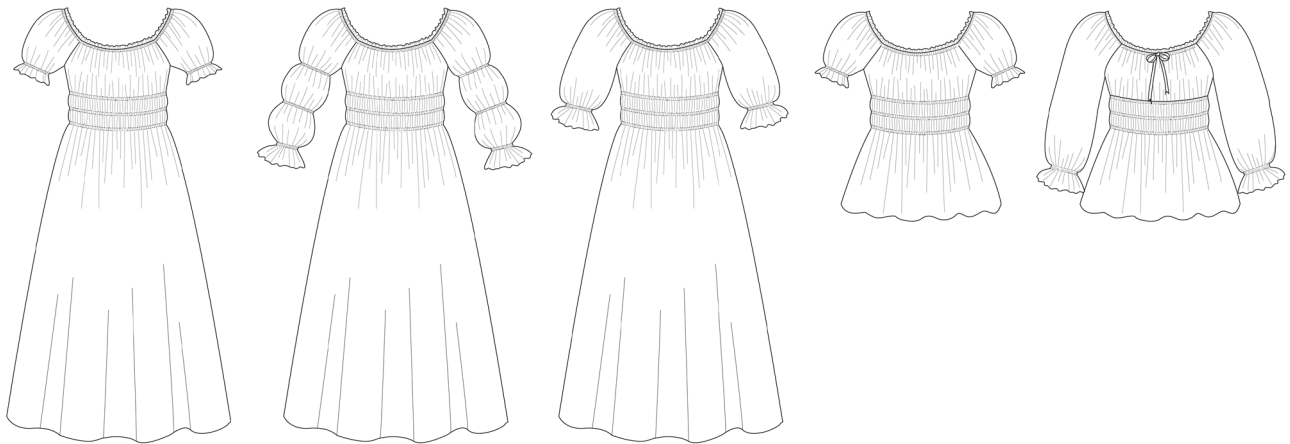


NINA LEE

The Holland Park Dress and Top – with sleeves



UK SIZES 6–20

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

	6	8	10	12	14	16	18	20
Bust (inches)	32	34	36	38	40	42	44	46
Waist (inches)	24	26	28	30	32	34	36	38
Hips (inches)	33.5	35.5	37.5	39.5	41.5	43.5	45.5	47.5
Bust (cm)	81	86	91	96	101	106	111	116
Waist (cm)	61	66	71	76	81	86	91	96
Hips (cm)	85	90	95	100	105	110	115	120

FINISHED GARMENT MEASUREMENTS

	6	8	10	12	14	16	18	20
Bust (inches)	42	44	46	48	50	52	54	56
Waist (inches)	40	42	44	46	48	50	52	54
Hips (inches)	48	50	52	54	56	58	60	62
Top length* (inches)	19	19	19	19 1/4	19 1/4	19 1/2	19 1/2	19 1/2
Dress length* (inches)	43 5/8	43 5/8	43 5/8	43 7/8	43 7/8	44	44	44
Bust (cm)	108	113	118	123	128	133	138	143
Waist (cm)	103	108	113	118	123	128	133	138
Hips (cm)	122	127	132	137	142	147	152	157
Top length* (cm)	49	49	49	49.5	49.5	50	50	50
Dress length* (cm)	112	112	112	112.5	112.5	113	113	113

* Length is measured from the low-point of the back neckline to the hem.

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

	6	8	10	12	14	16	18	20
Dress - short sleeves	2.6m	2.6m	2.6m	2.6m	2.6m	2.6m	2.6m	2.6m
Dress - mid sleeves	2.8m	2.8m	2.8m	2.8m	2.8m	2.8m	2.8m	2.8m
Dress - long sleeves	3m	3m	3m	3m	3m	3m	3m	3m
Top - short sleeves	1.2m	1.2m	1.2m	1.2m	1.2m	1.2m	1.4m	1.4m
Top - mid sleeves	1.5m	1.5m	1.5m	1.5m	1.5m	1.5m	1.5m	1.5m
Top - long sleeves	1.7m	1.7m	1.7m	1.7m	1.7m	1.7m	1.7m	1.7m

FABRIC REQUIREMENTS - 115CM WIDE FABRIC

	6	8	10	12	14	16	18	20
Dress - short sleeves	3.2m	3.2m	3.2m	3.2m	3.2m	3.2m	3.2m	3.2m
Dress - mid sleeves	3.8m	3.8m	3.8m	3.8m	3.8m	3.8m	3.8m	3.8m
Dress - long sleeves	4.1m	4.1m	4.1m	4.1m	4.1m	4.1m	4.1m	4.1m
Top - short sleeves	1.9m	1.9m	1.9m	1.9m	1.9m	1.9m	1.9m	1.9m
Top - mid sleeves	2.4m	2.4m	2.4m	2.4m	2.4m	2.4m	2.4m	2.4m
Top - long sleeves	2.8m	2.8m	2.8m	2.8m	2.8m	2.8m	2.8m	2.8m

