



Fashionably Safe: Protecting the At-Risk Population in T'Chad, Africa

Silver Award Project

By: Luella S., Ali A., Katja S.

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This Patch was created to support at-risk populations in T'Chad and to raise awareness, teach basic sewing skills, and Covid mitigation.

Daisies must do steps 1,2,3,7

Brownies must do steps 1,2,3,4,7

Juniors must do all steps but 6

Cadettes and above must do all steps

(Reminder: if you can do more steps than given, you are able to do so. This is the minimum.)

Take a photo of the steps you completed and post on social media using **#StuttgartToChad**. Be sure to use proper internet safety protocols. When complete, request the custom patch from the Stuttgart OCMT Patch Program Director.

1. Learn about the at-risk populations in T'Chad.

Who are they? What do they need? Where is T'Chad? Why do they need the masks? Identify how to help.

2. Learn about sewing.

Learn about measurements/cutting/ironing/hand sewing by taking a class or watching a video. Check out our YouTube channel for our tutorials https://www.youtube.com/channel/UCBN5Fbx2xHrjFU_BFZSBxGw.

3. Create a kit to be sent to T'Chad, or a kit for a seamstress in the Stuttgart community.

Sending kits to T'Chad gives the people the tools and supplies they need to create their own masks and dresses. To make a kit for T'Chad, include: fabric, thread, elastic, bias tape, needles, scissors, tape measure, seam gauge, beeswax, pillowcases, sheets, and trims. Kits for Stuttgart seamstresses include: fabric, thread, elastic, bias tape, and optional trims. Kits can be donated at the Patch Arts and Crafts Center in the marked bucket.

4. Make a hemmed square.

There are many things people can do with a hemmed square, see our directions at <https://youtu.be/bbw-4ycRI-Q>.

5. Sew a mask.

If you have a different pattern, you can use that. Our pattern is suggested for beginners. You can also make a mask at the classes in the Patch Arts and Crafts Center. Our tutorial can be found on our YouTube channel.

6. Sew a dress.

If you have a different pattern, you can use that. Our pattern is suggested for beginners. You can also make a dress at the classes in the Patch Arts and Crafts Center. Our tutorial for four varieties of simple pillowcase dresses can be found at <https://youtu.be/OPnJWLXa07Y>. The more advanced option of a dress with sleeves tutorial can be found at <https://youtu.be/ZgxPGObJMWE>.

7. Donate.

Take your laundered, labeled, and bagged items of hemmed fabric squares, masks, dresses, and/or kits to the Patch Arts and Crafts Center where they will be sent off and donated to the people in refugee and displaced persons camps of T'Chad.

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Simple Squares of Fabric, Masks, and Dresses

We are looking for donations of all sizes and patterns of masks, dresses, and squares of fabric to send to the refugees and displaced persons in Chad, Africa. You can donate new masks, dresses, and fabric. You can use your previous sewing skills or learn to sew by following the tutorials we made for this project. Or you can donate supplies for others to make the projects. For these simple Squares, Masks, and Dresses you can use fabric yardage, or use a new or gently used pillowcase. You can donate the items at the Patch Arts and Crafts Center, and they will be sent to Chad through our contacts with AFRICOM and the US Embassy. Do not be afraid to use bright colors and patterns, but please do not use a solid yellow color. Yellow is the color of a very divisive political party and could make an unintended political statement. Watch us make the patterns on our YouTube channel Fashionably Safe at:

https://www.youtube.com/channel/UCBN5Fbx2xHrjFU_BFZSBxGw.

New and/or Handmade Clothing Donations requested:

Hemmed Fabric Squares

Masks

Dresses

Supply donations for kits for Chadians to make projects, to include:

Fabric

Needles

Trims

Thread

Scissors

Beeswax

Elastic

Tape Measure

Pillowcases or Sheets

Bias tape

Seam Gauge

Gallon and Quart size Ziplock bags

Supply donations for kits for people in Stuttgart to make projects, to include:

Fabric

Elastic

Trims

Thread

Bias Tape

Gallon and Quart size Ziplock bags



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Simple Squares

For these simple hemmed squares, you can use scrap fabrics. You can donate the hemmed squares at the Patch Arts and Crafts Center, and they will be sent to Chad through our contacts with AFRICOM and the US Embassy. Do not be afraid to use bright colors and patterns, but please do not use a solid yellow color. Yellow is the color of a very divisive political party, and could make an unintended political statement. Watch us make a hemmed square at <https://youtu.be/bbw-4ycRI-Q>.

