



ORAGEUSE

contemporary patterns

W17 - BOREALIS

HELSINKI BLOUSE

ASSEMBLY DIRECTIONS

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HELSINKI

sewing skill: 3/5

Helsinki is a straight, loose blouse with long sleeves and buttoned cuffs. The front part is asymmetrically draped at the bottom. Its neckline forms a deep V-neck, framed by a thin collar, with triangular notches just above the bust line and at the center back. The back includes gathers under a shoulder yoke. The blouse falls to below the hip line.

Tricky steps: although Helsinki is rather easy to sew, its collar's assembly and the buttoned cuffs require some accuracy. On the other hand, the low sleeves are really easy to sew (you sew them flat). And remember when you choose your fabric: the thinner and more slippery the fabric is, the more difficult it will be to sew.



For more details about the level of difficult and sewing skill required for Orageuse sewing patterns, please go to the dedicated page on our website www.orageuse.com

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PRELIMINARY RECOMMENDATIONS

WASH AND IRON YOUR FABRIC

Even if you are looking forward to starting, it is never a waste of time to wash your fabric before sewing. Many fabrics may shrink after the first wash; it would be a pity for you to find this out after you have completely finished making your garment ! Carefully ironing the fabric before you cut it also allows a more accurate and symmetrical cut.

CHECK YOUR MEASUREMENTS

This step is absolutely essential: each and every ready-to-wear brand uses its own measurement chart, and the differences can be huge from brand to brand! Ask for help so you can take accurate measurements. Resources can be found on our website to help you position the tape measure correctly.

LOOK THROUGH ALL THE ASSEMBLY INSTRUCTIONS

Make sure you understand the different steps: a global overview will help you to go faster and to customize each step of the sewing process more easily in line with your habits and skills. Technical information and a sewing glossary are available on our website at www.orageuse.com.

GATHER YOUR EQUIPMENT

In addition to the supplies listed on the next page, you will need pins, needles, a good pair of scissors, tailor's chalk or some other marking implement (e.g. specific pencil, carbon paper and tracing wheel etc) to transfer pattern markings onto your fabric. If you plan to make some size adjustments on the pattern itself, make sure you have a long ruler (50 or 100 cm) and a French curve.

THINK ABOUT THE FINISHING TOUCHES

Before you start sewing, look at the edges of your fabric. If they fray, you will have to finish the raw edges of every piece before assembling them. If you don't, the seams might give way after the finished garment has been worn several times. To do so, you can overlock the edges with a serger or use a zig-zag stitch in the seam allowances. You might also French seam the edges for a perfect inside finish.

PAY ATTENTION TO THE GRAINLINE WHEN CUTTING YOUR FABRIC

Every pattern piece shows a grainline arrow that you have to place in parallel to the selvedge of the fabric while cutting.

PIN AND BASTE

Pin the fabric pieces together before sewing, perpendicular to the seam line. Be careful when there is some give (always mentioned on the pattern): we recommend you baste the seam to distribute the give. Using your sewing machine after that will be easier and more accurate.

IRON EVERY SEAM

There is nothing like ironing every seam right after it is sewn. This guarantees a neater, more professional-looking finish. Open the seam allowances according to the directions given in the instructions on the following pages.



SUPPLIES

SHOPPING LIST

- Main fabric: see table above
- Fusible interfacing: 70cm/27.5" x 130cm/ 51"/1.4 yd wide
- Two 1cm/0.4" buttons
- Matching thread
- 1 little hook or snap fastener to fasten the front opening

MAIN FABRIC	S34 & 36	S38 & 40	S42 TO 46
Yardage for 140cm/ 55" width	220cm/ 87" /2.4 yds	230cm/ 90.5" /2.5 yds	260cm/ 102.4" / 2.8 yds
Yardage for 110cm/ 43" width	280cm / 110" / 3 yds	300cm/ 118" / 3.3 yds	320cm / 126" / 3.5 yds

FABRIC SUGGESTIONS

Choose a supple woven fabric, light to medium weight. As far as fibers are concerned, viscose, cotton, silk are appropriate. You can opt for crepe or poplin, as well as a flannel that is not too thick.

Avoid too fabrics that are too soft and weighty which could flatten the pleats instead of accentuating the design.

If you are taller or shorter than 168cm/66", or if you wish to lengthen/shorten the sleeves, see the «adapting to your measurements» section which starts on page 17.

SIZES & MEASUREMENTS

FRENCH SIZES	YOUR MEASUREMENTS	S34	S36	S38	S40	S42	S44	S46
Height		168cm / 66"						
Bust		80cm 31.5"	84cm 33"	88cm 34.6"	92cm 36.2"	96cm 37.8"	100cm 39.4"	104cm 40.9"
Waist		62cm 24.4"	66cm 26"	70cm 27.6"	74cm 29.1"	78cm 30.7"	82cm 32.3"	86cm 33.9"
Upper hips		78cm 30.7"	82cm 32.3"	86cm 33.9"	90cm 35.4"	94cm 37"	98cm 38.6"	102cm 40.2"
Hips		86cm 33.9"	90cm 35.4"	94cm 37"	98cm 38.6"	102cm 40.2"	106cm 41.7"	110cm 43.3"
Front shoulder to waist		36cm 14.2"	36.5cm 14.4"	37cm 14.6"	37.5cm 14.8"	38cm 15"	38.5cm 15.2"	39cm 15.4"
Elbow length		35cm 13.8"	35cm 13.8"	35cm 13.8"	35cm 13.8"	35cm 13.8"	35cm 13.8"	35cm 13.8"
Arm (bicep)		26cm 10.2"	27cm 10.6"	28cm 11"	29cm 11.4"	30cm 11.8"	31cm 12.2"	32cm 12.6"
Sleeve length		60cm 23.6"	60cm 23.6"	60cm 23.6"	60cm 23.6"	60cm 23.6"	60cm 23.6"	60cm 23.6"

Helsinki has a straight fit, which is slightly fitted at the waist. Its pleated design gives it some ease and the sleeves are not fitted. If your measurements correspond to one size, but your waist is a few centimeters larger than indicated, you can sew the size in question. On the other hand, your hip measurements must correspond to the chosen size. As a general rule, if you are hesitating between two sizes, **always choose the bigger one**, as final adjustments will then be easier.

Do you need any help to check your measurements? Please go to the dedicated page on our website at www.orageuse.com

CUTTING

Carefully cut every pattern piece according to the size chosen and your own modifications (if relevant).

Place these pieces on the folded fabric, keeping **all grainline arrows in parallel to the selvage** of the fabric. You might consume more fabric by doing so, but the result will be more attractive and resistant.

If your fabric is printed with patterns, match these patterns along the future seams, for a perfect finish!

Seam allowance is already included in the pattern pieces (1cm/0.4" everywhere, except for the hems (2cm/0.8") and the cuff placket (0.5cm/0.2")).

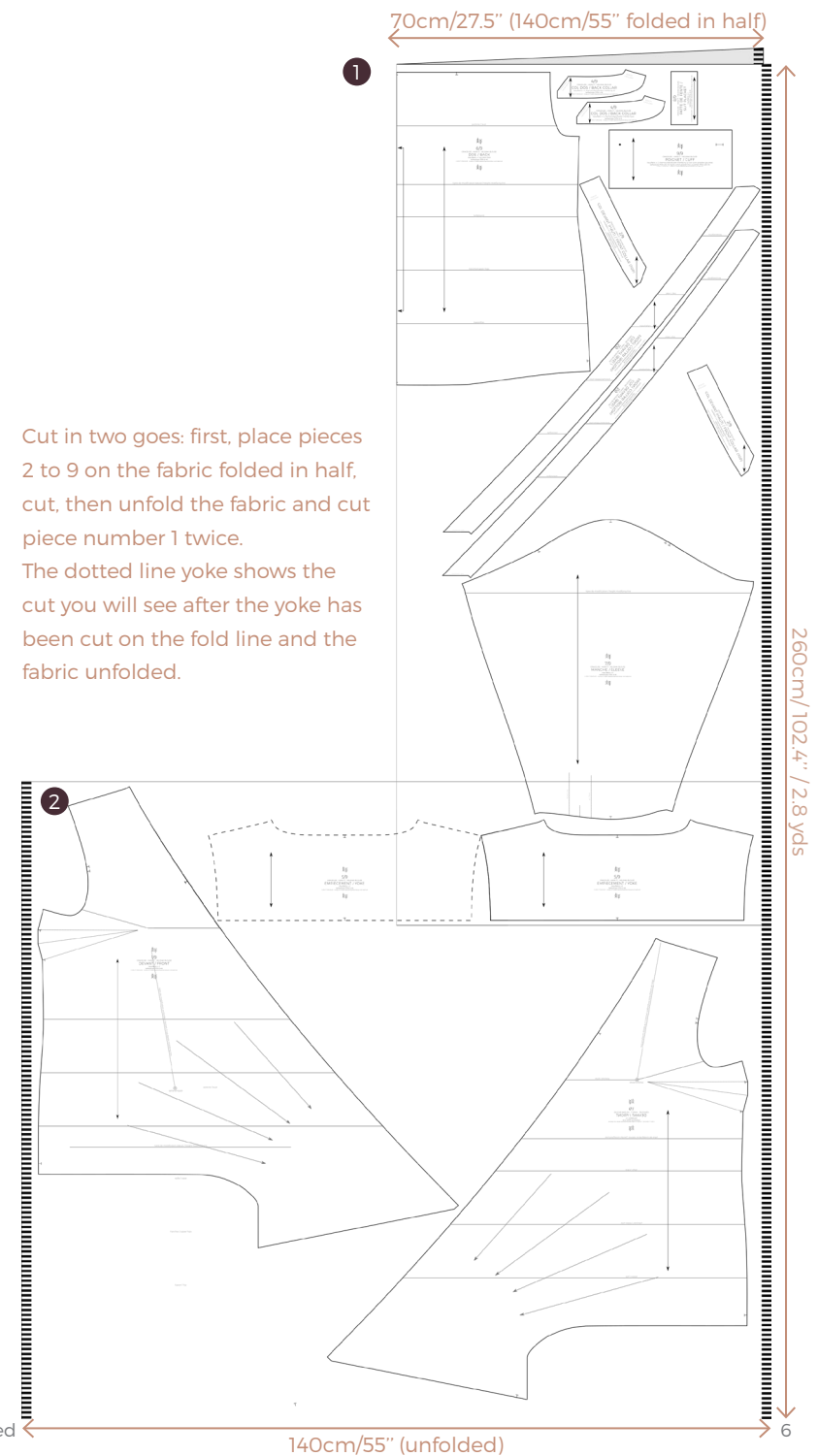
FABRIC: Only cut the back on the fold line, all the other pieces (except collar pieces) are cut twice. Collar pieces are cut four times each.

