

How to make Surgery Friends

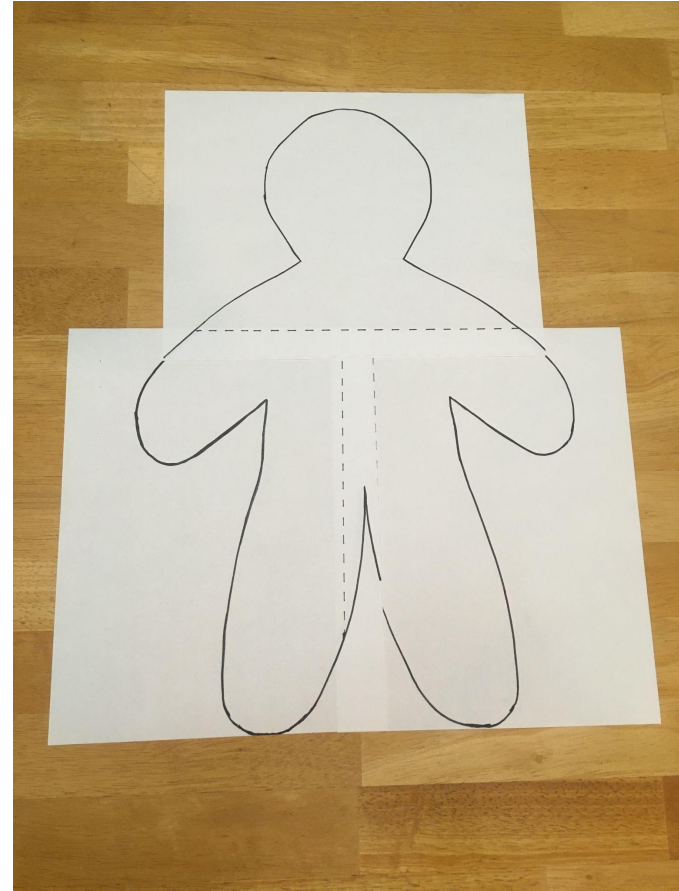
An easy step by step process to sew surgery dolls and gowns.

Materials and Supplies (Makes approx 4 - 5 dolls)

- 1 yard muslin fabric
- 1 yard cute cotton fabric
- Scissors
- Pins
- Sewing machine and thread
- Polyfill
- Needle
- Tape
- Measuring Tape/ Ruler

Step 1

- Print out the doll and gown pattern.
- Tape the top and bottom of the pattern together so the paper lines up with the dashed lines.
- Cut out paper pattern on the marked line and tape together wherever necessary.



Step 2

- Start with the doll pattern.
- Pin the paper pattern on top of the muslin fabric.
- Cut out the fabric. (You can fold the fabric on top of itself to cut 2 doll patterns at once.)
- Cut out as many patterns as you can keeping in mind you need 2 for each doll.

Step 3

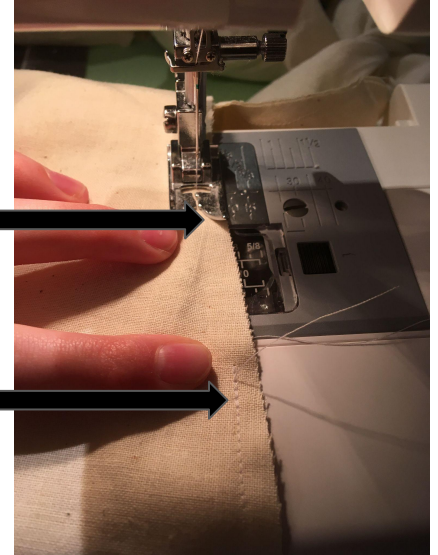
- Take 2 doll fabrics and line them up on top of each other.
- Pin these 2 pieces of fabric together if necessary.
- Start sewing starting at the bottom $\frac{1}{2}$ of one leg and go all the way around.
- Make sure to keep $\frac{1}{4}$ " of seam allowance.
- Stop 3 inches before you get the the beginning and make a back stitch.



