



Bow Twirl Dress (with top length option)



This adorable dress has an all-around Shirred bodice and long ties which can either be tied into a bow in the front or back. The full skirt part is perfect for twirling. The dress length hits at the knee or below depending on the girl's height. Wear it solo or with a tee or peasant dress underneath. It's a year 'round garment. A **top length guide** is included as well!

If you prefer not to do a buttonhole please see option for an alternative on page 20 before you start.

NOTE: your machine needs to be able to shirr correctly in order to make this dress. Best is to test shirr before starting on this dress.

List of required materials:

- Fabric (woven cotton or any other lightweight material without too much stretch)
- Sewing machine
- Serger (optional)
- Iron
- Straight pins
- 2x Safety pin
- Buttonhole attachment or as an alternative, a small piece of ribbon
- Seam ripper if buttonhole is sewn in
- Regular sewing thread and elastic thread

Seam allowance: 3/8" unless otherwise stated

- Prewashing your fabric might prevent shrinkage! Dry and press your fabric before cutting.
- Measurements are based on 44" wide fabric with directional print. For non-directional fabric you will use less.
- The measurements are for width (going across fabric width) = W x length (measured vertically) = L

<u>Size</u>	<u>Appr. Finished dress length from chest to hem</u>	<u>Bodice Cut 2x W x L</u>	<u>Yardage for Bodice</u>	<u>Skirt Cut 2x W x L</u>	<u>Yardage for skirt</u>	<u>Straps Cut 2x W x L</u>	<u>Yardage for straps</u>	<u>TOP length: take off the following inches from the SKIRT lengths</u>
12-18m	13 1/4"	19"x5"	1/4 yd	31"x11"	2/3 yd	30"x3"	1/4 yd	3"
24m/2t	16 1/4"	20"x5.5"	1/4 yd	32"x13"	3/4 yd	31"x3"	1/4 yd	4"
3t	18 1/4"	21"x6"	1/4 yd	33"x14.5"	1 yd	32"x3.5"	1/4 yd	5"
4t	20 3/4"	21.5"x6"	1/4 yd	34"x17"	1 yd	33"x4"	1/4 yd	6.5"
5t	21 3/4"	22"x6.5"	1/4 yd	35"x17.5"	1 yd	33.5"x4"	1/4 yd	6.5"
6	22 3/4"	22.5"x7"	1/2 yd	36"x18"	1 1/8 yds	34"x4"	1/4 yd	7"
7	24 3/4"	23"x7.5"	1/2 yd	37"x19.5"	1 1/8 yds	34.5"x4"	1/4 yd	8"
8	26 3/4"	23.5"x8"	1/2 yd	38"x21"	1 1/4 yds	35"x4"	1/4 yd	9.5"
9	27 1/4"	24"x8"	2/3 yd	39"x21.5"	1 1/4 yds	35.5"x4"	1/4 yd	9.5"
10	28 1/4"	25"x8"	2/3 yd	40"x22.5"	1 1/3 yds	36"x4"	1/4 yd	10"
11	29 1/4"	26"x8.5"	2/3 yd	41"x23"	1.5 yds	36.5"x4"	1/4 yd	10"
12	30 3/4"	27"x9"	2/3 yd	42"x24"	1.5 yds	37"x4"	1/4 yd	9.5"
13/14	33 1/4"	28"x9.5"	2/3 yd	43"x26"	1 2/3 yds	37.5"x4"	1/4 yd	9"
15/16	34 1/4"	29"x9.5"	2/3 yd	44"x27"	1 2/3 yds	38"x4"	1/4 yd	9"

To cut your fabric pieces:

Select the size from the chart above and cut your pieces. These are skirt part pieces (print direction is going down- in my example it's irrelevant since it's a non-directional print):



These are the bodice pieces:



These are the ties:

**To make the ties:**

You want to start with one tie strip but repeat each step for the second strip.

