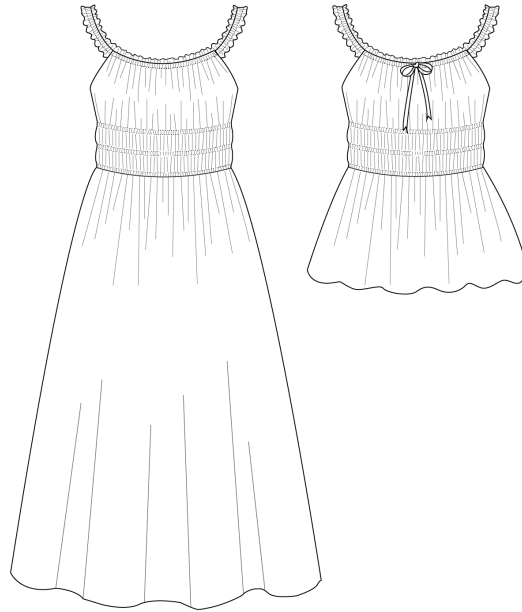


NINA LEE

The Holland Park Dress and Top - with wide 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.

A small amount of fusible interfacing.

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

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	2.7m	2.7m	2.7m	2.7m	2.7m	2.7m	2.7m
Top	1.4m	1.4m	1.4m	1.4m	1.4m	1.4m	1.4m

FABRIC REQUIREMENTS - 115CM WIDE FABRIC

	16	18	20	22	24	26	28
Dress	2.9m	2.9m	2.9m	n/a	n/a	n/a	n/a
Top	1.6m	1.6m	1.6m	1.6m	1.6m	1.6m	1.6m

FABRIC REQUIREMENTS - 60" WIDE FABRIC

	16	18	20	22	24	26	28
Dress	3yds	3yds	3yds	3yds	3yds	3yds	3yds
Top	1 5/8 yds	1 5/8 yds	1 5/8 yds	1 5/8 yds	1 5/8 yds	1 5/8 yds	1 5/8 yds

FABRIC REQUIREMENTS - 44" WIDE FABRIC

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

ELASTIC REQUIREMENTS

	16	18	20	22	24	26	28
Metres	5.3m	5.6m	5.8m	6.1m	6.3m	6.6m	6.8m
Yards	5 3/4 yds	6 1/8 yds	6 1/4 yds	6 5/8 yds	6 7/8 yds	7 1/4 yds	7 3/8 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.

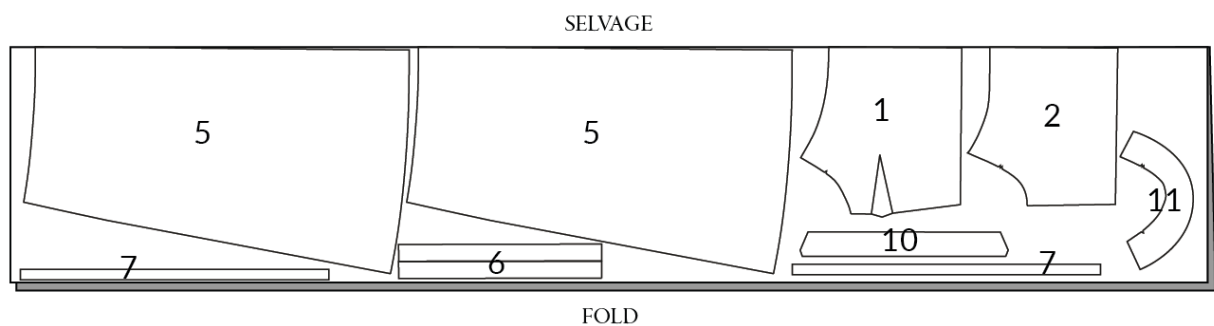
This cutting layout allows for directional prints. If your fabric has a non-directional design, you may need less.

The seam allowance is 1.5cm unless otherwise stated.

