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## Sew the Adelina Dress with Tabitha Sewer

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### Chapter 1 - Sew the Adelina Dress

#### Overview

- Hi everyone my name is Tabitha Sewer, I am a fashion and sewing influencer. I'm gonna show you how to create the Adelina dress, which is a tribute to my grandmother. A few things that I'm excited to show you are gathering your fabric using yarn, and how to sew on buttons using your sewing machine. My three favorite things about this dress is that it's loose fitting, it has amazing buttons down the front, and a really cute ruffle detail on the sleeves. (soft music)

#### Materials

- The materials you'll need for this project are fabric, you can find your yardage requirements on the class PDF, you'll also need a safety pin, an open toe foot, a pressing ham, iron, yarn, a ruler, interfacing, elastic, some buttons, your pins, seam ripper, marking tool, a button spacer, a toothpick, a buttonhole maker, a buttonhole cutter, scissors, and your sewing machine with coordinating thread. I'll also be showing a fun trick with your serger, so if you have one, grab that and also grab your class PDF.

#### Cut fabric and sew bodice

- Cut out all of your pattern pieces and make sure that you pay attention to your pattern layout, your grainline, as well as transferring your notches to your fabric. You'll need your back bodice, your front and back skirt, your back facing, your front facing. You'll need two button placket interfacings. Your ruffle which is an option. You have two options for your sleeves. You can choose the long sleeve option or the short sleeve option. Your front bodice pieces. You'll also need some elastic. Be sure to check your class PDF for the length that you'll need for your size. Take your front bodice piece and make sure that you transfer all your markings on the backside of your fabric. I'll start with the front dart and I'll mark the two leg notches. Make sure that you're using a marking tool that you can see on your fabric. Make sure to mark your armhole as well. This will be one notch. And mark the two notches here for your button placket. If it's easier for you, you can also clip the notches with scissors. As for your button placement, I'll show you that later. Let's sew the dart. To do that, you'll take the two side notches and you'll match them together. Pin in place. Then you'll find the point and you'll create a triangle here. Make sure to place your pin on the point of your dart. Starting at the edge of your fabric you'll backstitch and you'll sew all the way to your point coming off of the edge. (sewing machine clanking) (sewing machine humming) No need to backstitch, just come off the edge like this. And be sure to have a long thread tail. From here, you'll take your two threads and you'll tie two knots to secure the dart in place. Cut off the excess. And of course, cut off any loose threads that you'll see. And this is where your tailor's ham is really handy. Take your dart and press it over the tailor's ham. The tailor's ham is a really cool tool because it helps to press along curved areas. Take your button placket interfacing and place it on the wrong side of your fabric. Align it with the notches that we've created earlier. Pin in place. From the edge, you'll fold in 1/4 inch and you'll press. Next, you'll fold down your button placket and make sure that it aligns with your button placket interfacing. Be sure to press. Pin your button placket in place. Repeat on the other front bodice and now we'll attach the front bodice to the back. With right sides facing, attach your front to back. So make sure that your back bodice is facing up towards you. Connect one of

