

Basic Pillowcase Dress for Anyone

How to measure for fabric requirements.

WIDTH of Fabric: Measure largest part around the body. Place this number in the box. This measurement is usually the stomach for a child and the breast for a woman.

X 1.5 += width of fabric OR X 2 += width of fabric **(for fuller dress)**

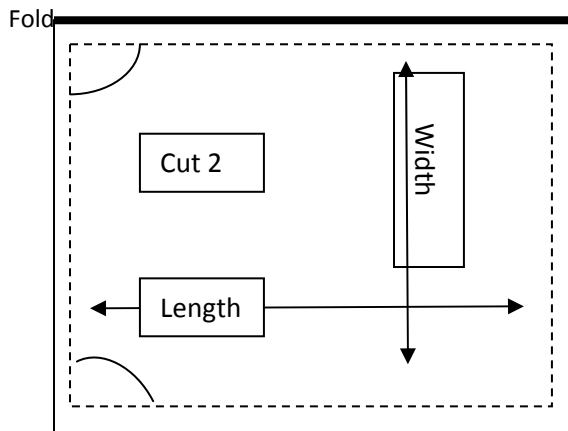
LENGTH of Dress **(If you are going to place a contrasting band on it)**: Measure from shoulder to where you want the dress to fall. Place this measurement in the box -3" = length of the fabric

LENGTH of Dress **(If you are NOT going to place a contrasting band on it)**: Measure from shoulder to where you want the dress to fall. Place this measurement in the box +1" = length of the fabric

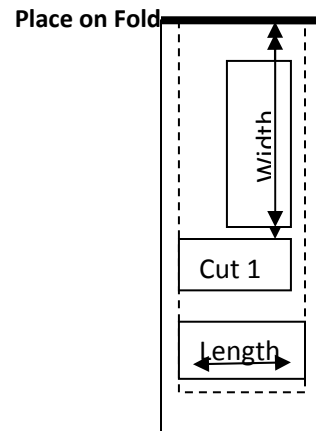
DRESS CUTTING MEASUREMENTS HERE: Width X Length CUT TWO

HEM BAND CUTTING MEASUREMENTS: width of finished front **after** sewing side seams + 3/8" X 7" (length)

Cutting Instructions Body



Cutting Instructions Hem Band



~Standard dress lengths~
6-9 Mos: 14 Inches
12 Mos: 15.5 Inches
18 Mos: 17.5 Inches
2T: 19.5 Inches
3T: 21 Inches
4T: 22 inches
5/6T: 24 Inches
7/8T 26 Inches



cut J's 2" in and 3" down for Newborn to Size 2T

3" in and 4" down for size 3T to 6

4" in and 5 inches down for larger sizes. This can be adjusted to the desired fit.

Construction of Pillowcase:

Tutorial taken from <http://nancyscouture.blogspot.com>
with variations added

SUPPLIES NEEDED:

- Fabric
- Thread
- Bias Tape
- Ribbon
- Sewing machine
- Scissors
- Iron



Step 1: Cut your fabric.

For the width measure the chest x 1 1/2 = width to cut fabric.

Measured from the shoulder to where I wanted the hem to be. Add 3" to this measurement and that's your length.



Step 2: Fold the fabric in half width wise matching the corners. You are going to cut a backwards "J".

Cut it 4" long and 3" wide, as shown in the photo above.



Step 3: With right sides together pin the long sides together.



Step 4: Sew or serge.



Here's how it will look.



Step 5: Iron your seams to the same side.



Step 6: From the bottom, measure 1/2" and pin. Iron to set.



And then Measure and fold another 1.5" and iron.



Step 7: Sew the hem.



8. Cut a piece of bias tape long enough to fit around the armhole. You can leave a little extra on either side if you want. If you are a beginner this is a good idea.



- Pin the bias tape to the armhole. Make sure when pinning the bias tape the shorter side is on top and the longer side is on bottom. {see picture}



Sew the bias tape 1/8" from the edge.



9. Now we are going to make a casing for the ribbon tie.
Fold up ¼" and then 1.5" and iron.



Sew the casing. Make sure to back stitch at the beginning and the end.



10. Thread ribbon through the casing you just made.

To add band Hem

Measure width of finished front (**from seam to seam**) + $\frac{3}{8}$ " X 7" (length) Place this on fold and cut band.

With the contrast/band, **right sides together**, sew a $\frac{1}{4}$ " seam down the short side, creating a ring.



Iron seam flat.

Fold the ring in half, wrong sides' together (right side out). Raw selvages touching .



Iron to make crisp finished edge.



