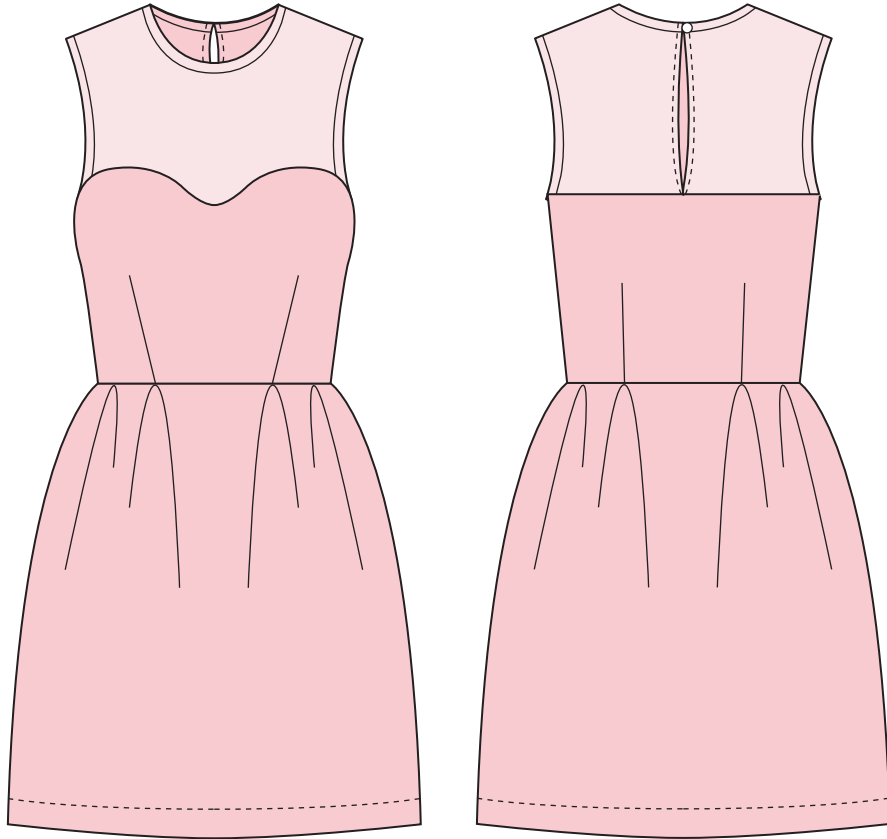


# spit up & *stilettos*



## ELIZABETH DRESS

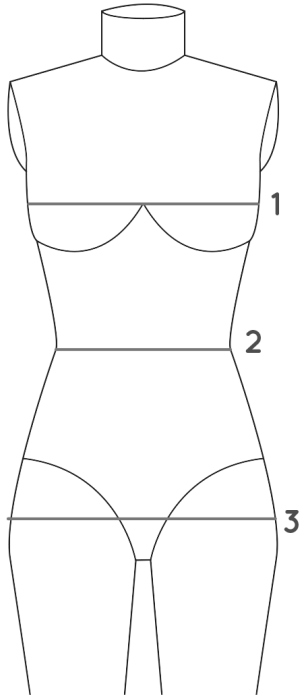
Level: Advanced | Time: 4-5 Hours | Pages: 36

This dress features a sweetheart neckline, darts, pleats, bias binding and a button closure. Make the yoke out of a sheer or different fabric for contrast!

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## Size Chart

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Size	Numeric Size	Bust	Waist	Hips
XS	0	33"	25"	35"
XS	2	34"	26"	36"
S	4	35"	27"	37"
S	6	36"	28"	38"
M	8	37"	29"	39"
M	10	38"	30"	40"
L	12	39.5"	31.5"	41.5"
L	14	41"	33"	43"
XL	16	43"	35"	45"
XL	18	45"	37"	47"

(1) BUST: Measure around the fullest part of your bust and keep the measuring tape parallel to the floor.

(2) WAIST: Measure around the smallest part of your waist.

(3) HIP: Measure around the fullest part of your hip and keep the measuring tape parallel to the floor.

## Supplies

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- Fabric
- Interfacing
- Polyester thread
- 1 Button (you pick the size)
- 2 1/4 Yards of 3/4" wide single fold bias tape
- 14" Invisible Zipper

## Tools

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- Fabric scissors
- Pins
- Bodkin (for button loop)
- Chalk or marking pen
- Tape (for piecing pattern)
- Paper scissors (to cut pattern)

## Fabric

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This dress can be made from many types of woven fabric, from a light weight silk chiffon to a more stable cotton. If using a light weight fabric such as chiffon, it is advisable to use an underlining.

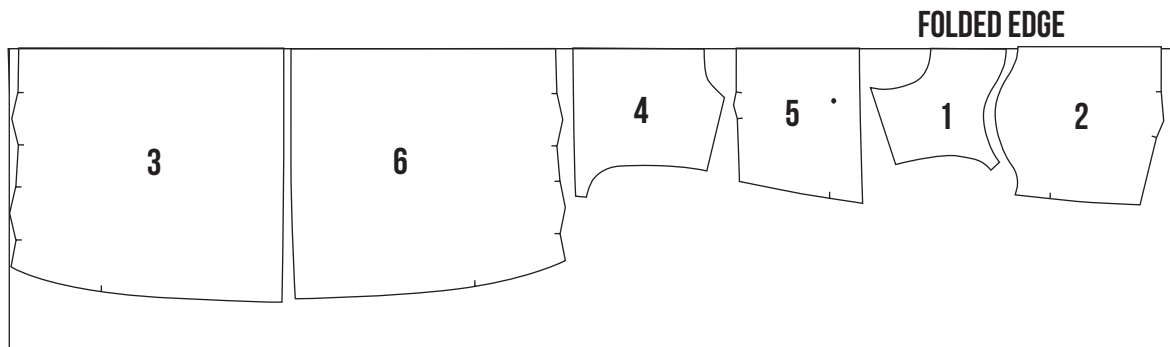
TIDBIT: An underlining is merely an extra layer of fabric, that will give your garment more shape and reduce show through. You should not be able to tell when an underlining is used. An underlining is different from a lining in that an underlining goes in-between the main fabric and the lining.

## Fabric Usage

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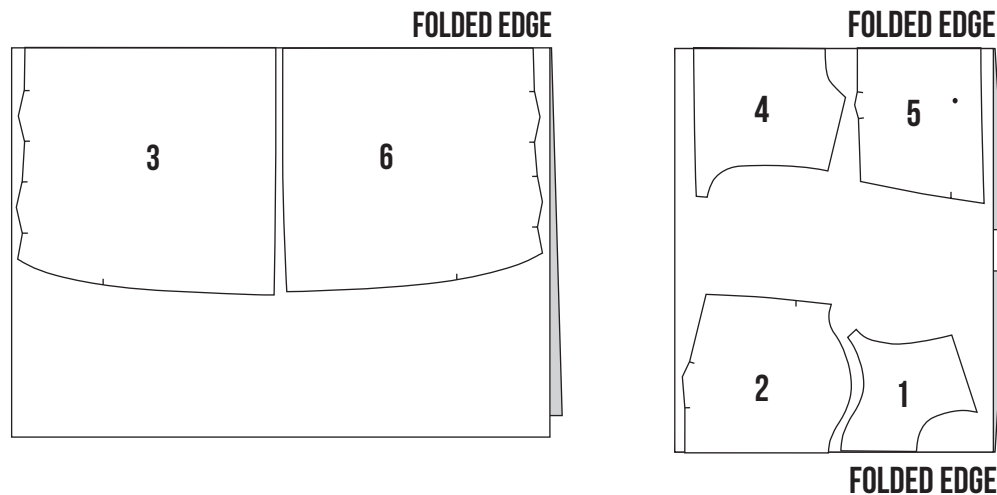
### 45" WIDE

You will need 2 yards of fabric for sizes 0 - 8 and 2 1/2 yards of fabric for sizes 10 - 18. If you are doing a stripe or plaid dress, you will need an extra 1/2 to 1 yard of fabric. Below is the layout guide.



### 60" WIDE

You will need 1 3/4 yards of fabric for sizes 0 - 8 and 1 7/8 yards of fabric for sizes 10 - 18. If you are doing a stripe or plaid dress, you will need an extra 1/2 to 1 yard of fabric. Below is the layout guide. Cut the skirt pieces first, then refold fabric to match layout below and cut out remaining pieces.



When transferring your pattern onto your fabric, you have a couple different options. You can pin the pattern to the fabric and then cut or lay down carbon paper and use a tracing wheel to transfer markings, then cut. It all depends on your preference but the latter option is easier when working with lightweight or slippery fabrics.

# First Things First

## FIND YOUR SIZE

Using the size chart on the previous page, find your size. If you are in between, you can draw a new pattern line between the two sizes or simply choose the larger size.

## PIECE TOGETHER YOUR PATTERN

At the end of these instructions, you will find your PDF pattern. On the first page, there is a 2" x 2" test square. Measure this square with a ruler to verify that the pattern is the correct size and then cut out each 7" x 9.5" rectangle. Tape the pieces together matching the colors/letters/numbers, then cut out your pattern size.

## LAY OUT YOUR PATTERN

Using the fabric layout in the Fabric Usage section as a guide, lay out your pattern pieces. Use either pins or pattern weights (we like the latter option) to keep your pattern in place. Pay attention to the fabric grain-line and, if using a plaid or stripe fabric, make sure to line up the stripes.

## TRACE THE PATTERN

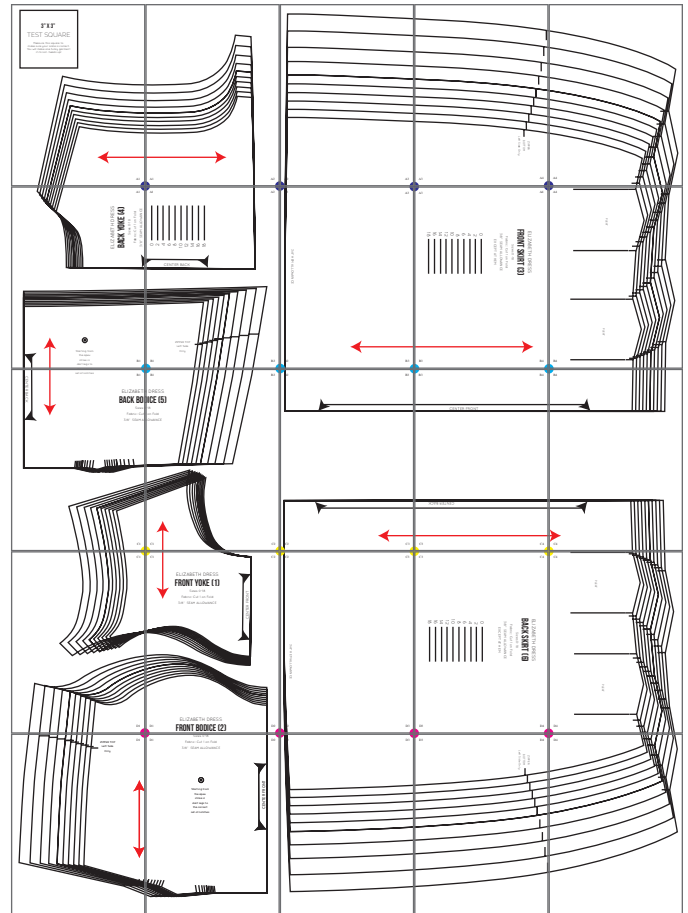
Trace your pattern edges onto your fabric by using chalk, pencil, or carbon paper. Transfer all markings, notches, darts and center front and back lines. Trust us. It's really no fun to have to come back and mark them later.

## CUT IT OUT

You know that pattern tracing you just did? Well, cut along your marking lines.

## SEAM ALLOWANCE

This pattern includes 3/8" seam allowances unless otherwise stated. Don't worry, we will let you know in the instructions when you're sewing a piece with a different seam allowance.



