Whimsy Couture

Puff Ruffle Peasant

Whimsy Couture

Puff Ruffle Peasant Tops/Dresses

Sewing Tutorial

List of required materials:

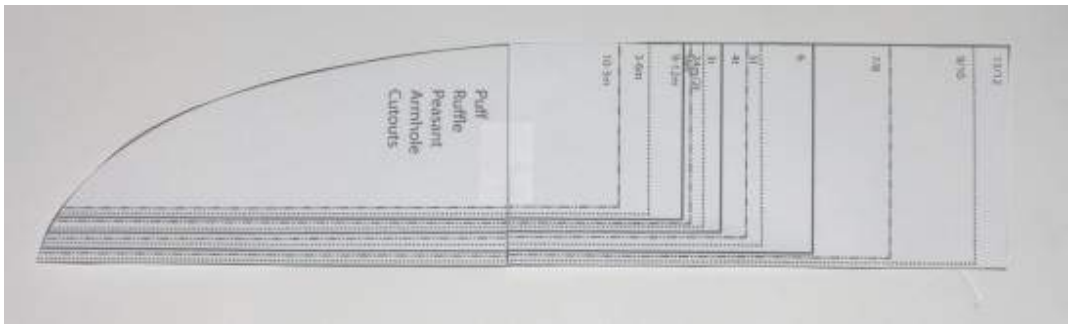
- Sewing machine
- Serger/overlock machine optional
- Iron
- Elastic thread (optional)
- Fabric marker/ washable pen
- Lip edge ruler
- Roller cutter
- Elastic (1/4” width)
- Thread
- Safety pin

Seam allowance: 3/8” unless otherwise stated

This tutorial shows you how to make the garment without bottom hem puff ruffle first. If you would like add such a ruffle please read through the entire tutorial and then pick out the necessary steps.

To begin: Cut out your fabric according to sizing chart (find it at the bottom of this tutorial on page 35). Cut out the templates for the armholes.

This is your printed and taped together armhole cutout:



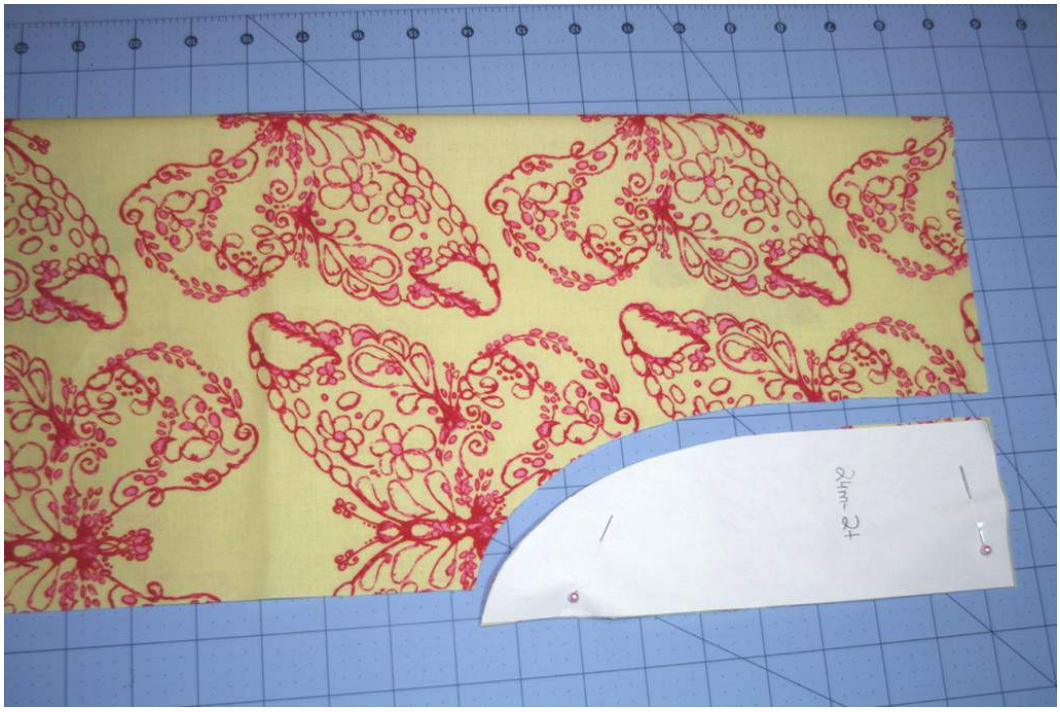
2

These should be the fabric pieces you have cut out. The fabric print direction is vertical (print going down):

Fold one piece over widthwise so you'll end up with the view below. Place the armhole template into the upper right corner (I placed my fabric sideways so it would photograph better). Don't leave any room between top and side:

3

Pin and cut the corner out:



Repeat with other fabric. Now you should have two identical big main fabric pieces (front and back side):

4

Now take your sleeve fabric after you have cut it out according to sizing chart and do the same steps with the same armhole cutout.

