



Sew Knit Dolly Tees with Ease

A free pattern and tutorial by
Carla Hegeman Crim



Make a stylish long or short sleeved T-shirt for your favorite dolly! All you need are a few notions and just a bit of knit fabric.

Materials

- 1/4 yard knit fabric (enough for 2 shirts)
- Coordinating 100% polyester thread
- Ball point needles for the sewing machine
- 1/2" wide Lite Steam-a-Seam2®
- Rotary cutting tool and cutting mat
- 3/4" wide hook and loop tape
- Gluestick (for applying hook and loop tape)
- Printed pattern pieces (provided on pages 7-8)

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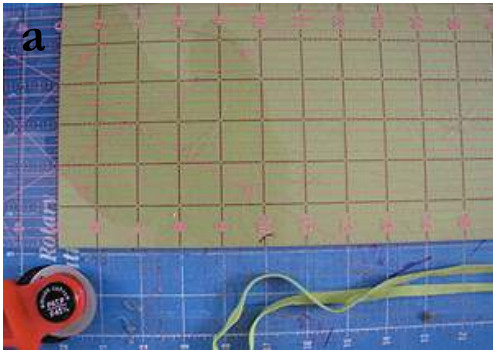
<http://www.scientificseamstress.com>

Before sewing with knit fabrics, be sure to wash and tumble dry. The great knits pictured above are available pre-washed and ready to sew from

<http://stitchsimple.com>



Hemming



Start out with a rectangle of fabric that is 30" long (half of a 1/4 yard cut). Trim one long edge of the fabric with a rotary cutter so that you are starting out with a nice, clean, straight edge (a). Working on the wrong side of the fabric, apply Steam-a-Seam to the full length of the clean edge by first sticking it in place (b) and then setting with the iron (c).



Remove the paper backing from the tape. Fold the taped edge over 1/2" to the wrong side and finger press into place (d). Press with the iron to permanently set the fold (e). Stitch 1/4" from the folded edge (f). I used a zig-zig stitch because it is inherently stretchy and looks cute. If you choose to use a straight stitch, select a setting that is long and loose enough to withstand some stretching. Try not to pull the fabric as you stitch. Just use your hands to gently guide it as it feeds into the machine.

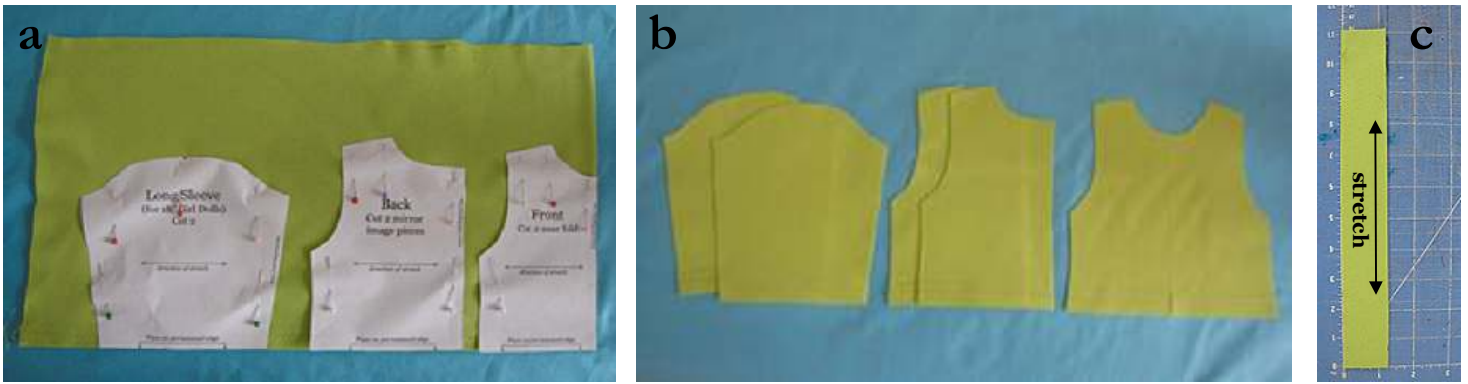
Pre-hemming saves so much effort and frustration, especially with tiny items like doll clothes.

Steam-a-seam adds stability and prevents distortion during stitching.