.....  
• If this is your first time making this pattern, it's always a good idea to make a muslin to test the fit and make sure it flatters your body type. A muslin also lets you know what areas need to be altered. For a quick alteration guide or if you have any fit questions, go to [Spitupandstilettos.com](http://Spitupandstilettos.com)  
.....

# Pattern Key

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## GRAIN-LINE

This red arrow indicates your grain-line, which you should align with the grain of your fabric. Don't know what grain-line or grain is? Let us explain. When fabric is made it is woven with threads that go in two different directions. Lengthwise, which spans the cut edges and crosswise, which spans the selvage edges (the selvage is the band of tightly woven fabric that runs up either side). The lengthwise direction is the grain of your fabric and what you use to line up your grain-line.



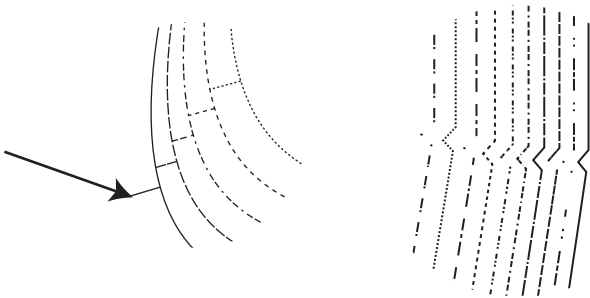
## FOLD LINE

This means you line up the edge with the folded edge of your fabric before you cut.



## NOTCH

Mark this onto your fabric with chalk, washable pen, or carbon paper to use for future reference.



## BUTTONHOLE PLACEMENT

This indicates where a button (left image) and buttonhole (right image) will go.



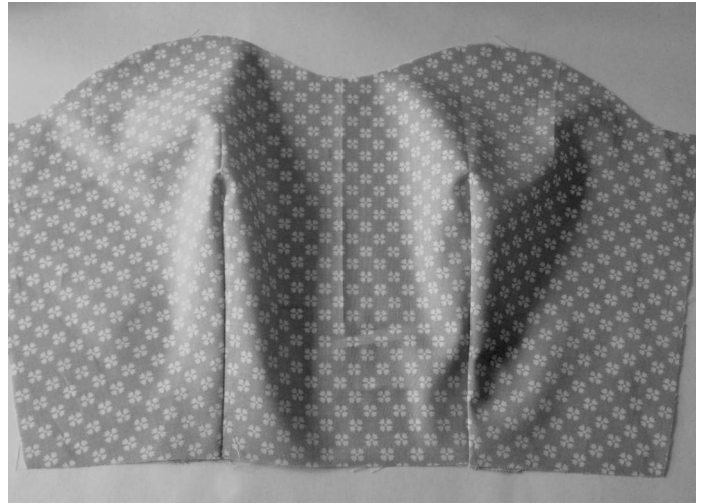
.....  
• Many sewists trace their patterns onto tracing paper so they can preserve the original pattern and make pattern alteration easier. To do this all you need is some tracing paper and a tracing wheel. Lay the tracing paper over your pattern then mark your size using the tracing wheel. Voile!  
.....

## Instructions Page 1

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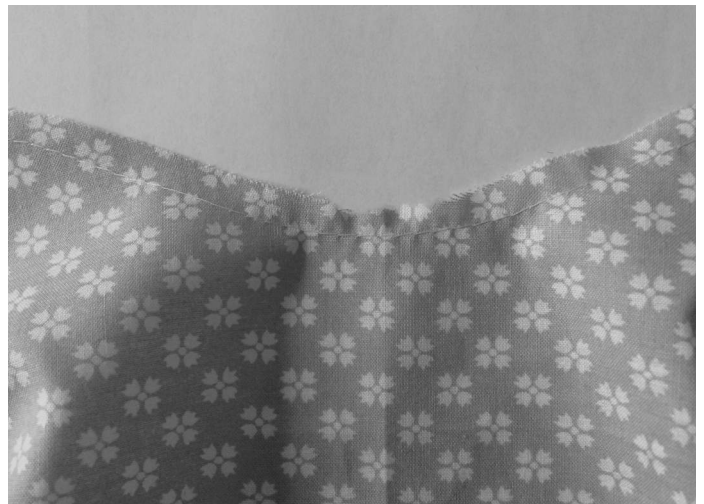
### Darts

1. Stitch closed the FRONT and BACK BODICE darts by folding the dart in half and stitching along the dart leg starting from the side seam.
2. Sew off at the apex and knot together the thread ends, then clip. Press the dart away from center.



### Center Back

1. Fold in the center back seam allowance on the BACK YOKE pieces by 3/8" then fold in another 3/8".
2. Stitch along the folded edge.



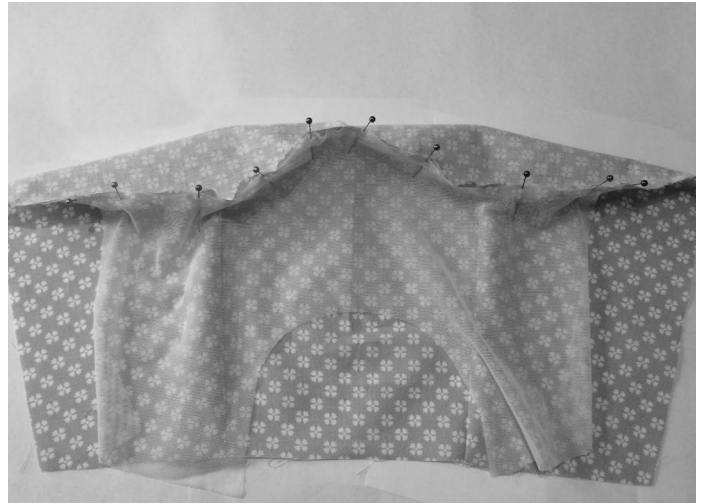
### Stay-stitch

1. Stay-stitch the YOKE and BODICE pieces 3/8" from all edges, except the side seams. Stay-stitching is the same as a straight stitch, but uses the longest stitch setting.



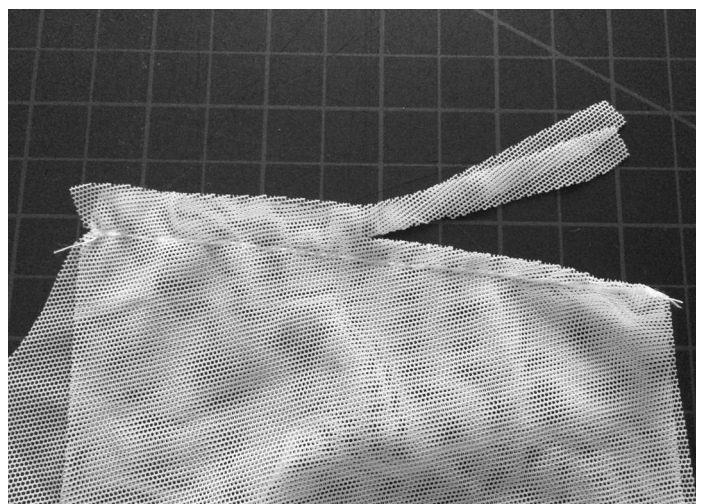
## Yoke Seam

1. Pin the FRONT YOKE to the FRONT BODICE right sides together, starting from center front and working out. The yoke is shorter than the bodice piece.
2. Stitch the pieces together just inside the stitch-line, so that the stay-stitching will not be visible on the right side of the fabric. While sewing, take your time and do not stretch the fabric. Use the stay-stitching as a guide rather than your cut edge.
3. Reduce the seam allowance to 1/4" and finish the seam as you'd like. You can also top-stitch along the seam to hold down the seam allowance.
4. Repeat steps for BACK YOKE and BACK BODICE. Line up yoke center backs so they are touching but not overlapping.



## Shoulder Seams

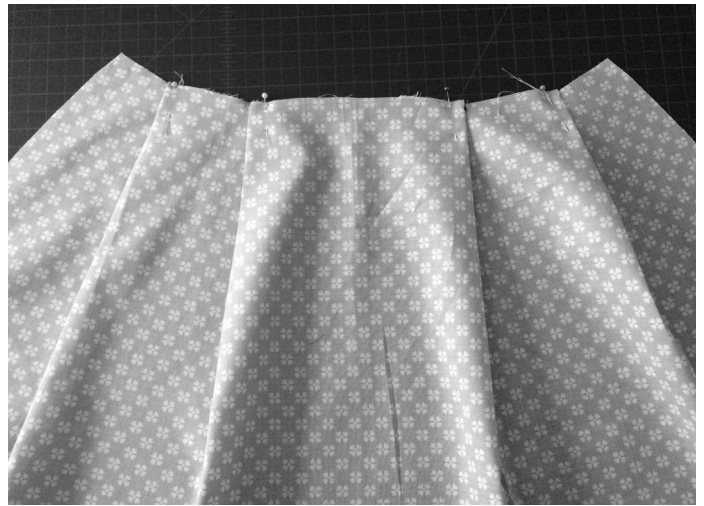
1. With FRONT and BACK BODICE pieces wrong sides together sew your shoulder seams using a 3/8" seam allowance.
2. Press seam open, then trim down seam allowance to 1/8".
3. Turn the bodice inside out and press the shoulder seams flat.
4. Sew 1/4" from the shoulder seam edges, encasing the seam allowance and making a beautiful French seam.



### Skirt Pleats

1. On the FRONT and BACK SKIRT pieces, fold in the pleats. Use pins to temporarily hold in place.
2. Pin the FRONT BODICE and FRONT SKIRT right sides together, and stitch closed. Adjust the pleats by removing pins if needed. Press seam open, reduce seam allowance to 1/4" and finish if you'd like.
3. Repeat for the BACK BODICE and BACK SKIRT pieces.

NOTE: The FRONT BODICE and FRONT SKIRT will be called the FRONT and BACK BODICE and BACK SKIRT will be called the BACK from here on out.



### Side Seams

1. Pin the FRONT and BACK pieces right sides together along the side seams. Make sure to line up the waist seams.
2. Stitch the right side seam (side without the zipper) closed, but stop 1" away from the underarm. Press open.
3. Stitch the left side seam (side with the zipper) closed, but make sure to leave the section between the zipper notches open. Also, stop 1" away from the underarm. Press open.





