



Mending Souls Chemo Cap

More Pictures and Information at www.LoveMendingSouls.org

Need: *single/double-knit in ♥8" Circle +♥15x21" Band

(See Alternate Sizings below) ♥MS Label

Use 3/8" seam allowance

Optional: *If you only have a 1-way knit, (stretches only in 1 direction) be sure the band stretch goes the long (21") direction.

If serging: Use 4-thread serger stitch

To Sew: Medium Adults (8" Circle + 15x21" Band)

1. With a seam/overcast stitch, sew the 15" short edges of cap Band right sides together (RST).
2. Fold Band along the 21" length wrong sides together (WST), matching raw edges. Mark 4 quarters, or as many as you need, on the raw band edges, and do the same with the Circle, so they will line up when stitching. AIR-ERASE pens are GREAT for this!
3. Carefully match markings on cap Band to Circle, with right side of circle facing Band (RST) and stitch. Trim threads.
4. Fold up Band bottom edge to create a cuff. The Band seam is the Back. Midway from Back to Front, approximately in front of the ears' region, stitch around a flat MS Label to the cuff (so when it's turned up, the label shows, correct side up!)

L: 8.5" cap; 15x22.5" band // **XL:** 9" cap; 15x24" band

S: 7.5" cap; 13x19.5" band // **XS:** 7" cap; 12x18" band

Mending Souls



Actual 8" Diameter Circle

Mending Souls

v.062521

7400 N. Oracle Ste 150-450, Tucson AZ 85704

www.LoveMendingSouls.org

LoveMendingSouls@Gmail.com