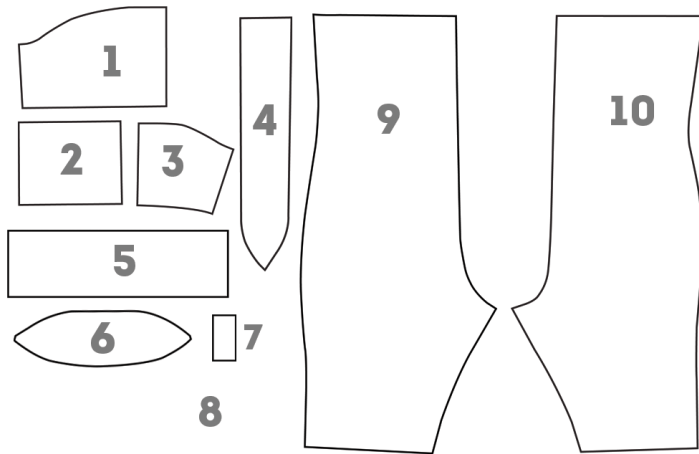# // CUT/SEW
## PATTERNMAKING

**HOW TO SEW:**
004 // BABYDOLL ROMPER

## PATTERN PIECES INCLUDED:

1 // TOP FRONT
2 // TOP CENTER BACK
3 // TOP SIDE BACK
4 // STRAPS
5 // PANT CUFF
6 // BOW
7 // BOW KNOT
8 // BOW TAILS
9 // PANT FRONT
10 // PANT BACK

## // HOW TO: CUT

### 1. FIND YOUR SIZE

Scan the QR code, shown above, or navigate to
**www.heycutsew.com/sizing** to use this pattern's custom size
calculator. Follow the instructions on the page to take your basic
measurements, input them into the calculator, and determine your
unique size for our patterns.

### 2. CUT OUT THE PATTERN

Cut out each pattern piece on the line corresponding to your size.
Black is Small
Dark grey is Medium
Medium grey is Large
Light grey is Extra Large
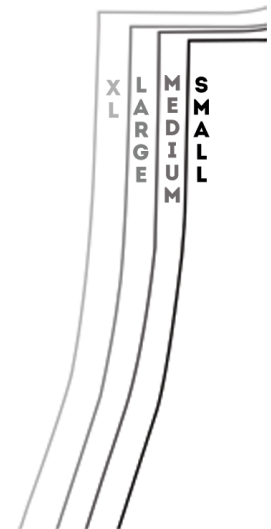
## 3. LAY OUT YOUR PATTERN

Spread out your fabric on a work surface, making sure that it's folded in half vertically. (Most fabric comes on bolts like this already, so just make sure to fold it if you're working with 58" wide fabric or larger.) Lay out your pattern pieces on top of the fabric, following the guide below:

**FOLD HERE!**
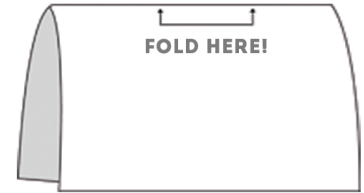
**STRAIGHT GRAIN**

Place these pieces so that the arrows run parallel to the fold line and bottom (or **selvedge**) of the fabric. This is the fabric's **straight grain.**
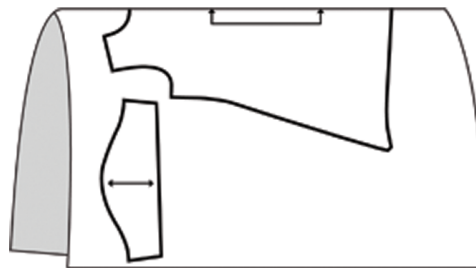
**CUT ON FOLD**

Place these pieces right against the edge where the fabric is folded in half, the arrows pointed towards the fold.

**EXAMPLE:**

## 4. PIN EACH PIECE IN PLACE

Pin each piece to the fabric using straight pins. Make sure to transfer any **notches** - the little black triangles marked on the outlines of some pattern pieces - by tracing them onto the fabric with chalk.

