



## **18 INCH AMERICAN GIRL WINTER NIGHTIE**

### **1. Preview of Completed Outfit**

### **2. Tools and Resources Required**

- 1) Paper pattern (printed from PDF file downloaded to your computer)
- 2) Fabric - woven fabric e.g. cotton, cotton blend, flannelette, satin
  - Nightie without Ruffle – 12 inches (30cm)
  - Nightie with Ruffle – 16 inches (40cm)

\*\* Please note: If you are making the dress with a knit fabric, I recommend that you use iron on interfacing in the yoke.

### 3) Optional Lace

- hem without ruffle – 26 inches (65cm)
  - hem with ruffle – 42 inches (105cm)
  - sleeve – 16 inches (40cm)
- 4) Elastic for sleeves – 1/8 inch (3mm) wide x 8 inches (20cm)
  - 5) Matching thread
  - 6) Velcro strip 3 ½ inches (9cm) long x ½ inch (1.2cm) wide
  - 7) Additional Trimmings (optional) e.g. buttons, ribbon
  - 8) Pencil, marking pen
  - 9) Paper scissors
  - 10) Glue
  - 11) Fabric scissors/Rotary Blade
  - 12) Clippers/snips
  - 13) Pins
  - 14) Point turner
  - 15) Ruler, tape measure





### 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.

\* If making the short sleeves, cut along the Short Sleeve cutting line or you can simply fold along this line keeping the long sleeve pattern in one piece for next time.

- 3) Ruffle (Piece #6) – There are 3 parts to this one piece so you will need to glue them together placing glue in the overlap section and matching the solid line to the dashed line as marked.

- Glue Part 2 on top of Part 1
- Glue Part 3 on top of Part 2

**Tip: You may find it easier to cut out the Ruffle without using the pattern piece.**

### 4. Cutting Out Fabric

- 1) Fold fabric in half matching the selvedge. Place the left edge of pattern piece #1 (Front) onto the fold of the fabric. If making the Nightie with the Ruffle, place one short edge of pattern piece #6 (Ruffle) onto the fold of the fabric as well.
- 2) Place the remaining pattern pieces #2 (Back), #3 (Sleeve), #4 (Front Yoke) and #5 (Back Yoke) onto the fabric making sure the grain line runs parallel to the selvedge.
- 3) Pin pattern pieces in place and cut around with scissors or rotary blade.
- 4) If cutting the Ruffle without a pattern piece, simply cut out a rectangle 42" x 4" (105cm x 10cm).
- 5) Remove pins and transfer the markings from pattern pieces #1 through to #5 onto the fabric with a marking pen or chalk. These mark the center point and also where you will sew your gathering thread.

### 5. Prepare Front and Back Nightie

#### Back

- 1) Place the Back Nightie pieces on the table in front of you with the right side facing down. Fold the long straight edge up ½ inch (12mm) to the wrong side on both pieces, pin and press.
- 2) Fold raw edges into the fold on both pieces, pin then press again.



- 3) Sew a row of straight stitches close to the inside fold starting at one end continuing all the way down on both pieces.
- 4) Sew a row of gathering stitch along the top of the back piece starting from the hemmed edge and finish a couple of stitches after the line that you have marked. Make sure this row of stitching is just inside  $\frac{1}{4}$  inch (6mm) from the raw edge
- 5) Sew a second row of gathering stitch beside the first row and a little more than  $\frac{1}{4}$  inch (6mm) in from the raw edge.
- 6) Repeat steps 4) & 5) on the other back piece.

### Front

- 7) Sew a row of gathering stitch along the top of the front nightie piece starting a couple of stitches before the first line that you have marked and finish a couple of stitches after the last line that you have marked. Make sure to sew this row of stitches just inside  $\frac{1}{4}$  inch (6mm) from the raw edge.
- 8) Sew a second row of gathering stitch beside the first row and a little more than  $\frac{1}{4}$  inch (6mm) in from the raw edge.

## **6. Attach Front and Back Nightie to Yoke (In the video I sometimes refer to this as the bodice)**

### Front

- 1) Take one of the front yoke pieces and with the right side facing up, place it up-side-down on the table in front of you.
- 2) Find the center of the front nightie piece by folding it in half the way it was when you cut it out. At the top of the fold, place a pin or mark with a pen.



