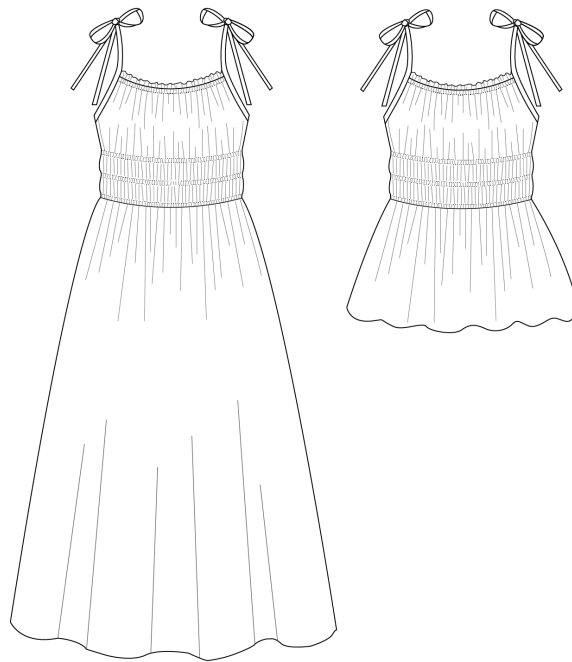


NINA LEE

The Holland Park Dress and Top - with narrow straps



UK SIZES 16–28

With a whopping 14 variations, this is your ultimate cottagecore pattern – perfect for trips to the farmers market, strolling through meadows, floating around festivals, or comfortably crafting. Fitting is a breeze with the abundant ease and elastic channels that cinch in to fit just as tight or as loose as you fancy. Choose between making a dress or a top, and between 7 different sleeve options – varying from narrow straps that tie in sweet bows to dramatic Bohemian sleeves gathered in at the wrist.

Named after one of London's loveliest green spaces - where you can find rose and lavender beds, classical concerts, cricket, a hidden manor house, and an orangery - the Holland Park Dress and Top is sure to make you feel like the romantic heroine you truly are!

SUITABLE FABRICS

Lightweight fabrics such as cotton lawn, lightweight linen, rayon

NOTIONS

Elastic, 6–10 mm / 1/4–1/2 inch wide - see requirements chart for quantity

Safety pins for elastic insertion

This garment features channels to contain the elastic. The instructions and pattern pieces assume you will be making channelling out of your main fabric, but you can instead use ribbon, tape or bias binding (see the requirements chart for lengths). There is more information on this in the 'Preparation' section.

SIZING CHARTS AND FINISHED MEASUREMENTS

SIZE CHART

	16	18	20	22	24	26	28
Bust (inches)	42	44	46	48	50	52	54
Waist (inches)	35	37	39	41	43	45	47
Hips (inches)	45	47	49	51	53	55	57
Bust (cm)	106	111	116	121	126	131	136
Waist (cm)	88	93	98	103	108	113	118
Hips (cm)	114	119	124	129	134	139	144

FINISHED GARMENT MEASUREMENTS

	16	18	20	22	24	26	28
B-cup bust (inches)	52	54	56	58	60	62	64
D-cup bust (inches)	54	56	58	60	62	64	66
Waist (inches)	52	54	56	58	60	62	64
Hips (inches)	59	60	62	64	66	68	70
Top length* (inches)	19 7/8	19 7/8	19 7/8	20	20	20 1/8	20 1/8
Dress length* (inches)	44 1/2	44 1/2	44 5/8	44 5/8	44 5/8	44 3/4	44 3/4
B-cup bust (cm)	134	139	144	149	154	159	164
D-cup bust (cm)	139	144	149	154	159	164	169
Waist (cm)	134	139	144	149	154	159	164
Hips (cm)	150	155	161	166	171	177	182
Top length* (cm)	51	51	51.5	51.5	51.5	52	52
Dress length* (cm)	114	114	114.5	114.5	114.5	115	115

FIT TIPS:

- This pattern has abundant ease - the fitting comes down to your own personal preference with elastic tension. So if you are in-between sizes, you can decide whether to go for slightly fuller gathers by sizing up, or slightly sparser gathers by sizing down.
- This pattern is drafted for someone who is 168cm/5'6" tall; anyone over that height will want to consider whether to add length. For tips on lengthening/shortening patterns, I have a blog tutorial here: <https://www.ninalee.co.uk/blogs/blog/how-to-lengthen-or-shorten-a-sewing-pattern>
- If you're unsure or worried about getting the right fit, then it's always best to try a toile in an inexpensive fabric such as unbleached calico or muslin.

