

STYLISH Skirt and dress patterns:

3 FREE Sewing Patterns for Women









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3 FREE Sewing Patterns for Women

Welcome to the Sew Daily eBook: **Stylish Skirt** and Dress Patterns: 3 Free Sewing Patterns for Women.

We have gathered together a collection of skirt and dress patterns that have timeless style and simple silhouettes. They are patterns you can use again and again, creating a new look by changing the fabric or adding a different embellishment.

The **One Pleat Skirt** by Beki Wilson is a fun twist on a simple A-line skirt that features a single pleat accented with three buttons. Made with a lightweight stretch fabric and side zipper closure, it's as easy to wear as it is to make.

The Big Blue dress by me is a chic frock that is ready for any special event. With its clean lines, flared skirt, subtle French darts, and vintage styling, all eyes will be on you. This is a dress that you wear, not the other way around—a classic that will be in your closet for years to come.

The **Tie Front, Tie Back** dress by Jil Cappuccio is an update on a simple shift dress with a lace-up collar and crisscross back ties to add shaping. With a super-simple pattern and lightweight rayon fabric, this dress is as easy to make as it is to wear.

Each of these one-of-a-kind designs will be a great and lasting addition to your wardrobe, and they are elegant enough to please advanced sewists, while also being simple enough for a beginner to take on. I hope you will enjoy all of these special dress and skirt patterns and get much sewing pleasure from them.

> Happy stitching, amber eden Editor, *Stitch* magazine and

SewDaily



PHOTO BY LARRY STEIN

One Pleat Skirt3	
2 The Big Blue6	
3 Tie Front, Tie Back	



EDITOR Amber Eden DESIGNER Jocelin Damien ILLUSTRATION Ann Sabin Swanson PHOTOGRAPHY JOE Hancock and Larry Stein PROJECT DESIGNERS Beki Wilson, Amber Eden, and Jil Cappuccio

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STYLISH Skirt AND dress PATTERNS 3 FREE Sewing Patterns for Women



PHOTO BY JOE HANCOCK

One Pleat Skirt

This fun twist on a simple A-line skirt features a single pleat accented with three buttons. Made with a lightweight stretch fabric and side zipper closure, it's as easy to wear as it is to make.

by **BEKI WILSON**

FABRIC

-7/8 [7/8, 11/4, 11/4, 11/4] yd of 60" wide bottom-weight stretch fabric (*shown*: stretch corduroy)

OTHER SUPPLIES

- Matching sewing thread
- 7" zipper in color to match fabric
- ¾ (⅛, ⅛, 1, 1) yd of 1" wide grosgrain ribbon to match or coordinate with skirt fabric
- Three ¹/₂" shank buttons
- Tailor's chalk
- Serger (optional)
- Full-size pattern starting on Page 11

NRT	XS	Hip 30½-31½"	Length (center back) 25''
HA	S	32 1/2 -33 1/2 ''	251/4"
Ω	M	35-36 ½ ''	25 1/2 ''
ш	L	38-39''	253/4''
N	XL	41-42''	26''
S	<u>Sho</u>	wn in size Small	

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NOTES

- All seam allowances are ⁵/₈" unless otherwise indicated.
- When instructed to finish the raw edges you have a few options. Serge the edges, use a zigzag or an overcasting stitch on your sewing machine along the edges, or stitch 1/4" from the edge and then pink the raw edges to prevent raveling.

CUT FABRIC

■ Cut the pattern pieces from the pattern provided. Lay the pattern pieces on the fabric as shown in the layout diagram and cut out the pieces. Transfer all pattern markings to the fabric wrong side with tailor's chalk. Designate one skirt piece as the Front and mark with a safety pin or tailor's chalk on the fabric wrong side.

ASSEMBLE SKIRT

Matching the guidelines, pin and sew each dart. Press the darts toward the center front (on Front piece) or center back (on Back piece).

■ Lay the skirt pieces right sides together. Measure 81/2" from the waistline raw edge along the left side seam and mark. Set the machine for a long stitch (4.0 mm) and baste the seam from the waistline to the mark. Return the stitch to its regular length (2.5 mm) and stitch the side seam below the zipper opening. Finish the raw edges, press the seam open, and sew in the zipper behind the basting stitches. Remove the basting stitches when the zipper is in place.

Pin and sew the other skirt side seam. Finish the raw edges and press the seam open.

■ Fold the Lower Skirt Front, wrong sides together, along each dashed line. Bring the folds to meet at the solid line, forming a pleat. Press to set the folds and pin the folds at the upper edge. Lay both the Lower Skirt pieces right sides together and sew the side seams. Finish the raw edges and press the side seams open.

G Turn the lower skirt inside out and place it on the skirt body, right sides together, matching the skirt's lower

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edge to the lower skirt's upper raw edge. Align the side seams and make sure the pleat is positioned on the skirt front. Pin and sew. Finish the raw edges and press both seam allowances down. Measure the waistline seam on the skirt pattern pieces without seam allowances. Cut a piece of grosgrain ribbon 1" longer than the measurement. Fold ½" to the wrong side on each ribbon end and press.

LAPPED ZIPPER APPLICATION

Attach a zipper foot and adjust it so the foot is to the right of the needle.

Position the skirt, wrong side out, so the waistline is toward you and the right seam allowance (the skirt back) extends away from the skirt in a single layer.

Open the zipper and lay it face down on the skirt with the top stop ⁵/8" below the waist edge and the zipper coil (teeth) along the seamline (**figure 1**).

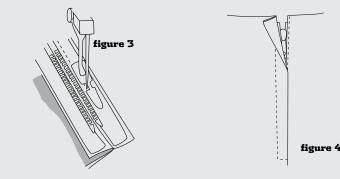
Pin the right zipper tape to the seam allowance and machine baste along the zipper guideline, removing the pins as you sew.

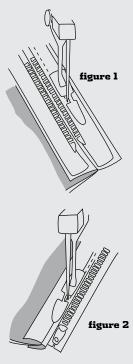
Close the zipper and turn it right side up, turning the right seam allowance under along the stitches. Shift the zipper foot to the other side of the needle and, with a regular stitch length, edgestitch the folded seam allowance to the zipper tape (figure 2).

Lay the skirt wrong side up, with the seam allowances open and the zipper flat on top of the seam (figure 3). A small pleat will form at the bottom of the zipper where the first zipper tape has been sewn.

2 Beginning at the seamline just below the bottom zipper stop, sew across the zipper tapes and seam allowances, perpendicular to the seam, to the guideline on the unattached zipper tape. Pivot with the needle down and sew parallel to the zipper teeth all the way to the waistline raw edge. This seam will be visible on the skirt right side (**figure 4**).

Remove the basting stitches and carefully press the zipper, using a press cloth and a moderate iron temperature to avoid melting the zipper coil.





PAGE 4 OF 92









Den the zipper. Turn the %" waistline seam allowance to the wrong side and press to crease, then reopen the seam allowance. Lay the prepared ribbon right side up on the waistline seam allowance, overlapping the raw edge ¼". Match the pressed ribbon ends to the seamline at the zipper opening and pin the ribbon along the waistline seam allowance.

Edgestitch the ribbon to the seam allowance around the entire waistline. Press the skirt along the seamline again, pressing the ribbon to the inside. Slip stitch the folded ribbon ends to the side seam allowances, making sure the zipper teeth are free. Topstitch the waistline ¼" below the fold, through all layers, to secure the ribbon waistline facing.

For the hem, fold the bottom edge to the wrong side 1/2" and press. Fold an additional 1/2" to the wrong side and press again. Stitch close to the upper fold through all thicknesses.

Sew 3 buttons to the skirt front in a vertical line directly above the center of the pleat. Position the first button ³/₄" above the seamline and space buttons 1" apart.

BEKI WILSON is a Seattle designer with a passion for fabric and garment construction. She launched a line of clothing, Out of Line, in 2000, offering casual and wearable designs sprinkled with unexpected design elements. Visit her at outoflinefashion.com.

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STYLISH Skirt AND dress PATTERNS 3 FREE Sewing Patterns for Women



The Big Blue

This chic frock is ready for any special event. With its clean lines, flared skirt, subtle French darts, and vintage stlying, all eyes will be on you. This is a dress that you wear, not the other way around a classic that will be in your closet for years to come.

by AMBER EDEN

FABRIC in yd

- 45": XS-2¹/4, S-2³/8, M-2⁵/8, L-2⁷/8, XL-2⁷/8
- 60": XS-1¾, S-1¾, M-2, L-21⁄8, XL-21⁄4

OTHER SUPPLIES

- Pattern, starts on Page 30
- ½ yd light- to medium-weight woven fusible interfacing
- 2 yd ¼" twill tape
- Thread to match
- 24" invisible zipper
- 6 yd lace hem tape
- Optional waist stay: 1¹/₈ yd of 1" wide grosgrain ribbon plus hook and eye

		Bust	Waist	Hip
RT	XS	32-33''	25''	341/2-351/2"
HAI	S	34-35''	26-27''	361/2-371/2"
T.	M	36-37½''	28-39 ¹ /2''	38½-40"
ΰ	L	39-41½''	31-33 ¹ /2''	411/2-43''
Ш	XL	42 ¹ /2-44 ¹ /2''	341/2-361/2"	45-47''
SIZ	<u>Sho</u>	wn in size Smal	L	

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PAGE 6 OF 92 visit sewdaily.com



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STYLISH Skirt AND dress PATTERNS

3 FREE Sewing Patterns for Women

NOTES

- First pin—then baste—then stitch.
 This is the key to accurate sewing for anything other than a straight seam.
- Make a muslin sample as a test garment. Adjust pattern as needed.
- Try putting the zipper in by hand with a pick-stitch for a clean, couture finish. A pick-stitch is sewn by hand like a straight stitch except the distance between the stitches is less than the length of the stitch. When finished it resembles a machinestitched line.
- To keep the French dart bias line from stretching, reinforce with lightweight woven interfacing.
- If needed, reinforce the waist, shoulder seams, and neckline with ¼" twill tape. Visit the SewDaily.com blog for more information.
- Clip curves and grade seams as needed.
- Finish seam allowances with preferred method. A Hong Kong finish is a seam allowance that is enclosed with bias strips, usually silk, a material whose fluidity keeps the seams from becoming too bulky. Serging, pinking, or zigzag stitching are also good seam finishes.
- Allow dress to hang 24 hours before hemming.
- All seam allowances are ½" unless otherwise indicated.
- RST= right sides together
- For explanations of terms and techniques, see Sewing Basics.

CUT + MARK + INTERFACE

Cut out all pieces as indicated on pattern.

Mark notches and darts.

Fuse interfacing to facing pieces according to manufacturer's directions.

STITCH BODICE

Stitch darts in Front and Back Bodice. Reinforce darts with fusible interfacing as needed.



5 Stitch shoulder and side seams of bodice.

Staystitch neckline and waistline of skirt and bodice. If your fabric has a lot of stretch, use twill tape to further stabilize. Cut the desired length and stitch just inside the seam allowance.

Stitch the Front and Back Facings at shoulder seams, leaving center back seam open.

Attach facing to dress neck, RST.

Understitch neckline seam and turn facing to inside, tacking facing shoulder seams to bodice shoulder seams. Finish facing edges with a zigzag stitch or as desired.(See Glossary in Sewing Basics.)

Stitch sleeve seams. Run a basting stitch around the sleeve cap from back to front notches on each sleeve. Ease sleeve cap to fit dress armhole.

Baste sleeves to armholes, RST, matching front and back notches,

shoulder seams, and side seams. Stitch sleeves to armholes $1\!\!/\!\!4''$ from edge. Stitch again using $1\!\!/\!\!2''$ seam allowance.

STITCH SKIRT

Stitch Skirt Front to Skirt Back at side seams.

Stitch Skirt Back seam up to the zipper opening as marked on pattern.

ATTACH BODICE TO SKIRT

14 Stitch bodice to skirt at waist.

 Insert the invisible zipper following manufacturer's directions.
 Optional: sew zipper in by hand with a pick-stitch. Refer to Notes.

Deptional waist stay: a waist stay acts as a stabilizer and helps prevent the garment from sliding up or down. To make a waist stay, use a 1" wide grosgrain ribbon. Cut to the desired waist measurement plus 1". Anchor the waist stay by stitching to the waistline seam. Fold each end under 1/2" and add a hook and eye. Handstitch the ribbon ends to the zipper tape.

HEM DRESS + SLEEVES

12 Hang dress for 24 hours before hemming.

1 To hem sleeves, press sleeve edge up ½", then ½" again. Blindstitch hem in place.

To hem the dress, pin or hand baste lace hem tape ¼" from right side edge of hem. Machine stitch lace in place. Turn up hem ½" press. Handstitch hem using a blindstitch.

AMBER EDEN is the editor of Stitch and SewDaily.com. She loves all things sewing and is a lifer student at Fashion Institute of Technology. She lives between Boston and Huntington, New York, and has three fur children (two golden retrievers, plus a cat who thinks she is one) and a husband who dotes on each of them.





STYLISH Skirt and dress patterns 3 FREE Sewing Patterns for Women



Tie Front, **Tie Back**

Update a simple shift dress with a lace-up collar and crisscross back ties to add shaping. With a super-simple pattern and lightweight rayon fabric, this dress is as easy to make as it is to wear.

by JIL CAPPUCCIO

FABRIC

Woven rayon fabric

FABRIC YARDAGES

SIZE	45"	60"
XS	2¾ yd	15∕8 yd
S	21/2 yd	1¾ yd
М	21⁄8 yd	2¼ yd
L	31⁄8 yd	25∕8 yd
XL	3¼ yd	2¾ yd

OTHER SUPPLIES

- ¼ yd of fusible interfacing
- Matching sewing thread
- 6 yd of ½" wide twill
- tape
- Tailor's chalk or
- removable marker
- Bust CHART 29'' XS S 31" М 37" 41" ШN XL 45" ົວ Shown in size Small
- Point turner — Full-size
 - pattern
 - starting on Page 60

NOTES

- All seam allowances are ¹/₂" unless otherwise noted.
- Zigzag, pink, overcast, or serge all raw edges.

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STYLISH Skirt AND dress PATTERNS

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Press seams open unless otherwise noted.

CUT OUT FABRIC

Print and assemble the pattern pieces from the pattern provided.

Pin the pattern pieces to the fabric or interfacing, as directed, and cut out all pieces. Transfer all pattern markings to the fabric wrong side with tailor's chalk.

SEW DRESS BACK

Superior of the side of the second sides of the facing piece and one half of the collar (figure 1). Use tailor's chalk or a removable marker to transfer the buttonhole locations to the front facing's right side after the interfacing is fused in place.

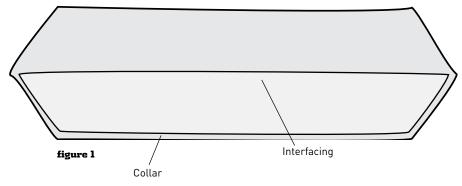
Stitch the center back seam.

Cut four 2" lengths of twill tape. Fold in half and baste one to the fabric right side at each notch, raw edges even, along the back's side seams. These will be the loops for the back tie.

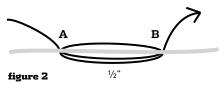
SEW DRESS FRONT

• Sew the dress front to the assembled dress back at the shoulder and side seams. Be sure to catch the twill tape loops in the side seams.

Sew the underarm seam of each sleeve. Match the sleeve underarm seam to the dress side seam and the shoulder notch to the dress shoulder seam, right sides together, and pin. Stitch the armhole seam to set the



Transferring the buttonhole locations Thread a handsewing needle with contrasting thread for visibility. Follow the arrows, stitching through the facing, interfacing, and dress front. The thread goes into the fabric at **A**, leaving a $\frac{1}{2}$ " tail, and out at **B**. Then go into **A** again and back out at **B**; cut the thread, leaving a $\frac{1}{2}$ " tail. There are no knots, so the thread is easy to remove later.



sleeve into the dress. Finish the raw edges and press the seam toward the sleeve.

SEW COLLAR AND FACING

Fold the interfaced collar, right sides together, and stitch the short ends. Turn right side out and use a point turner to make nice sharp points. Press flat.

Baste the collar to the dress neckline from the front neck notch to the shoulder notch. Continue basting across the back neckline and to the shoulder and front neck notches on the other side.

■ Turn under ¼" on the front facing outer edge and stitch to clean-finish the facing. Match the facing raw edge to the dress neckline, right sides together, and stitch using a ¼" seam allowance.

Cut a piece of twill tape to fit across the back neck, extending about ½" beyond the shoulder seam on each side. Pin the twill tape to the back neckline along the seam. Topstitch along both edges of the twill tape, covering the seam allowance.

Clip the front point and turn the facing to the wrong side of the dress. Secure the facing to the dress at the

shoulder seams with a few whipstitches (see Stitch Glossary), covering the twill tape ends. Press flat.

COMPLETE DRESS

E Finish the sleeve and dress hem raw edges by pinking, serging, or zigzagging. Press 1" to the wrong side. Topstitch 7%" from the fold to secure the dress and sleeve hems.

■ Pin or baste the facing to the dress front to prevent shifting. Transfer the buttonhole locations on the facing to the dress front by taking small handstitches through all layers (figure 2). Make ½" long buttonholes through the dress front and facing at each of the four marked locations. Clip the buttonholes open. Cut 2 yd of twill tape and lace up the front.

Thread the remaining twill tape through the side seam loops to lace up the back.

JIL CAPPUCIO has been a designer, seamstress, and shopkeeper for well over a decade. She creates her one-of-a-kind clothing from found fabrics at her studio/shop in Denver, Colorado. Visit her online at jilcappuccio.com

PAGE 9 OF 92 visit sewdaily.com





sewdaily 3 pattern guid

GETTING STARTED Basic techniques + terms you'll need to know for the pattern you have downloaded.

STYLISH Skirt AND dress PATTERNS

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ASSEMBLING FULL-SIZE PATTERN PRINTOUT

(instructions apply specifically to Adobe Reader; if using

2 To ensure that the pattern has printed at the correct scale,

3 To begin assembling the pattern, cut off or fold the dotted

4 The pages are numbered in rows, so the first row of pages

dotted lines together so they overlap. Tape the pages together.

Use the illustrated guide to match each piece. Once the pattern is complete, find your size, pin the pattern to the fabric, and

is numbered 1a, 1b, 1c, etc. Line up the rows and match the

follow the coordinating line to cut out or trace the pattern.

1 Find the lines that correspond to your size and trace

the pattern pieces, either on tissue paper or directly onto the fabric, using tracing paper and a tracing wheel.

2 If you are cutting pattern pieces on the fold or cutting

selvedge to selvedge, with right sides together. Note that this

technique is not appropriate for some fabrics, so check the

3 Lay the pattern pieces on the fabric as close together as possible. Double-check that all pattern pieces to be

4 Make sure all pattern pieces are placed on the fabric

with the grainline running parallel to the lengthwise grain unless

5 Copy all pattern markings onto the wrong side of the fabric

6 Read through all cutting instructions listed in the project instructions for directions on how many pattern pieces to

two of the same pattern piece, fold the fabric in half,

project instructions if you are unsure.

cut "on the fold" are placed on the fold.

a crosswise or bias grainline is present.

8 Cut the pieces slowly and carefully.

LAYOUT, MARKING & CUTTING GUIDELINES

another PDF reader, check for similar settings).

check the size of the TEST SQUARE. The Test Square

1 When preparing to print the PDF, make sure that you are printing it at 100% and that there is no scaling. Check the settings for page scaling (should be "None") and check the preview to make sure that you will be printing at full size. Make sure that the box labeled "Auto-Rotate and Center" is unchecked

should be 2" × 2".

margin around each page.

Test Square 2"×2"

BUTTON + BUTTONHOLE

PATTERN SYMBOLS & MARKINGS

PLACEMENT MARKS Solid lines indicate buttonholes. A large open circle is the button symbol and shows placement.

CUTTING LINES Multisize patterns have different cutting lines for each size.

PLACE ON FOLD BRACKET This is a grainline marking with arrows pointing to the edge of the pattern. Place on the fold of the fabric so that your finished piece will be twice the size of the pattern piece, without adding a seam.

GRAINLINE The double-ended arrow should be parallel to the lengthwise grain or fold unless specifically marked as crosswise. Bias grainlines will be diagonal.

NOTCHES Notches are triangleshaped symbols used for accurately matching seams. Pieces to be joined will have corresponding notches.

DARTS Lines and dots mark darts. The lines show where the stitching will be, and the dot shows the position of the dart point (signaling the point, at the end of the dart, where your stitching should end).

PATTERN DOTS Filled circles indicate that a mark needs to be made (often on the right side of the fabric) for placement of elements such as a pocket or a dart point. Mark by punching through the pattern paper only, then mark on the fabric through the hole.

SLASH MARKS A dashed line (sometimes appearing with pattern dots) indicates an area to be slashed. Further instructions for making the slash will be included in the pattern instructions.

> PAGE 10 OF 92 visit **sewdaily.com**













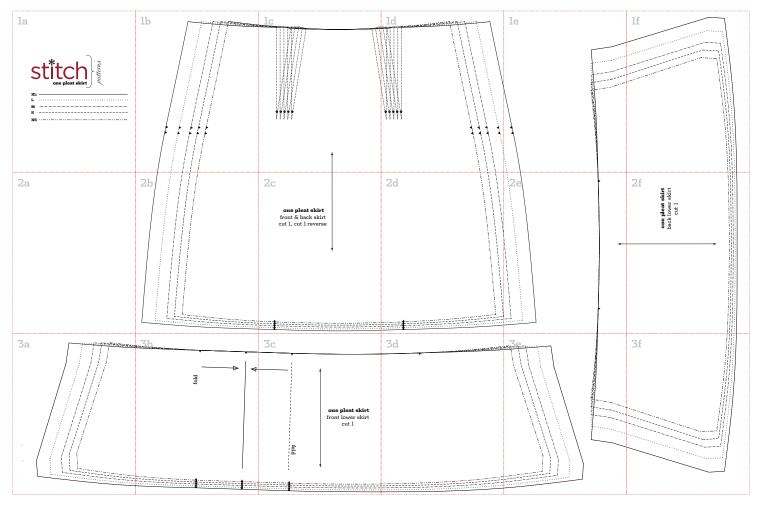
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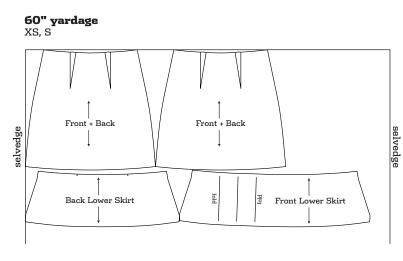


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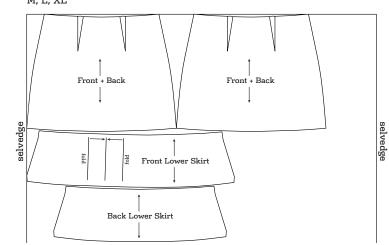


