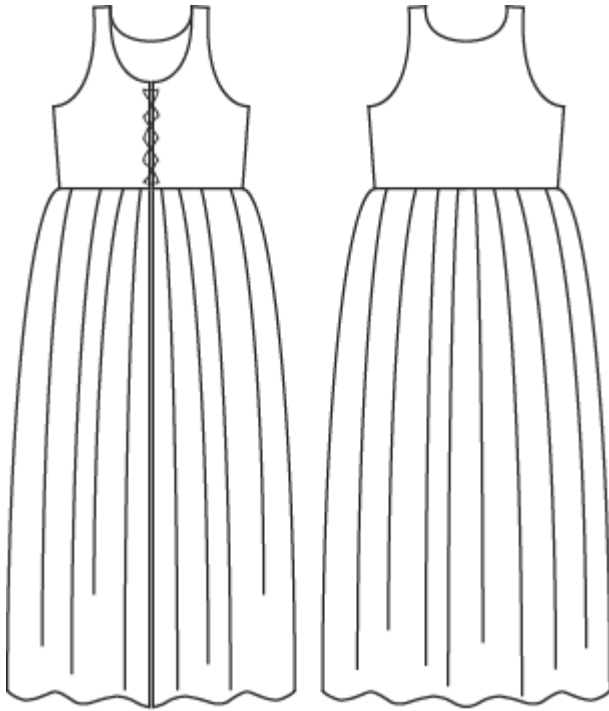


A Simple Bodice and Attached Gathered Skirt

By Duchesse Sabine de Rouen, OP



Once you create this basic bodice and skirt you can manipulate the pattern to mimic the shape of dresses throughout history.

Please read all instructions before beginning your garment.

Wash, dry, and iron your fabric before you cut anything.

Using this simple base pattern you can create garments similar to those below as well as others by using the alternate layouts at the end of these instructions:



Detail from Allegory of March: Triumph of Minerva by Francesco del Cossa from 1476-84

A) Measure from top of shoulder over your bust to rib cage or to your natural waist depending on how long you want your bodice.

B) Measure from front of neck down to desired location for neckline. (6" to 8")

C) Measure from top of shoulder to fullest point of bust.

D) From center neck measure out to bra strap.

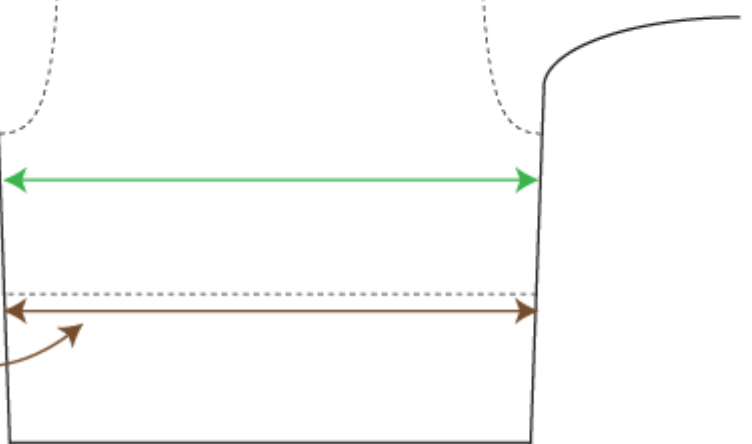
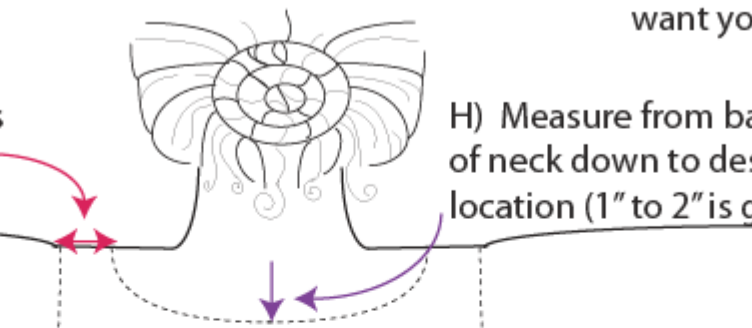
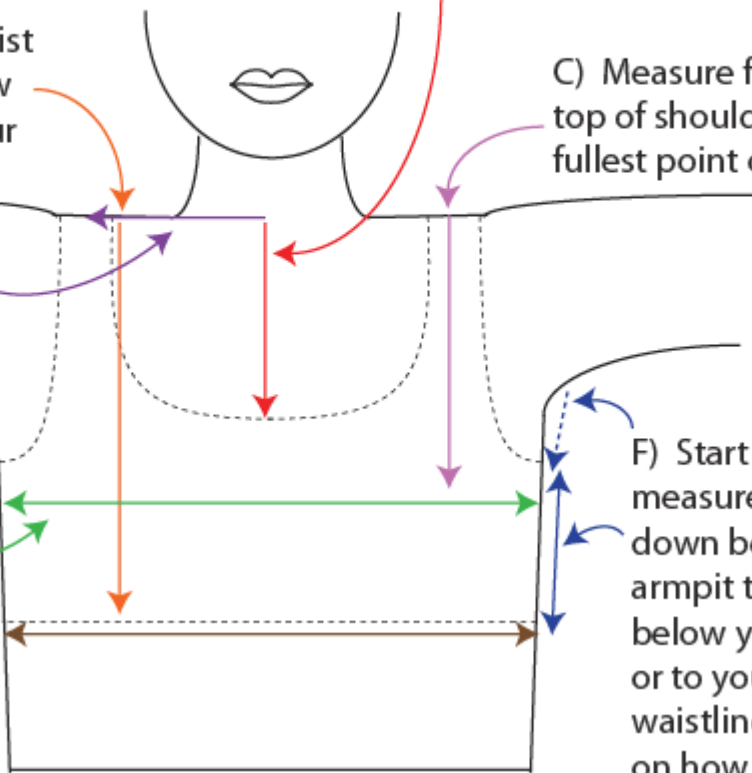
E) Measure bust at fullest point (start at center front, pull tape measure around back and end at center front). **Add 2" to total.**

