

Guide to Making a Fleece Hat



Introduction

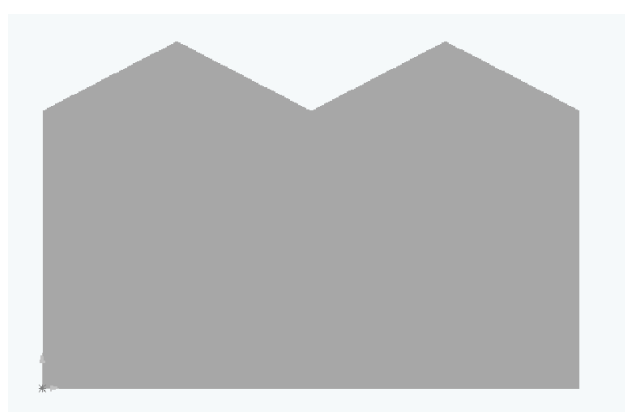
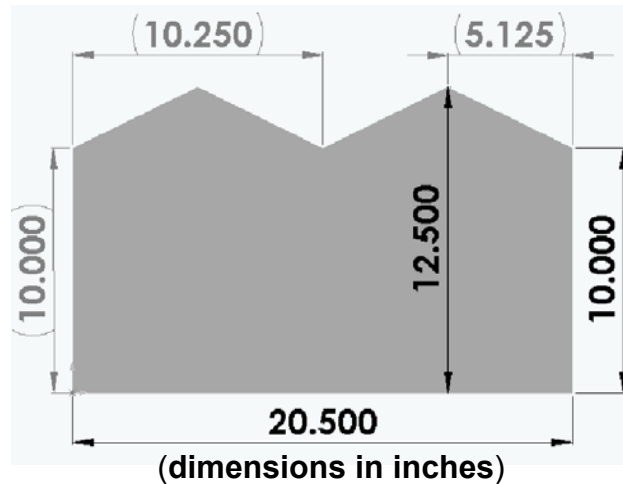
This guide was created specifically for 4-H members who want to become familiar with sewing steps necessary for making a fleece hat as seen on the cover page photo. It is written based under the assumption that users of this guide will already be familiar with the basic sewing concepts mentioned in *Let's Sew!* by Nancy Zieman or any similar beginner sewing manual. The "Measuring and Cutting" section of these instructions is specifically meant for the 4-H leader so that the remaining instructions can be easily followed. Any person unfamiliar with how to use a sewing machine should seek supervision and instruction. All bold type text found within this guide is defined in the glossary found on the last page.

Materials

- 2 x 1½ ft piece of fleece style fabric
- 2 x 1½ ft of newspaper or wrapping paper
- scissors
- marking chalk
- pen or marker
- measuring stick
- sewing machine
- thread (matches fabric)
- pins
- iron
- pressing cloth

Measuring and Cutting

(It is recommended that the 4-H leader use this section to create a master cutout.)



Step 1

- Measure and draw with pen or marker and a ruler the following dimensions on piece of newspaper or wrapping paper according to the following diagram.

5.125 in = 13.02 cm
10.00 in = 25.40 cm
12.50 in = 31.75 cm
20.50 in = 52.07 cm

Step 2

- Cut the pattern out with a pair of paper scissors along the lines to create master copy.

Making the Hat

(It's time to begin!)



Step 3

- Trace (or pin) the master copy onto the piece of fleece material using marking or tailor's chalk.
(Note: Press lightly with the chalk to prevent bunching or stretching the fabric.)



Step 4

- Cut the shape out with a pair of sewing scissors along the lines.

Making the Hat (cont.)



