

Sewing for Kanyenyeva, Malawi Children

Thank you for your interest in sewing for the children of Kanyenyeva. We are in need of two different types of clothing for the girls. Small girls sized 3-5 can wear dresses with sleeves or dresses with t-shirts under them. Girls who are size 6 and larger will need skirts and t-shirts. I have included directions for pillow case dresses and t-shirt dresses for the smaller girls and skirt patterns for the bigger girls.

Things to keep in mind in general when sewing for the children of Kanyenyeva:

Natural fabrics are better for hotter climates. Look for fabrics that are 75 – 100 % cotton

Elastic tends to break down easier in their climate. Using drawstrings make the items more adjustable and longer wearing.

Pillow Case Dress

Materials:

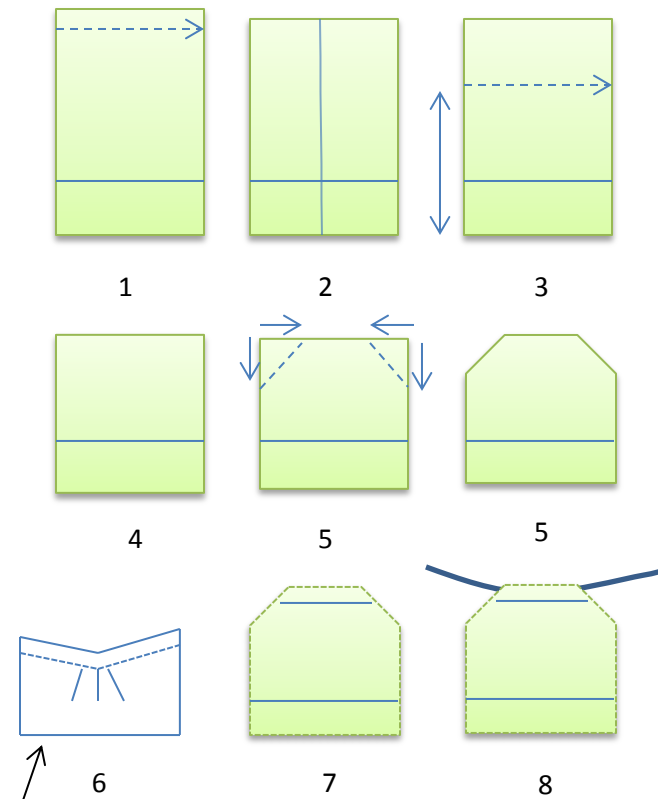
- Standard Size Pillow Case
Or
- Length of fabric 44" wide by 42" long
- 2 yards ribbon or double fold bias tape
- Thread
- Optional: trims, appliques, ribbons, buttons for decoration.

Size Chart using Pillowcase		
Size	Cut length	Finished length
3T	21"	19"
4T	24"	22"
5T	26"	24"

Size Chart using flat fabric			
Size	Cut length	Cut Width	Finished length
3T	22"	36-42"	19"
4T	25"	36-42"	22"
5T	27"	42"	24"

Directions for Pillow Case Dress made with Standard Pillow Case

1. Cut the closed end of the pillow case open so that you have a tube of fabric. You will have one end finished with the original opening of the pillow case and one that is now not finished.
2. Press the side seam of the pillow case to the back of the dress.
3. Measure up from the bottom of the dress the desired cut length and mark.
4. Cut along the line that you just created.
5. To make arm openings you will measure in from the side edge of the dress along the top of the fabric 3 ½" and place a pin to mark. You will measure down 4 ½" and mark then draw a line between the two marks creating a triangle of fabric. Cut the triangle off at the mark.
6. Hem the arm openings by turning down ¼ inch then ½ inch and topstitching along the edge.
7. Create a casing on the front and back of the fabric by turning the fabric down ½ inch then 1 ½ inches more and sewing along the edge.
8. Cut your ribbon or bias tape in half and put it through the casing on the front and the back of the dress creating the straps.
9. Tie the ribbon into bows on the shoulders to secure.



Pinch fabric at the bottom of the arm opening to lay more flat so that you can pin the hem and sew it easier.

Directions for Pillow Case Dress using Fabric

1. Use the length and width measurements from the previous page.
2. Sew a seam to make a tube of fabric where the seam will become the back of the fabric.
3. Follow the directions 5 – 9 from the Pillow Case Dress above.
4. Create a hem. Fold up 1/4” and then 2”.

T-Shirt Dress

Materials

Toddler size or X-small child’s T-Shirt
 Coordinating Fabric 44/45 wide by 11 inches long
 Thread

1. Cut two pieces of fabric size 24x11
2. Sew the side seams.
3. Sew gathering stitches on the waist of the skirt 5/8 inch from the edge and then again in the middle of the seam allowance.
4. Divide the waist of the bodice and the skirt into fourths with pins.
5. Pin the skirt to the bottom of the t-shirt right sides together. Matching center front, the center back, and the remaining pins to the side seams.
6. Pull up the gathering stitches to fit the bottom of the T-shirt.
7. Adjust the gathers evenly
8. Sew the skirt to the T-shirt using a 5/8 inch seam allowance.
9. Create a 1 inch hem in the bottom.

Gathered Skirt for Sizes

Materials:

Fabric the length required x 2
 Thread
 A yard of ribbon or cord for drawstring

Size	S (6)	M (7-8)	L (10)	XL (12)
Width	24”	26”	28”	30”
Length	19”	21”	23”	25”

1. Cut two pieces of fabric the length and width listed above.
2. Pin the pieces, right sides together, and sew the short sides.
3. Finish the top and bottom edges of the skirt with zigzag stitch or overcast
4. At the waist, fold 1 3/8” to the wrong side for the casing and press.
5. Mark the center front and create a button hole inside of the casing area for the drawstring.
6. Sew along the edge of the casing.
7. Fold a 1 inch hem to the wrong side and sew close to the edge of the hem or sew with a blind hem stitch.
8. Feed ribbon or cord into the waist band through the button hole.