

Scrub Cap

A much appreciated item for any healthcare professional.

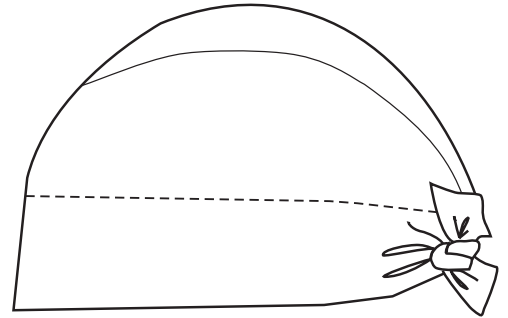
This is a quick and easy to make cap that is comfortable to wear no matter the length of hair.

Needed Supplies:

16" x 40" cotton fabric (pre-washed)
4" of 1/4" wide elastic

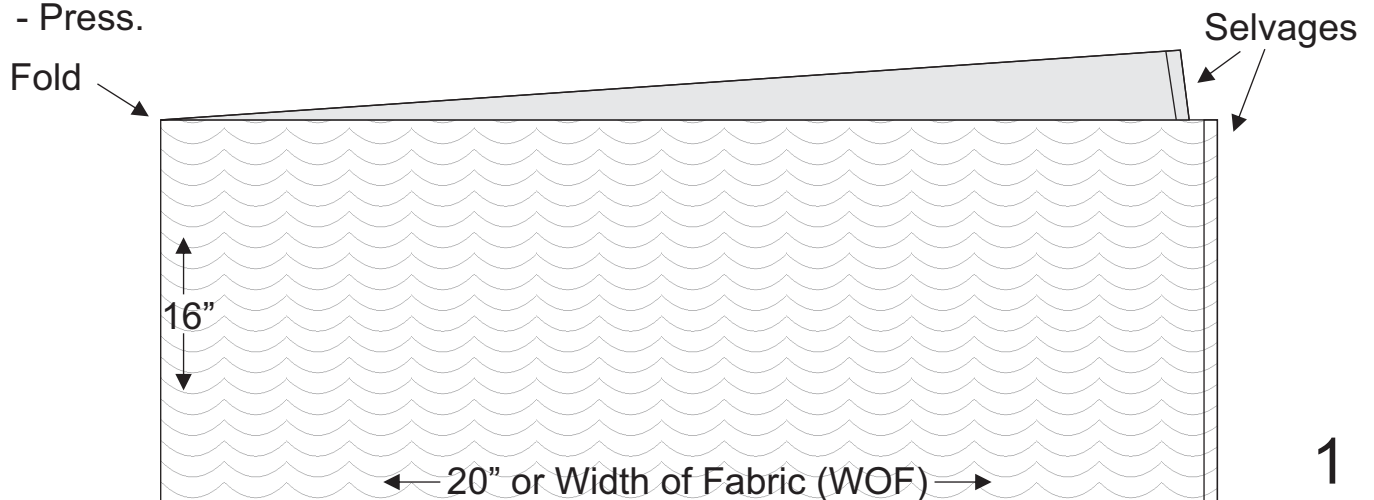
Printed pattern pieces
Paper scissors
Tape

Sewing machine in good working order
(this is also a perfect project for a serger)
Regular sewing foot
1/4" foot
Thread
Fabric scissors
Thread snips or scissors
Pins
Iron
Point turner
Bodkin or safety pin



Fabric:

- Before you start cutting and sewing, find a fun fabric and make sure that it is pre-washed to remove any sizing and to pre-shrink the fabric.
- Do not use any fragrant detergents, fabric softeners or dryer sheets as these can cause allergic reactions in some.
- Fold the fabric in half so that it measures 20" x 16".
- Press.