As Girl Scouts, we know that a square or rectangle of fabric can be particularly useful for many reasons. For this reason, if you can make a square or rectangle, with hemmed edges, it would be highly appreciated by many.

Project	Imperial	Metric
Bandana	21" x 21"	54 cm x 54 cm
Baby Blanket	28" x 33"	71 cm x 84 cm
Head Scarf/"Pashmina" shawl	27.5" x 70"	70 cm x 180 cm
Square	35.5" to 47"	90 cm to 120 cm
Small Rectangle Scarf	53" x 19"	134 cm x 48 cm

Supplies Needed:

Fabric and Coordinating Thread

Directions:

- 1) Cut fabric to desired size from the chart above.
- 2) Iron up a narrow hem of $\frac{1}{4}$ inch and again $\frac{1}{4}$ on all sides to encase the raw edge in the fold.
- 3) Topstitch the ironed hem.
- 4) Wash and place in a resealable bag and label with the size. Donate at the Patch Arts and Crafts Center.

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Simple Masks

For these simple masks, you can use scrap fabrics. You can donate the masks at the Patch Arts and Crafts Center, and they will be sent to Chad through our contacts with AFRICOM and the US Embassy. Do not be afraid to use bright colors and patterns, but please do not use a solid yellow color. Yellow is the color of a very divisive political party, and could make an unintended political statement. Watch us make a mask on our YouTube channel:

https://www.youtube.com/channel/UCBN5Fbx2xHrjFU_BFZSBxGw.

Materials Needed:

Supplies	Imperial	Metric
Main Fabric	9" x 8 ½"	23 cm x 22 cm
Lining Fabric	8 ½" x 8 ½"	22 cm x 22 cm
Elastic	11" to 12" x 2	28 cm to 32 cm x2
Coordinating Thread		

Cutting Instructions:

1. Cut fabrics in a rectangle using measurements given above. (The lining fabric has both the left and right sides cut off to remove bulk from the side elastic seam allowance.)
2. Place lining fabric on top of main fabric, centered.
3. Measure 2 inches or 5 cm from the corners and mark the fabric.
4. Make a line between the marks to make triangles at the corners. Cut on the line to cut the triangles off the corners so you now have octagons.

Sewing Instructions:

1. Place main fabric and lining fabrics right sides together. Sew the top and the bottom seam allowances following the edge of the sewing machine's presser foot (or ¼ inch or 0.5 cm).
2. Turn the fabrics right side out.
3. Iron the seams flat.
4. Topstitch following the angled edge, pivot, continue to sew along the top edge, pivot, and continue onto next angle edge.
5. Repeat on bottom edge with angles.
6. Iron flat.
7. Place lining side up on the ironing board. Fold bottom edge towards middle. Make the fold in line with the point where the angle meets the longest straight edge.
8. Iron the fold line.
9. Topstitch the fold line.
10. Repeat for the top side.
11. You now have a rectangle.

TRICKIEST PART COMING UP!

12. On inside, fold the corner of the flap up to meet the topstitching. Make sure the edge of the flap is parallel to the raw edge of the mask. Folding the flap will begin to create the 3D effect popping out the mask.
13. Iron down the fold. Pin in place.
14. Baste the flap down from the point of the fold towards the edge of the mask.
15. Ensure the stitch length is back to normal.
16. Iron the main fabric raw edge over the lining raw edge.
17. Place folded edge over the flaps, to make a casing for the elastic ear loops.
18. Topstitch the folded edge to make the casing.
19. Insert elastic in casing using a safety pin.
20. Tie a knot in elastic.
21. Remove the basting stitches.
22. Complete! You made a mask!
23. Please wash your mask and place it into a sealable plastic bag to drop off at the Patch Arts and Crafts Center to donate.

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Simple Dresses, Four Versions

For these simple dresses you can use fabric yardage, or a new, or gently used pillowcase. You can donate the dresses at the Patch Arts and Crafts Center, and they will be sent to Chad through our contacts with AFRICOM and the US Embassy. Do not be afraid to use bright colors and patterns, but please do not use a solid yellow color. Yellow is the color of a very divisive political party and could make an unintended political statement. Watch us make these dresses at <https://youtu.be/OPnJWLXa07Y>.

