I love the 90's dress pattern

Style and Comfort

baby doll style
side seam pockets
arched bodice
Contents

Read the pattern before you begin to set yourself up for a successful project.

Find the pages you are looking for using the following guide.

Fabric Recommendations..........3
How To Measure...................4
Size Chart................................5
Glossary................................6
Supply List.............................7
Fabric Requirement Chart........7
Stretch Guide........................8
Printing Instructions..............9-10
Pattern Assembly Diagram.......11
Tips & Suggestions..................12
Pattern Instruction...............13-23
Tester Model Pictures.............24
Full Bust Adjustment..............25-26
Side Waist Adjustment............27-29
Questions and Contact............30
Pattern Pieces.....................31-64
Fabric RECOMMENDATIONS

The I Love the 90's Dress pattern is a modern spin on the classic baby doll style dress. You will love how comfortable this dress is!

This pattern is most successful when 50%, 4-way stretch knit fabrics with good recovery are used. If the fabric has much more than 50% stretch, the garment may fit looser and appear less structured. If much less stretch, then the garment will fit tighter and will not drape as well.

WHAT IS THE DIFFERENCE BETWEEN 2-WAY AND 4-WAY STRETCH KNIT?

Most knit fabrics have stretch. Some knits have four-way stretch (both horizontal and vertical), and others have two-way stretch (horizontal only). Two-way stretch fabrics are said to be more “stable” than four-way stretch fabrics.

Check for fabric recovery after stretching. When the fabric is released, it should spring back to its original size. If the fabric remains distorted, it will likely stretch out of shape with handling and wear and should be avoided.
HOW TO MEASURE

Chest/Bust: Measure the horizontal circumference, around the body taken under the arms and across the fullest part of the chest/bust apex with bra on.

Upper Bust: Measure across the upper chest around the body, taken under the arms and above the fullest part of the chest including the lower portion of the shoulder blades.

**Note:** If your upper bust measurement differs 3” or more from your bust size, it is highly recommended to do a bust adjustment for proper fit. See pages 25-26 for information on how to do this. For a tutorial on how to adjust your pattern for your height see page 27.

Waist: Measure the minimum horizontal circumference around the body at waist level.

Hips/Seat: Measure the maximum horizontal circumference around the body at hip height.

Height: Measure the vertical distance from the crown of the head to the floor taken with the subject standing and without shoes. See page 27-29 for a height adjustment tutorial.

---

Body measurements
“Measure twice, cut once for a great fit.”

### Size Chart

<table>
<thead>
<tr>
<th>SIZE</th>
<th>BUST</th>
<th>WAIST</th>
<th>HIPS/SEAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>XXS</td>
<td>29” - 32.5”</td>
<td>23.5” - 24.75”</td>
<td>33.5” - 35.5”</td>
</tr>
<tr>
<td>XS</td>
<td>33” - 34”</td>
<td>25” - 26”</td>
<td>35.75” - 37.25”</td>
</tr>
<tr>
<td>SM</td>
<td>34.25” - 35.25”</td>
<td>26” - 27”</td>
<td>37.5” - 38.25”</td>
</tr>
<tr>
<td>MED</td>
<td>35.5” - 36.25”</td>
<td>27” - 28”</td>
<td>38.5” - 39.25”</td>
</tr>
<tr>
<td>LG</td>
<td>36.5” - 39.5”</td>
<td>28.25” - 31.5”</td>
<td>39.5” - 42.5”</td>
</tr>
<tr>
<td>XL</td>
<td>40” - 42.5”</td>
<td>32” - 36.5”</td>
<td>43” - 46”</td>
</tr>
<tr>
<td>XXL</td>
<td>43” - 44.5”</td>
<td>36.75” - 40.5”</td>
<td>46.5” - 49”</td>
</tr>
<tr>
<td>2XL</td>
<td>45” - 48.5”</td>
<td>41” - 45”</td>
<td>50” - 53”</td>
</tr>
<tr>
<td>3XL</td>
<td>49” - 52.5”</td>
<td>45.5” - 48”</td>
<td>53.5” - 56.5”</td>
</tr>
<tr>
<td>4XL</td>
<td>53” - 56”</td>
<td>48.5” - 51”</td>
<td>57” - 59”</td>
</tr>
<tr>
<td>5XL</td>
<td>57” - 60”</td>
<td>52” - 56”</td>
<td>60” - 63”</td>
</tr>
<tr>
<td>6XL</td>
<td>61” - 63”</td>
<td>57” - 60”</td>
<td>64” - 67”</td>
</tr>
</tbody>
</table>
Take a moment to familiarize yourself with some sewing terms that might be used in this tutorial.

**Armscye**
The armscye is the opening in the bodice to which the sleeve is attached.

**Casing**
A casing is a fabric tunnel through which elastic or a drawstring can be threaded to pull in or draw up the fabric.

**Face**
The “front” of a piece of fabric having a distinct front and back; same as right side.

**Facing**
A facing is fabric used to finish the raw edges of a garment such as at neckline and armhole. Shaped facings are cut to match the edge they will face, and bias facings are strips of fabric cut on the bias or cross-grain and shaped to fit edge.

**Gather**
Gathering is a technique for shortening the length of a strip of fabric so that the longer piece can be attached to a shorter piece. It is commonly used in clothing to manage fullness, as when a full sleeve is attached to the armscye or cuff of a shirt, or when a skirt is attached to a bodice. In simple gathering, parallel rows of running stitches are sewn along one edge of the fabric to be gathered. The stitching threads are then pulled or “drawn up” so that the fabric forms small folds along the threads.

