



*MamatoMama's
Caps to Cap-Haitian
Project*

*Simple Knot
Newborn Cap*

What You'll Need:

One cotton jersey t-shirt (an adult size makes two caps)
Sewing Machine or Serger

Sewing with Jersey:

Sergers are wonderful for sewing with jersey, but if you don't have one available to you, no worries! A few things to keep in mind when sewing jersey with a conventional sewing machine:

- read your sewing machine manual for tips on sewing with jersey – it will often give specific details on adjusting tension and pressure foot appropriately for your machine.
- test a scrap of the t-shirt to see how it will sew, and adjust tension accordingly before beginning the cap.
- pin your pieces together well so they don't slip as you sew.
- I find it helpful to gently guide (don't pull) the fabric from both the front and back of the needle as it goes, to prevent slipping or puckering when working with jersey.

The Pattern.

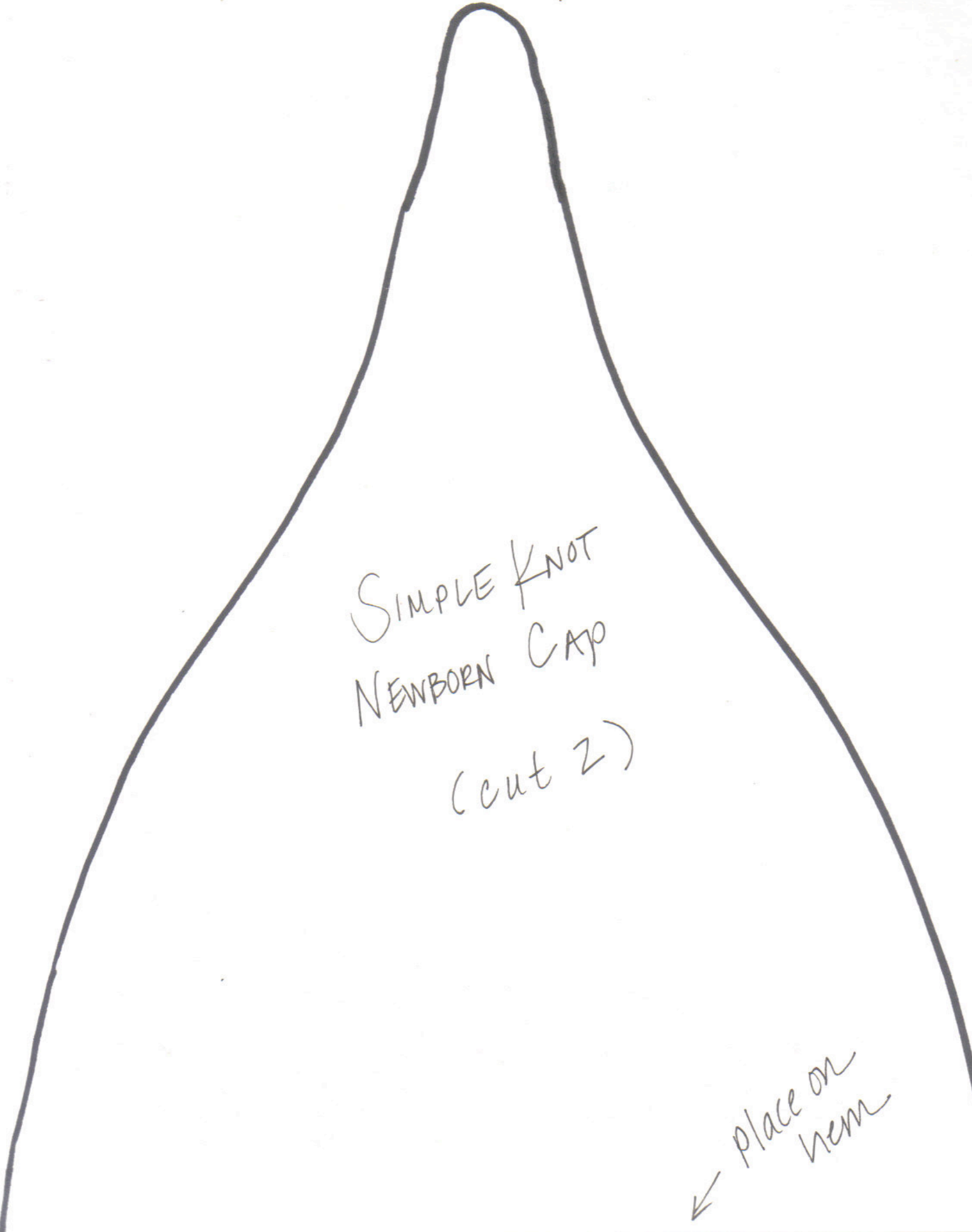
1. Print pattern template at full size onto an 8.5 x 11 inch piece of paper, extending the side seams all the way to the bottom of the page.
2. Turn your t-shirt wrong side out (so that the right sides are facing each other).

3. Lay t-shirt flat on your cutting surface. Place template on top of the t-shirt, aligning the bottom edge of the pattern template with the bottom hem of the t-shirt. Cut through both front and back layers of t-shirt.
4. Pin the two hat pieces in place, keeping the right sides together.
5. Adjust your sewing machine as needed for jersey (see above), and put your machine on a tight zig zag stitch.
6. Starting at one edge of the hem and using a 5/8" seam allowance, stitch up one side of the hat and down the other, backstitching at each end.
7. Trim the top 'point,' and your entire seam, being careful not to cut too close or through the stitching.
8. Turn hat right side out. Use a chopstick or pencil as needed to gently push out the tip, if necessary. At about 3" down from the top point, create a simple knot with the point.

Make as many as you'd like, and mail them to MamatoMama's Caps to Cap-Haitian project!

**Mama to Mama
c/o SouleMama
PO Box 8190
Portland, ME 04104
USA**

Visit MamatoMama.org for more information on the **Caps to Cap-Haitian Project** and how you can help.



SIMPLE KNOT
NEWBORN CAP

(cut 2)

← place on
hem