

Hi All,

I'm sure you've been wondering why I haven't been chatting about making Scrubs, Scrub Caps or Masks. Well, in the background amid all the class group chats I was asked by NI SCRUBS GROUP to draw up patterns for all of the above. Which I have been working on. The Scrubs Top and Trousers pattern is being released this morning, and I have contact details for NI SCRUBS GROUP to access fabric which I will share next.

Naria.

CONTACT NO'S

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NI SCRUBS GROUP

YOU CAN EITHER:

GO AND PICK UP FABRIC AND  
DROP OFF COMPLETED SCRUBS  
AT 7c Lisnos Road, Lisburn  
BT27 5LT

{old Ballynahinch Road, next turn right  
after Waterloo Road. See John Deere  
on right and follow the SCRUBS signs}

OR

ARRANGE FOR FABRIC TO BE DROPPED  
OFF WITH YOU AND PICKED UP AGAIN

AS WITH ANYTHING COMING INTO YOUR  
HOUSE DO NOT HANDLE WITHOUT WASHING  
YOUR HANDS FREQUENTLY OR WEARING  
GLOVES DO NOT USE FABRIC FOR  
A COUPLE OF DAYS UNTIL IT IS SAFE  
TO HANDLE - STORE OUTSIDE IF POSSIBLE.

PLEASE LABEL FINISHED SCRUBS WITH  
SIZE YOU'VE MADE.

LARGER SIZES SCRUBS TO  
FOLLOW...

ALSO WORKING ON:

SCRUB CAP

AND

MASKS

PATTERNS

THANKS TO ANYONE WHO HAS  
TRIED OUT OR IS TRYING  
OUT THE PATTERNS FOR ME  
IT WAS A BIG HELP 😊!

C

## SCRUBS TOP

DRAW THE PATTERN DIRECTLY ONTO THE FABRIC - USE THE MEASUREMENTS SHEET, THE DIAGRAMS AND INSTRUCTIONS TO GUIDE YOU.

ASSUME  $5/8"$  / 1.5cm SEAM ALLOWANCE UNLESS DIRECTED OTHERWISE.

FINISH ALL RAW EDGES OF FABRIC WITH AN OVERLOCK OR ZIG ZAG STITCH.

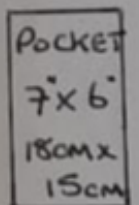
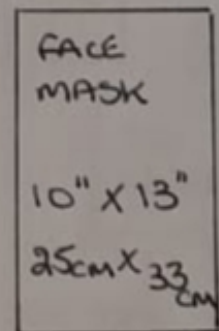
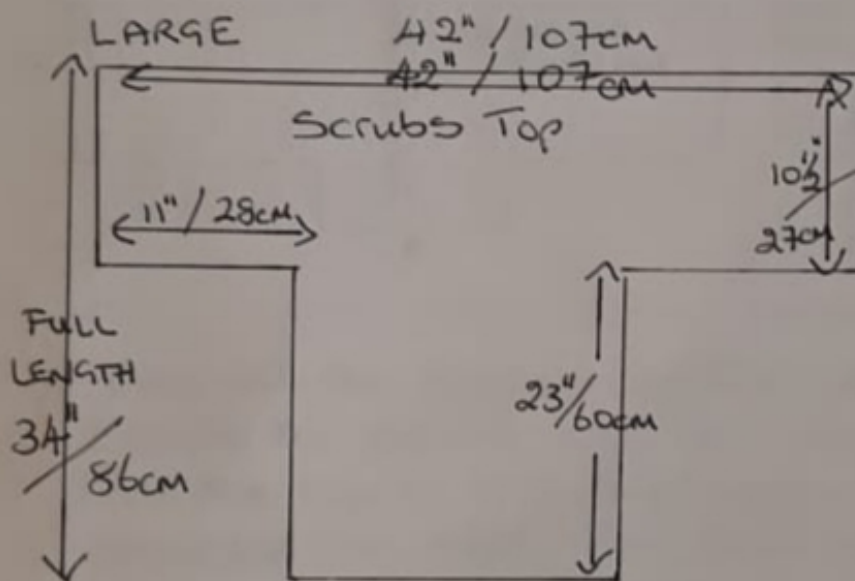
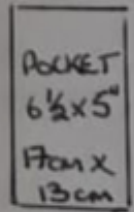
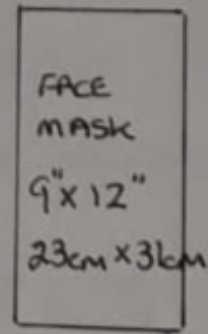
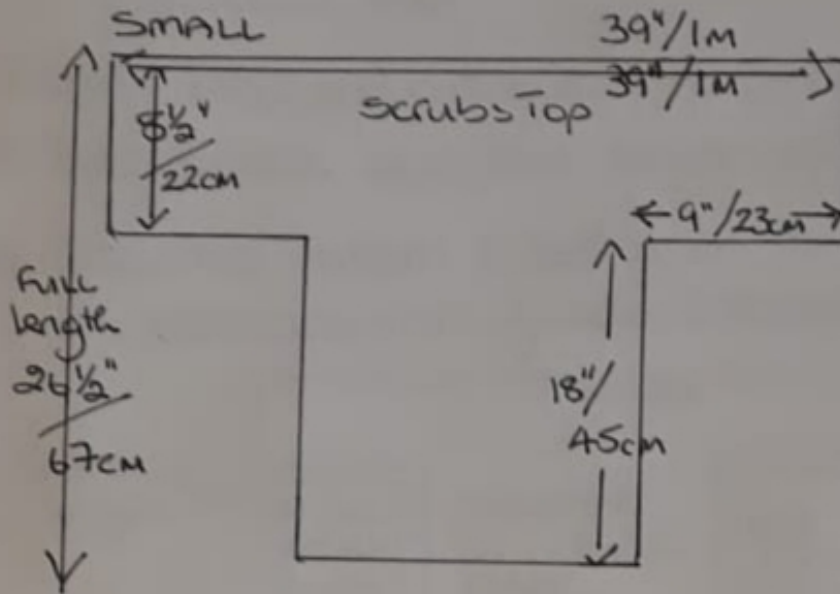
WASH AND PRESS ALL FINISHED GARMENTS, HANDLE AS LITTLE AS POSSIBLE TO PACK, EITHER WEAR GLOVES OR WASH YOUR HANDS FOR HANDLING AT THIS STAGE.

