

Ellie Inspired

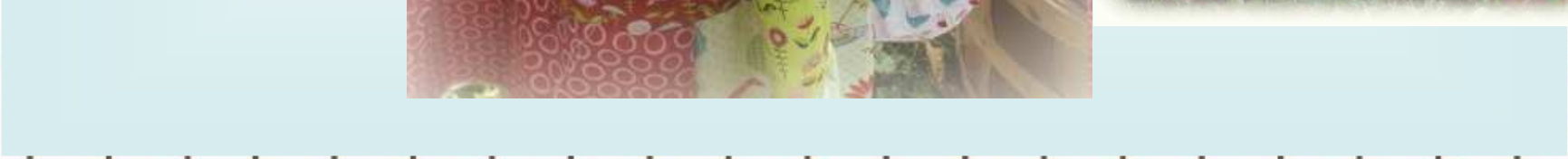


Sweet Apple Frock

Sizes 1-8

for Riley Blake Designs

Designed by Laura Johnson © 2010





Cutting out your Fabric



1. Choose your fabrics and refer to the chart below for amounts needed. For this dress, I used [Riley Blake's Love Birds](#) collection.

Size	Bodice (2 fabrics)	1 st Tier	2 nd Tier	3 rd Tier	Other
1	¼ yd ea.	¼ yd	½ yd	-----	½ yd
2	¼ yd ea.	¼ yd	½ yd	½ yd	½ yd
3	¼ yd ea.	¼ yd	½ yd	½ yd	½ yd
4	¼ yd ea.	¼ yd	½ yd	½ yd	½ yd
5	½ yd ea.	½ yd	½ yd	½ yd	½ yd
6	½ yd ea.	½ yd	½ yd	¾ yd	¼ yd
7	½ yd ea.	½ yd	½ yd	¾ yd	¼ yd
8	½ yd ea.	½ yd	½ yd	¾ yd	¼ yd

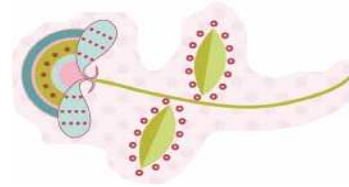
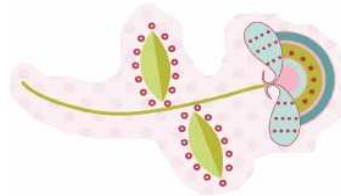
2. From the first fabric, cut out two bodice pieces.



3. From the second fabric, cut out two bodice pieces.



4. Follow the chart on the next page for cutting out the remaining pieces. You will use the leftovers from the 1st and 2nd tiers when piecing the third.

