

A free project, compliments of...

Terri Stegmiller

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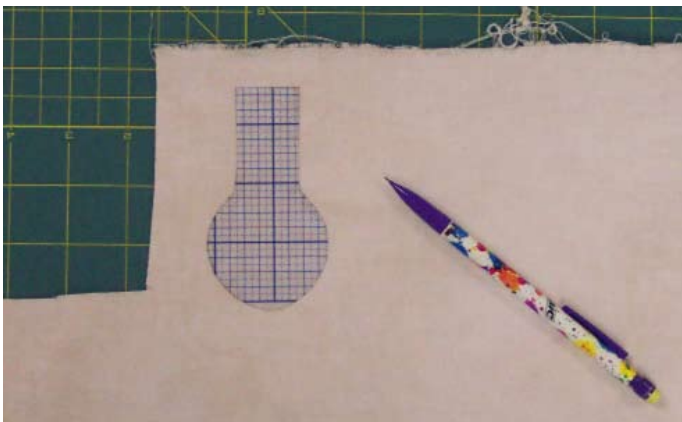
Sweet Doll Ornament

A few years ago I saw a scene in a magazine with a Christmas tree. On the tree were some adorable dolls and I fell in love with them so I developed the following pattern so that I could have some great doll ornaments on my own tree. Use this basic pattern as it is or as a jumping off point to design your own doll. Instead of holding a heart your doll could hold a pouch that can hold a note for the recipient.

Start by tracing all pattern pieces onto template plastic.

Make the head

Start by placing your flesh-colored fabric right sides together. Trace the head pattern onto the fabric.



Rough cut the pattern out leaving a large seam allowance around the drawn head shape of at least an inch. A small seam allowance will make sewing more difficult.

TIP

Throughout these instructions, always backstitch at the beginning and ending of your sewing lines. When turning pieces right side out and stuffing them, this backstitching will reinforce the edges.

Supplies

- Fabric – Flesh color for head and arms, coordinating fabrics for body, legs, and heart
- Polyester fiber filling
- Embroidery floss
- Template plastic
- Clear fabric glue
- Mistifuse
- Timtex
- Felting needle (optional)
- Micron Pigma pen, brown
- Paint or colored pencils

Adjust your machine's stitch length to a shorter length. On my machine I normally use a length of 1.5 to 2.0 mm. With a matching thread, sew the two pieces right sides together on the drawn line leaving the neck open as indicated on the pattern.



After stitching on the tracing line, trim away the excess fabric leaving a generous $\frac{1}{8}$ " seam allowance.



Pictured are the tools I use for turning pieces right side out. The set came with three tubes and three tube inserts in varying sizes. If you don't have a set like this, use the method you prefer for turning items right side out.



With a sharp scissor, make three snips into the seam allowance, right at the point where the neck and head meet. Be careful not to cut into the stitching.



Here I have the tube inserted into the neck and pushed up to the top of the head. Then using the tube insert, I carefully pushed the fabric over the insert stick. You don't want to push the stick into the tube to try and turn the fabric as you may poke a hole through your fabric.

I also remove some excess seam allowance fabric around the top of the head so that once the head is turned right side out there isn't a lot of extra bulk inside.

After the head is turned right side out, stuff it tightly with polyester fiber stuffing. I also find that the tubes from the set above work very well to push stuffing into my body parts.





Pack the stuffing in as tightly as you wish. I like to really stuff a lot in there so the face is nice and taught. Here is my head after stuffing.

Stitch along the bottom of the neck so that the stuffing stays in.



Now draw on the face. You can follow the face diagram with this pattern or draw your own. With the brown Micron pen, draw the main features. Then color in the eyes, cheeks, and add a little eye shadow. On my doll face, I used colored pencils to add color. After the color was added I applied a light application of spray fixative. If you prefer, you can use paint to apply the facial colors. Don't forget to add the white dot in the eye for a highlight. For the dot I dipped a toothpick into white paint.