Where to end and
add back stitch.



Point of beginning



Step 4

- Using scissors, carefully snip the seam allowances at corners and around curves to allow fabric to lay correctly once the doll is turned right side out.
- Be careful not to cut through the thread or the doll will have a hole.



Step 5

- Turn the doll right side out.
- You may use a pointy object such as a wooden dowel or capped pen to push the curves out.
- Begin stuffing the doll with polyfill until you have reached its desired fullness.

Step 6

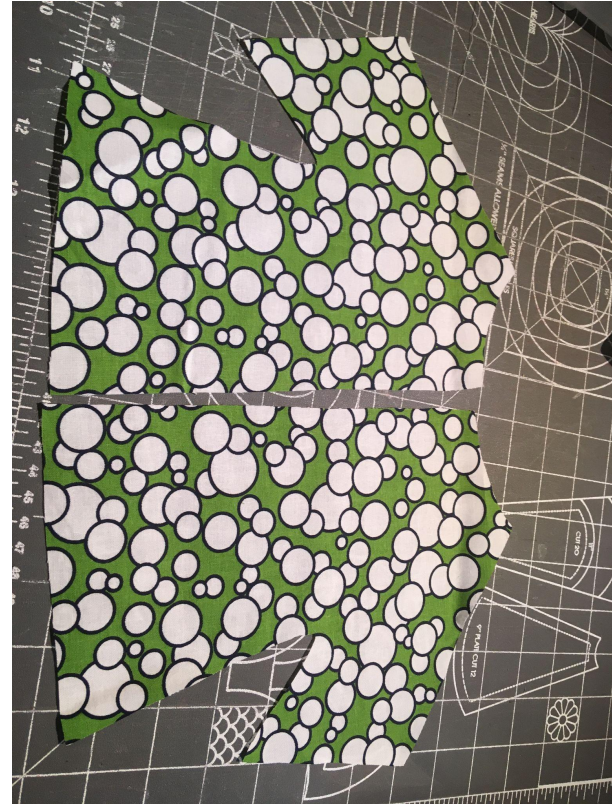
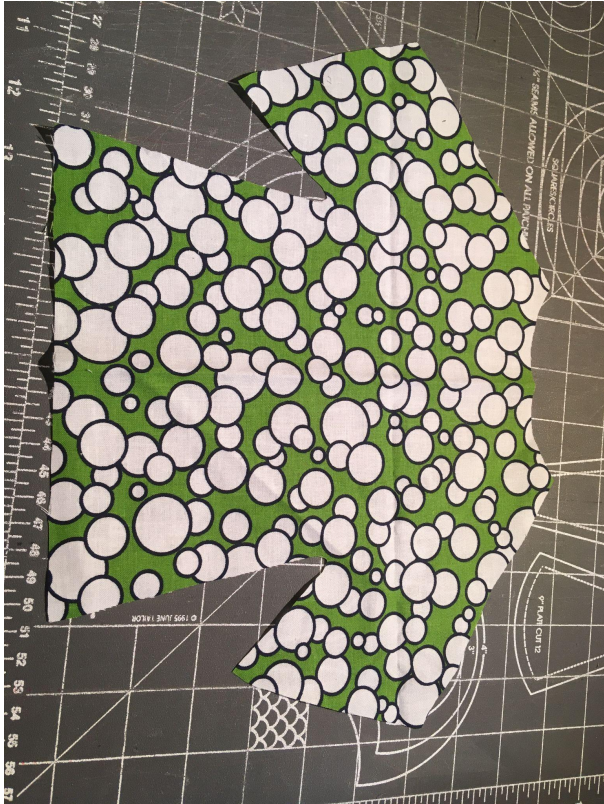
- With a needle and thread, close the hole that is still left in the dolls leg.
- Tie a knot in the end of the thread.
- Thread the needle in between the 2 pieces of fabric and pull it through until the knot stops the motion.
- Then in a circular motion, go around the 2 layers over and over again while moving forward until the opening in the leg has been sewn up.
- Tie a knot at the end and cut your thread.

