



# Blinking Flights

RUSSIAN DOLL SEWING PATTERN

BY REBECCA DUNN

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This is free pattern which can be found at <http://www.blinkingflights.com>. Please do not sell dolls made from this pattern.

## RUSSIAN DOLL SOFTIE PATTERN:

This is my version of a Russian Doll softie. When I first began stitching toys, I looked everywhere online and off for a cute Russian Doll pattern, and whilst there were a couple here and there, they weren't really my style of doll or craft, so I immediately began making my own. Unfortunately, I didn't really know what I was doing back then, and the finished doll looked a little awkward... and so up the back of the cupboard it went...

I stumbled across it again a little while ago, and now that I'm a little more clued up about the processes, I decided to rework it and rethink some of the details... and so now I thought it was time to share it with the world. It's a very easy doll because of the simple shape.

I hope you enjoy making her!  
Rebecca.

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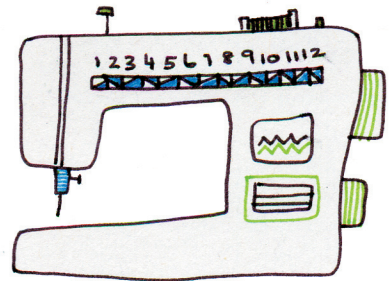
## WHAT YOU WILL NEED:

General sewing equipment: pencils, tracing paper, pins, needles, a sewing machine, cotton threads in appropriate colours, iron, iron-on interfacing & a stuffing stick.

Specific supplies:

- some small felt scraps in the desired skin colour and hair colours
- small pieces of beautiful cotton and/or linen fabric for the different parts of the doll's outfit-- the largest piece is the head which is about 12x16 cm/5x7 inches
- a small piece of calico for the front body piece
- a small piece of decorative cotton or linen for the back body piece
- embroidery thread/floss for facial features
- stuffing

\* All pattern pieces have a seam allowance of a 1/4 inch, which is about 6mm.



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## OTHER IDEAS FOR THIS PATTERN:

I'm sure that there are many things to be done with this pattern, but these are some of the adaptations that I'm hoping to get around to:

- to increase/decrease the size of the pattern pieces with a photocopier and make a set of Russian Dolls from big to small, all dressed up differently of course!
- appliqué the front of the doll piece onto a quilt block and make a nice big Russian Doll quilt
- use felt to make the front of the doll, therefore being able to hand-stitch the whole thing, therefore turning it into a very child friendly project.

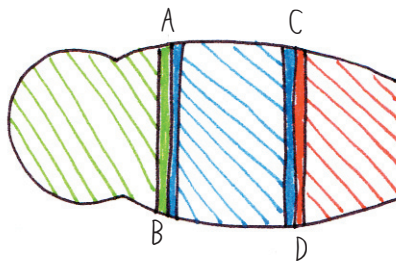
## READY TO START?

1. Transfer all the pattern pieces to tracing paper and cut them out. Pin the pattern pieces to the appropriate fabrics and cut them all out as required.

2. Take the embroidery thread, and using a thickness of two strands, embroider the facial features. Felt can be very hard to draw onto, so instead of doing this, you should use the face pattern piece as a guide, and hold it behind the felt piece, lining up details— you don't need to be too much of a perfectionist, so long as the details are symmetrical. Set this piece aside.

*NOTE: if you are using a light coloured felt for the face, and a dark coloured fabric for the head, you may wish to use some thin iron-on interfacing on the back of the face piece. To do this, trim a piece just a little smaller than the face, iron the interfacing onto the back of the face piece and set aside.*

3. Take the three different body pieces, (the head, the middle, and the bottom body pieces) and stitch them together along the appropriate lines using the letters as guides. Turn the newly made body piece over and iron the seams flat.



4. Take the calico body piece and lay it flat in front of you, sit the newly made body piece on top of it with the right side facing up. Line them up perfectly, iron flat and pin together.

With your sewing machine set to satin stitch, sew from point A to B, and then from point C to D. Now it will look as if as this is the stitch holding the patchworked pieces together.

