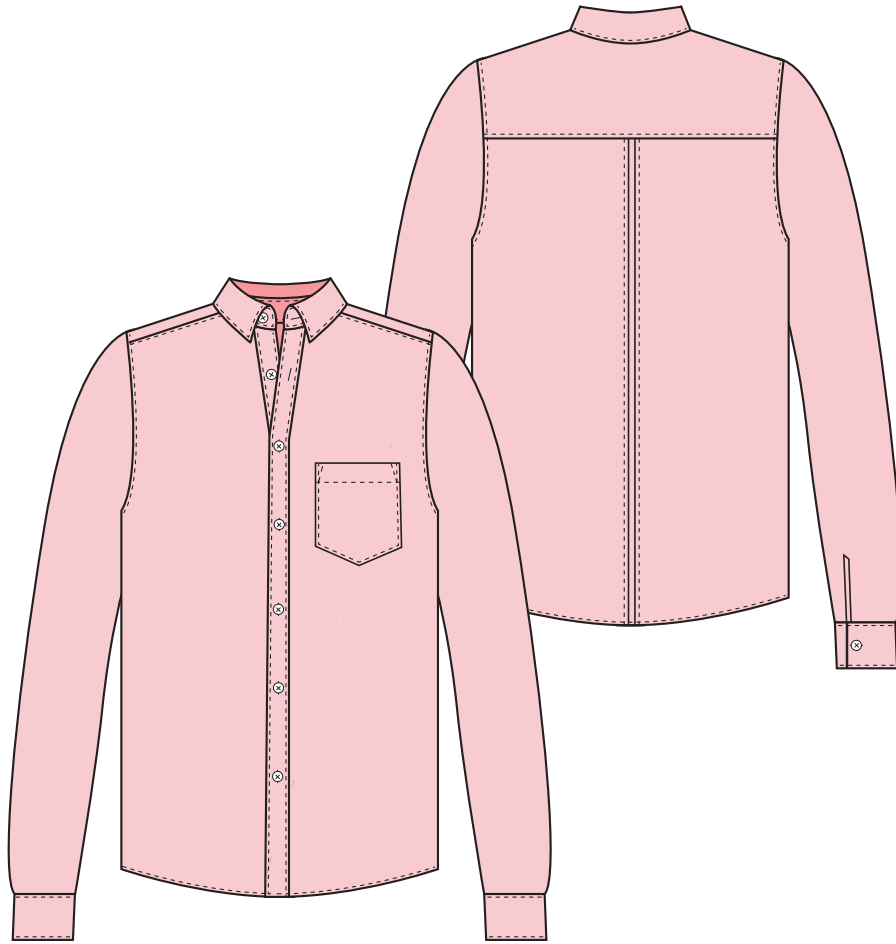


spit up & *stilettos*



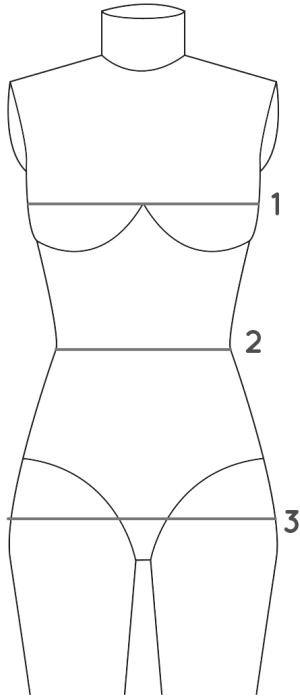
CAROLINE SHIRT

Level: Advanced | Time: 3-4 Hour | Pages: 56

This hip length boyfriend fit button down shirt will be a favorite when you just want something comfy to throw on over leggings. It has no darts, long sleeves, button front closure, sleeve placket, flat fell seams, and an awesome optional pocket.

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Size Chart



Size	Numeric Size	Bust	Waist	Hips
XS	0	33"	25"	35"
XS	2	34"	26"	36"
S	4	35"	27"	37"
S	6	36"	28"	38"
M	8	37"	29"	39"
M	10	38"	30"	40"
L	12	39.5"	31.5"	41.5"
L	14	41"	33"	43"
XL	16	43"	35"	45"
XL	18	45"	37"	47"

(1) BUST: Measure around the fullest part of your bust and keep the measuring tape parallel to the floor.

(2) WAIST: Measure around the smallest part of your waist.

(3) HIP: Measure around the fullest part of your hip and keep the measuring tape parallel to the floor.

Supplies

- Fabric
- Interfacing
- Thread
- 9 Size 20 (1/2") buttons
- 1 Yard of 3/4" wide single fold bias tape

Tools

- Fabric scissors
- Pins
- Chalk or marking pen
- Tape (for piecing pattern)
- Paper scissors (to cut pattern)

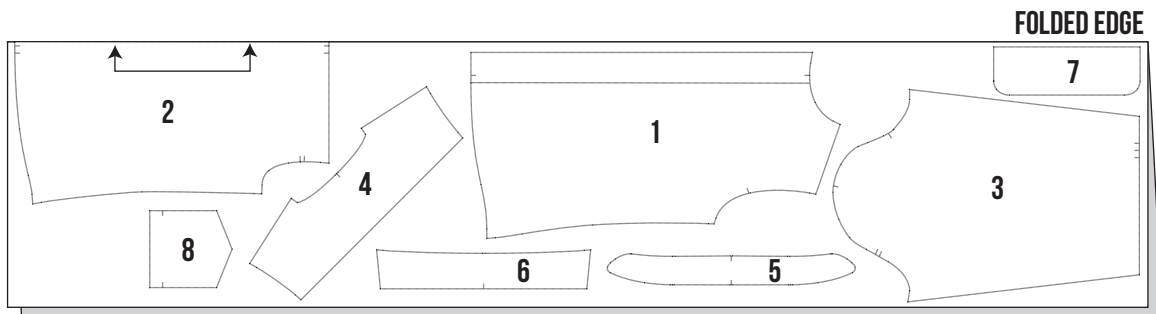
Fabric

Find a shirt weight woven cotton or flannel fabric to make the Caroline shirt out of. We suggest getting something that feels super soft, just cause that will make it that much more comfy.

Fabric Usage

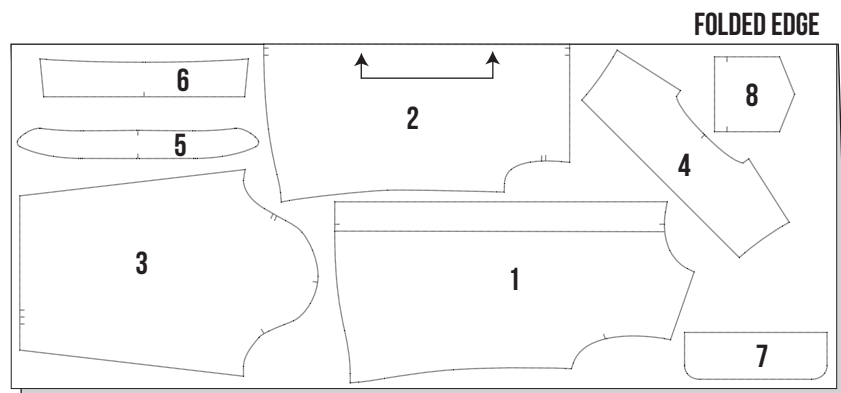
45" WIDE

You will need 2 $\frac{3}{4}$ yards of fabric. If you are doing a stripe or plaid dress, you will need an extra $\frac{1}{2}$ to 1 yard of fabric. Below is the layout guide.



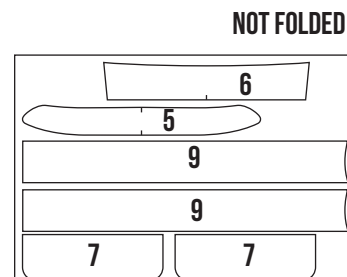
60" WIDE

You will need 2 yards of fabric. If you are doing a stripe or plaid dress, you will need an extra $\frac{1}{2}$ to 1 yard of fabric. Below is the layout guide.



INTERFACING

You will need $\frac{3}{4}$ yards of interfacing that is a similar weight to your main fabric. Interfacing that is too stiff will change the shape of your garment, which is bad! To the left is the layout guide for 20" wide interfacing.



Why is there only one fabric usage guide? Well, we felt that to make things easier we would only include one based on the largest size so that no matter what you have enough fabric. Who doesn't love scraps?

Using the size chart on the previous page, find your size. If you are in between, you can draw a new pattern line between the two sizes or simply choose the larger size.

