Module 1 – Prepare Dress Form

Step 1 To prepare your dress form for draping, you will need to apply adhesive style tape to your dress form. Begin by measuring down 7” on center front from the bottom of the waist tape. Tape from center front to center back making sure that your tape is parallel to the floor. Because the back waist dips down, you should not measure 7” down from the back waistline.
Module 1 – Prepare Dress Form

**Step 2** Next measure down 3” on center front from the bottom of the waist tape, this is your yoke style line. Tape from center front to center back making sure that your style tape is parallel to the floor. Again, do not measure down from the back waist.
Step 1 To prepare your muslin blocks for draping, you will need to extract several measurements from the dress form. For the front yoke, measure down from center front waist to the yoke style line and add 3”. Record this measurement.
Step 2 On the front yoke style line, measure across from center front to the side seam and add 3”. Record this measurement.
Step 3 Measure down from center back waist to the yoke style line and add 3”. Record this measurement.
Step 4 Then measure across the back yoke style line and add 3”. Record that measurement.
Step 5 Next, measuring from the waist, measure the desired length of your skirt and add 4”.
Step 1 Prepare your muslin by first removing the selvage edge of your muslin block. Clip the edge with your scissors and then tear the selvage edge. Do this on all of the selvage edges of your muslin blocks.
Step 2A Referring to your measurements, measure, clip and tear the muslin for your front yoke, back yoke and your front and back skirt pieces. Use the length grain of the muslin for the length measurements and the cross grain for your cross measurements.
Module 3 – Prepare & Mark Muslin Blocks

Step 2B Gently pull the muslin pieces on the bias grain with your fingers to help relax the grains for blocking.
Step 3 Press all of your muslin pieces without steam first. It is important that you press with the grain of the muslin and not on the diagonal to prevent the grains from stretching.
Step 4A You will need to again gently pull on the muslin bias grain so that your muslin block’s cross and length grains are at right angles to each other.
**Step 4B** Use your L square to line up one end of the muslin piece then flip the piece over and line up the other end to be sure that your grains are at right angles to each other.
Step 5 The next step is to mark your guidelines on each of your muslin pieces. The most accurate way to do this is to use the pencil drag technique whereby you drag a pencil with a sharp point down along the grainline without allowing it to jump or move off grain. You could also use the tip of a push pin and then go over the line later with your pencil and ruler.
Step 6 On your front and back yoke pieces, measure in 1” from one end and drag a guideline down along the length grain of each piece. This represents the center front and center back for each yoke piece.
Step 7A On your skirt pieces, measure over 1” on the length grain on both sides of each piece and drag a guideline down. This is the center back and center front and the side seam for each skirt piece.
Step 7B Then measure down from the top 9” and drag a guideline across each skirt piece, this represents the hipline.
Step 8 Once you have added all of your guidelines, give your pieces a final blocking and final pressing, this time using steam.
Step 1 Bend back the 1” extension on the front yoke muslin piece and gently fingerpress the edge with your fingers. Never press the edge with your iron as it will cause the edge to stretch.
Step 2 Measure down from the top right side 3” and place a mark on the fold. This represents the front waistline.
Step 3 Align the waistline mark on the muslin at center front and at the bottom of the dress form’s waist tape. Secure it with a pin. Always pin exactly on the fold of the muslin.
Step 4 Continue to pin along center front until you reach the bottom of the yoke style tape. Secure that intersection with a pin.
Step 5 Smooth the muslin across the hip to the side seam. You will need to slash into the muslin above the waist to release the fabric. Look through the muslin at where the waistline is so that you don’t slash into the waistline, only above it. You will slash both at the princess line and again between princess and the side seam.
Step 6 Make sure that you add a pinch of ease with your fingers at the princess/waistline area.
Step 7 Place a pin at the side seam/waist intersection to hold the yoke in place.
Module 4 – Drape-Mark-True Front Yoke

**Step 8** Pick up a pinch of ease at the yoke style line directly below the waist pinch then, place a pin at the side seam/style line intersection.
Step 9 Place another pin at the side seam between the style line and the waistline then sink pins at the bottom of the style line from side seam to center front, trapping the ease between the pins.
Step 10 Pin across the waist line from center front to the side seam trapping the ease between the pins.
Module 4 – Drape-Mark-True Front Yoke

**Step 11A** With your pencil, begin marking the muslin in a counter clockwise direction. Looking through the muslin, mark the bottom of the waist tape at center front to the side seam, with small dots.
Step 11B Place a cross mark at the side seam/waistline intersection.
Step 12 Mark along the side seam on the back side of the dress form’s stitching line.
Step 13 Crossmark the side seam/style line intersection, dot along the style line and place a dash mark at the center front/style line intersection.
Step 14 Check that you have captured all of your markings before removing the front yoke drape from the dress form in preparation for trueing.
Step 15 With the front yoke on the table, use your ruler to square a line off the center front waist for approximately 1”.
Step 16 With your styling curve, connect the dots to form the waist seam.
Step 17 Flip the styling curve over and true the side seam.
Step 18 With your ruler, square a line off the center front/style line for approximately 1” and then use your styling curve to draw in the yoke style line.
Step 19 Looking through your clear plastic ruler, add 1/2” seam allowance to the waistline, add 1” to the side seam and 1/2” seam allowance to the yoke style line.
Step 20 Trim the excess muslin at the waistline, the side seam and the yoke style line.
Module 5 – Drape-Mark-True Back Yoke