One Pleat Skirt Patterns, Templates, + Cutting Layouts





60" yardage M, L, XL

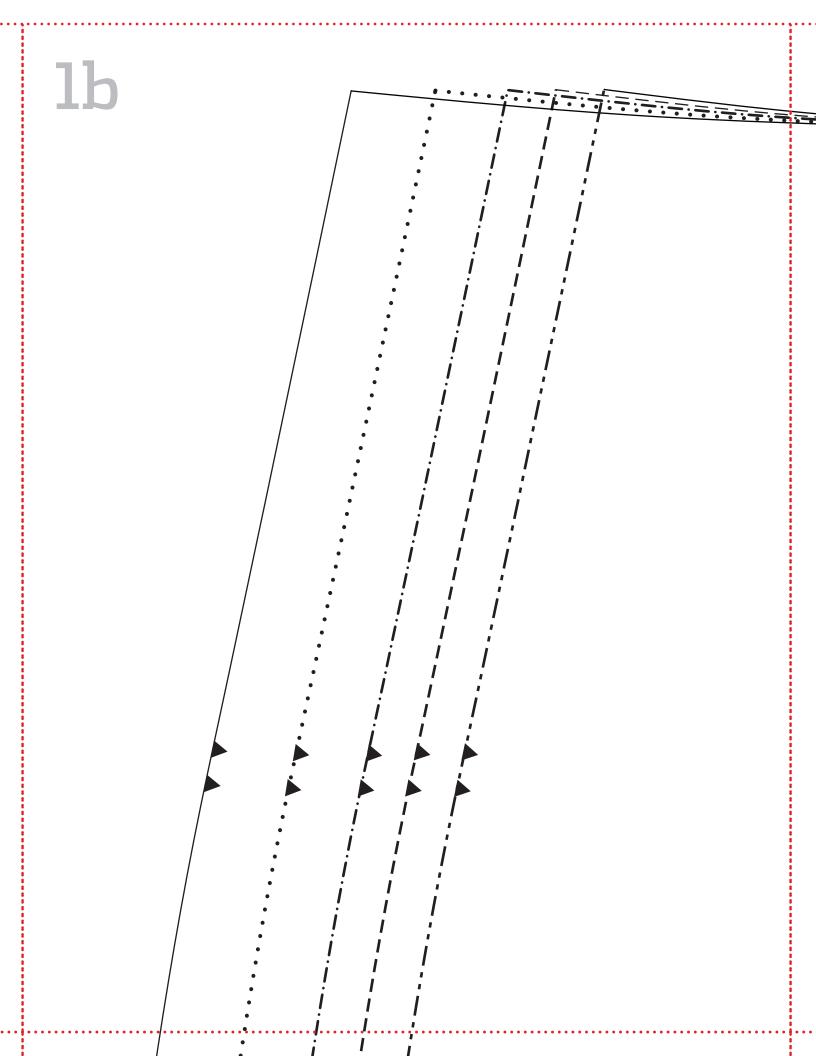


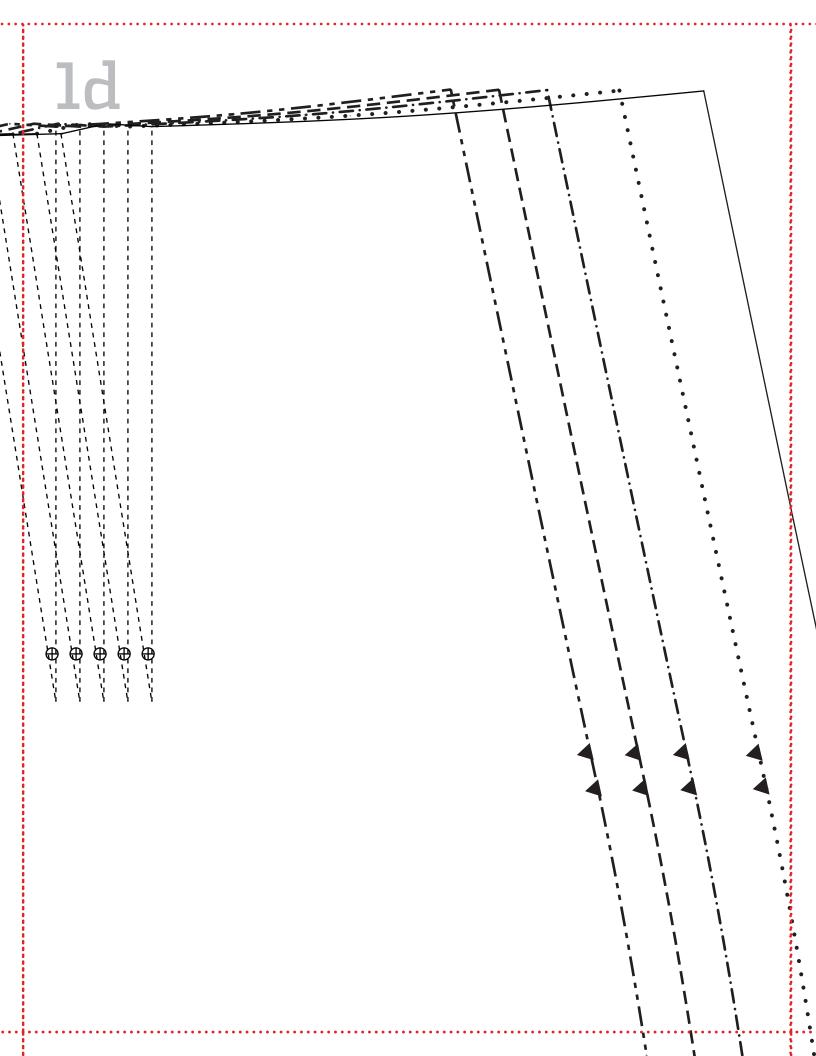
PAGE 11 OF 92 ***** visit **sewdaily.com**



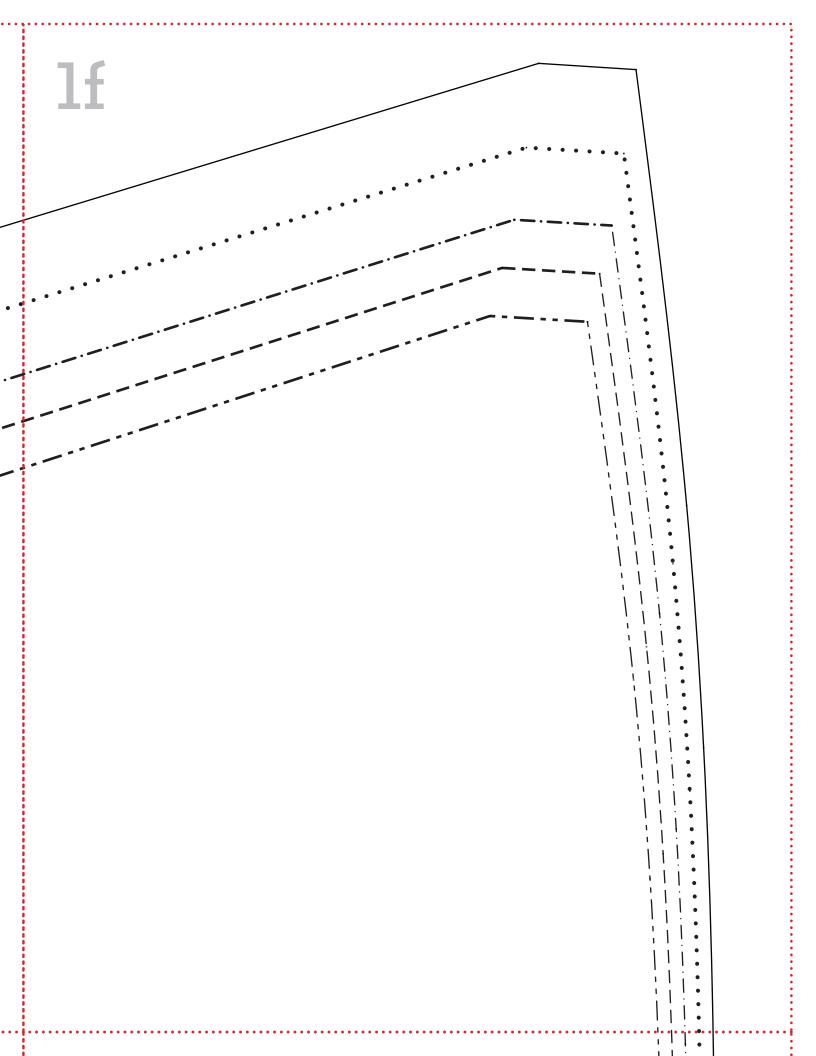
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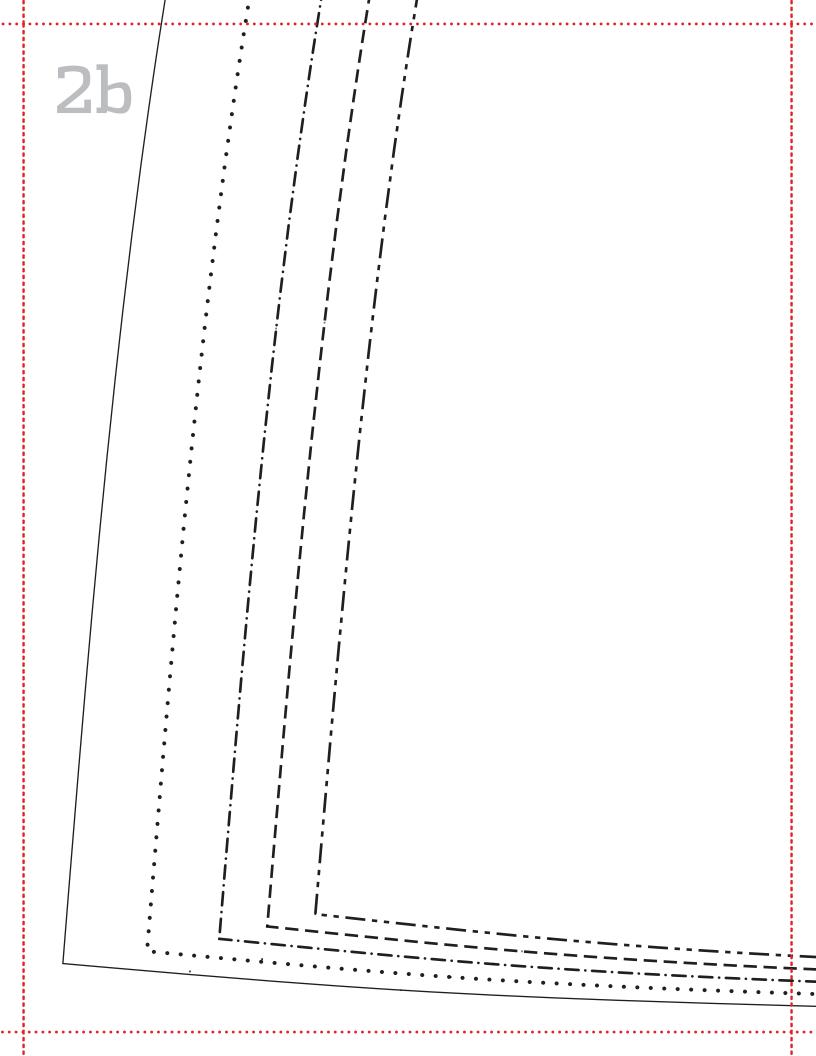




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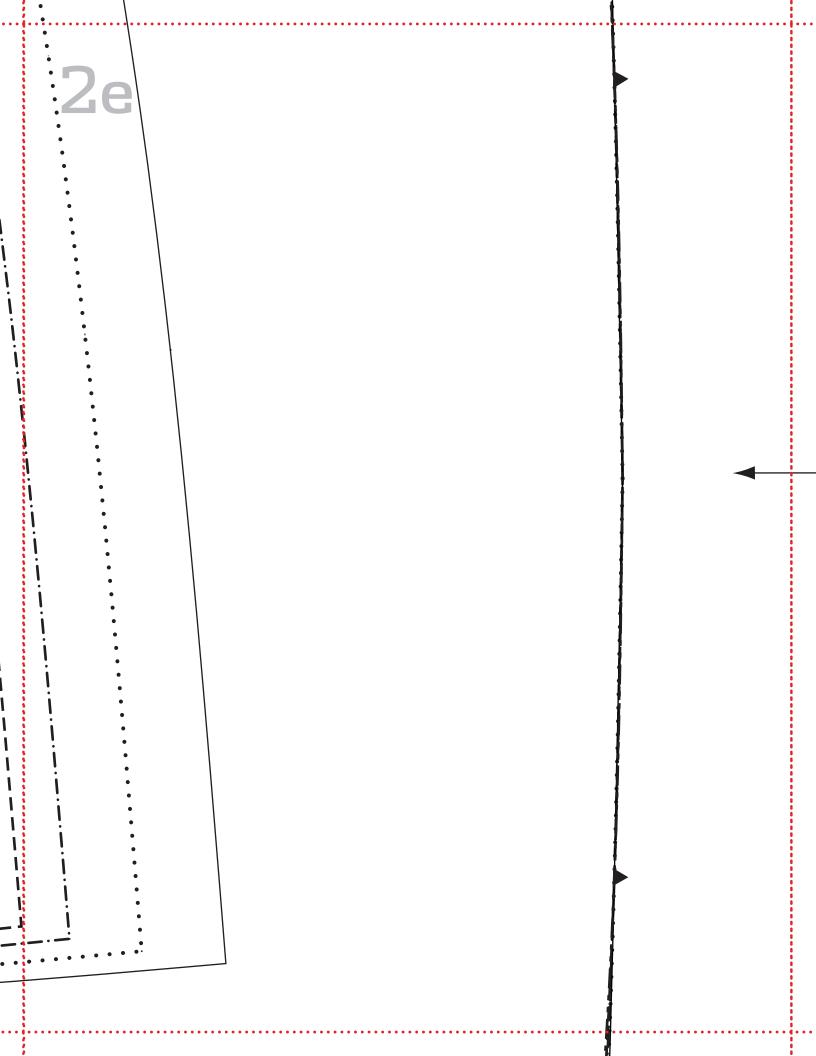


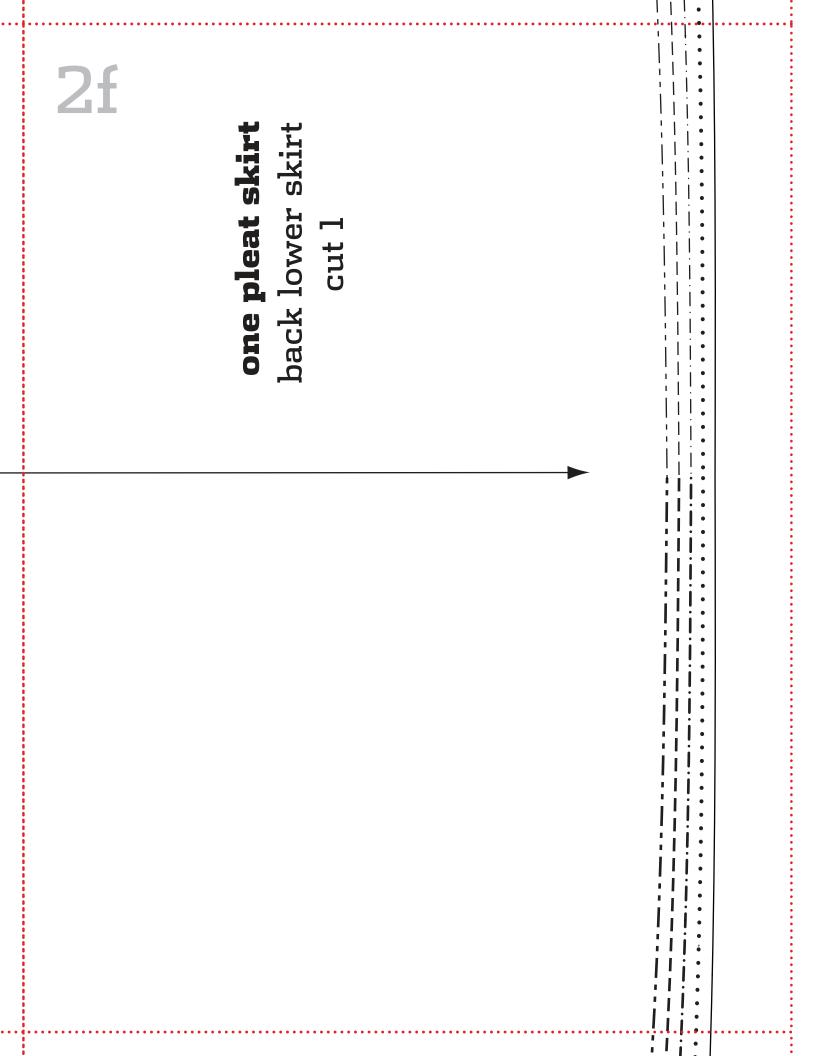
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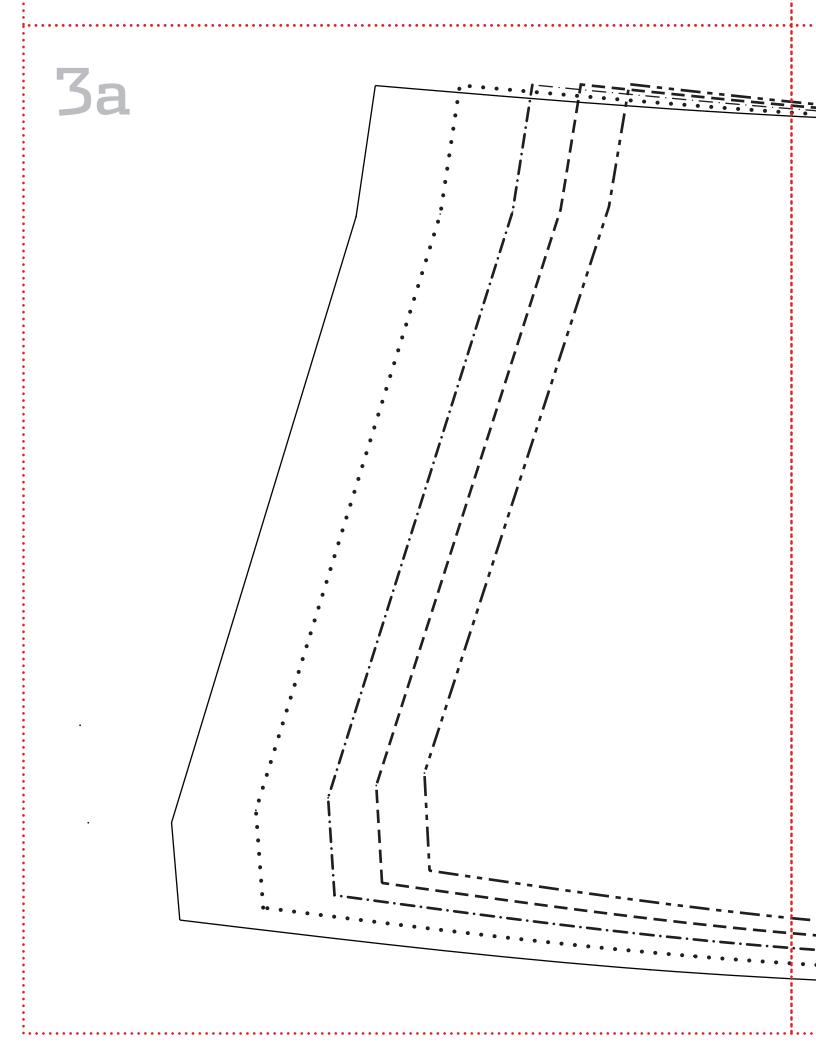
one pleat skirt

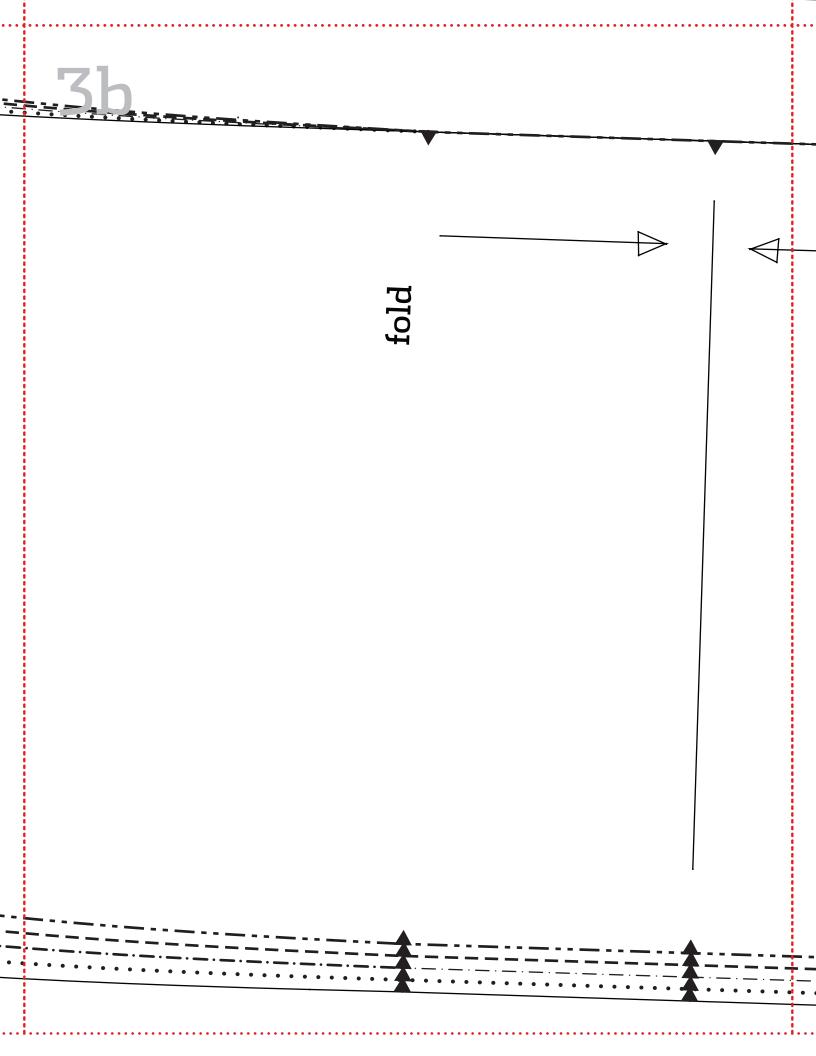
front & back skirt cut 1, cut 1 reverse

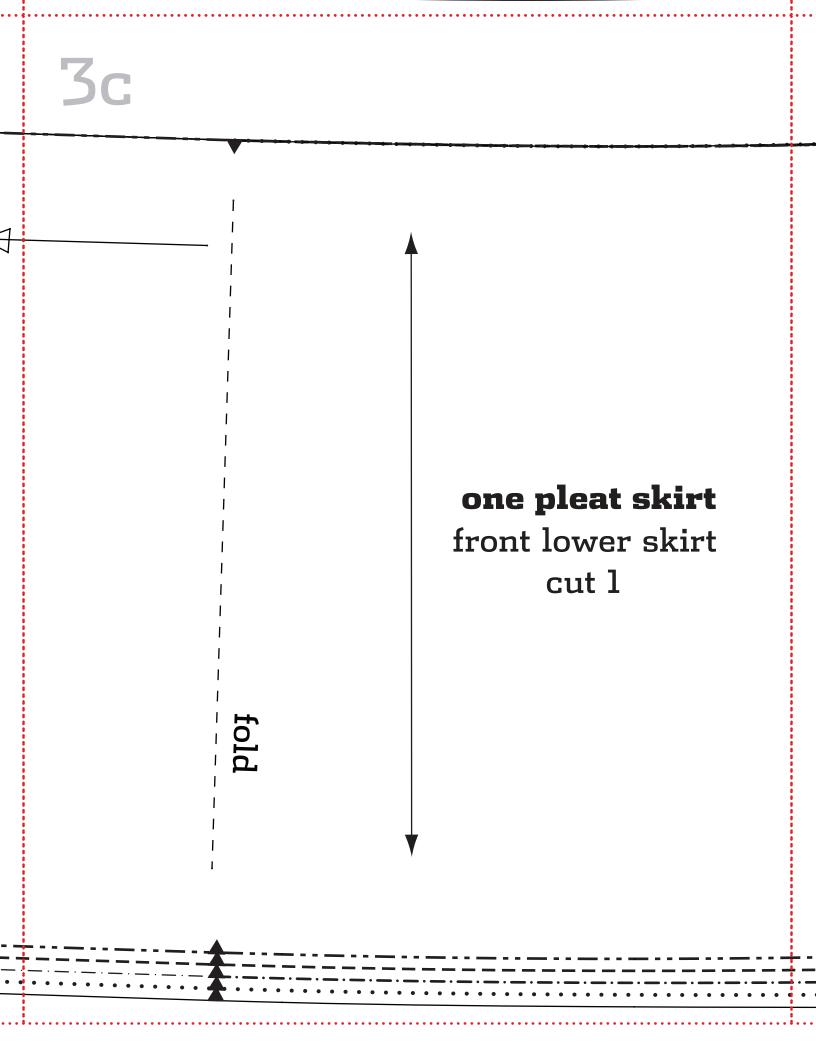
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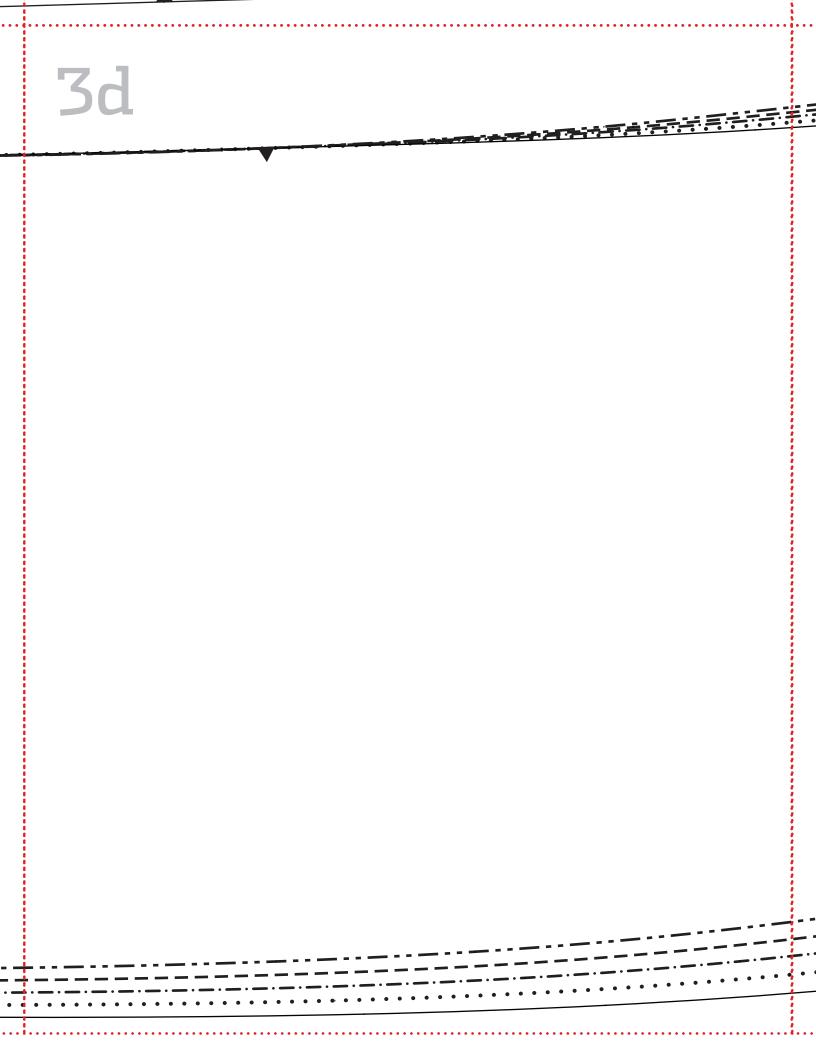


