



18 1/2 INCH CABBAGE PATCH KIDS 50's VINTAGE DRESS

1. Preview of Completed Outfit



2. Tools and Resources Required

- 1) Paper pattern (printed from PDF file downloaded to your computer)
- 2) Fabric - woven fabric e.g. cotton, cotton blend, satin
 - Long Dress – 27 inches (68cm)
 - Short Dress – 19 inches (48cm)
 - Collar – 10 x 8 inches (25 x 20cm) plus small amount of interfacing if using fine fabric for the collar
 - Lining – small piece for bodice

** Please note: If you are making the dress with the collar, I recommend that you use the same fabric for the lining that you use for the collar. If making the dress without the collar, I recommend using the same fabric for the lining as you use for the dress.



- 3) Lace for short hem (optional) – 60 inches (150cm)
- 4) Lace for sleeves (optional) – 20 inches (50cm)
- 5) Elastic for sleeves – 1/8 inch (3mm) wide x 8 inches (20cm)
- 6) Matching thread
- 7) Velcro strip 3 inches (8cm) long x 1/2 inch (1.2cm) wide
- 8) Additional Trimmings (optional) e.g. buttons, ribbon
- 9) Paper scissors
- 10) Glue
- 11) Fabric scissors/Rotary Blade
- 12) Clippers/snips
- 13) Pins
- 14) Point turner
- 15) Ruler, tape measure or sewing gauge

3. Preparing Paper Pattern

- 1) Check the 'Tip' measurement to ensure the pattern is printed correctly.
- 2) Cut out pattern pieces following the solid line.
- 3) Skirt (Piece #5) – There are 6 parts to this one piece so you will need to glue them together placing glue in the overlap section and matching the solid line to the dashed line as marked.
 - Glue Part 2 on top of Part 1
 - Glue Part 4 on top of Part 3
 - Glue Part 6 on top of Part 5
 - Glue Parts 3 & 4 on top of Part 1 & 2 on the left side.
 - Glue Parts 5 & 6 on top of Part 1 & 2 on the right side.

* If making the short dress, cut along the inside semi-circle line and save the piece you cut off so that you can make the long skirt another time by placing the two pieces together.



4. Cutting Out Fabric – the following instruction is for the dress with sleeves and collar, so please omit the pieces not required if making the dress without sleeves or collar.

- 1) Fold fashion fabric in half matching the selvedge. Place the left edge of pattern piece #5 (Skirt) onto the fold of the fabric. Place pattern pieces #2 (Bodice Back) and #3 (Sleeve) onto the fabric making sure the grain line runs in the same direction as the threads in the fabric.
- 2) Pin pattern pieces in place and cut around with scissors or rotary blade.
- 3) Remove pins and transfer the markings from pattern piece #3 (Sleeve) onto the fabric with a marking pen or chalk. These mark the centre point and also where you will sew your gathering thread.

Using fashion fabric as the lining:

- 4) Place pattern piece #1 (Bodice Front) and pattern piece #2 (Bodice Back) onto the fabric making sure the grain line runs in the same direction as the threads in the fabric.
- 5) Pin pattern pieces in place and cut around with scissors or rotary blade.
- 6) Remove Pins and if making the dress with the collar, transfer the marking from pattern piece #1 (Bodice Front) onto the fabric with a marking pen or chalk. This marks where you will place the collar.

*The second Bodice Front and the additional Bodice Back pieces will be the lining.

Using separate lining:

- 7) Open the fashion fabric out to single layer and place pattern piece #1 (Bodice Front) onto the fabric making sure the grain line runs in the same direction as the threads in the fabric. Pin in place and cut around with scissors or rotary blade.
- 8) Remove Pins and if making the dress with the collar, transfer the marking from pattern piece #1 (Bodice Front) onto the fabric with a marking pen or chalk. This marks where you will place the collar.
- 9) With Lining doubled over, place pattern piece #2 (Bodice Back) onto the fabric making sure the grain line runs in the same direction as the threads in the fabric. Pin in place and cut around with scissors or rotary blade.