your front back pieces. Pinning at the shoulder seams first. Then down the side. Make sure that your dart is facing down as you're pinning. Repeat on the other side. Now we'll take it to our machine. Starting at the shoulder seams, you'll sew a 5/8 of an inch seam allowance. Make sure to backstitch. (sewing machine clanking) (sewing machine humming) (sewing machine clanking) At the end of your seam again backstitch. (sewing machine clanking) Do it again on the other shoulder seam. (sewing machine clanking) Now stitch down the side seams. Make sure to backstitch. (sewing machine humming) And continue the same all the way down to the end. As you're stitching down the side seam make sure that your dart is facing down. (sewing machine humming) And again backstitch at the end of your seam. Repeat on the other side. (sewing machine clanking) Now we'll finish our seams. You can use pinking shears or you can use the overlocking stitch on your regular sewing machine. But today I'm going to use the serger. (sewing machine clanking) When using your serger, make sure to trim off your excess threads. Now we're going to stay stitch the neckline. Stay stitching allows the fabric to keep its shape and not stretch. We'll stay stitch a little past the button placket because we don't want to stitch that in place. And we're going to stitch at a 1/4 inch seam allowance. Make sure to backstitch. (sewing machine humming) When you're stay stitching you don't want to pull on the fabric because you don't want the fabric to stretch. (sewing machine clanking) You'll stop a little bit before the button placket, backstitch and you're finished. Don't forget to also cut your interfacing for your front and back bodice facings. This is your back facing, the interfacing for your back facing, your two front facings, and your two interfacings for your front facings. Place your interfacing behind each piece like this. If you're using an iron-on interfacing, press your interfacing on to your fabric. With your back facing facing up, you're going to connect your front facings to the back. Right sides together. I like to make a notch at the center front to let me know that this is the center front. Be sure to pin all your pieces together. Now we'll take it to our machine and then we'll stitch the side seams here. Here we'll stitch a 5/8 inch seam allowance making sure to backstitch at the beginning and end of your seam. (sewing machine clanking) (sewing machine clanking continues) From here depending on the type of fabric that you have, you can use a serger to prevent the fabric from unraveling. Here I've serged my edges but you can also use pinking shears. With your front bodice facing up, we're gonna go ahead and connect the facing. So take your facing and with the right side of your fabric facing each other, we're going to connect starting at the shoulder seams. Pin in place. Make sure all of the edges on your facing and your bodice are even. Now we're going to take it to our machine. Before you stitch your facing in place, be sure to unpin your button placket, unfold it so that you don't stitch it. And then you can start stitching your facing. Stitch at 1/4 inch seam allowance. Backstitch. (sewing machine humming) (sewing machine clanking) (sewing machine clanking continues) Before you finish off this seam, again make sure you unpin the button placket here, unfold and finish the seam. Be sure to backstitch. Here's your finished neckline. Now we're gonna go ahead and clip to your curve edges. You're going to clip them in triangles. This allows the fabric to have movement. The next step we're going to do is to understitch the facing to the bodice. To do this, we'll fold up our neckline on the bodice to the facing. Just like this. And we'll take it to our machine. Here we'll stitch 1/8 of an inch from the seam you've previously sewn. (sewing machine clanking) Backstitch. (sewing machine clanking continues) Be sure to check your progress as you go along. (sewing machine clanking) Sometimes your fabric can bunch up. All you have to do to fix that issue is to lift up the pressure foot a little bit and adjust your fabric and continue to stitch. (sewing machine clanking) Don't forget to backstitch. Now we're going to take this to our ironing surface and we're going to press the neckline. Before we press, I'm gonna go ahead and adjust the button placket by folding over this

piece here. Pin in place. And we're going to stitch this here in a little bit. Repeat on the other side. From here let's press. Right now you're only pressing your neckline and your facing. Let's finish off the button placket. You're going to unpin the top here. You're going to flip the right side to the right side. Just like this. Make sure to pin. And we're going to stitch this down. Make sure that the 1/4 inch on your button placket is...

