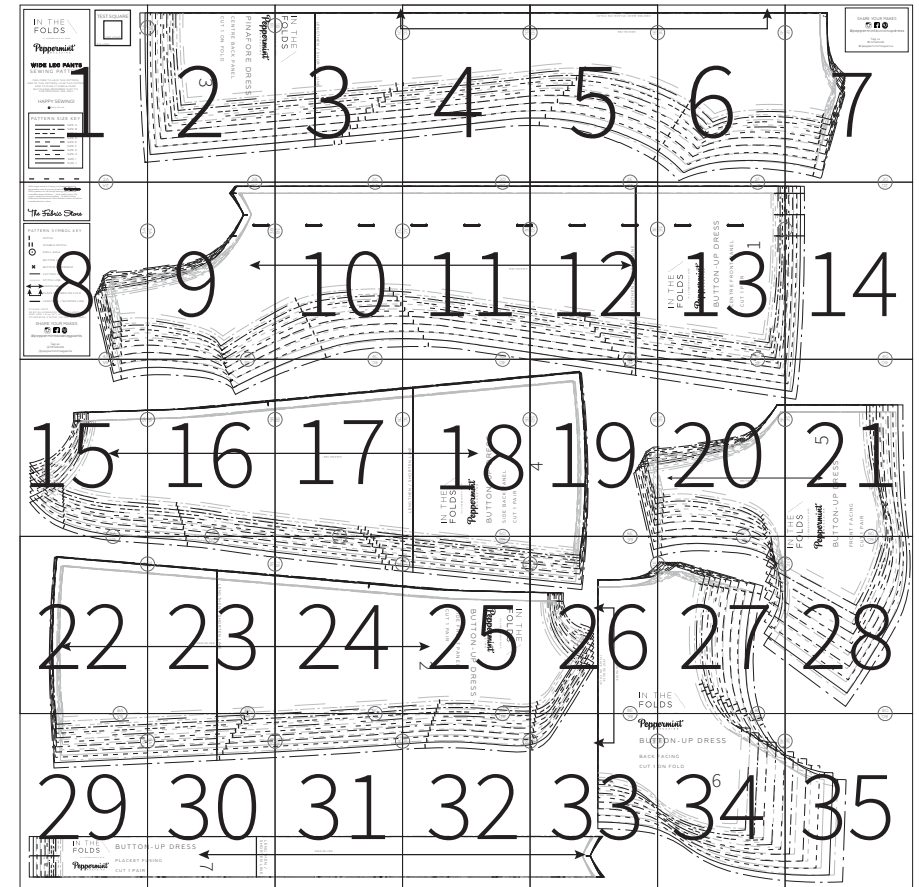
When you have the scaling right, print the remainder of the pattern. Depending on the size/s you need, you may not need to print all the pages. There is a printing plan on p. 7.

Please note: *When printing from Adobe Reader, make sure the print orientation is set to "Auto portrait / landscape" - this will ensure the border of each page will be printed.*

ASSEMBLE

Cut around the border of each page - one long side and one short side (keep your choice of sides consistent between pages). Align the circles so that 1A matches up to 1A, 2A with 2A etc, and tape or glue in place. Use the printing plan on p. 7 as a reference, if required.

PRINTING PLAN



CUTTING YOUR FABRIC

Wash and dry your fabric. Use the method you intend to use when washing your garment so it doesn't shrink after its first wash! Give your fabric a good press before cutting.

Take your pre-washed fabric and fold it in half lengthways, with right sides together, on a cutting table or other flat surface. Bring the selvages (woven edges of the fabric) together and smooth out any wrinkles. By folding the fabric in half, you will be able to cut two pieces at the same time.

Take your pattern pieces and lay them on your fabric, with the grainline of each pattern piece running exactly parallel to the selvedge (use a tape measure to measure from each end of the grainline, ensuring your pattern piece is on grain). Use the cutting plans on pp 9 - 10 as a guide.

If a pattern piece asks for 'CUT 1 ON FOLD' - align the fold line on the pattern piece with the fold of the fabric, so that you will be left with a full pattern piece once cut.

Use weights or pins to hold the pieces in place. Carefully cut out each piece. Be sure to transfer all pattern markings onto your fabric.

To mark a notch, snip into the fabric **5-6mm (1/4in)**. Buttonholes can be marked when cutting or when you are ready to sew them.

