

# Instructions for making a headband

The pieces you should have are:

- 2 × front headband pieces
- 2 × strips for the elastic casing (may also be cut as one piece, to be folded in half)
- 1 × 20 cm piece of 2.5 cm wide elastic

If not supplied, please provide 2 x buttons, approx. 1.5 cm in diameter

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All **seam allowances** are 1 cm

- Take the pair of front headband pieces, and place them right sides together
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- Press the seam allowance back on all four ends of the front headband piece
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- With right sides together and keeping the pressed seam allowances held back, stitch both long sides of the front headband piece
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- Turn through right side out



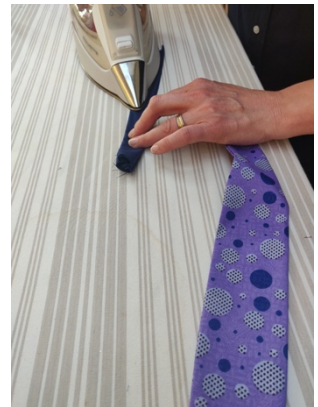
- Now take the two pieces of the elastic casing, putting right sides together
- Stitch along the seam line on both long sides



- and turn through



- Press both front headband piece and elastic casing



- Insert elastic into elastic casing, matching one end with the end of the casing



Zig-zag in place



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- Pull the other end of the elastic to meet the raw end of the elastic casing
  - Again zig-zag in place



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- Insert 1 cm of each end of the elastic casing into the front headband piece
  - Secure with zig-zag stitching or reinforce.
  - Carefully top stitch around front edge of band, 5mm from the edge (not shown in photographs)



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- Stitch each button centrally on the headband piece above the ears

