



simplelife
PATTERN COMPANY



Tessa

2t-12 Beginner

FEATURING



ART GALLERY FABRICS

Size Chart

| | 2t | 3t | 4t | 5 | 6 | 7 | 8 | 10 | 12 |
|---------------|-------|-------|-------|-------|-------|-------|-------|-------|-----|
| Chest | 20.5" | 21.5" | 22.5" | 23" | 24" | 26" | 27" | 28.5" | 30" |
| Waist | 21" | 21.5" | 22" | 22.5" | 23" | 23.5" | 24" | 25" | 26" |
| Hips | 21" | 22" | 23" | 24" | 25" | 27.5" | 28.5" | 30" | 32" |
| Height | 35" | 38" | 41" | 44" | 46.5" | 50.5" | 52.5" | 55" | 58" |

Finished Length

(Collarbone to center front hem)

| | 2t | 3t | 4t | 5 | 6 | 7 | 8 | 10 | 12 |
|---------------------------|--------|--------|--------|--------|--------|--------|--------|-------|--------|
| Top & High Low | 14.75" | 15.25" | 15.75" | 16.25" | 16.75" | 17.25" | 18.25" | 19" | 19.75" |
| Tunic | 17.75" | 18.25" | 18.75" | 19.75" | 20.25" | 21.25" | 22" | 23.5" | 24.25" |

Fabric Requirements

(Yards: based on 44" fabric)

| Size | Front | Back | Facing |
|------|-------|------|--------|
| 2t | 5/8 | 5/8 | 1/4 |
| 3t | 5/8 | 3/4 | 1/4 |
| 4t | 5/8 | 3/4 | 1/4 |
| 5 | 5/8 | 3/4 | 1/4 |
| 6 | 5/8 | 3/4 | 1/4 |
| 7 | 5/8 | 3/4 | 1/4 |
| 8 | 3/4 | 3/4 | 1/4 |
| 10 | 3/4 | 7/8 | 1/4 |
| 12 | 3/4 | 7/8 | 1/4 |

Base your fabric requirements on the options you choose (ex: High low option is 1 front, 1 back)

*Sizes 2t-4 can accommodate both pieces on the width of fabric so you only need the amount indicated for the front OR the back – if you are using a Back piece, use this amount.

**Sizes 5-12 you will need the indicated amount based on the pattern pieces you are using for your option. (ex: High Low, you will need the front amount plus the back amount)

Additional Notions Needed

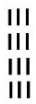
- Button, .5" or smaller
- Elastic (or string to create a loop for the button)
- Steam-a-seam tape (optional but recommended)

Tips & Notes:

- Please read through the entire pattern before beginning.
- All seam allowances are 3/8", unless otherwise stated.
- Finish your seams with a serger or zig zag stitch to prevent fraying. This is optional.
- For a professional look, press your garment when instructed. This helps keep the seams flat.
- When instructed, topstitch your garment. This will give you professional results. TIP: I always increase my stitch length to 3.0 – I feel a longer topstitch length looks better. If you do this, be sure to put your stitch length back to 2.5 for regular sewing.
- Gathering can be tedious - I find it easiest to turn my tension to the highest tension and my stitch length to the longest stitch. Before you start sewing, pull up the bobbin thread and pull the top thread and bobbin thread out so you have about a 5" tail before you sew. From there, I adjust by hand to fit the length I need.
- When printing your pattern pieces, make sure "Auto portrait / landscape" is ticked and scaling is set to "None."
- You do not need to print the entire pattern. You can print the pattern pieces then follow the tutorial on your computer.
- Print your pattern pieces, match up the lines and rectangles, tape, then cut out the pieces. You can then cut the size you want or use freezer paper and trace the size you need so you don't cut into the original pattern. This is helpful and saves paper and ink if you need to make multiple sizes.

NOTES FOR THIS PATTERN:

- **Fabric Recommendations:** light to medium weight cottons such as voile, georgette, rayon, quilting cotton. You can also use all sorts of knit fabric, 2 or 4 way will work great. If you choose to use knit, be sure to place the pattern pieces with the stretch going widthwise.
- **Working with knit:** Prewashing knit is recommended. Knit tends to shrink. Use a ballpoint needle to avoid tearing your knit. To avoid stretching while sewing, increase your stitch length to about 3.5 and your tension should be about 4.2. Each sewing machine will vary so play around on scrap fabric until you achieve your desired look. Knit does not ravel, therefore there is no need to finish your seams. However, if you prefer a professional, polished look, serge the raw edge before doing your hems. Any seam that will require stretch (neck binding, sleeve hems...) you will need to use a stretch stitch. Refer to your machines manual to see what options your specific machine has. I use the triple stretch stitch. The image to the left is what the triple stretch stitch option will look like.
- **When sharing your creations: use #SLPco and #SLPcoTessa so everyone can search your creations for inspiration. If you want to see other people's creation, then search for these hash tags on your favorite social media sites.**



Choose your options:

There are a few different hem options you can choose/ mix & match.

- There is the shorter top length, perfect for pairing with shorts. Cut 2 Fronts on the “Top” length cut line.
- The high low version, perfect with leggings or jeans. Cut 1 Front on “High low” cut line and one back.
- The tunic length version is darling with leggings or tights. Longer in the center front and center back, higher on the sides. Cut 2 backs.



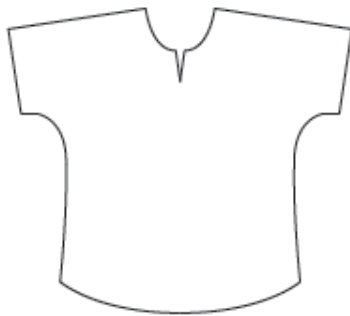
Top Length



High-Low

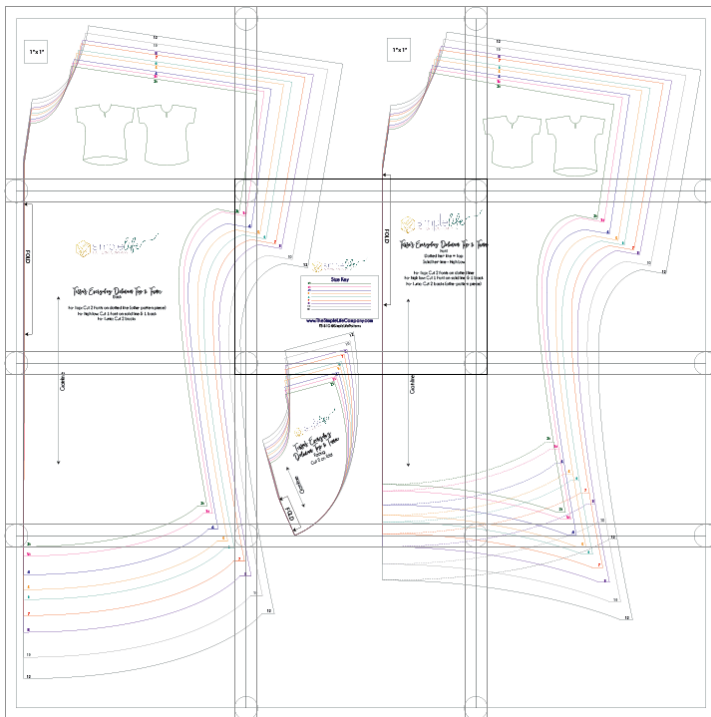


Tunic Length



Cutting Chart

| Size | 1/4" Elastic, (Cut 1) |
|-----------|--------------------------|
| All Sizes | 3.5" |



