



photo credit: True Bias.

Garment Fundamentals

Southport Dress by True Bias Pattern Co.

Thimble Bee's

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Welcome to Garment Fundamentals!

Hi Future Garment Maker,

Welcome to Garment Fundamentals! I'm so excited you'll be joining us as we sew the Southport Dress together. This project is the perfect next step in your sewing journey — approachable for beginners, yet packed with new skills that will build your confidence as a garment maker.

I also want to share something special with you. One of the biggest challenges in sewing right now is finding high-quality, fashion-forward fabrics at a reasonable price. Because of this, we recently launched a carefully curated fabric collection right here in the studio. Each piece is chosen with our classes in mind, so you can feel confident that what you're buying will both sew beautifully and look amazing in your finished garment.

You're welcome to shop our [Etsy Shop](#) before class or browse and purchase in person during your first class. While it's not required to purchase fabric from us, we truly hope you'll consider it. Every yard purchased helps us continue to expand our in-studio selection and bring in more exciting options for future projects. Your support directly impacts what we can offer to you and the rest of our sewing community — and we're grateful for it.

Skills You'll Gain in This Class

By sewing the Southport Dress from True Bias Pattern Company, you will learn how to:

- Read and follow a commercial garment pattern with confidence
- Prep and cut woven fabrics accurately
- Apply professional seam finishes for durability
- Construct a bodice and skirt and understand garment assembly
- Finish armholes and neckline
- Sew buttonholes and attach buttons
- Hem a dress so it hangs and wears beautifully
- Problem-solve fit and construction as you sew

This class is designed not just to complete a garment, but to give you techniques you'll use again and again in future garments.

I'm thrilled to get started with you and can't wait to see your Southport Dress come to life. Thank you for trusting me to guide you through this next step in your sewing journey.

See you in class,

Mrs. Jen
Thimble Bee's Sewing School



Determining Sizing

Before our first class, you'll need to take a few body measurements using a flexible tape measure: high bust (measured above your bust, wrapping under the arms), full bust, waist, and hip. Highlight your measurements on the chart below. These numbers will give you a "rough" idea of your pattern size.

When choosing a size for the dress, focus on your bust measurement first. This dress has a relaxed, loose fit through the waist, making the waist measurement less crucial. Many women will find they fall into more than one size — one size in the bust and a different size at the waist. When that happens, the bust is the deciding factor for choosing a starting size.

Don't worry if you're unsure — we'll go over sizing together in class and talk through best practices for choosing and adjusting. (And remember, sewing pattern sizes don't usually match your ready-to-wear clothing size, so don't be surprised if the number looks different — that's completely normal.)

For now, as you look at the yardage chart, I suggest planning for the size you think you'll need and buying enough for the next size up. This way, you'll have a little extra fabric on hand and won't run short when it's time to cut.

SIZE CHART (INCHES / CENTIMETERS)

SIZE	0	2	4	6	8	10	12	14	16	18
CHEST	32/82	33/84	34/86	35/89	36/92	37.5/95	39/99	40.5/103	42.5/108	44.5/113
WAIST	26/66	27/69	28/71	29/74	30/76	31.5/80	33/84	34.5/88	36.5/93	38.5/98
HIP	34/86	35/89	36/92	37/94	38/97	39.5/100	41/104	42.5/108	44.5/113	46.5/118

FINISHED MEASUREMENTS (INCHES / CENTIMETERS)

SIZE	0	2	4	6	8	10	12	14	16	18
CHEST	35/89	36/91.5	37/94	38/96.5	39/99	40.5/103	42/106.5	43.5/110	45.5/116	47.5/121
HIP	39.5/100	40.5/103	41.5/105	42.5/108	43.5/110	45/114	46.5/118	48/122	50/127	52/132
LENGTH A	35/89	35.25/89	35.5/90	35.75/91	36/91	36.25/92	36.5/93	36.75/93	37/94	37.25/95
LENGTH B	57/145	57.25/146	57.5/146	57.75/147	58/148	58.25/148	58.5/149	58.75/150	59/150.5	59.25/151