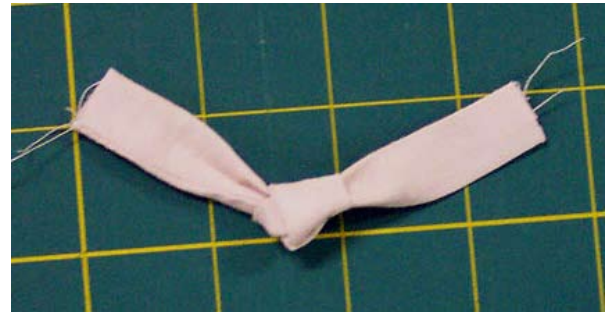
Make the arms

Cut a piece of flesh fabric $1\frac{3}{4}$ " x $5\frac{1}{2}$ ". Fold in half lengthwise, right sides together. Sew down the long

side with a $\frac{1}{4}$ " seam allowance. After sewing, trim away $\frac{1}{8}$ " of the seam allowance. Turn right side out.



Form a knot with the arm fabric, positioning the knot in the center.



Push some polyester fiber stuffing into each side of the arm, leaving about $\frac{1}{4}$ " un-stuffed at each opening.

Make the body

Place body fabric right sides together and trace the body shape onto the fabric. Sew around the shape, using a $\frac{1}{4}$ " seam allowance and sewing inside the line. For this piece the drawn line is your cutting line after sewing.

Start by sewing from the neck down, turning to continue along the top sleeve edge. Repeat on the opposite side.

Next, start sewing at the bottom sleeve edge, continue down to armpit, turn, and sew down to the bottom edge. Leave the bottom edge un-sewn for now. Repeat this on the opposite side.

Press down the neck edge and the two arm edges about $\frac{1}{4}$ " to $\frac{1}{2}$ " as shown below.



Carefully turn the piece right side out, bringing one leg at a time through the neck opening. Press the neck and arm openings again, making sure the turned in allowance is still in place.



Make the legs

With your leg fabric right sides together, trace two legs on the wrong side of the fabric. Sew on the line, leaving an opening at the top of the leg as indicated on the pattern.

Turn them right side out and stuff with polyester fiber filling. On the pattern you'll see a dashed line about $\frac{1}{2}$ " down from the opening. Don't put stuffing above this area or it will be too difficult to sew the legs into the body.

Using three strands of floss, sew a running stitch around each arm opening, leaving the tails for tying a bow. I start my running stitch in the center of the arm on the back. This will ensure that the bow shows on the front at the end.

Putting it all together

In the following photo, I've shown how the legs would be positioned when they are tucked inside the body fabric. I left them on the outside to show their positioning but you should put them on the inside of the body for the next step.

Tuck each of the legs inside the body and align the raw edges with the raw edge of the body. The two legs will meet right at the notch. Pin the legs in place and sew across the bottom of the body with a $\frac{1}{4}$ " seam.

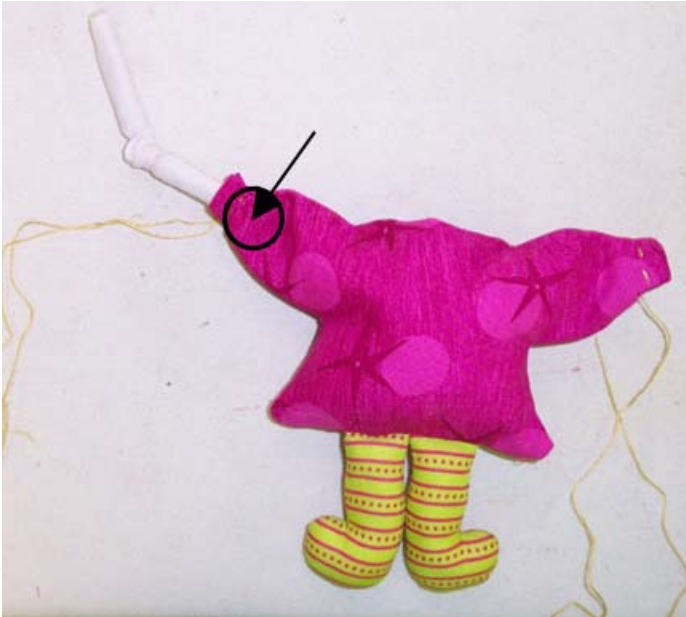


Stuff polyester fiber stuffing into the body cavity. How much stuffing you put in depends on the look you want. Do you want a full body or a slim body?



