

# Nursing Home Bibs

Purchase the cheapest bath towel WalMart sells. They are the right size and weight, and cost \$1.50. These can be colored or white. Also, purchase wide, double fold bias tape, (one package will do at least three bibs) and some Velcro.

Fold towel lengthwise, and make a slit on the fold at one end, 5 inches long. From the end of the slit, cut an oval 6 inches by 4 1/2 inches for neck.

Bind cut edges with bias tape, using a zig zag stitch to make sure it is securely sewn. These bibs need to go through a commercial laundry.

Add velcro strips to each side of the original slit, making sure the ends will overlap in the back.

