

Twist headband - turban style - a MadamSew tutorial



This headband has an stretchy back and a turned front. It will not slide off your head. It has nicely finished edges and no opening between the 2 straps. The headband can be worn opened out to create a wider style or you can smush it narrower. Wear it as you want: twist to the side, over the forehead, or to pull your hair back.

Choices to make

If you want a wide headband with a finished width of 5", make the strips 5 1/2" wide. It's easy to adjust, if you want something different. I used a medium weight cotton, but any cotton will do. You can also use knits, jersey or a viscose blend.

You will need:

- 1/3 yard of fabric or a piece of 28 inch x 12 inch
- 4 inches of 1/2 inch wide elastic

Tools:

- Elastic threader
- Safety pin
- Sewing machine, needle, matching threads, ruler, scissors or mat+rotary cutter, pins

The steps

1. To cut the 2 pieces of for the main portion of the headband, first measure the head circumference of your headband victim to get the length of these strips right. I cut them 6" wide, but you can choose the width you like. Don't forget to add 1/2 inch for the seam allowance.

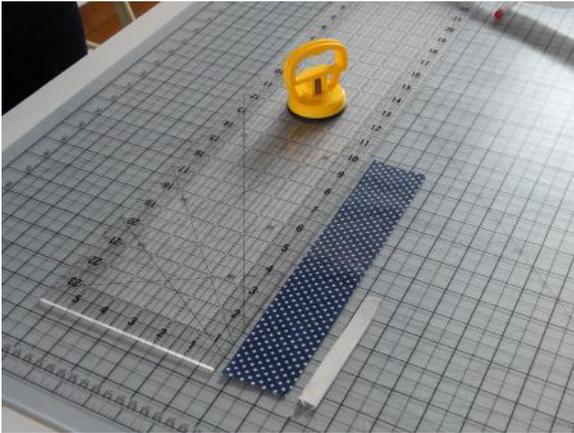
Calculation for your head: circumference - 5 inches = length of 1 strip

If you don't have a model at hand, you can use these measurements:

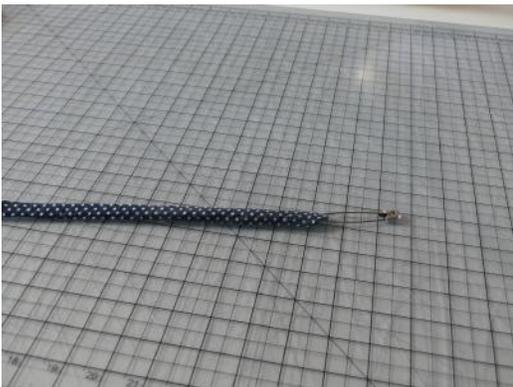
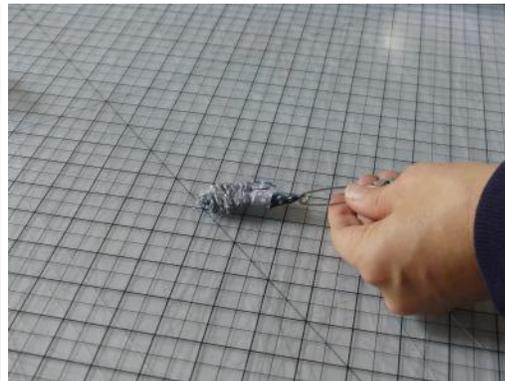
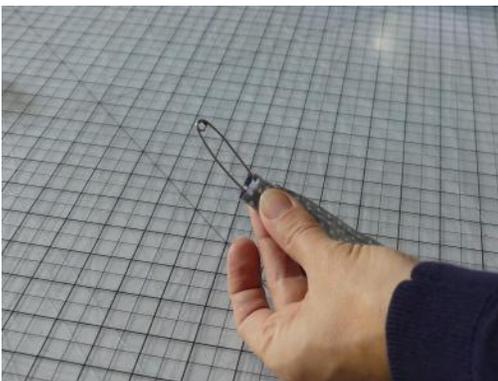
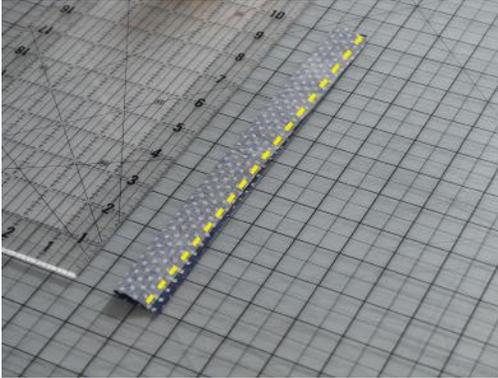
- For an adult head (23"): cut 2 strips of 18",
- For a child (21"): cut 2 strips of 16".



