

# Making an Ear Saving Headband

Submitted by Janet Taylor

(Especially helps health care workers who double mask with the N-95)

Materials needed:

Fat quarter (makes two); batting;  $\frac{1}{2}$  inch elastic; 4 buttons (2 of 1 inch; 2 of  $\frac{1}{2}$  or  $\frac{3}{4}$  inch).

Note:

In your search engine, look for “ear saver headbands” for online teaching videos;

1 inch elastic made this too thick/tight; Two-buttons preferred for each side, but some use one.

Here's a photo of this headband in use:

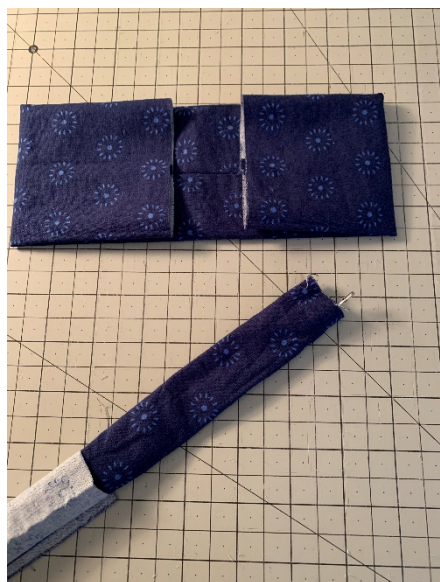
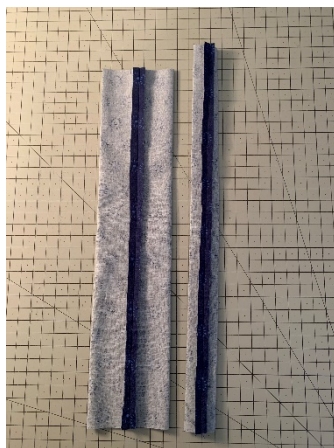
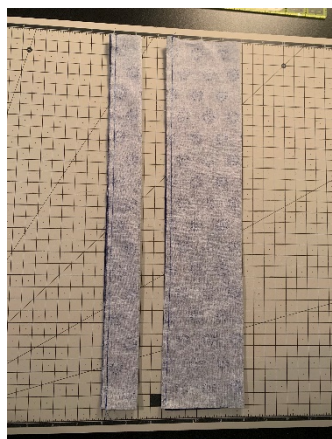


If possible, measure head circumference. Most average 22 inches. Subtract 8 inches from this number. I used a 15 inch cut to compensate for the seam allowance for a 22 inch headband.

Cuts: 7 x 15 inch piece; 3 x 16 inch piece perpendicular to the 21 inch side of the fat quarter (There will be a one inch strip left over; trim cuts to size); 3 x 8 inch batting; 8 inch elastic.



Right sides together, sew  $\frac{1}{4}$  inch seam; flatten and press each piece with seam in the middle. Turn right side out and press. Insert the batting in the wider piece and the elastic in the thinner.



Make sure the batting is even (@3 inch overlap).

Stitch the elastic ends; stitch the sides of the larger band and do a decorative stitch down the middle.





Right sides together, attach the elastic pieces to each end of the headband by folding over the headband to the elastic: (I make the folds go in the same direction but it's not necessary.)



Turn right side out; add buttons. I added buttons on each side of the side seams, to be closer to the ears of the wearer.



(This is my sister)