

# Shirred Puff Sleeve Romper

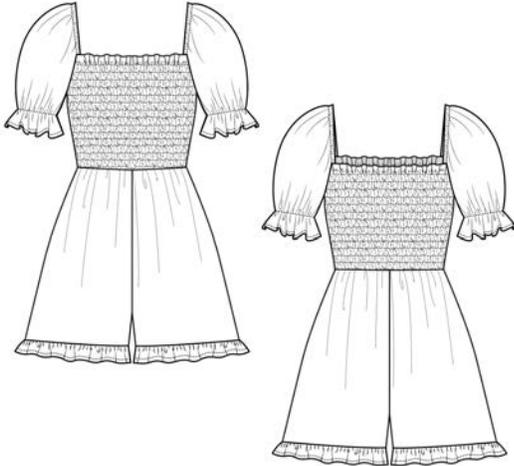


**INSTRUCTION**

**BOOKLET**

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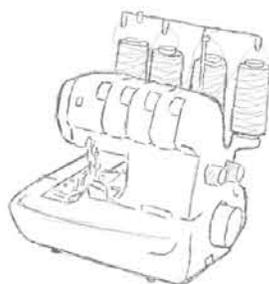
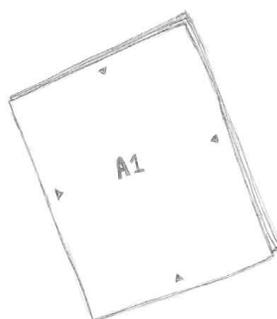
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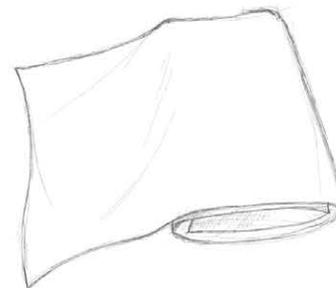
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# What do I need to start sewing?



- Sewing machine
- Overlock/Serger
- Pattern printout
- Sewing thread
- Measuring tape
- Water erasable pen/Chalks
- Scissors
- Ruler
- Pins
- 1/4" or 0.6cm width elastic band
- Elastic thread



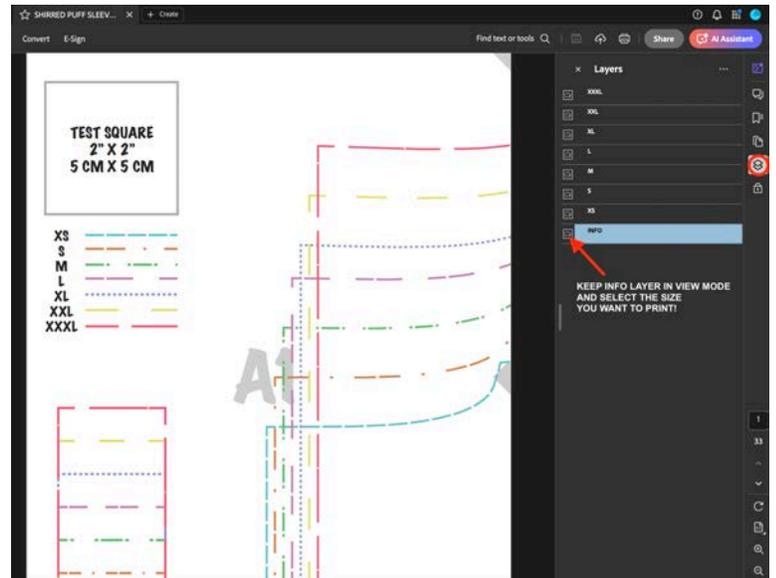
2 yard gingham cotton

**Fabric Recommendations:** linen, cotton, poly cotton, cotton blend, flannel, chambray, seersucker.

# Printing Instructions

Let's print out the pattern!

The sewing pattern comes with 3 different printing options! The US Letter and A4 print is a tile version PDF that you can print out at home. The A0 version is used by a printshop to print on a single sheet of paper and saves time taping the separate pages together.



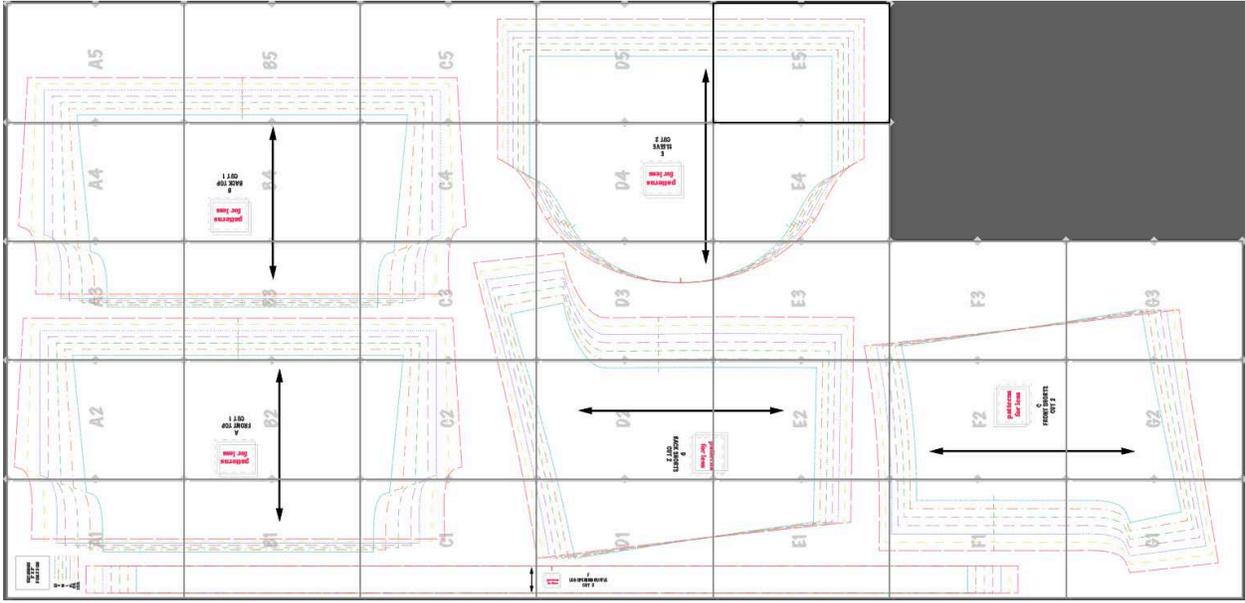
Additionally, you can use view mode to only select/print the size you are working on. Each pattern file is designed with layers of different sizes. There is an option to print only your size or all sizes based on your preference. Open the file in Adobe Acrobat and keep in legend layer.

If you print at home, then you need to trim each sheet by cutting off the top and excess margin. Tape each page together by row, and then attach the rows together. Use the diamond marks to align everything!

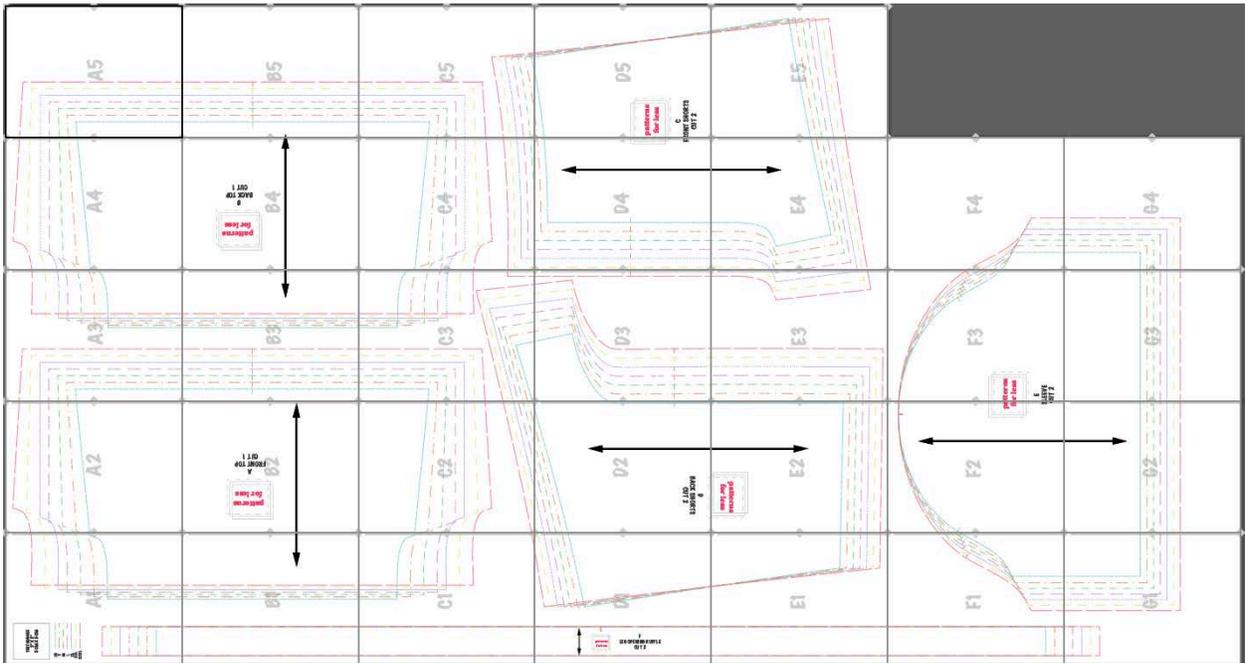
Always make sure to print on 100% scale.  
(Do not 'fit to page' or reduce the size!)

