

Xanthea as a sweatshirt



A long sleeved Xanthea can be used for a sweatshirt/fleecy top. Choose a size according to your bust measurement, or bigger if you prefer a slouchier top. You could also cut the sleeves wider for a deeper armhole.

There are only a few small changes to make:

The **neck rib** measurements are already in the pattern, on page 8.

Cut the **sleeves** 5cm/2" shorter to allow for the rib cuff.

Cut the **cuff rib** at 11.5cm/4½" wide.

Cut the length:

Size 8: 18.5cm/7¼"

Size 10: 19cm/7½"

Size 12: 19.6cm/7¾"

Size 14: 20.3cm/8"

Size 16: 20.9cm/8¼"

Size 18+: 21.5cm/8½"

Cut the **waist rib** at 16.5cm/6.5" wide (or wider if you like).

Cut the length:

Sizes 8-10-12: 96.5cm/38" - 101.6cm/40" - 106.6cm/42"

Sizes 14-16-18: 111.7cm/44" - 116.8cm/46" - 121.9cm/48"

Sizes 20-22-24: 127cm/50" - 132cm/52" - 137.1cm/54"

Sizes 26-28-30: 142.2cm/56" - 147.3cm/58" - 152.4cm/60"

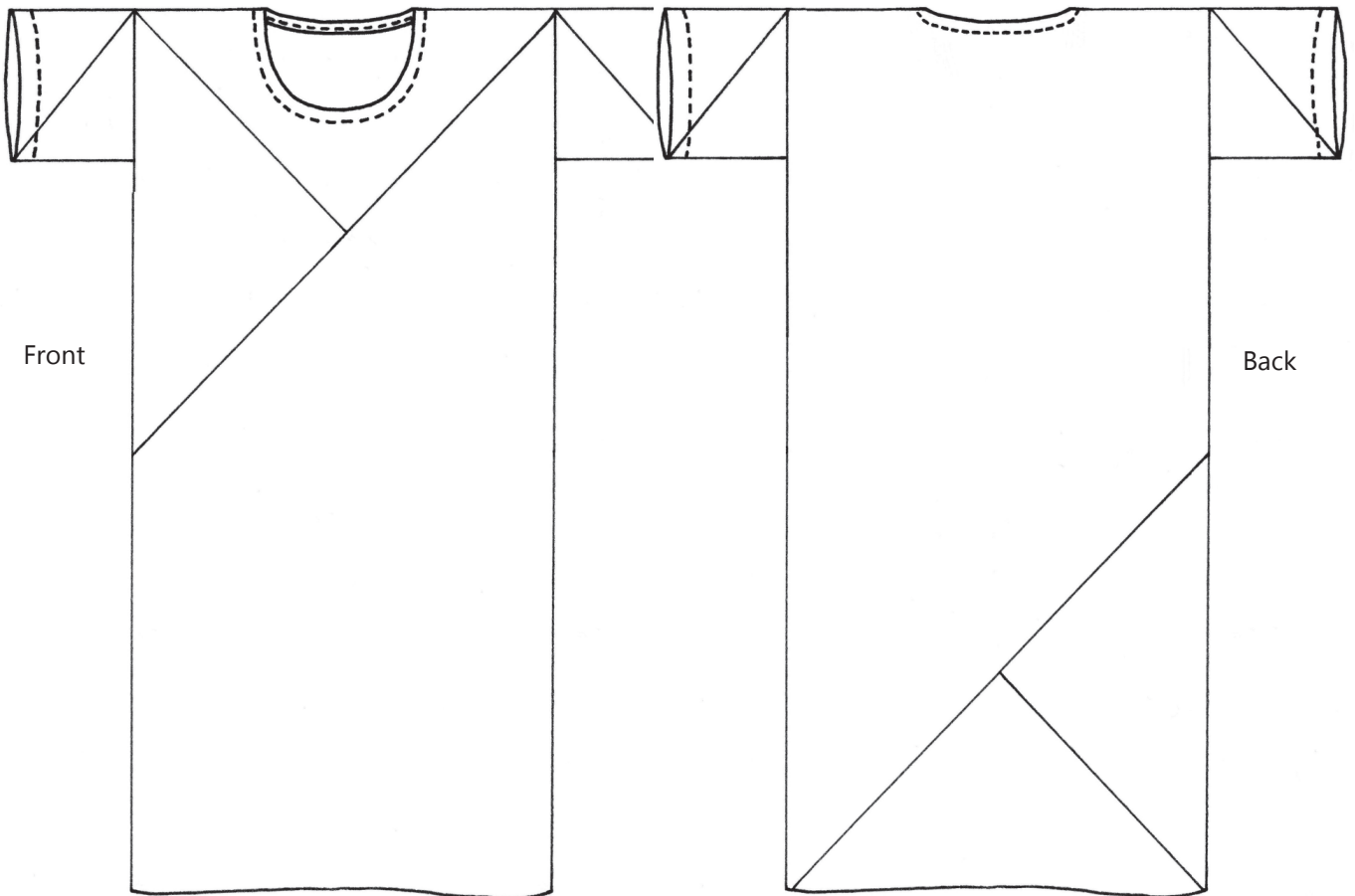
Sizes 32-34-36: 157.4cm/62" - 162.5cm/64" - 167.6cm/66"

