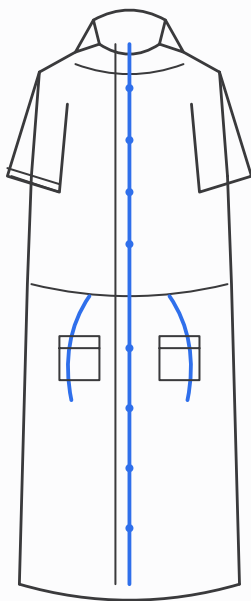




DOC · GTP-204 · SS-DRESS-01

Shirt Dress

Pattern & Construction Document



SUBMITTED BY

Iris Halloran

BA (Hons) Fashion · Year 2 · Module GTP-204
Garment Technology & Pattern Cutting

DATE

14 · 07 · 2026

TUTOR

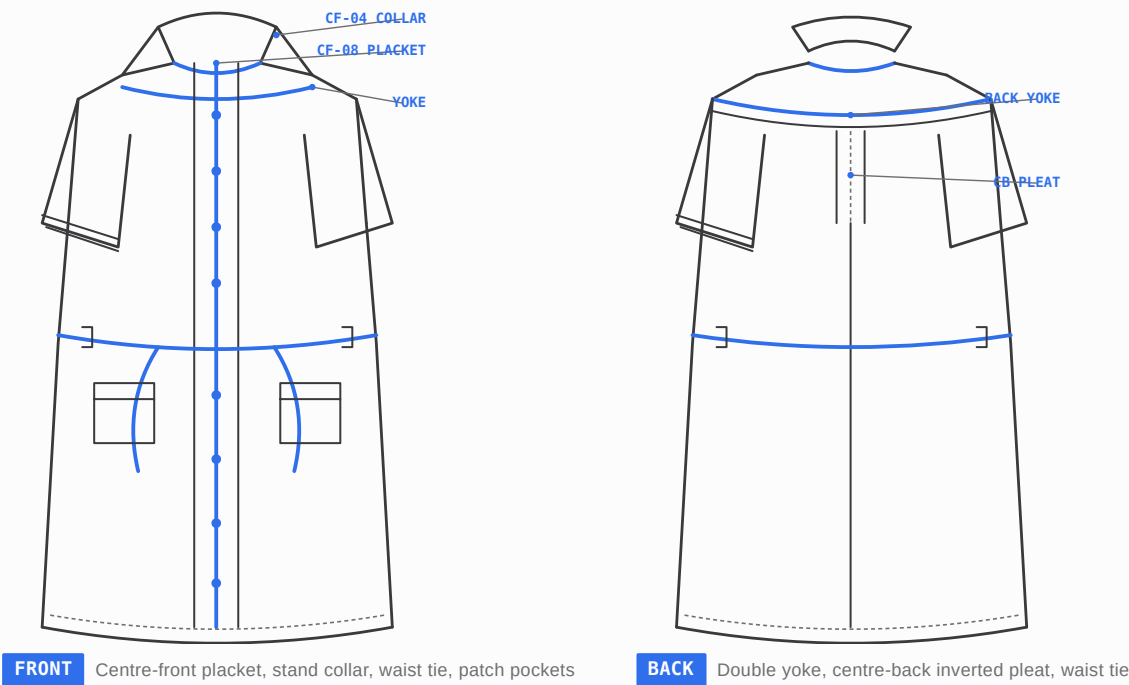
M. Devlin

BASE SIZE UK 10 / EU 38	MAIN FABRIC Cotton Poplin 130 g/m²	DIFFICULTY ●●●●○ Adv.	PIECES 12 patterns
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DESIGN DEVELOPMENT

Front & Back Technical Flats

Classic collared shirt dress with a two-piece stand collar, centre-front button placket, back yoke, set-in short sleeves with plackets and cuffs, patch pockets, and a self-fabric waist tie drawn through side loops. Accent lines mark the principal construction seams referenced in the sequence on pages 4–5.



