



FROM OUR HEARTS & HANDS TO YOURS

## Sunday Best Dress

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This Sunday Best Dress 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.

### 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 Sunday Best Dress

Fabric: 1 fat quarter or  $\frac{1}{4}$  yard of light weight cotton (heavy fabrics are not advised)

Lining fabric for bodice

Hook and loop tape (Velcro®) approx. 2" x  $\frac{3}{8}$ "

Ribbon, small or baby rick-rack or other narrow trim, if desired

Scissors, Pins, Needles, Thread, Sewing Machine in good working order, etc.

## Assumptions:

All seams are  $\frac{1}{4}$ " unless specified.

## Preparation:

- Bodice – cut front and back bodice pieces of main fabric and lining
- Sleeves – cut 2 sleeves with bottom edge on fold of fabric (sleeve is self-lined)
- Skirt - cut 1 piece of fabric 20 $\frac{1}{2}$ " x 5"

*Notes:* (a) 14" skirt width creates a less full skirt, 22" width makes fuller skirt

(b) skirt can be made shorter or longer by varying the 5" height

## Construction

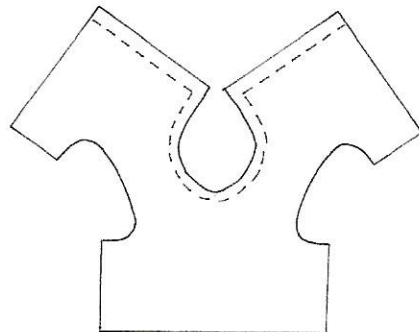
### A. Bodice

- Sew main fabric bodice pieces together at shoulders. Press seam allowances open. Repeat with lining pieces.

*Note:* if embellishing bodice, do it while bodice is still flat

- Pin bodice and lining right sides together and sew:
  1. Sew up one back edge, around neck, and down other back edge.
  2. Clip corners and curves, turn bodice right side out.
  3. Push out corners, make seams run exactly on the edges and press carefully.

*Note:* For next steps, treat lined bodice as one piece



- Fold sleeves in half and gather at  $\frac{1}{4}$ " and  $\frac{1}{8}$ " between notches.
- Pin sleeves to armholes matching notches, and gather top of sleeve to fit between notches.
- Sew sleeves to armholes and zig zag edges to finish.
- Right sides together, pin sides of bodice together pulling sleeve up, sew side seams of bodice from bottom up through sleeves to finish sides of bodice.

### B. Preparing Skirt

1. Turn in back side edges  $\frac{1}{4}$ ", then another  $\frac{1}{4}$ ", press and stitch.
2. While skirt is still flat, turn up hem of skirt  $\frac{1}{4}$ ", turn up another  $\frac{1}{2}$ " and sew.
3. Using longest stitch on machine, baste along top edge of skirt at  $\frac{1}{4}$ " and  $\frac{1}{8}$ " for gathering.

4. Gather to fit lower edge of bodice.
5. Carefully pin right side of skirt to right side of bodice aligning centers back, ensuring gathers are even and did not twist. Stitch skirt to bodice using normal stitch length. Zig zag seam to finish edge.

### **C. Adorning Skirt - Optional**

If adding rick-rack, ribbon or other narrow trim, place over hem stitching and stitch in place.

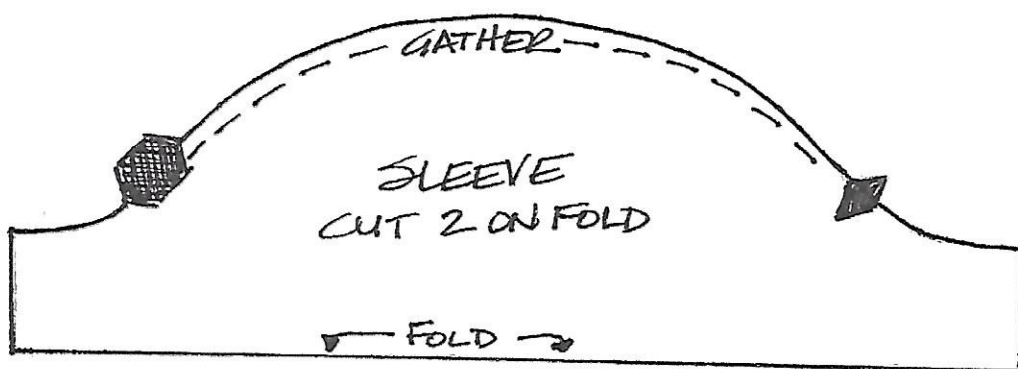
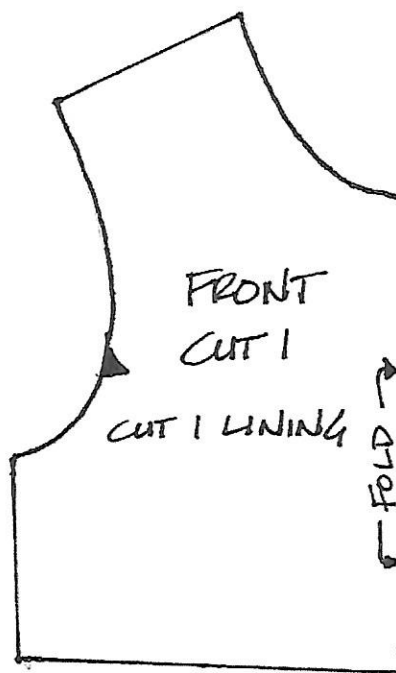
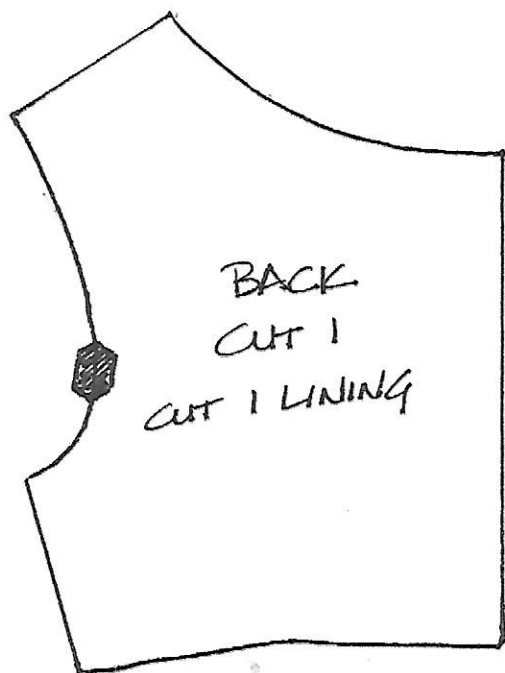
Optionally, rick-rack can be stitched along bottom edge on inside of skirt.

Decorative trims can also be added while the skirt is flat.

### **D. Finishing Back**

1. Close bodice with Velcro.
2. Overlap the center backs of the skirt so that the skirt hangs in line with the closed bodice.
3. Measuring from the bottom of the hem up, place a pin at 1".
4. Sew on top of the ½" hem stitching across the overlap and then up to 1" pin mark. This closes the bottom of the skirt.





SKIRT - CUT 1  $20\frac{1}{2}'' \times 5''$

ONE  
INCH