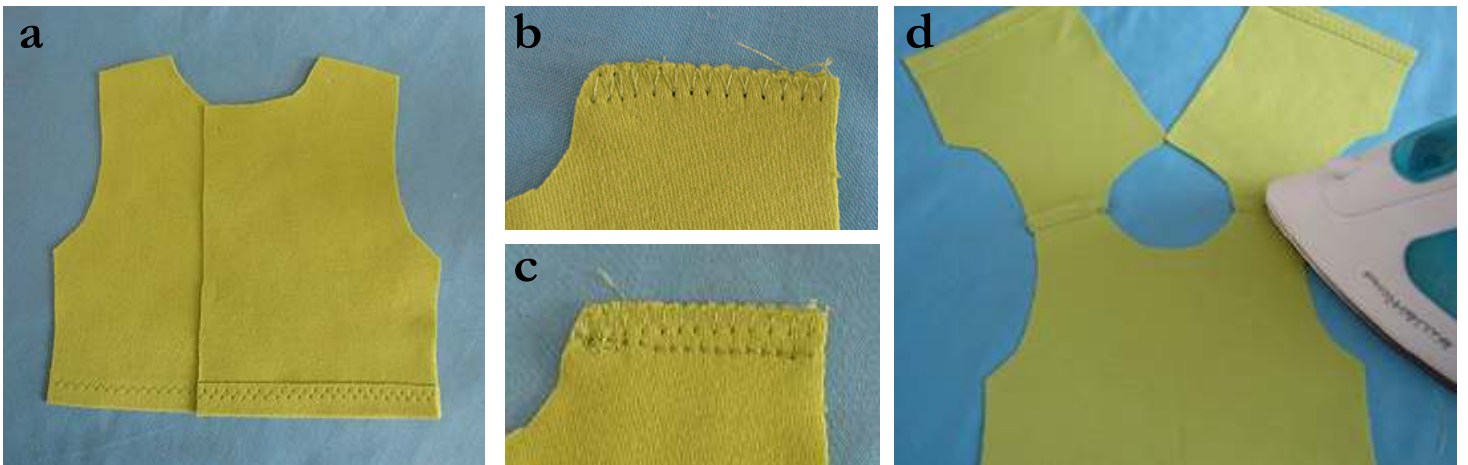
After stitching, the edge may appear a bit wavy (g). Simply press with the iron to flatten (h).

Cutting



Fold the fabric in half widthwise. Make sure the hemmed edges are perfectly in line. Place the front piece on the fold and align the bottom with the hemmed edge as indicated on the pattern. Pin into place. Position the other two pieces on the hemmed edge as well (**a**). Cut out the pieces. You will end up with two sleeves, two back pieces, and one front piece (**b**). Use the rotary cutter to cut a strip that is 1 $\frac{1}{4}$ " wide x about 10" long for the neckband. Be sure to cut parallel to the direction of the stretch as indicated by the arrow in **c**.

Shoulder Seams

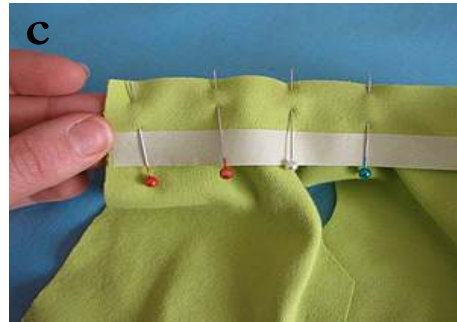


With the right sides facing, place one of the back pieces on the front piece and align the top shoulder edges (a). Join the pieces together at the edge with a medium width zig-zag stitch (b). Follow up with a straight stitch, 1/4" from the edge. Repeat on the other side. Press the seam allowances down against the back pieces (**d**).

Zig-zag stitching the small shoulder edges before straight stitching minimizes stretching and gives stability to the seam. It also helps to keep the machine from "eating" the fabric at the beginning of the straight stitch.

Neckband

Apply Steam-a-seam to one long edge of the wrong side of the neckband. Press to set, but do not remove the paper backing (a).



Lay the joined front/back pieces out with the right side facing up, and the top neckline edge arranged in a line. With the right sides facing, align the top left-hand corner of the neckband with top left-hand corner of the back piece. Pin together (b). Work your way down the neckline, aligning the edges and pinning every inch or so (c). When you reach the end of the neckline, trim the neckband so that it is flush with the back opening edge (d).



Using a straight stitch, sew the neckband to the front/back, 1/4" from the aligned edges (e). Flip the garment over so the wrong side is facing up. Pull the neckband up and away from the front/back, and press the seam allowance against the neckband (f). With the paper still in place, fold the neckband over the top edge of the seam allowance and press (g).



