

SMOCKED DRESS PATTERN

SKILL LEVEL: CONFIDENT BEGINNER

This classic dress has a Peter Pan collar, capped sleeves and beautiful detail in the decorative smocking at the front. The pattern is sized to fit an average 18-month-old (chest 54cm, dress length 50cm) in order to give you the same challenge our lovely Sewing Bee competitors had to tackle.

YOU WILL NEED

Main dress: 1m (L) x 1.4m (W) plain or delicate patterned cotton, cotton lawn, polycotton or linen (avoid large patterns)

Collar: 20cm fabric in a contrast colour

Smocking detail: embroidery thread in a bold contrast colour

Fastening: 1 small button

Rouleau turner or safety pin

Matching cotton thread

FINISHED MEASUREMENTS

Chest: 54cm

Length (back nape to finished hem): 50cm

Garment size: age 18 months

PATTERN

[DOWNLOAD PDF \(2.2Mb\)](#)

1 x keyhole bias binding

1 x back bodice

1 x front bodice

1 x rouleau loop

2 x sleeves

4 x collars

1 x back skirt

1 x front skirt

Seam allowance is 1 cm, unless otherwise stated.

Grey shaded images indicate the wrong side of the fabric.

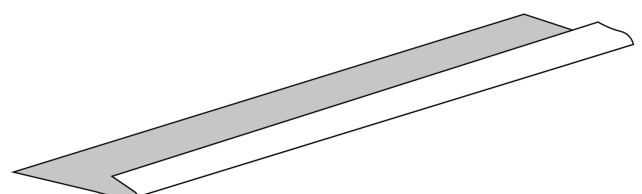
Finish the seams with either an edge stitch or an overlocker.

METHOD

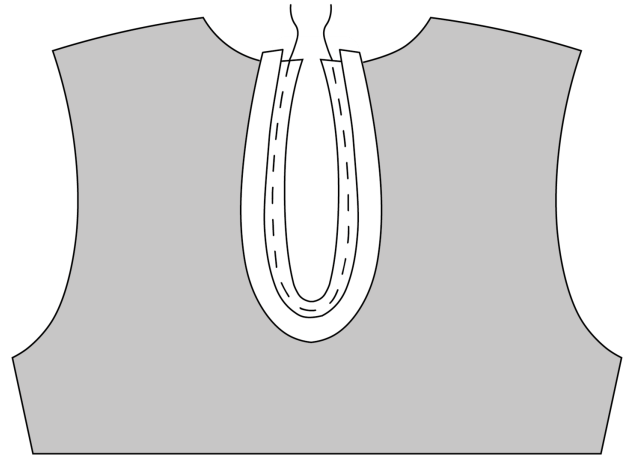
1. Press your pieces of fabric, then lay them out flat. Place your pattern pieces on top of the fabric and cut them out.

Attach the bias binding at the keyhole

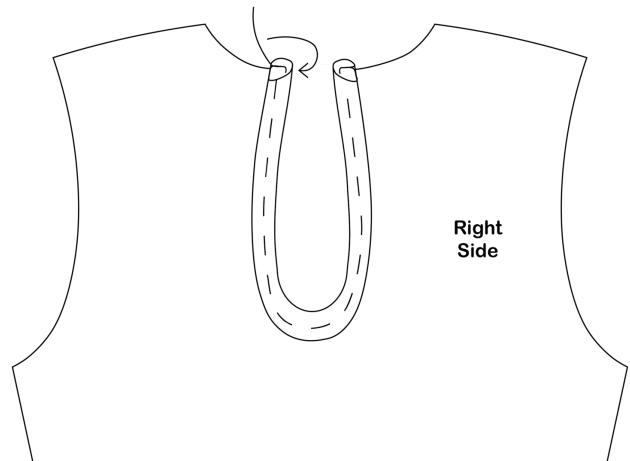
2. Take the keyhole bias binding piece, place it right-side downwards and turn over a long edge by 0.5cm. Press in position.



3. Take the back bodice piece and lay it wrong-side upwards. Place the unpressed edge of the bias binding around keyhole opening on the wrong side of the fabric. Pin in place, then using your machine, sew the binding to the dress.