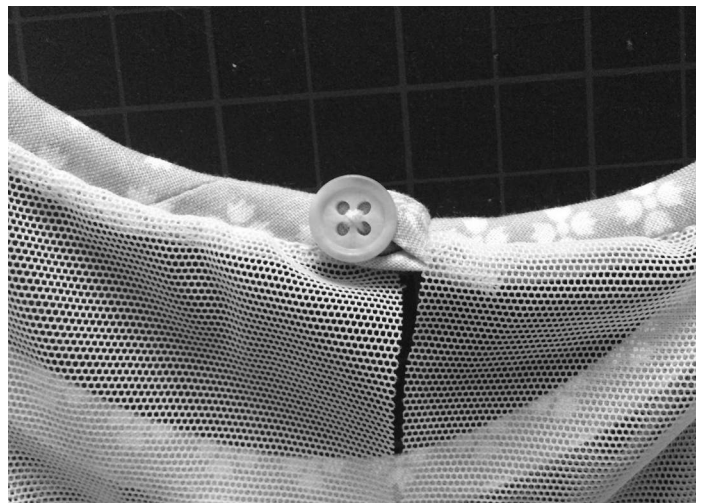
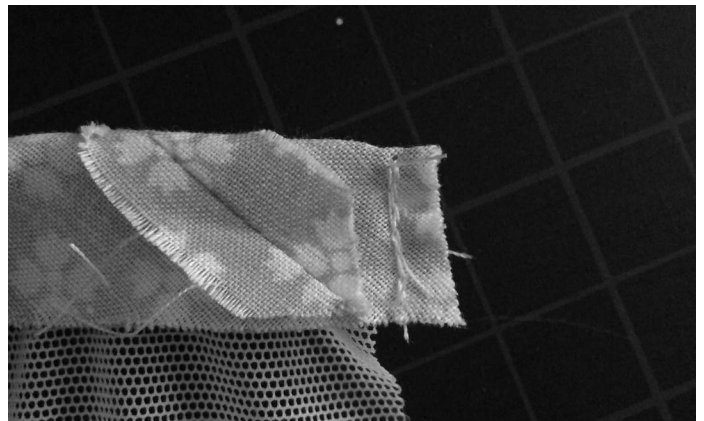
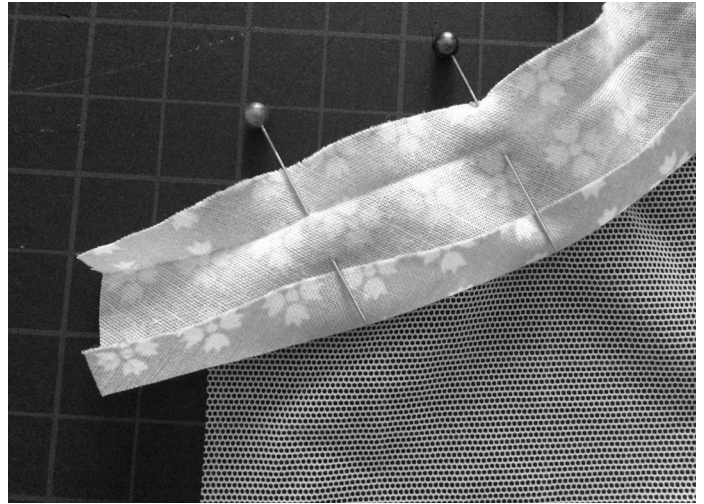
### Invisible Zipper

1. Take your invisible zipper over to your iron and with it open and wrong side up, press the teeth open (use the synthetic setting).
2. Pin the invisible zipper in place, only catching the seam allowance. The zipper should not be visible from the right side of the garment.
3. Using your zipper foot, stitch down the length of your invisible zipper on both sides. You may need to help your zipper foot by slowly uncurling the zipper to get a closer edge depending on your foot. Remember to never sew over pins.
4. Zip up your invisible zipper to make sure everything lines up and there are no puckers before continuing. If there is, no worries! Grab your seam ripper then try again. Practice make perfect.

TIDBIT: You can adhere strips of fusible interfacing along the zipper seam allowance to help it keep shape.

## Neckline

1. Remove the  $\frac{3}{8}$ " seam allowance around the neckline. Cut just outside the stay-stitching, so that the stitching is the edge.
2. With the right side of the bias tape touching the right side of the garment, line up the raw edge of the bias tape with the raw edge of the neckline. Have the bias tape extend 1" on either side of center back.
3. Stitch along the folded edge of the bias tape, starting and finishing at center back. Press the bias tape up.
4. Fold the bias ends right sides together, and stitch along the center back line to secure the ends. On the right side, attach the button loop by sandwiching it between the bias tape edges.
4. Turn the bias tape to the wrong side and stitch in the ditch along the bias seam on the face side of the garment. Make sure to catch the other folded bias edge underneath and that the bias seam allowance is folded under. Use pins if needed. Press flat.
5. On the left side of center back, stitch on your button.



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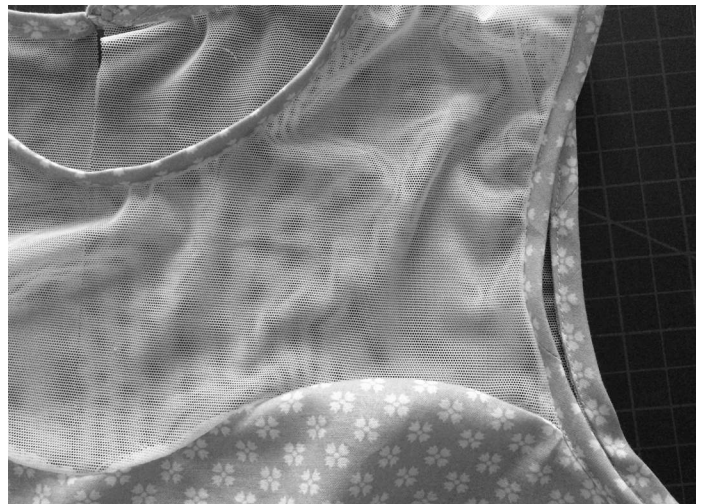
• MAKING A BUTTON LOOP: Start by taking a 4" x 1" piece of fabric and folding it lengthwise. Sew a  $\frac{1}{4}$ " seam down the middle and trim a the seam allowance down to  $\frac{1}{8}$ ". Next turn the piece right side out using a bodkin and voile you have a button loop. Trim to fit.

•

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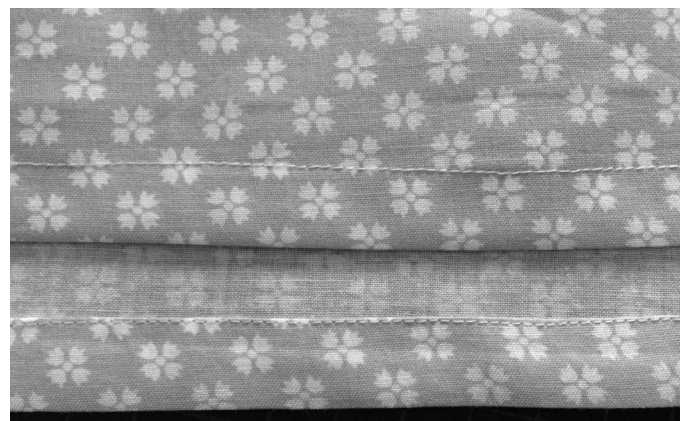
### Armholes

1. Remove the  $\frac{3}{8}$ " seam allowance along the armholes. Cut just outside the stay-stitching, so that the stitching is the edge.
2. With the right side of the bias tape touching the right side of the garment, line up the raw edge of the bias tape with the raw edge of the armhole.
3. Stitch along the folded edge of the bias tape, starting and finishing at the open side seam. Press the bias tape up.
4. Turn the garment inside out, and stitch the side seams. The bias tape ends of the armhole should be right sides together, and stitched with the seam allowance.
5. Press open and finish the side seams as you would like.
6. Turn the bias tape to the wrong side and stitch in the ditch along the bias seam on the face side of the garment. Make sure to catch the other folded bias edge underneath and that the bias seam allowance is folded under. Use pins if needed. Press flat.



### Hem

1. We are working with a  $\frac{3}{4}$ " hem allowance, so press your hem up  $\frac{3}{8}$ ", then again another  $\frac{3}{8}$ " and pin.
2. Edge-stitch along the folded hem edge to secure.

