Kathrine Plus

By: BurdaStyle

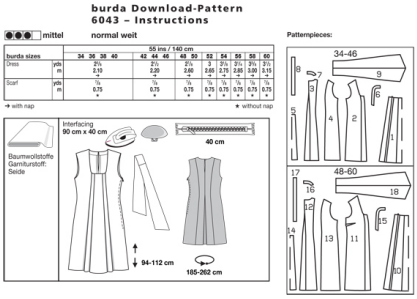
http://www.burdastyle.com/projects/kathrine-plus

Our fun, simple Kathrine dress is easy to sew and easy to wear. We love the fitted back with pleat and the full, loose movement in the front. Have fun accessorizing it, perhaps with multiple, brightly colored silk sashes, trendy bow ties, or piles of chunky necklaces. The Plus version of the Kathrine has bust darts to better accommodate the Plus figure.

Materials

We used a beautiful cotton material for the dress, and we made a chiffon scarf as well as charmeuse scarf. The chiffon scarf is only one layer with a baby zig-zag hem (there is a link to this technique included in our instructions). And for the little button at the center back, we wanted it to be invisible, so we used a crochet loop (there is a link to this technique, also) and put a small button on the inside of the dress. You can also put a crochet loop on your sash, and attach it to the dress via the same button. We also sewed down the two innermost center front pleats to decrease the volume on the bust.

Step 1



PATTERN
Sizes 6 to 18 (EU 34 to 46)
1 Center front piece 1x
2 Side front piece 2x
3 Center back piece 2x
4 Side back piece 2x
5 Pleated bottom 1x
6 Front facing 1x
7 Back facing 2x
8 Bias strips (sleeve) 2x
9 Scarf 2x

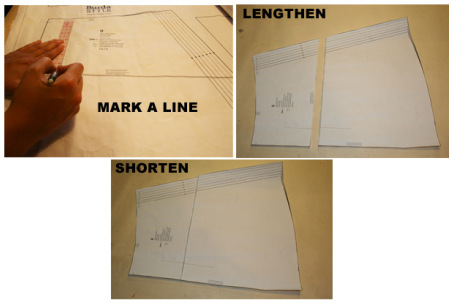
Sizes 20 to 32 (EU 48 to 60)
10 Center front piece 1x
11 Side front piece 2x
12 Center back piece 2x
13 Side back piece 2x
14 Pleated bottom 1x
15 front facing 1x
16 Back facing 2x
17 Bias strips (sleeve) 2x
18 Scarf 2x

Fabrics: Cotton fabrics, contrasting fabric: silk

Step 2

The patterns can be printed out at the copy shop. If you decide to print them at home, follow the instructions:
Paper cut for ANSI A (German DIN A4) prints: For sizes 6 to 18 (EU 34 to 46), the patterns are printed out on 40 sheets with a thin frame. For sizes 20 to 32 (EU 48 to 60), the patterns are printed out on 56 sheets with a thin frame. Wait until all sheets are printed out. Arrange the sheets so that they fit together (see additional page with the overview of the prints). Fold the single sheets on the upper and right edge along the thin frame lines. Begin with the left lower sheet and then tape the frame lines together precisely.

Step 3

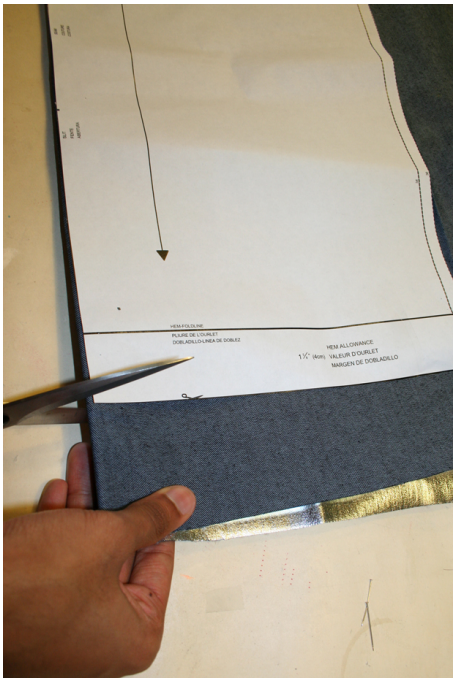


ADJUST PATTERN SIZES
Select your size according to the Burda-dimension table: dresses, blouses, jackets and coats according to the bust size, trousers and skirts according to the hip width. Change the pattern to fit your measurements if they deviate from the Burda-size chart.
Cut out the pattern pieces according to your size. Sizes 6 to 18 (EU 34 to 46): pattern pieces 1 to 9, Sizes 20 to 32 (EU 48 to 60): pattern pieces 10 to 18.
Refer to our â“Adjust patterns for mixed sizesâ“ technique

LENGTHENING OR SHORTENING THE PATTERN PIECES Our pattern is calculated for a height of 5â“ 6â“ (168 cm). If you are taller or shorter, you can adjust the pattern pieces along the lines marked “lengthen or shorten here”. This way the proper fit is maintained. Always adjust all pattern pieces along the same line to the same degree.