FABRIC REQUIREMENTS

FABRIC REQUIREMENTS - 150CM WIDE FABRIC

	16	18	20	22	24	26	28
Dress	2.8m	2.8m	2.8m	3.0m	3.0m	3.0m	3.0m
Top	1.7m	1.7m	1.7m	1.7m	1.7m	1.7m	1.7m

FABRIC REQUIREMENTS - 115CM WIDE FABRIC

	16	18	20	22	24	26	28
Dress	3.0m	3.0m	3.0m	n/a	n/a	n/a	n/a
Top	1.9m	1.9m	1.9m	1.9m	1.9m	1.9m	1.9m

FABRIC REQUIREMENTS - 60" WIDE FABRIC

	16	18	20	22	24	26	28
Dress	3 1/8 yds	3 1/8 yds	3 1/8 yds	3 1/4 yds	3 1/4 yds	3 1/4 yds	3 1/4 yds
Top	1 7/8 yds	1 7/8 yds	1 7/8 yds	1 7/8 yds	1 7/8 yds	1 7/8 yds	1 7/8 yds

FABRIC REQUIREMENTS - 44" WIDE FABRIC

	16	18	20	22	24	26	28
Dress	3 1/4 yds	3 1/4 yds	3 1/4 yds	n/a	n/a	n/a	n/a
Top	2 1/8 yds	2 1/8 yds	2 1/8 yds	2 1/8 yds	2 1/8 yds	2 1/8 yds	2 1/8 yds

ELASTIC REQUIREMENTS

	16	18	20	22	24	26	28
Metres	4.2m	4.4m	4.6m	4.8m	5.0m	5.2m	5.5m
Yards	4 5/8 yds	4 3/4 yds	5 1/8 yds	5 3/8 yds	5 1/2 yds	5 3/4 yds	5 7/8 yds

OPTIONAL TAPE/RIBBON FOR CHANNELLING LENGTHS

	16	18	20	22	24	26	28
Metres	3.2m	3.3m	3.4m	3.5m	3.6m	3.7m	3.8m
Yards	3 3/8 yds	3 1/2 yds	3 5/8 yds	3 3/4 yds	3 7/8 yds	4 yds	4 1/8 yds

CUTTING LAYOUTS

Fabric should be folded selvage to selvage, right sides facing.

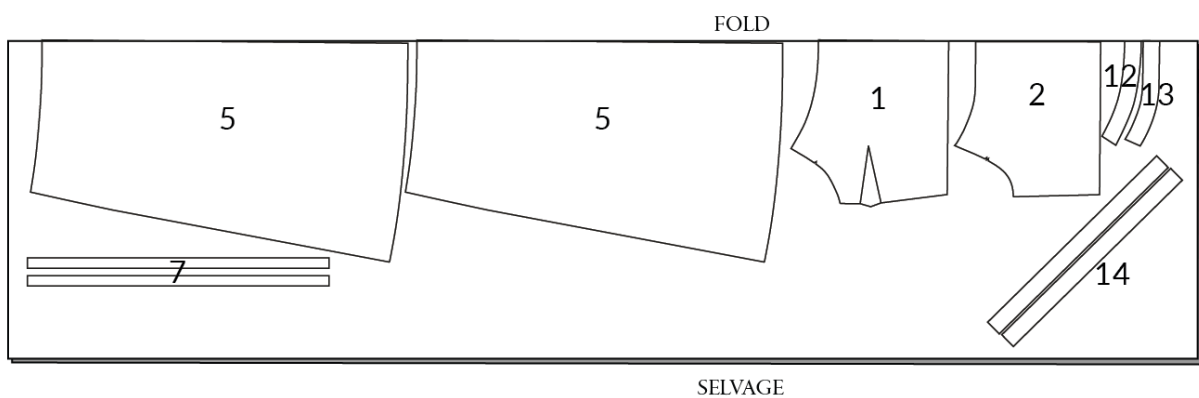
This cutting layout allows for directional prints. If your fabric has a non-directional design, you may need less.

The seam allowance is 1.5cm unless otherwise stated.

