



Ruffled Pillowcase Top/Dress
For LADIES



The tutorial is adapted from the girls' version and contains the same pictures

This ruffled pillowcase top (longer fit, over hips) or dress (hits at mid knee or below) is perfect for the beach or a hot summer day. The sizing chart lets you choose either a TOP or a DRESS. The ties are made from fabric but you can substitute those for ribbon as well! (ribbon must be heat sealed). If you don't like a ruffle you can add a straight/flat border as well. Find it at the end of this tutorial.

List of required materials:

- Fabric (lightweight woven cotton) Knit fabric may be used but you want to use your own expertise for that
- Sewing machine
- Serger (optional)
- Straight pins
- Safety pin
- Iron

Seam allowance: 3/8" unless stated otherwise

SIZING CHART FOR LADIES PILLOWCASE TOPS & Dresses with ruffles (a border in place of the ruffle can be added, info in additional tutorial on the bottom of this tutorial):

NOTE: First measure around bust, belly and hips. Compare the widest measurement with the sizing chart below. if you are making this garment for customers you want to inquire about their body measurements for a perfect fit.

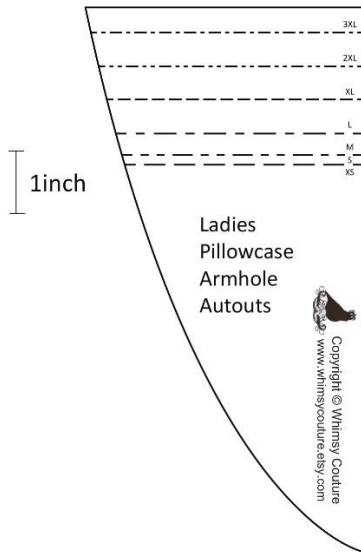
Size	Top W X L Cut 2x	Fits bust, belly and hips up to inches	Yardage	Dress W X L Cut 2x	Fits bust, belly and hips up to...inches	Yardage	*Ruffle strips cut 4x W X L	*Ties cut 2x W X L	Yardage ruffle & ties
XS	19x24"	35"	3/4yd	20x34"	35"	1yd	25x9"	32x4"	1 1/2yds
S	20x24"	37"	3/4yd	21x34"	37"	1yd	26x9"	32x4"	1 1/2yds
M	21x24"	39"	3/4yd	22x34"	39"	1yd	28x9"	32x4"	1 1/2yds
L	22x24.5"	40"	3/4yd	23x34.5"	41"	2yds	29x9"	34x4"	1 1/2ds
XL	23x25"	42"	1.5yd	25x35"	44"	2yds	31x9"	34x4"	1 1/2yds
2XL	25x25.5"	47"	1.5yd	27x35.5"	48"	2yds	33x9"	34x4"	1 1/2yds
3XL	27x26.5"	50"	1.5yd	28x36"	51"	2yds	34x9"	34x4"	1 1/2yds

*if you prefer to tie the ties into a bow rather than a double knot you want to cut each strip to 44".

*It's necessary to each sew two ruffle strips together to make one continuous strip for each side.

To print the templates:

Set your printer without scaling and double check the 1 inch print scale. This is your printed armhole cutout:



Select your size and cut it out.

These are the pieces you have cut out:

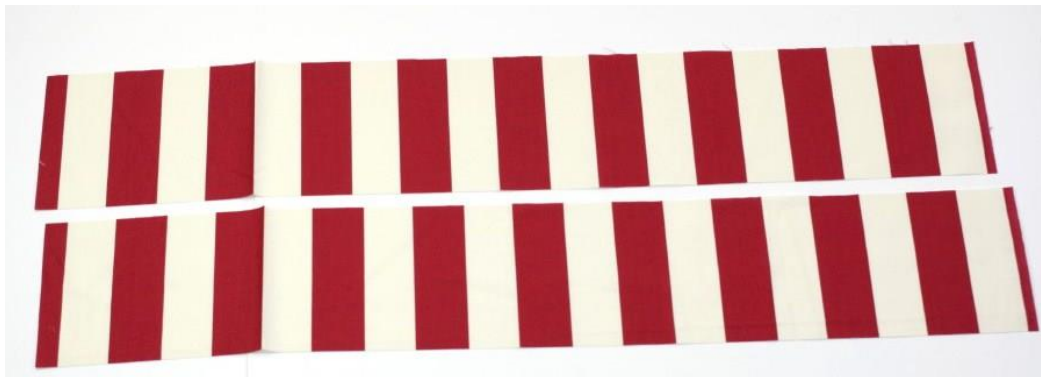
1x front dress piece



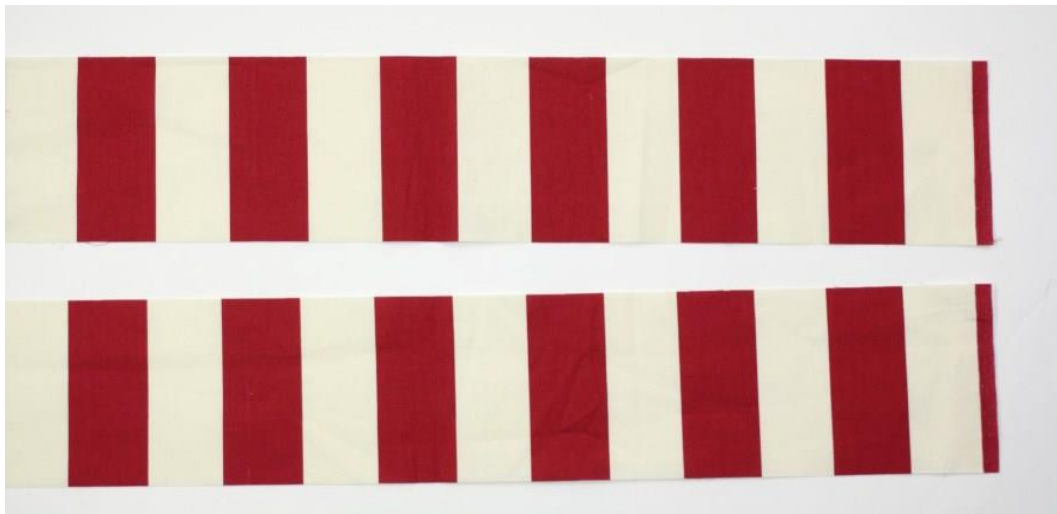
1x back dress piece



2x tie strips (full length not shown)

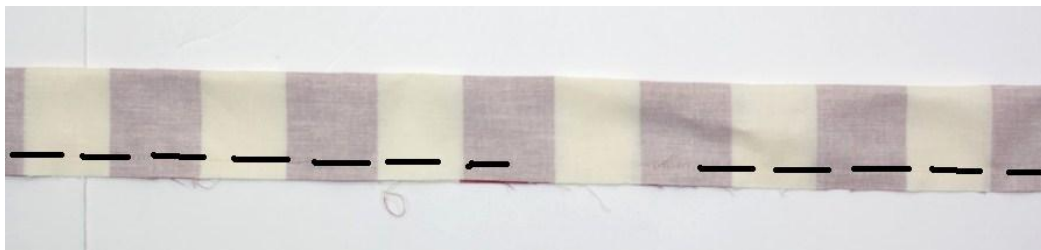


2x ruffle strips (full length not shown)



To make the ties:

Fold one tie strip in half lengthwise with wrong sides out and pin the cut edges together. Sew along dashed line, leaving a 4" opening in the center:



You can sew the tip diagonally if you prefer:



Clip all corners:



Turn tie straps with right sides out (use a turning tool or closed pair of scissors to gently poke out the corners). Press flat and close the opening with your machine. Backstitch the beginning and end:



TIP: to give your ties a professional look you may top stitch along the entire perimeter.

Repeat with other tie strip.

This is now one of your 2 finished tie straps:



To make the armholes:

Fold your main dress fabric over sideways (print direction going down) and place the armhole cutout into the upper right corner:



Pin and cut around it:



6

Repeat with other main dress piece.