Step 5

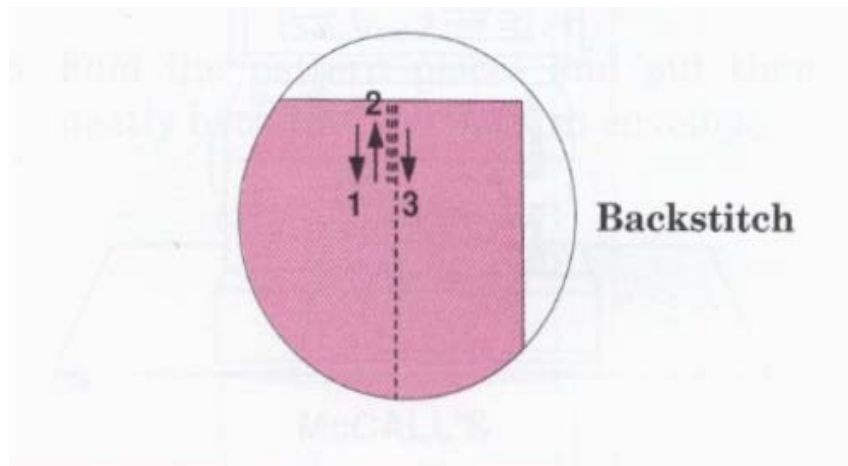
- With right sides together, fold fleece shape in half as shown.



Step 6

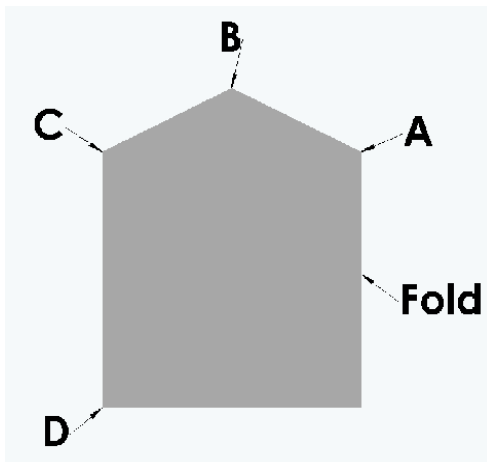
- Pin fleece material at corners to keep fold in place.

Making the Hat (cont.)



Step 7

- Use sewing machine to **backstitch** at Point A using a ¼-inch **seam allowance**.
(Refer to image below for the location of point A.)



Step 8

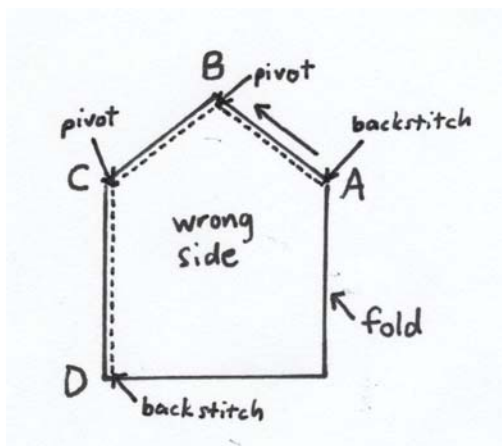
- Stitch from Point A to Point B maintaining a ¼ inch of **seam allowance**.
(**Caution**: Remove each pin before stitching over the point to prevent sewing machine needle from breaking.)

Making the Hat (cont.)



Step 9

- Lift **presser foot** and **pivot** fabric at Point C and then lower **presser foot** again.

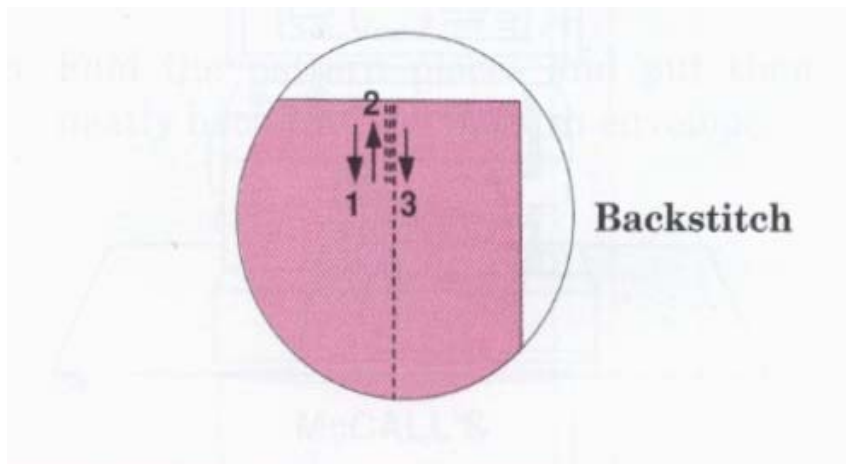


Step 10

- Repeat steps 8 and 9 from Point B to Point C and then from Point C to Point D.

(You're half finished!)

Making the Hat (cont.)



