

Truly Victorian
1878 Polonaise - TV430
 (Natural Form, no bustle)

Introduction

Truly Victorian's 1878 Polonaise is modeled from the graceful designs of the new "Sheath" dresses that began in the late 1870's. This fashionable pattern is given in two variations, both are suitable for handsome gowns in which one all-over fabric or two compatible fabrics can be used. View A is long in the front. The sides are pleated up toward the back. Smaller pleats near the front create soft folds below the knee. View B has a center front panel which is pulled up into gathers on both sides below the waist. The side is allowed to fall into points before being swept back into pleats. The back view for both gowns is the same. Long seams go from shoulder to hem, allowing for the center back to be made in a second fabric to give a two-toned look, if this is desired. The tail is bunched behind the knee with gathering ties pulling the gown toward the back as is the fashion of these years. The fronts can be made in the same contrasting fabric as the back, or there is an optional bib that can be applied over the front to extend the back contrasting fabric to the front neck area only. This polonaise can be worn over a trained, or floor length skirt. The closure is in the center back and can be closed with buttons, hooks/eyes, or laced.

This garment is designed to fit snugly over a corset, without a bustle. The skirt length is drafted to fit a measure of 40", from waist to hem, at the front. **It is strongly advisable to make a mockup of the bodice, before cutting out your fashion fabric, to check fit.**

Size Chart

SIZE	A	B	C	D	E	F	G	H	I	J	K	L	M	N
Bust	30"	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"	54"	56"
Waist	22"	24"	26"	28"	30"	32"	34"	36"	38"	40"	42"	44"	46"	48"
Back Length	15 ½"	15 5/8"	15 ¾"	15 7/8"	16"	16 1/8"	16 ¼"	16 3/8"	16 ½"	16 5/8"	16 ¾"	16 7/8"	17"	17 1/8"
Back Width	12"	12½"	13"	13½"	14"	14½"	15"	15½"	16"	16½"	17"	17½"	18"	18½"
Adj. Back	15.5	16.25	17	17.75	18.5	19.25	20	20.75	21.5	22.25	23	23.75	24.5	25.25
Adj. Front	14.5	15.75	17	18.25	19.5	20.75	22	23.25	24.5	25.75	27	28.25	29.5	30.75
Arm Hole	15½"	16"	16½"	17"	17½"	18"	18½"	19"	19½"	20"	20½"	21"	21½"	22"
Single fabric	6 1/2 yards or 5.9m - all sizes - 44/45" wide fabric													
Front/Back Contrast	Sides/Side Back/(Sleeve) - 4 yrds or 3.6m - 44/45" wide fabric Front/Back/(Sleeve) - 3 1/8 yrds or 2.8m - 44/45" wide fabric													
Back/Bib/Sleeve Contrast	Front/Sides/Side Back - 4 1/8 yards or 3.7m - all sizes - 44/45" wide fabric Back/Bib/Sleeves - 2 ½ yrds or 2.3m - 44/45" wide fabric													
Interlining	6 1/2 yards or 5.9m - all sizes - 44/45" wide fabric													

**Yardages given are w/nap. For Interlining, use firmly woven fabric: Broadcloth, Silesia, etc.

Notions: Eight ¼" wide bodice stays; Bias tape; Buttons for closure.

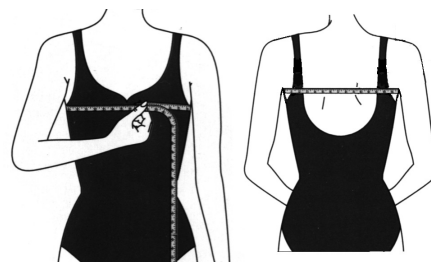
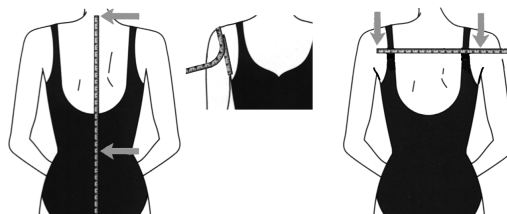
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Taking your Measures

