

## Three Panel Turban

### Fabric

For comfort the best fabric must be a knit with a high cotton, bamboo or rayon content. **Please avoid using material that has more than 50 % polyester as this is not breathable or soft.** Softness and breathability are very important to the wearer. 1 metre can make approximately 6 hats.

All headwear is sanitized using WRHA Linen Services, therefore it must be durable enough to withstand the process. **Please preshrink the fabric** by washing and drying on the hottest settings.

### **MEASURE BEFORE YOU CUT! IMAGES MAY SHRINK DURING PRINTING!**

Pattern template drawings are guidelines. **Always measure out to the numbers written**, not the shape on the document, which was created to accommodate the paper size. These images shrink when printed.

### Sizing

Average head size is 22" and patients report that they want to wear hats comfortably, not tight. Therefore, please cut & sew on the larger size to accommodate additional shrinking in our industrial sanitizing process.

Pattern template include is set for a hat circumference of 24" which will allow for shrinking when using new bamboo cotton.

For 21" circumference, cut length of strips A and B 21.5. For 22" circumference, cut length of strips A and B 22.5", etc.

### Some notes on working with knits

There are two kinds of knits, those with two way stretch and others with 4 way stretch. 4 way stretch is usually used in bathing suits. Before marking and cutting determine which way the fabric stretches the most. The pattern pieces are marked with the direction the greatest amount of stretch is needed. While technically there is no straight of grain on a knit, ( as there is on a woven fabric ) it is advisable to treat it as if there is a grain. This will avoid any problems with where the fabric stretches the most.

There are two kinds of needles you can use on knits. The first group can be labelled as "Knit", "Jersey" or Ballpoint. These needles have a rounded tip that pushes the individual yarns to the side to make way for the thread. The second group is labelled as "Micro Fibre" or "Micro Tex".

This group of needles has an extremely fine point that can pierce through most woven or knits. Start with a small size needle. If you experience skipped stitches you can try a type of needle. If this doesn't resolve the problem, try a larger size needle.

Take a moment and test some seam and serger stitches. Knits can react very differently to seaming, depending on fabric content, weight and method of production.

Only use polyester thread as it has more stretch than cotton threads have.

First try a straight stitch for the seams. If you can't get a smooth seam move to a "mini zigzag". This stitch has a width of only .5 and a length of 2. If your setting dials don't have similar settings, manually adjust the zigzag so that it barely shows.

e.g.



Light weight knits are easily pulled down into the throat plate, especially when you start sewing at the seam allowance edge. When sewing the tucks in the turban pattern, consider starting the seam from the inside, working your way to the seam allowance.

You can also try using spray starch to stiffen the seam allowances. Remember to rinse out starch when all sewing is done to prevent rough or scratchy edges.

Some machines have a stretch stitch. Check your machine's manual for details. If seams just won't cooperate place a piece of tissue paper underneath the fabric you are seaming. Sew right through all layers. The tissue paper will easily rip off after sewing.

When sewing the seams, stretch the seam allowances slightly as it goes under the presser foot. It will help to keep some of the stretch in the fabric.

Serging knit seam allowances also requires some testing. If the seam allowance will not lay flat after serging, adjust your differential feed as it may be stretching out or pulling in too much fabric at one time. For this project a fairly narrow hem is best. Consider using woolly nylon in your upper looper to soften the edge.

It can be difficult to determine the right side vs. wrong side on some knits. Decide which side you intend to be the right side and mark the wrong side in multiple places. You can use chalk, disappearing ink or small pieces of masking tape. (Painters tape comes off with no residue left behind.)

### **Marking and Cutting**

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Lay all pattern pieces on fabric. Ensure that the directional arrows on the pattern match up with the direction that the fabric stretches the most.

Cut out 2 pieces for Strip A

Cut out 1 piece for Strip B

Mark match points and tucks using your preferred method. (chalk, dressmakers carbon, tailors tacks, 1/8" cuts in seam allowances for match points.)

