

## APPENDIX III

## INSTRUCTIONS FOR PRACTICAL

Aim : To construct a baby frock.

Steps in constructing the frock :

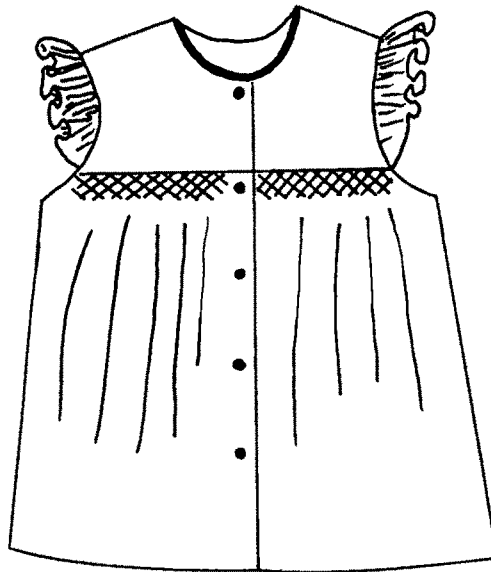
1. To prepare the fabric for cutting
  - (a) To straighten the fabric.
2. To cut the fabric
  - (a) To lay the pattern pieces correctly.
  - (b) To pin the pieces correctly.
  - (c) To cut the fabric and transfer markings on to the fabric.
3. To stitch the baby frock
  - (a) To staystitch curved edges.
  - (b) To do smocking on dotted fabric.
  - (c) To attach yoke to a gathered edge.
  - (d) To finish neckline by a bias binding.
  - (e) To make butterfly sleeves
  - (f) To finish armscye with a bias facing.
  - (g) To make button holes.
  - (h) To sew on buttons.

## Requirements :

1. Fabric 90 cms. of 90 cms. width fabric having small dots at a distance of 0.5 cms.
2. Sewing thread Matching with the base colour of the fabric.
3. Embroidery thread One anchor skein matching with the colour of the dots.
4. Buttons Six shirt buttons of 1 cm. diameter matching with the colour of the dots.
5. Sewing kit Including -
  1. Measuring tape
  2. Ruler
  3. Tailor's chalk
  4. Pencil
  5. Tracing wheel
  6. Dress-maker's carbon
  7. Common pins
  8. Scissors
  9. Needles :
    - Machine needles no.14 and 16
    - Hand needles
  10. Bobbin
  11. Bobbin case
  12. Sewing thread
  13. Needle clamp
  14. Seam opener

Description of the dress (Baby frock) :

This frock pattern is adapted from JAS basic block of size 2(50 cms). It will fit a baby girl of chest measurement 47.5 cms. 52.5 cms.



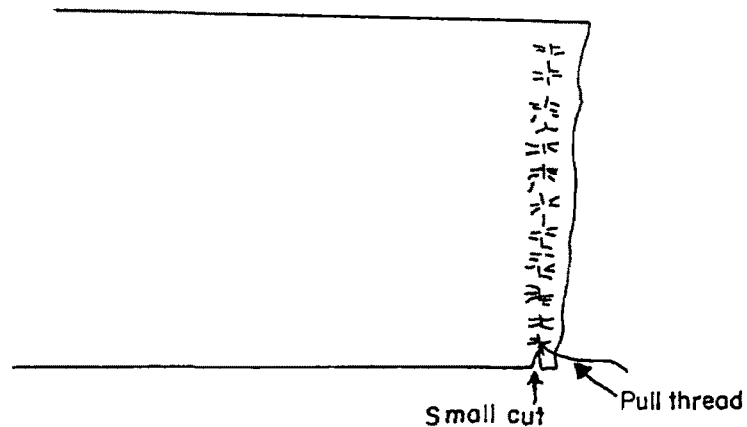
The dress has a small yoke so that it is loose at the chest and abdomen. This looseness will allow for comfort and will help the child to perform her activities with ease.

The front opening with a simple round neckline and butterfly sleeves will help the child to learn to become independent in dressing and undressing.

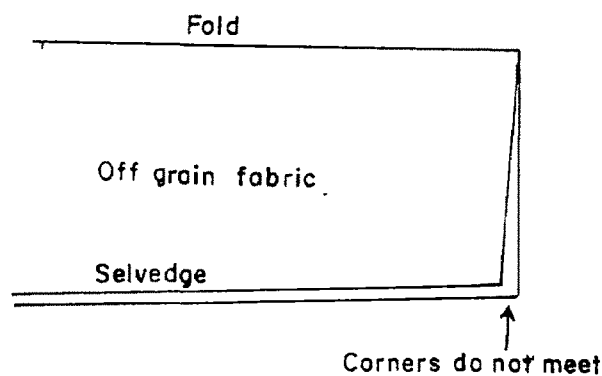
The paper pattern of this dress is provided in an envelope at the end of this booklet.

