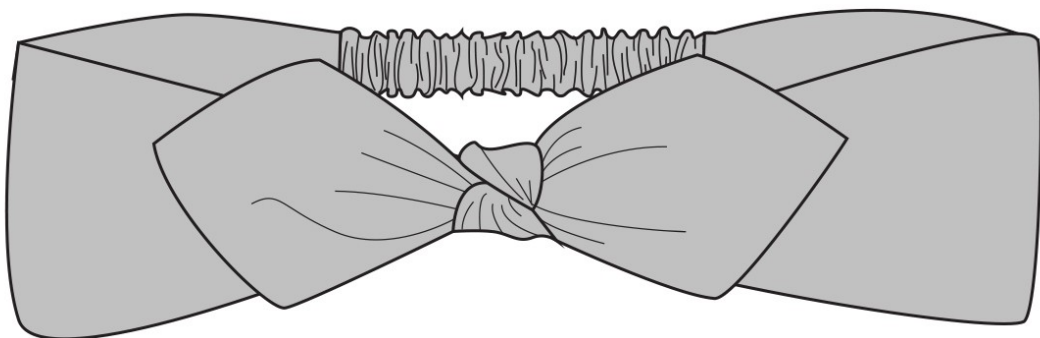


KNOT HEADBAND PATTERN



SIZE. This pattern is not of a particular size or size range. Instead it will give you instructions how to make a headband that fits your head according to your head circumference. You can make one for a baby or child too!

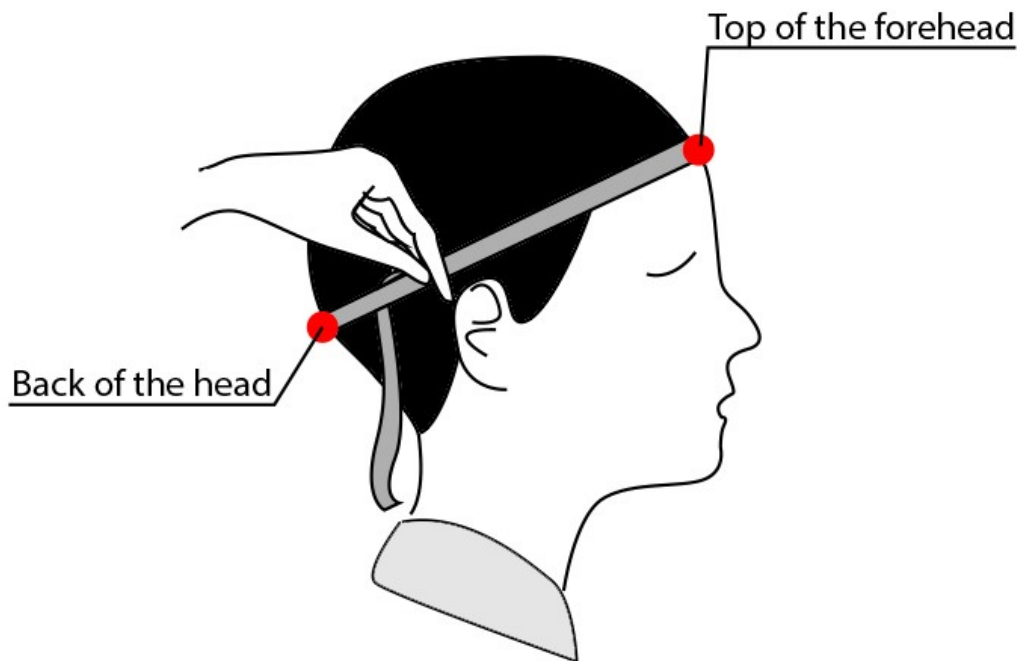
FABRIC RECOMMENDATION: Any light to medium weight 100% cotton will be ideal, such as poplin or chintz, 100% silk taffeta will also make a beautiful headband although it is a more expensive option.

MATERIALS:

1. 20cm of your chosen fabric
2. 100% cotton or silk all purpose sewing thread
3. 8cm of regular elastic 0.5-0.7cm wide
4. Regular machine needle size 80/12. If you use silk taffeta use sharp machine needle size 70/10

CUTTING INSTRUCTIONS.