The cutting layout shown on this page works on the basis that your fabric is not identical on the right and wrong side and might be printed, with a pattern that is not identical when turned over. If you do not have to deal with this constraints, you can place the pattern pieces in a different way to consume less fabric.

FUSIBLE INTERFACING: cut each part of the collar twice (pieces number 2, 3 and 4). Cut half the cuff twice (look at the gray zone on the pattern piece).



Copy all the markings from the pattern onto your fabric, especially the notches. Once the fabric has been cut, cut out the notches on a few millimeters in the seam allowances. These notches are essential in order to follow the assembly directions properly!



Cut in two goes: first, place pieces 2 to 9 on the fabric folded in half, cut, then unfold the fabric and cut piece number 1 twice. The dotted line yoke shows the cut you will see after the yoke has been cut on the fold line and the fabric unfolded.



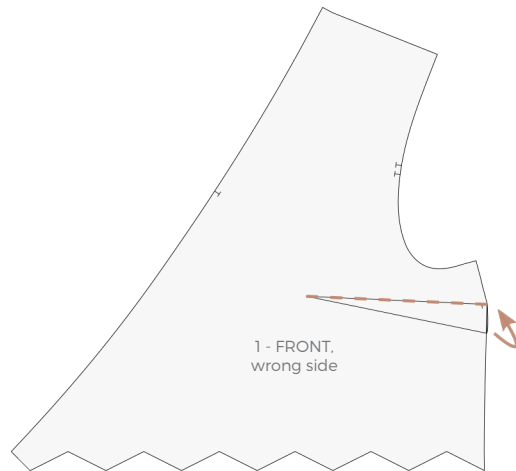
INSTRUCTIONS



1 CLOSE THE BUST DARTS

Pieces number 1

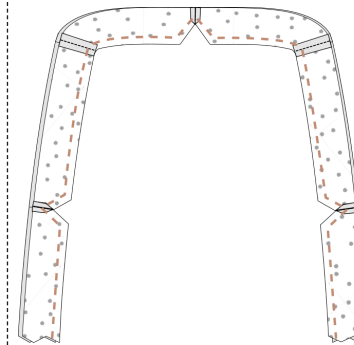
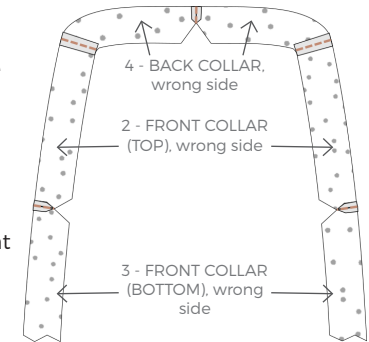
On each front piece, close the dart following the lines and sew on the wrong side of fabric. Iron the darts flat.



2 SEW THE COLLAR

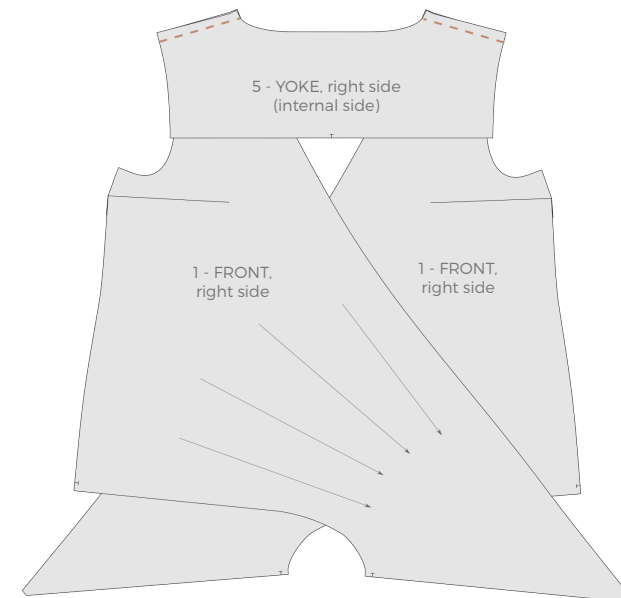
Pieces number 2, 3, 4 and 5

Fuse interfacing on half of the collar pieces: twice the back collar (number 4), twice on the front collar (top and bottom - pieces number 2 and 3). Sew two identical collars, one with interfacing and the other without. Each one is made with two bottom front collars (number 3), two top front collars (number 2) and two back collars (number 4).

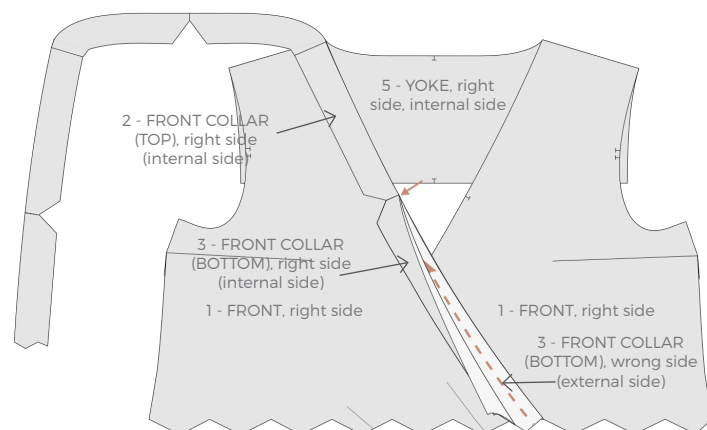


◀ Sew the two collars together, right sides facing, following the outside edge of the collar. Recut the angles and seam allowance, turn right side out and iron. Make sure the angles are all neat and regular at the triangular notches.

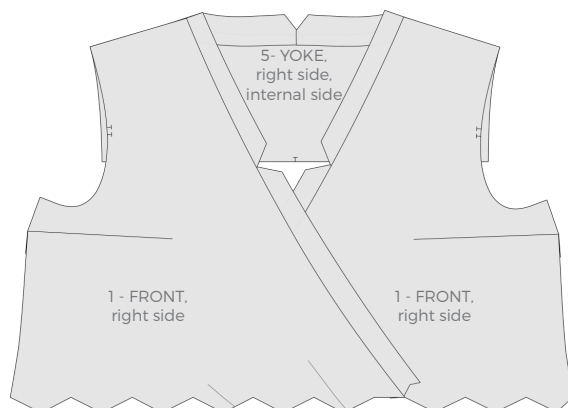
▼ Sew the two yokes at the shoulders with the two front pieces, as if the two yokes were one.



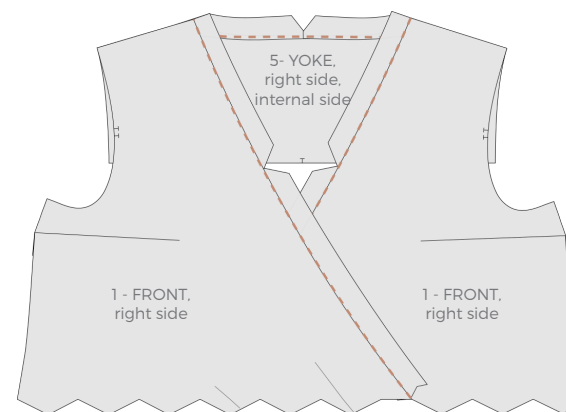
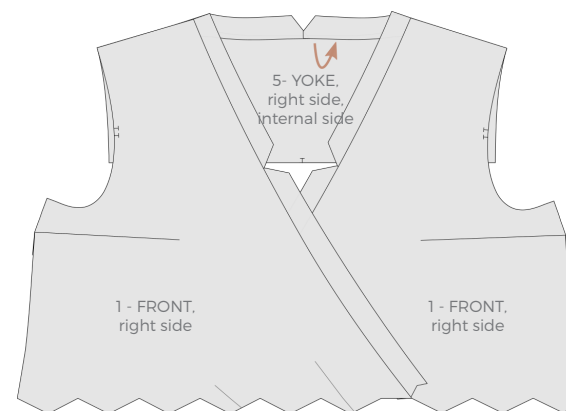
Sew the external side of the collar only (not taking the other side in the seam!) with the front pieces and the two sides of the yoke, right sides facing. Make sure to match the triangular notches of the collar to the center back on the yoke and the front notches, and the collar shoulder seams to the actual shoulder seams.



Fold the seam allowance to the inside of the collar, and iron the collar into place.