Sizes 38-40-42-44: 172.7cm/68" - 177.8cm/70" - 182.8cm/72" - 187.9cm/74"

For the bigger sizes, if the ribbing is too narrow, cut the strips in two pieces and create side seams in the ribbing.

Xanthea as a bias cut dress

Xanthea can be adapted to make a bias cut dress, in woven or knit fabrics. The front features a Y shaped seam rather than an X. The length can be any length you choose. Note that the diagonal seams at the lower part of the dress will vary in position depending on the length - they may be visible at the back, front or both.

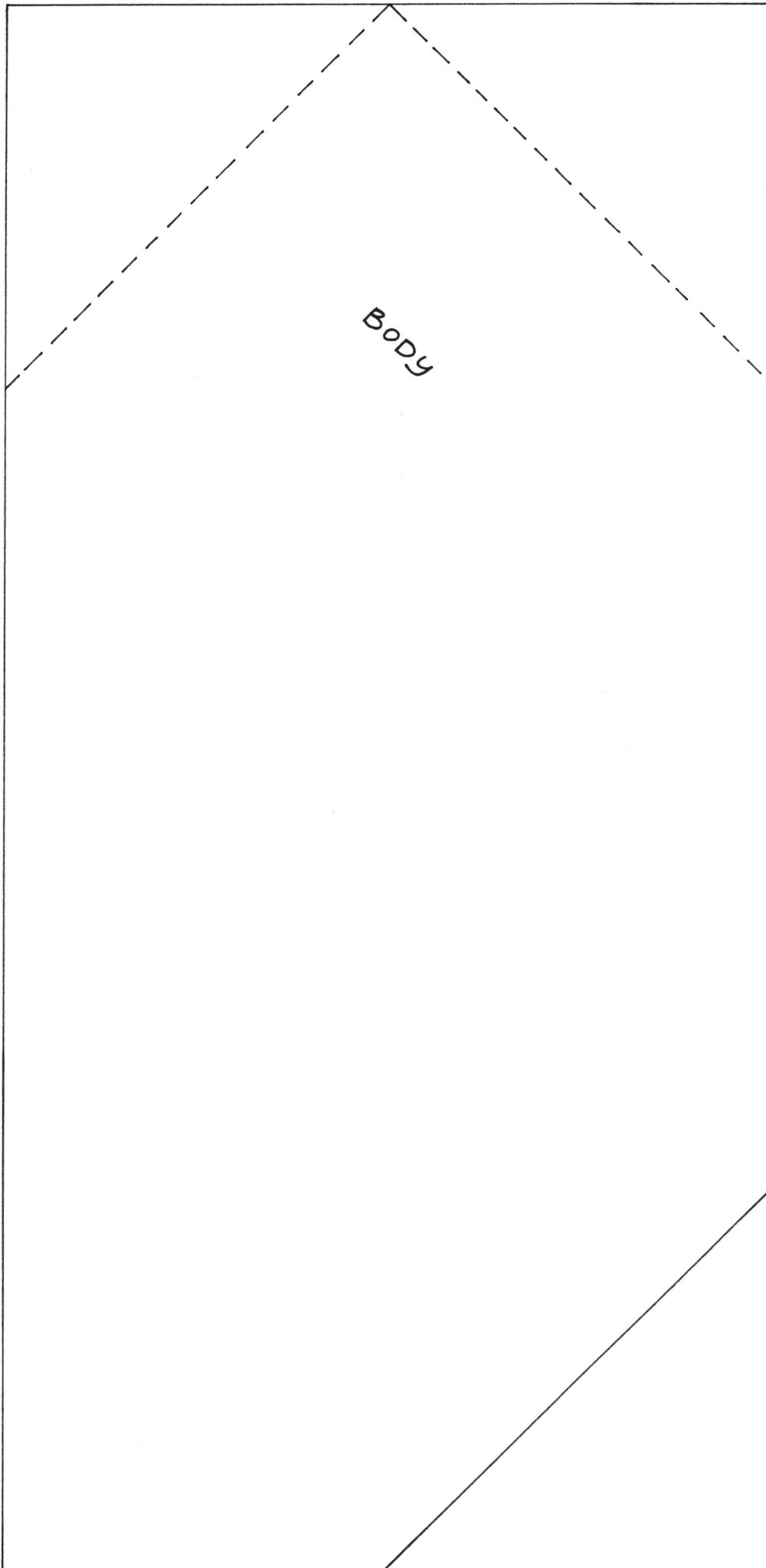


Choose a size

The size you would make an Xanthea top might not be the best size to make as a dress, because you need to consider your *hip size* as well. You need about 15cm/6" ease around the biggest part of you, so measure your bust, waist and hips and pick the biggest measurement. Compare it to the size chart on page 3 to choose a size.

Note that while it's impossible to adjust the *width* of the dress when it's finished, because there's no vertical seams, bias cut is very forgiving and a slightly bigger or smaller dress will probably look OK.

