

INSTRUCTIONS FOR MAKING A V-NECK T-SHIRT DRESS/ T-SHIRT/CROP TOP W/ RAGLAN (BASEBALL-STYLE) SLEEVES by Ren Zoller (@dkettchen)

Things you'll need:

- T-shirt fabric (yes that's what it's called, it's dumb) in several (I used 3) colours (enough fabric for the pieces we'll construct in a bit, plus plenty of seam allowance)
- a sewing machine
- plenty of pinning needles as usual
- a sewing needle for some hand sewing
- thread in one or more colour(s) that match your fabric
- some tailor's chalk or a pencil (depending on the colours of your fabric)
- measuring tape
- a calculator
- some checkered paper (like the kind you'd find in notebooks)
- some patterning paper (you can use wrapping paper or something similar, any big inexpensive paper to draw your final pattern pieces on)
- a ruler and a protractor (is that what it's called? the lil triangle or half-circle ruler you use to measure angles n stuff in geometry)
- likely one of those seam-undoer thingies if you have one (usually sewing machines come with one as part of their accessories)

Measurements (of the prospective t-shirt wearer) you'll need: (fig. 3)

Notes:

- If your subject wears a binder or stuffed bra or any other majorly shape-changing torso underwear they'd want to wear under the finished thing, take the measurements while they are wearing that to make sure it'll fit right later.
- I made this for myself as a t-shirt dress with the aim to get an androgynous shape on my androgynous (afab & on T for a while) body, if you have a different body-type/shape in mind you might need to adjust how you use some of these measurements, but it's good to have all of them at hand either way :)
- round any measurement I marked with an * up to the nearest 5cm mark (ex. one of my measurements was like 96 and I rounded it to 100)
- round any measurement with ** up or down to the nearest 5cm mark