On the wrong side of the garment, fold the seam allowance of the other side of the collar to the inside of the collar, between its two sides, slightly covering the first seam. On the right side of the garment, stitch along this seam to close the collar.

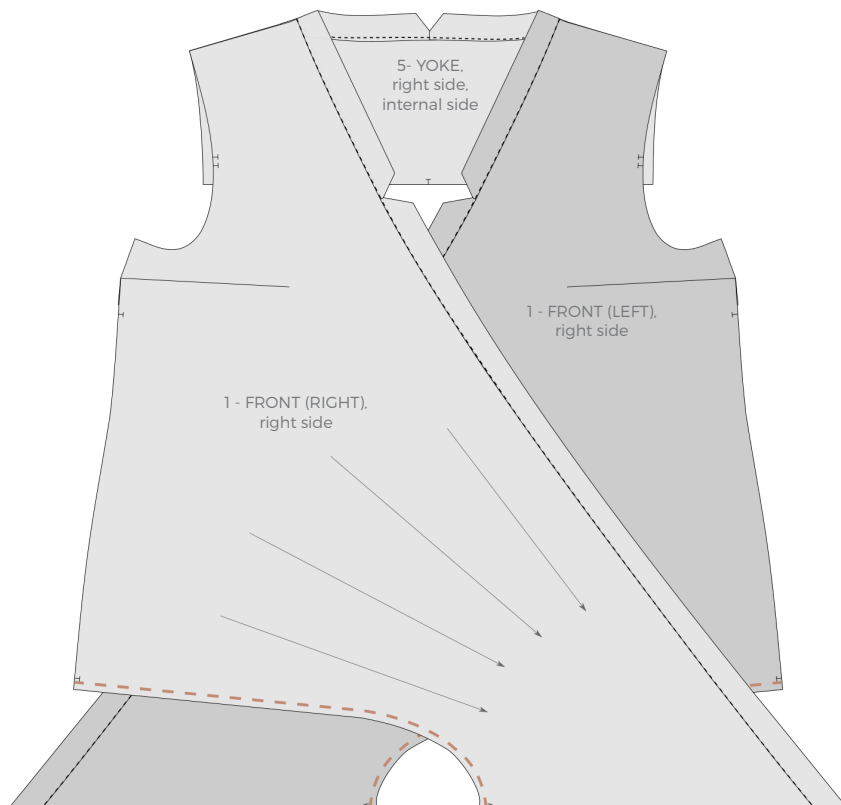


3 DRAPE THE FRONT OF THE BLOUSE

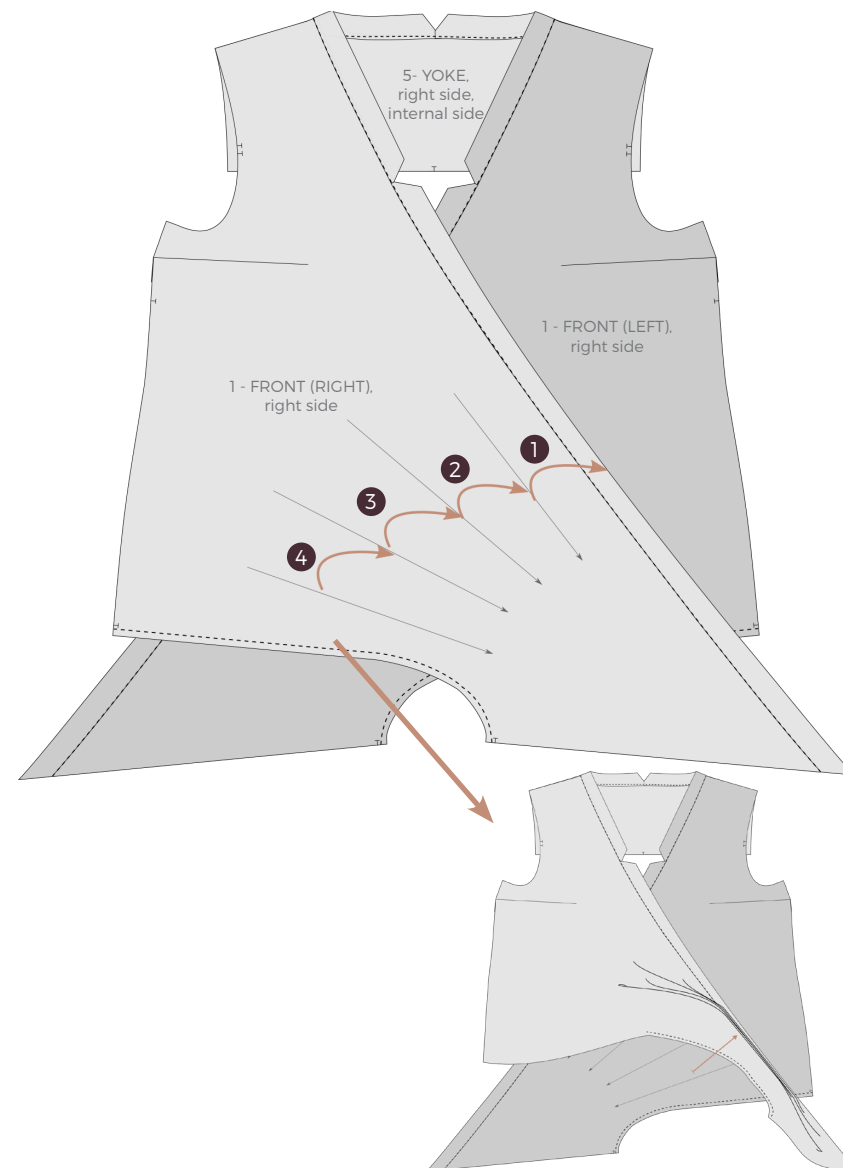


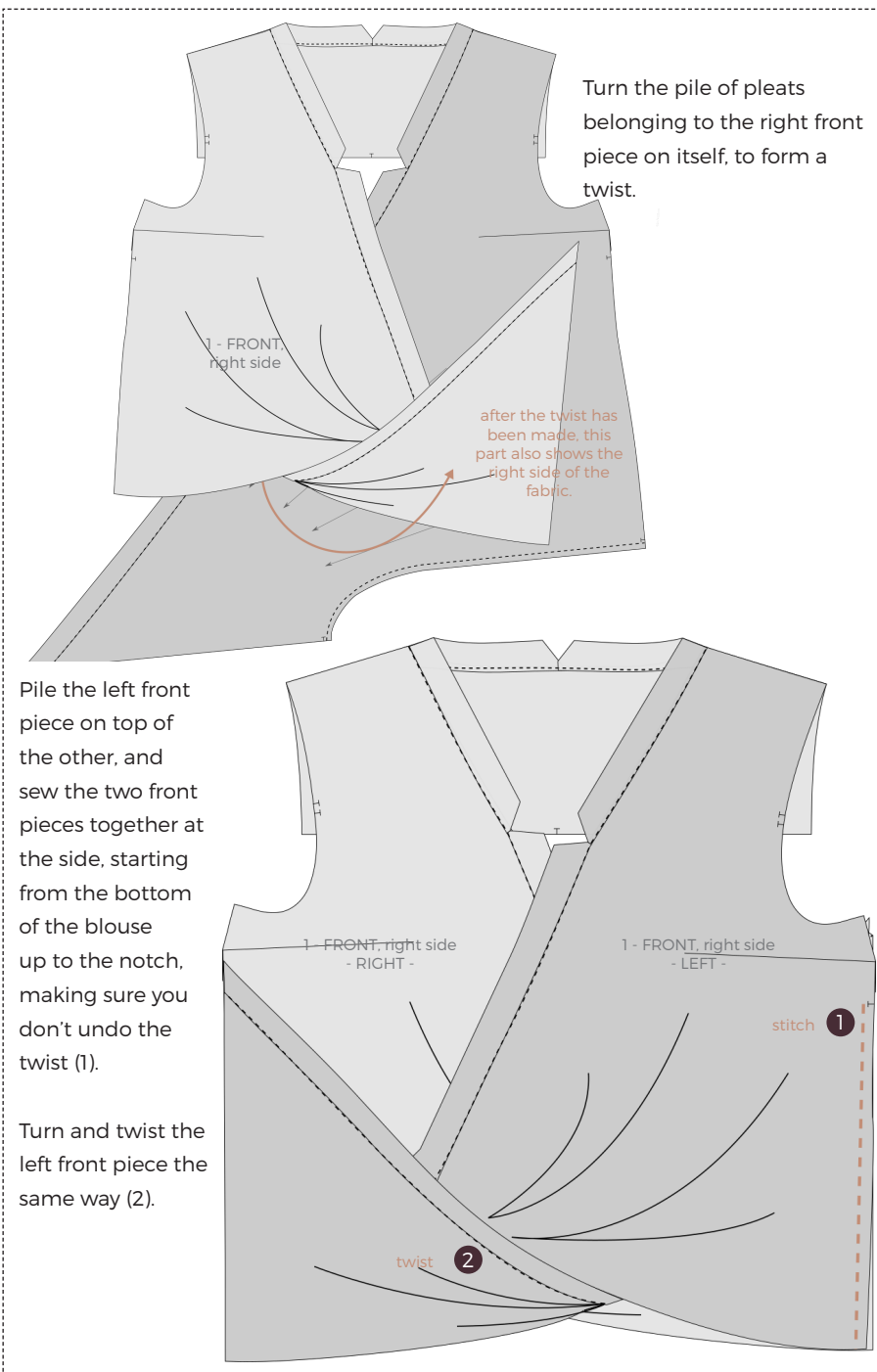
This step is not easy to visualize, so we have made a video if you need any help to make it. Please look at it on our blog!