Back View

Now it's time to attach the arms. Slide one arm end into the end of the sleeve about 1/2". With a thread that matches the body fabric, tack the arm to the sleeve, on the front side of the doll. The arrow in the photo below shows area to tack. After tacking, tie the end of the sleeve tight and form a bow with the embroidery floss. I secure the bow with a dab of fabric glue that dries clear.



Now slide the other arm end into the other sleeve end, making sure you bring the arms to the front side of the doll. Position arm in the sleeve so that both arms appear even. Tack, tie, and glue as before.

Sew a running stitch around the neck edge. Plan the embroidery floss bow so it will end up in the middle front.

Slip the head into the neck opening and adjust it so you are happy with the amount of neck that shows. Snug up the neck by tightening the floss. Also with a needle and thread, secure the neck by running the needle completely through the neck and body fabric several times to tack it in place. Try and hide the thread in the folds of the gathered up running stitch. Once tacked in place, finish off by tying the floss ends into a bow and glue.



Heart

Create a heart by fusing two fabrics to each side of a piece of Timtex. Trace the heart shape onto the back. Cut the shape out and zigzag stitch around the edges of the heart.

TIP

You can also create a stuffed heart by placing two pieces of fabric right sides together and sew around the traced line. Trim seam allowance. Cut a hole in the back of the heart in the center, just large enough to push stuffing into. Once stuffed, apply fray check to edges of hole and stitch hole closed.

Tuck the finished heart under the arms and position heart and arms in a pleasing arrangement. With a thread that matches the body fabric, tack the arms and heart to the body to keep them in place.



Hair

For the hair on my doll, I used a felting needle. I simply laid the fiber on the head where I wanted it and poked with the needle to push some fiber into the head. If you pulled hard enough this would come back out. But since my dolls are for ornaments and won't be played with, I felt this method would be adequate.

Alternative methods for attaching the hair would be to place it on the head and stitch it down, or apply fabric glue to the scalp and then lay the fibers down. Use the method you prefer.

