

# How to make a gown!

1. Cut out the neck hole (9" wide and 4 1/2" deep) in the center front of the Front Panel. Cut the shoulder shape. Cut the Front Panel to length if required. Cut off logo's if there are any.

See Figure 1 for dimensions.

2. Cut the Back Panel shoulder shape and cut to length if required. Cut off logo's if there are any.

See Figure 2.

3. Pin the two body panels together **coated** side in. The coated side ends up on the outside of the gown.

4. Sew the front and back panels together at the top of the shoulder seams. Do NOT sew the neck hole or the sides.

All Seam widths at 3/8"

See Figure 3.

5. Take the third panel of fabric and cut two sleeves and three waist belt pieces. The three belt pieces should make a belt about 70" long. Cut off logo's if there are any.

See Figure 4 for dimensions.

6. Fold open the front and back panels at the shoulder seam & sew a sleeve to each side centered on the shoulder seam. Lay the sleeves across the gown coated side to coated side.

All Seam widths at 3/8"

See Figure 5.

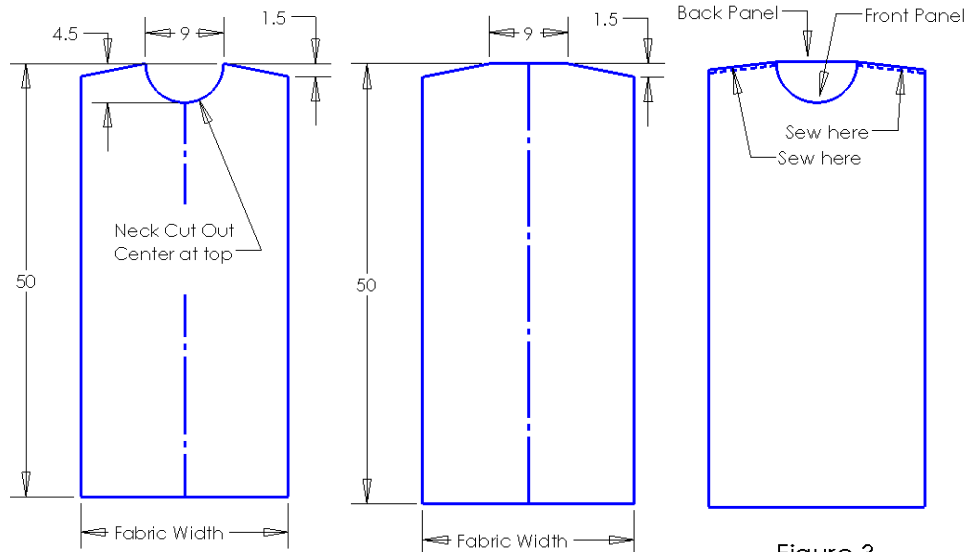


Figure 1  
Cut the Front Panel

Figure 2  
Cut the Back Panel  
Same as Front Panel  
w/o the neck hole

Figure 3  
Sew Front to Back  
Coated sides together