FABRIC REQUIREMENTS - 60" WIDE FABRIC

	6	8	10	12	14	16	18	20
Dress - short sleeves	2 7/8 yds	2 7/8 yds	2 7/8 yds	2 7/8 yds	2 7/8 yds	2 7/8 yds	2 7/8 yds	2 7/8 yds
Dress - mid sleeves	3 1/8 yds	3 1/8 yds	3 1/8 yds	3 1/8 yds	3 1/8 yds	3 1/8 yds	3 1/8 yds	3 1/8 yds
Dress - long sleeves	3 1/4 yds	3 1/4 yds	3 1/4 yds	3 1/4 yds	3 1/4 yds	3 1/4 yds	3 1/4 yds	3 1/4 yds
Top - short sleeves	1 3/8 yds	1 3/8 yds	1 3/8 yds	1 3/8 yds	1 3/8 yds	1 3/8 yds	1 5/8 yds	1 5/8 yds
Top - mid sleeves	1 3/4 yds	1 3/4 yds	1 3/4 yds	1 3/4 yds	1 3/4 yds	1 3/4 yds	1 3/4 yds	1 3/4 yds
Top - long sleeves	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	1 7/8 yds

FABRIC REQUIREMENTS - 44" WIDE FABRIC

	6	8	10	12	14	16	18	20
Dress - short sleeves	3 1/2 yds	3 1/2 yds	3 1/2 yds	3 1/2 yds	3 1/2 yds	3 1/2 yds	3 1/2 yds	3 1/2 yds
Dress - mid sleeves	4 1/8 yds	4 1/8 yds	4 1/8 yds	4 1/8 yds	4 1/8 yds	4 1/8 yds	4 1/8 yds	4 1/8 yds
Dress - long sleeves	4 1/2 yds	4 1/2 yds	4 1/2 yds	4 1/2 yds	4 1/2 yds	4 1/2 yds	4 1/2 yds	4 1/2 yds
Top - short sleeves	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	2 1/8 yds
Top - mid sleeves	2 3/4 yds	2 3/4 yds	2 3/4 yds	2 3/4 yds	2 3/4 yds	2 3/4 yds	2 3/4 yds	2 3/4 yds
Top - long sleeves	3 1/8 yds	3 1/8 yds	3 1/8 yds	3 1/8 yds	3 1/8 yds	3 1/8 yds	3 1/8 yds	3 1/8 yds

OTHER MATERIALS

ELASTIC REQUIREMENTS

	6	8	10	12	14	16	18	20
Single-cuff sleeves (m)	4.5m	4.7m	5.0m	5.3m	5.6m	5.9m	6.1m	6.4m
Multi-cuff sleeves (m)	5.5m	5.8m	6.1m	6.5m	6.8m	7.1m	7.5m	7.8m
Single-cuff sleeves (yds)	5 yds	5 1/4 yds	5 1/2 yds	5 3/4 yds	6 1/8 yds	6 1/2 yds	6 3/4 yds	7 yds
Multi-cuff sleeves (yds)	6 yds	6 3/8 yds	6 3/4 yds	7 1/8 yds	7 1/2 yds	7 7/8 yds	8 1/8 yds	8 1/2 yds

OPTIONAL TAPE/RIBBON LENGTHS FOR CHANNELLING

	6	8	10	12	14	16	18	20
Single-cuff sleeves (m)	3.6m	3.8m	4m	4.1m	4.2m	4.4m	4.5m	4.7m
2-band sleeves (m)	4.7m	4.9m	5.1m	5.2m	5.4m	5.5m	5.7m	5.8m
3-band sleeves (m)	5.8m	6.0m	6.3m	6.5m	6.6m	6.8m	6.9m	7.0m
Single-cuff sleeves (yds)	3 7/8 yds	4 1/8 yds	4 1/4 yds	4 3/8 yds	4 5/8 yds	4 3/4 yds	4 7/8 yds	5 yds
2-band sleeves (yds)	5 yds	5 1/4 yds	5 1/2 yds	5 3/4 yds	5 7/8 yds	6 1/8 yds	6 3/8 yds	6 5/8 yds
3-band sleeves (yds)	6 1/4 yds	6 1/2 yds	6 3/4 yds	7 yds	7 1/4 yds	7 1/2 yds	7 3/4 yds	8 yds

