



Sewing Tutorial
Pillowcase Romper



1

Cover picture is made with a slimmer cut of fabric!

Tutorial contains:

1. Version for regular rompers
2. Version for rompers with snap buttons
3. Version for rompers with middle ruffle added

Please take in consideration if you are making a romper with middle ruffle – you would have to add to the length on the top to make up for the ruffle seam allowance!!!

If you are making a romper with snap buttons please choose a size up for fabric length but use the width for the actual size you are making!!!

List of required materials:

- Fabric
- Sewing machine
- Serger (optional)
- Scissors,
- Measuring tape or lip edge ruler
- Pen
- Safety pin
- Elastic (optional)

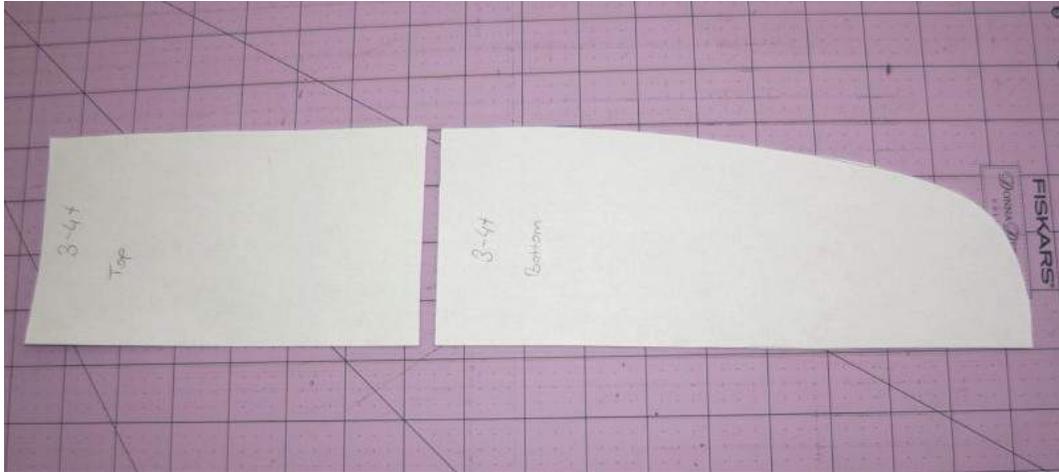
Seam allowance: 3/8 inch unless otherwise stated

Cut your fabric according to the sizing chart.

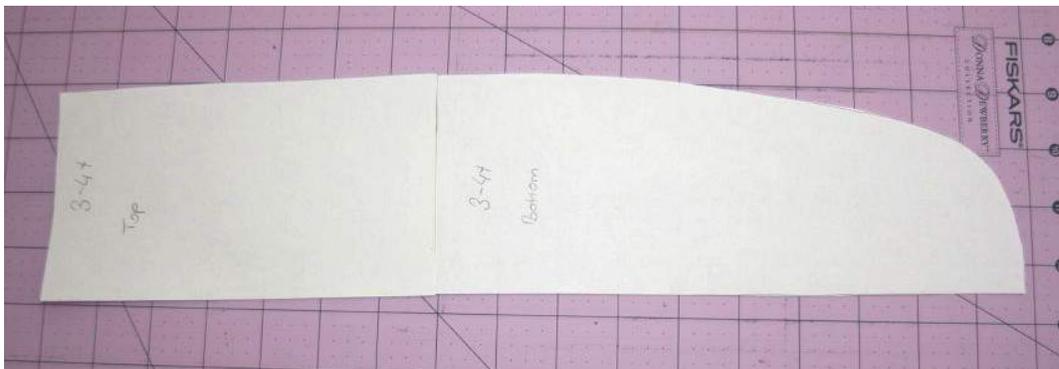
Print the cutouts without scaling and double check the 1 inch print scale. Cut your size paper cutouts.

How to place paper cutouts:

Match the diamonds on the templates to piece them together:



Tape them together without leaving any room:



3

This should now be your cut out fabric (fabric print going vertically):



Take one piece and fold it over with right sides together widthwise (that is from one side to the other – vertically, my picture shows my fabric laying horizontally now for better view)



4

Take your scissors and cut it on the fold:



Repeat with other piece. You should now have 4 identically big pieces of fabric: (that is one piece for front left, one piece for front right, one piece for back left and one piece for back right)



5

Place one piece on top of another



..... so you will have two stashes as shown:



6

Place your crotch cutout into the left upper corner of your right stash. Place your (tiny) armhole corner cutout into the RIGHT upper corner:



This picture shows you a better view of my fabric laying horizontally. Pin both paper cutouts to both layers of fabric. Don't leave any room along edge



7

Cut around the paper cutouts.....



