



18 INCH AND AMERICAN GIRL OVERALLS FOR ALL SEASONS

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, denim, pinwale corduroy, anything suitable for shorts/long pants.

Short Overalls 10 inches (25cm) fabric
Long Overalls 14 inches (35cm) fabric
- 3) Elastic $\frac{1}{4}$ x 5 inches (6 mm x 12.5 cm)
- 4) Velcro, snap fasteners or buttons
- 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 or marking pen





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) **Note:** If you want to have pattern pieces for both the short and long overalls, print out Piece #1: Part 1 of 2 twice i.e. page 1 of the pattern pieces.
- 3) Cut out pattern pieces following the solid line.
Note: If you are making the short overalls then you will cut around the dashed line at the bottom of Piece #1: Part 2 of 2.
- 4) Glue Pattern Piece #1: Part 1 of 2 to Pattern Piece #1: Part 2 of 2 either short or long overall depending on which you are making.
Note: If you are making the pattern pieces for both the long and short overalls you will repeat step 4) .

4. Cutting Out Fabric

- 1) Fold fabric in half so you will be cutting 2 pieces of fabric out at the same time and place paper pattern piece #1 (overall) and #3 (shoulder straps) onto the fabric with the grain line on the pattern running parallel to the selvedge of the fabric. Place pattern piece #2 (facing) onto the fabric making sure to place the edge marked with arrows on the fold of the fabric.
- 2) Pin pattern pieces in place and cut around with scissors or cutting blade.

Rectangle Pocket

- 3) Open out your fabric and place pattern piece #4 (rectangle pocket) onto a single layer of fabric with the grain line on the pattern running parallel to the selvedge.
- 4) Pin pattern in place and cut around with scissors or cutting blade.

Heart Pocket

- 5) Take your contrasting fabric and fold in half so you are cutting 2 pieces of fabric at the same time. Place pattern piece #5 (heart pocket) onto the fabric. Pin in place and cut around with scissors.

Note: If you are using thin fabric for your heart pocket, you may like to cut extra pieces of fabric or interfacing.



5. Press Pattern Pieces

- 1) Facing - With the wrong side of the fabric facing up, fold up $\frac{1}{4}$ inch (6mm) of the hem and press.
- 2) Straps - With the wrong side of the first strap facing up, fold the two longer edges $\frac{1}{4}$ inch (6mm) into the wrong side and press. Then fold strap in half lengthwise, matching the two newly pressed edges and press again. Repeat with second strap.
- 3) Overall Plain Hem - With the wrong side of the fabric facing up, fold up hem $\frac{1}{2}$ inch (12mm) and press. Fold raw edge down into the fold and press again. Repeat with second overall leg.
- 4) Overall Cuff Hem – With the right side of the fabric facing up, fold up hem $\frac{1}{2}$ inch (12mm) and press. Fold raw edge down into the fold and press again. Fold up hem again $\frac{1}{2}$ inch (12mm) and press. Repeat with second overall leg.
- 5) Rectangle Pocket – With the wrong side of the fabric facing up, fold up $\frac{1}{4}$ inch (6mm) of each short end and press.

Option 1 – Plain Hem

6. Hem Overalls - Plain

- 1) Because you have already pressed up the hem you simply sew a row of straight stitches close to the left hand folded edge on both overall pieces.

Option 2 – Cuff Hem

7. Hem Overalls - Cuff

- 1) Take the pressed hem and unfold it until you have the fabric folded only once.
- 2) Sew a row of straight stitches down the middle of this $\frac{1}{4}$ inch (6mm) folded piece. Repeat on second overall leg.
- 3) Fold the hem back up twice along the pressed lines and sew a couple of stitches across each end, inside the seam allowance, to secure the cuff in place. Repeat with second overall leg.
- 4) Fold the hem in half matching the raw edges of the inside leg seam and place a pin at the fold (this is the half way mark of your hem). Using a zigzag stitch with a width of 3.5 and the feed dogs down or stitch length set to 0, sew a few stitches. This will secure the cuff so that it doesn't unfold while the doll is wearing the overalls. Repeat on second overall leg.



All Options

8. Sew Front Seam

- 1) With right sides of the fabric together, match the raw edges of the center front of both overall pieces from the top of the bib down to the crotch. Pin.
- 2) Using a straight stitch sew a ¼ inch (6mm) seam securing beginning and end with reverse stitches.
- 3) Overcast the raw edges with a zigzag stitch. I use a stitch width of 3.5 and a length of 1.

