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Our linen is nothing short of addicting

ATTENTION!

You **MUST** download & open this PDF in Adobe Acrobat Reader to see all the attached files and printables. Otherwise, you will only see the instructions and **NOT** the sewing patterns!


IMPORTANT:

Open this PDF using the most current Adobe Reader to access and print all the included files and size layers.

Get it FREE- <https://get.adobe.com/reader/>



HELPFUL TIP:

 In Adobe Reader press the **F4** key to reveal the icons for Page Thumbnails, Attachments and Layers. You can also use the drop-down menu: View > Show > Navigation

F|S

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Nico Pattern

FOUR STYLE VARIATIONS & BEGINNER TUTORIALS

FABRICS-STORE.COM

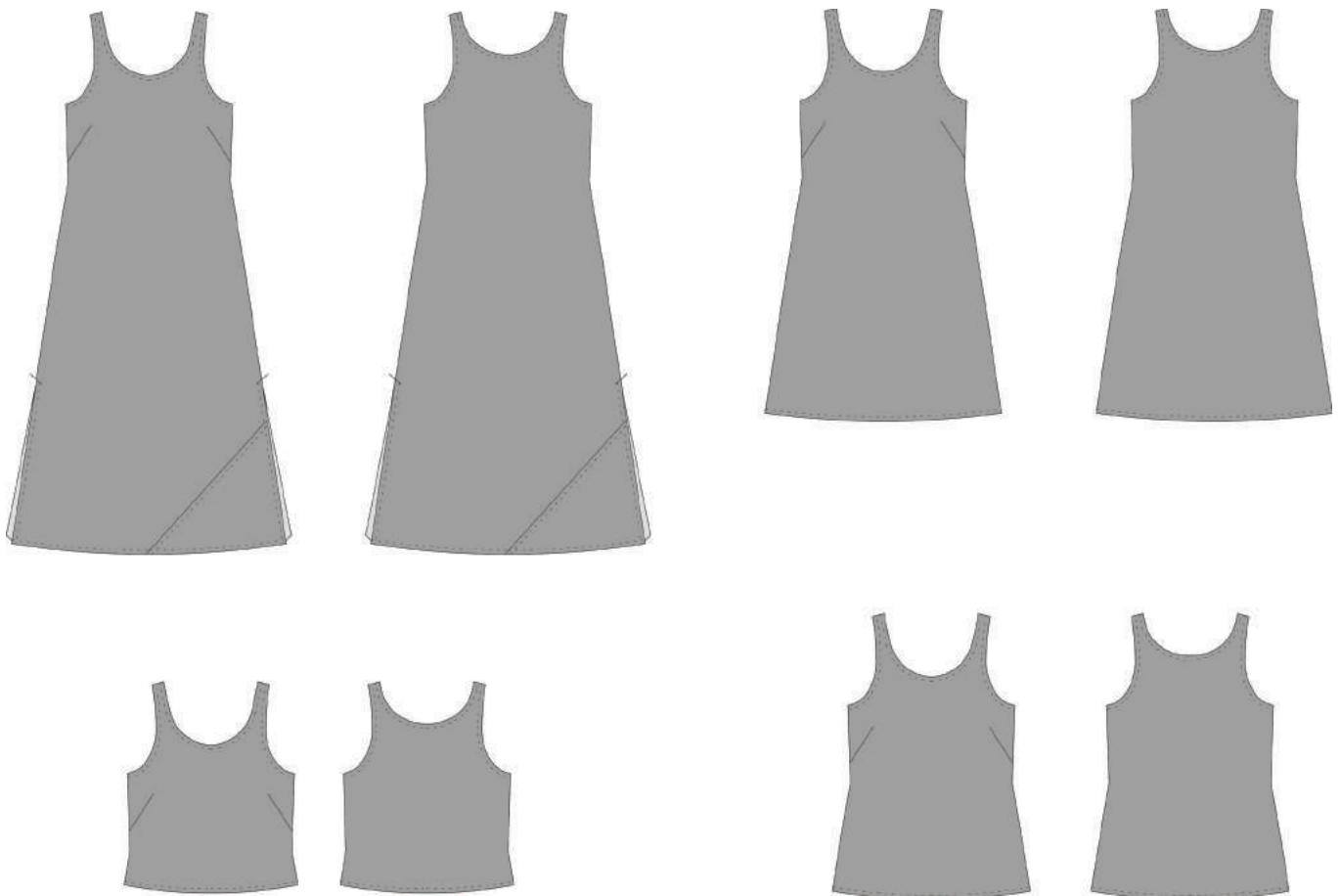
Nico

Nico is a pattern collection of sleeveless, bias-cut dresses and tops with side bust darts and a scoop neckline that easily slips over the head with no closures needed. Effortlessly elegant and figure flattering, the drape of the bias cut makes it very comfortable to wear with natural ease and stretch. Sewn in our fine linen, this collection will add versatile, classic pieces to your wardrobe that you will find yourself reaching for time and time again. Wear the Maxi and Short dress on their own, or layer with a lightweight linen button-down worn open. Pair the Tunic or Camisole with pants or a skirt. As a classic capsule collection, you will likely want to make your favorites in a variety of linen colors and weights for a robust wardrobe booster!

This pattern was specifically drafted and engineered to work best with our most popular **5.3 oz, 100% Linen IL019**, regularly available in over 65 colors.

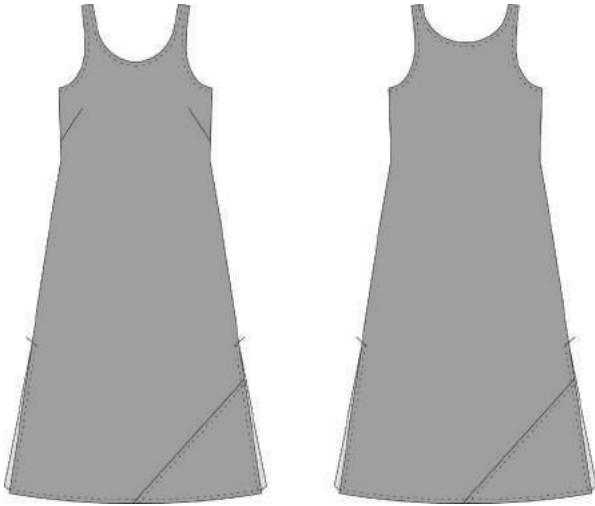
Available in adult women's sizes 0/2 to 28/30, and in girls sizes 4/5 to 12/14.... you can sew them up for everyone in the family! This pattern is available as a PDF download "tiled" on standard 8.5" x 11" sheets of paper, and "copy shop" sizing on 36"x 48" sheets of paper.

IMPORTANT: Please open this PDF in Adobe Reader to access all the attached printable pattern files.



Nico Maxi-Length Dress

The Nico Maxi is our feature style, an ankle length dress with side slits and a hem extension.



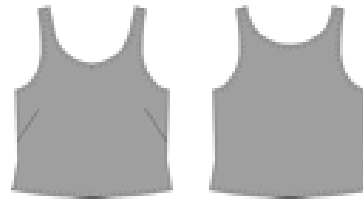
Nico Tunic Top Version

The Nico Tunic length will end about 10" passed your natural waistline (on average, depending on your height)



Nico Camisole Version

The Nico Camisole will fall about 2" passed your natural waistline (on average, depending on your height)



Nico Short Dress Version

The Nico short dress falls just above the knee with no side slits or hem extensions needed.



New to sewing on the bias? French seams? We'll thoroughly take you step-by-step!

If sewing a bias-cut garment is new to you, our easy to sew linen combined with this style is a perfect introduction. You will find we favor fine finishes such as French seams and bias-strip facings for the necklines and armholes, but these techniques are still very achievable for the patient beginner with our well-illustrated step-by-step instructions. We are confident you will agree that taking the extra steps and time in the sewing process will be well worth the effort once you see the results, and enjoy your garments for many years to come!

IMPORTANT: Please open this PDF in Adobe Reader to access all the attached printable pattern files.

Pattern Piece Overview

A: Front

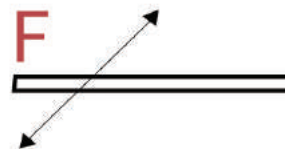
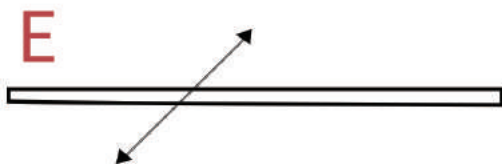
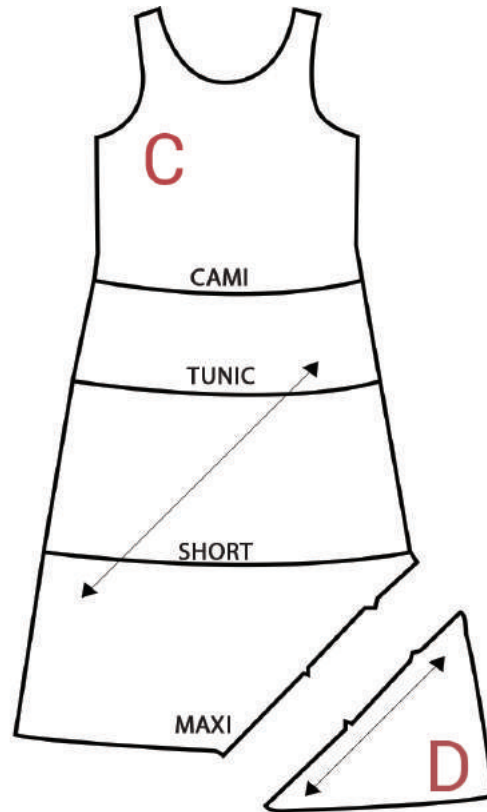
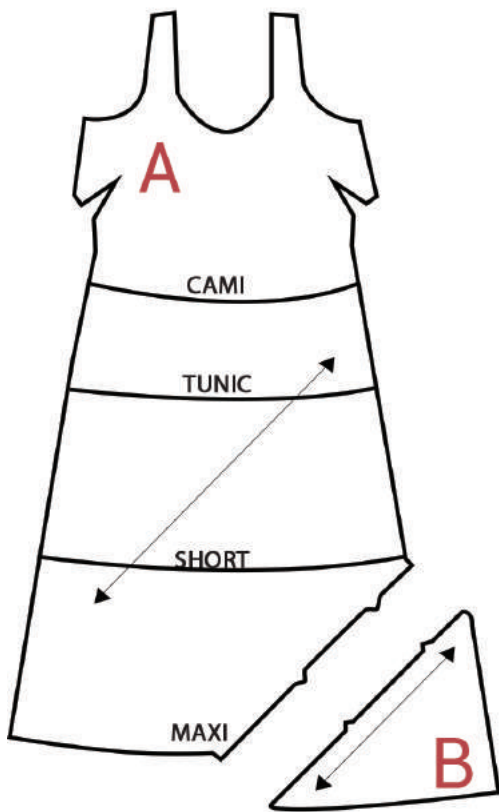
B: Front Extension

C: Back

D: Back Extension

E: Neck Binding Strip

F: Armhole Binding Strip



Supplies Needed

Fabric

Medium weight woven linen, at least 55" wide. **We suggest our 5.3 oz., 100% Linen IL019.** Please refer to the Size Chart section for the amount of fabric you will need. For a lighter feel, you might also enjoy our **3.5 oz, "Hankerchief" Linen.**

Notions

Thread: 1 spool all purpose thread, matching the color of your linen.

Scissors: Sharp scissors for cutting fabric.

Straight pins: Dressmakers straight pins, preferably with glass ball heads (plastic ball heads can melt!)

For markings: Fabric marking pencils, chalk or air/water erasable markers, or tracing paper.. whichever your preferred method is. Be sure to test your method on a scrap of spare fabric before marking your actual garment fabric.

Sewing Machine

You will only need a straight-stitch machine for this pattern- there is no need for a serger or overlock machine since all seams are clean finished. A standard Universal needle in size 80/12 is recommended.

Iron

A steam iron with a non-stick surface is recommended, along with a press cloth.

Size Charts and Yardage Requirements Adult Sizes

SIZE CHART BASED ON BODY MEASUREMENTS IN INCHES

	0/2	4/6	8/10	12/14	16/18	20/22	24/26	28/30
Bust	32-33	34-35	36-37	38-40	41-44	45-48	49-52	53-56
Waist	23-24	25-26	27-28	29-31	33-36	38-40	42-44	46-49
Hip	33-34	35-36	37-38	39-41	43-46	48-50	52-54	56-58

FINISHED GARMENT MEASUREMENTS (LAYED FLAT, RELAXED)*

	0/2	4/6	8/10	12/14	16/18	20/22	24/26	28/30
Bust	34.5	36.5	38.5	41.5	46	50	54	58
Waist	32	34	36	39	43	47	50	53
Hip	38	40	42	45	51	55	60	64

* Finished measurements may vary due to variances in fabric weight and behavior of bias.

Approximate Shoulder to Hem Lengths*

	0/2	4/6	8/10	12/14	16/18	20/22	24/26	28/30
Maxi Dress	50	51	52	53	54	55	56	57
Short Dress	36.5	37	37.5	38	39	40	41	42
Tunic	26.5	27	27.5	28	29	30	31	32
Cami	18.5	19	19.5	20	21	22	23	24

* Finished measurements may vary due to variances in fabric weight and behavior of bias.

