

Sophia Chemise

Sewing instructions · fitted blouse, your collar · your sleeve · your cuff · task by task, with video links

About This Pattern

The **Sophia Chemise** is the wardrobe blouse: a fitted, darted body that you finished with **your own combination** — one of three sleeves (**Classic Shirt Sleeve** with placket and cuff, **Flounce Sleeve** with its gathered fan, or **Basic Hemmed Sleeve**), one of four cuff treatments (**Classic Button**, **Tall French**, **Ruffled**, or none), and one of seven collars (**Classic Shirt Collar on a stand**, **Mandarin**, **Officer**, **Standing Ruffle**, **Peter Pan**, **Pussy Bow**, or **Simple**). This booklet covers every branch — **sew only the sections for the options printed on your pattern** and skip the rest without guilt.

Each task offers the easy road and, where one exists, the finer road — with plenty of video tutorials for visual company. Nothing here requires a serger; every finish below works on an ordinary machine. The videos show general methods on their own patterns; where they differ, **your printed pattern and these steps are the authority**.

Note — *Your pattern is drafted to your measurements with your chosen seam allowance already included — cut on the heavy solid line and stitch at your chosen allowance throughout (the **sleeve placket is the one exception: cut NET**, exactly as printed). Every piece is labeled with its name and cut count; **the printed labels are the final word**, and the cover prints the exact yardage and notions computed for your size and your exact combination.*

Note — *A length law worth loving: on every cuffed sleeve, **sleeve + cuff is drafted to land exactly at the little joint at the base of your thumb** — invisible except to the touch, and precisely where a beautiful sleeve ends. Ruffles hang below that point onto the hand on purpose; they don't count.*

Topstitching — your options

- **Where it lives:** the front placket edges, collar and stand, cuffs, and (if you like) the hem. Pick one style and keep it consistent — consistency is what reads as professional.
- **Edgestitch** (a scant 2 mm from the edge) is the quiet, dressy default; a **1/4 in row** is sportier; **edgestitch + 1/4 in together** is the full shirtmaker's uniform.
- **Thread:** matching for elegance, contrast for personality. A slightly longer stitch (3.0) always looks better in topstitching. Test on a pressed scrap of your real layers first.

You will need

- **Fabric** — blouse weights with a little body or a lot of drape: cotton lawn, poplin, chambray, viscose, crepe de chine, sandwashed silk. Sophia's yardage moves with your sleeve and collar choices more than any other Couture Craft garment: plan around **2 1/4-3 yd at 45 in (1 3/4-2 1/4 yd at 60 in)** for most combinations, with the Flounce sleeve and Ruffle options at the top of the range. **Your cover prints the exact figure for your size and options — the final word.**
- **Fusible interfacing:** about **1/2 yd** lightweight — it covers the front placket extensions, the collar (and its stand, where there is one), and the cuffs.
- **Buttons:** typically **six front buttons** (about 3/8-1/2 in), plus one for the collar stand (Shirt, Mandarin, and Standing Ruffle collars), plus one per Classic cuff — the cover prints your exact count. **Tall French cuffs take cufflinks instead** (four buttonholes per cuff, no buttons — a lovely excuse to own cufflinks).
- Matching thread (plus a contrast spool if that's your topstitch), a fine machine needle (70/80), chalk or marking pen, pins, point turner, pressing tools — a ham helps every collar ever made.

Reading the pattern

- **Heavy solid line** — cutting; **dashed** — stitching; fine dash patterns mark folds (the French cuff and Ruffled cuff's ruffle carry their **fold lines drawn**; the placket its two fold lines).
- **Pleat notation** (Classic sleeve): the solid full line is the **arrival**, the dotted line the **fold**, and the little arrow shows which way the fabric travels — fold on the dotted line, carry it to the solid one, in the arrow's direction.
- **Gather notations:** flounce pieces print "GATHER" spans with the real excess in centimeters, and **gather-stop notches** — the gathers stop AT the placket/binding, never through it.
- **Buttonholes are printed as they sew:** on the front placket they follow the placket; on cuffs and collar stands they run **perpendicular to the arm and to center front** — that's the law, and the printed bars already obey it.
- **Notches** — single ticks FRONT, double ticks BACK; the sleeve crown carries its match notches, the collars their CB and shoulder notches (8.06 from CB on the stands), the ruffles their quarter notches.
- **Check box** — measure the printed box on the cover before cutting anything.

