

patterns by **made**

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Made from a Thrifted T-Shirt
In Sizes: 6-12 Months and 3-4 Years

PATTERN INSTRUCTIONS

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THE WARHOL DRESS

A simple girl's dress is one of my favorite things to make. It comes together quickly, it looks darling, and if I can make it from a man's T-shirt, even better! This pattern design is great because you can adapt it in many ways. Soon you'll be using it to make shirts, tiered dresses, you'll try it out in cotton, hey.....you may even make a tank version for yourself?!

Amore Italiano



FOR THIS DRESS YOU NEED:

- ONE man's T-shirt
- Small amount of knit fabric for the Warhol Banana or Italy cutout
- Small amount of knit from another T-shirt for neck yoke (only if you choose to make a contrasting yoke, as in the *Amore Italiano* dress)
- Freezer paper and small amount of fabric paint



THE WARHOL DRESS

FABRIC CHOICES:

- **Men's T-shirts** work best for this project because you can use the hem of the T-shirt as the hem of your dress. If you find a shirt with a cool printed design on the front, you can incorporate that as part of your dress. Or, as I did here, solid colored shirts work best because they give you more options
- **Knit fabric** works the same as a T-shirt. You will likely only need ½ yard to ¾ yard. Once you cut out the pattern pieces you can measure how much you'd like.
- **Cotton fabrics** (printed, seersucker, shirting) would be very cute on this dress. Note: you do NOT need a serger for this project, *but* if you don't have one and choose to use cotton fabric.....you need to extend each arm hole ¼ inch, so you can fold it over twice as your iron (more info later).
- **Make sure you Wash/Dry** all fabrics and T-shirts before getting started.



This document provides pattern instructions for making the Warhol Dress. In the other document are all the printable pattern pieces and stencils. All you need to do is print and piece the pattern together.

But, should you ever want to create your own pattern or make a different size, here's how I created the original pattern pieces.

Some of you email me saying, *"help! I need to make a baby dress but I don't have any babies at home, so I'm not sure what size to do."*

Don't fret! You have Pattern-Making options:

- **Save clothing along the way.** Often when my kids have grown out of something, I keep a few of those items in a drawer, so they're always on-hand when I need to make a pattern or a baby gift. If you're still in the baby stage, start doing this so you're prepared for future projects.
- **Borrow a shirt as your guide.** If you're babies are gone.....borrow an item of clothing from a friend or....go to your local Target/Walmart and buy a simple shirt or dress in the size you need. Use that as a measurement guide so you know how wide to make the dress, how long the armholes should be, etc. If you're just using this as a reference, you can return it to the store when you're done.

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To create the 6-12 month size pattern, I used an old tank top my daughter used to wear. I laid it on the T-shirt, adding extra length to the bottom, since this is a dress and not a shirt. I used a marker to trace around the shirt, adding an extra ½ inch everywhere for seams and created an A-Line for the dress. To make the dress symmetrical, I traced one side, cut, then folded it in half and traced the other side. Do this for the front and back of your dress. If you're unsure about tracing directly on to your T-shirt, trace first on scrap fabric, pattern making fabric, or paper. I'm usually anxious to get started, so I draw directly on to my fabric. But there's definitely more room for error that way!



When figuring out the length of the neck, I measured from the top of the old tank shoulder, around the neck and over to the other shoulder top. Then I added a few more inches or so, since I knew this part would be gathered.



Again, We've provided the pattern pieces for you, so you don't even have to do this part but now you know how to make your own next time around. You can also read more about Pattern Making on the MADE website (www.dana-made-it.com) Just look in the Tutorials tab at the top.

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Okay, now we're really ready to start cutting and to get sewing! **The pattern pieces for the dress are found in the OTHER DOCUMENT.**

PRINTING AND READING the pattern:

- **there are 3 pages to the pattern.** All three pages are full size as you see them on a normal 8 ½ x 11 inch page. If you are printing in another country, you may need to adjust or shrink the print size a tad to make it fit on your paper standard.
- **Print each page and tape them together** where the arrows and letters correspond. The lines should match up well. Do not overlap the pages; place them right next to each other and tape.
- **There are two dress sizes** on the pattern. The large size is 3-4 years, the small is 6-12 months.