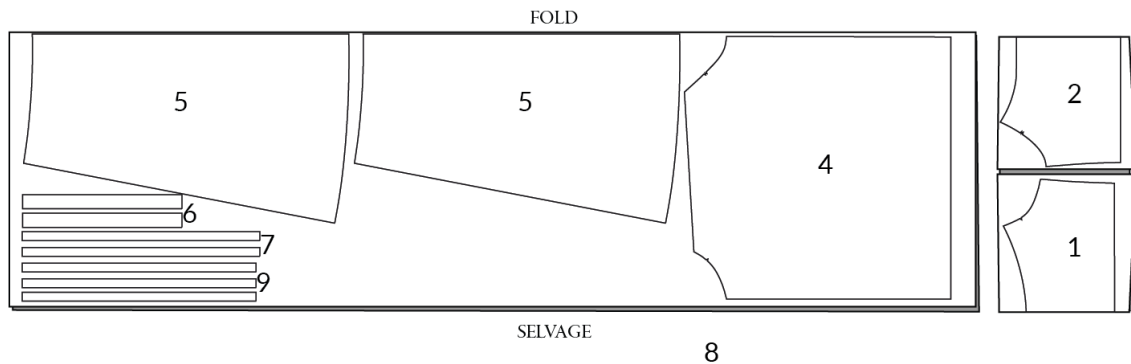
CUTTING LAYOUTS

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

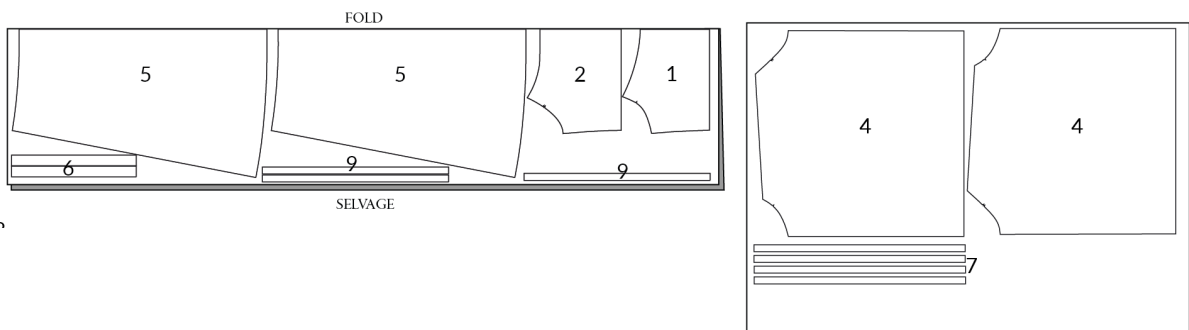
This cutting layout allows for directional prints. If your fabric has a non-directional design, you may need less.

The seam allowance is 1.5cm unless otherwise stated.

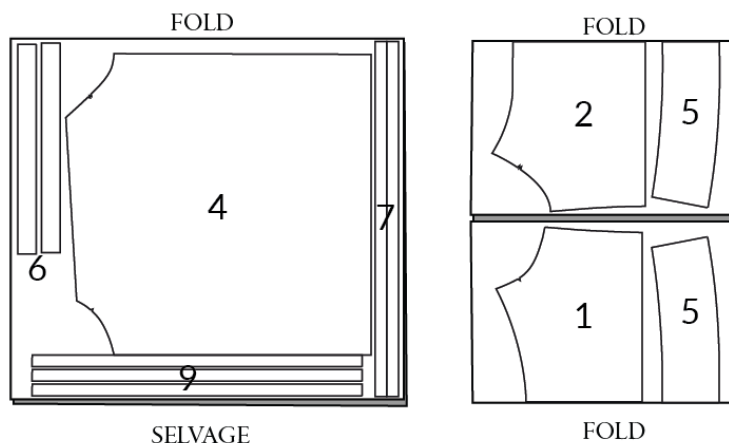
THE DRESS: fabric 150cm/60" wide, all sizes (the long-sleeved pattern pieces are pictured; for the short sleeve, simply replace piece 4 with 3, and 9 with 8):



THE DRESS: fabric 115cm/44" wide, all sizes (the long-sleeved pattern pieces are pictured; for the short sleeve, simply replace piece 4 with 3, and 9 with 8):

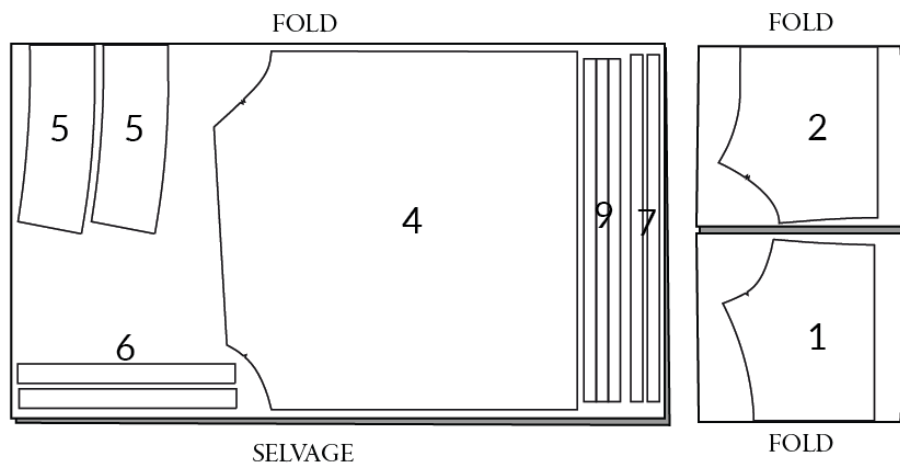


THE TOP: fabric 150cm/60" wide, sizes 6–16 (the long-sleeved pattern pieces are pictured; for the short sleeve, simply replace piece 4 with 3, and 9 with 8):