FABRIC REQUIREMENTS (YARDS / METERS)

SIZE	0	2	4	6	8	10	12	14	16	18
VIEW A 45"	2.3/2.1	2.3/2.1	2.3/2.1	2.3/2.1	2.3/2.1	2.5/2.1	2.5/2.1	2.5/2.1	2.5/2.1	2.5/2.1
VIEW A 54"	1.5/1.4	1.5/1.4	1.5/1.4	1.5/1.4	1.5/1.4	1.75/1.6	1.75/1.6	1.75/1.6	1.75/1.6	1.75/1.6
VIEW B 45"	3.5/3.2	3.5/3.2	3.5/3.2	3.75/3.5	3.75/3.5	3.75/3.5	3.75/3.5	3.75/3.5	4/3.7	4/3.7
VIEW B 54"	2.75/2.5	2.75/2.5	2.75/2.5	2.75/2.5	3/2.8	3/2.8	3/2.8	3.2/3	3.2/3	3.2/3

*Extra fabric may be needed to match stripes, plaids or for directional prints.

SIZE CHART (INCHES / CENTIMETERS) D CUP

SIZE	14	16	18	20	22	24	26	28	30	32
UPPER BUST	37.5/95	39.5/100	41.5/105	43.5/110	45.5/116	47.5/121	49.5/126	51.5/131	53.5/136	55.5/141
BUST	41.5/105	43.5/110	45.5/116	47.5/121	49.5/126	51.5/131	53.5/136	55.5/141	57.5/146	59.5/151
WAIST	34.5/88	36.5/93	38.5/98	40.5/103	42.5/108	44.5/113	46.5/118	48.5/123	50.5/128	52.5/133
HIP	43.5/110	45.5/116	47.5/121	49.5/126	51.5/131	53.5/136	55.5/141	57.5/146	59.5/151	61.5/156

FINISHED MEASUREMENTS (INCHES / CENTIMETERS)

SIZE	14	16	18	20	22	24	26	28	30	32
CHEST	45/114	47/119	49/124	51/130	53/135	55/140	57/145	59/150	61/155	63/160
HIP	50/127	52/132	54/137	56/142	58/147	60/152	62/157	64/163	66/168	68/173
LENGTH A	38/97	38.25/97	38.5/98	38.75/98	39/99	39.25/100	39.5/100	39.75/101	40/102	40.25/102
LENGTH B	60/152	60.25/153	60.5/154	60.75/154	61/155	61.25/156	61.5/156	61.75/157	62/157	62.25/158

FABRIC REQUIREMENTS (YARDS / METERS)

SIZE	14	16	18	20	22	24	26	28	30	32
VIEW A 45"	2.6/2.4	2.6/2.4	2.6/2.4	2.7/2.5	2.7/2.5	2.7/2.5	2.7/2.5	2.8/2.6	2.8/2.6	2.8/2.6
VIEW A 54"	2.3/2.1	2.3/2.1	2.3/2.1	2.4/2.1	2.4/2.2	2.4/2.2	2.4/2.2	2.5/2.3	2.5/2.3	2.5/2.3
VIEW B 45"	4/3.7	4/3.7	4/3.7	4.1/3.7	4.1/3.7	4.1/3.7	4.1/3.7	NA	NA	NA
VIEW B 54"	3.6/3.3	3.6/3.3	3.6/3.3	3.7/3.4	3.7/3.4	3.7/3.4	3.7/3.4	3.8/3.5	3.8/3.5	3.8/3.5

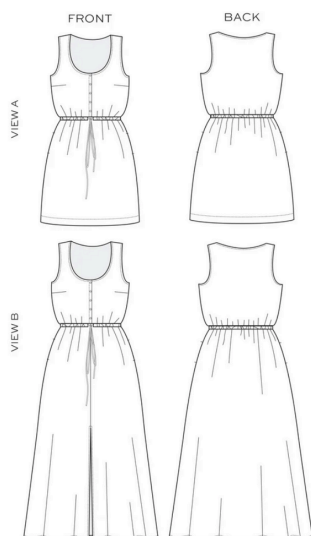
*Extra fabric may be needed to match stripes, plaids or for directional prints.

