

# “Dress a Girl Around the World”

## Dress Pattern Instructions



### You will need:

- ☐ New colorful 45” wide cotton fabric 32 inches long (Size medium)
- ☐ Coordinating fabric for two pockets cut 6” X 13”
- ☐ 2- 7” pieces of ½ inch elastic
- ☐ 2- Pieces 39 inches coordinating ½ inch double fold bias tape
- ☐ Your own embellishments to make it cute. Think lace, rick rack, buttons, pony beads etc.  
Be sure whatever you select is secured very well.
- ☐ Iron, scissors and thread etc.

Start by laying your fabric out flat, selvage sides together and cut across top and bottom to make a clean and even rectangle.



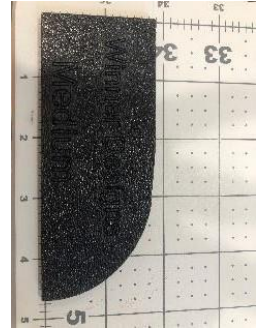
Then serge or finish off top and bottom edges with French hem. We do not want any raw edges as a torn seam cannot be repaired in many countries. With right sides together serge or French hem selvage edge together. This seam will be the back seam of the dress.



Lay fabric rectangle on flat cutting surface with back seam in the middle.



Cut armhole on each side of upper rectangle with curve toward the middle.  
Press remainder of top down 1 ½ inches.



This will be the elastic casing. Press a one inch seam on the bottom of rectangle. This is the hem bottom.



Now it is time to make your pocket. First sew on your embellishments on what will be the outside of the pocket after you fold it in half.



Then **with right sides together** sew around the outside edges a ¼ inch from the edge leaving a 1 inch gap to turn right sides out when complete.



With folded side of pocket facing up sew three remaining sides and bottom onto the dress front after measuring evenly from the sides and bottom. I like to sew it with a double stitch. It needs to be secured well. Lots of rocks and treasures are going in there!



Now sew all the way around the hem. Please no blind stitches. (Not strong enough) Either a decorative stitch or single stitch will do as these hems will never be let out anyway.



Prepare the top casing for elastic. Start by sewing down the casing at the bottom with your 1<sup>st</sup> row of stitches. Measure your elastic on the casing to allow an easy access with a safety pin or bodkin.



Now sew a second row of stitches, allowing fishing the elastic through but still leaving a nice edge on the top.



This will form a cute ruffle on top when you are done. Fish through the elastic securing tightly on each end of bodice.



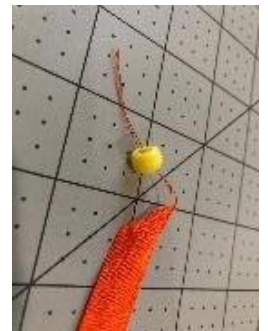
There are many ways to apply bias tape. This is one way to apply. It takes a bit longer but always insures good placement and two strong seams. Find center of one piece of bias tape and center of armhole. Open up bias tape and pin from the center of bias tape to the center of the armhole on the **wrong side** of fabric.



Sew all the way around the armhole. Clip off some of the seam to lessen bulk taking care not to clip the dress. Flip folded bias tape to the right side of the fabric. Pin and start sewing from the beginning of the bias tape forming a strap and continue sewing across the armhole and onto the opposite side of bias tape.



This creates a shoulder strap. This method creates a double seam that prevents the bias tape from being pulled off the dress. Now that you have a nice strap add 3 pony beads on the ends of each strap by clipping off the non-seam corner at an angle and feeding through. Make a knot at the end of the tie, pull tight and clip to neaten. If you have any "fray check" add to the rough ends of the knot.



