

We love  
**STYLE**

# HALLE

## *maxi dress*

Stretch yourself with  
this beautiful knit maxi  
dress, great for making an  
impact all year long

Project **JANINE KROES**  
enina-J by Janine [www.enina-j.com](http://www.enina-j.com)



### *Shopping list*

Blue Leaves from the Jungle Stretch Viscose  
jersey [www.fabricsgalore.co.uk](http://www.fabricsgalore.co.uk)

## MATERIALS & TOOLS:

- 3-3.5m x 150cm-wide stretch fabric – see recommended fabric below
- co-ordinating thread
- templates downloaded from [www.lovesewingmag.co.uk](http://www.lovesewingmag.co.uk)

## RECOMMENDED FABRIC:

Stretch fabric with a good drape: knits, jersey, ITY, scuba  
Lighter fabric (ie scuba rather than cotton or viscose jersey) will be easier to manage as the skirt adds weight to the garment

## NOTES:

Seam allowances are  $\frac{1}{4}$ " or sufficient for overlocking without cutting the edges  
If you are using a sewing machine and a zigzag stitch, add a further  $\frac{1}{4}$ " to the seam allowance  
Use the waist measurement to decide on your size  
Finish all raw edges with a zigzag stitch or overlocker

### Top tip

Remember, finished garment measurements have negative ease to allow for stretch!

## CUTTING:

Cut each piece along the grainline – there are six pattern pieces: bodice front, bodice back, skirt, waistband, sleeves plus cut an additional strip of 1x52" for the neckline binding strip.

## HOW TO MAKE:

- 1 Begin by constructing the bodice. Stay-stitch the neckline and front edges.
- 2 Sew the bust darts.
- 3 Sew the shoulders right sides together.

## SIZING:

FINISHED MEASUREMENTS	XS	S	M	L	XL
BUST	32-33"	34-35"	36-38"	39-40"	41-42"
WAIST	29-30"	31-32"	33-34"	35-36"	37-38"
HIP	39-40"	41-42"	43-44"	45-46"	47-48"





## MASTERCLASS

# STRETCH YOURSELF

Follow our top tips for stitch success when working with jersey and stretch fabric

### STITCH SETTINGS

Test out your stitch settings on a double scrap of fabric before you start sewing your garment. Use a stretch or ballpoint needle, 60/8 for very lightweight fabric, 75/11 for light to medium-weight jersey. To help stop the fabric stretching out as you sew, lower the presser foot pressure if your machine lets you. Why not try a double needle to create a professional-looking hem for your dress?

### WALKING FEET

A walking foot or dual-feed foot is also helpful – these attachments ensure both layers of fabric are fed through the machine at the same speed so one doesn't stretch out and create wobbly seams. Try not to let the fabric dangle off the table while you're sewing. Use an extension table if your machine comes with one or simply hold the fabric alongside your machine.



### FINISHING SEAM ALLOWANCES

There's usually no need to finish seam allowances on knit fabric, as it won't fray. However, you might want to finish them to strengthen or neaten them up. If you don't have an overlocker (serger), you can finish them with a zigzag stitch. Trim the seam allowances to about half their width first then zigzag with a regular presser foot about 5mm (1/4") away from the seam line before trimming the seam allowances.

An overedge foot creates a more robust finish and will stop the raw edge from rolling up. Line up the raw edge of the fabric with the guide on the foot so the right-hand side of the zigzag lands exactly on the edge.

- 4 Sew the sleeves right sides together - the sleeve curves are symmetrical so there is no front or back to worry about.
- 5 Sew arms and sides right sides together, starting from the arm and continuing all the way to the waist.
- 6 Prepare the neck strip by folding it in half wrong sides together along the length, then attaching it to the edge of the neckline right sides together. Sew and trim the ends.
- 7 Now it is time to construct the skirt. Begin by sewing the front and back pieces together, with right sides together.
- 8 Fold the waistband in half lengthwise and, placing the fold in line with one of the skirt's side seams, pin it right sides together, and sew all the

way round, leaving a gap at the other side seam.

- 9 Pin the two short ends of the waistband together at the open side, right sides together, and sew so the waistband is now all one continuous piece.
- 10 Sew the last section of the waistband to the skirt.
- 11 You will now need to attach the skirt to the bodice. Attach the bodice to the other edge of the waistband, RST, ensuring side seams are aligned. Overlap the fronts of the bodice. At this stage it may be easier to sew the inside front first, and the outside front over the top afterwards.
- 12 Hem the sleeves and skirt using either a zigzag stitch or twin needle to finish your maxi dress.



## ABOUT ENINA-J BY JANINE



Janine Kroes is a self-taught seamstress and fashion designer based in Curaçao, a beautiful island in the south-western

Caribbean. Janine has been designing her own patterns since 2005 as part of her clothing line enina-J by Janine.

