



18 INCH AND AMERICAN GIRL SUMMER DRESS

Make Your Outfit Instructions

1. Preview of Completed Outfit

Play this video and check out this great outfit that YOU will make!

2. Tools and Resources Required

- 1) Paper pattern (printed from PDF file downloaded to your computer)
- 2) Fabric Dress – 13 inches (33cm) cotton or cotton blend
- 3) Fabric Trim – 3 inches (8cm) cotton or cotton blend
- 4) Matching thread
- 5) Velcro strip 3 inches (8cm) long x ½ inch (8cm x 1.2cm) wide. Tip: cut 1 inch (2.5cm) wide Velcro in half lengthwise to get ½ inch (1.2cm) wide strip.
- 6) Paper scissors
- 7) Glue
- 8) Fabric scissors/Rotary Blade
- 9) Clippers/snips
- 10) Pins
- 11) Safety pin
- 12) Point turner
- 13) Ruler, tape measure or sewing gauge





3. Preparing Paper Pattern

- 1) Check the 'Tip' measurement to ensure the pattern is printed correctly.
- 2) Cut out pattern pieces following the solid line.
- 3) Glue the 2 parts of Pattern Pieces #4 together matching A1 to A2 and B1 to B2
- 4) Glue the 2 parts of Pattern Piece #5 together matching A1 to A2 and B1 to B2.

4. Cutting Out Fabric

- 1) Fold dress fabric in half matching the selvedge. Place the edge of pattern piece #4 (Skirt) onto the fold of the fabric. Place pattern pieces #1 (Bodice Front) and #2 (Bodice Back) onto the fabric ensuring grain line runs parallel to the selvedge.
- 2) Pin pattern pieces in place and cut around with scissors or rotary blade.
- 3) Fold trim fabric in half matching the selvedge. Place the edge of pattern piece #3 (Waist Trim) and #5 (Hem Trim) against the fold of the fabric.
- 4) Pin pattern pieces in place and cut around with scissors or rotary blade.

5. Pin Shoulder Seams

- 1) Fold back of crop top in half down the centre back with wrong sides together and pin at side seam. Repeat for second back piece.
- 2) Place one front piece (right side up) on the table in front of you. Take one of the back pieces and match shoulder seam of back to shoulder seam of front with side seam and arm holes matching. Pin at shoulder seam making sure to only pin the shoulder of the back piece that is touching the front piece. Repeat with the second back piece and the second shoulder of the front piece.
- 3) Now, lay the second front piece on top of this with the right side down, matching both shoulder seams. Pin at shoulder .

6. Sew Shoulder Seams

- 1) Stitch the four shoulder seams with a straight stitch.



7. Sew Armholes and Neckline

- 1) Remove the pin from the side seam of the first back piece and fold it the other way so that the right sides are now together, pin. Repeat with other back piece.
- 2) Match shoulder seams at neckline and pin with one seam allowance facing one way and the other seam allowance facing the opposite direction.
- 3) Match shoulder seams at armholes and pin with one seam allowance facing one way and the other seam allowance facing the opposite direction.
- 4) Stitch $\frac{1}{4}$ inch (6mm) seam around the neckline and armholes.

8. Turn Bodice To Right Side

- 1) Clip seam allowance all around armholes and neckline.
- 2) Turn crop top to right side by pushing each back bodice piece through the shoulder towards the front.
- 3) Press with an iron.

9. Sew Side Seam

- 1) Place right sides of side seam together matching underarm seams. Pin and repeat on the other side.
- 2) Stitch both side seams with $\frac{1}{4}$ inch (6mm) seam allowance.
- 3) Separate seam allowance and fold down at underarm.

