



Turbans for Chemotherapy Patients

There are lots of turban patterns around but this one is easy to make and does not take much fabric or sewing skill. You can use any material that stretches: knits, velour, jersey etc.

Here is how to make them:

.8 metre (3/4 yard) of 45" wide fabric will make 3 turbans. If the fabric is 60" wide, you can make 4 turbans.

Cut one each of the two pieces (turban and tab) according to the chart below.

The preferred size to make is the medium.

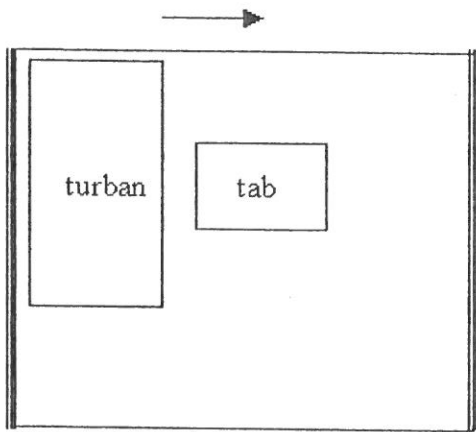
All sizes use the same size tab. You must use stretch knit fabric and when you cut the pieces, make sure the shorter side is on the **crosswise grain** (from selvedge to selvedge where the most stretch is). You can use a sewing machine zigzag stitch but a serger is fast and quick. Use 1/2" seam allowance.

Note: the lengthwise grain has no stretch; the crosswise grain has stretch.

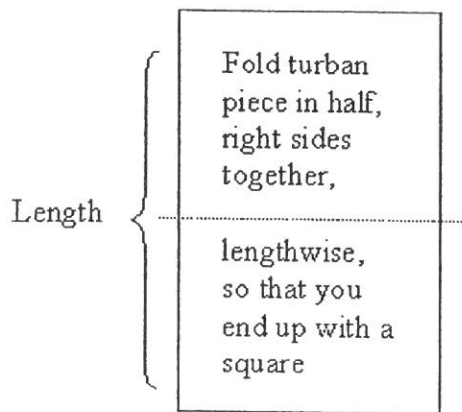
Size	Cut Turban Size	Cut Tab Size
Small	22" x 11"	5" x 4"
Medium	24" x 12"	5" x 4"
Large	26" x 13"	5" x 4"

Cutting Instructions:

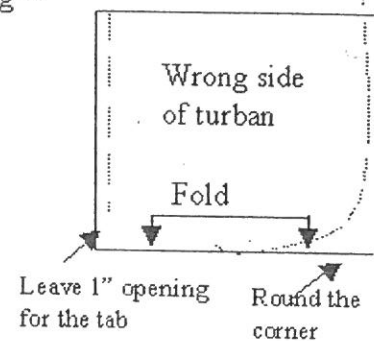
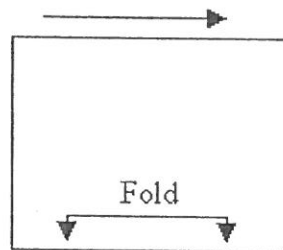
Crosswise, against the grain, where there is the most stretch (the selvedges will be at both ends) – e.g. for medium, cut 12"



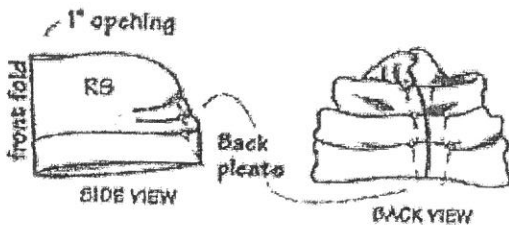
Lengthwise
With the grain - for
medium, cut 24"



Stretch side for head opening -
leave open

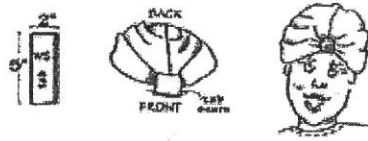


1. Fold the turban piece in half lengthwise, right sides together. Leave the opening across from the fold for the head opening. Serge the other two sides, rounding off the back corner point on one side, and stopping 1" before reaching the front folded edge on the other side. The tab will be inserted through this opening later. Secure thread tails and turn the turban right sides out.
2. Perpendicular to the back seam allowance fold up and pin three tucks approximately 3/4" deep. Stitch in the ditch of the seam allowance to secure these tucks.



Fold the tab in half lengthwise, right sides together and sew the seam. Turn the tab right sides out and rotate it so that the seam is centered on the underside. Slip the tab through the opening in the turban seam. Fold up and stack tucks along the front seam from the lower edge to the opening. (These tucks are like those at the back except they're stacked and not secured with stitching in the ditch.) Wrap the tab around the tucks and sew the tab ends by

machine, right sides together. Rotate the tab seam allowance underneath the turban and tack it by machine to the center front seam allowance. This stitching will prevent any gap between the tab and the turban.



Note: The medium size turbans are the most popular size to make. The small size would fit a teen. Avoid colours like yellow and lime green as they make the patient look too pale. Turbans made out of bright or patterned fabrics look terrific. The tab is a place for embellishment (fabric roses, corsages, pins, buttons, ribbons or bows).

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