



t h e b o l d o n e

# The Fredy Wrap

# Hey there fellow crafter!

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**An important note before you get started. It is vital that you read through the following pages, and get through the following points to ensure you get the most out of your pattern! Save paper and read this on your computer, that way you can also click on the links.**

**Have questions as you go? Check out the FAQ page where answers / extra resources will be uploaded: <https://www.theboldone.co.nz/pages/faq-sewing-patterns>**

**Refer back to this checklist as you move through.**

*Please remember, all Fredy Wrap pattern files are for personal use only and not to be shared, or used to sell items from. You may use them to create for yourself or others as gifts only. Thank you for protecting The Bold One's work, SO many hours of love went into this!*

- Page 3/4) Make sure you have the required fabric + tools for your sew
- Page 5) Find your size
- Page 6) Using your measurement, choose size from size chart
- Page 8) Choose your waist wrap, Skirt section, if you want shoulder ties
- Page 9) Choose your neckline + Back neckline Please note\* as you will see on page 9, the front neckline options have certain back neckline options that must go with them. Make sure you are choosing a back neckline that is compatible with your chosen front neckline.
- Page 11) Choose your file type: A4, A0, or Projector
- Page 12) A4 + Projector Customisation / pattern piece checklist.
- Page 13) A4 Printing instructions
- Page 14) A0 File Instructions
- Page 15) Pattern Piece checklist
- Page 16) A4, Projector, A0 visuals and cutting notes
- Page 17) Size 6-14 Lay Plans
- Page 18) Size 16-30 Lay Plans

# JOIN THE BOLD ONE CREATIVE MOVEMENT

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Stay involved in the process by joining the The Bold One Workshop / Patterns Facebook Group. Post your creation, ask questions to other members, be part of The Bold One Creative movement!

[www.facebook.com/groups/tboworkshoppatterns/](http://www.facebook.com/groups/tboworkshoppatterns/)

 [@theboldone](https://www.instagram.com/theboldone)

 [The Bold One](https://www.facebook.com/theboldone)

[www.theboldone.co.nz](http://www.theboldone.co.nz)

## MATERIAL REQUIREMENTS

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### FREDY WRAP:

♦ Woven fabric with a suggested gsm of around 165 (however silks and satins also work with this design and have a lower gsm which is fine. Width of at least 140cm wide. You can use a fabric with less width, however, you will need more meterage than it suggests below as the lay plans are based on a 140cm width.

### Fredy Wrap

#### SIZE 6-14:

Customer Height 150cm-170cm with long shirred sleeves = 4.60m

Customer Height 150cm-170cm with short puff sleeves= 4.15m

Customer Height 170cm+ with long shirred sleeves = 4.90m

Customer Height 170cm+ with short puff sleeves= 4.45m

#### SIZE 16-30:

Customer Height 150cm-170cm with long shirred sleeves = 4.90m

Customer Height 150cm-170cm with short puff sleeves= 4.45m

Customer Height 170cm+ with long shirred sleeves = 5.30m

Customer Height 170cm+ with short puff sleeves= 4.85m

My hope is that everyone who creates with these patterns continues our pledge to only use natural fabrics; linen, hemp, cotton (organic cotton if you can), OR repurposed or second hand material if that isn't in your budget (thrift shop finds are some of my favourite, who would ever guess you can make such beautiful pieces out of duvet covers / sheets!).

I promise it is worth it and will mean your dress will last that much longer, and is kinder to the planet and the humans who craft your fabrics.

# TOOLS REQUIRED


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- Computer (For clicking links + if changing layers on A4 / projector pattern files).
- Sewing Machine
- Overlocker / Serger (Optional) Zig Zag stitch on your sewing machine can be used instead
- A4 Printer + clear tape (if opting for the A4 tiled method)
- The Bold One Patterns (printed A4, A0 at a Copy shop, or via projector if you have the proper set up)
- Woven Fabric (Reference Previous Page on meterage)
- Thread to match. You will need 2 x 100m small spools.
- Paper Scissors
- Fabric Scissors (If you don't mind using one pair that is good for both fabric and paper, I won't tell!)
- Pins + Safety pin
- Fabric Chalk or other marking tool
- Tape Measure OR any cord + Ruler.
- Iron + Ironing Board.
- Shirring elastic (if sewing Long shirred sleeves) Black for dark fabric, white for light.
- 2cm Elastic (If sewing Short Puff Sleeve with elastic casing)

# FIT / FINDING YOUR SIZE

The Fredy Wrap is a pull over the head style completed with princess panels, that is made to be slightly fitted over the bust, straight down over the waist (to be cinched in with the Waist Wrap), completed with fullness added into the skirt. Therefore, your bust measurement\* is the measurement that will determine your size as the dress falls loosely from here. The Pink Circle below shows where to measure around to get your bust measurement, the yellow shows your upper bust but you do not need this measurement.

After finding your bust measurement checkout the size chart on the following page to see which size your measurement matches with. The wearers ease in the bust area is 5cm, if you would prefer a looser fit, size up one size from what your measurements suggest in the size chart. If your measurement is in-between sizes, go for the larger size.

 Pink Solid line = Bust



**\* If you feel your waist is larger than your bust, you will want your waist measurement too. If this is not the case, ignore this section.**

Measure around your waist section where the blue line indicates, then simply see the size chart on the page below and find what size matches your waist measurement and that's your size. You can go ahead with this if your bust measurement is only up to 10cm smaller than what your waist is.

If your bust measurement is more than 10cm smaller than your waist measurement, you will want to taper in the bust area to have a better fit. Still print and use the size your waist indicates, but use the following steps to the right, slightly adjust your pattern for optimal fit around the bust once your pattern is printed / when cutting with your projector file.

 Blue Thicker line = Waist

#### Step 1)

Find measurement A. This is the amount over 10cm that your bust is smaller than your waist. For instance, if your bust is 12cm smaller than your waist, measurement A will be 2cm.

#### Step 2)

Divide Measurement A by 4 to get measurement B. So for instance  $2\text{cm} / 4 = 0.5\text{cm}$ .

Measurement B is the measurement you are going to take off the Front side, Back Side, and Front and back facings to = a total of 2cm taken off when sewn together.


#### Step 3)

Using a ruler, on your Side Front piece, measure in from the top of the side seam (Where the arrow is pointing) and mark in your measurement B from the side seam. Then, at the bottom of the straight section of the side seam, draw a straight line from the outside, into that point as shown above. Repeat for Side Back + Front and Back facings. For the Facings you will want to start the bottom of your new line from the hem as shown.

#### Step 4)

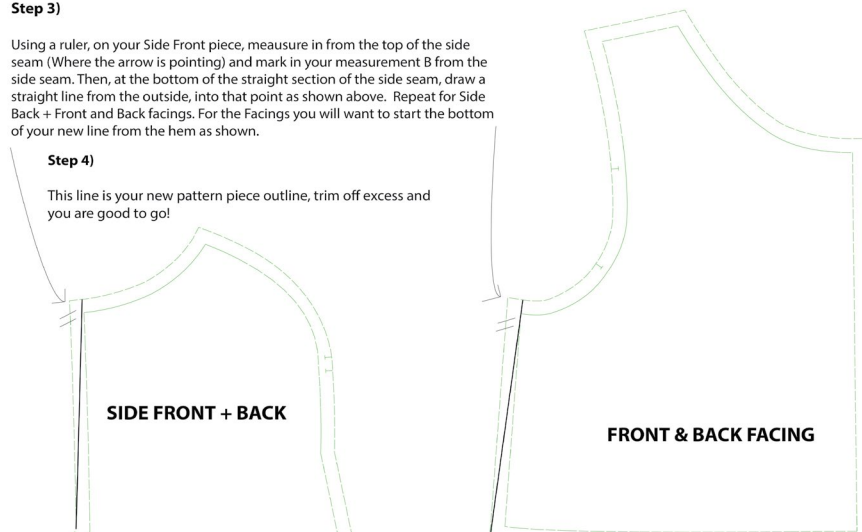
This line is your new pattern piece outline, trim off excess and you are good to go!

#### KEY:

 = line no longer part of the pattern / trim off

 = Current Pattern

 = New Pattern shape



# the bold one

## SIZE CHART

CM	Bust	Waist	Hips
Size 6	81	65	93
Size 8	86	70	98
Size 10	91	75	103
Size 12	96	80	108
Size 14	101	85	113
Size 16	106	90	118
Size 18	111	95	123
Size 20	116	100	128
Size 22	121	105	133
Size 24	126	110	138
Size 26	131	115	143
Size 28	136	120	148
Size 30	141	125	153

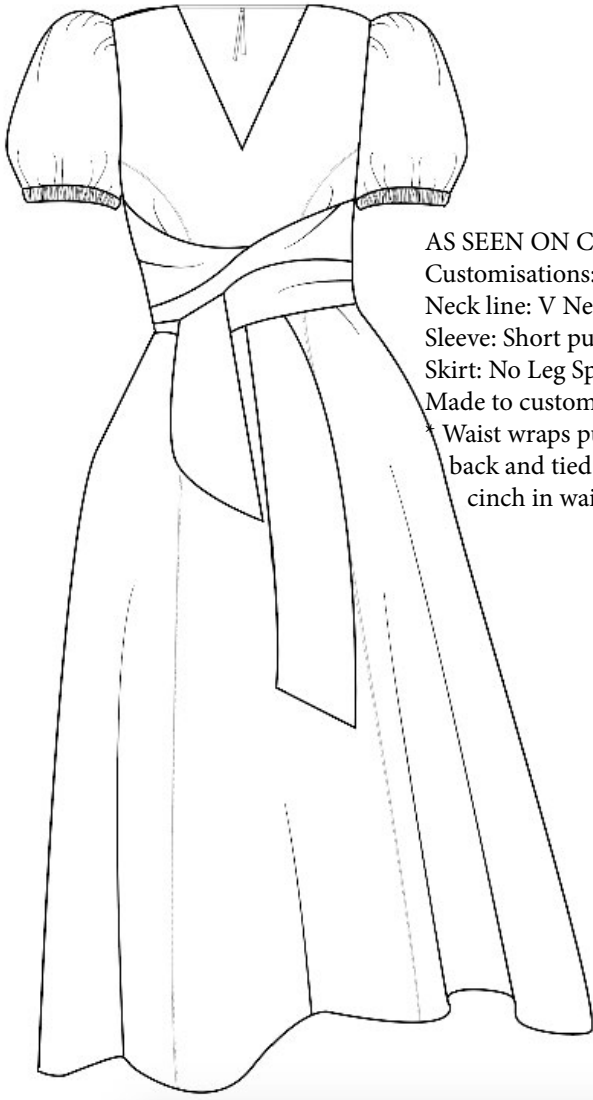
INCHES	Bust	Waist	Hips
Size 6	31.9	25.6	36.6
Size 8	33.9	27.6	38.6
Size 10	35.8	29.5	40.6
Size 12	37.8	31.5	42.5
Size 14	39.8	33.5	44.5
Size 16	41.7	35.4	46.5
Size 18	43.7	37.4	48.4
Size 20	45.7	39.4	50.4
Size 22	47.6	41.3	52.4
Size 24	49.6	43.3	54.3
Size 26	51.6	45.3	56.3
Size 28	53.5	47.2	58.3
Size 30	55.5	49.2	60.2

## FINISHED GARMENT MEASUREMENTS

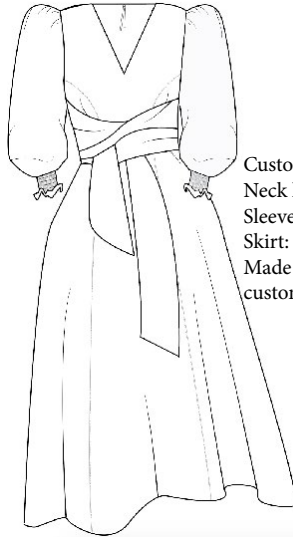
CM	Bust / Waist	Shoulder point to shoulder point	Hips
Size 6	86	34	140
Size 8	91	34	145
Size 10	96	34.6	150
Size 12	101	34.6	155
Size 14	106	34.6	160
Size 16	111	35.2	165
Size 18	116	35.2	170
Size 20	121	35.8	175
Size 22	126	35.8	180
Size 24	131	35.8	185
Size 26	136	35.8	190
Size 28	141	35.8	195
Size 30	146	35.8	200

INCHES	Bust / Waist	Shoulder point to shoulder point	Hips
Size 6	33.9	13.4	55.1
Size 8	35.8	13.4	57.1
Size 10	37.8	13.6	59.1
Size 12	39.8	13.6	61.1
Size 14	41.7	13.6	63.0
Size 16	43.7	13.9	65.0
Size 18	45.7	13.9	67.0
Size 20	47.6	14.1	68.0
Size 22	49.6	14.1	70.9
Size 24	51.6	14.1	72.9
Size 26	53.5	14.1	74.9
Size 28	55.5	14.1	76.8
Size 30	57.5	14.1	78.7