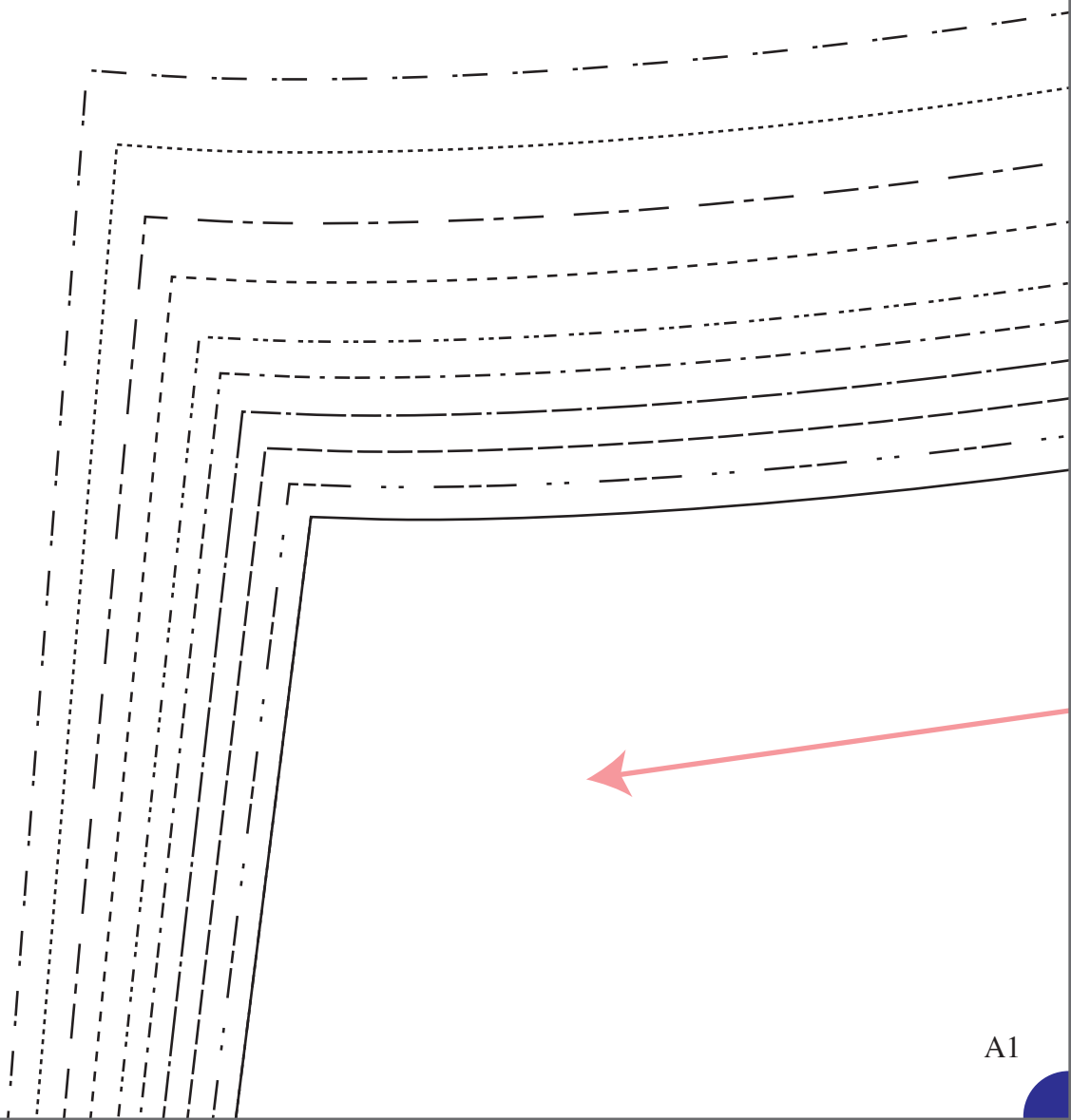


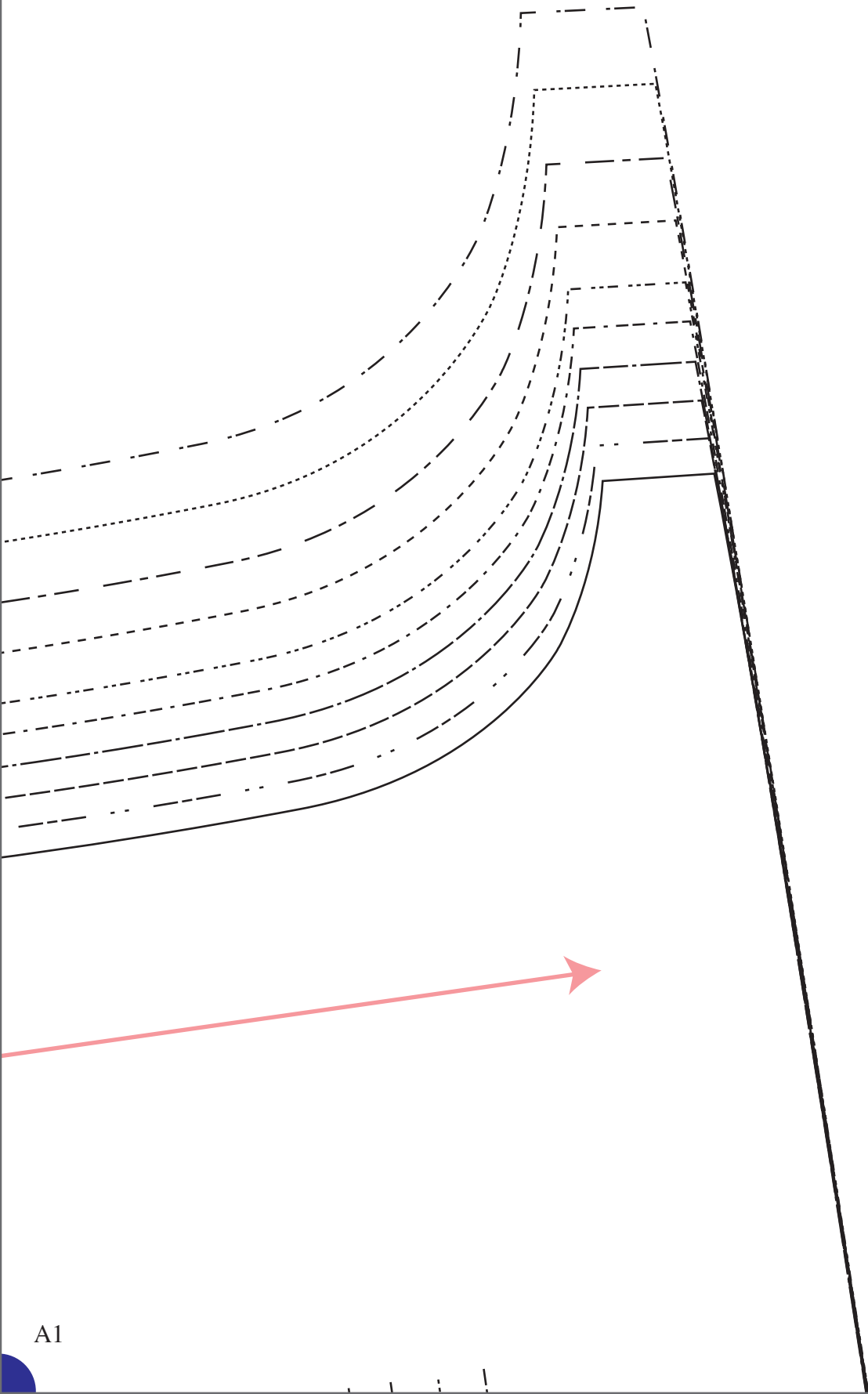
*Guess who has a brand new dress? Hopefully you but if you find anything wrong with this pattern, please let me know at [lauren@spitupandstilettos.com](mailto:lauren@spitupandstilettos.com)*

2" x 2"

## TEST SQUARE

Measure this square to  
make sure your scale is correct.  
You will make one funky garment  
if its not- heads up!

