

BOOTSTRAP*FASHION*

DIY DRESS FORM SEWING INSTRUCTIONS



FABRIC RECOMMENDATION:

1. Self (Main) fabric: woven non-stretch fabrics with slight drape; upholstery fabrics.



2. Interlining/stabilizer: rigid, non-elastic fabric, heavy (bottom) weight, but not too thick (i.e. denim fabric, polyester fabric for bags or tents).



3. Fusible woven interfacing, fabric based.

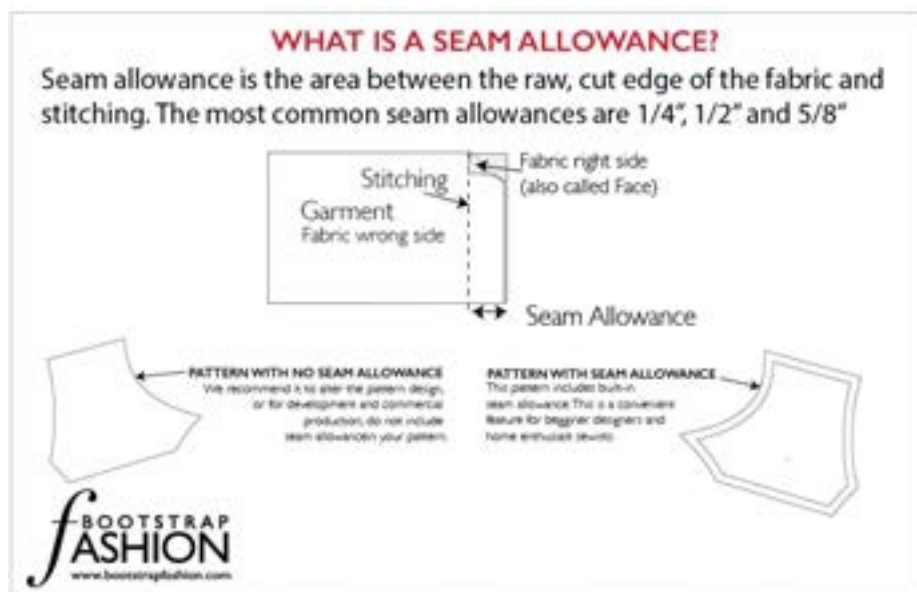


SEAM ALLOWANCES

You may select to include a 3/8" (1 cm) seam allowance on your pattern. If the pattern has a double-line contour, then seam allowances are included.

If your pattern has a singleline contour, then seam allowances are not included in the pattern and need to be added during the laying out and cutting of a pattern.

Recommended manually drafted seam allowances: all seams 3/8" (1 cm).



CUTTING:

Please print and assemble all the paper patterns and lay them out on the width of the fabric you plan to use (usually from 36" (90 cm) to 59" (150 cm) to see how much fabric you will actually need. Do not forget to count pair and symmetrical details.

Some pieces are cut on fold, this is indicated on the pattern piece.

Transfer all notches, darts, pleats etc. from the pattern onto your fabric.

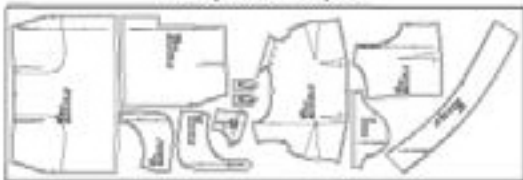
HOW MUCH FABRIC DO I NEED?

How to calculate the amount of fabric you need for a design.

1. Print out and assemble all the pattern pieces
2. Find out the width of your fabric choice.
3. Before purchasing fabric, fold a large bed sheet to the chosen fabric width.
4. Place on it all the pattern pieces.
5. Follow the indicated grain line on the pattern.
6. Measure how much fabric you will need.

TIP: For fabrics with nap (e.g. velvet, corduroy, velveteen and fur) and with luster or shine (satin, charmeuse, sateen, crystal jersey etc.) all the pattern pieces should be laid out in one direction - 1-way pattern layout.

2-Way Pattern Layout



1-Way Pattern Layout



MATERIALS:

1. Self (Main) fabric:

Small to Large sizes – 1 ¼ yards (1.10 m),
Large to Extra Large sizes – 1 ¾ yards (1.50 m)
Plus Sizes – 2 1/8 yards (2 m)

2. Fabric based fusible woven interfacing:

Small to Large sizes – 1 ¼ yards (1.10 m),
Large to Extra Large sizes – 1 ¾ yards (1.50 m)
Plus Sizes – 2 1/8 yards (2 m)

3. Interlining/stabilizer – from ¾ yards (0.80 m) to 1 ¼ yards (1m)

4. Cardboard 6 sq.ft (0.6 sq.m).

5. Sponge 3" (8 cm) in height, 7" (18cm) in width and 7" (18cm) in length.

6. Zipper 7"-9" (18-23 cm) – 2 pieces.

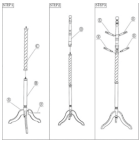
7. Craft glue.

8. Small razor knife.

9. Wooden, plastic or metal coat rack stand. The stand should be cut to reflect your height. The length of the stand is automatically calculated by the system and is listed on your pattern. You can also use a pre-manufactured adjustable dress form stand, which should not be cut. We provided the resources and links where to buy the pre-manufactured stand and other supplies on the next page. We did not use a pre-manufactured stand and the process might slightly differ from the proposed by us. You will need to know the diameter of the pre-manufactured stand and purchase a plastic tube (next point) to fit over the manufactured stand.

10. Plastic pipe tube, diameter from 1 1/8" (3 cm) to 2" (5 cm). We recommend buying a 38" long pipe for standard heights and 48" for very tall. You will have to cut the pipe to the length, recommended on the pattern. This length is automatically calculated by the system to fit your unique height.

11. Polyester Fiber Fill Poly-Fil: 5lb (2.3 kg) (smaller sizes) to 10lb (4.6 kg) (larger and plus sizes).



- <https://www.pvcfittingsonline.com/1-clear-pvc-sch-40-pipe-pl-010.html>

·<https://www.ubuy.co.mz/en/product/JXICRHC0-1-12-inch-diameter-clear-pvc-schedule-40-pipe-choose-your-length-5-inches-to-8-feet-pipe-id-approxim>

· <https://www.usplastic.com/catalog/item.aspx?itemid=45806>

<https://formufit.com/products/1-1-2-x-5-ft-clear-schedule-40-furniture-grade-pvc-pipe>

<https://www.google.com/amp/s/antigua.desertcart.com/amp/products/152072011-1-inch-diameter-clear-pvc-schedule-40-pipe-choose-your-length-5-inches-to-7-feet-pipe-id-approximately-1-029-inch>



For the stand, we used an old coat hanger, 5 cm in diameter and cut it to the length specified on the pattern.