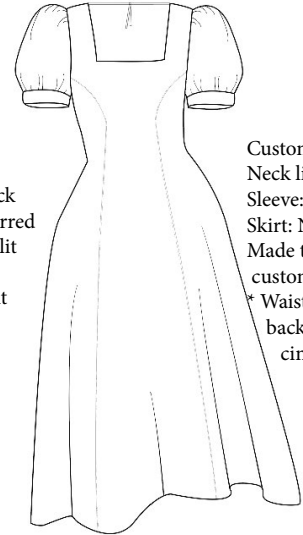
# FREDY WRAP CUSTOMISATION COMBO EXAMPLES



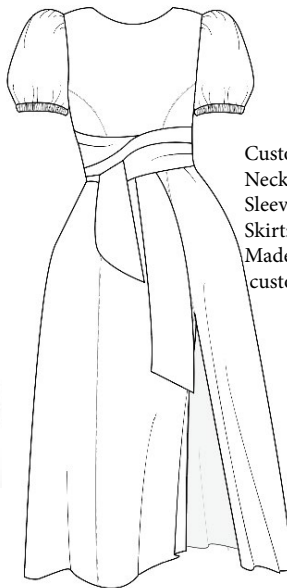
AS SEEN ON COVER  
Customisations:  
Neck line: V Neck  
Sleeve: Short puff / elastic  
Skirt: No Leg Split  
Made to customers height  
Waist wraps pulled to back and tied to cinch in waist



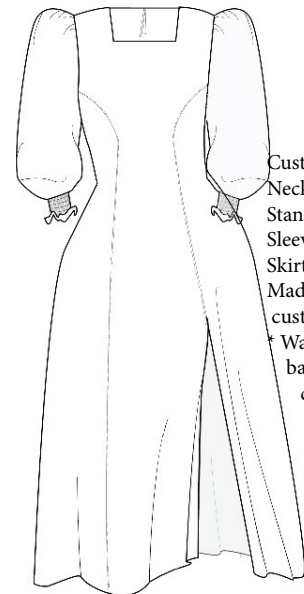
Customisations:  
Neck line: V Neck  
Sleeve: Long Shirred  
Skirt: No Leg Split  
Made to customers height



Customisations:  
Neck line: Deep Square  
Sleeve: Short Puff w band  
Skirt: No Leg Split  
Made to customers height  
\* Waist wraps pulled to back and tied to cinch in waist



Customisations:  
Neck line: Boat Neck  
Sleeve: Short Puff / elastic  
Skirt: Leg Split  
Made to customers height



Customisations:  
Neck line: Standard square  
Sleeve: Long shirred  
Skirt: Leg Split  
Made to customers height  
\* Waist wraps pulled to back and tied to cinch in waist



Customisations:  
Neck line: Boat neck  
Sleeve: Short puff / elastic  
Skirt: No Leg Split  
Made to customers height



Customisations:  
Neck line: V neck  
Sleeve: Long Shirred  
Skirt: No Leg Split  
Made to customers height

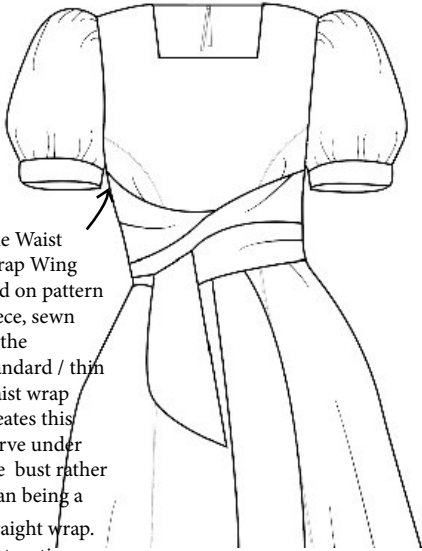
# CUSTOMISATION LIBRARY

CHOOSE A CUSTOMISATION OPTION FROM EACH SECTION

the bold one

## WAIST WRAPS

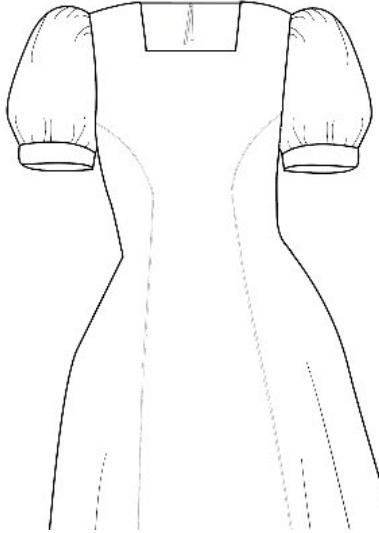
A:



The Waist Wrap Wing add on pattern piece, sewn to the standard / thin waist wrap creates this curve under the bust rather than being a straight wrap. Instructions included on sewing together

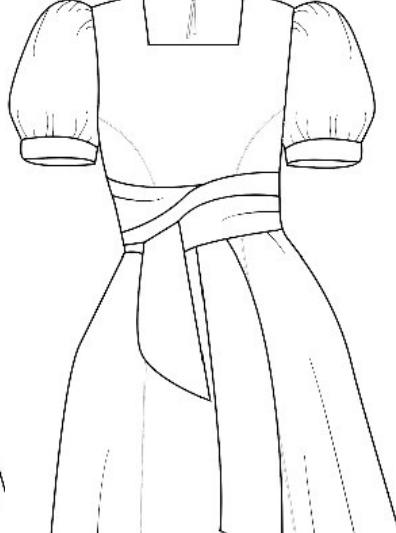
**SUGGESTED: STANDARD / THIN WAIST WRAP + WAIST WRAP WING SEWN TOGETHER AND SEWN INTO EACH SIDE SEAM.**

A:



STANDARD / THIN WAIST WRAP + WAIST WRAP WING SEWN TOGETHER AND SEWN INTO SIDE SEAM. VIEW WITH WRAPS TIED TO BACK

B:



THIN WAIST WRAP SEWN SEPARATELY TO THE DRESS AND THEN WRAPPED AROUND WAIST. NO WAIST WRAP WING NEEDED.

C:

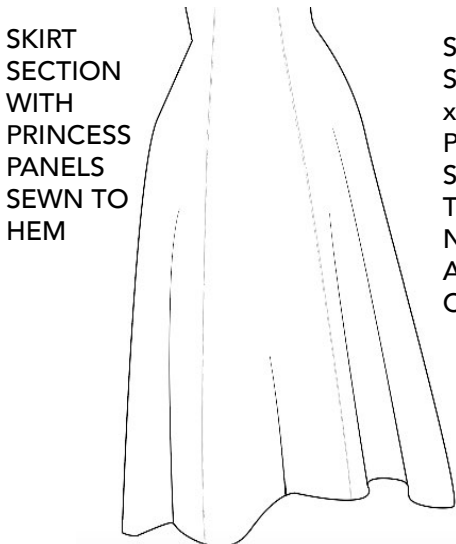


TWO TONED WAIST WRAP SEWN INTO SIDE SEAM

the bold one

## SKIRT SECTION

A:



SKIRT SECTION WITH PRINCESS PANELS SEWN TO HEM

B:



SKIRT SECTION WITH x1 FRONT PRINCESS SEAM SEWN TO SPLIT NOTCH AND SPLIT COMPLETED

the bold one

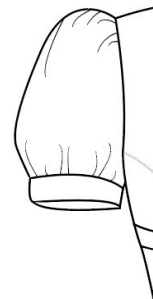
## SLEEVES

A:



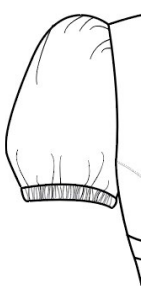
LONG SHIRRED SLEEVE

B:



SHORT PUFF SLEEVE FINISHED WITH SHORT PUFF CUFF

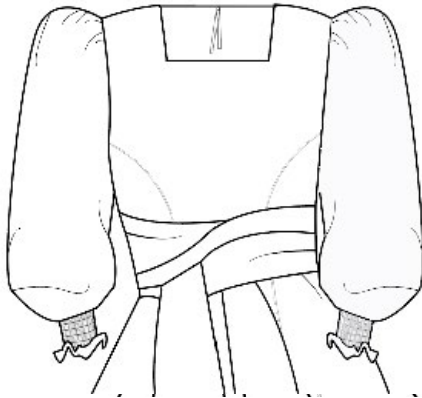
C:



SHORT PUFF SLEEVE FINISHED WITH ELASTIC

the bold one  
**NECKLINES**

**FRONT VIEW A:  
STANDARD SQUARE**

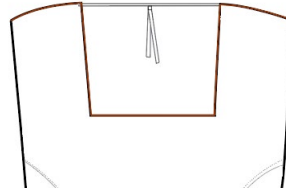


**FRONT VIEW B:  
V NECK**

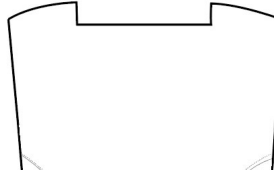


**BACK NECKLINES THAT  
CONNECT TO FRONT VIEW  
A OR B:**

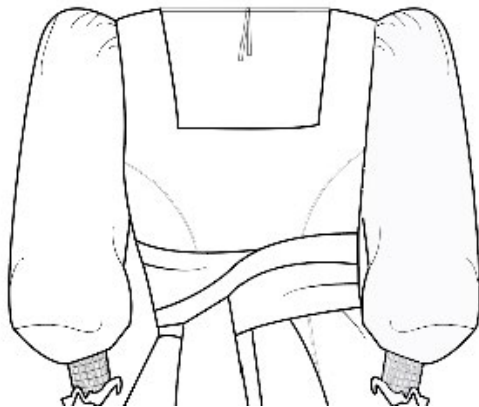
**LOW SQUARE BACK**



**HIGH SQUARE BACK**

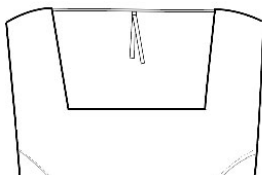


**FRONT VIEW C:  
DEEP SQUARE**

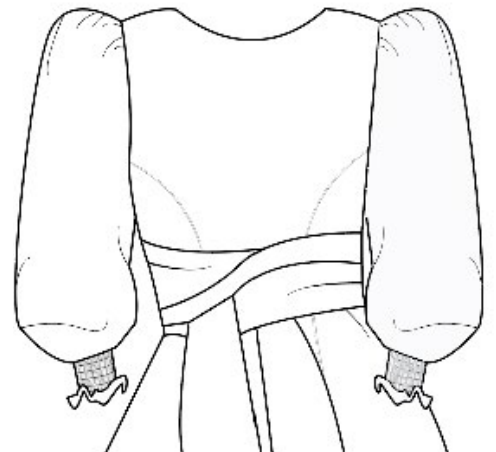


**BACK NECKLINE THAT  
CONNECT TO FRONT VIEW C:**

**LOW SQUARE BACK**

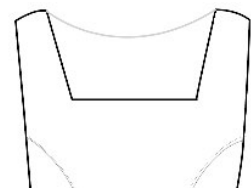


**FRONT VIEW D:  
BOAT NECK**



**BACK NECKLINE THAT  
CONNECT TO FRONT VIEW D:**

**LOW SQUARE BACK**



# STYLE / SKILL LEVEL SUGGESTIONS

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## STYLE SUGGESTIONS FOR THE FREDY WRAP:

- If you are tall or have a large bust, for step 19 in the constructions below, some like to insert their waist wrap into the side seam a couple extra cm lower than the underarm point so that it sits at your waist.
- + Some prefer the look of less wrap fabric across the front. If this is the case for you or if you would rather the wraps only sit below the bust around the waist: choose the 'Thin / Standard Waist Wrap' and do not sew the waist wrap wing add ons and sew it separately from the dress (you will see in construction both options).

## SKILL LEVEL SUGGESTIONS FOR THE FREDY WRAP:

- + V Neck front is suggested to be sewn by intermediate level sewer. This is due to the point needing to be executed well otherwise it can look off!
- + Boat neck front is a good option for a beginner sewer, as there are less corners to execute, and no back neck ties to add in. However, In the video tutorial you get a good look at how to sew around them.

# SKIRT LENGTHS

We get that not everyone is the same height! For that reason, included are The Bold One's length customisations. Note which of the below length is what you are after for future reference, and trim off your pattern to this length which is noted on the pattern. Save the extension to tape on for future if you want it longer. There is 4cm difference between each length, and 6cm difference in the last length. These lengths have been tested on The Bold One customers for over a year. We have found our taller customers often like a super long option, as often dresses aren't long enough for them, this is included.

- + Height 150-160cm Above Ankle
- + Height 161-170cm Above Ankle
- + Height 171cm + Above Ankle
- + Height 171cm + Extra Long length - ankle / past ankle

# CHOOSE YOUR FILE TYPE

As you will see, you have A4, A0 and Projector pattern files available! Not sure which you want to work with? Following is a bit about each one. My overall suggestion is A0, or projector if you have done projector cutting.