**PROTIP!** Want to reuse this pattern in the future? Trace out each pattern piece using chalk after you pin it down so you're left with a chalk outline on your fabric. That way you won't accidentally trim off the edges of your pattern pieces when you're cutting.
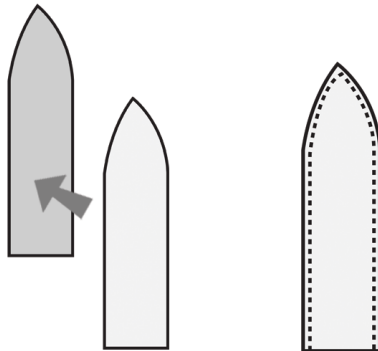
## 5. CUT!

Using sharp scissors, cut around the pattern pieces, making sure to clip any **notches** with your scissors so you know where to find them when you're sewing.

**#1**

**HEY!**
Read through all the instructions before you begin. There are finishing options included below for more advanced stitchers if you want to challenge your skills.

**#1.** Place the **straps** wrong side up on your workspace. Apply the fusible interfacing to the back side of four strap pieces - two for the front and two for the back - with the sticky, fusible side facing down. Take all four pieces to the iron and use heat and steam to apply the interfacing.

Place one non-interfaced strap right side up on your workspace. Lay an interfaced piece on top of it with the interfacing side facing up. Sew all the way around the edges 1/4" away from the edge, **backstitching** and leaving the bottom open.

When finished, turn the strap right side out and iron it flat. Repeat this with all four straps.

PROTIP
For an extra-finished look, **topstitch** right at the edge of the straps to keep them from rolling. To do so, take the straps right side out and sew all the way around the edge of the seam you just sewed, 1/8" from the finished edge. Repeat this on all four finished straps and you're good to go!
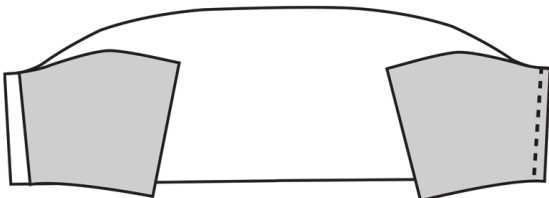
**✱** Backstitching is different for every sewing machine, but is usually a lever or bar on the front of the machine that, when pressed, allows you to sew backwards. Always backstitch for a few stitches on every seam you begin and end, unless the instructions say otherwise. This keeps your stitches from accidentally unwraveling.

**#2**

**#2.** Place the **top front** right side up in your work space. Flip the **top side back** pieces so the wrong side is facing up and lay one on each end of the top front, flat sides matching. Pin these seams together and sew them 1/2" away from the edge.
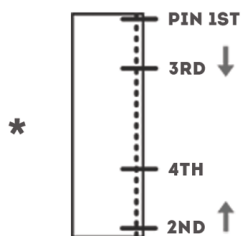
\* All seams should be pinned starting with each edge (top and bottom) and then working your way in towards the middle. Pinning this way ensures that any ease or excess can be distributed properly in the seam, and so that the seams match perfectly every time.
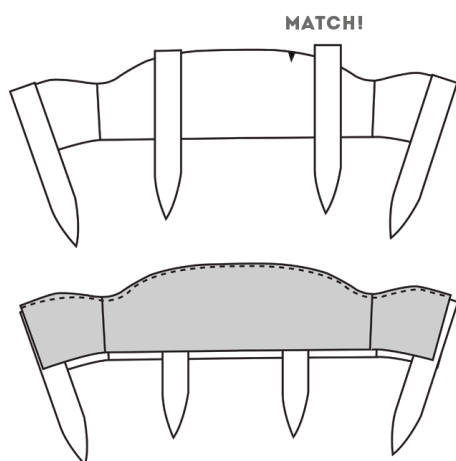
**#3.** Repeat step **#2** with the second set of top front and top side back pieces. This second set will form the **lining**.

**#4**

MATCH!

**#4.** Spread the first finished top piece out on your work space, right side facing up. Take the four straps you completed and place each one at the notches on the top of the front and side pieces, the open end pointing up.

Lay the completed top lining piece over top of the top and straps, wrong side facing up. Pin them all together along the line with the notches and sew this seam 1/4" away from the edge.
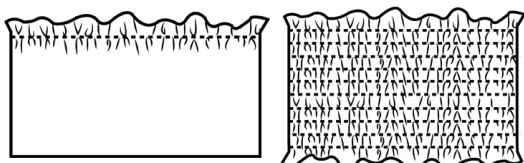
When finished, flip it so the right side is facing out with the straps exposed and iron the seam flat.

**#5**

MATCH!

