

Stitches that Serve comfortcap™ for Cancer Patients

It is truly a wonderful thing to help others by contributing your time or talents. Cancer patients face many physical challenges most often due to the treatment they are enduring. Sew up this soft hat out of a pretty 100% cotton knit to show you care.

Supplies:

Adult - 1/2 yard of knit or 3/4 yard of woven fabric

Child - 1/3 yard of knit or 5/8 yard of woven fabric

Clear elastic

Polyester sewing thread

Sewing scissors

Pinking shears

Fabric marking pencil, pen, or chalk

Pattern tracing material

Pins

1. Copy the adult or child's cap pattern off on your computer's printer. Trace the pattern onto the pattern tracing material and transfer all the markings. Measure around the head just above the eyebrows and ears remembering the size may change after hair loss. Adjust the size by making larger or smaller seam allowances. Be sure to choose the correct seam allowance for the size of the patient's head.

2. Place the pattern on the fabric using the "stretch" line as your guide across the stretchiest part of your fabric. Cut two pieces, one for the cap and one for the lining. Transfer all the markings to the fabric.

3. Sew the outside darts first starting at the edge and sewing to the dot. The darts give the hat its shape.

NOTE: If you are sewing on a lightweight knit fabric, be sure to use a stretch needle in a standard size of #75/11. The slightly rounded point on the needle will keep the fabric from running. Heavy knits may require a size #90/14. Also, if possible, reduce the presser foot pressure on your machine to pre-

vent rippling when sewing on knits.

4. Trim the seams with your pinking shears to reduce any bulk.

5. Sew the center back seam and into the center dart to the dot. Trim the seam allowances and finger press the seams open. Repeat steps 3 through 5 for the lining.

6. Place the two hats inside each other, right sides together, matching the seam lines and center fronts. Match the brim edges and pin. To prevent the brim of the cap from rippling after much washing and wearing, support the brim seam with clear elastic. Pin the elastic around the brim of the cap, centering it over the seamline. Stitch around the around the edge using the correct seam allowance. Do not pull the elastic when sewing. Leave a 3" opening for turning.

7. Turn the hat to the right side and turn the open edge in. Topstitch around the edge placing your presser foot edge along the edge of the fabric.