



Ruffled Neckline Romper Tutorial



Leg lengths: shorts, capris and full length

Options: small neckline ruffle and wider neckline ruffle

Options: add casings for waist and legs with separate tutorial, add snap button tape to crotch

List of required materials:

- Fabric
- Sewing machine
- Serger (optional)
- Elastic
- Thread
- Pins
- Iron
- Measuring tape
- Safety pin (optional for added casing)
- Extra elastic (optional for added casing)
- Ribbon (optional for added casing)

Seam allowance: 3/8" unless otherwise stated

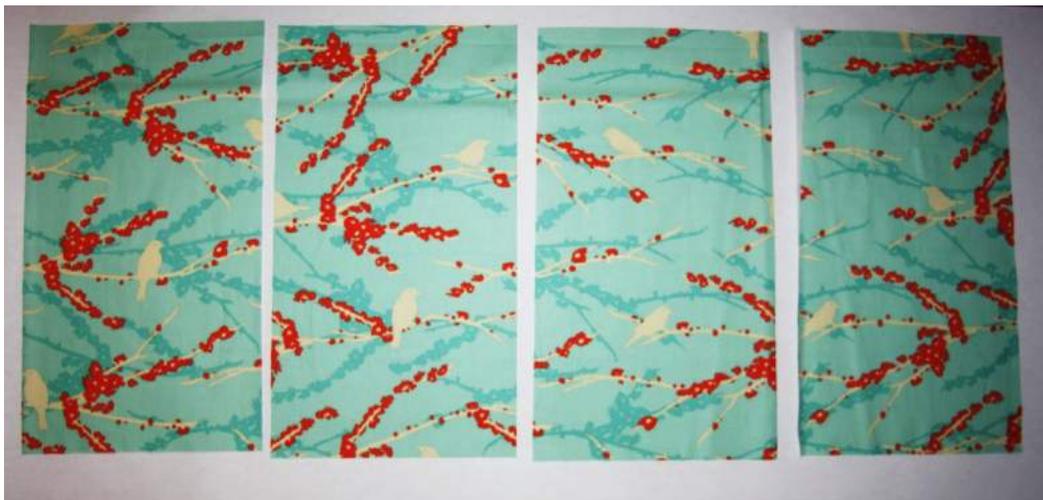
To begin:

Print the templates without scaling and double check the 1 inch print scale. Cut out the desired size and tape TOP and BOTTOM of crotch pieces together for sizes 3-6m and up.

Cut out your fabric and elastic according to sizing chart.

These should be the pieces you want to have cut out:

4 rectangles



2

2 leg ruffle strips



1 neckline ruffle strip



2 pocket pieces



To make the romper:

Place two rectangles with right sides together and fabric print direction going down (the picture below shows my fabric on its side):



Place the crotch template into the upper left corner aligning both straight edges with fabric cut. Place armhole template into upper right corner in the same fashion. Place leg strip onto bottom left corner aligning the long straight edge with fabric cut and pointy corner facing upwards:



4

Pin all templates in place and trim around them. This should now be your first set of romper pieces:



Repeat with other set of rectangles.

To sew the center seam:

While your 2 romper pieces are still with right sides together, pin the long curved edge as shown below and serge/zigzag stitch:



Repeat with other set of rectangles.

5

To make the armhole folds:

Fold the armhole $\frac{1}{4}$ " in and press following the curve, cut tiny slits into the first fold every $\frac{1}{4}$ inch:



6

Repeat with all remaining 3 armholes.

Fold down once more $\frac{1}{4}$ " and press then pin in place:



Sew in place along the inner folded edge. Your armhole fold should look like this now:



7

Repeat with remaining 3 armholes.

To sew the side seams:

Place your front and back romper pieces with right sides together



.....and pin, then sew along dashes with backstitching and end. Serge/zigzag stitch.



8

Repeat with other side seam.

To make leg ruffles:



If your fabric has a print direction, serge/zigzag stitch bottom edge:



Fold bottom hem 0.5 inch up and press, then sew down right along the serged/zigzag stitched seam:



This is your ruffle strip from the right side:



Repeat with other ruffle strip.

