

# So Sew Easy

## Fit and Flare Dress

### Features:

- Designed for a heavier weight knit such as a ponte, double knit or thicker jersey
- Design lines front and back for a great fit
- Scoop neckline with facings front and back
- Short sleeves
- Video and photo instructions
- Available in sizes 31-48 inch bust
- Longer length - pick your own skirt length
- For knit fabrics only - I used a Ponte Knit (Read more about [different types of knit fabrics](#) here.)



**Fit and  
flare dress**

Free dress pattern

So-Sew-Easy.com

**More pictures and the full step by step photo sewing instructions for this dress can be found on So Sew Easy here – [SEWING INSTRUCTIONS](#)**

## Skill level –Confident Beginner

You can find a range of useful sewing tutorials and videos at [So Sew Easy – tutorials page](#).

**Please read through all of these instructions before starting your project and cutting your fabric.**

### To print your PDF pattern

Your pattern and instructions come as one file to make printing easy. Please make sure you are using the latest version of Adobe for best results. You can [download the latest version here](#) if you need to.

This pattern comes as a Layered PDF file which means you can select the size you want to print and hide the others. If this is your first time with a layered PDF file, you can read a full step by step photo tutorial on how to use it here:

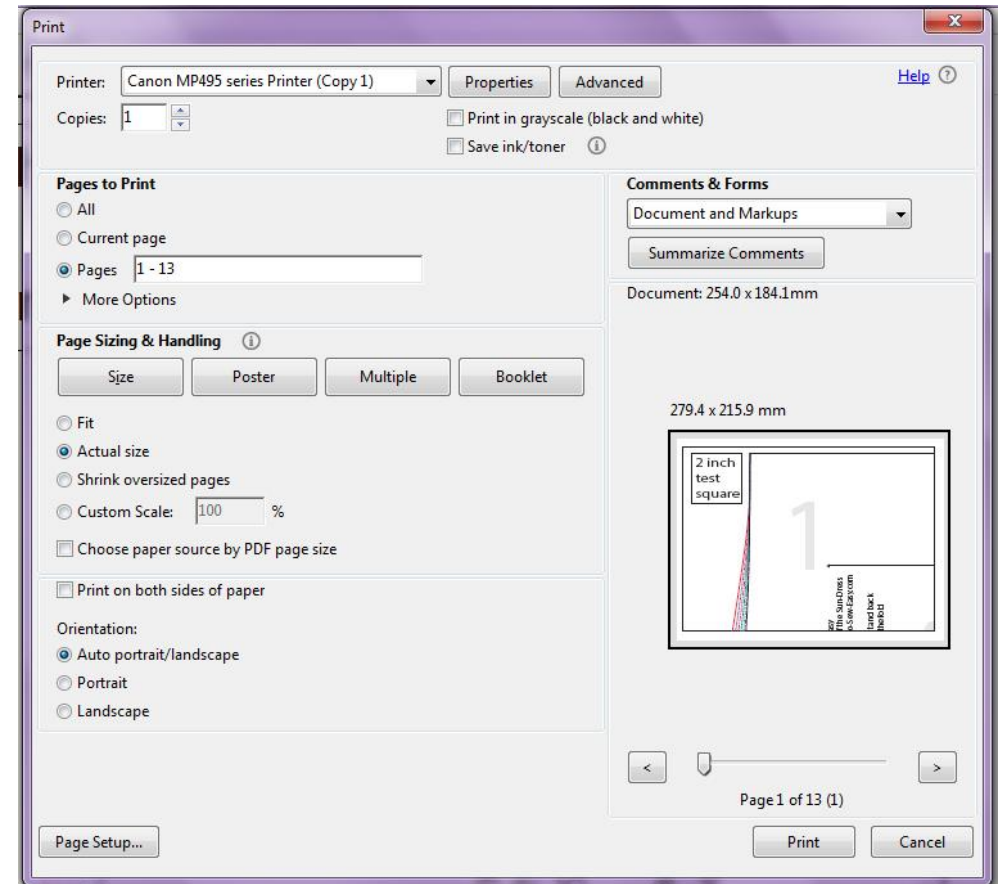
[How to print just your size in a layered PDF file](#)

To select the layers you want to see and print, go over to the menu with little icons on the left hand side. Pick the icon that looks like one sheet of paper on top of the other – that is the layers tool. Now you can see all of the separate layers in your pattern. These will correspond to your sizes.

There is one layer that has all of the ‘fixed’ information on it, such as the test square, size chart, pattern piece names and descriptions and

so on. In our pattern, this is called ‘Print for all layers’. Then there are the size layers, one layer for each size. Next to the layers is a little icon that looks like an eye. You can click the eye to turn each layer on and off, so you can see it, or not see it. Pick your size and turn off the eye from all the other layers, except the Print for all Sizes layer.

Up at the top menu, select File, then Print and up comes the print preview box.



Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>



Make sure you have selected Actual Size as the print option so that there isn't any scaling of the pattern. **Don't** select Fit to page or Shrink Oversized Pages. You can use the arrows under the preview on the right to see all of the pages.

**You can print the lot including the pattern and instructions, or if you want, just print the pattern pieces at the end of these instructions.**

### Need help with the pattern?

You can find helpful tutorials on how to download, print and assemble PDF sewing patterns here:

[How to download and print a PDF sewing pattern](#)

[How to print and assemble a PDF sewing pattern](#)

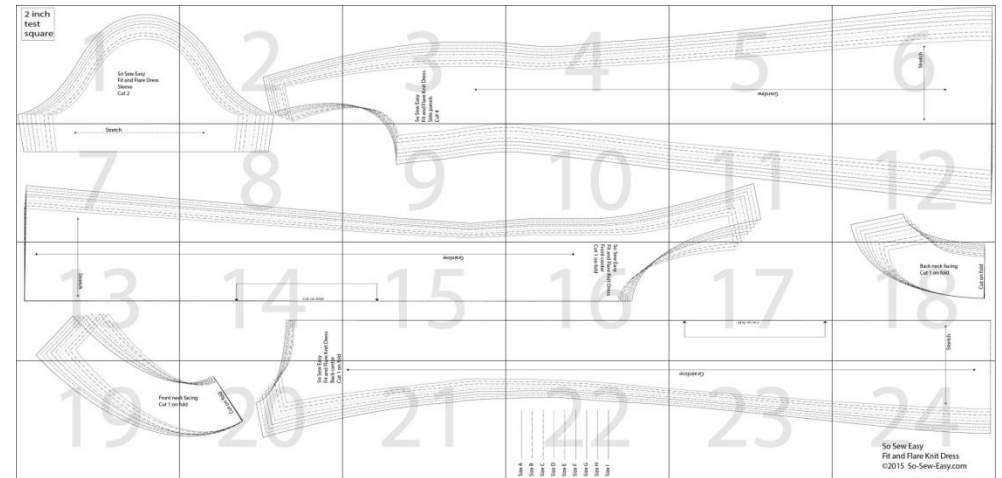
[How to print a layered PDF file](#)

### Assembling your pattern

On the top edge of the first pattern sheet is a test square. This box should measure 2 inches square. If yours is wildly different you will need to check your printer options to make sure the pages are not being resized.

Match up the pattern pieces, folding under or cutting off any overlaps, and tape together. Match up lines across pattern pieces.

Your assembled pattern should look like this: →



If you have printed just your size, your pattern will look much simpler than that above.

### Materials needed

- Knit stretch fabric – see suggestions
- Matching thread
- [Stretch or ball point needle](#) for knit fabrics
- Useful – [serger](#) or [Overcasting foot](#)
- Useful – [knit stay tape](#)

### Fabric requirements and suggestions

Stretch knit fabrics with a moderate stretch. In my examples I've used a quite firm Ponte Knit which gives a smooth finish but can feel closer fitting than an ITY knit for example. Fabrics with different weights and stretch will affect the fit. Be aware of how much stretch in your fabric as this will affect the end result.

Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>



Assuming fabric 54 inches wide, you will need approximately 2.5 yards of fabric for all sizes. If your fabric is 60 inches wide, smaller sizes A and B can fit onto 1.75 yards.

More may be needed if you have a large scale pattern to match.

## What size do I need?

Please use this table as a guide only as although our body measurements may be similar, different body shapes may require fitting differently. Fabrics with different thickness, drape and stretch will also affect the finished result and fit on this dress, so use this table as a guide only. Compare the flat pattern measurements to your own body measurements.

The dress is close fitted at bust and hips. Use only fabrics with good crossways stretch for best fit.

Size	Bust (in/cm)	Waist (in/cm)	Hips (in/cm)
31 / 79	31 / 79	26 / 66	34 / 86
B	33 / 84	28 / 71	36 / 91
C	35 / 89	30 / 76	38 / 97
D	37 / 94	32 / 81	40 / 102
E	39 / 99	34 / 86	42 / 107
F	41 / 104	36 / 91	44 / 112
G	43 / 109	38 / 97	46 / 117
H	45.5 / 116	40 / 102	48 / 123
I	48 / 123	42 / 107	50 / 127

Always test the fit using the paper pattern pieces, or an inexpensive test fabric before cutting your expensive fabric for this project. If in doubt test the larger size and adjust for fitting at the seams during construction.

## Directions

**Seam allowances** – 0.5 inches unless otherwise stated.

**Abbreviations used** – RST – right sides together.

**Neaten your seams** – serge/overlock your seams, or finish with your favourite method. Trim, neaten and finish seams as you go.

**Stitches to use** – if using a regular sewing machine, you may have a stretch stitch – refer to your sewing machine manual.

If not, then you can use a narrow zig-zag stitch – try a stitch length of 2.5 and a width of 0.5 or 1.0. Always test your intended stitches on a scrap of fabric before starting your project and test for stretch.

Vertical seams and the bottom hemline can usually be sewn with a regular straight stitch because there is no stretch in these areas.



## Let's start to sew !

Watch the **video** and get the full step by step sewing instructions for this pattern at So Sew Easy here.

## [SEWING INSTRUCTIONS AND VIDEO](#)

### The finished dress



Thank you for downloading this pattern. I hope you enjoyed making this project and remember that I love to see what you made so do upload your completed projects to the pattern page on Craftsy.

**Keep up with all the latest news and sewing projects at [So Sew Easy](#).**

We also have a really great sewing chat group where you can ask questions, share your completed projects, and get 24 hr sewing inspiration. It's not just for So Sew Easy projects – you can chat about all sewing there, whether a newbie just starting out, or an advanced and experienced sewer, there's something for everyone in the sewing chat group. Join us here and share what you made.