10. Attach Trim to Bodice

- 1) Fold trim in half lengthwise and press with an iron.
- 2) Open out one end and fold in $\frac{1}{4}$ inch (6mm). Fold back in half.
- 3) With the side of the bodice you want as the 'right side' facing towards you, place the trim on top matching the end of trim that you have folded in with the folded edge of the back bodice. Raw edges of trim and bodice to be even. Pin in place. Continue matching raw edges of trim with raw edges of bodice and pin in place. When you get to the end, open out trim and fold in excess trim so that the folded edge of trim matches with the end of the bodice. Fold trim back in half and pin in place.
- 4) Stitch trim to bodice with just less than $\frac{1}{4}$ inch (6mm) seam allowance.



11. Hem Skirt

- 1) Fold Hem Trim in half lengthwise and press with an iron.
- 2) With the right side of skirt fabric facing up, place the folded hem trim on top matching the short end of the trim with the short side of the skirt and the raw edges of the hem of the skirt with the raw edges of the trim. Pin in place.
- 3) Sew trim to skirt with a $\frac{1}{4}$ inch (6mm) seam allowance.
- 4) Overcast raw edges of seam allowance with a zigzag stitch.
- 5) Fold the trim down (seam allowance up) and with the right side of the fabric facing up sew a row of straight stitch close to the seam i.e. top stitch the seam allowance to the skirt. Trim off any excess hem trim.
- 6) Fold in one end of the skirt $\frac{1}{2}$ inch (12mm) to the wrong side and pin. Repeat with other end of the skirt. Press with an iron.
- 7) Fold raw edges into the fold on one end of the skirt and pin in place. Repeat with the other end of the skirt.
- 8) Stitch a row of straight stitches close to the inside fold on both ends of the skirt.

12. Gathering Threads

- 1) Sew a row of long straight stitches (gathering stitch) $\frac{1}{8}$ inch (3mm) in from the raw edge of the top of the skirt leaving excess threads at beginning and end of sewing.
- 2) Sew a second row of gathering stitch $\frac{3}{8}$ inch (9mm) in from the raw edge of the top of the skirt leaving excess threads at the beginning and end of sewing.

13. Attach Skirt to Bodice

- 1) Fold bodice in half to find the centre front. Place a pin at this point.
- 2) Fold skirt in half lengthwise to find the centre front. Place a pin at this point. Open skirt out and take one end into the centre pin to find the $\frac{1}{4}$ mark. Place a pin at this point. Repeat on the other side. You now have the skirt marked into 4 even sections.



- 3) Lay the skirt down in front of you with the right side facing up. Place the right side of the bodice down onto the skirt matching the raw edges and the two centre pins. Remove one pin and use the other pin to join the two pieces together here.
- 4) Take one end of the skirt and match to the end of the bodice with right sides together and raw edges even. Pin in place. Match the pin that is marking the $\frac{1}{4}$ point of the skirt to the side seam of the bodice and pin in place with raw edges even. Repeat step 4) attaching the other end of the skirt to the other side of the bodice.
- 5) Take the two bobbin threads (threads on the wrong side of the fabric) of one end of the skirt and pull gently to gather the fabric of the skirt between the pins. Continue pulling until the skirt is the same length as the bodice and even out the gathers in between the pins. Place another pin in between the existing pins.
- 6) Repeat step 5) on the other end of the skirt.
- 7) Sew a row of straight stitch $\frac{1}{4}$ inch (6mm) in from the raw edge to attach the skirt to the bodice ensuring the gathers are even as you go.

14. Overcast and Top Stitch

- 1) Sew a row of wide zigzag over the raw edge of the seam we have just created.
- 2) Fold the seam allowance up towards the bodice and sew a row of top stitch on the bodice close to the seam.

15. Attach Velcro

- 1) Place hook (prickly) side of Velcro on top (on right side) of one side of the back of the bodice so that the Velcro is in the middle between the neckline and waist trim. Stitch in place with a straight stitch.
- 2) Place hoop (fluffy) side of Velcro underneath (on wrong side) of the other side of the back of the bodice so that the Velcro is in the middle between the neckline and the waist trim. Stitch in place with a straight stitch.

16. Congratulations YOU did it!

- 1) Celebrate! YOU made another great outfit. Well done!