

Sienna Shift Dress



Sew this pattern

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The Sienna Shift Dress is the perfect pattern for an intermediate sewer or a more advanced beginner. This dress pattern is based on an A-line shape which gives it a flowy fit over the waist and hips. The bodice has a round neck, princess seams and empire waistline which gives it a flattering fit over the bustline. The real feature of this dress pattern are the ruffles which are sewn into the princess seams and fall beautifully over the sleeveless bodice. The ruffles can be finished with binding or for an edgy look left with a frayed edge. It is a mini length sitting mid thigh but can be shortened or lengthened easily at the hem line. The Sienna Shift dress pattern comes in sizes 6-18 (Australian standards). Skills required for this pattern are inserting a zipper and sewing bias binding which makes it perfect for the advanced beginner/intermediate sewer.

Ideally it should be made up in a mid weight cotton, cotton blend, chambray, linen or light weight denim but would work in any light to mid weight woven fabric.

The Sienna Shift dress is a really cute summer dress and is ideal to take on a summer holiday! Wear it with some pretty sandals during the day or even a cute pair of sneakers for a more casual look. Dress it up in the evening for a night out, the perfect holiday wardrobe piece.

FEATURES

- Round neck
- Ruffle Inserts
- Back zipper closure
- Empire waist
- Mid thigh length

DIFFICULTY - INTERMEDIATE



Sienna Shift Dress pattern is perfect for Intermediate sewers.

PREPARATION TIME

Printing, sticking, cutting fabric and marking details.

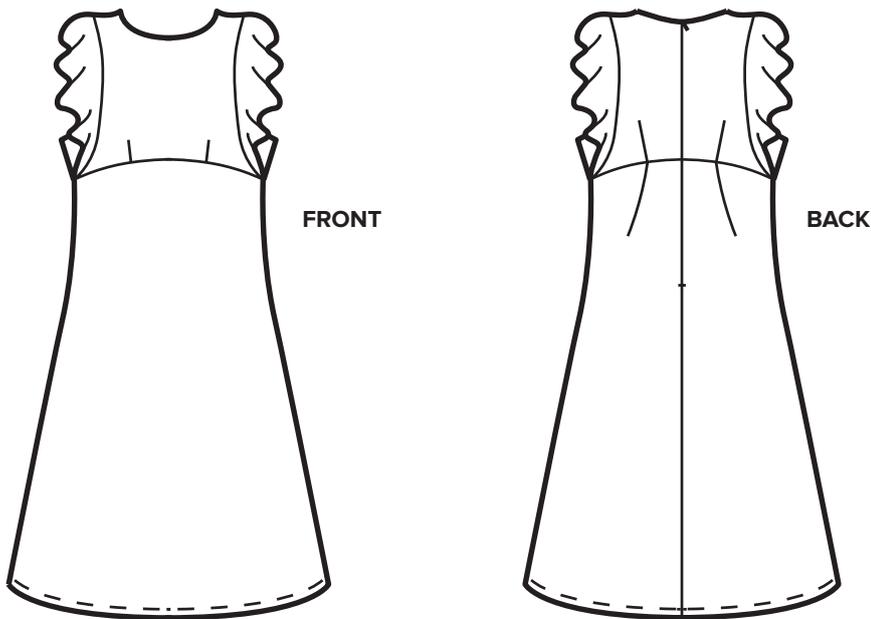
1-2 hours

Sewing time

3-4 hours (approx)

Please note: This is a guide only!

Sienna Shift Dress



Sizing

BODY MEASUREMENTS

SIZE		6	8	10	12	14	16	18
BUST	CM	80.5	83	88	93	98	103	108
	(IN)	(32)	(33)	(35)	(37)	(39)	(41)	(44)
WAIST	CM	62.5	65	70	75	80	85	92.5
	(IN)	(24½)	(25½)	(27½)	(29½)	(31½)	(33 ½)	(33 ½)
HIPS	CM	86.5	89	94	99	104	109	116.5
	(IN)	(34)	(35)	(37)	(39)	(41)	(43)	(45)
LENGTH	CM	80.5	83	85.5	88	90.5	93	95.5
	(IN)	(31.5)	(32.5)	(33.5)	(35)	(35.5)	(37)	(38)

Note:

Length = Finished garment length from centre back neck.