A Clean Inside — Choosing Your Seam Finish (no serger required)

A blouse turns inside out on the back of a chair more than any garment you'll make — her inside is public. Every road below works on a plain machine; pick by your patience and your fabric, and decide **before** sewing the side seams, because the finest road starts wrong sides together.

- **Easy: classic seam + zigzag.** Sew as drafted, press open, zigzag each allowance. Honest, quick, done.
- **Easy: classic seam, pinked.** For crisp tight weaves — press open, trim with pinking shears.
- **The blouse's finest road — the French seam (our recommendation).** Every raw edge sealed inside a tiny fold; the inside as pretty as the outside, and tailor-made for lawn, crepe, and silk. Wrong sides together at 6 mm, trim to 3 mm, press, fold right sides together on the stitched line, sew at 9 mm — the passes add up to the drafted allowance, so the fit doesn't move.
- **The tailored road — mock-felled:** plain seam pressed to one side, edges finished together, one row of topstitching from the outside — pairs beautifully with a topstitched placket.
- **Where each lives:** side seams and underarm take any road (French shines); the armhole seam is curved — finish it with a zigzag trimmed neat, or bind it; darts are folds, not raw edges — nothing to finish there.

► **Watch it done:** [6 Professional Seam Finishes, No Serger](#) · [7 Seam Finishes Without an Overlocker](#) · [How to Sew a French Seam](#) · [French Seam — Simple Step-by-Step](#)

Task 1 — Cut & Mark

1. Pre-wash the fabric as you'll launder the blouse; press and true the grain.
2. Cut only the pieces for **your printed combination**, per their labels: body fronts and back, your sleeve, your cuff pieces, your collar pieces — and remember the **sleeve placket cuts NET** (Classic sleeve only).
3. Snip every notch — crown notches, gather-stops, collar CB and shoulder notches, ruffle quarter notches — and transfer the dart legs and points, the placket fold lines, the pleat notation, the buttonhole bars, and every fold line.

► **Watch it done:** [How to Cut Out a Sewing Pattern](#) · [Transferring Pattern Markings onto Fabric](#)

Task 2 — Interface & Prep

1. Fuse interfacing to: the **front placket extensions** (to the first fold line), your **collar** pieces per their labels (one layer of the fall; the stand where there is one), and your **cuffs** (one layer, or to the fold line on folded cuffs). Test on a scrap first.

2. Staystitch the neckline a scant allowance from the edge — whichever collar is coming, it deserves a neckline that hasn't stretched.

► **Watch it done:** [Fusible Interfacing Step-by-Step](#) · [How to Apply Fusible Interfacing](#)

Task 3 — Darts & Body

Goal: the fitted shaping sewn — this is what separates the Sophia from a boxy shirt — and the shoulders joined.

1. Sew every dart as printed: fold on the center line, stitch from the wide end to the point, **taper to nothing**, and tie the threads — no backstitching at a dart point, ever. Press waist darts toward center, over a ham so the shaping blooms.
2. Sew the shoulder seams, right sides together, matching notches; press open (or toward the back, if felling). The back shoulder carries a whisper of ease — let the feed dogs drink it in with the back side down.
3. Sew the side seams **in your chosen finish** from the Clean Inside section — a French seam here is ten extra minutes for a lifetime of a beautiful inside. Press.

► **Watch it done:** [How to Sew Darts](#) · [Darts for Garment Sewing & Contour](#)

Task 4 — The Front Placket (grown-on, clean inside)

Goal: the Sophia's placket is not a separate band — it's **grown on**: an extension cut in one with each front, folded back on its printed lines. Done right, the inside shows one clean folded edge and no raw thread anywhere. Here's the whole secret, in three presses:

1. Press the extension's **raw long edge under** on its first printed fold line — this little fold is the entire clean-inside trick; the raw edge disappears now and never returns.
2. Fold the extension back to the inside on the **main fold line** (the interfaced fold), enclosing everything; press the placket crisp. The doubled, interfaced strip you've made is what the buttonholes will live in.
3. Topstitch the placket in your chosen style — both long edges is the classic — through all layers. From inside: one folded edge, stitched down, immaculate. From outside: two clean rows framing the front.
4. Repeat on the other front and check the lap: **right over left** as worn, fold lines meeting when closed.