10) Open out the lining to a single layer and place pattern piece #1 (Bodice Front) onto the fabric making sure the grain line runs in the same direction as the threads in the fabric. Pin in place and cut around with scissors or rotary blade.

11) Remove Pins.

Collar:

12) Double the contrasting fabric over and place pattern piece #4 (collar) onto the fabric making sure the grain line runs in the same direction as the threads in the fabric. Pin in place and cut around with scissors or rotary blade.

13) Remove Pins and repeat step 12).

*If the fabric is thin, either repeat step 12) again or cut 2 pieces of lining in the shape of pattern piece #4 (collar).

5. Sew Shoulder Seams

- 1) Place the Bodice Front piece on the table in front of you with the right side facing up. Take one of the back pieces and with the right side facing down, match shoulder seam of back to shoulder seam of front with side seam and arm holes matching. Pin at shoulder. Repeat with the second back piece and the second shoulder of the front piece.
- 2) Using a straight stitch, sew $\frac{1}{4}$ inch (6mm) seam securing beginning and end with reverse stitches.
- 3) Repeat Steps 1) and 2) with the lining.
- 4) Pop over to the iron and press the shoulder seam allowances towards the back on the fashion fabric and towards the front on the lining.



DRESS WITH COLLAR

6. Prepare Collar

- 1) Match two collar pieces with right sides of fabric together and pin. Using a straight stitch, sew $\frac{1}{4}$ inch (6mm) seam around the large curved edge of the collar securing beginning and end with reverse stitches.

** If the fabric is thin and you are using lining or an additional piece of fabric, place this on top of the two collar pieces before pinning and then sew $\frac{1}{4}$ inch (6mm) seam around the large curved edge of the collar securing beginning and end with reverse stitches.

Tip: When sewing curves use a smaller length straight stitch e.g. 1.8 – 2.0 length.

- 2) Repeat step 1) with the remaining collar pieces.
- 3) Clip notches away from the seam allowance about $\frac{1}{4}$ inch (6mm) apart or if you have pinking shears, cut the seam allowance away close to the stitching line.
- 4) Turn collar to right side and press.
- 5) Clip off excess seam allowance showing at the top of each end.

7. Attach Collar & Facing

- 1) With the right side of the bodice facing up, place the first collar piece down on top of the bodice on the right hand side of the neckline matching the raw edges of the collar with the raw edges of the neckline. Also match the left end of the collar with the mark on the left at the centre front of the neckline. The other end of the collar should be about $\frac{1}{2}$ inch (12mm) from the back edge of the bodice. Pin in place making sure that the shoulder seams are pinned in the direction you have pressed them.
- 2) Place the second collar on top of the bodice on the left hand side of the neckline matching the raw edges of the collar with the raw edges of the neckline. Match the right end of the collar with the mark on the right at the centre front of the neckline - your collars should overlap $\frac{1}{4}$ inch (6mm). The other end of the collar should be about $\frac{1}{2}$ inch (12mm) from the back edge of the bodice. Pin in place making sure that the shoulder seams are pinned in the direction you have pressed them.





- 3) Using a straight stitch sew a seam less than $\frac{1}{4}$ inch (6mm) around the neckline attaching the collar to the bodice.

** Sewing inside the usual $\frac{1}{4}$ inch (6mm) seam allowance means that you won't see this stitching when you sew your lining on top.

- 4) Now place the prepared lining on top of your prepared bodice with right sides together matching shoulder seams, hem of bodice and neckline. Pin from the bottom of the bodice up the back, around the neckline and down the other side at the back. Be careful to have the shoulder seam allowances facing in the opposite direction (as you previously pressed them) to reduce bulk at the shoulders.



- 5) Using a straight stitch sew $\frac{1}{4}$ inch (6mm) seam from the hem, up one side of the back, around the neckline and down the other side at the back securing beginning and end with reverse stitches.

- 6) Clip around the curved neckline from raw edge up to the stitching line being careful not to cut the stitching. I usually make a cut every $\frac{1}{4}$ - $\frac{1}{2}$ inch (6 - 12mm).

