



## 18 INCH AND AMERICAN GIRL PINAFORE, DRESS & SKIRT

### PINAFORE, DRESS & SKIRT

#### 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:
  - Pinafore Dress with Sleeves – 10 inches (25cm) cotton or cotton blend
  - Pinafore without sleeves – 9 inches (22cm)
  - Skirt – 9 inches (22cm)
- 3) Lace for hem (optional) – 26 inches (65cm)
- 4) Lace for sleeves (optional) – 27 inches (67.5cm)
- 5) Matching thread
- 6) Velcro strip 1 inch (2.5cm) long x  $\frac{3}{4}$  inch (2cm) wide.
- 7) Paper scissors
- 8) Glue
- 9) Fabric scissors/Rotary Blade
- 10) Clippers/snips
- 11) Pins
- 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
  - Pinafore Dress with sleeves - Piece #1(Skirt), #2 (Bodice Bib), #3 (Shoulder Strap), #4 (Sleeve) & #5 (Waistband)
  - Pinafore – Piece #1, #2, #3 & #5
  - Skirt – Piece # 1 & #5
- 3) Glue the 2 parts of Pattern Pieces #1, #4 and #5 together placing glue in the overlap section and matching the solid line to the dashed line as marked.

### 4. Cutting Out Fabric – the following instruction is for the pinafore dress with sleeves, so please omit the pieces not required if making the pinafore or skirt only.

- 1) Fold fabric in half matching the selvedge. Place the edge of pattern piece #1 onto the fold of the fabric. Place pattern pieces #4 and #5 onto the fabric above the skirt. Place pattern piece and #3 onto the fabric beside the skirt ensuring the grain line runs in the same direction as the threads in the fabric.
- 2) Pin pattern pieces in place and cut around with scissors or rotary blade.
- 3) Pin pattern piece #3 onto the fabric again beside where you cut it out the first time. Cut around with scissors or rotary blade.
- 4) Pin pattern piece #2 onto a single layer of fabric ensuring the grain line runs in the same direction as the threads in the fabric. Cut around with scissors or rotary blade.
- 5) Remove Pins.



## DRESS ONLY

### 5. Prepare Sleeves

1) Hem the curved edge of both sleeves using one of the following methods.

- Do a rolled hem with your serger.
- Cut out 2 additional sleeves. Place two together with right sides facing and sew  $\frac{1}{4}$ " (6mm) seam along the curved edge. Cut notches out of the seam allowance and turn to the right side. Press.
- Fold raw edge of curved side in  $\frac{1}{4}$ " (6mm) and press. Sew a row of zigzag stitches along the folded edge making sure that the needle goes down over the folded edge of the fabric. I use a width of 3 and length of 1 but you can go closer together. Now trim the excess fabric away as close to the stitches as possible.
- With the flat edge of the lace facing to the right, lay the curved edge of the sleeve on top, making sure the right side of the fabric is facing down towards the lace and  $\frac{1}{16}$ " (2mm) of lace is showing beyond the raw edge of the sleeve. Pin. Using a straight stitch sew  $\frac{1}{4}$ " (6mm) seam securing beginning and end with reverse stitches. Trim excess lace. Turn seam towards wrong side of fabric and top stitch  $\frac{1}{8}$ " (3mm) in from the seam.





- 2) Using a gathering thread – straight stitch with length set to maximum – sew one row just less than  $\frac{1}{4}$ " (6mm) in from raw edge leaving excess threads at beginning and end of sewing. Now sew a second row just more than  $\frac{1}{4}$ " (6mm) in from the raw edge leaving excess threads at beginning and end of sewing. When you attach the sleeve to the bodice you will sew in-between these two rows.

## **PINAFORE & DRESS**

### **6. Prepare Bodice**

- 1) Fold the bib in half, matching the two short raw edges and with wrong sides together.
- 2) Place one shoulder strap on the table with the right side facing up. With the fold of the bib facing to the right, lay the bib on top of this shoulder strap, matching the top left corner of the bib with the top left corner of the shoulder strap.



- 3) Lay the second shoulder strap on top with right side facing down and again matching the top left corners. Pin along top long edge.







- 4) Repeat with the remaining two shoulder straps, placing one below and one above the bib matching the lower left hand corners and with rights sides of fabric together. Pin along bottom long edge.



- 5) Sew  $\frac{1}{4}$ " (6mm) seams securing beginning and end with reverse stitches.
- 6) Press shoulder straps to right side. If attaching sleeves, fold one long raw edge of each shoulder strap in  $\frac{1}{4}$ " (6mm) to the wrong side and press.