TIPS

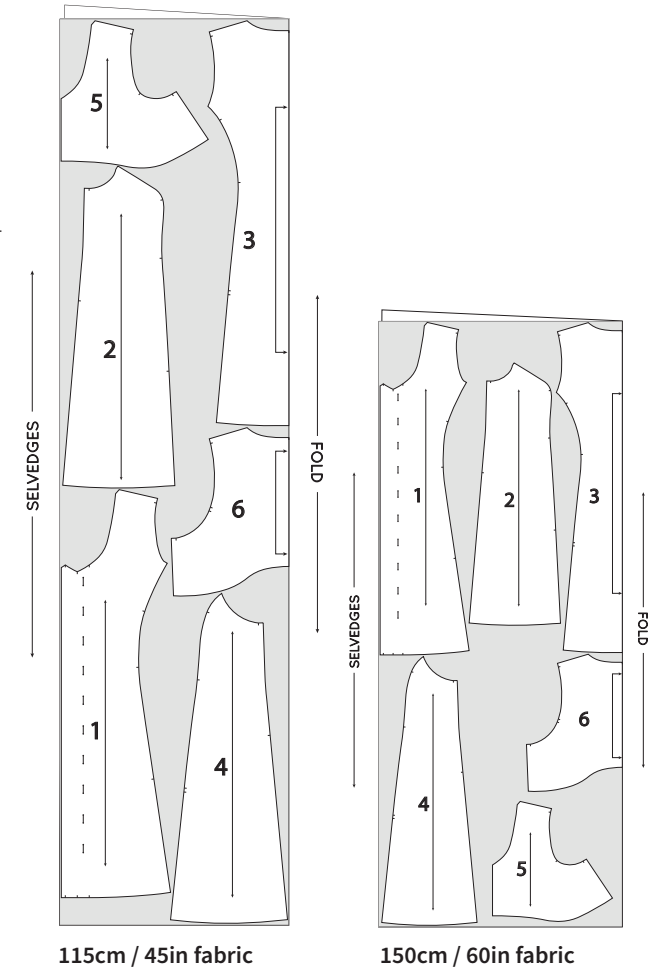
- Take notes of any changes you make to the pattern as you go. This will help you when you use the pattern again (there is a section for this on p. 22).
- Enjoy the process! It's not a race to the end.

SUGGESTED CUTTING PLANS

(SIZES A - G)

PIECES TO CUT:

- 1 - Centre front panel - cut 1 pair
- 2 - Side front panel - cut 1 pair
- 3 - Centre back panel - cut 1 on fold
- 4 - Side back panel - cut 1 pair
- 5 - Front facing - cut 1 pair
- 6 - Back facing - cut 1 on fold
- 7 - Placket fusing - cut 1 pair fusing

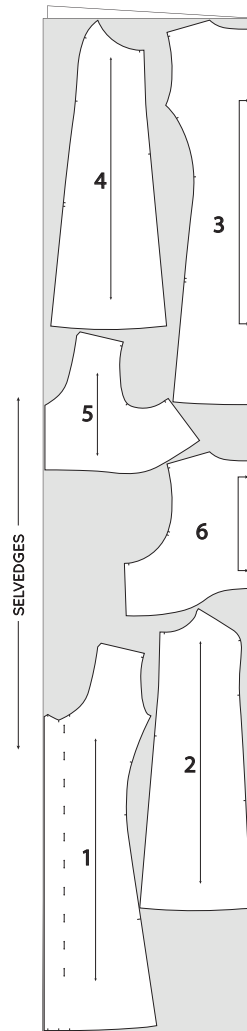


SUGGESTED CUTTING PLANS

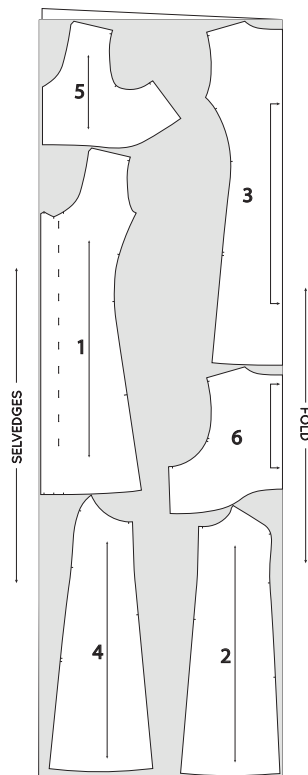
(SIZES H - J)

PIECES TO CUT:

- 1 - Centre front panel - cut 1 pair
- 2 - Side front panel - cut 1 pair
- 3 - Centre back panel - cut 1 on fold
- 4 - Side back panel - cut 1 pair
- 5 - Front facing - cut 1 pair
- 6 - Back facing - cut 1 on fold
- 7 - Placket fusing - cut 1 pair fusing



115cm / 45in fabric



150cm / 60in fabric

INSTRUCTIONS

ILLUSTRATION KEY:

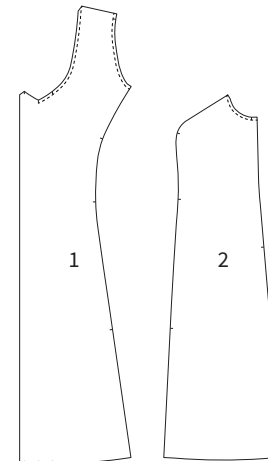


These instructions guide you through making the **Button-up Dress** with seams overlocked / serged.

