



my keeper

MONTY TOP+DRESS



ABOUT

Meet Monty, a simple top which is a great addition to any wardrobe. It features floaty sleeves that feel soft and easy, or elastic ones if you like a bit more shape. It ties in at the waist with a wide tie that can be worn in a range of ways to create different looks.



Beginner-friendly and a quick one to sew, it's the kind of piece you'll reach for again and again. It layers beautifully under overalls, or over dresses when you want a bit more coverage (or just to mix things up).

Lovely in soft cottons, linens, or whatever's waiting in your stash for its moment.

YT Tutorial: <https://shorturl.at/45sUg>

PRINTING SETTINGS

Use the printer setting 'actual size' when printing your A4 pattern.

Ensure you check the scale square before making your garment.

DIFFICULTY LEVEL

Beginner

SEAM ALLOWANCE

1cm ($\frac{3}{8}$ ") seam allowance included.
Use 1 cm guideline unless stated.

MATERIALS REQUIRED

- 1 m of pre-made binding
- Matching thread
- 30cm 1-2cm elastic.
- Top: **112cm** - 3m | **140cm** - 2.2m
- Dress Short: **112cm** - 4m | **140cm** - 3.2m
- Dress Long: **112cm** - 5m | **140cm** - 4.2m

FABRIC SUGGESTIONS

1. Cotton Lawn – Soft, breathable, and straightforward to sew. A good choice for a light, everyday wear.
2. Cotton Voile – Lightweight and slightly sheer, suited for warm weather and layering.
3. Cotton Poplin – Crisp with a bit more structure, ideal for a clean, tailored look.
4. Rayon/Viscose – Smooth with a nice drape, works well for fluid, looser styles.
5. Viscose Linen – A mix of drape and texture, offering a relaxed but refined finish.
6. Linen or Linen Blends – Breathable with a natural texture, great for a simple, lived-in feel.

MONTY OPTIONS.



Floaty sleeve



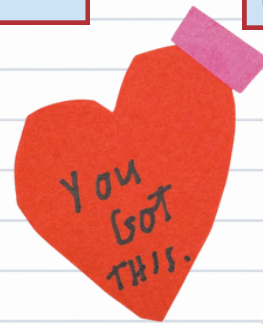
Elastic sleeve



Short Dress



Long Dress



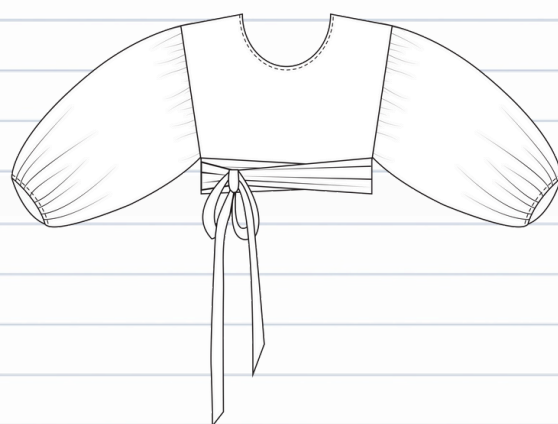
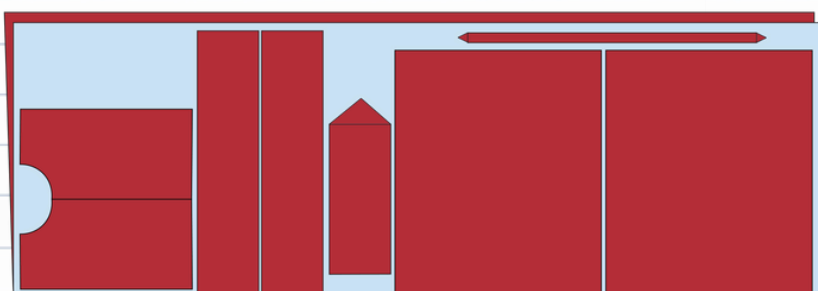
SIZE CHART

Below are measurements for the body. Please refer to the size chart to determine the appropriate size for your body. If the measurements falls between sizes, it's always a good idea to size up. The most important measurement here is the bust.