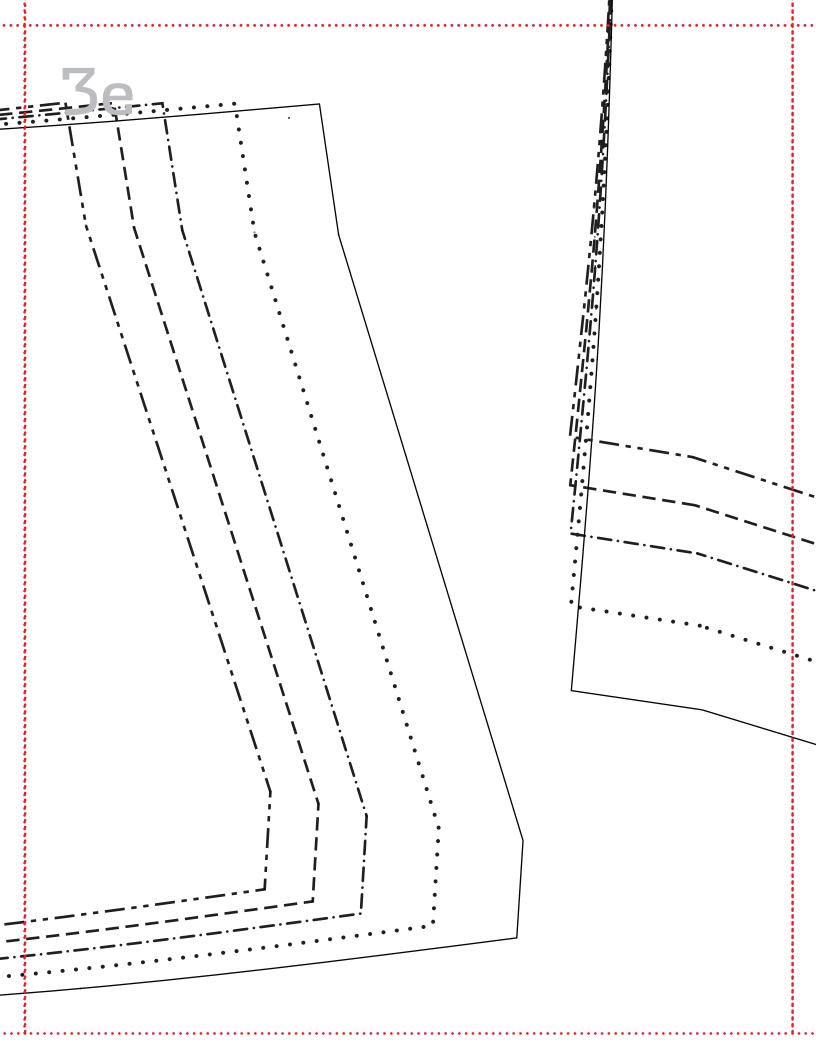


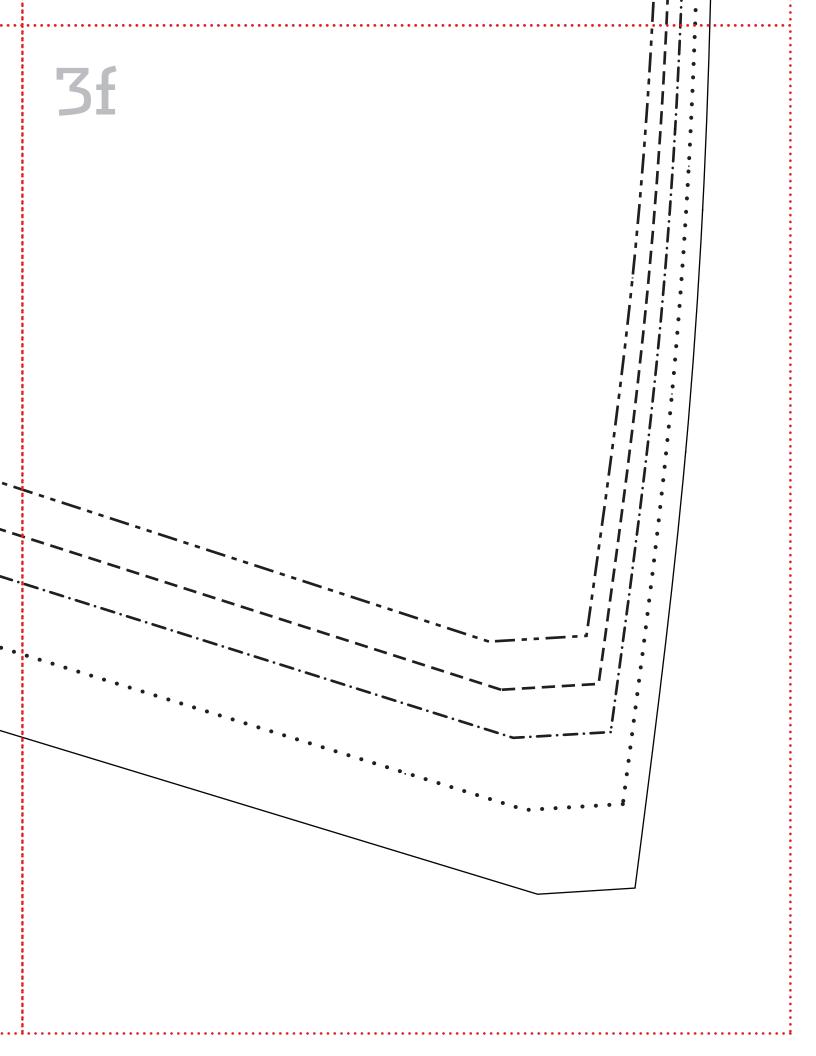






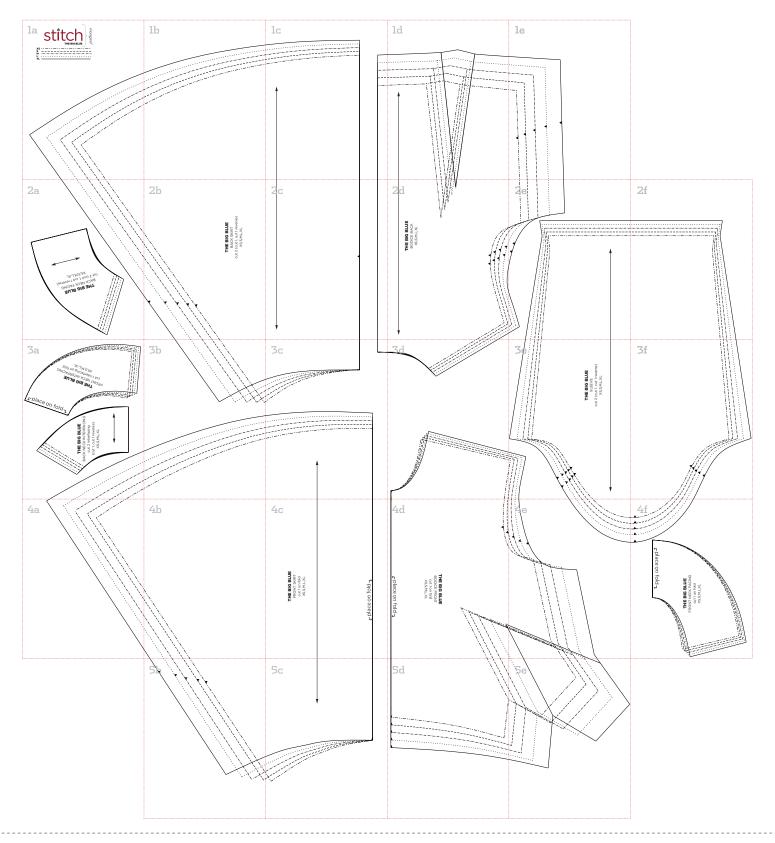








The Big Blue Patterns, Templates, + Cutting Layouts

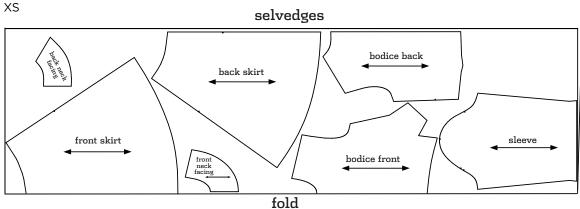




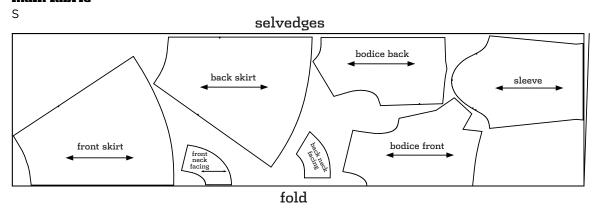


The Big Blue Patterns, Templates, + Cutting Layouts

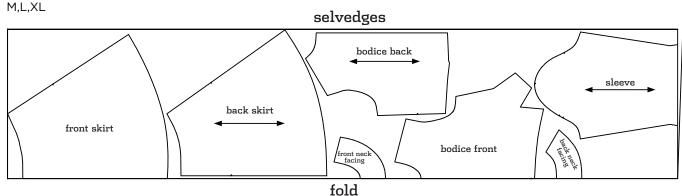
45" main fabric



45" main fabric



45" main fabric

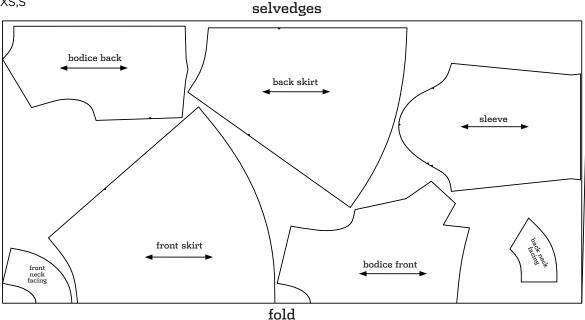




The Big Blue Patterns, Templates, + Cutting Layouts

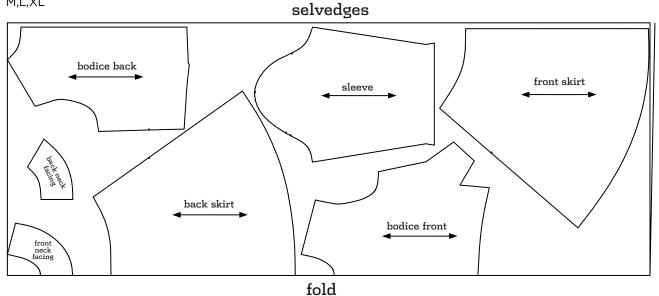
60" main fabric

