

Scrub Cap Pattern

(adapted by Lynne Morrison from a pattern posted online by Gina Dallin)
(pattern pieces created by Becky from www.twelvebees.ca)

1. The pattern pieces can be found at www.twelvebees.ca under "PRINTABLE SURGICAL CAP PATTERN." Print and cut out pattern pieces 1a, 1b and 2. Tape pieces 1a and 1b together where indicated.
2. Cut two of Piece 1 (the "whale" shaped piece which will become the front, sides and ties of the cap). Piece 1 needs to be cut on the fold of the fabric. Cut one of Piece 2 (the balloon shaped piece which will become the top of the cap). If you wish to add elastic on the back of the cap between the ties, cut Piece 2 one inch longer than the pattern piece. See section in italics below for details.
3. Fold the straight edge of Piece 2 toward the wrong side of the fabric 1/4" and then fold it 1/4" again. Sew along the fold to create a narrow hem.

Optional elastic: If you wish to add elastic to the back of the cap between the ties, add one inch in length to Piece 2 by cutting the back edge one inch further away from the front center. Instead of sewing a narrow hem, fold the raw edge 1/4" to the wrong side and then fold it an additional 1/2". Sew close to the fold to create a channel. Pin a safety pin to the short side of a 4" piece of 1/4" or 1/8" elastic. Use the safety pin to insert the elastic through the channel. Pin both ends of the elastic in place at the ends of the channel. Remove the safety pin and stitch both ends of the elastic in place. This will create a gathered area at the back of the cap which can help the cap to cover a bun, ponytail or thicker hair.

4. Place the two Piece 1's pieces right sides together and sew together using a 1/4" seam allowance. You will be sewing along the entire perimeter except you need to leave an approximately 3" opening along the curved side to turn the pieces right side out.
5. Turn right side out and use a long object such as the eraser end of a pencil or a knitting needle to poke out the ties along each edge. Press.
6. Close the 3" opening you used to turn the piece right side out by folding the raw edges in and stitching close to the folded edge.
7. Fold Piece 2 in half (matching the curved edges on each side of the hemmed bottom) and mark the center at the top edge (shown on the pattern as "front centre") with chalk or a sewing marking pen. Fold Piece 1 in half and mark the center on the rounded side.
8. Place Piece 1 and Piece 2 right sides together, matching the center marks you just made. Pin or clip in place. Continue to pin or clip around the entire curved edge of Piece 2, starting from the center and moving around to the hemmed back edge on each side.
9. Sew Piece 2 to Piece 1 using 1/4" seam allowance and backstitching to secure at the beginning and end of the seam. For a more durable seam, finish the raw edge of the seam using a serger or by zigzagging between the seam you just sewed and the raw edge of Piece 2.