

GINGHAM WRAP DRESS / APRON DRESS

A charming and easy wrap dress with ruffle detail, side pockets, and a comfortable fit.



MATERIALS

- 1.6 m (160 cm) Gingham fabric (for main dress and ruffle)
- 0.6 m (60 cm) Solid or contrast fabric (for lining/inside)
- Matching thread
- Sewing machine
- Scissors, pins, iron
- Measuring tape

FABRIC SUGGESTION (US)

Medium weight cotton, cotton blend, or linen.

DIFFICULTY LEVEL

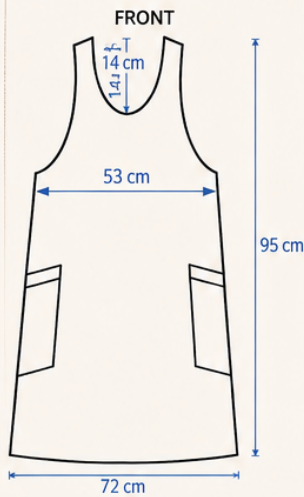


FINISHED SIZE (Approx.)

One size fits most
Width: 72 cm
Length: 95 cm



1. PATTERN & MEASUREMENTS



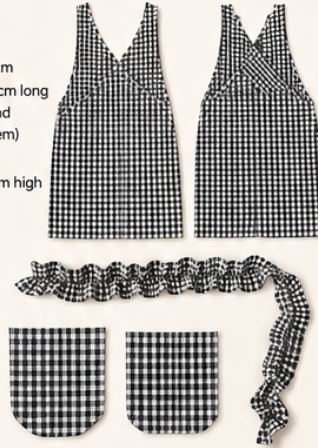
BACK



All measurements include 1 cm seam allowance.

2. CUTTING

- Front (2 pcs)
- Back (2 pcs)
- Ruffle strip: 7–8 cm wide by 250–260 cm long (adjust to fit around front edges and hem)
- Pockets (2 pcs)
16 cm wide x 18 cm high



3. SEW POCKETS



Fold the top edge 1 cm to the wrong side and sew.



Fold the side and bottom edges 1 cm to the wrong side and topstitch.



Pin pockets to the front pieces, matching the placement on the pattern. Topstitch.

4. PREPARE FRONT



Place the ruffle strip right sides together along the front edge.



Sew the ruffle to the front edges. Press the seam toward the ruffle.

5. ASSEMBLE BACK



Place back pieces right sides together, crossing one over the other.



Sew the side seams. Finish the edges.

6. JOIN FRONT & BACK



Place front and back right sides together. Sew the side seams.



Finish the armholes and neckline with bias binding or facing.

7. HEM



Sew the ruffle strip along the bottom edge.



Fold the ruffle hem 1 cm to the wrong side and topstitch.

8. FINISHING



Press the entire dress. Topstitch all around front edges, pockets, and hem for a clean finish. Your wrap dress is ready to wear! ♥

WEARING GUIDE



Slip the dress over your head. Adjust the wrap front for comfort. The side pocket adds practicality and charm.

LEGEND: MAIN SEWING METHODS

- Straight Stitch
- Topstitch
- Fold
- ♀ Pin
- Right Side
- Wrong Side
- Seam Allowance (1 cm included)
- 🔪 Iron

TIPS

- Prewash your fabric to prevent shrinking.
- Use pins or clips to hold seams in place.
- Press seams as you go for a professional finish.

