

Milkmaid Maxi Dress

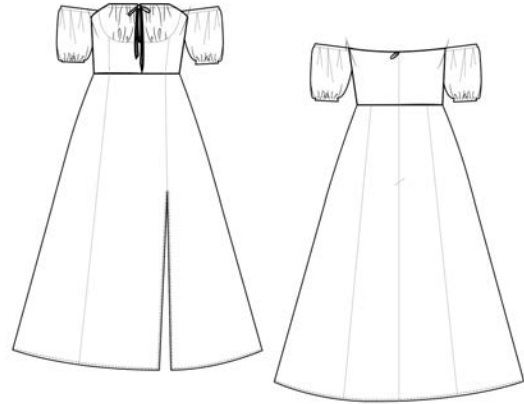


INSTRUCTION

BOOKLET

Table of Contents

- 3 What do I need to start sewing?
- 4 Printing instructions
- 6 Size chart
- 7 Patterns
- 8 Sewing instructions
- 16 Glossary



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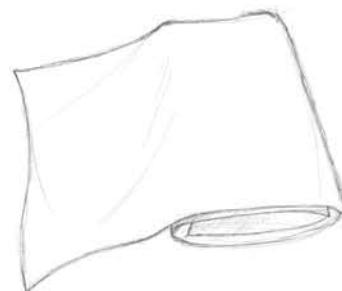
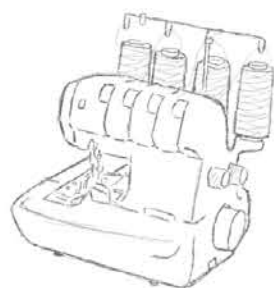
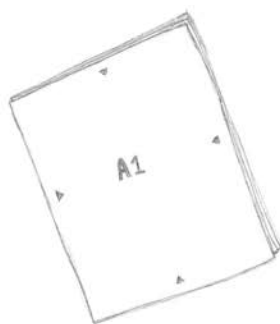
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What do I need to start sewing?



Sewing machine
Overlock/Serger
Pattern printout
Sewing thread
Measuring tape
Water erasable pen/Chalks
Scissors
Ruler
Pins

Loop turner
15" or 38.1cm long invisible zipper
¼" or 0.6cm width elastic
1" or 2.5cm width elastic

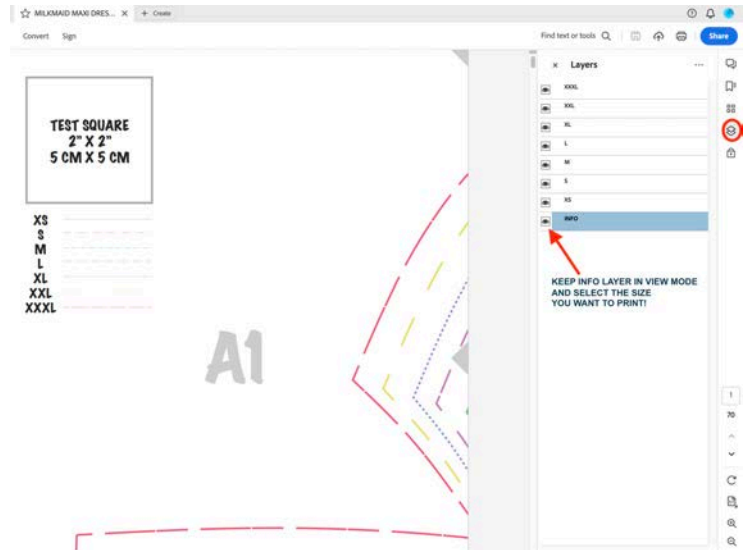
4 yards poly cotton poplin
(2 yards for lining or same fabric)

Fabric Recommendations: rayon challis, polyester, silk, crepe, viscose, georgette, cotton, linen, crepe de chine.

Printing Instructions

Let's print out the pattern!

The sewing pattern comes with 3 different printing options! The US Letter and A4 print is a tile version PDF that you can print out at home. The A0 version is used by a printshop to print on a single sheet of paper and saves time taping the separate pages together.



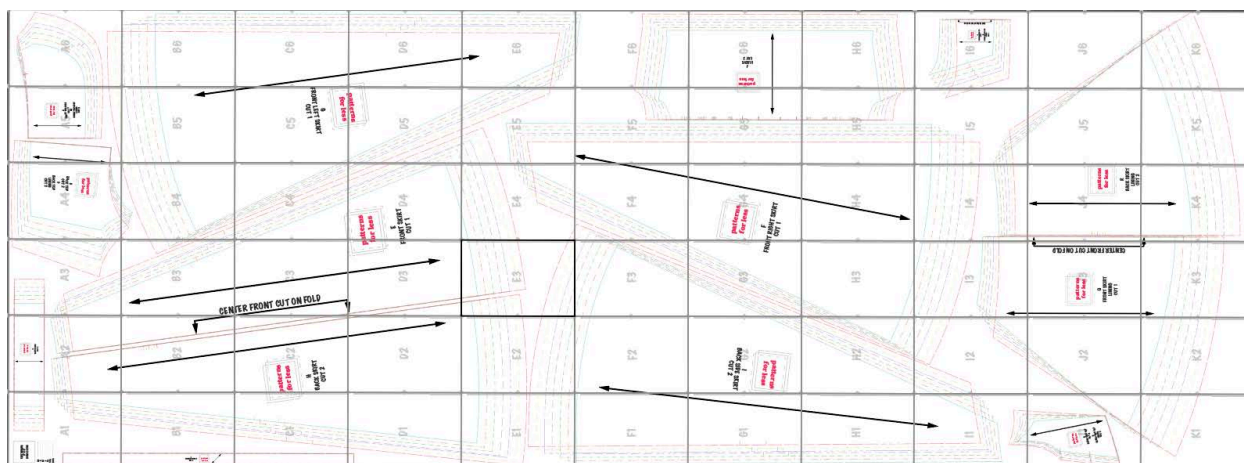
Additionally, you can use view mode to only select/print the size you are working on. Each pattern file is designed with layers of different sizes. There is an option to print only your size or all sizes based on your preference. Open the file in Adobe Acrobat and keep in legend layer.

If you print at home, then you need to trim each sheet by cutting off the top and excess margin. Tape each page together by row, and then attach the rows together. Use the diamond marks to align everything!

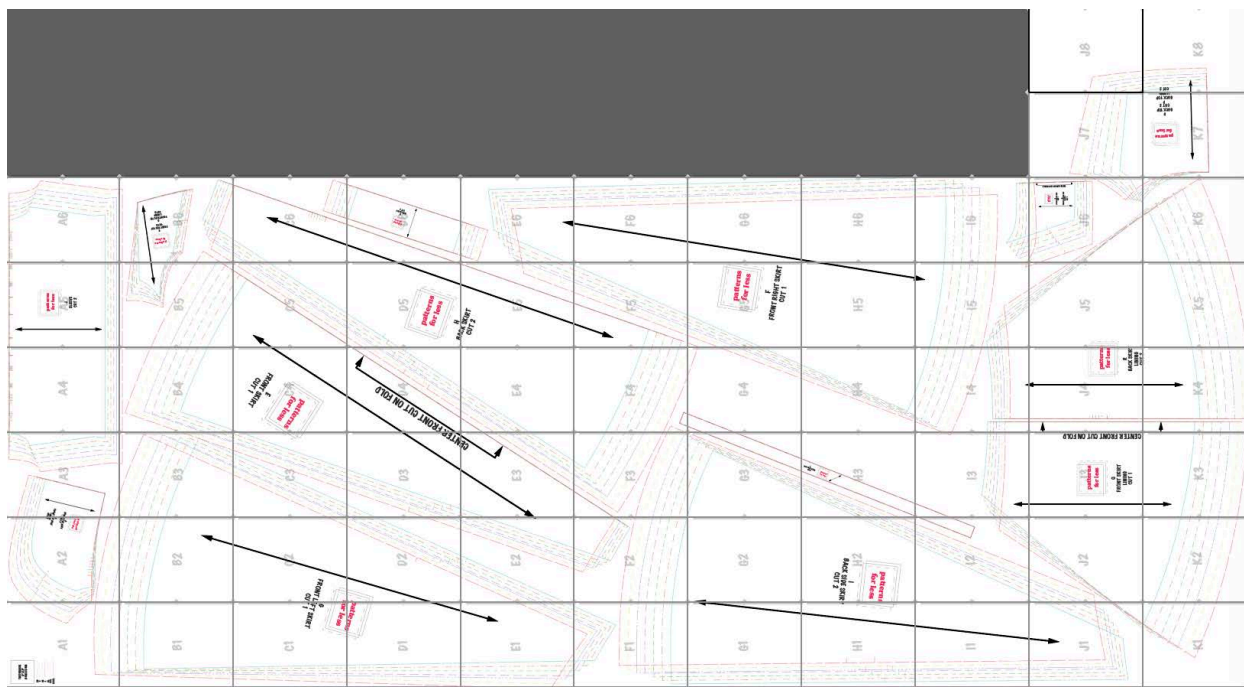
Always make sure to print on 100% scale.
(Do not 'fit to page' or reduce the size!)

There is a test square on the first page of the pattern.
Use as a scale to check if the dimensions are 5x5cm and/or 2x2".

A4



US Letter



Size Chart

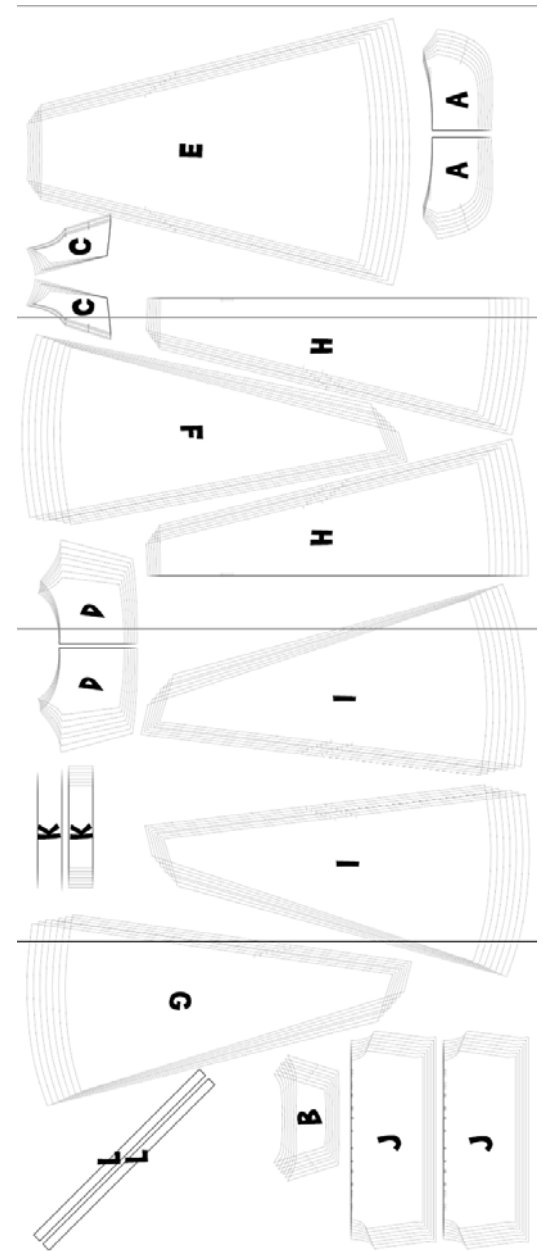
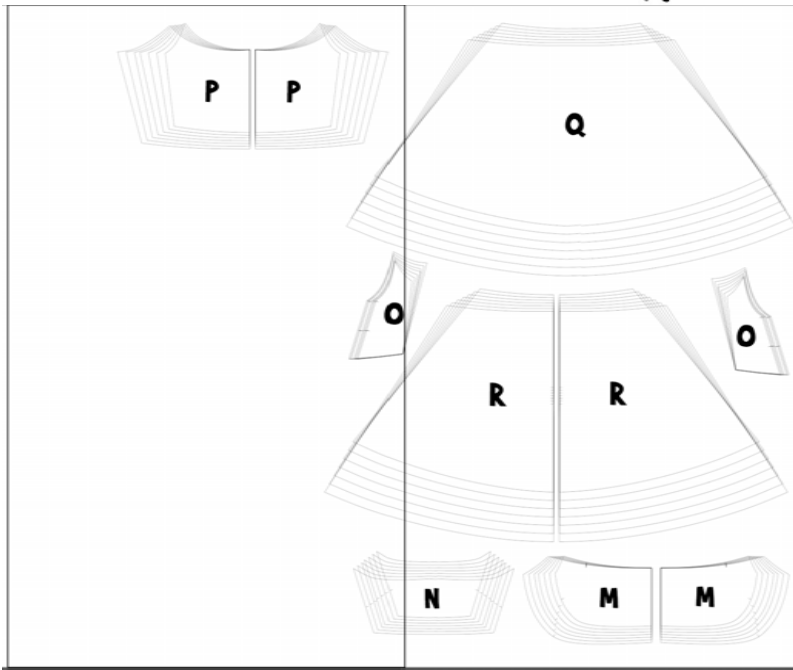
inches