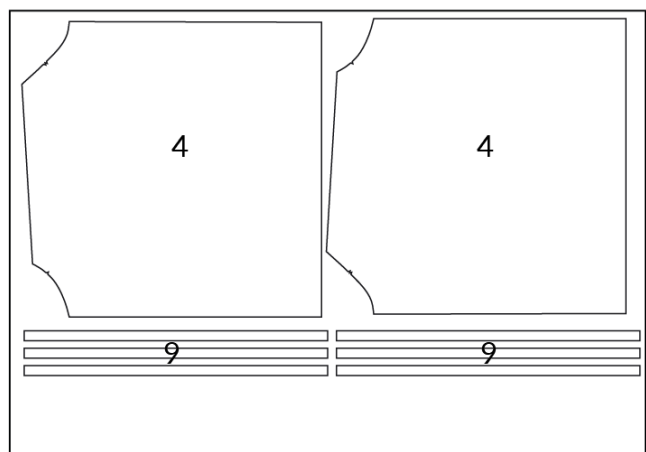
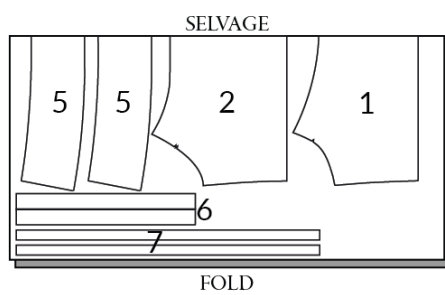


CUTTING LAYOUTS

THE TOP: fabric 150cm/60" wide, sizes 18–20:



THE TOP: fabric 115cm/44" wide, all sizes:



PRINTING LAYOUT

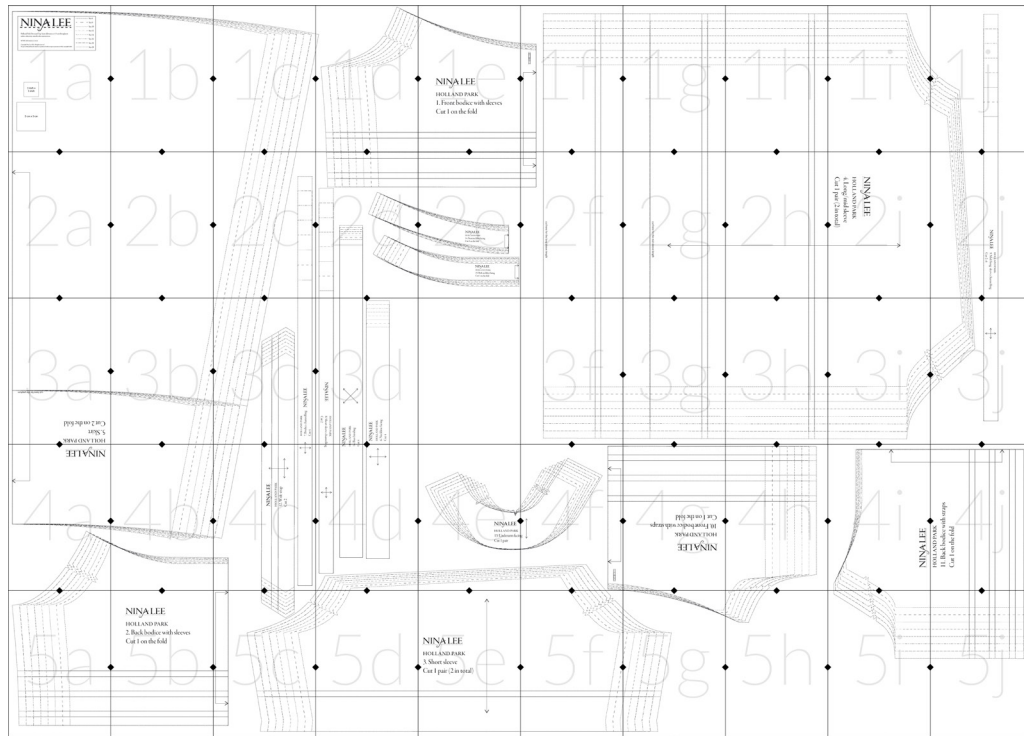
Check out our website for full instructions on printing and cutting out your pdf pattern.

For the short-sleeve dress, print pages 1–6, 11–16, 21–24, 30–35, 40–46.

For the short sleeve top, print pages 4–6, 14–16, 21–24, 30–35, 40–46.

For the mid/long-sleeve dress, print pages 1–33, 40–42.

For the mid/long sleeve top, print pages 4–6, 14–16, 21–33, 40–42.



LIST OF PATTERN PIECES FOR THESE VERSIONS:

1. Front bodice for sleeves - cut 1 on the fold
2. Back bodice for sleeves - cut 1 on the fold
3. Short sleeve - cut 1 pair OR 4. Long/mid sleeve - cut 1 pair
5. Skirt/peplum - cut 2 on the fold
6. Neckline facing - cut 4
7. Bodice channelling - cut 4
8. Short sleeve channelling - cut 2 OR 9. Long/mid sleeve channelling - cut 2, 4 or 6 (depending on style)

KEY TO INSTRUCTION DIAGRAMS:

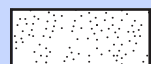
Right side of fabric



Wrong side of fabric



Interfacing



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

PREPARATION

CREATE THE CHANNELLING:

If you are making fabric channelling:

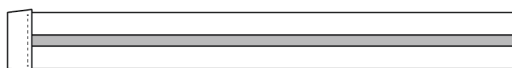
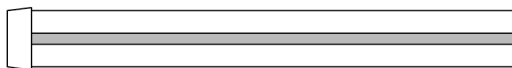
1.a.i Join two lengths of bodice channelling together with a 1 cm / 1/2 inch seam allowance. Repeat for the other two lengths of bodice channelling. Press the seam allowances open.



