

ROSIES'S SCRUBS - INSTRUCTIONS FOR SEWING

In each bundle, paired pattern pieces are placed with the right sides outermost.

Single pattern pieces are folded right sides outermost.

Tip: It's a good idea to mark the wrong sides with chalk before you start.

All seam allowances are 1cm.

Any zigzag stitches used for overedging should be fairly wide and fairly close together so that they cover the cut edge and prevent fraying.

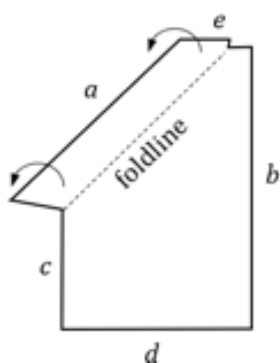
Trousers

In the trouser bundle you should find:

2 legs

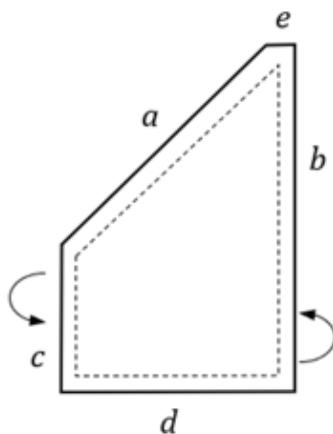
2 pocket pieces

1 length of tape or 1 narrow piece of fabric for drawstring



Overlock, or edge stitch with zig-zag, sides *a*, *b*, *c* and *d*.

Fold pocket facing to the inside.

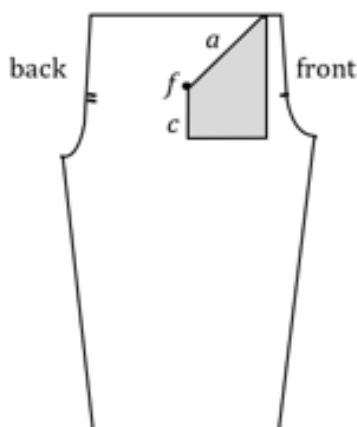


Fold under overlocked edges of pocket *b*, *c* and *d*, and top stitch close to the edge all around pocket including facing edge *a*

Edge *e* remains a raw edge



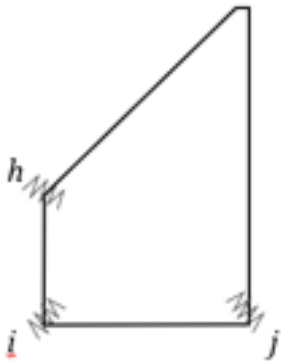
Apply pocket to trouser leg:
match corner intersection of sides *a* and *c* to point *f* marked in chalk on trouser and line up with notch *g* at waistline.



Repeat with second leg and pocket.

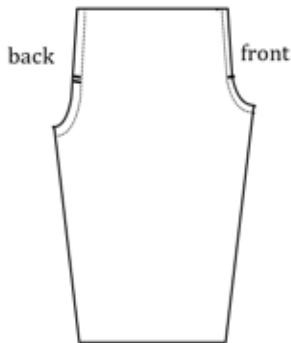


(You may wish to join centre seam first to make it easier to line up pockets evenly.)



Topstitch pocket onto trouser leg close to previous line of stitching.

Reinforce corners of pocket points *h*, *i* and *j* with zig-zag closely worked.



On each side of each leg section, overlock or zigzag the through-measure (curved seam) and leg.

With right sides of fabric facing each other, seam the through-measure.

Seam legs in one continuous row of stitching.

Turn hem edge up 1 cm and again 1 cm (2cm in total) and top-stitch.

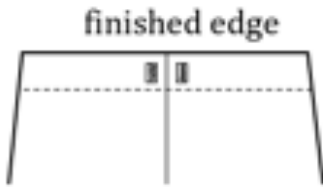


Overlock or zigzag top waist edge.

Mark where buttonholes for drawstring should go: lower edge of buttonhole 7cm from waist edge, and spaced 2cm either side of centre front seam.

Before working the buttonholes, place a spare piece of fabric behind to reinforce them. Cut away the excess once buttonholes are worked.





Fold top 4cm to the wrong side and top-stitch in place to form the channel for the drawstring. Ensure the stitching is below the buttonholes.

