

FROM OUR HEARTS & HANDS TO YOURS

Boxy Boatneck T-Shirt

(No Set-in Sleeve)

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This T-shirt is simple and quick to make. It fits the 14" Hearts for Hearts doll. The instructions were written as part of the Stitchin' for Kids project to give dolls with outfits to young patients in hospitals.

It is best made in fabrics such as poly/cotton blend or cotton knit with some spandex. Avoid jersey knits entirely.

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 accordingly.

Requirements:

- Pattern for the Boxy Boatneck T-shirt; this is the quickest and easiest T-shirt you will ever make.
- There is one challenge, however: the looser the knit, the stretchier the fabric and the more the neckline and hem will stretch out as you sew. Here are suggestions to minimize the problem:
 - Make the t-shirt out of a poly/cotton blend or cotton knit with some spandex.
 - If you select cotton interlock knit, fold out up to ½" at the center front of the pattern piece, and plan to increase the side back hems to 3/8" – ½", as needed.
 - Avoid jersey knits entirely!
- Fabric: Fat quarter (approximately 18" x 22") poly/cotton blend or a cotton knit with some spandex; see above for more information
- Stretch or Ballpoint Sewing Machine Needle; size 75 - 80
- Wooly Nylon Thread for the bobbin
 - Note: If you've had success sewing on knits with regular thread in the bobbin, don't bother to buy wooly nylon.
- Scissors, Thread, Pins, Sewing machine in good working order, etc.
- Hook and loop (Velcro®)

Notes about Knits:

Use:

- 3 mm stitch length (this is larger than one would use for a small garment made of woven fabric),
- Stretch or ball point needle, and
- Wooly nylon thread (sold primarily for use in sergers) in the bobbin. If you've had success sewing on knits with regular thread in the bobbin, don't bother to buy wooly nylon. However, if you've had difficulty adjusting your tension properly when sewing on stretchy fabric, wooly nylon can make all the difference in stitch quality. No need to hand wind it on the bobbin (unlike elastic thread).
- Walking foot, if you have one, is also helpful
- Tracing paper or tear away stabilizer at beginning of seam and along seam if the fabric is very stretchy

Assumptions:

All seams are ¼ inch unless specified.

Preparation:

- Cut pattern pieces with the greater stretch going the width of pattern pieces.
 - Back - Cut two pieces using the back pattern ensuring one is cut in reverse.
 - Front - Cut one piece using the front pattern
- Cut Hook and loop (Velcro®) 3/8" wide x 2 ½" long strips

Construction:

1. Sleeve/Shoulder Seam

- Sew sleeve/shoulder seams, right sides together; press seam open.

2. Sleeve Hem

- Hem bottom edge of each sleeve: iron under ¼" and sew about 1/8" from finished edge; no need to turn under a double hem on knit fabric. See alternative below.
- Alternative to above sleeve hem:
 - Bound sleeve finish: You can dress up this t-shirt by using ribbing or self-binding to finish the bottom edges of the sleeves. Cut the sleeves on the dotted line. Cut a strip of self- or contrast binding 1 1/8" by 3 1/2". Sew strip to the sleeve edge, right sides together, with a 1/4" seam. Press strip away from garment, then fold strip over and around seam allowance. Pin as needed. Stitch in the ditch, catching the back of strip in your stitching. No need to turn under your strip on the back of the garment, like you would attaching a woven binding strip.

3. Neckline

- Turn a generous 1/8" of the neckline to the wrong side of garment. Pin as needed. Stitch from the wrong side close to neckline edge. Press out any extra fullness with a steam iron if the neckline edge stretches out as you sew the hem.

