

# Instructions and free patterns



[www.mybernette.com](http://www.mybernette.com)

# Instructions for “Exotic Style” Projects

## Exotic Dress

One size fits all

### You'll need

- 2.10m (7') pink taffeta (minimum fabric width 0.9m (1 yd))
- Matching fabric remnants and sewing threads
- Color-coordinated decorative beads in various sizes
- 2.7m (3 yd) satin ribbon, 4cm (1 ½”) wide
- Wash-away self-adhesive embroidery stabilizers, e.g. Aqua Mesh Plus from OESD
- Sewing threads in the fabric color and contrasting colors for embellishment
- Hemming foot
- Walking foot

### Fabric recommendations

All softly draping, flowing fabrics are suitable. When purchasing the fabric, be aware of its relative sheerness. A sheer fabric looks very attractive if the garment is to be worn as a beach cover-up.

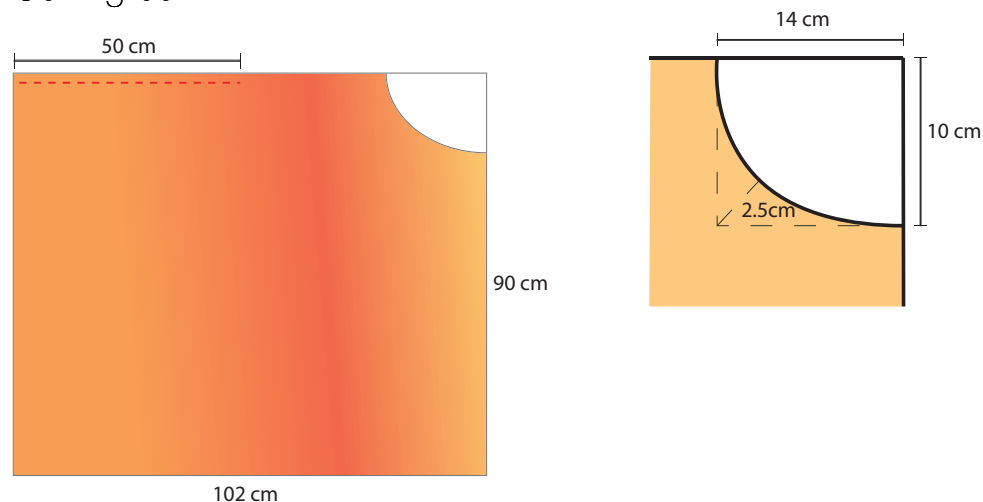
### Good to know

With thin fabrics, you can prevent seams from puckering by loosening thread tension. Practice on a scrap of fabric first to determine the optimal setting.

The hemming foot used here requires a bit of practice, but is brilliant once you've got the hang of it – so practice maneuvering it first on a scrap of fabric (see instructions accompanying the presser foot).

You can also make the neck embellishment like a loose chain by sewing the circles together and closing them in the back with a chain or some ribbon. Steps 7-8 of the description below show you how to make the circles.

### Cutting out



50cm	20"
90cm	1 yd
102cm	40 1/8"
14cm	5 1/2"
10cm	4"
2.5cm	1"

**Seam allowances:** Add on 1cm (1/2") seam allowance along the neckline curve. The seam allowances on all the other edges are already included.

**Voile fabric:**

1 large rectangle 204cm x 90cm (2 1/4 yd x 1 yd)

**Ribbons:**

1 satin ribbon 2.6m (3 yd) long for neckline and ties

2 satin ribbons 8cm (3 1/8") long (halve lengthwise for loops for the ties)

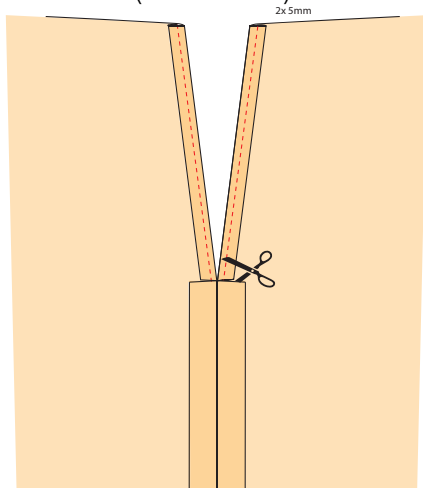
**Neckline embellishment:**

Cut small (approx. 0.5-1cm) (1/4" – 1/2") squares from the fabric remnants.

