

A PALMER/PLETSCH BOOK FOR CHILDREN

My First Doll Book

HAND
SEWING

by Winky Cherry



SECOND EDITION

FOR AGES 5 AND UP

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A Letter to Parents, Teachers, and Grown-ups

Doll making has been a popular hobby throughout history. Dolls are made for ceremony or display, and some dolls are made for play. Making a doll is a way to capture a spirit, make a friend, expand your circle of identity in relationship to the world, and express your skills. Dolls represent reality, fantasy, philosophy, physiology, psychology, and history.

Creating a doll differs from making a doll in a kit or buying a ready-made doll. ***My First Doll Book*** presents a beginning doll pattern shape, ideas for giving the doll a name and a personality, and elementary concepts for clothing. Ideas are included to give dolls a face, hair and clothes. A child also learns how to sew buttons and pockets onto doll clothes.

My First Doll Book is the **THIRD LEVEL** in **The Winky Cherry System of Teaching Young Children to Sew™**. Doll making requires felt shape-making skills and the overstitches learned in the first level, ***My First Sewing Book***, and straight stitch embroidery skills learned in the second level, ***My First Embroidery Book***. Dolls have DETAILS and, unlike the first level, do not have black dots to show where stitches go. Before a child begins to sew a doll, practice the hand stitching projects in ***My First Sewing Book*** and ***My First Embroidery Book***, because these books teach elementary hand sewing skills necessary for doll making.

Sewing classes can be built around each of the books. I have been teaching boys and girls sewing skills and, as a result, life skills since 1974. A teaching manual, video, and precut felt doll shapes are available from Palmer/Pletsch at www.palmerpletsch.com or call 1-800-728-3784.

The process of making a doll by hand is as valuable as the finished doll. A child's skill improves with each doll made. A handmade doll is a treasure, to be used, enjoyed, given away as a gift, or displayed. Children can always make more!

Winky Cherry
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Once upon a time someone made the first soft doll... and this is how.

The first fabric doll was made a long time ago with fabric, a stone or ball of stuffing, a tie, and no stitches to sew.



You can make a doll in a few minutes too. Without sewing, this is what you do.

Use one square piece of fabric, a stone or ball of stuffing, and a piece of string.

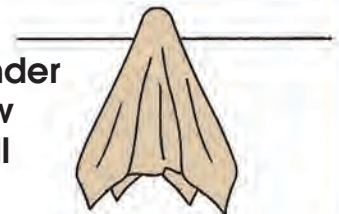
1. Lay the fabric square flat, and place the stone or ball of stuffing in the middle.



2. Fold the square to make a triangle.



3. Place the tie under the fabric below the stone or ball of stuffing.



4. Tighten the tie under the stone or ball of stuffing and make a knot.



Would you like to know how to stitch a felt doll, embroider a face, and make hair and clothes now?

DOLLS HAVE DETAILS

A doll is special
and so are you!
Everyone is the same
in some ways...
but different too.

A doll has a shape
just like you.
It can look like you
or someone new.

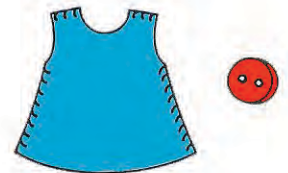
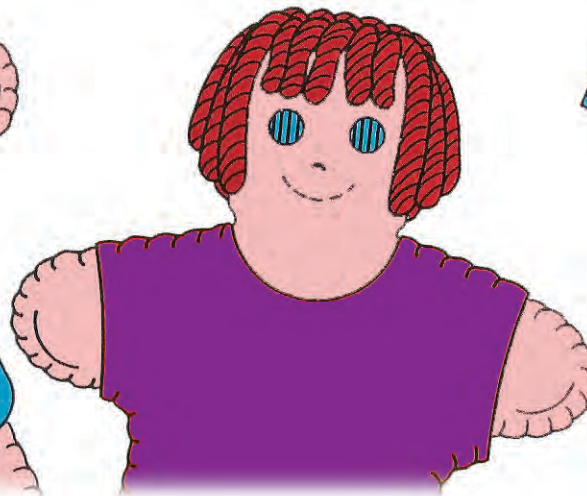
A doll can be a person,
a mermaid, merman, or a bear.
You can make clothes
for a doll to wear.

