

# Allison's Ruffled Pillowcase Top and Dress

By: Create Kids Couture



**Difficulty Level: Beginner**

**Materials Needed:**

- Fabric (see chart below for quantities needed)
- Scissors or Rotary Cutter
- Cutting Mat if using Rotary Cutter
- Ruler
- Pins
- Sewing Machine and/or Serger
- Elastic Thread (we recommend Stretch-Rite)
- 3/4" Elastic
- Iron

**Fabric Requirements:**

Size	Top	Dress	Trim Band	Ruffle	Neck Band
<b>6-12 months</b>	3/8 yard	1/2 yard	1/8 yard	1/8 yard	1/8 yard
<b>12-18 mos.</b>	1/2 yard	5/8 yard	1/8 yard	1/8 yard	1/8 yard
<b>24 mos./2T</b>	1/2 yard	5/8 yard	1/8 yard	1/8 yard	1/8 yard
<b>3T</b>	1/2 yard	5/8 yard	1/8 yard	1/8 yard	1/8 yard
<b>4T</b>	1/2 yard	5/8 yard	1/8 yard	1/8 yard	1/8 yard
<b>5T</b>	5/8 yard	2/3 yard	1/8 yard	1/4 yard	1/8 yard
<b>6</b>	5/8 yard	2/3 yard	1/8 yard	1/4 yard	1/8 yard
<b>7</b>	5/8 yard	3/4 yard	1/8 yard	1/4 yard	1/8 yard
<b>8</b>	5/8 yard	3/4 yard	1/8 yard	1/4 yard	1/8 yard

The fabric requirements are based on the use of 5 different fabrics. If you decide to make the ruffle and trim band out of the same fabrics (as shown in the main picture) you will add those measurements together. The same is true if you decide to make it all out of one fabric.

Size	Average Chest Size	Approx. Finished Length of Top	Approx. Finished Length of Dress
<b>6-12 mos.</b>	18"	12.5"	16.5"
<b>12-18 mos.</b>	19"	14"	18"
<b>24 mos./2T</b>	20"	15.5"	19.5"
<b>3T</b>	21"	16.5"	20.5"
<b>4T</b>	22"	17.5"	21.5"
<b>5T</b>	23"	18.5"	22.5"
<b>6</b>	24"	19.5"	23.5"
<b>7</b>	25"	20.5"	24.5"
<b>8</b>	26"	21.5"	25.5"

**Cutting the Fabric:**

Size	Top cut 2 Length x Width	Dress cut 2 Length x Width	Trim Band cut 2 Length x Width	Ruffle* cut 1 Length x Width	Neck Band cut 1 Length x Width	Elastic cut 1 Length
6-12 mos.	12" x 17"	16" x 17"	2" x 17"	3" x 26"	3" x 34"	14.5"
12-18 mos.	13.5" x 18"	17.5" x 18"	2" x 18"	3.5" x 27"	3" x 36"	15.5"
24 mos./2T	15" x 19"	19" x 19"	2" x 19"	3.5" x 28"	3" x 38"	16"
3T	16" x 20"	20" x 20"	2" x 20"	4" x 29"	3" x 40"	16.5"
4T	17" x 20"	21" x 20"	2" x 20"	4" x 29"	3" x 40"	17"
5T	18" x 21"	22" x 21"	2" x 21"	4.5" x 30"	3" x 42"	17.5"
6	19" x 21"	23" x 21"	2" x 21"	4.5" x 30"	3" x 42"	18"
7	20" x 22"	24" x 22"	2" x 22"	5" x 31"	3" x 44"	18.5"
8	21" x 22"	25" x 22"	2" x 22"	5" x 31"	3" x 44"	19"

**\*\*Note that the seam allowance when sewing will be 3/8" and it is included in the measurements above.**

**\*If using a serger to roll hem your ruffle**

Size	Bias Tape for Arm Curve cut 2 Length x Width	Optional Bow cut 2 Length x Width
All Sizes	2" x 11"	3.5" x 30"

After cutting out all of the pieces you should have a pile similar to this.