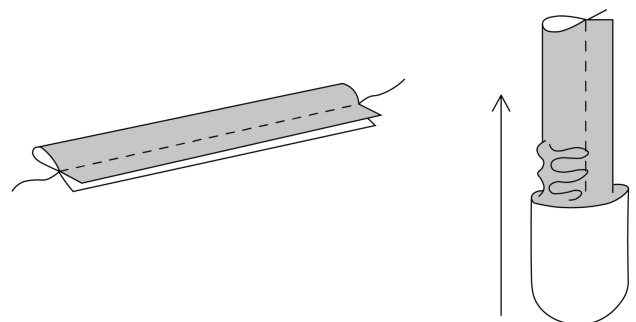


4. Turn over the back bodice so that it is right-side upwards. Fold the pre-pressed edge around the keyhole on the right side. Pin and sew in place, as before. Press the binding flat.

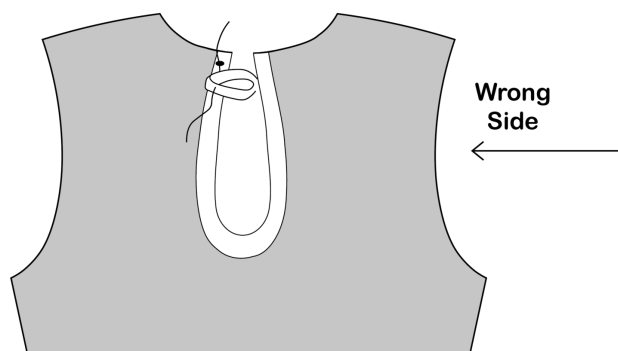


Make and attach the rouleau loop

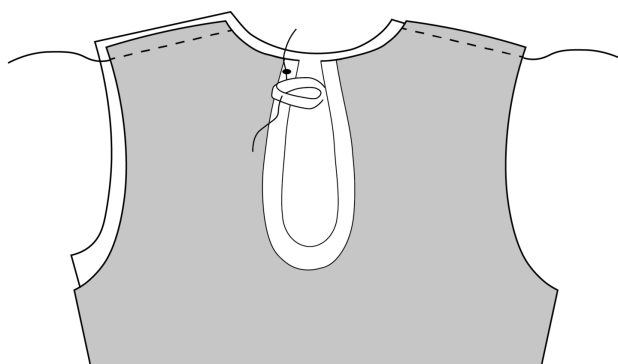
5. Make the rouleau loop. Take the piece of loop fabric and fold in half, right sides together along the length, matching the edges. Sew along the long edge. Using a rouleau turner or safety pin, pull through the rouleau loop to right side



6. Place the back bodice wrong-side upwards. On the left-hand side of the keyhole binding, measure 1 cm down from the top of the binding. Form the loop strip into a loop and secure it in place with a pin, ends overlapping. Top stitch in place.

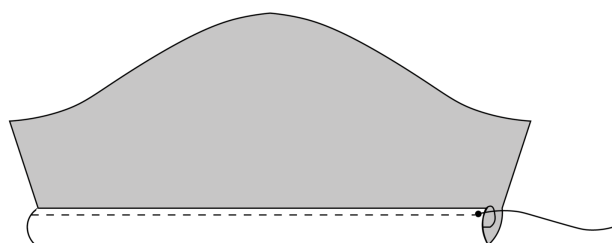


7. Place the front and back bodice pieces right-sides together, matching them up at the shoulder seams. Pin in place and sew the tops of the shoulders together, as shown. Finish the seams together with edge stitch or an overlocker. Press the seam towards the back of the dress.

