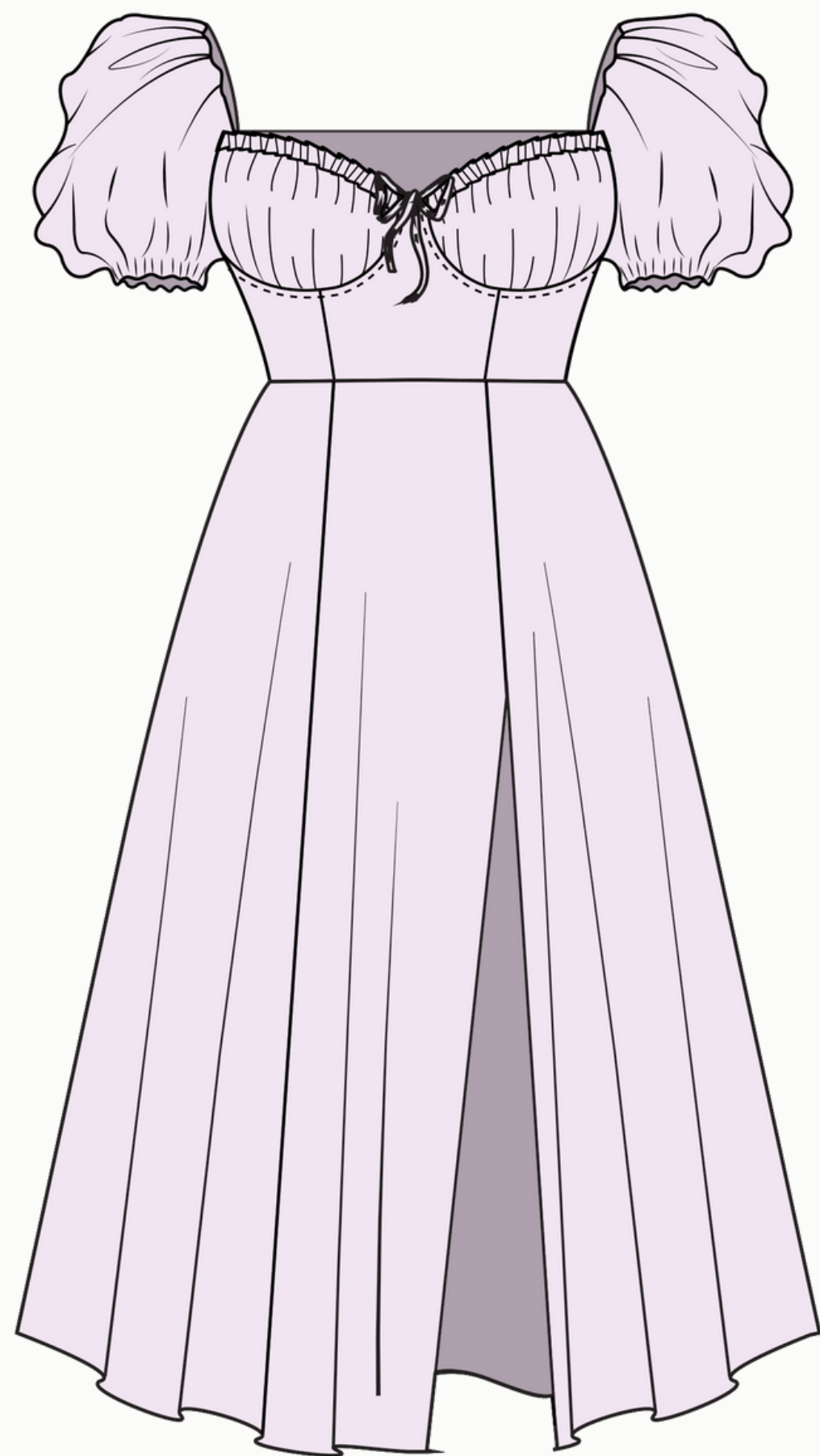


Chikafrik Patterns



Sewing Instruction by Huda



Milkmaid dress

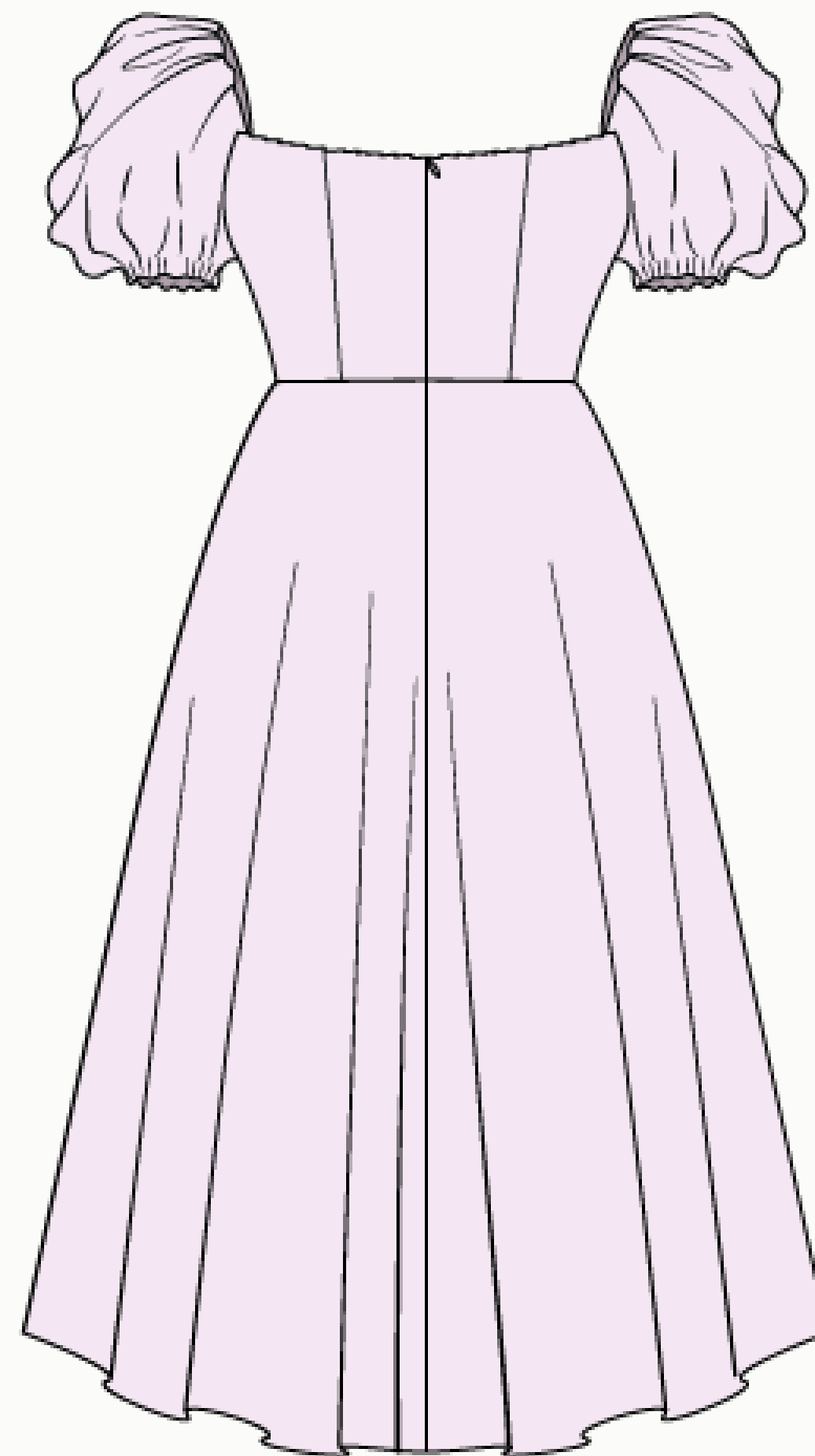
Milkmaid dress includes 4 PDF files:

- **Milkmaid dress pattern printable in A4**
- **Milkmaid dress pattern printable in US letter**
- **Milkmaid dress pattern printable in A0**
- **Book of instructions**

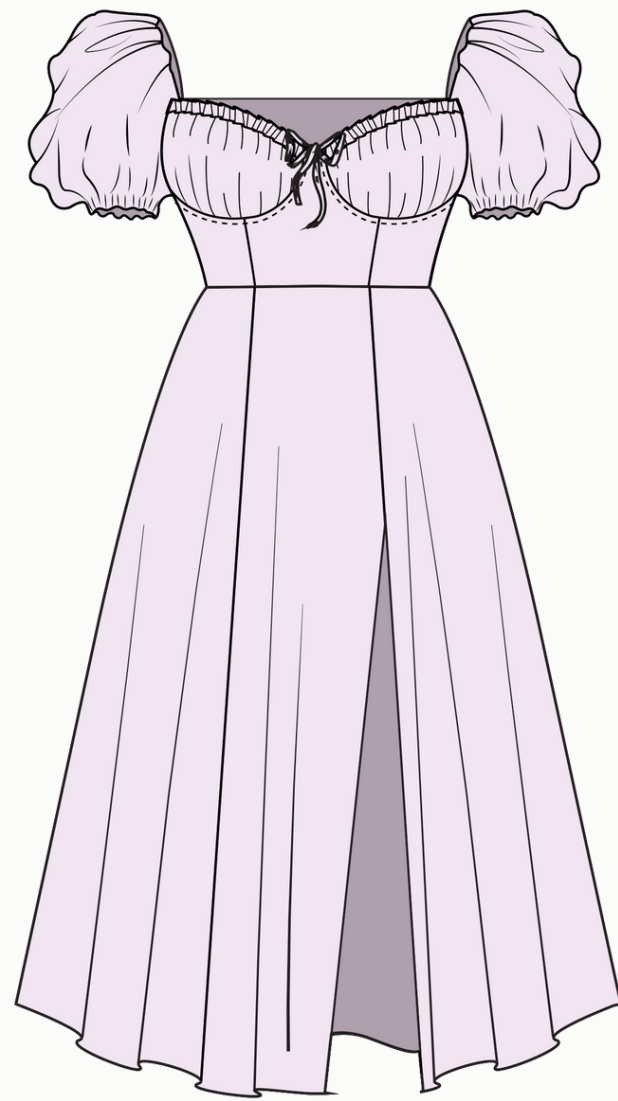
1cm/ 0.4 inch Seam allowances included

Pattern file designed with layers. There is an option to print only your size, a few or all sizes if necessary, choosing them in Adobe Acrobat (keep always legend layer).

Skirt length from waistline : 90 cm ~35.5 inch



Sewing Instruction



[Pick your size](#)

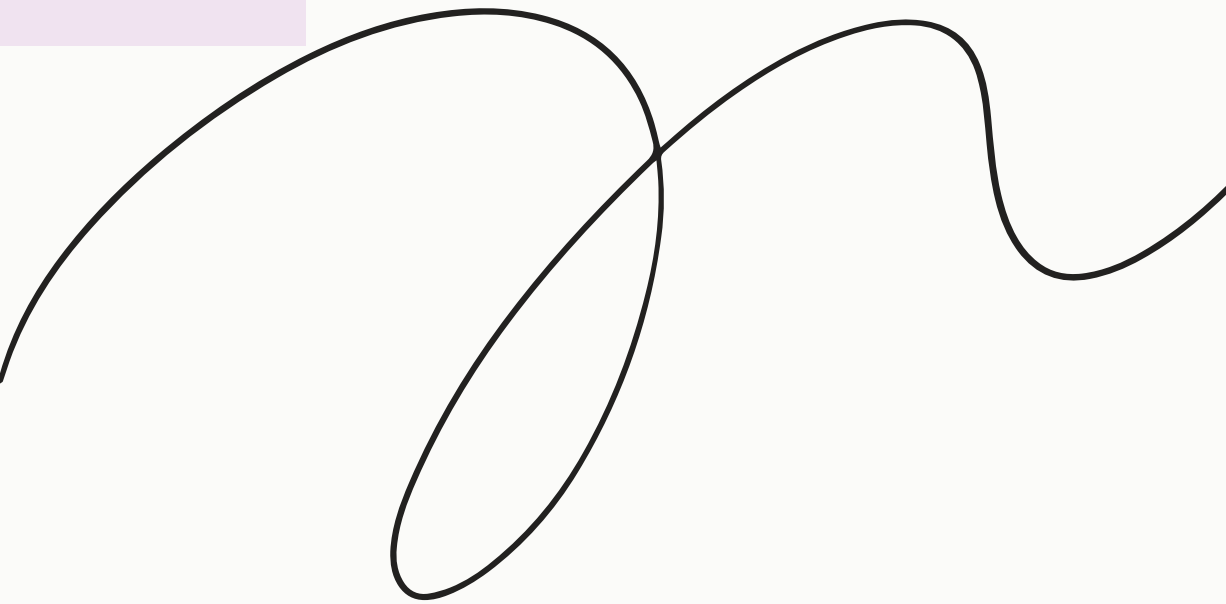
[Materials needed](#)

[Pattern pieces](#)

[Printing](#)

[Assembling](#)

[Step by step instruction](#)

 Chikafrik Patterns



Pick your Size



The pattern includes 7 sizes XXS to XXL: 34 to 46 Europe size, 4 to 16 US size and 6 to 18 UK size
Choose your size using the size chart below:

US Size Europe size UK size	US 4	US 6	US 8	US 10	US 12	US 14	US 16
	Europe 34	Europe 36	Europe 38	Europe 40	Europe 42	Europe 44	Europe 46
	UK 6	UK 8	UK 10	UK 12	UK 14	UK 16	UK 18
Bust	80 cm	84 cm	88cm	92 cm	96 cm	100 cm	104 cm
	31.5 inch	33 inch	34.6 inch	36.2 inch	37.8 inch	39.3 inch	40.9 inch
Waist	64 cm	66 cm	70 cm	74 cm	78 cm	82 cm	86 cm
	25.2 inch	26 inch	27.5 inch	29.1 inch	30.7 inch	32.3 inch	33.8 inch
Hip	88 cm	90 cm	94 cm	98 cm	102 cm	106 cm	110 cm
	34.6 inch	35.4 inch	37 inch	38.5 inch	40.1 inch	41.7 inch	43.3 inch



Materials:

Which fabric you should use for this pattern?



I used a cotton Woven Fabric; you can use Linen, Satin, Cotton Poplin...

