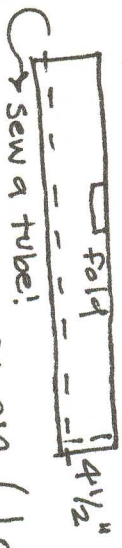


HEADBAND OR WRIST CUFF

1. cut 45" width fabric to 1/4 yard (9") for the cuff, cut fabric to be 9" x 10" (or so, depends

2. fold fabric in half length wise ^{on the wrist} & press



3. stitch along open (long) side & up one short side

4. turn right side out, press & embellish as desired.

5. tuck raw edges of open side in 1/2" press & top stitch closed

6. for the cuff only:

- a. zig zag stitch a loop of elastic to one side
- b. & of button to the other side



VOILA!

SELVEDGE STUDIO