Pin a safety pin to the lower half of the fabric at one of the short ends:



This will help with turning the ties inside out.

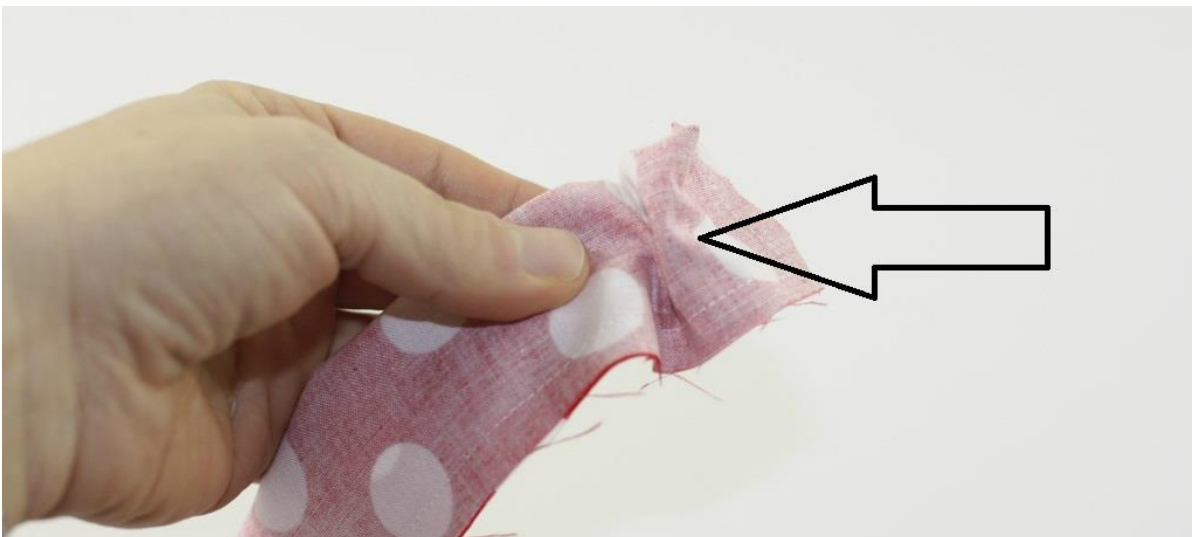
Fold your fabric over with right sides in (the safety pin will remain inside). Pin and sew along the dashed lines. Sew only one short end closed as picture below shows. Leave the other end open. Backstitch the beginning and end:



Trim off the corner diagonally:



To turn the tie inside out you want to grab the safety pin through the fabric and push it.....



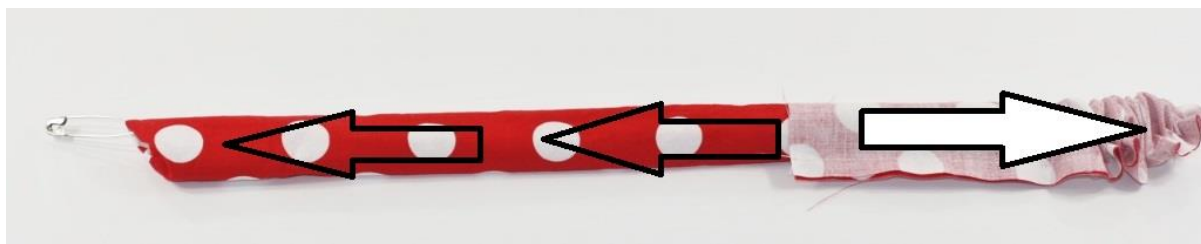
.....until the fabric on the end bunches up like this:



Now pull the bunched fabric to the right and away from the safety pin:



Continue doing this until the safety pin comes out the left end. Keep pulling it out completely until the strap is completely pulled through:



5

Remove the safety pin.

Flatten the strap with your fingers so the seam is completely exposed. Then press the strap flat:



With leaving one end open now top stitch the strap all the way around:



Lay your finished tie straps aside.