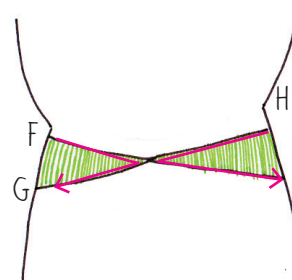
If you have any extra fabric hanging over the calico piece, trim it to match the shape of the calico piece.

With your sewing machine set to a broad zig zag stitch, sew around the edge of the body piece so as to keep the layers together.

*NOTE: If you have never used satin stitch before, you might like to play around with it on some scrap fabric, it is an easy stitch to use, but because it will be so visible you should get the tension correct, and get a feel for changing the direction of the stitch before using it on your doll.*

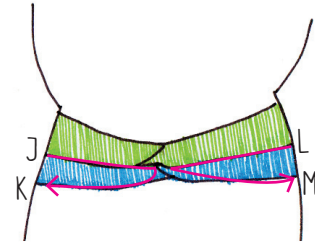
5. Collect all of the scarf pieces, and begin to assemble them on top of the body piece using the placement guide. When you are happy with the exact arrangement, remove the lower scarf and tie pieces, and pin the upper scarf pieces in place.

With your sewing machine set to satin stitch, and with the same coloured cotton as you used for satin stitching points A to B, and C to D, stitch around the edges of the scarf pieces.

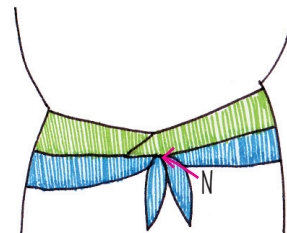


Start at point F, stitch to the centre before changing direction and stitching back to point G. Now begin at point H, stitch to the centre, and stitch back to point I.

Take the lower scarf pieces, line them up and pin them into place. The lower scarf pieces should slightly cover the bottom parts of the upper scarf pieces. Beginning at point J, stitch to K via the centre, and then, beginning at point L, stitch to M via the centre.



Now take the tie pieces, use a single pin to hold them in place, and begin stitching at the top, point N, follow the perimeter of both pieces around and stitch back to the beginning.



Place the circle piece on top of the two ties and stitch around the perimeter of the circle, overlapping a little at the starting point.



6. Take the face piece, and using the placement guide, line it up on top of the body piece. Pin it in place, and with the same coloured cotton as the felt, use straight stitch to attach it. Start in the middle, at the top of the face and sew around the whole perimeter being sure to backstitch when you arrive back where you started.

7. Take the hair piece and sit it in place on top of the face piece. With the same coloured cotton as this felt, begin stitching around the perimeter of the hair piece starting and finishing at point E, and like with the face, be sure to backstitch.



*NOTE: If you are a confident sewer, you might like to add some extra lines of stitching within the hair piece so as to represent a funky hairstyle, or some cute details, but be sure to keep it neat and simple.*

8. Take the felt hand pieces, and using the placement guide, pin them into place. Using satin stitch, sew around the perimeter of the hands, overlapping a little at your starting point.

Now the upper body piece is done.

9. Lay the upper body piece down in front of you with the right side facing up, take the back piece, and sit on top, with right side facing down. Pin around the edges of the body pieces. Using straight stitch, sew from point O to P, and repeat for durability.

Trim the corner pieces and cut some notches around the curves so that when you turn the doll out, the lines are smooth.

Turn the doll out the right way, and iron flat, with a tea-towel or thin cloth in between the iron and the fabric.

10. Stuff with an appropriate filling, I always use a hypoallergenic polyfill, which I prefer because it is soft, easy to wash, has a low flammability. Wool is soft, but hard to wash, and cotton is easy to wash, but is chunky feeling and highly flammable.

11. Use a blind stitch to close the stuffing gap, have a cup of tea and admire your handiwork.

All Blinking Flights kids have personalities, so you need to think up a name, an age and some likes and dislikes for your new little friend. I named the girl on the cover Kisa because I think it's a pretty Russian name!



NAME: KISA

AGE: 17 YEARS

LIKES: SNOWFLAKES,  
CHILI CON CARNE &  
LAVENDER SCENTED  
PILLOWS.

DISLIKES: HORSERADISH,  
SCUBA DIVING & LATE  
NIGHTS.