XS.S

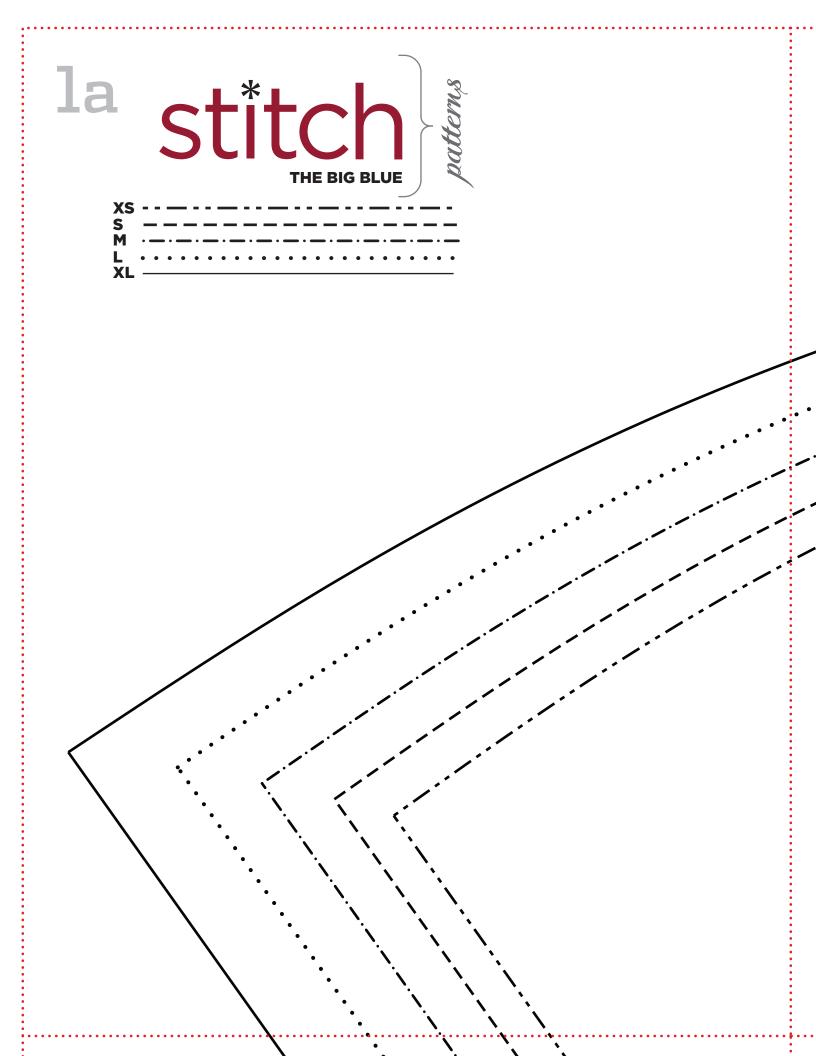


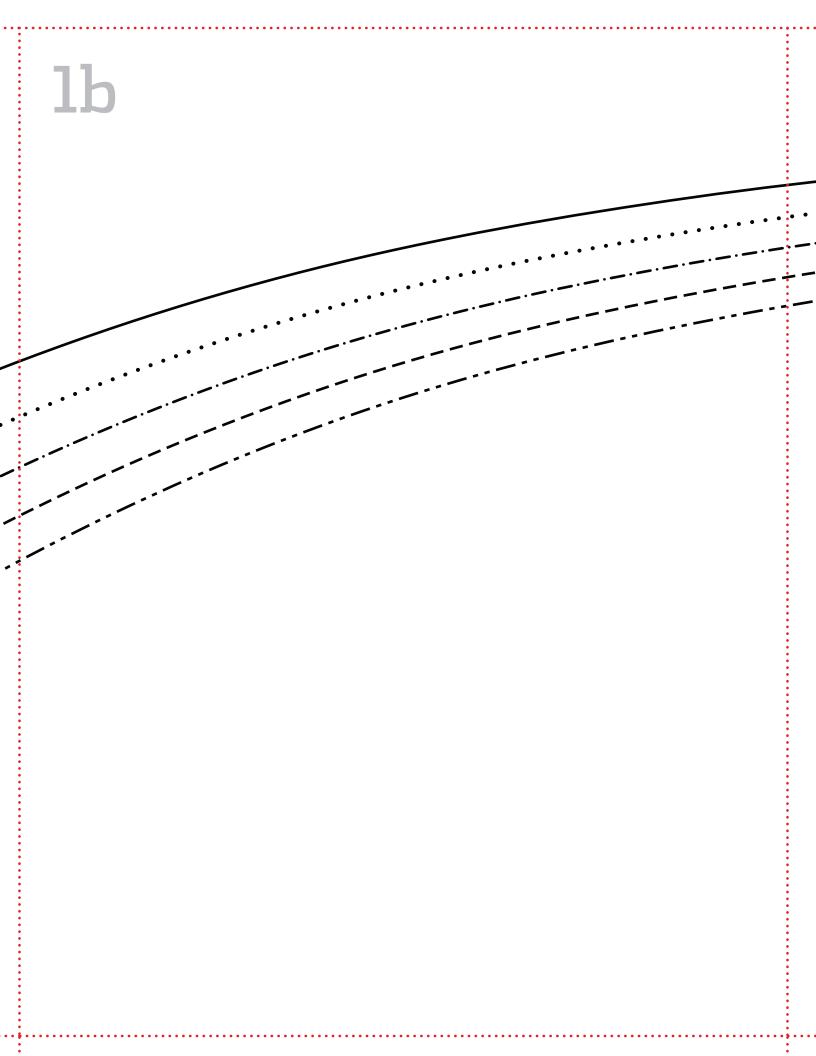
60" main fabric

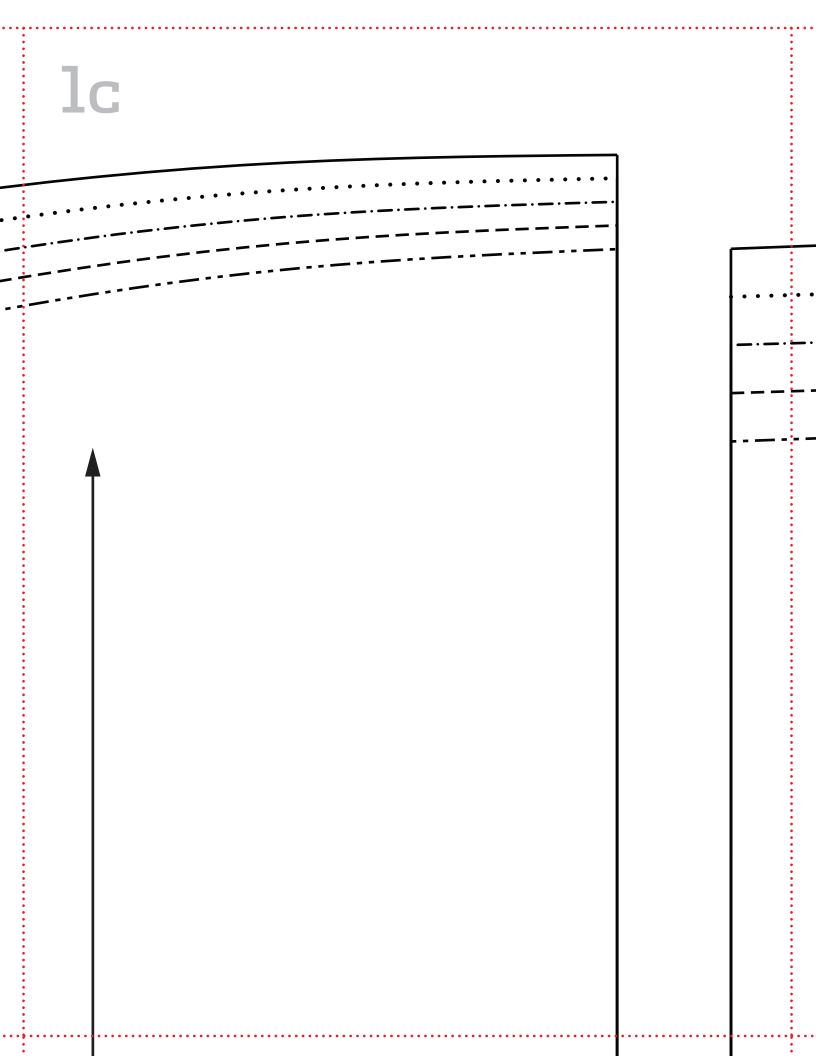
M,L,XL

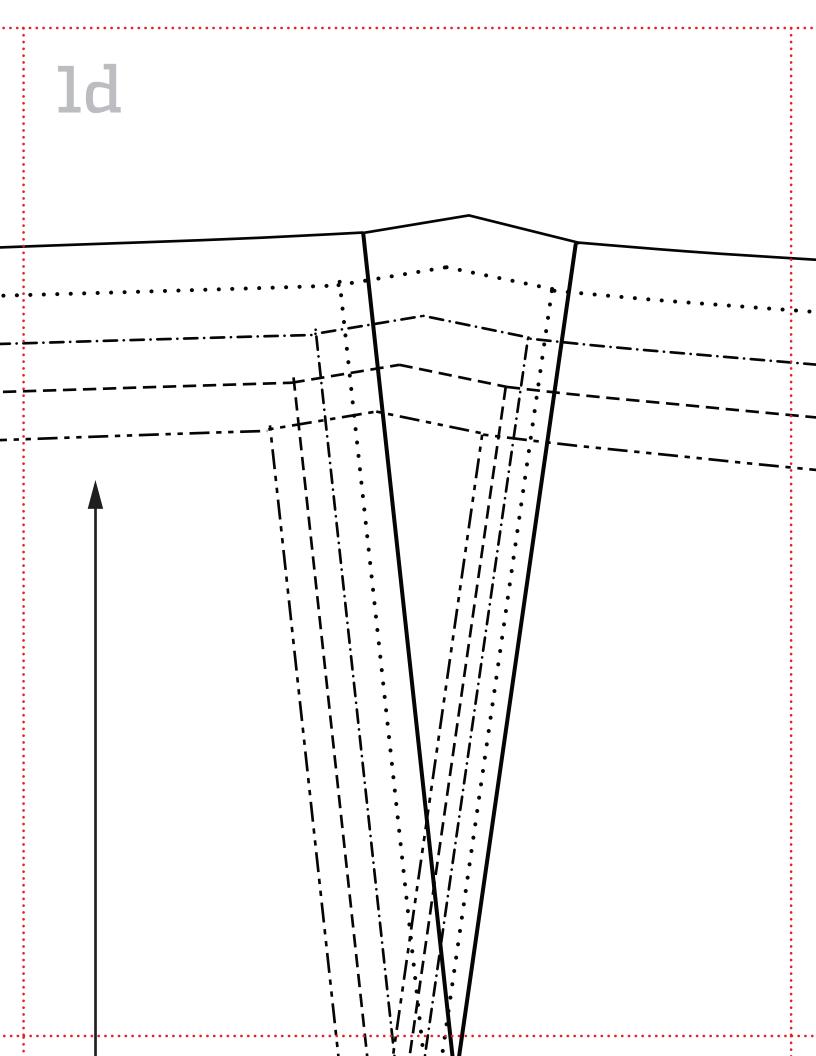


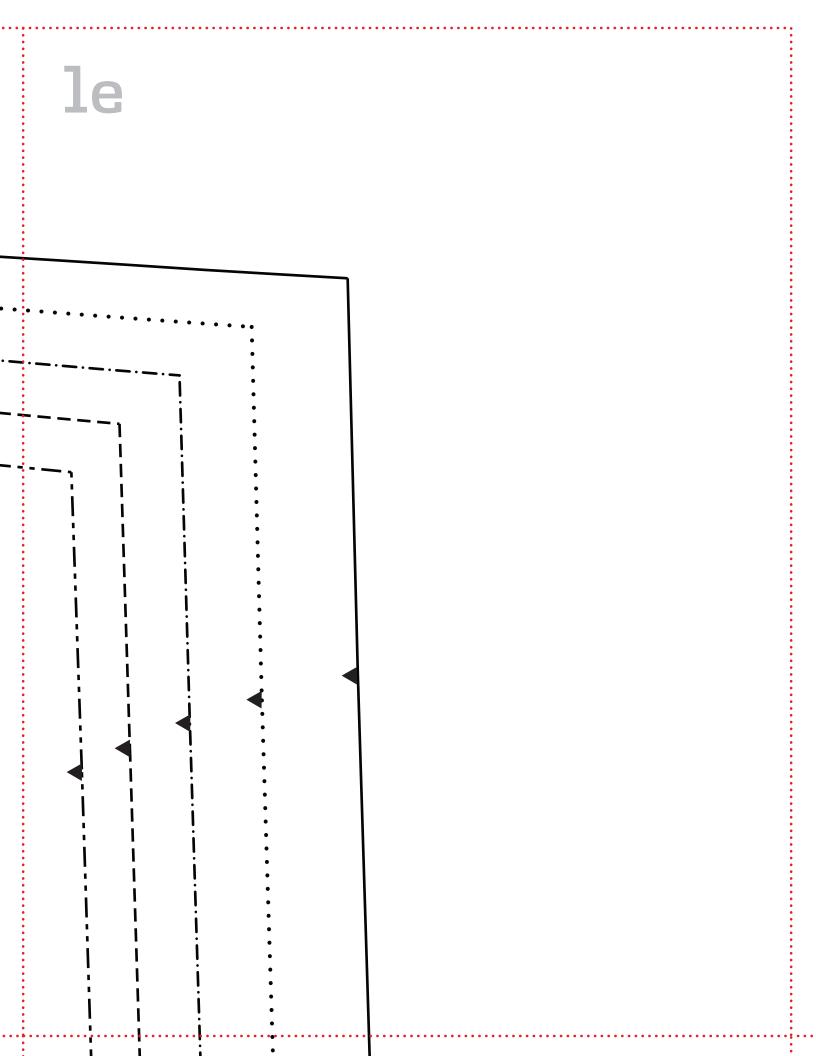


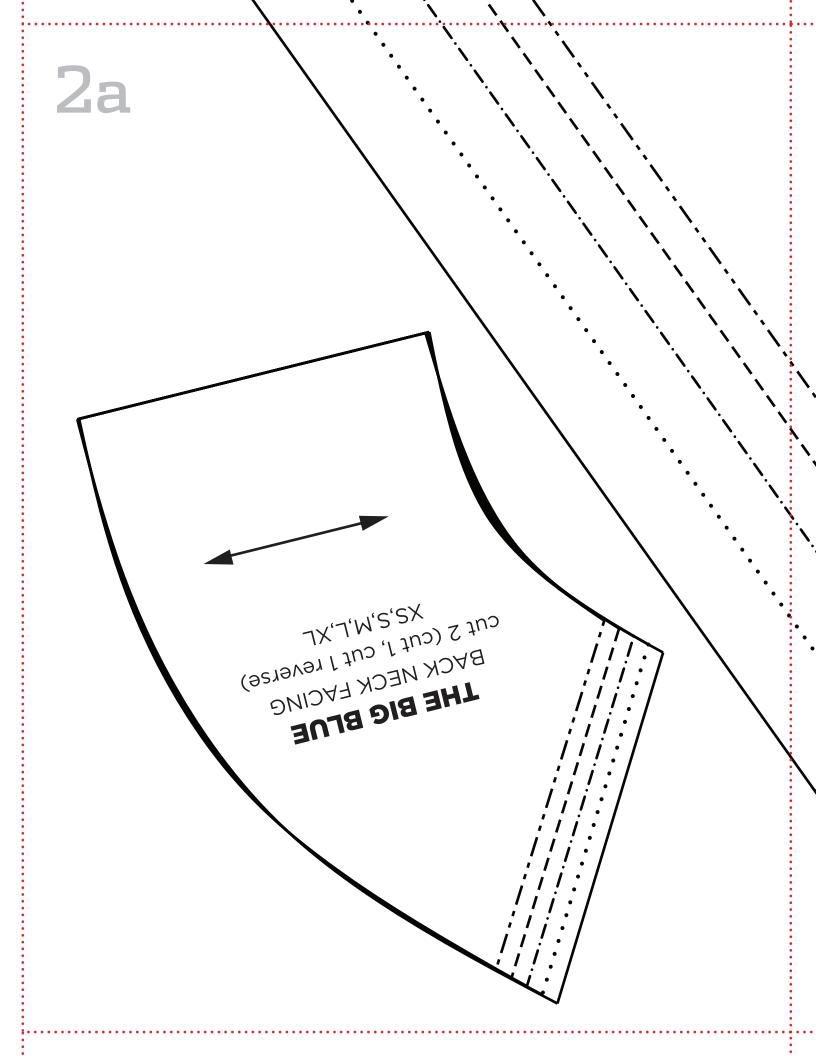










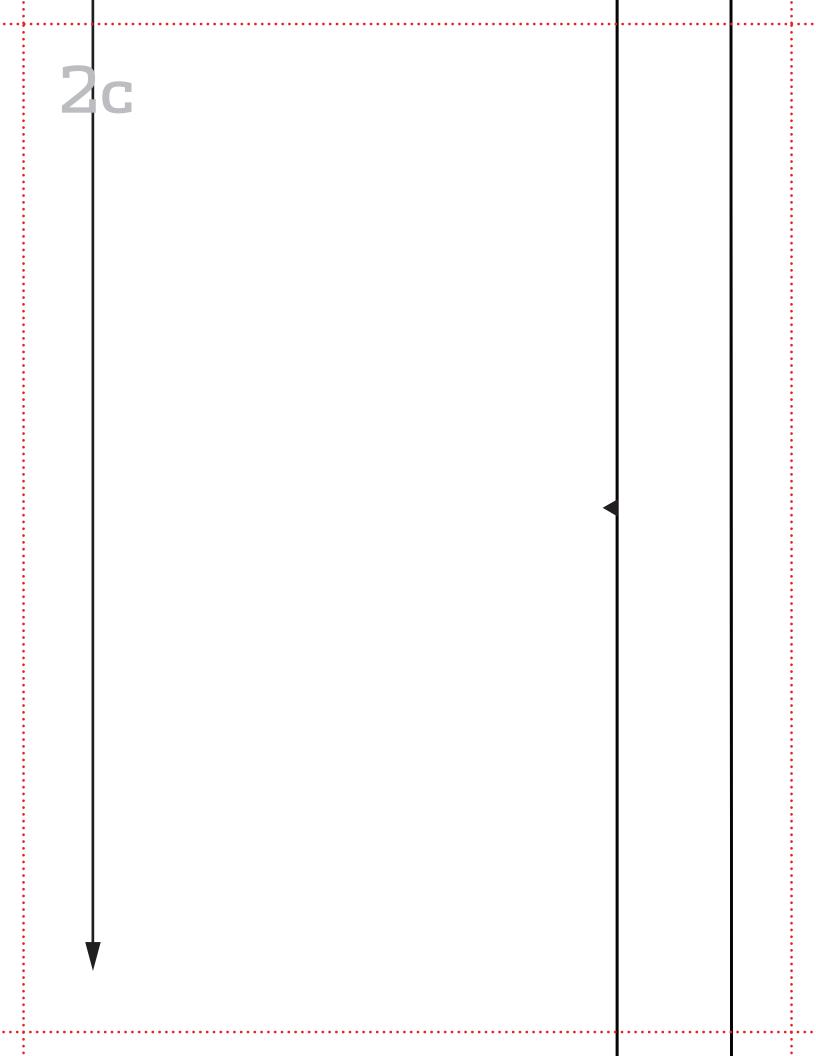


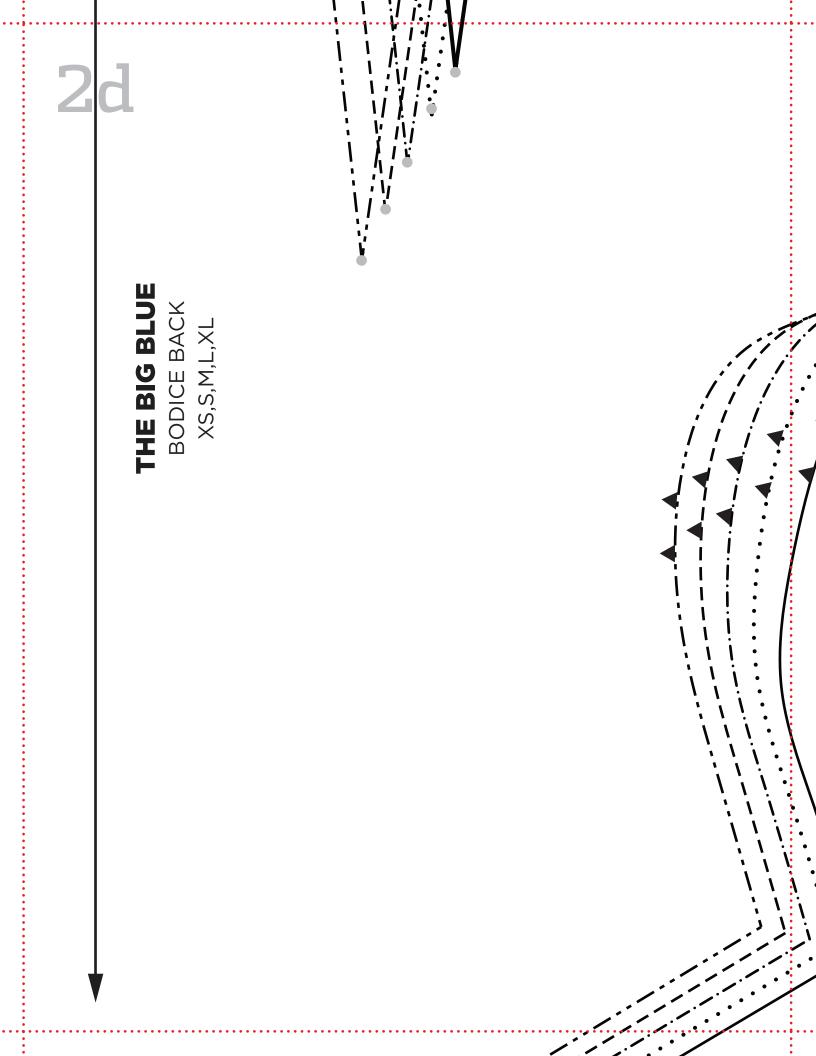
2b

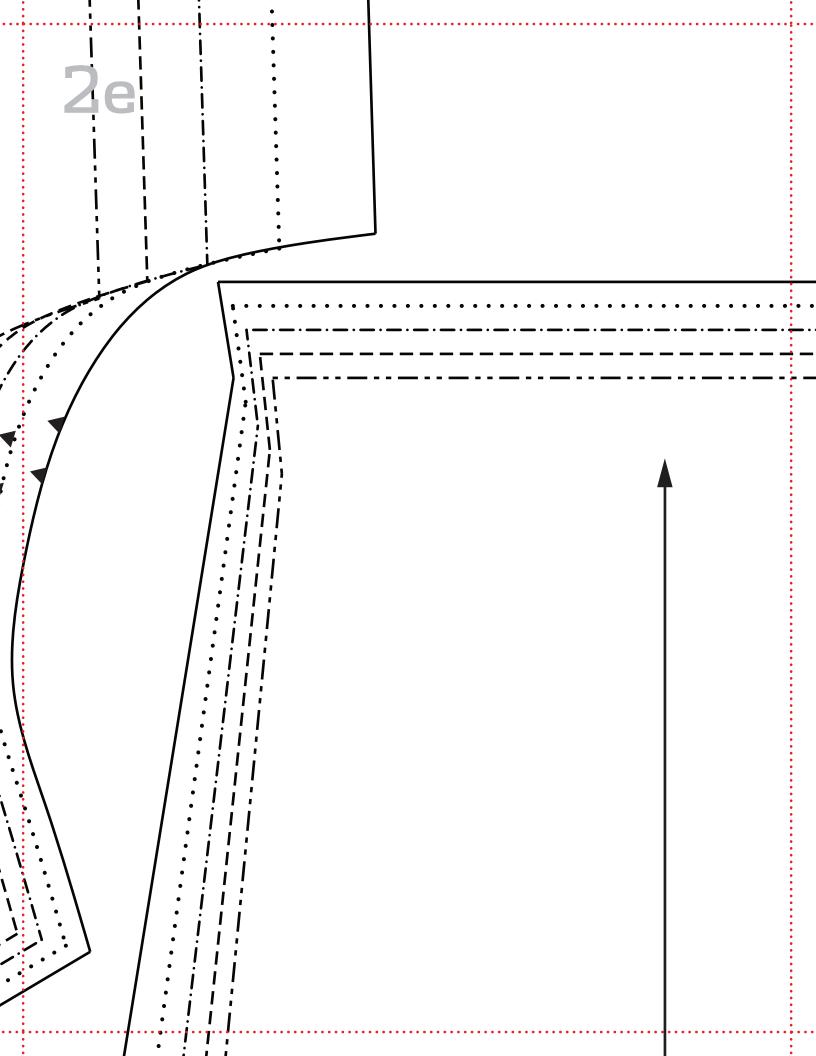
۲,

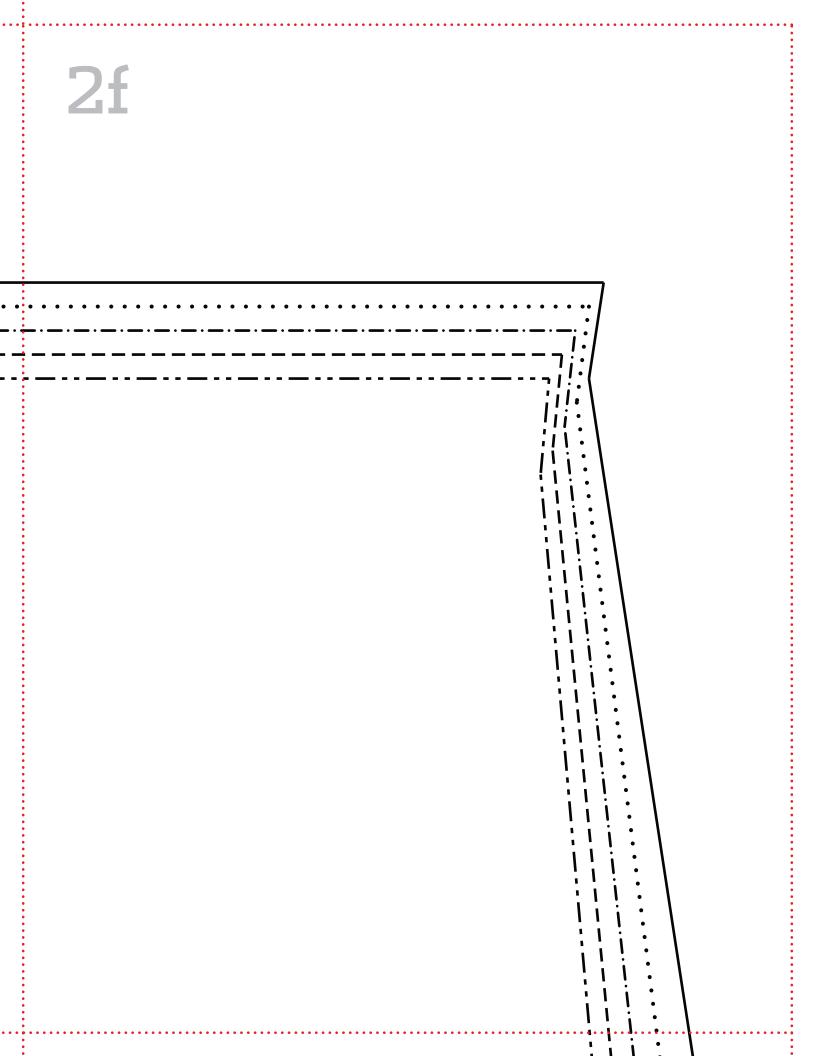
•

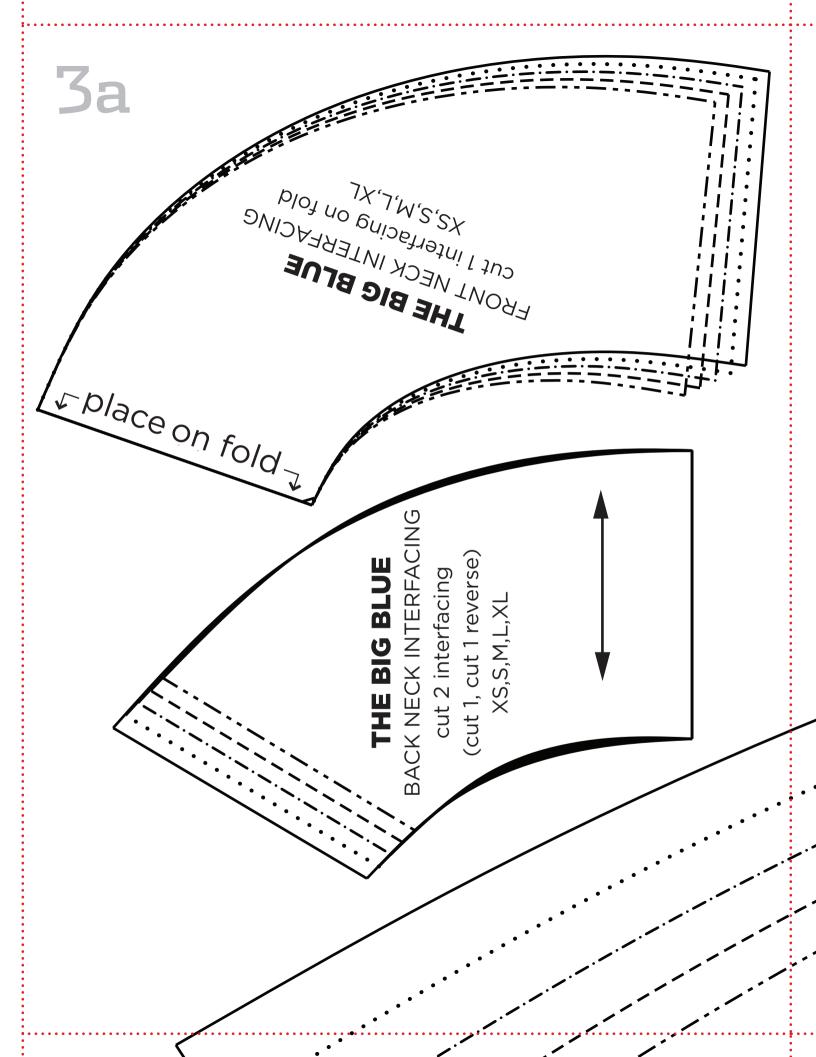
THE BIG BLUE BACK SKIRT cut 2 (cut 1, cut 1 reverse) XS,S,M,L,XL