Discover all about Janine's patterns at [www.enina-j.com](http://www.enina-j.com) and follow the latest updates on Instagram [enina\\_j\\_by\\_janine](https://www.instagram.com/enina_j_by_janine)

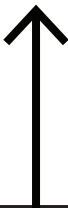


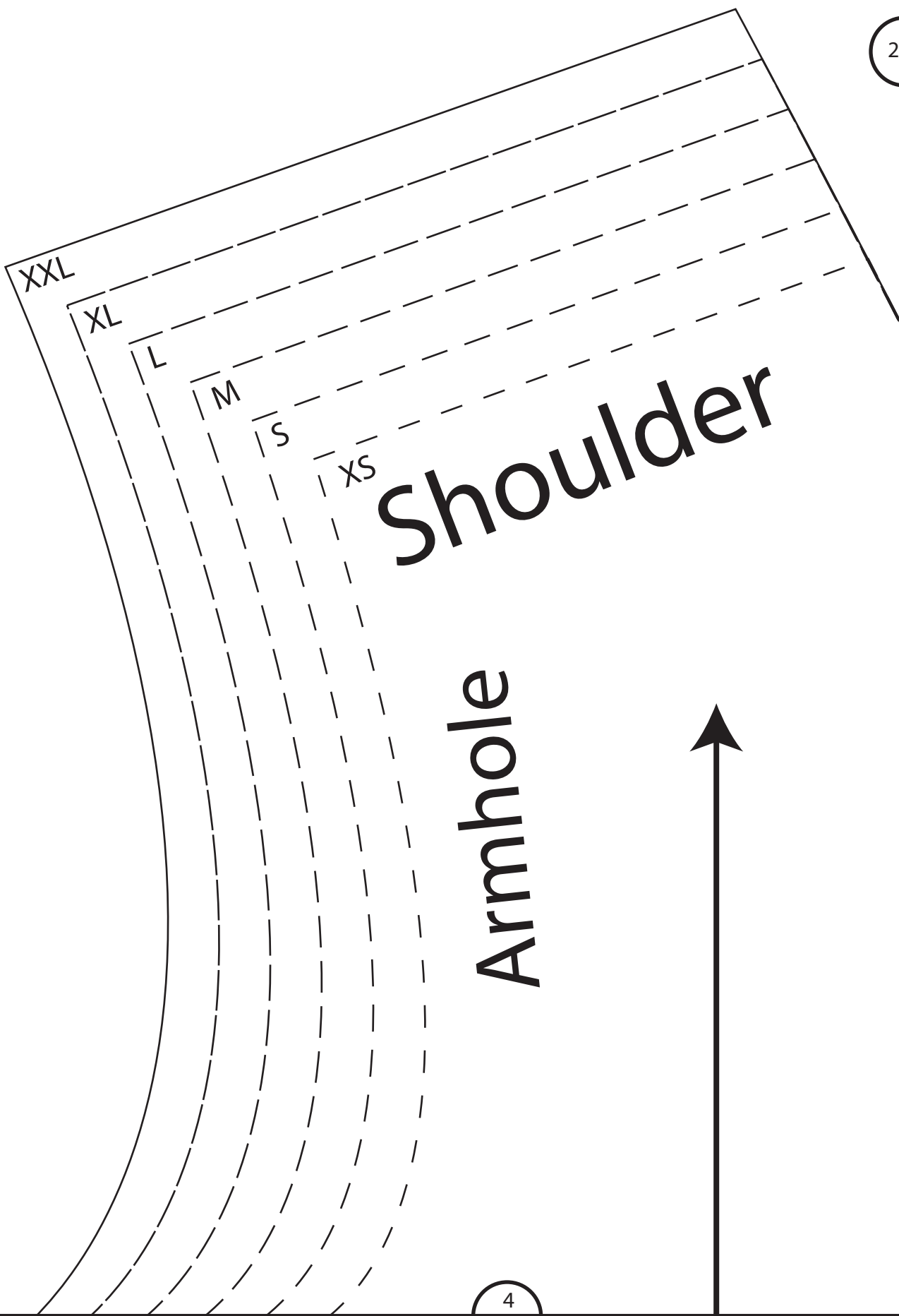
Test  
Square  
1" x 1"