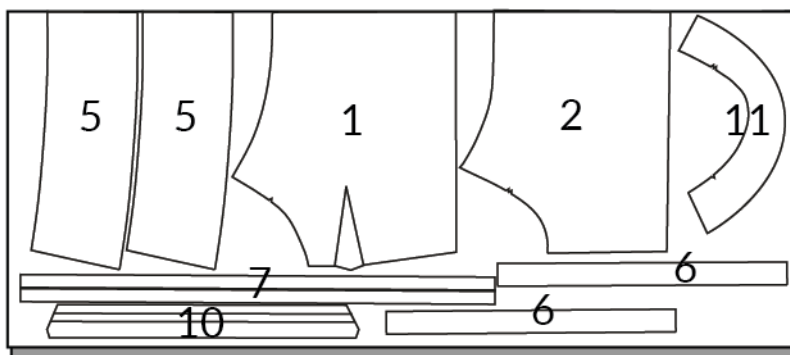
The D-cup bodice (with dart) is pictured. The layout is the same for the B-cup bodice.

THE WIDE-STAPPED DRESS: fabric 150cm/60" wide, all sizes

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



THE WIDE-STAPPED TOP: both 150cm/60" AND 115cm/44" wide fabric, all sizes

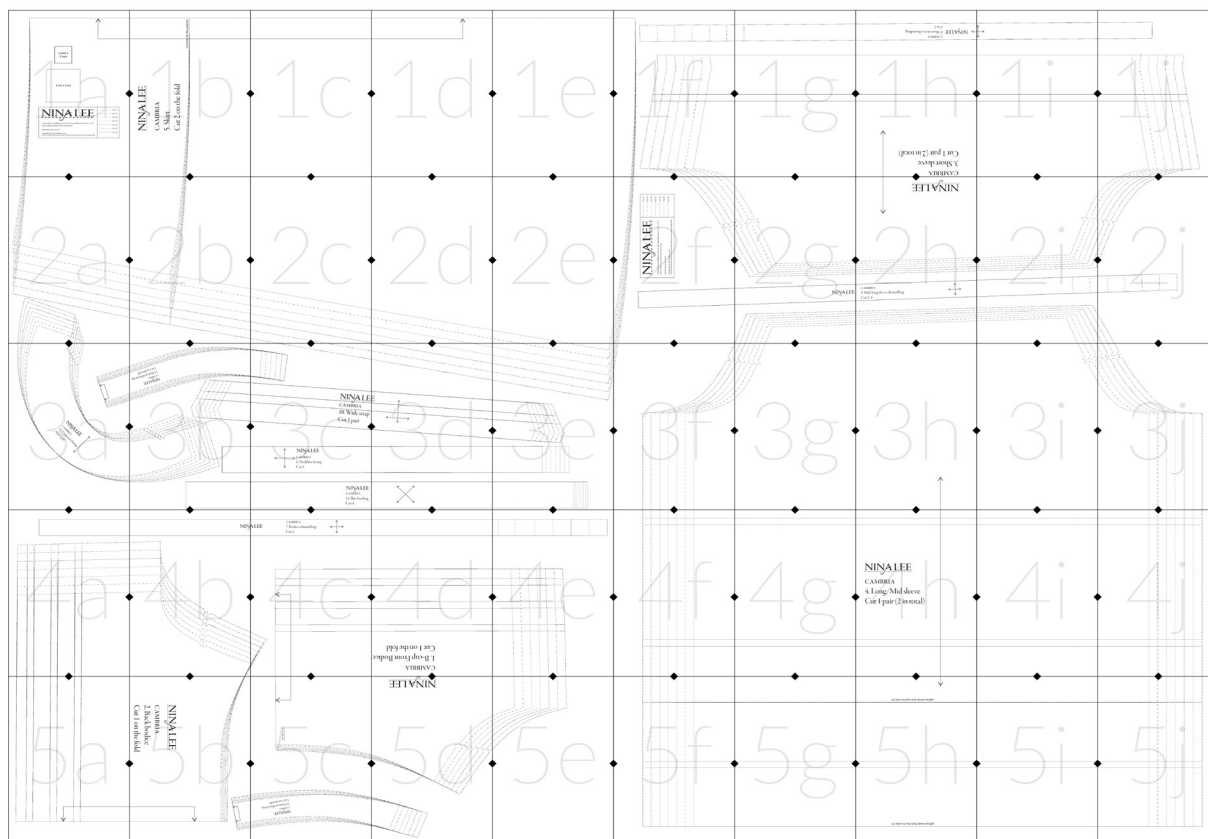


PRINTING LAYOUT

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

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

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



LIST OF PATTERN PIECES NEEDED FOR THESE VERSIONS:

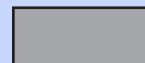
1. Front bodice - cut 1 on the fold
2. Back bodice - cut 1 on the fold
5. Skirt/peplum - cut 2 on the fold
6. Neckline facing - cut 4
7. Bodice channelling - cut 2
10. Wide strap - cut 1 pair
11. Underarm facing - cut 1 pair

KEY TO INSTRUCTION DIAGRAMS:

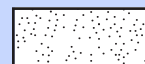
Right side of fabric



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:

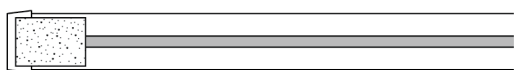
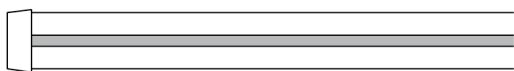
1.a.i Join two piece of bodice channelling together with a 1.5 cm / 5/8 inch seam allowance. Repeat for the other two lengths of bodice channelling. Press the seam allowances open.



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



1.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:

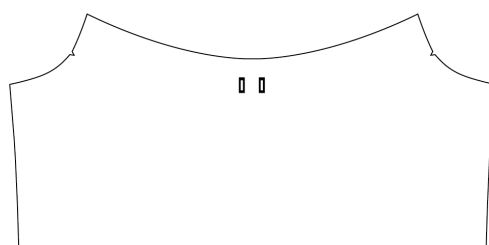
Your ribbon or tape should be 15mm / 5/8 inch wide.

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 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.



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.



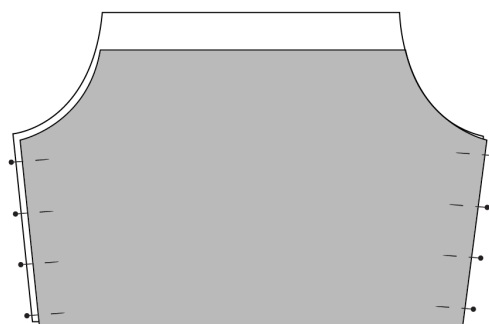
BODICE CONSTRUCTION

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

Create the bodice:

2. If you are making the D-cup bodice, stitch the front bodice darts. Press the darts downwards.

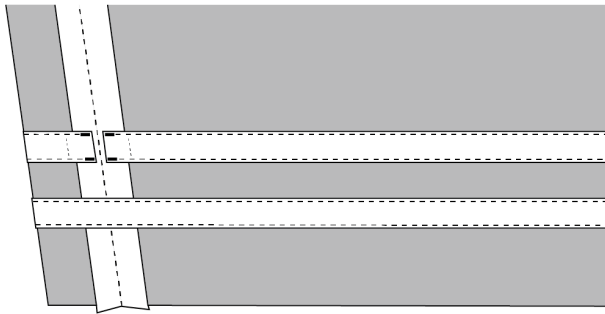
Stitch the Bodice Front to the Bodice Back down the side seams. Finish the seam allowances and press open if possible, or both towards the back if not.



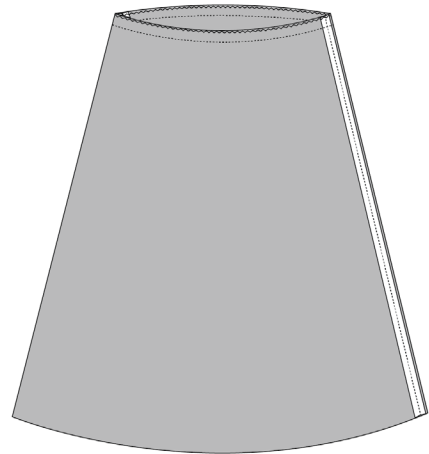
3. Apply the two pieces of bodice channelling to the bodice following the two upper guides on the pattern pieces (the channelling will be wider than the guides). Place the short ends on either side of the side seams – but with each opening on a different side seam.

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.



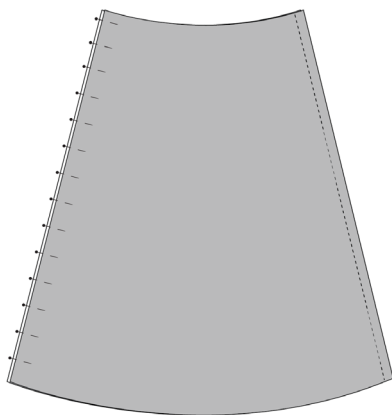
Overlock or zigzag the seam allowance together without trimming and press upwards into the bodice.