**[SEWING CHAT GROUP](#)**

Find more great sewing patterns at So Sew Easy – <http://so-sew-easy.com>

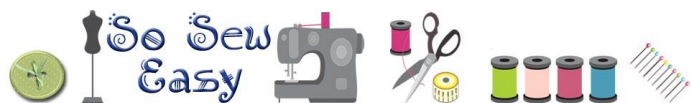


**For the latest list of both free and paid patterns available, pop on over to my [designer page at Craftsy](#).**

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**This is intended for your personal use. If you would like to recommend these instructions, please pass on the original download link at So Sew Easy. Thank you for your understanding.**

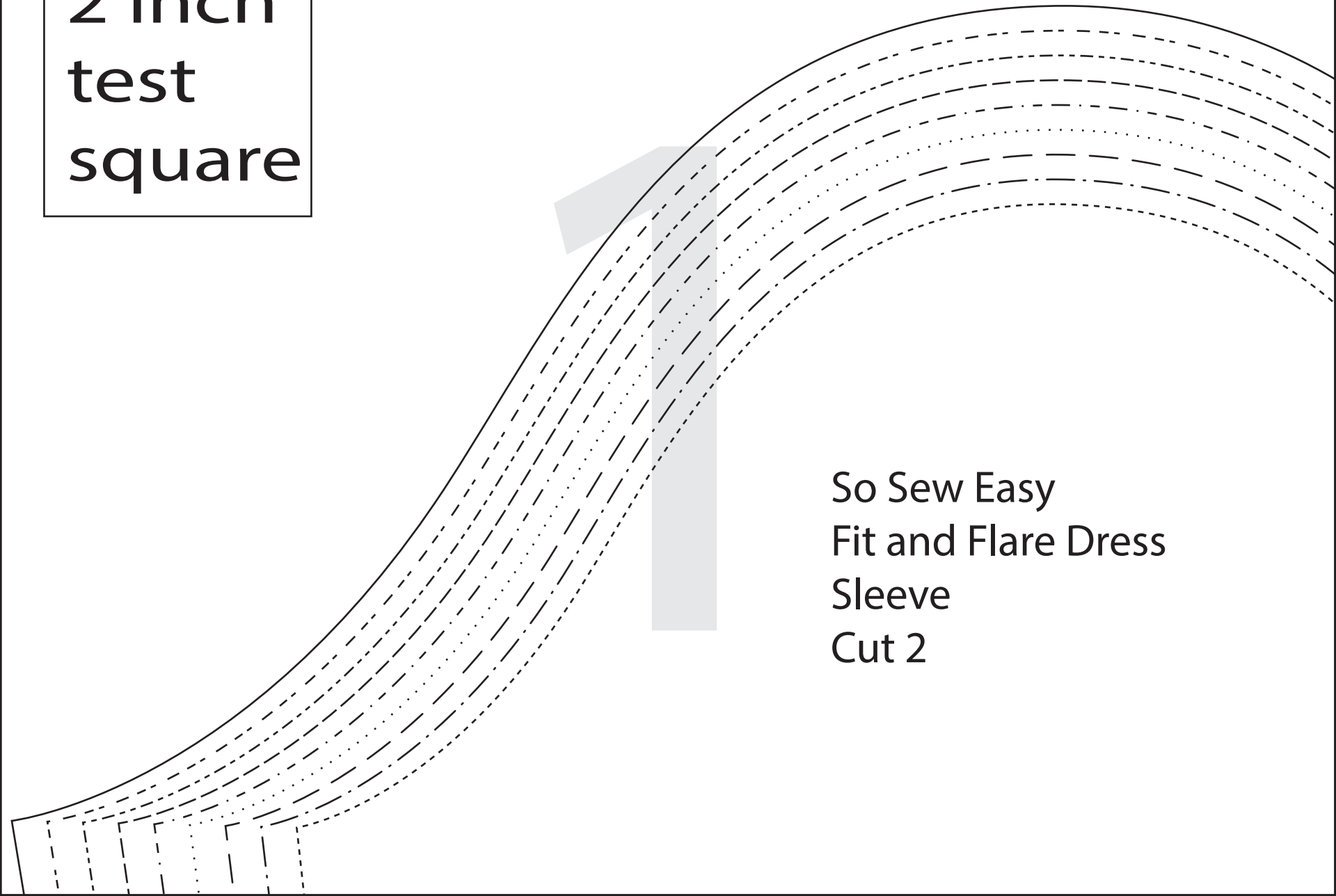
**Usage – you ARE allowed to use this pattern to make things to sell on a small handmade basis, such as for craft fairs and for your Etsy shop. If in any doubt about restrictions that apply to this pattern, please ask.**

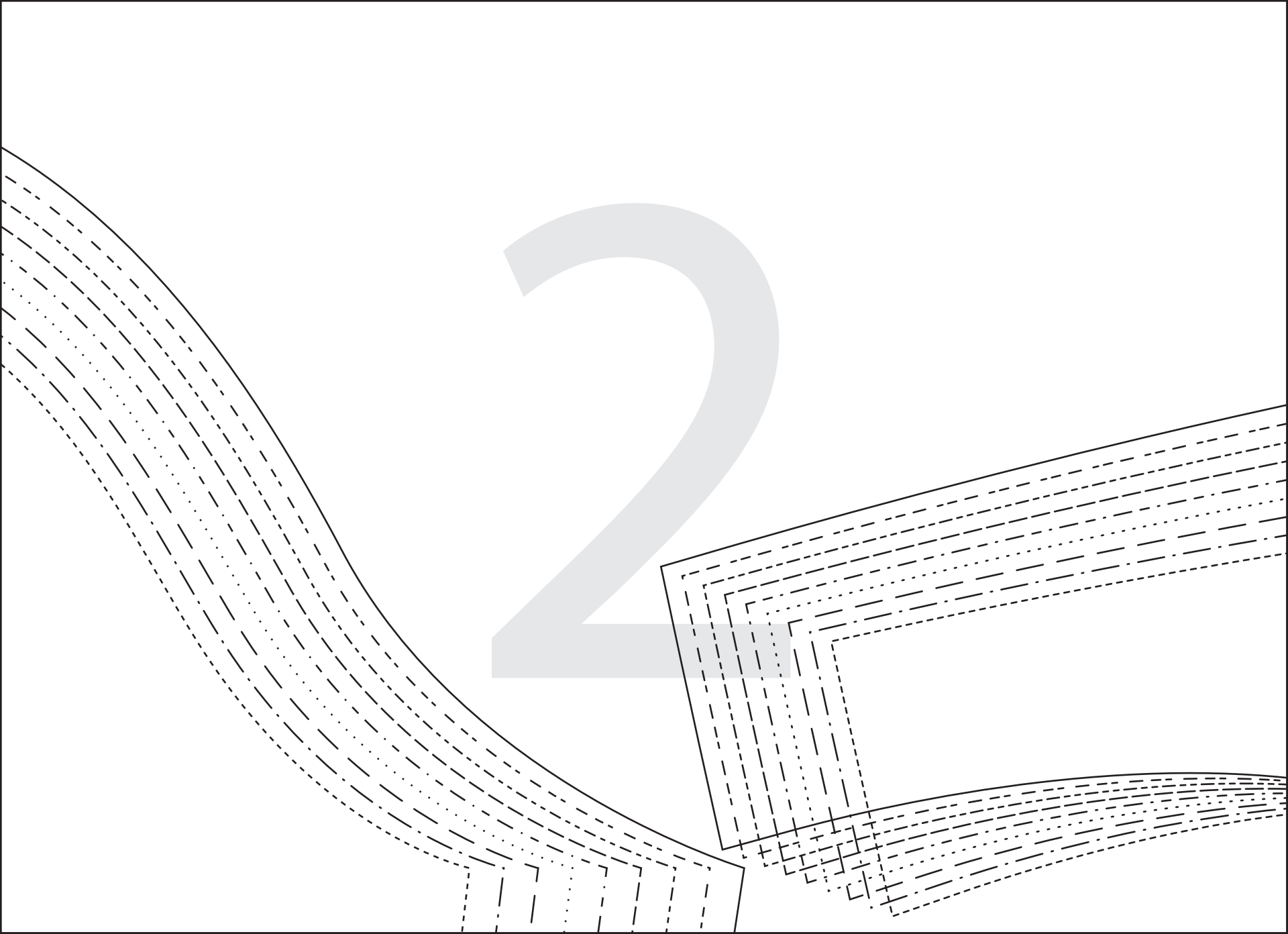


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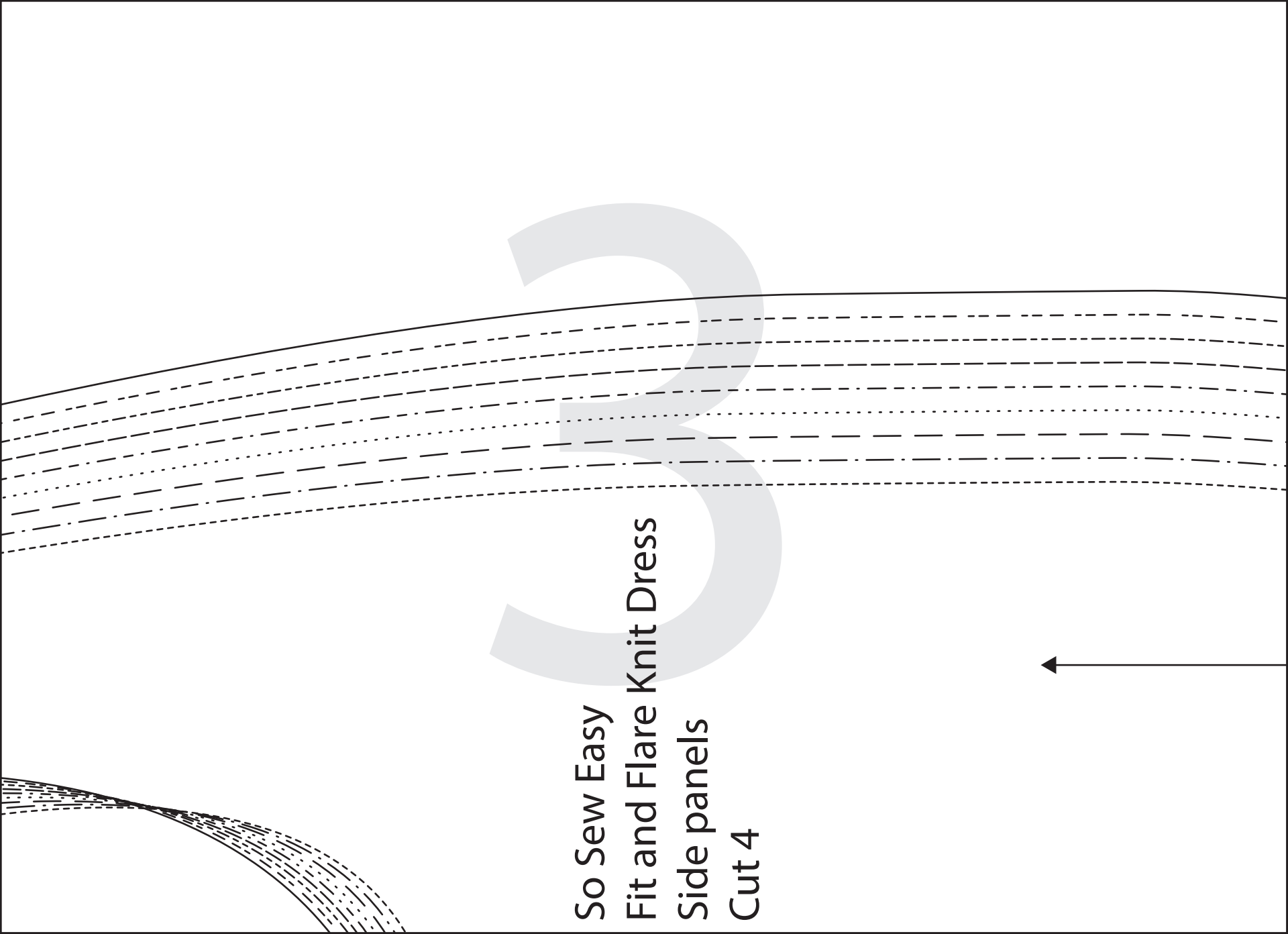
2 inch  
test  
square