A doll can wear a costume
and be made to look
like Santa Claus or
someone in a storybook.

Doll skin color
you can choose.
Pick the felt
you want to use.

Doll size
you can choose too.
Make a grown-up, teenager, baby,
or child like you.

Dolls have
eyes, a nose, mouth and hair.
You can make clothes
with buttons and pockets
for dolls to wear.



PLAN WHERE TO STITCH AND WHERE TO STUFF

Dolls have no black dots.
You must know
and plan where
the stitches go.

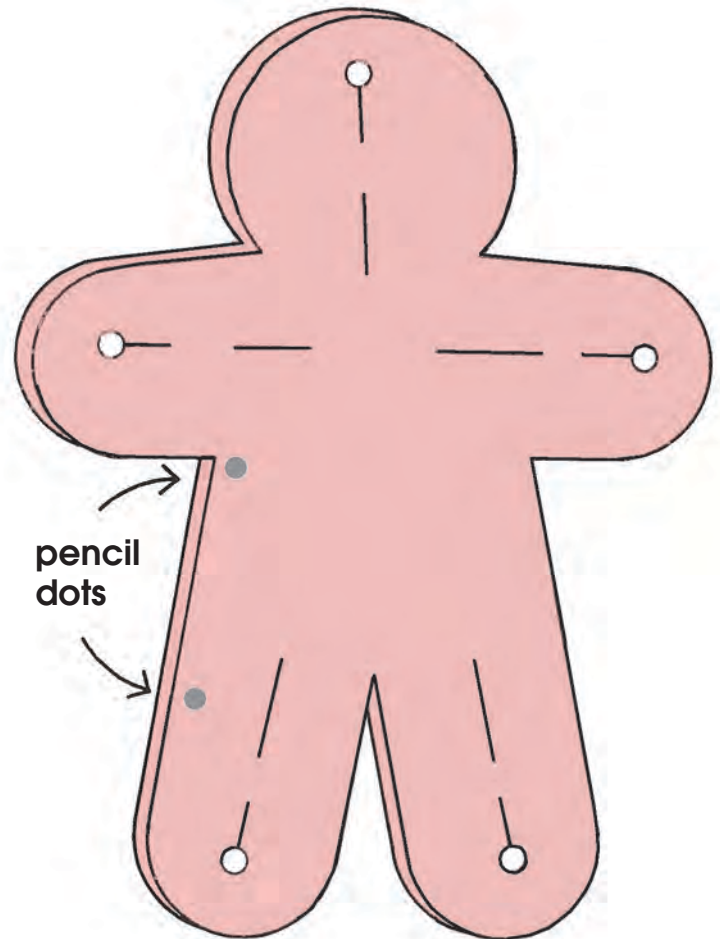
Make stitches deep enough to hold the fabric together,
but not too far apart.
Think about where the stitches go
before you start.

Plan to leave a place for stuffing
where no stitches will be.
Choose a straight edge along one side
from under the arm to below the knee.



Stuffing is easier to put in
on a straight side.
Curved lines are hard to keep together
and the stuffing is not easy to hide.

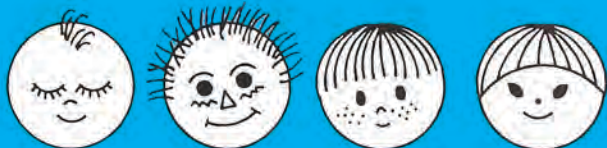
Mark the stuffing place with **PENCIL
DOTS** or a special pin, so you know
where to start and stop stitching
when you sew.



PLAN THE DOLL'S FACE

Practice with pencil on paper to draw a simple face. Think about where you want the eyes, nose, and mouth in the space.

