



International Program Committee

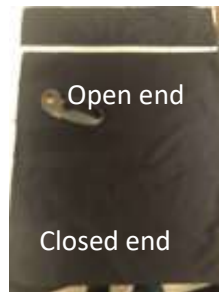
## Target V: Global Impact Pillowcase Program Pillowcase Shirt Pattern Instructions



### Materials:

Pillowcase, Scissors, Ruler or tape measure, sewing machine or Serger, Contrasting fabric or bias tape for neckline Contrasting fabric or decorative trim on hem and sleeves (optional) Instructions:

1. Starting with a standard pillowcase, cut off the finished hem at the open end of the case. Then, if necessary, fold the material in half so that the open end and closed end meet (rotate material if necessary).

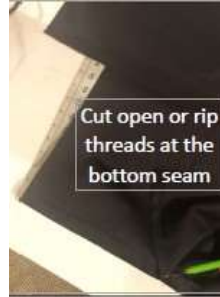


2. To form the sleeves, measure 4 inches in from the side with the open ends, then find the halfway point of the length. With tailor's chalk or straight pin, mark the point where they meet. This will be the armpit of the shirt. Cut from the bottom of the case to the marked point.

Cut from the side of the case of the marked point. Your pillowcase should now look like a shirt folded in half.



3. To form the neck opening: from the folded edge at the top, measure 2 inches down and mark. Starting at the top of the folded edge again, measure 4 inches across and mark. Draw a shallow "C" curve from the 2-inch mark to the 4-inch mark, then cut.



4. Open the fabric to form the shirt. One of your sleeves will have a closed end. Carefully cut the sleeve open along the fold from the bottom to the shoulder seam. The bottom of your shirt will also be closed; either cut open the bottom at the seam or use a seam ripper to remove the threads.

5. Open the shirt so that it lies flat, right side up. Using purchased bias tape or a contrasting fabric strip cut on the bias, pin to the neckline, right sides together. Stitch at 3/8" seam allowance.

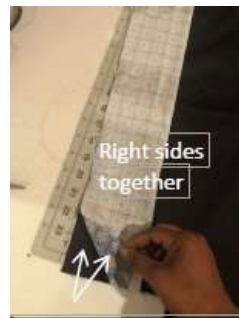


6. Press the neckline seam towards the bias. Then fold the bias tape towards the inside of the neckline, making sure to enclose the seam. Top stitch, then press.



\*If not adding optional fabric trim to sleeve and hem, skip to step 8.

7. Cut 4 strips of your fabric trim to the desired width, one for each sleeve and the shirt hem. Here, the strips are 3 inches wide for the sleeves and 4 inches wide for the hem. Pin the trim to the sleeves and hem at the edges, right sides together. Stitch at 3/8" seam allowance on all 4 sides. Press all seams towards the outside.





8. To form hem, turn up raw edges  $\frac{1}{4}$ " and press. Turn up again  $\frac{1}{4}$ " so that the raw edge is hidden, and press. Alternatively (as shown here), you may serge the raw edge, then turn up the edge  $\frac{1}{4}$ " only once. Turn the garment to the right side and edge stitch around all four sides.

9. With right sides together, pin garment sides together, making sure to match sleeves, armpit and shirt bottom. Stitch the side seams with  $\frac{3}{8}$ " seam allowance. At the armpit, cut into the seam just shy of the seam. Make sure not to cut through the seam! This cut will help the garment lay better. Press side seams open.



10. Turn inside out and press. You are DONE!