F) Start side measurement 3" down below your armpit to either just below your bust line or to your natural waistline depending on how long you want your bodice.

G) shoulder straps should measure approximately 2".

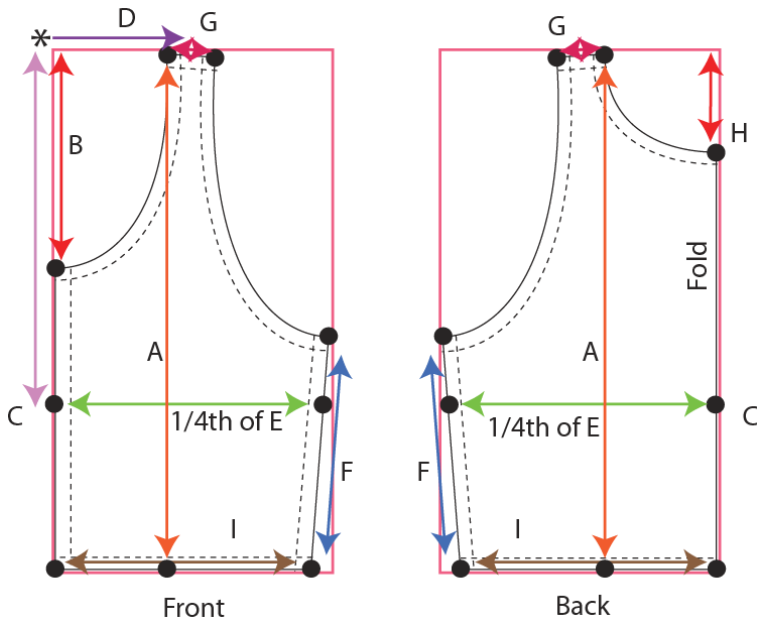
H) Measure from back of neck down to desired location (1" to 2" is good).

I) Bottom of bodice - start at center front, pull tape measure around back and end at center front). **Add 2" to total.**



To create your pattern you will need a large sheet of tag board or drawing paper. Your paper must have perfect 45 degree angles.

You are going to create a life size dot-to-dot graph of your bodice by using your measurements.



Start at the top left corner. Moving vertically, measure and mark your neckline (B).

To create the shoulder point move horizontally from the start point (D). Mark point. Measure and mark 1" on both sides of bra point. The outside point is your shoulder point.

To create your neckline you will draw a curve or angle between the inside point of your shoulder and your neckline point (B). The actual shape of your neckline will depend on your preference.

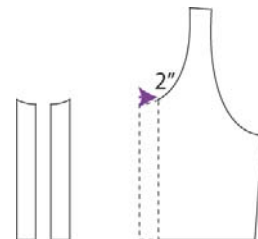
To find the bust line location use measurement C. From top left corner move vertically and mark bust line. From this point make a perpendicular line equal to 1/4th of your total bust measurement. The point at which your line ends will be the starting point for your side seam.

To create your side seam you draw a line (measurement F) starting at the bottom of your bodice and connecting but passing you bodice line measurement.

To create the front and back arm mark the shoulder point and the top of your side seam (F). Draw the curve following the natural curve of your arm (inset approximately 1").