SIZE	BUST	WAIST	HIP
XS	30	25	36
S	33	27	38
M	36	29	40
L	39	31	42
XL	41	33	44
XXL	44	35	46
XXXL	47	37	48

centimeters

SIZE	BUST	WAIST	HIP
XS	76	63	91
S	84	68	96
M	91	74	102
L	99	79	107
XL	104	84	112
XXL	112	89	117
XXXL	119	94	122

Patterns

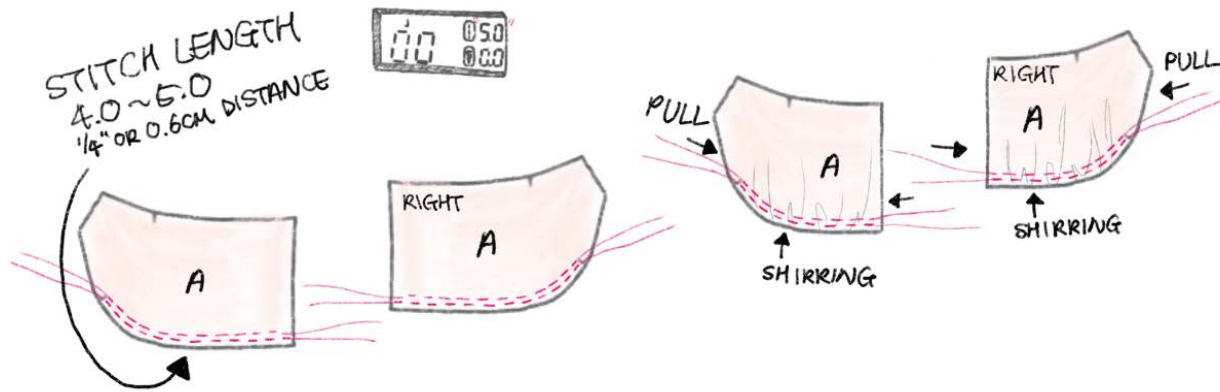


Milkmaid maxi dress pattern pieces include:

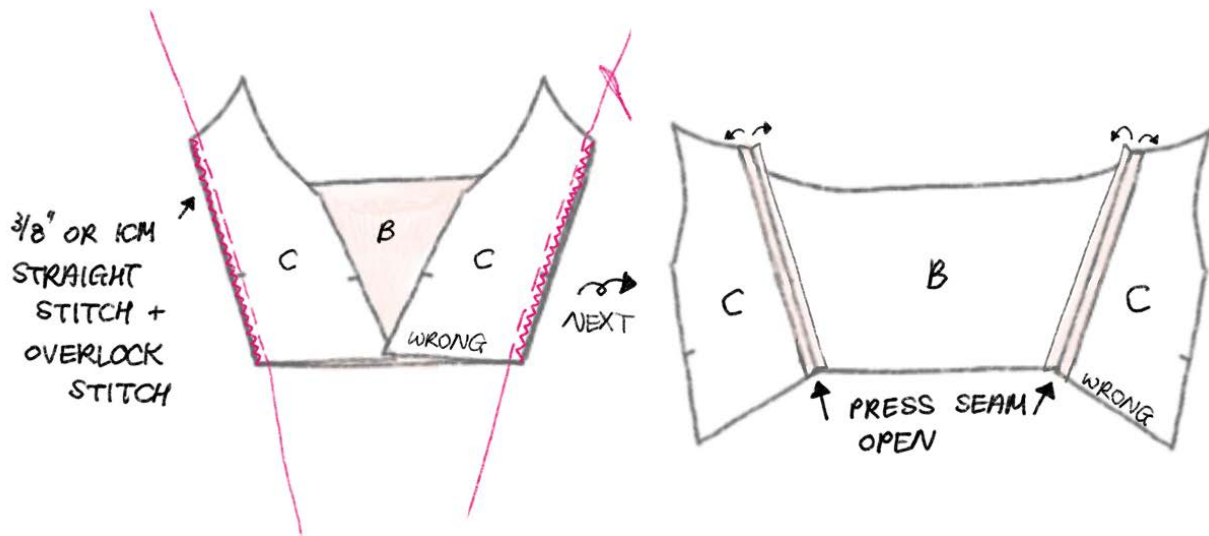
- A- Front Top Bust, cut 2
- B- Front Center Top , cut 1 on folded fabric
- C- Front Side Top, cut 2
- D- Back Top, cut 2
- E- Front Skirt, cut 1 on folded fabric
- F- Front Right Skirt, cut 1
- G- Front Left Skirt, cut 1
- H- Back Skirt, cut 2
- I- Back Side Skirt, cut 2
- J- Sleeve, cut 2
- K- Sleeve Band, cut 2
- L- Spaghetti Strap, cut 2
- M- Front Top Bust Lining, cut 2
- N- Front Center Top Lining, cut 1 on folded fabric
- O- Front Side Top Lining, cut 2
- P- Back Top Lining, cut 2
- Q- Front Skirt Lining, cut 1 on folded fabric
- R- Back Skirt Lining, cut 2

$\frac{3}{8}$ " or 1cm seam allowance is already included unless indicated on the pattern or instruction book.

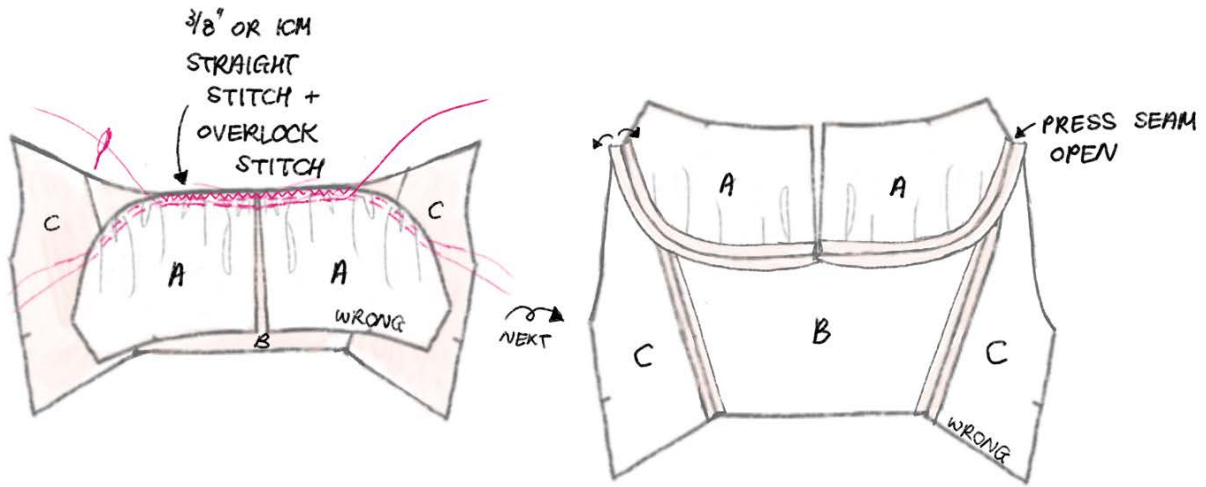
Sewing Instructions



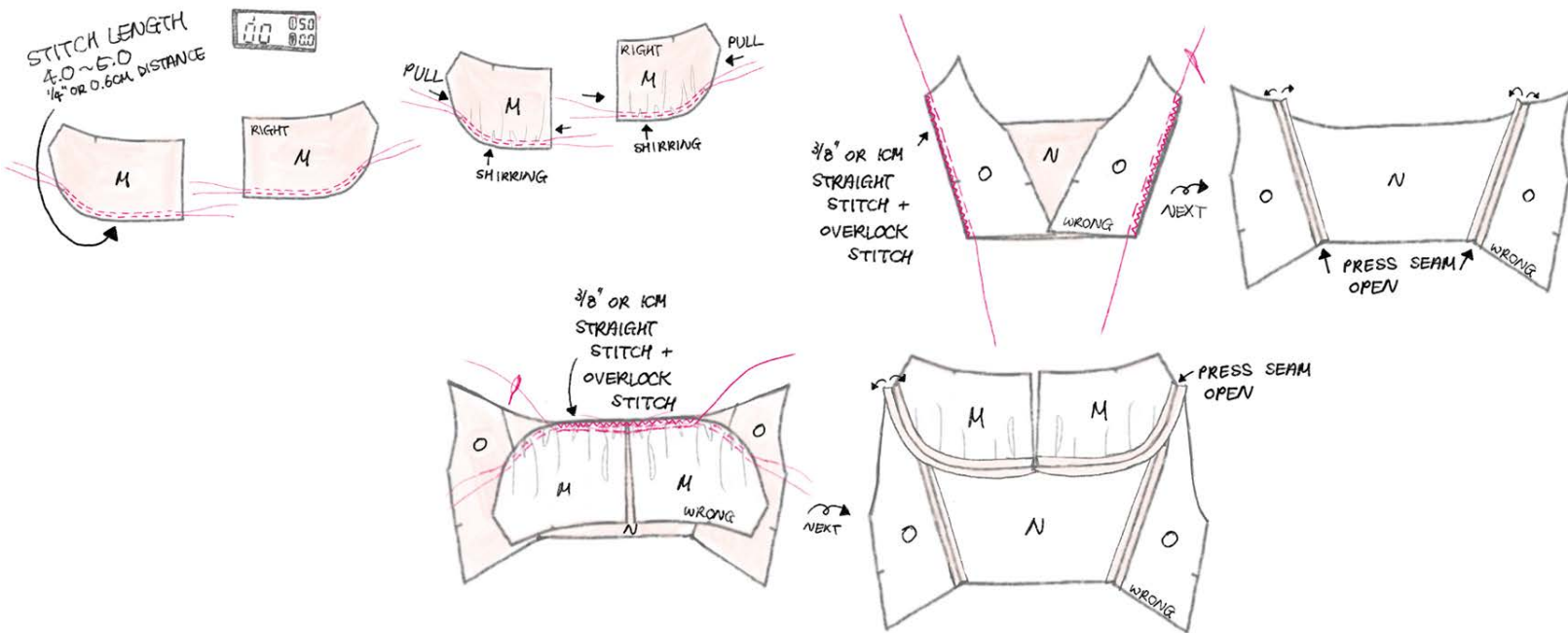
Step 1- Adjust the sewing machine to the largest stitch length 4.0 or 5.0 and loosen the tension. From center front to the notch, sew double stitch around the under bust seam of Front Top Bust (A) pattern pieces without backstitching. Manually hand gather to create shirring and set aside.



Step 2- Place the Front Side Top (C) and Front Center Top (B) right side together. Join the princess seam with $\frac{3}{8}$ " or 1cm straight stitch and press seam open.