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



1.a.iii 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:

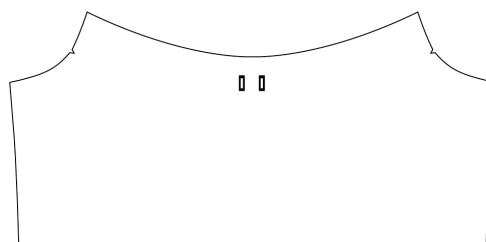
Your ribbon or tape should be 15mm / 5/8 inch wide.

1.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. For any sleeve channelling, cut pieces of ribbon/tape the same length as the sleeve channelling pattern pieces minus 2 cm / 3/4 inch. Unless you are using bias tape (which won't fray), 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.



1.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 1cm / 1/2 inch in height, as marked at the centre front of the Front Bodice.

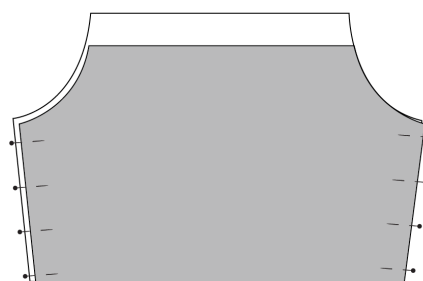


Mark the placement of the bodice and sleeve channelling with notches in the side seams and using a washable marker or chalk to mark in the guide lines.

BODICE CONSTRUCTION

Create the bodice:

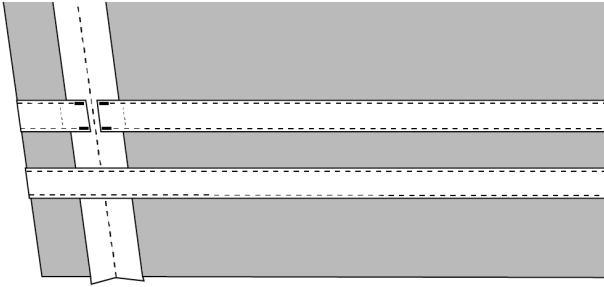
2. Stitch the Bodice Front to the Bodice Back down the side seams. Finish the seam allowances and press open if possible, or both towards the back if not.



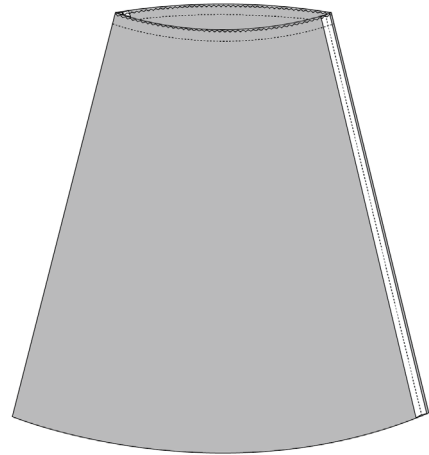
3. Apply the two pieces of bodice channelling to the bodice following the two upper guides on the pattern pieces (the channelling will be wider than the guides). Place the short ends on either side of the side seams – but with each opening on a different side seam.

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

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



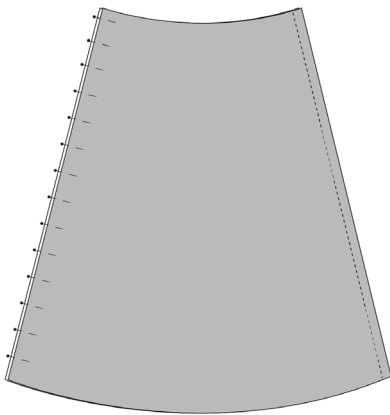
Overlock or zigzag the seam allowance together without trimming and press upwards into the bodice.



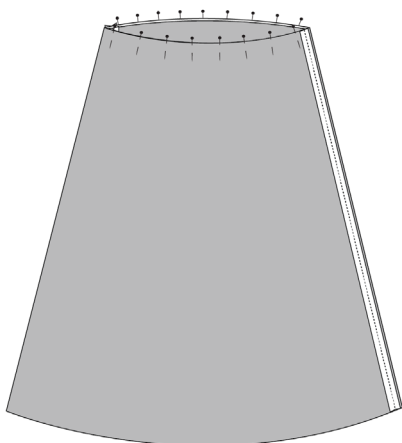
SKIRT CONSTRUCTION

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

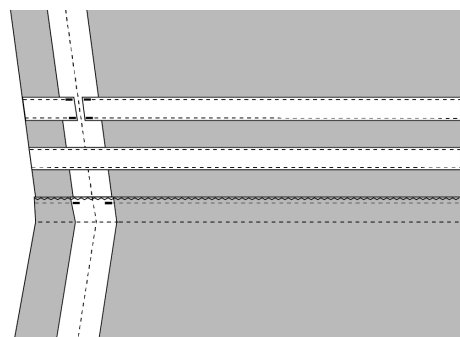
5. Stitch the skirt side seams. Finish the seam allowances and press, open if possible, or both towards the same side if not.