Dress with Elastic on Top

Materials Needed:

Supplies	Imperial	Metric
Fabric	5/8 to 1 1/8 yard, depending on size	0.5715 to 1.0287 meters
Double Fold Bias Tape	2 1/2 yards	2.286 meters
Elastic, 1/4" wide	12-18 inches, depending on size	30.48 cm to 45.72 cm
Coordinating Thread		

Directions:

1. Cut a fabric rectangle the length and width of the fabric, depending upon size. Finished dress length is measured from the shoulder to the hem.

Size	Imperial rectangle to cut	Metric Cut	Finished dress length	Elastic Needed
Small (2-4)	19-26" Long x 42" Wide	48-66cm x 106cm	16-23" or 40.5x58.5 cm	12" or 30.5 cm
Medium (5-7)	27-32" Long x 42" Wide	68-81cm x 106 cm	24-29" or 61-73.5 cm	14" or 35.5 cm
Large (8-10)	33-37" Long x 42" Wide	84-94cm x 106 cm	30-34" or 76-86 cm	16" or 40.5 cm
X-Large (11+)	38" or more Long x 42" Wide	97cm+ x 106 cm	35" or 89 cm, or more	18" or 45.7 cm

2. Fold fabric in half, right sides together, meeting selvage edges. Stitch or serge the seam. Press seam open or to one side. Center seam on the stitched tube. This will be the center back of the dress.

3. Cut the armhole on the upper side edges using the armhole templates or measurements given below.

Size	Cut Armhole measurements	Metric
Small (2-4)	1 1/2" x 4 1/2"	3.81 cm x 11.43 cm
Medium (5-7)	2" x 5"	5 cm x 12.7 cm
Large (8-10)	2 1/4" x 6"	5.7 cm x 15.25 cm
X-Large (11+)	2 1/2" x 6 1/4"	6.35 cm x 15.875 cm

4. Fold under casings at the front and back top edges (the edges containing the armholes). Fold edge under 1/4", then 1/2" to make each casing. Edgestitch casings.

5. Cut elastic into two equal lengths, using the chart above. Insert one length into each casing. Thread elastic through the casing; stitch elastic ends to the outer edges of the casing to prevent them from pulling out. This gathers the front and back edges.

6. Cut two 38" lengths of double fold bias tape. Open tape and turn under 1/4" on each end to finish the ends of the tape. Refold the tape and encase armhole, allowing equal tape extensions at each end of the armhole so the dress can be tied at the shoulders. Edgestitch tape.

7. Hem the lower edge by turning under 1/4", then 2". Edgestitch.

8. Please wash your dress and place it into a sealable plastic bag to drop off at the Patch Arts and Crafts Center to donate.

Optional Trim ideas:

- Add one or two pockets.
- Add a band of a contrasting or coordinating fabric to the dress.
- Add lace or other trims.
- Add an applique'.
- Add machine embroidery.
- Use your imagination! This is a great way to use bits and pieces of leftover trims and fabrics.

Dress with Bias Tape or Ribbon Ties

Materials Needed: See above, but possibly use ribbon instead of all the bias tape.

Follow Steps 1-3 above.

4. Cut two lengths of bias tape long enough to bind the armholes. Sandwich the fabric in the bias tape to bind cut edges of armhole and edgestitch tape.

5. Fold under casings at the front and back top edges (the edges containing the armholes). Fold edge under $\frac{1}{4}$ " , then $\frac{3}{4}$ " to make each casing. Edgestitch casings.

6. (Option 1) Cut remaining ribbon or bias tape into two equal pieces. Stitch folds and cut ends of tape together with a narrow zigzag to prevent stitches from breaking. Insert one piece through each of the casings, allowing equal extensions at each end. Machine stitch at center front and center back to prevent tape from pulling out of the casing. To wear the dress, pull up ribbon or tape ties to gather the top of the dress to fit. Tie bias tape at the shoulders.