Your dolls are now done.

Step 7

- Find gown pattern piece A.
- Fold your fabric in half and lay your pattern piece A along the fold.
- Line up the arrows that say place fold here to match the pattern and fabric.
- Pin pattern A.
- Place pattern piece B and C anywhere you wish but make sure it is facing the same direction as pattern piece A. (If you have patterned fabric, you want it to be facing the same way for all the pattern pieces.)
- Pin pattern piece B and C .
- Cut out both pieces.
- Repeat this process for all of your fabric.

What your cut out gowns should look like



Step 8

Pin only here

- Take pattern piece A and lay it down with the right side facing you.
- Place pattern piece B right side face down in line with pattern piece A. Line the arms and side seam of the gown up together. Do this with both B and C patterns.
- Pin them together around the upper arm.



Step 9

- Sew these 2 pieces together making sure to keep the neck, arm hole and bottom of the gown open.



Step 10

- Hem the arm hole.
- Take the edge of the arm hole fabric and fold the right side in twice.
- Each fold should be $\frac{1}{4}$ inch.
- When folding over the previously sewn seam open up the seam allowance as shown.
- Pin the folds and sew.

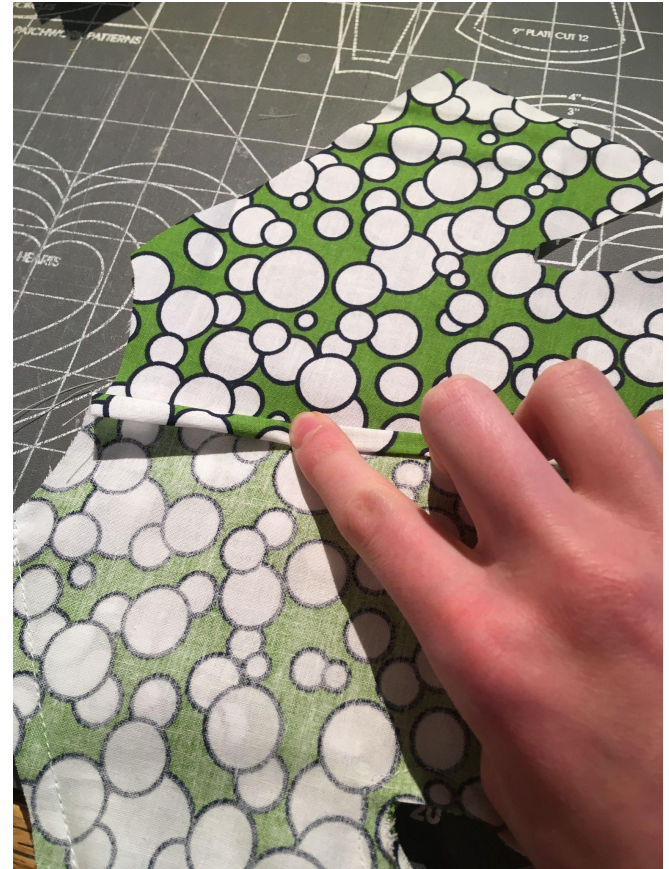


seam is open



Step 11

- Now you are going to hem the back.
- Start with pieces B and C and fold the right side over 2 times moving in $\frac{1}{4}$ of an inch each time.
- Pin these folds and try to make them even all the way down.
- Sew in a straight line from top to bottom.
- Make a back stitch at the end.