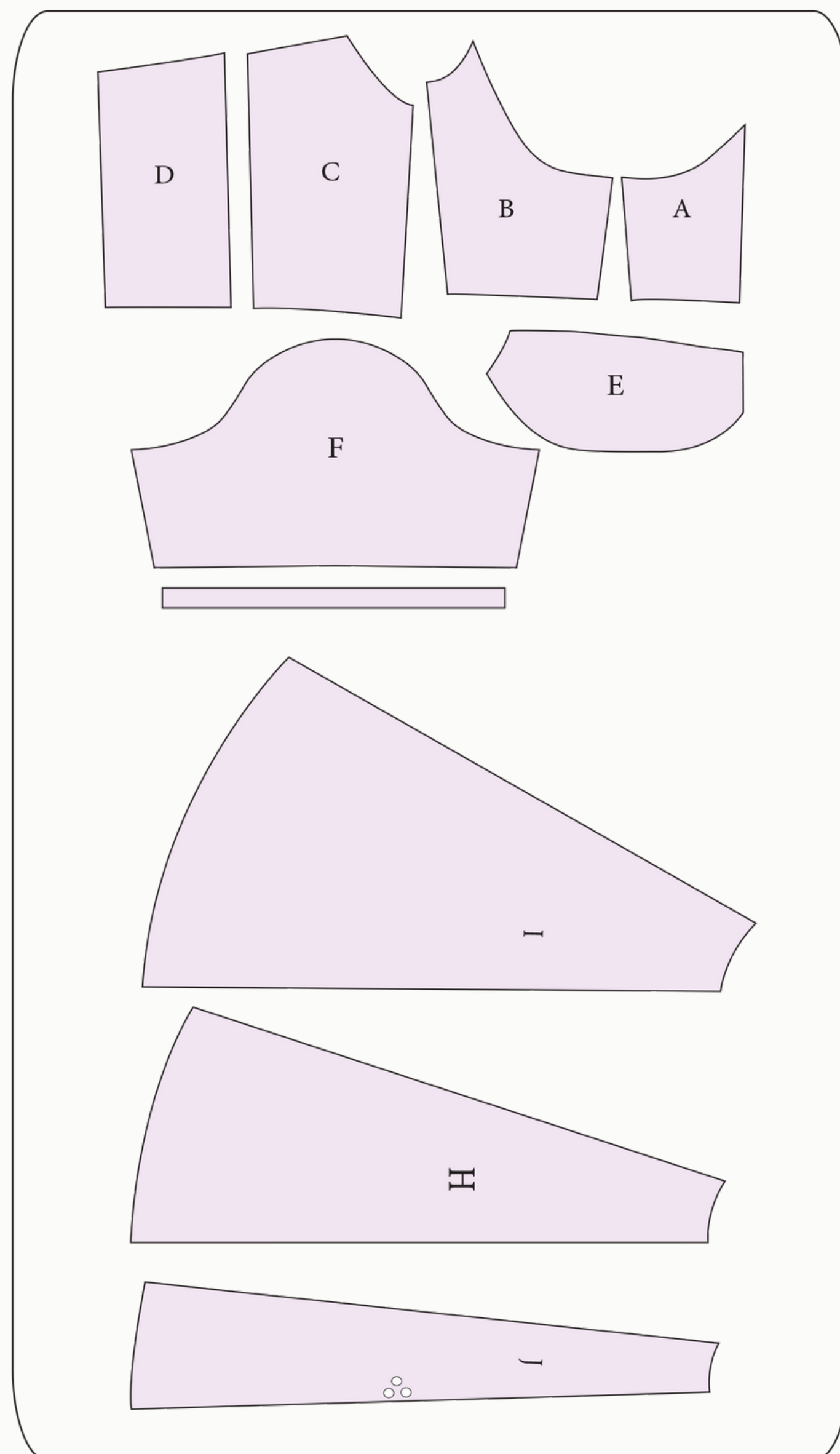
What will you need to make this Dress?

- Fabric 3.5 m ~ 3.82 yards of fabric (1.6m wide~1.75 yard)
- Invisible Zipper: 50 cm
- Elastic: Elastic for sleeve: 0,84m - 1,36m elastic (depending on your size, you can either measure the elastic length you need or use the below recommendation

Europe Size	Elastic for upper part of sleeve	Elastic for bottom part of sleeve
34	35 cm	23 cm
36	36 cm	24 cm
38	37 cm	25 cm
40	38 cm	26 cm
42	39 cm	27 cm
44	40 cm	28 cm
46	41 cm	29 cm



Pattern Pieces:



Pattern pieces:

A – Front center of top, cut on folded fabric

B- Front side of top, cut 2

C- Back side of top cut 2

D-Back center of top, cut 2

E- Bra cup, cut 2

F- Sleeve, cut 2

J- Front Center skirt, cut on folded fabric

H- Back skirt, cut 2 if you are using A4 pattern file and cut 2 on folded fabric if you are using the A0 patter file

I- Front side skirt, cut 2

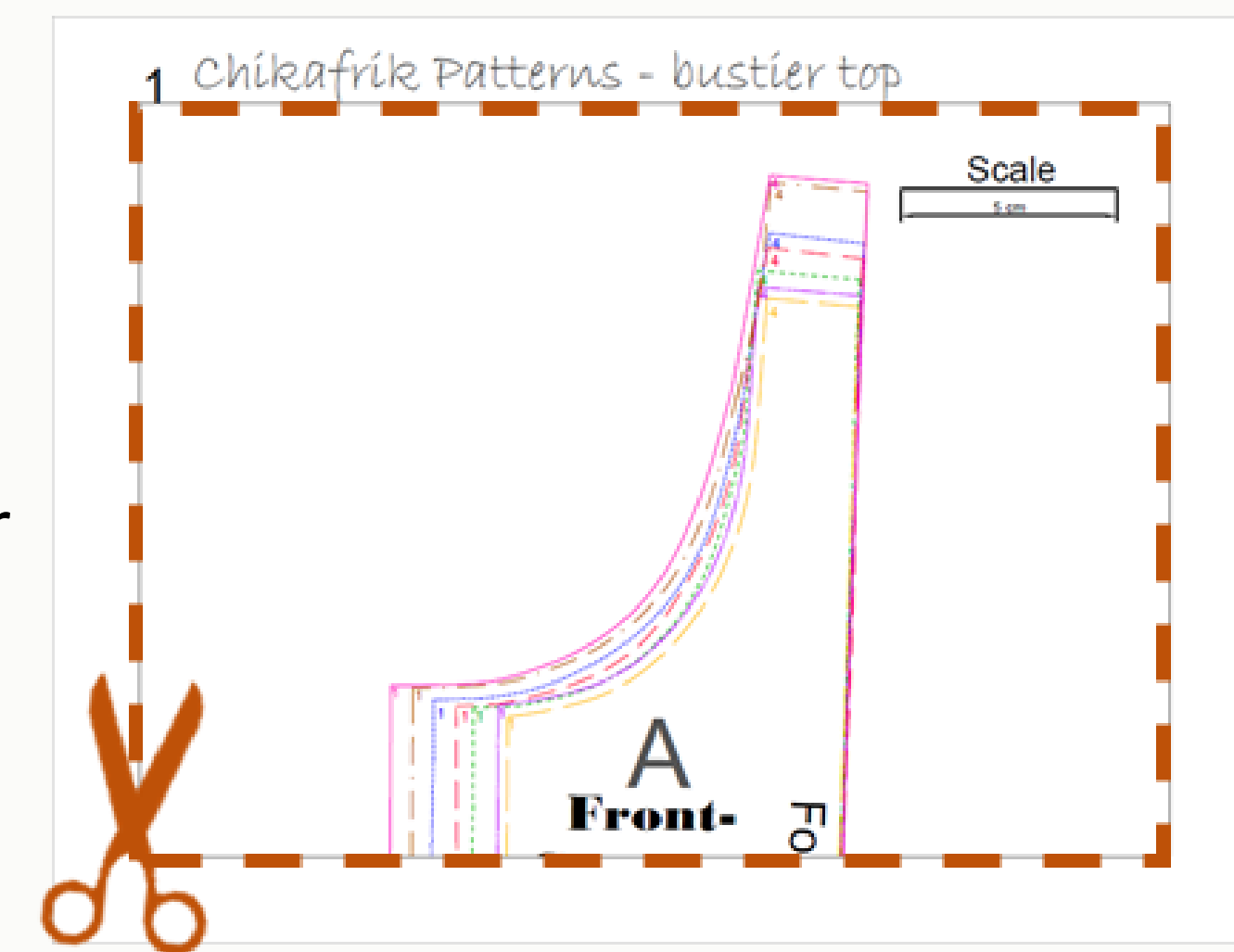
Bra Ties: Cut 2 rectangular pieces 3cm~1.2 inch wide and 50 cm 19.5 inch long

Chikafrik Patterns

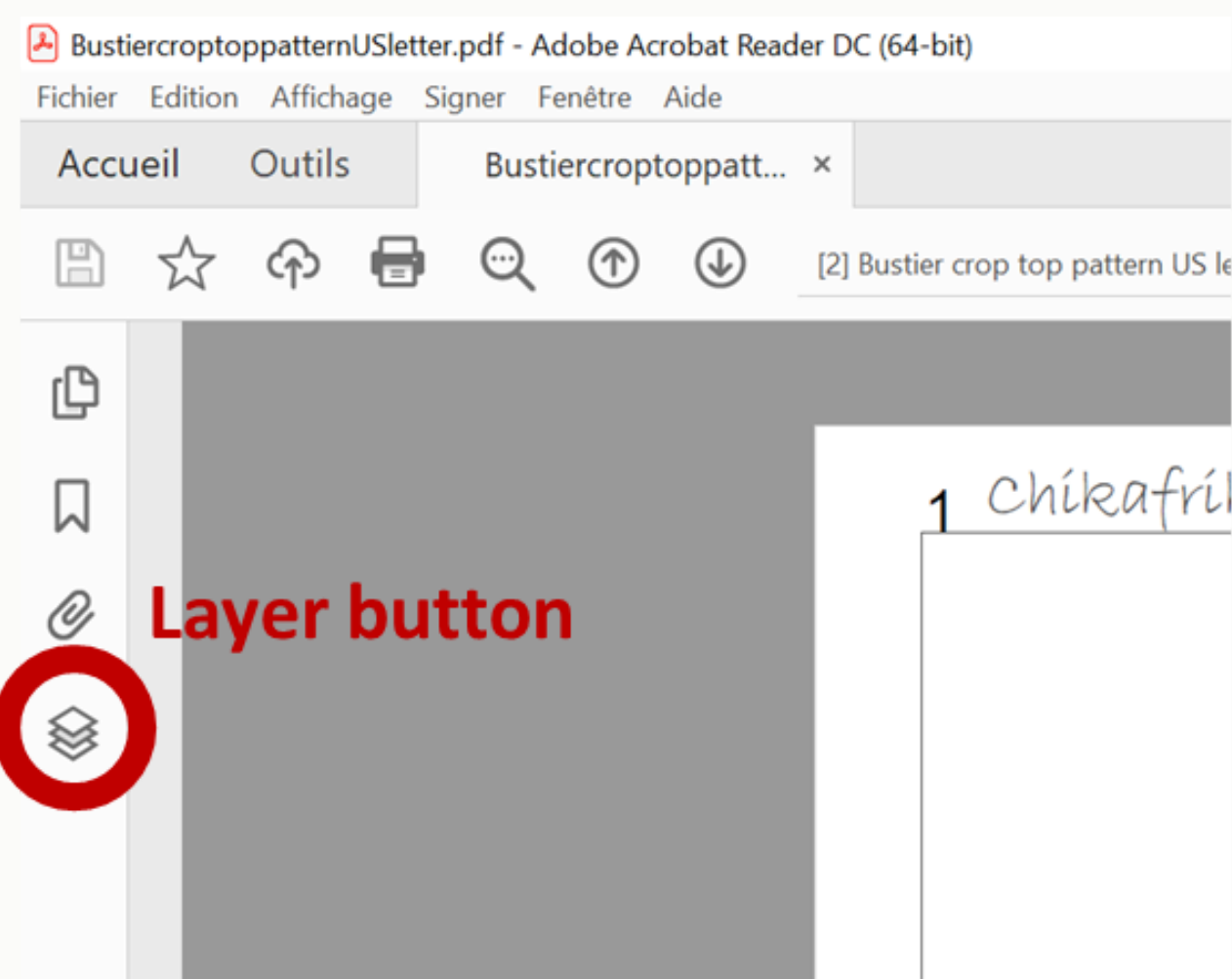


Printing

- All of the ChikafrikPatterns have a border setting so you can print our patterns on any printer, cut out the outlines (see scheme to your right) and tape them together
- Pattern is in real size just make sure to set printer at 100% scale or real size when printing.
- You have 3 printing options available:
- A4 size, Letter Size & A0 size. You can print our patterns at home if you have a printer or send them to the online/ local printing shop.
- Ensure you print at actual size (100%scale).
- Verify that the print out size is correct by measuring the 5-centimeter scale on the pattern “using a ruler”
- Align all pages and tape them together using clear tape and cut out your size.



Layer feature to print just sizes you want! Save ink! Save time!



Layers in a pattern are a way to pick and choose which size you want to print. Each size on a different layer in the pdf file, and you can then choose which layers to show and which to hide. Then, when you go to print your pattern, only the visible layers are printed. In other words - if you're going to make size 42 (or any other size), you can choose to print only that size. No more trying to find which line is the right one for your size!

