

# Elasticated Back Scrub Hat Pattern

## You will need – item specific

- 0.25m of fabric
- 12 cm of 6mm elastic
- Colour coordinating thread
- Fabric marker
- Pins
- Scissors – fabric and ideally embroidery
- Sewing machine (or you can handstitch)
- Iron and Ironing Board



## *If using paper pieces method*

- Print out of paper pattern pieces (at 100% scale)
- Ruler / Tape measure
- Sellotape
- Paper scissors

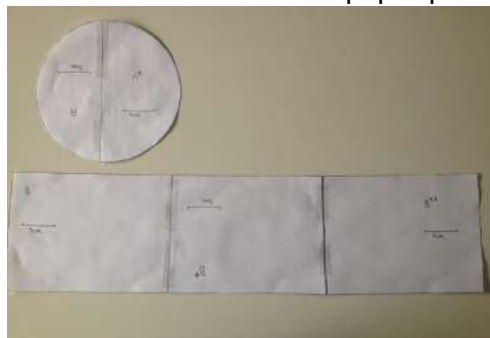
## Method – Paper Pieces

***I have provided paper pieces as some people may find this an easier way to ensure they end up with fabric pieces the correct size.***

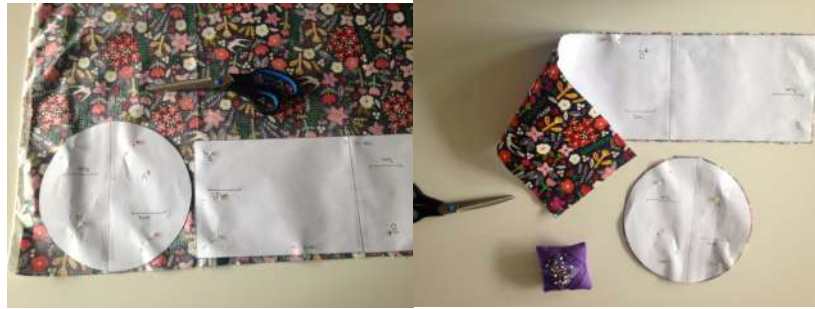
1. Check that your printer hasn't rescaled the pieces by ensuring that the 5cm marks on each piece are still accurate.



2. Prepare paper pattern by cutting out the pieces and sticking together (A & A\* and B, B\* & B\*\*). You should now have two paper pieces.



3. Press fabric
4. Pin paper pieces to fabric and then cut out pattern pieces



### Method - without paper pieces

1. Press fabric
2. On reverse side of fabric draw round a 22.5cm plate (Denby salad plates are this size) with your fabric marker and then cut this out



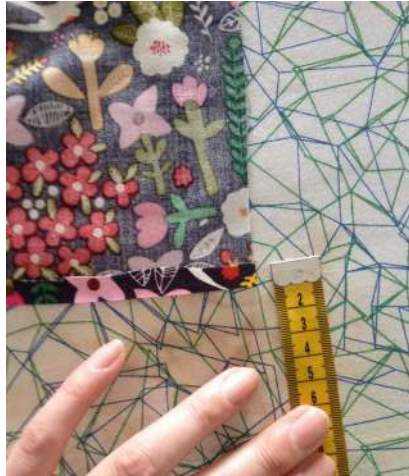
3. Cut an 18cm by 73cm rectangle of fabric

**Method once you have two fabric pieces – a circle (A) and a rectangle (B)**

1. **Hem** – on the reverse side of the fabric piece B press a double fold hem. 1cm for the first fold and 2cm for the second fold.

*Note: if your fabric has a print ensure that you have the piece correctly orientated.*

Do not sew the hem at this stage



2. **Backseam assembly** – pin short edges of fabric B rightside together and matching the pressed in hem folds.



Sew along this line using a 3/8" seam allowance. Making sure to secure each end of the seam securely.

You should now have a cylinder of fabric.



3. Press the back seam open and then re-press the double fold hem in this area.



4. **Marking for elastic.** Using your tape measure or ruler mark 13cm from the back seam in each direction inside the double fold hem. This is where the elastic will insert in step 7



5. **Hat assembly** – pin the raw edge of fabric cylinder B onto piece A to form the hat. I find it easiest to fold the top of the hat A in half and then start pinning from the front of the hat towards the back seam and then returning to the middle to do the other side. Fabric cylinder B should fit onto circle A neatly – if it doesn't any excess fabric can be accommodated in a small pleat in the vicinity of the back seam.

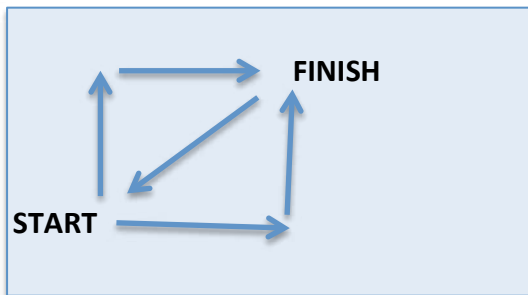
*Note – if your hat as an orientatable fabric ensure that take this into account*



6. **Stitching the top on** – sew the top (A) and the cylinder together using a 3/8” seam allowance and a straightstich. Zig-zag stitch the edges for neatness afterwards.



7. **Insertion of elastic** – find the marks you made in step 4. Attach one end of a 12cm piece of elastic at each mark being careful not to twist the elastic. Ensure the elastic is fixed securely. Copying the design below with small stitches is one way to ensure this.



8. **Stitching the hem/ making the casing for the elastic** –Pin the hem up and over the elastic. Pay particular attention to avoid trapping the elastic in the pins it should move freely within the casing you are creating. *Return the stitch length setting to normal (it was reduced in step 7).* Sew the hem in place – aligning the bottom edge of the hat with the 6/8” mark on the sewing machine helps to create a neat straight hem.

9. Wear or gift your hat with pride!

