**Bouffant Scrub Hat Sewing Pattern**  
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**Note:** You can get two hats out of one yard of 44 inch wide fabric and there are special instructions just for that at the end. This pattern was designed so that you can easily print it on regular printer paper and assemble yourself at home. There is a little extra step, as explained at the end, that will be used to guide you through cutting two hats out of one yard of 44” wide fabric. I specify 44” wide fabric because there have been a few times I brought home a yard of sale fabric that was not quite that wide and I was not a happy camper when I realized this. If, however you simply want to cut out ONE hat only right now, the exact amount of fabric you need to use the pattern as is would be a piece of fabric measuring 28” in length by 25½” in width. Keeping this in mind lets go on to the supplies needed section below.

**SUPPLIES NEEDED**
- Your favorite cotton print fabric
- 1 package of ¼” wide elastic
- Package of needles for pinning pattern and fabric
- 1 spool of thread in a color that coordinates with fabric
- Tape for assembling pattern
- Pattern pieces printed out and assembled according to directions

Remember to use ¼” seam allowance throughout unless otherwise specified.  
The diameter of your circular bouffant piece should be 21-22”. If you need a slightly larger hat or want it puffier simply cut outside the pattern edge. If you need it smaller, cut inside the pattern line. If this is your first time making one of these I would suggest cutting it out just like the pattern before you decide if you want it smaller or larger, but it's just a suggestion.

Please email me at adesignbyangie@hotmail.com if you have any questions. Disregard the various color changes on fabric. I made several hats and took pictures of various hats but the instructions remain the same.
Cutting out the Pattern
Print out all four pattern pieces and cut out. Assemble the pieces labeled 1, 2, & 3 as per instructions on pattern. (Your pattern is $\frac{1}{4}$ of a circle and you need a whole circle, hence the four, folded, layers.) Once that is done, cut out the comfort band piece as well.

**Placement of pattern for cutting out single hat**
Prewash your fabric to be sure it doesn't shrink. Fold your fabric in half from bottom to top, as in Picture 1. Then you take the fabric and fold it over from the side, lengthwise, as in picture 2. You will then lay your pattern on top, with the middle against the side fold, and the bottom against the bottom double fold, as shown in picture 4. Simply cut around the pattern to cut out the fabric and once unfolded, you will have a circular piece because of the way you folded the fabric. Cut out your remaining piece, which is the comfort band. You will simply cut the comfort band piece on one fold. Be sure to pay attention to the direction the print on the fabric is going and make sure you have it placed the way you want on your comfort band piece.

Once cut out, unfold your comfort band piece and, together, you should have two pieces of fabric that look like this. (picture 7) A round circular piece and the small comfort band piece.

Take the comfort band and fold it in half from bottom to top as in the photo below, (8) and pin it together to hold it in place. Sew it with the right edge of your presser foot against the fold of your comfort band and the needle set in the (r) or right position, as in picture 9 below.

This is simply decorative sewing and will give your comfort band a more flat and finished look after washings. Sew it all the way down the fold and remember when at the end of the seam to back up a couple
of stitches to lock your stitches so they will not unravel.

Before you start pinning your pleats, decide which way you want the print to go on your circular piece, so that the print in the fabric and the comfort band piece doesn't end up going the wrong way once sewn together. For the prints I've used in the photos this is not an issue, however you might have chosen a larger, different print. Just keep this in mind.

You will make seven to eight pleats on one side of the circle. Pinch a small amount of fabric (½") between your fingers and fold it over, pinning as you go. Don't pin too close to the edge, because when you join the comfort band to the circle you could easily sew over your pins and damage or break your machine needle.

Place your folded comfort band on top of the pleats with the curved, raw edge of the band and the curved, raw edge of the circle together.(picture 12) The raw edges are what you will sew together. Note: The red arrow is pointing at the two raw edges. Do NOT sew the folded straight edge onto hat. Folded, straight edge will rest against your forehead when your hat is complete. The reason I reiterate this so strongly is that I've had a small handful of people email me that have done just this thing. I want to save you some time if you are confused on this point so you don't have to go find your old friend “seamripper”!!
Center your comfort band over your pleats and pin it securely on. (picture 13) Make sure you switch your machine needle to the middle position before sewing these together and, placing your raw edges against the right side of the presser foot (picture 14), sew them together, remembering at the end to lock your stitches as explained before. As an OPTIONAL step, when you get to the end of sewing the comfort band to the circle, you can go back over your stitches with a zig zag stitch (if you don't have a serger) to reinforce them and help keep your edges from fraying when you launder your hat.

Your hat should now look like this (picture 15)
**OPTIONAL STEP B**

There will be a small seam where the comfort band joins the hat that for some people can be bothersome during wear. If you feel this will bother you then you can sew it down flat by topstitching at the top edge of the comfort band. This is how the hat was done in the very top picture and it makes the hat look very nice and finished. This step is optional and not necessary but if you wish to try it here are the instructions.