A4: If you want to turn customisations on and off, computer is needed for this option to select customisations on adobe reader. If you want to print all customisations, adobe reader is not needed. Instructions included. It is perfect if you have an at home A4 printer, and are happy to spend the time taping the A4 sheets together to make up the pattern. Perhaps cheaper than A0, but it does use more of your time. See below

A0: Can be used with any device (computer, phone, tablet etc) as customisations are all set out in one 'layer' so it can be sent to print. Perfect if you don't want to be sticking sheets together. Perfect if you want to create more than one Gracie as all the customisations will print out. NZ customers, we even have a partnership with lovely little NZ printing company for you for a great price. **Skip to A0 File instructions (Page 14) if A0 sounds like you!**

Projector: You will need a computer for this option. Customisations are set out in layers, which you need to turn on the options you want, and off the ones you don't. Instructions included. Recommended if you have a sewing projector and are familiar with working with one! Can be very time and cost efficient, no paper needed.

## A4 / PROJECTOR: SELECTING CUSTOMISATIONS

1) For viewing your A4 and Projector file you will want to download the free version of Adobe Acrobat Reader DC at the link: <https://get.adobe.com/uk/reader/> .

This is necessary in order to turn on the customisations you do want, and turn off the customisations you don't want.

2) Once Adobe Reader DC is downloaded, and you have your Rossi Wrap Pattern Files downloaded, control right click on the Rossi file size you want and format (A4 or Projector) and select open with > Adobe Reader DC.



3) Please **reference the walk through video** for selecting your customisations / working with layers. PLEASE NOTE\* The video is of selecting Gracie Wrap customisations. This is to give you an idea of how to work with the layers panel, your Fredy wrap layers panel will be set out similar and you will reference your checklist in the step below. <https://youtu.be/wQqTV--EoCE>

4) Reference the customisation check list on the following page for what pattern pieces you will want selected.

## SAVING YOUR FILE

### A4 + Projector

Do not save your file but simply work or print from the document once your customisations are selected . This is due to the fact that the layers will not save in the free version of adobe, and saving is not necessary for these files. See following page on customisation checklist, and page 13 on printing for A4.

# A4 PATTERN PIECE CHECKLIST

If you are using the layers panel to turn on and off customisations, the below list replicates what you will see. Alternatively, you don't need to work with the layers panel and customisations / pattern pieces will all print automatically for what you need and you can cut out your chosen customisations once printed. Use the following list as the pattern pieces you will want to cut out once printed.

## FREDY WRAP

### 01- Front Necklines + Side front:

- Centre Front Main #2 (select your neckline)
- Front Facing (Automatically selected when choosing your neckline in layers panel)
- Side Front #1 + Side Front #2 (both automatically selected under 'side front' layer)
- NOT required for Fredy Wrap: Deep Square Shoulder tie

### 02- Back Necklines + Centre panels:

- Centre Back #1
- Centre Front #1
- Centre Back Main #2 (select your neckline)
- Back Facing (Automatically selected when choosing your neckline in layers panel)

### 03- Side Back + Waist Wraps + Accessories:

- Side Back #1 + Side Back #2 (both automatically selected under 'side front' layer)
- Choose a sleeve: Short Puff sleeve + Short Puff Cuff (optional) OR Shirred sleeve
- Scurnchie + Head scarf (optional)
- Back Neck Tie (required for all necklines except Boat Neck Front, or High Square Back)
- Pocket bag    Waist Wrap Wing    Waist Wraps

**NOTE 1:** As noted on pattern pieces, tape any #1 paper pattern pieces to their corresponding #2 paper pattern piece once cut out in paper, and before then cutting out in fabric. For example, the top of side Back #1 should be connected to the bottom of Side Back #2 with edges touching

**NOTE 2:** Due to the different shoulder widths of the front necklines, the Back Necklines are only compatible with specific front necklines. Make sure to refer to the layers panel within your PDF/ or the titles under each back neckline once printed to see which matches.

# PROJECTOR PATTERN PIECE CHECKLIST

Use the layers panel to turn on and off customisations such as neckline options so you can work with only what you are cutting, the below list replicates what you will see. Pattern pieces are placed in the orientation they should be cut. SKIP TO PAGE 16 for order of cutting / layplans once you have covered this section.

## FREDY WRAP

### 01- Side Panels

- Side Front
- Side Back

### 02- Secondary Side Panels

(OPTIONAL PAGE, SEE NOTES ON PROJ FILE)

- Side Front
- Side Back

### 03- Waist Wraps (choose one type)

- Thin Waist Wrap
- Two Toned Waist Wrap

### 04- Centre Front Main + Facing

- Centre Front Main (choose front neckline)
- Front Facing (Automatically selected when choosing your neckline in layers panel)

### 05- Centre Back Main + Facing

- Centre Back Main (choose back neckline)
- Back Facing (Automatically selected when choosing your neckline in layers panel)

### 06- Accessories

- Pocket
- Back Neck Tie (required for all necklines except Boat Neck Front, or High Square Back)
- Waist Wrap Wing

### 07 - Accessories & Sleeves

- Scrunchie (optional)
- Not required for Fredy Wrap: Deep Square Shoulder tie
- Choose a sleeve: Short Puff sleeve + Short Puff Cuff (optional) OR Shirred sleeve

**NOTE:** Due to the different shoulder widths of the front necklines, the Back Necklines are only compatible with specific front necklines. Make sure to refer to the layers panel within your PDF to see which matches. You can also refer to the 'necklines' page in the customisation library for visual examples of how these necklines look and which front necklines they can be paired with.

# A4 PRINTING INSTRUCTIONS

Once Printed and your pattern pieces are cut out, skip to page 16

Before you get started on creating your Fredy Wrap, make sure to read the below notes so that you can make sure your printer is calibrated and prints the patterns to the correct size.

Before you begin, please make sure you are printing on A4 paper with an A4 printer, not letter paper as the small difference in the paper size can mean your patterns don't print correct. A4 measures 210 x 297mm

## 1. Select Layers / styles:

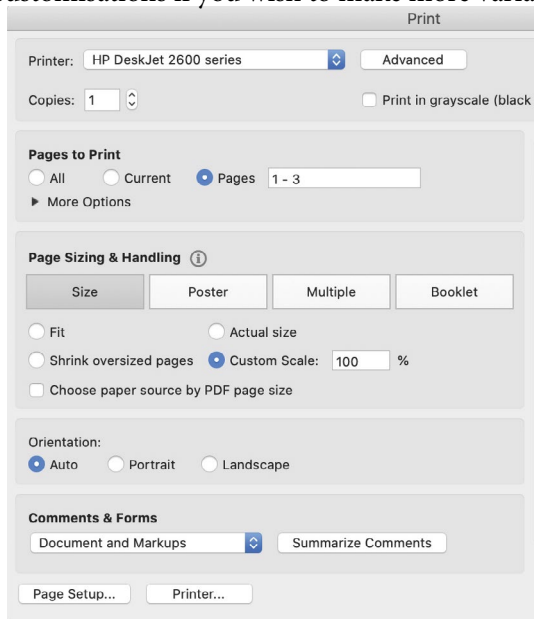
Make sure you have gone through the PDF and selected all necessary layers + Customisations that you need for your Fredy Wrap in previous pages. You can print out all the customisations if you wish to make more variations in future.

## 2. Print the first three pages as a test print:

We strongly suggest printing the first three pages as a test to make sure everything is set up correctly, to save time, paper and the environment.

When printing in Adobe Acrobat, do as follows:

- File > Print
- Select your printer
- Click 'Pages' and then type '1 - 3' (for test print)
- Click 'Custom Scale' and type '100%'
- Click 'PRINT'

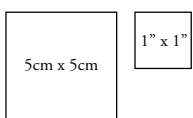


## 3. Calibrate and measure

When printing, although you would've selected '100%', most common household printers will print with a white border. Don't worry, this won't affect measurements and you **SHOULD NOT** trim the borders. However, to check this is correct for your printer – we have provided two tests of calibration squares.

### 3a: Single Square Calibration

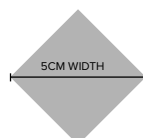
On the first pattern page, you will see a 5x5cm square and a 1"x1" square. Using your ruler, measure these squares to make sure they (along with your patterns) have printed to the correct scale.



*Note: These calibration squares are an example only and are not printed to scale.*

### 3b: Across-Page Diamond Calibration

You will then see a grey diamond split across the first two pattern pages (similar to the below example). Simply measure from one corner of the diamond to the other corner. This should measure 5cm from left point to right point.



*Note: This diamond is an example only and is not printed to scale.*

## 4. You're all set and ready to go!

Once you have successfully tested and printed the first couple of pages, and double-checked the calibration as per steps 3a and 3b, you're all set to go!

Once Printed and your pattern pieces are cut out, skip to page 16

# A0 FILE INSTRUCTIONS

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The A0 pattern files have been made without layers. This is due to needing to send your A0 file to print, and without layers for them to work with it is a whole lot easier for you and them!

Once you have figured out your size from the size instructions previous, you simply want to send your local printers the A0 pattern file in your size in an email. Even though the customisations are shown in colour, it doesn't need to be printed in colour if you would rather the cheaper option of black and white print as they are also separated by different types of dashed lines.

PLEASE NOTE: If you already have The Gracie Wrap bundle and have your waist wrap pieces printed from that, request that Page 4 of your A0 document is not printed of your Rossi/Fredy Wrap file. I have put all the Waist wrap options on page 4 which are the same across patterns, so that you can save paper / money if you have both patterns!

If you are in NZ, we have a partnership with an amazing little NZ printer 'Christchurch Sews'. You can email through the pattern file to [hello@chchsews.com](mailto:hello@chchsews.com) ... They print for about \$6 per A0 page (best in the biz!), and can post anywhere within NZ.

Once you have your A0 file printed and in your hands, reference the pattern checklist below.

# A0 PATTERN CHECKLIST

ONCE YOU HAVE YOUR A0 DOCUMENT PRINTED, CUT THE FOLLOWING PAPER PATTERNS OUT:

**Important:** As noted on pattern pieces, tape any #1 paper pattern pieces to their corresponding #2 paper pattern piece once cut out in paper, and before then cutting out in fabric. For example, the top of side Back #1 should be connected to the bottom of Side Back #2 with edges touching

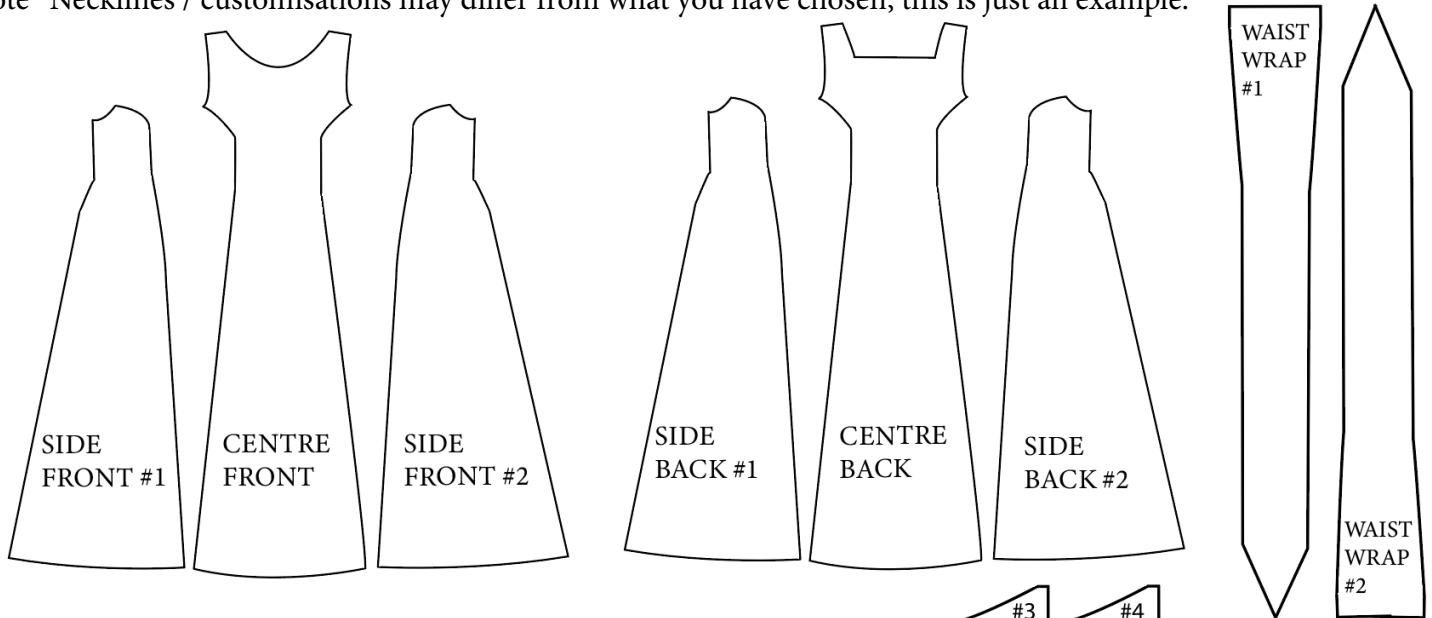
- Side Back #1
- Side Back #2
- Centre Front Main #2 (select your neckline)
- Front Facing (Choose same front neckline as main)
- Short puff sleeve Cuff (optional)
- Back Neck tie (optional)
- Scrunchie (optional)
- Centre Front Main #1
- Centre Back Main #1
- Centre Back Main #2 (select your neckline)

**NOTE:** Due to the different shoulder widths of the front necklines, the Back Necklines are only compatible with specific front necklines. Make sure to refer to the main titles below the Centre Back #2 pieces to see which match your front. You can also refer to the 'necklines' page in the customisation library for visual examples of how these necklines look and which front necklines they can be paired with.

