

DOLL
it UPTM

**PDF Pattern
& Step by
Step Guide**

*Fits most
18 inch
dolls*

banded **Dolman Shirt**

Banded Dolman Shirt



Fabric

- 3/8 yard
- 4-way stretch knit
(A must for this pattern!
See pg. 8 & pg. 14 for tips.)

Features

This shirt features a fashionable dolman sleeve. It is carefully designed with a loose fit under the sleeves.

To compliment the look of the loose dolman, the shirt has a wide fitted band on each sleeve and a fitted waistband.

Taking advantage of working with a knit, the wide neckline design easily slips over a doll's head. This is a hassle free and a bulk free finish with no closures!

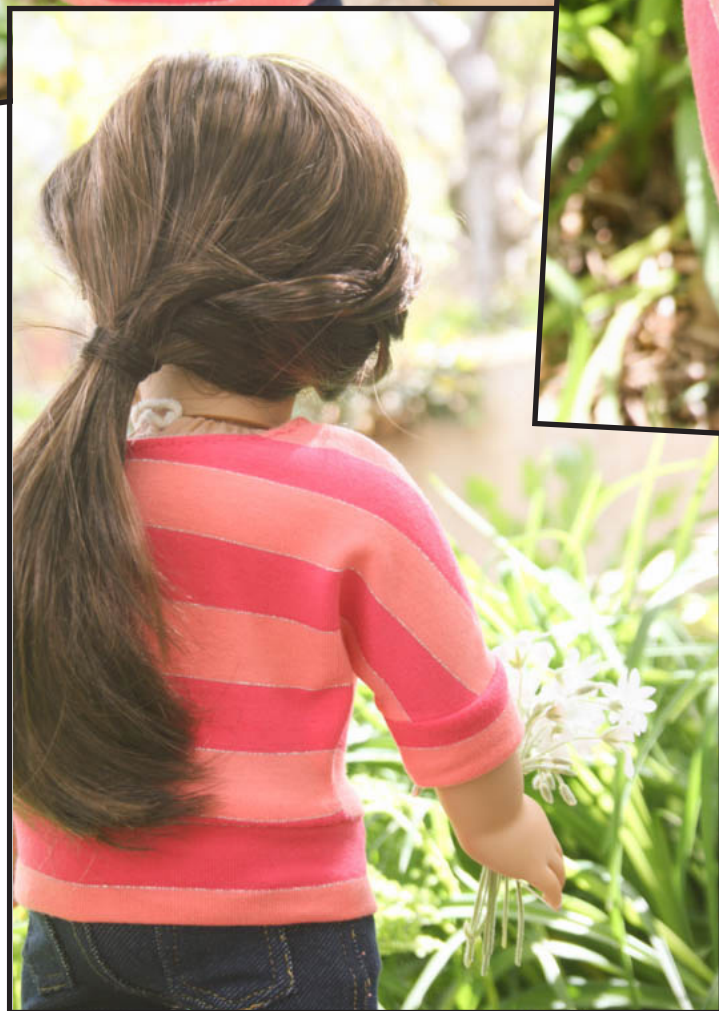
The pattern and step-by-step guide are easy to follow and full of details, everything you need to know to make the Banded Dolman Shirt!



- ***Fashionable***
dolman sleeve
- ***Flattering*** *wide*
waistband
- ***Fitted*** *sleeve*
bands

- ***Fits*** *most 18 inch*
dolls like American
Girl®





- ***Wide neckline***
- ***Easy on and off over the head***
- ***Simple back with no closures***



It's so great to take this sewing journey with you! I've included lots of easy to follow details and tips for different sewing levels. The instructions are divided into two sections.

*First is the **Sewing Guide for Knits**, it is full of extra tips to help you get the best results on this project.*

*Second is the **Banded Dolman Shirt Instructions**, you'll find the sewing instructions in an easy step-by-step format, followed by the **pattern** and **sewing summary**.*

If you want to save on printing, a great option is to follow the instructions on the digital copy and only print off the pattern and sewing summary for easy reference.

Enjoy and good luck! I would be happy to answer any questions you have and love see what you make. You can contact me and share photos on www.Doll-it-Up.com or Facebook.

-Anna

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Sewing Guide for Knits

The Sewing Guide accompanies the Banded Dolman Shirt Instructions and pattern. It has tips for sewing knits, extra help choosing fabric for this pattern, and 2 ways to cut out the fabric for the best results. It will help you have a confident start!

1. Tips for Sewing Knits

Ballpoint and Stretch Needles



For the best results, sew most knits using a ballpoint needle. Knits that are extremely stretchy will do better with a stretch needle. Test the needle on the knit you will be using.

Stitches for Knits



Straight Stitch

- Little or no stretch
- Stitch length 3-5mm
- Stitch width 0mm
- Can add a small amount of stretch to the stitch by pulling the fabric slightly as you sew.
- Test on fabric first.



Narrow Zig Zag Stitch

*or you can use a stretch stitch

- Makes a small zig zag pattern
- Medium stretch
- Perfect for necklines
- Stitch length 2.5-3.5mm
- Stitch width 0.5mm
- Test on fabric first.



The Zig Zag Stitch

- High stretch
- For areas that need more stretch.
- Use in the seam allowance on fabric that frays.
- Stitch length 3-5mm
- Stitch width 2.5-3.5mm
- Test on fabric first.

2. Choosing a Knit for the Project

Knits have different stretch. Why does stretch matter for this project? It effects the fit. You may not even be able to get the shirt on! Don't stress, choose a knit that matches the three points below and you'll have a perfect knit for the Banded Dolman Shirt.

- **Stretch Percentage**- Knit fabric with **50% stretch** or more both horizontally (across the grain) and vertically (with the grain). Measure the stretch percentage using the guide on page 14 of the pattern guide.
- **Stretch Direction**- **4-way stretch**, stretches horizontally (across the grain) and vertically (with the grain)
- **Fabric Weight**- Lightweight to medium weight knit

Finding a 4-Way Stretch



Stretches only in one direction? It is a 2-way stretch.

Knits usually stretch the most along the horizontal stretch (across the grain, selvage to selvage)



Horizontal and Vertical Stretch? It is a 4-way stretch.

Some knits have a 4-way stretch and will stretch vertically (with the grain) as well as horizontally (across the grain). The Banded Dolman Shirt needs a knit with a 4-way stretch.

3. Pattern Cutting Tips

Doll pattern pieces are small and can easily shift while cutting out. For accurate cutting I recommend two methods, with a rotary cutter or with scissors. Both methods work great, it just depends on which one you prefer! I will share tips on both for cutting out quick and accurate pattern pieces!