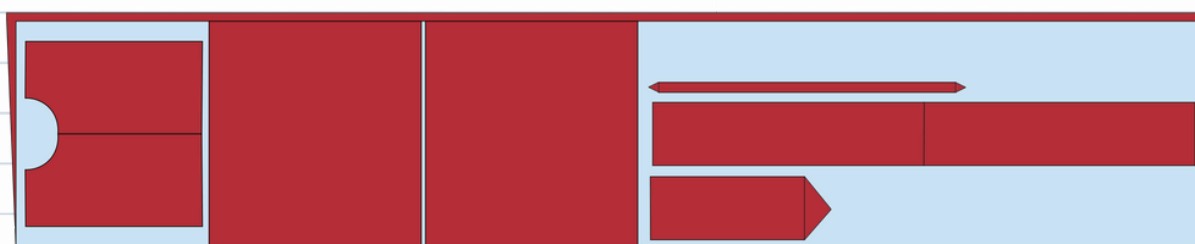
Size	unit	6	8	10	12	14	16	18	20	22
Bust	cm	79	84	89	94	99	104	109	114	119
Under Bust	cm	69	74	79	84	89	94	99	104	109
Waist	cm	63	68	73	78	83	88	93	98	103
Hip	cm	88	93	98	103	108	113	118	123	128

CUTTING LAYOUT

FABRIC - 140 cm - FOLDED



FABRIC - 112 cm - FOLDED



NOTE: You can get away with using 2.2m of 112cm-wide fabric if you're happy to shorten the waist tie. This will affect the overall look, as the tie won't wrap around the body as many times. However, it's a good option if you're wanting to save on fabric. If you go with this option, follow the same layout as the 140cm cutting guide.

MONTY TOP - SEWING INSTRUCTIONS:



right side of fabric



wrong side of fabric

STEP 1:

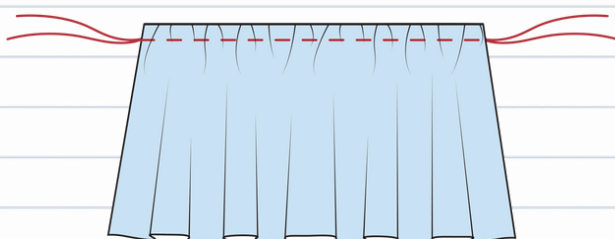
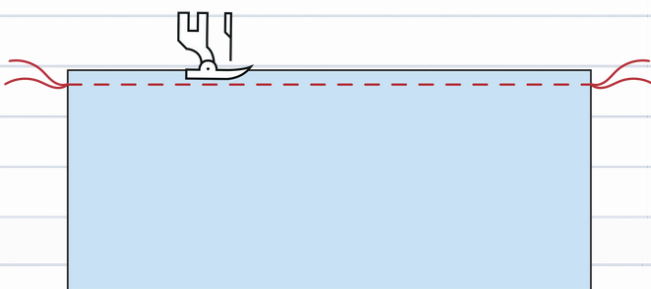
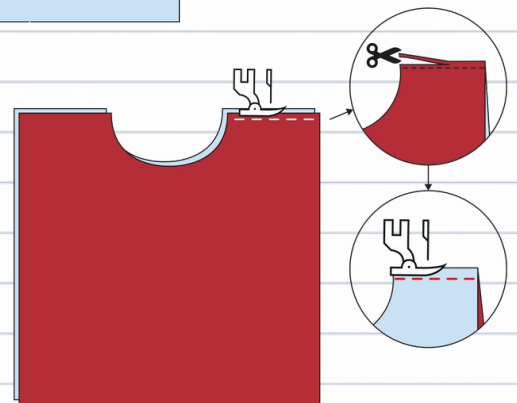
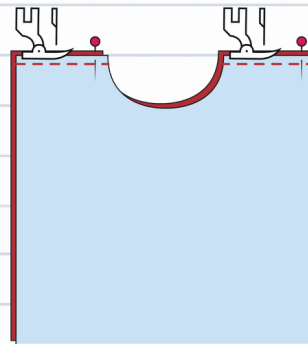
With right sides together, align the front and back bodice pieces at the shoulder seams. Stitch in place & then finish with an overlocker or zig zag stitch.

