



REVERSIBLE BLOUSE & DRESS
www.carinagardner.com

patterns

reversible blouse & dress pattern



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Do Not Duplicate

GETTING STARTED

- + Read through the entire pattern before beginning
- + Preshrink fabric (wash, dry, and iron)
- + Change the thread on the machine to match the fabric sewn
- + Illustrations not always to scale
- + **Seam allowances are included in the pieces in this pattern.**
- + **All seams are 1/2" unless otherwise noted!**

MATERIALS LIST

Basic Blouse and Dress Fabric Measurements

SIZE (See size chart in next column)	BLOUSE		DRESS	
	fabric	lining	fabric	lining
EXTRA SMALL (XS) approximately girl sizes 2T-3T	3/4 yd	3/4 yd	1 yd	1 yd
SMALL (S) approximately girl sizes 4T-5T				
MEDIUM (M) approximately girl size 6				
LARGE (L) approximately girl size 7				
EXTRA LARGE (XL) approximately girl size 8				

+ Yardage and Cutting Layout based on 44" width cotton fabric.

EMBELLISHMENTS	
REVERSIBLE RUFFLE	3/8 yd
SASH	1/2 yd
BUTTON RUFFLE	2" x 5.5" piece for fabric 1 & 7" x 8" for the ruffle fabric 2 buttons
3" BOTTOM ADD-ON	1/8 yd of fabric and 1/8 yd of lining
FELICITY FLOWER	please see free download at www.carinagardner.com

LEGEND

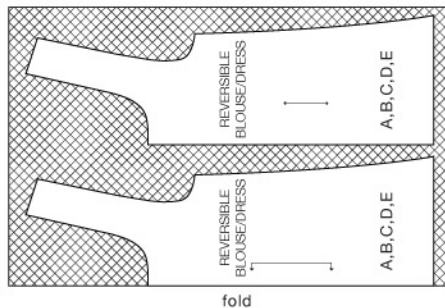
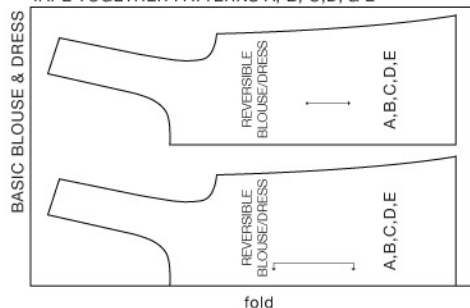


CUTTING LAYOUTS

Helpful Tools

Pins, scissors, thread, iron, seam ripper, and hand-sewing needles

TAPE TOGETHER PATTERNS A, B, C, D, & E



HOW TO MEASURE FOR THE CORRECT SIZE

- Chest: Measure around chest just under arms across shoulder blades with arms relaxed down at sides.
- Coat/Dress Length: Measure from the highest point of the shoulder down.
- Height: Measure from top of head down standing barefoot on a hard flat surface with normal posture.
- Hips: Measure around fullest part of body at the top of legs with feet together.
- Waist: Measure around natural waistline which appears as crease when bending to one side.

CHILD SIZE CHART*

Actual Child Sizes not Dress/Pattern Sizes

SIZE		CHEST	HEIGHT	WAIST	HIP
EXTRA SMALL (XS)	2T-3T	21"-22"	35"-38"	20"-20.5"	---
SMALL (S)	4T-5T	23"-24"	41"-44"	21"-21.5"	24"-25"
MEDIUM (M)	6	25"-25.5"	46"-48"	22"-22.5"	26"-26.5"
LARGE (L)	7	25.5"-26"	49"-50"	23"-24"	27"
X-LARGE (XL)	8	27"-28"	52"-55"	24.5"-25.5"	28"

* Sizes are approximate. Adjust the pattern to fit the child by measuring the child using the "measurement" chart at the bottom of column 1 and this sizing chart. Choose based on these sizing charts, not by age or commercial clothing sizes. These sizes are ACTUAL measurements based on standard child sizes. Easy adjustments can be made for wide or slim children by choosing the size based on the waist but then using the length from a larger or smaller size. Example, a slim tall child might fit best with a Medium width and a Large length.