Print your pattern pieces and tape them together. Here is the layout. Once you print your pattern pieces, overlap the lines so they are on top of each other, along with matching up the circles. US letter pages overlap exactly 1 inch and the circles are 1 inch in diameter. Tape the pieces and then cut them out. This pattern has an optional A0 print file. You can take that file to a copy shop and have them print it on a large format printer so all your pages are on one large sheet. The file size and information is in the A0 file. The pattern pieces for you to print at home on letter or A4 are at the end of this tutorial.

This pattern is layered. You can print only the size you want but be sure you click the 1st layer that says, "Must print – text" plus the size layer(s) that you want.

To view the blog post on how to print layers, click this link:

<http://thesimplelifecompany.com/blog/tutorial-for-layered-patterns/>

Cutting out your pattern pieces



Step 1: For knit, be sure your stretch is going widthwise. For woven, be sure your pattern is along the grain line. Fold your fabric wrong sides together. Place your front pattern piece along the fabric fold and cut out around the piece. Depending on the version you are doing, cut a second piece out. Be sure to cut that little V shape out on the front and back necklines.



Step 2: For knit, be sure your stretch is going widthwise. For woven, be sure your pattern is along the grain line. Fold your fabric wrong sides together. Place your facing pattern piece along the fabric fold and cut out the facing. Repeat this step one more time so you have 2 identical facing pieces.

Tessa's Everyday Dolman Top & Tunic



Step 1: Take your back tunic piece and lay it right side up. Now lay your front tunic piece on top, with right sides together. Sew/serge the top shoulder seam. Repeat with facing pieces.



Step 2: Serge or zig zag stitch around the outer raw edge of your facing piece.



Step 3: Take your elastic and fold it in half. Pin the folded elastic down about 1/2" from the top curve along the "V" cut out. Pin or baste in place.



Step 4: Take your facing piece and lay it right sides together on your tunic pieces. Match up the shoulder seams and pin. Match up the "V" points and pin. Sew the pieces together. Clip your curves. Turn right side out and press. Be sure to push all the corners out.



Step 5: Topstitch around the neckline, 1/8" from the edge.



Step 6: Take your tunic pieces and fold the front piece on top of the back piece. The right sides will be together. Match up the side seams. Sew/serge the side seams in place.



Step 7: Fold your sleeve hem up 1/4" and press. Fold an additional 1/4" and press. Topstitch 1/8" from the edge.



Step 8: Fold your bottom hem up 1/4" and press. Fold an additional 1/4" and press. Topstitch the hem 1/8" from the edge.



Step 9: Sew your button on to the opposite side of your elastic.



Step 10: If you want to permanently secure your facing down without any stitches, you can use steam a seam. Working on the wrong side of your facing, place the steam a seam along the edge. Continue to do this all the way around. If you are having trouble with placing it around the curve, you can also cut strips and place them around. Be sure you lay your facing nice and flat before ironing in place. Remove the paper and press in place according to the directions.



Your facing will now be permanently secured to the tunic.

Did you do the 2 backs option? Adding shirring around the waistline adds an extra design element and gives the tunic shape.



Step 1: To do this, fold your top in half. Mark the fold with a pin. I wanted my shirring to be a tad lower than the halfway point so I measured down 1.5" from my fold point. Using a fabric marker draw a straight line across the front. Repeat with the back. You can also use an iron and crease your sewing line in place.



Step 2: Using your line or crease as a guide, sew your first row of stitching, starting at a side seam, sew all the way around the top, back to where you started. Be sure to backstitch at the beginning and ending points. Using your first sewing line as a guide, sew a second row of shirring about 1/2" down from the first row. Use a blast of steam to set/shrink your shirring.

Shirring Tips:

- Hand wind your bobbin using a fair amount of tension while winding.
- I highly recommend stretch rite elastic thread. It is the easiest to work with. Dritz works great too if you can not find stretch rite.
- Shirring is all about getting the right settings. Practice on a piece of scrap before shirring your garment. Use a stitch length of 4.0 and tension of about 6.0 (this will vary).
- Always backstitch at the beginning and end, if you don't, your shirring can come undone.
- When you are done shirring, blast your stitches with steam to shrink them up more.
- Your elastic thread on the back should be straight and flat. If it is wonky/ wavy, you need to make some adjustments. First, rewind your bobbin with more tension. Do a test run on scrap fabric before sewing. You can toggle your stitch length and tension as well until you get it right. Most issues with shirring come from not having the bobbin wound right. It takes practice to wind the elastic with enough tension but it is well worth it.

Cover photo courtesy of Kari Steiger of That's Sew Kari.

Fabric kindly provided by Art Gallery Fabrics. #ArtGalleryFabrics
#HereComesTheFunFabrics by Caroline Hulse



Thread kindly provided by Aurifil Thread.
#ThreadMatters #AurifilThread



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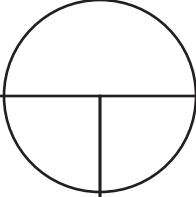
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[Tessa's Everyday Dolman Top & Tunic: #SLPco & #SLPcoTessa](#)