Layers work on Adobe Reader (otherwise

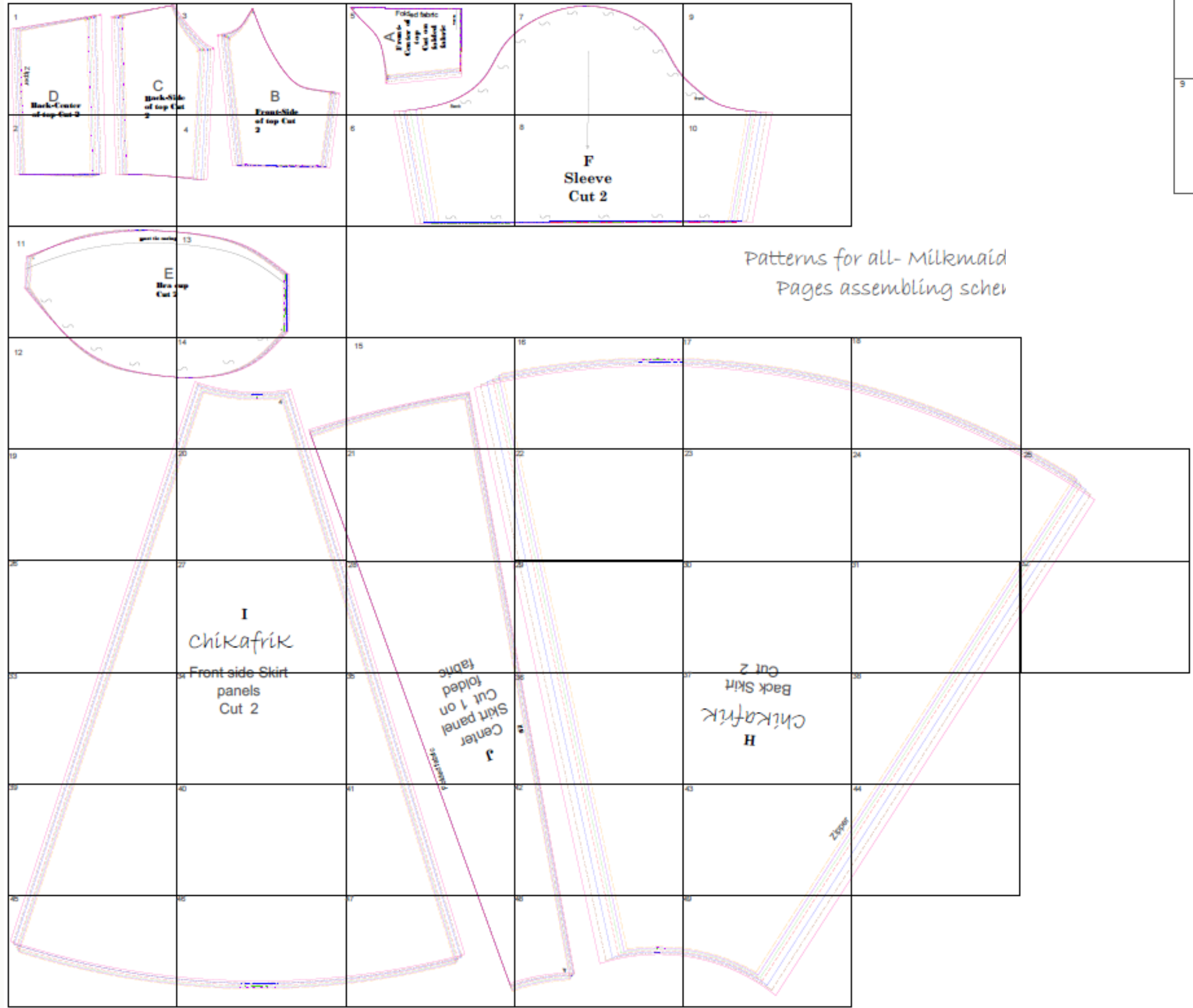
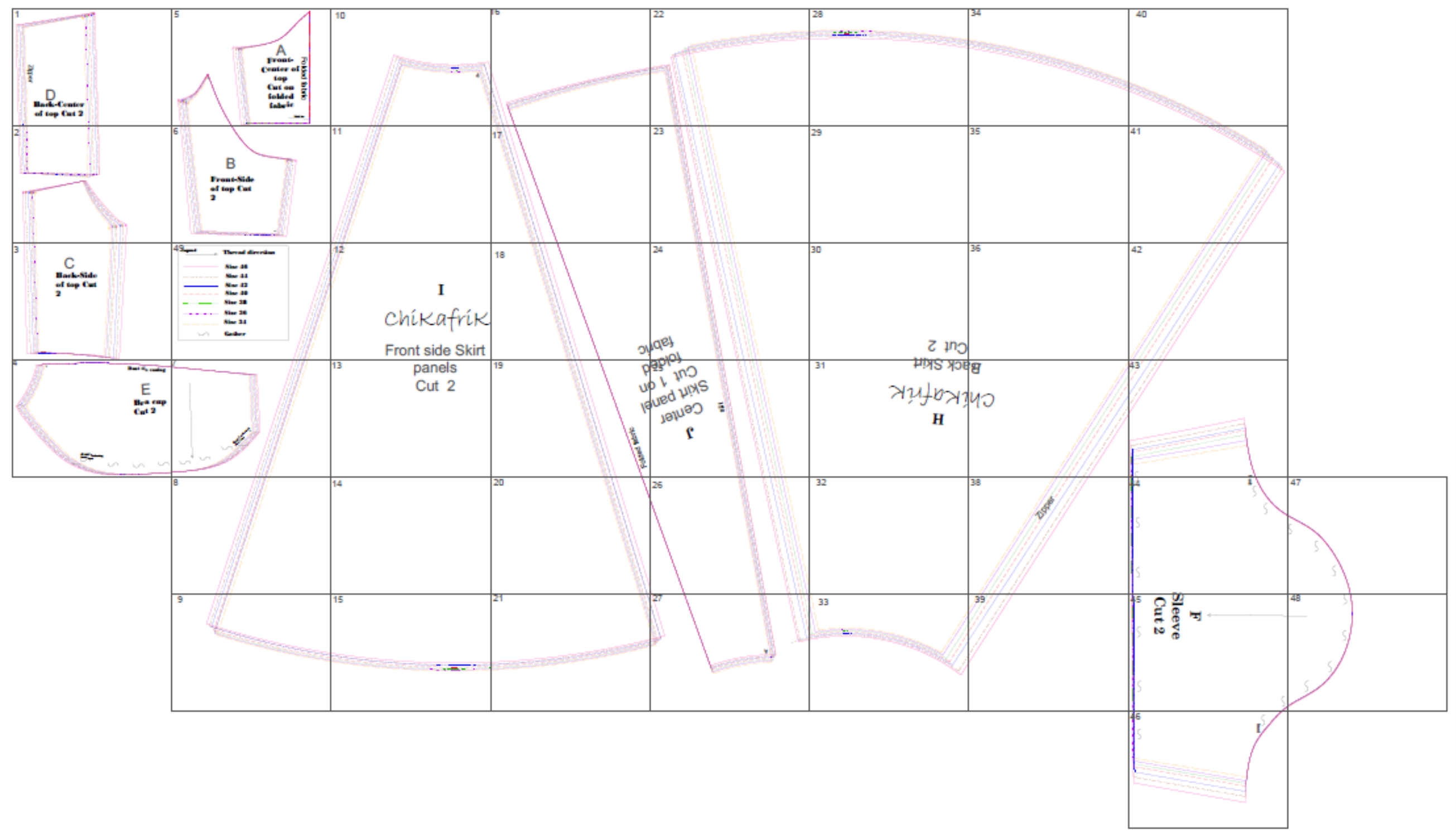
Chikafrik Patterns



Assembling

In US letter pattern file you will have 49 pages to assemble. Assemble 49 US letter printed pages using number of pages and this scheme, it will make assembling easier for you

You will have 51 pages for the A4 pattern and 3 pages for the A0 pattern.
Assemble A4 printed pages using the number of pages and scheme below, it will make assembling easier for you



Patterns for all- Milkmaid
Pages assembling sche

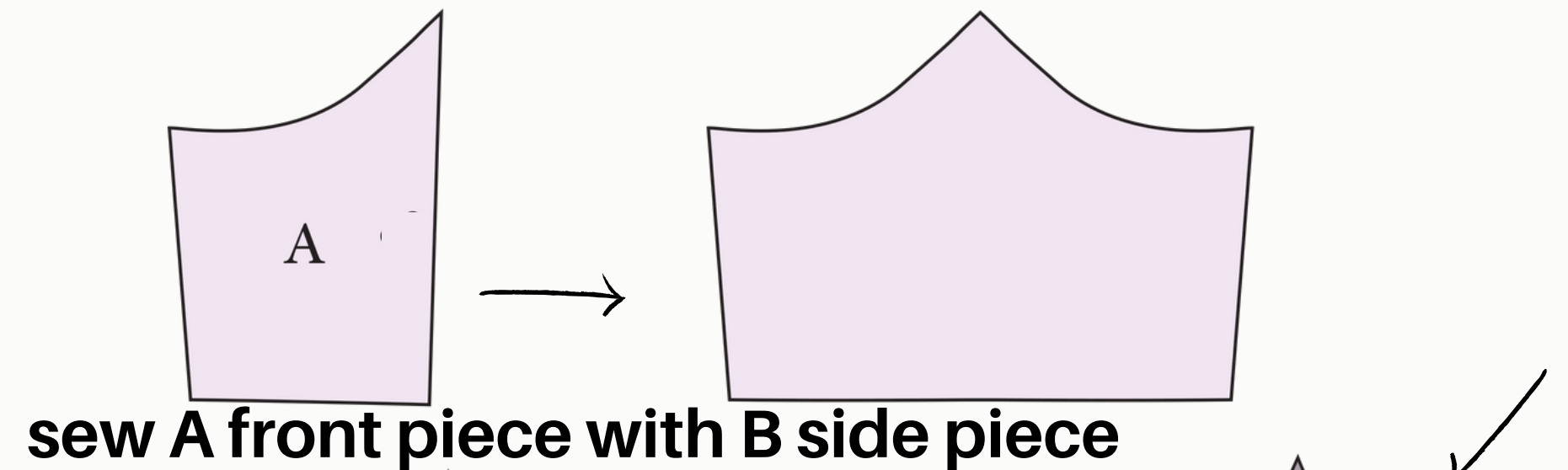
1 Overlocking pieces

Start by overlocking all your pattern pieces if you don't have an overlocker don't worry just do a zigzag stitch to all the edges of your pattern pieces that will help the fabric from fraying.

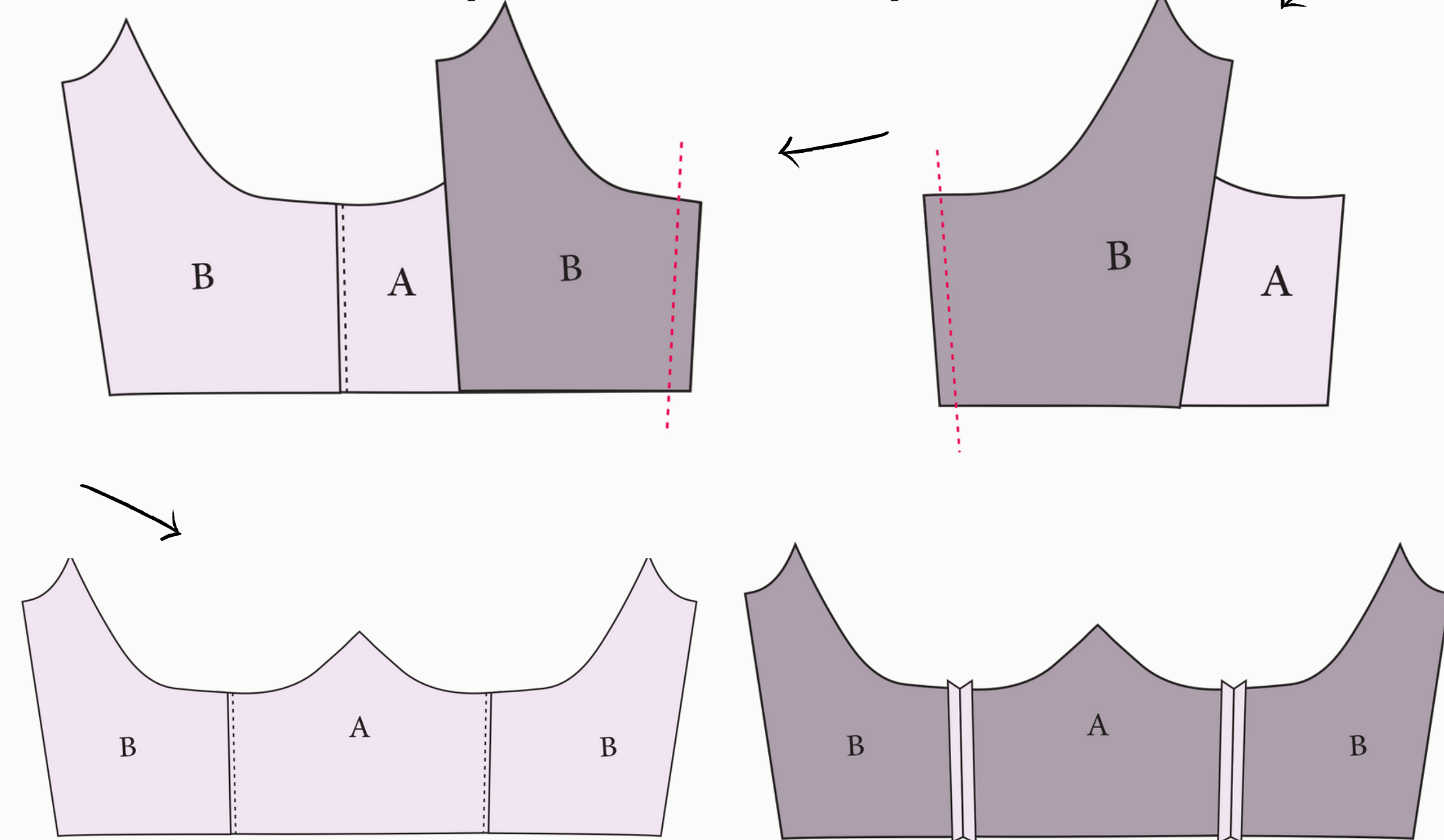


2 Sew front panels together

In total you have 7 pieces, 3 front and 4 in the back and you just need to stitch those pieces together. Place bodice pieces right side fabric facing each other and stitch then top stitch closely to seam. Leave the middle back seam open to place zipper later.