XXL  
XL  
L  
M  
S  
XS

# SLEEVE

CUT 2X



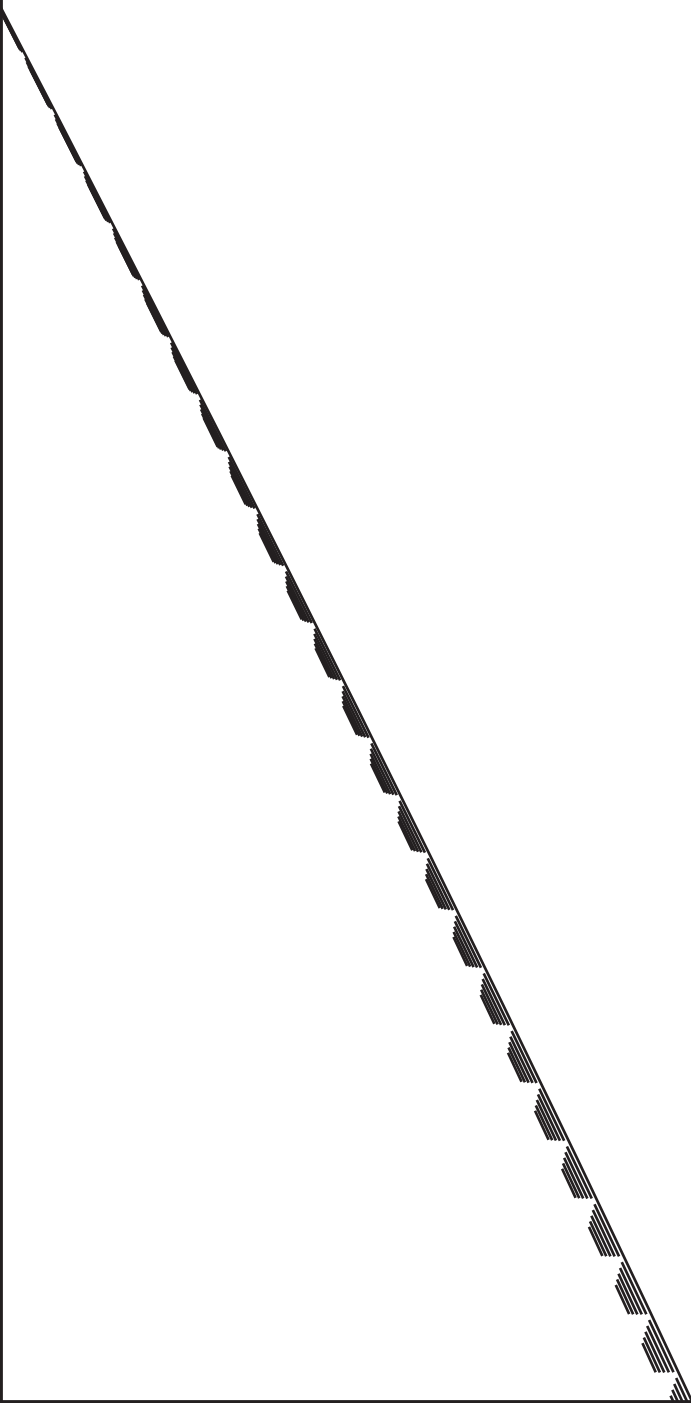


Shoulder

Armhole



2



5

**FOLDLINE**