Seam allowances are noted in each step. More details on sewing terms can be found in the *Glossary* on p. 21.

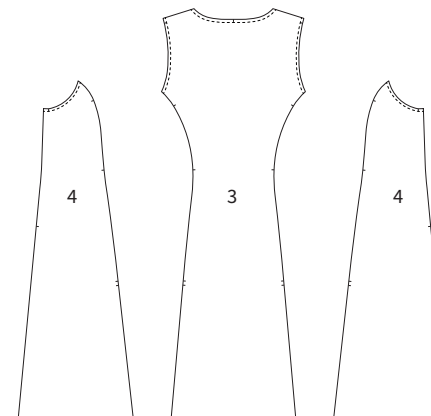
Happy Sewing!

STAYSTITCH



STEP 1

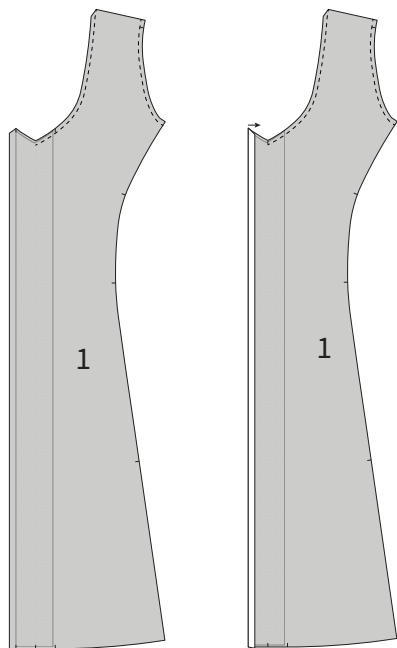
Take the CENTRE FRONT PANELS [1] and SIDE FRONT PANELS [2] and stay stitch the armhole curves and neckline - stitching **6mm (1/4in)** from the edge. This will prevent the curves stretching out as you work with the pieces.



STEP 2

Repeat for CENTRE BACK PANELS [3] and SIDE BACK PANELS [4].

APPLY FUSING



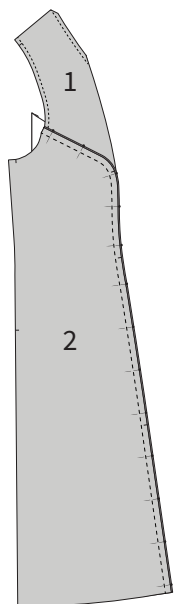
STEP 3

Apply fusing to the wrong side of each CENTRE FRONT PANEL [1] (if you have chosen to use it).

STEP 4

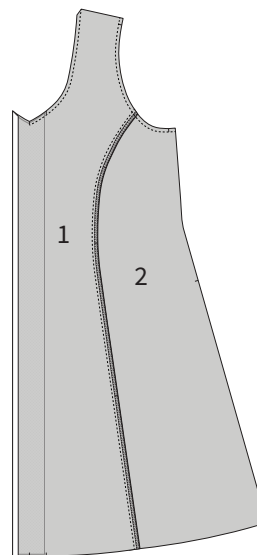
Make a crease on the placket by folding back the centre front edge by **1cm (3/8in)** and pressing.

SEW PRINCESS PANELS



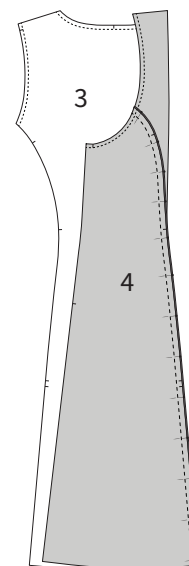
STEP 5

Using the notches to guide you, pin the SIDE FRONT PANEL [2] to the CENTRE FRONT PANEL [1] with right sides together. Stitch with a **1cm (3/8in)** seam allowance. Repeat for the other side



STEP 6

Finish the seam with your chosen method and press seam away from the CENTRE FRONT PANEL [1] - pressing from both the right and wrong side to ensure the seam is nice and flat. It can be helpful to press the bust curve over a tailor's ham to help you get a nice shape through the bust area.

