



ALZHEIMER'S RESOURCE CENTER

DINING SCARF PATTERN

This easy sewing pattern creates a dignified way to help people stay clean at meal times and during the day. Get creative and have fun with selecting different fabric colors and prints and changing the pattern dimensions to make it wider, longer or thinner. We have found that 100% Polyester fabric seems to work the best. Wrapping paper or paper from office type flip charts works well to cut the pattern from.

10 EASY STEPS TO SEWING A DINING SCARF

You will need 1 to 1-1/2 yards of 60" wide fabric to make a scarf.

1. Fold your fabric in half.
2. Place pattern on the fabric matching the narrowest end of pattern to the fold line (as indicated on pattern). Pin in place.
3. Cut 2 patterns for 1 scarf. This will make the 2 panels for the front and back of the scarf.
4. When opening the fabric, you will have a long scarf.
5. Turn the 2 cut fabric pieces inside out (colorful side will be on the inside and the back of the fabric will be facing outside). Pin together.
6. Sew along the outer edge, leaving a ¼" seam allowance and leave a 4" opening on one end of the scarf.
(This is to allow turning the scarf right side out.)
7. Clip curves in corners (where indicated on pattern) to release tension on the fabric.
8. Turn the scarf right side out.
9. Iron the scarf.
10. Tuck in ¼" of the bottom opening and sew it closed, continuing to sew around the entire scarf to hold the front and back fabric together securely to avoid bunching.



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