

a

Scrubs Hat Pattern

Hi All,

Make a paper pattern for the scrubs hat, as you will probably be making multiple hats.

I based this pattern on a youtube video which is worth a watch before you make the hat.

google:

diy scrub cap sewing tutorial youtube
lea goes green.

Good luck and stay safe

Faria

Cribstawn Sewing Centre

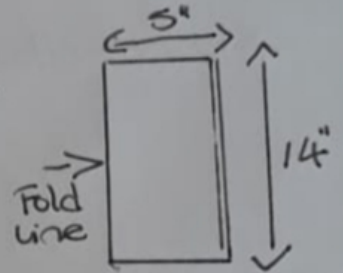
Make a paper pattern - 2 parts
you will need 2 pieces of paper:

$$\frac{14''}{36\text{cm}} \times \frac{10''}{26\text{cm}} \text{ And } \frac{24''}{60\text{cm}} \times \frac{8''}{20\text{cm}}$$

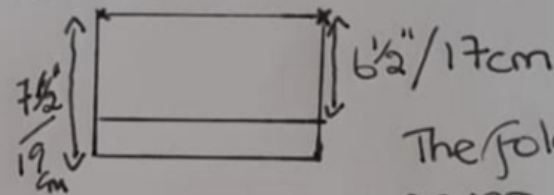
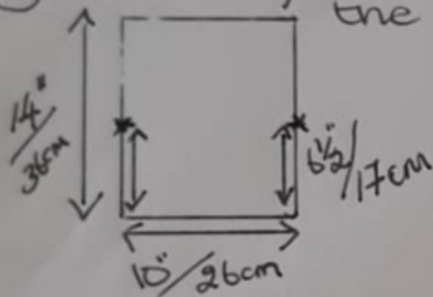
Part 1

① Using the $14''(36\text{cm}) \times 10''(26\text{cm})$ sheet

② Fold the sheet in half lengthways and mark the half way fold with a crease, open up again.

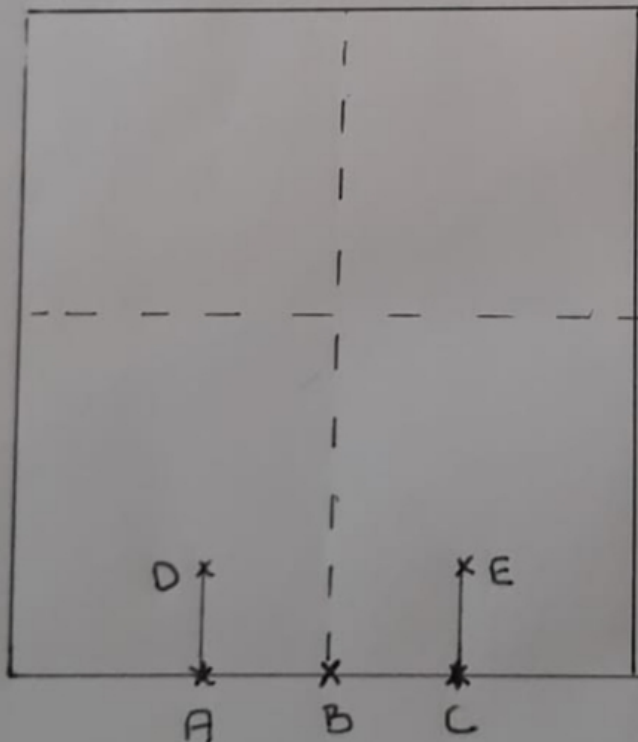


③ Mark $6\frac{1}{2}''/17\text{cm}$ up on each side of the long side of the sheet of paper. Fold over at the marks.



The fold will be uneven.

④ open out the sheet of paper

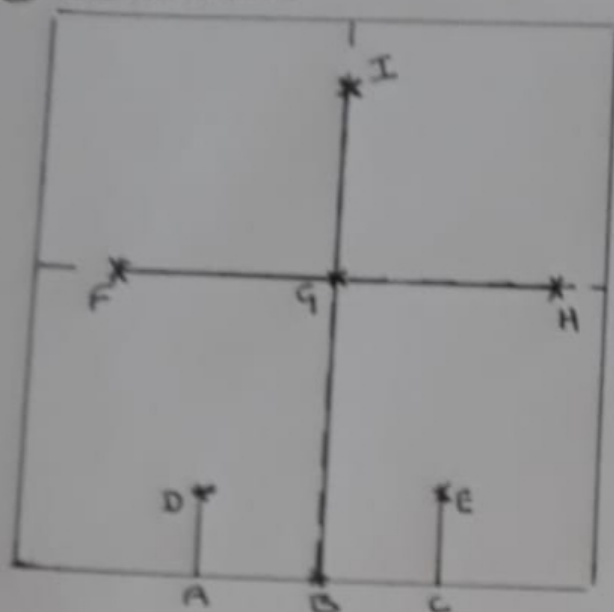


⑤ Mark point B at the centre bottom of the sheet

⑥ Measure out $2''/5\text{cm}$ either side of B and mark points A and C

⑦ Measure $2\frac{1}{2}''/6\text{cm}$ straight up from A and C and mark points D and E

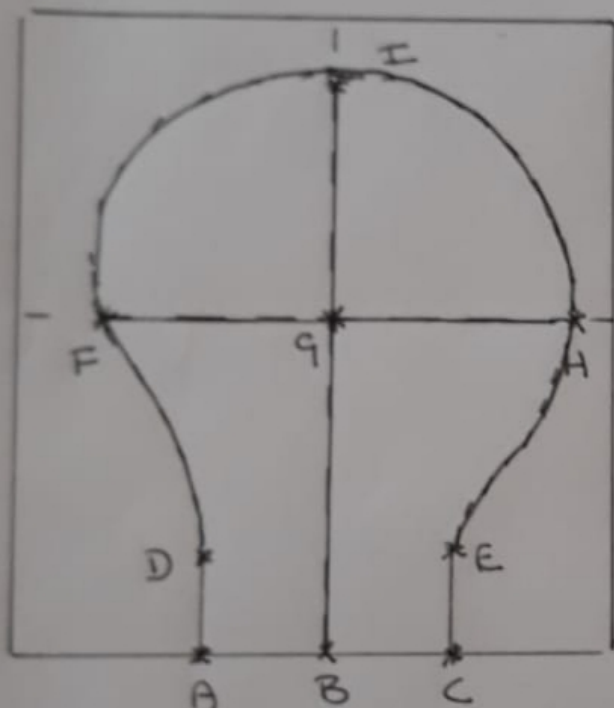
④ continued



① Measure up the centre crease line 12" / 30cm mark point 'I' at the top and mark point 'G' where the two creaselines cross.

② Measure out 4" / 10cm either side of 'G' (on the creaseline and mark points 'F' and 'H'

⑤



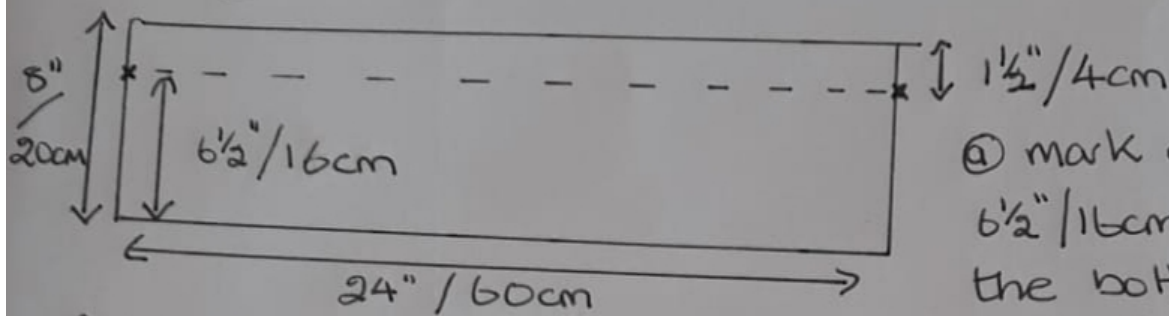
now you need to draw a curved line, from $D \rightarrow F \rightarrow I \rightarrow H \rightarrow E$. so that the finished shape looks something like a light bulb. This might work out a little uneven on either side.

