

Pola by Fibre ⚡ood



Pola by Fibre Mood



XS - XXXL

Do you still remember 'Little House on the Prairie'?

Well, it just so happens that Western wear is making a grand comeback. Pola is a long, loose, empire-waist dress. The ruffles that fall until just above the ankles give the dress a light and airy quality. Wear the dress cinched in or loose. Combine the dress pattern with a floral print or try a lovely solid.

If you aren't really into floor length dresses or lots of ruffles, just leave off the last layer. That way you'll end up with a great dress that's just above knee length.

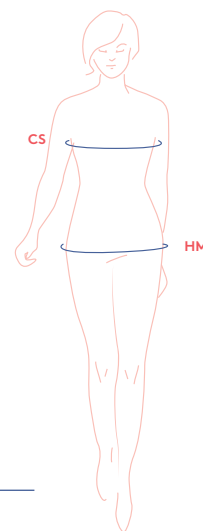


size chart

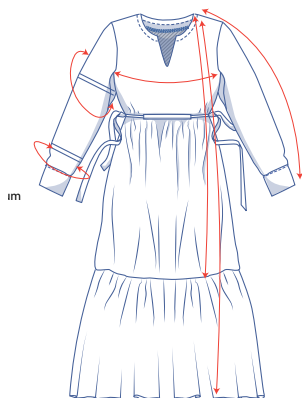
size	XS		S		M		L		XL		XXL		XXXL		
EU	32	34	36	38	40	42	44	46	48	50	52	54	56	58	60
UK	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32
US	0	2	4	6	8	10	12	14	16	18	20	22	24	26	28
CS (cm)	76	80	84	88	92	96	100	104	110	116	122	128	134	140	146
HM (cm)	86	90	94	97	100	103	106	109	115	120	125	130	135	140	145

Chest (CS): measure horizontally around the fullest part of the chest.

Hip (HM): measure horizontally around the widest part of the lower body.



measurements(in cm)



size	XS	S	M	L	XL	XXL	XXXL
length (short dress)	95,75	96,75	98	100	102,5	105,25	106,75
length (long dress)	131	132	133,25	135,25	137,75	140,5	142
sleeve length*	63,75	65	66,25	67,75	70	72,25	74,5
1/2 bust	47	51	55	61	67	73	79
upper arm circumference	32,75	36,5	39,5	42,75	47,25	51,5	55,5
wrist circumference	22	23,5	25	26,5	28	29,5	31

* Includes the shoulder length.

Compare the stated lengths to the measured or desired lengths. **Lengthen** or **shorten** the dress and/or the sleeves by cutting the pattern pieces at the indicated double lines and then spreading the pattern pieces out X cm from each other or overlapping them where needed. Make sure that the CF and CB lines and the side seams are always straight.



IMPORTANT

Adjust the fabric to be used based on these alterations.

supplies



- Thread
- Iron-on interfacing: 35 cm
- Buttons (Ø 1.1 cm): 6
- Fabric: see table

fabric used (in cm) F collection	XS	S	M	L	XL	XXL	XXXL
orange fabric (short dress) fabric width 160 cm	190	190	190	260	265	270	275
floral print fabric (long dress) fabric width 150 cm	275	355	370	395	430	470	470

Comprehensive information about the fabrics in the Fibre Mood collection along with the accompanying fabric plans can be found [here](http://www.fibre mood.com/en/fabrics) or on www.fibre mood.com/en/fabrics.

fabric used (in cm)	XS	S	M	L	XL	XXL	XXXL
standard fabric (short dress) fabric width 140 cm	190	225	260	265	275	295	300
standard fabric (long dress) fabric width 140 cm	315	330	380	400	420	455	470

The corresponding fabric plan can be found on the last page.

