

Dress A Girl Guidelines

Fabric: 100% cotton or a mostly cotton/poly blend. No thin fabric (if you hold it to a light you shouldn't see through). Do not use these fabrics: white, Americana/patriotic, Halloween (skulls, pumpkins, ghosts), Christmas (Santa, snowmen, but red/green holly or pine/berry patterns are OK), Disney or any character fabric (Cinderella, Sponge Bob, Star Wars, etc.), fabric with printed English words.

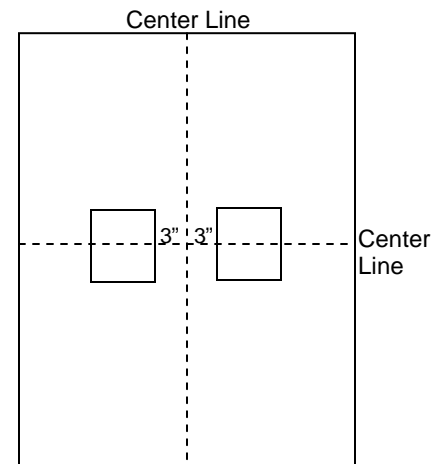
Use the full width of fabric (44") for all sizes.

Length to cut fabric: Small 20-28" - Medium 28-32" - Large 32-35" - X-Large 39-42"

2 Pockets: Cut 6½" x 12½", fold in half with right sides together, stitch around 3 sides leaving a small opening to turn the pockets right sides out. (Or 2 pieces 6½" x 6½" stitched along all 4 sides, again leaving a small opening to turn.) Clip the excess corner fabric before turning. Push the corners so they are square. Press.

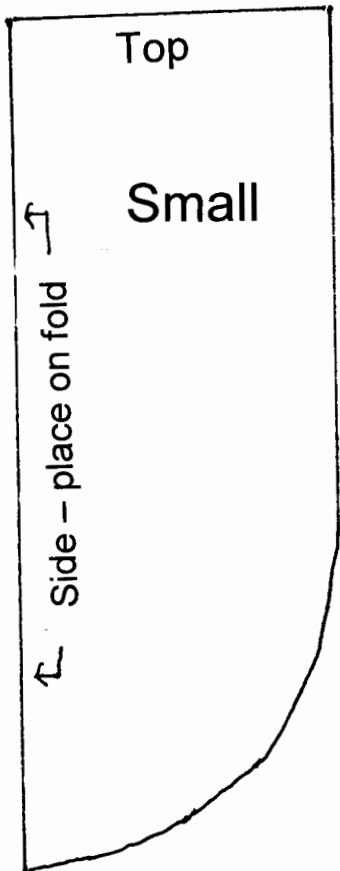
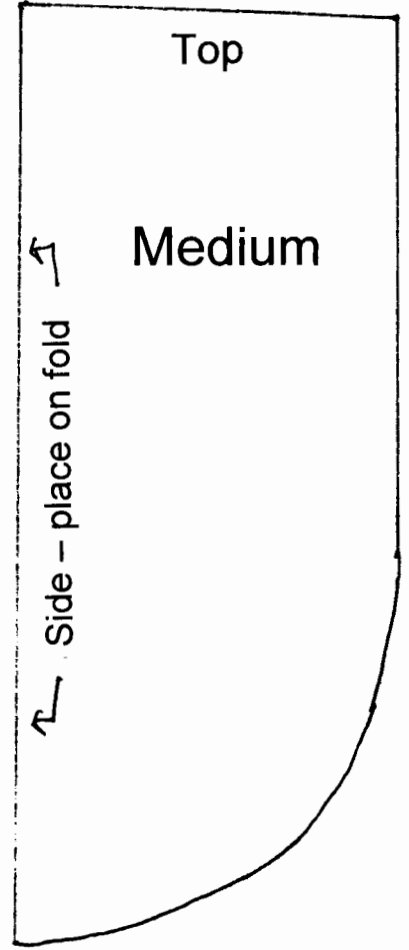
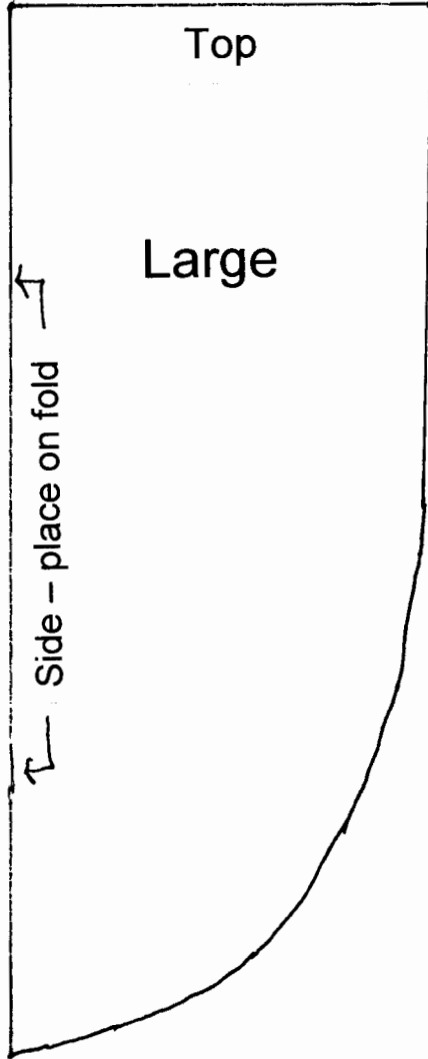
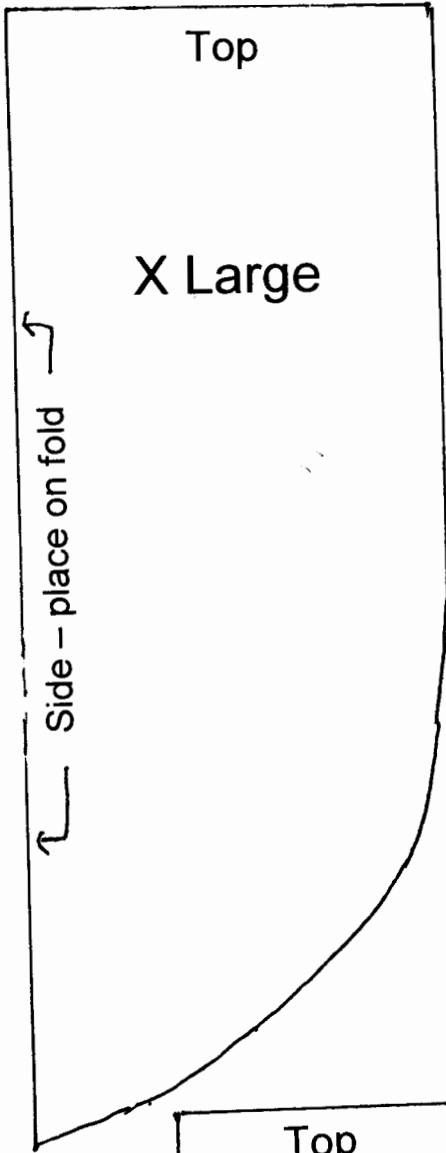
2 Ties: Double-wide, double-fold bias tape, cut 42-44", preferably a single piece not seamed.