### Cutting Out Arm Curves:

When printing out the pattern piece make sure the "Auto Rotate and Center" Box is ticked and page-scaling is set to "None". This is VERY important.

**Step 1:** After cutting out the pattern piece in the size we are making we will take our dress pieces, stack them on top of one another, and fold them in half width-wise. As pictured to the right, we will place our pattern piece in the corner on the raw edges, and pin in place. Double check now to be sure that the print of the fabric is going the correct way.

**Step 2:** Cut out the fabric, following the pattern piece's curve. We now have armhole curves.

### Construction:



**Step 1:** Take the front and back bodice pieces and place them right sides together. Sew down both of the short sides as indicated in red.

**Step 2:** Take the trimband pieces and place them right sides together and sew down the short side.





**Step 3:** Fold the trim band in half length wise with right sides facing out as pictured to the left. Iron to set. Pin to the bottom of the bodice with right sides together matching up the raw edges. Sew around the the entire bodice to connect the trim band.

**Step 4:** We can now topstitch our trimband. This step is not necessary, but we feel that it really completes a garment and makes it look more professional. In this trimband in particular, topstitching will help it lay flat. To topstitch, sew an 1/8" up from where we attached the waistband, being sure to catch the seams.



**Step 5:** In this step we are going to be ironing our bias tape for the arm curves. To do this we will take our strip, fold it in half length wise, and iron so we have a nice crease. Open the strip back up so the crease is going down the center. Now we will fold both of the long sides in so that they meet at the crease in the center and iron. Once ironed fold it in half again lengthwise like we did in the beginning; the original center crease we made will be along the bottom and the two folds will be lined up at the top. Do this step for both of the bias tape strips.



**Step 6:** Take one of the bias tape pieces and pin the bias tape along the entire length of the arm curve making sure that the arm curve of the bodice is placed in between the fold of the bias tape. Repeat this step for the other arm curve. Trim the excess bias tape off of both arms.



**Step 7:** Now we will sew the bias making sure to sew right below the top of the bias strip. While sewing make sure the needle is catching both the front and the back of the bias so that there is no missed seams or holes! Do this for both arm curves.

**Step 8:** We are now going to roll hem the bottom and sides of the ruffle. This is easiest if you have a serger, you do not have a serger, you are still able to do it, it will just take a little longer. To do a rolled hem on a sewing machine you will fold the fabric back a 1/4", sew, then turn it back another 1/4", and sew. It's very simple, just time consuming, but it is worth it! Roll hem the bottom only.



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**Step 9:** We are now going to gather our neck ruffle to sew it on. Set the sewing machine on the longest stitch length possible. Sew at the top of the ruffle 1/4" down from the top making sure not to backstitch at the beginning or end. Some seamstresses prefer to have two rows of stitching in case a thread breaks, however, if you are using high-quality thread as we do, then one row of stitching should be sufficient.

**Step 10:** Take the bodice portion and lay it on a flat surface for reference on how wide our ruffle need to be. Begin gathering the ruffle by pulling the top 2 threads and moving the fabric back so it is gathered together to the width of the neck of the bodice.

When it looks like it is the right width, we can begin pinning the ruffle to the bodice by putting the right side of fabric together and adjusting the gathers as we go. At this point we will know if it is gathered too much or too little and it is easier to adjust correctly. Be sure to match up the side seams of the ruffles with the side seams of the bodice.



**Step 11:** We can now baste on the ruffles. To baste the ruffles to the bodice move the stitch length to the largest length on your machine and sew the ruffle on as you normally would.

We will now be measuring where our shirring will go on the chest. When marking it is best to use a fabric marker that can be removed with cool water when we are done or tailors chalk since the marks will be visible on the outside of our dress. Follow the measurements on the chart below.

