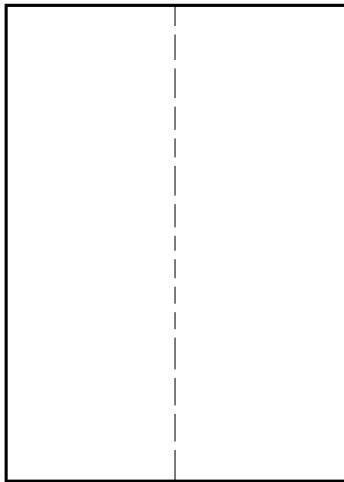


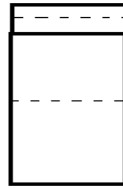
Carer's Overall



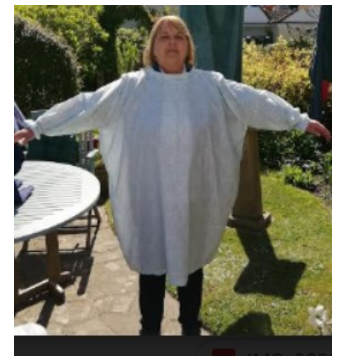
You will need :

1 double /kingsize duvet cover

2 pillowcases



8 elastic bands



Fold the cover in half lengthwise and cut along the fold

through both pieces of fabric.

Cut along side and top folds so you have 4 long pieces.

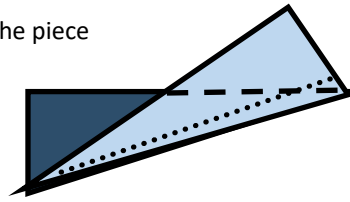
Open up flap of each pillow. Cut it off and cut in half lengthwise. (2 pieces)

Fold rest of pillow in half widthwise and cut along fold and cut along each side (4 pieces)

For sleeves, fold 2 pieces in half and along cut edge cut off a triangle at A,B (11"x 3.5" 27.5cm x 85cm)

Join these 2 triangles together, press open and attach to the piece

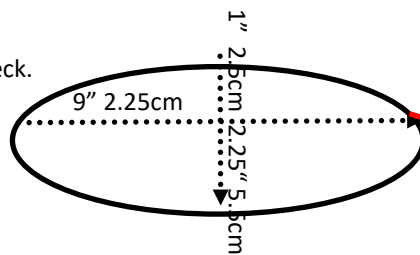
from the flap for the collar and join up to make a circular piece.



Take the long piece of fabric and fold it in half and mark the mid point on each side(X and Y) and the mid point of each sleeve and then machine the seams.

Cut out the oval shape for the neck.

Take your circular piece from the flap and pin and machine it round the oval.



Machine up the sideseams.

All seams should be finished with zigzag stitching.

When wearing, use a disposable elastic band to gather in the fullness round the wrist (permanent elastic will perish when boiled).

If you need any help contact Judith Stansfield at judstass@gmail.com

or ring 07990572365