Linen Fabric Requirements, 54" wide in YARDS.

	0/2	4/6	8/10	12/14	16/18	20/22	24/26	28/30
Maxi Dress	2	2	2 1/2	2 1/2	2 3/4	2 3/4	3	3
Short Dress	1 3/4	1 3/4	2	2	2 1/2	2 1/2	2 3/4	2 3/4
Tunic	1 1/2	1 1/2	1 3/4	1 3/4	1 3/4	1 3/4	2 1/4	2 1/4
Cami	1	1	1 1/4	1 1/4	1 1/2	1 1/2	2	2

For all girls sizes: please allow 1.5 yards of 54" linen fabric. Girls size charts and cutting layouts are included in the downloadable PDF pattern file.

Preparation of Your Linen Fabric Before Cutting and Sewing

+ You will want to prewash and dry your linen fabric in the same manner you would your finished garment. This will soften your fabric, and eliminate further shrinkage in your final garment. Some prefer to wash their fabric twice in hot water to ensure all possible shrinkage has occurred. If you plan on only dry cleaning your final garment, likewise you will want to dry clean the fabric before cutting and sewing

+ Secure the raw edges of the fabric ends with an overlock or zig-zag stitch to prevent fraying during the wash and dry cycle. You may also sew the two raw edges together to form a continuous piece to avoid twisting in the wash.

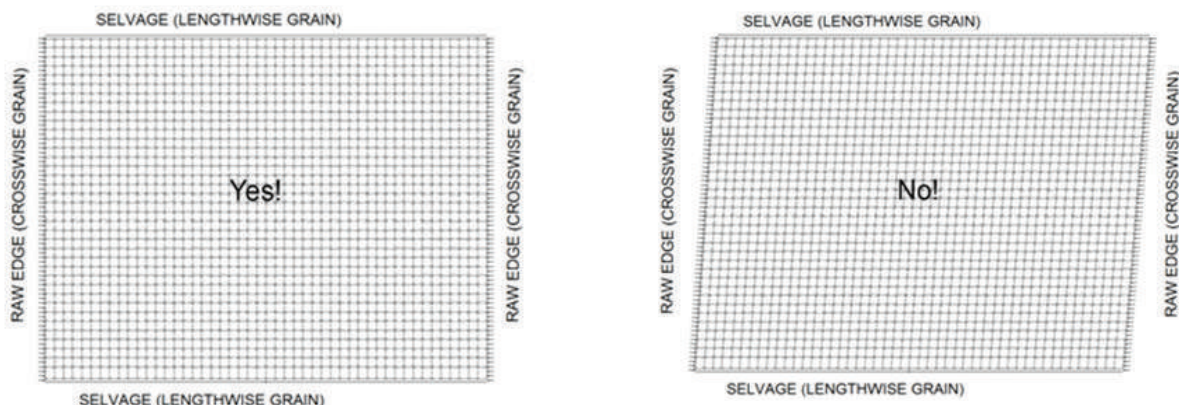
+ Remove fabric from dryer while it is still slightly moist.

+ Press any deep creases or wrinkles using your iron's steam setting with high heat. A dry iron may burn or scorch your linen fabric. Test your iron settings on a scrap of your linen fabric and use a press cloth if necessary. A press cloth is laid over your garment where you will be ironing to protect it.

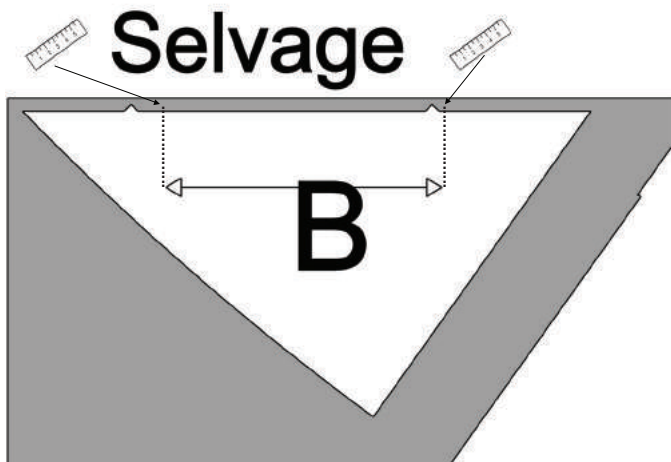
Cutting Instructions and Pattern Layout Guides

Tip! Save the linen remnants left over to use for practicing each sewing technique before sewing the real garment.

**It is important that your fabric is laid out flat as a single layer, with the grain and cross grain weave of the fabric "squared off" at a 90 degree right angle to each other for accurate cutting. There is no "cut on fold" orientation for this style because the pattern pieces for a bias-cut garment must be laid diagonally across the full width of the fabric.



Layout: Place your pattern pieces on the fabric with the grain line arrow markings running parallel to the selvage/lengthwise grain of your fabric. With the bias-cut orientation of this style, there are two grain line options for each piece, allowing you to rotate the pattern piece "on-grain" or "cross-grain" depending on the best layout that uses the least amount of fabric.



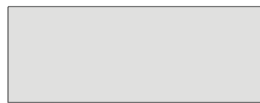
To make sure each end of the grain line marking is evenly parallel to the selvage edge of the fabric, measure from the end of each arrow to the selvage ensuring they are the same distance.

Marking: Transfer the indicated pattern markings using chalk, pencil, or water/air erasable markers to the **wrong** side of the fabric. Markings for this pattern will include a dot for the end of the bust dart, and two dots at each of the slit openings to indicate how to blend the French seam into the slits of the Maxi version.

Cutting: Place straight pins along the outer edge "seam allowances" of each pattern piece, attaching through the pattern piece and into the fabric about every hand's width apart, more for tight curves or corners. You will find that linen is easy to cut since it is a stable fabric and does not shift or slip easily.



Right Side of Fabric



Wrong side of Fabric

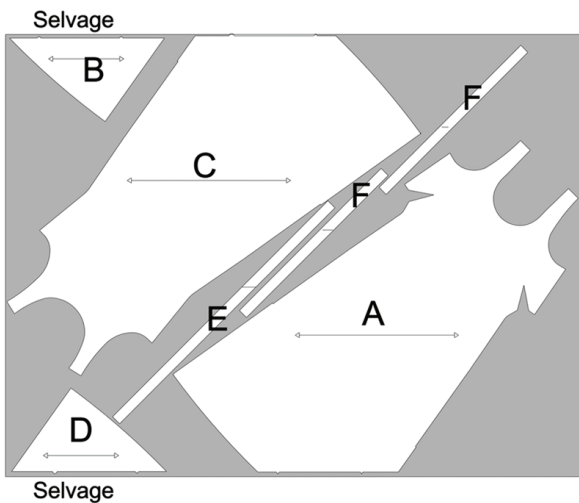


Pattern Face-up

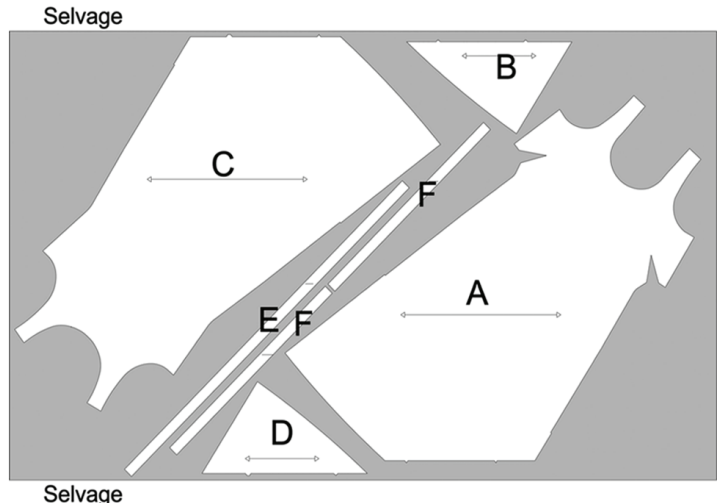
THIS PATTERN INCLUDES ALL SEAM ALLOWANCES AND HEM ALLOWANCES.
Simply cut on the line indicated for your desired size.