How to proceed

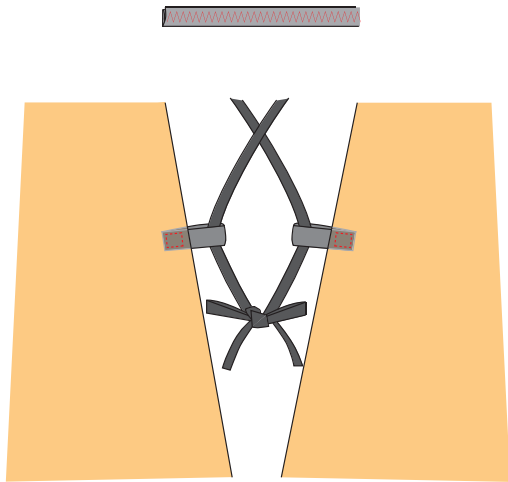
Binding the neckline with bias binding

1. Fold fabric in half lengthwise (102cm x 90cm (40 1/8" x 1 yd) right sides facing and cut out neckline along the top fabric fold, as shown in the sketch.
2. Pin together the bottom-most 50cm (20") on the side of the neckline and close this seam. Neaten seam allowances and iron apart. Turn the still-open rear seam on this side under by 5mm (1/4") twice; press and stitch. If you have problems turning the hem under twice in the seam area, you may clip the seam allowance here by about 7mm (scant 1/3").

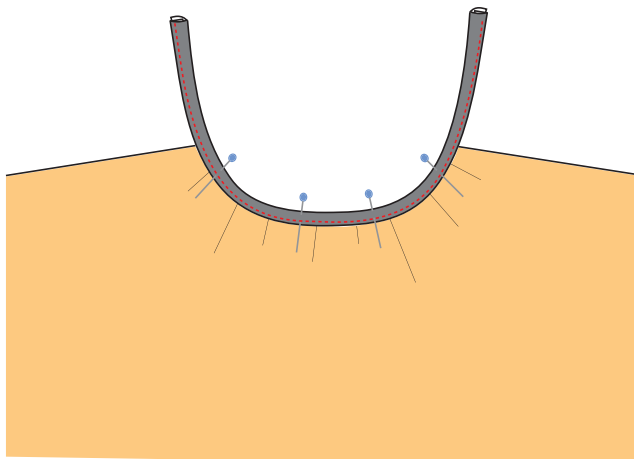


$2 \times 5\text{mm} = 2 \times 1/4"$

3. Fold the short satin ribbons in thirds lengthwise; press, and stitch together with a zigzag stitch. Make two loops and sew the ends of these loops 24cm (9 1/2") below the neckline curve onto the rear seam. Finally, pull the ties through criss-crossed to yield an attractive way of tying the dress in the back.



4. Sew a line of stitching 1cm (1/2") in from the edge (increase stitch length to 5mm (1/4")) along the neckline curve, leaving the beginning and end threads hanging. Now hold both ends of the lower threads firmly and pull the upper threads so that the fabric gathers to a width of approx. 14cm (5 1/2"). Knot off the upper and lower threads and evenly distribute the ruffles thus created. After you finish the neckline the threads are pulled out again.
5. Fold the long satin ribbon in thirds lengthwise and press. Mark in the halfway point of the ribbon and 7cm (2 3/4") to the right and left of it. Now bind the neckline curve in this area directly with the satin ribbon. Likewise, mark the center of the neck curve. Slip the center of the neck curve into the still-open center of the satin ribbon and pin the curve in the marked area of the satin ribbon in place. Now you can stitch together the entire satin ribbon, stitching the neck curve in place in it at the same time. The ends of the satin ribbons can be stitched shut, or simply knotted off.



