

# Pointed V Yolk Dress for Little Girl

Designer: Jamie Quick



The yoke dress with a pleated bodice was a common style for younger children during the 1860's. Simple to construct, it has a neat appearance and the pleated portion of fabric is large enough to be used again in future projects. It can be seen in a range of fabrics and fashion.

While, girls' dresses and boys' frocks can be found with pleated and gathered yolks, the pointed style was exclusively for girls. All the dresses with pointed yolks (that I have found) have also been pleated. If you want to make a gathered dress, or a frock for a boy, I recommend getting rid of the point.



## Materials

- Fabric – Reproduction Cotton, Cotton Lawn, Silk Taffeta, Lightweight Wool Suiting. I would recommend 1.5 – 3 yards of fabric, depending on the width. Do make a mock up,

calculate skirt width and length, before cutting your fashion fabric.

- Cotton Lining – if desired.
- Hook and Eye for closure
- Trims and notions – Fabric covered buttons, velvet, silk ribbon, or silk taffeta in accent color. If making a cotton dress, do not use silk as an accent, unless it is a sheer. Instead opt, for glass buttons and self fabric trims for decoration.

### **Sizing Notes**

This pattern was made for a 4 Year old girl, with a loose fit for a 20 inch waist.

Please Read all notes, cut out the pattern, and make a mock up!

- Add width – If you want the dress 2 inches wider, for example. Move the fold line on the bodice front and back pieces over 1/2 inch to cut the pieces larger respectively.
- Reduce width – Take the desired measurement, say you want the dress 2 inches narrower. Move the fold line on the bodice inward 1/2 inch. Move the back pieces inward 1/2 inch.
- Small Armscye – Cut around it to enlarge.
- Too long – Cut pattern shorter
- Too short – Add to the length of the bodice by drawing the bottom portion longer. You can also add to the appearance of a longer waistline, by adding a skirt waistband instead of sewing the skirt directly to the bodice.

## **Start Sewing**

**Step 1:** Cut and make mock up.

**Step 2 (Cutting Bodice):** Cut bodice front and backs from fashion fabric.

Cut out a rectangle about 8 inches long. Width, depends on how many pleats you want. The bottom of the yolk is about 10 inches, but you do need extra width on the sides for the armscye. And you need 1 inch per pleat. 25 – 30 inches should be fine! You can always cut off extra fabric.

If you decide on a straight yolk for a girl, you can make the top of the pleats wider, to give the illusion of a smaller waist. On bodices with points, the pleats look even on the originals and

images I've seen.

Run a few baste stitches in your work, and press. This will keep everything in place.

You are going to need to cut the V section into the pleated bodice. Lay the yolk on top, calk and cut.



- Stitch the center of the yolk to the center pleat, so that it doesn't shift when you sew the two sections together.
- Trim the pleated section if it is too wide.. My front and back was about 12.5 inches

(Once seams were complete it was 11.5 inches from side seam to side seam on the front and back)

**Step 3 (Bodice Assembly):** Sew side seams and shoulder seams with 1/2 inch seam allowance.

If making this for a boy, you do not need the curved back seam. So, cut out both pieces, and tape them together to make one piece.

If you are short on fabric, you can do a faux seam for a girl. Treat it like a boy, but draw the curved seam onto the fabric, and sew the seam into the dress as if it was two pieces instead of one.

Attach to the front. Use the back, to help you cut out the armhole.

**Step 4:**

**(Sleeve Assembly for Puffed Sleeve or Long Sleeve):** Cut sleeves and sleeve band. Using a larger stitch, place two rows of gather stitching at the top and bottom of the sleeves. Gather each sleeve bottom into sleeve band (9 X 3 inches for shorter sleeves, you will want a smaller cuff if making a wrist length sleeve) and sew with a 1/2 inch seam allowance. Fold raw edge of cuff up 1/2 an inch and secure along the cuff seam-line with hand sewn whip stitch. Sew side seams.

**(Sleeve Assembly for Petal Sleeve):** Cut sleeves, and sew together where indicated on the pattern. Invert, and press.

**Step 5: (Sleeve Install for Puff Sleeve or Long Sleeve):** Gather sleeves to fit armhole. Secure with a 1/2 inch seam allowance.

