

## Supplies

- Simple Yolk Pattern dress (size two yoke pattern included at the end of this handout)
- Sufficient Yardage for pattern (about 1 ½ yards for the size 2 dress)
- Lining Fabric for Bodice (can be same as outer fabric)
- All Purpose thread for construction
- Buttons or Kam Snaps for closures
- Ruffling Foot for Baby Lock Serger
- Optional:
  - Laces or Ribbons for Embellishment – embellish any dress parts, if possible before cutting out pieces
  - Embroidery Design – embroider dress parts before cutting out pieces
  - Embroidery Threads and Embroidery Bobbin Thread

## Instructions

### *Basic Serger Sundress Bodice Construction*

These instructions and patterns are for a size 2 child's sundress. Many similar patterns for children and adults are available both from the major pattern companies and online. There are very few exposed seams in this construction making it ideal for those with sensitive skin or as a nightdress. Using the bodice patterns included at the end of this handout or from a purchased pattern, cut **both** the outer fabric and the lining fabric into (1) bodice front and (2) bodice backs. (If using lightweight fabric the outer fabric and lining can be the same fabric.)



All seams on the included pattern pieces are 5/8". Use a seam guide or determine on your serger a reference point to sew a 5/8" seam. On the Baby Lock serger, use the "R" mark on the cut cover of the machine to guide the fabric for a 5/8" seam when using the right needle position. (Use the "L" when using the left needle.)

With right sides together and using a narrow three thread overlock, sew bodice front to backs at shoulder seams. Repeat for lining pieces. With right sides together, matching shoulder seams and raw edges even, align the bodice to the bodice lining. Secure with wonder clips. Sew center back seams, neck opening and arm openings using the same narrow overlock seam. **Do not sew side**



**seams.** Clip corners at neck opening and center back seams. On lightweight fabrics, add a strip of fusible interfacing to both of the center back edges to support closures such as snaps or buttons/buttonholes. Turn right side out through the shoulder seams.



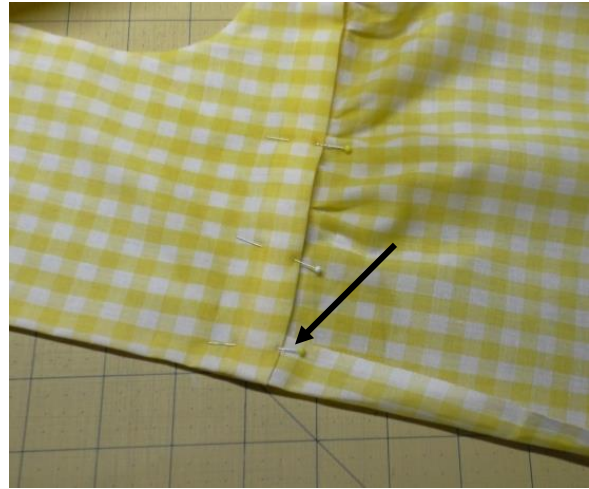
Press the edges making sure that the lining does not show on the right side. With right sides together and matching underarm seams, open the side seams flat and sew. Press the completed bodice.

### *Serger Sundress – Add the Skirt*

For the size two dress skirt, cut an 18" long by width of fabric (36" to 42"). Adding laces and trims will affect the length of the skirt. The finished length of skirt should be approximately 15" for a size two when hemmed. Find the

For additional tips on gathering with a serger, see the Sewing Tech Talk videos and handouts for 6/30/21 "Ruffles and Bows on the Baby Lock Celebrate" and 8/24/22 "It's SERgE Easy; The Broomstick Skirt".

center of the skirt and the bottom raw edge of the bodice and mark with pin or removable marker. Using the serger or a sewing machine, gather the top of the skirt. Do not gather 1" from either end. When using a serger to gather, use a 4-thread overlock with a stitch length of 4 and differential feed setting of 1.5. The thread in the right needle is used to create additional gathers or modify the gathered edge to a specific length. The Ruffling Foot for the serger increases the gathering potential by pressing the fabric firmly against the feed dogs. While the Ruffling foot will gather fabric to a flat fabric in one pass, the rate of gather is not controlled and cannot be used for this application. Adjust the length by locating and pulling the right needle thread to increase the gathers. Adjust gathers so that the length is the same as the bottom of the bodice plus 1" on both sides for the turn back. Clip or pin to bottom of bodice through **the bodice fabric only and not the lining except for 1" on either side of the lining**.



When sewn to the bodice, the lining will turn back as shown and indicated by the arrow in the photo above. Using the four thread overlock on the serger or a sewing machine, sew the gathered skirt to the bottom of the bodice. The 4-thread overlock is ideal for this after returning the stitch length to 2 and differential feed to "N". Turn the lining under and pin to cover the gathered raw edge of the skirt. Hand sew invisibly or machine sew the edge with a top stitch from the right side covering the gathered edge.



Sew the center back seam up from the hem towards the bodice. Leave enough room to pull the dress on. Press the skirt edge above the seam. In the photo above the skirt edge does not have additional interfacing.

Sew buttons/buttonholes or snaps on the back of the bodice. Kam snaps are a plastic snap that wash well and are perfect for children's clothing. The snaps were placed on the bodice only and not the skirt.