For this pattern, you will need to take a few body measures. It is best to have someone take these measures for you, (and to take them several times), to make sure that they will be correct. Be sure to take measures over your corset and any underclothes that you will be wearing under your bodice. The measures you need are:

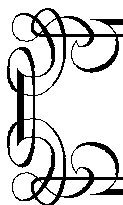
1. **Back Width** - Measure across back, while standing naturally, from the socket of one arm to the socket of your other arm. Do not take too wide.
2. **Back Length** - Take this measure from the nape of neck, down the spine to the waist.
3. **Bust** - this is the full measure around your body. Make sure that the measure is taken over the fullest part of bust and around (not under) shoulder blades.
4. **Hip** - Take this measure around the fullest part of your hip, over your petticoats and skirts.
5. **Arm Hole** - This measure is for your sleeve size. Take measure close under arm and over point of shoulder.



Sizing Your Pattern

Our unique method of sizing patterns is designed to allow all body types to use our patterns. Most other patterns can only accommodate B-cup sizes. Choosing Fronts and Backs separately will allow people with different cup sizes to fit themselves better. To choose the correct pattern, follow the instructions below:

1. Choose pattern **Back**, and **Side Back** according to your **Back Width** measure. (These pieces are not interchangeable)
Example: Back Width measures 14", cut out size E Back, Side Back, and Side.
2. On size chart, find **Adjusted Back** correlating to your Back pattern size.
Example: Size E Adjusted Back is 18.5".
3. Subtract Adjusted Back from Bust measure. This is your **Adjusted Front**.
Example: Bust measure is 40". $40''(\text{Bust}) - 18.5''(\text{Adj. Back}) = 21.5'' (\text{Adj. Front.})$
4. Choose **Front** pattern piece that correlates to your Adjusted Front. (If Adjusted Front is between sizes, choose the larger size.)
Example: Adjusted Front 21.5" would be size G Front pattern.
** If your Front is a smaller size than the Back, cut shoulder longer to equal Back shoulder length.
5. Choose **Sleeve** pattern according to your **Arm Hole** measure. The sleeve length is 17", from armpit to wrist, for all sizes. Lengthen or shorten as needed, both above and below the elbow equally.



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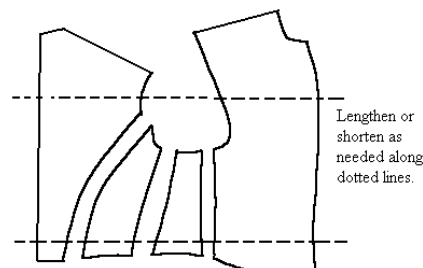
After choosing your pattern pieces, make a Mockup of your bodice.

For an open necked bodice, cut out Mockup with high neck to fit the shoulder correctly, and cut out neckline later. With someone to help you, check the fit of your bodice. Pin the Mockup on you down the center back with a 1½" allowance on each side. Make changes to your pattern as described below.

Customizing Your Pattern

1. Length

When fitting your bodice, the bottom of the arm hole should fit snugly under your arm. Adjust the length to your waist by shortening or lengthening each pattern piece equally, just above the waist. Adjust the height of the Back to reach ½" above the nape of your neck, by folding out the excess evenly across entire back. Fit the Front smoothly from bust point to nape of neck by shortening or lengthening Front, above the arm hole as needed.



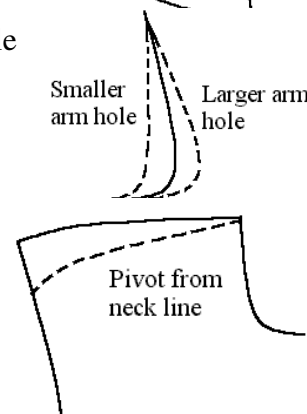
2. Arm Hole

Move arm hole on Front forward or back as needed. The arm hole should fit snugly around your arm, but should not be binding.

