

## Dignity Dresses Directions

**Step one:** Cut the fabric to a suitable length. Make sure the end of the fabric is ripped or cut square along a thread line to start with. Just make a snip in the fabric at the fold of a full width of fabric and rip it across. The fabric will tear along a thread line and leave a piece of fabric the same width all the way across. The shortest dresses for small girls should be 24 inches long when finished. The longest dresses should be about 36 inches long when finished. (According to binh rybacki.)

**Step two:** Sew a seam on the selvage edges of the fabric, just wide enough to enclose the printing at the edge of the fabric. The selvage edges will keep the fabric from fraying with future use or washings.

**Step three:** Iron the fabric with the seam open for one side of the dress. (**According to binh rybacki the seam should NOT be center back for cultural reasons.**)

**Step four:** Cut armholes in the two sides. Armholes should be cut approximately 6 or 7 inches from the top edge and three inches in from the sides of the dress; smaller for shorter dresses, larger for longer dresses.

**Step five:** Make a narrow rolled finished hem on the arm holes so they will not fray out with wearing and washing. As narrow as can be easily attempted is fine.

**Step six:** Make a narrow rolled hem in the bottom of the dress. Approximately  $\frac{1}{4}$  to  $\frac{1}{2}$  inch is long enough.

**Step seven:** For the dresses with ribbon ties; make a casing across the front and the back about  $\frac{3}{4}$  of an inch to an inch in width. Insert one yard of ribbon and tack it at the center of the front and at the center of the back. This will ensure the ribbon never pulls out and always remains attached to the dress.

**Step seven:** For the dresses with elastic gathers and bias or ribbon ties at the edge. Press a  $\frac{1}{4}$  inch edge of the front and back top edge of the dress. Align a piece of elastic approximately 6 to 8 inches long with the armhole hem and tack it down so it won't pull loose. Then roll the fold over creating a casing for the elastic. Stitch the casing leaving the elastic free to slide inside the casing. Attach ties 8 to 10 inches long to the opening at the ends of the elastic along the arm hole, so the ties won't pull lose and remain attached to the dress through washings and future wear.

**Step eight:** Modify armhole cutout pieces to be pockets. Hem the top edge and press the rounded edge for easy attachment to the dress. Attach any decoration, such as lace or rick rack for trim to the pocket. Attach the decorated pockets to the front of the dress.

**Step nine:** Add any additional trim or decorations to the dress and count as finished.