⑥ Pick the best side fold the paper in half along the $B \rightarrow G \rightarrow I$ line and cut out the shape you thought was best.

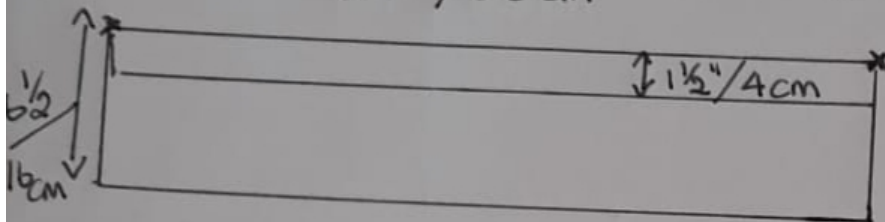
This is the pattern for the crown of the hat.

Part 2

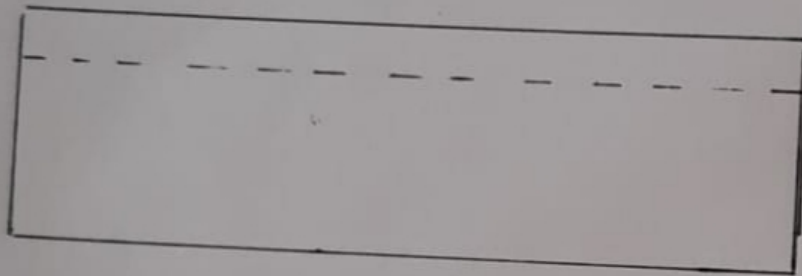
① Using the 24"/60cm x 8"/20cm sheet



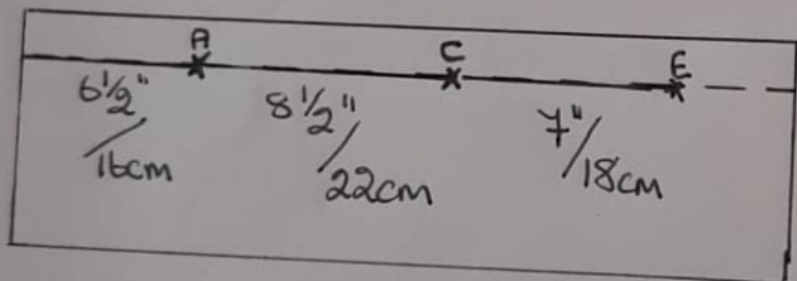
① mark a point 6 1/2" / 16cm up from the bottom edge on both short ends.



② Fold the paper over and make a crease line joining the two marks open the paper out again

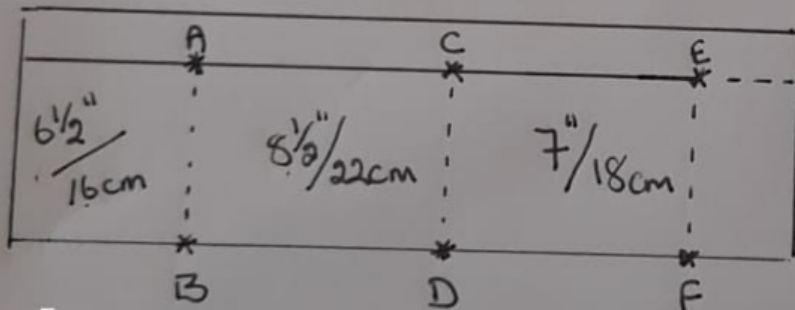


③ Measure across on the crease line 6 1/2" / 16cm - mark point A



④ From 'A' measure across on the crease line 8 1/2" / 22cm - mark point 'C'

⑤ From 'C' measure across on the crease line 7" / 18cm - mark point E

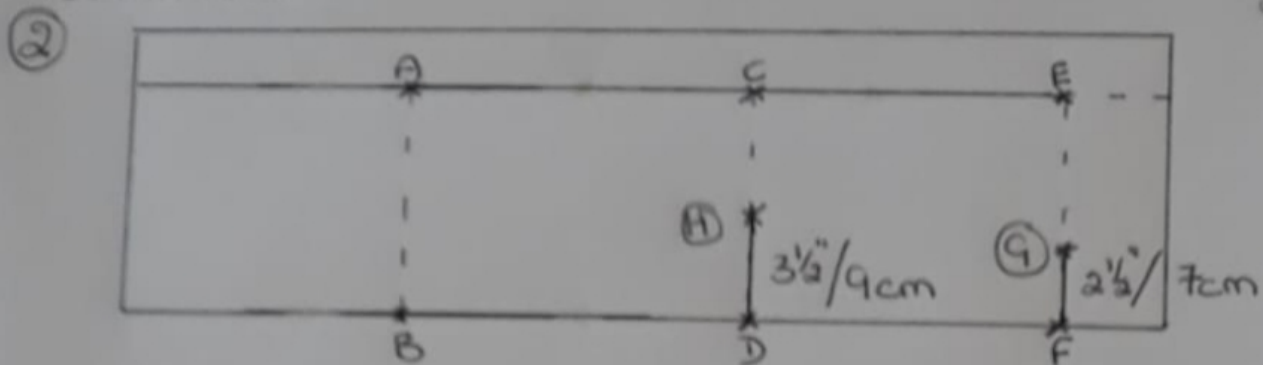


⑥ Mark points B, D and F to correspond with A, C and E on the baseline

⑦ Join A → B / C → D and E → F with a straight dotted line

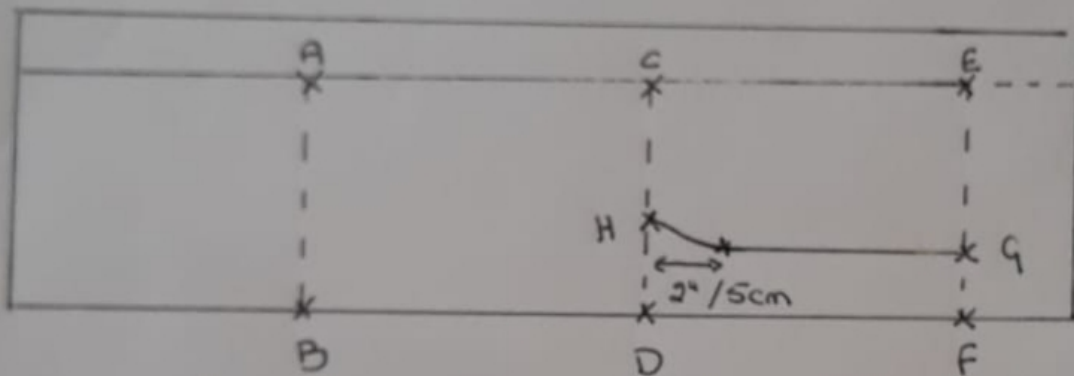
This is the grid to draw the band pattern