If you are in between sizes always go up a size, fit before sewing and alter.

Getting Started

MATERIALS

- Fabric : A light to medium weight woven fabric is recommended such as cotton, cotton blends, lawn, chambray, linen, or lightweight denim.
- 55 - 60cm Invisible Zipper
- Iron on interfacing
- Thread to match

GETTING STARTED

If you are printing the A4 pattern, **print the test square first** which is on page 1. **Make sure scaling is turned off. The pattern needs to be printed at 100%.** Before you print all of your pages check that your pattern is printing correctly by printing the page with the test square, which is 10cm x 10cm.

Assemble and tape pattern together by matching the numbers and letters as shown in the pattern layout diagram.

Use the size chart to determine your size.

If you are in between sizes always choose the larger size and alter where necessary.

Sewing a test pattern first in a cheap fabric like muslin is recommended. Transfer any alterations you make to your pattern before cutting your fashion fabric.

Included are fabric layout suggestions. Layout the pattern pieces, pin in place paying careful attention to grain lines before cutting out. If you choose a plaid or a pattern that needs matching make sure you allow for matching.

Transfer all markings including notches.

All measurements are in cm's.

The pattern includes 1.5cm (5/8") seam allowances unless otherwise noted.

Press all seams after sewing for a professional finish.

FABRIC REQUIREMENTS

Note: If you are lengthening your dress make sure you buy extra fabric to allow for the extra length.

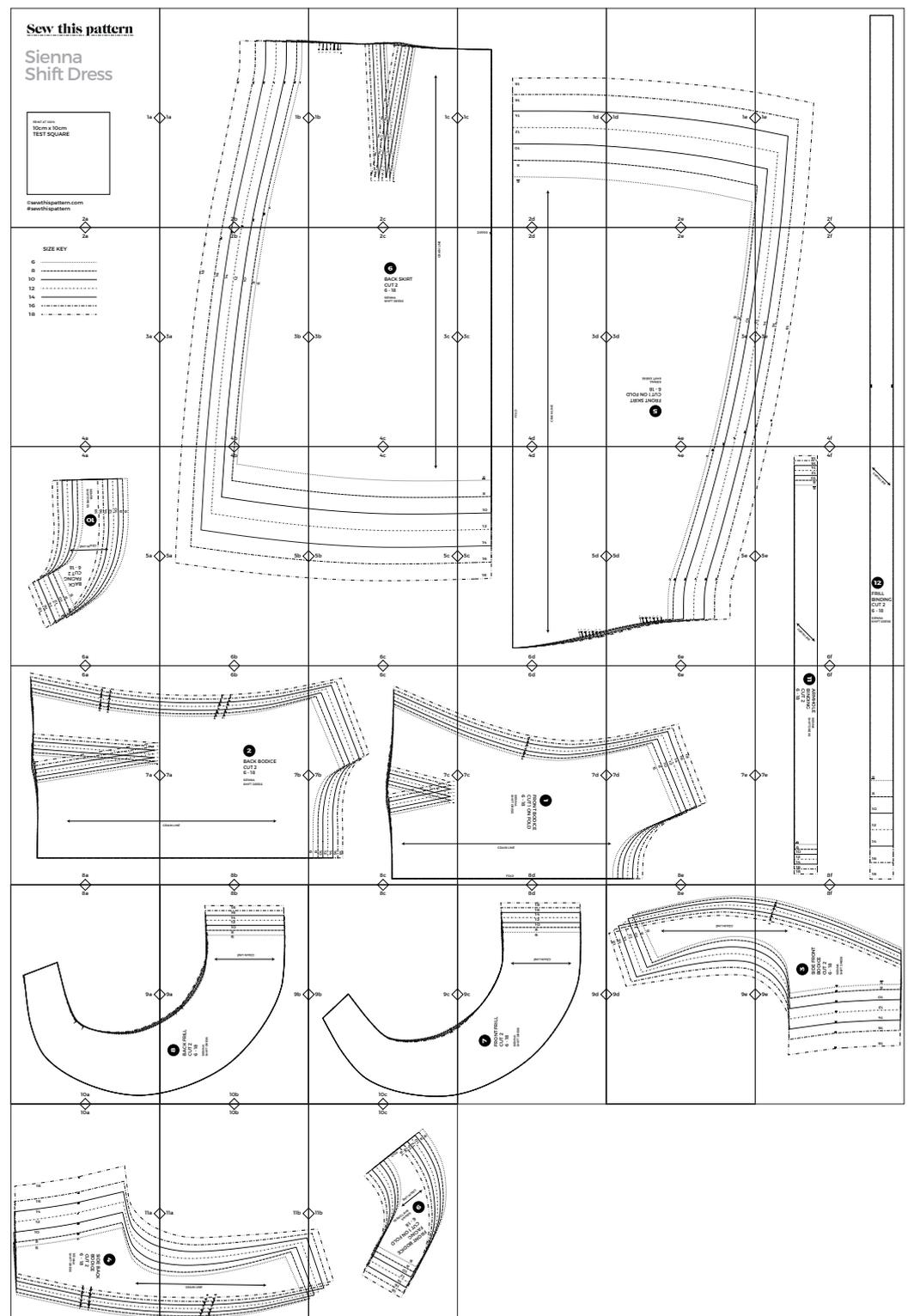
SIZE	115cm/45"	150cm/60"
Sienna Shift Dress (6-12)	2.5m / 2 3/4 yds	2m / 2 1/8 yds
Sienna Shift Dress (14-18)	2.7m / 2 7/8 yds	2.20m / 2 3/8 yds

