



The sweat dress MILA

Measurements and sizes

Centimeters	34	36	38	40	42	44	46	48	50	52	54
Height	167	167	167	168	168	168	168	168	168	169	169
Chest girth	80	84	88	92	96	100	104	108	114	120	126
Waist girth	60	65	70	75	80	85	90	95	100	105	110
Hip girth	86	90	94	98	102	106	110	114	120	126	132
Shoulder to waist	40.4	40.6	40.9	41.1	41.3	41.5	41.7	41.9	42.1	42.3	42.5
Arm length	59.3	59.7	60	60.2	60.4	60.6	60.8	61	61.1	61.2	61.3
Inches	34	36	38	40	42	44	46	48	50	52	54
Height	65 3/4	65 3/4	65 3/4	66 1/8	66 1/8	66 1/8	66 1/8	66 1/8	66 1/8	66 1/2	66 1/2
Chest girth	31 1/2	33 1/8	34 5/8	36 1/4	37 3/4	39 3/8	41	42 1/2	44 7/8	47 1/4	49 5/8
Waist girth	23 5/8	25 5/8	27 1/2	29 1/2	31 1/2	33 1/2	35 3/8	37 3/8	39 3/8	41 3/8	43 1/4
Hip girth	33 7/8	35 3/8	37	38 5/8	40 1/8	41 3/4	43 1/4	44 7/8	47 2/8	49 5/8	52
Shoulder to waist	15 7/8	16	16 1/8	16 1/8	16 1/4	16 3/8	16 3/8	16 1/2	16 5/8	16 5/8	16 3/4
Arm length	23 3/8	23 1/2	23 5/8	23 3/4	23 3/4	23 7/8	23 7/8	24	24	24 1/8	24 1/8

What you will need

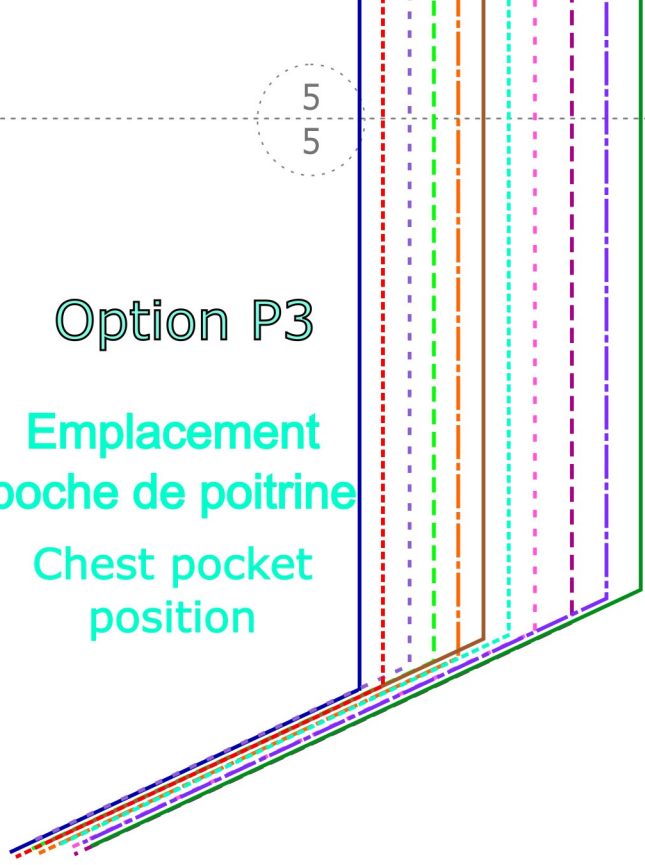
Meters	Main fabric						Ribbing	
	Version robe		Version tunique		Tunique manches courtes sans col			
Fabric width	140 cm	110 cm	140 cm	110 cm	140 cm	110 cm	140 cm	110 cm
34	1.90	2.80	1.80	2.55	1.15	1.80	0.15	
36	1.90	2.85	1.80	2.60	1.15	1.85		
38	2.00	3.00	1.90	2.75	1.35	1.95		
40	2.00	3.00	1.90	2.75	1.35	1.95		
42	2.05	3.05	1.90	2.80	1.65	2.00		
44	2.05	3.10	1.90	2.85	1.75	2.00		
46	2.60	3.20	2.35	2.95	1.90	2.00		
48	2.60	3.25	2.35	3.00	1.90	2.00		
50	2.75	3.30	2.50	3.05	1.95	2.05		
52	2.85	3.35	2.60	3.10	2.00	2.05		
54	2.85	3.40	2.60	3.15	2.00	2.05		
Yards	Main fabric						Ribbing	
Fabric width	54"	42"	54"	42"	54"	42"	54"	42"
34	2 1/8	3 1/8	2	2 3/4	1 1/4	2	0,15	
36	2 1/8	3 1/8	2	2 7/8	1 1/4	2		
38	2 1/4	3 1/4	2 1/8	3	1 1/2	2 1/8		
40	2 1/4	3 1/4	2 1/8	3	1 1/2	2 1/8		
42	2 1/4	3 3/8	2 1/8	3 1/8	1 7/8	2 1/4		
44	2 1/4	3 3/8	2 1/8	3 1/8	1 7/8	2 1/4		
46	2 7/8	3 1/2	2 5/8	3 1/4	2 1/8	2 1/4		
48	2 7/8	3 5/8	2 5/8	3 1/4	2 1/8	2 1/4		
50	3	3 5/8	2 3/4	3 3/8	2 1/8	2 1/4		
52	3 1/8	3 5/8	2 7/8	3 3/8	2 1/4	2 1/4		
54	3 1/8	3 3/4	2 7/8	3 1/2	2 1/4	2 1/4		