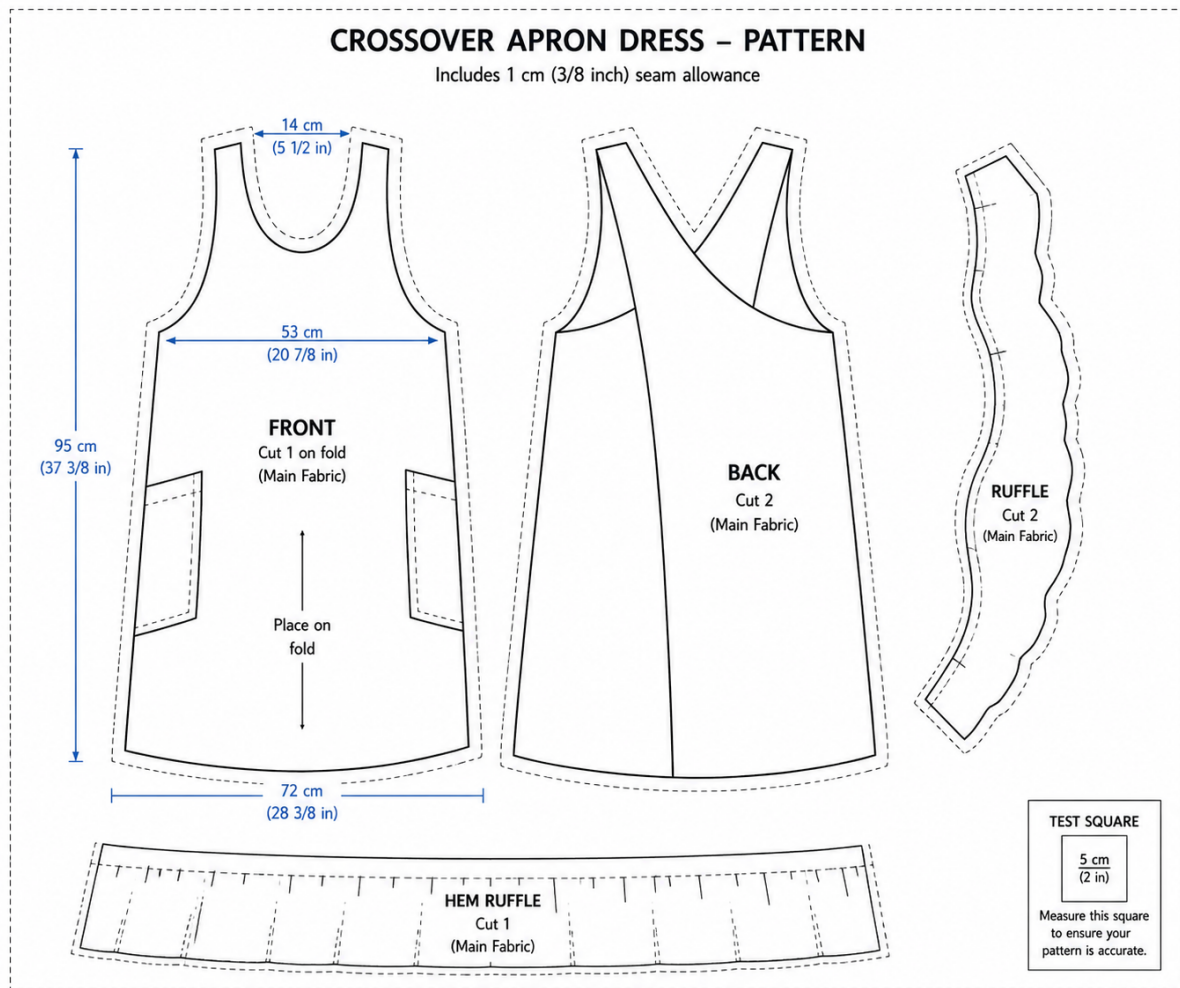
CARE INSTRUCTIONS

- Machine wash cold Gentle cycle
- Do not bleach
- Tumble dry low
- Iron medium
- Wash with similar colors

Enjoy your handmade Gingham Wrap Dress!



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Gingham Wrap Dress / Apron Dress Sewing Tutorial

This Gingham Wrap Dress, also called an Apron Dress, is a comfortable and charming garment with crossed back panels, a softly gathered ruffle, practical side pockets, and an easy pullover design. The finished dress has a relaxed fit and can be worn over a T-shirt, blouse, tank top, or lightweight dress.

This tutorial follows the measurements and construction order shown in the reference chart. The pattern is designed as a one-size garment that fits most adults, with an approximate finished width of 72 cm or 28 3/8 inches and a finished length of 95 cm or 37 3/8 inches.

