

# ALEXANDRA DRESS

**SIZES**  
**6-32**

US 4-30  
RUS 40-66

**DRESS A**

FRONT



BACK



**DRESS B**

FRONT



BACK



сборочка на  
тали и  
летящая  
юбка



2 варианта  
рукава и  
карманы

# ALEXANDRA DRESS

Sew a chic yet comfortable tea dress with a gathered waist, two sleeve options and a statement collar.

## PACK INCLUDES

- Pattern sheets x4
- Instruction sheet

## YOU WILL NEED

Sizes 6–16 (150cm wide fabric only):

- 4mx150cm for Dress A
- 4.5mx150cm for Dress B
- Interfacing: 50x90cm

Sizes 18–32 (150cm wide fabric only):

- 4.9mx150cm for Dress A
- 5.4mx150cm for Dress B
- Interfacing: 50x90cm

For all styles:

- 2cm wide elastic enough for two cuffs
- Hook and eye
- Matching thread
- Basic sewing kit

## NOTES

- We strongly suggest you pick your size

based on your bust measurement if you fall between sizes, as the rest of the garment is non-fitted.

- Sizes 6-16 have been drafted with a B cup bodice, and sizes 18-32 have been drafted with a D cup bodice.
- The 18-32 size band has a wider bicep and deeper armhole.
- TIP: for a round tummy in the higher sizes, add three inches to the hem.

## RECOMMENDED FABRICS

- Viscose, linen, chambray, double gauze, crepe de chine, light to medium weight rayon, Tencel, bamboo.
- For beginners, try a cotton poplin or lawn for a crisp summer dress that's easy to handle under the machine.
- For a luxury look, why not try a lovely silk dupion, velvet or even a medium weight broderie anglaise.

к европейскому размеру прибавляем 6

SIZE	UK	6	8	10	12	14	16	18	20	22	24	26	28	30	32
	US	4	6	8	10	12	14	16	18	20	22	24	26	28	30
	Европа	34	36	38	40	42	44	46	48	50	52	54	56	58	60
TO FIT BUST	cm	79	84	89	94	99	106	113	120	125	130	135	140	145	150
	in	31	33	35	37	39	42	45	47	49	51	53	55	57	59
TO FIT WAIST	cm	58	63	68	73	78	85	92	99	104	109	114	119	124	129
	in	23	25	28	29	31	34	36	39	41	43	45	47	49	51
TO FIT HIPS	cm	86	91	96	101	106	113	120	127	132	137	142	147	152	157
	in	34	36	38	40	42	45	47	50	52	54	56	58	60	62

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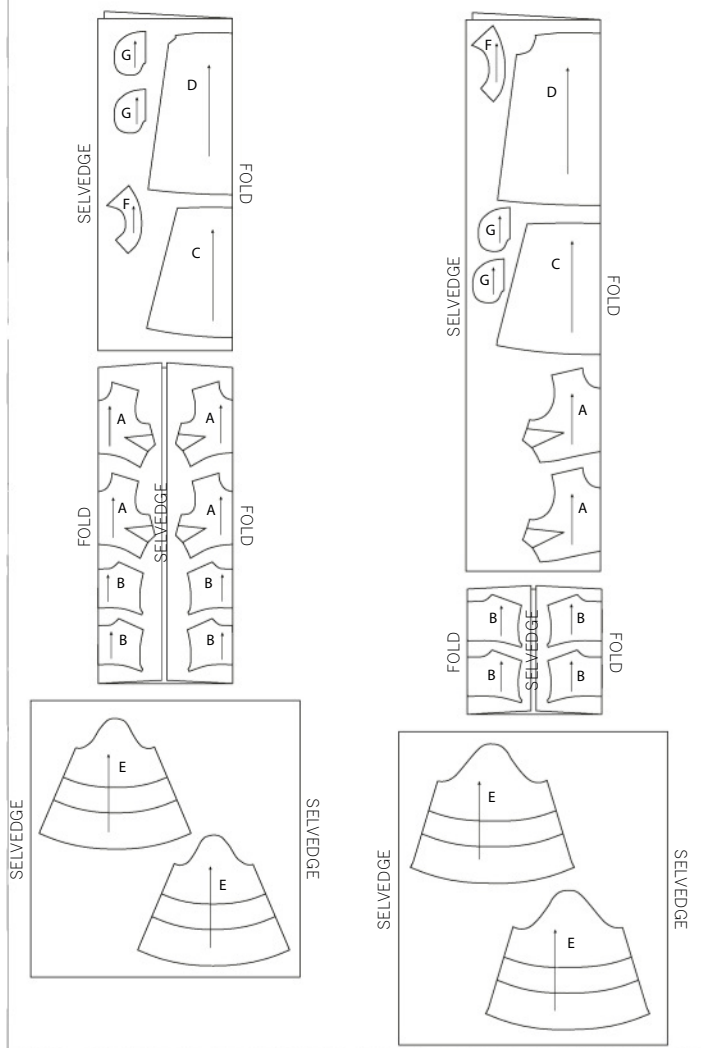
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FINISHED GARMENT FITTED MEASUREMENTS

SIZE	UK	6	8	10	12	14	16	18	20	22	24	26	28	30	32
	US	4	6	8	10	12	14	16	18	20	22	24	26	28	30
	EUR	34	36	38	40	42	44	46	48	50	52	54	56	58	60
BUST	cm	100.2	105.2	110.2	115.2	120.2	125.2	133.8	138.8	143.8	148.8	153.8	158.8	163.8	168.8
	in	39½	41½	43¾	45¾	47¾	49¾	52½	54¾	56¾	58½	60½	62½	64½	66½
WAIST	cm	96.2	101.2	106.2	111.2	116.2	121.2	125.2	130.2	135.2	140.2	145.2	150.2	155.2	160.2
	in	37¾	39¾	41¾	43¾	45¾	47¾	49¾	51¼	53¼	55¼	57¾	59¾	61¾	63
HIPS	cm	122	127	132	137	142	147	153	158	163	168	173	178	183	188
	in	48	50	52	54	56	58	60¼	62¼	64	66	68	70	72	74
BICEP SLEEVE B AND A	cm	34.2	35.8	37.4	39	40.6	42.2	47.6	49.2	50.8	52.4	54	55.6	57.2	58.8
	in	13½	14	14¾	15¾	16	16¾	18¾	19¾	20	20¾	21¼	21¾	22½	23¾
SLEEVE LENGTH B	cm	65.4	65.9	66.4	66.9	67.4	67.9	68.1	68.6	69.1	69.6	70.1	70.6	71.1	71.6
	in	25¾	26	26¾	26¾	26½	26¾	26¾	27	27¼	27½	27¾	27¾	28	28¾
SLEEVE LENGTH A	cm	45.7	46.2	46.7	47.2	47.7	48.2	48.3	48.8	49.3	49.8	50.3	50.8	51.3	51.8
	in	18	18½	18¾	18½	18¾	19	19	19¼	19½	19¾	19¾	20	20¼	20¾

CUTTING LAYOUTS

DRESS A&B (SIZES 6-16) 150CM WIDE: 4.5m (0.5M LESS FOR SLEEVE A)      DRESS A&B (SIZES 18-32) 150CM WIDE: 5.4m (0.5M LESS FOR SLEEVE A)



STITCHING TERMS

- RS/WS:** Right side/wrong side of the fabric. The right side usually has the print, design or texture and the wrong side is usually plain or duller in appearance.
- Machine tack:** Use a long stitch length to hold a section in place. Don't backstitch at the start and end.
- Finish the seams:** Finish the raw edges with a zigzag stitch or an overlocker
- Press:** Pressing fabric is placing the iron down holding it for a few seconds, lifting it and placing it down again. Ironing is the movement of sliding the iron back and forth to remove creases.
- Understitch:** Stitch close to the seam line usually on the side that will be on the inside of the garment such as the facing. This will hold the seam allowance in place when the garment is worn.
- Stay stitch:** Stitching in areas prone to stretching such as necklines to hold the fabric in shape while it is being worked on.
- Topstitch:** Stitching usually from the right side of the garment to hold seam allowances in place or can be used for decorative purposes.
- Toile:** A test garment, often made from calico or muslin to check the fit or test a pattern before the real fabric is used. Known as a muslin in the US.
- For more sewing terms, visit [gathered.how/sewing-glossary](http://gathered.how/sewing-glossary)**

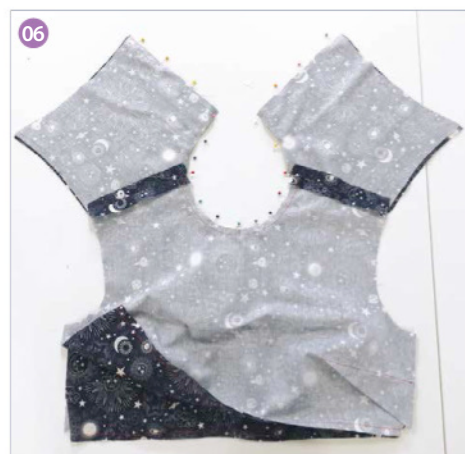
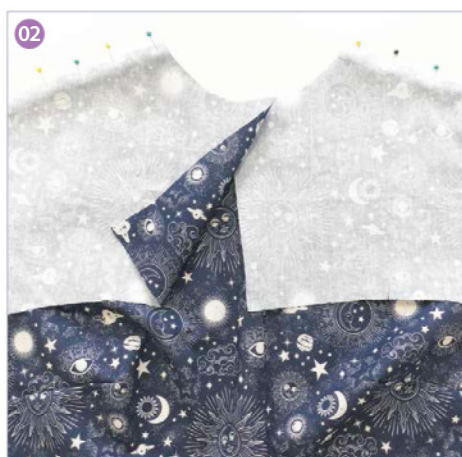
CUTTING OUT

- Step one** From the main fabric, cut:
  - Front Bodice (A):** Two on fold
  - Back Yoke (B):** Two pairs
  - Front Skirt (C):** One on the fold
  - Back Skirt (D):** One on the fold
  - Sleeve (E):** One pair using cutting line for dress A or B
  - Collar (F):** Two pairs
  - Pocket Bag (G):** Two pairs
- Step two** From the interfacing, cut:
  - Collar (F):** One pair <sup>01</sup>

PREPARATION

- Step one** Stay stitch the neckline of both Front Bodice pieces 1cm from the raw

# INDRA DRESS



edge. Repeat this process on the curved waistline of the Front Bodices. One of these pieces will act as the lining.

**Step two** Mark out your darts on the Front Bodice and pin in place with the fabric RS together.

**Step three** Start stitching at the side seam, backstitch, going in the direction of the dart point. Run a few stitches off the fabric when you have reached the point, without backstitching, then tie the loose threads by hand. Repeat for the lining. Press both bust darts down towards the bottom of the bodice. Repeat for the lining. **01**

**Step four** Take a pair of Yoke pieces (one left, one right) and match the shoulder seams to the Front Bodice shoulder seams, RS together. Sew, then press the seam allowances open without finishing off the edges. **02**

**Step five** Take the other pair of Yoke pieces (one left, one right) and match the shoulder seams to the second Front Bodice/Lining, RS together. Iron the seam allowances open without finishing off the edges. You should now have two sets of identical looking bodices in front of you – one outer and one lining.

## COLLAR

**Step one** Interface one pair of Collar pattern pieces using an interfacing with a similar weight to your fabric choice. Make sure the interfacing is glue side down (this will feel grainy) on the WS of your fabric. Press the interfacing in place using the manufacturer's instructions.

**Step two** Lay your Collar pieces RS together. Pin in place and sew along the outside edge of the pattern piece, pivoting at the centre front points of the Collar. Once sewn, trim the seam allowance down to 5mm and cut diagonally across the corners of the Collar points to get crisp points. **03**

**Step three** Turn your Collar pieces RS out, using a bamboo pointer to poke out the front corners for a crisp finish. Press the Collar by rolling the seam slightly towards the under Collar for a neat finish. Tack around the open neck edges of

the Collar pieces with a 1cm seam allowance.

**Step four** Place the Collar pieces on the dress neckline the way it will look when finished. Use the centre front notch on the neckline for a central placement. Now pin evenly along the neckline to hold the Collar in position. Stitch in place slightly within the seam allowance. **04**

## DRESS – LINING

If you would like an alternative closure at the back, such as a button and loop or two ribbons, you will need to do so at this stage.

**Step one** Pin the assembled dress lining to the garment's neckline by aligning the necklines and the centre back edges of the Yoke, RS together. **05**

**Step two** If you have attached the Collar, the Collar is now sandwiched in between the garment and the lining. Match the shoulder seams, centre front and centre back first, then pin in between and sew with a regular seam allowance around the neckline as well as the centre back edges of the Yoke. **06**

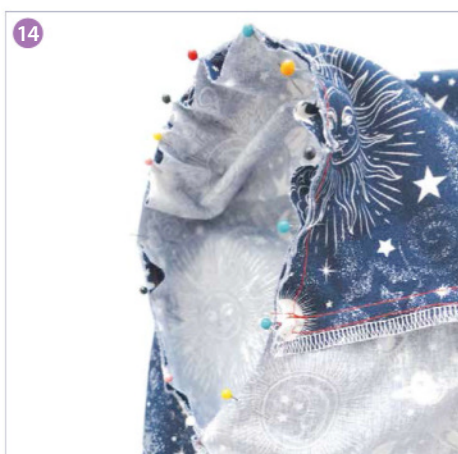
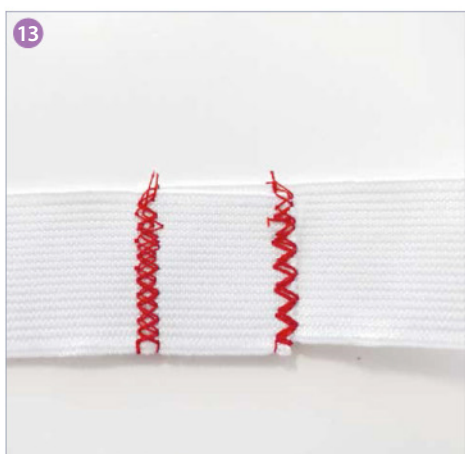
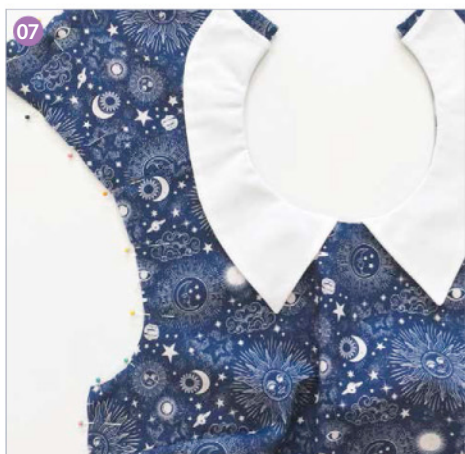
**Step three** Sew around the pinned edge, pivoting at the yoke corner.

**Step four** Trim the seam allowance to 5mm and snip into the neckline's curved seam allowance. Cut the corners of the centre back off diagonally. Turn the lining to the inside and press by rolling the seam of the neckline slightly inwards. Use plenty of steam for a crisp finish. Understitch all around the neckline, as close to the centre back as you can.

## DRESS BODICE ONLY – LINING

**Step one** Machine tack the waist of the outer and inner front bodice together and do the same with the bottom edges of the back Yokes. Use a 1cm seam allowance. Also machine tack the armhole section and the side seam so that it's easier to handle. Your dress bodice can now be handled like a unit. **07**

**Step two** From the outside of your garment, stitch in the ditch of the shoulder seam, catching the shoulder seam of the lining to hold it in place.



## BACK SKIRT

**Step one** Sew two lines of gather stitches along the top edge of the Back Skirt. With RS together, match the top edge of the Skirt to the bottom edge of the Yoke. Make sure the Yoke is centrally positioned, pin, then stitch. The edges of the Yoke should match edge to edge, not overlap. The back of the garment is now in one piece. Press the seam allowances down towards the skirt and overlock them together. <sup>08</sup>

**Step two** Sew two lines of gather stitches along the waist of the Front Skirt. Sew one line on top of the pattern line and one within. Lay the waist of the Front Skirt to the waist of the Front Bodice, RS together. Pin the side edges into position, then match up the centre front of the Skirt to the centre front of the bodice. Once these three pins are in place, carefully pull the gather threads on both sides of the Skirt to create even and neat gathers. Pin in place as well as you can (with lots of vertical pins), sew and press the seam allowances upwards. Overlock together.

**Step three** If adding pockets, first overlock all four side seams of the dress. Overlock around the curved edges of all four pocket pieces (not the straight edges). Lay each of the four Pocket pieces between the notches on the side seams of the Skirt Front and Back, RS together. The Pocket bag should be lying entirely within the skirt. You should have one on each side seam of the Front Skirt, and one on each side seam of the Back Skirt. Stitch the straight edge of the Pocket bag in place on the side seams using a 1cm seam allowance. <sup>09</sup>

**Step four** Flip the Pocket bag out so it's lying outside of the skirt and press the seams towards the Pocket bag. You can understitch the seam allowance of the side seam to the Pocket bag. Your stitch line should sit a few millimetres next to the seam, on the side of the pocket. <sup>10</sup>

**Step five** Turn the dress WS out. Pin the side seams on both sides of the garment, pivoting and pinning around the Pocket bags if you have chosen to insert them. Note that the back Yoke does not line up with the Front Bodice

waist seam. Pin, then sew and overlock the seam allowances. <sup>11</sup>

**Step six** Sew the side seams but don't sew across the straight pocket opening if you have inserted pockets! Pivot as you sew and stitch around the Pocket bag. Press the Pockets towards the front of the dress. <sup>12</sup>

## DRESS B – ONE-PIECE BISHOP SLEEVE

**Step one** Sew two lines of gathering stitches around the Sleeve head.

**Step two** Pin the underarm seam RS together. Sew, then press the seam allowances towards the back of the Sleeve and overlock together. Fold the hem of the Sleeve up by 1cm, press, then by 2.5cm and press. Pin and sew along the folded edge of the channel, leaving a gap to feed your elastic through.

**Step three** Cut your elastic to your desired length (allow for an overlap so you can sew the edges together) and add a safety pin to one end. Using your safety pin, move your elastic through the channel.

**Step four** Once the elastic is through, overlap the edges of the elastic (making sure it's not twisted inside the channel) and pin them together.

**Step five** Stitch in place using a zigzag. <sup>13</sup>

**Step six** Topstitch the remaining gap of the channel shut.

**Step seven** Stitch two lines of gathering stitches along the Sleeve head. Pin the underarm seam with RS together. Sew, then press the seam towards the back. Overlock the raw edges together.

**Step eight** Matching the notches, pin the Sleeve into the armhole with the fabric RS together. Turn the bodice inside out to do this. Start by matching the underarm Sleeve seam to the bodice side seam. Pin in place, gather the Sleeve head, and sew around the armhole. Press the seam allowances towards the Sleeve and overlock the seam allowances together. <sup>14</sup>

## DRESS A – FRILL EDGE SLEEVE

**Step one** Sew two lines of gathering stitches around the Sleeve head. Pin the

# NDRA DRESS



underarm seam RS together. Sew, then press the seam allowances towards the back of the Sleeve and overlock together. **15**

**Step two** Fold the Sleeve hem to the WS by 1cm and press. Fold the Sleeve up again to the fold line on your pattern (or to your personal taste – more will shorten your sleeve, less will lengthen your sleeve) and press. Pin the folded frill section in place on the inside of the Sleeve and press the hem of the frill for a neat finish. Little tucks will appear along the pinned edge – this is okay! Sew these flat – they will not be visible. **16**

**Step three** Sew along the top of the frill, leaving a gap that you will need to fit your elastic through later. Measure 1.5cm down from the top edge of the frill to create a channel for your elastic. Stitch on this 1.5cm line all around the Sleeve.

**Step four** Cut your elastic to your desired length (allow for an overlap so you can sew the edges together) and add a safety pin to one end. Using your safety pin, move your elastic through the channel. Once the elastic is through, overlap the edges of the elastic (making sure it's not twisted) and pin.

**Step five** Stitch in place using a zigzag stitch.

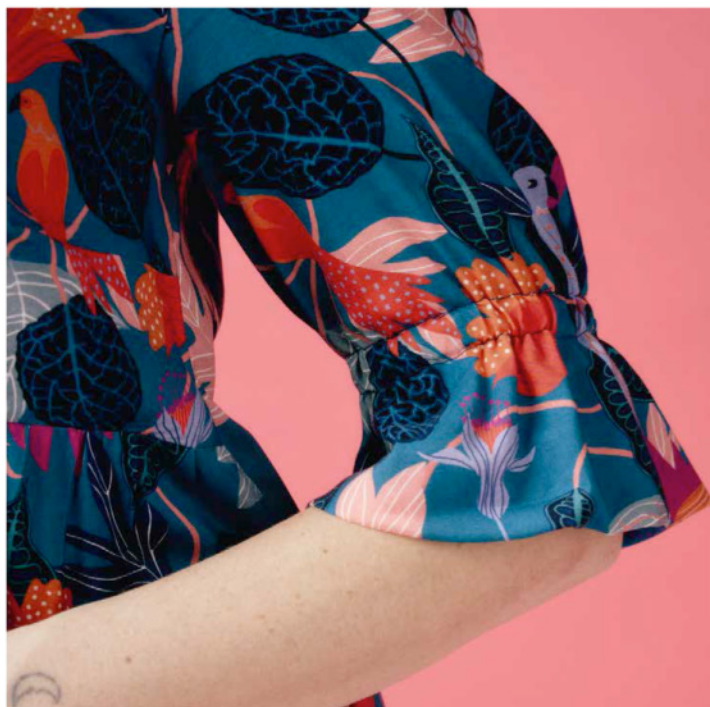
**Step six** Topstitch the remaining gap of the channel shut. Insert the sleeves following step eight of Dress B's sleeve (in the previous section).

