

Fabric Cap Pattern

you will need:

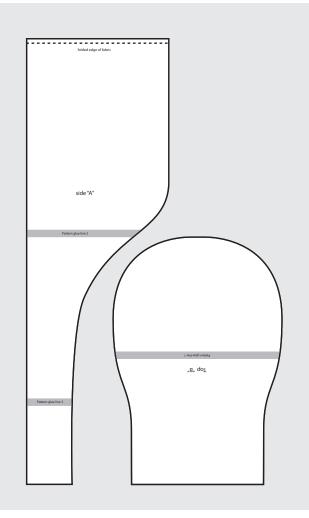
Printer, tape, and paper to make the pattern Scissors thread sewing machine 1/2 yard of cotton fabric few inches of !/4" wide elastic safety pin

Video tutorial: https://mycrafts.com/diy/diy-scrub-capsewing-tutorial/

STEP 1 - create the Paper Pattern

Print the pattern on to paper at 100% scale (DO NOT "fit to page") and cut it out along the solid black lines. Line up the two circle target marks and the grey box. Glue or tape Top "A" and Top "B" together.

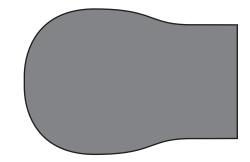
Line up the targets on Side A and Side B and tape or glue. Line up the targets on Side B and Side C and glue. You should now have two paper patterns that look similar to the illustration right.



STEP 2 - Cut the fabric

Pin the "top" pattern piece to your fabric and cut 1.

Fold your fabric in half. Line up the fold line on the "side" pattern piece with the fold line of your fabric. Trace the pattern onto your fabric or pin the paper on place. Cut the two layers of fabric at the same time. When you unfold your fabric, you should end up with a piece of fabric shaped like this:





STEP 3 - Iron and sew band

Fold 1/4" along the dotted line, and pin or iron. Sew.



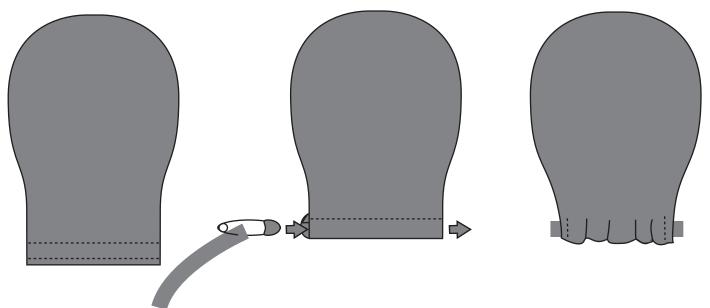
Fold that long band in half lengthwise. iron. Sew along the dotted line.



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Fold 1/4" along the dotted line. Iron. Fold another 1/2". Iron or pin. Sew. This creates a casing for the elastic

Secure a safety pin to one end of the elastic. Use the pin to thread the elastic through the channel you just sewed. The fabric will bunch up. Sew along the dotted lines, making sure you catch both ends of the elastic.



STEP 5 - Sew top to sides

This part is really much better explained in the video, but here we go. You are going to sew the unsewn edge of the "top" peice to the unsewn edge of the "side" piece. Leaving 1/4"

Begin by finding the centre edge of both pieces (see arrows in the illustration).

With "bad side" of the fabric out, place the two pieces on top of one another and pin those centre points together.

Sew the two pieces together along the dotted line, starting from that centre point and moving outward. You will need to continuously manipulate the fabric to keep the two fabric edges lined up. Stop after passing over the elastic casing. Return to the centre point and do the other side.