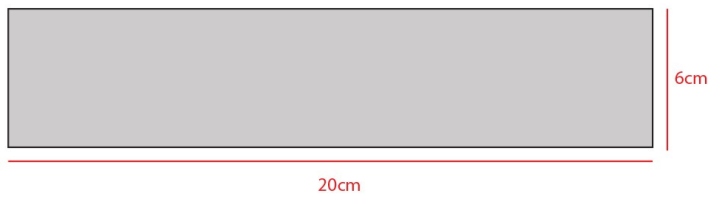
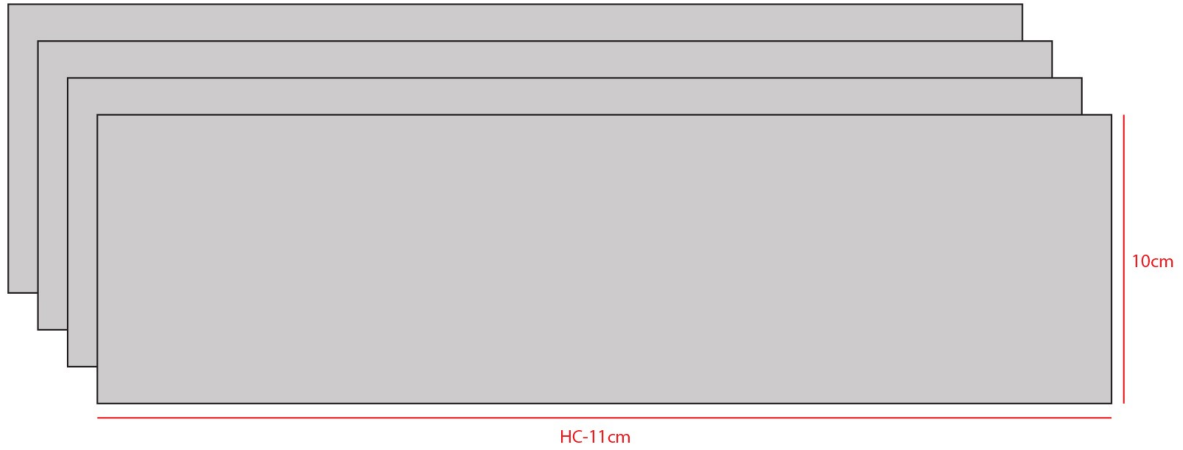
First of all measure your head circumference. Take measuring tape and wrap it around your head as shown in the diagram below. The tape has to go through the top of the forehead and the back of the head.



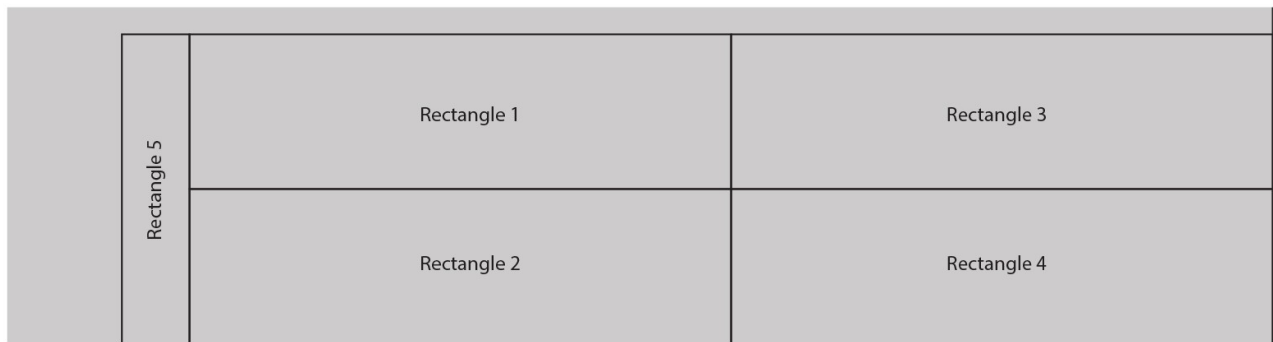
Remember what your HC (Head Circumference) is. To create this headband we will need to cut 5 fabric rectangles.