There is a test square on the first page of the pattern.  
Use as a scale to check if the dimensions are 5x5cm and/or 2x2\"/>

A4



US Letter



# Size Chart

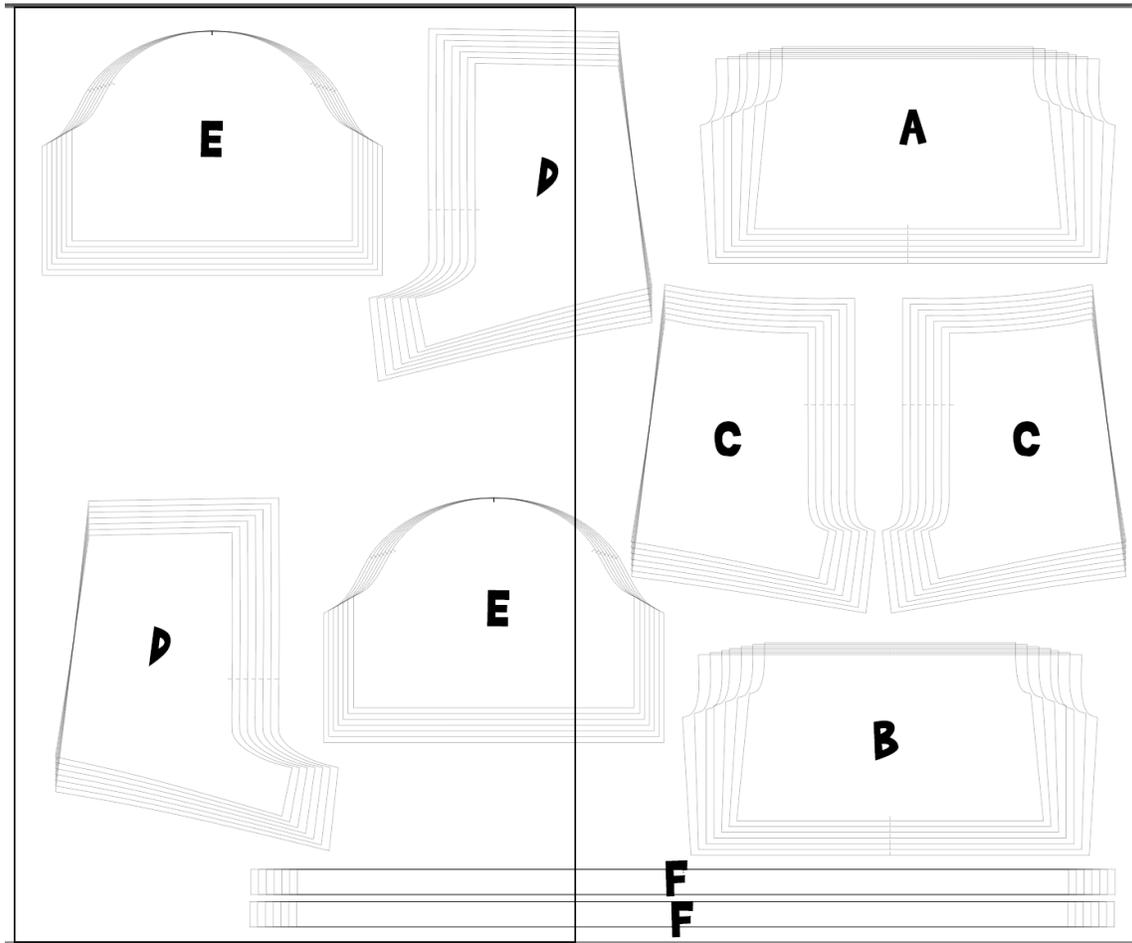
*inches*

SIZE	BUST	WAIST	HIP
XS	30	25	36
S	33	27	38
M	36	29	40
L	39	31	42
XL	41	33	44
XXL	44	35	46
XXXL	47	37	48

*centimeters*

SIZE	BUST	WAIST	HIP
XS	76	63	91
S	84	68	96
M	91	74	102
L	99	79	107
XL	104	84	112
XXL	112	89	117
XXXL	119	94	122

# Patterns

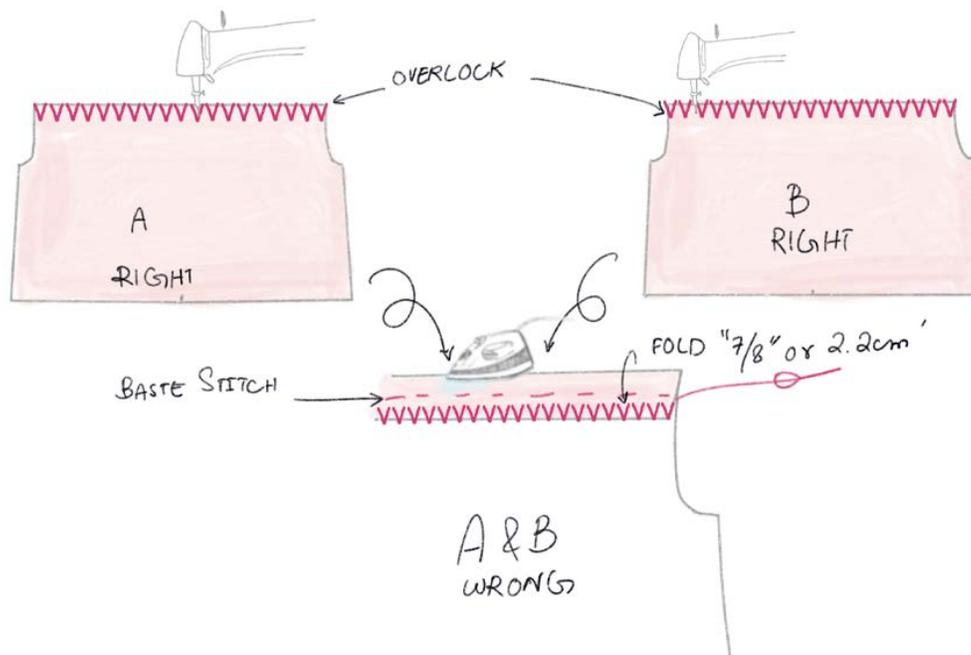


Shirred puff sleeve romper pattern pieces include:

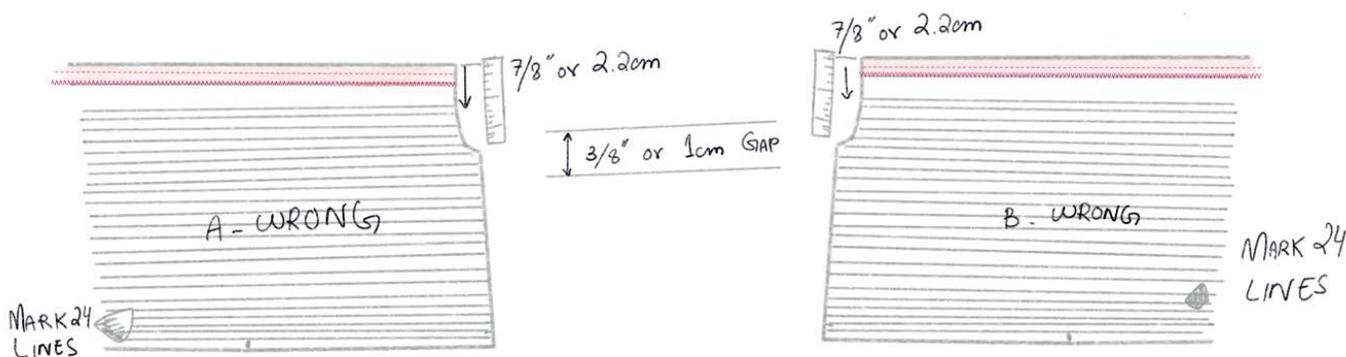
- A- Front Top, cut 1
- B- Back Top, cut 1
- C- Front Shorts, cut 2
- D- Back Shorts, cut 2
- E- Sleeve, cut 2
- F- Leg Opening Ruffle, cut 2

$\frac{3}{8}$ " or 1cm seam allowance is already included unless indicated on the pattern or instruction book.

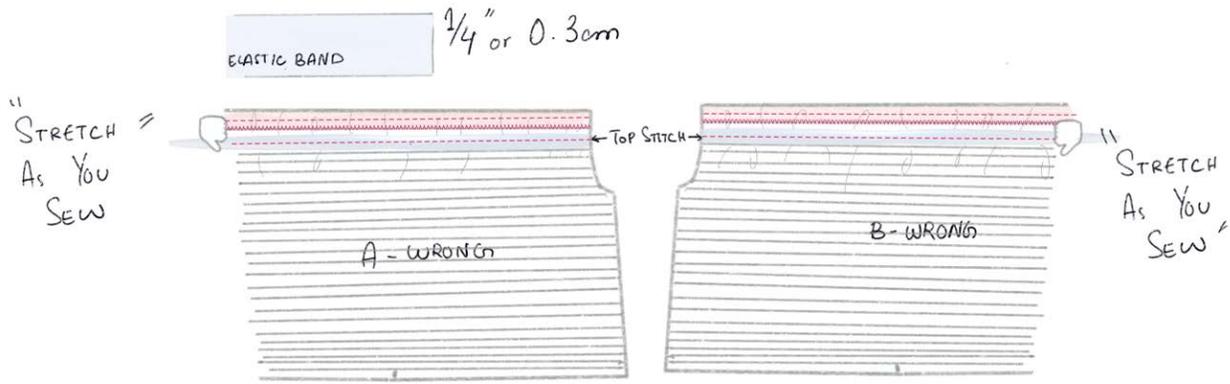
# Sewing Instructions



**Step 1-** Overlock stitch the neckline of Front Top (A) and Back Top (B). From overlock stitch, fold  $\frac{7}{8}$ " or 2.2cm width on the wrong side of both Front Top (A) and Back Top (B) and press. Baste stitch along the overlock stitched seam.