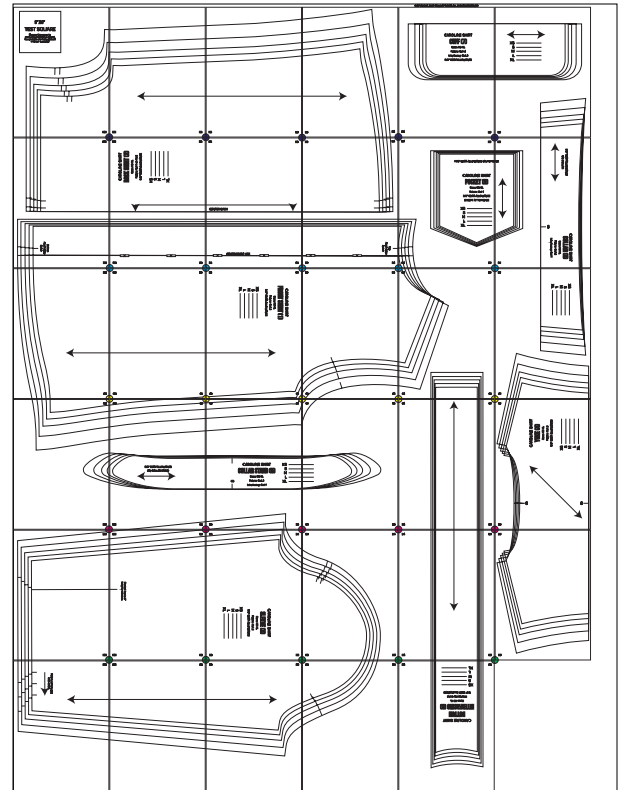
At the end of these instructions, you will find your PDF pattern. On the first page, there is a 2" x 2" test square. Measure this square with a ruler to verify that the pattern is the correct size and then cut out each 7" x 9.5" rectangle. Tape the pieces together matching the colors/letters/numbers, then cut out your pattern size.

Using the fabric layout in the Fabric Usage section as a guide, lay out your pattern pieces. Use either pins or pattern weights (we like the latter option) to keep your pattern in place. Pay attention to the fabric grain-line and, if using a plaid or stripe fabric, make sure to line up the stripes.

Trace your pattern edges onto your fabric by using chalk, pencil, or carbon paper. Transfer all markings, notches, darts and center front and back lines. Trust us. It's really no fun to have to come back and mark them later.

You know that pattern tracing you just did? Well, cut along your marking lines.

This pattern includes 3/8" and 5/8" seam allowances, which are listed on pattern pieces. Don't worry, we will let you know in the instructions when you're sewing a piece with a different seam allowance.



If this is your first time making this pattern, it's always a good idea to make a muslin to test the fit and make sure it flatters your body type. A muslin also lets you know what areas need to be altered. For a quick alteration guide or if you have any fit questions, go to Spitupandstilettos.com

Pattern Key

GRAIN-LINE

This red arrow indicates your grain-line, which you should align with the grain of your fabric. Don't know what grain-line or grain is? Let us explain. When fabric is made it is woven with threads that go in two different directions. Lengthwise, which spans the cut edges and crosswise, which spans the selvage edges (the selvage is the band of tightly woven fabric that runs up either side). The lengthwise direction is the grain of your fabric and what you use to line up your grain-line.



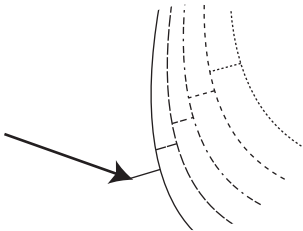
FOLD LINE

This means you line up the edge with the folded edge of your fabric before you cut. You should fold your fabric along the grain.



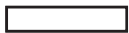
NOTCH

Mark this onto your fabric with chalk, washable pen, or carbon paper to use for future reference.



BUTTONHOLE PLACEMENT

This indicates where a button (left image) and buttonhole (right image) will go.



Stay Stitch

1. Start off by stay stitching the neckline 1/2" from edge (since your seam allowance is 5/8") on both FRONT SHIRT & YOKE pattern pieces.

TIDBIT: Stay stitching prevents curves from stretching out, and should be sewn within your seam allowance (not on the stitch line).



Interfacing

1. Attach BUTTON INTERFACING to the wrong side of your FRONT SHIRT pieces by pressing for 15 seconds in each area until completely adhered. Make sure the adhesive dots are face down. The interfacing should be backed off by 1/8".



Interfacing should be the same weight or lighter than your fabric and should not be noticeable in your final garment. Many sewists make the mistake of using interfacing as their sole method of adding shape or volume.

Left Button Placket

1. Using the top and bottom notches as guidelines, fold your left FRONT SHIRT piece under. Press.
2. Fold your piece again, using the raw edge as a guide. Press.
3. Sew 1/4" from folded edge.
4. Unfold the front edge, and on the face side of the fabric press the tuck away from the front.



Right Button Placket

1. Turn under the seam allowance of the right FRONT SHIRT piece 1/4" and press.
2. Using the top and bottom notches as guidelines fold your piece to the wrong side. Press.
3. Top-stitch 1/16" away from the folded seam allowance edge, Press your front edge flat.



Back Pleats

1. Fold each set of notches together near the center back line.
2. Sew $\frac{1}{4}$ " away from the notch edge.
3. Press both tucks toward center back.



Yoke

1. Place YOKE pieces right sides together. Sandwich the top edge of the BACK SHIRT in between the YOKE pieces, as shown. Pin in place. Make sure the center back folds stay pressed toward center back.
2. Sew the along the edge.
3. Trim down the seam allowance to 1/4".
4. Flip pieces right side out and press.
5. Top-stitch along the back edge.



Yoke Continued

1. Place each FRONT SHIRT piece in-between the corresponding YOKE shoulder seams and pin.
2. Roll the BACK SHIRT in-between the yoke pieces, so the YOKE shoulder seam are face sides together.
3. Sew the along the edge.
4. Turn everything right side out and press.
5. Top-stitch along the yoke shoulder seam.



Side Seams

1. Line up the side seams of the FRONT and BACK SHIRT pieces, wrong sides together (we're doing flat fell seams).
2. Stitch the side seam on the face side of the garment, then trim down the seam allowance to 1/8" on the back piece,
4. Fold the edge of the longer seam allowance down 1/4" then press it over to cover the shorter seam allowance.
5. Top-stitch along the seam allowance edge.



Placket

1. You will need about 15" of 3/4" wide single fold bias tape for each sleeve placket. You can either buy it or make it yourself.
2. Cut along the placket line of both sleeves (it should be 6")
3. On the wrong side of the SLEEVE, open the slash so it is semi flat. Pin the edge of your bias (wrong side up) along the edge of the slash.
4. Sew along the folded bias edge, when at the apex you will need to reposition the bias edge to be 1/8" from the edge (you will have a hard time sewing it otherwise).
5. Turn the other edge of the bias over to cover the seam allowance. Pin if needed.
6. Stitch along the bias edge, then press.
7. At the apex of the placket, there will be a part of the fabric strip that sticks out. You will want to stitch this together at an angle on the inside of the sleeve.



Sleeve Side Seam

1. Line up the side seams of the sleeve, wrong sides together (we're doing flat fell seams).
2. Stitch the sleeve side seam on the face side of the garment, then trim down the back seam allowance to $\frac{1}{8}$ ".
3. Fold the edge of the longer seam allowance down $\frac{1}{4}$ " then press it over to cover the shorter seam allowance.
4. Top-stitch along the seam allowance edge.
5. The notches to one side of the sleeve hem indicate a tuck, which should be folded toward the back of the sleeve. Pin the tuck in place, do not stitch.



Cuffs

1. Attach CUFF INTERFACING pieces to CUFF pieces on the wrong side of the fabric by pressing for 15 seconds in each area until completely adhered. Make sure the adhesive dots are face down.
2. Line up one CUFF piece with interfacing to one CUFF piece without, right sides together. Stitch along the perimeter, except the edge where the sleeve will be attached. Trim seam allowance to $1/8$ ".
3. Turn the CUFF right side out and press.
4. Line up the side of the cuff without interfacing to the right side of the sleeve, having the cuff edges end at either side of the placket opening. Adjust the tuck if needed. Pin.
5. Stitch along the CUFF and SLEEVE edge.
6. Flip the sleeve right side out and press the sleeve allowance down into the cuff.
7. On the other cuff edge, press the seam allowance under $5/8$ " and cover the stitching line. Pin if needed.
8. Stitch in the ditch on the face side of the CUFF, catching the other folded cuff edge underneath.
9. Edge-stitch $1/8$ " around the cuff edge, as shown.



Cuff Buttons

1. Using your buttonhole foot, sew a buttonhole $1/2$ " from the edge that is centered on your cuff.
2. Measure in $3/4$ " on the other side of the cuff and stitch on your button.



Sleeves

1. Baste stitch in between the notches on the sleeve cap without back tacking. We are going to ease our sleeve cap into our armhole.
2. Turn your shirt inside out, but keep your sleeve right side out.
3. Place your sleeve inside your shirt and line up the sleeve notches, pulling on the basting stitches to make the section between the notches fit the armhole opening. Make sure you pin.
4. Stitch the sleeve to the main shirt, making sure to not go over pins.
5. Trim the seam allowance to $\frac{1}{8}$ " and press the seam allowance into the body of the shirt.
5. On the face side of the garment, edge stitch $\frac{1}{16}$ " from the sleeve seam catching the seam allowance underneath. Press.



Collar

1. Attach COLLAR INTERFACING to one of the COLLAR pieces on the wrong side by pressing for 15 seconds in each area until completely adhered. Make sure the adhesive dots are face down.
2. Line up the COLLAR pieces right sides together and stitch along the top and side edges. Your seam allowance is $\frac{3}{8}$ ".
3. Trim the seam allowance to $\frac{1}{8}$ ", then turn collar right side out and press.
4. Top-stitch $\frac{1}{8}$ " from the edge.



Collar Stand

1. Attach COLLAR STAND INTERFACING to one of the COLLAR STAND pieces on the wrong side by pressing for 15 seconds in each area until completely adhered. Make sure the adhesive dots are face down.
2. Line up the COLLAR STAND pieces right sides together and sandwich the COLLAR piece in-between, lining up the center back notch.
3. Stitch along the top edge of the COLLAR STAND, attaching the COLLAR and COLLAR STAND pieces. Your seam allowance is $\frac{3}{8}$ ".
4. Trim the seam allowance to $\frac{1}{8}$ ", then turn right side out and press.