One smaller rectangle 6x20cm. You need just one of it.

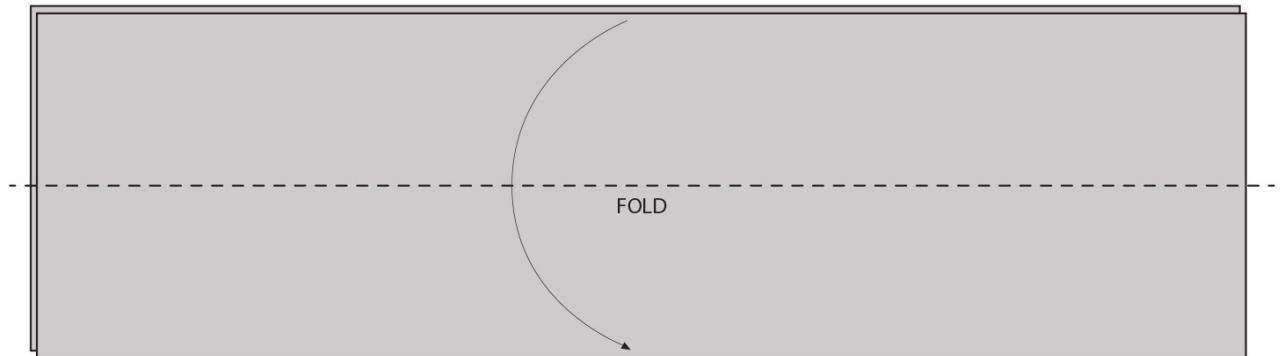
Four larger rectangle 10cm wide. The length is calculated the following way: HC minus 11cm. For example, your head circumference is 52cm. Then the length of these rectangles will be $52-11=41$ cm. Cut four of them. These four rectangles should be all exactly the same size.



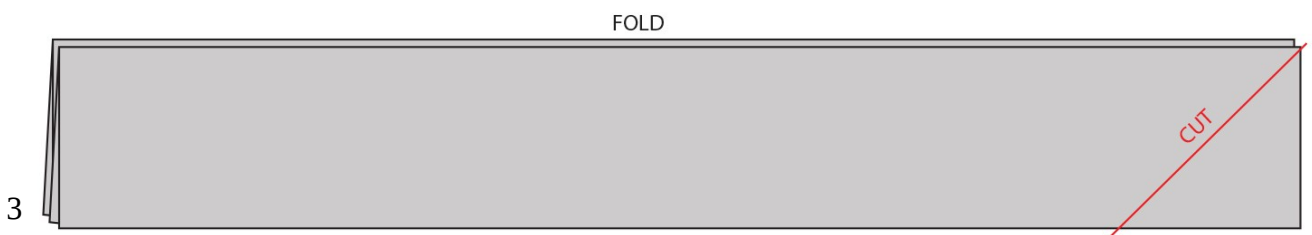
Suggested fabric layout:



Let's make final adjustments. Take two of the larger rectangles, put them together right side of fabric inside and fold them halfway lengthwise.



Cut one corner to create an arrow shape from the edges towards the fold.

