



18 INCH AND AMERICAN GIRL STRAPPY DRESS

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 – cotton, cotton blend or any light to medium weight woven fabric. Knit fabric can also be used and you could do a lettuce leaf hem on your serger/overlocker for a lovely effect.
- 3) Dress - 10 inches (25cm) fabric
Top - 7 inches (18cm) fabric
Trim – 2 inches (5cm)
- 4) Elastic ¼ x 22 inches (6 mm x 55 cm)
- 5) Matching thread
- 6) Paper scissors
- 7) Paper Glue
- 8) Fabric scissors
- 9) Clippers/snips
- 10) Pins
- 11) Safety pin or bodkin
- 12) Ruler, sewing gauge or tape measure
- 13) Pencil, marking pen or tailors chalk





3. Preparing Paper Pattern

- 1) Check the 2 inch (5cm) tip measurement is correct to ensure you have printed the pattern out to the correct size.
- 2) Cut out pattern pieces following the solid line. If you are making the top either cut along the cutting line that is marked for the top or glue the pieces together, as per step 3), and simply fold the paper along this line so you can use the same pattern piece for the dress too.
- 3) Glue Pattern Piece #1: Part 1 of 2 to Pattern Piece #1: Part 2 of 2

4. Cutting Out Fabric

- 1) Take each selvedge of your fabric and fold into the middle. This will create two folds, one on each side. Place the edge of pattern piece #1 (Dress/Top) onto the fold of the fabric on one side. Place piece #2 (strap) onto the fold of the fabric on the other side.
- 2) Pin pattern pieces in place and cut around with scissors or cutting blade.

Trim

- 3) Fold your contrasting fabric in half matching the selvedge and place one short edge of pattern piece #3 onto the fold of the fabric.
- 4) Pin pattern piece in place and cut around with scissors or cutting blade.

5. Make Strap

- 1) Fold fabric in half lengthways with the right sides together and matching the raw edges together. Pin.
- 2) Using a straight stitch sew $\frac{1}{4}$ inch (6mm) seam allowance starting at the fold and when you get $\frac{1}{4}$ inch (6mm) from the long raw edge place the needle down in the fabric, lift the presser foot and turn the fabric so you can continue stitching down the length of the strap, securing the beginning and end with reverse stitches.
- 3) Trim the excess fabric on an angle at the corner that you stitched.
- 4) Turn the tube to the right side.
- 5) Turn the raw edges of the open end of the tube to the inside of the tube and sew across the end forwards and backwards to secure the stitching.
- 6) Press the strap with your iron.
- 7) Fold the strap in half lengthwise and open it out into a 'V' shape. Press at the base of the 'V'.



6. Hem

Hem Without Trim

- 1) Place the Dress or Top down in front of you with the wrong side of the fabric facing up. Fold the raw edge of one long side down into the wrong side $\frac{1}{2}$ inch (12mm), pin and press.
- 2) Fold the raw edge down into the crease you have just created, pin and press.
- 3) With a straight stitch, sew close to the inside fold of the hem.

Hem With Trim

- 1) Fold the trim in half lengthwise with wrong sides of the fabric together and raw edges matching. Pin and Press.
- 2) With the right side of the dress/top fabric facing up, place the folded hem trim on top matching the raw edges of the hem of the skirt with the long raw edges of the trim. Pin in place.
- 3) Using a straight stitch, sew trim to dress/top with a $\frac{1}{4}$ inch (6mm) seam allowance.
- 4) Overcast the raw edges with a zigzag stitch. I use a stitch width of 3.5 and a length of 1.
- 5) Fold the trim down, so the seam allowance faces up and press. With the right side of the fabric facing up sew a row of straight stitches close to the seam i.e. top stitch the seam allowance to the dress/top.

7. Make Casing

- 1) Place your dress/top down in front of you with the wrong side of the fabric facing up. Turn down the raw edge $\frac{3}{4}$ inch (2cm) to the wrong side. Pin in place.
- 2) Press and remove pins.
- 3) Turn raw edge of casing in towards the fold $\frac{1}{4}$ inch (6mm). Pin in place.
- 4) Press.
- 5) Now fold the dress/top in half to find the center front and place a pin at the fold.