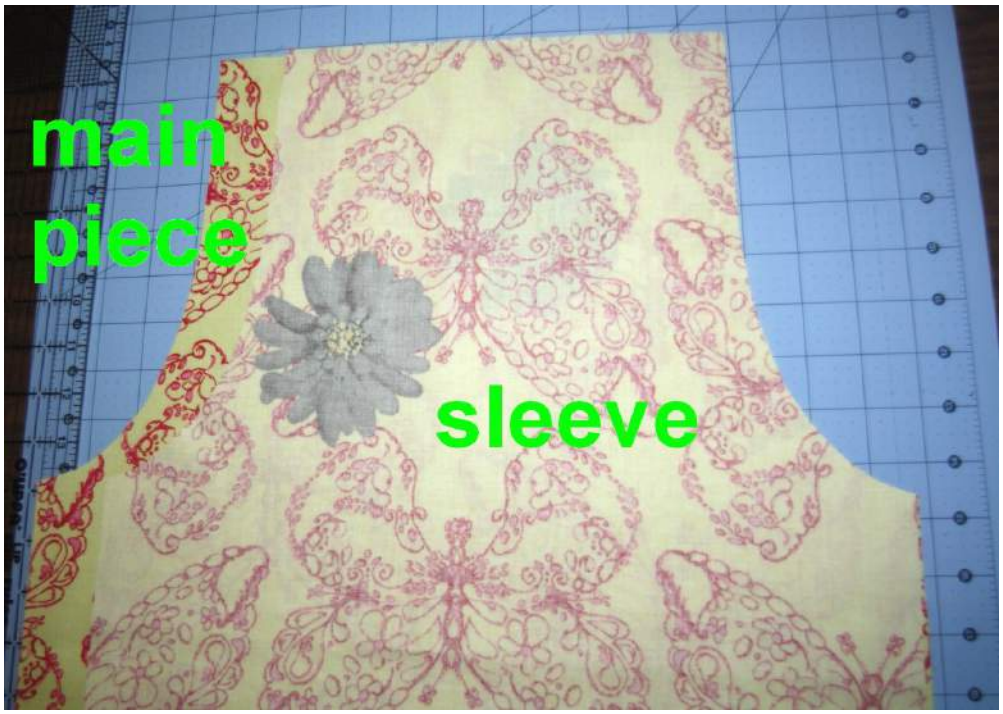
These should be the two sleeve pieces you have cut out:

5

To sew the sleeve onto the main piece:

Position your main piece in front of you with the fabric print facing you. Place one sleeve piece with right side down onto the main piece and match up the armhole curve:

Here is a better view of the sleeve laying on top of the main garment piece:



6

I turned my sample sideways to better photograph it. Pin the curved area (armhole)…….

……and sew it between arrows. Serge/zigzag stitch raw edge:

7

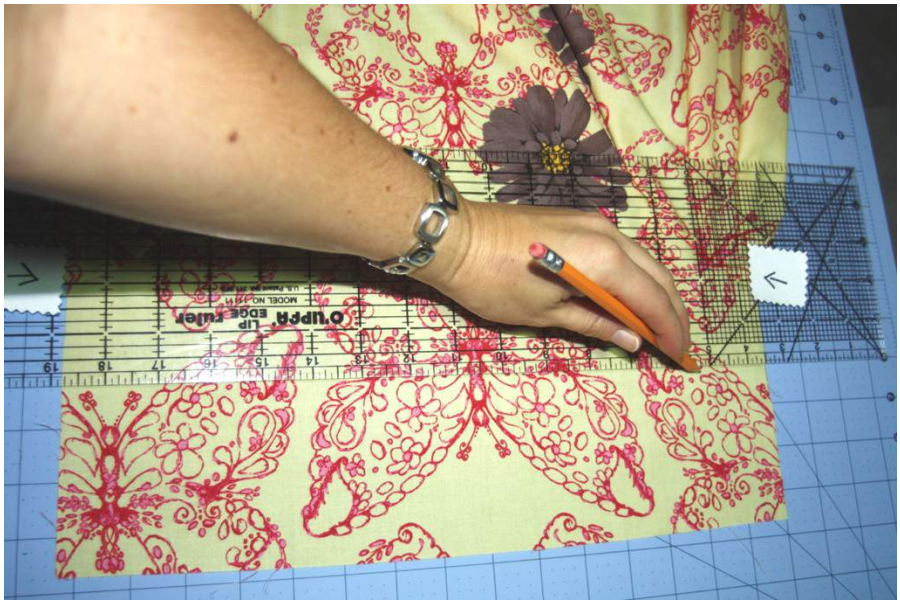
Repeat with all remaining pieces until you have sewn both sleeves to both main garment pieces. Your side seams (under arm and along the inner sides) should not have been sewn together yet. This is what it should look like now:

To sew in the mid arm elastic:

This step shows you how to do the cute puffy sleeves but you can also omit this step if you prefer a straight cut sleeve. Further down I give instructions on how to slim down the wide sleeve!