To understand how a rectangle is transformed into a dress, try this paper model. There's a short YouTube video at https://youtu.be/_KVBcPXA6jQ



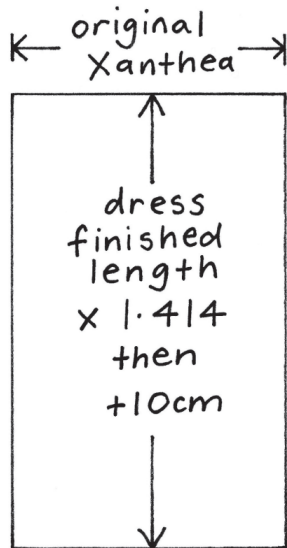
First, familiarize yourself with the instructions for making a top, if you haven't already made one.

Pattern and cutting

Body

The body of the dress is simply one rectangle.

The **short side of the rectangle** is the same as a regular Xanthea - the measurements are on page 7.



The **long side of the rectangle** depends on how long you'd like the dress. Here's how to calculate it:

1. Decide on a *finished* dress length. This can be in centimetres or inches.

For example, 116cm.

2. Multiply this by 1.414.

Example: $116\text{cm} \times 1.414 = 164\text{cm}$

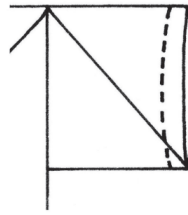
3. Add 10cm/4" for hems, seams, and a bit of flexibility with deciding on the length when you're trying it on.

Example: $164\text{cm} + 10\text{cm} = 174\text{cm}$

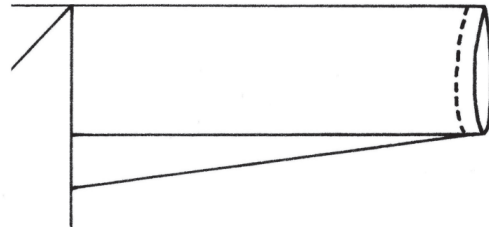
That's the length of the long side.

Note: the finished dress length you choose will not be exact - the weight and drape of the fabric, and how it drops on the bias, will all affect the length. Finalise the length when you try on the finished dress.