Nico Maxi Dress Cutting Layouts

MAXI DRESS SIZES 0 TO 6

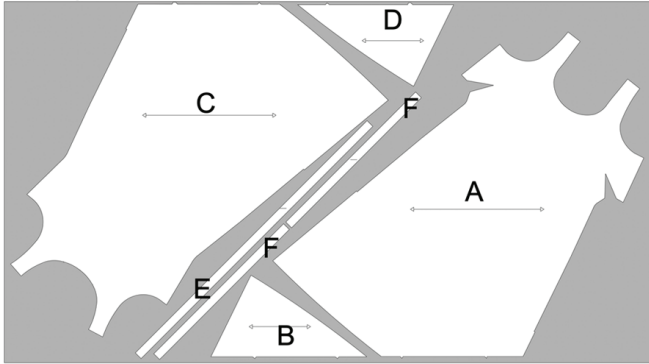


MAXI DRESS SIZES 8 to 14



MAXI DRESS SIZES 16 TO 22

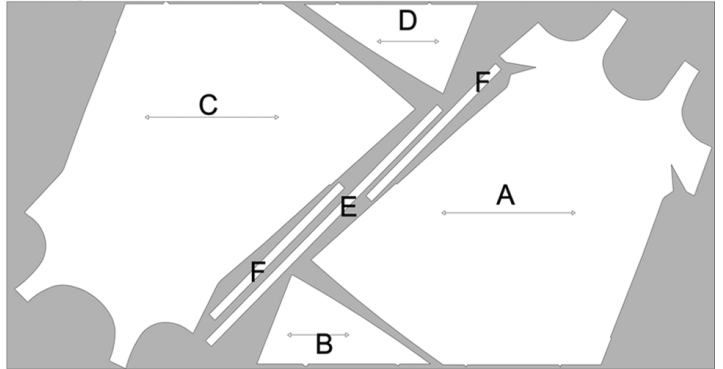
Selvage



Selvage

MAXI DRESS SIZES 24 to 30

Selvage

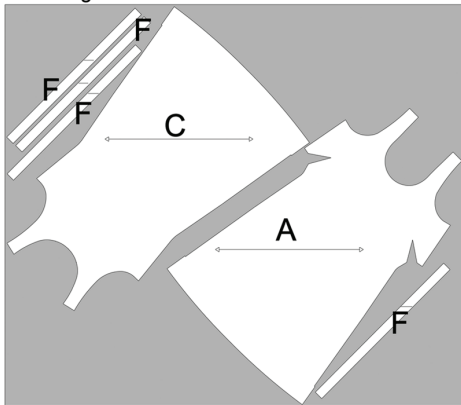


Selvage

Nico Short Dress Cutting Layouts

SHORT DRESS SIZES 0 TO 6

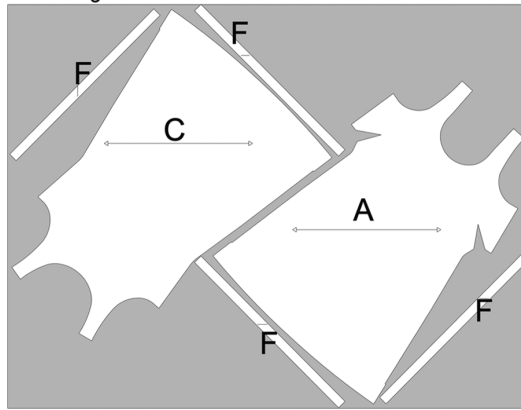
Selvage



Selvage

SHORT DRESS SIZES 8 to 14

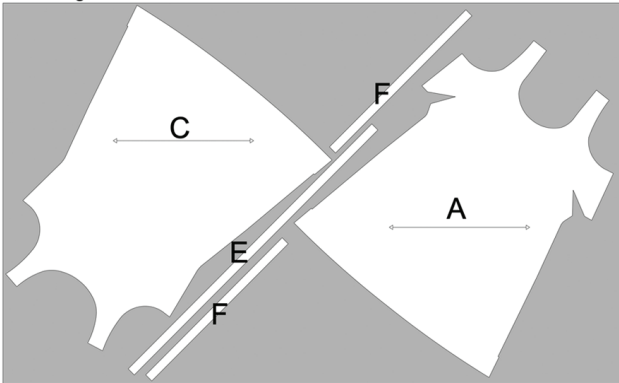
Selvage



Selvage

SHORT DRESS SIZES 16 TO 22

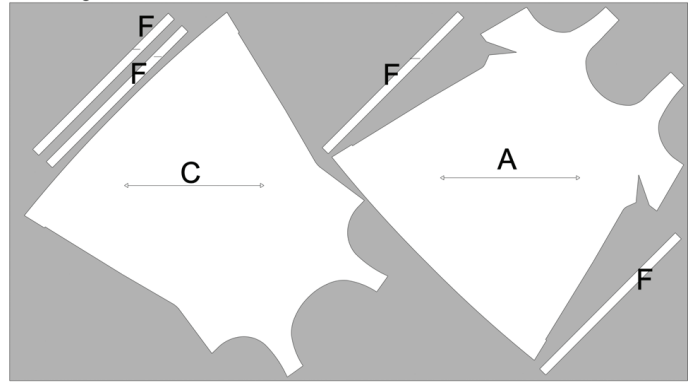
Selvage



Selvage

SHORT DRESS SIZES 24 to 30

Selvage

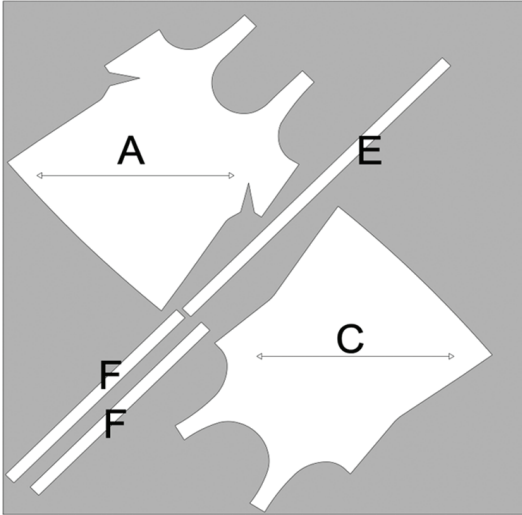


Selvage

Nico Tunic Cutting Layouts

TUNIC SIZES 0 TO 6

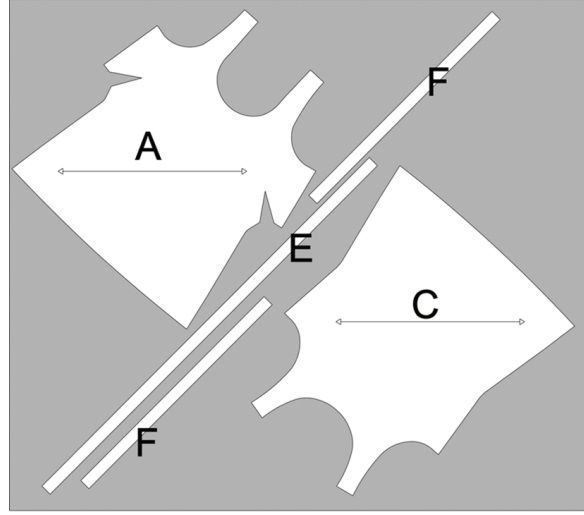
Selvage



Selvage

TUNIC SIZES 8 to 14

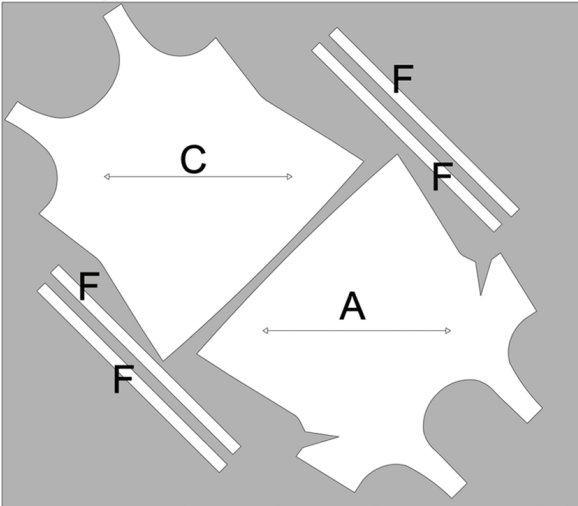
Selvage



Selvage

TUNIC SIZES 16 TO 22

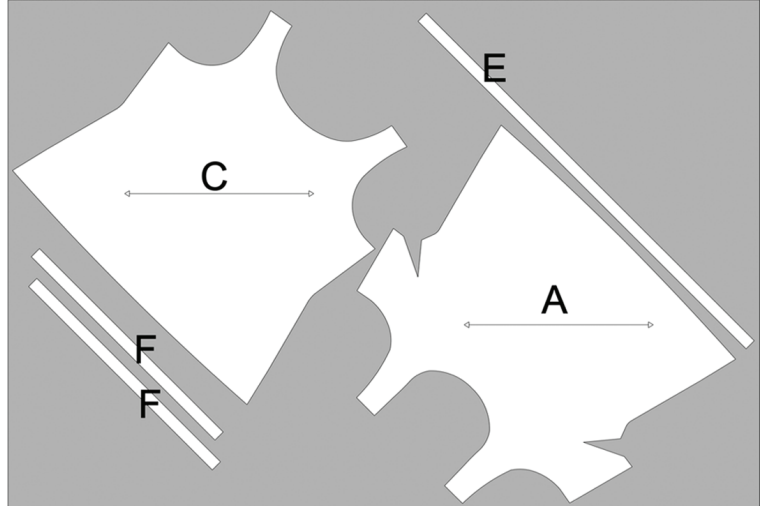
Selvage



Selvage

TUNIC SIZES 24 to 30

Selvage

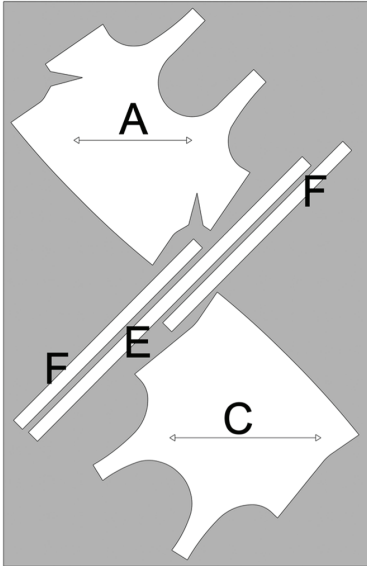


Selvage

Nico Camisole Cutting Layouts

CAMISOLE SIZES 0 TO 6

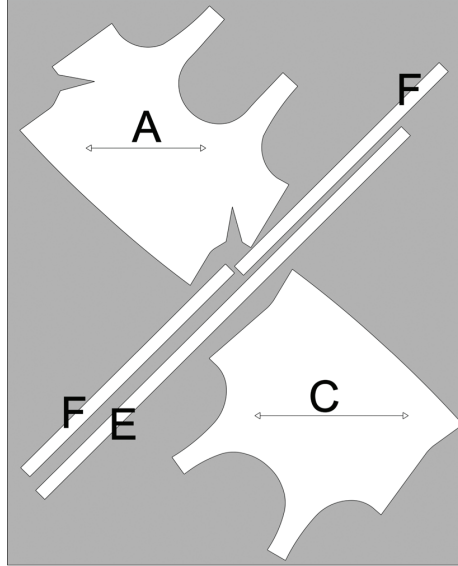
Selvage



Selvage

CAMISOLE SIZES 8 to 14

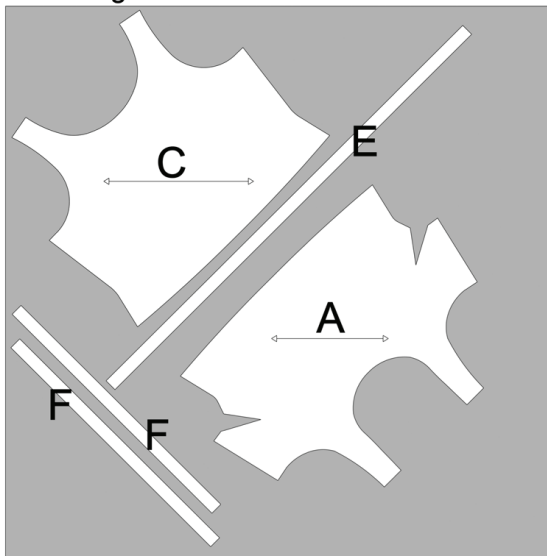
Selvage



Selvage

CAMISOLE SIZES 16 TO 22

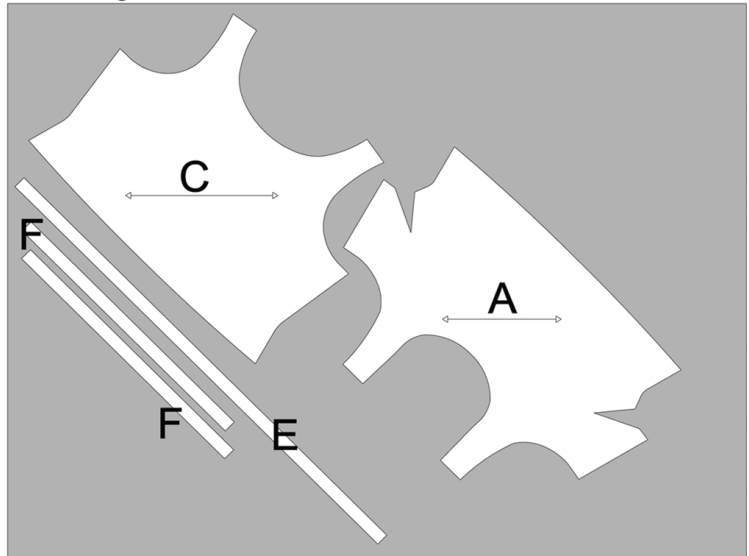
Selvage



Selvage

CAMISOLE SIZES 24 to 30

Selvage



Selvage

Sewing Tips: Linen, Bias and French Seaming

Sewing with linen is very enjoyable! Linen is a stable fabric that does not easily shift or slip. When one layer of linen is on top of another to sew a seam, the tactile texture of the fabric "grips" to itself, which is a very helpful characteristic for sewing a nice even seam with little effort. You do not need to "push" or "pull" the fabric while sewing... just simply guide it.

Just about any standard, universal sewing needle will do. A new, sharp size 80/12 is recommended for a medium weight linen.

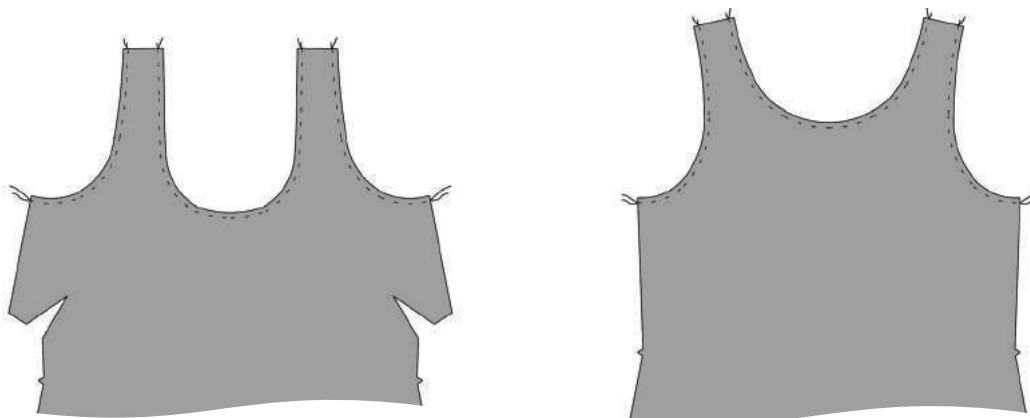
You may have heard that it can be challenging to sew "bias cut" garments. This could be true of silks and slippery fabrics, but is easy with linen given its stable weave and texture.

You may have also heard that French seams are a "couture" technique and take extra time and skill. All types of seams usually need some sort of secondary finish to prevent the raw edges from raveling. In the case of the French seam, once you think of it as simply sewing the seam twice to encase the raw edges, you will see that it is not take that much more time than the second step of using a serger- and well worth the effort!

Sewing Instructions

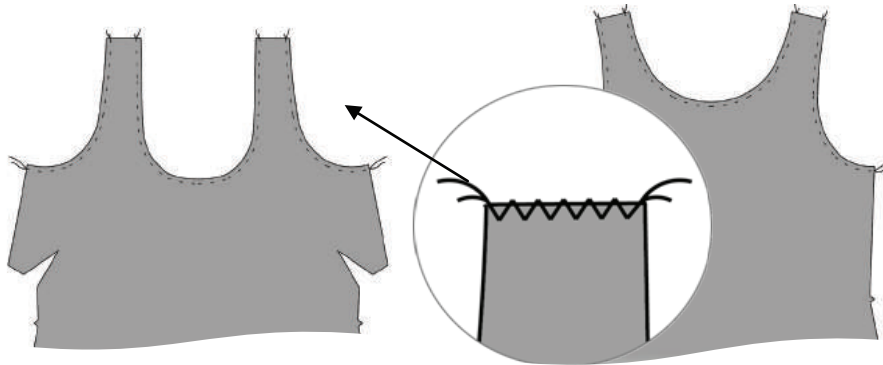
1. STAY STITCH NECKLINE AND ARMHOLES

Sew a row of stitches along the necklines and armholes of Pieces A and C about 1/4" from the cut edge, without pushing or pulling the fabric. The stitching is on each single layer of the fabric (you will not be joining the two pieces together like you would a seam). A stitch length of 2.0 or less is ideal. This will keep the edges stable and prevent them stretching and distorting while you are handling the garment.