You will want to iron the seam so that it is lying flat against the comfort band (not against the pleats). You will then turn your fabric over to where the finished pretty side is facing you and with the needle in the left position and the seam where the comfort band joins the hat right against the left edge of the presser foot, carefully and slowly sew from one corner of the band all the way down to the other corner of the band.

Done with that!
To make the casing for the elastic all the way around the circle part of that hat you will need to turn your fabric edge over twice and press it down. You could simply fold it once but it might fray when you launder it.

You need to press the fold with an iron and pin it as you go. Your finished casing should be no more than ½” wide. Start sewing your casing down about ½” from the edge of where your comfort band ended to all the way around to the other side, ending ½” from where the comfort band begins on the opposite side. (picture 16)

Red arrow in photo 16 is pointing at comfort band so you can see clearly. The blue arrow is pointing at the casing. You can see in the photo where I placed the presser foot to start stitching the casing down. Be SURE to leave an opening at the start and the end to slide your elastic into.

You do not need to measure your elastic yet, and I have NOT included a premeasured elastic guide because Your head is probably not the same size as My head and this is YOUR hat, not mine. Fitting the elastic is the last step so please, bear with me here.

*Picture 16*
Attach a small enough safety pin to the end of your elastic to be able to slide easily through the casing and out the opening at the other side. (picture 17 and 18)
Once you have the elastic all the way through and out the other side of the casing, stitch over it two or three times, making sure to go across the elastic and catch it securely. Trim off any excess elastic hanging out of the end you just sewed ONLY.

(Picture 19)
You still have elastic hanging out of the other side of hat. Pull this elastic, tightening it slightly and slip your hat onto your head for a fitting. Pull the elastic until your hat fits snugly on your head, or however you like it to fit. Rule of thumb is, until it feels comfortable. You have to wear this hat for long hours you don't want it too tight or too loose. (sort of like the three little bears, just right). Hold that spot where you have the elastic where you want it, take your hat off, and stitch down over the elastic right at the edge of the comfort band just exactly like you did on the other side.
You now have your own bouffant scrub hat, custom made by …..YOU! It should look like the hat in picture 21.

**Instructions For Cutting Two Hats out of One Yard**

Your pattern is designed for you to be able to print on a home printer and have as few pages to tape together as possible, however this does not lend itself easily to cutting two out of one yard at the same time, first time out. Here is a fix for that, and after that it will be a cinch. Fold your fabric down from the top, just wide enough to accommodate the pattern piece. (picture 22) You will then fold the fabric over from the side to create another fold, only wide enough to accommodate the pattern piece. (picture 23) You will have four layers of fabric that you lay your pattern piece down on. Your pattern is ¼ of a circle and you need a whole circle, hence the four, folded, layers.
Pin your pattern piece as shown, with the middle fold against the side fold and the bottom fold against the bottom double fold. (As shown in picture 24 and more clearly in picture 4 in beginning)

CAREFULLY cut out ONLY around your pattern piece, the rest of that huge expanse of fabric will be used to place your circle piece once you get it cut out, so that you can cut out a second hat. NOTE: I cut out an extra pattern piece from a huge piece of tissue paper so I could lay it on my fabric and show you how the layout would go and that YES, there is absolutely room to cut out two hats. In the future you can cut a couple of pattern pieces in the circular shape, out of tissue paper to make it easier for you to quickly lay them in place and cut out multiple hats.

**Picture 24**

You can see where I have placed the comfort band on the fold, there is still room under it to cut out another comfort band. You have your pattern piece at the top on the four layered fold, which will also big a large circle when cut out, and the large pink circle is laying on all that extra fabric for you to see where you will place your first circle after cutting it out with your original pattern piece. (Picture 25) In the future, if you cut out a couple of tissue paper pieces like I did you will not even have to fold the fabric. (except for comfort band)

**Picture 25**
I want to thank you for purchasing my pattern. Some of you may have been sewing a long time and have a different way to do many of these steps or a way that you prefer, and I encourage you to use your methods if you prefer them over any of mine. My goal is to provide you a pattern that you could access without having to go to the store, and provide photos so you can see the process as well as explain it in a way that someone who has never sewn before does not need to understand technical terms to simply make themselves a surgical hat or chemo hat.

Once again, thank you from the bottom of my heart!

May the work of your hands be blessed!

Courtesy of A Design By Angie
www.adesignbyangie.com

NOTE: This pattern is for YOUR personal instruction use only.
You are also not to rewrite the instructions you encountered here and sell them as your own.

Not that you would, of course, but in case you did not know it is called Intellectual Property Rights Infringement and is illegal. I am okay, however with you making hats from my pattern and selling the actual hats you make, just not the pattern itself.

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Cut 1 on fold of fabric.

COMFORT BAND

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