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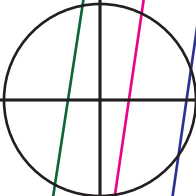
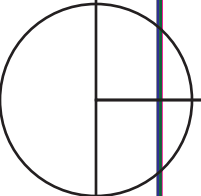
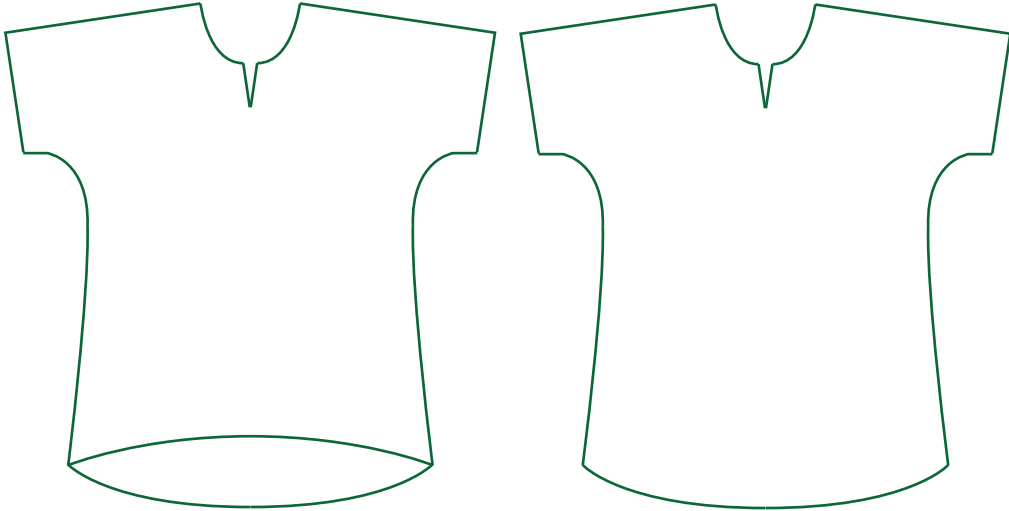




1" x 1"

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10
8
7
6
5
4
3t
2t

12





Tessa's Everyday Dolman Top & Tunic
Back

For Top: Cut 2 fronts on dotted line (other pattern piece)

For high low: Cut 1 front on solid line & 1 back

For Tunic: Cut 2 backs

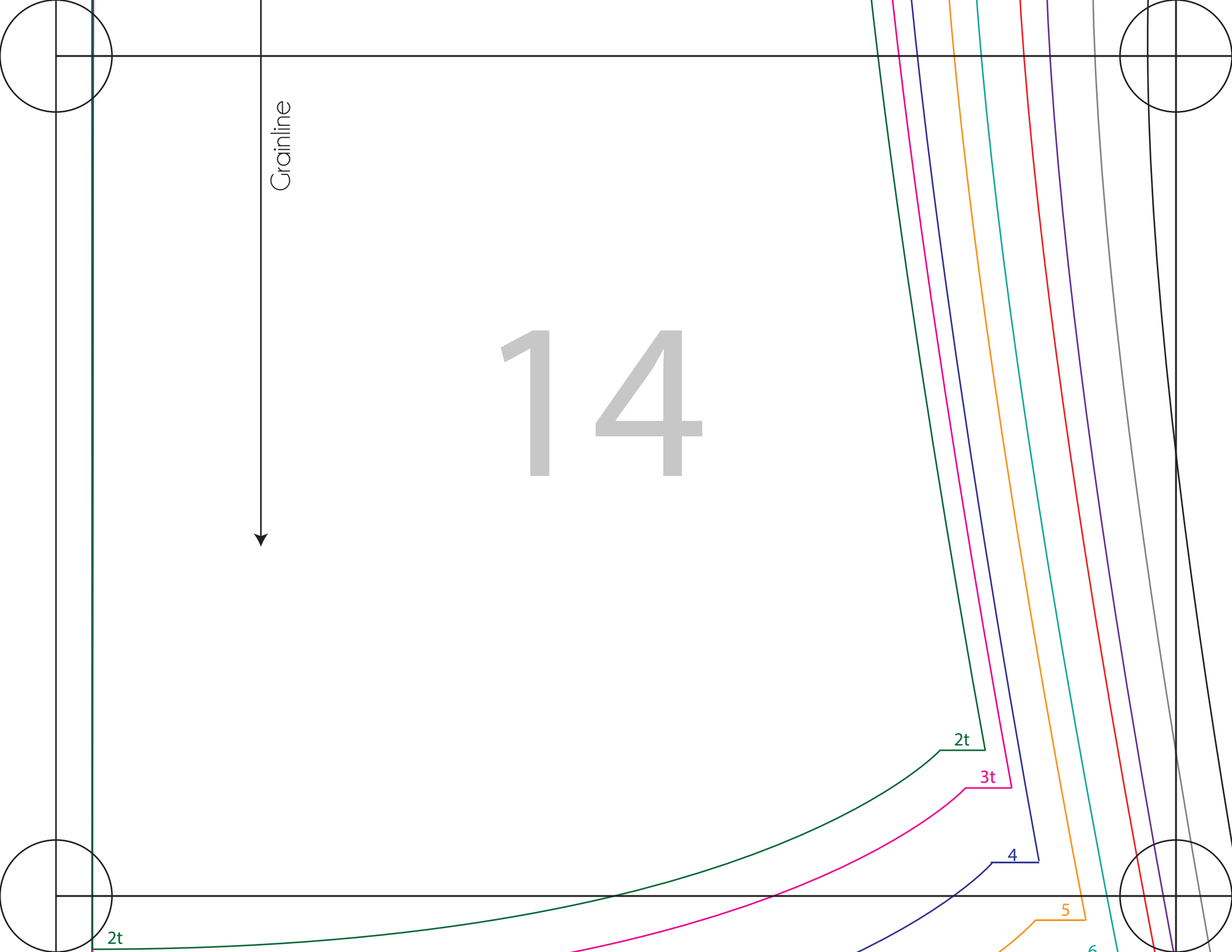
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|-----------|--------------------------|
| All Sizes | 3.5" |