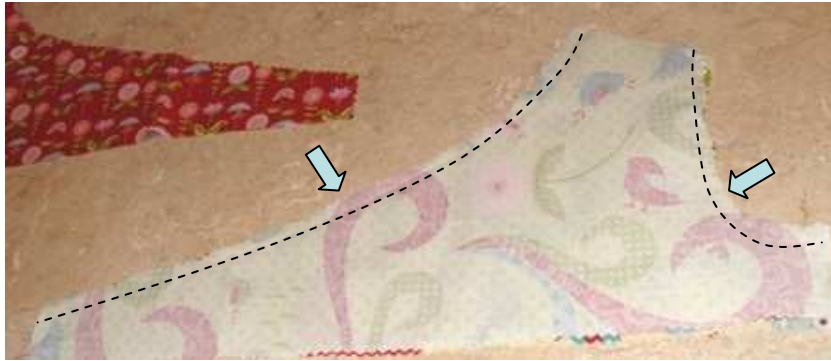


	Size 1	Size 2	Size 3	Size 4	Size 5	Size 6	Size 7	Size 8
Shoulder Straps (cut 2)	3 1/2" x 4 1/2"	3 1/2" x 5"	3 1/2" x 5 1/2"	3 1/2" x 6"	3 1/2" x 6 1/2"	3 1/2" x 7"	3 1/2" x 7 1/2"	3 1/2" x 8"
Sash (cut 2)	2 1/2" x 22"	3 1/2" x 22"	4" x 22"	5" x 22"	5 1/2" x 33"	5 1/2" x 33"	5 1/2" x 44"	5 1/2" x 44"
Back Bodice	3" x 17 1/2"	4" x 19"	5" x 20"	6" x 21"	7" x 22"	8" x 23"	9" x 24"	9 1/2" x 25"
1 st Tier	8" x 40"	6" x 42"	6 1/2" x 42"	7" x 44"	7 1/2" x 46"	8" x 48"	8 1/2" x 48"	9" x 50"
2 nd Tier	8" x 60"	6" x 64"	6 1/2" x 64"	7" x 66"	7 1/2" x 70"	8" x 72"	8 1/2" x 72"	9" x 75"
3 rd Tier	-----	6" x 96"	6 1/2" x 96"	7" x 99"	7 1/2" x 104"	8" x 108"	8 1/2" x 108"	9" x 112"
Finished Length	19"	21"	23"	25"	27"	29"	31"	33"





Sewing the Front Bodice



1. Place two bodice pieces right side together. Stitch the long curved edge on top and the armhole. Leave the side, bottom and shoulder open.
2. Repeat with other two bodice pieces.
3. Fold the two shoulder straps in half, lengthwise, right sides together.
4. Stitch along open long edge and one short side.
5. Turn right side out and press.

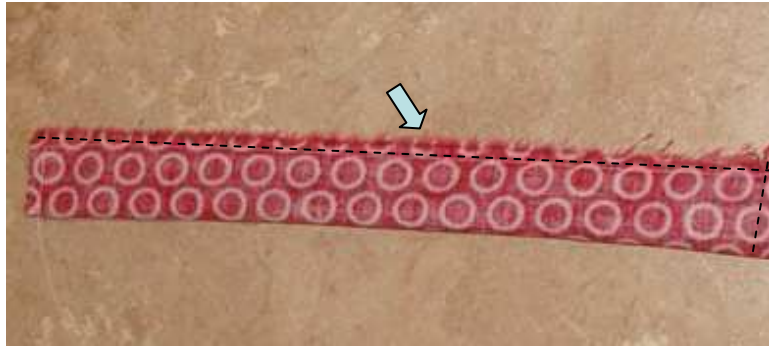


6. Slip shoulder strap inside bodice and line up the raw edge of the strap with the raw edges of the shoulder. Pin in place and stitch across shoulder.
7. Repeat with other side and turn right side out. Press well.





Sewing the Front Sash



1. Fold the two sash pieces in half, lengthwise, wrong sides together. Stitch along the open long side and one short side.
2. Turn right side out and press.

3. Lay bodice on table with right side overlapping the right and the side edges under the armhole even. Place a sash piece on top with all the raw edges even.
4. Make sure there is at least $\frac{1}{4}$ " of space below the sash so it is not caught in the waist seam at a later time.

5. Stitch the side seam through all layers of fabric. Repeat with other side.

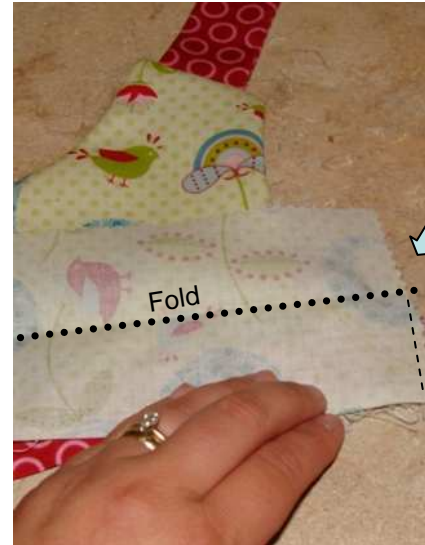




Sewing the Back Bodice



1. Press back bodice piece in half, lengthwise, wrong sides together.
2. Place on top of the sash under the arm seam with the folded edge on top.



3. Open up the back bodice piece.
4. Stitch the back bodice to the underarm seam, beginning at the bottom and stitching only up to the fold line.
5. On the inside of the garment, fold under $\frac{1}{4}$ " of the top half of the back bodice piece and fold back in place, over the seam.