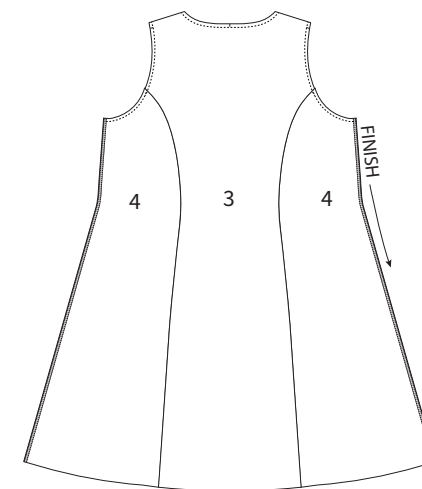


STEP 7

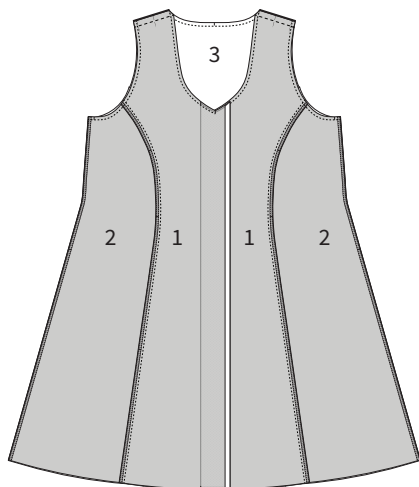
Using the notches to guide you, pin the SIDE BACK PANEL [4] to the CENTRE BACK PANEL [3]. Stitch with a **1cm (3/8in)** seam allowance. Repeat for the other side and then finish seams with your chosen method. Press seams away from the centre back - pressing from both the wrong and right side to ensure the seam is sitting nice and flat.

STEP 8

Finish the side seam on both the SIDE FRONT PANELS [2] and SIDE BACK PANELS [4].



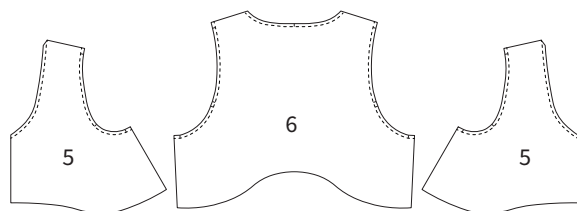
SEW SHOULDER SEAMS



STEP 9

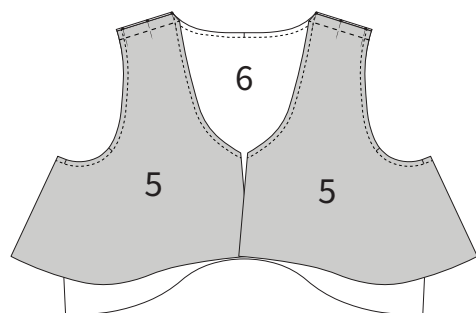
Pin front and back shoulder seams together and stitch with a **1.2cm (½in)** seam allowance. Press seam allowances open.

FACING



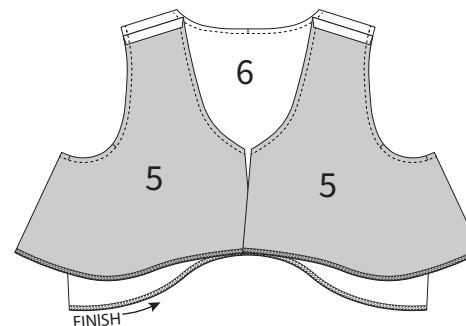
STEP 10

Take the FRONT FACING [5] pieces and BACK FACING [6] and stay stitch armholes and neckline, stitching **6mm (¼in)** from the edge.



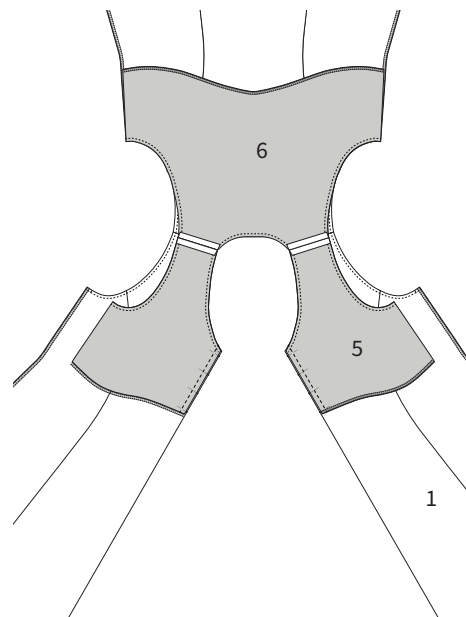
STEP 11

Pin front and back shoulder seams together with right sides together and stitch with a **1.2cm (½in)** seam allowance.