Make fabric drawstring by folding in short and long edges of fabric strip, and stitching close to the open edge.

If tape has been provided instead, finish-stitch ends to prevent fraying.

Thread drawstring through prepared buttonholes, crossing over at centre front.

Add size label inside at centre back waistline.

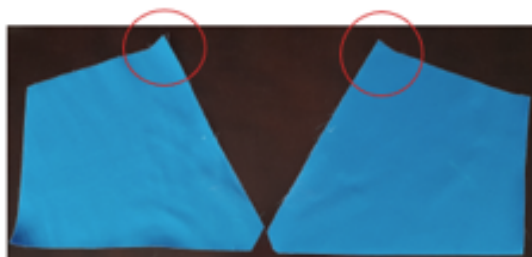
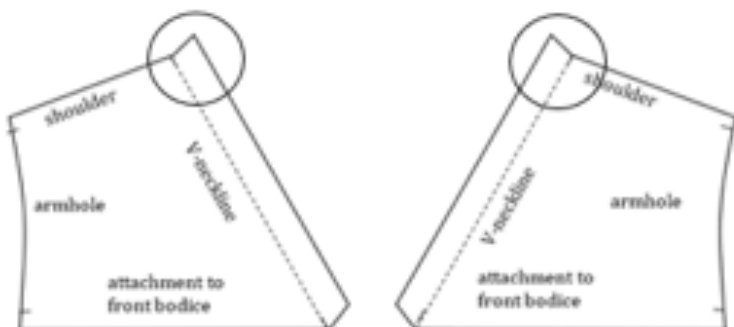


Top

In the top bundle you should find

2 yokes 1 front panel 2 hip pockets 1 chest pocket 2 sleeves
back panel cut in one or two pieces depending on size 1 back neck facing

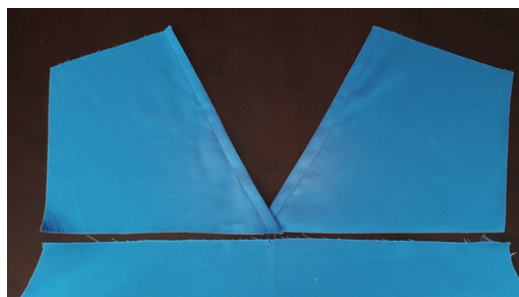
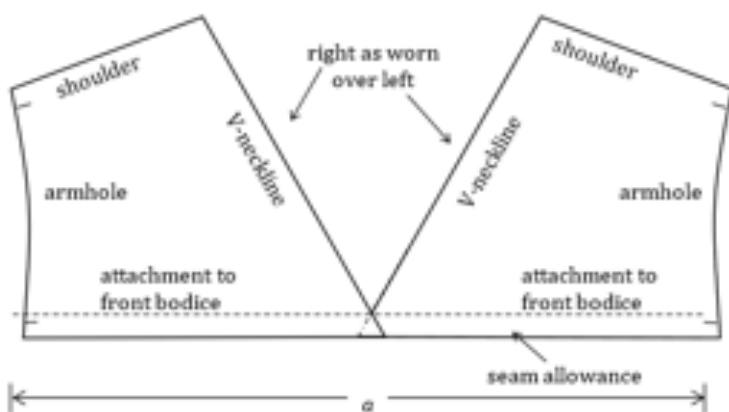
Orient the two yoke pieces:



The two slightly pointed edges (circled) go at the top.

The chalk 'V' shows the V-neck edge and is marked on the **right** side of the fabric.

Turn under V-neckline edge by 1 cm and turn again by 1 cm (2 cm in total); top-stitch in place.



Lay front yokes **right over left as worn** to make the V shape.

When overlapped, length a (see above) should match the length of the top edge of the front panel, as shown in photograph.

Join yoke to bodice front, overedge seam, and top-stitch in place with the seam pointing towards the lower edge of the front.

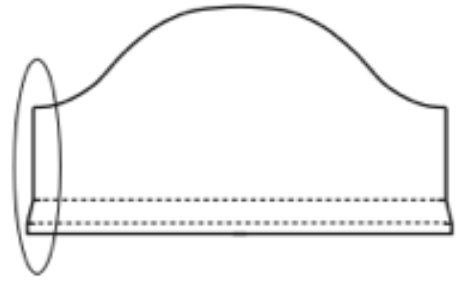


Sleeves

Fold 1 cm, then 3 cm to form sleeve hem on each sleeve.