**Hem**
1. To hem a piece of cloth (in sewing), a garment worker folds up a cut edge, folds it up again, and then sews it down. The process of hemming thus completely encloses the cut edge in cloth, so that it cannot unravel.
2. A hem is also the edge of cloth hemmed in this manner.

**Lining**
1. Lining is an inner layer of fabric, fur, or other material that provides a neat finish; conceals seam allowances, interfacing, and construction details; and allows a garment to slip on and off easily.
2. The process of inserting a lining layer.

**Overlay**
The top layer of fabric when a different fabric is underneath. Lace will often be an overlay and have a lining under to prevent being see through.

**Right Side**
The “front” of a piece of fabric having a distinct front and back; same as face. Sometimes called the “public” side or “main” fabric.

**Seam**
A seam, in sewing, is the line where two pieces of fabric are held together by thread.

**Seam Allowance**
A seam allowance is the area between the edge of fabric and the stitching line on two (or more) pieces of material being stitched together. Seam allowances can range from 1/4 inch wide (6.35 mm) to as much as several inches. Commercial patterns for home sewers have seam allowances ranging from 1/4 inch to 5/8 inch.

**Serging**
Serging is the binding-off of an edge of cloth.

**Stitch**
A stitch is a single turn or loop of the thread or yarn in sewing, knitting, and embroidery. Sewing machine stitches are classified by their structure: chain stitch, made with one thread; lockstitch, made with two threads; and overlock, made with one to four threads.

**Trim**
Trim or trimming in clothing and home decorating is applied ornamentation such as gimp, passementerie, ribbon, ruffles, or, as a verb, to apply such ornament.

**Wrong Side**
The “back” of a piece of fabric having a distinct front and back.
### Supplies Needed

- Rotary cutter and mat - Trust me this is a must have!! Try it out, you will never go back!
- Fabric - see recommendation on page 3
- All purpose thread for sewing machine
- 2 cones regular serger thread - if using a serger for needles
- 2 cones stretch serger thread - if using a serger for loopers
- Clips/Pins – ballpoint for knit
- Sewing machine
- Scissors
- Iron and ironing board
- Ballpoint needles
- Printer and paper
- Tape or glue stick

### Fabric Requirements in Yards

<table>
<thead>
<tr>
<th></th>
<th>XXS</th>
<th>XS</th>
<th>SM</th>
<th>MED</th>
<th>LG</th>
<th>XL</th>
<th>XXL</th>
<th>2XL</th>
<th>3XL</th>
<th>4XL</th>
<th>5XL</th>
<th>6XL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bodices</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>5/8</td>
<td>5/8</td>
<td>5/8</td>
</tr>
<tr>
<td>Bodice Lining</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
<td>5/8</td>
<td>5/8</td>
<td>5/8</td>
</tr>
<tr>
<td>Pockets</td>
<td>1/4</td>
<td>1/4</td>
<td>1/4</td>
<td>1/4</td>
<td>1/4</td>
<td>1/4</td>
<td>1/4</td>
<td>1/4</td>
<td>1/4</td>
<td>1/4</td>
<td>1/4</td>
<td>1/4</td>
</tr>
<tr>
<td>Short Sleeves</td>
<td>1/3</td>
<td>1/3</td>
<td>1/3</td>
<td>1/3</td>
<td>1/3</td>
<td>1/3</td>
<td>1/3</td>
<td>1/3</td>
<td>1/3</td>
<td>1/2</td>
<td>1/2</td>
<td>1/2</td>
</tr>
<tr>
<td>Skirt</td>
<td>3/4</td>
<td>3/4</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

Yards To Meters

- 1/4 yard = 0.23 meter
- 1/2 yard = 0.46 meter
- 5/8 yard = 0.58 meter
- 3/4 yard = 0.69 meter
- 7/8 yard = 0.80 meter
- 1 yard = 0.92 meter

Copyright @ 2019 Ellie and Mac

No reproduction of any kind is allowed
These pattern pages are trimless. They are designed to touch the corresponding page against either the blue lines if printing letter, or the pink dotted lines if using A4. There are no frames and no trimming is required.
CUTTING TIPS

You may need to fold small sections at a time or cut pieces out separately to ensure that all pattern pieces are cut “on grain.” If the lengthwise fold or crease remains after prewashing and steaming, it is likely to be permanent. Fold knit in such a way as to avoid the crease when cutting. Do not let knit fabric hang over the edge of the cutting table. The weight of the fabric will cause it to be distorted. Roll extra fabric up along one end to prevent fabric overhang.

Lay out all pattern pieces going the same direction by following the “grainline” layout. Use fabric weights or use ballpoint or sharp, fine pins along seam allowances to secure pattern pieces for cutting. Be careful not to stretch fabric while cutting. A rotary cutter and mat make cutting out knits easy and eliminates movement and distortion.

Pressing Tips
Knits do not require a lot of pressing during construction, another reason that makes them quick to sew. When pressing is needed, test on fabric scraps for the correct amount of steam, heat, and pressure. Remember to press and not iron the fabric. To prevent the fabric from being flattened too much, place the fabric on a terry towel and use a press cloth.

-Article By Rose Marie Tondl

Fit TEST

Always sew a fit test of your pattern before cutting into that fabric that you have been dreaming about using ever since you laid eyes on it. Using a muslin, a cheap fabric of the same requirement the pattern recommends, allows you to see how the pattern fits you and point out any alterations you might need to fit your body just right. We all know that our fabulous bodies come in many different shapes. For this reason a fit test is highly recommended for best results.
BACK BODICE
CUT TWO

4 cm X 4 cm
1”X1”

*MAXIMUM STRETCH

*50% STRETCH, 4 WAY STRETCH REQUIRED

I Love The 90’s Dress
ADULT - 2019