\*\* If making the pinafore with NO sleeves, fold in both long raw edges of each shoulder strap  $\frac{1}{4}$ " (6mm) to the wrong side and press.



### **PINAFORE (WITH NO SLEEVES)**

- 7) With wrong sides together, match the pressed edges of each shoulder strap and pin.
- 8) Top stitch along the pinned edge  $\frac{1}{8}$ " (3mm) in from the folded edge on both shoulder straps.



## DRESS WITH SLEEVES

9) Open one shoulder strap out - we will be working with and attaching the sleeve to the side that **does not** have the raw edge pressed in. This will be called the **right side**.

10) Fold the shoulder strap in half matching the short end of the strap to the bottom of the bodice. Place a pin at the fold which will be the centre point of your shoulder strap.

11) Fold one sleeve in half lengthwise and place a pin at the fold – this will be the centre point of the sleeve.



12) Lay the bodice down in front of you with the right side facing up. Place the sleeve on top of the shoulder strap, with right sides together, matching the raw edges and the two centre pins. Remove one pin and use the other pin to join the two pieces together here.

13) Match one end of the sleeve to one end of the shoulder strap and pin in place. Match the other end of the sleeve to the other side of the shoulder strap and pin in place.

14) Take the two bobbin threads (threads on the wrong side of the fabric) of one end of the sleeve and pull gently to gather the fabric of the sleeve between the pins. Continue pulling until the sleeve is the same length as the shoulder strap and even out the gathers in between the pins. Place another pin in between the existing pins.



15) Repeat step 14) on the other end of the sleeve.



- 16) Sew a row of straight stitch  $\frac{1}{4}$  inch (6mm) in from the raw edges to attach the sleeve to the shoulder ensuring the gathers are even as you go securing with reverse stitches at the beginning and end.
- 17) Remove gathering threads.
- 18) Open the sleeve out so that the seam allowance folds into the wrong side and place the bodice down with the wrong side facing up.
- 19) Match the folded edge (the edge you pressed in step 6) of the shoulder strap to the seam that you have just sewn. Pin on wrong side of bodice.



- 20) Turn bodice over and re-pin on the right side. Sew a row straight stitch  $\frac{1}{8}$ " (3mm) in from the seam where the sleeve joins the shoulder strap.
- 21) Repeat steps 9) to 20) with the second sleeve.

## **PINAFORE & DRESS**

### **7. Attach Bodice to Waistband**

- 1) Fold bodice in half matching sleeves and place a pin at the fold at the bottom of the bodice – this is marking the centre of the bodice. Fold one piece of the waistband in half matching the two short ends and place a pin at the fold – this is marking the centre of the waistband. Repeat with second piece of waistband.





- 2) Lay the first waistband down in front of you with the right side facing up and the pin to the top. Place the right side of the bodice down onto the waistband matching the raw edges and the two centre pins. Remove one pin and use the other pin to join the two pieces together here. Pin each end of the bodice to the waistband (at the shoulder straps).
- 3) Working with the first shoulder strap, take the end and bring it around so that the raw edge is even with the raw edge of the waistband about 1 – 1 ½" (3-4cm) in from the end of the waistband. The inside edge will be facing the end of the waistband and the sleeve (if you have a sleeve) will be facing upwards. Repeat with the other shoulder strap.
- 4) Take the second waistband piece and lay it on top with right sides together, matching the raw edges and the centre pins. Remove one pin and use the other pin to join the three pieces together here. Go to one end of the waistband and match the short ends together and pin. Then moving along the waistband towards the centre, re-pin at the shoulder strap and bodice. Repeat from other end of waistband and work towards the centre.



- 5) Sew a seam ¼" (6mm) in from the raw edges along the top edge of the waistband securing beginning and end with reverse stitches.
- 6) Fold waistband down to right sides and press. On the wrong side of the waistband fold the long raw edge up ¼" (6mm) towards the wrong side and press.





## **SKIRT ONLY**

### **8. Prepare Waistband**

- 1) Take the two waistband pieces and place on top of each other matching all edges and with the right sides together. Pin. Sew a seam  $\frac{1}{4}$ " (6mm) along one long edge securing beginning and end with reverse stitches.
- 2) Turn to right side and press.
- 3) On one long edge fold the raw edge up  $\frac{1}{4}$ " (6mm) towards the wrong side and press.