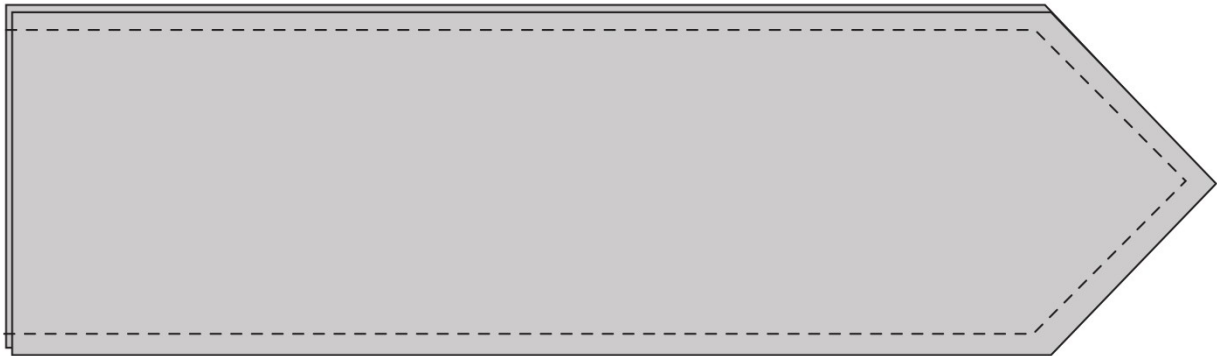


Open the fold. This is the shape you will get. Do the same for the other pair of large rectangles.



SEWING INSTRUCTIONS.

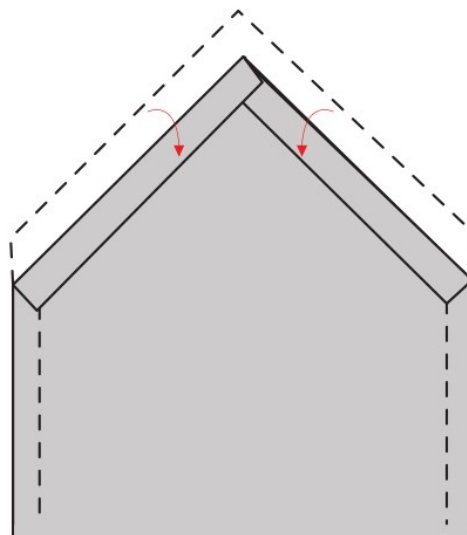
1. Take two large arrow shaped rectangles. They should be folded right side of fabric inside and stitch them 1cm from the edge leaving the short straight side open. Stitch



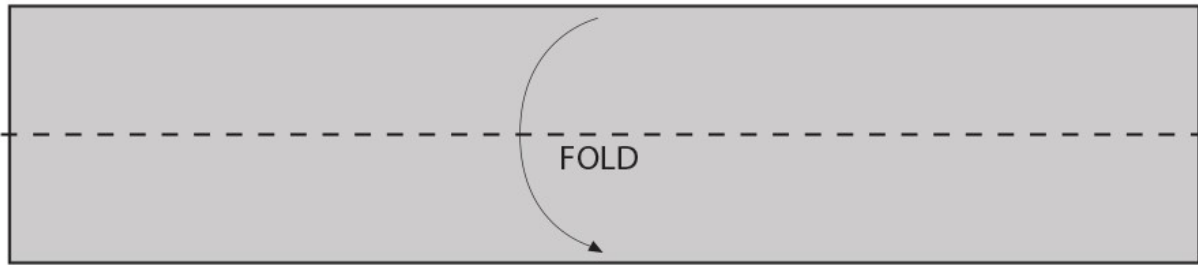
the second pair of arrow shaped rectangles exactly same way.

2. Turn them both inside out. To get a nice crisp corner at the arrow fold seam allowance as shown below and hold it in this position while turning. At the end help to push the corner out with any reasonably sharp wooden shape. (I sharpened one of my old bamboo tooth brushes at one end to make it look like a pencil and I use it for turning corners inside out to make them nice and crisp). You can also use scissor end to carefully push the corner out, just make sure it is not too sharp.

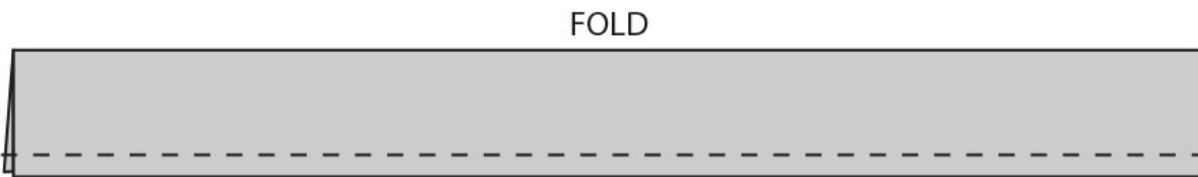
Fold seam allowance down
and hold while turning inside out