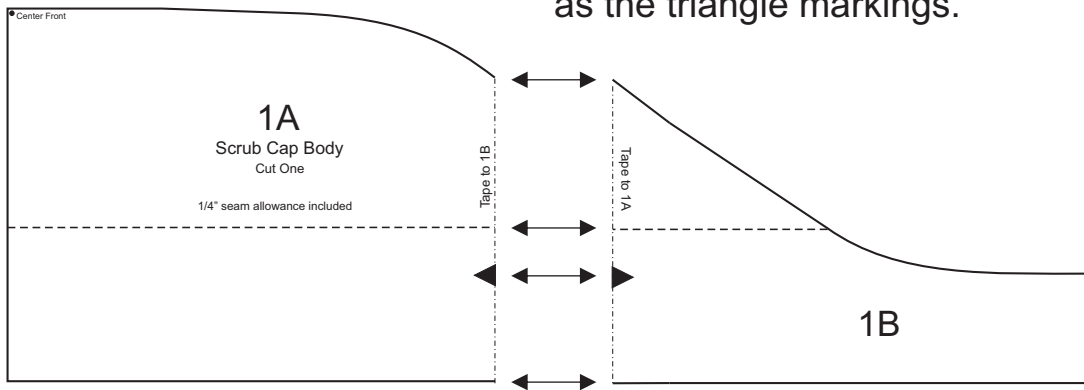
Pattern Prep:

- Print the pattern pieces. There are three pages.
- Make sure that when you go to print that the settings reflect “actual size” and not “fit to size”.
- Once printed, double check that the printed scale actually measures the listed size (on the second pattern page).

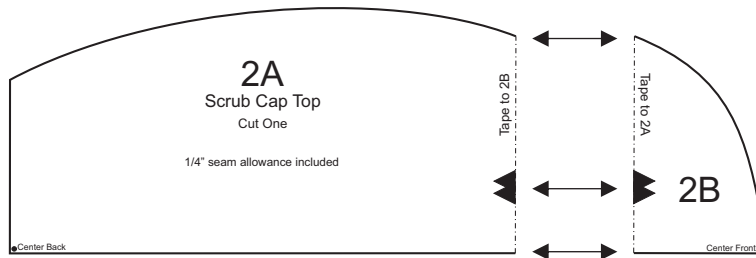
2" x 2"
Test
Scale

Prepare the pattern by matching 1A with 1B and 2A with 2B.

Before you cut out the pattern shapes from the printed sheets, trim the left side of pattern piece 1B and tape this dot and dashed line to the dot and dashed line on the right side of pattern piece. Matching top and bottom edges as well as the triangle markings.



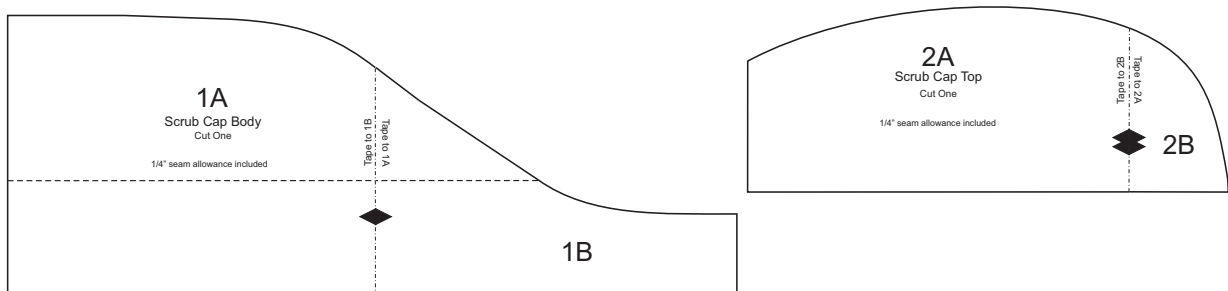
- Repeat with pieces 2A and 2B



- Once both sets of pattern pieces (1A:1B and 2A:2B) are taped together, cut out the pattern pieces along the outer solid bold lines.