**#5.** Place one of the **center back** pieces right side up in your work space. Place the second one over top of it, wrong side up. Pin the tops together and sew 1/4" away from the edge, then flip the piece so the right sides are facing out. Press this seam flat.

**#6**

**#6.** Thread the bobbin of your sewing machine with elastic thread. Place the top center back under the foot of your sewing machine and sew a line of shirring (a gathered stitch sewn with elastic thread) 1/4" away from the top edge. Repeat this process, making sure to hold the center back flat while sewing, until you have about 10 rows of shirring 1/4" apart.
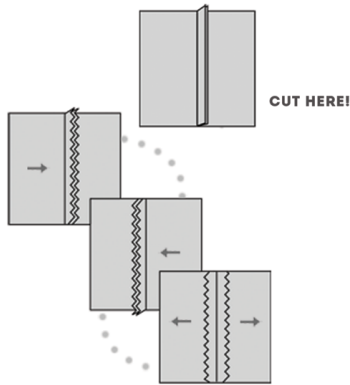
**#7**

REPEAT ON BOTH SIDES!
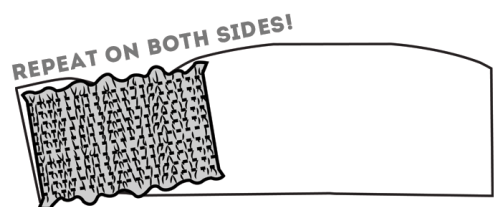
**#7.** Place the top front/side piece you've sewn right side up in your work space. Place the shirred back piece over top, wrong side up, matching the side seams. Pin the sides together and sew 1/2" away from the edge so you have one continuous top piece.
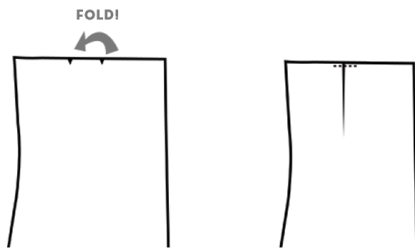
**#8**



CUT HERE!

**#8.** Take out your **pinking scissors** (the crazy zig zag ones) and trim the raw 1/2" seam allowance of both seams to finish the inside cleanly.

Then, take the top to your iron and **press open** your seams. To do this, iron your inner seam allowance towards one direction, then the other, Finally, peel open the seam allowance and press it flat.
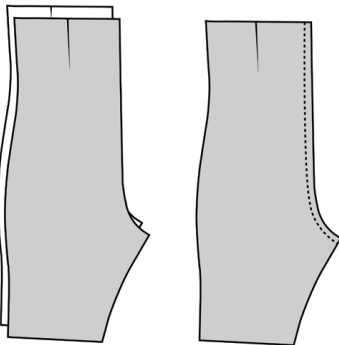
**#9**

FOLD!



**#9.** Take the **pant front** pieces and form one pleat in each piece by folding the right notch at the top of the pant to meet the left notch. Sew this pleat down 1/4" away from the edge.

Repeat this on the back pieces to form six total pleats on the front and back.

**#10**



**#10.** Place one of the **pant front** pieces right side up in your work space. Lay the second pant front piece wrong side up on top. Match the curved crotch line, pin the two together at this line, and sew 1/2" away from the edge, trimming the seam allowance with your pinking scissors and pressing it open when finished.

Repeat this with the **pant back** pieces so you have one continuous front piece and one continuous back piece.

**#11**
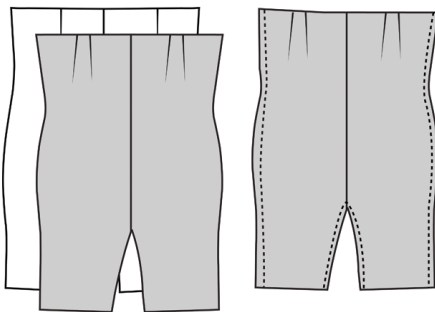


**#11.** Place the sewn pant front right side up in your work space. Lay the pant back wrong side up on top, matching the side seams. Pin the side seams together and sew both 1/2" away from the edge. Trim the seam excess with your pinking scissors and then press both open at the iron.

Repeat this with the **inseam** (as seen in the diagram), matching, pinning, and sewing 1/2" away from the edge. Trim the seam allowance with your pinking scissors and press the seam open.

