



girl's zest dress

just ask, Jo-Ann **how to**

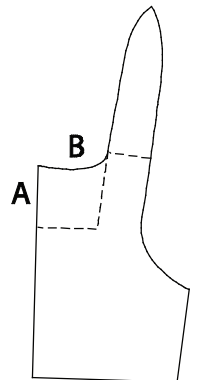
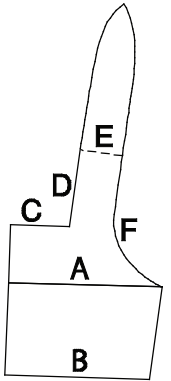
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**SUPPLIES & TOOLS:**

- Stonehill Collection Zest quilting fabrics:
  - 5/8 yd stripe for bodice
  - 1½ yd large floral stripe for skirt
  - 3/4 yd medallion print for ruffle and lining
- 14" zipper
- Thread
- Hook and eye
- Sewing machine and basic sewing supplies
- Tissue or tracing paper
- Pencil and ruler
- Iron & ironing surface
- Scissors
- Water-soluble marking pen

**DIRECTIONS:**

1. On paper draw a line for the center of the bodice front.
2. Measure the girl around the chest and add 1 to 2" for ease, then divide by 4 (A).
3. Measure down about 4 or 5 inches to where the bodice should end and remeasure the girl. Add 1 to 2" for ease and divide by 4 (B). Connect the ends of A and B to draw the side seam line.
4. Mark a point on the center front about 3 to 4" above chest measurement for neckline, draw line perpendicular to the center front (C).
5. Mark point 3 to 3½" across the neckline. Draw a line slanting outward about 1/2" (D).
6. Determine where the shoulder seam should be and mark (E).
7. Measure over 2" and draw the armhole curving out to the side edge (F).
8. Extend the shoulder edge up about 6½ to 7" to make the tie. Make a curved point at the top.
9. Compare pattern to girl's body. Make any changes needed for fit. Add 5/8" to all edges except center front.
10. Draw pattern for bodice back. Follow steps 11-14.
11. Trace bodice front.
12. Extend center back line 2½" to 3" (A).
13. Draw a line curving over to the tie at the shoulder (B).
14. Compare pattern to the girl's body and make any changes needed for fit. Add 5/8" to all edges.
15. From stripe and medallion print, cut 1 bodice front (placing center front line on fold) and 2 bodice backs.



16. Make a pattern for skirt front twice as wide as the bodice front by the length of skirt plus 2". Make a pattern for the skirt back twice as wide as the bodice back by the same length as the skirt front. Cut 1 front and 2 backs from large floral stripe fabric.
17. Make pattern for front ruffle the same width as skirt front by 3½". Make a pattern for back ruffle the same width as skirt front by 3½". Cut 1 front and 2 backs from medallion print fabric.

### SEWING DIRECTIONS

1. Use 5/8" seam allowance for all seams. Right sides together, stitch bodice backs to front along side seams. Stitch lining pieces together in the same manner. (FIG 1)
2. Stitch the ruffle backs to each end of ruffle front. (FIG 2)
3. Fold in half with right sides in. Stitch along ends. Trim seam allowance. Turn right side out. (FIG 3)
4. Make rows of gathering stitches 3/8" and 5/8" from raw edge. (FIG 4)

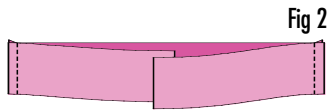


Fig 2

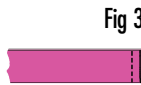


Fig 3



Fig 4

5. Gather ruffle evenly to lower edge of bodice beginning and ending along back seam line and matching side seams, pin ruffle. Baste ruffle to bodice 5/8" from edge. (FIG 5)
6. Right sides together, stitch skirt backs to front along seams. Make rows of gathering stitches 3/8" and 5/8" from raw edge. (FIG 6)
7. Gather skirt evenly to lower edge of bodice over ruffle matching side seams. Center back edges and ending gathers 1¼" from center back edge. Pin skirt while gathering. Sew skirt to bodice 5/8" from edge. Trim seam allowances. (FIG 7)

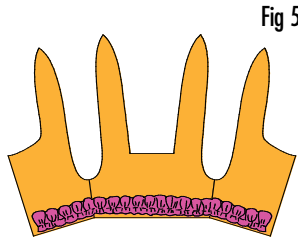


Fig 5

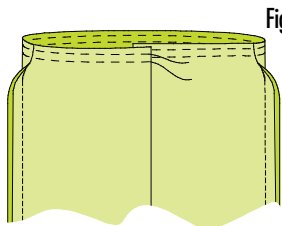


Fig 6

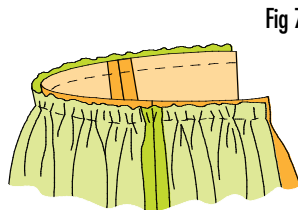


Fig 7

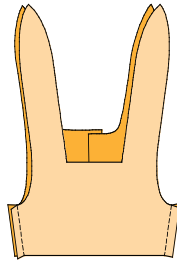


Fig 1

8. Mark a dot on seamline 15¼" below neck edge, stitch center backs using a basting stitch above dot and regular stitch length below dot. Insert zipper in upper edge of center back seam above dot following manufacturer's directions. (FIG 8)
9. Stitch lining to bodice along edge of neck and ties. Trim seam allowance and clip corners and curves. Turn right side out. (FIG 9)
10. Slipstitch lining to zipper along center back edges and along seam line of skirt. Sew hook and eye to center back above zipper. (FIG 10)
11. Turn under 1/2" then 1½" along lower edge of skirt. Stitch hem in place. (FIG 11)
12. Knot ties together at top of shoulders.

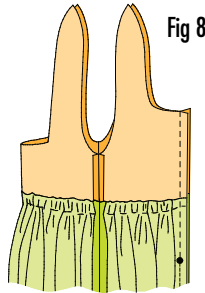


Fig 8

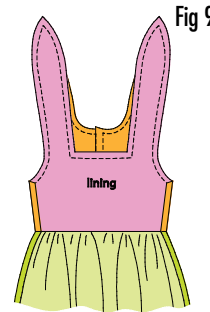


Fig 9

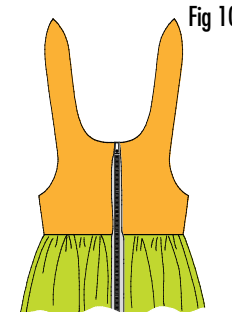


Fig 10

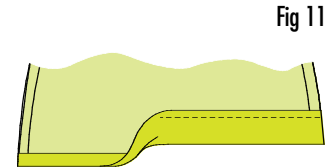


Fig 11

Skill Level 2: Sewing & pattern-making experience

Approximate Crafting Time: 1 day

Please read and follow all manufacturers' instructions for all tools and materials used.  
Provide adult supervision if children participate in this project.  
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