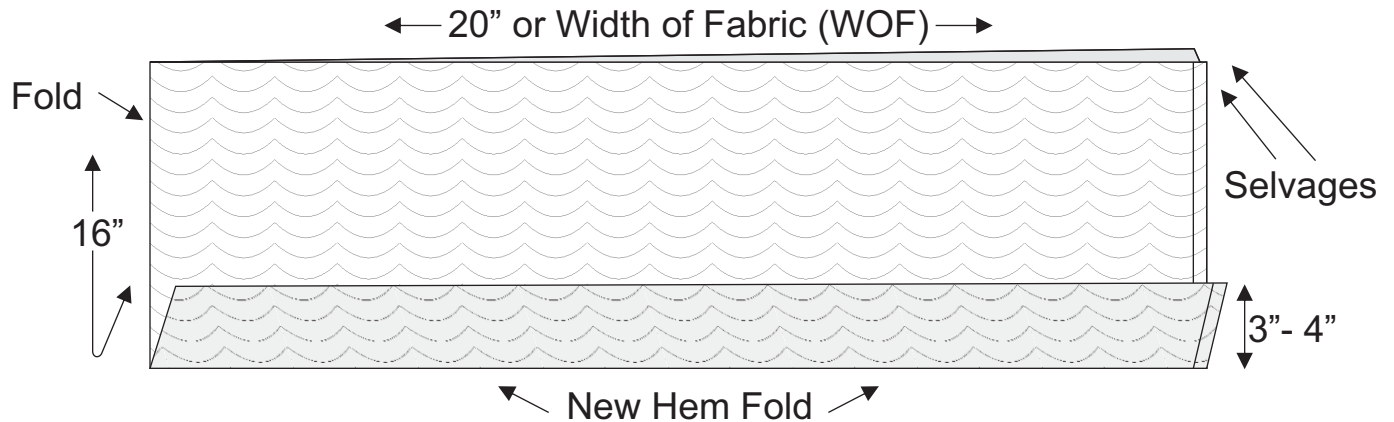
Note:

- Both pattern pieces include 1/4" seam allowances.
- Only one of each pattern needs to be cut from the fabric.



Laying Out the Pattern:

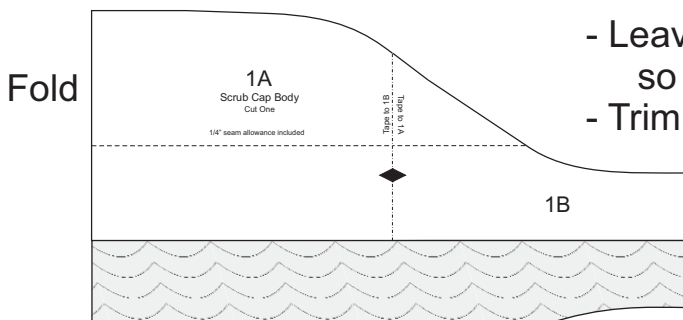
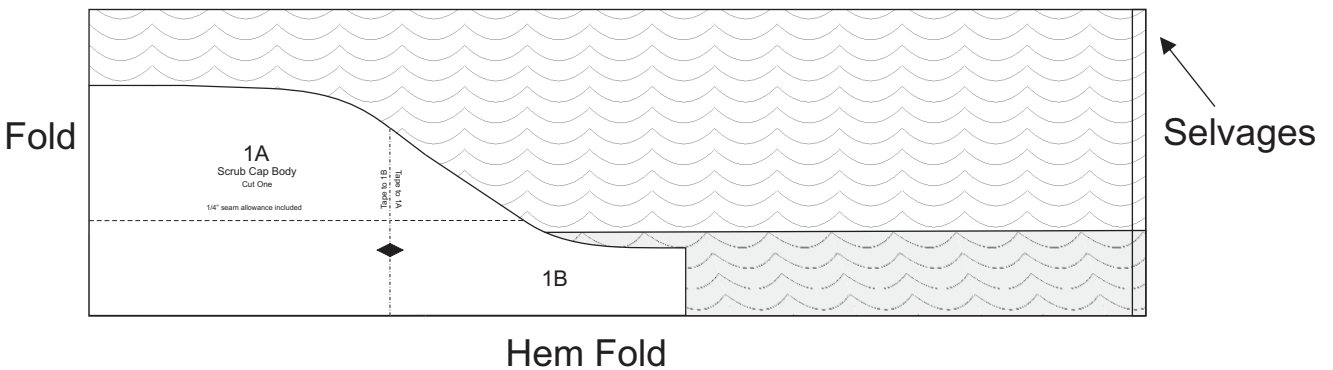
- Have your fabric folded in half so that you have the selvages lined up and your fabric is about 20" x 16". I left mine right sides out just as it was cut off the bolt.
- There is a 3" hem that is needed for the cap. Fold up both layers of fabric along one long edge a bit more than 3". We will trim this precisely in a bit.
If you are confident in the straightness of your fabric, feel free to turn up an exact 3" hem at this time.
- Press this hem fold
- You will now have a fold on the left and along the long bottom edge.