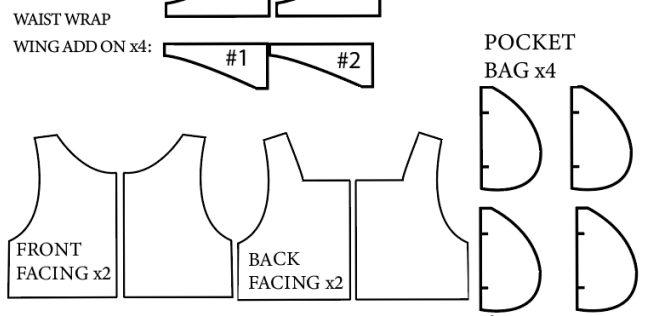
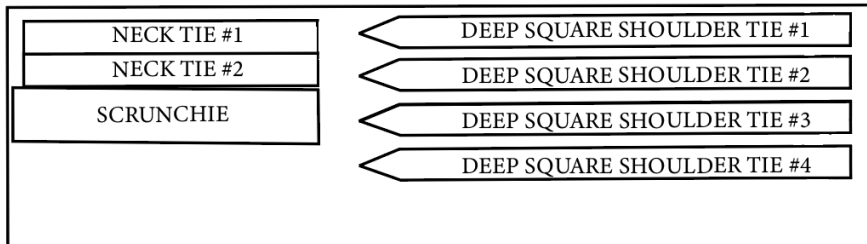
- Back Facing (Choose same back neckline as main, making sure it's to match the front)
- Side Front #1
- Side Front #2
- Pocket
- Short Puff + Long shirred sleeve
- Not needed for FredyWrap, but can cut for future Rossi: Deep Square shoulder tie
- Standard Waist Wrap Wing
- Waist Wrap (select your waist wrap type; standard / thin OR two-toned)

# A0, A4, PROJECTOR FABRIC PATTERN PIECES

Once you have followed along the cutting instructions of your pattern pieces, along with the Lay Plans you will find on the following pages, you should be left with the following pieces (shown below right side up)  
Note\* Necklines / customisations may differ from what you have chosen, this is just an example.



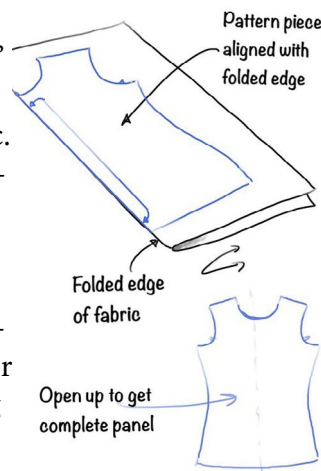
OPTIONAL PATTERN PIECES / DEPENDS ON CUSTOMISATIONS CHOSEN:



## CUTTING NOTES FOR LAY PLANS

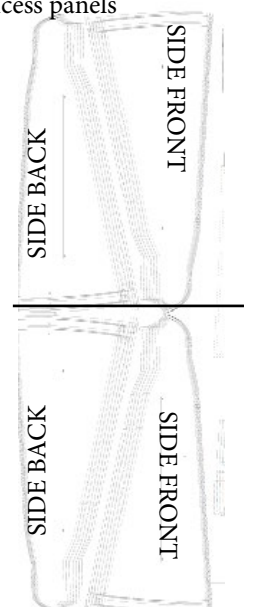
On the following two pages, you will find the lay plans for how to place your pattern pieces on your fabric. Follow the cutting instructions on the pattern pieces for how many of each. A 'pair' means 1 cut with the pattern piece facing up, and 1 cut with the piece facing down onto fabric. Make sure to snip in less than 1cm where notches are marked on patterns for use of sewing.

For the A0 and A4 Paper patterns, some of the pieces are to be cut on the fold such as your centre main pieces. These will be individual folds for each piece. Make sure that when you are folding the fabric over for these cut outs, you only fold over the amount you need so you don't waste fabric / everything fits in as per lay plan.



TIP 1: Once cut out in fabric, put a piece of tape on the right side of your pattern piece and write front or back so you don't mix your princess panels

TIP 2: For your side panels, you can also fold your fabric short edge to short edge with a fold line where the black line indicates to the right. This way you can cut out your side panels twice as fast! Hence why the pattern pieces are laid out mirrored. Only fold over the exact amount of fabric you need as to not waste fabric.



# SIZE 6-14 LAY PLANS

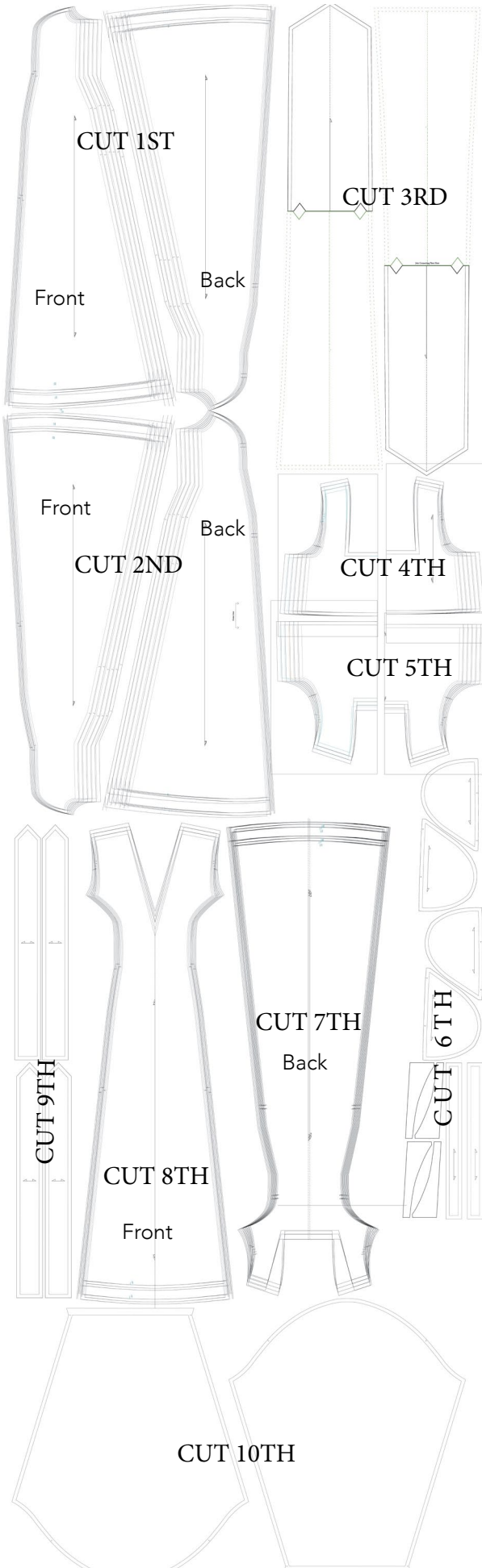
Size 6-14 / For Height 160-170cm

**IMPORTANT\*** Once cut out in fabric, put a piece of tape on the right side of your pattern piece and write front or back so you don't mix your princess panels up!

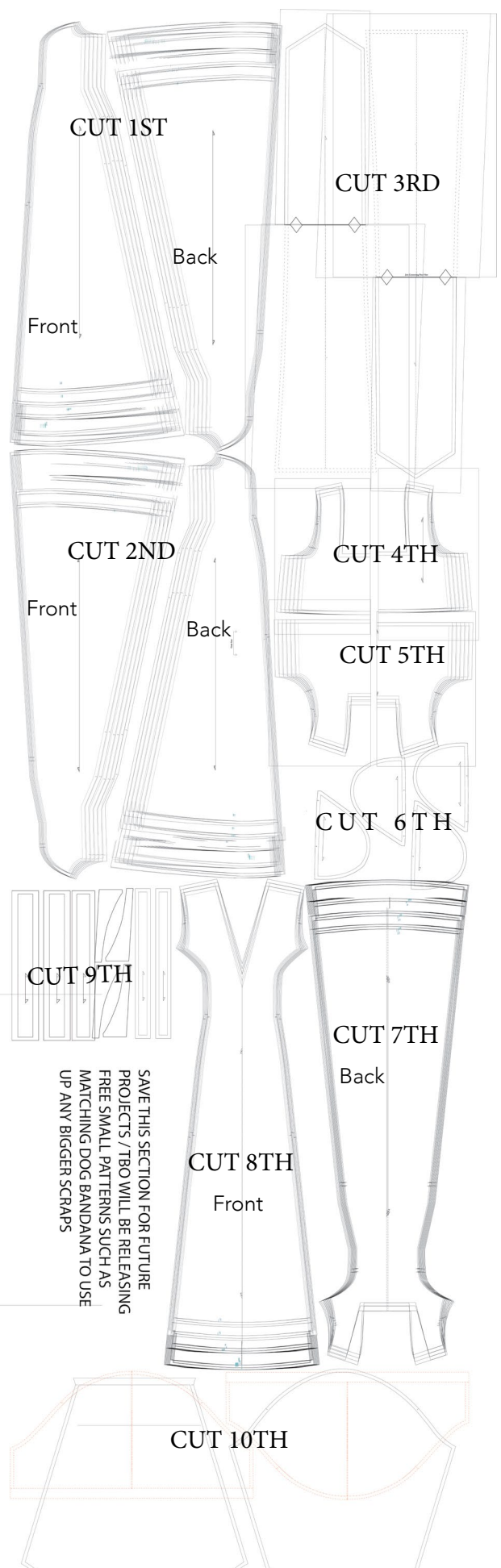
For A0 + A4, make sure your #1 pieces are taped to their corresponding #2 pieces before cutting in fabric

Size 6-14 / For Height 171cm

Start here



Start here



SAVE THIS SECTION FOR FUTURE PROJECTS / TBO WILL BE RELEASING FREE SMALL PATTERNS SUCH AS MATCHING DOG BANDANA TO USE UP ANY BIGGER SCRAPS

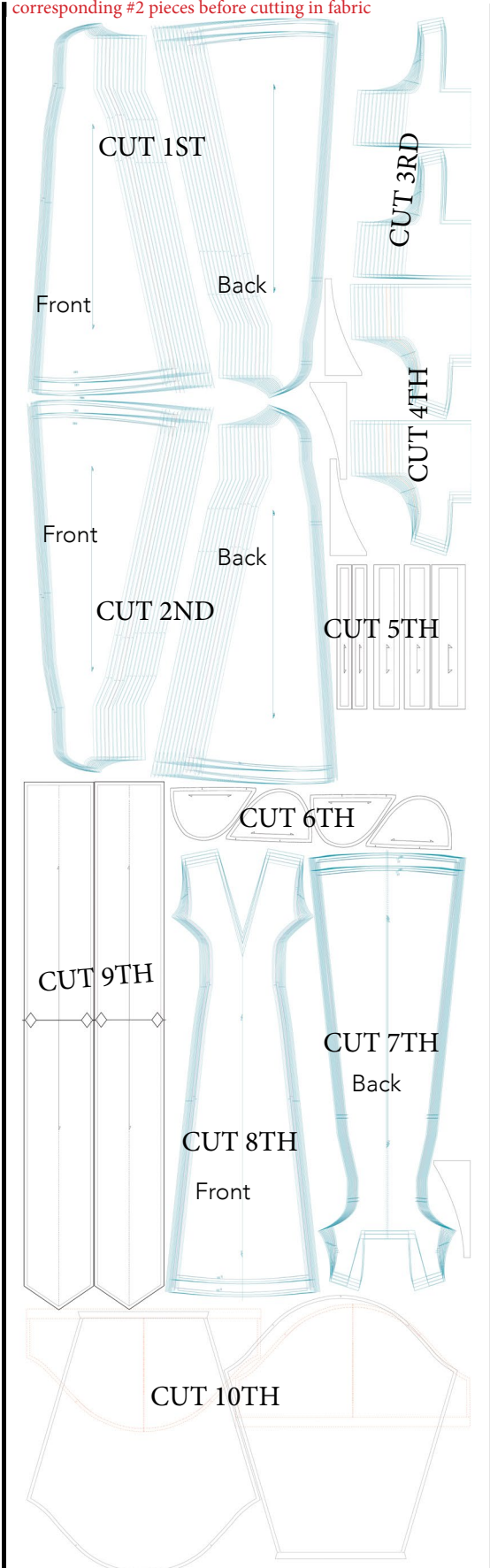
# SIZE 16-30 LAY PLANS

## Size 16-30 / For Height 160-170cm

**IMPORTANT\*** Once cut out in fabric, put a piece of tape on the right side of your pattern piece and write front or back so you don't mix your princess panels up!