GOOD LUCK

*Maria*

CRIBSTOWN SEWING CENTRE

# Scrubs Top Measurements



You will need to alter the layout slightly to fit all the pieces in for the larger size

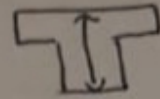


# Scrubs Top

PAGE 1 of 5

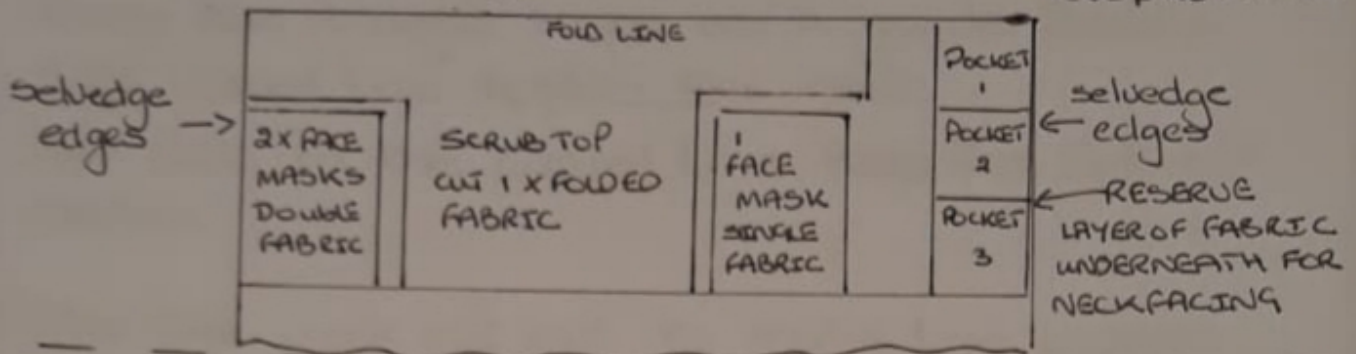
Step 1 Draw and cut out the pattern

(a) Fold fabric over the length of the top

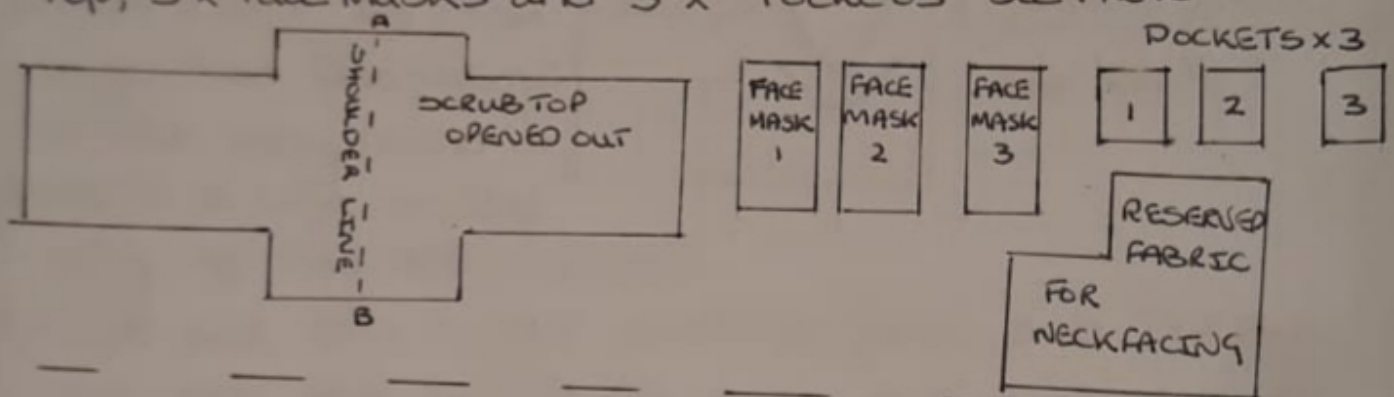


(b) Draw the pattern directly on to the fabric, using the measurement guide attached

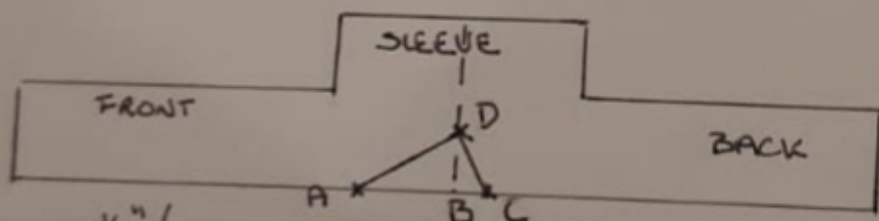
see photo 1+2



(c) Cut out the main pieces you should have, 1x Scrubs top, 3x Face masks and 3x Pockets - see Photo 3+4

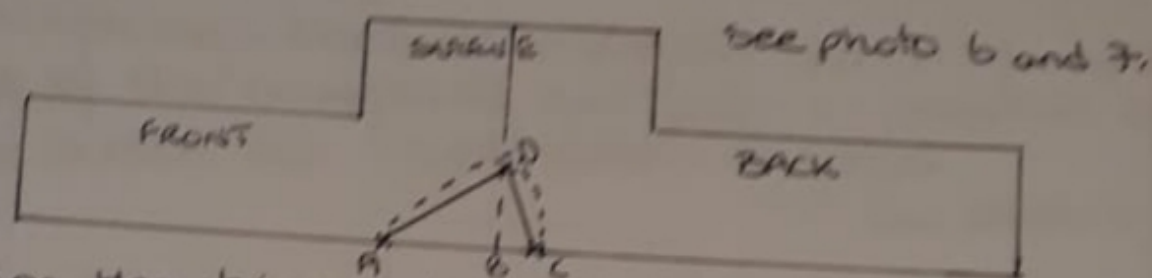


(d) Open out the top, and lay flat, draw on the shoulder line (this is the fold line when you were cutting it out)  
Fold the top in half lengthways, so that you can see the shoulder line mark. see Photo 5



(e) Measure  $5\frac{1}{2}$ " / cm towards the front from B  $\rightarrow$  A and mark  
Measure  $4\frac{1}{2}$ " / cm towards the shoulder line from B  $\rightarrow$  D and mark  
Measure  $1\frac{1}{2}$ " / cm towards the back from B  $\rightarrow$  C and mark  
Draw a line connecting A  $\rightarrow$  D  $\rightarrow$  C to form a triangle

(7) Cut out the neckline



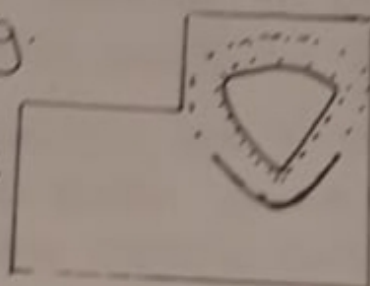
using the triangle lines as a guide draw a soft curved line to form the neck

cut out on the curved line. keep the cut out section.

