



“Dressed in His Love”

Thank you for sewing for the girls in the Central African Republic. Please follow the simple directions below to make a dress and put a smile on a little girl’s face.

Tips!

Choosing Fabric~

- Mercy Sews will be using fabric to create sturdy, colorful, and beautiful dresses for the girls. Consequently, we will NOT be sewing pillow case dresses.
- 100% cotton or poly cotton blend is recommended because it is durable and comfortable for a very warm climate.
- Bright, colorful prints are fun to sew and fun to wear. Prints also cover up spots, stains, wear & tear in a dress that may be worn for quite some time between washing.
- Keeping in mind and respecting other cultures, please do not use bird prints, animal prints, team logos, holiday prints, or fabrics with any wording.
- In addition, if your hand can be seen behind the fabric, it is too sheer.
- Choose all-purpose 100% polyester thread. You do not need to match your thread color. Thread in a soft off-white may be used on all fabrics.

Pre-Washing~

- It’s always a good idea to pre-wash fabric before sewing, and since cotton fabric will shrink, we want that to happen before the garment is made.
- To avoid a tangled mess in the washing machine... Join the cut edges of your yardage together and zig-zag with a wider/longer stitch before putting it in the wash. The selvage edges will not ravel and they will be at each end of the tube you just created. Once dried, the zig-zag stitching is easily removed and your yardage can then be pressed in preparation for cutting.
- Alternatively, you can minimize raveling by washing on delicate cycle in cold water.

Get ready to sew~

- We will be making dresses in sizes small (S), medium (M) and large (L).
- Use a stitch length of 2.5 mm-3.0 mm (10-12 stitches per inch) to sew straight, smooth, and strong seams.
- Always backstitch to reinforce where noted.
- All seams must be finished—no raw edges. Trim loose threads.
- Have FUN!



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Mercy Sews Dress Pattern

Dress with Elasticized Top

Materials required:

- ½ to 1 yard cotton, depending on size
- 2 yd. double fold bias tape
- 12" elastic, 1/2 " wide

Making the Dress

1. Cut a fabric rectangle the width of the fabric and the length indicated.

<u>Size</u>	<u>Size of cut rectangle</u>
Small (2-4)	18"-23" L x 42" W
Medium (5-7)	24"-30" L x 42" W
Large (8-10)	31"-36" L x 42" W

2. Fold fabric in half, meeting selvage edges. Stitch or serge the seam. Press seam open or to one side. Center seam on the stitched tube. (This will be the center back of the dress.) **OR** you may place stitched seam to side of dress and re-stitch end of seam after cutting armhole.

3. Cut out armholes on upper side edges using the appropriate Armhole Template Pattern. (See Armhole Templates.) Note: When cutting armhole pattern from fabric, the armhole cut will seem to not be large enough—part of the armhole will be formed by the bias tape tie on the shoulder.

4. Fold under casings at the front and back top edges (the edges containing the armholes). Fold edge under 1/4", then 3/4." to make each casing. Edge stitch casings.

5. Cut elastic into two equal lengths. (you will have a 6" elastic for the front casing and a 6" elastic for the back casing) Thread elastic through the casing using a safety pin; stitch elastic ends to the outer edges of the casing to prevent them from pulling out. This gathers the front and back top edges.

6. Cut two 36" lengths of double fold bias tape. Open tape and turn under 1/4" on each end to finish the ends of the tape. Refold tape and encase armhole, allowing equal tape extensions at each end of the armhole so the dress can be tied at the shoulders. Edge stitch tape (backstitching at point where tape covers elastic edge is a good idea to reinforce at this stress point).

7. Hem the lower edge by turning under 1/4", then 2". Edge stitch around the hem of the dress.

8. Sew single pocket on left or right front. For pocket placement, fold dress in half from hem to top of

elastic and place pocket measuring two inches from side. (See Pocket template.)

9. Sew *Mercy Sews* label on outside front of dress on either left or right side above hemline, or on pocket.

Optional trim ideas:

- Add a band of a contrasting or coordinating fabric to the dress.
- Add lace or other trims.
- Add an appliqué.
- Add machine embroidery.
- Use your imagination! This is a great way to use bits and pieces of leftover trims and fabrics.
- Please no buttons or hook eyes.