So Sew Easy  
Fit and Flare Dress  
Sleeve  
Cut 2

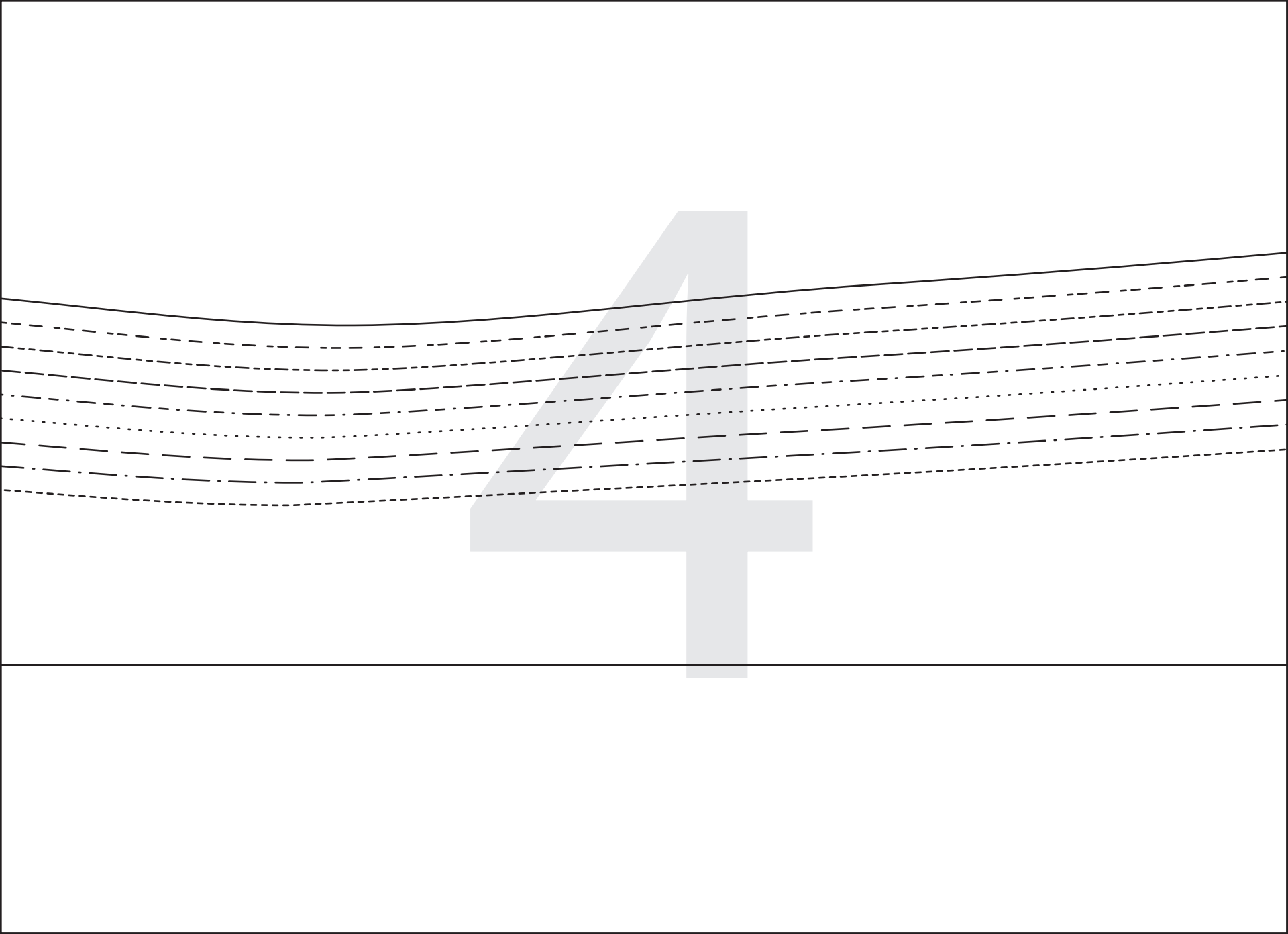


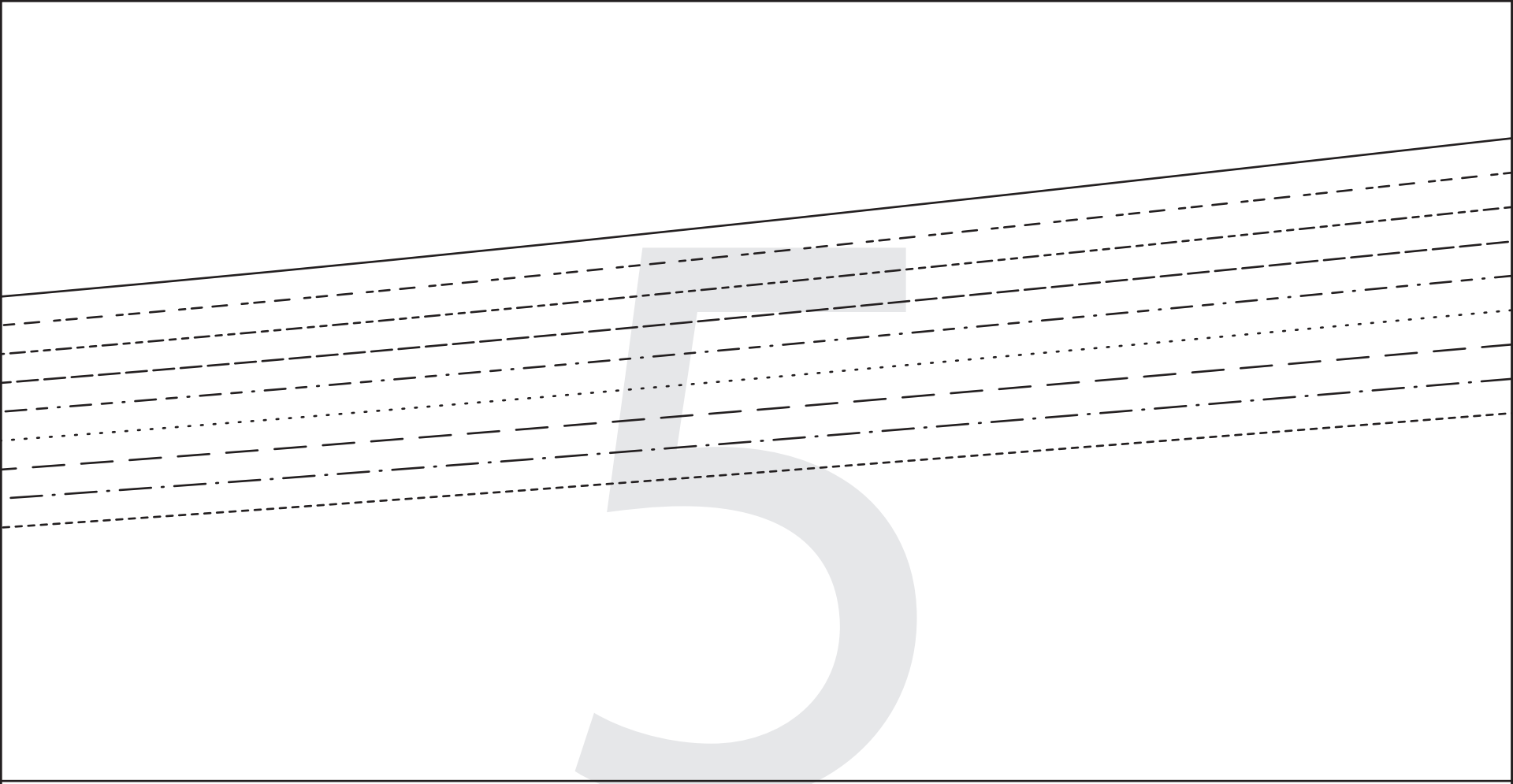




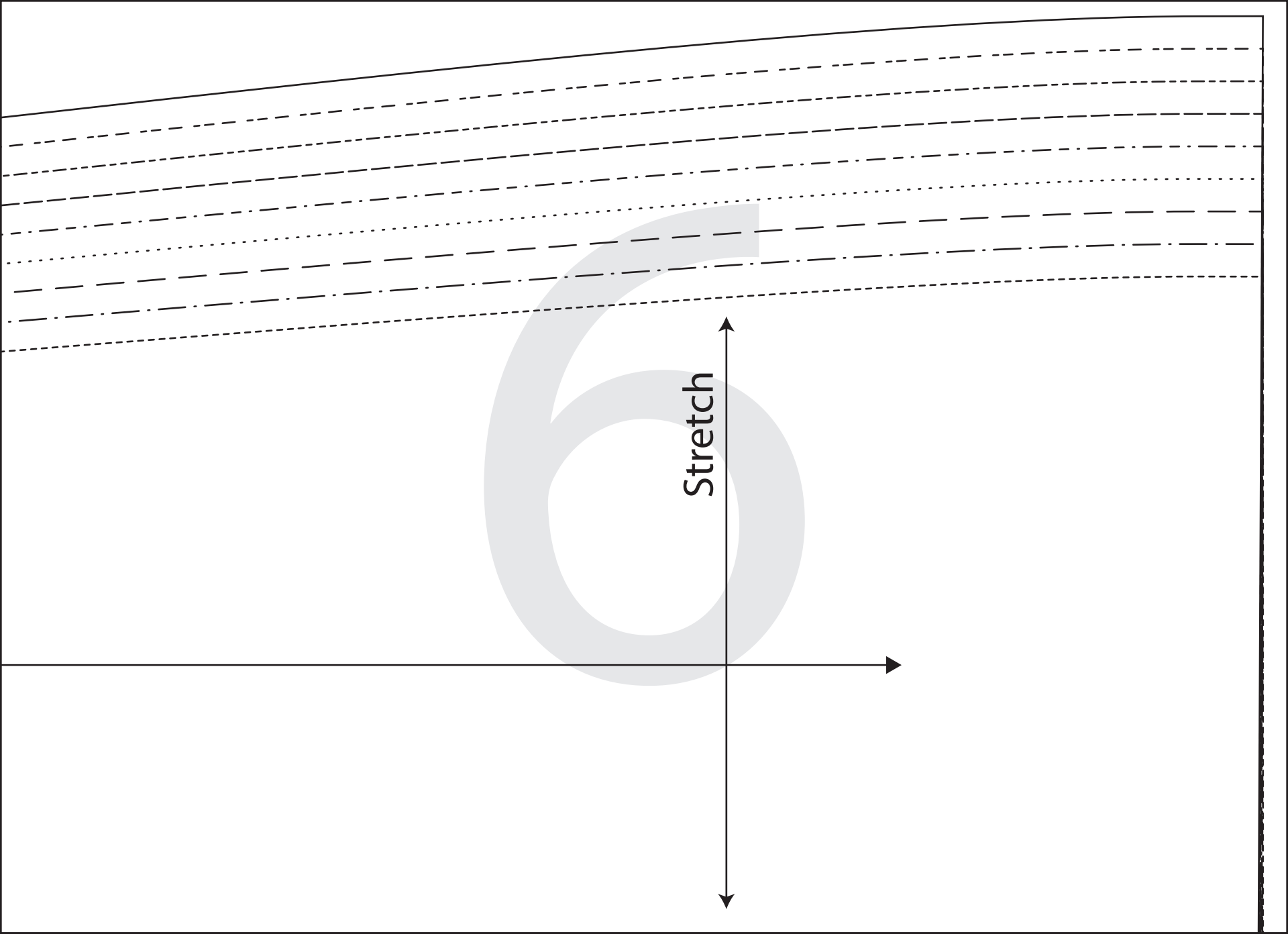


