

# Twist Front Headband

## Sewing Instructions

### FABRIC REQUIRED:

You can make 4 Headbands\* with **0.5m (20")** of 150cm (60") wide fabric.

\*Pattern pieces are 10" along the grain. If your cut edges of fabric are not square or not cut generously, you may have to place pattern pieces differently. If you are purchasing fabric, you may want to get a little extra.

~ **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.

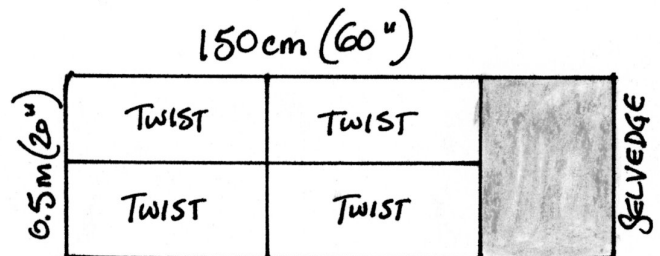
### 1. Cut pattern pieces.

Cut out one piece per band.

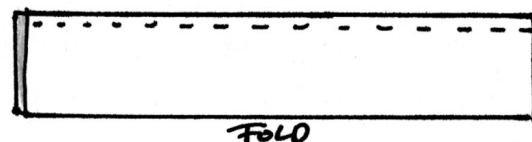
 = Right Side  = Wrong Side

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

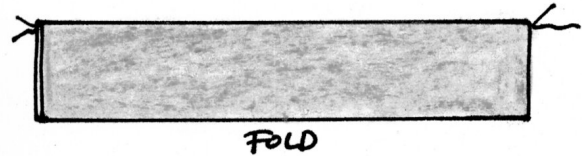
It is usually perpendicular to the selvage edge of the fabric.



- ### 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".**



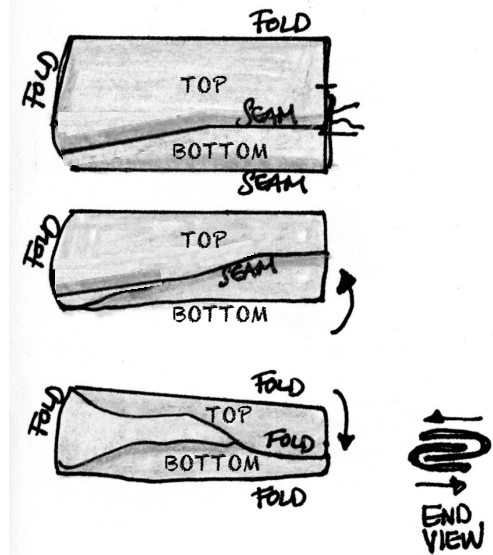
3. **Turn Right Side Out.** Pull tube right side out so that the seam is inside, along one edge. Press Flat.



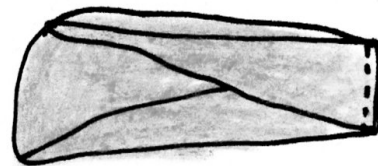
4. **Make the Twist.**

Mark centre of both ends. Fold in half lengthwise with Seam edge towards you. Overlap top half on bottom, with top seam edge along centre of bottom.

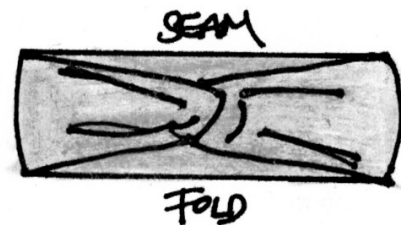
Fold bottom seamed edge up to centre of top, then top folded edge down over that to make an interleaved stack. Seam edges will be enclosed on the inside of the folds.



5. **Pin and Sew**, with zig zag, stretch stitch, or serger, ensuring all short edge layers are caught in the seam. There will be 8 layers of fabric, so basting with a long stitch or by hand first helps here. You may also need to adjust the pressure dial for your pressure foot or machine tension if there are skipped stitches. You could also sew this short seam by hand with a whip stitch, overcasting the edges.



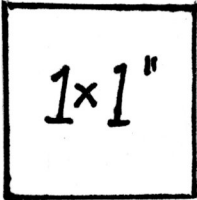
6. **Flip twist to outside**, with short seam hidden on inside, and back of band flat.



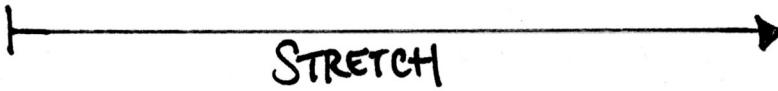
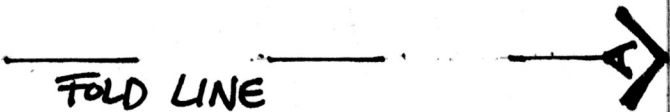
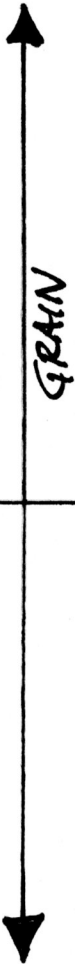
\*\*\***Variation:** Sew ends closed flat as for Basic Flat Band for a plain wide band that can be styled various ways.

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

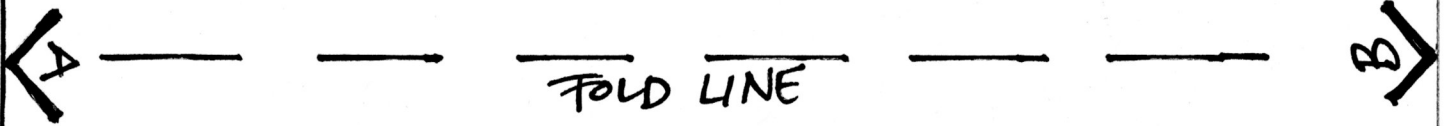




CANCER CARE  
MANITOBA  
TWIST FRONT  
HEADBAND  
CUT 1



TWIST-FRONT  
HEADBAND  
PART 2 OF 3



TWIST FRONT  
HEADBAND  
PART 3 of 3