To gather the leg ruffles:

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 along the raw edge with a seam allowance of about $\frac{1}{4}$ inch very slowly.



10

This should now be your gathered ruffle piece:



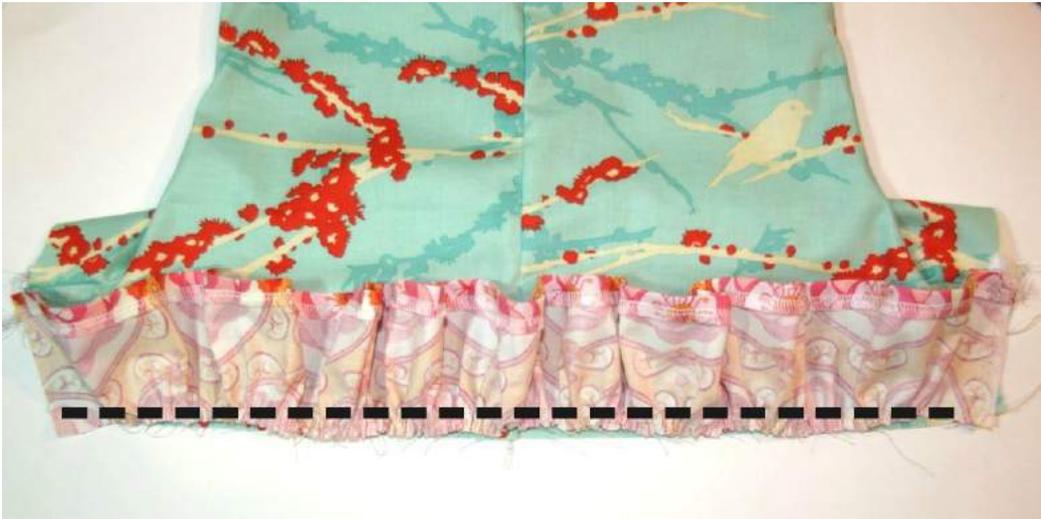
NOTE: at this time please first double check the inseam for full length by holding the ruffle onto the leg and measuring entire inseam! You'll find an AVERAGE INSEAM chart in the sizing chart!

Place your ruffle in front of your leg bottom edge, fold the other leg underneath up, distribute the ruffles to match the leg length:



11

Flip ruffle up and pin to leg then sew along dashes.....



.....and serge/zigzag stitch raw edges:



12

Top stitch if desired:



Repeat with other leg and ruffle.

This is now your almost finished romper:



NOTE: if you are adding snap button tape, please go now to the separate tutorial [INSTRUCTIONS ON HOW TO ADD SNAP BUTTONS](#) .

To sew the inner legs together:

Turn your romper with wrong sides out and pin inner legs together. Then sew.....



.....and serge/zigzag stitch raw edges:



To make the pocket:



Place pocket pieces with right sides together and pin. Then sew along dashed lines leaving the top edge center open at about 2”:



15

Trim seam allowance, corners and pointy tip off:



Turn pocket with right sides out, press and close the opening with a straight stitch. Backstitch beginning and end:



16

Pin pocket to romper (there is no front or back yet so it's equal which side you choose). Best placement for pocket is centered and at about 1" below armpit height:



Sew pocket on along dashed lines making sure your stitch is equally far away from edge. Leave top open. Backstitch beginning and end a few times:



To make neckline ruffle:



First we want to sew the neckline ruffle strip together to make a circle. Place both ends with right sides together.....