French Seam:

If you prefer, you can sew these seams as French seams →

- Place the front and back shoulder pieces wrong sides together.
- Sew a shoulder seam with a 0.5cm seam allowance.
- Trim the seam slightly if needed, then press the seam to one side.
- Fold the fabric so right sides are now together, encasing the raw edge.
- Sew another seam with a 0.5cm seam allowance, enclosing the raw edges.
- Press the finished seam towards the back.

Tutorial: <https://shorturl.at/3eoKw>



STEP 2:

Set your machine to the longest stitch length (around 5-6)

Sew a gathering stitch along the top edge of each sleeve, 1cm from the edge, on the wrong side of the fabric.

Do not backstitch at the beginning or end.

TIP: I've shared a gathering hack on my Reels and YouTube channel that makes this step much easier! The short version: as you sew, gently hold the top thread to create tension, this causes the fabric to gather as you stitch. Life-changing!

Tutorial: <https://shorturl.at/PSM9n>

MONTY TOP - SEWING INSTRUCTIONS:



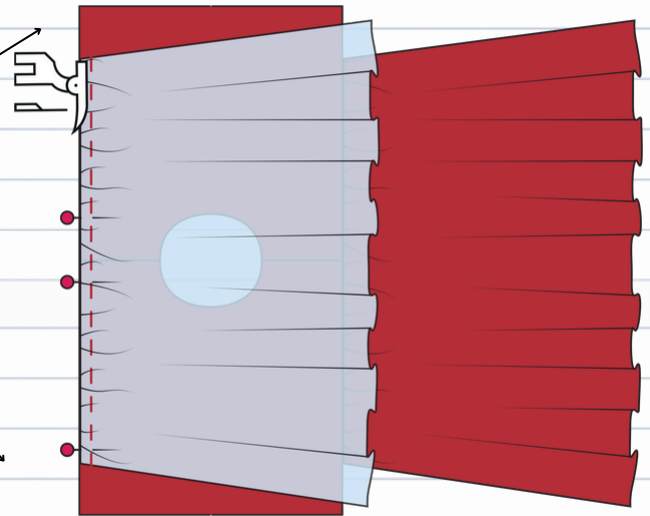
STEP 3:

With right sides together, pin the sleeve to the bodice.

Match the center of the sleeve to the shoulder seam, and leave a 15cm gap unpinned at either end.

Gently pull the top thread to gather the sleeve until it fits neatly between the two pins.

Once it's evenly gathered and aligned, stitch the sleeve in place.



STEP 4:

With right sides together, align waist tie 1 and 2, matching the stars.

Stitch them together along the short edge.

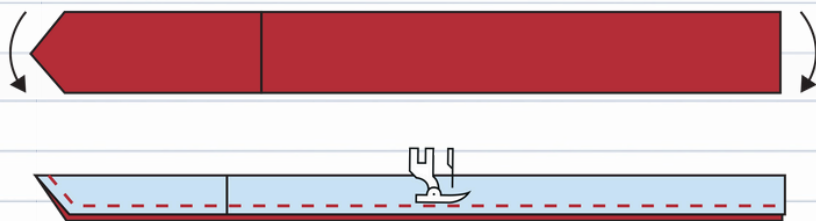
Repeat this step for the second waist tie.



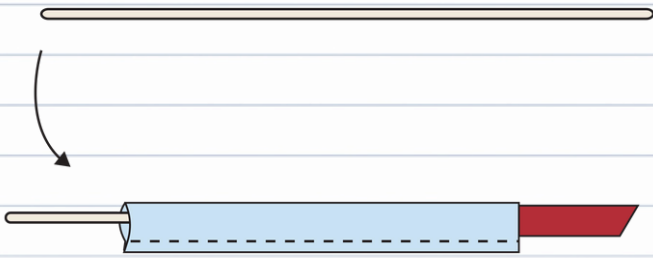
STEP 5:

Fold each waist tie in half lengthwise with right sides together.