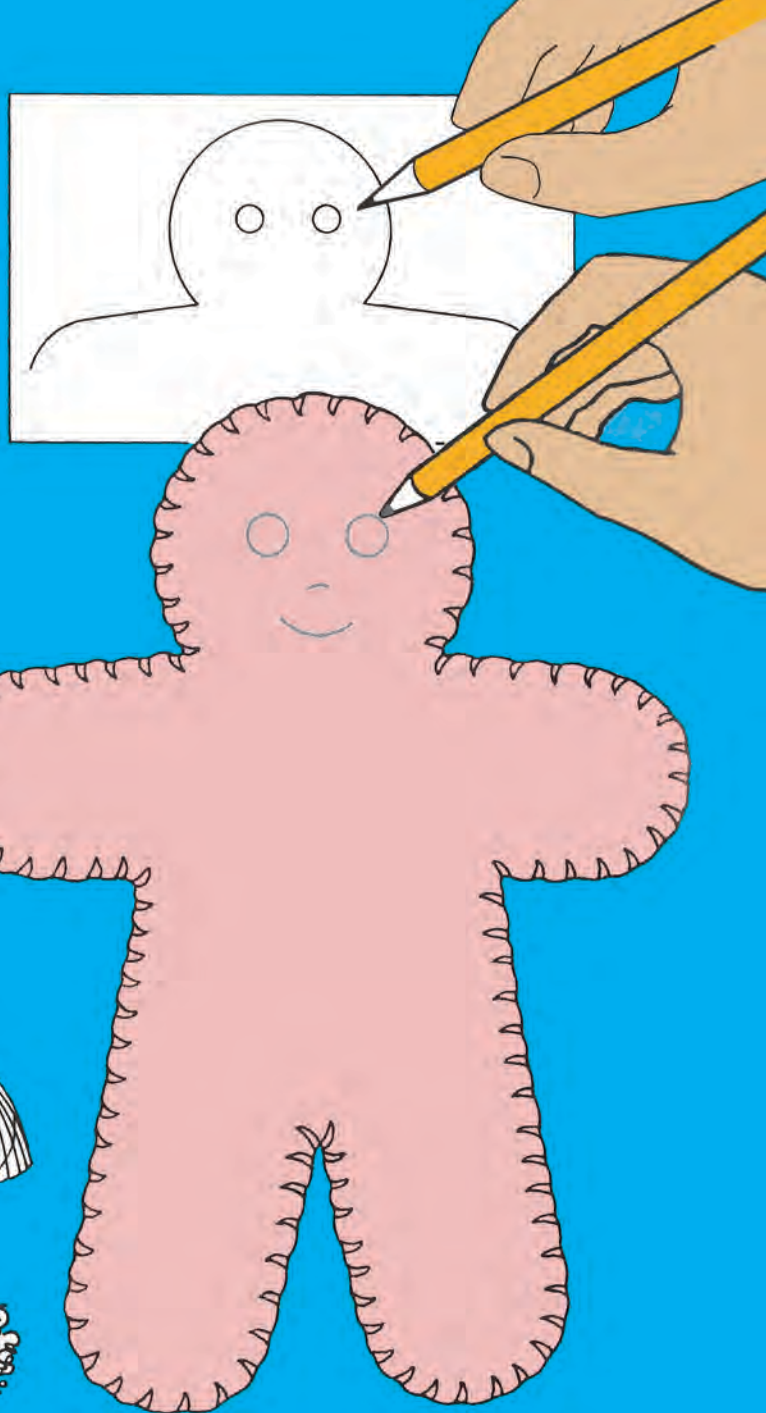
Use shapes and lines to draw the face you want to see. Make the eyes, nose, and mouth how you want them to be.



You are the artist and you can choose where you want each part of the face to go. Draw with a pencil on the doll face to show you where to sew.



You will make straight stitches to cover each line and satin stitches to fill in the shape you design.



USE A SMALL SCOOP STITCH TO SATIN STITCH **ONE** EYE

Poke the needle up at the top of the eye, and pull the thread all the way through. Poke the needle down at the bottom of the eye for each stitch you do.

A **SCOOP STITCH** begins where you poke the needle **DOWN** and ends when you poke the needle **UP** again!

Poke the needle down and up under the eye to make a scoop, then pull the thread straight, and your satin stitch will look great!