(9) Use the neck cut out to make the pattern for the neck facing.

(i) Mark a line  $2\frac{1}{2}$ " / 6cm larger than the cutout all the way round it.

(ii) Mark a line on the edge of the neck cut out.



Use the reserved fabric piece

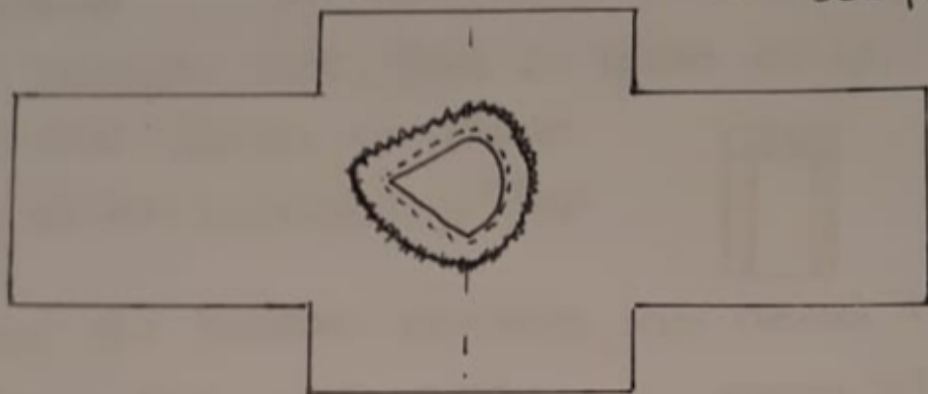
see photo 9

(iii) Cut out the larger outline first, and then cut out the centre, to give a funny shaped ring which matches the neckline

see photo 10

## Step 2 - Sewing up

- (a) Neckfacing - Overlock or Zigzag around the outside edge of the neckfacing and place in position on the scrubs top right sides together see photo 11



- (b) Pin and stitch neck facing in place using the edge of your sewing machine foot as a guide



see photo 12

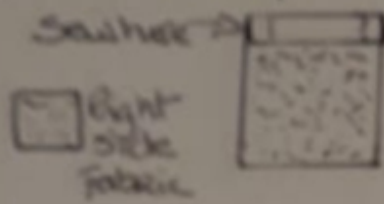
NB: when sewing the 'V' point, sew down to it, needle down, pivot (half turn) the fabric on the needle take 1 stitch turning the wheel by hand and then pivot again, and stitch up the other side (Helps to get a smoother turn on the neckline point)

- (c) Make snips in the seam allowance around the neckline - not cutting the stitching. Turn through to the wrong side and press.

- (d) Sew a line of top stitching (visible from the right side) 1" / 2½cm away from the neckline edge to keep facing in place. see photo 13



(e) Make up the pockets - Zigzag or overlock all sides



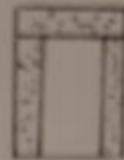
See Photo 14

Turn under  $\frac{1}{2}$ " / 1.3cm Flap to the Right side of the pocket

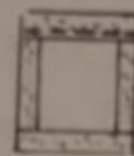
Sew 2 short seams  $\frac{1}{2}$ " / 1.3cm in on each side to hold flap in place

(f) Turn corners out, fold in side edges to lie flat and press in place.

Top stitch across top flap.



(g) Repeat for bottom corners, no need to top stitch bottom edge just press



Top

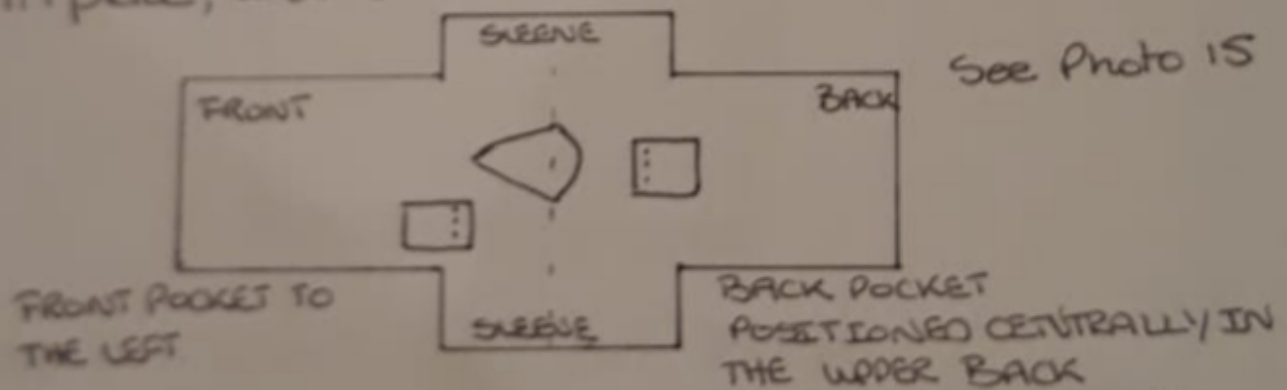
Bottom

View wrong side of finished pocket

Make up 2 more pockets

2 for the top and 1 for the trousers

(h) Position the pockets on the top and stitch in place, around sides and Pocket bottom.



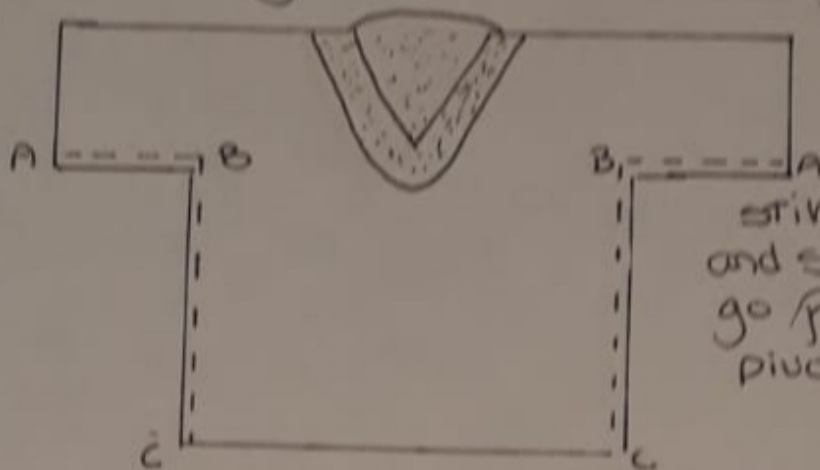
FRONT POCKET TO THE LEFT

BACK POCKET POSITIONED CENTRALLY IN THE UPPER BACK

You can add a pen pocket by stitching down the length of the pocket  $1$ " /  $2\frac{1}{2}$ cm from the armhole edge.