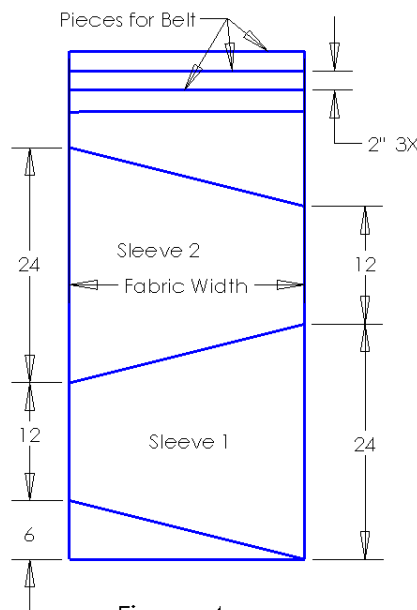


Figure 4  
Sleeve - cut 2

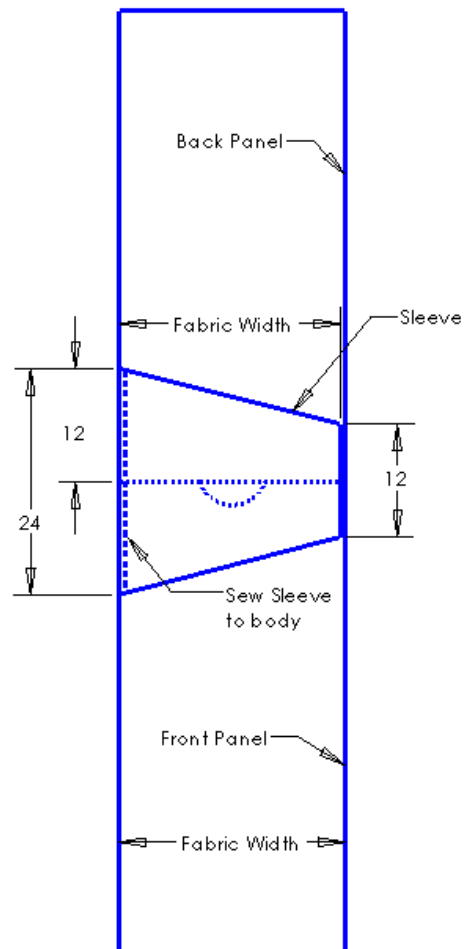


Figure 5  
Sew Right Sleeve to Body  
Coated Side to Coated

# How to make a gown!

7. Fold the gown back together coated side to coated side and pin the front panel to the back panel and the sleeves to themselves.

8. Sew from the sleeve to the bottom of the gown on both sides.

See Figure 6.

All Seam widths at 3/8"

9. Cut the **BACK PANEL** in half from the middle of the bottom to the middle of the neck hole. Don't cut the Front Panel.

See Figure 7.

11. Sew the provided bias tape around the cuff of each sleeve overlapping to make a thumb hole out of the 2" gap in the stitching.

12. Cut a thumb slit in each of the cuffs and Bar Tack at end. The slit is in the **FRONT** of the sleeve!

See Figure 8.

13. Sew bias tape around the neck hole. Start sewing at back top corner of back panel. Leave 12" of tape on both ends for ties at the neck.

14. Make a 3/4" wide double layer belt out of the pieces cut in step 5. Sew the three pieces end to end then fold into thirds and stitch full length down the middle. Fabric side out.

See Figure 4 for cutting.

15. Sew the belt to the center of the Front Panel.

See Figure 6 for location.