## Sewing

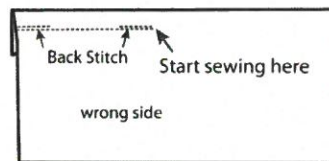


fig.1

1. Sew tuck on all three pieces. Remember to start from the inside of the tuck, back stitch several stitches and sew to seam allowance, back stitching before sewing off of the seam allowance. (fig.1)

Press the tucks flat. If the knit is thick, consider stitching over the tuck to hold it in place. It will be easier when you sew the centre back seam. (fig.2)

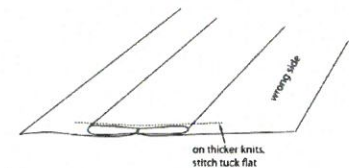


fig. 2

2. Fold strip B in half with short sides together, stacking the tucks. (Right sides together). Sew seam. Press seam allowances flat and fold in half lengthwise with wrong sides together. (fig. 3&4 )

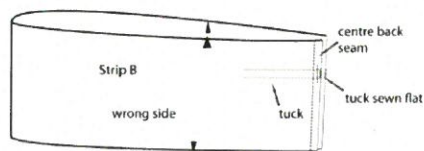


fig 3

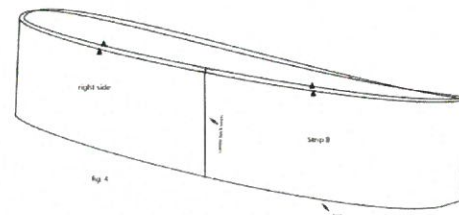
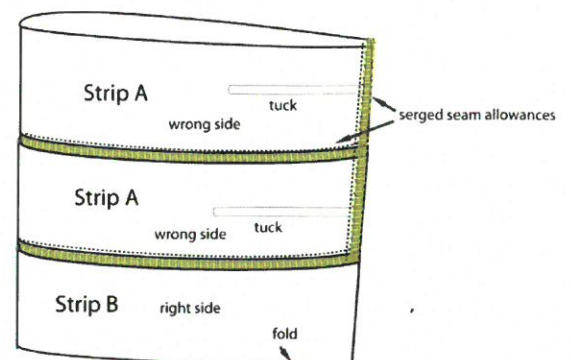


fig. 4

3. Pin one of the strip A's to strip B right sides together, matching notches. Make sure that the tuck side of strip B is against the right side of strip A. Sew the strips together using your preferred method from the test samples. Press seams together. (fig.5)



4. Next pin the second Strip A to the first Strip A, right sides together, matching notches. Sew the strips together. Press seams together. (fig.5)
5. Serge the seam allowances that attach strip B to strip A and the first Strip A to the second strip A. Press flat.
6. Pin the centre back seams together paying particular attention to matching the tucks. Sew and then serge seam.
7. Pin and sew circle ( top of hat ) to strip A. Serge seam. (fig. 6)
8. Turn right side out and press as necessary.