PATTERN PIECES:

All pattern pieces are marked and numbered, as listed below.

Main (Self) Interfaced Fabric:

1. Upper Center Front, cut 2
2. Upper Side Front, cut 2
3. Center Cup, cut 2
4. Side Cup, cut 2
5. Lower Center Front, cut 2
6. Lower Side Front, cut 2
7. Center Back, cut 2
8. Side Back, cut 2
9. Armhole Cover, cut 2
10. Neck, cut 1
11. Neck top, cut 1
12. Back Base Support Cover, cut 2
13. Front Base Support Cover, cut 2

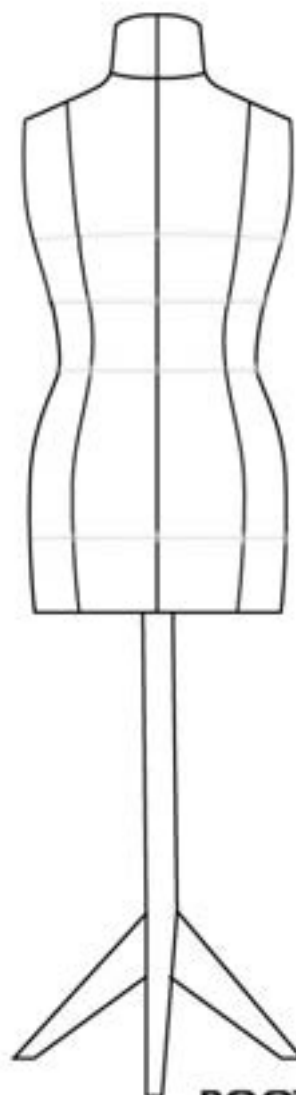
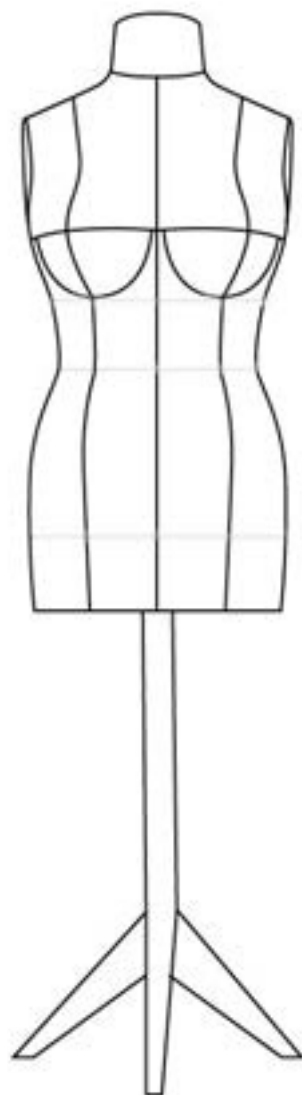
Interlining/stabilizer:

9. Armhole Cover, cut 2
14. Front Inner Support, cut 2
15. Back Inner Support
16. Pipe Sleeve, cut 1

Cardboard:

17. Base Support Cardboard, cut 1
18. Armhole Cardboard, cut 2

TECHNICAL ILLUSTRATION:

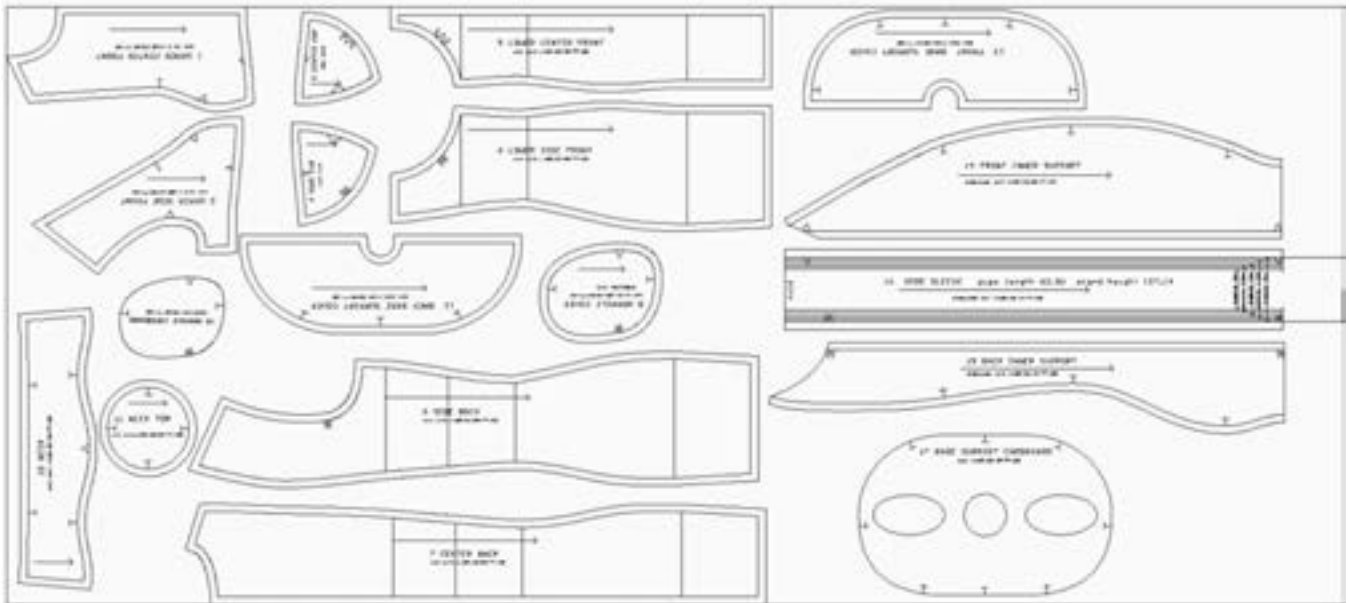


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PATTERN LAYOUT:

Pattern layout example on 55" fabric, on fold.

FABRIC IS ON FOLD



IMPORTANT NOTES:

1. When sewing please pay attention to the types of notches you are joining, they must be identical and match. Several types of notches are used throughout the pattern. This is done to clarify and simplify the construction process.

2. Although, on the pattern notches are indicated on the sewing line, they should always be cut only into the seam allowance.

3. Your pattern will have a slight negative ease. It is due to fabric stretching a little when the stuffing is too dense. You can control the measurements of the dress form by adjusting the density and amount of stuffing.