Remove the paper backing. Finger press the neckband into place (h). Arrange the neckline in a "U" shape and press (i). Topstitch along the front/back pieces, very close to the seam (j).

Sleeves



For each sleeve: With the right sides facing, place the sleeve on the front/back so that the notch is in line with the shoulder seam. Pin together at this position (**a**). Match the corner of the sleeve with the corresponding armhole opening corner and pin together (**b**). Grasp the fabric at the positions of the pins and stretch. This will bring the edges in line (**c**).



Pin the layers together in the center of the stretched section (**d**). Match the edges in between and add more pins (**e**). Repeat on the other side of the sleeve (**f**).



Using a straight stitch, sew the sleeve to the front/back, 1/4" from the aligned edges. Use your fingertips to smooth out any bumps or wrinkles in the bottom layer as the fabric feeds into the machine (**g**). After stitching, check for puckers (**h**). If you find any, you can pick them out with a seam ripper and restitch. Press the seam allowance against the front/back (**i**).

Side/Sleeve Seams



Align the front and back side and sleeve edges. Match the seams and corners and pin together (**a**). Stitch together with a straight stitch, 1/4" from the aligned edges (**b**). Make sure to backstitch at the start and the end of the stitching.

Hook and Loop Tape

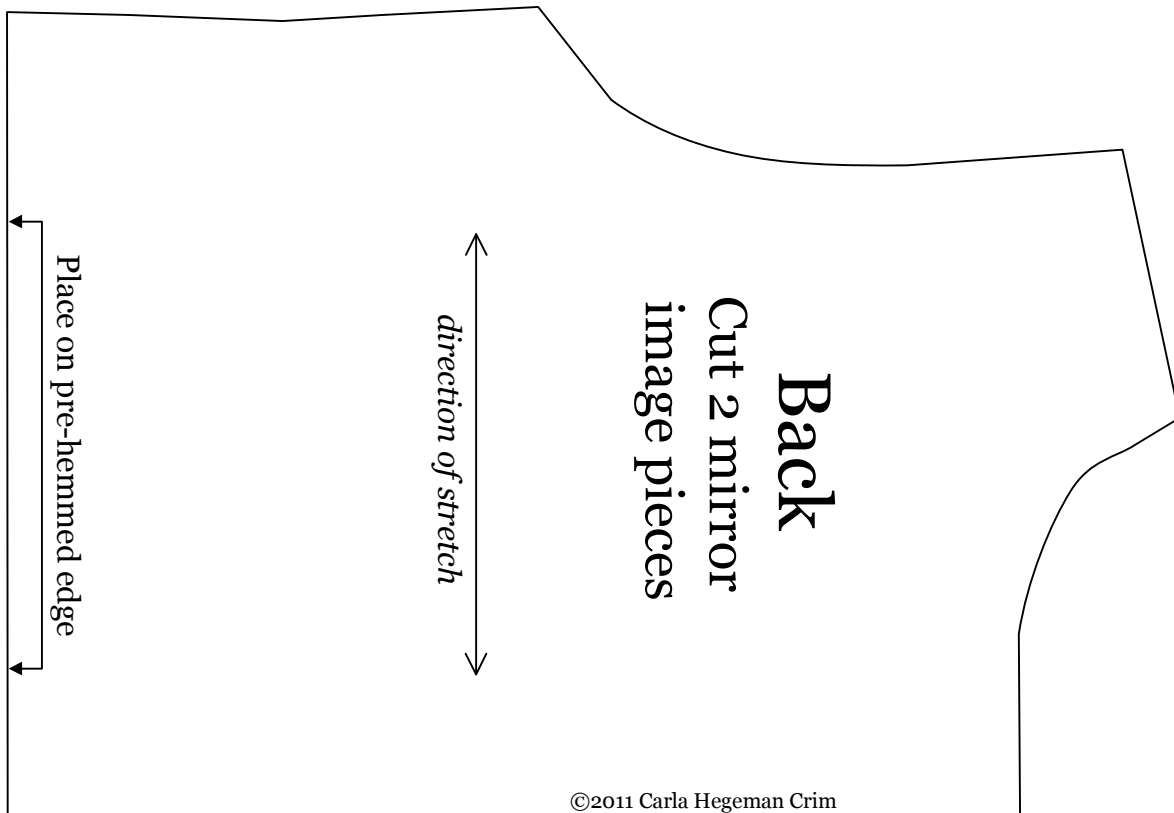
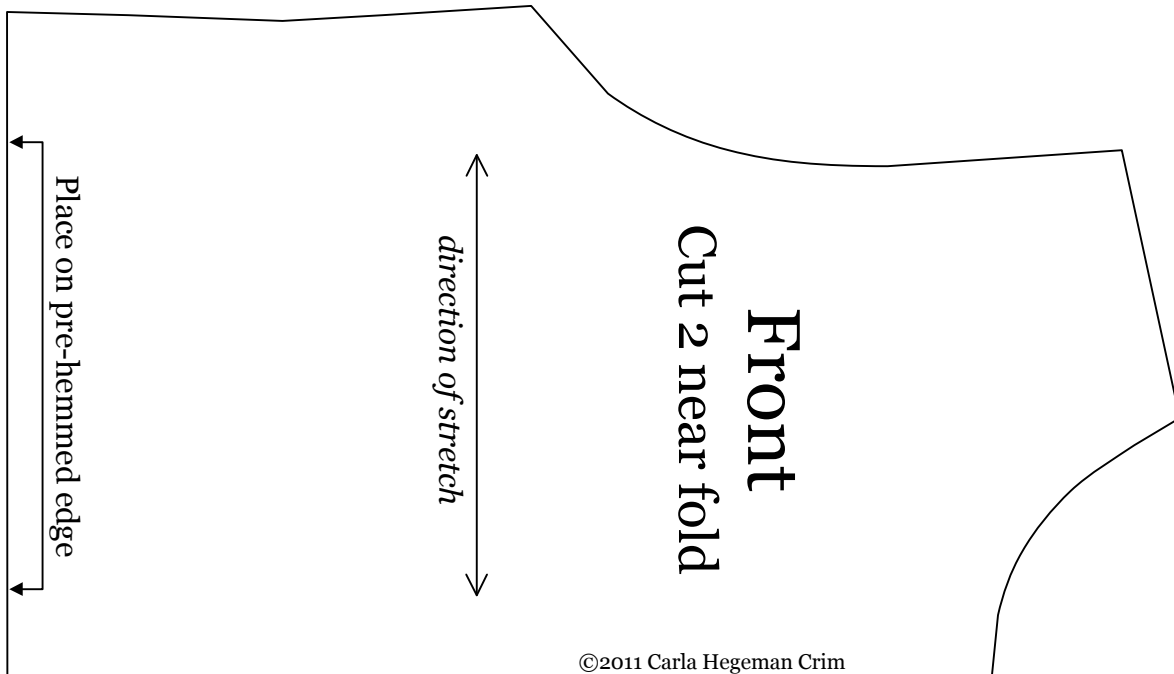
Cut 4 1/2" long pieces of hook and loop tape (**a**). Rub the gluestick on the back of the loop tape, and stick it to right side of the shirt in line with back opening edge as shown in **b**. Edgestitch into place (**c**).



