

STITCHIN' for KIDS

FROM OUR HEARTS & HANDS TO YOURS

A Line Dress

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This dress is reversible and simple to make. It 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 the A Line Dress

Fabrics: One each of Main fabric and Lining fabric

10 inches by 17 inches; fold lengthwise to 5 inches by 17 inches

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

Hook and loop (Velcro®)

Adornments such as roses, buttons, and bows are optional

Assumptions:

All seams are ¼ inch unless specified.

Preparation:

- Main Fabric
 - Back - Cut two pieces using the back pattern ensuring one is cut in reverse.
 - Front – Cut one piece using the front pattern placing the pattern on the fold.
- Lining Fabric
 - Back - Cut two pieces using the back pattern ensuring one is cut in reverse.
 - Front – Cut one piece using the front pattern placing the pattern on the fold.
- Cut one strip of Velcro® 3/8" wide and 1 ¾" long
- Cut another strip of Velcro® 3/8" square

Construction:

1. Shoulders

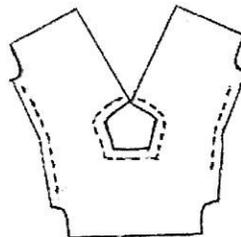
- Main Fabric
 - Attach left back to front by placing right sides together and stitching the shoulder seams
 - Repeat to attach right back to front.
- Lining Fabric
 - Attach left back to front by placing right sides together and stitching the shoulder seams
 - Repeat to attach right back to front.
- Press shoulder seams open.

2. Embellishments (Optional)

- If you are going to embellish the front, now is the time to do so while the piece is flat.

3. Neckline and Armholes

- Put Main fabric and Lining fabric right sides together, matching underarms carefully.
- With a 1.5 stitch length sew around neckline and then around each of the armholes.
- Press. Trim and generously clip seam allowances.



- Gently pull each of the back pieces of Lining through the shoulders with your favorite turning tool, e.g. safety pin, hemostat, etc. When you first start turning, the fabric will feel like it's stuck, but gently pull from different spots and all of a sudden the fabric will come through freely.
- Smooth out seamlines with hands – a spritz of water helps.
- Press carefully with iron.

4. Side Seams

- Open out Main fabric from Lining fabric
- Pin right sides together Main fabric front and back sides and
Pin right sides together Lining front and back sides.
- Sew carefully starting at one end, e.g. start at Lining and ending at Main fabric
- Repeat for other side seam.
- Trim seam allowances.
- Press

5. Center Back Seams

- Pin Main fabric and Lining fabric center back seams right sides together.
- Sew carefully being sure you don't catch any of the rest of the dress in your seam.
- Repeat for other center back seam.
- Trim seam allowance.
- Press

6. Hems – Sew hem with a 3/8” seam allowance

- Pin Main fabric and Lining fabric at hem line right sides together. Push the dress fabric down so you don't catch it in your sewing.
- Leave about 1 ½ inch opening for turning.
- Shirley Schoen's Tip in Threads for easy turning through seam:
 - Shorten stitch length where you want one end of the opening positioned, pivot and sew perpendicular to the seam line and of the raw edge. Then repeat the same process from the other end of the opening. This stitching in the seam allowance makes the opening fold neatly inside.
- Turn, press and close opening either by top stitching hem or hand stitching just closure.

7. Closing Back and Finishing

- The following should result in approximately ½” overlap of center backs
- Place long piece of Velcro® at top of back opening approximately ¼” in from center back seam.
 - 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.
- Place small square of Velcro® at bottom of back opening approximately ¼” in from center back seam.
 - 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.