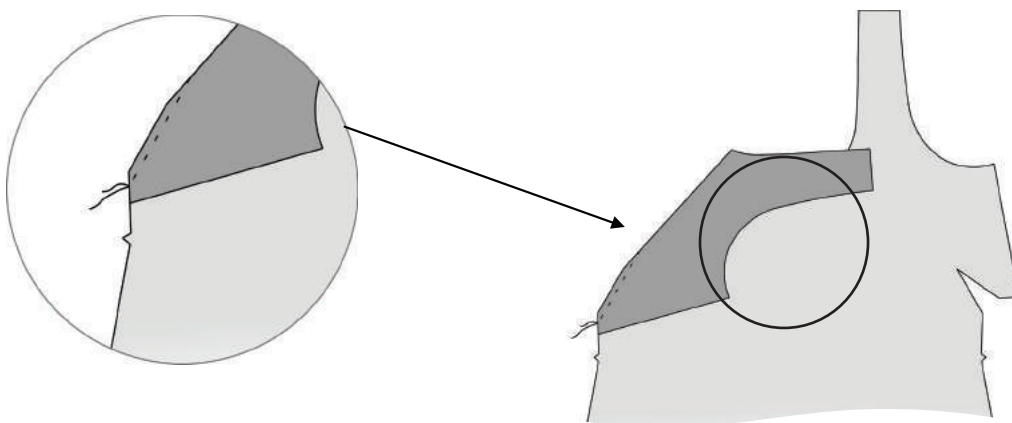
2. SECURE TOP EDGES OF SHOULDER STRAPS

Using a zig-zag stitch, overlock machine, or hand sewn blanket stitch, secure the raw edges of the shoulder straps on pieces A and C to prevent the fabric from fraying. The shoulder straps will be the only "regular seams" that the garment will have. All other seams of the garment will have clean-finished seaming that will encase and protect the raw edges. Instructions for each seam type in the garment will follow.

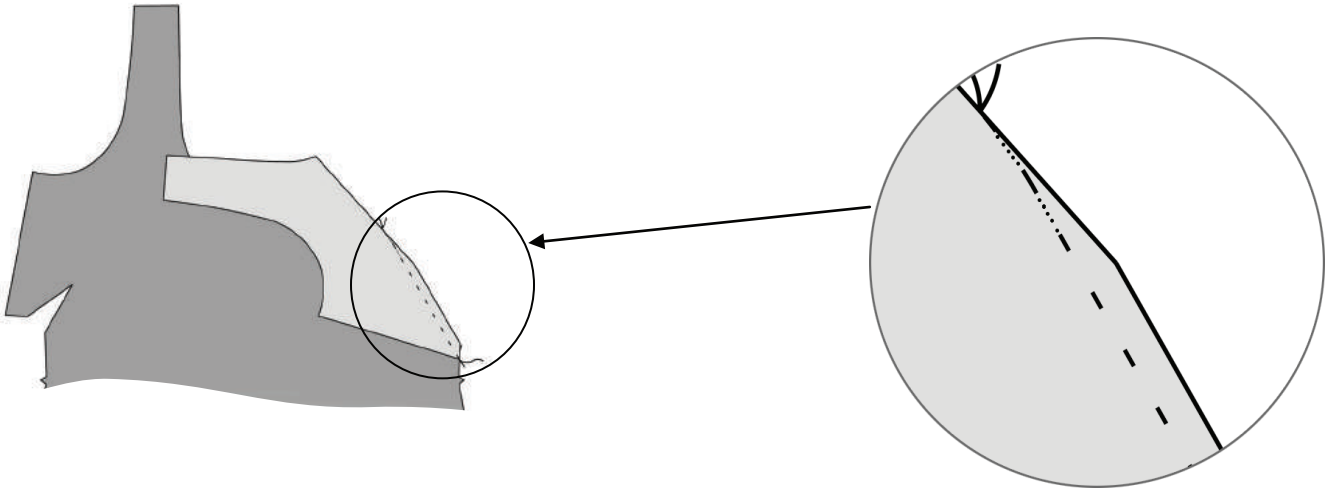


3. SEW THE DARTS WITH FRENCH SEAMING

With wrong sides together, align dart edges and stitch using 1/4" seam allowance. Open the garment flat, and press the seam allowance of the dart neatly to one side, crisply along the stitching line you just made. This will ensure neat seaming for the next step.



Next, turn the garment right side out, and fold the dart over with the raw edges of the previous seam encased within. Stitch a second seam with 3/8" seam allowance, ending at the dot marking.

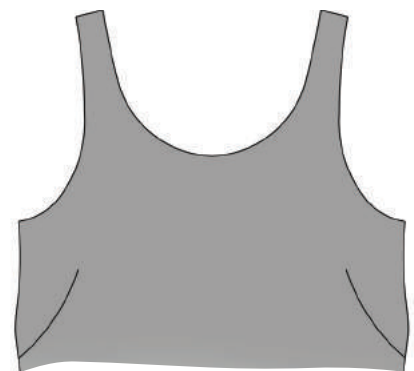


Ending the dart with a subtle curve and the last few stitches catching the crease in the fabric will help avoid the dart being undesirable "pointy".

Press the seam allowance going downward for the final finish.

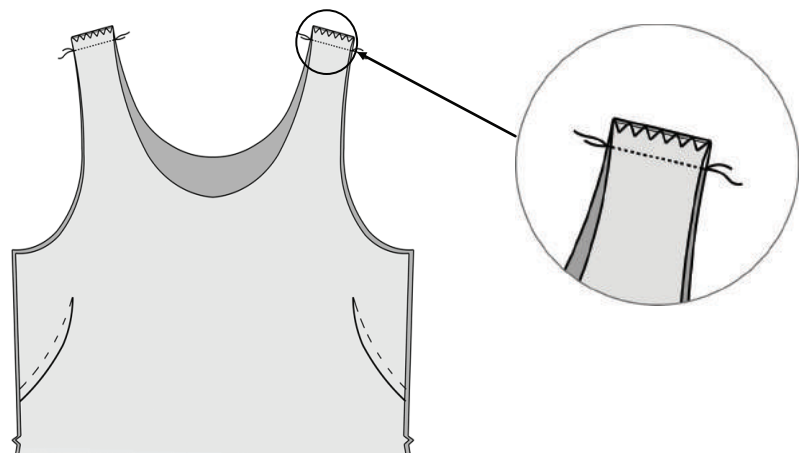
+Repeat the same process for the other dart.

Great! You now have your bust darts sewn!

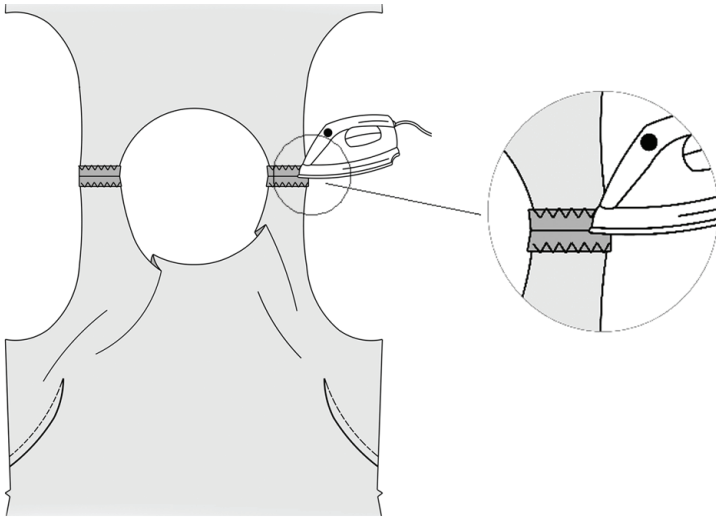


4. SEW SHOULDER SEAMS

With right sides together, lay the Front and Back together to stitch a seam across each shoulder using 1/2" seam allowances. This will be the only "regular" seaming in the garment.



After stitching, press the seam open: this is to reduce bulk at the top of the shoulder



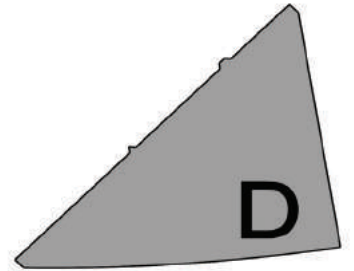
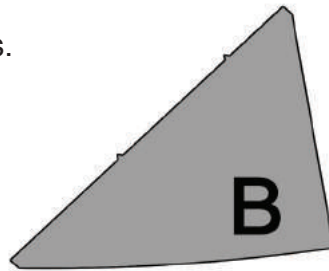
5. SEW HEM EXTENSIONS

*This step is only for the Maxi-Length dress.

You will need pieces:

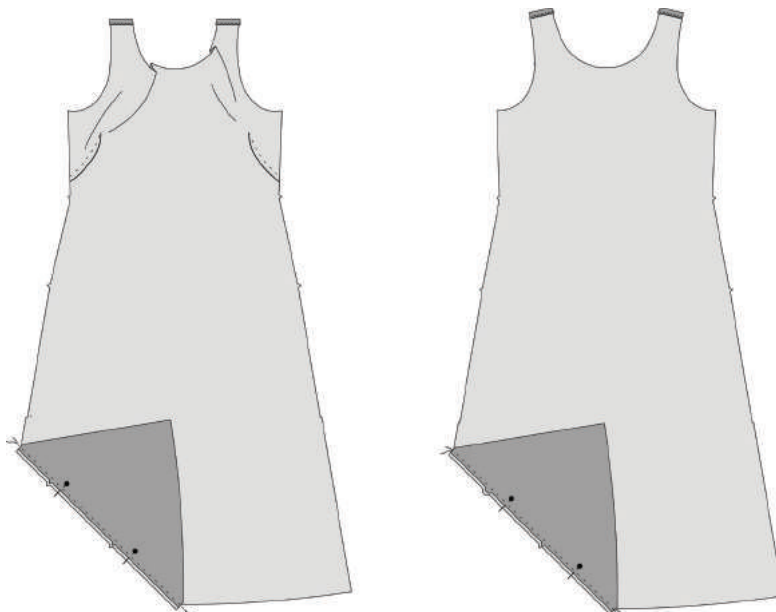
B: Front Extension

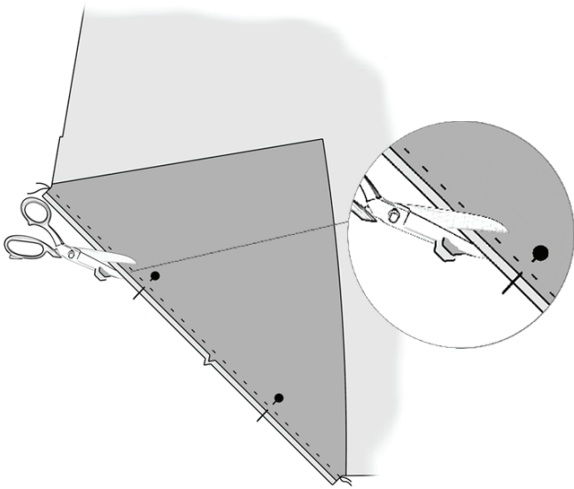
D: Back Extension



The Front Extension will have two single notches and the Back Extension will have one single notch and one double notch.

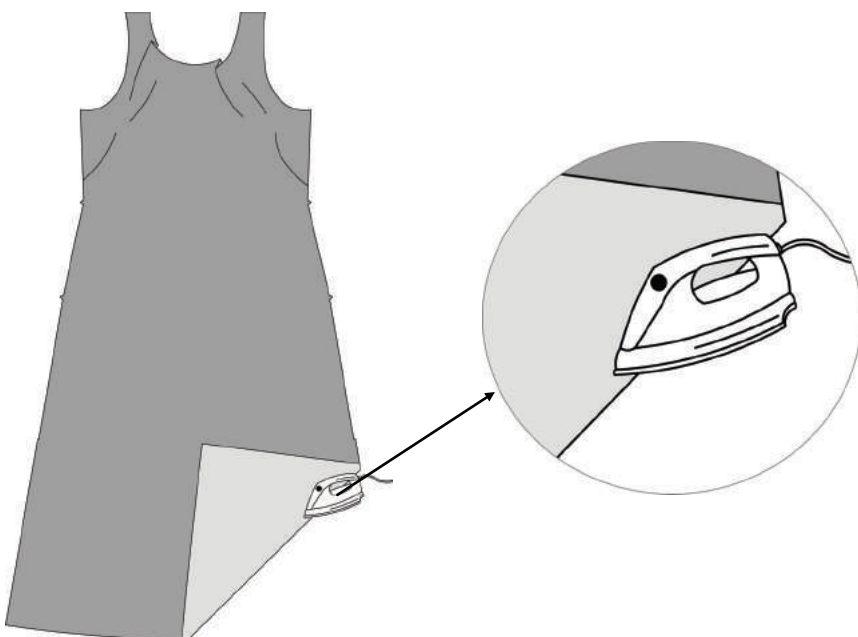
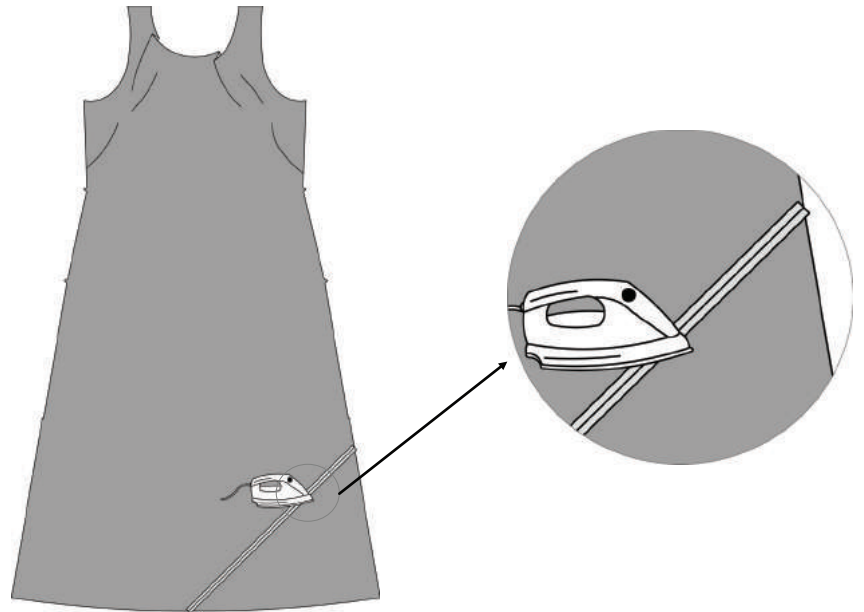
With wrong sides together, align each extension to each respective dress piece and pin in place with a few straight pins if desired. Stitch a 1/4" seam.