6mm (1/4") seam allowance included

5
5

Option P3

Emplacement
poche de poitrine
Chest pocket
position



FOLD
PLI

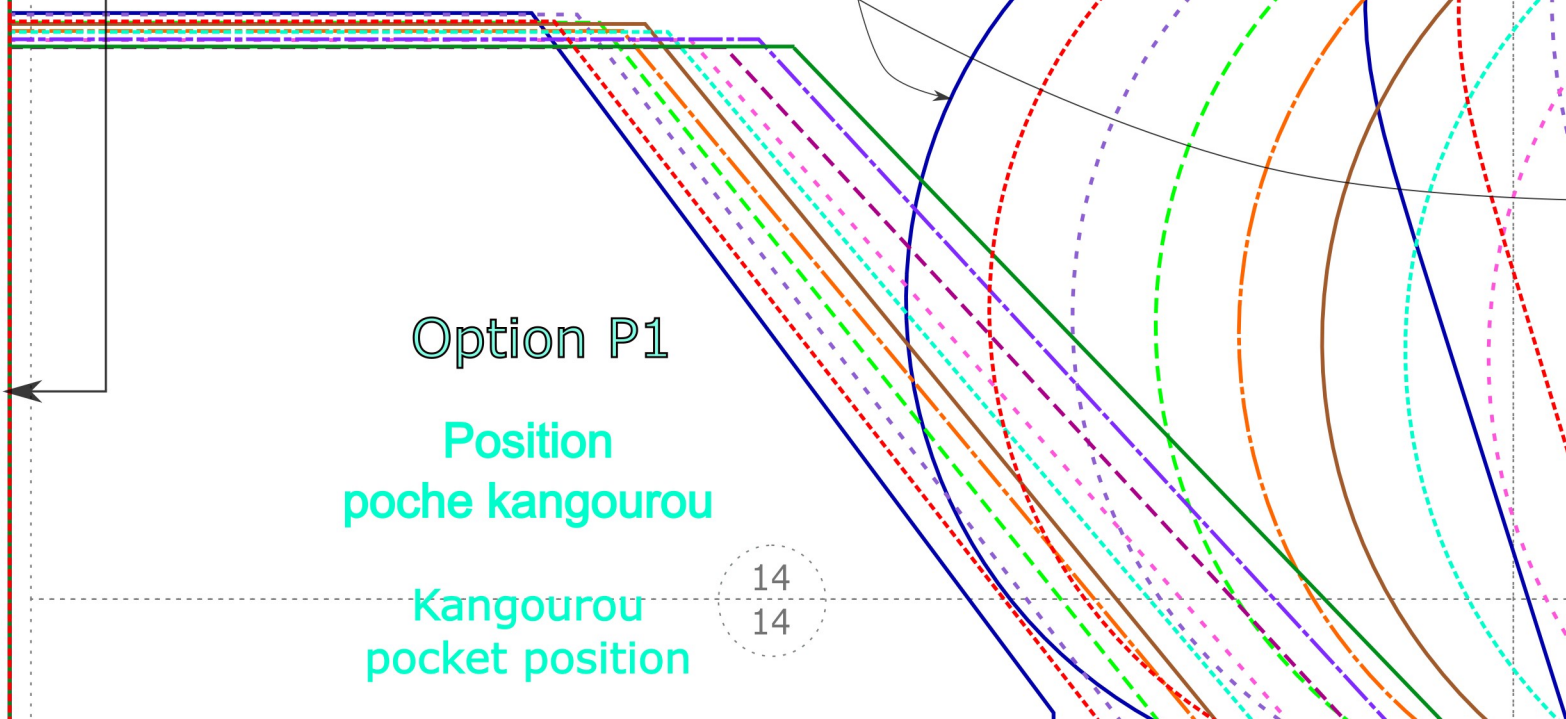
Ligne de modification de stature
Lengthen/shorten line

10
10

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Option P2H

Poches de côté hautes :
coupez suivant l'arrondi
High side pockets : cut
along the curve



Option P1

Position
poche kangourou

Kangourou
pocket position

14
14

Using the notches on the Back and the Sleeves, pin the first sleeve, with RS together, on body.



Sew with an overlock stitch 6mm (1/4") from raw edge.

Repeat for second sleeve.



When assembling 2 pieces that don't lay perfectly flat on each other, typically a sleeve and a body, don't be shy with pins: use as many as needed to make the edges match all along the seam.

To avoid wrinkles appearing around the sleeve seam while stitching, I like to sew this seam with the body on top, and the sleeve facing down.

With RS together, pin the sides of Front and Back, from the sleeve cuff to waist, matching the armpit seams.

Sew with an overlock stitch 6mm (1/4") from edge, to close the body and the sleeve with one seam.

Repeat for other side.