## FINISHING

**Step one** Hand sew a hook and eye at the top of the back Yoke to close it. The hook should sit entirely within the garment; it should not be visible from the RS. Make sure you anchor the hook well for secure attachment. The eye should extend a few millimetres from the centre back edge. Make sure you anchor both rounded points of the eye for secure attachment. **17**

**Step two** Press the hem to the inside of the dress/blouse by 1.5cm. Press up again by 1.5cm and pin. Alternatively, you could overlock the raw edge and sew a single 3cm hem. **18**

**Step three** Stitch the hem in place close to the folded edge.



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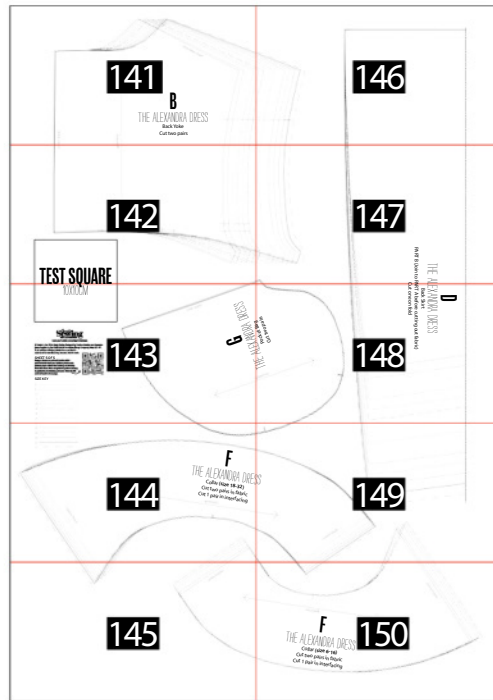
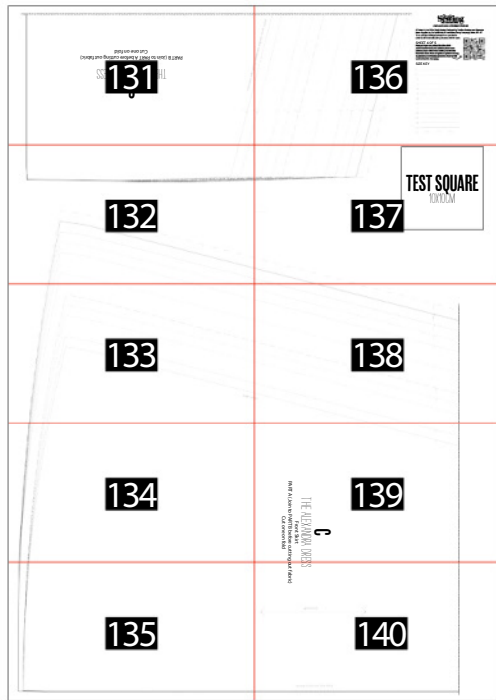
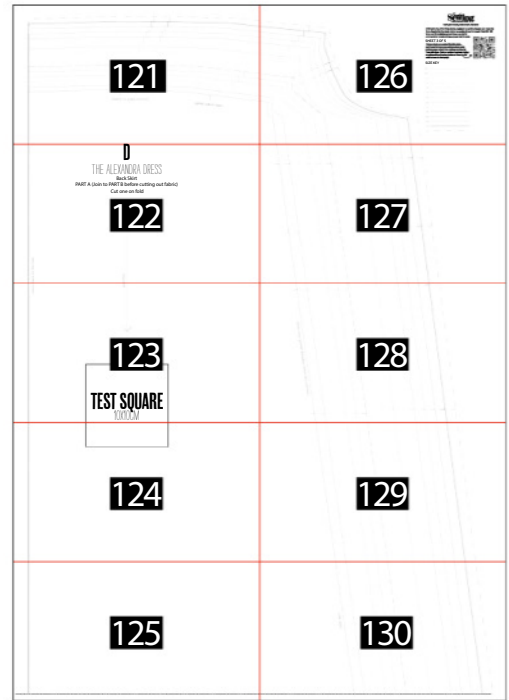
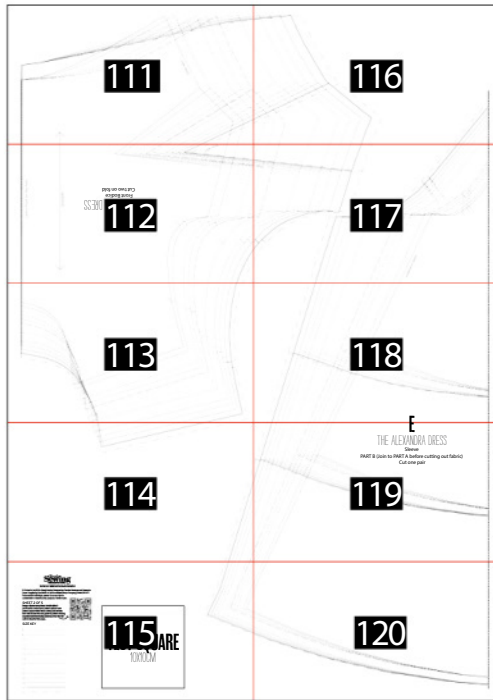
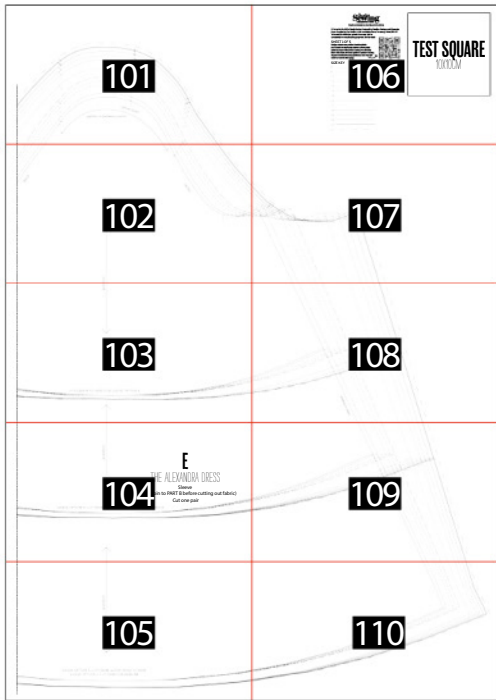
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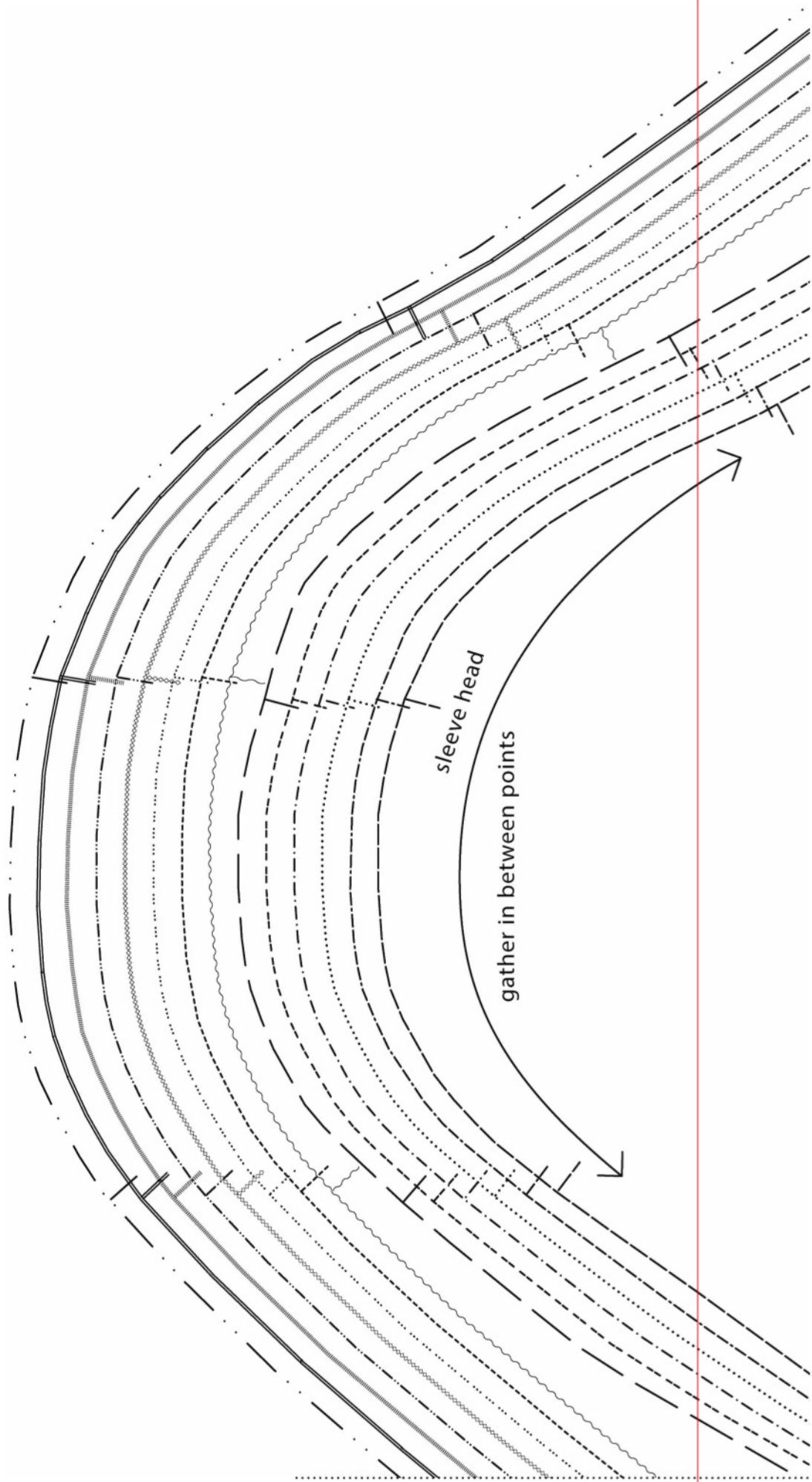
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# HOW TO PRINT THIS PATTERN

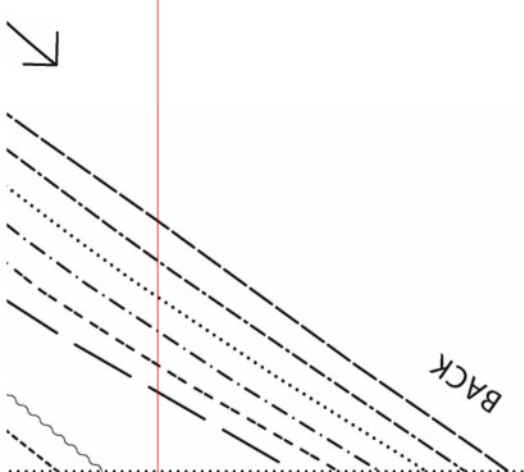
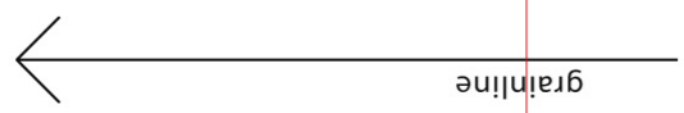
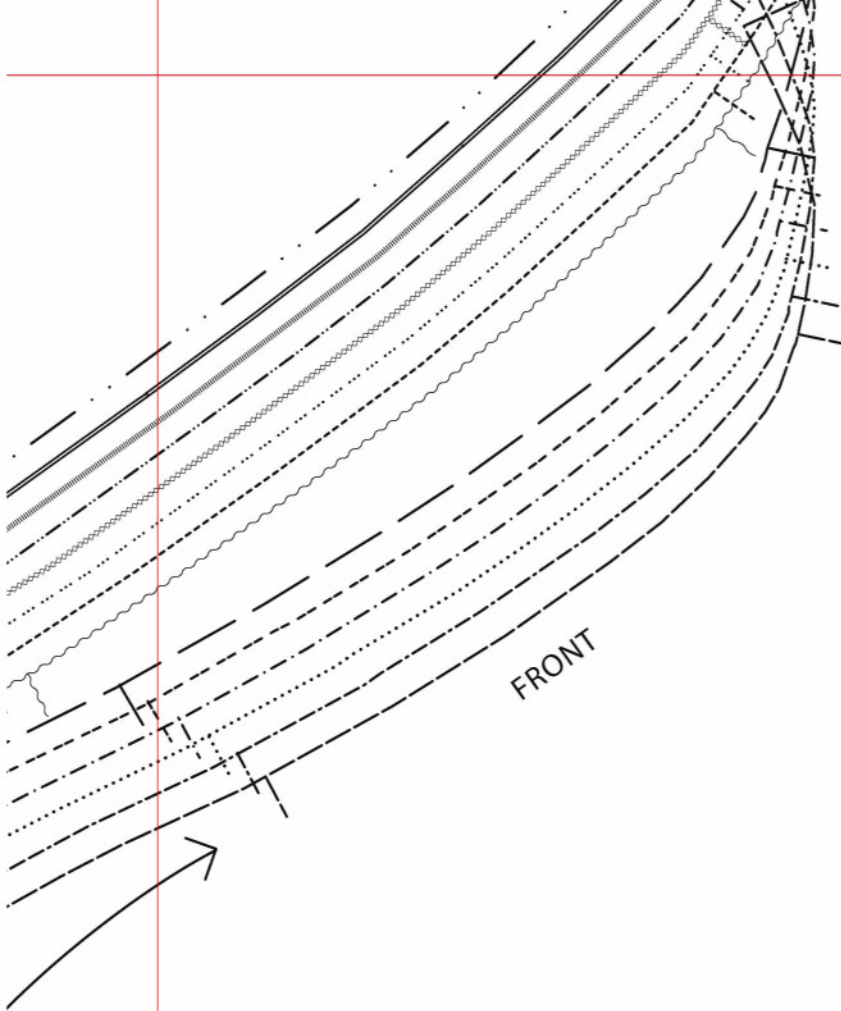
Print out the following pages on A4 paper at 100%.

Overlap the red lines and tape the sheets in place using the guide below.





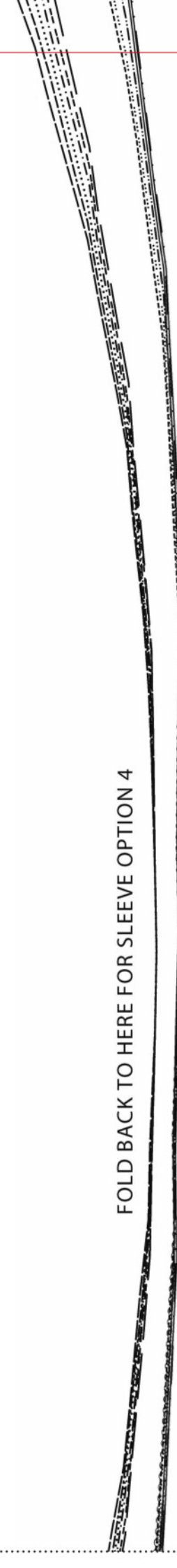




grainline



FOLD BACK TO HERE FOR SLEEVE OPTION 4



**E**

THE ALEXANDRA DRESS

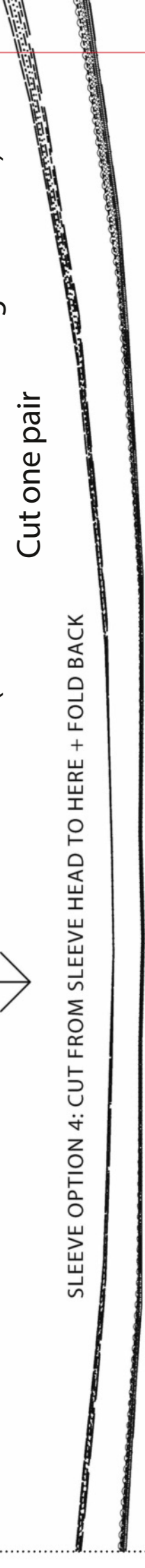
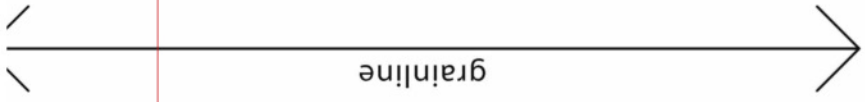
Sleeve

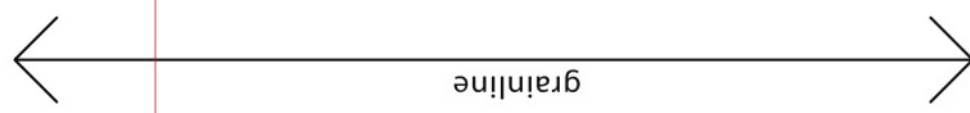
PART A (Join to PART B before cutting out fabric)

Cut one pair

SLEEVE OPTION 4: CUT FROM SLEEVE HEAD TO HERE + FOLD BACK

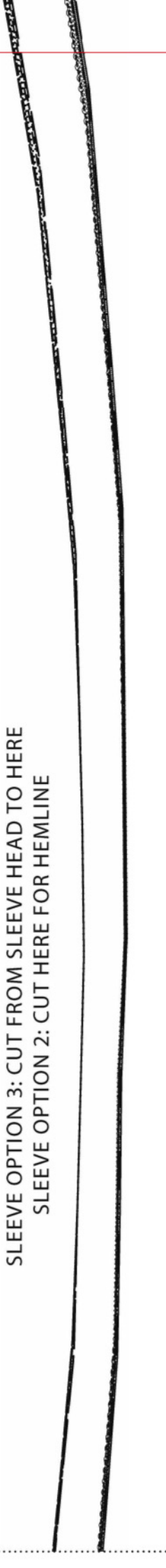
grainline





grainline

SLEEVE OPTION 3: CUT FROM SLEEVE HEAD TO HERE  
SLEEVE OPTION 2: CUT HERE FOR HEMLINE



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**SHEET 1 OF 5**

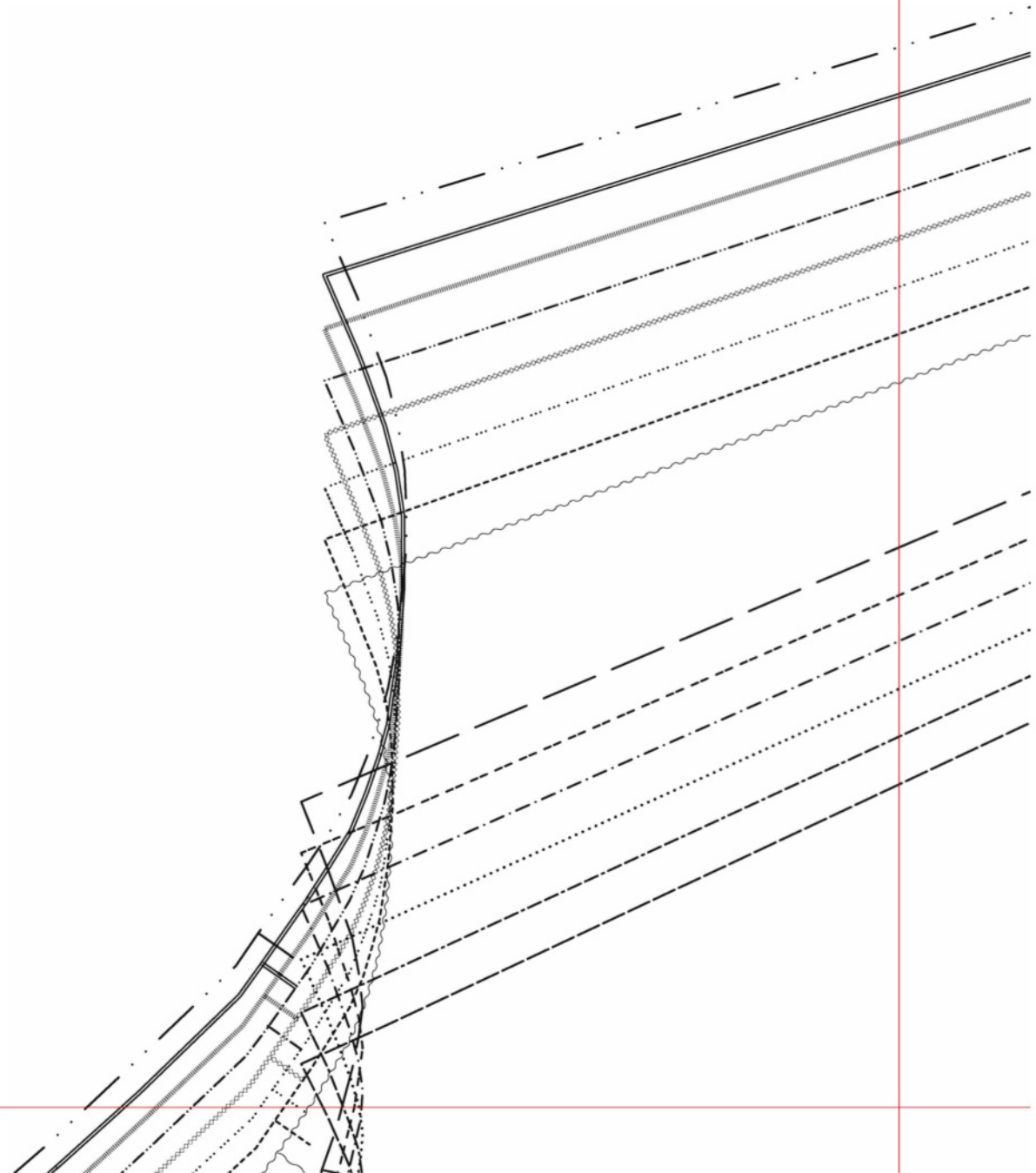
Pattern sheets are printed double sided – you'll need to trace your pattern pieces onto pattern paper rather than cutting out directly from this sheet. Find our guide to pattern tracing at [gathered.how/tracing-patterns](http://gathered.how/tracing-patterns). Scan the QR code to head to that page.

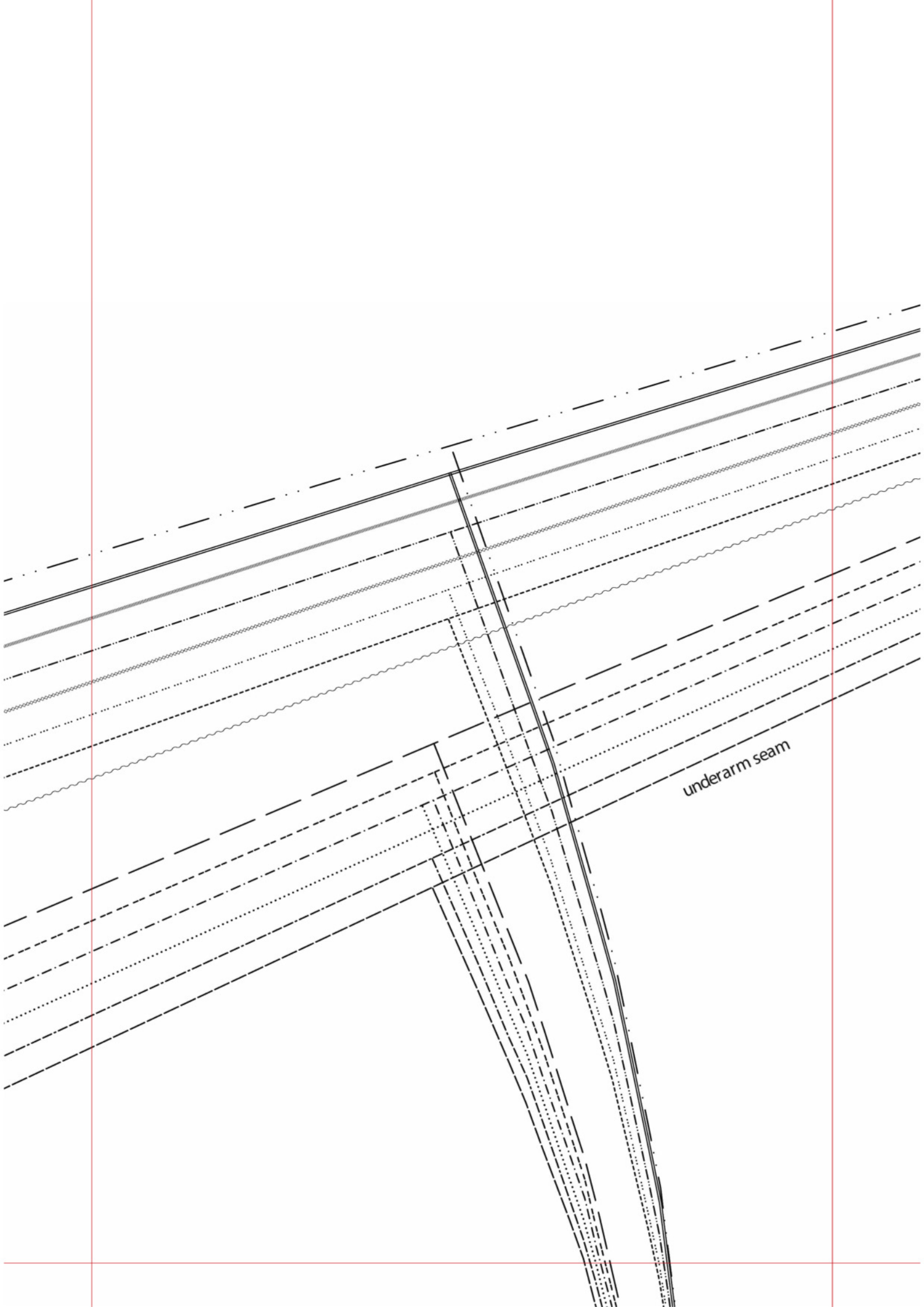
**SIZE KEY**

- 6 ————
- 8 ————
- 10 ..... (dotted line)
- 12 - - - - (dashed line)
- 14 ————
- 16 ————
- 18 ~~~~~~ (wavy line)
- 20 - - - - (dashed line)
- 22 ..... (dotted line)
- 24 ○○○○○○ (dotted line with circles)
- 26 - - - - (dashed line)
- 28 ===== (solid line)
- 30 ===== (solid line)
- 32 . . . . (dotted line)