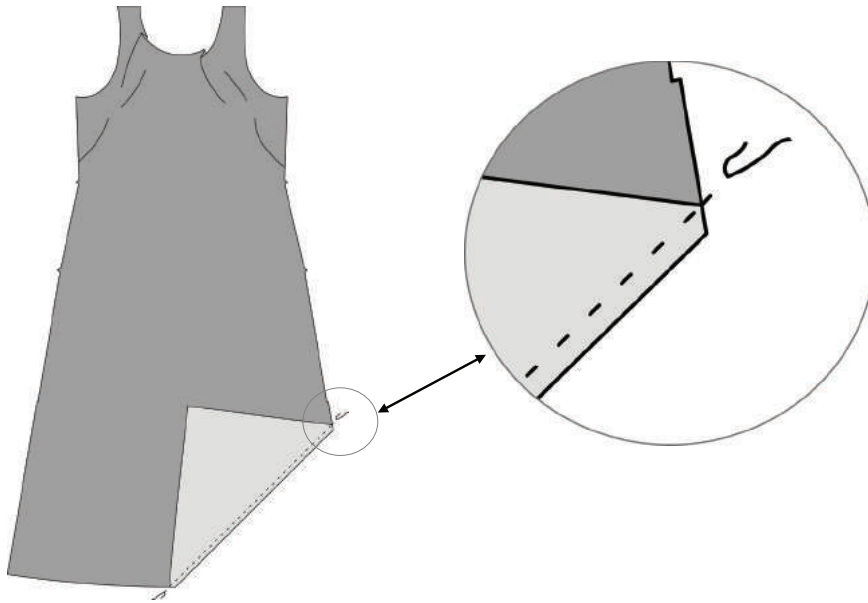
After stitching the seam, trim off the notch extensions.

With right sides facing up, neatly press each extension seam open after stitching. The front dress and extension are illustrated, repeat the same process for the back dress and extension.

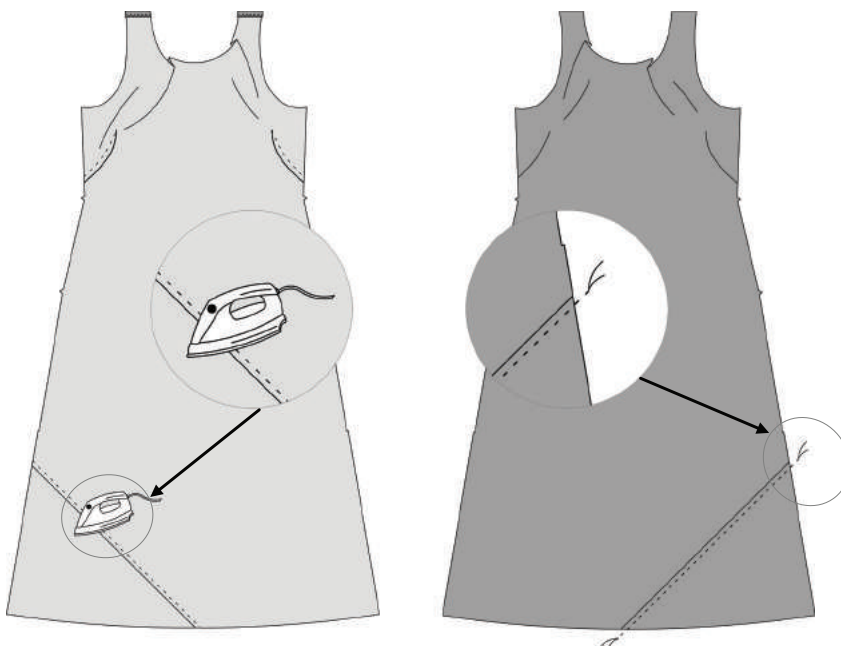


Next, fold back extensions with right sides facing each other and press along stitch line to encase the raw edges within. This is in preparation to stitch the second stitch line to create the French seam. The front dress and extension are illustrated, repeat the process for the back dress and extension.

Next, stitch a 3/8" seam from the edge of the previously pressed crease.



Press the completed French seam downward towards the hem. Next, turn the garment back over with right side facing up to do a row of topstitching 3/8" from the previous stitch line. You will catch all layers of the fabric and French seam. This topstitching feature will prevent the French seam from "flipping" from one side to the other during washing and wearing, and also ensure a strong and long-lasting seam finish for your linen garment. The front dress and extension are illustrated, repeat the process for the back dress and extension.



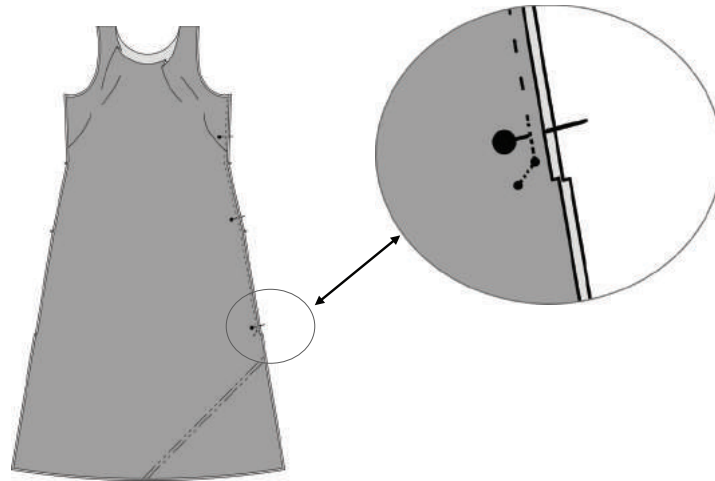
Great! You now have the hem extension sewn with French seams and a topstitched finish!

6. SEW SIDE SEAMS

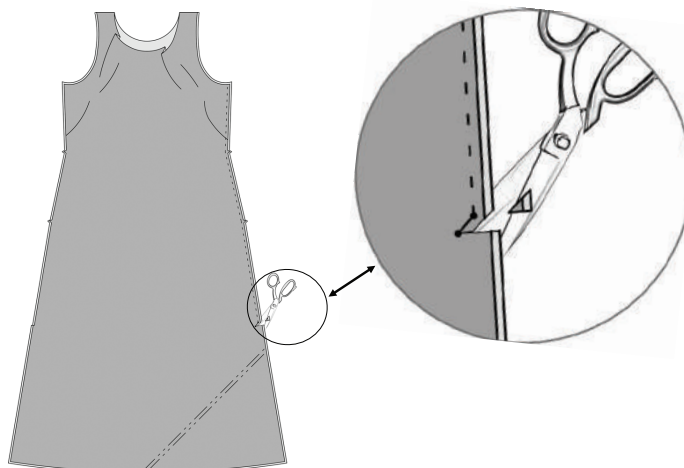
Now we will sew the sides together with the same French seaming and topstitch finish that we did for the hem extensions. However, special attention will be given to the slit opening for the Nico Maxi version. For all other versions, there is no slit and you will simply sew the entire side seam from arm-hole to hem.

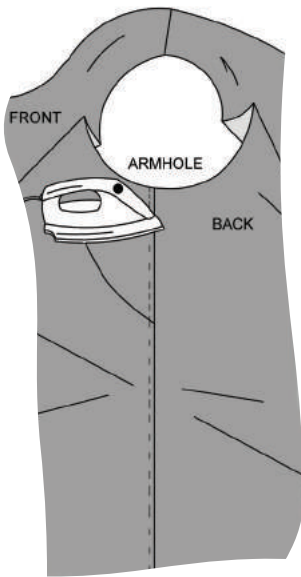
With wrong sides together, align the sides seams together, matching notches and placing straight pins if desired to hold. You may want to start with just one side seam only, as it will be easier to access for all the steps with the other side still unsewn- making the learning curve simpler.

Starting at the underarm, stitch a 1/4" seam until you reach the dot markings where the slit begins. Follow the dot markings, ensuring the last few stitches are very secure. You can knot the tail of the thread by hand, or you may use your machine's reverse feature to sew backwards over the last few stitches to secure the ending.



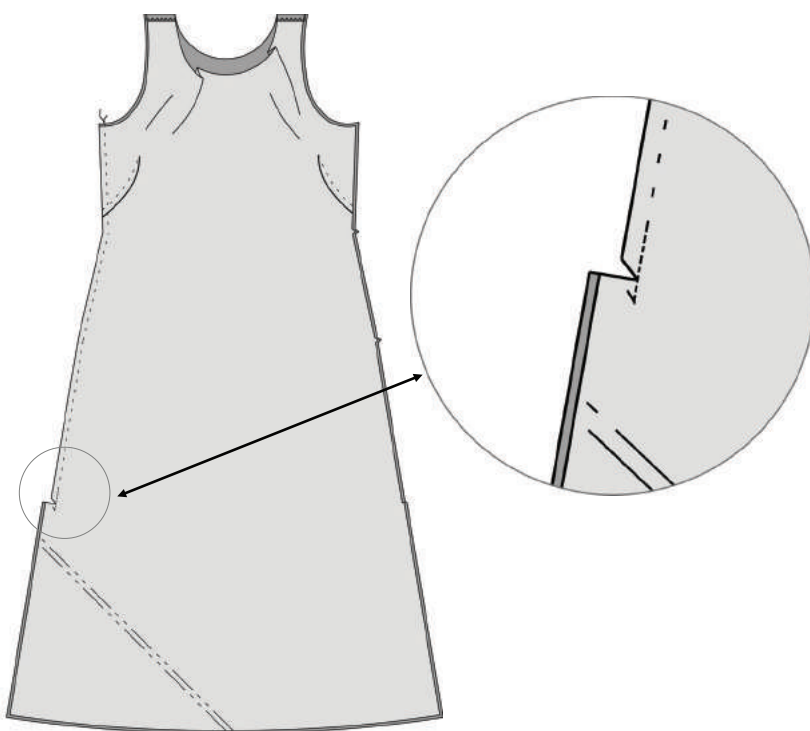
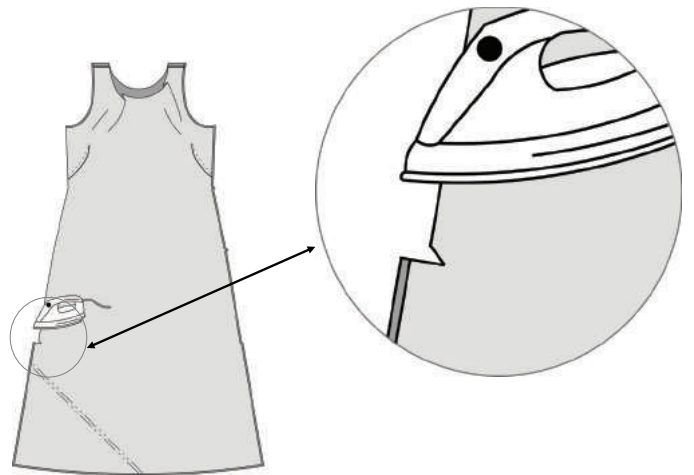
Next trim the wedge from the edge of the slit and angled stitch line as shown. Also trim off any notches. Please note that the jogged seam is only for the Maxi length version. For all other versions, the seam will simply continue to the end of the hemline.





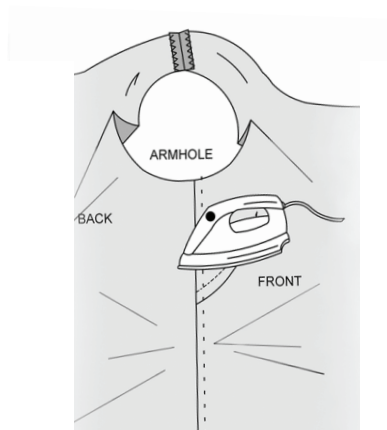
Press the seam allowance neatly towards the back body.

Turn garment wrong side out and press the edge of seam to encase the raw edges within. Pay careful attention to push out the diagonal "jog" at the end of the seam. Note: only the Maxi version will have the slit and jog. For all other versions, the seam goes all the way to the hemline.