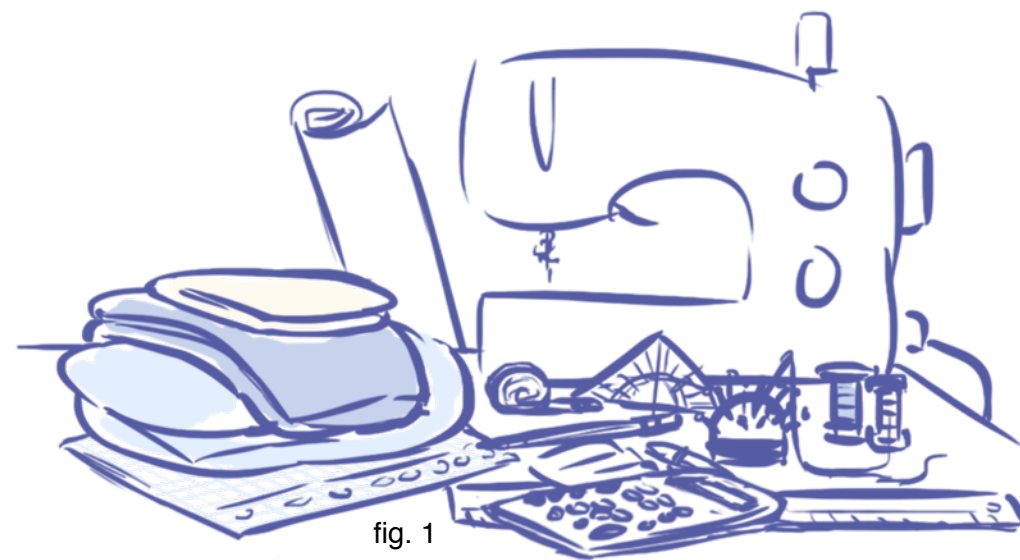


fig. 1

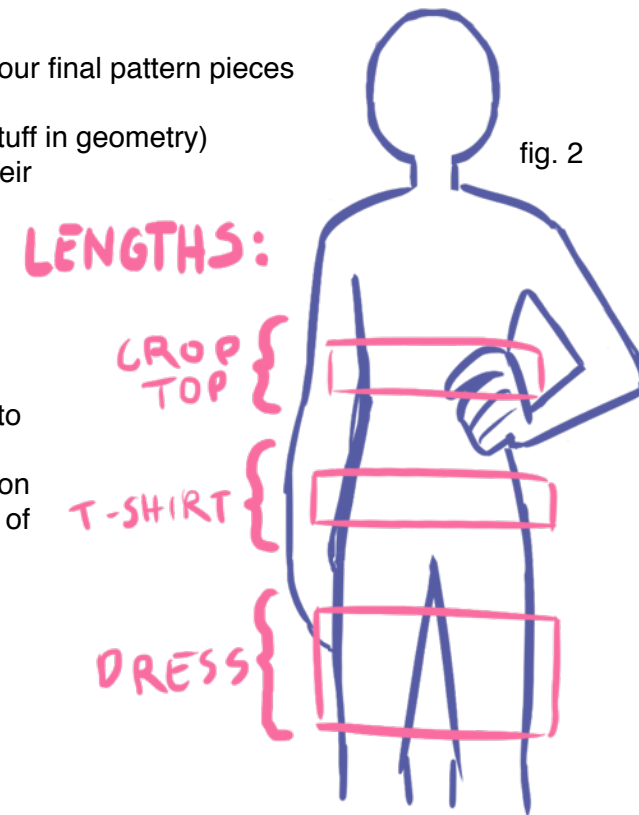


fig. 2

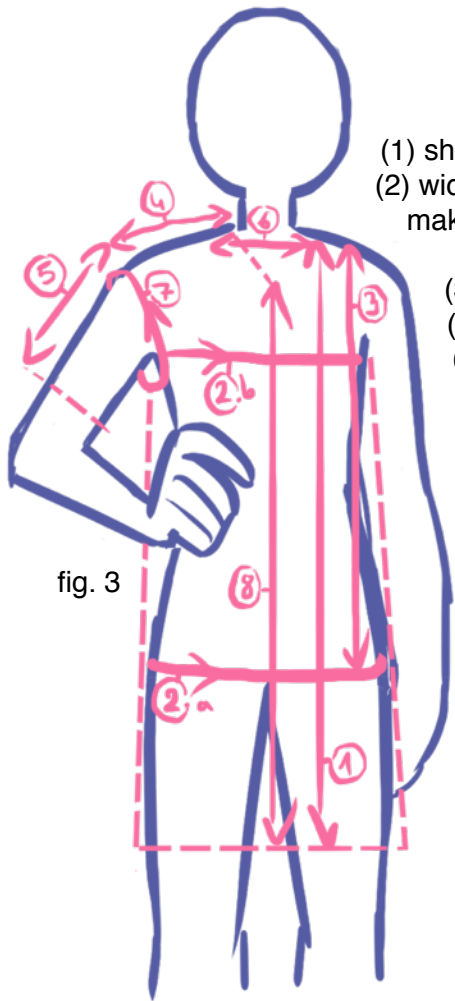


fig. 3

- (1) shoulder to desired bottom seam (length of garment)** (fig. 2)
- (2) widest measurement* (might be hip circumference might be chest circumference, you'll have to see based on what you're making and what your wearer's proportions are like)
 - > if it's the hip (2.a) or waist then also measure the chest's circumference* (2.b)
- (3) shoulder to widest measurement**
- (4) neck to shoulder
- (5) shoulder to desired sleeve length
 - > add those two together to get your final sleeve length**
- (6) roughly the width of the bottom of the neck (like in a straight line from the points you measured the sleeves from, you can round this one if it's close enough to the 5cm mark anyway)
- (7) shoulder/desired arm-pit-seam for your sleeve circumference**
- (8) collar bone to desired bottom seam**

Constructing the pieces:

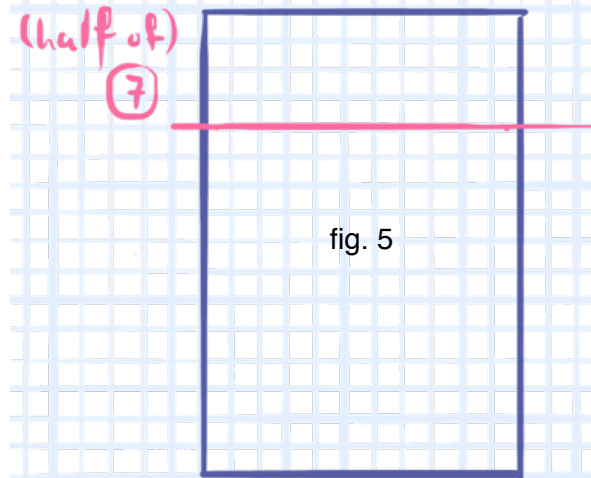
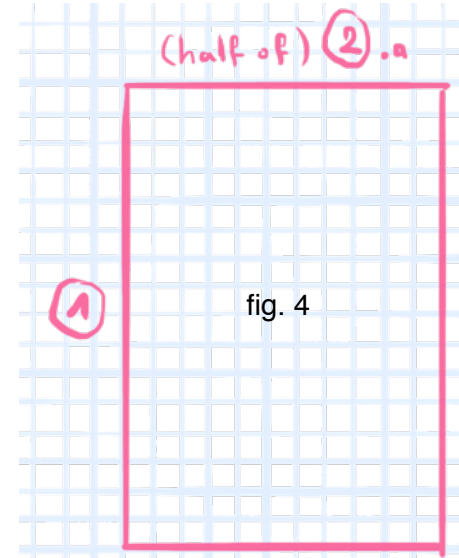
We'll have 5 different pieces:
Front and back, two sleeves, and a collar.