.....this should now be your first stash cut out:

Repeat with other stash and place the paper cutouts in a REVERSE fashion onto the fabric.



8

This is a better view of your left fabric stash. Pin both paper cutouts to both layers of fabric. Make sure to pin the paper cutouts with the right sides DOWN this time.



These should now be your cut fabric stashes:



This is how your 4 pieces should look like now:



TO NARROW THE LEGS:

In order to narrow the legs place your “leg strip” onto your inner side of your leg piece as shown and pin:

The pointy tip (showing to the right) should be all the way against the crotch and don't leave any room along the raw edge. The leg strip may or may not be of exact length of your leg's inseam. Just continue cutting a straight line when trimming off the area.



.....like shown here:



You can narrow the legs even more by trimming off more than shown.

You'll see your two leg pieces with the crotch above. Repeat with other set of legs.



TO MAKE THE ARMHOLES:

Take one romper piece and place it onto your ironing board.



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Fold down the curved edge to about $\frac{1}{4}$ inch and press:



Fold down once more to about $\frac{1}{4}$ inch and press again:



14

This should now be your armhole. I unfolded the curve to show you how it should look now being pressed:



To prevent bulk cut tiny slits into the FIRST fold to about $\frac{3}{4}$ in. Cut slits every $\frac{3}{4}$ inch along the curve. Make sure not to cut into the fold as you will see this once you finish your armholes.



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Pin if preferred and sew a straight line along the inner folded edge. Sew between arrows:



This should now be your finished armhole. Repeat with all remaining armholes.



TO CONNECT LEFT AND RIGHT SIDE OF ROMPER:

Place the left romper piece on top of the right romper piece as shown and pin the middle seam between arrows. Sew this area and serge/overcast raw edges.



Here is closer view of your middle seam.



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This is now your sewn and serged center bodice seam:



Unfold your front piece and it should look like this now:



TO DOUBLE CHECK INSEAM LENGTH:

Whether you are adding ruffles or a border to your bottom hem you want to check the inseam before you continue finishing your romper. Place a ruler or measuring tape along the inner side of your leg. Start measuring about 0.5 inch away from the crotch (seen on the left). Then end your measurement at about 1 inch before you hit the bottom edge. That gives you room for seam allowance.

Find an average inseam chart in this tutorial on a separate page!

Always add about 0.5 inch for adding ruffles or borders and about $\frac{3}{4}$ inch if you finish the bottom hem by folding it down twice to create a bottom hem.



TO MAKE RUFFLES:

Place your bottom leg in front of you and measure the width.



Cut two strips of fabric TWICE the width of your leg (that is front leg and back leg)!

I prefer to serge my ruffles with a rolled hem stitch on my serger. You may also fold down the bottom hem of your ruffles twice to create a finished hem. Add about $\frac{3}{4}$ inch to the ruffle length (measured from top to bottom) to make up for the hem.



Once you have finished your ruffle bottom hem (in my case I roll hemmed my ruffles) you can start ruffling. Some machines allow to do this easy setting for ruffling:

Set your machine's tension to the highest number and your stitch length to the longest stitch. Your machine should now ruffle your fabric automatically. Start sewing at about $\frac{1}{4}$ inch in from the raw seam.

If your machine does not allow this method of ruffling do it semi manually by setting your machine's tension to 2-3 and your stitch length to the longest stitch.



Then after you sewed the entire ruffle strip start pulling gently on the upper thread on both sides (alternating). This should pull your fabric into ruffles.



TO CONNECT BOTH ROMPER PIECES AND SEW THE SIDE SEAM:

Before you attach ruffles/borders place your two romper pieces with right sides together and



.....pin the outer side seam from armpit to bottom hem. Sew between arrows. Repeat with other side!



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This should now be your finished romper with connected side seams:



Quick note: tuck under loose hanging threads from the armpit area and top stitch for a nicer appearance!



TO CONTINUE WITH SEWING ON RUFFLES:

Take your ruffle and distribute the gathers to the same width of your romper's leg. Seen here with the side seam connected (seam is in the middle, both crotch points show to either sides).



Flip your ruffle over and align raw edges and pin. Sew between arrows:



24

This is a view from the reverse side with the ruffle sewn on. Serge/overcast raw edges. Repeat with other leg.