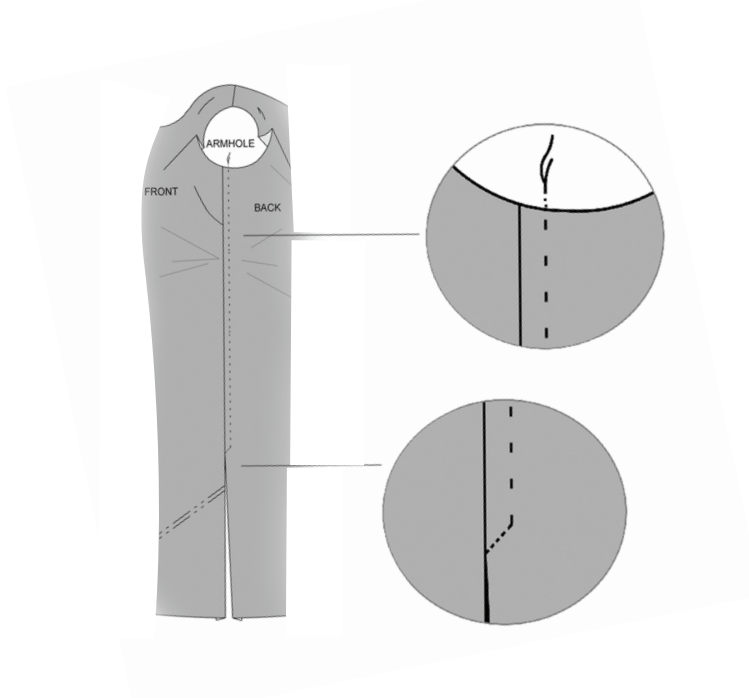


Next, stitch the second line of stitching to complete the French seam using a 3/8" seam allowance. You will start at the armhole, and stop about 1/2" passed the "jog" into the slit as shown. Be sure to secure the last few stitches by hand knotting the thread ends or using your sewing machine's back-stitch feature.

Press the seam allowance of the finished French seam neatly towards the back.



Turn garment over right side out, and topstitch 3/8" from the seam edge, catching all layers of the seam allowance. You will stop at the end of the French seam where the slit begins for the Maxi version. All other versions will continue to the end of the hemline.

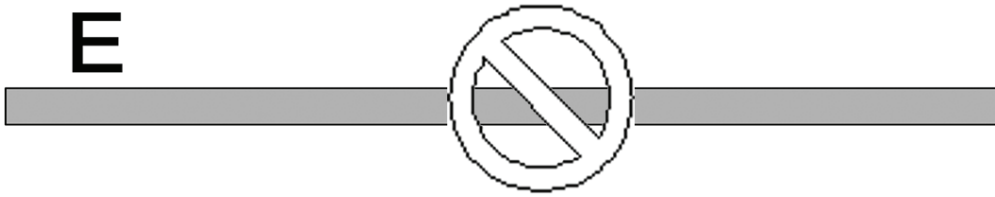


7. SEW NECKLINE BIAS-STRIP FACINGS

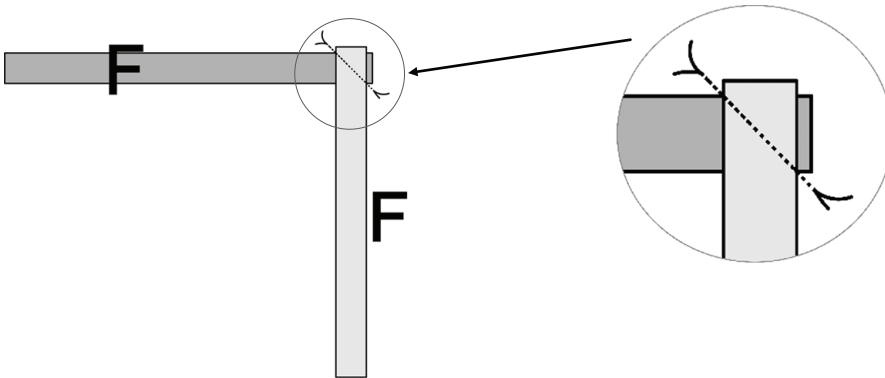
In most instances, the "E" labeled piece will be used for the neckline bias strip if your version's cutting layout indicated. However, in some layouts, two additional "F" strips replace the longer "E" strip to save fabric.

If your layout required the two additional "F" strips, the following instructions are to join them together to make one longer piece to use for the "E" neckline. If your layout did not require this, you may skip this step.

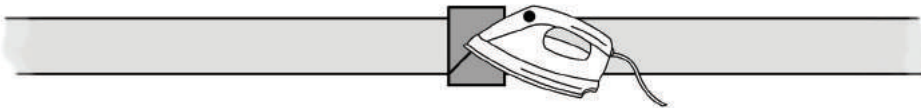
If your layout does NOT include an "E" strip, replace it with two joined "F" strips as follows.



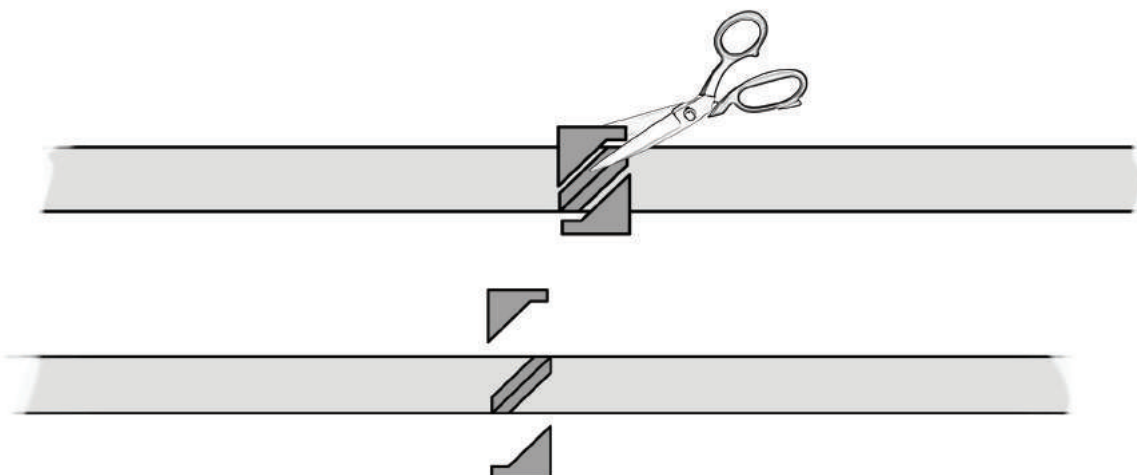
Lay two "F" strips together with right sides facing each other as indicated. Stitch a diagonal seam from one inner corner to the other inner corner.



Open the strip with wrong sides facing up and press the seam allowance open.

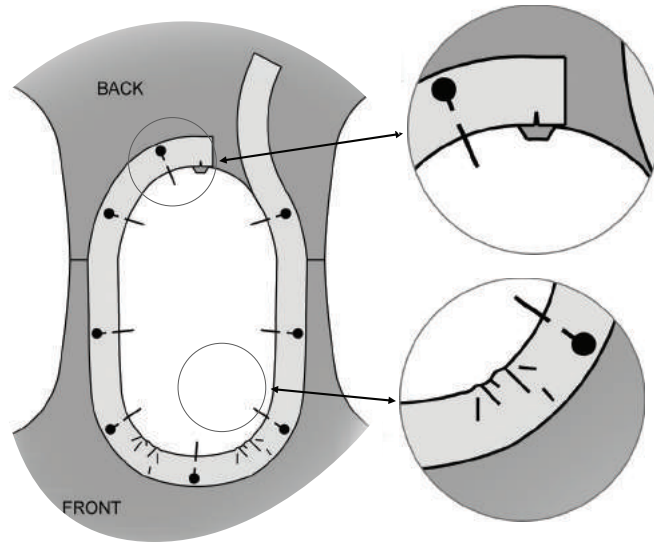


Trim the excess seam allowance down to about 1/4".

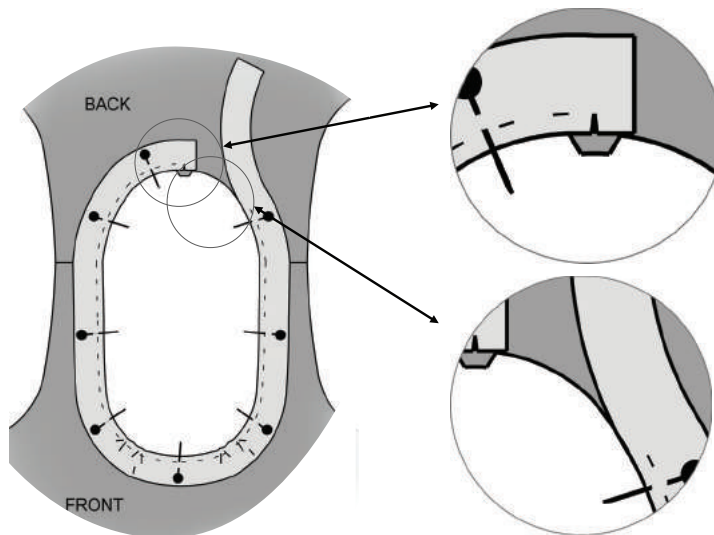


Now let's sew the bias strips to the neckline and armhole to "clean finish" them.

We will align the bias strip to the neckline, right sides together, about 1/2" beyond the center back notch of the neckline. Clip a reference snip/notch into the bias strip to mark the position of the center back as shown. Use pins as desired to secure the bias strip into place. Pay special attention to tight curves that may need to be slightly "eased" to keep the bias strip flat and contoured to the shape of the neckline curve.

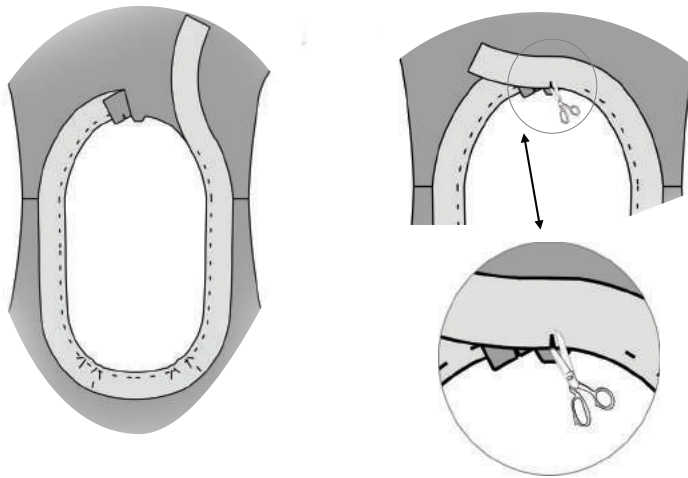


Starting about 1" away from the center back, begin sewing a 1/4" seam joining the bias strip to the neckline. You will leave the last 2 to 3 inches unstitched.

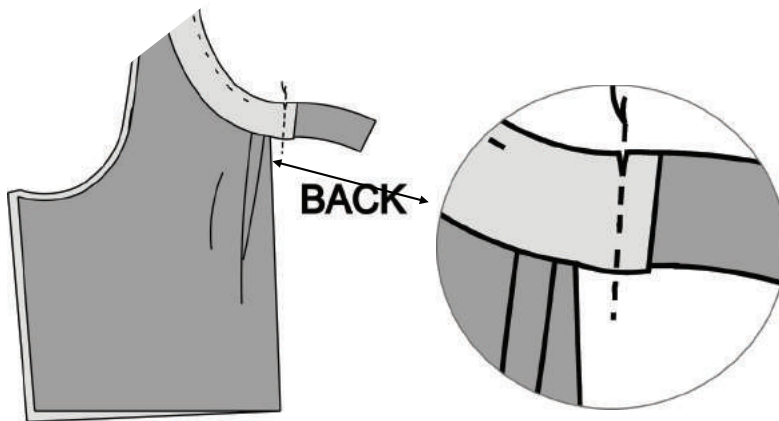


Fold back the first edge you began sewing with. Next, align the remaining length with the neckline edge and clip a reference snip/notch into the bias strip to mark the position of the center back as shown.

Fold the center back bodice in half, with the free edges of the bias strips protruding out to the side as shown.



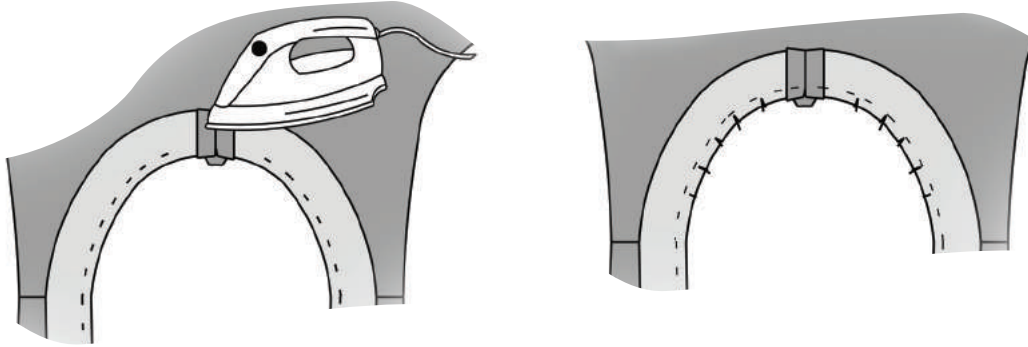
Align the two snip/clip notches and stitch a seam to join them together.



