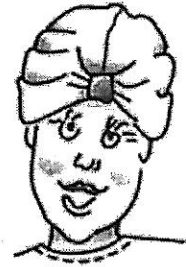


## Chemotherapy Turbans

Here's a turban so simple to make that 15 members of my Bernina Sewing Club completed 191 of them in a single day. Before gathering at our favorite store, Kims Bernina, I had cut out most of the turbans from leftover donated fabric pieces and from a bolt of baby-blue knit fabric donated by the dealer, Kim Goodwin. We had a great day knowing that so many people would benefit from our efforts.



Afterwards, I packaged each turban in a plastic bag with a note tucked inside that stated the size (small, medium, or large) and Made for a special person by Kims Bernina Sewing Club. The notes were designed by Geneva, the store manager, on her computer. I distributed the turbans to radiation treatment centers and oncologists. We suggest that each chemotherapy patient receive three turbans: one to wear, one to wash, and a spare.

There are lots of turban patterns around but our experiments have streamlined this one so that it can be mass-produced. It doesn't take much fabric or much sewing skill, so encourage everyone you know to join together for this worthy case.

### How-to

You'll need a bit less to a bit more than 5/8 yard per turban, depending on the size. Cut one each of the three pieces (turban, band, and tab) according to the chart. Note that all sizes use the same size tab. You must use stretch knit fabric and cut the pieces using the crosswise grain. You can use a sewing machine zigzag stitch but serging is simplest and quickest. The seam allowance is approximately 1/2".

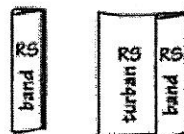
Cut Size	Turban	Band	Tab
Small	20 1/2" x 8"	20 1/2" x 5"	5" x 4"
Medium	22" x 9"	22" x 5"	5" x 4"
Large	24" x 10"	24" x 5"	5" x 4"

### Cutting

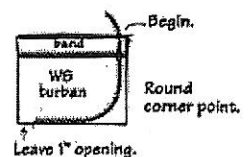


#### *crosswise stretch of knit fabric*

1. Fold the band in half lengthwise, wrong sides together. Serge it to one of the long sides of the turban piece, right side together.



2. Fold the banded turban piece in half crosswise, right sides together. Serge, beginning at the banded edge, rounding off the back corner point, and stopping 1" before reaching the front folded edge. The tab will be inserted through this opening later. Secure thread tails and turn the turban right sides out.



3. Perpendicular to the back seam allowance fold up and pin three tucks approximately 3/4" deep. Stitch in the ditch of the seam allowance to secure these tucks. (If the fabric is too thick to stitch on your machine, hand-sew along the seam using a large needle and upholstery or quilting thread.)