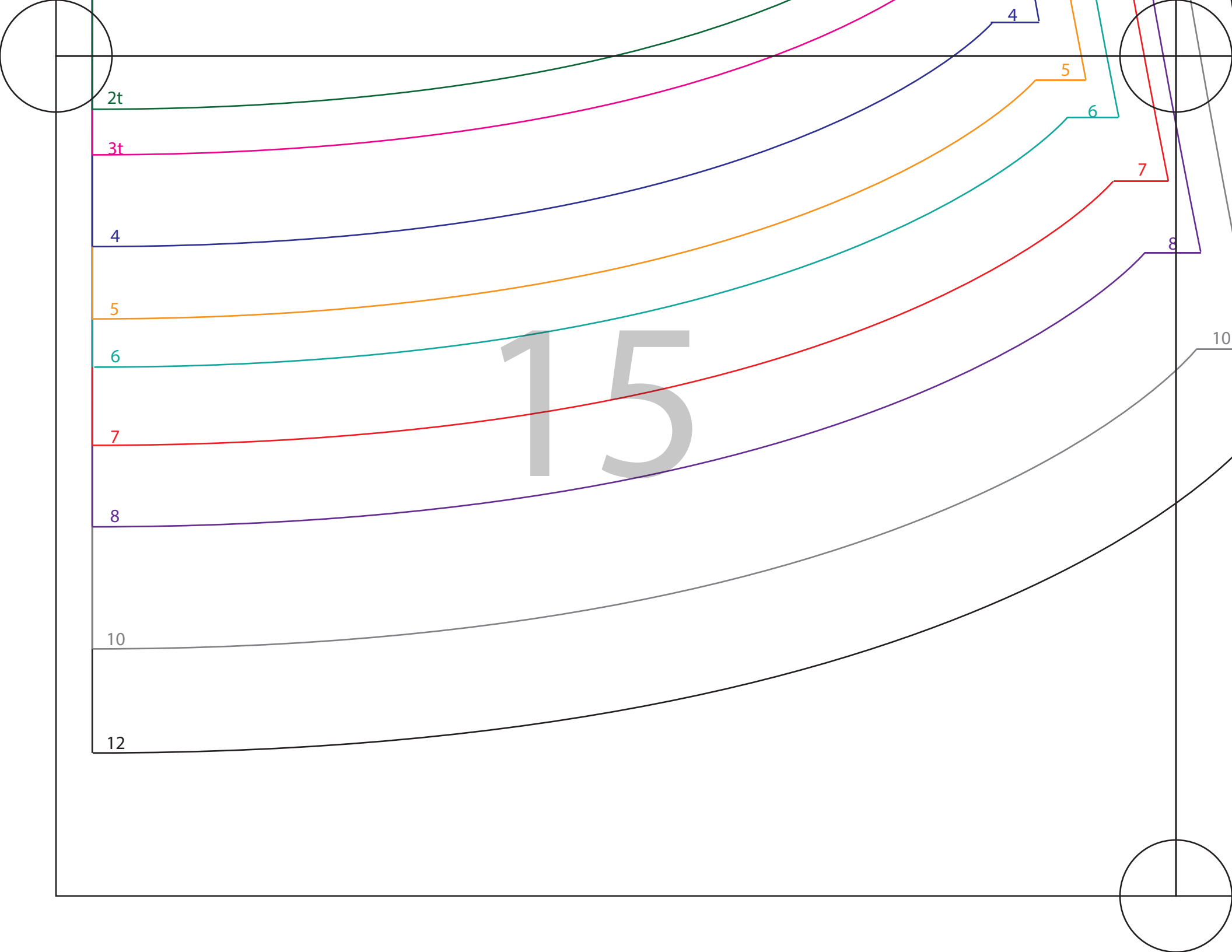
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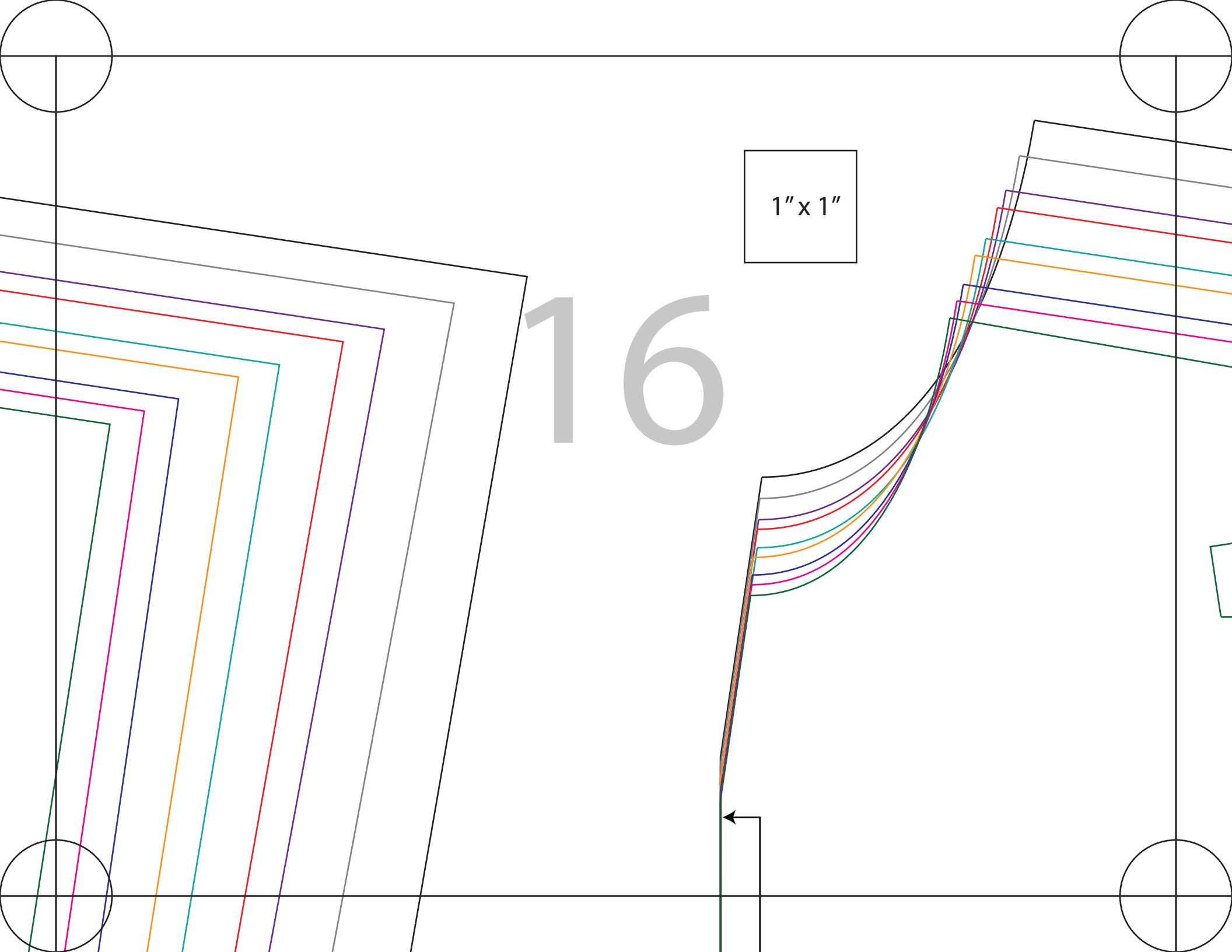
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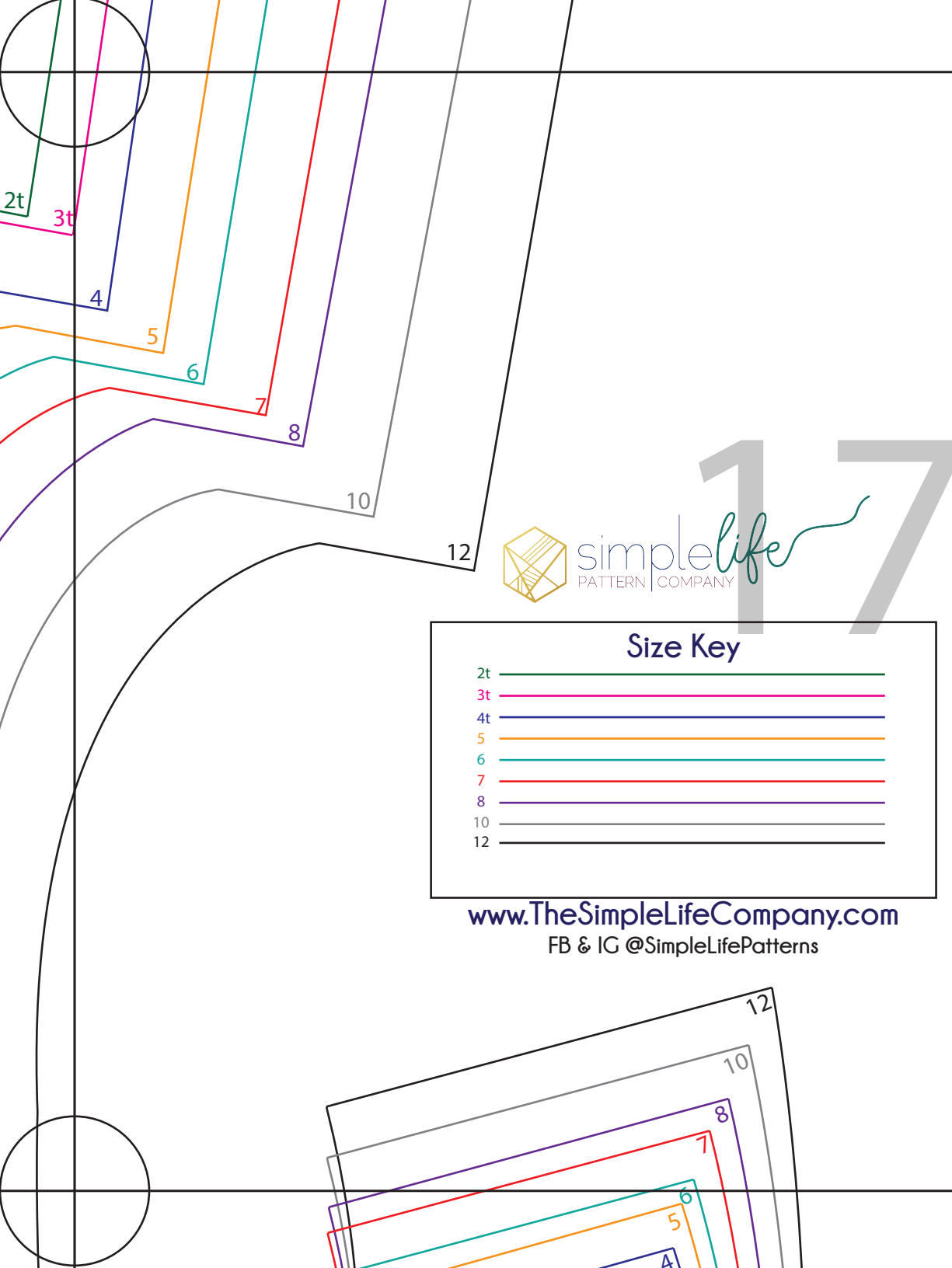