Before you Start, Check Your Pattern- Print pattern pages at 100% ("actual size" or "with no scaling"). Measure the 1"x1" square on each pattern page to be sure it printed the accurate size!

Quick and Easy with a Rotary Cutter

A rotary cutter makes cutting out doll clothes a cinch. It is quick, easy and so accurate. Using the small 28 mm rotary cutter, it goes around tight curves like a breeze. The only downside is there is an investment of a few supplies if you don't already have them.



Supplies

- 28 mm rotary cutter
- cutting mat
- washers or nickels for pattern weights (optional)

Sewing Guide



Tips

When using a rotary cutter you will need to keep each pattern piece in place while cutting. You can do this by holding the pattern piece with one hand and cutting with the other hand.



Another great way to hold the pattern pieces in place is to use nickels or washers as pattern weights. Place them in the corners and middle of the pattern. Use more weights if the pattern piece is larger.

Accuracy with Scissors

Using pins to hold down each pattern piece for dolls will shift the pattern and distort the shape of the pieces. Instead, temporarily bond the pattern pieces to fabric with freezer paper and an iron. You are then on track for accurate doll pattern cut outs. The only down side is that there are a couple of extra steps.



Supplies

- scissors
- freezer paper
- iron
- scotch tape
- pattern
- printer



Instructions

1. Print the pattern onto freezer paper.

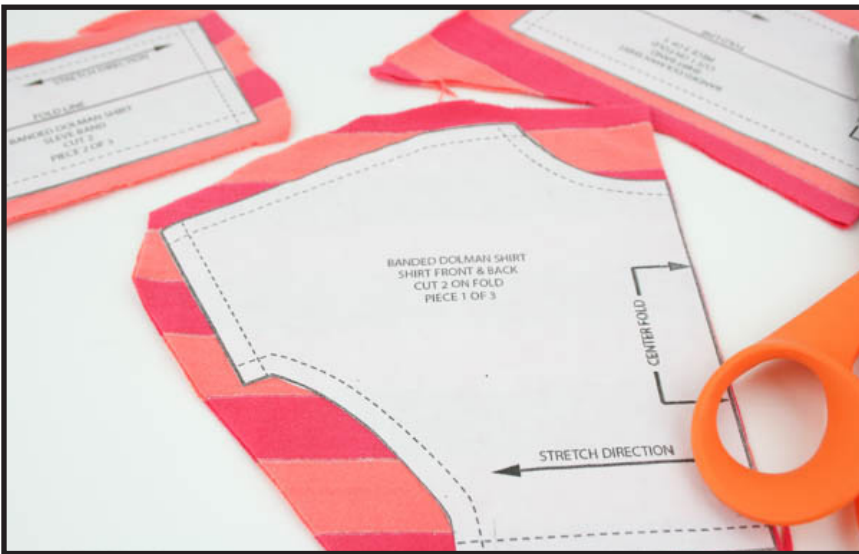
Tape freezer paper, shiny side down, to a copy of the printed pattern. With the freezer paper layered on top of the pattern, run it through the printer again.

Cut out each pattern piece with scissors.



2. Iron on Pattern Pieces

Using the cutting layout guide on page 15 arrange the pattern pieces on the fabric. Use a hot iron on one section at a time, for 10-15 seconds. After it cools, test the edges of the pattern to make sure they are attached and temporarily adhered to the fabric.



3. Cut Around the Pieces

The pattern pieces are temporarily adhered to the folded fabric but the fabric on the bottom layer may shift while cutting. It will be easier to keep the fabric from shifting if you first separate each pattern piece by cutting around it leaving a generous fabric border.



4. Cut Out Pattern Pieces and Remove Freezer Paper.

Cut out each pattern piece. Be sure to add any notches marked on the pattern. Pull off the pattern pieces from the fabric and you are ready to sew!

Banded Dolman Shirt Instructions



Supplies

- 3/8 yard knit fabric
- **Fabric recommendations:**
lightweight to medium weight knit, 4-way stretch, 50% stretch (See pg. 8 & 14 for more tips on choosing fabric for this project.)
- **Banded Dolman Shirt pattern**
- **Coordinating thread**
- **Sewing machine**
- **Scissors**
- **Iron**
- **Pattern cutting supplies** (See the pattern cutting tips on page 9 for more help.)

The Fit

- **Designed for 18 inch dolls** like American Girl®.
- **Tested on dolls with** waist measurements from 10.5" to 11".

The Basics

- **Sew 1/4" seam allowances** throughout.
- **Finish off seam allowances** with a zig zag stitch or a serger if your fabric frays.
- **Refer to the Sewing Guide for Knits**, it has tips for sewing knits, extra help choosing fabric for this pattern, and 2 ways to cut out the fabric for the best results.



Measuring Your Fabric's Stretch

The Banded Dolman Shirt pattern needs a knit with at least 50% stretch in both directions (4-way stretch, across the grain and with the grain). Measure the stretch percentage using the guide below. Position the fabric with grain lines perpendicular to the box to measure the horizontal stretch (across the grain). Place the fabric edge, or pin a section of fabric, to match up with the two ends of the box on the left. Holding the fabric on the left, stretch it to the right across the box of arrows. To measure the vertical stretch (with the grain line), position the fabric with the grain line parallel to the box. Match up and stretch the fabric the same as above. For more help picking a fabric with the right stretch refer to "Choosing Knits for this Project", page 8, in the Sewing Guide.

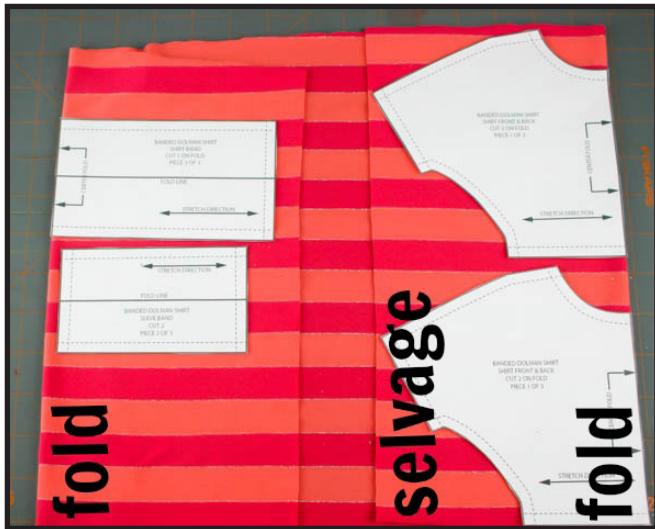


Cutting Layouts

Print pattern pages the actual size, "page scaling: none", on a PDF reader like Adobe Reader. Measure the 1"x1" square on each pattern page to be sure it printed the right size! There are three cutting layouts depending on the yardage you are working with. I recommend layout 2 with 3/8 yard, it is the easiest with extra fabric for matching stripes. Layout 1 is a frugal option that uses little fabric. It is more work to get the pattern to fit but a great option to use so little fabric! Layout 3 is very economical if you have the yardage because the whole pattern fits on one fold. I have provided the yardage amount and minimum inches (height x width) needed for each layout. You may need more fabric if you are matching stripes or patterns. For cutting tips refer to page 9 in the sewing guide.