. Straightening of the fabric

- a. Make a small cut at one selvedge very close to the cut edge.
- b. Pull one weft thread from the cut.
- c. Cut along the pulled thread for the entire width of the fabric.
- d. In case of dotted fabric check the line of the dots.

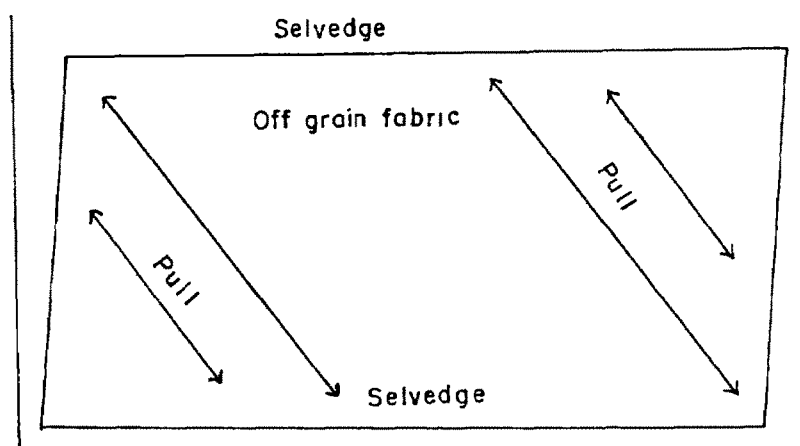


- e. Fold the fabric lengthwise bringing together both the selvedges to check for straight grain of the fabric.



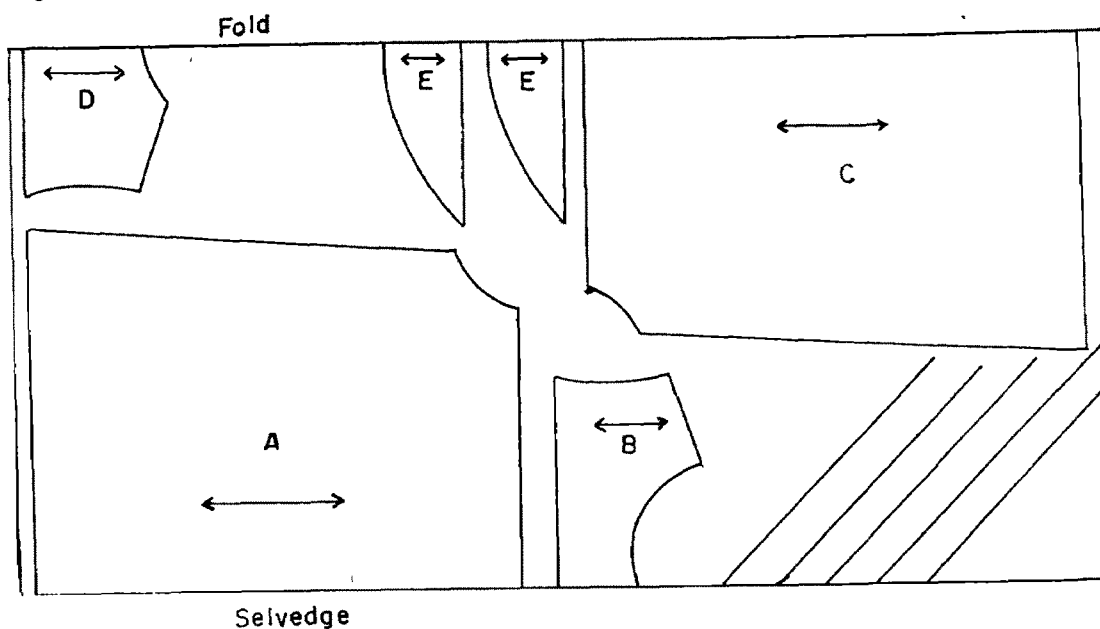
- f. Check whether the corners meet each other exactly.

- g. If not, pull the fabric diagonally holding the corners which are shorter in length.



- h. Press/iron the fabric and re-check for straight grain.
- i. If the grain is still not straight, repeat the pulling process until the fabric is straight.
- j. Proceed with the layout.

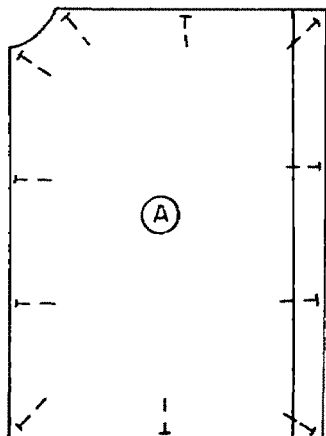
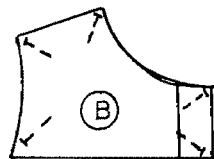
## 2. Layout



- a. Fold the fabric lengthwise keeping the wrong side of fabric out.
- b. Lay the pattern pieces correctly as shown, so that the big arrow mark is parallel with the selvedge, i.e. along the lengthwise grain.
- c. Place the pattern pieces with the marked side up.
- d. Be sure to lay all the pattern pieces.
- e. Check the grain of each piece once again.

