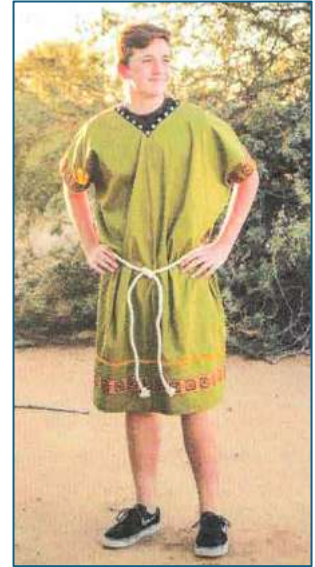


# Moroni's Promise Tunic Instructions

All participants - youth, tribe leaders, camp directors, bishops, and any others who visit the camp - should dress in Book of Mormon-type clothing at all times. Each person attending the event will need two outfits and a satchel. Clothing should be simple and inexpensive. Be resourceful. Where possible, use or re-use items you already have.

Choose earth-tone colors & patterns that are true to the Book of Mormon time period. Please no modern fabrics including pink leopard, floral prints, camo, bright neon colors, etc.

Fabric suggestions: 45-inch-wide cotton or cotton-blend fabric or twin-size flat sheet. Two average-size tunics can be made from one twin-size flat sheet. Use solid or striped earth tones; avoid bright, flowery, or large-patterned fabric.



## 1. Prepare fabric

- Wash and dry fabric; iron if necessary

## 2. Measure and cut fabric

- For length, measure yourself from the top of your shoulder to mid-knee and add 2 inches.
- For width, measure your chest or hip - whichever is largest. Divide the measurement in half and add 6-7 inches. It doesn't hurt to have a few more inches; the looseness can be fixed with a belt or sash.
- Fold the fabric in half lengthwise (fold will go across the top of shoulders). While cutting through both layers of fabric, cut the desired length (first measurement) and then the desired width (second measurement).
- For neck opening, measure around the largest part of your head, divide by 2, and subtract 1 Y inches.
- Cut an opening along the shoulder fold equal to the length of your head measurement, using one of the variations below. Be sure that the cut is centered in the fold, an equal distance from each edge of the fabric. (Be careful when cutting the neck opening; it gets big quickly!)
- a. Neck variations:
  - Cut a gentle scoop along the fold, line both sides or just in the front.
  - Cut along the fold, and then cut a "V" or a square on the front only.
  - Cut along the fold, and then cut a 4-6" slit down the center of the front.

### 3. Sew fabric

- Finish the neck edge with bias tape (learn how at [www.craftsv.com/blog/2013/05/how-to-sew-a-rolled-hem/](http://www.craftsv.com/blog/2013/05/how-to-sew-a-rolled-hem/)) or with a rolled hem (learn how [www.craftsv.com/blog/2013/05/how-to-sew-a-rolled-hem/](http://www.craftsv.com/blog/2013/05/how-to-sew-a-rolled-hem/)).
- To finish the side seam, measure down 11-13 inches from the shoulder fold (11 inches for smaller sizes and 13 inches for larger sizes). This will be the arm opening. Pin the right sides of the fabric together (in other words, outside or colored sides). Sew the side seam from the under arm to the hem using a  $\frac{1}{2}$  inch seam. (\*Option- stop 4-6 inches before the bottom of the hem on each side for side slits.) Turn tunic right side out.
- Finish the arm opening using the same method as the neck opening.

### 4. Hem tunic

- Hem the tunic using one of the following methods:
  - a. Rolled hem.
  - b. Rolled hem with a zigzag stitch in a contrasting thread color.
  - c. Fringe the bottom by cutting slits in the hem 1 or 2 inches apart. (You may want to sew a straight stitch just above the slits to prevent further fraying.)