**Step 1** Bend back the 1” extension on the back yoke muslin piece and gently fingerpress the edge with your fingers. Again, never press the edge with an iron as it will cause it to stretch.
Step 2 Measure down 3” from the top left side and place a mark on the fold, this will be the back waist mark.
Step 3 Align the waistline mark on the muslin, at the bottom of the dress form’s waist tape at center back and secure it with a pin. Always pin exactly on the fold of the muslin when draping.
Step 4 Continue to pin along center back until you reach the bottom of the yoke style tape.
Step 5 At approximately 2” away from center back, slash into the muslin above the waist to release the fabric.
Step 6 Smooth the muslin across the body at the waist to the side seam and place a pin at the waist/side seam intersection.
Step 7 Pick up a pinch of ease on the yoke style line with your fingers then place a pin at the side seam/style line intersection, at the bottom of the style tape.
**Step 8** Pin along the side seam then pin across the yoke style line at the bottom of the style tape from side seam to center back.
Step 9 Pin across the waistline from center back to the side seam.
Step 10 Mark the waist with a series of pencil dots, at the bottom of the dress form’s waist tape, beginning from center back to the side seam.
Step 11 Dot along the side seam to the yoke style line on the back side of the dress form’s stitching line.
Step 12 Crossmark the side seam/yoke style line intersection.
**Step 13** Dot along the yoke style line from side seam to center back, placing a dash mark when you reach center back.
Step 14 Make sure that you have captured all of your markings then remove the back yoke drape from the dress form.
Step 15A With the back yoke on the table, square a line off the center back waist for 1” with your ruler.
Step 15B Square another line off the center back yoke style line.
Step 15C Use your styling curve to draw in the back waist.
Module 5 – Drape-Mark-True Back Yoke

Step 15D True the side seam with the styling curve and finish by trueing the yoke style line.
Module 5 – Drape-Mark-True Back Yoke

Step 15E Looking through your clear plastic ruler, add 1/2” seam allowance to the back yoke style line, add 1” to the side seam and 1/2” seam allowance to the waist.
Step 15F Trim the excess muslin at the yoke style line, the side seam and the back waistline.
Step 1  Pin the front and back yoke together at the side seam, back over front, matching the waist and yoke style lines.
Step 2 Put the drape back on the dress form the way you draped it. Match up the muslin’s center front waist and yoke style line with the dress form. Line up the side seam at the waist, the yoke style line intersections and the center back waist and yoke style line.
Module 6 – Join Front & Back Yoke

Step 3 Bury the pins flat into the yoke style line from center back to center front, making sure that the style line of the muslin aligns with the bottom of the style tape of the dress form. Trap the ease as you pin.
Step 4 Reposition the side seam, center front and center back pins as well, so that they are flat to the dress form, in preparation for draping the skirt.
Step 5 Pin the waist from center front to center back trapping the ease as you pin.
Step 6 Apply style tape to the yoke stitching line from front to back, with the bottom of the tape resting on the style line.
Step 1 At your sewing machine, change your regular foot to a shirring foot.
Step 2 Run a gathering stitch, 6 - 8 stitches per inch, along the hipline from center back to side seam. A trick to getting your stitch to gather more is to place a finger behind the shirring foot as you sew, pushing your finger against the back of the foot. Release your finger at intervals as you sew, then start the process again always leaving the needle in the muslin. Repeat this process for the front skirt muslin.
Step 3A Bend back the 1” extension on the back skirt muslin and pin the back skirt over the front at the side seam, matching up the hipline first.
Step 3B Continue to pin from the hip to the hem and then the hip to the waist.
Step 4 Bend back the 1” extension on the skirt front and finger press the fold.
Step 5 Sink your pins flat into the waistline of the dress form and on the front and back yoke style line, in preparation for draping the skirt.
Step 6 Place the front skirt on the dress form matching the muslin’s center front/hip intersection with the center front/hip intersection, at the bottom of the style tape of the dress form. Add another pin at the intersection for added stability. A trick when draping is to sink a cluster of pins into the dress form for easy access as you drape.
Step 7 Next, place a temporary holding pin on the back skirt to hold the muslin in place while you drape the front.
Step 8 Pin along the center front from the hip to the bottom of the waist tape, between the waist and the hip and at the bottom of the torso on center front.
Step 9 Now pin the muslin’s side seam at the hip, aligning the side seam/hip intersection of the dress form. Remember to pin to the bottom of the style tape of the dress form. Always check to be sure that you have done this as it will throw off the balance of the skirt drape if it is not.
Module 7 – Skirt Prep and Drape

