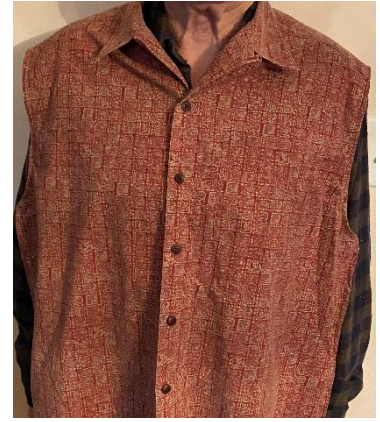


# Dignity Bib

You can use any size button up shirt.

This would be great for men or women. While women are content to wear the shirt protectors and men are more resistant so this would be a great solution.



## Instructions:

1. Button the shirt and layout flat.
2. Cut off the sleeves leaving about  $\frac{1}{4}$ " of fabric for turning and stitching.



3. Turn shirt over to the back and cut up each of the sides of the shirt at the seam – all the way to the cross-piece seam (about shoulder length). Be sure to leave  $\frac{1}{4}$ " to turn and stitch.

NOTE: If there is not a shoulder piece stop about 4-6" below the collar. See the red box on the shirt as an example of the cross piece and this provides an idea how long the cross piece should be if you need to create one.



#### 4. Final step is to stitch

- Each of the two side seams
- Each of the arm holes
- Across the shoulder section of the back of the shirt.

Leave the shirt buttoned up and it slips over their head. They love them as they don't feel they are wearing a bib!



When people are finally able to go out in public again, men and women would be more willing to wear this than a shirt protector.