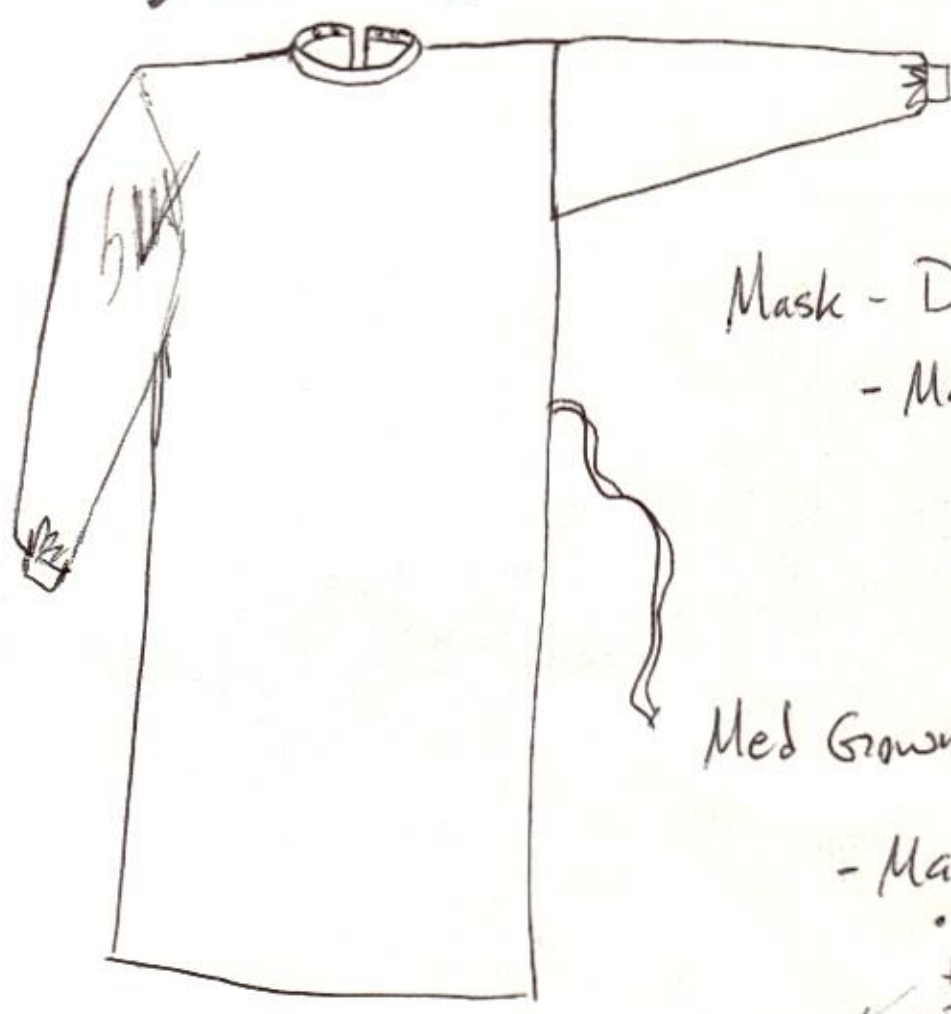
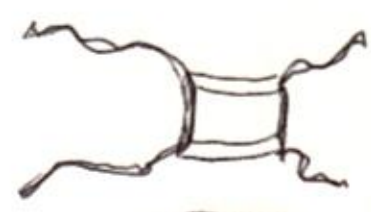


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Patterns For

Tie On Face Mask &
 Full Length Open
 Back Medical Gown



Mask - Difficulty = Easy

- Materials
 - Tight weave Cotton fabric
 - Thread
 - Iron & Sewing Machine
 - Measuring Tape

Med Gown - Difficulty = Moderate

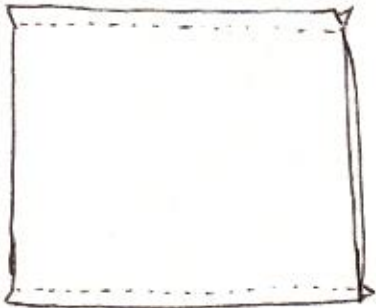
- Materials
 - 3 yards 45" width tight weave Cotton
 - Thread
 - Iron & Sewing Machine
 - Lay-out Space
 - Notions - Elastic for wrist cuffs
 - 3 snaps for neck
 - Tailor's chalk & Spray edge, compass or 9" across circle.