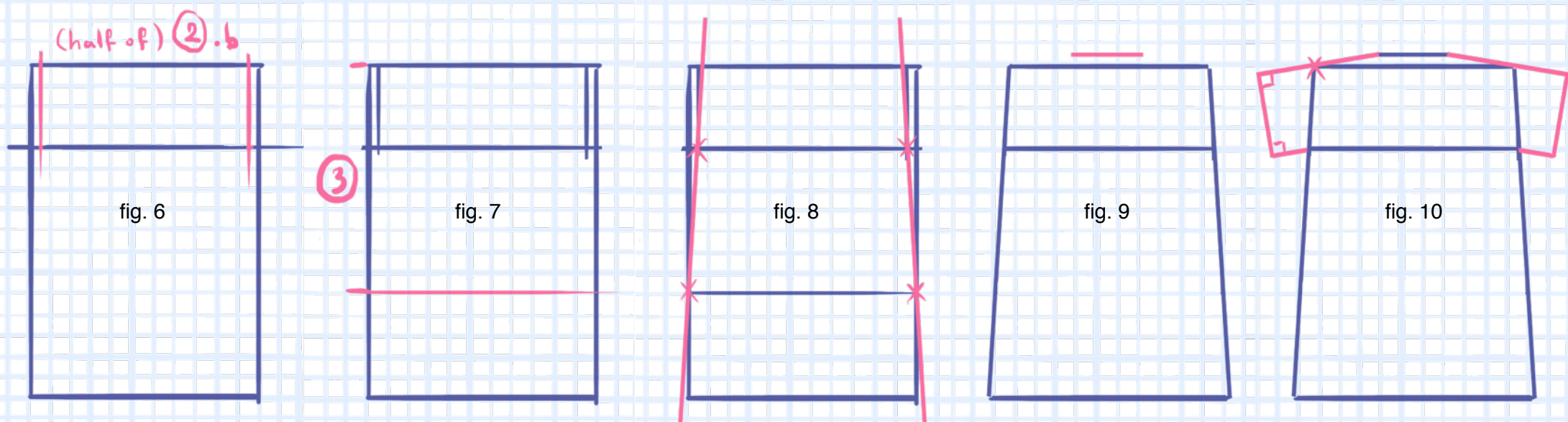
We'll construct the design to scale on the checkered paper, so we can figure out the measurements and angles to transfer to the patterning paper later. I used a 1:10 scale (I believe??), so 1cm on the checkered paper represents 10cm in real life, and each of the 5mm squares is 5cm.

First draw a rectangle of:
(1) x half of (2) (fig. 4)

If your widest measurement was the chest circ. (2.b), then it'll just go straight down all the way and you can mark half of (7) down from the top and skip the next paragraph. (fig. 5)

If it was the hip or waist circ. (2.a) take half of (2.b) and mark that width. (fig. 6) Then take half of (7), mark that down from the top on the smaller width. (fig. 5) Now take (3) and mark that on the outer width. (fig. 7) Draw a line between the point of [chest width/sleeve width] and [widest width/distance from shoulder], and continue it





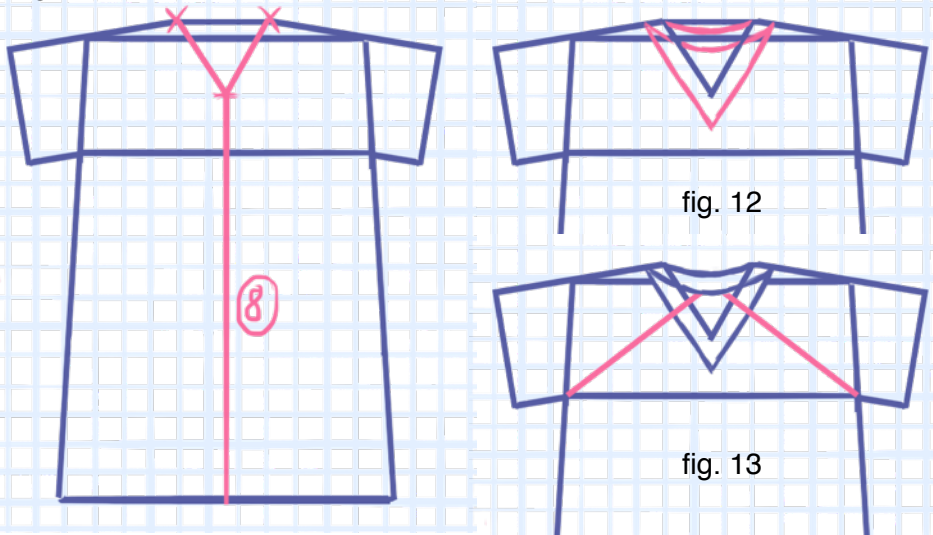
down to the bottom edge. (fig. 8) This line should be angled outwards going toward the bottom.