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



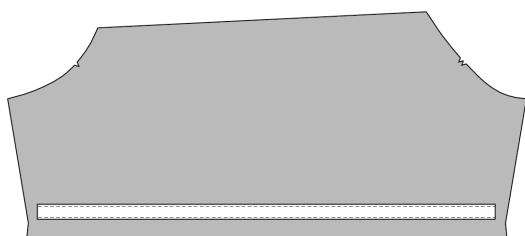
7. Create the waist channel: Run a line of stitching through all layers (bodice and seam allowance) at just under 1.5 cm / 5/8 inch up from the waist seam, close to the edge of the seam allowance, to create a channel between the bodice and the seam allowance. Leave an opening of about 2.5 cm / 1 inch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



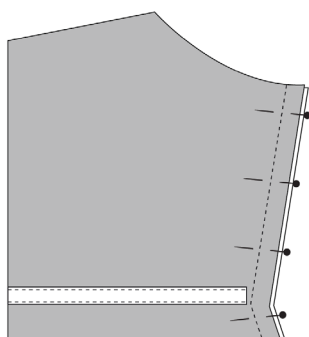
INSTRUCTIONS — seam allowance 1.5 cm / 5/8 inch unless otherwise stated

SLEEVE CONSTRUCTION

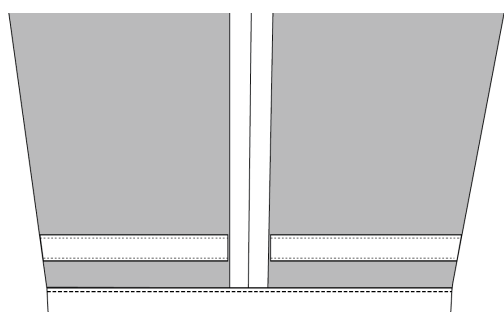
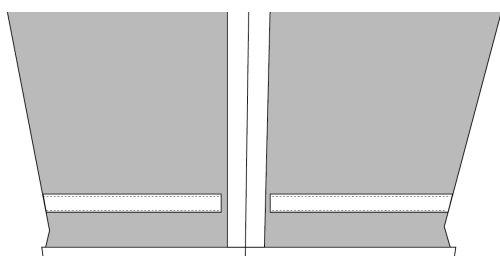
8. You will apply the channelling to the sleeve pieces whilst they are still flat. Repeat the same channelling attachment process as on the bodice for the sleeve channels, positionally the channelling centrally so the ends are equidistant from the sleeve sides.



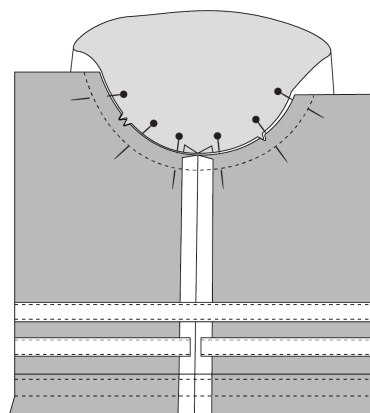
9. Sew your sleeves together down their underarm seams. Finish the seam allowance and press, open if possible.



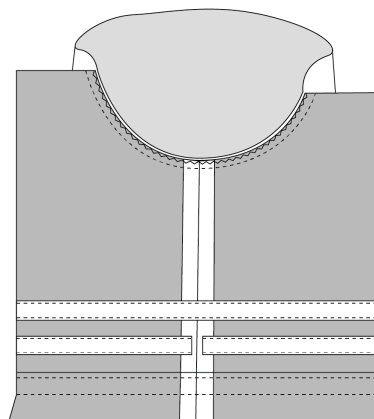
10. Hem your sleeves by pressing under 5 mm / ¼ inch and then over another 1 cm / ½ inch and edgestitching in place.



11. Match the sleeves to the bodice along the underarm sections, taking care to match the sleeve seam to the bodice side seams and to align the notches.

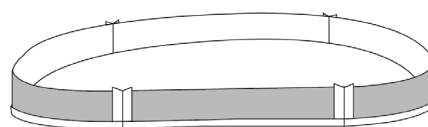
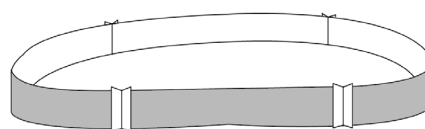