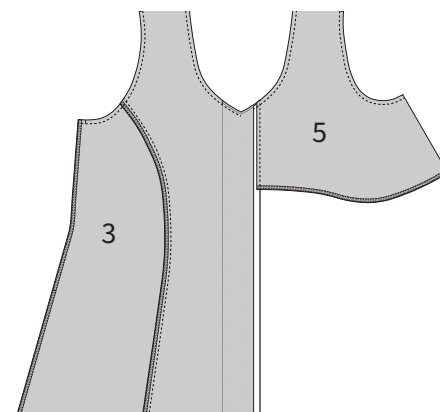
STEP 13

Press shoulder seam allowances open before finishing the bottom edge of each of the facing pieces with your chosen method.



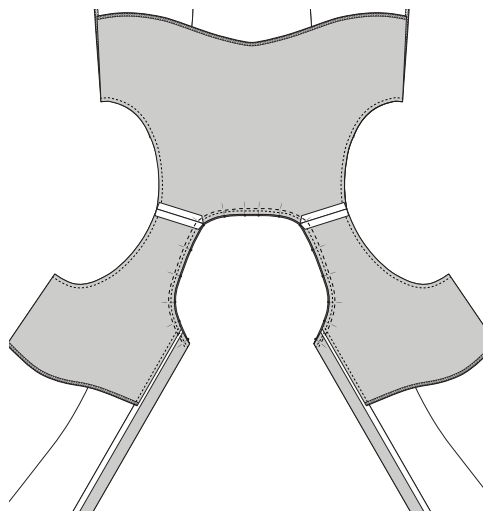
STEP 12

Lay the body of the dress out with the right side facing up, with the shoulder seams flat. With the facing right side down, pin the centre front of the FRONT FACING [5] to the centre front of the CENTRE FRONT PANEL [1] on either side of the centre front opening. Stitch with a **1cm (⅜in)** seam allowance.



STEP 14

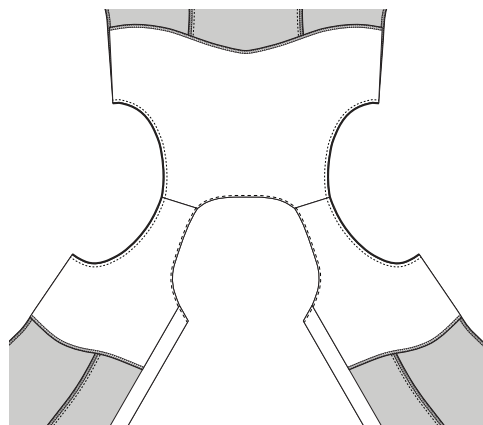
Press the seam allowance towards the body of the dress and trim down the seam allowance of the facing to minimise bulk along the seam.



STEP 15

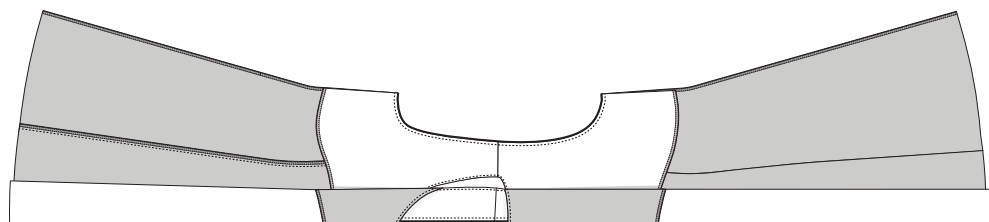
With the dress laid out flat again, turn the placket section of the centre front panel back on itself, using the notches to guide you, so that the neckline and shoulder seams on the body of the dress and facing line up. Pin around the neckline and stitch with a **1cm (3/8in)** seam allowance.

Trim, clip and grade the seam allowance by **6mm (1/4in)** and trim back the corner at the centre front.