Please note. These fabric requirements include 80cm of fabric for the self fabric bias binding for finishing the frills and armholes.

Pieces

PATTERN PIECE INVENTORY

- 1 Front Bodice
- 2 Back Bodice
- 3 Side Front Bodice
- 4 Side Back Bodice
- 5 Front Skirt
- 6 Back Skirt
- 7 Front Frill
- 8 Back Frill
- 9 Front Bodice Facing
- 10 Back Bodice Facing
- 11 Armhole Binding
- 12 Frill Binding

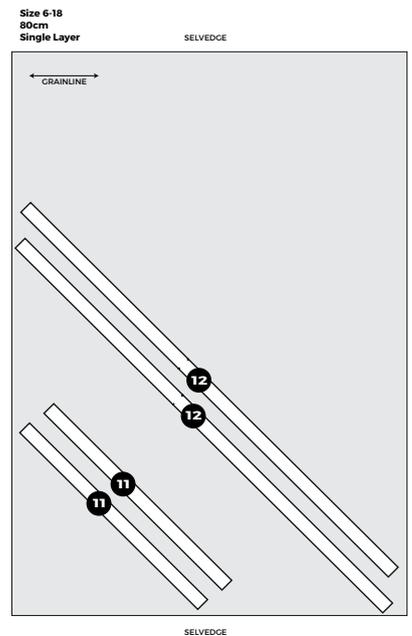
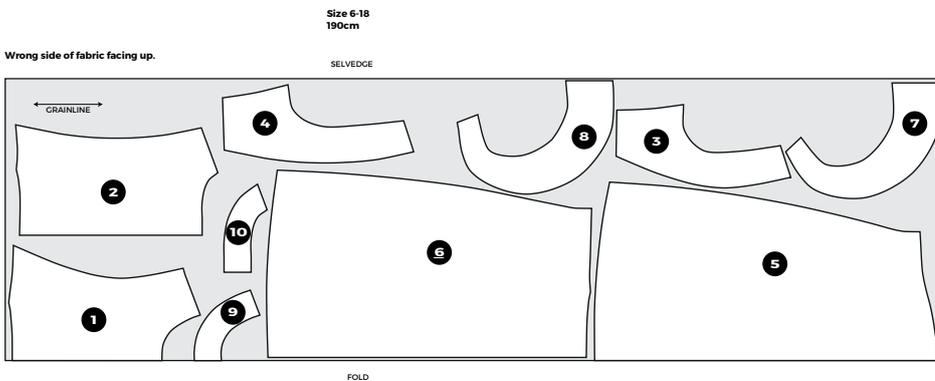