Tip 1: Measure your circumferences often, as you stuff the dress. To reduce the measurement, remove some Poly-Fil until you reach the correct number.

To increase, add more Poly-Fil - the fabric will stretch a little, as you stuff the filling more densely.

Tip 2:

1. Use a small 2-2.2mm stitch length on your sewing machine.
2. Clip and notch inner and outer seams.
3. Open and press all seams, except for arm and neck seams.

You must pre-shrink all fabrics. Wash the main fabric, fusible interfacing and interlining/stabilizer in hot water (unless specified otherwise by the manufacturer), lay flat and dry.



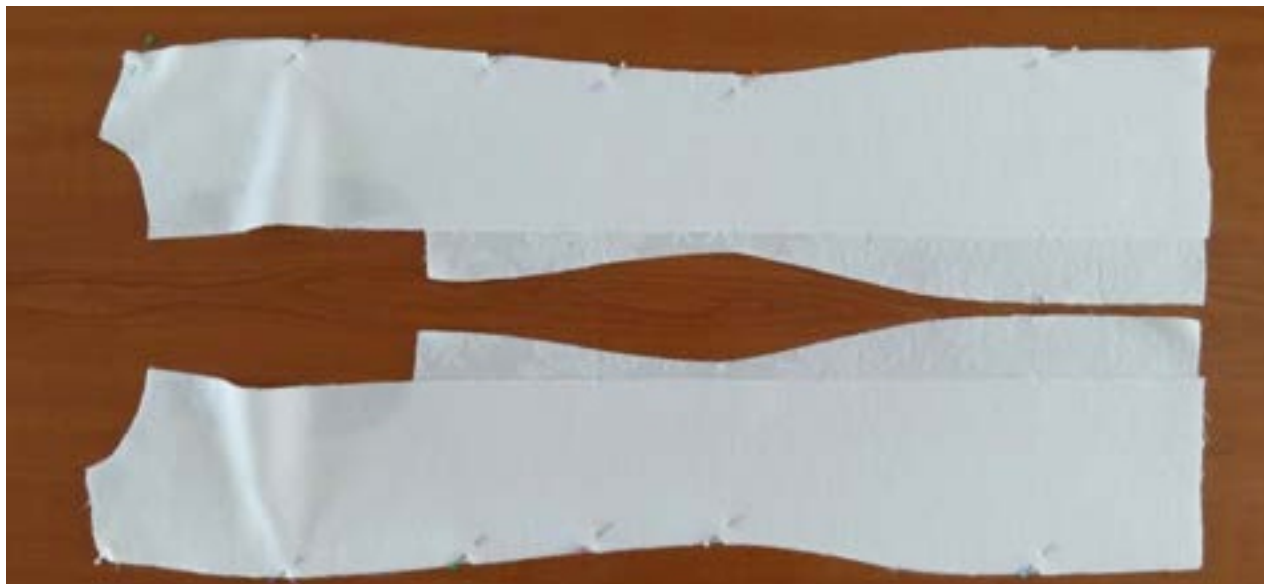
Apply fusible interfacing to the fabric before cutting.



SEWING INSTRUCTIONS:

DRESS FORM COVER

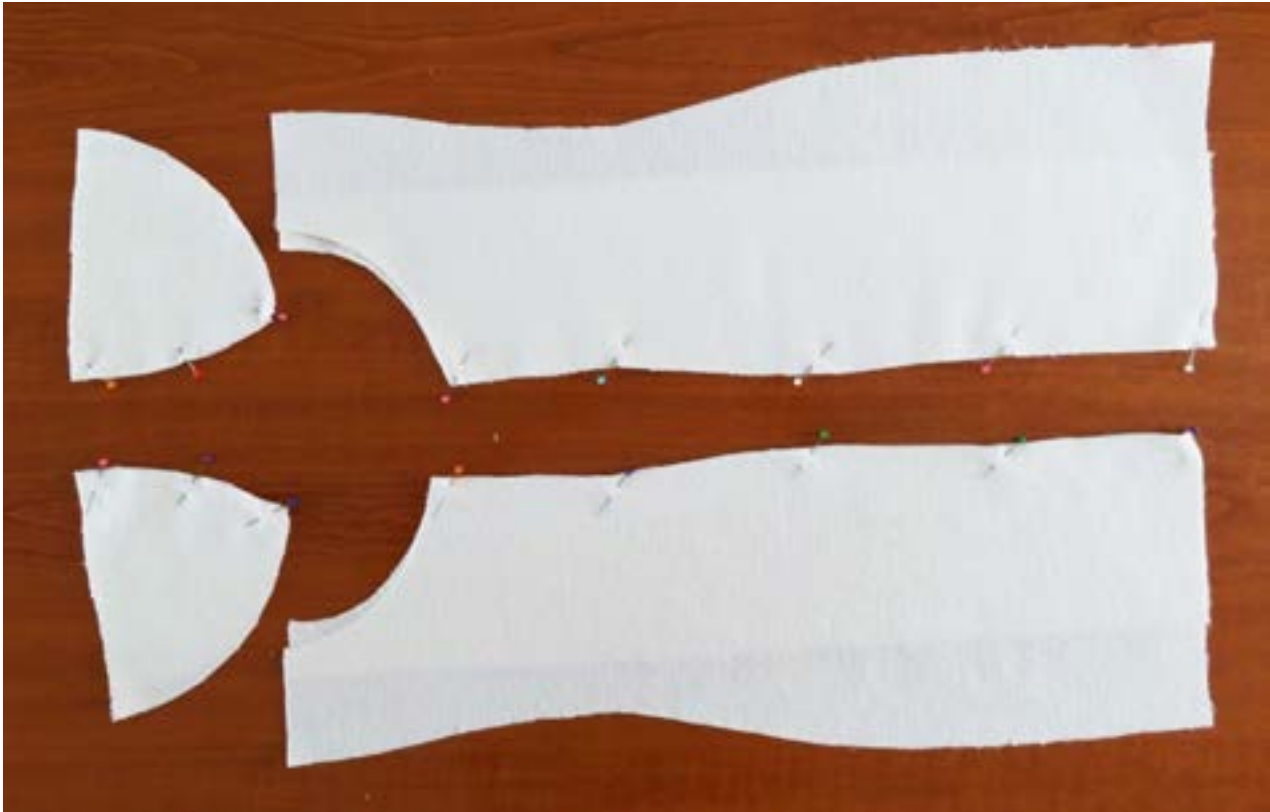
1. Pin and stitch the Center Back pieces to the Side Back pieces, matching notches.



