



Technique: Machine Sewing

Designed By: Marie Duncan

Skill Level: Beginner

Crafting Time: One Hour

Featuring Coats Eloflex®

Make this workout headband, using the new Coats Eloflex® stretchable thread. Because the thread stretches, you can sew super stretchy fabric on your regular sewing machine, with just a straight stitch! These go together in minutes, so you can make a bunch, in all your favorite colors! We show you how to personalize the sizing for maximum comfort.

Supplies

- Coats Eloflex® thread to match fabric
- ¼ yard (.23m) stretch knit fabric
- Three inches of ½" (1.27cm) wide elastic
- Stretch sewing machine needle
- Headband Pattern on page 3

Headband Pattern on page 3

Cutting

(2) pieces on the fold as indicated on the pattern for each headband

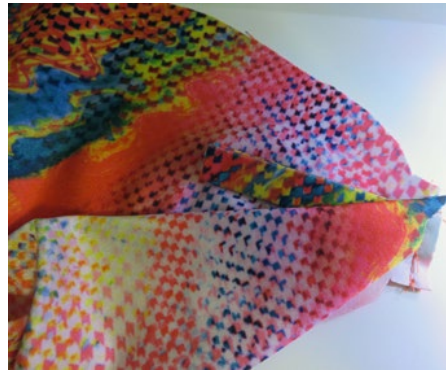
(1) strip 1½" x 3" (3.81 x 7.62cm) for connecting strip

Sewing

1. Fold the 1½" x 3" (3.81 x 7.62cm) connecting strip in half, lengthwise, right sides together to form a piece ¾" x 3" (1.90 x 7.62cm).
2. Stitch the long edge using a ¼" (.635cm) seam allowance leaving both short ends open.
3. Insert the elastic.
4. Place the connecting strip on the end of the one of the headband pieces on the right side, centering it on the small extension end.
5. Stitch in place.



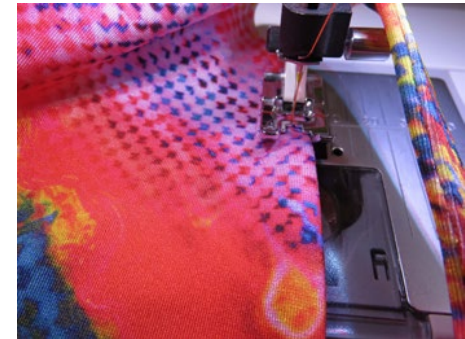
6. Place the other headband piece on top sandwiching the connecting piece between the two pieces.
7. Stitch ¼" (.635cm) from the edge, over the previous stitching, securing the end of the connecting piece between the two headband pieces as shown.

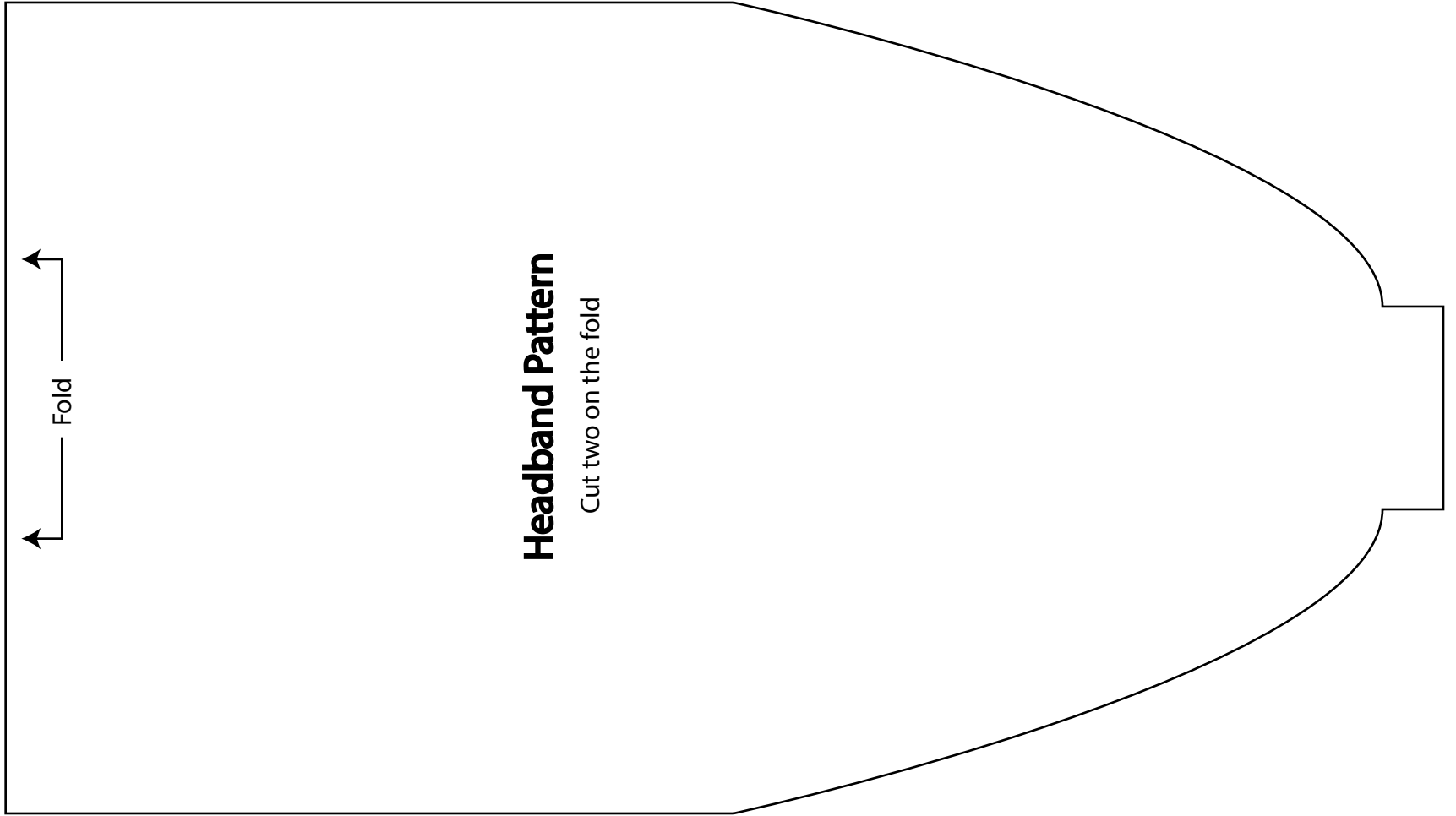


8. Place a safety pin on the end of the connecting piece. This will be used to turn the headband right side out after the next step.
9. Stitch the sides of the headband using a ¼" (.635cm) seam allowance. Leave the remaining end open to turn.
10. Turn, using the safety pin.



11. Pin the two ends together and adjust as needed for a custom fit and mark accordingly.
12. Insert the connecting end as marked, and stitch through all the layers.
13. If desired, edgestitch as shown.





Headband Pattern

Cut two on the fold



Fold

This square should
measure 1" x 1"
(2.54cm x 2.54cm)
when printed.

*** Measure templates before cutting to confirm printing at 100%***