3. Shoulder

The bodice should fit over point of shoulder with a small amount of ease. Take in or let out shoulder, on Front only, by pivoting the shoulder seam from the neck edge.

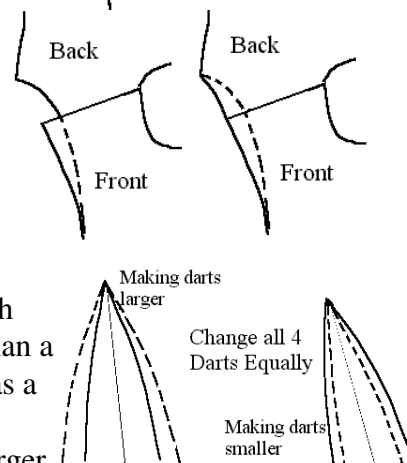
Match shoulder seams at neck edge and cut shoulder on Front to match shoulder on Back. Adjust shoulder length on both Front and Back as necessary. (edge of fabric should be ¾" past point of shoulder.)



If you are making a lot of changes to the shoulder and arm hole, you may wish to measure around your finished arm hole to get the correct size for your sleeve. Hopefully, your changes will result with a snug bodice and the arm hole will be correct to your body.

4. Waist Size

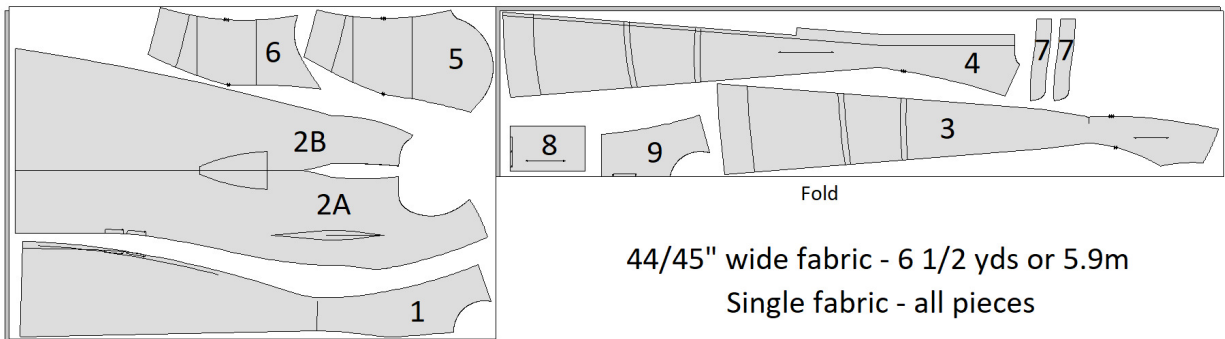
All waist size adjustments are made to the Front darts, after the rest of the bodice is fitted. The darts have nothing to do with cup size. An A-cup person with a tiny waist may have larger darts than a C-cup person with no waist. The dart lines on the pattern are there as a guideline only. Take in or let out all darts equally to fit waist. Example: if you have an excess of 4" at the waist, make each dart larger by 1". Extend past hips parallel to old dart line.



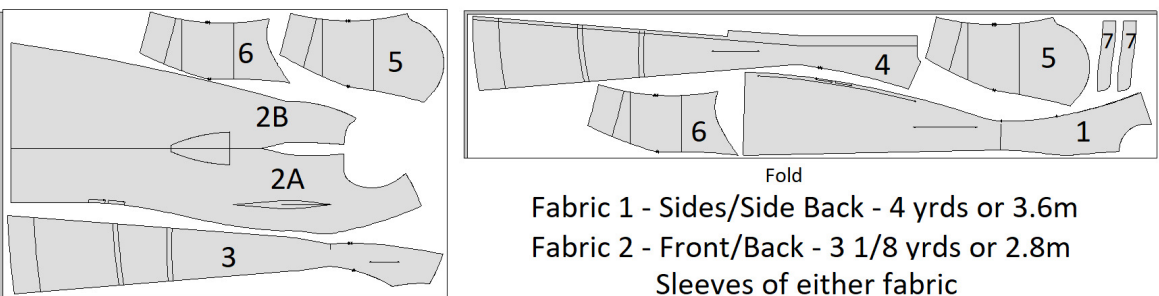
5. Hip Size

This pattern is designed to have a hip size of 12" greater than the waist measure, regardless of changes made to waist size at the darts. Adjust for hips by letting in or taking out any or all seams below the waist as needed.