Inserting Elastic in Back Bodice



1. Pin in place but do not stitch yet.
2. Measure from the folded edge down $\frac{1}{2}$ ". Mark that point with a pin or fabric pen. Also mark the point 1" down.
3. Stitch a line at both points across band. For larger sizes, you can stitch more lines, always leaving $\frac{1}{2}$ " at the bottom free.



4. You have created two or more casings for the elastic.
5. Cut pieces of elastic for each casing the following length: size 1: 11 $\frac{1}{2}$ ", size 2: 12 $\frac{1}{2}$ ", size 3: 13", size 4: 14", size 5: 14 $\frac{1}{2}$ ", size 6: 15", size 7: 16", size 8: 17"
6. Insert into casings and stitch down the ends of the band, closing the opening, and securing the ends of the elastic.





Inserting Elastic in Back Bodice, continued



7. The back of your bodice should now look like this.

NOTE: If you choose to shir this instead of making casings for elastic, fold the back band in half lengthwise, wrong sides together. Stitch the shirring lines across the band, *leaving 1/2" at each short end free from stitching*. When done, fold under 1/4" of the raw edge on each short side and slip band over the under-arm seam of the front bodice, just as before. Stitch in place, close to the folded edge.





Sewing the First Skirt Tier

1. Place two pieces of the first skirt tier right sides together and stitch both short ends with a serger, an overlock stitch, or finish the edges with a zig-zag stitch.



2. On the front skirt only, stitch two rows of gathering threads at the top of the skirt $\frac{1}{4}$ " apart.

3. Begin pinning the back skirt to the back bodice, right sides together. Stretch the elastic as you pin to the skirt. You will be stretching out the back bodice as you stitch them together, thereby gathering the skirt.



4. Adjust the gathers of the front skirt to fit the front bodice.
5. Stitch skirt to bodice with a finished seam.
6. Press seam towards bodice and top-stitch in place, if desired.





Sewing the First Skirt Tier, continued



These pictures show the finished seam on the inside of the garment, the front bodice, and the back bodice. No top-stitching has been completed yet in these pictures.





Sewing the Remaining Tiers

1. For the second and all subsequent tiers, join the strips of fabric in a pleasing pattern (i.e. alternate patterns or colors if desired) by placing right sides together and stitching the short sides with a finished seam edge.
2. Stitch two rows of gathering threads $\frac{1}{4}$ " apart all the way around the top of the skirt tier.
3. Pin to bottom of tier above it, right sides together, and adjust gathers to fit.
4. Stitch tiers together, using a finished seam edge.
5. Press seam up and top-stitch in place, if desired.

NOTE: Subsequent tiers will use the leftover fabric from the tiers before. If using a solid fabric, this will not affect the skirt's appearance. If using various prints, vary the prints by cutting shorter lengths and alternating fabrics for interest.





Finishing the Dress

Hem

1. On the bottom of the last tier, serge the raw edges, do a rolled hem, or an overcast stitch to prevent fraying.
2. Press to inside $\frac{1}{2}$ " and stitch close to finished edge.



Buttonholes

1. If possible, try the dress on your model, and mark where the buttonholes should be stitched on the ends of the straps.
2. Sew the coordinating button on the inside of the back bodice.
3. These straps can also be stitched in place on the inside of the back bodice.

