

## Sweet Summer Dress

Overlocker Cloth Guide

### WHAT YOU WILL NEED

Janome 4 thread overlocker  
 Janome Sewing Machine  
 Janome Sharp Needle #12/80 (sewing machine)  
 Janome Ballpoint Needle #12 (overlocker)  
 Overlocker Cloth Guide  
 Zig Zag Foot (A)  
 Button Sewing Foot (T)  
 Fabric Marking Chalk Pencil (erasable)  
 Dressmaking Scissors  
 Tape Measure and Ruler  
 Dressmaking pins  
 Iron + Ironing Board  
*Optional, if making own Bias Binding*  
 • Cutting Mat, Rotary Cutter and Ruler  
 • Bias Binder Maker 12mm (or fold & press manually)



### FABRIC & NOTIONS

Fabric: Size Small 1.25 metres x width of fabric

Size Medium 1.5 metres x WOF

Size Large 2 metres x WOF

*Note: If you are making your own Bias Binding purchase 1 metre x WOF of same fabric or contrast.*

Threads: Sewing thread for construction

Embroidery thread x 4 (all same colour)

Overlocker thread x 4

Hand Sewing Needle with a large eye or easy thread

Pre-packaged Bias Binding to suit your fabric colour  
 12mm x 3 metres

### CUTTING INSTRUCTIONS

Fabric:

*Small Size:* Cut 2 49.5cm x 56cm

*Medium Size:* Cut 2 58cm x 68cm

*Large Size:* Cut 2 62.5cm x 80cm

*Making your own Bias Binding*

Cut 4cm strips on the fabric Bias (need to join and make 3 metres of bias binding).

Last page of these instructions is a printable armhole pattern which is actual sizing.

SIZE CHART	Australian Girl Size Approx.	Dress finished measurements	
		Width: Chest at underarm	Length: Top edge to hem
Small	2 - 4	58cm	50cm
Medium	6 - 8	66cm	66cm
Large	10 - 12	74cm	74cm

## INSTRUCTIONS

*These instructions based on small dress size.*

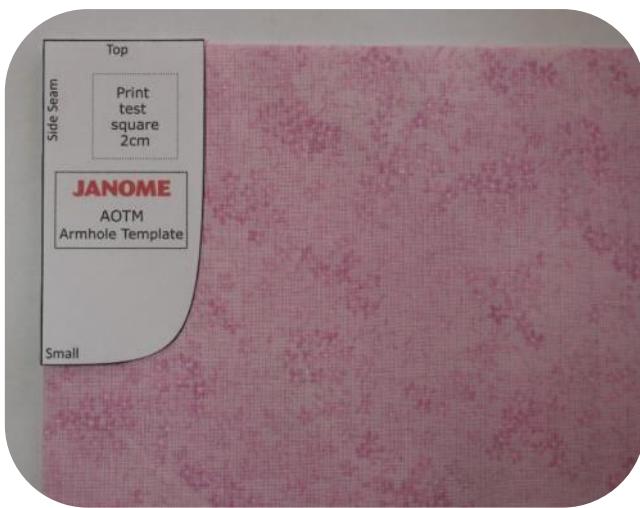
### Step 1 - Cutting armhole in front & back dress pieces

Print the armhole pattern "Actual Size" and cut along the outer solid lines for the size required.

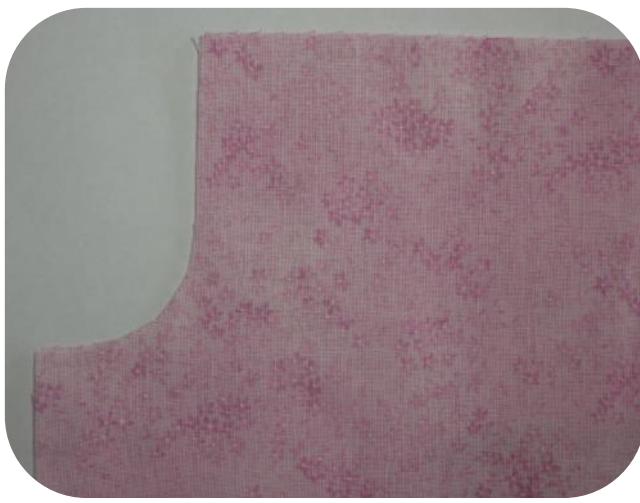
Place the template into the corners, matching the top and side seam.

Trace around the curve of the template.

See below image.



Cut out the armholes both sides of the front and back dress pieces.