FABRIC & NOTIONS — CUT LIST (BASE SIZE UK 10)

MATERIAL	SPEC	QUANTITY	NOTES
Main fabric — cotton poplin	145 cm wide, 130 g/m ²	2.60 m	Pre-wash; cut on straight grain, nap-neutral
Fusible interfacing	Lightweight woven, 40 g/m ²	0.60 m	Collar, stand, cuffs, plackets, button band
Buttons — 4-hole	15 mm shirt button	10 + 1	8 front placket, 2 cuffs, +1 spare
Sew-all thread	120 tex polyester	1 reel	Colour-matched; topstitch in accent
Stay tape	10 mm bias, fusible	1.0 m	Shoulder seams & back neckline

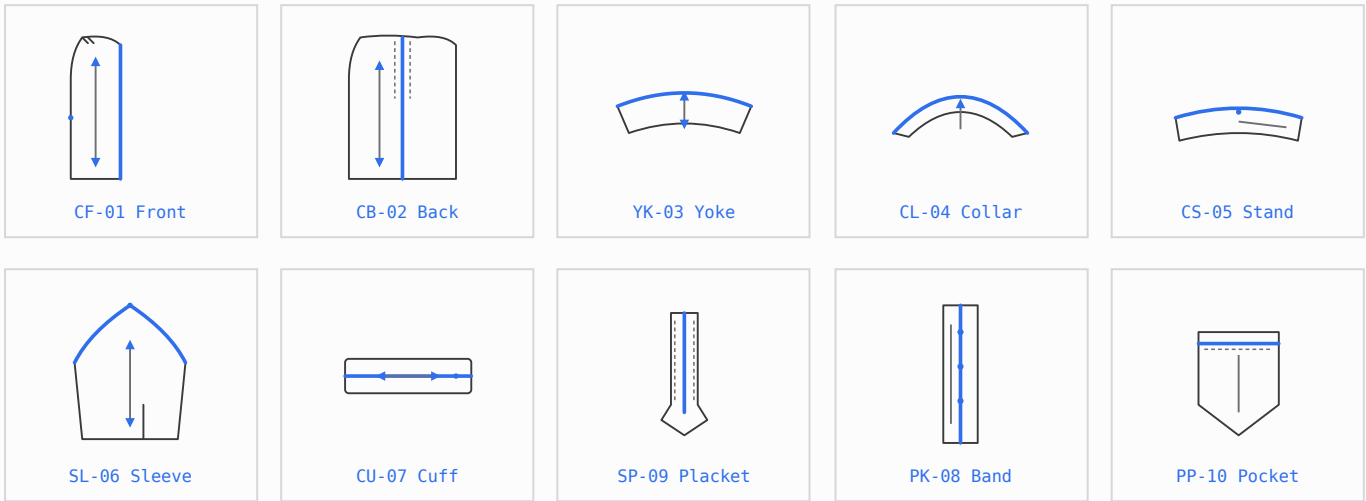
PATTERN CUTTING

Piece Inventory & Cut Schedule

All pieces drafted from the block at base size UK 10. Seam allowance 1.5 cm unless noted; hems 2.5 cm.
Grainline arrows and balance notches shown on the diagrams below. Interfaced pieces marked .

CODE	PIECE	CUT	FABRIC	INTERF.	NOTES
CF-01	Front bodice / skirt	2	Main	—	Cut pair, placket extension on CF
CB-02	Back bodice / skirt	1 on fold	Main	—	CB inverted box pleat 6 cm
YK-03	Back yoke (double)	2 on fold	Main	—	Outer + inner, burrito method
CL-04	Collar	2	Main	 1	Upper + under, interface upper
CS-05	Collar stand	2	Main	 1	Interface outer stand
SL-06	Sleeve	2	Main	—	Short set-in, placket slit 8 cm
CU-07	Cuff	2	Main	 2	Fold-double, 5 cm finished
PK-08	Placket (front band)	2	Main	 2	Cut-on or applied, 3.5 cm wide
SP-09	Sleeve placket — tower	2	Main	 2	Classic tower placket
PP-10	Patch pocket	2	Main	—	Fold top 3 cm, topstitch
WT-11	Waist tie	2	Main	—	110 × 6 cm finished, join at CB
LP-12	Belt loop	2	Main	—	Bias strip, 5 cm at side seams

LABELLED PIECE DIAGRAMS



ASSEMBLY

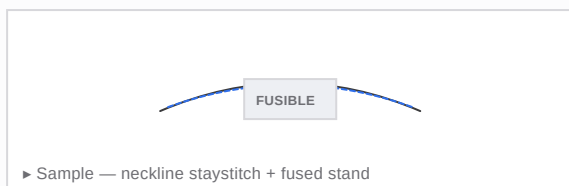
Construction — Preparation & Bodice

01

Staystitch & fuse interfacing

Staystitch both front and back necklines at 1.2 cm to prevent stretching. Fuse lightweight interfacing to the upper collar, outer stand, cuffs and front plackets.

METHOD · Directional stitch shoulder → CF. Fuse wool-side down, 10 s press, no steam creep.