Slide the band over the top of the pillowcase. Place Raw selvages of band and case together matching seams on one side right sides together. Sew around case using serger, $\frac{1}{4}$ " seam.



Press the band down and you will have a contrasting Hem.

Tie Shoulder Sash

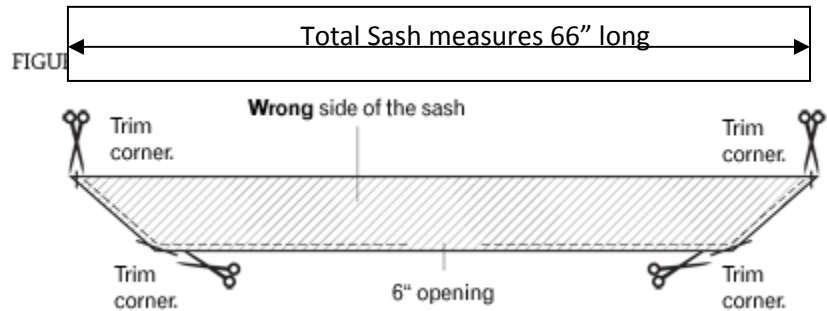
Fabric Needed

12" X 45 "contrasting fabric

Cut fabric into 2 - 6"X45" strips

Sew fabric together on one end making a 6"X 90" length of fabric

Fold fabric together at seam and Measure from fold 33". Cut ends of fabric on a diagonal if desired.



Fold sash in half lengthwise matching raw

sides together Sash now measures 3" x 66". Sew around the edges leaving a 6" opening in the center as in the picture above.

Trim corners and then turn sash right sides out, making sure that the points of sash are pushed out and seams are ironed out. Iron open edges in and hand sew opening closed.

Variation 1: Front and Back Elastic with Bias Ties

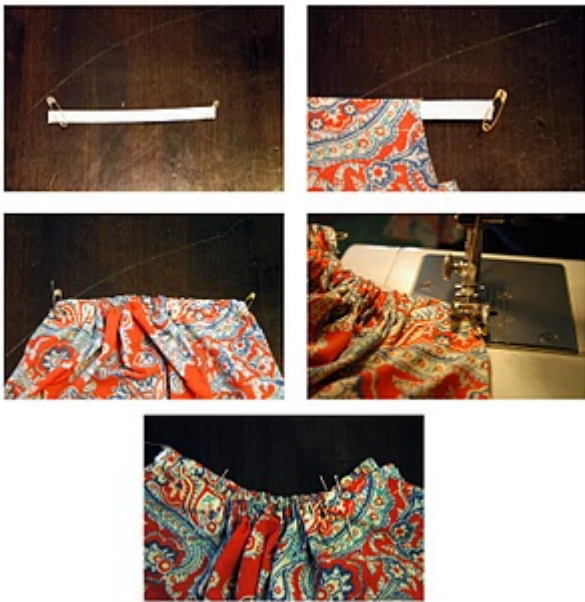
<http://freshlypicked.blogspot.com/2008/03/pillow-case-dress-tutorial.html>

step 1 Fold the two top edges 1/4" to the inside and press (don't worry about making it exact—just get close enough). fold down and press these edges again, this time 3/4". Doing this double turn makes the finished edge neat. Stitch along the first fold, from one end to the other, forming a tunnel (this is known as a casing).

Your project should now look like this.



Now you will feed the casing with elastic. You will want to cut the elastic the length of the chest minus 1/2 inch. You will need 2 pieces of elastic the same length. Attach a safety pin to either end of the elastic for feeding purposes.



Feed the elastic through the casing. Then sew all four raw edges of casing, sewing the elastic into the casing.



Now pin the bias tape to both arm edges.



Starting at the edge of the bias tape, begin sewing the tape closed. Continue sewing closing the dress in the tape. Make sure you give yourself enough room to catch both edges.



