Fit and Flare
Lace up
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Requisites:-
Stretch knit fabric, preferably something like Bon Bon, Trilobal, Viscose Lycra, Ploy Rayon, Valencia
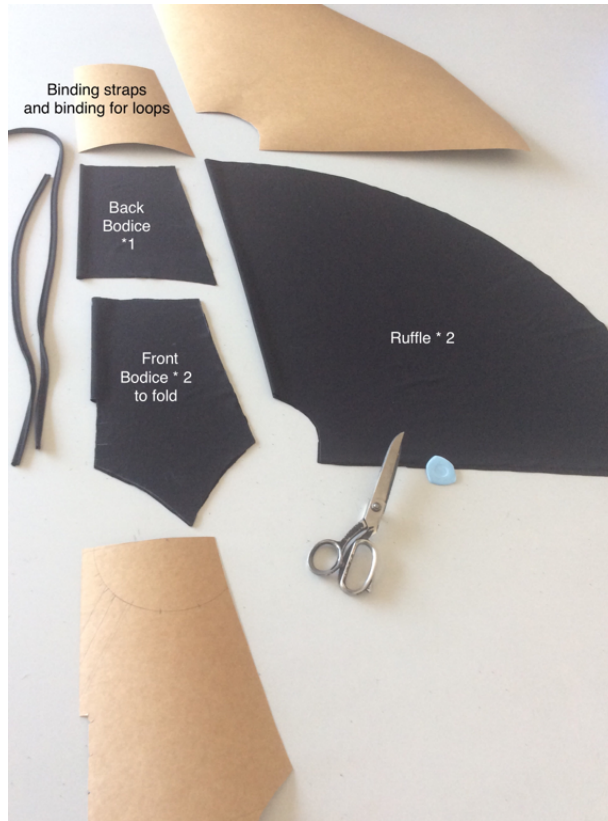**2m**
6mm knitted elastic
Sewing machines, preferably an overlocker and plain machine
Sewing thread
Binding attachment for sewing machine
Layout and cutting

Binding straps
and binding for loops

Back
Bodice
*1

Front
Bodice * 2
to fold

Ruffle * 2

Cut 2* front bodice, mark four equidistant notches along placard stand starting at 7mm from top at neckline.
Cut 1*bodice back
Cut 2*ruffle to fold
Sewing:

Cut 2* binding strips 4.2cm wide, next to selvedge of fabric along the length by 2m.

Sew binding. If you don't have a binding attachment make the strips wider app 5cm and sew folded in half into binding which you can pull through with a hairpin

Cut 8* 6cm pieces of your binding for the bodice, fold in half and attach to 1 section of bodice as in image above.

Fit the 2nd bodice piece over the piece to which you've attached the binding, right sides together. Sew the bodice together at the neck edge, around the placard.

Measure the straps

Estimated measurements:

Size 30-32 36cm, add 1cm per size up, but it's best to drape the straps over your shoulders and set the measurement. Add 4cm which you can trim off on the final fitting.

Slip the straps at the apex of the neck and arm edge. Stay stitch.

Sew the arm extension of the bodice closed.

Cut the knitted elastic 6cm smaller than the top measurement of the bodice back. Stretch to fit and overlock in place.

Place back of bodice over front, right sides together, fold the elastic extension backward over the front bodice. Sew at side seams, creating a back seam across the top of the back of the bodice to stitch the elastic as a top seam of 6mm.

Sew the side seams of the skirt together.

Place the bodice inside the skirt waist, right sides together. Stitch the skirt to the bodice.

Turn to right side.

Neaten hem, hem at 1.5cm

Fit the garment, measure the straps from front to back, placing at 8cm from side seam at back. Trim, sew the straps to the back on the elastic seam.

Thread extra binding into bodice loops, trim at a comfortable length.

Wear

Attach 6cm
binding loops
to 1 piece of
bodice front
at notches