16. Turn the gown inside out with the coated side **OUT** & fold neatly.

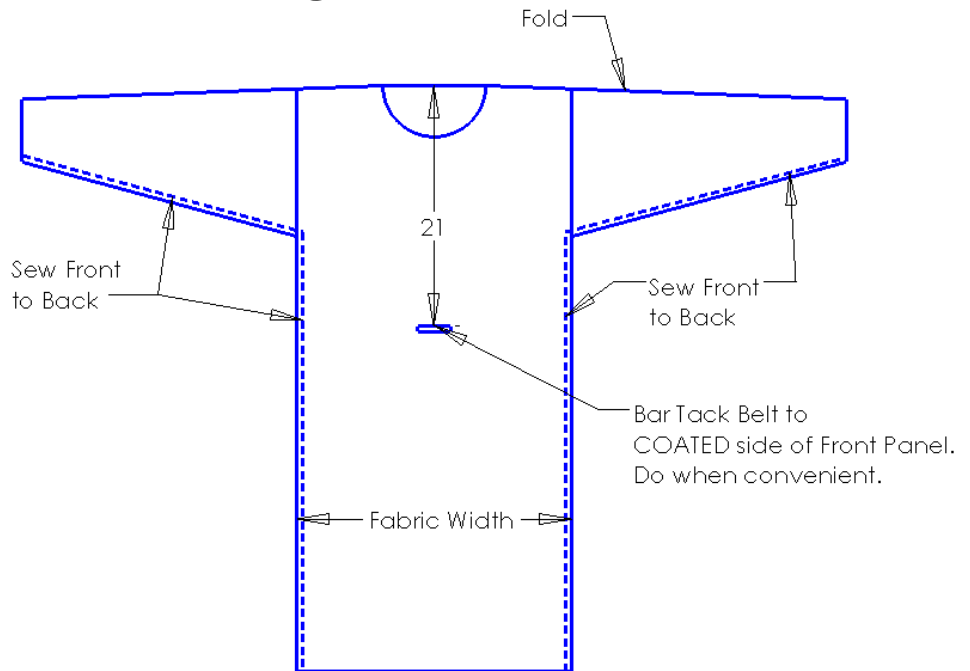


Figure 6  
Sew under Sleeves to Bottom  
Coated Side to Coated

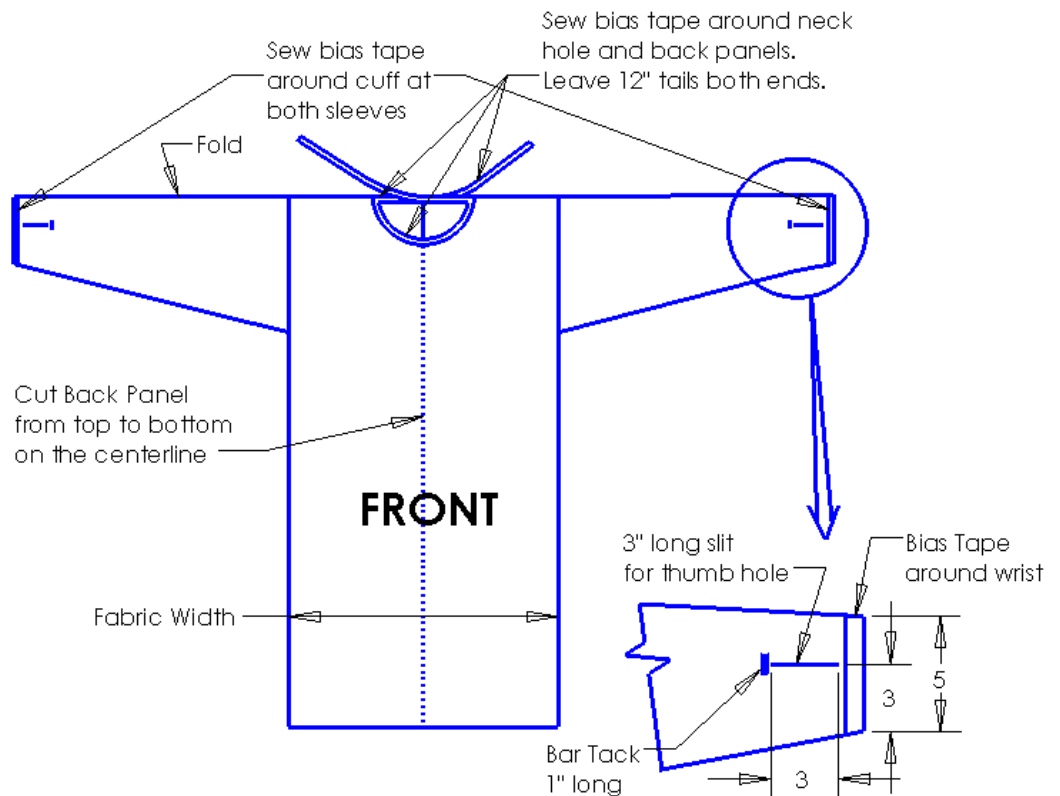


Figure 7  
Cut Back Panel up the middle  
Sew in bias tape neck & cuffs

Figure 8  
Cut Thumb Slot in Sleeve  
Bar Tack end of slot