

Apron Dress Kit CK007
organic and Fairtrade cotton
velour



Printed cotton velour and
cotton thread.
Apron Dress Kit
Instructions for CK007

**Have you had a look at our
ONLINE VIDEO TUTORIAL.**
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Fabric	Needle	Tension
Cotton	90 Cont.	5sts=1cm
velour	14 British	12sts=1"

Wash	Machine	Hand
Delicates	Cold30C Med40C	30-40C

Wash separately for first wash.
Ideally use eco detergent
Do not use biological powders
or bleach.

Iron on wrong side on cotton
setting. Iron printed areas on a
cooler iron

Size	10	12	14	16
B Cm	84	88	92	96
B Ins	33	35	36	38
W Cm	68	72	76	80
W Ins	27	28	30	32
H Cm	92	96	100	104
H Ins	36	38	39	41
L Cm	91	91	91	91
L Ins	36	36	36	36

B= Bust **W**=waist **H**=Hip
L= Maximum length
Included in Kit:

**SEWING TIPS FOR
BEGINNERS BORING BUT
USEFUL !**

**Beginners-Don't rush, read
this and enjoy making our
kit!**

**Start at No 1 below if you are
an experienced maker.**

A - Right side is the printed
side

Wrong side is the back of the
Fabric.

B - Cutting out- Lay kit out on
a table and familiarize yourself
with all the pieces. Decide on
the size (study the legend) and
using sharp scissors cut out
all pieces following the lines for
the size you are making.

C- Neaten seams To prevent
your garment seams from
fraying when washed, it is a
good idea to machine the long
cut edges with a zig zag
stitch.- use a longish stitch.
Not necessary for hems and
faced edges

**D - Pin ,tack, machine and
backstitch** Before machining,

it is well worth pinning pieces
together.

Either pin 1.5cm in from edge
with pin heads in the same
direction, so you can remove
pins as you machine, or pin
together at right angles to
edge, then you can machine
over a pin without breaking
your needle. On a long seam
is a good idea to pin top and
bottom of seam, then pin in
between, so it is all even.



If you are not confident or
experienced, or sewing a trick
bit, it is well worth also tacking
together by hand – use a
needle and some contrasting
thread; stitch together 1.5cm i
from edge, using large
stitches. Remove pins,
machine, then remove
tacking stitches carefully. Do
machine a few **backstitches**
at the start and end of each

seam – it will prevent stitches from unravelling.

E - Press seams open – An iron is as important as a machine to achieving a professional finish, so do set up your iron and ironing board nearby before you start. When you have machined a seam, turn dress to the wrong side, open the seam and press seam allowance flat to either side of stitching



F - Clipping into a curve and underpressing – These two techniques enable you to make a faced armhole or neckline lie flat and look professional. RST pin and machine facing to armhole (1cm seam), clip or snip $\frac{1}{2}$ cm into the seam allowance at right angles to the stitching lines. Make snips about 2cm apart, round a curve only. Snip

off corners, as shown below, but do not cut too close to stitches- $\frac{1}{2}$ cm away is fine.



Turn right side out, and lay garment down on ironing board, and press so you can see the seam along the inside edge. Top stitch, see below, about $\frac{1}{2}$ cm from edge.

G - Top stitch- Machine on the right side, usually $\frac{1}{2}$ cm from edge, using a guide on the plate beneath the sewing foot on your machine, to help

you keep an even distance from edge.

NOW MAKE THE APRON DRESS

1 - Cutting out- Using sharp Scissors cut out all pieces for the size you are making (a above)

2 - Neaten edges-Just zig-zag the long sides of front and back, and long Bottom edge of neck facing b above)



3 - RST means right sides together, and will appear frequently below.

4 - Make straps and belt. Take shoulder strap and fold in half lengthways, RST. Pin, (tack) and machine together

down the long side with a 1cm seam, (d above)

Press seam open (e above) Turn right side out, and press strap flat, positioning the seam in the centre of back of strap
Top Stitch Strap $\frac{1}{2}$ cm in from long edges

Make belts in the same way Pin/ tack and machine carefully as fabric may “creep”. After pressing the seam open, with the seam in the centre on the wrong side, pin and machine across one end Turn right side out, press and top stitch as for straps above.