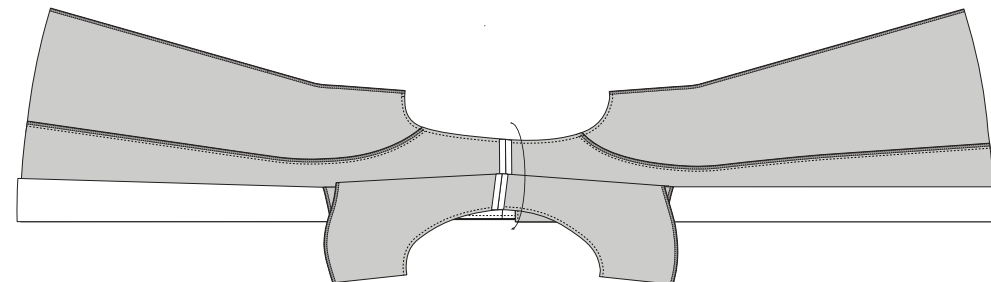
STEP 16

Turn the facing to the inside of the dress and use a corner turner (or similar) to turn out the corners at the centre front. Under stitch the seam allowance to the facing around the neckline (this will help the facing remain on the inside of the dress), before giving it a good press from the right and wrong side.



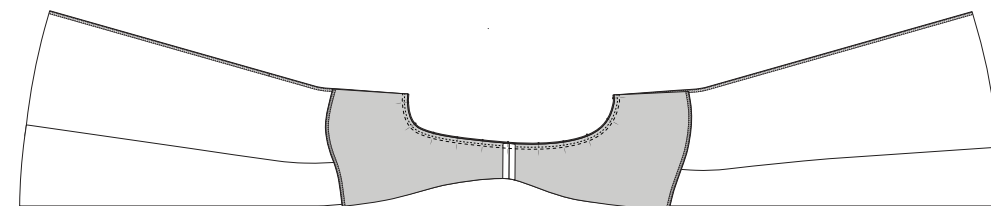
STEP 17

With the dress laid out flat (with wrong side up), take one side and carefully roll up the dress, towards the opposite side. Continue rolling the dress until you reach the start of the shoulder seam on the other side.



STEP 18

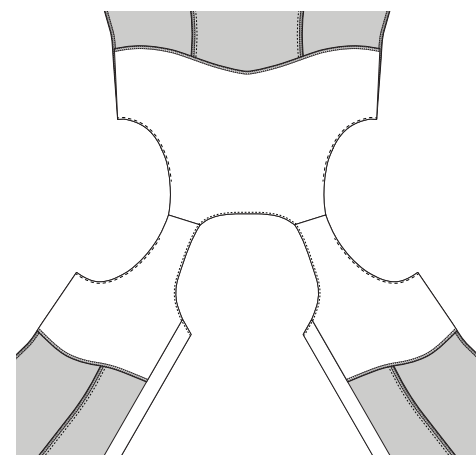
With the dress still rolled up, flip the facing back towards you, so that it lies on top of the rolled fabric.



STEP 19

Lift the roll and flipped facing, and turn the remaining side of the dress right side up, so that the armhole of the body of the dress can now meet the armhole of the facing (with the rolled up fabric in between). Pin armholes together, using the shoulder seams and notches as a guide.

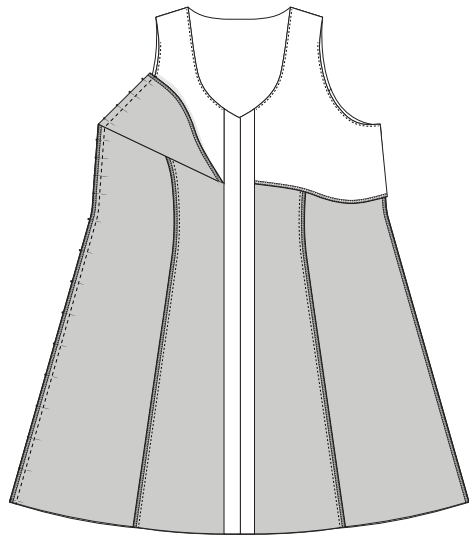
Stitch the armhole with a **1cm (3/8in)** seam allowance (being careful not to stitch through the rolled up fabric). Grade the seam allowance before clipping into the curve.



STEP 20

As the facing is already attached at the neckline, you won't be able to understitch the armhole all in one go. Understitch the armhole seam allowance to the facing by lifting the FRONT FACING [5] on the front armhole and sewing in from the side seam on the front and getting as close to the shoulder seam as possible.

Repeat for the back armhole by stitching from the back side seam around the armhole towards the shoulder seam.

