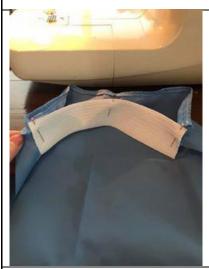


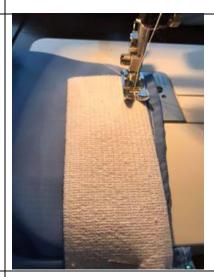
Step 1: First sew a rolled hem on the cuff edge of the sleeve to help with fraying



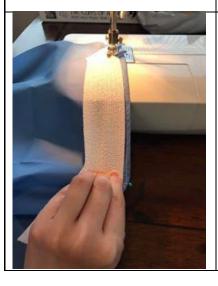
Step 2: Pin the elastic edges to the sides of the fabric where it will go



Step 3: Pin the middle of each together as well to mark where it should line up



Step 4: Lock stitch the start (no stretching)



Step 5:
Grab tightly
where the
middle pin is
and pull the
elastic until the
fabric isn't
bunchy. Sew a
few stitches,
then you can
use your other
hand to grab
the back and
pull tight in
both directions



Step 6: You can pinch and pull wherever, just make sure the fabric isn't bunching

Sewing Cuffs onto Gowns



Step 7: Lock stitch at the end (no stretching) and voila!



This is what it looks like flipped over on the right side