For A0 + A4, make sure your #1 pieces are taped to their corresponding #2 pieces before cutting in fabric

Start here

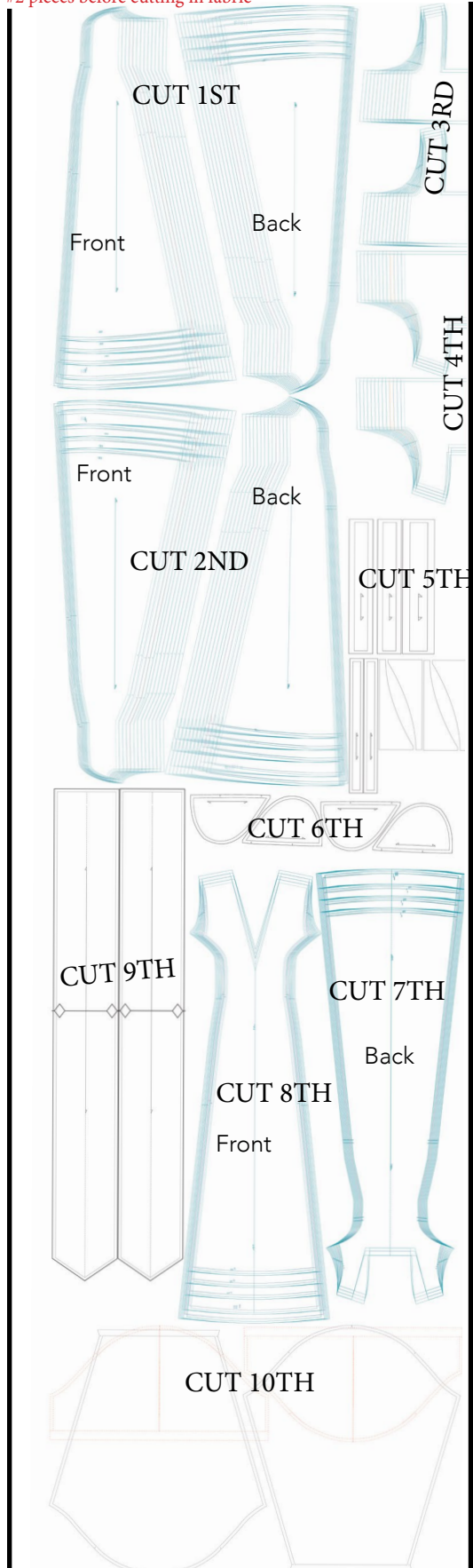


## Size 16-30 / For Height 171+

**IMPORTANT\*** Once cut out in fabric, put a piece of tape on the right side of your pattern piece and write front or back so you don't mix your princess panels up!

For A0 + A4, make sure your #1 pieces are taped to their corresponding #2 pieces before cutting in fabric

Start here



# TIPS FOR SEWING

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- 1) Make sure to cut your fabric on the grain. Set up your fabric first straight, with no fabric pulling off the table (if that's what you are cutting on) as you will then get a wonky pattern piece! Stand at the head of the table, looking at your fabric and pattern piece placed, then you can see if it needs to be straightened up!
- 2) Ironing is your best friend. It takes a dress from looking home made, to store bought. Extra tip is to iron your hems before they are sewn. This will then set it in place and be far less likely to warp when sewing, especially if it is a curved hem which the Gracie + Lydia are.
- 3) Sometimes it can be hard to tell the right and wrong side of the fabric. What helps is looking at the selvedge edge of the fabric, and the way the pin holes along it look pushed through creating a hole with a bump on one side, the other side of the hole that is smooth where it looks like the hole as been pushed from will be the right side. If you really can't tell, just chose a right and wrong side, I will keep your secret.
- 4) Washers from the hardware store are the PERFECT pattern weights if you would rather use weights when cutting around your patterns
- 5) If you are often cutting for sewing, do away with your bedroom floor or dining table, and invest in two trestle tables like this: \$67 Each from Mitre 10 in NZ (there will be similar elsewhere!) Pull them out when you are cutting , put the two long edges together, and voila you have a cutting table as wide as your fabric.

I have tried many options, and this is the easiest and best option I have found:

<https://www.mitre10.co.nz/shop/number-8-folding-table-w-1800mm-d-750mm-h-720mm-white/p/269207>

- 6) Pin your seams! Especially the long or curved ones. This will keep you from having one piece of fabric warped longer than the other by the time you reach the end.

# FREDY SEWING INSTRUCTIONS

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**Video to reference: Link will be uploaded to the Drop Box Folder in June for the Full Fredy Wrap video. Reference the video Links in many of the written sections in the meantime. Make sure to only watch the section linked and then head back to the instructions here.**

1) 1cm seam allowances

2) Overlock\* = Use a wide zigzag if you do not have an overlocker.

3) Back Neck ties\* = Neck ties are recommended to be included in your Rossi for all necklines EXCEPT if you have the boat neck, or a high square back. They are for keep your sleeves snug on the shoulders!

4) Intm\* = intermediate section. If you are more of a beginner, have an intermediate or above leveled sewer assist you, or make sure to watch the video tutorial to help!

5) Please note, Necklines shown in construction may differ from your chosen necklines, however do not fear! Construction is the same just the shape differs + notes are added on other customisations and how to sew.

6) Stitch length: 2.5 for standard woven fabric such as linen, cotton etc. (Changes to 4 or higher for gathering). Will want to do 1.5-2 for silks and delicate fabric.

Not sure how to under-stitch? Refer to the following video:

<https://www.youtube.com/watch?v=aFz4tsplENI>

# SEWING INSTRUCTIONS

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## OVERVIEW OF FREDY WRAP STEPS

Refer to the below chart for a brief overview of each step. More written instructions and details on each step are on the following pages. If you can read through this on a laptop so you can click the video links in many of the written steps.

- Step 1) Press + Sew Back Neck ties x2
- Step 2) Sew the Waist wrap add ons to the Standard Waist Wraps
- Step 3) Sew Waist Wrap x2
- Step 3B) Sew Thin Waist Wrap (optional)
- Step 4) Sew facing halves together, front and back
- Step 5) Sew x3 Back Princess Panels together / Front Princess panels.
- Step 6) Leg Split (optional)
- Step 7) Sew main body shoulder seams together + Facing shoulder seams
- Step 8) Overlock Shoulder seams x4 + Waist Sashes x2
- Step 9) Sew neckline. If you have back neck ties, this is when to insert.
- Step 10) Under-stitch neckline
- Step 11) Press neckline + waist wraps right side out
- Step 12) Gather Sleeves
- Step 13) Sew in seam pockets on the front side seams x2
- Step 14) Sew Sleeve Underarm seam
- Step 15) Overlock sleeve seam
- Step 16) Shirred sleeve hem
- Step 17) short puff sleeve hem
- Step 18) Short puff sleeve hem with cuff
- Step 19) Sew side seams + overlock side seams
- Step 20) Sew Sleeve into armhole
- Step 21) Press+ Sew Skirt Hem & Facing Hem
- Step 22) Wind shirring bobbin
- Step 23) Shirr Sleeve
- Step 24) Press seams from inside + rest of dress

## SLEEVE GATHERING CHART

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These measurements are the length you want to gather to between the notches on your sleeves to fit into your armhole.

Size 6: 12.3cm	Size 16: 20.8cm	Size 26: 24.2cm
Size 8: 13.6cm	Size 18: 21cm	Size 28: 24.6cm
Size 10: 17cm	Size 20: 23.2cm	Size 30: 25cm
Size 12: 18.3cm	Size 22: 23.5cm	
Size 14: 18.5cm	Size 24: 23.8cm	

## SHORT PUFF SLEEVE CUFF

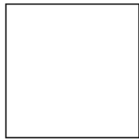
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Only applicable if you are using this in your design. The Measurements to the right is the finished circumference of the short puff sleeve cuff for each size. Because everyone is different, measure your own upper arm, and compare to your size's measurement on the chart. You will want the cuff circumference to be 1cm+ bigger than your own arm measurement, but not too much bigger. Add on or take off to your pattern piece as needed.

Size 6: 31cm
Size 8: 32cm
Size 10: 33cm
Size 12: 34cm
Size 14: 35cm
Size 16: 37cm
Size 18: 39cm
Size 20: 42cm
Size 22: 43cm
Size 24: 44cm
Size 26: 45cm
Size 28: 46cm
Size 30: 47cm

# SEWING INSTRUCTIONS

KEY:



= RIGHT SIDE OF FABRIC



= WRONG SIDE OF FABRIC

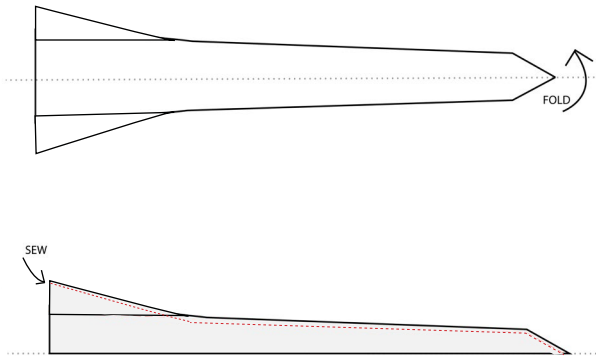


= STITCH LINE

See video links at many of the top of written sections. Can't click on the individual links in the steps? The Gracie Wrap video often linked to is titled 'How to make a Gracie Wrap from the bold one' on youtube. Skip to the time stamp mentioned in the steps. Only watch the section that is linked, then come back to instructions. Only search the video if you cannot click individual links

<p>PATTERN PIECES: x2 BACK NECK TIES</p>	<p><a href="#">Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial for this step linked here: (00:14)</a></p> <p><b>1) Press + Sew Back Neck ties x2</b> (If required in your Rossi design)</p> <p><b>A)</b> Wrong side up  <b>B)</b> Fold one of the short ends in 1cm.  <b>C)</b> Fold the two long edges in 1cm each to meet at the middle  <b>D)</b> fold in again on itself to form 1cm strip.  <b>E)</b> Sew across the folded in short edge, then down the long edge with an edge stitch.</p> <p>One end will be captured in the facing so no need to finish that. Repeat for second neck tie.</p>
<p>PATTERN PIECES: 6-14 'STANDARD WAIST WRAP' X2 OR 16-30 'THIN WAIST WRAP' X2 WAIST WRAP WING ADD ON X4</p>	<p><b>2) Sew Waist Wrap add ons (x4) to Waist Wrap</b> (SEE P. 8 TO REFERENCE THE SHAPE THE ADD ONS CREATE) (SKIP TO 3B IF YOU WANT WAIST WRAP SEPARATE TO DRESS)</p> <p><b>A)</b> Take one Waist Wrap + One Wing, both pieces right side facing up. Then flip Waist Wrap wing down on top of waist wrap so right sides face together.</p> <p><b>B)</b> Now with right sides together, sew 1cm seam down the long edge to connect. Overlock seam just sewn.</p> <p><b>C)</b> Pull Waist Wrap add on out so now both the wing and the Waist Wrap are connected facing right sides up. Pull seam allowance under Waist Wrap Wing, edge / top stitch along this piece to capture the seam allowance underneath. Repeat for other 3 Waist Wrap Wing pieces, creating two waist wraps that look like the illustration to left</p>

PATTERN PIECES:  
WAIST SASH X2



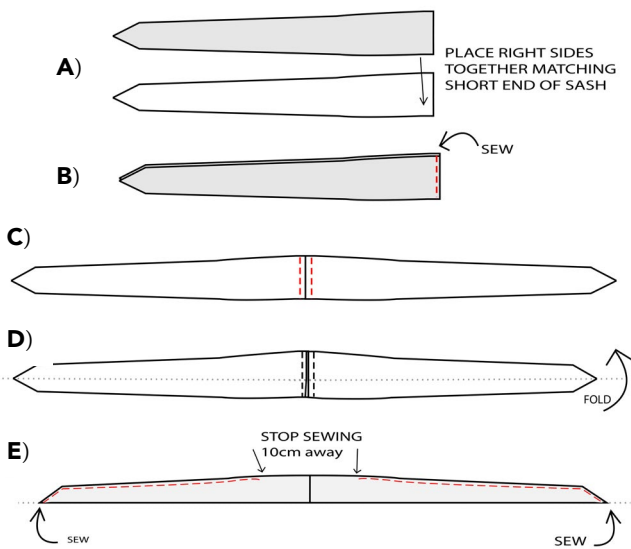
Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial for this step linked here: [\(01:22\)](#)

**3) SEW STANDARD WAIST WRAP x2.**

- A)** Take x1 Waist Wrap, right side up
- B)** Fold waist sash in half long edge to long edge, capturing the right side inside.
- C)** Sew a 1cm seam down the length of the sash where the edges meet, starting at the short edge. Leave wide short edge where folded edges meet not sewed so you can then pull through
- D)** Pull through inside out so right side now faces out. Here, it also helps to simply sew down the short edge to 'baste' the two layers of fabric together for future sewing. Repeat for second waist wrap keeping it separate to the first.