This is now your finished ruffle from the right side. Top stitch if desired!



TO ADD A BORDER:

For adding a border to your romper cut two strips of fabric the same width as your romper's legs. Choose the length (how wide your border should be) freely and double the measurements and add extra for the seam allowance. Let's say if you like your border to be 2 inches wide cut your fabric strips 4.5 inches.

Then fold the strip over with wrong sides together so both raw ends meet. Now lay the border with cut edges onto your romper leg as shown and sew as you would with the ruffle:

(picture used from a different project)



TO CONNECT INNER SEAMS:

Place your romper in front of you as shown and pin the inner leg seams from the bottom hem up over the crotch area and down the other leg. Sew between arrows. Serge/overcast raw edges.



The following picture shows you the romper without ruffles/borders. To close the inner seams pin and sew between arrows.



This is now your finished inner seam (with ruffles):



TO SEW THE TOP CASING:

In order to have the ties go through the top of your romper you want to sew the casing. First serge or zigzag stitch the UPPER edge:



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Turn your romper inside out (or better said with your right sides in). Fold down the top edge to about 1 inch and pin. Then sew right on top of the serged/zigzag stitched seam! Backstitch several times because this part will get lots of wear and tear.

Repeat with other side.



This should now be your **almost** finished romper!



TO MAKE THE TIES:

There are many way to make ties but this is my favorite way!

Besides making ties you may also use grosgrain ribbon! A super cute and easy way !

Cut your fabric according to the sizing chart or to your own liking. Fold over one strip with right sides together and pin raw edge.



Sew the raw edge on both strips with back stitching.

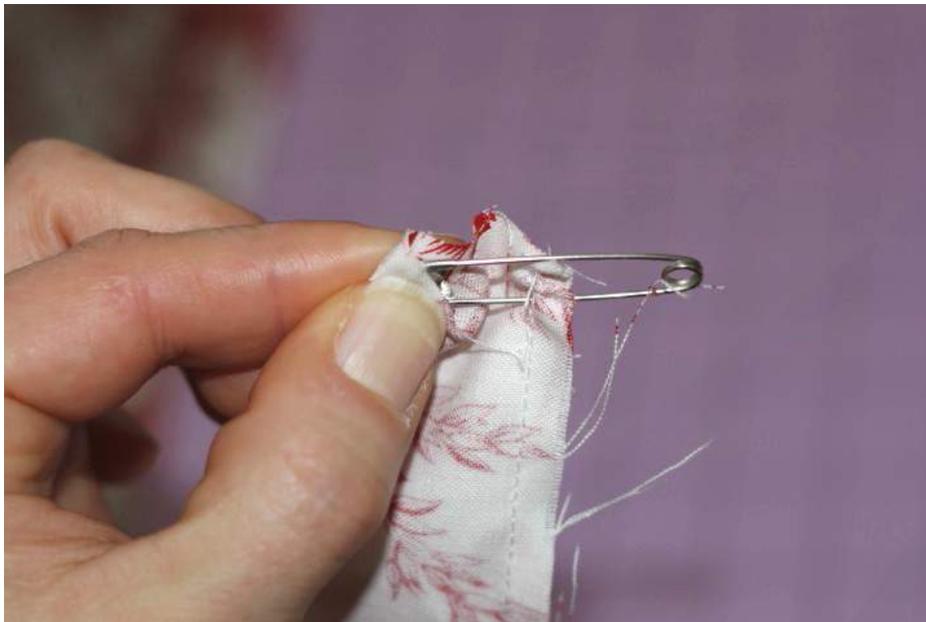
These should now be your ties:



Secure a medium sized safety pin to one end at about ¼ inch in to the seam:



Hold your tie like this and insert the safety pin's front right into your fabric:



Insert it all the way



.....grab the safety pin front INSIDE the fabric and guide it through the entire strip. This is an easy way to turn your ties inside out!



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Pull the entire fabric over until you have your ties turned inside out. Fold your ties so the seam will sit on top as shown:



Press both ties (have the seam underneath)



Fold in the end to about 1/4-3/8 inch and press. Then sew this opening closed with back stitching.

Repeat with all remaining openings.



Quick tip: if you don't like to fold in the openings and sew them shut, here is a cute way of finishing the tie ends in a "vintage" looking way. Simply sew the opening closed WITHOUT having to fold the ends in. Then cut tiny slits into the fabric to let the ends fray!



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Done! 😊



TO INSERT TIES INTO CASING:

Fasten a safety pin to the folded tie as shown and insert it into the romper's casing.