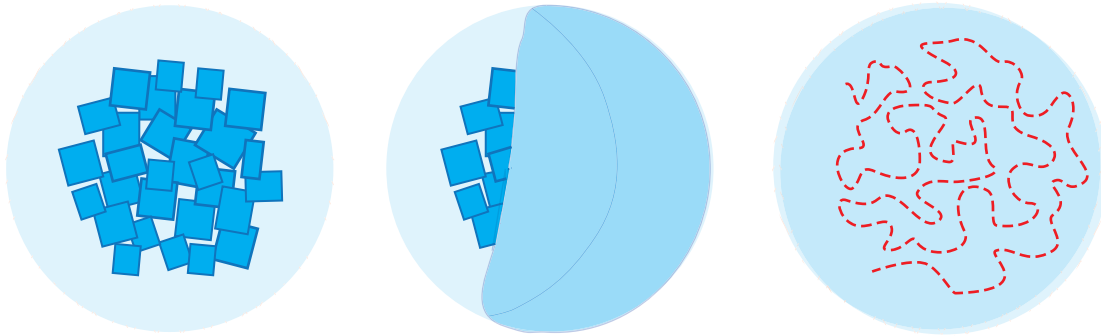
#### Hemming

6. Now you can use the hemmer foot to hem the bottom edges that are still open.

#### Neckline embellishment

7. Now construct the colorful neckline embellishment as the mood takes you: Place scraps of fabric on the wash-away stabilizer to form thick circles. Stick the second wash-away stabilizer on top so as to produce a sort of sandwich. (The thicker you pile the fabric layers together, the sturdier the circles = recommendable). Now sew at whim over these "sandwich circles" with colorful threads and assorted stitches so

that all of the scraps of fabric are joined together and you create a sturdy circle. Next, rinse the finished circles under lukewarm water to dissolve the stabilizer, and leave them to dry.



8. Drape the different circles around the neckline however it appeals to you. Now machine-stitch them to the dress at various points. Finally, embellish the colorful circles with matching beads as the fancy takes you, and you've got a gorgeous eyecatcher at the neckline of your dress.

## Exotic purse

Size 51cm x 51cm ( approx. 20" x 20")

### You'll need

- 2 scarves, approx. 53cm x 53cm (21" x 21")
- 2 purse handles with rings, 60cm (24") long
- Remnant of cotton or lining fabric for inside pocket
- 36 cm (14 ¼") elastic 1cm (1/2") wide
- Sewing threads in the color of the fabric
- "Extra Strong" sewing thread

### Fabric recommendations

Colorful scarves in satin, silk, cotton, linen, or blends.

### Cutting out

**Seam allowances:** A 1cm (1/2") seam allowance is already included in the instructions and so need not be added on. This means that all seams are sewn 1cm (1/2") in from the edge.

### Inner lining

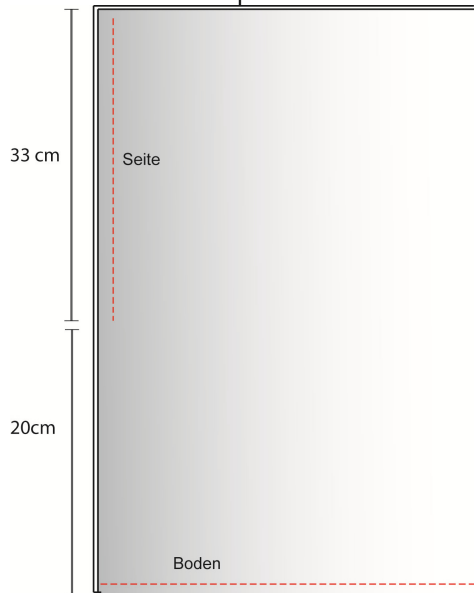
- 1 53cm x 53cm (21" x 21") square (for a scarf of a different size, adjust the purse lining accordingly – the dimensions of the inner pocket correspond to those of the scarf).
- 1 rectangle for the large inner pocket: opposite edges 16cm (6 ¼") and 14cm (5 ½"), height 11 cm (5 1/3").

- 1 rectangle for the small inner pocket: opposite edges 12cm (4 ¾") and 10cm (4"), height 11cm (5 1/3").