These are now your 2 dress pieces:



Fold down the armhole edge 1/4" and press. Slightly bend the fabric to form a curve:



Cut tiny slits into the fold in a distance of 1/4":



Fold down once more 1/4" and press. Then sew in place along the dashed line:



Repeat with all remaining armholes.

To make the chest casing:

With right sides down, fold down the top edge 1/4" and press and fold down once more 1" and press:



Sew in place along dashed line. Backstitch beginning and end:



This is now your sewn casing:



For the back casing you want to leave a 2" opening in the center to insert care/size tags. Then close the opening with your machine:



Secure a safety pin to one of your ties and insert it into the casing:



If you made the ties they will bunch up a bit in the casing which is normal. Adjust the length so both ends have the same length of ties hanging out and pin the center where I marked a green X. This is where you want to top stitch the ties down to prevent them from coming out in the wash.

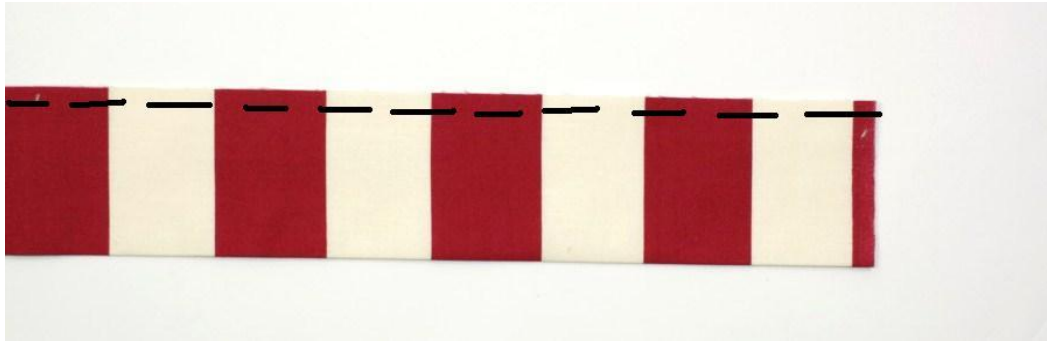


Repeat this with the other casing.

To make the bottom ruffles:

Fold one of the ruffle strips in half lengthwise with right sides out. 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 1/4 inch along the dashed line:



Repeat with other ruffle strip and reset your machine.

To sew ruffles on:

Once your ruffle strip is gathered, distribute the gathers to match the dress width:



Flip ruffle over and pin the bottom hem of the dress. Then sew along dashed line:



Serge/zigzag stitch the raw edge:



Top stitch where both fabric meet:



To sew the sides:

Turn your dress with wrong sides out and pin the sides. Sew in place along the dashed line:



Backstitch the beginning and end.

Tuck in all loose hanging threads and sew those down. All done!

Here is your ladies top:



Design examples:



TIP: to define the waist area you can use one of the following tutorials:

Add a casing:

Adding Casing
for elastic
or ties

Tutorial



Add shirring:



Both tutorials are on the following pages.