Hem the bottom of the skirt with a blind hem, ruffle or laces.

### *Sleeveless Dress without Front or Back Opening*

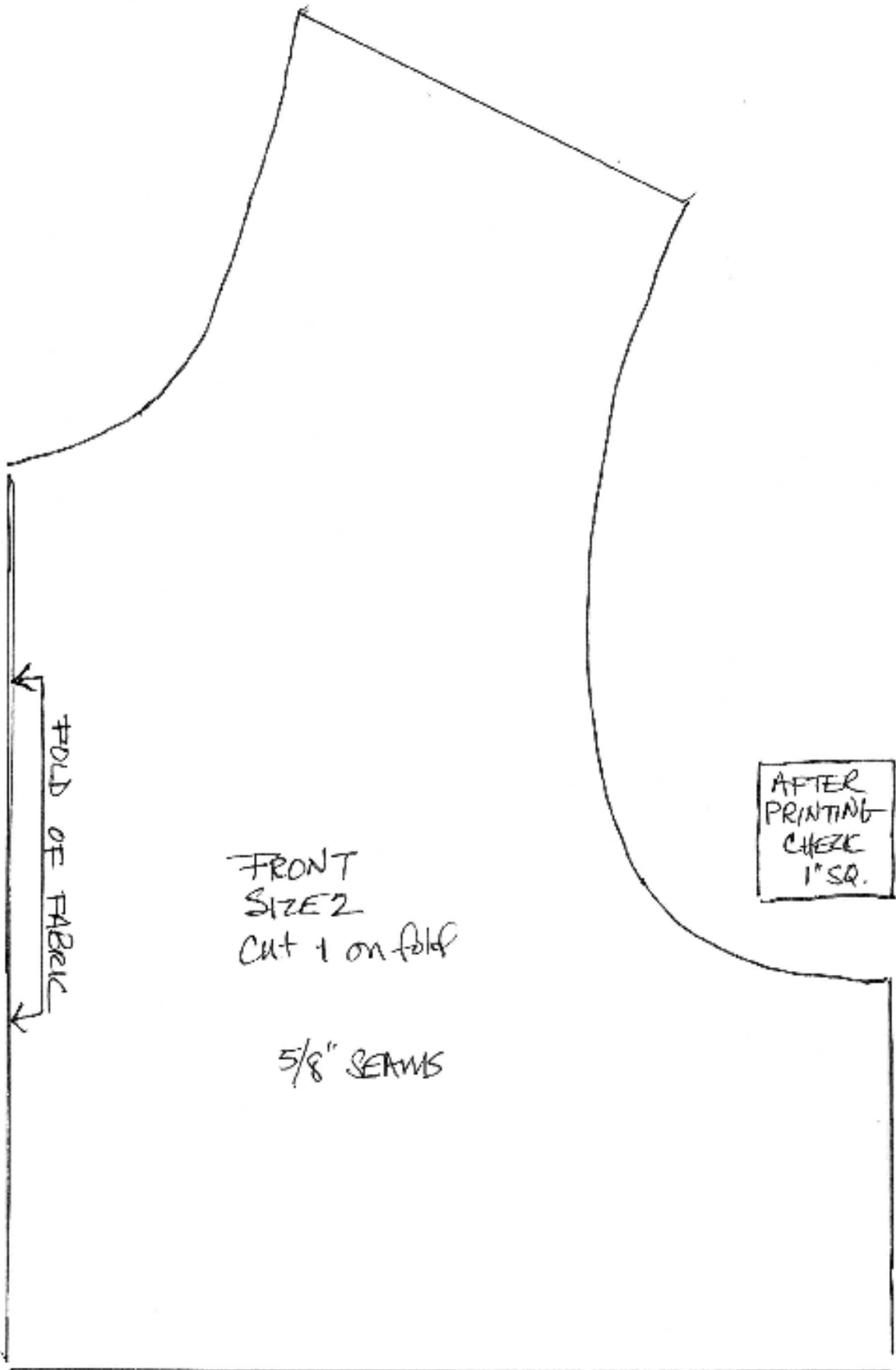
The bodice for the sundress was turned through to the right side through both shoulder seams because the opening in the back (or front) allowed the piece to turn. When sewing the top of a bodice or dress without an opening both the arm seams cannot be sewn at the same time or the piece will not be able to turn right side out. The solution is to sew one side at a time. Start by sewing the shoulder seams and then the entire circumference of the



neckline. Looking from the right side, roll the entire bodice and opposite shoulder into the shoulder area. Bring the lining up and over the rolled fabric encasing it. Pin or clip the entire edge of the arm seam and make sure that the rolled fabric will not be caught in the seam. In the photo above, the arm edge is on the top and the neckline is on the bottom. The rolled half of the dress can be seen through the lining fabric. Make the lining a little bit smaller than the outer fabric by aligning the raw edge just a scant 1/8" beyond the raw edge of the outer fabric. Sew the seam using the raw edge of the outer fabric as the edge to guide. After sewing pull the bodice or dress through the shoulder. Repeat the process for the other shoulder. When both sides are sewn, align the side seams. Sew the side seam and lining side seam in one long pass. The lining of the dress can extend the length of the dress or stop just short of the bust line. The edge of the shorter lining can create a bra-like shelf by attaching elastic to the bottom of the lining.

