aflutter

: a whimsical hair band :

Get inspired by a gorgeous print and feature it prominently on a one-of-a-kind headband. The possibilities are limited only by your imagination and fabric stash — have fun!

Time needed: 1/2 hour or less

Measurement: 20" around unstretched (easily adapted to fit any size head)

Here's what you need:
- pattern piece (found on page 3)
- less than 1/4 yard each of a main fabric and backing fabric
- lightweight fusible interfacing (I am using Pellon 911FF)
- chopstick
- fusible web (I am using Wonder Under)
- 3/8" elastic

Step 1: Do all your cutting first
Cut out the *aflutter* pattern piece and use it to cut:
- 1 piece in your main fabric
- 1 piece of the backing fabric
- 1 piece of the lightweight fusible interfacing
   *** Trim 1/2" off both short ends of the interfacing piece as well as 1/4" off both sides (not the folded edge) - this will reduce bulk in the seams.*
- You also need a 3"-4" piece of 3/8" elastic.

Step 2: Fuse the interfacing
- Center the interfacing on the backing fabric and fuse it according to the manufacturer's instructions.

Check it out —>

By trimming the interfacing as indicated above, you allow for the 1/4" seam allowances when you sew.

Step 3: Let's make the headband!

- Pin the main and backing pieces RS together.
- Stitch the length of both sides *(but NOT the ends)* using a 1/4" seam allowance.
- Backstitch at beginning and end.
- Turn the piece RS out. Take your time and use a chopstick to help with turning, if needed.
- Use that chopstick to smooth out and press into the seams from the inside.
- With a hot iron, press the RS and WS of the headband.
- Tuck both short ends toward the inside of the headband and press with an iron.
- Insert the 3/8" elastic into one end about 1/2" and pin in place.
- Edge stitch using a 1/8" seam allowance down both long sides as well as the short end with the elastic, securing it in place.
- Measure the headband on the wearer and make a mark to indicate placement.
- Edge stitch that final short end using a 1/8" seam allowance, securing the elastic in place.

Step 4: Now comes the fun part — appliqué!

- Apply the fusible web to the WS of your main fabric according to the manufacturer's instructions.
- Cut out your desired motifs.
- Remove the paper backing and fuse the appliqués to the fabric.

    The fabric I am using is a cotton lawn with a lovely translucence, so I was able to fuse on the RS directly on top of the exact same motifs. No worries if your fabric is more opaque — simply fuse your appliqués to the WS of the fabric in a complimentary spot.

- Carefully cut out your appliqués.
- Machine- or hand-stitch as many of the appliqués to the headband where ever your heart desires.

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Whip up a few headbands featuring your favorite prints or experiment with something new. Go vintage or modern — it's up to you.

Florals work especially well, too!

I hope you enjoy *aflutter* as much as we enjoyed creating it!

Jennifer

pattern piece

"aflutter"

↓ fold ↓