So Sew Easy  
Fit and Flare Knit Dress  
Side panels  
Cut 4

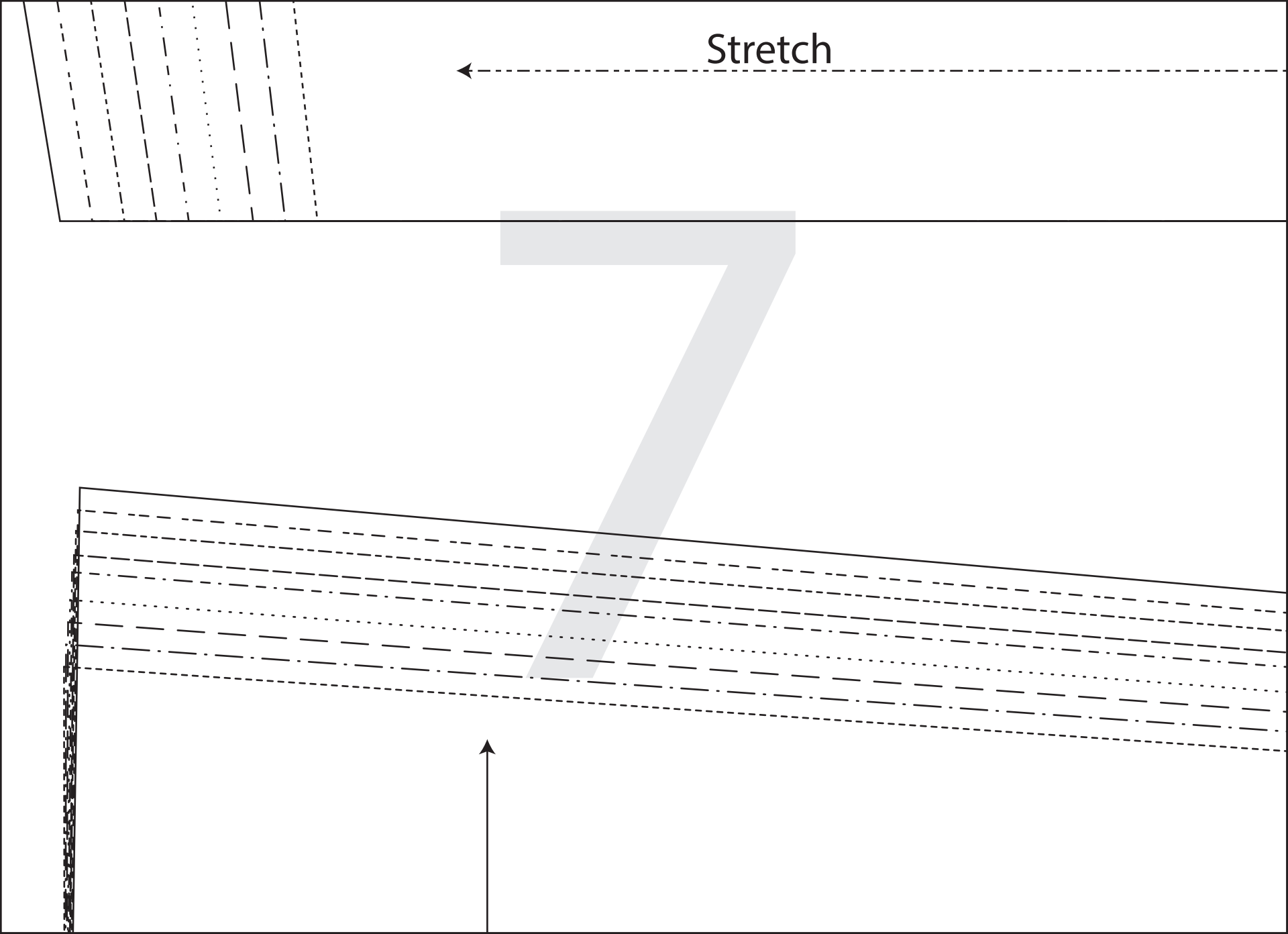
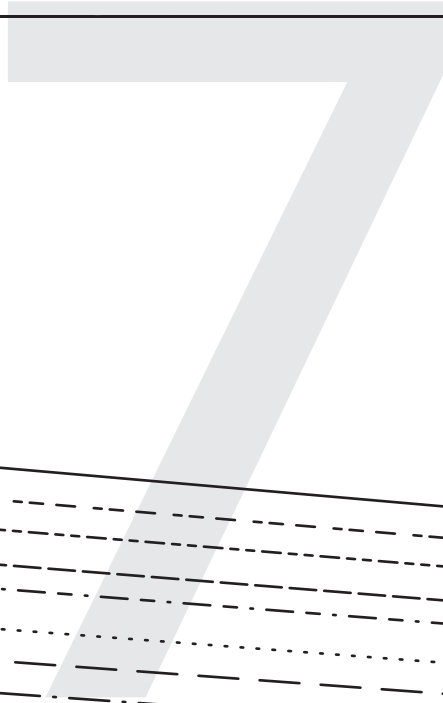