*(if you need to **ADJUST the pattern size**, refer to the pattern making info above or use our pattern pieces to help extend or shorten as you would like. We do not provide specific instructions here for all sizes but **trust your skills and gut. You can make adjustments! You can make it work! Making our own adjustments builds sewing confidence**)*

- **There are measurements printed on all sides of the pattern piece.** You don't really need these but I've provided them simply for reference or if you're printing on a different size paper and would like to know the exact size. The measurements are from one line (whether curved or straight) all the way to another line.
- **The dots on the pattern** indicate where you will start and stop gathering the collar.
- **The "FOLD" line** should be placed on the fold of your shirt (just as shown above in my pattern making section)
- **The pattern is meant to use the existing hem of your T-shirt** for length, meaning, you will not need to hem your dress when finished. Just lay the bottom of the pattern at the bottom of your T-shirt. *If you choose NOT to use the T-Shirt hem or if you make this from other fabric, keep this in mind, as you will need to add additional length to the dress for a hem.*

Phew. That was a lot of info.

Okay, print off your pattern pieces, tape them, cut out the pattern, lay it at the bottom of your shirt (with your shirt folded, so that the "FOLD" is on the fold of your shirt), trace, and cut! You need to cut an identical FRONT and BACK for your dress.

And now we're really ready to start sewing.

We'll start with the armholes.

If you have a serger, serge around each arm hole. If you don't have a serger, you can zigzag your arms or just leave them raw. Since we're sewing with knit, the edges won't fray (but a serged edge looks a bit nicer and polished). **If you're making this dress with cotton fabric or other fabric that will fray, you definitely need to serge or zigzag the edge.**

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If you don't have a serger, you'll need to extend the armholes $\frac{1}{4}$ inch before you cut out, so you can fold and iron that over before continuing to the next step.

Once your armholes are serged, iron them over about $\frac{1}{4}$ inch, just enough that the serged edge is folded over.



It should look like this when you're done:



Then sew the edge of each armhole down with a Top Stitch. I like mine close to the edge, about $\frac{1}{8}$ inch or $\frac{1}{4}$ inch from the edge:



and now you're ready to gather the neck.....

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Mark with a straight pin or draw a little marker dot on your fabric where the neck gathering should start and stop. This is indicated with a black dot on the pattern.

Gathering is simple to do. Put your machine on the longest stitch (mine is a 5) and put your tension as tight as it can go. *You don't need to do these to gather, but it speeds up the process a bit.*

Start at the dot indicated, about $\frac{1}{4}$ from the edge of the fabric. Do not do a back and forth (start and stop stitch) at the beginning. Sew a line all the way down till you get to the other dot indicated (*DO NOT do a back and forth stitch at the end either and leave the threads long when you cut them*). Then $\frac{1}{4}$ inch over from that first line, sew another line, exactly the same. Yes, you can do gathering with one line, but two lines gives you more stability and in case one of the threads breaks as you're gathering, you've got another to back you up! **MAKE SURE YOU DON'T CROSS THE LINES** or the gathering won't work.



When you've finished sewing both lines, you're ready to gather the fabric. Take two threads (either the two on the top, or the two on the bottom but make sure you stick with the same side as you gather) and start pulling and shifting your fabric:



Continue pulling strings, pushing fabric over, and do your best to even out the gathered look so that there aren't huge bunches here and there. You want it to look as evenly spread as possible. When you're done, the neck from one shoulder end to the shoulder end should measure:

SMALL DRESS: 6 inches (15.5 cm) LARGE DRESS: 8 inches (20.5 cm)

THE WARHOL DRESS

And it should look something like this:



Okay, let's sew your appliqué to the front. The freezer paper technique and pattern will be shown later in the pattern. But for now we'll show you how to sew it on and finish up the dress.

I made my Banana image on a piece of Knit fabric (scraps from another T-shirt). When sewing knits on to another fabric, it's easy for the knit to become stretched or bunch up in spots. A good way to combat this is by using a non-stretch fabric under it. A wonderful item (available in most craft stores) is **Wonder Under**. It looks similar to white interfacing. You can buy it by the yard, or in packages. Iron it on to your fabric, then you can iron that entire piece on to your dress before sewing it in place. This is probably the best route to go. **BUT....if you're anxious (or lazy?) like me**, you improvise with what you have lying around. And so, I put a simple piece of yellow cotton fabric under my knit banana image and cut a rectangle of both fabrics at the same time. Then I positioned it on the FRONT of my dress, pinned it down and started sewing around the rectangle.