### 3. Pinning

- a. Pin first on the lengthwise grain lines and the fold lines.
- b. Place pins perpendicular to and .5cm. inside the cutting line.
- c. Pin diagonally at the corners.



d. Before cutting out the pieces check whether you are correct by asking yourself the following questions.

1. Are all necessary pieces included ?
2. Are fold lines placed along the fold of the fabric ?
3. Are pattern pieces laid accurately ?
4. Are pattern pieces perfectly flat and on the grain line ?

#### 4. Cutting

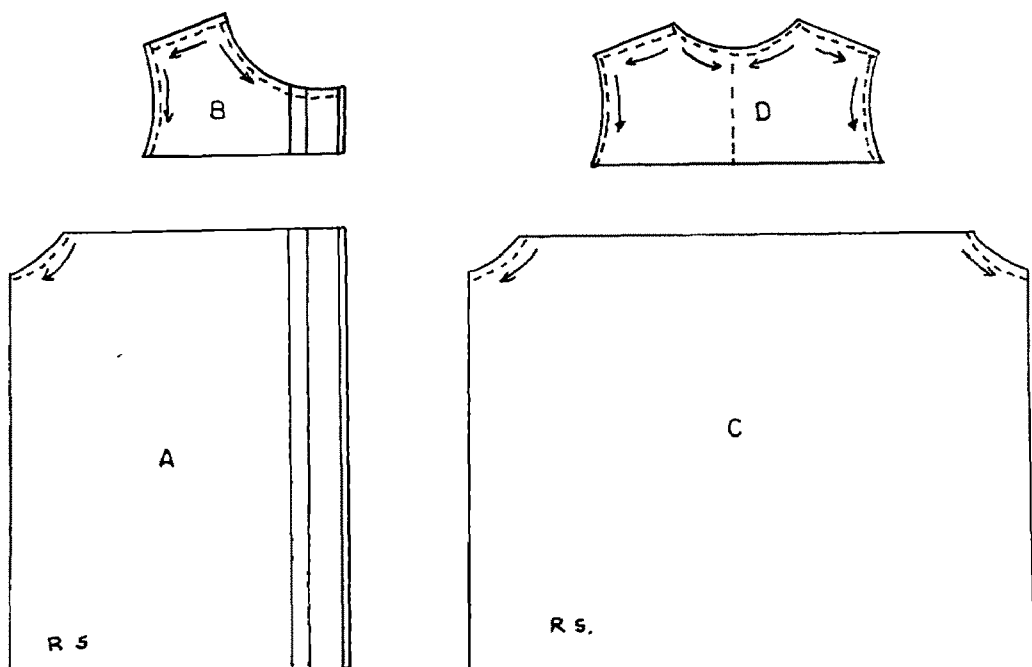
- a. When you are sure you have laid all the pattern pieces accurately, start cutting the large pieces first and the smaller ones later.
- b. Use long firm strokes and cut exactly along the cutting lines.
- c. Do not lift the fabric from the table while cutting.
- d. Lightly fold the cut pieces along with the pattern and keep aside.
- e. From the remaining fabric cut 2.5 cm. wide bias strips.

#### 5. Marking

- a. All markings should be on the wrong side of the fabric.

- b. Using a dressmaker's carbon and tracing wheel, mark all details - seam lines, center lines along opening, fold lines for hems and matching points.
- c. For double layers, transfer the markings to the other side also.

## 6. Stay stitching



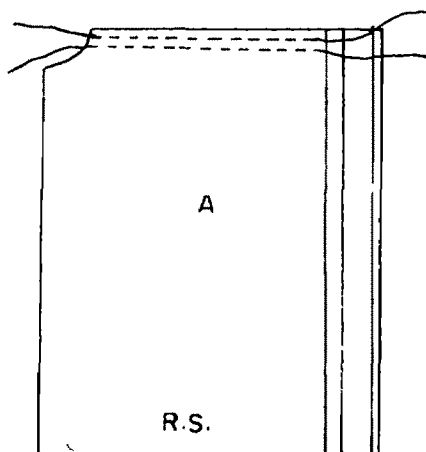
- a. Stitch a row of regular machine stitching in the seam allowance near the seam line to prevent the curved edges from stretching.
- b. Stitch along the neckline, shoulder line, and arm-hole line following the directions given in the figure.