Determining Yardage

Now that you know a rough size, use the chart below to find the fabric yardage you'll need. Simply locate your size on the chart, then follow it down to see the yardage requirements for both 44/45" and 54"-60" wide fabrics.

Choose your view:

Start by selecting your view and fabric width, then follow across to your size:



FABRIC REQUIREMENTS (YARDS / METERS)

SIZE	0	2	4	6	8	10	12	14	16	18
VIEW A 45"	2.3/2.1	2.3/2.1	2.3/2.1	2.3/2.1	2.3/2.1	2.5/2.3	2.5/2.3	2.5/2.3	2.5/2.3	2.5/2.3
VIEW A 54"	1.5/1.4	1.5/1.4	1.5/1.4	1.5/1.4	1.5/1.4	1.75/1.6	1.75/1.6	1.75/1.6	1.75/1.6	1.75/1.6
VIEW B 45"	3.5/3.2	3.5/3.2	3.5/3.2	3.75/3.5	3.75/3.5	3.75/3.5	3.75/3.5	4/3.7	4/3.7	4/3.7
VIEW B 54"	2.75/2.5	2.75/2.5	2.75/2.5	2.75/2.5	3/2.8	3/2.8	3/2.8	3.2/3	3.2/3	3.2/3

-Extra fabric may be needed to match stripes, plaids or for directional prints.

FABRIC REQUIREMENTS (YARDS / METERS)

SIZE	14	16	18	20	22	24	26	28	30	32
VIEW A 45"	2.6/2.4	2.6/2.4	2.6/2.4	2.7/2.5	2.7/2.5	2.7/2.5	2.7/2.5	2.8/2.6	2.8/2.6	2.8/2.6
VIEW A 54"	2.3/2.1	2.3/2.1	2.3/2.1	2.4/2.1	2.4/2.2	2.4/2.2	2.4/2.2	2.5/2.3	2.5/2.3	2.5/2.3
VIEW B 45"	4/3.7	4/3.7	4/3.7	4.1/3.7	4.1/3.7	4.1/3.7	4.1/3.7	NA	NA	NA
VIEW B 54"	3.6/3.3	3.6/3.3	3.6/3.3	3.7/3.4	3.7/3.4	3.7/3.4	3.7/3.4	3.8/3.5	3.8/3.5	3.8/3.5

-Extra fabric may be needed to match stripes, plaids or for directional prints.

Suggested Fabrics

True Beginners: If you're a beginner, we recommend making your first version of this dress using a quilter's cotton. It's one of the most beginner-friendly fabrics, easy to control at the machine and forgiving as you learn the techniques.

Think of this first version as your practice run. It's a great opportunity to focus on understanding the pattern, building confidence, and getting comfortable with the construction. Please note that using quilter's cotton fabric will produce a more structured version of this dress.

Confident Beginners: If you're more advanced or up for a challenge, you may like to branch into a fashion fabric, look for light weight, woven fabrics with movement such as cotton voile, rayon challis, crepe de chine, and lightweight linen.

Notions: In addition to your fabric yardage, you will also need coordinating thread, 3 yds single fold 1/2" bias tape, 1/4 yd lightweight interfacing (I suggest "Shape Flex" by Pellon), and (5) 1/4"-3/8" buttons

With Thanks to True Bias

Several images used in this guide are from the Southport Dress pattern by True Bias. These images are included to help students better understand fabric selection, supplies, and garment details while shopping and preparing for class.

We are grateful to True Bias for creating such thoughtful, well-designed patterns and resources that support learning and skill-building in garment sewing.

We love supporting designers who prioritize clear instruction and thoughtful garment design.

Find more of their patterns and designs by visiting their website:

<https://truebias.com/>