NAME:

AGE:

LIKES:

DISLIKES:

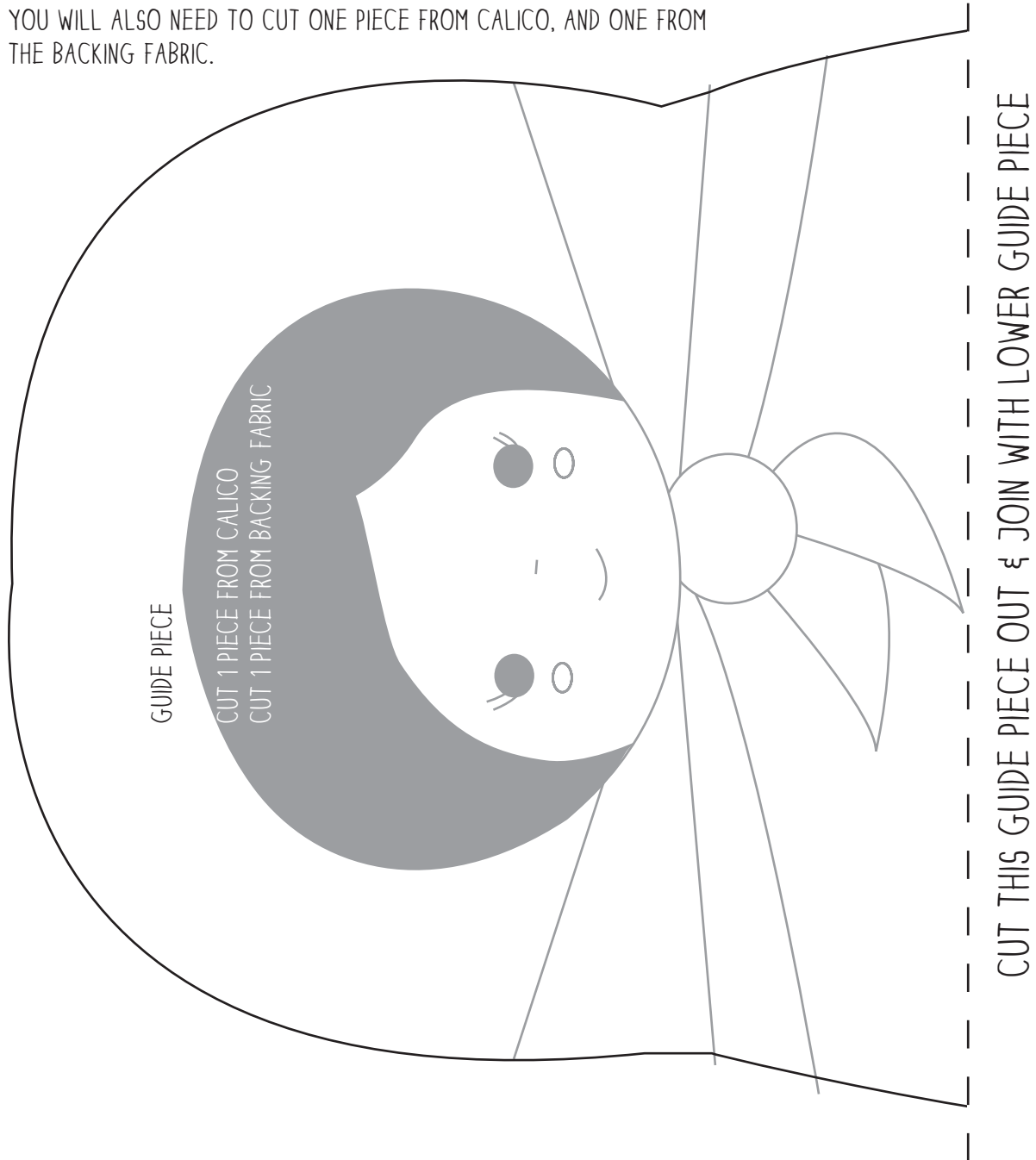
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## PATTERN PIECES:

USE THIS PIECE AS THE GUIDE PIECE.

