

Dress A Girl Guidelines

READ ALL INSTRUCTION FROM START TO FINISH BEFORE YOU START SEWING!

Fabric: Use 100% cotton or a cotton-rich poly blend. Make sure you can't see through it if you hold it to a light. **Do not use these fabrics:** white, Americana/patriotic, Halloween (skulls, pumpkins, ghosts, etc.), Christmas (Santa, snowmen, but red/green holly or pine berry patterns are OK), Disney or any other character fabric (Cinderella, Sponge Bob, Star Wars, etc.), fabric printed with English words. **Use the full width of fabric (42-44") for all sizes.**

Your packet comes with the fabric pre-cut but if you want to make a dress from your own stash, please use these guidelines, using the full width of the fabric:

Length to cut fabric: Small 20-28" Medium 28-32" Large 32-35" X-Large 35-42"

Your packet also comes with the following:

- a length of contrasting fabric approx. 6½" x WOF for the pockets
- armhole guide
- a Dress A Girl label
- matching bias tape for the binding and ties (two ties, each 42-44" in length)
- two pieces of ½" or ¾" elastic 7-8" in length (or one 14-inch piece)
- this instruction sheet

Important Note: The selvages will be put together to make the back seam. Raw edges should be at the top and bottom of the dress.

Instructions:

1. Make the pockets: Cut the contrasting fabric into two pieces, each 6 ½" x 12 ½". Fold in half with **right sides together** to make a square. Stitch around the three open sides, **leaving a small opening**. Clip excess corner fabric and turn right side out. Make sure corners are square, then press. Sew the Dress A Girl tag anywhere onto one of the pockets. Securely stitch any embellishments you wish before you attach the pockets to the dress.

2. Sew pockets onto the dress: Fold the dress fabric to find the center lines, both horizontal and vertical. Center pockets on the horizontal line, placing each 3" away from the vertical line. Double-stitch the pockets along the sides and bottom. Be sure to orient the open side of the pocket with the top of the dress.

3. Sew the back seam: With right sides together, double stitch the two sides together. If you are making a large or extra-large dress, leave 6-8" open at the bottom for the **kick pleat**. You may zigzag or serge the seam allowance if you wish, but it is not necessary for a selvedge edge. You may also tack down each edge of the seam allowance at the top about 2" so when you tunnel the elastic through it won't get caught on the seam allowance.

4. Make the hem: Turn the bottom edge ½” and press. Turn another ½” and press again. Double- or even triple-stitch by machine along the edge. Again, make sure the pockets are open to the top.

5. Cut the armholes: Lay the dress flat, back seam down and centered. Place one pin on each side about 4” from the folded edge to hold the fabric. Use the template to draw in and cut each armhole.

6. Make the tunnel for elastic: Fold top edge under 1”, press, then fold again 1”. Stitch along the bottom edge then stitch ⅛” to ¼” from the top edge.

7. Insert the 7” elastic: Securely stitch one end of the elastic down at the beginning of the tunnel. Using a safety pin, tunnel the elastic through the top edge, putting two of the three layers of fabric at the BACK of the dress. Securely stitch the other end of the elastic down after pulling it through, cutting off any extra length beyond 7”.

8. Sew on bias tape: Find the center of the bias tape and line it up with the bottom of one armhole, making sure it covers the raw edge. Pin to secure the bias tape around the armhole. Starting at one end of the bias tape, **turn under the end** to hide the raw edge, then fold the tape in half and stitch the entire length of the tape, being sure it covers the raw edge of the entire armhole. Turn under the raw edge at the end of the tape. Repeat with the other armhole.

9. Embellishments: You may add embellishments, such as buttons, appliques, yo-yos, trim, etc. **Make sure everything is fully washable (many craft ribbons are not washable) and that they are very securely sewn on.** Try to visualize how the dress will look after being washed but not ironed (rick-rack especially doesn’t look good unless it’s sewn on both outside edges). Sew on embellishments accordingly.

10. When you’re finished: Put the completed dress **back into the plastic bag it came in** and bring it to the next guild meeting. Or, if you prefer, contact me (see below) and I will pick it up. Or, you can bring it to Sew n Sew and I will pick it up there.

10. Questions? Need help? Please contact Evelyn Harris at evelynharris@pacbell.net or 707-962-0706 if you have any questions or need help making this. I am very happy to help.