.....pin and sew along dashed lines:



18

Now we have a circle:



If your fabric has a print direction, serge/zigzag stitch the bottom edge as shown:



19

Fold up bottom hem 0.5" and press then sew it down along dashed line all the way around and backstitch when you are done:



This is your finished neckline ruffle circle:



To attach ruffle neckline to romper:

Turn romper and neckline circle inside out having the neckline's center seam in the back center. Insert top edge of romper into ruffle circle:



Center the romper in the ruffle circle so you'll have the same amount on each side:



21

Pin ruffle circle and romper on 6 points illustrated with x's:



Serge/zigzag stitch the pinned area but also all the way around this edge. **If serging, you want to take out pins just BEFORE!! DO NOT serge over pins!!!**



This is now your romper (neckline ruffle piece is flipped in my picture)



Fold your neckline ruffle piece down to form the casing for the elastic. Fold the hemmed edges in, from the neckline ruffle piece which is coming out from the sides. In the picture below I am holding this edge up so you can see how I fold it in:



Measure the top edge casing at 0.5" up from where the neckline ruffle meets the romper. The arrow shows you the folded under hem again:



Press casing in place which should measure 0.5 inch all the way around. Sew along dashed line, leaving a 1" opening in the back on the side. Backstitch beginning and end:



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



Feed all the way through and until both ends meet, then handstitch slightly overlapped ends together with at least 10 stitches (this elastic will get lots of wear so be sure to stitch ends together well!)

Insert a size tag or label, then close the opening with your machine. Backstitch beginning and end:



To finish romper off:

Tuck under loose threads on arm pits and ruffle hems, then top stitch:



Option: Add on-top casings to make this cute version



(This romper has the wider neckline ruffle!)

The optional tutorial [ADD CASING FOR ELASTIC OR TIES](#) explains each step.

Follow through with the instructions in this tutorial until your romper looks like this:

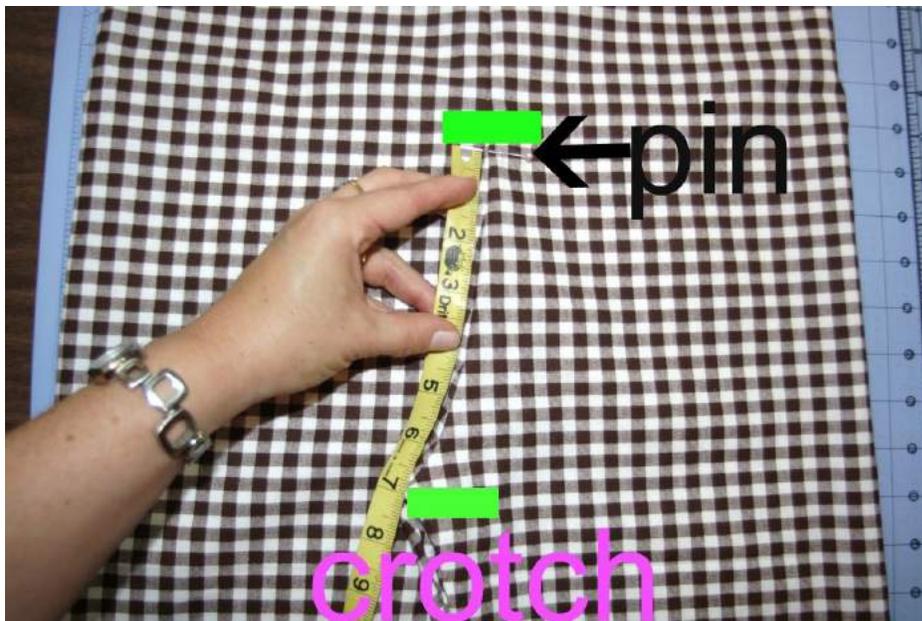


For the legs you want to have the opening of the casing face to the outside:



For the waist casing on a romper please follow these instructions and measurements:

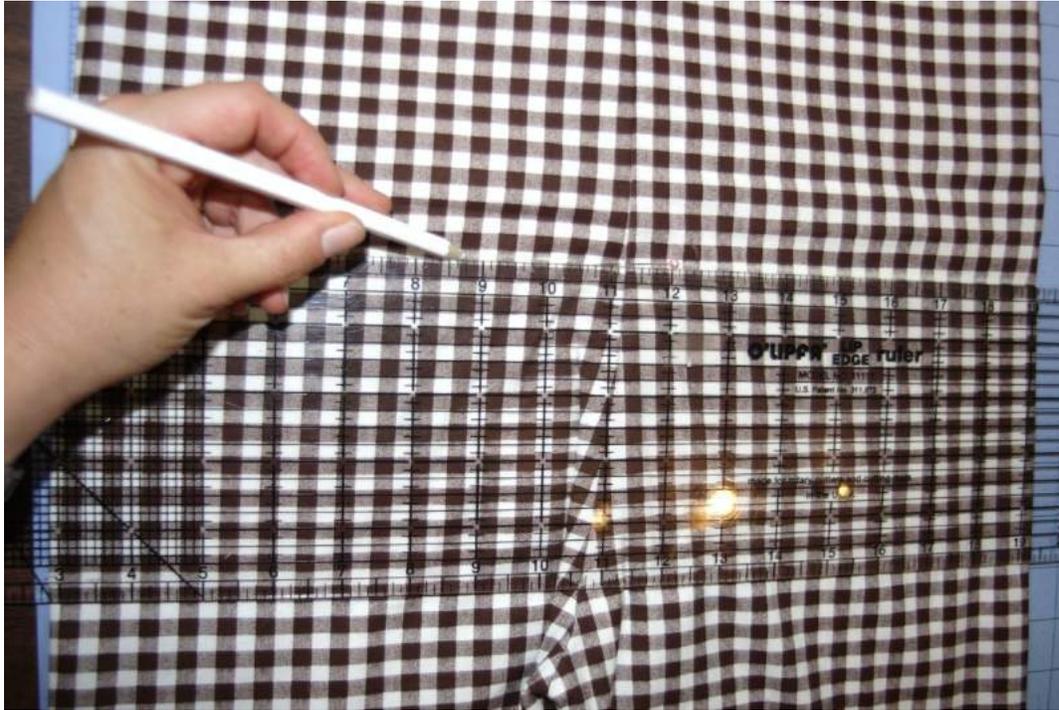
Select your size from the chart below and place your romper with right sides out in front of you. Fold the crotch to the side and measure the distance from the crotch seam up to the waist. Place pin at the highest point. Repeat this on the backside but ADD 1 INCH!!! Your back rise wants to be a bit higher.



(picture from a different

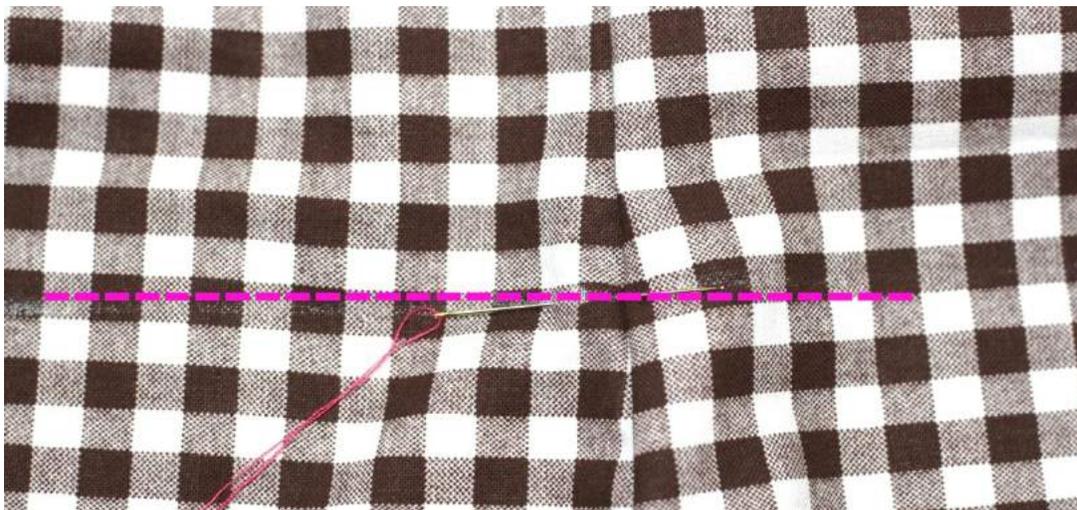
project!)