- Place pattern piece 1 on the prepared fabric so that the left and bottom edges of the paper pattern are aligned with the left and bottom folds of the fabric.
- Pin in place and cut out.

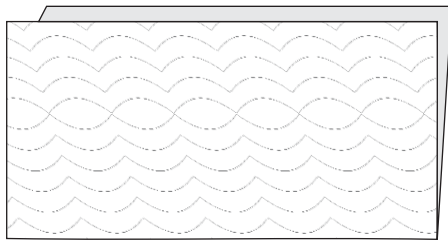
Note:

If using a rotary cutter, use a blade no larger than 45mm to cut the curves well.

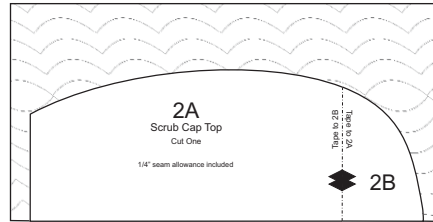


- Leaving the pattern attached, unfold the Hem Fold so it extends past the long edge of the pattern.
- Trim so that this section is 3" for the hem. You will notice that the right side will taper to less than the 3" in width, this area will become the ties.

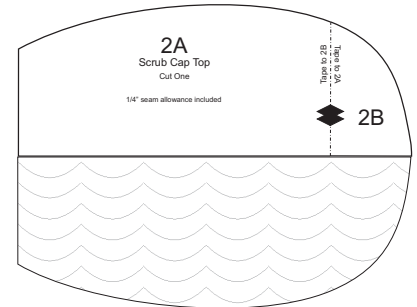
- Find a piece of remaining fabric, or contrasting fabric if you choose, that is twice the width of pattern piece 2.
- Fold fabric in half, longways, and press
- Place the pattern piece onto the fabric aligning the long straight edge of the fabric to the fold of the fabric
- Pin and cut out



Fold



Fold

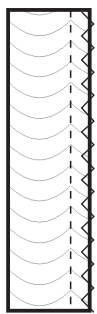


- Once cut, you will have one single layer of fabric that has a somewhat oval shape, this is the top of the cap.
- Also you will have the one long piece 1. This is for the sides of the cap.

Tips for Seam Finishes:

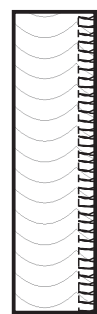
In addition to stitching the fabric pieces together, it will be important for the seams to be finished with a zig zag stitch to control the fabric edges from fraying when worn and laundered.

This project is a perfect opportunity to use your serger.



Sewing machine:

- Stitch a 1/4" seam.
- If you have a 1/4" foot, even better!
- Re-stitch along the seams using a zigzag.
- Zig on the fabric and zag just past the fabric edge.



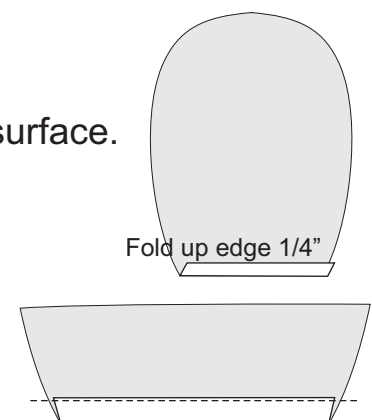
Serger:

- Use a 4 thread style set as the guide for your serger suggests.
- If you are more comfortable, stitch the seam with your sewing machine and then serge the edges.

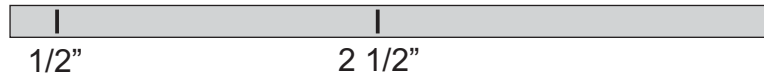
Assembling the Cap

Inserting the Elastic:

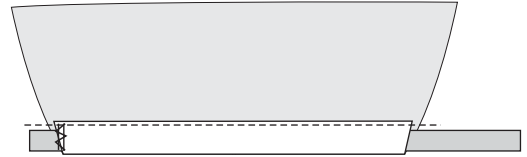
- Place the cap top piece (#2) right side down on your work surface.
- Fold up the straight edge 1/4"
- Press
- Fold up this edge again 3/8" - 1/2"
- Press
- Top stitch this folded edge very close to the edge to secure.