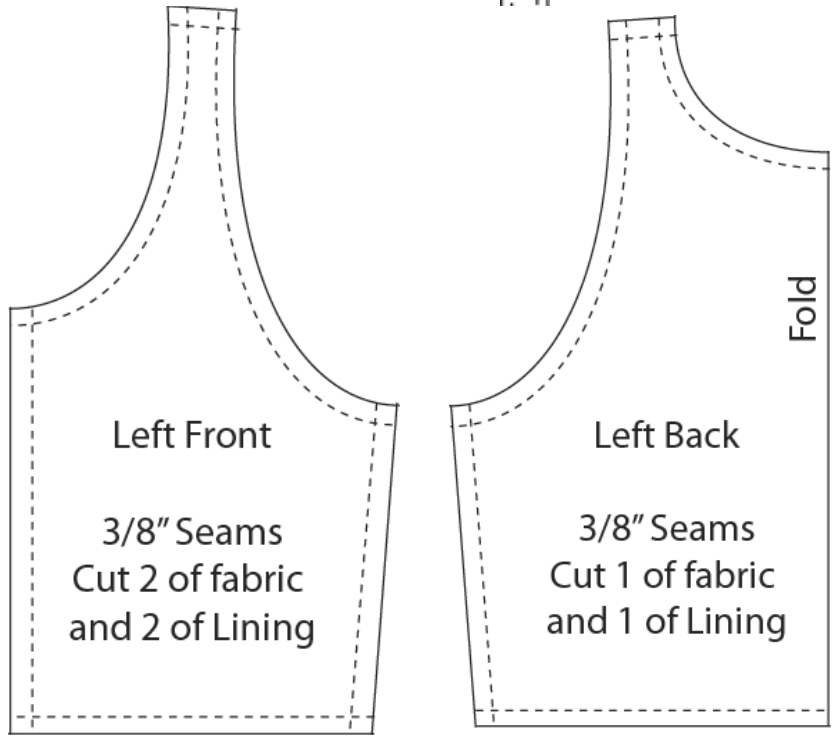
To create the boning pockets start at the center neckline. Moving horizontally 2" draw a vertical line to the bottom of your bodice. This line must be parallel to the center front of your bodice.

You will need two (a right and left side).

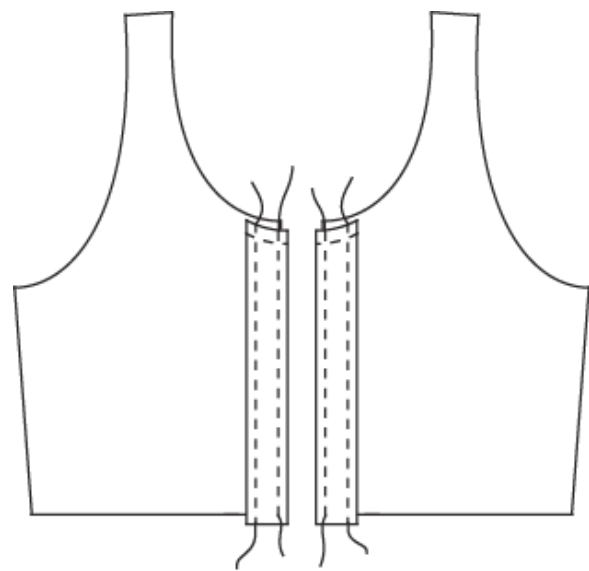


Front
Once you have created
all of your design lines
add 3/8" seam allowance
to all edges (except
folded edge).

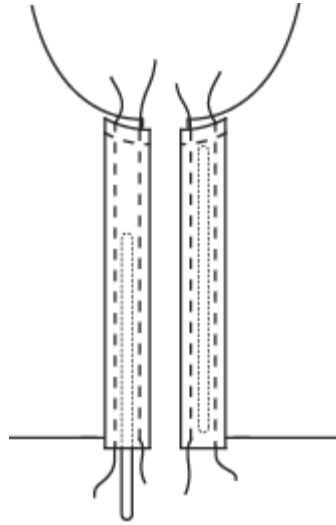
Boning
Pocket
3/8" Seams
Cut 2 of
Fabric or 2
of Lining



