

Create a head-turning Turban

Perhaps you want a turban but can't find the right one. Or maybe you're looking for a personal and practical gift to give a friend living with cancer. Why not make a turban? Choose the fabric colour and pattern, then dress it up with a pretty scarf.



FABRICS

Turban: Jersey and interlock knits, stretch terry, stretch velour, ribbed knits. (4" of fabric must stretch to 6") Note: Use stretch knits only; woven fabrics or bonded knits won't work. Choose a solid colour or subtle pattern.

Scarf: Any lightweight fabric in any colour.

SEWING INSTRUCTIONS

Turban

- Gather along seam line as indicated, pulling bottom threads as taut as fabric will allow; knot thread ends and trim

- With right sides together, match notches at centre back crown to notches at crown. Baste. Centre back intersection should be where the gathering ends at the crown. Machine stitch to that point

- Fold length of cording in half to create a loop. Position the loop above the double notch at the gathers on the right side of fabric. The raw edges should be at the cut edge of the seam allowance and the loop should lie parallel to the hemline. Baste in place

- Match remaining notches, basting centre back seam together. Machine stitch from intersection at crown to end of seam at nape catching cording in seam. Resulting seam will resemble a "Y"; serge or overcast raw edges

- Press the 15 mm (5/8") seam allowance along the front opening under; fold band to inside of turban and stitch. Topstitch and edgestitch band, pulling slightly as you sew

Scarf

- To finish cut edges: fold raw edge over 6 mm (1/4"), press and fold again. Repeat for all four edges; machine stitch or hand hem. Scarf may be inserted through loop in turban and tied in decorative knot.

YARDAGE

Turban: .33 m (.4 yd)

Scarf: 250 cm (1 1/4 yd), 1.125 m (45") or wider will make a basic 8" x 44" scarf.

NOTIONS

Cotton/Polyester thread, 10 cm (4") of 6 mm (1/4") decorative cording.

CUTTING INSTRUCTIONS

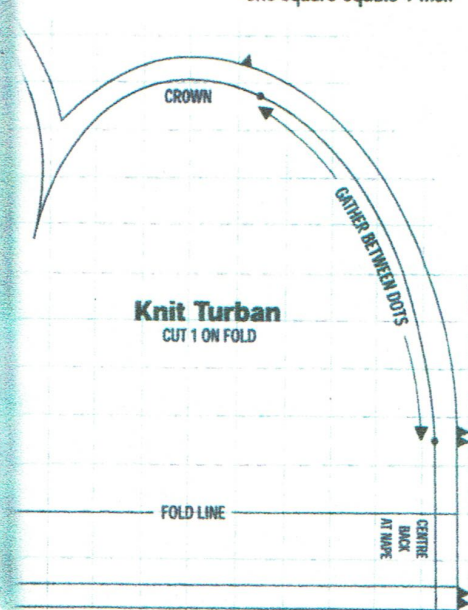
- Lines shown are cutting and sewing lines; seam allowance (sewing line) is indicated by a solid black line, approximately 15mm (5/8") from cutting line)

- Cut along the cutting line shown for the desired size, cutting notches as you go

- The pattern shown on this page is for a medium-size turban. Add or subtract the width of the seam allowance to increase or decrease the pattern size

- Transfer all markings and lines of construction before removing pattern tissue

one square equals 1 inch





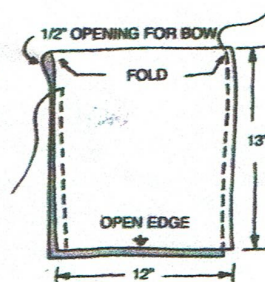
Karen Robinson is a breast cancer survivor. During Karen's series of chemotherapy hair loss occurred quickly. Hair can come out in clumps — anywhere, anytime. Turbans are an easy care, inexpensive and comfortable solution. Makeup, earrings and a brooch complete the picture.

You can help women living with cancer by making one or several turbans. Your gift of fabric and a little effort will make a real difference.

We suggest that you use soft, lightweight stretch fabric. You will need a piece of fabric 26" long x 12" wide, 24" of 3/8" wide elastic, plus a piece of scrap fabric 15" long x 3-1/2" wide for the bow.

1. Fold fabric in half with right sides together. The double layer of fabric now measures 13" long x 12" wide.

2. With right sides together, stitch along the 13" edges using a 1/2" seam

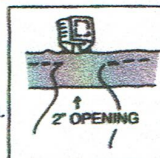


allowance: on one edge, leave a 1/2" opening to allow for the bow opening at the back of the turban. Stitch the complete length of the other side.

3. Press both 13" seams open.

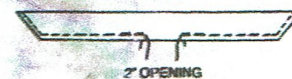
On the open edge, fold back the seams 1" to allow for casing, press, and stitch, leaving a 2" opening to insert the elastic. Insert the elastic through the casing and adjust to fit. Overlap the ends of the elastic and securely stitch together. Stitch the 2" opening closed.

4. Thread a needle with strong thread. Begin at the bottom of the front seam and gently fold up soft 1/2" pleats, stitching to secure each pleat as it is formed.



The finished set of pleats measure about 2". Repeat these steps for the back of the turban: start at the bottom of the back seam, form soft pleats and stitch to secure.

5. Fold the piece of scrap fabric over lengthwise and stitch a 1/2"



seam allowance around the edge, leaving a 2" opening in the center to allow for turning. Trim 1/4" the seams and clip the corners. Turn right side out, press and stitch the opening closed. Insert the bow through the opening back of the turban.



Why not decorate your turban with fancy buttons, beads, ribbons or fabric paint? A little glamour helps everyone. Look Good and Feel Better!