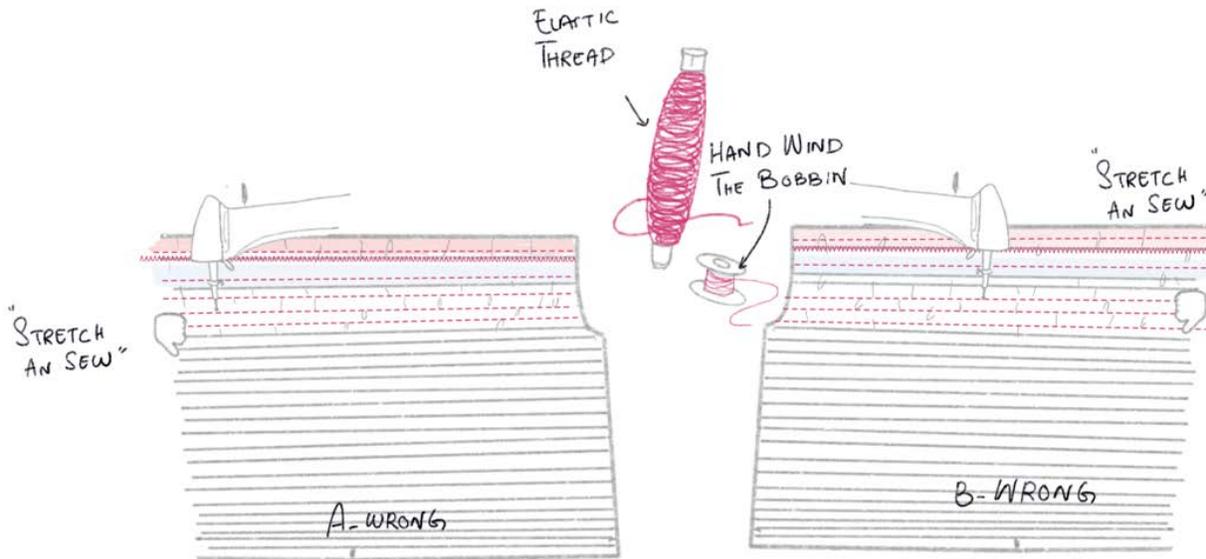


**Step 2-** Measure from the folded top edge down  $\frac{7}{8}$ " or 2.2 cm and mark with chalk or pen for first stitch line. Continue to draw the elastic shirring lines with  $\frac{3}{8}$ " or 1cm gap in-between so you have 24 rows in total for each Front and Back Top (A&B) piece.

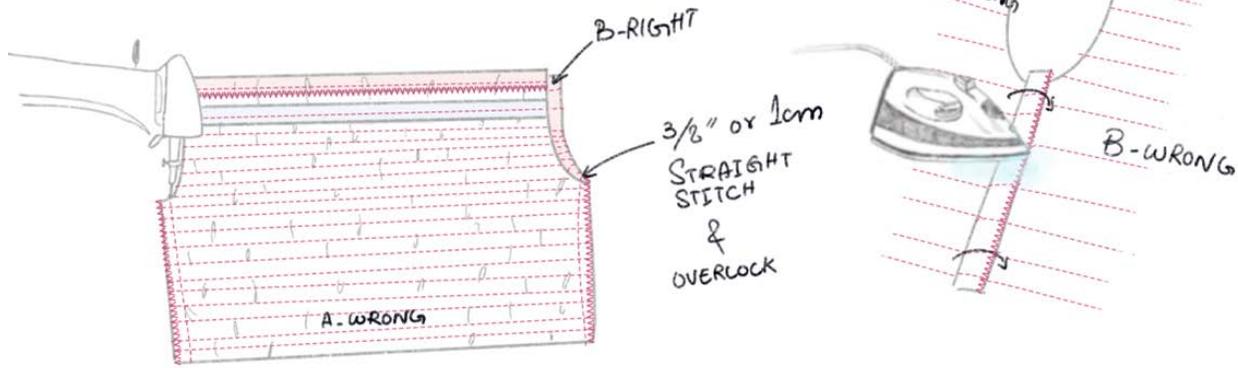


NECKLINE ELASTIC LENGTH  
 XS : 7½" or 19.1cm  
 S : 9" or 22.8cm  
 M : 10½" or 26.7cm  
 L : 12" or 30.5cm  
 XL : 13" or 33cm  
 XXL : 14½" or 36.8cm  
 XXXL : 16" or 40.6cm

**Step 3-** On the wrong side of Front and Back Top (A&B), follow the first stitch line. Place ¼" or 0.3cm width elastic band and topstitch along the center of the elastic. Stretch as you sew from one side to the other.

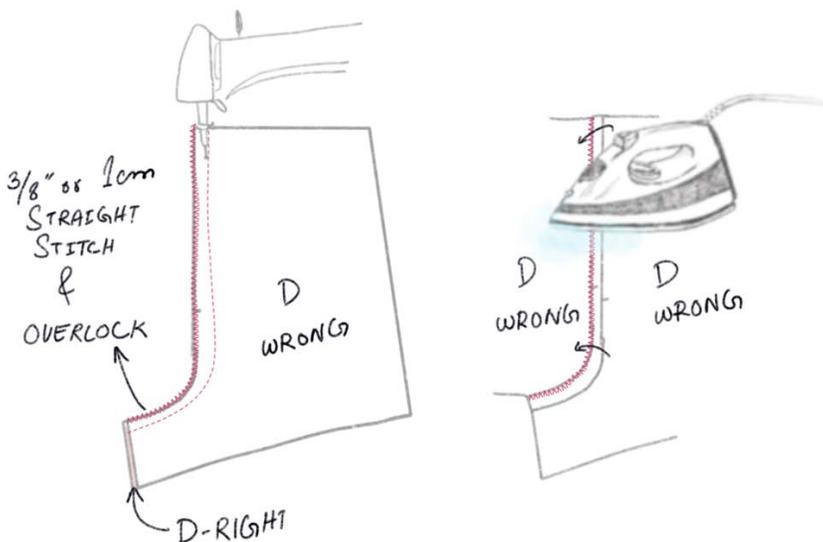
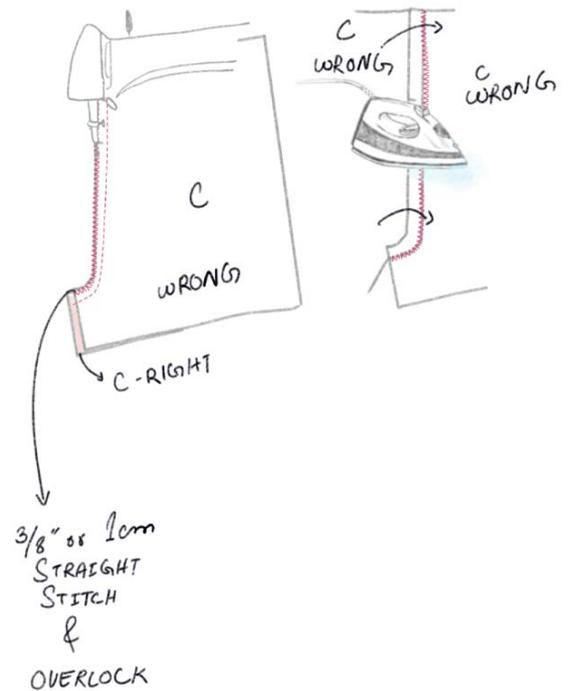


**Step 4-** Hand wind the bobbin (not too tightly) with elastic thread and sew along the second drawn stitch line. Gently pull the elastic and flatten the fabric as you sew.

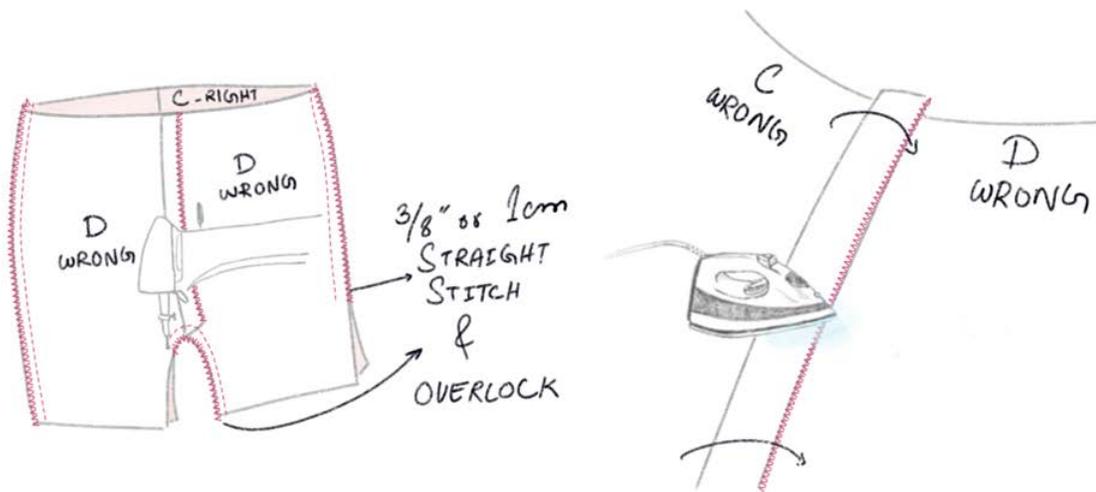


**Step 5-** Place Front Top (A) and Back Top (B) right sides together and close the side seams with  $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press the seam toward the Back Top (B).

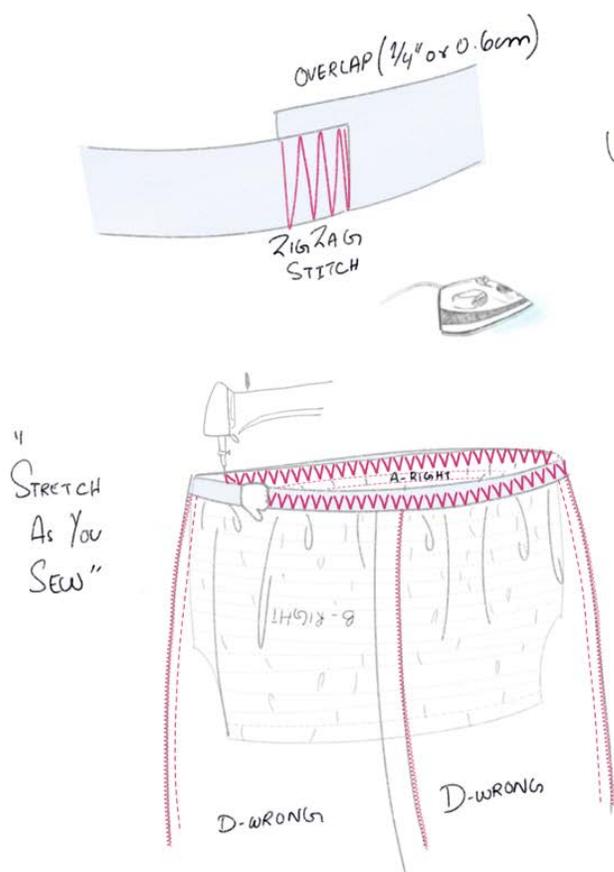
**Step 6-** Place Front Shorts (C) right sides together and sew along the front rise with  $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press the seam toward the side.



**Step 7-** Place Back Shorts (D) right sides together and sew along the back rise with  $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press the seam toward the side.



