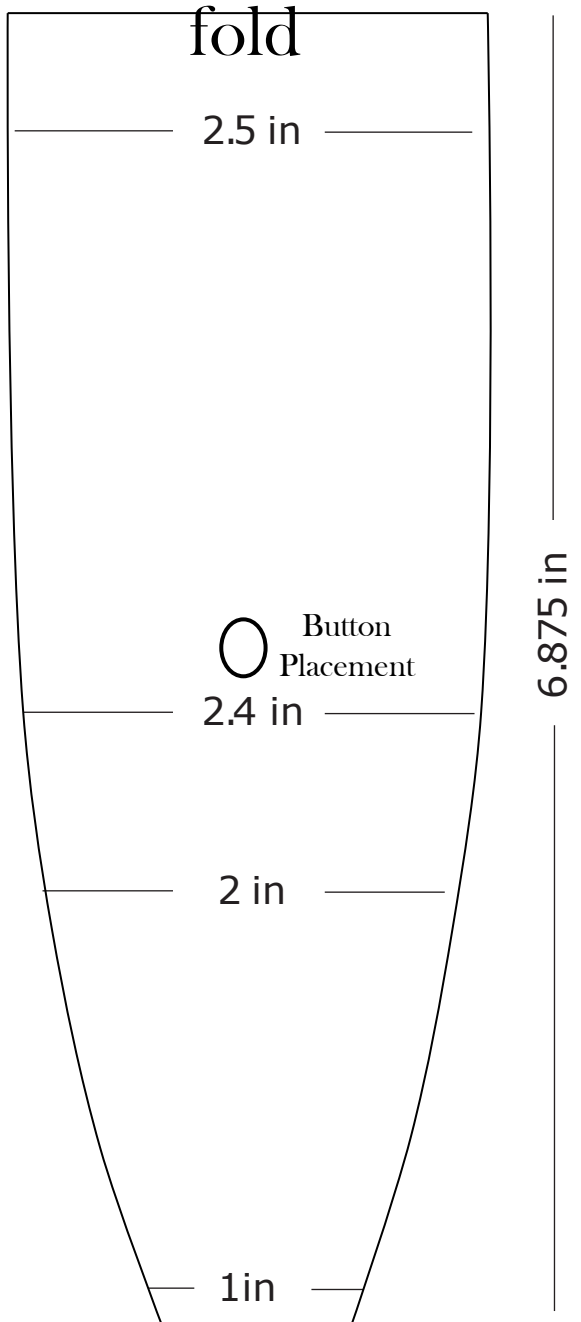


Nurses Ear Relief Headband Pattern



1. Cut two pieces of Cotton fabric from template
2. Place the right sides of the fabric together.
Fold down 1/4 inch and iron one end of headband.
Slid in the elastic between the fabric pieces so it is sandwiched between the fabric layers. Pin the pieces together.
3. Starting at the opposite end of the headband with the elastic sticking out, start sewing 1/2" from end all the way around to the opposite side ending 1/2" away from the end. You head band will now have one open end and the other end will be stitched closed with the elastic.
4. Next pull the headband right side out by grabbing the elastic inside and pulling it through the open end.
5. turn the open end inside 1/4" and slide the elastic into the opening. Pin in place and
Top stitch all the way around the perimeter being careful to make sure you catch the elastic at both ends.
6. Stitch on two minimum 1/2" diameter buttons at just below the temple area.

You will also need 10" of 1" wide Elastic