#### Sew sleeves and cuffs

- For this sleeves you'll have a couple of options. You can choose long or short sleeves, with or without a ruffle. Let's start with the long sleeves. Be sure to transfer all of your markings on your sleeve caps. The front we'll have one notch and the backside of your sleeve will have two notches. With right sides facing, you'll fold your sleeve in half like this and you'll pin in place. Let's take it to the sewing machine. Starting at the top edge, you're going to backstitch and we're going to sew this at a 5/8 inch seam allowance. Don't forget to backstitch. Now we'll gather the top of the sleeve, but first we'll need to add a basting stitch. Here, you'll want to adjust the tension and your stitch length. For the tension, you want to make sure that you choose between zero and one. This will allow your threads to be loose for easy gathering. Now we'll change our stitch length. I usually like to put it at the highest possible option. So here I chose five. Let's go ahead and add our cap to the machine. We're going to start at the single notch. We're going to place our needle down. We're going to be stitching at a 1/4 inch seam allowance. Here we're not going to backstitch, we're just going to sell straight all the way down. You'll stop when you come to your second notch. No back stitching, just lift your presser foot and carefully remove the cap. Make sure to leave long threads at the end. We're going to place our cap in our machine once again, and this time we're going to stitch 1/8 inch from the first stitch. Your first stitch should be on the left side of your needle. Lower your needle and sew a straight stitch. Make sure not to cross stitches. Again, do not backstitch. Just lift your needle and carefully pull your cap out of the machine, leaving long threads. Now we gather our sleeves. We'll be pulling on two of your bobbin threads. Make sure not to pull on your upper threads. So here are my bobbin threads here, and I'll just pull slightly, and gather my fabric. Not too much. Flip it over and do the same here. This will allow our sleeve to easily set into the armhole of our bodice. Finish the side seams of your sleeves with your pinking shears or your serger. Let's set our sleeve into our arm hole. I've previously done one, I'm going to show you how to do the other. The first thing that you wanna do is turn your bodice wrong side out. Then you wanna take your sleeve and turn it right side out. Taking the cap, slide it into the bodice like so. Pin the side seam of your bodice to the same of your sleeve, pin in place. Then stretch the cap of your sleeve to meet the top. You'll probably want to loosen your gathers to make sure that it fits nicely inside the arm hole. I like to put a pin at the top and you can adjust it later. Make sure that you match your notches. And then adjust the rest of your sleeve cap. As you're going along, be sure to pin in place. Sometimes you'll have to remove one of your pins to adjust the gathers. As you're adjusting, just make sure that there's not too much gathering in one area. Now let's take it to our machine. I like to stitch on the inside of the arm hole, starting at the bottom seam of your arm hole. We're going to stitch a 5/8 inch seam allowance. Before we start sewing, make sure that you adjust your tension and your stitch length to the original settings. Starting at the underarm seam, we're going to sow a 5/8 inch seam allowance. Make sure to remove your pin and backstitch. As you're stitching along, sometimes you'll want to adjust the gathers, that way you can prevent puckering when you turn your fabric right side out. Once you get to the end, backstitch. Let's check to see how we did. Take your bodice right side out, and we're going to check to see if there are any puckering things in the sleeve cap. There's no