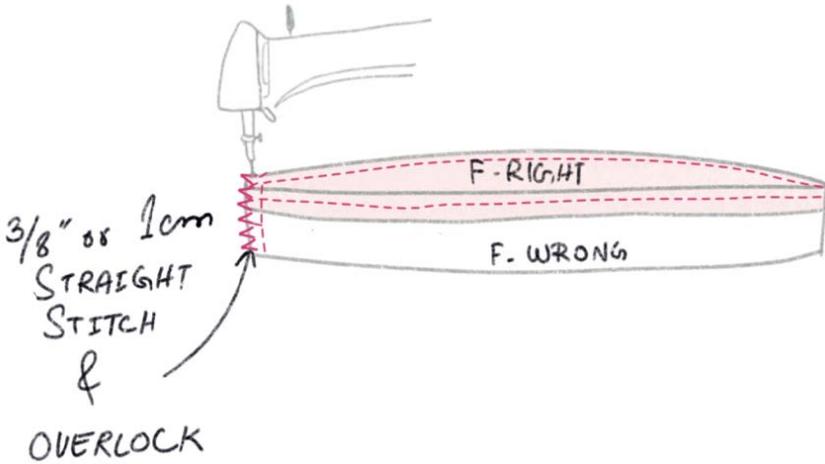
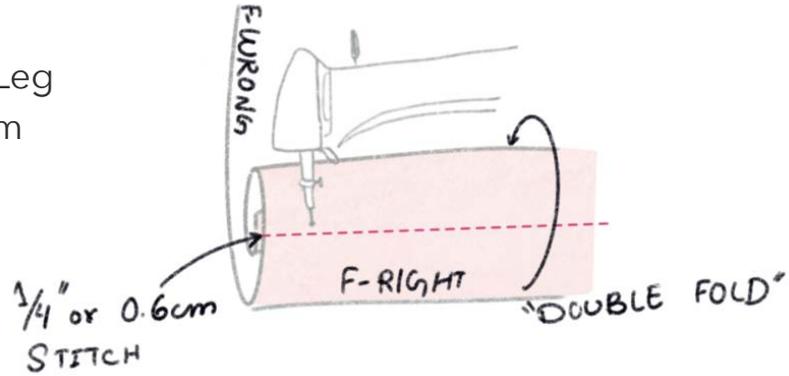
**Step 8-** Place Front Shorts (C) and Back Shorts (D) right sides together and close both side seams and inseam with  $\frac{3}{8}$ " or 1cm straight stitch. Overlock stitch the seam allowance and press the seam toward the Back Shorts (D).



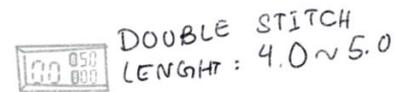
SIZE	WAIST	ELASTIC LENGTH
XS	: 22"	OR 55.8cm
S	: 24"	OR 60.9cm
M	: 26"	OR 66cm
L	: 28"	OR 71.1cm
XL	: 30"	OR 76.2cm
XXL	: 32"	OR 81.3cm
XXXL	: 34"	OR 86.4cm

**Step 9-** Overlap the elastic band  $\frac{1}{4}$ " or 0.6cm and zigzag stitch to join the ends. Slide the Front and Back Top (A&B) into the right side of Front and Back Shorts (C&D). Place the elastic band around the waist opening by matching the side seams, center front, and center back. Overlock stitch on the center of the elastic. Ensure all layers are sewn together. Gently stretch as you sew elastic to evenly distribute the shirring.

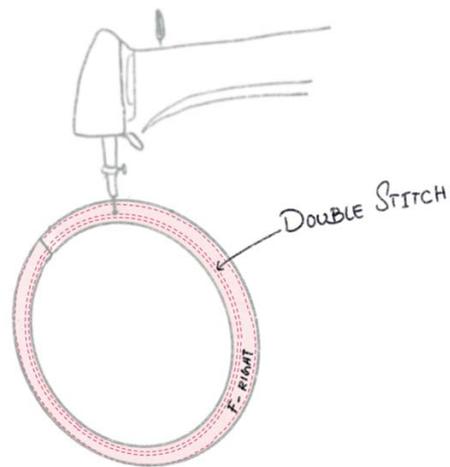
**Step 10-** Double fold the hem of Leg Opening Ruffle (F) and  $\frac{1}{4}$ " or 0.6cm width stitch along the bottom.

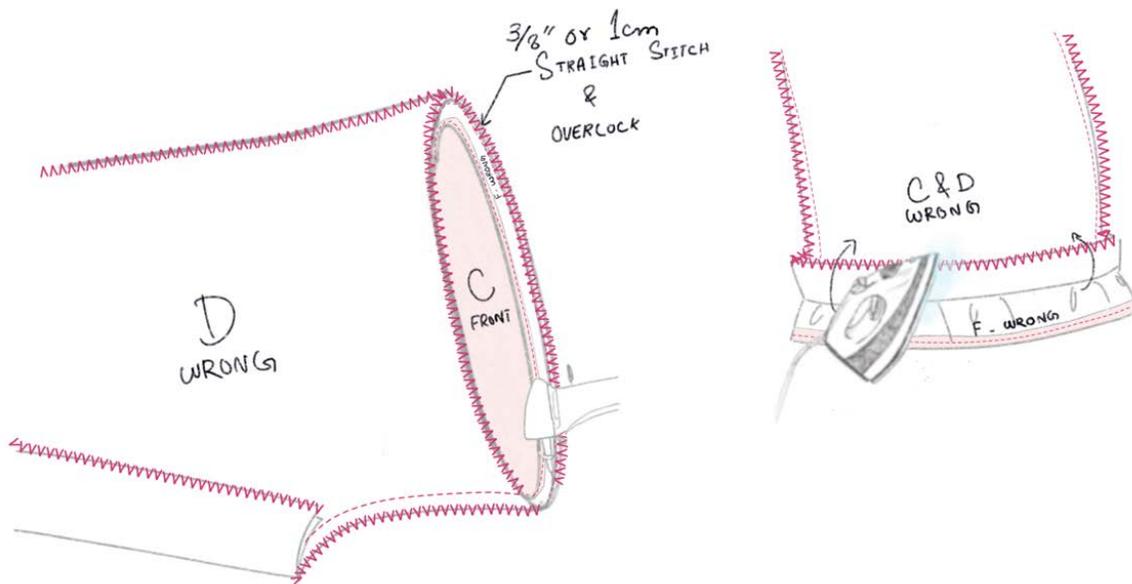


**Step 11-** Fold the Leg Opening Ruffle (F) right sides together, then close the short edge with  $\frac{3}{8}$ " or 1cm straight stitch and overlock stitch to finish.

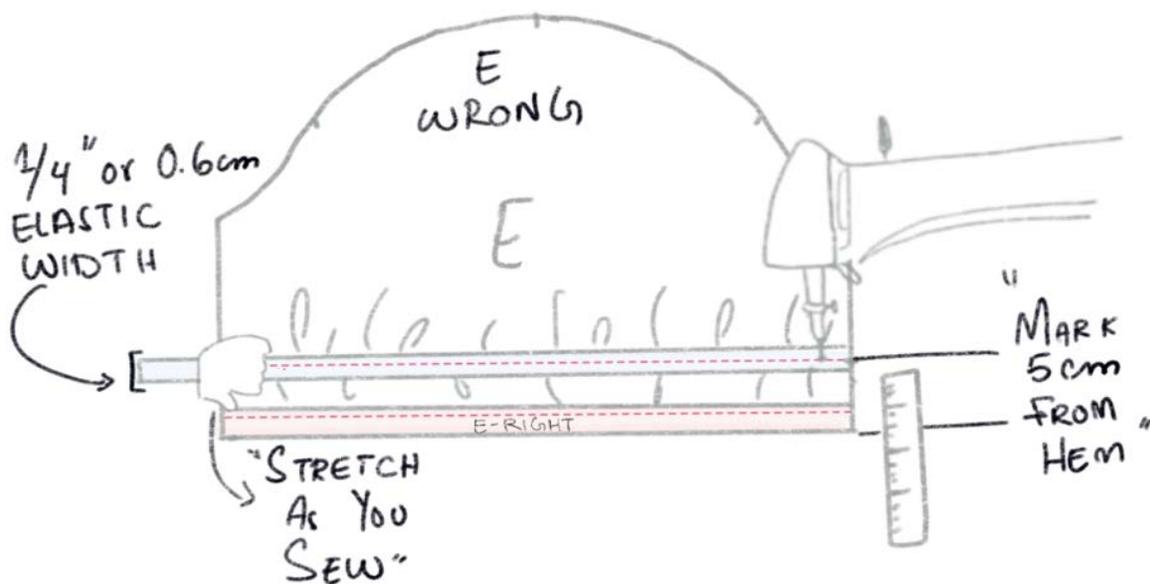


**Step 12-** Adjust the sewing machine to the largest stitch length 4.0 or 5.0 and loosen the tension. From one end to the other, sew double stitch around the top part of the Leg Opening Ruffle (F) without

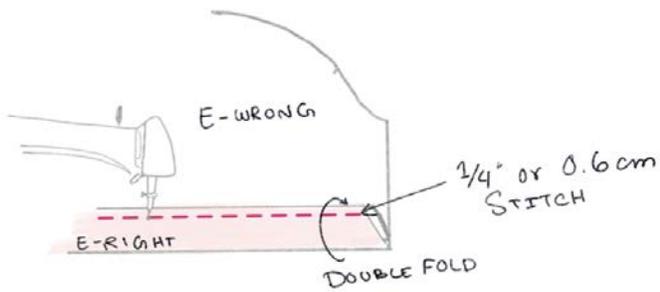




**Step 13-** Slide the Leg Opening Ruffle (F) onto the right side of Front and Back Shorts (C&D) opening. Straight stitch  $\frac{3}{8}$ " or 1cm width around the front and back shorts opening. Overlock stitch the seam allowance and press the seam toward the Shorts (C&D).