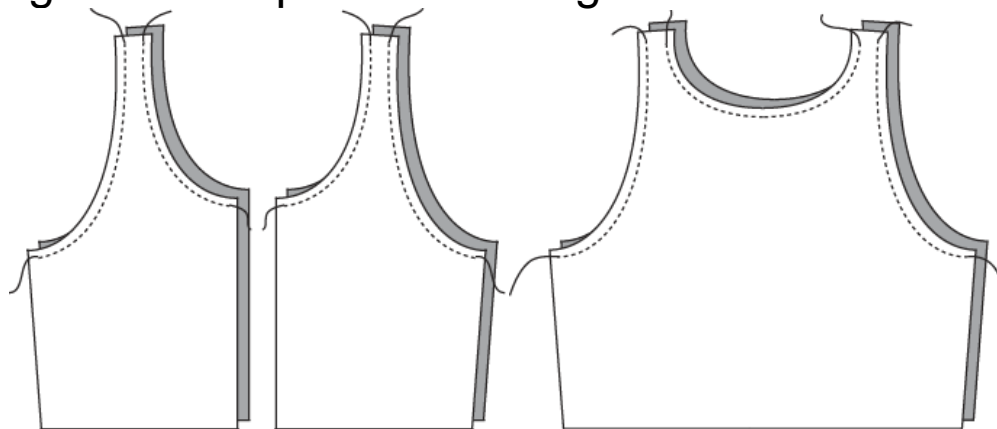
With wrong
sides together
sew boning
pockets to
lining. Sew
both sides
and top only.

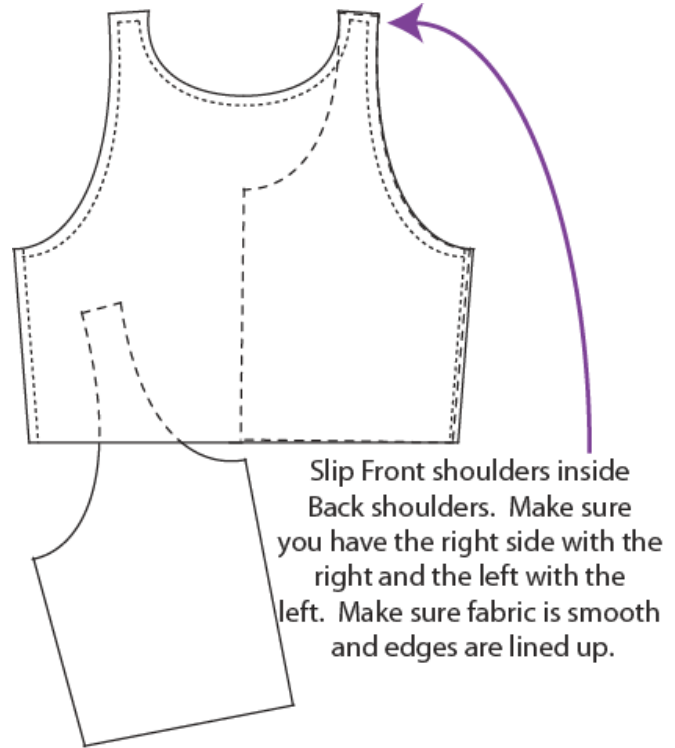
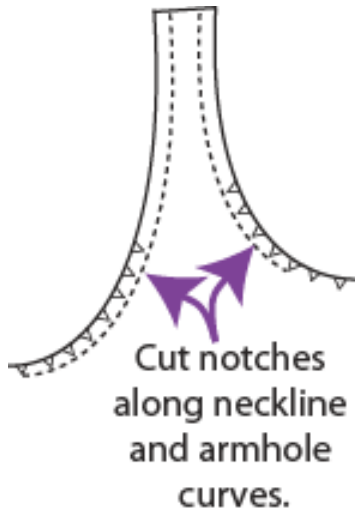


Leave
bottom open
in order to
insert
boning (do
not insert
boning yet).