All pattern measurements already include a 1 cm seam allowance, which is approximately 3/8 inch. Read the entire tutorial before cutting your fabric, and make a test version in inexpensive cotton if you would like to check the fit before using your final fabric.

Materials and Sewing Supplies

You will need approximately 1.6 meters or 1 3/4 yards of gingham fabric for the main dress and ruffle.

Choose a medium-weight cotton, cotton blend, linen, or lightweight linen blend. A fabric with enough body to hold the apron shape will be easier to sew than a very thin or slippery material.

You will also need approximately 0.6 meter or 2/3 yard of solid or contrasting fabric if you want to add a lining, facing, contrast interior, or decorative details.

Use all-purpose polyester or cotton-wrapped polyester thread in a color that matches your fabric.

Gather the following tools before beginning:

- Sewing machine
- Universal sewing machine needle
- Fabric scissors or rotary cutter
- Cutting mat, if using a rotary cutter
- Measuring tape
- Clear sewing ruler
- Fabric marker, chalk, or washable pen

- Straight pins or sewing clips
- Iron and ironing board
- Bias tape, if you plan to bind the neckline and armholes
- Seam gauge
- Safety pin or loop turner, if needed

The project is rated at approximately two stars out of five, making it suitable for a confident beginner who is comfortable sewing straight seams, finishing raw edges, creating gathers, and attaching pockets.

Preparing and Prewashing the Fabric

Prewash the fabric before cutting. Cotton and linen fabrics can shrink during the first wash, and prewashing helps prevent the finished dress from becoming smaller later.

Wash and dry the fabric using the same method you plan to use for the completed garment. For most cotton gingham, machine washing in cold water on a gentle cycle and tumble drying on low are appropriate.

After washing, press the fabric thoroughly. Remove wrinkles and straighten the grain so the gingham checks remain aligned during cutting.

Check the fabric for flaws, stains, uneven printing, or damaged areas. Mark any sections that should not be included in the garment pieces.

Fold the fabric with the selvage edges together. Make sure the horizontal and vertical gingham lines match as closely as possible.

Because gingham has a visible check pattern, take extra time to place the pattern pieces straight on the grain. Careful placement will make the finished dress look cleaner and more professional.

Understanding the Pattern Measurements

The main front pattern piece measures approximately 95 cm or 37 3/8 inches long from the shoulder area to the bottom hem.

The lower width of the full garment is approximately 72 cm or 28 3/8 inches.

The width across the upper body area is approximately 53 cm or 20 7/8 inches, based on the reference pattern.

The front neckline depth is approximately 14 cm or 5 1/2 inches. This creates the deep rounded or softly curved neckline visible on the front dress pieces.

The back consists of two long pieces with extended shoulder straps. These pieces overlap and cross over one another to form the wrap-style back.

The pattern includes two curved patch pockets. Each pocket should be approximately 16 cm wide by 18 cm high, or about 6 1/4 inches wide by 7 inches high.

The ruffle strip should be 7 to 8 cm wide, approximately 2 3/4 to 3 1/8 inches wide.

The total ruffle length should be approximately 250 to 260 cm, or about 98 to 102 inches. Adjust the length as necessary so the gathered ruffle fits around the front opening and lower hem.

All measurements include the 1 cm or 3/8-inch seam allowance shown in the chart.

Creating the Front Pattern Piece

Draw a vertical line measuring 95 cm or 37 3/8 inches to establish the finished length of the front piece.

At the bottom, mark a width that will produce a total lower dress width of approximately 72 cm or 28 3/8 inches when the pieces are assembled.

Shape the side seam with a gentle outward flare from the underarm area toward the hem. Avoid creating a sharp angle because the dress should fall in a soft A-line shape.

At the upper section, draw the shoulder straps. The straps should be wide enough to remain comfortable and stable when worn.

Draw the neckline approximately 14 cm or 5 1/2 inches deep. Use a French curve, plate, or rounded ruler to create a smooth neckline.

Shape the armhole with a long, gentle curve extending from the shoulder strap to the side seam.

Add the pocket placement lines near the side area of the front piece. Position the pockets at a comfortable hand level, making sure they will not interfere with the side seams.

