

1. HAIR - Must be neatly groomed and away from the eyes.

2. SHIRT - White cotton shirt with embroidery on the neck, cuff and down the front. A red cord of embroidery cotton with tassels is tied into a bow in front of the neck.

Tassels - The length of the tassels when tied should be no longer than 2 1/2 - 4" in length.

3. PANTS - Loose fitting with billowy pant legs. Traditionally a gusset is inserted to allow for ease of leg movement, but this is not necessary with younger boys. The pants are gathered at the waist and ankles with an elastic casing.

4. SOCKS - All male dancers are required to wear black socks when wearing Poltava costumes.

5. SLIPPERS - Black dance slippers are to be worn. Please sew on an elastic to keep the slipper from falling off when dancing.

6. SASH / CUMBERBAND - A sash or Cumberband is worn to achieve a "finished look" to the costume.



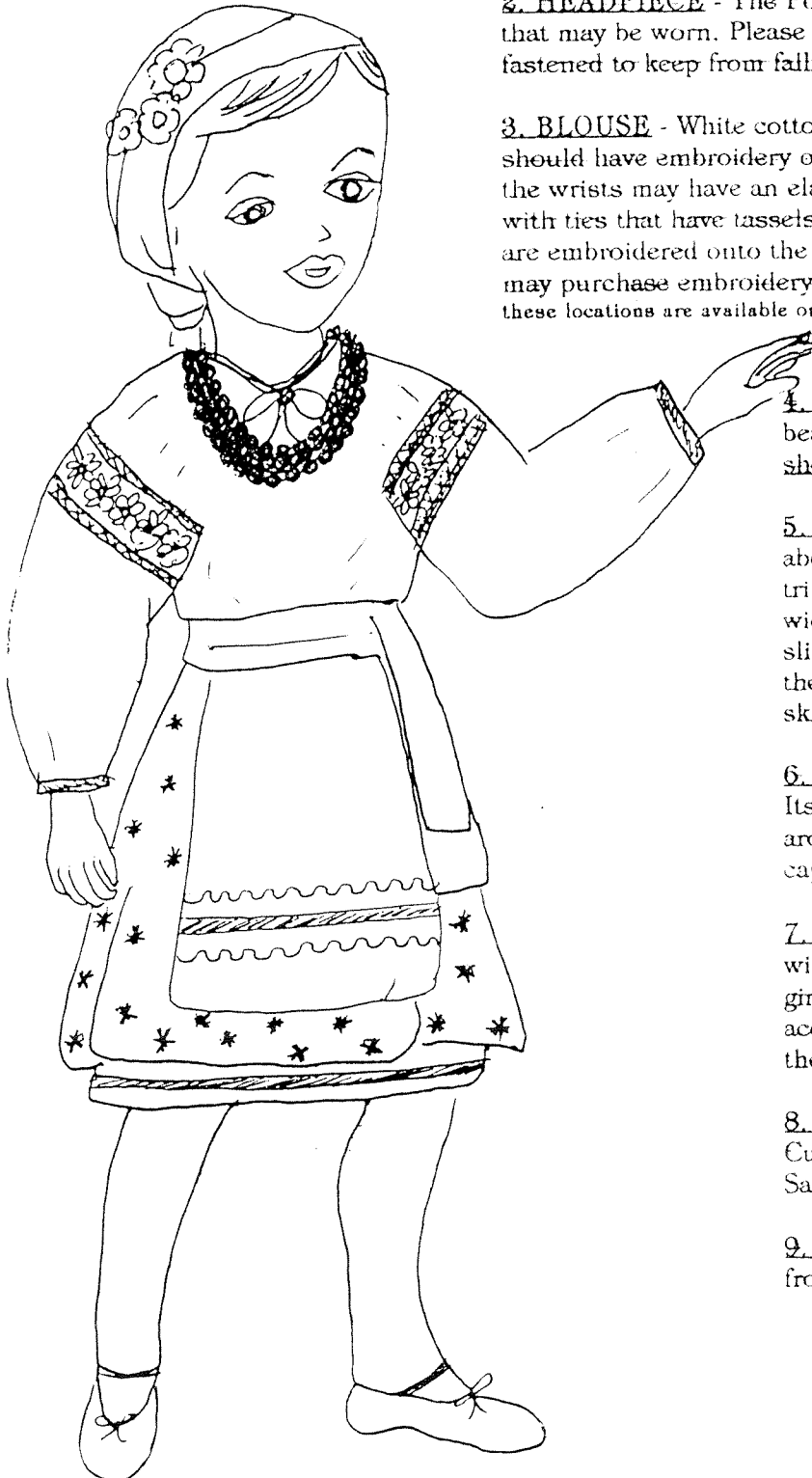
Carleen

Distributed by the Costume Committee for Selkirk & District Ukrainian Dance Club
Girl's Ukrainian Dance Costume *** POLTAVA ***

1. HAIR - Long hair is to be braided so that it is kept off of the face. Short hair can be kept off the face with hair gel. A hair net may be worn to keep stray hairs in place.