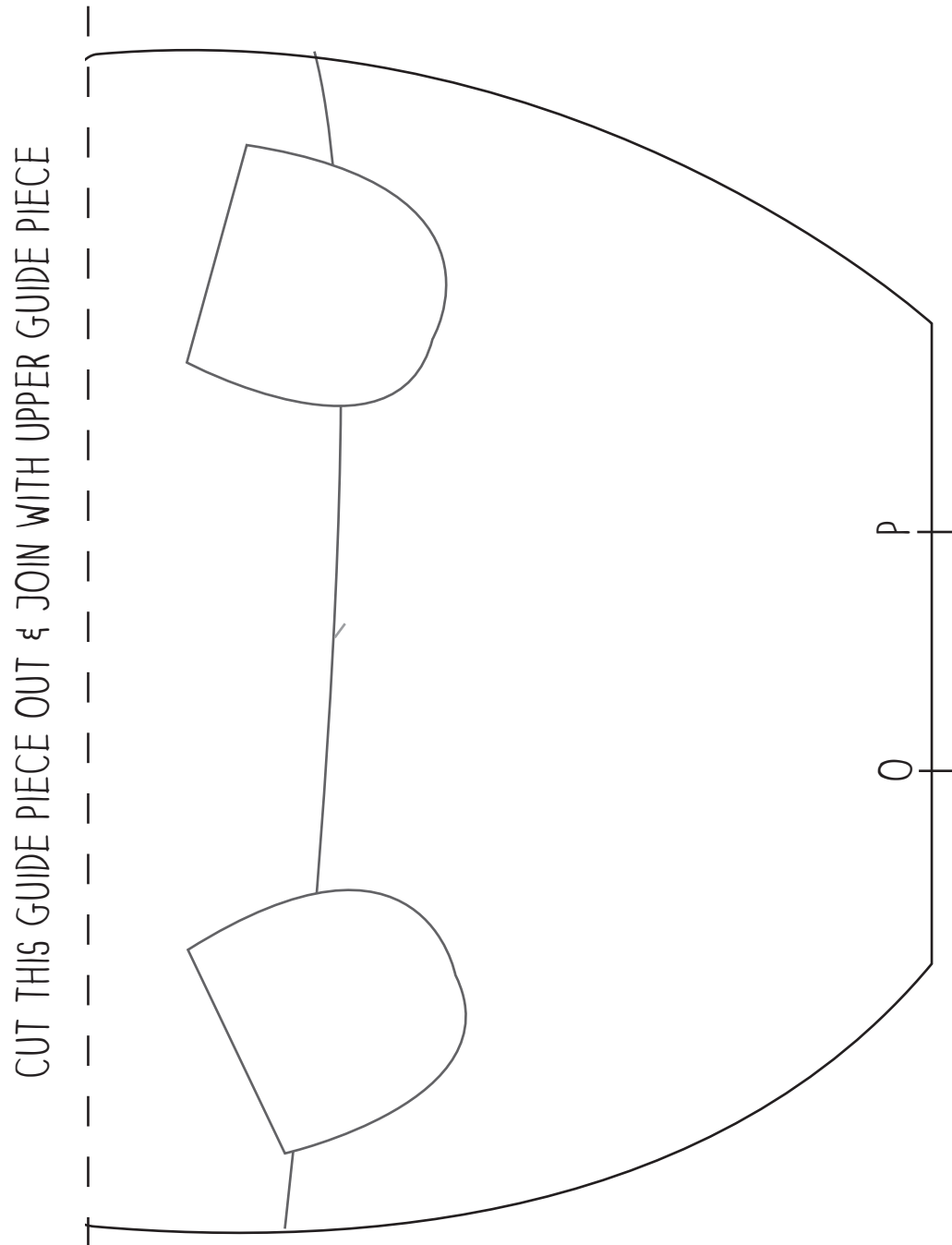
CUT IT OUT AND JOIN TO THE LOWER GUIDE PIECE ON THE NEXT PAGE.

YOU WILL ALSO NEED TO CUT ONE PIECE FROM CALICO, AND ONE FROM THE BACKING FABRIC.