Label the pattern piece Front, mark the grainline, and note that two mirrored pieces must be cut.

Creating the Back Pattern Pieces

The back pieces are longer wrap-style panels that cross behind the wearer.

Begin with the same overall length used for the front, approximately 95 cm or 37 3/8 inches.

Shape the lower portion with a slight A-line flare that corresponds with the front side seams.

Create a long shoulder extension at the top. The extension must be long enough to cross toward the opposite side of the back.

Shape the back armhole so it connects smoothly with the front armhole when the side seams are sewn.

Draw the inner diagonal edge that forms the crossed back opening. The two back pieces will overlap one another when assembled.

Label the pattern piece **Back**, add the grainline, and note that two mirrored pieces are required.

Before cutting the final fabric, place the paper front and back pattern pieces together at the side seams to confirm that their lengths match.

Drafting the Pocket Pattern

Draw a rectangle measuring approximately 16 cm wide by 18 cm high, or 6 1/4 inches by 7 inches.

Round the two lower corners to create the curved pocket shape shown in the tutorial chart.

Keep the upper edge straight because it will be folded to form the pocket opening.

Mark a 1 cm or 3/8-inch seam allowance around the side and lower edges if it is not already included.

Mark a larger fold allowance at the top. A top allowance of approximately 2 to 3 cm or 3/4 to 1 1/4 inches will make the pocket opening easier to finish.

Label the piece **Pocket**—Cut 2 and add a grainline.

For a symmetrical pair, cut the pockets with the fabric folded or cut one piece, flip the pattern, and cut the second.

Cutting the Fabric Pieces

Place the front pattern on the prepared gingham fabric, aligning the grainline with the fabric's vertical checks.

Cut two mirrored front pieces.

Place the back pattern on the fabric and cut two mirrored back pieces.

Cut two pocket pieces, each approximately 16 cm wide by 18 cm high.

Cut enough strips to create a total ruffle length of approximately 250 to 260 cm.

Each ruffle strip should be 7 to 8 cm wide.

When multiple strips are required, cut them along the fabric grain and join their short ends to create one continuous strip.

Transfer all important markings to the wrong side of the fabric, including pocket placement, side seams, front edges, shoulder areas, and ruffle attachment points.

Use small clips within the seam allowance instead of cutting deep notches into the fabric.

Keep the left and right pieces clearly organized so they are not accidentally assembled in the same direction.

Joining the Ruffle Strips

Place two ruffle strips right sides together at their short ends.

Sew across the short edge using a 1 cm or 3/8-inch seam allowance.

Continue joining strips until you have one long piece measuring approximately 250 to 260 cm.

Press each joining seam open to reduce bulk.

Finish the raw seam allowances with a zigzag stitch, overlock stitch, or serger if your fabric frays easily.

Check the total ruffle length against the front edges and lower hem of the dress.

It is better for the strip to be slightly longer than necessary because the excess can be trimmed after gathering and fitting.

Finishing the Outer Edge of the Ruffle

The visible outer edge of the ruffle must be hemmed before gathering.

Fold one long edge of the ruffle strip 1 cm or 3/8 inch toward the wrong side.

Press the fold carefully along the entire length.

Fold the same edge inward once more by approximately 1 cm or 3/8 inch, enclosing the raw edge.

Press again and secure the folded edge with pins or clips.

Topstitch close to the inner folded edge.

Keep the stitching straight and avoid stretching the fabric as you sew.

Press the completed narrow hem flat.

The opposite long edge will remain unfinished because it will be gathered and sewn to the dress.

Gathering the Ruffle

Set the sewing machine to its longest straight stitch length.

Sew one row of gathering stitches approximately 6 mm or 1/4 inch from the unfinished ruffle edge.

Sew a second parallel row approximately 9 to 10 mm or 3/8 inch from the edge.

Do not backstitch at the beginning or end.

Leave long thread tails at both ends.

Divide the ruffle into four or more equal sections and mark each section with a pin or fabric marker.

Divide the dress edge into matching sections.

Pull the bobbin threads gently to gather the ruffle.

Distribute the gathers evenly instead of allowing large gathered sections and flat sections.