- 3) With the right side facing down, match this center mark with the center mark on the yoke. Making sure raw edges are even, pin together.
- 4) Match one end of the large curve of the front with one end of the large curved part of the yoke making sure raw edges are even. Pin.
- 5) With raw edges even place a pin through both pieces of fabric at the mark showing the beginning of the gathers.

**Tip: place your pin vertically across the stitching line so that you can easily pull the threads to gather the fabric between these pins.**

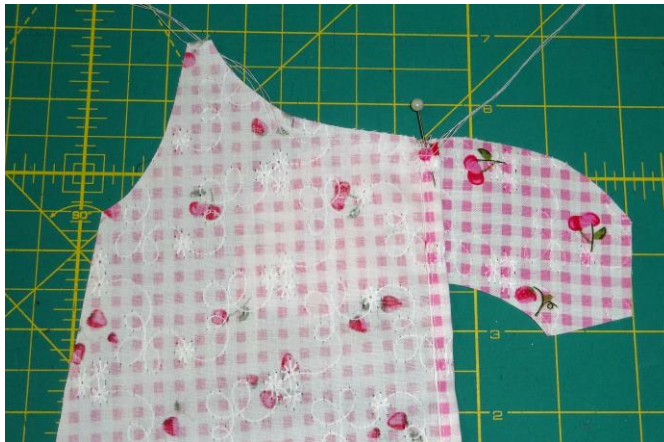
- 6) Repeat steps 4) & 5) with the other side.
- 7) Pull gathering threads on one side to gather front in between the upright pins marking the center point and the gathering point. When the front nightie is the same length as the yoke, match raw edges, even out the gathers and pin. Repeat with the other side of the front nightie.



- 8) Using a straight stitch sew ¼ inch (6mm) seam allowance securing beginning and end with reverse stitches. Remove gathering threads.

### Back

- 9) Place one of the back yoke pieces up-side-down on the table in front of you with the right side of the fabric facing up.
- 10) Take one of the prepared back nightie pieces and with the right side facing down, match the hemmed edge to the center mark on the yoke. Making sure raw edges are even, pin together.



- 11) Match the end of the large curved part of the back with one end of the large curved part of the yoke making sure raw edges are even. Pin.
- 12) With raw edges even place a pin through both pieces of fabric at the mark showing the beginning of the gathers.

**Tip: place your pin vertically across the stitching line so that you can easily pull the threads to gather the fabric between these pins.**

- 13) Pull gathering threads on one side to gather the back piece in between the two upright pins. When the back nightie is the same length as the yoke, match raw edges, even out the gathers and pin.



- 14) Using a straight stitch sew  $\frac{1}{4}$  inch (6mm) seam allowance securing beginning and end with reverse stitches. Remove gathering threads.
- 15) Repeat steps 9) to 14) with the other yoke and back nightie piece.

## 7. Sew Shoulder Seams

- 1) Place the front nightie on the table in front of you with the right side facing up.
- 2) Take the one of the back pieces and lay it on top of the front piece with right sides together, matching the side seam, armhole and shoulder seam. Pin at shoulder seam. Fold the lining of the yoke over so that it is lying on top of the back yoke. Repeat with other back piece.



- 3) Now take the second front yoke piece (this will be the front lining) and lay it on top with right sides together and shoulder seams matching. Pin to shoulder seams of back lining.



- 4) Using a straight stitch sew  $\frac{1}{4}$  inch (6mm) seam along each shoulder seam securing beginning and end with reverse stitches.

## 8. Sew Neckline

- 1) Open the nightie out so that you can see the right side of all the pieces and the yoke pieces form a circle.
- 2) Take the front facing and fold it over so that it is laying on top of the front yoke of the nightie with rights sides together. With raw edges even, match the shoulder seams and pin at the neckline with one seam allowances facing in one direction and the other seam allowance facing the opposite direction to reduce bulk at the shoulders. Place another pin at the center front. We now have a semi-circle.
- 3) Using a straight stitch sew  $\frac{1}{4}$  inch (6mm) seam around the neckline securing beginning and end with reverse stitches.
- 4) Clip around the curved neckline from raw edge up to the stitching line being careful not to cut the stitching. I usually make a cut every  $\frac{1}{4}$  -  $\frac{1}{2}$  inch (6 - 12mm).