Step 11

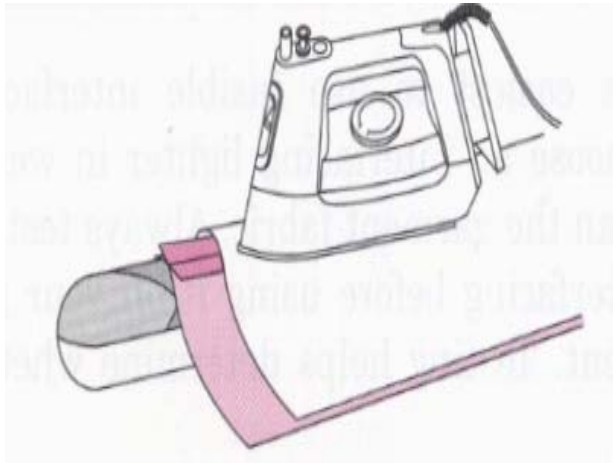
- **Backstitch** at Point D to reinforce seam.



Step 12

- Trim any excess thread from stitching.

Making the Hat (cont.)



Step 13

- **Press** entire seam open using iron on medium setting using steam.



Step 14

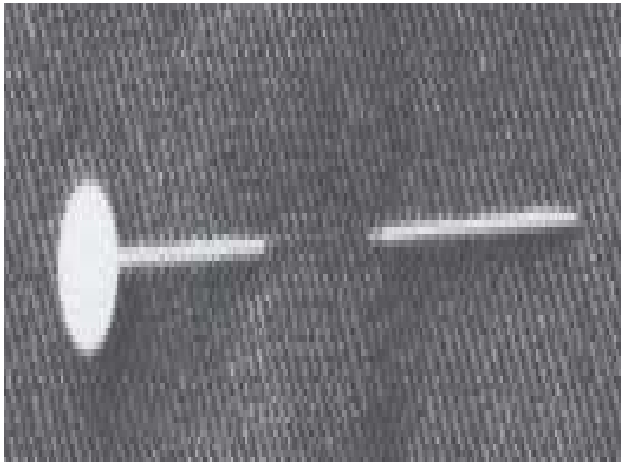
- Turn up bottom edge 2 inches all the way around using measuring instrument.

Making the Hat (cont.)



Step 15

- **Press** turned up edge.



Step 16

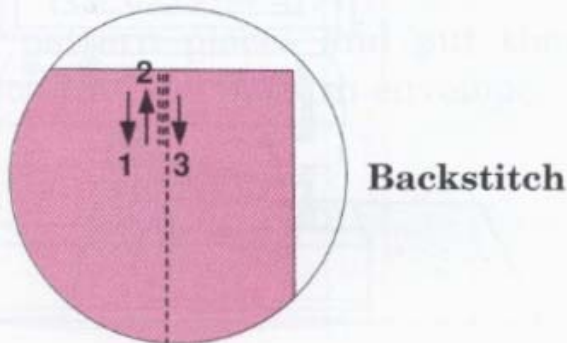
- Place a few pins around the turned up edge to hold it in place.

Making the Hat (cont.)



Step 17

- Sew along top of folded edge using 1/8 inch **seam allowance**.
(**Caution**: Remove each pin before stitching over the point to prevent sewing machine needle from breaking.)



Step 18

- **Backstitch** after sewing around entire edge.

(You're almost there!)

Finishing the Hat



Step 19

- Turn hat right side out, pushing corners out with fingers.

Step 20

- Lay hat flat and press hat along all edges with iron using pressing cloth over fabric.

Your new hat is ready to wear! Enjoy!

References

Various photos and sewing terms taken
from:

Let's Sew!: A Beginner's Sewing Guide

by: Nancy Zeiman

Glossary

Backstitch: This is the process of sewing 2 or 3 stitches forward, then reverse, then forward again.

Pivot: With the needle still in the fabric, lift the presser foot and rotate the fabric to the direction you want to sew.

Press: The act of ironing fabric using only an up and down motion.

Presser Foot: The metal piece that holds the fabric in place while sewing.

Seam Allowance: The space left between the stitch and the end of the fabric when sewing.

Wrong Side: The side of the fabric that you don't want to have showing when you are finished the hat. This side is usually rougher or has less color than the right side.

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