

Cathy's Chemo Caps

Fold each strip in half, right sides together, matching short ends. Sew each into a tube with a regular stitch and ¼" to 1/2" seam.

Cap: Take the wide tube, leaving it inside out, flatten it centering the seam.

Set your machine to a "basting" stitch, or the longest stitch you can.

Be sure to leave a thread tail for both your top thread and bobbin thread and sew an arc across the top of the tube, starting about 1" down on one side, decreasing so you have ¼" seam at the middle and increasing to end about 1" down on the other side and leave thread tails before cutting.

At one side, pull gently on the bottom thread to gather some up. Tie the threads on that side securely. Now pull on the bottom thread on the other side of the tube and gather the rest and tie threads securely.

Set your machine back to a regular stitch and sew across along your basting stitches 2 or 3 times. Please make sure it is secure! Trim the seam allowance along the side curves. Turn right side out.

Band: Fold the narrower tube in half WRONG sides together matching the raw edges.

I like to mark both the cap and the band in quarters, pin together with the band against the RIGHT side of the cap. Set your machine for a "stretch" stitch or small "zig-zag" stitch and sew the band to the cap. Clip all threads and be sure to remove all pins!!

To watch a video of this process go to:

<https://www.youtube.com/watch?v=gTRjH9AhtlQ>

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Thank you so much for all you do.

For help, call Sally Rowe 352-350-7209 616-846-1253 (CELL)