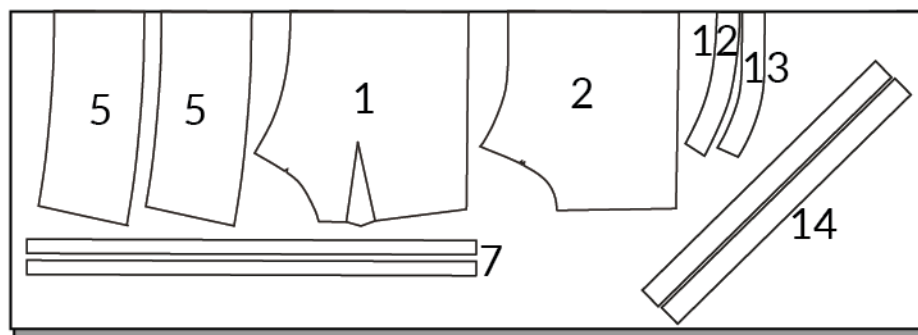
The D-cup bodice (with dart) is pictured. The layout is the same for the B-cup bodice.

THE NARROW-STRAPPED DRESS: fabric 150cm/60" wide, all sizes

AND THE NARROW-STRAPPED DRESS: fabric 115cm/44" wide, sizes 16–20



THE NARROW-STRAPPED TOP: fabric 150cm/60" wide AND 115cm/44" wide, all sizes:

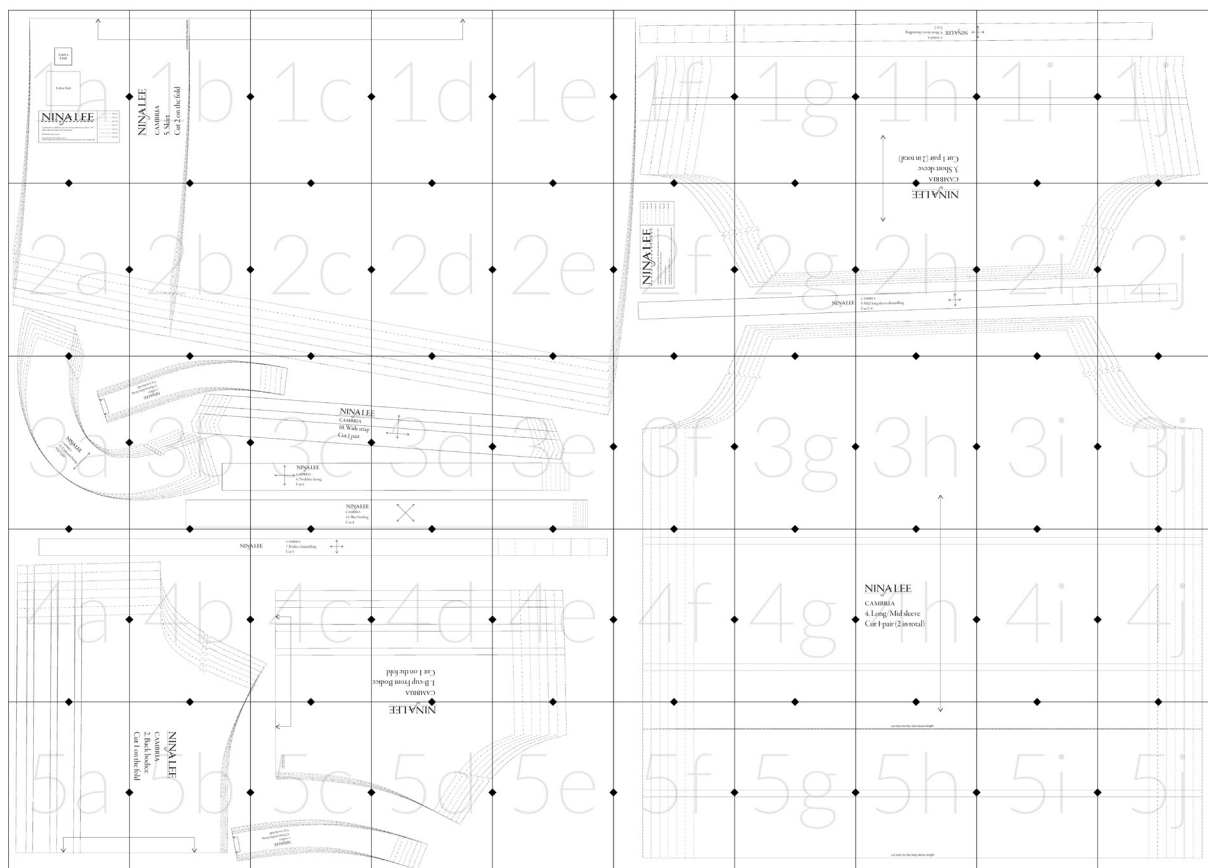


PRINTING LAYOUT

Check out our website for full instructions on printing and cutting out your pdf pattern.