**#12**
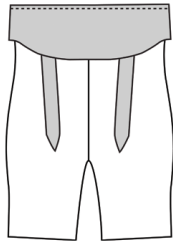


**#12.** Flip the completed top piece so the raw edge is facing up and the wrong side is facing out. Match the raw top edge of the pants to the raw top edge of the sewn top, pinning them together all the way around. Sew them together 1/2" away from the edge, triming the seam allowance with your pinking scissors and pressing open the seam when finished.

**#13**



FOLD!   PIN!
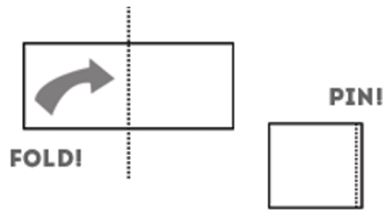
**#13.** Take the pants cuff pieces and fold both in half horizontally so the ends meet. Stitch this seam 1/4" away from the edge on each pant cuff.

**#14**
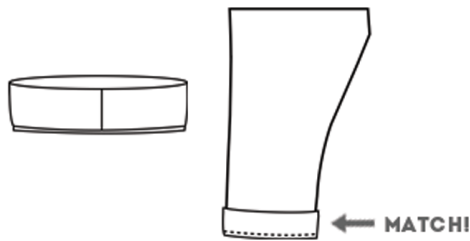


MATCH!

**#14.** Fold the pants cuff pieces vertically so the raw seam you just sewed is inside of the cuff. Flip the cuffs so the raw bottom edge is facing down and match the seam on the cuffs to the inseam of the pants. Pin the cuff in place all the way around the pant leg. Repeat this on both pant legs.

Sew the cuffs in place 1/2" away from the edge, stopping 2" before you get to the end.

**#15**



THREAD!
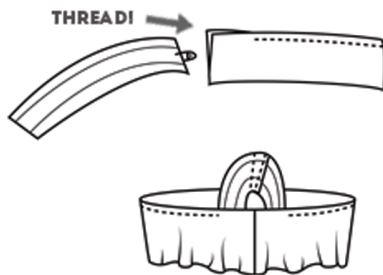
**#15.** Take the 2" elastic and wrap it around your calf so it's stretched but is still comfortable. Measure out that length and cut off two pieces of elastic that length.

Take one of the pieces and attach a safety pin to one end. Using the safety pin, insert the elastic into the cuff through the 2" gap you left open, threading it all the way through the cuff and out the same end. Pull the elastic taut and overlap each end, sewing two rows of stitches - one at a 1/4" and another at 1/2".

**✱** These **railroad stitches** make sure the elastic stays secure and won't accidentally come undone inside the cuff. It doesn't hurt to go over the stitches more than once when you're backstitching, but no need to overdo it!

**#16**

PULL & STITCH!
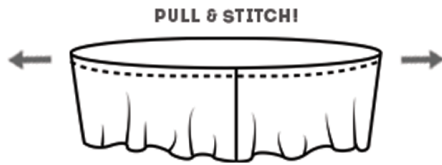
**#16.** Pulling the cuffs so that the elastic is taut, close the 2" gap you left open by straight stitching it closed. Make sure to hold your elastic and keep the cuff stretched out so the seam is straight! Clean finish the cuff seam allowance by trimming it with your pinking scissors.

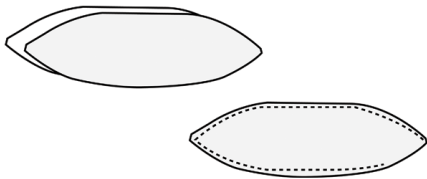Repeat steps **#15 - #16** with the second cuff so you end up with two finished pant cuffs.

**#17**
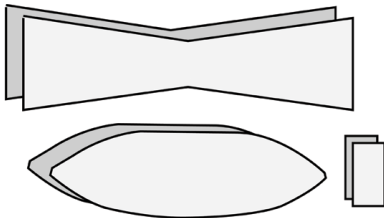
**#17.** Take the **bow, bow knot, and bow tails** and apply interfacing to the wrong side of each piece, ironing it down and steaming to make sure it fuses comlpetely.

Only apply interfacing to one of the **bow and bow tails** pieces - the other piece is going to be the lining.
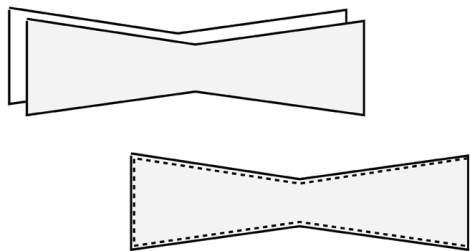
**#18**

**#18.** Place the non-interfaced **bow** piece right side up in your work space. Lay the interfaced bow piece over top, the side with the interfacing up. Pin them together and sew, leaving a few inches open to turn the bow right side out. Once right side out, iron it flat.

