

# Self Tie Headband: Narrow or Wide

## Sewing Instructions

### FABRIC REQUIRED:

You can make 4 Narrow Version **OR** 2 Wide Version 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 or 7 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.*

\*\*\***Narrow Version** print Pages 3-6 only, **Wide Version** print Pages 7-12 only.

### 1. Cut pattern pieces.



Cut out one piece per band.

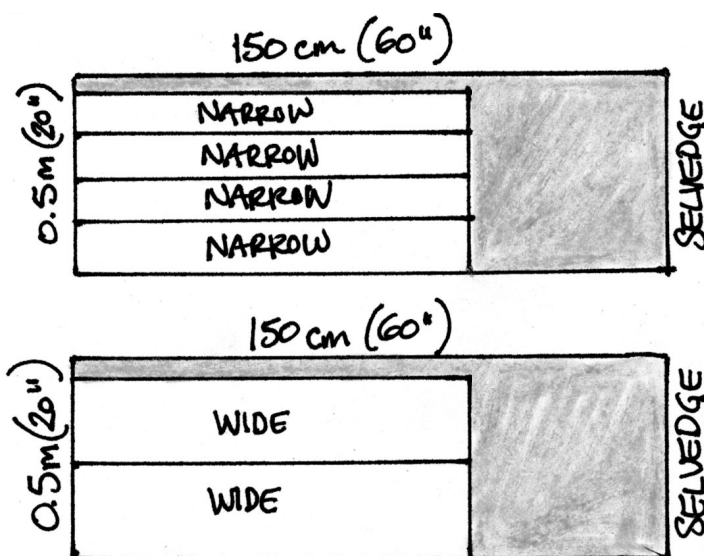
The long edge should be aligned with the fabric direction that has more stretch (as indicated on pattern).

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

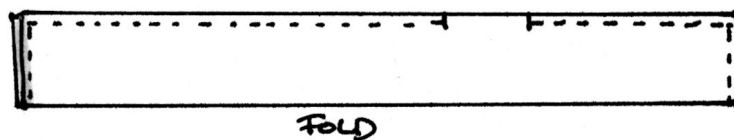
### Pattern Marking Note:

When using knit fabrics and narrow seam allowances, mark notches with small clips or a washable/disappearing marking tool such as chalk, quilting pen to avoid holes in seams.

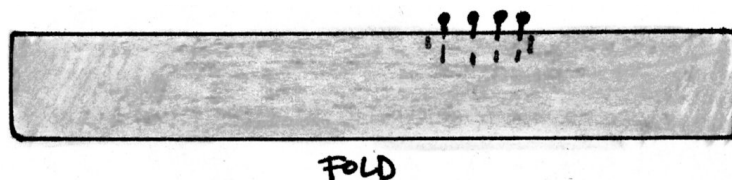
 = Right Side  = Wrong Side



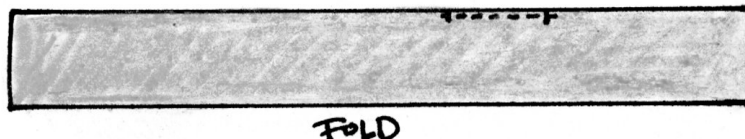
2. **Sew into a tube.** Match long and short edges, Right Sides Together and Stitch using a wide zig zag, stretch stitch or 2 needle serger. **All seam allowances are 3/8".** \*\*\*Leave a section of the long seam open as indicated on pattern.



