

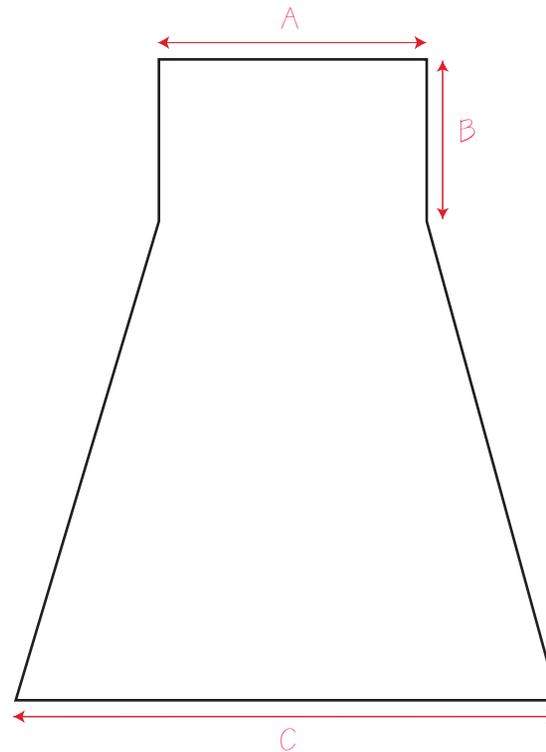
# Runa's Norse Apron Dress Pattern

Materials: Wool or linen

1. Measure around your bust then divide by 3. Now add 1 inch for a seam allowance. This is measurement A.
2. Measure from your waist to where you want the dress to hit under your arm. This is measurement B.
3. Double measurement A to get measurement C.
4. Layout your material and mark it according to the diagram below (works for most fabrics and measurements) and cut. The areas in gray are scraps you can later use to make your straps or a cap.
5. To assemble, first sew the two smaller triangles marked with an \* together to form the third gore. Then sew the pieces together in this order: top + gore + top + gore + top + gore. Now sew the first top to the last gore to finish it.
6. Straps can be made of the same material or you can use inkle or card woven trim.

## Genoveva's Notes:

- There are no complete extant dresses like this surviving, so this is interpolation from fragments and historical texts. So don't worry and have fun!
- I used a felled seam to sew my pieces together because there is evidence that type of seam was used and I liked how it looked. Check out <http://nvg.org.au/documents/other/stitches.pdf> to see the other seam techniques used.
- Apron dress straps found attached to metal brooches in graves are generally 4mm-10mm (.16"-.4") in width, of the same color and fabric as the dresses themselves.



## Measurement Notes:

The length of your apron dress is really up to you! Apron dresses may be as short as knee-length or as long as floor-length. Your material width may determine how long it can be cut, too!

If your girth is larger than your bust, use that measurement for A instead.

Remember, you will not be wearing this dress alone. You'll have at least one, if not two, underdresses beneath it. If you already have your underdress(es), wear them when you take measurement A.



Me with Runa (left), who is wearing a beautiful red apron dress!

## Cutting diagram:

