

Dancing Rain Dolls

Knot Doll



Created By
Amy Prentice
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Dear Friends,

This pattern is the easiest of all dolls to make. This doll will take about 2 hours to complete and is the perfect doll for the first time doll maker. I hope you enjoy the time you spend working with your hands to create this special gift for a child. Most importantly **PLAY**, have Fun and Create. Happy doll making!

Many Blessings,



Waldorf Doll Making

All Waldorf dolls start out the same; a piece of flesh-colored cotton tricot, wool for stuffing, and some strong string for tying knots, gauze for the inner head, some long doll needles and a hank of yarn for the hair. Gathering these high quality supplies can be the most challenging part, as not many shops carry these types of supplies, most need to be ordered through the internet and if you are a first time doll maker I recommend ordering a kit, that way you have everything put together for you. WWW.DancingRainDolls.com carries all of these doll supplies.

Knot Doll requires:

Flesh-colored cotton tricot for head cover

Wool batting

Scissors

5" doll making needle

Ballpoint needle for the sewing machine

Embroidery needle

Thread to match flesh-colored cotton tricot

Thread to match cotton fabrics

Strong cotton string or Crochet String

Embroidery floss for mouth and eyes

10" of 2" stockinet

Beeswax

A bit of yarn for hair 2 yards is more than enough.

Two 18" squares of fabrics in complementary fabric for body

Material for hat

Inner head

1. Take a piece of circular gauze, about 10"/26 cm and gather it with a running stitch around one end. Gather the gauze tightly and secure with 3 square knots. Trim off the excess string. Turn right side out and set aside till your wool ball is ready.

2. Working with wool is a little different than working with a poly fill; wool fiber will condense, whereas poly fill will puff out. It is important when you are working with wool to compact it as you fill, so that your dolls will keep their shape. Wool is far nicer than poly fill to work with. For the child it is so nice to cuddle with, as it will warm with their touch, not to mention it is self extinguishing and has some antibacterial qualities to it. Most wool in the USA comes in a batting form and is easy to tear into pieces in appropriate sizes. Tear a strip that is about 2"/5 cm wide and 25"/65 cm long. Start to make a ball like you are winding yarn, condensing as you go. Wool fibers will naturally stick to itself, pull gently on the ball as you go, stretching the fibers and allowing them to catch on each other. This will make the ball firm. Repeat this process till your head is 10" around.

3. Take a larger square piece and place the ball of wool in the center. Pull the wool over the ball like you are wrapping a present. The part below your hand will be used for the neck and the part covering the ball needs to be nice and smooth. This is the head of your doll, the part that ever one sees so take your time and smooth it out. With one hand holding on to the wool, place the gauze on the top of the head and carefully work it over the wool. Try not to upset the smoothness of the wool as you pull the gauze down.

4. Use a piece of string to tie off the neck. Use a piece about 20"/50cm. Wrap around twice for strength and sometimes even 3 times for larger dolls. Horizontally tie around the top of the neck where the ball ends and the extra stuffing starts. Use 4 square knots to secure my heads.

5. Take measurements of the head and find the middle of it. Use a disappearing marker to make a few marks on the center horizontal line around the head. Take another piece of string and wrap around twice and tie tightly around the head on the marks. Cinch this as tight as you can, it will give your face dimension. This is the eye line. I find it easiest to use a pair of hemostats to hold the string tight as I try and knot it. Tie with 4 square knots. If the head is very soft, pulling the string tight will make the head very oblong. If this is happening, loosen the string so that it makes a good indentation but does not dramatically change the shape of the head.



6. The next step will make a chin on your doll and fill in the cheeks. Take a piece of string and hold it where an ear would be and wrap it around twice and tie, cinching tight. This will be on the front side of the neck and forms the chin. I like to tie mine on the side. Tie and secure with the square knot. This is the time to work the wool around a bit in the area's of the cheeks to fill them out. You can stretch your Tricot skin tone over the top to see if you like the look of the face. If you need more of an indent then try again till you are happy with the inner head.



7. The next thing to do is sew an X over the intersection of the two strings. You want this to be very secure because the next step pulls hard on this spot. Go over and under a few times in each direction to make this strong an intersection. Do this on each side of the head.



8. Take the eye string on the back side of the head and pull it down. It is tight so it will be a little hard. Continue to pull down until it forms the back of the cranium. This is always the moment of WOW for me. I am always amazed at what a little string and a wad of wool can create. That wasn't so bad was it?



9. Stitch the head cover and work it on to the inner head. Neatly hand sew the top closed.



The Face

Baby dolls have the sweetest faces. Keep the features a little on the small side. Placement is really important; take a few pins, and try placing on the face where you want the eyes and mouth. They should form an equilateral triangle. After you have found the proper placement it is time to embroider on the face.

1. The embroidery floss should be split so that you have 3 strands for each eye. Thread your long 5"/12cm needle. Push the needle right through where the pin is going towards the back. Once you have the needle through tie a knot on the back side and rethread the front side with an embroidery needle. Take about 5 stitches for each eye. When you are happy with the eyes, take the floss to the back of the head, secure by tying in a square knot.

2. The mouth isn't as hard to get properly aligned as the eyes. Take the 5"/12 cm needle in at the ear and slant it to the corner of the mouth take a stitch across for the mouth, make three stitches progressively larger to make a sweet little mouth. Then take the thread out the opposite side. Tie a knot in each end of the thread.



Making the Hair and Cap

1. Wrap a bit of yarn around a ruler loosely.



2. Carefully pull the coils off the ruler, lay these down flat on to a piece of twill tape and stitch it down. Try to catch each of the yarn fibers. Stitch back and forth to make sure every yarn has been secured.



