

Dress a Girl Around the World

How to make a Dress from the Pattern

As we are sewing these dresses for the beautiful girls around the world, let's think...if I put this dress on my daughter or niece or granddaughter, would she be proud to wear this? If the answer is "YES!", then that dress is ready for a little girl in need.

Tools: Fabric, elastic, bias binding, embellishments, scissors. Safety pin, thread, sewing machine, sewing pins

"These steps are for your maximum success."

Step 1: Fabric: Cut fabric length based on sizing chart. Do not use lightweight fabric that can be seen through.

Step 2: Pockets: Cut pockets with top edge on fold OR cut edge and lining adding.

- Pockets should be at least 5"x5" for size 2 and up. Pockets can be square, rounded corners or decorative.
- With pocket fabric open, decorate both pockets with lace, rick rack, yo-yo's, buttons, appliques. etc. Sew right sides together leaving a hole on the side to turn.
- Position top edge of the pocket at the horizontal center of your dress (for example a size 8 dress is 30" long so the top of the pocket will be placed at 15" from the bottom/top) and position the pocket 3" from the center front of the dress. Backstitch to reinforce top of pocket.

Step 3: Back Seam Sew the fabric in a tube with creating a center back. Always backstitch.

- When making a dress size 8 and up, create a kick pleat at the bottom of the back seam, 29" from the top of the dress before ironing the casing.
- Reinforce the top edge of the kick pleat

Do not remove selvage unless the edges are finished with surging, flat fell seams or French seams.

- After ironing seam, you may wish to sew a decorative stitch down the seam to further strengthen.

Step 4: Armholes Fold your dress with a stitched back seam, aligning with the center front

Place the armhole template on the side. Mark or cut using template for the size pattern you are making. *** Save armhole cut outs to make yo-yo's

Step 5: Neck Casings and elastic

- Fold down the top of edge $\frac{1}{4}$ ", press. Fold down again 1" press and stitch close to edge creating the casing.
- Using a safety pin attached to $\frac{3}{4}$ " elastic pull through casing.
- Sew across each end, backstitching to securely hold elastic. Remove safety pin.
- The top should be gathered front and back.

Step 7: Hem

- Fold up the bottom edge $\frac{1}{4}$ ", press. Fold up again 1" press and stitch close to edge creating the hem

Step 8: Bias Tape Refer to the chart to determine the length of bias strips (0-7 36") (size 10 or larger 46") 2 packages will be needed

- Cut two pieces of extra wide double fold bias tape.
- Open bias tape, fold in half to mark the center, pin to wrong side of armhole. Stitch along the fold line.
- Fold bias tape to right side. Fold under beginning and ending edges. Sew the full length of the bias tape with matching thread. Backstitch where bias tape meets dress.

Step 9: Decorate: Embellish with lace, buttons or whatever you want.

- DO NOT USE BUTTONS on 0-2 size dresses.
- DO Not Sew embellishments in elastic casing at top of dress.
- Stitch all trims on both edges and through the middle
- Try out your decorative stitches on your machine.
- The girls like Yo-Yo's, they may be securely sewn to the pockets of the dresses

Step 10: Finishing: Check that all seams and trims are securely fastened. Iron the dress. Tie shoulder ties. You've created a beautiful dress for a

child in need. Return the dress in a zip lock bag with the size pinned to the front the dress. A Dress a girl label will be attached.