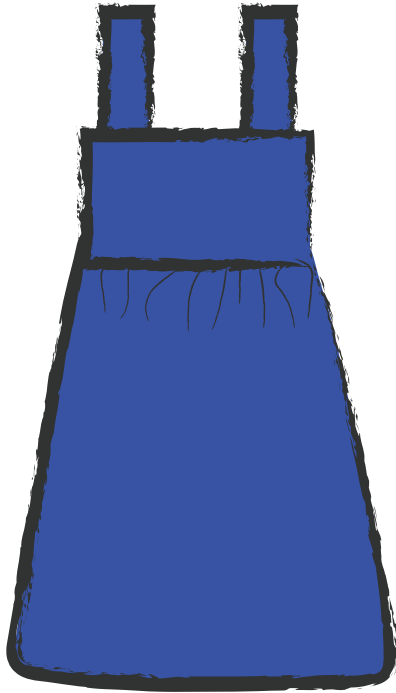


The Abena dress



What you will need:

- 2,5 meters of Linen or any midweight fabric.
- 1 matching invisible zipper
- Matching thread

The Abena dress was imagined in a nice Linen. It has wide straps, a short lined bodice, and some soft pleats. As it is lined, you can easily wear this without a bra in high temperatures. The linen feels nice and cool on the skin. However you can also choose any another midweight natural fabric such as some midweight cotton chambray. Do not forget to wash your fabric before sewing especially if you will be using linen.

The following instructions will help you make this dress. Read each step and follow the instructions carefully. Got a question? Ask. And you shall receive. Enjoy!

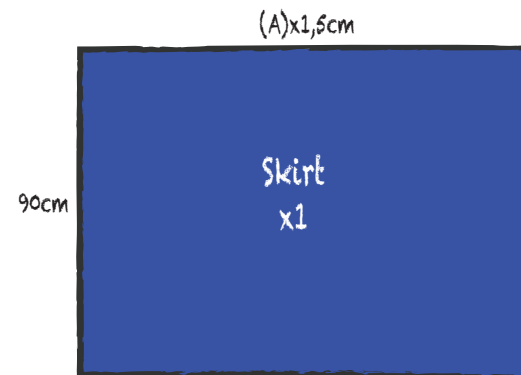
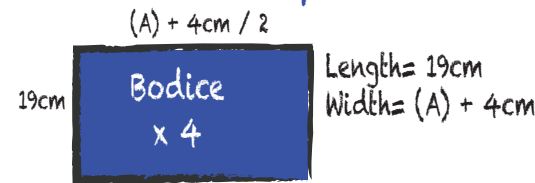
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Elaine

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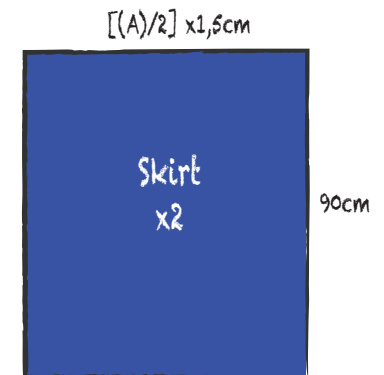
1. Measure your bust

This is the only measurement of your body you will need to know. All the other measurements will be based on your bust measurement. So if you are planning to wear the dress with a bra, wear your favorite bra and take your measurement. Let's name this bust measurement (A).

2. Cut out the pieces



Or



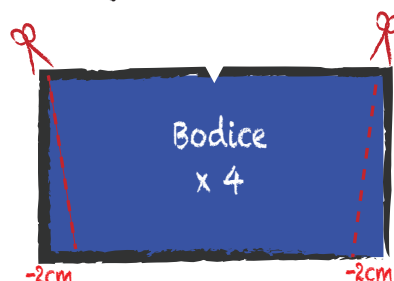
To make things simple, the skirt is made out of one single piece. However, if the width of your fabric is less than 1,40m, or if measure (A)x1,5 measures much more than the width of your fabric, you will need to cut 2 pieces for the skirt (1 front + 1 back) instead of a single piece. The width of each piece will be as follows: (A) divided by 2, then multiply this result by 1,5. The length remains unchanged. Serge or zigzag the lengths.