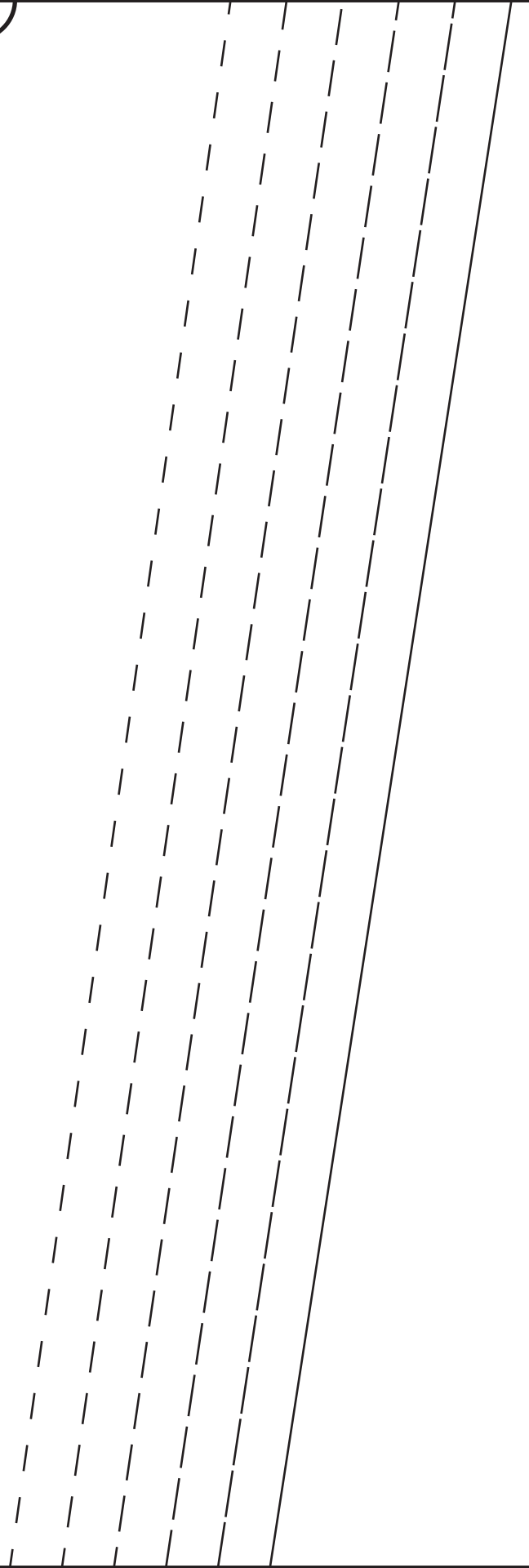


**Halle Maxi Dress**

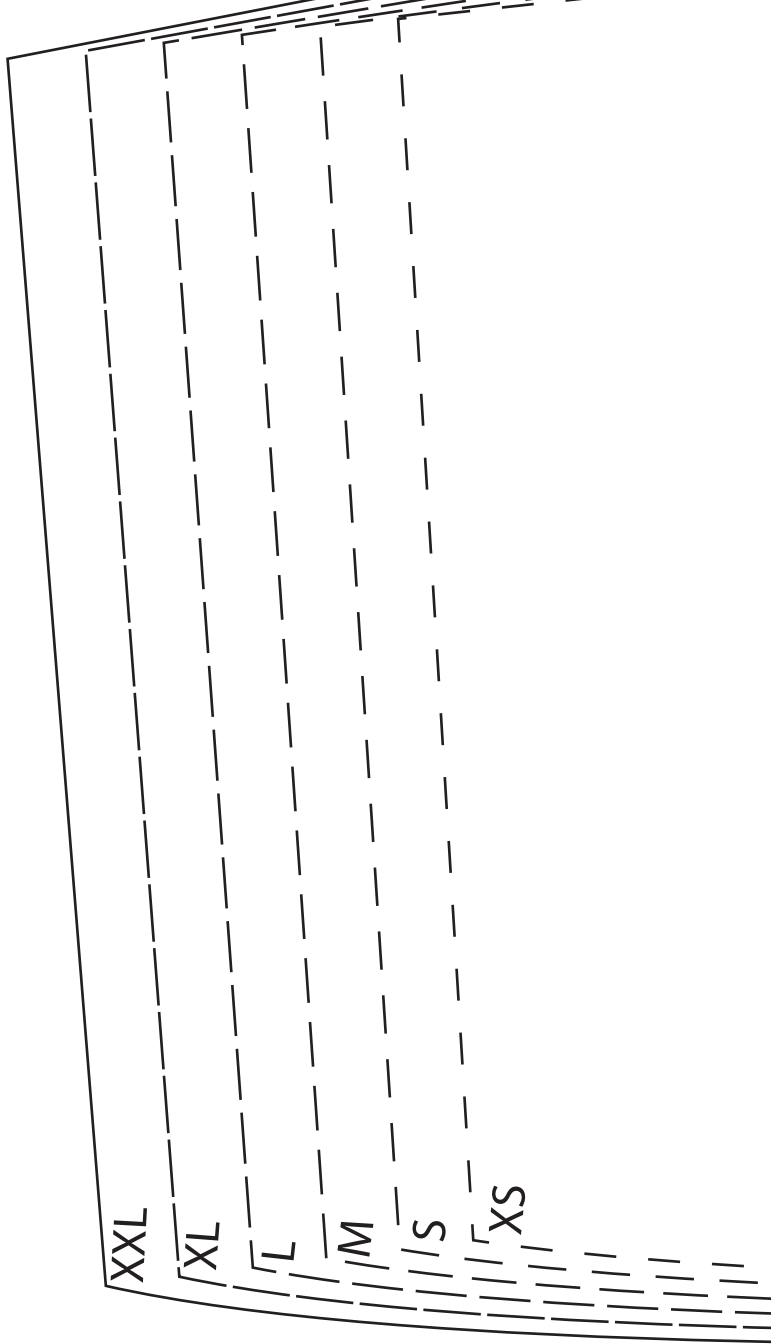
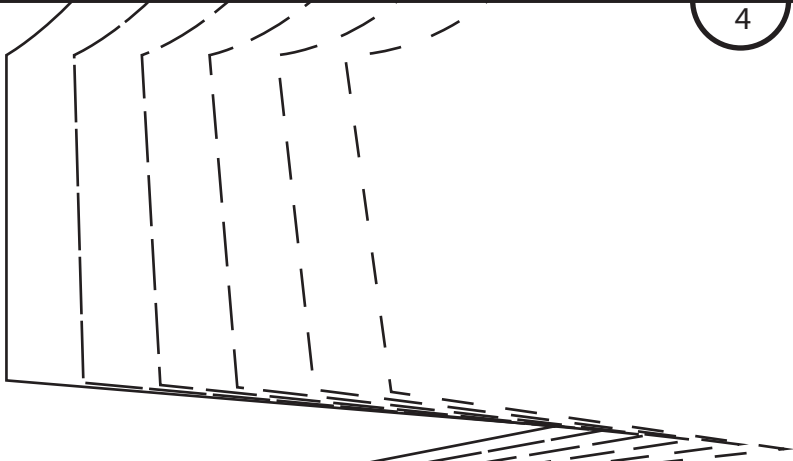
Stretch Fabric Only