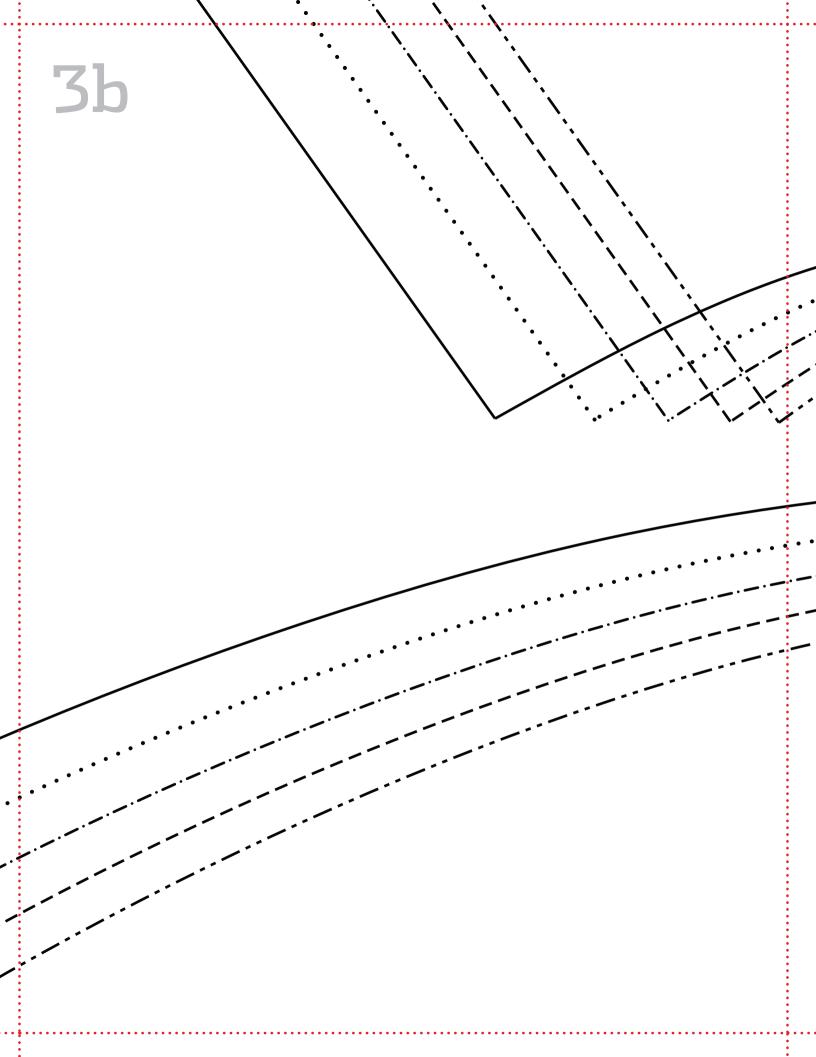


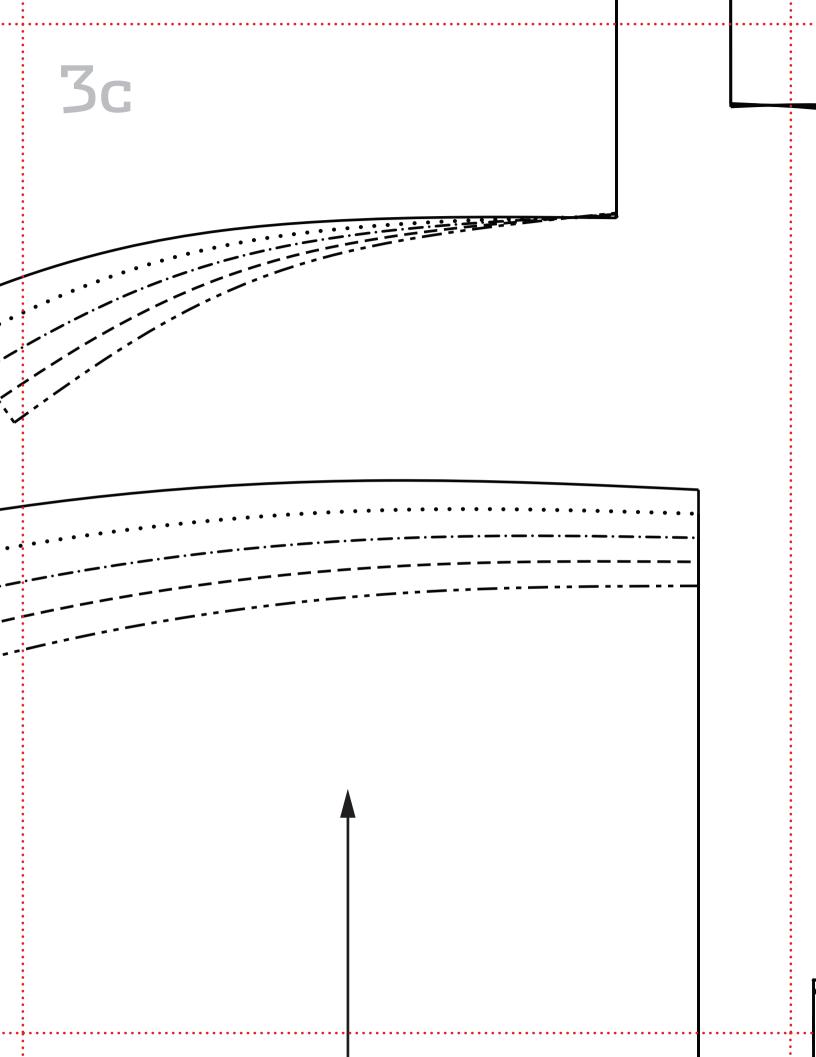


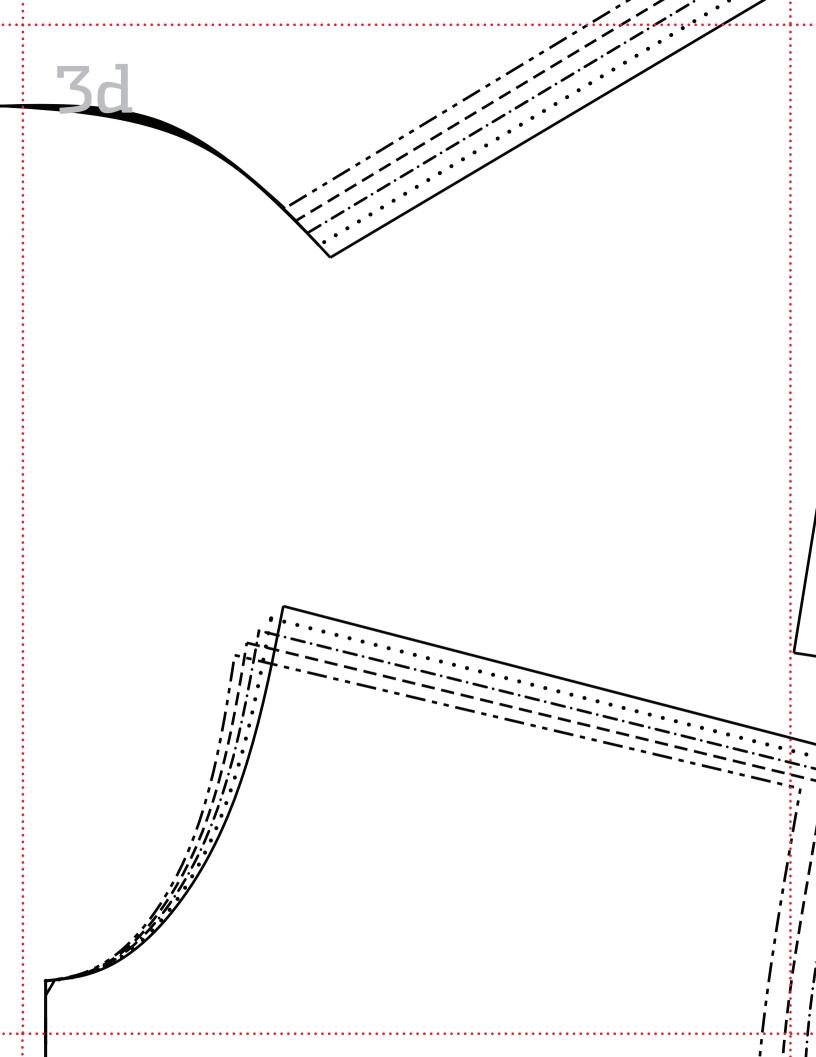


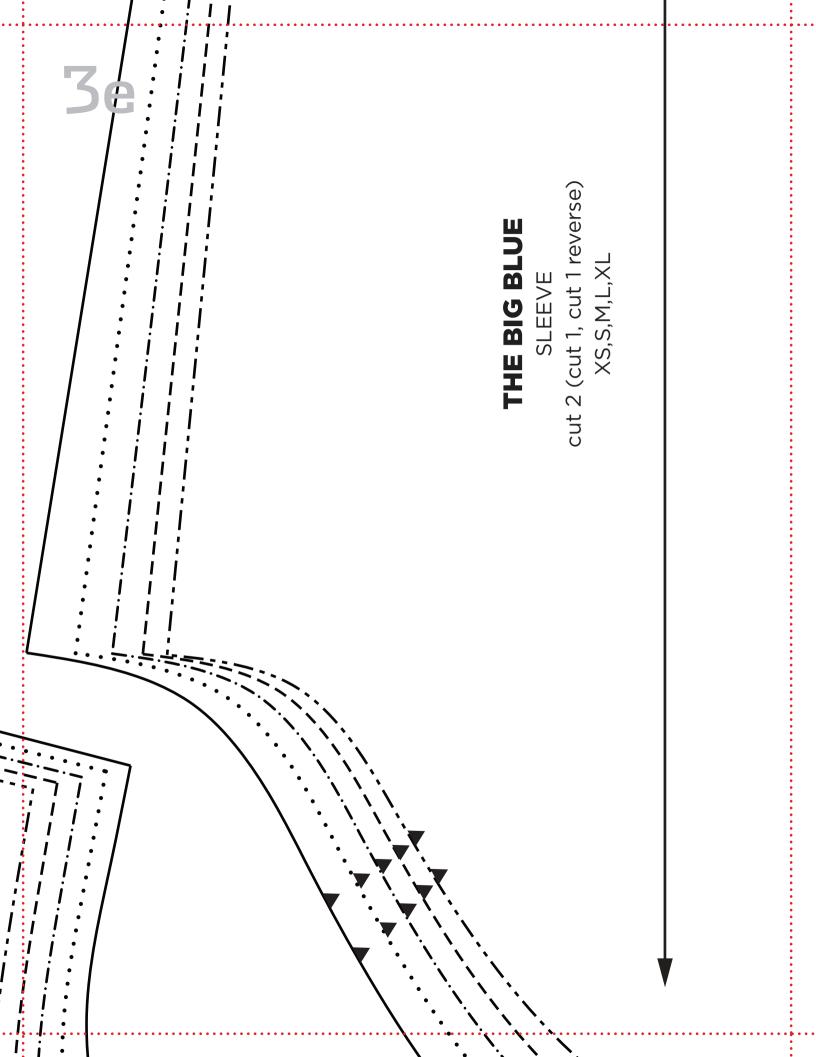


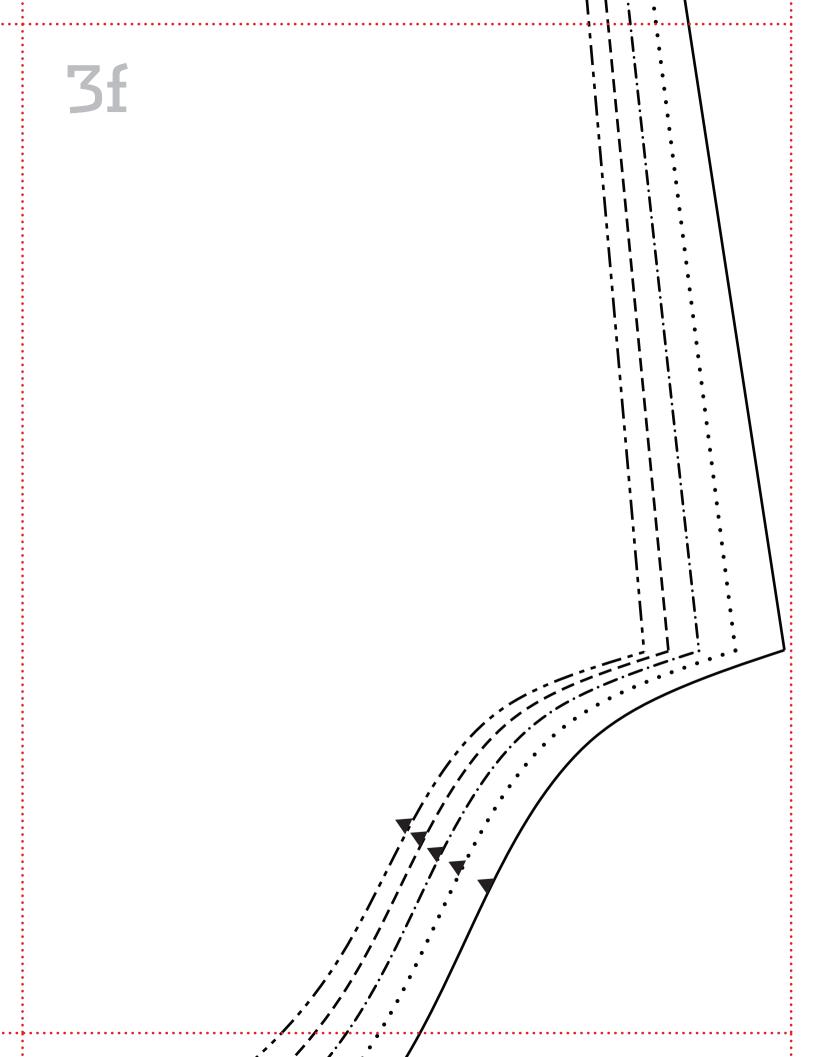


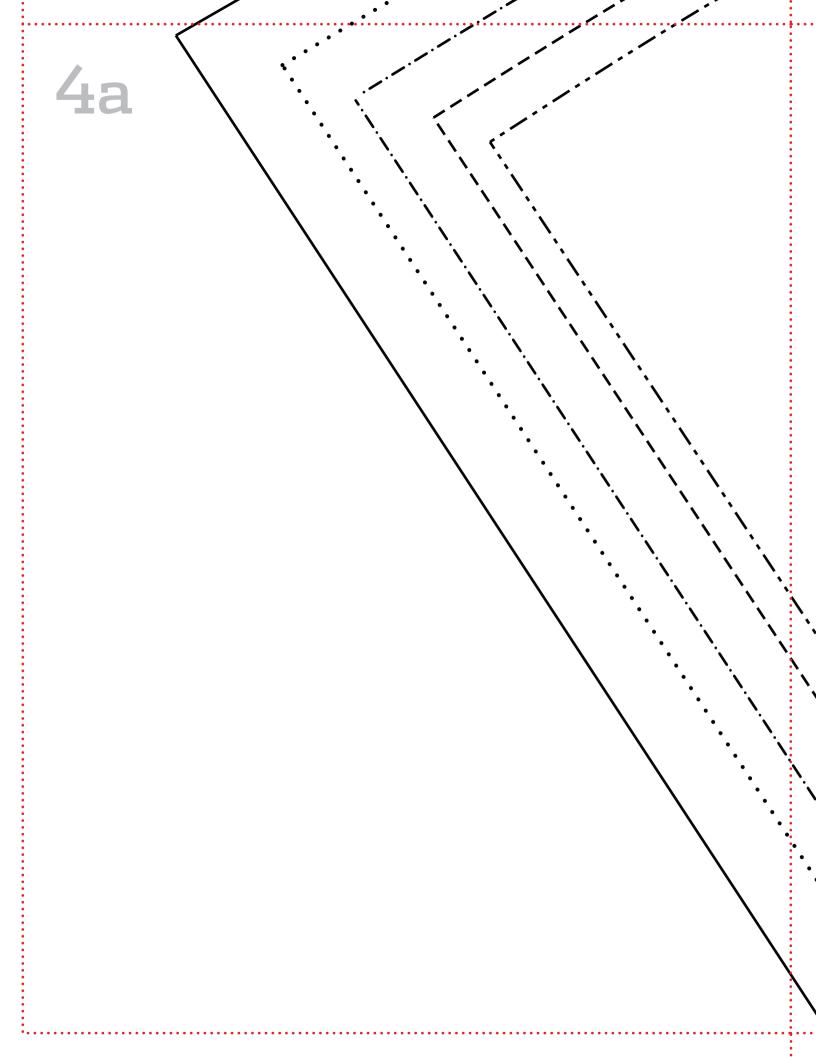












4b

```

**4**c

## THE BIG BLUE

FRONT SKIRT cut 1 on fold XS,S,M,L,XL

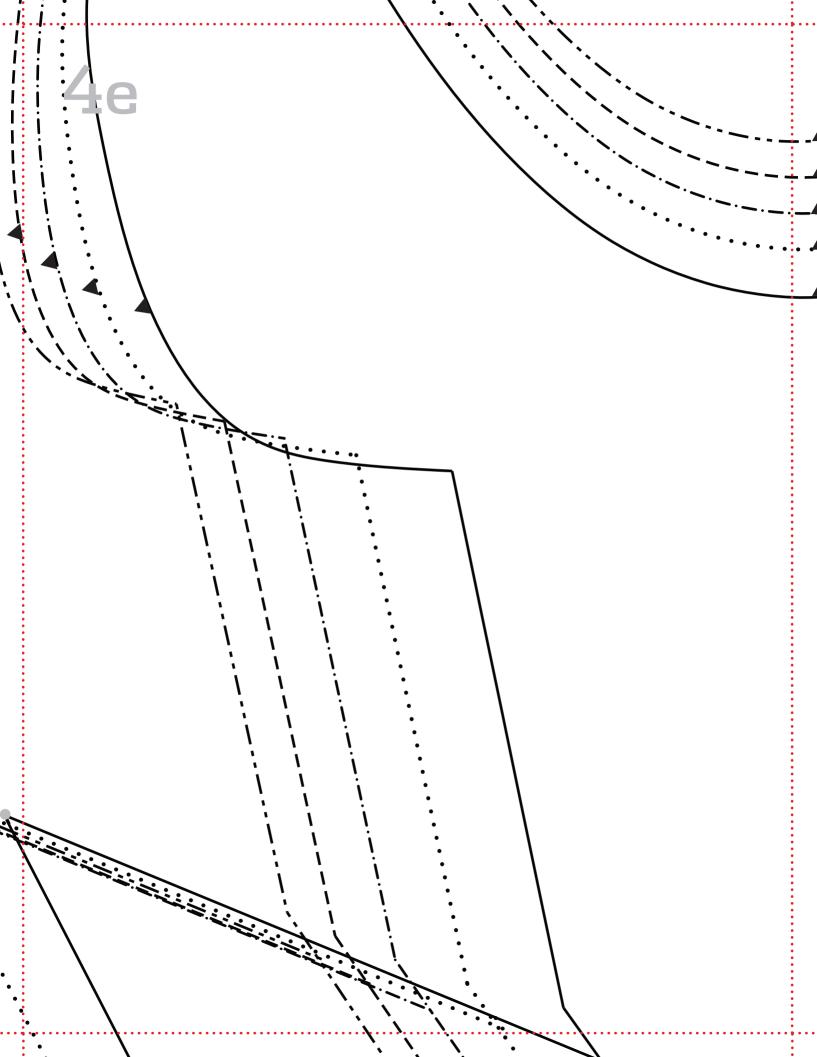
4d

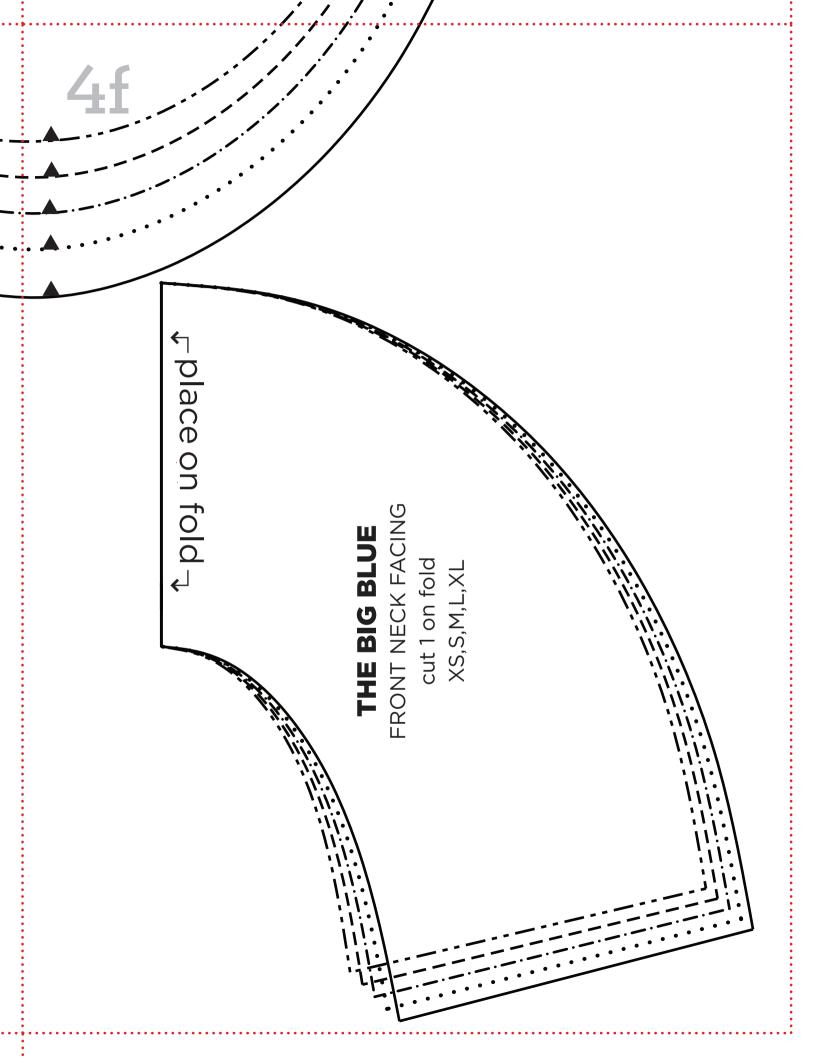
# $_{ m C}$ place on fold $_{ m V}$

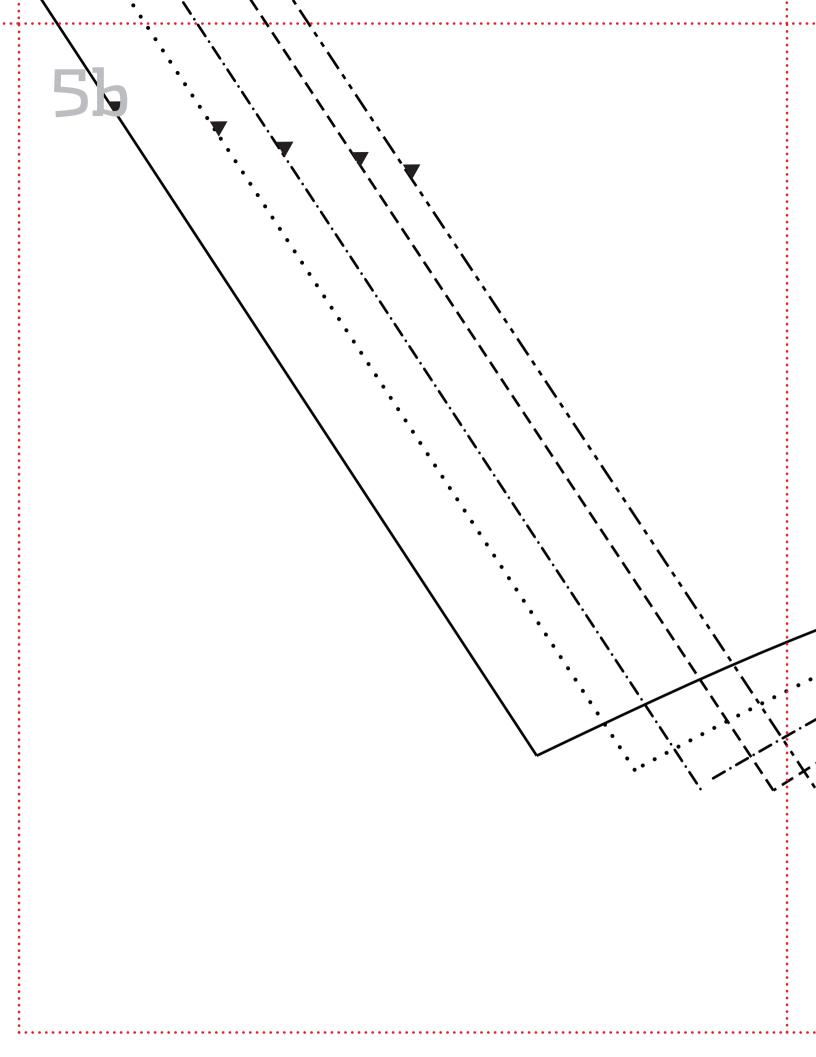
BODICE FRONT cut 1 on fold XS,S,M,L,XL

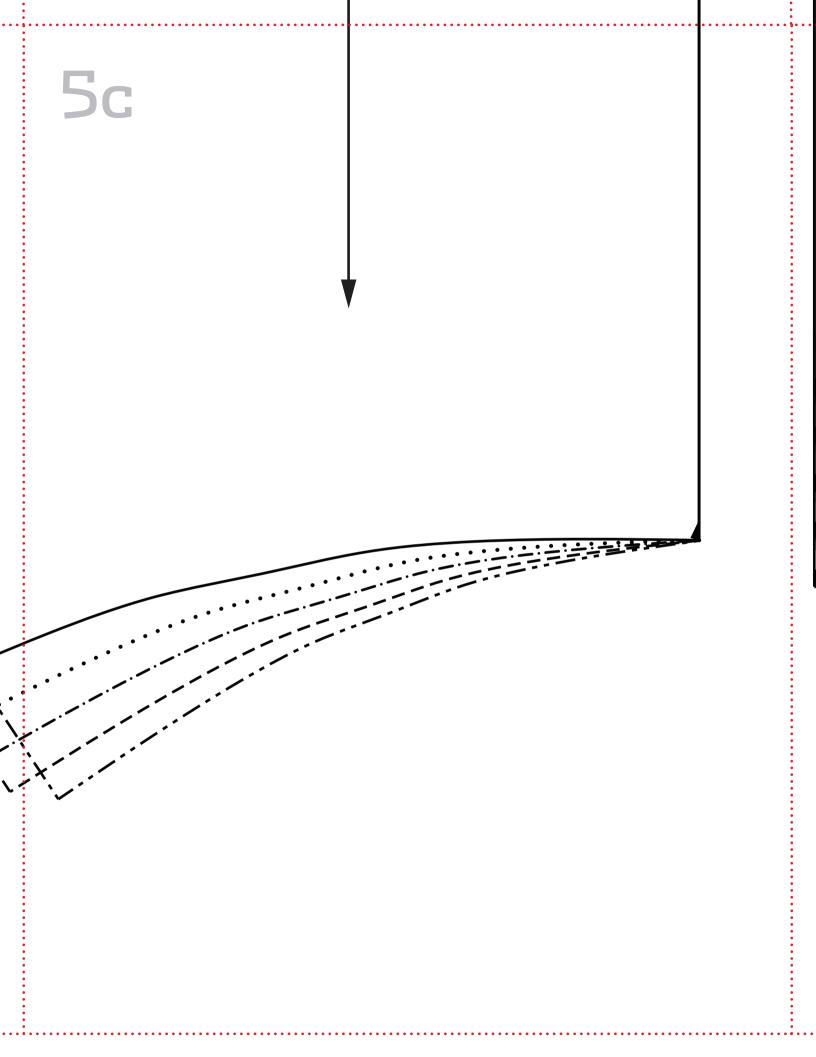
## THE BIG BLUE

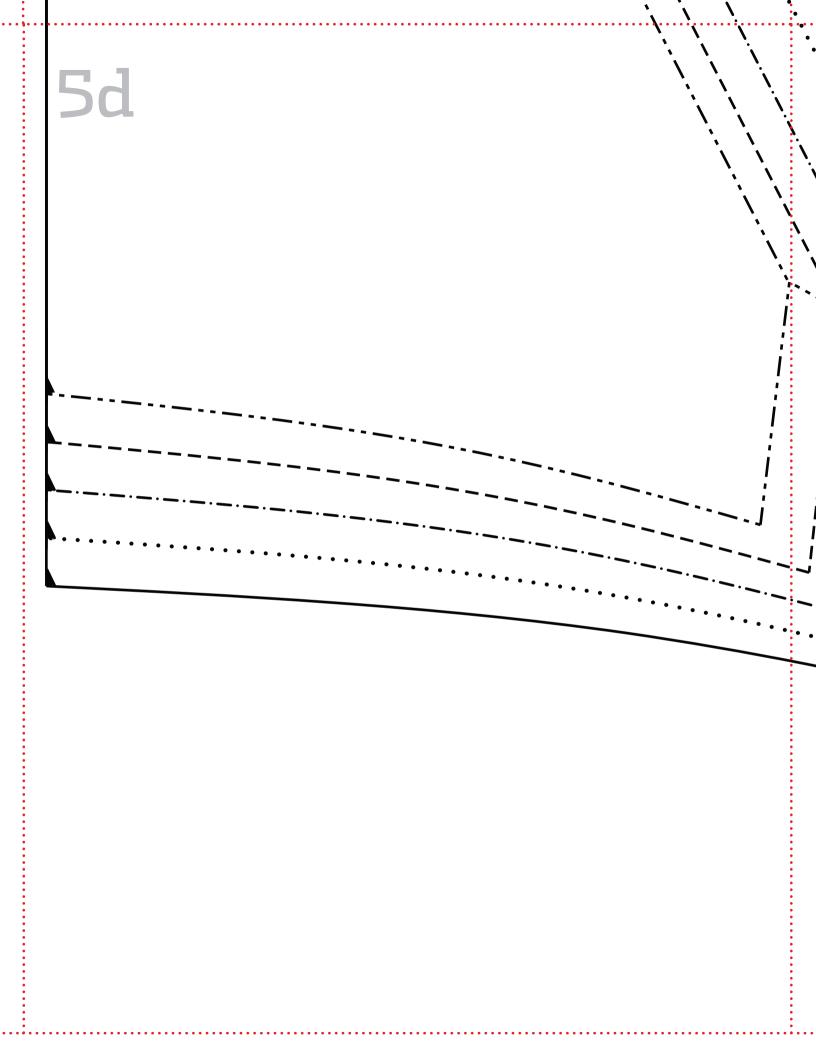
V.

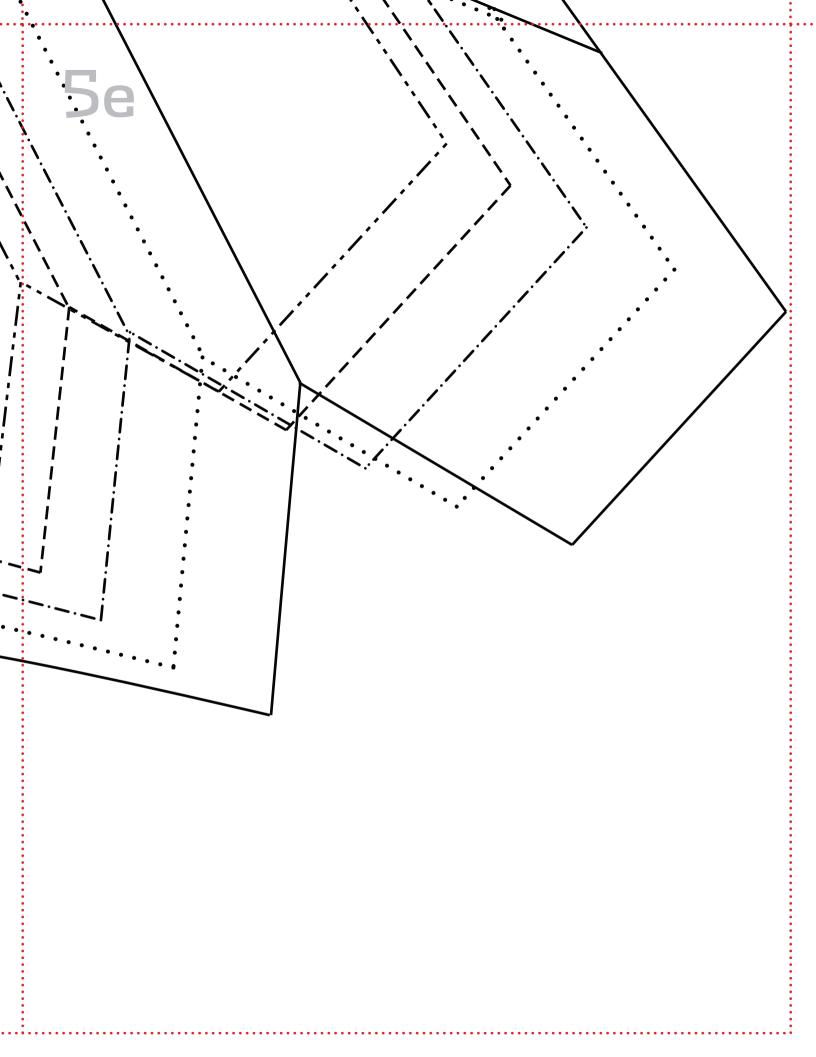




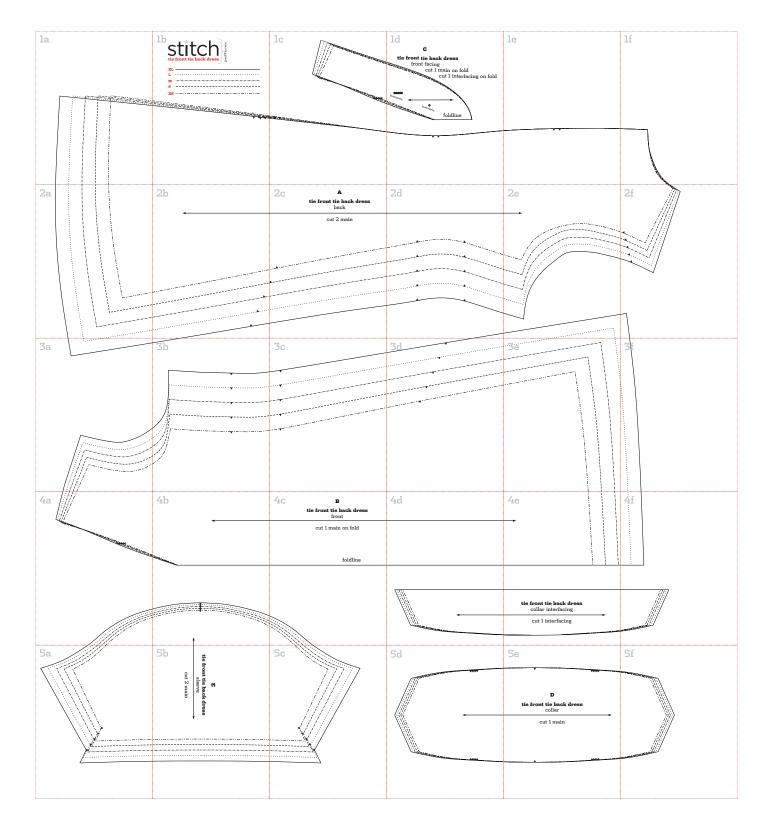