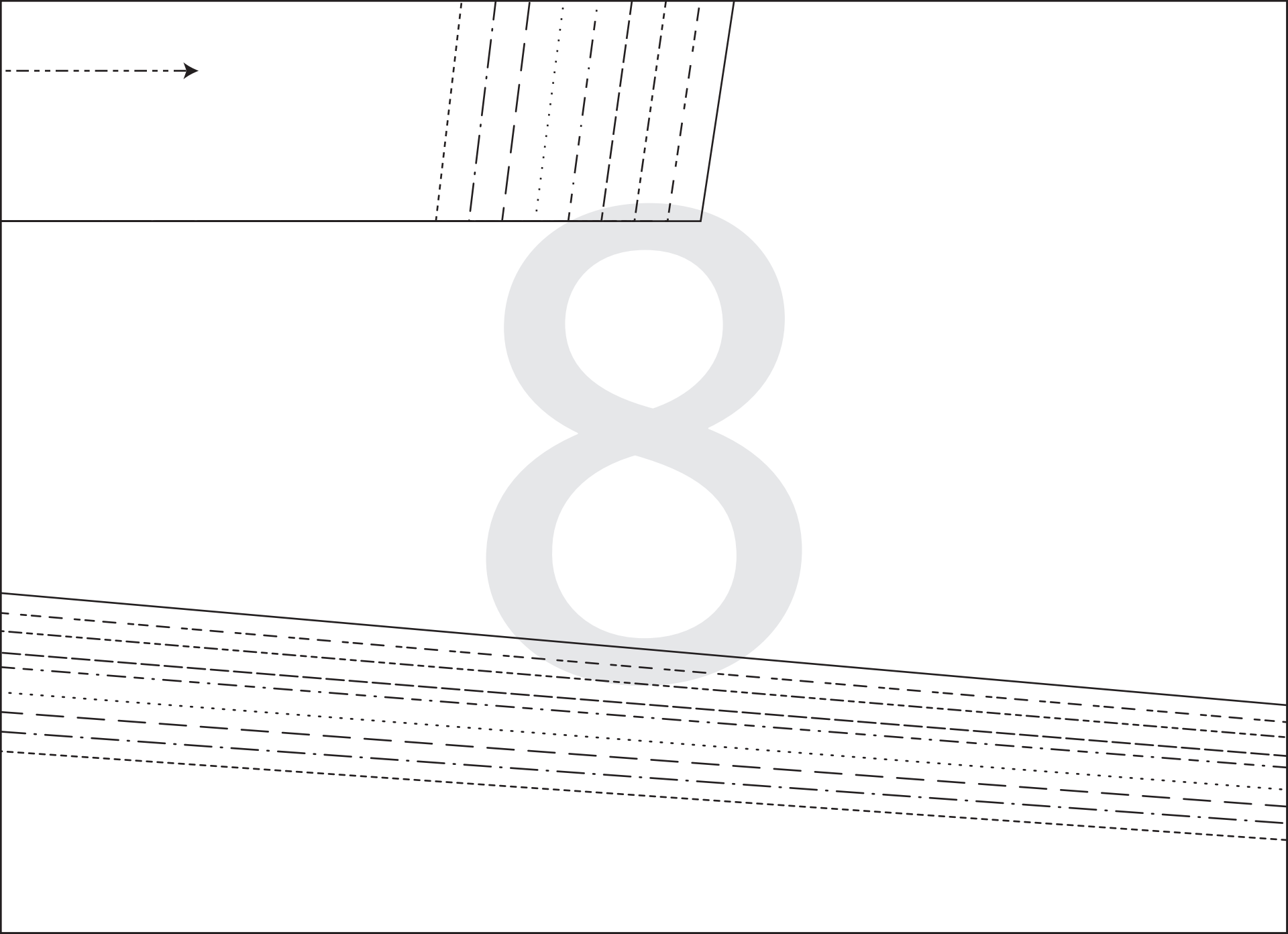


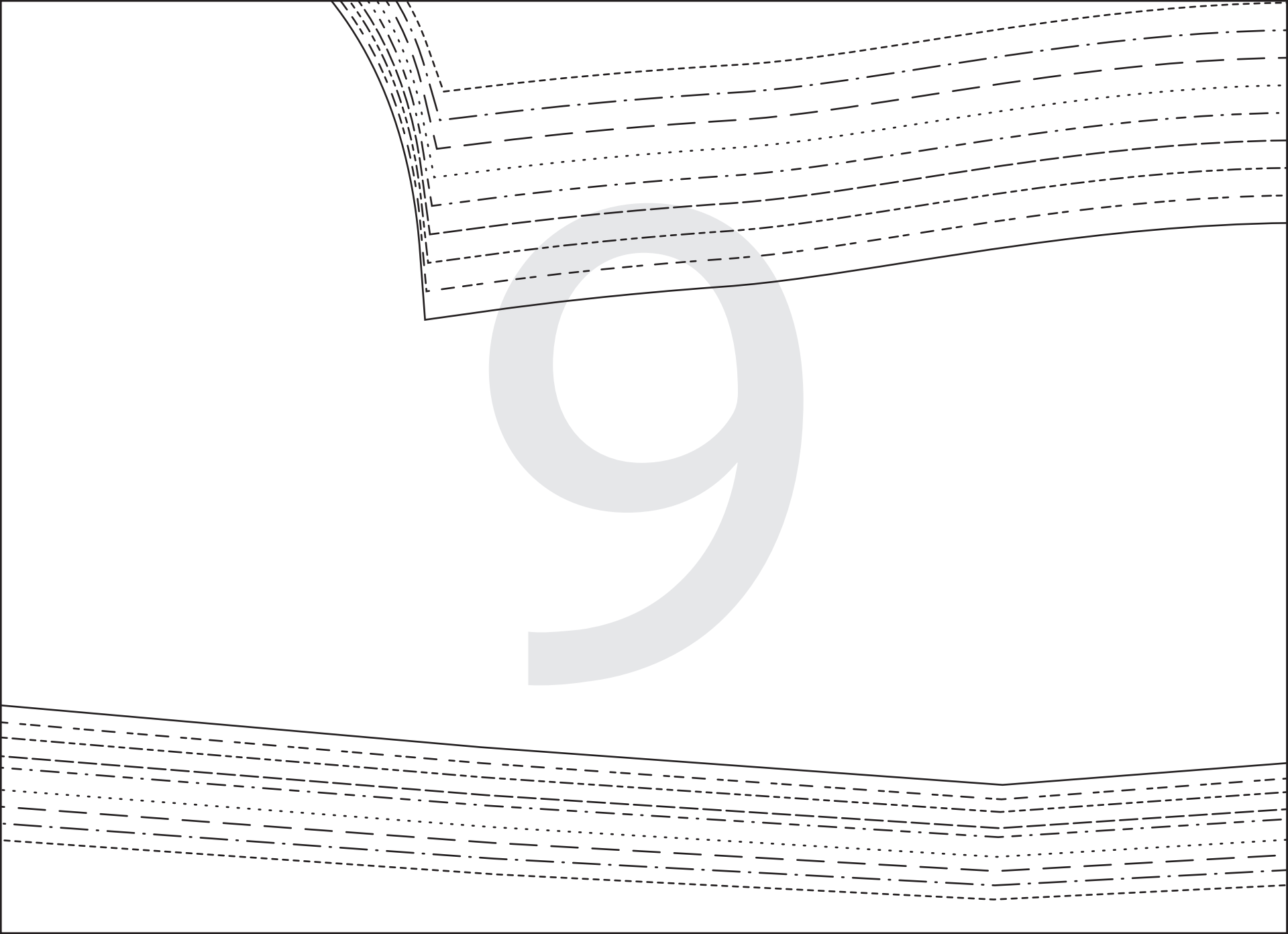
Grainline



Stretch

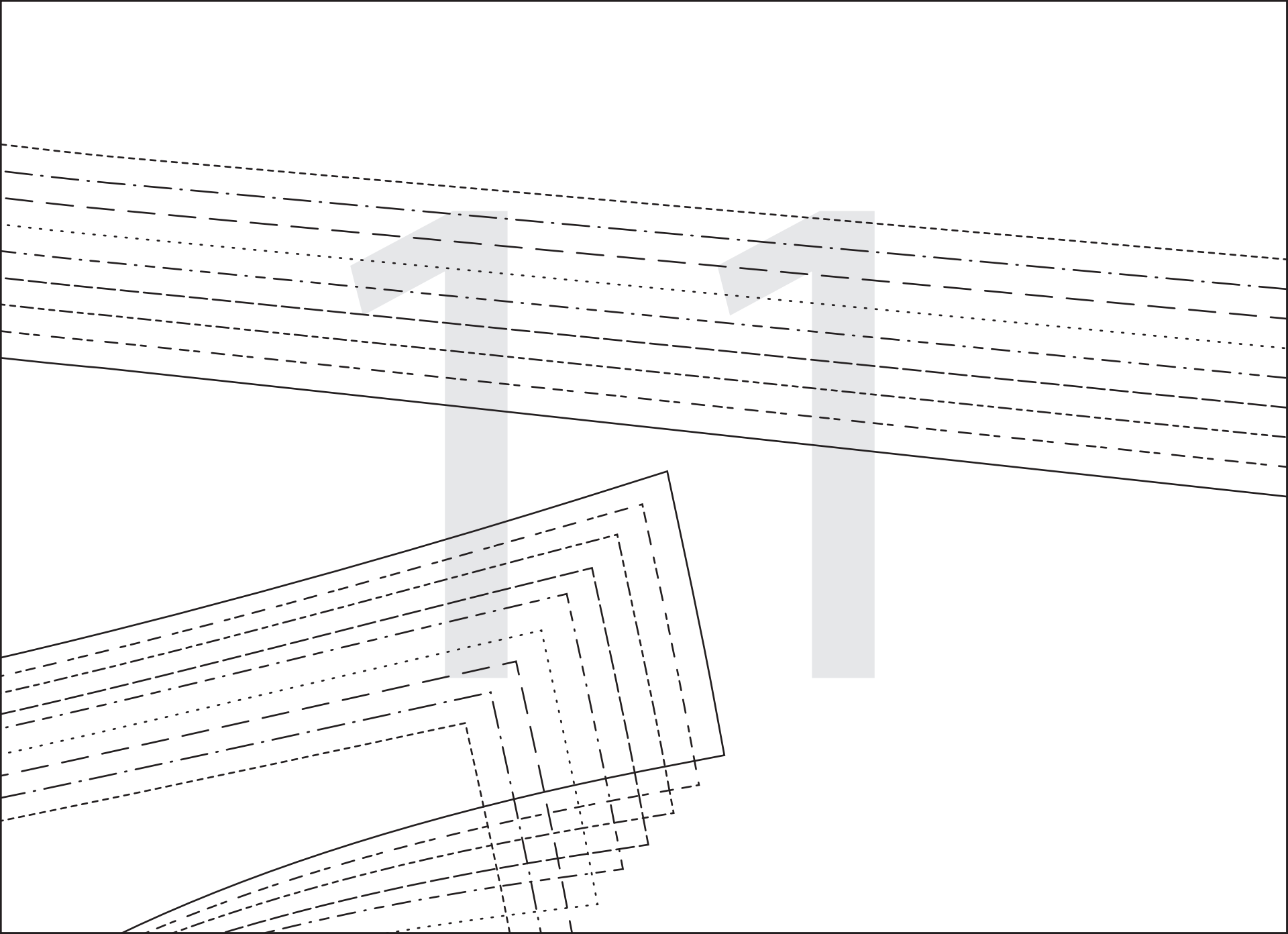