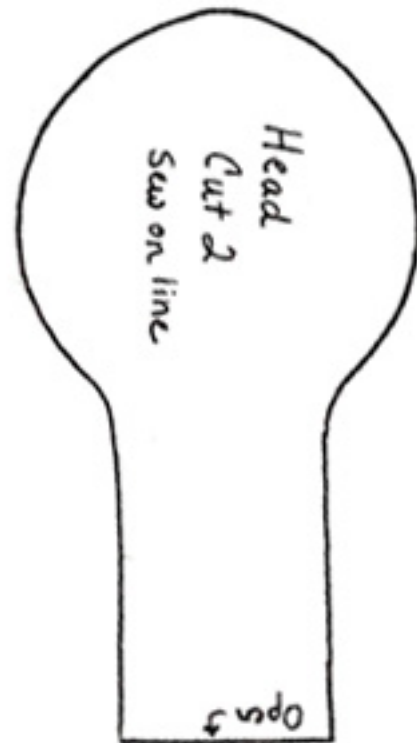


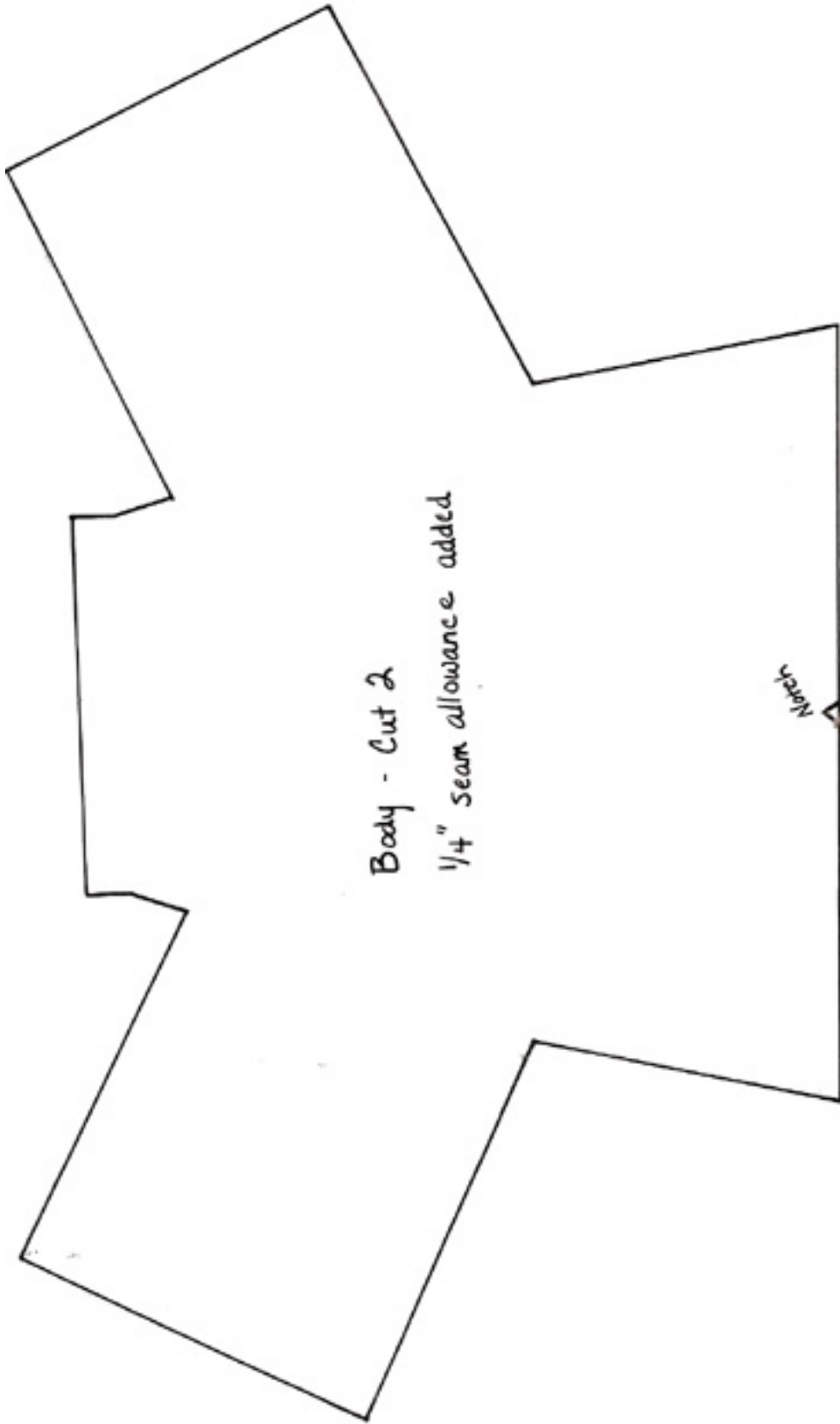
To hang your doll, simply make a wire hanger and stitch one end to the head, or sew a length of ribbon or cording to the head.

Imagine your Christmas tree covered with these girls in your color theme. They also make great gifts or decorations for packages. Hang one off your handbag or on a doorknob. Enjoy!



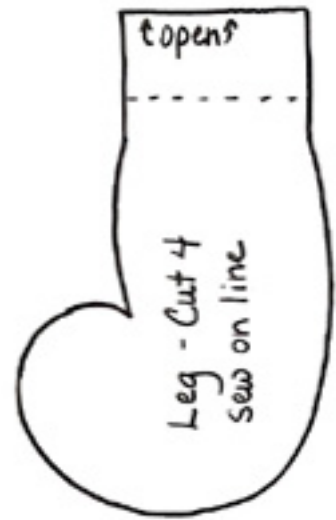
Face Diagram





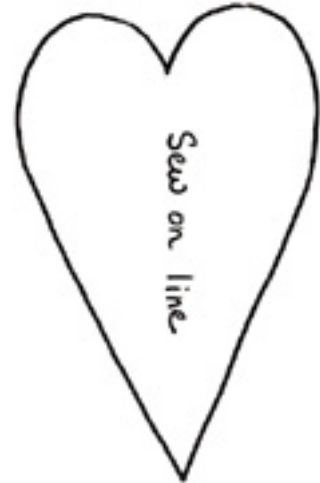
Body - Cut 2
1/4" seam allowance added

Neck



topens

Leg - Cut 4
Sew on line



Sew on line