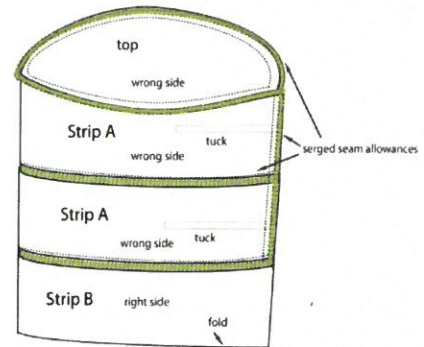


fig 6

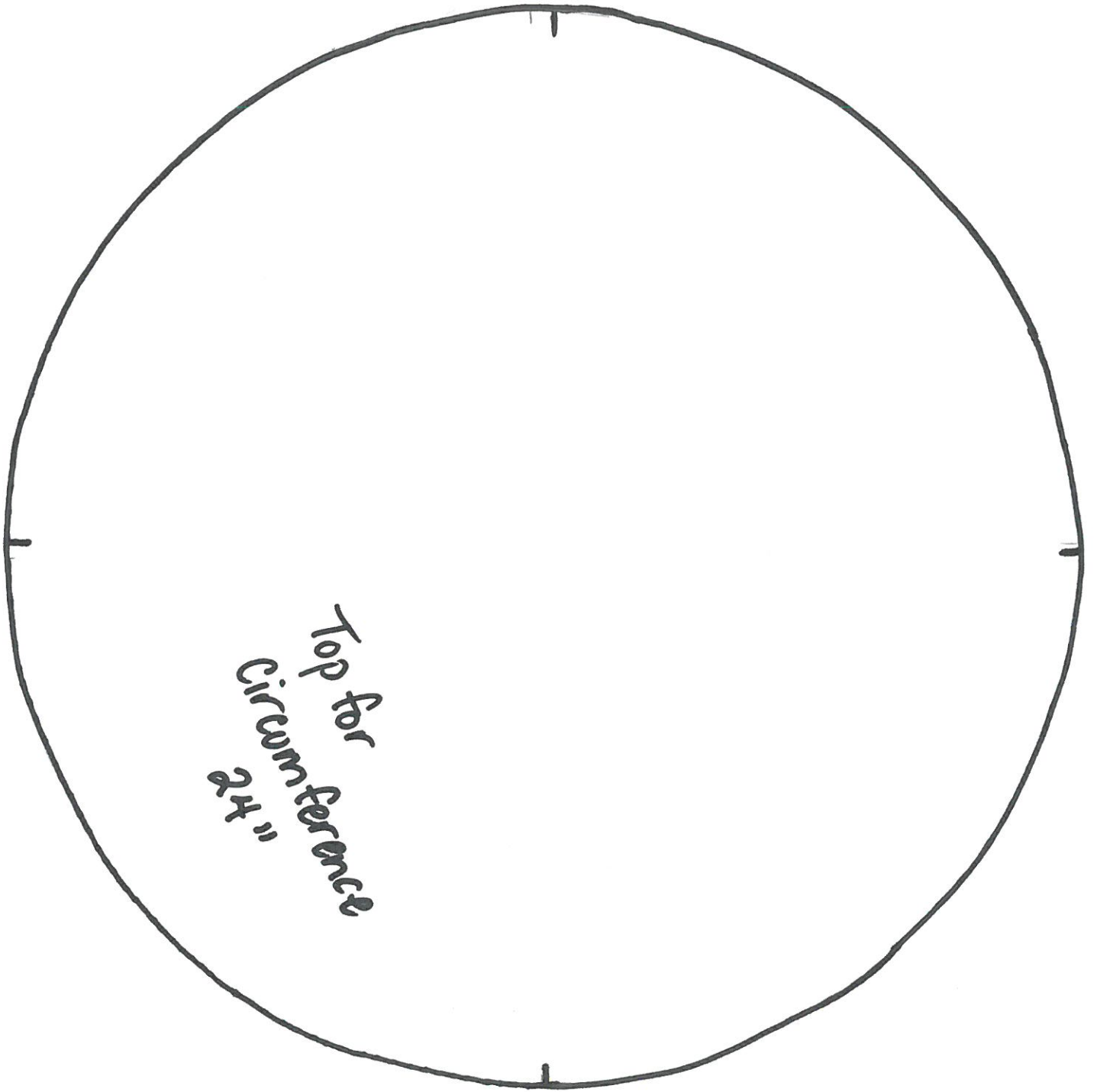


SEE NEXT PAGE FOR PICTURES OF THE INSIDE OF THE HAT



← INSIDE OUT VIEW  