**(Sleeve Assembly for Petal Sleeve):** Overlap in the armhole.

**Step 6: (Make Piping):** Bias for piping is cut at a 45 degree angle in relationship to the fabric grain line. I made mine 1-2 inches wide, and inserted the cording in the center. Here is a video tutorial. Keep in mind this tutorial is showing upholstery piping with a thicker cord! I use cotton doily thread as my cording,

**Step 7: (Pipe Neckline)** Pin piping onto right side of neckline corded edge facing down. Sew along piping stitching. Clip curved areas, turn piping down and press. Finish with machine top stitching 1/8 inch from the edge or tuck the raw edges and hand whip stitch on the inside.

You can also pipe the waist, if you are planning to sew the bodice directly to the skirt. If using a waistband, do not pipe waist.

**Step 8 (Closure Placket):** Press center back under 1/2 an inch. Then fold 1 inch under and press again. Secure with top-stitching. Repeat with other panel. This study 1 inch area will overlap for a hook and eye or button closure.

**Step 9 (Cutting Skirt):** Cut 2 (30-36 inch... you want it 3x kids waist measurement) wide skirt

panels x desired length plus 4 inches for finishing.

**Step 10 (Skirt Seams and Placket):** Fold one panel in half and cut a 3 1/2 – 4 1/2 inch slit from the top of the fold downward. Finish placket with a tiny rolled hem secured with hand whip stitching or machine top-stitching.



Secure base of the cut edge with machine back-stitching or a hand sewn bar tack. Sew side seams with 1/2 inch seam allowance.

**Step 11 (Skirt Hem):** Press bottom edge under 1/2 inch and then press under three inches to form a wide rolled hem. Secure with machine top-stitching or hand whip stitch in place.

**Step 12 (Waist Treatment):** Chose a waist treatment: gathered, directional pleating, or box pleating. The one I made features directional knife pleating

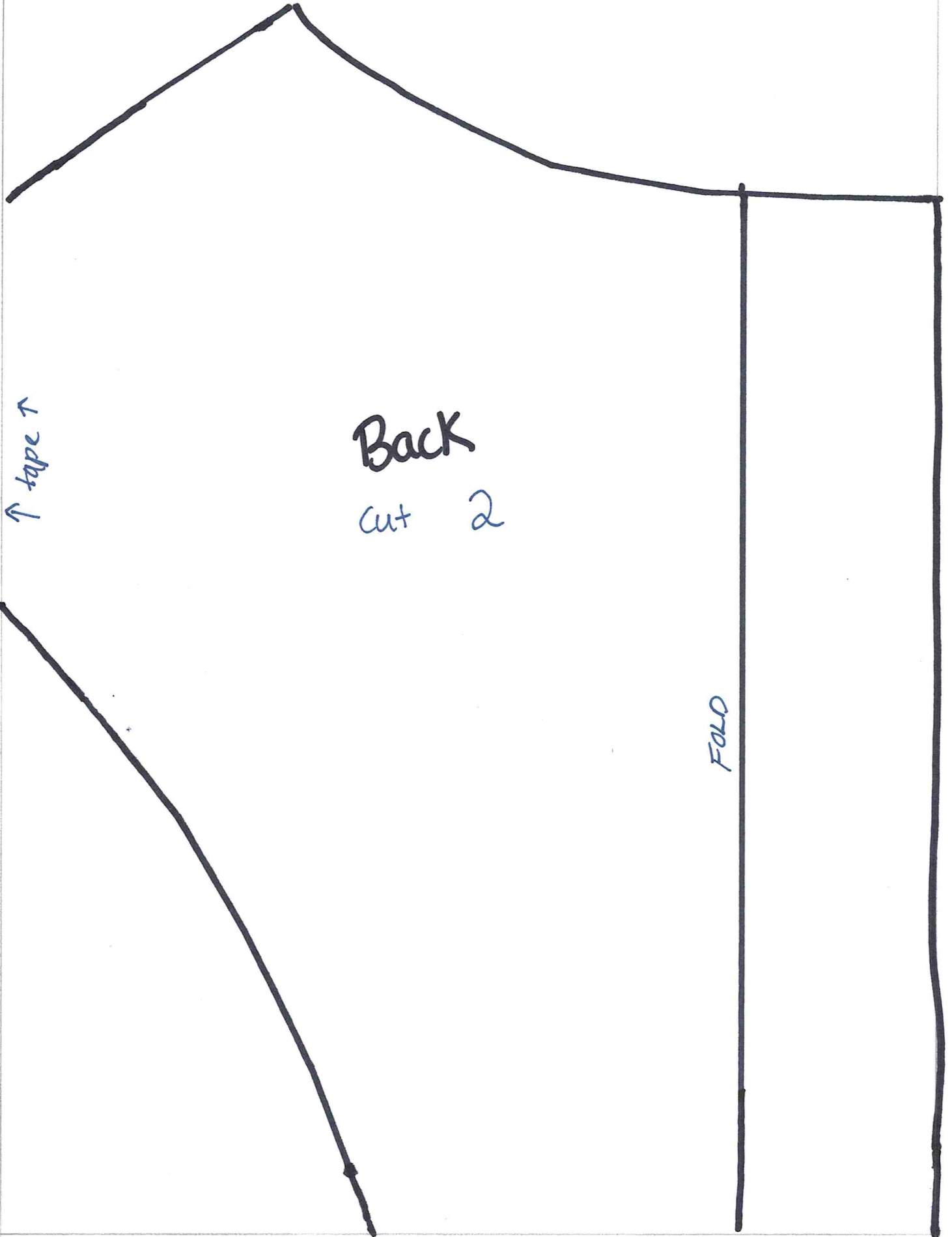
Pin treated skirt and bodice right sides together and secure with a 1/2 inch seam allowance. Turn inside out, press downward. Turn right side out and top-stitch 1/8 inch below the seam to keep everything crisp and secure.

