

Dress CARA



CARA is a pretty, fun and highly versatile dress, which, because of the original pinafore/jumper design, will fit a child comfortably as she grows for many seasons. CARA is popular with beginners, as the elastic fitting assures an excellent fit. CARA also offers many variations, which are a source of inspiration for more advanced seamstresses. CARA can be sewn as a simple dress (variation A), a tunic style dress with a scalloped hem to wear over leggings or trousers (variation B), a little girl's dream dress with two skirt layers (variation C) or a layered wave dress (D). The dress is cut generously: Please be sure to take measurements, especially the desired length.

Examples of CARA may be viewed at: <http://www.farbenmix.de/anleitungen/>

Material

Material / Size	92/98	104/110	116/122
Chest	64 cm	68 cm	72 cm
Hem width	158 cm	162 cm	166 cm
Strap width	3,6 cm	3,8 cm	4,0 cm
Length	59 cm	69 cm	79 cm
Material – simple dress (A) (140 cm wide)	105 cm	125 cm	145 cm
Material – Jumper (B) (140 cm wide)	95 cm	115 cm	135 cm
Material – double layer dress (C) (140 cm wide)	210 cm	250 cm	290 cm
Material – Layered Dress (D) (140 cm wide)	165 cm	185 cm	205 cm
Thread, interfacing, 2 buttons, 30 cm of elastic (0,7 cm wide), 1 toggle and 2.5m elastic cord (model C)			

Cutting

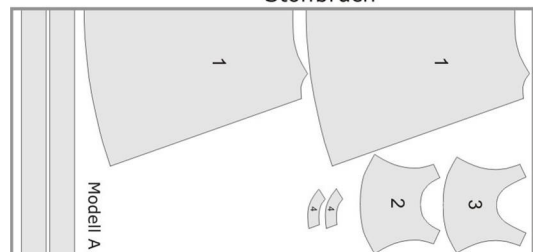
Fold the fabric in half and cut the pieces according to the layouts below observing grain lines. **Please note that the pattern pieces do not include a seam allowance.**

In the interests of clarity the pattern piece 1 has been marked as 1, 1a, 1b and 1c.

Layout simple dress (Model A)

- 1 – front and back dress pieces x2 on fold
- 2 – front bodice x2
- 3 – back bodice x2
- 4 – Armhole facings x4
- 2 Hem strips 7x100 cm including seam allowance.

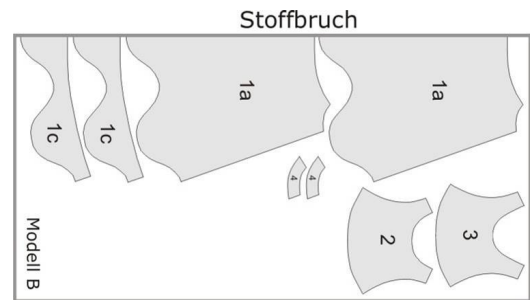
*****Stoffbruch=Fold Modell=Model



Dress CARA

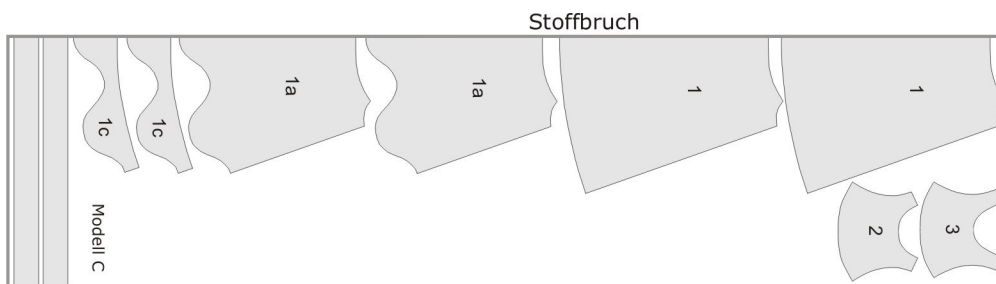
Layout JUMPER (Model B)