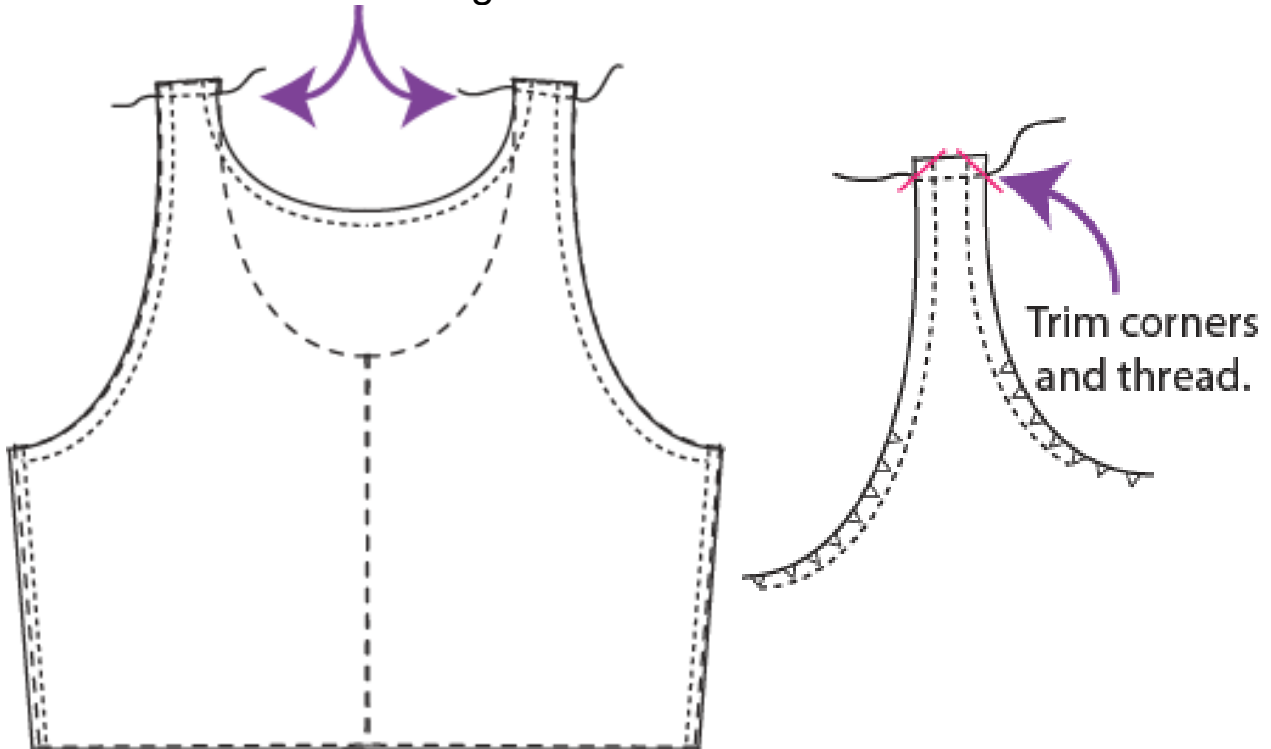
With right sides of Fabric and Lining (at this point the boning pocket will be outside) together sew neck lines and armholes together. Stop $\frac{3}{8}$ " from edge at shoulder seam.



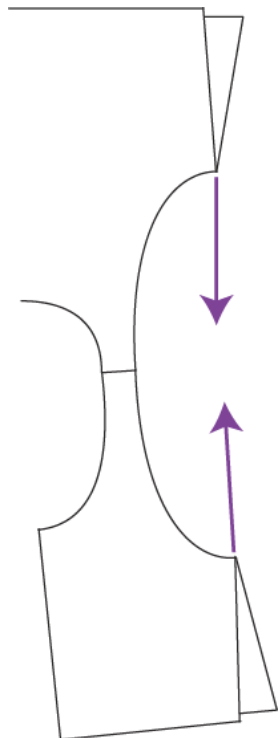
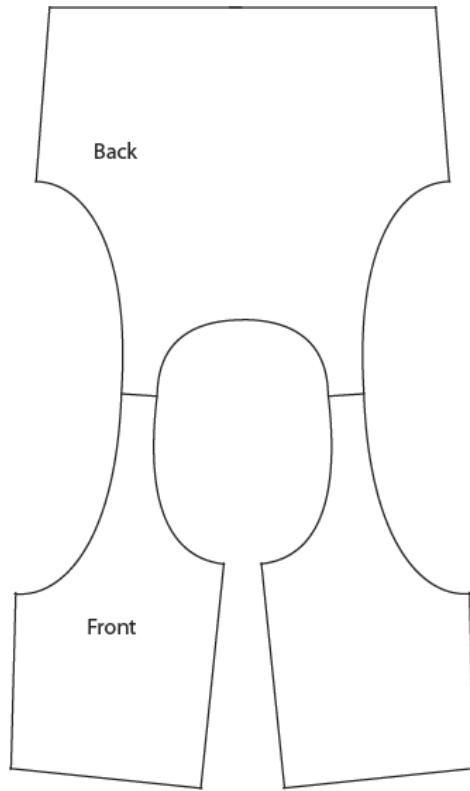


Turn Front pieces right side out and press seams flat. Back remains wrong side out.

