



Surgical Caps & Wheelchair Seat Covers



More pictures & How-To VIDEO with serger at www.LoveMendingSouls.org

Need: ♥FUN 17" (or 20") Square Cotton or Polyester ♥ MS Label

♥17 (or 20") of 1/4" Elastic (1" Elastic for *Seat Covers) ♥One small & one large safety pin

**Seat Covers are made the same way, but custom made to size. Cut to dimensions, for example 30" square including depth of cushion, add 6" to each side to be able to tuck under, and follow the same instructions as surgical caps.*

1. Cut 16" diameter (across) circle for children. (Cut 19" diameter for adults.) If serging edges, skip to Step 2 after serging. First sew 5/8" in from the raw edge around the fabric circle. This is now your 'Fold Over Line'.
2. Fold 5/8" inward, (on your stitched "Fold Over Line" around the fabric circle,) pressing inward, making little folds.
3. With the wrong side of the fabric facing up, stitch 1/4" away from the raw edge to make the casing tunnel. *Leave a 2" opening to insert the elastic.*
4. Insert the 1/4" elastic using safety pins. Place a safety pin on each end; a small one to insert the elastic through the channel, and a big safety pin at the other end so the elastic won't accidentally get pulled through the channel.

1/4" Elastic:

Child Length 17"

Adult Length 20"

5. When the elastic has been pulled through, make sure the elastic hasn't twisted. Overlap 1/2" to secure the 2 ends of the elastic by stitching back and forth several times.
6. Stitch closed the opening on the surgical cap.
7. Check the surgical cap making sure there are no gaps where the elastic has poked through the final stitching line.



Step 1: Stitch Fold Over Line



Step 2: Fold Over on Line, Iron



Step 3: Stitch 1/4" from raw edge

Bobbin-Pull Method or Serger Method:

Need: ♥FUN 17" (or 20") Square **Cotton or Polyester**
♥17 (or 20") of 1/4" Elastic ♥One small and one large safety pin

1. Cut 16" diameter (across) circle for children. (Cut 19" diameter for adults.) Right side facing down, stay stitch (3.0 stitch length) a scant 1/4 inch inside from the raw edge, while lightly **pulling the bobbin thread** every 4-6 inches. The outer raw edge will automatically curl up and inwards. (**Optional with serger:** go around circle with 4-thread overlock, length at 2.5 stitch, gathering with 1.5 differential setting.)
2. Fold inward 1/2" around the circle, iron press inward. Use clips or pins if needed.
3. Secure by stitching nearly on top of the first stitch, leave 3-finger gap to insert the elastic.
4. Insert the 1/4" elastic by using a safety pin. A tip is to place a safety pin on each end; a small one to insert and a big one at the tail so it won't accidentally get pulled through!
1/4" Elastic Lengths: Child 17" Adult 20"
5. Pull the elastic through, overlap 1/2" and secure the 2 ends of elastic by stitching them together, include a backstitch!
6. Sew opening shut. Double-check, by stretching elastic, NO gaps to see elastic!



Step 1: Stay stitch



2: Iron 1/2" inward



3: Stitch on top of Stay Stitch



←*Tip: Be sure to upcycle less attractive fabrics by stitching on FUN cut-outs!*



To Make CIRCLE Templates for Surgical Caps:

9.5" Radius/19" Diameter CUT 8 for ONE Adult Circle (Tight Dots)

8" Radius/16" Diameter CUT 4 for ONE Child Circle (Loose Dots)

Once 'pizza slices' are pieced together to make a circle, create Circle Template out of strong material so marker tracing won't bend it.

9.5" radius
cut from Edge to "Stop"

To Cut Surgical Caps from CIRCLE Templates:

Each surgical cap is 1 CIRCLE PIECE of Fabric

8" radius cut
from Edge to bottom

To Sew:

Iron 5/8 inch hem all around and stitch down, leaving an opening for elastic insertion.

(Serged edges optional with 4 thread overlock and 1.5 differential for slight gathering.)

Insert 1/4" elastic, (1" longer than the diameter) being careful to not twist the elastic inside.

Once the ends overlap then attach by sewing securely outside of cap. Then close opening without stitching on the elastic band.

Stop

Radius = Halfway Across Circle

Diameter = Distance Across Circle

How-To Video at <https://www.lovemendingsouls.org/surgical-caps>

Be sure to check measurements; this dotted line should go all the way to the left corner!