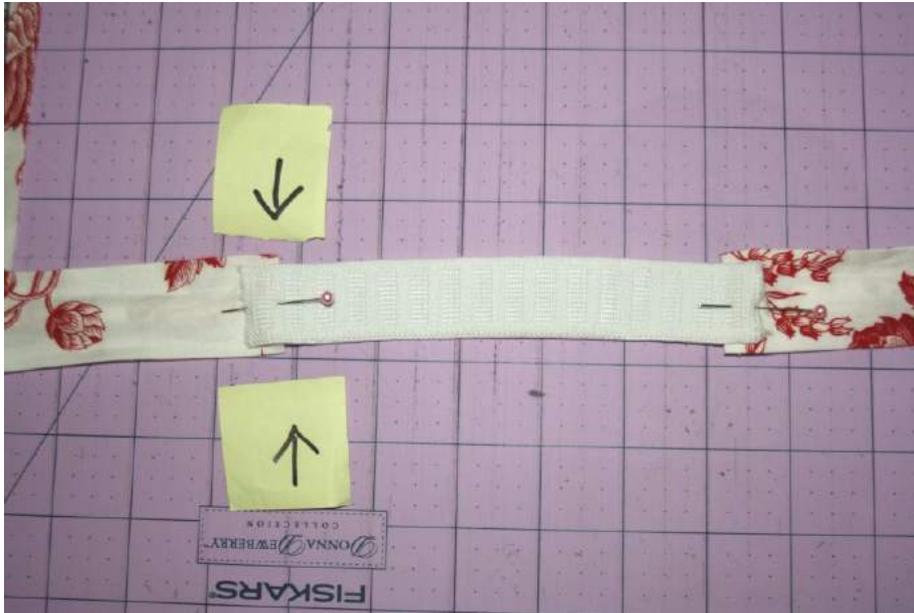
TO MAKE THE TIES SEMI ELASTIC:

As one of my “tips to improve this pattern” I received requests to make the ties elastic so children who are older find it easier to get dressed and undressed by themselves.

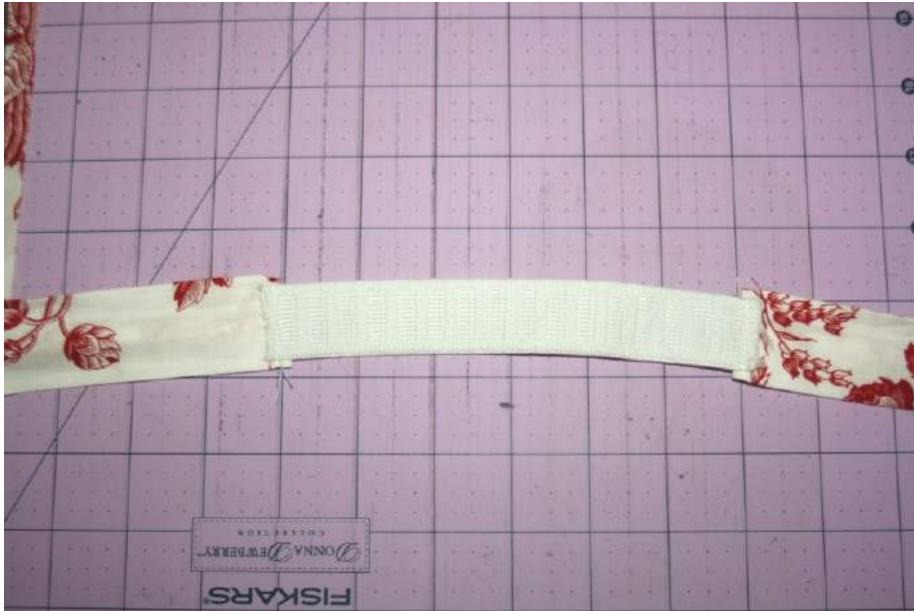
Finish your ties as described (or use grosgrain ribbon) and cut the ties in half right down the middle. Take a piece of elastic which should be very stretchy (look for baby elastic) and preferably about 0.5 inch wide! The length of your elastic should be two inches less than the width of the rompers casing measured across. That way the elastic won't peek out.



Place the elastic on top of your left ties and pin. Repeat on other side. Then sew between arrows. Sew at least 5 times back and forth! This will ensure your ties not coming loose.



This should be your finished elastic inserted tie! Repeat with other ties!



