


Bow Headband

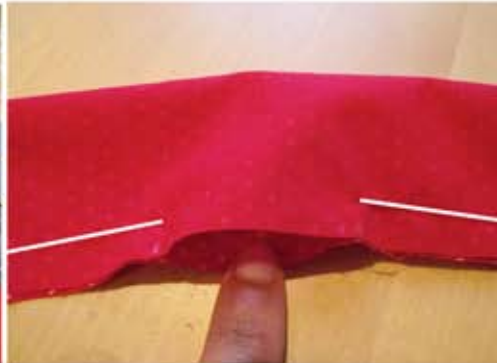
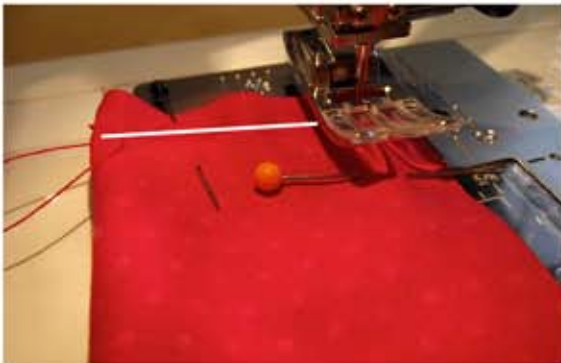


Step 1: Cut out the provided paper pattern pieces and add the relevant amount between the dotted lines for the Bow and the Main Headband (Measure your head circumference (go round down the back of your head) and add that between Main Headband Part A and Main Headband Part B & add 55cm between Bow Part A and Bow part B.)

n.b. make sure to match up the outer lines of Parts A and Parts B.
Lay out your pattern pieces and then cut them out of your fabric.

 The Pink areas illustrate how the extra amounts were added between the pattern pieces provided, to create the pattern pieces you can see in this image, ready to cut out.

Bow Headband



Step 2: Fold Main headband in half (Right sides together) & sew around the short edges (with a 1cm seam allowance) to the middle of headband – leaving a 5cm gap in the centre so the headband can be turned through to the right side.



This diagram shows the lines you should have sewn & the gap.



Step 3: Diagonally cut corners & turn the headband through to the right side.
It is an good idea to use a semi-sharp, pointy object to gently poke through the corners.



Step 4: Press rectangle flat, making sure to press edge with seam as flat as possible, so seam lies on the fold.



Step 5: Slip stitch up the opening, using a matching coloured thread.

Bow Centre



Step 6: Fold fabric in half along the longer length with Rightside on inside, then sew along the pinned edge (NOT the shorter edges). Remember, we are using a 1cm Seam Allowance.



Step 7: Press the seam flat, with the seam lying on top of the piece, creating two folds on either side.



Step 8: Fold up 1 cm on one of the shorter open edges and press.



Step 9: Turn through to right side and re-press folds just created, with seam line still in the centre.



Main Bow



Step 10: Fold fabric along longest length & pin.

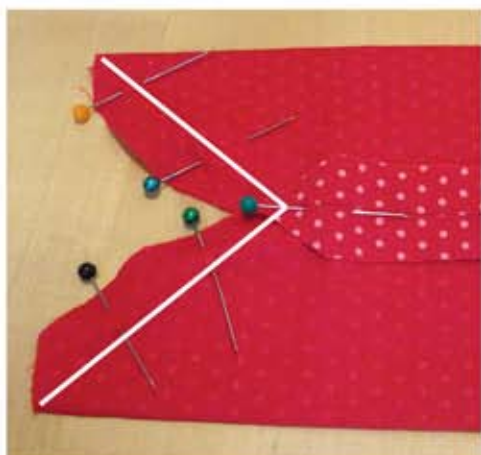
Step 11: Stitch the longest length only - NOT the 4 shorter angled edges. Leave an approximate 5cm gap in the centre, as done with the main headband. With each line, make sure you start 1 cm in and finish 1cm before the end.



Step 12: Turn through & press seam just sewn, so it lays flat in centre of piece (like bow centre piece).



This diagram shows the line you should be pressing.



Step 13: Sew up the pointed ends of the bow, as shown by white line in the picture. Then snip into the centre of the point sewn, cutting out a 'V' shape.

n.b. Make sure you don't snip through the thread of the line just sewn, but get as close as possible.



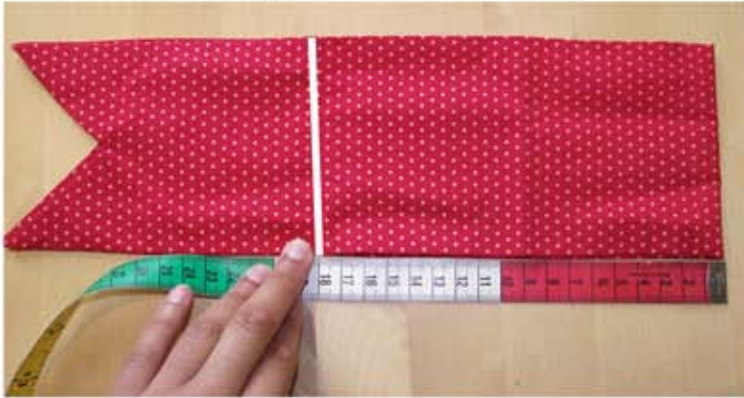
Step 14: Turn through, pulling the two points at each side out, using a semi-sharp instrument if needed, as before. Re-press the edges again, and the points, so they are nice and sharp





Step 15: Slip stitch up the gap along the long edge.

Assembling the Bow



Step 16: Fold the Bow in half (with the seam on the inside) and measure 18cm along from the fold. Mark this point and sew a line across, as illustrated by the white line in the picture.



Step 17: Lie the bow back flat, so the ends of the bow are pointing either way. Press the extra fabric so that the centre point of the bow lies over the line just sewn, and two folds are created either side.



Step 18: Take the centre of you bow piece and holding the two sides, push together to create two folds, using all the layers of fabric. Pin all layers together to hold for now.





Step 19: Turn bow over.

Take one end of the headband piece and place over the the bow centre, as illustrated in the picture.



Step 20: Take the Bow Centre piece and place vertically under the centre of the Bow piece. Make sure the unseamed side is facing outwards.



Step 21: Remove the centre pin holding the bow together and pull the Bow Centre piece up and around, wrapping the bow and headband piece inside. Slip the non-folded end of the Bow Centre inside the pre-folded end and pinning. Now slip-stitch this opening. If you can, catch some of the fabric from the Bow piece and the Main Headband piece, as you go.



Step 24: Pin your velcro over the line you have sewn, roughly where the 'X' would be. Using a small stitch, attach this to the bow.



Step 23: Pin the other side of the velcro to the end of the Main headband. Try the bow on and double check that the bow sits snug on your head. If not adjust accordingly. Handsew the other side of the velcro on.



Now your Bow Headband is complete - go out and enjoy it!





Step 23: Remove the centre pin holding the bow together and pull the Bow Centre piece up and around, wrapping the bow and headband piece inside. Slip the non-folded end of the Bow Centre inside the pre-folded end and pinning. Now slipstitch this opening. If you can, catch some of the fabric from the Bow piece and the Main Headband piece, as you go.



Step 24: Pin your velcro over the line you have sewn, roughly where the 'X' would be. Using a small stitch, attach this to the bow.



Step 25: Pin the other side of the velcro to the end of the Main headband. Try the bow on and double check that the bow sits snug on your head. If not adjust accordingly. Handsew the other side of the velcro on.



Now your 50's Bow Headband is complete - go out and enjoy it!