To sew the bodice:

Place your bodice fabric with right side down and print direction (if applicable) going down, in front of you. Fold down the top edge 1/4" and press. Fold it down once more 1/4" and press:

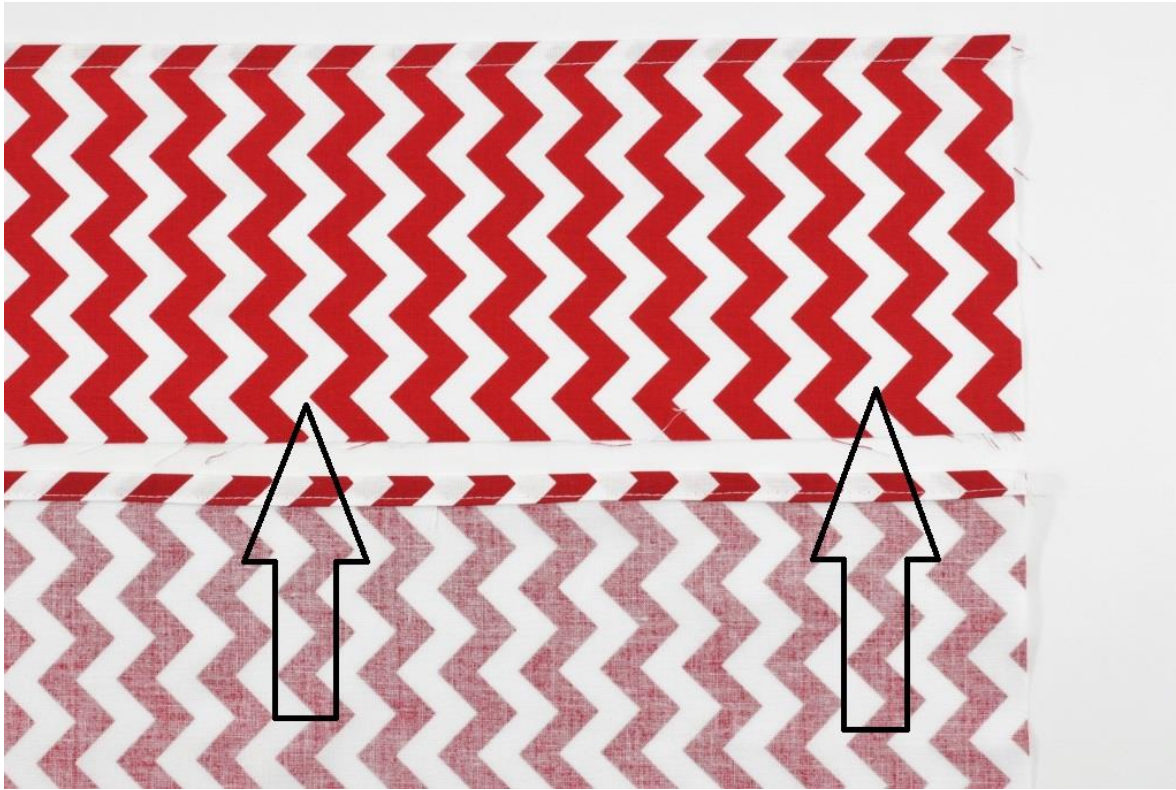


Sew along the dashed line close to the inner folded edge:



Repeat with second bodice piece.

Place one bodice piece with right side up above the other bodice piece which should be right side down. Place the bottom bodice piece over the top one:



Pin the right side and sew along the dashed lines. Backstitch the beginning and end:



Zigzag stitch or serge the raw edge.