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Fabric Layout Sienna Shift Dress

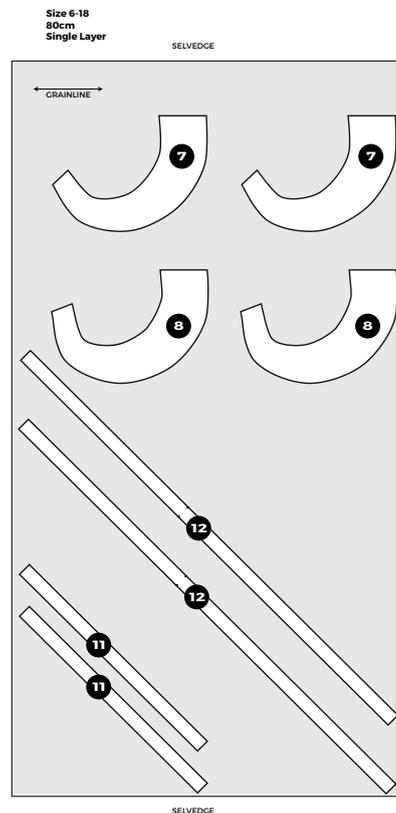
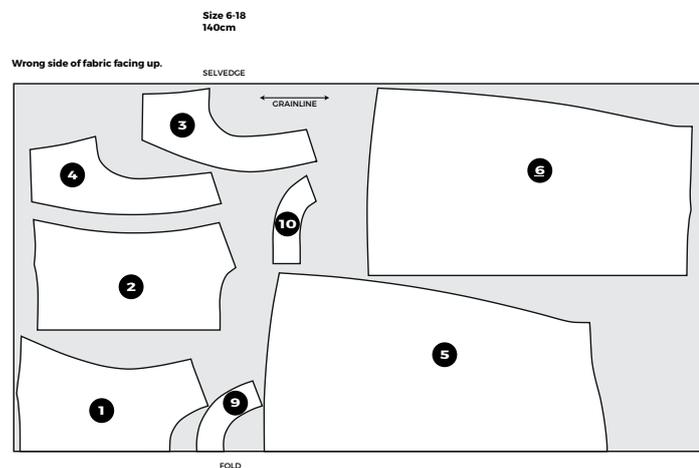
115cm (45 ¼ in)

Size 6-18



150cm (59 in)

Size 6-18



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Lets get sewing!



How to make your Sienna Shift Dress

Interfacing

Apply interfacing to the Front and Back neck facings using an iron on interfacing.

Preparing the bindings

Fold the armhole and frill bindings in half lengthwise and press gently. This will give you a centre guideline. Then fold both the long raw edges towards the centre guideline and press. Fold lengthwise again and press.

Alternately you can use a 12mm Bias Tape Maker.

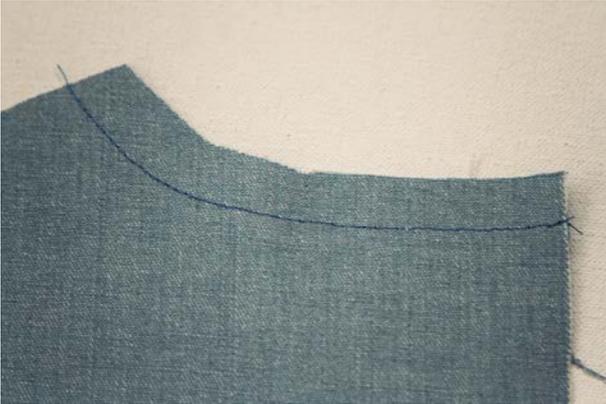
Staystitch

Stay stitch the Front and Back necklines to prevent any stretching of the neckline.

Stitch 1.2cm from the raw edge of neckline using a slightly shorter stitch length than your normal stitch length to keep the stitches strong.

Stitch direction should be from shoulder seam to centre front and then sew from the other shoulder seam to centre front.

Sew this pattern



On the back neckline stitch from centre back to shoulder.