puckering so we can move on. If there's any puckering, undo the stitches and try again. Let's go ahead and finish our seams. I'm gonna go ahead and use my serger. If you don't have that as an option you can use pinking shears. I'm going to show you how to do the non ruffle on the shorter sleeve. But for now, I'm going to show you how to add the ruffle to the longer sleeve. Be sure to finish your edges on the inside of your ruffle, as well as the edge of your sleeve. Take your ruffle with right sides facing and fold it in half like this, and pin it in place. Let's take it to our machine. With the 5/8 inch seam allowance we're going to stitch. Be sure to backstitch at the beginning and end of your seam. Finish your seams with your pinking shears or serger. Now we're going to attach our ruffle to our sleeve. To do this, you're going to attach it with right sides facing, making sure that the edge of your ruffle aligns with the edge of your sleeve. So slide it in like this. Also make sure that the seams match. So the seam on your ruffle should match the seam on your sleeve. Pin them in place as you go around the edge. I like to pin the seam and the opposite end like this, then I like to pin in the middle and the rest of the areas. Before we stitch, go ahead and make sure that you've pinned everything correctly by flipping this over. This is how it eventually look when we're finished with the seam. So if it looks correct, let's take it to our machine. Starting at the seam, you're going to stitch a 5/8 of an inch seam allowance. Remove your pin and backstitch at the beginning of your seam. Remove your pins as you sew along. Backstitch at the end of your seam. Now we're going to go ahead and create a casing for your elastic. To do this, we're going to fold this seam up towards the upper part of the sleeve, just like this. And we're going to be stitching along the edge of this seam. As we're stitching, we're going to make sure that we leave a one inch opening so that we can insert our elastic after we're finished. Starting at the seam, we're going to lay our presser foot down, make sure that you stay on the edge of your seam. Backstitch. As you're sewing along, make sure that you adjust your fabric, make sure that it's laying flat. Also sometimes the edge of your seam can pucker up, all you have to do to fix that issue is lift your pressure foot like this and continue to sew. We've almost come to the end of our seam so I'm just going to leave a one inch opening. I'm going to backstitch, and remove it from your machine. For the length of your elastic, be sure to cut it to your size. Check your class PDF for reference. Taking one of your elastics, let's thread a safety pin through the end. Close the end, and now we're going to thread it through our casing. You're going to thread it through the opening and guide the safety pin all the way through the end. You're just going to push it all the way through. Make sure that you pay attention to the end of your elastic so that it doesn't slide into the casing. Again, adjust the fabric as you go along. Going through the seam here can be a little bit tricky but just do your best to find the opening in the casing and push it through. Once you get it through, push it through the opening at the other end like this. Make sure that you grab both pieces of your elastic. As you're doing that, adjust the fabric around the elastic. Let's take it to our machine. We're going to remove the safety pin. We need to adjust the stitches on our sewing machine. I like to adjust mine to a number two because my elastic is really small. So pull out as much as you can and we'll adjust later. Stick it in your machine. Backstitch and forward stitch a few times to make sure that the elastic is tacked down. Remove it from your machine. Now we can clip the excess of your elastic off. Go ahead and adjust your elastic and your casing. Flip it over to see how you like it. It should look like this. We're gonna go back and we're going to stitch the casing closed. Starting where you ended your seam, go ahead and backstitch, and sew you're casing closed. Be careful not to stitch on top of your elastic. And again, backstitch at the end of your seam. To finish the hem of your sleeve, fold up the edge 1/8 of an inch and stitch in place. Fold your edge again 1/8 of an inch and stitch it in place again. I'm going to show you a little trick with my serger on how I stitched curved hems. First, you want to turn your blade off so that it doesn't

cut off any excess fabric. Place it under your foot, starting at the seam, and you're just going to simply serge around the edge of your ruffle. Clip your loose threads here if you like and continue to serge. Remove it from your machine. Now back to your regular machine. The serging is an extra step, but it allows you to easily fold and stitch your hem in place. So using the serger threads as a guide, fold up 1/8 of an inch and stitch in place. If the edge of your fabric starts to pucker up, just be sure to lift your pressure foot and adjust, and continue to sew. You come to the end of your stitch, backstitch. If you don't mind your edges like this you can leave it as so, but I like to fold mine again and hem. Starting at the seam again, you're going to backstitch, and you're going to stitch in place. Now we want to press our hem flat. That's it for the top. The steps for the short sleeve is the same as the long sleeve. I'm going to show you how to finish the sleeve without a ruffle. I've already sewed the side seam and finish the edge. I've also gathered the cap. You'll want to attach this to your bodice before moving on to the next step. I'm going to show you how to finish the edge on this loose sleeve. We're going to fold up the edge of our sleeve about a half an inch, making sure that the wrong side of the fabric is facing up. We're going to take it to our machine and create a casing for our elastic. Starting at the side seam, we're gonna sew as close to the finished edge as possible. Be sure to backstitch. Before you finish the sleeve, leave a one inch opening. Backstitch, and remove the sleeve from your machine. Grab your safety pin and your elastic cut to your size. Check the class PDF for the length of elastic that you'll cut for your size. Take your elastic and your safety pin, place the safety pin inside the end of your elastic like this. Now you're going to guide your elastic through the casing that we've previously sewn. As you're guiding your elastic through the casing, make sure that you pay attention to the end of your elastic so that it doesn't fall inside the casing. Pull both ends of your elastic out, and we're going to take it to our machine and stitch your elastic closed. Before we stitch our elastic closed, we're going to adjust the stitch length. I'm going to adjust mine to two. You're going to stitch forward and back until your elastic is tacked together. Cut off any excess and adjust your elastic inside the casing. Let's go ahead and stitch the casing closed. Adjust your stitch length back to the original settings. Starting at the end of your seam, backstitch and finish the seam. Make sure you don't stitch on top of your elastic. Adjust your elastic inside the casing. Once again, cut off any loose threads and turn your sleeve right side out. Next we're going to work on the skirt.