PAGE 54/55  
(I) Fold the top in half along the shoulder line  
right sides together

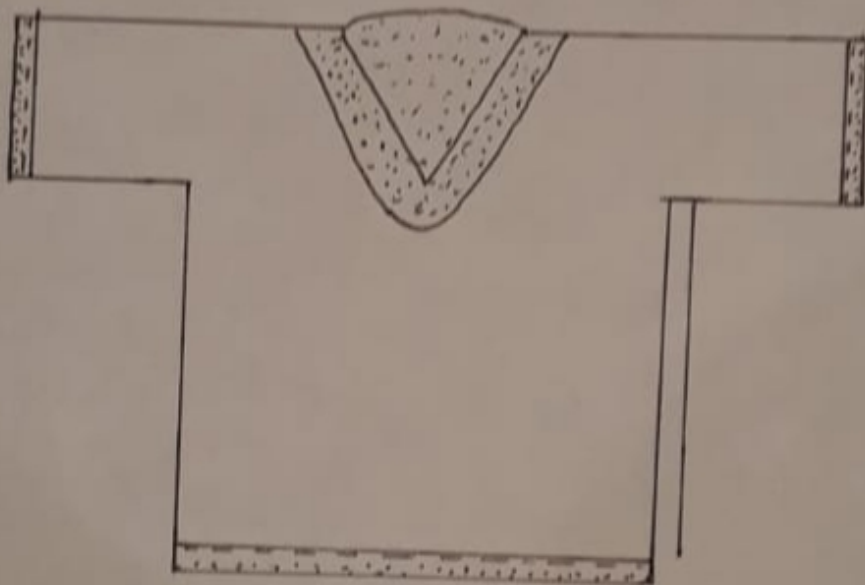
see photo 16



stitch side seams  
and sleeves in one  
go from A → B → C  
pivoting at B

(J) Fold under sleeve hems and hem  $\frac{1}{2}$ " / 1cm  
press and fold over again, press and then  
stitch in place.