Spread your sleeve out so the bottom hem will face you. Place a ruler onto the sleeve and mark a 2" distance from armpit. I placed arrows to show you where the armpit corners are:

Draw a line right onto the right fabric print as shown:



9

Wind some elastic manually onto your bobbin. I use the shown brand but any brand available at craft/fabric stores will be fine! Wind the thread tight but not too tight. You can pull slightly on your elastic thread while you are winding it up.

Insert the bobbin with the elastic thread into your lower part of your machine and thread the upper with regular thread. Insert your fabric into your sewing machine with right sides up and start sewing right at the edge with a good 4 inches of elastic thread hanging out. Set your machine to the longest stitch length and the tension to 2-3. Sew right along the drawn line. Be sure to check while you are sewing that to make sure your elastic thread has not jumped out from over the bobbin. That sometimes happens and will make your elastic not being gathered. If that happens rewind your elastic thread!

REMEMBER TO RESET YOUR SEWING MACHINE TO REGULAR STITCH and change bottom thread!

10

This should now be your sleeve with sewn in elastic:

Serge/zigzag stitch the sleeve hem:

11

Fold the sleeve hem down towards the inside to 3/8” and press:

Sew with straight stitch right over the serged/zigzag stitched hem:

NOTE: if you are making a garment with bottom hem ruffle please go now to page 25

To sew both sides (front and back) together:

Pin the inner side along sleeve and main garment. Sew between arrows. Serge/zigzag stitch raw edge.

Repeat with other side.

13

Here's a better view of the side seam:

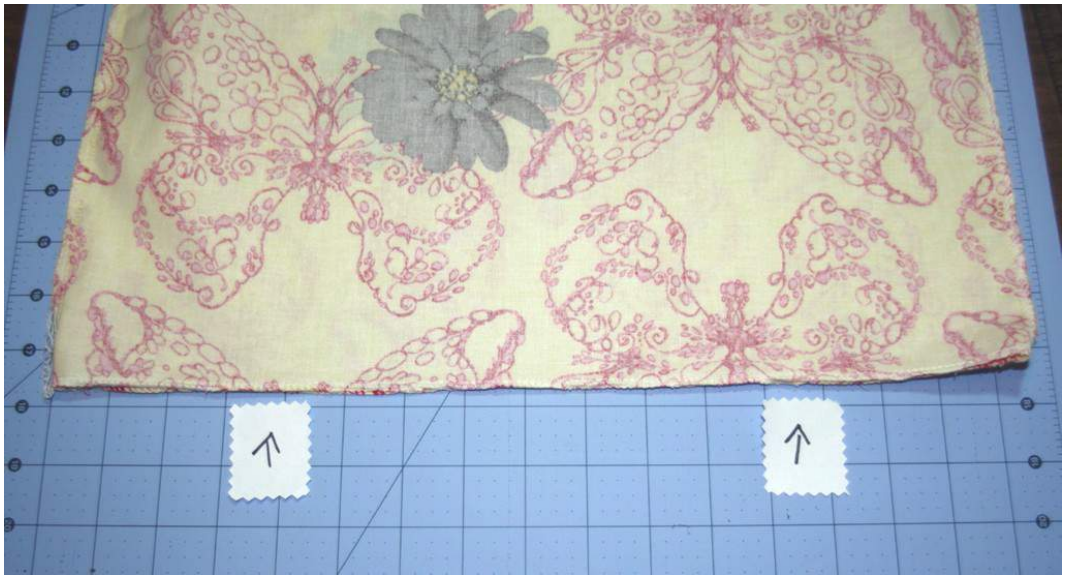
To finish the sleeves, tuck in the loose threads to the inside and top stitch the first 0.5 inch:

14

This is how your top stitched sleeve should look:

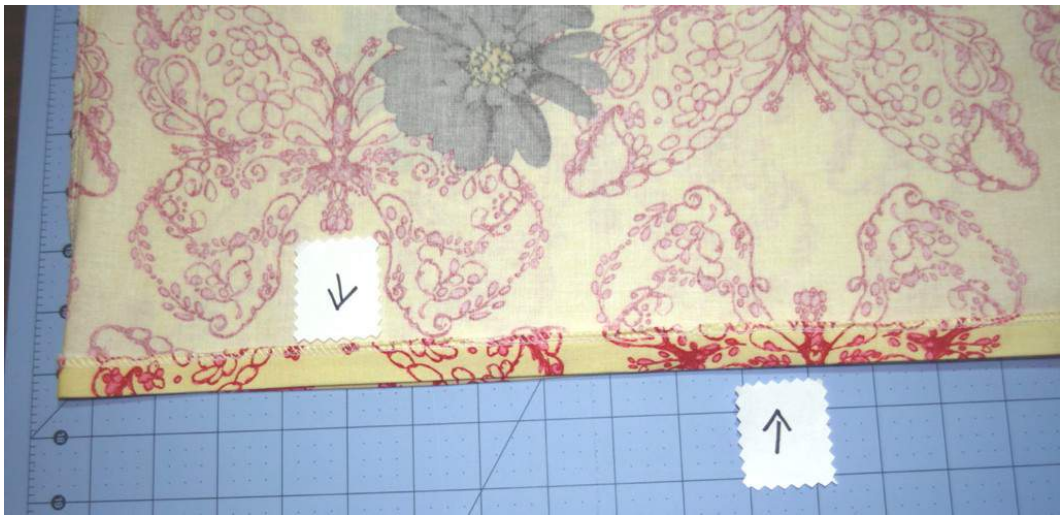
To finish the bottom hem:

Serge/zigzag stitch bottom hem:



15

Fold down the bottom hem towards the inside to 3/8” and press:



Straight stitch right over the serged/zigzag stitched seam on the inside. This is how the bottom hem should look like from the outside:

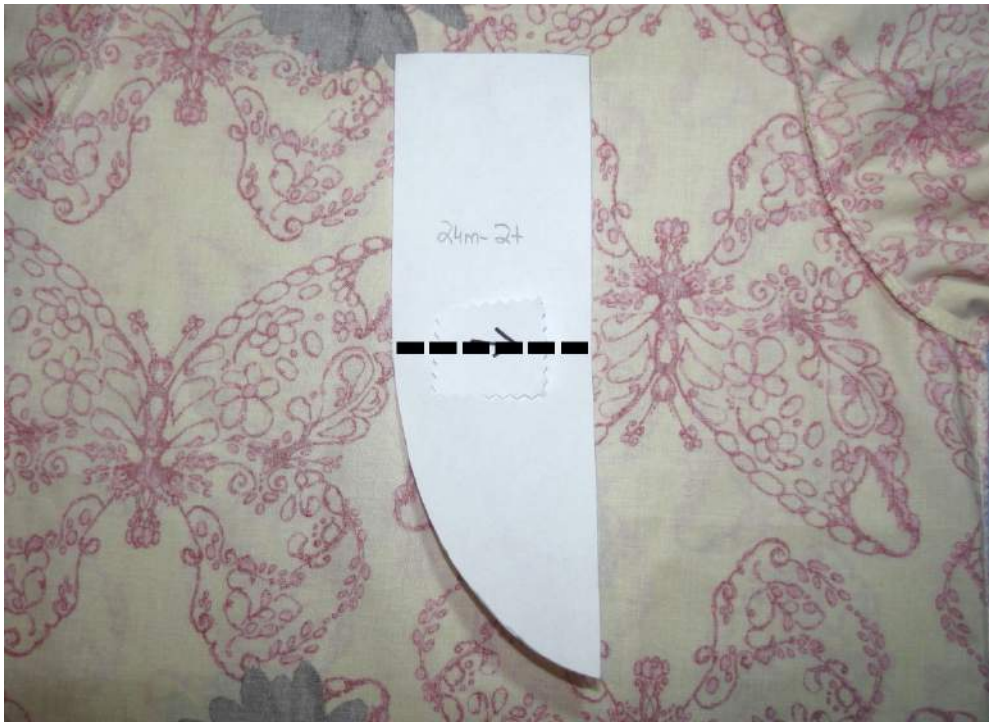
Repeat with other side.

To finish the TOP (neckline):

Serge/zigzag stitch TOP edge as shown:

17

Take your armhole cutout and mark the center of it:



Place the armhole template onto your garment as shown aligning the pointy bottom tip with the armpit (where I placed my arrows). Then where you marked your template's center place a pin into the garment or mark this spot with your pen:

18

The black ovals show you where I marked both sides of my garment which represents the center of my armhole template. Repeat with other side!

Once you have marked all 4 points, grab the top (neckline)…….

…….and pull it down towards the marked spot:

Align the top edge (seam) with the marked spot. I placed the black oval onto that spot:

20

Pin the top edge (neckline) right to where the marked spot is.

Repeat with all remaining seams until your garment looks like this:

DON'T PRESS THE TOP EDGE!!! It needs to remain "puffy"☺

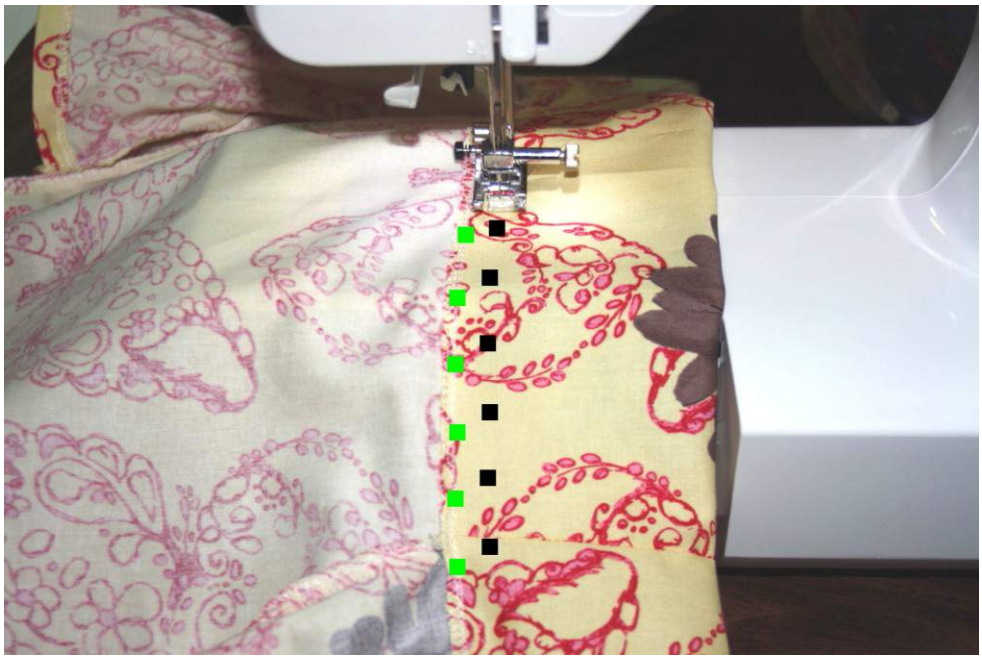
21

Mark the back center along the neckline. This will be the opening for the casing (for elastic). The opening should measure 2 inches:

With a straight stitch sew right on top of the seam starting at the back center. Backstitch beginning and end. Sew all the way around until you reach the beginning:

22

Sew a SECOND row about your presser foot's width (or almost 0.5 inch wide) alongside the first row (this will be the casing for the neckline elastic and needs to be wide enough to insert elastic). No need to leave an opening for this row:



NOTE: when sewing the two rows you will have some minor creasing which is normal and won't interfere with the accuracy of this garment!

Secure a safety pin to your elastic and insert it into the casing:

Once inserted, overlap both ends and sew by hand with several stitches.

Add a size tag and close the opening with your machine. Backstitch.

This should now be your finished garment:

You can slightly change the look of this neckline. By pulling both layers apart you can make the neck ruffle look bunched up and poufy. This way might be more comfortable for some girls to wear.

OPTION:

For this design I chose 3 different prints and the puffy neckline ruffle will have a cute two print effect. The sleeves got slimmed down a bit so they won't be overwhelmingly wide since the garment itself is pretty "puffy".

The following instructions will show you how to do the sleeve slimming and add the puffy ruffle. For all other necessary steps please go back in the tutorial.

24

To slim down the sleeves:

Cut out the SLEEVE STRIP (will fit any size!). Place the SLEEVE STRIP onto your folded sleeve's two open edges as shown. Align the curvy/pointy corner with the armpit and the long straight edge with the raw sleeve edge:

Pin and cut the strip away:

Repeat with other sleeve.

To make the puff ruffle:

The puff ruffle is a very new design to Whimsy Couture and can be added to any garment! It lends an attractive and fun touch to any design. In addition to the PUFF RUFFLE PEASANT garment it will help balance the enormous neckline ruffle.

To add a ruffle please do so BEFORE you sew front and back together.

This should be your ruffle strip you have cut out according to sizing chart:

You want to have 2 of the same pieces. Fabric print going down (vertical):

Divide each ruffle strip into 3 equal sections, fabric print facing up:

26

Only mark the bottom section as shown with your marker:

Repeat with other ruffle strip.

Just like on page 9 sew in one row of elastic thread:

27

This should be your ruffle strip now:

Double knot both ends of the elastic threads:

28

Flip your ruffle strip over so the wrong side of the print is showing and your elastic thread is in the upper portion:

Take the bottom hem of the ruffle strip and fold it up towards the top edge as shown:

To ruffle your fabric:

Set your sewing machine to the longest stitch length and the highest number tension. This way your machine should automatically gather your fabric! (If your machine doesn't allow this setting you may set your tension to 2-3 and to the longest stitch length and sew. Then manually pull the upper thread to gather your ruffle.)

Sew between arrows, along the raw edge with a seam allowance of about ¼ inch.

REMEMBER TO RESET YOUR SEWING MACHINE!

This should now be your ruffle:

This is how it should look from the reverse side. Please don't press it! It needs to stay "bubbly"

To sew ruffle onto the main garment:

Position your ruffle alongside your main piece's bottom hem as shown:

31

Flip the ruffle over and align with garment. Distribute the ruffle strip to make it even with the width of the garment. Pin both pieces together and sew between arrows:

Serge/zigzag stitch raw edge. This should now be your sewn on ruffle. Repeat with other side of garment and ruffle.

32

Top stitch on right side:

Continue with sewing the sides together on page 12 to finish the garment.

Design examples:

SIZING FOR Puff Ruffle PEASANT TOPS/ DRESSES:

Suitable fabrics: quilt cotton, silks, chambray, woven/homespun fabric. No heavy weight fabric. - Prewashing cottons will prevent shrinkage!

If you are making a top/dress with a puff ruffle on the hemline please take off

HALF OF THE MEASUREMENTS plus 0.5 inch from the puff ruffle sizing chart from section "width" when you are cutting your main dress pieces.

Please cut **two (2) pieces** of fabric in the following measurements (in inches) for the main top/dress pieces.