**Step 13:** Install hook and eye closure and trim as desired.





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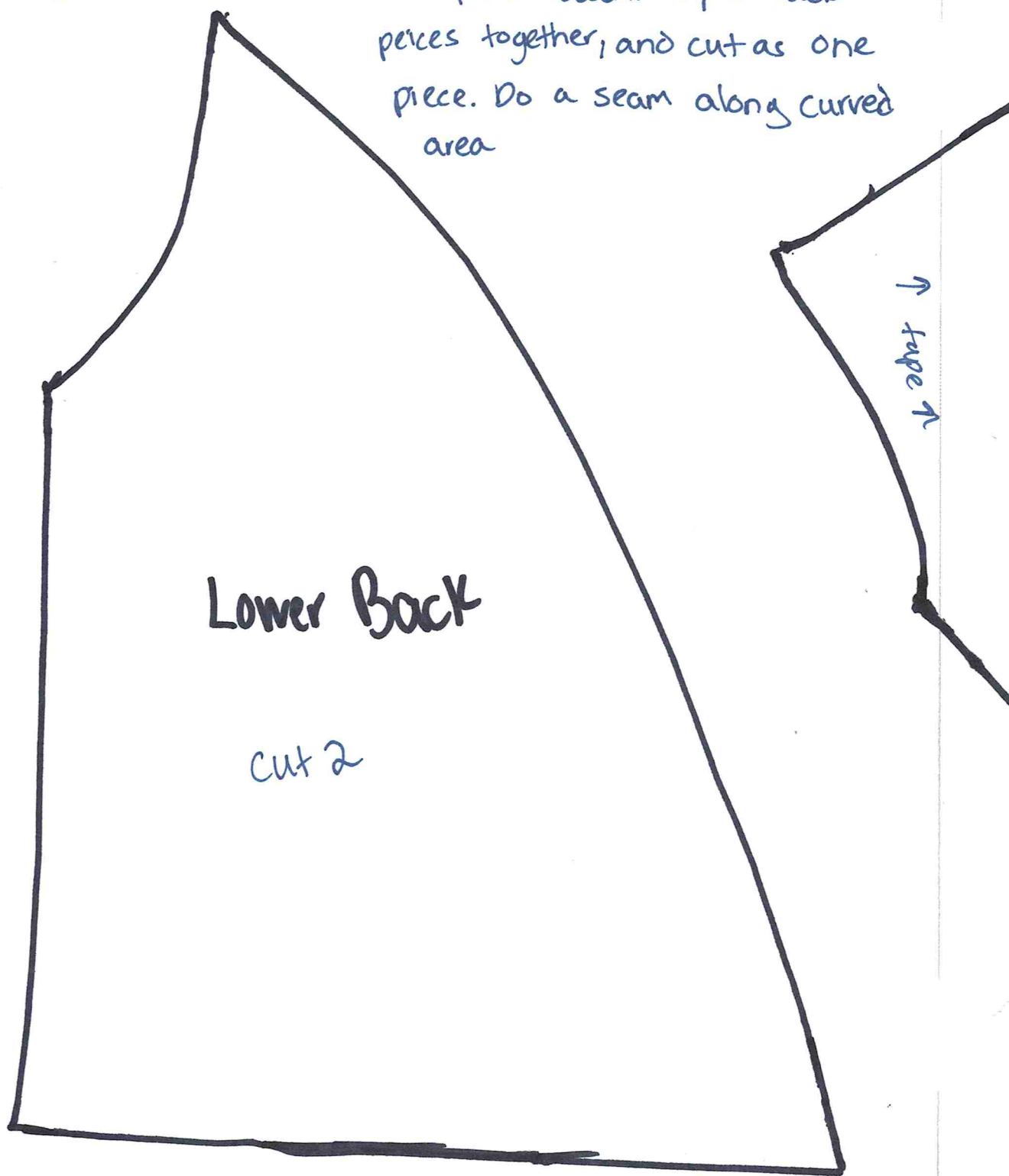
Back