Layout 1- 1/4 yard

Use 1/4 of a yard of fabric (9") or a minimum measurement of 6.5" x 41". You will need to cut the fabric into two sections. Fold the first section wide enough to place the shirt front and back piece on the fold. On the second section both sides are folded towards the center.



Layout 2- 3/8 yard

Use 3/8 of a yard of fabric (13.5") or a minimum measurement of 12.5" x 24". Fold the sides of the fabric to the center.



Layout 3- 5/8 yard

Use 5/8 of a yard of fabric (22.5") or a minimum measurement of 19" x 13". Fold the side and place all of the pieces on the fold, turning the waistband pattern piece upside down to fit.

Tips

- Line up the arrows that indicate the stretch direction with the horizontal stretch (across the grain) of the fabric.
- The shirt front and back pattern pieces (piece 1 & 2) are the same shape and size.

Sewing Instructions: Getting Started

The step-by-step instructions are divided into sections. We will get started with the basic structure of the shirt, add on the sleeve bands, complete the simple neckline, sew the side seams and finish off the shirt by adding the waistband. Be sure to refer to the Sewing Guide pages 6-7, for tips and help with sewing knits.



1. With right sides together pin shirt front to back along the shoulder seams.



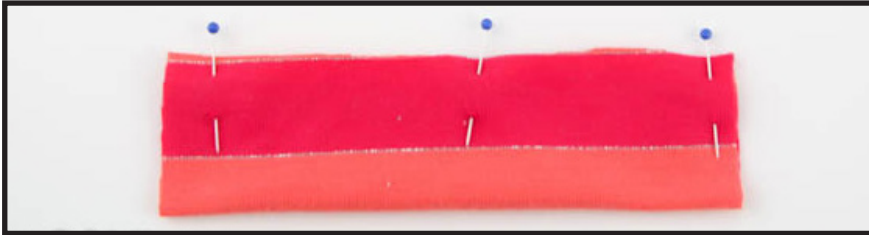
2. Sew the shoulder seams.



3. Open up the shirt to the wrong side and press the shoulder seam flat with an iron.

Sleeve Bands

The bands on the sleeves are fashionable and fun on a dolman shirt. From the sewing perspective they are a quick addition and an easy way to finish off the sleeve edges!



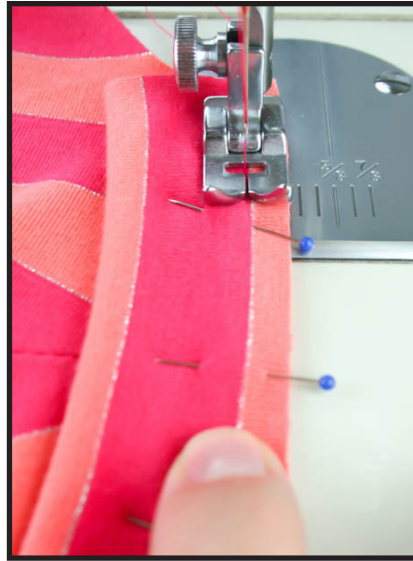
1. Fold each sleeve band in half, use the fold line on the pattern as a guide. Pin along the cut edge.



2. With right sides together, pin the band to the sleeve edge. Use two pins, one on each end.



3. With the fabric evenly placed, pin the center of the band. Add a few more pins in between to keep the fabric lined up.



4. Stitch on the sleeve band. Add a little stretch to the straight stitch seam by gently pulling the fabric once you start sewing. This will make the shirt easier to put on.



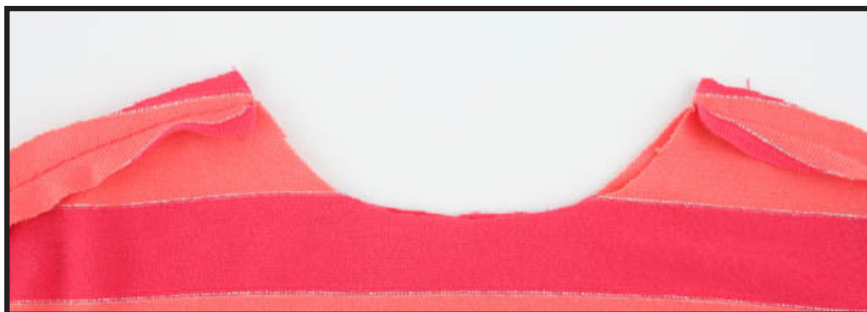
5. Stitch the other sleeve band to the second sleeve edge, the same as the first.



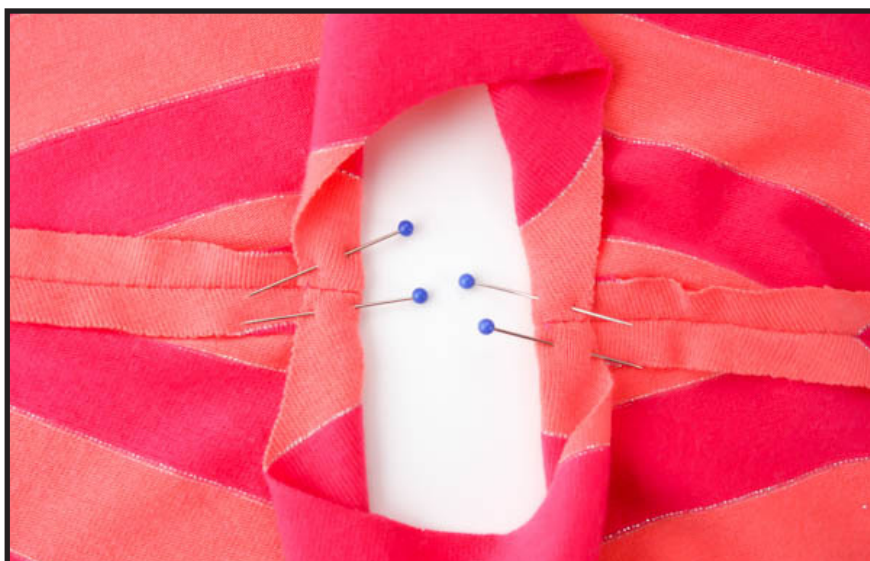
6. Trim off the seam allowance.