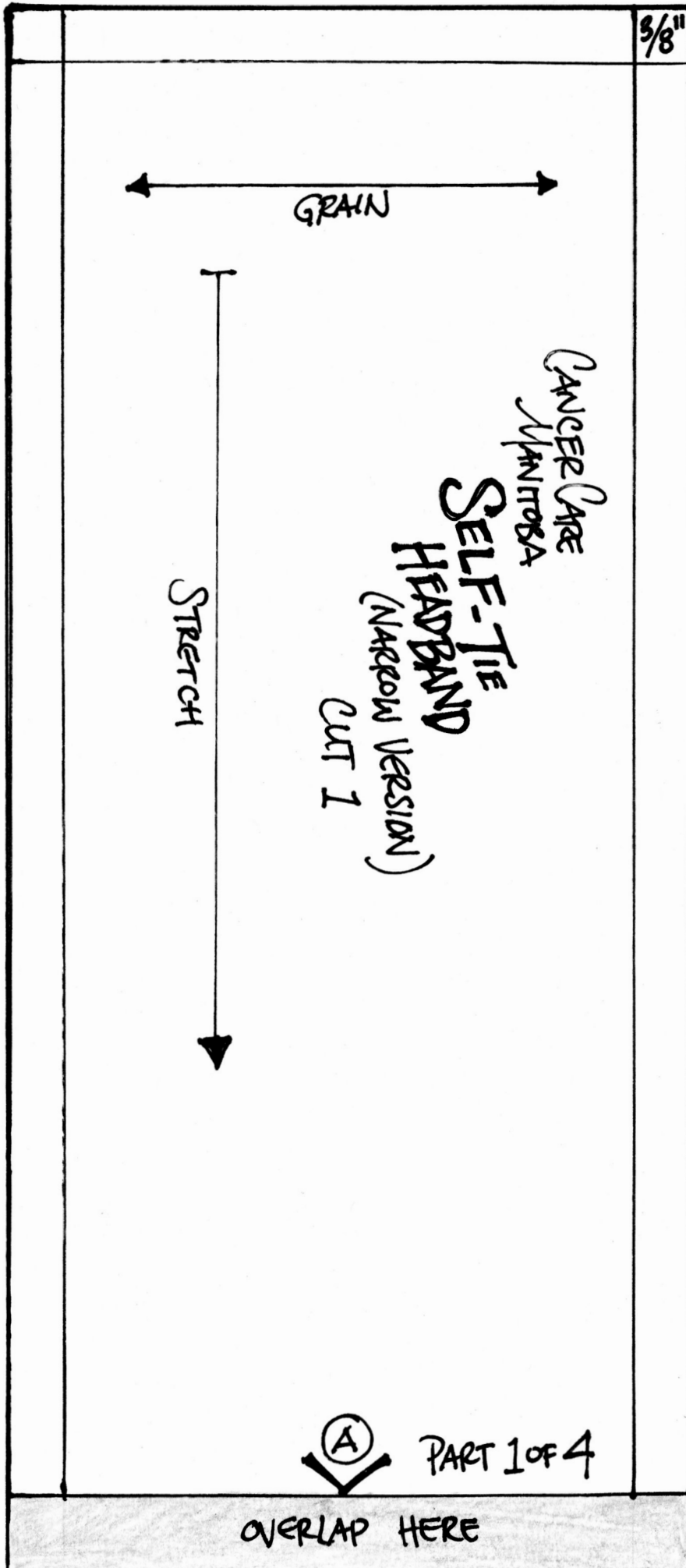
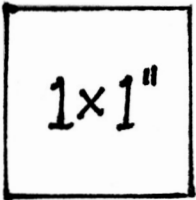
3. **Turn Right Side Out.** Pull tube right side out so that the seam is inside. Carefully push out corners from inside using a rounded tool like a point turner, blunt knitting needle etc. Press Flat, turning in seam allowance at opening.



4. **Pin and Stitch the opening closed** close to the edge with a stretch or smaller zig zag stitch, being careful not to stretch the fabric too much as you sew. You could also use a hand stitch that allows stretch if needed. This area should be able to stretch with the fabric without breaking. Press over stitching to set and ease in.



This Headband may be styled multiple ways and is adjustable to different sized heads.