### Step 2 - Measuring & marking the front & back pieces

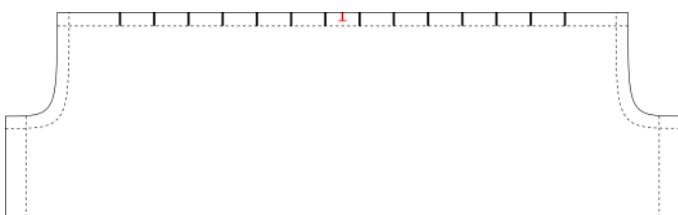
SIZE	A Total # marks	B Line length (cm)	C Pleat height (cm)
Small	14	11	2.5
Medium	16	12.2	2.8
Large	18	13.4	3.1

Use the table below for measurements to mark up the front and back pieces of the dress.

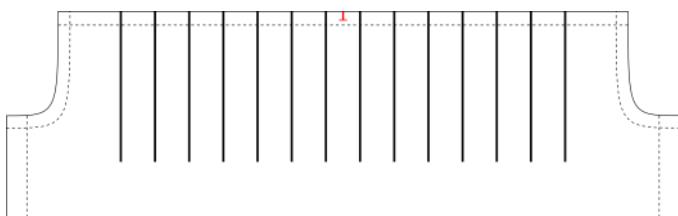
*Note: The measurements and markings vary between the sizes.*

Starting with the dress front, on the top edge, mark the centre point with a pin.

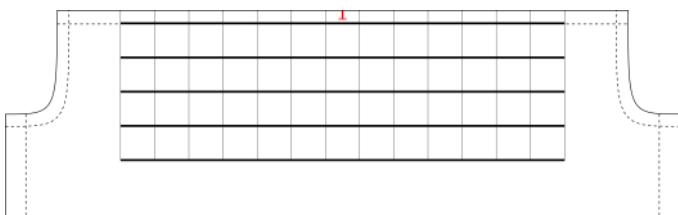
Measure out 1.25cm either side of the centre point and mark, then continue to measure and mark at 2.5cm increments. For a small dress you will have 7 marks either side of the centre point. See below image.



Next, at each of the marks, draw a vertical line down from the top edge to the length shown in column B, in the below table. Small dress, line length is 11cm.



Draw a horizontal line across, 1cm down from the top edge. You require 4 more horizontal lines, see table column C for the measurement between each line. Small dress, the measurement is 2.5cm.



### Step 3

Fold along the vertical line and press with an iron to hold the pleat in position. The pleat is ironed with the wrong sides together.

Repeat for all marked lines.



#### Step 4 - Using the Cloth Guide

Thread the overlocker with four (4) embroidery threads.

Lower the upper blade out of the way.

Attach the cloth guide. Set the edge of the guide, to align with the edge of the needle plate.



Starting with the first pleat on one end of the dress front; the right side of the fabric is facing out.

Line up the folded pressed edge with the cloth guide.



Stitch from the top edge of the fabric and stop when you reach the bottom of the line.

*Tip: Test sew on a scrap of the same fabric to check your 4 thread stitching. Make adjustments as required.*



At the bottom of the stitched line, turn the overlocker handwheel towards you, to raise the needles to their highest position.

Raise the foot and pull the fabric out, so it just clears the needles, lower the foot and continue chaining off for approx. 10cm.

Cut the threads leaving a long tail.

Stitch every second pleat line.

*Do not accidentally trim off the thread tails.*

Do the same for the dress back.



Using the hand sewing needle, pass the tails to the back of the fabric, at the end of the stitched line.

Tie the tail into a knot and trim the access thread.

Do this for each of the sewn lines.



**Step 5 - Stitching remaining pleat lines**

To stitch the remaining pleat lines, turn the fabric around, the start point is now at the bottom of the line. Firstly, stitch a 10cm thread chain.



Now, turn the handwheel towards you, to raise the needles to their highest position and raise the foot.

Place the fabric in under the foot, so the needles line up with the bottom line, and the folded edge lines up with the cloth guide.

Lower the foot and sew to the top of the fabric.

Trim the threads.



Stitch all remaining pleats on both the front and back pieces. *Do not accidentally trim off the thread tails.*

When stitching complete, use the hand sewing needle to neaten and tie-off the thread tails.

**Step 6 - Pressing Pleats**

Press the pleats into pairs, so the folded edges match.



Using the sewing machine, attach the Button Sewing Foot.

Select Zig Zag Stitch, set stitch width to 4.0

Drop the feed dogs.