### Tie Front, Tie Back Patterns, Templates, + Cutting Layouts



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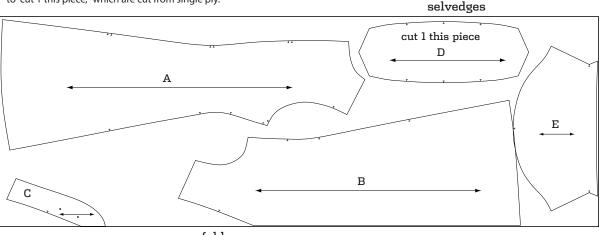


### Tie Front, Tie Back Patterns, Templates, + Cutting Layouts

### 45" Main fabric width

### XS, S

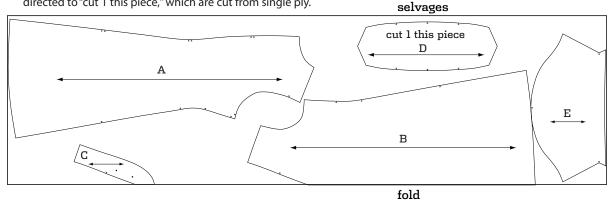
Note: Use fabric doubled as shown, except for pieces where directed to "cut 1 this piece," which are cut from single ply.





### 45" Main fabric width

*M*, *L*, *XL* Note: Use fabric doubled as shown, except for pieces where directed to "cut 1 this piece," which are cut from single ply.





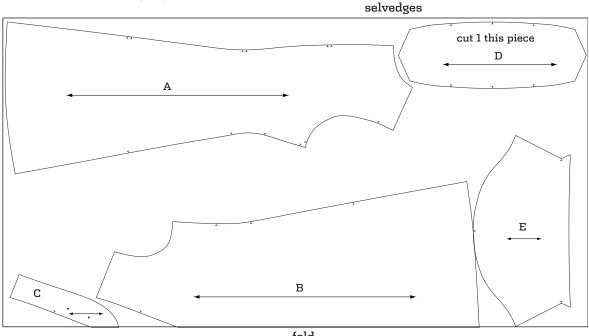




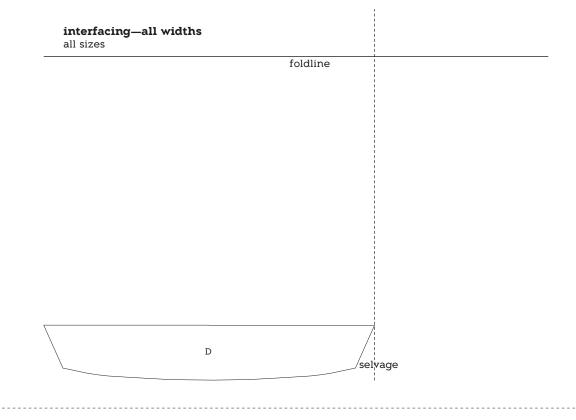
### Tie Front, Tie Back Patterns, Templates, + Cutting Layouts

### 60" Main fabric width

XS, S, M, L, XL Note: Use fabric doubled as shown, except for pieces where directed to "cut 1 this piece," which are cut from single ply.