Make the bottom hem on the two front pieces, starting at the side up to the curved part: fold twice 1cm/0.4" and stitch at 0.5cm/0.2" from the edge.

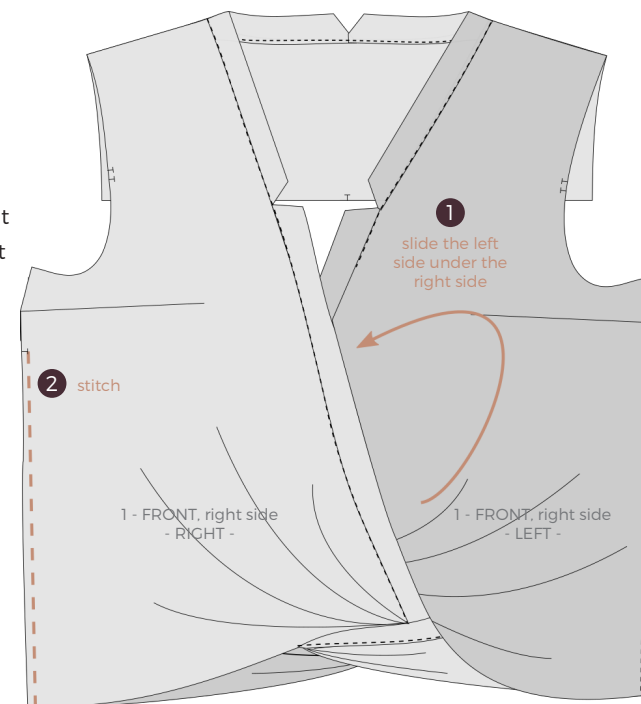


On the right side of the blouse, fold and pile 5 concertinaed pleats, following the direction indicated by the arrows. The hemmed bottom is placed at the top of the pile. Start by bringing the upper line closer to the edge of the collar (1), then create a second pleat bringing the second line closer to the first one (2) and so on. Iron the pile of pleats to mark the pleats.





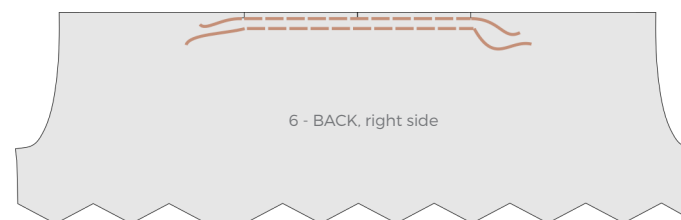
Slide the left front piece under the right one (1) and sew the edge of the left side to the side of the right front piece, starting at the bottom up to the notch (2).



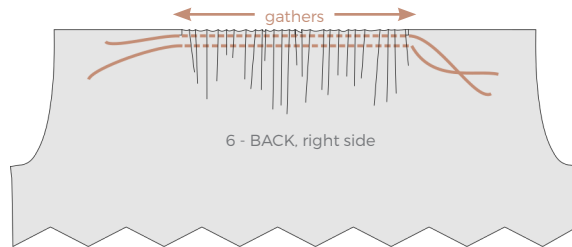
4 BACK, YOKE, GATHERS AND SHOULDERS

Pieces number 5 and 6

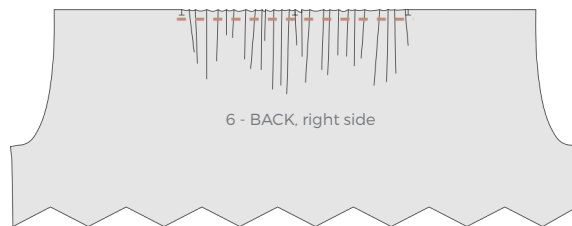
Make gathers at the back (piece number 6) between the two notches, at the center back: hand stitch two gather threads, one in the seam allowance and the other in the garment under the seam line.



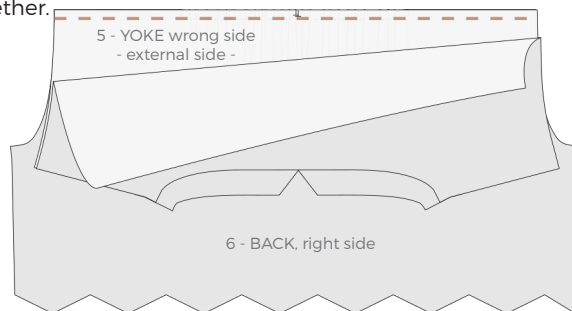
Pull the threads to form gathers and to bring the back piece at the same length as the corresponding edge of the yoke.



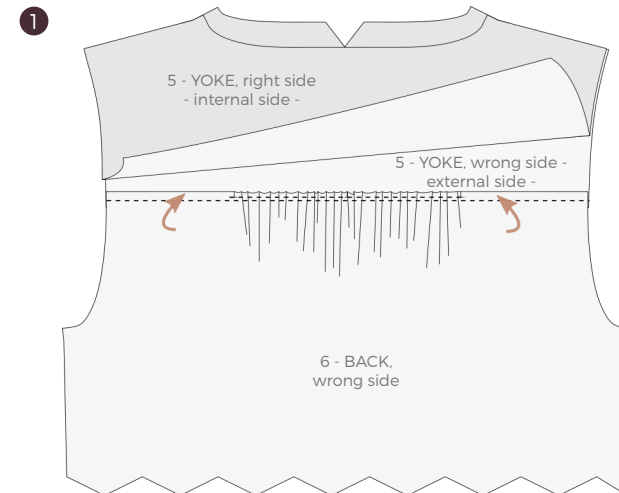
Dispatch the gathers evenly, and sew in the seam allowance to keep them in place. Remove gathering threads.



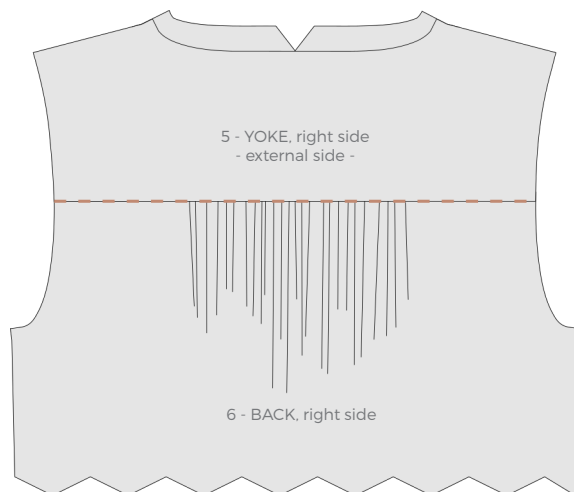
Place the gathered back right sides facing the external side of the yoke and stitch them together.



On the wrong side of the blouse, fold the seam allowance of the external yoke between the two yoke's sides (1). Do the same with the seam allowance of the other side, slightly covering the existing seam (2).



On the right side of the garment, stitch in the previous seam to close the yoke.



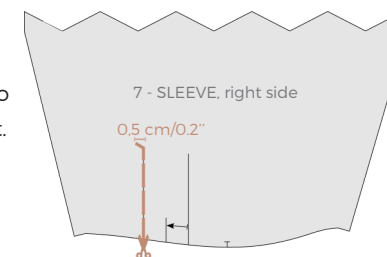
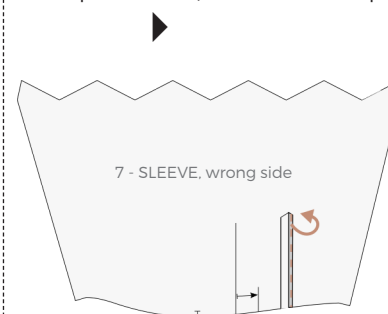
5 SEW THE WRIST SLIT

Pieces number 7 and 8



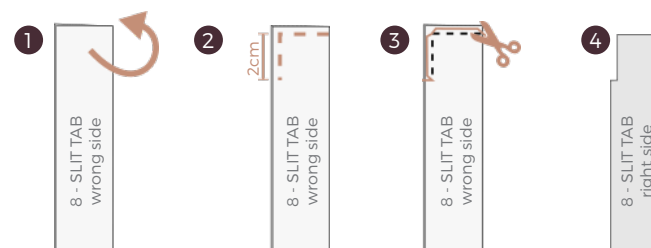
Careful! The location of the wrist slit is inverted for the right and left sleeves. The slit tab will be sewn onto the edge of the slit that is the farthest from the sleeve's underarm seam. In the following diagrams, we show the right sleeve. Be careful when sewing the left arm!

Cut the sleeve on the slit line. Cut at a slant to the top for 0.5cm/0.2" from the top of the slit.

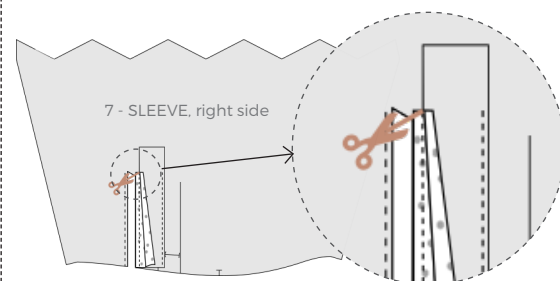
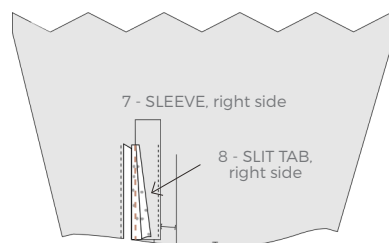


◀ Fold these 0.5cm/0.2" onto themselves twice, to the wrong side of the sleeve. Stitch into place 0.2cm/0.1" from the slit.

