

# Basic Flat Headband

## Sewing Instructions

### FABRIC REQUIRED:

You can make 12 headbands with **0.5m (~20")** of 150cm (60") wide fabric.

~ **Choose a knit fabric** with 2-way stretch. (i.e. cotton, rayon or bamboo knits, t-shirt knit)  
*Keep in mind that lighter weight, breathable fabrics are more comfortable and versatile.*

### ~ Notes About Knit Fabrics:

~ The Right Side of the fabric is a smooth surface and looks like small vertical lines.

~ Be sure to keep it square so that folds lay flat and the raw edges match up without pulling or stretching the fabric when cutting and sewing. Taking care during this step will ensure that the item will not become distorted when laundered.

~ Using a ball point or stretch needle is helpful. You may need to adjust your machine tension.

~ **PREWASH FABRIC** as you would the finished garment.

This will allow any shrinkage to happen before you sew. **DO NOT SKIP THIS STEP!**

~ **Pattern Printing Note:** *Print Page 3 first. Print full size on 8.5x11" letter paper. Do not 'Shrink to fit' or scale the images. Make sure that the 1" square on the printed pattern is 1" square before printing full pattern. Assemble paper pieces by taping together, matching letters as indicated.*

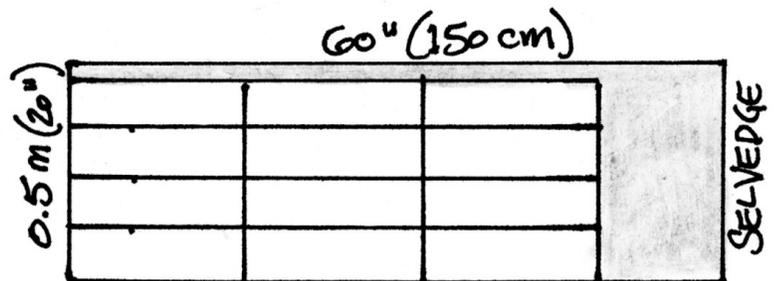
### 1. Cut pattern pieces.

Cut out one piece per band.

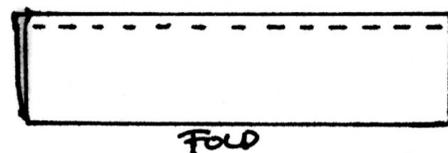
The long edge should be aligned with the fabric direction that has more stretch (as indicated on pattern).

It is usually perpendicular to the selvedge edge of the fabric.

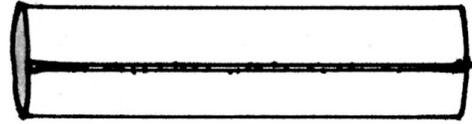
 = Right Side  = Wrong Side



2. **Sew into a tube.** Match Long Edges, Right Sides Together and Stitch using a wide zig zag, stretch stitch or 2 needle serger. **All seam allowances are 3/8".**



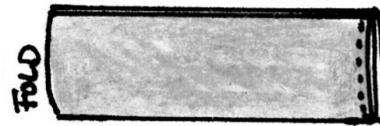
3. While it is still inside out, **roll seam to the centre**, and press the seam flat in one direction.



4. **Turn Right Side Out.** Pull tube right side out so that the seam is inside. Make sure the seam is centred. Press Flat.