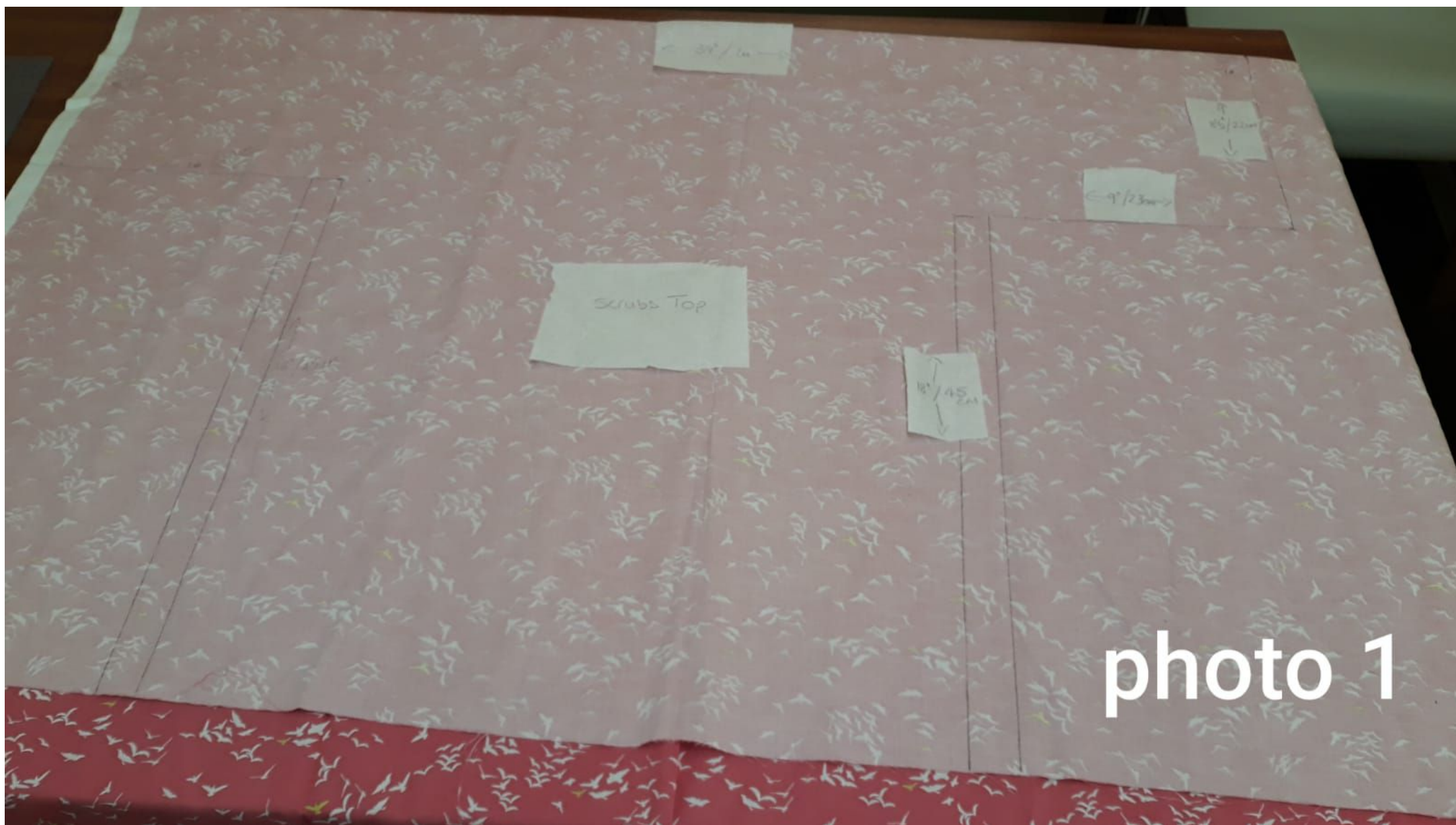
see photo 17



(K) TURN TOP RIGHT SIDE OUT, PRESS

see photo 18

j







< 3" / 1m ->

8" / 23cm  
↑  
↓

8" / 23cm  
←  
→

Scrubs Top

8" / 45cm  
↑  
↓

photo 2





photo 3

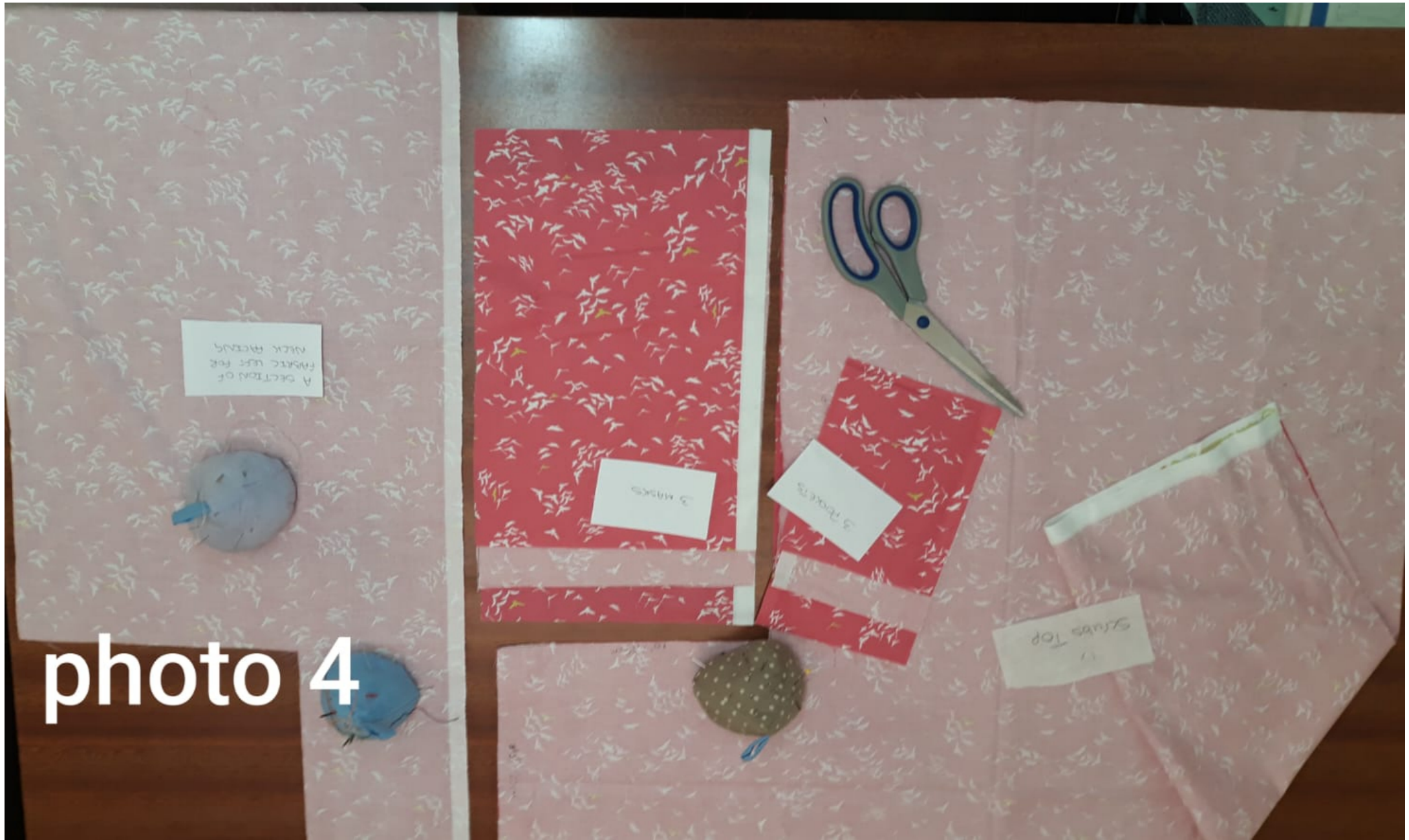
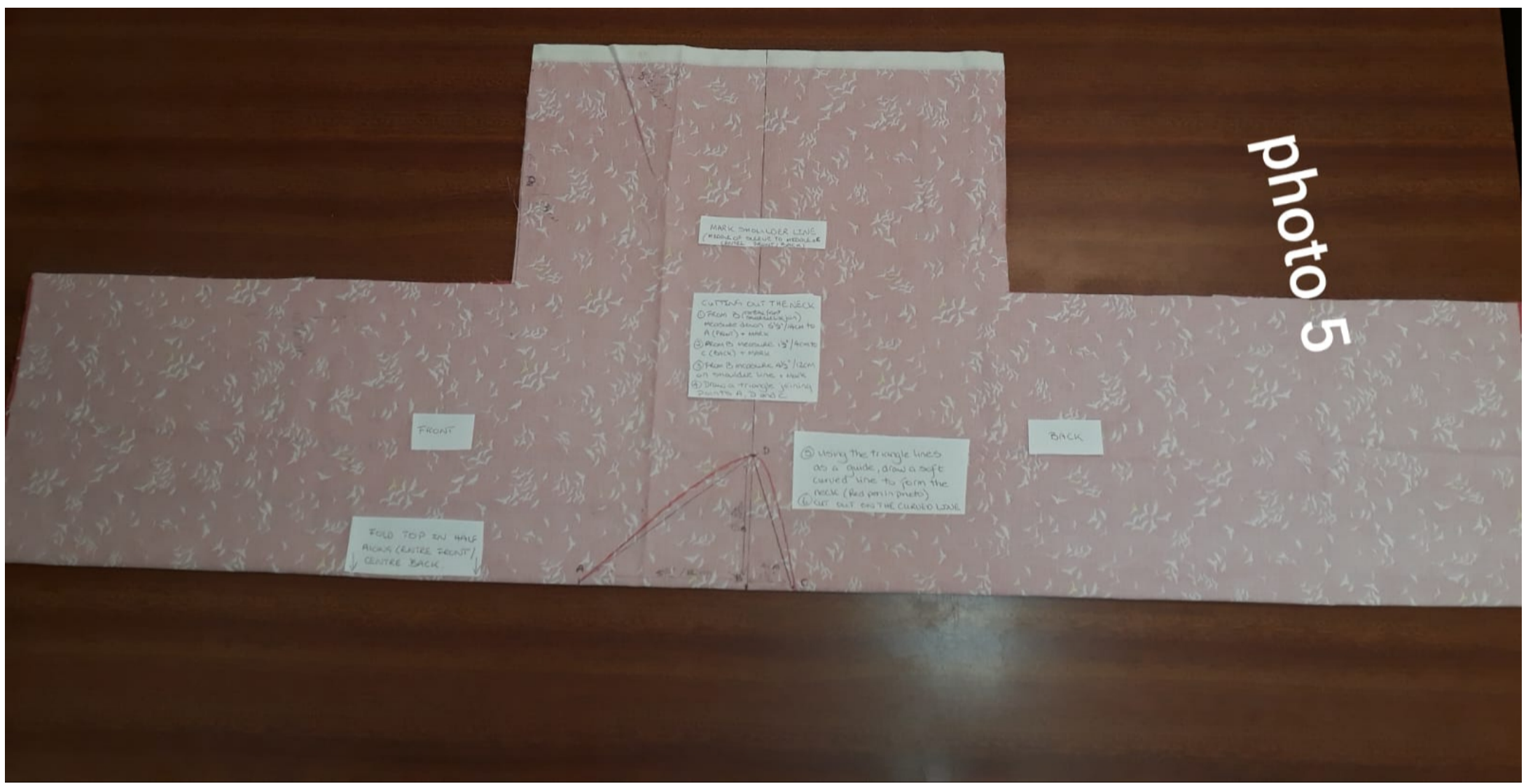


photo 4



photo 5



MARK SHOULDER LINE  
(MEASURE OF NECK TO MEASURE  
LINE FRONT & BACK)

