

LABORATORY MANUAL FOR

Clinical Kinesiology and Anatomy

Fifth Edition

Mary Alice Duesterhaus Minor
Christopher D. Towler
Lynn S. Lippert



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National Library of Medicine Current Catalog National Library of Medicine (U.S.), 1971

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web stitch the top and bottom fabrics right sides together $\frac{1}{4}$ from the edge leaving a 4 turning gap turn the placemat right side out poke out the corners press and hand sew the gap closed topstitch the placemat 1 8 from the edge to finish this method also gives you a double sided placemat

[garden gate gab four sided placemats blogger](#) - Oct 07 2022

web dec 28 2011 i made something called the four sided placemats by several settings a company in new hampshire these placemats are actually 4 in one you choose four different fabrics for each placemat and can change them as you wish