

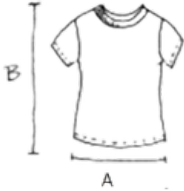


Hope for Appalachia Virginia Inc

# Little Dresses of Hope - T-Shirt Dresses -



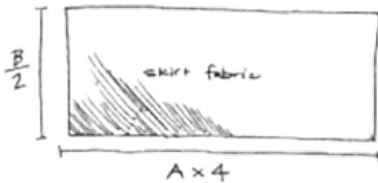
1



Lay T-shirt on table and measure bottom of shirt A. Then measure length B.

**\*Use Shirt Sizes: Youth Large, Youth XL, Adult XS, or Adult Small.**

2



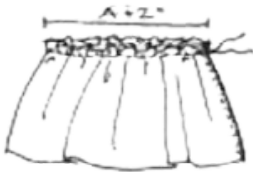
Multiply shirt width A by 4. This will be the width of the skirt fabric. **Cut enough to make a finished dress 26-32" long.**

3



Fold fabric in half, right sides together and sew the two short edges together. Then either serge or zigzag along seam edge. You'll end up with a large circle of fabric.

4



Run a gathering stitch along the top edge of the fabric circle about 1/2" from edge. Gather fabric until it equals the width of the shirt A+2".

5



Turn skirt inside out and place t-shirt inside skirt pin gathered skirt edge to bottom edge of t-shirt right sides together (hem edge of skirt facing up, gathered edges down). Sew gathered edge of skirt to bottom edge of t-shirt, stretching all around, and slightly stretching t-shirt to match gathered skirt edge (A+2"). Serge or zigzag seam edge.

6



Flip gathered skirt down and lightly press the seam. Fold over the bottom edge 1/4 inch twice and stitch hem.

If you would like a confirmation that your box was received, please include a self addressed stamped envelope. Allow 3-4 weeks for a response.

***\*Any dresses that cannot be used for the girls in the Kentucky schools, we will do our best to give them to another ministry in KY!***

For information on how to get involved, please contact Terry Graham  
hopeforappalachia.virginia@gmail.com

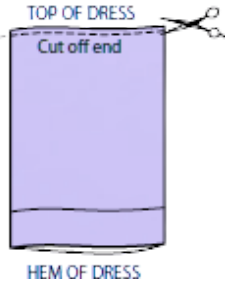


Hope for Appalachia Virginia Inc

# Little Dresses of Hope - "Pillow Case" Dresses -



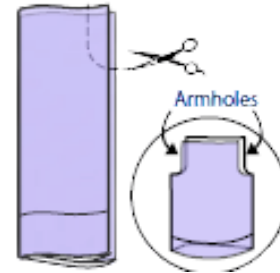
1



Start with a yard of cotton or cotton/poly blend fabric, 45" wide.

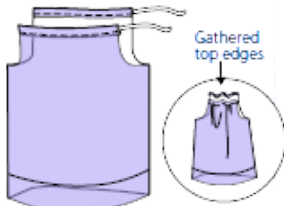
**Total length of finished dress needs to be 26-32" long.** Please keep in mind that you will lose a total of 2" in the completed dress (1" casing and 1" hem).

2



Fold in half and cut armholes. Cut through all thickness, about 4 inches down and 2 inches in.

3



Fold down the top about 3/4" at the front and the back. Edgestitch to make casing. Slide 8" of 1/2" elastic through to cause it to gather in the front and repeat for the back.

4



Cut two 38" lengths of double-fold bias tape for armholes. Fold each half and match the half point to the side seam and then stitch along armholes, leaving extra at the top to tie dress at the shoulders. Trim is optional.

***Remember these are little girls ages 4-8, so pretty fabric patterns are preferred.***



**Donations and finished dresses can be sent to:**

Terry Graham  
Hope for Appalachia  
28045 Sunnyside Rd  
Unionville, VA 22567

If you would like a confirmation that your box was received, please include a self addressed stamped envelope.

Allow 3-4 weeks for a response.

**"We're not just sending dresses, we're sending Hope"**

For information on how to get involved, please contact Terry Graham - [hopeforappalachia.virginia@gmail.com](mailto:hopeforappalachia.virginia@gmail.com)

***\*Any dresses that cannot be used for the girls in the Kentucky schools, we will do our best to give them to another ministry in KY!***



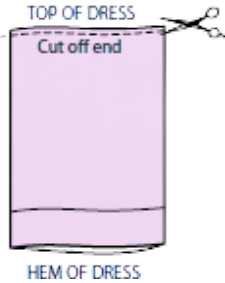
Hope for Appalachia Virginia Inc

*Little Dresses of Hope*

- Plus Size "Pillow Case" Dresses -



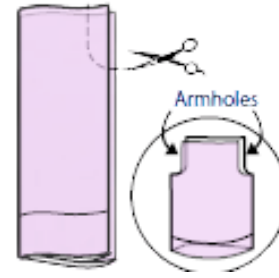
1



Start with a yard of cotton or cotton/poly blend or knit fabric, 60" wide.

