

Western Blouse



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BEFORE YOU BEGIN

Welcome to Frocks & Frolics. *Frocks & Frolics* is all about having fun creating gorgeous frocks, for our children and ourselves.

At www.frocksandfrolics.com you will find the video courses to match your patterns. Just log in and under [my-courses](#), you will find the patterns and eBook in chapter one, followed by the video tutorials. I will guide you step by step through the whole process.

If you purchased your pattern on a different platform, for example Etsy.com, I must manually unlock the course for you. Just send an email to frocksandfrolicsflowergirls@gmail.com, detailing your order number and where you made the purchase, and I will unlock the course for you straight away.

If you rather don't sign up, you can watch the video course on [YouTube](#), too.

THE SEWING ACADEMY



At the Academy you will learn how to sew my sewing patterns. But that isn't all that's on offer! A wide range of sewing tutorials, gathered up in easy-to-follow sewing courses for beginners and advanced sewists, awaits you. From simple hats and cushions to fabulous fashion zipper insertion, it's all there for you to enjoy.

The sewing courses are all free and to make sure you can start right away; I have linked the most popular course categories for you below.

[Sewing Basics](#)

[Pattern Hacks](#)

[Easy Projects for Beginners](#)

[Closures](#)

[Christmas Projects](#)

[Sleeves](#)

YOUR VIDEO SEWING COURSE

For every Frocks & Frolics pattern there is an in depth sewing course, with detailed video tutorials, showing you how to put your pattern together. If you rather not sign up, your instructions always provide the links to the video content for your pattern.

Click the thumbnail to watch the YouTube Playlist



Additionally, I have also linked the videos at the end of each chapter in this eBook, so its easy to follow along. Begin now by watching Chapter 1: [Introduction to the Western Blouse](#).

BONUS VIDEO TUTORIALS

The bonus video tutorials are from the original sewing course; I produced a whole series of videos for embellishments, which you won't want to miss out on. From glittering diamantes to ruffle trims and piping, enjoy getting carried away with this precious pattern!



[How to:
Diamontees](#)



[How to:
Piping](#)



[How to:
Adding a Frill](#)

FABRIC RECOMMENDATIONS

Lightweight fabrics such as printed or plain quilting cottons are ideal for this blouse. Another favorite is Chambray. It looks like Denim but it is soft and easy to work with. Olivia looked super cute in a combination of Chambray and printed quilting cotton (top row). For the updated blouse I used a beautiful print from Michael Millers Rosalinda collection, available in my [Amazon store](#), red and white Gingham and the old time favorite Chambray, this time in grey.



The red Gingham is offset by navy blue piping, which you can purchase ready made. The video course demonstrates how to insert piping into the yoke and turn ups. To make your own piping, watch the video tutorial linked above (How to: Piping).

Watch the video tutorial - Chapter 3: [Fabric Choice and Preparing to Sew](#)

ADDING THE FRONT PLACKET



Iron the plackets lengthways in half. Reinforce the placket area with a 3 cm wide strip of interfacing. Iron the strip to the underside of the placket, along the fold line, excluding the seam allowances to avoid unnecessary thickness in the seam.

Turn the seam allowance up along the edge of the interfacing and iron. This will make the topstitching much easier as you already have a clearly defined edge.



Pin the flat long side of the plackets against the wrong side of the front pieces. The turned-up edges will face outwards.



Close the seam. Trim the seam allowance of the placket only. Iron the seam into the placket. Fold the front pieces over, right sides up. The already turned up edge will now sit on the seam line. It should just cover it, so it is no longer visible.

Pin the placket to the front. Topstitch both the inner and outer edge of the placket with a long stitch length (3.5 - 4).

The video also shows you how to add piping to the edge of the placket, just in case you are feeling adventurous!

Watch the video tutorial - Chapter 6: [Sewing the Front Plackets](#)



In this chapter we are tackling the collar the old-fashioned way! This is how I was taught as a tailor's apprentice many years ago. However, if you are doing this for the first time, or want a quicker, easier method, why not try the method I demonstrated in the doll version of this blouse. Its simple and quick and you can watch the video [here](#).



You have two collar pieces. One of which will be reinforced with Interfacing. The side which will face the outside later, should not be interfaced. This is important if you are using two different fabrics for the collar. Place the collar pieces, right sides together, on top of each other and close the seam. Leave the lower edge open.



Trim the seam allowances, turn the collar and work out all the seams. Fold the collar in half, placing the round edges on top of each other. Make sure they align. Topstitch close to the edge, from the side which will later be visible from the outside. The stitch length should be extended to 3.5 - 4.



Now we are going to create an upper and under collar, with the under collar being slighter shorter in width then the upper collar. Make sure that the collar which is NOT interfaced faces upwards. Fold the collar lengthways in half. The top collar will push up a bit. Pin this, now upper collar, in position along the rough edge. How much the collar will push up depends on the fabric you are using. Here, it was just 2 mm / 0.08 inches. Sew the layers together keeping the upper layer in that slightly shorter position.