Simple Neckline

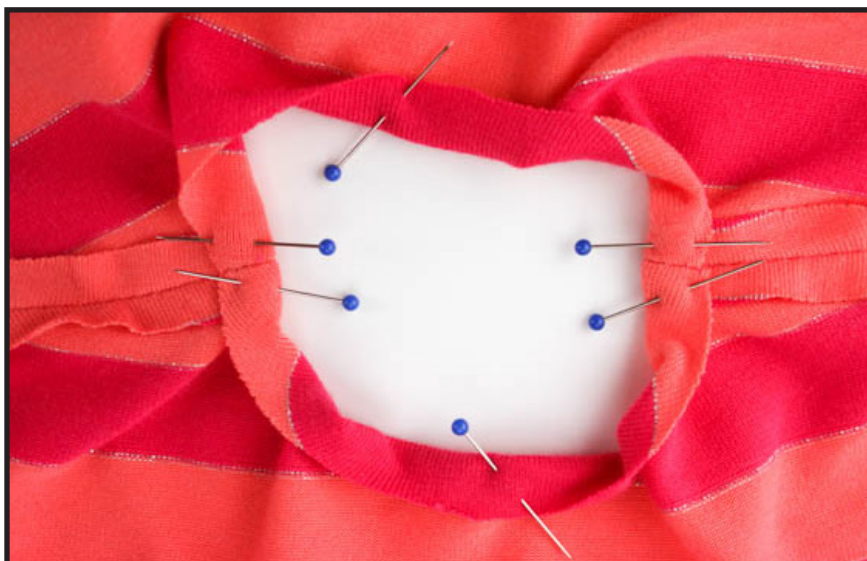
This simple neckline incorporates a clean look and functionality. We use a narrow zig zag stitch to keep the seam neat. This stitch has plenty of stretch to easily pull the shirt on and off over the doll's head. That means no extra closures, no bulk and less fuss! Check the Sewing Guide page 7 for more tips on using the narrow zig zag stitch.



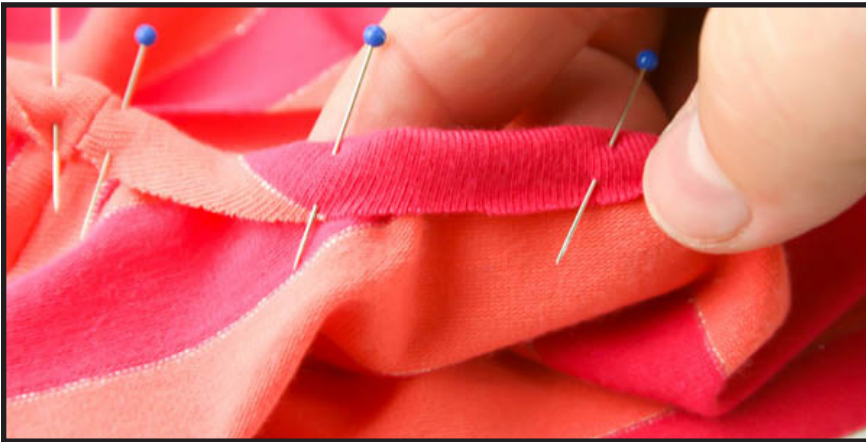
1. Lay the shirt out with the wrong side facing out.



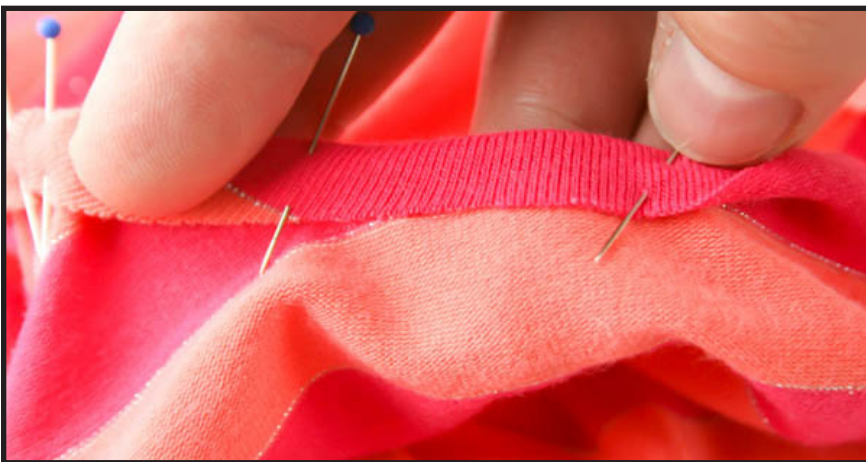
2. Turn the edge of the neckline 1/4" to the wrong side at the shoulder seams.



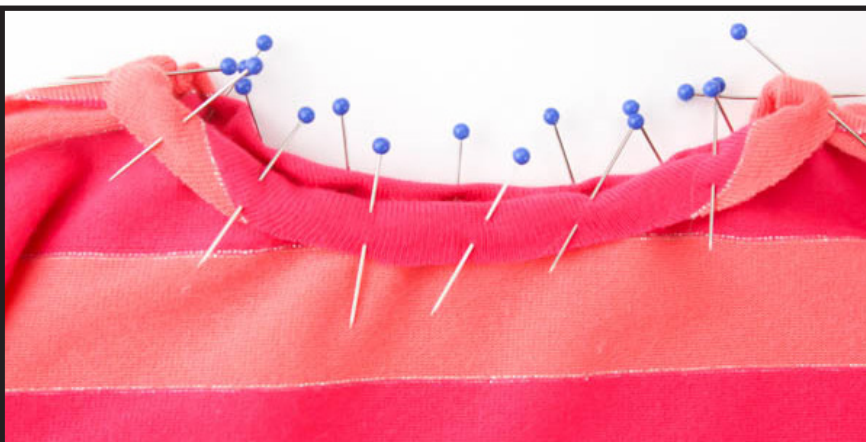
3. Continue turning the edge of the neckline 1/4" at the center front and back. The neckline is now divided into quarters by the placement of the pins.



