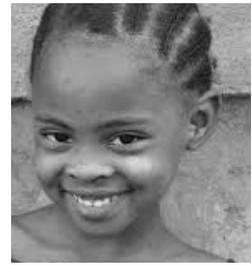


# Sewing for Smiles

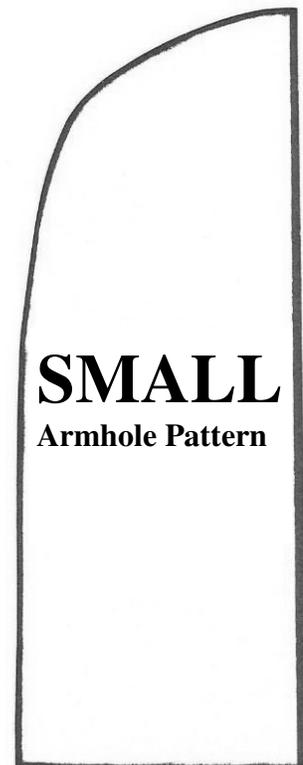
## Dresses for Africa ~ Size 4



1. **Cut fabric to 25" x 42"** (25" will be the length of the dress before hemming.)
2. **Fold fabric in half, inside out.** Stitch seam up the back and press. (This seam will be the center back of the dress.)
3. **Cut out arm holes** on upper side edges using **SMALL** armhole pattern below.
4. **Fold fabric under to make an edge** of 1/4", and then another 1/2" edge to make a casing at the top of the fabric (by the armholes) Do this for both the front and back of the dress. Edge stitch the casings.
5. **Cut two 6" pieces of elastic** and insert one into each casing. Stitch ends of elastic in casing to hold in place.
6. **Cut two 36" lengths of double-fold bias tape.** Center in each arm hole and pin in place. Edge stitch entire length of bias tape to finish armhole and shoulder ties.
7. **Hem the lower edge** by turning under 1/4" and then 1/2". Iron flat then edge stitch.
8. **You are finished!**

***Options:** You can add lace, one or two pockets, band of contrast, trims, appliqués, flowers or rick-rack. Use your imagination, and most of all have fun!*

*Thank you for being part of our  
"Sewing for Smiles" project!*



# Sewing for Smiles

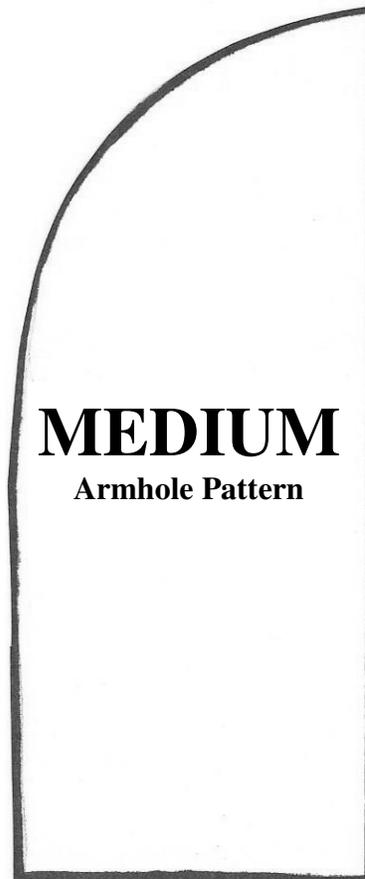
## Dresses for Africa ~ Size 7



1. **Cut fabric to 31" x 42"** (31" will be the length of the dress before hemming.)
2. **Fold fabric in half, inside out.** Stitch seam up the back and press. (This seam will be the center back of the dress.)
3. **Cut out arm holes** on upper side edges using **MEDIUM** armhole pattern below.
4. **Fold fabric under to make an edge** of 1/4", and then another 1/2" edge to make a casing at the top of the fabric (by the armholes) Do this for both the front and back of the dress. Edge stitch the casings.
5. **Cut two 7" pieces of elastic** and insert one into each casing. Stitch ends of elastic in casing to hold in place.
6. **Cut two 36" lengths of double-fold bias tape.** Center in each arm hole and pin in place. Edge stitch entire length of bias tape to finish armhole and shoulder ties.
7. **Hem the lower edge** by turning under 1/4" and then 1/2". Iron flat then edge stitch.
8. **You are finished!**

*Options: You can add lace, one or two pockets, band of contrast, trims, appliqués, flowers or rick-rack. Use your imagination, and most of all have fun!*

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# Sewing for Smiles

## Dresses for Africa ~ Size 10



1. **Cut fabric to 37" x 42"** (37" will be the length of the dress before hemming.)
2. **Fold fabric in half, inside out.** Stitch seam up the back and press. (This seam will be the center back of the dress.)
3. **Cut out arm holes** on upper side edges using **LARGE** armhole pattern below.
4. **Fold fabric under to make an edge** of 1/4", and then another 1/2" edge to make a casing at the top of the fabric (by the armholes) Do this for both the front and back of the dress. Edge stitch the casings.
5. **Cut two 8" pieces of elastic** and insert one into each casing. Stitch ends of elastic in casing to hold in place.
6. **Cut two 36" lengths of double-fold bias tape.** Center in each arm hole and pin in place. Edge stitch entire length of bias tape to finish armhole and shoulder ties.
7. **Hem the lower edge** by turning under 1/4" and then 1/2". Iron flat then edge stitch.
8. **You are finished!**

*Options: You can add lace, one or two pockets, band of contrast, trims, appliqués, flowers or rick-rack. Use your imagination, and most of all have fun!*

*Thank you for being part of our  
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