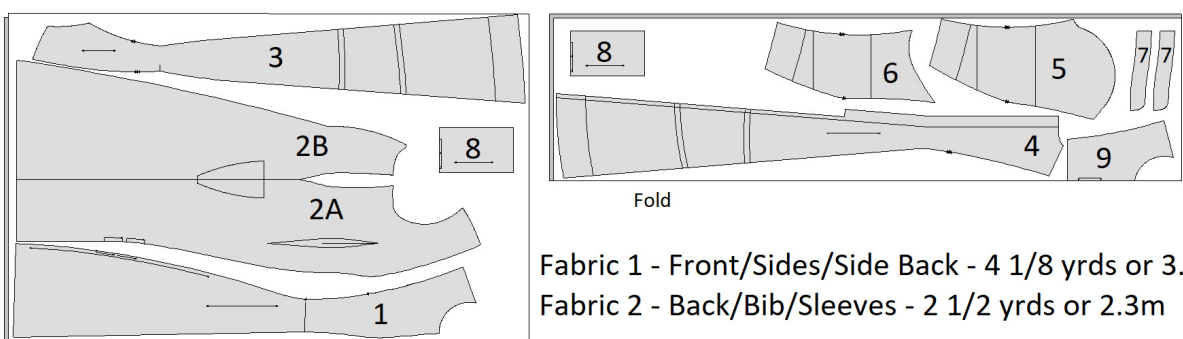
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44/45" wide fabric - 6 1/2 yds or 5.9m
 Single fabric - all pieces



Fabric 1 - Sides/Side Back - 4 yds or 3.6m
 Fabric 2 - Front/Back - 3 1/8 yds or 2.8m
 Sleeves of either fabric



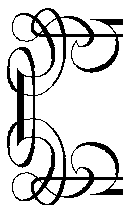
Fabric 1 - Front/Sides/Side Back - 4 1/8 yds or 3.7m
 Fabric 2 - Back/Bib/Sleeves - 2 1/2 yds or 2.3m

Fabric

- 1- Front - Cut 2 - Main or Contrast fabric
- 2A/2B - Side - Cut 2 - Main Fabric
- 3 - Side Back - Cut 2 - Main Fabric
- 4 - Back - Cut 2 - Main or Contrast fabric
- 5 - Outer Sleeve - Cut 2 - Main or Contrast
- 6 - Inner Sleeve - Cut 2 - Main or Contrast
- 7 - Collar - Cut 2 or 4 - Main or Contrast fabric
- 8 - Pocket (optional) - Cut 1 - Main or Contrast
- 9 - Bib (optional) - Cut 1 on fold - Contrast

Interlining

- 1- Front - Cut 2
- 2A/2B - Side - Cut 2
- 3 - Side Back - Cut 2
- 4 - Back - Cut 2
- 5 - Outer Sleeve - Cut 2
- 6 - Inner Sleeve - Cut 2
- 7 - Collar - Cut 2 or 0



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Sewing Instructions

Note: 1/2" seam allowances have been added to all pieces.

1. See the cutting diagrams above for cutting layouts for different color combinations. Other combinations are possible, but may require different yardages. Before cutting, tape pattern piece 2A and 2B together along dotted lines according to size, to create a single pattern piece.
2. Flat line all of your main garments pieces with your interlining fabric: Back, Side Back, Side, and Front. Cut interlining for the Outer Sleeve, and Inner Sleeve but do not flat line it. You will use it as regular lining. Flat line by laying matching interlining onto wrong side of fashion fabric and carefully baste around all edges. Do not stretch fabrics or allow them to bunch. Once the fabrics are sewn together, treat them as a single piece. **Do not skip this part.** It is very important to give your fashion fabric a firm base.