4. Use pins to further divide each quarter of the neckline. Even placement will keep the neckline pucker free.

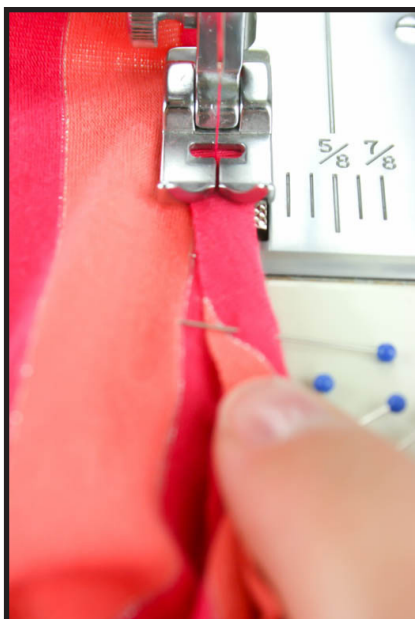
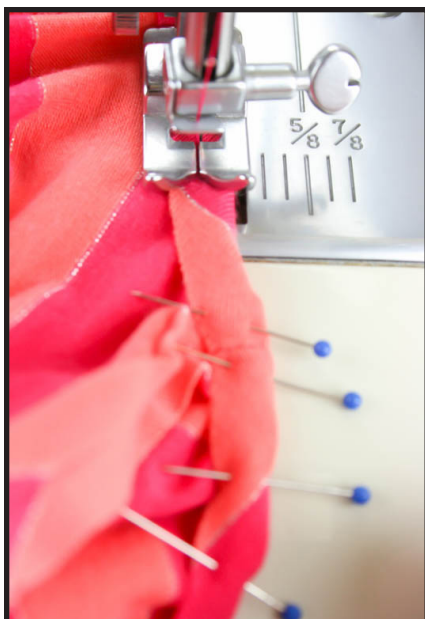


5. Gently pull each section between the pins at the same time, to make sure the folds smooth out. If warping or twisting occurs then readjust the pins.



6. Work around the neckline one section at a time.

Extra care at this step will ensure a smooth, pucker free neckline.



7. Using a narrow zig zag stitch, sew from pin to pin. Gently pull each section smooth as you sew.

8. Don't overly stretch the fabric. The pinning you did should help pace the fabric as you go, so no surprise puckers form.



9. Take a closer look at the neckline. Of course if one of those pesky puckers slipped into your seam you can fix that section.

Simply use a seam ripper on the section of the neckline with the pucker, re-pin and restitch.



10. Even with no puckers the neckline may still not be completely smooth. No worries, we can take care of the stretched seam.



11. Work around the neckline, a section at a time, with a hot iron on steam. (Test a piece of scrap fabric with the hot iron first.)



12. The hot iron and steam will shrink down the stretched seam.



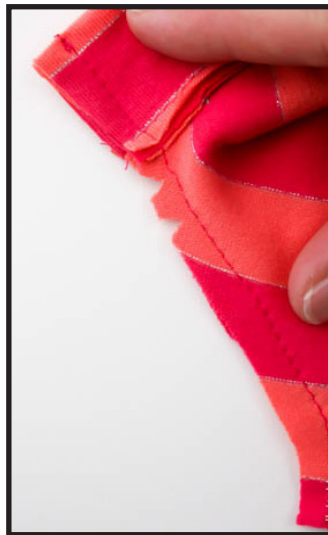
13. Check the fit of the neckline and slip it over a doll's head. With the narrow zig zag stitch the neckline should easily stretch over a doll's head.

Side Seams

Sewing up the side seams also finishes up the sleeves! Be sure to add a zig zag stitch along the edge if your knit will fray.



1. Pin the side seams. Sew them with a straight stitch.



2. Cut little slits in the seam allowance along the curve. Take care to not cut too close to the seam.

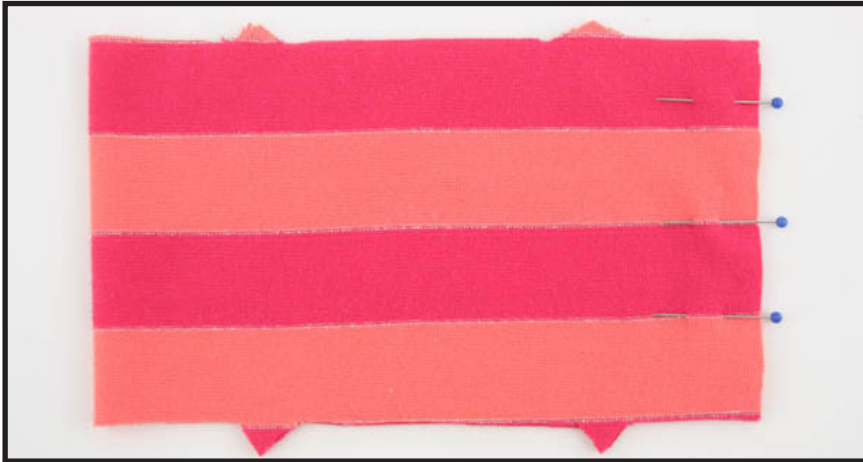
3. Add enough clips until the curve is flexible and will stretch.



4. Turn the shirt right side out and iron the side seams flat, from the shirt edge through the sleeve bands.

Shirt Waistband

The waistband has a clean finish with the seams on the inside. Use the notches to easily line up and sew on the waistband. Keep the waistband flexible and stretchy with a zig zag stitch. Refer to the Sewing Guide page 7 if you need more tips on using the zig zag stitch.



1. Start with the waistband folded the same as it was when you cut it out.

2. Place pins on the side opposite of the fold.

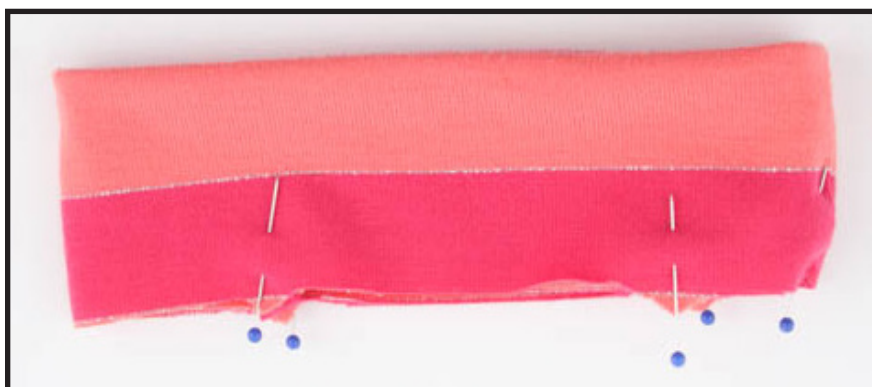
Sew with a straight stitch.