Stitch around the two long edges and the slanted end, leaving the straight bottom edge open.



MONTY TOP - SEWING INSTRUCTIONS:



STEP 6:

To turn the tie right side out, use a blunt tool like a knitting needle.

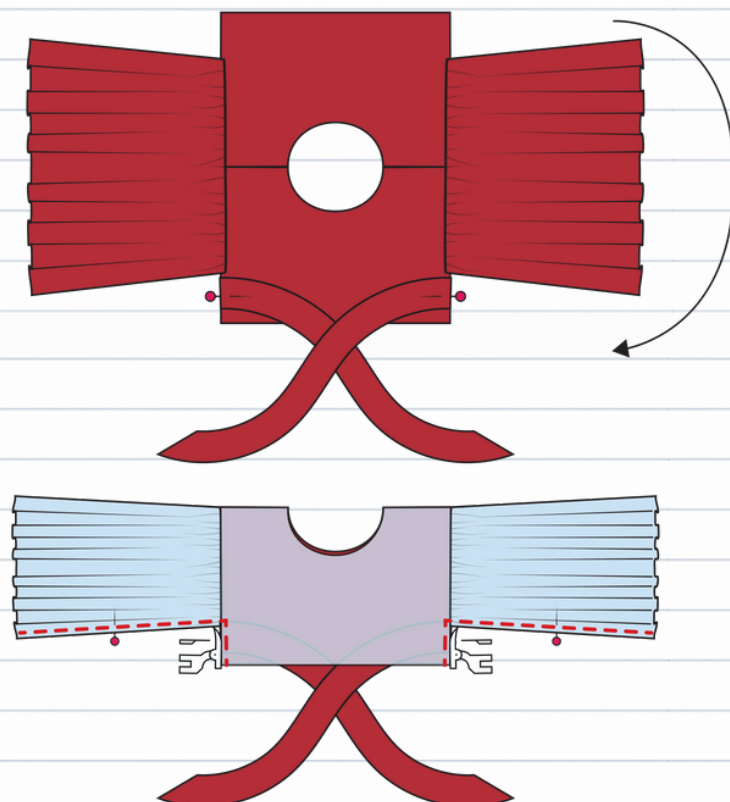
Insert the blunt end into the slanted tip of the tie and gently push it through while scrunching the fabric down over the tool.

Keep sliding and adjusting the fabric until the tie is fully turned right side out.

STEP 7:

Press the ties flat, making sure the edges are crisp and even.

Finish by topstitching around all edges of the tie to help it hold its shape.



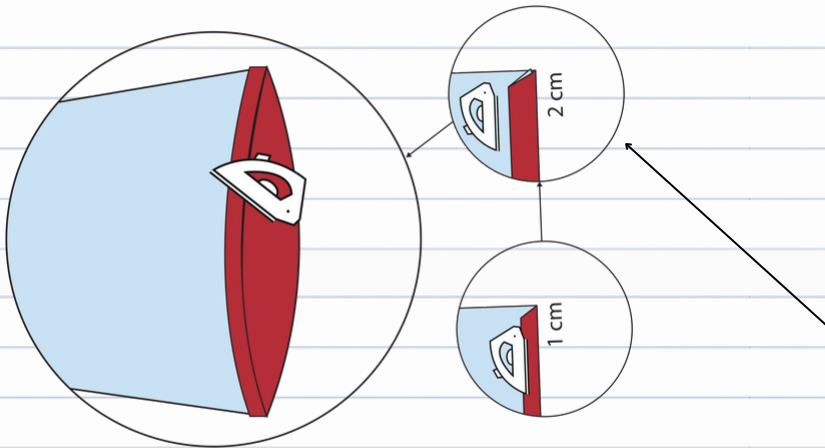
STEP 8:

With right sides together, place the front and back bodice pieces together, aligning them carefully at the underarm (armpit) seams.

Insert your waist ties between the front and back bodice layers, the ties should be sandwiched inside, with the raw edges sticking out at the side seams. Position each tie just below the underarm.