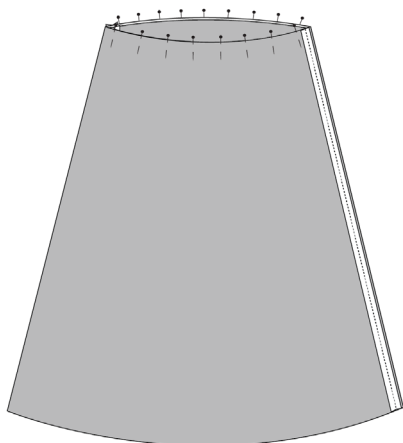
SKIRT CONSTRUCTION

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

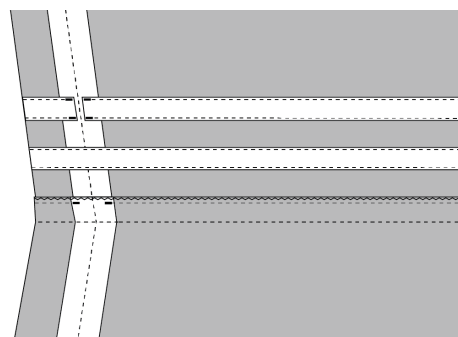
5. Stitch the skirt side seams. Finish the seam allowances and press, open if possible, or both towards the same side if not.



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



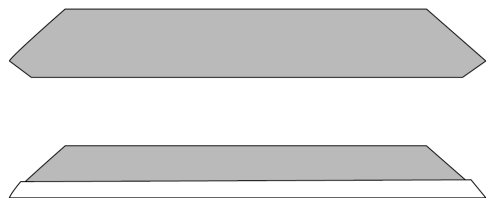
7. Create the waist channel: Run a line of stitching through all layers (bodice and seam allowance) at just under 1.5 cm / 5/8 inch up from the waist seam, close to the edge of the seam allowance, to create a channel between the bodice and the seam allowance. Leave an opening of about 2.5 cm / 1 inch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



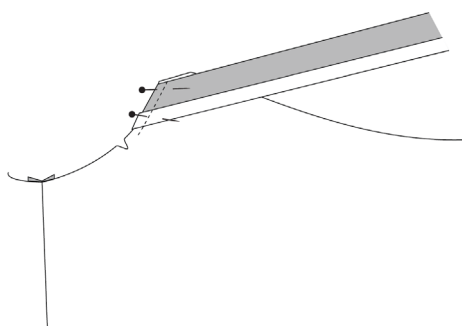
INSTRUCTIONS — seam allowance 1.5 cm / 5/8 inch unless otherwise stated

STRAP CONSTRUCTION

8. Press under a 1.5 cm / 5/8 inch seam allowance along the longer, outer edge of each strap.

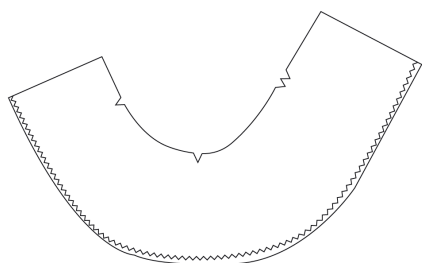


9. Keeping the pressed-under edge folded down, lay one end of each strap against the upper corners of the front bodice, aligning the slanted end of the strap with the curve of the armhole and bearing in mind that the short-edge of the strap is the neckline edge. They will point away at a weird angle (until they're stitched and pressed).

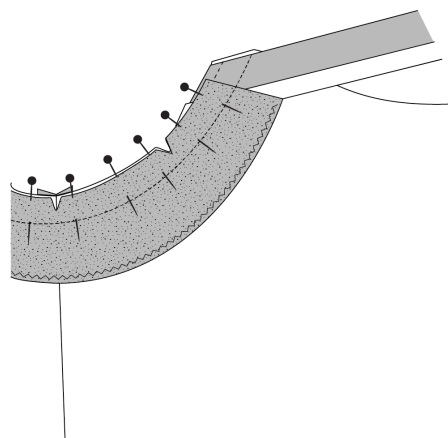


Baste in place with a 1 cm / 1/2 inch seam allowance, and then repeat the step to attach the straps to the back bodice, ensuring they are not twisted.