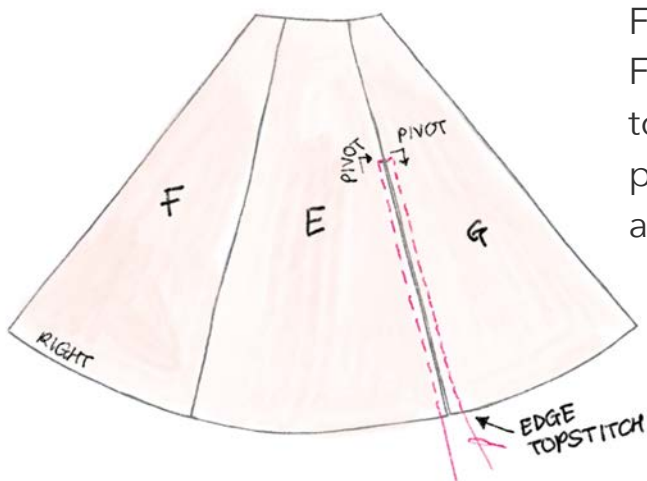
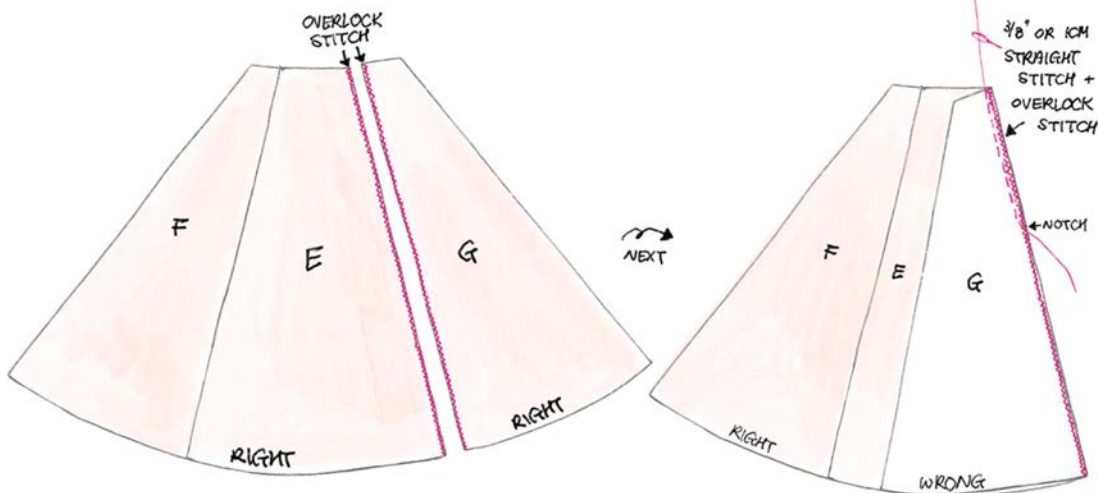
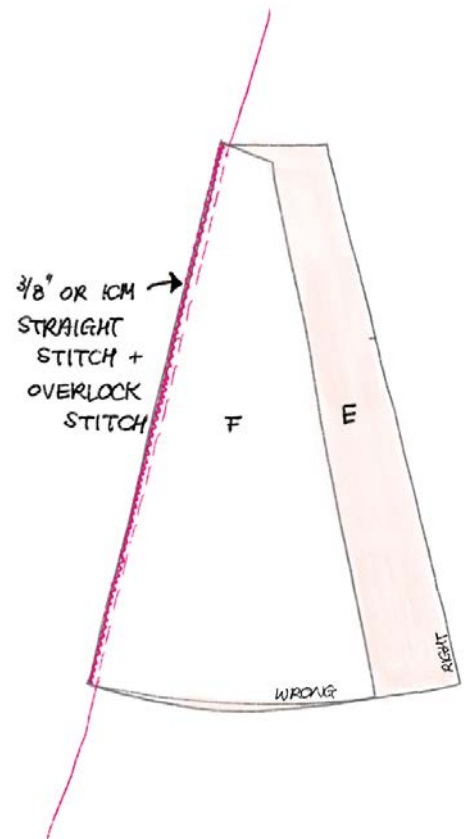


Step 3- Place the Front Top Bust (A) and Front Center and Side Top (B&C) right side together, then evenly adjust the gathering. Sew along the under bust seam with $\frac{3}{8}$ " or 1cm straight stitch and press seam open.



Step 4- Repeat Step 1-Step 3 to create lining for the top using Front Top Bust Lining (M), Front Center Top Lining (N), and Front Side Top Lining (O).

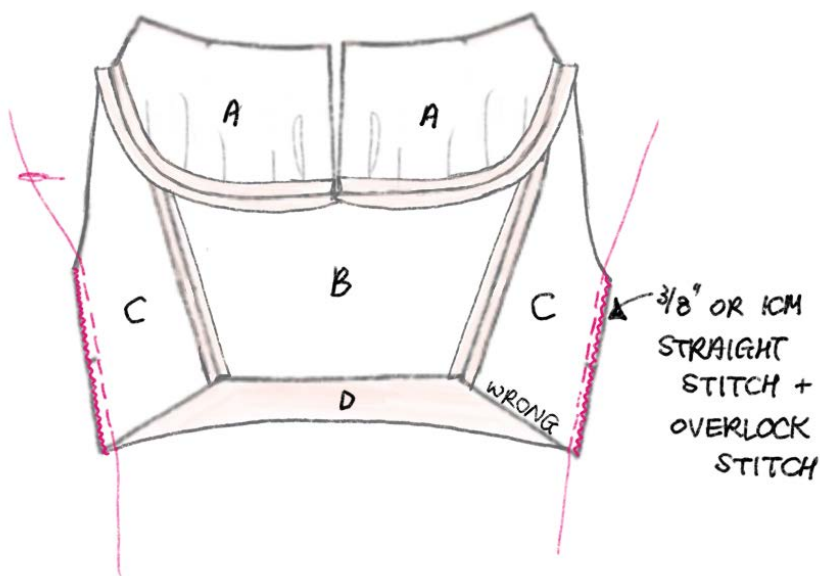
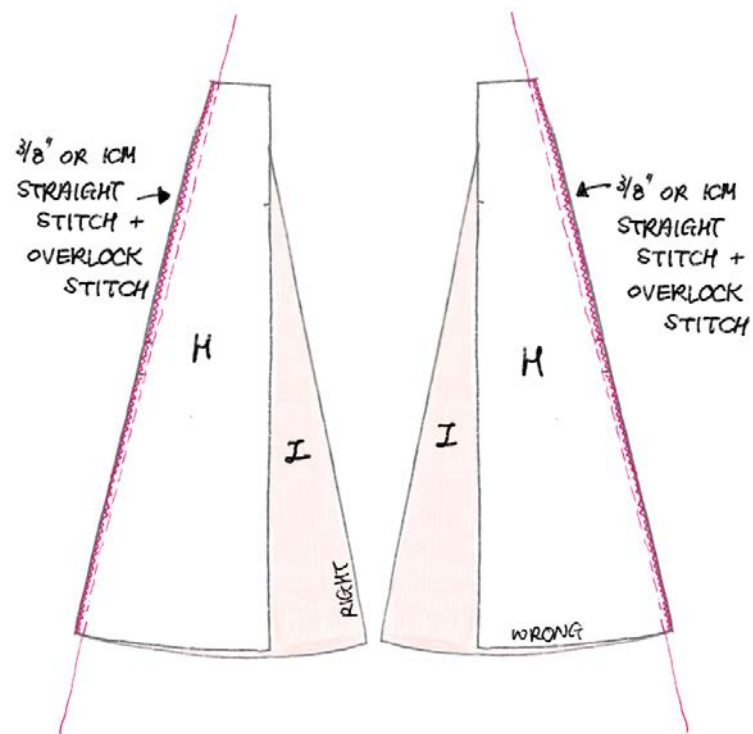
Step 5- Place Front Right Skirt (F) and Front Skirt (E) right side together, then straight stitch $\frac{3}{8}$ " or 1cm along the princess seam. Overlock stitch the seam allowance and press the seam toward the side seam.



Step 6- Overlock stitch both princess seams of Front Left Skirt (G) and Front Skirt (E). Place Front Left Skirt (G) and Front Skirt (E) right side together and straight stitch $\frac{3}{8}$ " or 1cm along the princess seam until the notch. Press seam open and edge topstitch around the slit opening.

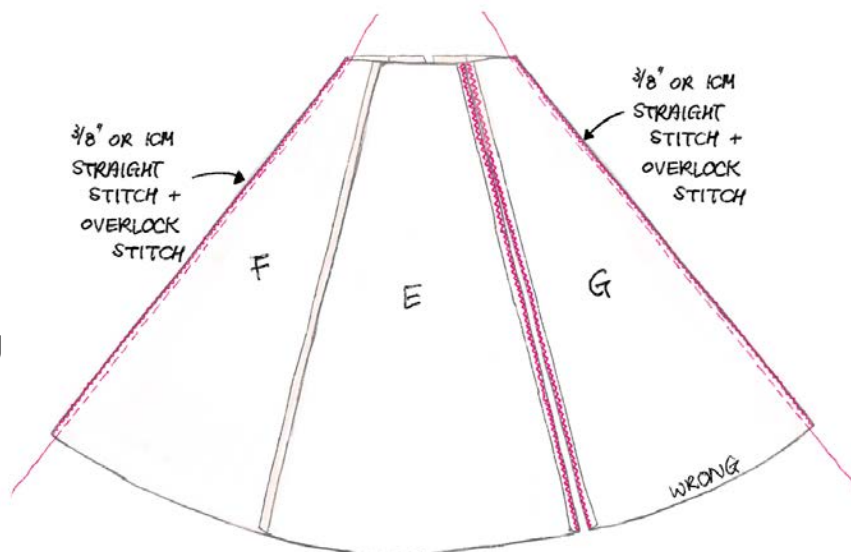
MILKMAID MAXI DRESS

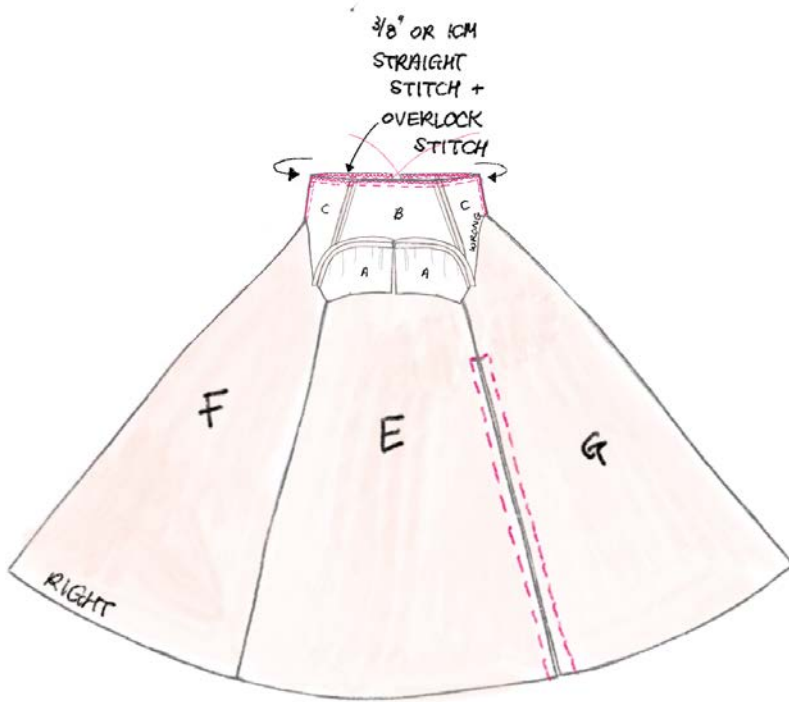
Step 7- Place Back Side Skirt (I) and Back Skirt (H) right side together and straight stitch $\frac{3}{8}$ " or 1cm along the princess seam. Overlock stitch the seam allowance and press the seam facing toward the side seam.



Step 8- Place Front and Back Top (A&B&C&D) right sides together and close the side seams with $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press seam facing toward the Back Top (D).

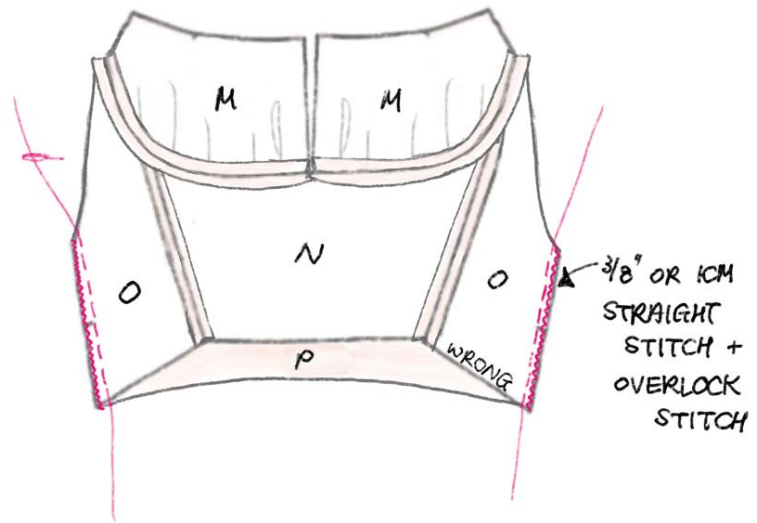
Step 9- Place Front and Back Skirt (E&F&G&H&I) right sides together and close the side seams with $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press seam facing toward the Back Skirt (H&I).



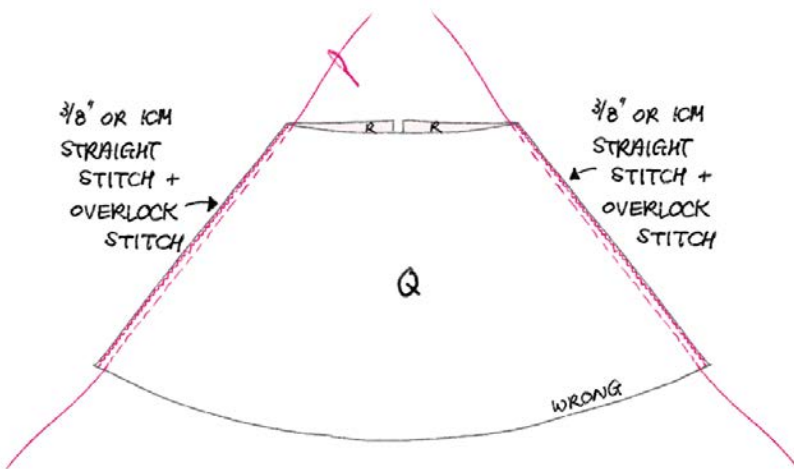


Step 10- Place the Front and Back Top (A&B&C&D) and Front and Back Skirt (E&F&G&H&I) right sides together and close the waist seam with $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press seam facing toward the hem.

