**Fabric Cutting:**

42” or 45” wide x 2.5 Yards (before washing). Prewash fabric in hot water & dryer before cutting to allow shrinkage. For wider fabric lay out pieces as best as they fit.

*If you don’t have enough fabric to cut as shown you can piece the sleeves lengthwise by cutting out 4 pieces 24” x 10.5” then sew together to form 2 pieces as shown.*

**Also required:**

- 2 pieces of ½’ wide elastic cut in 8” lengths
- 30” length of double-fold bias tape for neckline
- 2” piece of velcro

*For belt: 1 piece 2” x 64”, or cut 2 @ 35” then sew together.*
INSTRUCTIONS:

With front piece right-side-up lay the 2 back pieces right-side-down so the 9.25” shoulders match, pin and sew.

Then iron seams toward back.

Top stitch on right side of back pieces to secure seam.

On wide end of sleeves mark the center (12”) and each corner ¼” from the end. Lay out front and back pieces with shoulder seam right-side-up. Match center of sleeve mark with shoulder seam – right sides together. Pin and sew, starting and stopping at the ¼” marks.

Iron seam toward front/back pieces.

Top stitch on right side starting and stopping at ¼” marks.
INSTRUCTIONS:

With right sides together, match ends of sleeve, armpit seams, and bottoms of gown front with back. Pin and sew.

Then zigzag in seam allowance from armpit to end of sleeve to keep from fraying.

Iron sleeve seam flat.

Iron side seam toward back piece.

On right side top stitch on back piece to secure seam.
INSTRUCTIONS:

To make ¼” hem down backs and along bottom: Starting at neckline of back piece, right side of fabric down, fold over ¼” and finger press, then fold again another ¼”. And stitch. Do this down the length of back to the bottom.

Before reaching the bottom corner fold up bottom ¼”, then another ¼” and pin.

Stitch to corner, leave needle down then pivot fabric and repeat process along the bottom and to next corner, then do the same up the other back piece to the neckline.
INSTRUCTIONS:

For neckline: *(These instructions are for using double-fold bias tape. If you have no bias tape then just do a narrow rolled hem around neckline like you did on previous page.)*

Open bias tape flat and fold in ¼” end then place wider side of bias tape under back piece at corner of neckline. Fold over and pin.

Do this around entire neckline.

At other corner, cut bias tape about ¼” from end of back fabric, fold end in and pin in place.

Top stitch around neckline. At start and end pivot and stitch closed biased tape.
INSTRUCTIONS:

For belt: *(These instructions show how to make belt like double-fold bias tape. You can instead use ribbon and just sew in place as shown on the next page.)*

If you need to piece belt do so as shown here.
Place 2 ends right sides together overlapping ¼”. Cut outer corner off at 45 degree angle allowing a ¼” seam from corners where they overlap.

Stitch seam then press open.

Follow process on previous page for neckline:
Fold ends in ¼”, then fold in sides ¼” and press.

Fold in half, press and stitch, pivoting at ends to sew closed.
INSTRUCTIONS:

To place belt:
Fold front in half lengthwise to find the center, then mark 14.5” down from neckline.

Mark line 6” wide.

Place center of belt on center mark and pin in place.

Stitch in place down both sides for 6”, double stitching the 2 ends for strength.
INSTRUCTIONS:

With sleeves inside out, fold over ½” and press. Then turn sleeves right side out.

Make a loop of elastic overlapping ¼” then zigzag. Mark elastic loops & ends of sleeve: Fold elastic loop in half and mark, then bring those marks together and mark. Repeat for sleeve opening.

Place elastic loop inside end of sleeve matching marks, pin in place so elastic covers cut edge of fabric.

Zigzag stitch outside edge of elastic using finger and thumb to stretch elastic to the length of the sleeve fabric. Then repeat, zigzag stitching the inside edge of the elastic.

Finished sleeve looks like this.
INSTRUCTIONS:

Lay gown face down and place 2” pieces of velcro as shown with inside piece in approximately 1” in from edge.

Zigzag stitch around each velcro piece.

Now congratulate yourself and admire your work!