1" x 1"

16





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Size Key

| | |
|----|-------|
| 2t | _____ |
| 3t | _____ |
| 4t | _____ |
| 5 | _____ |
| 6 | _____ |
| 7 | _____ |
| 8 | _____ |
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| 12 | _____ |

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FOLD



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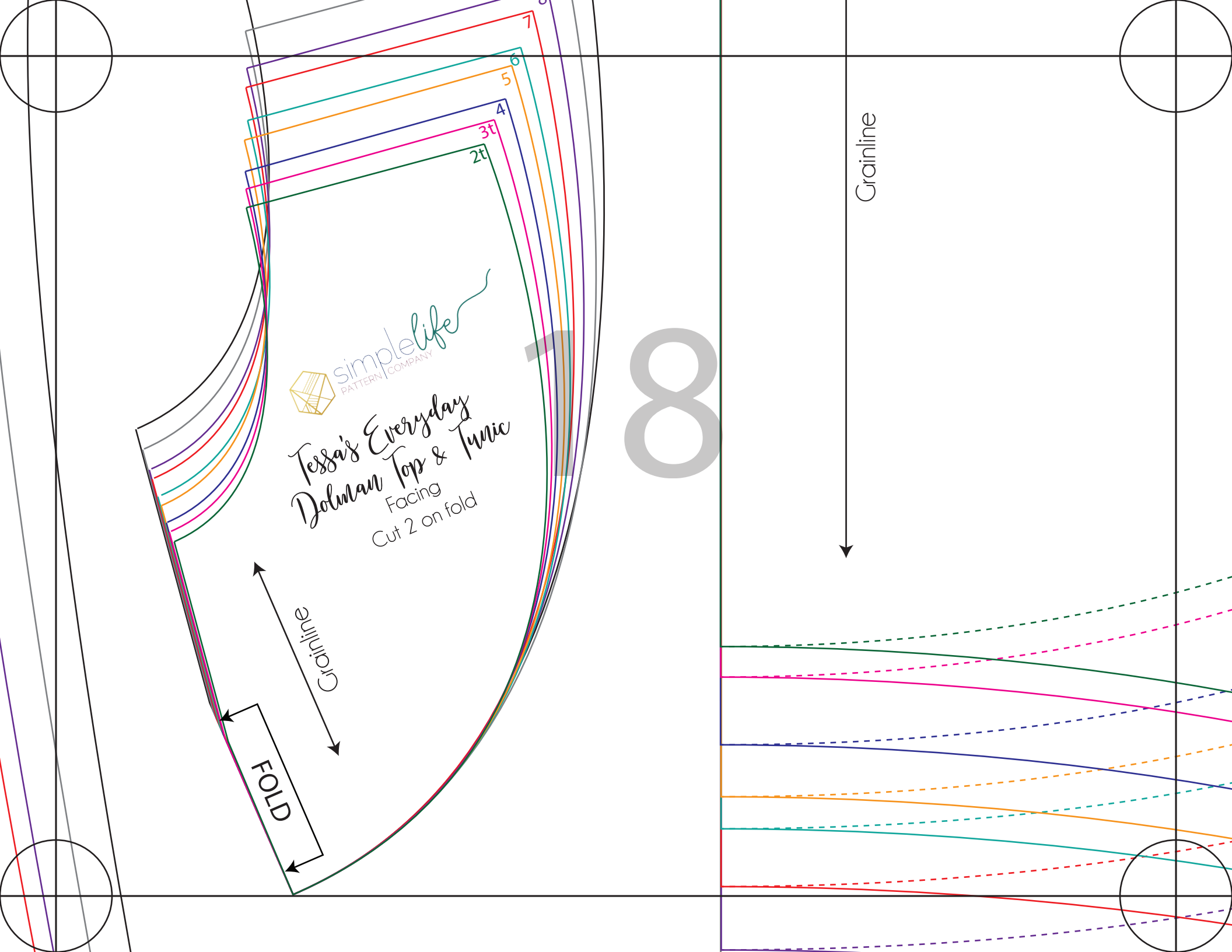
Tessa's Everyday Dolman Top & Tunic