1. Sew the tag onto one pocket.
2. Sew the pockets onto the dress. Find the center both widthwise and lengthwise. Place the inside edge of the pockets 3" on either side of the vertical center line and so the center of the pocket is centered on the horizontal center line. Double-stitch the pocket along the 3 sides.
3. Sew the back seam. If you are making a Large or X-Large, leave 6" open at the bottom for a kick pleat. Double-stitch the seam, or zig-zag or serge it. (If the seam comes open, the girls have no way to repair it.) Tack down each edge of the seam allowance at the top for about 2"; when you tunnel the elastic through in step 7, it won't get caught on the seam allowance.
4. Make the hem by turning the fabric under ½". Press. Fold under again ½" so the raw edge doesn't show. Press. Stitch by machine along the edge.
5. Lay the dress flat, back seam side down and centered. Place one pin on each side about 4" from the folded edge to hold the fabric. Using the templates, draw in each armhole. Cut.
6. Make the top edge by folding under 1", pressing, then folding under again 1" so the raw edge doesn't show. Stitch along the bottom edge. Topstitch ¼" from the top edge.
7. Using ½" elastic, cut 2 pieces 8". (You only need 7" for the dress, but this will give you some to hold onto and stitch across – you can then trim the excess.) Using a safety pin, tunnel the elastic through the top edge, putting 2 layers of fabric between the elastic and the skin. Stitch securely at both ends.
8. Find the center of one piece of bias tape and line it up with the bottom of one armhole, covering the raw edge. Pin to secure the bias tape around the armhole. Starting at one end, turn under the edge of the bias tape so the raw edge doesn't show, then stitch the entire length of the tape, turning under the other edge at the end. Repeat with the other armhole.
9. You may add embellishments – buttons, appliques, yo-yo's, trim, rick-rack, lace, eyelet. If using ribbon it must be a fabric ribbon – i.e. grosgrain – not craft ribbon. Be sure embellishments are securely sewn on!



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ARMHOLE PATTERNS FOR DRESS A GIRL