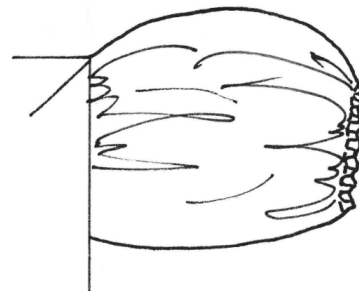
Sleeves



Use the same sleeve pattern, short or long, as a regular Xanthea top.

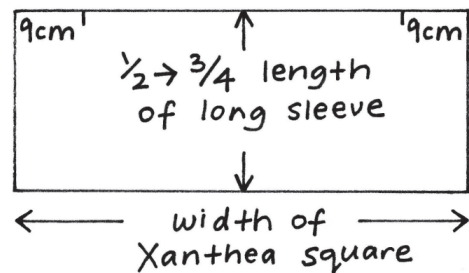


Some other sleeve options

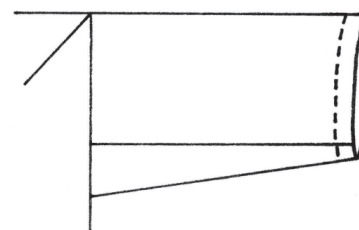


For a **poufy gathered sleeve**, cut a rectangle the same **width** as the Xanthea square on page 7.

Cut the **length** anywhere from half to three-quarters the length of the long sleeve (page 8). Half length will sit at about elbow-ish, and three-quarter will land about half way along the forearm.



The sleeve is gathered at the top, and sewn into the armhole with 9cm/3½" each side ungathered. The lower edge has a casing with 6mm/¼" elastic.



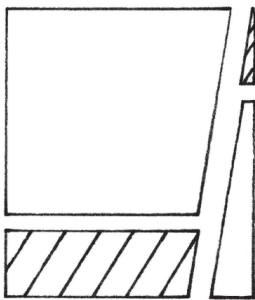
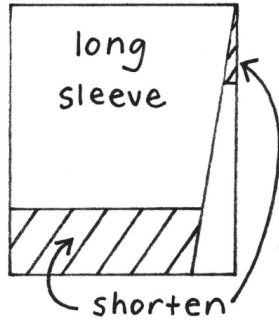
¾ length sleeves look smart on this dress.

You *could* cut a long sleeve and then shorten it when you try the dress on, but then you're wasting the bit you cut off.



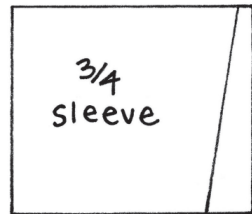
Instead, make a **paper pattern**. Draw a long sleeve on paper, following the measurements on page 7 and 8.

Shorten both the main part of the sleeve and the wedge, the amount you want the sleeve shorter (for example, 13cm/5").



Cut apart the pieces...

...and re-assemble them as a whole.



A **sleeveless** dress can be made by simply leaving off the sleeves. As it has an extended shoulder, it will look like a cap sleeve. Cut the armhole slit enough to get your arm in to try the dress on (at least 20cm/8"), then decide exactly how deep to make the armhole. Cut the bottom of the underarm slit in a wide teardrop shape and hem with a narrow hem. You could also bind the armhole edge.

To sew

The seam allowances are all 6mm/1/4".

Body

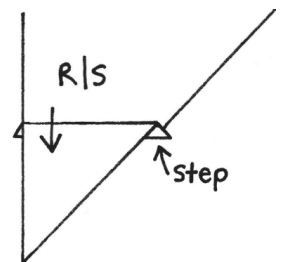
1. Lay the rectangle flat on the table. Measure half way along the short side of the body rectangle and make a mark.

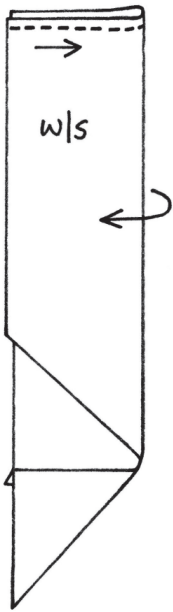
2. Measure the same amount on the adjacent side and join the two points with a diagonal line, to give a triangle.