Do not gather the ruffle to its final size until you have prepared the front pieces and can compare the lengths directly.

Preparing the Pocket Openings

Place one pocket piece wrong side up on the ironing board.

Fold the top edge approximately 1 cm or 3/8 inch toward the wrong side and press.

Fold the top edge inward again to create a clean double-fold hem.

The chart indicates folding the top edge 1 cm to the wrong side and sewing, but a double fold will provide a cleaner enclosed finish.

Topstitch across the folded upper edge.

Repeat the same process for the second pocket.

Check that both pocket openings are the same width and that the topstitching is positioned at an equal distance from the fold.

Press both pocket openings flat before shaping the curved edges.

Preparing the Pocket Sides and Bottom

Using the paper pocket pattern as a pressing template can make this step easier.

Fold the side and bottom seam allowances approximately 1 cm or 3/8 inch toward the wrong side.

Clip the curved lower seam allowance lightly if needed, but do not cut through the stitching area.

Press the curves carefully with the tip of the iron.

Use a piece of cardboard cut to the finished pocket shape to help create smooth and matching curves.

Check that the two finished pockets are mirror images and equal in size.

If the gingham pattern is important, match the horizontal lines at the top edges of both pockets.

Allow the pockets to cool completely before removing the pins or template so the pressed shape remains stable.

Attaching the Pockets to the Front Pieces

Lay the two front pieces right side up.

Position one pocket over the marked placement area on each front piece.

Make sure the pocket opening faces upward and remains level.

Pin or clip around the side and lower edges.

Leave the upper pocket opening free.

Topstitch close to the folded side and lower edges.

For extra strength, sew a small triangle or narrow bar tack at each upper corner of the pocket.

Do not sew across the pocket opening.

Repeat on the second front piece.

Check that both pockets are positioned at the same height and distance from the side edge.

Press the pockets flat after stitching.

Preparing the Front Wrap Edges

Lay the two front pieces right side up.

Determine which front edge will overlap and which will sit underneath when the dress is worn.

Place the prepared ruffle along the curved front edge, with the right side of the ruffle facing the right side of the dress.

The unfinished gathered edge should align with the raw front edge of the dress.

Match the section marks on the ruffle with the corresponding marks on the front edge.

Adjust the gathers until the ruffle fits smoothly.

Use many pins or sewing clips to prevent the gathers from shifting.

Keep the gathered folds perpendicular to the raw edge so they will sew evenly.

Baste the ruffle in place using a seam allowance slightly smaller than the final seam allowance.

Sewing the Ruffle to the Front Edges

Sew the ruffle to the front edge with a 1 cm or 3/8-inch seam allowance.

Sew slowly over the gathered areas.

Keep the ruffle underneath or on top according to your preference, but regularly check that no folds are caught incorrectly.

Remove pins before they reach the presser foot.

After sewing, inspect the seam from the right side.

Correct any pleats, flat sections, or missed areas before finishing the raw edge.

Finish the seam allowances together with a zigzag stitch, overlock stitch, or serger.

Press the seam allowance toward the dress body or toward the ruffle, following the appearance shown in the chart.

Topstitch near the seam if you want the ruffle to lie flatter and the seam allowances to remain secure.

Repeat the process for both front pieces.

Assembling the Crossed Back

Place the two back pieces right sides together temporarily to identify their crossing direction.

Arrange the upper extensions so one piece crosses diagonally over the other.

The crossed sections should create the wrap-back appearance shown in the reference.

Make sure the right and left back pieces are mirrored correctly.

Baste the overlapping shoulder or upper-back areas in place if needed.

The outer edges of the back pieces should align with the corresponding front shoulder and side areas.

Try the arrangement against a dress form or hold it carefully against your body to confirm that the crossed back is positioned comfortably.

The crossed panels should lie flat without twisting.

Mark the final overlap position with pins or chalk.

Sewing the Back Pieces

Place the overlapping back sections right sides together wherever a permanent seam is required by your drafted pattern.

Sew the indicated side or joining seams with a 1 cm or 3/8-inch seam allowance.

Finish the raw seam allowances.