## 7. Smocking

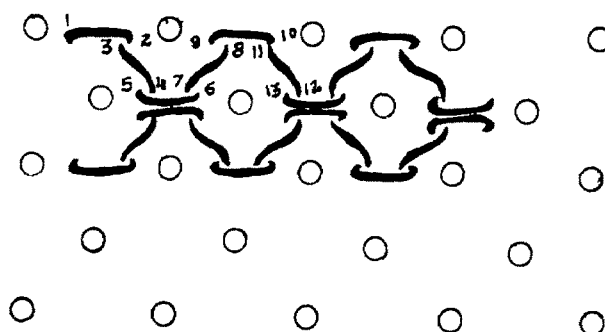
- a. Make two rows of small running stitches along lines marked for gathers on pattern piece A.



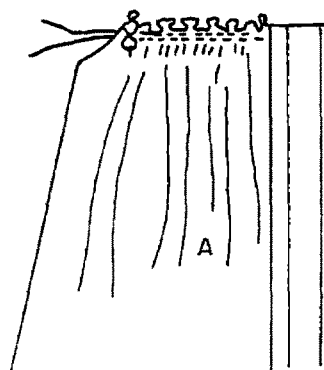
- b. Leave the thread ends free so that they can be pulled later to form gathers.



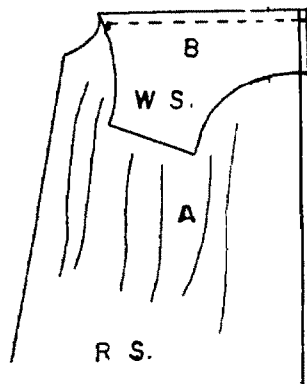
- c. Using coloured thread do smocking (as given below) in the space between the two small dots marked 'S'.
- d. Bring the needle out at 1 near a dot on the fabric.
- e. Take a small stitch from 2 to 3 bringing the needle out below the thread and tightening the gap between 1 and 2.



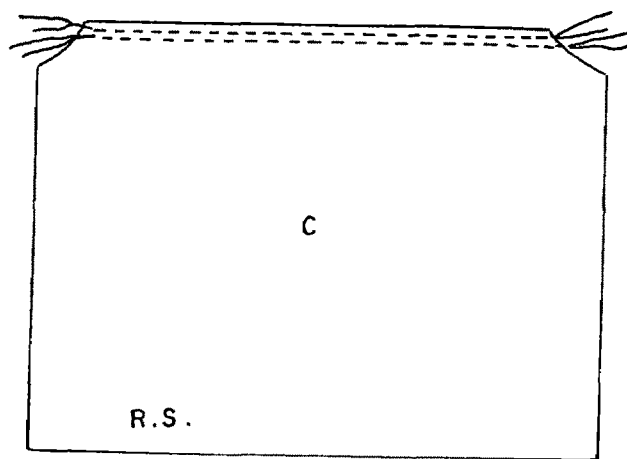
- f. In the next row of dots take a small stitch from 4 to 5.
  - g. Take another stitch from 6 to 7 bringing the needle out above the thread and tightening the gap between 5 and 6.
  - h. Come back to the first row and take a stitch from 8 to 9.
  - i. Repeat the pattern from 2 onwards, taking care to follow the directions of the thread.
  - j. Work another 3 rows so that the pattern forms a honeycomb band of about 3 cms. width.
8. Making gathers and attaching to a yoke
- a. On pattern piece A, pull the two thread ends together of the running stitches to form gathers.



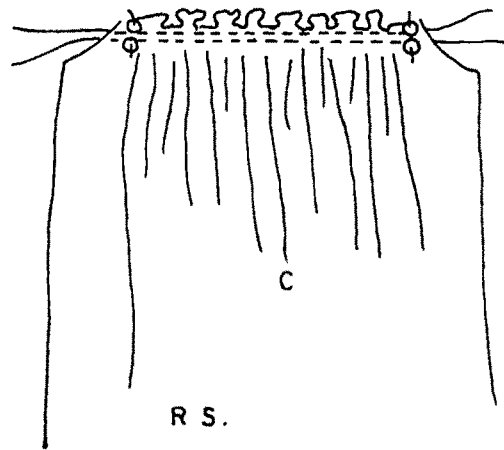
- b. Adjust the gathers so that the pattern piece A fits on corresponding yoke piece B.



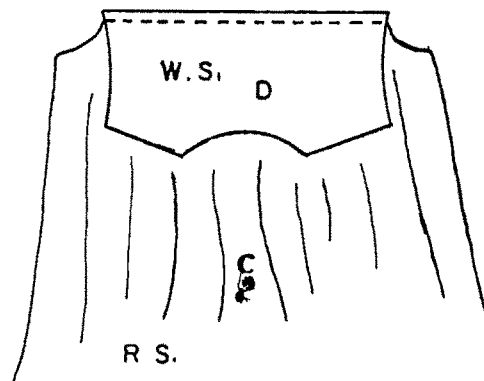
- c. With right sides facing and keeping the gathered edge on top, tack the yoke to the gathered edge, taking care to match the notches.
- d. Machine stitch a plain seam, and remove tacking.
- e. On pattern piece C run two rows of large machine stitches (3 or 4 stitches per cm.) along the lines indicated to form gathers.



