

HOW TO MAKE A *Turban*

Follow our step-by-step instructions for sewing an easy to make head covering.

The TURBAN PROJECT pattern is simple enough that even a novice sewer can stitch one together in about 30 minutes.

They are an encouraging gift for anyone dealing with hair loss following chemotherapy, radiation, or any medical issue.

Cut one piece of knit fabric 25" x 13" with the stretch on the 25" length.

1. Cut one 4" x 13" strip from the first piece. This will become the tab for the front of the turban. (See Diagram 1)
2. Fold the remaining 21" x 13" piece of fabric in half to 10 1/2" x 13".
3. Machine stitch seam by rounding seam to form a crown, leaving a 1" opening for inserting tab. (See diagram 2)
4. Form a 2" hem and stitch in place with a zigzag stitch. Slightly stretch the hem as you stitch to prevent thread breakage when the patients stretches it to put it on their head.
5. If your sewing machine doesn't have a basting stitch, use a hand sewing needle and thread to make quarter inch basting stitches from the base of the hem to where the hole for the tab begins.
6. Secure the thread at the bottom with several knots. Then gather fabric along the basting stitch by pulling on the thread to form the gentle folds of the turban. Secure the threads at the top with several knots.
7. Take the 4" x 13" strip and stitch along the 13" side to create the tab.
8. Turn the hat and tab right side out.
9. Insert the tab through the opening, around the hem. Inside the turban, form tab to hold folds in place. Cut away any excess length of tab before stitching the ends together. (Tab should be the length of the gathering inside and outside) Tack the tab on the inside at the top by the opening and by the bottom by the hem.

DIAGRAM 1

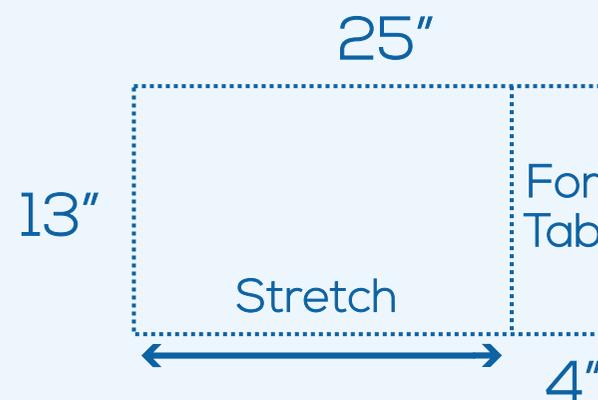


DIAGRAM 2