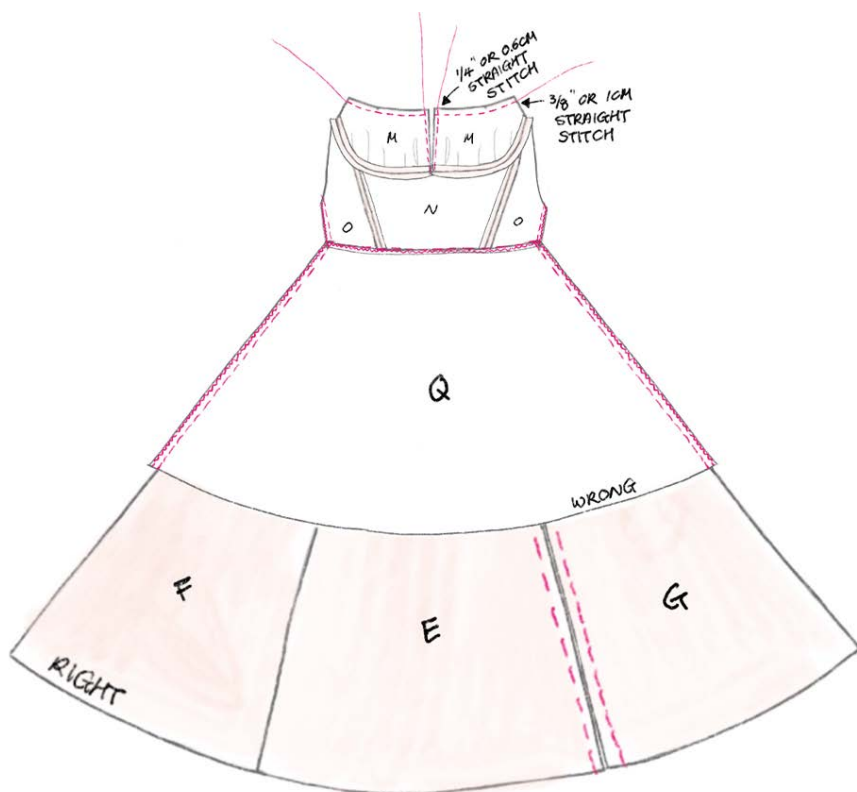
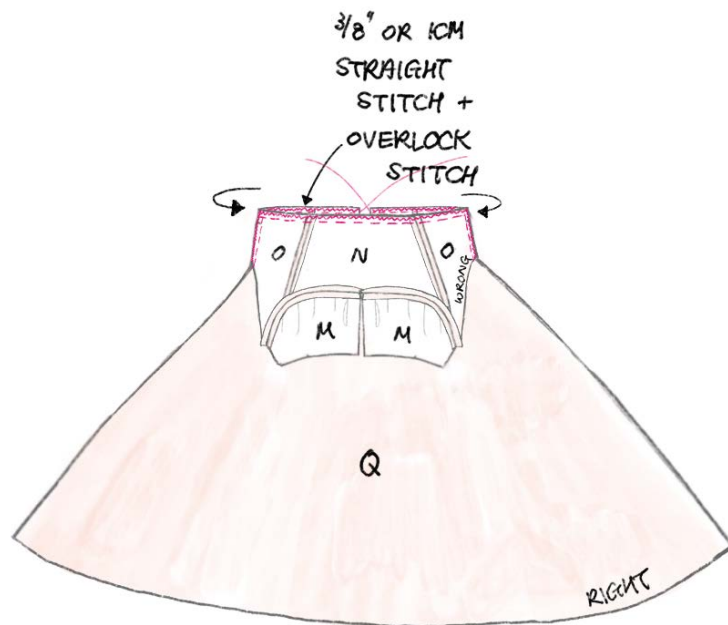
Step 11- Place Front and Back Top Lining (M&N&O&P) right sides together and close the side seams with $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press seam toward the Back Top Lining (P).



Step 12- Place Front Skirt Lining (Q) and Back Skirt Lining (R) right sides together and close the side seams with $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press seam toward the Back Skirt Lining (R).

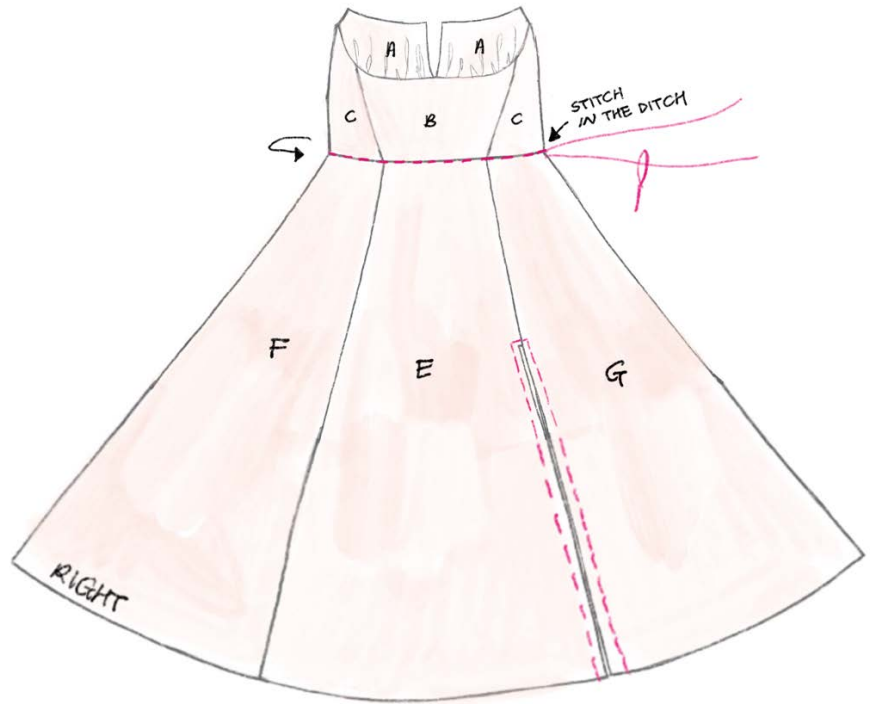


Step 13- Place the Front and Back Top Lining (M&N&O&P) and Front and Back Skirt Lining (Q&R) right sides together and close the waist seam with $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press seam toward the hem.

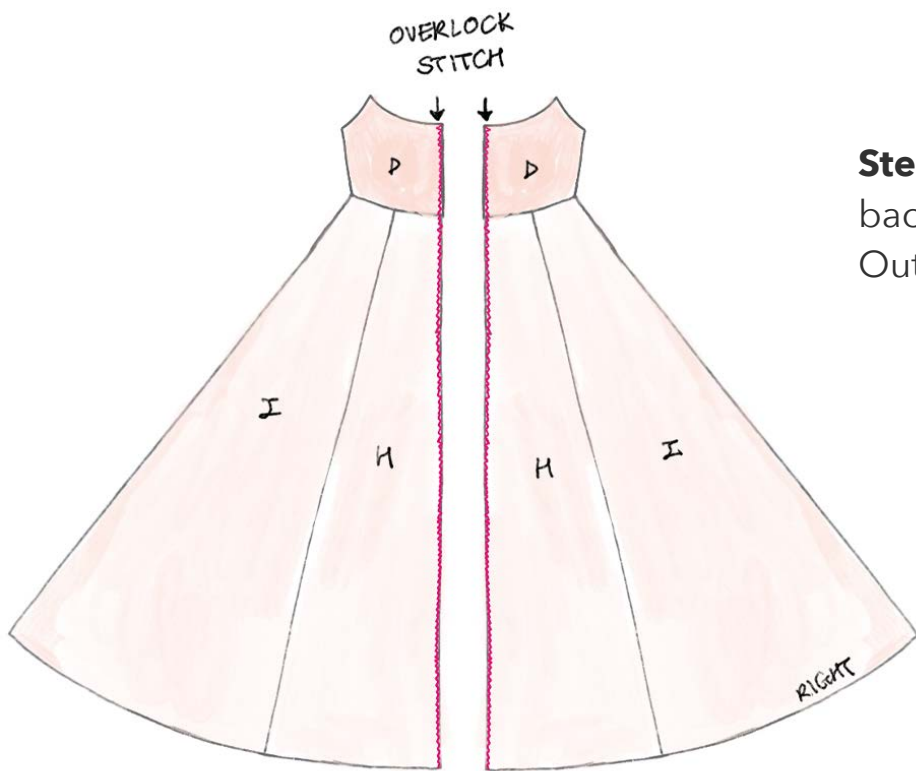


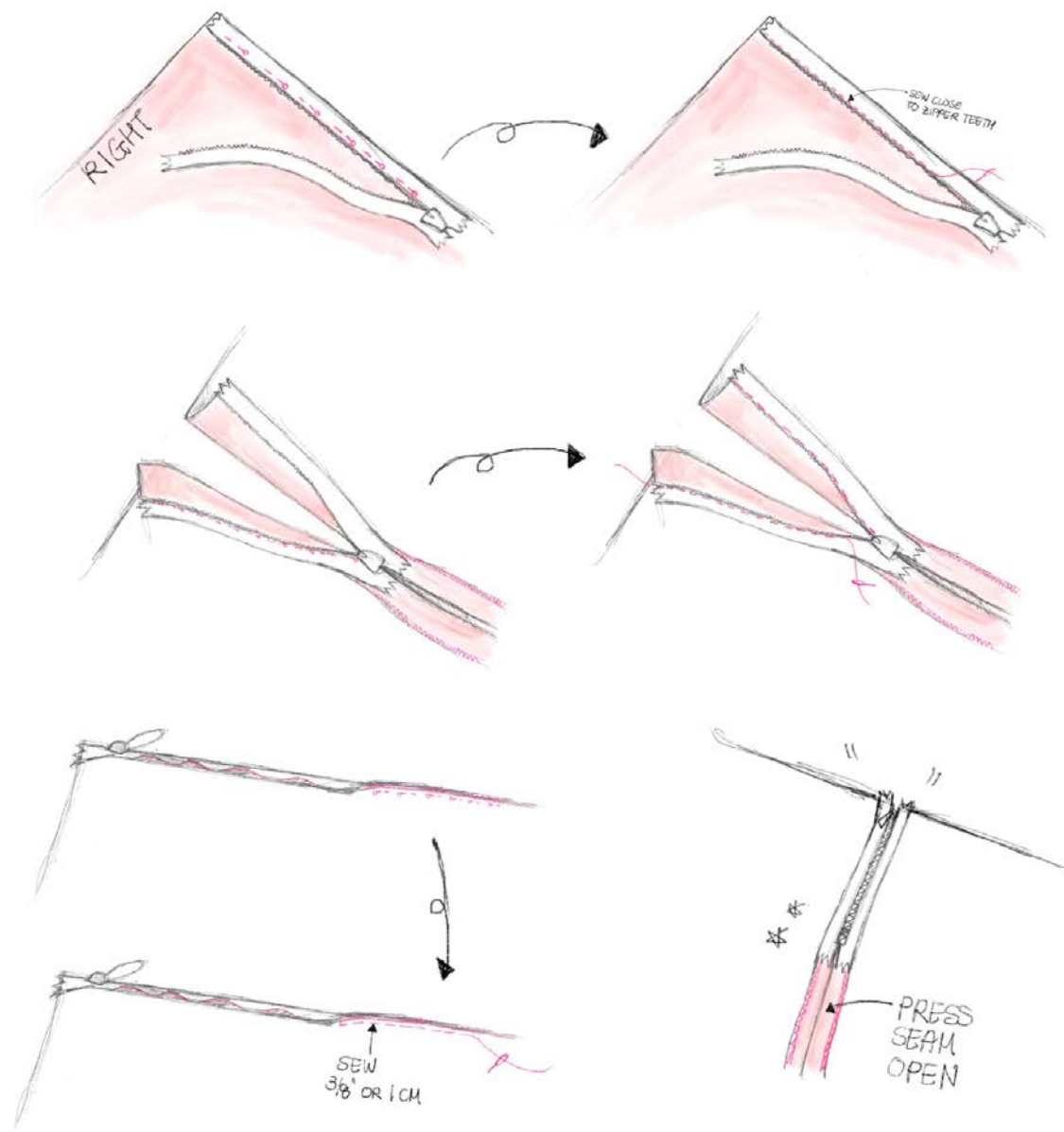
Step 14- Place the Lining of the Dress and Outer fabric of the Dress right sides together and sew around the neckline of Front and Back Top (A&B&C&D) with $\frac{3}{8}$ " or 1cm straight stitch, and center front bust opening with $\frac{1}{4}$ " or 0.6cm straight stitch. Flip the Dress right side out and press the seams.

