



18 INCH AND AMERICAN GIRL T-SHIRT

Make Your Outfit Instructions

Preview of Completed Outfit

Play this video and check out this great outfit that YOU will make!



1. Tools and Resources Required

- 1) Paper pattern (printed from PDF file downloaded to your computer)
- 2) Fabric for Short sleeve – 7 inches (18cm) knit
Fabric for Long sleeve – 9 inches (23cm) knit
- 3) Velcro strip 3 ½ inches x ½ inch (9cm x 1½cm)
- 4) Matching thread
- 5) Paper scissors
- 6) Fabric scissors
- 7) Clippers/snips
- 8) Pins
- 9) Ruler, sewing gauge or tape measure

2. Preparing Paper Pattern

- 1) Check the 2 inch (5cm) tip measurement is correct to ensure you have printed the pattern to the correct size.
- 2) Cut out pattern pieces following the solid line.



3. Cutting Out Fabric

- 1) Fold fabric in half so that the selvages are together and maximum stretch is going across from fold to selvedge. Place paper pattern piece #2 Sleeve and #3 Back onto the fabric with the maximum stretch going in the same direction as the arrow on the pattern pieces. Place these pieces as far away from the fold as possible as you will need to unfold the fabric to cut the remaining pieces out.
- 2) Pin patterns in place and cut around with scissors or cutting blade.
- 3) Unfold remaining fabric and place pattern piece #1 Front and #4 Neck Trim onto the fabric with the Maximum stretch running in the same direction as the arrow on the pattern pieces. Pin in place and cut around with scissors or cutting blade.

4. Hem Sleeves

- 1) Turn bottom edge of sleeve up $\frac{1}{4}$ inch (6mm) towards the wrong side. Pin. Repeat with other sleeve. Press with an iron.
- 2) With a straight stitch, sew hem mid way between raw edge and fold. Repeat with second sleeve.

5. Attach Sleeves

- 1) Place front of shirt on the table with the right side of the fabric facing up. On one side of the front, match the raw edge of the diagonal (from neck to side) with the raw edge of the diagonal of the first sleeve making sure right sides of fabric are together - the sleeve will be sitting on top of the shirt front. Pin.
- 2) With a zigzag stitch, sew $\frac{1}{4}$ inch (6mm) seam securing beginning and end with reverse stitches.
- 3) Repeat with second sleeve, attaching to other side of front.
- 4) Take one back piece and match the raw edge of the diagonal with the remaining raw edge of the diagonal of the first sleeve making sure that right sides of fabric are together. Pin. Repeat with the remaining back piece, attaching to the other sleeve.
- 5) With a zigzag stitch, sew $\frac{1}{4}$ inch (6mm) seam securing beginning and end with reverse stitches on both sleeves.



6. Attach Neck Trim

- 1) Sew a row or stay stitch a little more than $\frac{1}{4}$ inch (6mm) in from the raw edge all around the raw edge of the neck line. This will mean you can remove the stay stitching more easily when finished.
- 2) Pull on the bobbin thread of this stay stitching and ease the fabric in until the length from one end of the neckline to the other is about $9\frac{1}{2}$ inches (24cm) working from both ends.
- 3) Take the neck trim and fold in half lengthwise with wrong sides together securing both ends with a pin. Now fold the trim in half matching the two short ends so that you can find halfway. Place a pin at the fold or mark with a pen.
- 4) Find the centre front of the neckline by folding the shirt in half matching the raw edges of the back, place a pin at the fold or mark this point with a pen.
- 5) Match the centre of the neck trim with the centre front of the neckline ensuring right sides are together and raw edges are even. Pin.
- 6) Match the end of the neck trim with the centre back of the shirt (end of neckline) again ensuring raw edges are even. Pin. Repeat with other side. The neck trim will be slightly shorter than the neckline. Gently stretch the trim until it is even with the shirt and pin in place ensuring raw edges are even.
- 7) Using a zigzag stitch sew $\frac{1}{4}$ inch (6mm) seam allowance securing beginning and end with reverse stitches. Remove stay stitching.

7. Sew Side Seams

- 1) Fold t-shirt so that right sides of the fabric is together and match the end of the first sleeve, the underarm seam and the hem on one side, secure with pins. When matching the underarm point, ensure that you push the seam allowance in the same direction that it is going at the neckline. This will mean that the front seam allowance will be going in the opposite direction to the back seam allowance which will reduce the bulk under the arm. Repeat on other side.
- 2) Using a zigzag stitch sew $\frac{1}{4}$ inch (6mm) seam allowance starting at the end of the sleeve and stitching to the underarm. With the needle down in the fabric, lift the presser foot and turn the fabric so that you can sew down to the hem. Repeat on other side. Secure beginning and end with reverse stitches.
- 3) Carefully clip the seam allowance twice at the curve on both sleeves being careful not to cut the stitching.
- 4) Turn t-shirt to right side.



8. Sew Hem

- 1) Along the bottom of the t-shirt, turn the raw edge $\frac{1}{4}$ inch (6mm) into the wrong side of the fabric making sure to separate the seam allowance at the side to reduce the bulk. Pin in place and press with an iron.
- 2) Using a straight stitch, sew hem mid way between raw edge and fold.
- 3) Fold the raw edge of the centre back of the t-shirt in $\frac{1}{4}$ inch (6mm) towards the wrong side of the fabric making sure the seam allowance of the neck trim is facing down. Pin in place and repeat with other side. Press with an iron.
- 4) Using a straight stitch, sew mid way between raw edge and fold securing beginning and end with reverse stitches. Repeat with second side.

9. Attach Velcro

- 1) Using a straight stitch, sew the hook side of the Velcro strip on to the right side of the fabric on one side of the centre back of the t-shirt starting close to the top of the neck trim. Secure beginning and end with reverse stitches.
- 2) Stitch the loop side of the Velcro strip on to the wrong side of the other centre back of the t-shirt starting close to the top of the neck trim. Secure beginning and end with reverse stitches.

10. Congratulations You Did It!

- 1) Celebrate! YOU made another great outfit. Well done!