- | | |
|-----------------------------------------------|------------|
| 1a – front and back dress piece with wave hem | x2 on fold |
| 1c – wave hem interface | x2 on fold |
| 2 – front bodice | x2 |
| 3 – back bodice | x2 |
| 4 – armhole facings | x4 |



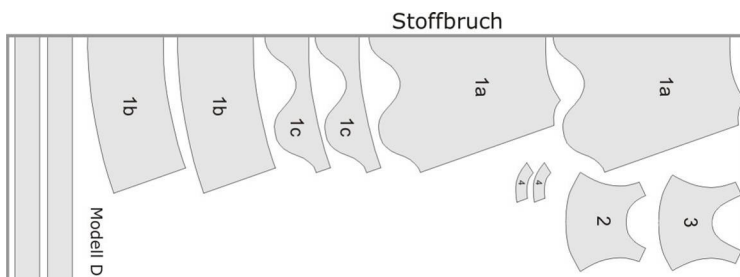
Layout double layered dress (Model C)

- | | |
|------------------------------------------------|------------|
| 1 – back and front dress piece | x2 on fold |
| 1a – front and back dress piece with wave hem | x2 on fold |
| 1c – wave hem interface | x2 on fold |
| 2 – front bodice | x2 |
| 3 – back bodice | x2 |
| 2 hem strips 7x100 cm including seam allowance | |



Layout Layered Dress (Model D)

- | | |
|-------------------------------------------------|--------------|
| 1a – back and front dress piece with wave hem | X2 on fold |
| 1b – lower skirt tier | x2 on fold |
| 1c – Wave hem interface | x2 x on fold |
| 2 – front bodice | x2 |
| 3 – back bodice | x2 |
| 4 – Armhold facings | x4 |
| 2 Hem strips 7x100 cm including seam allowance, | |



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Sewing

Simple dress (model A)

1. Serge the armhole casings (4) along the longest edge. Pin the four armhole casings right sides together to the small underarm curves of the dress pieces. Stitch, trim and clip seam allowance, turn and press. Topstitch at underarm. Stitch another line approx. 5/8 inch from this seam to make a casing. Insert 1/2-inch elastic and allow ends of elastic to show. Sew to secure at one end on the seam allowance. Pull the elastic through to the length of about 6-10cm (depending on the size of the child) and sew on the seam allowance to secure at the other end.
2. Apply fusible interfacing to the ends of the shoulder straps and top edge of the bodice.
3. With the right sides together pin the front bodice (2) piece to its lining and stitch from one armhole to the other. Trim and clip seam allowance. Turn and press. Topstitch around neck and armholes. Repeat with the back bodice piece and its lining.
4. Run a gathering stitch along the top edge of the skirt (1) Loosen the needle thread tension slightly and increase the stitch size for long stitch. On the right side sew two lines 1/4" apart leaving long thread tails. With right sides together pin skirt front to bodice front making sure that the sides and the centre of the bodice and skirt pieces match. Pull both gathering threads pushing the fabric along until the skirt piece fits the bodice piece. For extra security you may find it useful place a pin at the end of the skirt piece and wind the gathering threads around it. Raise you tension and shorten your stitch again and stitch skirt piece to bodice front sewing in between the two gathering threads, securing elastic end. Repeat for back skirt and back bodice.
5. Remove the bottom gathering thread. Serge or finish the seam, press the seam allowance towards the bodice and top stitch.
6. Lay the skirt pieces right sides together stitch and serge the side seams.
7. Take the seam allowance near the elastic and press it towards the skirt and top stitch using a small triangle.
8. Fold the hem strips lenthways wrong sides together. Sew folded strips onto the hem of the skirt, right sides together from side seam to side seam. When doing so begin at one side seam and sew just short of the other side seam. Trim the strip approximately 1cm past the second side seam. Fold this centimeter underneath and continue sewing until the second side seam. Repeat with the next hem strip. Serge and press the seam allowance towards the dress and top stitch. Sew a row of stitching straight through the middle of the hem strip. Thread elastic cord through the top tunnel. Knot a small loop on one side and secure the other end with the toggle.
9. Add button holes and buttons to the straps.