For instant download ebooks please visit www.whimsycouturesewingpatterns.com/

Etsy shop: www.whimsycouture.etsy.com/

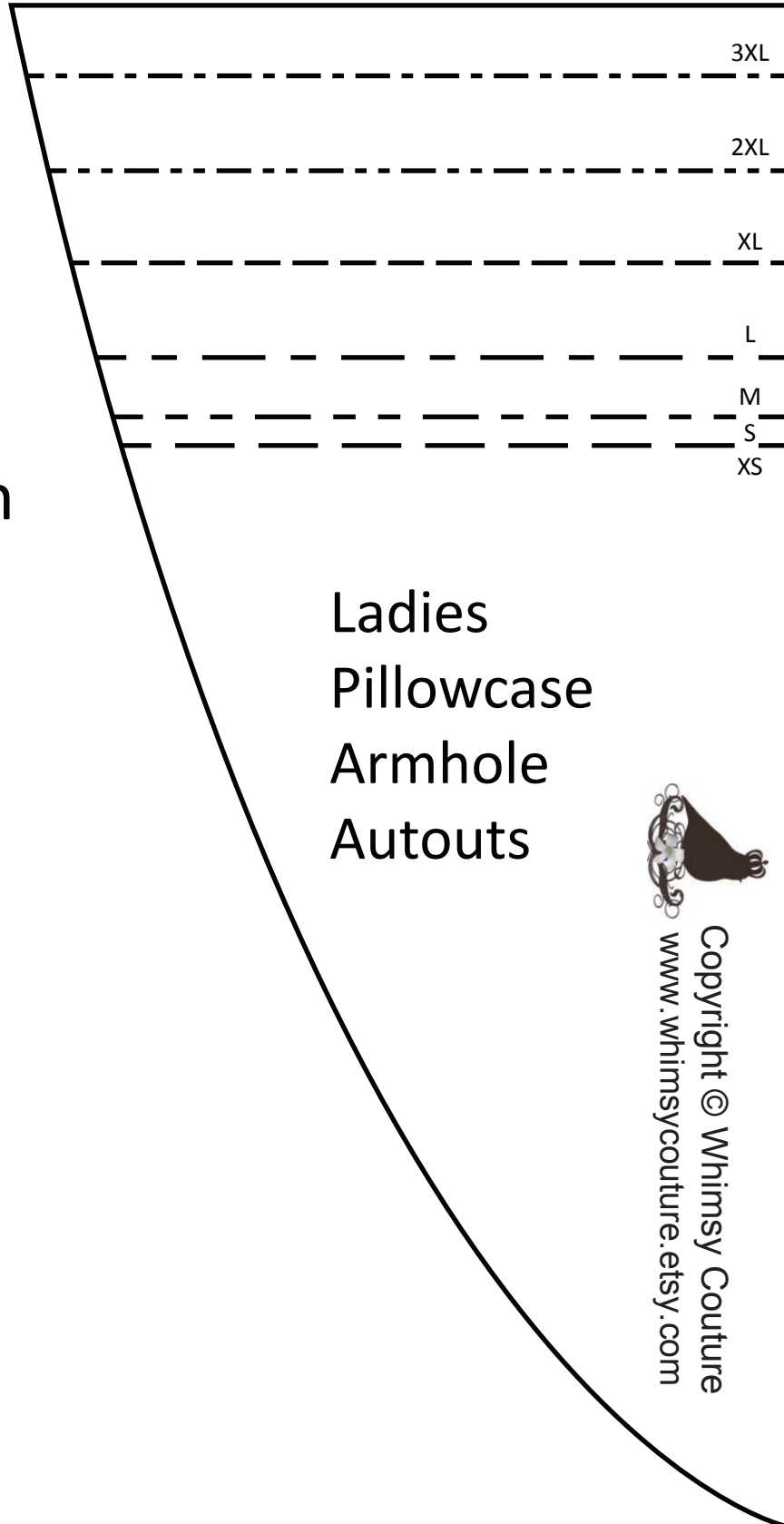
Blog: <http://whimsycoutureboutique.blogspot.com/>

For questions please email whimsycouture@hotmail.com

Thank you so much for using this pattern!

Copyright © Whimsy Couture, 2014 (do not copy or distribute without my consent)