Mark (6) in the top middle of the rectangle/trapezoid. (fig. 9) I put it up slightly above the top line to get a slight downward angle on the sleeves. 2-3-ish cm should be enough for this. From there on either side you mark a ((4)+(5)) long line that crosses through [chest width/top line]. At its end you draw half of (7) down at a right angle, and then another right angle from there to [chest width/sleeve width]. (fig. 10)

Draw a (8) long line along the middle of your rectangle/trapezoid from the bottom up. From there to the two [neck width/sleeve] points draw lines to form a triangle for the V-neckline. (fig. 11) You can round the back bit out a bit to make a nicer shape. Draw parallel lines to the neckline at ca half a square distance (ca 2-3 cm irl). (fig. 12)

Finally for the diagonal sleeve seams, draw a line between roughly the middle of the V's lines and [chest width/sleeve]. Try and angle it so there's a little bit of space left between the two sleeve bits at the back. (fig. 13)

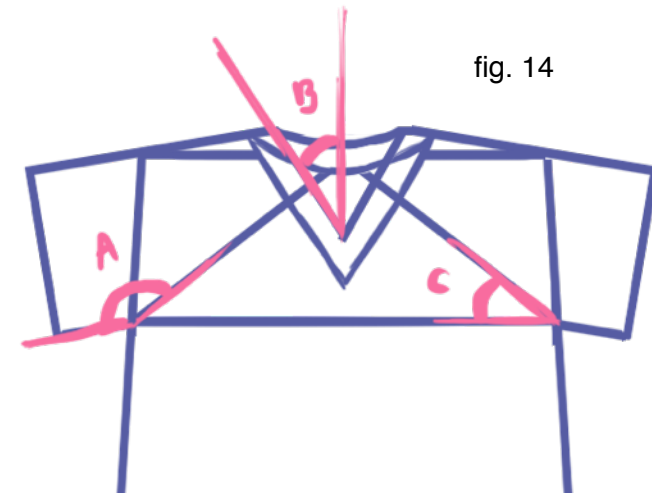
fig. 11



Now measure the following angles: (fig. 14)

- (A) armpit angle on the sleeves
 - (B) half of the V angle
 - (C) angle between the armpit to armpit line & the diagonal seam
- You'll need them to construct your shapes on the patterning paper in a bit.

fig. 14



The collar is a 2-ish cm wide strip (cut out 4cm plus seam allowance so you can fold it in half). For the length I kinda eye-balled it and ended up with more strip than I needed and just kinda cut it to what I needed as I was pinning it on (more on this later).

For the sleeves, we want a piece that covers both the front and the back in one go. The end of the sleeve is made of right angles, so it's fairly easy to measure off of your initial drawing and draw the shape you need for this. (fig. 17)

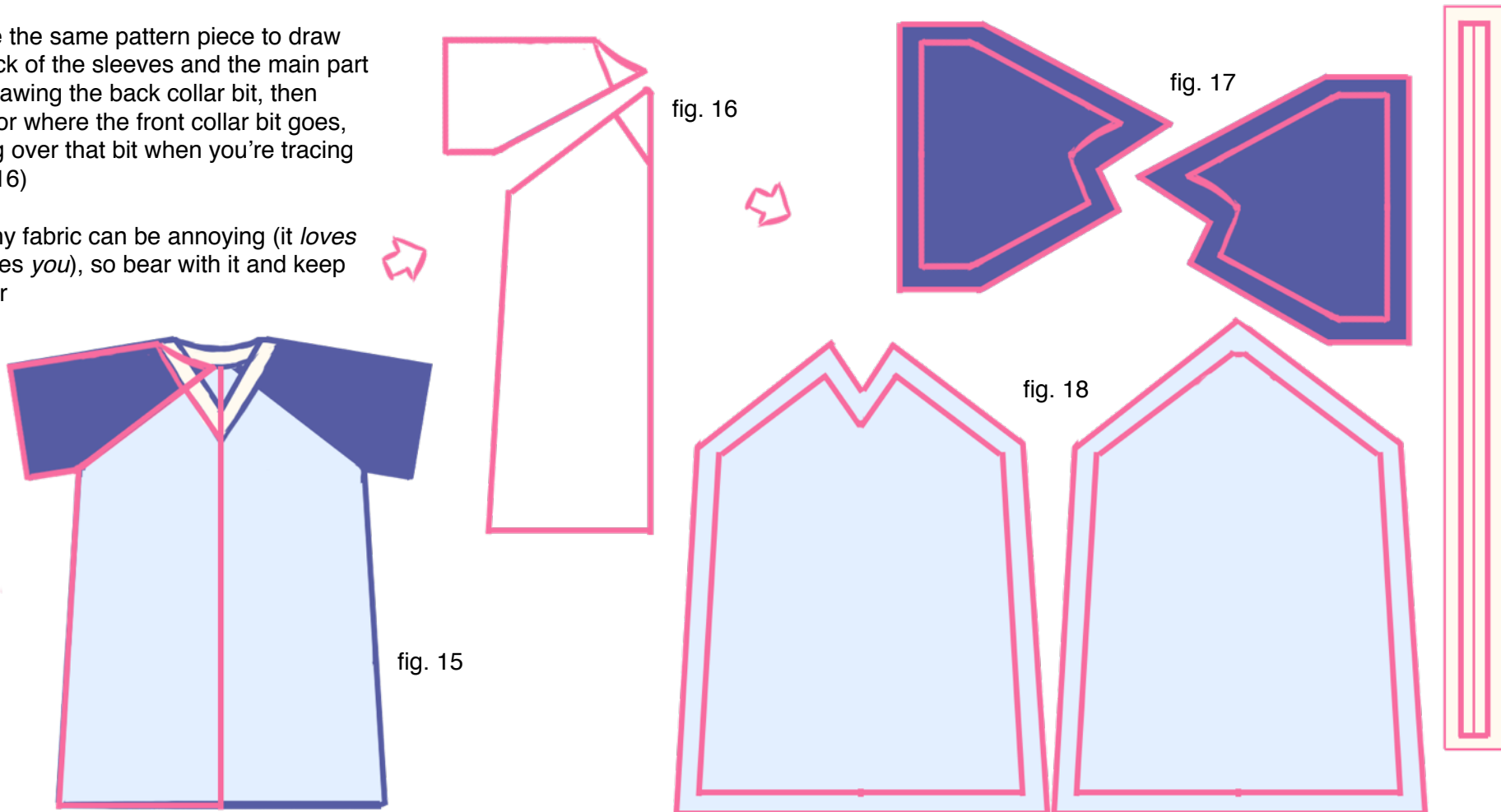
The front and back of the main part will be two pieces so we get nice side seams. (fig. 18)