# TEST SQUARE

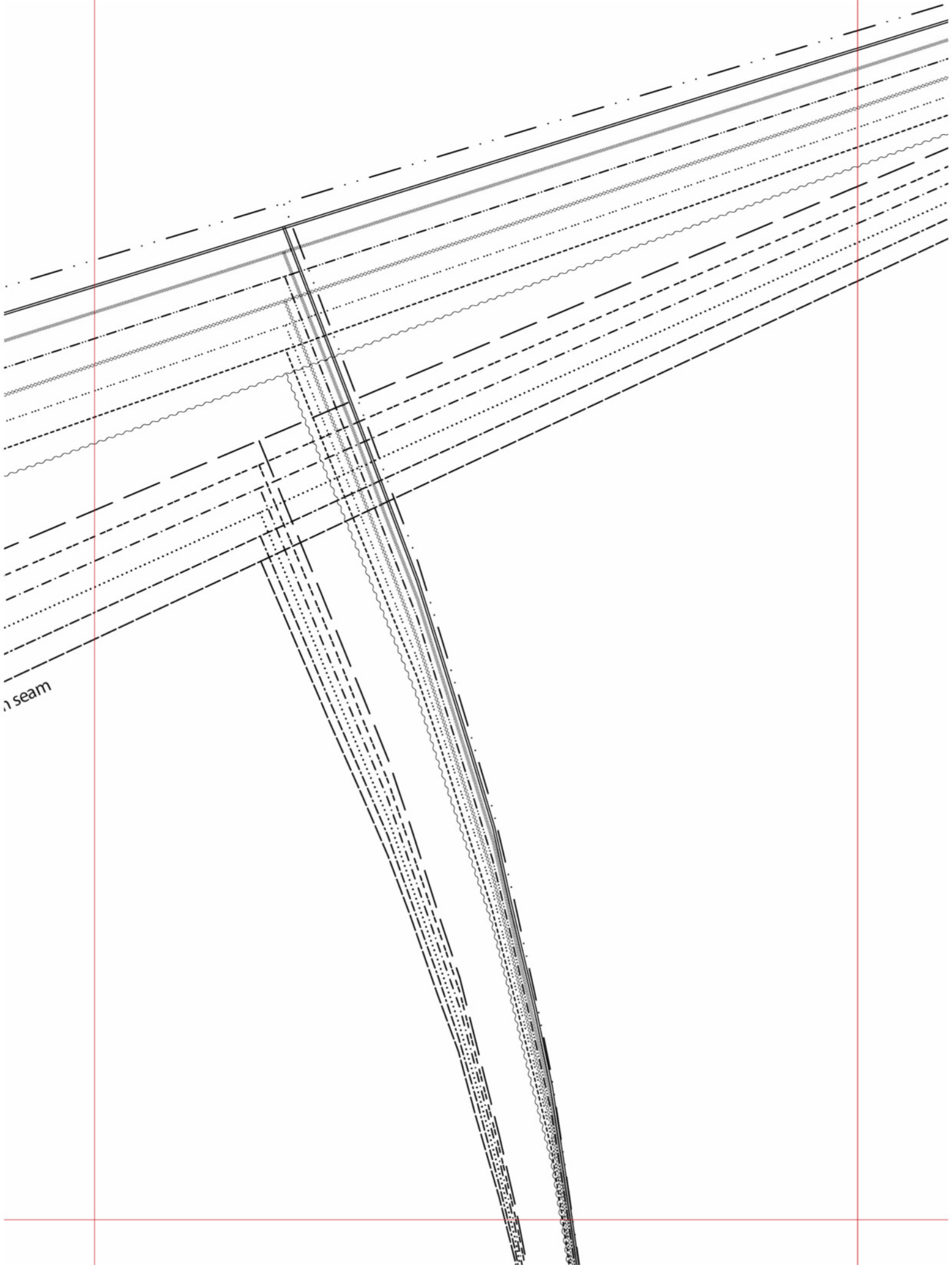
10X10CM



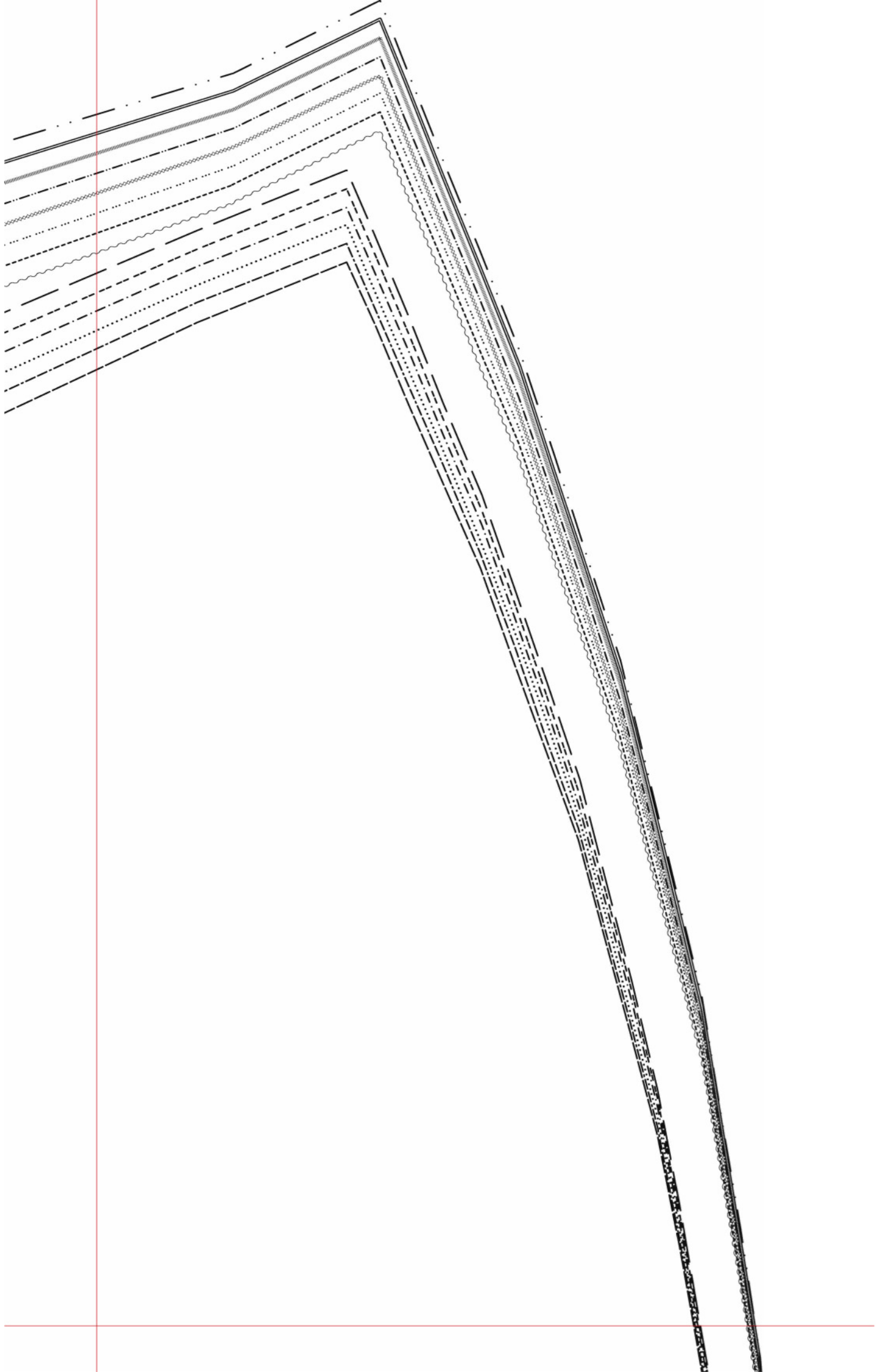


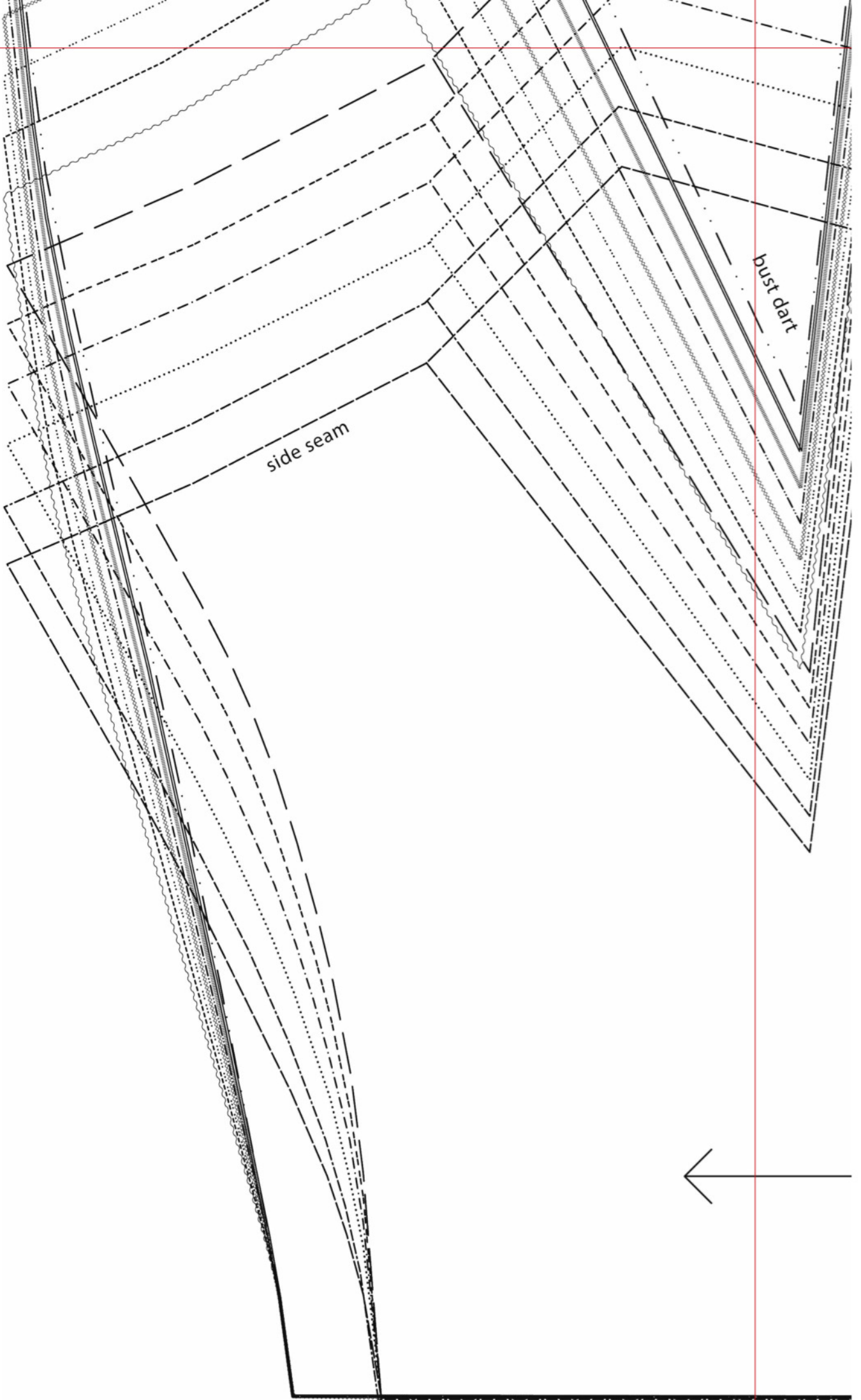
underarm seam

1 seam





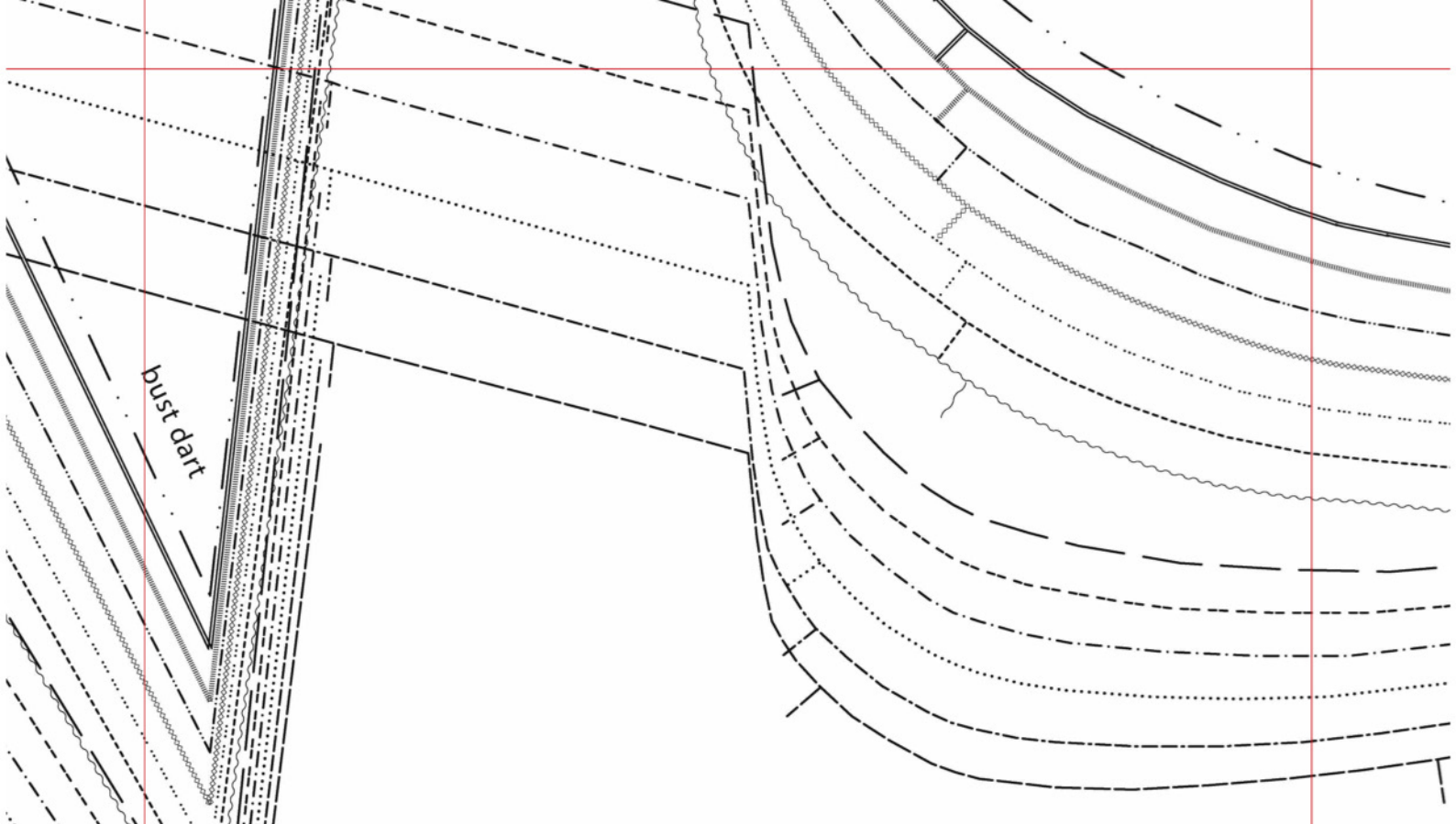




side seam

bust dart





**A**

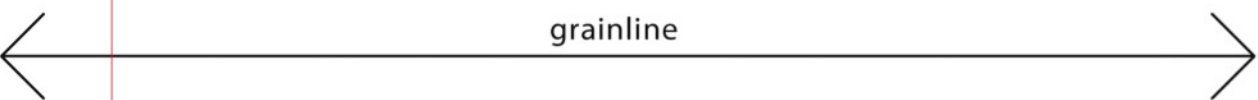
# THE ALEXANDRA DRESS

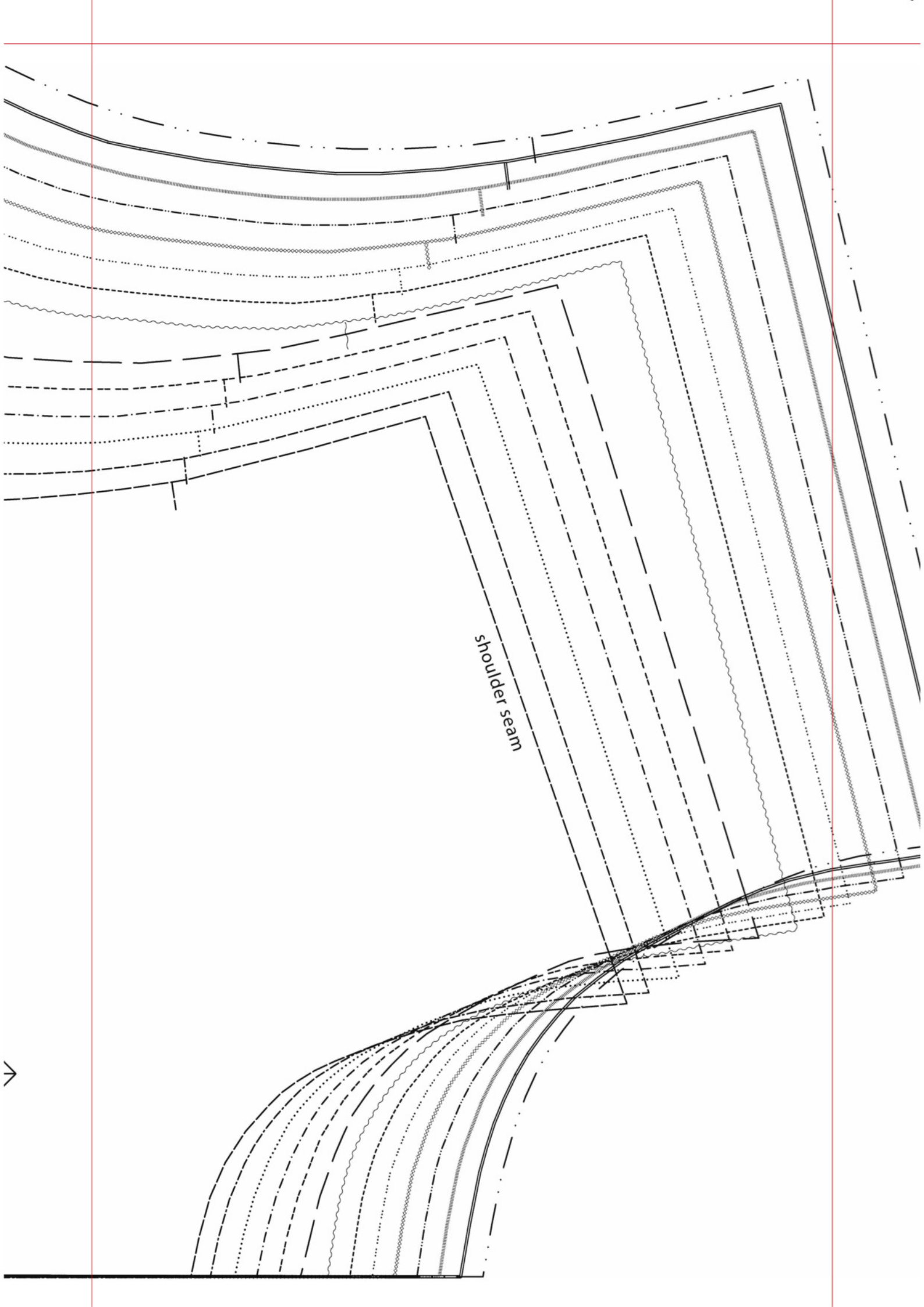
Front Bodice

Cut two on fold

grainline

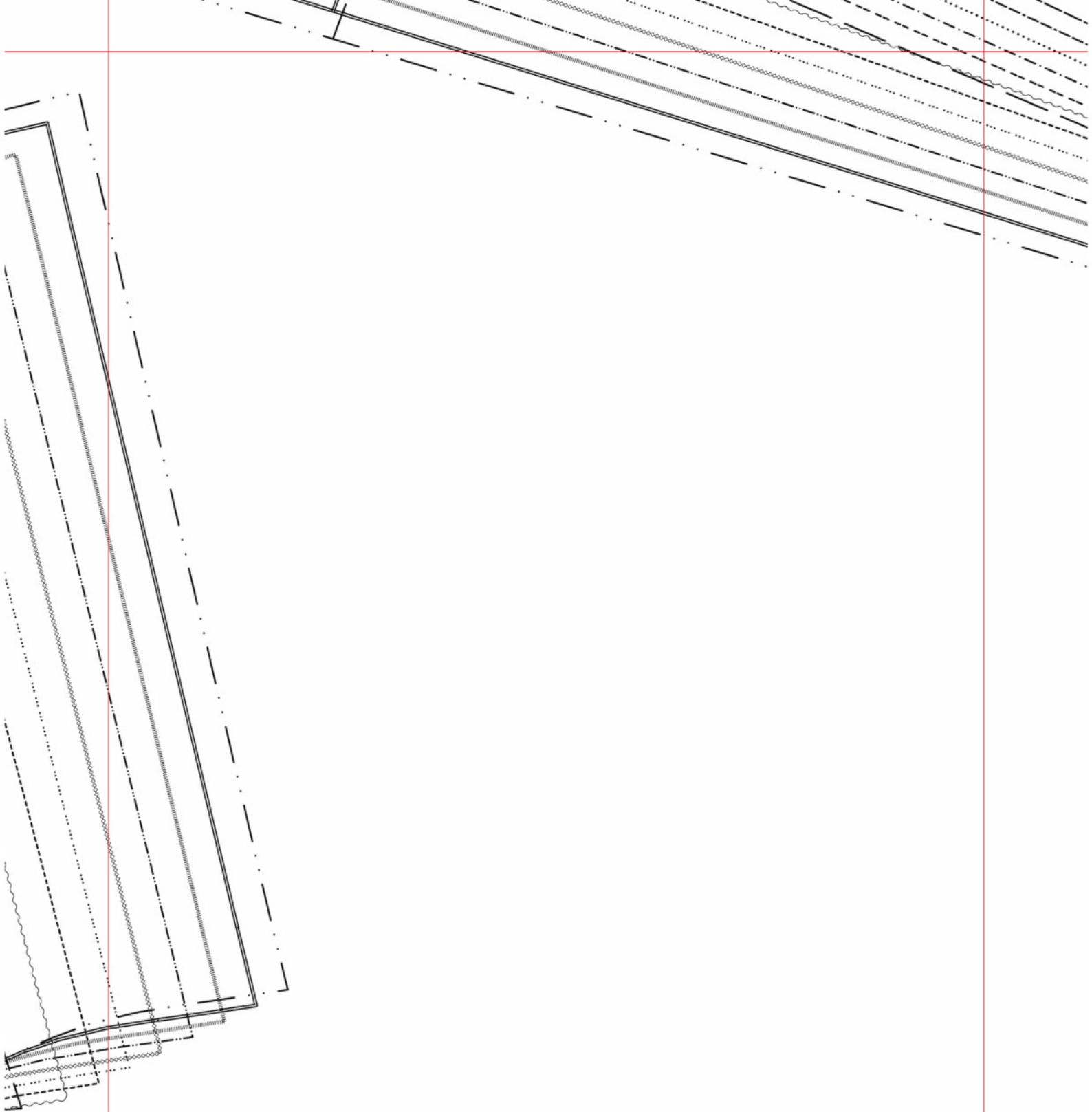
centre front on the fold





shoulder seam







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### SHEET 2 OF 5

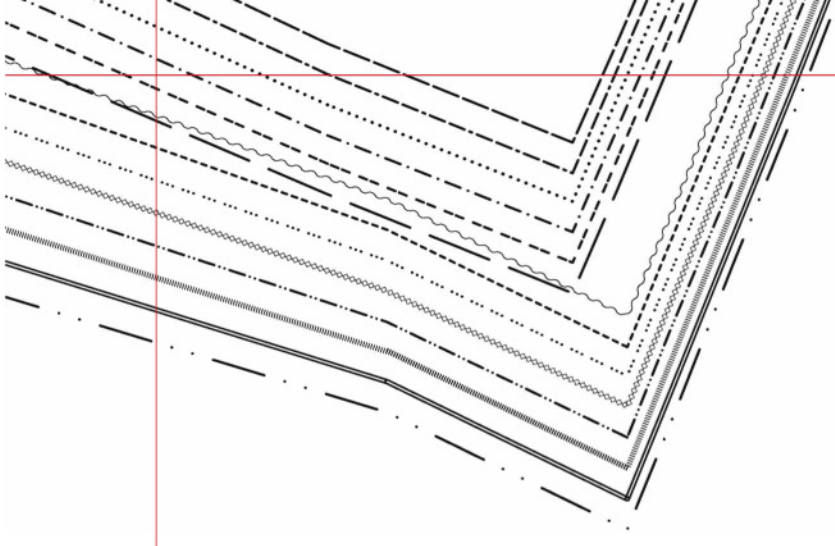
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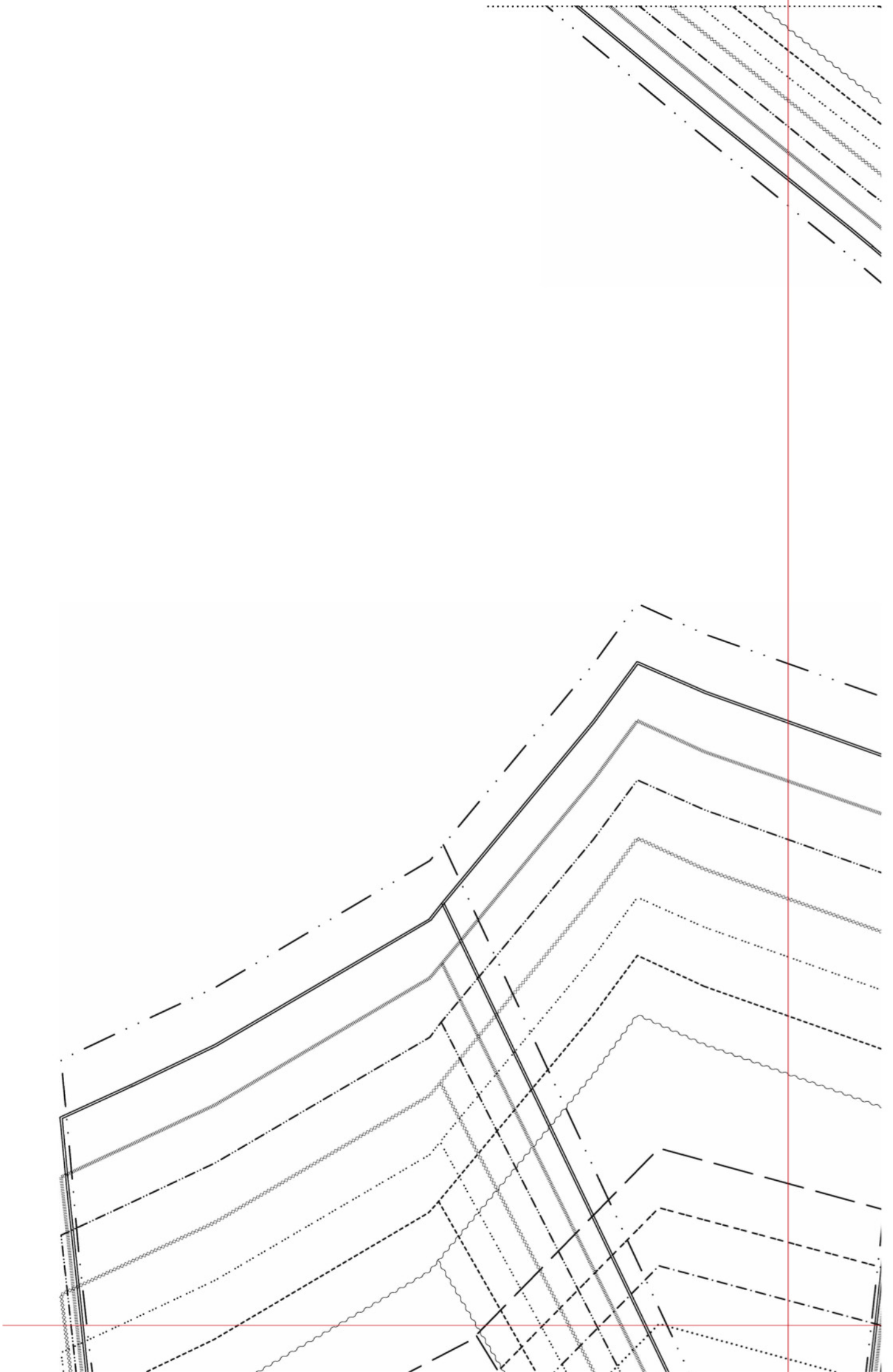