Bodice Darts

Fold the front and back bodice darts along the marked lines. Pin in place and sew along the marked line. Leave a long thread tail and tie a knot to secure.

Press darts towards the centre front and centre back being careful not to press the bust point flat.



Shoulder Seams

Right sides together pin and sew Front bodice to Back bodice at shoulder seams. Trim and press seams open.

Finish raw edges with a zigzag stitch or overlock.



Neck Facing

Right sides together pin and sew Front Neck Facing to Back Neck Facing at shoulder seams. Trim and press seams open.

Finish long edge of facing with a zigzag stitch or overlock.

You could also finish this edge with a pretty bias contrasting binding.

Sew this pattern



Pin Neck Facing to Bodice neckline matching shoulder seams and centre back seam. Ease to fit, stitch.



Clip and grade seams by trimming away a few mm's.



Understitch neckline seam.

Press and pin the seam allowance to the facing.



Staying as close as possible to the seam line, no more than a few mm, sew a line of stitching parallel to the seam, stitching the seam allowance to the facing.

Press

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Shoulder seams

Right sides together, pin Side Fronts to Side Backs at shoulder seams. Stitch, trim and press the seams open.

Finish raw edges with a zigzag stitch or overlock-seams together.



Right sides together, pin Front Frills to Back Frills at shoulder seams. Stitch, trim and press the seams open.

Finish raw edges with a zigzag stitch or overlock seams together.



Frills

Use your fingers to gently press open one side of your Frill Binding. Align the raw edge of the binding to the raw edge of the frill with right side of binding facing wrong side of frill.

Pin in place and stitch along the foldline, clip and trim seam.



Fold the unmatched side of the binding over the seam so that it sits 2mm over the line of stitching.

Press and pin in place.

Sew this pattern



Edgestitch the binding in place aiming to sew directly over the first line of stitching.



When you look at the right side the stitching should look nice and even.



Pin the wrong side of the Frill to the right side of Side Front and Side Backs matching shoulder seams and notches. Machine baste in place.

Manoeuvre the fabric of the Frill whilst stitching so it eases into the seam without bunching up. Clip seam well but do not trim at this stage.



Right sides together pin Front and Back bodice to Side Front and Side Back bodice with frill attached. Match shoulders seams and notches wedging the frill in between. Pin and ease all three layers together.

Stitch, clip well on curves and trim seam.

Sew this pattern



Finish seam with a zig zag stitch or overlock and press the seam towards the centre front and centre back.



Pin Front to Back Bodice at side seams being careful not to stitch the frill into the seam. Stitch, trim, and press seams open.

Finish raw edges of seams.



Armhole Binding

Right sides together and with edges unfolded stitch the ends of your armhole binding together using a 1.5cm seam allowance. Press seam open.



Right sides together align and pin the raw edge of the binding to the raw edge of the armhole matching the binding seam to the side-seam. Stitch around the armhole using the crease of the binding as a guide approx (6mm).

Sew this pattern



Turn the seam allowance towards the binding and turn binding out away from bodice. Understitch on binding stitching close to the armhole seam, making sure to catch the seam allowance at the back.



On the wrong side, fold the binding over the seam and around the armhole edge. Pin in place.



Stitch evenly around the armhole stitching close to the folded edge.



This will create a topstitch on the right side of your armhole.

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Back Darts & Side Seams

Fold the back skirt darts along the marked lines. Pin in place and sew along the marked line. Leave a long thread tail and tie a knot to secure. Press darts towards the centre back.

With right sides together, pin back skirt pieces to front skirt at side seams. Stitch and press seams open. Trim, clip and finish seams using a zig zag stitch or overlock.

Attaching the Bodice to Skirt.

Pin and baste the bottom edge of the Frills on Front and Back to the bodice waistline so that the frill sits towards the side seams.

Pin the Bodice to the Skirt matching side seams, darts, centre fronts and back. Baste in place making sure the frill is sitting nice and flat within the seam.

Stitch, clip and trim seam. Finish seam with zigzag or overlocker and press seam towards waistline.

