Headbands & Ear Warmers

How-To VIDEO at www.LoveMendingSouls.org

4" X 18 to 20" knit fabric (2-way stretch) : *Test the stretch to be sure it reaches 22" comfortably*

- The 18" direction goes around the head so it should be cut in the stretchy (crossgrain) direction. Some knits are stretchy enough across the straight grain. Test by pulling on the knit.
- The knit should not be too "slippery" so it will stay on the head. Feel the fabric. Swimsuit fabric may not be the best choice.
- Interlocks are ok. Just be sure to cut the 18" along the stretchy way.
- All purpose thread; stretch or ball point needle; straight stitch
- **Ear Warmers** are made the same but 4x20" of flannel/fleece with lycra/spandex stretch.

Sewing Instructions

1. Lay the 4" X 18" fabric down, right side down. Figure 1.
2. <u>At one 4" end</u>, fold the left and right edges to the center. Figure 2.
3. Folding from the left to right, fold in half. Figure 3. There will be 1 fold on the left side and 2 folds on the right side. Refer to this as End "A".

Figure 1   Figure 2   Figure 3 - End "A"

4. Lay the other 4" short end, End "B", right side up. Be careful to not twist the fabric. Figure 4.
5. Place End "A", single fold side, at the center of End "B". Figure 5.
6. Fold left side of End "B" over to the right side of End "B" encasing End "A". Figure 6.

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Figure 4 - End "B" is on the Left	Figure 5	Figure 6

Figure 7	Figure 8	Figure 9

7. Now fold the 2 raw edges on the right side over to the fold on the left side, Figure 7. See Figure 8 shows a cross-section view of the folded ends.

8. At the sewing machine, set up for a normal straight stitch with a stretch or ballpoint needle in the machine.

9. Starting in from the edge, sew 3/8" seam Note: Because the tie end is thick it may be harder for the sewing machine to feed the fabric if you start right on the edge. That is the reason for the recommendation of starting in a bit. Sew forward to the edge and then backstitch to the starting edge. See Figure 9.

10. Now just pull the headband sides apart and the seam "magically" disappears to the inside!