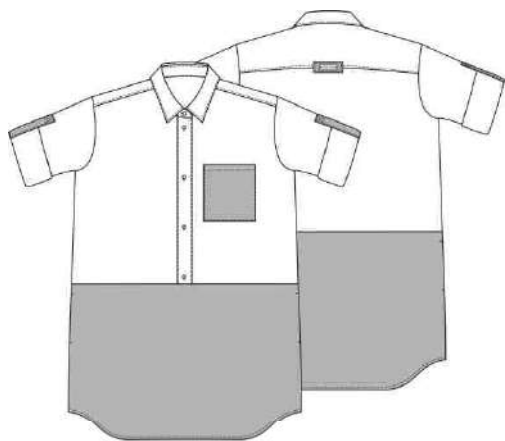


Dress "Carla"



## General instructions

„Carla“ is an upcycling dress out of an old men's shirt in combination with a fabric of your choice. The pattern is drafted in one size and we'll adapt it exactly to your shirt size, I'll explain below how. You can sew the dress in a winterly or summerly way and add a lining to the skirt part if you like to. Also the design of the breast pockets (how many, with or without flaps) is up to you. You'll find some material packages for a "Carla" dress in my Etsy shop, if you are not sure how to combine the materials and if you'd like to start this project immediately! In the detailed video tutorial I'm explaining step- by- step how to sew this dress. You'll find it on my YouTube channel Koba.Siani- follow me for more creative ideas, there are also a lot of free tutorials and patterns!

Please wash your fabrics before sewing if these could shrink. My material kits from my shop are already pre-washed.

Note for the pattern: please print it with 100% size, **NOT** "scale to fit to media"! On the first page there are control squares to check the size. The DINA4 pattern fits also on paper in US letter size.

In my pattern all seam allowances are included, that's here **1 cm (3/8")** and 2x 0.75 cm for the hem.

## Choosing the correct size for the men's shirt:

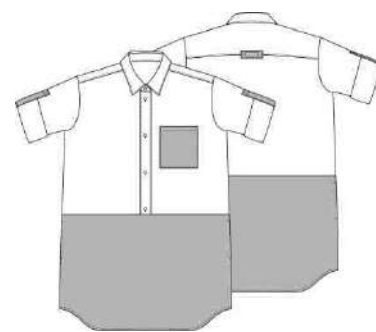
Please choose the size of the shirt according to your chest width. It should fit loosely, but how loose exactly is up to your taste. For example I'm always calculating here an extra width of 20- 30 cm at the chest and about 12-20 cm extra width at the hip (total measurement all around). So it makes sense to look for shirts in sizes M to XXL. Further the shirt should have a straight fit, not "slim fit" or "fitted" with many seams and darts. Regarding the material, a cotton shirt is most comfortable to wear.

If you don't have a thrift shop nearby you can also look for shirts in online thrift shops or ask your relatives/ husband/ friends!

## Material list:

- Thrifted men's shirt
- Matching fabric, about 70 cm (with 140 cm fabric width) or ~90 cm african waxprint
- Small piece of soft interlining, H180 or H200 (only for pocket flaps and sleeve bars)
- Fancy woven label (optional)
- Matching yarn (100 Nm or 120 Nm), perhaps 2 different colours matching to the shirt and the fabric
- ~70 cm viscose lining (optional)

## Dress “Carla”



### Sewing instruction:

#### I. Cutting the shirt

The position of the dividing seam of the dress changes with the sizes because the bigger your chest is, the more length you need here in the garment- otherwise the dress would be shorter. But you can also choose a deeper cut position if you are taller or want a longer skirt length- or choose a higher cut position if you are short.

Your chest measurement	76-80 cm	84-88 cm	92-96 cm	100-104 cm	110-116 cm	122-128 cm
ladies size US	4-6	8-10	12-14	16-18	20-22	24-26
ladies size UK	6-8	10-12	14-16	18-20	22-24	26-28
Pos. of cut from highest shoulder point	56 cm	56 cm	57 cm	58 cm	59 cm	60 cm

Cut now the shirt like this with the cut position from the chart above; 90° angle to the center front/ placket. I'm measuring from the highest shoulder point downwards, which is just besides the collar at the shoulder:



Then cut the sleeves at 65 cm from the center back, measured like this, in a 90° angle to the sleeve center:



## 2. Adapting the pattern of the skirt part

Measure the shirt where you've cut it at the body = **X** cm



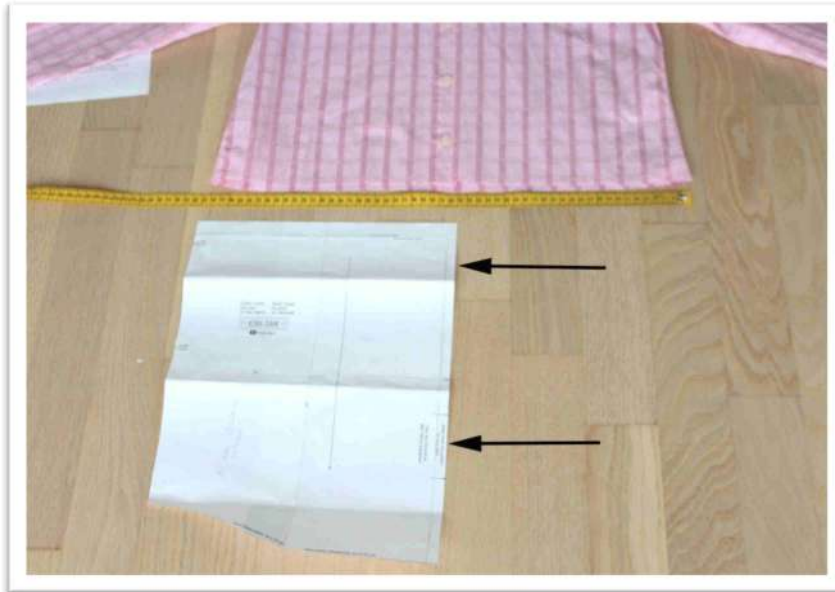
Calculate- the formula is:  $(X \text{ cm} : 2) - 27 \text{ cm} = Y \text{ cm}$

For example in my case here I'm measuring 53.5 cm. I'm dividing into two = 26.75 cm

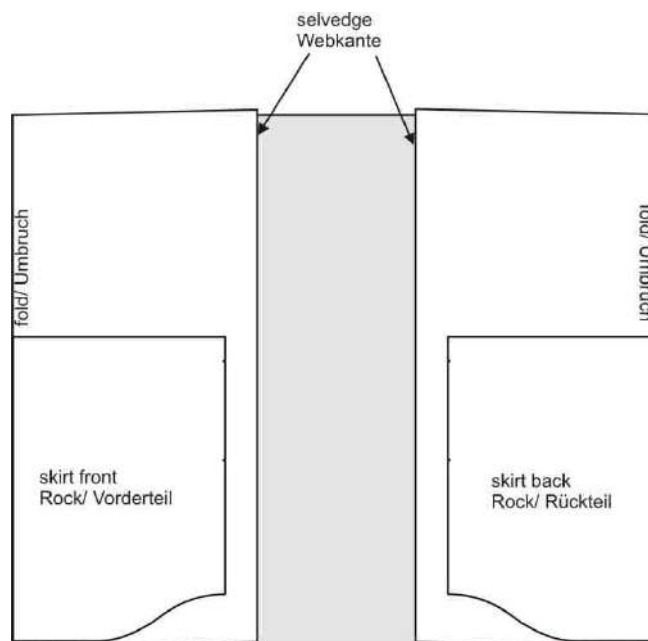
Then I'm calculating minus 27 cm = -0.25 cm. That means I have to reduce parallel 0.25 cm at the center front/back at the pattern.

Check out also the YouTube video if this is not yet clear for you.

**Y** cm is the width you have to add or reduce (if your result is negative) at center back/front to the skirt pattern.



### 3. Cutting the fabric+ fixing the interlining



Main fabric: Start with the skirt parts like this, you just might think a moment if you need to place the print. Then continue on the rest of the fabric with the bar, breast pocket, pocket flap and label base.

Cut the pocket bags 4x and pocket flap 2x in shirt leftover fabric; the pockets fit at the bottom of the skirt and the flaps you can cut out of the sleeve leftover.



Cut the bar and pocket flap 2x in interlining.

Cut the skirt 2x in lining (optional), the lining part should be 2 cm shorter than the main skirt so fold away 2 cm at the upper edge of the pattern.

Don't forget the notches, also in center front and back of the skirt/ shirt!

Fix the interlining on the bars and flaps with your iron (wrong fabric side to glueing side). I'm covering them with an old kitchen towel when I'm ironing on the interlining.