Fold the slit tab (piece number 8) in half, right sides facing, and close one of the short sides with a few stitches 5mm from the top edge. Sew the open edge for 2cm/0.8", 0.5cm/0.2" from the edge. Cut the seam allowance level with the last stitch. Re-cut the seam allowance and turn the tab right side out, with neat right angles. Iron the tab and top-stitch the closed side (pleated), stopping the seam 2cm/0.8" from the top of the tab.

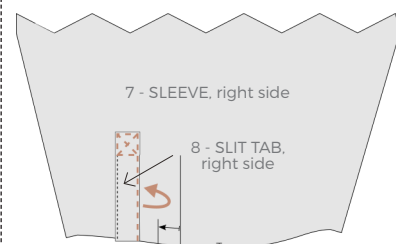
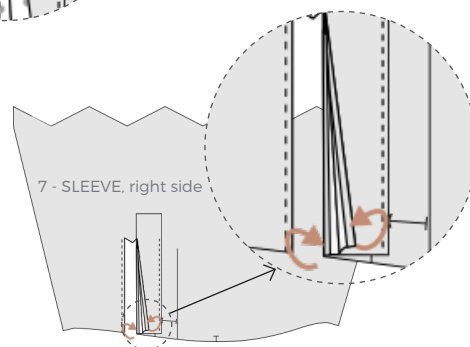


On the right side of the sleeve, place the open edge of the tab along the raw slit edge. Sew only one face of the tab to the sleeve, 0.5cm/0.2" from the slit, to reach and match the finished edge at the top of the tab. ►



◀ Cut the seam allowance of this seam from the top of the slit to the last stitch of the last seam.

Fold the seam allowances of the two faces of the tab inside the tab and iron. ►

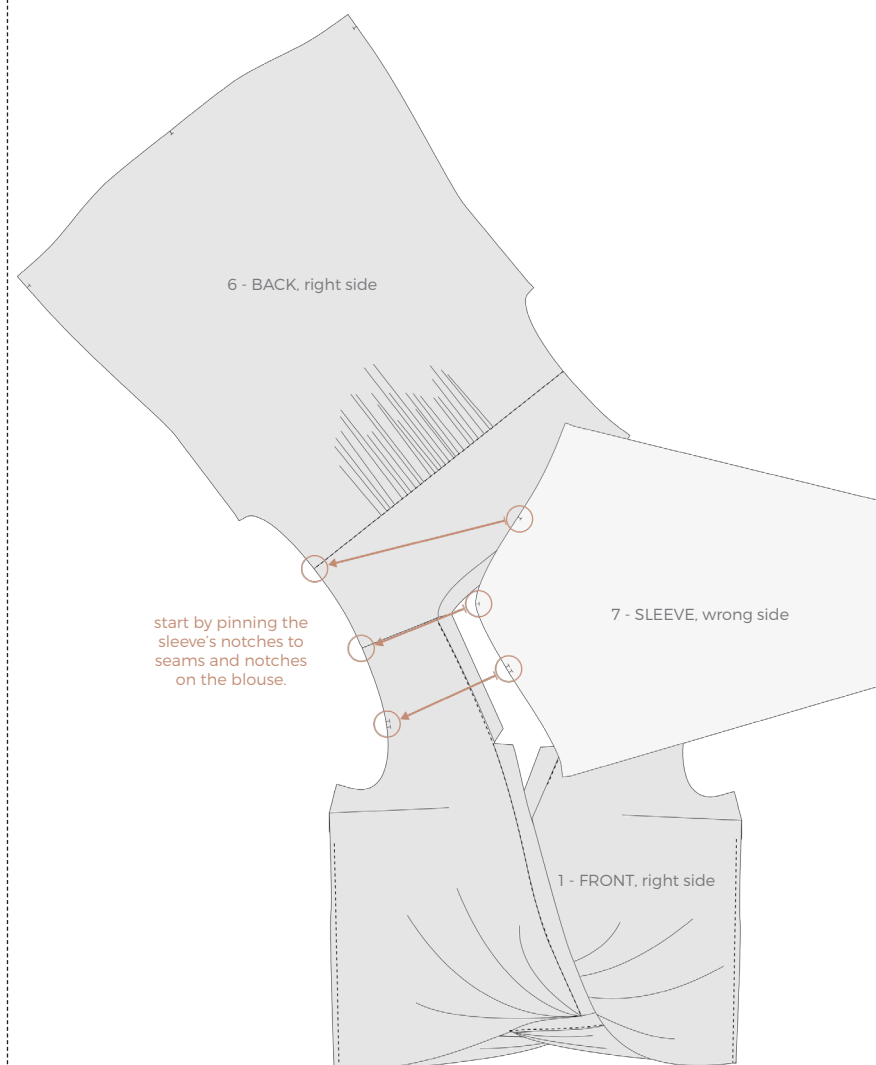


◀ Fold the tab at its final place, above the slit. Top-stitch its edge to close the tab. Sew the tab to the sleeve: extend the existing top-stitch all around the upper part of the tab, forming a square. Top-stitch the inside of this square to form a cross.

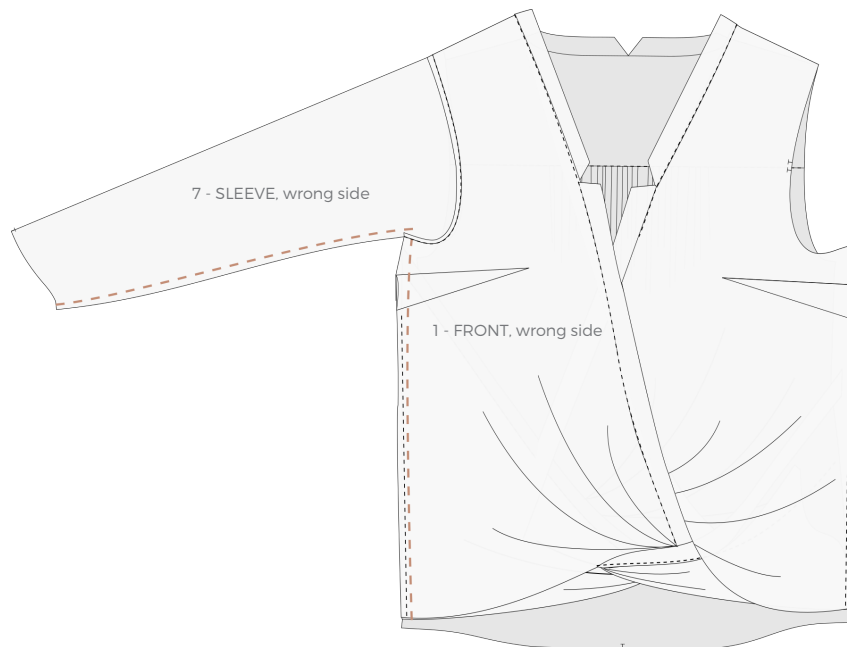
6 SET THE SLEEVES AND CUFFS

Pieces number 9

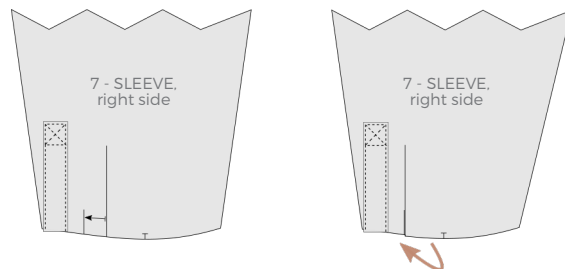
Low sleeves like these are sewn flat on the garment. Match the sleeve notches to the blouse notches (and the back notch to the yoke seam at the back). Pin and sew each sleeve into place, right sides facing, on the garment (whose sides are not closed yet - an important point).



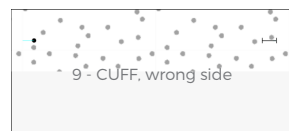
Close the side of the blouse and bottom of the sleeve with a single seam.



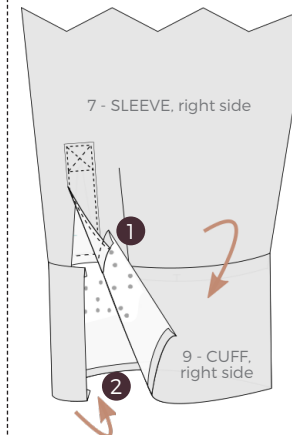
Form a pleat on each sleeve, according to the pleat line.
Iron and pin into place.



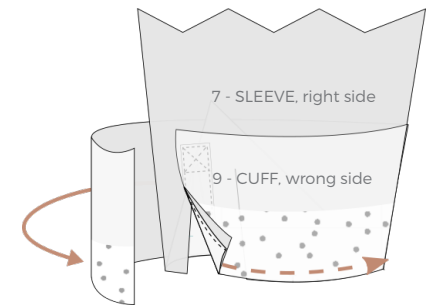
Fuse the interfacing on the upper half of the cuff (wrong side).