Use a fabric pen to draw a line starting at the front pin and go around to the back, drawing the line 1 inch higher once you reach the center back. Then draw the line back around the other side and meet the front center:



(picture from a different project!)

NOTE: if you can't see the fabric pen well enough you can thread a needle with a longer piece of thread and baste along the line you drew:



Front Rise placement (for back add 1"):

Nb	–	6”
0-3m	–	6.5”
6-9m	–	7”
12-18m	–	7.5”
24m/2t	–	8”
3t/4t	–	8 1/8 “
5t	–	8 1/4”
6	–	8 1/3”
7	–	8.5”
8	–	8 3/4”
9/10	–	9”

Here’s our romper again:

Make casing as instructed in optional tutorial and pin to waist as shown:



Finish casing as instructed in tutorial and insert elastic or ties. You are done!

Design examples:



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1) Sizing Chart for Ruffled Neckline Rompers:

All measurements are in inches!

You can use the following materials:

Cotton, poly cotton, chambray, twills, plaids, anything lightweight!

The following chart tells you how much you have to cut for making shortalls, caprialls and full length overalls (o'alls). 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

!!If you are making a romper with snap buttons please add 1" to your fabric length!!

The following measurements are for a romper with straight leg hems and RUFFLE ADDED!

Please cut **4** pieces of the following measurements.

Size	fabric width	fabric length shortall	fabric length for capriall	fabric length for overall	fabric yardage for needed
doll (18")	7 ¾"	11"	12"	13"	½ yd
NB	9.5"	12"	13"	14.5"	½ yd
3-6m	10.5"	14"	16"	15.5"	1/3 yd
6-9m	11"	15"	17"	19.5"	1 yd
12-18m	11.5"	16"	18"	23.5"	1yd
24m/2t	12"	18"	23"	26"	2yds
3t	12.5"	21"	27"	30"	2yds
4t	13"	22"	28"	31"	2yds
5t	13.5"	22.5"	29"	33"	2 ¼ yds
6	14"	23"	31"	36"	2.5 yds o'all 2 yds short
7	14.5"	23.5"	34"	39"	2.5 yds o'all 2 yds short
8	15"	24"	36"	41"	2 ¼ yds capri 2.5 yds o'all 2 yds short
10	16"	25"	38"	45"	2.5 yds Capri 3 yds o'all 2 1/8 yds short 2 ¾ yds Capri - 3 yds o'all

2) Leg Ruffle sizing chart

Please cut 2 of the following for the ruffles:

	Fabric width (from side to side)	Fabric ruffle length (from top to bottom)
Sizes nb – 18m	34"	3"
Sizes 24m – 5t	38"	3.5"
Sizes 6 – 10	42"	4"

Fabric yardage for ruffles are not more than ¼ yd.

NECKLINE RUFFLE - narrow:

Cut one (1) for sizes up to 5t and 2 smaller pieces for sizes up to 11/12 to make given length

Size	L x W
Nb-3m	32 x 3 ¾
6m	34 x 3 ¾
12m	35 x 4
18m	36 x 4
24m/2t	38 x 4 ¼
3t	39 x 4.5
4t	41 x 4.5
5t	43 x 4.5
6	45 x 4 ¾
7/8	47 x 5 5"
9/10	50 x 5 ¼
11/12	52 x 5.5

For sizes 5t and up you want to sew 2 of pieces of fabric together to make up the length.

3)

NECKLINE RUFFLE - wide:

Cut one (1) for sizes up to 5t and 2 smaller pieces for sizes up to 11/12 to make given length

Size	L x W
Nb-3m	32 x 5 $\frac{3}{4}$
6m	34 x 5 $\frac{3}{4}$
12m	35 x 6
18m	36 x 6
24m/2t	38 x 6 $\frac{1}{4}$
3t	39 x 6.5
4t	41 x 6.5
5t	43 x 6.5
6	52 x 6 $\frac{3}{4}$
7/8	47 x 7
9/10	50 x 7 $\frac{1}{4}$
11/12	52 x 7.5

For sizes 5t and up you want to sew 2 of pieces of fabric together to make up the length.