3

6







# Front Bodice

## Halle Maxi Dress

Stretch Fabric Only

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XS S M L XL XXL

XXL

XL

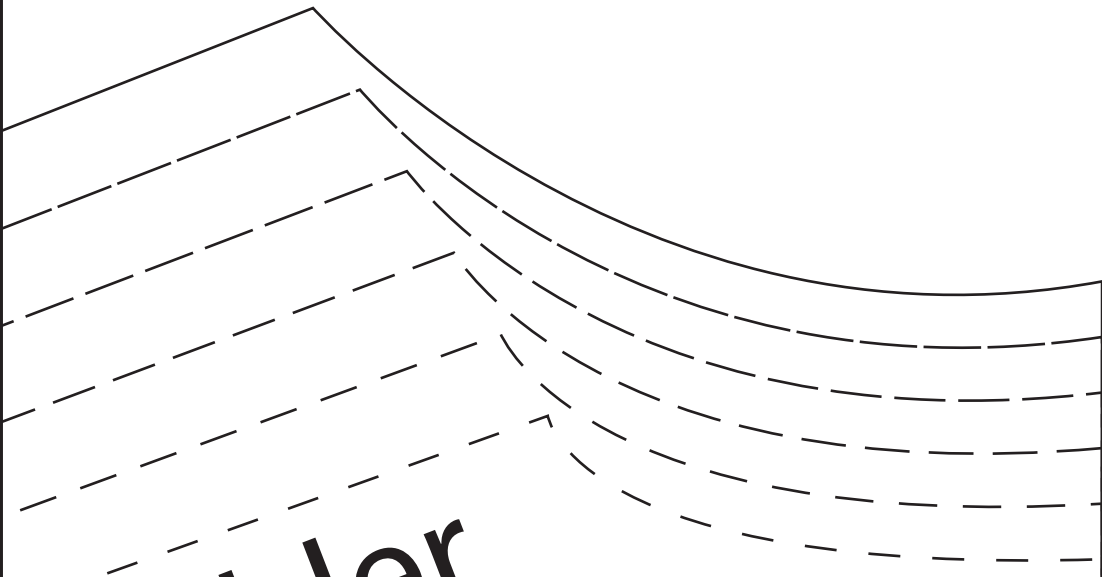
L

M

S

XS

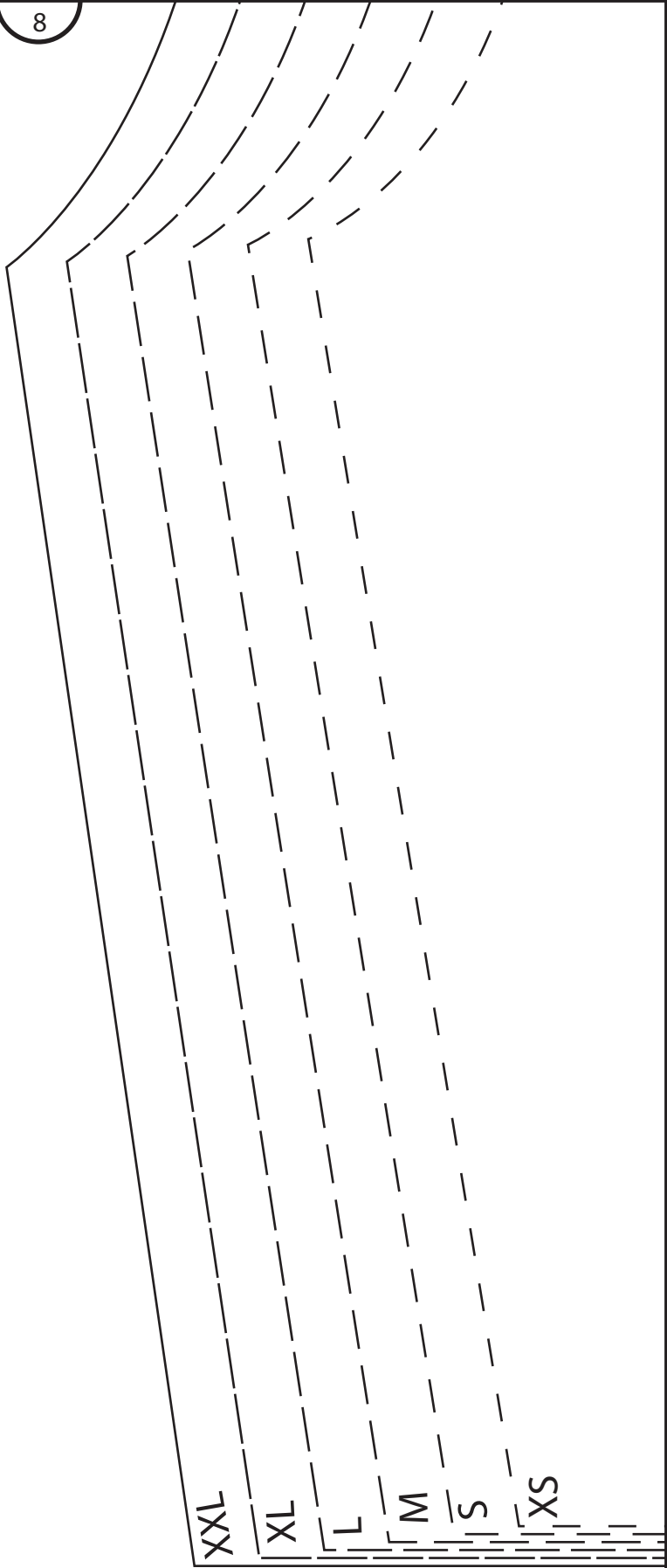
Armhole S



noulder



D LINE



FOI



# Back Bodice

## Halle Maxi Dress

Stretch Fabric Only

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Test  
Square  
1" x 1"