### SIZE KEY

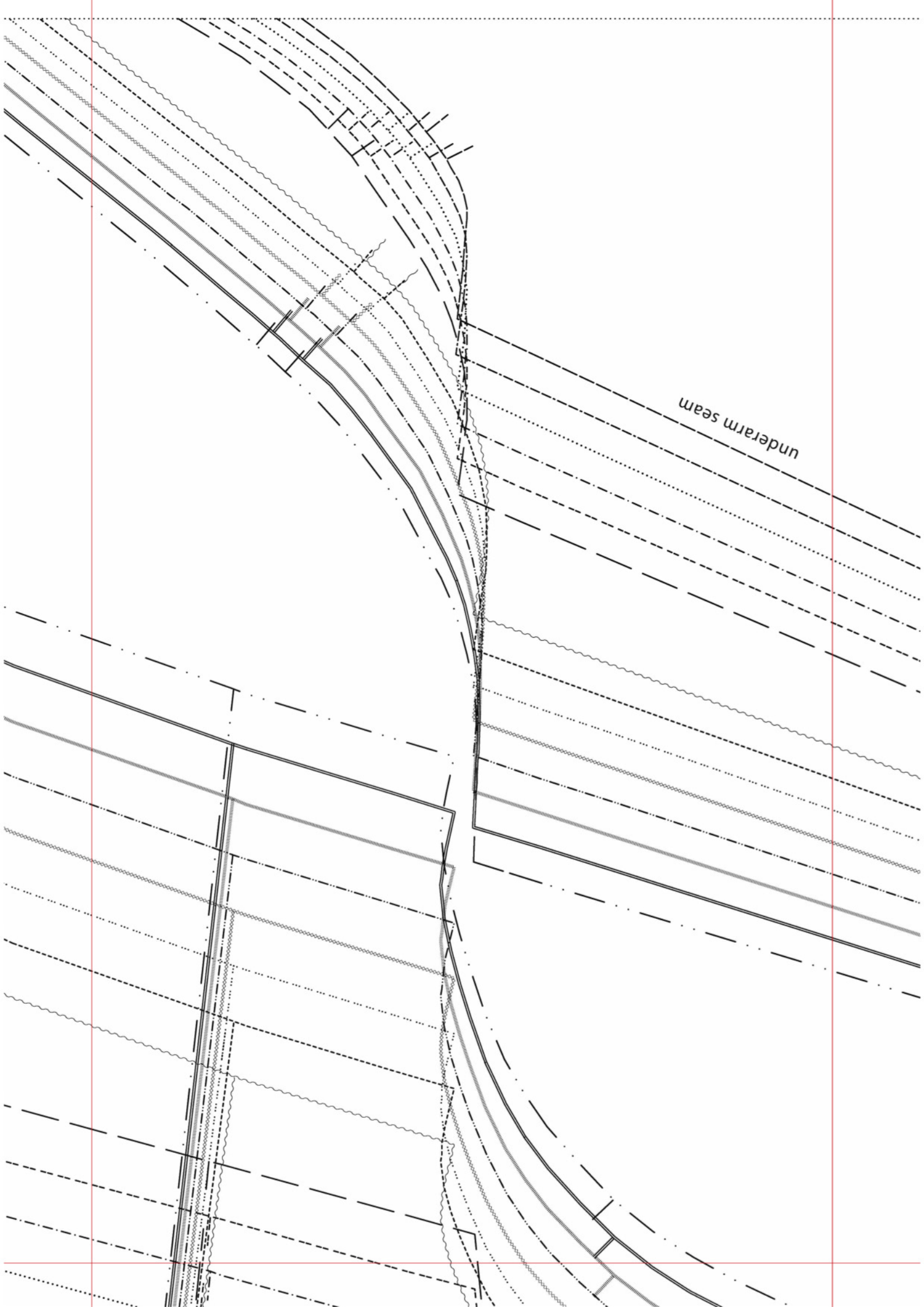
- 6 \_\_\_\_\_
- 8 \_\_\_\_\_
- 10 .....  
.....
- 12 - . - . - . - . - . - . - . - . - .
- 14 \_\_\_\_\_
- 16 \_\_\_\_\_
- 18 \_\_\_\_\_
- 20 \_\_\_\_\_
- 22 . . . . .
- 24 ~~~~~
- 26 \_\_\_\_\_
- 28 ~~~~~
- 30 \_\_\_\_\_
- 32 . . . . .

# TEST SQUARE

10x10CM

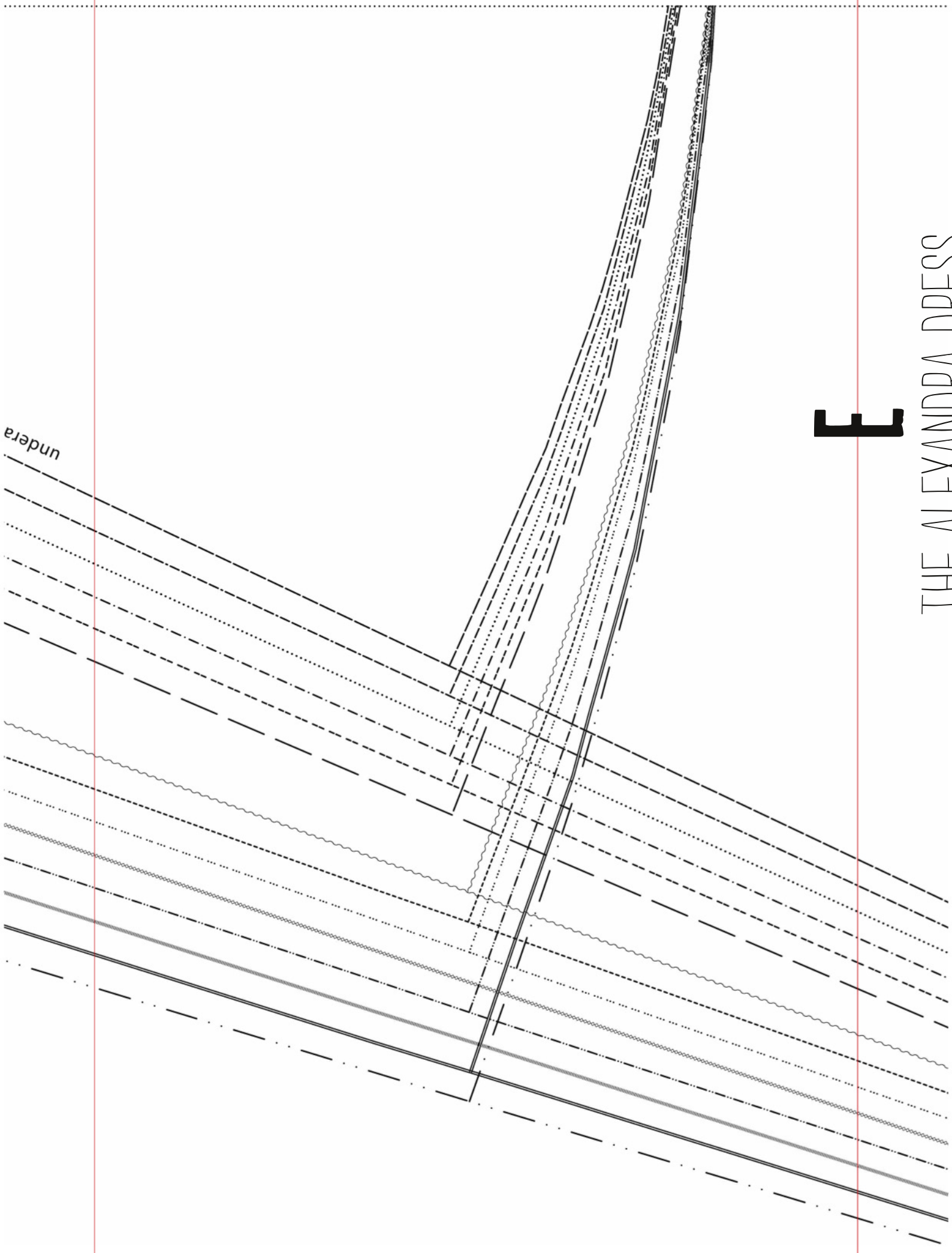








undera



**E**

THE ALEXANDRA DRESS

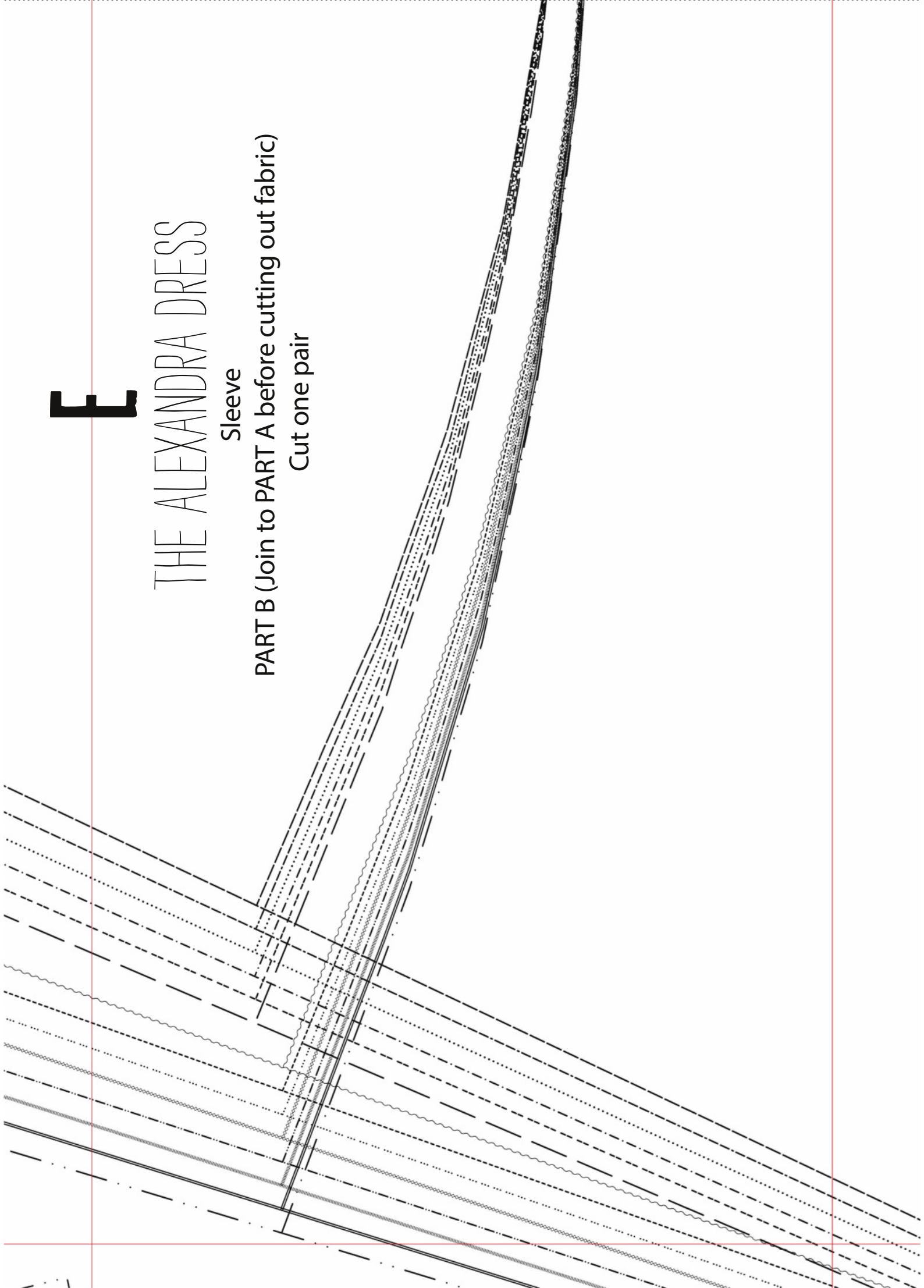
# E

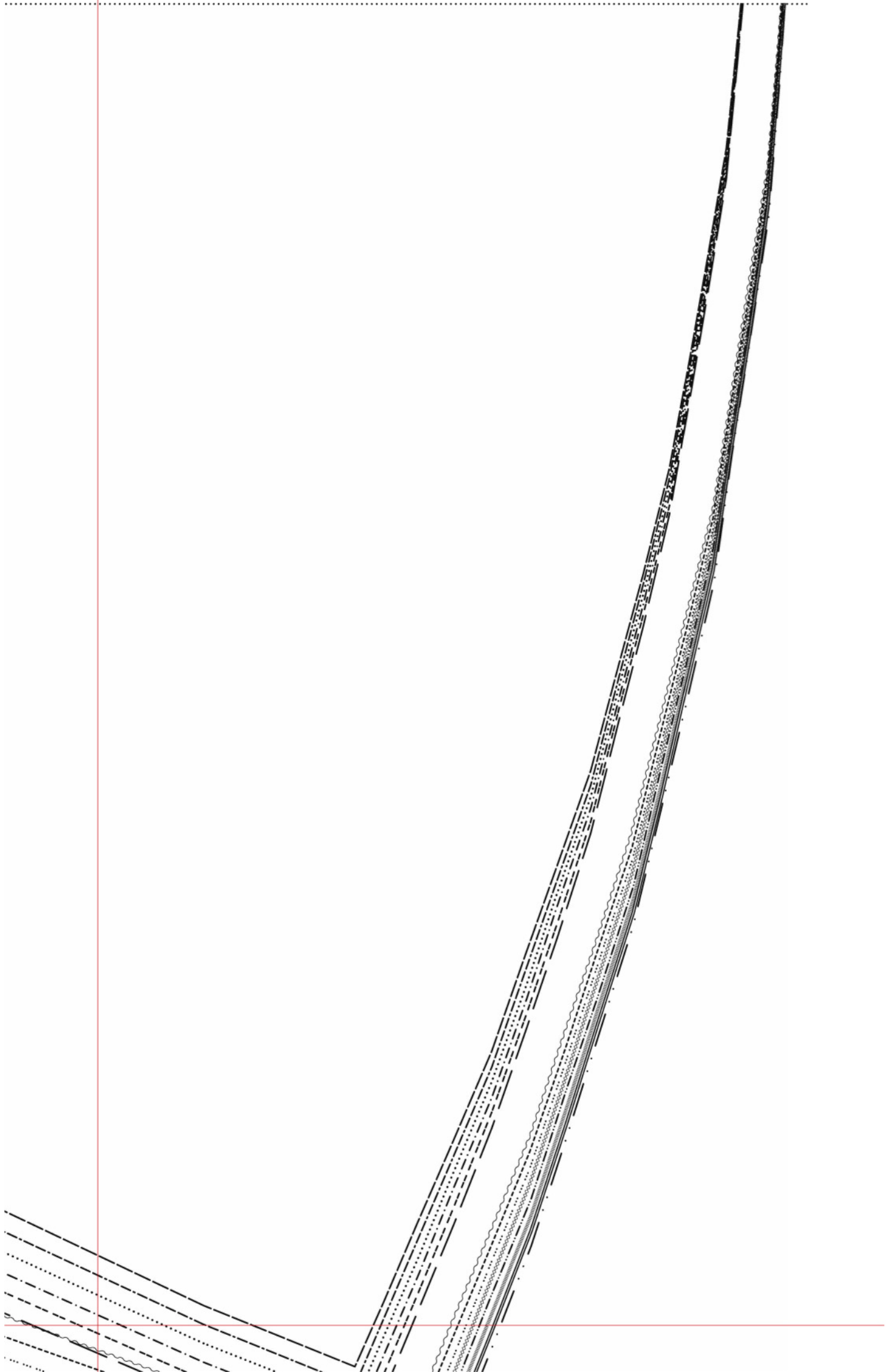
## THE ALEXANDRA DRESS

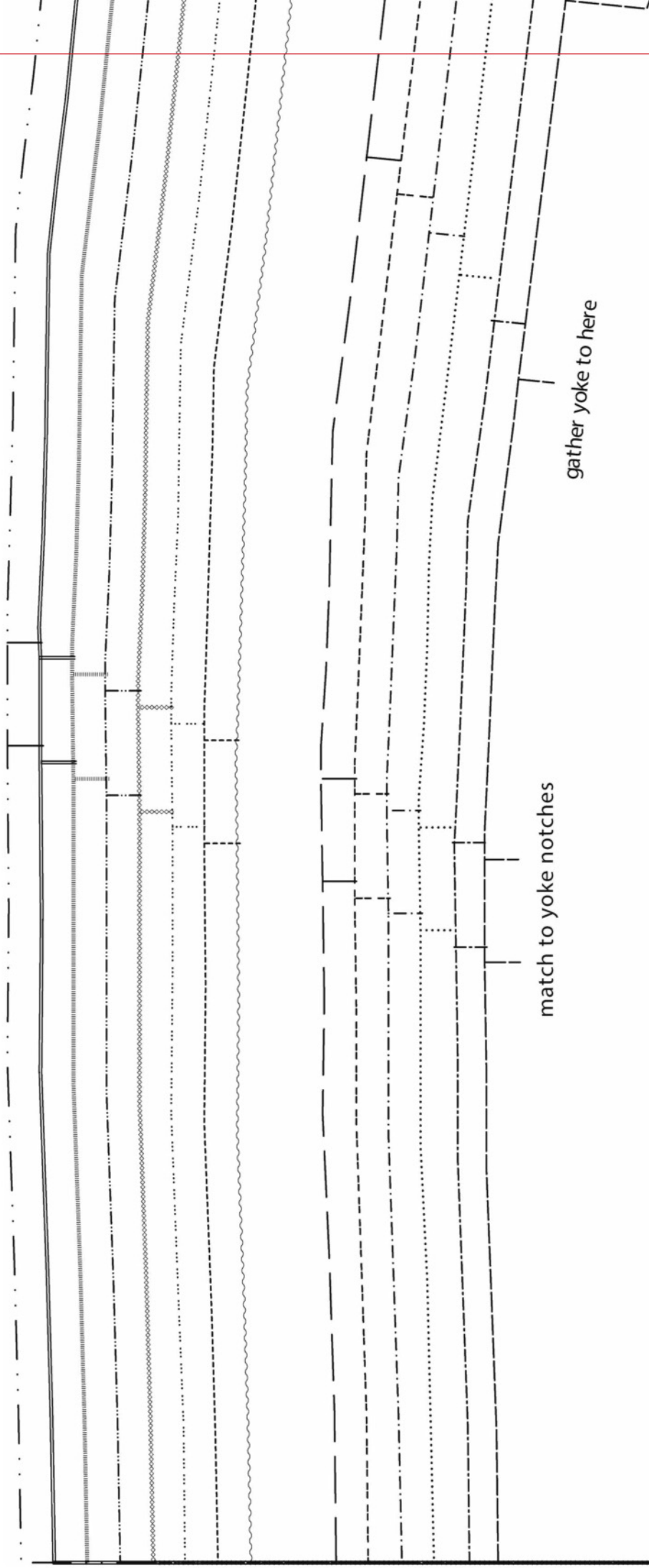
Sleeve

PART B (Join to PART A before cutting out fabric)

