



FROM OUR HEARTS & HANDS TO YOURS

## Basic T Shirt

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Boxy T



Bound Neck T

These T-shirts are a basic staple for our 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.



Elastic neck T



Hemmed Neck T



Turtleneck T

### **Important**

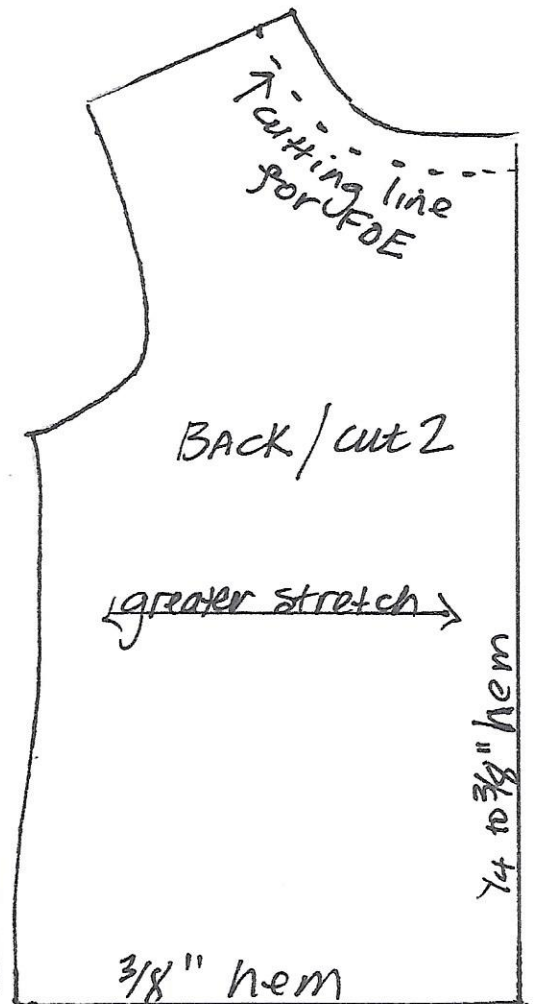
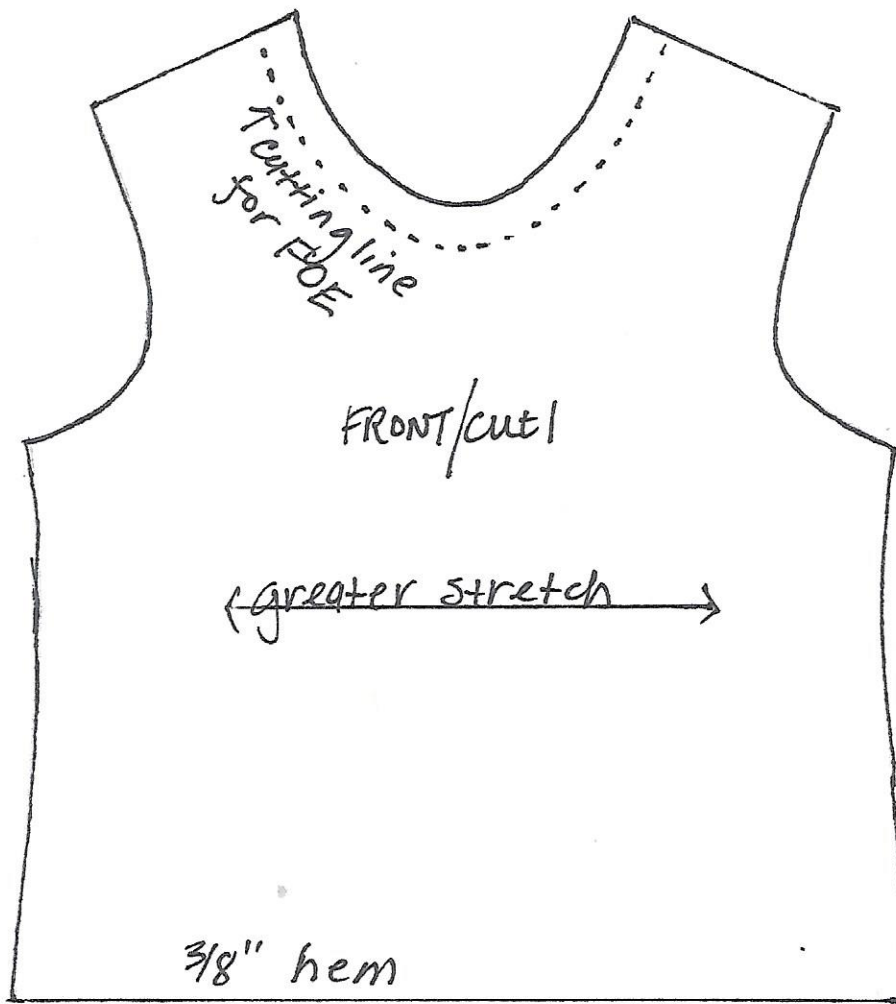
**Print pattern full size and check that the one inch square equals one inch before beginning to sew. If it does not, please adjust accordingly.**