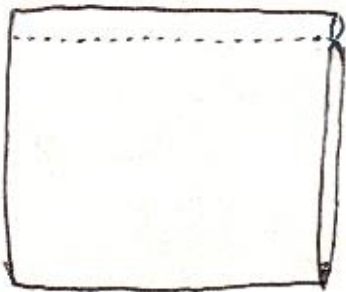
2.5 yds of 60" wide

Tie On Mask Instructions

- ① Place fabric right "pretty" sides together. Stitch $\frac{1}{4}$ " from top & bottom so you have a tube



- ② Turn the tube right sides out. Top stitch $\frac{1}{4}$ " to $\frac{1}{2}$ " down from the upper seam to make a channel for the nose wire insert



- ⑤ Make double fold Tape

- A) Cut eight 1" strips from the 8" x 12" fabric.



- B) Sew the strips end to end for just under eight feet of tape.

- C) Press seams open & flat.

- D) Fold in half lengthwise and press with a hot Iron (seams inside)

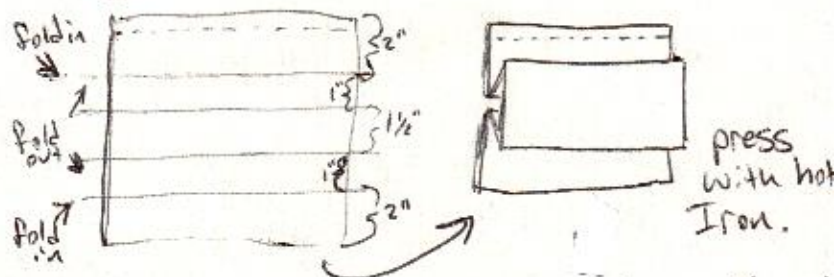
- E) open up, fold edges to middle crease and press flat

- F) Cut Tape in half

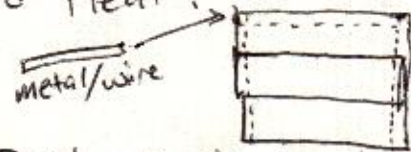
Materials

- Two 8" x 8" squares tight weave cotton.
- 8" x 12" fabric to make double fold tape for ties
- Measuring Tape, Scissors, Thread, Iron & Sewing Machine.
- Wire or metal for nose bridge.

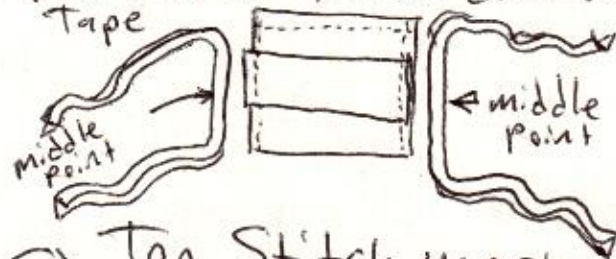
- ③ Fold a "Box Pleat" in the Mask



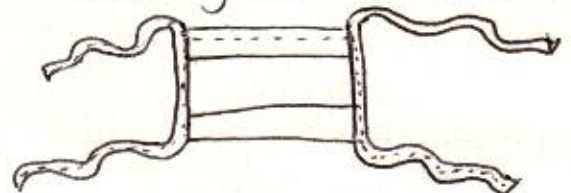
- ④ Slide wire nose bridge inside top channel. Top stitch sides $\frac{1}{4}$ " from edge to hold pleat & secure wire.



