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Making and sewing a Nightdress and Pyjamas

And 50

to Sew

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NDS

BULLETIN 11A



Think of the pretty things which you can make and sew

for bedtime

If you have not done much sewing before, we suggest you start with the spotted muslin nightdress. It is so dainty with its full gathered skirt, frills and ribbon bows—and simple to make. It is made from two straight widths of fabric—and the ribbons draw up the fulness to any size.

Sewing for Bed

The pyjamas can be tailored in bold striped rayon or made in self-coloured fabric with an edging of broderie anglaise. The top is gathered under the front and back yokes and the trousers have elastic at the waist. These two designs are made from the same pattern and are identical in construction except for the neckline and the sleeves.



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Spotted Muslin Nightdress

Materials; 3 yds. fine spotted Muslin, 36 in. wide. 6 yds. Ribbon, $\frac{3}{8}$ in. wide, to match spots. 1 Reel Mercerised Sewing Cotton No. 60, to match fabric. 1 Skein Stranded Cotton to match fabric (for buttonholed slots). 1 Machine Needle No. 12. 1 Sharps Needle No. 9.

Cutting Directions; See *Cutting Layout*. Pattern A—Frill—From the width of the fabric, cut off 1 piece $2\frac{1}{2}$ in. wide \times the length of the fabric. Pattern B—Casings—From the width of the fabric, cut off 3 pieces, each 1 in. wide \times the length of the fabric. Make four 61-in. long strips from these pieces. Pattern C—Shoulder Straps—From the length of the fabric, cut off 2 pieces, each $1\frac{1}{2}$ in. wide \times $30\frac{1}{2}$ in. long. Cut each strip piece in half, at dotted line (4 pieces). Pattern D—Main Sections—Cut the remaining fabric in half to make 2 pieces each $52\frac{1}{2}$ in. long

\times $30\frac{1}{2}$ in. wide. Cut ribbon into four equal pieces.

Sewing Directions; 1. Set machine 16 stitches to the inch. 2. Join two long edges of the main pieces together with a French seam (cut off selvages first). 3. Make a Rolled hem along the top longer edge of this piece. 4. Attach once casing ^{57b} strip 1 in. down from this hem. 5. Measure and mark position for the waistline casing, and attach another casing strip. Attach the two remaining strips, one above and one below the waistline casing, with a space of $\frac{1}{2}$ in. between each. Press well. Join the two remaining long raw edges of Nightdress with a French seam (casing ends to be left free). Slipstitch ends of casing together and stitch to Nightdress. 6. Make $\frac{1}{2}$ in. hem at lower edge of Nightdress and attach Frill ^{58a} to hem. 7. Make four shoulder straps as follows. Fold each strip

in half lengthwise, right sides together. Stitch along the long edges making $\frac{1}{4}$ in. Simple Seams; trim edges; turn to right side. Press well. 8. Mark centre front and centre back of Nightdress at top casing. On each side of centre front measure and mark 7 in. and then a further $3\frac{1}{2}$ in. Repeat at centre back. These eight points mark position of shoulder straps. 9. Double one strap and pin the ends at the two marked points on one side of front. Pass second strap through the loop of the first to form a link, and pin the ends to the corresponding points on the back. 10. Pin other shoulder strap in the same way. 11. Make two small buttonholed slots on right side at centre front of each casing. 12. Thread ribbon through casings: pull up and tie in bows. 13. Fit Nightdress, adjust straps if necessary. Stitch straps in position.

Contd. overleaf

**Cutting out diagram for Nightdress overleaf*

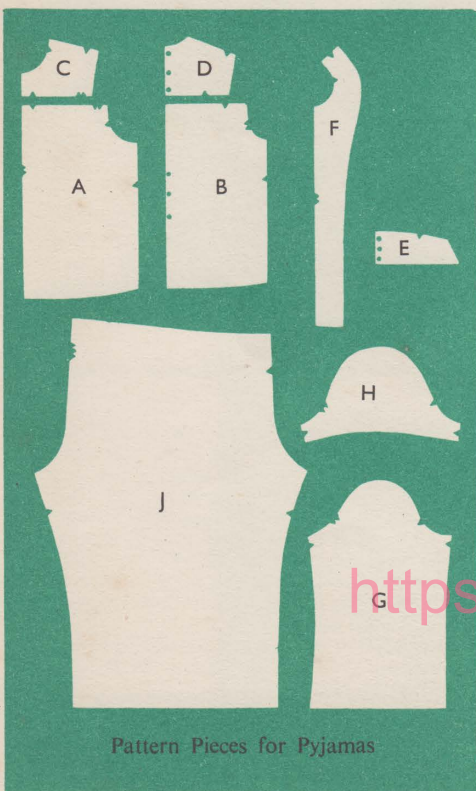
PYJAMAS *Striped and Self Coloured*

The same simple basic design has been chosen for both pairs of pyjamas. Make them from a reliable paper pattern similar in style to the design shown. The pattern pieces are, Top Front (A), Top Back (B), Yoke Front (C), Yoke Back (D), Collar (E) (not used in the self-coloured pyjamas), Facing (F), Sleeve (long) (G) (Striped pyjamas) or Sleeve (puff) (H) (Self-coloured pyjamas), Trouser Back and Front (J).