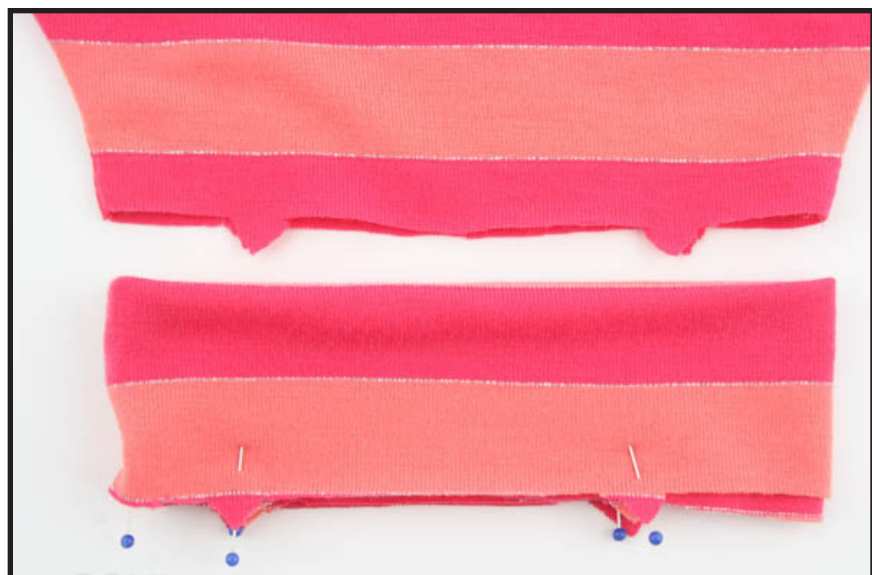
3. Refold and iron the seam flat.



4. Fold down the top edge, matching up the seam. Continue folding down the top edge with the wrong sides together.

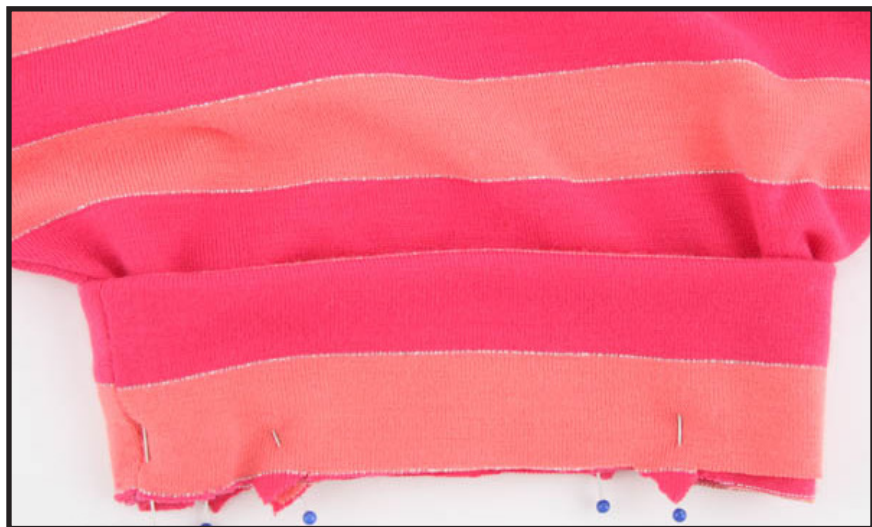


5. Match up the notches and place a pin at each of the four notches and the side seam.



6. Turn the waistband so the right side (the side that will show) is facing inside. Lay the waistband flat with the side seam on one side.

7. Lay out the shirt and the waistband with both cut edges facing down.



8. It's time to pin the waistband to the shirt.

Open up the waistband and place the bottom edge of the shirt inside.

The cut edges of the shirt and waistband will match up.

Match up and pin the notches on the shirt and waistband.



9. Open up the shirt bottom. We will continue to connect the two layers together.



10. As you work around the circle add more pins, further dividing the spaces. Check the area between each set of pins to be sure the fabric has no puckers or folds.