If you are doing a two toned sash, simply sew the two halves of the sash together first before the above steps.

PATTERN PIECES:  
WAIST SASH X2

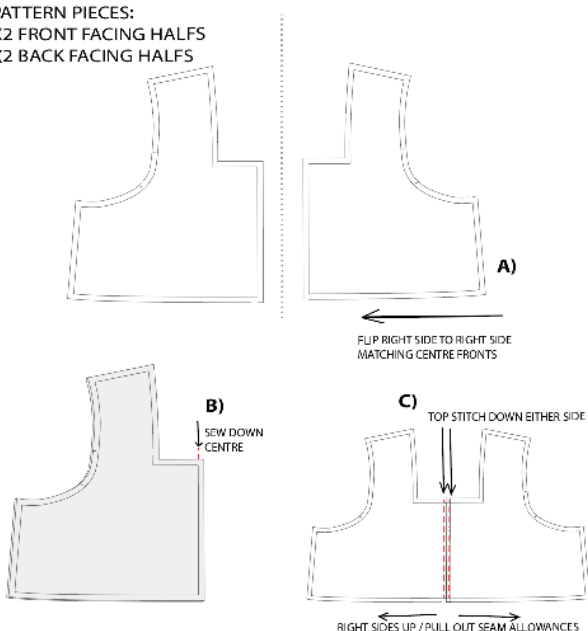


**3B) SEWING THIN WAIST WRAP**

(only if this is your chosen wrap / you want your Wrap separate to the dress. Waist Wrap wing not needed)

- A)** Take short ends of waist sashes and match right sides together
- B)** Sew down the short edge
- C)** Open out right sides up, top stitch the seam allowance open each way.
- D)** Fold long edge to long edge, R side together
- E)** Sew from the point in until you get 10cm out from the centre, repeat from other point.
- F)** Overlock then turn out through opening to right side.
- G)** Push opening's seam allowance in, and topstitch / edge stitch closed. \* **DO not** sew this sash into side seam at side seam step. It is designed to be separate to the dress.

PATTERN PIECES:  
X2 FRONT FACING HALFS  
X2 BACK FACING HALFS

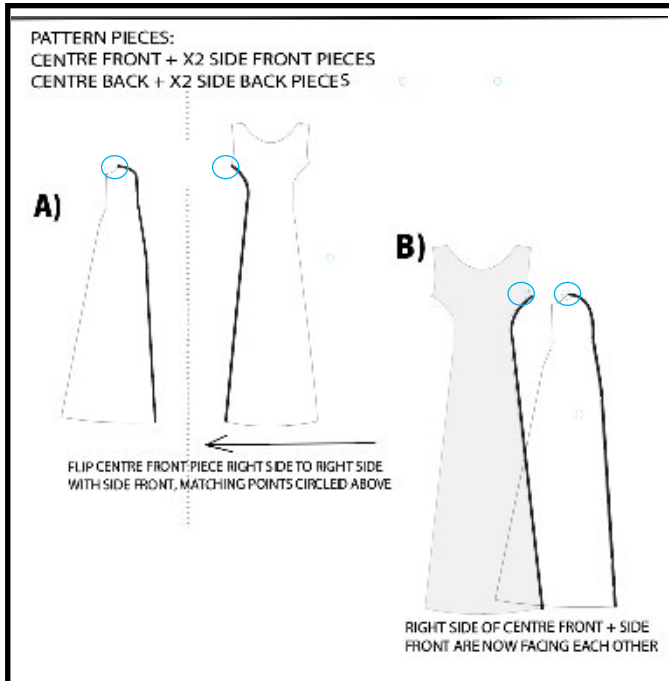


**4) SEW FACING HALVES TOGETHER**

(for front and back)

- A)** Take X2 Front Facing pieces, right sides up centres next to each other. Flip Right side to right side matching Centre Fronts.
- B)** Sew 1cm seam down the centre front top to hem.
- C)** Open out full front facing, right sides up. Pull seam allowance out to each side seam, top stitch / edge stitch down either side of seam capturing the seam allowance.

REPEAT for x2 Back Facing Pieces



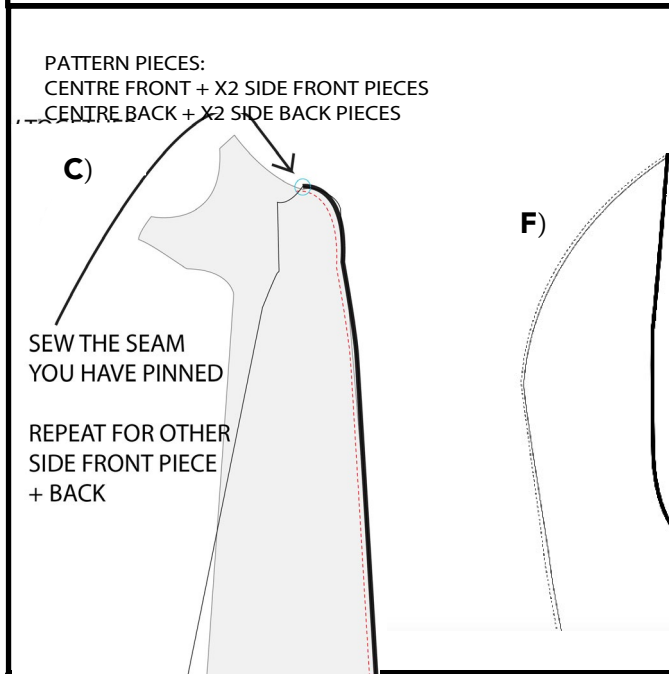
Reference the video linked here to understand placement of princess panels together: <https://www.youtube.com/watch?v=VU5Ge8fveGs>

**5) SEW PRINCESS PANELS**

(For front and back) Reference video above.

**A)** Start with the Side Back and Centre Back princess panels facing right side up (Front is shown but is same steps for back) Flip Centre Back piece right side to right side with Side back, matching where circles are and pin.

**B)** This image shows how it looks putting the points together that you did in step A.

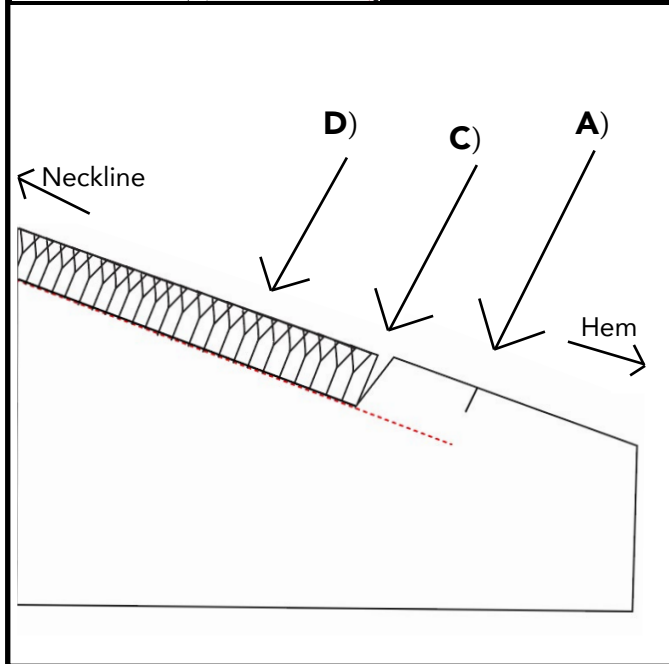


**C)** Pin the rest of the seam down to the hem. It will seam a little unnatural as you will be sewing a curve to a opposite curve. Therefore lots of pins are needed! Sew 1cm seam.

**D)** Repeat for other side back princess panel. If you do not want a Front leg split, repeat for both front princess panels.

**E)** Snip into seam allowance to but not through stitch line, to release the tension on the seam. Then overlock the princess seams.

**F)** Pull the Seam allowance towards the centre panels and top / **edge stitch down around on the inside of the seam**, securing the seam allowance.



**6) SEWING A LET SPLIT (Optional for front princess seam)**

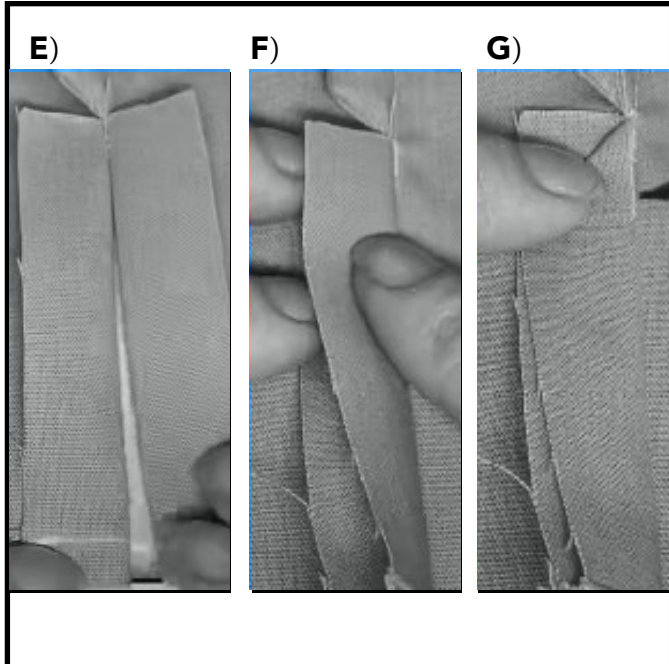
First choose what leg you want to have the split on. Sew the other front princess panel as above. Then on the princess seam you want the split on:

**A)** Sew princess panel as you did others but only sew down to notch where opening will start

**B)** It is a good idea to then hold the front main up to yourself in the mirror at this point, to see if you are happy where the notch placement for the split opening will be.

**C)** Back to the seam you have just sewn, mark 1cm up from notch, cut to not through stitch line at this point

**D)** Overlock top section of seam allowance.



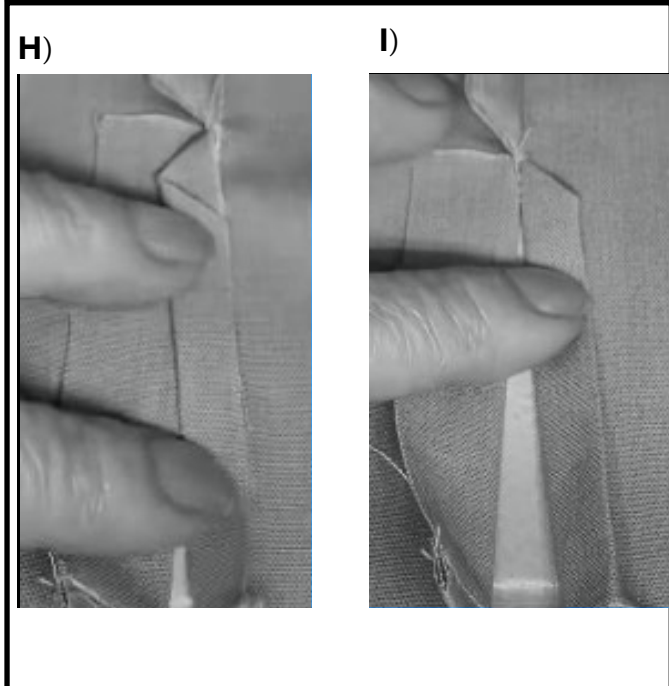
**6) SEWING A LET SPLIT**

(Optional for front princess seam)

