



FROM OUR HEARTS & HANDS TO YOURS

Ruffle PJ Top and Pants

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This pj top is surprisingly easy and quick. It fits the 14" Hearts for Hearts doll.

The instructions were written as part of an effort to give dolls with outfits to young patients in hospitals.

It can be made using a pre-ruffled trim, flat trim or a self ruffle. Simple pj pants are also included.

Important

Print pattern full size and check that the one inch square equals one inch before beginning to sew. If it does not, please adjust

PJ Top

Requirements:

Patterns for ruffled pj top and pants
¼ yard or fat quarter main fabric
Lining fabric for bodice
3/8" by approx. 2 ¼" pieces of velcro
Buttons, ribbons or other embellishments
Scissors, Thread, Pins, Needles, Sewing machine, etc.

Assumptions:

All seams are ¼ inch unless specified.

Preparation:

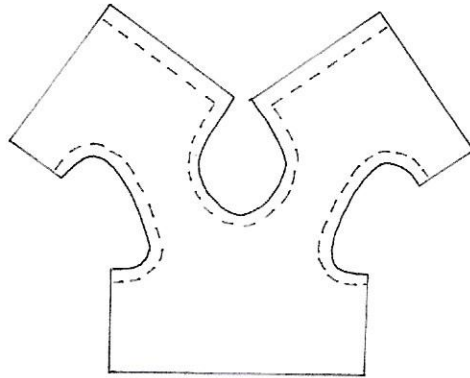
- Cut top from main fabric
- Cut top from lining fabric

Construction:

1. Turn up ¼" hem on front and back lining pieces and press.

2. Neckline and Armholes

- Put Main fabric and Lining fabric right sides together, matching underarms carefully.
- With a 1.5 stitch length sew around neckline, down the backs and then around each of the armholes.
- Press. Trim and generously clip seam allowances.



- Gently pull each of the back pieces of Lining through the shoulders with your favorite turning tool, e.g. safety pin, hemostat, etc. When you first start turning, the fabric will feel like it's stuck, but gently pull from different spots, and all of a sudden the fabric will come through freely.
- Push out corners, make seams run exactly on the edges and press carefully, maintaining the folded hems at the bottom of the lining pieces.
- Smooth out seamlines with hands – a spritz of water helps.
- Press with iron carefully.
- Open out the bodice from the lining and matching the side seam of the bodice and the side seam of the bodice lining, sew the bodice and lining together, maintaining the folded lining hem. Repeat with the other underarm seam.

3. Attaching trim or ruffle

- Find and mark the center of the bodice.
 - Using either pre-gathered lace or gather your own flat lace, hem short edges of lace, pin to bodice right side.
(Picture above used about 14" flat eyelet, gathering the top to fit the bottom of the bodice).
 - If using a self ruffle, again use 14" by approx. 1 ½". Hem one long edge and the two short edges before gathering to fit the bottom of the bodice.
- Sew, being careful not to catch the lining in the stitching.
- Turn up gathered lace/bodice seam allowance.
- Turn up the ¼" bottom pressed edges of the lining and match to the lace/ruffle stitching line on inside of bodice.
- Pin in place and carefully top stitch close to the edge (or hand stitch lining to inside of bodice).

4. Closing Back and Finishing

- Try top on doll, overlap the backs 3/8" to ½" and sew Velcro® into place.
- Embellish as desired

PJ Pants

Preparation:

- Cut two pieces of fabric on fold using pj pant pattern piece
- Measure and cut 6" of elastic

Construction:

1. Hem

- Turn up lower edge of each pant leg ¼" and then turn up again ¼".
- Stitch hems in place

2. Center Front Seam

- With right sides together stitch Center Front seams. Sew the seam again if your fabric tends to fray, shred or ravel.
- Zigzag seam allowance; press.

3. Casing

- Turn down ¼" at waist
- Turn down another 3/8" at waist for casing and sew. (be sure casing is sewn allowing enough room for ¼" elastic)

4. Inserting Elastic

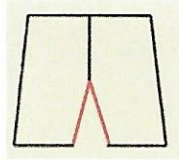
- Attach safety pin to elastic.
- Insert elastic through waist. Pin elastic at each end.

5. Center Back Seam

- With right sides together pin the Center Back seam making sure the elastic is pinned; stitch Center Back seams together catching elastic in seam.
- Zigzag seam allowance; press.

6. In-seam (the upside down V in the drawing below)

- Right sides together open out pants and match Center Front to Center Back crotch seams then match front and back leg hems.



- Starting at the hem of one leg stitch up and across center front/back crotch seams and down other leg to hem.
- Zigzag seam allowance; press.