3. **View A Front:**

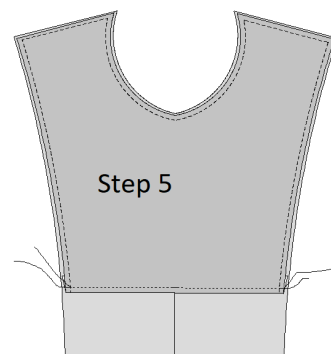
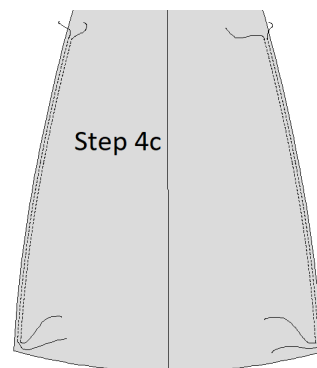
- a. Sew Fronts together along the center front seam.
- b. Hem bottom edge by turning edge under 1/2" and again by 1". Hem stitch in place.
- c. Continue with steps 5 or 6, as required.

4. **View B Front:**

- a. Sew Fronts together along center front seam.
- b. Hem bottom edge by turning edge under 1/2" and again by 1". Hem stitch in place.
- c. Run gather stitching along the sides of the lower section, as marked on the pattern.
- d. Continue with step 5 or 6, as required.

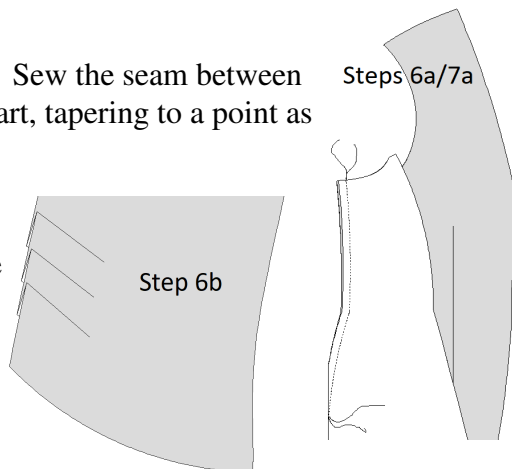
5. **View A and B - optional Bib**

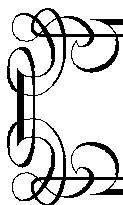
- a. With Bib, turn the bottom edge to the wrong side 1/2" and press.
- b. Lay Bib over the Fronts, both with right-sides up, matching neckline and side edges. Make sure the bib lies smoothly over the front, easing out the bib to the edges if needed.
- c. Topstitch the bottom edge of the Bib to the Front. Baste the neckline and side edges to hold them in place.



6. **View A Sides:**

- a. Sew darts into the Sides, as marked on pattern. Sew the seam between the side and side front sections as if it were a dart, tapering to a point as shown on the pattern.
- b. Fold the pleats along the back edge only, in the lower section, as given on the pattern piece. All the pleats should be formed by bringing the lower pleat mark up to the top pleat mark, creating a "pocket" area. Baste in place along seam allowance.
- c. Sew the Fronts to the Sides. End the stitching at the lower dot shown on the pattern piece.