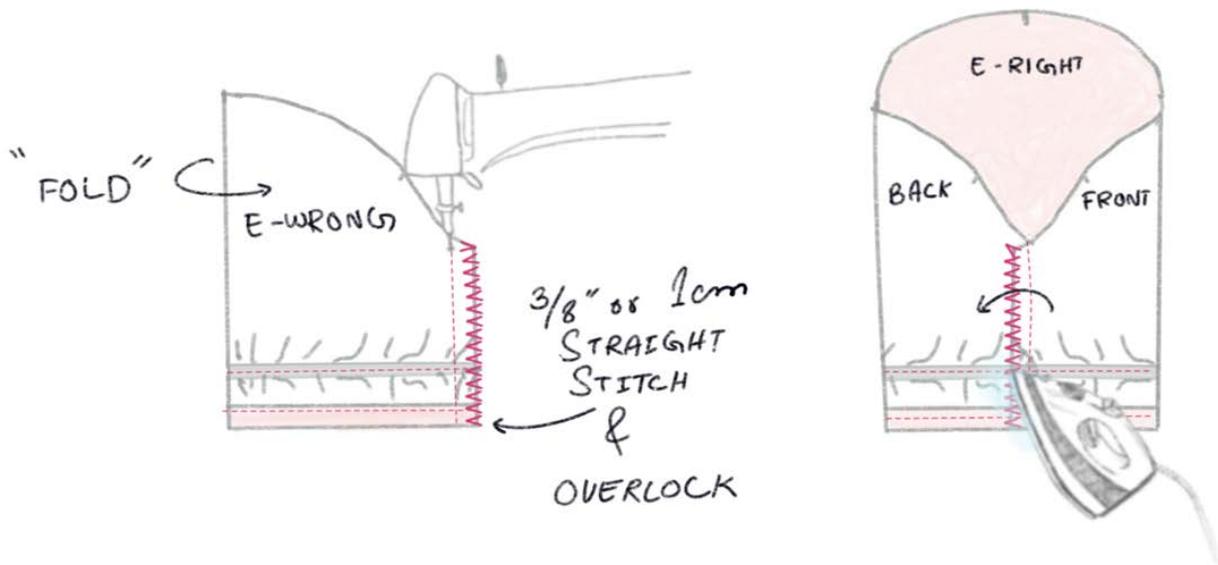
**Step 14-** Double fold the hem of Sleeve (E) and  $\frac{1}{4}$ " or 0.6cm width stitch along the bottom.



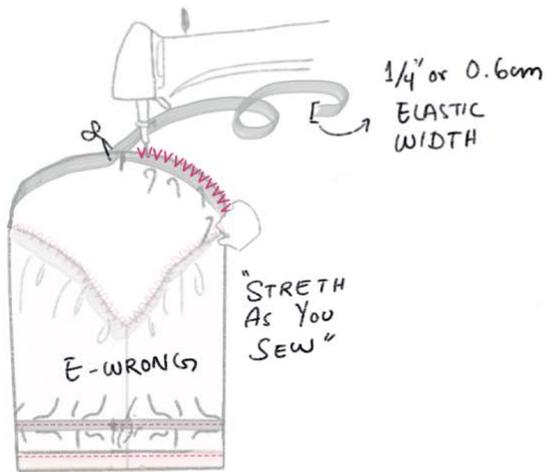
**Step 15-** Place a 1/4" or 0.6cm width elastic band on 2" or 5.1cm mark of the Sleeve (E) measured from the hemline. Straight stitch on the center of the elastic and stretch as you sew making the other end of elastic meet the opposite side of Sleeve (E).

SLEEVE CUFF ELASTIC LENGTH

XS	: 9"	OR 22.8cm
S	: 10"	OR 25.4cm
M	: 11"	OR 27.9cm
L	: 12 1/2"	OR 31.7cm
XL	: 14"	OR 35.6cm
XXL	: 15 1/2"	OR 39.4cm
XXXL	: 17"	OR 43.2cm

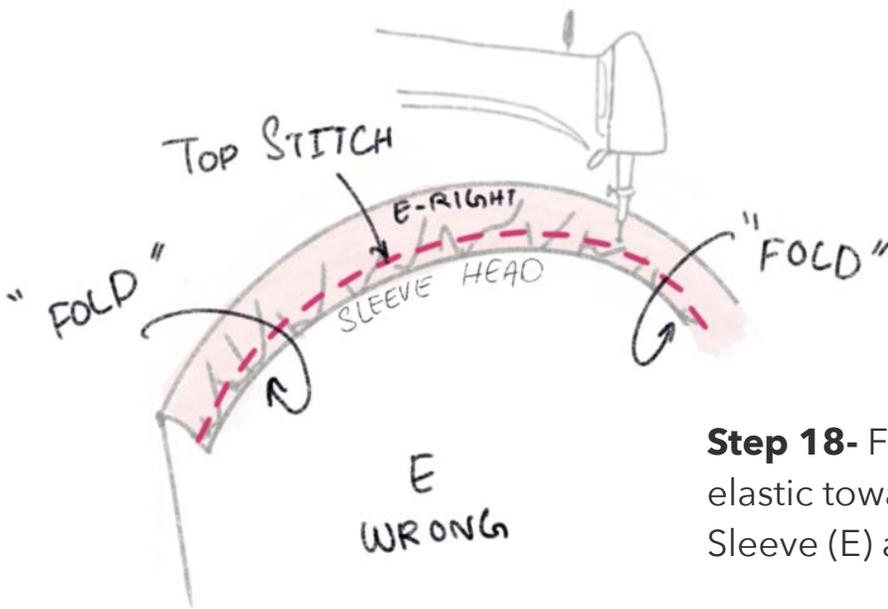


**Step 16-** Fold the Sleeve (E) right side together, then sew 3/8" or 1cm width and overlock stitch. Press the seam facing back side of the Sleeve (E).

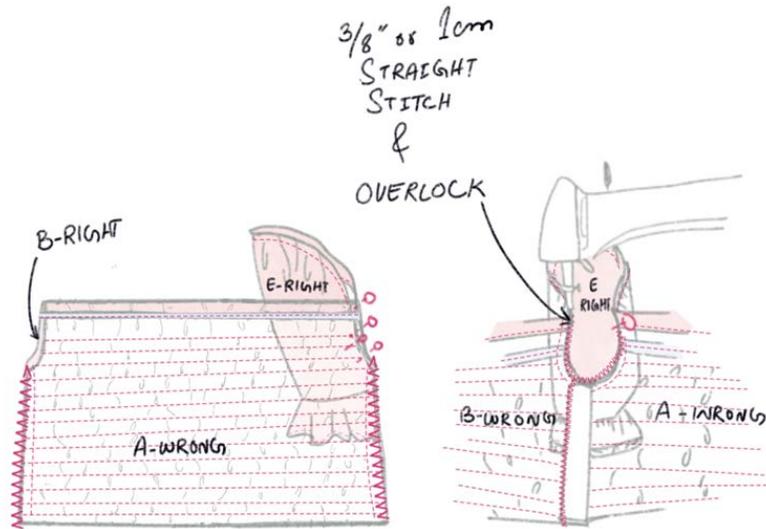


SLEEVE	TOP ELASTIC	LENGTH
XS	: 9 1/2"	OR 24.1cm
S	: 10 1/2"	OR 26.7cm
M	: 11 1/2"	OR 29.2cm
L	: 13"	OR 33cm
XL	: 14 1/2"	OR 36.8cm
XXL	: 16"	OR 40.6cm
XXXL	: 17 1/2"	OR 44.5cm

**Step 17-** Place 1/4" or 0.6cm width elastic on the wrong side of Sleeve (E) from one notch to the other around the top edge. Overlock stitch on the elastic and stretch as you sew making the other end of elastic meet the opposite side of Sleeve (E).



**Step 18-** Fold the overlock stitched elastic toward the wrong side of Sleeve (E) and topstitch.



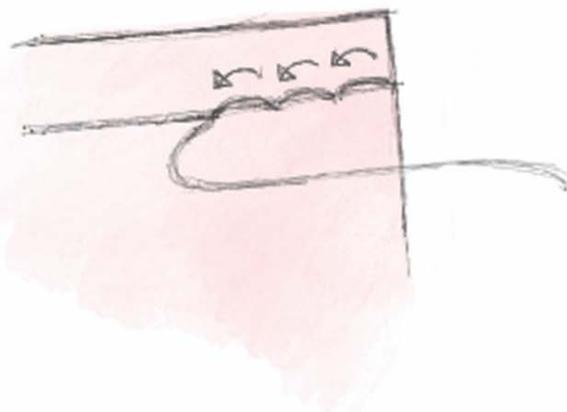
**Step 19-** Slide the Sleeve (E) into the arm so the Sleeve (E) and Front and Back Top (A&B) right sides are facing together. Pin around the under armhole opening. Sew  $\frac{3}{8}$ " or 1cm width straight stitch and overlock stitch around the pinned area of each armhole.



**Step 20-** Gently press all around and enjoy your new shirred puff sleeve romper!

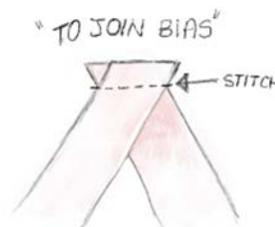
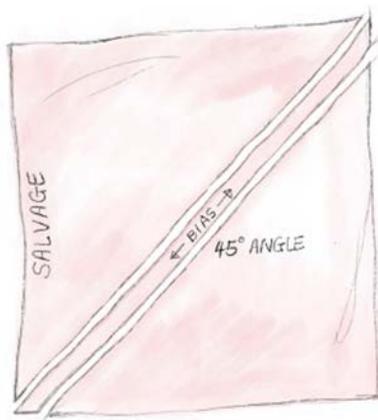
*Sewing  
Glossary*

# Back Stitch



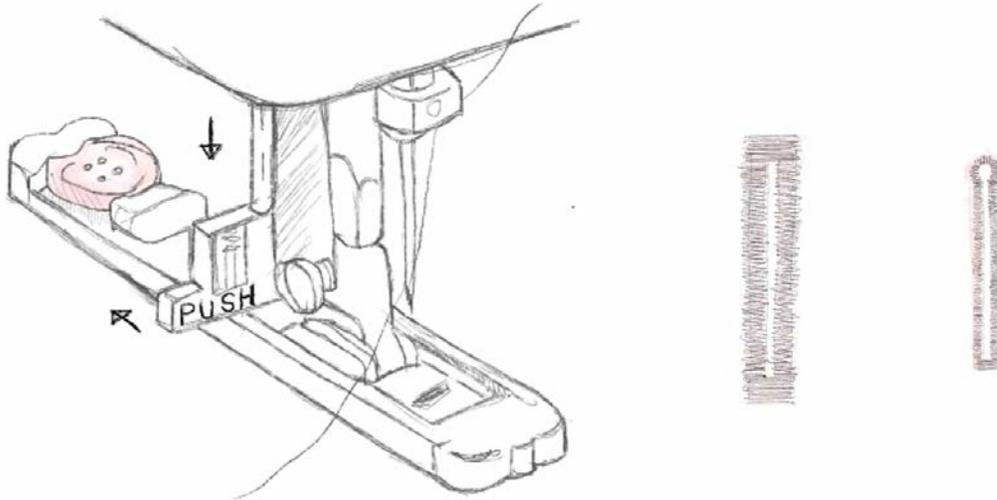
When you start a new seam or finish the seam, always backstitch by hitting the reverse button on your sewing machine. Back stitching consists of 3-4 stitches to lock the stitching and prevent unraveling.