- ⑥ Push mask inside double fold Tape



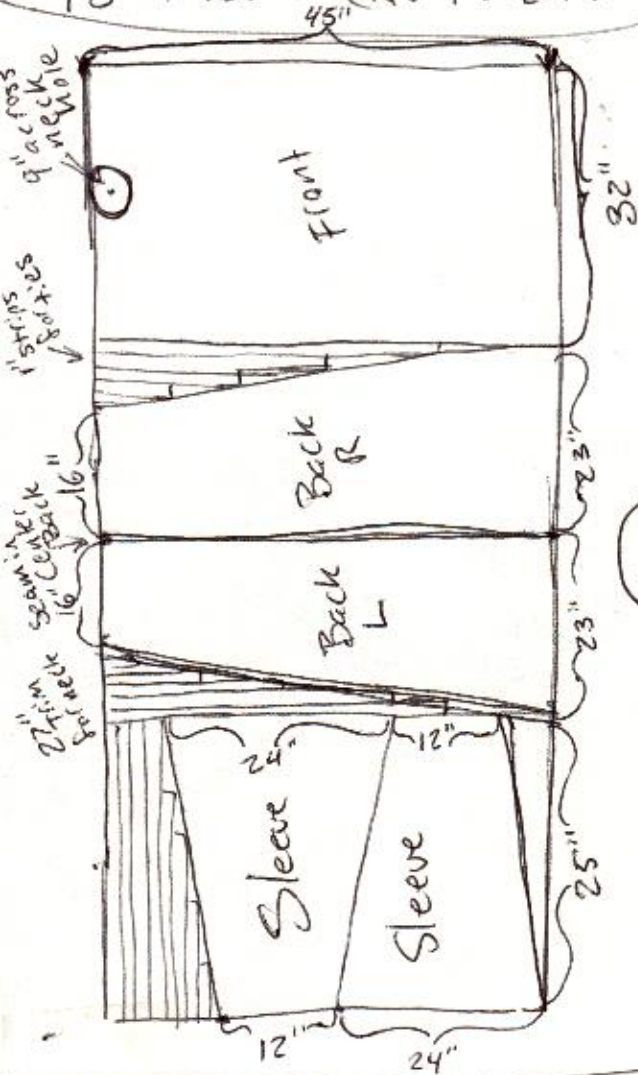
- ⑦ Top stitch mask into tape and stitch all the way down the tape.



Full Length Open Back Medical Gown Instructions

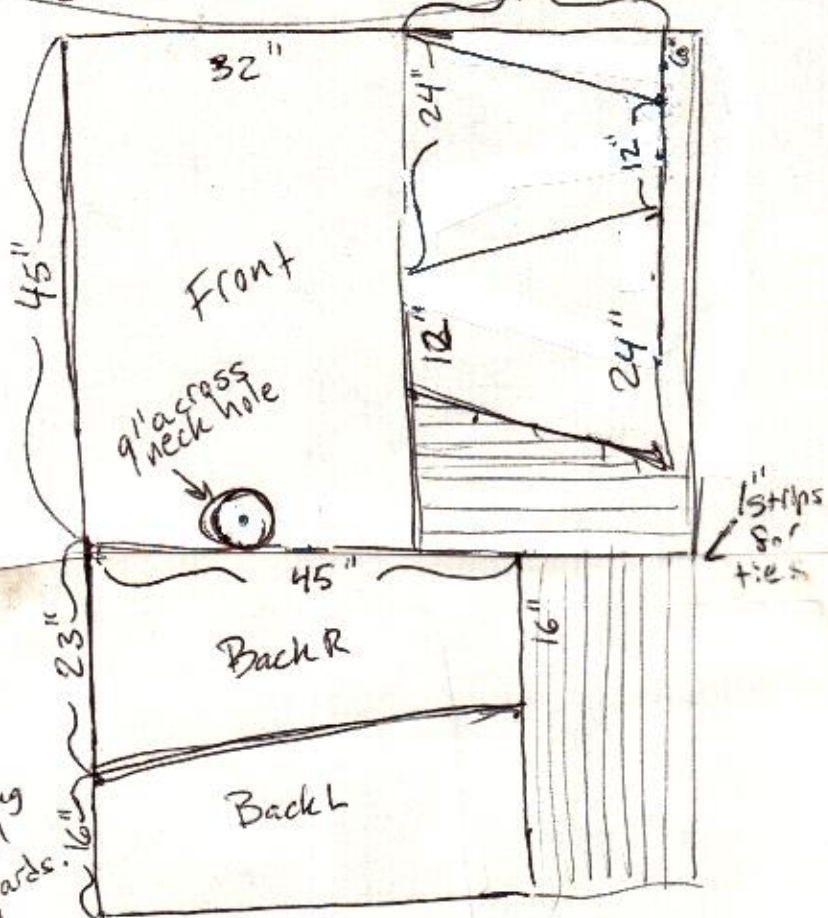
① Open up your yardage so there is no fold for your muslin mock-up. Later you can fold for better symmetry, but this is the most efficient fabric layout for each yardage width.