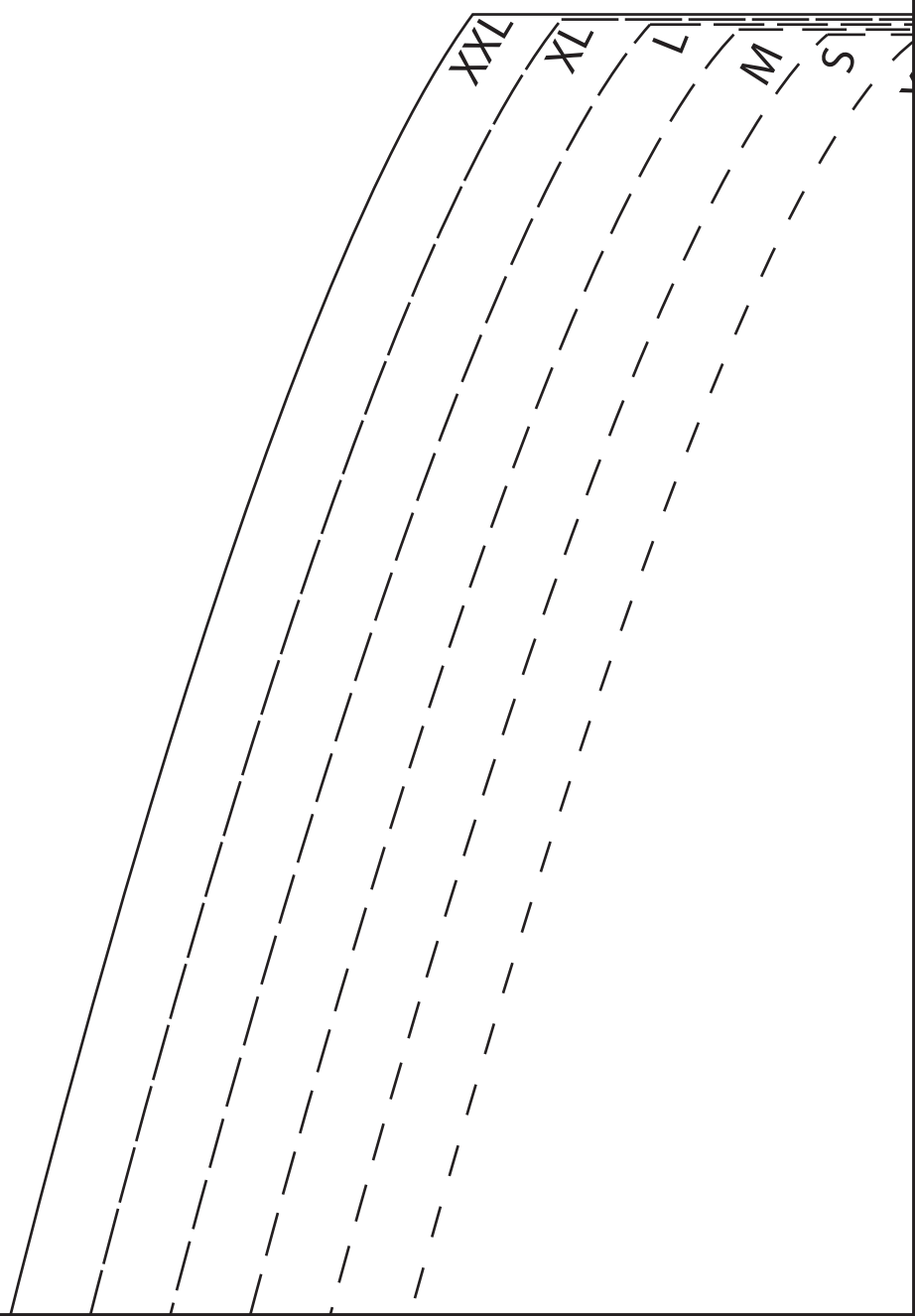
**Foldline**

**WAIST BAND**

A

B

D





B



S

Waist

Front and Back  
Maxi Skirt

E

C

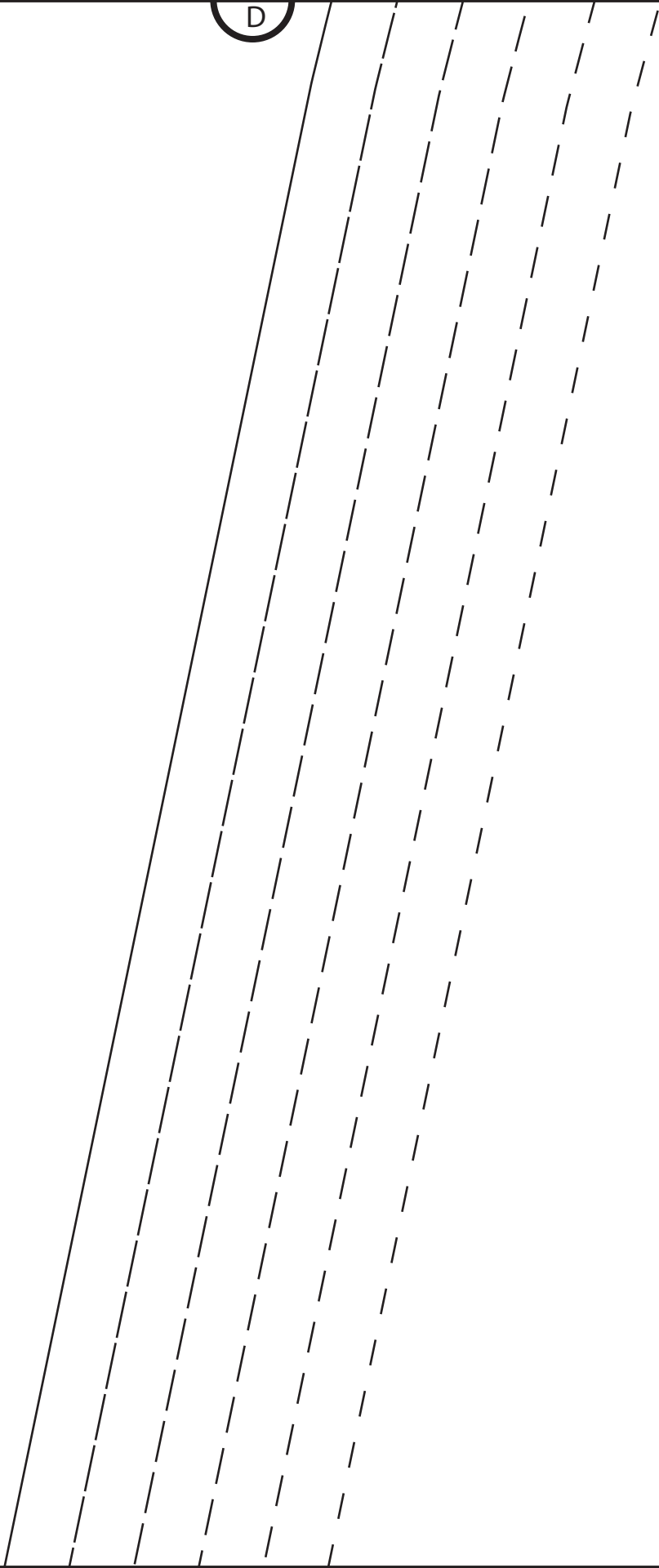
D



F

ma

D



G

E