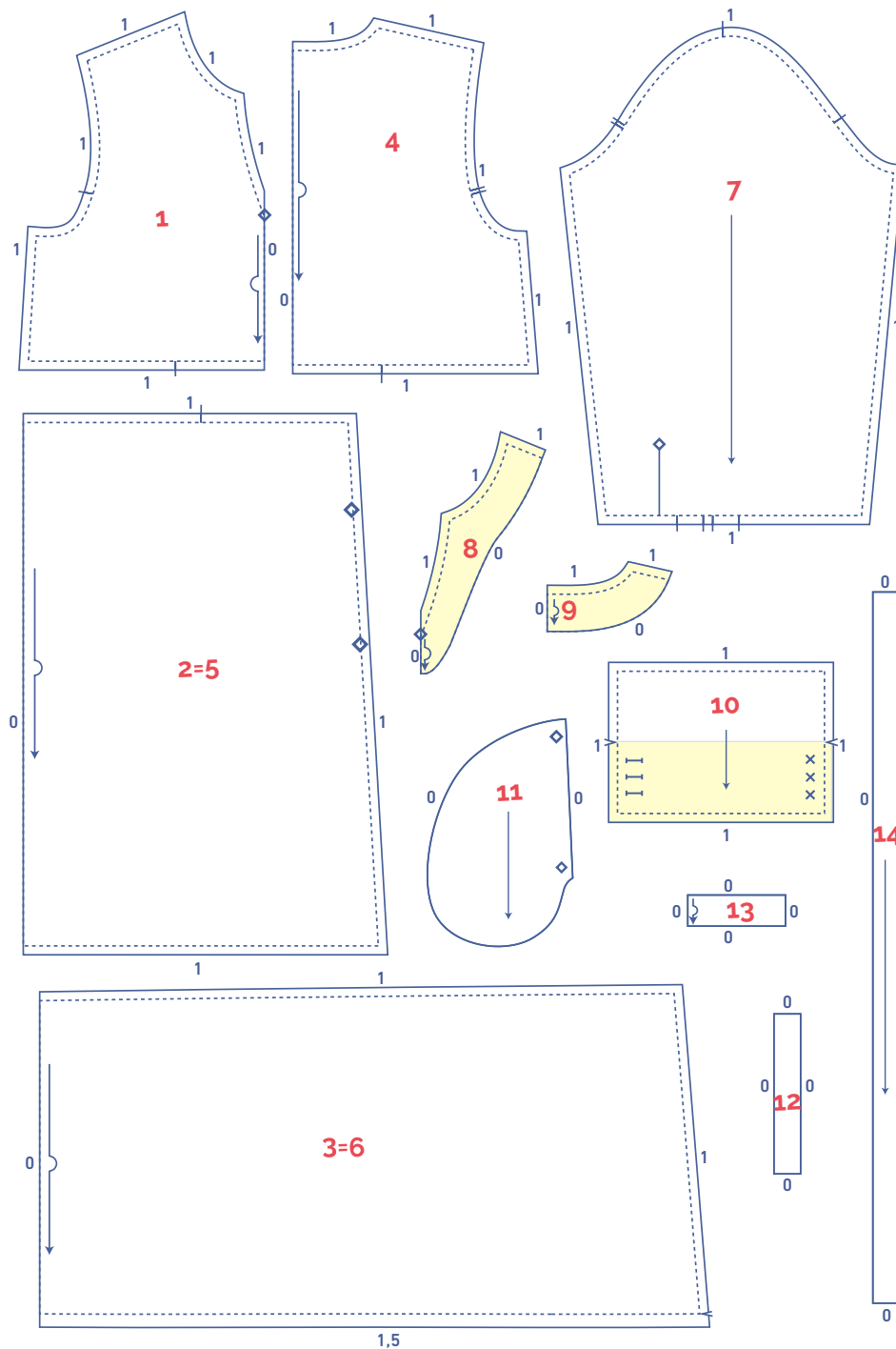
fabric advice



Choose a fabric with a fluid drape for the Pola dress: chiffon, viscose, or crepe would look lovely, for example. This dress looks absolutely lovely in floral print and makes for a dreamy, romantic look. Comprehensive information about the fabrics in the Fibre Mood collection can be found [here](https://www.fibremood.com/en/fabrics) or on www.fibremood.com/en/fabrics.

pattern pieces & seam allowances (in cm)

To sew the garment as described in the instructions, you must draw the illustrated seam allowances around the paper pattern pieces before cutting them out.



IMPORTANT

The pieces highlighted in light yellow have iron-on interfacing attached to the wrong side.

1. top front: 1x on fabric fold
2. skirt A front: 1x on fabric fold
3. skirt B front: 1x on fabric fold
4. top back: 1x on fabric fold
5. skirt A back: 1x on fabric fold
6. skirt B back: 1x on fabric fold
7. sleeve
8. neckline facing front: 1x on fabric fold
9. neckline facing back: 1x on fabric fold
10. wrist trim: 2x
11. pocket: 4x
12. bias arm split: 2x
13. tunnel: 2x on fabric fold
14. ribbons: 2x, draw a rectangle that is 3x90 cm.

Mark the following points on a pattern piece using basting thread (↱).

Position of the buttonholes: I

Position of the buttons: X

Tip of the notched neckline: ◇


Mark crucial points on a pattern outline by cutting neatly through the pattern paper and fabric at a I or II symbol and/or by cutting a small corner out of the fabric at a V symbol.

Cut a small corner (V notch) out of pieces that lie on the fabric fold (↵) to mark the middle of these pieces.

sewing instructions



The method used to finish sewing the garment depends on the fabric used.
The pieces are always sewn together with the right sides of the fabric matching exactly, unless stated otherwise.



F front

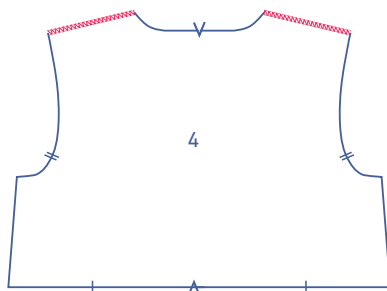
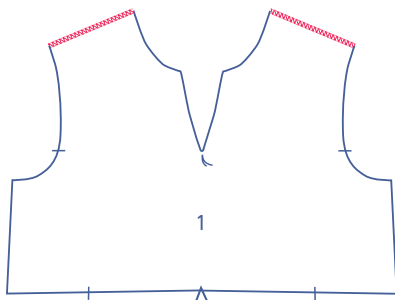
B back

CF centre front

CB centre back

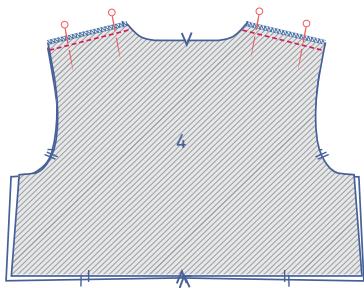
 right side

 wrong side



1

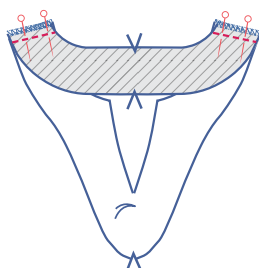
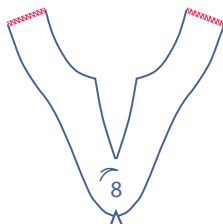
Finish the shoulder seams of the top front and top back using an overlock stitch.



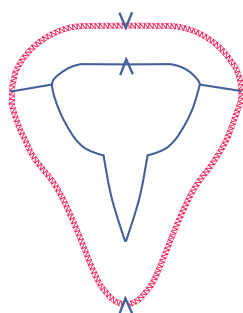
Pin and sew the shoulder seams. Press the seam allowance open.