Cut one pair







match to yoke notches

gather yoke to here

**D**

**D**

# THE ALEXANDRA DRESS

Back Skirt

PART A (Join to PART B before cutting out fabric)

Cut one on fold

centre back on the fold



grainline

grainline

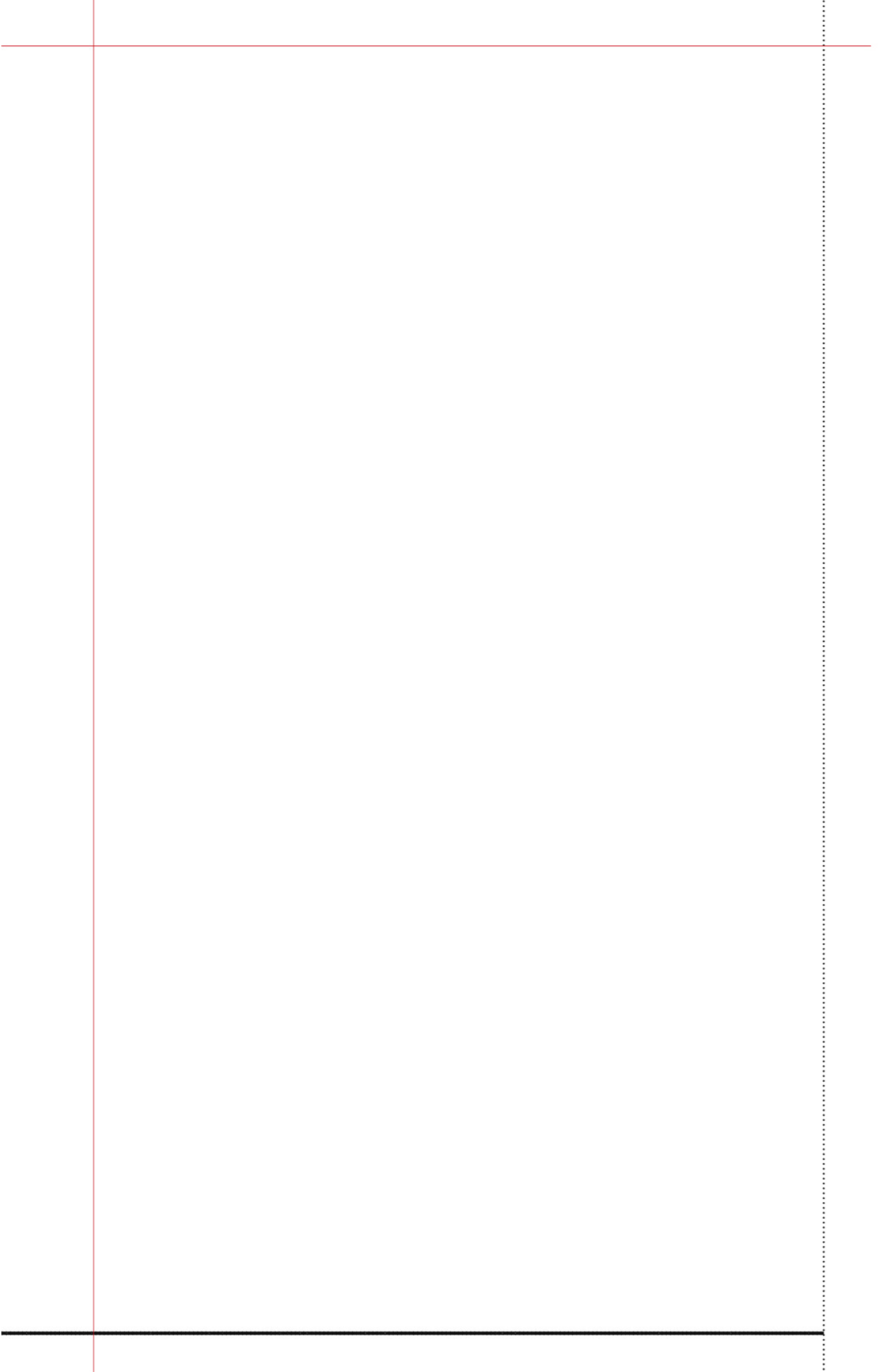


**TEST SQUARE**  
10X10CM

1501 00/1115

10X10CM







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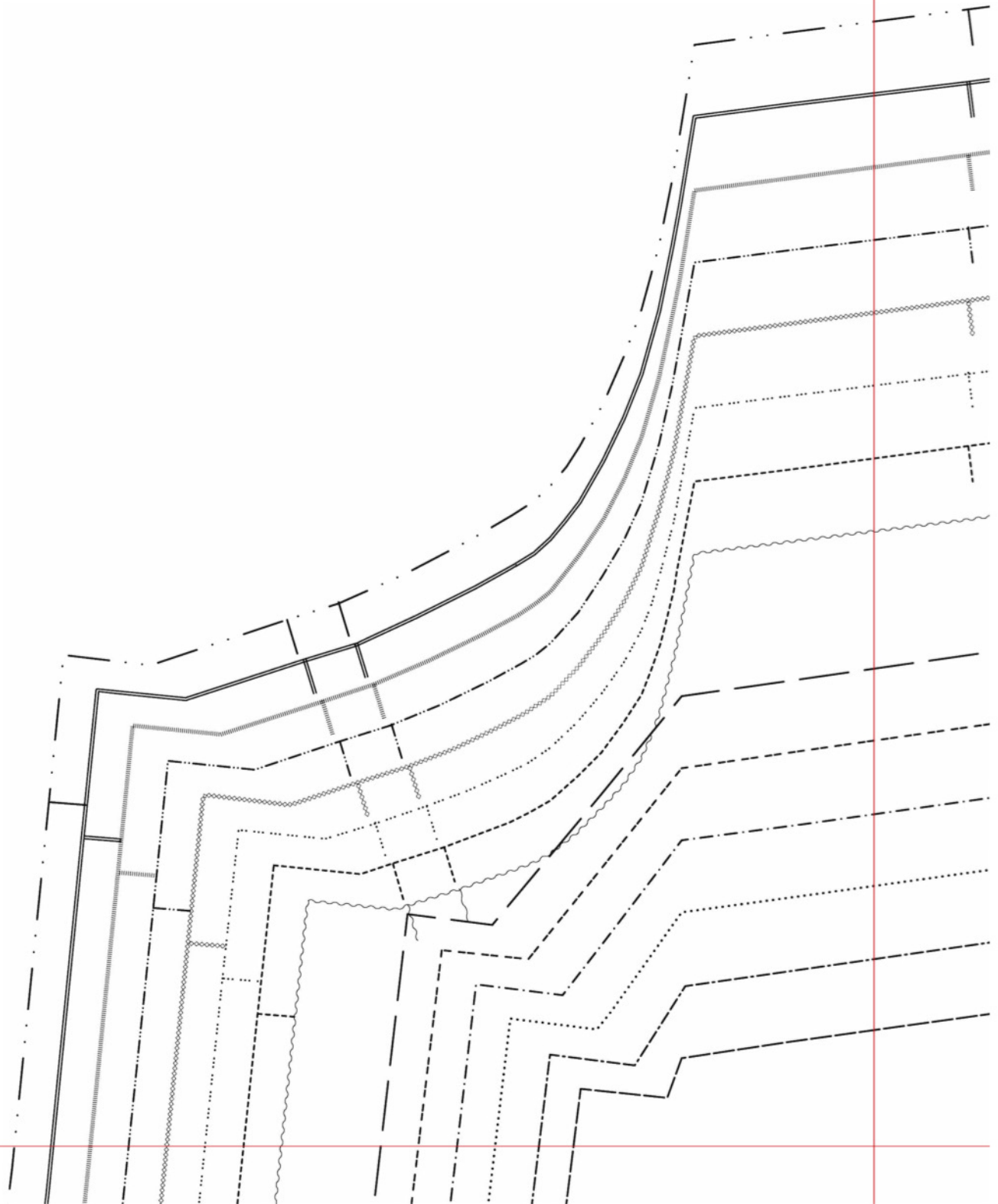


### SHEET 3 OF 5

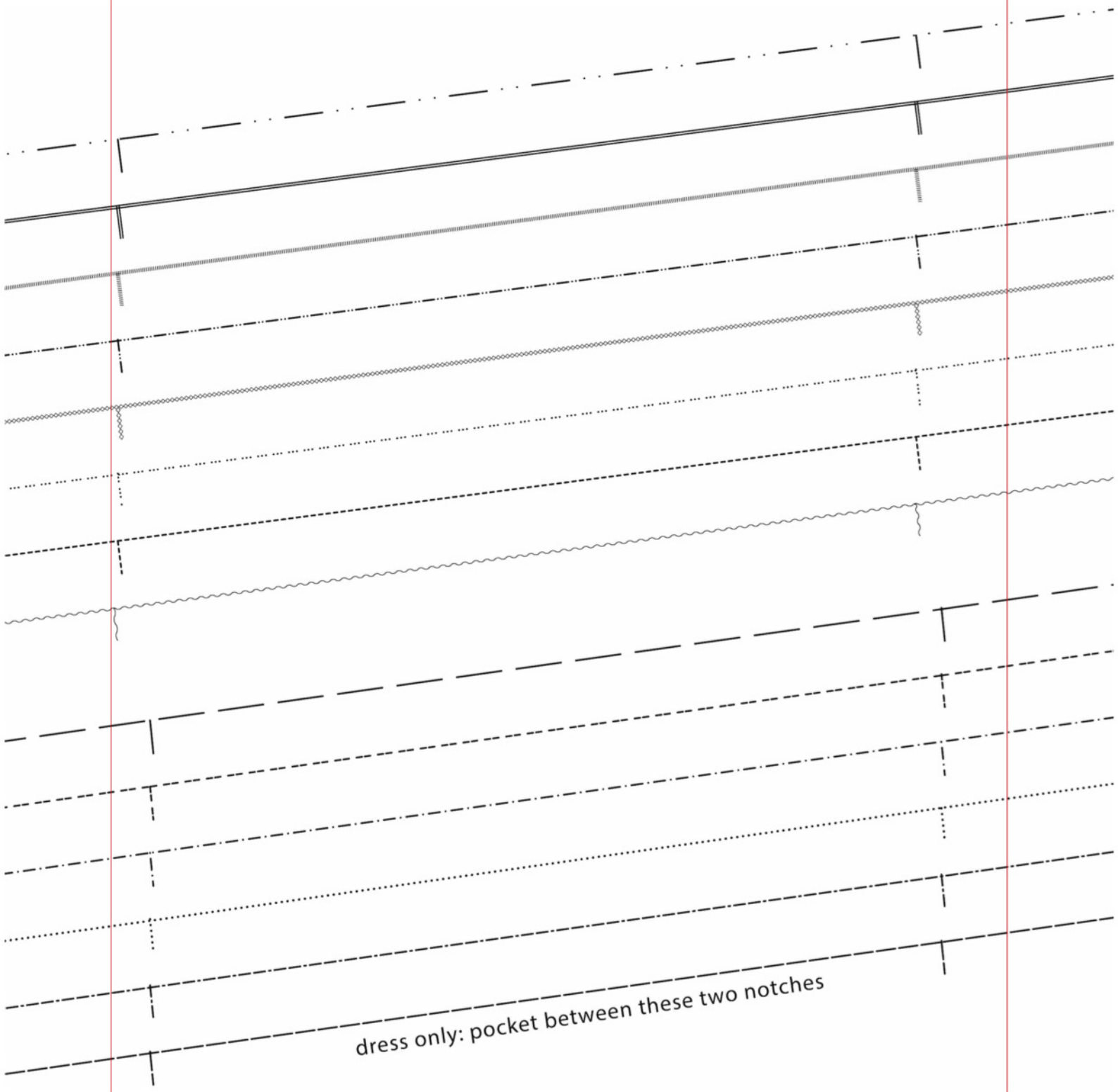
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### SIZE KEY

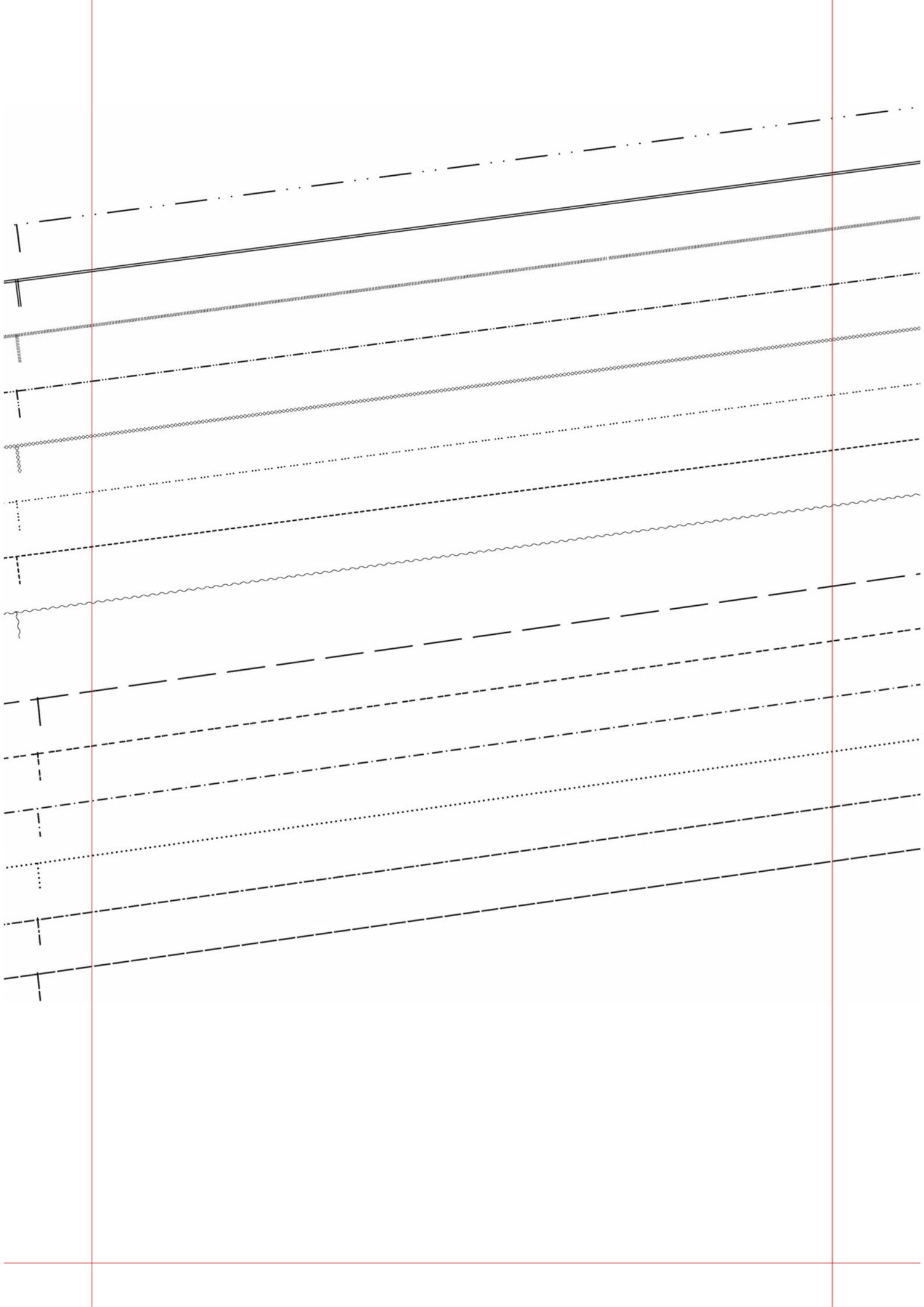
- 6 \_\_\_\_\_
- 8 \_\_\_\_\_
- 10 ..... (dotted)
- 12 - . - . (dash-dot)
- 14 - - - - (dashed)
- 16 \_\_\_\_\_
- 18 ~~~~~ (wavy)
- 20 - - - - (dashed)
- 22 . . . . (dotted)
- 24 ..... (dotted)
- 26 - - - - (dashed)
- 28 ..... (dotted)
- 30 \_\_\_\_\_
- 32 . . . . (dotted)

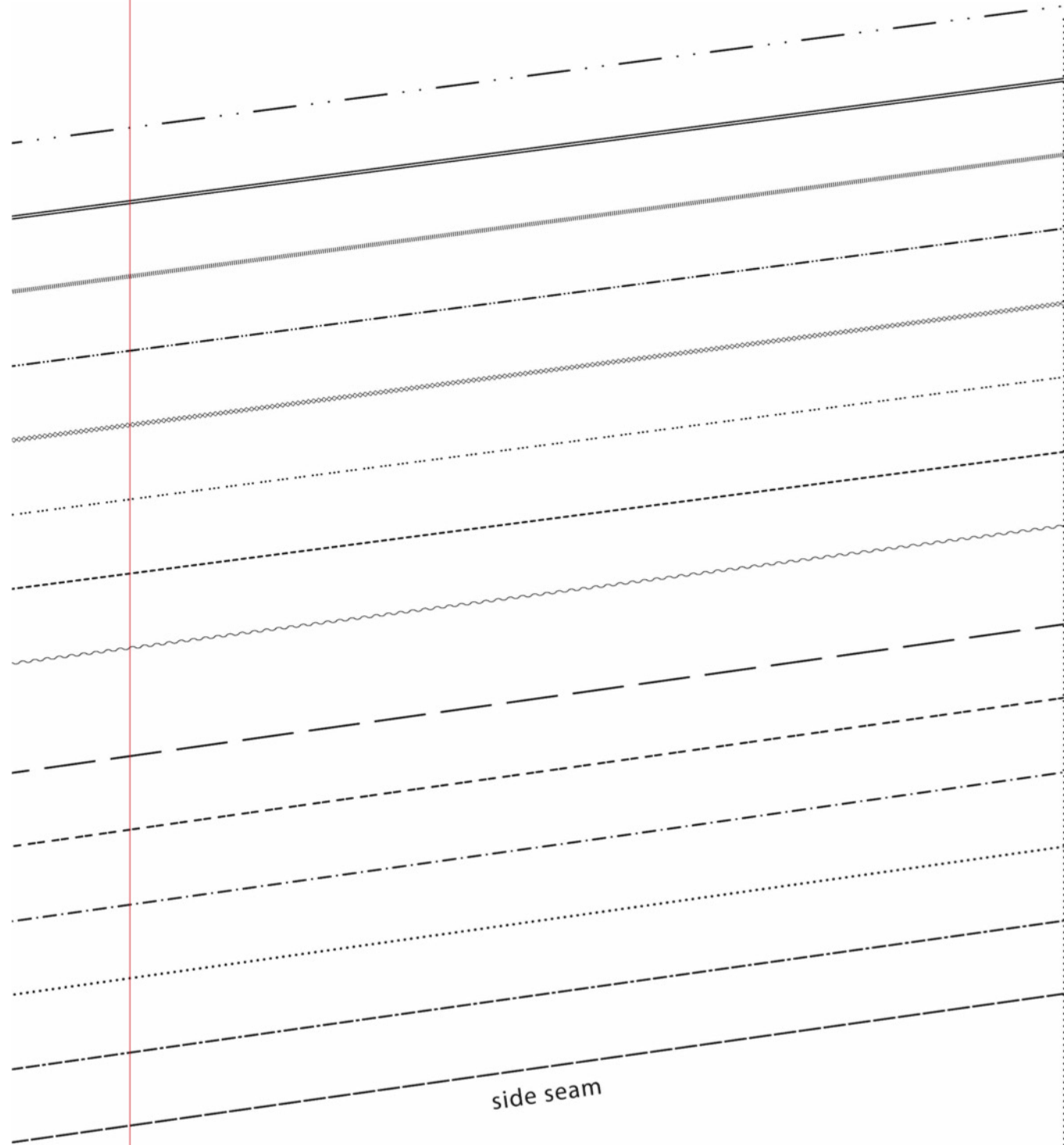


The image displays ten parallel lines, each with a unique pattern and accompanied by vertical tick marks. From top to bottom, the lines are: 1) a dash-dot line with vertical tick marks pointing downwards; 2) a solid line with vertical tick marks pointing downwards; 3) a dotted line with vertical tick marks pointing downwards; 4) a dashed line with vertical tick marks pointing downwards; 5) a wavy line with vertical tick marks pointing downwards; 6) a dashed line with vertical tick marks pointing downwards; 7) a dash-dot line with vertical tick marks pointing downwards; 8) a dotted line with vertical tick marks pointing downwards; 9) a dashed line with vertical tick marks pointing downwards; and 10) a solid line with vertical tick marks pointing downwards. The lines are arranged in a slightly upward-sloping sequence from left to right. The page is framed by two vertical red lines and a horizontal red line at the bottom.