SIZES	Dress Length	Top Length	Width f.dress/top	Elastic f. neckline	Fabric yardage Dress/Top
0-3m	16 ¾"	13 ¼ "	10"	13.5 "	0.5 yd / 0.5yd
3-6 m	19"	15 ¼"	12"	14 "	3/4 yd / 0.5yd
9-12m	21 ¼	17 ¼ "	14"	15 "	3/4 yd / 0.5yd
18m	22 ¼"	18.5"	15.5"	15.5 "	3/4 yd/ ¾ yd
24m/2t	23.5"	19.5"	16"	16.5"	1 yd / 3/4 yd
3t	24 ¾"	20 ¼ "	17.5"	17 "	1 yd / 3/4 yd
4t	26"	23"	19"	17.5 "	1 yd / 3/4 yd
5t	28"	22 ¾ "	20.5"	18 "	1 yd / 3/4 yd
6	30.5"	25.5"	21.5"	18.5 "	1 yd / 1 yd
7/8	33 ¾"	28.5"	22.5"	19 "	1 1/8 /1 yd
9/10	35 ¼"	30.5"	23.5"	19 ¼"	1 1/8 /1 yd
11/12	37"	31"	24.5"	19.5 "	1 1/8 / 1 yd

Plus extra for a possible puff ruffle for tops/dresses!

Sleeves sizes	**Length** for long sleeves Fabric	**Length** for ¾ sleeves	**Length** for short sleeves	**Width**	**Fabric yardage** **Based on long sleeves**
0-3m	15 ¾ ”	11 ¾ ”	10”	14”	½ yd
3-6m	16 ¾ ”	12 ¾ ”	11”	14.5”	½ yd
9-12m	18 ”	13.5 ”	11.5”	14 ¾”	½ yd
18m	19 ”	15 ”	11 ¾ ”	15”	2/3 yd
24m/2t	19 ¾ ”	15.5”	12”	15 ¼”	2/3 yd
3t	20.5 ”	16 ¼ ”	12 ¼ “	15.5”	2/3 yd
4t	21.5 ”	17 ”	12.5”	16 ¼ “	2/3 yd
5t	23 ”	18”	12 ¾ ”	16.5”	2/3 yd
6	23 ¼ ”	19”	13”	16 ¾”	2/3 yd
7/8	24.5 ”	20.5 ”	14”	17”	2/3 yd
9	25 ¼ ”	21 ¼ ”	15.5”	17 ¼”	2/3 yd
10	25 ¾ ”	21.5”	15 ¾ ”	17.5”	3/4 yd
11/12	27 ¾ ”	23”	16”	18”	3/4 yd

Please add the given fabric yardage measurements to the ones from the TOPS & DRESSES main pieces if you are making a garment from the same print!

37

Measurements for puff ruffle:

Cut 2 of the following:

Size	width (vertical)	length (horizontal)

0-3m	5”	18”
3-6m	5”	20”
9-12m	5.5”	22”
18m	5.5”	24”
24m/2t	6”	27”
3t	6”	30”
4t	6.5”	33”
5t	7”	36”
6	7”	39”
7/8	7.5”	42”
9/10	7.5”	43”
11/12	8”	44”