ABOUT THIS PATTERN

This simple pattern was created with the beginning sewer in mind. The pattern does not require buttons or a zipper and is simple to make. Use the BASIC BLOUSE AND DRESS INSTRUCTIONS to create the base of the outfit. There are several embellishment options for the more advanced sewer.

Please read the instructions all the way through and choose the embellishments for the blouse or dress **in advanced** so that you will be able to correctly use the additional steps for the embellishments.

The "lining" can be any 100% cotton contrasting fabric.

When printing the patterns do not choose the "fit to page" option. Your pattern will be too small. Instead choose "do not scale."

Please note that the embellishment measurements are approximate and may need to be adjusted to fit the size of outfit you are sewing.

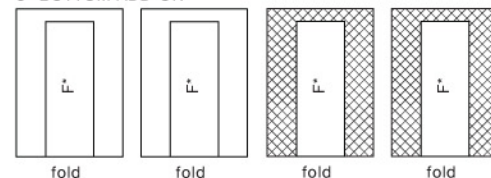
REVERSIBLE RUFFLE — Cut out two pieces 6" x 30" (or length of fabric for fuller ruffle).

SASH — Cut out two pieces 4" x 43" and four pieces of 4" x 15"

BUTTON RUFFLE — Cut out 2" x 6" piece for fabric 1 & two 4" x 8" for ruffle fabric 2

FELICITY FLOWER — (See free downloadable at carinagardner.com)

3" BOTTOM ADD-ON



* Cut the 1/8 yard of fabric in half (creating two 4.5" x 21" pieces. Fold each of those pieces in half and place pattern F on the fold of each. Cut out two pieces for the 3" Bottom Add-On. Repeat with the lining.

BASIC BLOUSE & DRESS INSTRUCTIONS

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STEP 1 Cut out Paper Pattern

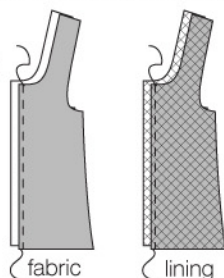
Cut out paper pattern pieces along the solid line of the selected dress size. (If you want all the sizes intact, cut out at the EXTRA LARGE size and fold it back to the size you will be making.) Tape together Patterns A, B, C, D, & E.

STEP 2 Cut out the Fabric and Lining

Cut out the blouse or dress and lining using the CUTTING LAYOUTS.

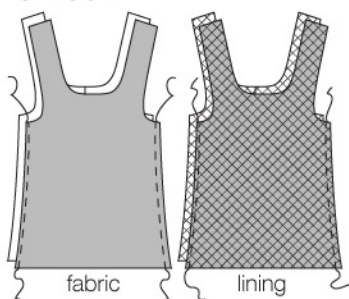
STEP 3 Sew Together the Back of the Blouse/Dress

Sew together the two back pieces of the blouse/dress by placing wrong-sides together. Sew along the straight edge. Press flat. Repeat with the lining.



STEP 4 Sew Together the Front & Back

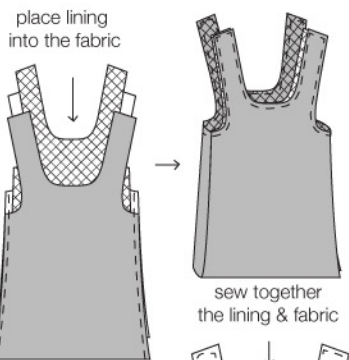
Sew together the front of the blouse/dress to the back of the dress by placing wrong-sides of the fabric together. Sew along both edges of the blouse/dress. Press the seams flat. Repeat with the lining.



STEP 5 Sew Together the Fabric & Lining

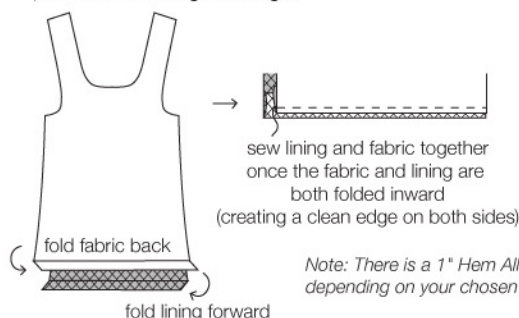
Place the lining blouse/dress inside the fabric blouse/dress with the piece being placed with right-sides together. The fabric will be wrong-side out and the lining will be right-side out. Pin together the neckline and ties of the blouse/dress. Sew along the edge.

