

II. DHONKA

[NOTE: THE WAY THAT THE SEWING OF SANGHA ROBES IS DONE IS NOT NECESSARILY THE SAME AS THE WAY SEWING IS DONE IN THE WEST. THEREFORE, PLEASE READ ALL THE DIRECTIONS CAREFULLY BEFORE BEGINNING TO SEW YOUR FABRIC]

A. Measurements

Due to the fact that most guide systems for sewing machines are in the inch system, sewing measurements are given in this system. However, for greater accuracy in some measurements, the metric system is used, with the English system conversion as follows:

- 1 Meter = 100 cm = 1000 mm = 39 3/8 inches =
 - OR 1 yard = 36 inches = 36" = 91.5 cm = 915 mm
- 2.54 cm = 25.4 mm = 1 inch = 1"
- 1.27 cm = 12.7 mm = 1/2 inch = 1/2"
- 0.635 cm = 6.35 mm = 1/4 inch = 1/4"
- 0.3175 cm = 3.175 mm = 1/8 inch = 1/8"

B. Size of Patterns

- 1) Using **Diagram II.a** for a guide, please compare the measurements of the
 - a. Shoulders
 - b. Length of Front piece from shoulder to bottom
 - c. Width of the Front piece at the bust line.
 - d. Back piece across the shoulder blades.
 - e. Length from under the arm to the bottom hem.
 - f. Width of the neck opening as measured between the two shoulders.
- 2) Do not forget to allow for seam allowances, usually 1/2- 1" total per piece in one direction and hems.
- 3) Adjust the size of the patterns by adding or subtracting the differences between your size and the pattern sizes.

C. Number of Pieces & Measurements (includes seam allowances)

See Diagram II.a.

There are 7 different pattern pieces which are used. [Arrows indicate measurements listed below.]

- 1) **Front piece, A. Total measurements:**
 - a) 18.75" across at bottom hem [1/2 of front, i.e., one side, left or right]
 - b) 17" underarm to bottom hem
 - c) 29.25" from mid shoulder straight down to hem
 - d) 7.0" = across shoulder

- 2) **Back piece, B [cut on fold]. Total measurements:**
 - a) 23.0" across at bottom hem,
 - b) 29.0" from shoulder at neck edge to hem,
 - c) 7.0" = across shoulder
- 3) **Collar, C [cut on fold]** = 33.5" in length X 8.5" in width [total length = 67"].
- 4) **Pocket, D** = 6.5" in length X 6.0" in width.
- 5) **Armhole Facing, E.** Measures 8 ½" down straight edge of the outside. Variable width, from ¾" top to 3 inches at bottom [see diagram IIa]; inside curve = 12.25", bottom curve 7 ¼". Cut two pieces, , for the left and right sides, so that one piece curves to the left and the other piece curves to the right (that is to say, they are mirror images to each other).
- 6) **Facing Triangle, F,** [actually a pentagon]: Cut according to diagram, with a upper left side of 4 ¼", an upper right side of 4 ½", a bottom base of 5 ⅛", with the two short sides ¼", and the distance at the bottom between the two points of what would be a triangle without the extra ¼" sides down, 5 ½".
- 7) **Sleeve Overlay, G,** is 31 ¾" long by 4 ½" wide.

The Dhonka is the most complex part of the Robes due to the many pieces. It is patterned after an elephant skin, and thus some of the parts are named after parts of the elephant. Please see the Layout [below] for cutting the various pieces of the Dhonka in **Diagram II.a**, below. Pay attention to whether or not pieces are cut on a fold, and the number of pieces to be cut. The patterns given here are for a single color Dhonka. To make a yellow and red Dhonka, please see section B, below at the end.

D. Layout & Cutting Instructions for Patterns

See Diagram II.b

Section A.