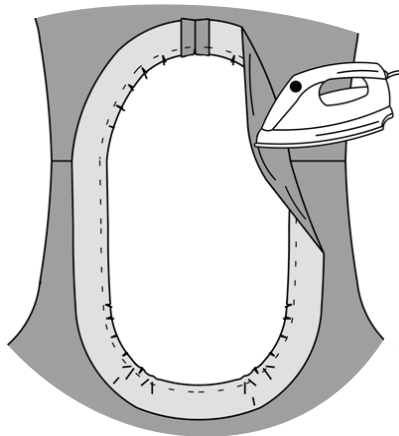
Trim off any excess bias trim so you have a remaining 1/2" seam allowance.



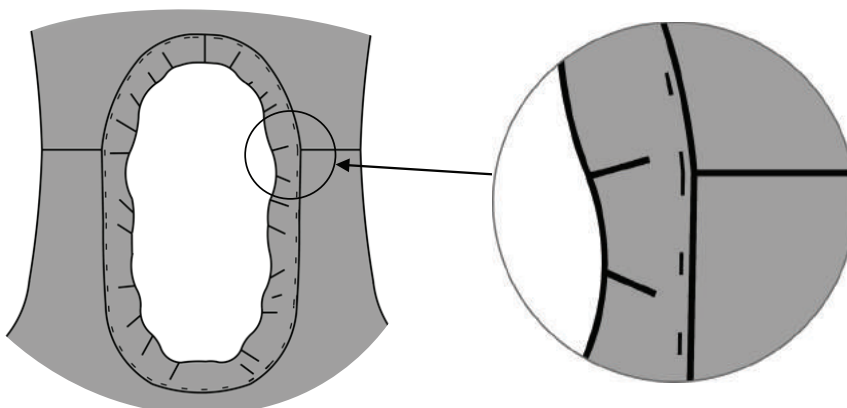
Open the center back bodice and neckline flat again. Press the seam allowance open. Next, complete the stitching around the neckline. Clip in curves as needed to release tension. This will be especially important for the seam allowance to turn under and lay flat again for the next steps.



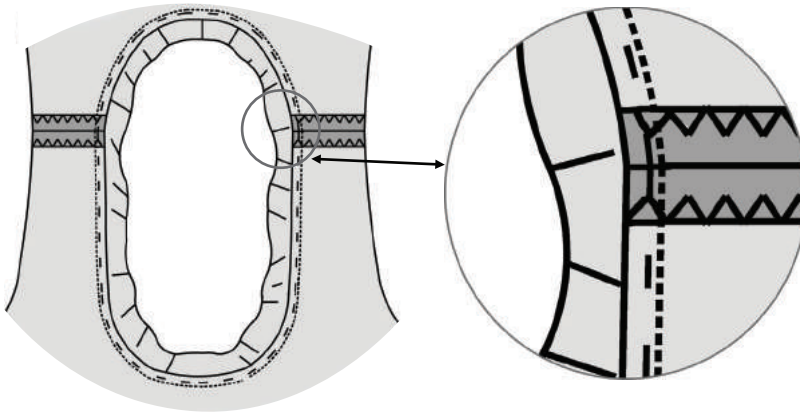
Press the bias neatly towards the inside of the neckline.



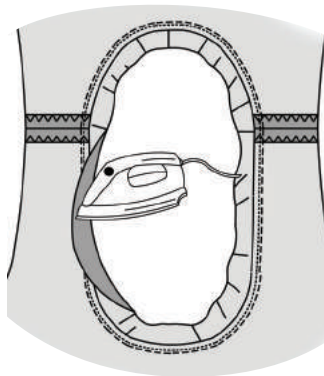
Next, we will do a 1/16th inch under stitch the bias strip, treating it as a facing. This means to sew a row of stitching on the bias strip where it is seamed to the neckline, catching the seam allowance underneath it. This will keep the final facing in place and prevent it from "rolling out" to the outside.



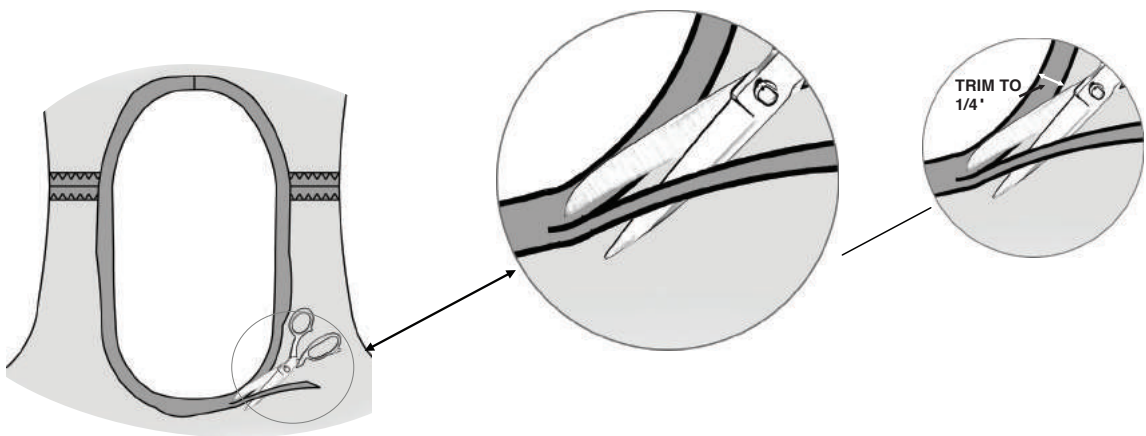
Turn the garment wrong side out. You will see that there are two rows of stitching. One is the seaming of the bias strip, the other is the under stitch line.



Next, you will wrap the bias over the raw edge of the neckline and press the fold neatly.

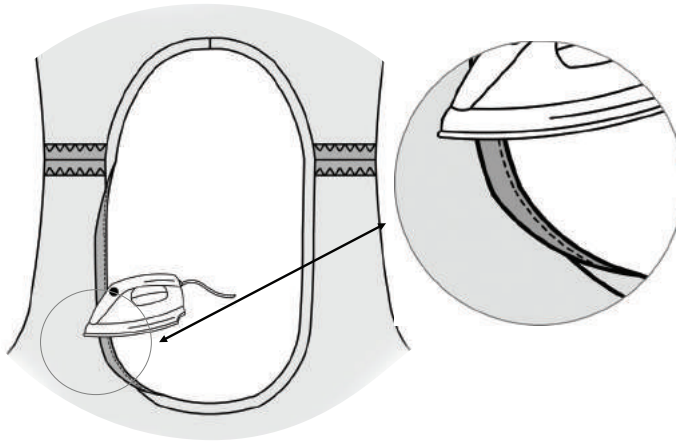


Once the pressing is complete, trim the width of the bias down to 1/4" from the folded edge.

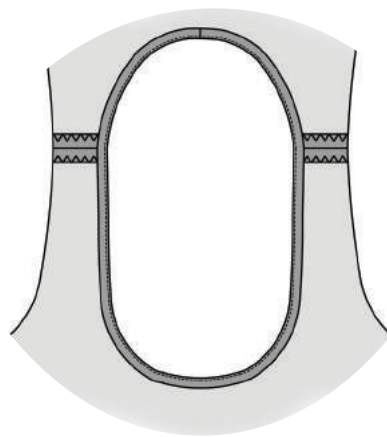


With the wrong side of garment still facing up, fold the bias strip and seam allowances all together in an additional 1/4" turn, and press. You now have two clean folded edges.

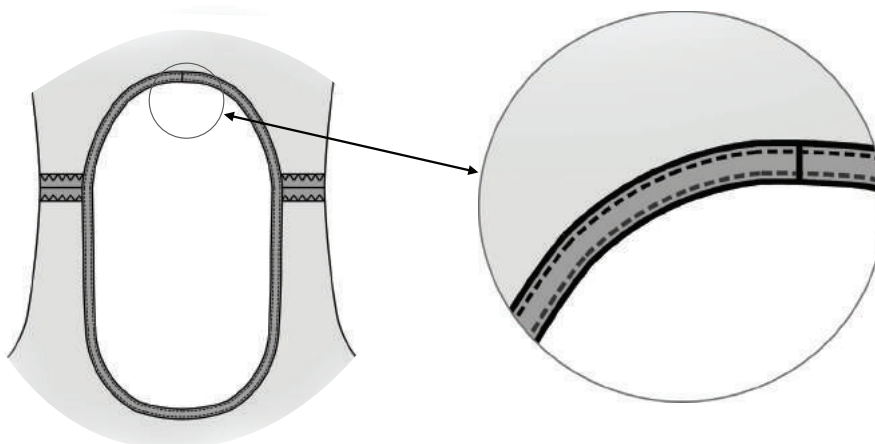
Turn the garment wrong side out. You will see that there are two rows of stitching. One is the seaming of the bias strip, the other is the under stitch line.



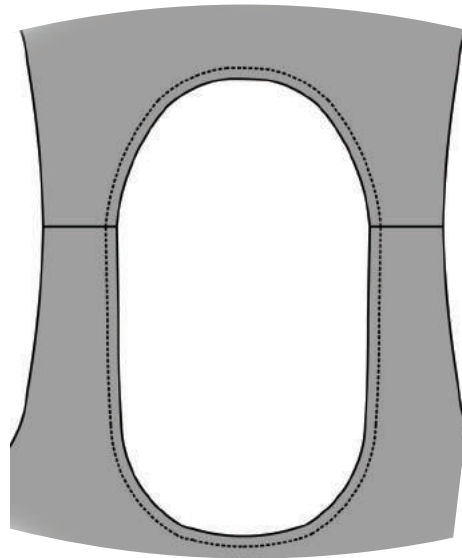
You now have two cleanly folded edges of the bias strip on the inside of your neckline. The previously sewn under stitching keeps the facing neatly secured along the neckline.



Lastly, we will sew a row of stitching on the outer edge of where the bias is folded under. This will be about 1/16th of an inch from the edge, and will go through all layers.

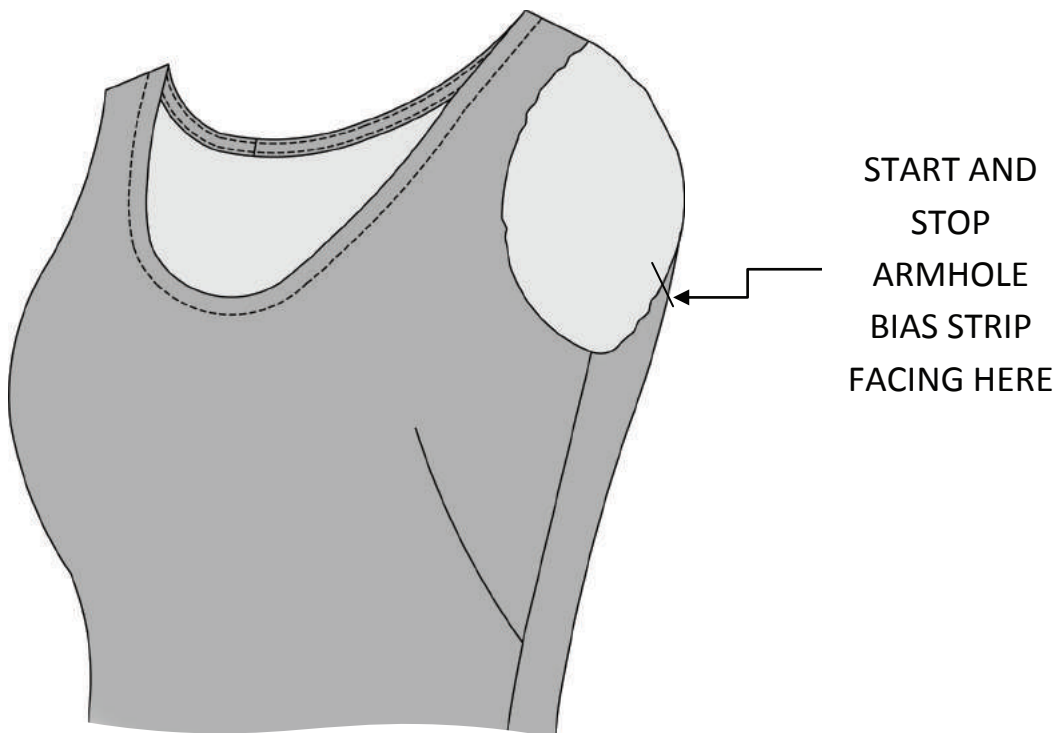


Turn the garment right side facing out. Your finished neckline now has a clean edge and one row of exposed topstitching.