Once sewn, turn it right-side out and press into place. Top-stitch along the edge of the neckline and ties to hold into place.



STEP 6 Hem

To make the blouse/dress reversible, turn the bottom of both the fabric and lining inward 1". Pin and press into place. Sew along the edge.



Note: There is a 1" Hem Allowance to make adjustments depending on your chosen length.

EMBELLISHMENT INSTRUCTIONS (see top, left-hand column)

FELICITY FLOWER

STEP 7 Make the Felicity Flower

After completing the blouse/dress, create a felicity flower using the yardage and instructions given at carinagardner.com. It is recommended to hot glue the flower to a safety pin or clip so the blouse/dress can be reversed out so that the flower can be used on the lining side of the outfit as well.

EMBELLISHMENT INSTRUCTIONS

To include these embellishments, insert the steps here after or during the steps indicated. Read through the embellishment steps before making the garment.

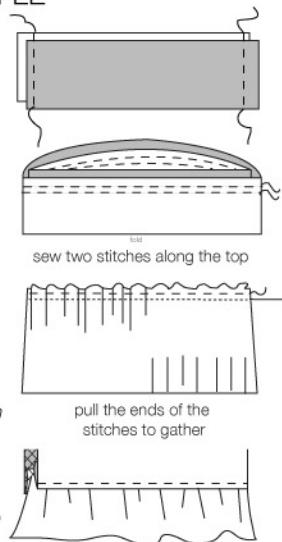
STEP 6A REVERSIBLE RUFFLE

Sew together the short ends of the two 6" x 43" pieces by placing wrong-sides together.

Fold in half the ruffle to double up the ruffle. Press.

Sew along the top unfolded edge with a gathering stitch. Gather the ruffle by sewing two stitches across the top of the fabric (unhemmed side). Gently pull the ends of both stitches to create a uniformed gather.

Place the ruffle BETWEEN the two folded in/hemmed bottom fabric and lining. Pin, press, and sew into place.



Note: Because there is fabric facing out on both sides of this ruffle, the outfit is still reversible. Embellish with different sizes of ruffles for fun. You may also need to shorten the length of the blouse/dress to accommodate for the extra length added by the ruffle. For example, for a 3" ruffle, shorten the blouse/dress by 3".

STEP 7 SASH

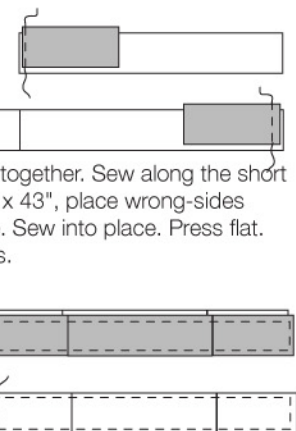
Note: The length of this sash is to tie a bow. Shorten for a sash with a knot.

After completing the blouse/dress, create a sash.

Place wrong-sides of one 4" x 43" piece and one 4" x 15" piece together. Sew along the short edge. On the opposite side of the 4" x 43", place wrong-sides together with another 4" x 15" piece. Sew into place. Press flat. Repeat with the last three sash pieces.

Sew together the two sash pieces by placing them together with wrong-sides out. Sew along the edge leaving one short edge unsewn.

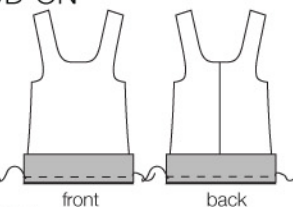
Turn the sash right-side out and press. Fold under the raw edge and top-stitch along the entire edge of the sash.



STEP 3A 3" BOTTOM ADD-ON

After sewing together the back of the blouse/dress. Place the piece cut from pattern F onto the bottom of the front and back of the blouse/dress. Place right-sides together and sew along the edge. Turn right-side out and press.

Repeat with lining. Continue to Step 4.



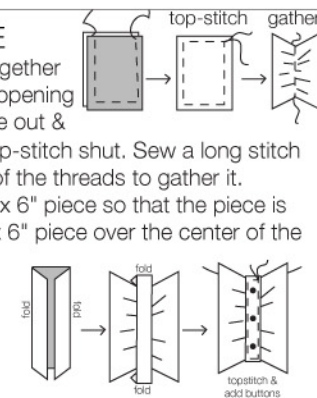
Note: Because of the added length of the add-on, adjust the length of the blouse/dress by shortening it 2-3 inches.