Now we are sewing the collar stand to the collar. Place the collar, upper collar facing up, on top of the collar stand (interfaced), with the right sides together. Simply put; the interfaced collar and collar stand are facing each other. Make sure the collar starts and ends at the points which have been marked on your pattern pieces. Sew the pieces together, stitching close to the edge.



Next, we grab the pattern for the collar stand and trim off the seam allowance of the lower edge. We can then use this pattern as a template. Pin it to the underside of the collar stand and iron up the seam allowance, along the edge of the pattern. Remove the pattern piece and press the edge again. If you have a fabric weight, use it to press down on this edge. This will create a very defined fold line which will be easy to topstitch later.



The second collar stand (without interfacing), is pinned to the inner edge of the neckline. Ensure that the 1 cm (3/8 inches) seam allowance stands over the edge of the placket.



Close the seam and iron it into the collar stand. Place the fronts on top of each other and check that both front lengths are the same. If necessary, adjust the length.



Insert the sleeve into the armhole, making sure that the front of the sleeve is attached to the front of the blouse. Pin the sleeve into the armhole, right sides together. Pin the underarm area, so sleeve and armhole lie flat against each other. Then align the sleeve head and the shoulder mark on the yoke.



You will have some excess fabric, which we will gather until it fits into the armhole. Distribute the gathers evenly across the shoulder point. Gathers should reach 2 cm (0.8") forward and backward from the shoulder seam. For larger sizes this can increase to 2.5 cm (1 inch) in both directions.

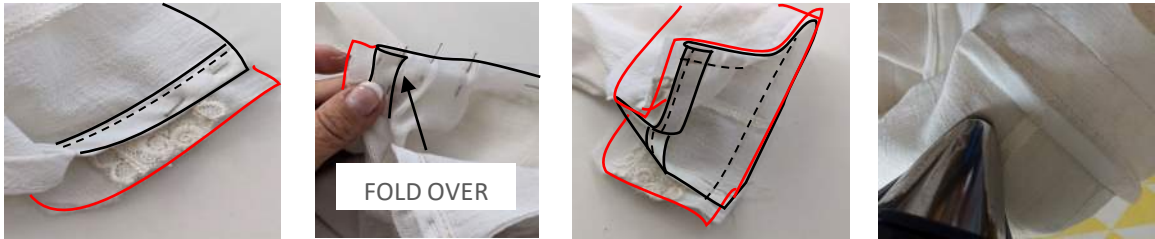


Iron the seam flat, lightly steam the gathers. Next, we are closing the side seams and sleeve seams in one go. For heavier fabrics, I would recommend, serging the edges separately, so the seam allowances can be ironed apart. For light fabrics, like the one used in this example, its better to close the seam and then neaten the edge. Iron the seam allowance towards the center back.

Sewing the Cuffs to the Sleeves

There are multiple methods for sewing a cuff to a sleeve. In this chapter we are looking at the standard method for attaching cuffs.

To make the photo guide easier to follow, I outlined the cuff in red and the sleeve in black. The cuff facing the outside, must be reinforced with interfacing.



Pin the interfaced cuff piece to the sleeve hem, right sides are facing each other. Make sure the cuff stands 1 cm (3/8 inch) over the edge of the slit. This is the seam allowance and vital for adding the other cuff piece. Don't forget that the longer side of the sleeve is turned in at the slit. Close the seam and iron the seam allowance into the cuff piece.



Place the cuff piece without interfacing under the interfaced cuff piece, right sides together. Pin and sew both layers together. Make sure you start where the turned-up seam allowance and slit meet.



Cut back the seam allowances, turn, work out the seams and iron. Turn the seam allowance of the inner cuff in and pin against the seam. Turn the sleeve inside out and topstitch all the way around. As closure I used poppers in my example, as the lace embellishment made buttonhole insertion impossible. Additionally, I prepared a video tutorial, which shows how the method changes when you add slim lace to the cuffs edge.



Watch the video: [How to insert a Sleeve with a Cuff \(binding the slit\)](#)

Finally...

Matching the gorgeous Western Blouse for girls, we now have a version for dolls, too. My darling model Victoria, thought the doll outfit was just perfect for her American Doll! You can find the pattern for the doll blouse [here](#).



Did you enjoy the sewing course? Leave a review [here](#).

If at any point while sewing this pattern you run into trouble and need helpful tips, find the '[Frocks & Frolics Sewing Circle](#)' on Facebook.

I have got to know so many of you through the group and it's making the job of creating patterns such an enjoyable task. Your comments telling me you appreciate the detail and work that goes into making a pattern, which fits super and looks great too, is what keeps me going! But remember if you run into problems and tell me about it, I can make my patterns even better! So, thank you for all your support.

Marina



Many thanks to Issariya Smith who tested this blouse for me. Issariya has sewn the Western Blouse for her daughter Charlize for years and was impatiently waiting for the release of the extended age group pattern, as her daughter had outgrown the smaller sizes!



IMPRESSUM

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