
How to Make a No-Sew Tunic

Check out this video.

<https://www.youtube.com/watch?v=6bWchT11mR4>

How to Make a Sleeveless Tunic

Use 44/45" cotton or cotton blend fabrics or a flat sheet. (2 medium sized tunics can be made from 1 twin size flat sheet.) Use solid or striped neutral colors – avoid fabrics that are bright, have large patterns or are flowery. The goal is for Book of Mormon period clothing. You may want to wash fabric as the sizing can irritate skin.

How to measure and cut fabric.

*For length **A**, measure from top of shoulder to mid-knee and add 2 inches. **Then double the measurement to know how much fabric you will need for 1 tunic.**

*For width **B**, measure whichever is largest – around your chest or hip. Divide measurement in half and add about 6 inches. The tunic needs to fit loose to allow for movement. The sash or belt will help.

Fold fabric in half . The fold will go across the shoulders.

Cut through both layers of fabric—first the desired length **A**, then width **B**

For neck opening, measure around the largest part of your head, divide by 2 and subtract about an inch for neck opening **C** . Cut an opening along the shoulder fold equal to **C**. Be sure the cut is centered along the fold. Be careful when cutting the neck opening; it gets big quickly. It helps to try on tunic after cutting neck opening to check the fit.

For neck variations:

Cut a gentle scoop along fold line – both sides or just in 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 or the front.

To stitch side seams, pin right sides of fabric together with fold still as top. Measure down 11-13 inches from shoulder fold to begin stitching. (The 11-13 inches will be the arm opening) Stitch to bottom of tunic using 1/2- to 3/4-inch seams You can leave last 6 inches at the bottom of sides open for side slits. Turn tunic right side out.

To finish neck and arm openings use rolled hem, bias tape or turn under and zigzag stitch.