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

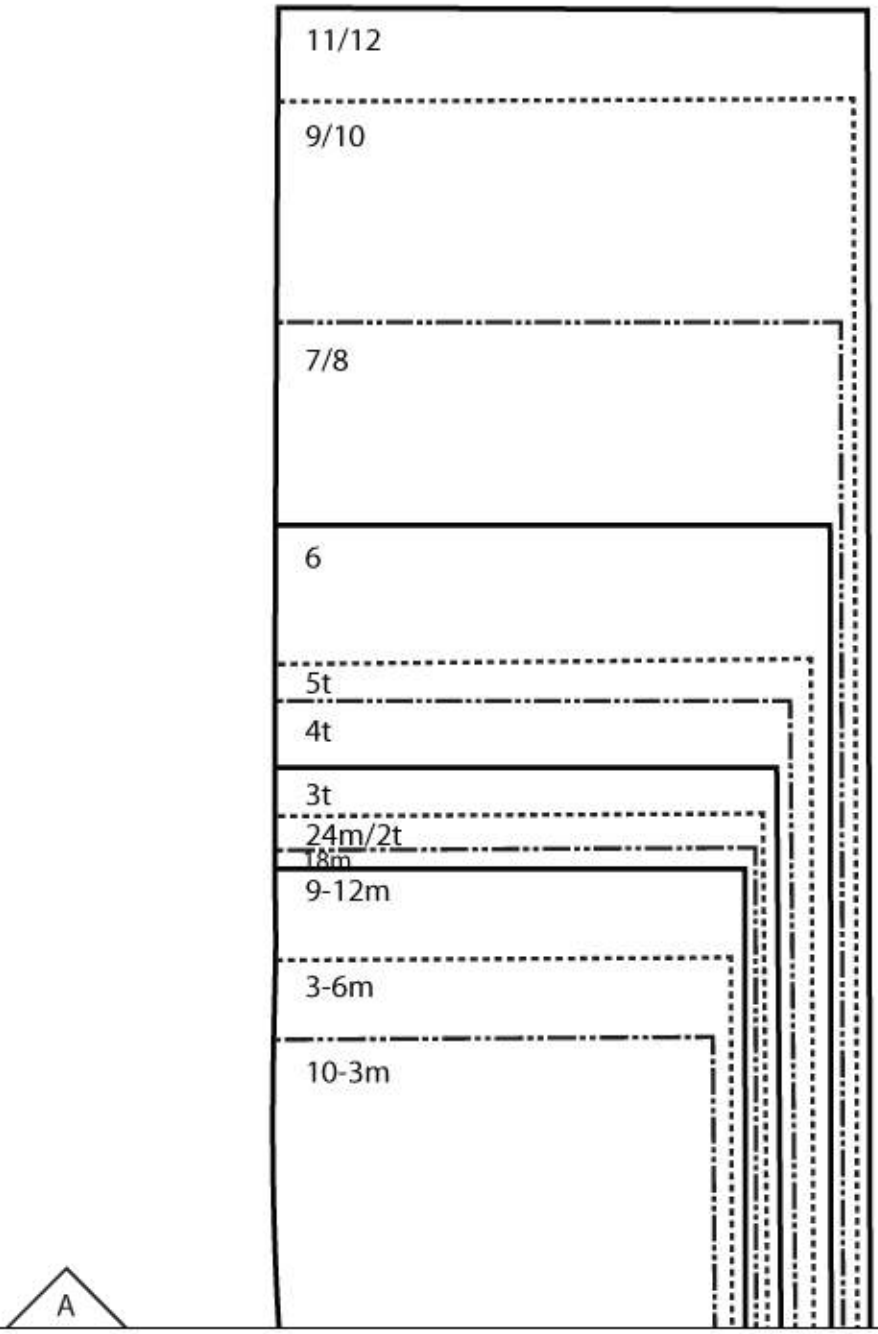
whimsycouture@hotmail.com

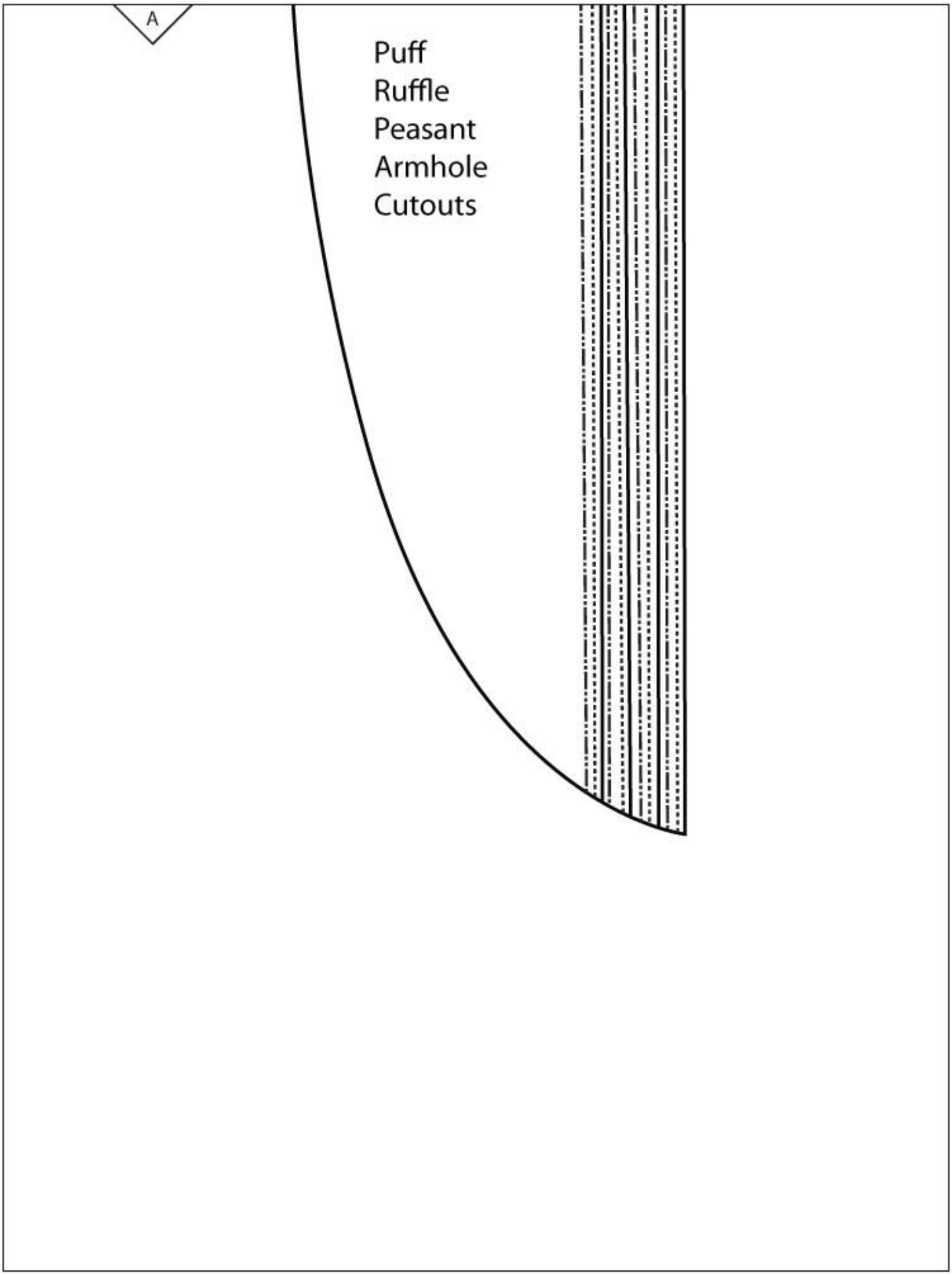
Thank you so much for using this pattern!