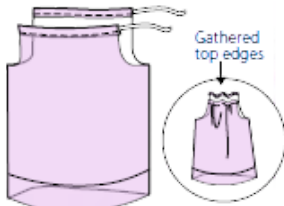
**Total length of finished dress needs to be 26-32" long.** Please keep in mind that you will lose a total of 2" in the completed dress (1" casing and 1" hem).

2



Fold in half and cut armholes. Cut through all thickness, about 4 inches down and 2 inches in.

3



Fold down the top about 3/4" at the front and the back. Edgestitch to make casing. Slide 9" of 1/2" elastic through to cause it to gather in the front and repeat for the back.

4



Cut two 44" lengths of double-fold bias tape for armholes. Fold each half and match the half point to the side seam and then stitch along armholes, leaving extra at the top to tie dress at the shoulders. Trim is optional.

***Remember these are little girls ages 4-8, so pretty fabric patterns are preferred.***

**Donations and finished dresses can be sent to:**

Terry Graham  
Hope for Appalachia  
28045 Sunnyside Rd  
Unionville, VA 22567

If you would like a confirmation that your box was received, please include a self addressed stamped envelope.

Allow 3-4 weeks for a response.

**"We're not just sending dresses, we're sending Hope"**

For information on how to get involved, please contact Terry Graham - [hopeforappalachia.virginia@gmail.com](mailto:hopeforappalachia.virginia@gmail.com)



***\*Any dresses that cannot be used for the girls in the Kentucky schools, we will do our best to give them to another ministry in KY!***



Hope for Appalachia Virginia Inc

*Little Dresses of Hope*

**- Pillow Cases (Boy & Girl)-**



**1**



Cut cotton fabric to size.  
*Use fun fabrics for both boys and girls!*

**Main Fabric**  
cut 1 piece 44 x 24"  
**Cuff Fabric**  
cut 1 piece 42 x 9"

**2**



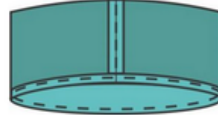
Fold pillow fabric in half, right sides together. Pin. Stitch 1/4" from edge. Clip corner. Zig zag stitch or surge edges to finish.

**3**



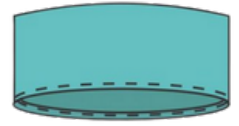
Fold cuff fabric in half, right sides together. Stitch 1/4" from edge.

**4**



Press seam open. Press bottom edge up 1/2". Stitch 1/4" from edge.

**5**



Turn right side out.

**6**



Turn pillow right side out. Place it inside the cuff matching the seams and lining up the unfinished edges. Right side of pillow will be facing wrong side of cuff. Pin. Stitch 1/4" from edge.

**7**



Pull cuff up away from the pillow. Press seam open and then up toward the cuff.

**8**



Fold cuff down so right side is showing and the cuff slightly overlaps the seam with the pillow. Press. Top stitch 1/4" from existing stitching.

**9**



**Optional:**  
To hide topstitching use fusible webbing or fabric glue (not hot glue) to attach trim.

**Donations and finished pillowcases can be sent to:**

Terry Graham, Hope for Appalachia  
28045 Sunnyside Rd, Unionville, VA 22567

For information on how to get involved, please contact Terry Graham - [hopeforappalachia.virginia@gmail.com](mailto:hopeforappalachia.virginia@gmail.com)

If you would like a confirmation that your box was received, please include a self addressed stamped envelope. Allow 3-4 weeks for a response.



Hope for Appalachia Virginia Inc

*Little Dresses of Hope*  
**-Mailing Instructions-**



Please print out this page. Cut on dotted lines and follow instructions.

*Cut this section and include it IN the box you are mailing.*

Name: \_\_\_\_\_

In this shipment, I am sending # \_\_\_\_\_ dresses or pillowcases in # \_\_\_\_\_ boxes.

- I have double checked the completed dresses to make sure that all safety pins or sewing needles have been removed.
- My box is a manageable weight so our volunteers can lift it easily (25-30 lbs is plenty big).
- I need a letter tax letter or receipt they have been received and have included a self addressed stamped envelope.
- I do **NOT** need a letter tax letter or receipt they have been received.

*Cut this section and tape it to the outside of the box you are mailing.*

**From:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Mail to:**

Terry Graham  
Hope for Appalachia Virginia  
28045 Sunnyside Rd  
Unionville, VA 22567