Pin from the bottom of the bodice up through the side seam and along the sleeve, then stitch in place in one continuous line.

MONTY TOP - SEWING INSTRUCTIONS:



STEP 9:

Elastic Sleeve Option ONLY:

Skip to step 13 for floaty sleeve.

Fold the sleeve edge up by 1cm and press.

Then fold it up again, this time wide enough to fit your elastic through, for example if using 1cm wide elastic, fold up by 2cm to allow wiggle room.

Use 1-2cm wide elastic for this.

Continue to the next step to insert the elastic.

STEP 10:

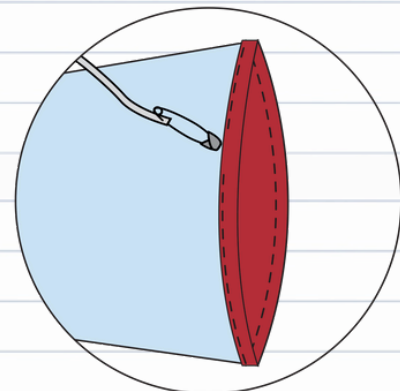
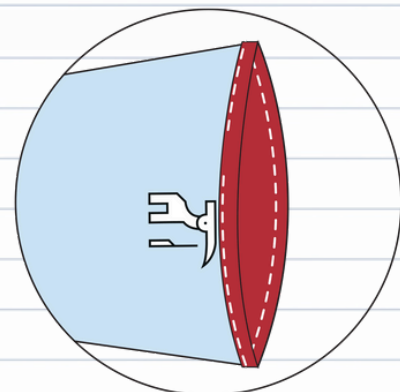
Stitch around the folded casing to create a channel, leaving a small opening to insert the elastic.

Wrap the elastic around your wrist to find a comfortable fit, then add 1-2cm extra for overlap.

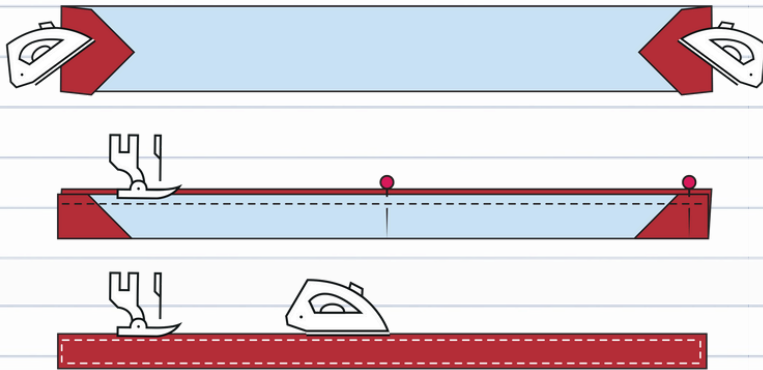
Attach a safety pin to one end of the elastic and feed it through the channel.

Once the elastic is all the way through, overlap the ends and zigzag stitch them together securely.

Finally, stitch the opening in the casing closed.



MONTY TOP - SEWING INSTRUCTIONS:



STEP 11:

Note: The sleeve ties are decorative only, they do not function as a drawstring.

To sew the ties:

Fold each tie in half lengthwise with right sides together.

Fold the angled (triangle) end down, and stitch along the long edge of the tie.

Attach a safety pin to one end and turn the tie right side out.