For the narrow-strap dress, print pages 1-6, 11-16, 21-25, 31-35, 41-45.

For the narrow-strap top, print pages 1-2, 11-12, 21-25, 31-35, 41-45.



LIST OF PATTERN PIECES for these versions:

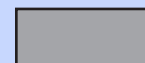
1. Front bodice - cut 1 on the fold
2. Back bodice - cut 1 on the fold
5. Skirt/peplum - cut 2 on the fold
7. Bodice channelling - cut 2
12. Front neckline facing - cut 1 on the fold
13. Back neckline facing - cut 1 on the fold
14. Bias binding strap - cut 4

KEY TO INSTRUCTION DIAGRAMS:

Right side of fabric



Wrong side of fabric

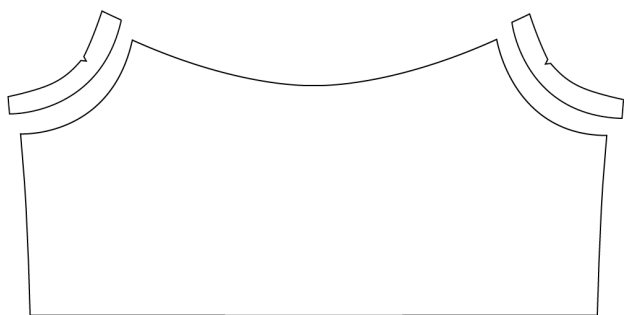


Interfacing



INSTRUCTIONS — seam allowance 1.5 cm / 5/8 inch unless otherwise stated

1. Trim off the 1.5 cm / 5/8 inch seam allowance from your underarms on both the back and front bodices, using a ruler to stay accurate.



CREATE THE CHANNELLING:

If you are making fabric channelling:

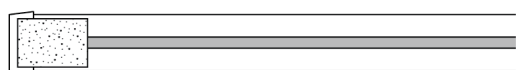
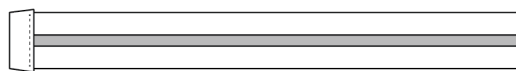
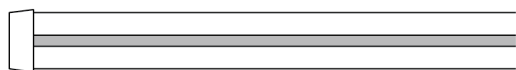
2.a.i Join two piece of bodice channelling together with a 1.5 cm / 5/8 inch seam allowance. Repeat for the other two lengths of bodice channelling. Press the seam allowances open.



Press under the long edges of all channelling pieces by 5 mm / 1/4 inch. Your channelling will now be 1.5cm wide.



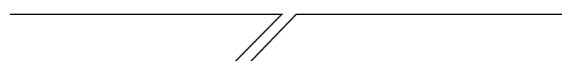
2.a.ii Press under the raw short edges of the bodice and sleeve channelling pieces by 1 cm / 1/2 inch. Stitch these down. Or, if it's too fiddly to stitch them (sometimes when sewing with lightweight fabric, a small piece can be pulled into the machine), press a little strip of lightweight fusible interfacing over the raw edge to secure it in place.



If you are using ribbon or tape for the channelling:

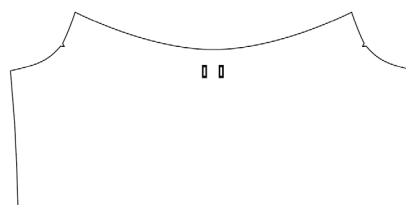
Your ribbon or tape should be 15mm / 5/8 inch wide.

2.b.i For the bodice channelling, cut two pieces of ribbon/tape to match the finished waist measurement of your chosen size, minus 1 cm / 1/2 inch each. Unless you are using bias tape, finish the ends by cutting them diagonally (to minimise fraying), in the same direction – this will minimise the gap between them when they are sewn to the garment rather than if the diagonals point in opposite directions.



2.b.ii If you are using polyester ribbon you can go one step further and pass the cut ends close to a flame and this will seal them.

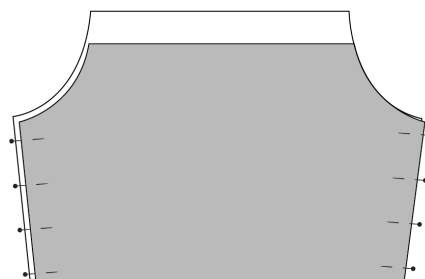
If you want to gather your neckline with ribbon instead of elastic (or ribbon AND elastic), make two buttonholes 1 cm / 1/2 inch in height, as marked at the centre front of the Front Bodice.