E. Sewing Instructions

- 1) **Front and Back Panels Shoulder Seams and Facings**
 - a) With the RIGHT SIDE of the Triangle and the WRONG SIDE of the Front armhole together, stitch the hypotenuse (longest side) of the Triangle to the Front armhole at the place shown in **Diagram II.c**. Fold down and top stitch the seam. Repeat for the other side.
 - b) With Right Sides together, stitch the facing for the armhole along the underarm and back of the armhole as indicated in **Diagram II.c**. Turn the facing to the inside.
 - c) Hem the side and bottom edges of facings with a ¼" edge turned under.
 - d) Top stitch the hemmed edges of the facing in place. Do not stitch the armhole seam as yet.
 - e) Stitch Back and Front Panels together at the shoulder seams using an *Overlap Seam*.

Overlap Seam Technique [See Diagram II.d].

- With Wrong SIDES together, lay the Back Panel on top of the Front, leaving the Back Panel short of meeting the Front Panel by $\frac{1}{4}$ " , that is, the Front Panel extends $\frac{1}{4}$ " past the edge of the Back Panel.
- Stitch a $\frac{1}{4}$ " seam [from the edge of the Back Panel and which is $\frac{1}{2}$ " from the edge of the Front Panel].
- Fold over the extra $\frac{1}{4}$ " of the Front Panel to cover the raw edge of the Back Panel. Fold $\frac{1}{2}$ of this $\frac{1}{4}$ " [=1/8"] under to hide raw edge. Pin and press.
- Then top stitch close to the folded edge of the Front Panel to produce a finished seam on the inside of the garment. Press finished seam.

2) Front and Back Panels Side Seams and Bottom Hem [See Diagram II.e].

- a) Measure 11" up from the bottom of the garment. With WRONG SIDES together, sew the rest of the side seams of the Front and Back together. We will be using the Overlap Seam technique [above, as in **Diagram II.d**] for the bottom 11". But first we will sew all the side seams together in the following way:
- b) Keep the Back Panel short of the Front Panel by $\frac{1}{4}$ " , then sew the Back and Front together, using a $\frac{1}{4}$ " seam with the Back Panel as a guide.
- c) See **Diagram II.e**, Carefully sew the Elephant's Tooth and armhole facing to the Back Panel, with the Elephant Tooth between the facing and the Back Panel, leaving the raw edges of the tooth and facing on the OUTSIDE of the garment's Back Panel.
- d) Measure 11" up from the bottom edge of the garment.
- e) Using the Overlap Seam Technique, turn the extra $\frac{1}{4}$ " [with half of this $\frac{1}{4}$ " folded underneath] of the Front Panel over the Back raw edge, and stitch close to the fold to leave a finished seam on the outside...only up to the 11" mark from the bottom.
- f) Fold $\frac{1}{2}$ " of the bottom of the garment to the inside. Press. Fold $\frac{1}{4}$ " of this $\frac{1}{2}$ " under to make a neat hem. Stitch close to the inner edge.

3) Sleeve Overlay of Elephant's Ear [See Diagram II.f]

- a) Place the RIGHT SIDE of the Sleeve Overlay, G, over the WRONG SIDE of the Elephant's Ear of the Front Panel, flush to the raw edges of the Triangle that you previously sewed to the Front Panel at the armhole. Pin.
- b) On the backside, match up the raw edges of the Elephant's Tooth to the edge of the Sleeve Overlay. You'll be making a sandwich of the raw edges of the Armhole Facing and Elephant's Tooth between the Back Panel and the Sleeve Overlay.
- c) Stitch the Sleeve Overlay to the raw edges of the Triangle, up and over the armhole of the Elephant's Ear of the Front Panel and down over the raw edges of the Elephant's Tooth and Armhole Facing just to the bottom of the armhole.
- d) Turn the Sleeve Overlay of the Elephant's Ear so it folds out and over the Right Side of the garment. Note how the raw edges of the Elephant's Tooth and Armhole Facing are now hidden underneath the Sleeve Overlay.
- e) Press the seam and turn and press under a $\frac{1}{4}$ " hem along the inner edge and at the bottom of the back edge of this Sleeve Overlay.