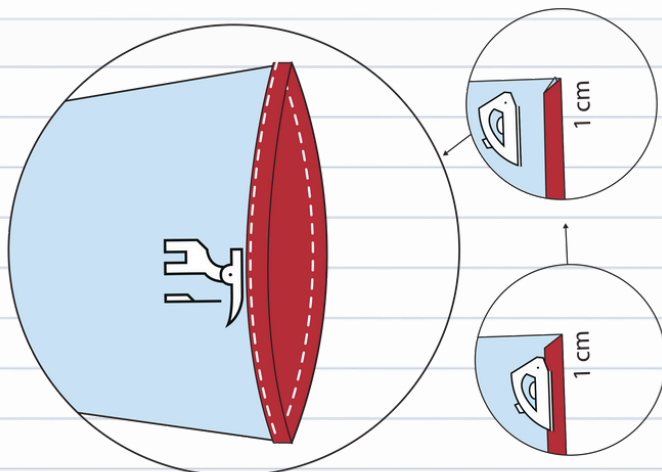
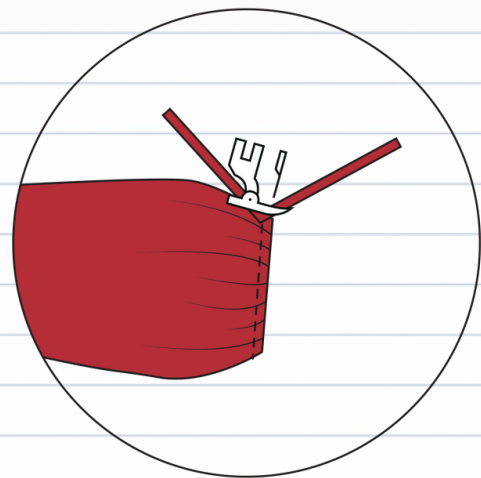
Press flat, then topstitch around the edges for a neat finish.

STEP 12:

Place the ties in line with the elastic on wrist.

The ties should be sitting in line with the shoulder.

Secure with a zig zag stitch.



STEP 13:

Floaty Sleeve Option ONLY:

Fold the sleeve edge up by 1cm, then fold it up another 1cm to enclose the raw edge.

Stitch in place.

MONTY TOP - SEWING INSTRUCTIONS:

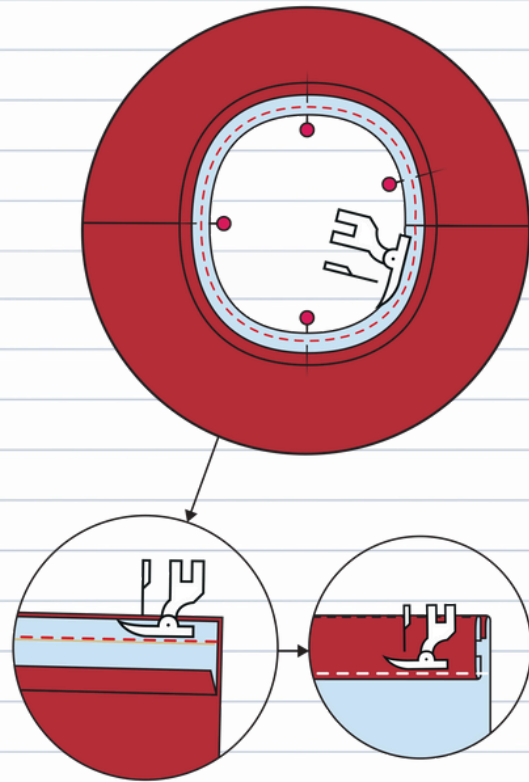


STEP 14:

With right sides together, pin the raw edge of the bias binding to the raw edge of the neckline.

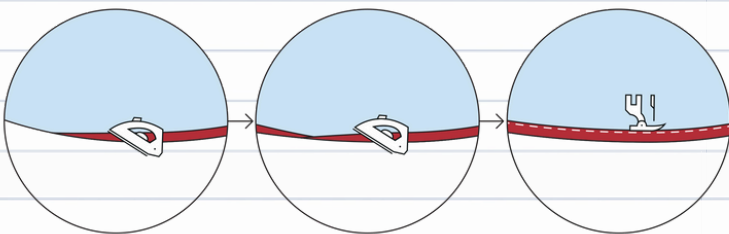
Fold back the edge of binding by 0.5cm. Start at one edge and work your way around, keeping the binding taut but not stretched. Be sure the binding is aligned with the seam edge.

Press the binding away from the edge. Once you've sewn the binding to the edge, press the binding away from the neckline/armhole. This creates a neat fold.



Tutorial:

<https://shorturl.at/CCDbs>



STEP 15:

NOTE: Wanting to make the dress version? Skip this step & see the next set of instructions.