6. (Option 2) Insert $1\frac{1}{2}$ to $2\frac{1}{4}$ yards of either ribbon or bias tape (with the zigzag stitch in the first option) through the front casing and continue through the back casing. Ensure the ribbon or bias tape is equally spaced at the end. At the folded end of the ribbon/bias tape end, pull the ribbon/bias tape out of the casing by 5 inches. Stitch the ribbon/bias tape in place to keep those 5 inches exposed. To wear the dress, pull the ribbons/bias tape on the cut ends to gather the top of the dress to fit. Tie a bow on one shoulder.

7. Hem the lower edge, turning under $\frac{1}{4}$ " and then 2". Edgestitch hem.

8. Please wash your dress and place it into a sealable plastic bag to drop off at the Patch Arts and Crafts Center to donate.

Modifying a Pillowcase to Make the Dress

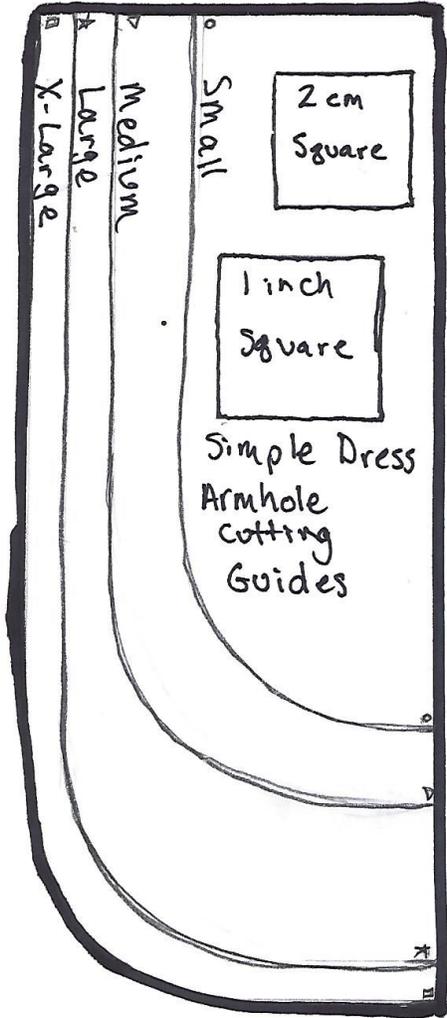
1. Trim off the fold end of the pillowcase to make a tube. Do not cut off the hemmed edge; it will be the hem of the dress.

2. Press seam open or to one side. Center seam on the stitched tube. This will be the center back of the dress.

3. Follow Steps 3-6 of either option above.

4. No Step 7 needed as it is already hemmed!

5. Please wash your dress and place it into a sealable plastic bag to drop off at the Patch Arts and Crafts Center to donate.