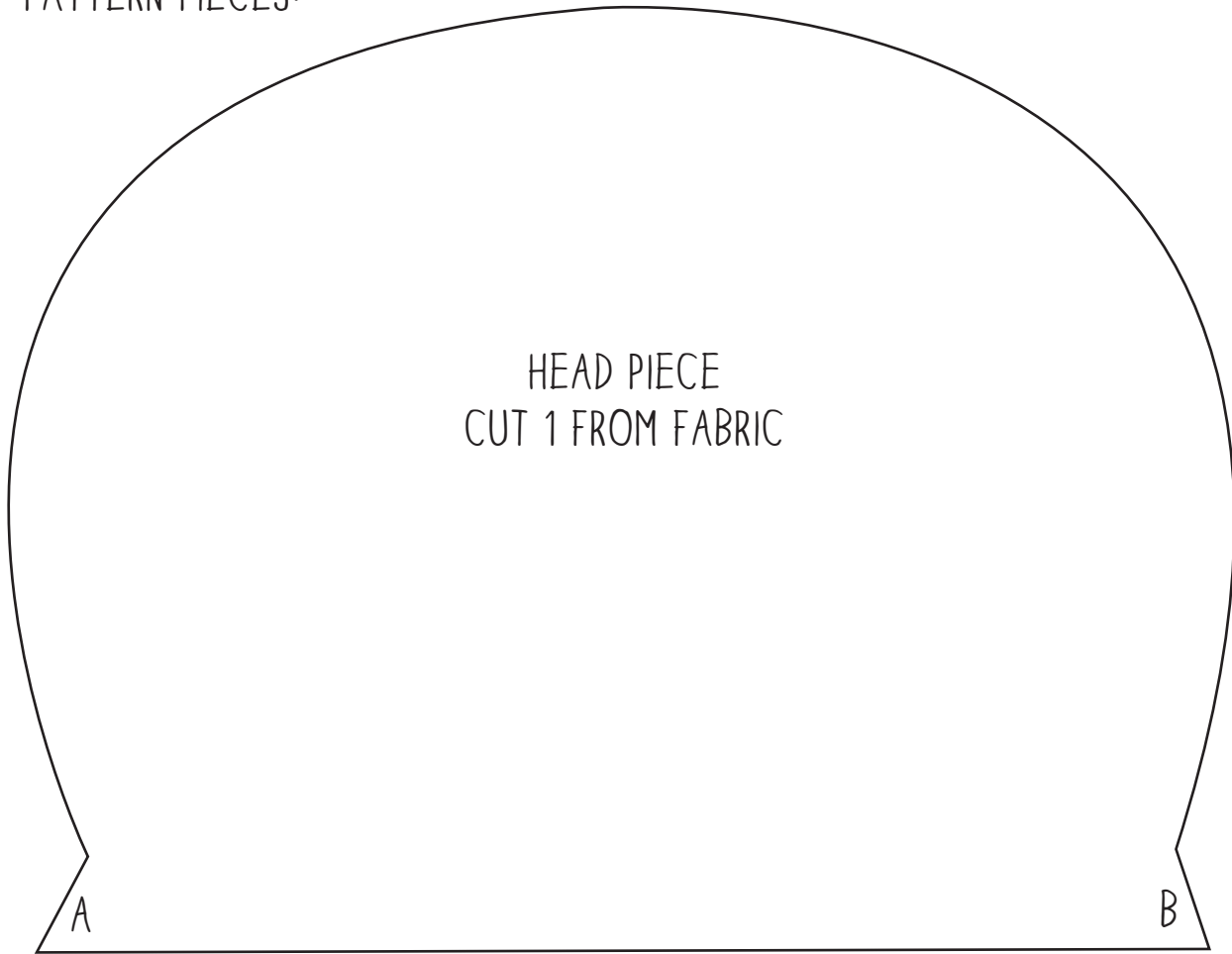
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PATTERN PIECES:



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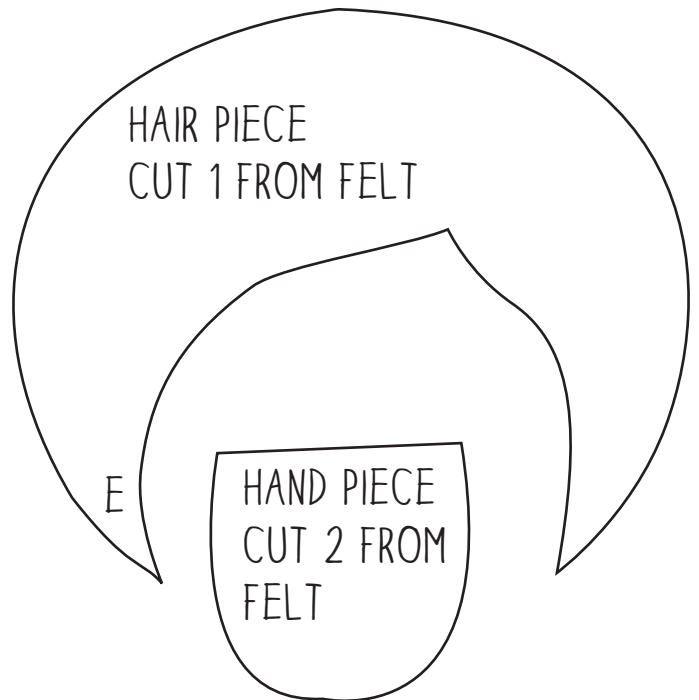
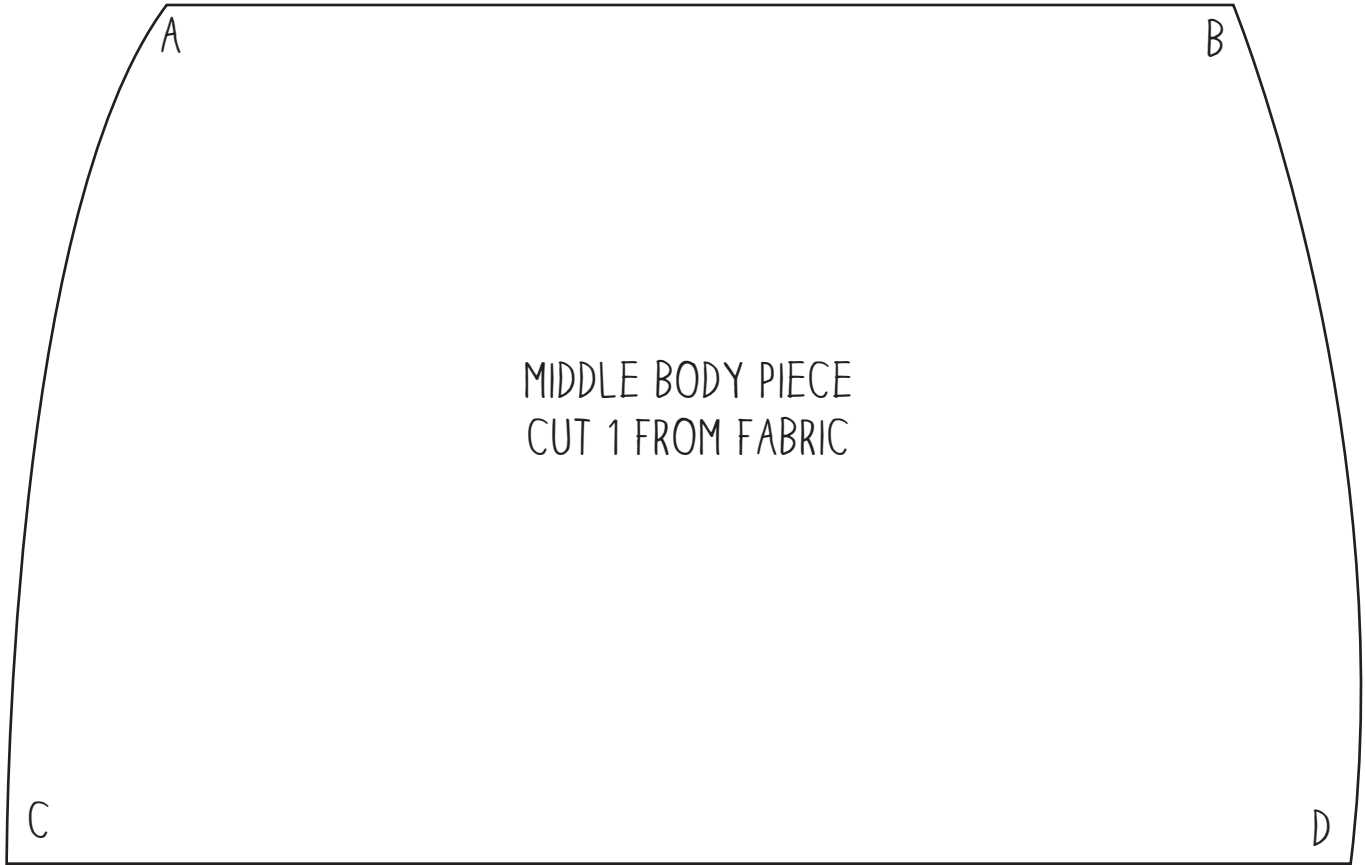
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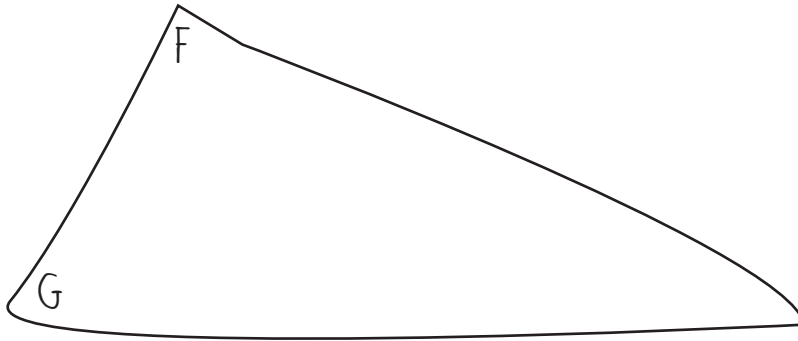
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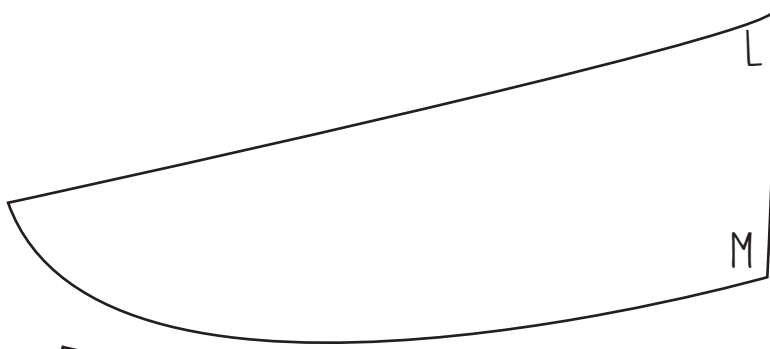