STEP 7 BUTTON RUFFLE

With wrong-sides together, sew together the two 4" x 8" pieces, leaving an opening on the short edge. Turn it right-side out & press. Fold in the raw edge and top-stitch shut. Sew a long stitch down the middle and pull on one of the threads to gather it.

Press 1/2" on either side of the 2" x 6" piece so that the piece is approximately 1" x 6". Lay the 1" x 6" piece over the center of the ruffle. Tuck the unsewn edges under the top and bottom of the ruffle. Pin it to the blouse/dress and sew along the 1" x 6" piece to secure the ruffle, center piece, and blouse/dress together.

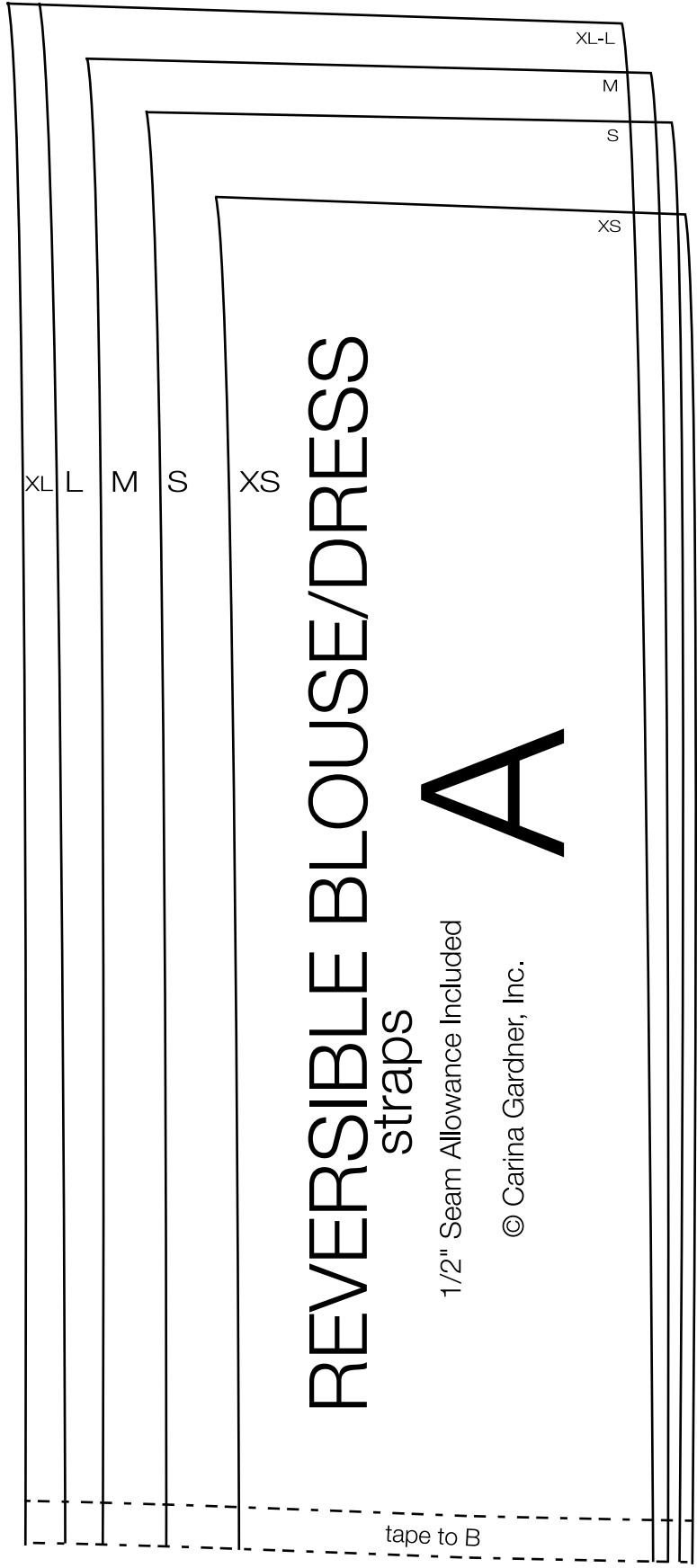
Hand sewn buttons to the center.