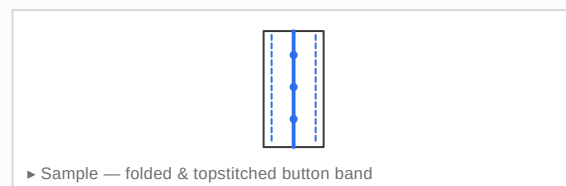


02

Make & attach front placket

Press the cut-on placket along fold lines, edge-stitch the fold, then topstitch both sides of the button band at 3.5 cm width. Mark buttonhole positions.

METHOD · 1.5 cm SA; edge-stitch 2 mm, topstitch 6 mm in accent thread.

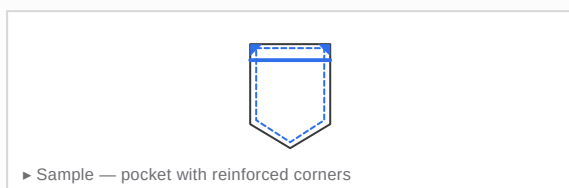


03

Attach patch pockets

Press pocket seam allowances under, fold and stitch the top hem, then topstitch pockets to the fronts at marked placement, reinforcing the top corners with a triangle backstitch.

METHOD · Corner bar-tack; pivot with needle down for square corners.

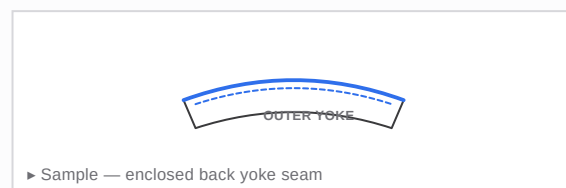


04

Join back yoke (burrito)

Sandwich the back between outer and inner yokes, right sides together at the shoulder/CB seam, and roll through so the yoke encloses the seam with clean finishes on both faces.

METHOD · Burrito roll; understitch inner yoke; press toward yoke.

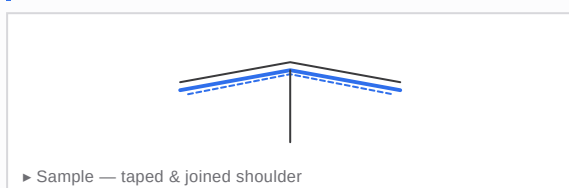


05

Sew shoulder seams

Apply fusible stay tape to the front shoulders, join front to yoke at the shoulders, then finish the seam — enclosed by the inner yoke at the back, felled or overlocked at the front.

METHOD · 1.5 cm SA; stay-tape prevents shoulder stretch/roping.

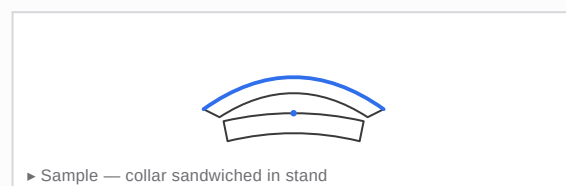


06

Assemble & attach collar

Stitch upper to under collar, trim, turn and press with a sharp point; sandwich the finished collar between the stand pieces, then attach the stand to the neckline matching CB and notches.

METHOD · Grade seams; understitch stand; edge-stitch stand all round.



ASSEMBLY & FINISHING

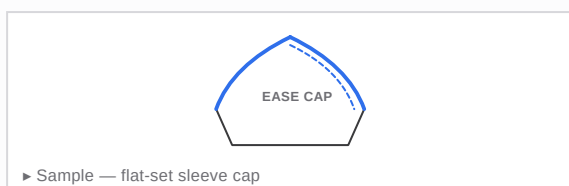
Construction — Sleeves, Closures & Hem

07

Set sleeves & close side seams

Ease sleeve caps between notches and set flat while garment is open, then stitch the underarm and side seams in one continuous pass from cuff to hem, catching the belt loops at the waist.

METHOD · Flat-set; 1.5 cm SA; overlock or flat-fell underarm.

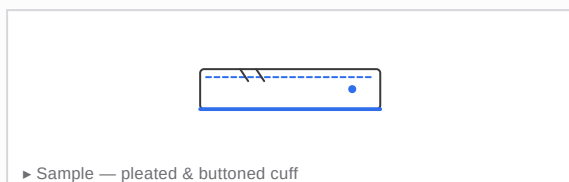


09

Pleat & attach cuffs

Form the two cuff pleats toward the placket, enclose the sleeve edge in the folded cuff, and edge-stitch all around. Press flat before marking the cuff buttonhole.

METHOD · 5 cm finished cuff; 2 knife pleats; edge-stitch 2 mm.