Insert it into your casing and adjust so the ties will be of equal length on both sides. Then pin point the center of your casing. Sew in place about 5 times to ensure your ties won't come out of the casing!



How to make a romper with crotch snap buttons:

Cut out your fabric according to sizing chart for one size up! Take the width measurements of the actual size you need though!

If you prefer the leg hems to be serged there will be no need to add to the total fabric length before cutting.

If you prefer to fold and hem the leg hems please add 1 inch to the total fabric length while cutting your fabric!

Once you have cut out the armholes and crotch area as shown in the tutorials' beginning, you would now lay your two front pieces with right sides together as shown:



Pin the curved side which will be the center of your romper. Sew between arrows.....



And serge/overcast raw edge:



Make your ruffles according to section “to make ruffles” on page 18



Determine freely where you would like your middle ruffles to go. I chose them to be about centered.

Place your ruler across the front of your romper as shown:



Either draw a line with your fabric marker and cut with scissors or cut directly with your roller cutter.



Repeat with back side if you prefer ruffles there as well!

Distribute the gathers of your ruffle evenly and place it onto the bottom half of your romper and pin. Then sew between arrows.



This is now your sewn on ruffle:



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Flip the top half of your romper over as shown and pin between arrows:



Then sew and serge/overcast raw edge. This should now be your front piece:



Top stitch close to the seam where ruffle meets romper.

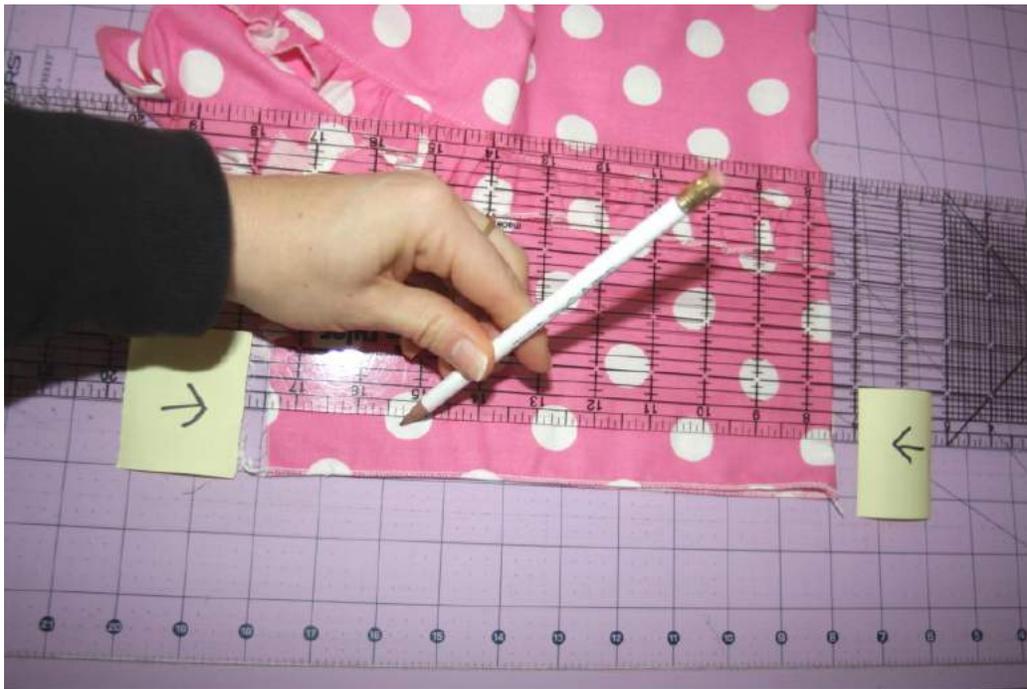


For adding snap buttons to the crotch area I suggest to omit regularly added ruffles and instead sew the elastic in! In order to do this I will show you how from a different project but first please hem or serge the bottom hem of your romper. For my example I roll hemmed (serged) the bottom hem with my serger on roll hem stitch. This allows for the full leg length. If you prefer to fold the bottom hem twice then you want to have added about 1 inch to the total length while cutting your fabric (described at the beginning of this version).

The picture below shows you that I serged my leg hems with a rolled hem stitch:



To draw a line where the elastic thread should be sewn in place your ruler about 1 inch away from the bottom hem. Repeat with other side and with other leg.



Please view this section that shows you how to sew in the elastic:

How to sew in elastic thread:

To sew in the elastic thread wind some elastic thread onto a bobbin manually. Wind it tightly but not too tight. Some sewing machines require it being wound differently.