BODICE CONSTRUCTION

Mark the placement of the bodice and sleeve channelling with notches in the side seams and using a washable marker or chalk to mark in the guide lines.

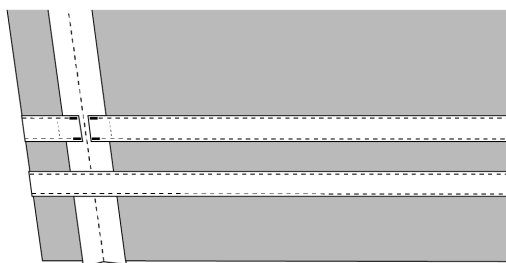
3. If you are making the D-cup bodice, sew the bodice darts. Press the darts downwards. Stitch the Bodice Front to the Bodice Back down the side seams. Finish the seam allowances and press open if possible, or both towards the back if not.



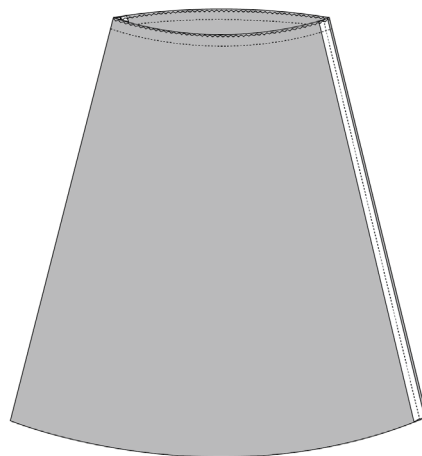
INSTRUCTIONS — seam allowance 1.5 cm / 5/8 inch unless otherwise stated

4. Apply the two pieces of bodice channelling to the bodice following the two upper guides on the pattern pieces (the channelling will be wider than the guides). Place the short ends on either side of the side seams – but with each opening on a different side seam.

5. Edgestitch the channels in place (stitching as close to the edges as possible), leaving the short ends open.



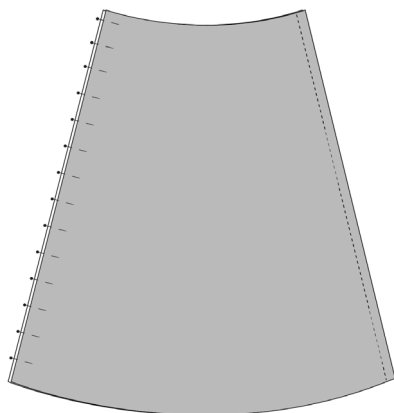
Overlock or zigzag the seam allowance together without trimming and press upwards into the bodice.



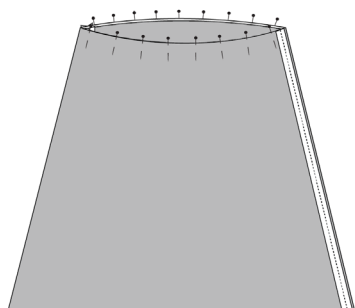
SKIRT CONSTRUCTION

For ease I shall simply refer to and illustrate 'the skirt' but the same steps apply exactly to the peplum:

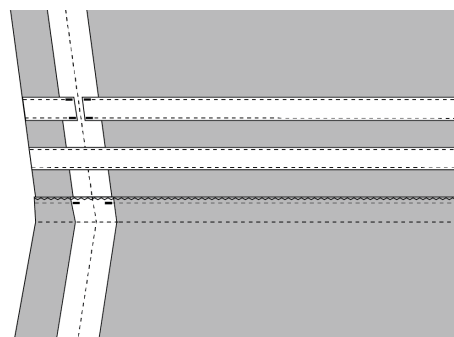
6. Stitch the skirt side seams. Finish the seam allowances and press, open if possible, or both towards the same side if not.



7. Attach the skirt to the bodice around the waist.



8. Create the waist channel: Run a line of stitching through all layers (bodice and seam allowance) at just under 1.5 cm / 5/8 inch up from the waist seam, close to the edge of the seam allowance, to create a channel between the bodice and the seam allowance. Leave an opening of about 2.5 cm / 1 inch at one side seam, to insert the elastic.