**If you have difficulty with the following steps 5) – 14) in video 8. Sew Neckline, please see the alternative method to complete the yoke on page 9.**

- 5) Place the nightie in front of you with the skirt to the top and the yoke to the bottom and the right side of the fabric facing up. Working with the back piece on the left-hand side, hold the yoke in your left hand and with your right hand, fold the back piece down and push a little into the yoke so that you can match up the raw edges of the bottom of the yoke and the yoke lining. Pin along the curve. Part of the back of the nightie will be sandwiched in between the yoke and the lining. See yoke on right in picture below.



- 6) Using a straight stitch sew  $\frac{1}{4}$  inch (6mm) seam along this curve securing the beginning and end with some reverse stitches.
- 7) Clip notches out of the seam allowance along the curve.
- 8) Pull on the back piece and turn the yoke to the right side and use your point turner to push the top corner out. See yoke on left in picture above.
- 9) Repeat steps 5) to 8) with the other back side of the nightie.
- 10) Fold the front lining over on top of the front yoke so that the wrong sides are together. Fold the front of the nightie down so that you can match the raw edges of the bottom of the yoke and the lining and pin in place.
- 11) Using a straight stitch sew  $\frac{1}{4}$  inch (6mm) seam along this curve securing the beginning and end with some reverse stitches.
- 12) Overcast the raw edges with a zig zag stitch.
- 13) Press seam allowance up towards the yoke.
- 14) Sew a row of straight stitch  $\frac{1}{8}$  inch (3mm) in from seam line on the yoke (Top stitch).



## ALTERNATIVE METHOD TO COMPLETE THE YOKE

After completing 8. Sew Neckline step 4) we leave the video and the following is an alternative method to complete the yoke.

- 5) Turn to right side and press.



- 6) Fold the front of the nightie down so that you can match the raw edges of the bottom of the yoke and the lining and pin in place.



- 7) Using a straight stitch sew  $\frac{1}{4}$  inch (6mm) seam along this curve securing the beginning and end with some reverse stitches.
- 8) Overcast the raw edges with a zig zag stitch.
- 9) Press seam allowance up towards the yoke.
- 10) Sew a row of straight stitch  $\frac{1}{8}$  inch (3mm) in from seam line on the yoke (Top stitch).
- 11) Repeat steps 6-10 with the two back sides of the nightie.



**From here you are ready to prepare the sleeves which is step 9 of the written instructions and Video 9.**



## 9. Prepare Sleeves

- 1) Fold the raw edge of the hem of the sleeve up  $\frac{1}{2}$  inch (12mm) to the wrong side on both sleeves, pin and press.
- 2) Fold raw edges into the fold on both sleeves, pin then press again.
- 3) Sew a row of straight stitches close to the inside fold on both sleeves.

**Tip: If you are sewing lace to the hem of the sleeves make sure to do it now.**

- 4) Sew a row of gathering stitch along the top of each sleeve just inside  $\frac{1}{4}$  inch (6mm) from the raw edge starting a couple of stitches before the first line that you have marked and finish a couple of stitches after the last line that you have marked leaving excess threads at beginning and end of sewing.
- 5) Sew a second row of gathering stitch beside the first row and a little more than  $\frac{1}{4}$  inch (6mm) in from the raw edge leaving excess threads at beginning and end of sewing.
- 6) Take your  $\frac{1}{8}$  inch (3mm) wide elastic and place a mark at  $3\frac{1}{2}$ " (9cm) and 7" (18cm).
- 7) On the wrong side of the sleeve, place the end of the elastic against the end of the sleeve and the right edge of the elastic  $\frac{3}{8}$  inch (1cm) from the hem of the sleeve. Using a zigzag stitch of 1.5 wide and 3.5 in length sew a few stitches forward and backward along the elastic. Change the stitch width to 4.5 so that you will now sew over the elastic. Stretch the elastic so that the first mark you made is even with the end of the sleeve and holding it  $\frac{3}{8}$  inch (1cm) from the hem, continue to sew over the elastic stopping  $\frac{1}{2}$  inch (12mm) from the end. Change the stitch width back to 1.5 wide and sew through the elastic to the end, finishing with some reverse stitches.
- 8) Repeat with second sleeve.

## 10. Attach Sleeves

- 1) With the right sides together match the centre mark at the top of your prepared sleeve with the shoulder seam at the top of the armhole on one side. Ensure raw edges are even and place a pin. Take one end of the sleeve and match it to the end of the armhole ensuring that raw edges are even, place a pin. With raw edges of the sleeve and the armhole even, place another pin at the first mark on the sleeve.
- 2) Repeat with the other side of the sleeve.
- 3) Take the two gathering threads on 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 armhole and even out the gathers in between the pins. Repeat on the other side.



