



*Vintage Pinafore (Over Dress)*



This adorable vintage inspired “pinny” or pinafore is for wearing over tops, dresses or t-shirts with pants underneath. This halter style garment has an open back and ties with a wide band in the back. It can be worn as an apron as well. The bows are optional and add a cute touch of whimsy. The length is a regular dress length but can be shortened by a few inches to let under dresses peek out☺

**Suitable fabrics:** non-stretch quilters cotton, chambray, sateen, satin, plaids, lightweight wovens.

**List of required materials:**

- Fabric
- Sewing machine
- Iron
- Measuring tape or lip edge ruler
- Rotary cutter (optional)
- Scissors
- Straight pins
- Hand sew needle
- Thread or embroidery thread

**Seam allowance:** 3/8” unless stated otherwise

**Fabric yardage chart:**

Size		Straps & Chest band	Skirt & Bows
12-18m		½ yd	1 yd
24m/2t		2/3 yd	1 yd
3t		2/3 yd	1 1/4 yds
4t		2/3 yd	1 2.3 yds
5t		2/3 yd	1 2/3 yds
6		2/3 yd	2 yds
7		2/3 yd	2 yds
8		2/3 yd	2 yds
9		2/3 yd	2 yds
10		2/3 yd	2 ¼ yds
11		¾ yd	2.5 yds
12		¾ yd	2.5 yds

**To cut your fabric:**

Size	Appr. dress length f. chest to hem	Chest band- cut as indicated W & L	Skirt part- cut as indicated W x L	Neck ties- cut 2 W & L	Bows Cut 2 W x L
12-18m	16"	42"x7"	2x14"x14" & 1x29"x14"	20"x2.5"	3" x 6.5"
24m/2t	18"	42"x7" & 13"x7"	2x15"x16" & 1x31"x16"	23"x2.5"	3.5" x 7"
3t	19.5"	42"x7" & 17"x7"	2x16"x17.5" & 1x33"x17.5"	25"x2.5"	4" x 7.5"
4t	20.5"	42"x7.5 " & 19"x7.5 "	2x17"x18.5" & 1x35"x18.5"	27"x2.5"	5" x 7.5"
5t	21"	42"x8" & 20"x8"	2x19"x19.5" & 1x37"x19.5"	27"x2.5"	5" x 7.5"
6	22"	42"x8" & 20"x8"	2x20"x20.5" & 1x38.5"x20.5"	27.5"x2.5"	5"x8"
7	23"	42"x8" & 20"x8"	2x21"x22" & 1x40"x22"	27"x3"	5"x8"
8	24"	42"x8" & 22"x8"	2x22"x23" & 1x40.5"x23"	27"x3"	5.5"x8"
9	25.5"	42"x8.5" & 24"x8.5"	2x23"x24" & 1x40.5x24"	27"x3"	5.5"x8"
10	26.5"	42"x8.5" & 26"x8.5"	2x24.5"x25" & 1x41"x25"	28"x3"	6"x8.5"
11	28"	42"x9" & 28"x9"	2x26"x26" & 1x41.5"x26"	28"x3"	6"x8.5"
12	29"	42"x9" & 30"x9"	2x27"x27" & 1x42"x27"	28"x3"	6"x8.5"

3

These are the pieces you have cut out:

1x center skirt piece :



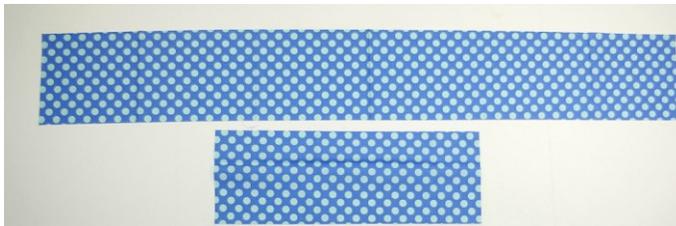
2x side skirt pieces:



For size 12-18m you will have cut 1x chest band piece and

for sizes up to 12 girls you have cut 2 pieces:

2x bows



2x strap pieces:



**To sew the skirt part:**

Place both short skirt pieces onto the large piece with right sides together. Pin the sides and sew along dashed line:



Serge/zigzag stitch raw edges.

