



Smilla

Dress & top

SIZES 62-146
(APPROX. 2 MONTHS - 11 YEARS)



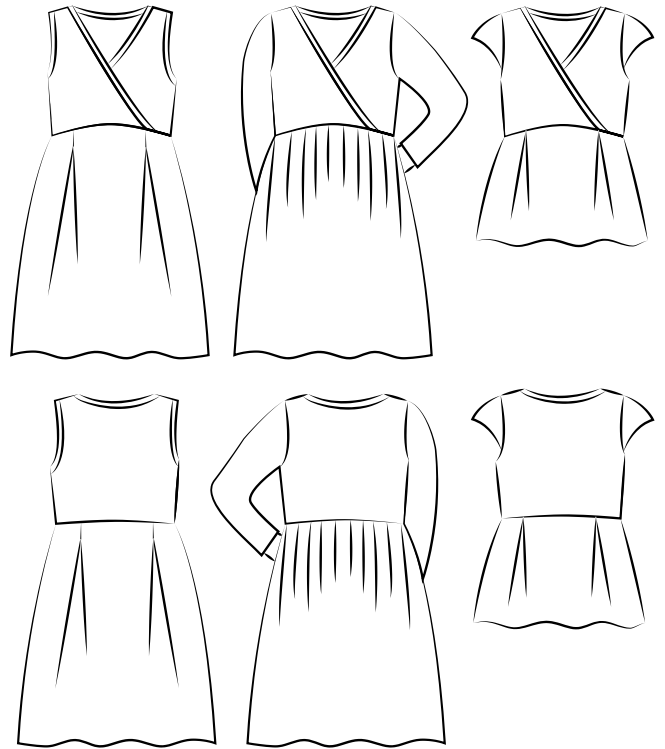
Design

Smilla includes two lengths: top and dress. With three sleeve variants it's perfect for all seasons. There are two variants for the bodice where one is specifically adapted to be sleeveless and the other is used for long sleeves and cap sleeves.

The neckline of the bodice is finished with a binding or neckband.

The skirt can be gathered or sewn with pleats: two on the front and two on the back. For the skirt with dress length you can also sew side seam pockets.

Level of difficulty: 2/3.



TIPS, HOW TO SEW AND INSPIRATION

On my website, 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 techniques.

Preparations

SUPPLIES:

- **Fabric:** Light-weight knit fabrics, such as jersey (cotton/lycra). Choose a fabric with at least 30% stretch.
- **Useful tools:** Fabric scissors or rotary cutter and cutting mat, binder, pins or clips, textile glue.
- **Sewing machine** with a jersey or stretch needle or other appropriate for your fabric.

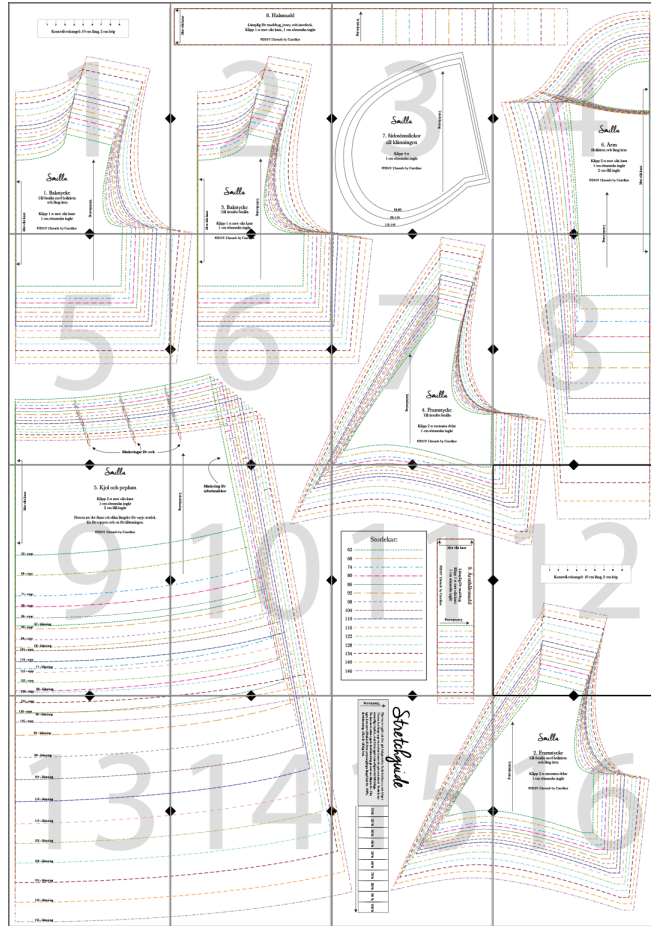
PRINTING THE PATTERN

This pattern has been designed to print well on both A4 and letter size. The measurements of each page are 17,8 x 25,4 cm (7x10"). It's important that you print your pattern at 100%, no scaling. After printing page 1 of the pattern, measure the test rectangle 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