Fold the raw edge up by 1cm and press.

Fold it up another 1cm to enclose the raw edge, press again, and stitch along the folded edge to secure the hem in place.

MONTY DRESS - SEWING INSTRUCTIONS:



STEP 1:

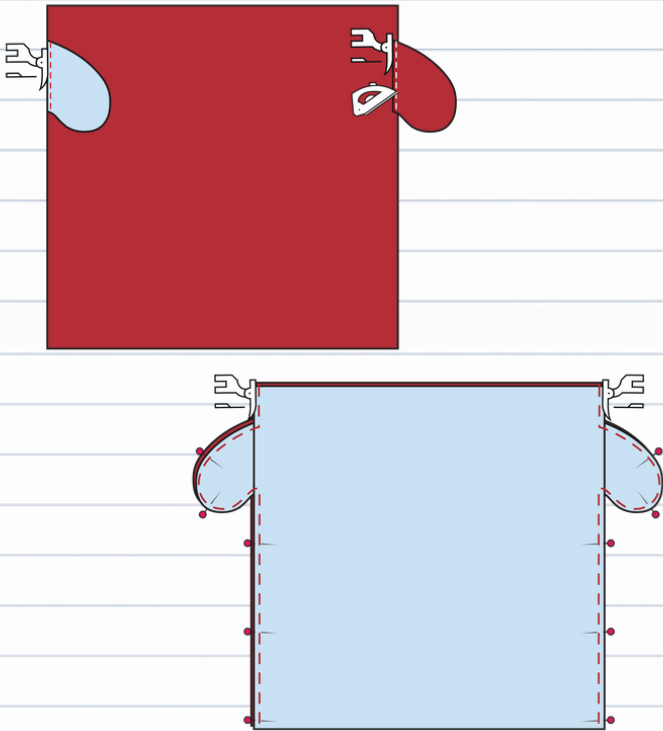
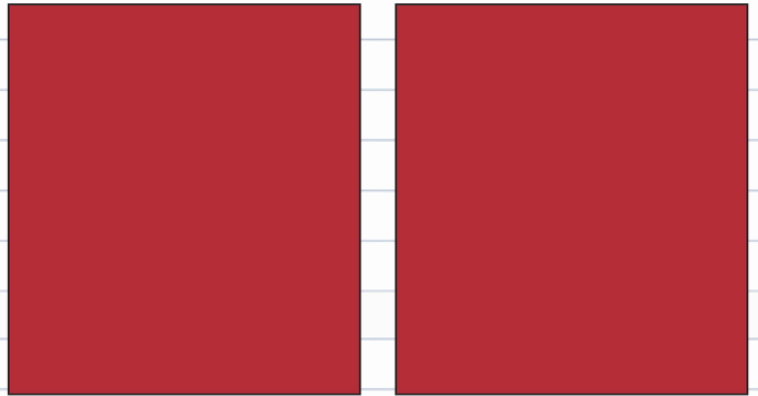
Cut 2 rectangles the full fabric width.

Choose your length:

Short: 50cm

Long: 100cm

(or adjust to suit)



STEP 2:

Optional: Add pockets now if you want them.

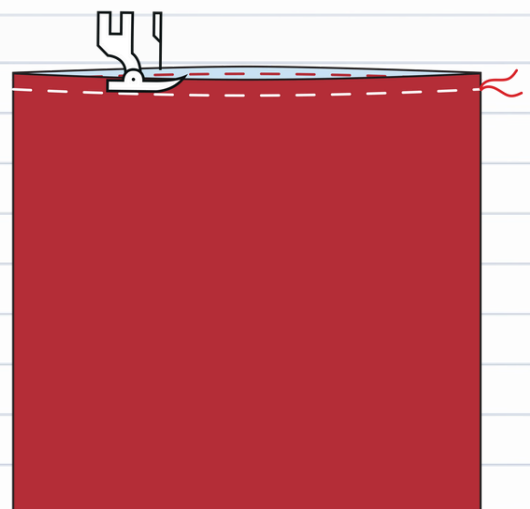
Place each pocket piece right sides together with the corresponding side seam (side and front side) at the pocket notch. Pin and sew the pocket to the dress using a 1 cm seam allowance, then press the pocket pieces away from the dress. Repeat on all sides.