Step 15- Stitch in the ditch around the front and back waist seam to secure the outer fabric and lining fabric.



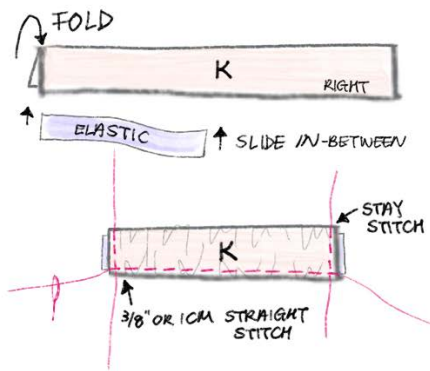
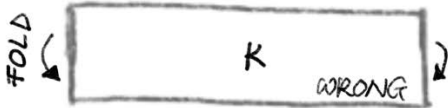
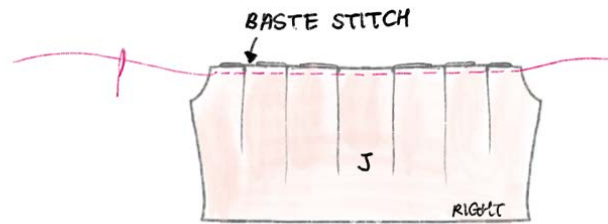
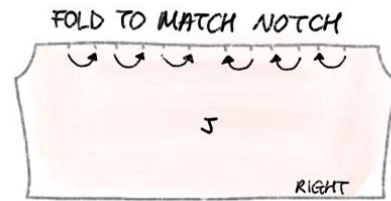
Step 16- Overlock stitch both center back seam of Lining of the Dress and Outer fabric of the Dress together.





Step 17- Insert an invisible zipper at the right side seam of the Back Top and Skirt (D&H&I). Open the zipper, then place the zip tape on the right side of the Back Top and Skirt (D&H&I) and sew closely to the zipper teeth. Do the same to the other side of zipper tape on the Back Top and Skirt (D&H&I). Sew up the remainder of the center back seam with $\frac{3}{8}$ " or 1cm straight stitch and press seam open.

Step 18- Follow the notches on the Sleeve (J) and create 6 pleats in total. Baste stitch the pleats in place.

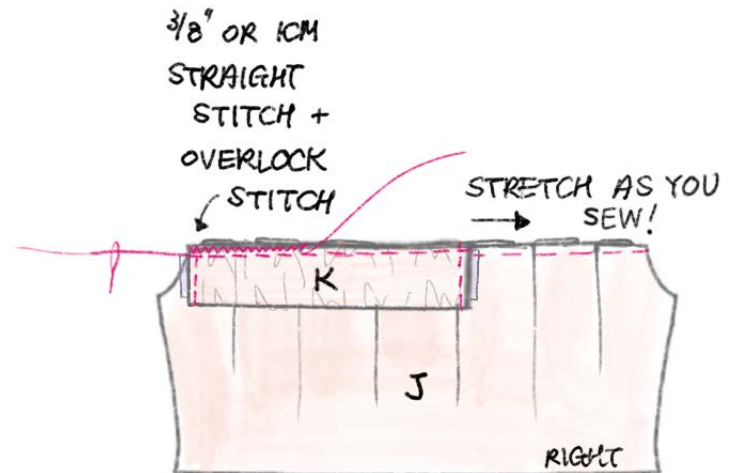


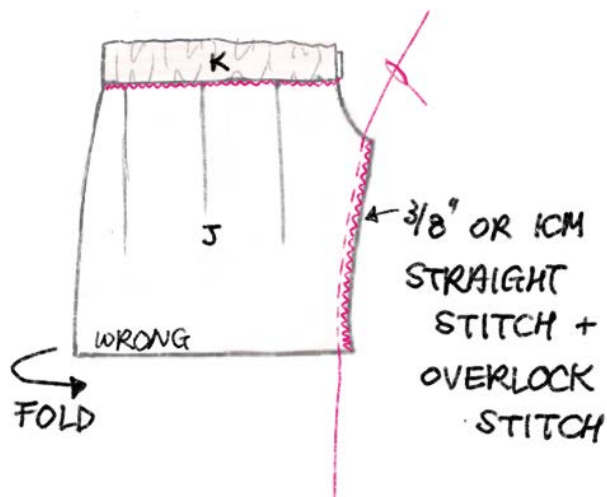
ELASTIC LENGTH

XS :	9 1/2"	OR	24.1 CM
S :	10 1/2"	OR	26.7 CM
M :	11 1/2"	OR	29.2 CM
L :	13"	OR	33 CM
XL :	14 1/2"	OR	36.8 CM
XXL :	16"	OR	40.6 CM
XXXL :	17 1/2"	OR	44.5 CM

Step 19- Fold the Sleeve Band (K) in half lengthwise wrong side together. Slide 1" or 2.5cm width elastic band from one side to the other end and stay stitch to secure the position. Straight stitch the long cut edges with 3/8" or 1cm width.

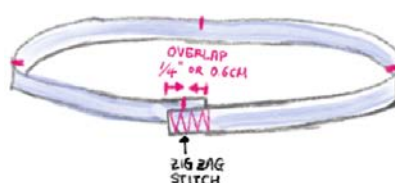
Step 20- Place the Sleeve Band (K) and Sleeve (J) right side together. Stretch as you sew straight stitch 3/8" or 1cm and overlock stitch to finish.





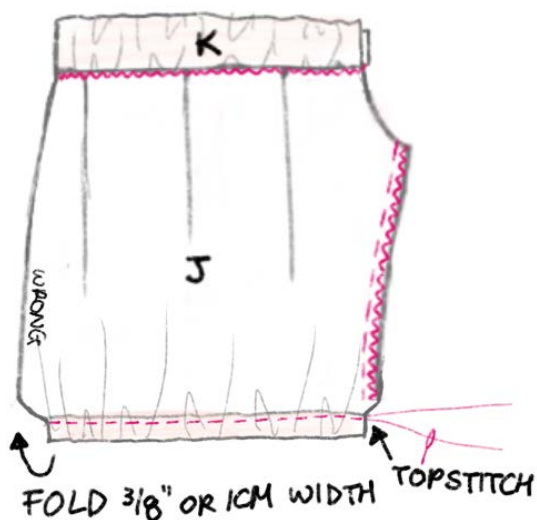
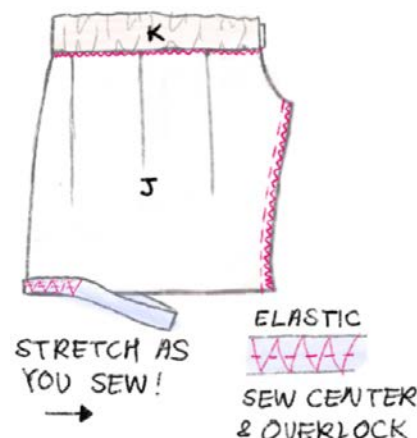
Step 21- Fold the Sleeve (J) right side together, then sew $\frac{3}{8}$ " or 1cm width and overlock stitch. Press the seam facing back side of the Sleeve (J).

Step 22- Overlap the $\frac{1}{4}$ " or 0.6cm width elastic band by $\frac{1}{4}$ " or 0.6cm and zigzag stitch to make a loop. Slide the elastic loop onto the wrong side of the Sleeve (J) opening and overlook stitch to join.



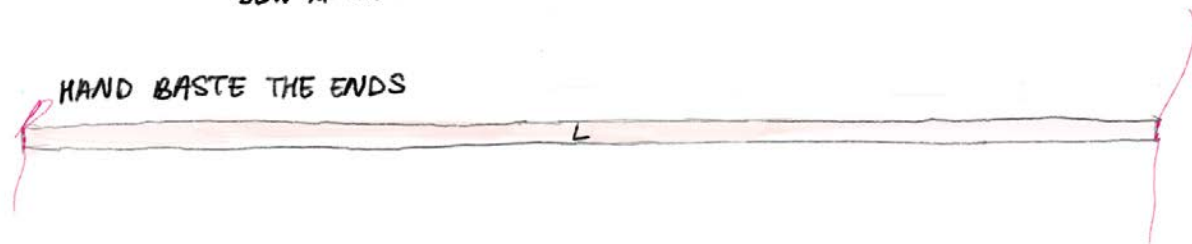
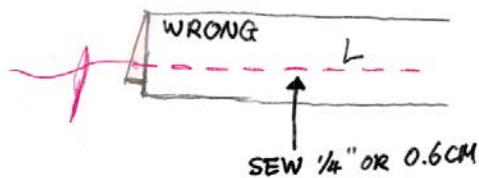
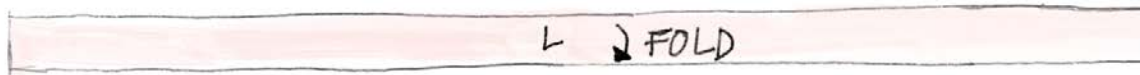
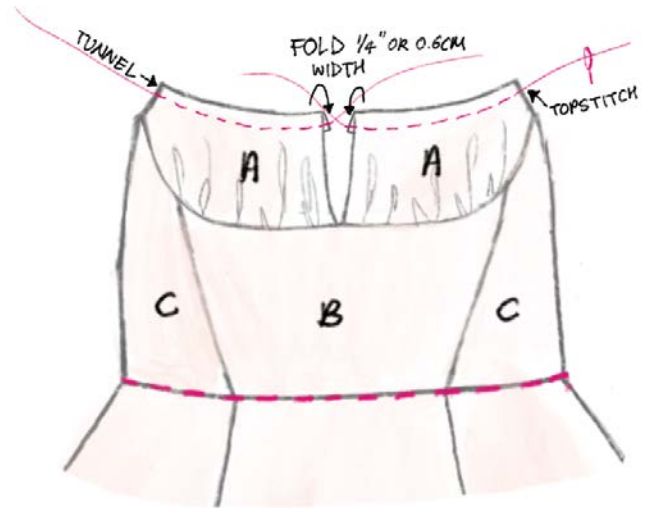
"ELASTIC LENGTH"

XS :	9 ³ / ₄ "	OR	24.7 CM
S :	10 ³ / ₄ "	OR	27.3 CM
M :	11 ³ / ₄ "	OR	29.8 CM
L :	13 ¹ / ₄ "	OR	33.6 CM
XL :	14 ³ / ₄ "	OR	37.5 CM
XXL :	16 ¹ / ₄ "	OR	41.3 CM
XXXL :	17 ³ / ₄ "	OR	45 CM

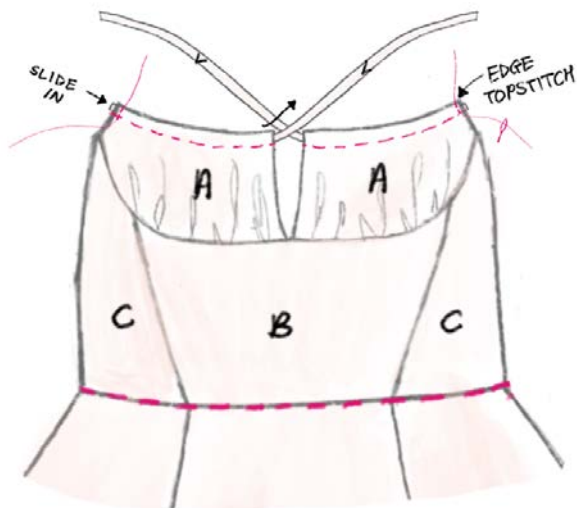


Step 23- Fold $\frac{3}{8}$ " or 1cm width toward the wrong side of the Sleeve (J), then stretch as you topstitch to secure the elastic to the sleeve opening.