# Bias Tape



Bias tape is widely used in neckline, spaghetti strap, and other garment finishings. Prepare the bias strap by cutting in half diagonally to give a nice stretch. When needing to make a long continuous bias tape, sew the diagonal pieces together as long as you need.

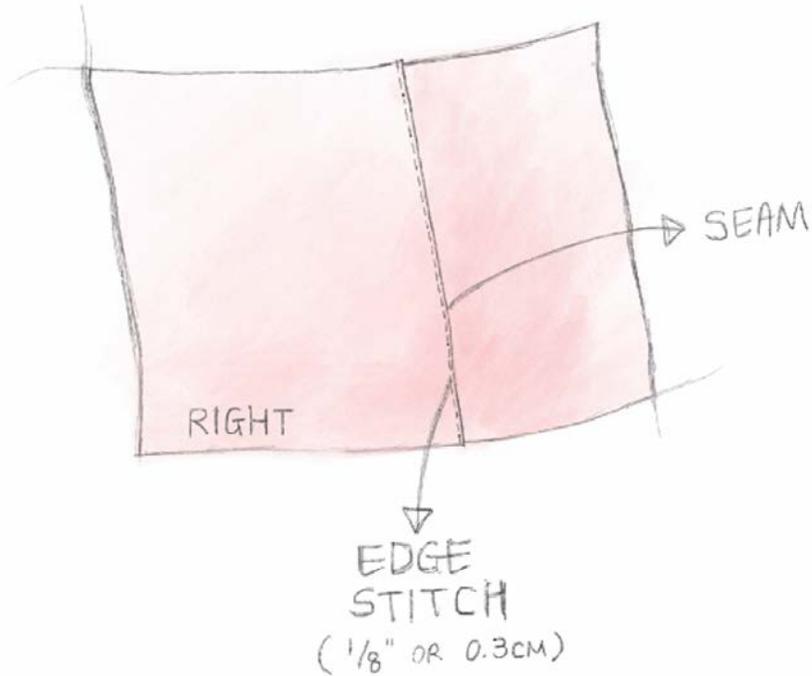
# Buttonholes



There are various styles of buttonholes you can create with your sewing machine. For cleaner look, add interfacing and sew over the buttonhole more than once to create nice tight holes.

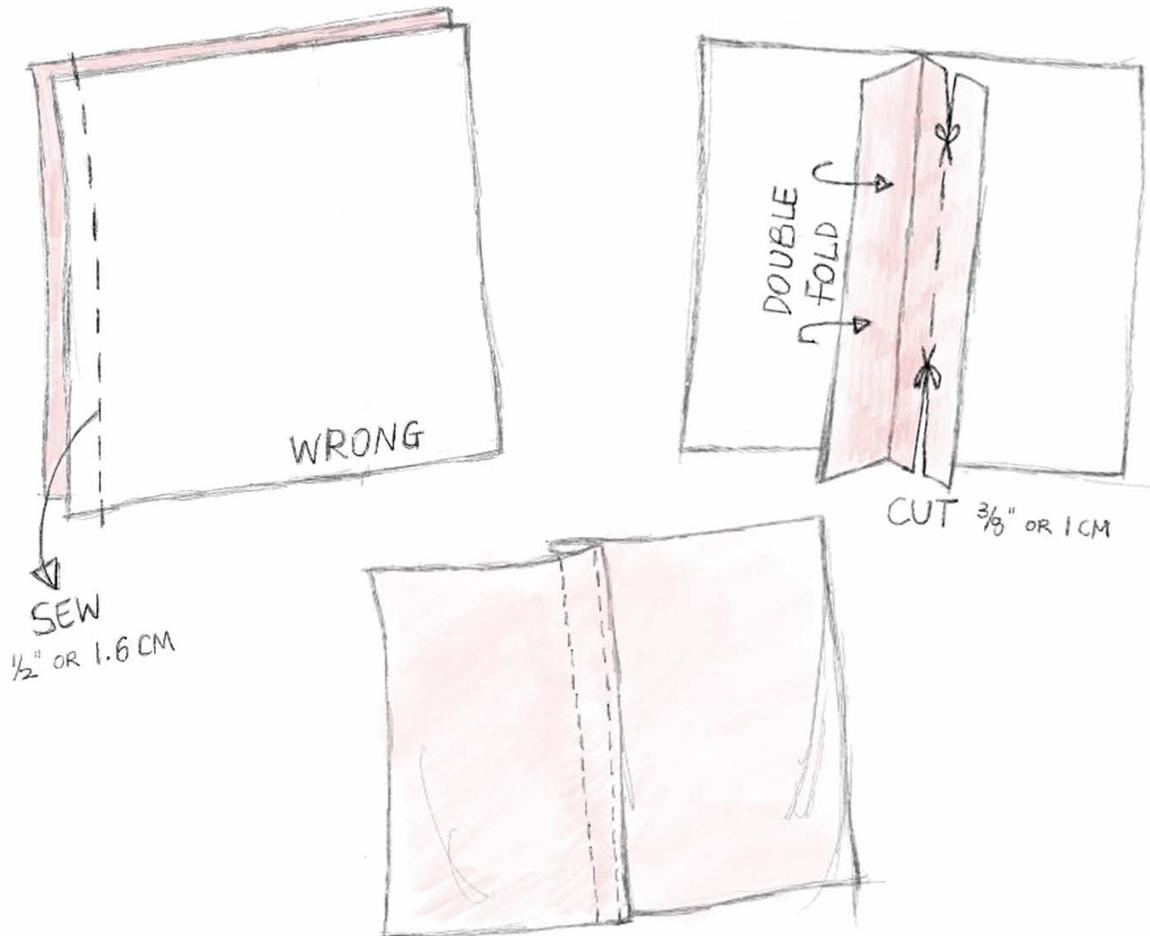
Use a buttonhole foot by inserting the button in the back of the foot, and snap the foot into place. Pull the button hole lever down, and select the buttonhole stitch on your machine. Press the pedal and stitch away, your machine will automatically go through the steps to make an accurate buttonhole.

# Edge Stitch



Edge stitches are typically used to decorate or emphasize the original seam line. To achieve clean edge stitch, use a special footer to sew close to the edges without gliding off. Sew slowly to control the fabric.

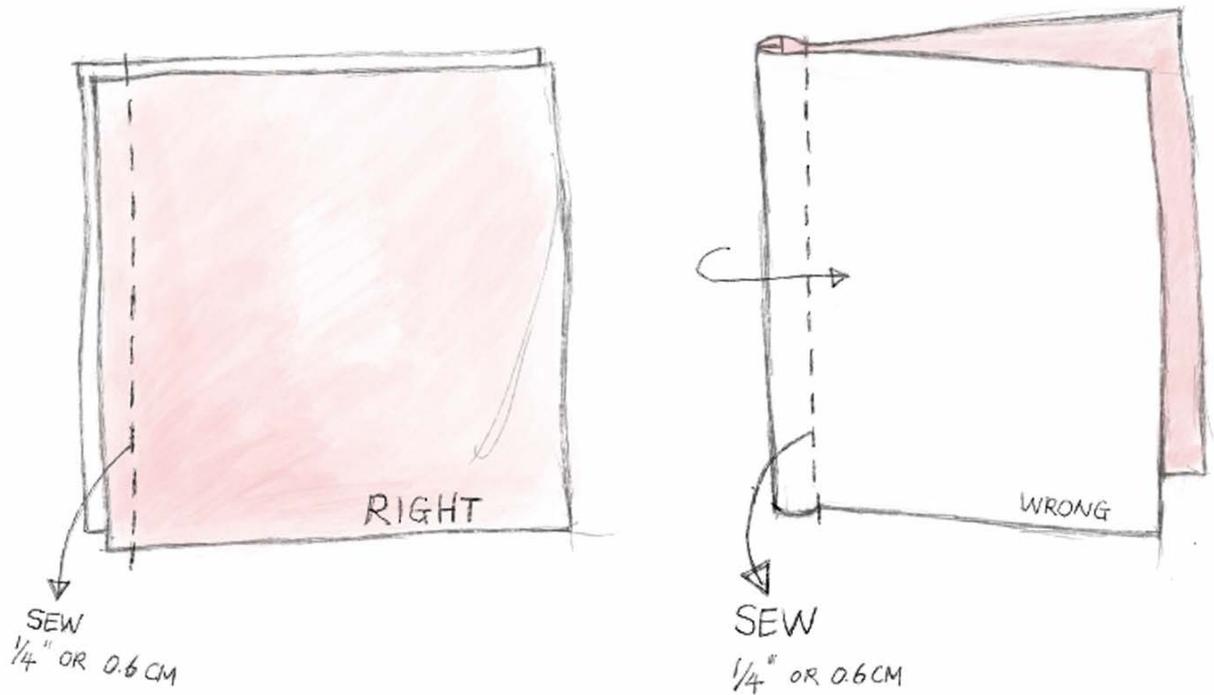
# Flat Felled Seam



Flat felled seam or jeans seams is a great way to sew heavy duty fabric or bottoms to strengthen the garment.

Sew the fabric right sides facing each other. Trim one of the seam allowances in half. Turn the raw edge under and fold over to hide the half cut edge. Topstitch down the enclosed seam allowance.