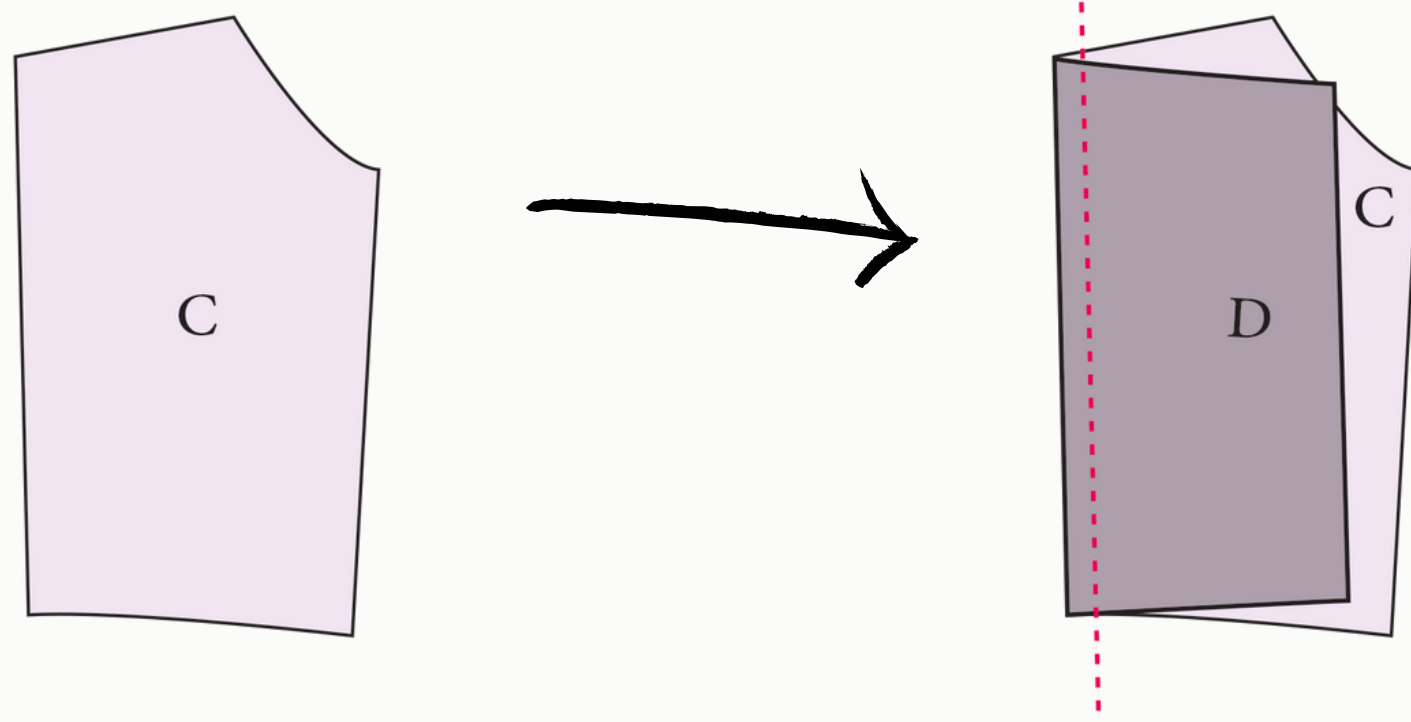


sew A front piece with B side piece



3 sew back panels together

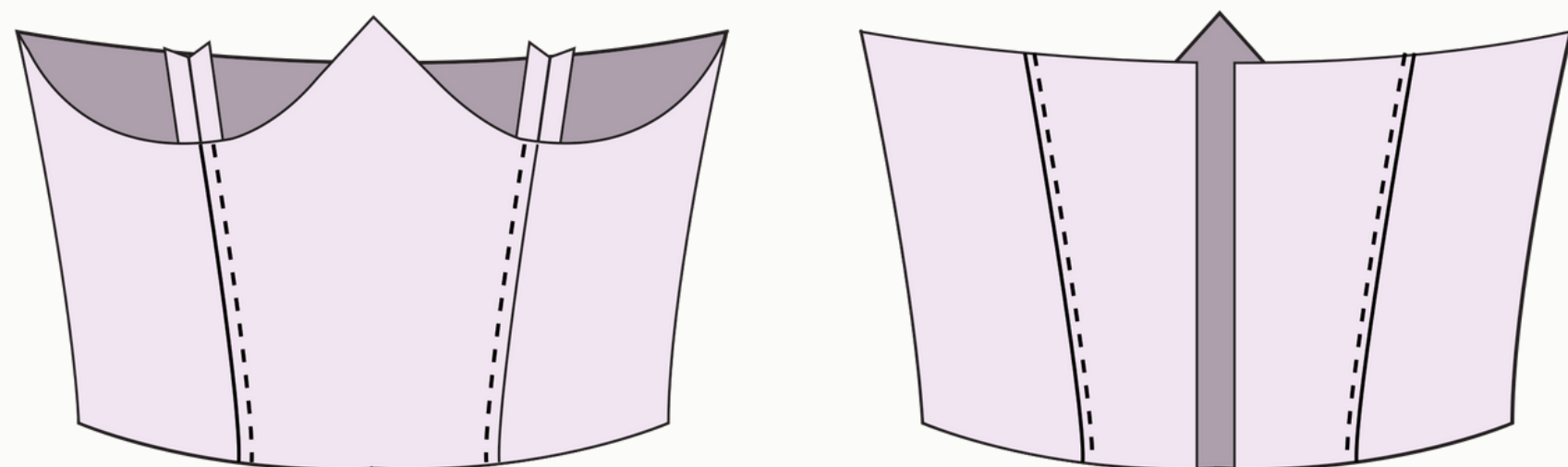
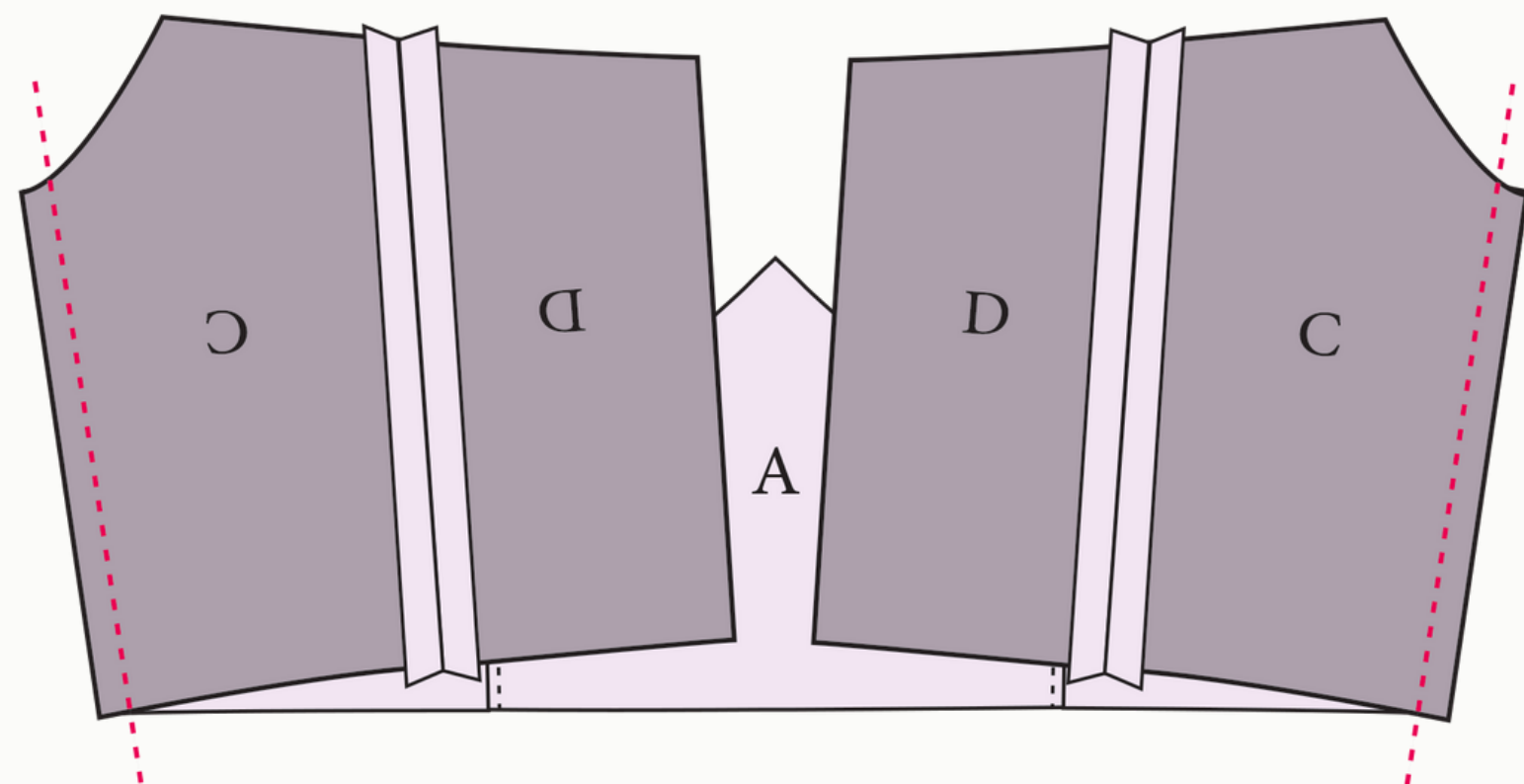
sew C back side piece with D middle back piece, place pieces together with right side fabric facing each other and sew the side seams and topstitch from the right side



4

Sew front panels with back panels

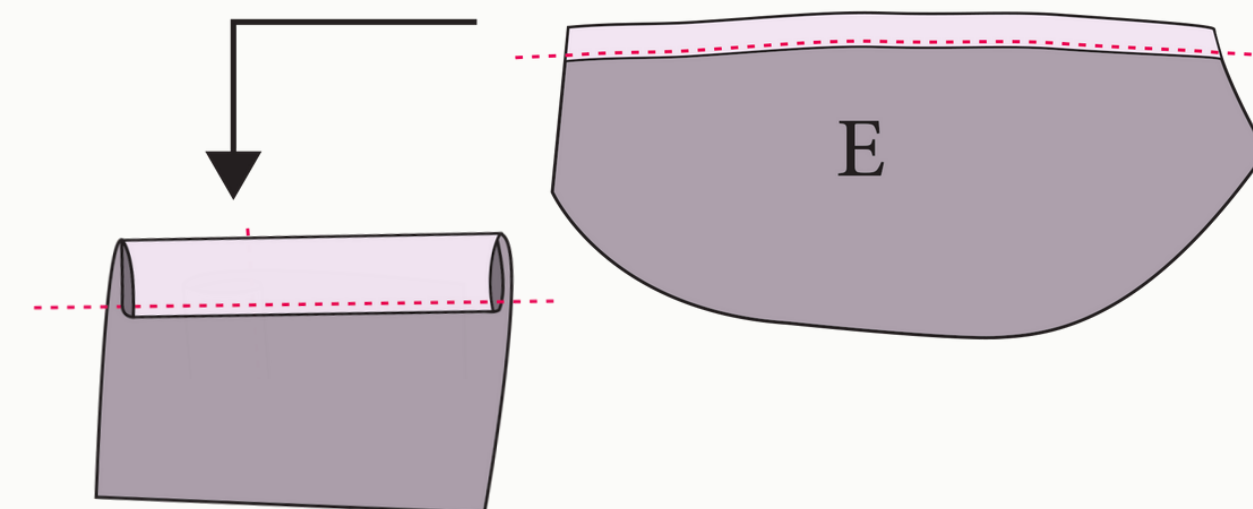
place back pieces of bodice to the front bodice with right side fabric facing each other and sew the sides together and topstitch at front fabric near to the seam



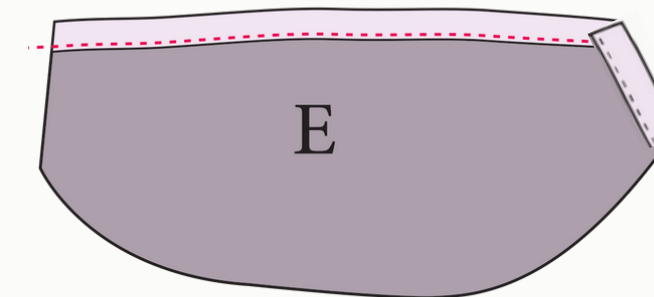
5

Prepare bra cups

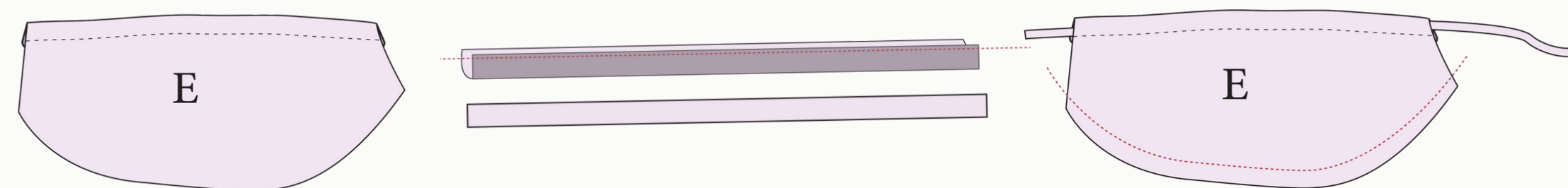
For the upper side make a 1cm tunnel leaving both sides open to insert the ties later on. So to make the tunnel just make a fold of 1cm~ 0.4 inch towards the inside and stitch along the tunnel edge



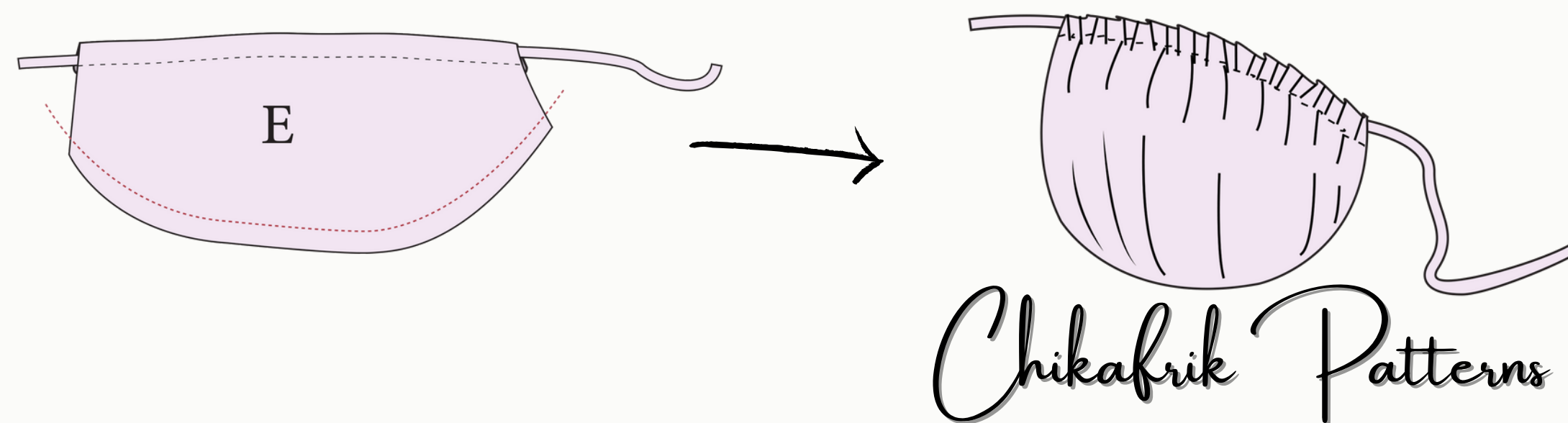
next fold the seam allowance of center bra and stitch



take your tie bra piece, fold the tie on the width with right side fabric matching each other and sew all along the length and turn it inside out. Next insert the ties into bra tunnel