#### 4. Casting

Cast the side seam at the pocket bags and skirt parts (main+ lining), vertical edges and lower edge of the breast pocket and sleeve edges at the shirt. All edges are marked in red here. You might need to change the thread colour, like me here, because of the high colour contrast of the shirt and fabric.



#### 5. Sewing

Pin the pocket bags to the skirt parts with the right fabric side together, notches are aligning:



Sew the pocket bags to the skirt parts at the side seam- only from notch to notch (1 cm will be loose at the pocket bag edges; 1 cm seam allowance):



Fold the bars at the shorter side 1 cm to the wrong fabric side:



Then fold them to the half lengthwise (right fabric side to the inside):



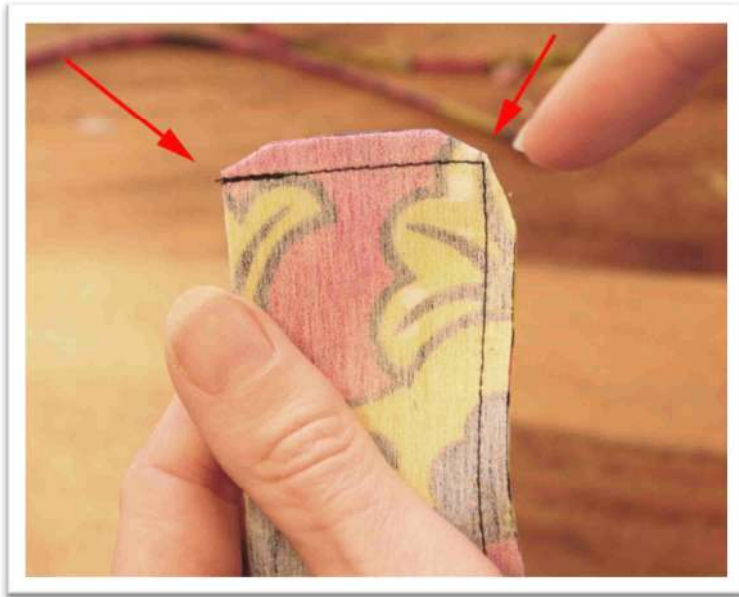
Sew along the long side and the unfolded short side with 1 cm seam allowance:



Trim the seam allowance of the bars to 5mm:



Trim the seam allowance at the corners down to 1-2 mm only:



Then turn them around to the right fabric side, with a wooden spoon or similar. At the corners you can carefully (!) use your scissors:



## 6. Ironing:

Iron flat the bar; if you like to you can tilt the seamline slightly towards the wrong side of the bar (the one you decide to be the wrong side now):



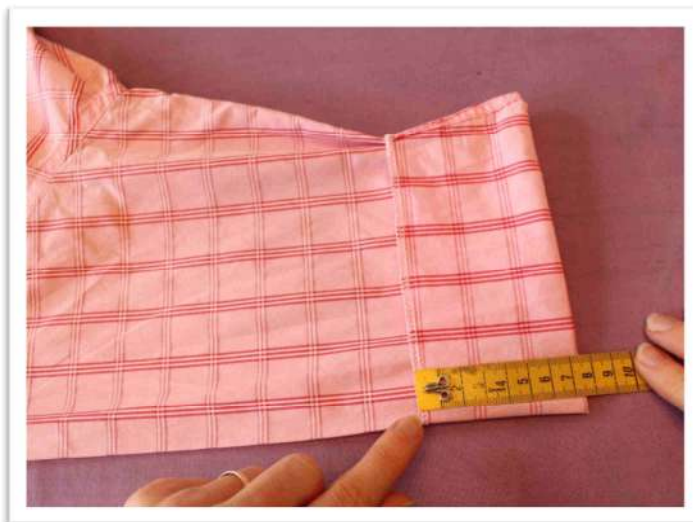
Iron the seam allowances apart at the side seam pockets:



Fold and iron the upper edge of the breast pocket to the wrong fabric side: first 1 cm, then 2 cm:



Sleeve cuff: 7.5 cm, twice, to the outside (don't worry, this cannot be flat and smooth)



Fold and iron the upper edge of the pocket flaps 1 cm to the wrong fabric side:



## 7. Sewing

Stitch the upper edge of the breast pocket, a bit less than 2 cm from the edge:



Stitch the edges of the sleeve cuff bar, tightly along the edge:



Close the side seams above and below the pockets with 1 cm seam allowance. Sew from notch to edge and vice versa, pocket bags should hang loose:



Close the side seams in the lining if you have one.