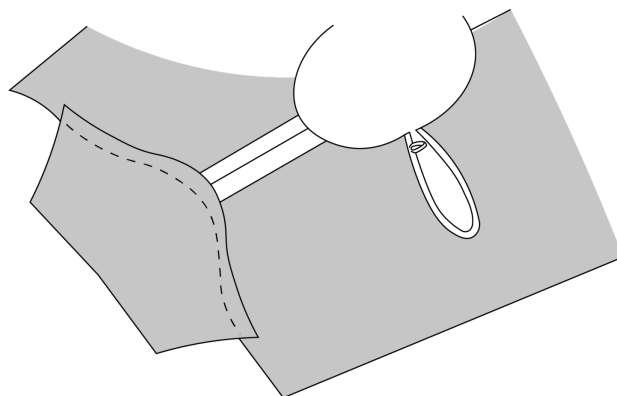


Make and attach the sleeves

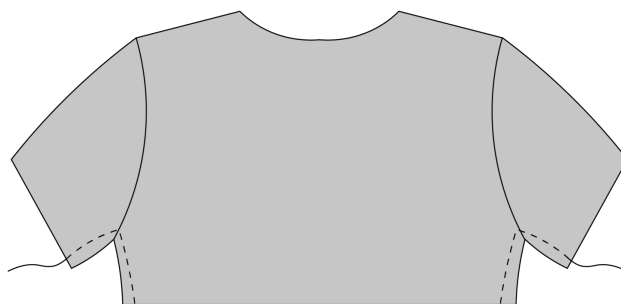
8. Lay out the sleeve pieces wrong-sides upwards. Turn up the long, straight edges by 0.75cm and press in place. Fold each edge again by 0.75cm and press in place to create a double turn on the wrong side of the fabric. Pin, then stitch in place.



9. To insert the sleeves, open out the joined front and back bodice pieces, wrong-sides upwards. Match up the sleeve-head notch (SP) to the shoulder seam, right sides together. Pin the remaining sleeve head to the notches and sew in place. Finish the seams with edge stitch or an overlocker. Press the seam allowance towards the neckline. Repeat for the other sleeve.

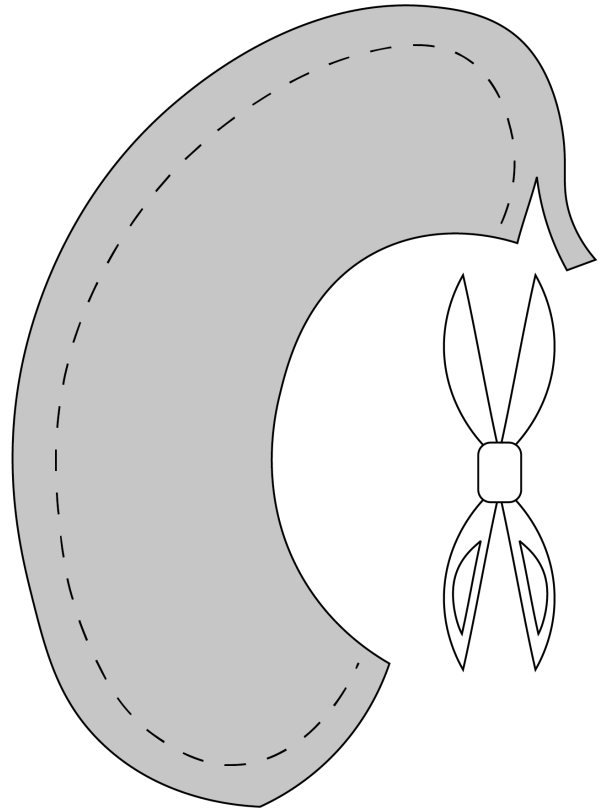


10. Place the bodice right sides together. Pin to secure under each arm and at each side seam to the hem. Sew continuously from the sleeve hem to the bottom of the bodice. Finish the seams with either edge stitch or an overlocker.

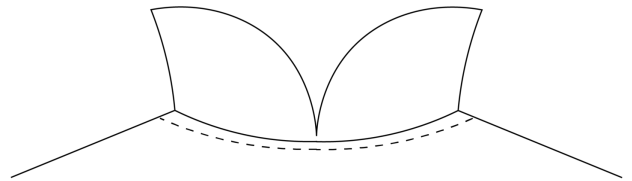


Make and attach the collar

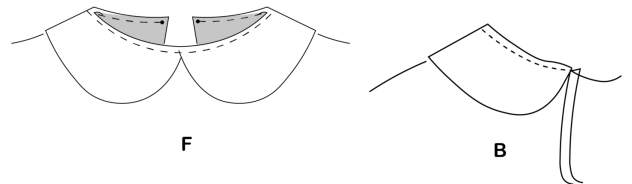
11. Place 2 of the collar pieces right sides together. Pin and stitch around the longest curved edge. Repeat on the other 2 collar pieces. Trim the seam allowance, then pull each collar piece through to right side. Press flat, then finish the raw edges together with an edge stitch or an overlocker.