Fold in the side edge to 3/8" and press, fold in once more 3/8" and press again:



5

Repeat with other side.

Fold up the bottom edge to 3/8" and press:



Fold up once more 3/8" and press:



Pin in place and sew along dashed lines close to the inner folder edge. Start sewing on the right side, continue on along the bottom edge and up the other side:



**To gather your skirt part:**

Most machines allow to ruffle fabric automatically by setting the tension to the highest number (strongest tension) and stitch length to the highest number (longest stitch). Some machines may have different number indications.

Some machines may allow only hand gathering and in this case you want to set your machine to the lowest number tension (weakest tension) and longest stitch. Then sew as instructed below by placing the fabric with the raw edge to the right.

Sew with a  $\frac{1}{4}$ " seam allowance along black line:



Gather your fabric according to this chart:

Size	Gather to
12-18m	17.5"
2-3t	19"
4-5t	21"
6-8	22"
9-12	24"

This is now your gathered skirt part:



**To make the chest band:**

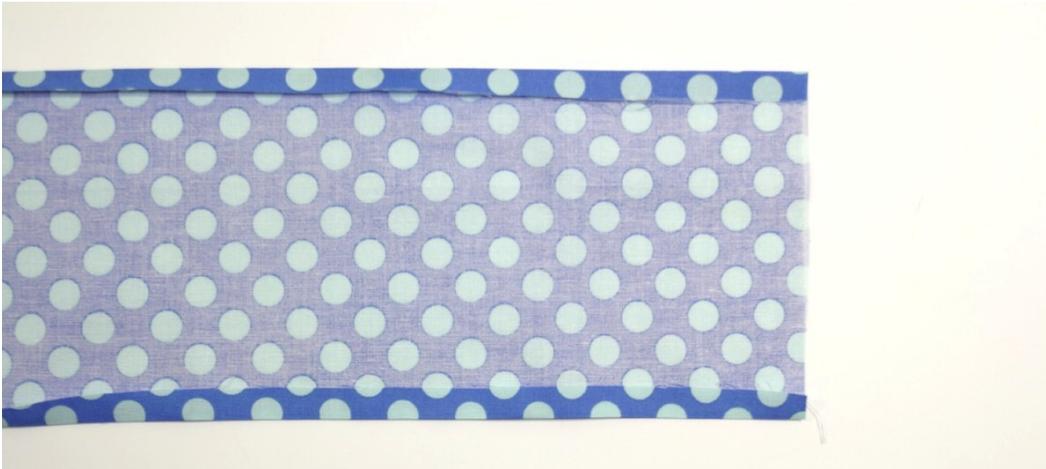
For sizes up to 12 you want to sew the two pieces together by placing them with right sides together. Pin and sew along dashed line:



Fold the seam open and press:



Fold down the top edge and fold up the bottom edge 3/8" towards the inside and press:



Fold in the side edge 3/8" and press. Repeat with other side. Fold entire strip in half so top and bottom edges meet. Press:



This is now your folded chest band:



**To sew skirt part and chest band together:**

Mark the center of the chest band and skirt part with a pin (I marked it with an x):



Unfold the chest band and place the skirt part with right side up onto the bottom edge of the chest band. Pin in place. Then sew along dashed line. Sew right over the gathering seam making sure this seam won't reach out of the chest band edge:



Close-up:



Fold down the chest band and pin in place. Start sewing at the small/short end and sew along where the folded edges meet.....



.....keep sewing over the skirt part area.....



.....until you reach the other end of the chest band. Lay skirt part aside.