Sew a bar tack across the bottom of each paired pleat, to secure the pleat.

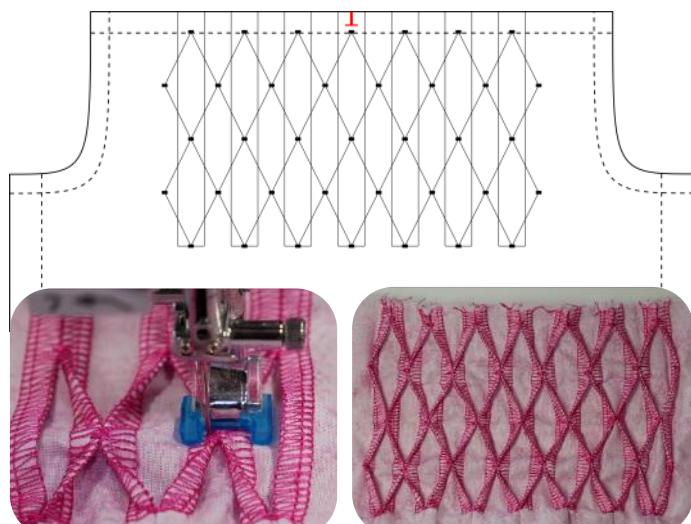


You have 5 horizontal marked lines.

Sew the bar tack on the marked centre and top lines.

On remaining 2 in-between lines, open out the pleats to join the next line, to form a diamond shape.

Stitch a bar tack on each pleat, to create the pattern.



## Step 7 - Side seams

Depending on the fabric you have used, you may like to pre-stitch your side seams on the sewing machine.

Attach the Zig Zag Foot to the sewing machine.

Select straight stitch with reverse at either end.

Pin the both side seams.

Stitch a 1.5cm seam.

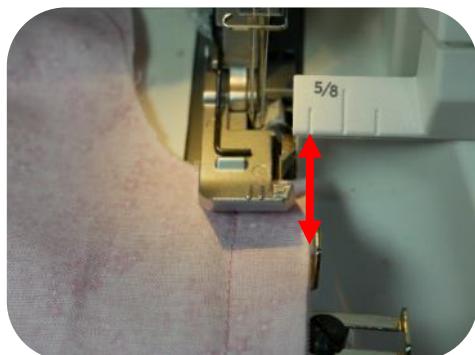


Thread the overlocker with 4 standard overlock threads.

Re-engage the upper blade.

Move the cloth guide to the 1st mark on the front cover, being 3/8"

Line-up the raw edge of the side seams with the cloth guide, stitch down the seam line. The overlocker will trim approx. half the seam allowance.



## Step 8 - Neatening edges

Move the cloth guide back to line up with the edge of the needle plate. Sew across the top front edge and the back top edge, to neaten the edges and trim off any excess threads. Press a 1cm hem, front & back.

Using the sewing machine stitch along the centre of the overlock stitch, to hold in place.



Overlock around the hemline, overlapping the stitches approx. 3cm, then run off the fabric. Knot the chain-off threads & trim excess thread.

Press a 5cm hem.

Using the sewing machine, stitch along the centre of the overlocking stitch to finish the hem.

*Tip: Before you start stitching the around the hemline make sure it is level, cut if necessary.*



## Step 9 - Bias Binding

### Making your own bias binding

Join all 4cm strips cut on the bias making one long 3m strip.

Press the bias strip in half lengthwise, with the right side of the fabric on the outside.

Open strip and press the raw edges to the centre on each side. With the raw edges pressed into the centre, fold the strip in half and press.

Cut the strip into 2 equal lengths.

### Using pre-made Bias Binding

Measure 3m of bias binding and cut.

Cut the bias binding into 2 equal lengths.

## Step 10 - Attaching the Bias Binding

Mark the centre on each bias binding strip.

Open up the binding and with the right side down on the back of the armhole, line up the centre mark with the underarm side seam.

Matching the raw edges, stitch in the first crease, use reverse stitch to reinforce stitching at the start and finish.



**Step 10**

Fold the binding over to encase the raw edges and pin into position.

Starting at one end of the bias strip, topstitch along the edge; continue around the armhole to the end of the bias strip to create the strap.

Do the same with the second bias strip.

**Step 11 - Straps**

Tie a knot in the ends of each strap or fold the raw edges in and stitch across the strap end to close .

*TIP: Attach a button or small bow over each pleat join to decorate the front panel.*

**FINISH**