Collar & Neckline

1. Trim the neckline seam allowance of the FRONT SHIRT pieces by $\frac{1}{4}$ " so that your neckline seam allowance is $\frac{3}{8}$ " (your collar stand seam allowance is $\frac{3}{8}$ ").
2. Line up the COLLAR STAND piece with interfacing to the wrong side of the neckline and pin.
3. Stitch along the neckline edge and reduce the seam allowance to $\frac{1}{8}$ ".
4. Press the seam allowance into the collar stand and fold the other COLLAR STAND seam allowance under, covering the stitching line.
5. Top-stitch $\frac{1}{8}$ " from the edge around the entire perimeter of the COLLAR STAND and press flat.



Pocket (Optional)

1. Fold under the top POCKET edge $\frac{1}{4}$ ", then fold again 1" and pin then press.
2. Top-stitch along the folded seam allowance edge on the pocket.
3. Press in the remaining seam allowance edges.
4. Line up the POCKET on the left side of your FRONT SHIRT until in desired location. Pin in place.
5. Top-stitch $\frac{1}{16}$ " away from the edge around the perimeter of the pocket. At the top corners, sew in $\frac{1}{4}$ " then sew back to the seam line at an angle to secure.
6. Press flat.



Hem

1. Fold the shirt hem seam allowance up $\frac{1}{4}$ " and then fold again another $\frac{3}{8}$ ". Pin in place and press it flat.
2. Sew down the folded hem edge starting at one side seam. When you're to the other end, backtack.
3. Give everything one last final pressing.



Buttons

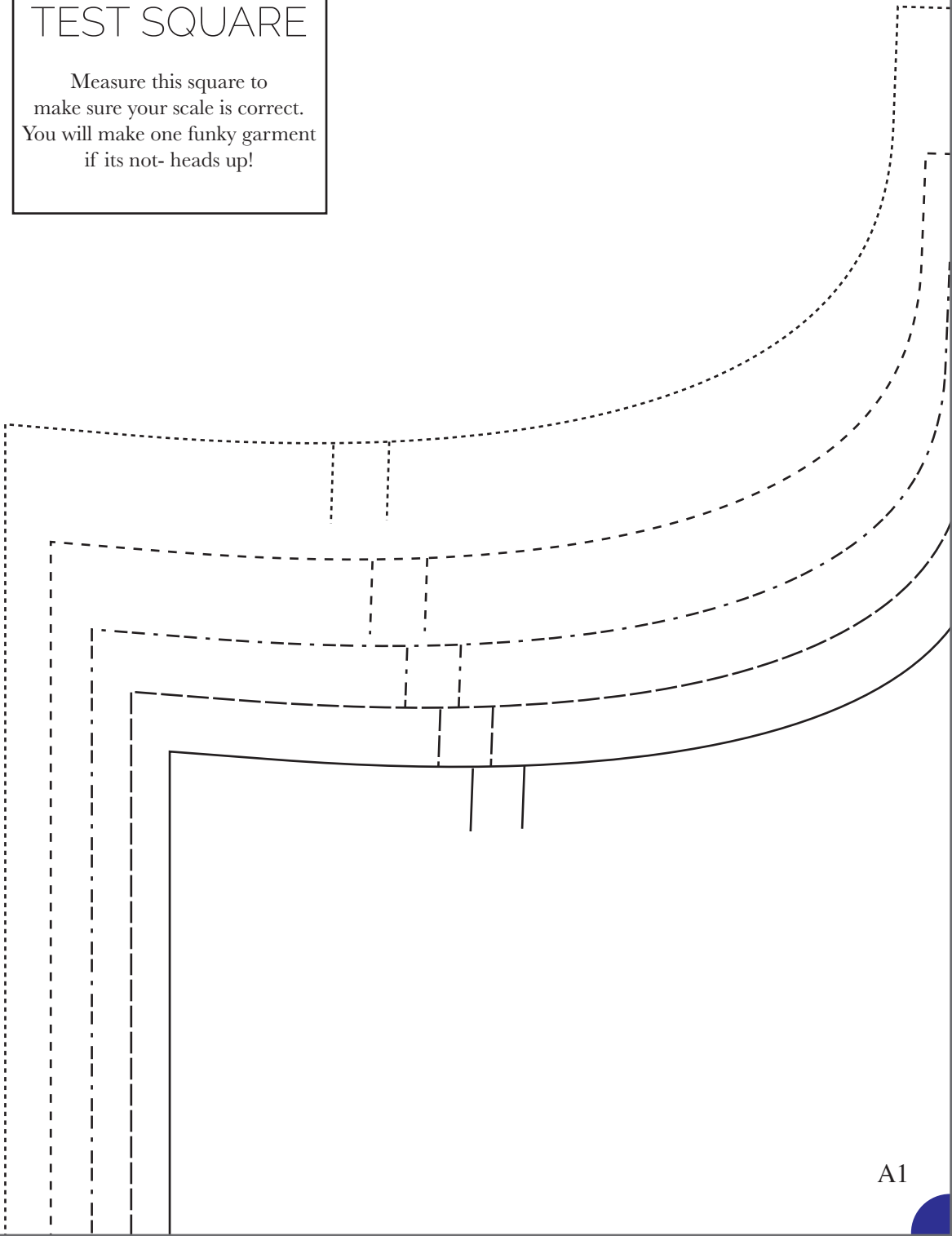
1. Using your buttonhole foot, sew a buttonhole 1/2" from the edge on your COLLAR STAND.
2. Your buttonholes should already be marked on your Left FRONT SHIRT button placket.
3. Using your buttonhole foot, sew your buttonholes.
4. Using a buttonhole cutter or snips, cut open your buttonhole.
5. Line up the center front line of both FRONT SHIRT pieces, with the left FRONT SHIRT on top.
6. Mark with chalk, pencil or pen the middle opening of each buttonhole on the left SHIRT FRONT underneath. This is your button placement.
7. Stitch on your buttons.

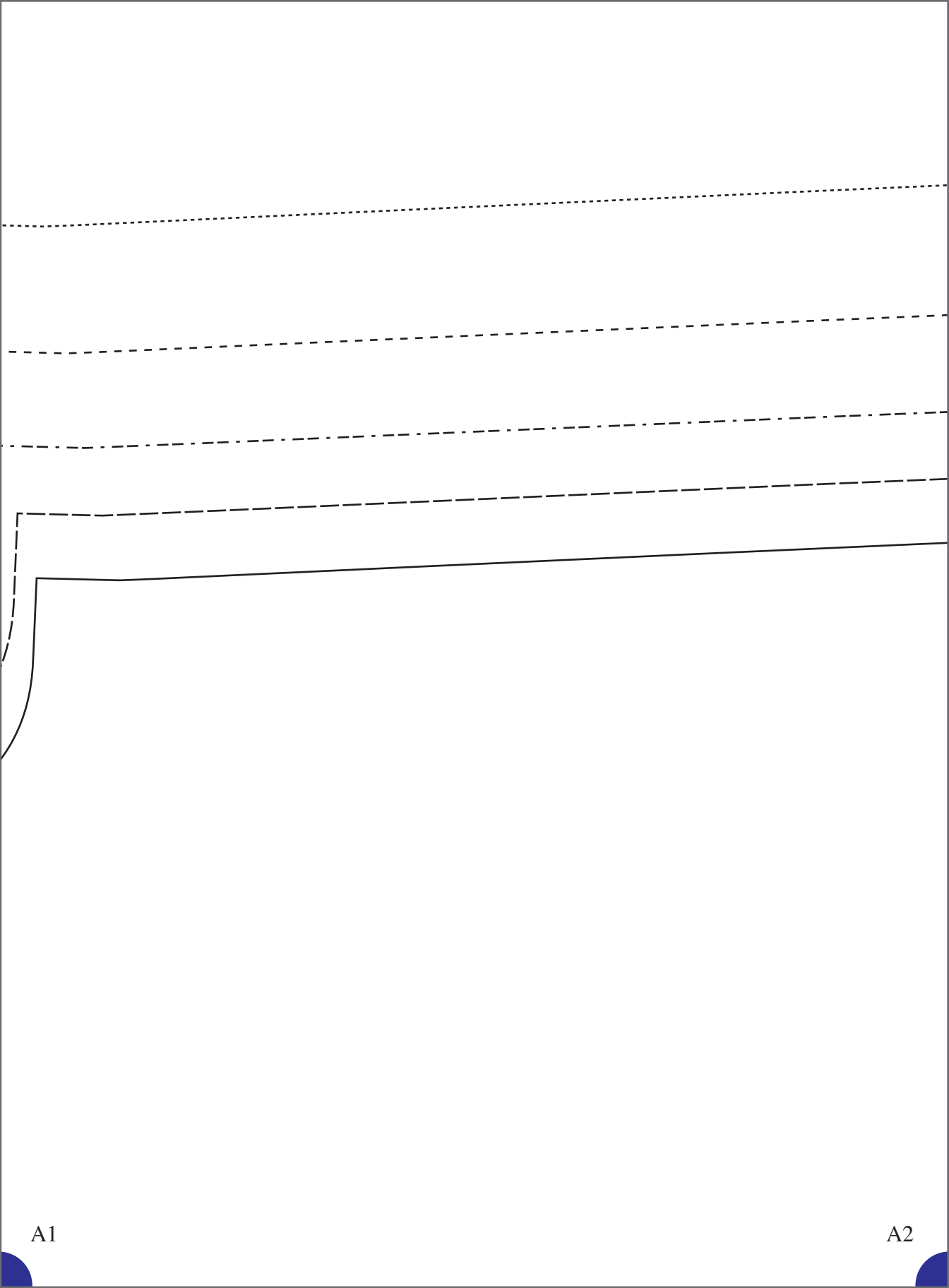


2" x 2"