9. Hem Facing & Sew Straps

Facing

- 1) You have already pressed up the hem on the facing so now you simply sew a row of straight stitches down the middle of the ¼ inch (6mm) hem.

Straps

- 2) Working with the end of the strap that is flat (not cut on the angle), unfold the presses and fold in half with the right sides of the fabric together matching the raw edges of the long side. Across the end of the strap, sew a row of straight stitches ¼ inch (6mm) in from the raw edges, securing beginning and end with reverse stitches.
- 3) Clip the seam allowance on an angle on the side with all the raw edges (not the fold). This will reduce the bulk when we turn it to the right side.
- 4) Turn the strap to the right side and using a point turner push the corner out.
- 5) Turn the ¼ inch (6mm) of the two long edges that you pressed earlier in to the wrong side. The two folds should be matching. Pin.
- 6) Using a straight stitch sew close to the folded edges starting with some reverse stitches to secure the stitching.
- 7) Repeat steps 2) to 6) with the second strap.





10. Attach Facing

- 1) Lay the overall down on the table in front of you with the right side of the fabric facing up. Measure 1 ½ inches (4cm) in from the center back seam on both sides of the overall and place a pin.
- 2) Take the first strap and place the unfinished end (the end that is cut on the diagonal) at the pin mark and match the raw edges of the overall with the raw edges of the strap making sure that the strap is going out past the center back of the overall. Pin in place. Repeat on other side with the second strap.



- 3) Place the facing down on top of the overall with right sides together matching the raw edges of the facing with the raw edges of the overall and pin in place.
- 4) Using a straight stitch sew a ¼ inch (6mm) seam starting at the center back all the way up and over to the center back on the other side. Secure your stitching at the beginning and end with reverse stitches.
- 5) Clip the corner on both sides at the top of the bib and around the curves on both sides.



- 6) Turn to right side and using a point turner push the top corners of the bib out. Press facing down.



Option 3 – Rectangle Pocket

11. Make & Attach Pocket – Rectangle

- 1) Fold the pocket in half with right sides together and matching the raw edges that you pressed earlier.
- 2) Using a straight stitch sew across both short ends of the pocket securing beginning and end with reverse stitches.
- 3) Clip the corners at the open end.
- 4) Turn to right side and using a point turner push out the corners.
- 5) Turn the raw edges down into the wrong side folding along the creases we pressed earlier. Pin and press.
- 6) The open end of the pocket is the bottom. Sew two rows of straight stitches across the top about $\frac{1}{4}$ inch (6mm) and $\frac{3}{8}$ inch (8mm) down. This is simply for decoration so you may prefer to leave this step out.
- 7) Fold the pocket in half to find the center at the top and bottom, place a pin at the fold.
- 8) On the right side of the overall, mark a point 1 inch (2.5cm) down from the top of the bib at the center front seam. Place the top of the pocket at this point making sure the pins you placed in the pocket are in line with the center front seam of the overall. Pin pocket in place.
- 9) When attaching the pocket use a straight stitch and sew about $\frac{1}{8}$ inch (2mm) in from the edge of the pocket, securing beginning and end with reverse stitches. Starting at one bottom corner of the pocket sew up to the top of the pocket. Then start again at the same bottom corner and sew along the bottom and up the other side. This helps to keep the pocket straight.

