

HOW TO MAKE A *Courage Cap*

You need at least 1/4 yard of prewashed soft cotton fabric. Fabric designs for men, women, and children.

1. Cut out the fabric. Make sure that if the fabric has a particular pattern (like a flower, face, wording, etc.) it needs to be right side up on the pattern pieces.
2. Fold the point in and then hem the point and about 4" up the sides.
3. Hem the straight edge at the bottom of the curved pieces (Diagram 2).
4. Sew the middle piece (Diagram 1) to the curved side of the cap. Pin on the curved side. Sew a 3/8" seam while holding your hand on the straight piece and gently pushing it away from you to avoid puckers.
5. TOP STITCH your seams to prevent fraying. It also makes the seam smoother so it doesn't irritate the patient's head.
6. Prepare the binding (Diagram 3)
 - a. Fold the ends under
 - b. Fold the strip in half and iron it
 - c. Bring one side to the middle and iron it
 - d. Fold the other side towards the middle
 - e. Fold the strip in half again
 - f. Find the middle of the cap and the middle of the binding and pin to cap. Start sewing from one end of the binding around cap to the other end.
7. Final Step is attaching the 1/4" elastic. (See Diagram 1) Tack the beginning of the elastic at the base of the side piece. Stretch (as tightly as you can) and sew with, a straight stitch, the elastic across the center piece to reach the other base of the side piece. Tack and cut off the excess elastic.

Full Tutorial on our Facebook and Website

DIAGRAM 1

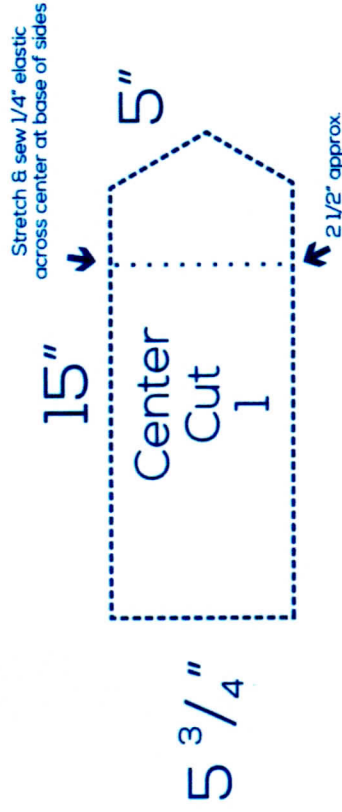


DIAGRAM 2

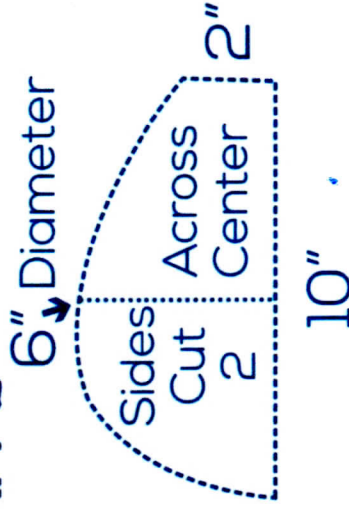


DIAGRAM 3