12. Trim the seam allowance down to half and finish the seam.



FACING THE NECKLINE

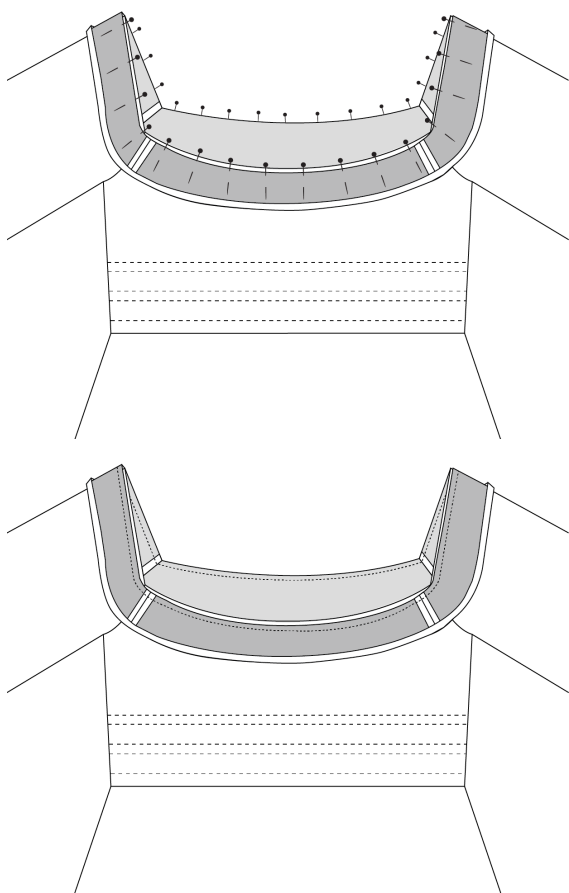
13. Join all of the neckline facing pieces together to create a long ring. Press under 5 mm / ¼ inch along one edge of this ring.



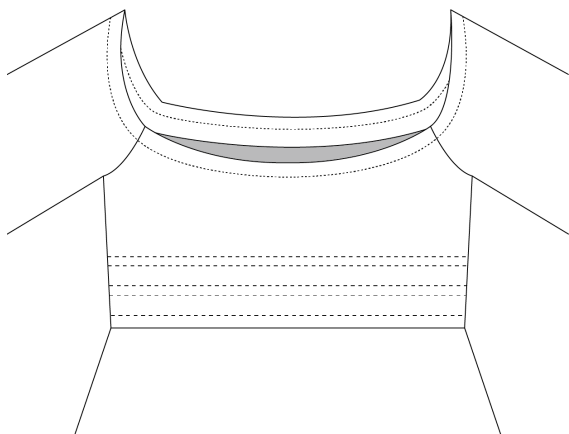
TIP: if you have an overlocker you could overlock the bottom edge of the neckline frill facings instead of pressing them under. Avoid trimming. Your overlocking should be about 5 mm / ¼ inch wide. Then when it comes to stitching the bottom edge of the channelling, stitch just outside your overlocking.

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

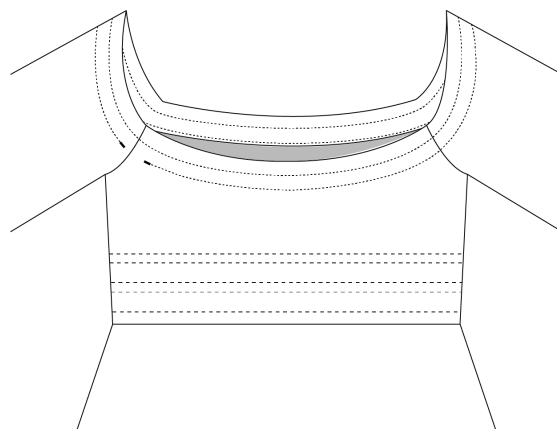
14. Stitch the neckline facing to the raw edges of the bodice neckline with a 5mm / ¼ inch seam allowance. The facing seams are not intended to match up with the bodice seams. As the facing is straight and the bodice neckline slightly angled, it will take a little easing to match them. Press the facing to the inside.



15. Stitch through the neckline and neckline facing at 1 cm / ½ inch from the edge. This line of stitching is what separates the 'frill' from the channelling.



16. Now stitch another line close to the folded-under edge of the facing to secure it in place, leaving a gap of around 4 cm / 1.5 inches somewhere convenient for inserting the elastic. I leave the gap at the seam between the left strap and the front bodice as that is where it is easiest for me to adjust the elastic to fit. If you are using ribbon to gather the neckline, instead of elastic, you don't need to leave the gap.

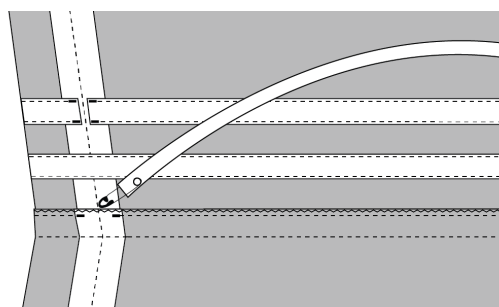


TIP: If your fabric has any bulk, you may even want to leave gaps at each of the four neckline seams, so as to make sure your elastic doesn't get caught up in the seam allowances.

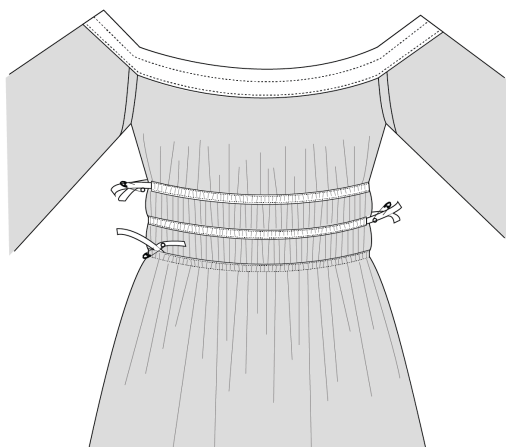
INSERT THE BODICE ELASTICS

17. 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.