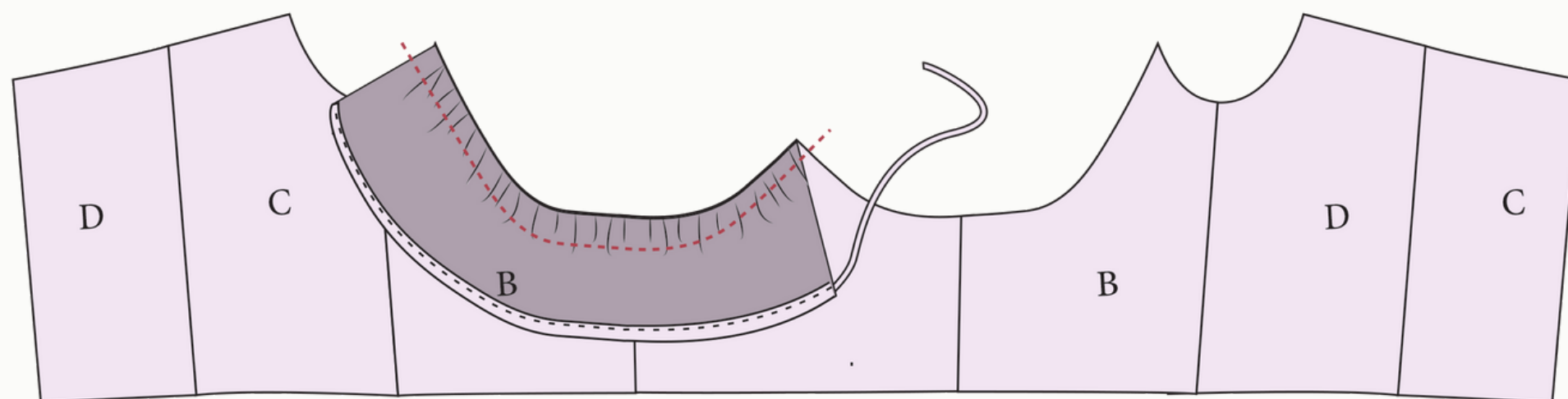
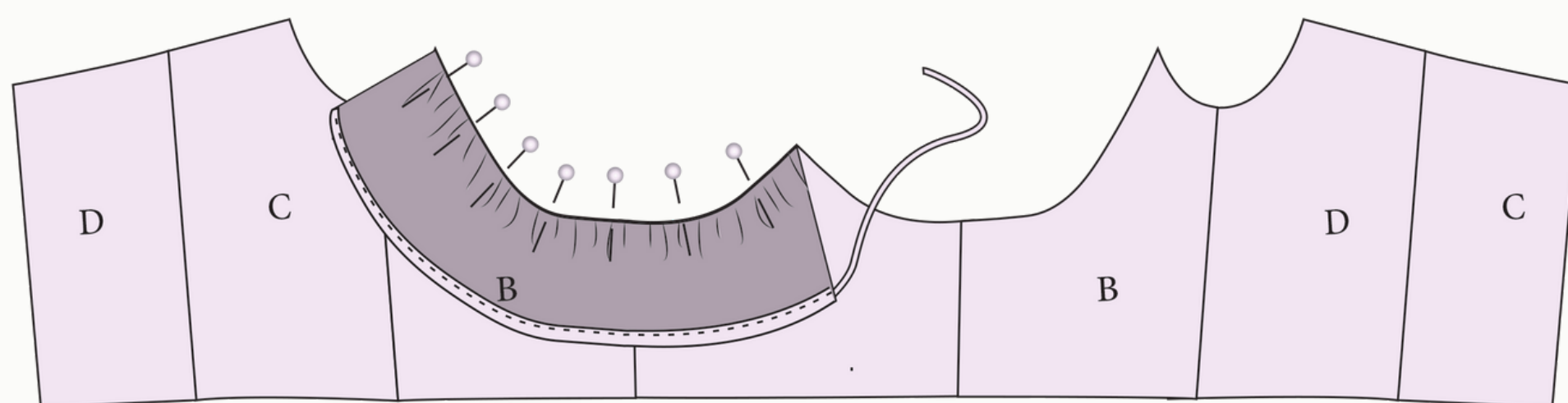
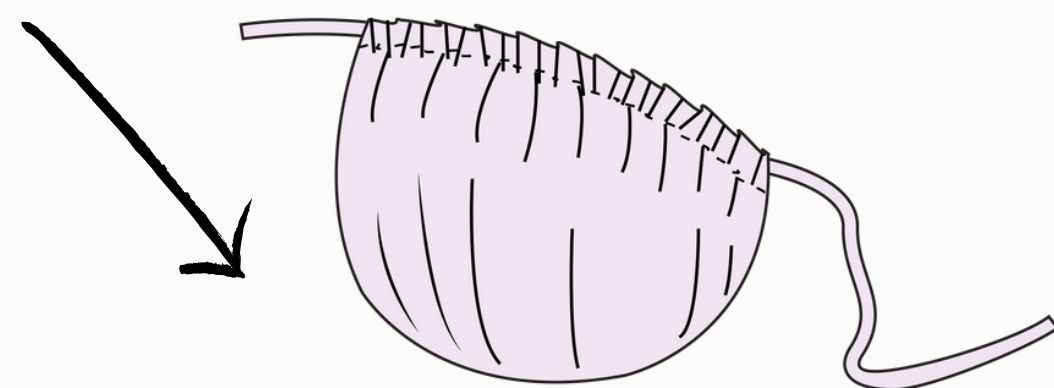


gather bra pieces lower edge until it fits the top bust curve

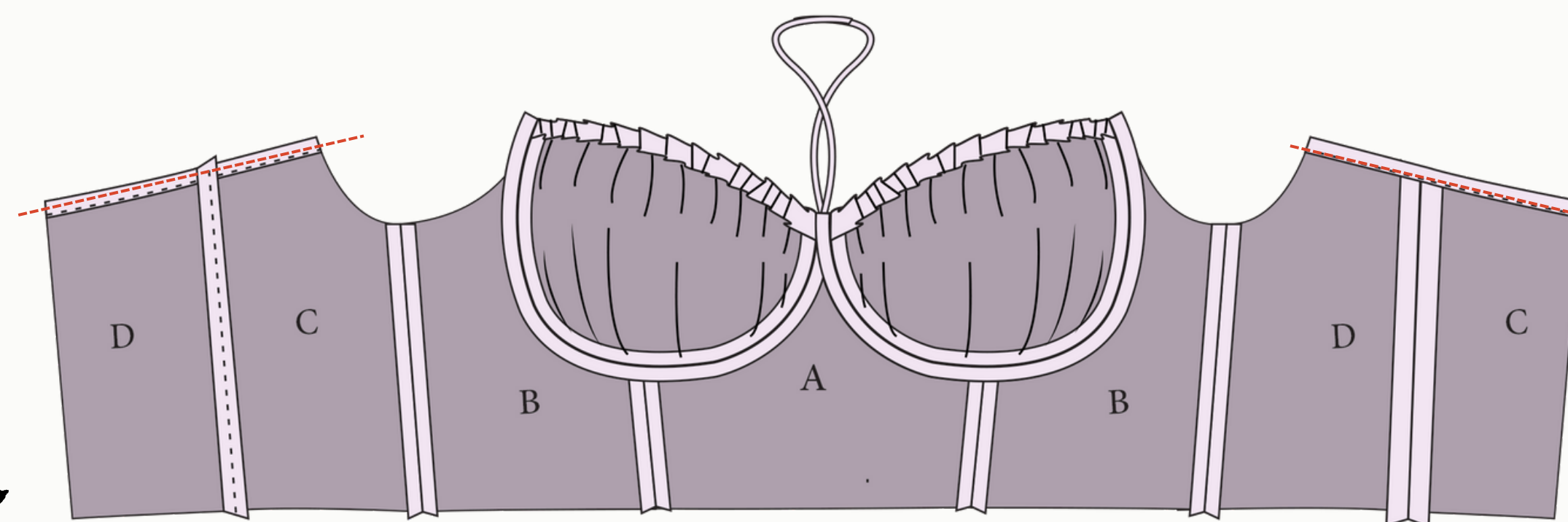


Chikafrik Patterns

Next, pin your cup pieces to the bodice, place the lower edge of the bra into the top with the right side fabric facing each other then sew them together and topstitch next to the seam.



Sew the top edge of back bodice seam, make a 1cm ~0.4 inch fold to the inside and stitch along the edge.



6 Prepare Sleeves



bottom part of sleeve

Option 1
no ruffle at
the bottom



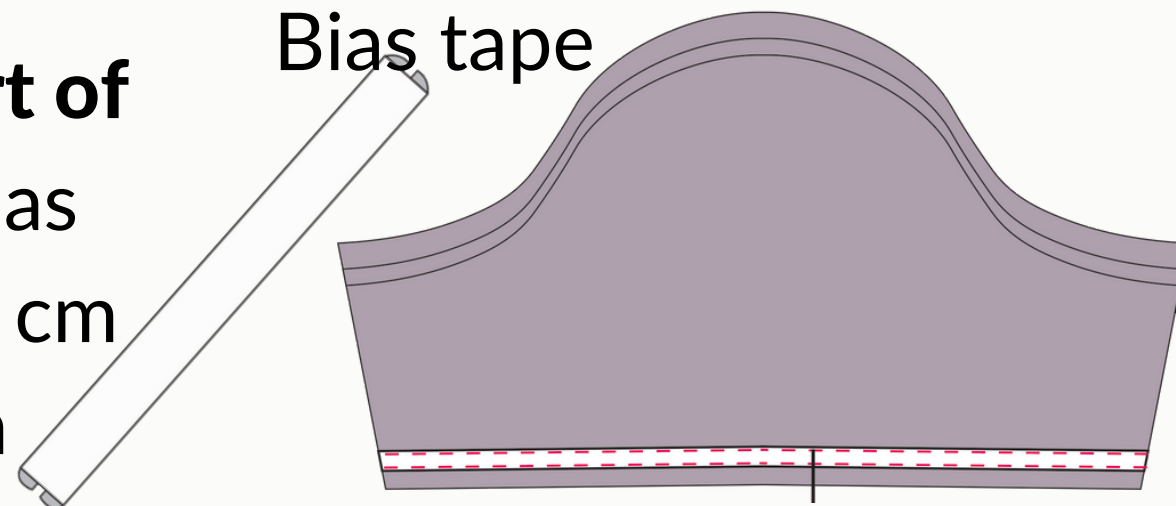
With right side down fold 1cm up the hem of your sleeve to create a tunnel for the elastic at the hem, leaving the sides open for the elastic to go in. Cut a piece of flat elastic to your size (measurements of elastic on first page or measure elastic to size of your bicep) and pull it through the tunnel you created, and pin the elastic ending in place

Option 2
ruffle at the
bottom

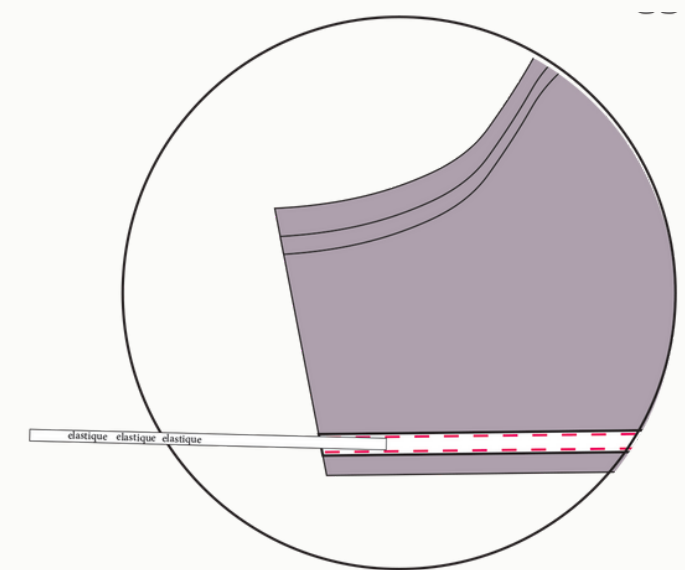


For the bottom part of the sleeve , use bias tape and pin it at 7 cm from sleeve hem

Bias tape

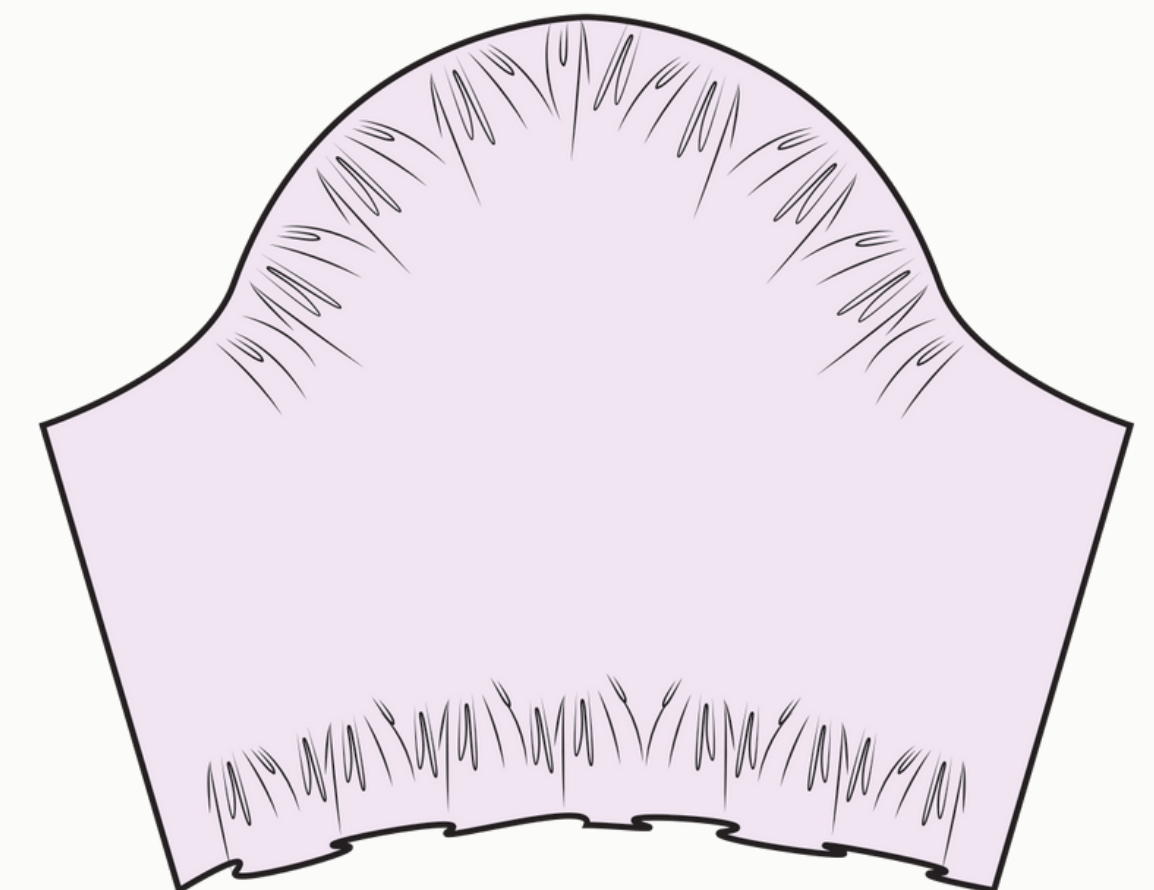


sew the elastic to bias tape .