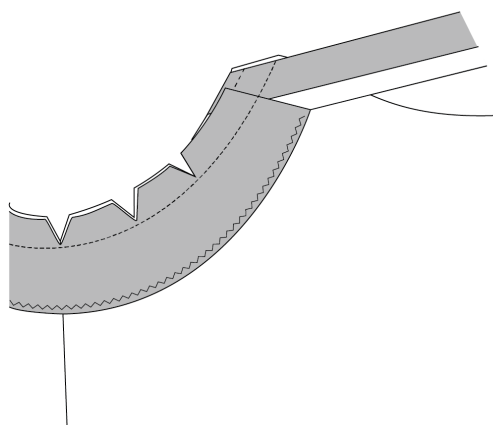
10. Interface your underarm facings. Finish the raw bottom edge with an overlock or zigzag stitch.



Lay each facing against the bodice underarms, right sides together, using the notches to orientate which facing goes on which side and matching the middle notch on the facings to the bodice side seams. The facings will not extend up to the necklines of the bodice, but should partially cover the straps, sandwiching them in between the bodice and the facing.

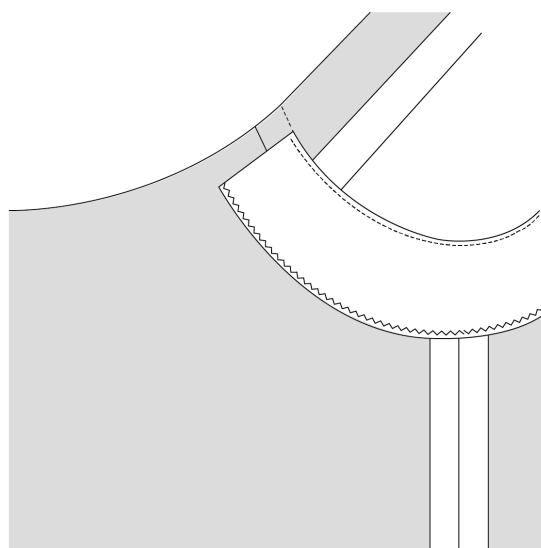


11. Starting and ending at the neckline edges, stitch the facings to the underarms with a 1.5 cm / 5/8 inch seam allowance. By stitching from the neckline you will also be securing the straps in place.



12. Clip the curves of the underarm seam allowance.

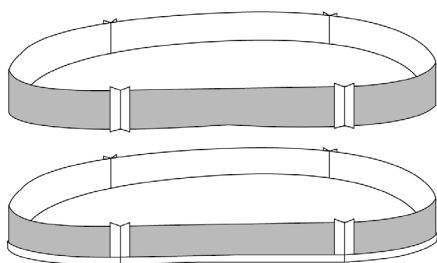
13. Understitch the seam allowance to the facings. Press the facings to the inside and press the straps away from the bodice. From now on the straps will be included whenever I refer to 'the neckline'.



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

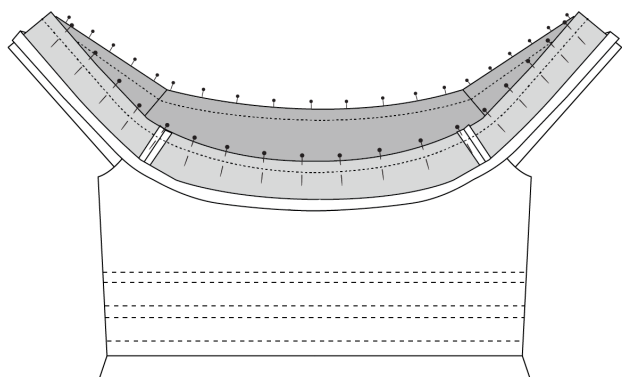
FACING THE NECKLINE

14. 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.

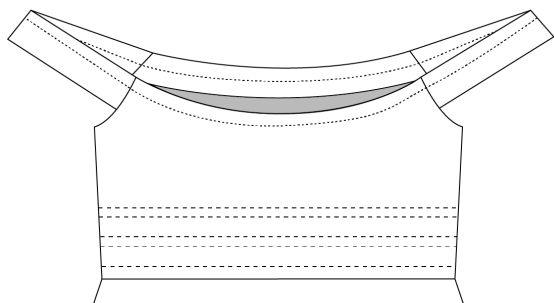


TIP: if you have an overlocker you could overlock the bottom edge of the neckline frill facings instead of pressing them under. Avoid trimming. Your overlocking should be about 5 mm / ¼ inch wide. Then when it comes to stitching the bottom edge of the channelling, stitch just outside your overlocking.