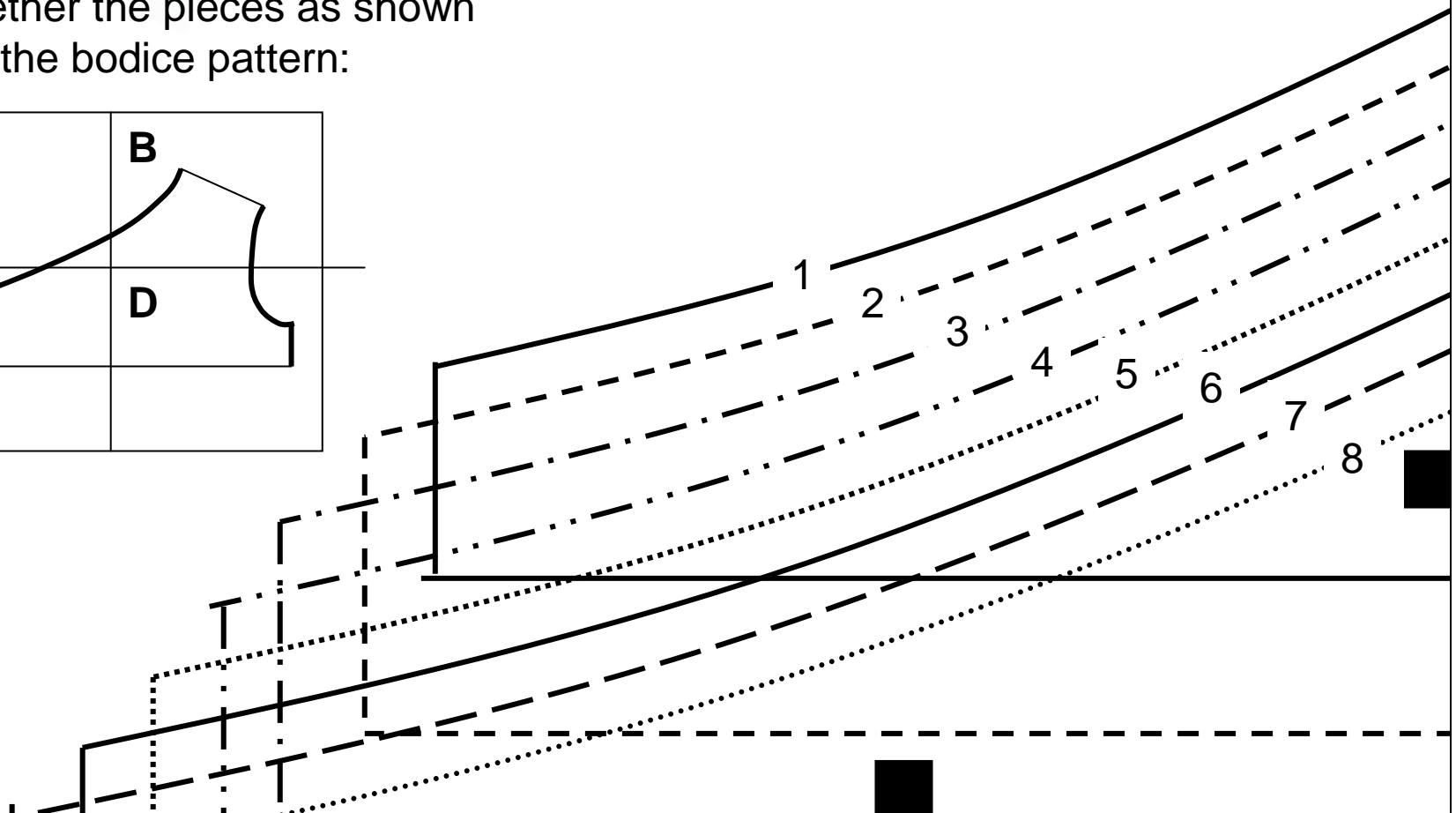
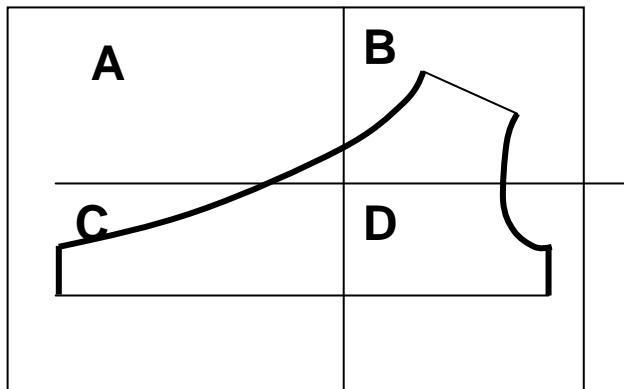