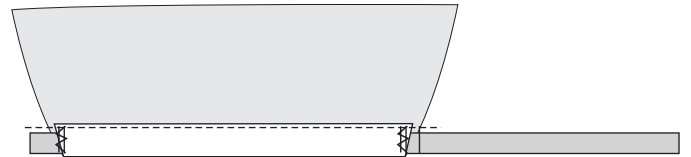
- The elastic piece that we are going to start with will be longer than the final 2 1/2". This will make it easier to work with.
- Make a mark on your elastic 1/2" from one end.
- Then make another mark 2 1/2" from the first mark



- Using a bodkin or a safety pin, thread the elastic piece through the casing that you created on the cap top.
- Align the 1/2" mark to the edge of the opening in the casing
- Secure this end with straight stitching and/or zigzagging.

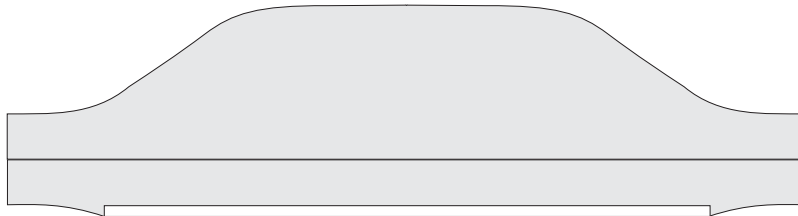


- Pull the long end of the elastic until the 2 1/2" mark is visible.
- Secure this long end with straight stitching and/or zigzagging.
- Trim both ends of elastic so that they are flush with the outer edge of the fabric.
- Set aside for later.

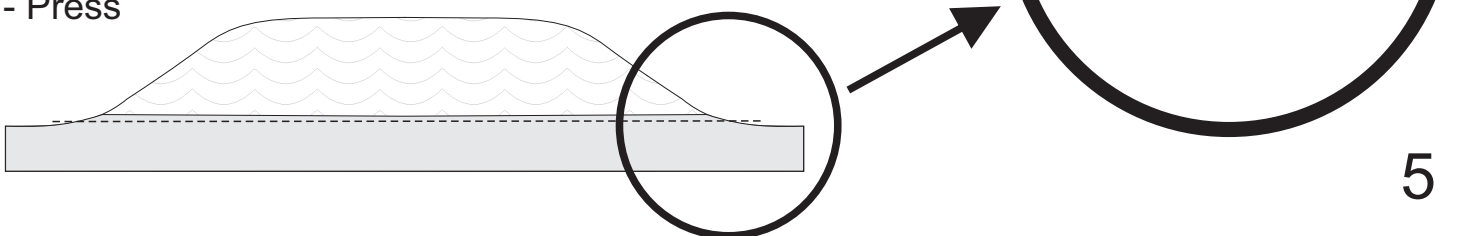


Hem & Ties:

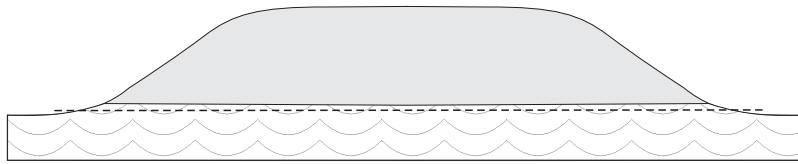
- Turn under the long edge of the main cap side piece (#1) 1/4".



- Fold the long edge back on itself with right sides together along the hem fold.
- Stitch from the top of the hem around to the end, turning the corner and then continue stitching down the end.
- Secure the stitching at the beginning and at the end.
- Repeat on other end.
- Once both ends have been stitched, clip the corners (not too closely)
- Turn right sides out, use a point turner to turn form nice crisp corners.
- Press



- Top stitch the hem in place.

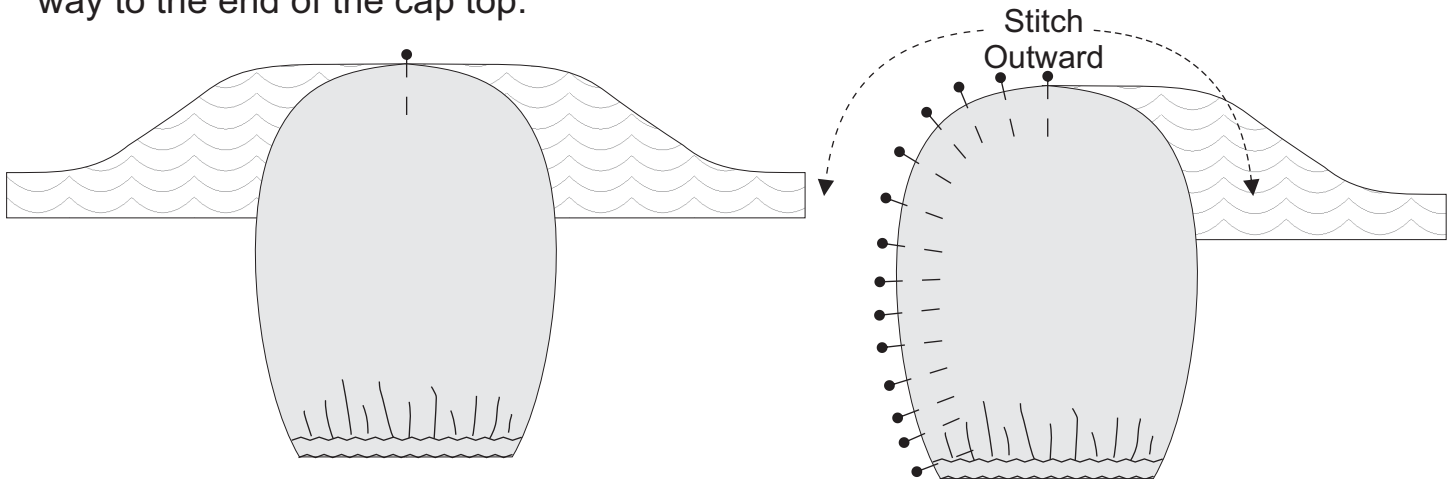


Note:

We are using a wide hem in order to keep any stitching or seams near the bottom edge of the cap. Any stitching or seaming in this area can be uncomfortable on the skin for the wearer.

Cap Construction:

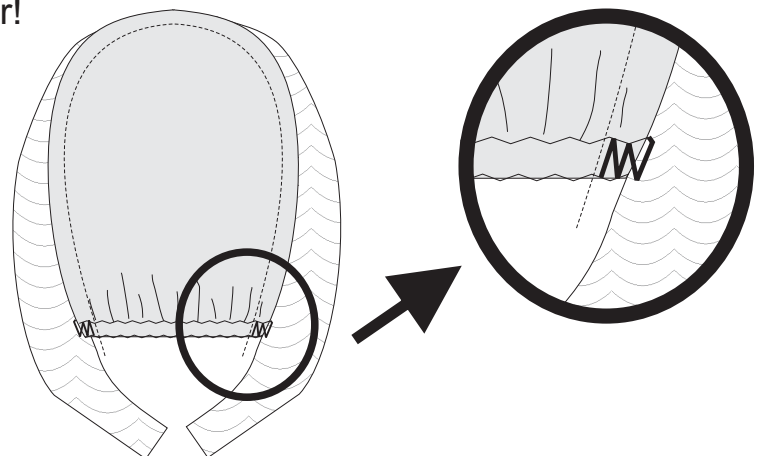
- Pin the cap top (#2) and cap sides (#1) together along the raw edges, right sides together and matching the centers.
- Working out from the center, pin the edges together about 3/4" apart as you work your way to the end of the cap top.



- It may be easier to stitch one side at a time starting at the center and working out.
- Use as many or as few pins as you feel comfortable. You may only need the one center pin.
- Stitch as slow or fast as you are comfortable stitching.
- Stop with needle down, as needed, to adjust for the stitching of the curve.
- Once both sides are stitched, go back and finish the raw edges with a zigzag (pg.4).
- This is the perfect time to use your serger!