Font

Dotted hem line = Top
Solid hem line - High Low

For Top: Cut 2 fronts on dotted line
For high low: Cut 1 front on solid line & 1 back
For Tunic: Cut 2 backs (other pattern piece)

| Size | 1/4" Elastic, (Cut 1) |
|-----------|--------------------------|
| All Sizes | 3.5" |



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*Tessa's Everyday
Dolman Top & Tunic*
Facing
Cut 2 on fold

8

Grainline

FOLD

Grainline

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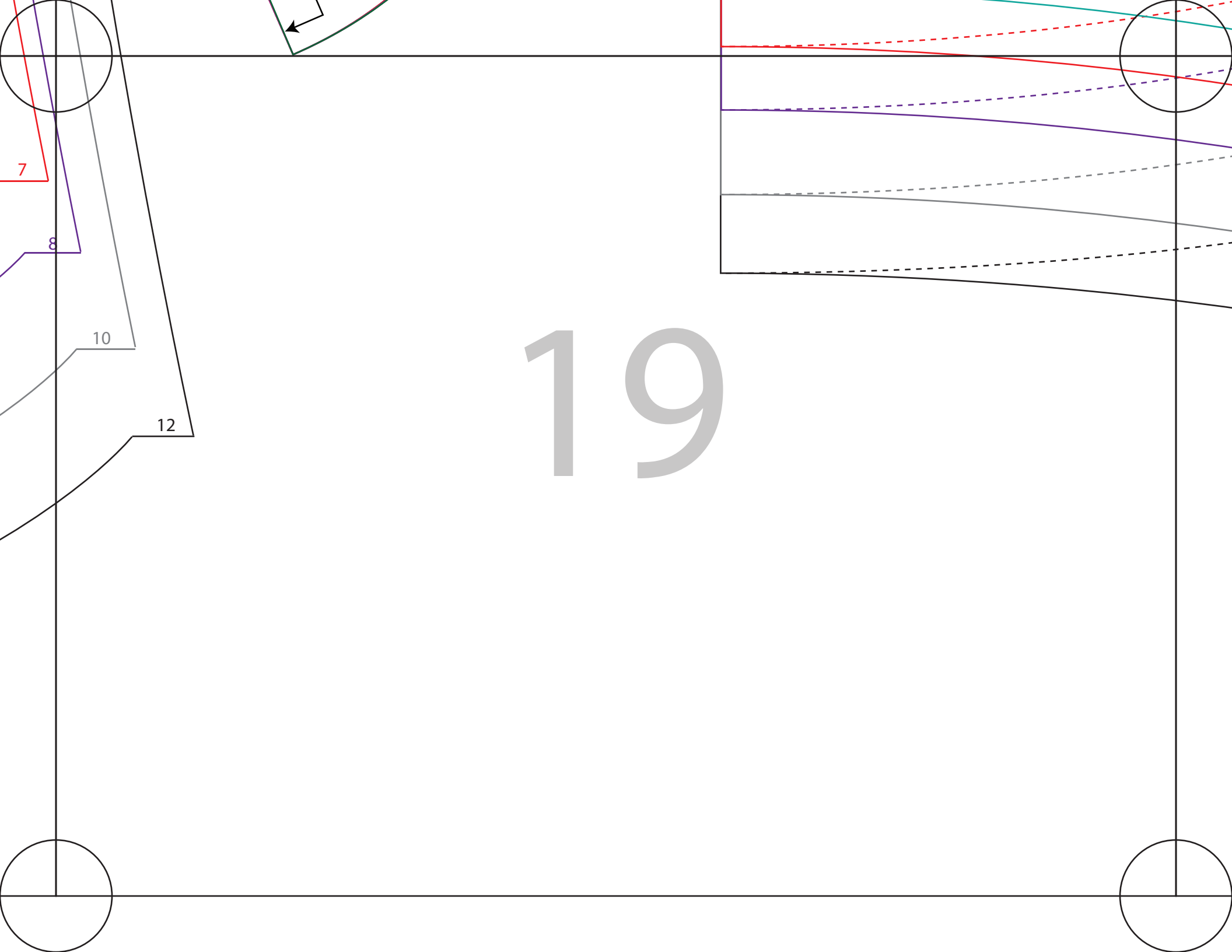
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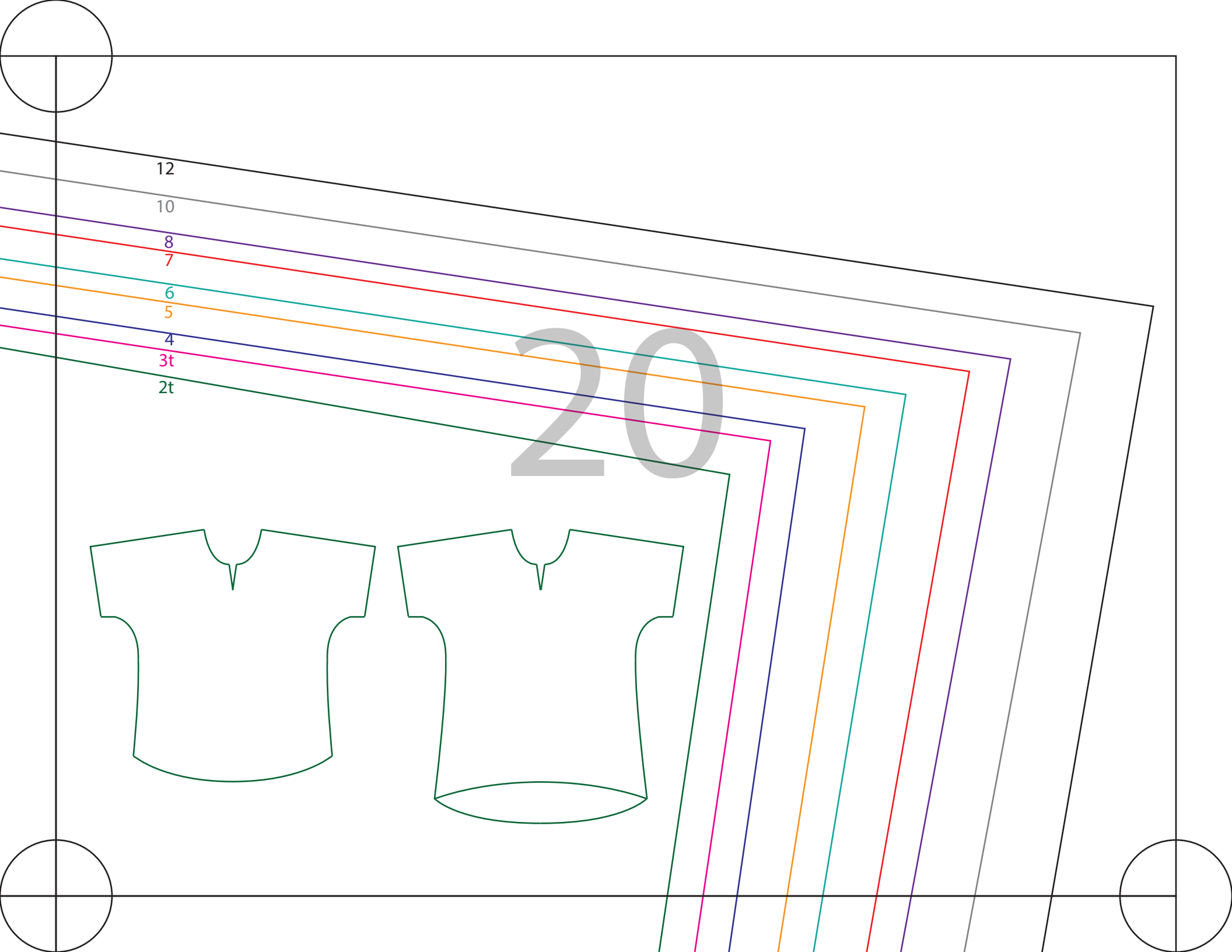