CUTTING OUT THE NECK  
① FROM D (NECK POINT)  
MEASURE DOWN 15"/40cm TO  
A (FRONT) + MARK  
② FROM D, MEASURE 15"/40cm TO  
C (BACK) + MARK  
③ FROM D, MEASURE 15"/40cm  
ON SHOULDER LINE + MARK  
④ DRAW A TRIANGLE JOINING  
POINTS A, D AND C

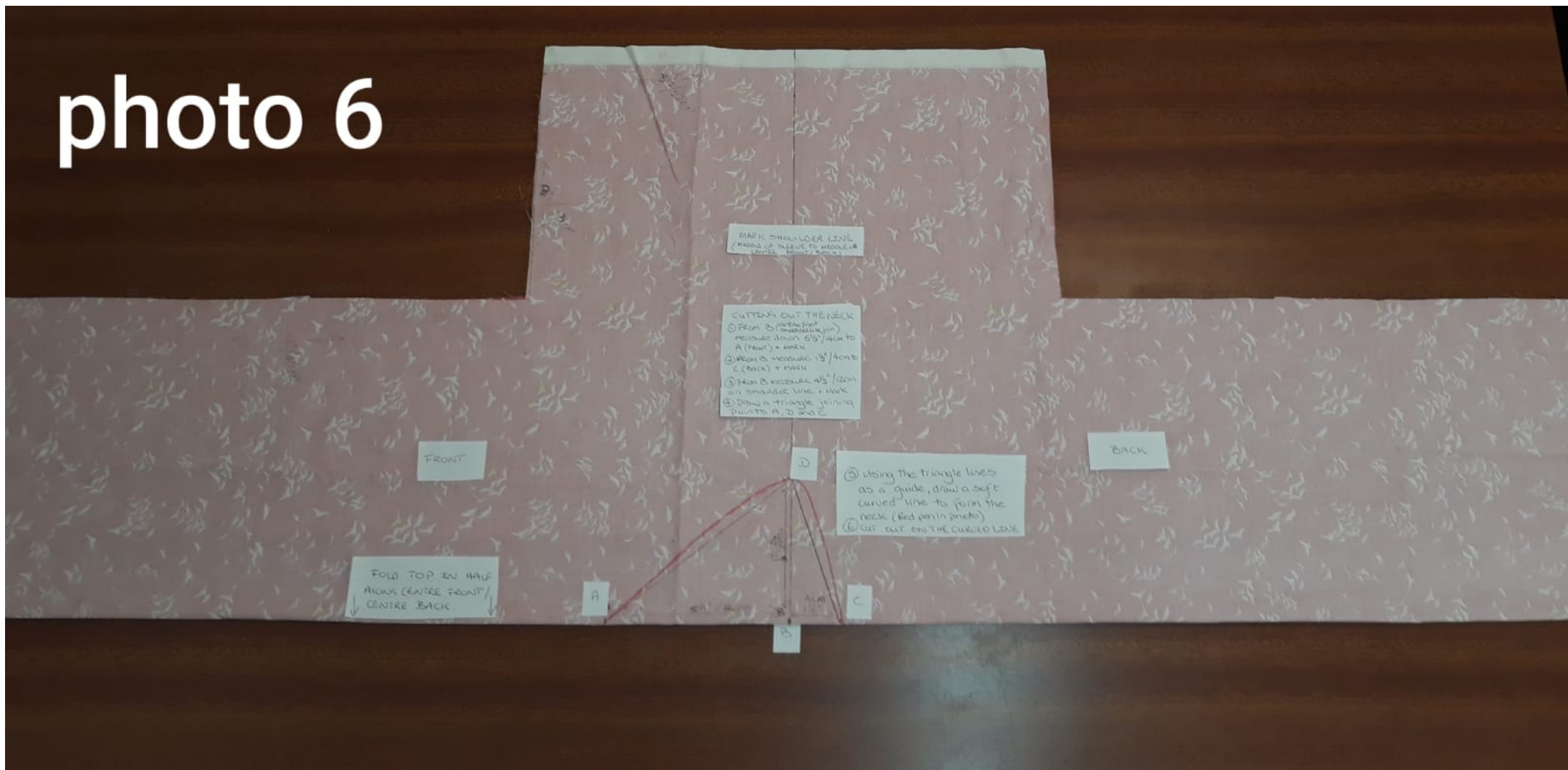
FRONT

FOLD TOP IN HALF  
ALONG CENTRE FRONT/  
CENTRE BACK

BACK

⑤ Using the triangle lines  
as a guide, draw a soft  
curved line to form the  
NECK (Red pen in photo)  
⑥ Cut out on the curved line