Elastic for neckline (1/4-3/8 inch width):

Nb- 6 m	14
12m	15
18m	15.5
24/2t	16.5
3t	17
4t	17.5
5t	18
6	18.5
7/8	19
9/10	19 $\frac{1}{4}$
11/12	19.5

4)

AVERAGE INSEAM CHART:

Full length pants - AVERAGE INSEAM CHART:

nb	5"
3-6m	5.5-6.5"
6-9m	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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Adding Casing
for elastic
or ties

Tutorial



1

This tutorial is an optional way of adding elastic (or regular ties) to any garment besides sewing in elastic thread. It's simple and you don't even need a serger!

List of required materials:

- Sewing machine
- Fabric
- Scissors
- Iron
- Safety pin
- Pins
- Elastic- appr. Same width of ribbon (optional)
- Ribbon (must be 7/8" or narrower)
- Fray check or lighter to prevent ribbon from fraying

Here's your typical dress (or pants, romper, skirt etc.), hanging widely, needs some sort of elastic to define the shape:



2

Begin by measuring the garment width. Multiply by 2 (for front and back):



Cut a long piece of fabric to the measurements just taken (for front and back = x2), fabric width can vary from 2" to 2.5" for best results. Fabric print direction= vertical:



3

Hem all 4 sides. You can use your serger/overlock machine but a regular tighter zigzag stitch is just fine:



Fold your fabric strip's long edges in towards the middle and press:



4

Unfold the small ends and fold it in, then press:



Repeat with other end.

Refold long fabric folds (I pinned it for taking the picture better):



5

Position your folded fabric strip with wrong side up, then place your garment with back side down on it:



Fold both ends over the front of garment and center the gap. Pin in place (preferably OVER a seam) and sew with a straight stitch along the long casing edges. Backstitch beginning and end. Leave both openings open to insert ties:



6

This is how it looks now:



To make the ties I chose to put some elastic into the middle to make it more comfortable to wear. In this case cut a piece of elastic about half the width of your garment and add the rest in ribbon. Best is to measure the final length by wrapping it around your garment and tying it so you know what length will be best.

Fray check or use lighter on ribbon ends to prevent it from fraying!



7

Place elastic ¼" over the ribbon and pin:



Sew it with several stitches down. If you use your machine use a tight stitch (stitch length at 1.5-2).
Repeat with other side:



8

Secure a safety pin to end of ribbon and insert it into the casing:



If your safety pin damaged the end of your ribbon, trim it off and reseal with fray check.

DONE! Enjoy your GREAT fitting garment with a fun touch!



Example of casing added to RETRO ROMPER:



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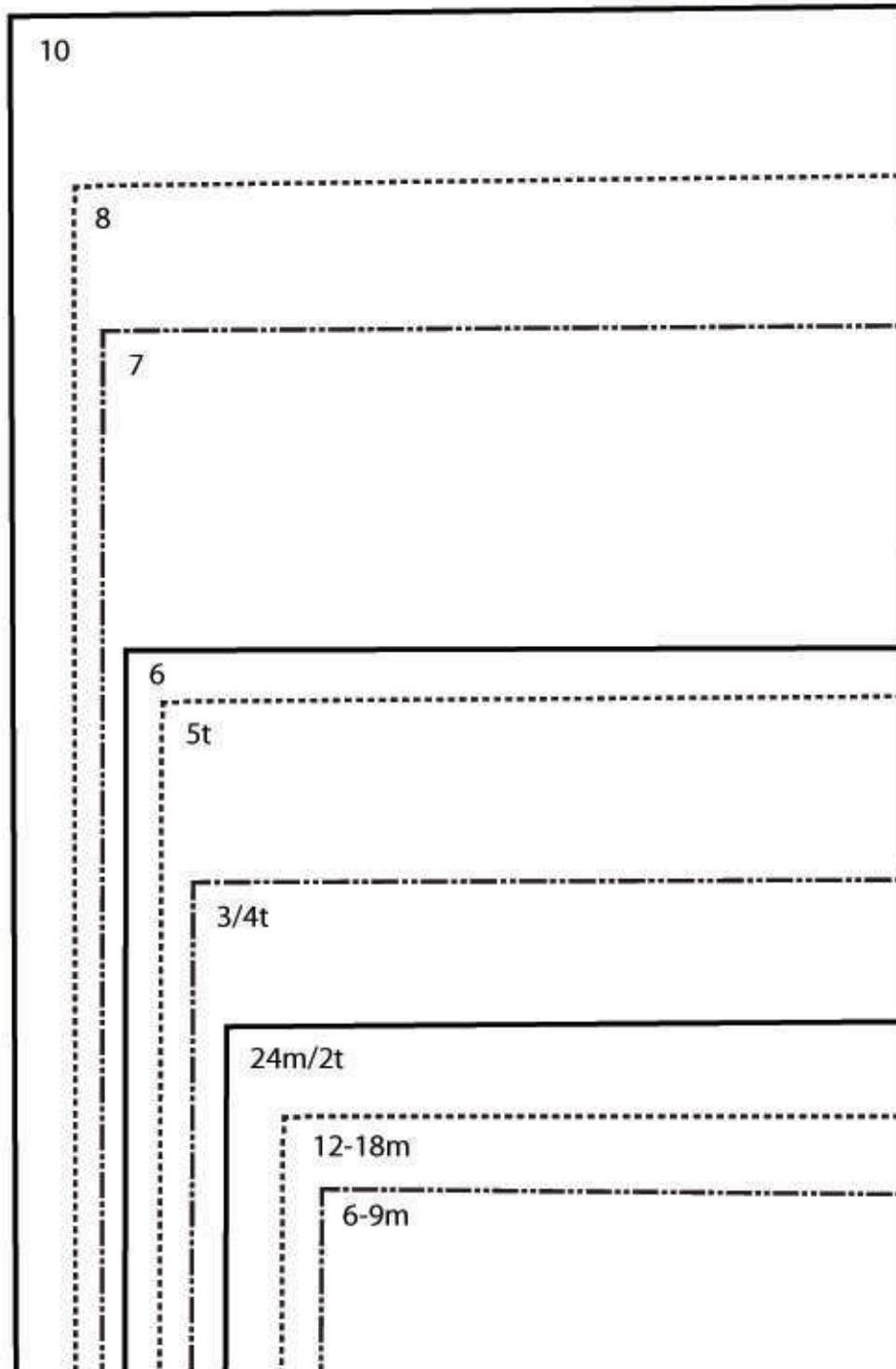
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1 inch