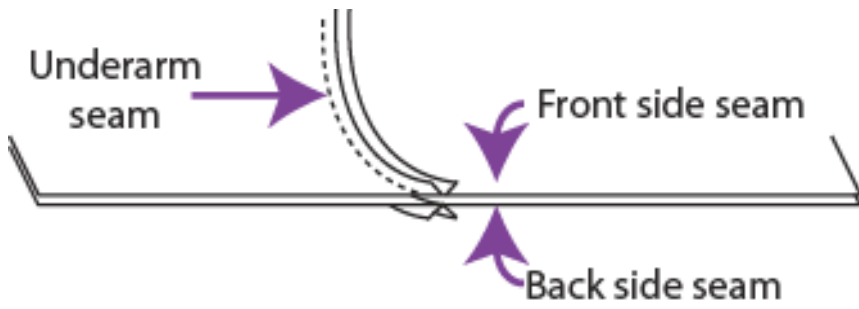
Stitch shoulders together



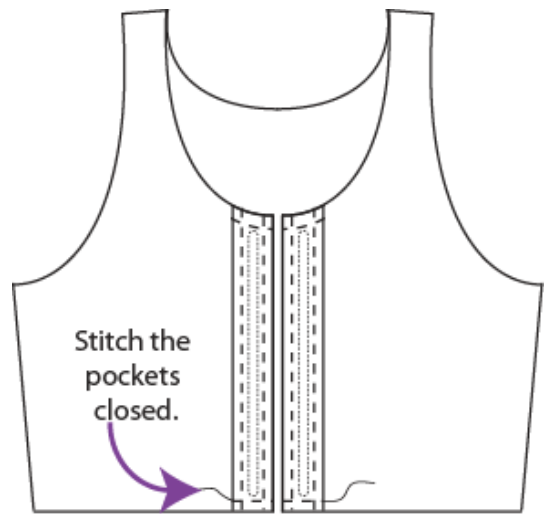
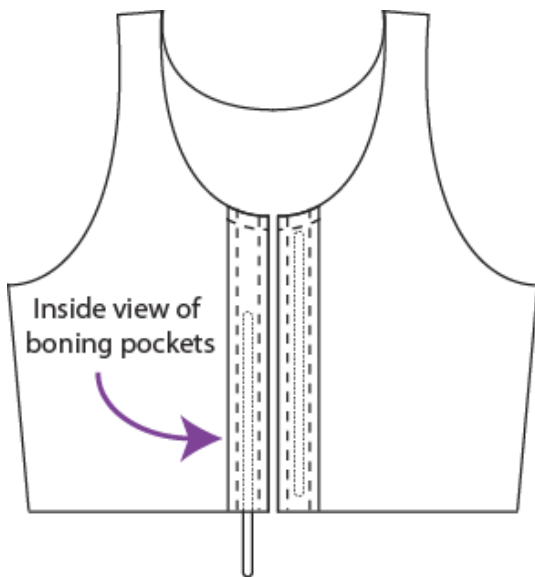
Pull Front from inside Back turning right sides out. Press seams flat.



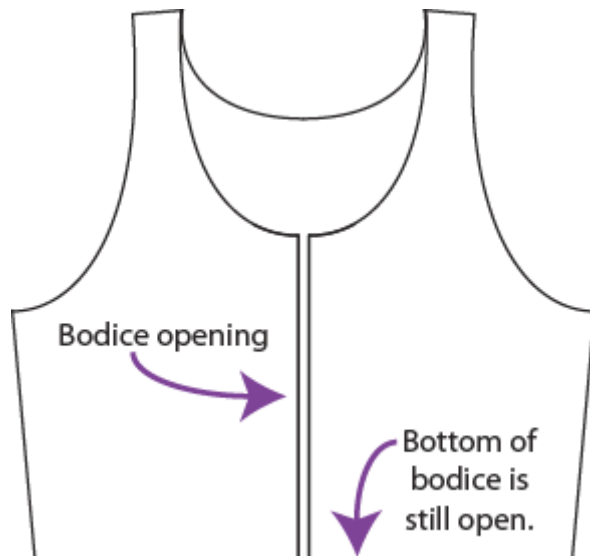
Spread out side seams for Front and Back. Place them right sides together aligning edges and underarm seams. Sew seam and then repeat on other side. Then turn right side out and press seams flat.



Now you are ready to insert your boning.