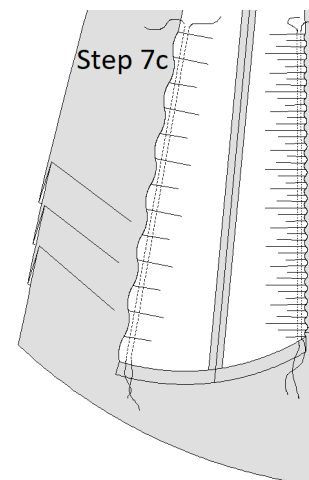
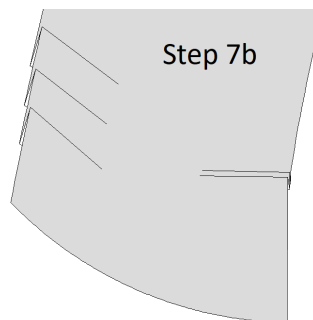
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- d. Fold the pleats in the center front seam and the side front seam, as given on the pattern pieces. Each pleat should be formed by bringing the lower pleat mark up to the top pleat mark, creating a "pocket" area. Stitch the pleats along the seam line, to hold them permanently in place.
- e. Set aside for now. Continue with Step 8.

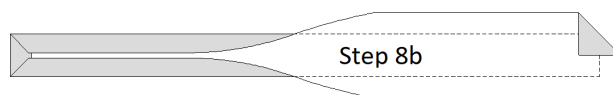
7. View B Sides:

- a. Sew darts into the Sides, as marked on pattern. Sew the seam between the side and side front sections as if it were a dart, tapering to a point as shown on the pattern. See the above illustration on page 5.
- b. Fold all the pleats in the lower section as given on the pattern piece. All the pleats should be formed by bringing the lower pleat mark up to the top pleat mark, creating a "pocket" area. Baste in place along seam allowance.
- c. Sew the Fronts to the Sides. End the stitching at the lower dot show on the pattern piece. Gather the lower Front section to fit the Side, matching the Front hem edge to the dot on the Side. Sew with 1/2" seam allowance.



8. Views A and B:

- a. With Front and Sides, turn the seam allowances of the lower sections, between pleats and hem, to the wrong side 1/2", and press.
- b. Hem, or sew facings, along the lower side and hem edges, to finish all the edges below the pleats
 - i. To create facings, cut as many as needed from the facing pattern piece. Turn each long side, and the bottom edge, to the wrong-side 1/2" and press in place.
 - ii. With wrong sides together, stitch a long folded edge of the facing along the fold of the seam allowance, with the folded bottom edge just covering the top the hem. Hem stitch the bottom and inside edges of the facing in place. Trim top edge to size, as needed.

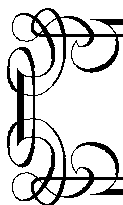


9. Optional Pocket:

- a. With Pocket fold the top edge down 1" to the wrong side, and topstitch in place.
- b. Fold the side and bottom edges to the wrong side 1/2", and press in place.
- c. Pleat, or tightly gather, the bottom edge to be 1" wide.
- d. Place pocket over the Side, where shown on pattern, and topstitch along the sides and bottom to hold permanently in place.

10. Backs:

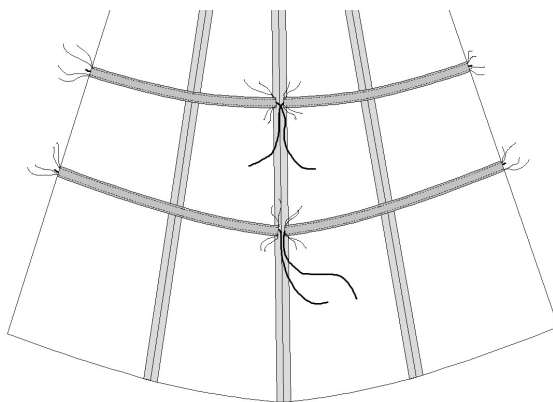
- a. Sew Backs to Side Backs.
- b. Sew Backs together along center back seam, from dot at hip to hem.