11. Stitch through all the layers with a normal zig zag stitch.

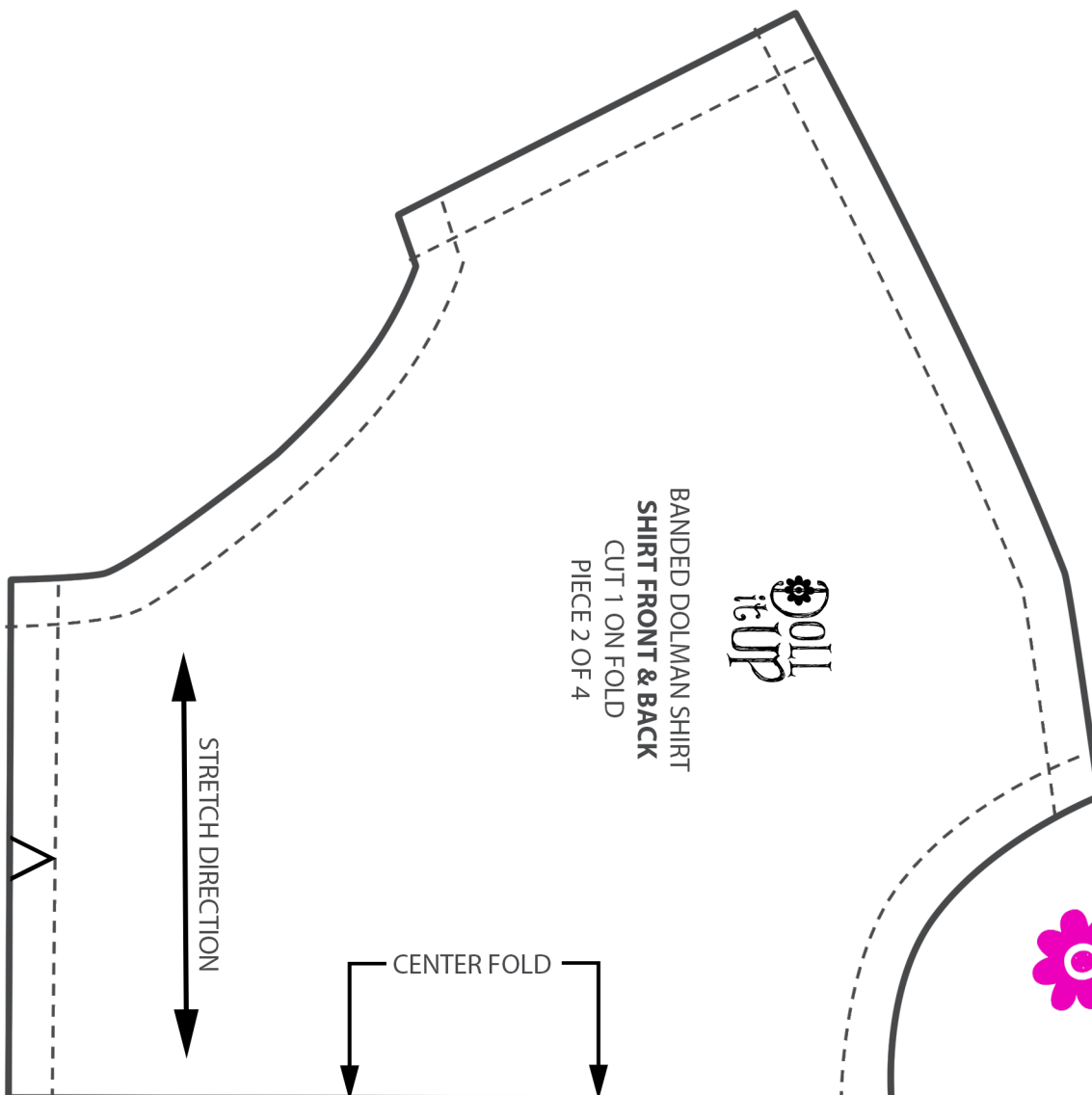
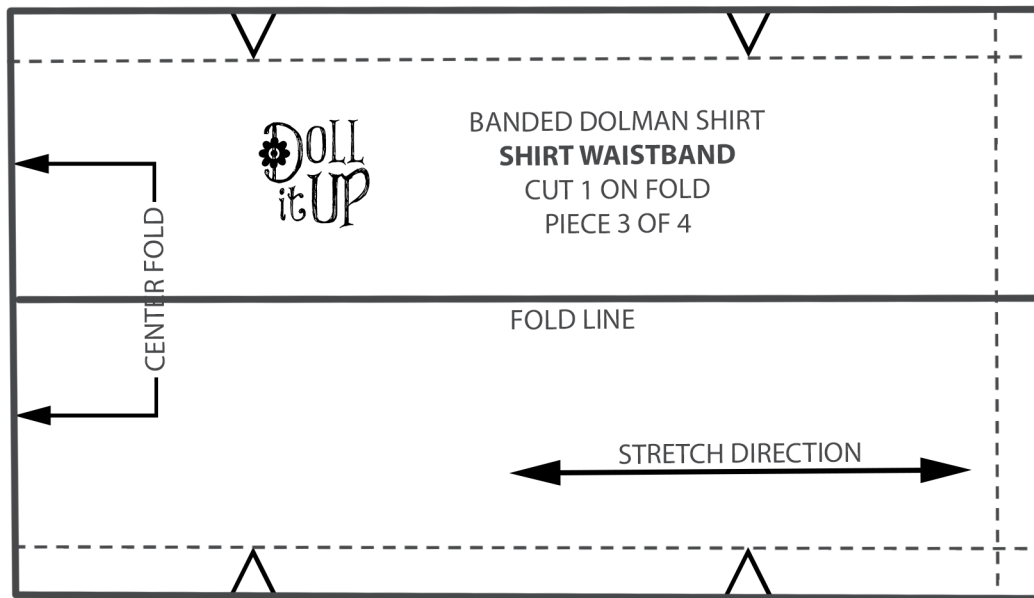


12. Turn the waistband to the right side and the shirt is finished!

*Now try the Banded Dolman Shirt in a variety of stretchy 4-way knits for different looks and fashions! Share your creations at **www.Doll-it-Up.com** or on Facebook!*