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 page 6-8 I cut the top and left edges. Repeat for each row. I recommend that you trace/draw your size onto for example a tracing paper or parchment paper, so that you preserve your original pattern.



Copyright, selling items & disclaimer

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 you 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.

DISCLAIMER

- This pattern and tutorial are true and complete to the best of our knowledge. The pattern is made without guarantee on the part of Threads by Caroline. We disclaim any liability in connection with the use of the pattern and the items made with it.

Choosing a size

Choose size based on the child's measurements. Smilla has a close fit, 0 cm ease in chest width, which is why you need to use a fabric with at least 30% stretch. Use the stretch guide in the pattern to evaluate your fabric.

Child's length/size	Approx. age	Child's chest width	Chest width finished item	Length top	Length dress
62	2-4 months	43 cm (17")	43 cm (17")		
68	4-6 months	45 cm (17,7")	45 cm (17,7")		
74	7-9 months	47 cm (18,5")	47 cm (18,5")		
80	10-12 months	49 cm (19,3")	49 cm (19,3")		
86	1-1½ years	51 cm (20")	51 cm (20")		
92	1½-2 years	52,5 cm (20,7")	52,5 cm (20,7")		
98	2-3 years	54 cm (21,3")	54 cm (21,3")		
104	3-4 years	56 cm (22")	56 cm (22")		
110	4-5 years	58 cm (22,8")	58 cm (22,8")		
116	5-6 years	60 cm (23,6")	60 cm (23,6")		
122	6-7 years	62 cm (24,4")	62 cm (24,4")		
128	7-8 years	64 cm (25,2")	64 cm (25,2")		
134	8-9 years	67 cm (26,4")	67 cm (26,4")		
140	9-10 years	70 cm (27,6")	70 cm (27,6")		
146	10-11 years	73 cm (28,7")	73 cm (28,7")		

Pattern pieces / Cut list

PATTERN PIECES INCLUDED FOR SMILLA:

(1) Back bodice for Smilla with long sleeves or cap sleeves. Cut one on the fold.

(2) Front bodice for Smilla with long sleeves or cap sleeves. Cut 2 opposite pieces, pay extra attention to the grainline.

(3) Back bodice for sleeveless Smilla. Cut one on the fold.

(4) Front bodice for sleeveless Smilla. Cut two opposite pieces, pay extra attention to the grainline.

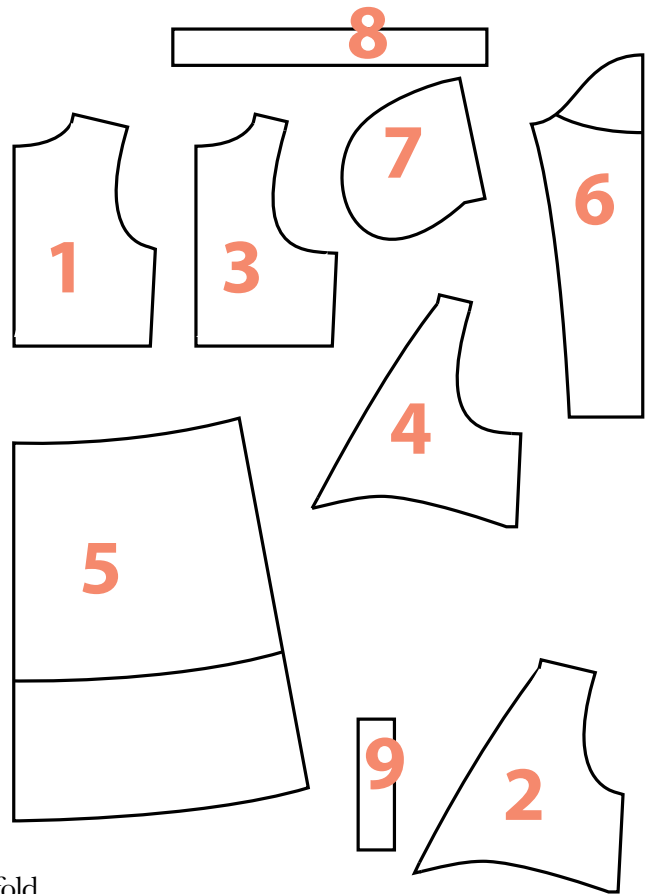
(5) Skirt/peplum. Choose the upper line for top length and lower line for dress length. Cut two on the fold. Remember to mark notches for pockets and pleats.