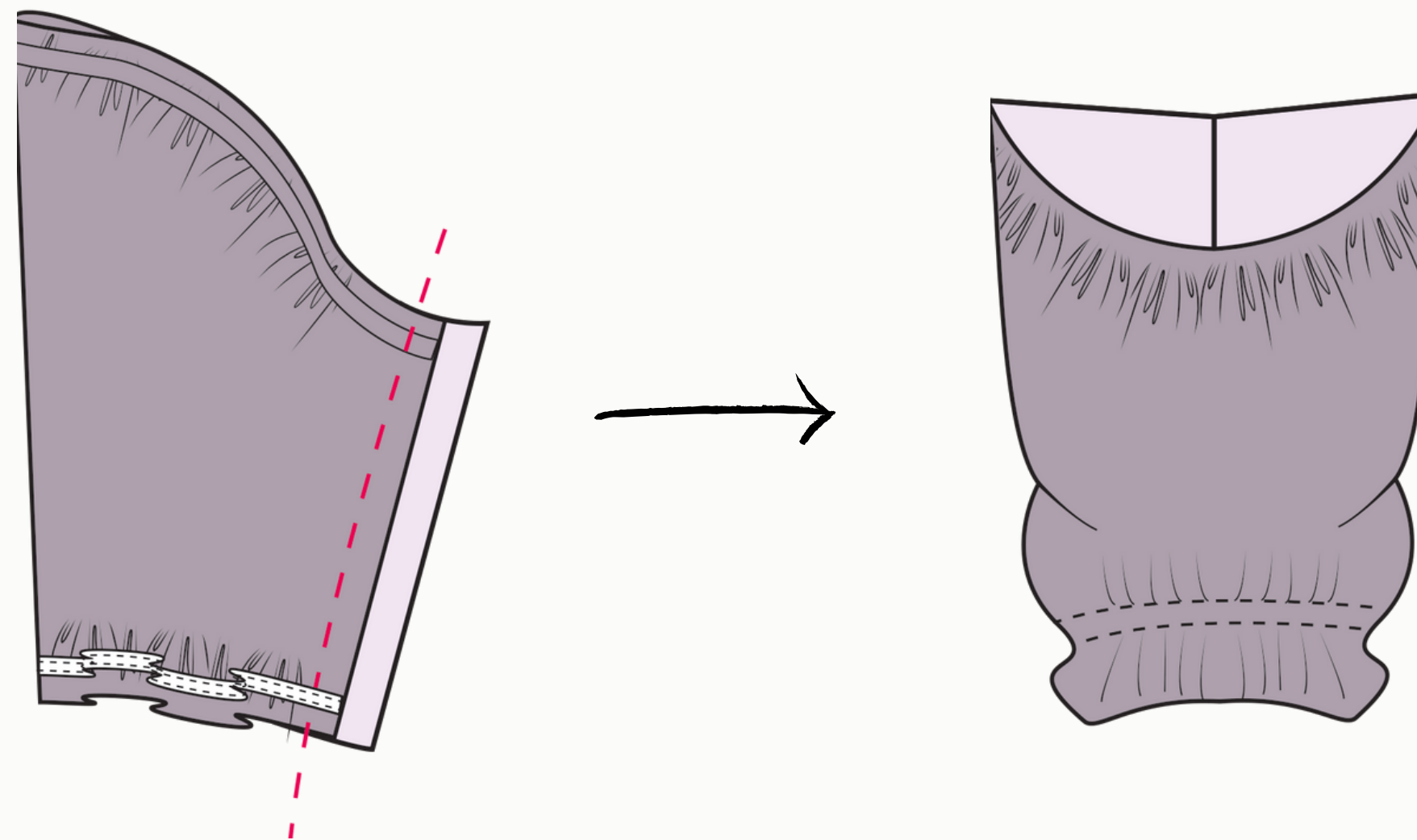
upper part of sleeve

For the upper part of the sleeve: Make a 1cm fold to form a tunnel to insert elastic. Pin the fold in place and sew near the edge of the seam to leave enough space to insert elastic. Cut a piece of flat elastic to fit your size and pull it through the tunnel you created, using a safety pin. Put some stitches in the beginning and the end of the tunnel to secure the elastic in place.

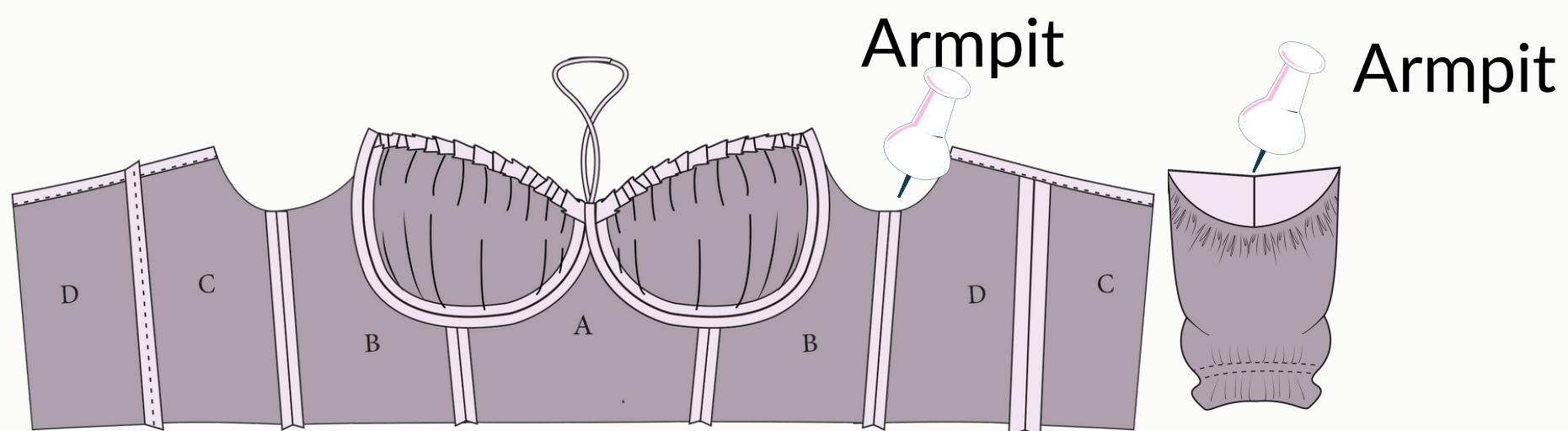


6 Prepare Sleeves

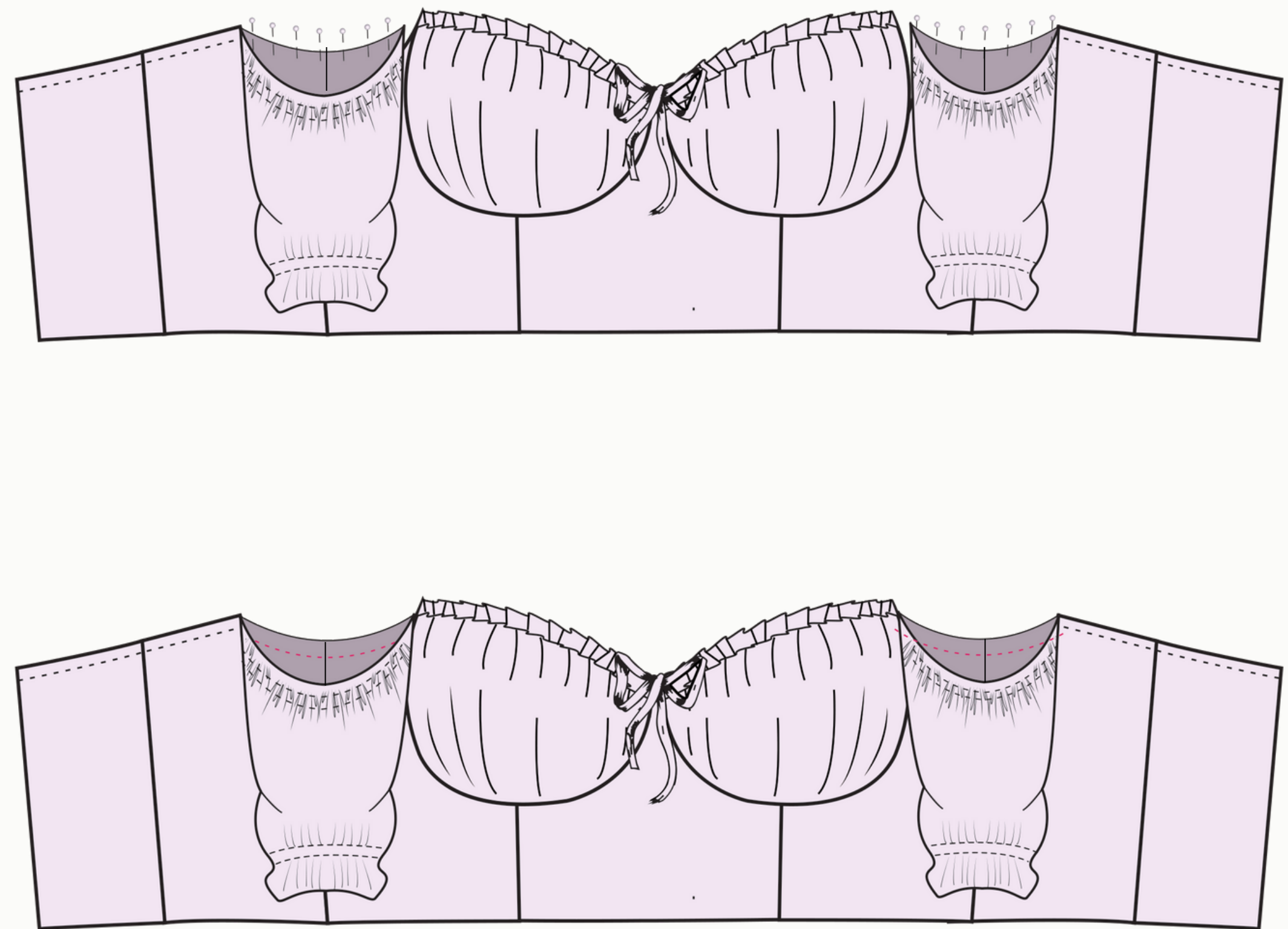
Next, bring the sleeve side seam together and
sew along the side seam
with right side fabric facing each other and
sew along the seam



Pin your sleeves to the bodice by matching the
armpit of sleeve to armpit of bodice