dress only: pocket between these two notches





side seam

only: pocket between these two notches

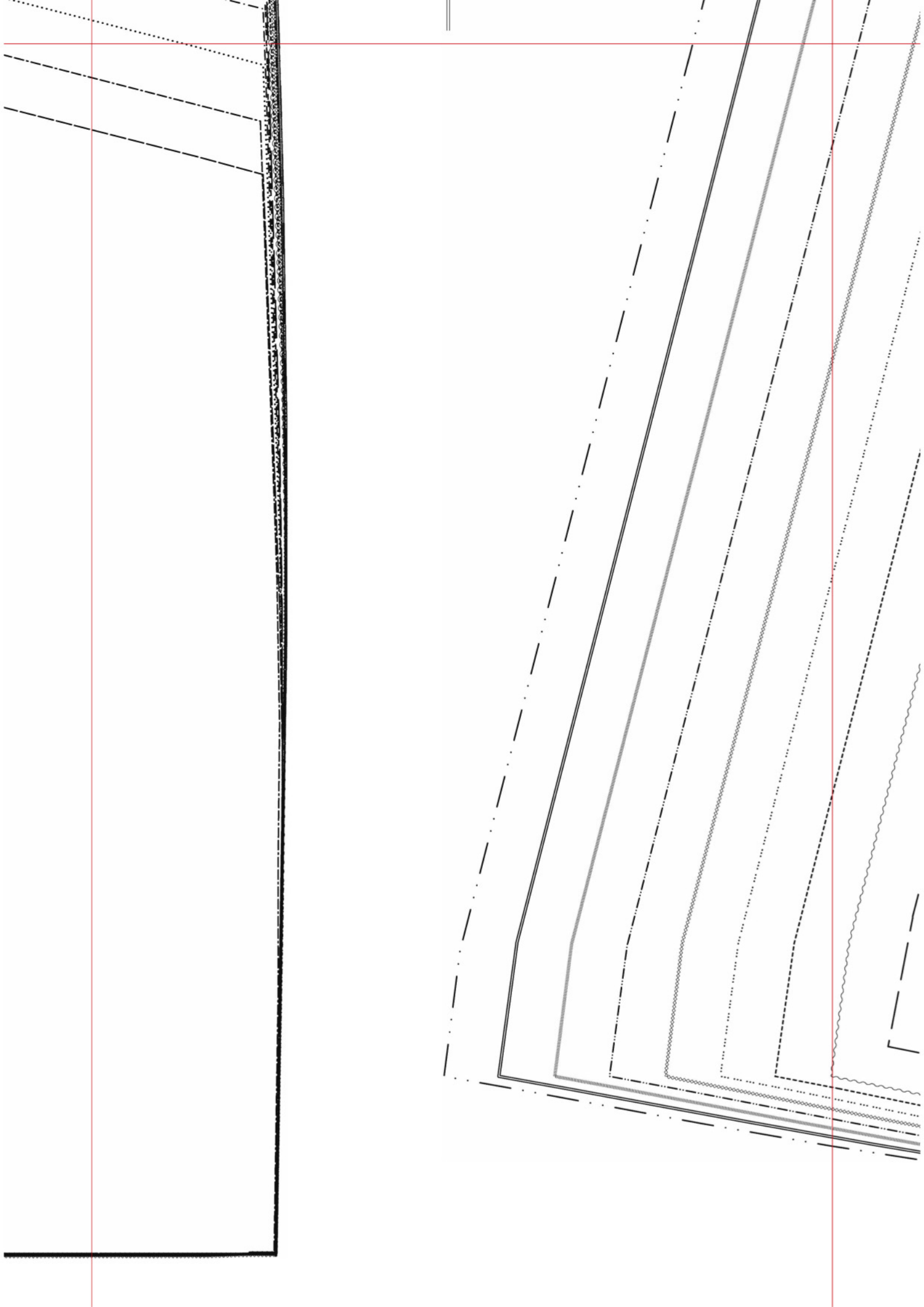
# C

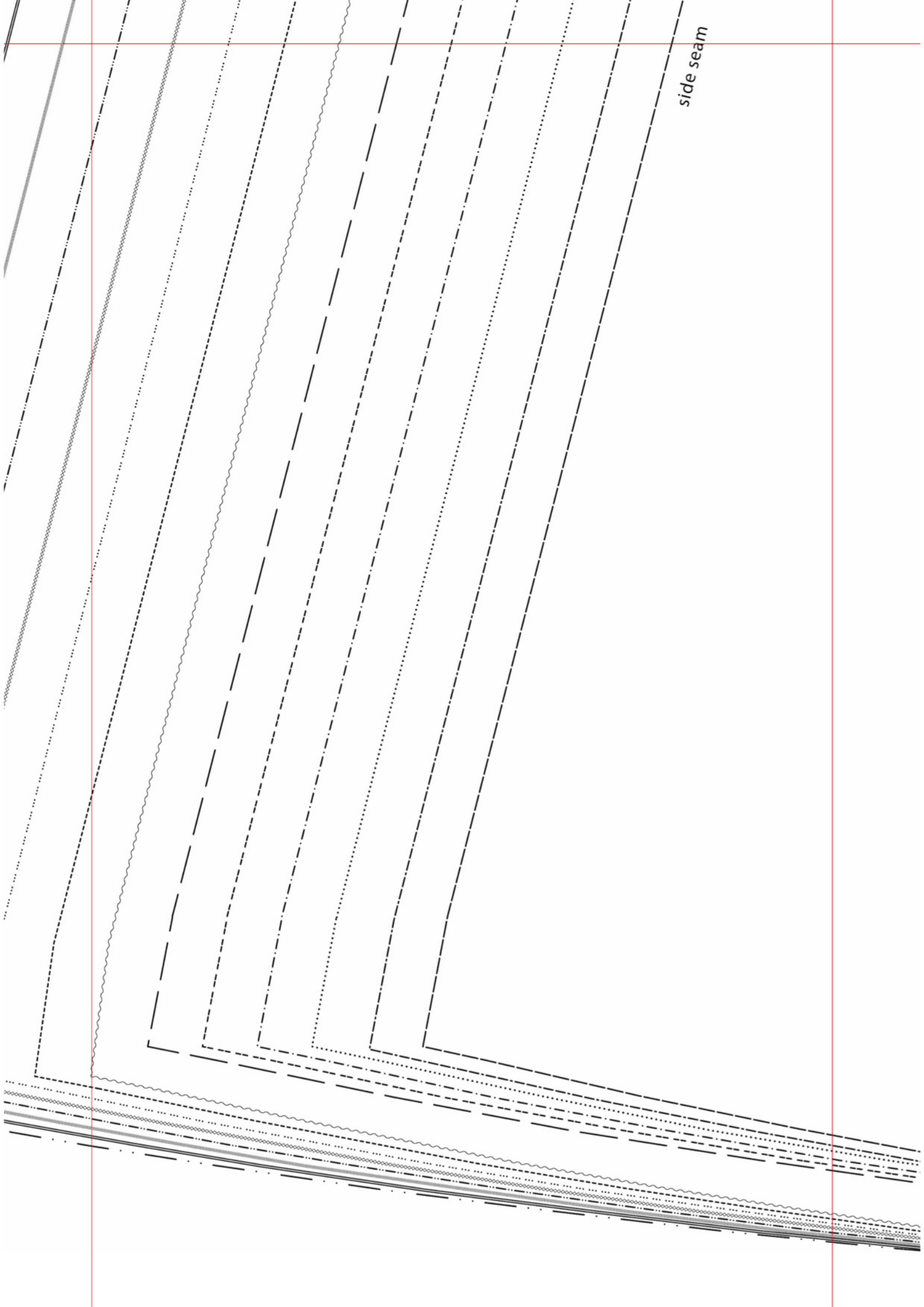
## THE ALEXANDRA DRESS

Front Skirt

PART B (Join to PART A before cutting out fabric)

Cut one on fold

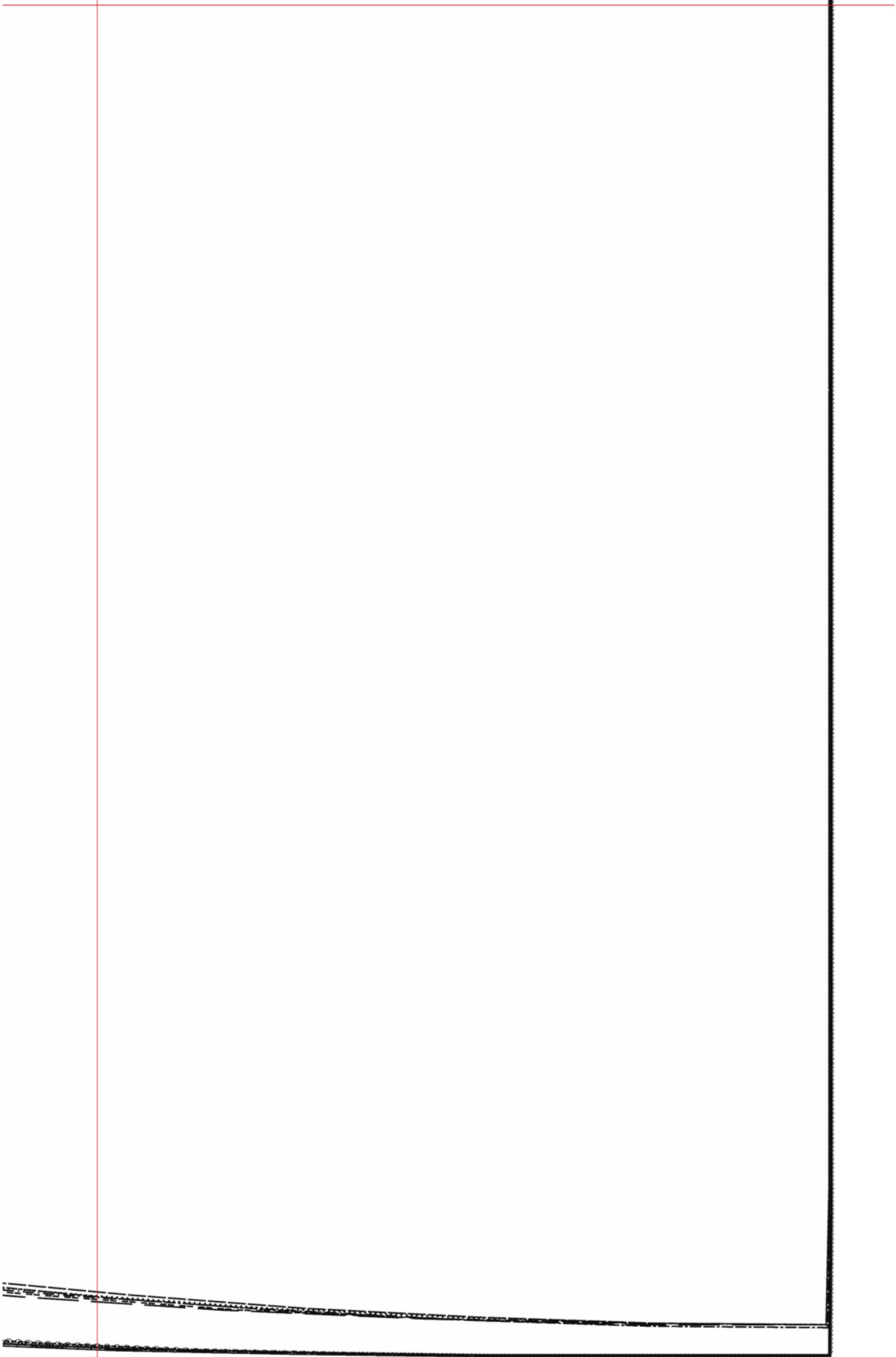




side seam







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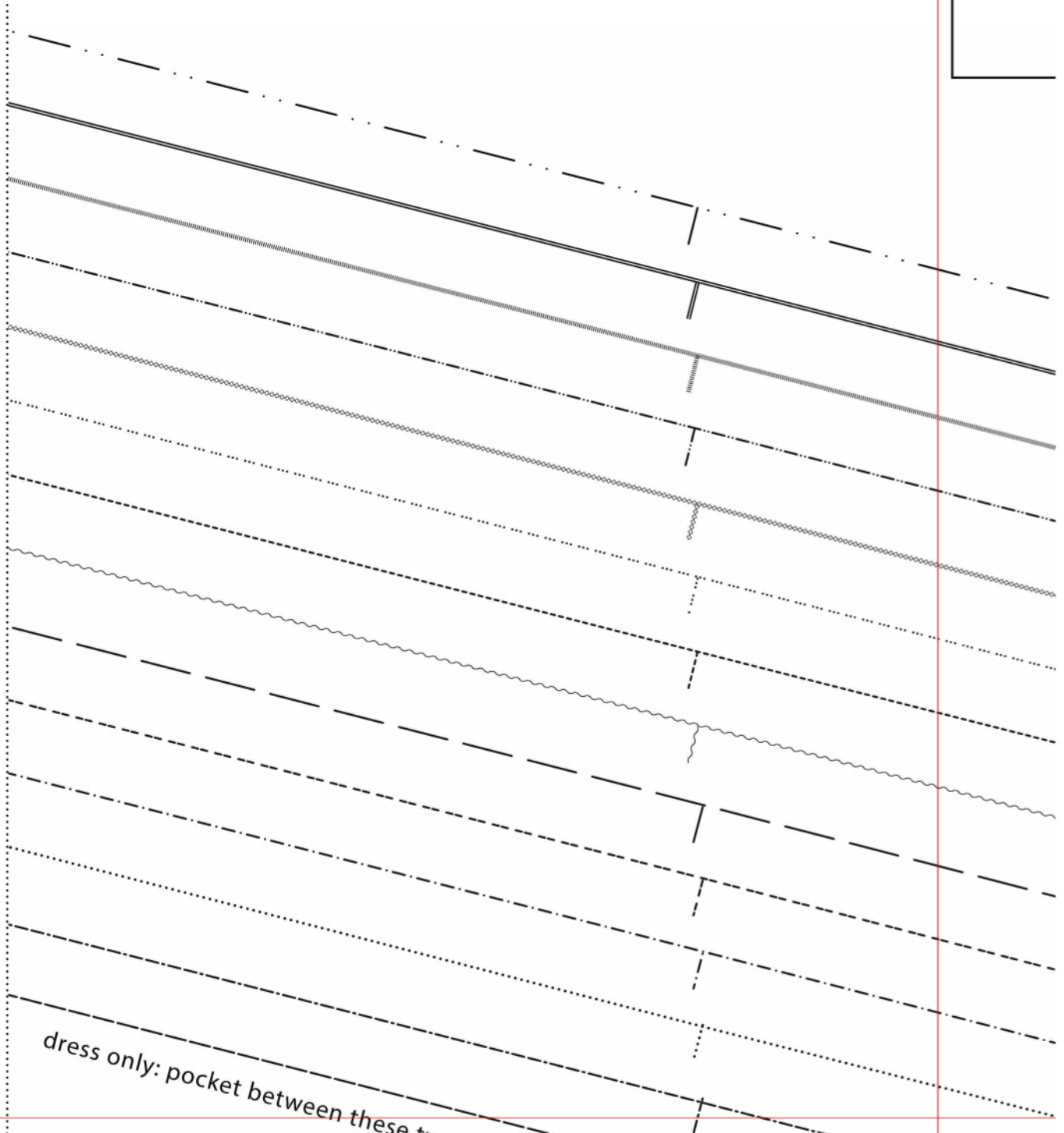


### SHEET 4 OF 5

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### SIZE KEY

- 6 ————
- 8 ————
- 10 ..... (dotted)
- 12 - - - - (dashed)
- 14 ————
- 16 ————
- 18 ~~~~~~ (wavy)
- 20 - - - - (dashed)
- 22 ..... (dotted)
- 24 ..... (dotted)
- 26 - - - - (dashed)
- 28 ..... (dotted)
- 30 = = = = (triple line)
- 32 . . . . (dash-dot)

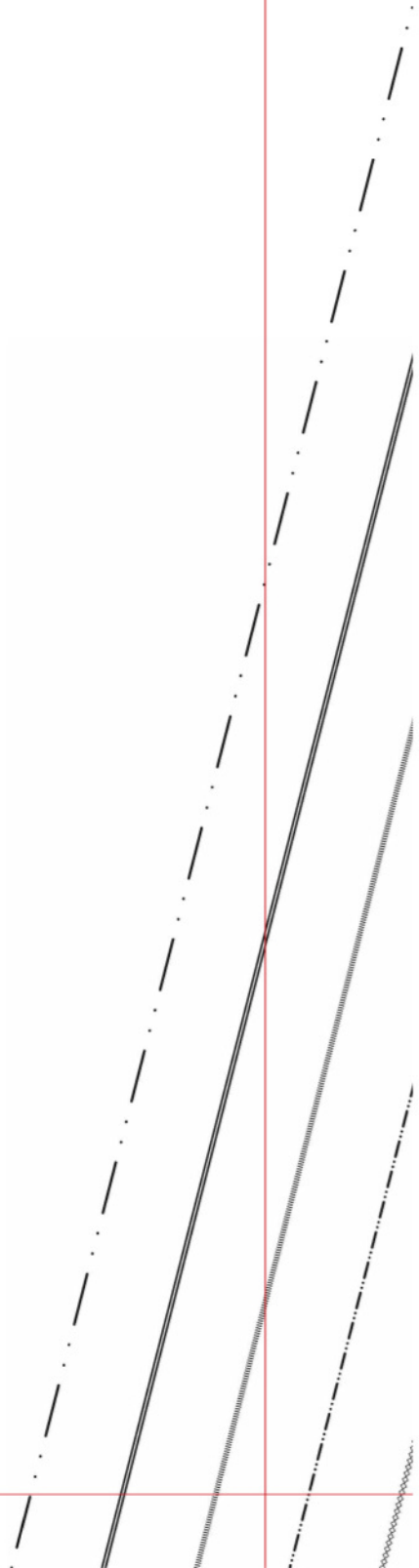
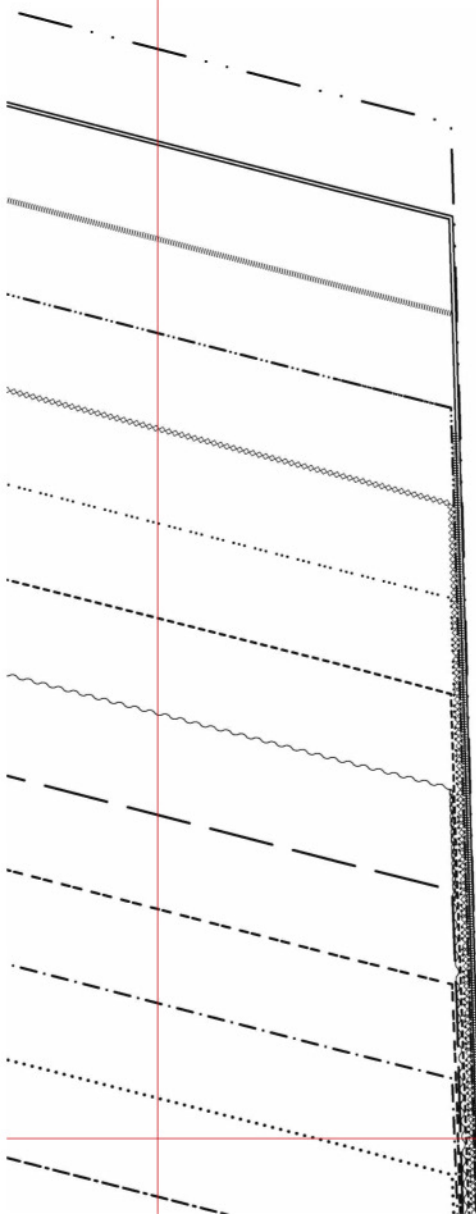


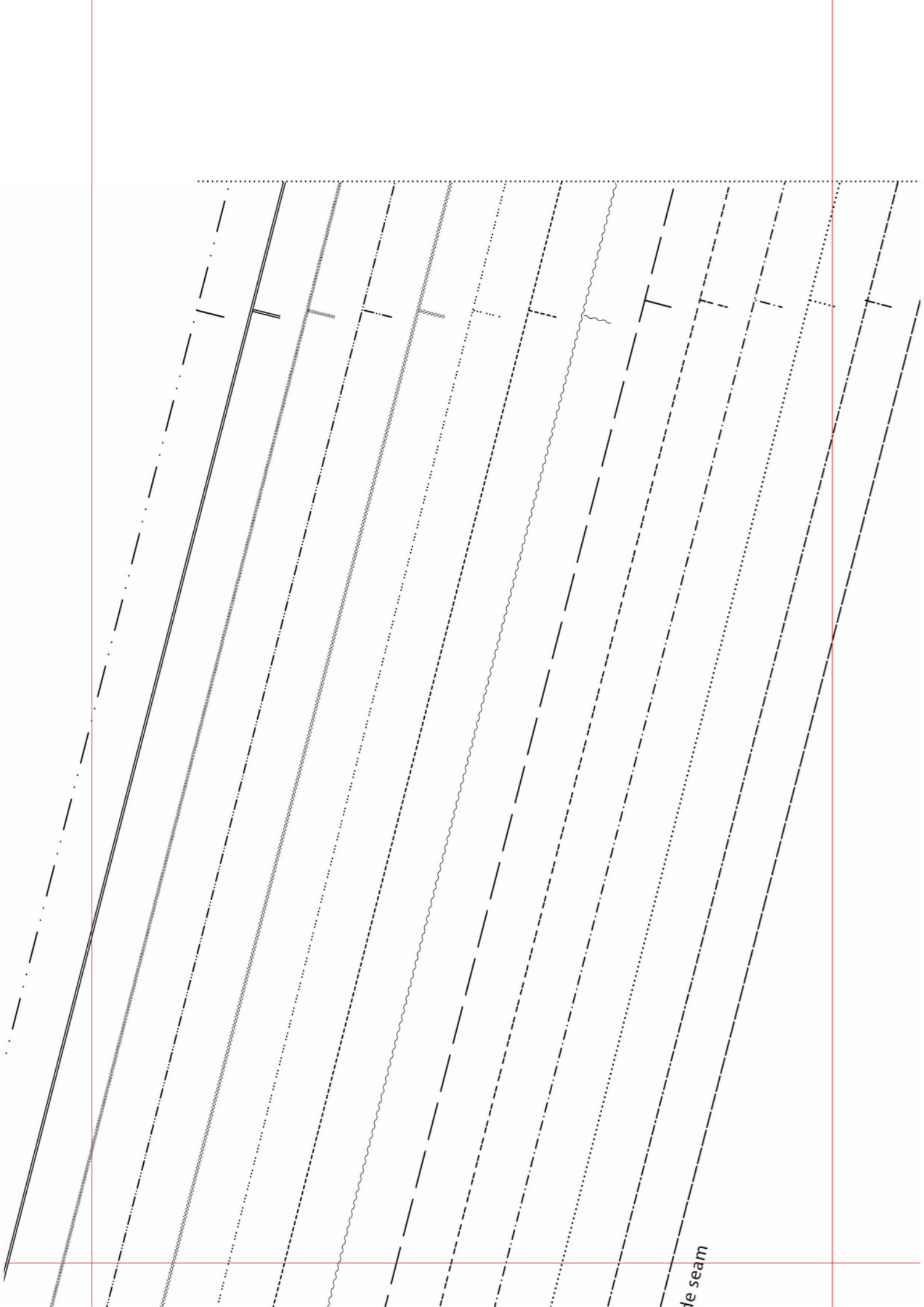
dress only: pocket between these two notches



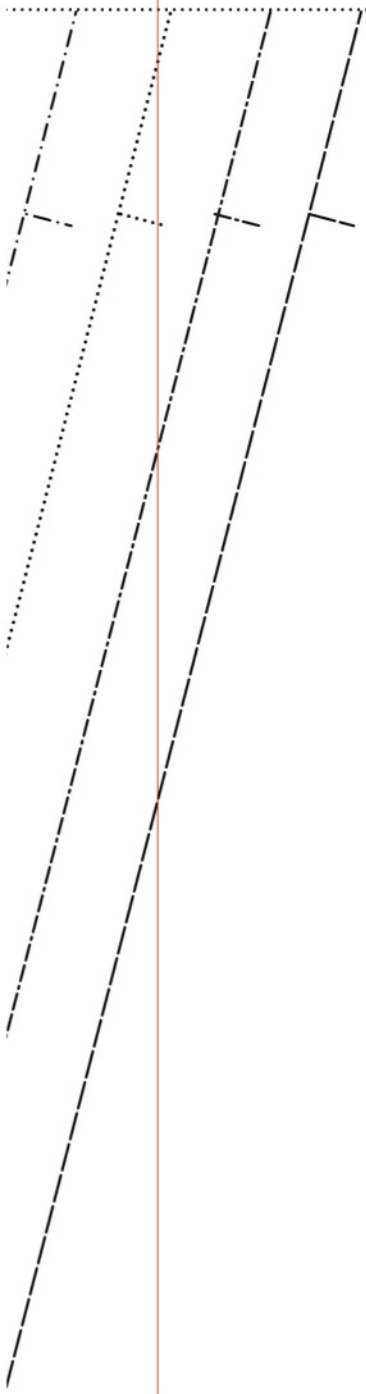
# TEST SQUARE

10X10CM





de seam



**C**

# THE ALEXANDRA DRESS

Front Skirt

PART A (Join to PART B before cutting out fabric)