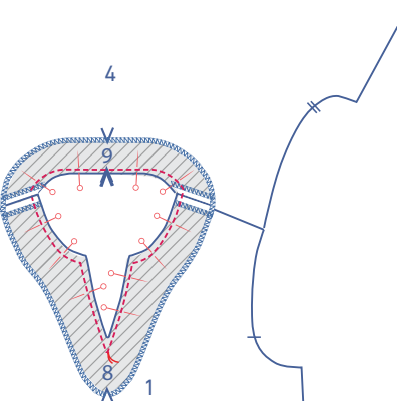
Finish the shoulder seams of the front facing and back facing using an overlock stitch.



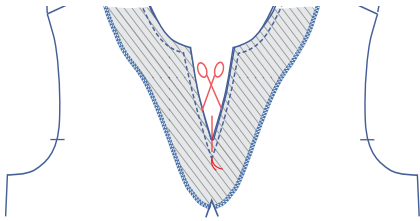
Pin and sew the shoulder seams. Press the seam allowance open.



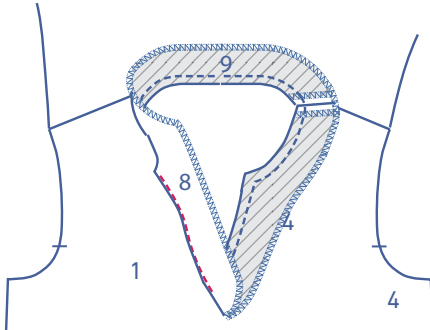
Finish the outer edges of the front facing (8) and back facing (9) using an overlock stitch.



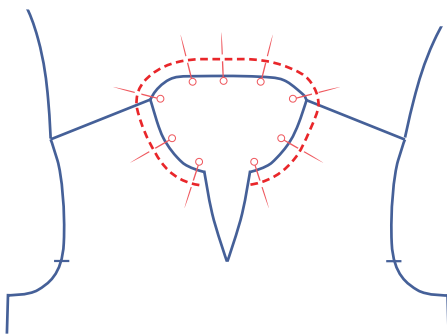
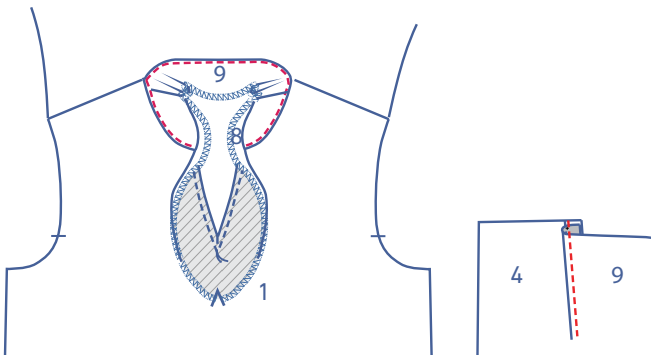
Pin and sew the facing to the neckline. Sew until just before the basting thread (= tip of the notched neckline) and then lower the needle down into the fabric. Lift the presser foot, turn the work piece and lower the presser foot back down. Continue stitching.



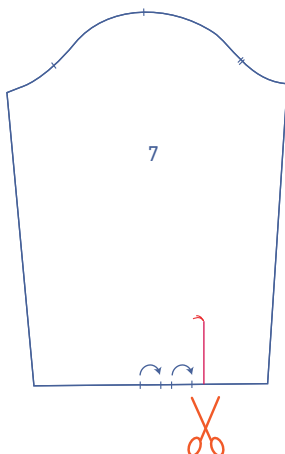
Cut through the seam allowance of the dress and facing until just up to the basting thread.



Fold the facing and the seam allowance underneath away to the side. Stitch the facing at 2 mm from the edge, sewing through all layers (= the facing + the seam allowance folded over to the side of the facing).

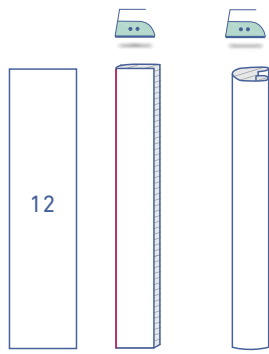


Turn the facing all the way over to the wrong side of the work piece and sew through all layers at 1.5 cm from the neckline.



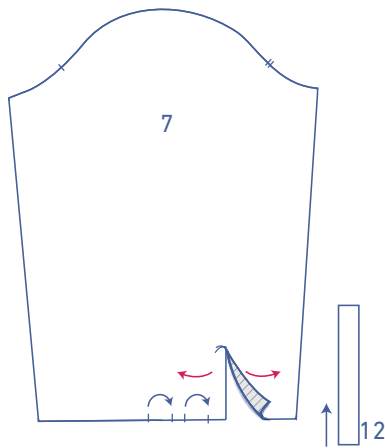
2

Cut the sleeve (7) on the indicated line up to the basting thread.



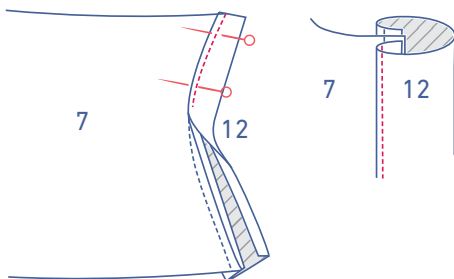
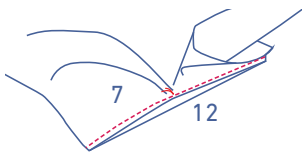
Press the bias arm split (12) as follows:

- Start by pressing the bias in half lengthwise all the way down.
- Next, press both of the long sides 0.5 cm onto the wrong side.

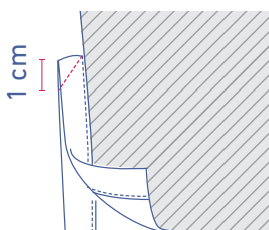


Open the bias arm split out wide so that you end up with a single straight line.