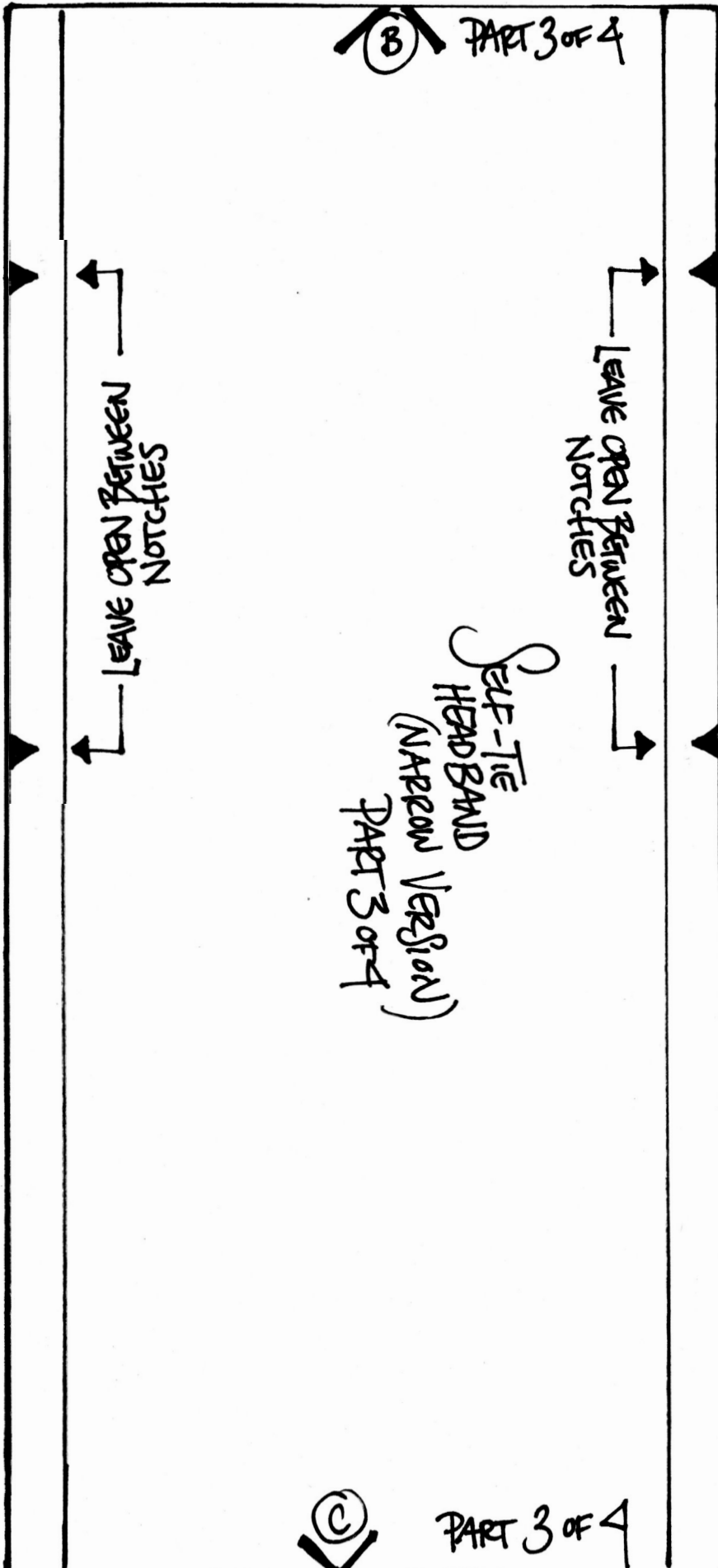
① PART 2 OF 4

Self-Tie  
HEADBAND  
(NARROW VERSION)  
PART 2 OF 4

② PART 2 OF 4

OVERLAP HERE

ⓑ PART 3 OF 4



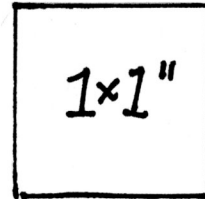
ⓒ PART 3 OF 4

OVERLAP HERE

© PART 4 of 4

Self-Tie  
HEADBAND  
(Narrow Version)  
PART 4 of 4

3/8"



CANCER CARE  
MANITOBA

SELF-TIE  
HEADBAND  
(WIDE VERSION)  
CUT 1



A  PART 1 of 6

SELF-TIE  
HEADBAND  
(WIDE VERSION)