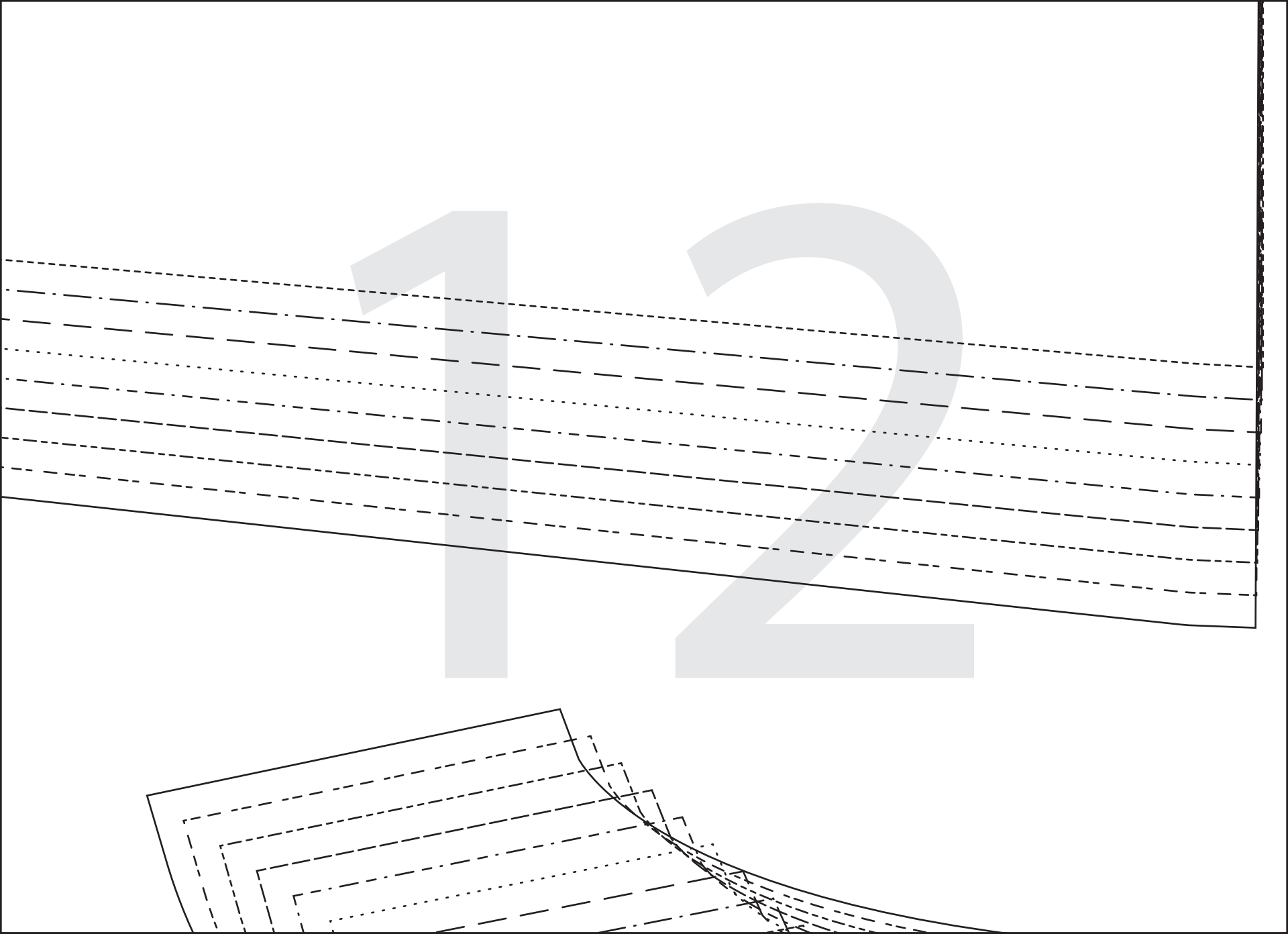


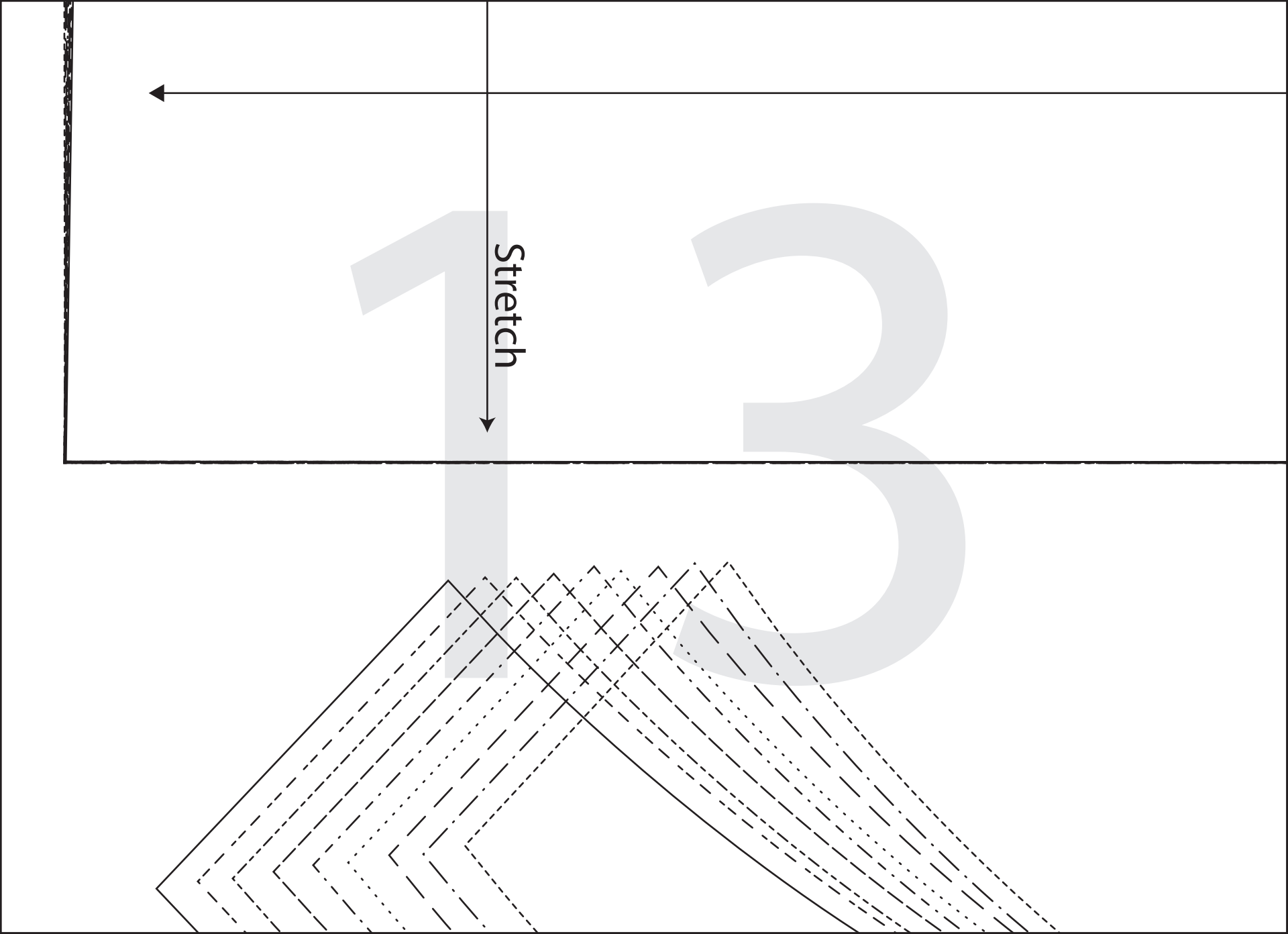


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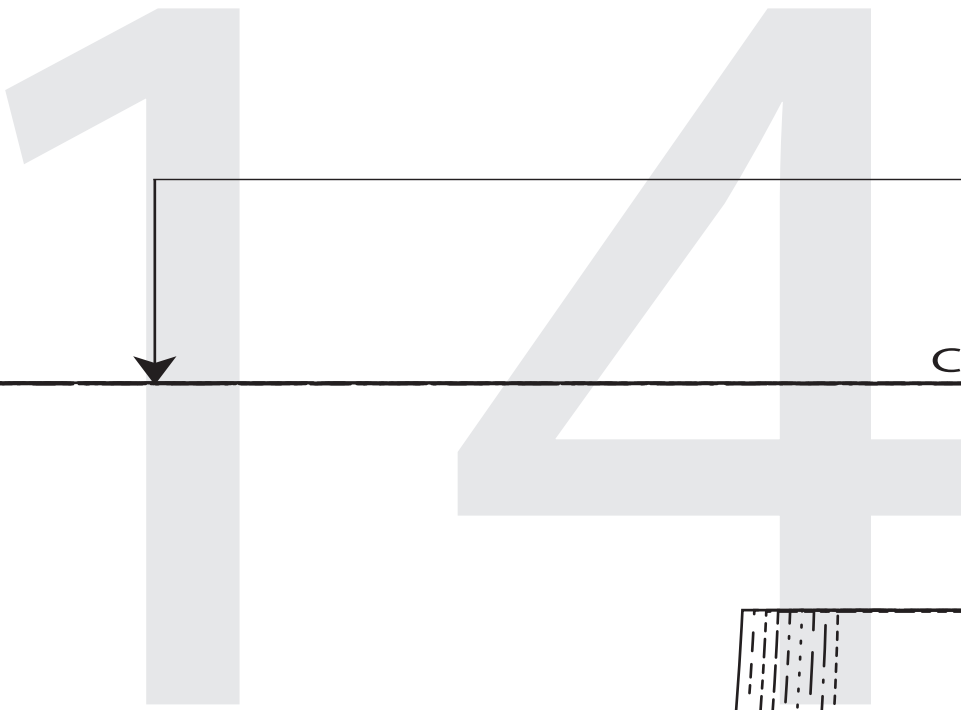