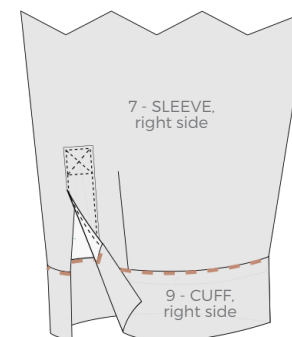
Pin the cuff all around the bottom of the sleeve, right sides facing. **The seam allowances of the short sides of the cuff will be longer than the edges of the slit.**



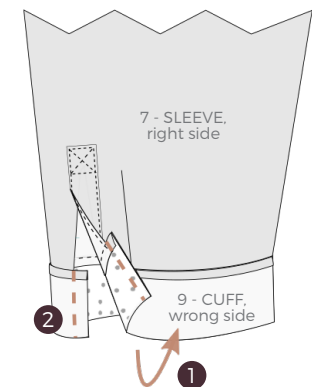
Fold the seam allowances of the previous seam to the inside of the cuff (1). Fold the seam allowance of the other wide side of the cuff to the wrong side of the cuff and iron into place (2).



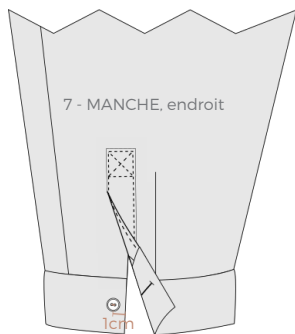
Fold the cuff in half, right sides facing (1), and sew the short sides of the cuff, in line with the edges of the slit (2). ▶



Re-cut the angles and seam allowances and turn the cuff right side out, covering the existing seam a little. Top-stitch all around the cuff, on the right side, near the existing seam, in order to close and finish the cuff.



7 FINISHINGS



Sew a buttonhole and sew on a button (its center should be 1cm from the edge of the cuff).

Hem the bottom of the back as you did for the front pieces.

Attach a hook to close the blouse at the bust line (you should try on the blouse to adjust the position of the hook to suit your figure and preferences).

Please note that this garment is designed to have a rather wide neck line, so make sure you don't close it too high up, as this might cause unwanted pleats on the bust.

Well done you've done it!



*Are you fond of your new Helsinki blouse? Show it on Instagram with the **#orangeuseHelsinki** official hashtag! You can also send us a link to your blog via contact@orangeuse.com and appear on our boards or blog!*



additional information

ZIP FILE CONTENTS

NAME OF DOCUMENT	CONTENTS	LANGUAGE
ORGS-H17-Helsinki-instructionsFR	Instructions leaflet	French
ORGS-H17-Helsinki-instructionsENG	Instructions leaflet	English
ORGS-H17-Helsinki-A0	Large format pattern (Copyshop version)	Bilingual (French and English)
ORGS-H17-Helsinki-A4	A4 pattern	Bilingual (French and English)
ORGS-H17-Helsinki-USletter	US letter pattern	Bilingual (French and English)



INDEX OF PATTERN PIECES

Seam allowances are included, so you do not have to add them when cutting your fabric.

Seam allowances are 1cm/0.4" everywhere, except for the hems where they are 2cm/0.8" and for the slit tab (0.5cm/0.2").

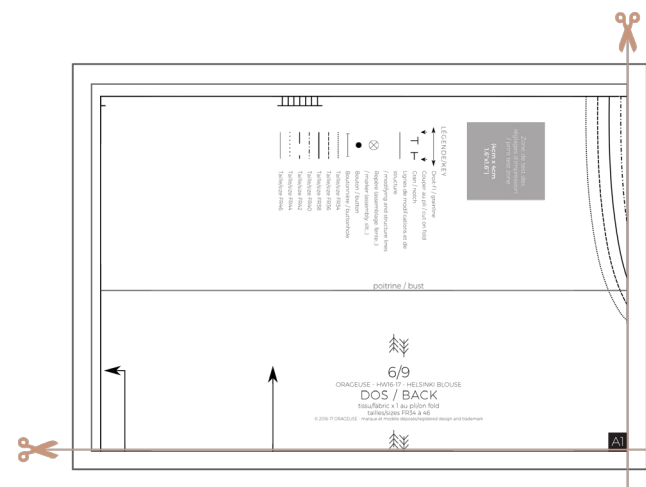
NUMBER	NAME	CUTTING DIRECTIONS
1/9	Front	Fabric x 2
2/9	Front collar (top)	Fabric x 4, fusible interfacing x 2
3/9	Front collar (bottom)	Fabric x 4, fusible interfacing x 2
4/9	Back collar	Fabric x 4, fusible interfacing x 2
5/9	Yoke	Fabric x 2
6/9	Back	Fabric x 1 on fold line
7/9	Sleeve	Fabric x 2
8/9	Slit tab	Fabric x 2
9/9	Cuff	Fabric x 2, fusible interfacing x 2 (gray area only, being 1/2 cuff - see on the pattern)

PRINTING & ASSEMBLING

Every Orageuse pattern gives you the choice between printing at home (A4 or US letter papersizes) or at a printer's or a copyshop. This last option allows you to save time by not cutting out and pasting the multiple sheets of the printed pattern

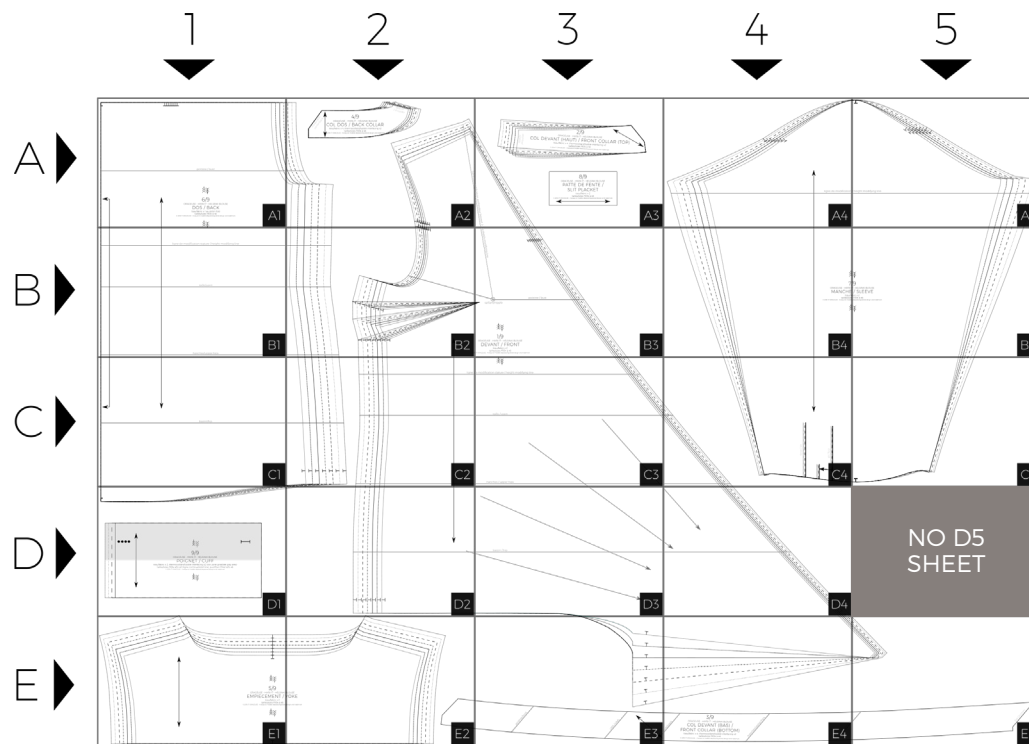
If you print at home:

- Open the pdf file, and make sure «real size» or «100%» option is selected before you print.
- The A1 page of the pattern file contains a 4cm/1.6"x4cm/1.6" square. Print this page only, and measure the square to confirm your printer's settings.
- Cut out the right and bottom borders of every sheet, following the frame line.



ADAPT TO YOUR MEASUREMENTS

You can then tape the whole pattern this way (the example below shows A4 papersize, but the method is the same for US Letter papersize):



Do not compare your measurements directly to the pattern pieces: they have to be different, mostly because of the give that is added for you to be able to move once you are wearing the garment!

To make these kinds of adjustments, you will need a long ruler (50 or 100cm) and a French curve.

HEIGHT AND SLEEVE LENGTH

Our patterns are designed for a 168cm/ 66" standard height. In order to extend or shorten the height of the pattern, one can not simply add more fabric at the ends ; that would change the shape and proportions of the garment.

First, see where the height differences are located in your body, by comparing your measurements with the chart on page 5. See the «front shoulder to waist» (from in between your collar bone to your waist line, down the front center of your body) and the «sleeve length» measurements in particular (from the peak of your shoulder to your wrist)

On pieces number 1 (front), 3 (front collar (bottom)) and 6 (back) of the pattern, a line is marked «height modifying line». It allows you to increase or decrease the overall height of the garment.

Same for the sleeves: a modifying line is drawn that guarantees the sleeve will keep its shape after your alteration.

How do I proceed ?

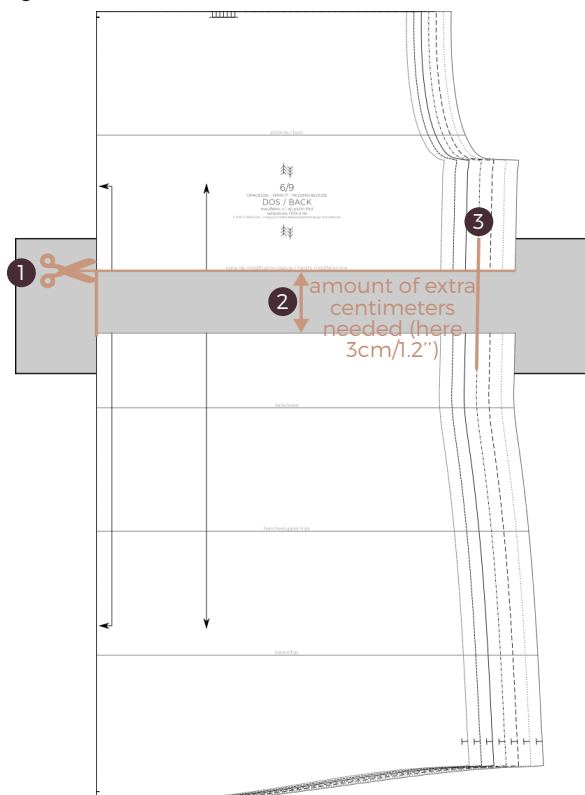
For example: if your size is 40, and your front shoulder to waist measurement is 3cm/1.2" longer than the corresponding measurement in the reference chart.