5 - Make bust darts in Front Apron and Front Neck Facing. This is optional - you can make the dress without darts, which is the simplest version, and can then move on to No 6 below. However, darts will give you a better fitting

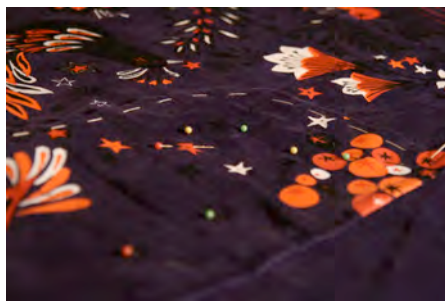
dress. You will need to make 2 darts, in both the dress front and in the front neck facing, as follows:

On wrong side of front neck facing measure 8cms down from neckline along armhole; mark position, by cutting a 1 cm deep triangular notch, now cut another notch 1.5 cm further down. Measure 8cm into facing at right angles and mark point of bust dart with a pin. Fold facing in half, RST, and mark and cut dart notches on to other armhole and pin through to mark other bust point. RST, transfer dart notches and pins to mark bust points on front of apron dress. To make the darts, work from the wrong side of the dress front facing, and match the notches together, folding a dart that goes to nothing at bust point pin. Pin, tack and machine carefully- repeat this process 3 more times, on other armhole, then on dress.

PICTURE

6 - Patch Pocket- First fold and press under 1 cm along sides and bottom of pocket- make a few 1 cm clips round

curve (f above) Fold and press 1 cm under along top edge of pocket, then 1cm to make a neat hem Pin and machine the hem, 1cm in, and **Top stitch (g above)** on the edge, to make 2 neat machine lines. Fold pocket in half, RST, and lightly press a centre line (this is a guide for placing pocket)



7 - Attach patch pocket- First fold apron front in half length ways, RST and press centre part of fold lightly to mark pocket position. Pin pocket in position, lining up the pressed centre fold of pocket to apron front centre fold line, positioning the top just below the dragonfly, about 38cms below neckline. Pin in position, so the pocket bulges very slightly, and machine in place. **Top stitch (g above)** as near to edge as possible, be careful to start and stop

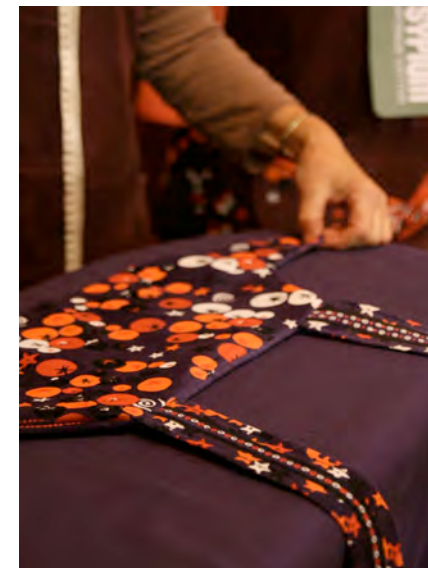
with a few backstitches: then **topstitch** another line, just under 1cm in. Finally divide the pocket in half, by **topstitching** pocket to apron down the centre fold line.

8 - Attach front facings and Straps- Lay front apron on table, then position straps, RST, as shown below. They should be 1cm in from edge. Pin and machine together with a 1 cm seam.



Leave straps pointing downwards, now, RST lay front neck facing onto front neck and armhole of dress,

encasing the 2 straps. Pin and machine together, with a 1cm seam. Do not sew together below armhole yet. **Clip curves and snip off corners –see f above.** Turn right side out, pull straps up and **Underpress facing. (f above)**



9 - Attach Straps to Back- RST, place other ends of straps in position 1cm in from armhole on neckline of back RST pin back neck facing to back of dress, (encasing straps as you did for front) Machine together as above, sewing in the ends of straps

Clip as above and turn right side out. **Underpress- (f above)**



10 - Attach tie belt - RST, pin raw ends of belt pieces in position on side seams using notches to locate. Machine with a 1cm seam.

11 - Side seams- RST pin back and front together down side seams and facings. Machine pushing seam allowance of facing downwards, and machine across belt ends again. Turn right side out, **press seams open (e above)**



12 - Underpress armhole facings, **Topstitch** _ cm in round rest of armhole and neck facing-start at one back armhole, continue along front armhole, along front neckline and round front and back of other armhole

PICTURE.

13 - Hem Dress-Decide how long to make the dress, trimming off any excess, then press under about _ cm then about 1 or 1.5cm. Pin and **topstitch (g above)** a hem about 1cm in from edge.

14.To make Bag- Sew hem along top of both bag pieces by folding _ cm, then 1cm under and pressing, now **topstitch** 1cm in. Press under 1cm down both long edges of bag strap, then fold in half lengthways and press to make

a binding. **RST**, pin and Machine ends of bag strap together (to make a circle) Wrong sides together, tack or machine front and back bag pieces together. Now , **RST** and positioning trap seam at bottom of bag, pin and machine strap to. bag.. Fold binding over raw seam of bag, pin and **top stitch** to cover seam and make the strap.

FEEDBACK

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Thanks.