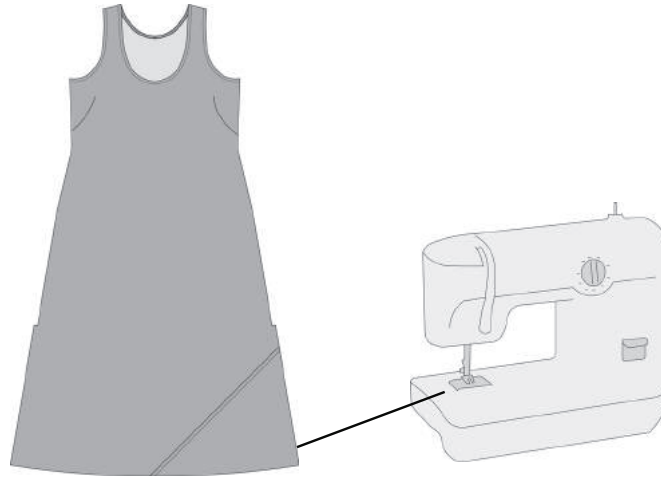
Great! Your neckline is finished!

Repeat the same process for the armholes with your starting/stopping location about 1/2" from the underarm seam in the back.

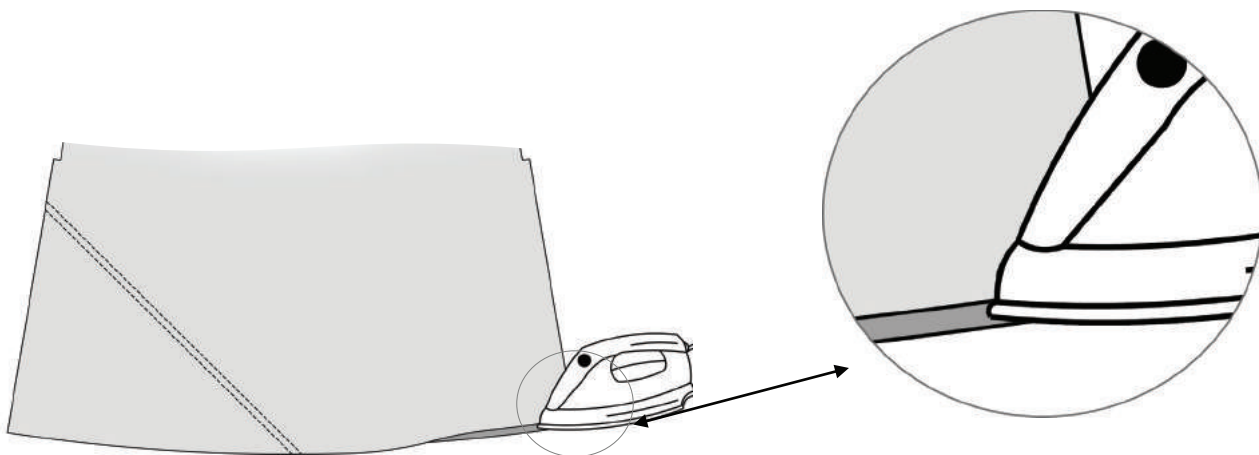


8. SEWING THE HEM

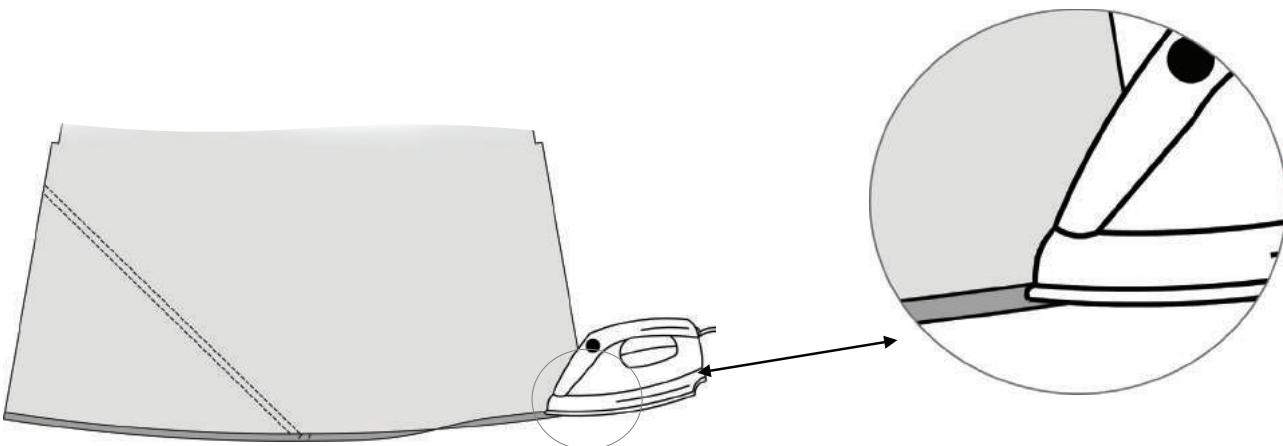
Now it's time to sew the hem. For the Maxi version, we will stop and start at each side slit. All other versions will have a continuous hem around the bottom.



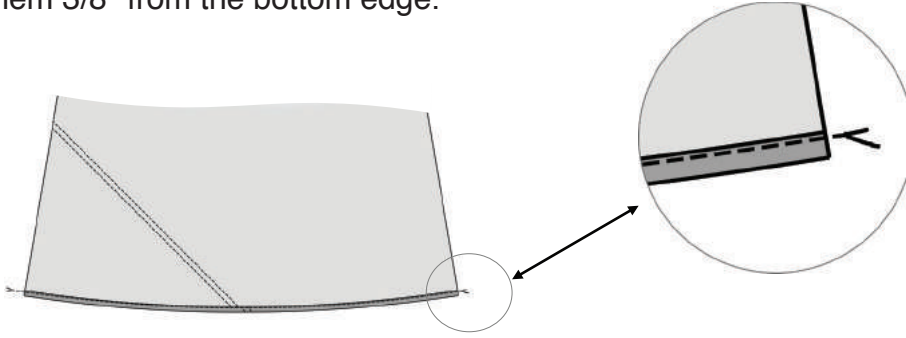
Let's start with turning the garment wrong side out. Next, turn the hem edge up 3/8" and press all the way across, both front and back.



Next, turn up the hem a second 3/8" turn and press. Again, all the way across, both front and back.



Now stitch the hem 3/8" from the bottom edge.

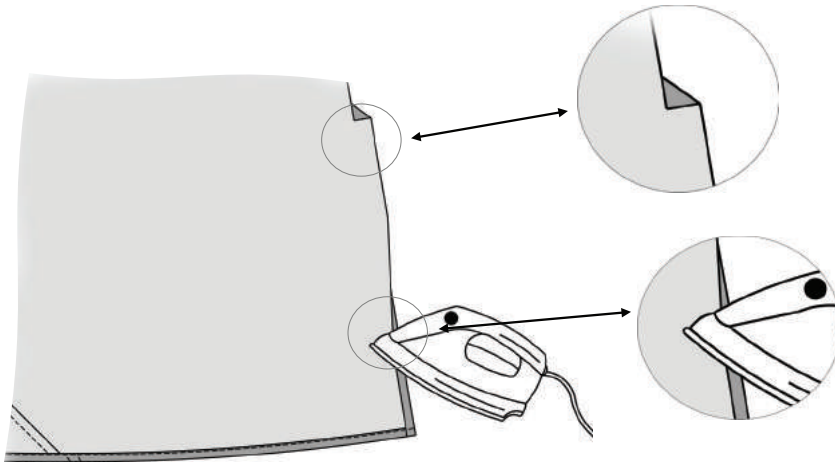


Great! You've completed the hem!

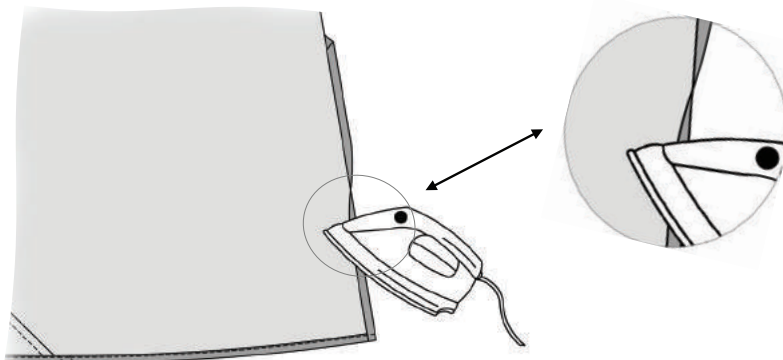
9. HEM THE SIDE SLITS

The last step is to press and hem the side slit edges for the Maxi version. You will disregard this step for all other versions.

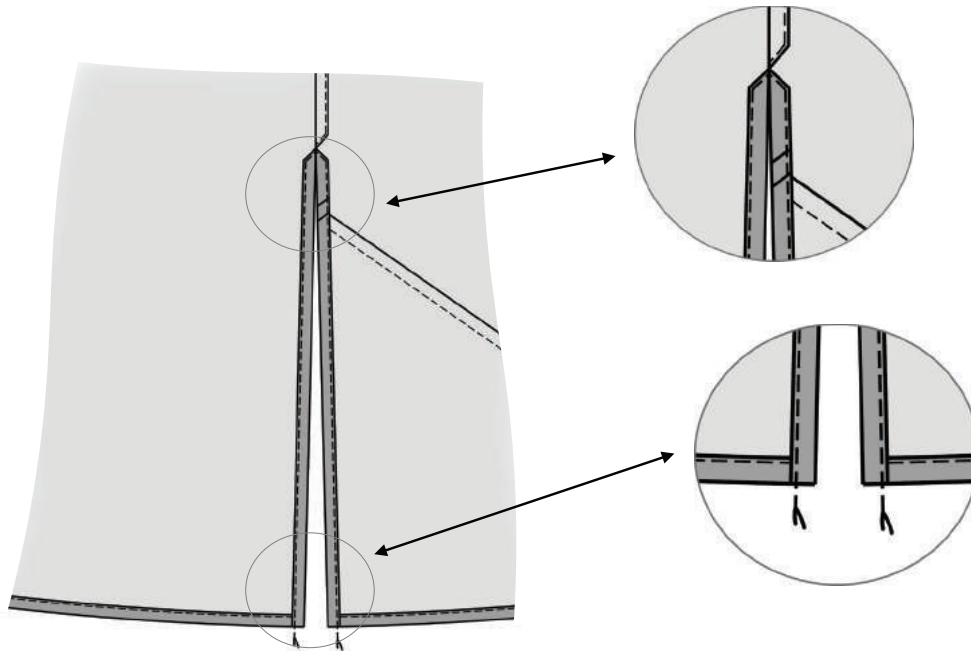
With right sides facing out, press the upper slit corner down at 45 degree angle as shown. Next, turn up the edge of the slit 3/8" and press. Repeat for all slit edges.



Next, roll the edge for a second turn of 3/8" and press. Repeat for all other slit edges.



For the final step, open the garment with the full slit opening facing up. Stitch around the edges 3/8", beginning and ending at the hem opening. Follow the shape of the points at the top of the slit and continue back towards the hem.



CONGRATULATIONS! You are finished with your garment. What color or style variation will you do next? Remember, with each one you make, it becomes easier and easier!

Sewing Definitions

Bias: In woven fabrics, this is the diagonal direction at 45 degrees to the grain and crossgrain. There are two bias directions in the cloth, perpendicular to each other.

French Seam: A seam sewn in two steps to encase the raw edges of the fabric within itself, giving a clean finish.

Grain- cross grain: The direction of fabric going from selvage edge to selvage edge. In woven fabric, these would also be known as the "weft" threads of the weave.

Grain- on grain: The direction of fabric going parallel to the selvage edge of the cloth. This is also referred to as the "lengthwise grain". In woven fabric, these would also be known as the "warp" threads of the weave.

Hand blanket stitch: A hand stitch sewn around the raw edges of fabric to keep them from fraying. Each stitch is a needle penetration going horizontal to the edge of the fabric, and then looped to create a chained row of threads at the edge.

Notch: A small outward jog cut out along seams to indicate where one piece would join to another when sewing a garment together. Some notches may be a single pointed triangle, others a double width or point. At times, the notch may be a single snip into the seam allowance of the fabric. In sewing French seams or in knit fabrics, a snipped notch is not ideal.

Overlock machine: A specialized sewing machine designed to sew and cut along the raw edge of a fabric seam with a networked stitch to secure the edges from fraying. Also known as a "serger" machine.

Press cloth: A piece of cloth used to lay over a garment to protect it while ironing from burning or scorching. Usually made of cotton or linen.

Raw edge: The cut edge of fabric. If not secured with stitching or a finishing, the raw edge of a fabric can fray or unravel.

Right side of fabric: The side of the fabric which will be the exposed, outside part of a garment.

Selvage: The finished woven strip along the two outer sides of the fabric as it comes off the bolt, running along the lengthwise grain of the cloth.

Under stitching: A row of stitching, often on the seamed edge of a facing, catching only the facing and seam allowance to keep it from rolling to the outside. The stitching is not through the outer shell of the garment.

Wrong side of fabric: The inside of the fabric which will be the unexposed inside of a garment.

Zig-Zag stitch: Available on many home sewing machines, a stitch type that sews a continuous series of slightly angled horizontal stitches from side to side. Often used to secure the raw edges of a seam from fraying, or seaming in a knit fabric to allow it to stretch.

F|S

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