The Basic T-shirt has three sleeve lengths, and four neckline variations. If you are going to finish your neckline with fold-over elastic (FOE), cut your front and back pieces on the dotted line to achieve a more flattering finish. All seams are  $\frac{1}{4}$ " unless otherwise noted.

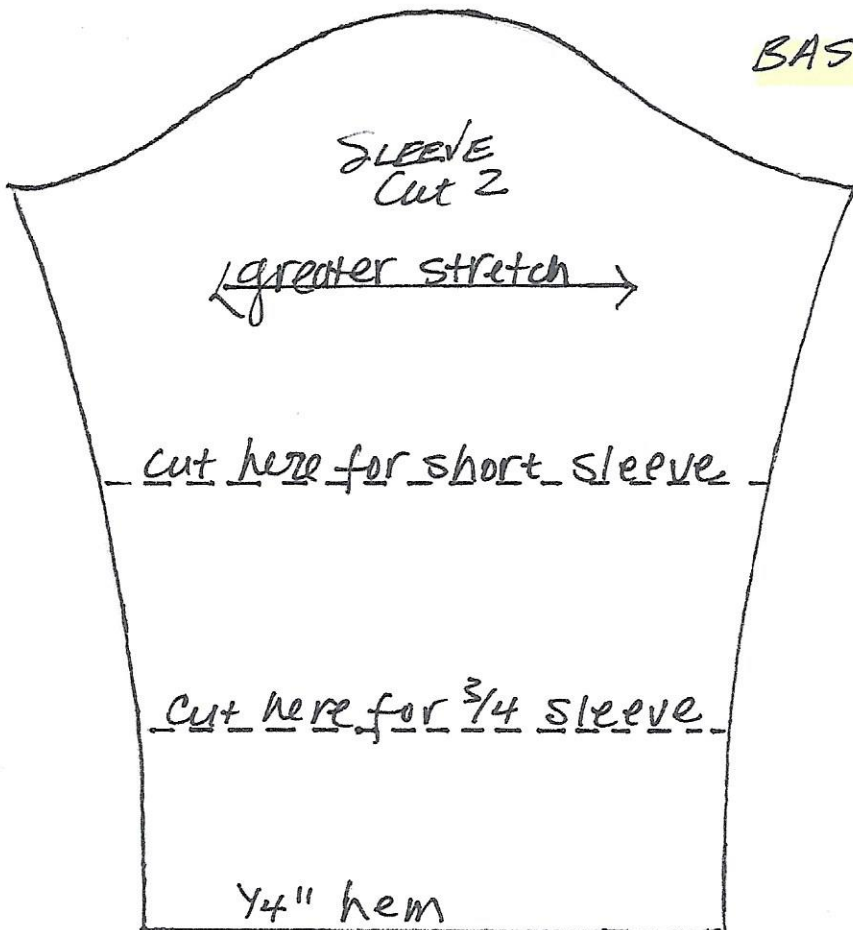
1. Sleeve hems: Press under a generous  $\frac{1}{4}$ " hem. See the note about knits before hemming the second sleeve. You want to determine now if your bottom hem will stretch out too much. Stitch your sleeve hem a generous  $\frac{1}{8}$ " from the folded edge. If you are sewing on a knit with little stretch, use a small zig-zag rather than a straight stitch to hem the long sleeve variation.
2. Right sides together, sew the shoulder sleeves, and press open.
3. Except for the FOE neckline, finish your neckline before inserting the sleeves.
  - a. Simple hem: Turn a generous  $\frac{1}{8}$ " 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.
  - b. Turtleneck, using ribbing: Cut your strip of ribbing 4.5" long, and up to 2" wide. Fold strip of ribbing in half lengthwise, wrong sides together. Mark center of front neckline, and center of ribbing strip. Pin the long edges of the ribbing strip to the front of garment, right sides together, matching back edges and center front. Stretch strip to fit between pins, and pin as needed. Sew ribbing to garment with a generous  $\frac{1}{8}$ " seam. Press seam allowance towards garment, and topstitch on the garment, close to the neckline seam.
  - c. Bound neckline: Use either ribbing (4.5" long x  $1\frac{1}{8}$ " wide), or self-binding (6" long x  $1\frac{1}{8}$ " wide). Do not fold strip in half. Mark center of front neckline, and center of ribbing or fabric strip. Pin the strip to the neckline of garment, right sides together, matching back edges and center front. Stretch strip, if needed, to fit between pins, and pin as needed. Sew strip to garment with a  $\frac{1}{4}$ " seam. Press strip up, 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.
4. Set in sleeves. Unless your knit fabric has almost no stretch, you will not need to gather the top of the sleeve before inserting into the armhole. Stretch the armhole opening to fit the top edge of the sleeve, and pin as needed. Stitch  $\frac{1}{4}$ " from raw edge. Make sure there are no puckers on the front side before proceeding to the next step.
5. Sew the side seams, folding the sleeve seam allowance towards the garment, unless the knit fabric is relatively thick. Trim away any excess fabric at the underarm, and clip on both sides of the armhole seam. Press seams open between bottom edge of garment and underarm seams.