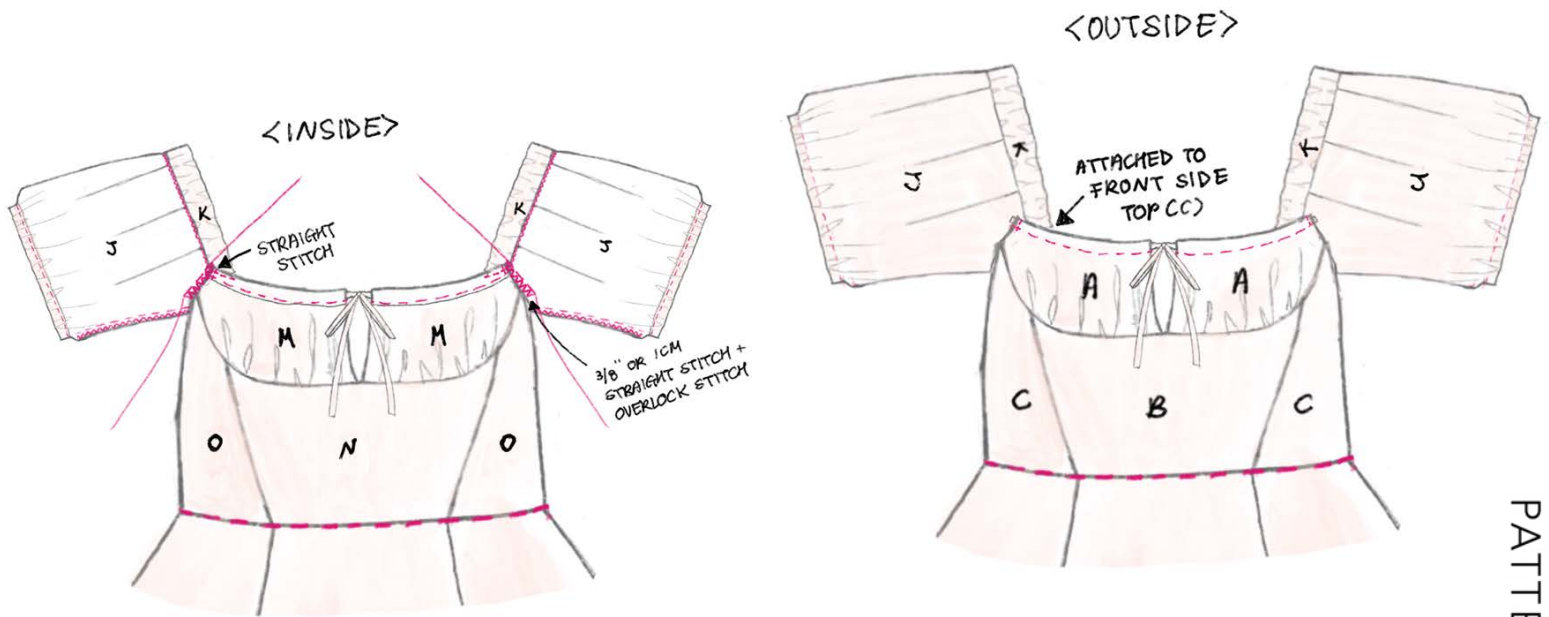
Step 24- Fold the Front Top Bust (A) ¼" or 0.6cm width inside and topstitch to create a tunnel.



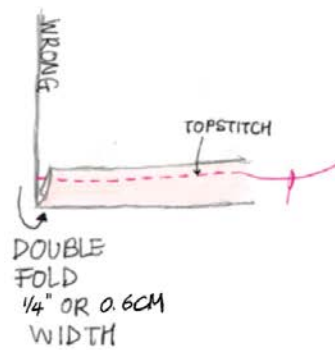
Step 25- Fold the Spaghetti Strap (L) in half right side touching and sew ¼" or 0.6cm. Trim the seam allowance in half and flip the Spaghetti Strap (L) inside out with a loop turner. Fold the ends toward the loop and hand basted for clean finishing.



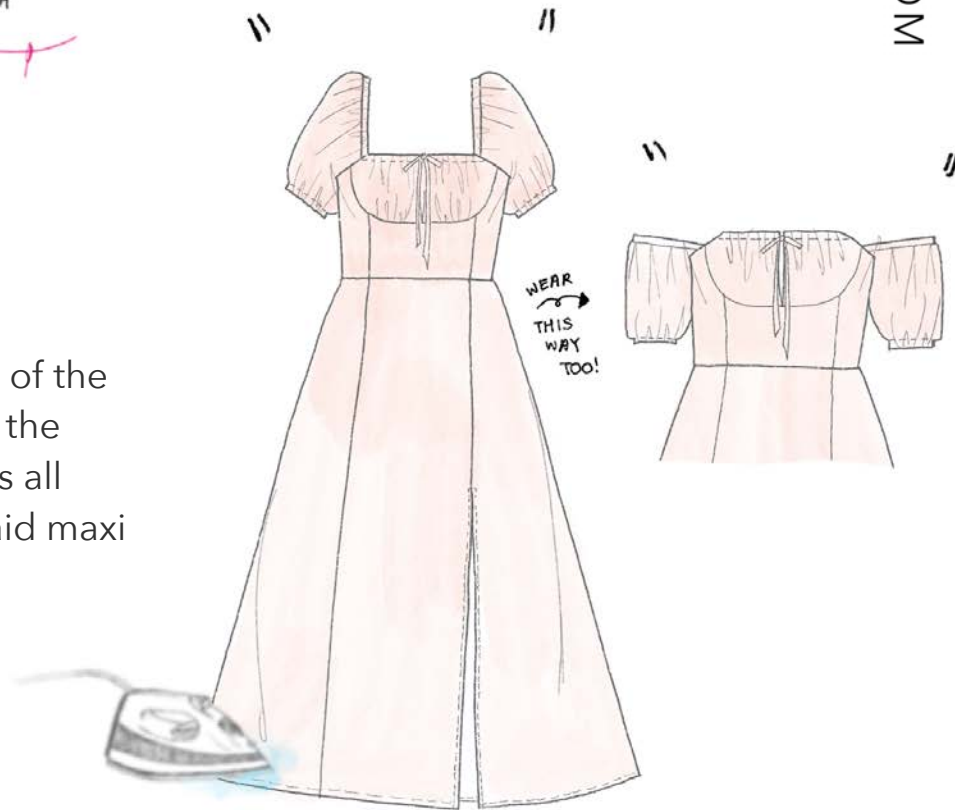
Step 26- Slide the Spaghetti Strap (L) through the tunnel of Front Top Bust (A). Edge topstitch the strap to secure around the armhole.



Step 27- Place the Sleeve (J) to the right side of Front and Back Top (A&B&C&D) armhole. Make sure the Sleeve Band (K) is attached to the Front Side Top (C). Straight stitch $\frac{3}{8}$ " or 1cm around the armhole and overlock stitch the seam allowances.

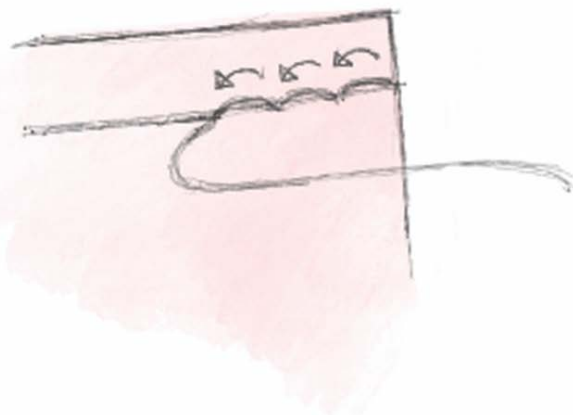


Step 28- Double fold the hem of the Dress and Dress lining around the skirt opening. Give a nice press all around and enjoy your milkmaid maxi dress!



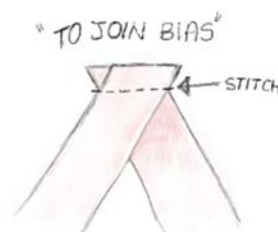
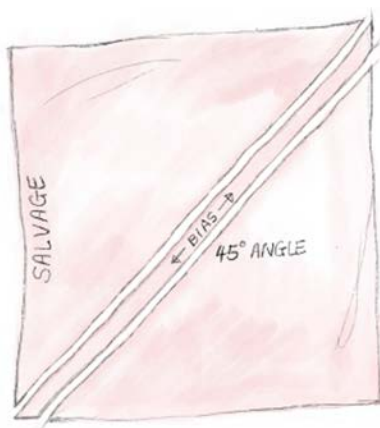
Sewing Glossary

Back Stitch



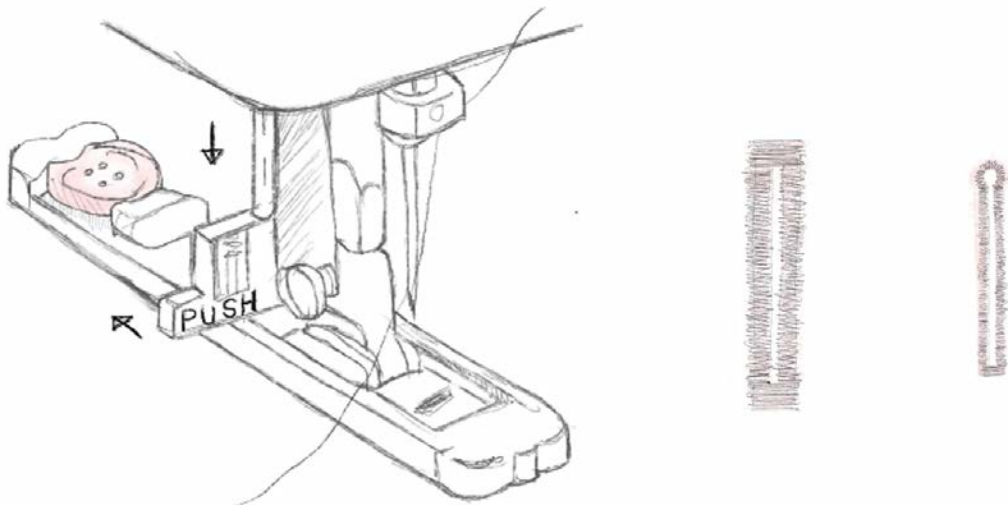
When you start a new seam or finish the seam, always backstitch by hitting the reverse button on your sewing machine. Back stitching consists of 3-4 stitches to lock the stitching and prevent unraveling.

Bias Tape



Bias tape is widely used in neckline, spaghetti strap, and other garment finishings. Prepare the bias strap by cutting in half diagonally to give a nice stretch. When needing to make a long continuous bias tape, sew the diagonal pieces together as long as you need.

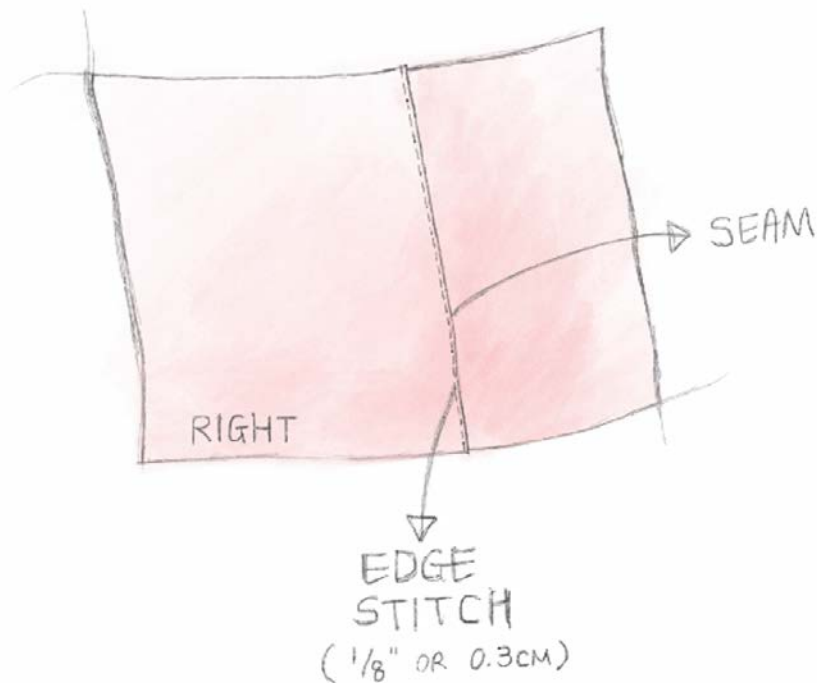
Buttonholes



There are various styles of buttonholes you can create with your sewing machine. For cleaner look, add interfacing and sew over the buttonhole more than once to create nice tight holes.