cut 2

FOLD

↑ tape ↑

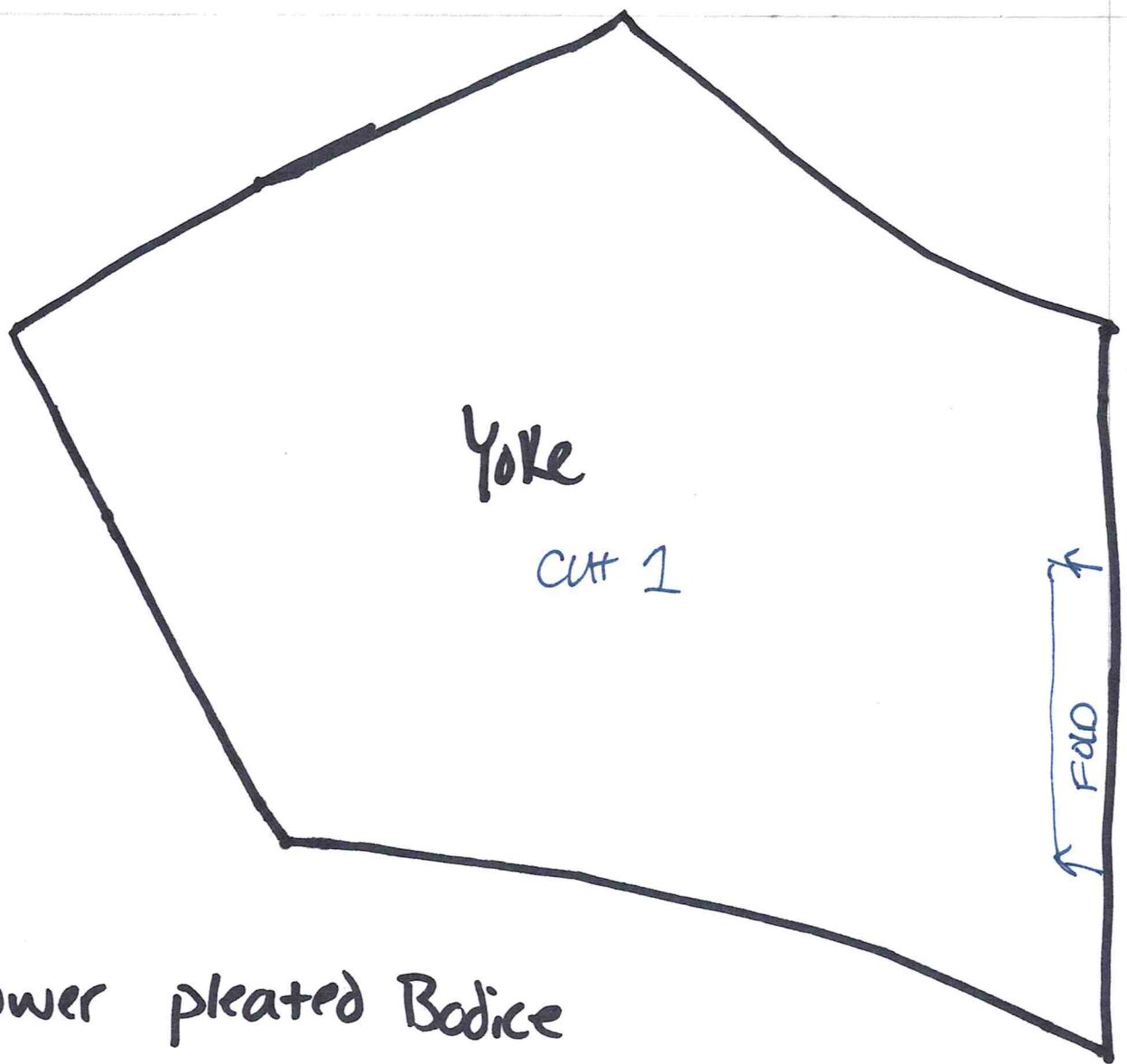
\* running low on fabric. Do a faux back. Tape back pieces together, and cut as one piece. Do a seam along curved area