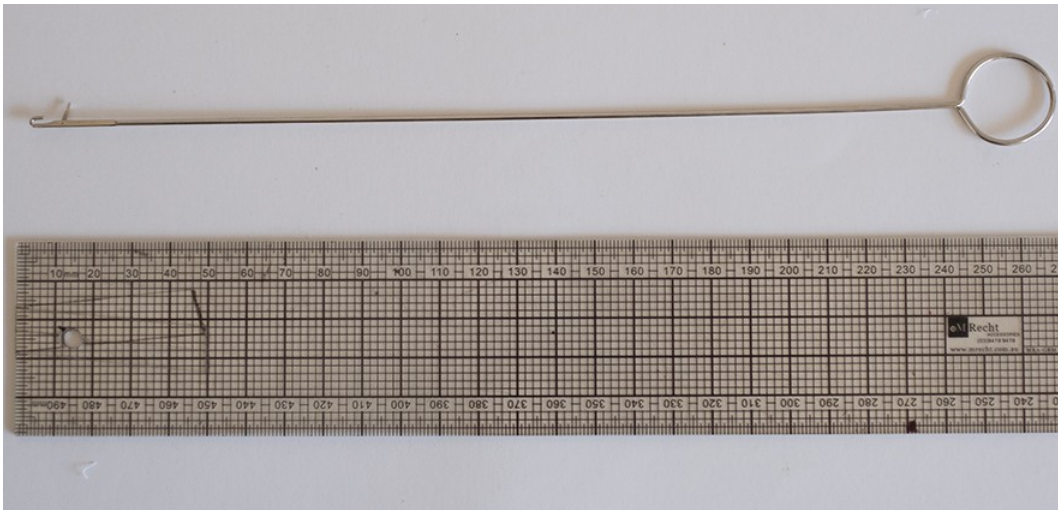
3. Take your small rectangle and fold it in half lengthwise.



4. Stitch 1cm from the edge leaving both ends open.



5. Use metal hook turner latch to turn it inside out.



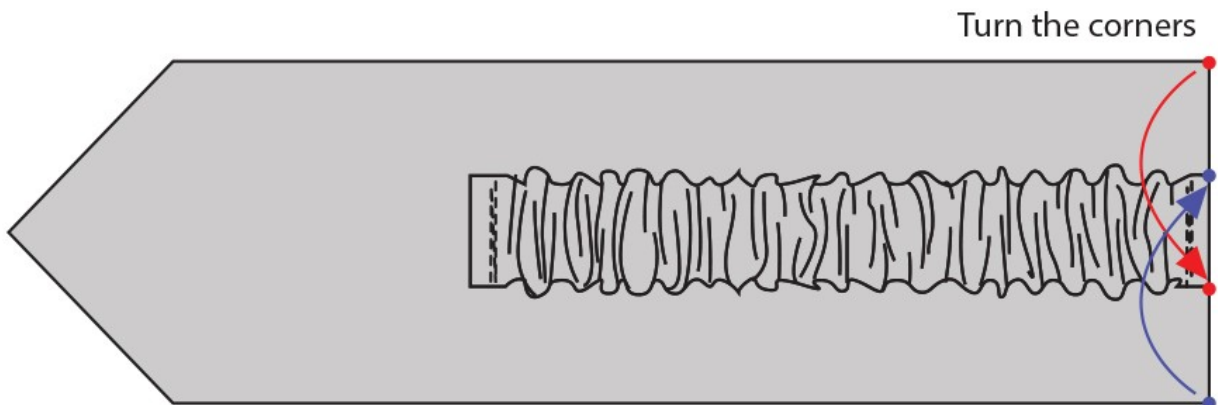
6. Now we need to insert and stitch elastic inside this tube. Attach a safety pin to one side of the elastic and insert it inside until the end of the elastic aligns with one side of the tube. Stitch to fix the elastic in place.