d

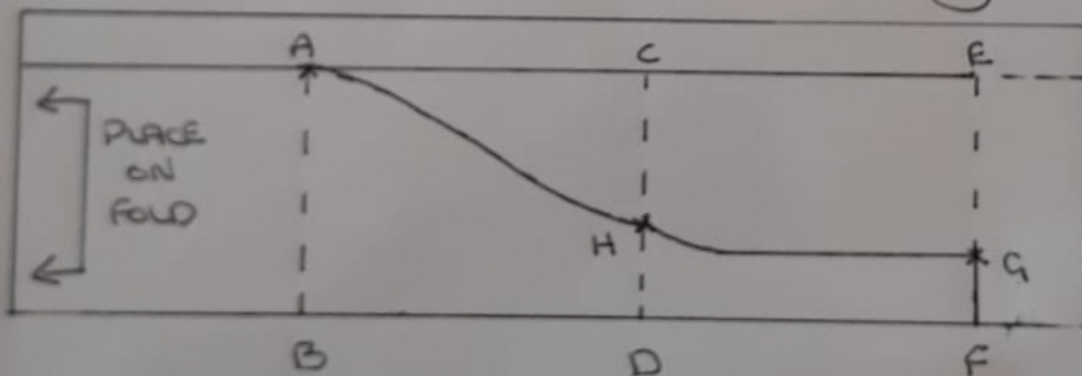


① On the C/D line measure up $3\frac{1}{2}''/9\text{cm}$ from D mark point 'H'

② On the E/F line measure up $2\frac{1}{2}''/7\text{cm}$ from F mark point G



③ Draw a line joining $G \rightarrow H$. Keep it parallel to the baseline with a gentle curve up to H from about $2''/5\text{cm}$ away.



④ Draw a curved line joining $A \rightarrow H$

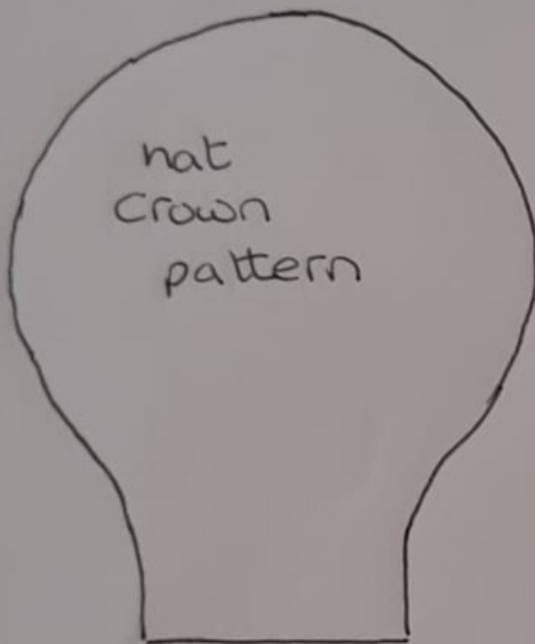
⑤ Put the place on fold symbol on the left side of the pattern: and/or write place on fold.

Cut out the pattern

You should now have 2 pattern pieces



Band pattern piece should look like this



hat crown piece
should look like
this

Sewing the hat

g

Step 1 - cutting out:

The band:

- ① Fold the fabric over, about 24"/60cm so that it is doubled.
- ② Place and pin the band pattern on the fabric so that the end with the fold (Place on fold) symbol is on the fold of the fabric. Cap photo 1 and 2
- ③ Cut out the band Cap photo 3
(If you are making more than one hat, just move the pattern along the fabric, positioning it on the fold each time, and cut out, until you run out of fabric) Cap photo 4
- ④ Cut out the cap crown piece on single fabric. Pin in place and cut out. Cap photos 5 + 6
(If you are making lots of hats, you can double up fabric to cut out more than one at a time, to speed things up. Also you can top and tail the pattern pieces, so as to get as many as you can from the fabric available) Cap photo 7

NB: When you unpin the band pattern it should open out to double the length.

Cap photo 8

Overlock or zigzag all raw edges on both pieces for the hat

Step 2 - Sewing up

- (a) start with the crown piece; fold up the straight bottom edge $\frac{1}{2}$ " / 1.3cm and press. Turn up again and stitch. This makes the casing for the elastic. [cap photo 9]



Press up once



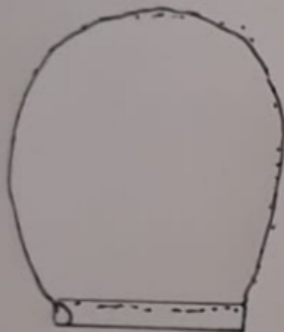
Press up twice



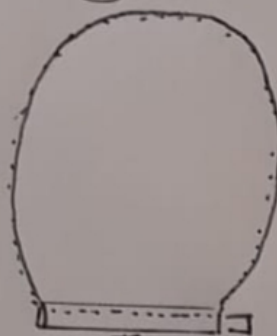
And stitch

- (b) Cut a piece of elastic 3" / 7.5cm long. (elastic needs to fit in casing. wider elastic can be cut lengthways to make it narrower)

(c)



[cap photo 10]



[cap photo 11]

Attach a small safety pin to the elastic and thread part way through the casing.

Pin and elastic pulled to about here and loose end of elastic at edge of casing

[cap photo 12]

Secure the elastic with a pin and stitch in place

- (d) Pull the elastic the whole way through, secure the elastic with a pin and stitch in place.

[cap photo 13]

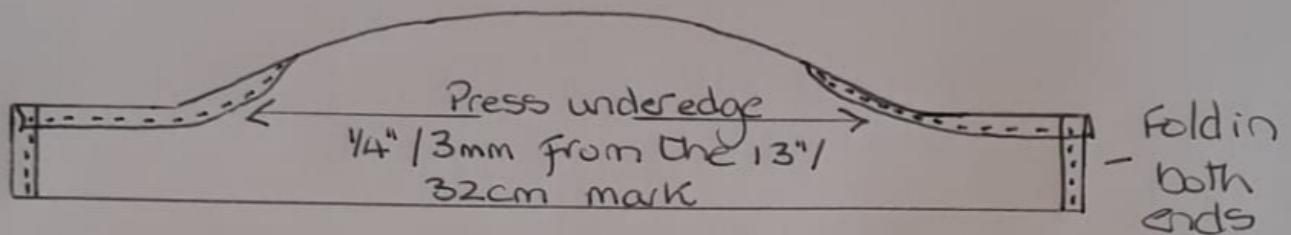


- © lay the band section out flat. Measure along the curved side from each end and mark or pin at $13''/32\text{cm}$



Cap photo's 14+15

⑥

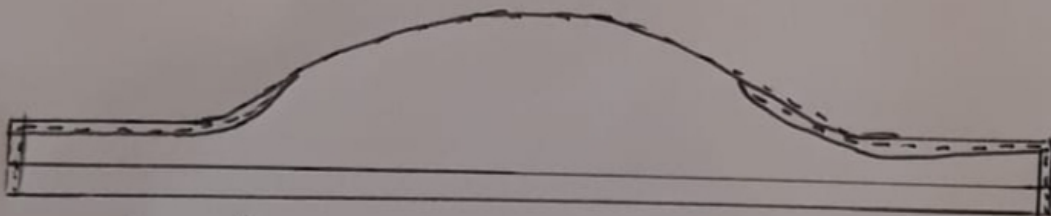


Press under the edge from the $13''/32\text{cm}$ mark (taper the fold into the curve) fold in both ends $1/4''/3\text{mm}$. Top stitch in place.

