

## Buttoned headband guide – for stretch jersey

-Cut jersey 18inches width by 10 inches height (Landscape)



The stretch must go horizontal.

-Fold the fabric in half- top to bottom- right sides together

-Using zig zag stitch – through both pieces- stitch along the cut edges from the outside 12cm in. Then from the other side 12cm in.



-Put your hand through the tube and pull it up inside itself. I have added a video to make this step a little clearer!



-Stitch the 2 raw edges together all the way around – in a circle.



- Pull the headband out of the opening – so you pull it all the way out till it is the right way round and no longer inside out.



- Next find the centre back seam and pinch down- put 10 hand stitches in to hold together.



-It will look something like this- smaller at the back now you have pinched it in with a few stitches.



- Finally lay the headband flat with the centre back facing up. Measure 9cm out from either side of the CB seam. This is where you stitch your buttons.