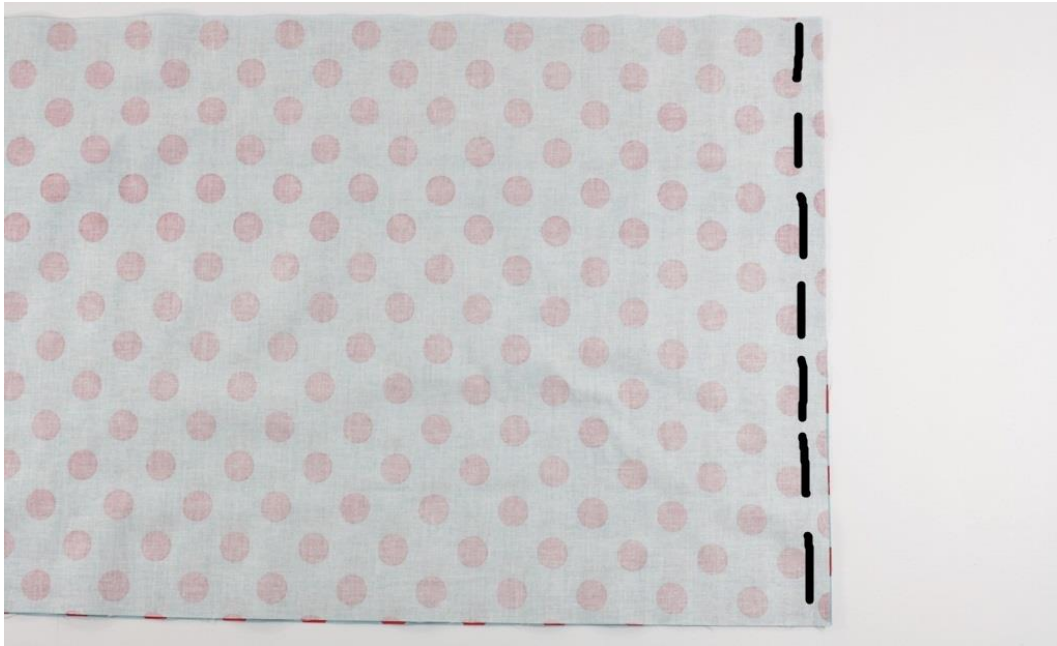


To sew the skirt part:

Place one skirt piece with right side up and print direction (if applicable) going down, in front of you:



Place the other skirt piece with right side down over the first one and pin the right edges together. Then sew along the dashed lines. Backstitch the beginning and end:

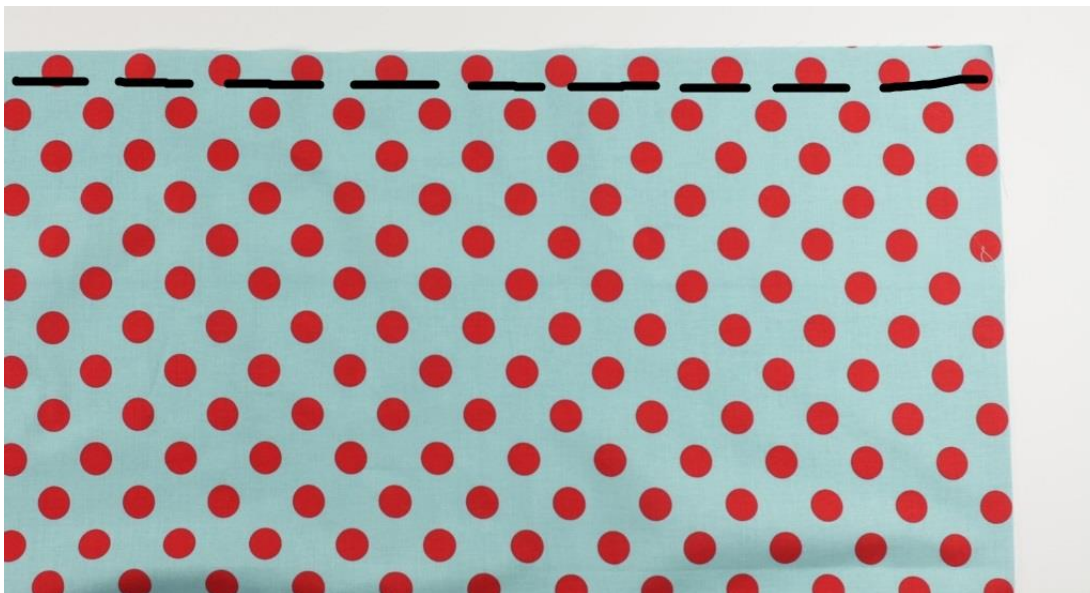


Zigzag stitch or serge the raw edge.

