

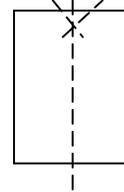
# Quick Hospital Gown

## Materials:

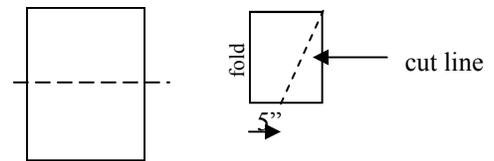
Three 30" x WOF cotton  
Two 7" lengths of 1/2" elastic  
Four 16" lengths of cotton twill

By Cindi Rang and Brianna Motzkus  
The Fabric Patch  
220 Tenth Ephrata, Wa  
www.fabricpatch.net

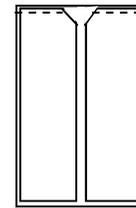
1. Cut three 30" x WOF strips. They will be A: gown front; B: gown back and C: gown sleeves;
2. Cut unit B in half, into two pieces that are 15" x WOF.
3. Cut the upper inside corner off of each half 3" in x 3" down.
4. Serge or hem the back opening (just the cut sides, not the top of bottom or outside edge). Do both sides. You can curve the angle cut in step 3 if you'd like.



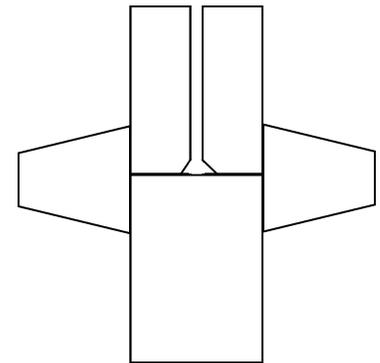
5. Cut unit C in half, into two pieces that are 20" x 30".
6. Take one of the 20" x 30" sleeve units, turn it lengthwise right side up, then fold it in half, so it measures 15" x 20", on your mat. You should have it folded right sides together. Measuring 5" over from the fold, place your ruler from that mark all the way up to the opposite corner. Cut. The two triangles are waste.



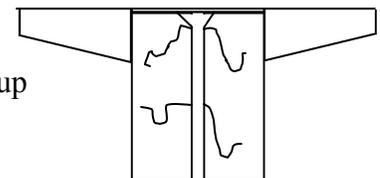
7. Lay out the two back units (B) on top of the gown front (A) right sides together, line up the bottom edge, and sew the shoulder seams.



8. Open this up, matching the center of the top of the fold of the sleeve unit to the shoulder seam you just sewed, right sides together, sew the arm in place. Repeat with the other side.



9. Fold the gown over at the shoulders, right sides together and sew the seam from the bottom, to the armpit (match those seams), out to the wrist. Repeat on the other side.
10. Cut a 7" piece of 1/2" elastic, pinning the ends and the center, stitch the elastic into place, overlapping the seam by 1/4".
11. Sew four ties (16" each) on the back. Two on the top, and two 15" up from the bottom.
12. Hem if necessary, but the selvedge edge should suffice if it's even.



Note: This was our version of "one size fits all" but we felt the sleeves should be tight. You can adjust that measurement when you cut over from the fold, but you will also have to adjust the elastic. The magic math is elastic is 2/3 the size of the opening.