- 7) Clip on an angle across the seam allowance at the end of the neckline and top of the centre back on each side.

- 8) If you are making the dress with sleeves, turn bodice to right side and press. If making the dress without sleeves go to step 13. Sew Armholes.





DRESS WITHOUT COLLAR

8. Attach Facing

- 1) Place bodice and lining together with right sides together, matching all raw edges. Pin from the bottom of the bodice up the back, around the neckline and down the other side at the back. Be careful to have the shoulder seam allowances facing in the opposite direction (as you previously pressed them) to reduce bulk at the shoulders.
 - 2) Using a straight stitch sew $\frac{1}{4}$ inch (6mm) seam from the hem, up one side of the back, around the neckline and down the other side at the back securing beginning and end with reverse stitches.
 - 3) Clip around the curved neckline from raw edge up to the stitching line being careful not to cut the stitching. I usually make a cut every $\frac{1}{4}$ - $\frac{1}{2}$ inch (6 – 12mm).
 - 4) Clip on an angle across the seam allowance at the end of the neckline and top of the centre back on each side. See diagram above.
- ** The previous two images show these steps but have the collar included.
- 5) If you are making the dress with sleeves, turn bodice to right side and press. If making the dress without sleeves go to step 13. **Sew Armholes.**



DRESS WITH SLEEVES

9. Hem Sleeves

1) Hem the edge of both sleeves using one of the following methods.

Serger

- Sew a 3 thread serge along the raw hem then fold up the hem ¼ inch (6mm) and sew using a straight stitch.
- Sew a rolled hem with your serger.

Sewing Machine

- Use a rolled hem foot and sew a rolled hem on the sewing machine
- Fold raw edge of curved side in ¼" (6mm) and press. Sew a row of zigzag stitches along the folded edge making sure that the needle goes down over the folded edge of the fabric. I use a width of 3 and length of 1 but you can go closer together if you wish. Now trim the excess fabric away as close to the stitches as possible.
- Attach lace along the hem - With the flat edge of the lace facing to the right, lay the curved edge of the sleeve on top, making sure the right side of the fabric is facing down towards the lace and 1/16 " (2mm) of lace is showing beyond the raw edge of the sleeve. Pin. Using a straight stitch sew ¼" (6mm) seam securing beginning and end with reverse stitches. Trim excess lace. Turn seam towards wrong side of fabric and top stitch 1/8" (3mm) in from the seam.





10. Sew Gathering Threads & Attach Elastic

- 1) Sew a row of gathering stitch along the top of each sleeve just inside $\frac{1}{4}$ inch (6mm) from the raw edge starting a couple of stitches before the first line that you have marked and finish a couple of stitches after the last line that you have marked leaving excess threads at beginning and end of sewing.
- 2) Sew a second row of gathering stitch beside the first row and a little more than $\frac{1}{4}$ inch (6mm) in from the raw edge leaving excess threads at beginning and end of sewing. When you attach the sleeve to the bodice you will sew in-between these two rows.



- 3) Take your $\frac{1}{8}$ inch (3mm) wide elastic and place a mark at 4 inches (10cm) and 8 inches (20cm).
- 4) On the wrong side of the sleeve, place the end of the elastic against the end of the sleeve and the right edge of the elastic $\frac{1}{4}$ inch (6mm) from the hem of the sleeve. Using a zigzag stitch of 1.5 wide and 3.5 in length sew a few stitches forward and backward along the elastic. Change the stitch width to 4.5 so that you will now sew over the elastic. Stretch the elastic so that the first mark you made is even with the end of the sleeve and holding it $\frac{1}{4}$ inch (6mm) from the hem, continue to sew over the elastic stopping $\frac{1}{2}$ inch (12mm) from the end. Change the stitch width back to 1.5 wide and sew through the elastic to the end, finishing with some reverse stitches.
- 5) Repeat with second sleeve.