#### Sew pockets and skirt

- Take one of your skirt pieces and two of your pockets. Attach your pockets to your skirt, matching the notches, right sides together. Pin in place. Let's take it to our machine. Starting at the top edge of your pocket, we're going to sew a 1/4 inch seam allowance. (sewing machine running) Back stitch. Repeat on the other side. You'll want to press the pocket seam open. Repeat those same steps for the remaining skirt and pocket pieces. Now, we're going to attach both skirts together. With one skirt right side facing up, you're going to take the other right side facing down. Pin along the side seam, around the pocket, and back down the side seam. Once you've done all of your pinning, we're going to sew. Starting at the top, you're going to stitch a 5/8 of an inch seam allowance. Back stitch. (sewing machine running) When you come to the beginning of your pocket, you're going to pivot by lifting your presser foot, turning your fabric, and lowering your pressure foot. Continue to sew around the pocket. (sewing machine running) When you get to the bottom of your pocket, you'll pivot again slightly. Make sure to stitch a little bit past your pocket stitch. Pivot again and sew down the side seam. If your fabric has shifted remove it from your machine and adjust. Use your seam ripper to remove the stitches. After you've adjusted, place your fabric back



into the machine and continue to sew. Be sure to back stitch. (sewing machine running) Repeat on the other side. You'll want to finish these seams with your pinking shears or your serger. I wanna show you a fun trick on how to gather fabric using yarn. Adjust your machine to the zigzag stitch, making sure that the width of your stitch is wider than the yarn. I like to use a test fabric to test this. (beeping) (sewing machine running) I'll look to see if the stitches are wider than my yarn. If so, I'll move on to the stitch length. You'll want the stitch length not too long but not too short. (beeping) Place the top edge of your skirt into your machine. And starting at the side seam, we're going to place our yarn under our pressure foot on top of the fabric. So pull out some yarn, place it under your pressure foot. At 1/4 of an inch we're going to stitch. As you're going along, make sure not to stitch on top of the yarn. (sewing machine running) If at any point you stitch on top of the yarn, you'll just have to remove the stitches with your seam ripper and start again. Remove it from your machine, cut your threads and your yarn. From here, you'll want to gather your fabric simply by pulling on the end of the yarn. This trick is great because you don't have to spend time stitching two gathering stitches. And also you'll never have to worry about the threads breaking as you're gathering. Move the gathers around the top edge of your skirt, making sure that you're gathers are even. Take your bodice piece and let's attach it to your skirt. To do this, the bodice has to be right side out. And we're going to slide it into the skirt. Turning the bodice upside down, we're going to slide it into the skirt like this. We're going to match up the side seams and pin in place. Adjust your gathers so that the width of your skirt matches with the width of your bodice. Make sure your gathers are even. Once you've finished pinning the top edge of your skirt, let's take it to our machine. Starting at the side seam, we're going to stitch a 5/8 inch seam allowance. With this seam allowance, the yarn should be on the right side of your needle. Before we stitch, make sure that you adjust your sewing machine back to its original settings. This will be a straight stitch. Back stitch at the beginning of your seam. (sewing machine running) As you're stitching, be sure to adjust your fabric. (sewing machine running) Once you come to the end of your seam, back stitch. Now, we're going to remove our yarn and finish the seam. It's pretty simple. All you do is just pull it out of the zigzag stitch. If you need to snip it, you can. Finish the seam in whatever method you were using.