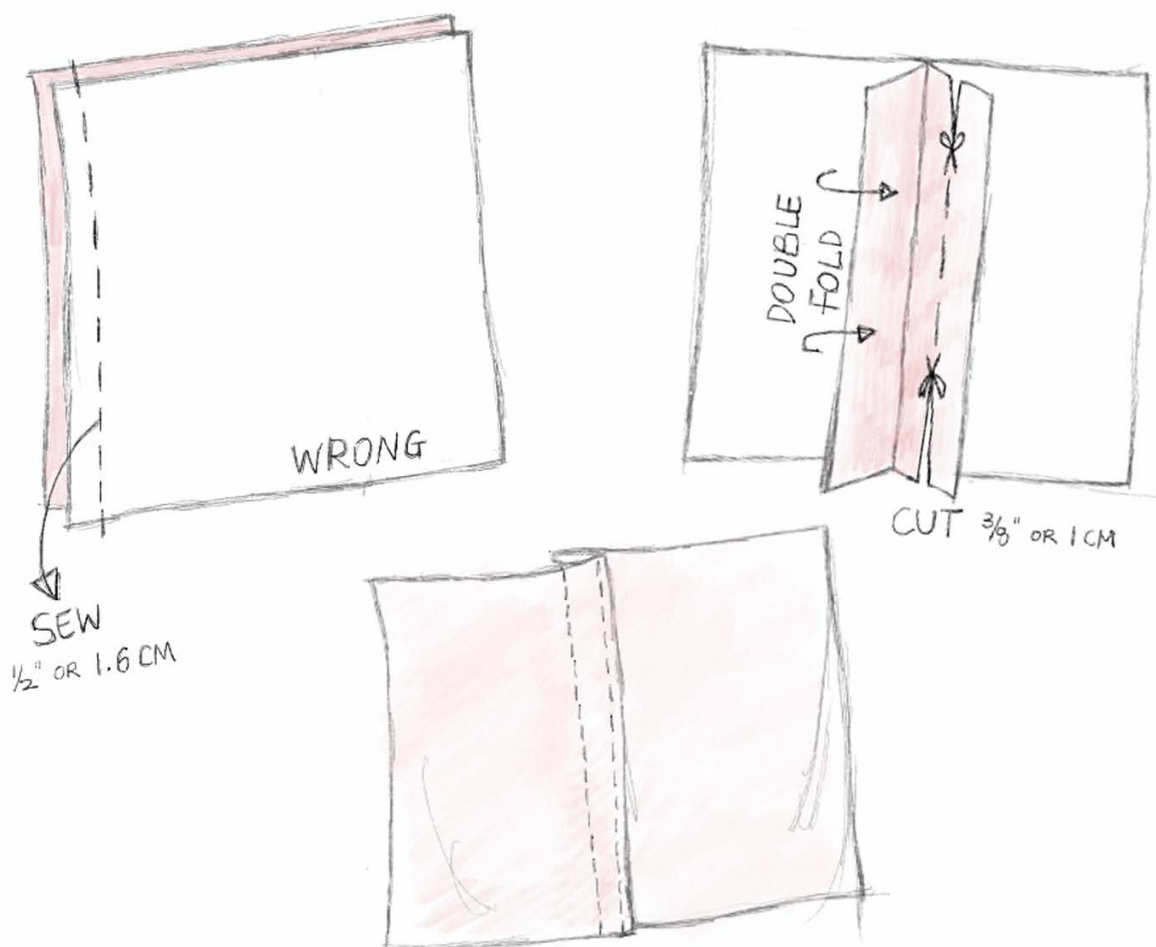
Use a buttonhole foot by inserting the button in the back of the foot, and snap the foot into place. Pull the button hole lever down, and select the buttonhole stitch on your machine. Press the pedal and stitch away, your machine will automatically go through the steps to make an accurate buttonhole.

Edge Stitch



Edge stitches are typically used to decorate or emphasize the original seam line. To achieve clean edge stitch, use a special footer to sew close to the edges without gliding off. Sew slowly to control the fabric.

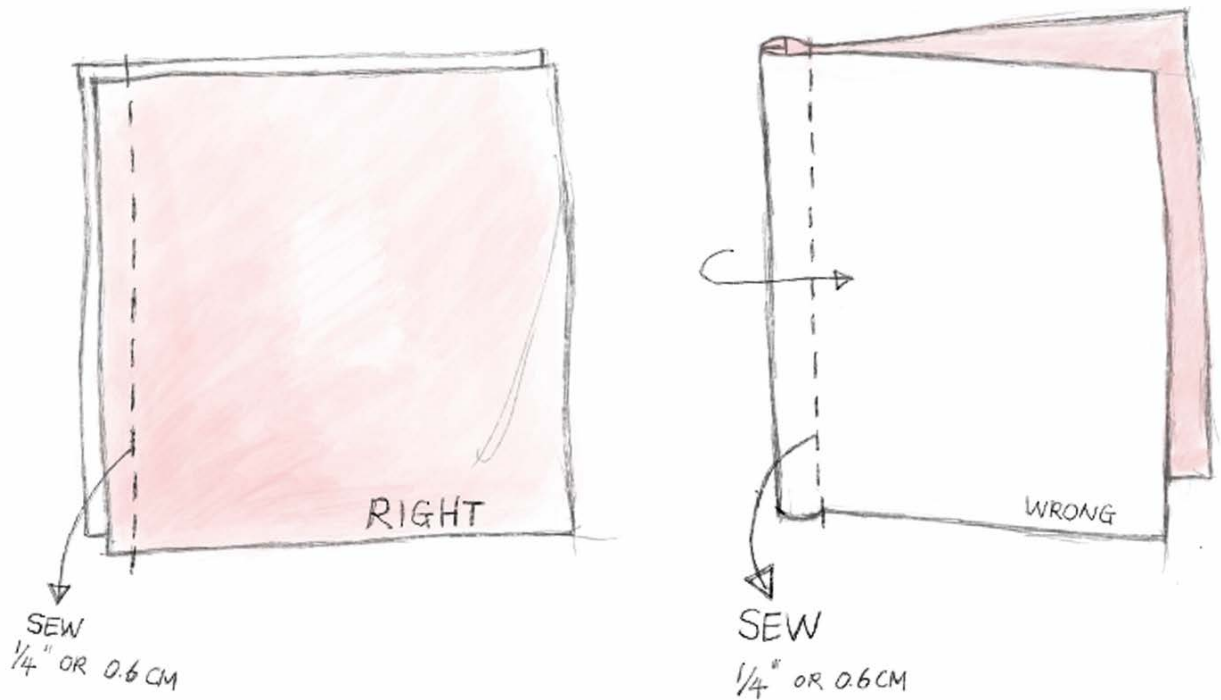
Flat Felled Seam



Flat felled seam or jeans seams is a great way to sew heavy duty fabric or bottoms to strengthen the garment.

Sew the fabric right sides facing each other. Trim one of the seam allowances in half. Turn the raw edge under and fold over to hide the half cut edge. Topstitch down the enclosed seam allowance.

French Seam



When sewing silk or chiffon with delicate fabrication, French seams are a great way to achieve an excellent quality finish.

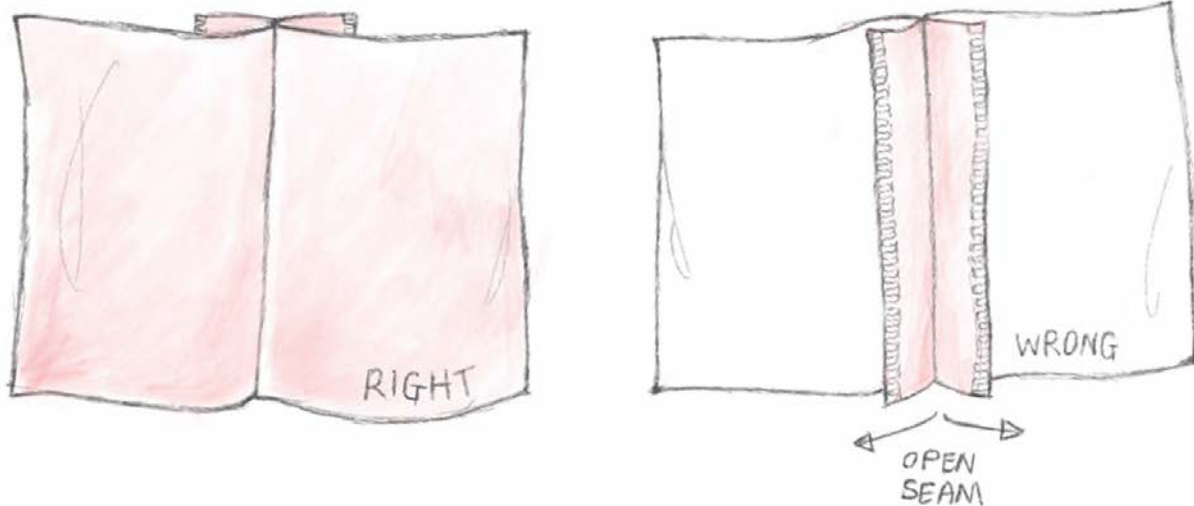
Place wrong sides of fabric facing each other and sew $\frac{1}{4}$ " or 0.6cm. Press the seam and fold the fabric along the seam line. Enclose the seam by stitching $\frac{1}{4}$ " or 0.6cm from the folded edge.

Hand Basting



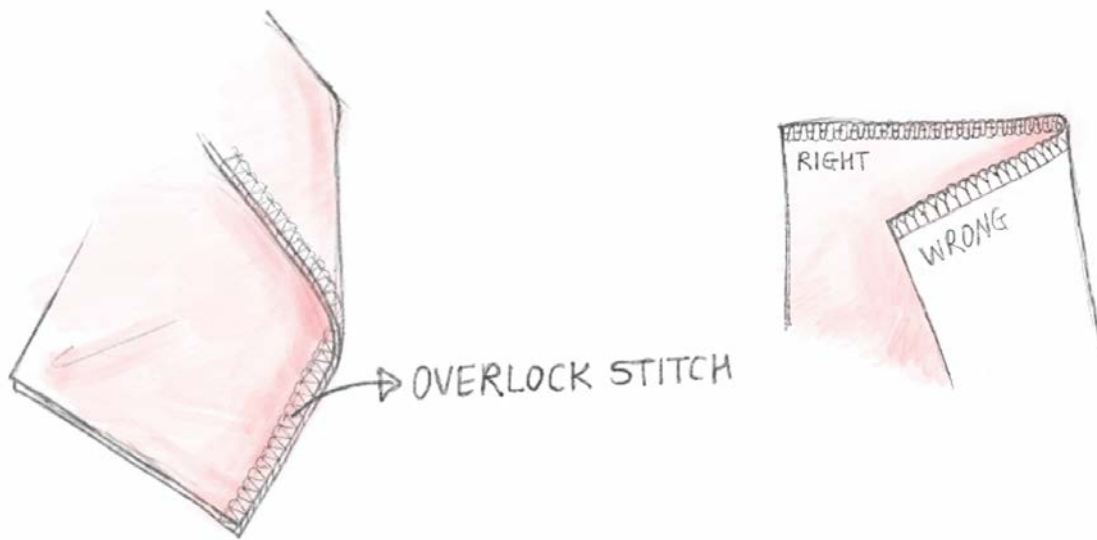
Basting or running stitches are simple hand stitches to use instead of pinning or gathering. Alternatively, you can increase the stitch length and loosen tension on your sewing machine to create a basting look.

Open Seam



Open seams are a technique used to make the seams clean and flat. It can be used for CF, CB, or side seams. Overlock both raw edges first, and then stitch the 2 pieces together to iron the seam open.

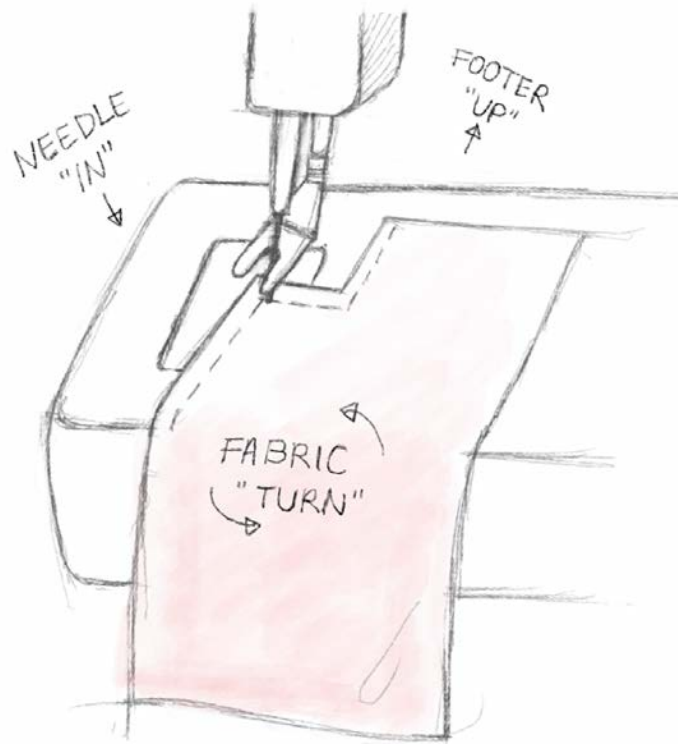
Overlock



Overlock stitches help to bind raw cut edges to prevent from fraying. This technique is mostly accomplished by overlock machine, serger, or your home sewing machine with overlock stitch setting.

Overlock machines have 2 to 3 needles and 2 top threads and lower threads to braid and stitch, which results in a variation of blanket stitch. The knife blade cuts the fabric edge to give a clean overlock stitch.