Press the seams open or toward the back, depending on the construction.

Keep the crossed center-back edges free if they are intended to remain as overlapping wrap sections.

Finish any exposed diagonal back edges with bias binding, facing, or a narrow double-fold hem.

Make sure both crossed straps are equal in length before attaching them to the front.

The finished back should resemble an overlapping X shape at the upper body.

Joining the Front and Back at the Shoulders

Place the front and back pieces right sides together.

Match each front shoulder strap with the correct back strap.

Confirm that the back pieces are not twisted before sewing.

Align the raw shoulder edges and secure them with pins or clips.

Sew each shoulder seam with a 1 cm or 3/8-inch seam allowance.

Finish the raw edges with a serger, zigzag stitch, or overlock stitch.

Press the shoulder seams toward the back.

From the right side, inspect the neckline and armhole transitions.

The curves should flow smoothly from the front into the back without sharp points or uneven sections.

Sewing the Side Seams

Place the joined front and back sections right sides together.

Match the underarm points, pocket placement areas, and lower hems.

Pin or clip each side seam from the underarm to the bottom.

Sew the side seams using a 1 cm or 3/8-inch seam allowance.

Take care not to catch the pocket openings in the side seams.

Finish the seam allowances with a serger, overlock stitch, or zigzag stitch.

Press the seams toward the back.

Turn the garment right side out and check that the side seams hang evenly.

The front and back hems should meet at the same level.

Finishing the Armholes

The armholes can be finished with bias binding or a facing.

For bias binding, cut or use prepared bias tape long enough to fit each armhole.

Open one fold of the bias tape and align it with the raw armhole edge, right sides together.

Sew along the fold line.

Trim or clip the seam allowance around the curved areas.

Press the bias tape away from the garment.

Wrap the bias tape over the raw edge and toward the wrong side.

Pin or clip it in place.

Topstitch close to the inner folded edge.

Repeat for the second armhole.

Press both finished armholes carefully without stretching them.

Finishing the Neckline and Back Edges

Use bias binding or a narrow facing to finish the neckline and exposed back edges.

Begin at a less visible area and leave a small extra length of binding at both ends.

Align the binding with the raw neckline edge, right sides together.

Sew using the binding fold as a guide.

Clip the seam allowance around tight curves.

Press the binding away from the garment.

Turn it to the wrong side and press again.

Topstitch evenly around the neckline.

At the overlapping back edges, make sure the binding remains flat and does not restrict the wrap movement.

Join the binding ends neatly and secure them with stitching.

Give the neckline a final press.

Attaching the Ruffle Around the Lower Hem

The reference design continues the ruffle around the lower edge of the dress.

Place the remaining gathered ruffle right sides together with the bottom raw edge.

Match the ruffle joining seams with less visible areas, such as the side seams.

Adjust the gathers so they are distributed evenly around the hem.

Pin or clip the ruffle securely.

Sew using a 1 cm or 3/8-inch seam allowance.

Check from the right side to ensure that all gathers are caught.

Finish the seam allowances together.

Press the seam allowance upward toward the dress.

Topstitch close to the seam if desired.

Make sure the ruffle hangs evenly and does not turn inward.

Finishing the Lower Ruffle

If you did not hem the outer ruffle edge before attachment, finish it now.

Fold the raw edge approximately 1 cm or 3/8 inch toward the wrong side.

Press the fold.

Fold it inward one more time to enclose the raw edge.

Pin or clip the double-fold hem.

Topstitch close to the folded edge.

Work slowly around the entire lower edge.

Avoid pulling the ruffle while sewing because stretching can create waves.

Press the finished hem with light pressure and steam.

Allow the fabric to cool before moving the garment.

Topstitching the Dress

Press the entire garment before topstitching.

Topstitch around the front wrap edges to keep the ruffle seam flat and stable.

Topstitch the pocket edges if they need additional reinforcement.

Check the neckline and armhole binding and add a second line of stitching only if necessary.

Keep all visible stitching at an even distance from the edge.

Use a longer stitch length, approximately 2.8 to 3 mm, for decorative topstitching.