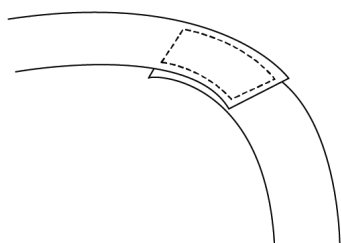
18. Start with the waist channel. Using a safety pin, insert each length of elastic into its relevant channel. Take care not to lose the other end of the elastic inside the channel (I often use a second safety pin to secure it at the first entry point).



19. 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 your elastics overlap at the point where you'd like them to join.



20. 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.



21. Stitch closed the gap in the waistband channel.

GATHER THE NECKLINE

22.a.i If you are using elastic to gather your neckline, use a safety pin to insert one end of your elastic into the neckline channelling at the gap you left open. Gently feed the elastic around the entire neckline channelling, taking care not to pull on it too hard as this can twist it. Once your elastic emerges from the gap again, gently pull until the neckline is moderately and evenly gathered. Try on your garment to assess the fit, and further adjust the elastic until you're happy. Pin the free end of the elastic over the long tail to secure where the join should be.

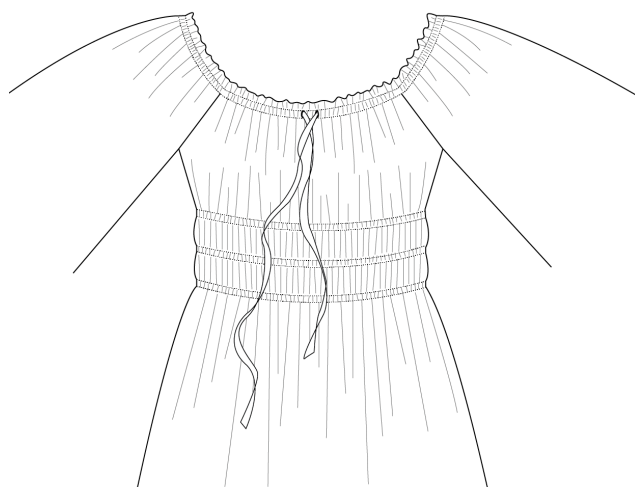


22.a.ii Stitch the two ends of the elastic together with a short overlap. Trim away any excess elastic.

22.a.iii Stitch the gap in your neckline channelling closed.

Using ribbon to gather the neckline:

22.b If you are using ribbon to gather your neckline, use a safety pin to insert one end of your ribbon into one of the buttonholes at the centre front. Gently feed the ribbon around the entire neckline channelling, ensuring it does not twist. Once your ribbon has emerged from the other buttonhole, gently pull until the neckline is moderately and evenly gathered. Pull the ribbon out so you have a tail long enough to tie a bow of the size you prefer, and also long enough that when you pull the garment on and off the ribbon does not slip back inside... Trim the other end to match. Don't forget to trim your ribbon ends diagonally (or into the little forked tongue shape) to minimise fray.



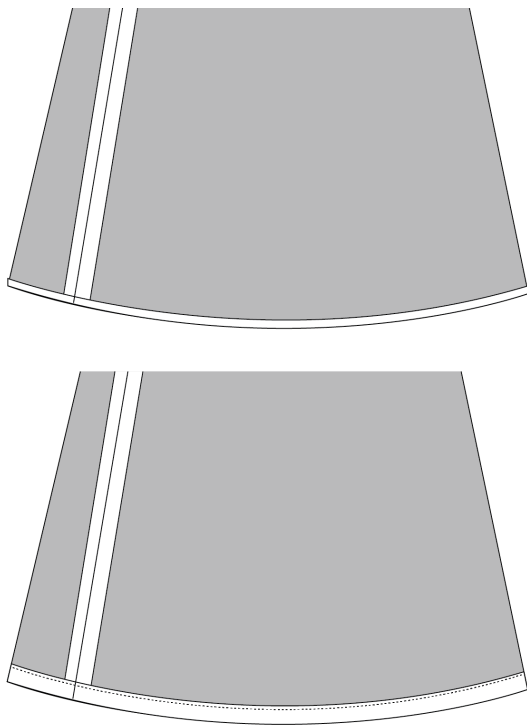
INSTRUCTIONS — seam allowance 1.5 cm / 5/8 inch unless otherwise stated

FINISH THE SLEEVES

23. Finally, repeat the same elastic insertion process for your sleeve channels as for the bodice, however many you have: Take a rough measurement by wrapping the elastic around your arm at the relevant points to gauge length. Insert your elastic lengths and once they are fully threaded through, pin the ends together with a safety pin. Then try the dress on inside out, and adjust your elastics. Stitch them together and trim excess.

HEM

24. The final step is to hem your dress. Check you're happy with the length and then create a narrow hem by pressing over 5 mm / ¼ inch and then over another 1 cm / ½ 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.

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