JUMPER (Model B)

1. Complete steps 1-5 as for Model A.
2. With right sides together pin the wave hem interface (1c) to the wave hem of the skirt piece (1a) and sew. Trim seam allowance.
3. With right sides together lay the front dress piece on the back dress piece and finish the side seams of the skirt and the wave hem interface in one seam. Serge
4. Turn the wave hem interface right side out, press and top stitch around the wave hem. Serge the wave hem interface along its top edge and sew onto the skirt piece.
5. Sew button holes and buttons onto the straps.

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Double Layered Dress (Model C)

1. Apply small pieces of fusible interfacing to the ends of the straps and the wrong side of the upper edge of the front (2) and back (3) bodice pieces.
2. Lay the wave hem interface (1c) right sides together on the wave hem of the skirt piece (1a) and stitch. Trim the seam allowance.
3. With right sides together lay the front dress piece (Wave dress 1a) on the back dress piece (Wave dress 1a). Close the side seams of the dress piece and the wave hem interface in one seam and stitch.
4. Turn the wave hem interface right side out, press and top stitch around the wave hem. Serge the wave hem interface along its top edge and sew onto the skirt piece.
5. The side seams of the underdress may be sewn with a French seam: Stitch front and back pieces wrong sides together close to the edge.. Turn the dress and topstitch approx 1/4 of an inch from the first seam. The fabric edge will thus be enclosed within the seam.
6. Run a gathering stitch along the top edge of the skirt (1) loosen the needle thread tension slightly and increase the stitch size for long stitch. On the right side sew two lines 1/4" apart leaving long thread tails. With right sides together pin skirt front to bodice front making sure that the sides and the centre of the bodice and skirt pieces match. Pull both gathering threads pushing the fabric along until the skirt piece fits the bodice piece. For extra security you may find it useful place a pin at the end of the skirt piece and wind the gathering threads around it. Raise you tension and shorten your stitch again and stitch skirt piece to bodice front sewing in between the two gathering threads, securing elastic end. Repeat for back skirt and back bodice. Press seam upward into bodice and topstitch.
7. Remove the bottom gathering thread. Serge or finish the seam, press the seam allowance towards the bodice and top stitch.
8. Pin the straight skirt piece (1) right sides together to the skirt piece with the wave hem (1a) and sew onto the bodice. Trim and clip the seam allowance, turn right side out and top stitch.
9. Near the armhole form a casing for the elastic by sewing a line approximately 1cm from the seam. Feed elastic through the casing and secure on the seam of the bodice between the dress pieces. The finished casing should be approximately 8-12cm depending on the size of the child.
10. Sew the seam strips onto the straight skirt piece (1) as for model A, step 8.
11. Sew the buttonholes and buttons onto the straps and the bodice.

Layered Dress (Model D)

1. Complete steps 1-4 for model A.
2. With right sides together lay the wave hem interface (1c) on the lower skirt tier (1b). Sew and serge.
3. With right sides together, lay the wave hem interface (1c) on the wave hem of the dress piece (1a) and sew. Trim the seam allowance
4. With right sides together lay the front dress piece on the back dress piece. Finish the side seam of the dress pieces, the wave hem interface and the lower skirt piece in one seam and serge.
5. Turn the wave hem interface inside out, press and top stitch. Serge the wave hem interface along its top edge and stitch onto the dress piece.
6. Attach the hem strips (1b) to the hem of the bottom skirt tier (1b) as for Model A, step 8.
7. Add button holes and buttons to the straps and bodice.

Have fun and good luck!

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