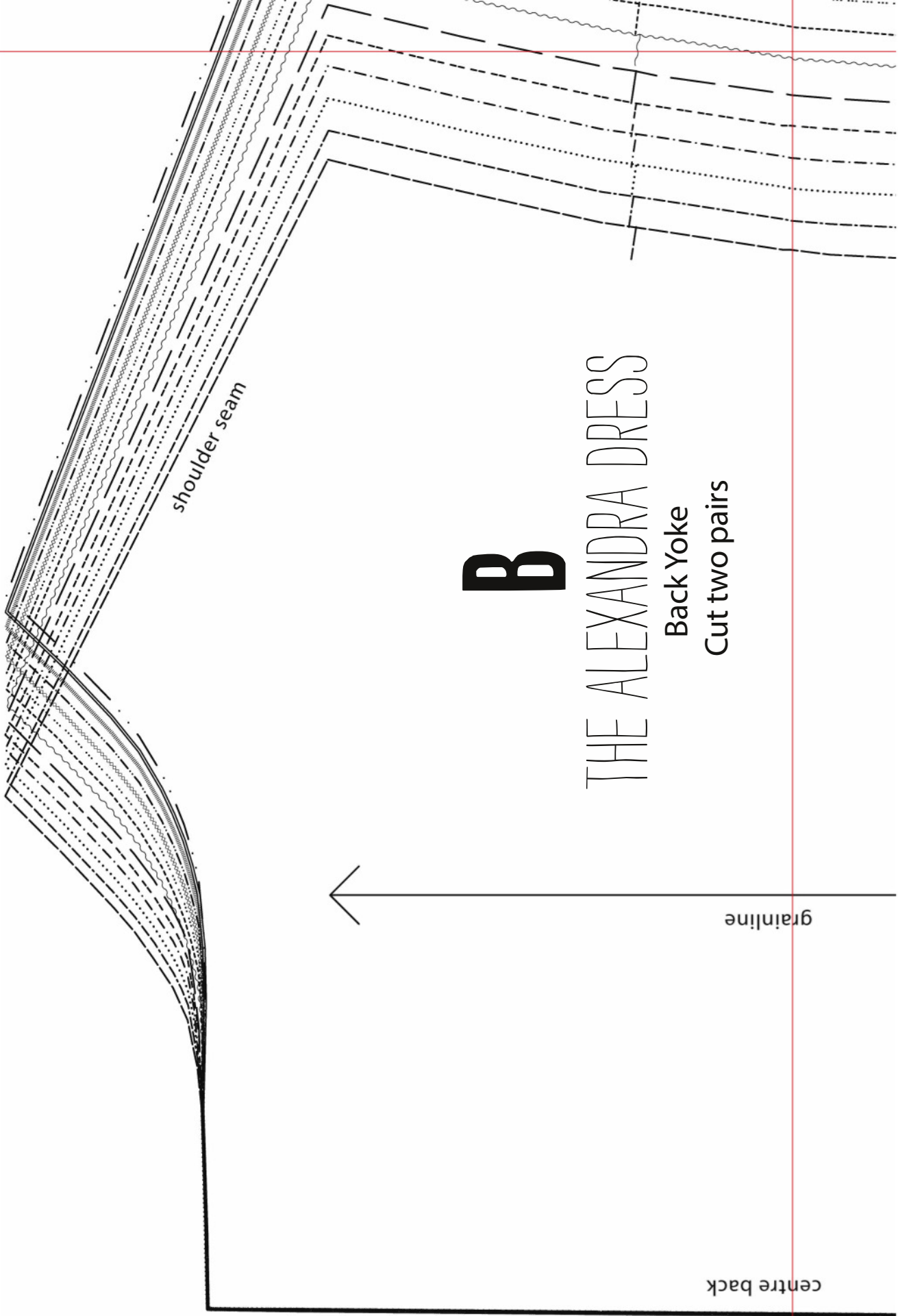
Cut one on fold

# RA DRESS

(before cutting out fabric)  
on fold



centre front on the fold



shoulder seam

**B**

THE ALEXANDRA DRESS

Back Yoke

Cut two pairs



grainline

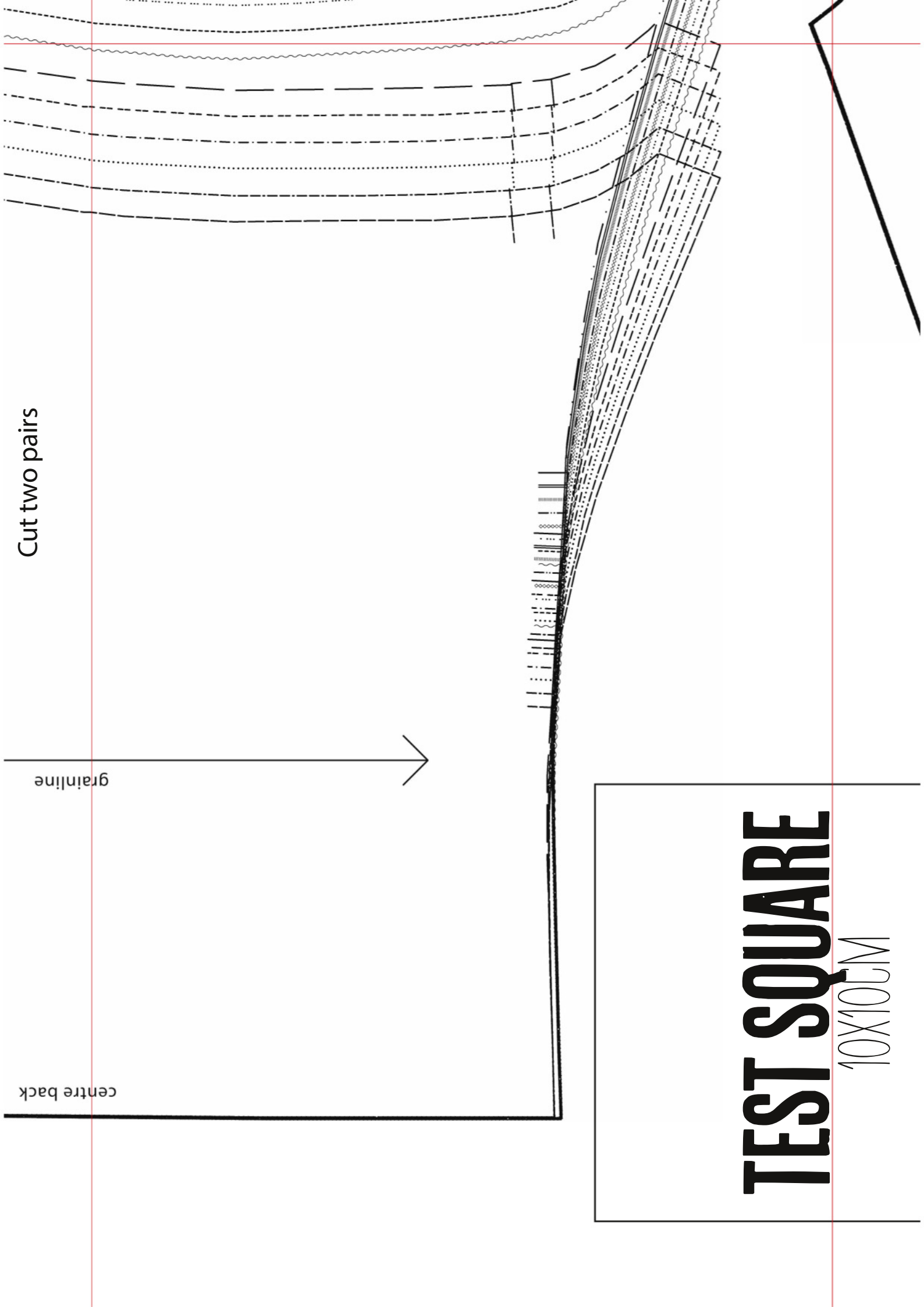
centre back



centre back

grainline

Cut two pairs



**TEST SQUARE**

10X10CM

# TEST SQUARE

10x10cm



WWW.GATHERED.HOW/SIMPLYSEWING

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## SHEET 5 OF 5

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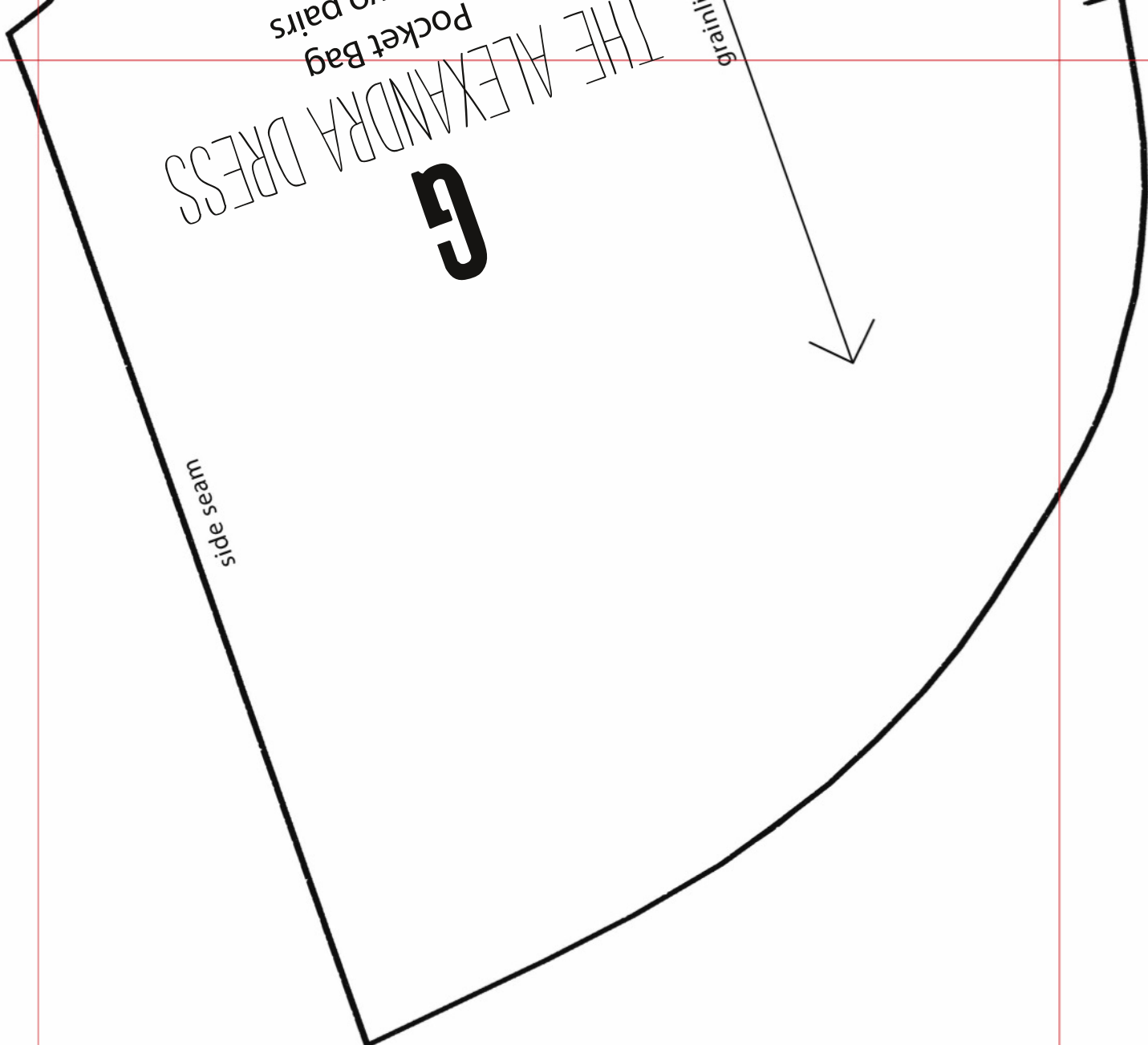
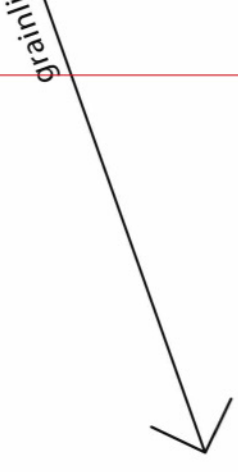
## SIZE KEY

- 6 -----
- 8 -----
- 10 ..... (dotted line)
- 12 -.-.-.- (dash-dot line)
- 14 -----
- 16 -----
- 18 ~~~~~ (wavy line)
- 20 -----
- 22 .....
- 24 .....
- 26 .....
- 28 .....

THE ALEXANDRA DRESS  
Pocket Bag  
pairs



side seam



- 16 ————
- 18 ~~~~~
- 20 - - - - -
- 22 ·····
- 24 ○○○○○
- 26 - · - · - ·
- 28 ═══════
- 30 ═══════
- 32 · · · · ·

# F

## THE ALEXANDRA DRESS

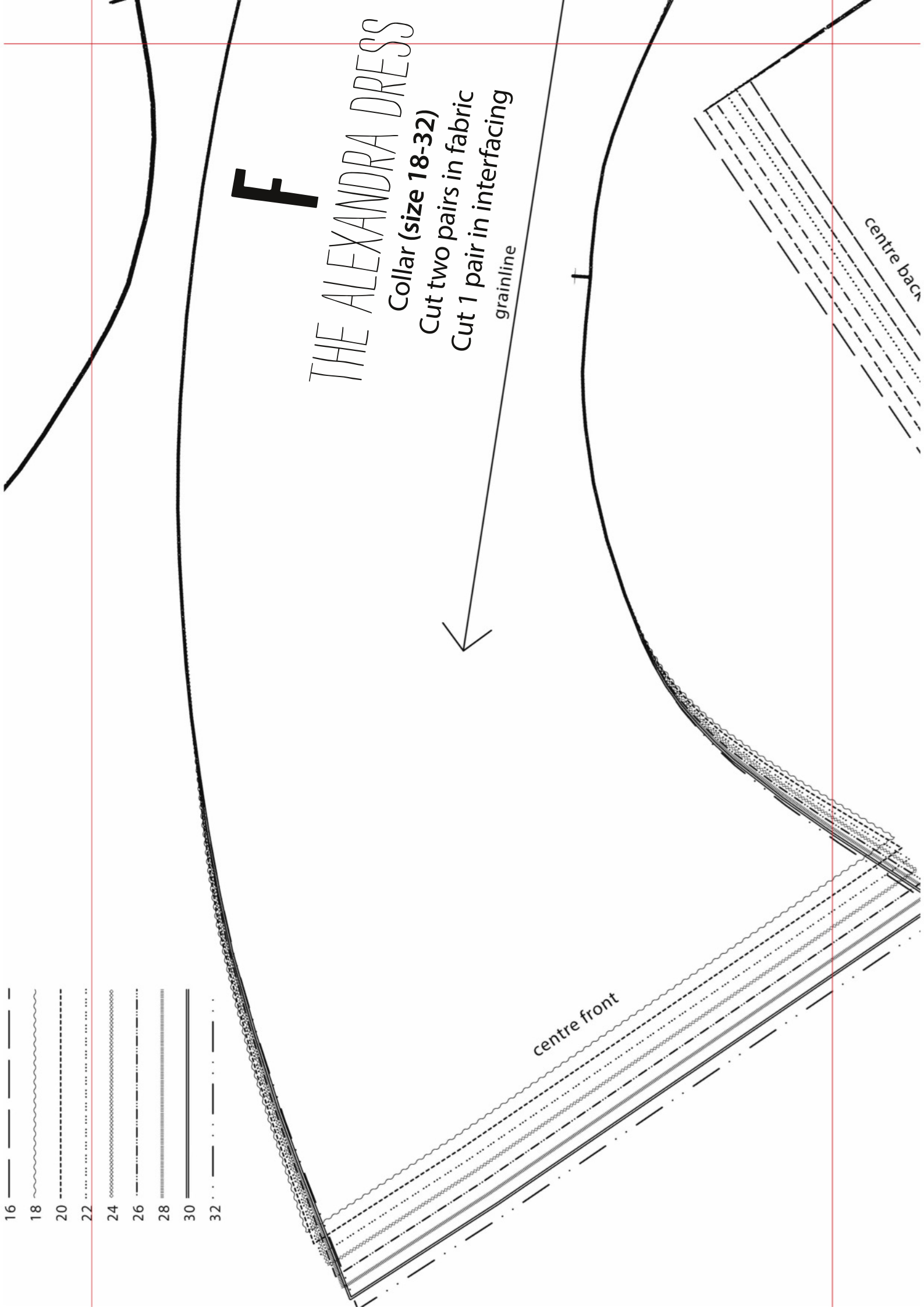
Collar (size 18-32)  
 Cut two pairs in fabric  
 Cut 1 pair in interfacing

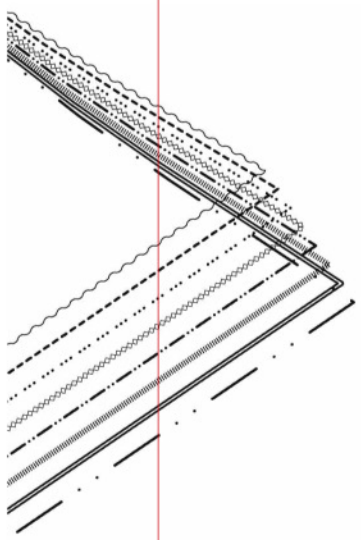
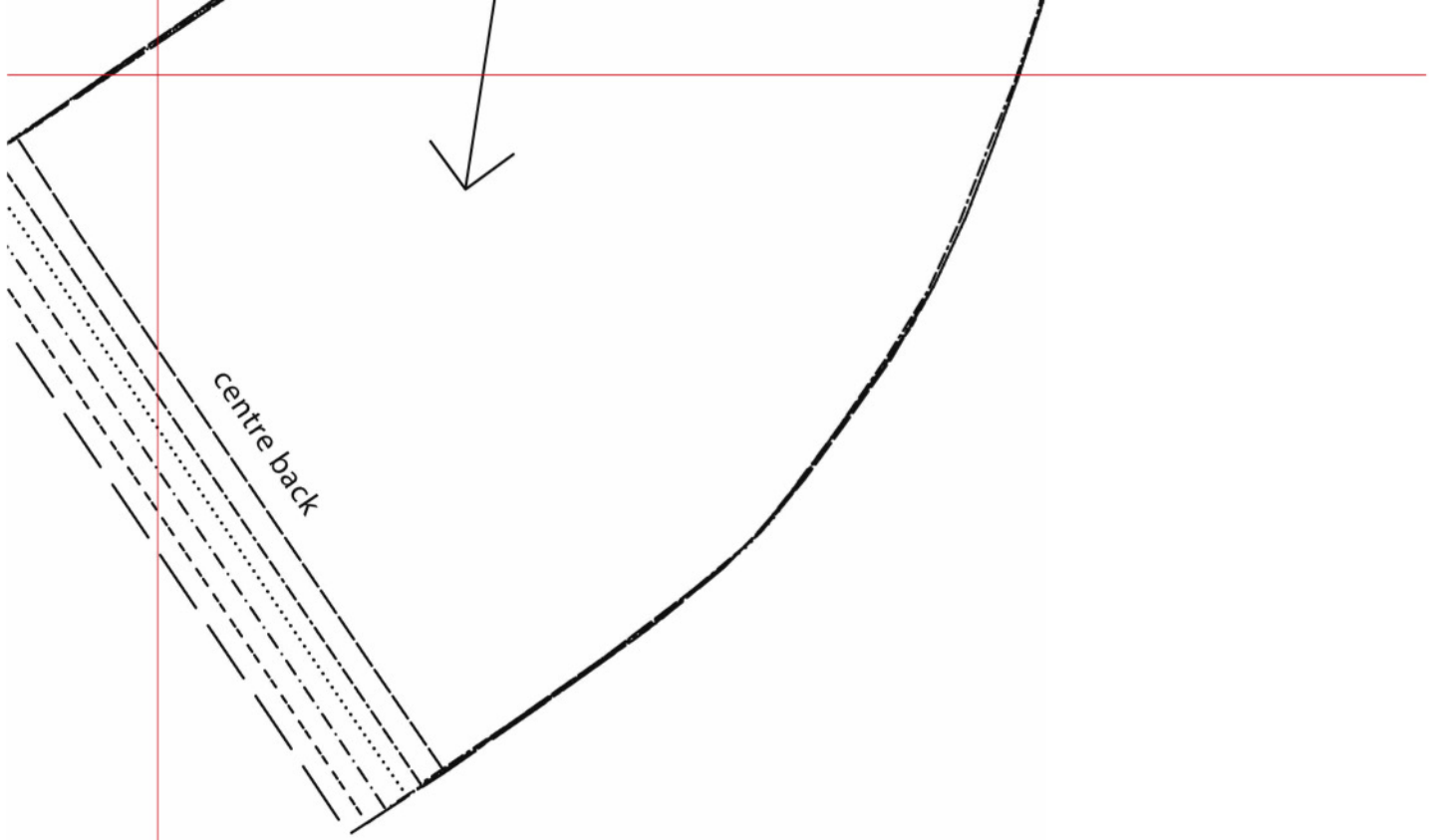
grainline