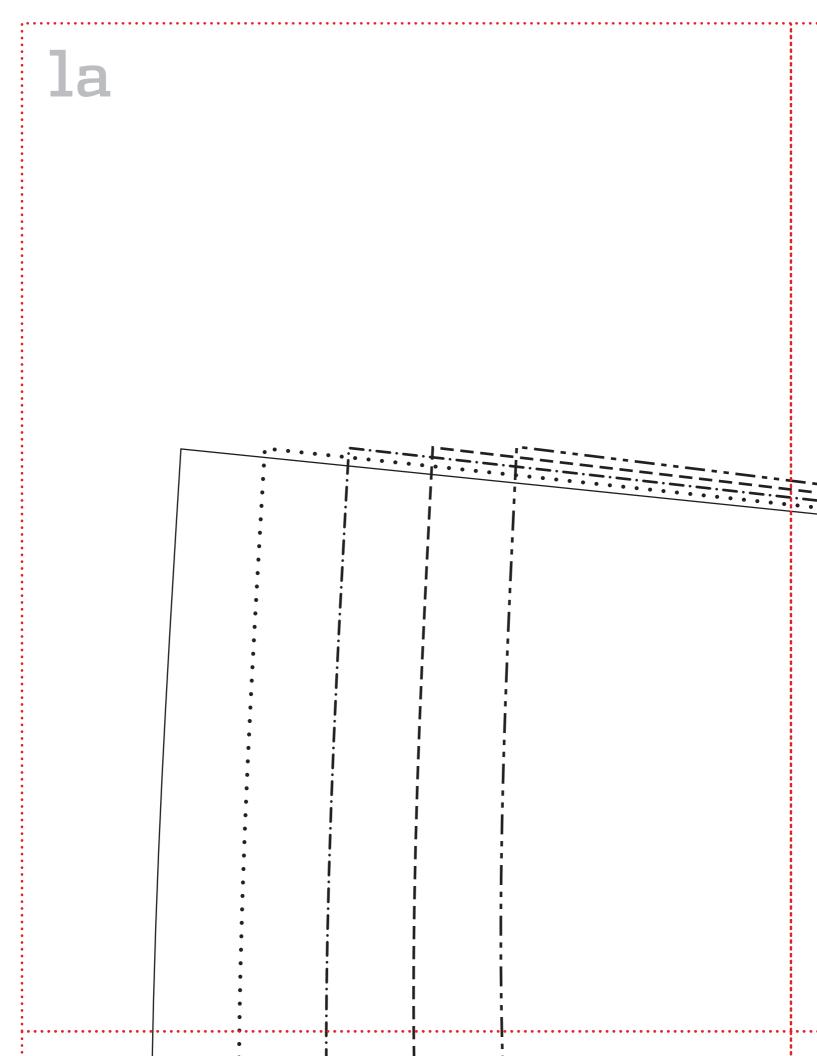


fold

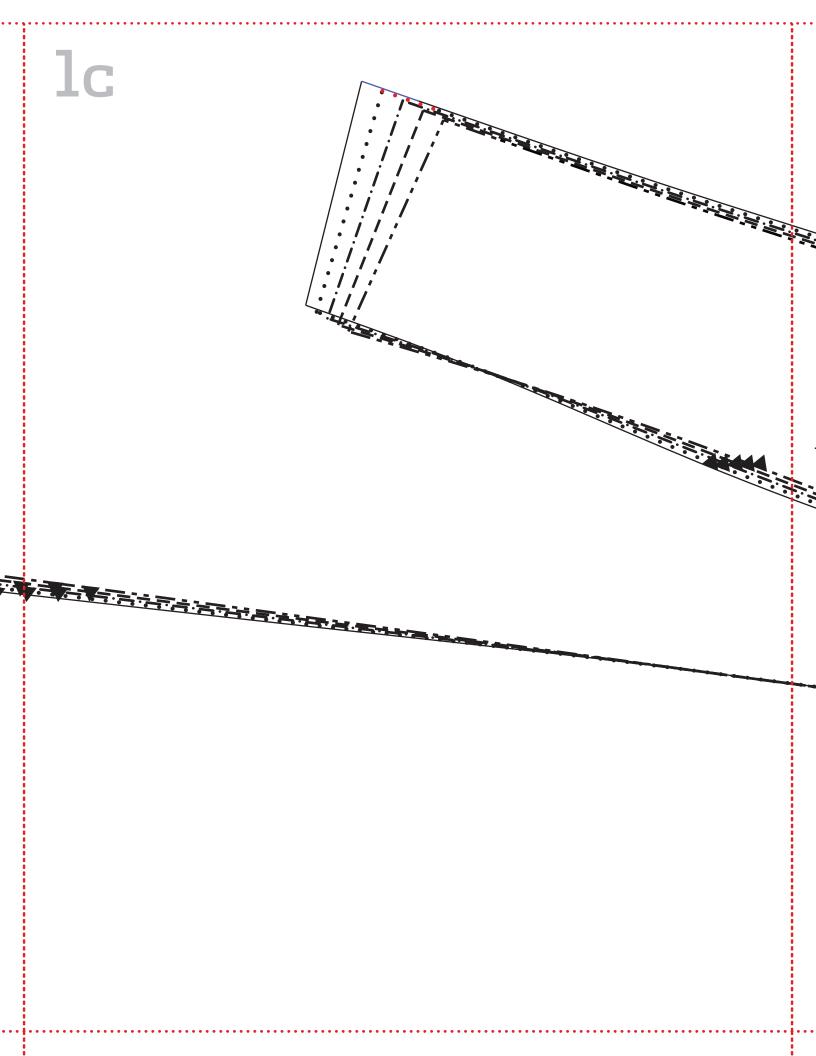


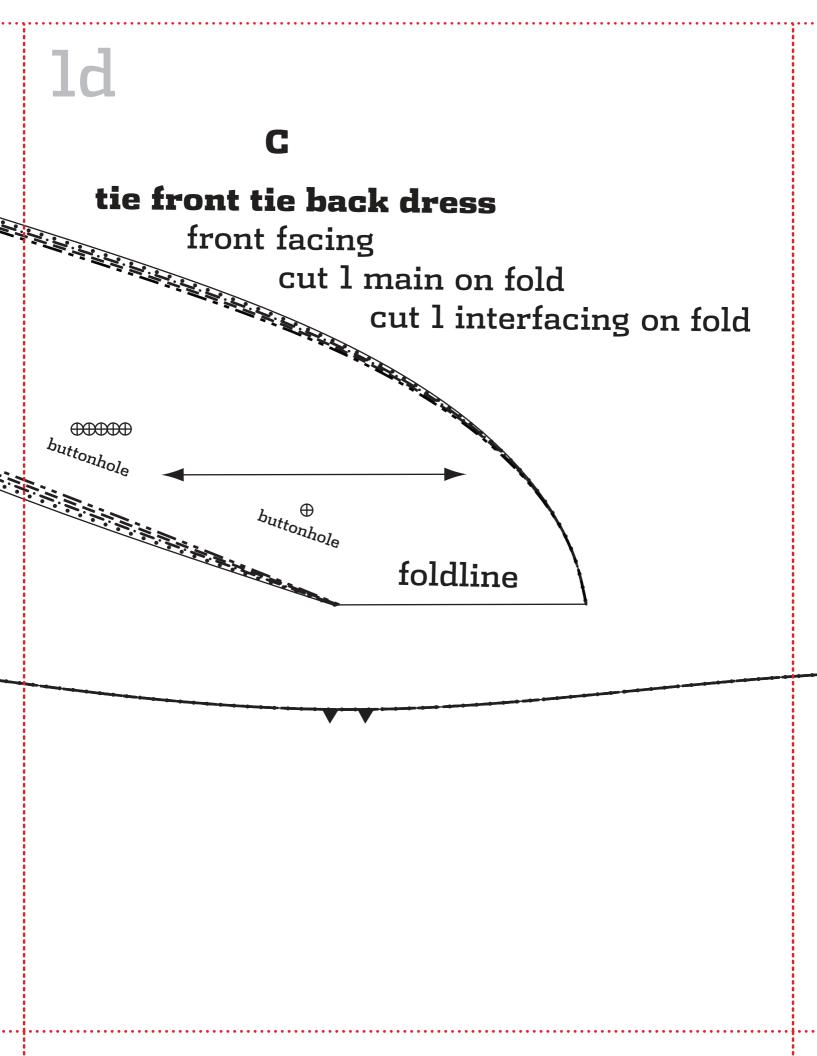


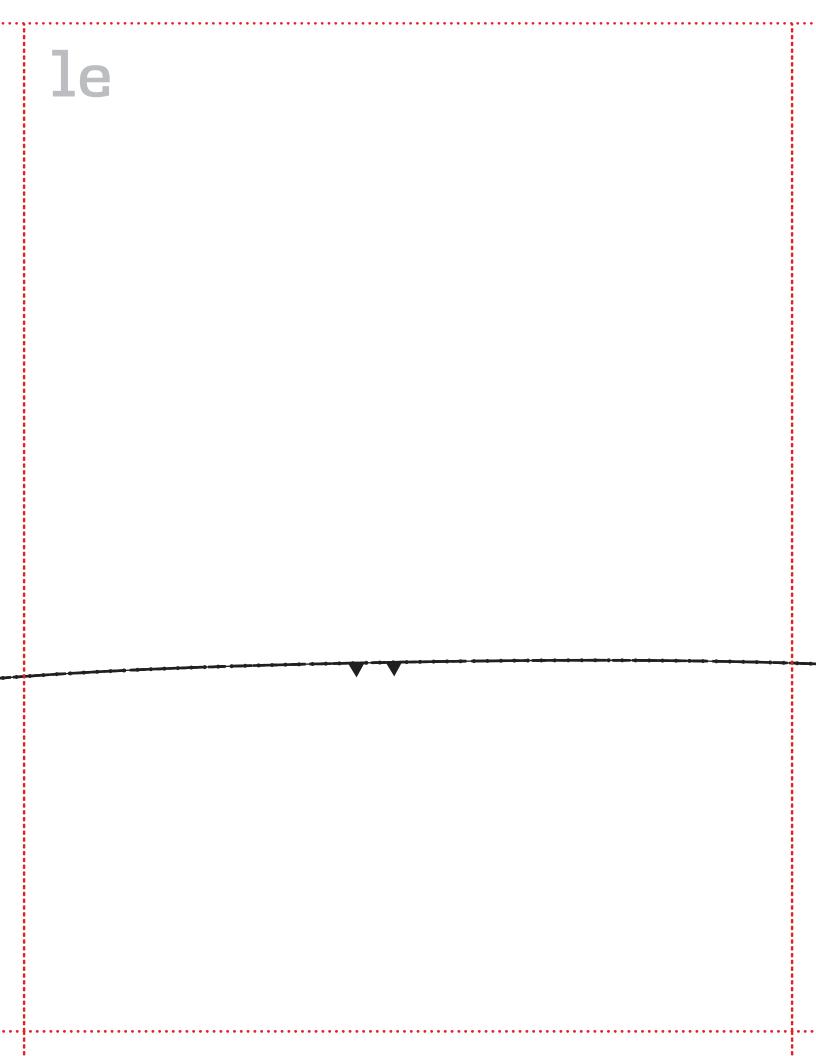


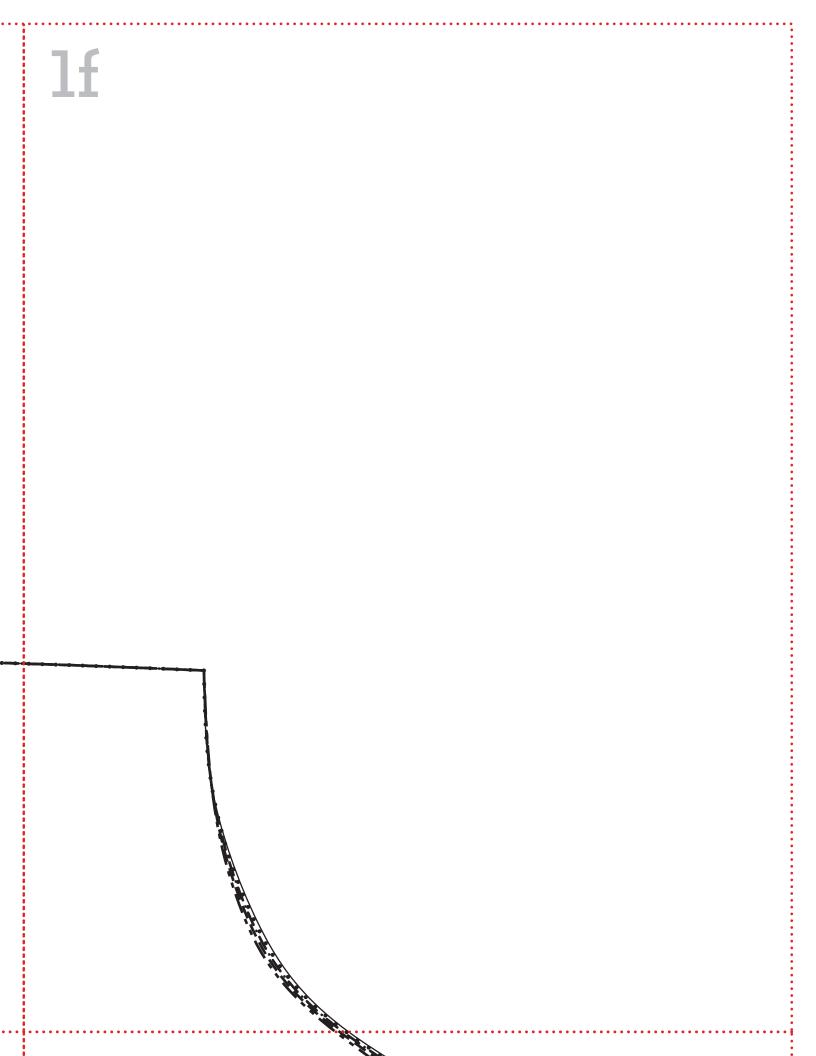




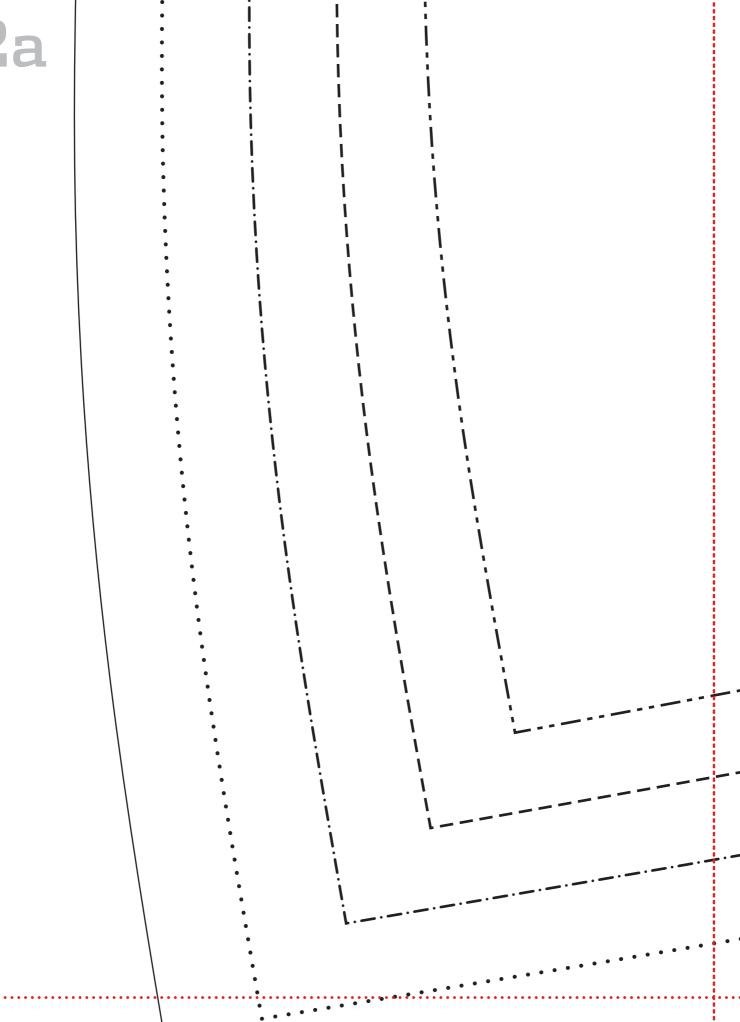


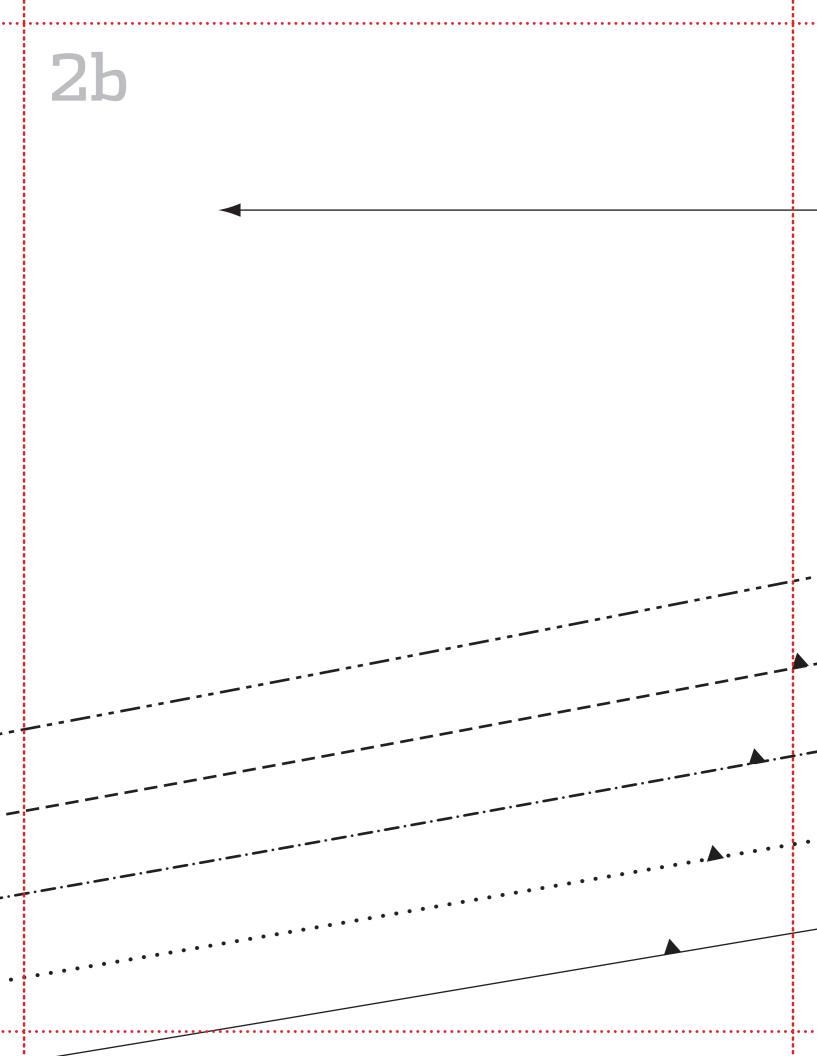


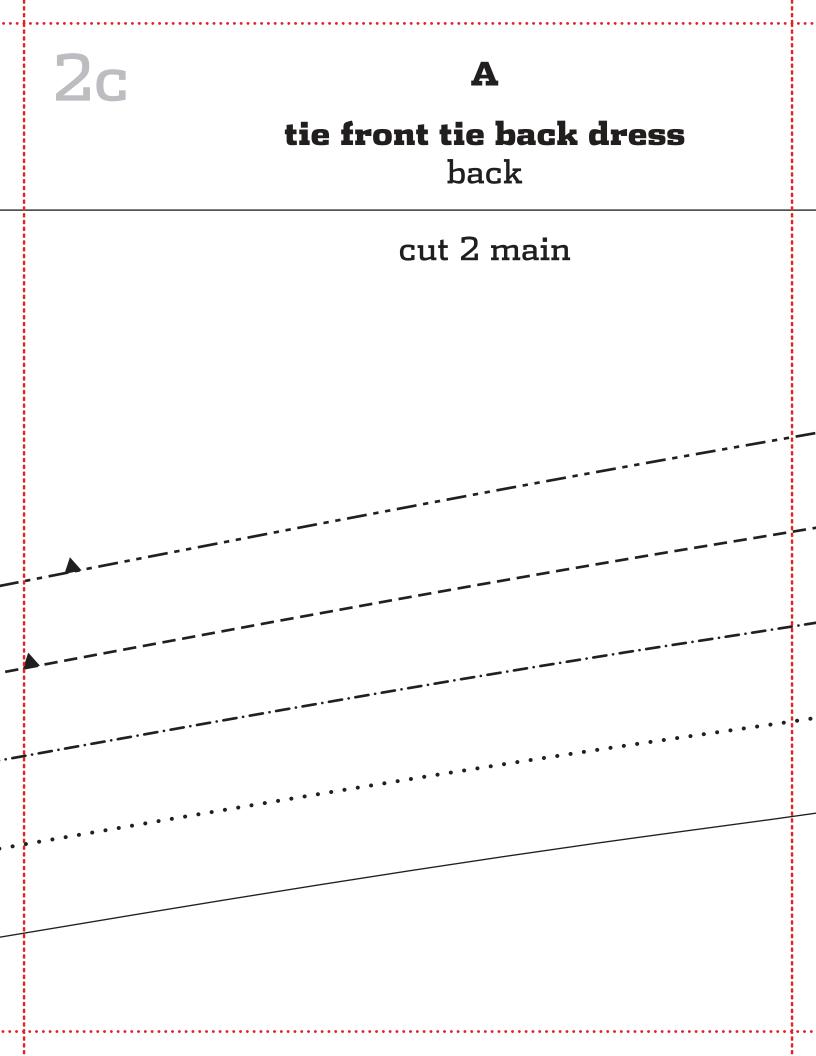


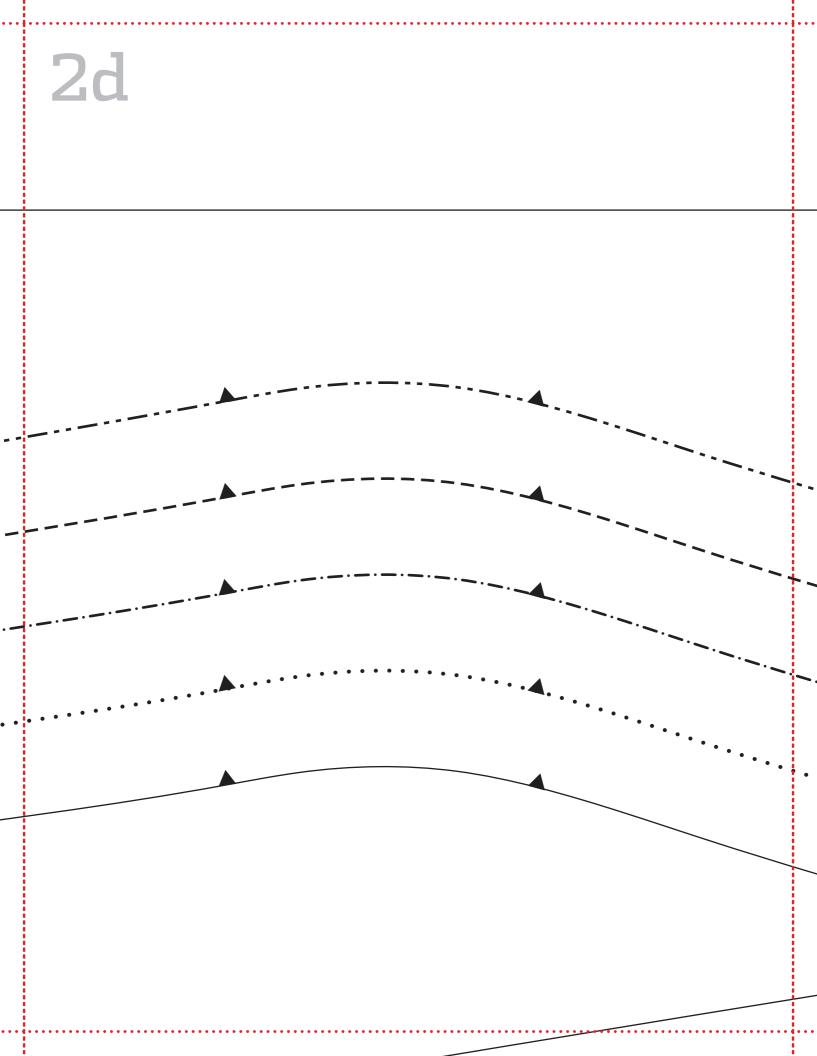


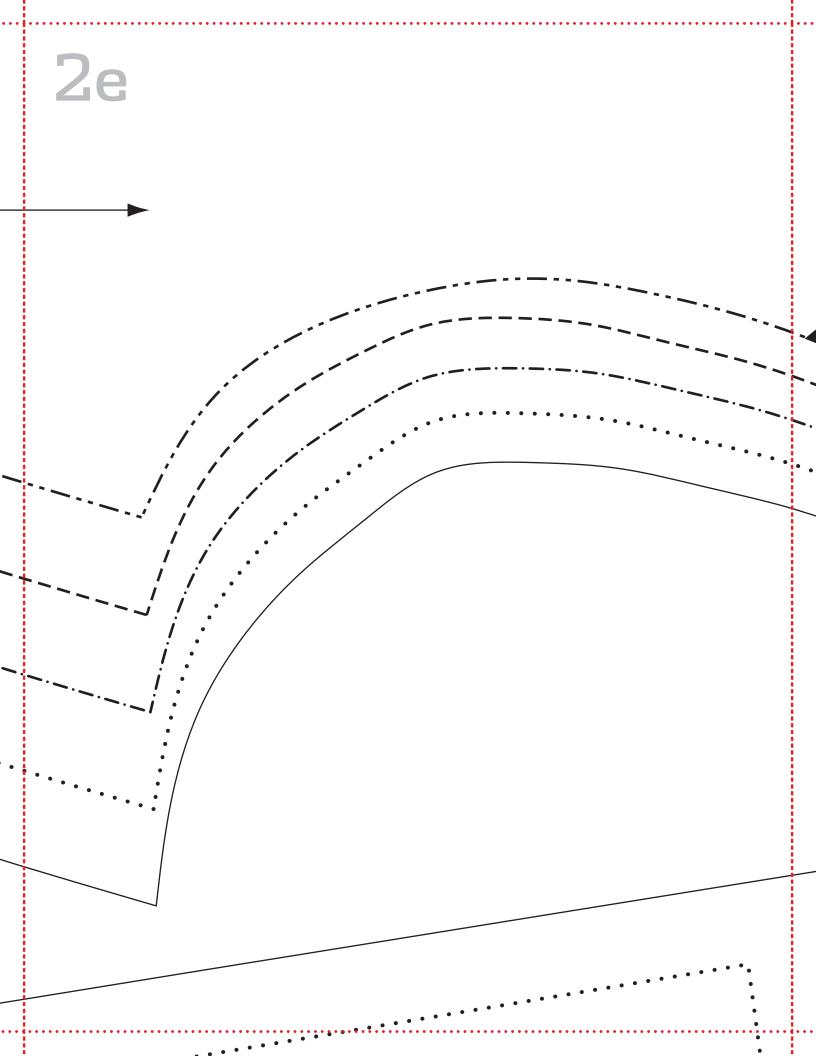


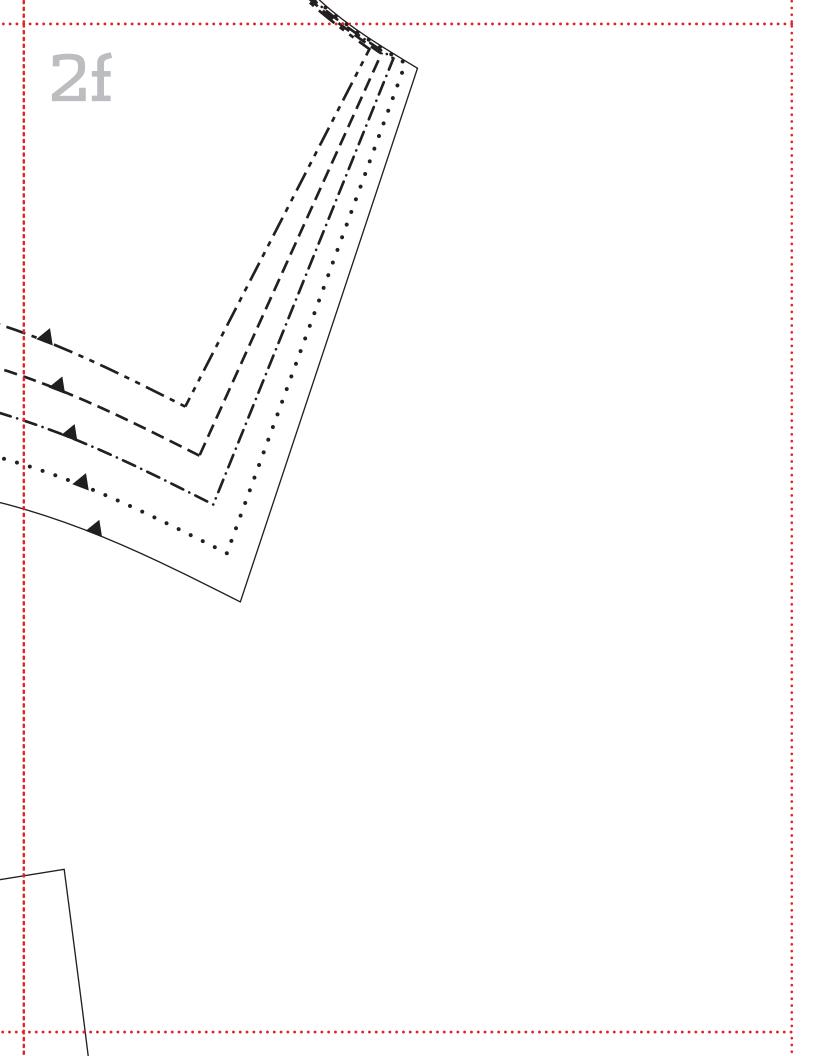


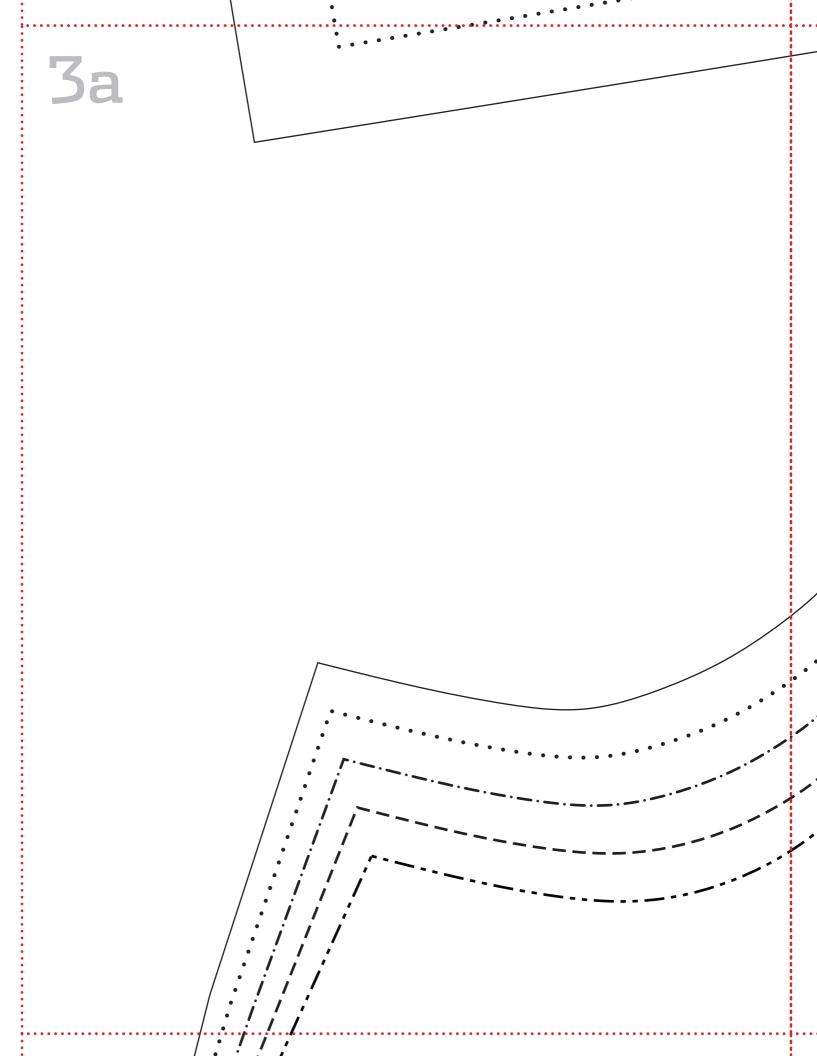


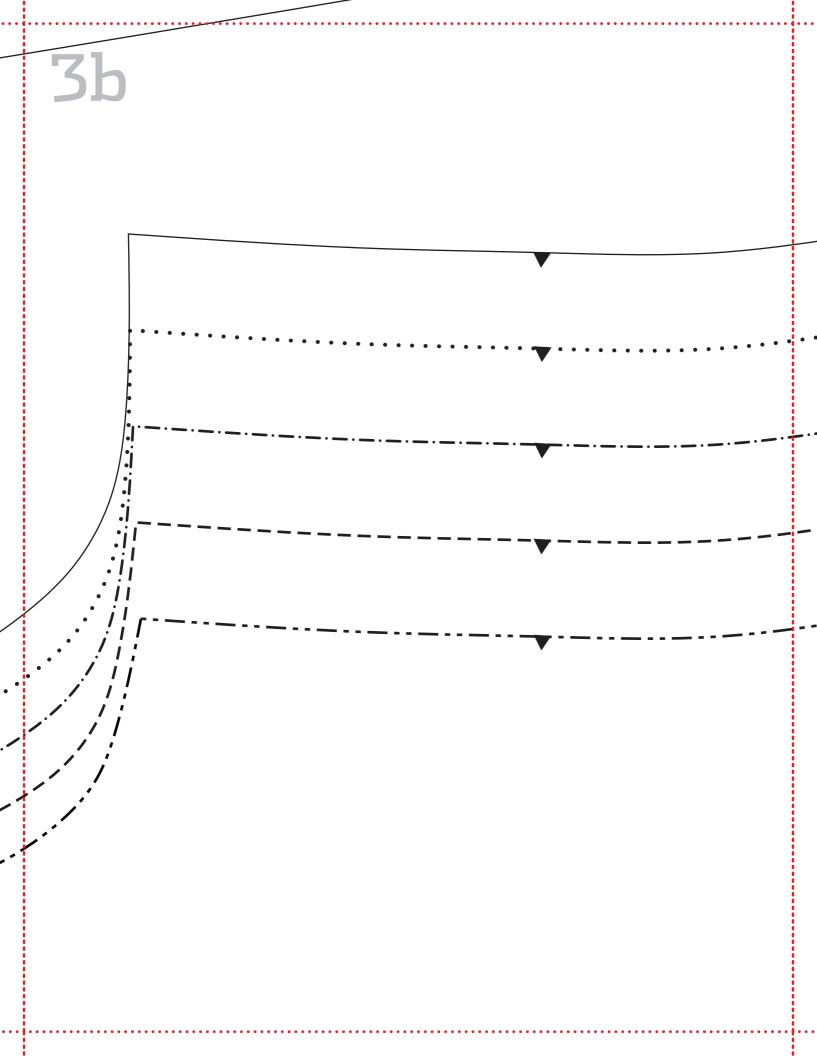


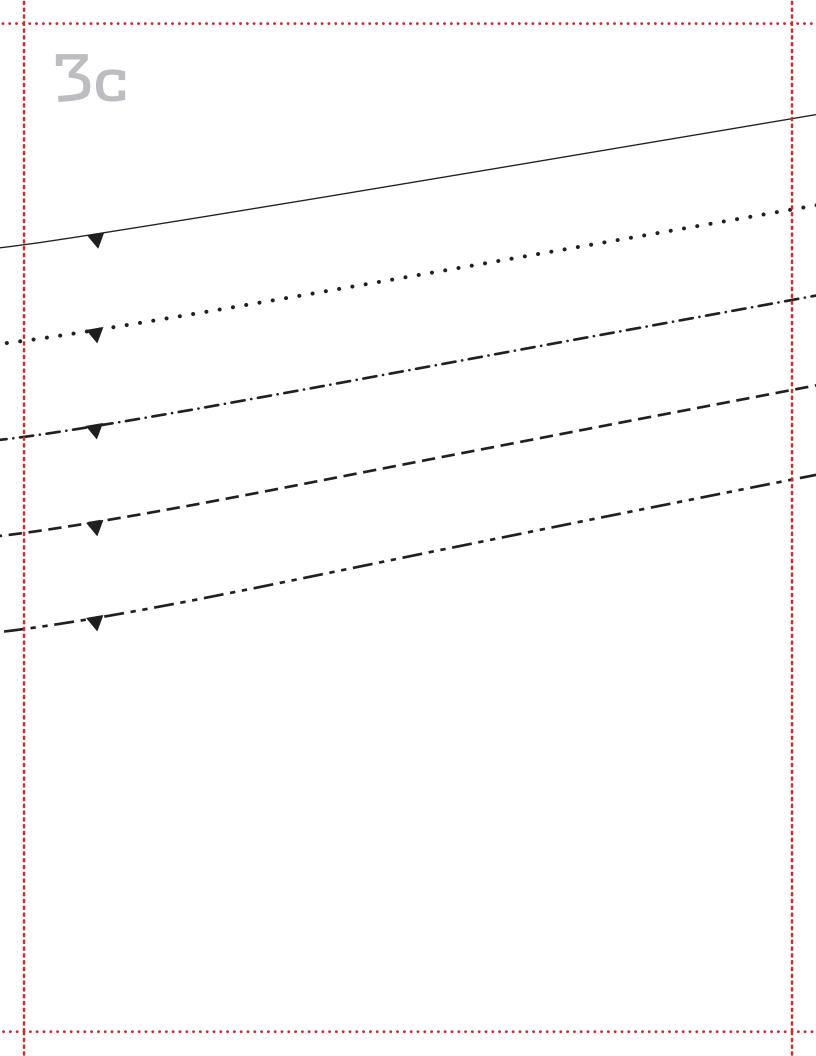


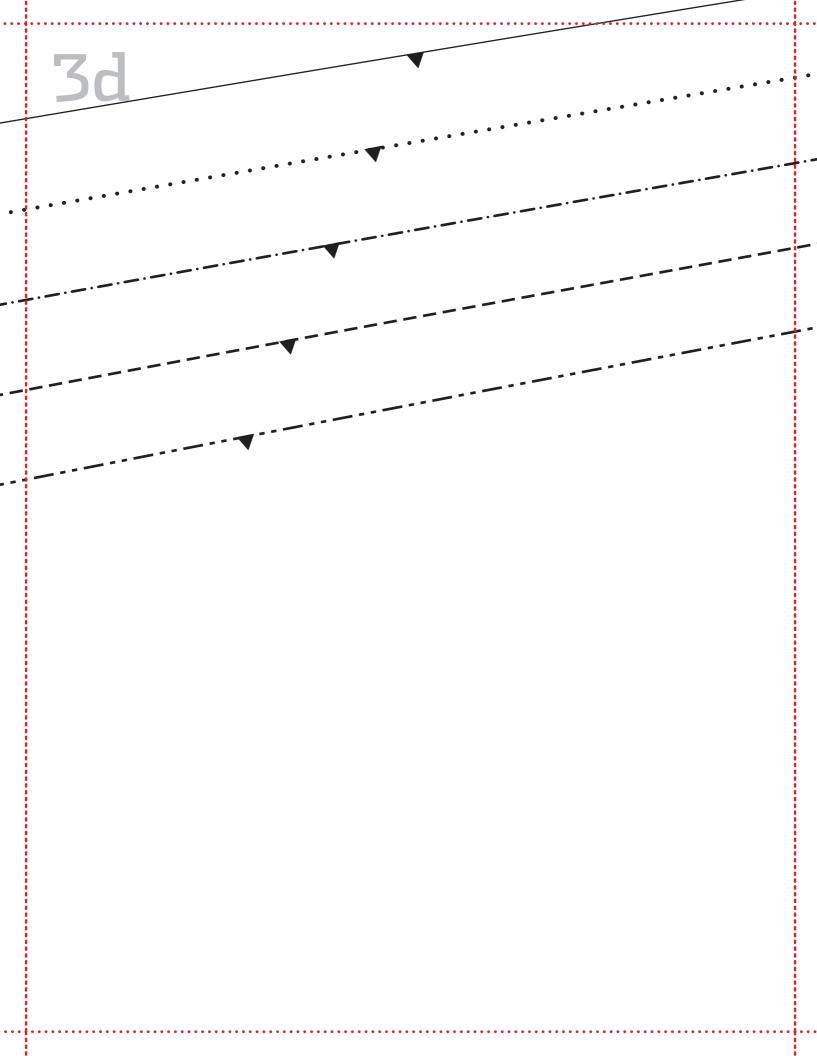


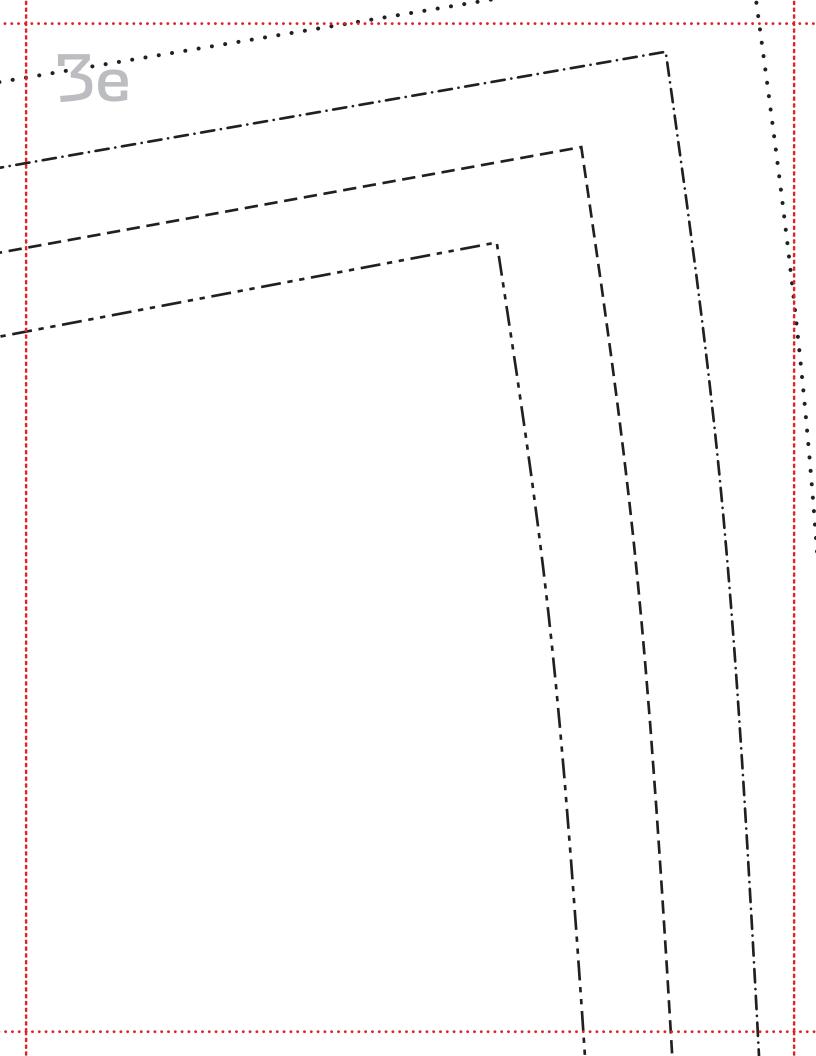


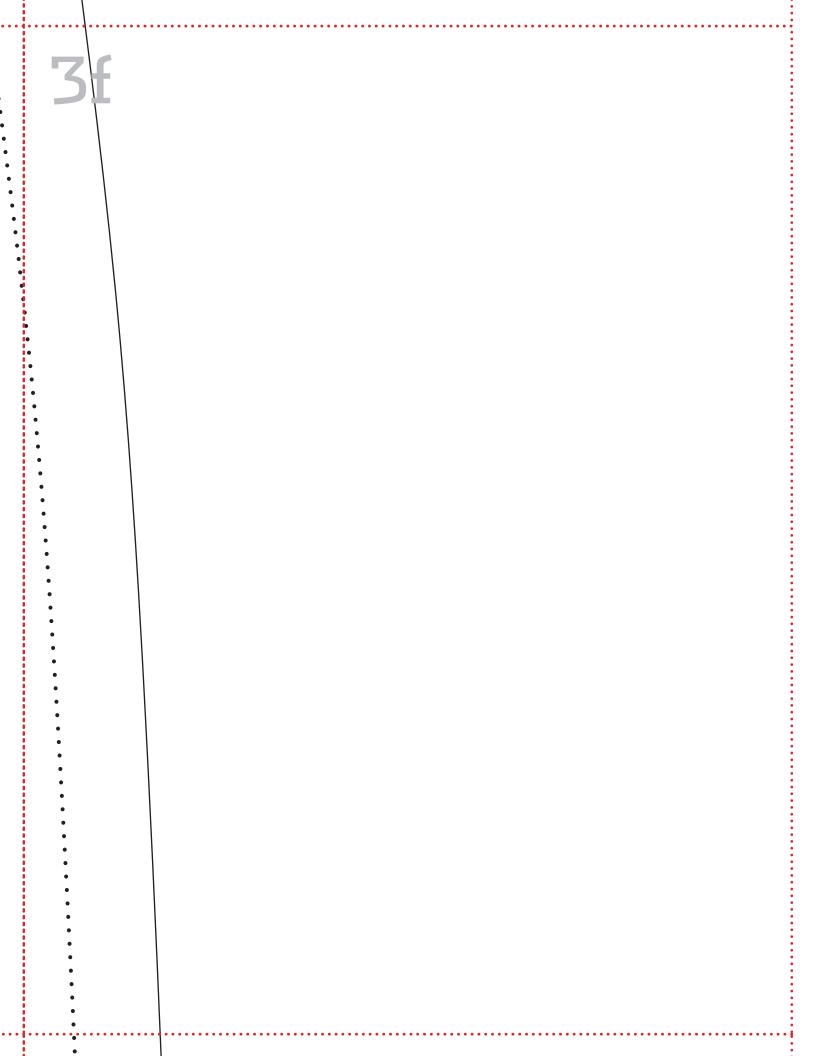