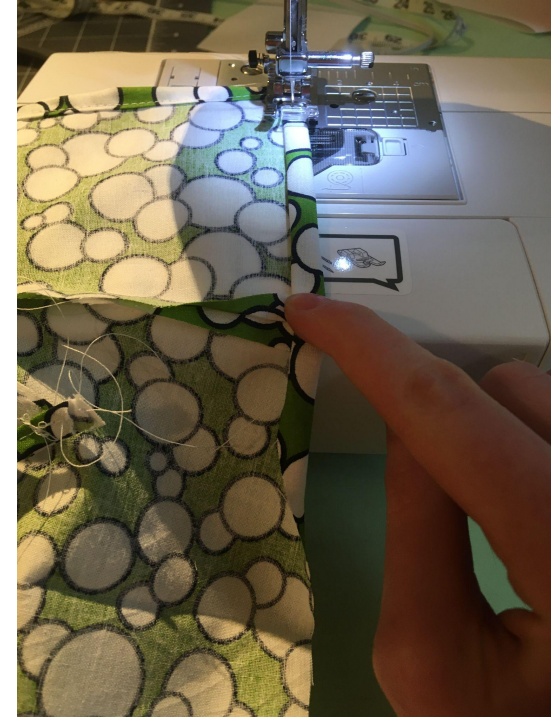


Step 11

- Hem the bottom of the gown.
- Doing the same folding process, make 2 folds with the right side folding up.
- When folding over the previously sewn seam, open up the seam allowance as shown.
- Sew across the entire bottom.

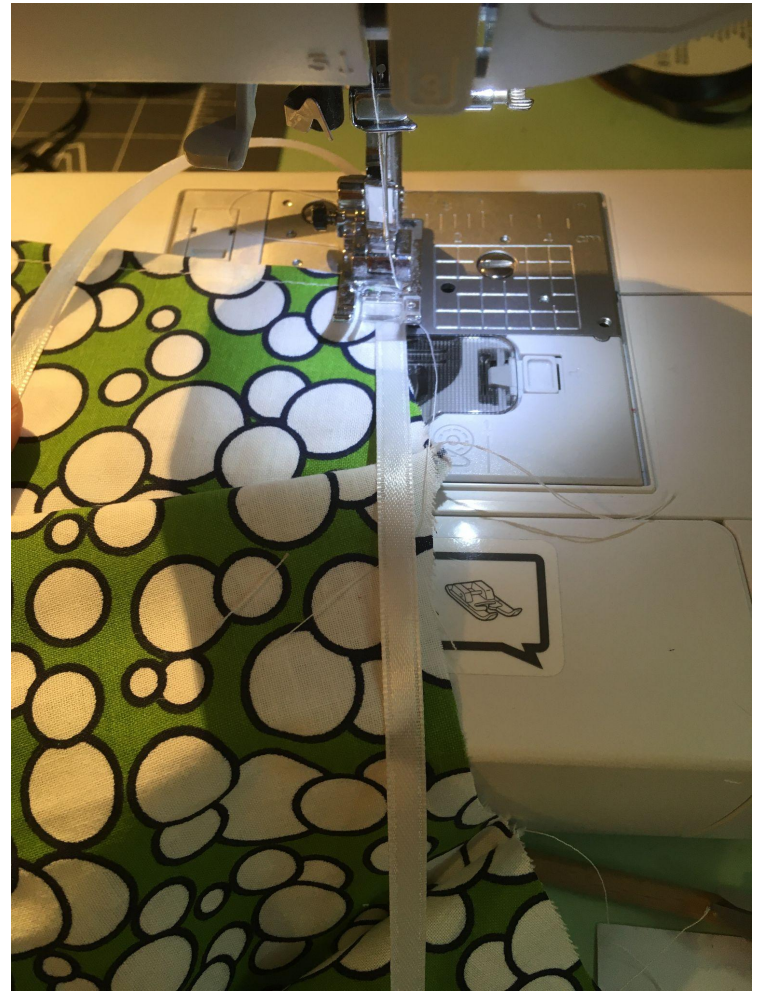


Seam is open



Step 12

- Attach the ribbon.
- Cut a length of ribbon that is 23" long.
- Mark the ribbon at 7" with a pin and align this with the neck edge.
- Start pinning the ribbon on the right side of the fabric on the neck, leaving 7" on either sides.
- Using a zig zag stitch sew the ribbon onto the raw neck edge.



Step 13

- Trim off all of the loose threads.
- Snip the armpits on the gown like you did with the curves on the dolls.
- Turn the gown right side out.

Step 14

- Dress your dolls in their gowns.
- Deliver the dolls to the U of U hospital.

Thank you so much for your contribution!