3. Cut along the line. Pivot the triangle on point A so that it's on the end of the rectangle.

4. Sew with a 6mm/1/4" seam, matching the start of the seam with the square end. Overlock.

5. Press the seam towards the triangle. Note that there will be a little step at the pointy end.

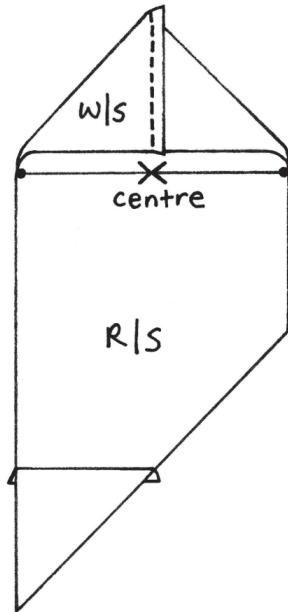




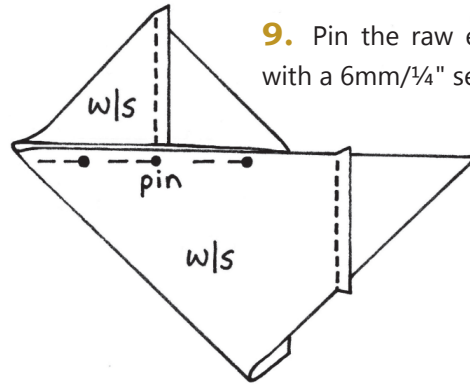
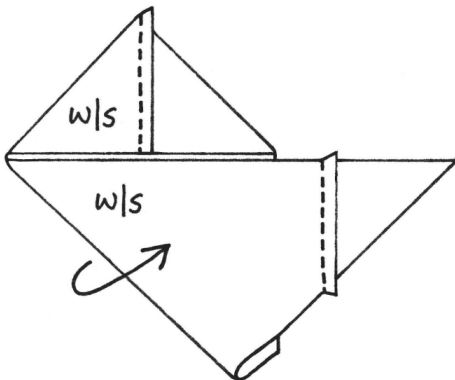
6. Fold the rectangle in half longways, right sides together, and sew across the top.

Take a 6mm/¼" seam allowance, overlock and press it to one side (it doesn't matter which side).

7. Lay the piece on the table with the freshly-sewn seam facing up. Position the seam in the centre. Make sure it's *really* in the centre! Measure it to be sure!



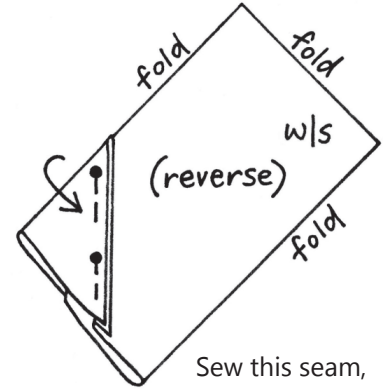
8. Bring the rest of the long side of the rectangle across. Make sure it's the *longest side* - the one with the triangle sewn on the end.



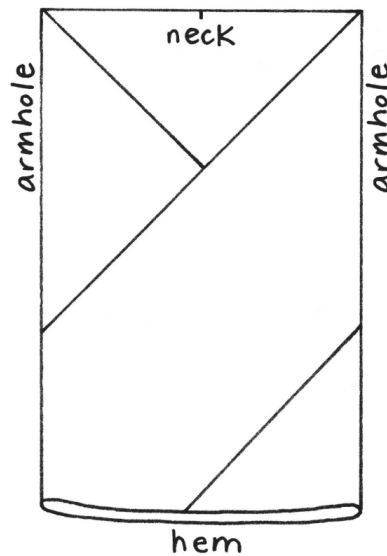
9. Pin the raw edges together with a 6mm/¼" seam allowance.

10. Flip the whole thing over, and continue matching and pinning the raw edges.

Keep on going until you reach the end. The pointy end will be 1.2cm/½" short because of the seam allowance taken for the triangle.



Sew this seam, overlock and press.