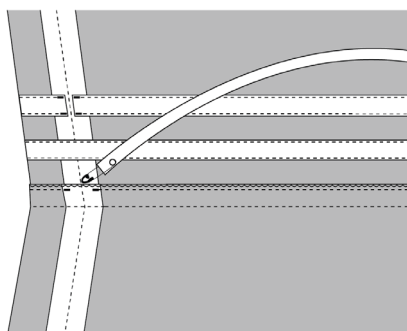


INSTRUCTIONS — seam allowance 1.5 cm / 5/8 inch unless otherwise stated

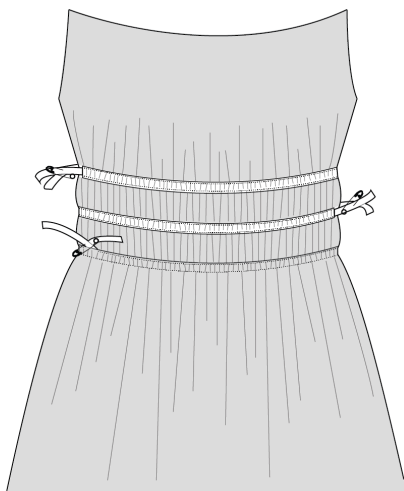
INSERT THE BODICE ELASTICS

9. To gauge the length of elastic for your bodice channels, just roughly wrap the elastic around your waist, without stretching it at all. Then add on a bit of length (say 10 cm / 4 inches) for holding and joining the ends. This should give you plenty of length. Cut two more pieces of the same length.

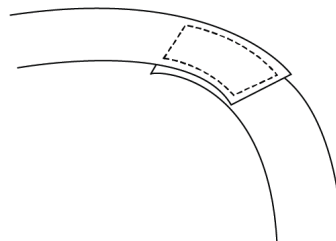
10. Start with the waist channel. Using a safety pin, insert each length of elastic into its relevant channel. Take care not to lose the other end of the elastic inside the channel (I often use a second safety pin to secure it at the first entry point).



11. When the elastic is all the way through, and the gathers have been evenly distributed, use your safety pin to secure the two ends of the elastic together and prevent them from slipping inside the channel. Repeat this process for the other two waist channels. Try on your dress inside out at this point and pull the elastics until the fit is right for each, and then re-pin so that each elastic overlaps at the point where you'd like it to join.



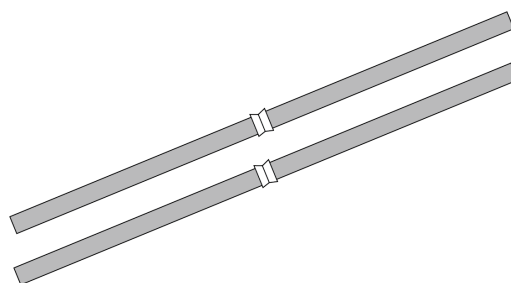
12. Secure the two ends of each elastic together. I like to shorten my stitch length and stitch a square through the two layers of the overlap, but you may prefer to zigzag back and forth. Trim off any excess length.



13. Stitch closed the gap in the waistband channel.

MAKE THE BINDING

14. You should have four bias-cut strips. Stitch two of your bias binding strips together along their short ends with a 5 mm / 1/4 inch seam allowance to create a single longer piece. Repeat with the other pair. Press these small seams open.



15. Then (assuming you are making your own binding and so this hasn't already been done) create your bias binding by pressing under 1 cm / 1/2 inch along each long raw edge.



INSTRUCTIONS — seam allowance 1.5 cm / 5/8 inch unless otherwise stated

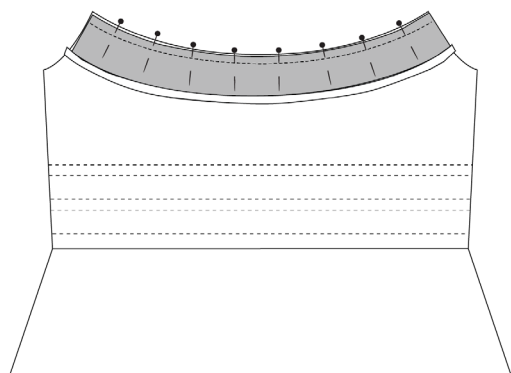
MAKE THE NECKLINE FRILL

16. Press under the bottom edges of your neckline frill facings by 5 mm / ¼ inch.



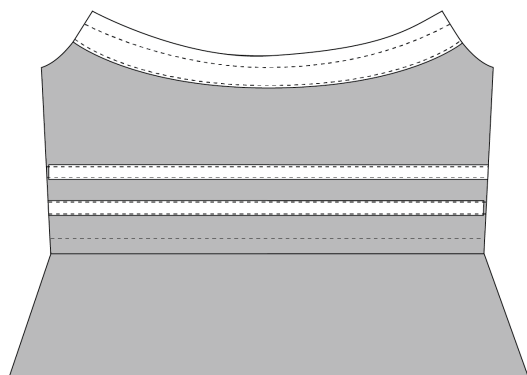
Tip: if you have an overlocker you could overlock the bottom edge of the neckline frill facings instead of pressing them under. Avoid trimming. Your overlocking should be about 5 mm / ¼ inch wide. Then when it comes to stitching the bottom edge of the channelling, stitch just outside (above) your overlocking.