Cap photo 16 seetypo

NB typo Measurement in photo reads $1/4''/3\text{m}$ should be 3mm Oops!!

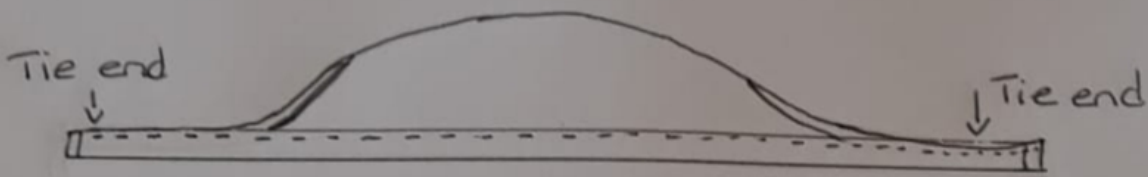
⑨



Press under long edge by $3/4''/2\text{cm}$

Cap photo 17 and 18

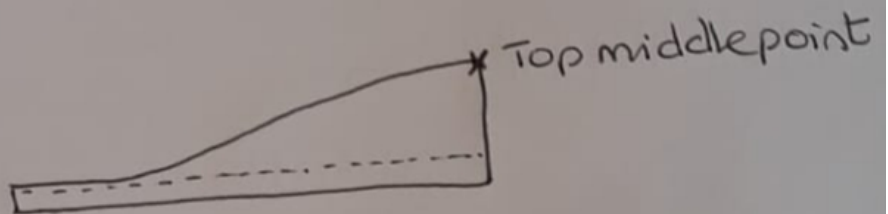
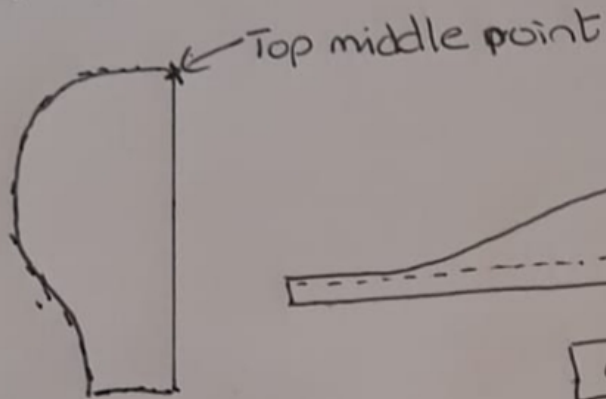
(h)



Fold up long end again to create tie ends
pin and stitch this close to the fold edge

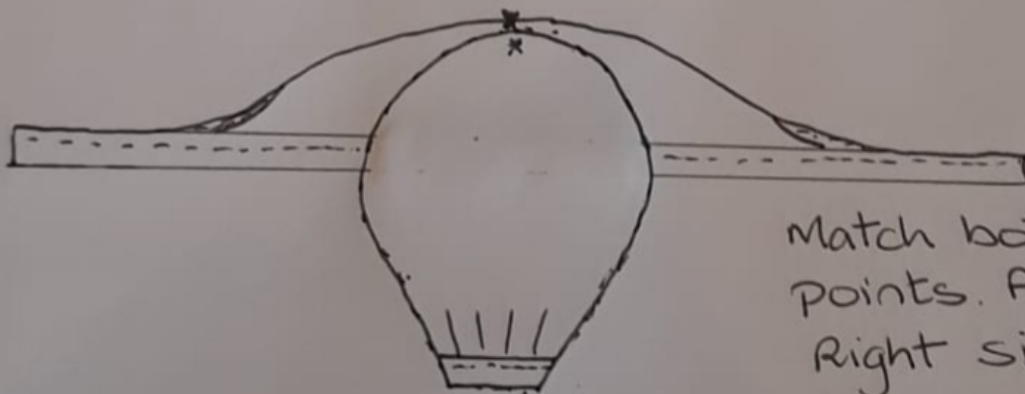
Cap photo 19 and 20

① fold each section in half and find the top middle point - mark this point (with pen or pins)



Cap photo 21

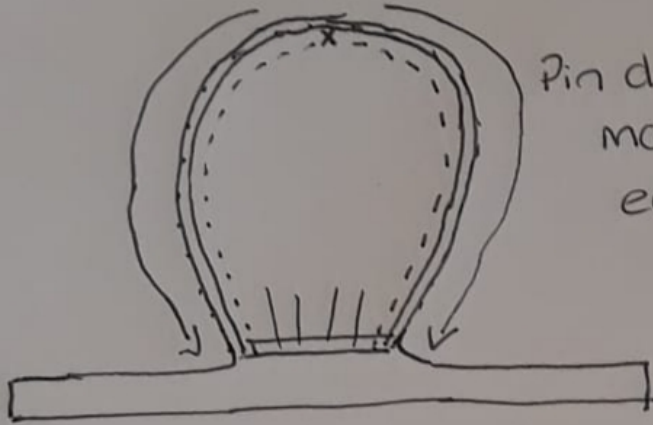
(j)



Match both middle
points. Fabric
Right sides
together

Cap photo 22

K



Pin down each side
matching and easing
edges as you go.

