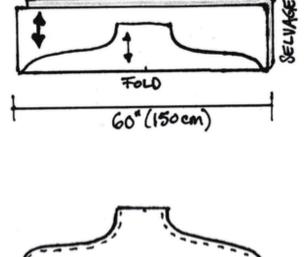


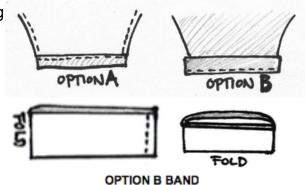


- Choose a knit fabric with 2-way stretch. (i.e. cotton lycra, t-shirt knit, lightweight fleece) Keep in mind that lighter weight, breathable fabrics are more comfortable and versatile. You will need about 0.75m (30") of 150cm (60") wide fabric.
- 2. **Prewash fabric** as you would the finished garment. This will allow any shrinkage to happen before you sew. *DO NOT SKIP THIS STEP!*
- 3. **Cut main pattern piece** on fold (see grain line indicated on pattern). The base (cuff) circumference (without seam allowances) should comfortably stretch to 22". Depending on your fabric, you may have to adjust this opening measurement slightly. *Remember that the average head size is 21" and you want your headwear to be comfortable*
- Sew side seams, right sides together (matching notches), using zig zag, stretch stitch or serger. Using a ball point or stretch needle is helpful. *All seam allowances are 3/8"*. Turn right side out. Lightly press folded edge.
- 5. **OPTION A**: Finish raw edge. Fold up hem 1" (wrong sides together) and secure with stretch/zig zag topstitch or by stretchable hand hem stitch.

**OPTION B:** Cut off 1" from bottom edge. Cut out optional band. Stitch short ends together (right sides together). Fold in half lengthwise with seam on the inside. Pin evenly to bottom edge of turban (right sides together).

Stitch using zig zag, stretch or serger.





6. Lightly press hem. Press seam upward if using Option B. Finished bottom edge circumference should comfortably stretch to 22".