SATIN STITCHES

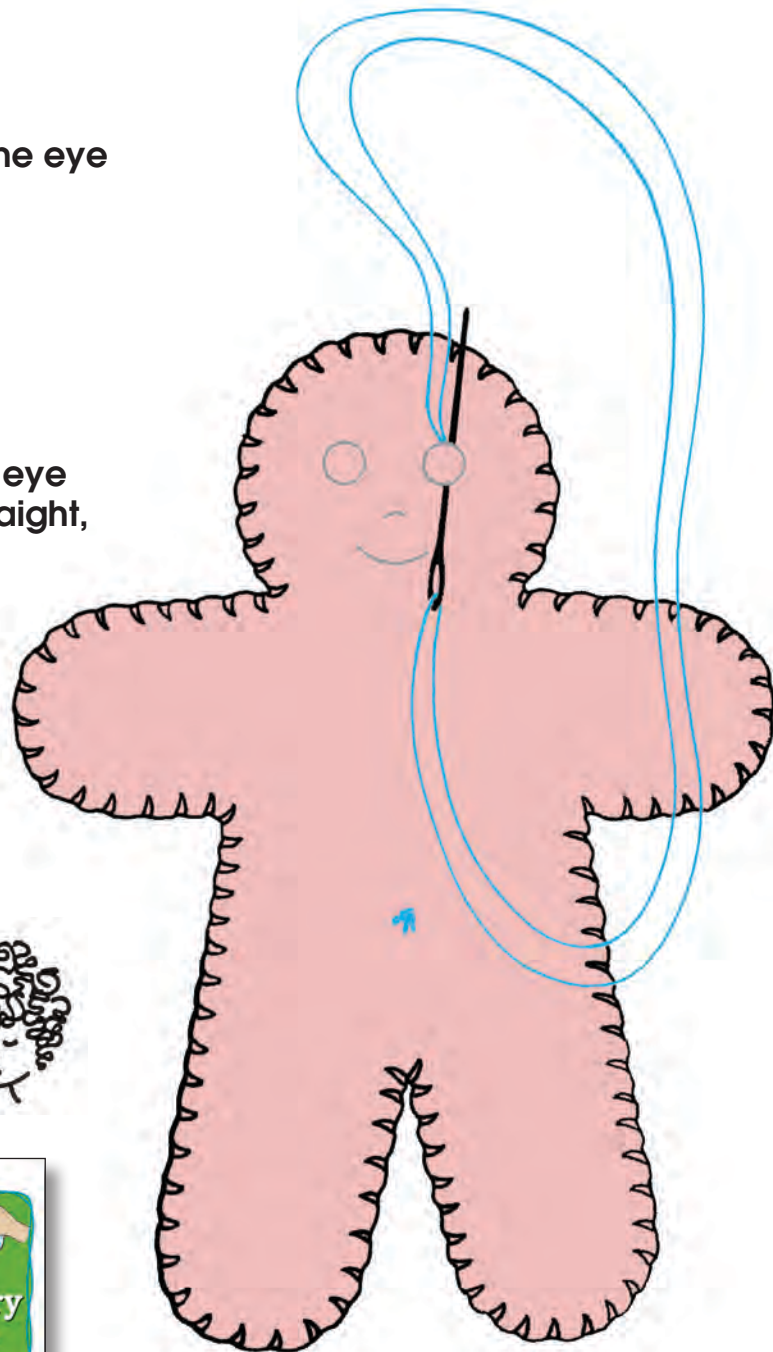
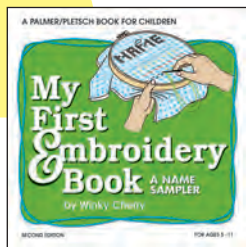
are long straight stitches that fill in the shape you want to see. An eye can be any size and shape you want it to be.

Start in the middle and make straight stitches from bottom to top. Fill in each side solid with stitches before you stop.

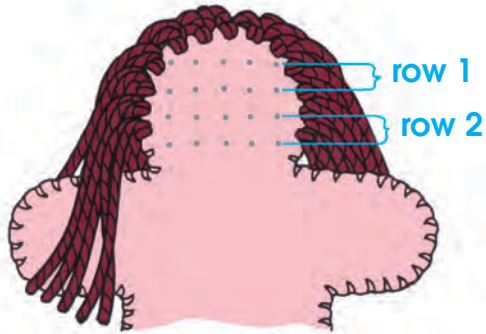


You learned to do a satin stitch in level two.