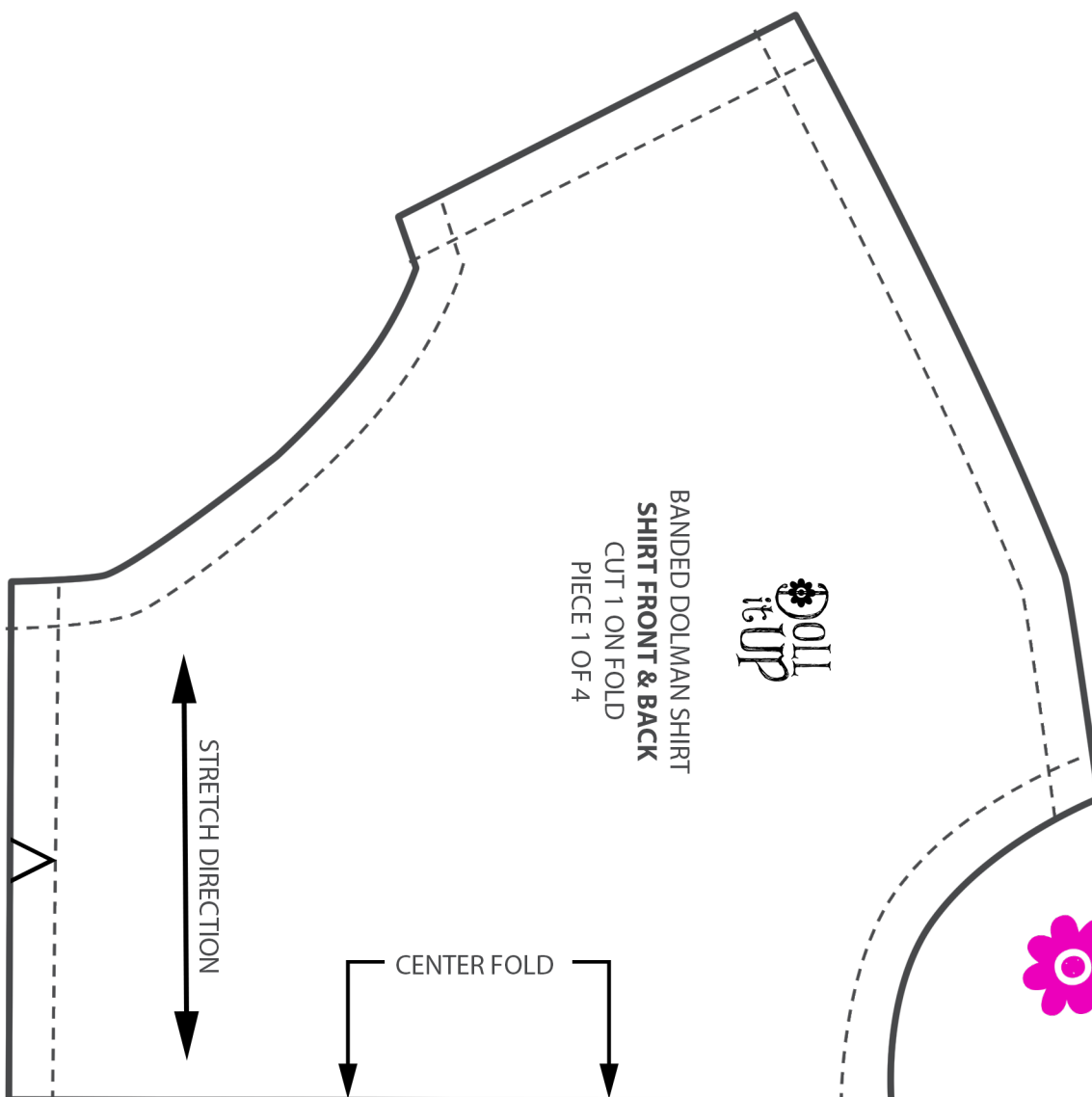
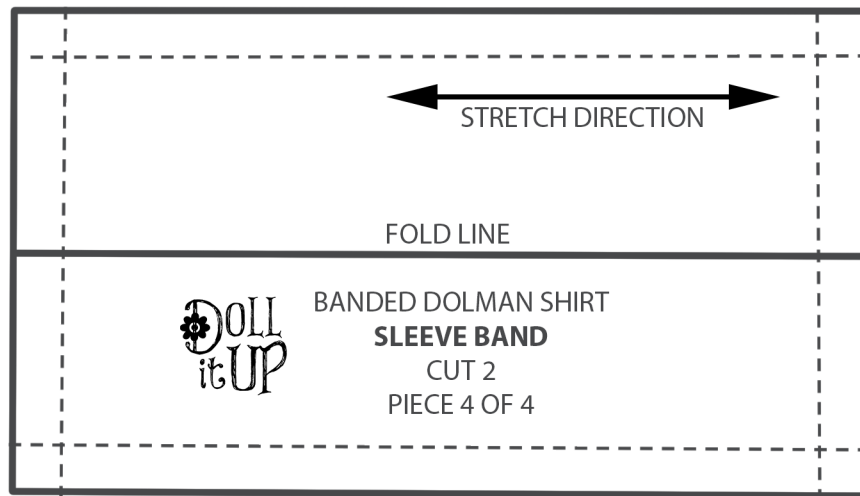
Banded Dolman Shirt Pattern



1 INCH
BY
1 INCH



Banded Dolman Shirt Pattern





Sewing Summary

Getting Started

Refer to the sewing guide if you need more information about the stitches used in the instructions.

1. With right sides together pin shirt front to back along the shoulder seams.
2. Sew the shoulder seams.
3. Open up the shirt to the wrong side and press the shoulder seam flat with an iron.

The Sleeve Bands

1. Fold each sleeve band in half, use the fold line on the pattern as a guide. Pin along the cut edge.
2. With right sides together, pin the band to the sleeve edge. Use two pins, one on each end.
3. With the fabric evenly placed, pin the center of the band. Add a few more pins in between to keep the fabric lined up.
4. Stitch on the sleeve band. Add a little stretch to the straight stitch seam by gently pulling the fabric once you start sewing. This will make the shirt easier to put on.
5. Stitch the other sleeve band to the second sleeve edge in the same way as the first.
6. Trim off the seam allowance.

The Simple Neckline

1. Lay the shirt out with the wrong side facing out.
2. Turn the edge of the neckline 1/4" to the wrong side at the shoulder seams.
3. Continue turning the edge of the neckline 1/4" at the center front and back. The neckline is now divided into quarters by the placement of the pins.
4. Use pins to further divide each quarter of the neckline. Even placement will keep the neckline pucker free.
5. Gently pull each section between the pins at the same time to make sure the folds smooth out. If warping or twisting occurs then readjust the pins.
6. Work around the neckline one section at a time. Extra care at this step with ensure a smooth, pucker free neckline.
7. Using a narrow zig zag stitch, sew from pin to pin. Gently pull each section smooth as you sew.
8. Don't overly stretch the fabric. The pinning you did should help pace the fabric as you go so no surprise puckers form.
9. Take a closer look at the neckline. Of course if one of those pesky puckers slipped into your seam you can fix that section. Simply use a seam ripper on the section of the neckline with the pucker, re-pin and restitch.
10. Even with no puckers the neckline may still not be smooth. No worries, we can take care of the stretched seam.
11. Work around the neckline, a section at a time, with a hot iron on steam. (Test a piece of scrap fabric with the hot iron first.)
12. The hot iron and steam will shrink down the stretched seam.
13. Check the fit of the neckline and slip it over a doll's head. With the narrow zig zag stitch the neckline should easily stretch over a doll's head.

Side Seams

1. Pin the side seams. Sew them with a straight stitch.
2. Cut little slits in the seam allowance along the curve. Take care to not cut too close to the seam.
3. Add enough clips until the curve has enough flexibility to stretch out.
4. Turn the shirt right side out and iron the side seams flat from the shirt edge through the sleeve bands.

The Shirt Waistband

1. Start with the waistband folded the same as it was when you cut it out.
2. Place pins on the side opposite of the folded edge. Sew with a straight stitch.
3. Refold and iron the seam flat.
4. Fold down the top edge, matching up the seam. Continue folding down the top edge with the wrong sides together.
5. Match up the notches and place a pin at each of the four notches and the side seam.
6. Turn the waistband so the right side (the side that will show) is facing inside. Lay the waistband flat with the side seam on one side.
7. Lay out the shirt and the waistband with both cut edges facing down.
8. It's time to pin the waistband to the shirt. Open up the waistband and place the bottom edge of the shirt inside. The cut edges of the shirt and waistband will match up. Match up and pin the notches on the shirt and waistband.
9. Open up the shirt bottom. We will continue to connect the two layers together.
10. As you work around the circle add more pins, further dividing the spaces. Check the area between each set of pins to be sure the fabric has no puckers or folds.
11. Stitch through all the layers with a normal zig zag stitch.
12. Turn the waistband to the right side and the shirt is finished!