2. HEADPIECE - The Poltava Region has a vast assortment of headpieces that may be worn. Please make sure that your daughter's headpiece is well fastened to keep from falling off.

3. BLOUSE - White cotton peasant blouse with raglan sleeves. The blouse should have embroidery on the sleeves and around the neck (or crocheting), the wrists may have an elastic casing or small cuff. The neckline is gathered with ties that have tassels of embroidery cotton. Geometric and floral motifs are embroidered onto the blouse. If you do not choose to cross-stitch you may purchase embroidery tapes at various locations in Winnipeg. (A List of these locations are available on the Costuming Assistance Sheet.)



4. BEADS - Three strands of red wooden beads. The beads are strung onto red embroidery cotton. Strands should not be long, just below the neck.

5. SLIP - White slip with an embroidery trim that is about 1 1/2 - 2" below the skirt. When purchasing trim, keep in mind that it should be about 1/2 - 3/4" wide. When sewing the trim onto the bottom of the slip, attach the trim about 1/2" from the bottom of the slip. The slip should hang 1 - 1 1/2" below the skirt with the trim exposed.

6. SKIRT - Gathered skirt with an elastic waistband. Its width is a touch more than twice the width around the hip and extends to 1/2 - covering the knee cap.

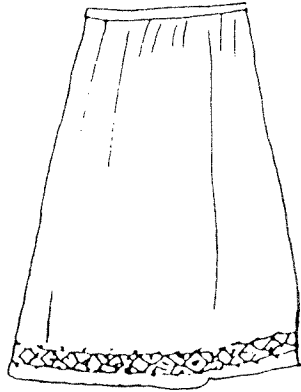
7. APRON - Gold or deep yellow in color. Approx. width is from hip to hip. 15" or a little more for bigger girls. A tuck at each side or a slight gather is acceptable. The apron length should reach 3/4 down the length of the skirt. Apron has two narrow ties.

8. SASH OR CUMBERBAND - The Sash or Cumberband is worn to finish the costume. The Sash is worn on the left side.

9. SLIPPERS - Slippers should have elastics to keep from falling off when dancing.

Half slip
(pidtochka) (pidtychka)

A slim fitting undergarment resembling our current half slip. It is actually the lower half of the shirt (sorochka) which extended below the knee. The lower edge of the half slip is embroidered $\frac{1}{2}$ in. - $1\frac{1}{2}$ in. (2 - 4 cm.) in the colours and motifs complimentary to those in the shirt as it was part of the shirt originally. It is made of the same material as the shirt, linen, cotton or cotton/polyester blend. The pidtochka is gathered at the waist (in a fixed waistband, or with elastic) and extends 3 in. (7.5 cm.) below the knee. Relatively, it is 2 in. (5 cm.) longer than the shirt.

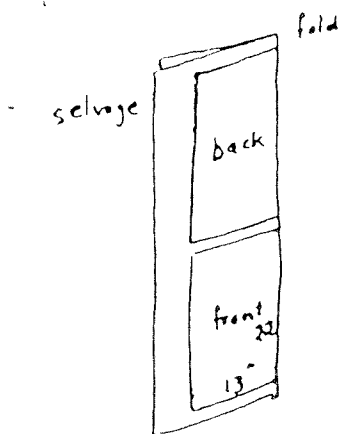


Yardage required

1 $\frac{1}{3}$ yd. of 36 in. width - 90 cm. - 1.25 m.

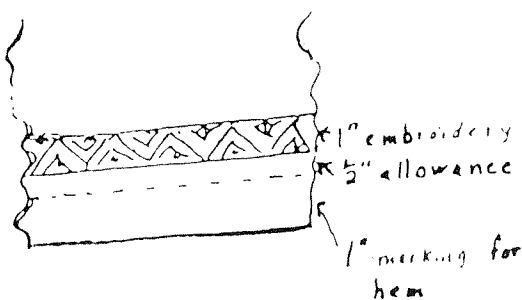
1 $\frac{1}{3}$ yd. of 45 in. width - 115 cm. - 1.25 m.

$\frac{2}{3}$ yd. of 58 in. width - 150 cm. - .6 m.



Method

Cut two rectangles on fold, longer side on length of fabric. Here is a sample measurement: 13 in. x 22 in. Adjust to fit your use. Stitch side seams, make elastic casing, and mark one inch hem.



Embroidery strip is about one half inch above completed hem, i.e. the line drawn one inch from edge on fabric.

According to one's preference embroidery can be done before or after the construction of the slip, however, it is easier to do it after as there is less adjustment. Hem is then completed after embroidery. Some suggest to give a larger than one inch hem allowance in order to cover the underside of the embroidery. Again, this is preferential.

POLTAVA SKIRTS'

Floral skirt fabric is sold @ 45" width. For adequate fullness you should have 3-4 times your child's waist.