To gather the skirt part:

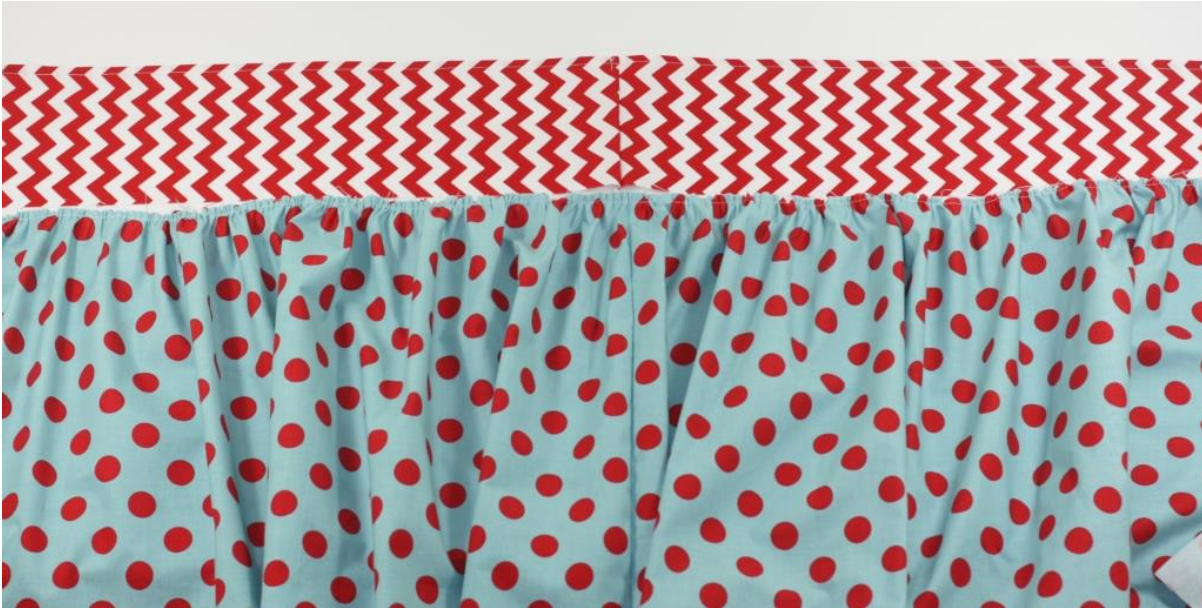
Set your sewing machine to the longest stitch length and to the highest/strongest tension. Most machines will gather like this but some might not. For those machines you want to either use a gathering/ruffle foot or use your preferred method of gathering (not described in this tutorial, for more in depth info please do a google search on the internet).

With these machine settings, sew along the top edge of the sewn together skirt parts with a 1/4" seam allowance. Sew slowly since the seam allowance is narrow.



Reset your machine to regular stitch settings.