TEST SQUARE

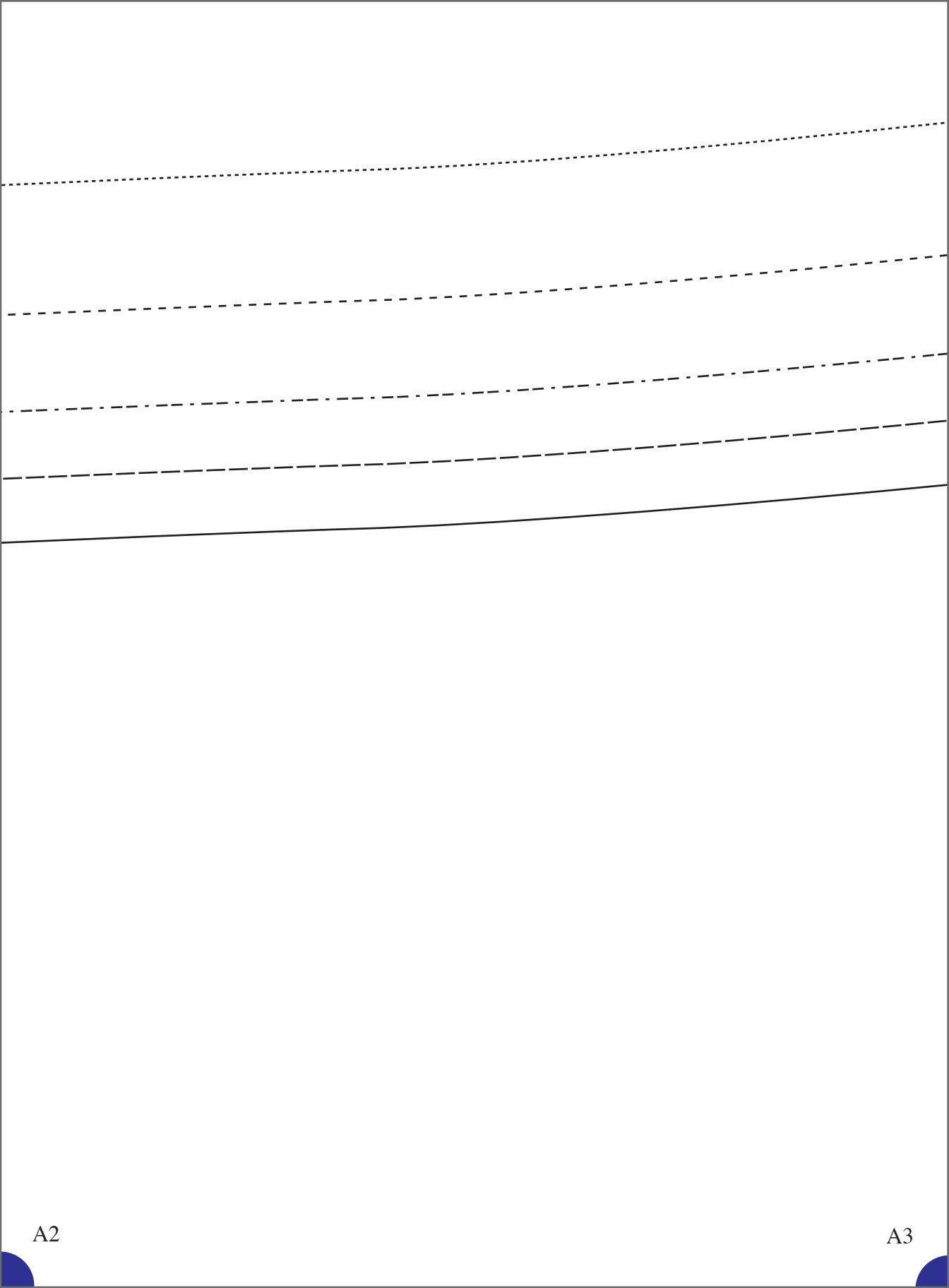
Measure this square to
make sure your scale is correct.
You will make one funky garment
if its not- heads up!