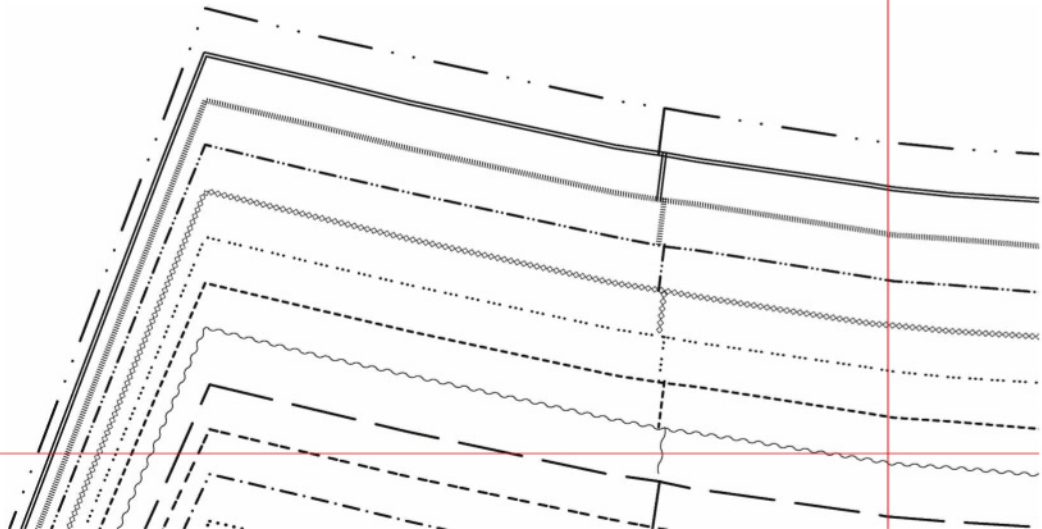
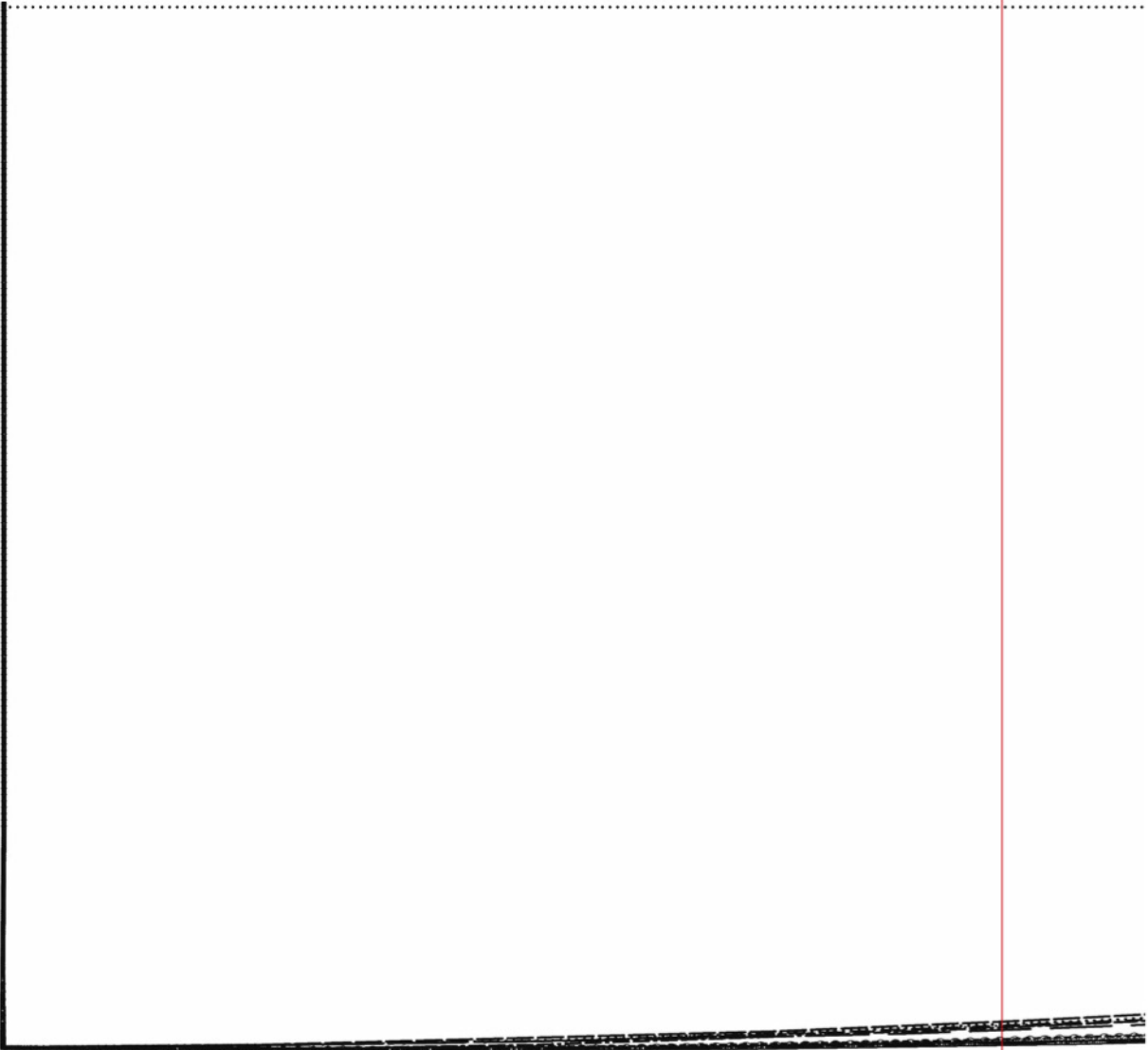


centre front

centre back







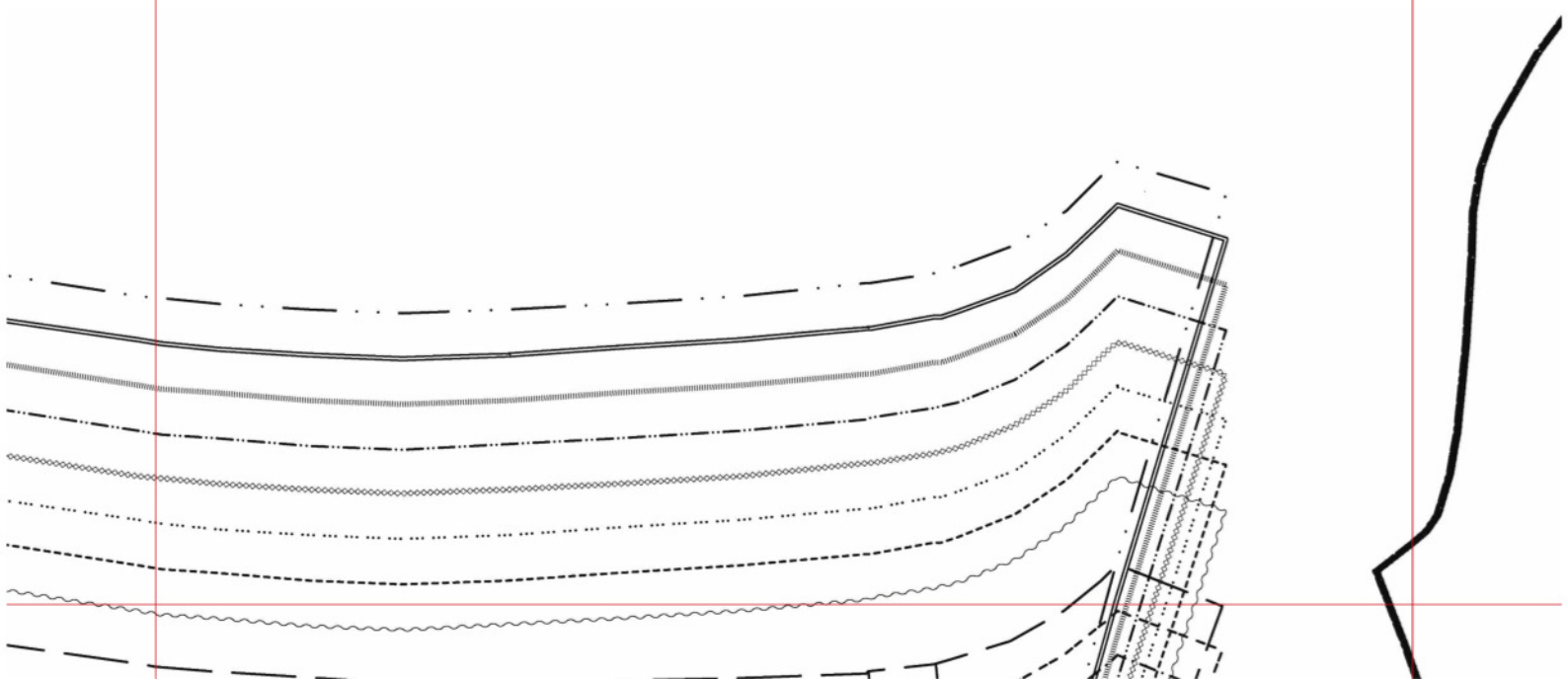
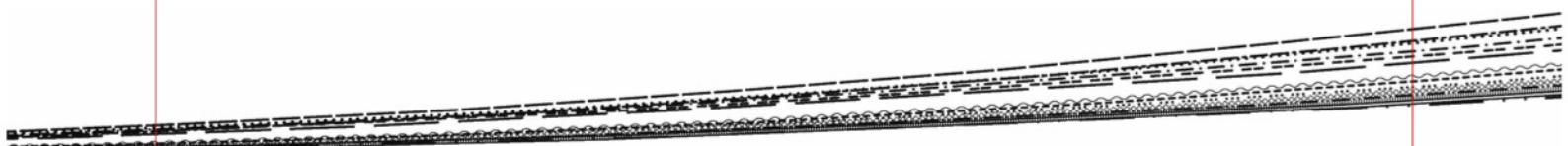
D

# THE ALEXANDER

Back S

PART B (Join to PART A be

Cut one c



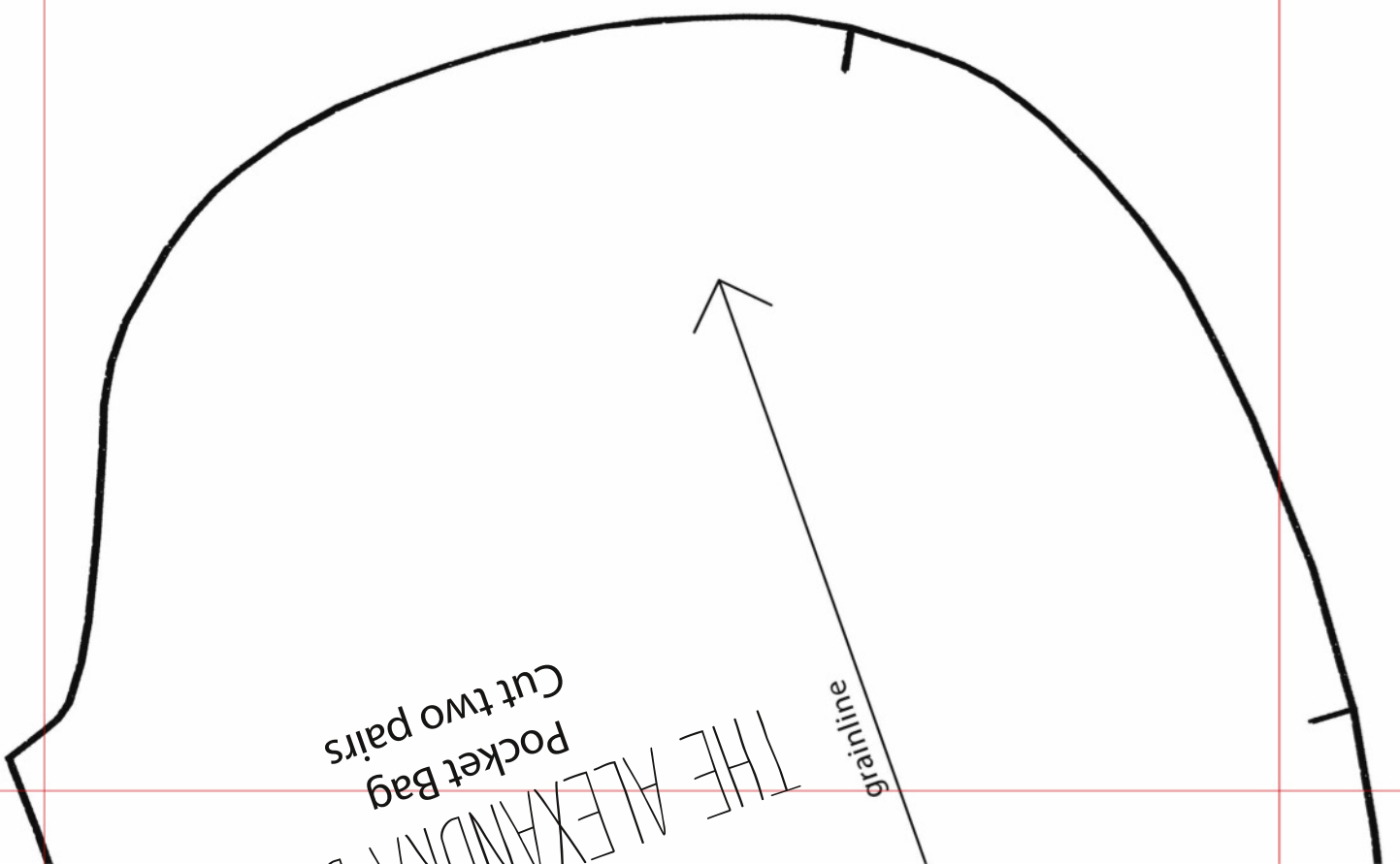
**D**

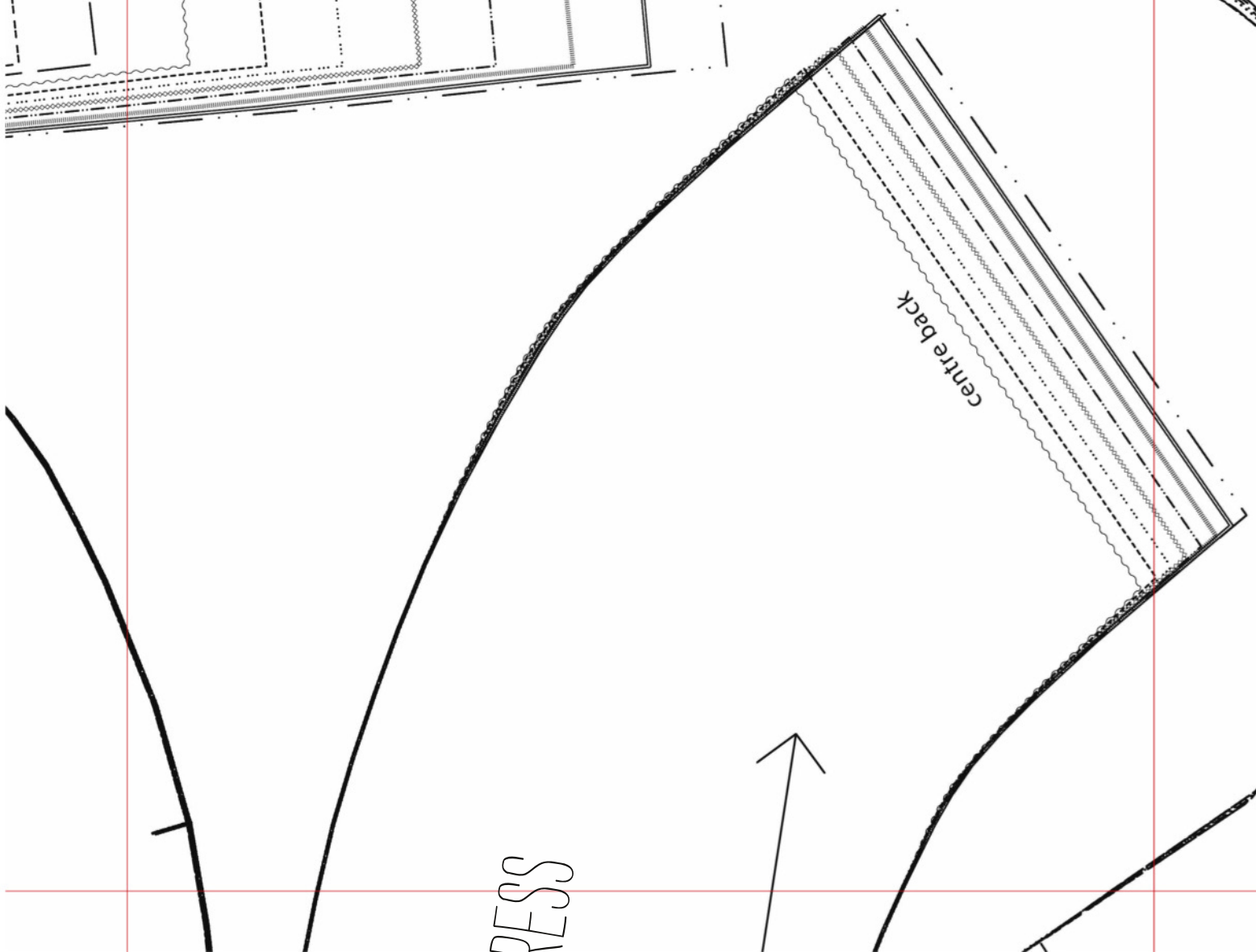
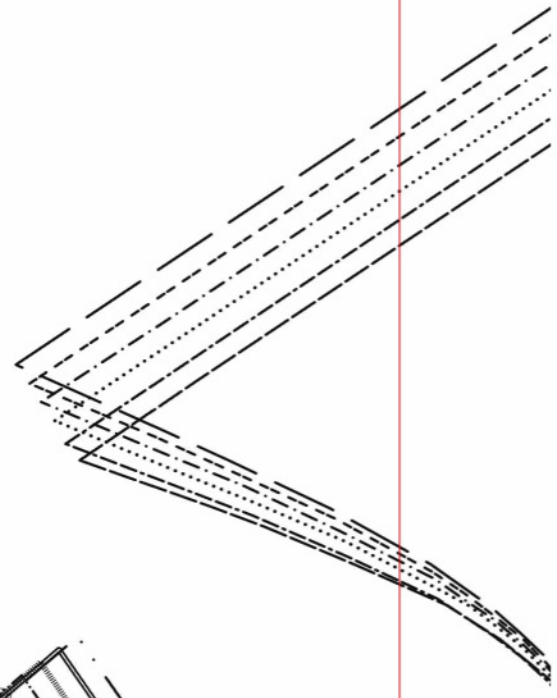
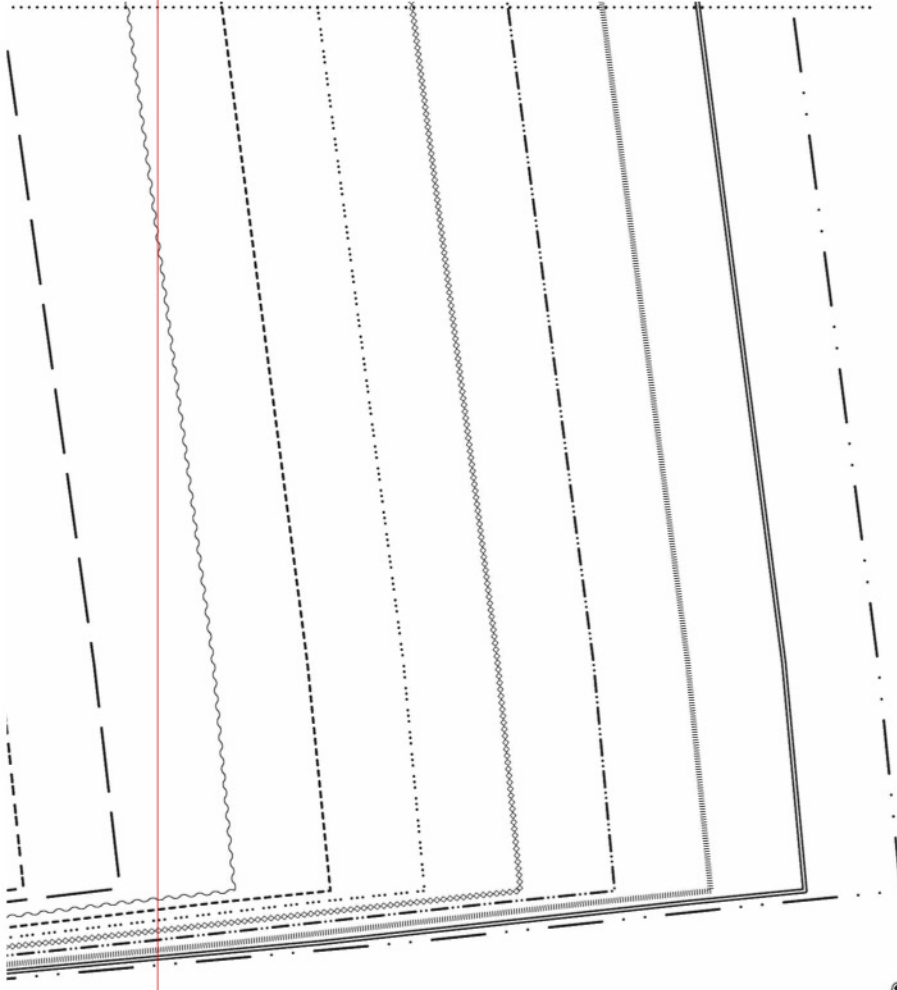
# THE ALEXANDRA DRESS

Back Skirt

(Join to PART A before cutting out fabric)

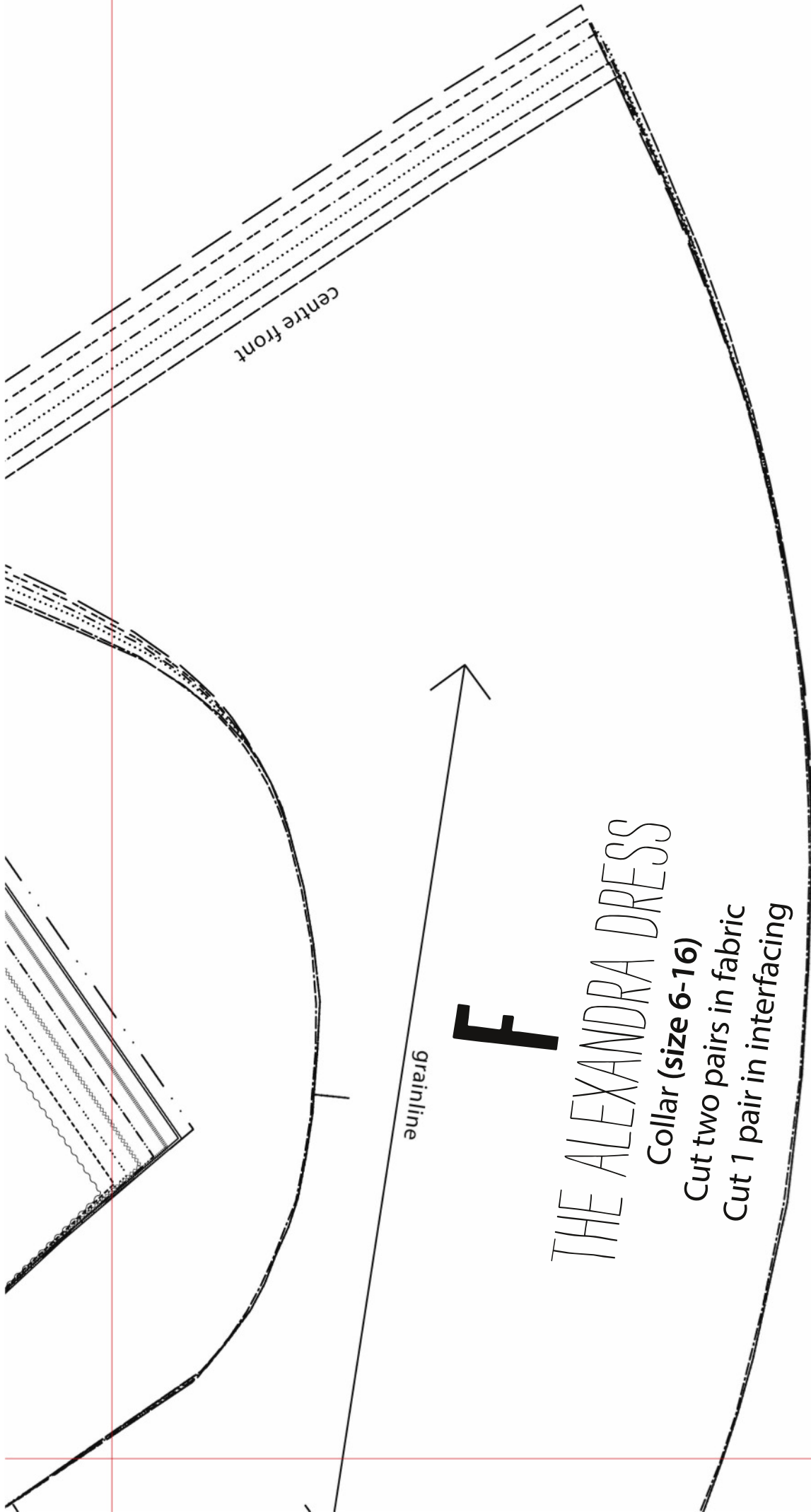
Cut one on fold





RESS





centre front

grainline

**F**

THE ALEXANDRA DRESS

Collar (size 6-16)

Cut two pairs in fabric

Cut 1 pair in interfacing

# THE CULOTTES

**SIZES**  
**6-22**

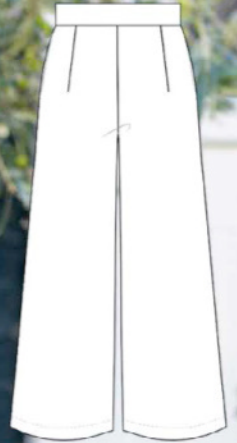
US 4-20  
EUR 34-50

Invisible zip  
and pockets

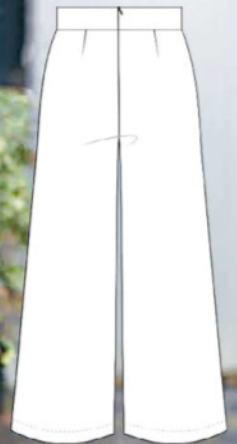
Wide-fit for both  
comfort and style

**CULOTTES**

FRONT



BACK



EXCLUSIVE PATTERN FROM



Simply  
**Sewing**  
FRESH IDEAS WITH FABRIC