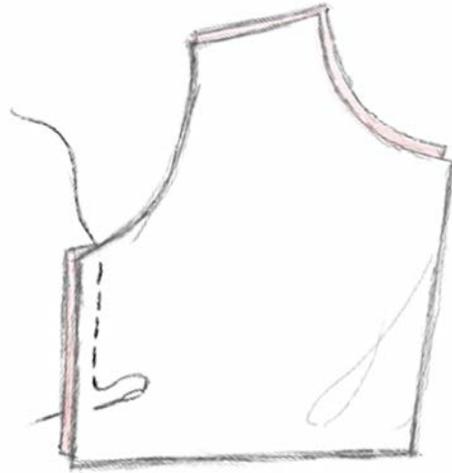
# French Seam



When sewing silk or chiffon with delicate fabrication, French seams are a great way to achieve an excellent quality finish.

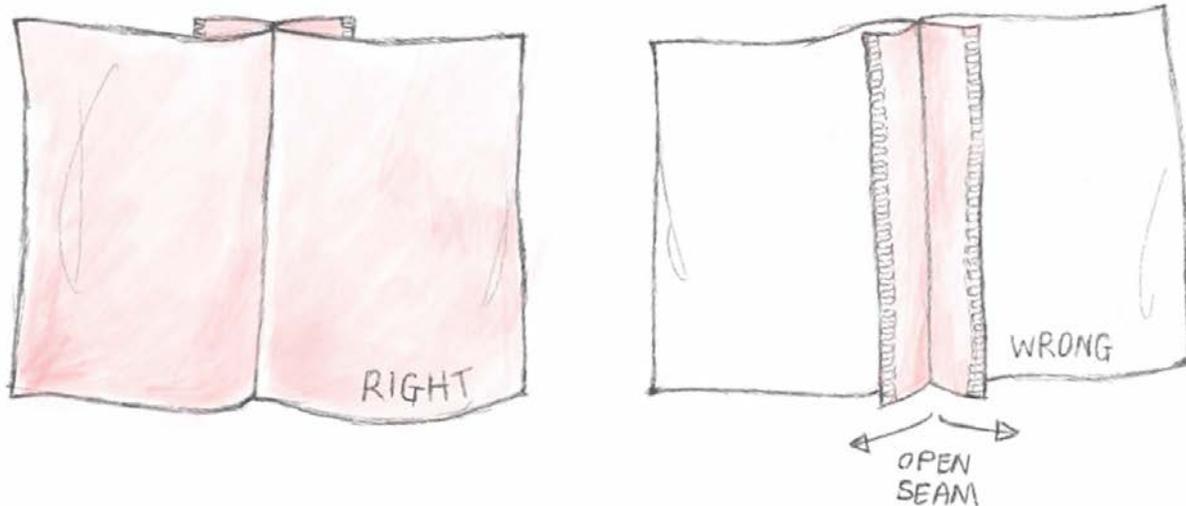
Place wrong sides of fabric facing each other and sew 1/4" or 0.6cm. Press the seam and fold the fabric along the seam line. Enclose the seam by stitching 1/4" or 0.6cm from the folded edge.

# Hand Basting



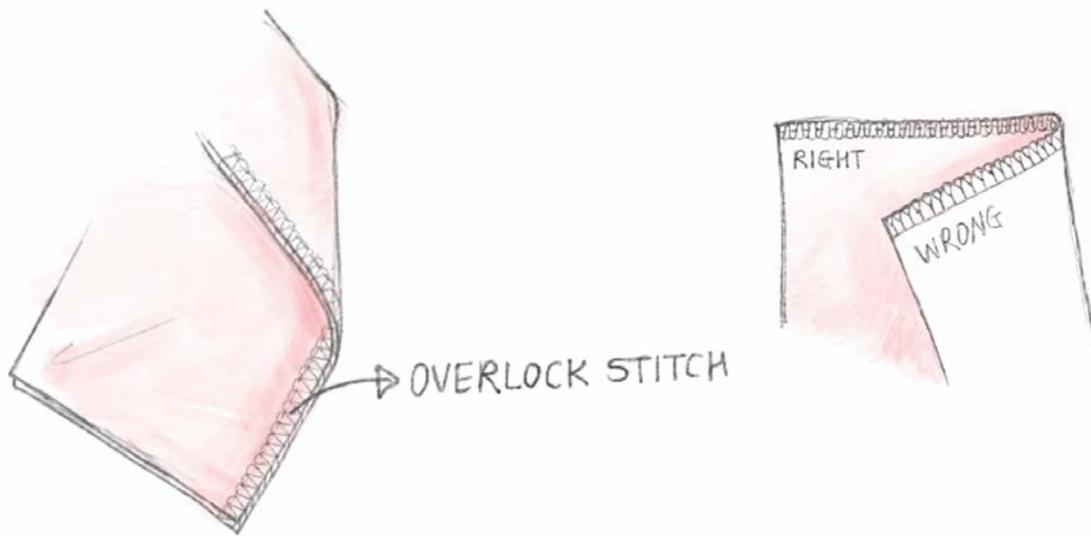
Basting or running stitches are simple hand stitches to use instead of pinning or gathering. Alternatively, you can increase the stitch length and loosen tension on your sewing machine to create a basting look.

# Open Seam



Open seams are a technique used to make the seams clean and flat. It can be used for CF, CB, or side seams. Overlock both raw edges first, and then stitch the 2 pieces together to iron the seam open.

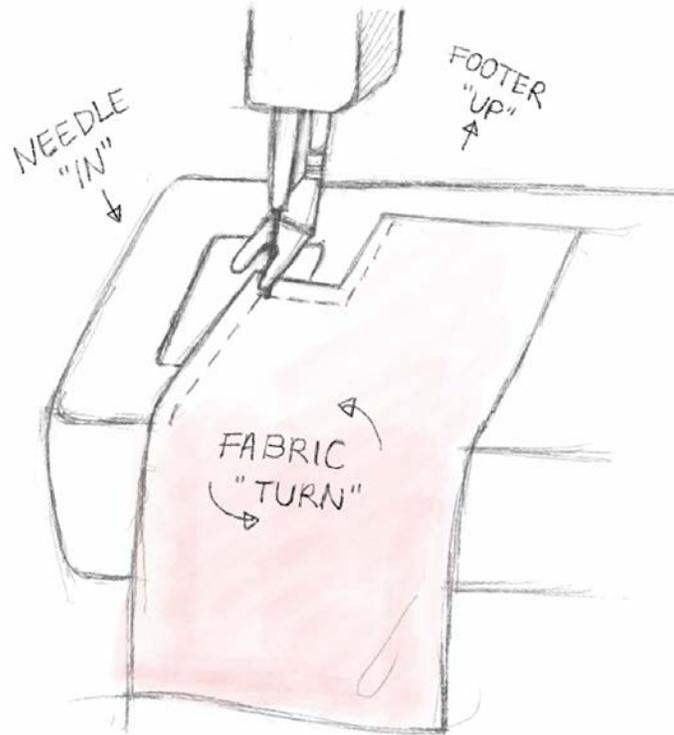
# Overlock



Overlock stitches help to bind raw cut edges to prevent from fraying. This technique is mostly accomplished by overlock machine, serger, or your home sewing machine with overlock stitch setting.

Overlock machines have 2 to 3 needles and 2 top threads and lower threads to braid and stitch, which results in a variation of blanket stitch. The knife blade cuts the fabric edge to give a clean overlock stitch.

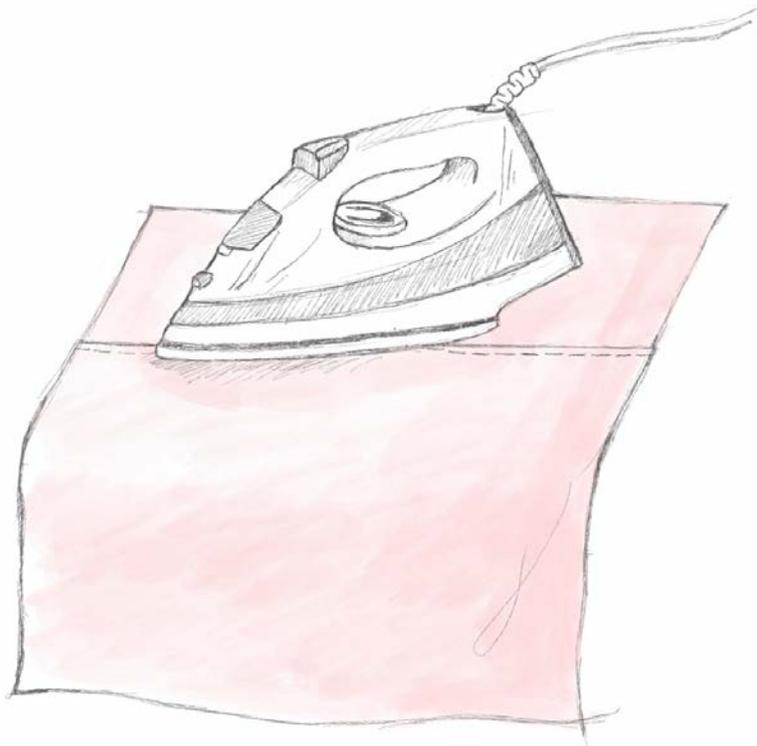
# Pivoting



Use the pivoting method when sewing corners or at an angle such as pocket corners, tip of collars, v-neckline, etc.