Children's Sizes	Chest	Waist	Hip	Back Waist Length	Across Back	Shoulder	Neck	Sleeve Length to Underarm	Armhole Depth	Upper Arm Circumference	Wrist Circumference	Head Circumference
Newborn 5-10 lbs.	to 18" (45.7 cm)	18" (45.7 cm)	19" (48.3 cm)	6 1/8" (15.6 cm)	7 1/4" (18.4 cm)	2" (5.1 cm)	3 1/4" (8.3 cm)	6" (15.2 cm)	3 1/4" (8.3 cm)	6 1/2" (16.5 cm)	5" (12.7 cm)	16" (40.6 cm)
Six Months 11-18 lbs.	to 20" (50.8 cm)	19" (48.3 cm)	20" (50.8 cm)	6 7/8" (17.5 cm)	7 3/4" (19.7 cm)	2 1/4" (5.7 cm)	3 1/4" (8.3 cm)	6 1/2" (16.5 cm)	3 1/2" (8.9 cm)	7" (17.8 cm)	5 1/8" (13 cm)	18" (45.7 cm)
12 months 19-24 lbs.	to 22" (55.9 cm)	20" (50.8 cm)	21" (53.3 cm)	7 1/2" (19.1 cm)	8 1/4" (21 cm)	2 1/2" (6.4 cm)	3 1/4" (8.3 cm)	7 1/2" (19.1 cm)	3 3/4" (9.5 cm)	7 1/4" (18.4 cm)	5 1/8" (13 cm)	19" (48.3 cm)
2	21" (53.3 cm)	20" (50.8 cm)	22" (55.9 cm)	8 1/2" (21.6 cm)	8 3/4" (22.2 cm)	2 3/4" (7 cm)	3 1/4" (8.3 cm)	8 1/2" (21.6 cm)	4 1/4" (10.8 cm)	7 1/2" (19.1 cm)	5 1/4" (13.3 cm)	19" (48.3 cm)
3	22" (55.9 cm)	20 1/2" (52.1 cm)	23" (58.4 cm)	9" (22.9 cm)	9 1/4" (23.5 cm)	3" (7.6 cm)	3 1/4" (8.3 cm)	9 1/2" (24.1 cm)	4 3/4" (12.1 cm)	7 3/4" (19.7 cm)	5 1/4" (13.3 cm)	19 1/2" (49.5 cm)
4	23" (58.4 cm)	21" (53.3 cm)	24" (61 cm)	9 1/2" (24.1 cm)	9 1/2" (24.1 cm)	3" (7.6 cm)	3 1/2" (8.9 cm)	10 1/2" (26.7 cm)	5 1/2" (14 cm)	8" (20.3 cm)	5 1/2" (14 cm)	19 1/2" (49.5 cm)
5	24" (61 cm)	21 1/2" (54.6 cm)	25" (63.5 cm)	10" (25.4 cm)	9 3/4" (24.8 cm)	3 1/8" (8 cm)	3 1/2" (8.9 cm)	11" (27.9 cm)	5 1/2" (14 cm)	8" (20.3 cm)	5 1/2" (14 cm)	
6	25" (63.5 cm)	22" (55.9 cm)	26" (66 cm)	10 1/2" (26.7 cm)	10 1/4" (26 cm)	3 3/8" (8.6 cm)	3 1/2" (8.9 cm)	11 1/2" (29.2 cm)	6" (15.2 cm)	8 1/2" (21.6 cm)	5 1/2" (14 cm)	
7	26" (66 cm)	22 1/2" (57.2 cm)	27" (68.6 cm)	11 1/2" (29.2 cm)	10 3/4" (27.3 cm)	3 1/2" (8.9 cm)	3 3/4" (9.5 cm)	12" (30.1 cm)	6" (15.2 cm)	8 3/4" (22.3 cm)	5 3/4" (14.6 cm)	
8	27" (68.6 cm)	23" (58.4 cm)	28" (71.1 cm)	12 1/2" (31.8 cm)	11" (27.9 cm)	3 5/8" (9.2 cm)	3 3/4" (9.5 cm)	12 1/2" (31.8 cm)	6 1/4" (15.9 cm)	9" (22.9 cm)	5 3/4" (14.6 cm)	
10	28 1/2" (72.4 cm)	24" (61 cm)	30" (76.2 cm)	14" (35.6 cm)	11 1/2" (29.2 cm)	3 3/4" (9.5 cm)	4" (10.2 cm)	13 1/2" (34.3 cm)	6 1/2" (16.5 cm)	9 3/8" (23.8 cm)	6" (15.2 cm)	
12	30" (76.2 cm)	25" (63.5 cm)	32" (81.3 cm)	15" (38.1 cm)	12" (30.1 cm)	4" (10.2 cm)	4" (10.2 cm)	15" (38.1 cm)	7" (17.8 cm)	9 3/4" (24.8 cm)	6" (15.2 cm)	