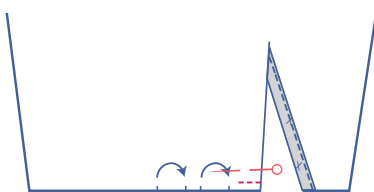
Slide the bias arm split under the sleeve with the right side facing up. Match the raw edges together and pull the sleeve a bit to the side at the basting thread. Sew parallel to the raw edge at 0.5 cm. Only a few fabric threads have been sewn in place at the basting thread.



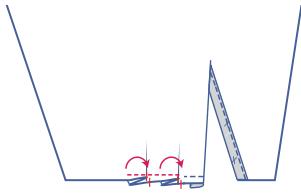
Fold the bias towards the right side of the sleeve and lay the fold line directly onto the previous stitching. Sew in place right next to the edge.



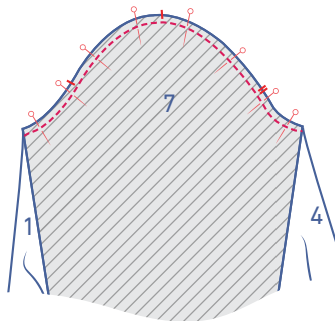
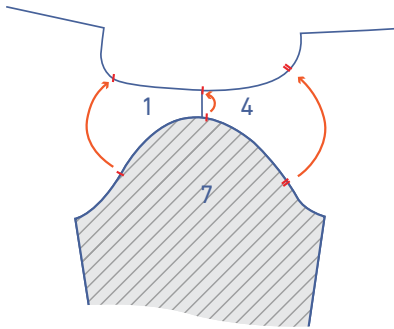
Fold the sleeve in half lengthwise, with the right side of the fabric facing inwards. Sew the tops of the biases together. Sew a diagonal line starting from the corner. Fold the sleeve back open.



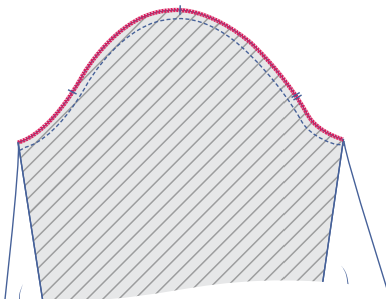
Fold the bias at the front of the sleeve (i.e., the widest side of the sleeve hem, the side with the pleating) over to the wrong side of the sleeve and sew the bias in place at 0.5 cm from the bottom.



Create two folds by matching all of the nicks in the direction indicated. Sew the pleats in place at 0.5 cm from the edge.



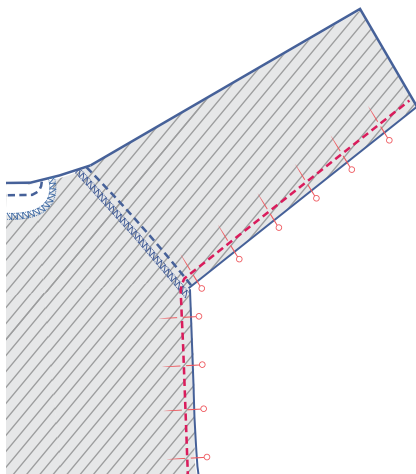
Pin and sew the sleeve cap to the armhole, making sure that the corresponding marks match exactly. The single nick marks the front, while the double nick marks the back. The top-most single nick should line up with the shoulder seam.

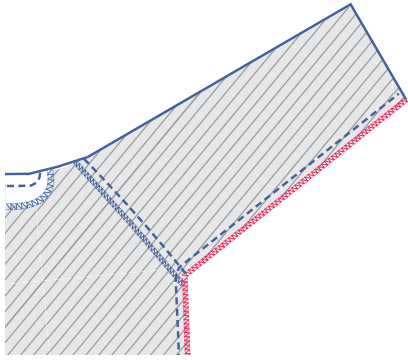


Finish the raw edges together using an overlock stitch.

3

Pin and sew the side and seam under the arms into place.

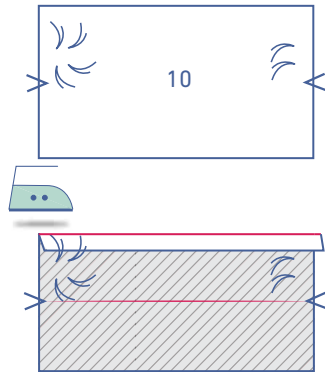




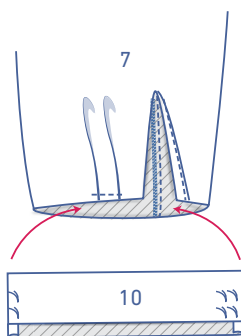
Finish the raw edges together using an overlock stitch.

4

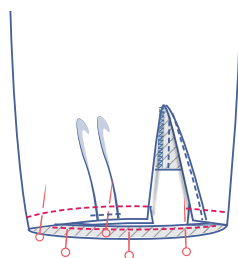
Press 1 cm along the long side of the wrist trim (10) seam allowance (on the side where the buttons and buttonholes are located) over to the wrong side.

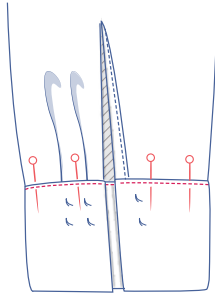


Fold the wrist trim in half lengthwise to where the V notches are located with the right side of the fabric facing inwards. Sew the short sides. Trim the seam allowance and turn inside out.