- 6) Open the fabric back out with the wrong side of the fabric facing up and the casing towards the top. Place the strap that you prepared earlier onto the dress/top with the ends of the strap facing down towards the hem and the fold that you pressed at the center point and close to the bottom edge of the casing. The fold will be parallel to the top. Open out the strap and pin to the dress where you will sew your row of stitches. This allows us to attach the strap at the same time as sewing the casing.



- 7) Using a straight stitch, sew along the bottom edge of the casing, close to the fold. When you get to the strap, simply sew over it. Securing the beginning and end of stitching with a couple of reverse stitches.
- 8) Turn the dress/top over so you are looking at the right side of the fabric. Fold the straps up so they are now extending past the top of the dress/top and pin in place. Sew a row of straight stitches along the very top of the casing to secure the straps in place securing the beginning and end of stitching with some reverse stitches.

8. Attach Elastic

- 1) Place the dress/top down in front of you with the wrong side of the fabric facing up. Mark a line 1 ½ inches (4cm) down from the finished top edge using your tailors chalk or making pen. You will be drawing the line from one raw edge to the other. This give the dress/top a 'baby doll' look or if you prefer the elastic to be more around the waist, measure down 2 – 2 ¼ inches (5 – 5.5cm) from the finished top edge.
- 2) Mark the ¼ inch (6mm) elastic with a pen/pencil at 2 ½ inches (6.5cm), 5 inches (13cm), 7 ½ inches (19.5cm) and 10 ¼ inches (26cm). This is marking your elastic in quarters.
- 3) Take your dress/top and mark it in quarters along the line you drew in step 1). An easy way to do this is to fold the dress/top in half and place a pin at the fold. Then take each raw edge of the dress/top and fold it in to the center pin. Place pins at each new fold.
- 4) Matching the end of the elastic with the raw edge of the dress/top, place the elastic over the top of the chalk line and pin. Then match the first mark on the elastic with the first pin on the dress/top and pin in place being sure to have the



elastic over the top of the chalk line. Continue along matching the next mark on the elastic with the next pin until you get to the end. I like to place my pins going across the elastic.

- 5) Using a zigzag stitch (I use 3 wide and 3.5 length) sew a couple of stitches forward and reverse at the beginning of the elastic. Then with the needle down, take hold of the elastic beyond the first pin and stretch it until the elastic is even with the fabric. Sew until you get to the pin, stopping again with the needle down. Remove the pin and take hold of the elastic beyond the next pin. Stretch it again until the elastic is even with the fabric and sew. Continue in this manner until you get to the end and secure with some reverse stitches. Cut the elastic.

9. Thread Elastic and Sew Back Seam

- 1) Mark the ¼ inch (6mm) elastic with a pen/pencil at 10 ¼ inches (26cm).
- 2) Using a bodkin, safety pin or Loop Turner, thread the elastic through the top casing. Remove the bodkin, safety pin or Loop Turner and bring the end of the elastic back until it is even with the raw end of the casing. Using a straight stitch, sew across close to the raw edges to secure the elastic.
- 3) Go to the other end and pull the elastic until you can see the line you marked and match it with the raw end of the casing. Using a straight stitch, sew across close to the raw edges to secure the elastic. Cut the excess elastic.
- 4) Pull on each end of the elastic to even out the gathers.
- 5) Fold the dress/top in half with right sides together, matching the raw edges of the center back seam, the finished top edge and the finished hem. Pin.
- 6) Using a straight stitch sew ¼ inch (6mm) seam allowance starting at the top and finishing at the hem. Secure beginning and end with reverse stitches.
- 7) Using a zigzag stitch overcast the raw edges, securing the beginning and end with reverse stitches.
- 8) Turn the dress/top to the right side.
- 9) At the top of the seam, fold the seam allowance over to one side and secure the seam allowance down by dropping your feed dogs (or change your stitch length to 0) and with a zigzag stitch sew a couple of stitches.

10. Congratulations YOU did it!

Celebrate! YOU made another great outfit. Well done!