Misses's Size	Bust	Waist	Hip	Back Waist Length	Across Back	Shoulder	Neck	Sleeve Length to Underarm	Armhole Depth	Upper Arm Circumference	Wrist Circumference
6	30 1/2" (77.5 cm)	23" (58.4 cm)	32 1/2" (82.6 cm)	15 1/2" (39.4 cm)	13 1/2" (34.3 cm)	4 3/4" (12.1 cm)	4" (10.2 cm)	16 3/4" (42.5 cm)	7" (17.8 cm)	9 3/4" (24.8 cm)	6" (15.2 cm)
8	31 1/2" (80 cm)	24" (61 cm)	33 1/2" (85.1 cm)	15 3/4" (40 cm)	13 1/2" (34.3 cm)	4 3/4" (12.1 cm)	4" (10.2 cm)	16 3/4" (42.5 cm)	7" (17.8 cm)	9 3/4" (24.8 cm)	6" (15.2 cm)
10	32 1/2" (82.6 cm)	25" (63.5 cm)	34 1/2" (87.6 cm)	16" (40.6 cm)	14" (35.6 cm)	5" (12.7 cm)	4" (10.2 cm)	17" (43.2 cm)	7 1/2" (19.1 cm)	10 1/4" (26 cm)	6 1/4" (15.9 cm)
12	34" (86.4 cm)	26 1/2" (67.3 cm)	36" (91.4 cm)	16 1/4" (41.3 cm)	14 1/2" (36.8 cm)	5" (12.7 cm)	4 1/2" (11.4 cm)	17 1/2" (44.5 cm)	7 1/2" (19.1 cm)	10 1/2" (26.7 cm)	6 1/4" (15.9 cm)
14	36" (91.4 cm)	28" (71.1 cm)	38" (96.5 cm)	16 1/2" (41.9 cm)	15" (38.1 cm)	5" (12.7 cm)	5" (12.7 cm)	17 3/4" (45.1 cm)	7 1/2" (19.1 cm)	11" (27.9 cm)	6 1/2" (16.5 cm)
16	38" (96.5 cm)	30" (76.2 cm)	40" (101.6 cm)	16 3/4" (42.5 cm)	15 1/2" (39.4 cm)	5 1/4" (13.3 cm)	5" (12.7 cm)	18" (45.7 cm)	8" (20.3 cm)	11 1/2" (29.2 cm)	6 1/2" (16.5 cm)
18	40" (101.6 cm)	32" (81.3 cm)	42" (106.7 cm)	17" (43.2 cm)	16" (40.6 cm)	5 1/4" (13.3 cm)	5 1/2" (14 cm)	18 1/4" (46.4 cm)	8" (20.3 cm)	12" (30.1 cm)	6 1/2" (16.5 cm)

TUTORIAL INSTRUCTIONS FOUND ON INTERNET

PLEATED <http://www.simplymodernmom.com/2010/07/pleated-bow-pillowcase-dress-tutorial/>

And <http://www.sugarbeecrafts.com/2011/03/march-pillowcase-dress-st-patricks-day.html>

HOW TO SEW SEAMLESS BAND <http://www.sewsimple.tv/2008/05/pillowcase-dress.html>

SHIRRED (SEWING WITH ELASTIC THREAD) <http://www.sugarbeecrafts.com/2010/05/shirred-pillowcase-dress-tutorial.html>

A LINE WITH RUFFLE <http://www.polkadotchair.com/2010/06/tuesday-tutorial-fat-quarter-baby-dress.html>

PDF PILLOWCASE INST. <http://www.susiescountrygarden.com/>

SERVICE OPPORTUNITY http://www.littledressesforafrica.org/blog/?page_id=477

DOUBLE LAYER TOP <http://fromanigloo.blogspot.com/2010/05/playful-days-double-layer-top-or-dress.html>

WAISTBAND TO A DRESS <http://www.polkadotchair.com/2011/01/finding-fabric.html>

PEASANT DRESS WITH SLEAVES <http://sewingmamas.com/b/downloads.php?do=file&id=64>

TIERED DRESS <http://www.polkadotchair.com/2010/06/tuesday-tutorial-tiered-pillowcase.html>

RUFFLED HEM <http://alittleloveliness.blogspot.com/2009/05/make-pillowcase-dress.html>

FREE PILLOWCAS PATTERNS

[http://sewing.about.com/od/pillowcasedresses/Free Patterns and Directions to Sew Pillowcase Dresses and More.htm](http://sewing.about.com/od/pillowcasedresses/Free_Patterns_and_Directions_to_Sew_Pillowcase_Dresses_and_More.htm)

BABY BOXER//SHORTS <http://nicollesoriginals.blogspot.com/2009/10/free-pattern-baby-boxers-trim-shorts.html>

BABY PATTERNS <http://www.make-baby-stuff.com/baby-clothes-patterns.html>

DIAPER COVER <http://www.dana-made-it.com/2008/07/tutorial-perfect-diaper-cover.html>

PILLOWCASE DRESS <http://littlezardking.blogspot.com/2010/02/pillow-case-dresses-diy.html>