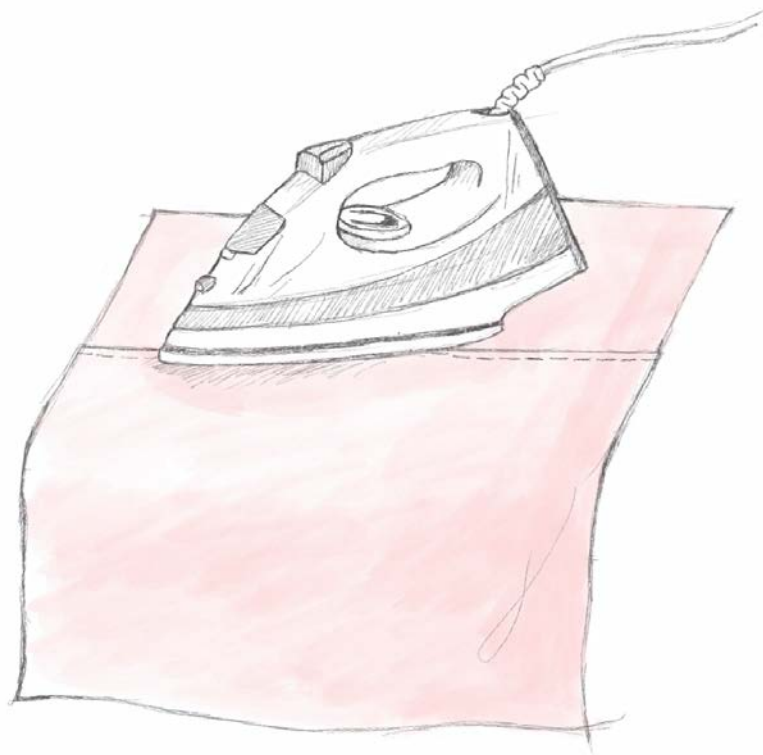
Pivoting



Use the pivoting method when sewing corners or at an angle such as pocket corners, tip of collars, v-neckline, etc.

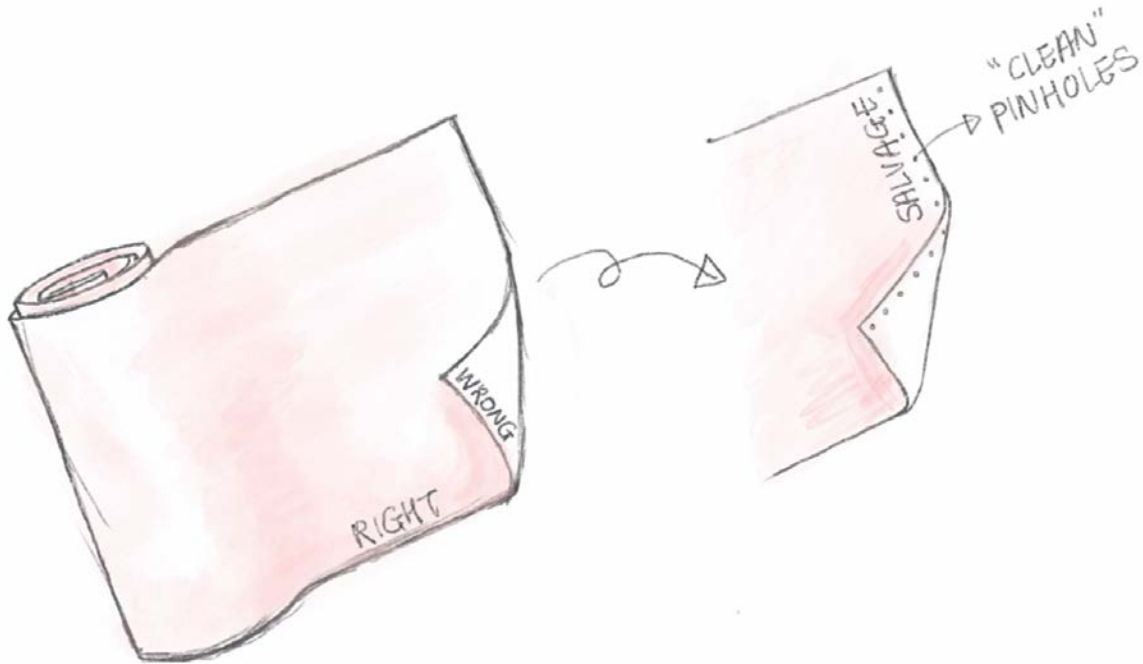
Execute the technique by leaving the needle in the fabric, lift the footer, and then turn the fabric as much as you need. Continue to sew by lowering the footer again, then stitch in the new direction.

Pressing



Steam and iron with pressure after every stitch you make in the garment. Pressing helps to relax the threads and finish the seams cleanly. Be aware to avoid extreme steam on natural fabrics such as cotton and linen due to the risk in shrinkage.

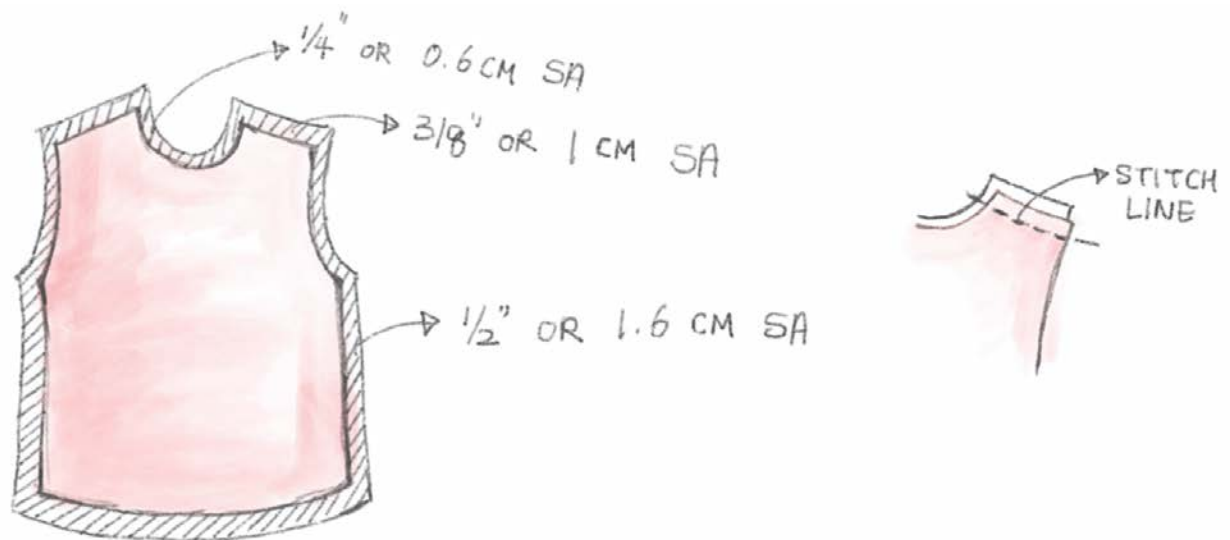
Right side - Wrong side



All fabrics have a right side and wrong side. The right side is mostly worn visibly to the outside whereas the wrong side should be on the inside of the garment. Some fabrics are easy to identify the right or wrong side by sheen or texture, but some might look identical both right and wrong side.

To find out the right and wrong side of the fabric, look for little pinholes along the selvage. The clean side of the holes is the right side.

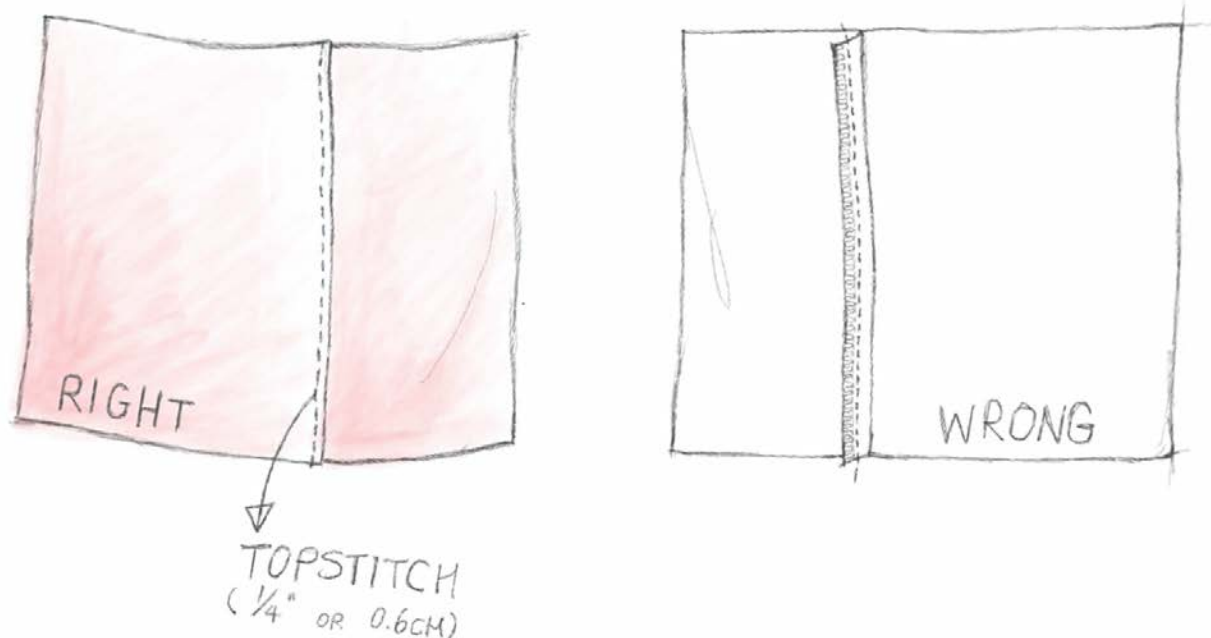
Seam Allowance



The seam allowance or SA is the extra fabric next to the stitch line all around each pattern piece. The additional space allows us to sew everything together.

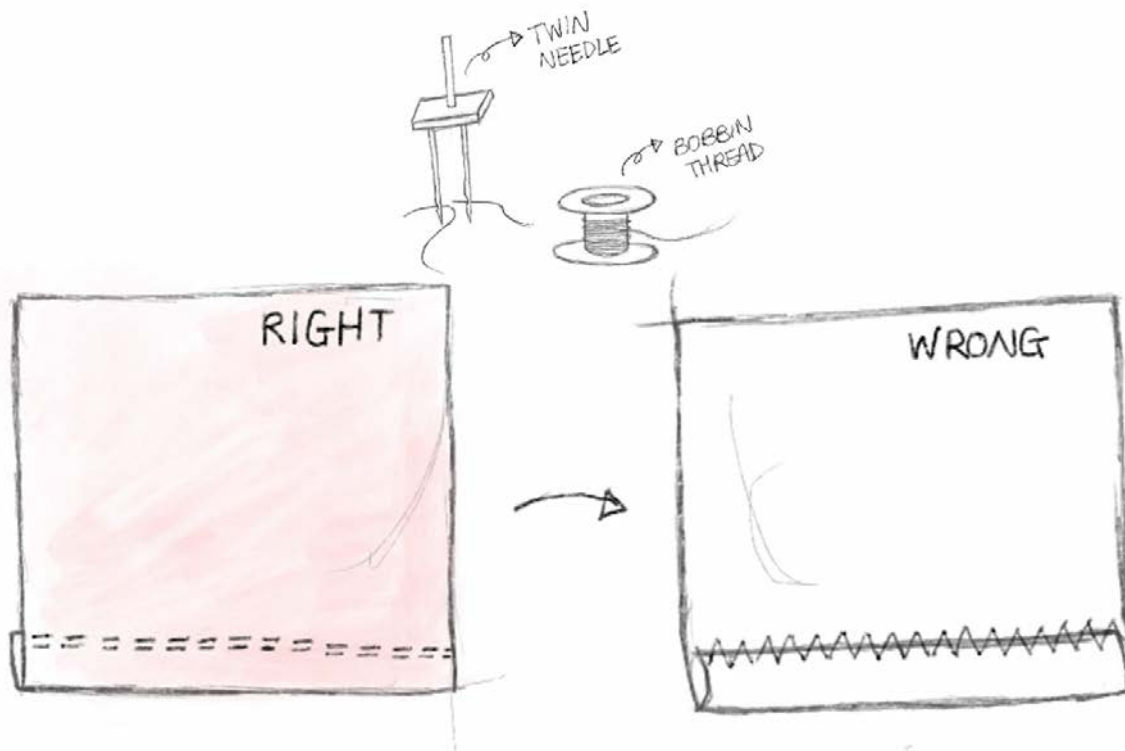
Depending on the seams and styles, the seam allowance is usually ($\frac{1}{4}"$, $\frac{3}{8}"$, $\frac{1}{2}"$) or (.6cm, 1cm or 1.2cm) width. Always refer to the pattern and instruction booklet for accurate seam allowance amount.

Topstitch



The purpose of top stitches are to add strength to the garment. Iron the seam allowance to the side. Straight stitch $\frac{1}{8}$ " or 0.3cm, or $\frac{1}{4}$ " or 0.6cm away from the original seam to sew the right side and seam allowance together.

Twin Needle



Twin needles are used in knit casual or sportswear for clean finishing without needing a double fold hemming method. The 2 top threads and 1 bobbin thread create parallel topstitch on the right side of the fabric and zigzag stitch on the wrong side of the fabric.