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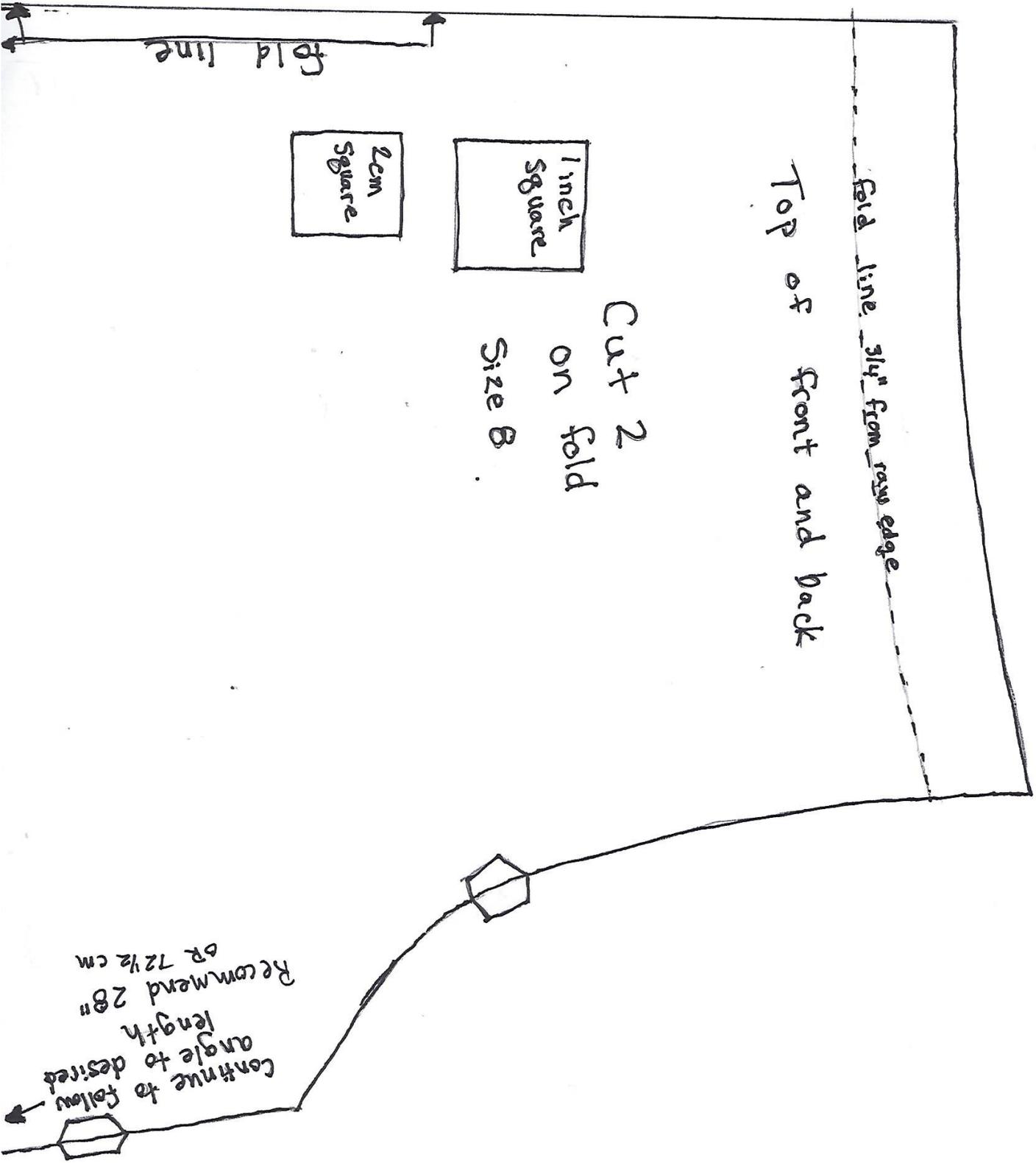
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ADVANCED OPTION: Dress with Sleeves

For this advanced dress you can use fabric yardage. You can donate the dresses at the Patch Arts and Crafts Center, and they will be sent to Chad through our contacts with AFRICOM and the US Embassy. Do not be afraid to use bright colors and patterns, but please do not use a solid yellow color. Yellow is the color of a very divisive political party and could make an unintended political statement. Watch us make these dresses at <https://youtu.be/ZgxPGObJMWE>.

Supplies – Size 8 Dress	Imperial	Metric
Main dress fabric	1 1/8 yard	1.029 meters
Elastic	24 inches of 1/4" wide	61 cm
Thread		

1. Use the attached patterns to cut out a dress with sleeves. Make sure to measure the gauge to ensure it is the right size. Cut 2 sleeves on the fold. Cut 2 main body pieces on the fold. Follow the angle from the armpit and make the dress the desired length.
2. Press the neck edge of the dress front, back, and both sleeves down 1/4" (0.5 cm) and then again 1/2" (1 cm) from the fold.
3. Press up 1/4" (0.5 cm) and then again 1/4" (0.5 cm) for the narrow hems on the sleeves and main dress body.
4. With right sides together, sew sleeve to front of dress, matching notches. Sew same sleeve to back of the dress. Do the same for the other sleeve on the other side.
5. Sew front to back from sleeve hem to main dress hem for both side seams, matching notches.
6. Narrow hem the sleeves using the press marks made earlier.
7. Narrow hem the main body of the dress using the press marks made earlier.
8. Make a casing around the neck using the press marks made earlier. Leave a 2" (5 cm) gap in the back of the dress.
9. Thread elastic through the casing.
10. Overlap elastic by 5/8" (2 cm) and sew together.
11. Sew the opening of the casing shut.
12. Optional: add trim or pockets.
13. Please wash your dress and place it into a sealable plastic bag to drop off at the Patch Arts and Crafts Center to donate.