### Buttonholes and finishing

- Let's sew the buttons and buttonholes on the front of our bodice. To do this, you'll take the buttons of your choice and you'll place one at the top and one at the bottom. Just place it however you like it. Then you're going to take your button spacer here. We know that for this pattern it requires five buttons, so we'll space it out to five buttons. What I like to do is line up the space on the bottom edge of the button. Adjust your button spacer if you need to. Just draw one line all the way through. From here, we'll mark the center point of where you're going to place your button. So you're going to measure the width of your button placket. My button placket is about an inch and a half, so I know that the center of this line will be 0.75 inches. My button placement will be at the center of this cross. Repeat this for all five button holes. I'm going to line my buttons just to show you what it'll look like. From here we're going to take it to our machine and we're going to first start creating buttonholes. All machines sew buttonholes differently. Make sure that you check your manual for instructions on how to sew your buttonholes. Regardless of what machine you have, you'll have to attach your buttonhole foot. You'll match your notches on the buttonhole foot to the markings on your fabric. Adjust your fabric, make sure that everything aligned straight, and let the machine do its thing. No need to guide the fabric, because the sewing machine does it itself. Repeat this for all five buttonholes. Here's how your buttonholes should look. We can go ahead and clip the

loose threads. Now it's time to use our buttonhole cutter. Using a mat to protect your surface, you'll simply use the sharp edge of your buttonhole cutter and slice open your buttonhole. It'll take a little bit of pressure, but it's pretty simple. And you'll do that for all five. When you're cutting, try not to cut your buttonhole threads. I like to use my sewing machine to sew on my buttons. To do this, I use an open toe foot. Let's start off by placing our button placket over top of the left one, pin in place. We need to create a marking for the button, so we're going to take our marker or marking tool and we're going to open up the buttonhole and we're going to mark or create a marking on the other side of the fabric. Just like this. Continue to do that on the rest of the buttons. You should have five marks. Now, let's take it to our machine. I've already set up my machine with the open toe presser foot. We'll take our button and we'll place it on the center of the marking, like this. Put the presser foot down. We're going to change our machine stitch to a zig-zag stitch. To check the needle placement you need to turn the knob on the side of your machine manually. As you can see mine, doesn't go through the hole, so we're going to adjust by moving the whole fabric forward. Turn your knob again manually, and as you can see, it's going through the hole. Also, as far as the stitch length, we need to set it to zero, because we don't want the needle to move forward. Let's try it out manually. Now that your machine is set up, place the tip of your toothpick underneath your presser foot, just slightly. The toothpick has to slide in between the two holes on your button. Before you start stitching, again, try manually first and make adjustments if necessary. Just stitch a few stitches and that's it. Remove your fabric from your machine, as well as your toothpick, and clip the loose threads. Using your toothpick allows your button to have movement. Without it, your button will be too stiff for use. You guys, we're finally on our last leg. We're going to hem the bottom of our skirt in the same way that we did with the ruffle. I've already serged the bottom edge of my skirt. I've changed the presser foot, and I've also changed the settings on my sewing machine to the original settings. Now I'm going to hem. I'm going to fold up the bottom edge of my skirt 1/8 of an inch. Backstitch. And I'm going to sew down the edge of my skirt. As I'm coming to the end I'm going to backstitch at the end of my seam, remove it from the machine, and I'm going to fold up the edge 1/8 of an inch one more time. And I'm going to stitch in place. Backstitch and stitch down the seam. When you come to the end, make sure that you backstitch. And we're finished, woo-hoo. You wanna give your seams one final press and that's it. Just throw it on and go.