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Sew the image on to your dress about ¼ inch from the edge of the yellow fabric. As you're going, don't tug at the fabric. Go slowly, and stop every so often to lift your presser foot and make sure the fabrics are lying flat and not bunching up.



For a stylized look, sew another line ¼ inch over from the first one. And then sew around the outside of the banana image, so there aren't any bubbles in the rectangle. You may prefer to sew around the banana first and then sew around the rectangle (if things feel like they're shifting). Do it once and decide which works best for you for the next time.



When you're done, make sure you iron over the top of your painted image to *Heat Set* the image. **THIS IS AN IMPORTANT step** when using fabric paints. Read the instructions on your paint bottle for additional info. If you don't do this step, the paint will fade the first time you wash it. I usually place a dishcloth over my image before ironing but this time I did it right on top of the paint and it worked fine.



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Now, let's sew the sides of your dress together. With rights sides of the FRONT and BACK together, pin down the sides and sew them together. Serge off the edges, do a zigzag stitch, or just leave it raw. If you have a small side-tag, insert it into the side seam now.



Now for the final step! Let's make and sew the Yoke of the dress.

You can make this out of the same T-shirt fabric of your dress, you can use fabric from another T-shirt (as I did with the *Amore Italiano* dress), or use any fabric you'd like!



Start by cutting two strips of fabric in these dimensions (if you're not using a T-Shirt, you can probably cut this one long strip, just double the dimensions below).

SMALL DRESS: 23 x 2.25 inches (58 x 6 cm)

LARGE DRESS: 26 x 2.5 inches (66 x 6.5 cm)

These can definitely be adjusted to whatever size you'd like. The finished yoke on these ends up being about 1 inch wide on the front and 1 inch wide on the back, with an additional $\frac{1}{4}$ inch ironed under on each side. The length is longer than your finished tie will be but I like to sew it on first, tie the bow, and then decide how long I want the strings to be.

THE WARHOL DRESS

So, cut your strips, sew the strips together at one end so you have one long, continuous strip.



Fold your strip in half and iron all the way down. Then open it up and iron each side under, appx ¼ inch. This is very similar to making bias tape. Normally I would iron under more than ¼ inch because it's just easier to do (and in these photos I actually did). But you want to keep the fabric layering to a minimum. You don't want the yoke to be too bulky or it will be hard to tie the bow at the end. So just do iron under a small ¼ inch.



When you're done you should have a nice long, ironed strip like this:



THE WARHOL DRESS

With the yoke prepared, let's sew it to your dress. Make sure your gathering is in the position you'd like, that's it's evenly spaced. Decide how far apart you'd like the shoulder area to be. If you have an existing shirt you're using as a guide, use that for measurement. If not, these are the measurements I used. This is the distance of the shoulder yoke, that goes between the front dress piece and back dress piece (the shoulder that does NOT tie in a bow). **For both size Dresses: appx 2.5-3 inches (6.5 – 7.5 cm)**



Then, starting slightly over from the middle of your yoke strip, you're going to sandwich the neck right inside of the yoke. You want to start about 1 ½ inches over from where you sewed the two long strips together, so that the seam is in the middle of the shoulder. Do the front of the dress first and pin the yoke down, all the way around the neck.



Leave your 2 ½ to 3 inches of space for the shoulder and then continue sandwiching the back neck area and pinning the yoke down.



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Before sewing your yoke in place, tie the other shoulder in a bow and see where you'd like it positioned. I did not tie mine directly on top of the shoulder, but over on to the front slightly so that it will lay flatter on a child's body. When you have the bow where you'd like it, trim the ends of each string so they are as long or short as you'd like them. To finish off the ends of each string you can fold the ends inside of the yoke (for a nice finish) or just sew them down (which is what I did). Since this is knit, it's not obvious if your edges are left raw.

Then, sewing about ¼ inch from the edge of the yoke, start at the very end of the yoke (the string end) and sew all the way around to the other end, sewing it right on to your dress.



And....YOU'RE DONE!!