- Clip into seam every 1 5/8" (4 cm), press seams open.



2. Pin and stitch Side Cups to the Center Cups and Lower Side Fronts to the Lower Center Fronts, matching notches.



Clip into seam every 1 5/8" (4 cm), press seams open.



3. Pin and stitch Upper Side Fronts to the Upper Center Fronts, matching notches.



Clip into curves, press seams open.



4. Pin and stitch the cups to the lower fronts, matching notches and princess seams.



OPTIONAL: To outline the contour of the cups on the dress form, you can topstitch the curved cup seams using a zigzag stitch, from the face side, pressing seam allowances open.





5. Sew upper front pieces to the lower front pieces. OPTIONAL: Hand sew along the lines of Underbust, Waist and Hips on the back and front; however, on the back you can also sew along the back bust line. This outlines the key horizontal points of measure. Staystitch $\frac{3}{8}$ " (8 mm) from the edge around the front and back armholes.



Clip into curves, press seams open.



6. OPTIONAL: To outline the Bust, Waist, Hips lines to topstitch from the face side (using zigzag stitch) along the hand-sewn lines. Prior to topstitching, press open seams on the front bust line. Make sure to keep it open when topstitching.



7. Pin and stitch the front center seam, carefully matching zigzagged lines.



8. Clip into corners of the front and back princess seams. Pin and stitch shoulder seams.



9. Staystitch at $\frac{3}{8}$ " (8 mm) from the edge around the neckline. Clip to staystitching, keeping clips about $\frac{5}{8}$ " (1.5 cm) apart.



10. Staystitch from the edge along the upper edge of the Neck. Pin and stitch the Neck to the neckline.



Clip into curves, open and press seams.



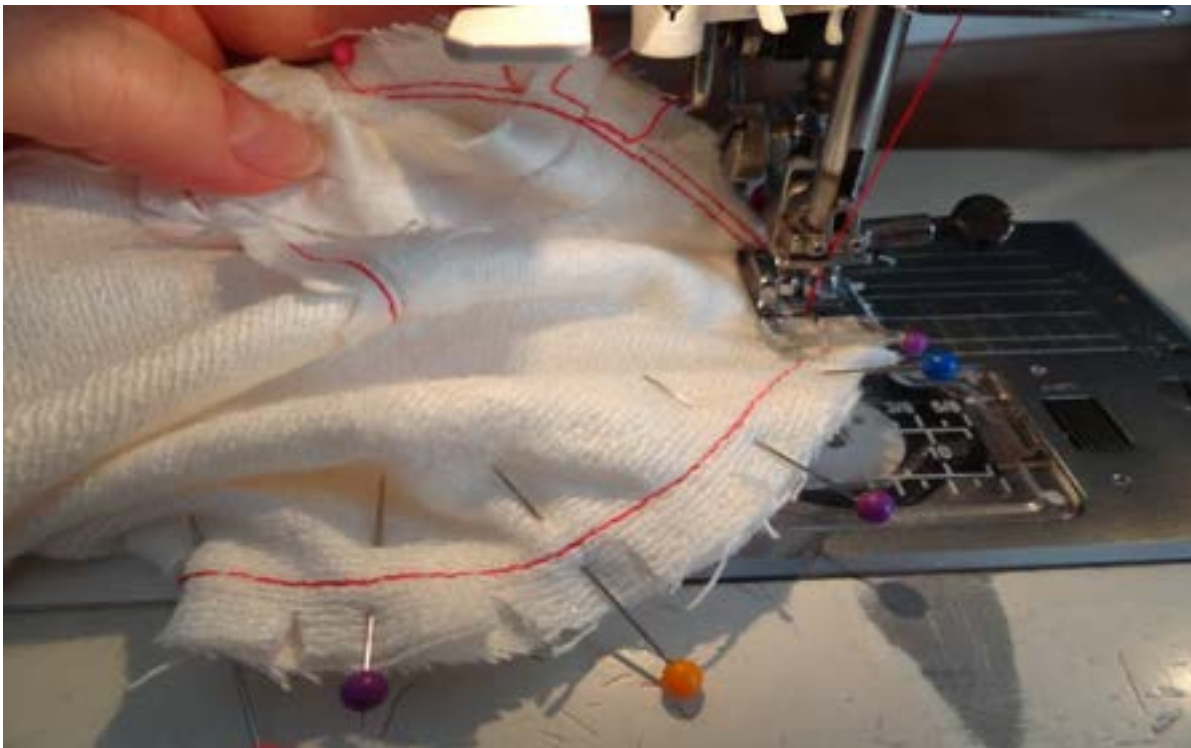
11 . Pin and stitch center back seam, carefully matching zigzagged lines.



12 Clip to the staystitching, keeping clips about 5/8" (1.5 cm) apart. .



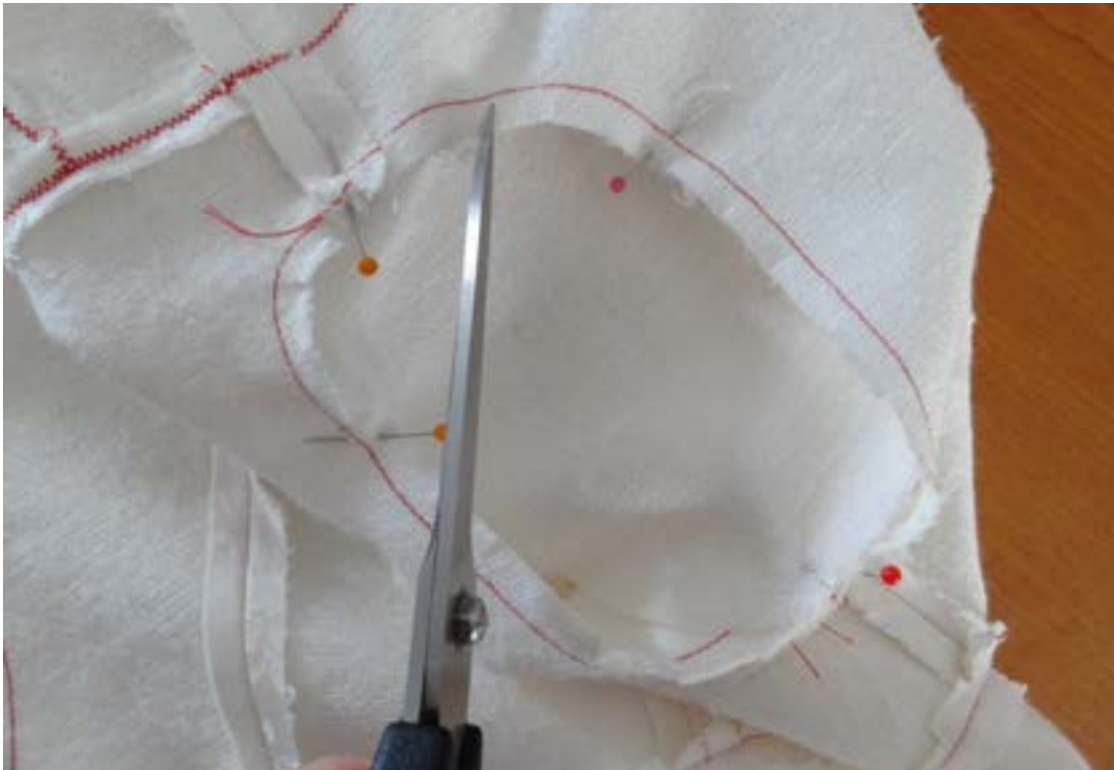
Pin the Neck Top to the Neck, matching notches and stitch.