PART 2 OF 6

< A

B >

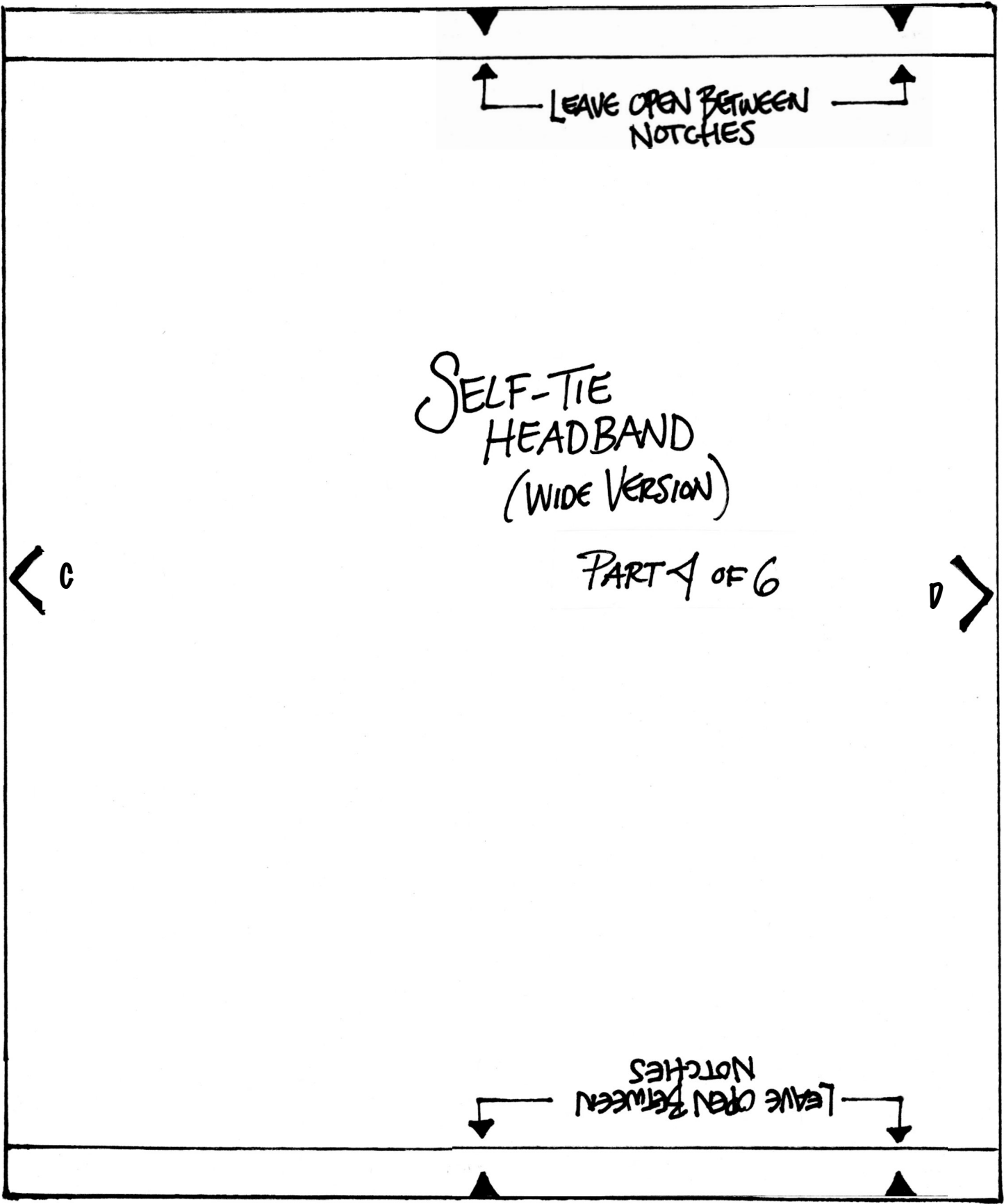


SELF-TIE  
HEADBAND  
(WIDE VERSION)

PART 3 OF 6

< B

C >



SELF-TIE  
HEADBAND  
(WIDE VERSION)

PART 1 OF 6

LEAVE OPEN BETWEEN  
NOTCHES

LEAVE OPEN BETWEEN  
NOTCHES

C

D

SELF-TIE  
HEADBAND  
(WIDE VERSION)

PART 5 OF 6

< D

E >

3/8"

SELF-TIE  
HEADBAND  
(WIDE VERSION)  
PART 6 OF 6

K E