



## **18 INCH AND AMERICAN GIRL SUMMER NIGHTIE**

### **Make Your Outfit Instructions**

#### **Preview of Completed Outfit**

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



#### **1. Tools and Resources Required**

- 1) Paper pattern (printed from PDF file downloaded to your computer)
- 2) Fabric – 10 inches (25cm) x 25 inches (70cm) cotton, cotton blend
- 3) Matching thread
- 4) 26 inches (65cm) of ¼ inch (6mm) elastic
- 5) Paper scissors
- 6) Glue
- 7) Fabric scissors or Rotary Blade & Cutting Mat
- 8) Clippers/snips
- 9) Safety Pin, Bodkin or Looper
- 10) Marking pen
- 11) Tape measure or sewing gauge
- 12) Pins
- 13) Ruler
- 14) Optional ribbon bows, flowers, or decoration

#### **2. Preparing Paper Pattern**

- 1) Check the 'Tip' measurement is correct.
- 2) Cut out pattern pieces following the solid line.



- 3) Join the 2 parts of Piece #1 together. Place glue in the overlap section of Piece #1: part 2 of 2. Place Piece #1: part 1 of 2 on top of this glued section joining the solid line to the dashed line and kissing A1 to A2 and B1 to B2.

### **3. Cutting Out Summer Nightie**

- 1) Fold fabric in half and place paper pattern piece #1 – Nightie, onto the fabric with the edge that says 'Place on Fold of Fabric' along the fold of the fabric. Pin in place.
- 2) Place Piece #2 – Strap, onto the fabric taking note of the direction of the grain line. Pin in place.
- 3) Cut around the paper pattern with fabric scissors or rotary blade. Remove pins.

### **4. Turn up Hem of Nightie**

- 1) With fabric wrong side up, turn up raw edge of hem  $\frac{1}{2}$  inch (12mm). Pin in place.
- 2) Press and remove pins.
- 3) Turn raw edge down into the fold and pin in place.
- 4) Press.

### **5. Turn down Top Casing**

- 1) With wrong side of fabric facing up, turn down raw edge of top of nightie  $\frac{3}{4}$  inch (2cm). Pin in place.
- 2) Press and remove pins.
- 3) Turn raw edge of casing in towards the fold  $\frac{1}{8}$  inch (3mm). Pin in place.
- 4) Press.

### **6. Mark Strap positions**

- 1) Fold nightie in half with casing at top and matching raw edge of centre back.
- 2) Measure in 2 inches (5cm) from centre back and mark the casing with a marking pen or Taylors chalk. Repeat on the other side.
- 3) Measure in 1  $\frac{1}{2}$  inches (4cm) from centre front and mark the casing with a marking pen or Taylors chalk. Repeat on the other side.



## 7. Sew Hem

- 1) Using a straight stitch, sew them hem in place doing a couple of reverse stitches at both beginning and end.

## 8. Prepare Straps

- 1) Fold first strap in half lengthwise with right sides together, matching the raw edges even. Pin.
- 2) Repeat with second strap.
- 3) Stitch  $\frac{1}{4}$  inch (6mm) seam along long edge of first strap with reverse stitches at both beginning and end.
- 4) Repeat with second strap.
- 5) Turn straps (tubes) to right side.
- 6) Press straps with seam down centre back of strap.
- 7) Mark your  $\frac{1}{4}$  inch (6mm) elastic with a pencil at a length of 7 inches (17.5cm) and measure another 7 inches (17.5cm) from this point and mark again.
- 8) Thread the elastic through the centre of the strap using a safety pin, Loper or Bodkin. With 1 inch (2.5cm) of elastic extending past the end of the strap and positioned in the centre of the strap, pin elastic at the top. The extra elastic at the top of the strap allows you to hold this as you stitch the elastic to the strap in step 10.
- 9) Holding the top of the strap, pull the elastic till you can see your pencil mark. Match this pencil mark up with the bottom of the strap and with the elastic in the centre of the strap, secure with a pin.
- 10) Sew the elastic in place down the centre of the strap with a zigzag stitch, pulling on the elastic so that the fabric lays flat. Secure beginning and end with reverse stitches. Cut elastic and trim off excess elastic at top of strap.
- 11) Repeat steps 8) & 9) with second strap.
- 12) Overcast across the raw ends of the straps with a zigzag stitch.



## 9. Attaching Straps

- 1) Place nightie with wrong side facing up and casing on the top. We will be working from left to right across the top of the nightie.
- 2) Take your first strap and with the seam or wrong side facing towards you, place to the right of the first strap position marking. Ensure the ends of the strap are in line with, or just below the bottom of the casing. Pin strap in place.
- 3) Take the other end of this strap, and still with the wrong side facing you, place to the left of the second strap position marking. Ensure the ends of the strap are in line with, or just below the bottom of the casing. Pin strap in place and check that the strap is not twisted.
- 4) Repeat steps 2) & 3) with the second strap and the third and fourth strap position markings.
- 5) Sew a row of straight stitches along the bottom edge of the casing, close to the fold. This will attach the straps at the same time.

## 10. Completing the Casing

- 1) Sew a row of straight stitches  $\frac{1}{4}$  inch (6mm) down from the top of the nightie securing with reverse stitches at the beginning and end of sewing. You will stitch over the straps as you go.

## 11. Threading Elastic Through Casing

- 1) Cut a piece of  $\frac{1}{4}$  inch (6mm) elastic 11  $\frac{1}{2}$  inches (29cm) and place a pin in one end.
- 2) Thread through casing with a safety pin, Bodkin or Looper.
- 3) With one end of elastic in line with the end of the casing, stitch across the elastic to secure in place. Ensure elastic is not twisted through the casing. Match the other end of elastic with the other end of the casing and stitch across the elastic to secure in place.
- 4) Pull on either end of elastic to even out gathers along the casing.
- 5) Sew across the elastic under the arm (between the straps), reverse back across the elastic and then forward again. If you prefer, after stitching across the elastic, with the needle down, lift the presser foot and turn the fabric around so that you can stitch forwards. This will help to keep the gathers even and stop the elastic twisting. Repeat under the other arm.



## **12. Attaching Bows or Decorations**

- 1) Stitch ribbon bows, fancy buttons or decorations at the bottom of the straps on the front of the nightie.

## **13. Sew Centre Back Seam**

- 1) Fold nightie in half so that the raw edges of the centre back are even. Match the top and hemline of the nightie. Pin.
- 2) Sew  $\frac{1}{4}$  inch (6mm) seam down back of nightie, securing beginning and end with reverse stitches.
- 3) Overcast raw edges with a zigzag stitch.
- 4) Turn nightie to right side.

## **14. Congratulations You Did It!**

Celebrate! YOU made another great outfit. Well done!