Lower Back

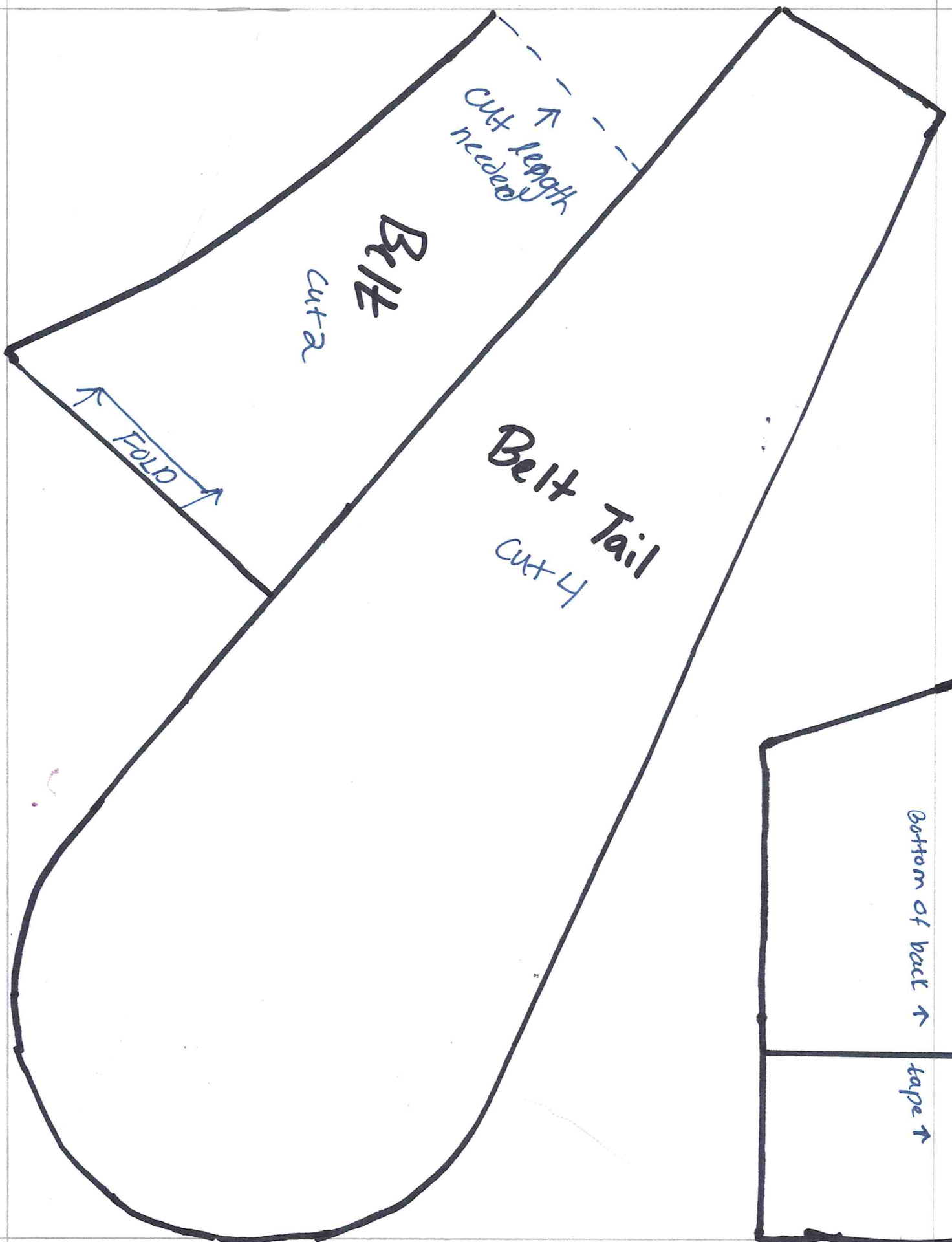
cut 2





## Lower pleated Bodice

- Cut rectangle about 8" long. width depends on # of pleats. You want at least 5. Add 1" / pleat. Cut extra... be safe.
- If skipping belt make pleats wider at top to create waist look
- When sewing make sure bottom is bigger than yoke. Cut out armseye to match back, or till comfortable.
- Belt - silk or wool dress. Out of place for cotton unless sheer. If sheer use accent silk, and I recommend a sash vs. this belt.



