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Simple Premie Angel Gown: Free Pattern

The pattern prints out in four pages:

1. Front top half
2. Front bottom half
3. Back top half
4. Back bottom half

Tape or glue-stick the Front pieces, top to bottom.

Tape or glue-stick the Back pieces, top to bottom.

▪ **Cut out the size you need** . The pattern comes in four sizes:

1. Newborn
2. Premie
3. Tiny
4. Micro

1. CUTTING OUT and MARKING:

- **Layer the body fabric (blue print) and lining fabric (pink stripe) together** on your cutting table so that you can cut both layers together, ensuring they will match in size and shape.
- **Cut out 2 fronts (1 of body fabric and 1 of lining fabric) on the fold**
- **Cut out 2 mirrored-pairs of backs (1 of body fabric and 1 of lining fabric)**
- **Mark your notches on all fabric pieces, from the triangles on the paper pattern.** This will be very helpful when stitching, to avoid confusion. Either snip 1/8" notches (seam allowances are 1/4") or use a fabric marker or a plain pencil.



2. EMBELLISH:

- **(Optional): Decorate front of gown** on the body fabric. Often angel gowns are made of donated wedding dresses, and using decorative trim elements from the original gown can make each gown distinct and special. (I'm skipping that part here, because I'm just showing construction).

- **Decorate the Front**, using lace appliques or trim from the wedding dress:



3. SHOULDER-SEAMS:

- **Pin left back and right back to front at shoulder-seams**, with right sides of fabric together, matching SINGLE-notches. Stitch, and press open. Repeat for lining:



4. STITCH BODY TO LINING:

- **Pin lining to body**, right sides of fabric together.
- **Stitch center-back**, leaving a 2" opening for turning inside out later.
- **Stitch neckline**
- **Stitch sleeve hems together**, body fabric to lining:



5. TURN INSIDE OUT:

- **Clip the inside curve** of the neckline, and trim off the center-back neckline corners:



- **Turn the garment inside out** by pulling the back pieces through the shoulders into the front.



- **Press.** Your neckline and sleeve hems are already finished!



6. STITCH SIDE-SEAMS:

- **Pin side-seams front to back, right sides of fabric together**, matching the DOUBLE-notches. Start by "pinching" the sleeves together and pinning at the sleeve underarm seams. Then pin along the sides, down to the hems. Your fabrics should be pinned outer-fabric-to-outer-fabric, and lining-fabric-to-lining-fabric:



- **Stitch side-seams, starting at the hem**, going up around the underarm, and down to the other hem. Go slowly, since this step is not "flat" sewing....its very curved and 3-dimensional at this stage, so you'll need to stop and adjust the fabric under your presser foot every half-inch or so.



- When you are done sewing this seam, **clip the under-arm curves** so that the underarm will lay flat after turning inside-out:



- **Press the side-seams open** as far as your iron allows. You should now have sort of a mish-mosh thing that looks like this:



7. HEMMING:

- **Pin the hem front to back, right sides of fabric together**, matching TRIPLE-notches.
- **Stitch across the hem**, clip off the corners:



- **Pull the garment inside out**, using the opening you left in the center-back seam, and voila! Totally clean-finished seams throughout:



- **Final press, then stitch the turn-about opening shut.** You can edge-stitch the entire outside edge, closing the center-back opening as you go.



- Next stitch on Velcro at center-back. The nurses like Velcro because it is easier to dress the little angels. I use Sew-On "Soft and Flexible", and cut the strips lengthwise to half their width. *Be sure to sew the "fuzzy" side facing the body, and the "scratchy" side away from the body.*



You are finished! If you have any problems making this Angel Gown, please visit my sewing blog www.7pinedesign.com, where you can find a link to a short video.