Trim the seam allowances to 1/8" (5 mm).



13. Pin Armhole Covers to the armholes, matching at the notches. Clip to the staystitching of the armholes, keeping clips about 5/8" (1.5cm) apart.





Sew the Armhole Covers to the armholes.

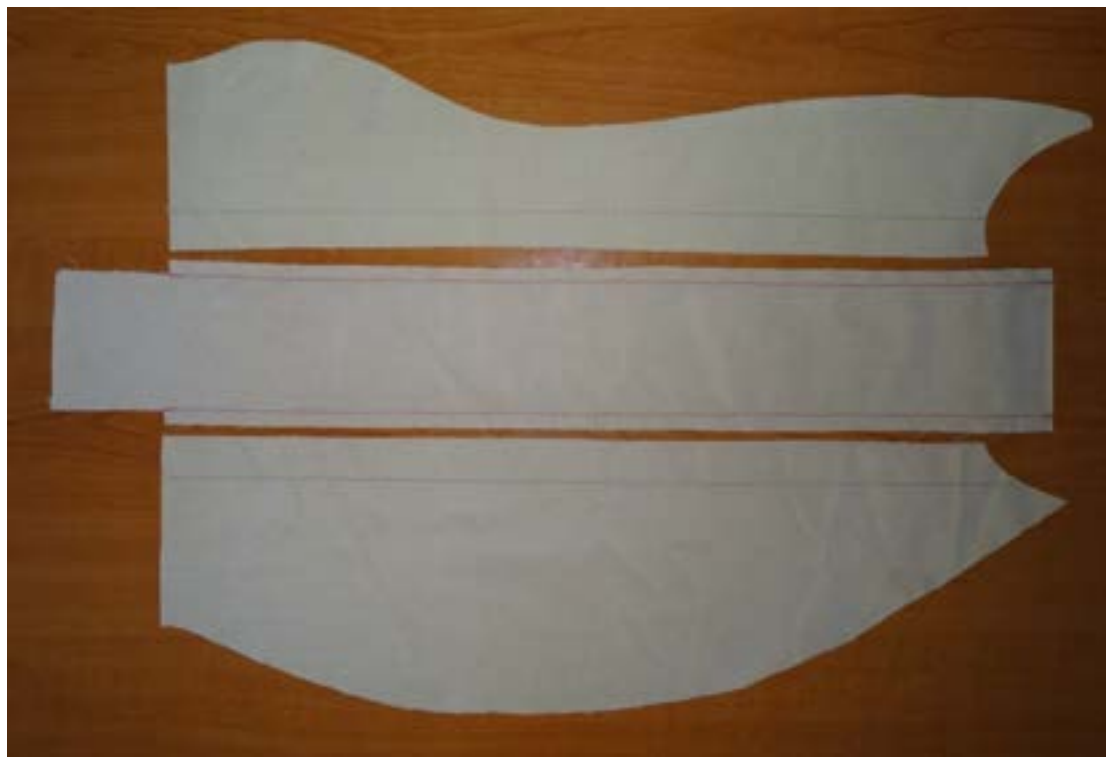


14. Start to baste the interlining/stabilizer Armhole Covers to the Armhole Covers, insert the Cardboard Armhole matching notches. Finish basting and stitch.



INNER SUPPORT

1. Stitch the Pipe Sleeve from the top fold to the lower notches along the edges.



2. Insert the plastic tube into the Pipe Sleeve. Please make sure that it glides in and out of the Pipe Sleeve easily. Cut the lower, unsewn edge of the Pipe Sleeve into the $\frac{3}{4}$ " wide fringe as shown below.



3. Place the Front Inner Support piece on top of the Pipe Sleeve's edge, matching notches; pin and stitch along the edge.



4. Place the Back Inner Support piece on top of the other Pipe Sleeve's edge, matching notches. Pin and stitch along the edge. Turn out the back pieces.