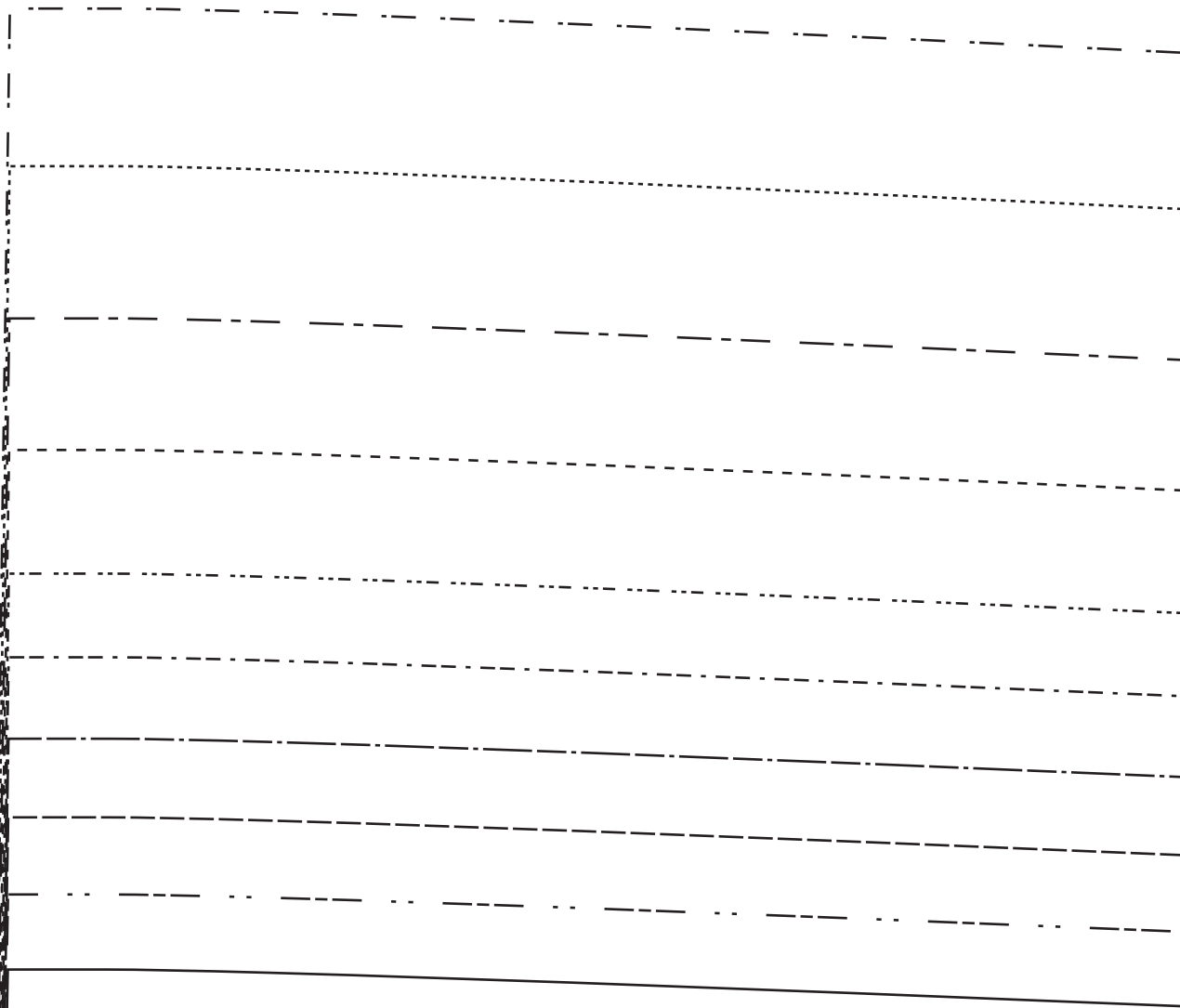


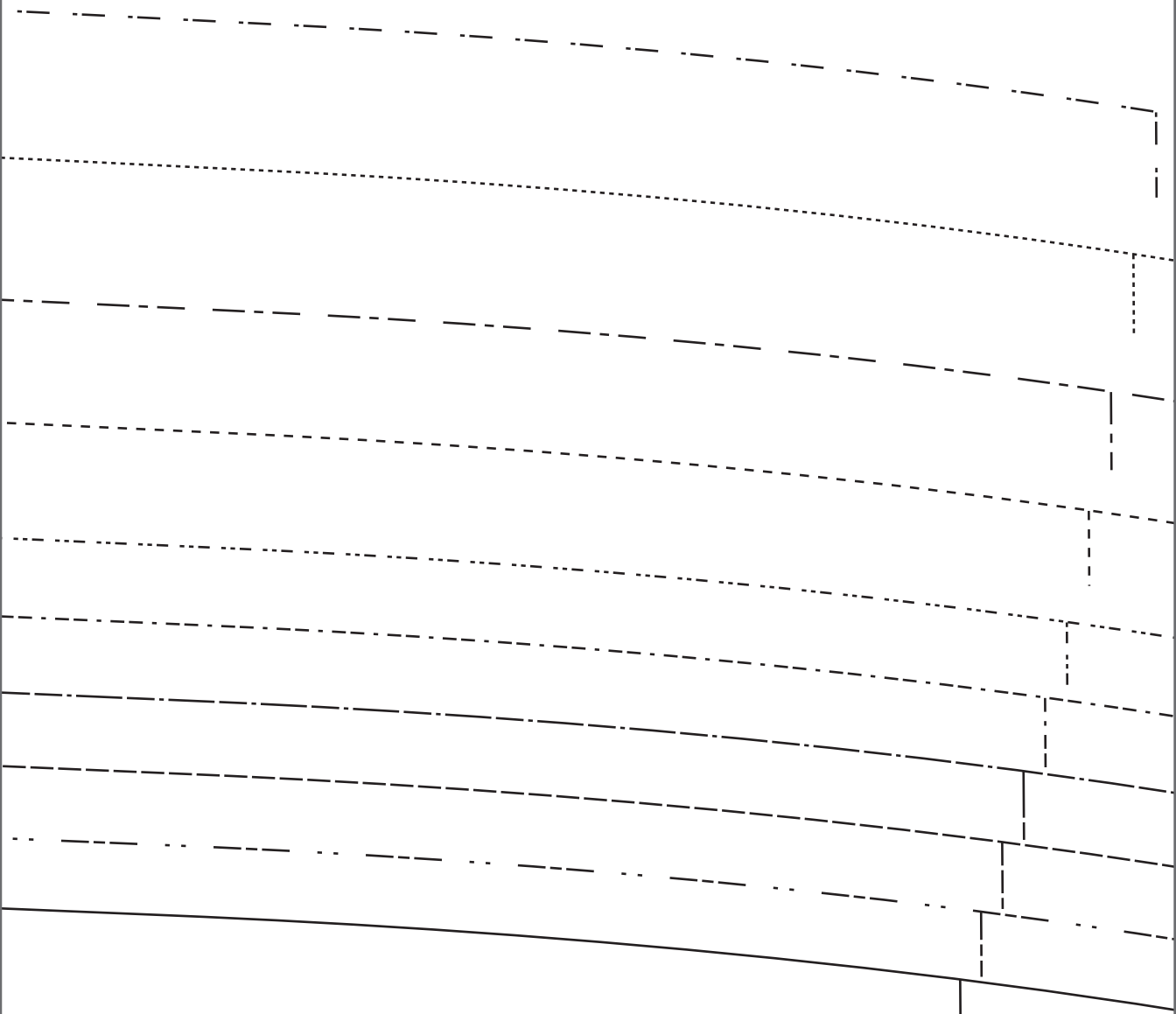


A1

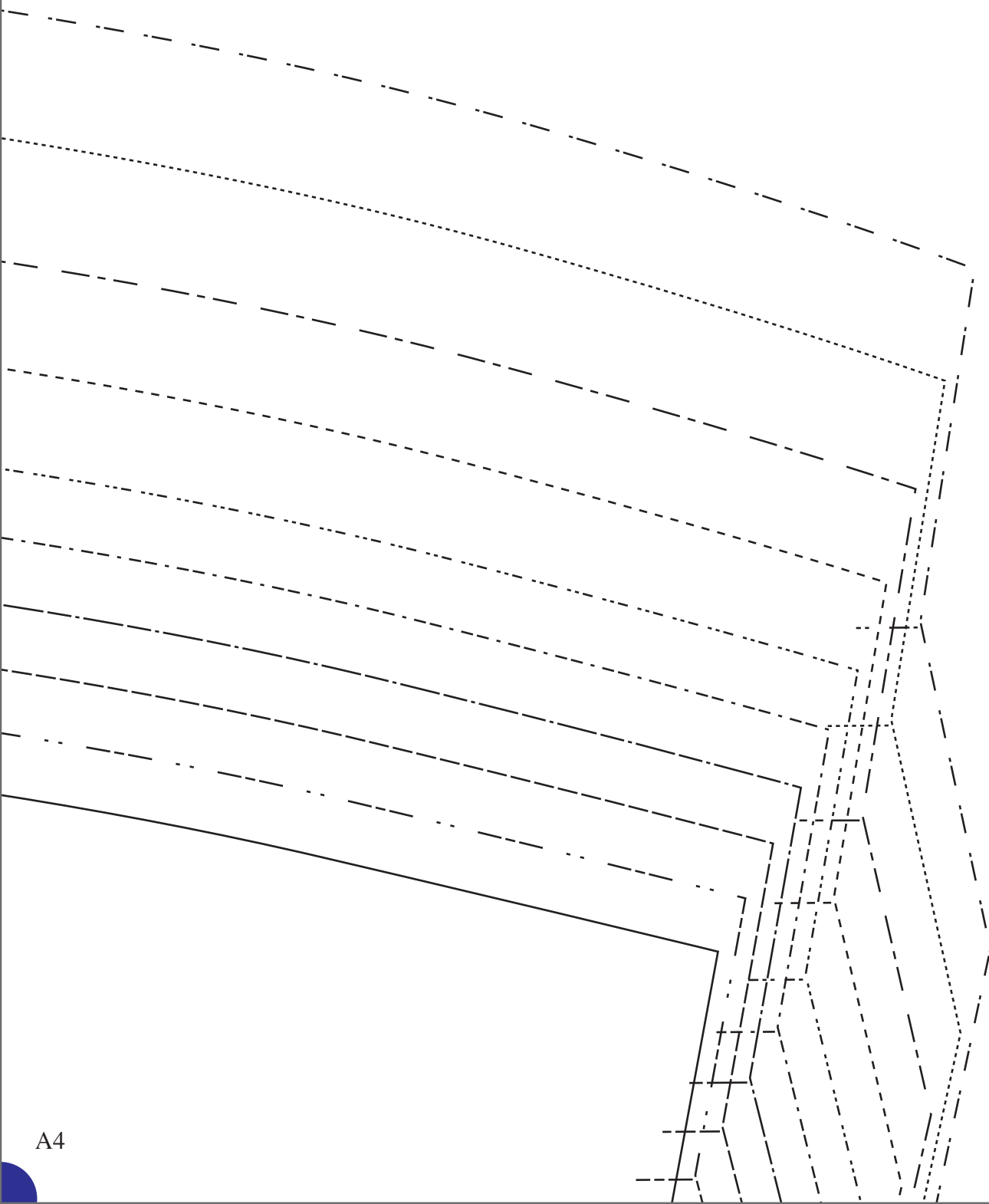
A2







ZIPPER  
BOTTOM  
Left Side Only

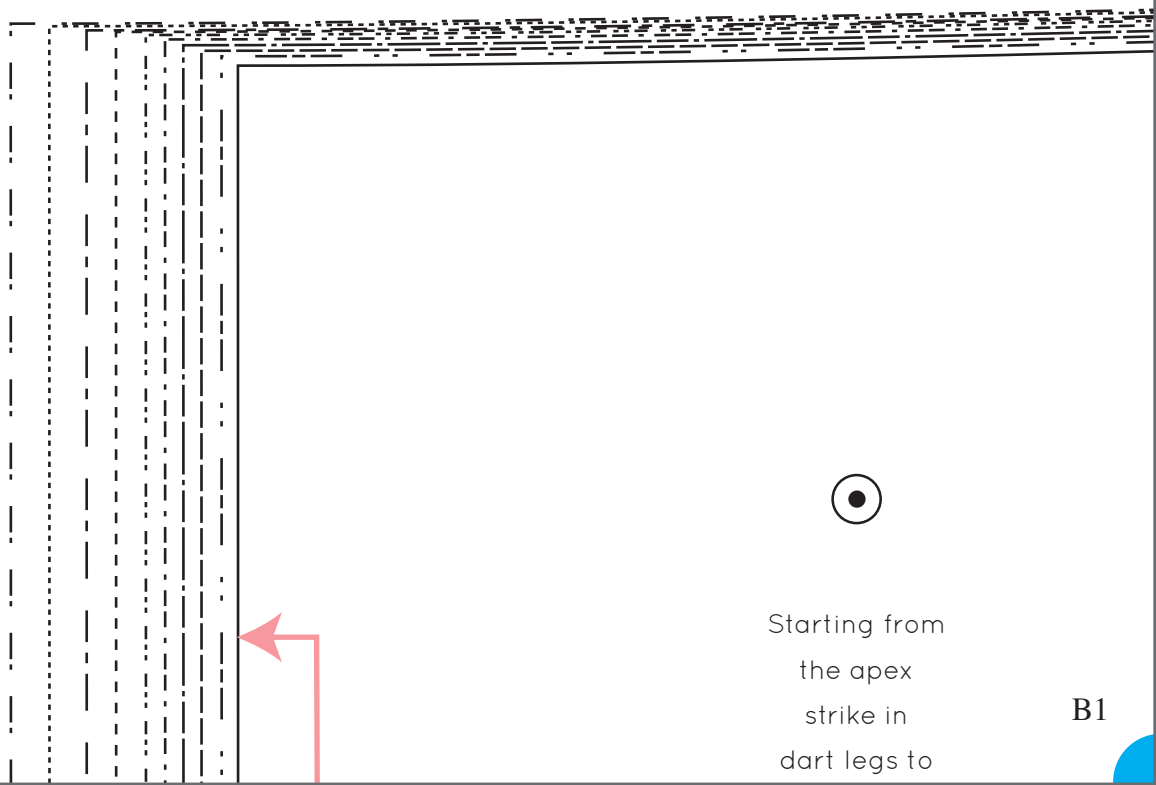
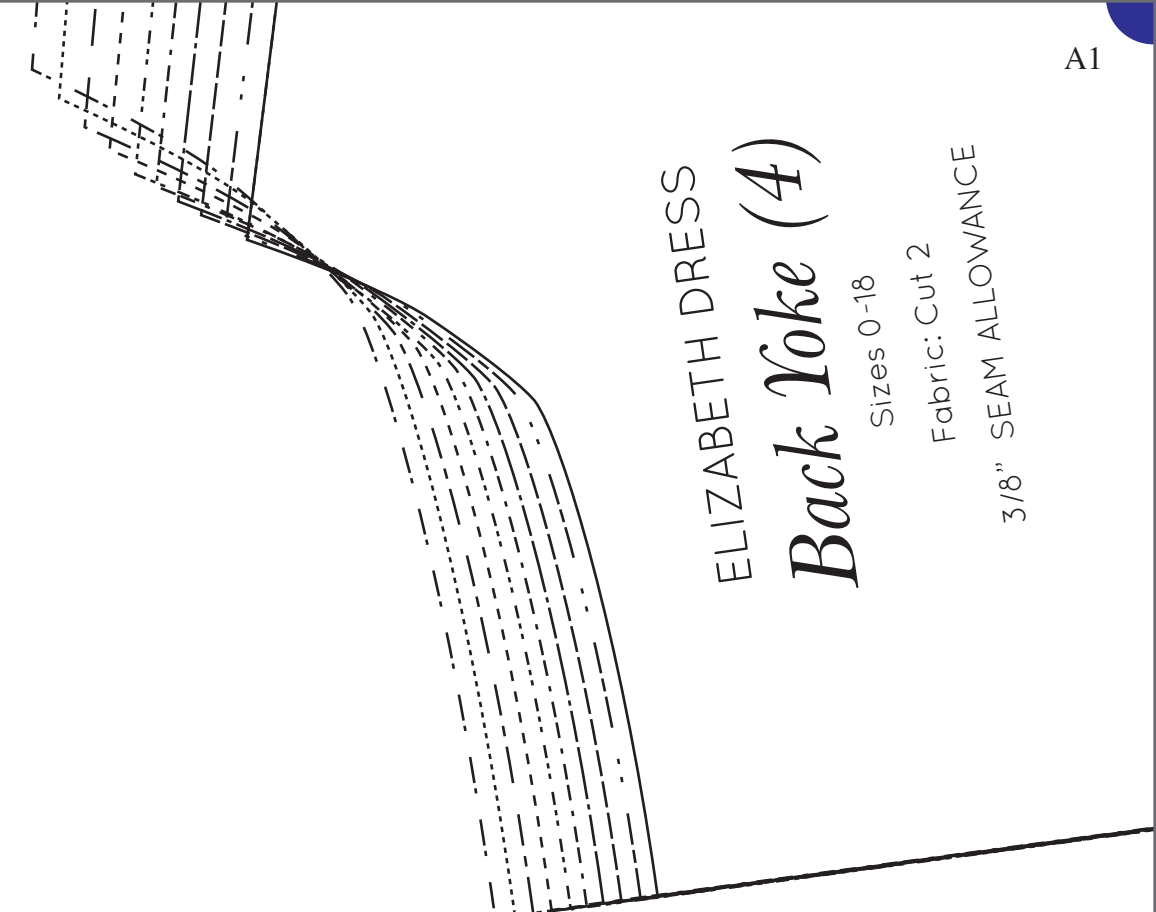


ELIZABETH DRESS  
*Back Yoke (4)*

Sizes 0-18

Fabric: Cut 2

3/8" SEAM ALLOWANCE



Starting from  
the apex  
strike in  
dart legs to

A1

A2

0  
2  
4  
6  
8  
10  
12  
14  
16  
18

ZIPPER TOP  
Left Side  
Only

B1

B2



A2

A3

3/4" HEM ALLOWANCE

B2

B3

ELIZABETH DRESS

# *Front Skirt (3)*

Sizes 0-18

Fabric: Cut 1 on Fold

3/8" SEAM ALLOWANCE

EXCEPT AT HEM

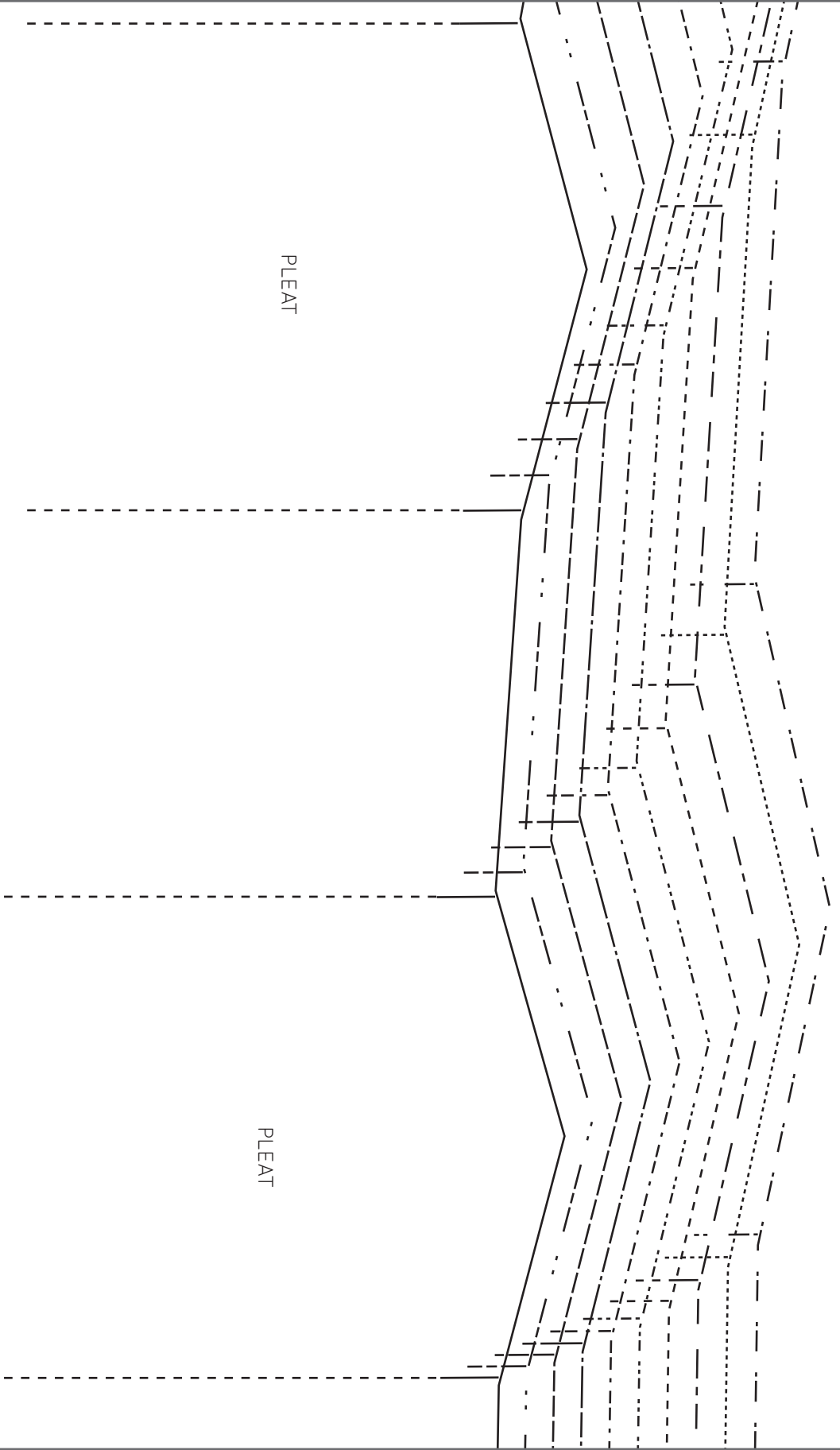
0	_____
2	----- .. ----- ..
4	-----
6	-----
8	-----
10	-----
12	-----
14	-----
16	-----
18	-----