REVERSIBLE BLOUSE & DRESS PATTERN PIECES
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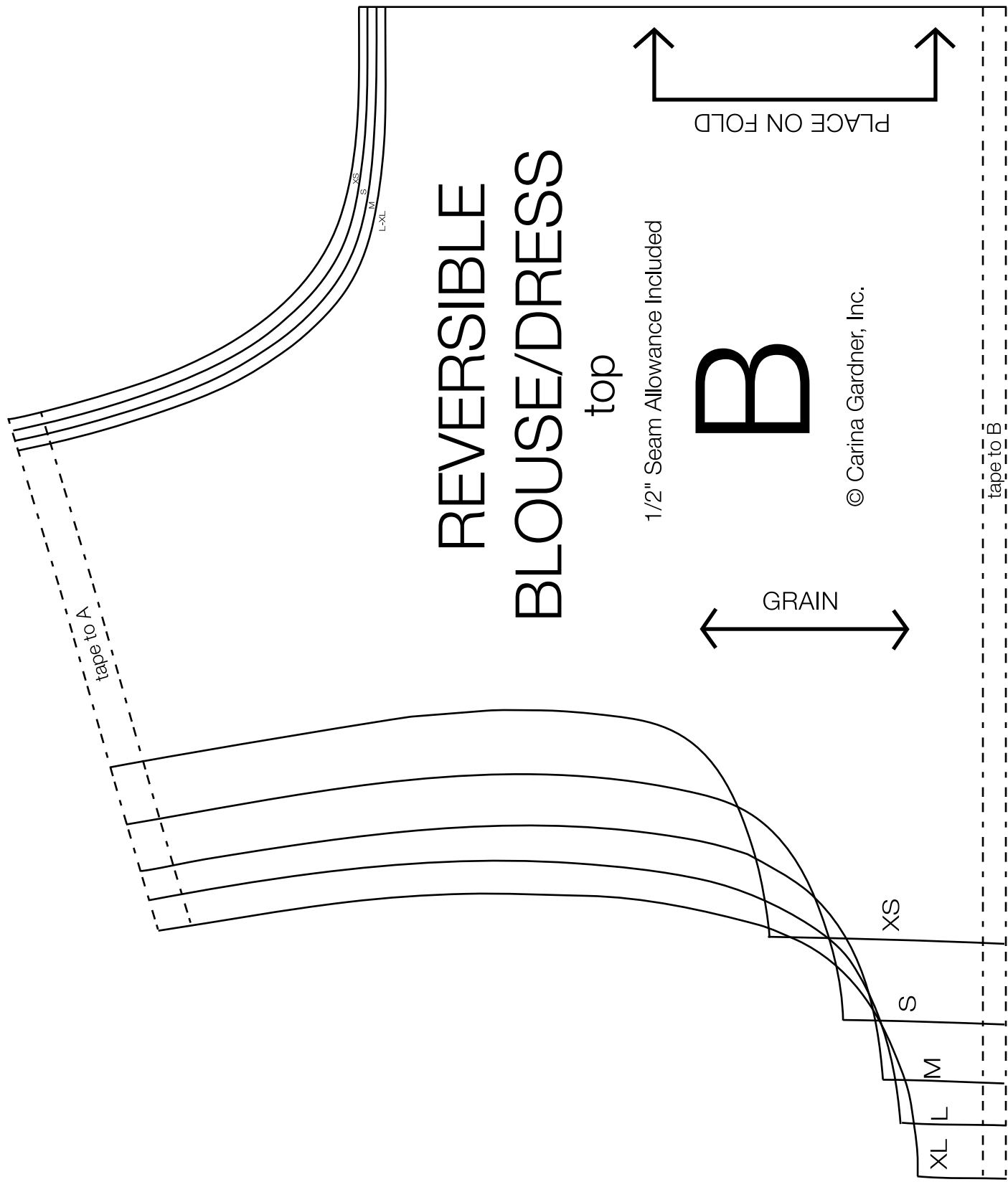
REVERSIBLE BLOUSE/DRESS

straps

1/2" Seam Allowance Included

© Carina Gardner, Inc.

tape to B



REVERSIBLE BLOUSE/DRESS

top

1/2" Seam Allowance Included

B

© Carina Gardner, Inc.