Cut only pieces 1 (front), 3 (front collar - bottom) and 6 (back) following the height modifying line (1).

Paste a piece of paper at the back of these pieces: this piece of paper must be the same width as the pattern pieces, and its height is the number of centimeters you want to add (in our example, 3cm/1.2") plus some extra space to apply the glue or tape). (2) Draw a new line parallel to the «height modifying line» 3cm/1.2" (or whatever your need is) under this line.

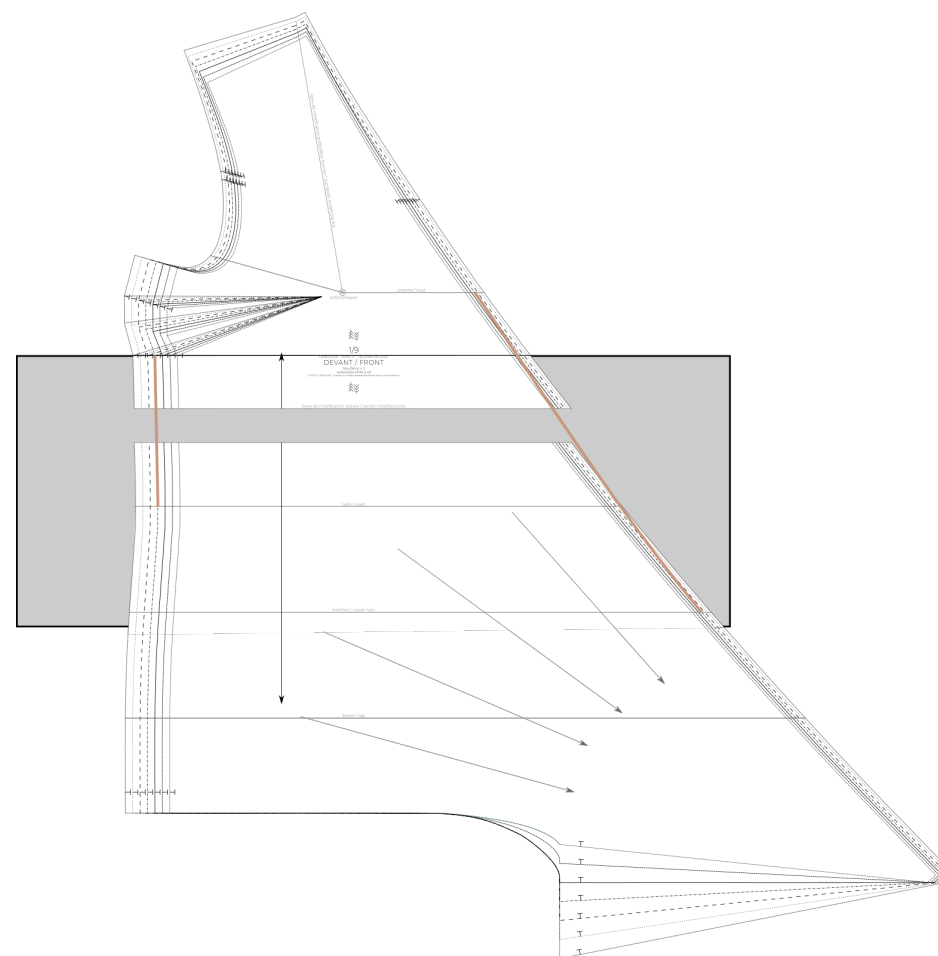
Paste the bottom part of the pattern piece along this new line. Connect the lines on the pattern pieces with a ruler for straight lines and a French curve for curves (3). That's it!

To remove centimeters, cut on the «height modifying line», draw a new line on one of the pattern part, parallel to the «height modifying line». Between these two lines is the amount of centimeters you need to remove. Paste one part of the pattern piece on the other part, along that new line.



For the slanted lines (sleeve sides and front edge), you can proceed the same way, but you will have to redraw these lines, as a shift will appear when you add or remove centimeters. To solve the problem, locate the parts of the line that are «locked» (on the front, the crossing between bust line and the slanted line, and the crossing between upper hips line and the slanted line, since we do not want to modify the size at the bust and hips). On the sleeve, we do not want to change the arm or wrist length. The new line will be drawn in between this points, connecting smoothly to the previous lines, with no peaks.

One more thing: the side lines on the sleeves are straight, whereas the slanted line on the front is a slight curve ; be careful when redrawing it!



BETWEEN TWO SIZES

There are three main situations:

Situation 1

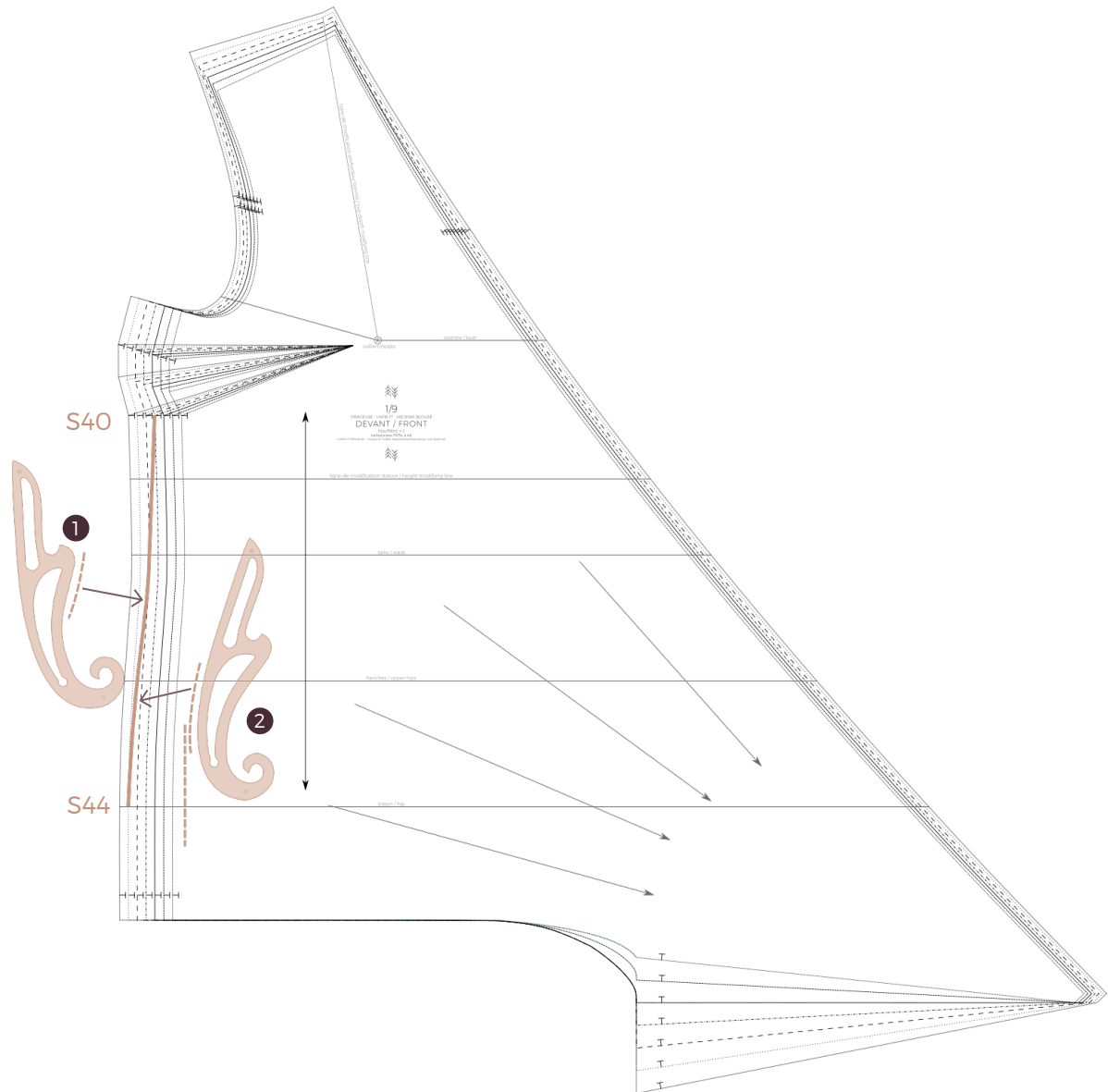
Your waist corresponds to a bigger size than your bust does. Most of the time when you buy clothes, a garment can fit you around your waist and hips but it is too large at the shoulders and bust.

For example, let's say that your bust corresponds to a size 40 and your waist corresponds to a size 44. The Helsinki blouse can be adapted to fit your body shape.

Identify the lines corresponding to sizes 40 and 44 on the pattern pieces. On the front pieces, trace a line with the French curve, linking the lower line of the bust dart in size 40 to the end of the crossing between the hip line and side line in size 44. In doing so, above the chest the garment will be size 40 and flare out to become a size 44 around the waist and hips.