Repeat the process on the other side with the hook tape (**d**). After stitching into place, fold the edge over to the wrong side (**e**). The fold should be in line with the edge of the tape. Stitch into place, about 1/8" from the edge (**f**).

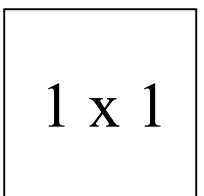


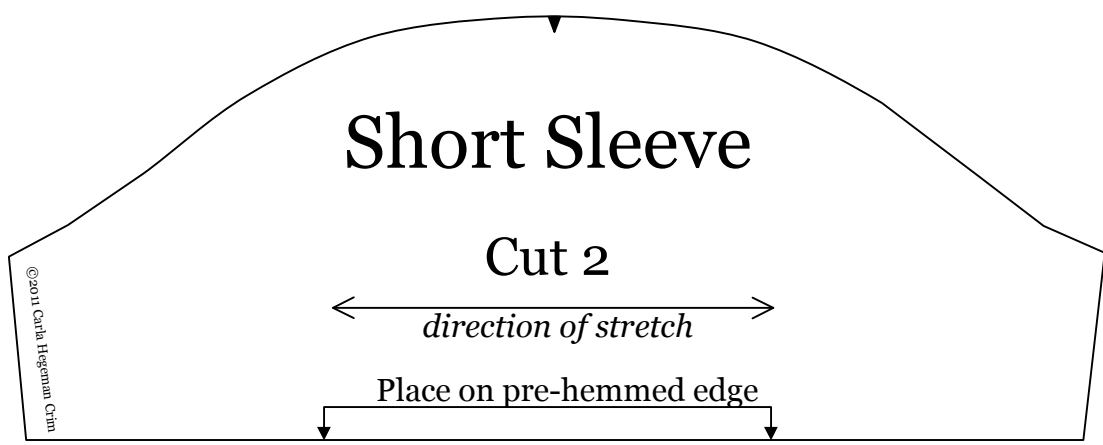
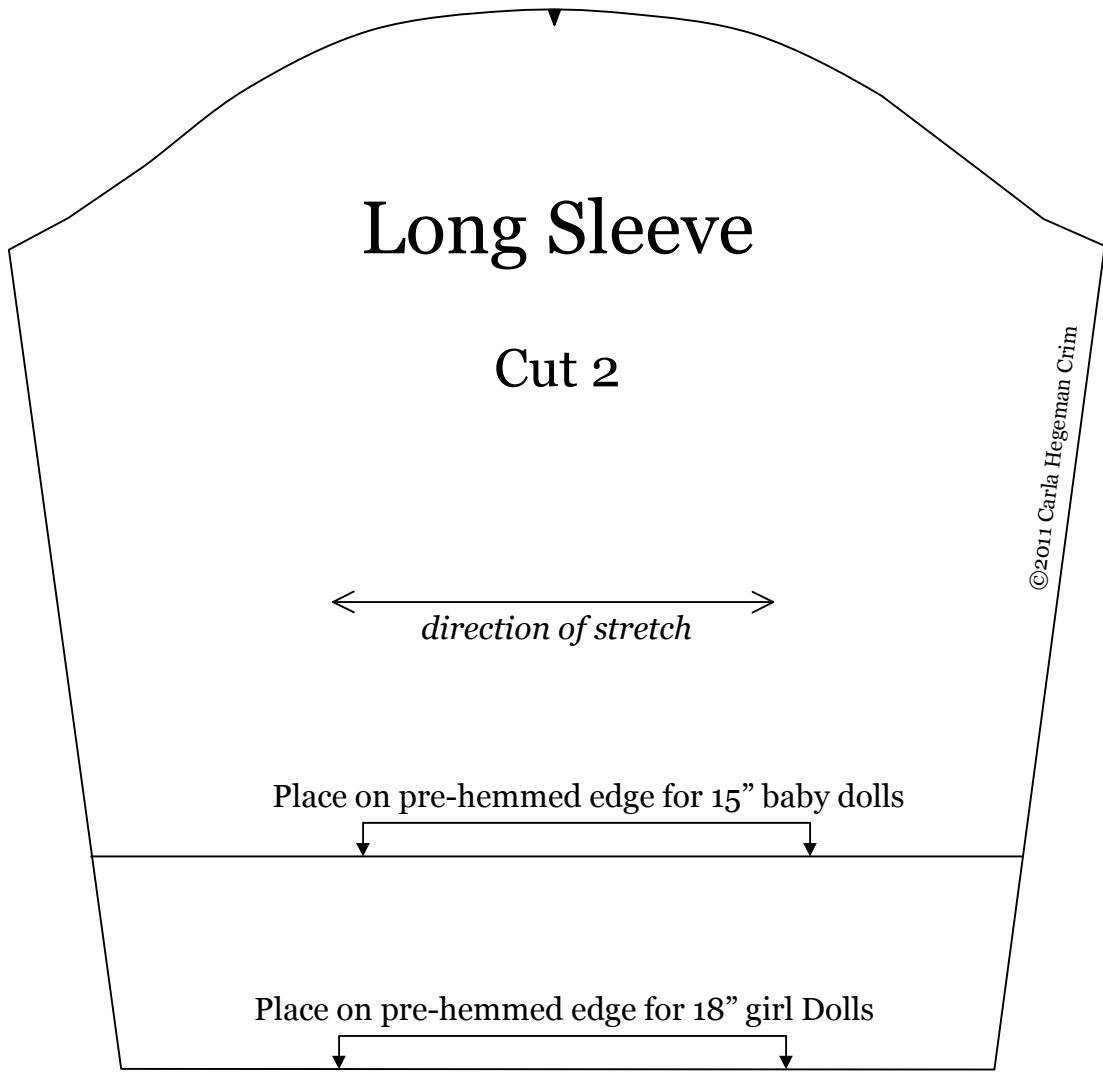
Patterns



Important note:

The patterns are designed to be printed at 100%. Before printing the patterns, make sure that page scaling is set to none in Adobe Acrobat print window. To be sure that your patterns are going to print at the correct size, measure the box on the right. It should measure 1" x 1".





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