Start and stop stitching in hidden areas whenever possible.

Pull thread tails to the wrong side and secure them instead of leaving heavy backstitching on visible areas.

Press each topstitched section after sewing.

Trying On and Adjusting the Fit

Turn the dress right side out and place it over your head.

Allow the crossed back pieces to settle naturally across your back.

Adjust the wrap front so it provides comfortable coverage.

Check that the armholes are not too tight and do not hang too low.

Move your arms forward, backward, and overhead to test comfort.

Place your hands inside the pockets and make sure they are positioned naturally.

Check the finished length while wearing the shoes or clothing you expect to pair with the dress.

If the front opens more than desired, add a hidden snap, small button and loop, tie, or discreet hand stitch at the overlap point.

If the back straps feel too long, shorten them evenly at the shoulder seams.

If the dress feels too loose, take in small amounts at both side seams while preserving symmetry.

Final Pressing

Press the entire dress from the wrong side first.

Use the correct heat setting for your fabric.

Press the side seams, shoulder seams, neckline, armholes, pockets, and ruffle attachment seams.

Do not flatten the gathers completely. Use the tip of the iron and light steam around the ruffle.

Press the gingham checks so the garment hangs neatly.

Use a pressing cloth if the fabric is dark or likely to develop shine.

Trim all loose threads.

Inspect every seam and repair any skipped stitches.

Allow the dress to hang for several hours before wearing so the fabric and ruffles can settle into their final shape.

Wearing the Gingham Wrap Dress

Slip the finished dress over your head like a loose apron dress.

Arrange the crossed back panels so they lie flat.

Adjust the front wrap until the neckline and coverage feel comfortable.

Wear the dress over a fitted T-shirt for a casual look.

Pair it with a blouse for a more polished outfit.

During warm weather, it can be worn over a lightweight tank dress or camisole, depending on the amount of coverage.

The side pockets are suitable for small items, but avoid placing heavy objects inside because they may pull the dress out of shape.

The ruffled gingham design works well for everyday clothing, gardening, cooking, craft fairs, sewing-room wear, or relaxed weekend outfits.

Main Sewing Methods Used

A straight stitch is used for assembling seams, attaching pockets, joining ruffle strips, and sewing the main dress pieces.

Topstitching is visible stitching placed near a finished edge. It helps secure pockets, bindings, ruffles, and folded hems.

A fold line indicates where fabric should be turned toward the wrong side before pressing and stitching.

Pins or sewing clips hold fabric layers together before sewing.

The right side is the side of the fabric that will be visible when the garment is worn.

The wrong side is the inside surface of the fabric.

The seam allowance is the area between the raw fabric edge and the stitching line. This pattern uses 1 cm or approximately 3/8 inch.

An iron is used throughout the project to shape hems, flatten seams, prepare pockets, and create a professional finish.

Helpful Sewing Tips

Prewash the fabric to prevent unexpected shrinkage after the dress is completed.

Use a fresh universal needle appropriate for the fabric weight.

Test the stitch length and tension on a scrap of the same fabric.

Match the gingham checks at visible seams whenever possible.

Use more pins around curves and gathered sections.

Press every seam as you sew instead of waiting until the garment is finished.

Do not sew over pins because they can damage the needle or sewing machine.

Use sewing clips instead of pins if the fabric shows permanent holes.

Baste complicated areas before permanent stitching.

Staystitch curved neckline and armhole edges if your fabric stretches easily.

Finish raw edges to prevent fraying and improve durability.

Try the garment on before finishing all binding and hems so fit adjustments remain possible.

Care Instructions

Machine wash the completed dress in cold water using a gentle cycle.

Wash it with similar colors, especially during the first few washes.

Do not use bleach because it may weaken the fibers or affect the gingham color.

Tumble dry on low or hang the dress to dry.

Remove the garment promptly from the dryer to reduce wrinkles.

Iron with medium heat as needed.

Press the ruffle gently so the gathers remain full.

Store the dress on a wide hanger or fold it neatly to prevent the shoulder straps from stretching.

Your handmade Gingham Wrap Dress / Apron Dress is now complete and ready to wear.

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