(6) Cap sleeve and long sleeve. Cut two on the fold.

(7) Side seam pockets. Cut two opposite pairs (four pocket pieces in total).

(8) Neckband. Use this pattern piece if you want to sew a neckband (instead of binding). Cut one on the fold.

(9) Armhole band (for use instead of binding). Cut two on the fold. This pattern piece is suitable for ribbed fabric with very good stretch, at least 80%. If your chosen fabric has less stretch you need to make the band longer.



Fabric requirements

This is an estimate for fabrics that haven't been prewashed/preshrunk, with 150 cm (60") width. If your fabric will shrink in the wash, add extra. (We recommend to wash the fabric before sewing). If you have patterned fabric and want to pattern match you also need to add extra. If you're buying new fabrics for your project, we recommend that you add 20-30 cm (8-12") just in case.

Size	Dress	Top
62		
68		
74		
80		
86		
92		
98		
104		
110		
116		
122		
128		
134		
140		
146		

#tcsmilla

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Or show what you've made in my Facebook group: [Threads by Caroline - Sew and Tell](#)



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The fabrics



xxx

Let's get creative!

1 cm (3/8") seam allowance and 2 cm (3/4") hem allowance included.
With the three Smillas below we'll show how to sew all variants.



Long sleeve,
Neckline binding,
Pleated skirt
(Size 98)



Cap sleeve,
Neckband
(Size 116)



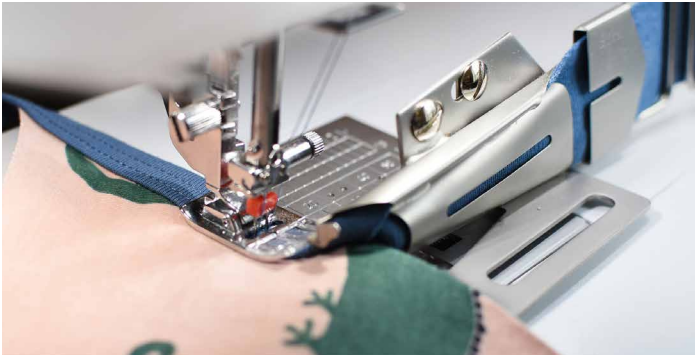
Sleeveless,
Gathered peplum
(Stl. 104)

Note that this one was sewn with a lengthened back peplum, which is not an option in the pattern any longer :) The back of the dress/top will still be a few cm longer anyway since the bodice is shorter in the front, but not this much. For the final tutorial, I'll replace these photos with new ones.



1.

Place the front bodices on the back bodice, right sides together. Match shoulders, pin and sew.
Press the seam towards the back.



2.

Sew the binding on the neckline, according to the marking in the picture.

I recommend to use a binder. It will fold and stretch the binding fabric for you as you sew. In the picture below I'm using a binder on my sewing machine and sewing with a twin needle. The binder can also be attached to a cover machine.

If you don't have a binder you can sew the binding without one, go to page XX (sorry, I haven't made this tutorial yet, let me know if you need one and I'll send you a copy of the tutorial in the Alice pattern). Or sew a neckband instead (step 3).

3.

If you'd rather sew the neckline with a band we'll of course show that too! Here's the bodice, sewn together in the shoulder seams, and our neckband.

4.

Fold the neckband so that long sides meet, wrong sides together.
Press.

5.

Start pinning the center of the neckband to the center of the back bodice.



6.

Continue pinning towards the front.

In the back the neckband needs to be stretched (see tip below) but in the front you should only stretch it very little. You'll therefore get a few cm of the neckband left over, that you can cut off.