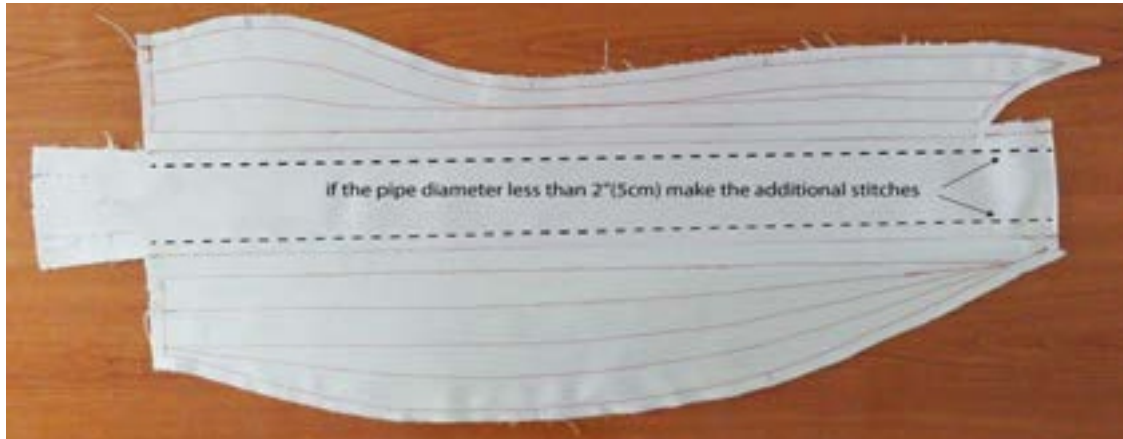




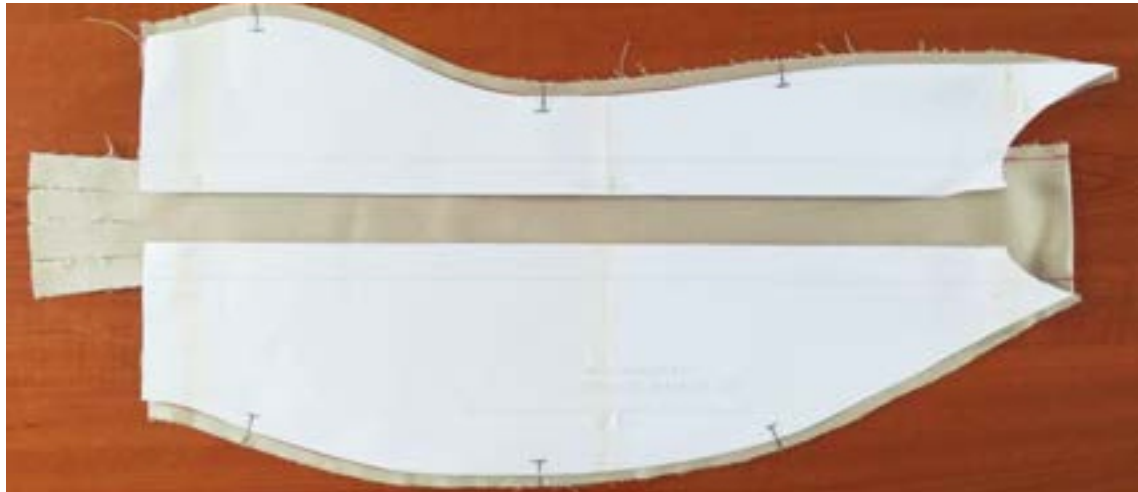
Staystitch front and back inner support pieces with random vertical lines, to reinforce the fabric.



If the diameter of your plastic tube is less than 2" (5cm), reduce the opening of the sleeve by stitching along the narrower lines marked on the pattern, specifying the diameter. Please make sure that there is a .25" (1cm) extra space around the tube to have it glide easily inside the pipe sleeve.



Place the pattern pieces on top of the correlate details to double check the notches. It is very important that they match.



DRESS FORM STUFFING

1. Fold the finished cover as shown below. Back on the top and Front on the bottom of the image. Try to flatten it as much as you can.



Clip into curves at the center back seam repeating at 1 5/8" (4cm).



Start pinning the Inner Support center back seam to the cover center back seam. Make sure that both pieces have open flat seams facing each other, while being pinned. Pin the Inner Support center front seam to the cover front center seam opening the seams. Make sure that both pieces have open flat seams facing each other, while being pinned. Match the bust lines, waist lines and hip lines of the both pieces.



Clip into the front center seam allowance at the neck.



Stitch the Inner Support piece to the cover along the stitch lines. Clip into the curves on the Inner Support.



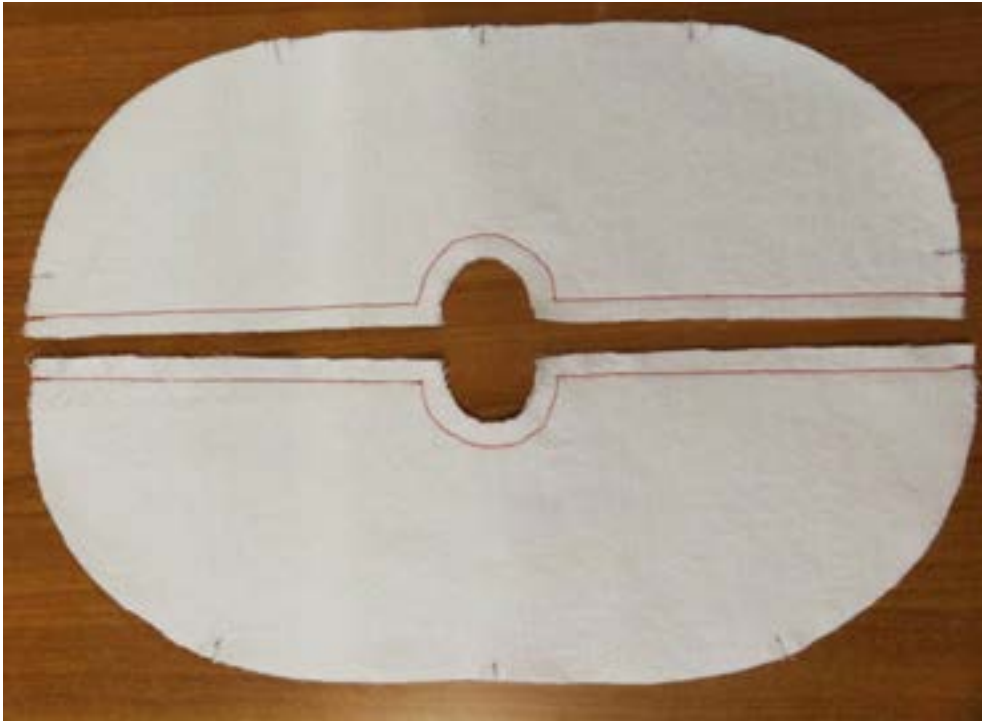
2. Pin the Neck top pattern to the sponge. Using the razor knife and scissors cut out the round neck shape from the sponge.



Push in the neck inside the body of the dress form's cover, forming a cup. Insert the sponge neck form into the neck.