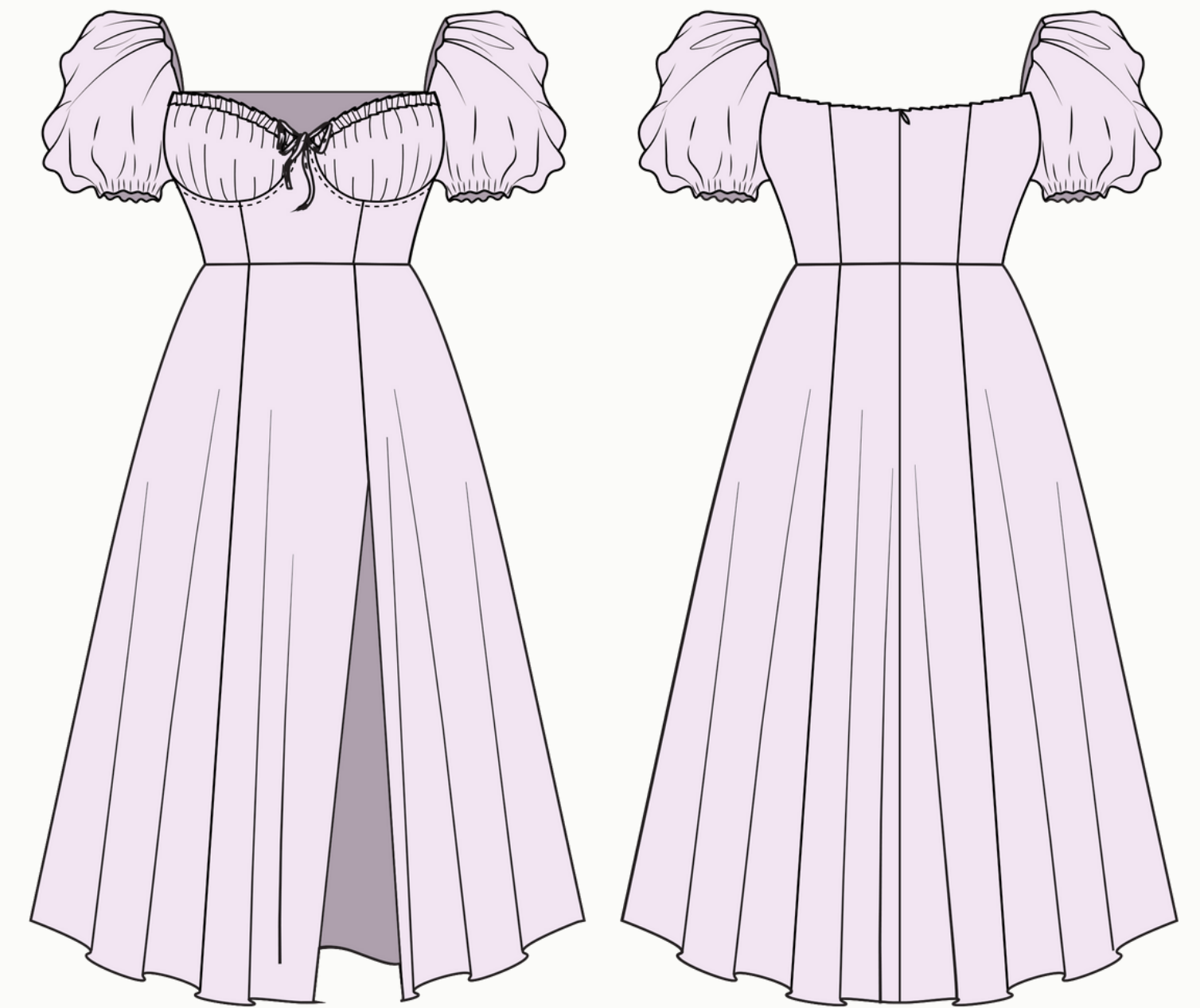
sew along the armholes



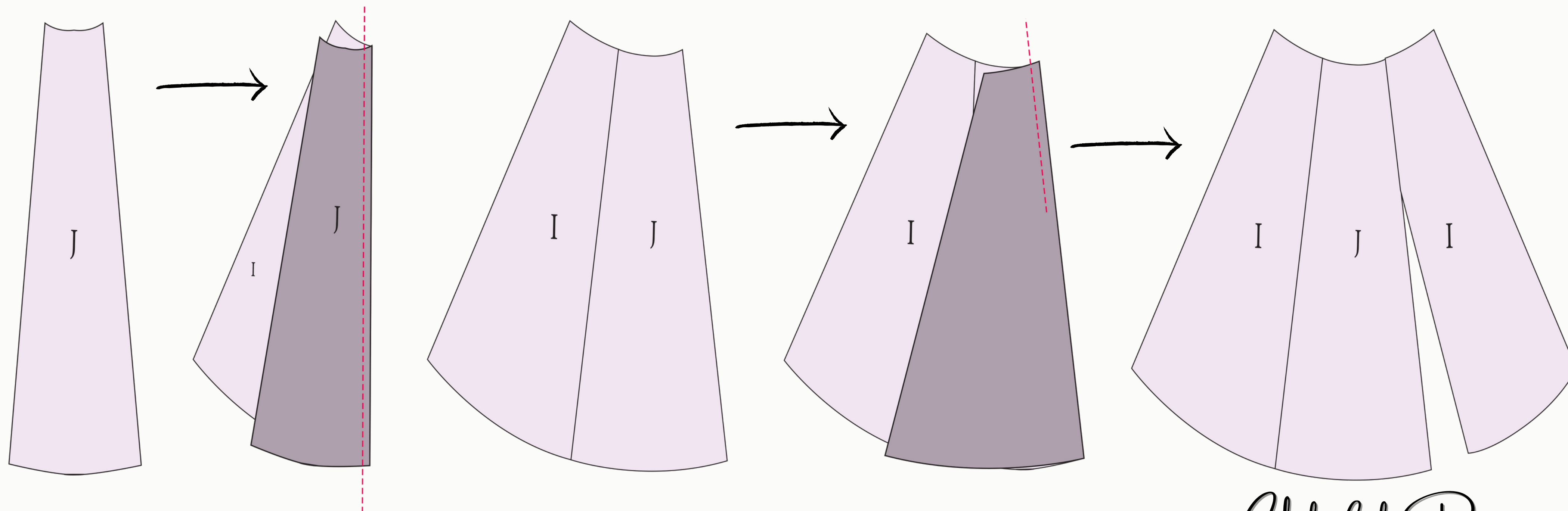
7 Prepare Skirt pieces



In total you have 5 panels for skirt, 3 front and 2 in the back.
Sew the front panels of skirt together place them right side facing each other and sew along the side seam. Since skirt has a left slit make sure to leave that gap open between side left panel and center panel.
Sew the front skirt to back panels and leave back center opened to sew a zipper..



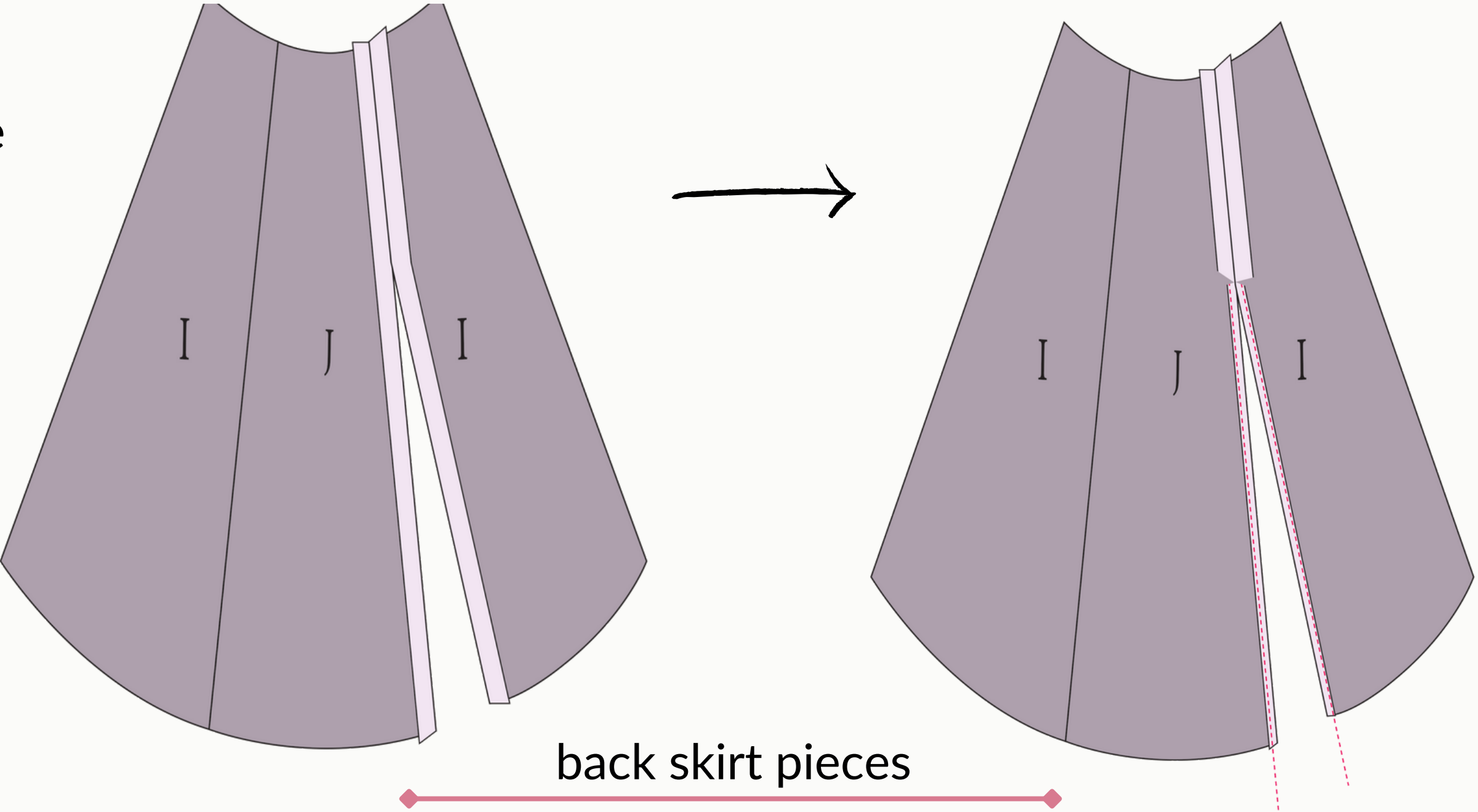
front skirt pieces



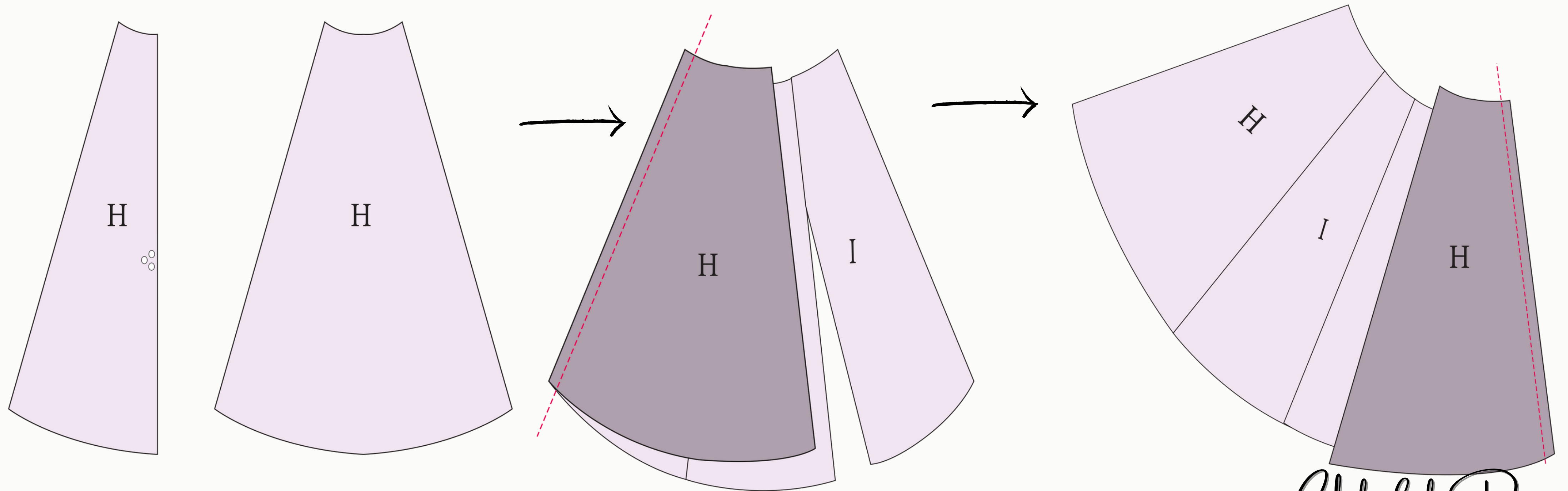
7 Prepare Skirt pieces



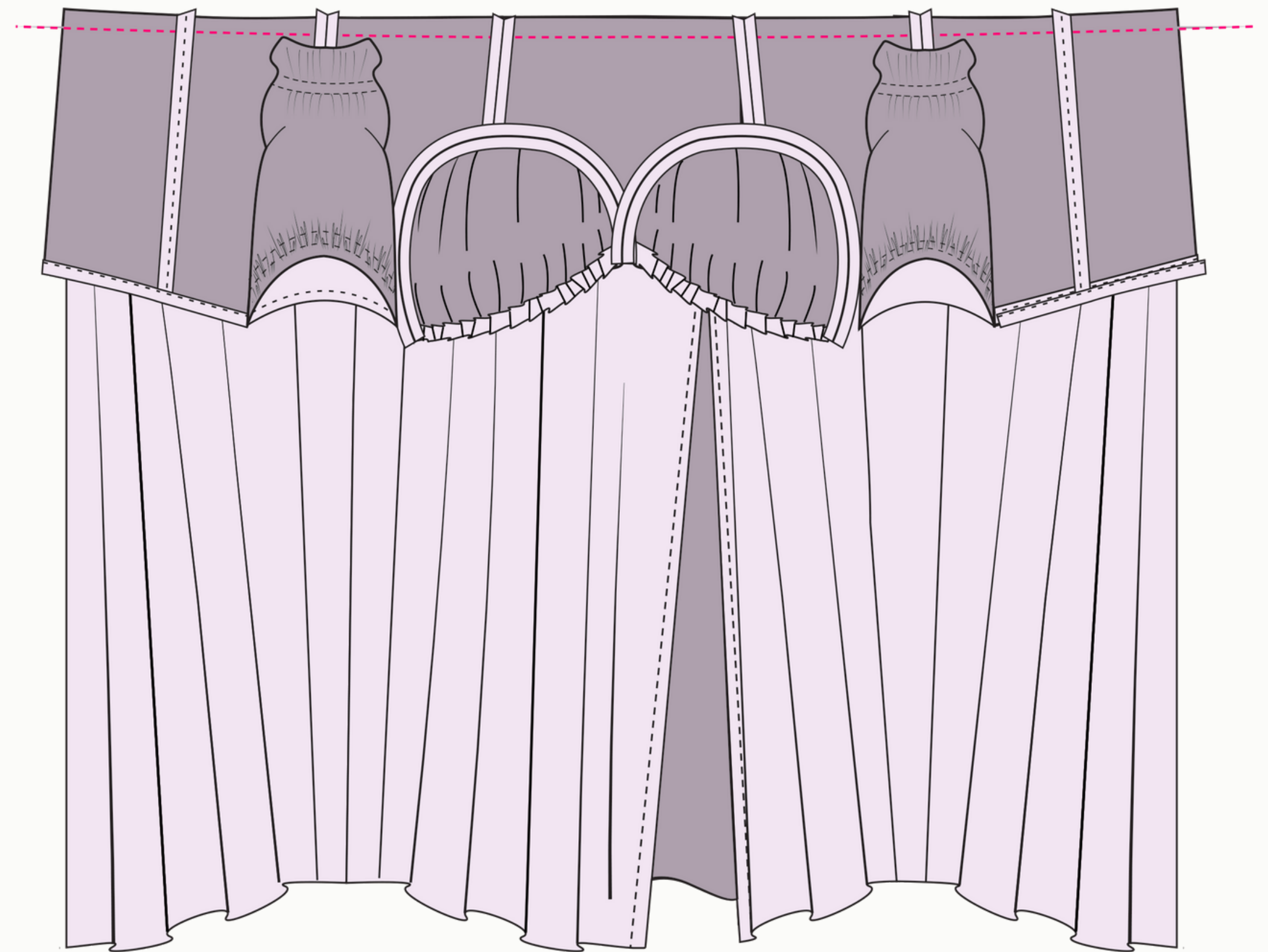
To finish the front slit; make a double fold (fold half the seam allowance and fold it again to have a nice finish slit from inside) then sew along all slit from the inside