Sew the band to the neckline, 1 cm (3/8") seam allowance.

TIP!

Usually in a neckline you'd stretch the neckband, its length need to be shorter than the neckline, due to the neckline being round. If you're using rib fabric (with at least 80% stretch) about 75% of the neckline's circumference is a good length. If you're using jersey or interlock (with 30% stretch) about 80-85% of the neckline is a good length. Smilla's neckline isn't curved in the front and that's why you should only stretch it very little in the front.

The pattern piece 'Neckband' has the same length as the neckline, you can therefore use it for ribb, jersey and interlock. But for all fabrics you'll get some neckband left over since it will be stretched, primarily in the back.



7.

Press the neckband's seam allowance towards the bodice. If you want to you can also topstitch right next to the neckband.



8.

If you're sewing a sleeveless Smilla you can now also sew the binding on the armholes.

If you want to sew a band instead of binding on the armholes you can wait until after step 9, when you've sewn the side seams.

Step 14-15 shows you how to sew the band on the armholes.



9.

Arrange the bodice right sides together. Sew the side seams with a sewing machine, not overlock (since I recommend not to cut off the binding edges).



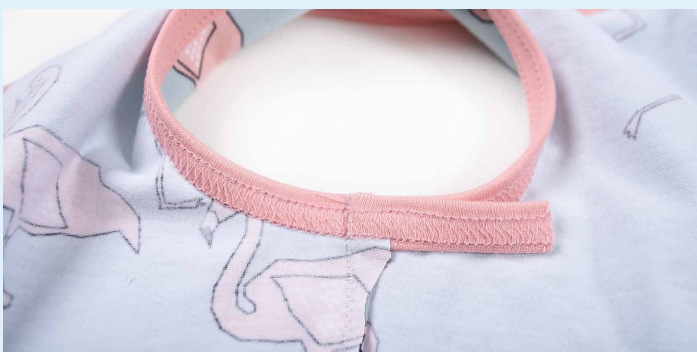
10.

Press the seam towards the back piece and trim down the seam allowance of the side seam to 3-4 mm.



11.

Cut off one end of the binding.



12.

Place the other end over it. Pin or glue in place.



13.

Topstitch to attach the binding by sewing through the binding and the long end that isn't cut yet.

Afterwards, cut off this end too (the one showing in step 12).

14.

Use the pattern piece 'Armhole band' if you're using ribb fabric. Fold it and let the short sides meet right sides together. Sew the short sides, 1 cm (3/8") seam allowance.

14b.

Fold the armhole band so that wrong sides meet, press.

15.

Pin the armhole band to the armhole, raw edges meet. The band's circumference is 75% of the armhole's circumference so you need to stretch it. Make sure to stretch it evenly. Sew, then press.



16.

If you're sewing the cap sleeves, start by hemming them: fold up 2 cm (3/4") to the wrong side. Press and topstitch using for example a twin or zig zag stitch.



17.

Time to attach the sleeves - this step is same for both long sleeves and cap sleeves. Start pinning the center of the sleeve to the shoulder seam, right sides together. Continue out towards the sides.





17. Continued

This is how it looks if you're sewing cap sleeves. The cap sleeve won't reach all the way out to the sides of the bodice. Use a sewing machine instead of overlock to sew the cap sleeves to the bodice.



18.

Arrange the bodice right sides together and sew the side seams.

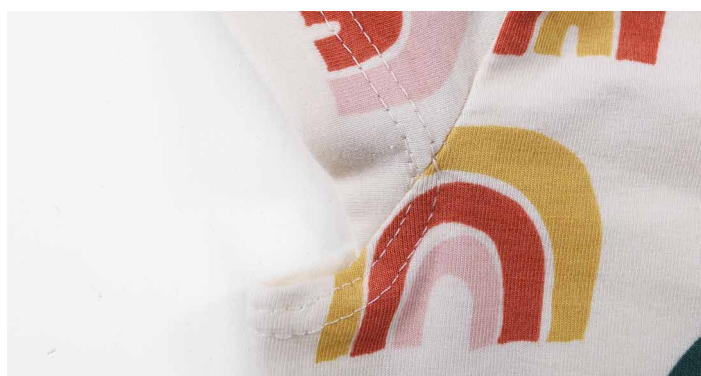
The top picture shows you how it looks with a cap sleeve, the lower picture shows long sleeves.