**To sew the halter ties:**

Fold in the side edge 3/8" and press. Fold down the top edge 3/8" and press. Repeat with the bottom edge and fold it up 3/8" and press.:



Fold strap in half so top and bottom edges meet:



Sew in place starting at the side by backstitching the beginning. Then sew along the bottom and up the other side. Backstitch end:



Repeat with other strap.

**To sew straps to chest band:**

The straps get sewn on top of the chest band. Position the straps according to the following chart. The distance is between both straps:

Size	distance
12-18m	5"
24m/2t	5"
2-3t	5.5"
4-5t	6"
6-8	6.5"
9-12	7"

Mark the center of chest band's front and pin the straps down. Sew them in place with several stitches back and forth along dashed line:



As an option you can sew buttons to the straps to hide the stitches or even flowers or fabric yoyo's. For this tutorial we will make matching bows:

These are the bow pieces you have cut out:



Fold them over to top and bottom edges meet. Pin and sew along dashed line:



Refold them so the just sewn seam will sit in the center. Press. Then sew one side seam:



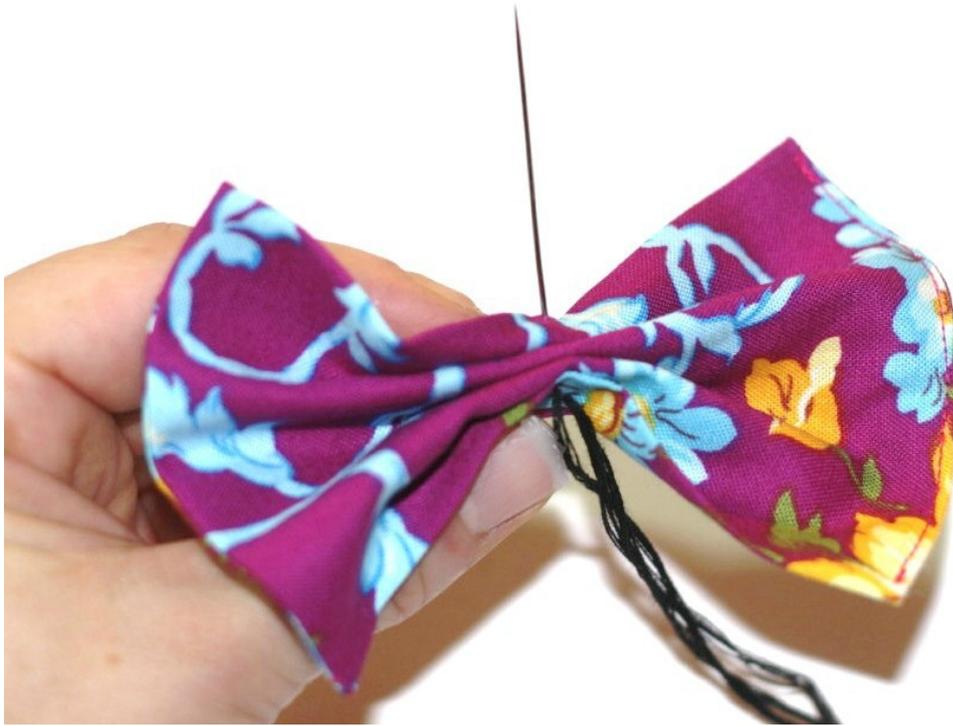
Turn right sides out and fold the open edges inwards. Press and sew opening closed along dashes:



Thread a hand sew needle with regular thread taken double or embroidery thread. Pinch the bow in the center while having the sewn seam on the side. Form a "bow":



Sew bow in place through the center with a couple of stitches:



Secure the thread by double knotting it. This is now one of your finished bow:



Repeat with other bow.

Last step is to sew the bows to the straps to hide the stitches. Best is to sew them on with a double threaded needle and stitching them down with around 10 stitches back and forth. I used my sewing machine but you want to be careful when doing so as your machine's needle will go through several layers of fabrics.



Design examples:



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