

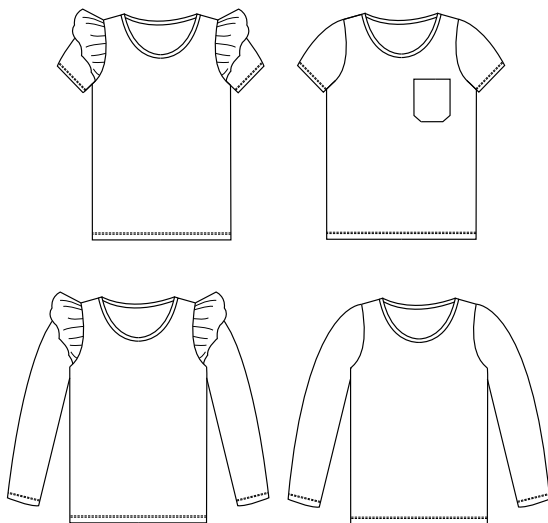


# Ester & Ebbe

TOP

Sizes 74-146

Approx. 9 months - 11 years

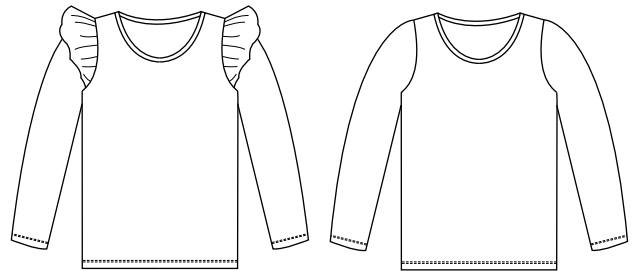
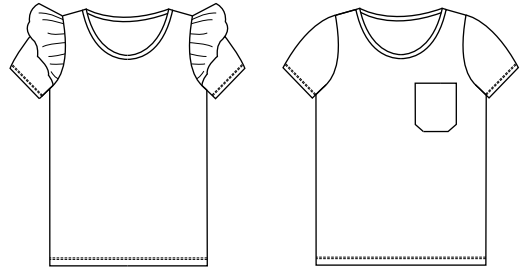


# The design

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Ester & Ebbe is a top for both girls and boys. It can be sewn with short or long sleeves, and with or without ruffles on the shoulders. You can also choose to sew a chest pocket. A perfect sewing staple for the children's wardrobe.

Includes 13 sizes from 74-146.  
Level of difficulty: 1-2 out of 3.



## TIPS, HOW TO SEW AND INSPIRATION

On my website, [threadsbycaroline.com](http://threadsbycaroline.com), you can find [inspiration](#) and valuable tips such as how to [sew in knit fabrics with a regular sewing machine](#) and get an awesome result. For beginners there is also a section on "[how to sew](#)" which explains basic terminology and techniques.

# Preparations

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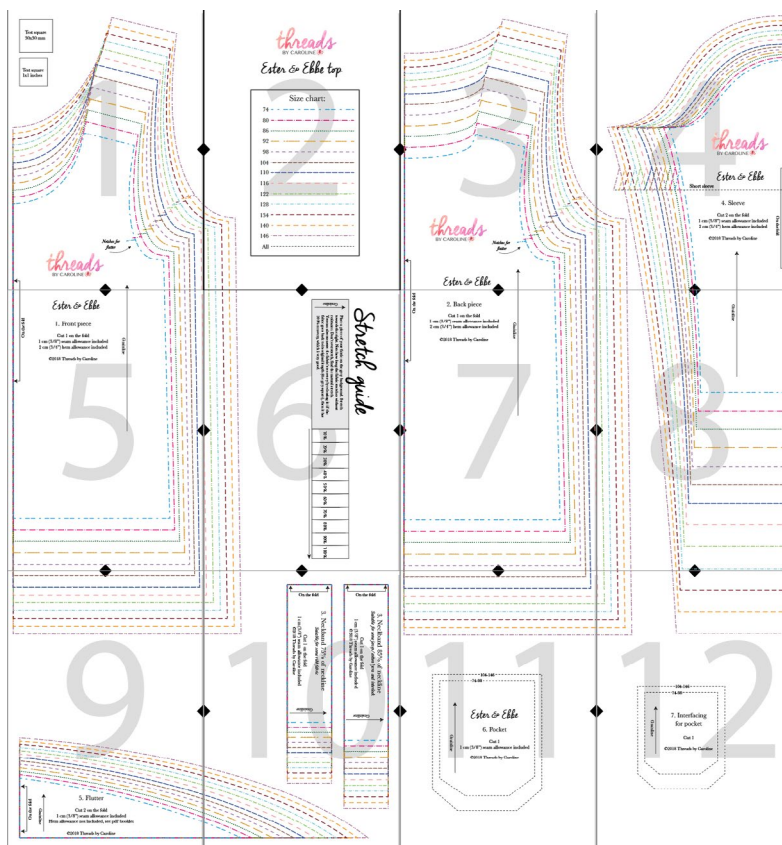
## SUPPLIES:

- Fabric: Light to medium weight knit such as jersey or college/french terry. The pattern is designed for fabrics with at least 30% stretch. Have a look at the stretch guide in the pattern and evaluate your fabric.
- Sewing machine with jersey/ballpoint or stretch needle. A serger can also be used for most of the steps, but a sewing machine is just as fine.
- (Optional): thin interfacing for the chest pocket, approx. 10x10 cm (4x4").

## PRINTING THE PATTERN

This pattern has been designed to print well on both A4 and letter size. The measurements of each page are 17,8 x 24,4 cm (7x10"). It's important that you print your pattern at 100%, no scaling. After printing page 1 of the pattern, measure the test square to ensure that your pattern has printed accurately.

The pattern is created with each size in a separate layer. If you open it with Adobe Reader (preferably on a computer), you can choose to show or hide specific sizes, and print just those. Adobe Reader can be downloaded for free on the Adobe website. Go to [my website](http://mywebsite) for a more detailed description.



## CUTTING AND TAPING THE PATTERN

All pages are numbered. I don't cut page 1 at all. On page 2-4 I only cut the left edge, along the black line, just outside the black triangle. Match up the black triangles to form diamonds, and tape the papers.

On page 5 I cut the top edge. On pages 6-8 I cut the top and left edges. Repeat this for the last row.

I recommend that you also trace/draw your size onto for example a tracing paper or baking paper, so that you preserve your original pattern.

# Copyright & selling your items

## COPYRIGHT:

- You may not resell, copy, or redistribute this pattern in any form. The buyer of a sewing pattern from Threads by Caroline may only use it personally. Sharing or exchanging a pattern with other parties is strictly prohibited.

## SELLING ITEMS MADE WITH THIS PATTERN:

- You may sell items made with this pattern, and I wish you good luck with your business! You may only sell the garments if you are the purchaser of the patterns and are sewing yourself. It is not allowed to transfer the pattern to another party.

# Choosing a size

Measure the child and pick size based on the child's chest width. Have a look at the measurement for the finished garment and compare with the child's measurement. I recommend choosing a size that has 3-4 cm larger chest width than the child.

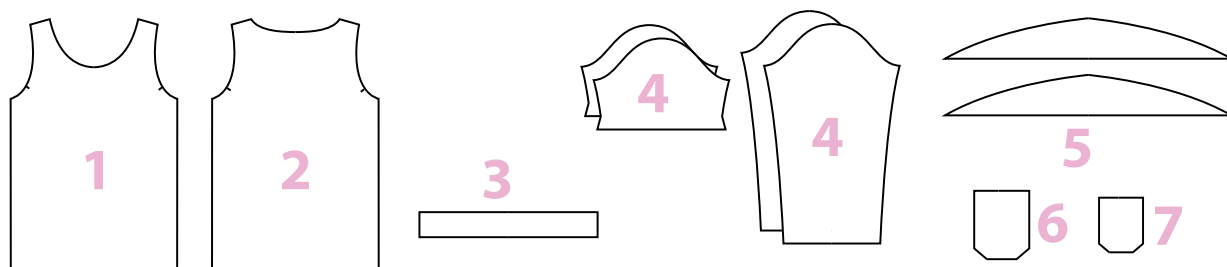
Ester & Ebbe has been constructed for fabric with at least 30% stretch.

