

Adult Tie Back Cap

Sewing Instructions

1. **Choose a natural fibre woven fabric OR structured knit** (i.e. summer cotton, quilting cotton, shirting, cotton blends, tricot, double knit). Fabric that is reversible (dyed through both sides) is a good choice for this project.

~ 1 metre (39") of 45" (115cm) wide fabric = 3 caps. Wider fabric will yield more.

****Keep in mind that lighter weight, breathable fabrics are more comfortable and versatile.*

Choose colours and patterns suitable for a variety of patients.

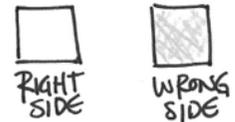
2. **Prewash fabric** as you would the finished garment.

This will allow any shrinkage to happen before you sew.

It is especially important with woven cottons and other natural fibres.

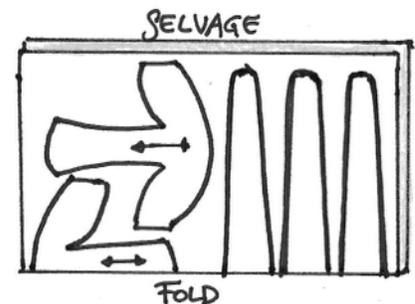
Wash and dry on hottest setting fabric will allow.

DO NOT SKIP THIS STEP!



3. **Cut pattern pieces.** For each hat you will need: 1x top section, 1x band/tie section. Be sure to note the grain and/or stretch direction for each piece. Mark notches.

****The ends of the band/tie section may be lengthened or shaped as desired for a different finished look.*

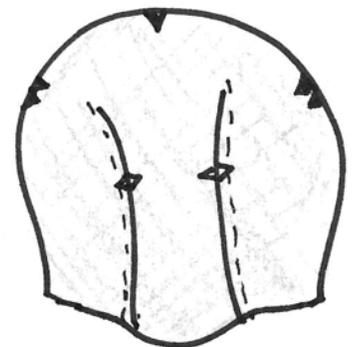


4. **Sew cap seams.** Match notched edges on side and centre parts of top section to form 2 seams. Pin right sides together and stitch using a sturdy machine stitch or 2 needle serger. If needed, make small clips (no more than 1/4") in seam allowance to help match curves. Using a ball point or stretch needle is helpful when using knits, otherwise start with a sharp universal machine needle (80/12 or 90/14).

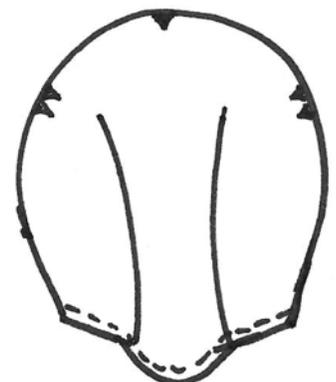
****Seam allowances are 3/8" (10mm).*

Press seams towards centre over a sewing ham or balled towel from inside and outside to make a flat and crisp look.