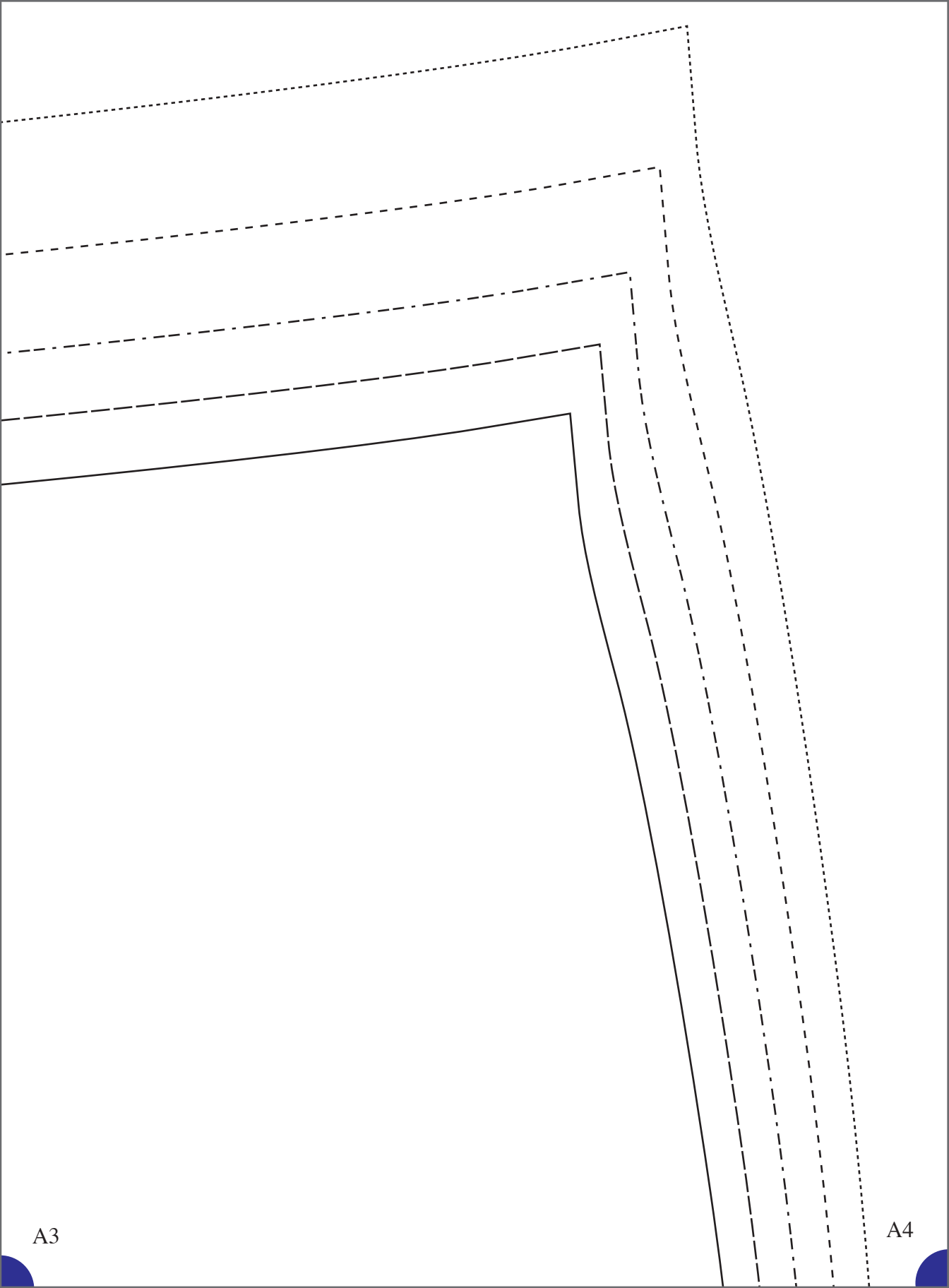
A1

A2



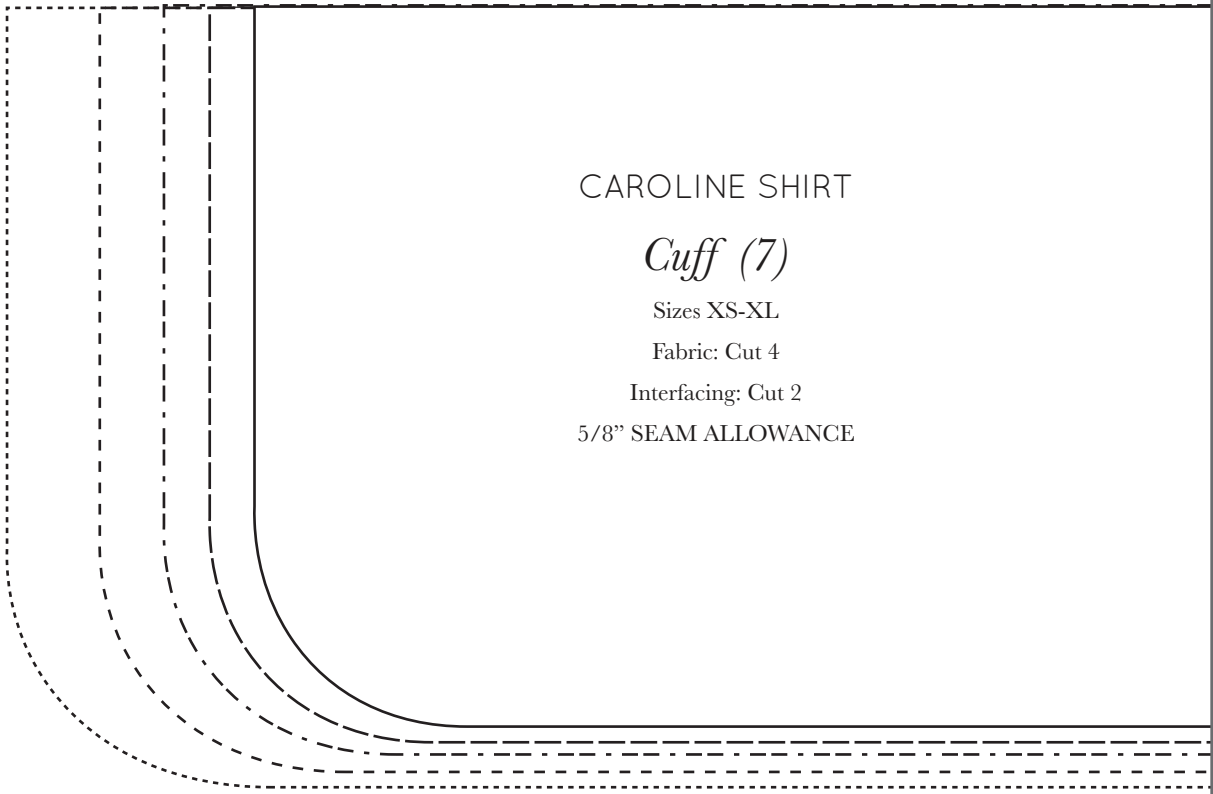
A2

A3



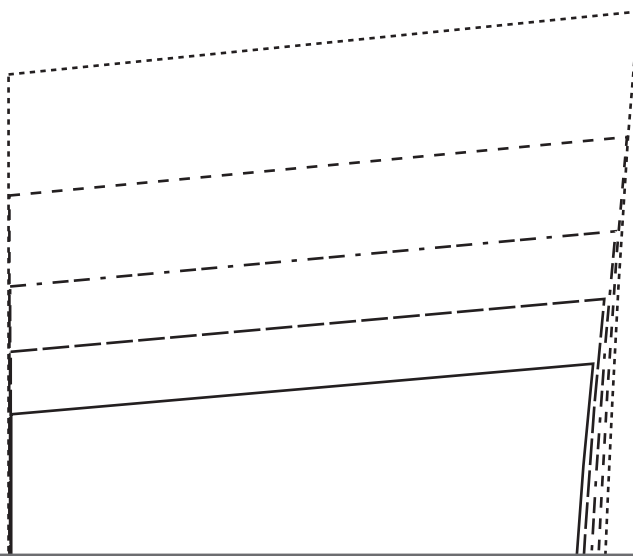
A3

A4

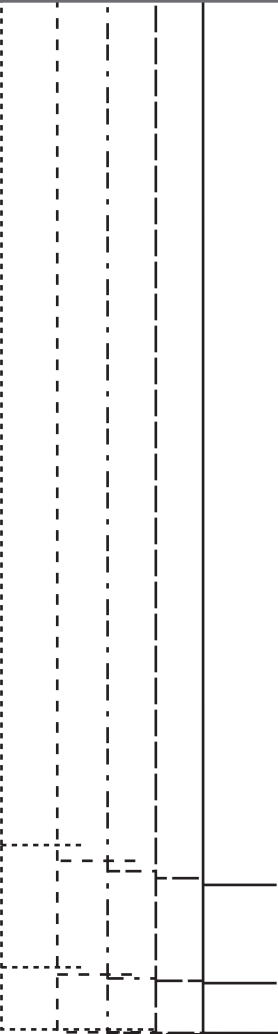




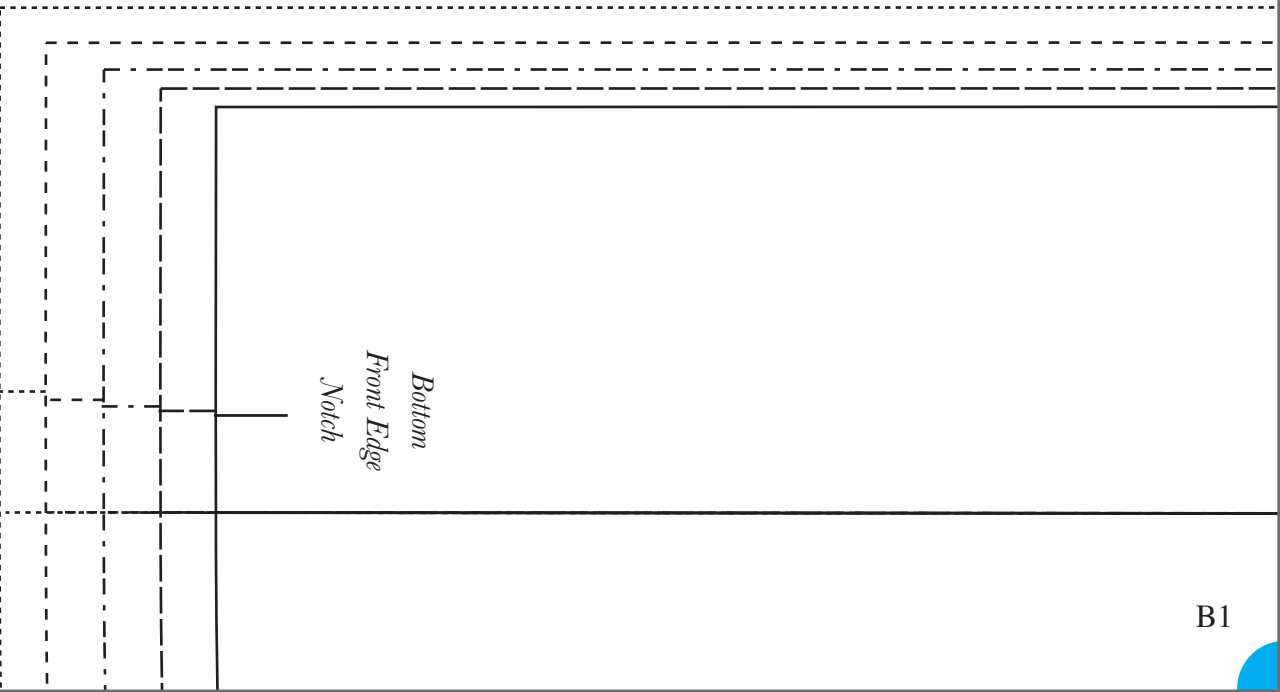
XS _____
S _____
M - - - - -
L - - - - -
XL



A1



B1



Bottom
Front Edge
Notch

CAROLINE SHIRT

Back Shirt (2)

Sizes XS-XL

Fabric: Cut 1 on Fold

5/8" SEAM ALLOWANCE
INCLUDING HEM

XS

S

M

L

XL



A2

A3

CENTER BACK



CENTER FRONT LINE

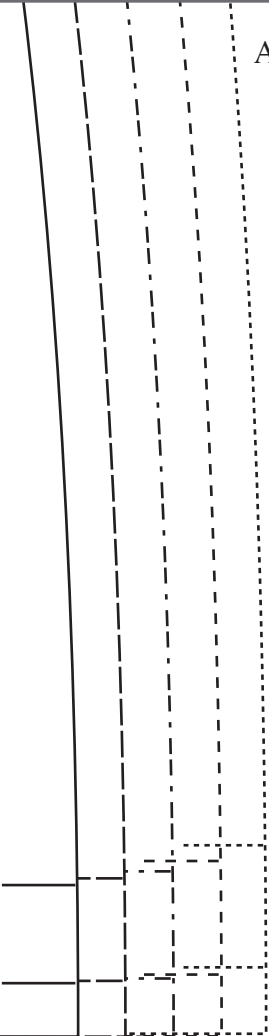


B2

B3

A3

A4



Top
Front Edge
Notch

B3

B4



1 1/4" SEAM ALLOWANCE ON TOP EDGE

CAROLINE SHIRT

Pocket (8)

Sizes XS-XL

Fabric: Cut 1

5/8" SEAM ALLOWANCE
EXCEPT AT TOP EDGE

- XS* _____
- S* _____
- M* _____
- L* _____
- XL* _____

*3/8" SEAM ALLOWANCE
ON COLLAR*



CB

CAROLINE SHIRT

Collar (6)