A4

PLEAT

PLEAT

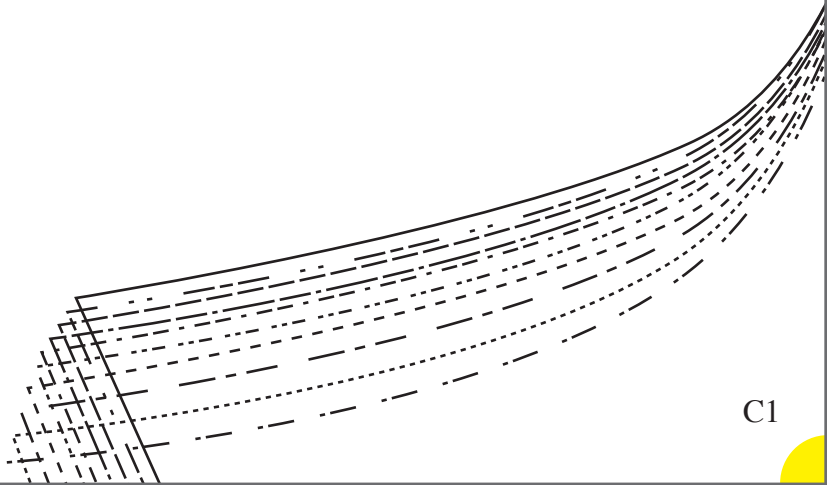
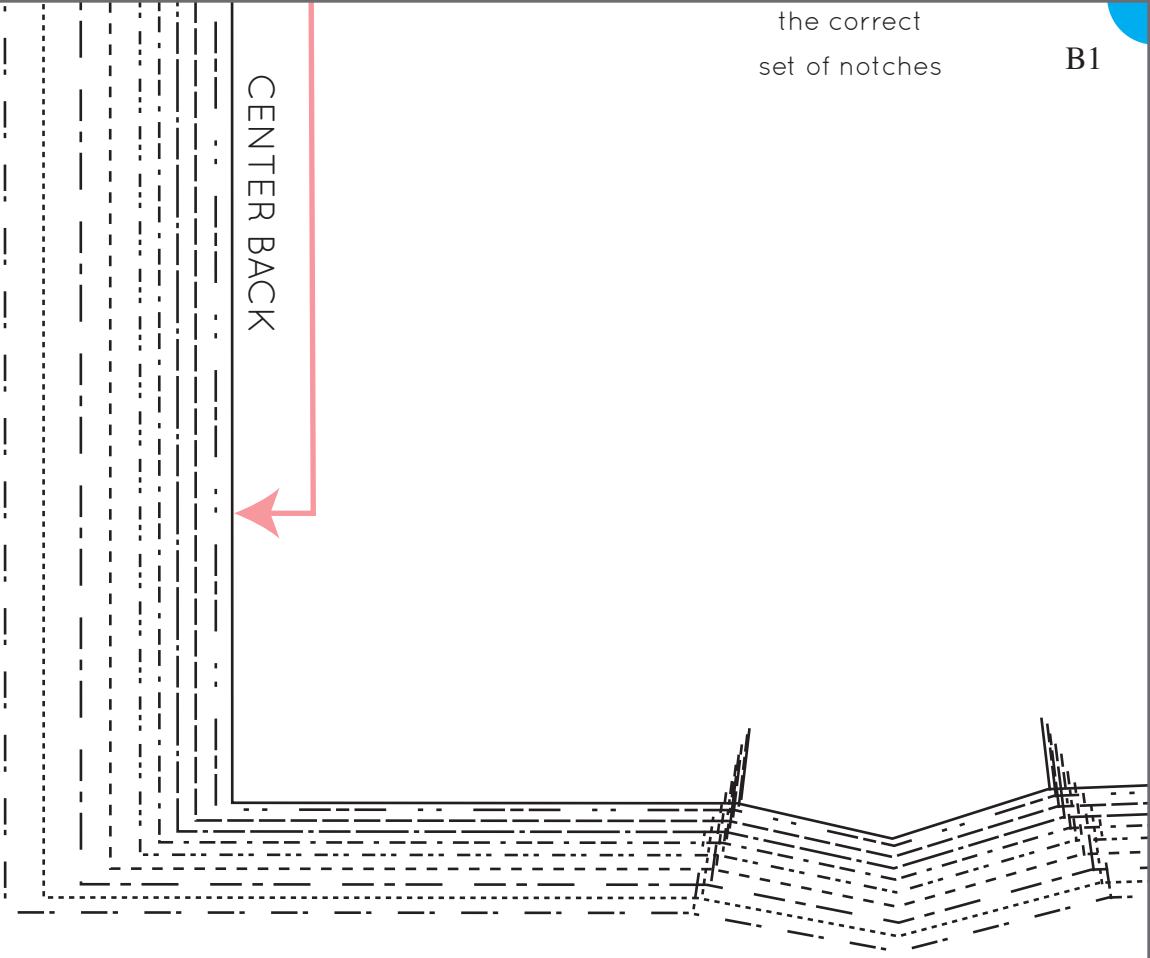
B4