45" Fabric (No Fold!)



or

60" Fabric (No Fold! No Right Side)



If 60" fabric has right & wrong side, you will need 2 1/2 yards.

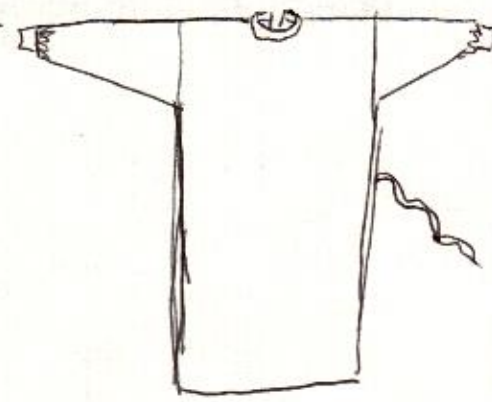
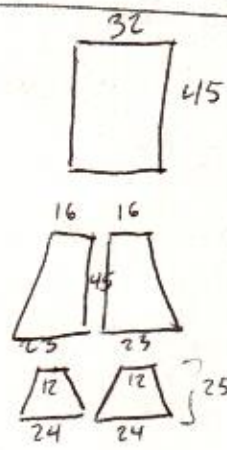
Materials

- 3 yards 45" width (2 1/2 yards 60" width)
Tight weave Cotton
- Notions 3 snaps @ neckline, Elastic, knit cuffs, snaps or Velcro to cinch wrist cuffs, Thread, Scissors, tailors chalk, Straight edge, compass or 9" across circle to trace.
- Layout Space, Iron, & Sewing Machine

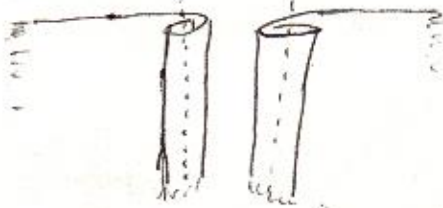
Med. Gown Instructions Cont.

② Cut Out

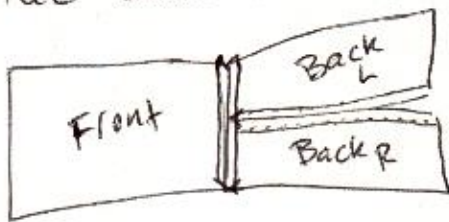
- One Front 32" w x 45" L
- Left & Right Back Panels
16" w @ top 23" w @ base x 45" L
- 2 Sleeves
Trapezoid
24" shoulder, 12" wrist x 25" L
- 11 feet of 1" wide strips for double fold tape @ neck and gown ties.



