Knit Fabric Cover for Paper Half-Scale Dress Form

This cover is designed to fit the half-scale paper dress form I designed. The dress form's measurements are approximately 17 1/2" (44.5 cm) bust, 13 1/2" (34 cm) waist, 18" (46 cm) hip, and 8" (20.3 cm) back neck to waist.

Materials
You will need 5/8 yard (.6 m) of knit fabric and a 2 foot (.6 m) long piece of narrow ribbon or cord.

This pattern is designed for knit fabric with 2-way stretch (fabric that stretches very little lengthwise, but has crosswise stretch). The crosswise stretch should be at least 30%. To check that your fabric stretches enough, fold the fabric so that you have a folded edge along the crosswise direction of the fabric. Hold the folded edge up to the guide on page 6. Mark the relaxed fabric measurement with pins, then stretch the fabric to make sure it will stretch to the longer measurement.

Tips for Sewing Knit Fabric

- Use 3 mm long straight stitches and gently stretch the fabric as you sew.

- If there is no spandex (Lycra) in your fabric content, use a ballpoint or stretch sewing machine needle. A universal needle will also work with some knit fabrics. If your fabric content includes spandex, use a stretch needle to reduce skipped stitches.

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Instructions

1. Print pages 5 through 10 of this document on 8 ½” × 11” or A4 size paper. Print the pattern from a pdf reader such as Adobe Acrobat Reader, not a web browser. Set the scaling to 100% (“actual size” or “no scaling”). Measure the test squares to make sure you printed to the correct scale.

2. Tape the pages together, matching borders and alignment marks.

3. Cut out the pattern pieces.

4. Cut 1 of each pattern piece out of knit fabric.

5. On the lower edge of the front and back, press up 1/2” (1.3 cm), wrong sides together, and stitch 3/8” (1 cm) from the folded edge to form casings.
6. Mark the front with a safety pin, since it will be difficult to tell the front from the back once the pieces are sewn together.

7. Pin the front and back together with right sides together, matching notches. Stitch together with a 1/4” (6 mm) seam allowance, starting and stopping 3/8” (1 cm) from the lower edge to leave the casing open. Only stretch the fabric a little as you sew around the shoulders and neck.

8. Trim the seam allowance around the neck and shoulder area to 1/8” (3 mm).

9. Press the remaining seam allowances open.
10. Insert ribbon or cord through the casing using a safety pin or bodkin.

11. Turn the cover right side out and put it on the dress form. Pull the ribbon or cord tight and tie the ends.
BORDER SHOULD MEASURE 7" x 10" (17.8 cm x 25.4 cm)

2" TEST SQUARE

4 CM TEST SQUARE

HALF-SCALE DRESS FOR FRONT

CUT 1 OF KNIT F
USE 2-WAY STRETCH KNIT FABRIC WITH AT LEAST 30% STRETCH ALONG THE WIDTH

UNSTRETCHED FABRIC MEASUREMENT

MINIMUM STRETCHED FABRIC MEASUREMENT
HALF-SCALE DRESS FORM COVER
BACK
CUT 1 OF KNIT FABRIC
ETCH ALONG THE WIDTH 2C
1B
ALE DRESS FORM COVER BACK
T 1 OF KNIT FABRIC
Direction of Greatest Stretch

1/4" (6 mm) Seam Allowance

1/2" (1.3 cm)
Direction of Greatest Stretch (DOGS)