15. Stitch the neckline facing to the raw edges of the bodice neckline (including straps) 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.

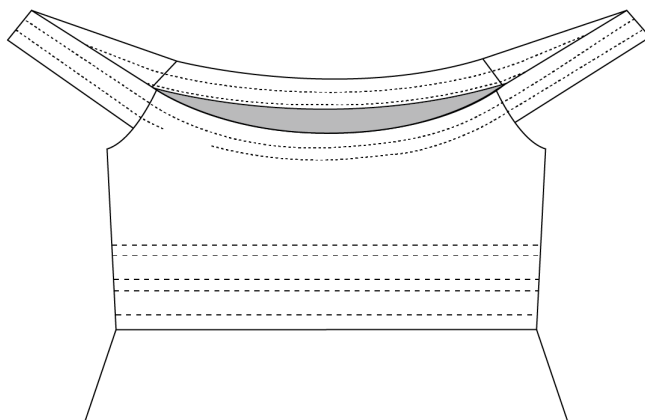


16. Stitch through the neckline (including straps) and neckline facing at 1 cm / ½ inch from the edge. This line of stitching is what separates the 'frill' from the channelling.

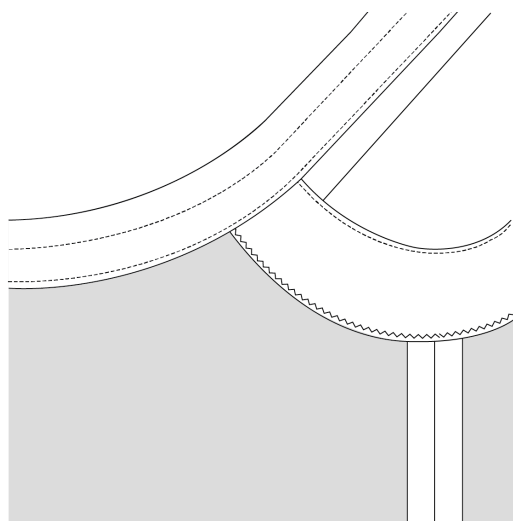


17. Now stitch another line close to the folded-under edge of the facing to secure it in place. This line of stitching should be about 1 cm / ½ inch from the outer edge of the straps.

Leave 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.)



This is how it will look on the inside, where the strap meets the bodice (note that the channel should run down the centre of the strap):



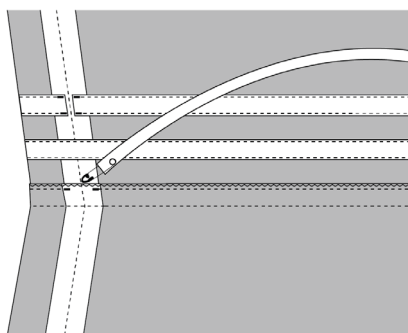
Tip: If your fabric has any bulk, you may even want to leave gaps at each of the four neckline seams, so as to make sure your elastic doesn't get caught up in the seam allowance.

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

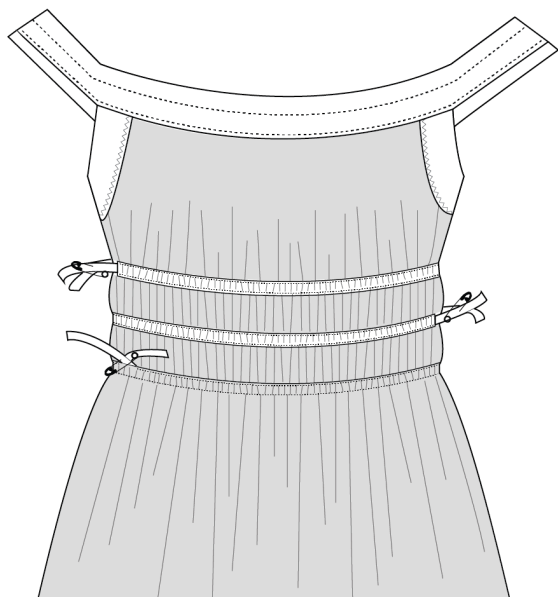
INSERT THE BODICE ELASTICS

18. 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.