THE WARHOL DRESS

Now, about the Freezer Paper stenciling.....

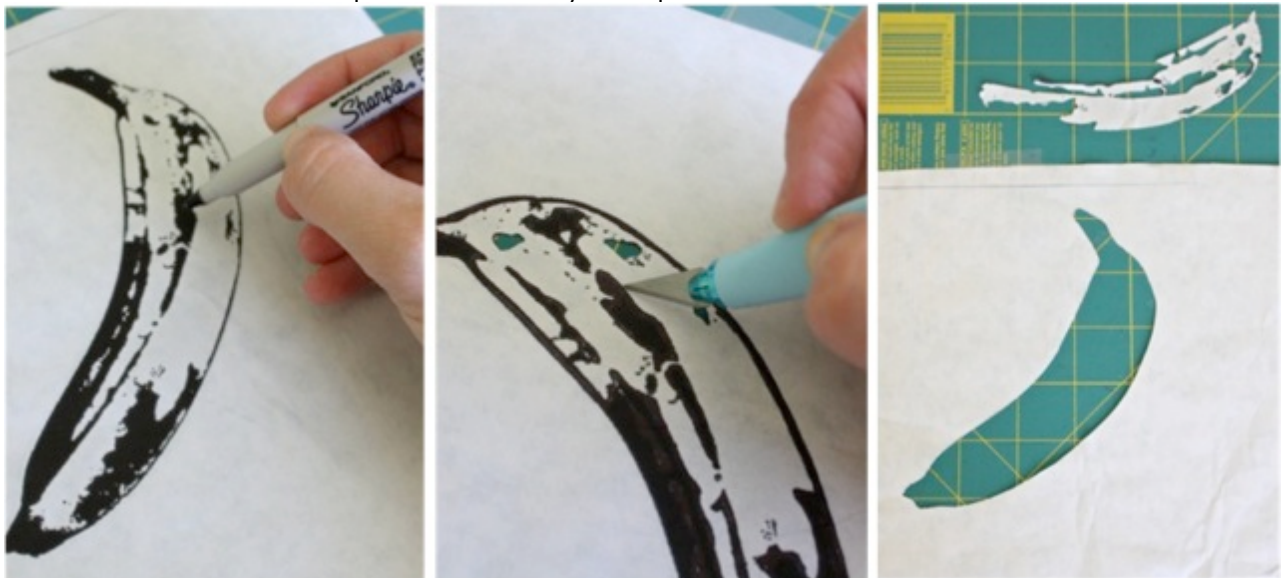
You can find more detailed info (with info about types of paint to use, etc) on the MADE site: www.dana-willard.com, in the TUTORIAL tab at the top.

For the banana image on this dress, I was inspired by the famous Andy Warhol artwork on the Velvet Underground album cover.



Print the banana image DIRECTLY on to your Freezer paper (cut/tear a sheet that's similar to normal paper and feed it through your printer). The image needs to be printed on the DULL side of the paper. **The banana pattern image is found in the pattern piece document, along with the dress pieces.**

Since the image is very detailed, it would be hard to cut out every single spot and crevice, so.....I used a Sharpie marker to outline and soften some of the edges. This helps to mark where I'm going to cut with my craft knife. Place your freezer paper on to a cutting mat, tape it down on each side (makes it easier to cut) and then start cutting. Start with the smallest parts of the banana first, the little black areas. You'll end up with an empty banana outline and a few pieces which you'll place back inside the banana.



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When your stencil is ready, iron it on to a piece of fabric. I used a scrap piece from another T-shirt I'd cut up. Make sure the image is ironed on well and that you've sealed all the edges (so no paint seeps out). Iron the other banana pieces inside. Reference the original picture for placement.



Place a piece of paper under your fabric and, using fabric paint, paint directly on to the stencil. Be careful not to paint too far out and onto the outer fabric. And don't pull the fabric as you go, this will cause your fabric to stretch beneath the stencil.



Let the paint dry (if you're anxious, you can use a blow dryer to speed up the process). Then peel off the paper (this is the fun part!) and admire your image! Now you're ready to use in the steps above for appliqué on to your dress.



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For the *Amore Italiano* Dress I did something even easier than a freezer paper stencil.... I simply traced a map and sewed it on top.