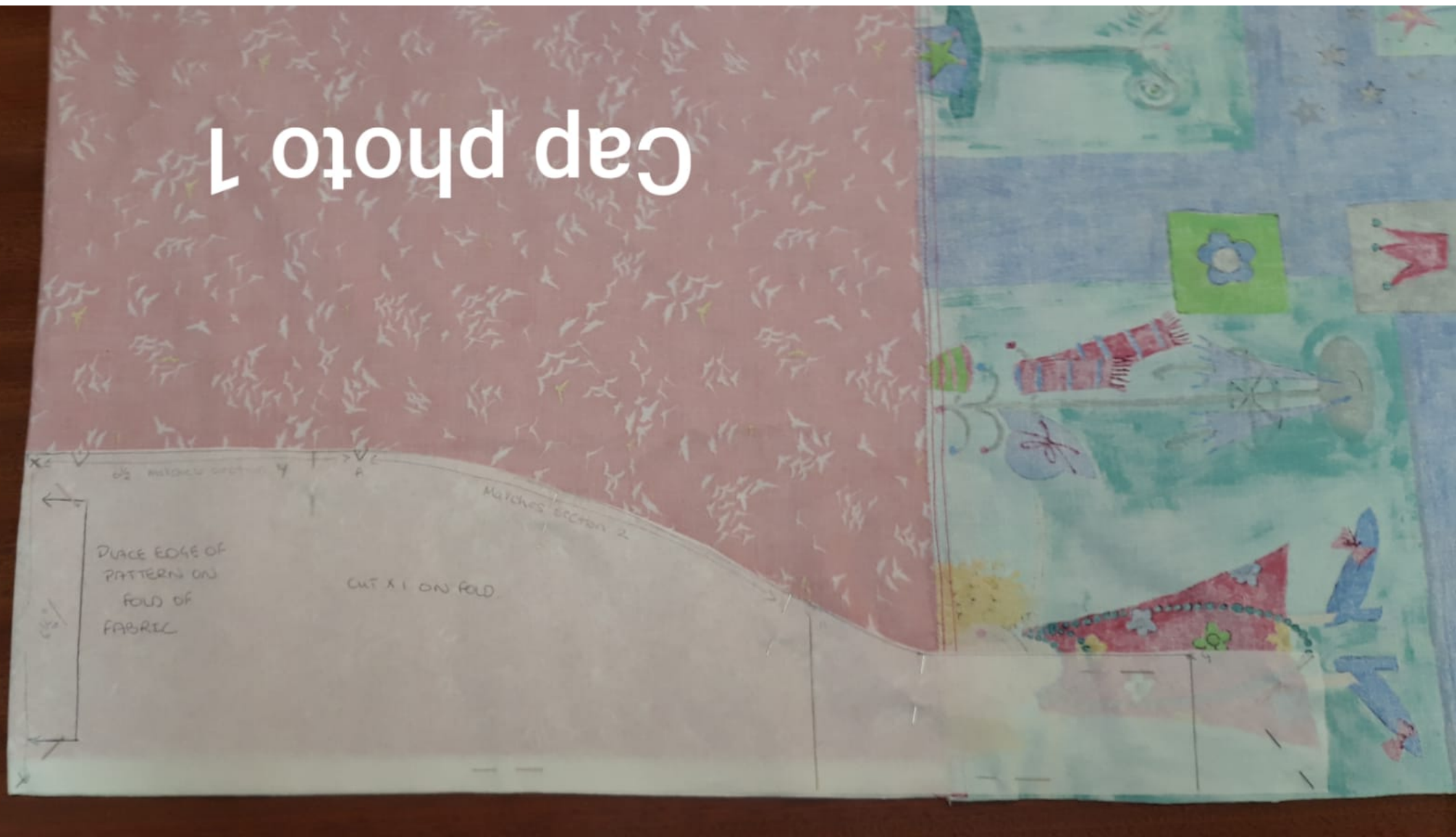
Cap photos 23+24

Stitch all the way round, keep checking as
you go that fabric doesn't get caught
in as you are going round curves.

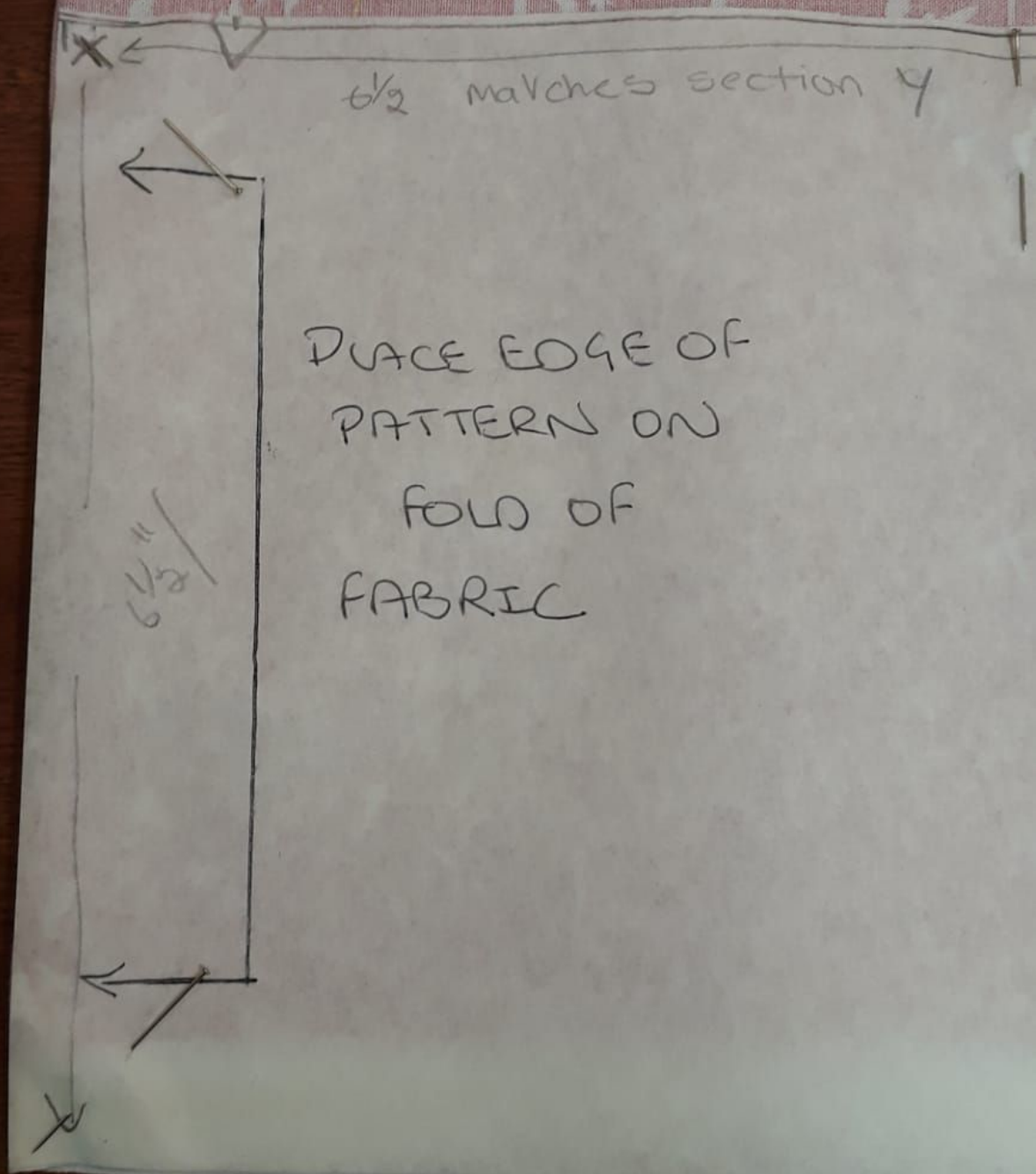
④ Turn right side out. Scrub cap completed.