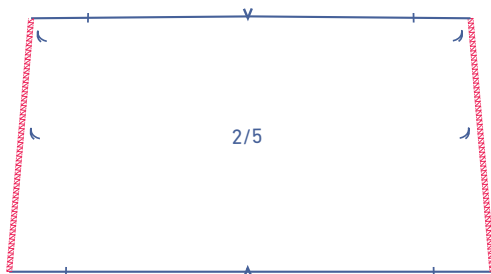


Slide the wrist trim into the sleeve. Pin and sew the pressed over raw edge of the wrist trim to the bottom of the sleeve along the wrong side of the sleeve.



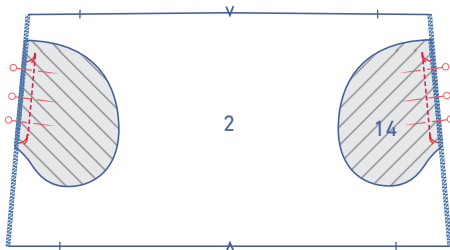
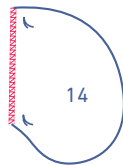


Fold the wrist trim towards the right side of the sleeve and lay the fold line (of the pressed over seam allowance) directly onto the previous stitching. Sew in place next to the edge.

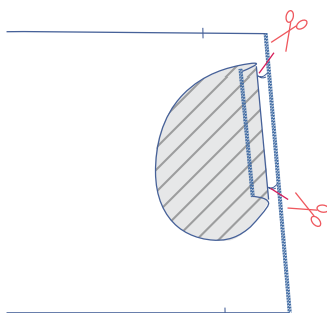


5

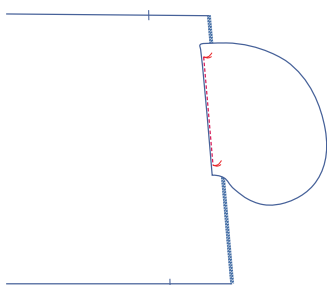
Finish the side seams of skirt front A (2) and skirt back A (5) and the right side of the pocket pieces (11) using an overlock stitch.



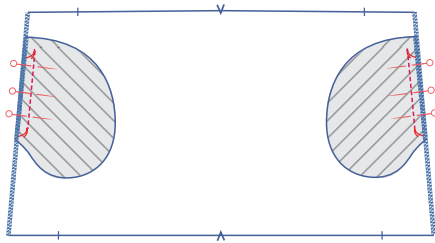
Pin the right-hand side of the pocket to the side seam of skirt front A (2) with basting threads matching. Sew between the basting threads.



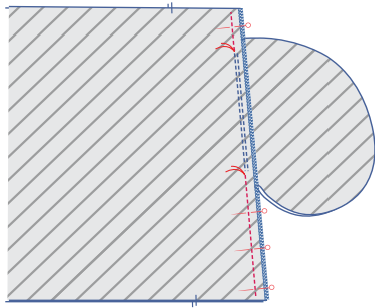
Fold the seam allowance of the pocket to the side and cut diagonally into the seam allowance of the front up to the basting thread.



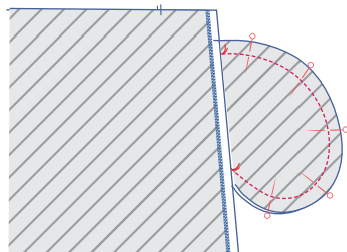
Fold the pocket and the seam allowance to the side and stitch at 2mm from the seam, sewing through all layers (= the pocket + the seam allowance folded over to the side of the pocket).



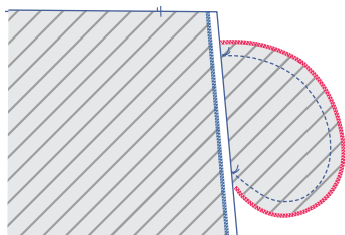
Pin the right-hand side of the other pocket piece to the side seam of skirt back A (5) with basting threads matching. Sew securely between the basting threads.



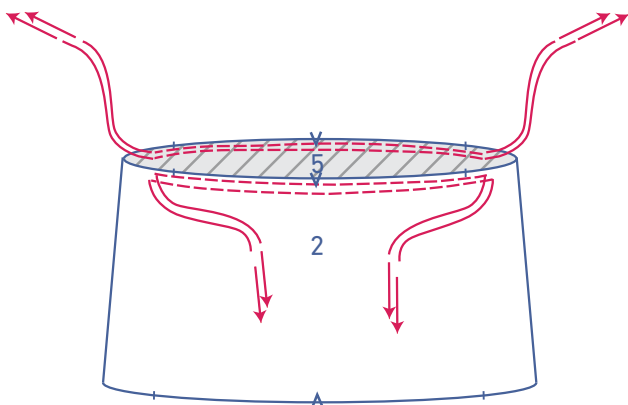
Pin and sew the side seams together above and below the pocket opening, always sewing right up to the basting threads. Make sure to put the pocket pieces to the side when sewing the seam allowance. Press the seam allowance open.



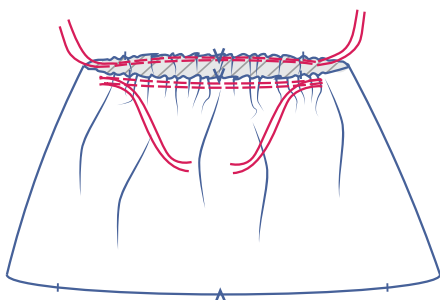
Pin the contours of the pocket pieces. Sew in place, starting right from and up to the basting threads at 1.5 cm from the contours. To do this, set the seam allowance of skirt A to the side.

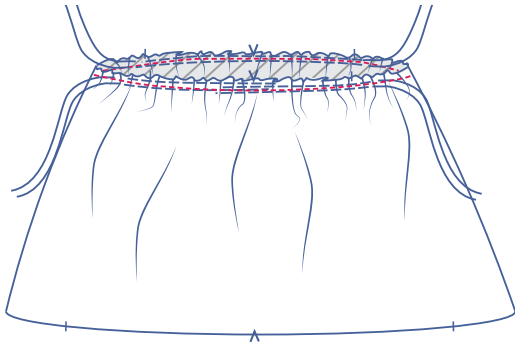


Finish the raw edges together using an overlock stitch.