Set your sewing machine's tension to 2-3 and the stitch length to 5. Insert bobbin with elastic thread into your machine and thread with regular thread on top.

Now sew along the line all the way around leaving a longer elastic thread beginning and end. No need to back stitch or knot the elastic thread.



If the elastic doesn't look gathered much simply press this part with your iron on steam setting. Steam pulls the elastic thread tighter together.

These should now be your almost finished elastic legs



Now you want to serge/overcast the inner sides of your legs. If you are making a bubble romper you will only have a very tiny piece to sew. If you are making a Capri or full length romper you want to sew the entire inner leg sides beginning at one ankle going up over the crotch area and down the other leg again.



Cut your snap button tape to size which should be just the length of the area where it should go. If you prefer you may cut the snap button tape longer and fold the ends under before you pin.



Open up your snap tape and pin one side (with the buttons side up) to the front crotch area as shown (pin on right side of fabric). Tuck under threads from serging/overcasting.

Then sew with a straight stitch along the long sides and a narrow zigzag stitch along the small sides. Sew back and forth about 3-4 times ensuring that wearing and tearing will not make the snap button tape come loose.



Take your backside crotch area and fold it down about ¼ inch and place other snap button tape.....



Onto the fold and continue placing snap button tape and pin as you fold along.....



Sew between arrows with stitching back and forth on the slim sides with zigzag stitch.



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This should now be your finished sewn on snap button tape.



Done!





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Thank you so much for using this pattern!

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SIZING CHART for Pillowcase Rompers:

You can use the following materials:

Cotton, poly cotton, chambray, twills, plaids, light weight corduroy, light weight denim, silks and fleece! For fleece please make ties from a different material otherwise they will be too thick to insert.

The following chart tells you how much you have to cut for making shortalls, caprialls and full length overalls (o'all). The length measurements are only guides. Please always measure your little girl to make sure you are choosing the right measurements especially for the inseam length! Check the average inseam length chart at the bottom of this page to determine the perfect leg length.

The widths are average but can also be altered to fit your needs.

Main Romper pieces

Please take in consideration if you are making a romper with middle ruffle – you would have to add to the length on the top to make up for the ruffle seam allowance!!!

If you are making a romper with snap buttons please choose a size up for fabric length but use the width for the actual size you are making!!!

The following measurements are for a romper with a ruffle added!

Please cut **2** pieces of the following measurements.

Size	fabric width	fabric length for shortall	fabric length for capriall	fabric length for overall	fabric yardage needed
Preemie					
Or doll (18")	15"	11."	13"	14"	½ yd
NB	18"	12.5"	14"	16"	½ yd
3-6m	19"	15.5"	19"	21"	1/3 yd
6-9m	21"	16.5"	21"	23"	1 yd
12-18m	22"	18"	23"	25"	1yd
24m/2t	23"	19"	26"	28"	2yds
3t	24"	22.5"	29"	32"	2yds
4t	25"	23"	30"	33"	2yds
5t	26"	23.5"	32"	35"	2 ¼ yds
6	27"	24"	34"	37"	2.5 yds o'all 2 yds short
7	28"	25"	37"	40"	2.5 yds o'all 2 yds short
8	29"	26"	39"	43"	2 ¼ yds capri 2.5 yds o'all 2 yds short
10	31"	27"	41"	45"	2.5 yds Capri 3 yds o'all 2 1/8 yds short 2 ¾ yds capri 3 yds o'all

Ruffle sizing chart

below measurements are for serge hemmed ruffles, not folded bottom hems

Please cut **2** of the following for the ruffles:

	Fabric width	Fabric length
Sizes nb – 18m	twice the width of one leg (see page 19 in tutorial)	1.5”
Sizes 24m – 5t	twice the width of one leg (see page 19 in tutorial)	2”
Sizes 6 – 10	twice the width of one leg (see page 19 in tutorial)	2.5”

Fabric yardage for ruffles are not more than $\frac{1}{4}$ yd.

The following chart will help you to determine the correct inseam measurements (taken from crotch down the leg's inner side). The given fabric measurements are only average and measuring is required in order to achieve a correct inseam!

SIZE CHART FOR TIES:

Cut 2 of the following
Premie through 18m 4" x 25"
24m through 5t 5" x 40"
6 through 10 5" x 44"

Or cut the length and width of the ties to your liking!