12. Place the collar pieces on the right side of the fabric around the neckline of the bodice. The collar should meet at the centre back and centre front. Pin in place and stitch the seam.

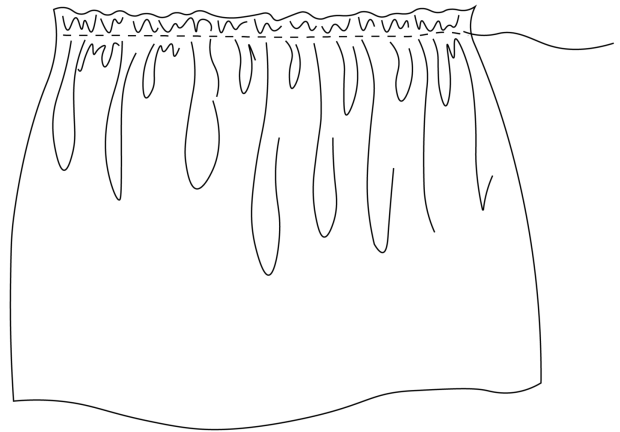


13. Press the neckline collar seam inwards to the bodice and top stitch on the right side of the fabric around the neck of the bodice catching your seam allowance as you go.

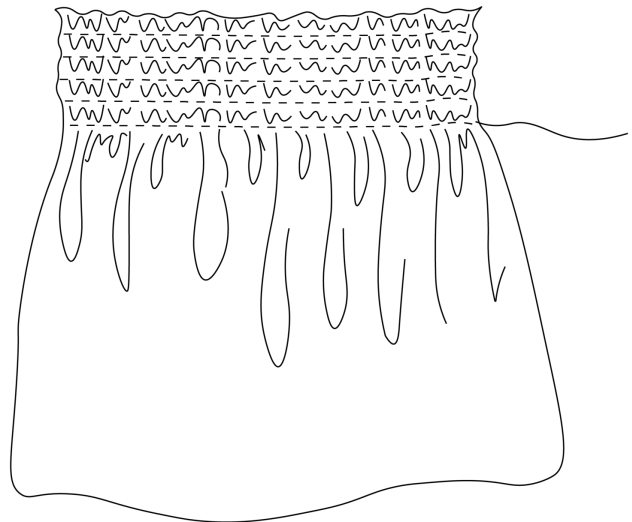


Make the skirt panels

14. To create a gathering stitch, set your sewing machine to the longest stitch length and make sure you start (and finish) with long threads. Take the back skirt panel and stitch a gathering stitch along the seam allowance of the waistline. Gather up the skirt to fit the back bodice. Tie the gathering thread to fix the length.

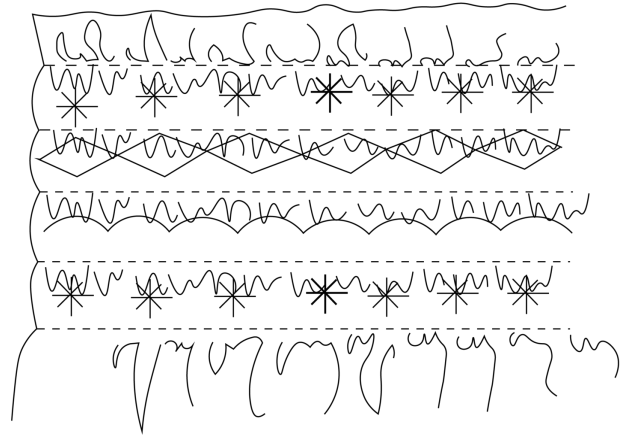


15. For the front skirt panel, start 1 cm below the waistline. Sew 5 rows of a gathering stitch 1 cm apart. Pull all 5 gathering stitches to the width of the front bodice. Tie all the ends to hold the width.