How to lengthen and shorten pattern pieces: Cut the pattern pieces along the marked lines
To lengthen, slide the two halves of the pattern piece as far apart as necessary.
To shorten, overlap the two halves of the pattern piece as far as necessary. Blend the side edges.

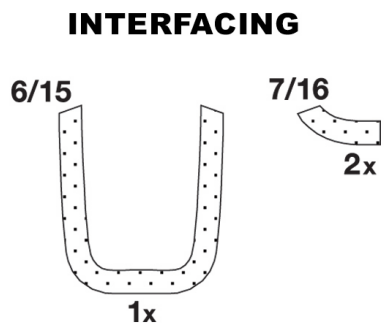
Step 4



CUTTING OUT FOLD (â“ â“ â“) means: Cut on the fold, the fold being the center of the pattern piece, but never a cut edge or seam. The piece should be cut double, with the fold line forming the center line. Pattern pieces are outlined with a broken line in the cutting diagrams are placed face down on the fabric. The cutting diagrams on the pattern sheet show how the pattern pieces should be placed on the fabric.

The cutting diagrams show the placement of the pattern on the fabric. For a single layer of fabric, the pattern pieces are pinned to the right side. For double layers of fabric, the right sides are facing and the pattern pieces are pinned to the wrong side. The pattern pieces that are shown extending over the fold of the fabric in the cutting diagram should be cut last from a single layer of fabric. Cut the scarf (Pieces 9 to 18) from contrasting fabric according to the cutting diagram.

Step 5

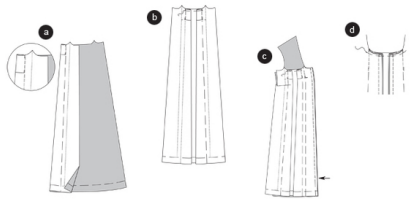


SEAM AND HEMLINE ALLOWANCES are included: 1 _â“ (4 cm) for the hemline and 5/8â“ (1.5 cm) for all edges and stitches. Using BURDA copying paper, transfer the lines and signs of the pattern onto the left fabric side. Instructions can be found in the packaging.

SEWING
While sewing, the right sides of the fabric are facing. Transfer all lines of the pattern onto the right side of the fabric using basting stitches.

INTERFACING
Cut the interfacing according to the cutting diagram and press it onto the wrong side of the fabric.

Step 6

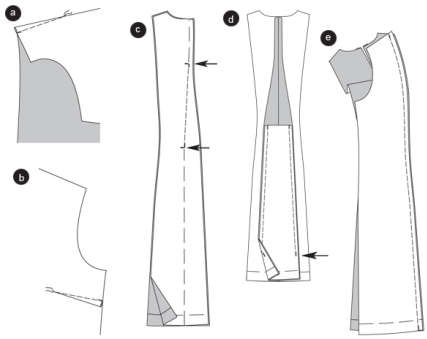


DRESS
Center front piece / pleats
Fold the center front piece so that the lines, marked with an arrow, meet; right sides facing. Pin the fabric at the lines. Stitch from the top to the arrow that marks the pleat. Secure seam ends. Proceed the same way with the other pleat. Keep pleats basted (a).

Turn the part of the pleat that creates the deepness of the pleat, to the center front. Press the pleats and pin along the top edge (b).

SIDE FRONT PIECES
Position the center front pieces and the side front pieces together, right sides facing. Pin princess seams (1/7) and stitch, ending 4â“ (10 cm) from the bottom edge (arrow). Trim allowances and neaten. Fold the pleats in position, then pin from top to bottom. Stitch from the top to the arrow. Secure seam ends. Keep pleats basted. Press the pleat deepness to the center front and pin along the neckline ©.

Step 7



BUST DARTS for sizes 20 to 32 (EU 48 to 60)
Pin bust darts and stitch to a point. Knot thread ends. Press the darts (a).

CENTER BACK PIECE
Center back seam / opening / pleat
Position the center back pieces together, right sides facing.