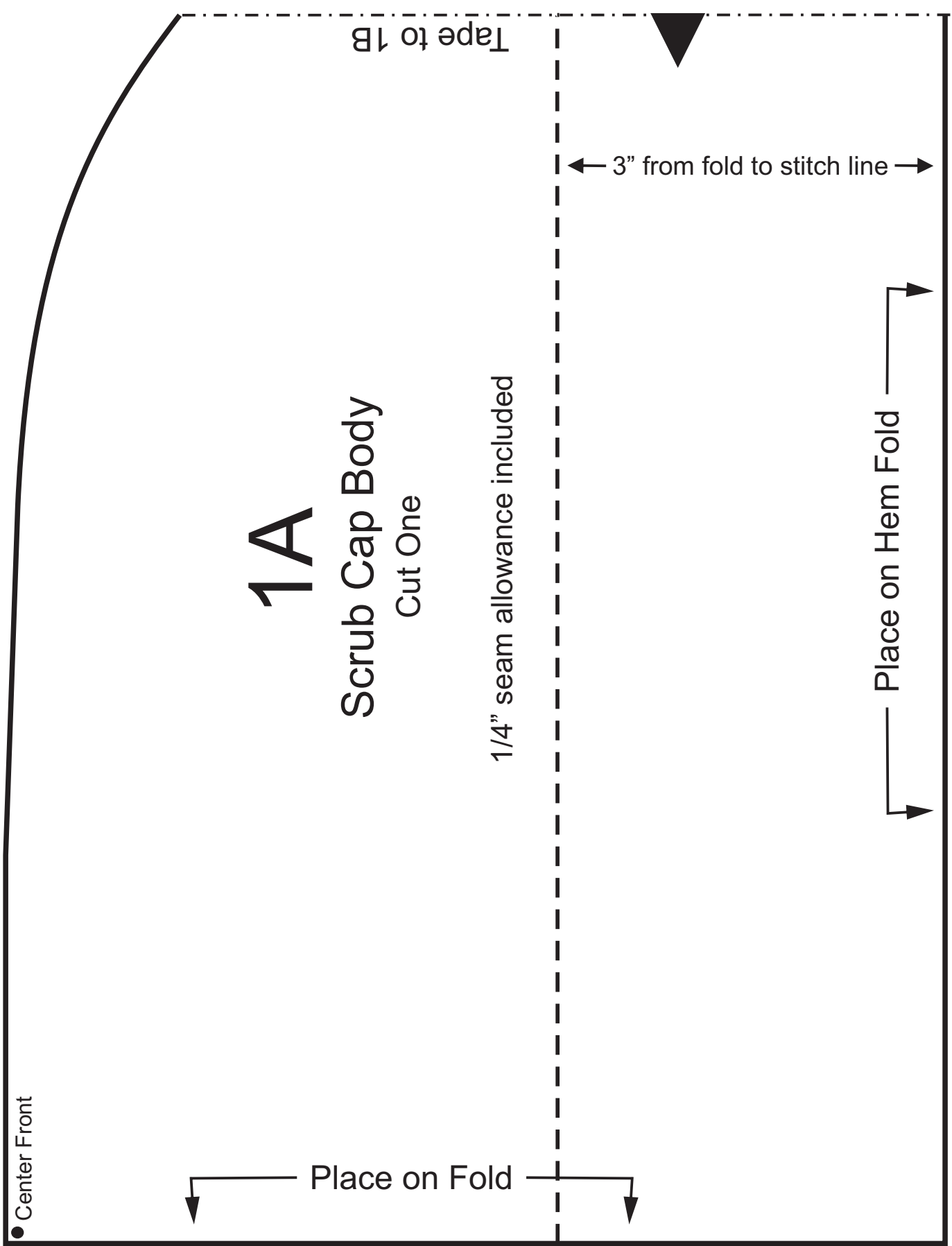
Finishing:

- Turn cap right sides out
- Stitch down the elasticized hem towards the stitched hem to secure in place.
- You are now done with your cap.



Note:

This project is perfect for making multiples. Just complete one task on each before you move on to the next step....assembly line style.