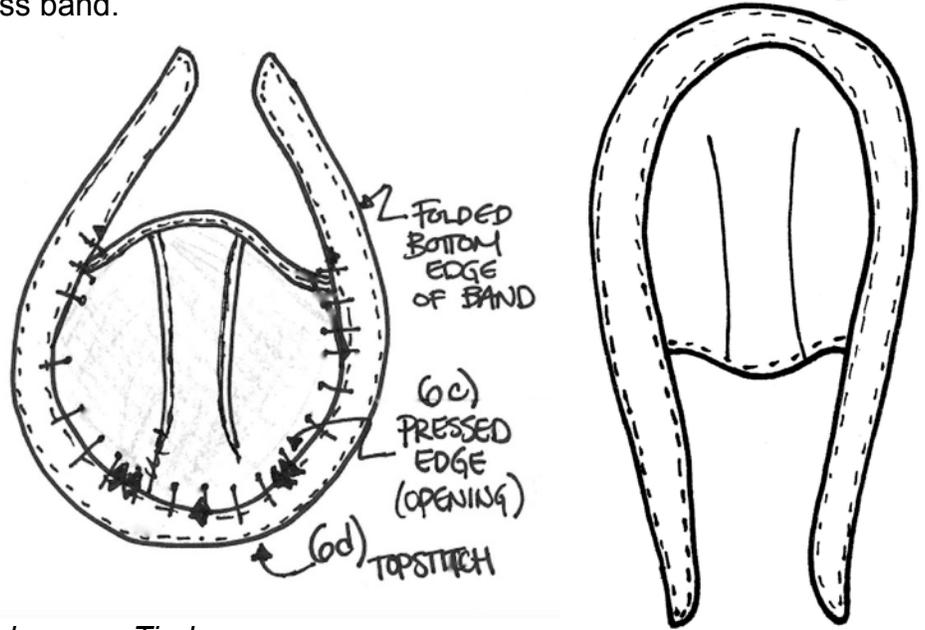
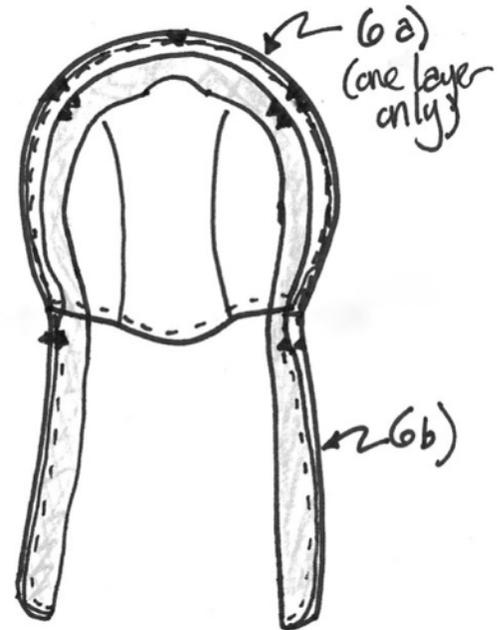
****Optional: Topstitch 1/8" (3mm) from inside edge of seams.*



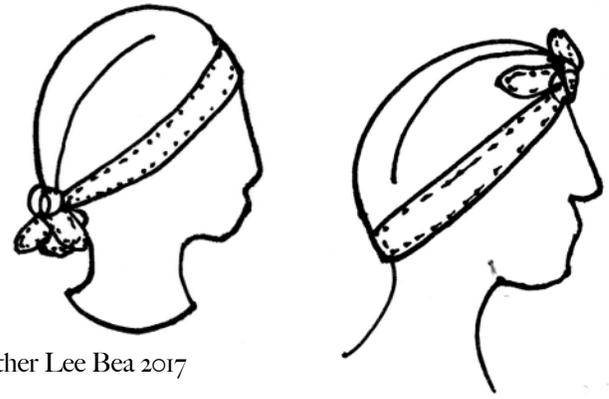
5. **Finish back edge.** Finish raw edge by roll hemming, serging raw edge and single fold over hemming, or folding over twice and topstitching. *Total seam allowance for hem is 1/2" (125mm).* Press.