► **Watch it done:** [How to Sew a Button Band](#) · [Add a Placket for Buttons](#)

Task 5 — Your Collar

Goal: your chosen collar built and set. Find your section below; each starts from a staystitched neckline and ends pressed over a ham. (The stand-collar family shares its DNA — if you can set one, you can set them all.)

Classic Shirt Collar on a stand

1. Sew the interfaced fall to its facing around the outer edge; trim the points, turn with a point turner, press favoring the seam under, topstitch. Baste the neck edges together.
2. Sandwich the fall between the two stand pieces, right sides together, matching CB and end notches; sew the upper edge and the rounded ends — the stand's overlap extension is drafted in. Trim, turn, press.
3. Sew the interfaced stand layer to the neckline, right sides together, CB to CB, shoulder notches matching, the stand's ends landing exactly at the placket edges. Clip the neckline; sew steadily.
4. Press up into the stand, turn the inner edge under, and edgestitch closed end to end. The buttonhole at the overlap end is **perpendicular to center front** — exactly as printed.

► **Watch it done:** [Two-Piece Shirt Collar Tutorial](#) · [Collar with Stand — a Neater Attach](#)

Mandarin — and Officer

1. Both are the stand alone, no fall — the quietest and the easiest of the seven. Sew the interfaced layer to its facing along the top and around the ends; trim, turn, press.
2. Set exactly like the shirt stand: interfaced layer to the neckline, CB and shoulder notches matching, ends at their printed landings; press up, turn the inner edge under, edgestitch closed.
3. **Mandarin:** the ends lap; work the buttonhole perpendicular to center front and sew its button beneath. **Officer:** the ends are drafted to **meet edge-to-edge at center front** — no lap, no button, nothing to add. That clean meeting is the whole look.

► **Watch it done:** [Cut & Sew a Mandarin Collar for a Perfect Fit](#) · [Sew a Mandarin Collar in 20 Minutes](#)

Standing Ruffle

1. Fold the ruffle band on its printed fold line, wrong sides together — the fold is the finished upper edge — and run gathering rows through both raw edges together.
2. Draw the gathers to fit the stand between the quarter notches (the band's three notches mate the stand's), distribute evenly, and baste.

3. Sandwich the gathered edge between the two stand layers along the top; sew, trim, turn — the ruffle springs up from the seam. Set the stand as above; buttonhole perpendicular to CF at the overlap, button beneath.

► **Watch it done:** [How to Gather Fabric — 3 Ways](#) · [Gathering the Easy Way](#) · [Collar with Stand — a Neater Attach](#)

Peter Pan

1. Sew each collar half to its facing around the outer curve; trim, clip the curve, turn, and press with the facing rolled under — the round fronts are the charm, so press them truly round.
2. Pin the halves to the neckline, CB notches to CB (the pieces cut on the fold at CB), fronts meeting at the printed landing; baste inside the allowance. There's no stand — the collar lies flat, the shoulder overlap already drawn into its curve.
3. Enclose the neckline with the **bias strip**: right sides together over the collar, sew the neckline seam, trim, turn the bias fully to the inside, press, and stitch its folded edge down. Clean, flat, and finished — no facing to flip, ever.

► **Watch it done:** [Peter Pan Collar with a Bias Finish](#) · [Mastering the Peter Pan Collar](#)

Pussy Bow — and the Simple collar

1. **Pussy Bow:** the tie is one long bias band, its **fold the finished edge**. Sew the band to the neckline right sides together **between the knot-space notches only** (they sit just shy of center front — that gap is what lets the bow tie without bulk); the long ends stay free.
2. Press the seam into the band, turn the band's inner edge under along the neckline, and stitch it down — or stitch in the ditch from the outside for an invisible close. Then sew each free end's long edge and tip, right sides together; turn with a loop turner; press. Tie the bow. Swoon accordingly.
3. **Simple collar:** two layers, no stand — built like the shirt fall (sew, trim, turn, press, topstitch) and set per its printed notches with the inner edge turned and edgestitched closed. The easiest collar with points.