When transferring the measurements from your to-scale drawing to your patterning paper, you can draw one half of the shape (down the middle) (fig. 15) and then fold your fabric and align it with the folded edge so you only have to trace it on one side to cut it out. (You'll still have to trace it on both sides later to know where your lines and seam allowance are.)

You can even use the same pattern piece to draw both front and back of the sleeves and the main part respectively by drawing the back collar bit, then marking the line for where the front collar bit goes, and simply folding over that bit when you're tracing the front bit. (fig. 16)

Tracing on stretchy fabric can be annoying (it *loves* to stretch and hates *you*), so bear with it and keep checking that your lines are actually straight and where you want them to be.

When cutting your fabric, do not forget seam allowance! Better more than less, you can always trim it down later.



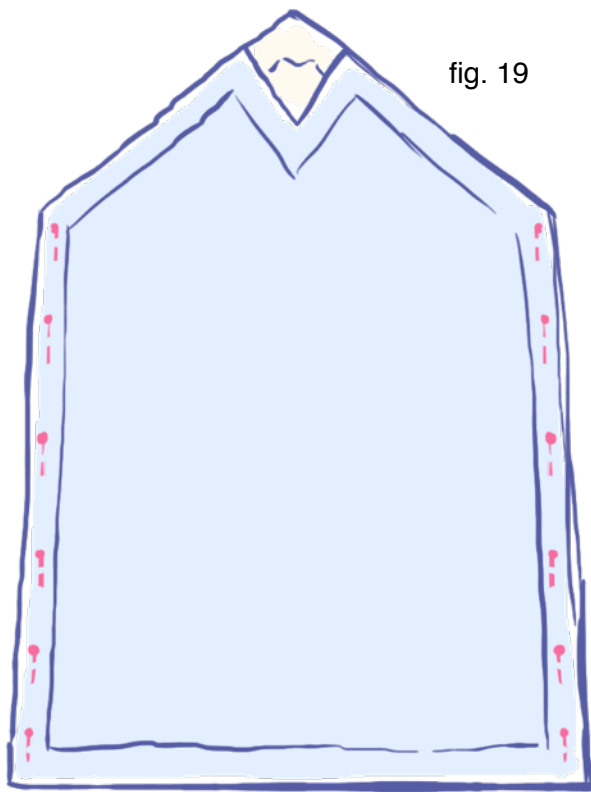


fig. 19

Sewing

Note: T-shirt fabric is stretchy, and stretchy fabric will hate you. Make sure you aren't stretching it WHILE sewing because that way it'll get all stretched out on the seam and look horrible. Just gently lead it through the sewing machine and be prepared for undoing and redoing seams a lot, most of all if you're not used to working with stretchy fabric.