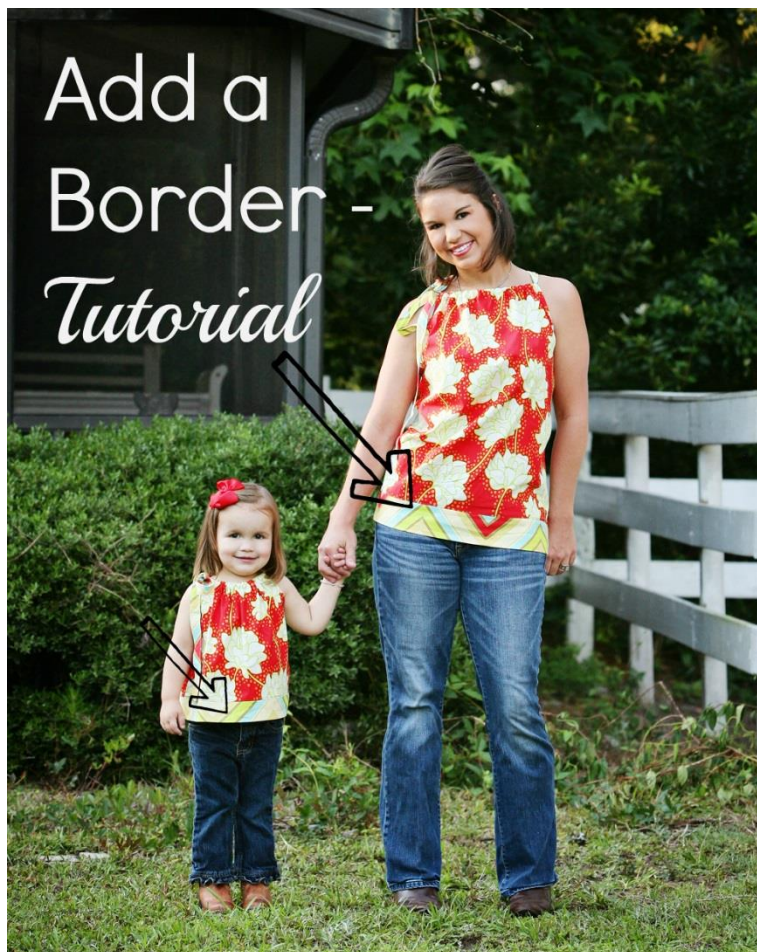
1inch



Copyright © Whimsy Couture
www.whimsycouture.etsy.com



Add-On Tutorial - Border



This add-on tutorial shows you how to add a straight/flat border to a garment. You can add it to tops, dresses, skirts, pants....

If a pattern only offers to make the garment with a ruffle or even without anything you can use this tutorial to add a border with a very few measurements.

You can choose almost any border length (measured from top of border to bottom of border hem). Just pay attention to the proportions as you don't want to make a border that is too long for the upper portion of your garment. A good "rule of thumb" is: the border should be about 5-10% of the garment length. So if your garment measures 30" in length total you could add a border that measures 3" which is 10%, Use your own discretion.

For this tutorial I added a border to one of my girls' pillowcase dresses.

Let's get started.

You need:

- A pattern of choice with a straight hemline
- The required materials for the pattern you are using
- Fabric (depending on the garments' width and your preferred border length)
- Iron
- Measuring tape or ruler
- Straight pins
- Sewing machine
- Optional serger

Seam allowance: 1/4"

How to cut your border fabric:

Select the size from your pattern of choice and pick out the WIDTH of the garment. For this example my dress width is 15". Determine how long you want your border to be. Length of the border is measured from the bottom hem of the garment to the border hem. I want my border to be 3". The border is made double faced which means it's folded in half, so I cut my border fabric to 6.50".

Use this math formula:

Desired border length x 2 = unfolded border length + 2x seam allowance of 0.50" = ultimate fabric length to be cut

My example:

Desired border length is 3" times 2 = 6" plus seam allowance times 2 = 0.50" makes 6.50" to be cut

HOW TO MAKE A PILLOWCASE DRESS WITH BORDER:

IMPORTANT: once you have determined your ultimate border length (your border when folded in half) you want to cut off this amount from the garment length from your patterns sizing chart. Or cut the garment pieces according to the chart and then trim off the excess.

OR add a border to lengthen your garment!! Great idea when something is outgrown or shrunk while washing.

Let's work on the girls' pillowcase dress:

These are the fabric pieces I have cut out. The two top pieces are the dress pieces (front and back) and the bottom are my two border pieces (front and back):



To prepare the border, fold your border piece over with wrong sides together and let the edges meet. Press. Repeat with other border piece.



Follow through with your garments' instruction until you reach the step where the garment pieces would be ready for either sewing both sides together or a similar step. You want the garment bottom edge to be left undone.

Here is my prepared pillowcase dress front piece:

Lay your border onto your garment piece right along the bottom edge. Pay attention to the print direction if applicable so it will show the right way once the border is sewn on:



Pin and sew between arrows. Serge/overcast raw edges.



Unfold the garment with sewn on border and press the seams flat.

Topstitch slightly above the seam on the main garment piece as shown:



Repeat with other garment piece and border.