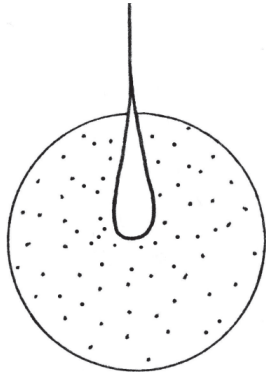
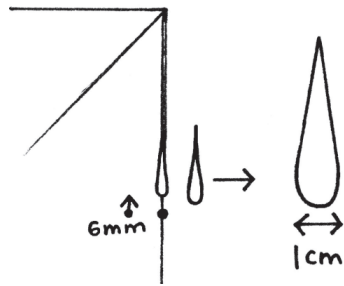
11. The result will be a long tube with one end closed. The open end will have bias edges - that will be the dress's hem.

12. Proceed as for a regular Xanthea top, from page 16 onwards. You can put the Y seam on the front or back of the dress.

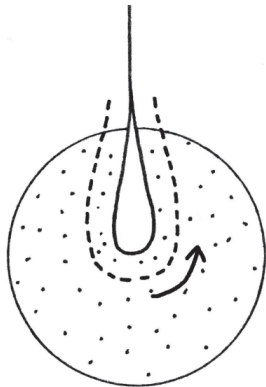
When you **hem** the dress, note that the section with the triangle will be 1.2cm/½" shorter than the rest of the hem. Allow for this as you turn up the hem, or if you need to trim off any extra length before hemming. By the way, if you have to trim off length, keep the strip for making bias binding.

IMPORTANT: pay special attention to the **underarm points**, because there will be more stress on the fabric here as a dress than as a top.

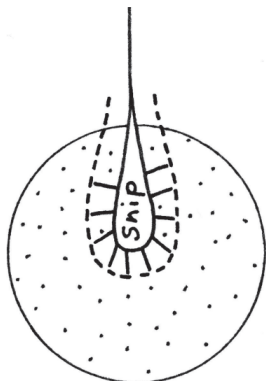
For knit fabrics, cut out a teardrop shape 6mm/¼" above the dot (Step 33). Make the teardrop 1cm/⅜" wide.



For woven fabrics, also cut a teardrop but first thoroughly fuse a 5cm/2" circle of woven interfacing behind the dot.



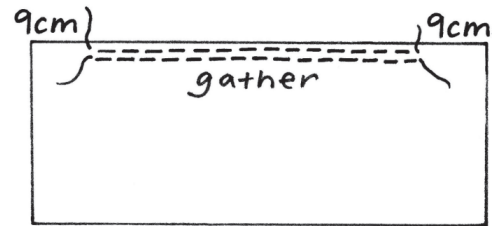
Set your machine to a small stitch length (eg 1 or 1.5) and stay-stitch around the curve *on* the 6mm/¼" stitching line.



Snip in to the stitching around the teardrop curve. When you go to sew the sleeve in, sew this underarm part with a short stitch length for strength, with the sleeve *underneath* and body *uppermost*.

Gathered sleeve

For poufy **gathered sleeves**, gather the top edge, 9cm/3½" in from each end. Sew the two short ends together for the underarm seam.



Measure down the sides of the dress for the armhole slit. The amount to measure for each size is:

Sizes 8-10-12: 22.2cm/8¾" - 22.8cm/9" - 23.4cm/9¼"

Sizes 14-16-18: 24.1cm/9½" - 24.7cm/9¾" - 25.4cm/10"

Sizes 20-22-24: 26cm/10¼" - 26.6cm/10½" - 27.3cm/10¾"

Sizes 26-28-30: 27.9cm/11" - 28.5cm/11¼" - 29.2cm/11½"

Sizes 32-34-36: 29.8cm/11¾" - 30.4cm/12" - 31.1cm/12¼"

Sizes 38-40-42-44: 31.7cm/12½" - 32.3cm/12¾" - 33cm/13" - 33.6cm/13¼"

Sew the sleeve into the armhole, pulling up the gathers to fit. You'll need to sew it in two stages - sew it with the *sleeve uppermost* to sew the gathered part, then flip it over so the *body is uppermost* to sew the underarm where there are no gathers.

At the sleeve's hem, sew a channel and insert 6mm/¼" elastic to fit your arm.