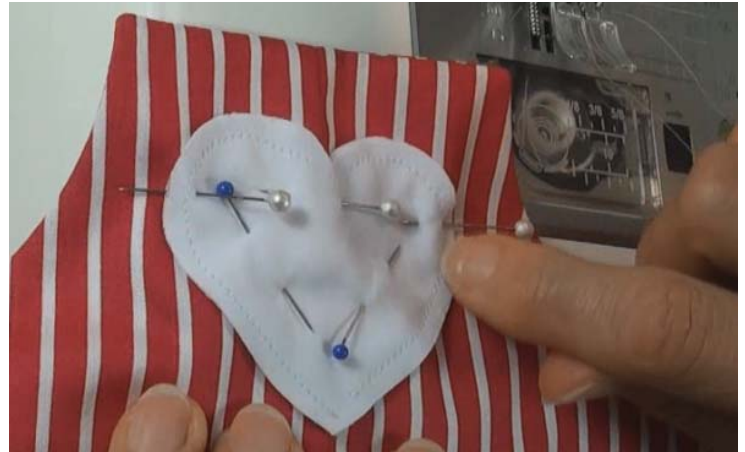




Option 4 – Heart Pocket

12. Make & Attach Pocket – Heart Shape

- 1) Pin the layers of pocket together. Place a piece of paper under the heart and sew a row of straight stitches $\frac{1}{4}$ inch (6mm) in from the raw edge all the way around the heart starting and finishing at the bottom point. Tear away the paper. This paper just makes it easier to sew around the heart and stop the fabric from being pushed down into the throat of the needle plate.
- 2) On the right side of the overall, mark a point 1 inch (2.5cm) down from the top of the bib at the center front seam. Place the pocket onto the front of the overall, matching the dip at the top of the heart with this mark and ensuring the point at the bottom of the heart is in line with the center front seam. Pin in place.
- 3) Measure down 1 $\frac{1}{4}$ inches (3cm) from the top of the bib down to the stitching line at both sides of the heart and place a pin across the stitching line. These pins will mark where you will start and stop sewing. Starting at the pin at one side of the heart, sew over the top of your original stitching and around to the pin at the other side of the heart, securing beginning and end with reverse stitches.



All Options

13. Sew Back Seam

- 1) With right sides of the fabric together, match the raw edges of the center back seam from the finished edge of the facing down to the crotch. Pin.
- 2) Using a straight stitch sew $\frac{1}{4}$ inch (6mm) seam from the finished edge of the facing to the crotch, securing beginning and end with reverse stitches.
- 3) Overcast the raw edges with a zigzag stitch. I use a stitch width of 3.5 and a length of 1.



14. Sew Casing & Thread Elastic

- 1) Fold casing back down to wrong side. Measure 3 ½ inches (9cm) from the center back seam around to the side on both sides, mark with a pin. You will be sewing your casing from one pin around to the other.
- 2) Turn overall to the right side.
- 3) Starting at one pin, sew a row of straight stitches ½ inch (12mm) down from the finished edge of the overall and stopping at the pin on the other side. Securing beginning and end with reverse stitches. This has formed your casing.
- 4) Take your ¼ inch (6mm) elastic and mark a point 5 inches (12.5cm) from the end. Using a bodkin or safety pin thread the elastic through the casing. Remove the bodkin or safety pin and replace it with a normal pin going across the elastic close to the end. Pull the elastic back through the casing until the pin is at the end of the casing, sew across the elastic at the end of the casing (forward and reverse) to secure the elastic. Remove the pin.
- 5) Go to the other side and pull the elastic out from the casing until you can see the pencil mark you make on the elastic. Place a pin across the elastic at this point and then gently pull the elastic back into the casing until the pin is at the end of the casing. Sew across the elastic at the end of the casing (forward and reverse) to secure the elastic. Remove the pin and cut off the excess elastic.

15. Sew Inside Leg Seam

- 1) At the crotch, match the center back seam with the center front seam making sure the seam allowances fold the same way they do at the top of the overall. Pin. Match the finished edge of both legs and pin.
- 2) Using a straight stitch sew ¼ inch (6mm) seam from hem of one leg up to the crotch and then down to the hem of the second leg, securing beginning and end with reverse stitches.
- 3) Overcast the raw edges with a zigzag stitch. I use a stitch width of 3.5 and a length of 1.
- 4) Turn to the right side.



16. Attach Velcro

- 1) Cut two tabs of Velcro ½ inch (12mm) square.
- 2) On the right side of the first strap, mark a point 1 inch (2.5cm) from the end. Repeat with second strap.
- 3) Place the Loop side of the first Velcro tab onto the strap at the 1 inch mark, there will be about ½ inch (6mm) of strap below the tab. Using a straight stitch sew around the tab about 1/8 inch (2mm) in from the raw edge, securing the beginning and end with reverse stitches. Repeat on second strap.
- 4) Place the Hook side of the first Velcro tab on the inside of the overall (wrong side) about 1/8 inch (2mm) down from the top and in from the side. Using a straight stitch sew around the tab about 1/8 inch (2mm) in from the raw edge, securing the beginning and end with reverse stitches. Secure the second tab to the other side of the bib.
- 5) You may like to attach a button to the right side of the overall so that it looks like it fastens with a button.

17. Congratulations YOU did it!

Celebrate! YOU made another great outfit. Well done!