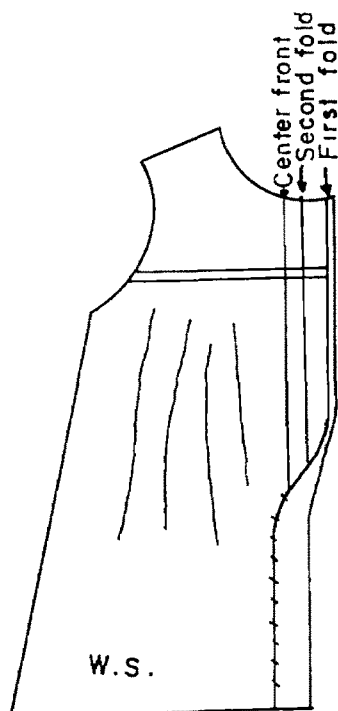
- f. Pull thread ends together and adjust the gathers to fit the back yoke, D.



- g. With right sides facing and keeping the gathered edge on top, tack the yoke to the gathered edge matching the notches.



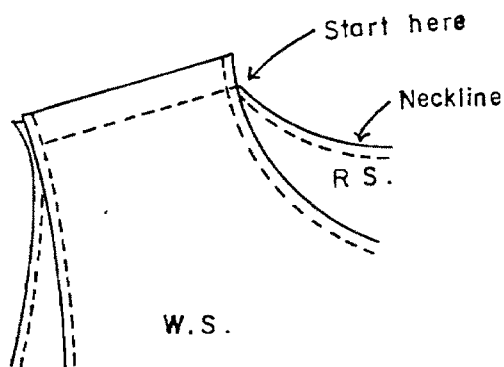
- h. Machine stitch a plain seam and remove tacking.
9. Front opening
- a. Fold on the first fold line and then on the second fold line.



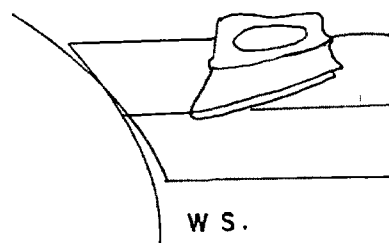
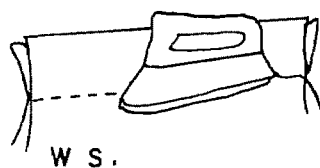
- b. Tack in place and then hem stitch the entire length of the opening.
- c. Remove tacking and iron on the fold.

#### 10. Shoulder seam

- a. With right sides facing stitch front yoke to the back yoke at the shoulder seam from the neckline to the armhole.

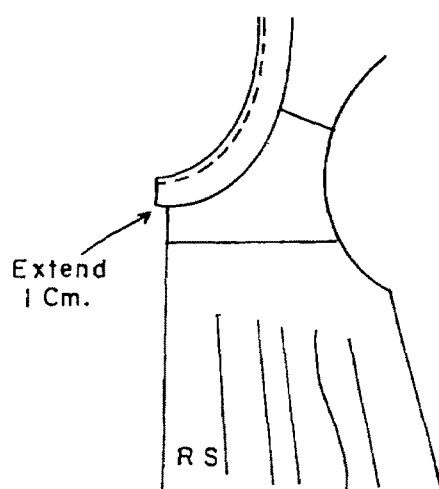


- b. Reinforce both ends of stitching by turning back and taking a few stitches.
- c. Press seam open by the tip of the iron.

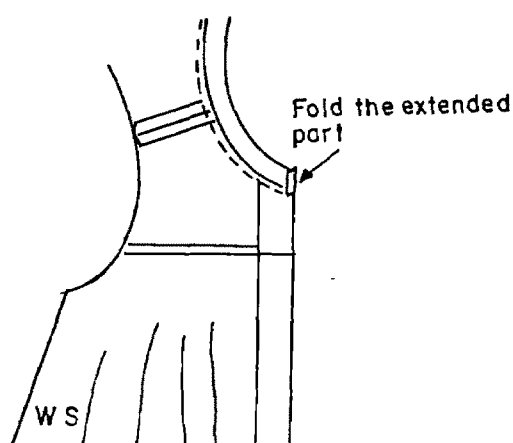


## 11. Neckline

- a. Use a 3cm wide and 40cm. long bias strip for finishing the neckline with a bias binding.
- b. Leaving 1cm bias extended beyond the front opening stitch along the neckline keeping the bias slightly pulled.