**#19**

FOLD IN!          STITCH!

**#19.** Gently fold the raw edges on the open side of the bow in, then iron them flat. **Edgestitch** the seam closed by sewing 1/8" away from the edge, closing the open end of the bow.
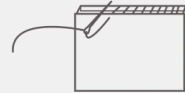
PROTIP

For a cleaner finish, hand stitch the open end of the bow closed by **whipstitching**. To do so, thread a hand sewing needle and tie off the end of the thread with a knot. Hold the seam closed with your fingers, then use the needle to catch each side of the bow with one smooth, very small stitch. Repeat this all the way down so only very small bars of thread are visible.

**#20**

**#20.** Place the non-interfaced **bow tails** piece right side up in your work space. Lay the interfaced bow tails piece over top, the side with the interfacing up. Pin them together and sew along three sides, leaving one side open to turn the bow right side out. Once right side out, iron it flat.
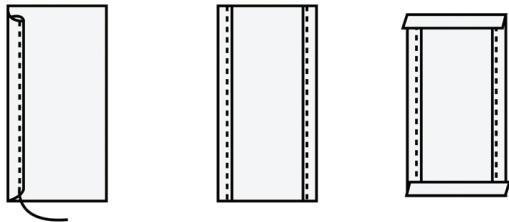
**#21**



**#21.** Gently fold the raw edges on the open side of the bow tails in, then iron them flat. **Edgestitch** the seam closed by sewing 1/8" away from the edge or hand stitch the open end of the bow tails closed.
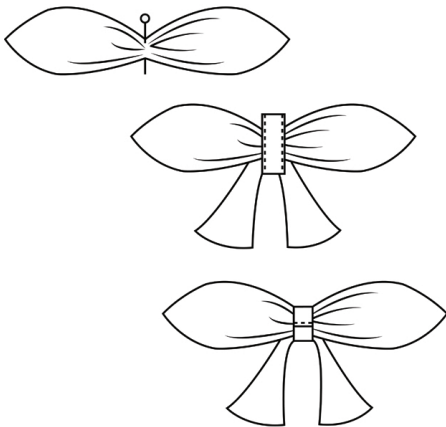
**#22**



**#22.** Place the bow knot in your work space interfaced side up. Roll the left and right sides in 1/4" and stitch them down 1/4" away from the edge.
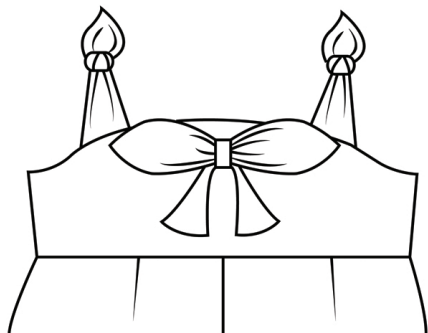
Take the bow knot to the iron and gently fold in the top and bottom 1/4", ironing these two sides in.

**#23**



**#23.** Scrunch up the finished bow piece in the middle, using a pin or a rubber band to hold the gathered middle in place. Wrap the bow knot around this gathered middle, placing the bow tails inside of the knot. Hand stitch the ends of the bow knot closed, or use a dab of hot glue to keep it in place.

Adjust the bow tails and bow gather by tugging on the ends to make sure the bow is even.



**#24.** Place the finished bow in the middle of the top front piece, pinning it in place. Hand sew it in place, or take it to your machine and sew two or three quick stitches to keep it down, making sure to backstitch.