Full length pants - AVERAGE INSEAM CHART:

Premie/doll	5.5"
3-6m	6.5-8.5"
6-12m	8.5-9.5"
12-18m	9.5-10.5"
24m/2t	11.5-13"
3t	13.5-14.5"
4t	15-16"
5t	17-18 "
6	18.5-20"
7	20 -22"
8	22.5-23.5"
10	25-26.5"

Capris – AVERAGE INSEAM CHART:

Typically 2-4" less than full length

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Pillowcase Romper Crotch Cutout

Preemie

NB

3-6m

6-9m

12-18m

24m/2t

3-4t

5t

6-7

8

10

Leg Strip

A

A

Suitable for
all sizes

Align with inner
leg seam

Premie

NB

3-6m

6-9m

9-12m

24m/2t

Armhole
Cutouts

Premie

NB

3-6m

6-9m

B

3-4t

5t

6-7

8

10

B

12-18m

24m/2t

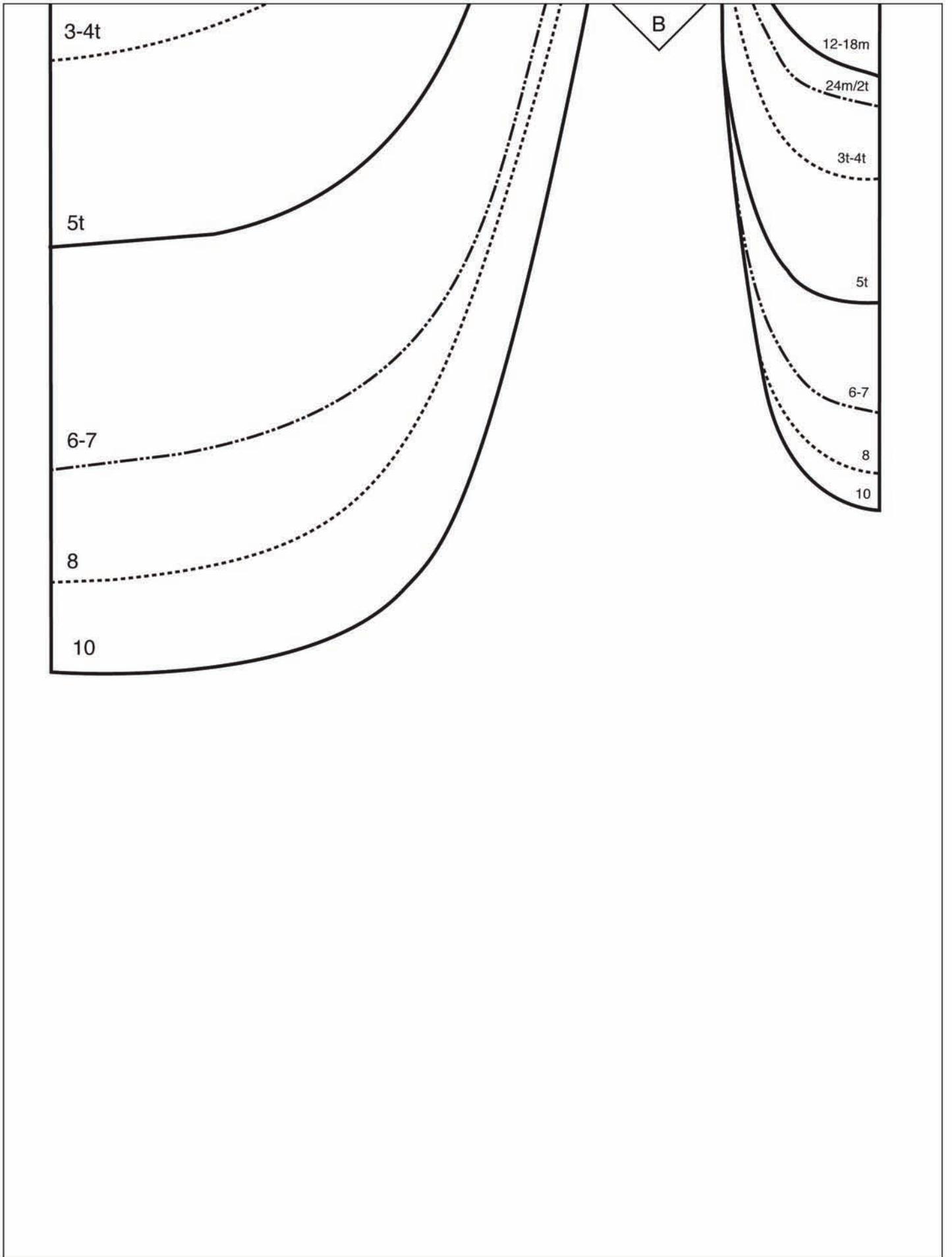
3t-4t

5t

6-7

8

10





**Tutorial for adding snap buttons to the
legs of rompers/overalls & pants**



This tutorial is an addition and can be used for all pants, rompers, overalls etc. even store bought ones! For those you can rip the inner seams and pull all the loose threads and start from the beginning of this tutorial.