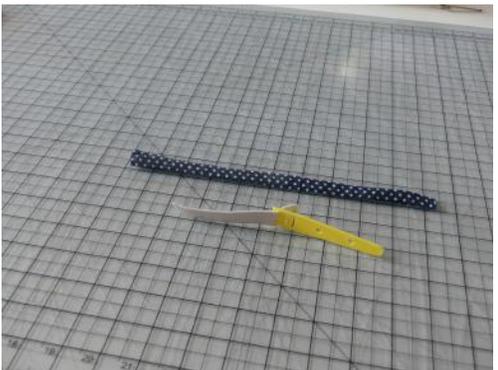
2. Cut the strip that will cover the elastic & cut the elastic. For this, you just need 1 piece of fabric: 2" wide x 10" long. Then cut your elastic as well. 4" long, if very stretchy elastic, you can make it shorter.

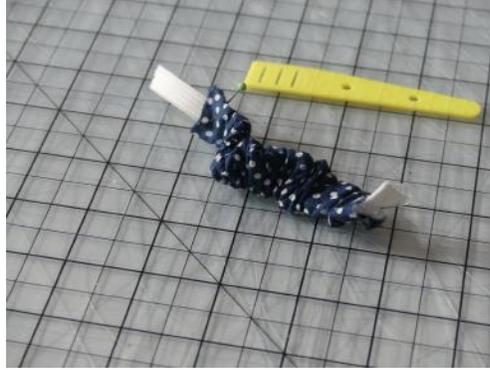
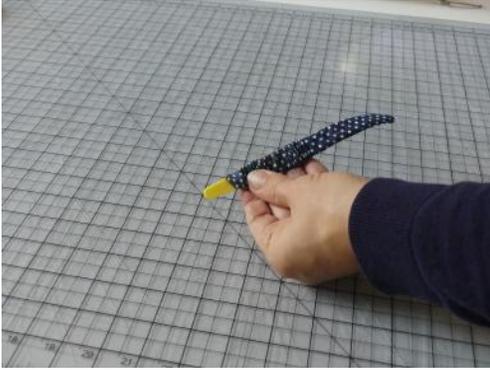


3. Sew the elastic tube: Fold the fabric strip for the tube in half, right sides together and sew along the edge using a 1/4" seam allowance (-- yellow line--). Flip the tube right side out. You can do this with a safety pin. Just attach the pin to 1 edge, 1 layer of fabric, put it through the tube and pull.



4. Thread the elastic through the tube with a threader or a safety pin. Secure each end with a pin and sew a quick basting stitch to hold the elastic in place.





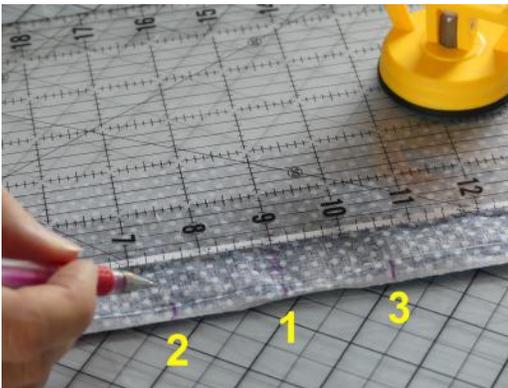
5. Fold the large strips in half lengthwise, right sides facing. Mark both large fabric strips as shown in the picture:

Place a mark:

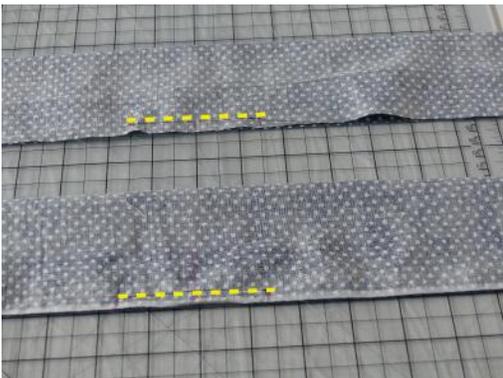
1: in the middle on the raw edge

2: from the middle: 1 ½ inch to the left on the raw edge

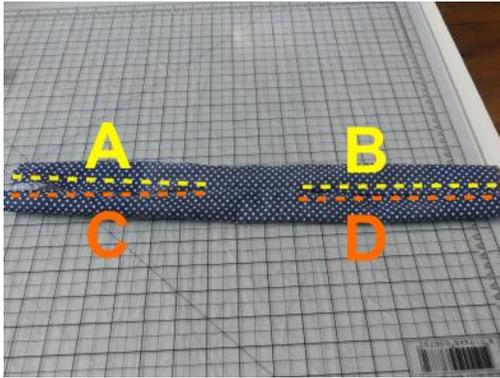
3: from the middle 1½ to the right on the raw edge



