



## **18 INCH AND AMERICAN GIRL LEOTARD**

### **Make Your Outfit Instructions**

#### **1. Preview of Completed Outfit**

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

#### **2. Tools and Resources Required**

- 1) Paper pattern (printed from PDF file downloaded to your computer)
- 2) Fabric – 10 inches (25cm) two way stretch eg. lycra, cotton spandex
- 3) Matching thread
- 4) 20 inches (50cm) of 1/8 inch (3mm) elastic
- 5) Paper scissors
- 6) Fabric scissors or Rotary Blade & Cutting Mat
- 7) Pencil
- 8) Clippers/snips
- 9) Tape measure or ruler
- 10) Pins
- 11) Embellishments as desired



#### **3. Preparing Paper Pattern**

- 1) Check the 'Tip' measurement is correct.
- 2) Cut out pattern pieces following the solid line.

#### **4. Cutting Out Fabric**

- 1) With the fabric in a single layer, place pattern piece #1 and #2 (front and back) onto the fabric making sure to have the maximum stretch going in the same direction as the arrows on the pattern pieces.



- 2) Pin pattern pieces in place and cut around the paper pattern with fabric scissors or rotary cutter.
- 3) Remove pins.
- 4) Fold remaining fabric over so you have two layers and place pattern piece #3 (sleeve) onto the fabric making sure to have the maximum stretch going in the same direction as the arrows on the pattern piece.
- 5) Pin pattern piece in place and cut around the paper pattern with fabric scissors or rotary cutter.
- 6) Remove pins.

## **5. Sew First Shoulder Seam**

- 1) Place the back of the swim suit on the table with the right side of the fabric facing up. Now place the front of the swim suit on top with right sides together, matching the shoulder seams. Pin the shoulder seam on the left hand side
- 2) Sew a ¼ inch (6mm) seam across the first shoulder using a zigzag stitch or stretch stitch, securing beginning and end with reverse stitches.
- 3) Clip off excess seam allowance at both ends of the seam i.e. cut on an angle from the seam up and inwards.

## **6. Attach Elastic to Neckline**

- 1) Mark 1/8 inch (3mm) elastic at 2 ½ inches (6.5cm), 5 inches (13cm), 7 ½ inches (19.5cm) and 10 inches (26cm).
- 2) Mark the neckline in quarters by matching the shoulder seams and folding in half. Where the fold is at the neckline, place a pin or mark with a pen. Bring one shoulder seam into meet this pin or mark and place another pin or mark where the new fold is. Repeat with the other shoulder seam.
- 3) On the wrong side of the fabric place the end of the elastic against the end of the shoulder that has not been stitched. It needs to be about ¼ inch (6mm) in from the raw edge of the neckline. Fold the raw edge of the neckline over the elastic and pin in place.
- 4) Match the first pencil mark on your elastic (2 ½ inches or 6.5cm) with the next pin or pen mark on the leotard. With the elastic ¼ inch (6mm) in from the raw edge, fold the raw edge over the elastic and pin in place.



- 5) Repeat with the next two pencil marks on your elastic and the next two pin or pen marks on your leotard.
- 6) Match the last pencil mark on your elastic (10 inches or 26 cm) with the shoulder of the leotard. With the elastic  $\frac{1}{4}$  inch (6mm) in from the raw edge, fold the raw edge over the elastic and pin in place.
- 7) Stitch elastic to the neckline using a zigzag stitch. After sewing a couple of stitches, place the needle down in both the fabric and elastic at the beginning of the neckline, hold the elastic beyond the first pin and stretch. The raw edge of the neckline will fold over the elastic and using your finger of your left hand hold the fabric down over the elastic half way between the needle and the pin. Stitch through the elastic and the fabric until you get to the first pin, pulling gently on the threads and elastic behind the presser foot. Repeat in stages between each pin until you complete the neckline.
- 8) When you have finished sewing, cut the elastic even with the end of the fabric.

## **7. Sew Second Shoulder Seam**

- 1) With right sides together, match second shoulder seam and pin in place.
- 2) Using a zigzag or stretch stitch, sew  $\frac{1}{4}$  inch (6mm) seam, securing beginning and end with reverse stitches. Clip off excess seam allowance at armhole end of the seam i.e. cut on an angle from the seam up and inwards.
- 3) Separate seam allowance at the neckline and place a wide zigzag stitch over the seam allowance to hold this seam allowance flat. (Set your stitch length to zero or drop the feed dogs so that you are stitching in the one spot).