BACK OF HEAD

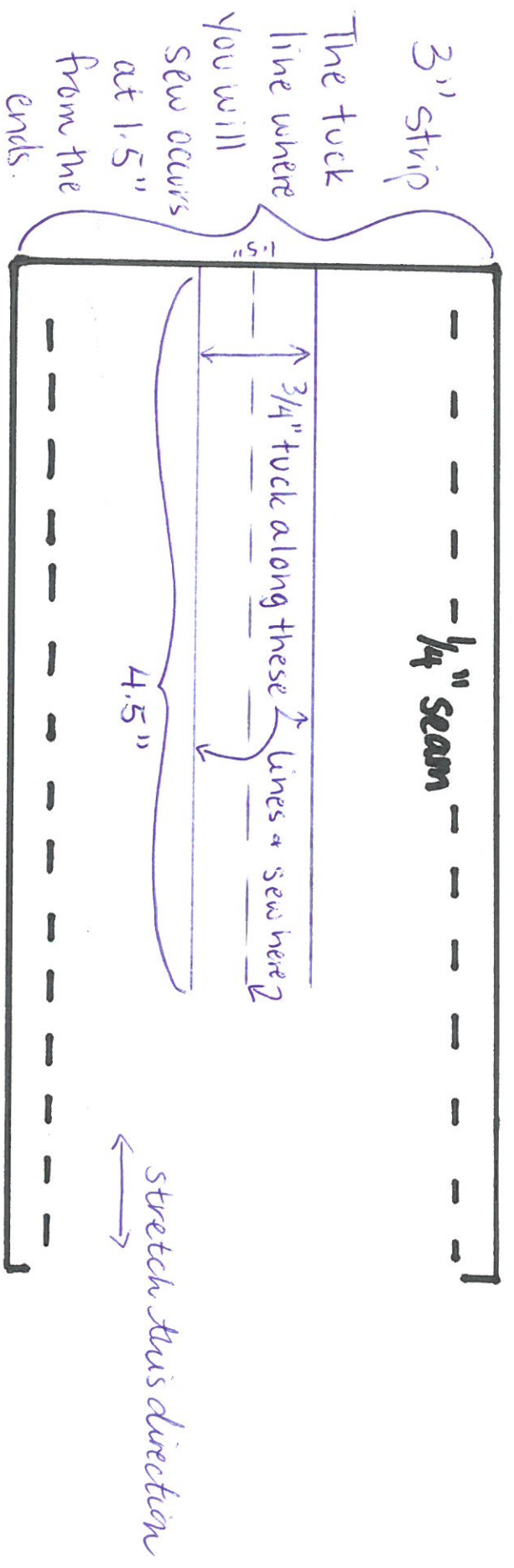




Top for  
Circumference  
24"

Strip A - the final shape is a long rectangle measuring 3" wide. There