Let's start by pinning together the side seams of the front and back piece up to where we'll attach the sleeves later. (fig. 19)

I sewed these using french seams (fig. 20), but feel free to do it in a less complicated way lol

If you're doing french seams, you pin them together wrong sides together (right sides out), sew a bit outside of your desired seam [1], trim the rest of the seam allowance [1], turn it inside out, pin it to sew your final seam [2], and that way you'll end up with a nice outside seam and no raw edge on the inside. [3]

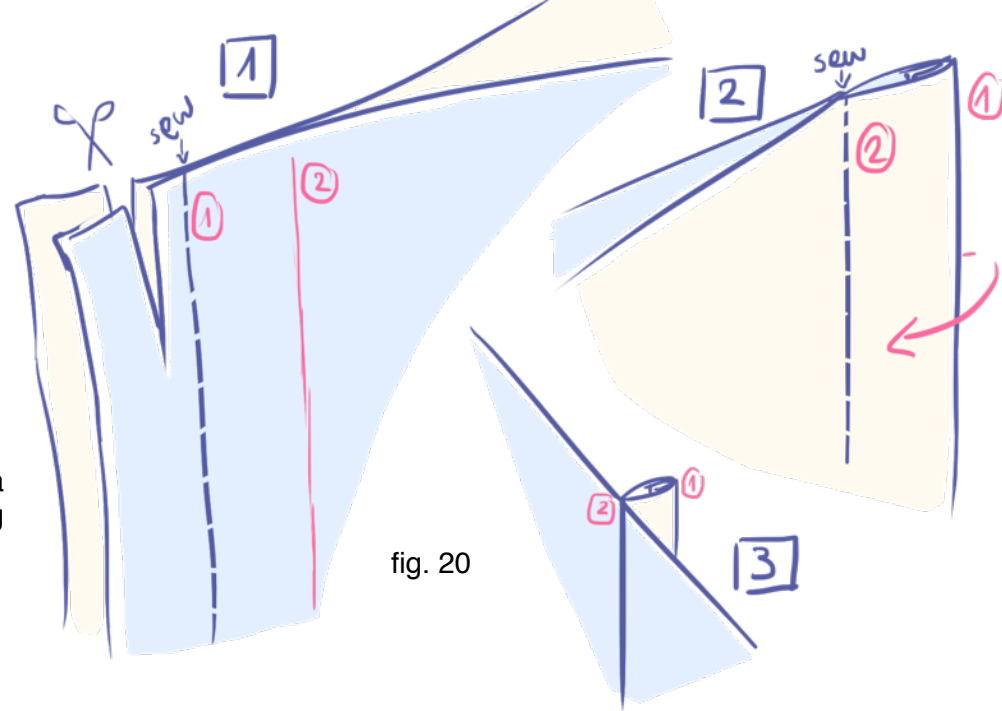
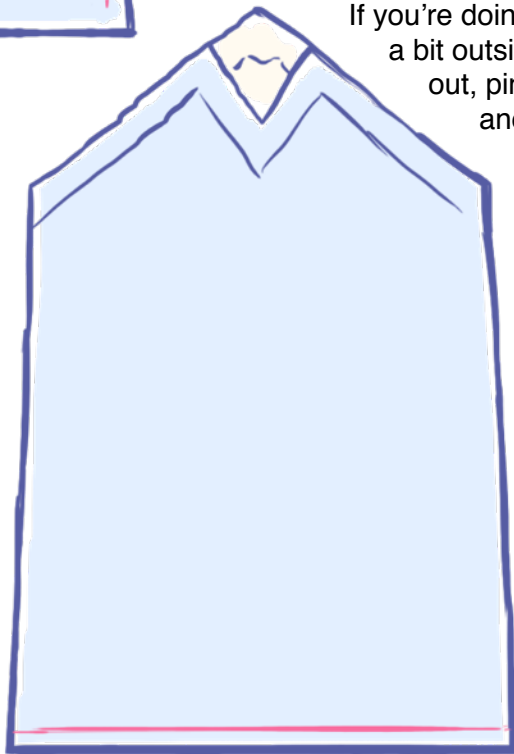


fig. 20



fig. 21



Next pin the bottom seam and sew that. (fig. 21) (Make sure you don't sew it shut lol) It might be easier to sew the bit you'll fold under by itself first [1] so it won't stretch all over the place as much when you sew it on. [2] I even had to do a second main seam after I was done with everything else, because it kept turning around because I'd sewn it on too low.

Pin together the armpit bits of the sleeves and sew them. (fig. 22 [1]) I also used french seams here. Turn under, pin and sew the bottom seam of the sleeves. [2] Make sure you don't sew them shut.