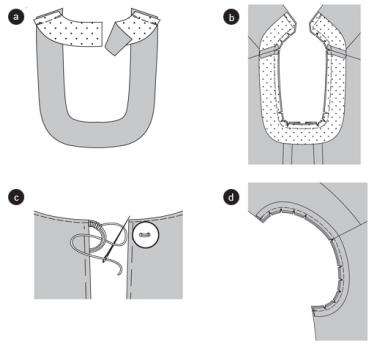
Pin the opening, the center back seam and the pleat from top to bottom. Stitch the center seam from opening sign to the cross line (arrow). Secure seam ends. Keep opening and pleat pinned. Press allowance apart (b).

PLEAT UNDERLAY
From the cross line, position the pleat underlay on the pleat deepness piece; right sides facing. Pin edges together (2/8) and stitch, ending 4â“ (10 cm) from the bottom edge (arrow). Trim allowances and neaten. Open the basting stitches along the opening ©.

BACK PRINCESS SEAMS
Position the side back pieces and center back pieces together, right sides facing. Pin the princess seams (seam 3/9) and stitch. Neaten allowances and press apart (d).

SHOULDER SEAMS
Position the front and back pieces together, right sides facing. Pin shoulder seams (4/10) and stitch. Neaten allowances and press apart.

Step 8



NECKLINE / FACING
Position the front and back facings together, right sides facing. Stitch shoulder seams (seam 5/11). Press allowances apart. Neaten facing edge. Turn back opening allowances (a).

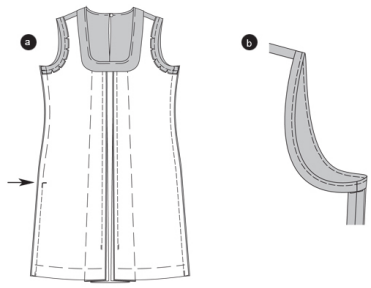
Pin the facing on the neckline and the back opening edges. The shoulder seams meet. Stitch. Trim allowances and snip in. Cut the corners at a slant. Fold the facing and allowances inside. Pin, then press. Stitch the facing on the allowance of the shoulder seams. Topstitch the neckline and opening edges narrowly (b).

Sew a thread loop onto a back slit edge according to the picture. Apply the button on the other edge ©.

ARMHOLES / BIAS STRIPS
Fold the bias strips lengthwise, wrong sides facing. Press. Trim the allowances along the armhole to _â“ (1 cm).

Pin the bias strips on the armhole, right sides facing. The raw edges are positioned on the allowance. Topstitch the bias strips _â“ (1 cm) narrowly. Trim allowances and snip in. Press the bias strips inside the armhole and the allowances inside the dress (d).

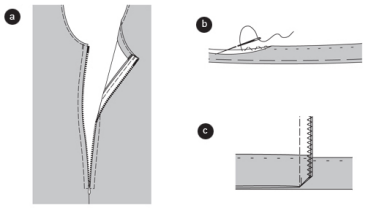
Step 9



SIDE SEAMS / LEFT SLIT
Position the front piece on the back piece, right sides facing. Pin side seams (seam 6/12).
Stitch the right side seam from the top to bottom. Stitch the left side seam from the slit sign (arrow) to the bottom. Secure seam ends. Keep the slit basted. Neaten allowances and press apart (a). Open the basting stitches along the slit (b).

Turn the bias strips inside and press. Topstitch the armhole edges narrowly, enclosing the bias strip ©.

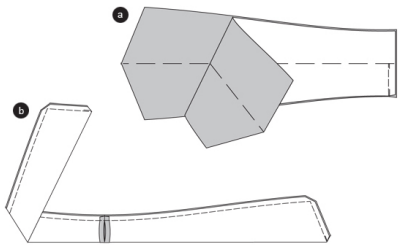
Step 10



ZIPPER
Position the zipper under the opening edges so that the little teeth are hidden. Fold the zipper strip ends on the top. Stitch the zipper using a zipper foot.
Hemline: Open the basting stitches along the pleats and pleat seams. Trim the hemline (a).

Fold the hemline and press. Sew the hemline by hand. Stitch the seams along the pleats and also stitch the pleats over the hemline (b). Fold the allowances at a slant. Neaten allowances ©.

Step 11



SCARF
Position the scarf pieces together. Stitch the center seam to the fold line. Secure seam ends. Press allowances apart (a).

Fold the scarf lengthwise, right sides facing. Pin the edges and stitch. Trim allowances and cut the corners at a slant. Turn the scarf inside out. Pin the edges and press. Sew the open edges by hand (b).