GRAIN

PLACE ON FOLD

tape to A

tape to B

XS

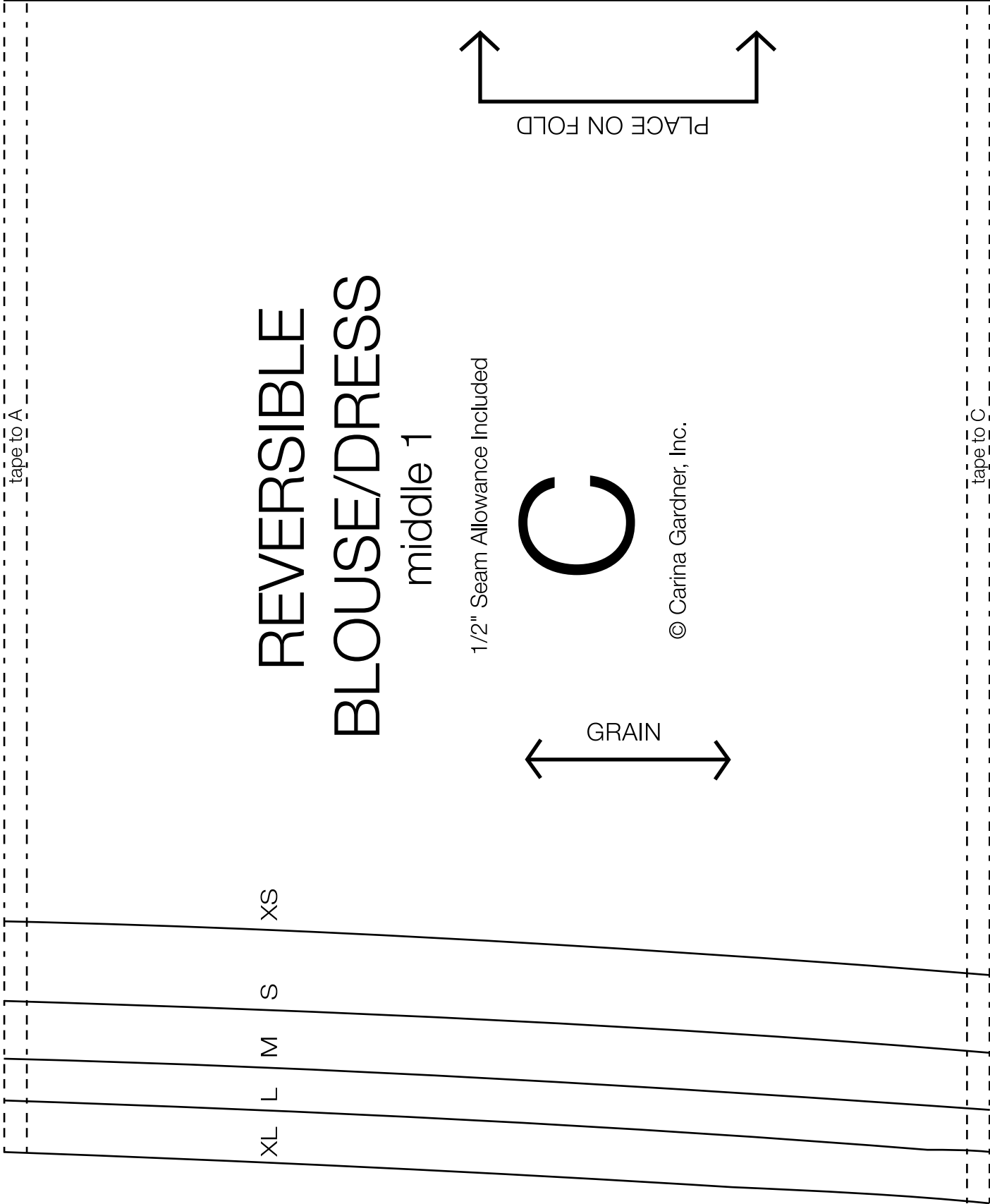
S

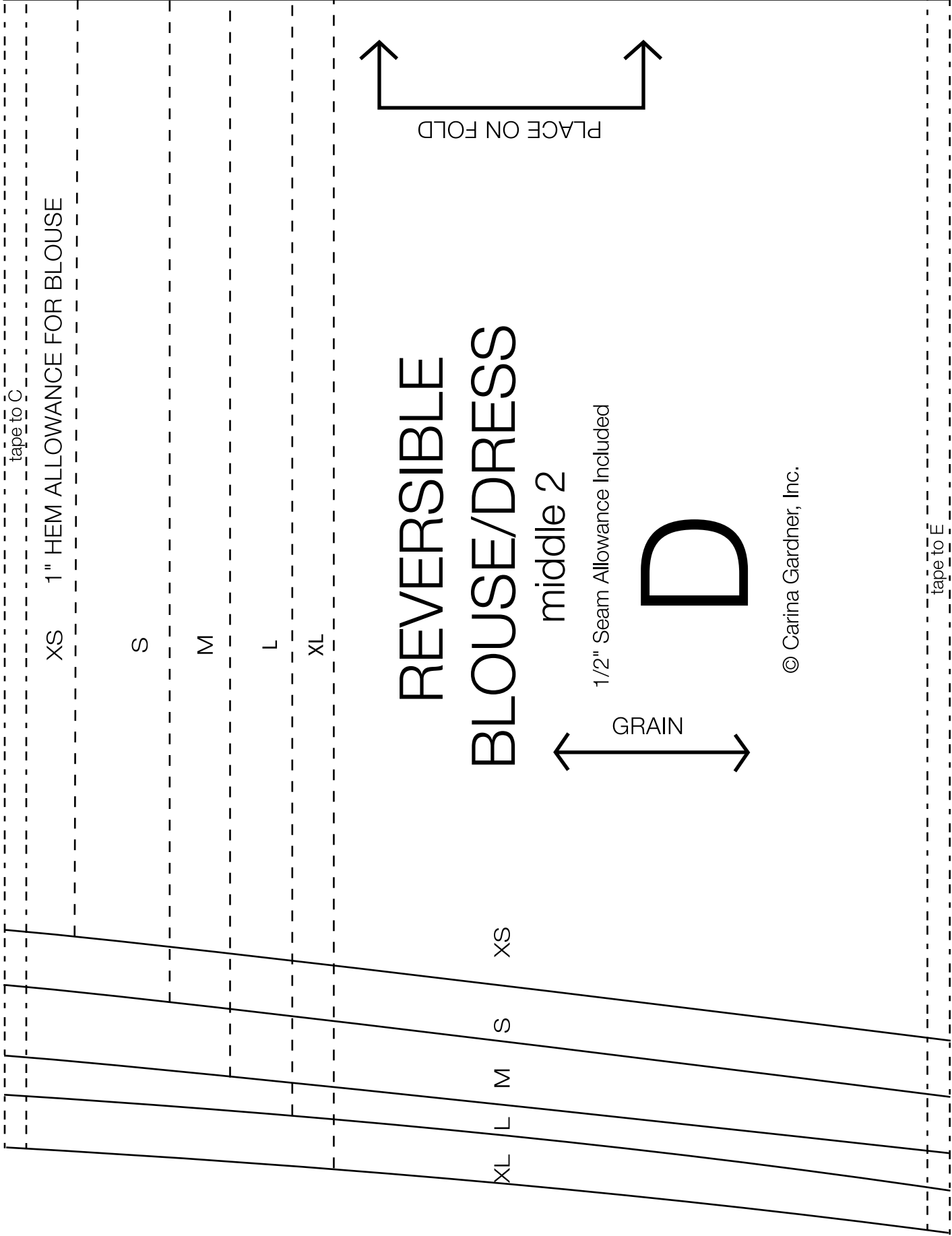
M

L

XL

XS
S
M
L
XL





tape to D

REVERSIBLE BLOUSE/DRESS

bottom
1/2" Seam Allowance Included

GRAIN

E

PLACE ON FOLD

© Carina Gardner, Inc.

XS

1" HEM ALLOWANCE FOR DRESS

XL L M S XS

S

M

L

XL

XL	L	M	S	XS
<div>REVERSIBLE BLOUSE/DRESS</div> <div>3 inch Add-On 1/2" Seam Allowance Included</div> <div>F</div> <div>© Carina Gardner, Inc. DO NOT DUPLICATE</div> <div>PLACE ON FOLD</div> <div></div>				