# photo 6





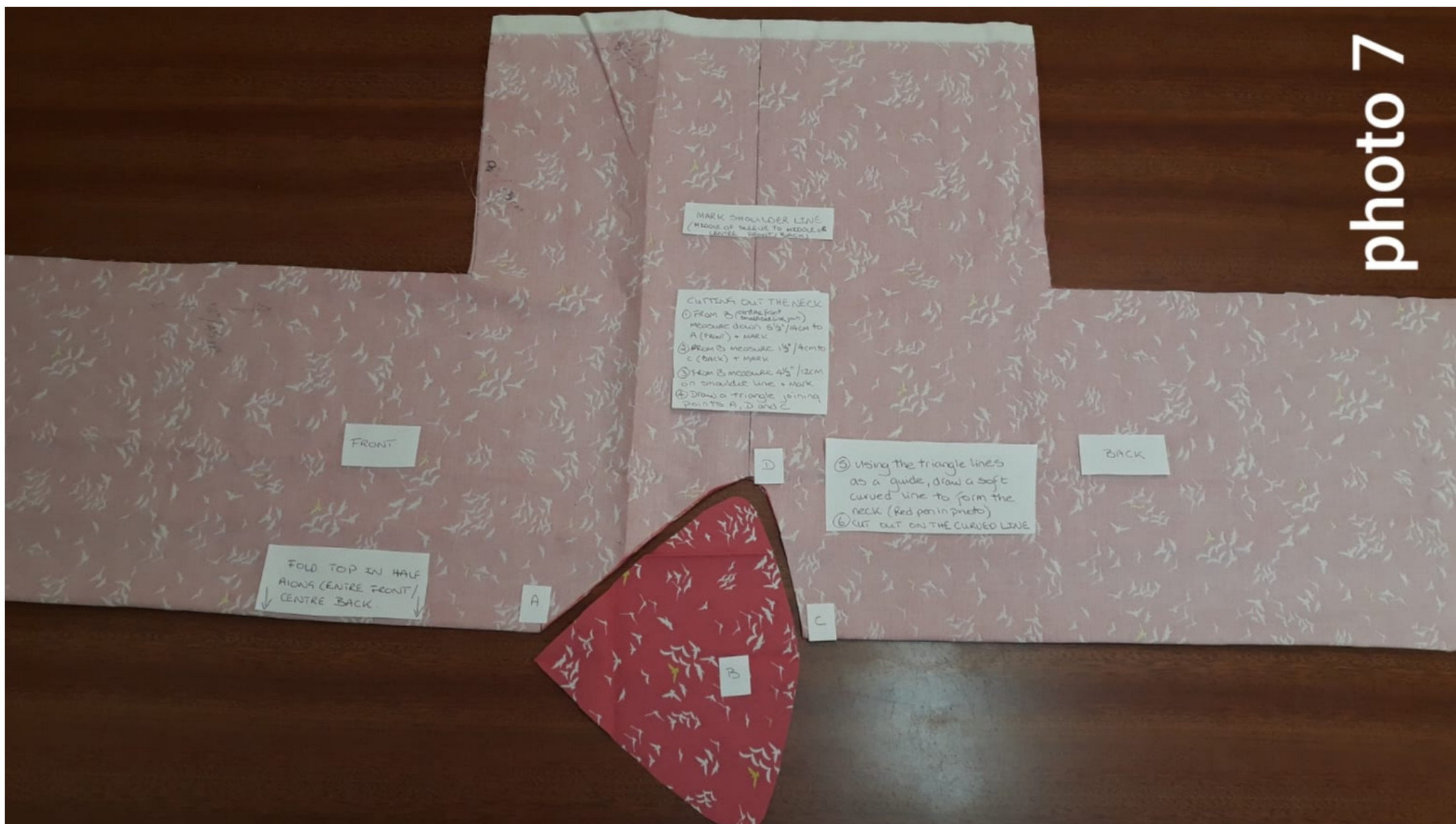
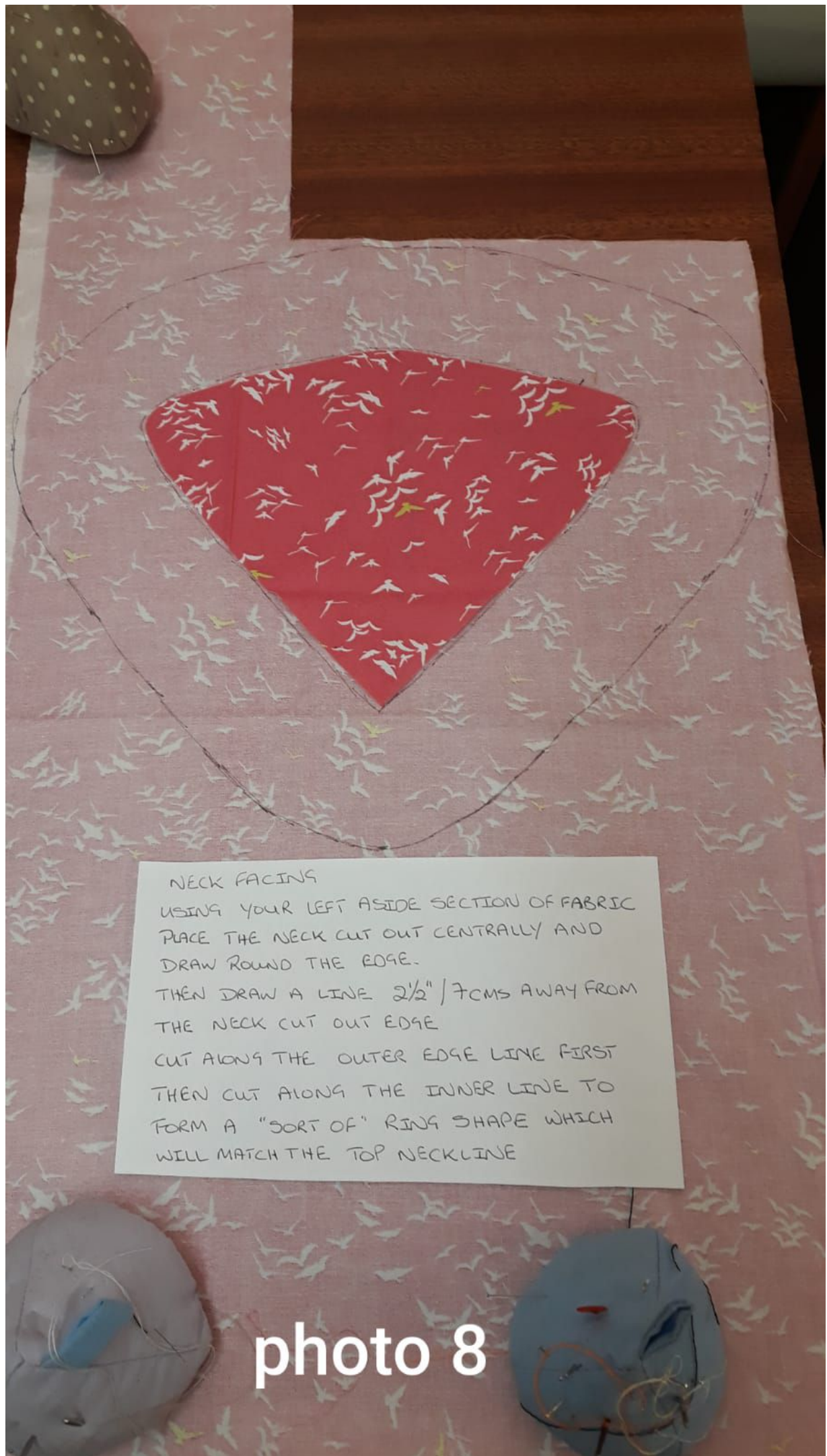


photo 7



#### NECK FACING

USING YOUR LEFT ASIDE SECTION OF FABRIC  
PLACE THE NECK CUT OUT CENTRALLY AND  
DRAW ROUND THE EDGE.