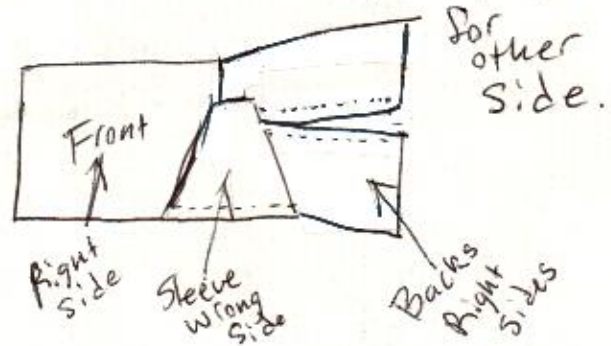
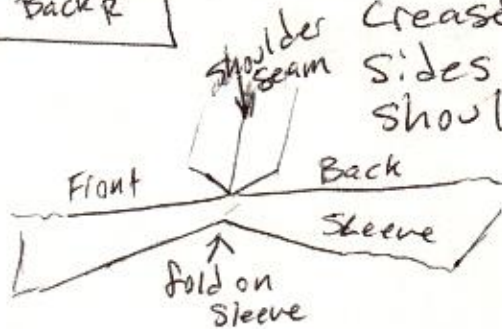
- ③ If possible serge, overlock, or pinking shear edges to prevent fraying
- ④ Double fold, press and top stitch back seams on the separate sides first.



- ⑤ Lay Back Panels right sides together with the front piece so the stitched seams line up with the Center Front. Stitch the Shoulder Seam at the top. Open and press flat.

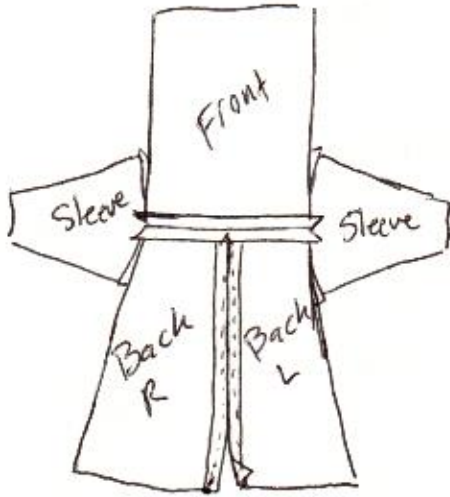


- ⑥ Fold sleeves in half lengthwise and press at shoulder. Match press crease to shoulder seam, right sides together. Stitch from shoulder seam to armpit. Repeat

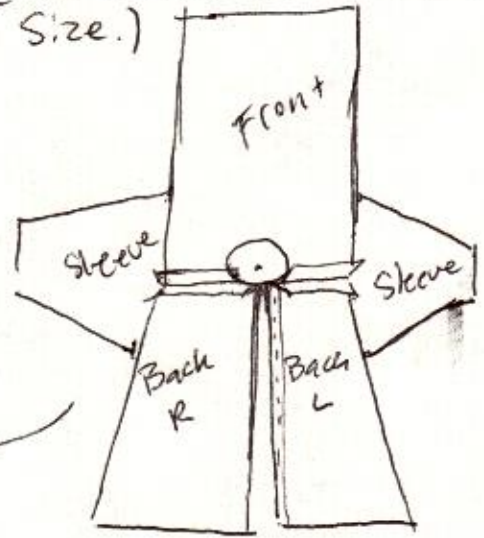


Med. Gown Cont.