1A

Scrub Cap Body

Cut One

1/4" seam allowance included

● Center Front

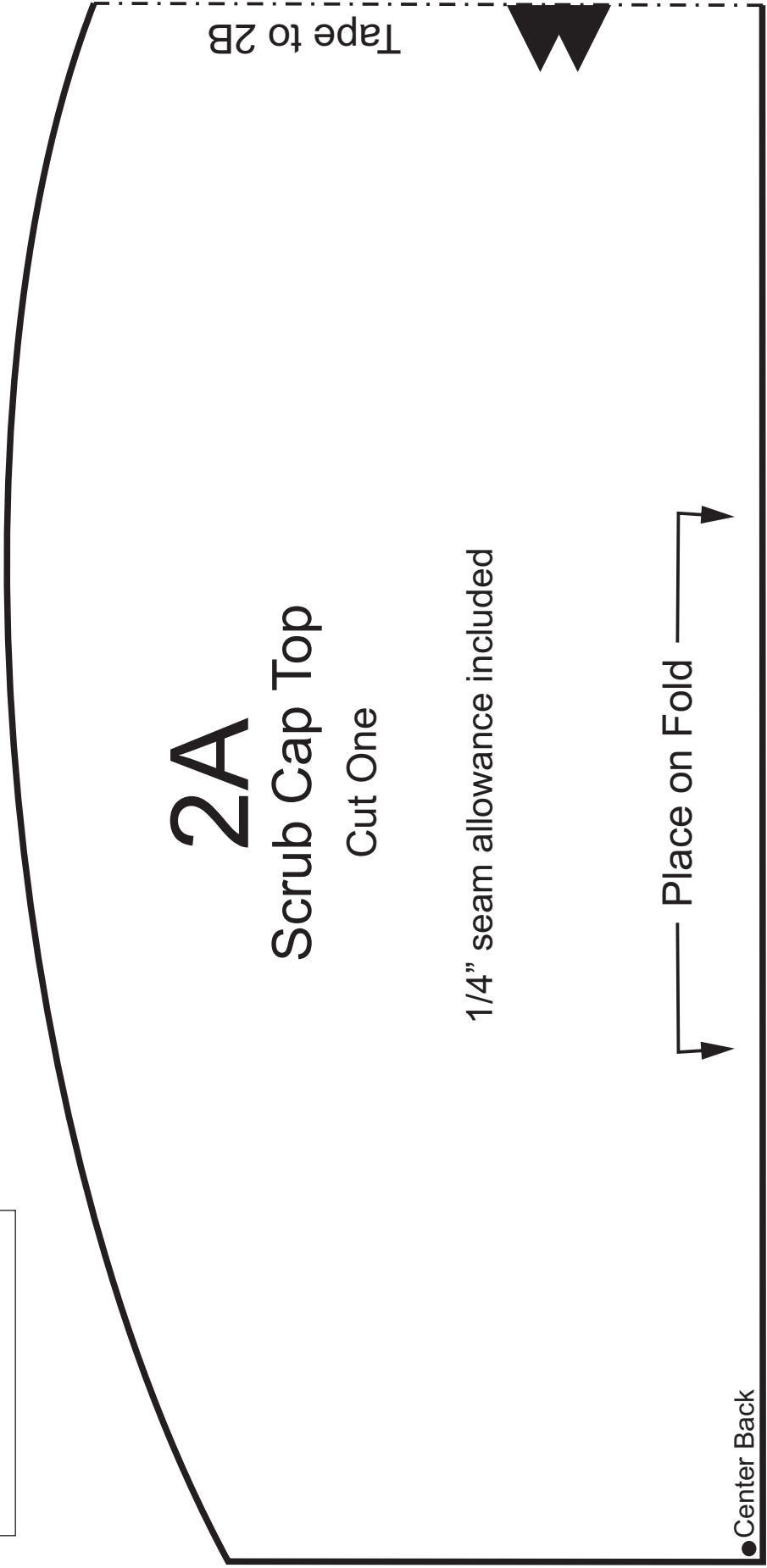
Place on Fold

Tape to 1B

← 3" from fold to stitch line →

Place on Hem Fold

2" x 2"
Print
Test
Scale



2A

Scrub Cap Top

Cut One

1/4" seam allowance included

Place on Fold

Center Back

Tape to 2B