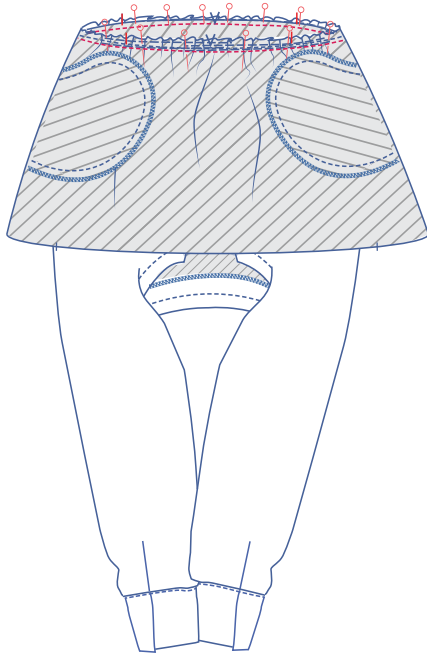


Sew two parallel rows at the top of skirt A past the nick using a long stitch length and a low thread tension. Make sure to leave a little thread at the beginning and at the end of the stitching, so that you can pull on the threads and create pleating in the fabric. Distribute the ruffles evenly until all the nicks of the top front are lined up with those of skirt A.

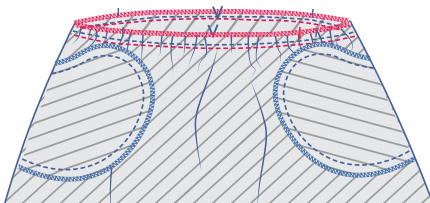




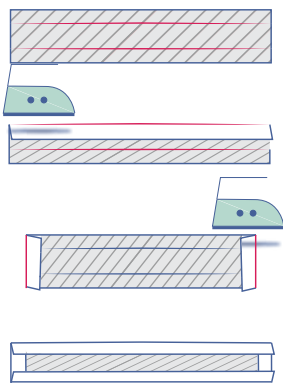
Sew the ruffles in place between the two gathering threads and remove the threads when you are done.



Pin and sew the top of the skirt to the bottom of the top front.

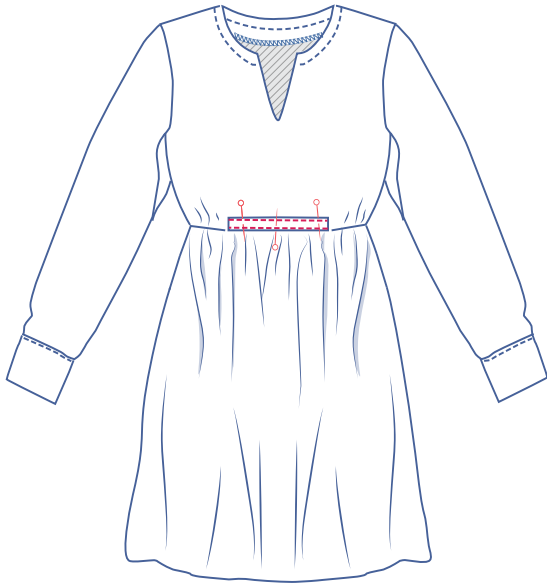


Finish the raw edges together using an overlock stitch.

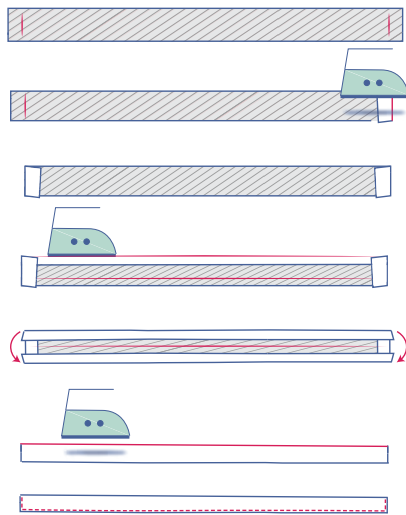


6

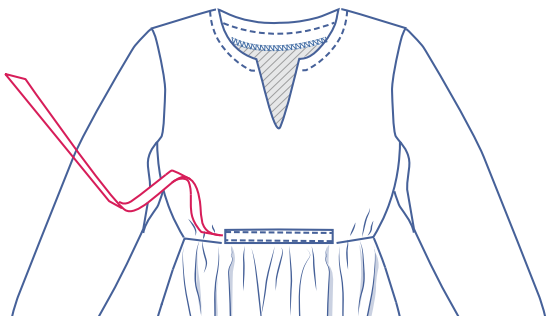
Press the short sides of the tunnel (13) 1 cm over and then do the long sides.



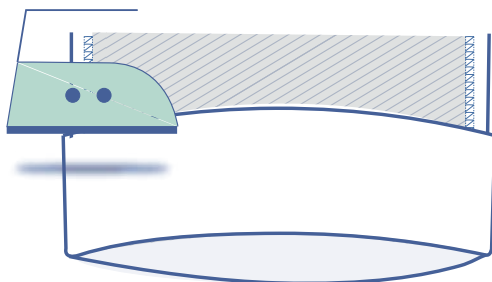
Pin the tunnel to the top front. The bottom of the tunnel should line up with the seam. Sew in place at 2 mm from the edge of the long sides.



Press the short side of the ribbon over 1 cm to the wrong side. Then press the long sides 0.5 cm over. Fold in half and stitch all the way around at 2 mm from the edge.