## **8. Hem Sleeves**

- 1) With the wrong side of the fabric facing you, turn down the raw edge of the sleeve hem  $\frac{1}{4}$  inch (6mm) and pin in place.
- 2) Using a straight stitch sew halfway between the fold and the raw edge of the hem you have turned down, securing beginning and end with reverse stitches.
- 3) Repeat with the second sleeve.



## 9. Attach Sleeves

- 1) Fold the first sleeve in half to find the half-way point along the top of the sleeve. At the fold place a pin or mark with a pen.
- 2) Open out the leotard with the right side of the fabric facing up. Place the sleeve on top of the armhole with the right side of the fabric facing down. Match the centre pin of the sleeve with the shoulder seam and raw edges of the top of the sleeve matching the raw edges of the armhole. Making sure the seam allowance of the shoulder seam is opened out, secure with a pin.
- 3) Match the first end of the sleeve with the end of the armhole and with raw edges of both even, secure with a pin. Repeat with the other end of the sleeve and the other end of the armhole.
- 4) Pull the front of the leotard armhole gently until the sleeve fabric is sitting flat against the armhole and with raw edges even, place a pin. Repeat with the back of the leotard armhole.
- 5) Using a zigzag stitch sew  $\frac{1}{4}$  " (6mm) seam allowance stretching the leotard fabric gently as you go so that the sleeve is sitting flat against the leotard. Make sure the seam allowance of the shoulder seam is opened out and secure beginning and end with reverse stitches.
- 6) Repeat with the second sleeve.

**NB.** If you wish to have a sleeveless leotard, simply fold raw edge of armhole down  $\frac{1}{4}$ " (6mm) into wrong side of fabric and using a zigzag stitch hem in place.

## 10. Sew Sleeve and Side Seams

- 1) With right sides together, match hem of first sleeve, underarm seam and side seam. Pin.
- 2) Using a zigzag or stretch stitch, sew  $\frac{1}{4}$  inch (6mm) seam, starting at the hem of the sleeve and securing beginning and end with reverse stitches.
- 3) Clip seam allowance at the leg hole on the angle as you did with the shoulder seams.
- 4) Repeat with second side.



## 11. Attach Elastic to Leg Holes

- 1) Mark 1/8 inch (3mm) elastic at 2 ½ inches (6.5cm) and again at 5 inches (13cm).
- 2) On the wrong side of the fabric, place the end of the elastic against the start of the leg hole. It needs to be about ¼ inch (6mm) in from the raw edge of the leg hole. Fold the raw edge of the leg hole over the elastic and pin in place.
- 3) Match the first pencil marking (2 ½ inches or 6.5cm) with the side seam (make sure the side seam is separated). With the elastic ¼ inch (6mm) in from the raw edge, fold the raw edge over the elastic and pin in place.
- 4) Match the second pencil marking (5 inches or 13cm) with the end of the leg hole. With the elastic ¼ inch (6mm) in from the raw edge, fold the raw edge over the elastic and pin in place.
- 5) Stitch elastic to the leg hole using a zigzag stitch. After a couple of stitches place the needle down in both the fabric and elastic at the beginning of the leg hole, hold the elastic beyond the side seam pin and stretch. The raw edge of the leg hole will fold over the elastic and using your finger of your left hand, hold the fabric down over the elastic half way between the needle and the side seam. Stitch through the elastic and the fabric until you get to the side seam, pulling gently on the threads and elastic behind the presser foot. Repeat from the side seam to the end of the leg hole.
- 6) When you have finished sewing, cut the elastic even with the end of the fabric.
- 7) Repeat steps 1) to 6) with second leg hole.

## 12. Sew Crotch Seam

- 1) With right sides together, match the raw edges of the crotch seam, making sure that each end is even. Pin.
- 2) Using a zigzag or stretch stitch, sew ¼ inch (6mm) seam, securing beginning and end with reverse stitches.
- 3) Turn Leotard to right side.

**NB.** Attach embellishments to centre front neckline if desired.

**13. Congratulations You Did It!** YOU made another great outfit. Well done!