will be a "tuck" at both ends (see photo). Length will be 24.5".

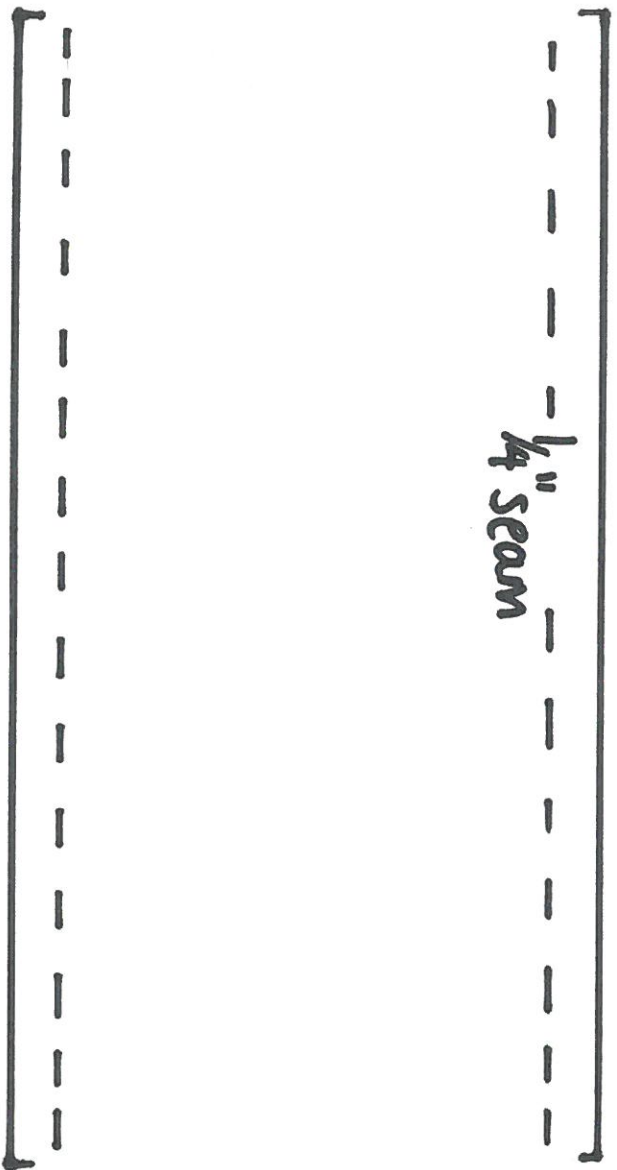
\* Measure before cutting! Printing shrinks images \*