the correct  
set of notches

B1

CENTER BACK



C1

B1

B2

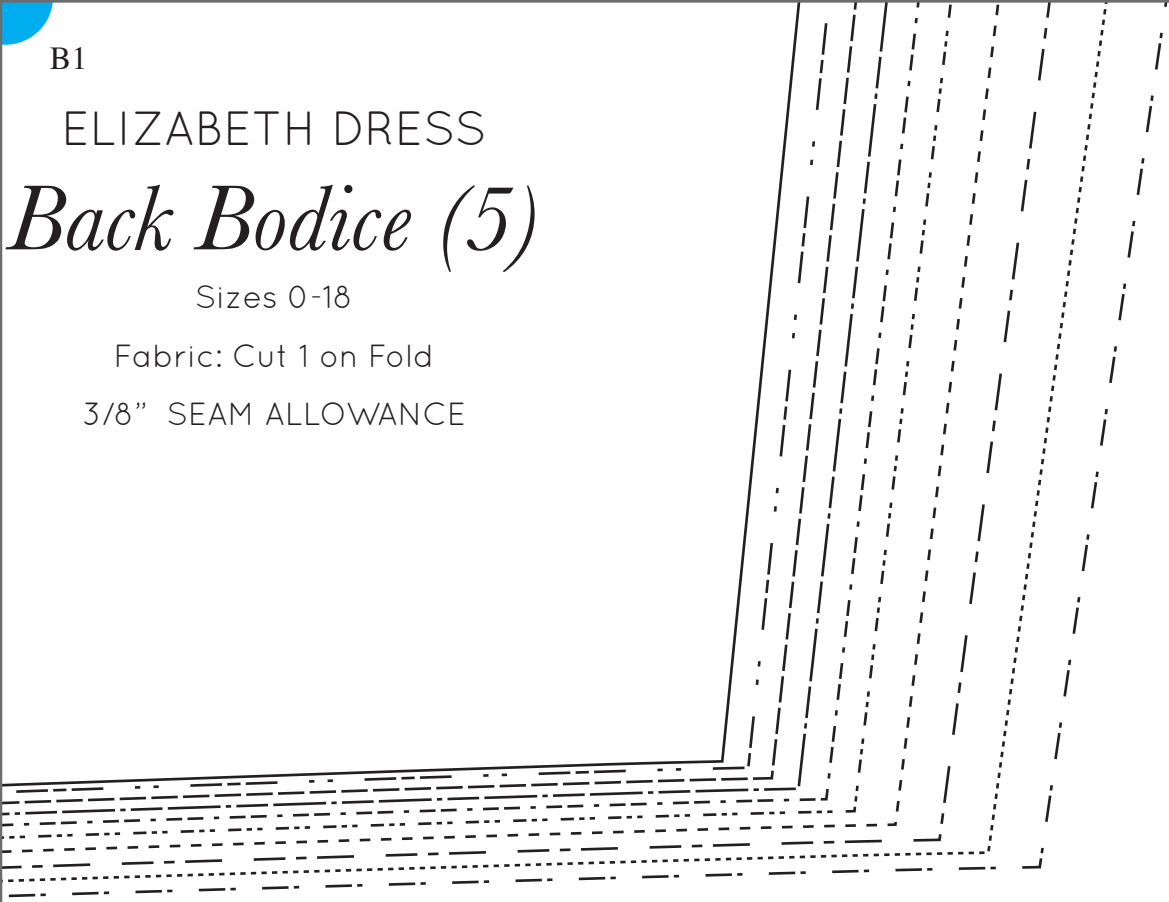
ELIZABETH DRESS

# Back Bodice (5)

Sizes 0-18

Fabric: Cut 1 on Fold

3/8" SEAM ALLOWANCE



C1

C2

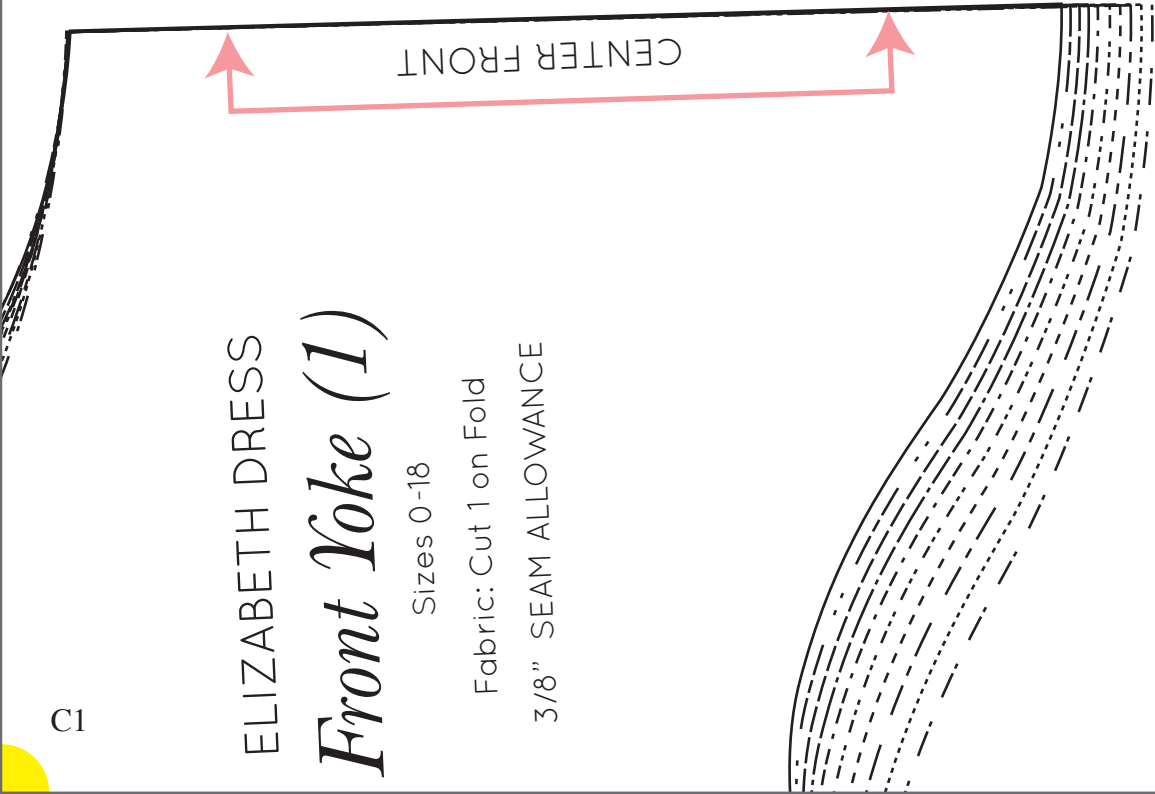
ELIZABETH DRESS

# Front Yoke (1)

Sizes 0-18

Fabric: Cut 1 on Fold

3/8" SEAM ALLOWANCE





B2

B3



C2

C3



B3

B4

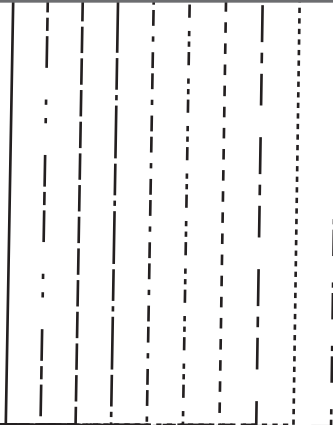
CENTER FRONT

CENTER BACK

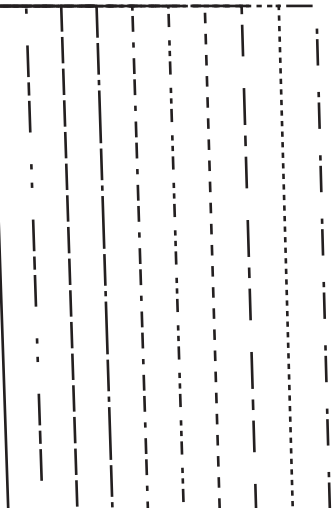
C3

C4

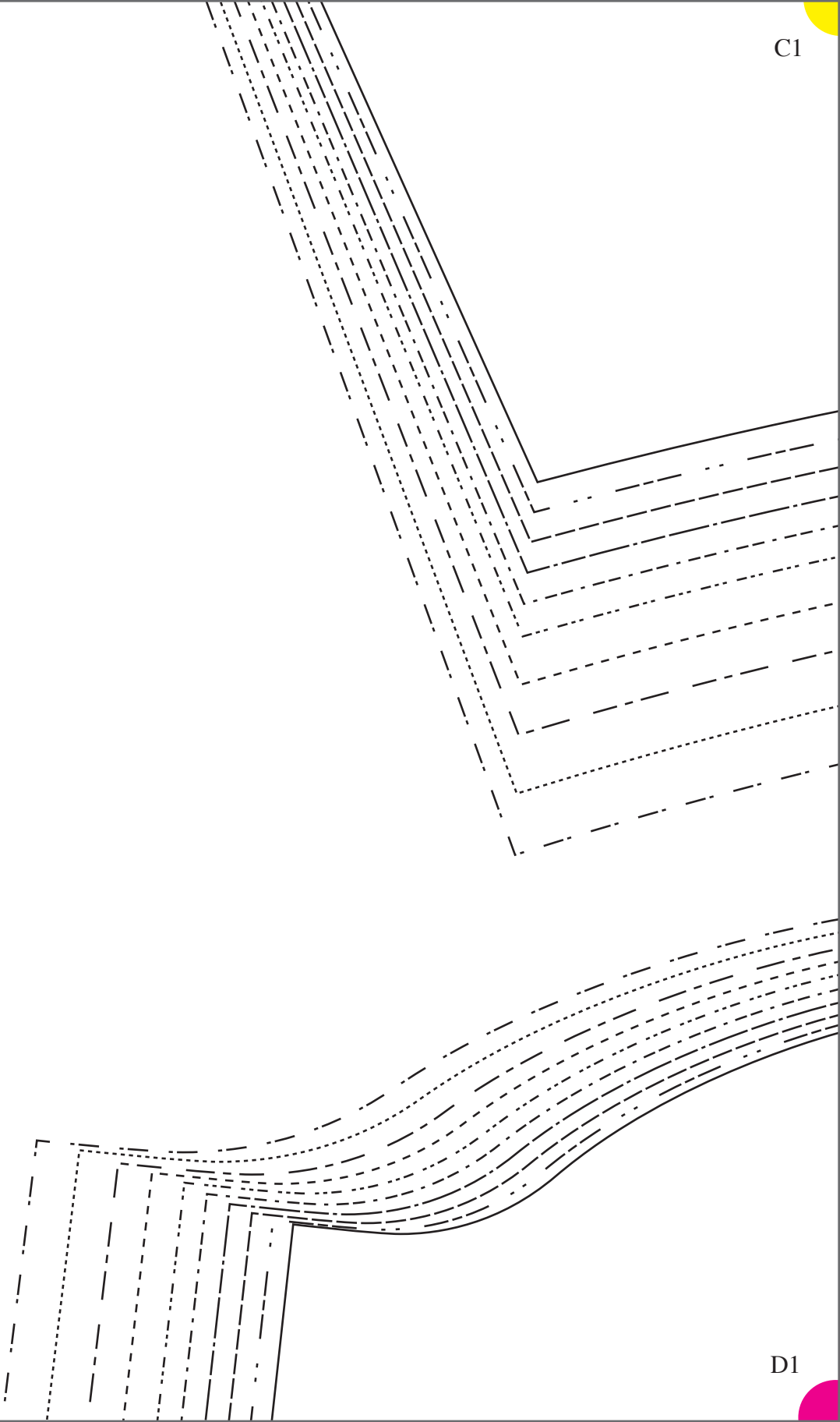
B4



C4



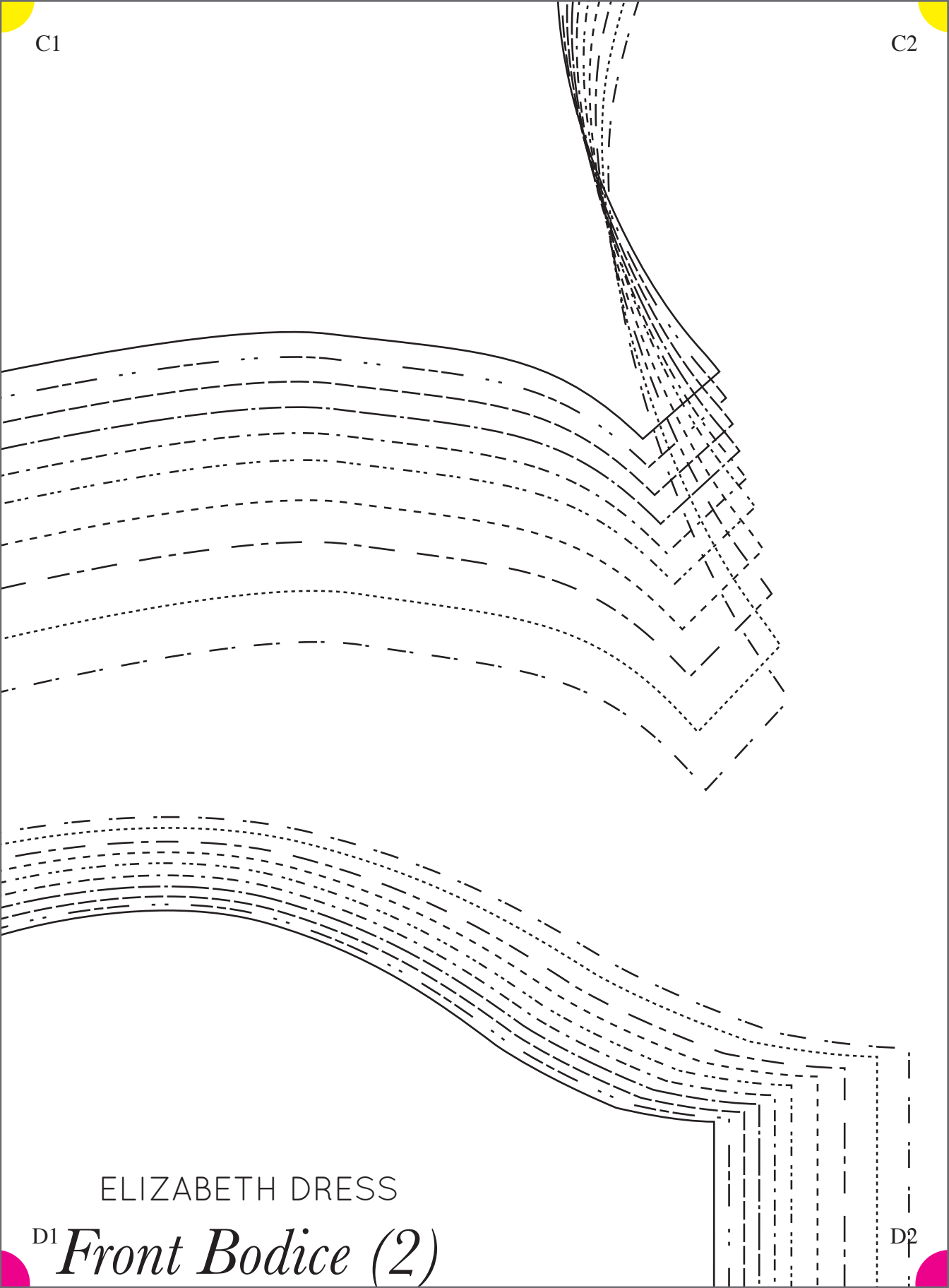
C1



D1

C1

C2



ELIZABETH DRESS

<sup>D1</sup> *Front Bodice (2)*

<sup>D2</sup>

C2

C3

3/4" HEM ALLOWANCE

D2

D3

ELIZABETH DRESS

# Back Skirt (6)

Sizes 0-18

Fabric: Cut 1 on Fold

3/8" SEAM ALLOWANCE

EXCEPT AT HEM

