PIECES (5)
MEDICAL GOWN
1 FRONT
2 BACK
3 SLEEVE
4 GUIDE FOR ELASTIC
5 TIE END

THINGS YOU’LL NEED

NOTIONS
› 1 yd. of 1"(2.5cm) wide Elastic
› One package of 1/2"(1.3cm) wide Double Fold Bias Tape.

SUGGESTED FABRICS
› Cotton and Cotton Blends.
**CUTTING INFO**

USE PIECES: 1, 2, 3, 5
(PIECE 4 IS GUIDE FOR ELASTIC)
ALL SIZES

**YARDAGE**

<table>
<thead>
<tr>
<th>SIZES</th>
<th>SMALL</th>
<th>MEDIUM</th>
<th>LARGE</th>
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</thead>
<tbody>
<tr>
<td>SUB SIZES</td>
<td>(34-36)</td>
<td>(38-40)</td>
<td>(42-44)</td>
</tr>
<tr>
<td>45&quot;</td>
<td>3 ¾</td>
<td>3 ¾</td>
<td>4 ½</td>
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**BODY MEASUREMENTS**

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<td>(38-40)</td>
<td>(42-44)</td>
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<tr>
<td>CHEST</td>
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<tr>
<td>WAIST</td>
<td>28-30</td>
<td>32-34</td>
<td>36-39</td>
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<tr>
<td>HIP</td>
<td>35-37</td>
<td>39-41</td>
<td>43-45</td>
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**FINISHED GARMENT MEASUREMENTS**

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<tbody>
<tr>
<td>SUB SIZES</td>
<td>(34-36)</td>
<td>(38-40)</td>
<td>(42-44)</td>
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<tr>
<td>BACK WAIST LENGTH</td>
<td>48</td>
<td>48 ½</td>
<td>49</td>
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MEDICAL GOWN

NOTE: USE 5/8” (1.5 CM) SEAM ALLOWANCES UNLESS OTHERWISE INDICATED.

FRONT, BACK AND SLEEVE

1. Stitch FRONT (1) and BACK (2) to SLEEVE (3) at armhole edges, as shown. Stitch again 1/4” (6mm) away in seam allowances. Trim close to stitching. Turn seam toward sleeve.

2. To form casing, turn lower edge of sleeve to inside on foldline. Turn under 1/8” (3mm) on raw edge; press. Stitch close to inner edge.

3. Cut two pieces of 1” (2.5cm) wide elastic, the length of GUIDE FOR ELASTIC (4).

NECK BINDING

5. To prevent neck edge from stretching, stitch 3/8” (1 cm) from raw edge.

6. For binding, open out one folded edge of bias tape; press out crease and reshape tape to match curve of neckline by pressing lightly.

7. Pin bias tape to neck edge, placing crease along 1/2” (1.3 cm) seamline. Stitch along crease. Trim gown seam allowance even with bias tape.

8. Turn bias tape to inside along fold, encasing seam allowance. Press. Baste folded edge in place covering stitching. On outside, stitch along basting on binding.
**FINISHING**

9 Pin front and back together at sides; pin sleeve edges together. Stitch in one continuous seam. Stitch again 1/4”(6mm) away in seam allowances. Trim close to stitching. Turn seam toward back.

10 Fold back opening edge to inside along foldline. Turn in 1/4”(6mm) on raw edge; press. Stitch close to pressed edge.

11 Turn up hem. Baste close to fold. Trim hem to an even width. Turn under 1/4” (6mm) on raw edge; press. Baste close to upper pressed edge.

Stitch hem in place along upper basting, as shown.
With wrong sides together, turn in one end of each TIE END (5); press.

Fold each tie end along outer foldlines. Press. Fold in half lengthwise, wrong sides together, along remaining foldline; press. Stitch along edge of end and long edge, as shown.

Pin tie ends to back, centering unfinished end 1/2”(1.3cm) over symbols, as shown. Stitch. Trim seam allowance to 1/4”(6mm), being careful not to cut garment.

Turn tie end over seam. Press. Stitch, as shown, through all thicknesses, encasing seam allowances.
Congrats!
You've completed your sewing adventure!

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