fig. 22

only sew to here

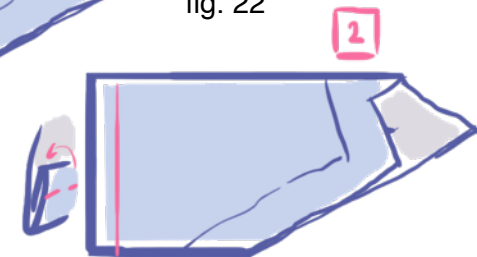
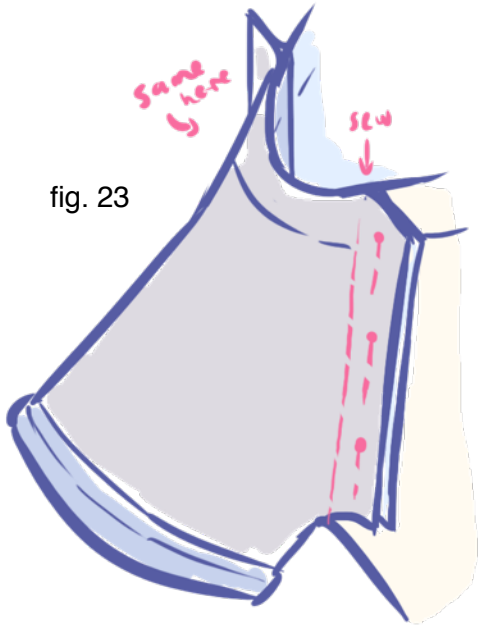


fig. 23



Pin the sleeves onto the main bit by the diagonal seams. (fig. 23) I didn't bother with french seams on these ones and left the interior seams raw, so feel free to pin them right sides together and sew them that way. Trim the left-over seam allowance down to a few millimeters so it'll be easier to attach the collar.

There might be some lil holes in the armpit area, because the seams didn't line up or didn't connect properly. You can fix this with a few hand stitches connecting the bits of the seams that aren't already. (fig. 24)

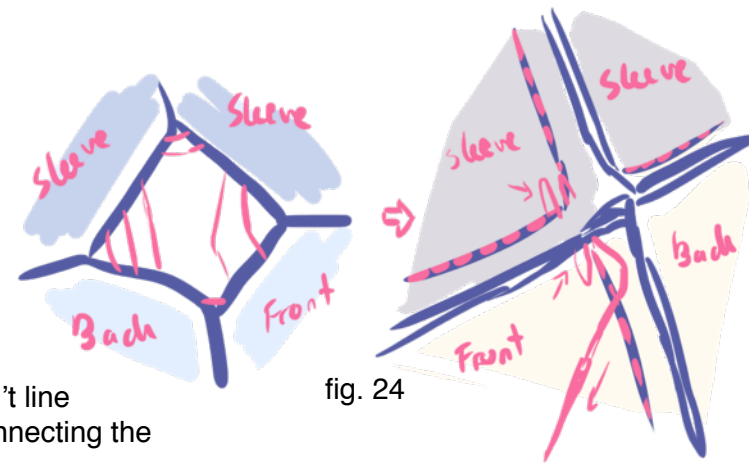


fig. 24

For the collar, I pinned the collar piece onto the rest for the outside seam all the way around. (fig. 25) Carefully sew that on before folding it over and pinning it slightly further down than the outside using the seam allowance. (fig. 26)

We'll sew that down in a minute, but first pin the bottom of the V so both sides will line up straight when laid out. (fig. 27 [1]) Fold it together so the two bits of collar are on top of each other. Sew the prospective middle-line on the inside [2] and trim the seam allowance.