A



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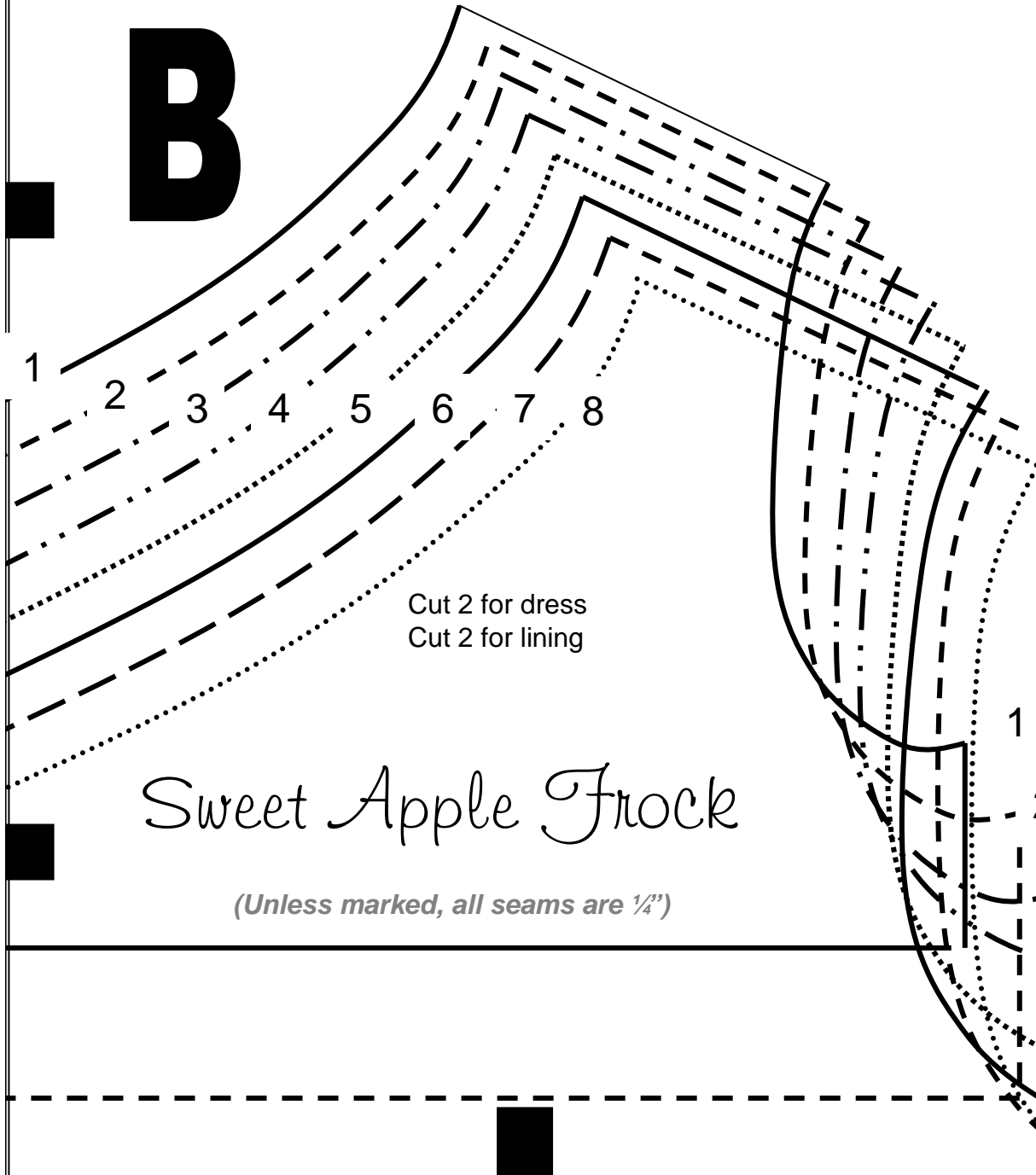
Tape together the pieces as shown below for the bodice pattern:



B



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Cut 2 for dress
Cut 2 for lining