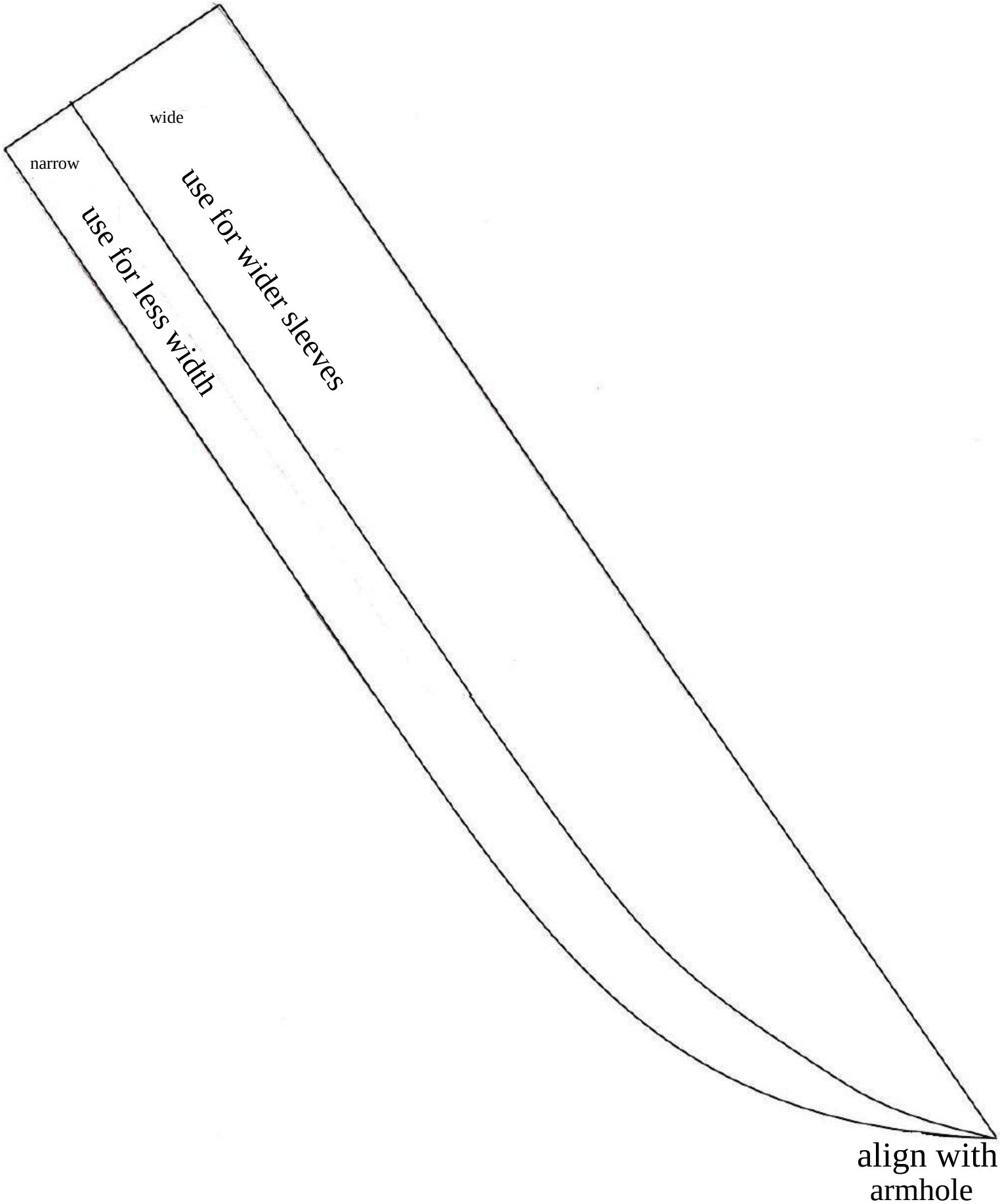
Copyright © Whimsy Couture, 2010 (do not copy or distribute without my consent)

1 inch

Copyright © Whimsy Couture
www.whimsycouture.etsy.com




A
Puff
Ruffle
Peasant
Armhole
Cutouts


wide
narrow
use for wider sleeves
use for less width
align with
armhole