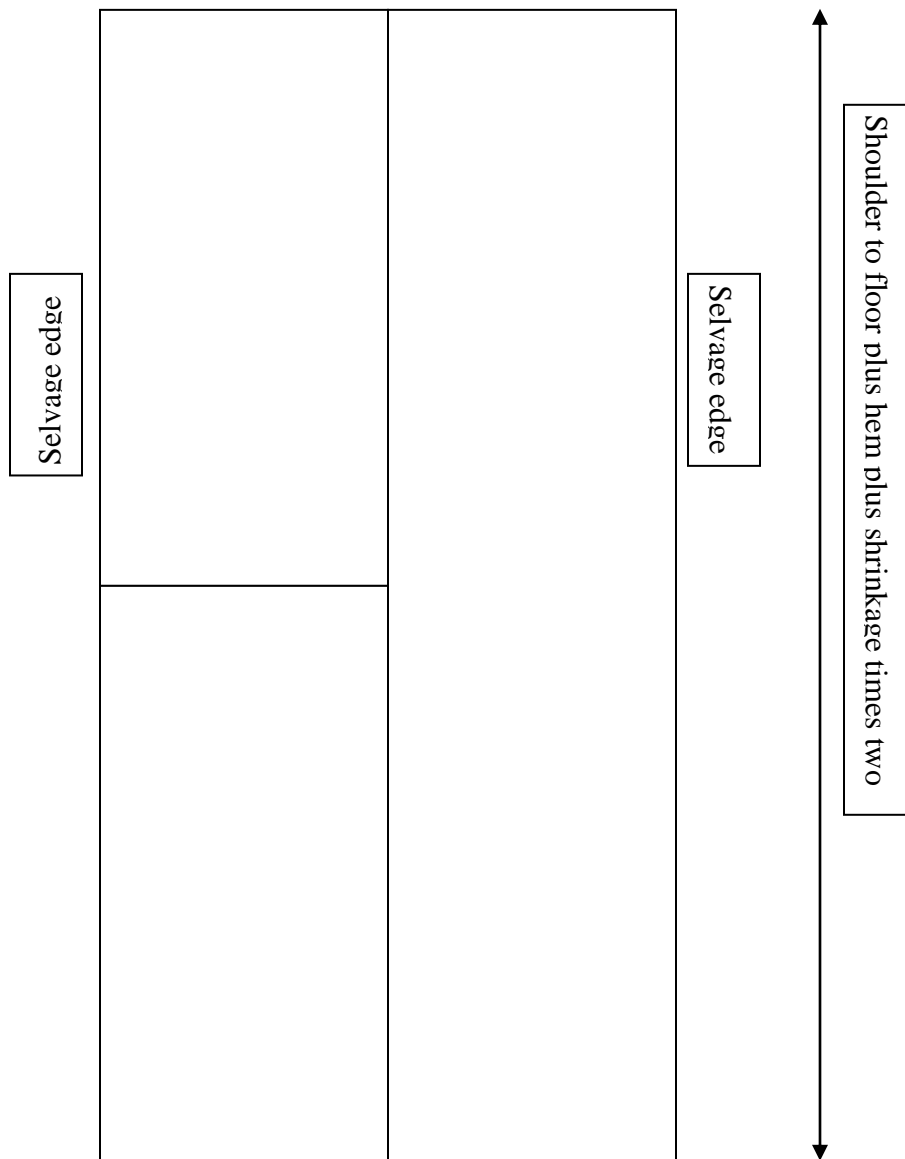


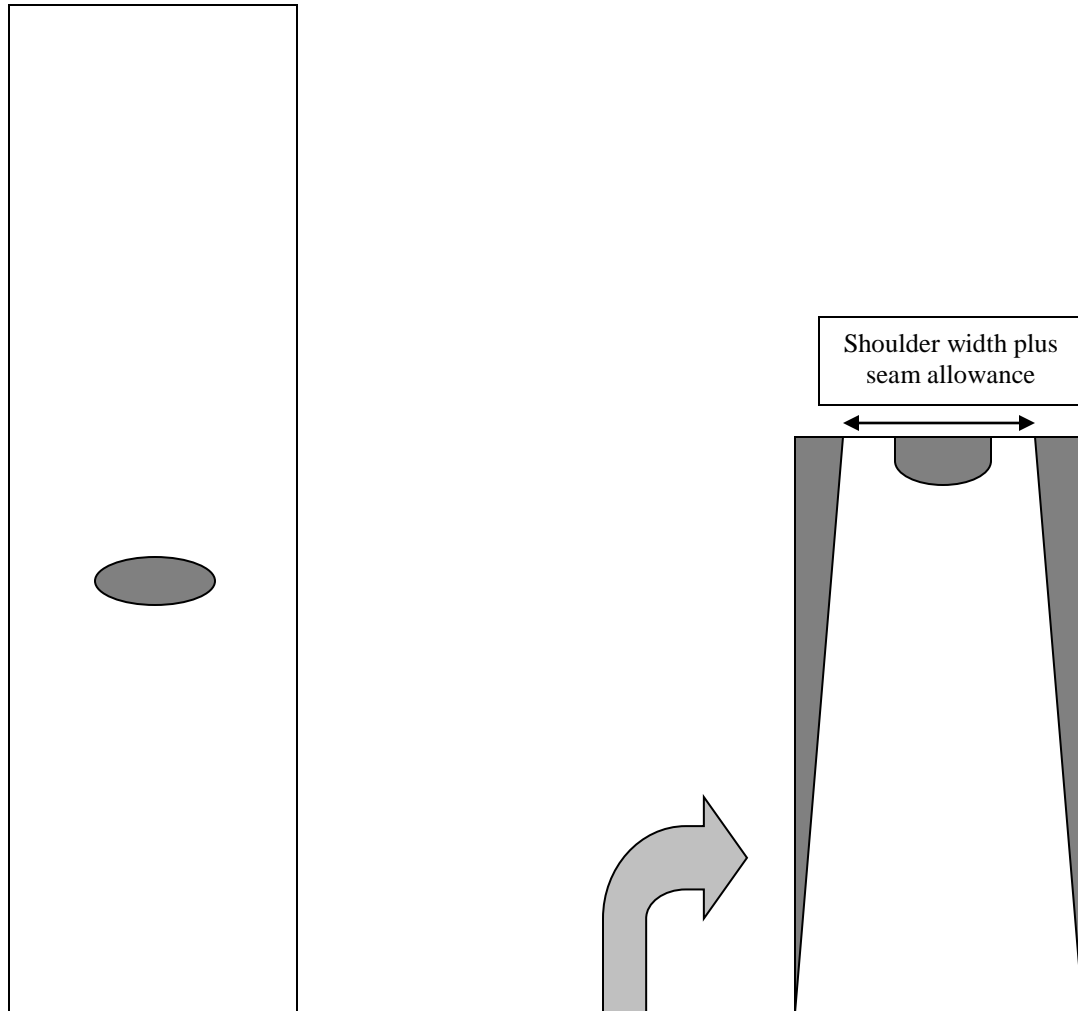
Directions for a Pictish Gown

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- ❖ Purchase a piece of fabric twice as long as the measurement from your shoulder to the floor, plus hem and shrinkage. For gentles with a shoulder measurement up to 21 inches wide, 45 inch wide fabric may be used. For gentles with a shoulder measurement up to 29 inches wide, use 60 inch wide fabric.
- ❖ Wash and dry the fabric as you intend to treat the finished garment.
- ❖ Split the fabric in half along the length of the piece to form two skinny panels. Cut one of the skinny panels in half to form two small rectangles. You should now have three pieces that look like:

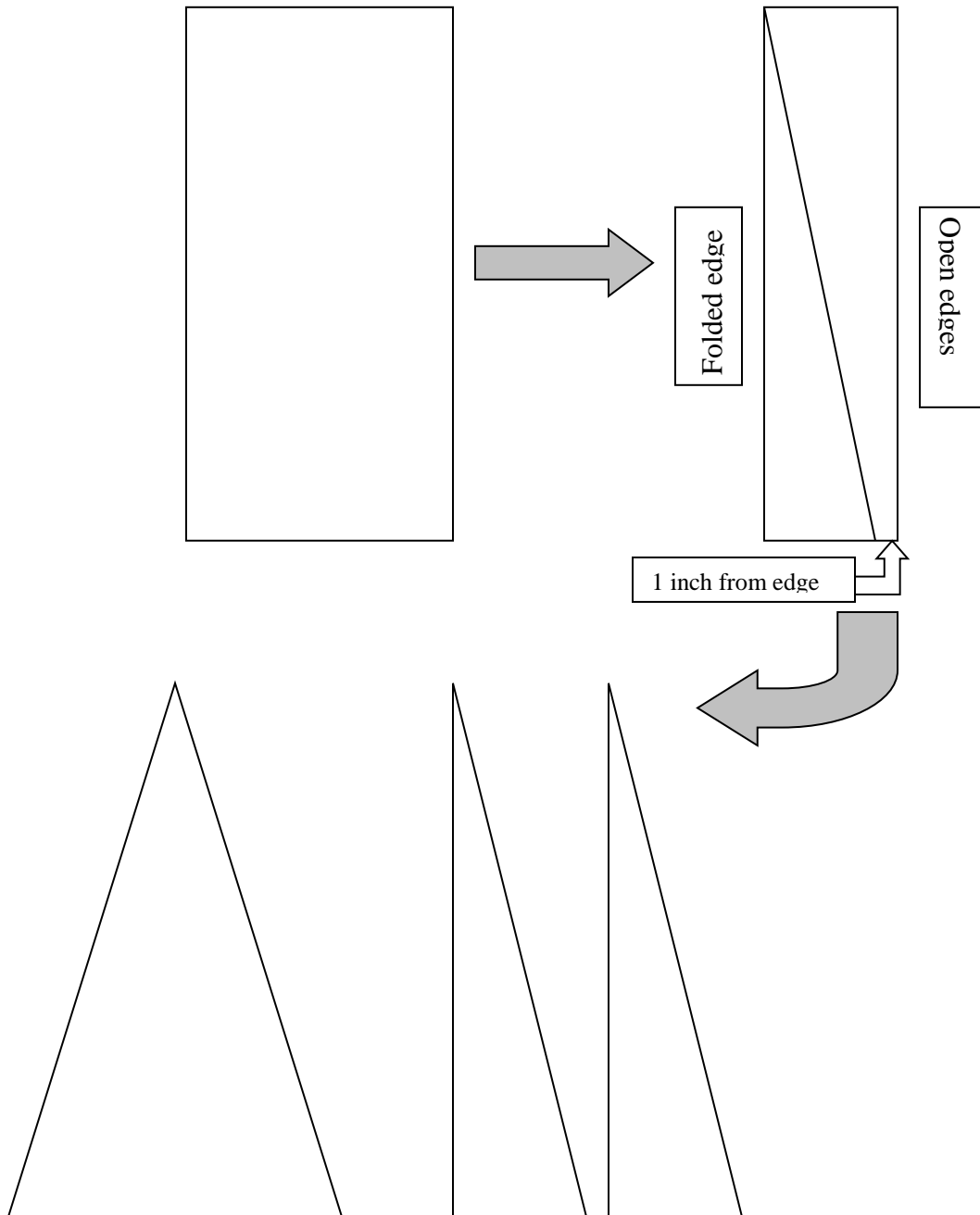


- ❖ The long skinny piece will become your front and back. Cut a neck hole in the exact middle. You may use any size or shape of neck hole that you desire, just remember that it will become slightly larger when finished. Finish the neckline using a facing or as desired. See illustrations below.