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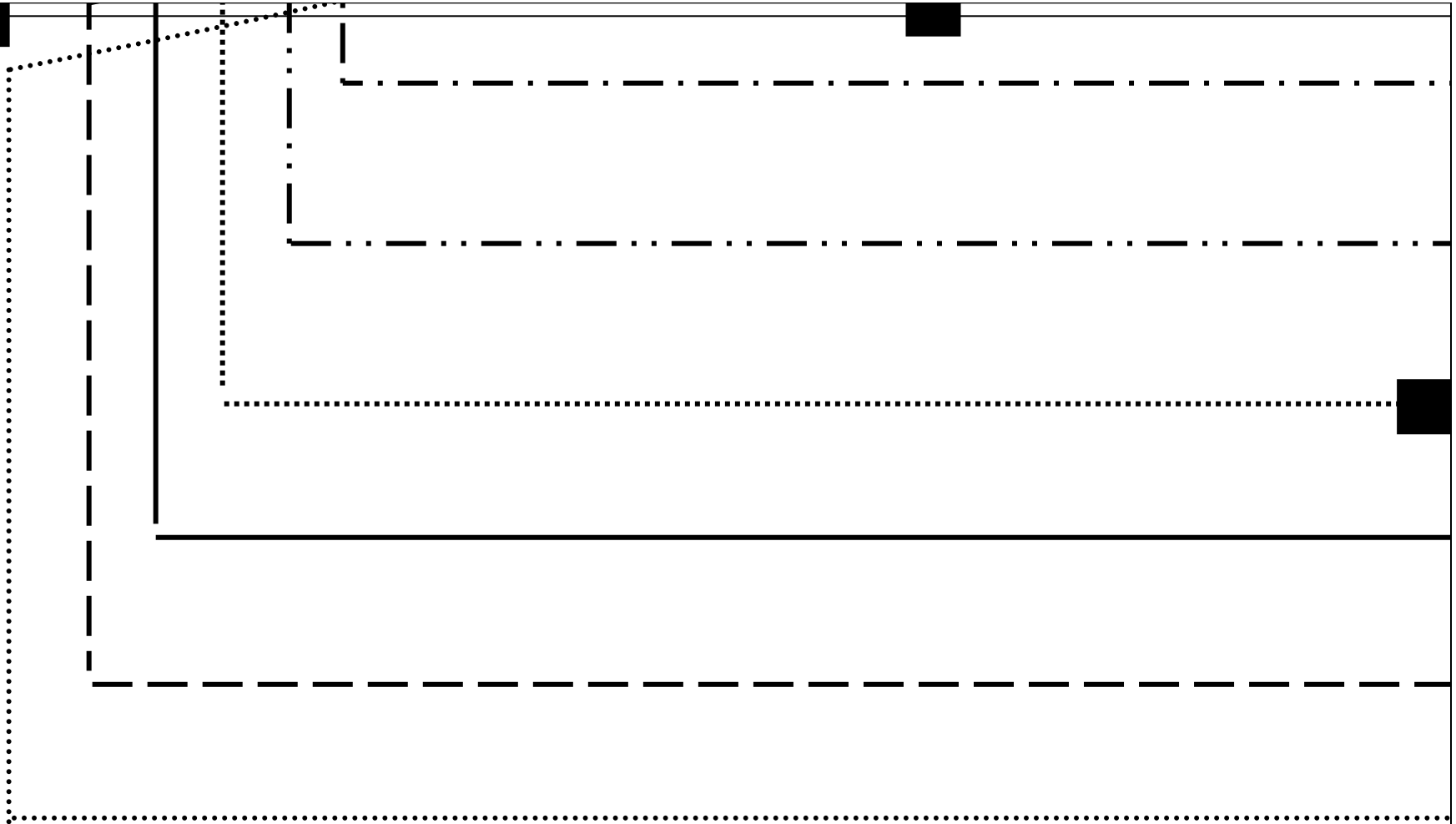
(Unless marked, all seams are 1/4")



1"

1
2
3
4
5
6

C



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D

7

8

1"



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