

STITCHIN' for KIDS

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Asian Wrap Pajamas

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These Asian Wrap Pajamas fit the 14" Glitter Girl 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 Asian Wrap Pajamas

Fabric: 1 knit fabric – *designed for light to medium weight knit fabrics, such as cotton interlock, and novelty knits with some stretch.*

3/8" diameter snap set or 1/2" Velcro dots

Scissors, Thread, Pins, Needles, Sewing machine in good working order

Assumptions:

- All seam allowances are 1/4" unless otherwise noted. Cut pattern pieces with the greater stretch going the width of pattern pieces.

Preparation:

- *A few notes about sewing on knits:* I always use a 3 mm stitch (larger than one would use for a small garment made of woven fabric), a stretch or ball point needle, and wooly nylon thread (sold primarily for use in sergers) in the bobbin. If you've had success sewing knits with regular thread in the bobbin, don't bother to buy wooly nylon. But 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).
- This pattern uses 5/8" fold-over elastic, although 1/2" FOE will work, too.

Construction:

A. Pajama top

1. Stay-stitch the back neck edge, about 1/8" from the edge of the pattern piece. Pull the thread taut – but don't gather up the fabric. This step helps prevent the neck edge from stretching out of shape during construction.
2. Stitch the combined sleeve/shoulder seams, right sides of fronts and back together; press open.
3. Hem bottom edge of each sleeve: iron under 1/4" and sew about 1/8" from finished edge; no need to turn under a double hem on knit fabric.
4. Apply the fold-over elastic to the entire neck/front edge. Except in curved areas FOE can be applied in a one-to-one ratio. Fold the elastic over the raw edge, pinning in place every inch or so. I hold it taut over gently curved areas, but stretch it over that roughly two inch back neck section. Sew with a 2mm (stitch length) by 2.5mm (stitch width) zig-zag very close to the edge of the elastic. Make sure you catch the back edge of the elastic in your stitching. Neatly trim the elastic at the beginning and end.
5. Turn under 1/4" on straight edges of each front and hem about 1/8" from finished edge.
6. Sew side seams, and clip curves. Iron seams open.
7. Turn up 3/8" on entire bottom edge, press, and sew hem 1/4" from finished edge.*

* Unless your knit fabric has very good "memory" (in other words, some spandex) or not much stretch at all, the long bottom edge will stretch out as you hem it. Stabilize the bottom edge with 1/4" wide fusible web or fusible hem tape before hem stitching, or permanently fuse the hem in place.

8. Finish top with a 3/8" diameter snap set or 1/2" Velcro dots (see picture and pattern for placement). Try the top on your fitting doll before sewing on the snap or Velcro. A second set of snaps or Velcro where the two fronts meet on the inside of the garment is optional, but not necessary, as knit fabric tends to "cling" to itself.

B. Pajama Bottoms:

1. Hem the bottom edges of the two pattern pieces: press under 1/4" and hem stitch about 1/8" from the finished edge. This is a fairly short hem, so the bottom edges will probably not stretch out enough to require a stabilizer. Make sure you press the finished hem to "steam" it back to size if it stretches out a bit under the needle.
2. Stitch the inseam of each pant leg. Press seams open.
3. Right sides together, insert one pant leg inside the other pant leg, matching the inseams, and pin the crotch seam in place. Sew this seam, preferably using a stretch stitch, or a 3 mm straight stitch with wooly nylon in the bobbin. Clip finished seam if needed.
4. Turn the top edge to the inside at the fold line to create a casing. Sew 3/8" from the folded edge, leaving a 1" to 2" opening at the center back to insert a 6 1/2" length of 1/4" elastic. After inserting the elastic, sew the ends of the elastic together, and sew the gap in the casing closed.