Place skirt pieces right sides together, stitch both side seams, and finish the raw edges.

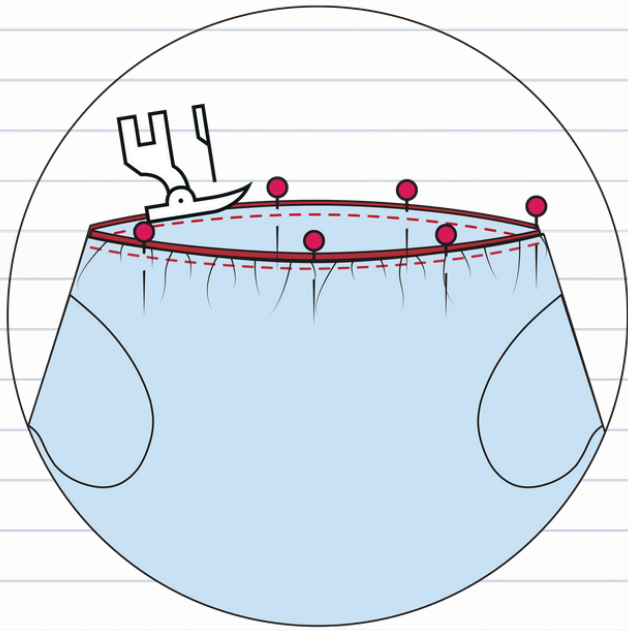
STEP 3:

Sew a long stitch 1cm from the top edge.

Gently pull the top thread to gather until it matches the bodice width.



MONTY DRESS - SEWING INSTRUCTIONS:



STEP 4:

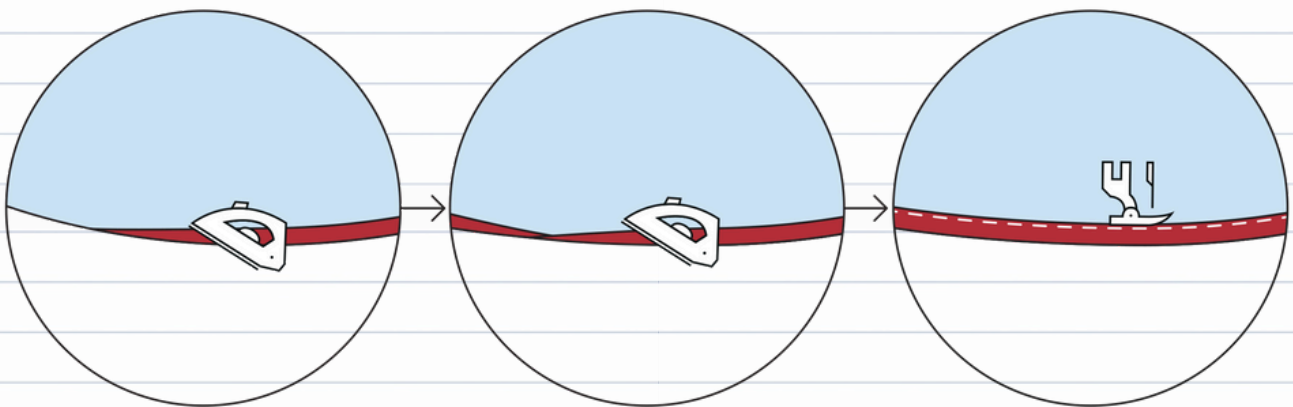
With right sides together, pin the skirt to the bottom of the top.

Match side seams and distribute gathers evenly.

Stitch, then finish and press the seam up.

STEP 5:

Fold up 1cm, press, fold another 1cm, and stitch to finish the hem.





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Congratulations! Your Monty
Top/Dress is now complete. Enjoy
wearing it!

Don't forget to share your creations by
using the #MONTYTOP tag &
@mykeepernz in your makes.



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