Belt  
cut 2

Cut length  
needed

FOLD

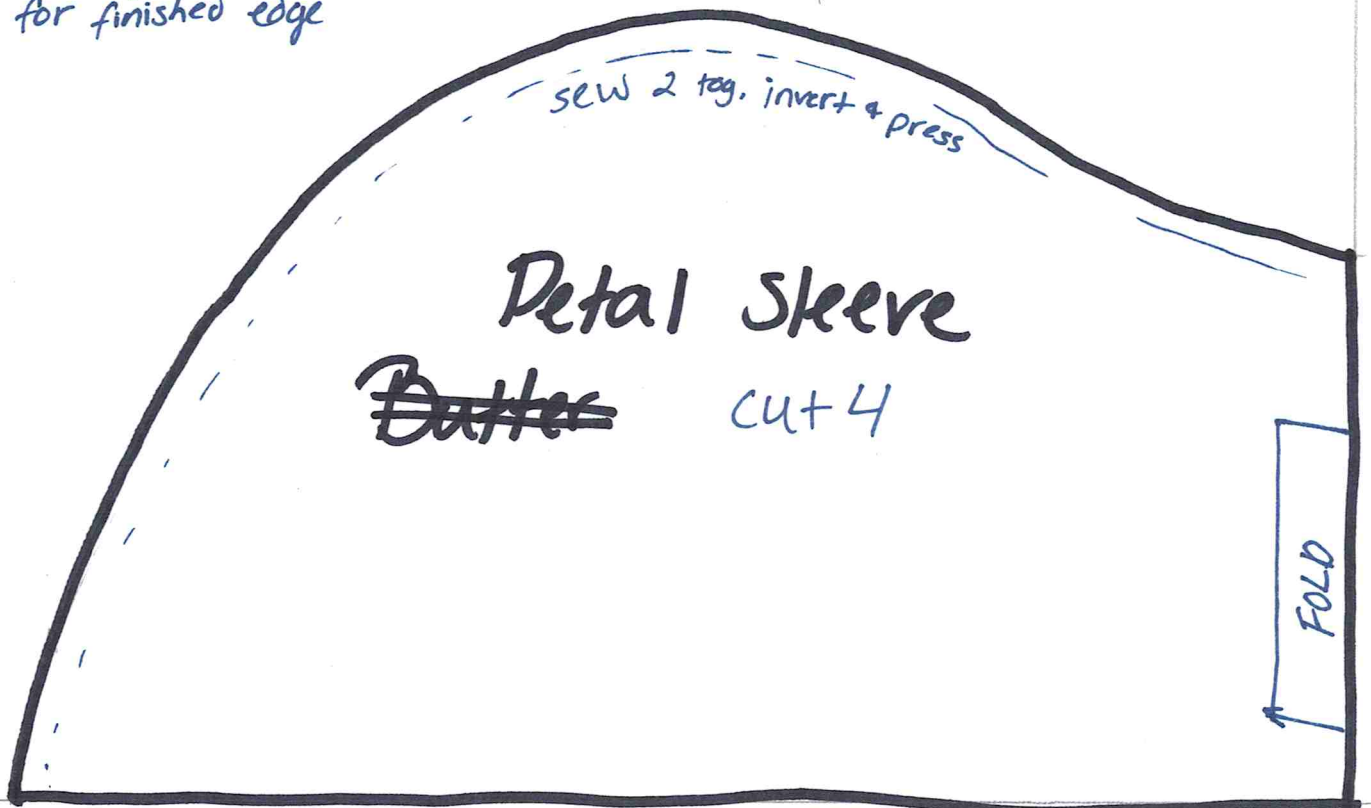