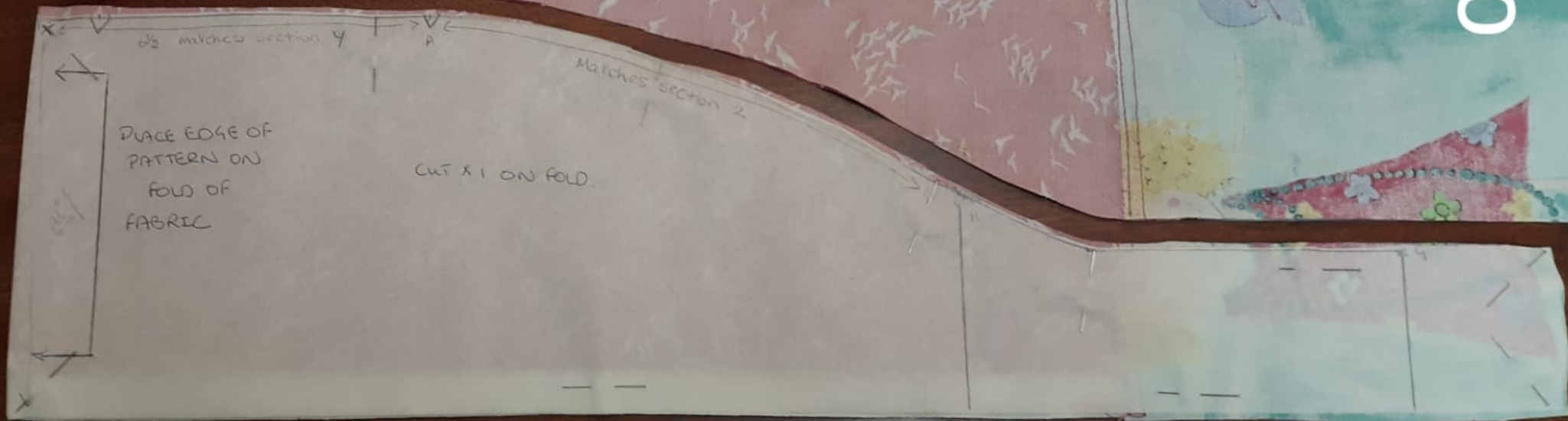
Cap photo 25

Cap photo 1

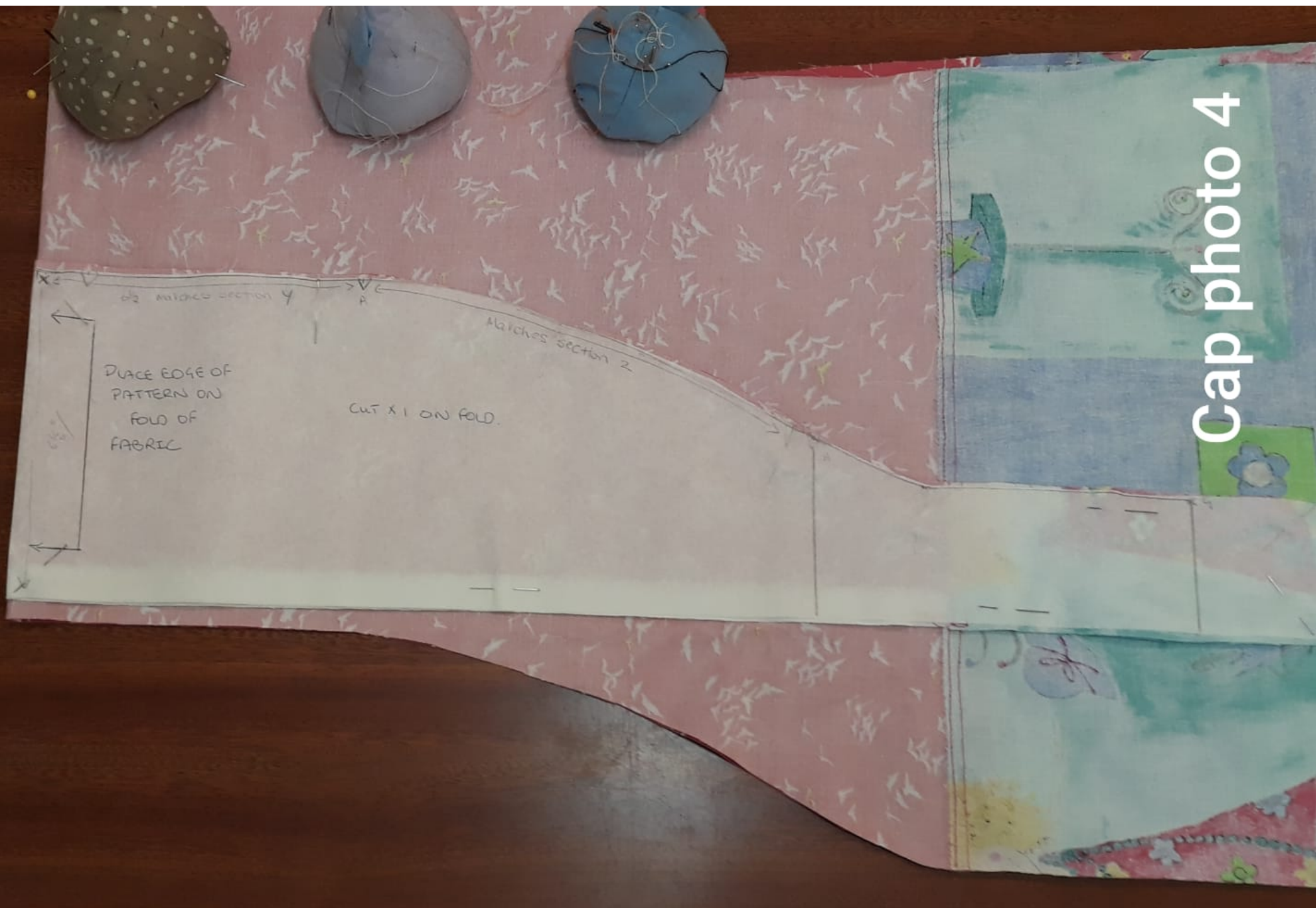


Cap photo 2





Cap photo 3

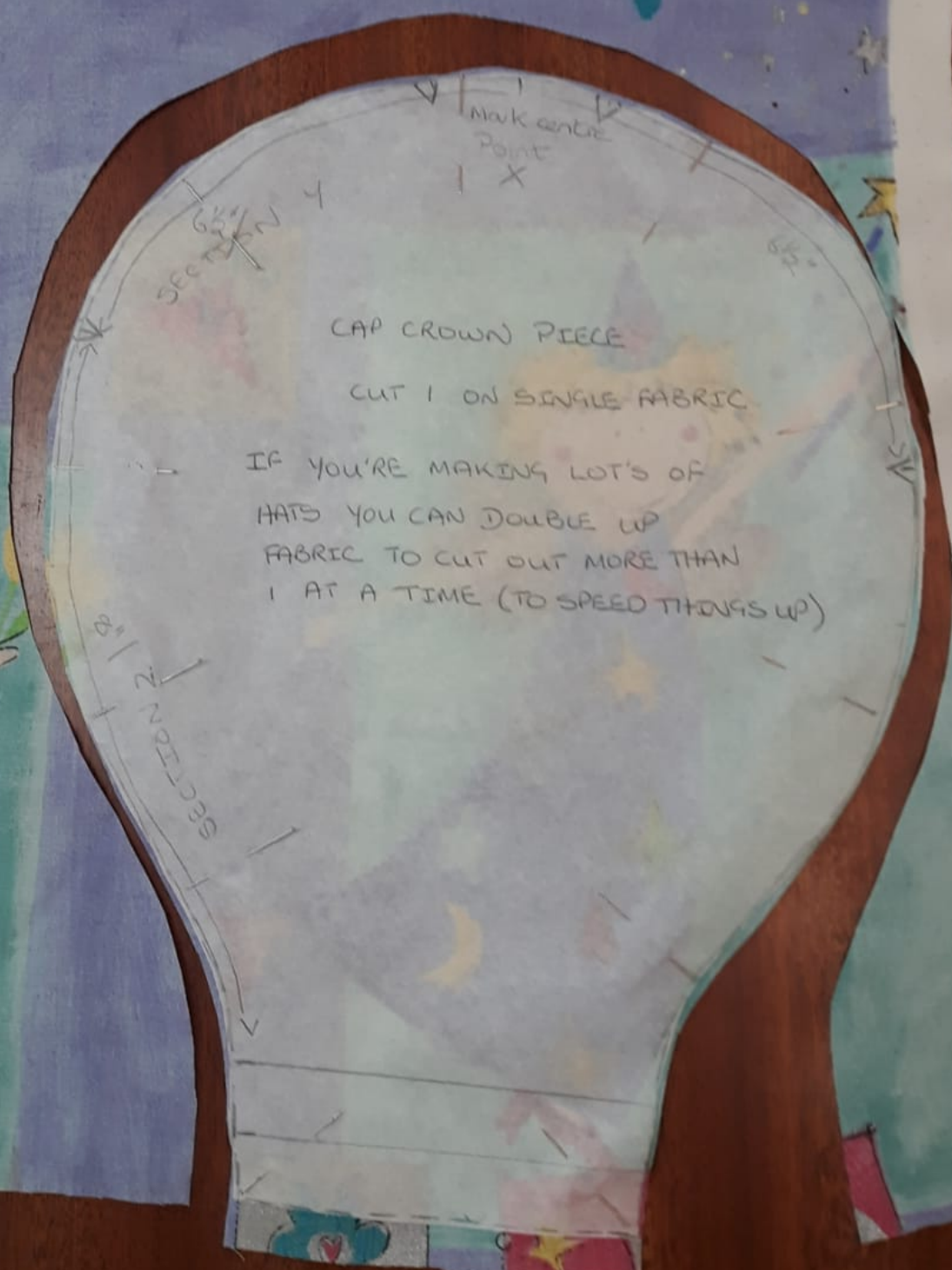


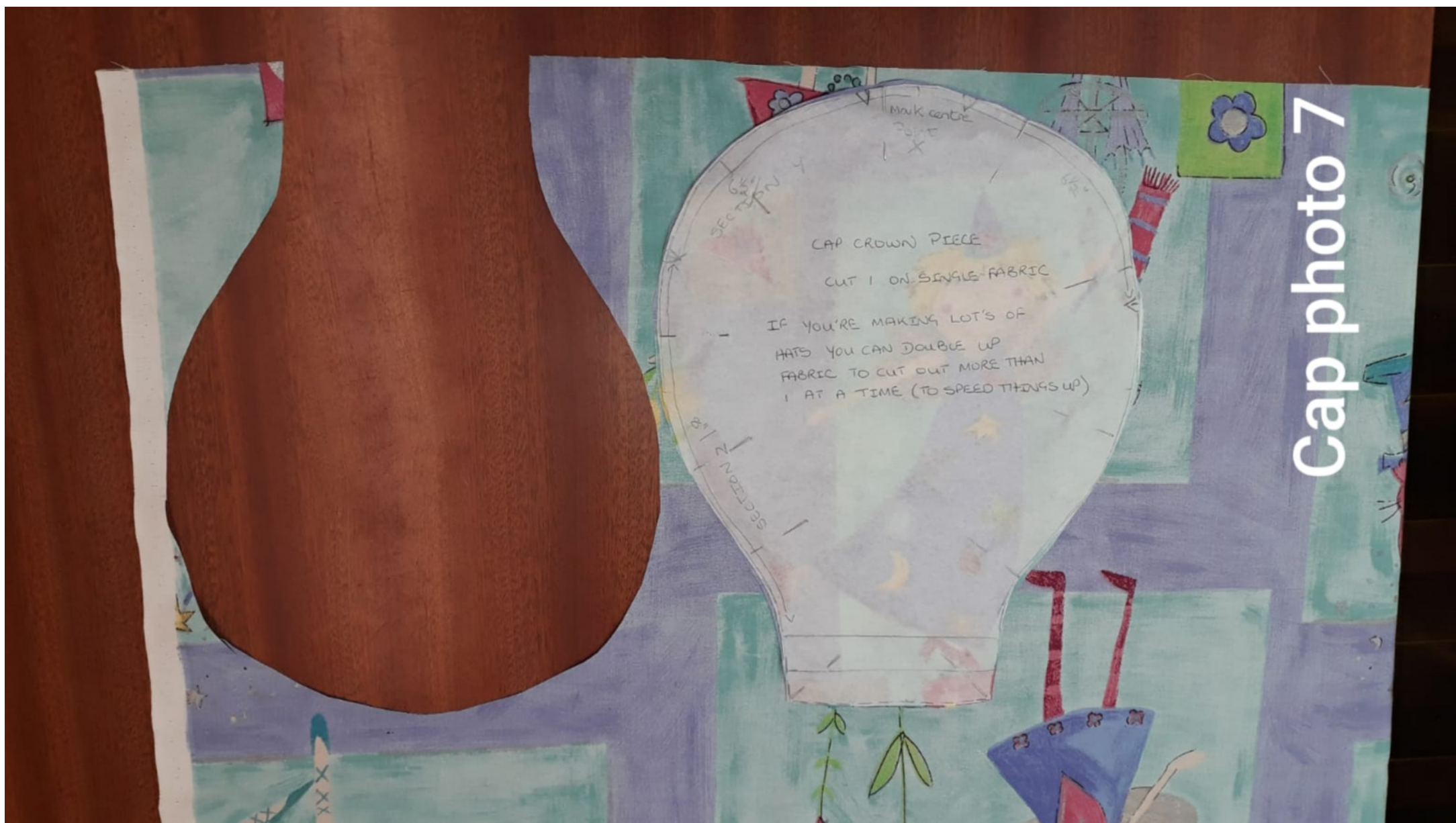
Cap photo 4

Cap photo 5



Cap photo 6



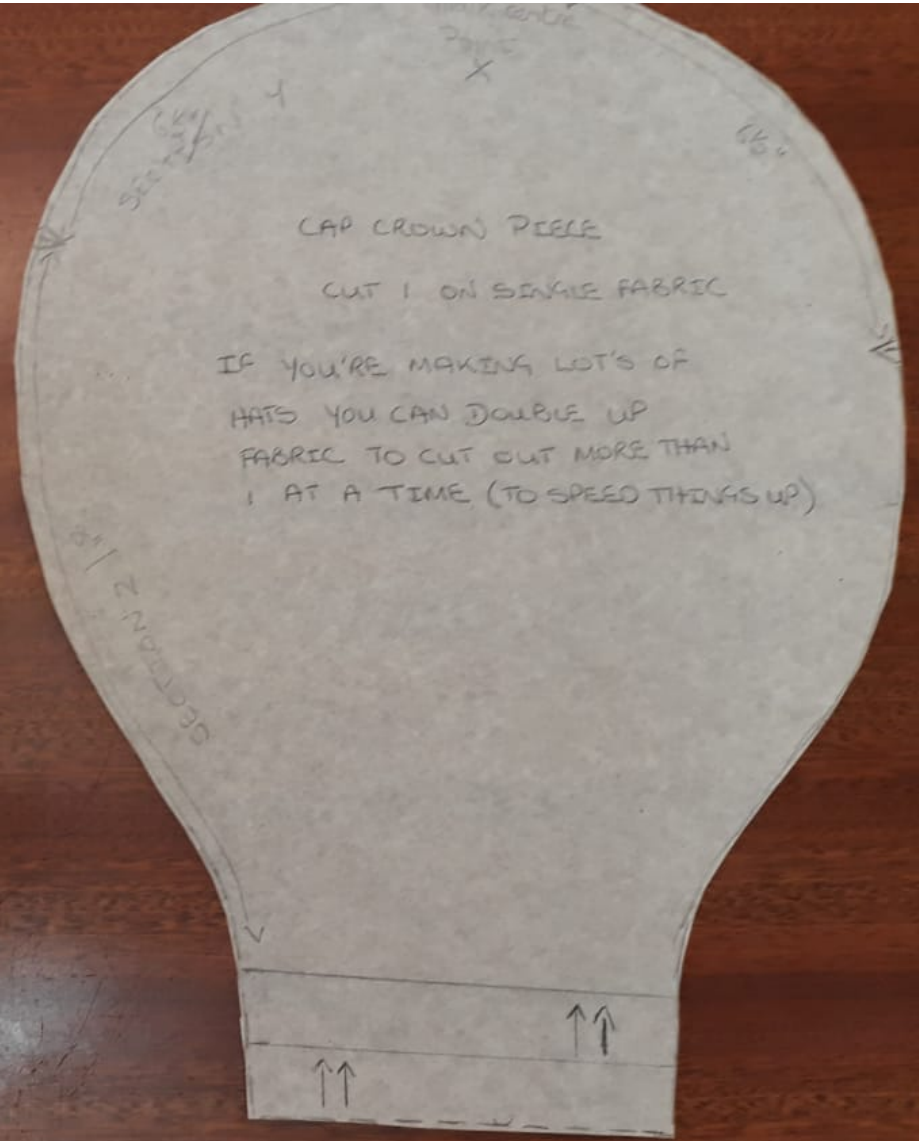


Cap photo 7

Cap photo 8



Cap photo 9



Cap photo 10





Cap photo 11



↑