INSTUCTIONS:

Sew pieces together (wrong sides facing). Flowers should open upwards. You may match flowers if you wish.

Create a casing along upper edge to hold 3/4-I" elastic.

Hem bottom generously (2-4") to allow for growth. Skirt length should allow for embroidered edge of slip to show. Slip should hang to just below the knee.

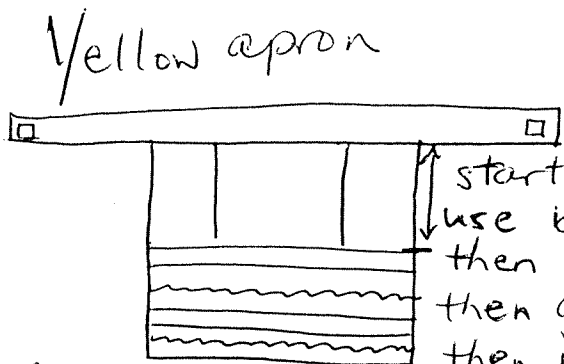
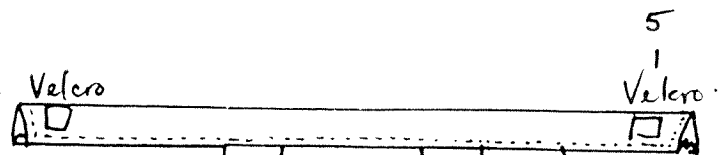
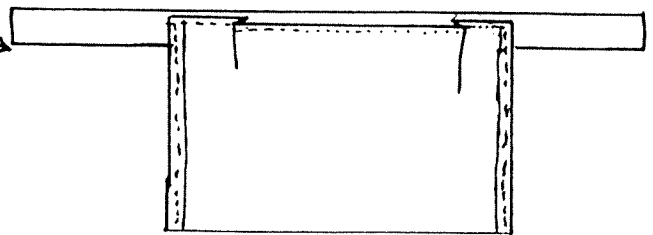
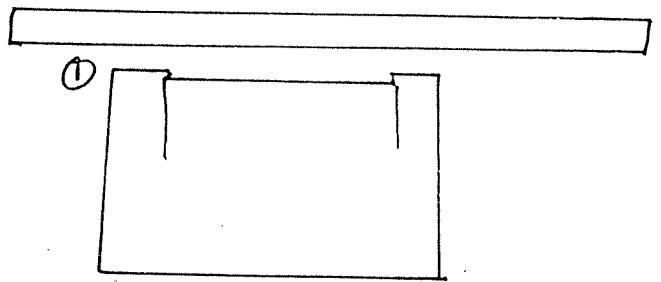
Apron (Fartukh)

The apron (fartukh) is a simple apron, traditionally made of wool in plain colours of wine, royal blue, gold or white. The apron covers the front of the skirt from hip to hip and extends to a length of about 3" above the hemline of the skirt. The bottom 1/3 of the apron is trimmed with embroidery of the region. A waistband and ties, 1 1/2 inches in width, secure the apron around the waist.

Materials: 0.6 m of fine wool or gabardine
 Embroidery tape, ribbon, ric-rac
 Vel-cro Interface(optional)

Measure: waist, length, hip to hip(add 5" to allow for tucks)

1. Cut a rectangle approx. 16" x 15" (hip to hip X length) 1.
2. Cut waistband 3" X waist plus 4"
3. Mark and stitch 3/4" tucks, 4" from each edge.
4. Hem sides of apron with a double fold of only 1/4", straight stitch.
5. Mark centre of top of apron, mark centre of length. With right sides facing, straight stitch across top of apron, keeping tucks in place. 2.
6. Fold waistband over to cover seam, press along length of tie.
7. Straight stitch folded edges to finish ties and waistband. 3.
8. Measure length and hem with a double fold. 4.
9. Attach vel-cro to fit waist. 5.
10. Apply strips of braid trim, ric-rac or ribbon horizontally to apron. b.



start 1/2 way
 use blue ribbon
 then red ricrac
 then green ribbon
 then red ricrac

Measure approx 1 1/2" between each row of trim.

Finish with approx 2" of apron fabric below

2nd ricrac. If your daughter is short then adjust these measurement

Bead strands

Children dancing in Beginner, Junior and Intermediate classes require a 3-strand set of beads. These should be red wooden beads and can be purchased from our club or on your own. Following are some instructions for stringing beads purchased through the club.

Requirements:

Red wooden beads(amts. depend on bead size)

Embroidery floss or thin ribbon(Dollar store)

This year we could only get the 10mm beads so the numbers will be different than previous.

Cut 3- 40" lengths of whichever material you will use for stringing the beads. Use a double strand of Embroidery floss for added strength.

String 36 beads on one length, 40 on the second and 44 on the third. Total of 120 beads. (fig. 1)

Gather the strands, tie a knot at the ends of the beads then braid the remainder Of each strand. This will give some strength to the strings to tie when wearing. (fig. 2)