**#21**

**#21.** Gently fold the raw edges on the open side of the bow tails in, then iron them flat. **Edgestitch** the seam closed by sewing 1/8" away from the edge or hand stitch the open end of the bow tails closed.
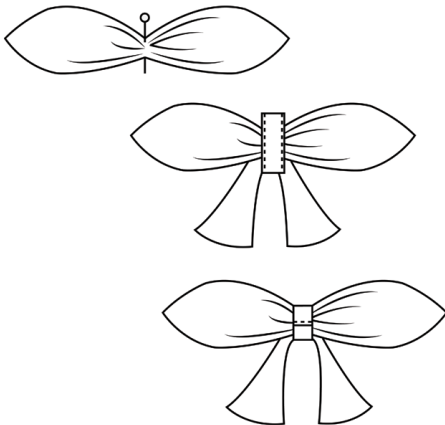
**#22**
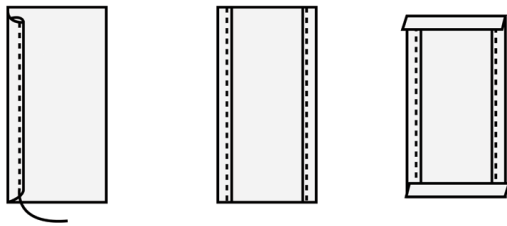
**#22.** Place the **bow knot** in your work space, interfaced side up. Roll the left and right sides in a little over 1/4" and stitch them down 1/4" away from the edge.
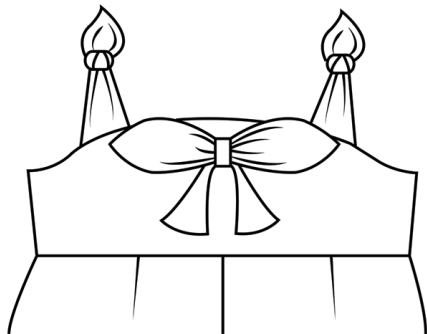
Take the bow knot to the iron and gently fold in the top and bottom in 1/4", ironing these two sides in.

**#23**

**#23.** Scrunch up the finished bow piece in the middle, using a pin or a rubber band to hold the gathered middle in place. Wrap the bow knot around this gathered middle, placing the bow tails inside of the knot. Hand stitch the ends of the bow knot closed, or use a dab of hot glue to keep it in place.

Adjust the bow tails and bow gather by tugging on the ends to make sure the bow is even.

**#24.** Place the finished bow in the middle of the top front piece, pinning it in place. Hand sew it in place, or take it to your machine and sew two or three quick stitches to keep it down, making sure to backstitch.

Knot the **ties** together to form the straps and finish the garment, adjusting it for your best fit.

**GOT A FIT ISSUE WITH YOUR GARMENT? FOLLOW THE GUIDE BELOW TO ADJUST OUR PATTERNS FOR YOUR PERFECT FIT.**
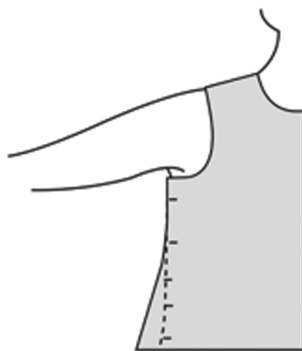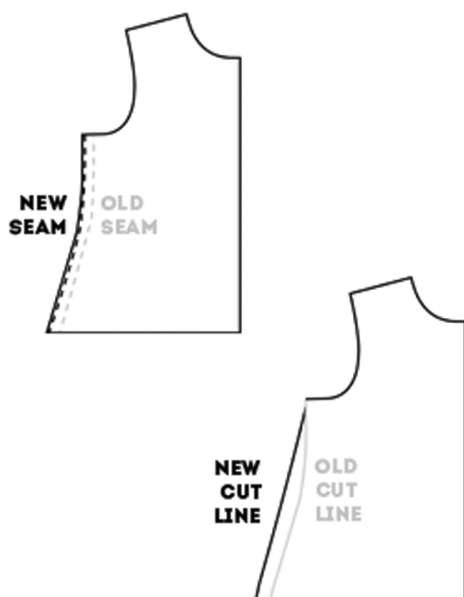
## TIGHT IN BUST, WAIST, OR HIPS

Take your measurements and double-check with our size calculator to make sure you've made the right size. If everything looks good and it still feels too snug, seam-rip the problem area and re-sew it 1/4" or 1/8" away from the edge.

*   All of our patterns include 1/2" of seam allowance, meaning you can let out any given area 1/2" (1/4" on each side) without changing the shape of the garment.

If it's still too tight, recut the piece, front and back, adding 1/2" - 1" in each area that feels snug, blending the new line into the line of the original pattern. Resew it 1/2" away from the edge. Make sure just to make each piece wider, not longer - lengthening a piece will change whether or not your seams match!

Does the piece you're widening have a waistband or any other piece that fits into it? Make sure to widen that the same amount too so it still fits!