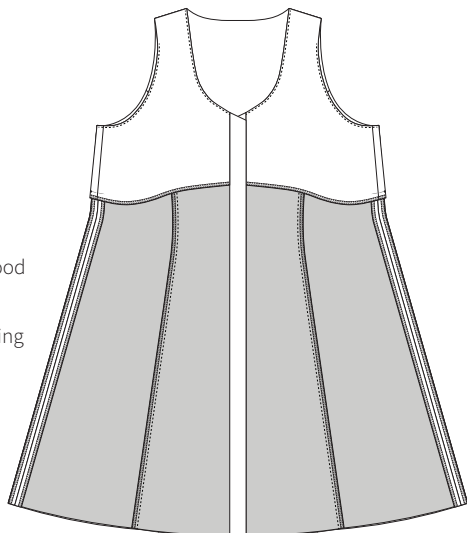


STEP 21

With the dress inside out, flip up the facing so that you can access the side seam of both the dress and the facing. Pin the side seam of the facing and continue down the side seam of the dress.

Stitch the side seam with a **1.2cm (½in)** seam allowance and press the seam allowances open.

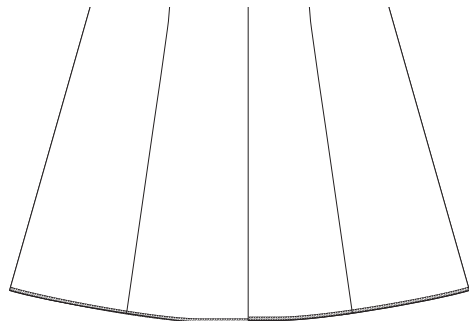
Repeat for the other side.



STEP 22

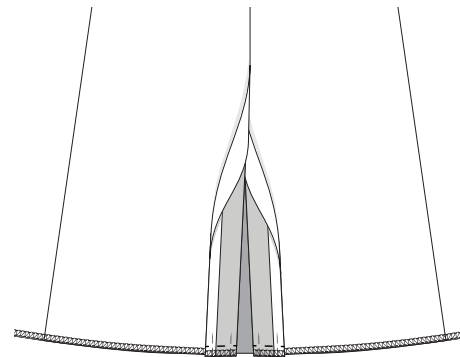
Turn the facing to the inside of the dress and give it a good press around the armholes. Pin the side seams of the facing to the side seams of the dress before hand stitching the facing to the seam allowance at the side seams.

FINISHING TOUCHES



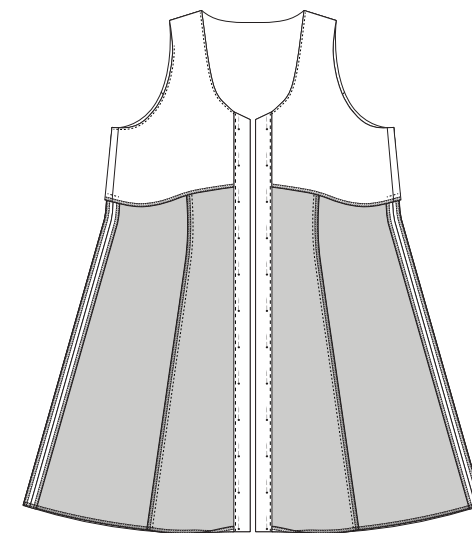
STEP 23

Finish the hem with your chosen method.



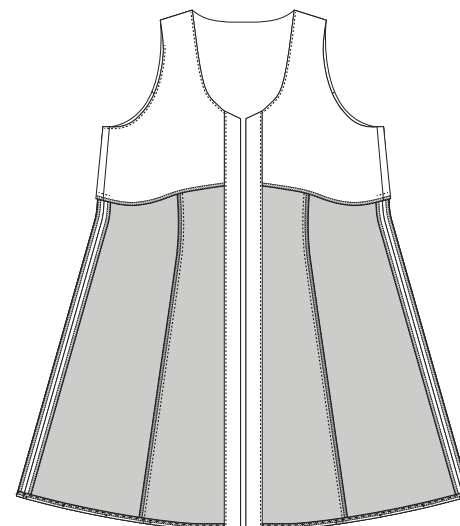
STEP 24:

Flip the bottom of the placket over so that it can have right sides together at the hem. Use the notch to fold it in on itself (with the raw edge still turned back by 1cm / 3/8in) and pin. Stitch with a **1cm (3/8in)** seam allowance. Trim back the corner before turning to the right side.



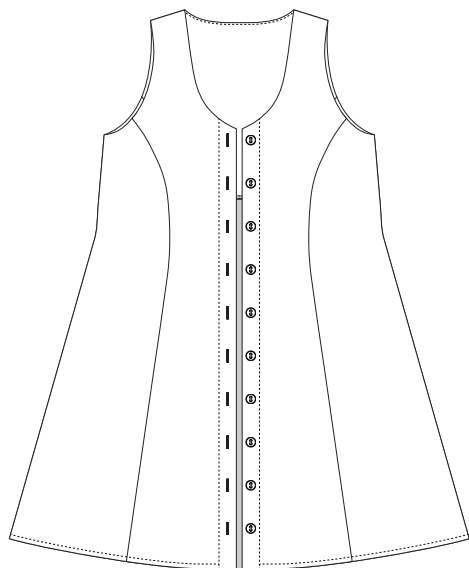
STEP 25

Turn the dress inside out and press placket in place, ensuring the fold covers the fusing. Pin before stitching close to the folded edge.