19.

If you're sewing cap sleeves you can now fold 1 cm (3/8") of the bodice above the side seam to the wrong side.

Press and pin or use textile glue to hold in place.



20.

Topstitch, preferably using the same stitch as when you hemmed the cap sleeves. Start at the sleeve's hem and sew around to the other side, 1 cm (3/8") from the edge.



21.

Let one front piece wrap around the other. Make sure they wrap around as much as they should: the front bodice needs to have the same width as the back bodice. Pin or glue the front pieces together along the bottom edge so they hold together when you later sew the bodice to the skirt or peplum.



22.

Are you sewing a pleated skirt/peplum? You'll make two pleats on the front and two on the back. Therefore there are two sets of pleat notches and each set has three notches.

Start by folding one side of the front side right sides together so that the outer notches meet (see arrow). The center notch will end up right at the fold.

Now sew 5 cm (2") in from the fold (where the outer notches meet). Use a straight stitch (or very narrow zig zag stitch) and sew 1-2,5 cm down from the edge. Make sure to anchor the stitch at start end end.



23.

From the wrong side: press down the pleat so that the center notch meets the seam from step 22. Press and baste.

Basting means to sew a temporary stitch, in this case to hold down the pleat. Use a straight stitch (or narrow zig zag) and the longest stitch length. Sew 5 mm from the edge.

Repeat for all pleats, on front and back skirt/peplum).

The lower picture shows how one skirt piece looks like after the two pleats are sewn, pressed and basted.



24.

Are you sewing the dress with pockets? Place two pocket pieces on the front skirt piece, right sides together. There are notches on the skirt piece that shows you where the pockets' upper edge should be placed.

Sew the pockets to the skirt with a sewing machine, 1 cm (3/8") from the edge.

Repeat on the back skirt.

Here's a Smilla with pleated skirt but the approach is the same for a skirt that you'll later gather.



25.

Fold out the pocket and press the seam. Topstitch with a straight stitch, or very narrow stretch stitch, on the pocket.

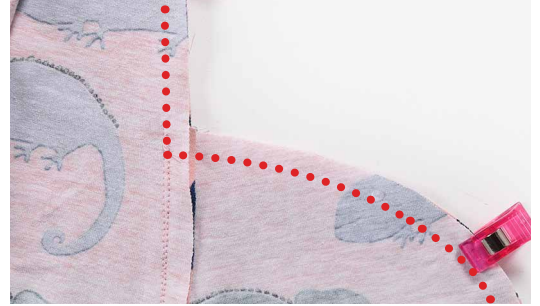




26.

Put the two skirt pieces right sides together. Sew the side seams and around the pockets.

It's easier to use a sewing machine, than overlocker, near where the pockets meet the skirt (pictured below).



You should also sew the side seams now when you're not sewing the pocket version.

Press the seam afterwards.



27.

Sew two parallel gathering stitches along the top edge of the skirt/peplum, around all of it. Sew about 4-8 mm from the edge.

Gathering stitch = straight stitch with the longest stitch length.



28.

Pull the bobbin threads to make the fabric gather. Don't pull the top threads, that can make the seam lock and won't let you gather more. Distribute the gathers evenly, make the skirt fit the bodice.





29.

It's time to sew the bodice to the skirt/peplum. This is a pleated skirt, but it's the same for gathered skirts and pleated or gathered peplums.

Let the skirt/peplum be with wrong side out and the bodice with right side out. Put the bodice inside the skirt, shoulders down first. Let raw edges meet.



30.

When the bodice is placed inside the skirt/peplum, pin and sew all around with 1 cm (3/8") seam allowance.



31.

Hem the skirt/peplum by folding 2 cm (3/4") to the wrong side. Press and pin. Then topstitch (sew from the right side) using a twin, zig zag or other stretch stitch.



32.

Hem the long sleeves by folding 2 cm (3/4") to the wrong side. Press and pin. Then topstitch (sew from the right side) using a twin, zig zag or other stretch stitch.

You did it!

I hope you're proud of your Smilla top or dress! If you have any questions or feedback about the pattern or its instructions feel free to contact me at:
info@threadsbycaroline.com

Smilla - In short

Perhaps you're an experienced sewist, or maybe you've sewn the skirt 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. vi

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, and you'll find them at threadsbycaroline.com, or my [shop at Etsy](#).

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).