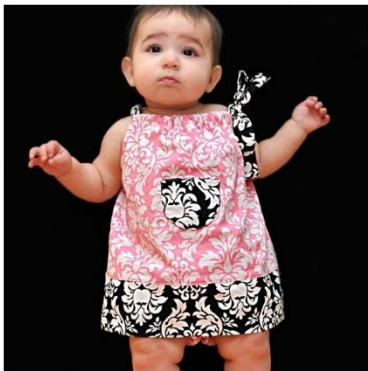
This is my finished front dress piece (it would also be the perfect time to add pockets or other decoration to the front):



Now follow through with your patterns' instruction on how to finish the garment!

All done! ☺

Design examples:



Free tutorial written by Whimsy Couture – feel free to share!



Adding Casing
for elastic
or ties

Tutorial



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:

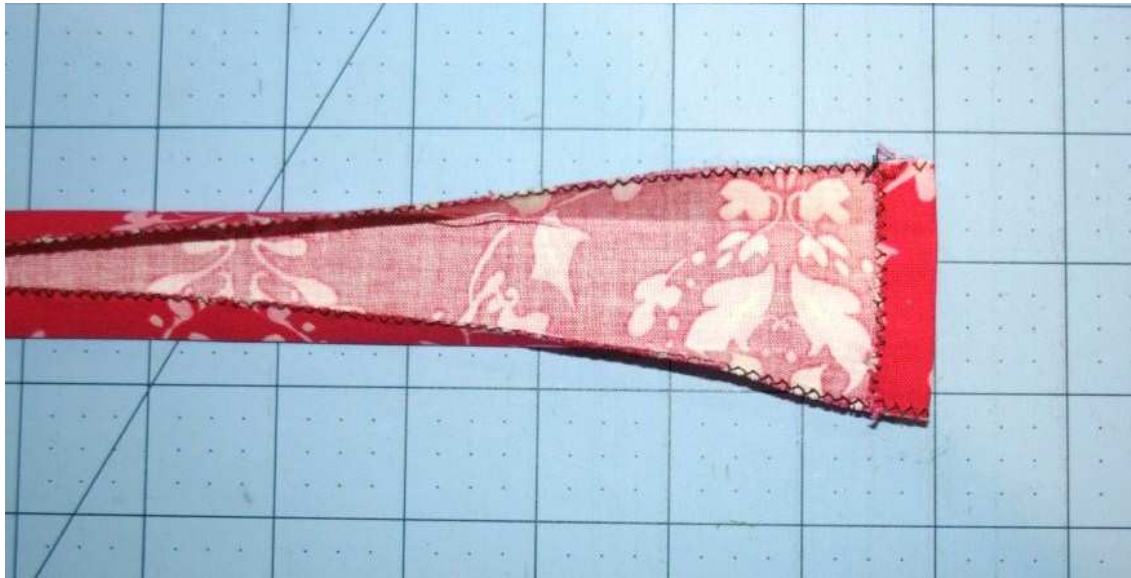


Fold your fabric strip's long edges in towards the middle and press:



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:



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:



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:



For instant download ebooks please visit <http://whimsycouturepatternshop.blogspot.com/>

Etsy shop: www.whimsycouture.etsy.com/

Blog: <http://whimsycoutureboutique.blogspot.com/>

For questions please email whimsycouture@hotmail.com

Thank you so much for using this pattern!

Copyright © Whimsy Couture, 2011 (do not copy or distribute without my consent)



Sewing in mid chest/waist elastic



This tutorial shows you how to sew in elastic thread to accentuate the chest/waist area.