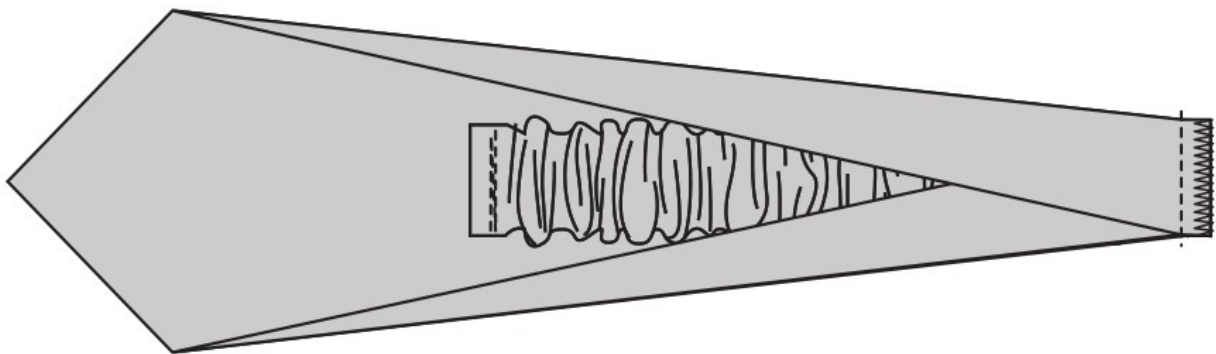
7. Push the safety pin with the other side of elastic attached to it all the way through the tube until the end of the elastic is aligned with another opening. Push elastic, take safety pin out and stitch to fix elastic in place. Take the pin out.



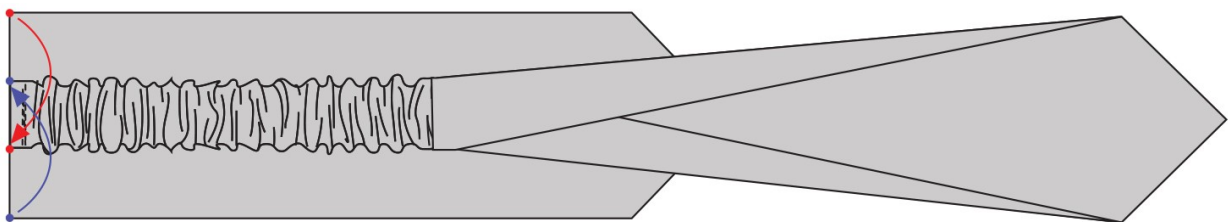
8. Take one of your arrow shaped parts and place elasticated piece in the middle of it as shown below. Turn the corners inwards.



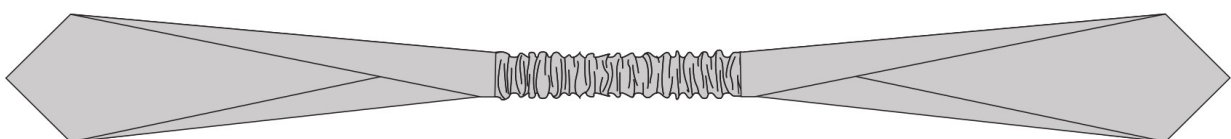
9. Stitch and treat the seam edge with zigzag to prevent it from unnecessary ravelling.



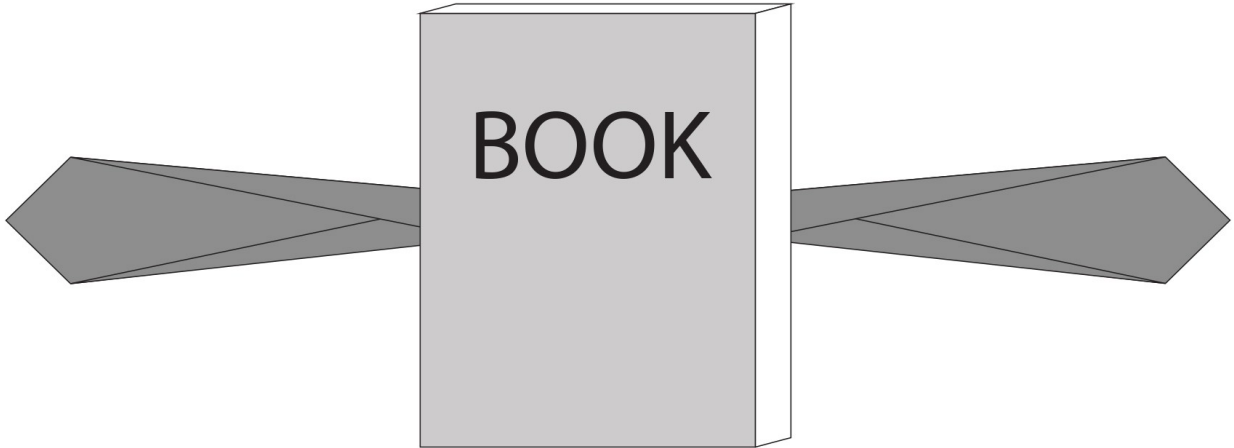
10. Hide the seam inside. Attached another arrow shaped piece exactly the same way.