This is a fun way to showcase a place you love, or a place you're traveling to. My husband and I are traveling to Italy soon and I've been trying to help our 4 year old understand where we're going on the world map. Now when she sees that Italy boot, she'll know where mom and dad are! Find a map you like or use the Italy map (found in the pattern pieces document). I enlarged the image to make the boot even larger on the dress.

Once you've printed and cut out your paper map, trace that onto T-shirt fabric, place a piece of non-stretch fabric under it or *Wonder Under* (as described earlier) and cut out the map. Then pin and sew the map right on to the dress. Sew two lines of stitching for decorative look. And add a heart over your favorite city. Ciao Bella!



Enjoy your Warhol Dress! As always, I look forward to your variations on it.

When you're done, please upload your pictures to the **YOU MADE IT** flickr group here:
<http://www.flickr.com/groups/1107392@N23/pool/>

Please see our other attachment for the printable pattern pieces and stencils.

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THE **WARHOL DRESS**



PRINTABLE PATTERN PIECES

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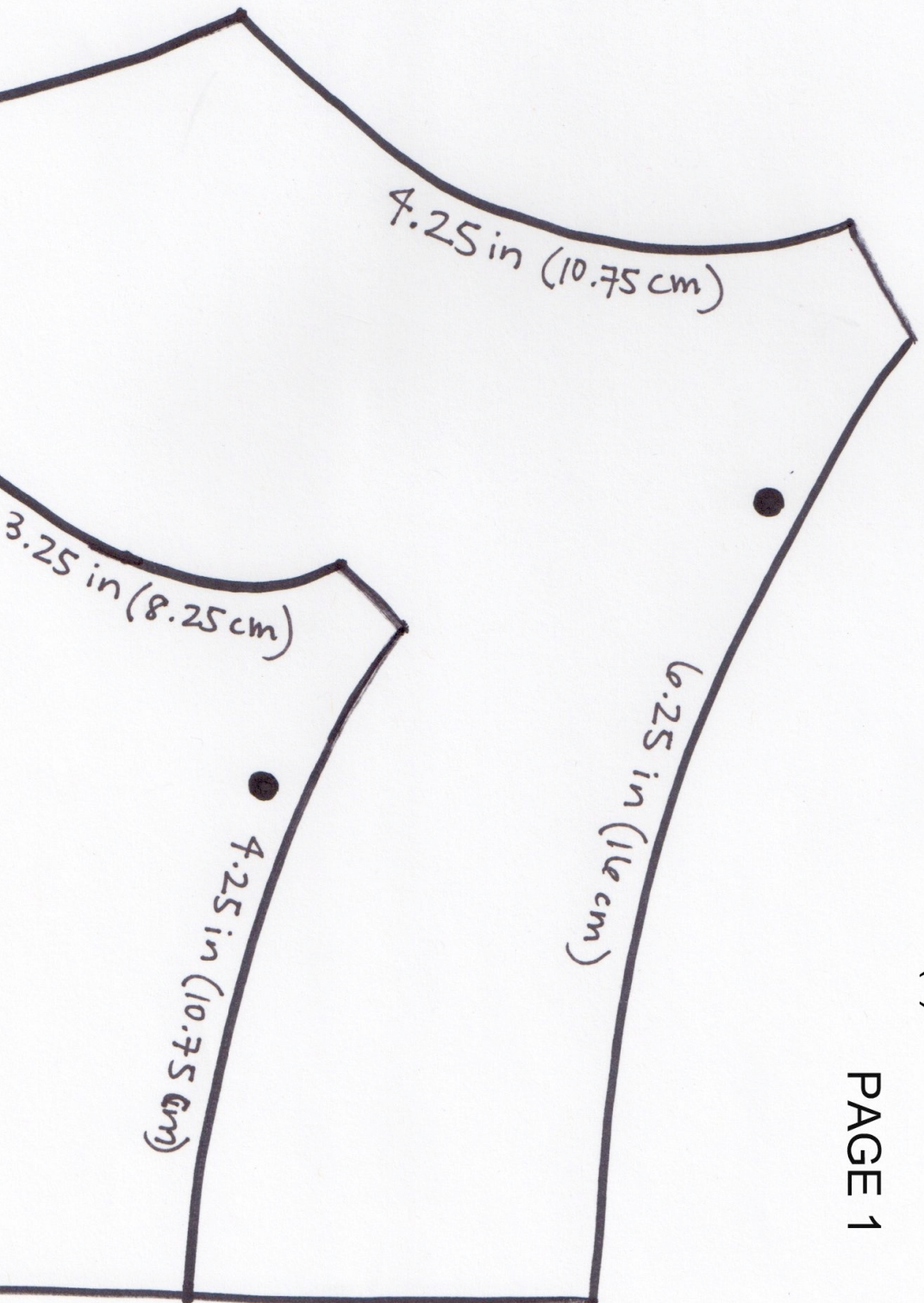
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Large Dress: Size 3-4 Years