11. Attach Sleeves

- 1) With the right sides together match the centre mark at the top of your prepared sleeve with the shoulder seam at the top of the armhole on one side of the bodice. Ensure raw edges are even and place a pin. Take one end of the sleeve and match it to the end of the armhole ensuring that all three raw edges are even, place a pin. With raw edges of the sleeve and the armhole even, place another pin at the first mark on the sleeve.
- 2) Repeat with the other end of the sleeve.

Tip: place your pin vertically across the stitching line so that you can easily pull the threads to gather the sleeve between these pins.

- 3) Take the two bobbin threads (threads on the wrong side of the fabric) of one end of the sleeve and pull gently to gather the fabric of the sleeve between the pins. Continue pulling until the sleeve is the same length as the armhole and even out the gathers in between the pins. Repeat on the other side.
- 4) Sew a row of straight stitch $\frac{1}{4}$ inch (6mm) in from the raw edges to attach the sleeve to the armhole ensuring the gathers are even as you go and secure with reverse stitches at the beginning and end.
- 5) Remove gathering threads.
- 6) Overcast raw edges together with a zigzag stitch.
- 7) Repeat steps 1) to 6) with the second sleeve.

12. Sew Side Seams

- 1) Fold the back of the bodice over on top of the front with the right sides together and match the seam under the arm. Pushing one seam allowance one way and the other seam allowance the opposite way and with raw edges even, place a pin. Match the hem of the sleeve and the raw edges of the seam and place a pin. Match all four raw edges of the side seam of the bodice and place a pin.
- 2) Using a straight stitch, sew $\frac{1}{4}$ inch (6mm) seam allowance from the hem of the sleeve down to the bottom of the bodice securing beginning and end with reverse stitches.
- 3) Overcast raw edges together with a zigzag stitch securing the beginning with reverse stitches. Turn bodice to right side.
- 4) Repeat steps 1) to 3) on the other side.



DRESS WITHOUT SLEEVES

13. Sew Armholes

- 1) Match the shoulder seams with the seam allowances facing opposite directions. Place a pin.
- 2) Sew $\frac{1}{4}$ " (6mm) seam around the armhole securing beginning and end with reverse stitches.

Tip: If sewing a dress with collar, make sure the collar is folded up at the shoulder so that you do not catch it when sewing the armholes.

- 3) Clip around the curved armhole from raw edge up to the stitching line being careful not to cut the stitching. I usually make a cut every $\frac{1}{4}$ - $\frac{1}{2}$ inch (6 – 12mm).
- 4) Repeat steps 1) to 3) with the other armhole.
- 5) Turn bodice to right side and press.

14. Sew Side Seam

- 1) Fold the back of the bodice over on top of the front matching side seams. Separate the lining and the fashion fabric by folding the lining back. Right sides of both the lining and the fashion fabric will be together. Match the seam under the armhole and place a pin. The seam allowance can be facing the same way this time.
- 2) Stitch a $\frac{1}{4}$ inch (6mm) seam allowance securing the beginning and end with reverse stitches.
- 3) Repeat steps 1) and 2) with second side seam.
- 4) Separate the seam allowances and fold bodice to right side. Press.



ALL DRESSES

15. Hem Skirt

- 1) Hem the bottom of the skirt using one of the following methods.

Serger

- Sew a 3 thread serge along the raw hem then fold up the hem ¼ inch (6mm) and sew using a straight stitch.
- Sew a rolled hem with your serger.

Sewing Machine

- Use a rolled hem foot and sew a rolled hem on the sewing machine or if you don't have a rolled hem foot try one of the following:
- Fold raw edge of curved side in ¼" (6mm) and press. Sew a row of zigzag stitches along the folded edge making sure that the needle goes down over the folded edge of the fabric. I use a width of 3 and length of 1 but you can go closer together. Now trim the excess fabric away as close to the stitches as possible.
- Attach lace along the hem - With the flat edge of the lace facing to the right, lay the curved edge of the sleeve on top, making sure the right side of the fabric is facing down towards the lace and 1/16 " (2mm) of lace is showing beyond the raw edge of the sleeve. Pin. Using a straight stitch sew ¼" (6mm) seam securing beginning and end with reverse stitches. Trim excess lace. Turn seam towards wrong side of fabric and top stitch 1/8" (3mm) in from the seam.