Step 10A Smooth the muslin up from the hip to the waist and place a pin at the waist, aligned with the bottom of the dress form’s waist tape.
Step 10B Secure a pin at the side seam/torso intersection.
Module 7 – Skirt Prep and Drape

Step 11A Align the center back/hip of the muslin to the dress form’s center front and bottom of the hip style tape intersection. Add a second pin for stability.
Step 11B Smooth the muslin up from the hip to the waist and pin the muslin at the waist at the bottom of the dress form’s waist tape.
Step 11C Place a pin at the bottom of the torso at center back.
Module 7 – Skirt Prep and Drape

**Step 12A** Beginning at the center front, distribute the hip gathers with your fingers as you pin the hip guideline of the muslin to the bottom of the dress form’s hip style tape.
Step 12B As you pin the hip, stabilize the area by smoothing the muslin up to the waist and securing it with a pin.
Step 12C Continue pinning the hip as you distribute the gathers and secure it with alternating pins.
Step 12D Be sure that you are pinning to the bottom of the hip style tape and, to keep the top of the muslin from flopping down, you can secure it with pins at the waist as you go, until you reach center back.
Step 13A With a piece of 1/4” woven style tape, pin the style tape to the dress form at center front, at the bottom of the dress form’s waist tape.
Step 13B Tape the waist from center front to center back, making sure that the tape is tight to the dress form.
Step 13C Place a pin to secure the side seam/waist intersection.
Step 13D Continue to pull the tape to center back, distributing the gathers as you go. Then pin the tape at the center back, at the bottom of the dress form’s waist tape.
Step 14A Form gathers on the front waist, making them evenly spaced and taking care not to create a bubble effect in the hip area.
Step 14B Repeat this process from the side seam to the center back. If you are unable to keep the gathers in place then you may need to tighten the waist tape.
Step 1A Begin marking by looking through the muslin at the bottom of the dress form’s yoke style tape and placing a series of dots from center front to center back.
Step 1B Because of the gathers you will have to take care to when moving the fabric a little here and there, that you can capture enough marks for later trueing. By making dots and not dash marks, it will be easier to true the lines with your ruler and curve tool.
Step 1C However, when you get to the center back, place a dash mark.
Step 2A Remove the pins from the skirt beginning on the hip then remove the waist tape. Unpin the center front and back pins and remove the skirt drape from the dress form, keeping the front and back side seam of the skirt pinned together.
Step 2B Remove the hip tape and unpin the front and back yoke from the dress form, keeping the front and back side seams pinned together.
Step 3A The next step is to break the gathering thread by pulling on it with your fingers so that the skirt will lie flat on the table in preparation for trueing.
Step 3B Pull out the shirring thread with your fingers, alternating from front to back, pulling the threads out as you go. Use your fingernail to help loosen the thread.
Step 4 Press the front and back skirt at the hipline, making sure that you press with the grain-line and not against it so that your grains don’t stretch.
Step 1A Begin trueing the skirt by squaring a line off the center front/yoke style line intersection for 1".
Step 1B Using your hip curve, align the curve with the front yoke style line markings.
Step 1C Flip your hip curve over to get the best curve as you true the yoke style line to the side seam.
Step 2A With your ruler, square a line off the center back/yoke style line intersection for 1".
Step 2B With your hip curve align the curve with your back yoke style line markings.
Step 2C Flip your hip curve over and finish trueing the yoke style line, joining the style line to the front skirt style line at the side seam.
Step 3A Add 1/2” seam allowance to the yoke seam line from back to front.
Step 3B Trim away the excess muslin.
Step 4A Measure up a 2” up from lower edge of muslin indicating the hem fold line, from back to front.
Module 9 – Skirt Trueing & Finishing

Step 4B Turn the 2” hem under and pin from back to front perpendicular to the hem, this will help the skirt drape lie flatter when you put the drape back on the dress form.
Step 4C At the sewing machine, run a gathering stitch from back to front along the skirt yoke stitching line using the same technique as you did earlier.
**Step 5A** Fold the yoke seam allowance under and pin the center back yoke over the center back of the skirt, with the pins parallel to the seam.
Step 5B Line up the side seam of the yoke with the side seam of the skirt and parallel pin them together. Parallel pinning will help the yoke lie flatter when you put the skirt drape back on the dress from.
Step 5C Line up the center front yoke with the center front of the skirt and parallel pin them together.
Step 5D Continue to parallel pin the yoke to the skirt from side seam to center front and from side seam to center back. Distribute the ease between the pins as you pin.
**Step 6A** Measure over 3” from the side seam on the front yoke seam line and place a notch mark with your red pencil. Make sure the notch appears on both the yoke and the skirt portion.
Step 6B Measure over 2” from the side seam on the back yoke seam line and place 2 notch marks, 1/2” apart with your red pencil. Again making sure that the notches appear on the yoke and the skirt.
Step 7 Put the skirt drape back on the dress form pinning it to the dress form at center front, the side seam, at center back and at the back yoke and torso. You will also, pin at the front yoke and torso.
Step 8 This is your finished hip yoke dirndl skirt.