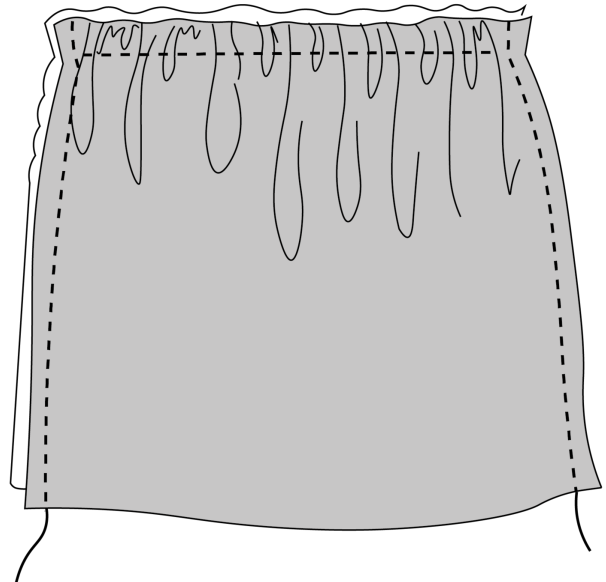
Smocking

16. Make sure the front skirt is right-side upwards. Using your contrasting embroidery thread to make your stitches stand out, on the last 4 rows, sew straight along the lines of gathered stitching. Then, using your decorative stitch of choice (most machines will have one), sew between the lines to add detail.



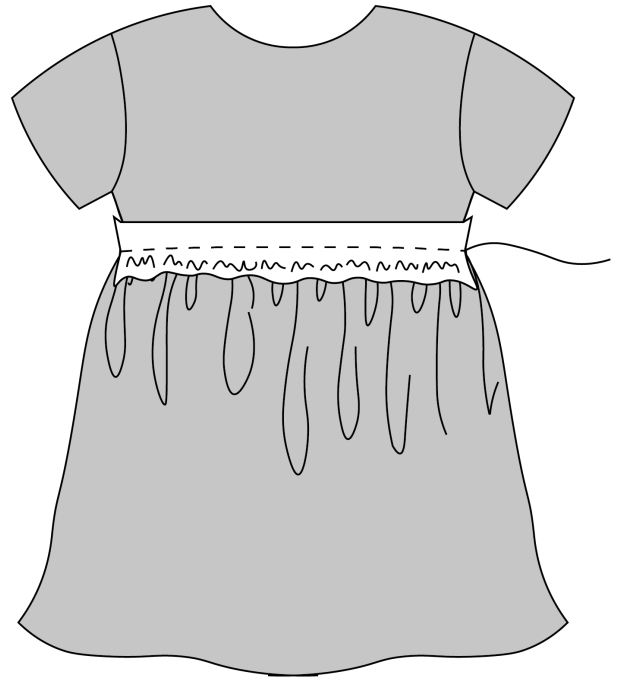
Attach the skirt panels

17. Put right sides together of dress skirts and pin and sew the side seams together. Finish the seams with an edge stitch or overlocker then press the seams towards the back.



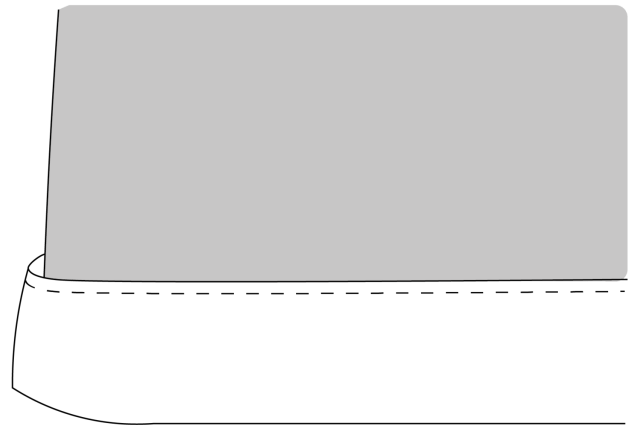
Attach the skirt

18. Keeping both the skirt and bodice pieces wrong sides outwards, bring them together, matching the side seams. Pin and stitch in place. Finish the seam edge with edge stitch or an overlocker, then press the seam upwards.



Finish the dress

19. Leaving the dress inside out, turn up the hem by 7.5mm. Press, then fold up another 7.5mm and press to create a double-turned hem. Top stitch your hem up all the way around.



20. Turn the dress right-side outwards. Sew your button in place on the outside of your dress so that it fits neatly into the rouleau loop, then give your dress a final press to finish.

PDF printing tips

In your print menu, under size options, please select **ACTUAL SIZE**, instead of FIT TO PAGE.

Print on A4, single sided sheets.