## How to proceed

### Closing the seams

1. Place both scarves right sides together and close the bottom edge (= base). Sew together the side seams, leaving the bottom 20cm (8") open. Press the seam allowances apart.



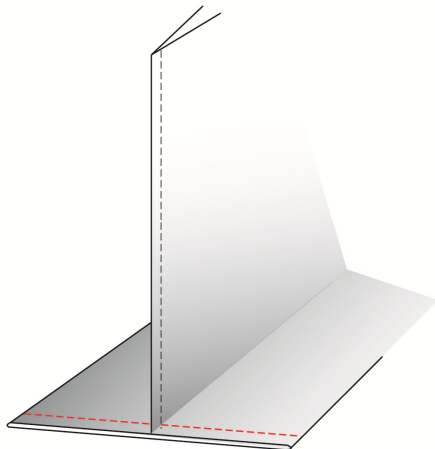
Seite = Side

Boden = Base

33cm = 13"

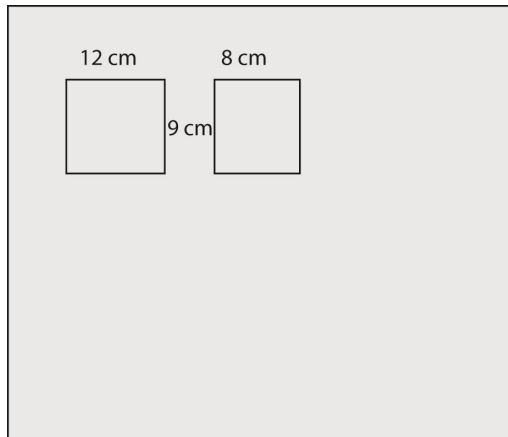
20cm = 8"

2. Now fold the open 20cm (8") in half and close this seam on both sides, beginning in the side seam. Press the seam allowances apart here also.



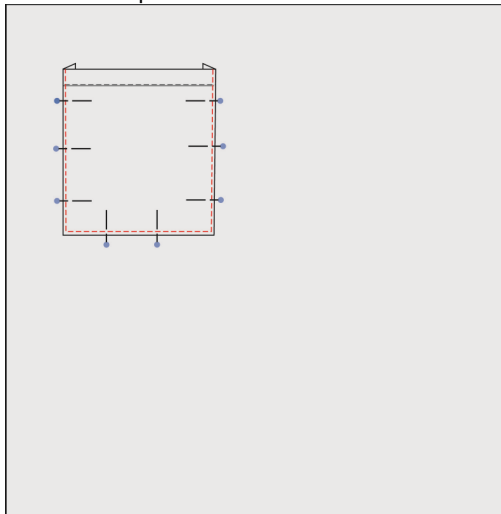
### Sewing the inside pockets to the lining

3. On one of the inside linings, draw two adjacent squares of 12cm x 9cm and 8cm x 9cm (4 ¾" x 3 ½" and 3 1/8" x 3 ½"). These are the placement lines for your inside pockets.



12cm = 4 ¾"  
 9cm = 3 ½"  
 8cm = 3 1/8"

4. Fold over the longer edges of the inside pocket 5mm (1/4") twice and press. Stitch the top edge approx. 3 mm (1/8") in from the edge. Next, press over the other three edges by 1 cm (1/2"). Now pin the two inside pockets to the squares you've drawn on the inside lining (topstitched edges on top). You now have a bit of excess width at the top, which will make it easy to stow items such as your cell phone or lipstick in the pockets.



5. Stitch both inside pockets to the inside lining approx. 2mm (1/16") in from the edge.

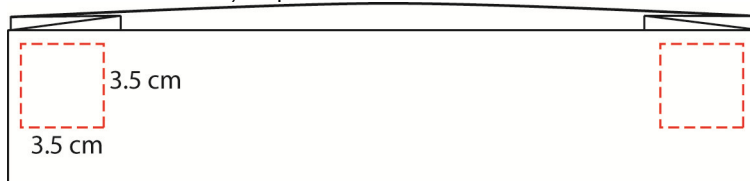
Closing inside-pocket seams, stitching purse together and turning

6. Sew the inside pocket exactly as described for the outside purse in steps 1 and 2.
7. Slip purse inside lining right sides facing and sew the top edges together, leaving a small turning opening. Now turn the purse right side out through this opening.
8. Press the top edge and topstitch it about 2mm (1/16") in from the edge. The turning opening is now sewn shut too.