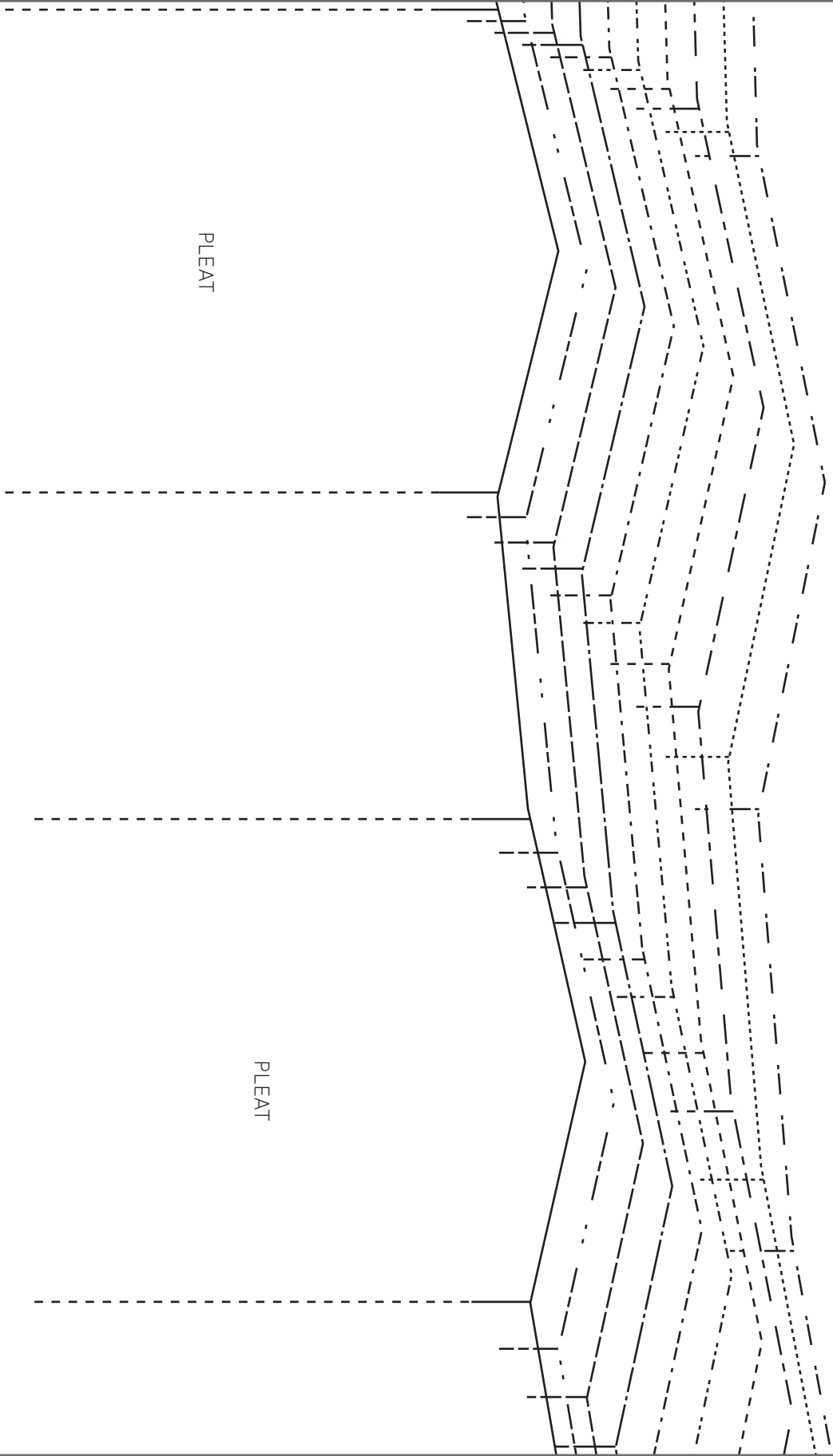
0	_____
2	----- ..----- ..
4	-----
6	-----
8	-----
10	-----
12	-----
14	-----
16	-----
18	-----

C4

PLEAT

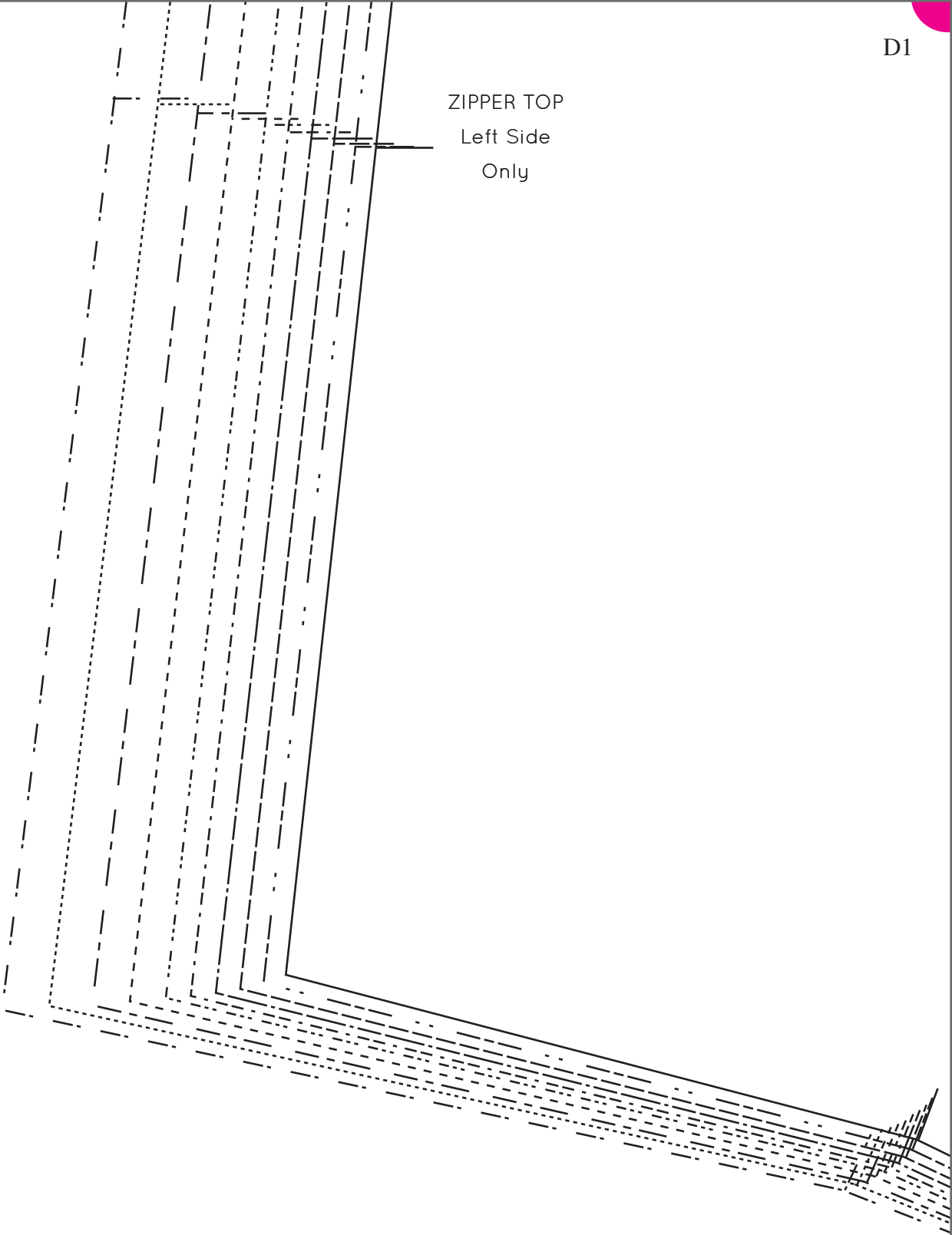
PLEAT

D4





ZIPPER TOP  
Left Side  
Only



Sizes 0-18

D1

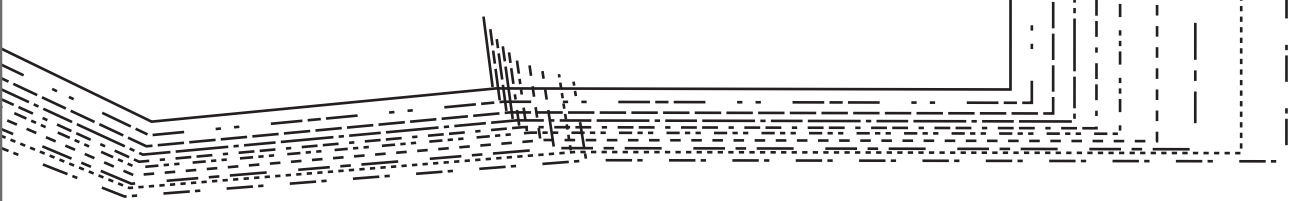
Fabric: Cut 1 on Fold

3/8" SEAM ALLOWANCE

D2

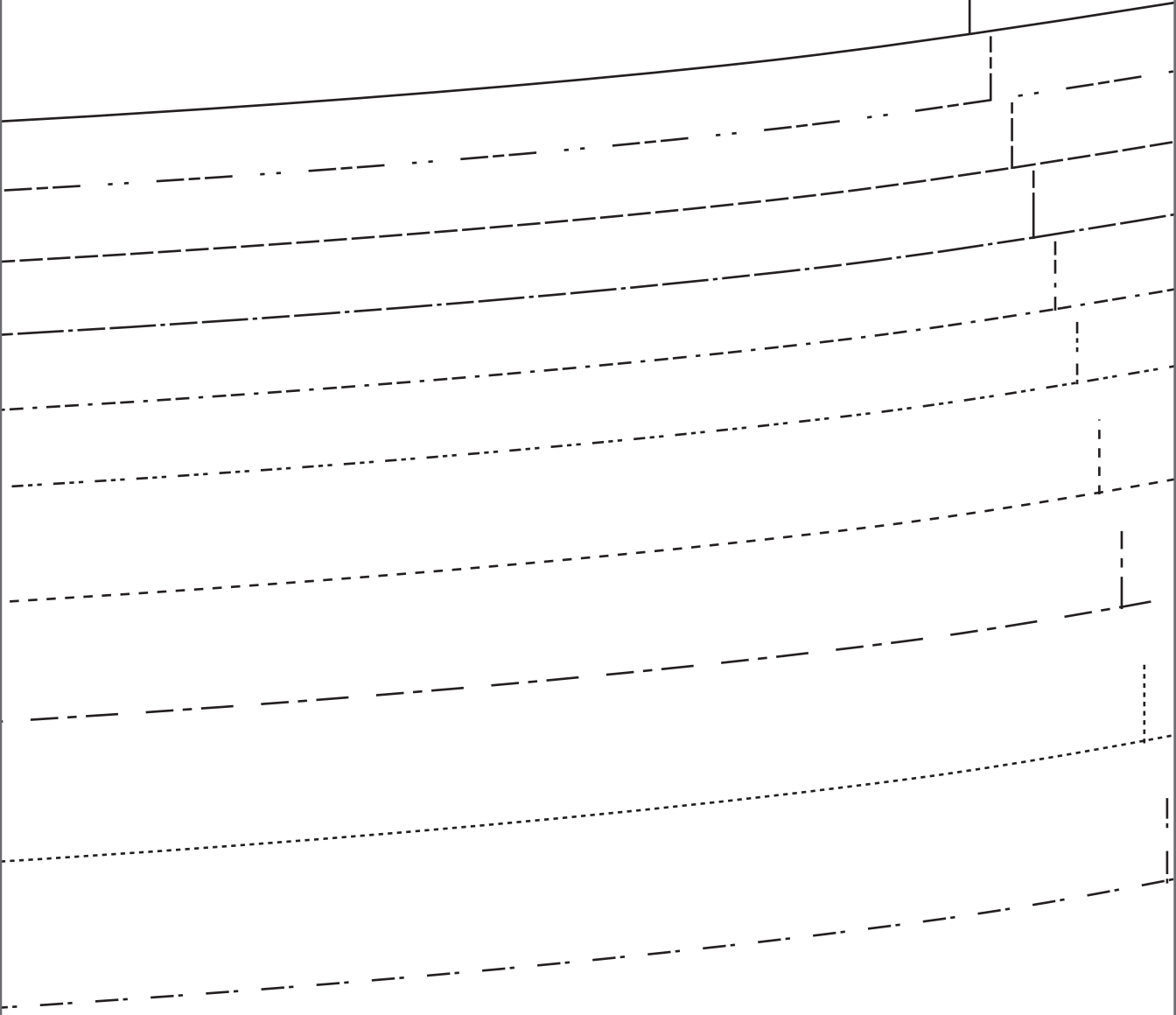


Starting from  
the apex  
strike in  
dart legs to  
the correct  
set of notches



A series of horizontal lines for handwriting practice. The page features a solid top line and a solid bottom line, with a dashed middle line between them. This pattern repeats down the page, with each set of lines slightly slanted to the right. The lines are black on a white background.

ZIPPER  
BOTTOM  
Left Side Only



D4