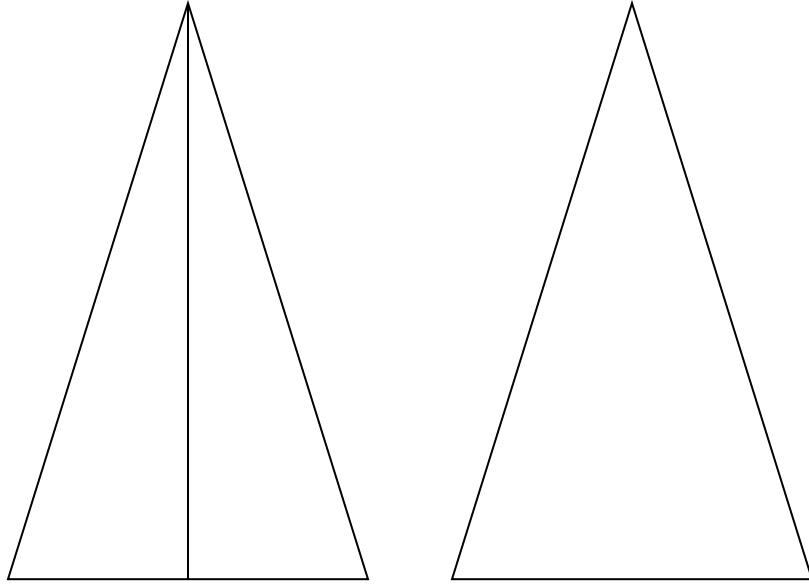


If your shoulder measurements vary significantly from the ideal 21 or 29 inches wide, you may want to trim down the width of the fabric to reflect your measurements. Fold the fabric in half so that the neck hole is in the middle as shown above. Cut triangles from the open sides of the fabric to trim the top fold down to your shoulder width plus seam allowances. This will give you a slightly diagonal front of the gown, but should be minimally noticeable.

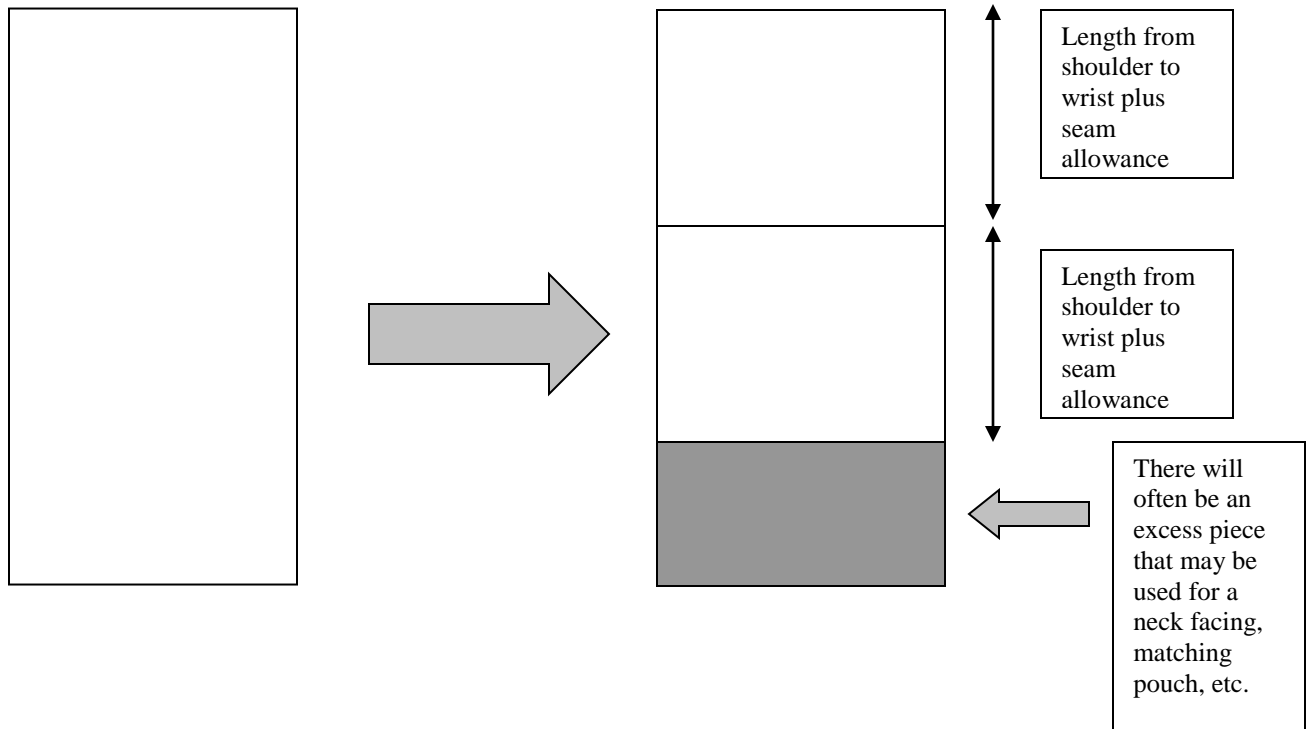
- ❖ One short fat piece will become the side gores for the gown. Fold the piece in half, measure one inch from the edge and draw a diagonal across the folded fabric. Cut along the diagonal to form one large triangle and two skinny triangles with flat tops. See illustrations below.