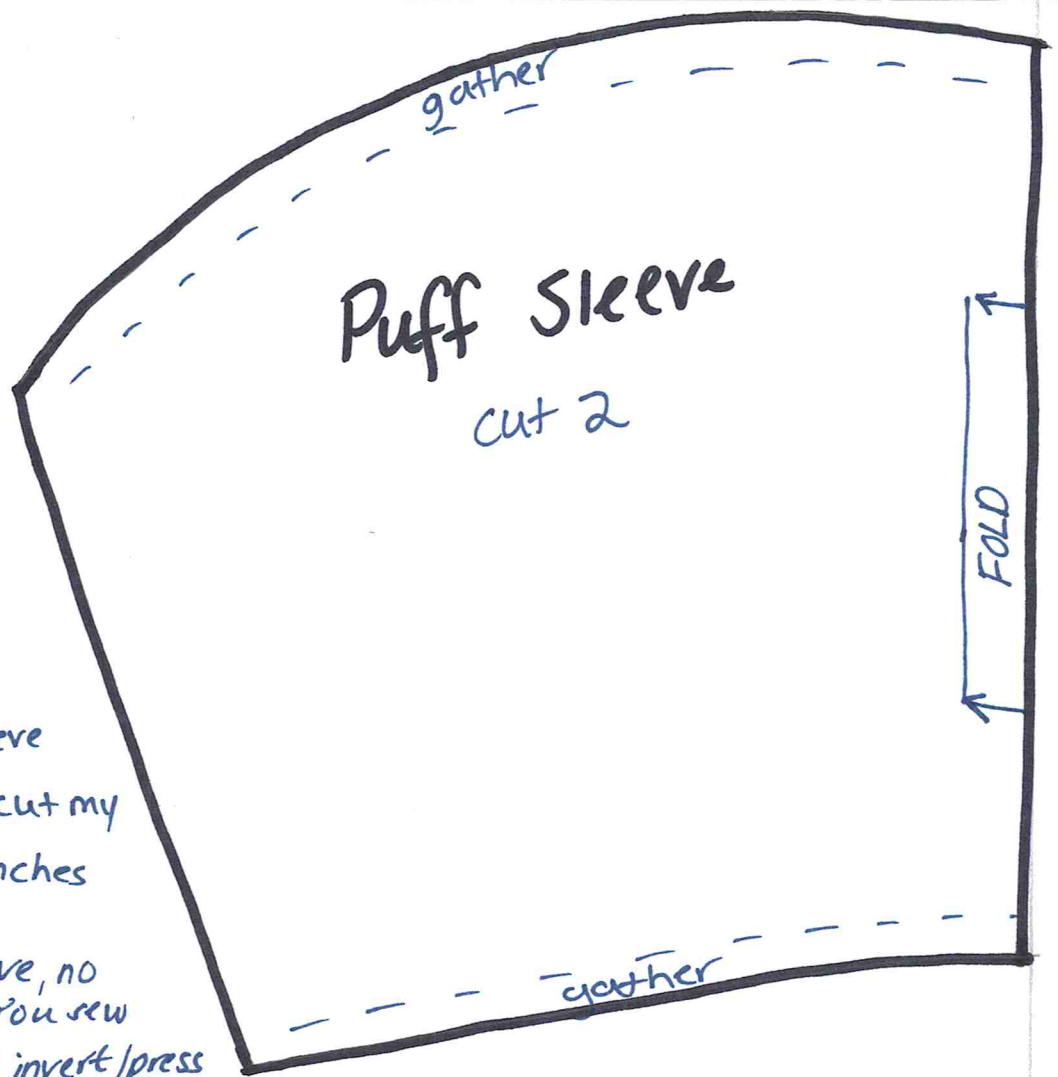
Belt Tail  
cut 4