Once gathered, place the skirt parts underneath the spread out bodice parts as shown. Have the center seams match:



Distribute the gathers to match each part of the bodice:



To sew the skirt to the bodice:

Flip the skirt up and over the bodice and pin the two together. Sew along the dashed lines with your regular 3/8" seam allowance:



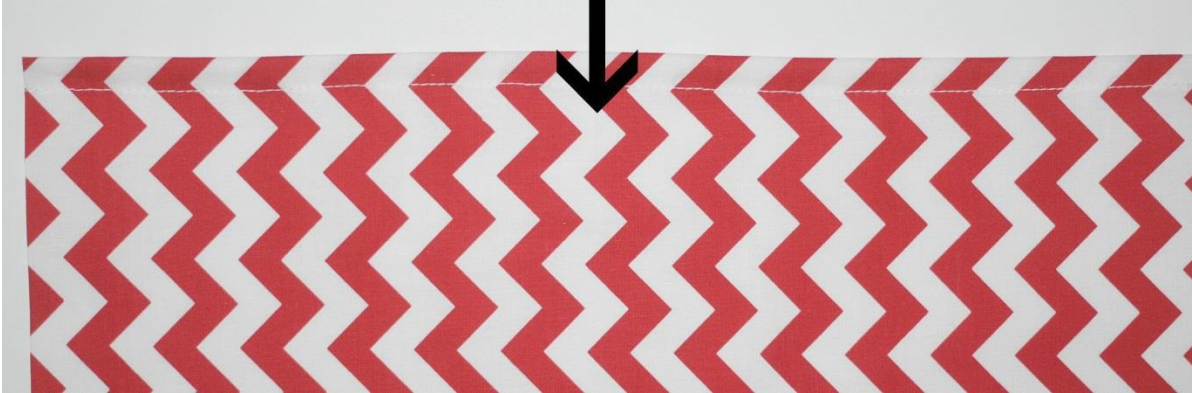
Unfold the dress and press the seam. Then top stitch along the dashed line:



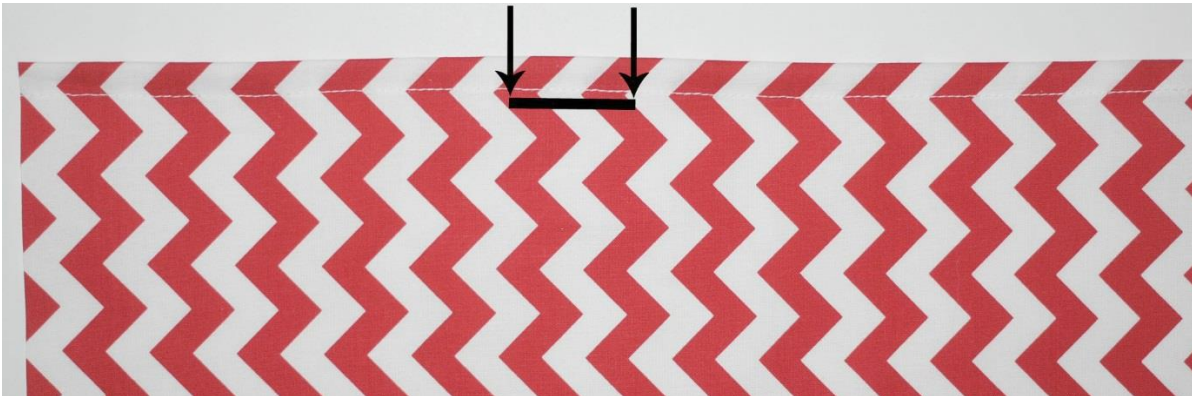
To sew the buttonhole:

NOTE: if you prefer not to do buttonholes please see the tip for an alternate on page 20.

Mark the center of your back bodice with a pin or fabric pen:



Mark the line where you want to sew your buttonhole. Best is go right below the folded hem's stitches. You do not want to go much lower since the shirring needs to sit that high. I went 1/4" below the seam:



Set your machine with the buttonhole attachment. Use a buttonhole width of 3/4" width and sew it alongside the seam:



Open the buttonhole with a seam ripper.

To sew in elastic thread:

Wind some elastic manually onto your bobbin. I use the shown brand but any brand available at craft/fabric stores will be fine! Wind the thread tight but not too tightly. You can pull slightly on your elastic thread while you are winding it up.