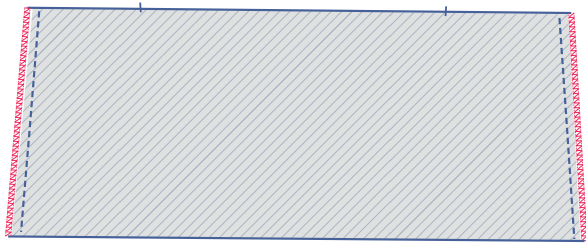


Thread the ribbons through the tunnel. Do the same to attach the tunnel and the ribbons to the back.

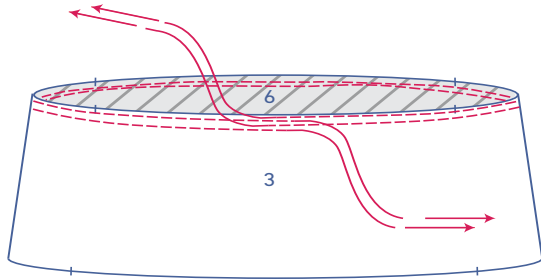


7

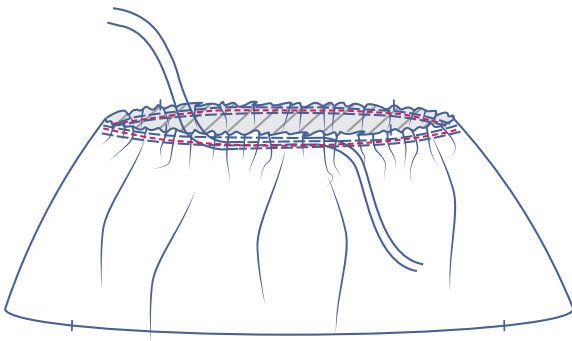
Pin and sew the side seams of the skirt front B (3) and skirt B (6).



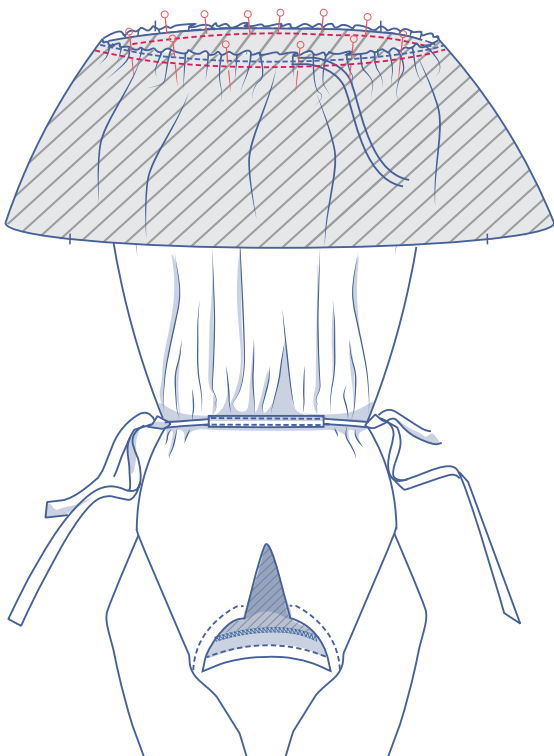
Finish the raw edges together using an overlock stitch.



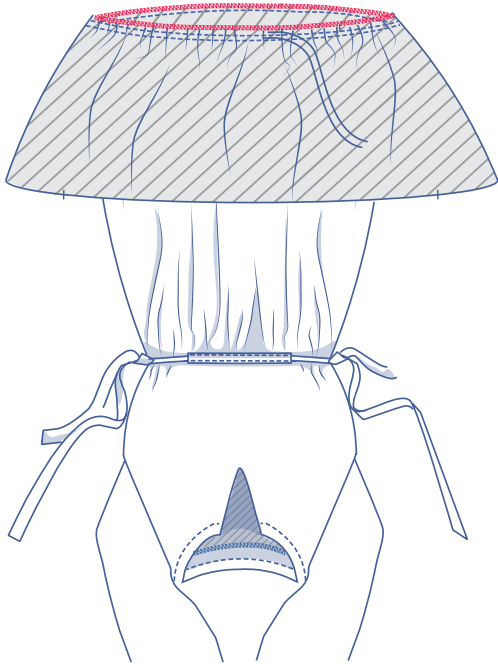
Sew two parallel rows to the top of skirt B using a long stitch length and a low thread tension. For each row, always sew until just past the starting point. Make sure to leave a little thread at the beginning and at the end of the stitching, so that you can pull on the threads and create pleating in the fabric. Distribute the ruffles evenly until all the nicks of skirt A and skirt B are matching.



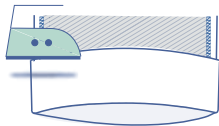
Sew the ruffles in place between the two gathering threads and remove the threads when you are done.



Pin and sew the top of the skirt B to the bottom of skirt A.

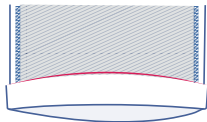
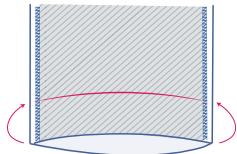


Finish the raw edges together using an overlock stitch.

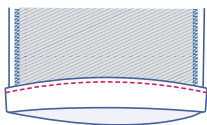


8

Press the hem of skirt B 1.5 cm over and then fold back open.