Bottom of back  
tape



\* gather puff sleeve  
into a cuff. I cut my  
cuffs 3 x 9 inches

\* ~~Butter~~ Petal sleeve, no  
gathers, overlap. You sew  
two together and invert/press  
for finished edge



A

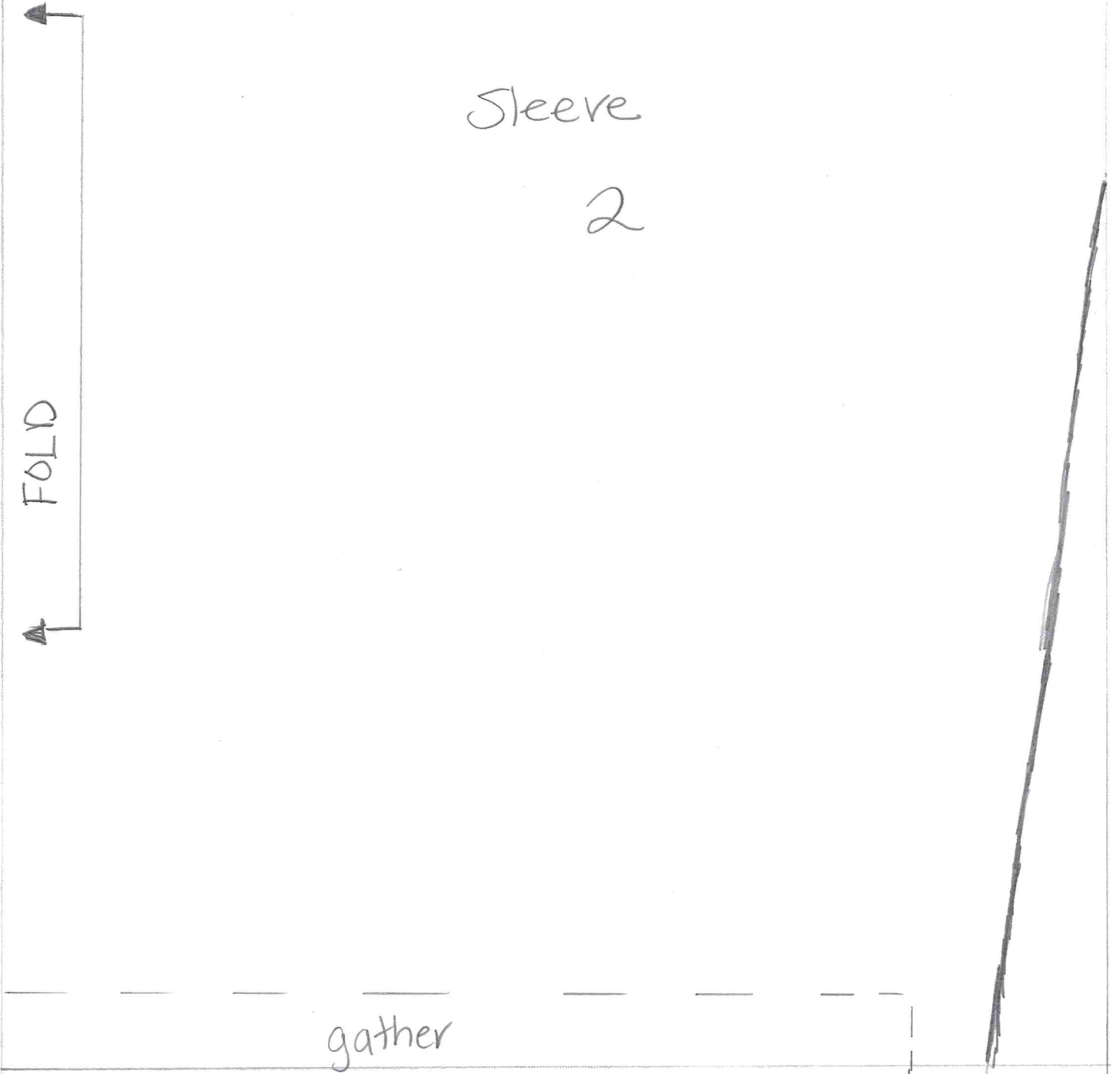
1 inch

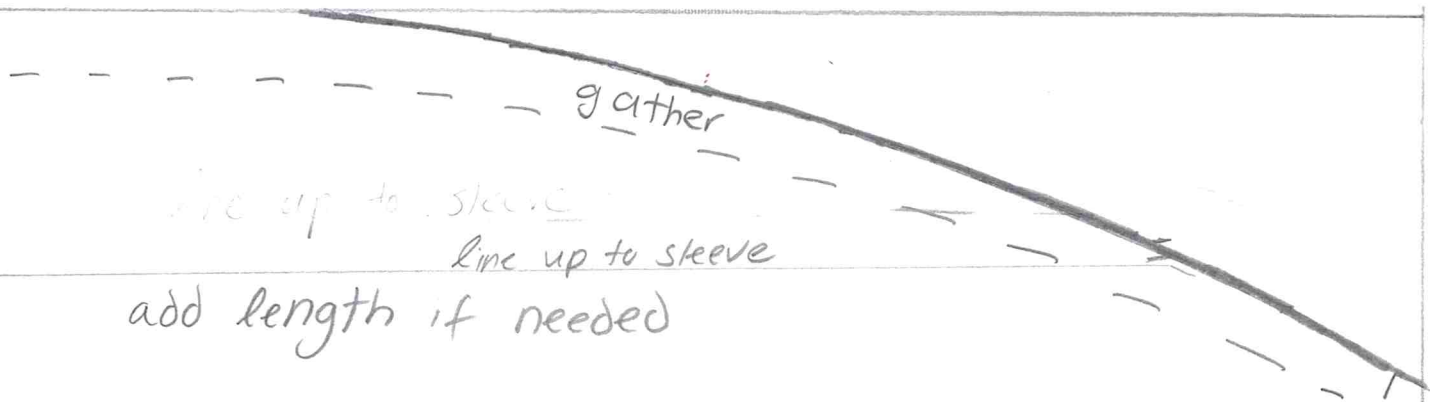
Sleeve

2

FOLD

gather





B



C

This piece only  
adds the tip area

But you can make the  
sleeve wider if wanted