Top edge of purse

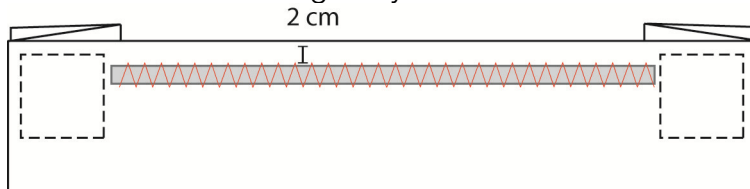
9. 8 cm (3 1/8") from the side seam towards the center, mark the 4 spots with a pin. Now form a pleat from the inside outwards such that the marked pins meet at the

side seam. You can now topstitch the pleat thus created with a 3.5cm x 3.5cm (1 3/8" x 1 3/8") square.



3.5cm = 1 3/8"

10. Cut two pieces of elastic 18 cm (7") in length and pin them in place 2cm (3/4") below the top edge at both ends so that 4cm (1 1/2") still protrudes at either side. The elastic can now be secured with a zigzag stitch. (While sewing, you'll need to pull the elastic to the same length as the fabric; this gathers the top edge of the purse.) You could also sew a large press-stud into the purse if this closure doesn't seem secure enough to you.



2cm = 3/4"

#### Sewing on the handle

11. Now position the handles on the purse as you prefer, and secure the rings by hand with a few stitches through all the layers of fabric. Here, you can either use an "Extra Strong" thread, or use the sewing thread doubled.



# Tips on Working with Fabrics

There are several important basic rules for cutting out and sewing fabrics. Here are a few tips regarding our projects:

## Cutting out

### Selvedges

The approx. 1-cm (1/2")-wide strips on both sides of the fabric are the selvages. Because their texture is generally different from that of the rest of the fabric, you must never include the selvedge in your calculations. Nor is the selvedge suitable as a fabric seam allowance.

### Fabric fold

The folded edge created when you lay both sides of the fabric together is the fabric fold. When cutting out a pattern piece labelled with a fabric fold, lay it exactly on such a folded edge.

### Fabric grain

The fabric grain is crucial for the correct drape of a garment. The grain marked on the pattern pieces corresponds to the straight grain or warp of the fabric, and must run parallel to the selvages. With patterned fabrics, always pay attention to the direction of the grain and cut out fabrics in the same direction.

### Seam allowances

Cutting out seam allowances of equal width makes sewing easier later on. Use a measuring tape and tailor's chalk to draw the seam allowances onto the fabric all around the paper pattern pieces. As a rule, you'll need 4cm (1 1/2") seam allowances for hems and 1.5cm (5/8") on all other edges and seams. (Where measurements differ, we've mentioned this in the instructions.)

## Sewing

### Sewing edges and seams

When sewing edges and seams, always place your fabric right sides together and sew together 1.5cm (5/8") in from the edge (same width as the seam allowance). The seam allowances are then pressed apart, trimmed if necessary, and neatened with a zigzag stitch or an overlocker.

### Sewing hems

When hemming, turn edges under twice from the right side to the wrong side of the fabric, iron along the top edge, and sew. For a 4cm (1 1/2") seam allowance the hem is first turned under 1cm (1/2"), then again another 3cm (1 1/4").

### Machine stitch settings for straight stitch

Use the factory settings for sewing edges, seams and hems. For topstitching, you can set stitch length to 3-3.5 mm.

### Using interfacing

Use interfacing (or stabilizers) to reinforce fabric on facings, collars, etc. The best interfacing to use depends on the fabric you've chosen. You'll find commercially available interfacing in fabric stores. A store assistant will be able to advise you as to which interfacing is suitable for your fabric, and on how to iron it on.