3. Prepare the bodice

The bodice is made out of 4 pieces (including 2 for the lining).

You now need to shape the sides diagonally in order for the narrowest part to be down.

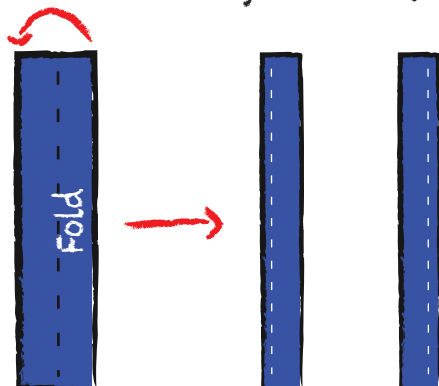
Do this for all the 4 pieces of the bustier. Please keep in mind that the largest side will be at the top, and the narrowest part will be down. To remember this, make a notch in the middle of the longest side to mark the top (see drawing).



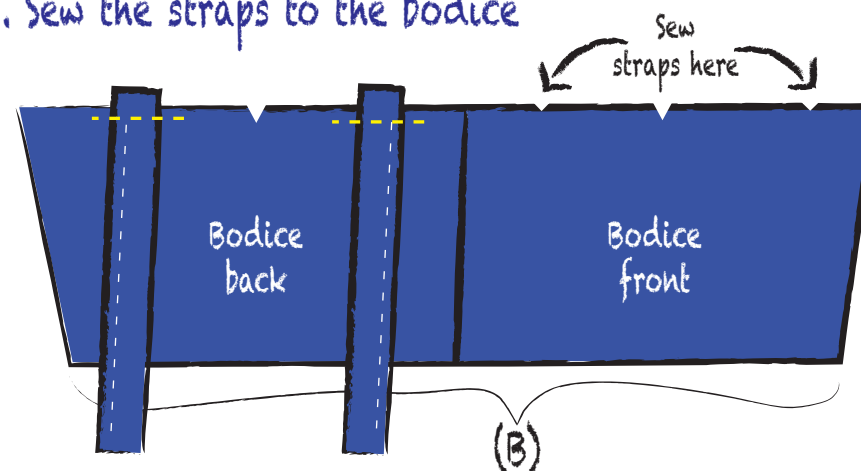
- Now take two pieces, and sew right sides together, the right diagonal side only.
- Do the same for the second pair. This pair will be the lining. Set this one aside for now for the last step.

4. Make the straps:

- Take one strap fold it into two widthwise right sides facing. Sew the long raw edge to form a tube (you can close one short side of the tube to ease the flipping process).
- Iron only the long side you've sewn.
- Cut the excess of fabric on the edge and turn to the right side. Iron and sew a row of stitches 2mm away from the edge.



5. Sew the straps to the bodice



- Make notches to mark the position of the straps at about 14,5cm away from the front and back edges.
- Sew the straps to the back bodice, making sure the overstretch you just made is facing out. Don't sew the other end to the back for the meantime.

6. The skirt

Measure the width of the front and back bodice pieces that were sewn together. Let's call this measurement (B). Set bodice aside.

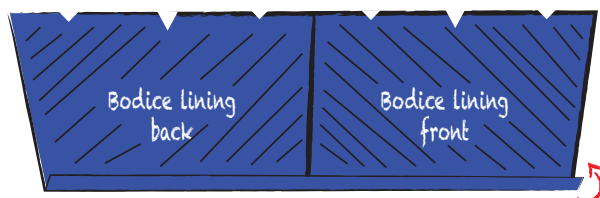
- Take the skirt, and gather the width of the skirt and reduce it to the measurement of (B). If you have two parts to your skirt (back and front) assemble the pieces at the right side, right sides facing, before gathering the width. Gather to reduce to measurement (B).
- Sew the pleated skirt piece to the bodice right sides facing. Iron the extra seam upwards.