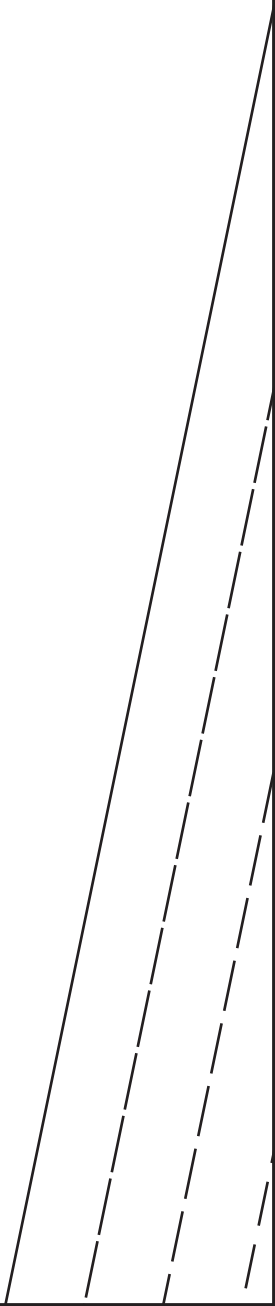
H

ENI

F



I



G

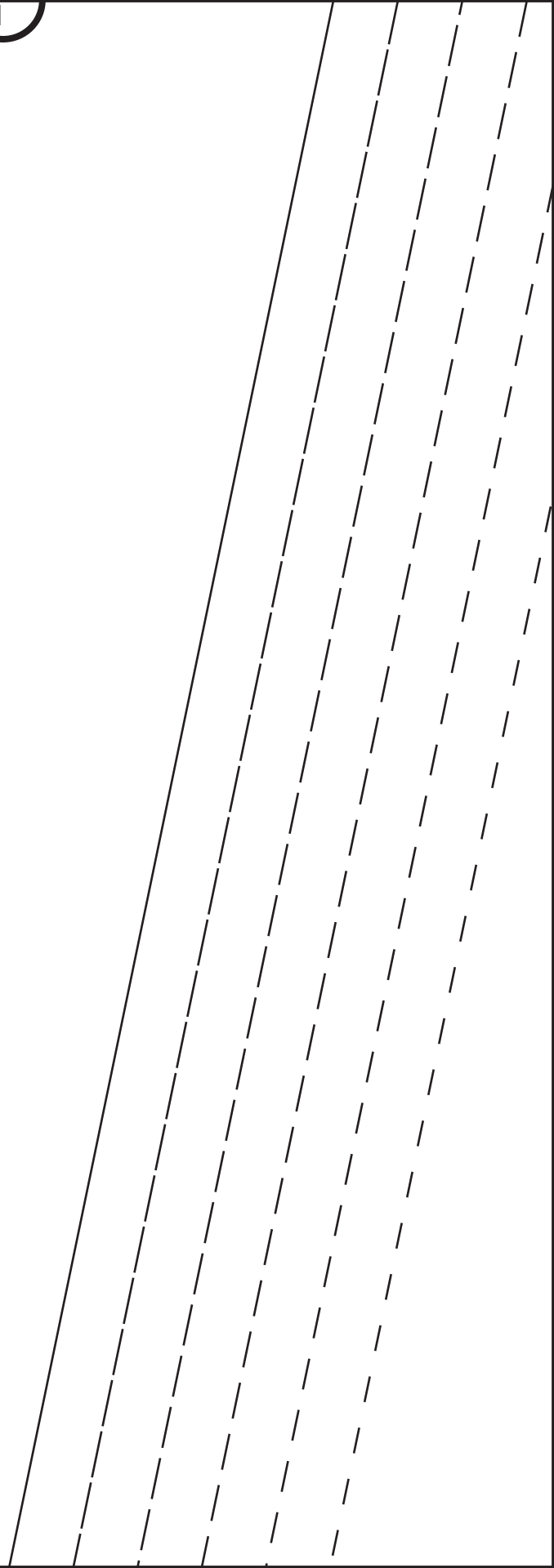
J

H

**FOLD**



K





J

M

K

N

L

XXL

XL

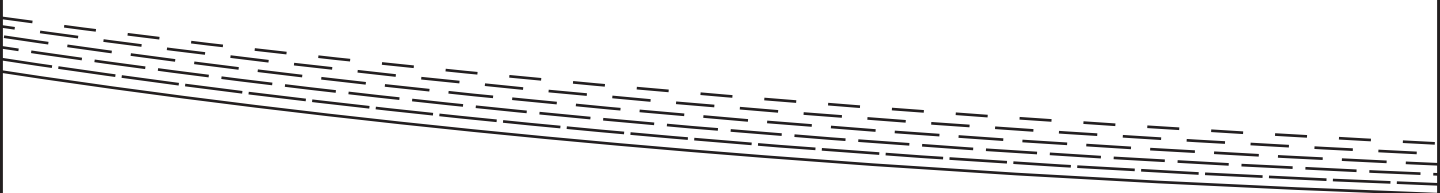
L

M

S

XS

Ha



# le Maxi Dress

Stretch Fabric Only

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A series of horizontal lines of varying lengths and thicknesses, creating a decorative border at the bottom of the page.