Check that all four sleeve edges (circled) are the same length, and adjust size of hem slightly if necessary.

Top-stitch hem on each sleeve.

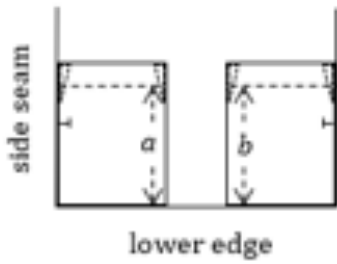


Hip pockets



Fold over top of pocket 1 cm and then 3 cm as for sleeve hem, and top-stitch down.

Overlock or zigzag sides a and b and fold under 1 cm.

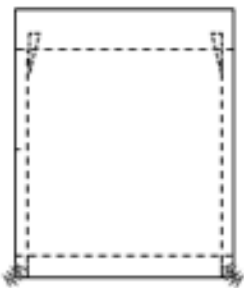


Lay both pockets onto scrubs top, matching lower edge and side seam.

Stitch in place along sides a and b, reinforcing pocket corners as before.



Top pocket



Fold over top edge of pocket 1 cm then another 1 cm, and top-stitch.

Fold in each remaining edge by 1cm and press into place.

Place pocket on **left side of scrubs top as worn**, matching to chalk dots.

Top-stitch in place and reinforce corners as shown.

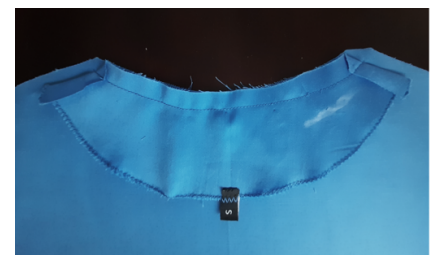


Back

If back is cut in two sections:

Join the centre back seam and overlock raw edges; press to one side. Topstitch to hold seam allowance in place.

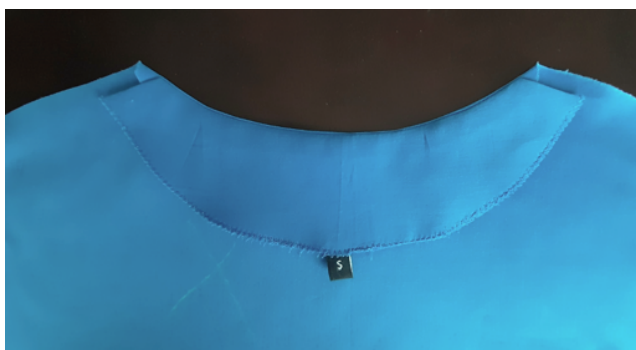
Overlock, zigzag or turn a narrow hem around the lower edge of the back neck facing. Attach the size label.



Attach the back neck facing to the back neck, right sides together, turning the seam allowance at each end of facing uppermost (see photo).

Clip the curve and turn to the right side.

Press into place.



Join the front and back together at the shoulder seams.

Overlock or zigzag raw edges together.
Press seam allowance towards the back, and top-stitch along shoulder seams to hold seam allowance and facing ends in place.



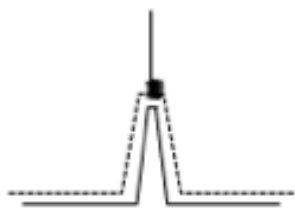
Topstitch back neck edge to hold facing in place.

Hem front and back panel turning 1 cm, then 1 cm again. Stitch close to folded edge.

Attach sleeves to armhole (1 cm seam allowance) easing in over sleeve head.

Press armhole seam allowances towards body of garment and top-stitch around armhole.

Overlock or zigzag from sleeve hem to of front or back lower hem on each side, including the hip pocket edges with the front panel edges.



Stitch side seams, leaving a split up from hem measuring approximately 11 cm.

Top stitch seam allowance back around side split.

Reinforce at the top with wide, close zigzag stitches.

Attach size labels if not already done.



Helping people one at a time – thank you so much.

The sum of the littles in aggregate makes a huge difference.

We can achieve great things together.

You are amazing!

Rosie
x