Page 25 in *My First Embroidery Book* will remind you what to do.



4. Now it's time to put hair on the back of the head. Make two rows of SCOOP STITCHES with yarn back there. First draw two pencil dots for each scoop. Then make each scoop stitch. Do you see where?



5. Scoop with the needle down and up from dot to dot. Pull the yarn through, measure, cut, and tie on that spot.



6. Think about the hairstyle you will do. Will your doll have straight hair, braids, or frizzles when you are through?



Making long frizzled hair is easy to do. Just pull apart the plies of the yarn. Cut the hair short if you want to.



DRESS YOUR DOLL IN SIMPLE CLOTHES

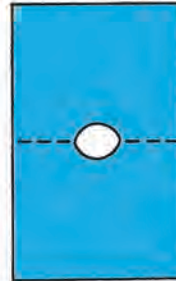
CIRCLE SKIRT

Cut a hole for the doll's waist.



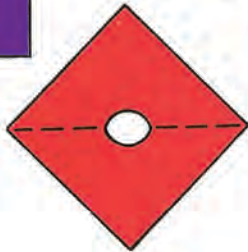
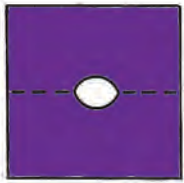
RECTANGULAR ROBE

Cut a hole for the doll's head and tie a ribbon around the waist.



SQUARE TOP

Cut a hole for the doll's head.



TRIANGLE SHAWL

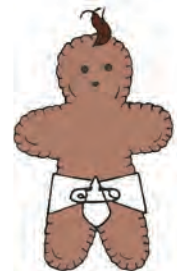
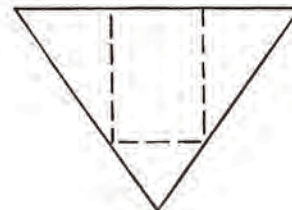
Wrap the triangle around the doll's shoulders and hold two pointed corners with a lock stitch.



A circle, square or triangle can be a hat brim too. Cut a hole to fit the head tight so the head will not go through.



A triangle shape can be a diaper too. Fold up the three points and put a safety pin through.



✓ SHOPPING LIST

See complete list on pages 6 & 7.

- Straight pins**
- Needle**
(Chenille/candlewicking size 18/22)
- Pincushion**
with strawberry
- Snippers** to cut thread
- Scissors** to cut felt
- Permanent black marking pen**
- Thread**
(thin sewing thread)
- Crochet thread**
(DMC's crochet cotton Cebelia size #30 is preferred)
- Yarn** for hair
- Polyester fiberfill**
- Craft-weight felt**
(A wool-blend felt is preferred. It is easier for the chenille needle to sew through.)
- Tiny buttons, ribbons and trim** (for doll clothes)
- Paper, poster board, and glue stick for pattern making**

Order additional teaching materials at www.palmerpletsch.com or by calling 1-800-728-3784

My First Doll Book was created by author Winky Cherry as the third book in **The Winky Cherry System of Teaching Young Children to Sew™** series. This unique program provides an effective way to teach children not only sewing skills, but life skills, and to have fun doing it! In the first level, **My First Sewing Book**, children learn the basics of sewing while hand sewing felt shapes as they learn to choose, measure, cut, thread a needle, make a knot, stitch, lock stitch, and follow directions with rhyme, repetition, and FUN. In the second level, **My First Embroidery Book**, basic embroidery skills are taught as the child makes a name sampler.

In this third level, **My First Doll Book**, skills are combined as children hand sew a felt doll, embroider a face, add yarn hair, and make doll clothes.

In these three books, easy-to-follow directions are written in rhyme.

After children have mastered hand sewing skills, they move to the fourth level, **My First Machine Sewing Book**. In the fifth level, **My First Patchwork Book**, children learn to make a Four Patch block. The sixth level, **My First Quilt Book**, uses a quilt plan as children practice their sewing machine skills to make a pieced quilt with sashing strips and square blocks.

Each level builds on the previous ones, and each book can stand alone.



Winky Cherry



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