

Sewing Instructions - Ruffle Sleeve Shift

By Sonia Scott

This shift is a traditional Federal or Regency Era shift, but the personal preferences of Sarah “Sally” Bradley have been added. If you are recreating this shift for display no alterations to the pattern are needed. If you are creating this shift for a modern interpreter, please adjust the pieces using measurements from the intended wearer. A grid method can be used for the initial scaling, but a full muslin mock up is suggested for a most accurate fit. Instructions for both scaling a pattern with a grid and creating a muslin mock up are readily available on the internet. Once you have your pattern pieces sorted out assembly can begin. Be careful to pay attention to grainlines, this garment should be constructed from 100% linen fabric and all pieces should be “cut” out using the pulled thread method to ensure that each piece is aligned properly with the grain. All seams should be completed using a felled seam technique unless otherwise stated.

1. Begin by cutting out the body (A) and gores (B and C).
2. The neckline should be cut out and a 1cm channel whipped stitched with two eyelets at the front for the drawstring. The drawstring should be long enough so that the ends do not slip inside the channel when the neckline is not gathered.
3. Sew B to A, matching points A1 with B2 and A6 with B1.
4. Sew C to A, matching points A2 with C4 and A6 with C3.
5. Sew B to C at the shoulder.
6. Sew F to G, matching G2 to F1 and G3 to F3.
7. Sew D¹ to FG, matching D1 to G4 and D2 to F4.
8. Sew D to FG, matching D2 to F4 and D3 to G4.
9. Use a rolled hem technique to hem H on both long sides of each piece.
10. Sew H to G using whipped gathers.
11. Sew stroke gathers between F5 and F6. Then find the middle of F and match that to the seam CB on one side and A4 on the other side.
12. Sew sleeve from D4 to D1G4 through center point on G to G1D3 and back to D4, to A. Repeat on the other side.
13. Sew A to itself beginning at D4 and matching A3 to A5.
14. Sew C to B beginning at D4 and matching B4 to C2.
15. Find the center point of piece J and match it with the shoulder seam C-B on one side and turn the edges under and whip stitch in place, matching J2 and J4 at D4. Continue around the entire piece.
16. Find the center point of piece I and match it with the shoulder seam at A4 and turn the edges under and whip stitch in place, matching I2 and I4 at D4. Continue around the entire piece.

¹ Piece E should be used if you want to replicate the mending done to the left sleeve, otherwise Piece D or Option 1 is closer to the original left side sleeve gore.