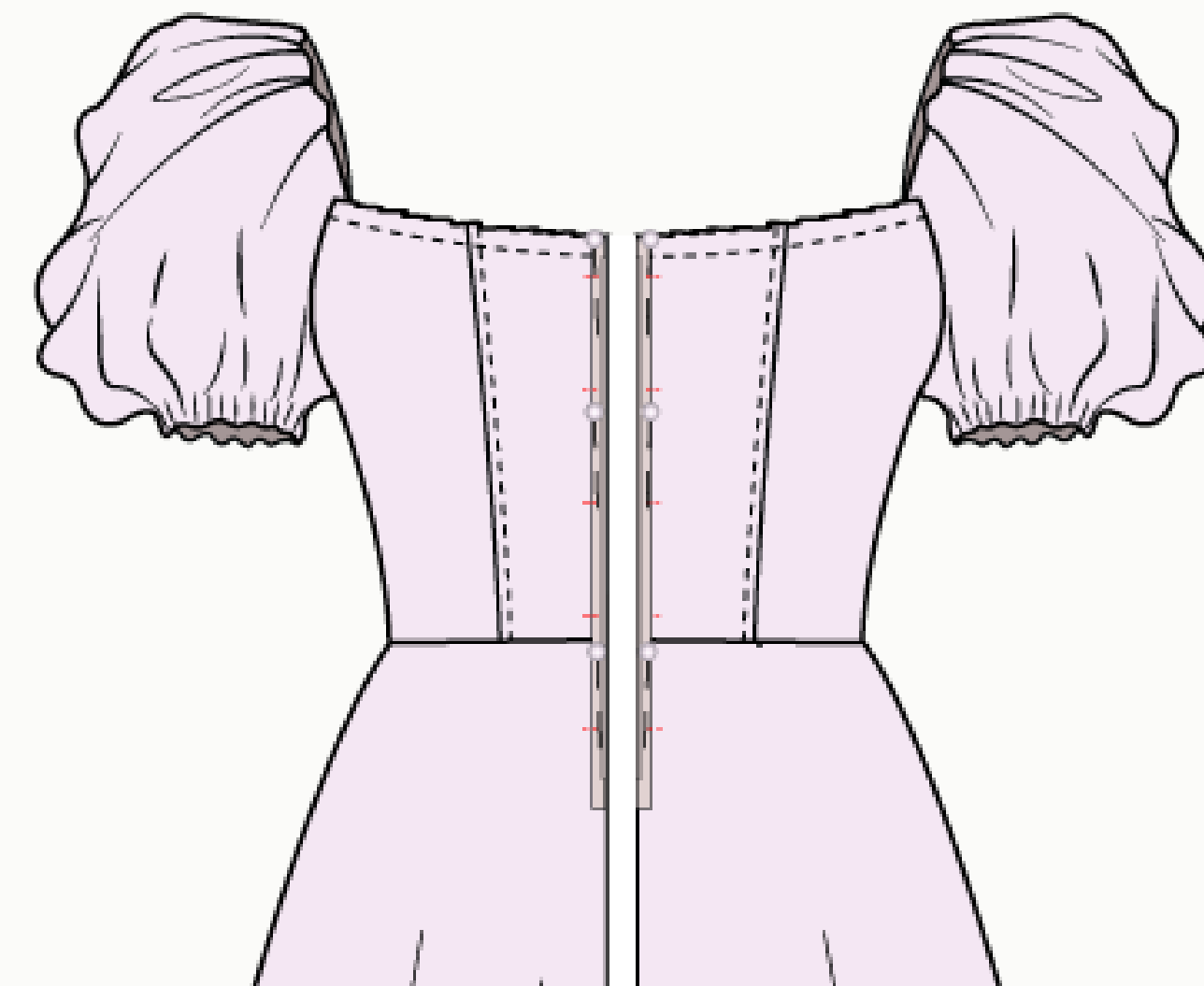
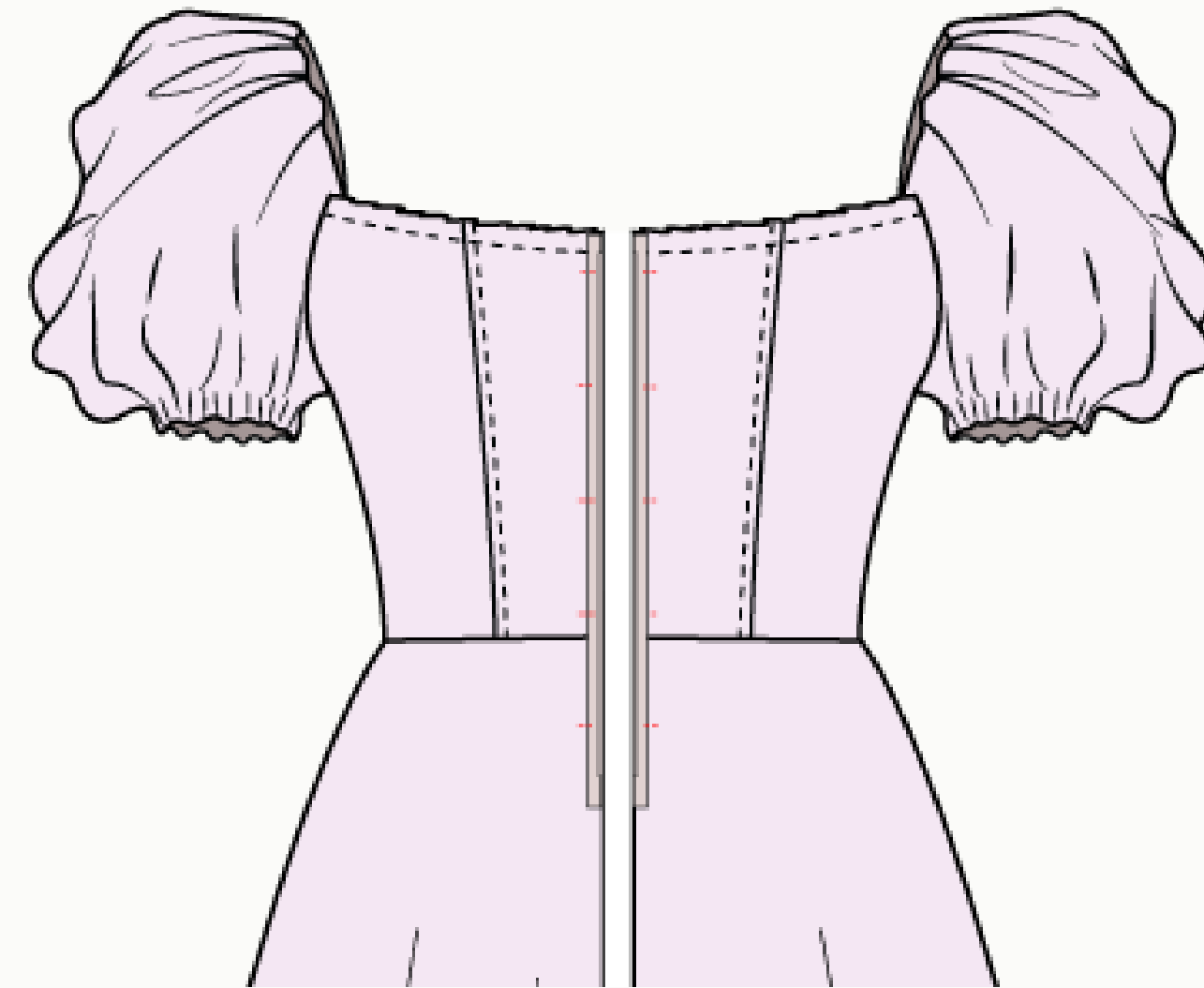
back skirt pieces



Next stitch the skirt to bodice. Place your skirt to the bodice right side fabric facing each other, pin it together and then stitch and topstitch near to the seam.

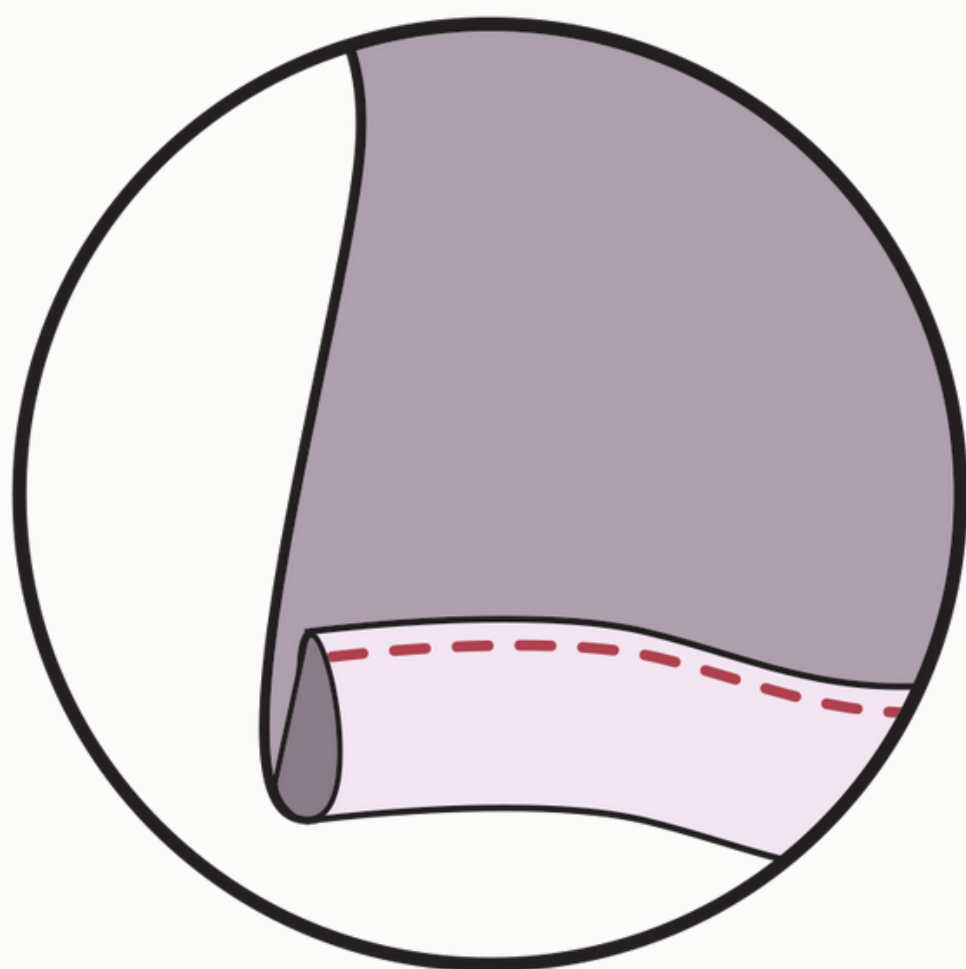


- Make sure the right side of the zipper is facing the right side of the fabric pin it in place and open the zipper to sew the first side and sew the zipper to the back seam and sew closely to the zipper teeth. Do the same for the other side of the zipper.
- Tip: unpick 4 cm ~ 1.6 inches of the top fold of the back to make a clean finish edge of the zipper at the top. Open the zipper and fold back the opened edge of your back bodice over the folded end of the zipper and sew near the zipper teeth and turn it inside out and you got yourself a nice finish zipper at the top



10 Hem

Hem lower part: finish the lower part of the top, Double hem (fold the hem surplus in half and fold them back on the wrong side) baste and iron than topstitch



Enjoy



If you have any questions, please don't hesitate to reach out to me i'll make sure to answer your questions

...

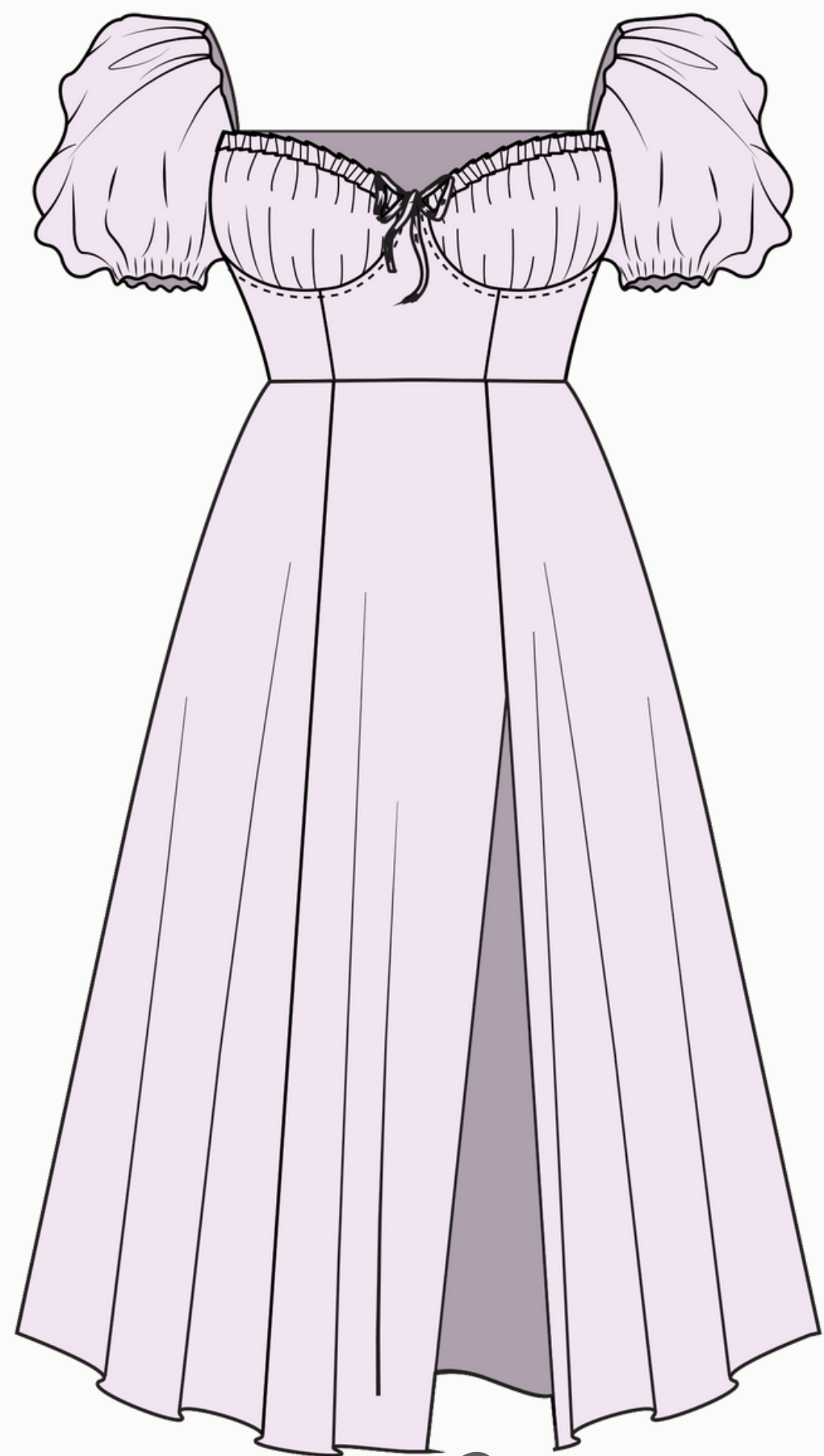
Please don't hesitate to leave your review it will mean a lot to me as i work very hard to make sure all goes perfectly for my lovely customers...

XOXO Huda

Share your beautiful creation with me on IG



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