Fold line

2cm Square

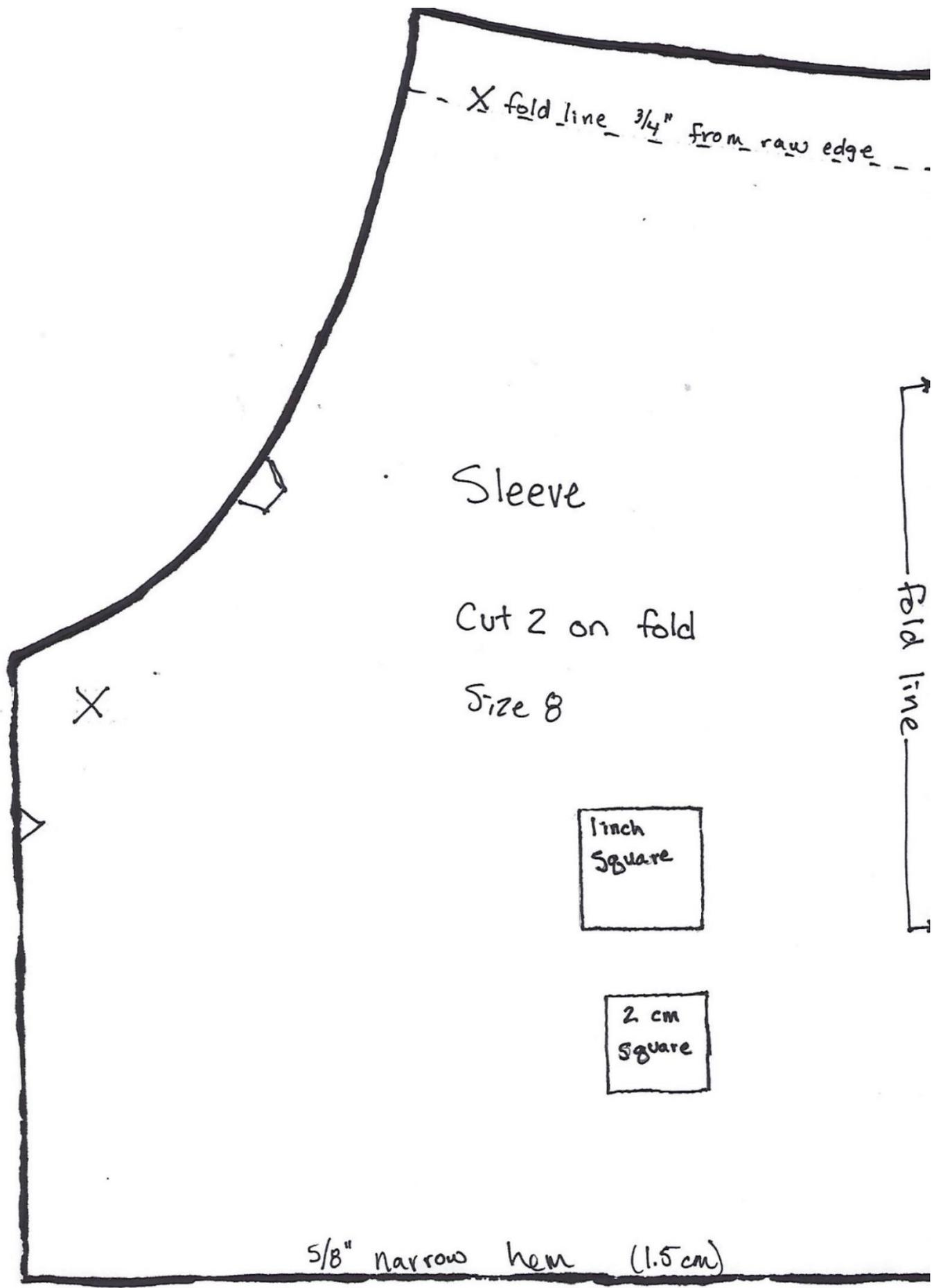
1 inch Square

Cut 2 on fold Size B

Fold line 3/4" from raw edge

Top of front and back

Continue to follow angle to desired length
Recommend 28" or 72 1/2 cm



X fold line 3/4" from raw edge

Sleeve

Cut 2 on fold

Size 8

Fold line

1 inch square

2 cm square

5/8" narrow hem (1.5 cm)