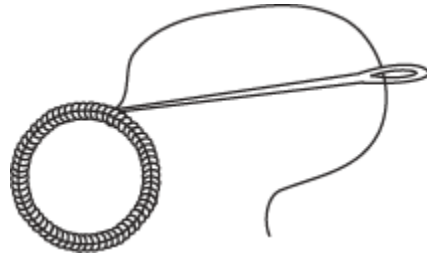


Now you are ready to create your closures

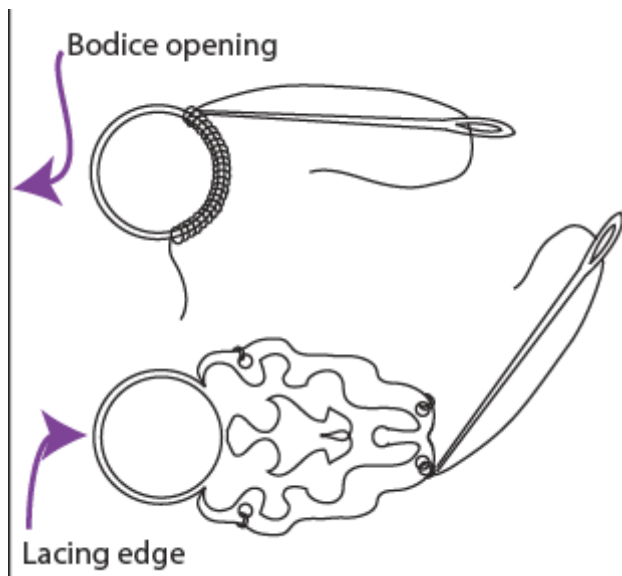


There are a few ways you can close your bodice. I have listed two of my favorites.

1 - On both sides of the opening punch 1/8" holes 1" or closer together and approximately 1/4" from boning. Stitch around each opening completely covering the edge of the hole in the fabric.



2 - Sew solid rings or decorative lacing rings at least 1" apart along both sides of opening. The lacing edge should be at least 1/2" from the finished edge of the bodice.



Now you are ready to make the skirt for your bodice. Measure from the bottom of your bodice to the floor (or wherever you want the skirt to end – keep in mind the type of shoe/heel you will be wearing). Add 3 1/2". This will be measurement J.

Example: (Bodice to Floor) 40: + 3" = 43" (measurement J)

For 45" wide fabric
multiply measurement J by 4
Example: $43" \times 4 = 172 / 36 = 4.78$
yards

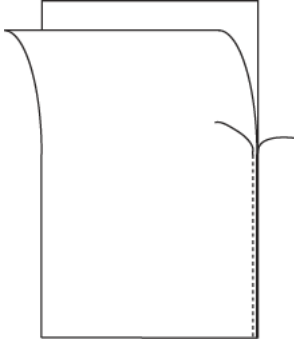
Cut 45" wide fabric the length of measurement J four times.

For 60" wide fabric
multiply measurement J by 3
Example: $43" \times 3 = 129 / 36 = 3.58$
yards

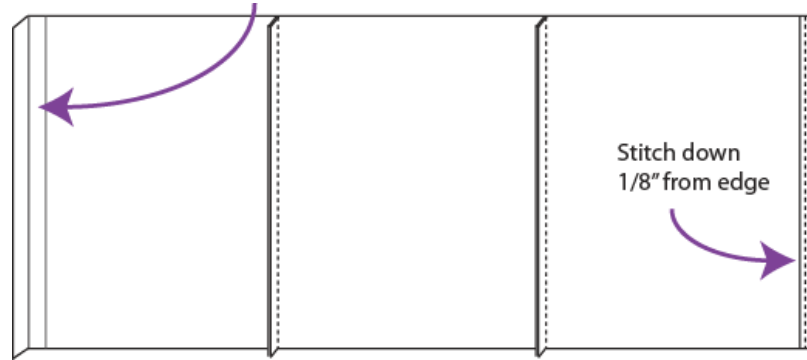
Cut 60" wide fabric the length of measurement J three times.

Panel Construction

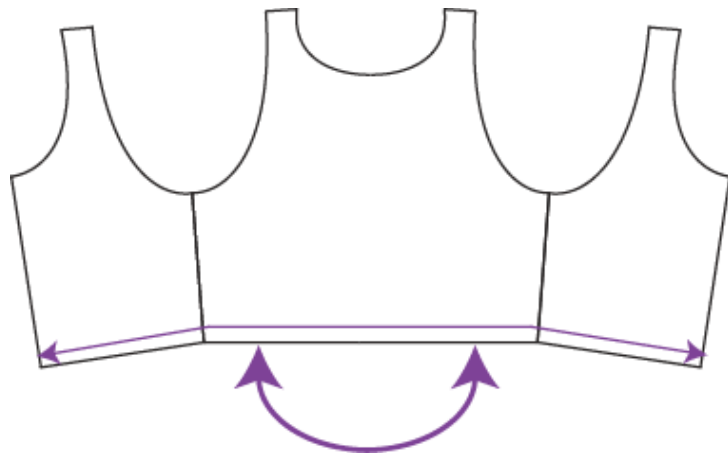
Sew panels together making sure to finish the edges to prevent fraying.