4. Side Seams

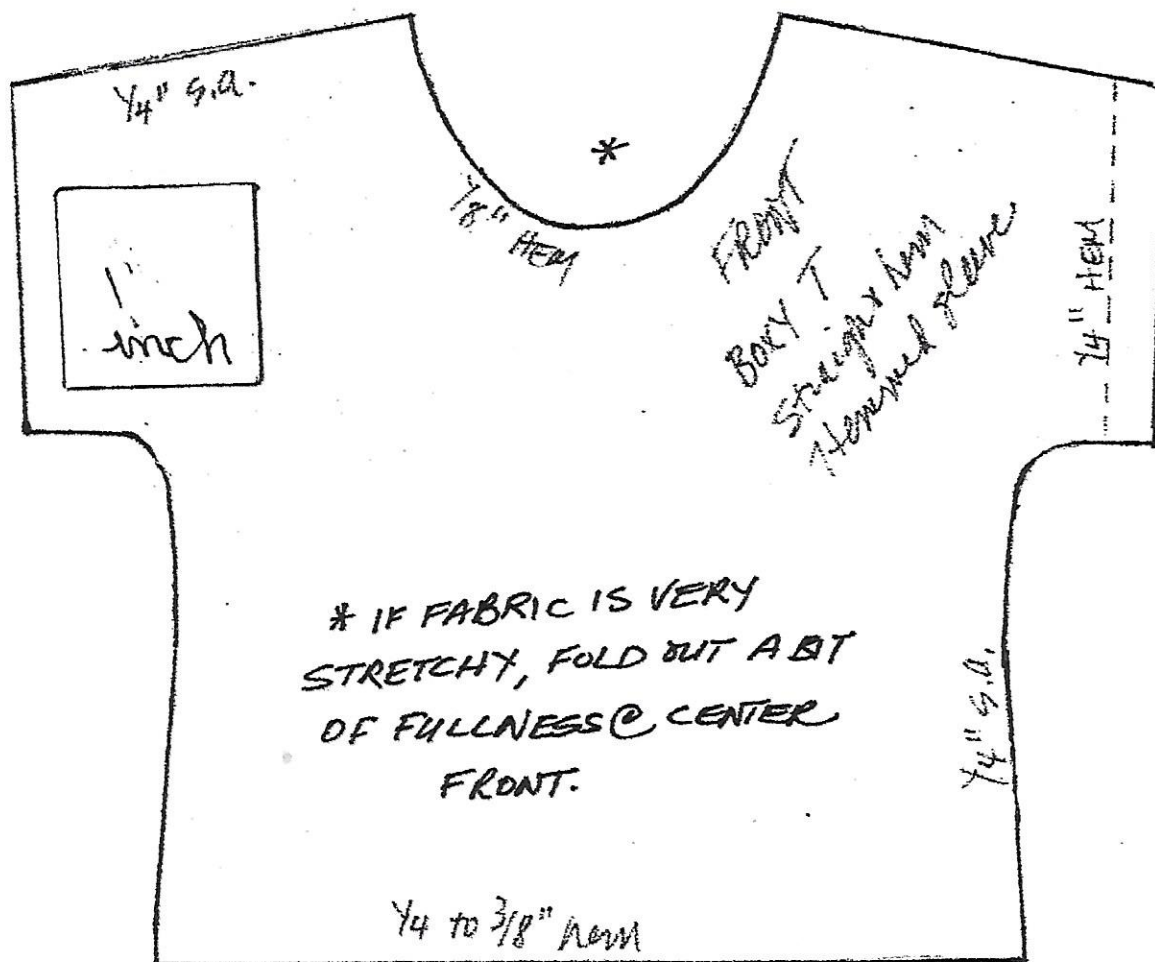
- Sew side seams, right sides together, and clip curves if needed.
- Iron seams open as far as possible.

5. T-shirt Hem

- Turn up 3/8" hem, press.
- Stabilize the bottom hem if you are sewing on interlock knit:
 - Apply a strip of ¼" wide fusible web inside the hem. You don't need to permanently bond the hem; just melt the web enough to inhibit the fabric from stretching out as you sew. This trick also helps if your knit fabric wants to curl in the wrong direction (towards the front rather than the back) or refuses to be ironed under!
- Stitch T-shirt hem ¼" from bottom edge.

6. Back Closure

- Turn in a generous ¼" at the remaining edges of the t-shirt backs.
- Press and hem the back edges of garment.
- Apply 3/8" wide x 2 1/2" long strips of (Velcro®) to back edges.
 - Place hook side on outside left, tack in place with a small amount of washable glue **and then sew.**
 - Place soft loop side on inside right, tack in place with a small amount of washable glue **and then sew.**



BOXY BOATNECK
T-SHIRT
H4H DOLL