Zipper Insertion

The Sienna Shift Dress pattern has been designed using an invisible zipper however, you could use any type of zipper and zipper insertion.

Cut 2 strips of iron on interfacing the length of your zipper and 2 cm wide. Apply the interfacing to the zipper centre back seams of dress.

Finish centre back seams with a zig zag stitch or overlocker stitch.

Sew this pattern



Keeping the back neck facing free, on the right side of fabric baste your 1.5cm seam line on centre back seam down to the zipper notch to use as a guideline.



Open zipper out and roll the zipper coil open flat with your fingers. Lightly iron being careful not to iron the plastic teeth.

Lay the dress out right sides up. Place open zipper face down on right side of fabric with zipper coil on marked seam line and tape in seams allowance. Baste in place.



Using a zipper foot or invisible zipper foot, stitch down to zipper slider.

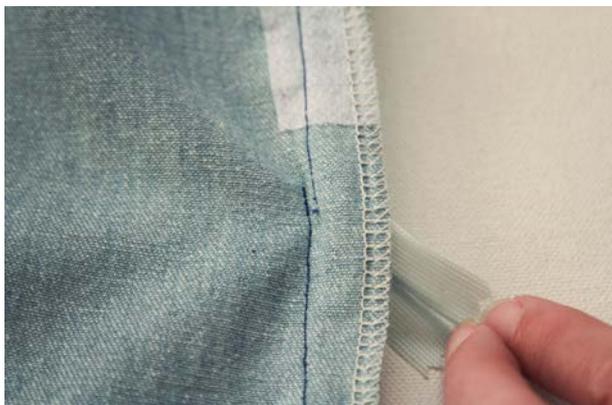
Stitch as close to the teeth as possible without stitching in the teeth. Back stitch.



Do the zipper up and clip a little notch on your zipper tape where the waistline seams line up. This will help match the waistline seam when stitching the other side of the zipper.

Repeat the same steps on the other side by placing the other side of zipper face down on right side of fabric lining up the zipper coils on the marked seam line and the waistline notch. Pin, baste and stitch in place.

Sew this pattern



Centre back seam.

Turn the dress inside out. With right sides together sew the back seam starting a few stitches above and outside where your zipper stitching finishes. Pull the ends of the zipper tape out of the way when you stitch to make sure it doesn't get caught in the seam.



Press the center back seam open.



Fold back facing over zipper tape and slipstitch in place.



Slipstitch the neck facing to the shoulder seam allowance to keep it in place.

Sew this pattern



Hem

Finish the raw edge of hem with an overlocker stitch. If you don't have any overlocker you can turn the raw edge under 6mm and press in place.

Turn up 1.5cm and gently press and tack in place

On the right side, topstitch 1.3cm away from the folded hem making sure you catch the raw edge of the hem when you are stitching.

Clip all loose threads and remove any basting and give your dress a nice press.

Congratulations! Your Sienna Shift Dress is ready to show off!



About Sew this Pattern

Pattern designer Annie Mollison has been sewing and designing since she was a teenager. Annie studied Fashion Arts in Vancouver in the 90's and is inspired by street style , vintage designs and unconventional designers. This can be seen in her playful creations on her blog Nine Stitches.

www.sewthispattern.com/blog

Annie has created Sew this Pattern to bring current trends and coolest style to the sewing world by providing patterns that are exciting and directional. The patterns are designed for beginners to intermediate sewers with basic instructions, photographs and illustrations provided.

Find Sew this Pattern on



www.sewthispattern.com

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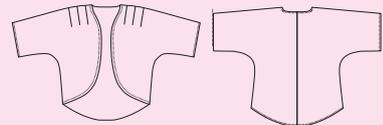
Sewing patterns



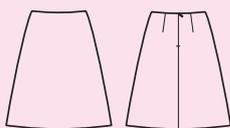
01 Sienna
Shift Dress



02 Gypsy
Swing Top



03 Venus
Kimono



04 Annie
A Line Skirt



05 Birdie
Bomber Jacket



06 Daphne
Day Dress



07 Daphne
Day Dress Full Back



08 Pin Pegs
Mini Skirt



09 Velo
Culottes