



MATERIALS

Coats & Clark™ Eloflex® Stretchable Thread to coordinate with your fabric. ([Coats & Clark™ Eloflex® Stretchable Thread Tutorial](#))

¼ yard (.23m) of stretchy knit fabric
Stretch or ball point sewing machine needle
Fusible web or hand sewing needle top close opening

SEWING | SKILL LEVEL: BEGINNER

Featuring Coats & Clark™ Eloflex® Stretchable Thread

Make these workout headbands, using the Coats & Clark™ Eloflex® Stretchable Thread. There are three options - The Crossover, With a Twist and Braided Wonder! Sew each headband in minutes!

CROSSOVER



All headbands use ¼" (.5cm) seam allowances

Cutting

(2) strips 4" x 23" (10cm x 58cm) **or** 5" x 23" (13cm x 58cm) depending on how wide you like your headband

Sewing

Note: We used two different colors in these instructions to make it easier to understand, one orange, and one blue.

1. Insert a stretch or ball point needle. This will prevent skipped stitches.
2. Thread with Coats & Clark™ Eloflex® Stretchable Thread on top and in the bobbin.
3. Select a straight stitch.
4. Start with two strips 4" or 5" (10cm or 13cm) x 23" (58cm) depending on how wide you like your headbands.

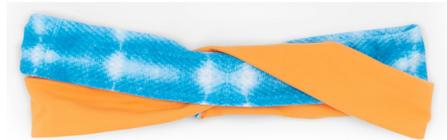


5. Place the two strips right sides together and stitch each long edge.
6. Turn right side out.
7. Match one short orange end to short one blue end. This will result in a single twist. Stitch the two ends together.
8. That leaves the remaining orange and blue end. Match them right sides together and sew as far as you can. You will have about one inch that is still unsewn.



9. Remove from the machine and give it a tug. Your headband is done except for a one inch opening in the seam. Hand sew or insert a fusible web into the opening and press to fuse closed.

WITH A TWIST



All headbands use ¼" (.5cm) seam allowances

Supplies required

- ⅛ yard (.11m) each of two different stretchy fabrics (or ⅛ yard (.11m) of one fabric if you want it all the same color)
- Coats & Clark™ Eloflex® Stretchable Thread to coordinate with your fabric
- Stretch or ball point sewing machine needle
- Fasturn Tube turner or safety pin

Cutting

(2) strips 4" x 23" (10cm x 58cm)

Sewing

1. Fold the strips right sides together and stitch the long edges.
2. Turn right side out. You can either use a Fasturn Tube Turner or a safety pin.
3. Finger press so the seams are

4. Place the two strips side by side as shown.



5. Twist the orange strip down and the blue strip up as shown.



6. Bring the ends together.



7. Place the two stacked ends right sides together, and stitch through all the layers.



8. Open out the seam and stitch on each side as shown.



9. Trim up to the stitching.



10. Your headband is done!

BRAIDED WONDER



All headbands use ¼" (.5cm) seam allowances

Supplies required

- ⅛ yard (.11m) each of two different stretchy fabrics (or 1/8 yard (.11m) of one fabric if you want it all the same color)
- Coats & Clark™ Eloflex® Stretchable Thread to coordinate with your fabric
- Stretch or ball point sewing machine needle
- Fasturn Tube turner or safety pin

Cutting

(3) strips 4" x 28" (10cm x 71cm)

Sewing

1. Fold the strips right sides together and stitch the long edges.
2. Turn right side out. You can either use a Fasturn Tube Turner or a safety pin.
3. Finger press so the seams are on the edges.
4. Place the three strips one on top of the other as shown.



5. Braid the strips.



6. Knit fabrics don't ravel, so we can leave the ends raw. For a fun look, stack all the ends together and pin. Try on your headband. You may have about 2" (5cm) left over.

7. When you are good with the fit, stitch through them as shown. I used a bartack stitch which is a wide zig zag stitch at 0 length. Stitch quite a few times.
8. You then have this fun look!



9. Snip in to give a fringed look.