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Materials & Quantities

Suitable for cotton & polycottons.
Fabrics must be washable at 60 degrees.

Iron-on interfacing

4cm wide elastic: Small -76cm Medium - 82cm Large - 88cm X Large - 94cm 2X Large - 100cm

Fabric 150cm wide - all sizes - 3.25m

Fabric 112cm wide - all sizes - 4.65m

Sizing - Finished Garment Measurements

Scrubs Unisex Top

All measurements in CM

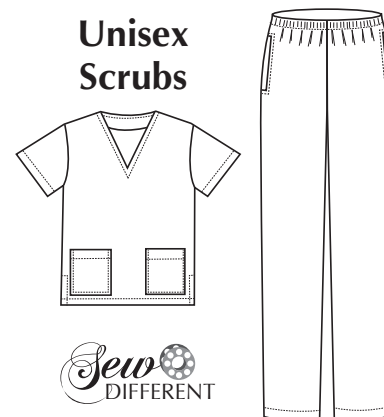
SIZE	S	M	L	XL	XXL
CHEST	110	116	122	128	134
LENGTH	72	74	76	78	80

Scrubs Unisex Trousers

All measurements in CM

SIZE	S	M	L	XL	XXL
HIPS	108	114	120	126	132
FULL LENGTH	109	111	113	115	117

Unisex Scrubs



Instructions - Scrubs Top

1 - Use an iron-on interfacing on FRONT FACING and BACK FACING.

2 - With right sides together, sew FRONT FACING to BACK FACING at the shoulder seam.

3 - Overlock or finish the edges of the FACINGS.

4 - Overlock or finish the edges of all other pieces.

5 - Iron a 1cm fold to the upper edges of the POCKETS. Press a second fold of 2cm and hem.

6 - Press the marked seam allowance on the pockets to the inside using the notches as guidance.

7 - Pin and stitch the pockets to the right side of the FRONT where marked on the FRONT pattern piece.

8 - With right sides together, sew the FRONT to the BACK at the shoulder seam.

9 - With right sides together, sew the FACINGS to the neckline. Cut notches into the seam allowance. Turn the facings to the inside and press. Topstitch 3cm from the edge.

10 - Leaving the side seams open, with right sides together, sew the SLEEVES to the armholes.

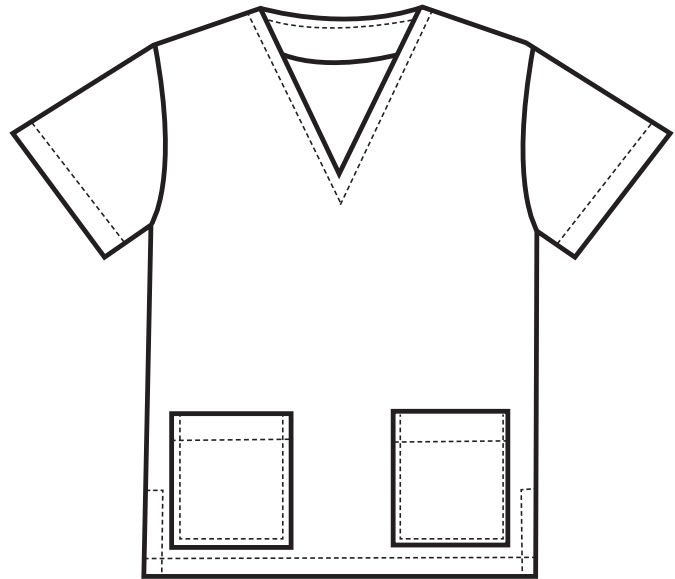
11 - With right sides together, sew the side seams along the underside of the arm and down the to the balance mark (shown on the BACK). Press the seam open.

12 - Iron slits open using the notch markers on the bottom edge of the FRONT and BACK.

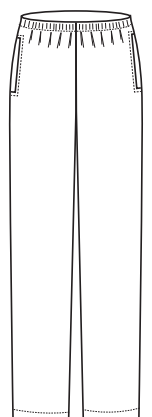
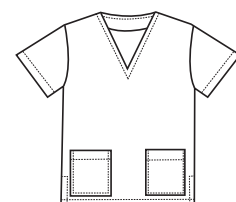
13 - Iron a 1cm fold to the lower edge. Press a second fold of 2cm and hem.

14 - Topstitch around the slits.

15 - Iron a 1cm fold to the SLEEVE edges. Press a second fold of 2cm and hem.



**Unisex
Scrubs**



Sew DIFFERENT

Instructions - Scrubs Trousers

1 - With right sides together, align the POCKET BAG on to the FRONT piece.

2 - Stich together around the hand opening. Snip diagonally into both corners.

3 - Turn the POCKET BAG to the inside and press.

4 - With wrong sides together, top stitch the POCKET BAG and the FRONT together around the hand opening of the pocket.

5 - With right sides together, place the second POCKET BAG over the first POCKET BAG and sew together around the curved edge.

6 - With right sides together, sew the front rise.

7 - Iron a 1cm fold to the upper edges of the PATCH POCKETS. Press a second fold of 2cm and hem.

8 - Iron PATCH POCKET seam allowance to the inside using the notches

9 - Sew the PATCH POCKETS on to the BACK piece in the marked position.

10 - With right sides together, sew the back rise.

11 - With right sides together, sew the side-seams.

12 - With right sides together, sew the inside seams.

13 - Sew one end of the elastic to the other.

14 - Place elastic onto the wrong side of the trouser waistline. Pull the elastic to make it match the length of the waistline and stitch along the upper edge. Keep pulling while sewing.

15 - Fold elastic to the inside and topstitch (with a zigzag or stretch stitch to allow stretch) once along the upper edge of the elastic and again along the lower edge of the elastic.

16 - Iron a 1cm fold to the bottom edges. Press a second fold of 2cm and hem.

