



A modern stretch  
knit headband with  
concealed elastic for  
a secure fit.

# 101

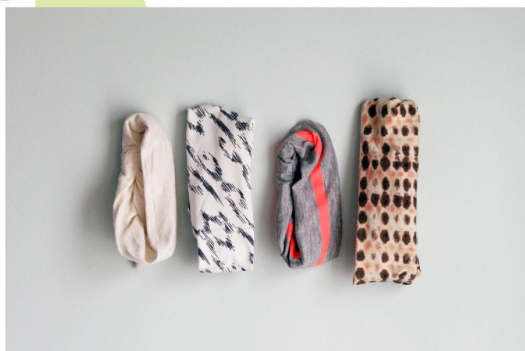
# Stretch Knit Headband



A free  
mini  
pattern

# Stretch Knit Headband

(a mini pattern )



## Supplies:

- Stretch knit fabric about 18 in. x 7 in.  
(with about 25% stretch)
- 1/4 in. elastic 8 in.
- Coordinating thread

## Measure & Cut:

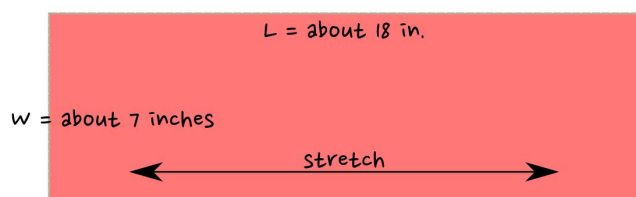
1) To find the best length, measure around your head, or the head of the intended wearer (around the hairline, where the headband will sit). Take that measurement and multiply by .8 to find the length of your rectangle.

Length = head measurement x .8

2) To find the width, decide how wide you want the finished headband, multiply by 2 and add 1/2 in.

Width = (finished width x 2) + 1/2 in.

3) Cut a rectangle of fabric with the stretch going the direction of the length,

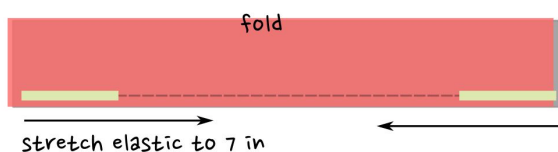


## Assemble Headband:

1) Fold the rectangle in half lengthwise, right sides together. Stitch along the long open end with a narrow zig-zag stitch and 1/4 in. seam allowance.



2) Take one 4 in. piece of elastic and place it over the line of stitching. Use one pin to secure it to the end. Pin the other end 7 in. inward.



Use a zig-zag stitch to attach the elastic to the ends of the tube along the seam line. You will need to pull the elastic tightly as you stitch.



3) Add another 4 in. piece of elastic to other end following the same procedure.



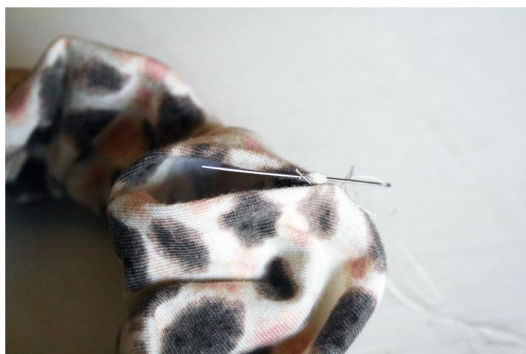
4) Pull one end through the other so that the right sides are facing. Pin the edges together aligning the elastic seams. Make sure there are no twists inside the tube.



5) Stitch around the circle with a narrow zig-zag stitch, leaving a 1 1/2 in. opening. Make sure the stitching crosses the elastic seams. The red pins mark my start and stop points.

6) Reach through the opening and turn the headband right side out.

7) Using a needle and thread, stitch the small opening closed.



8) Press the headband so that the seam is centered on the underside.



9) At the place where the elastic seams come together, fold the pressed edges together, enclosing the joined elastic seams. Hand stitch the pressed edges together, about 1 in. on each side of the seam.



That's it! Go make some more!