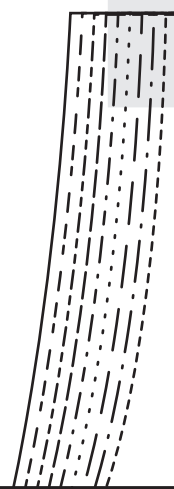




Stretch



Cut on fold

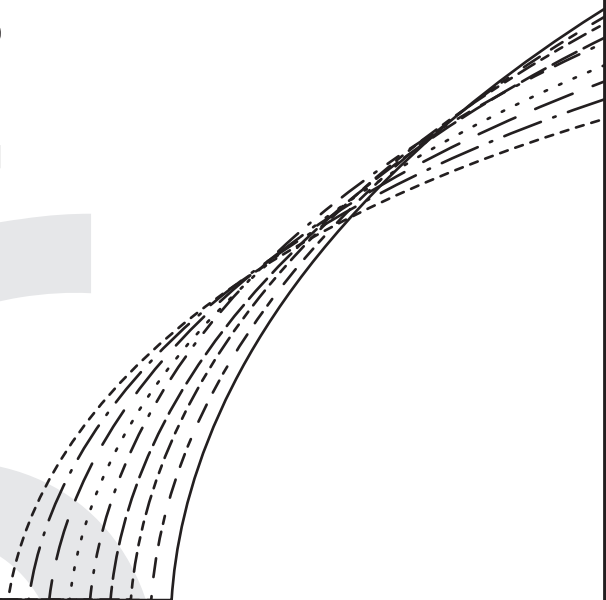


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Grainline

15



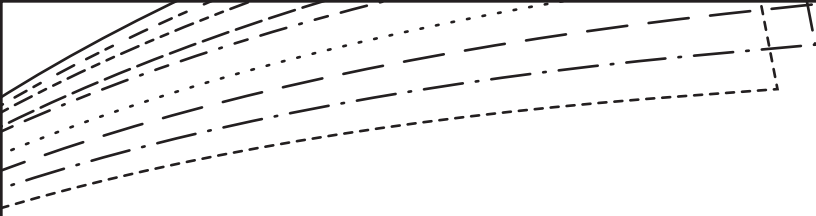


So Sew Easy  
Fit and Flare Knit Dress  
Front center  
Cut 1 on fold



16

1



17

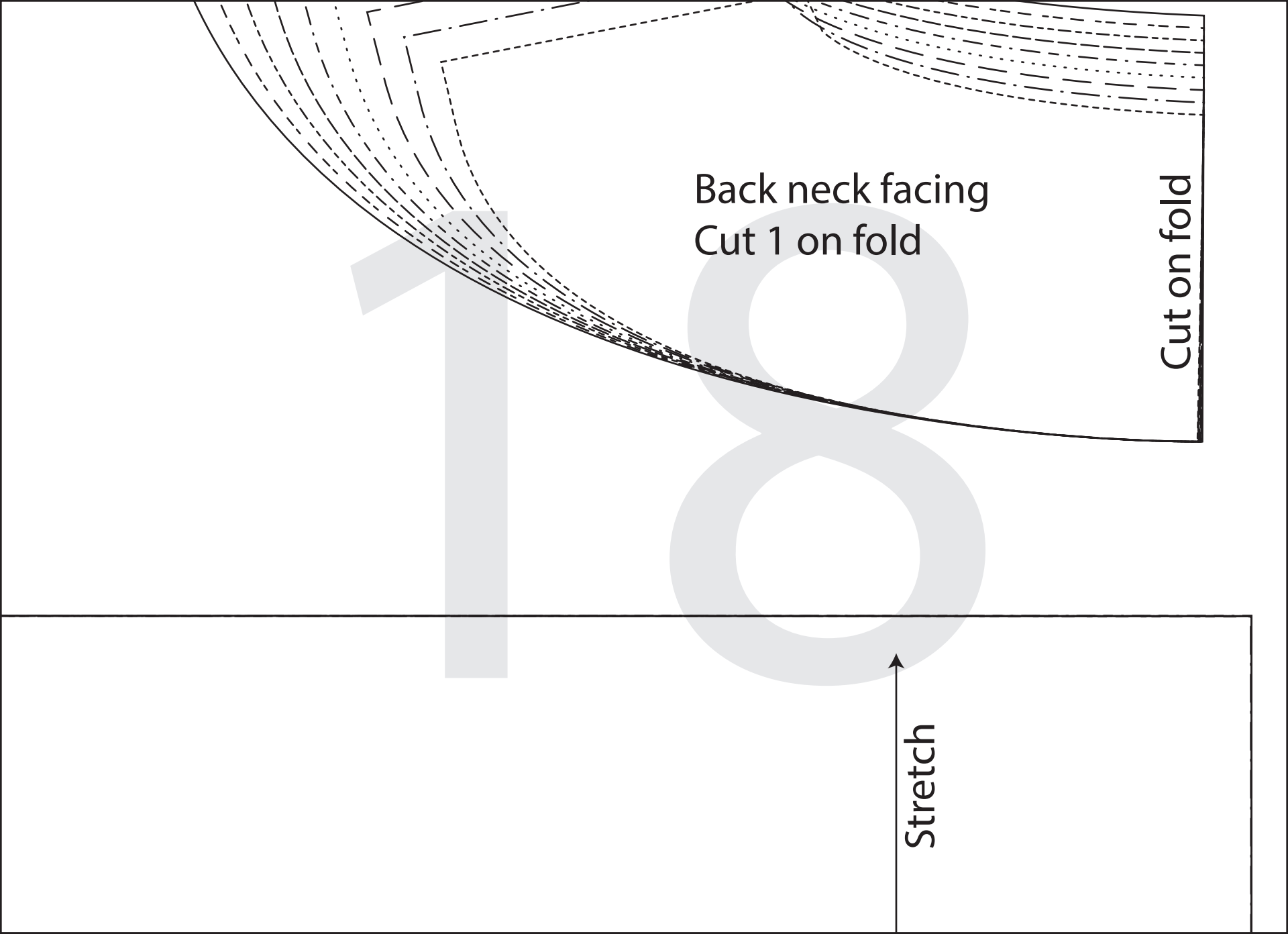
Cut on fold



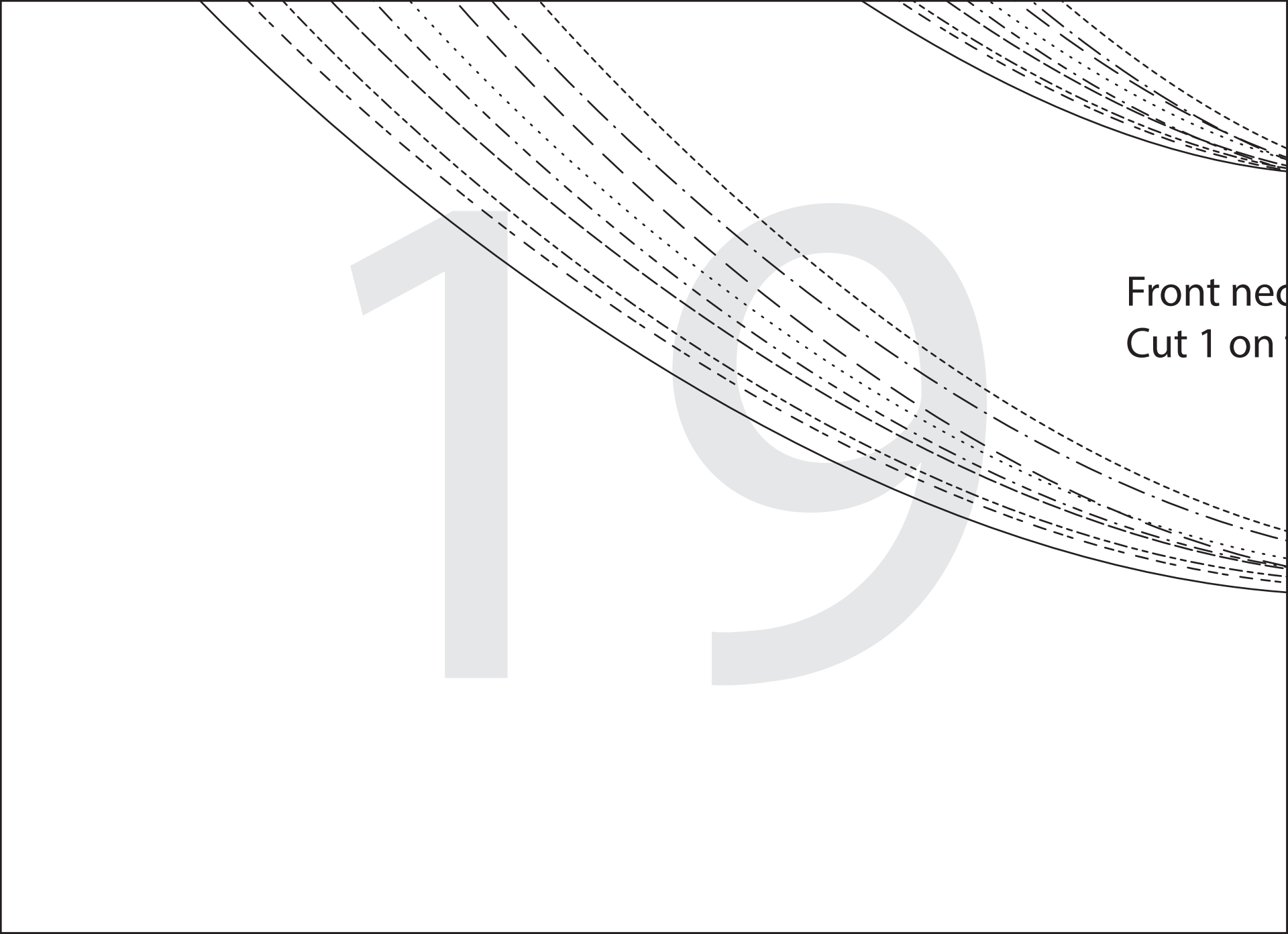
Back neck facing  
Cut 1 on fold

Cut on fold

Stretch







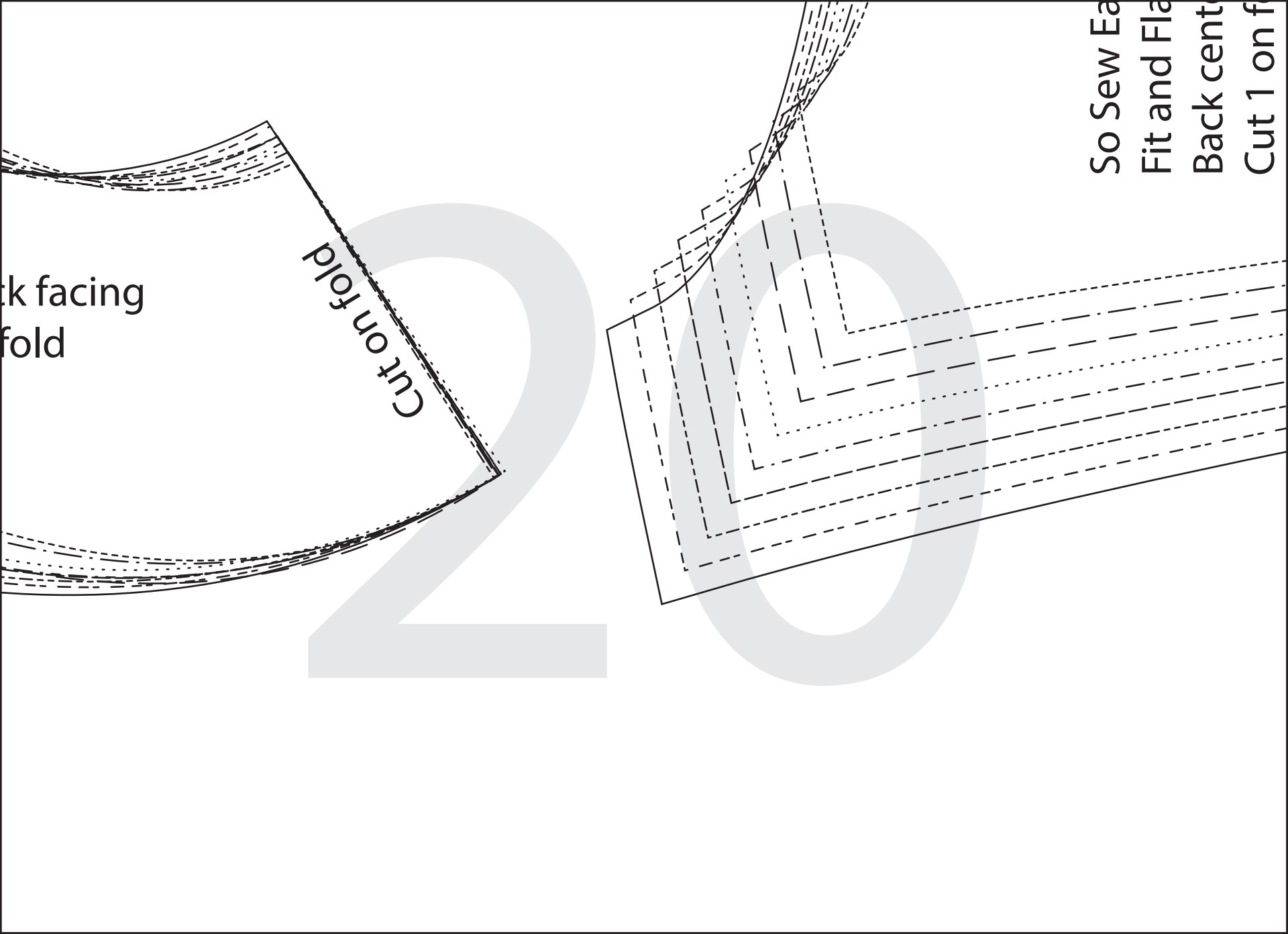
19

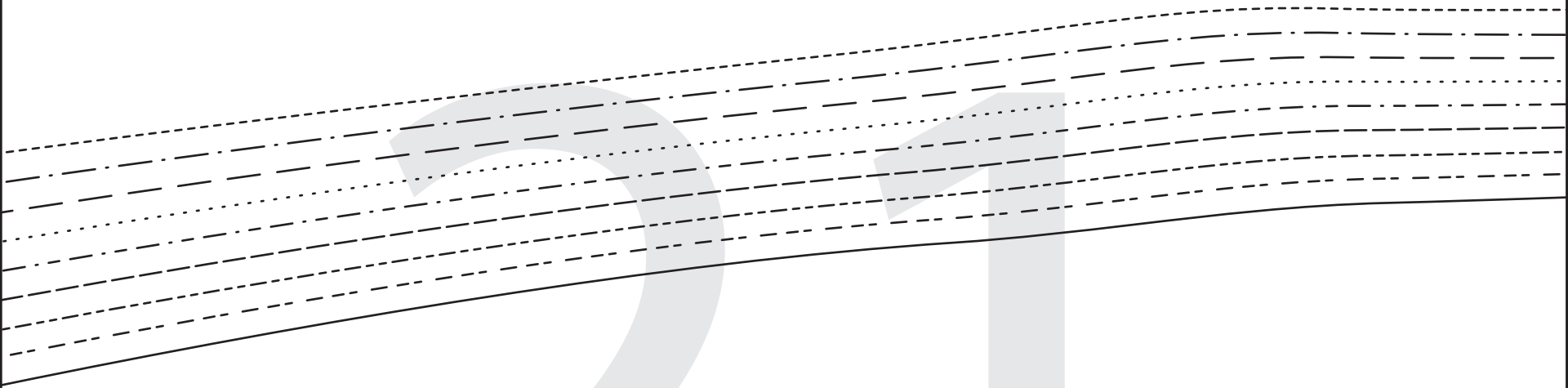