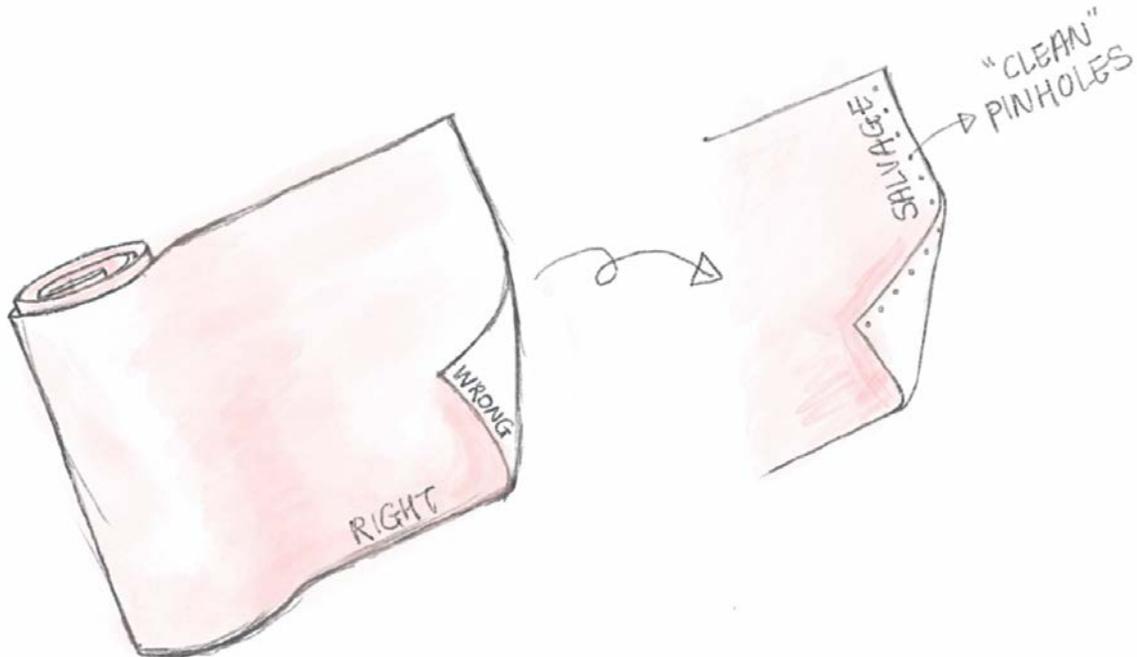
Execute the technique by leaving the needle in the fabric, lift the footer, and then turn the fabric as much as you need. Continue to sew by lowering the footer again, then stitch in the new direction.

# Pressing



Steam and iron with pressure after every stitch you make in the garment. Pressing helps to relax the threads and finish the seams cleanly. Be aware to avoid extreme steam on natural fabrics such as cotton and linen due to the risk in shrinkage.

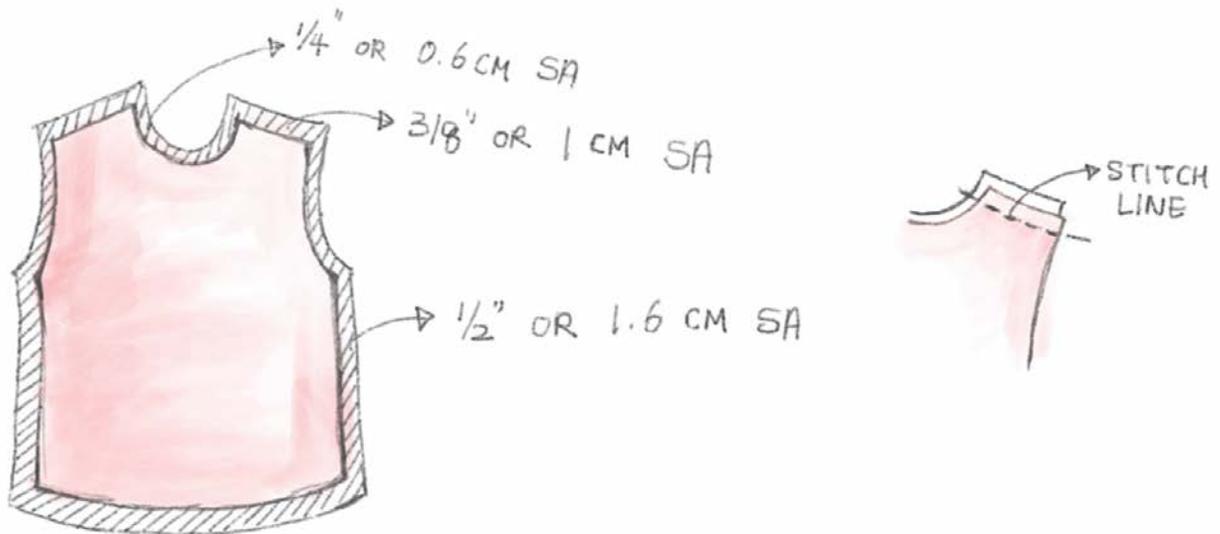
## Right side - Wrong side



All fabrics have a right side and wrong side. The right side is mostly worn visibly to the outside whereas the wrong side should be on the inside of the garment. Some fabrics are easy to identify the right or wrong side by sheen or texture, but some might look identical both right and wrong side.

To find out the right and wrong side of the fabric, look for little pinholes along the selvage. The clean side of the holes is the right side.

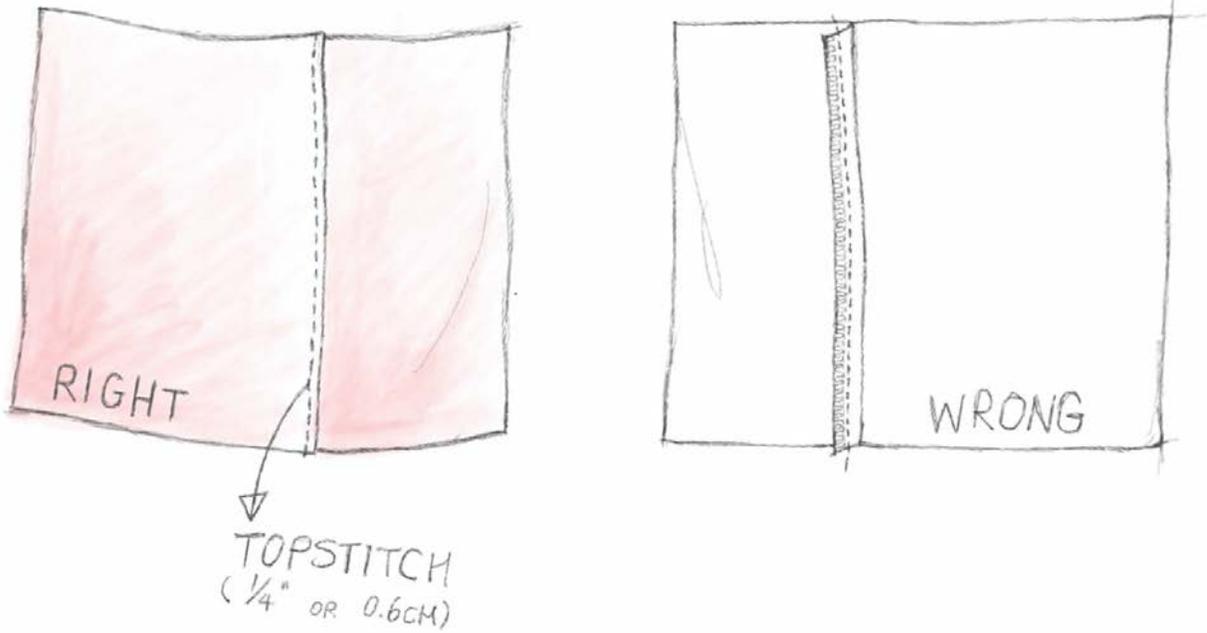
# Seam Allowance



The seam allowance or SA is the extra fabric next to the stitch line all around each pattern piece. The additional space allows us to sew everything together.

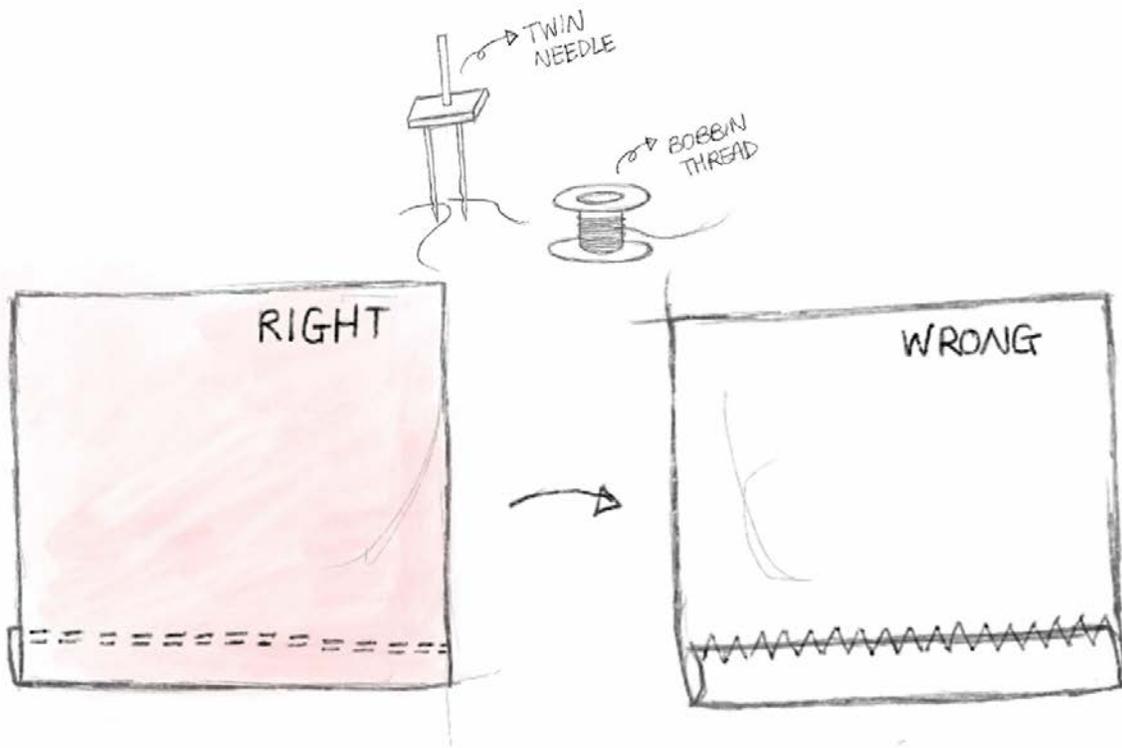
Depending on the seams and styles, the seam allowance is usually ( $\frac{1}{4}$ ",  $\frac{3}{8}$ ",  $\frac{1}{2}$ ") or (.6cm, 1cm or 1.2cm) width. Always refer to the pattern and instruction booklet for accurate seam allowance amount.

# Topstitch



The purpose of top stitches are to add strength to the garment. Iron the seam allowance to the side. Straight stitch  $\frac{1}{8}$ " or 0.3cm, or  $\frac{1}{4}$ " or 0.6cm away from the original seam to sew the right side and seam allowance together.

# Twin Needle



Twin needles are used in knit casual or sportswear for clean finishing without needing a double fold hemming method. The 2 top threads and 1 bobbin thread create parallel topstitch on the right side of the fabric and zigzag stitch on the wrong side of the fabric.