17. Stitch the neckline frill facings to the raw edges of the bodice neckline using a 5 mm / ¼ inch seam allowance. Press the facings over to the inside of the bodice.



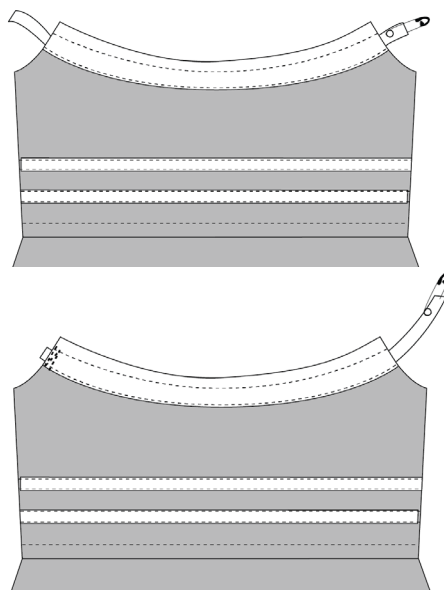
18. Now stitch a line 1 cm / ½ inch from the edge of the neckline, through both the outer bodice and the facing, to create the first line of your channelling.

19. Stitch a secondary line beneath this one, close to the edge of the facing to secure it in place and form the bottom edge of your channelling.

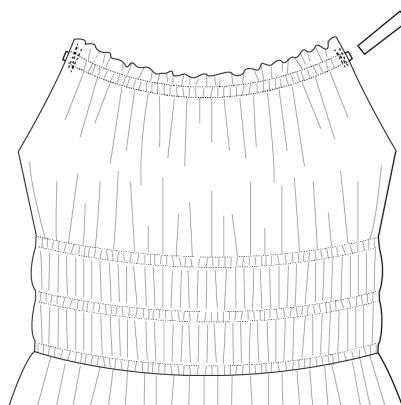


20. To roughly gauge the length of elastic for the front and back necklines I measure the distance between my bra straps on both the front and back, and then add a few cm / an inch or two for handling, and cut elastic in these lengths.

21. Use a safety pin to insert your front neckline elastic through the front neckline channel. Pull it all the way through until the other end is about to disappear into the channel and then secure that end (the one about to disappear) with a few stitches at 5 mm / ¼ inch from the armseye edge.



22. Gather the neckline along the elastic. Try on the garment and adjust the gathering and elastic until the neckline is sitting flat against you, just covering the space between your bra straps. Once you're happy, secure the elastic to the bodice at 5 mm / ¼ inch from the armseye edge. Trim away excess elastic.



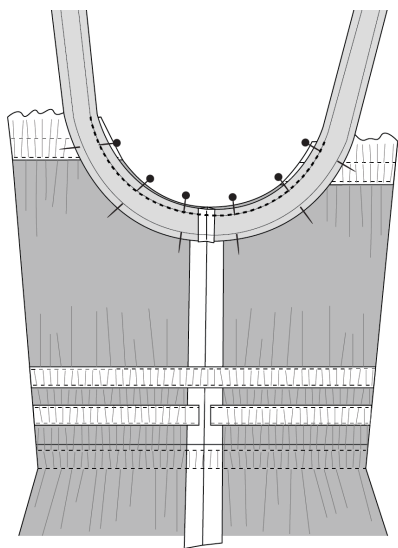
23. Repeat this process for the back neckline channel.

INSTRUCTIONS — seam allowance 1.5 cm / 5/8 inch unless otherwise stated

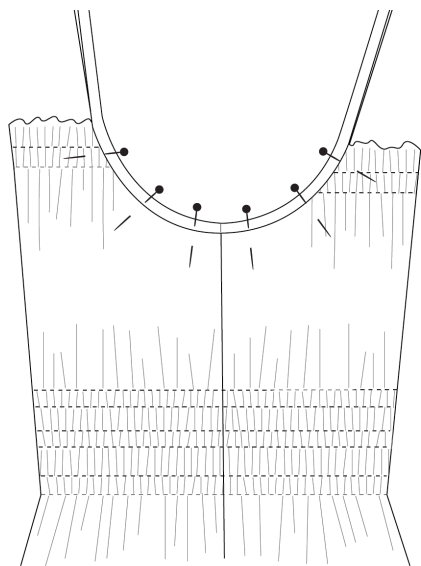
THE BIAS BINDING STRAPS

24. Now we are going to bind the bodice armscyes. Lay your bias binding unfolded against the wrong side of your armscye, with the raw edge of the binding against the raw edge of the armscye. The join in the binding should be matched to the side seam of the bodice.