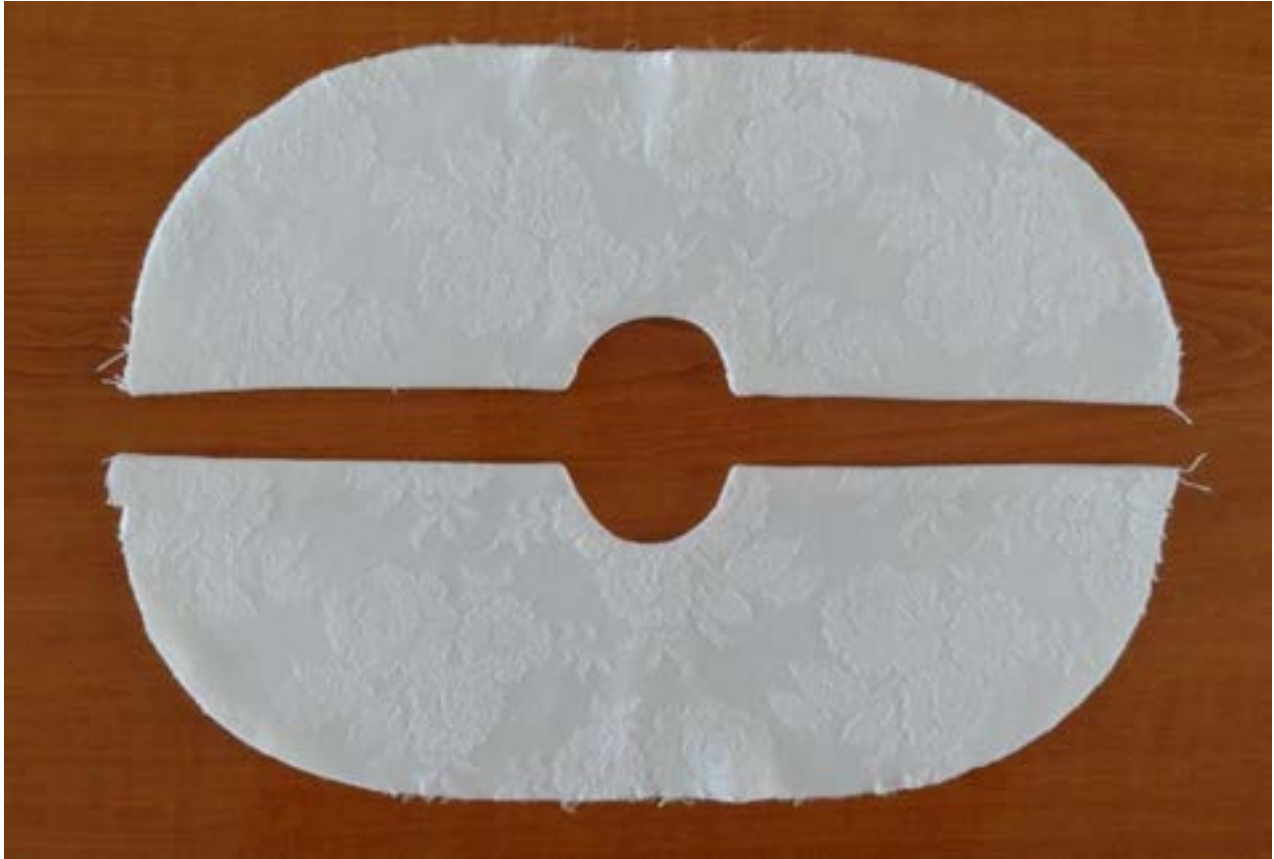
3. Staystitch the pieces of the Back Base Support Cover and Front Base Support Cover along the straight sides and around the semi-circular cut-out in the center as shown below.



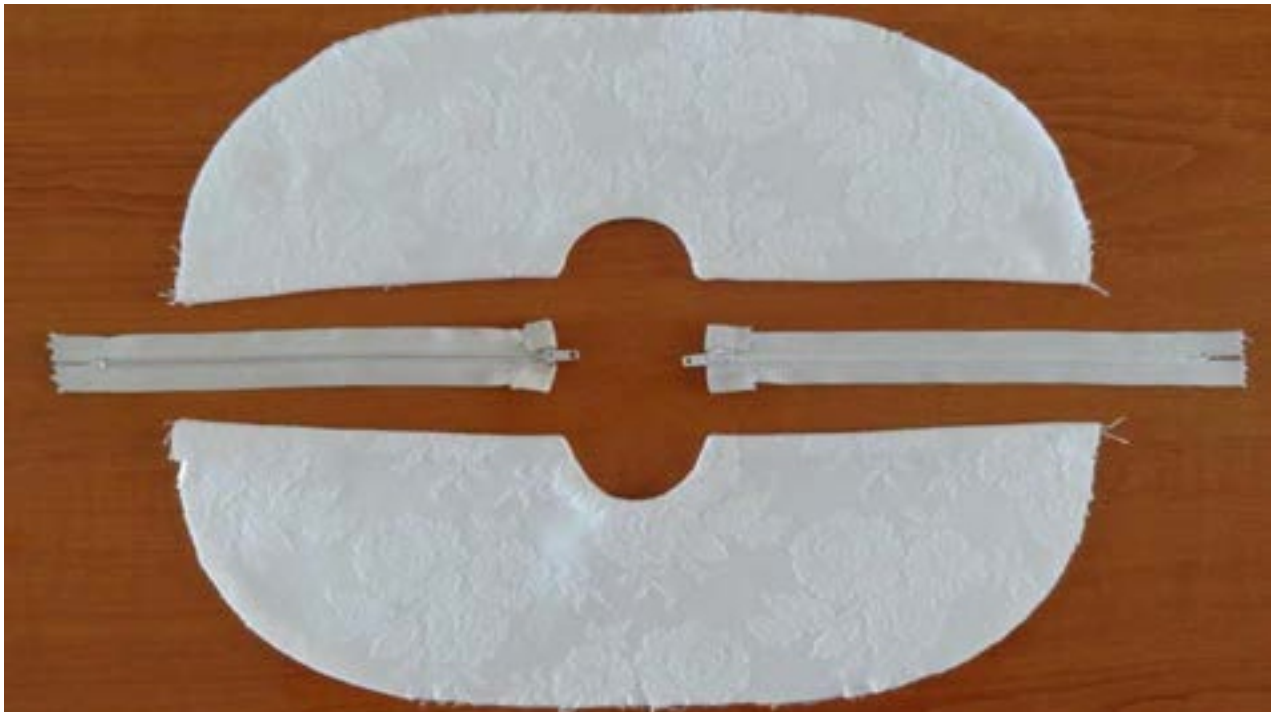
Trim and clip into the curves, as shown.