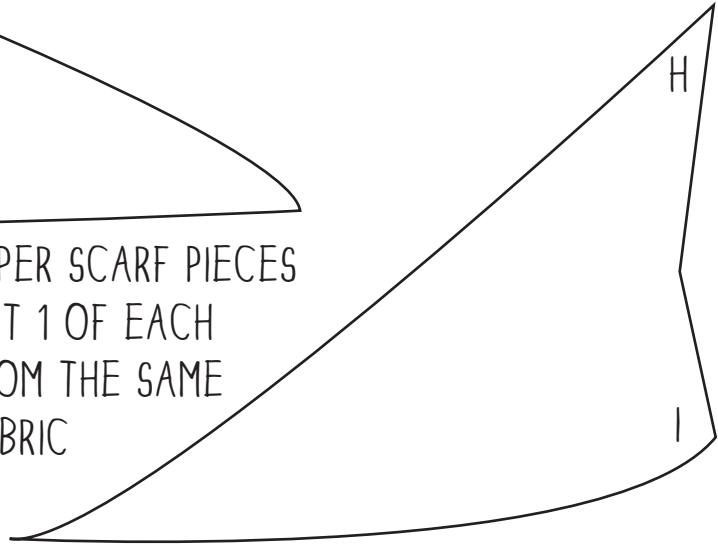


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PATTERN PIECES:



UPPER SCARF PIECES  
CUT 1 OF EACH  
FROM THE SAME  
FABRIC



LOWER SCARF PIECES,  
TIES AND KNOT  
CUT 1 OF EACH FROM  
THE SAME FABRIC