Size of Dress	Inches Down from Armpit
6-12 months	2"
12-18 months	2"
24 months/2T	2.5"
3T	2.5"
4T	3"
5T	3.5"
6	3.5"
7	4"
8	4"



**Step 12:** With our dress laid flat right sides out as pictured to the left, we will measure down from the armpit the desired amount and mark straight across the body so we will know later where the shirring begins. Do not forget to mark the back of the dress as well. Note that we show this with the elastic already added to the neckline. We found it to be easier to do the shirring before adding the neckline!

We are now going to begin shirring.

We will keep our upper thread the same as what we have been using. We will then hand wind elastic onto an empty bobbin creating a little tension as we go. Don't make it too tight or it will not work properly. Put the bobbin in the machine. Put the stitch length at 3.5-5 and adjust the tension to 7. If this is your first time we suggest practicing on some scrap pieces. When we start sewing go slowly because sometimes elastic thread likes to flip causing it to go in the wrong direction. We suggest using Stretch-Rite elastic thread. If you require additional help understanding how to shirr there are plenty of YouTube video tutorials available online.

**Step 13:** We are now able to shirr on the lines we created on our dress body earlier. We want the elastic thread to be on the inside so when we sew the fabric needs to be right side out. Also, be sure to backstitch at the beginning and end. After creating the first row of shirring use the presser foot as a guide to make the second row of shirring 1/2" down. When we have completed both rows of shirring on the dress, hit the shirring with some steam from an iron. That will give it some extra oomph.



**Step 14:** Take the neck band piece and fold it in half widthwise with the right sides together. Pin the neck band in place. Sew together on the short sides so we have one continuous loop of fabric. Fold the neck band in half lengthwise with right sides facing out and iron to set.



**Step 15:** With our neck band laid flat, mark with a pin where the second side seam would be. It may help to pull it taut. This mark will be lined up with the center of the front of the dress. The actual neck ruffle seam will be lined up with the center of the back of the bodice. Using these directions and measurements pin the neck trim to the dress with the raw edges matching up.



**Step 16:** Sew the neck band on all the way around attaching it to both the front and back bodice being sure to leave a 1" opening as shown to the left.

**Step 17:** Using a safety pin, thread our 3/4" elastic through the neck casing making sure that it doesn't twist while doing so. When we reach the end, sew the two elastic ends together, again making sure that it is not twisted. Once sewn together, pull the neck and spread the fabric around so it is evenly distributed. We can now sew the one inch opening close.



**Step 18:** We can now topstitch our neck band. To topstitch, sew 1/8" up from where we attached the neck band folding the raw edges over the shoulder portion back. Topstitching will hide the unfinished ends of the neck band.

The inside should look like the picture to the right.



**Step 19:** We are going to make the bow now. Take the two strips we've cut for our bow and with the right sides together sew one short end of them together so that you end up with one long strip.

Fold in half lengthwise. Sew along one short end and the entire length leaving the other short end open.

When done, using a dowel or chopstick turn the tie right side out. Iron the tie so it is nice and crisp folding in the end that has raw edges.





**Step 20:** We may now topstitch our bow. Sew 1/8" from the ends around all four edges of the bow. Although, we said it's not necessary to topstitch the garment it is necessary to topstitch the straps because if we do not every time the garment is washed the tie will need to be ironed.

**Step 21:** Find the center of the shoulder (on either shoulder) and pin the center of the bow (the bow's seam marks the center) on. Sew down the center of the bow attaching it to the shoulder.



You can now tie it in a bow!

You are now done and you completed it in less than 21 steps!!! Was that easy or what!?! Here are some more pictures of this dress completed using various fabric combinations for inspiration.



Thank you for purchasing a Create Kids Couture original pattern! If you have any questions or concerns, do not hesitate to e-mail us at [CreateKidsCouture@gmail.com](mailto:CreateKidsCouture@gmail.com)

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Cover photo courtesy of Create Kids Couture. Paired with Emma's Ruffle Butt Bloomers also available from Create Kids Couture.

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1" x 1"

