

STITCHIN' for KIDS

FROM OUR HEARTS & HANDS TO YOURS

Basic T Shirt

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Cowl Neck Variation



Bound Neck T

These T-shirts are a basic staple for our 14" Glitter Girl 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

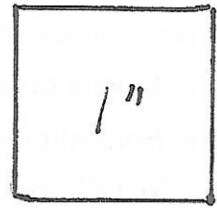
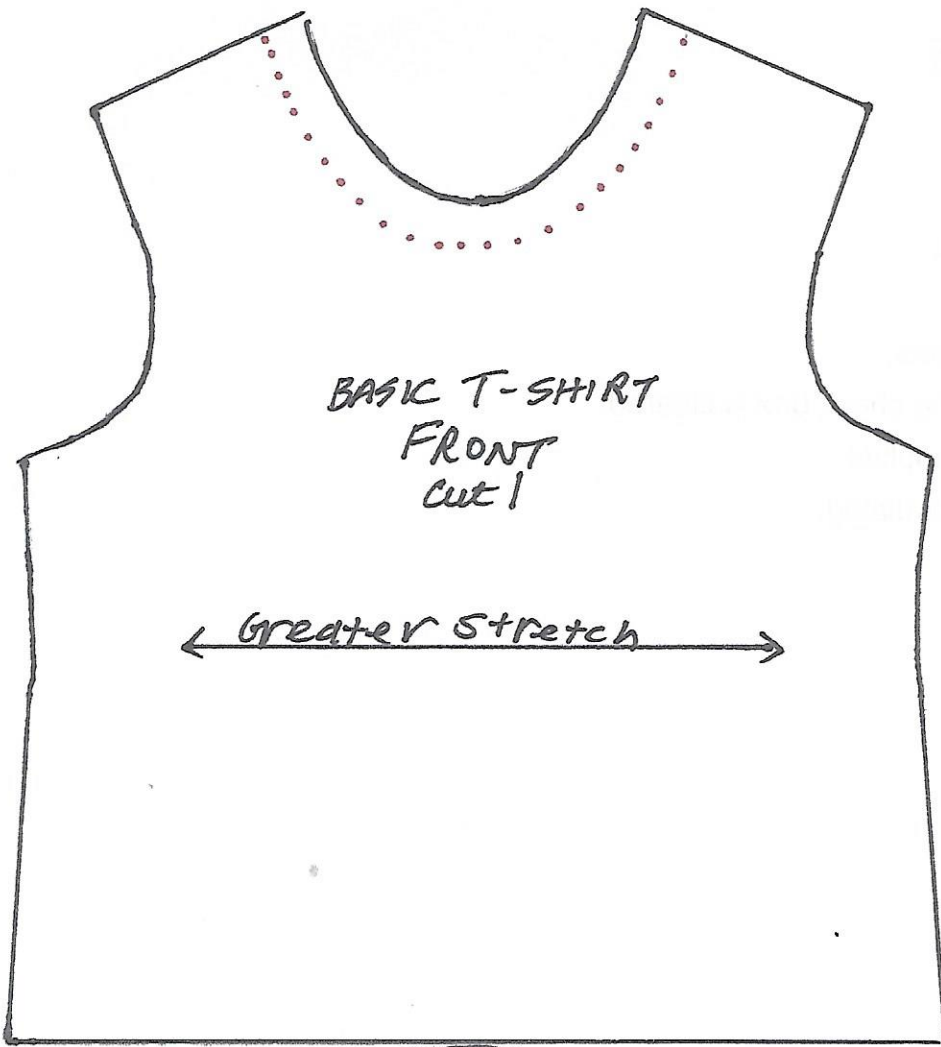
Print pattern full size and check that the one inch square equals one inch before beginning to sew. If it does not, please adjust accordingly.

Note: cotton interlock knits will stretch out under the presser foot, especially the hems. I suggest sewing the hem on one sleeve as a test; use a longer stitch than you would on woven fabric (about 3 mm), and compare the hemmed sleeve with the sleeve hem you have ironed under, but not yet stitched. If the sleeve hem stretches out a bit it probably won't matter, but the bottom hem of the garment will likely stretch more than you want it to. To stabilize the bottom hem, apply a strip of ¼" wide fusible web or EZ Steam Lite Tape after you sew the side seams (step 5 below). You don't need to permanently bond the hem; just stabilize the fabric to minimize it stretching out under the presser foot. A walking foot helps, too.

The Basic T-shirt has three sleeve lengths, and several 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 flatter, and more flattering, neckline finish. All seams are ¼" unless otherwise noted.

1. Sleeve hems: Press under a ¼" hem. Stitch your sleeve hem about 1/8" from the folded edge. If you are sewing on a knit with very 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 seams, and press open.
3. Except for the fold-over elastic finish, complete your neckline before setting in the sleeves.
 - a. Narrow hem: Turn a generous 1/8" of the neckline to the wrong side of garment. Pin in place. Stitch from the wrong side, close to neckline edge, centering your needle between the folded edge and the raw edge. Press out any extra fullness with a steam iron if the neckline edge stretches out under the presser foot.
 - b. Turtleneck, using ribbing: Cut your strip of ribbing 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 1/4" seam. Press seam allowance towards front and backs, and topstitch on the garment, close to the neckline seam. Use a narrow edge foot for a consistent finish.
 - c. Cowl neck, using ribbing or self-fabric: Cut your strip of ribbing or fabric 5 ½" – 6" long x 3" wide. Fold the ribbing or fabric strip in half, lengthwise, right sides together, and sew 1/8" seams on each short edge. Turn right side out, press. Continue as in step b, but place the finished edges of the neck strip 3/8" from the center back edges of the t-shirt. Fold over the cowl neck and tack in place at the back edges and at the shoulder seams, after completing step 9.
 - d. Bound neckline: Use either ribbing (5" long x 1 1/8" wide), or self-binding (6" long x 1 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 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. Trim the raw edge close to stitching on the inside of garment, if desired.
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 it into the armhole. Stretch the armhole opening to fit the top edge of the sleeve, and pin as needed. Stitch $\frac{1}{4}$ " from the raw edges, with the sleeve on the bottom. 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 allowances towards the garment. Trim away any excess fabric where the seams meet at the underarm, and clip seams as needed. Press seams open between the bottom edge of the garment and the underarm seams.
 6. Hem the bottom edge of the t-shirt. Turn up $\frac{3}{8}$ " (see note above), press, pin, and sew hem $\frac{1}{4}$ " from bottom edge. If using EZ Tape, turn up hem $\frac{1}{4}$ " and either permanently bond the hem, or stitch $\frac{3}{16}$ " from the bottom edge.
 7. If using FOE to finish the neck edge, apply it now. You will need 6" of $\frac{1}{2}$ " or $\frac{5}{8}$ " fold-over elastic. Mark center of front neckline, and center of the 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, and avoid stretching out the neck edge of the garment. 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. Fit the t-shirt on the doll, then turn under $\frac{1}{4}$ " – $\frac{3}{8}$ " at the raw edges of the t-shirt backs, press and stitch. Whipstitch over the folded under raw edges of the neckline finish (turtleneck, FOE, or bound finish) by hand, if needed.
 9. Apply $\frac{3}{8}$ " x $2\frac{1}{2}$ " strips of hook and loop fastener very close to the back edges, starting just below the cowl, turtleneck, binding, or FOE. A t-shirt will fit over a skirt or pants with an elastic casing waistband better if the Velcro does not go all the way to the bottom of the hem.



TRIM AT RED DOTS
IF FINISHING NECK
WITH FOLD-OVER
ELASTIC.