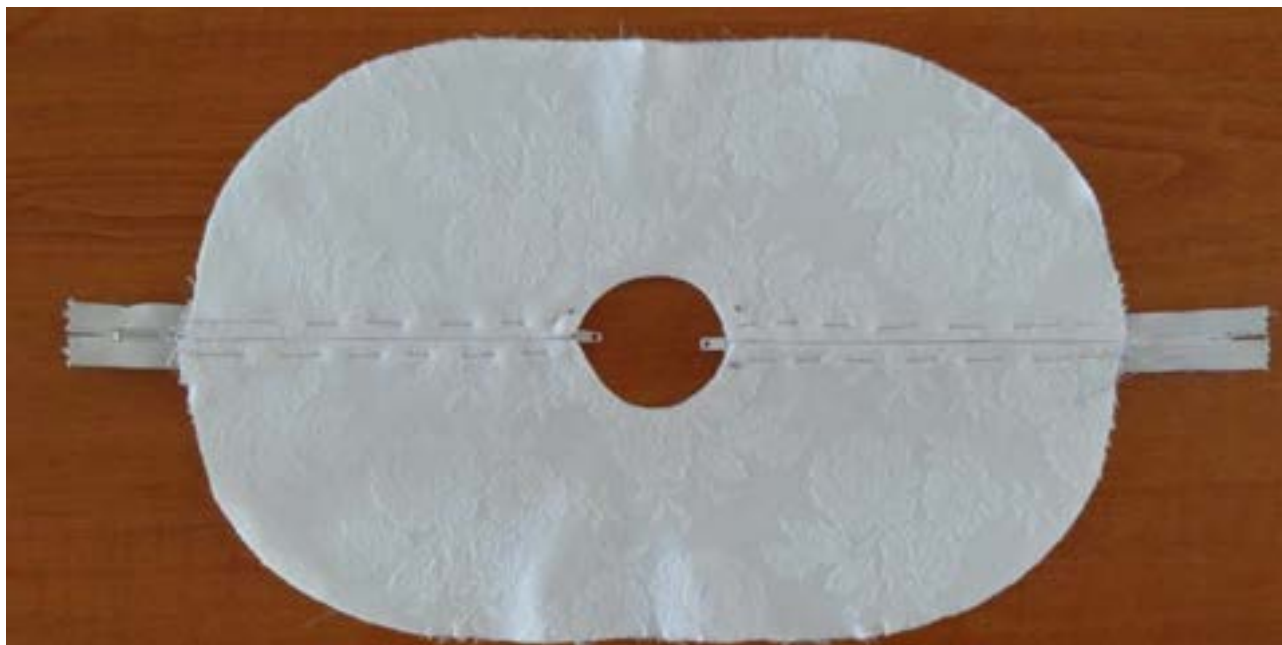
Turn right side out and press.



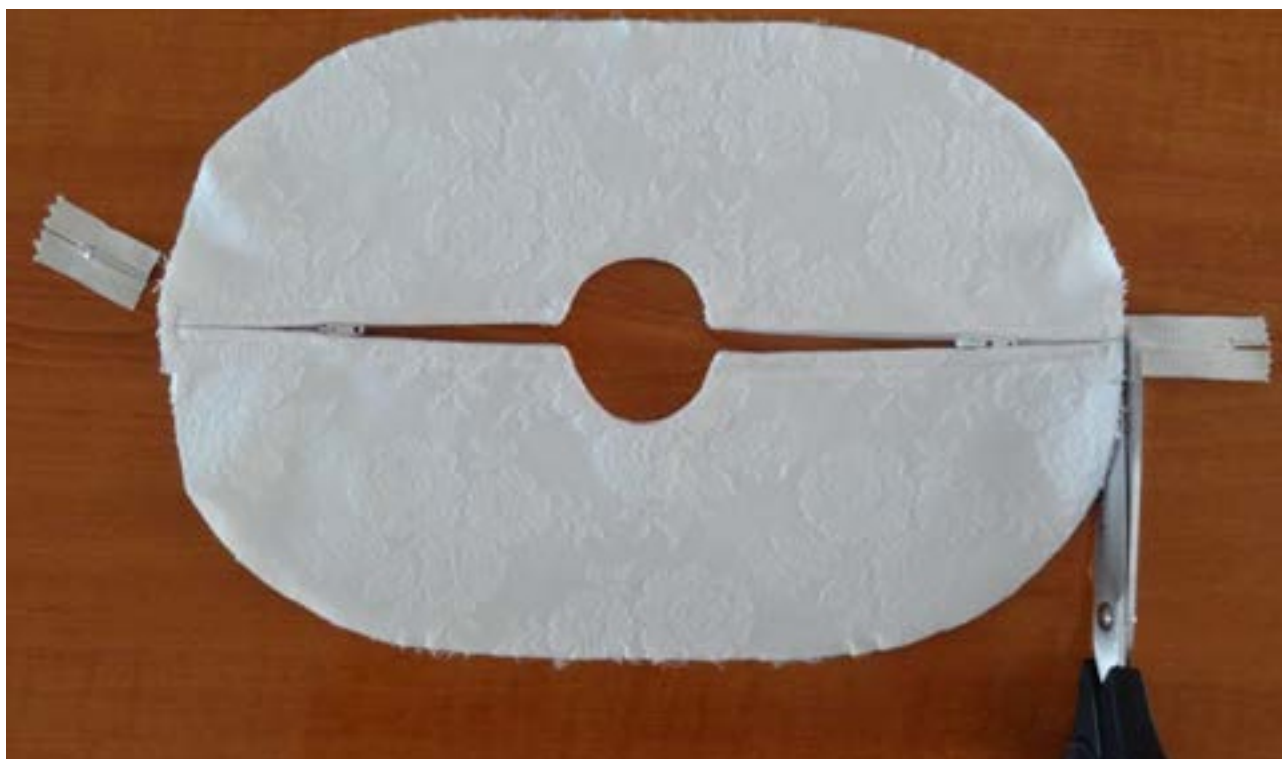
Turn under zipper's ends and stitch.



Baste zippers to the base support finished edges, as shown, connecting front and back pieces together. Use a zipper foot to assist in stitching close to the zipper's teeth. Machine stitch up to and backstitch at lower end of the zipper opening.



Trim off the extra zipper length, if any.



Staystitch 3/8" (8 mm) from the edge around the cover's lower edge. Pin the zipped base support cover to the dress form lower edge, matching notches. Clip into the curves of the dress form's lower edge.



Stitch the base support cover to the dress form cover. Turn the base cover right side out.



4. Insert the trimmed plastic pipe tube into the Pipe Sleeve. Stuff the dress form firmly from the neck to the bottom. To avoid lumps, stuff small portions at a time. Periodically check that you are keeping the center back and center front lines straight. Make sure to stuff the breasts very firmly.



5. Insert the cardboard base support into the bottom of the dress form, pull out the pipe sleeve fringe through the center hole and glue the fringe onto the cardboard. Wait for the glue to dry before continuing.

Finish stuffing the dress form through the extra oval holes in the cardboard base support; then zip the dress form.



DRESS FORM STAND

We are using an old coat rack with a tripod stand. If you are using a pre-manufactured dress form stand, you can skip to the step where you place the dress form on the stand.

6. Remove the hooks from the coat hanger, if there are any. Measure and mark the stand height, to the length written on the Pipe Sleeve pattern (from the floor) and cut to length.



Place the dress form on the stand, sliding it down inside the plastic tube until the top of the stand touches the neck and cannot be moved any further.



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