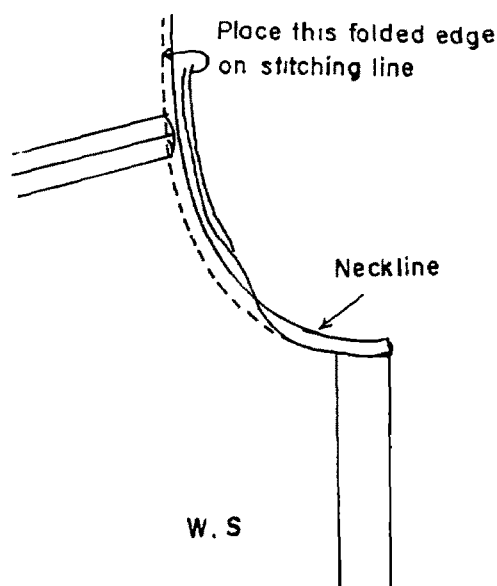


- c. Keeping 1cm beyond the finishing end of the neckline, cut off the extra bias.



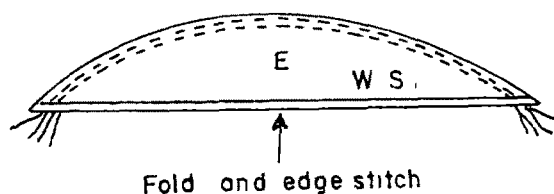
- d. Turn the extra 1cm on the seam allowance towards the wrong side.
- e. Fold the long raw edge.

- f. Turn the folded long edge over the seam allowance and finish by hem stitch along the stitching line.



## 12. Butterfly sleeves

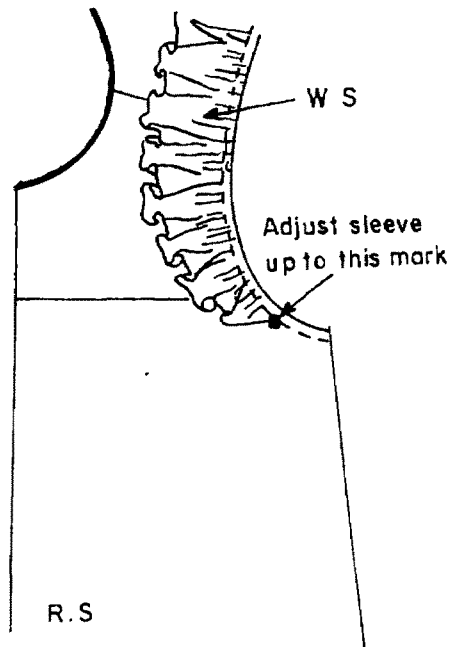
- a. Fold the straight edge of the sleeve twice in a narrow fold and machine stitch on the edge.



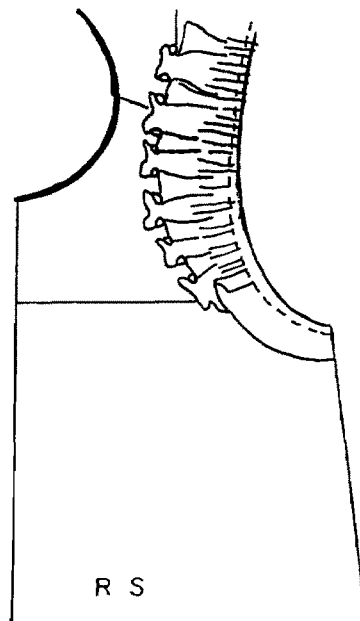
- b. Iron on the stitched fold.
- c. Run two rows of large machine stitches (3 stitches/cm) along the lines marked for gathers on the curved edge of the sleeve.
- d. Pull thread ends together to form gathers.



- e. Adjust the gathers to fit the armhole from back yoke level over the shoulder to the front yoke level.
- f. Matching the centre of the sleeve with the shoulder seam tack the sleeve in place.

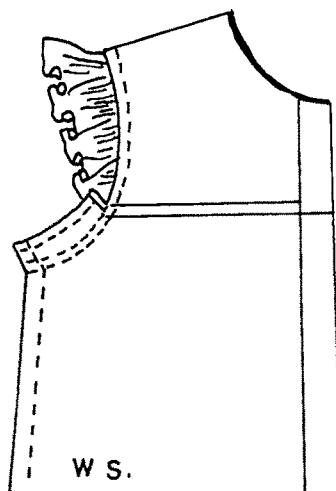


- g. Machine stitch along the stitching line.
- h. Use another row of machining just near the first towards the seam allowance.
- i. Remove tacking.