Elastic +
Safety Pin are in casing

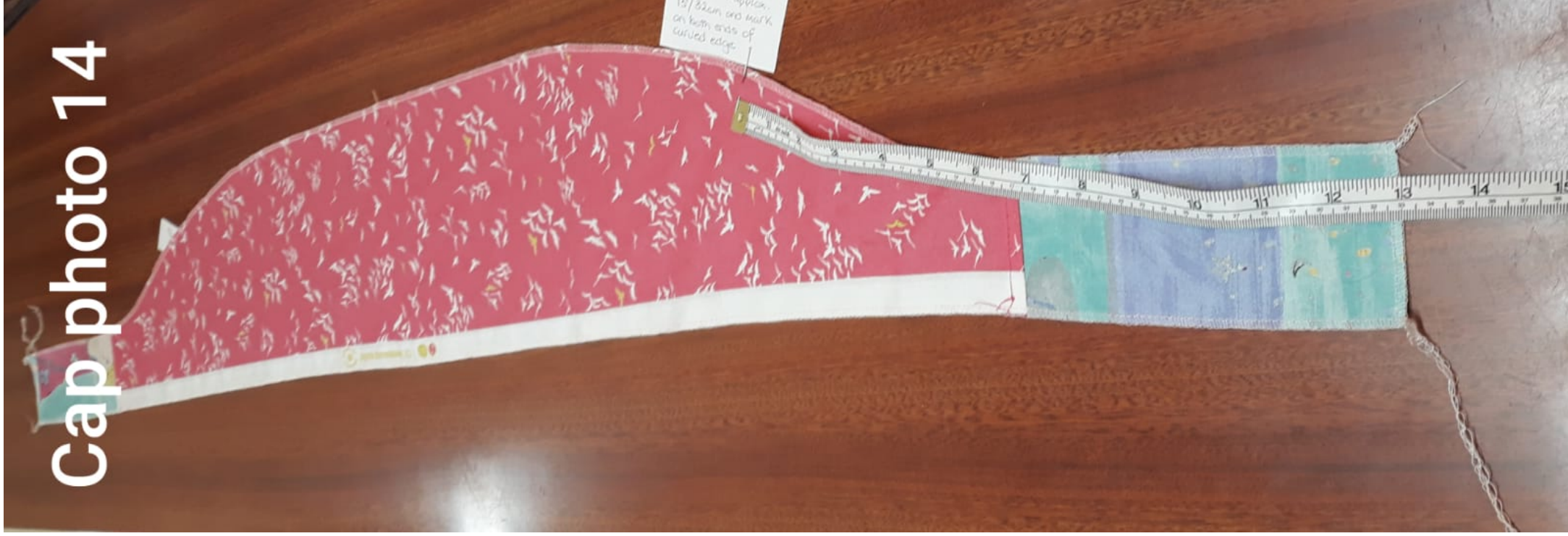
Cap photo 12

Cap photo 13



Secure and stitch
other end

Cap photo 14

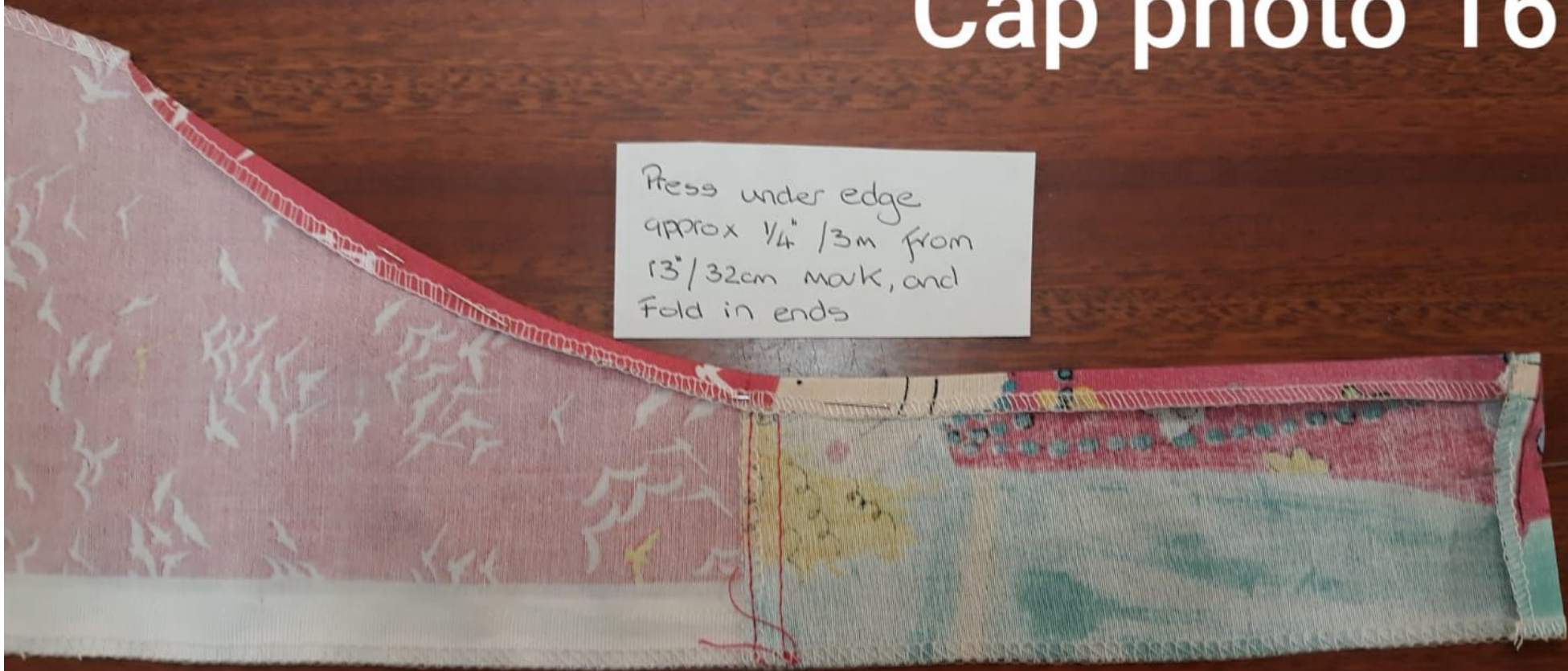


Measure in approx.
13" / 32cm and mark
on both ends of
curved edge.

Cap photo 15

Cap photo 16

Press under edge
approx $\frac{1}{4}$ " / 3m from
13" / 32cm mark, and
Fold in ends



Cap photo 17



Press under long edge
3/4" / 2cm

Press under long edge
3/4" / 2cm

Cap photo 18

Cap photo 19



Cap photo 20

Press under again
Pin and stitch
close to fold.





Cap photo 21

Match both middle
Point pins, fabric
right sides together

Cap photo 22





Cap photo 23



Pin the other half
in the same way
and stitch all the
way round.

Cap photo 24

Cap photo 25



Scrub Cap completed