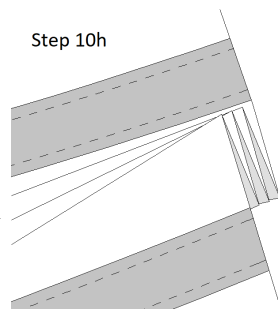
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- c. Finish the raw edges of center backs to keep them from raveling, with blanket stitch, whip stitch, or overlock.
- d. On right-hand-side Back, fold center back edge above the seam to the wrong side 1½" and press in place. This will be the closure area. The left-hand side will under lap the right-hand side, with the fold in the exact center back
- e. Optional: if your fabric is light weight and you are worried the buttons will tear through.
 - i. Fold fabric to wrong side 1¼" from edge. Sew a stitching line 1/16" from edge of fold, making a tiny tuck. End stitching ¾" from top and bottom of bodice.
 - ii. Open out the fabric and iron flat again. This tuck will give you a stronger location to attach the buttons.



- f. On inside of the assembled Backs, sew two rows of bias tape, where marked on the pattern piece. Break the bias tape at the center back seam, and leave a small gap. This will form the casings for the ties.
- g. Cut 4 tie strings 1 yard long each. Insert drawstring into the casings. Baste one end of each drawstring at the side edge of back, to hold it in place, and let the tails hang free at the center back.
- h. Fold pleats in the side back edges, as given on the pattern sheet. Baste along seam allowance to hold pleats in place.
- i. Hem bottom edge by turning edge under 1/2" and again by 1". Hem stitch in place.



11. Sew Sides to Side Backs, with 1/2" seam allowance. The Side should reach to just past the pleats in the Side Back.

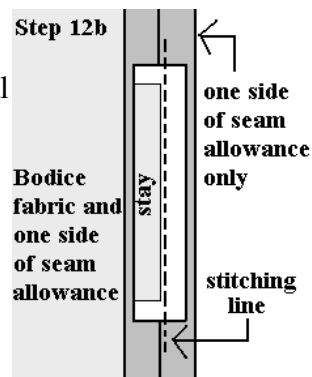
12. Hem, or sew facings over, the lower Side Back edges to finish the edges below the pleats to the hem, the same as in Step 8b.

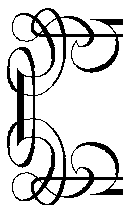


13. Sew Backs to Fronts at shoulder seam.

14. Boning: For Full Boning, attach boning to fashion fabric along all darts and side seams.

- a. Dart bones should extend from point of dart to 2-4" below natural waist line. Side seam bones should extend from 2" below arm hole to 2-4" below natural waist. For the curved side back seam, use spiral boning, extending from 2-4" below armhole to 2-4" past natural waist.
- b. Cut 1 ½" strips lining material to make casings for the bones. Fold material around bone and sew bone tightly into casing.
- c. Baste casing to seam allowance as close to seam and bone as possible.





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15. Sleeves

- a. Sew Outer Sleeves to Inner Sleeves along both side seams, clip and press.
- b. Repeat with interlining fabric.
- c. With right sides together, sew sleeve to interlining at wrist. Turn inside out and press. Baste lining to fashion fabric along arm hole edge. Run ease gather stitches along top curve of sleeve.
- d. Fit sleeve into arm hole of fashion fabric, right sides together, matching the front sleeve seam (the shorter seam) to the notch on the Front armhole. Ease sleeve top curve to fit arm hole. Make sure sleeve's elbow curves toward front.



16. Collar - Optional.

- a. With right sides together, sew each Collar to Collar lining, along outer edges. Leave the neck edge open. Make sure that you have both a left and right collar.
- b. Clip, turn right-side-out, and press.
- c. With fabric right sides together, sew collar onto bodice at neck edge. The Collars should just meet at the center front, and center back.

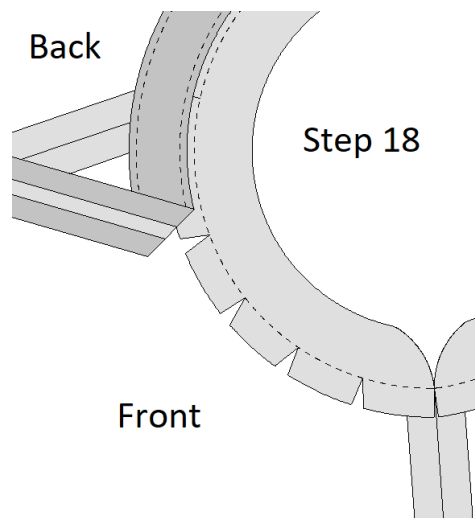
17. Clip the seam allowance at the neckline, and press towards the bodice.