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A

3-6m

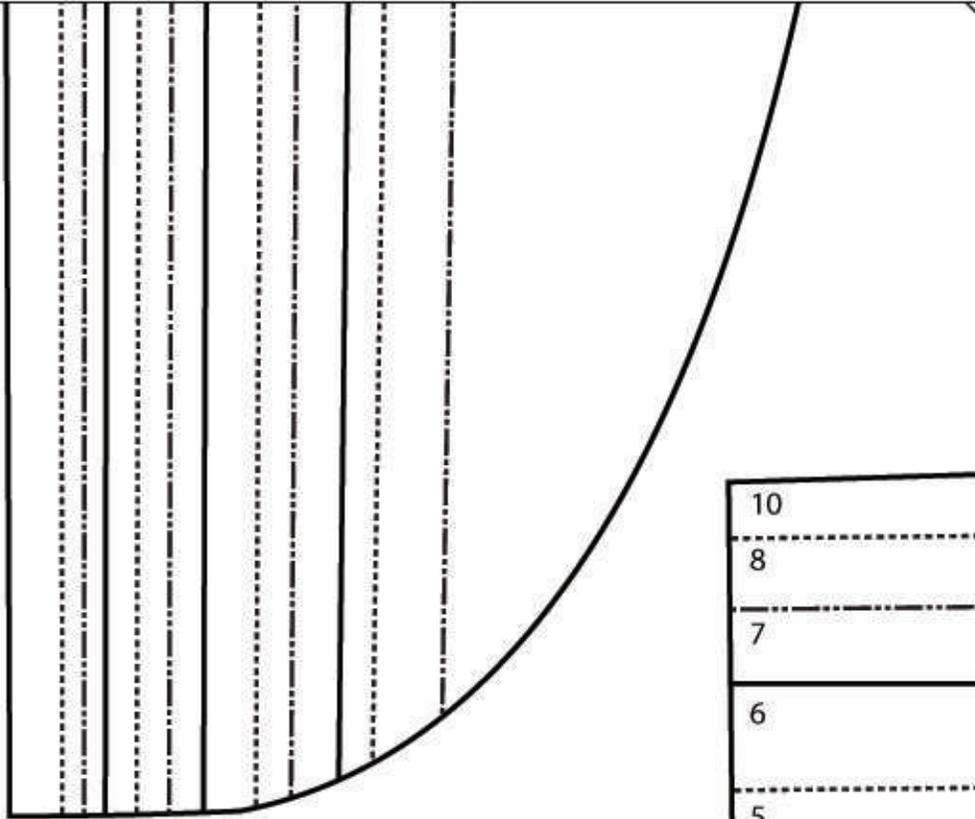
0-3m

preemie/doll

Ruffled
Neckline
Romper
Crotch
Cutouts

B

B



10
8
7
6
5
3/4t
24m/2t
12-18m
6-9m
3-6m
0-3m
preemie/doll
Ruffled Neckline Romper Armhole



**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:

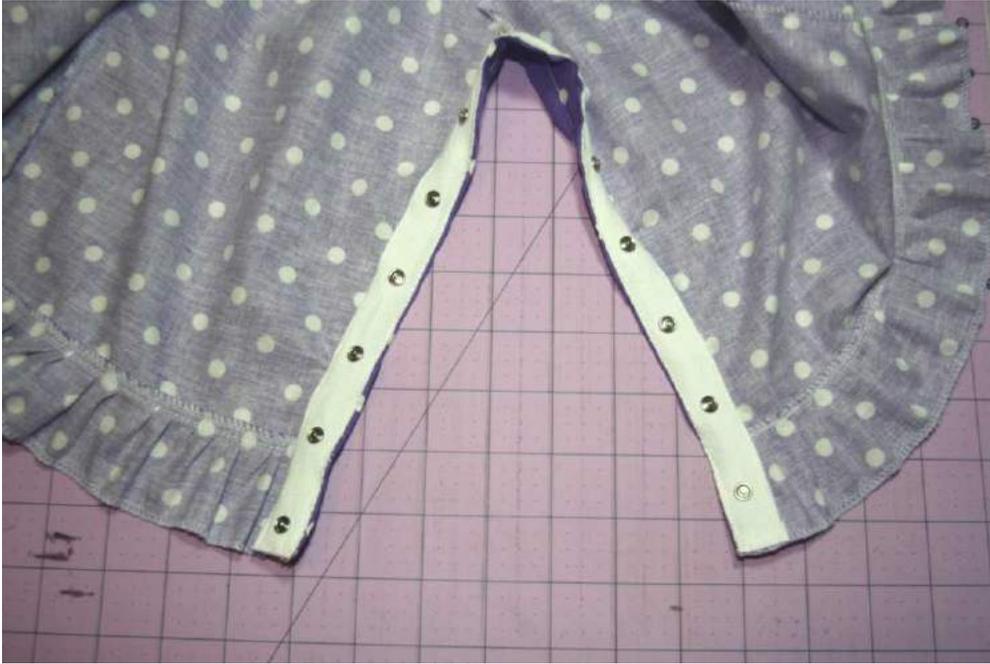


Sew along the snap tape's edge with your machine:



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

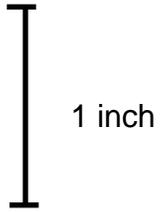
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