► **Watch it done:** [How to Sew a Tie Collar \(Pussy Bow\)](#) · [Bow Blouse Collar, Cut & Sew](#) · [Sew a Bandless Collar \(for the Simple\)](#) · [Camp-Style Collar, No Stand](#)

Task 6 — Your Sleeve

Goal: your sleeve pair built to the point of entering the armhole. Find your section.

Classic Shirt Sleeve — with the one-piece placket

A treat before you start: **the placket piece is drafted on Sew Anastasia's one-piece template** — her video below is effectively this pattern's own manual. Watch it once through; the piece will make perfect sense.

1. Mark and cut the sleeve slit exactly on its printed lines.
2. Place the one-piece placket on the sleeve per its markings, right sides together; sew the two stitching lines beside the slit, pivoting at the marks; cut between and into the corners; turn through.
3. Press along the printed fold lines: narrow underlap first, edgestitched; then the wider overlap folded over to cover all, edgestitched up the side, around the **peak** (folded, not pieced — the chevron does it), and back down. One continuous journey of topstitching.
4. Fold the pleats by their printed notation — dotted fold line carried to the solid arrival line, in the arrow's direction, each pleat landing its gap after the one before — and baste across the wrist edge.

► **Watch it done:** [Sleeve Placket on Anything \(Sew Anastasia\)](#) · [Sleeve Placket & Cuff — Sewing Therapy](#)

Flounce Sleeve

1. Run gathering rows over the crown between the printed span (the fan gathers into the armhole) and along the wrist edge where marked — the piece prints the real excess in centimeters, so you know exactly how much is coming in.
2. Finish the wrist vent with the **continuous binding**: sew the binding strip to the slashed vent opening in one pass (opening spread straight), fold the binding over the seam, edgestitch, and press the front half to the inside. Soft, no hard corners — the flounce's own vent.
3. Draw the wrist gathers to fit your cuff, **stopping at the binding** — the gather-stop notches say exactly where; the vent area stays flat so the cuff can open.

► **Watch it done:** [Continuous Bound Placket](#) · [Continuous Lap, No Hand Stitching](#) · [How to Gather Fabric — 3 Ways](#)

Basic Hemmed Sleeve

1. The easiest arm in the catalog: no slit, no pleats, no cuff — the sleeve tapers gently to a straight bottom edge with a generous printed hem.
2. After the sleeve is set and the underarm sewn (next task), press the hem up on its printed fold, turn the raw edge under, and stitch — by machine, or invisibly by hand with a catch-stitch. The generous depth is deliberate: it presses beautifully and leaves length to adjust after a first wearing.

► **Watch it done:** [Curved & Straight Hems, Smooth](#) · [Hand-Sewn Blind Catch-Stitch Hem](#)

Task 7 — Putting In the Arms

Goal: both sleeves set smooth. Two honest roads — pick by confidence, not virtue; both end in the same armhole.

- 1. The easy road — flat insertion** (side seams sewn, but this works before them too on many shirts — for the Sophia, set in the round below is the drafted default; use flat only if your side seams aren't sewn yet): armhole spread open, sleeve on top, notches matched, sleeve against the feed dogs so the machine eases the crown for you.
- 2. The classic road — in the round** (the fitted-blouse default): run two ease rows over the crown between the notches. Sleeve right side out, blouse inside out; drop the sleeve into its armhole, right sides together.
- 3.** Match the underarm seams, the single notch to the front, the double to the back, the crown notch to the shoulder seam. Draw the ease threads until the crown fits; distribute the fullness over the top — **no gathers, no tucks**, just a soft cushion that becomes room to move.
- 4.** Baste; try on if you like; then sew sleeve side up, steering the ease. A second row through the underarm curve for strength; trim the curve and finish the seam (zigzag together and press toward the sleeve is the classic).
- 5.** Steam the crown over a ham and watch the fullness disappear into shape. Do the second sleeve; hang it up; admire the arms.

► **Watch it done:** [Set-In Sleeve, Every Step Explained](#) · [Flat Sleeve Insertion Technique](#) · [Add a Sleeve, Flat Style](#)

Task 8 — Your Cuff

Goal: the wrist finished per your choice. All Sophia cuffs share two quiet laws: they close with **half an inch of ease** at your wrist, and (counted at their fold points) sleeve + cuff lands at the thumb joint. Basic hemmed sleeves skip this task — your hem was the finish.

