

## Supply List for Guatemala t-shirt dresses

June 14

Dresses 5-12

Sewing Machine

Power cord

Fresh needles

Anything you will need to sew.

We will have rotary cutters and rulers at the shop

Thread to match your t-shirt

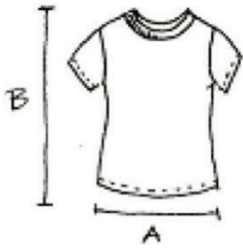
Colorful Children's t-shirts-sizes 6 months to 4T-should be -m,l

Fabric based on the pattern needs-good way to get rid of some of your stash

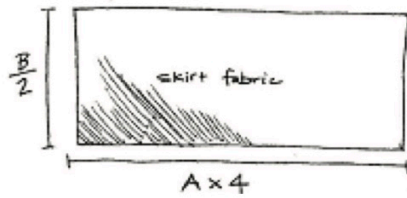
Depending on what size shirt you decide to make, please look at the T-shirt dress pattern for directions for how much fabric you will need.

Please do not use fabric you can see through, patriotic, or holiday fabric.

# T-Shirt Dress Pattern



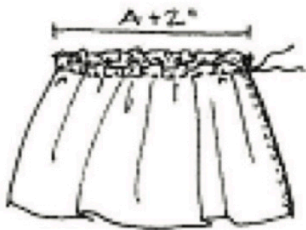
Lay T-shirt on table and measure bottom of shirt (A). Then measure length (B).



Multiply shirt width A by 4. This will be the width of the skirt fabric. Divide shirt length (B) by 2 and at least 2 inches (for modesty in Africa). This will be the length of the skirt. Cut a piece of fabric to these dimensions



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 large circle of fabric.



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  $(A) + 2"$ .



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

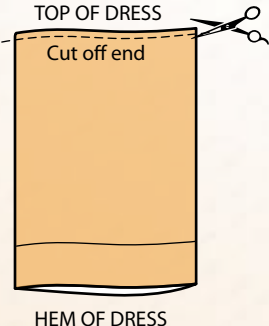
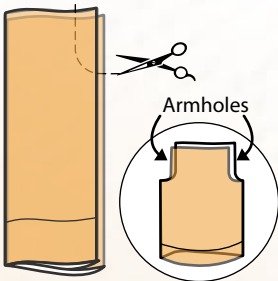
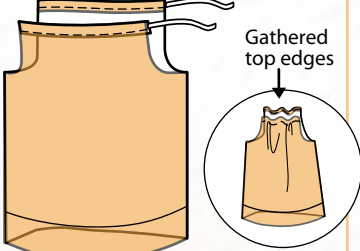



Flip gathered skirt down and lightly press the seam. Fold over the bottom edge 1/4" twice and stitch hem.



# Pillow Case Dress Instructions

*“We’re not just sending dresses, we’re sending hope!”*

<p><b>1</b> Cut off the sewn end of the pillowcase.</p> 	<p><b>2</b> Fold pillowcase in half and cut armholes. Cut through all thicknesses, about 4 inches down and 2 inches in.</p> 	<p><b>3</b> Fold down the top about 3/8” at the front and the back. Edgestitch to make a casing. Slide 6 inches of 1/4” elastic through to cause it to gather in the front and repeat for the back.</p> 	<p><b>4</b> Cut two 38-inch lengths of double-fold bias tape for armholes. Fold each in half and stitch along armholes, leaving extra at the top to tie dress at the shoulders. Trim is optional.</p> 
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## Simple patterns **CHANGING LIVES**

*Donations and finished dresses can be sent to:*

**Little Dresses for Africa**  
21805 Woodruff Road  
Rockwood, MI 48173  
734-637-9064

Thank you for your help with Little Dresses for Africa.  
Together, we can make a difference...  
one little dress at a time.

**Mulungu akudalitseni!**  
*God bless your good works!*

## Please size dresses before sending!

- **Small:** 2, 3, 4 (16-22 inches)
- **Medium:** 5, 6, 7 (24-28 inches)
- **Large:** 8, 9, 10 (30-34 inches)
- **XLarge:** Anything over 35 inches long or a simple skirt with elastic is also great!
- **Boys shorts** needed up to size 12

*Any simple dress or shorts pattern is fine to use.*

*Please avoid straight pins, buttons, and zippers!*

*If you substitute ribbon for the elastic, please use **sturdy** ribbon and tack it down in the center so the ribbon stays in place!*

*If you would like a confirmation that your box was received please include a note with your e-mail address, or a self-addressed, stamped envelope. Allow 2 to 3 weeks for a response.*

For information on how to get involved, contact Rachel O'Neill at 734-637-9064.

Illustrations By Martha Thierry/Detroit Free Press