STEP 26

Turn up hem by **1cm (3/8in)** and press and pin. Stitch close to the edge.



STEP 27

Using the markings on the pattern, mark the location for the buttons and buttonholes. Make buttonholes and stitch buttons.

Give the dress a good press and you are ready to wear it!

We'd love to see what you made!

Find us on Instagram @peppermintmagazine and @inthefolds and tag your photo with #peppermintbuttonupdress

GLOSSARY

BASTE

Sew temporary stitches to hold pieces in place before sewing permanently. Basting can be done by hand or machine (on a long stitch length). Consider using a contrast thread when basting to make stitches easier to remove later.

CLIP

Snip into the seam allowance (perpendicular to the raw edge) getting close to the stitch line, to help open up curved seams or corners.

DRILL HOLE

Drill holes are small holes marked on a pattern, often used to indicate a dart point or other design feature, such as the location of patch pockets, belt loops or pivot points (any feature that is located in an area where you are unable to notch a seam).

FINISH

Neaten the raw edges of your project using an overlocker, zigzag stitch or binding.

INTERFACING

A (normally) fusible fabric that is used to stiffen or strengthen fabric, in certain parts of a garment. It is often used in collars, cuffs and button plackets.

GRADE SEAM ALLOWANCES TRIM

Minimise bulk by trimming down raw edges in varying widths. Trim down the seam allowance that will sit closest to the body close to the stitch line. Trim the next layer, leaving a slightly wider seam allowance than the first, and so on until all layers are trimmed back.

NOTCH

A notch is a small cut in the fabric that helps guide you while you are sewing. It can be used to indicate seam allowance, dart arms, the location of design details or indicate key points on the pattern (like the centre front or centre back). Notches are also used to indicate balance points (points on your pattern that help you sew the right pieces together, as well as help you when you are sewing long or curved seams).

PRESS

Use an iron to press seams flat, using steam (if appropriate for your fabric).

RIGHT SIDE / WRONG SIDE

The right side of the fabric is the side you would like to see on the outside of the finished garment, while the wrong side is the side that will be hidden inside the garment.

Cut back a seam allowance to make a seam easier to manage or less bulky.

SEAM ALLOWANCE

The space between the stitch line and the raw edge of the fabric. Seam allowances are included in this pattern and are noted on the pattern pieces and throughout the instructions.

STAY STITCH

Staystitching is a line of stitching inside the permanent stitch line (so it remains hidden inside the seam allowances) that is used to reinforce curved and bias cut seams, so that they do not stretch or distort during the sewing process.

UNDER STITCH

Understitching is when the seam allowance is stitched to a facing or binding, close to the seam edge. This helps the facing, binding (or similar) roll to the inside of the garment, preventing it from being seen on the outside of a garment.

REFLECTION / NOTES*

OVERVIEW

Date made: _____

Measurements

Bust: _____

Waist: _____

Hip: _____

Size/s made: _____

Fabric used: _____

ADJUSTMENTS MADE

SKILLS LEARNED

WHAT DID YOU ENJOY
ABOUT THE PROCESS?

WHAT PARTS OF THIS
PROJECT ARE YOU MOST
PROUD OF?

IS THERE ANYTHING YOU
WOULD DO DIFFERENTLY
NEXT TIME?

WHAT SKILLS WOULD YOU
LIKE TO WORK ON IN THE
FUTURE?

NOTES FOR NEXT TIME:

*Tip: Take a copy of this for the next time or to use with other projects

WOOHOO! YOU HAVE FINISHED YOUR BUTTON-UP DRESS!

WE'D LOVE TO SEE
WHAT YOU'VE MADE.

Find us on Instagram @peppermintmagazine
and @inthefolds and tag your photo with
#peppermintbuttonupdress

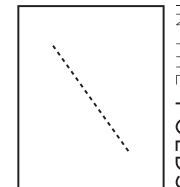
LOVE YOUR DRESS?

There are plenty more patterns available at
www.inthefolds.com +
www.peppermintmag.com/sewing-school/

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IN THE
FOLDS

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MADE WITH LOVE IN
SYDNEY, AUSTRALIA