Classic Button Cuff (two-piece, gently flared)

1. This cuff is a full 2 1/2 in deep — deep enough that the pattern drafts it in **two pieces** (upper + flared under, a seam at the lower edge instead of a fold; that's why there's no fold line — nothing is missing).
2. Sew the interfaced upper to its under around ends and lower edge, rounding the corners as drawn; trim, turn, press.
3. Attach: cuff to wrist right sides together, ends level with the finished placket edges, overlap extension on the overlap side, pleats adjusted to fit; sew, press into the cuff, turn the inner edge under, edgestitch closed. Topstitch to match your uniform.
4. The buttonhole sits at the overlap end, **perpendicular to the arm** as printed; its button beneath.

► **Watch it done:** [Bound Placket with a Lapped Cuff](#) · [Sleeve Placket & Cuff — Sewing Therapy](#)

Tall French Cuff (the finer road)

1. One piece, **folded at the wrist line** — the printed fold is the finished lower edge, 6 cm to the fold, with gracefully curved ends drafted in. Fold right sides together, sew the curved ends, trim, turn, press.
2. Attach like the classic (ends level with the placket edges); the cuff then **folds back on itself** — the French turn — standing a proud centimeter above its own return. Press the turn once so it knows.
3. The **four cufflink buttonholes** (two per face) are printed in exact register across the fold — sew all four perpendicular to the arm; when the cuff folds and the ends kiss (they don't lap), the holes align and the cufflink slides through all four. No buttons on this cuff — that's the point of it.

► **Watch it done:** [Sew French Cuffs on a Shirt Sleeve](#) · [Make French Cuffs — the Easy Method](#)

Ruffled Cuff

1. Fold the ruffle strip on its printed fold line, wrong sides together — the fold is the finished edge that will flutter — and gather **both raw edges together** with two rows.
2. Draw to fit the cuff's lower edge between the quarter notches; baste. Sew the cuff's two pieces together along that lower edge with the gathered ruffle sandwiched

inside — the ruffle springs from the seam, hanging onto the hand exactly as designed.

3. Attach the cuff as usual; buttonhole at the overlap perpendicular to the arm, button beneath. The base is shallow, the ruffle does the talking.

► **Watch it done:** [How to Gather Fabric — 3 Ways](#) · [Gathering the Easy Way](#)

Task 9 — The Hem

1. Try the blouse on; the hem is drafted to finish just below the small hip, gently shaped. Press up on the printed fold.
2. **Easy road:** turn the raw edge under and edgestitch — a guide row 6 mm from the raw edge, drawn up a whisper, makes the shaped spans fold in without a single pucker.
3. **Finer road:** the same double fold, sewn invisibly by hand with a catch-stitch — or a machine blind hem if your machine and you are friends.

► **Watch it done:** [A Flat, Smooth Curved Hem](#) · [Perfect Shirt Hem \(Pam Howard\)](#)

Task 10 — Buttonholes & Buttons

Goal: every closure worked clean. The rules are already printed: placket buttonholes follow the placket; cuff and collar-stand buttonholes run perpendicular to the arm and to center front. Practice two buttonholes on a scrap sandwich of your real layers first — always, every project, forever.

1. Work the **front buttonholes** on the right placket (as worn) at the printed bars; cut them open with a pin barricading each end against an overeager seam ripper.
2. Work the collar-stand buttonhole (Shirt, Mandarin, Standing Ruffle) and your cuff buttonholes — including all four per French cuff, if that's your road.
3. Sew the buttons: six down the left placket centered on the fold line, the stand button, the cuff buttons — each with a short **thread shank** so it sits proud of the layers. (French cuffs: skip buttons, acquire cufflinks, feel fancy.)
4. Button her up, press once more — collar over the ham, placket flat, cuffs crisp — and hang the Sophia somewhere you'll walk past often. A fitted blouse in exactly your combination, with an inside as considered as the outside. We never doubted you for a second.

► **Watch it done:** [Buttonholes: Beginner to Expert](#) · [Perfect Buttonholes Every Time](#) · [Sew a Button with a Thread Shank](#)