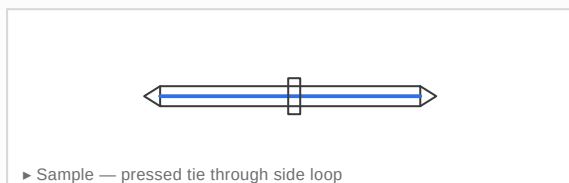


11

Make & thread waist tie

Join the two tie halves at CB, fold right sides together, stitch the long edge and ends, turn through and press. Thread the finished tie through the side belt loops.

METHOD · Turn with loop-turner; press seam to one edge; slip-stitch gap.

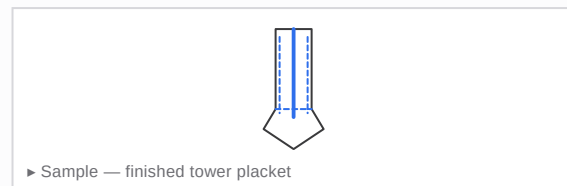


08

Build sleeve tower plackets

Slit the sleeve opening, bind with the underlap, then fold and topstitch the tower overlap, finishing the point with a boxed stitch that locks both layers.

METHOD · Classic tower; pivot the point; back-tack the box.

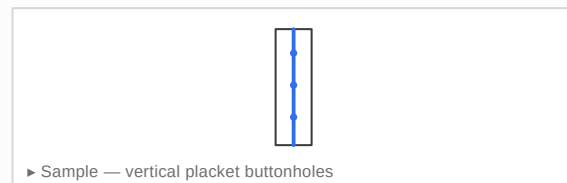


10

Buttonholes & buttons

Work 8 vertical buttonholes down the placket and one horizontal hole per cuff, cut carefully, then sew buttons to align. Check the placket lies flat with no gaping at the bust.

METHOD · Buttonhole foot; fray-stop before cutting; shank buttons.

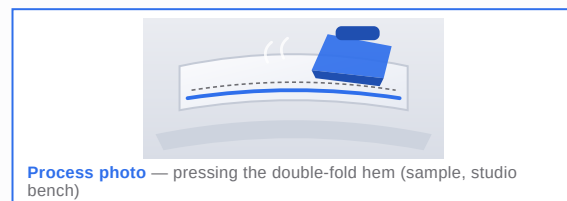


12

Hem & final press

Turn a 2.5 cm double hem, topstitch, then give the whole dress a hard press — collar, plackets, cuffs and hem — and steam the tie. Trim threads and complete the QC checklist.

METHOD · Double-fold 1 + 1.5 cm; topstitch 2 cm; clapper the creases.



SPECIFICATION

Measurements, Finishing & Reflection

BODY MEASUREMENTS (CM)

POINT	XS	S	M	L	XL
Bust	82	86	90	96	102
Waist	64	68	72	78	84
Hip	90	94	98	104	110
Shoulder	37	38	39	40.5	42
Back neck → waist	40	41	42	43	44

FINISHED GARMENT (CM) — BASE M

POINT	XS	S	M	L	XL
Bust (w/ ease)	96	100	104	110	116
Waist (relaxed)	84	88	92	98	104
Sleeve length	24	24.5	25	25.5	26
Cuff (finished)	28	29	30	32	34
Dress length (CB)	112	113	114	115	116
Hem sweep	152	156	160	166	172

FINISHING SCHEDULE

AREA	FINISH
Side / underarm seams	French seam, 1.5 cm → 0.7 cm
Shoulder seams	Enclosed in back yoke
Neckline	Stand encloses raw edge, edge-stitched
Front closure	Cut-on placket, 8 × 15 mm buttons
Cuffs	Fold-double, 1 button + tower placket
Hem	2.5 cm double-fold, topstitched
Pressing	Clapper on plackets, cuffs, collar & hem

CLOSURES & QC

- ✓ Placket lies flat, no bust gape
- ✓ Collar points symmetrical, ≤1 mm off
- ✓ Cuffs match, buttons aligned
- ✓ Hem even; tie threads freely

REFLECTION

The construction I'm proudest of is the collar — grading the seams and understitching the stand gave me clean, symmetrical points on the first attempt, which had defeated me on my previous shirt sample. Setting the sleeves flat before closing the side seams also made the underarm far tidier than setting them in the round. If I made this dress again I would cut the front placket **as a separate applied band** rather than cut-on: my fold lines drifted by about 2 mm over the length, which I only noticed once the buttonholes were marked. I'd also lengthen the tower plackets by 1 cm — the openings are a little tight to roll a sleeve over. Overall the poplin pressed beautifully and held the topstitching crisply, and the French seams mean the inside is as clean as the outside, which is the standard I want every garment I make to reach.

— Iris Halloran · GTP-204 · Assessed build, 14 Jul 2026