*Note! Our size chart is updated and not consistent with the chart in previously released patterns.*

Length <i>imperial</i>	Size / length <i>metric</i>	Approx. age	Chest width, body <i>metric/imperial</i>	Chest width garment <i>metric/imperial</i>
29"	74	7-9 months	47 cm (18,5")	50,5 cm (19,9")
31"	80	10-12 months	49 cm (19,3")	52 cm (20,5")
34"	86	1-1½ years	51 cm (20")	54 cm (21,3")
36"	92	1½-2 years	52,5 cm (20,7")	56 cm (22")
39"	98	2-3 years	54 cm (21,3")	58 cm (22,8")
41"	104	3-4 years	56 cm (22")	60 cm (23,6")
43"	110	4-5 years	58 cm (22,8")	61,5 cm (24,2")
46"	116	5-6 years	60 cm (23,6")	64 cm (25,2")
48"	122	6-7 years	62 cm (24,4")	66,8 cm (26,3")
50"	128	7-8 years	64 cm (25,2")	69 cm (27,2")
53"	134	8-9 years	67 cm (26,4")	71,6 cm (28,2")
55"	140	9-10 years	70 cm (27,6")	74 cm (29,1")
58"	146	10-11 years	73 cm (28,7")	76,5 cm (30,1")



# Pattern pieces / Cut list



## YOU WILL NEED TO CUT:

- One front piece (1), on the fold
- One back piece (2), on the fold
- One neckband (3), on the fold. Note that there are two neckbands, they are adapted for different fabrics
- Two sleeves (4), on the fold. Short or long
- (Optional) Two flutter pieces (5), on the fold.
- (Optional) One chest pocket (6)
- (Optional) Interfacing for the pocket (7)

# Ways to finish the flutter

If you choose knit fabric for the flutter you don't have to finish the visible edge, you can leave it raw, just like the pink top in the step-by-step description. But if you do want to finish it, here are some ideas!

- **Sew a rolled hem/lettuce hem.** Have a look at your manual to find your machine's settings. Tip! If you let the machine feed the fabric itself when sewing, the result will be something like picture A. If you instead pull the fabric away from the machine, in both directions, as it's feeding, you will get a wavy effect, like picture B (lettuce hem).

A



B



If you add 1 cm (3/8") seam allowance along the curved side of the flutters, you can:

- **Hem 1 cm (3/8"):** Fold the curved edge 1 cm (3/8") to the wrong side, press and sew.
- **Hem with lace:** Read more on my website (but use 1 cm (3/8") hem allowance instead of 2 cm (3/4") hem allowance which is stated in that tutorial).
- **Lined flutter:** Cut 4 pieces of flutter and sew them together two and two, right sides together, along the curved edge using a narrow zig zag stitch. Turn right sides out and press.



# Sew a chest pocket

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Follow this instruction if you're sewing a chest pocket on your Ester & Ebbe. It is easiest to sew the pocket to the front piece before you start sewing the rest of the top.

The pocket is available in two sizes. The small one is recommended for sizes 74-98 and the large one for size 104-146.

## TIP!

With a walking foot attached to your sewing machine it can be easier to get a nice result. Alternatively you can iron interfacing to the wrong side of the pocket. The interfacing should be a little smaller than the pocket, which is why there's a separate pattern piece for the interfacing.

## A.

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If you'd like interfacing on the pocket (for more stability and nicer seam), iron interfacing to the wrong side of the pocket.



## B.

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Fold the sides and bottom 1 cm (3/8") to the wrong side and press. Using textile glue to keep in place is a good idea.



## C.

Fold the diagonals to the wrong side and press.

Fold the top 2 cm (3/4") to the wrong side and press.



## D.

Topstitch straight across the pocket, just less than 2 cm (3/4") from the edge. You can use a for example a twin needle, or narrow zig zag stitch.



## E.

Place the pocket on the front piece. Pin or glue in place.

Topstitch with a straight seam, close to the edges. Also sew two triangles to the top of the pocket, for more durability.

You did it! Now that you've sewn the pocket to the front piece you can continue with [step 1](#) on page 8.





