

Mary Brooks Picken One-Hour Dress

Mary Brooks Picken One-Hour Dress Verified open pattern specification

Garment Type: One-Hour Dress | Difficulty: Beginner | Provenance: Woman’s Institute of Domestic Arts and Sciences | License: Public Domain

PRINTER CALIBRATION & SCALE VERIFICATION

Measure both test squares with a rigid ruler before cutting fabric. Print at 100% scale without shrinking.



- Scale Rules:
- 1. Open in Acrobat Reader
 - 2. Select Actual Size 100%
 - 3. Do NOT Fit to Page
 - 4. Verify dimensions above

SIZE SELECTION & EASE RECOMMENDATIONS

Select size based on high bust and full bust measurement.

Loose tubular 1920s chemise fit cinched at waist or hips with matching tie sash belt.

STANDARD BODY MEASUREMENTS CHART

Size Range	XS	S	M	L	XL	2XL	3XL
Natural Waist	62 cm	68 cm	74 cm	80 cm	90 cm	100 cm	110 cm
Full Hip / Seat	88 cm	94 cm	100 cm	106 cm	116 cm	126 cm	136 cm

FINISHED MEASUREMENTS & MATERIALS

FINISHED GARMENT MEASUREMENTS (INCLUDES DESIGN EASE)

Dimension	XS	S	M	L	XL	2XL	3XL
Finished Waist	92 cm	98 cm	104 cm	110 cm	120 cm	130 cm	140 cm
Finished Hip	98 cm	104 cm	110 cm	116 cm	126 cm	136 cm	146 cm
Garment Length	108 cm	109 cm	110 cm	111 cm	113 cm	115 cm	117 cm

FABRIC REQUIREMENTS (45 IN / 115 CM & 60 IN / 150 CM BOLTS)

Bolt Width	XS	S	M	L	XL	2XL	3XL
45" / 115 cm Fabric	2.6 yd	2.6 yd	2.6 yd	3.05 yd	3.05 yd	3.5 yd	3.5 yd
60" / 150 cm Fabric	1.95 yd	1.95 yd	1.95 yd	2.4 yd	2.4 yd	2.85 yd	2.85 yd

RECOMMENDED FABRICS & STRETCH PROPERTIES

Recommended Substrates: Lightweight to medium-weight suitable fabric substrates, Pre-washed natural fibers cotton, linen, or bamboo. Stretch Requirement: None 0% stable woven.

NOTIONS & SEWING TOOLS CHECKLIST

- ☐ Matching all-purpose polyester or cotton sewing thread
- ☐ Universal sewing needle size 80/12
- ☐ 18 to 22 inch invisible zipper
- ☐ Hook and eye closure
- ☐ Sharp fabric shears
- ☐ Measuring tape
- ☐ Iron and pressing ham

PATTERN INVENTORY & CUTTING LAYOUT

STANDARD SEAM & HEM ALLOWANCES

Use the seam and hem allowances printed on each pattern piece. Verify every allowance label before cutting fabric.

PATTERN PIECE INVENTORY & CUTTING SCHEDULE

Piece Name	Cut Quantity	Material / Interfacing
One-Hour Dress Body	Cut 2 on Fold (1 Front, 1 Back)	Main Fabric
Tie Sash Belt	Cut 1 on Fold in Self Fabric	Main Fabric

FABRIC PREPARATION & CUTTING RULES

- Fold fabric crosswise then lengthwise for simultaneous front and back cutting.
- Align piece grainlines strictly parallel to fabric selvages.
- Snip 3 mm alignment notches at hip slash lines.

MULTI-PAGE TILE ASSEMBLY INSTRUCTIONS

1. Check Sheet 1 calibration square before printing the remaining pattern sheets.
2. Trim right and bottom border lines along the dashed perimeter frame.
3. Match corner crosshairs, such as A1 to A2 and B1 to B2, without overlapping.
4. Tape sheets securely on both sides before cutting paper pieces.

STEP-BY-STEP SEWING INSTRUCTIONS

Step 1: Cut Boatneck & Side Slashes

Fold fabric with crosswise fold at shoulders. Cut shallow boatneck opening and slash horizontally at hip line on each side as indicated on pattern.

Step 2: Stitch Shoulder Seams & Finish Neckline

Stitch shoulder seams right sides together. Finish boatneck edge with narrow double rolled hem or enclosed lightweight bias binding.

Step 3: Stitch Continuous Side Seams

Pin front to back right sides together. Stitch continuous side seams from grown-on sleeve hem down to bottom hem using clean French seams.

Step 4: Hem Dress & Grown-on Sleeves

Turn up 10 mm hem on grown-on sleeve openings and 40 mm hem along bottom skirt opening. Topstitch neatly and steam press.

Step 5: Assemble Tie Sash Belt

Fold sash strip lengthwise right sides together, stitch leaving a turning gap, turn right side out, slip-stitch gap closed, and press crisp.

TROUBLESHOOTING & PRO SEWING TIPS

Issue: Seams puckering along stitch line

Fix: Insert fresh needle and test balance on fabric scrap.

Issue: Wavy edge along curved perimeter

Fix: Staystitch immediately after cutting and use walking foot.