**Helpful tips on sewing with elastic thread:**

<http://whimsycoutureboutique.blogspot.com/2010/08/no-more-shirring-problems-ever.html>

<http://whimsycoutureboutique.blogspot.com/2010/01/tutorial-how-to-shirr-fabric.html>

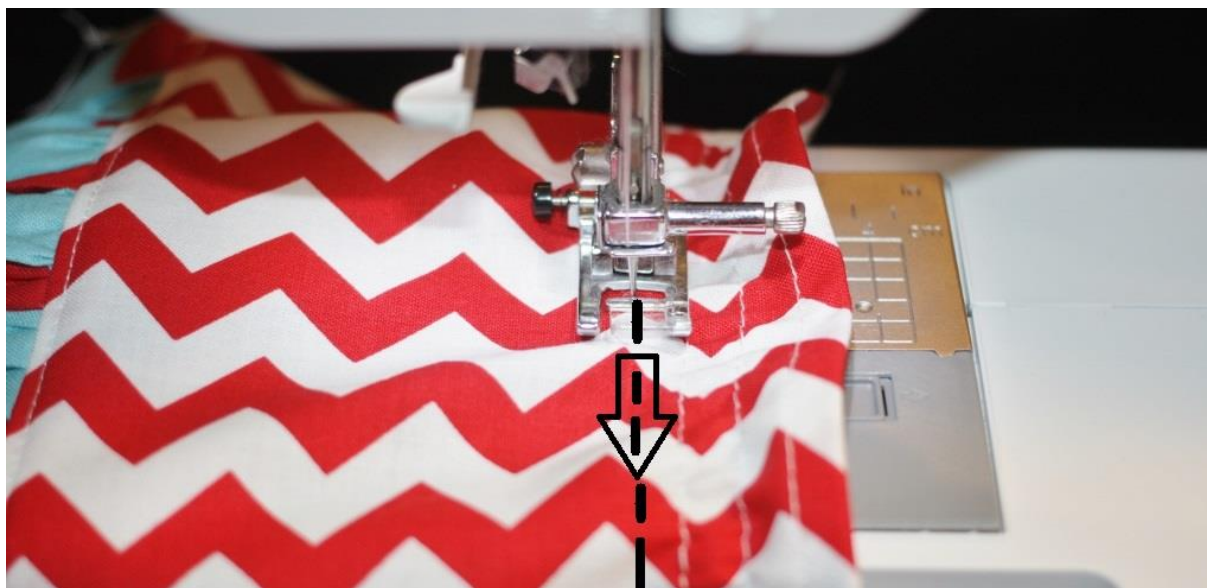
If you have a Brother sewing machine, this YouTube video might help:

<http://www.youtube.com/watch?v=RvXzoFzvVFQ>

Insert the bobbin with the elastic thread into the lower part of your machine and thread the upper with regular thread. . Set your machine to the longest stitch length and the tension to 2-3.

Insert your fabric into your sewing machine with right sides up and start sewing from the edge and right below the buttonhole with a good 4 inches of elastic thread hanging out. Be sure to check while you are sewing that your elastic thread has not jumped out from over the bobbin. That sometimes will happen and cause your elastic not to gather. If this does happen just rewind your elastic thread!

Sew row by row and use your presser foot's width as the distance between each row:



Sew all the way to the sides and when you turn directions to start a new row, give the elastic thread a little bit of slack. Finish your last row close to where the skirt part begins and not farther apart than 1/2". This is now your completed shirred bodice:



This is the back side:



Do not steam it yet!

Reset your machine's thread and stitch settings back to normal.