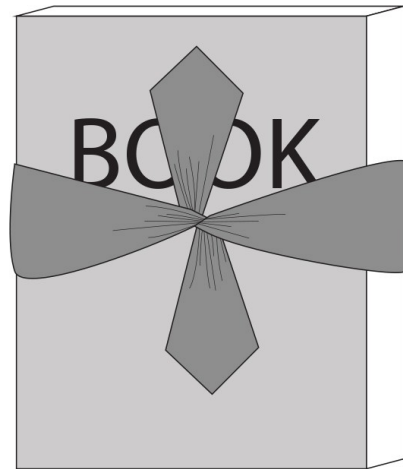
11. This is what you have now. We are nearly there! Let's tie a pretty knot to finish the headband! :)



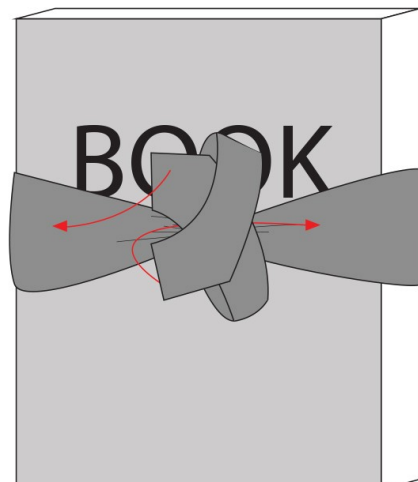
12. Take a thick book (if you are making a headband for a baby or small child you might need a much smaller book than if you are making one for an adult). Place the book on the headband. We are going to tie a knot around it as it is easier to create a tight knot that way.



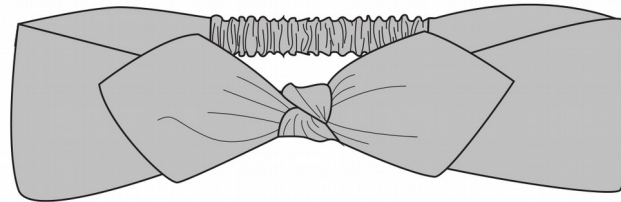
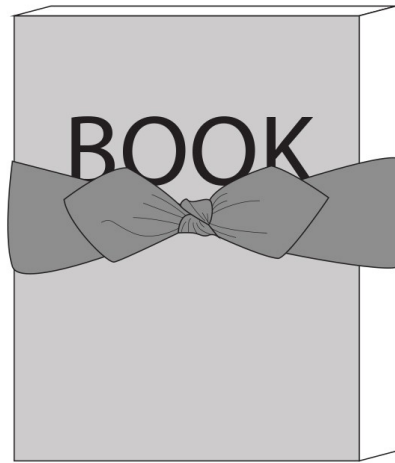
13. Tie a simple knot by crossing the ends. Your left end should go down and your right end should go up. Hold it tight, it should look like a cross.



14. Now tie another knot. Cross the ends again in such a way that the top end goes over the bottom one, the bottom end goes under the top. Pull the ends to the sides – top end goes right and bottom end goes left.



15. Adjust the knot if necessary and pull it tight. Take your headband off the book.



16. Congratulations! You have made your very own knot headband! If you are going to share your creation on social media please tag me! I would love to see your results!

INSTAGRAM @victoriakonash

FACEBOOK @vixecodesigns