Front nee  
Cut 1 on

Back facing  
fold

Cut on fold

So Sew Ea  
Fit and Fla  
Back cent  
Cut 1 on f





2

1

Size A



Size B



Size C



Size D



Size E



Size F



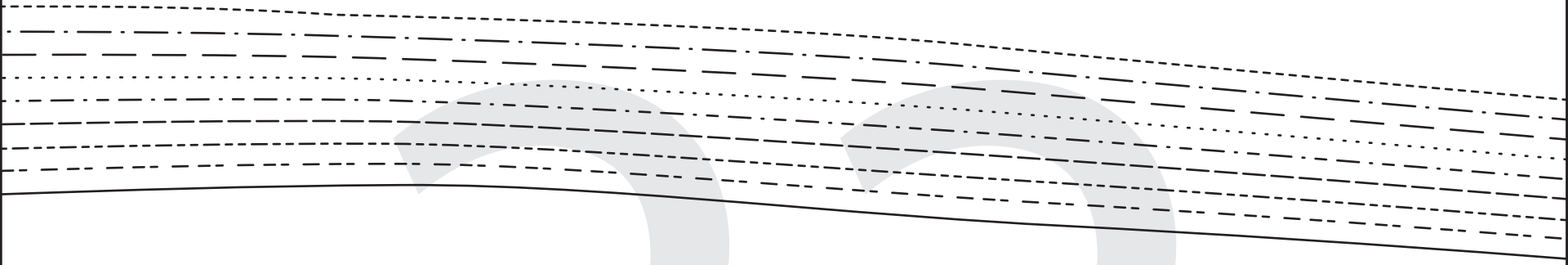
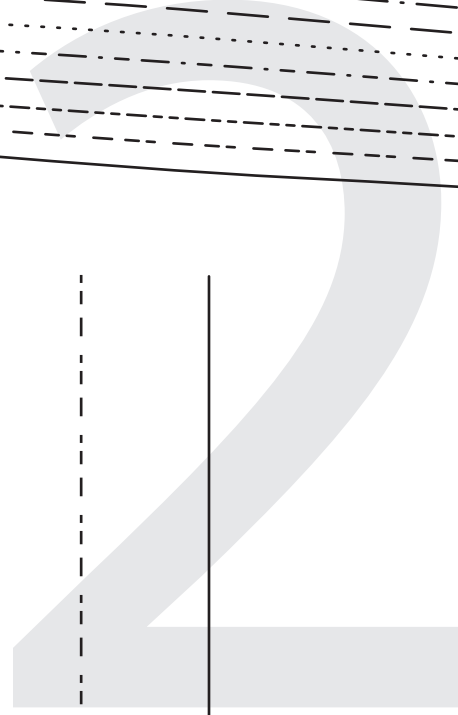
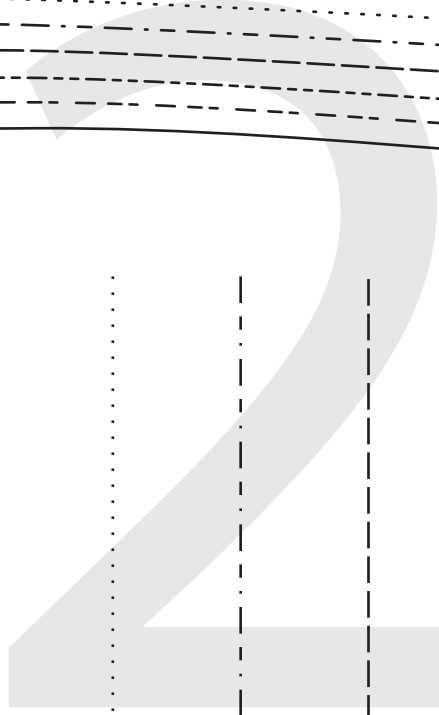
Size G



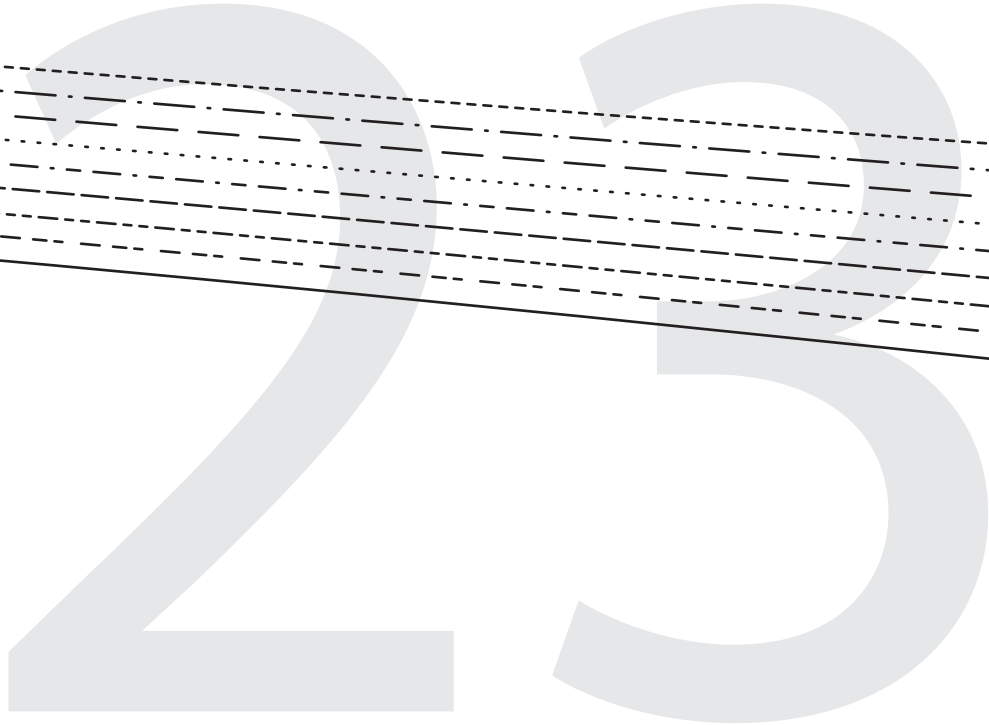
Size H

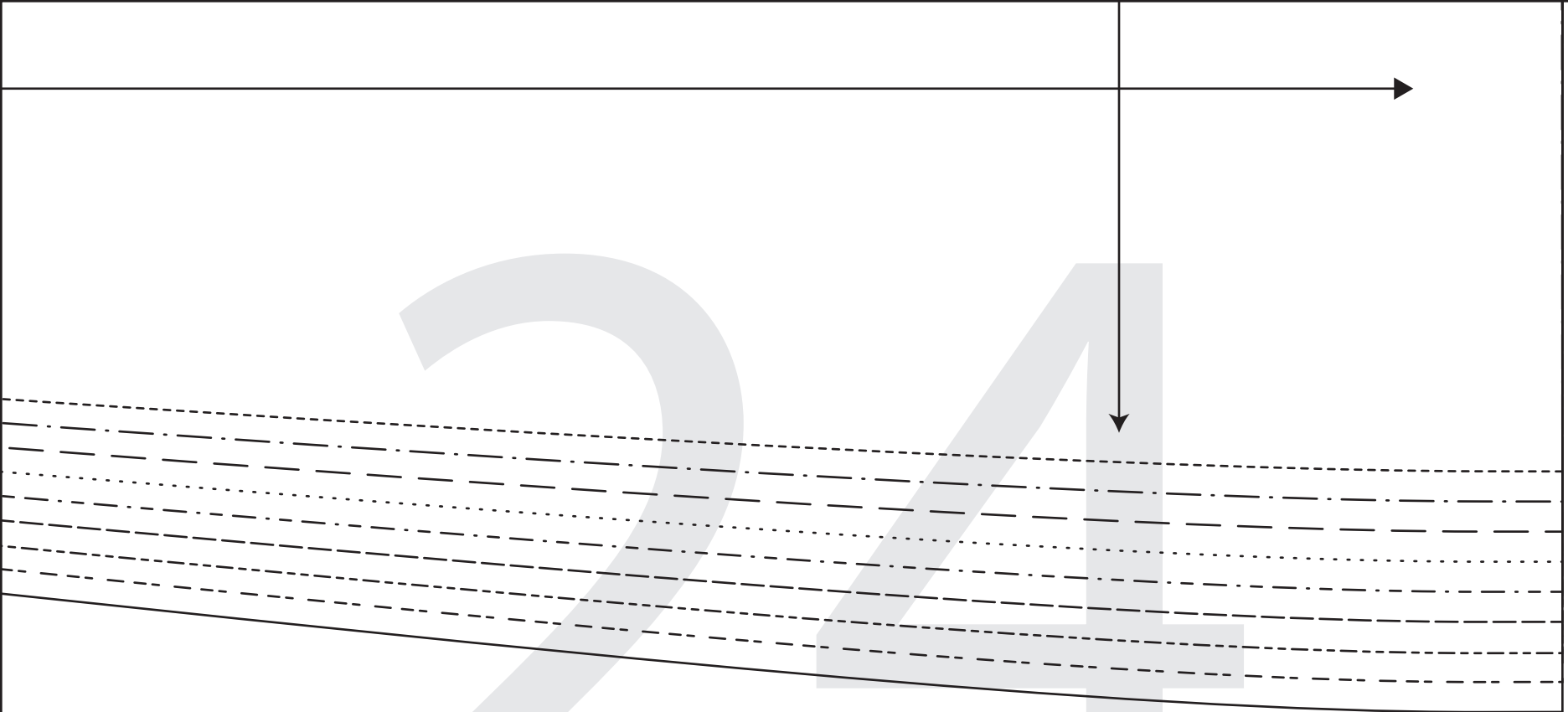


Size I



Grainline





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Fit and Flare Knit Dress  
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