fig. 25

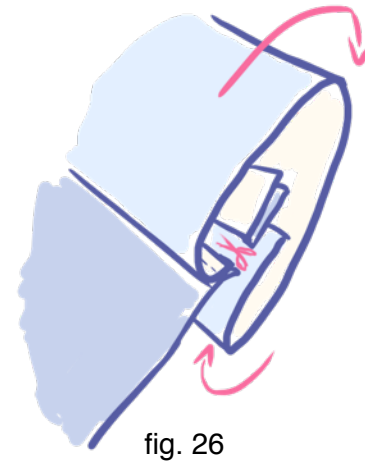


fig. 26

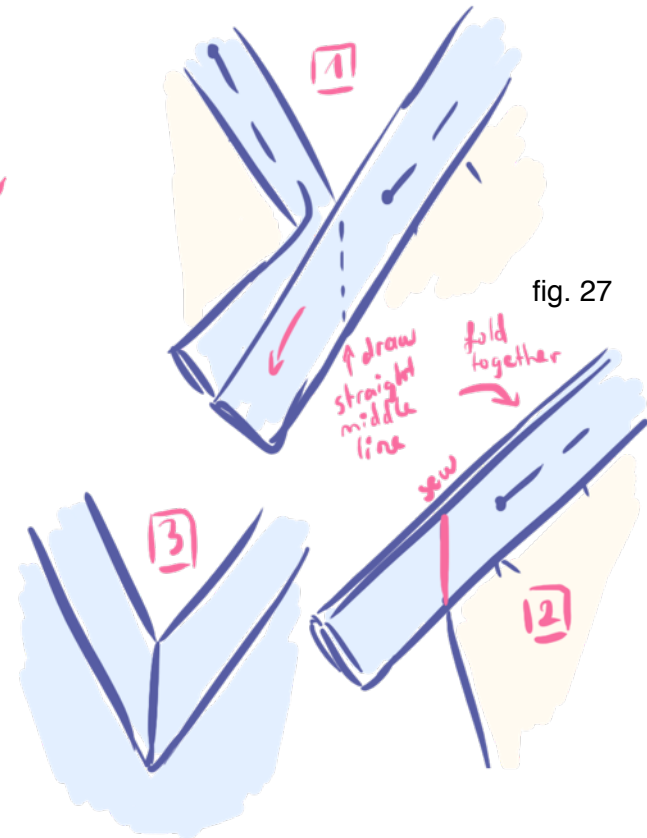


fig. 27

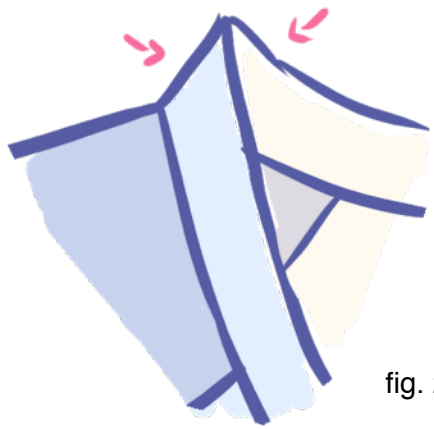


fig. 28



On the shoulders where the fabric makes the transition from front to back of the shoulder pieces, the collar fabric will be sticking up. Fold it over a bit until it's at a better angle and pin it there. Using the sewing needle, use felling stitches (or different ones if you prefer, I felled it) to stitch it down. (fig. 28)

Finally, I back stitched the interior seam by hand in order to hide it within the outer seam, but you can sew it on the machine if you don't mind seeing it on the outside or are using thread that matches the colour of your fabric better than the one I used. (fig. 29)



fig. 29

And that's it! Congrats, you successfully made a garment with Raglan (/baseball style) sleeves!

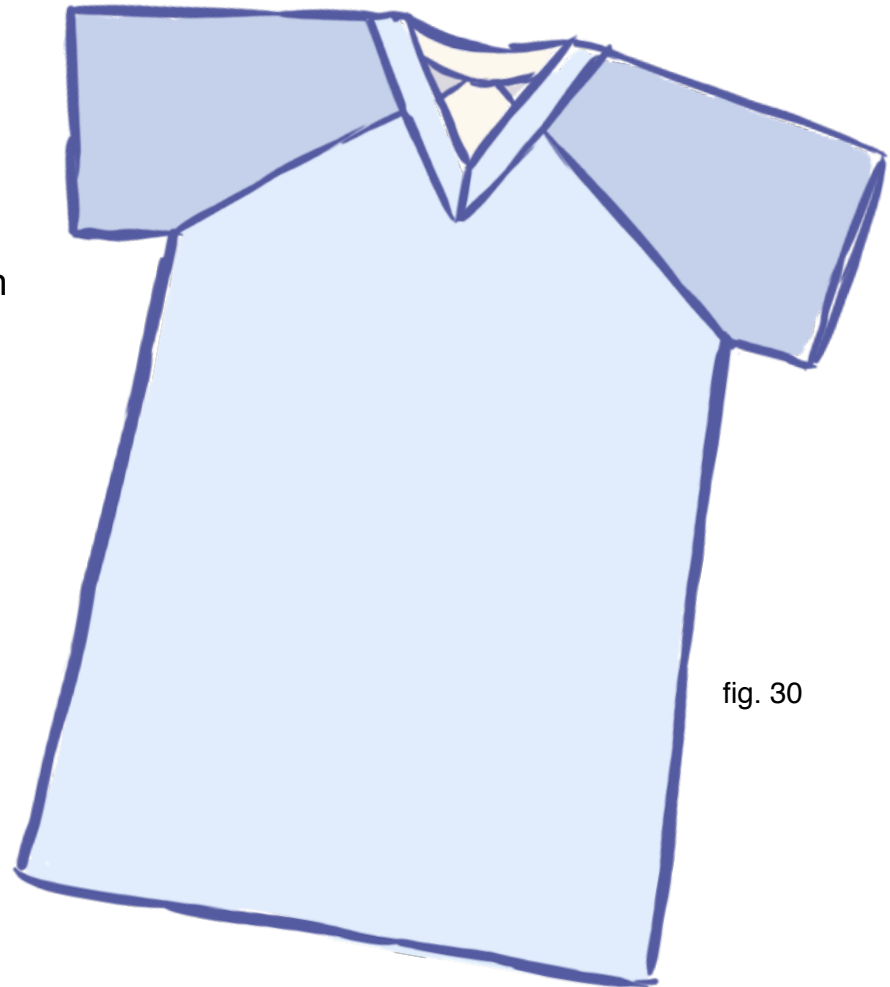


fig. 30