# Let's get creative!

*1 cm (3/8") seam allowance included everywhere except for the curved edge of the flutter. 2 cm (3/4") hem allowance included.*

*With the top to the right I'll show you how to sew Ester & Ebbe, step by step. The instructions are the same for long sleeves.*

## TIP!

If you want to sew a chest pocket, begin with that, on p. [6-7](#).



## 1.

Place the front piece on top of the back piece, right sides together. Pin and sew the shoulder seams, according to the red markings.

Press the seam afterwards. If you've used a serger/overlocker you can press the seam to the back. If you've used a sewing machine you can press the seam apart.





2.

Fold the neckband right sides together, letting the short sides meet. Pin and sew.



3.

Fold the neckband again, this time so that the long sides meet and the right sides are out. Press.



4.

Place the neckband inside the neckline, right sides together. Raw edges meet, facing out.

If you want to, you can match the neckband's seam with one shoulder seam. The neckband is shorter than the neckline so you will need to stretch it. Try to stretch it evenly. Sew, and press the seam allowance towards the top.

I usually say you should press often! It's a simple thing to do to make the garment look more professional. In the pictures you can see the difference before and after I pressed the neckline.



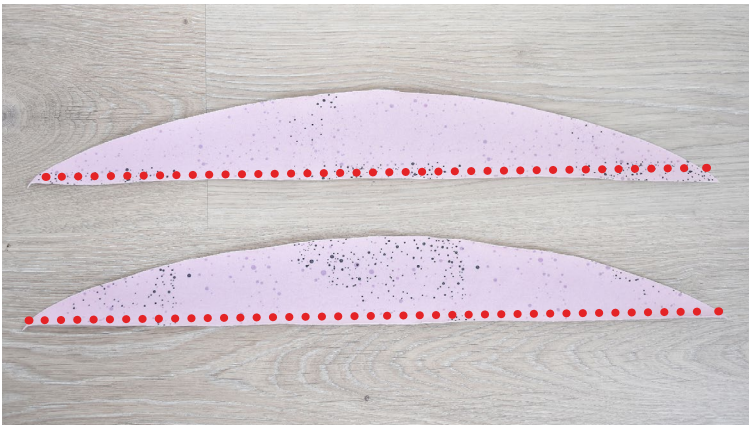


## 5.

If you'd like to you can top-stitch along the neckline, sewing through the top and the seam allowance of the neckband. Here I used a twin needle. You can also use a zig zag stitch or cover stitch. It's important to use a stretch stitch.

### TIP!

**Volangen:** Time for the flutters! If you don't want the visible edge (the curved one) to be raw, you can now sew it. Have a look at [page 5](#) for some ideas on how to sew it.



## 6.

Sew a gathering stitch along the straight side of the flutters, about 0,5 cm (1/4") from the edge.

### TIP!

**Sewing a gathering stitch:** Set the machine to straight stitch and its longest stitch length. Leave long threads at beginning and end. If you'd like to you can sew two parallel rows of stitches which will help you in step 7 to get even gathers. This is especially important when gathering a longer stretch like on a skirt.





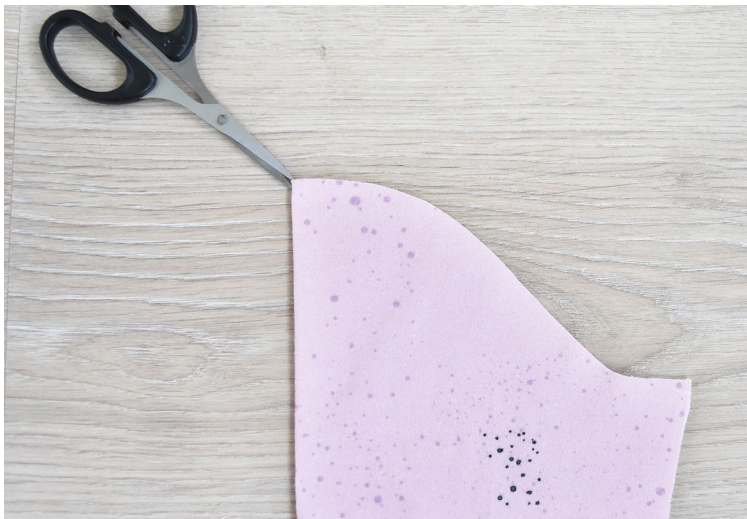
## 6b.