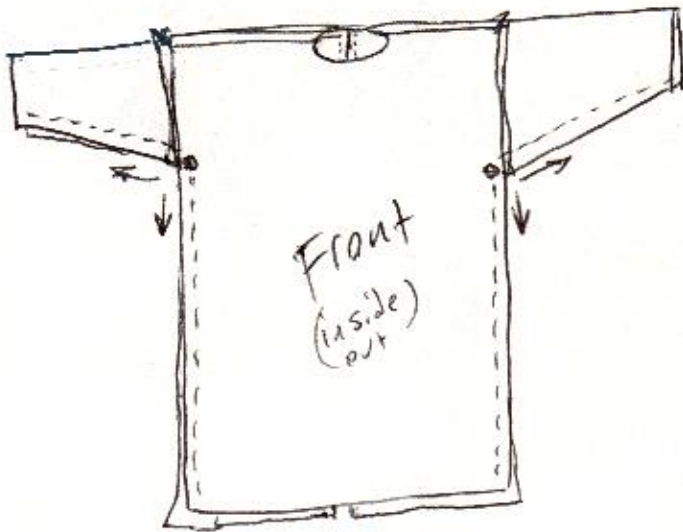
⑥ Attach both Sleeves & press towards the wrist



⑦ Cut a circle 9" across (4 1/2" radius) at the shoulder seam center front. (Use a Compass or trace a Bowl or lid that is the right size.)



⑧ Lay Front to Back right sides together and stitch sides Armpit to wrist and Armpit to hem on both sides. (Hems may not line up)

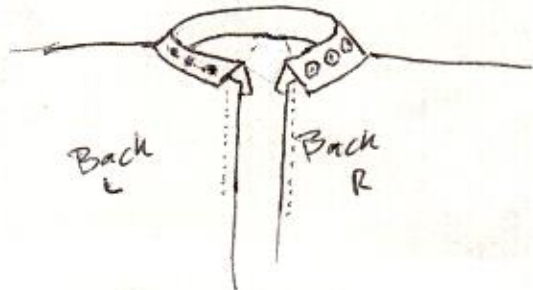


⑨ Trim cuffs and hem to look even & finish bottom hem.

⑩ Add elastic, pull strings, cuff snaps or Velcro to help gather and keep sleeve cuffs snug, not baggy.



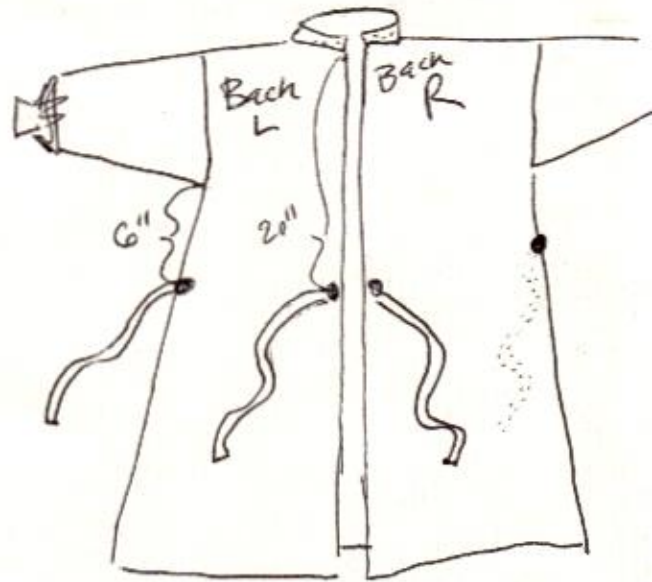
⑪ Use double fold tape around neck hole, about 28" plus. Add 3 snaps approx 1" apart to adjust neck tightness.



★ Look at Step 5 on the Mask instructions for making double fold tape.

Med. Gown Cont.

- ⑫ Cut four 24" long gown ties. Attach two 20" down from the center back neckline, one 6" under the left side exterior, and one 6" under the right side inside the gown. When tied there will be an overlap.



Before you deliver your gowns/masks. Wash them on hot no detergent (some have perfumes or softeners.) 2 table spoons of uncented kitchen dish soap can work. Dry completely in your dryer before bagging into plastic bags. Tie the top and tape a paper note to the outside listing the type and quantity of items inside.

Thank you.
Stevena House.

3/23/2020

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