***Design Notes*** - In all the variations of this technique, it will become a staple of your sewing repertoire and closet. This simple dress construction works for little dresses, big dresses and especially summer nightdresses. Make them fancy with heirloom techniques, use lightweight fabrics, use heavier fabrics to create a jumper (leave the back open if desired) and consider a variety of fabrics including knits and overall laces. The technique works for a lined shift as well as a small dress. The bow and belt for the yellow sundress are secured to the side seams with snaps for ease of laundering and to keep it secure on a squirmy child while being worn.

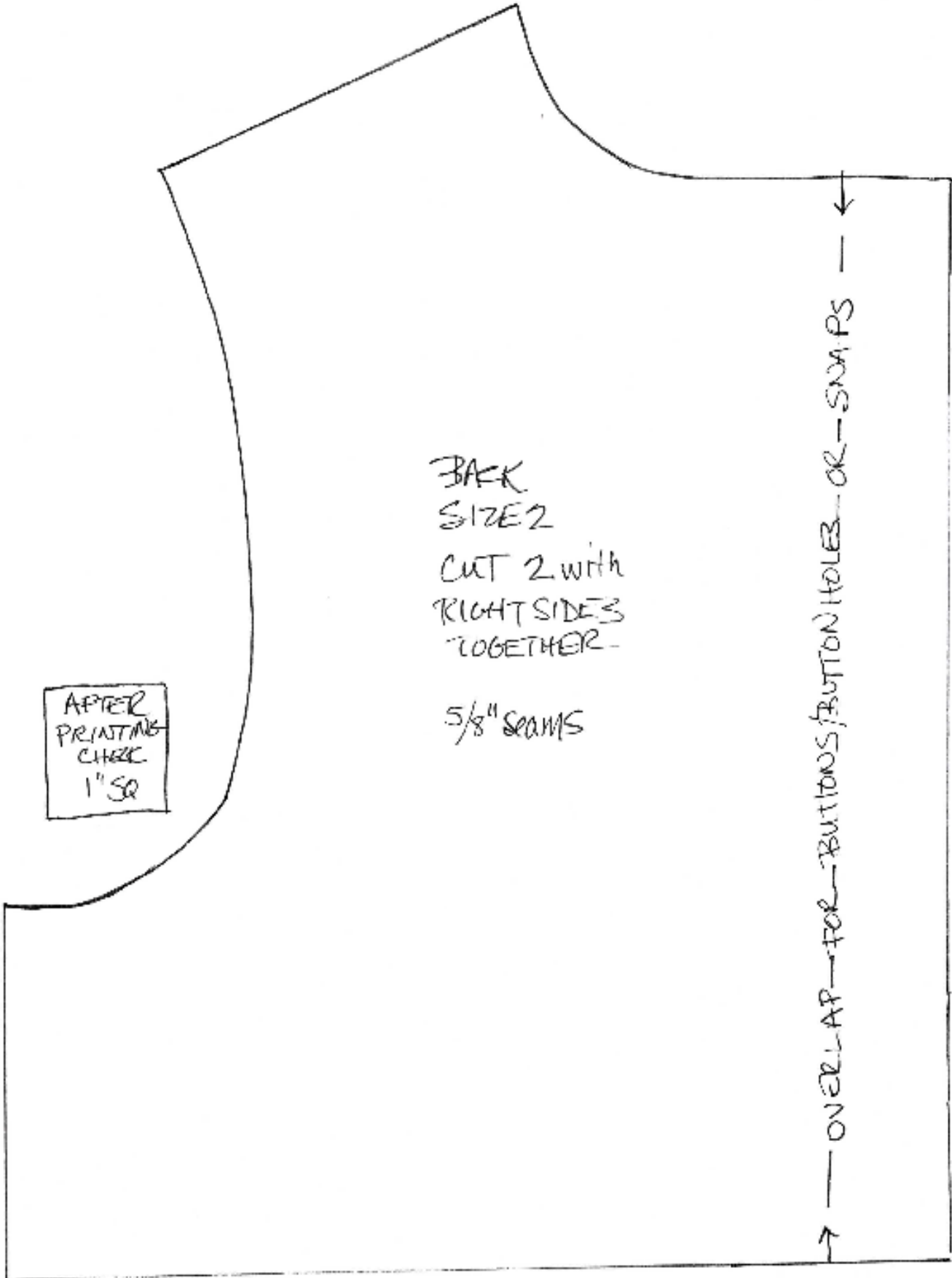




FRONT  
SIZE 2  
cut 1 on fold

5/8" SEAMS

AFTER  
PRINTING  
CHECK  
1" SQ.



BACK  
SIZE 2  
CUT 2 WITH  
RIGHT SIDES  
TOGETHER  
5/8" SEAMS

AFTER  
PRINTING  
CHECK  
1" SQ

← OVERLAP FOR BUTTONS; BUTTON HOLES OR SNAPS →