

# Make a Molly Doll

A CHILDHOOD FRIEND

## materials list



**1. Tricot/ Cotton Interlock Fabric** - in your choice of skin colour. For one doll you will need a piece 50cm x 84cm wide tubular (or if you can't get tubular - buy 1 metre x 42 cm wide).

**2. Tubular Bandage - 1 metre of size 6cm** per doll  
This is like a stretchy tube of gauze bandage and is available from doll making suppliers.

**3. 100% Wool Stuffing** - approx. 500grams per doll.

**4. 50g Skein of Wool/ Yarn for hair** - you can use any wool/ yarn for the hair as I will be sharing a very easy hair technique. If you want your doll to have lovely "life-like" hair I suggest buying a mohair type hair specifically for doll making. Winterwood (Australia) & Little Oke Doll (UK) sell some lovely options.

**5. Thick Tying Cotton** - this will be used for contouring the head - you can buy thick cotton specifically for doll making or you can use a knitting wool/ yarn.

**6. A Strong Cotton** - in a colour tone similar to your doll skin fabric. My favourites are - Gutermann Quilting Cotton (also known as Waxed Cotton) and DMC Cotton Perle/ Pearl Cotton - Size 12 works well for doll making.

**7. Embroidery Cotton/ Floss** - in your choice of colours for the eyes and mouth.

**8. Sewing Needles** - a set of Birch Sculpting Needles for Dolls (in particular we need the 127mm needle for the eyes and mouth).

- Quilt Basting Needles (these are very long thin sharp needles and very helpful for doll making).  
- A curved needle is useful (but not essential) for embroidering the eyes.

**9. Scissors & Pins**

**10. Sewing Machine (& cotton thread for the machine in the colour of your dolls skin)** to make the body, arms & legs. If you don't have access to a sewing machine it is possible to backstitch these by hand, but please note this will take extra time.

**11. Optional - Cotton fabric to make clothes**

## about the materials

**Tricot** is the traditional material used to make Steiner/Waldorf dolls. It is cotton Interlock - when you look closely at the fabric you will see vertical lines and when you pull side ways you will feel its stretch. This is usually sold in a tube, which means you get a double layer, which you will find out is perfect for cutting out the patterns.

If you have any questions simply reach out to us at [hello@natalietrusler.com](mailto:hello@natalietrusler.com) - we'd love to help you! or ask in our facebook group.

# Sourcing Materials for your Doll

This document is interactive - simply click the underlined text to go to the website :)

## Australian & NZ

Indigo Inspirations - A wonderful supplier for hand dyed wool yarn and wool felt (I love to use Jo's wool felt for dressing my dolls), wool fleece for stuffing, carded corriedale/ merino wool for doll hair (Story dolls), Wooden peg dolls, embroidery cottons and much more.

Winterwood Toys - A beautiful Steiner/ Waldorf inspired craft supplier with a comprehensive range of hand dyed and commercial dyed 100% wool felt, wool fleece for stuffing, doll making tricot, carded corriedale/ merino wool for doll hair (Story dolls), English Leicester (for Spring Faeries), chenille sticks/ pipecleaners, cotton muslin, and silk play cloths.

Tanglewood Toys (New Zealand) - A beautiful waldorf inspired online toy store that stock doll making tricot (doll skin tone knit).

String Harvest - My favourite Temari Twist Cottons (Temaricious)

Spotlight - Needles & DMC Embroidery Cotton, Pins & Scissors

My favourite Gutermann "Waxed Cotton Quilting Thread"

My favourite Quilt Basting Needles - Birch Basting Needles Silver Size 7 (Fabulous for the sewing on hair as it an get through the head)

DMC Variation Threads (these are beautiful threads with various colours/ tones in the one thread)

## International

Little Oke Dolls (UK) - a full range of doll making materials including tricot and wool stuffing.

Weir Dolls & Craft (USA) - comprehensive supplier of doll making materials

A Child's Dream (USA) - an online Waldorf inspired store stocking lots of doll making supplies.

Acorns & Twigs (USA) - an online Waldorf inspired store stocking Waldorf doll making materials.

Maplerose (Canada) - Wool Felt

Bear Dance Crafts (Canada) - Wool felt & doll making supplies

HobbyCraft (UK) - DMC Variegated Embroidery Cotton, Gutermann Quilting Cotton, Needles, Pins & Scissors.

Wooden Peg Doll USA (ETSY Store) - Standard 6cm Peg Dolls & Small 3cm Peg Dolls

Etsy is also a wonderful resource for suppliers of doll making materials.

Local Steiner/ Waldorf Shop - If you have a local Waldorf school shop you may also find the materials there.



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## about the materials

**Tricot** is the traditional material used to make Steiner/Waldorf dolls. You can also use up-cycled materials from around your home such as any old clothes made from a cotton interlock. Cotton Interlock is a cotton fabric with vertical lines when you look closely at the fabric at the way the fabric is woven gives it a stretch horizontally. I also like to use upcycled/second hand garments (such as singlets/tshirts etc). Use light coloured garments to boil with tea bags or other natural dye stuff to create your desired skin colour.

For more information on dying felt check out the Magical Wool Felt Workshop.

### Wool Stuffing

When buying wool stuffing for your doll note whether the wool is carded or not.

Carding is a process of brushing wool fibres to create a continuous web of fibres. Carded wool can then be used to form batting, rolled into slivers or rovings and split into spinning wool. Uncarded wool is also fine to use - just make sure that it has been washed and be aware that the wool may be a little clumpy. I find gently pulling the wool apart with your hands to break up any clumps works well to avoid lumps in your dolls body.

### Strong Cotton

Gutermann Quilting Cotton (also known as Waxed Cotton). I like to use this doubled over to tie off the

head and create the neck. I also use this in various colours for attaching hair.

Middle: DMC Cotton Perle/ Pearl Cotton. Pearl Cotton is a

non-divisible thread (meaning that you can't split the cotton

into strands like you can with embroidery thread). This is a

good thread to use when tying off the head and neck as it is

strong and yet can still be threaded through a quilt basting

needle (my favourite needle for doll making). Pearl cotton

comes in different sizes, the higher the size the finer the cotton.

Size 12 works well for doll making.