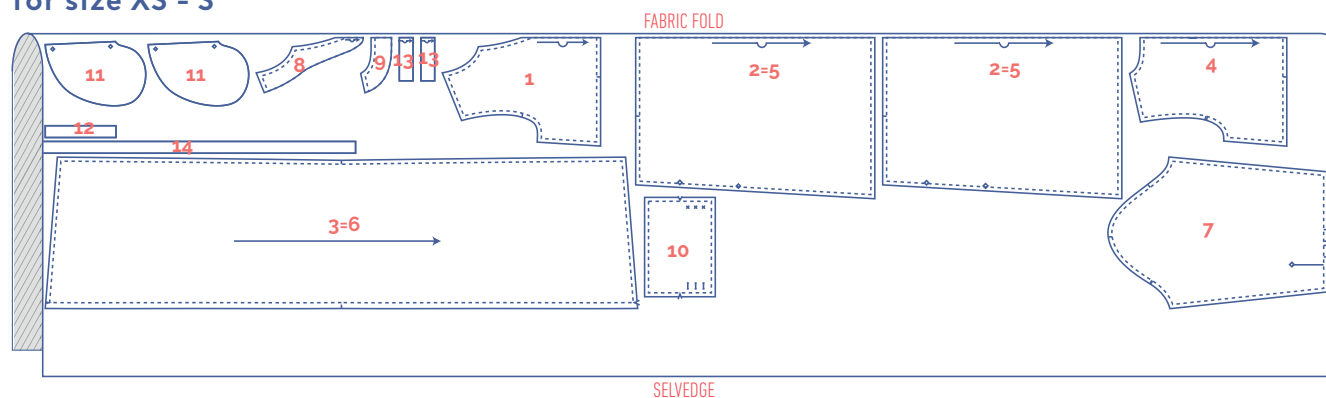


Fold the raw edge of the hem onto the pre-pressed fold line and then fold over a second time. Sew in place right next to the edge.

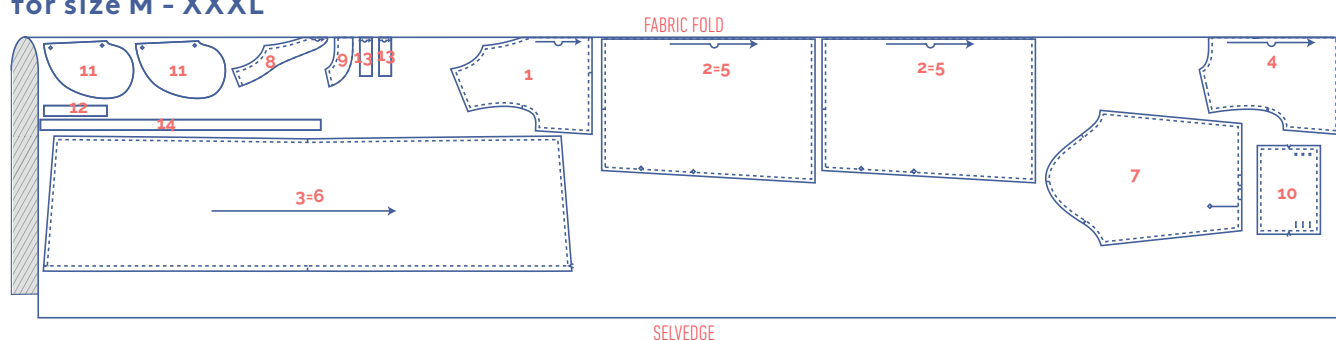


fabric plan for the long dress for fabric 140 cm wide

for size XS - S

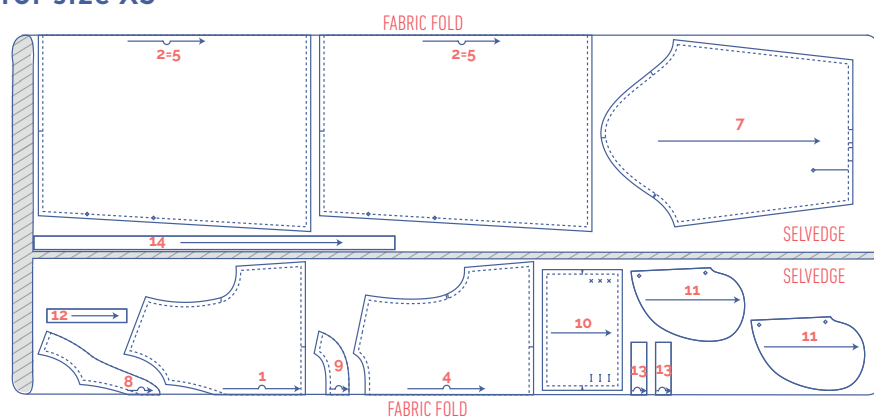


for size M - XXXL

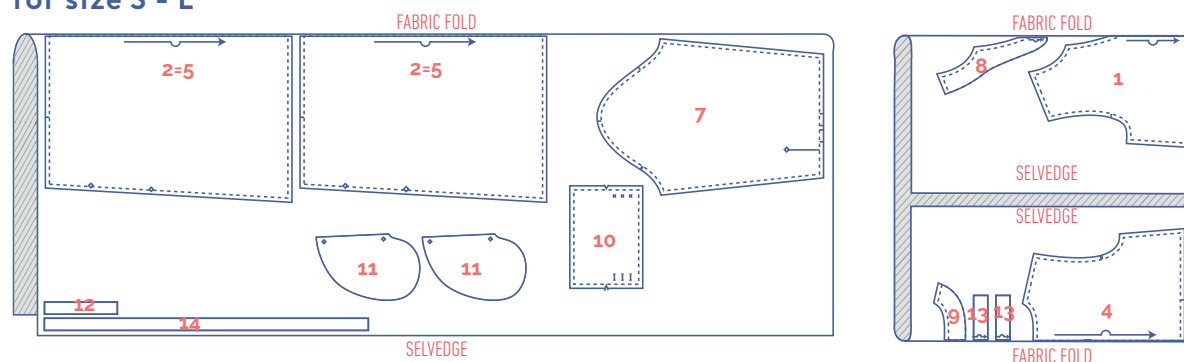


fabric plan for the short dress for fabric 140 cm wide

for size XS



for size S - L



for size XL - XXXL