- f) Pin and sew into place, then press.
- g) Top stitch the outer edges of the Sleeve Overlay of the Elephant's Ear, beginning at the bottom front edge and up and over the back to the bottom at a distance of ¼" from the edge. Top stitch the back bottom edge and the inside of the Sleeve Overlay up and over the back and down the front to the bottom by stitching close to the edge.

3) Blue Stitching and Blue Cord

- a) Add blue stitching on the outside of the garment at the front, armhole and the back in the manner shown in **Diagram II.g**.
 - i) Armhole stitching follows the line of the armhole ½' from the inner edge, just around the length of the facing and up to the top of the visible Elephant's Tooth. Only a single line is required.
 - ii) The location of the stitching on the back is across the back at the level of the bottom of the armhole. Sew double lines located ¼" apart.
 - iii) Stitching for the Front Panel is done at the waist line, about 7" or so from the bottom edge. Sew double lines located ¼" apart.
- b) Blue cord is added to the outside of the Elephant's Ear, starting at the inner bottom edge of the Elephant's Ear and up the Front side and down and around the underarm and back to the inner corner at the Front. Note the loop made at the corner of the Triangle. See **Diagram II.g**.

4) Collar

- a. The collar can be cut as either one or two pieces. If it is cut as two pieces, sew these pieces together with **RIGHT SIDES** together and top stitch the seam. Refer to **Diagram II.h**. Then proceed as follows:
- b. With the **RIGHT SIDE** of the Collar together with the **WRONG SIDE** of the Front neck opening, pin in place, leaving the bottom edges of the Collar and Front neck opening free.
- c. Beginning at the middle of the Back Panel, stitch the collar to the garment down to the bottom of one side. Repeat for the other side. Stitch a ¼" seam, remembering to leave the bottom edges of the Collar and Front neck opening free.
- d. Fold under ¼" of the other raw edge [side] of the collar and press.
- e. Roll up the rest of the Dhonka so the second edge of the Collar comes around to meet the Outside Edge of the Garment, with the Dhonka rolled up in between. **Diagram II.h**
- f. Beginning at the middle of the Back again, sew the Collar in place down to the bottom edge of the first side, keeping the rolled up Dhonka inside free from being caught in the stitching except at this edge. Repeat for the other side.
- g. Before turning right side out, check for errors such as unwanted pleating, making sure the corners curving around the neck opening are neatly sewn. Clip carefully at corners to prevent bunching of material.

- h. Carefully pull the Dhonka out through the bottom opening of one side by rolling outwardly. Press.
- i. Turn the bottom ends of the Collar inward so as to match the bottom hem of the Dhonka Edge. Stitch nicely.
- j. Fold Collar in half lengthwise.
- k. Press entire Garment.

5) Pocket

- a) Press under 1” of the top edge of the pocket. Fold ½” of this inch under to make a hem. Stitch close to the edge.
- b) Fold under ¼” of the remaining sides and bottom edges to the inside. Press.
- c) Pin the pocket to the inner side of the Left Front Panel at the place indicated in **Diagram II.i.**
- d) Stitch in place.
- e) Press.

Section B.

Two colored Dhonka.

- 1) To make a two colored Dhonka, the Front and Back will have two pieces of material to stitch together. The top portion will be yellow and the bottom portion will be red.
- 2) The Front Panel has a red panel that will extend from the blue stitching lines below the armhole, [which are at about the same level as the bottom edge of the Sleeve Overlay IN THE BACK] down to and including the bottom hem.
- 3) The back of the Dhonka will have a red panel that goes down from the level of the blue stitching in the back. This stitching is done at the level across from the bottom of the armhole. On the outside this occurs where the yellow joins the red or ½” up from the seam). Refer to **Diagram II.j.**

Diagrams can be found under II. Dhonka with the title: Dhonka Compressed Diagram Files.