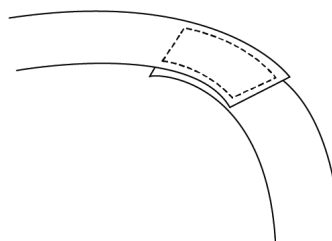
19. Start with the waist channel. Using a safety pin, insert each length of elastic into its relevant channel. Take care not to lose the other end of the elastic inside the channel (I often use a second safety pin to secure it at the first entry point).



20. 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.



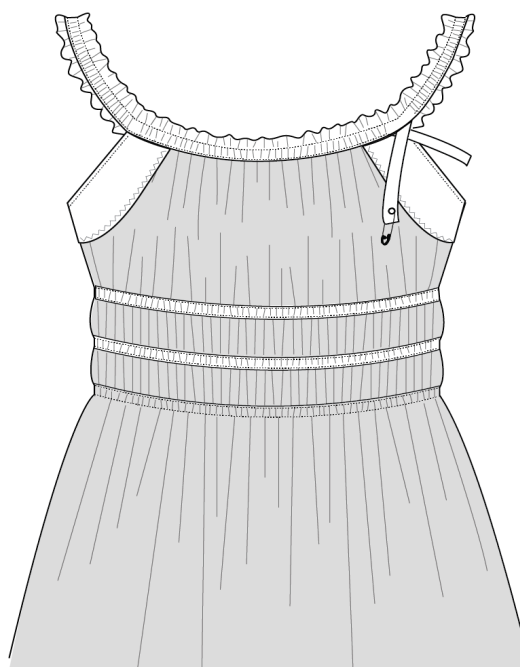
21. Secure the two ends of each elastic together. I like to shorten my stitch length and stitch a square through the two layers of the overlap, but you may prefer to zigzag back and forth. Trim off any excess length.



22. Stitch closed the gap in the waistband channel.

GATHER THE NECKLINE

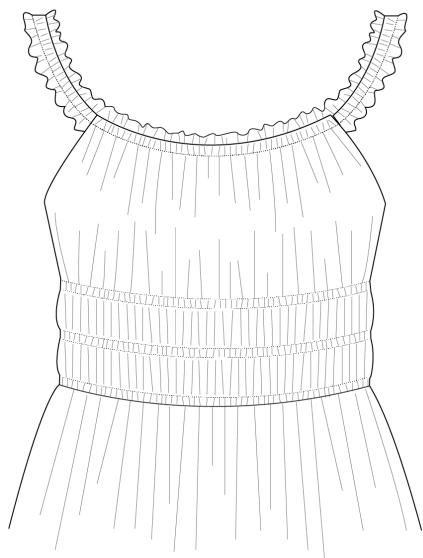
23.a.i If you are using elastic to gather your neckline, use a safety pin to insert one end of your elastic into the neckline channelling at the gap you left open. Gently feed the elastic around the entire neckline channelling, taking care not to pull on it too hard as this can twist it. Once your elastic 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.



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

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

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

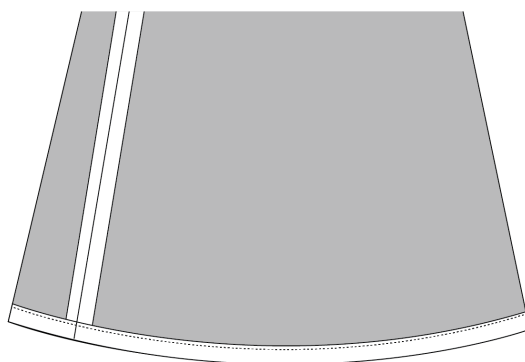
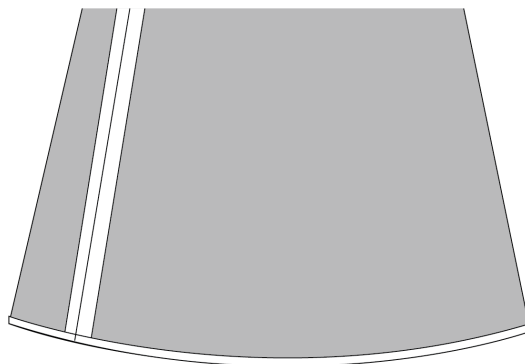


Using ribbon to gather the neckline:

23.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.

HEM

24. 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 / 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.

@ninaleelondon