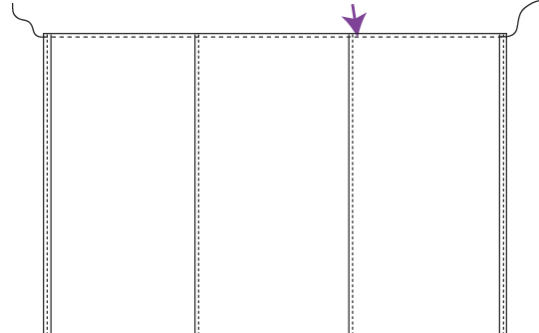
Fold the two side edges in $\frac{1}{4}$ " and then $\frac{1}{4}$ " again to enclose raw edge inside fold.



Measure along the bottom of your bodice. Divide the measurement by how many panels you have in your skirt. Mark or cut notches on bottom of bodice to show where to line up the skirt panel seams and the bodice.

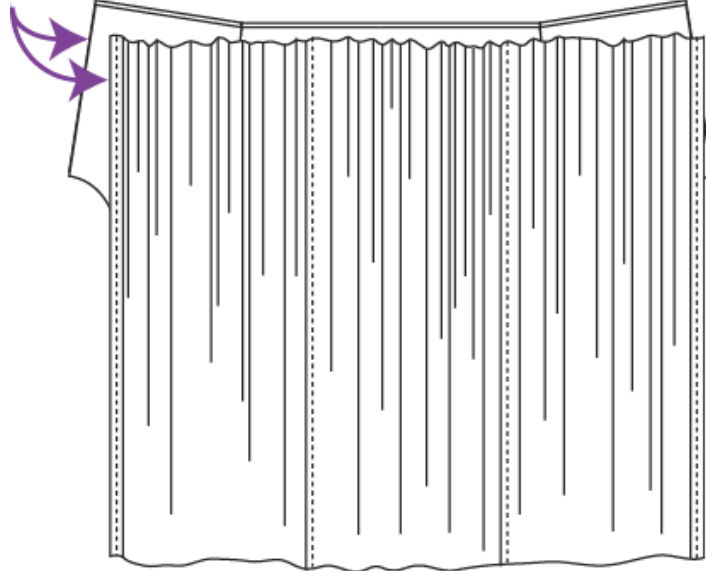


Run a gathering stitch along top of skirt panels.



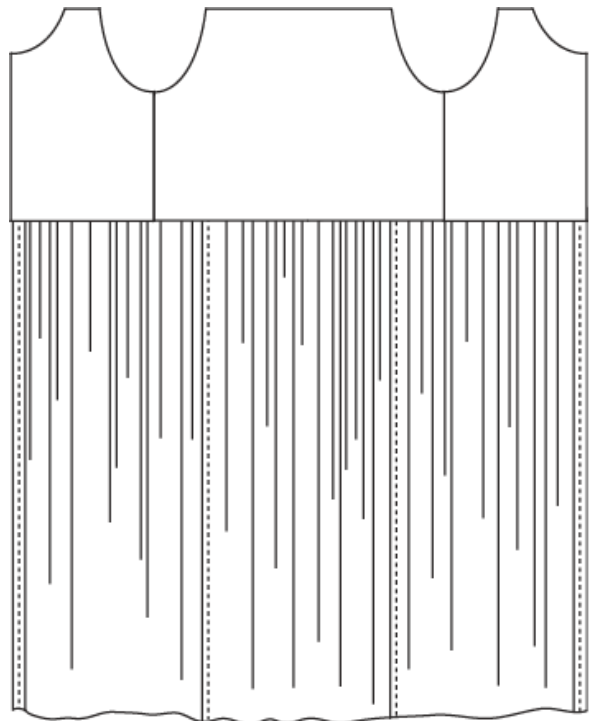
Pull thread to gather skirt panels. Gathered skirt panels should equal the measurement from end to end

With right sides together, line up finished end of gathered skirt panels and finished end of bodice.



Stitch bodice fabric and skirt panels together.
DO NOT CATCH LINING IN SEAM.

Direct the bodice fabric seam allowance and the skirt seam allowance into the bodice. Fold the bodice lining into opening $\frac{3}{8}$ " and iron flat. Pin the bodice fabric and the bodice lining together encasing the skirt seam allowance. Slip-stitch the lining fabric to the bodice fabric.



To hem your skirt fold the bottom edge up ¼” and sew 1/8” from the edge. Try on dress and check hem length. You should have approximately 2” to use as your hem. Fold hem up approximately 2” and slip stitch hem to the inside of the skirt. Now you are ready to add trim to your skirt and bodice, add lacing, and give your dress on final pressing.

Different Way to use the Same Pattern