Sizes XS-XL

Fabric: Cut 2

Interfacing: Cut 1

3/8" SEAM ALLOWANCE

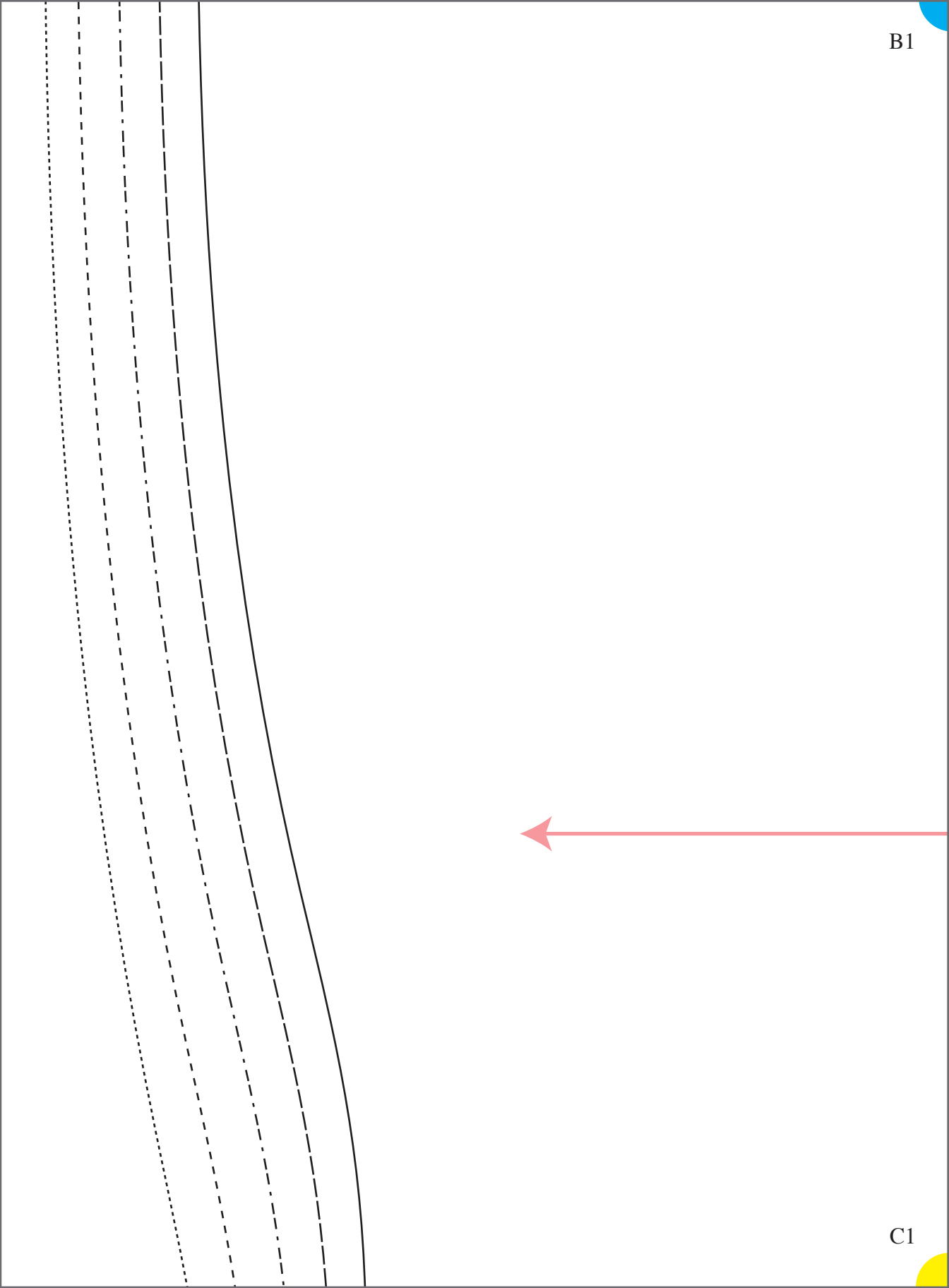
A5



B5

B1

C1



B1

B2

C1

C2

CAROLINE SHIRT

Front Shirt (1)