6. Hem bottom edge of t-shirt. Turn up  $\frac{3}{8}$ " (see note above about sewing knits), press, pin, and sew hem  $\frac{1}{4}$ " from bottom edge.
7. If using FOE to finish neck edge, apply now. You will need 6" of  $\frac{5}{8}$ " fold-over elastic; use a bit more if your elastic has a printed design (which tends to inhibit the stretch). Mark center of neckline, and center of strip of elastic. Align back edges, and center fronts, and pin elastic over the raw edge of the neckline, folding at the "perforation" in the center of the elastic. You want to stretch the elastic to fit the neckline, without stretching out the neck edge of the garment. I found it best to work from the back edges in, alternating sides, placing pins about every half inch. Use a 2mm (length) by 2.5mm (width) zig-zag stitch to sew the FOE to the neckline. Stitch as close to the edge of the elastic as possible, and make sure you are catching the back edge of the elastic with your zig-zag stitch. Apply a small amount of fray check to the raw edges of the elastic at the back of the garment.
8. Turn under a generous  $\frac{1}{4}$ " at the remaining edges of the t-shirt backs. Whipstitch over the folded under raw edges of the neckline finish (turtleneck, binding, or FOE) by hand. Press and hem the back edges of garment.
9. Apply  $\frac{3}{8}$ " x  $2\frac{1}{2}$ " strips of Velcro to back edges, starting just below the turtleneck, binding, or FOE.



## BASIC T-SHIRT



RIBBING FOR TURTLENECK:

4.5" X 1.75" to 2"

BOUND NECKLINE:

4.5" X 1 1/8" (RIBBING)

6" X 1 1/8" (SELF-BINDING)

FOLD-OVER ELASTIC at NECK:

6" X 5/8"

H 4H DOLL

1"