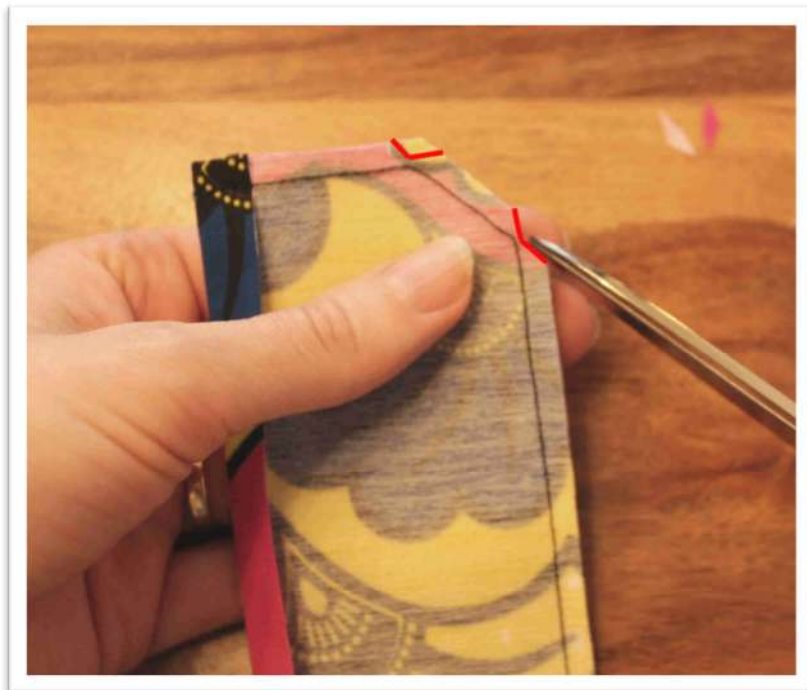
Pocket flap: put each one pair together, right fabric sides facing. Draw on the seam line, this helps to make the flaps evenly.



Stitch the pair together along the vertical+ lower edge, with 1 cm seam allowance:



Then trim the seam allowance to 5 mm and at the corners to 1-2 mm:



Turn the flaps to the right fabric side:



Change the thread to matching more to the shirt.

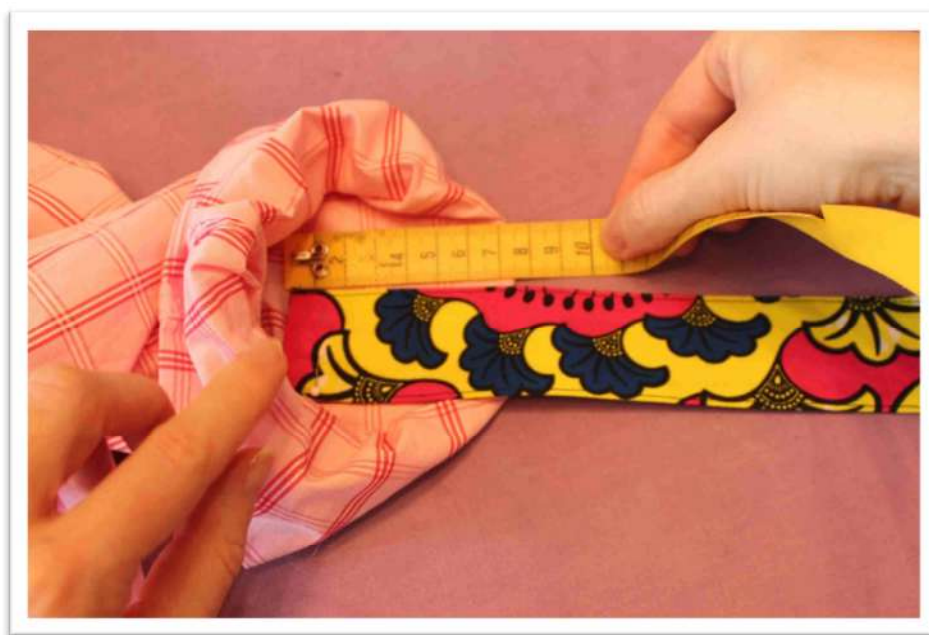
Close the pocket bags with 1 cm seam allowance. I'm keeping the fold at the side seam:



We're continuing with the cuffs. Fix the bars at the sleeve center/ underneath the cuffs with a pin:



The edge of the bar is at 7.5 cm from the cuff edge:



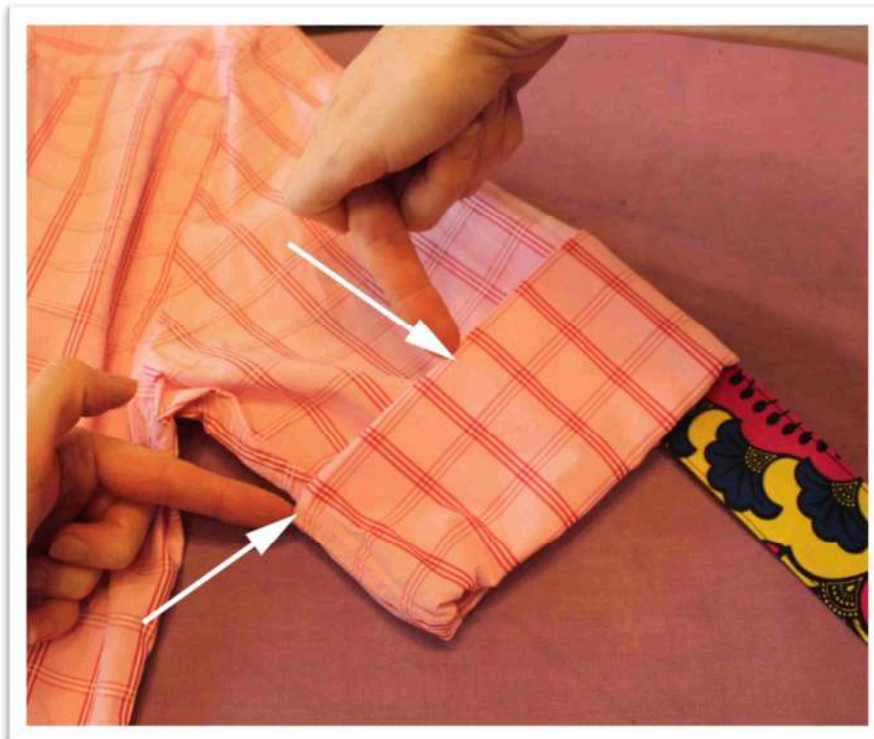
This is where I'll sew- along the bar edge and meeting the cuff upper edge at the same time:



This seam holds also the cuff in its place:



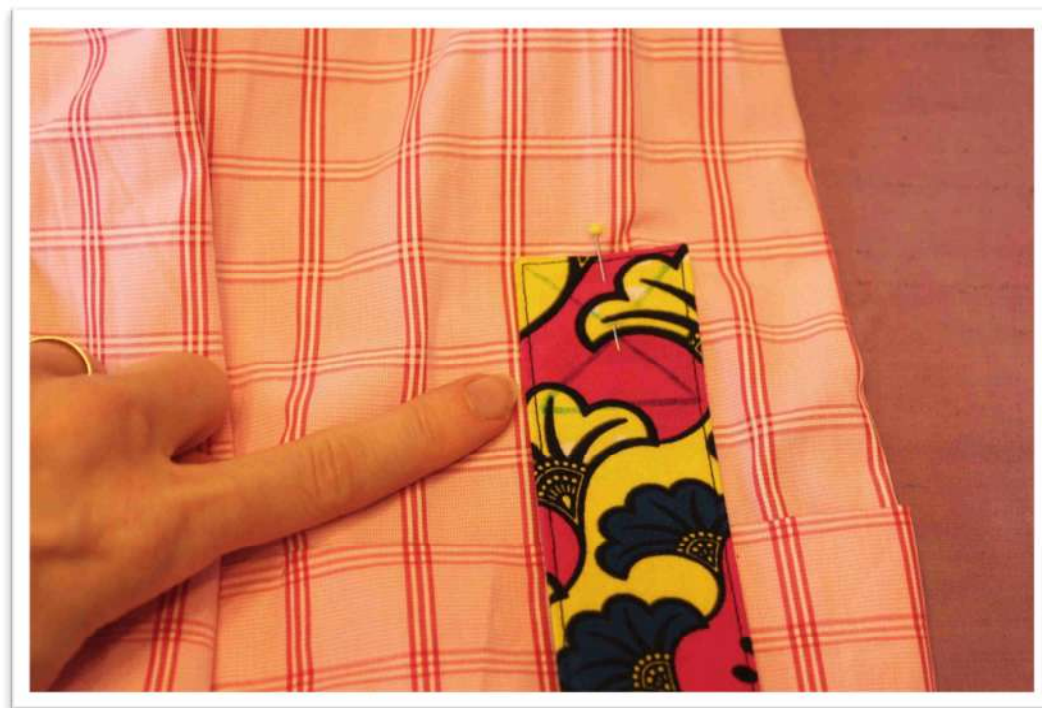
Then place bar tacks at the sleeve seam (under the arm) and in between the seam+ sleeve center; that means each cuff is held by 4 seams/bar tacks:



The bar tacks between sleeve center and sleeve seam are really small and made with a shorter stitch length. If you stitch besides a stripe or another pattern line the stitching won't be too visible.



Change the thread back to the main colour; fix the loose end of the bar above the cuff with a decorative square and x- stitching, check the symmetry of both sleeves.



## 8. Ironing

Iron flat the pocket flaps. Tilt the seam line slightly to the wrong side of the flap if you like to.



Iron the side seams apart (main fabric+ lining)



Fold+ iron the hem 0.75 cm, twice (main fabric+ lining), upwards to the wrong fabric side and fix with pins:



Fold the 3 sides of the breast pocket 1 cm to the wrong fabric side+ iron:



Fold and iron the edges of the label base 1 cm to the wrong fabric side:



## 9. Sewing

Stitch along the pocket flap edges (vertical+ lower edge):



Pin the breast pocket to the shirt: place the pocket 5.5 cm -7 cm from center front and 23-26 cm from highest shoulder point (depending on your chest width, the bigger it is, the longer the distance). The best is to try on the shirt and check the pocket position in front of a mirror. Remove the original pocket if there is any. In this case place the new pocket on the old position to cover the small holes in the fabric.



Afterwards, sew on the breast pocket:



If you like to, you can stitch in a small triangle at the top of the pocket:



Stitch on the pocket flaps (optional):



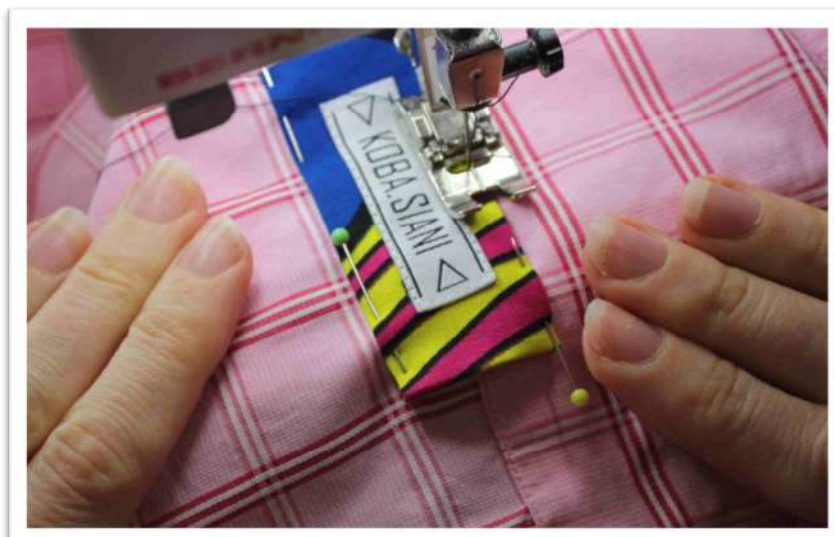
Stitch the hem (main fabric+ lining):



Stitch on the label onto the base (change thread colour if necessary):



Then stitch the whole thing on the center back/ on the yoke seam:



Pin the shirt/top part to the skirt part with the right fabric sides together. If you have a lining in the skirt, put the lining into the shirt, here right fabric side (skirt) to the inside of the shirt/ top part.



Close the skirt dividing seam, 1 cm seam allowance:



## 10. Casting

Cast the dividing seam and the pocket bags, marked in white:



Thread in all the seam ends if you've worked with an overlock sewing machine:



## 11. Ironing

Iron the skirt dividing seam with the seam allowance downwards:



Iron the side seam pockets to the front and also the hem, which gets sometimes wavy when stitching it:



## 12. Finish:

Place bar tacks at the side seam pockets, at the beginnings+ ends and make sure that the pockets point to the correct direction when sewing these:



These are just very short seams with a shorter stitch length which protect the pockets:



## READY!

Please tag me in your posts on social media and use the hashtag #kobasiani\_carladress, thank you!