Sizes XS-XL

Fabric: Cut 2

5/8" SEAM ALLOWANCE
INCLUDING HEM

- XS* _____
- S* -----
- M* -----
- L* -----
- XL* -----

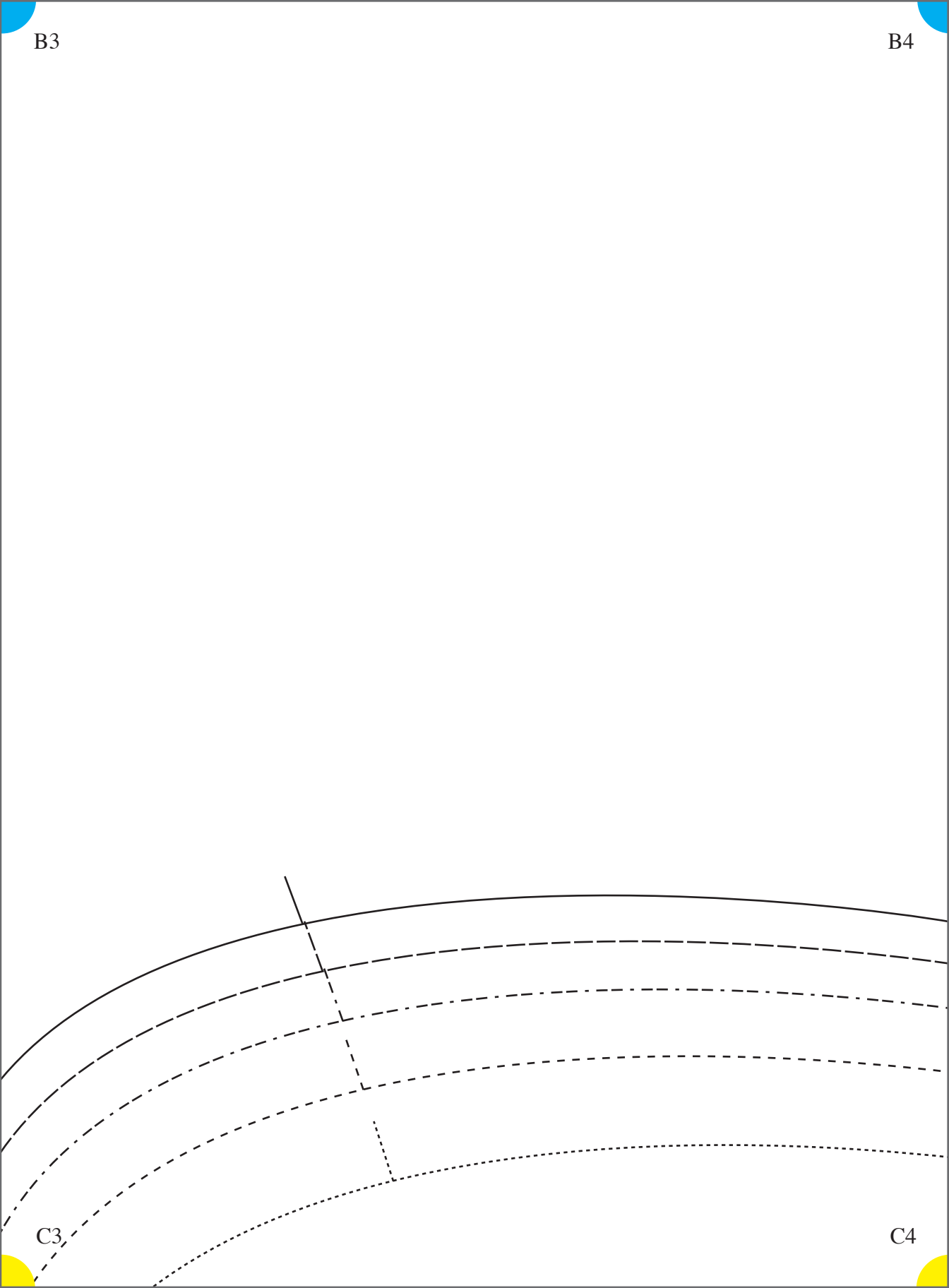


B3

B4

C3

C4

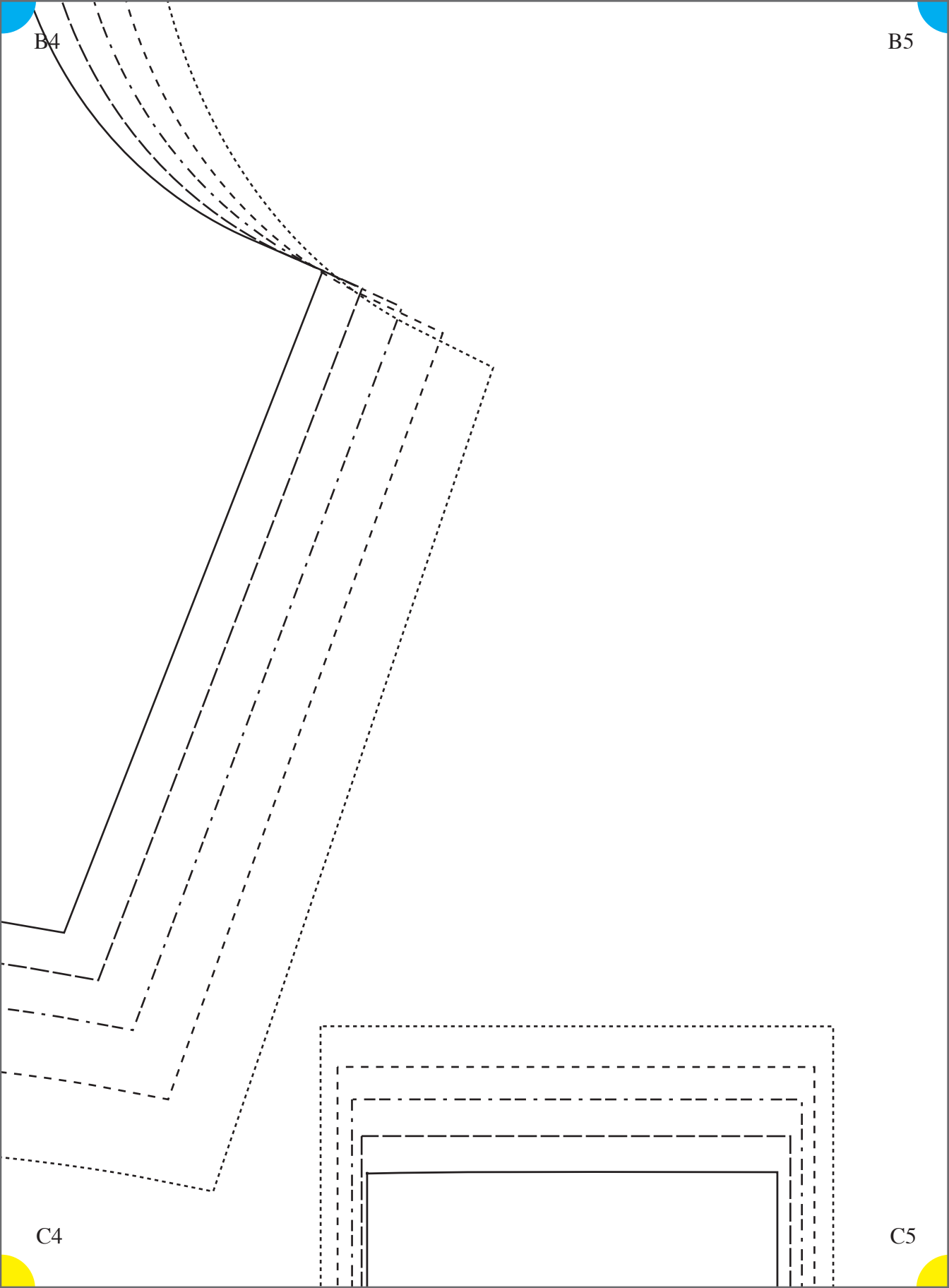


B4

B5

C4

C5



TX _____
L _____
M _____
S _____
XS _____

C1

D1

C1

C2

D1

D2

*3/8" SEAM ALLOWANCE
ON COLLAR STAND*



C2

C3

CAROLINE SHIRT

Collar Stand (5)

Sizes XS-XL

Fabric: Cut 2

Interfacing: Cut 1

3/8" SEAM ALLOWANCE

CB

XS _____

S _____

M - - - - -

L - - - - -

XL

D2

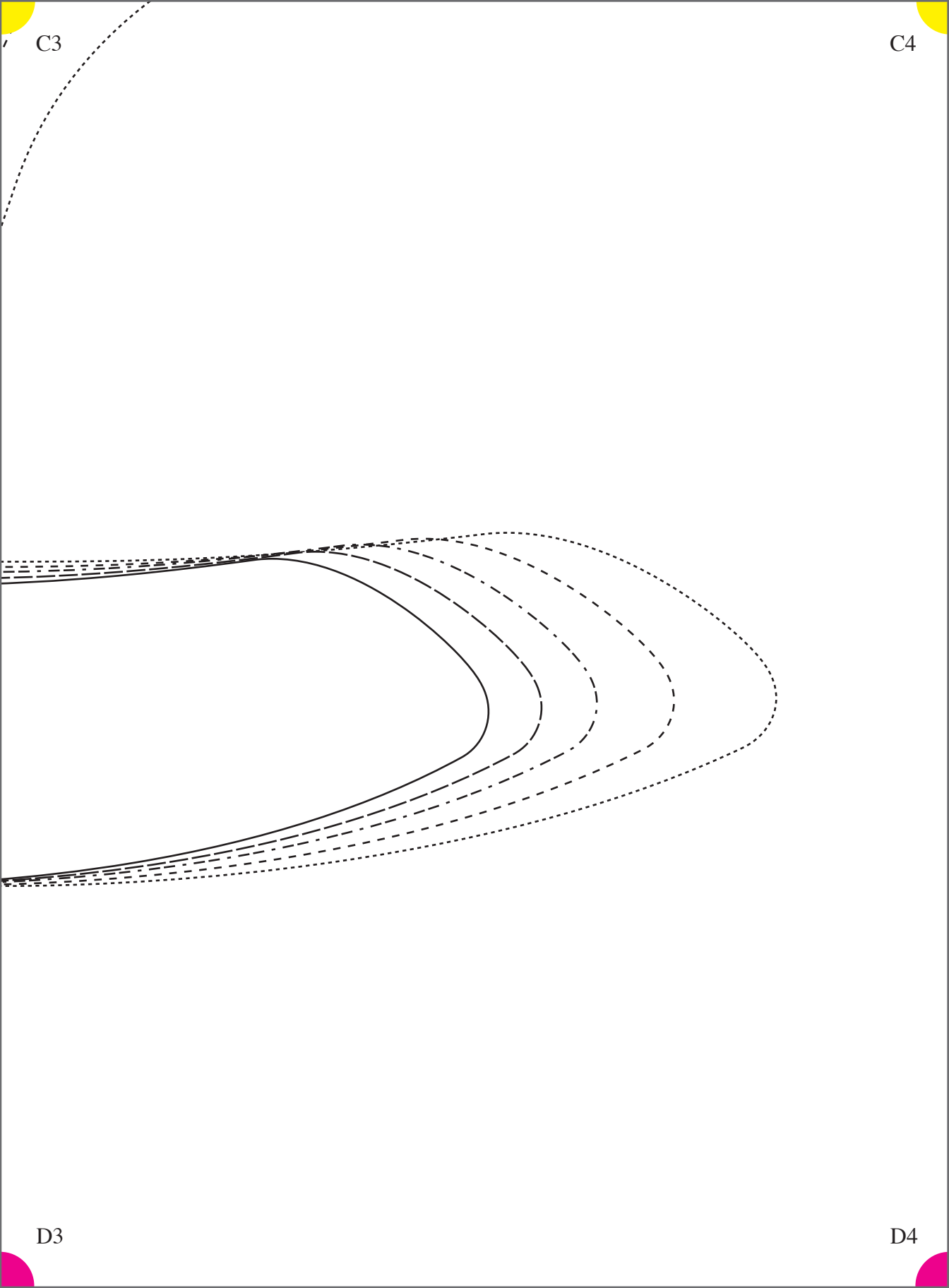
D3

C3

C4

D3

D4



C4

C5

D4

D5



C5

D5

CAROLINE SHIRT

Yoke (4)

Sizes XS-XL

Fabric: Cut 2

5/8" SEAM ALLOWANCE

XS

S

M

L

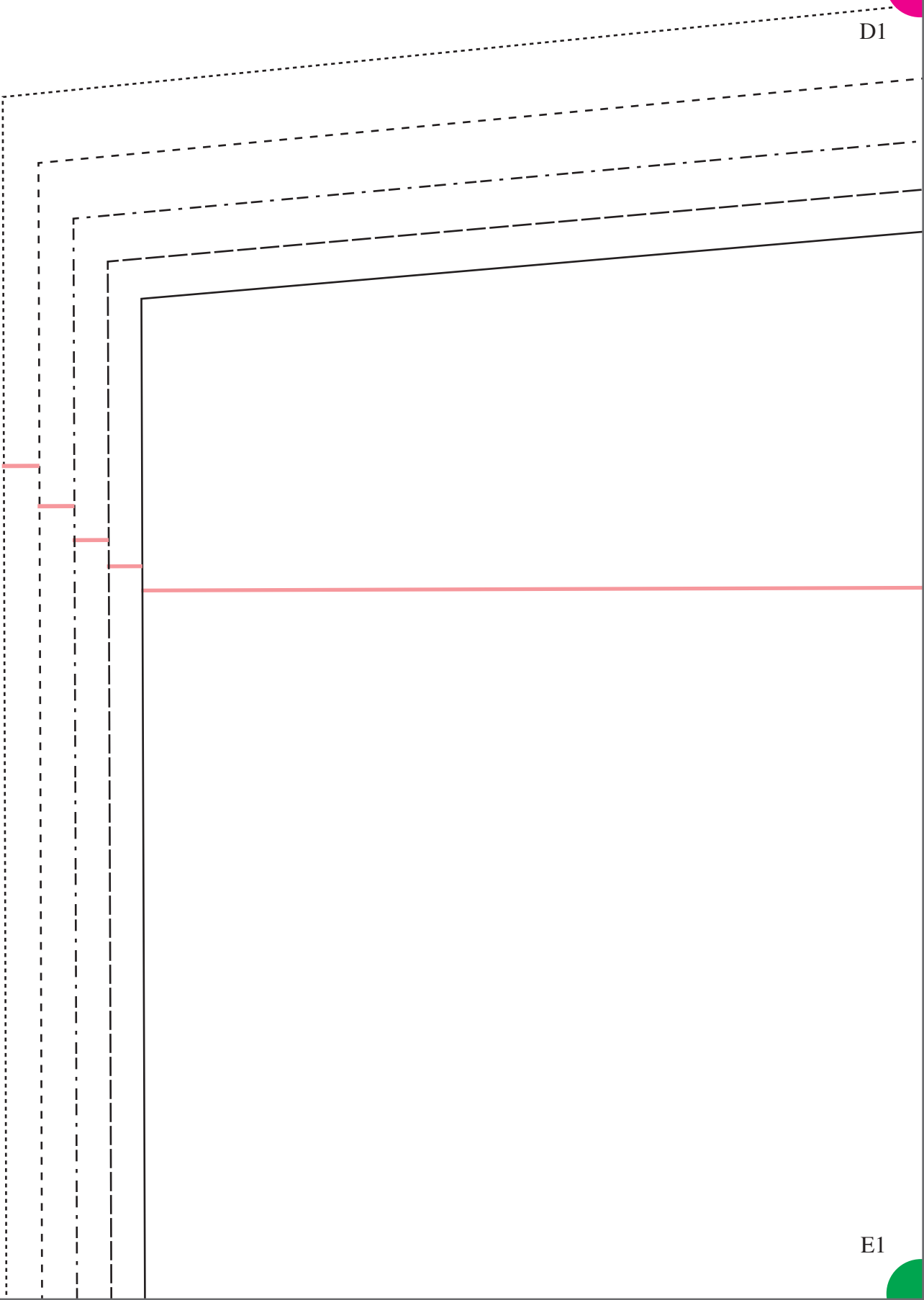
XL

CB

CB

D1

E1



D1

D2

*Placket line is 6" long
for all sizes.*

E1

E2

D3

D2

CAROLINE SHIRT

Sleeve (3)