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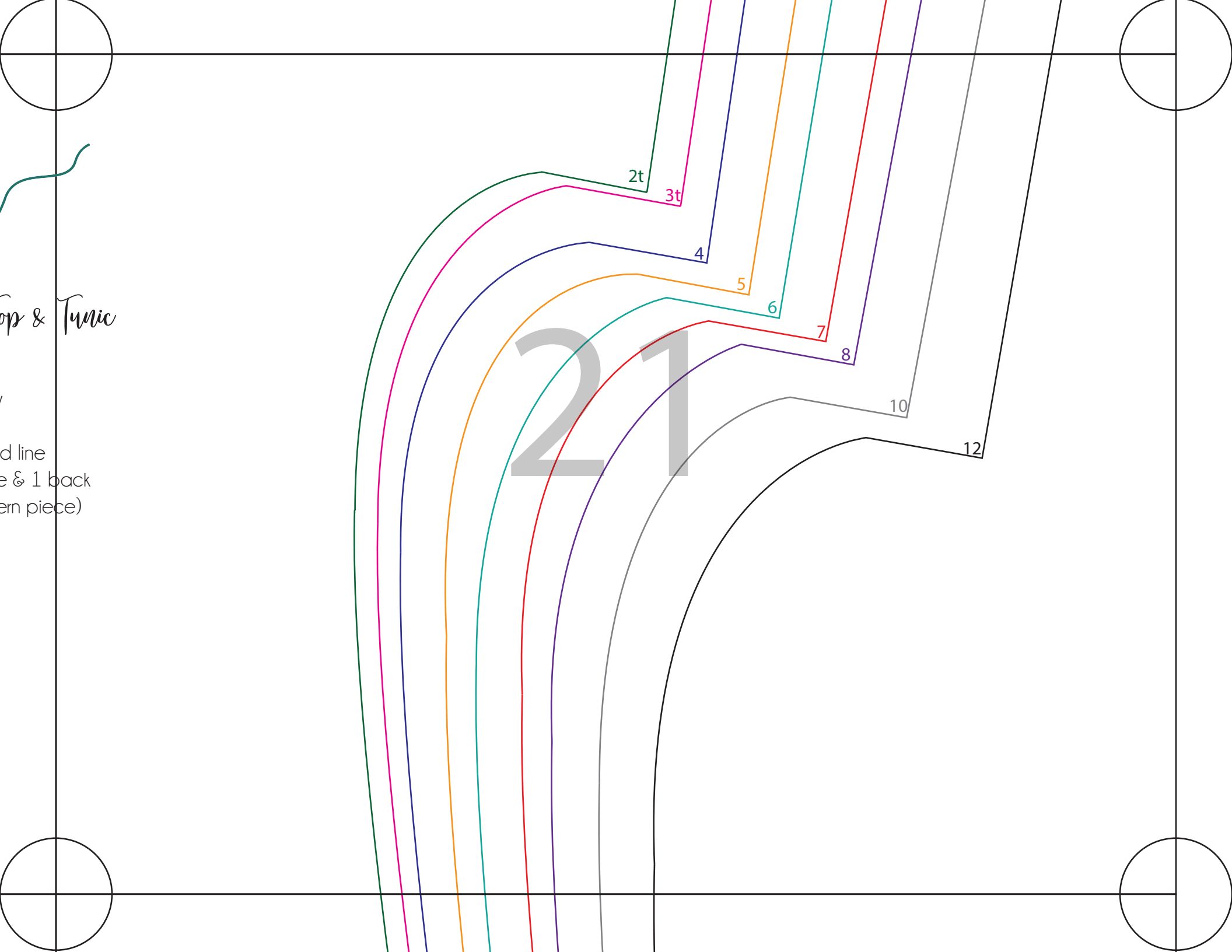
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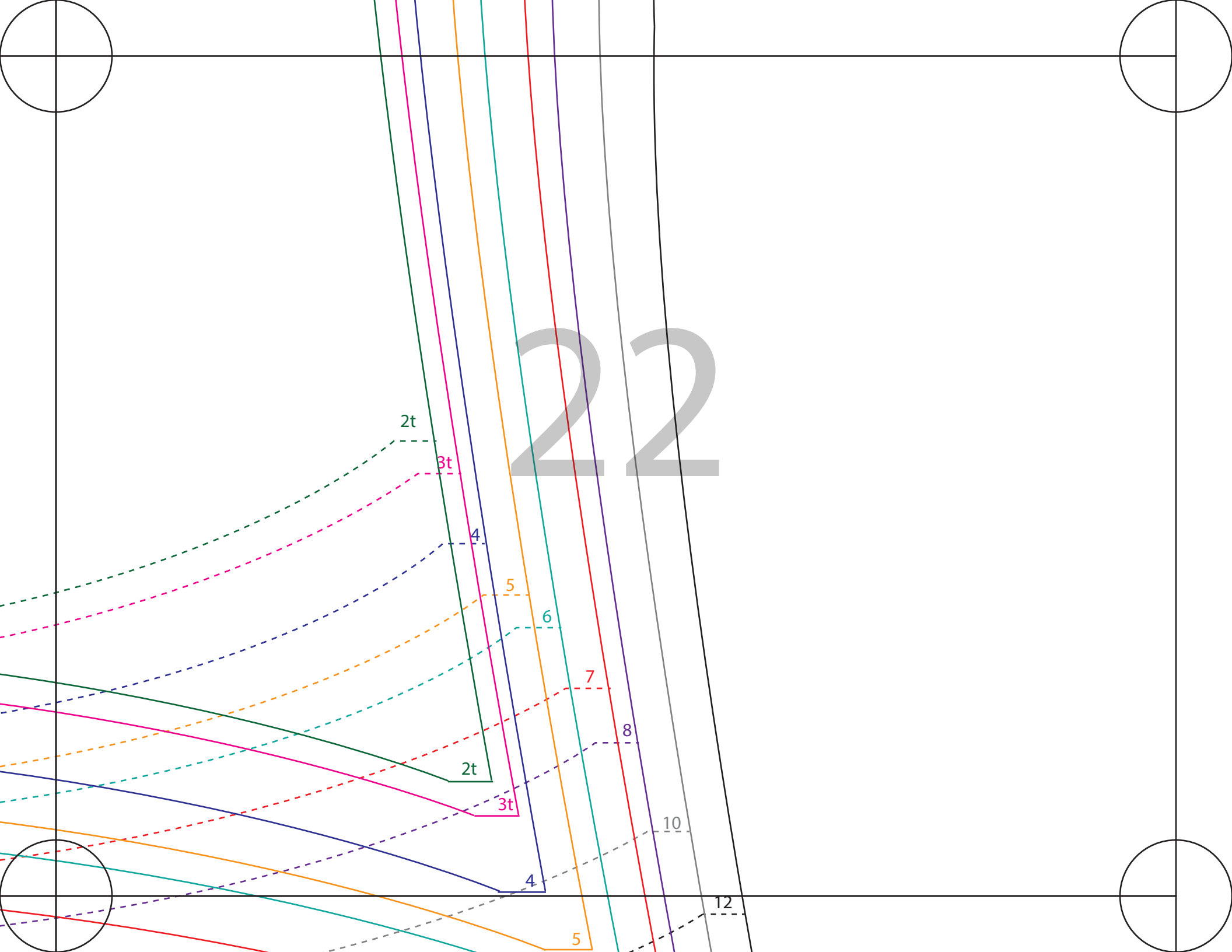
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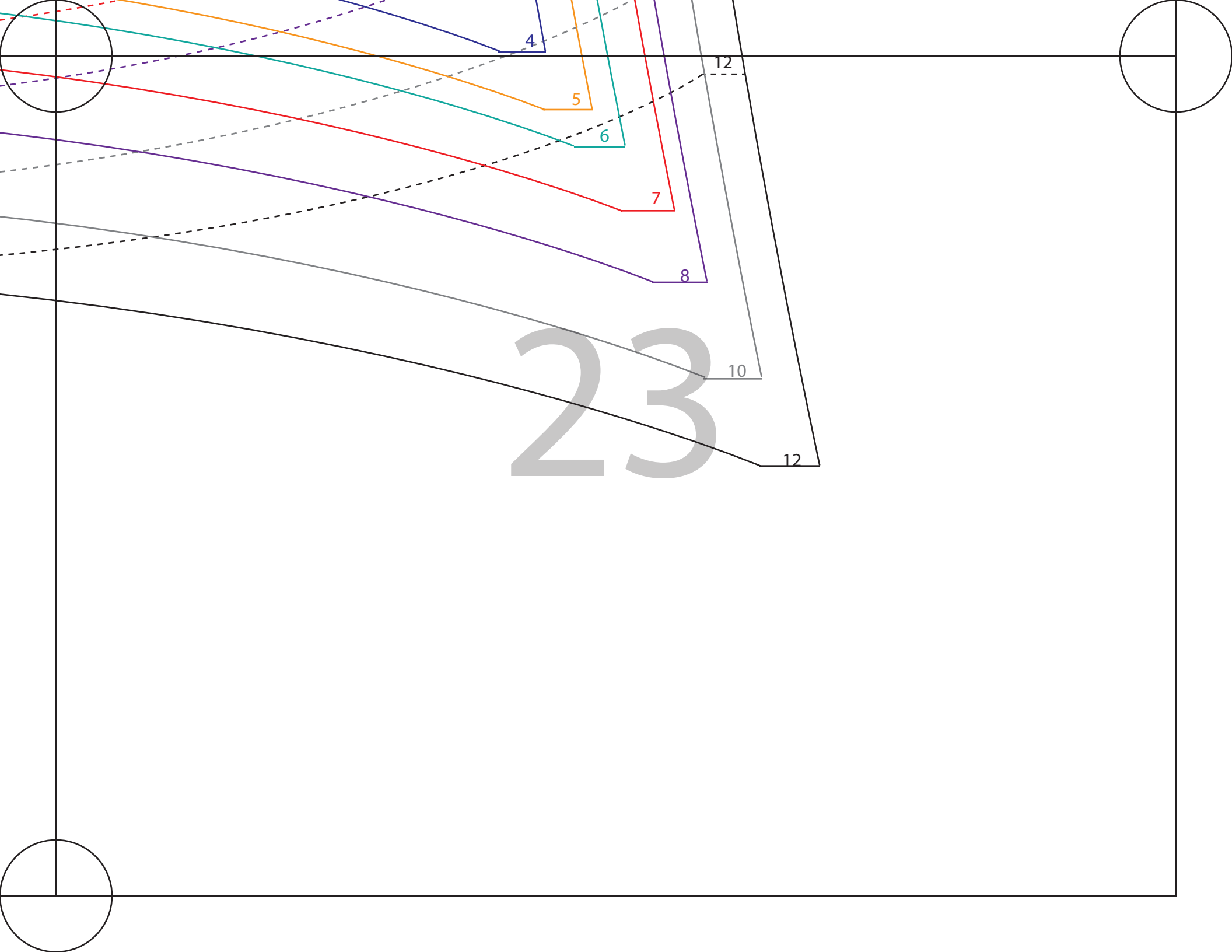
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