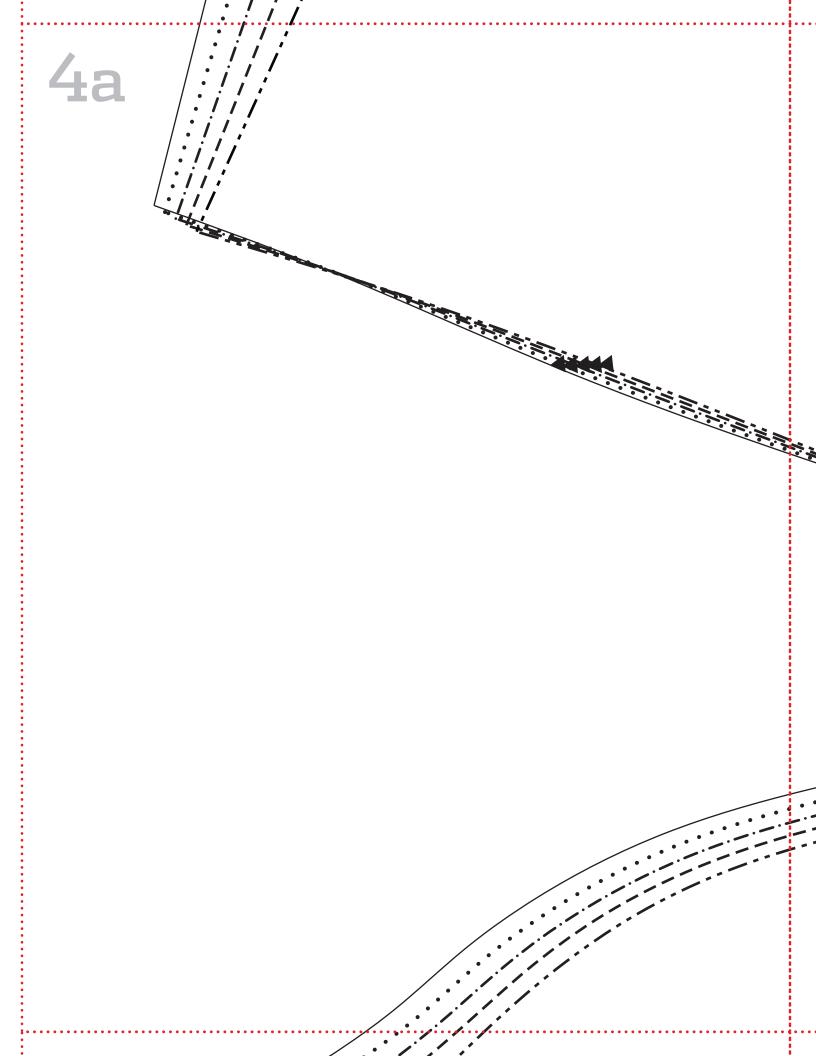


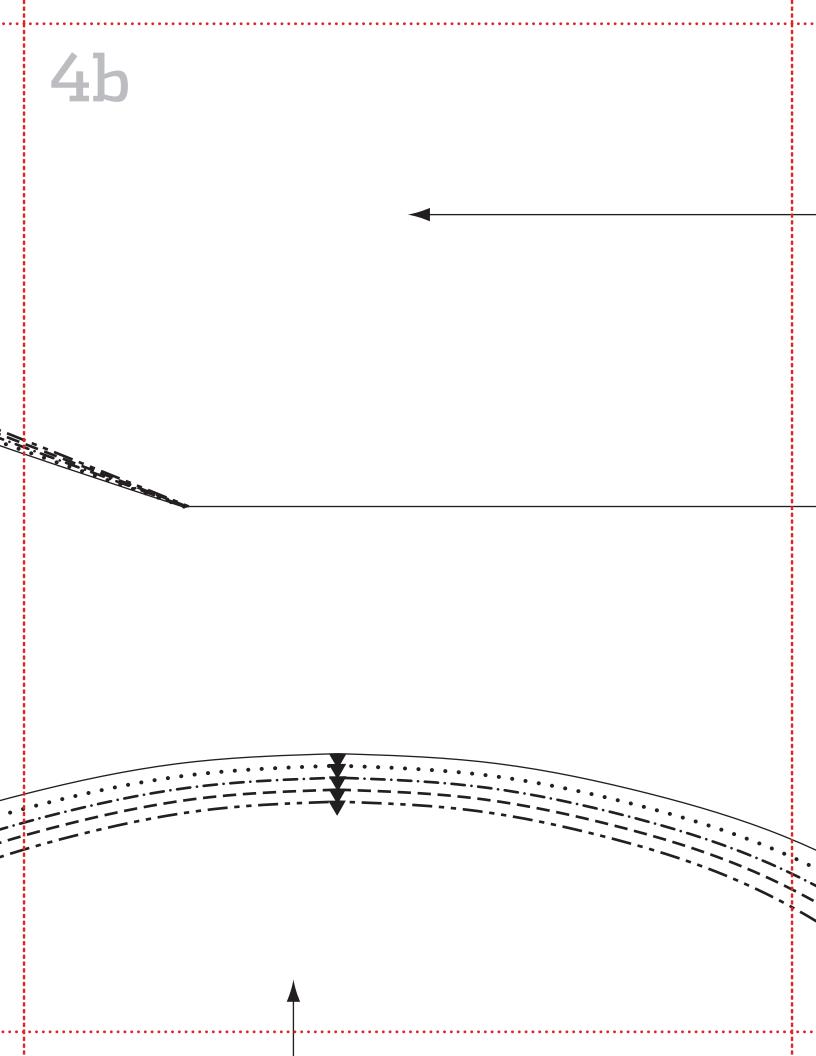


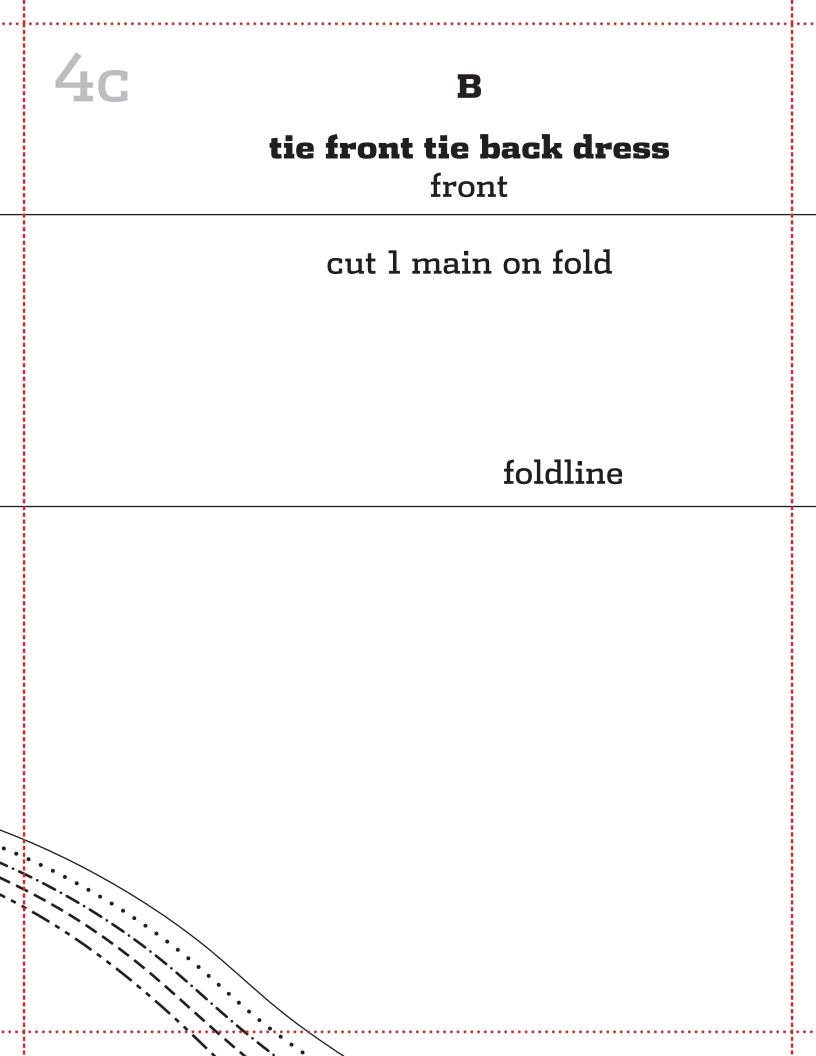


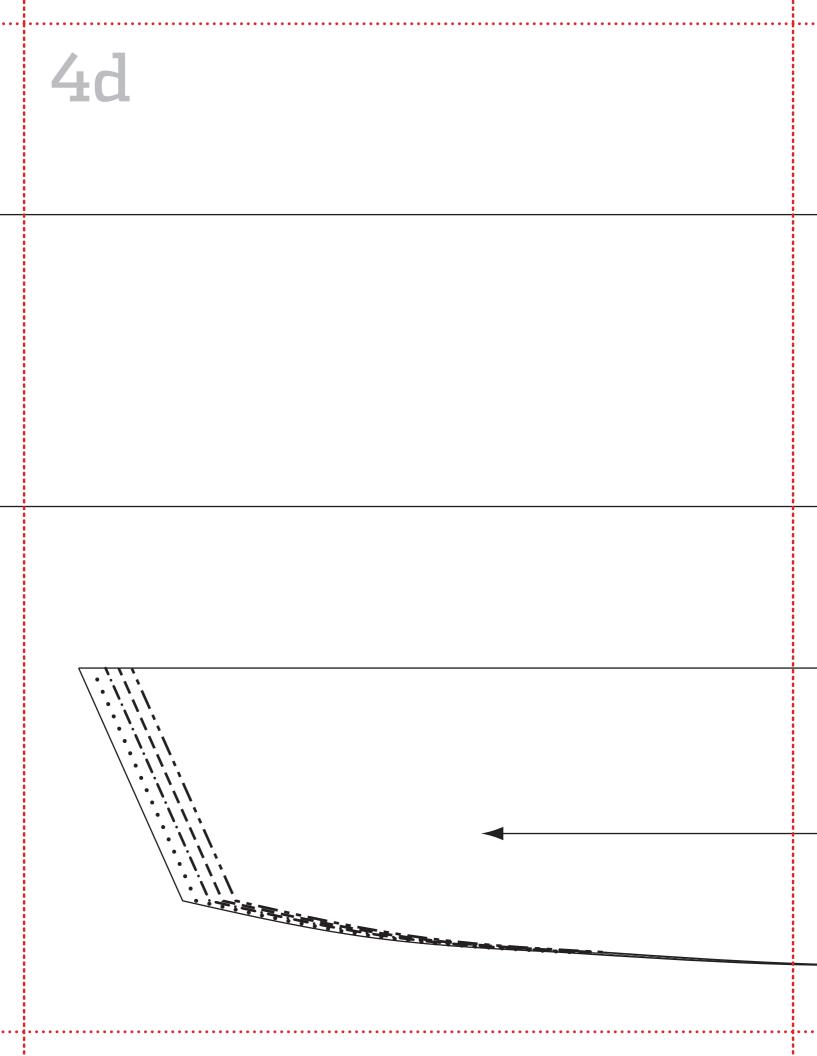


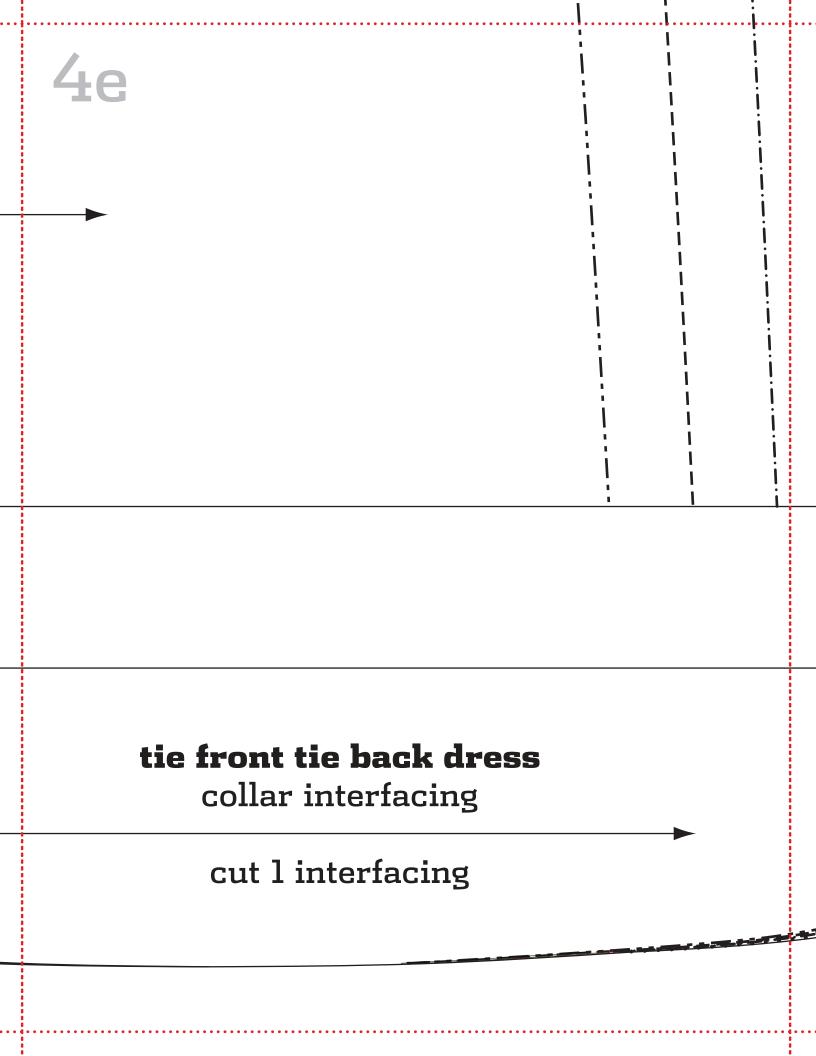


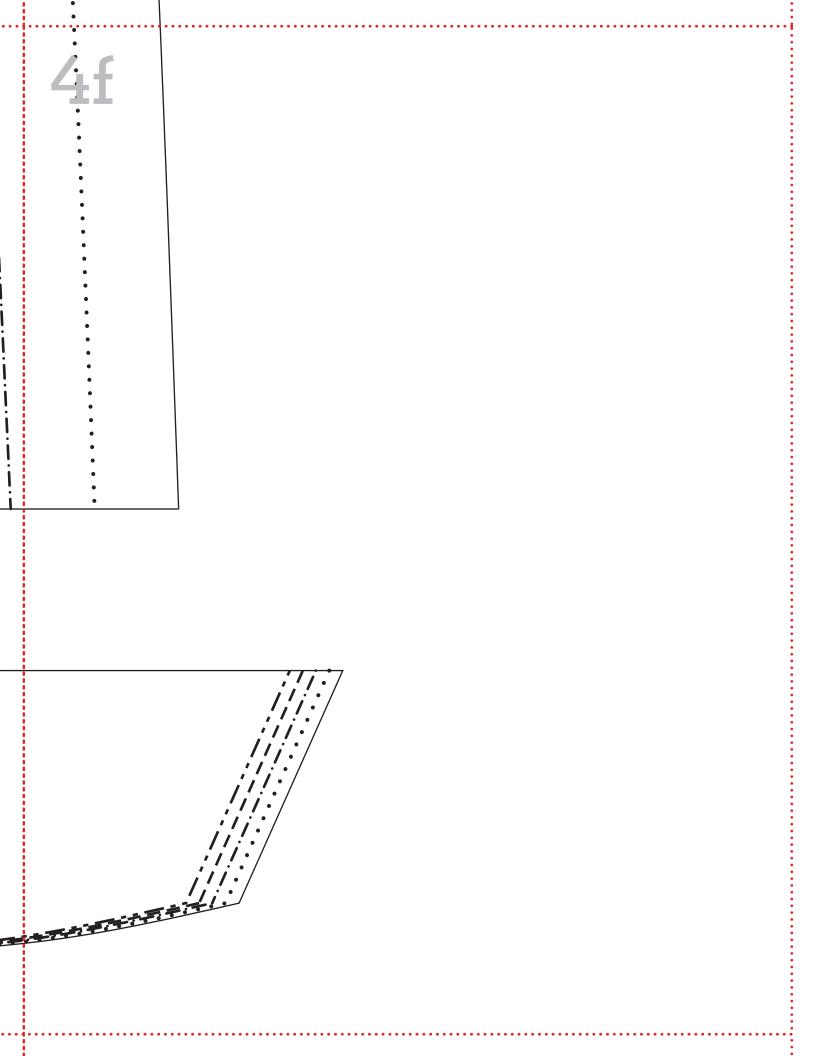


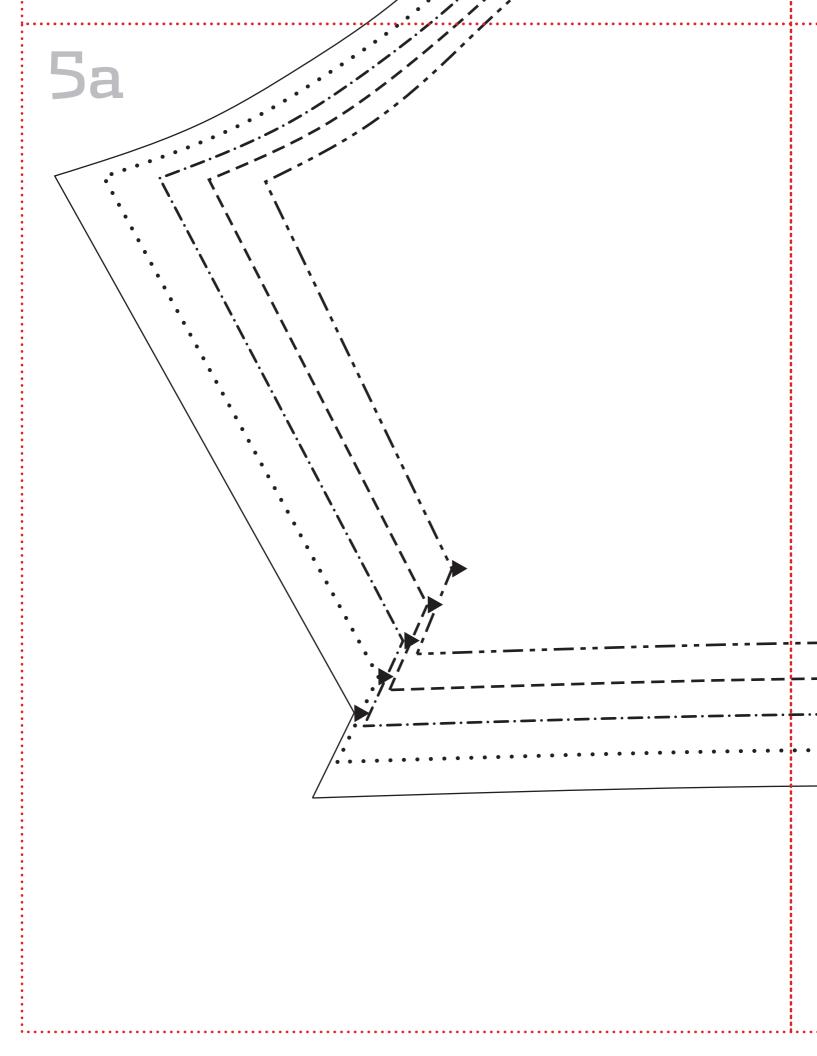












|   | 5 <b>b</b> cut 2 main | E<br>tie front tie back dress<br>sleeve |   |
|---|-----------------------|-----------------------------------------|---|
|   |                       |                                         | - |
| - |                       |                                         | - |
|   |                       |                                         | - |
|   |                       |                                         | • |
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