

# Head -n- Tails

Designed as a cover up for cancer patients, this head wrap can also be used as a practical cover up for those who wish to protect their head and neck from the summer sun. The back of your head is completely covered. You can choose to follow the pattern provided here to make the cap without the tail or you can design your own tail simply by adding length and shape to the pattern provided. Note three examples to your right.

**You need: 1/2 metre cotton**

-Start by tracing the shapes on the front and back of this sheet, then tape the appropriate pieces together. You will end up with a total of 4 pattern pieces. See the diagram on the top right corner on the back page to see what the 3 back pieces look like. These include a middle section, a band with attached tie and a facing for the tail of the hat.

1. Lay your pattern on your fabric and cut out. Please note that the **band** is cut on a **double fold**. You fold your material in half one way, then in half the other way so that there are two sides cut on the fold at the same time. Cut 1 band, 1 middle section, 1 facing and 2 side panels.

2. Hem the edge of the side panel (marked A to B) and top of facing piece (marked C)

3. Right sides together, pin the side panels and the tail facing onto either side of the middle section of the hat, (D shows direction of top of side panel and E shows the direction of the middle section) Begin sewing where D & E match and continue to sew right on down to the tail, making sure

These hats were very graciously modeled by Lorna Grabko.



**A**

**B**

that where the tail facing overlaps the side panels, the tail facing is on the outside.

4. Turn the faced tail right side out.

5. Right sides together, sew each end of the tie, sewing from the X to the end on each side, leaving the middle of the band open. Turn right side out.

6. Mark the middle of the band and the middle of the front of the hat. Match the 2 middles and sew the doubled band onto the hat. Do this by sewing the right side of the band to the underside of the hat, sewing in 1/2". This will create 3 layers of unfinished edges on the finished side of the hat. Trim the lower 2 edges to about 1/4", then turn the top layer of this hem under, covering all the layers and sew it down. This puts the finished seam and any bulk on the outside of the hat rather than inside.

7. If you wish a longer tail than what this pattern calls for, start with the line indicated on the middle section (C) and draw the tail whatever shape and length you wish. Once drawn, be sure to make a facing for it as well, then follow the same directions as for the short tailed cap. Pre-teens/ teens may appreciate this cap made with some funky colours.

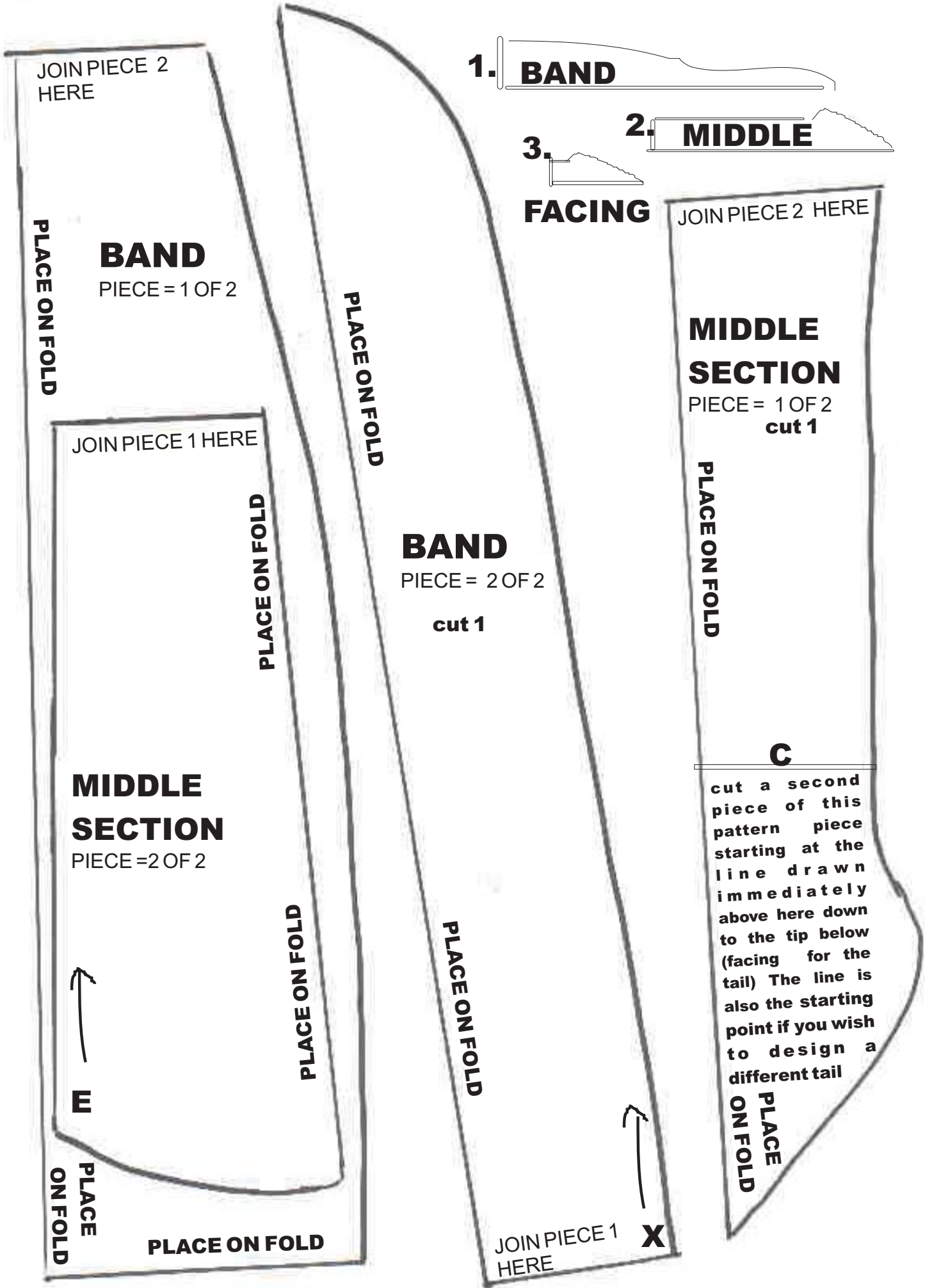
Do not use a serger when sewing for cancer patients as their skin is very sensitive. If you can't use pinking shears, topstitch each seam to stop fraying. However, if you are making a cap for yourself, this sews up very quickly with a serger.

**D**

FRONT

**SIDE PANEL CUT 2**

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JOIN PIECE 2  
HERE

PLACE ON FOLD

**BAND**

PIECE = 1 OF 2

JOIN PIECE 1 HERE

PLACE ON FOLD

**MIDDLE SECTION**

PIECE = 2 OF 2



W

PLACE ON FOLD

PLACE ON FOLD

PLACE ON FOLD

**BAND**

PIECE = 2 OF 2

cut 1

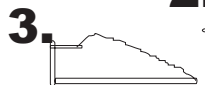
PLACE ON FOLD

JOIN PIECE 1  
HERE



X

1. **BAND**



3. **FACING**

2. **MIDDLE**

JOIN PIECE 2 HERE

**MIDDLE SECTION**

PIECE = 1 OF 2  
cut 1

PLACE ON FOLD

C

cut a second piece of this pattern piece starting at the line drawn immediately above here down to the tip below (facing for the tail) The line is also the starting point if you wish to design a different tail

PLACE ON FOLD