NEW SEAM / OLD SEAM

NEW CUT LINE / OLD CUT LINE

## LOOSE IN BUST, WAIST, OR HIPS

Turn the garment inside out and put it on. Have a friend pinch out the excess fabric in any problem areas, pinning it in place and marking the new lines with chalk. Seam rip the old seam and re-sew the new seam marked with chalk, trimming off the extra seam allowance with your pinking scissors.

**HEY!** Changing the shape of a piece this way will mean that any other piece that connects to that seam (sleeves, waistbands, etc.) will need to be trimmed and adjusted the same way.

## EXCESS IN SHOULDERS

Turn the garment inside out and put it on. Have a friend pinch out the excess and pin so it fits you perfectly. Mark with chalk where the fabric falls flat against your body. Sew a straight, smooth line on this chalk mark, blending it with the original seam line. Trim the excess with your pinking scissors.
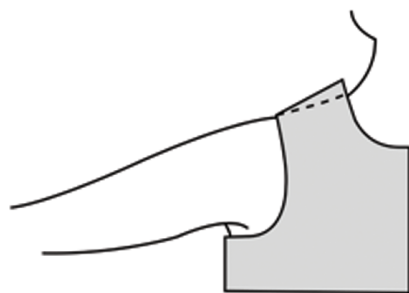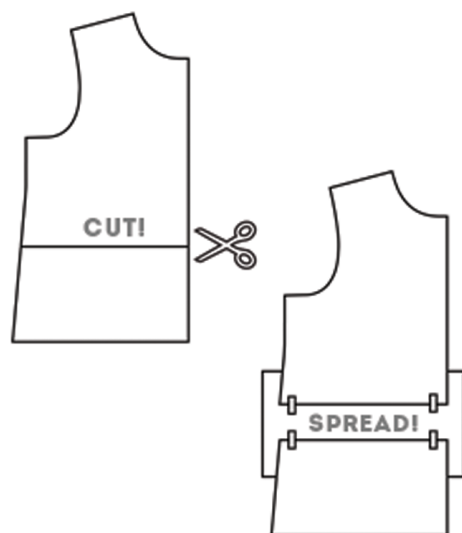
## TOO SHORT

Put on the garment and measure how much longer you'd like it to be. Gather up some scissors, printer paper, tape, and a ruler. Mark a straight line on the pattern piece that's too short about halfway down, running all the way across the length of the garment. Cut the pattern piece on this line and tape the bottom piece down to a piece of printer paper. Mark on the printer paper how much longer you'd like the garment to be, and tape the top of the pattern piece onto that new line.

Be sure to repeat this with the front and back pieces of a garment, spreading the same way and the same amount. Recut your fabric and resew your garment with these new pattern pieces.

**CUT!**

**SPREAD!**

## TOO LONG

Put on the garment and measure how much shorter you'd like it to be. Gather up some scissors, tape, and a ruler. Mark a straight line on the pattern piece that's too long about halfway down, running all the way across the length of the garment. Cut the pattern piece on this line and measure on the bottom piece how ever many inches shorter you'd like it to be. Tape the top piece to this new, shorter line, blending the seam lines with a pencil.

Repeat this process with the front and back of your pattern pieces, then recut your fabric and resew the garment with these new pattern pieces.

**CUT!**

**OVERLAP!**
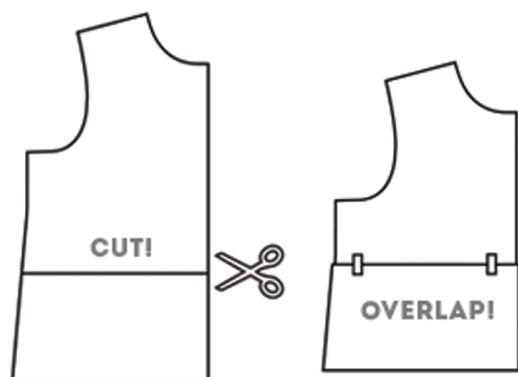
GOT AN ISSUE NOT LISTED HERE? WE'RE HERE TO HELP! SHOOT US AT EMAIL AT CONTACT@HEYCUTSEW.COM WITH YOUR PROBLEM AND WE'LL DO OUR BEST TO HELP YOU RESOLVE IT.

CHECK OUT OUR OTHER PATTERNS, EVENT UPDATES, AND INSIDER INFO AT
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