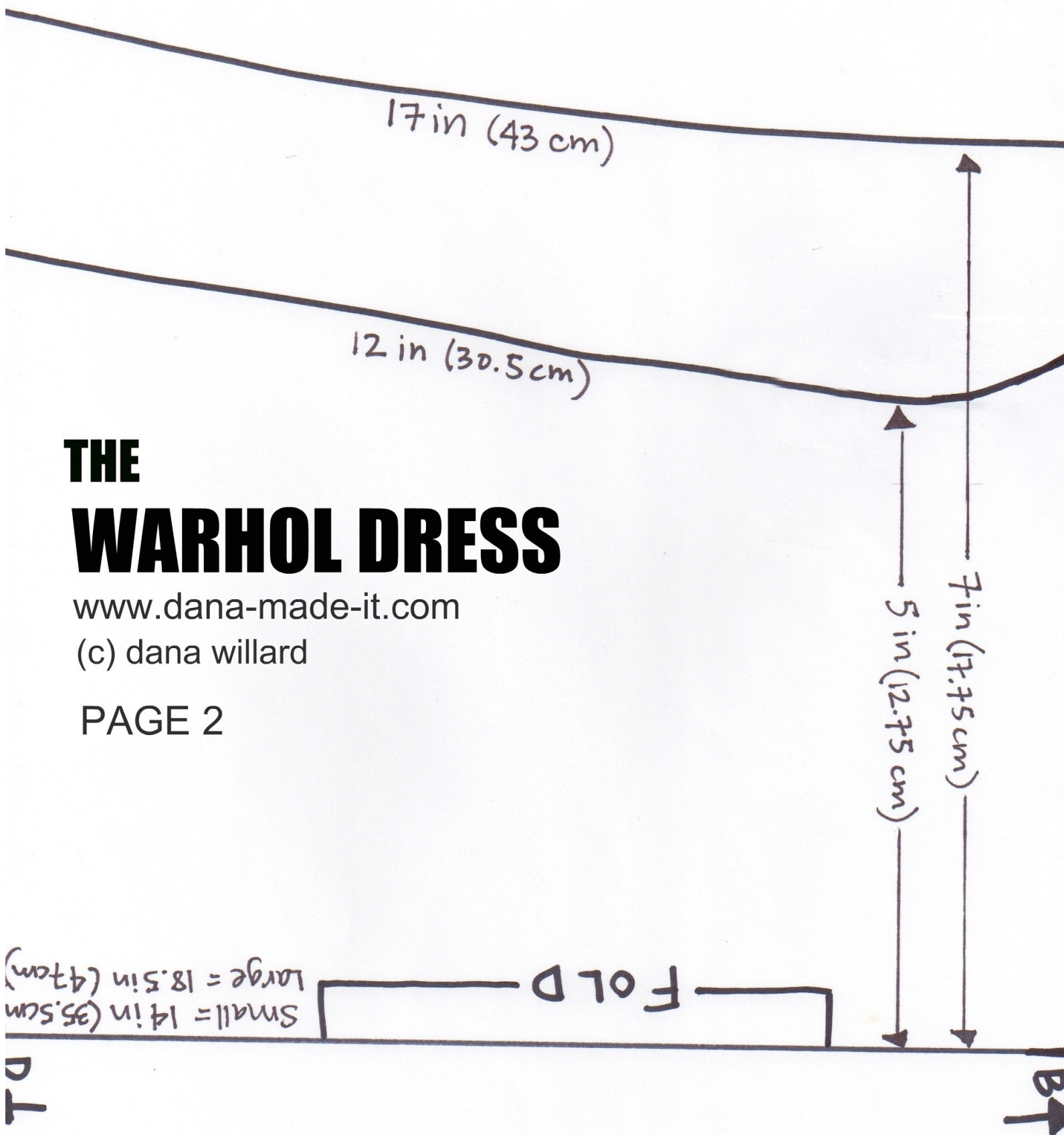


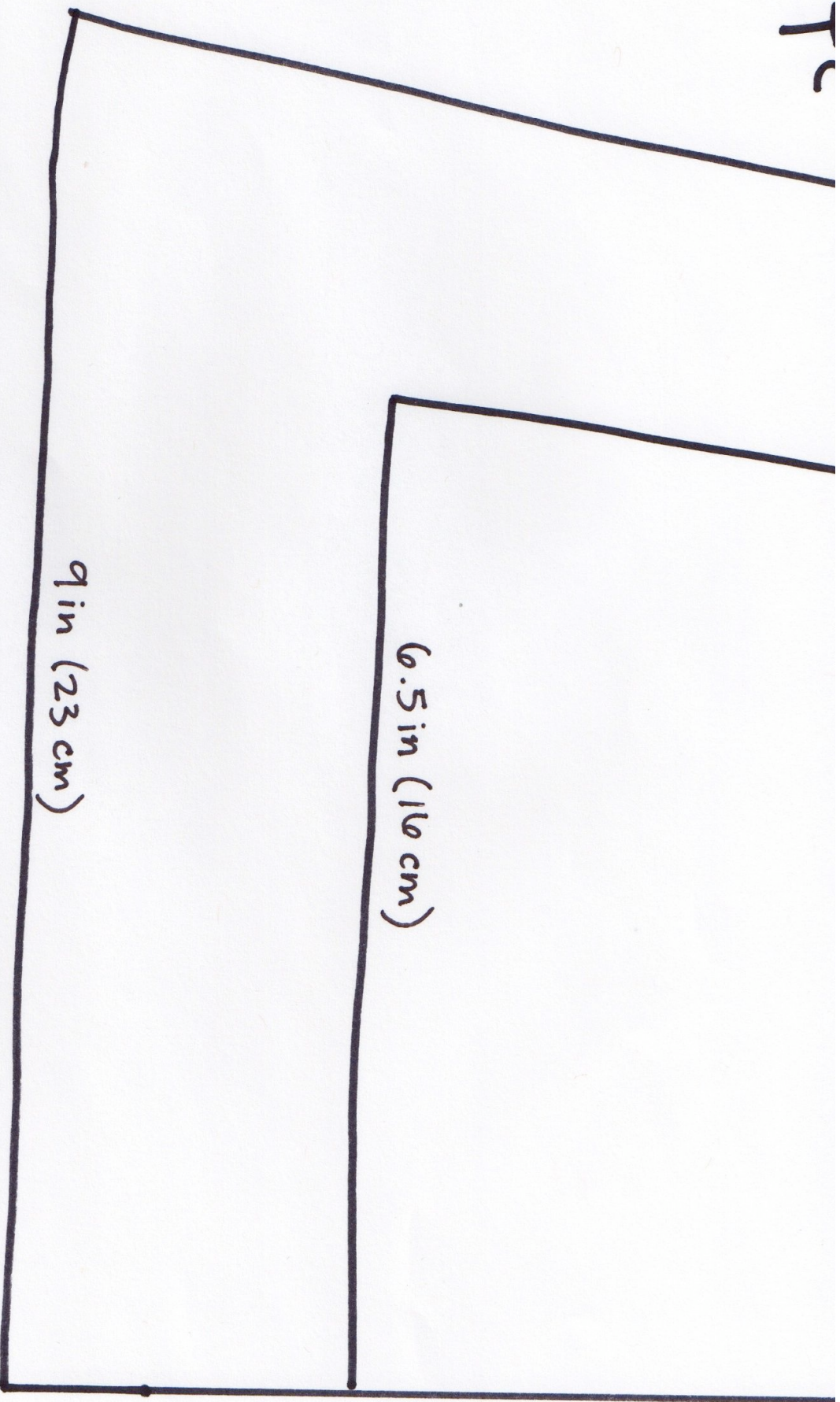
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