Strip A part 1  
 - tape this to part 2

Strip A part 2

tape this  
side to  
Strip A  
part 1

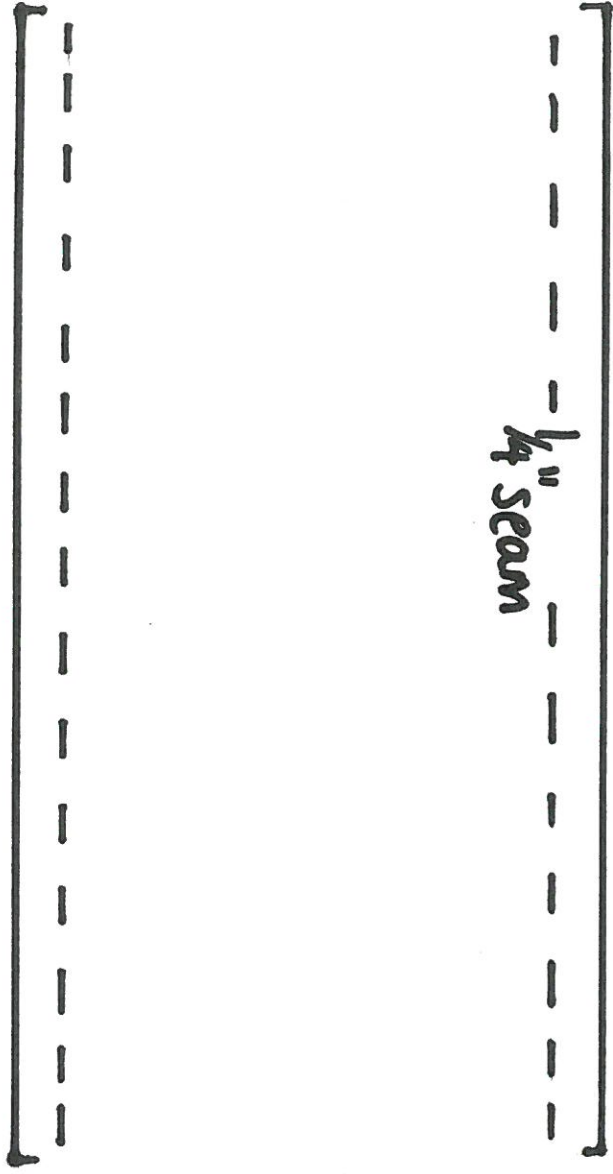


tape this  
side to  
Strip A  
part 3



Strip A part 3

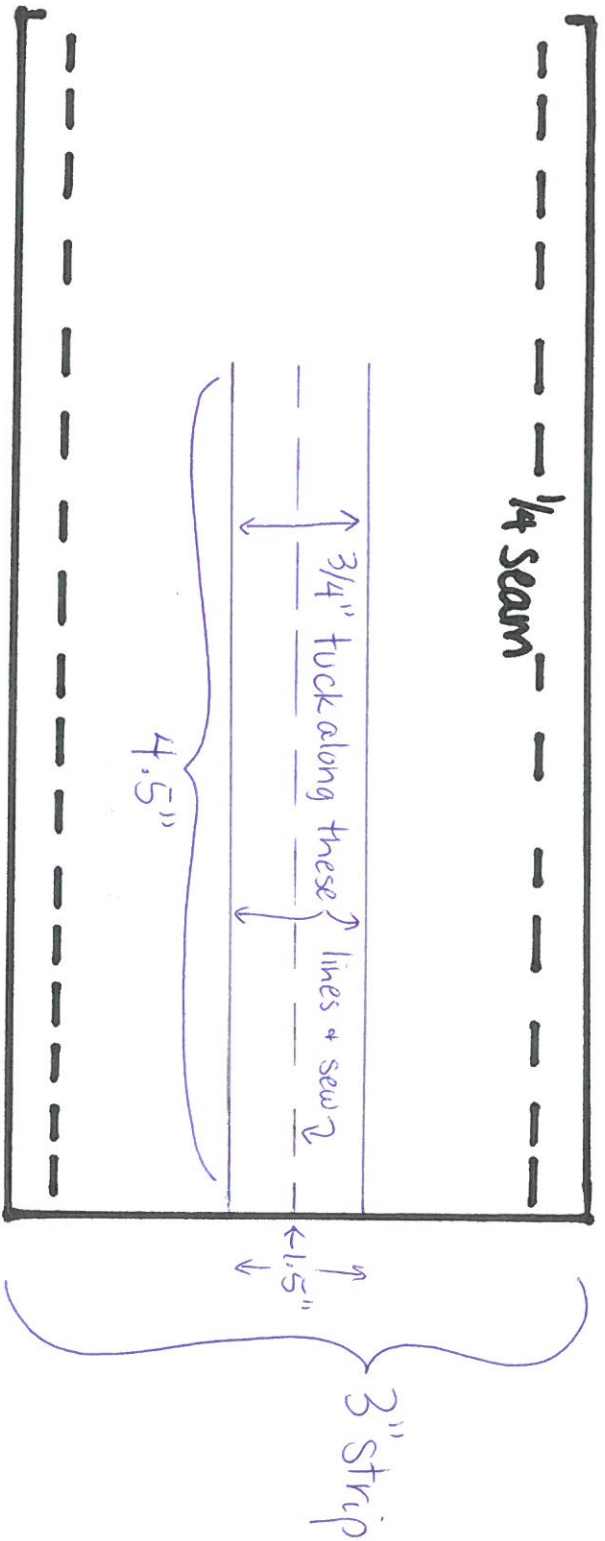
tape this  
side to  
Strip A  
part  
2