For handmade rompers/overalls, pants I suggest to go one size up in length to make up for the difference in the crotch area.

List of required materials:

- Sewing machine
- Serger/overlock machine (recommended but not required)
- Zipper foot
- Seam ripper (in case of a seam sewn wrong)
- Snap button tape
- Scissors
- pins
- Pants, overall, romper etc.

If you are adding snap buttons to your sewn garment, finish it up until you reach the inner legs which should be unsewn:



2

Serge/overcast/zigzag stitch the inner leg seams:



Take your snap button tape and lay it onto your legs of your garment to match up the position of the snap buttons. You want to have them equally positioned. Either mark the spot on your snap tape or leave it long in case you mismeasured.

Now separate the snap tape and lay one tape to the side.



3

Start by folding over the front side of your garment starting at the bottom leg hem. I have a ruffled romper so it doesn't matter 😊

Fold the inner seam over to about ¼ inch.....



.....and lay your snap button tape with the end folded under to about ¼ inch and pin it right on top of the folded leg seam. You may also press the folded edge.



4

Pin the snap tape along the folded seam and sew right along the edges of the snap tape with your zipper foot. Backstitch the beginning and end.

This is how the first sewn in snap tape should look like now:



Take your back side of your garment and fold the inner leg seam (your print should now face down) down to about ¼ inch.....



5

.....fold your snap tape end under to about ¼ inch and.....



Pin it right on top along of the folded seam:



6

This is how it should look now:

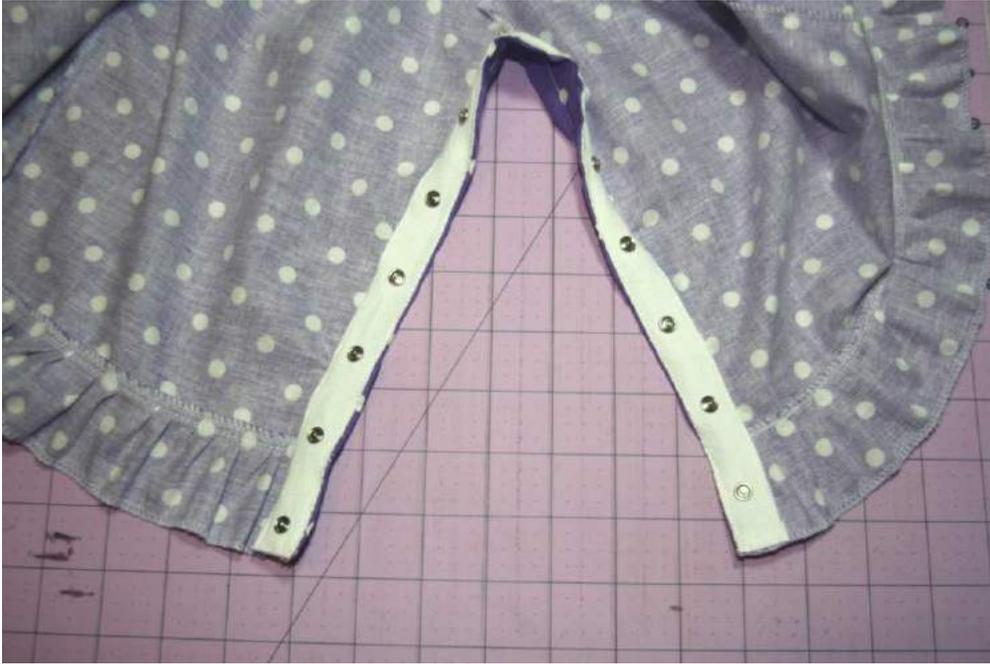


Sew along the snap tape's edge with your machine:



7

This should now be your sewn in snap tape:



Here is the finished look of both sides sewn in:



8

This should now be your finished and snapped together inseam. Ready to be worn and easy to open for diaper changes! 😊



For all questions or suggestions to make this pattern better please email me at

whimsycouture@hotmail.com

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