Buy your pattern by bust measurement and alter to correspond with your other measurements (for pattern alterations see Bulletins Nos. 4A and 5A). Refer to your pattern instruction sheet for the various perforations and markings on your paper pattern. *Attention must be paid to the cutting layout.* The following instructions, explain the complete making up of both these designs.

**Instructions for Self-coloured Pyjamas overleaf*

Striped Rayon Pyjamas



Pattern Pieces for Pyjamas

Materials; Striped Rayon, 36 in. wide (the amount quoted on pattern). 4 Buttons to match. $\frac{1}{4}$ -in. wide white Elastic (length according to waist measurement). 1 Reel Mercerised Sewing Cotton No. 40, to match. 1 Sharps Needle No. 8. 1 Machine Needle No. 14.

Cutting Directions; Refer to pattern sheet for seam allowances on pattern. Pattern A—Top Front—Cut 2 pieces. Pattern B—Top Back—Cut 1 piece, with centre back on fold. Pattern C—Yoke Front—Cut 2 pieces. Pattern D—Yoke back—Cut 1 piece with centre back on fold. Pattern E—Collar (for striped pyjamas)—Cut 1 piece with centre back on fold, Pattern F—Facing—Cut 1 piece with centre back on fold (or according to pattern). Pattern G—Sleeve (long, for striped pyjamas)—Cut 2 pieces. Pattern H—Sleeve (puff, for self-coloured pyjamas)—Cut 2 pieces. Pattern J—Trouser Back and Front—Cut 2 pieces.

Sewing Directions; Jacket. 1. Set machine 14 stitches to the inch. 2. Tailor tack round all the pattern pieces to give stitching line. Mark all notches, buttonholes, etc. with coloured



*STRIPED PYJAMAS *contd.*

thread. 3. Run two rows of gathering stitches $\frac{1}{4}$ in. apart between the notches on the upper edge of the Top Back (B), and two Top Fronts (A). Pull up the threads and space the gathers evenly to fit between the notches on the lower edge of each corresponding Yoke. 4. Join the Top Back and the Top Fronts to the corresponding Yokes with Simple Seams. Press the seams upward. 5. With wrong sides together baste the shoulder and the side seams of the jacket. Join with Machine Fell ⁵⁹ Seams. Press. 6. Make collar and finish facing ^{60c}. 7. Turn up the hem at the lower edge of the Jacket, slipstitch. Press. 8. Run two rows of gathering stitches round the top of each sleeve, between the notches. Join the underarm seams of the Sleeves with Machine Fell Seams. 9. Place each Sleeve in an armhole and stitch in position (see Bulletin 10A Technique No. 53, but omit shoulder pads and instructions for shrinking). Bind raw seam edges together. 10. Finish sleeves with slipstitched hems. 11. Make Worked Buttonholes where indicated on the right front. Press. Lap the right front over the left front. Sew on buttons to correspond with the Buttonholes.

Trousers; 12. Join the centre fronts, centre backs and legs of Trousers (J) with Machine Fell seams. Press thoroughly. 13. Make a casing ^{57a} for elastic at the upper edge of the Trousers by turning down a 1 in. hem. Work an eyelet on inside of casing at centre back. Insert elastic. 14. Turn up hems at lower edge of Trousers and slipstitch.



Self-coloured Pyjamas

These pyjamas are made in exactly the same way as the striped ones except for the following differences:—1. Additional Materials—2 yds. narrow Broderie Anglaise edging. 2. Sleeves; The puff sleeves are inserted in exactly the same way. The fulness at the top of the sleeve is controlled by four small pleats, whilst the lower edge is gathered slightly and bound with a crossway strip of self fabric. 3. There is no collar. 4. Broderie Anglaise Edging; This edging is hemmed to the inside of the sleeve binding so that the raw edge is concealed. The neck and front edging continues from the lower right edge, round neckline and tapers to a finish on left side below the first button. The edging is applied by sandwiching it between the bodice and the facing before stitching.

TECHNIQUES

57. Casings; (a) For a casing along a top or bottom straight edge, turn the raw edge down 1 in. to wrong side; press. Turn in raw edge $\frac{1}{4}$ in. and machine stitch $\frac{1}{8}$ in. from this edge through all thicknesses. Machine stitch $\frac{1}{8}$ in. down from top folded edge. Make a buttonholed slot where required.

(b) For an applied casing, cut one strip of fabric the width and length required (allowing for turnings). Turn in $\frac{1}{4}$ in. on each long raw edge. Press. Turn in $\frac{1}{4}$ in. on each short edge and place casing in position on garment; baste. With short folded ends meeting, stitch along both long edges. Slipstitch short ends together. Make a buttonholed slot where required.