Grab the bobbin threads and pull carefully to make the fabric gather.



## 7.

Pin the flutter to the top, against the arm scye, right sides together. There are notches on the front and back piece of the top, between which you can place the flutter.



## 8.

With the sleeves folded, make a small cut (3 mm, 1/8") to mark the center of the sleeve.





9.

Place the sleeve on the top, right sides together, and pin. If you're sewing the top with flutter, it should be placed in between. Start in the middle of the sleeve (picture to the left) and pin along the arm scye (picture below).

Sew the sleeve (and flutter) to the top. Take it slowly and make sure the top and sleeve fabrics don't get folded somewhere.

Afterwards, press the seam towards the sleeve.

Repeat step 7-9 with the other sleeve.



*An Ester & Ebbe top sewn and  
photographed by Ida Rand.*





## 10.

With the front and back piece right sides together, pin and sew the side seams.

Press the seam afterwards.



## 11.

Hem the sleeves: fold 2 cm (3/4") towards the wrong side and press. Pin and sew from the right side, using for example a twin needle, cover stitch or zig zag stitch.



## 12.

Hem the top: fold 2 cm (3/4") towards the wrong side and press. Pin and sew from the right side, using for example a twin needle, cover stitch or zig zag stitch.

# You did it!

I hope you're happy with your Ester & Ebbe top! If you have any questions or feedback about the pattern or its instructions feel free to contact me at:  
[info@threadsbycaroline.com](mailto:info@threadsbycaroline.com)

# Looking for more?

Would you like to test more patterns from Threads by Caroline? Below I've categorised them according to level of difficulty. All patterns are available as paper printed patterns, and pdf patterns. Click the pictures to read more.

## FOR THE BEGINNER:



## FOR THE CONFIDENT BEGINNER:



## MORE CHALLENGING::

(But don't worry! Like all other patterns, these include thorough step-by-step instructions. With a sewing pattern from Threads by Caroline it's a perfect opportunity to learn new techniques).





# Ester & Ebbe - In short

Perhaps you're an experienced sewer, or maybe you've sewn Ester & Ebbe a couple of times, and you want just a brief description, here it is! The numbers below correspond to the steps in the detailed description.

1. Sew the shoulder seams

2. Sew the neckband

3. Fold and press the neckband

4. Sew the neckband to the neckline

5. Topstitch the neckline

6. Sew a gathering stitch on the flutters

6b. Pull the bobbin threads to gather

7. Pin flutter to armscye

8. Mark center of the sleeve

9. Sew the sleeve to the top, repeat 7-9 with other sleeve

10. Sew side seams

11. Hem the sleeves

12. Hem the top



# Fabric requirements

This is an estimate for prewashed fabrics with 150 cm (60") width. Fabric for flutter and chest pocket is included. If you're buying new fabric for your projekt, I recommend that you add 10-20 cm (4-8") just in case.

Size	Top with short sleeves	Top with long sleeves
74	45 cm (18")	45 cm (18")
80	45 cm (18")	45 cm (18")
86	50 cm (20")	50 cm (20")
92	55 cm (22")	55 cm (22")
98	55 cm (22")	55 cm (22")
104	60 cm (24")	60 cm (24")
110	60 cm (24")	60 cm (24")
116	60 cm (24")	70 cm (28")
122	65 cm (26")	75 cm (30")
128	65 cm (26")	75 cm (30")
134	70 cm (28")	80 cm (32")
140	70 cm (28")	80 cm (32")
146	70 cm (28")	85 cm (34")



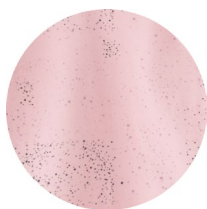
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and Tell.](https://www.facebook.com/ThreadsbyCaroline-Sew-and-Tell)

# The fabrics



Dotty powder rose - a jersey fabric from [Monkeys and Pumpkins](#)



Shellie gold - jersey fabric from [Elvelyckan Design](#)



Mystical Heron - jersey fabric from [Fossan Design](#)



Ice cream dream - jersey fabric from [Elvelyckan Design](#)