**E)** Looking at the inside, press open the seam allowance 1cm below the notch / overlocking.

**F)** Fold the right section to the left

**G)** Fold the top corner back down to create a small triangle

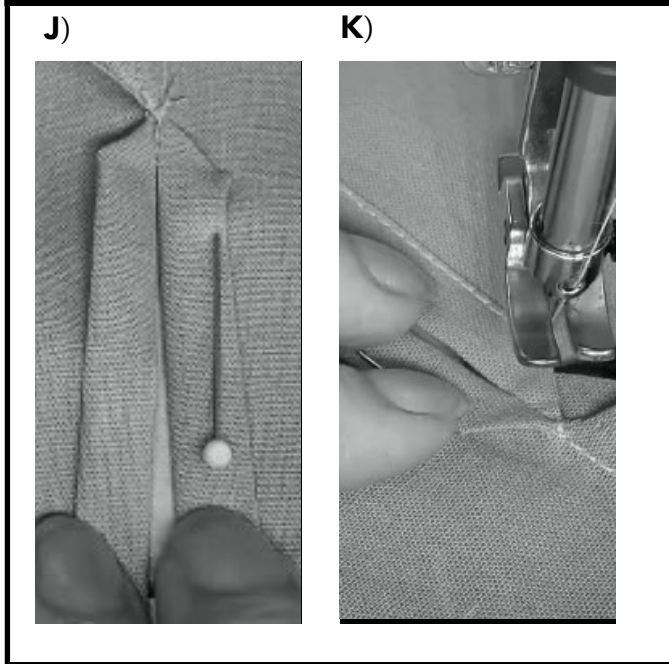


**6)SEWING A LET SPLIT**

(Optional for front princess seam)

**H)** Then, fold that same piece in again along the long edge 0.5cm

**I)** Fold that section to the right again, pin to hold in place.

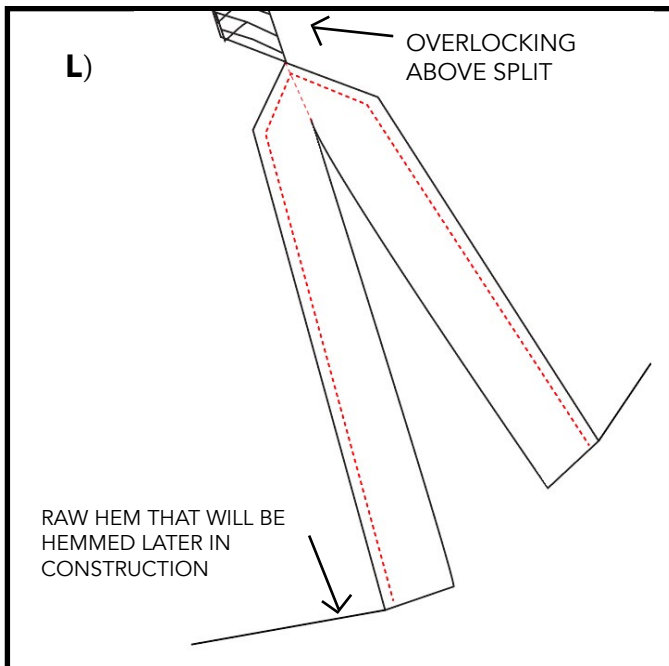


**6) SEWING A LET SPLIT**

(Optional for front princess seam)

**J)** Repeat for left seam allowance of the split.

**K)** From the wrong side, edge stitch around what you have pinned to secure. Sew right down to hem. You will hem up to hide the raw hem later in the construction.

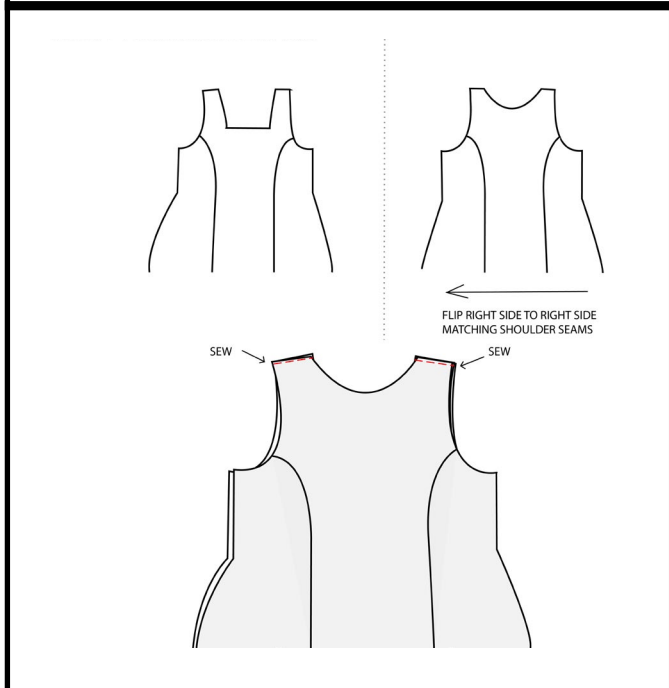


**7) SEWING A LET SPLIT**

(Optional for front princess seam)

**L)** Example of what the inside should look similar too once finished this section, with overlocking above.

**M)** On the right side, top stitch down the princess seam as you have for the other princess seams.



[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial for this step linked here: \(03:45\) to 5:13](#)

**7) SEW SHOULDER SEAMS TOGETHER**

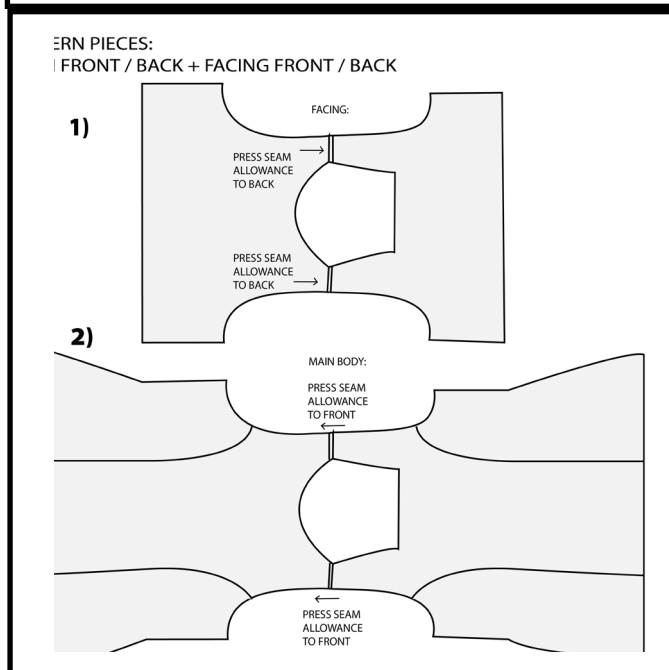
**A)** Take your front bodice facing, and back bodice facing and place them right sides together, matching at the shoulder seams.

**B)** Sew along your shoulder seams

Repeat for your main bodice front and main bodice back, sewing their shoulder seams together

**8) OVERLOCKING**

Overlock shoulder seams of facing, shoulder seams of main, both waist wraps seams. Watch the link above for overlocking, finish watching 5:13

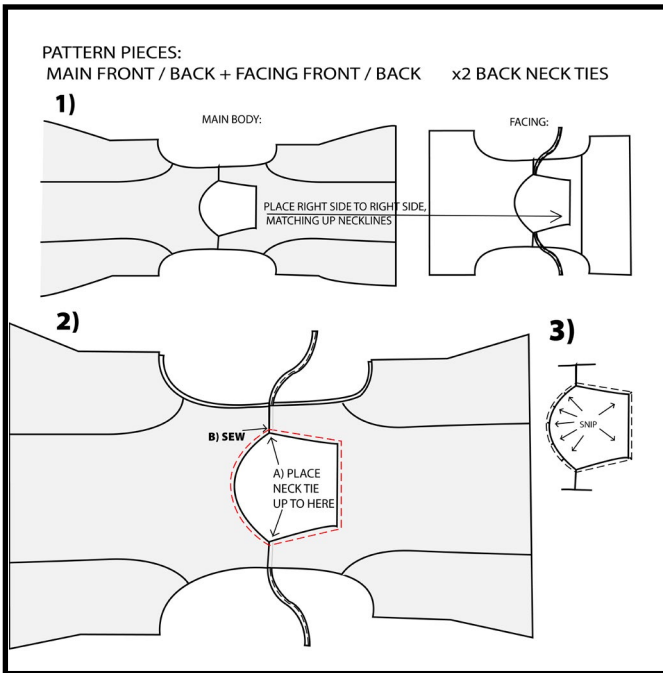


**EXTRA PRESSING STEP**

Press Main front + Back bodice shoulder seam allowance to the front

Press Facing Front + Back bodice shoulder seam allowance to the back

This will reduce bulk at the shoulders when sewing together



[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial for this step: \(6:06\)](#)

### 9) SEW FACING TO BASE VIA NECK LINE

**A)** Pin back neck ties\* onto back facing neckline, raw edge on the neckline seam allowance, place just down from the shoulder seam on each side. Place right sides together of main and facing bodice, with back neck tie now wedged in between - Matching at the neckline.

**B)** Start sewing at shoulder seam, keeping the allowance opposite ways to keep it less bulky.

**C)** Snip into corners of neckline on seam allowance, but not into the stitch line. This will relieve tension. If you have a boat neck, snip evenly around the curve. V neck, snip into the v.



[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial for this step: \(08:44\)](#)

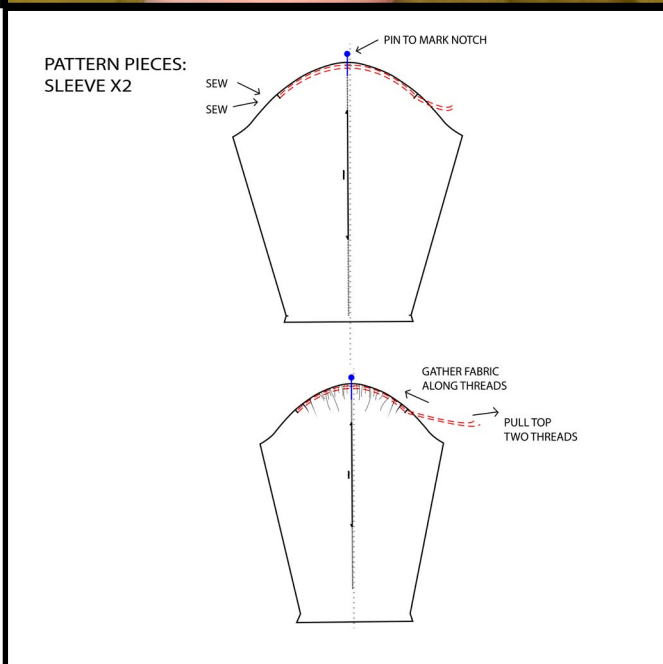
### 10) UNDER-STITCH NECKLINE

**A)** Main garment on left, facing opened out to the right, right sides up. Pull seam allowance to the right to sit under facing and sew 2mm under-stitch/ topstitch around neckline.

**B)** Once you get to a corner, what helps is to pull the fabric up to the left to form the shape of the neckline, as then the facing will shape around the formed corner and will be easier and neater to sew. Lift foot at corners to get around sharply. Please see video for this step at time stamp above to visually understand

### 11) PRESS neckline, Waist sash

Turn waist sash out and press it right sides facing out. Use something pointy / blunt to poke point out.



[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial for this step: \(13:22\)](#)

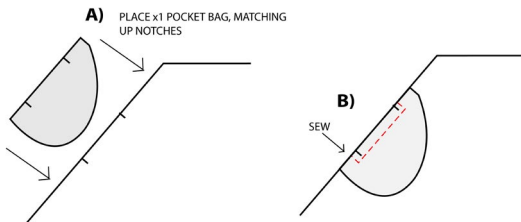
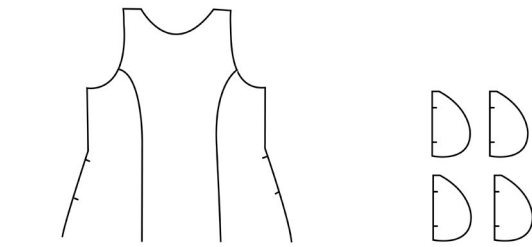
### 12) GATHER SLEEVE x2

**1)** Put a pin in the centre notch at top of sleeve, so you can see where the notch is when it comes to future construction.

**2)** Set your stitch length to 4 or higher, and stitch two rows within the 1cm seam allowance from one notch, over the top curve / over pin to the other notch. Do your usual backstitch at the start of each row, but do not back stitch at the end, & leave a long tail

**3)** Check the sleeve gathering chart at the beginning of sewing instructions and find your pattern size, gather sleeve to this same measurement so it will fit into armhole. Knot the threads together so gathering doesn't run. Turn stitch length back to 2.5

PATTERN PIECES:  
FRONT MAIN DRESS X1 + X4 POCKET BAG

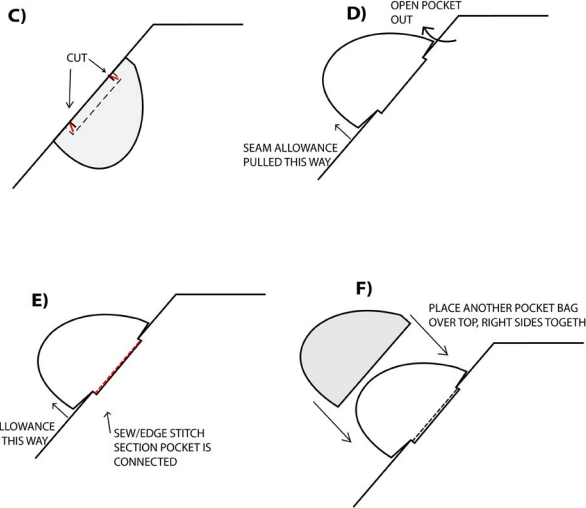


[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial linked here for this step: \(15:55\)](#)

### 13) SEW IN SEAM POCKETS

**A)** Take the right side up of **front** main, place 1 pocket piece on top of front skirt section right sides together - matching notches up.