tape this side  
to the very  
end, Strip A  
part 4

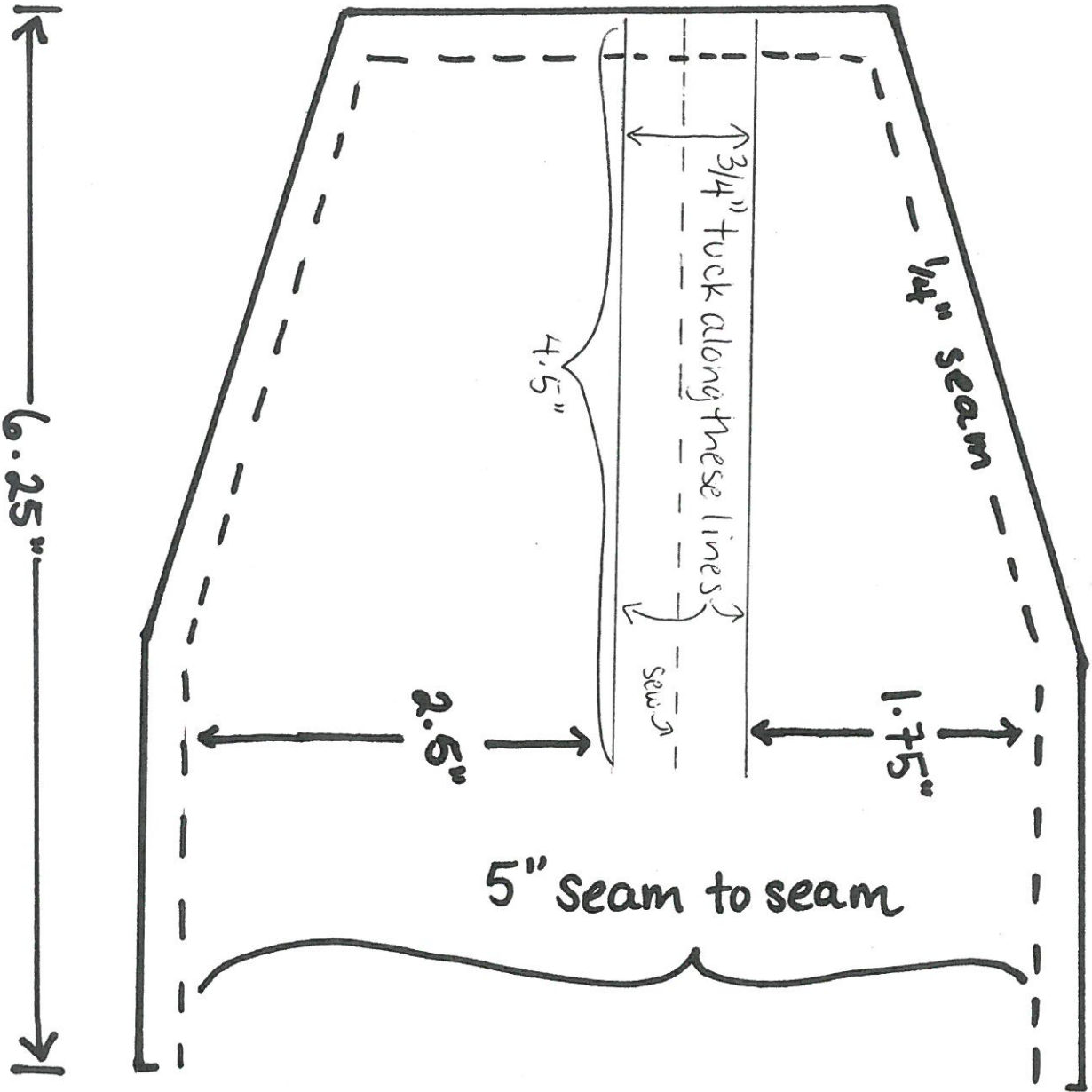
Strip A - end

tape this  
side to  
Strip A  
part 3



Strip B

The final shape will look like this:  
after taping 4 pieces together

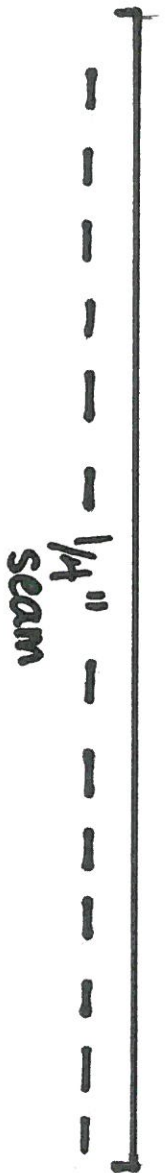


Strip B  
part 1  
- tape this  
to part 2

Strip B  
part 2  
- tape this  
to Strip B  
part 1



Strip B  
part 3  
-tape this  
to strip  
part 2



Tape the  
very end  
of strip B  
here  
↙



Strip B  
END  
- tape this  
to part 3