## **PINAFORE, DRESS & SKIRT**

### **9. Hem Skirt – no lace**

- 1) Fold one long raw edge up  $\frac{1}{2}$ " (12mm) to the wrong side and pin. Press.
- 2) Fold raw edges into the fold and pin then press.
- 3) 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 both ends.
- 4) Fold raw edges into the fold on one end of the skirt and pin in place. Repeat with the other end of the skirt. Press both ends.
- 5) Sew a row of straight stitches close to the inside fold starting at one end continuing all the way down, along and up to the other end of the skirt.

### **Hem Skirt – lace**

- 1) You will be attaching the lace to one long raw edge of the skirt. With the flat edge of the lace facing to the right, lay the raw edge of the skirt on top, making sure the right side of the fabric is facing down towards the lace and  $\frac{1}{16}$ " (2mm) of lace is showing beyond the raw edge of the skirt. Pin all along the hem.
- 2) Using a straight stitch sew  $\frac{1}{4}$ " (6mm) seam securing beginning and end with reverse stitches. Trim excess lace. Turn seam towards wrong side of fabric and gently press.
- 3) 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 both ends.
- 4) Fold raw edges into the fold on one end of the skirt and pin in place. Repeat with the other end of the skirt. Press both ends.
- 6) Sew a row of straight stitches close to the inside fold starting at one end continuing all the way down, along the lace and up to the other end of the skirt.



## 10. Gathering Threads

- 1) Sew a row of long straight stitches (gathering stitch) 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 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.

## PINAFORE, DRESS & SKIRT

### 11. Attach Skirt to Waistband

- 1) Working with the right side of the waistband i.e. the side that is not pressed in, fold bodice in half matching the two short ends. Place a pin at the fold at the raw edge – this is the centre of the waistband.
- 2) Bring one short end into the centre and place a pin at the fold then repeat with the other end – this is marking the waistband into 4 even sections.
- 3) Fold skirt in half matching the two short ends. Place a pin at the fold on the raw edge – this is the centre of the skirt. Open skirt out and take one end into the centre pin to find the ¼ mark. Place a pin at this point. Repeat on the other side. You now have the skirt marked into 4 even sections.
- 4) Lay the bodice/waistband down in front of you with the right side facing up and the raw edge to the top. Place the skirt on top of the bodice/waistband with right side facing down, matching the raw edges and the two centre pins. Remove one pin and use the other pin to join the two pieces together here.
- 5) Now working out towards the end, match the quarter pin of the waistband with the quarter pin of the skirt. Remove one pin and use the other pin to join the two pieces together here.
- 6) Take the end of the skirt and place it ¼ inch (6mm) in from the short end of the waistband matching raw edges. Pin in place. Repeat steps 5) and 6) attaching the other end of the skirt to the other side of the waistband.
- 7) Working from one end of the skirt, take the two bobbin threads (threads on the wrong side of the fabric) and pull gently to gather the fabric of the skirt between the pins. Continue pulling until the skirt is the same length as the waistband and even out the gathers in between the pins. Place another pin in between the existing pins.
- 8) Repeat step 6) on the other end of the skirt.



- 9) Sew a row of straight stitch  $\frac{1}{4}$  inch (6mm) in from the raw edge to attach the skirt to the waistband ensuring the gathers are even as you go and securing beginning and end with reverse stitches. You will be sewing in-between the two rows of gathering stitches.
- 10) Remove gathering threads.
- 11) Fold the waistband so that the right sides are facing each other, matching the raw edges of the short ends and ensuring that the raw edge on the wrong side of the waistband is folded up – this is the  $\frac{1}{4}$ " (6mm) that you pressed up earlier. Pin end of the waistband and repeat with the other end.
- 12) Sew  $\frac{1}{4}$ " (6mm) seam at the end of the waistband securing beginning and end with reverse stitches - you will be sewing just past the end of the skirt. Clip excess fabric at the corner. Repeat on the other end.
- 13) Turn waistband to the right side, pushing out the corners carefully with a point turner (wooden skewer).
- 14) On the wrong side, match the fold of the waistband with the stitching line where you attached the skirt to the waistband. Pin all along the waistband with the pins going across where you will stitch.
- 15) Turn over to the right side and re-pin across the original pins, removing the pins at the back as you go.
- 16) Sew a row of straight stitches (top stitches) on the waistband, close to the seam where you have joined the skirt. Securing beginning and end with reverse stitches.

## **12. Attach Velcro**

- 1) Place hook (prickly) side of Velcro on top (on right side) close to one end of the waistband. Stitch in place with a straight stitch securing beginning and end with reverse stitches.
- 2) Place loop (fluffy) side of Velcro underneath (on wrong side) close to the other end of the waistband. Stitch in place with a straight stitch securing beginning and end with reverse stitches.

## **13. Congratulations YOU did it!**

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