

Bethesda Clothing Protectors

Serving Meals with dignity and style.

Supplies: Pattern—add extra inch at bottom and add $\frac{1}{2}$ " seam allowance when cutting fabric

- 1 Hand towel (15" X 27").....lighter colors may stain easier
- 2 pieces of fun cotton fabric to match towel (16" X 13")
- 1 piece of batting (16" X 13")
- 1 piece of hook and loop Velcro (3")

1. Fold each piece of fabric in half to measure 8" X 13". Press.
2. Cut a pattern piece from each fabric, **adding inch at bottom fold and $\frac{1}{2}$ " for seam allowance (see dotted line on pattern).**
3. Cut batting from pattern; **add inch at bottom but do not add seam allowance.**
4. Press fold line open and place fabrics, right sides together. Center batting on top of aligned fabrics. Pin/secure 3 layers in place.
5. Starting and ending at the bottom edge, sew a $\frac{1}{2}$ " seam around yoke and neck (bottom is left open for towel insertion later). Illustration 1
6. Carefully clip at curves and trim curved areas to $\frac{1}{4}$ ".
7. Turn right side out using turning tool for curves.
8. Fold bottom ends in $\frac{1}{2}$ " for hem and press. Press edges of entire piece.
9. Topstitch around starting and ending $\frac{1}{2}$ " from folded bottom. Quilt if desired.
10. Fold towel to fit between bottom layers (trim off top hem of towel to make it less bulky). Stitch towel in place using a straight or decorative stitch. Illustration 2
11. Sew 3" hook/loop Velcro in place as shown to make the clothing protector size adjustable. Illustration 1
12. Admire your work! Your time is appreciated! THANK YOU! This item will be used 3 times a day, 7 days a week, 52 weeks a year (not including snacks). What a useful project!

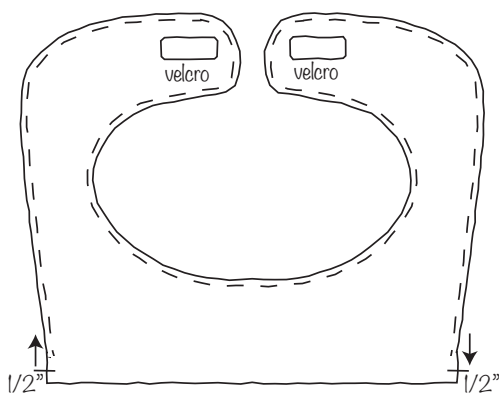


Illustration 1

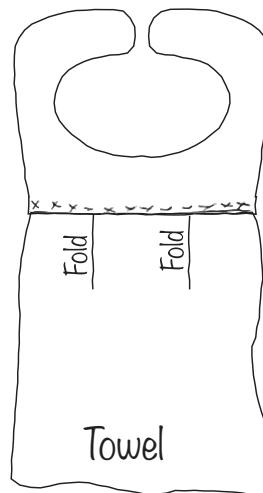
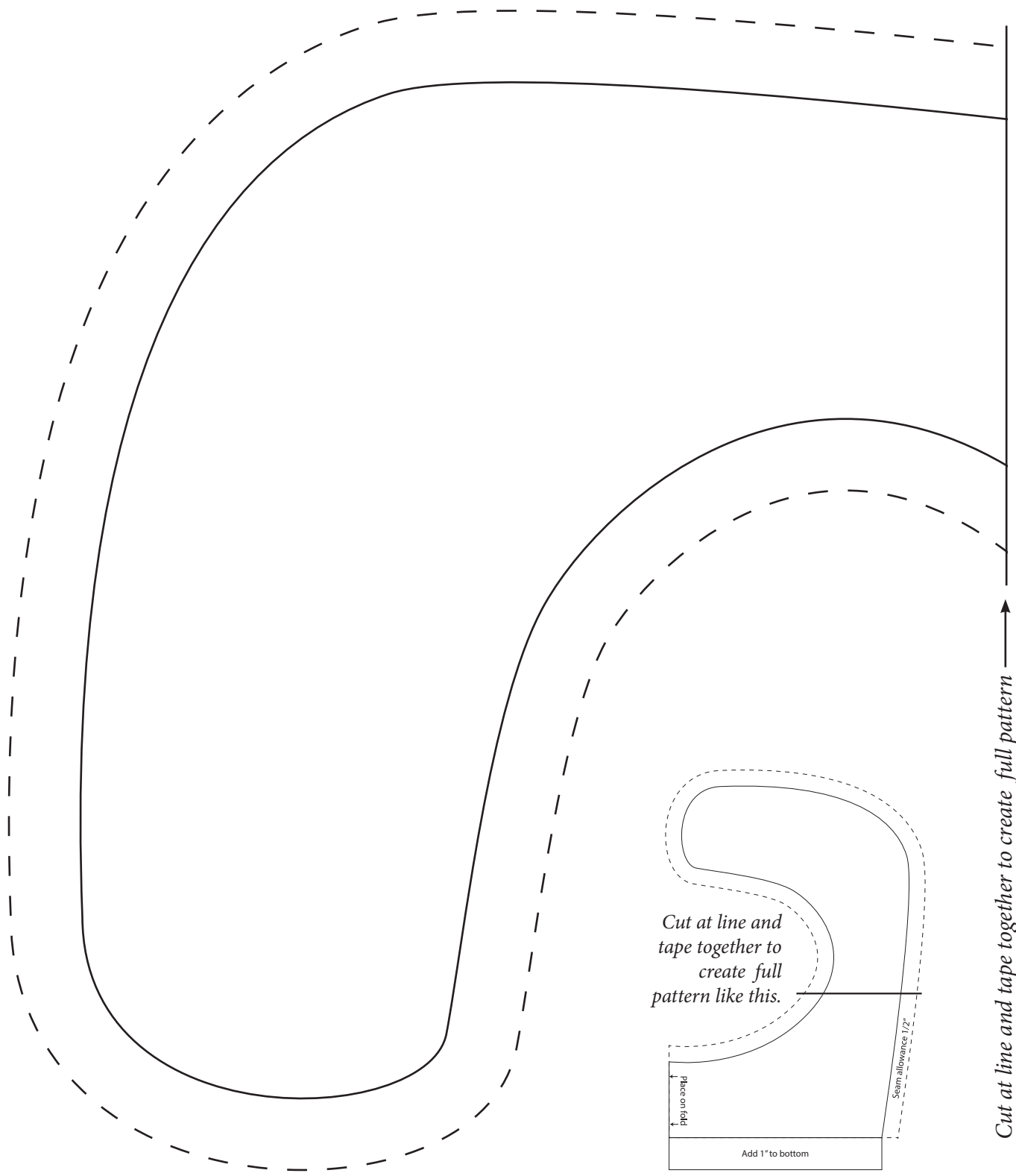


Illustration 2

Designed by Kathy Meyer



*Cut at line and
tape together to
create full
pattern like this.*

Place on fold

Add 1" to bottom

Seam allowance 1/2"

Cut at line and tape together to create full pattern