**B)** Switch stitch length back to 2.5, starting from the side seam, sew 1 cm away from the first notch, and 1 cm in towards the centre of the garment. Lift foot, pivot and sew up / down to next notch 1 cm away from side seam. Sew 1 cm past next notch, then pivot and sew back into side seam.

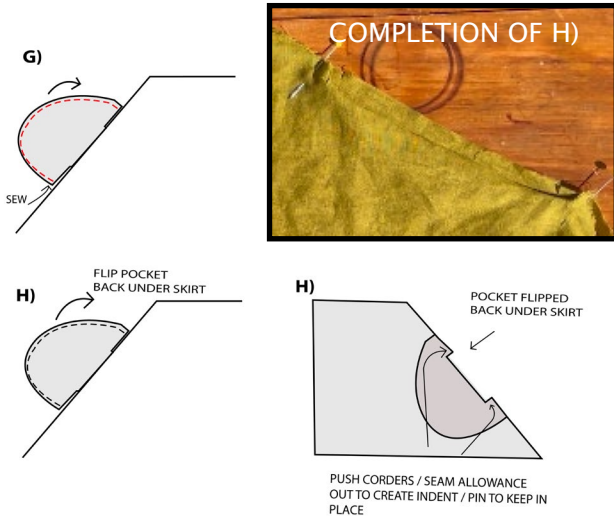


### SEW IN SEAM POCKETS

**C)** Snip on seam allowance from side seam into corners. Make sure to not cut through the stitching.

**D/E)** Overlock seam allowance you have just snipped into. Flip out pocket right sides up of both pocket and skirt, pull seam allowance towards / under pocket bag and under stitch / topstitch about 2mm away from seam. Only stitch along the section of the pocket bag that is connected to the skirt.

**F)** Pocket bag right side up, place another other pocket bag piece on top right sides matching



### SEW IN SEAM POCKETS

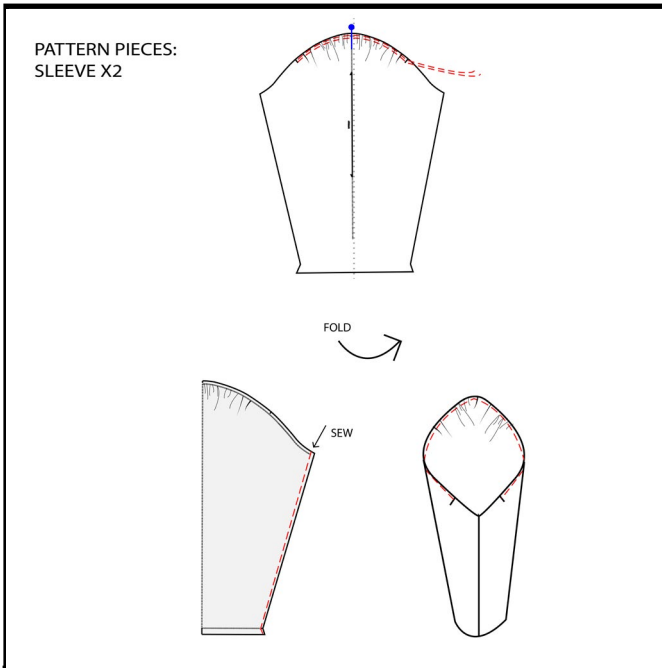
**G)** Sew a 1cm seam around these pocket bags, matching at top and stitching around. Overlock this seam.

**H)** Flip the pocket back under, push out corners ready to be caught in the seam and pin in place ready to capture when sewing back skirt piece on.

Repeat for other inseam pocket on front skirt.

REPEAT ON OTHER FRONT SIDE PANEL  
STEP COMPLETED  
POCKETS ARE NOW READY FOR FUTURE STEP WHEN BACK IS CONNECTED WHEN SEWING SIDE SEAM.

PUSH CORDERS / SEAM ALLOWANCE OUT TO CREATE INDENT / PIN TO KEEP IN PLACE



[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial linked here for this step: \(19:37\)](#)

#### 14) SEW SLEEVE UNDERARM SEAM

(SKIP this step for now if you are doing short puff with sleeve cuff hem)

**A)** Right side of sleeve up, fold in half to sew down the underarm long seam.

**B)** Sew a 1cm seam down the seam.



#### 15) OVERLOCK

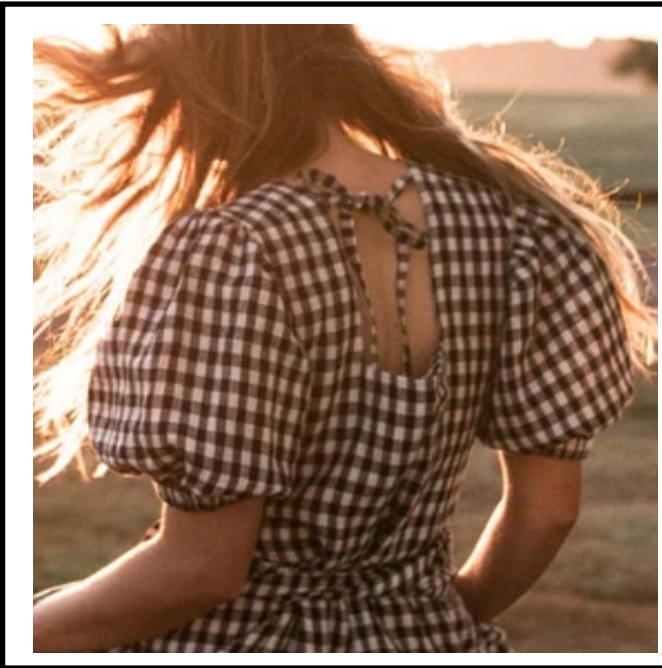
Sleeve underarm seam x2 (skip for now if you are doing short puff sleeve with cuff hem)

#### 16) SEW SHIRRED SLEEVE HEM

(If you have a Long shirred sleeve)

**A)** Double rolled hem of 2cm - up 1cm and press, then rolled up another 1cm to hide the raw edge. Edge stitch from wrong side of sleeve.

[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial linked here for this step: \(24:39\)](#)



#### 17) SEW SHORT PUFF SLEEVE HEM

(If you have a short puff sleeve with **elastic** finish)

**A)** Fold hem 1cm up, then fold up again 2.5cm. Stitch in place, but leave an opening / gap 1cm either side of your underarm seam for elastic to thread through.

**B)** Use measuring tape (or elastic + ruler) to measure around your upper arm. Take this measurement + 2cm for seam allowance and cut two lengths of it for your two sleeves.



**17) SEW SHORT PUFF SLEEVE HEM**  
(If you have a short puff sleeve with **elastic** finish)

C) Take a safety pin and thread elastic into casing you created in step A. Make sure trailing end does not disappear into casing by pinning the end to the sleeve seam. Once you have threaded elastic around the casing, pull it back out of the casing.

D) Lay each end flat over top of each other 2cm cross over. Pull up to sewing machine and zig zag over. Pop back into casing.

E) Top stitch down your gap the elastic went through. Repeat A-E for your other sleeve.



Image courtesy of Anna Lena Knoll, The bold one Pattern customer where the sleeve cuff inspiration came from!

**18) SEW SHORT PUFF SLEEVE HEM(+ CUFF)**  
(If you have a short puff sleeve with sleeve cuff pattern piece added)

Please note, double check you are happy with the finished circumference measurement of the short puff sleeve cuff by checking the 'Short Puff Sleeve Cuff' chart at the beginning of the sewing instructions. They are done by size, however everyone is different! Measure your own upper arm, and compare to your size's measurement on the chart. You will want the cuff circumference to be 1cm+ bigger than your own arm measurement, but not too much bigger. Add on or take off to your pattern piece as needed.

A) Gather each open sleeve hem to the length of your open short puff sleeve cuff. Use the two row of stitches method you used to gather the top of your sleeve, making sure the two rows are within the seam allowance so they are hidden.



For the following steps for a short puff sleeve with a cuff, watch the youtube tutorial by 'wearing history'. It is linked in where you need to start watching at 1:30, STOP watching at 3:00 and come back to these instructions to finish your dress.

<https://youtu.be/YYhtjXtjM6E?t=87>

Note \* Keep your 1cm seam allowances, and feel free to fuse your cuff if desired as per youtube tutorial.



[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial linked here for this step: \(25:30\)](#)

### 19) SEW SIDE SEAMS + OVERLOCK SIDE SEAMS

The video tutorial of the Gracie Wrap has been created for sections like this in mind where seeing it visually is key, the construction here is the same for the Fredy Wrap. Ignore the gathered waist line of the Gracie as you have princess panels. See above link for the how to video.

You will be sewing right sides together of dress at side seams, while capturing your waist sash (1.5cm down from top of seam). You will be completing your inseam pockets while sewing the side seam. Make sure to not catch the pocket opening when sewing past it. Once you get past the first pocket corner, slightly pull the opening to the left to ensure you don't catch it.



[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial linked here for this step: \(30:52\)](#)

### 20) SEW SLEEVE + ARMHOLE

The video tutorial of the Gracie Wrap has been created for sections like this in mind where seeing it visually is key, the construction here is the same for the Fredy Wrap. See above link for the how to video.

Main gist: turn your mainly sewn dress so the wrong side is facing out, turn your sleeve so the right side is facing out. Place your sleeve into your armhole, right sides together ready to start pinning + Sewing. See video for reference. Repeat for other armhole.

### 20) OVERLOCK ARMHOLE SEAM

[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial linked here for this step: \(33:50\)](#)



### 21) PRESS SKIRT HEM + SEW

Press skirt hem up 1cm, then up another 2cm then stitch, It is important to take the time to press this hem, as it is curved and pressing and/or pinning dramatically decreases the chance of your curved hem warping. If you have a silk or satin, do a double 1cm roll up instead. You also want to **hem your facing**, with a double 1cm roll up, sew and press.

Reference the following section of the Gracie Wrap video for sewing your hem.

<https://youtu.be/XsUATUcgz8?t=2058>

### 19) PRESS DRESS

Press side seams from inside, and the rest of the dress one more once over. Pressing seams give a crisp finish!



[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial linked here for this step: \(35:07\)](#)

**22) WIND SHIRRING BOBBIN  
+ TEST FOR SHIRRED SLEEVE ONLY**

**A)** Take an extra bobbin, take your shirring elastic and hand wind it onto the bobbin. You want to wind it on with not too much tension, but not really loose - find that happy medium!



**B)** Put your bobbin into your machine how you usually would thread it up. Set stitch to 4. Sew on test fabric first to see if the shirring is working. Back stitch at start and finish. See time stamp above for an example of it not working/working. You may need to loosen bobbin tension.

**23) SHIRR SLEEVE (SHIRRED SLEEVE ONLY)**

**A)** Put the hem of your sleeve into machine. Sew 6 rows of shirring, each row a straight line backstitching at the beginning and end and then lifting foot to begin next row, don't snip threads between. Start first row 2cm up from hem, and the 5 rows after 1-1.5cm spaced out.

[Until Fredy Wrap video is live, reference the following section of the Gracie Wrap Video tutorial linked here for this step: \(36:13\)](#)

**24) PRESS DRESS**

Press seams from inside, and the rest of the dress one more once over. Pressing seams give a crisp finish!

**YOUR FREDY IS COMPLETE!**

Thank you for sewing with tbo,  
I can't wait to see your finished dress!

For the chance to go into the monthly tbo voucher draw, make sure to do either of the following:  
Take a snap of you in your piece and tag @theboldone\_ on Instagram / socials, send to [freedom@theboldone.co.nz](mailto:freedom@theboldone.co.nz) and / or post a snap of your finished piece into The Bold One Workshop Sewing Patterns FB Group as others love to see them too!



# HOW TO STYLE ONCE COMPLETE

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## HOW TO WRAP

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The great thing about our wrap styles, is that you can style the waist wraps however you please! We do know that it helps to have one way to get you started, check it out below...



1) Take the waist wraps in your hands



2) Cross them over at the front, does not need to be perfectly flat, allow those natural folds to happen!



3) Pull to desired fit, take around to back and secure with double knot / bow, or wrap to front again & secure.

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*\*Key tip: Once you have secured your waist sashes, make sure to pull the skirt section out at the sides towards the back, so your tbo isn't bunched at the front!*

t h e b o l d o n e

Thank you for sewing with The Bold One!  
Much Love  
Freedom  
tbo x