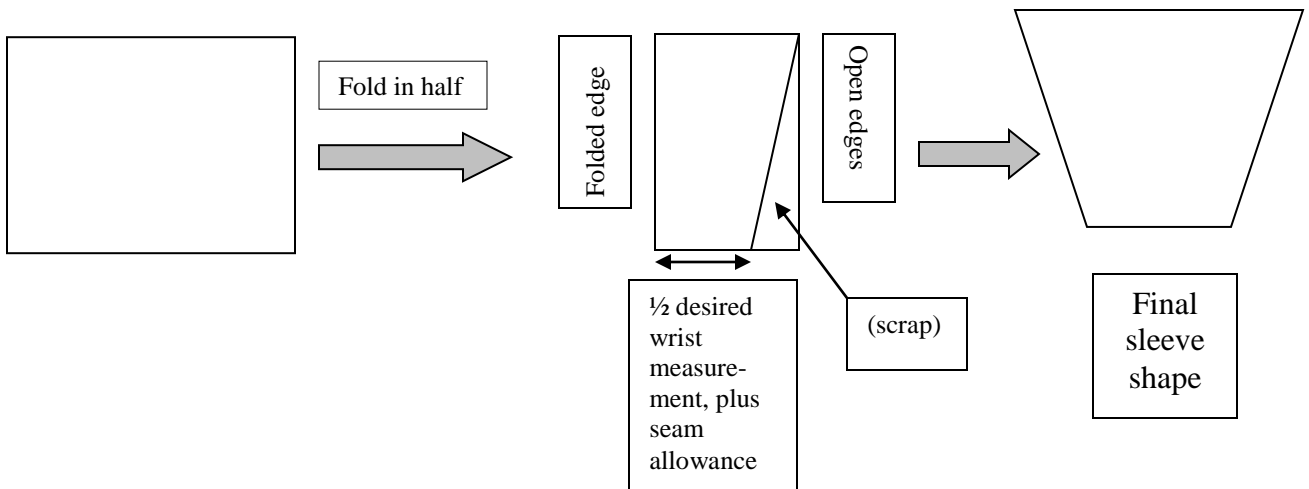
- ❖ Sew skinny triangles together to form a second large triangle (the flat tops should be eliminated since they will be used up in the seam allowance).



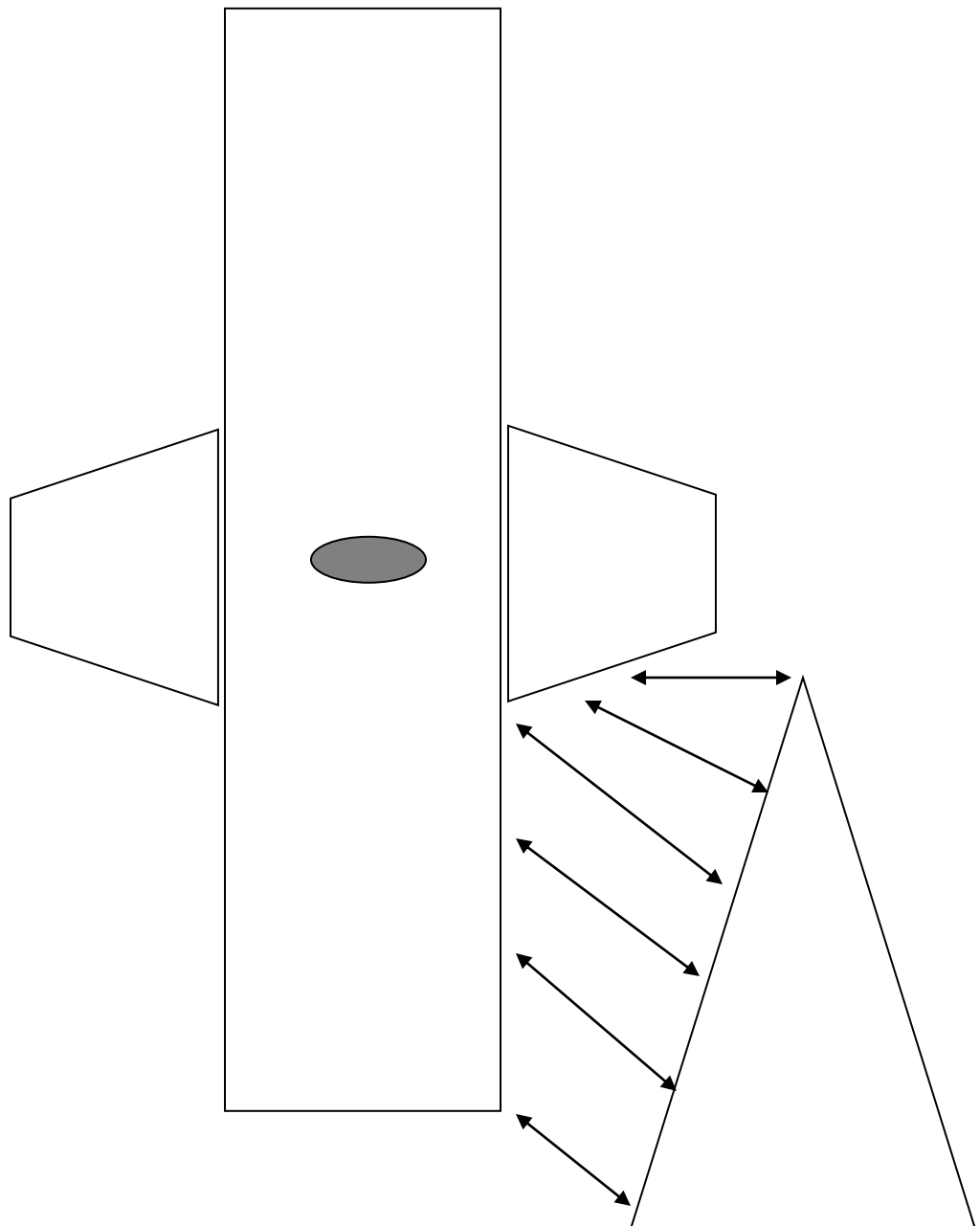
- ❖ Use the other short fat rectangle to cut your sleeve pieces.