To sew the side:

Fold your dress in half so that the sides meet. Pin and sew along the dashed lines. Backstitch the beginning and end:



Here is a close-up of what your side seam should look like:



Zigzag stitch or serge the raw edge. If you have your serger's knife activated, be sure **NOT** to cut the elastic thread where the rows are connected. Otherwise your elastic thread might unravel later on:



To finish the side seams, tuck in the loose hanging threads from the edge. Topstitch the side seams as shown on the dashed lines:



To finish the bottom hem:

With the right sides down, fold the bottom hem 1/2" up and press all the way around the dress:



Fold up once more 1/2" and press. Sew in place along the dashed lines, close to the inner folded edge. Backstitch the end:



This is now your finished bottom hem:



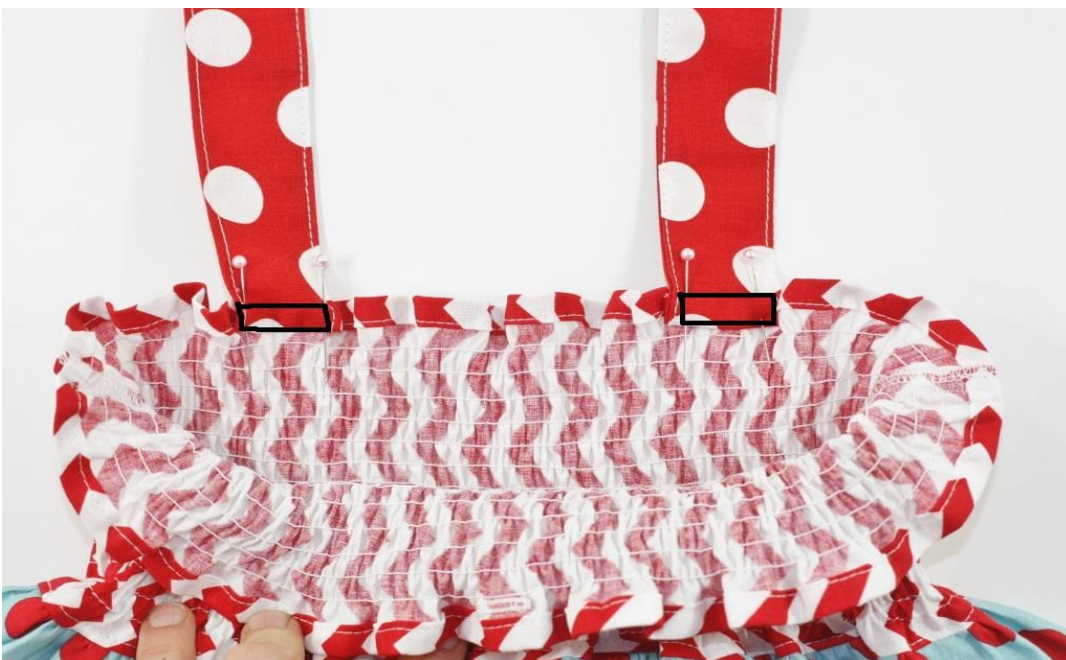
It's time to steam press the elastic area! Steam pulls the elastic thread closer together, achieving a nicely fitted bodice. Steam press from the inside and do front and back:



To sew the ties on:

While having your dress with right sides out, fold the upper bodice layer away a bit and position the ties **2" away from the sides for sizes up to 5t and 2.5" for up to size 8 and 3" for up to size 16**. Bodice must not be stretched out for this. The distance is measured from the outer edge of each tie strap.

Fold in the open ends 1/4" and let those lay against the inside of the bodice. Pin in place and sew a rectangle box all around the ties as shown below. Backstitch the end:



These are now your sewn on ties:



Loop both ties through the buttonhole and tie them into a bow. Wear this garment front or back!

Alternative to buttonhole: Option to add a ribbon loop for tying the straps through

NOTE: project shown is from a different garment!

Cut a small piece of grosgrain ribbon, fray check the ends.....



Fold the ends in and pin to the center of the back bodice before shirring:



Sew it down with several stitches back and forth:



Then sew the elastic thread in as instructed on page 12:



All done!

Design examples:



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The adorable fabric (Riley Blake) for this dress is provided by

STITCH STASH DIVA

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Etsy shop: <https://www.etsy.com/shop/StitchStashDiva>