16. Sew Back Seam

- 1) Using a zigzag stitch overcast the raw edges on both sides at the back of the skirt securing with a few reverse stitches at the hem.
- 2) Sew a row of stay stitching around the top of the skirt.
- 3) With right sides of the fabric together, match the finished edges of the centre back, ensuring that the hem is even. Pin at the hem. Measure 3" (8cm) down from the waist and place a pin facing across the stitching line. This is where you will stop sewing your centre back seam. Place additional pins between the hem and this point.
- 4) Using a straight stitch sew ½" (12mm) seam allowance starting at the hem and securing with reverse stitches. Sew up to the pin 3" (8cm) down from the waist and lower the needle into the fabric. Lift the presser foot and turn the fabric so that you can sew across the seam allowance and out to the edge of your seam. Lower the presser foot and sew across to the edge and finish with reverse stitches. This will add strength to the bottom of the opening.



- 5) With the skirt inside out, press the seam allowance to the right.
- 6) Place the skirt under the presser foot with the hem of the skirt on your left and the wrong side of the fabric facing up. The back seam allowance will be facing down. Starting with some forward and reverse stitches sew across this seam allowance attaching the seam allowance to the skirt at the bottom of the opening. Stop just before the edge of the seam allowance with the needle down in the fabric. Lift the presser foot and turn the skirt so that the opening is towards you. Pull the top layer (the side that has not been pressed under) back so that it is behind the needle and lower the presser foot. Continue sewing to the top of the opening making sure to be sewing on top of the seam allowance.

17. Attach Skirt to Bodice

- 1) On the bottom of the bodice, mark the centre front point with either a pin or pen. You can find the centre front by folding the bodice in half matching the two back pieces. Where there is a fold at the front, this will be the centre front of the bodice.
- 2) On the top of the skirt, mark the centre front point with either a pin or pen. You can find the centre front by folding the skirt in half and matching the two ends of the skirt. Where there is a fold at the front, this will be the centre front of the skirt.
- 3) Turn skirt inside out. With the bodice right side out, place inside the skirt so that the right sides of the skirt and bodice are together.
- 4) Ensuring that raw edges are even, match the centre front of the bodice with the centre front of the skirt and place a pin. With raw edges even, match one end of the bodice with one end of the skirt and pin. Repeat with the other end of the bodice and skirt. Continue matching the raw edges of the bodice with the raw edges of the skirt and pin until the skirt is secured to the bodice.

Tip: If needed, you can pull on the stay stitching thread slightly to bring the skirt in to be the same size as the bodice.

- 5) Using a straight stitch sew $\frac{1}{4}$ inch (6mm) seam to attach the skirt to the bodice securing beginning and end with reverse stitches. Remove stay stitching if it is showing.
- 6) Overcast raw edges of seam allowance with a zigzag stitch securing beginning and end with reverse stitches.
- 7) Turn dress to right side.
- 8) With the seam allowance pushed towards the bodice, sew a row of top stitch about $\frac{1}{8}$ inch (3mm) up from the seam securing beginning and end with reverse stitches. This will secure the seam allowance to the bodice.



18. Attach Velcro

- 1) With the back of the dress facing you, place the hook side of the Velcro strip on top of the back bodice that is on the right hand side (the skirt on this side should have the zigzag finish). Ensure the Velcro is close to the neckline and close to the edge of the bodice. Stitch in place with a straight stitch securing beginning and end with reverse stitches.

- 2) Place the loop side of the Velcro strip underneath (on wrong side) of the other back bodice (the skirt on this side has been hemmed). Ensure that the Velcro is close to the neckline and close to the edge of the bodice. Stitch in place with a straight stitch securing beginning and end with reverse stitches.

19. Congratulations YOU did it!

Celebrate! YOU made another great outfit. Well done!