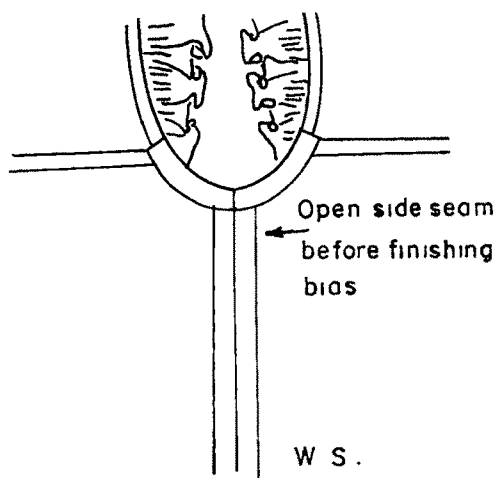




- j. Use a 2.5cm wide bias strip of length not less than 11 cm to face the lower edge of the armhole starting from 1 cm above the yoke line keeping the bias slack.
- k. Cut off the extra bias and clip the seam allowance in the curved part at 1 cm distances.
- l. Trim the seam allowance to 0.5 cm in the area where facing is stitched.
- m. Stitch the sides using a plain seam.



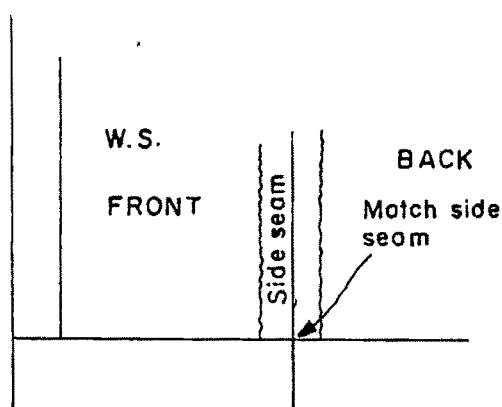
- n. Press side seam open by tip of the iron.
- o. Turn bias to the wrong side of the garment.



- p. Turn in the raw edge, lay flat and finish by hem stitching.

### 13. Bottom fold

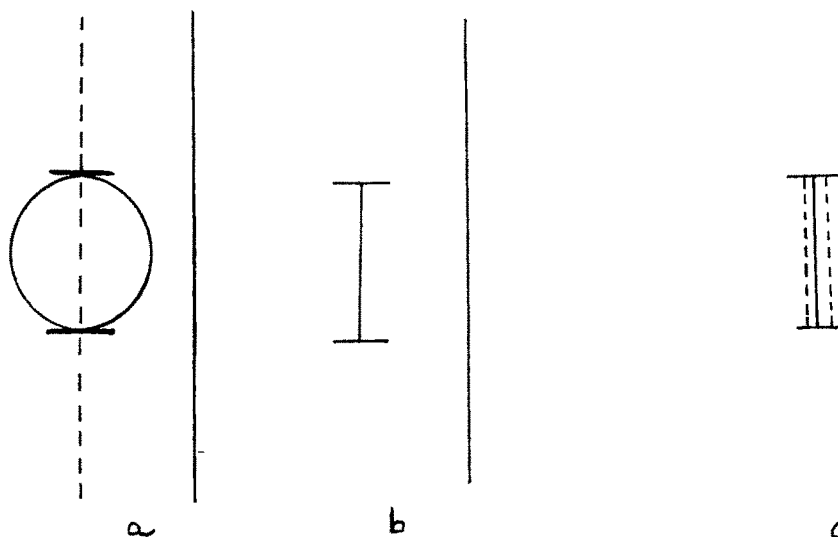
- a. Fold at the first fold and then at the second fold line.
- b. Tack the fold in place taking care to match the side seam lines.



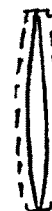
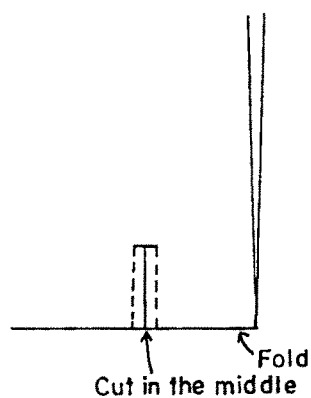
- c. Finish by hem stitching.

### 14. Buttonholes

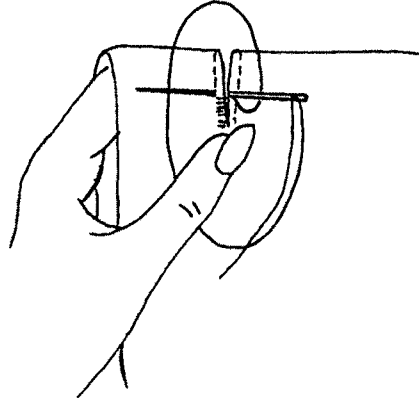
- a. In a girl's dress, right side of the opening will overlap the left side. Therefore, the buttonholes will be on the right side of the opening.
- b. Mark the placement of buttons and buttonholes as shown in the figure on page 3.
- c. Since the buttonholes are vertical, mark them exactly on the centerfront line.