- 4) Sew a row of straight stitch  $\frac{1}{4}$  inch (6mm) in from the raw edges to attach the sleeve to the armhole ensuring the gathers are even as you go and secure with reverse stitches at the beginning and end.
- 5) Remove gathering threads.
- 6) Overcast raw edges together with a zigzag stitch.
- 7) Repeat steps 1) to 6) with the second sleeve.

## 11. Sew Side Seams

- 1) Fold the nightie so that the right sides are together. With the hem of the sleeve and the raw edges even, place a pin. Match the seam under the arm, pushing one seam allowance one way and the other seam allowance the opposite way and with raw edges even, place a pin. Continue matching the raw edges of the side seam and pin all the way to the hem.
- 2) Using a straight stitch, sew  $\frac{1}{4}$  inch (6mm) seam allowance from the hem of the sleeve to the underarm seam and down to the bottom of the nightie securing beginning and end with reverse stitches.
- 3) Overcast raw edges together with a zigzag stitch securing the stitching at the hem of the sleeve with reverse stitches. Turn sleeve to right side.
- 4) Repeat steps 1) to 3) on the other side.

## DRESS WITHOUT RUFFLE

### 12. Hem

- 1) Fold raw edge of hem up  $\frac{1}{2}$ " (12mm) to wrong side. pin and press.
- 2) Fold raw edge into the fold, pin then press again.
- 3) Sew a row of straight stitches close to the inside fold along the hem securing beginning and end with reverse stitches.

**Tip: If you wish to add lace to the hem, do so now.**



## NIGHTIE WITH RUFFLE

### 13. Prepare Ruffle

- 1) Fold one long raw edge up ½" (12mm) to the wrong side and pin. Press.
- 2) Fold raw edge into the fold. Pin then press.
- 3) Fold in one end of the skirt ½ 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.

**Tip: If you would prefer to do a mitered corner then refer to my video and I'll show you how to do it.**

- 5) Sew a row of straight stitches close to the inside fold starting at one end continuing down the short side, along the bottom and up the other end of the ruffle.
- 6) Sew a row of gathering stitch along the top raw edge of the ruffle from one end to the other. Make sure to sew this row just inside ¼ inch (6mm) from the raw edge.
- 7) Sew a second row of gathering stitch beside the first row and a little more than ¼ inch (6mm) in from the raw edge.

### 14. Attach Ruffle

- 1) Mark the Ruffle in quarters
- 2) Mark the bottom of the nightie in quarters.
- 3) Place the nightie on the table in front of you with the raw edge (hem) to the top and the right side of the fabric facing up.
- 4) With the right side facing down, match the center mark of the ruffle with the center mark of the nightie and with raw edges even, pin together. Match the finished edge of the left end of the ruffle with the finished edge of the left end of the nightie and with raw edges even, pin together. Match the quarter mark of both the nightie and the ruffle and with raw edges even, pin together. Repeat with the right side of the ruffle and nightie.
- 5) Pull gathering threads on one side of the ruffle and ease the gathers across the quarter mark pin to the center. Even out the gathers between the upright pins and place additional pins to hold the gathers in place. Repeat with the other side of the ruffle and nightie.



- 6) Sew a row of straight stitch  $\frac{1}{4}$  inch (6mm) in from the raw edges to attach the ruffle to the nightie ensuring the gathers are even as you go and secure with reverse stitches at the beginning and end.
- 7) Remove gathering threads.
- 8) Overcast raw edges together with a zigzag stitch.
- 9) Press seam allowance up so the ruffle sits nicely.

## **BOTH NIGHTIES**

### **15. Attach Velcro**

- 1) With the back of the nightie facing you, place the hook side of the Velcro strip on top of one side i.e. on the right side of the fabric. Ensure the Velcro is close to the neckline and close to the finished edge of the nightie. Stitch in place with a straight stitch securing beginning and end with reverse stitches.
- 2) Place the loop side of the Velcro strip on the other side of your nightie and on the wrong side of the fabric. Ensure that the Velcro is close to the neckline and close to the finished edge of the nightie. Stitch in place with a straight stitch securing beginning and end with reverse stitches.

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

Celebrate! YOU made another great outfit. Well done!