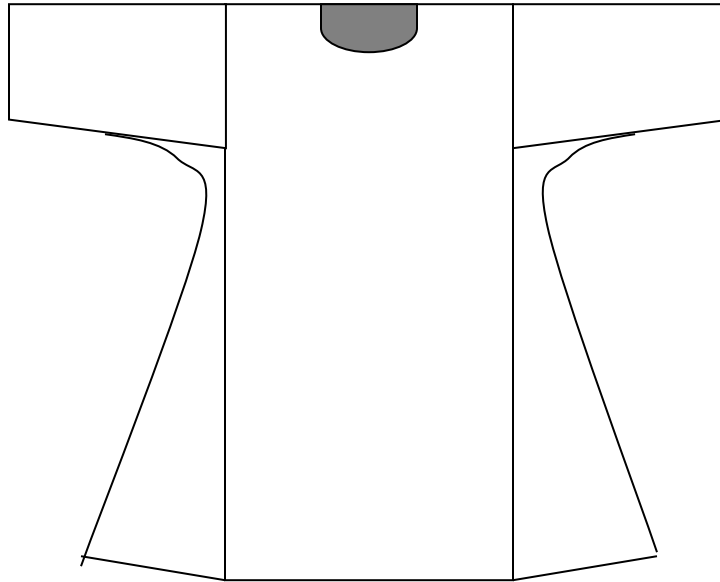
- ❖ If you would like tapered sleeves, trim both sleeves into parallelograms. Fold the sleeve piece in half. Measure how large a wrist opening you want, then divide it by two and add a seam allowance. Measure that distance in from the folded edge and mark. Draw a diagonal from that point to the opposite open corner of the sleeve piece and cut along that line. Repeat for second sleeve.



- ❖ Assemble gown. Sew arms to body, matching the center of the sleeves to the center of the body piece (i.e. where the neck hole is). Then, beginning at a front corner, join the body to a side gore. The core will extend past the arm seam and end a few inches before the elbow. Then begin at the wrist and sew the two sides of the sleeve together until you reach the gore. Then proceed by sewing the sleeve and body to the gore all the way down the back of the gown. Repeat on the other side.



- ❖ Try on the gown. Mark the desired length for sleeves and hem. Finish the sleeves and hem as desired. Your final garment should look like:



Congratulations!

**You have a period-plausible, minimally fabric wasting gown!
(now go teach all your friends how easy it was!)**