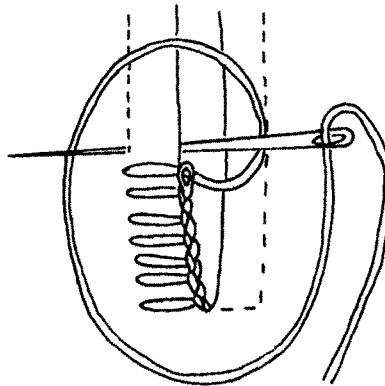
- d. Mark the position of the buttonhole indicating its length by placing a button on the centerfront line and marking its diameter with a pointed pencil (Do not cut).
- e. Stitch around the entire buttonhole using very fine hand running stitches. These stitches must be close enough to the cutting line so that they will be covered by the buttonhole stitches.
- f. Fold the buttonhole end to end and make a small cut in the middle with a sharp pointed scissors. Open out and cut to each end.



- g. Leaving the thread unknotted take a back stitch on the wrong side near the end of the buttonhole.
- h. Bring the needle out through the buttonhole to the right side.



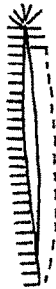
- i. With the right side of the garment up, hold the cut buttonhole over the index finger of your left hand and work the buttonhole using buttonhole stitches (not blanket stitches).
- j. Throw the thread slightly to the right, then up and around to the left to form a circle about the point where you will make the stitch.



- k. Insert the needle through this circle and the buttonhole at right-angles to the edge of the slit

and bring it out just outside the stitched line.

- l. Then draw up the stitch, pulling the thread away from you. Pull the thread gently but with firm even tension.
- m. Continue making the stitches along the entire side.
- n. When you reach the opposite end, begin to radiate the stitches to form a fan.

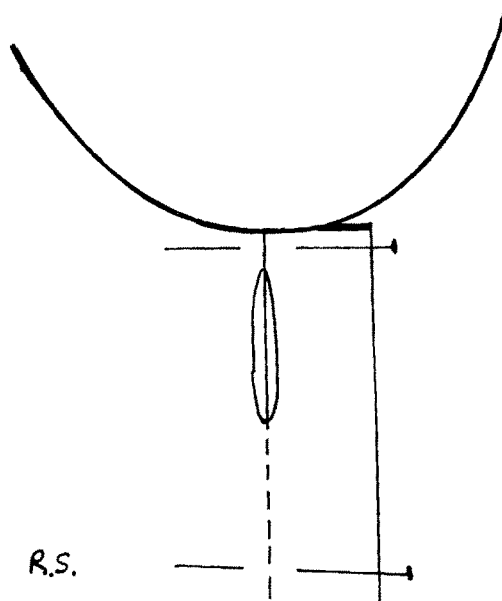


Radiate stitches at  
the fan

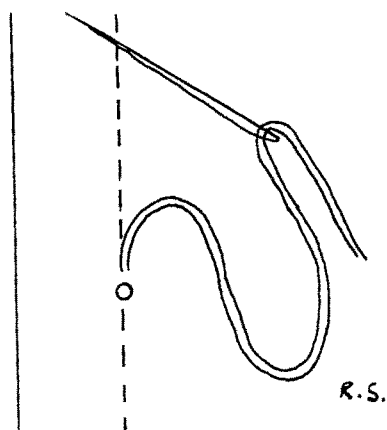
- o. Continue to work along the opposite side of the buttonhole until you reach the end of the slit.
- p. Form a fan at this end also.
- q. Finally pass the thread through the first purl.
- r. Secure the thread firmly on the wrong side of the garment.

## 15. Buttons

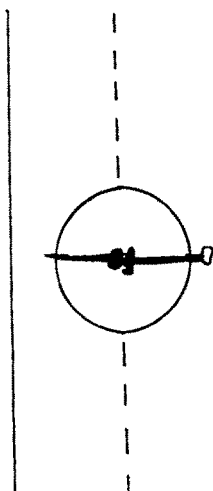
- a. To locate position for buttons overlap the buttonhole side over the other side matching the centerfront lines.
- b. Insert a pointed pencil through the buttonhole and mark the position of the button on the other side on the center front line.



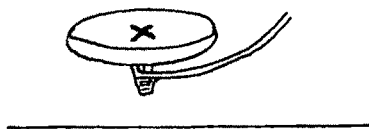
- c. Using a double thread, begin on the right side with a small knot under the button.



- d. Bring the needle up through the button.
- e. Place a pin over the button and take stitches over it. Take enough stitches to be sure the button will stay on.



- f. Remove the pin and bring the needle between the button and the fabric.



- g. Form a stem or shank by winding the thread closely around the stitches.
- h. Bring the needle to the wrong side and fasten the thread securely.