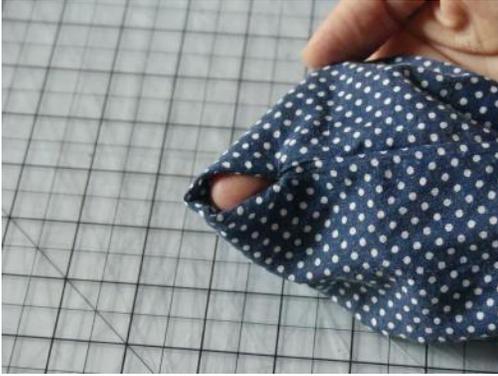
6. Stitch from mark 2 to 3 with ¼" seam allowance. Turn both strips right side out.



7. Take one strip, pin the opposite sides together, right side facing, and stitch with a $\frac{1}{4}$ " seam allowance. Make a loop and sew side A to side B and side C to side D. It difficult to stitch all the way to the corners (finished edge) near the stitching you did in the previous step, It's ok to have a very small opening. It won't be seen once the headband is worn.



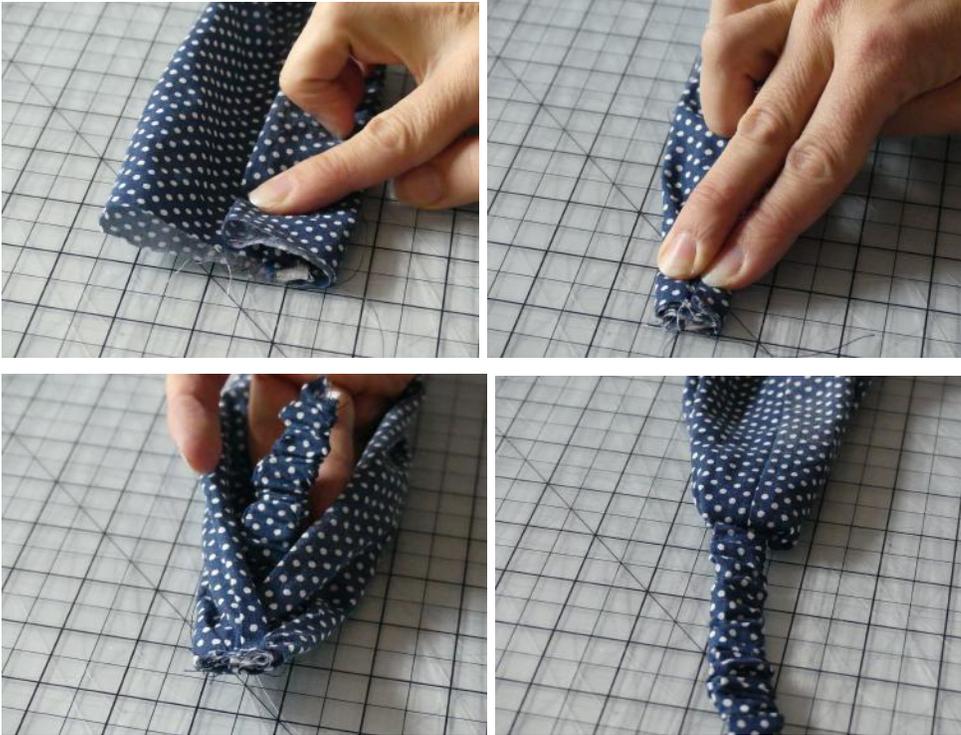
8. Now take the other strip and pull it through the opening you just created stitching strip 1. Pin and sew side A to B and C to D, right sides facing. Keep the first strip inside this one. Turn the headband right side out again.



9. Line up the raw edges of the elastic tube on top of the headband, raw edges together. Pin in place.



10. Fold the edge of the larger fabric piece over as shown in the picture, pin in place. Sew along the edge using a 3/8 inch seam allowance. Trim excess fabric and flip around the fabric, hiding the raw edge inside.



Flip main fabric piece around and repeat the steps to attach the other end of the elastic.