THEN DRAW A LINE  $2\frac{1}{2}$ " / 7CMS AWAY FROM  
THE NECK CUT OUT EDGE

CUT ALONG THE OUTER EDGE LINE FIRST  
THEN CUT ALONG THE INNER LINE TO  
FORM A "SORT OF" RING SHAPE WHICH  
WILL MATCH THE TOP NECKLINE

photo 8



# photo 9







photo 10

# photo 11





photo 12

CLIP SEAM ALLOWANCE  
ALL ROUND.  
DO NOT CUT STITCHING



AT THE POINT OF THE  
'V' TAKE 1 STITCH  
STRAIGHT ACROSS  
WHEN CLIPPING  
MAKE 2 CUTS  
INTO THE CORNERS  
LIKE AN UPSIDE DOWN 'Y'



THIS HELPS  
IT TO  
TURN



photo 13



TURN AND PRESS TO WRONG  
SIDE. TOP STITCH ALL ROWS  
TO HOLD FACING IN PLACE

# photo 14



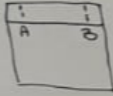
- MAKE UP POCKETS
- ① OVERLOCK OR ZIG ZAG ALL EDGES
  - ② PRESS OVER  $\frac{1}{2}$ " / 1.5CM ON 1 SHORT END TO RIGHT SIDE OF FABRIC
  - ③ STITCH FLAP DOWN EITHER SIDE AT A AND B
- 
- ④ TURN CORNERS OUT AND PRESS - SIDES SHOULD FOLD OVER AS WELL
  - ⑤ TOP STITCH IN PLACE
  - ⑥ REPEAT FOR BOTTOM POCKET CORNERS BUT DO NOT TOP STITCH



photo 15

BACK

SEW ON POCKETS  
DESIGN TOP HAS 2 POCKETS.  
1 ON THE LEFT FRONT — POCKET A  
1 ON CENTRE BACK — POCKET B  
TOP STITCH SIDES AND BOTTOM OF POCKETS  
MAKE SURE THEY ARE THE RIGHT WAY  
UP — OPEN TOP SHOULD FACE NECK OPENING  
YOU CAN ADD PEN POCKET TO FRONT POCKET  
BY STITCHING A BRIGHT LINE FROM TOP  
TO BOTTOM OF POCKET ON THE INSIDE SIDE  
1 1/2 CM FROM EDGE.

FRONT



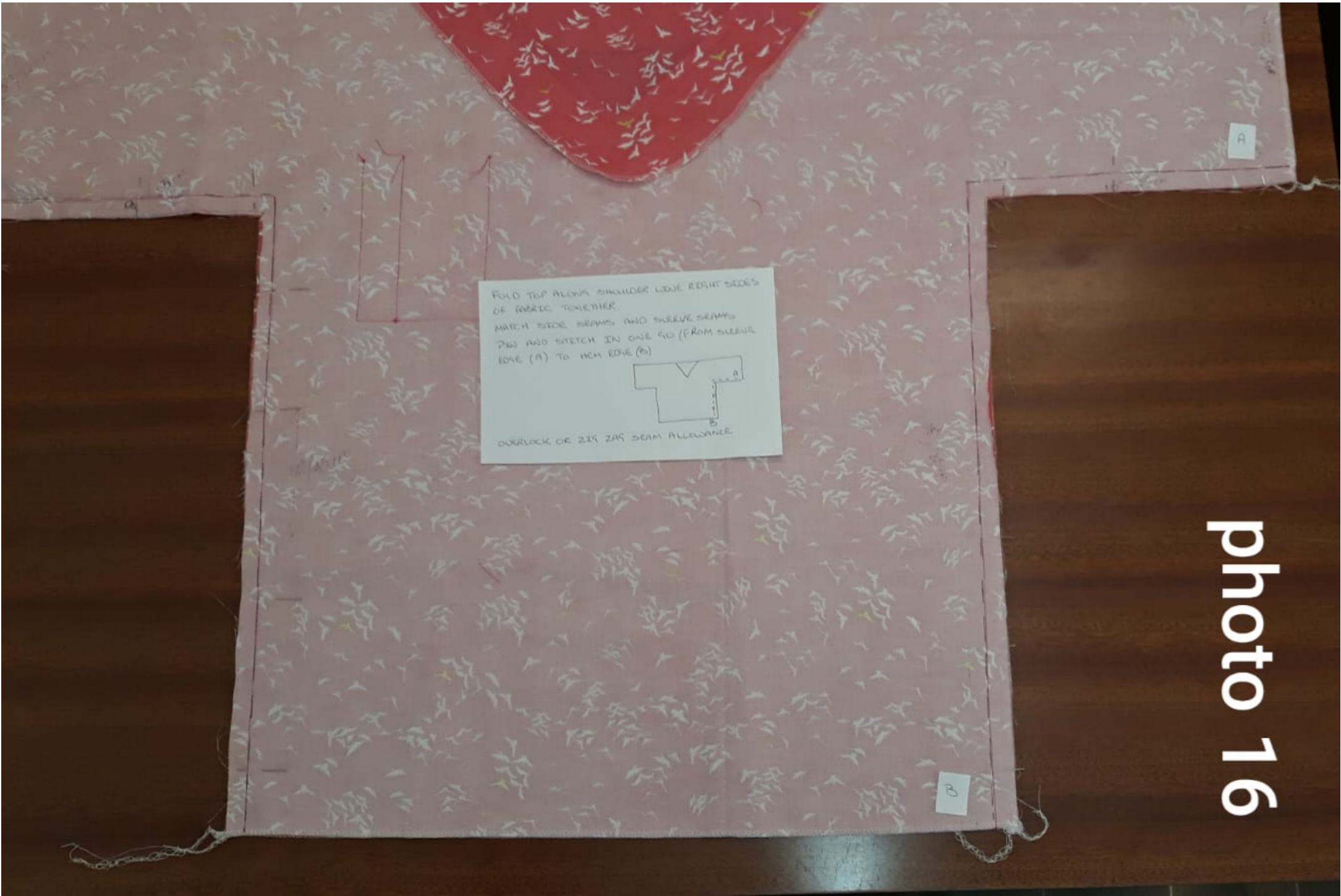


photo 16



SLEEVE HEMS  
TURN UNDER 1/2" | 1.5cm SLEEVE HEM AND PRESS  
FOLD OVER THE SAME AMOUNT AGAIN AND  
PRESS AND STITCH IN PLACE.

HEM  
CAN BE OVERLOCKED AND TURNED UP ONCE,  
PRESS AND STITCH  
OR  
CAN BE FINISHED USING SAME METHOD  
AS SLEEVE HEM  
TURN TOP RIGHT SIDE OUT

photo 17





photo 18