7. Sew the zipper on

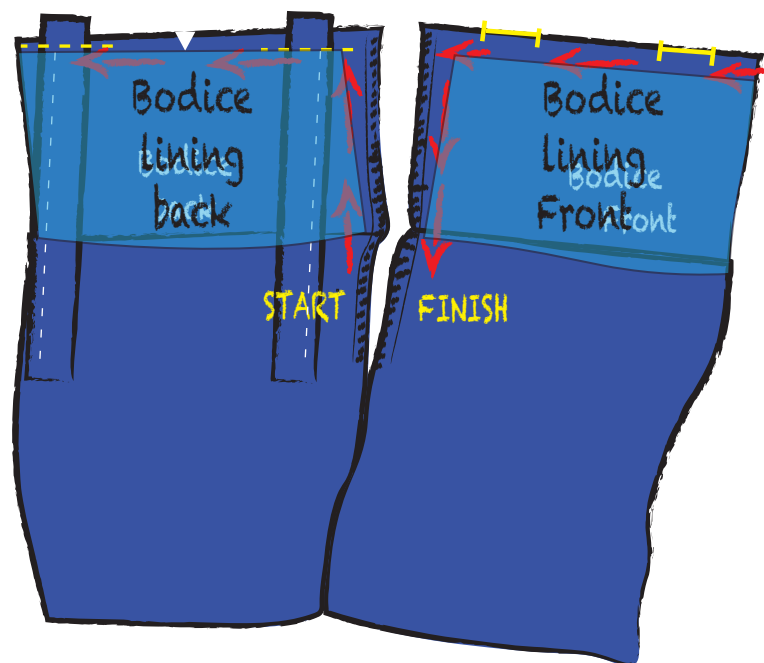
- Sew the zipper to the left side, starting from the top of the bodice and ending 18cm underneath the gathering.

8. Attach the inner lining to the bodice

- Take the lining piece you formed at step 3. Take the down side and mark a fold of 1,5cm towards the wrong side. Iron to mark the fold.



- Now pin the lining to the bodice right sides facing starting by one side and ending at the other. It's important to make sure that: 1. The skirt's extra seam is still facing upwards. 2. The straps remain on the right side of the front bodice (see sketch).



- Start sewing from the skirt and bodice back at the joining. Sew all the way up the bodice back (you are sewing through 3 layers: the bodice, the zip and the lining. continue assembling at the top back.

- When you reach the top front bodice, leave unstitched a 7cm space just around the notches in order to insert the end of the straps at the last step. Continue sewing till the other zip and sew all the way down. Do not close the down part left open.
- Now iron all these new stitches.
- If you have want to sew a label it's now time to do it: take advantage of the opening between the bodice and lining, to sew your label to the back lining.

9. Sew the straps to the front

- Insert the end of each strap into the opening you left at step 8. Adjust the straps to suit the correct length (for me my finished lange is 38cm). You might also want to make sure it covers your bra if you plan on wearing a bra. Once you have inserted the strap into the opening you now have to sew it in such a way that the stitches are not visible. To do so, once the strap inserted, grab the end of the strap together with the extra seams of the bodice and the lining, by passing your hand through the opening left between the lining and the bodice. The strap is sandwiched in the middle. sew over these layers to close the opening you had left. Do the same for the other strap. Make sure they have the same length.

10. Finishing

- Close the opening of the lining and the bodice by making an invisible hand-stitch by hand.
- Adjust the length the the to your liking and make a 6cm clean seam.

I will be glad to see your makes and I am sure the sewing community too! So please let us hear from you by sharing your wonders with hashtag [#Abenadress](#).