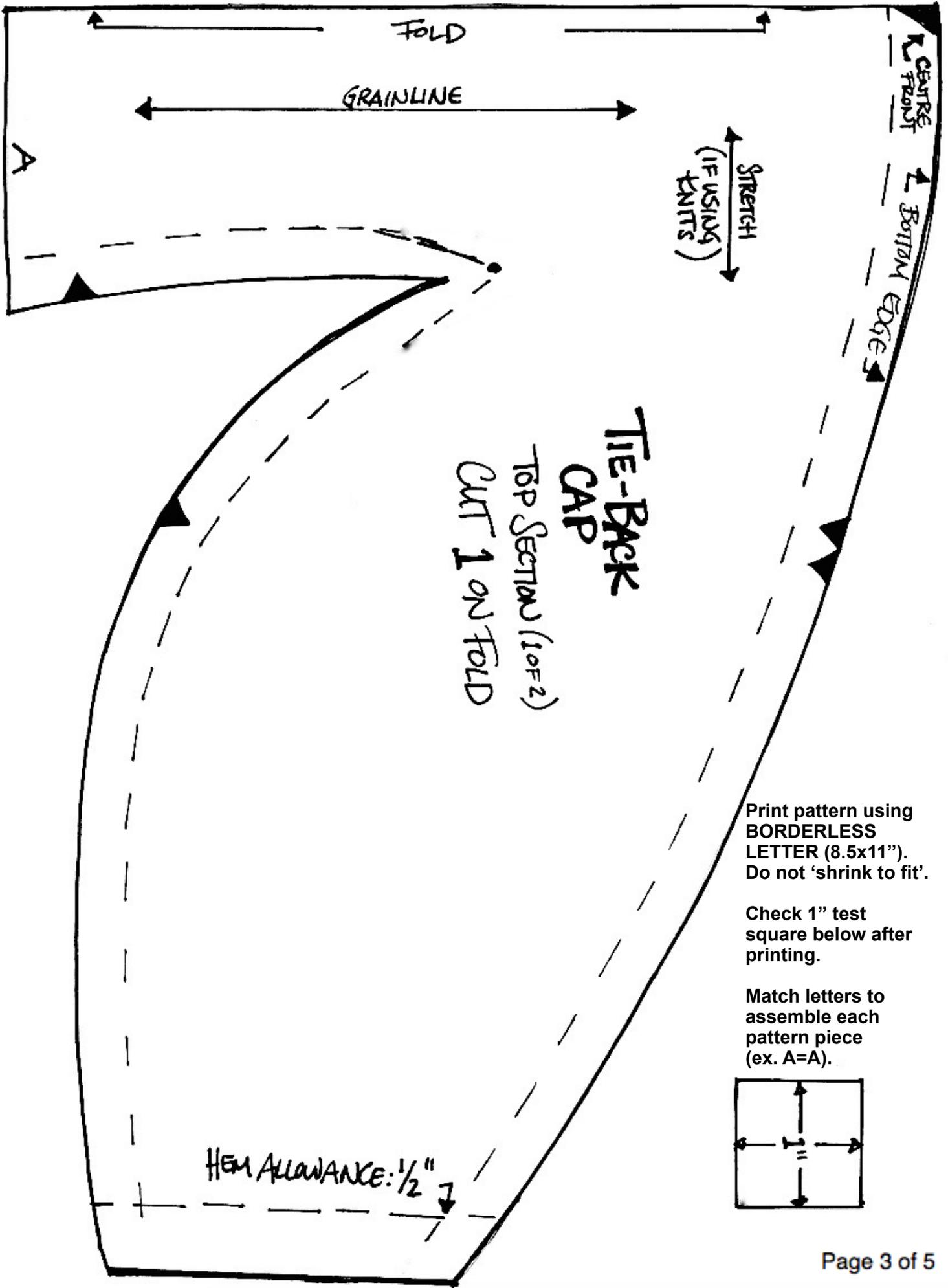


6. **Sew Band/Tie Section.** a) Match one edge of band/tie and bottom edge of cap at centre front. Pin band/tie to entire cap edge up to finished back hem. Sew using machine or serger.
- b) Fold tie ends lengthwise (right sides together) and pin raw edges up to notch. Machine stitch or serge seams on both sides. Snip corners and clip curves as needed. Turn right side out. Press seams and bottom folded edge.
- c) Press cap edge seam down towards cap. Press remaining raw edge seam allowance under to match cap seam/match tie seams. Pin band/tie opening to cap, matching seam and folded edge.
- d) Topstitch around edge of band/ties 1/8" (3mm) from edge with complimentary thread, enclosing seam and raw edges. Press band.



***Cap can be worn multiple ways. Tied over back edge (which may be left down or tucked under/over knot), with knot at base of neck or Kerchief style with knot in front.





Print pattern using
**BORDERLESS
 LETTER (8.5x11")**.
 Do not 'shrink to fit'.

Check 1" test
 square below after
 printing.

Match letters to
 assemble each
 pattern piece
 (ex. A=A).