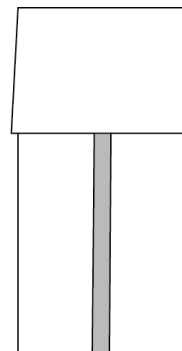
25. Pin the bias binding in place. Stitch it to the armscye, following the fold line in the binding closest to the edge of the armscye.



26. Refold the remaining raw edge of the binding under, and wrap the binding over the armscye seam allowance so all raw edges are contained. The binding should now appear on the right side of the garment. Pin to hold.

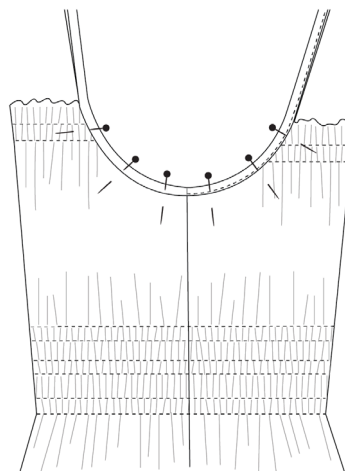


27. With both edges folded under, press under 1.5 cm / 5/8 inch along each short end of binding (4 in total).

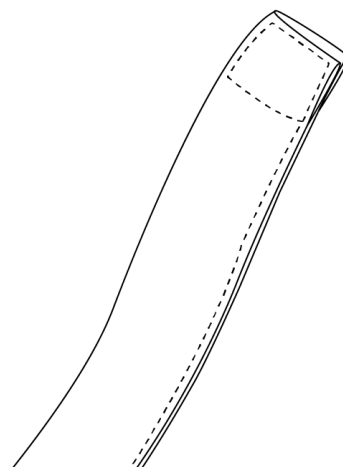


28. Press both binding straps in half lengthways.

29. Starting at the side seam/underarm point, edgestitch the binding along the armscye and then continue to stitch along the binding to form a strap. The folded edges of the binding should be meeting; stitch as close to these as you can.



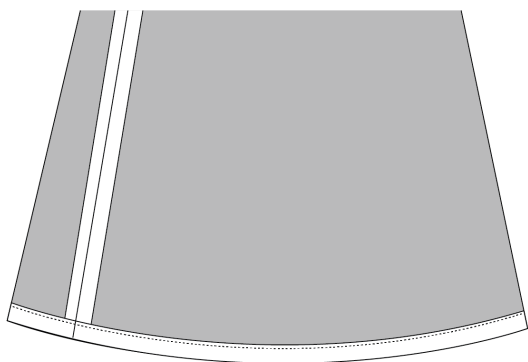
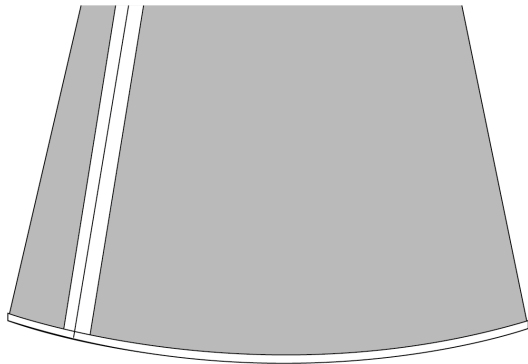
30. When you reach the end of the strap, stitch a square through all layers to secure the ends. Return to the underarm point and repeat for the other side/strap.



INSTRUCTIONS — seam allowance 1.5 cm / 5/8 inch unless otherwise stated

HEM

31. The final step is to hem your garment. Check you're happy with the length and then create a narrow hem by pressing over 5 mm / $\frac{1}{4}$ inch and then over another 1 cm / $\frac{1}{2}$ cm. Stitch the hem in place.



And ... you're finished! Hurray! We hope you'll wear your new creation with pride. If you're the sharing sort, tag us on social media with [#hollandparkdress](#) or [#hollandparktop](#), as we'd love to see your makes.

@ninaleelondon