Sizes XS-XL

Fabric: Cut 2

5/8" SEAM ALLOWANCE

XS _____

S _____

M _____

L _____

XL _____

E2

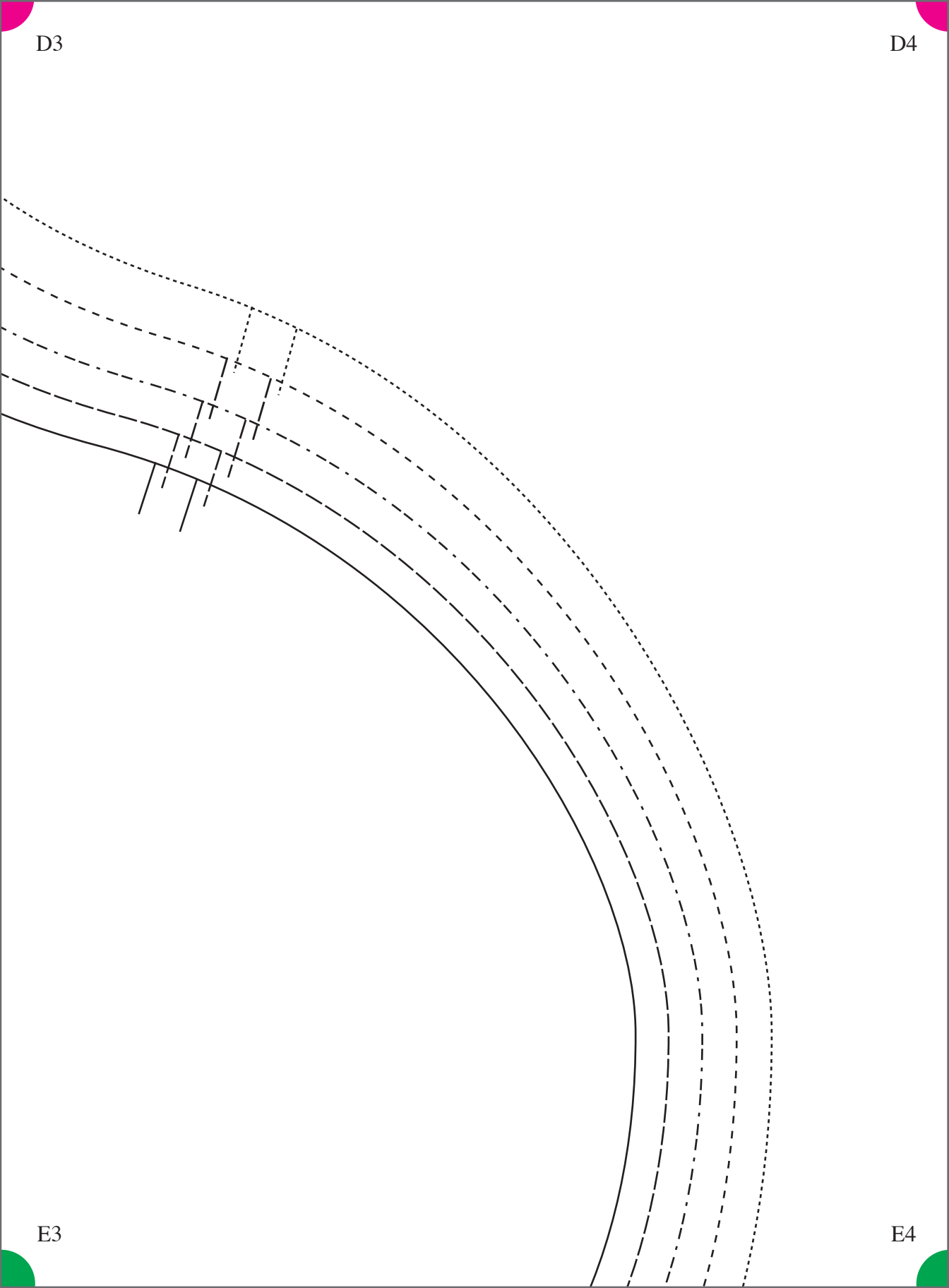
E3

D3

D4

E3

E4



D4

D5

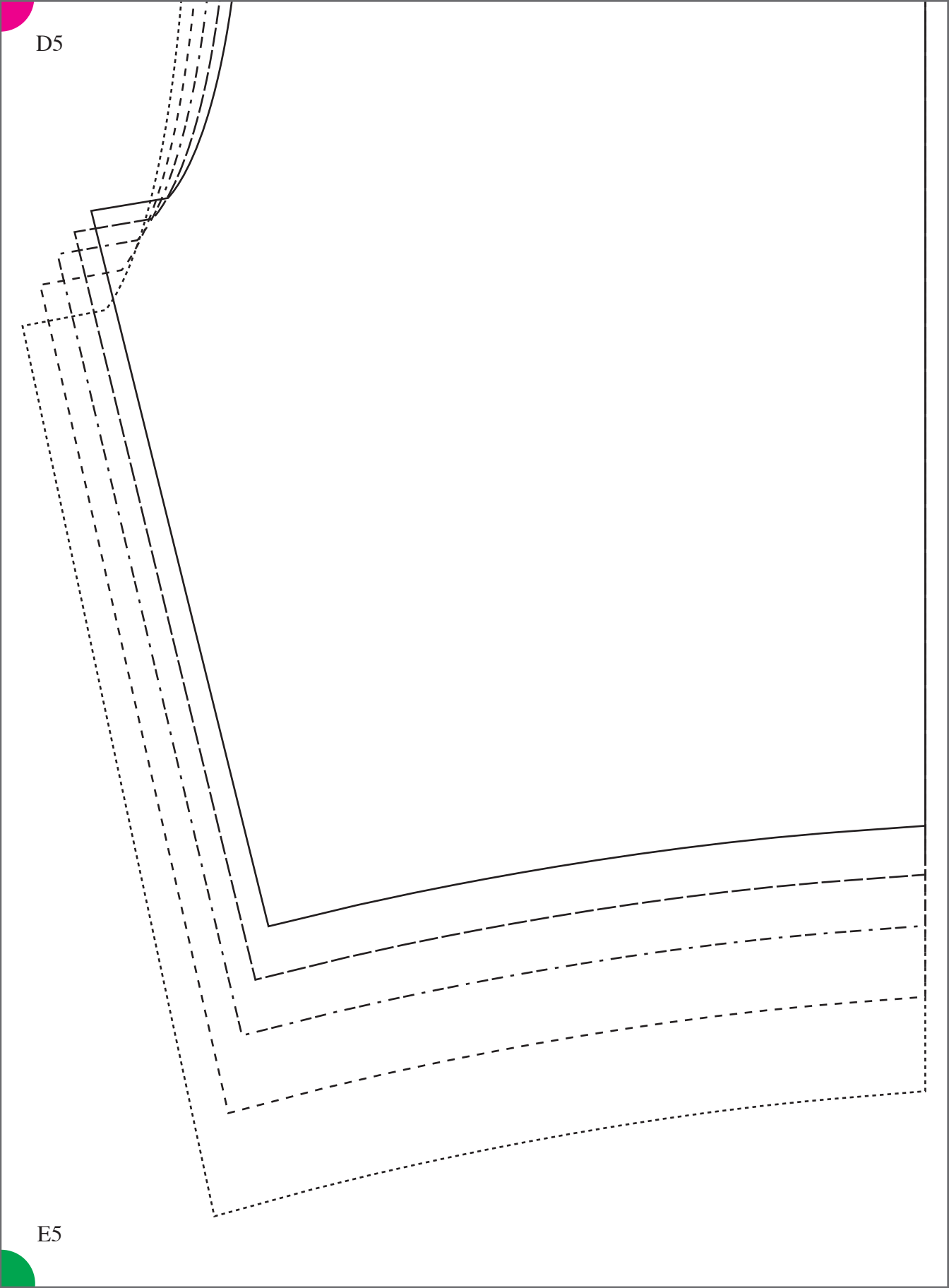
E4

E5



D5

E5



Fold pleat toward side seam.