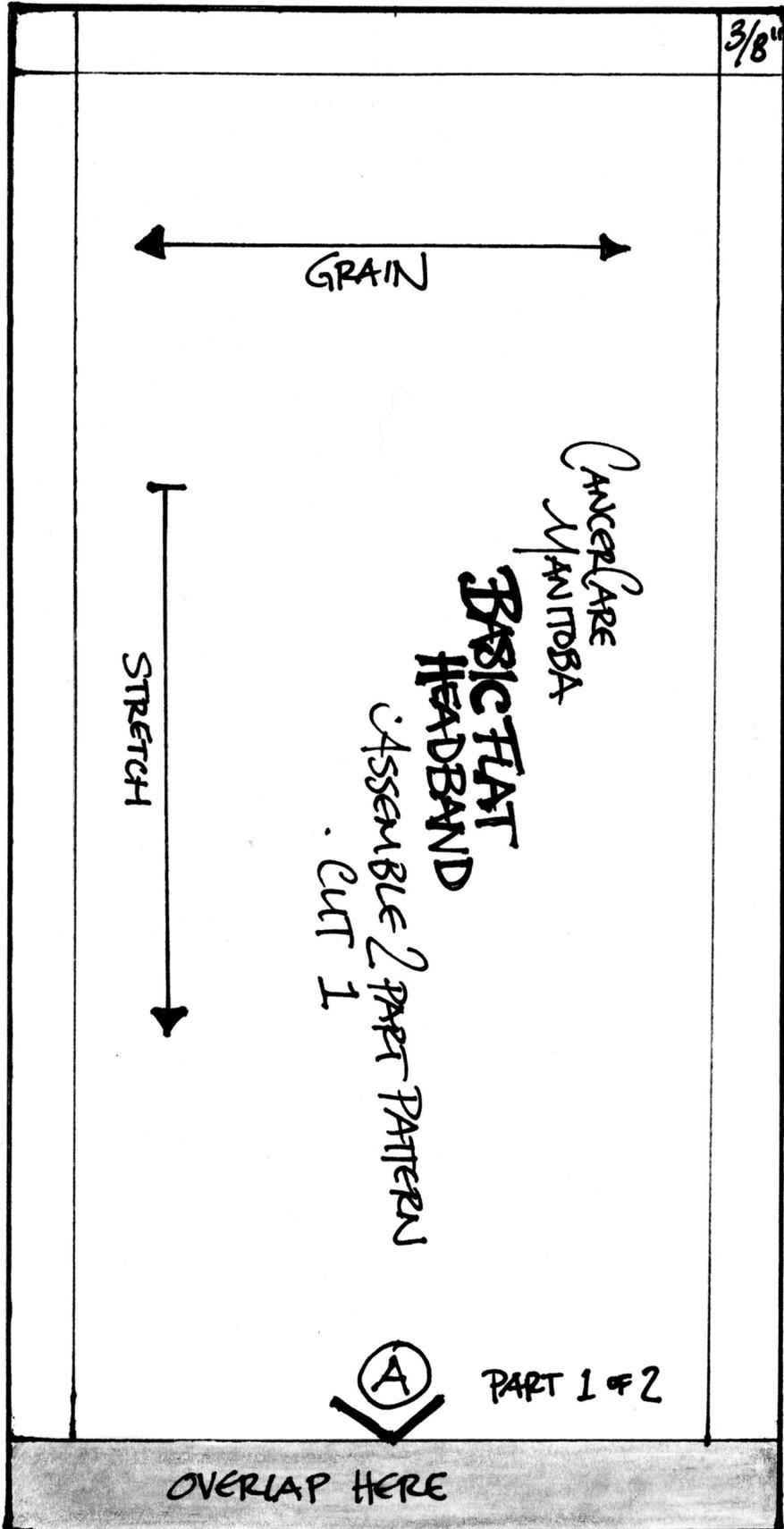
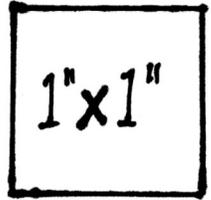
5. **Close the Loop.** Fold in half lengthwise, with seam line inside and match short ends together. Stitch closed with wide zigzag, stretch stitch, or serger.



\*\*\*Be sure to Backstitch (sewing machine), or weave in ends if serging. Press seam flat to one side. Optional: Top Stitch over this seam to reinforce/make a nicer finish.



\*\*\****Finished circumference should comfortably stretch to at least 23".***





PART 2 of 2

OVERLAP UPPER PIECE

CANECRCAPE  
MAUTOBA  
BASIC FLAT  
HEADBAND