

Head band

Cut 1

### Elastic Head Band

- Cut 1 head band piece
- Cut 1 elastic tube piece
- Cut 1 x 15cm x 25mm ribbed elastic.

1. Sew right sides together to create tube.
2. Press flat, and flip.
3. Thread elastic through tube. Sew each end.
4. Fold inwards the openings of headband tube to neaten edges.
5. Insert elastic tube into headband tube
6. Fold in headband ends to match ends
7. stitch closed.
8. trim tails & Done!

Elastic tube

Cut 1