

# Hooray for Headbands

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## Materials List:

1/8 yard of fabric  
4-5" of 1/2" wide elastic for Adult & Child Sizes  
or 1/4" elastic for Baby Size  
thread

1. **Cut Out:** Cut headband pieces from fabric according to the illustrated layout to the right. Follow the Fabric Cutting List on the following page for patterns & measurements.

2. **Sew & Press Band:** With right sides together, fold band in half as shown. Stitch a 1/4" seam the length of the band, back-stitching at each end. Carefully press the seam open with the edge of your iron.

3. **Turn, Press & Tuck in Ends:** Turn the band right side out. Center the seam along the back of the band and press. Tuck the band ends in 1/4" and press again.

4. **Sew, Turn & Press Ties:** With right sides together, sew two tie pieces together, leaving the blunt end open. Trim the point as shown. Notch curves and clip inside corners. Turn the tie right side out. Press. Repeat with two remaining tie pieces.

5. **Attach First Tie:** With the seamed side of the band facing up, insert the blunt end of one tie into one end of the band. Tuck the tie approximately 1/4" to 3/8" into the band. Center the elastic over the tie and tuck the elastic into the band as well. Pin tie and elastic in place. Stitch through all layers and near to the end of the band. For added strength, stitch through or zigzag over the elastic a couple of times.

6. **Mark Elastic Length:** For a good fit, wrap the band around your head and note where the elastic comfortably meets the unfinished end of the band. Mark appropriate elastic length with a pin, chalk or a water-soluble marker. Trim the elastic 1/4" to 3/8" beyond this mark.

7. **Attach Second Tie:** Repeat Step 5 using the remaining tie and the opposite ends of the band and elastic, inserting elastic until the length-mark (Step 6) aligns with the end of the band. Be sure the headband is not twisted.

8. **Knot Ties:** Place the headband on your head, then knot the ties in an attractive square knot. Remember, it's the elastic that's providing the fit, so there's no need to knot the ties tightly.

**Note:** If you plan to make several headbands, you can measure the exposed elastic from your first headband. Add 3/4" for seam allowances, then skip Step 6.

Illustrations not to scale