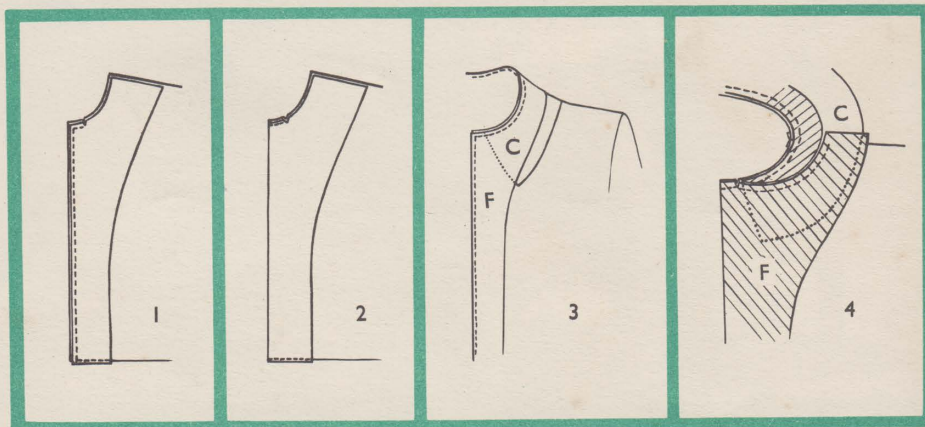
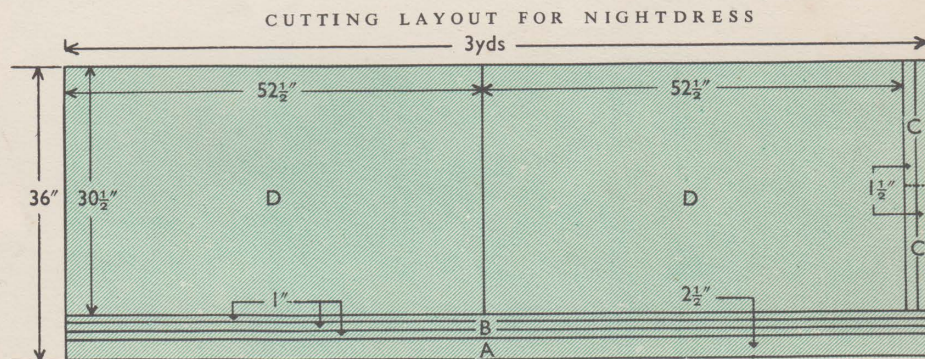
58. Frill; Cut out strips (piecing together if necessary) to make a length of at least one and a half times the finished length required. On lower edge make a narrow hem. There are various methods of finishing the top edge. The two main ones are:—(a) Finish with a narrow hem. Run two rows of gathering stitches $\frac{1}{8}$ in. apart and $\frac{1}{2}$ in. below this hem. Pull up gathers to fit edge of garment. Space gathers evenly and stitch frill to garment along gathering. Remove gathering threads. The frill on the nightdress is applied in this way.

(b) Alternatively, run two rows of gathering stitches $\frac{1}{8}$ in. apart and $\frac{1}{4}$ in. from raw edge. Pull up gathering to fit edge of garment. Space gathers evenly and lap edge of garment (which has been turned under) over lower line of gathering. Baste in position and topstitch. Finish raw edges with overcasting.

59. Machine Fell Seam; This seam is constructed in the same way as the Run and Fell Seam (Bulletin 5A Technique No. 31). The only difference is that the wrong sides are placed together and the lines of stitching are seen on the right side of the garment.

60. Collar and Facing; (a) If the facing is separate from the bodice, lay it to bodice, right sides together and edges even. Stitch along lower short edge, up front edge and along neck edge to point where collar end will be placed. Clip in almost to stitching at this point. (See diag. 1.)

(b) In the case of a facing which is cut in one



with the bodice, fold back to right side of garment where marked on pattern and stitch neck edge and lower edge as described for previous facing. (See diag. 2.)

(c) If the facing is continuous round the back neck, sandwich the collar (C) between the right side of the facing (F) and the right side of the bodice with raw neck edges even. Stitch through all thicknesses $\frac{1}{8}$ in. from edge. Trim seams to $\frac{1}{4}$ in. and turn facing over to wrong side of garment; press. (See diag. 3.)

(d) If the facing when folded back, only comes to the shoulder seam the collar is

attached as follows:— Place one edge of the collar to right side of bodice neck, raw edges even and stitch $\frac{1}{8}$ in. from edge. Place free edges of facing (F) to other side of collar (C), right sides together and edges even; stitch. Trim seams to $\frac{1}{4}$ in. and turn facings over to wrong side of garment, the only raw edge being the section of collar between ends of facings. Turn in this edge and slip stitch to the machine stitching. (See diag. 4.)

Finish all outer raw edges of facings with narrow hems. Making a Collar—see Bulletin 5A Technique No. 36.

Our next Bulletin will show the use of a paper pattern and give an index of all techniques from Bulletins 1 to 12