Do the same thing on the back (piece number 6). and place the back and front side by side along the modified side line you have drawn. Use your French curve to smoothly erase the peak that forms where the two modified lines end.

When you assemble the whole garment, use the other pattern pieces in size 40.



Situation 2

Your bust corresponds to a larger size than your waist.

You can shrink the bottom of the pattern, by following the same method as for situation 1. But as the blouse does not have a tight fit, be careful not to tighten the bottom too much, in order to preserve the style of the garment.

Situation 3

Your measurements are exactly in between two sizes, at the bust as well as at your waist or hips. Place markings on the pattern pieces just between the lines that represent the two sizes you are between, at the end of bust, waist, upper hips and hip line and at every corner of each piece of the pattern. Use a ruler and a French curve to link those points, trying to draw lines that are parallel to the original outlines. Make sure you modify every pattern piece, so that they keep matching together. If in doubt, do not hesitate to measure and compare lines that represent seams that will be sewn together.

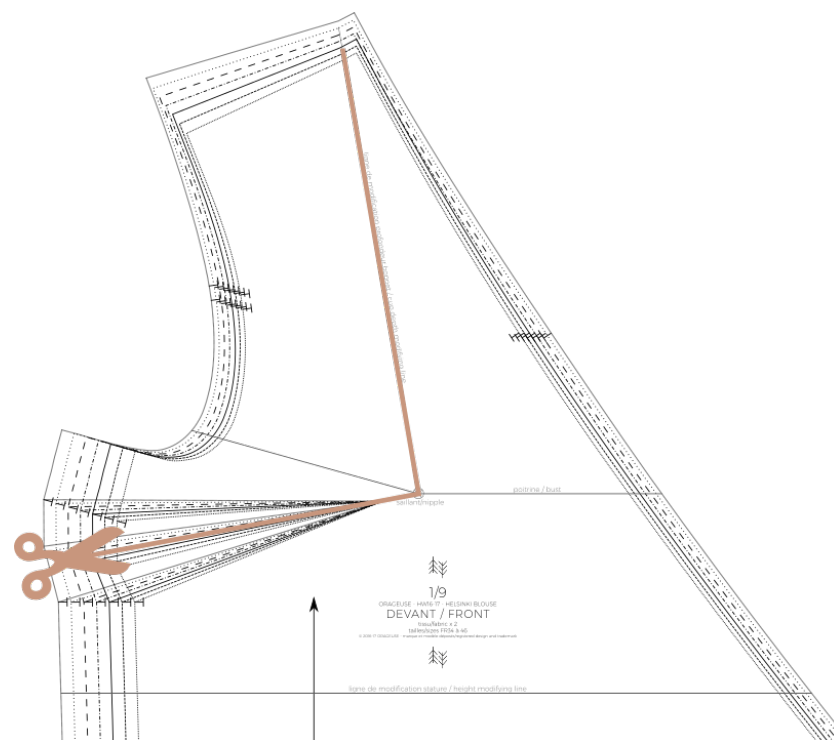
CUP DEPTH

You have found your size in our chart, but your bust is usually smaller or wider than a B/C cup. The pattern can be transformed as well, even though the loose style of the blouse provides enough give for a larger cup than indicated.

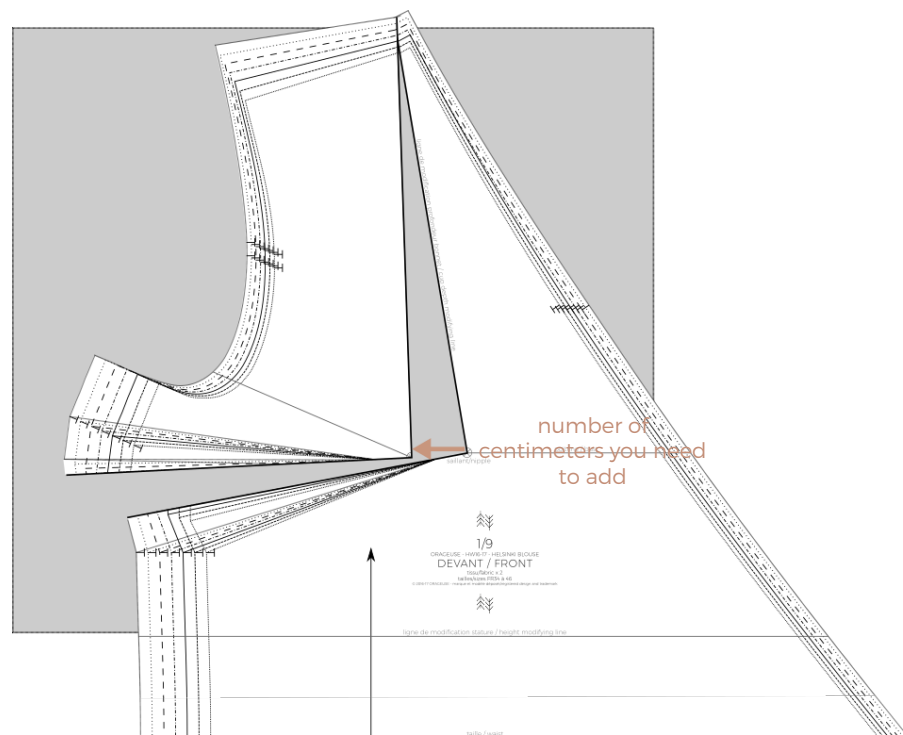
Make sure that the cup depth is the actual issue: the shape and width of your back as well as the shape of your breast itself can cause the impression that the cup has to be adjusted, whereas it might not be the right solution. If you have any doubts, we recommend you sew the garment first with a muslin or a cheap fabric to locate precisely where the best adjustments should be made. If the depth of the cup is the issue, the garment will fit properly at the back, waist, arms and shoulders, but there will be not enough (or too much) fabric at the breast.

How do I proceed?

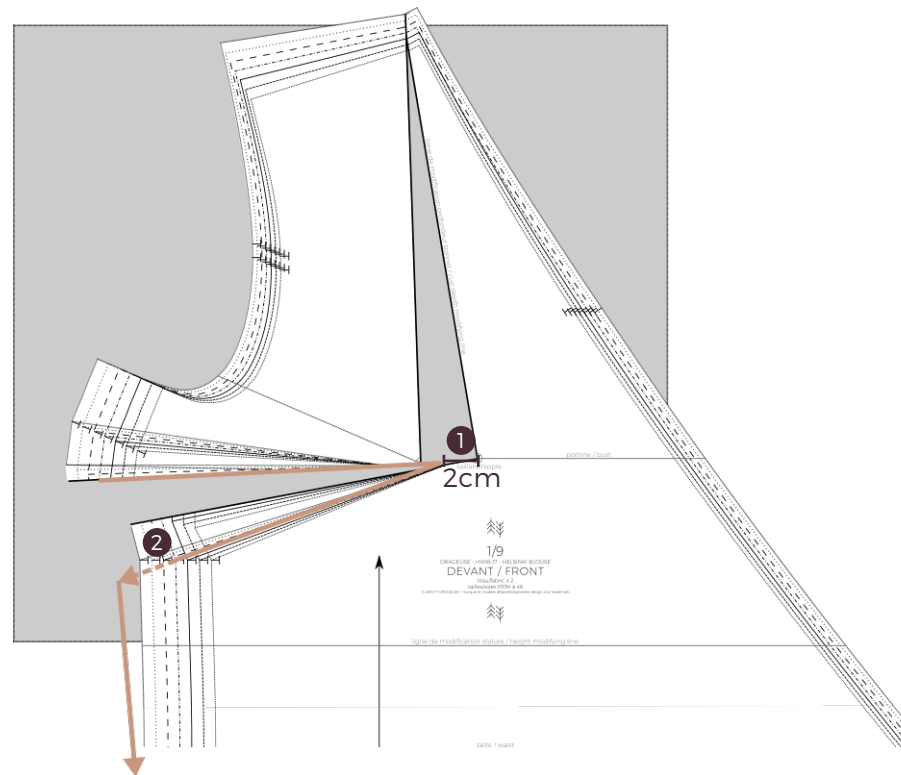
You will see on the front pattern piece a point named «nipple». If relevant, you can place the pattern paper (or the muslin if you sewn one) on your body to adjust the location of the nipple, wearing a bra that you usually wear for your breast to be in the right place. Measure how much fabric is in excess (or estimate the amount lacking). Draw a line starting at the peak that indicates the center of the dart (on the side of the front piece) to the nipple point. Cut out on this line, then on the cup depth modifying line, stopping a few millimeters before the neckline.



Glue the bottom right part of the front piece on a sheet of paper. Slide the cut part to add distance at the nipple (or to remove some centimeters by sliding it onto the right side of the pattern piece). Once you reach the number of centimeters you wanted to add or remove, paste in place.



2cm/0.8" from the nipple, in the direction you made your modification, mark a point: this is the new dart end (1). Draw from this point to the upper end of the former dart. Measure this line. Apply the same measurement to the bottom line of the dart (both dart lines must have the same length) and draw a line to this point (2). Continue the line to reach the end of the pattern piece (bottom of the garment). Close the dart (fold the paper) as if it has been sewn, and measure the side seam (from under the armhole to the bottom of the garment). This line must be the same length as the matching seam on the back pattern piece (number 6). Shorten or lengthen the side line of the front or back if its measurement is different to the other after your adjustment.



Place the back and front side by side along the modified side line you have drawn. Use your French curve to smoothly erase the peak that forms where the two modified lines end.

Redraw the shoulder line as a straight line on the front piece, measure it and make sure the yoke's shoulder has the same size.