3. Trim one edge and than it's ready to stitch to the head. Pin the twill yarn hair into place on the forehead



4. Sew the hat fabric. Use the tracing line as your stitching line and trim after you stitch. Gently pull the cap on so that the seam is at the bottom in the middle of the neck. Turn under the front edge so that there are no raw edges showing.

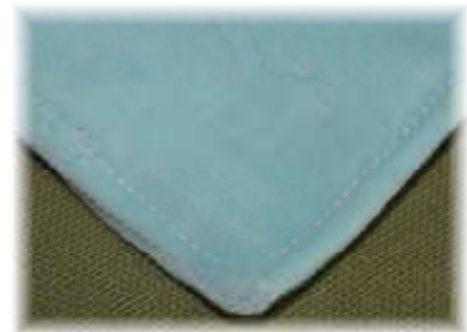


5. To attach the hat, use a simple button hole embroidery stitch to give it a little decoration, this is also called a blanket stitch. Make sure to go all the way through the twill tape and into the head when you sew the forehead. To encourage the natural roundness of the cheeks pull the hat in towards the eye at the eye line just a hair, take 2 stitches and push it back towards the ear around the cheeks. It just gives a bit of dimension to the face.



Making the Body

1. Take and fold the 18" squares of fabric in half corner to corner to make a triangle with right sides together. Stitch down each of the sides. Leave a 2" opening for turning it right side out.
2. Decide which of the fabrics will be the front and which will be the back. Turn both right side out
3. For the back fabric, top stitch along the edge between the two marked points, make sure to tuck in the raw edges from where you turned it right side out. Set the back aside.
4. For the front fabric: take a wad of wool the size of a walnut and place loosely into the 2 corners. Top stitch on the edge, as you did the back fabric.
5. Push the wool into the corner and continue to work it in while you tie a knot into the corners. Do the same on the back fabric.



Attaching the Head

Tradition Waldorf doll have a muff, but this doll needs to sit right on top of the fabric for the body, so all the excess fabric and wool needs to be trimmed off.

1. Stitch a running stitch around the neck where it is flush with the stuffed head, right below the neck tie. As you sew, catch both the skin tone fabric and the wool stuffed head underneath.
2. Trim everything down to the stitch line **except the skin tone**. The skin tone needs to be trimmed to be about an inch longer so that it can close up this hole and seal all the wool inside the head. Safety is always important when making something that a child is going to play with, chew on and so on.
3. Tuck in the excess skin tone fabric into the neck hole. Take a few stitches to seal up this hole. With this same thread sew the back fabric of the body over this spot. Place the point of the triangle touching the tip of the circle on the front edge, where the chin is. Continue to sew the around the neck whole. Use the back stitch to secure the fabric on all three sides
4. Repeat with the front fabric, however this time the point of the triangle will hang down in the front, so find the center between the two knot hands and stitch that over the neck hole. For neatness cover the back fabric completely, by sewing along the outside of the back fabric on the head. Secure the end with a French knot and bury the ends into the head.



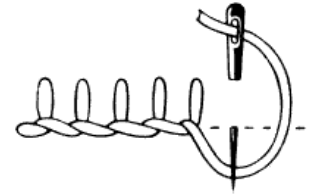
Give the cheeks a bit of rough and tie a knot in the cap and your know doll is ready for a little one to love.

Stitches Used

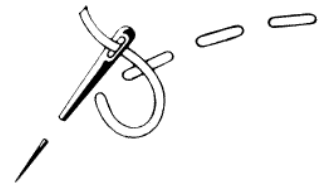
Invisible Backstitch: Take a stitch on the top and then go into the fabric below and take the same stitch on the other fabric below it.



Button Hole Stitch: Bring the thread out on the lower line, insert the needle in position in the upper line and take a straight downward stitch, keeping the working thread under the point of the needle. Pull up the stitch to form a loop and repeat.

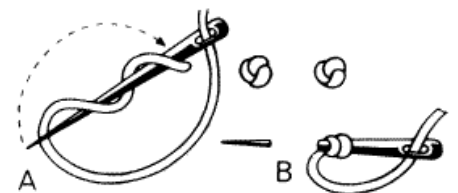
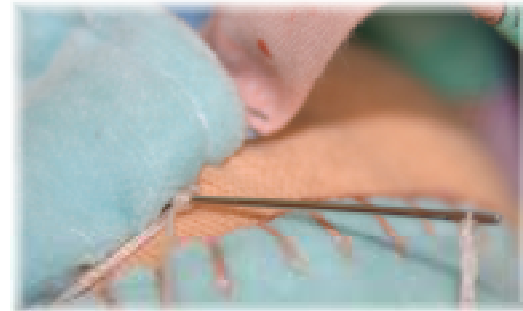


Running Stitch: Pass the needle in and out of the fabric, making the surface stitches of equal length. The stitches on the underside should also be of equal length, but half the size or less than the upper stitches.



French knot

Bring the thread out at the required position, hold the thread down where it emerges with the left thumb and encircle the thread twice with the needle (see A). Still holding the thread firmly with your thumb, twist the needle back to the starting point and insert it close to where the thread first emerged (not in the exact place or it will simply pull back through). Pull the needle through to the back, leaving a small knot on the surface, as shown, or pass on to the position of the next stitch as at B.





Knot Doll
Hat
Cut 1
DancingRainDolls.com
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This is a pattern for a hat. It consists of a large rectangular piece with a curved top edge on the left side. The right edge is a straight vertical line. The text is centered in the upper portion of the shape.

Place on F old



Knot Doll
Head Cover
Cut 1
DancingRainDolls.com
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This is a pattern for a head cover. It is a roughly rectangular shape with a curved top edge on the left side and a straight bottom edge. The right edge is a straight vertical line. The text is centered in the upper portion of the shape.

Place on F old