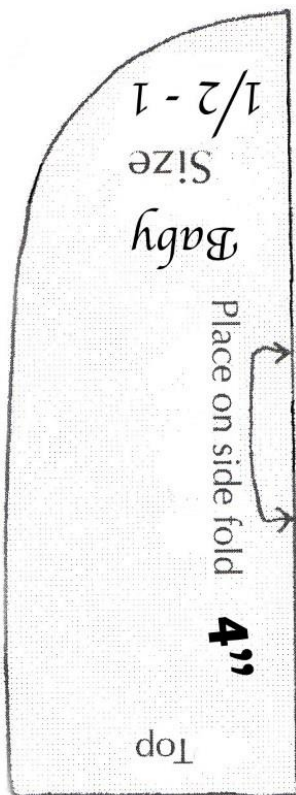
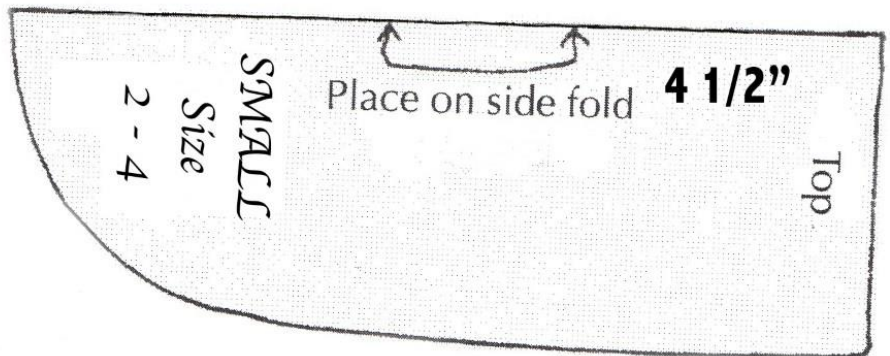
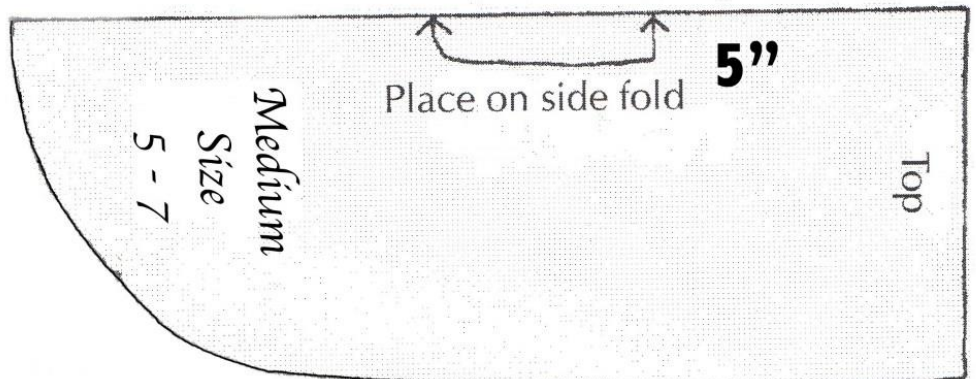
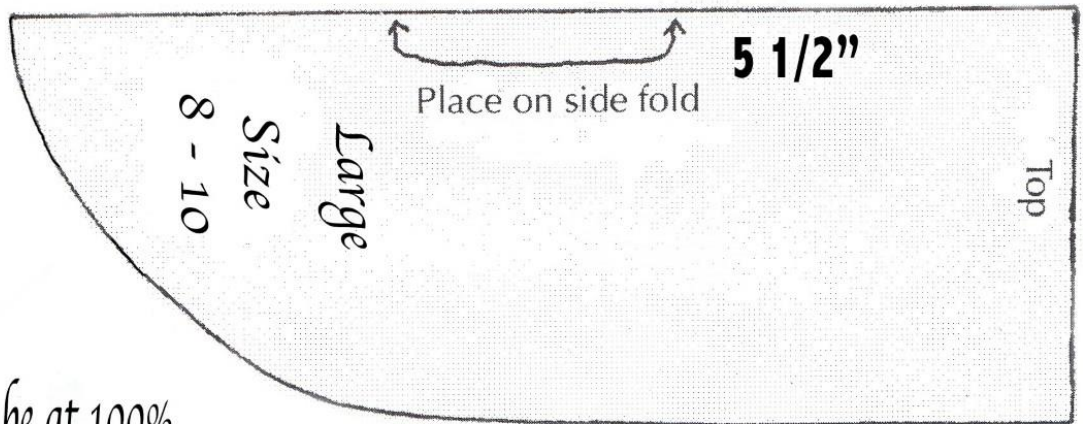
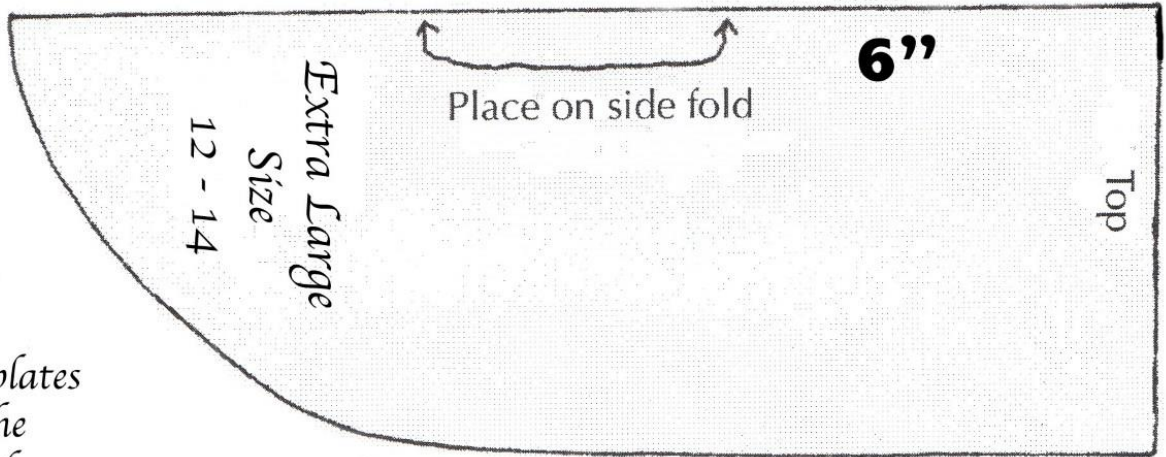
We hope you have enjoyed making your dress and will take as much pride in it as if it was to be worn by your granddaughter. You may be making the only new dress that little girl will ever get. She will wear it many years if it is sturdy. Not only are you giving her the gift of a new dress but the gift of self-worth.



Thank you for helping empower girls!



# Armhole Template



Please be sure  
when you  
print out the templates  
that they are the  
same length as the  
listed measurement.  
6" long for Ex Large  
5 1/2" for Large  
5" for Medium  
4 1/2" for Small  
4" for Baby

Printer Settings must be at 100%