List of required materials:

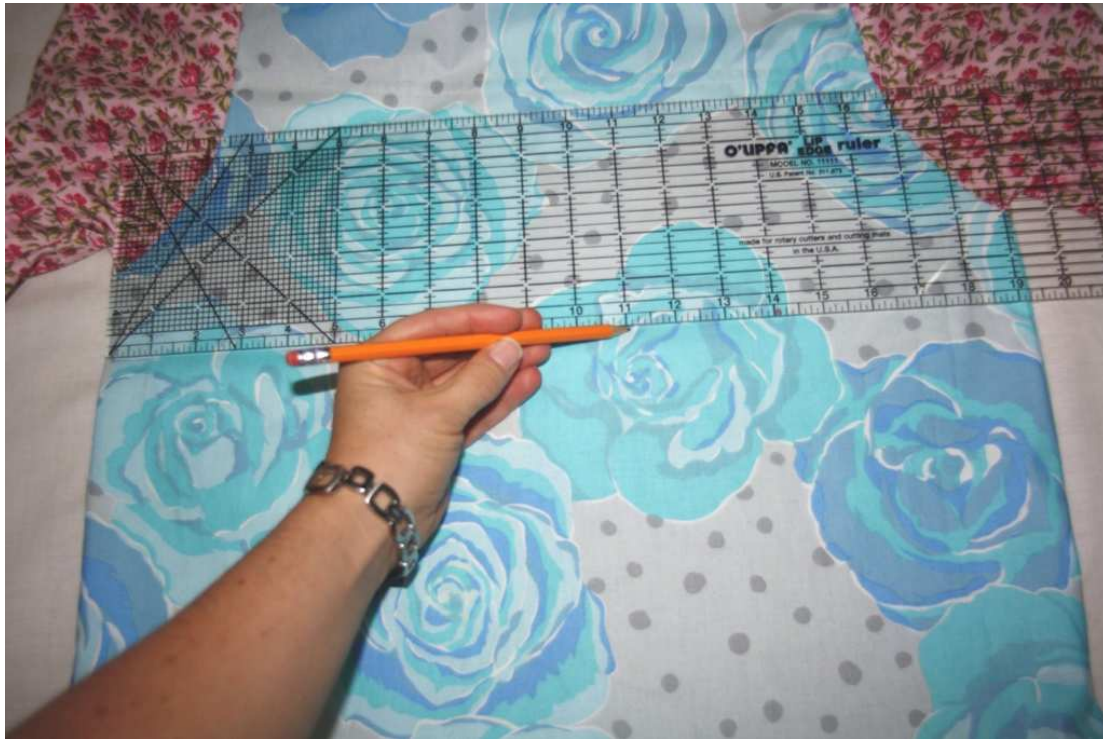
- Finished top or dress
- Sewing machine
- Elastic thread
- Regular thread
- Lip edge ruler
- Fabric marker or pen
- Iron (optional)

Finish your top or dress according to the instruction. Before you put in your neckline elastic, place your garment in front of you with right sides out. Mark the height of where you want to have your elastic positioned. I placed my lip edge ruler about 2.5" below the armpits to make my chest area fit a bit more snug:



2

Draw a line with your fabric marker or pencil:



Repeat with other side.

To sew in the elastic:

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 if 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!



(picture from a diff. project!)

Once you have finished the first row of elastic you may raise your presser foot and turn your fabric around while both threads are still in.

Position your fabric as you would while first starting but leave all threads in as shown.



Insert your needle again right at about half your presser foot's width so you can sew right next to the first row of elastic.



Once you reach the end repeat the same thing as you did with the first and second row. Your fabric should now start to gather up. If not please check your elastic thread in your lower machine compartment as it can happen that the elastic thread snaps away from going over the bobbin!



Sew at least 5 rows of elastic thread to make your bodice nicely gathered. Once you are done shirring leave about 4 inches of elastic thread hanging out!

Tip: if you happen to run out of elastic thread in the middle of sewing just rewind some more elastic thread onto your bobbin and start sewing just about 1/8 inch BEFORE the spot where you ran out. Then when you are all done with shirring double knot the elastic thread on the inside. Then take a sewing needle and feed the regular threads from the outside in and insert the needle into your garment and pull it through to the wrong side. Then double knot the threads and trim off with leaving about ¼ inch on.

For instant download ebooks please visit <http://whimsycouturepatternsblog.blogspot.com/>

Etsy shop: www.whimsycouture.etsy.com/

Blog: <http://whimsycoutureboutique.blogspot.com/>

For questions please email whimsycouture@hotmail.com

Thank you so much for using this pattern!

Copyright © Whimsy Couture, 2011 (do not copy or distribute without my consent)