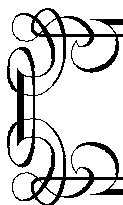
18. With bias tape, press the tape into a tight curved shape. Place the bias tape over the seam allowances of the neckline, and hand stitch to the inside of the bodice, covering the seam allowance of the neckline. Stitch to the seam allowance and the lining only, so that it will not be seen from the outside.

19. Place hooks/eyes at the center back of Collar.

20. On Backs, place button holes on right-hand side, 1/4" from folded edge, and spaced every 1 1/4"-2" from neckline to hip. If desired, substitute hooks/eyes instead of buttons. For laced back, fold both edges under 1 1/2", and place boning and grommets along both sides of opening.

21. On left-hand side, place buttons 1 1/4" from the center back edge, corresponding with the button holes.





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- ✿ **Ruches** - To make a ruche, cut strips of material to desired width plus extra for hems. Sew all the strips together at ends making 1 long strip. Finish both top and bottom edges with a very small hem. Machine pleat or gather near center of strip, lengthwise.
 - a. Sew ruches onto edges of overskirts, necklines, sleeves.
 - b. Sew 1-3 ruches around underskirts, even with hem line.
 - c. Sew ruches in patterns around skirts and bodices.
 - d. Add a ribbon or small bias strip over the ruche for a layered trim look.
- ✿ **Ruffles** - make ruffles out of self fabric, contrasting fabric, or lace. Ruffles can be made with a top edge (like a ruche), or without. Cut strips of material desired width plus the hem. Sew all the strips together and hem bottom edge. Pleat or gather near the top edge.
 - a. Sew 1 - 8 ruffles around skirt, same colors or contrasting.
 - b. Sew ruffles in swag patterns onto skirts or sleeves.
 - c. Layer different materials in the same ruffle for layered effect.
 - d. Trim ruffles with ribbon or lace.
- ✿ **Ribbon**
 - a. Sew ribbon onto skirts and bodices in patterns.
 - b. Make ruches out of the ribbon.
 - c. Make ribbon flowers and put them on garments in bouquets.
- ✿ **Braids**
 - a. Sew braid over seams to either hide or accentuate lines.
 - b. Sew braid on in patterns.
 - c. Sew onto skirts around the hem.
 - d. Sew onto edges of bodice and sleeves.
- ✿ **Fringe**
 - a. Sew onto any edge.
 - b. Sew over shoulders on bodices to simulate shawl.
- ✿ **Puffings** - make a puffing like a ruche, except gather lightly near both the top and bottom edge. Then sew onto material at top and bottom, slightly narrower than the puffing.
- ✿ **Stripes** - cut strips of contrasting material. Cut on the bias if going around curves. Fold under raw edges and sew to garment.
- ✿ **Reveres** - a revere is a flipped-over effect of fabric, usually simulated with a contrasting fabric. Cut out triangles of fabric, trim outer edges, and sew onto skirts and bodices to give a “corners pulled back” look.
- ✿ **Van Dyke** - a van dyke is a wedge shaped cutout at the bottom edge of skirts, sleeves, or bodices. Fill in a Van Dyke by putting a ruffle under the area where the Van Dyke is.
- ✿ **Embroidery and Beading** - put it anywhere.
- ✿ **Appliqués** - buy or make appliqués out of lace, contrasting material, velvet, or anything else.
- ✿ **Add bows, silk flowers, buttons, buckles, and anything else.**
- ✿ **Simulate layered skirts, tabliers, vest fronts, or yokes with any trim or trim combination.**
- ✿ **Mix and match any of the above trims. The more the merrier. Trim the trims, too. Don't worry, anything goes.**