



## Tutorial: Recycled T-shirt newborn caps

### Materials:

- cotton jersey t-shirt (an adult size makes two caps)
- sewing machine or serger

### Instructions:

Step One: Print the pattern template at full size onto an 8.5x11 inch piece of paper.

Step Two: Turn the t-shirt inside out (right sides facing each other)

Step Three: Place template on top of the t-shirt, aligning the bottom hem of the shirt with the bottom of the template. Cut through both front and back layers of the t-shirt.

Step Four: Pin the two hat pieces, keeping the right sides facing each other.

Step Five: Adjust your sewing machine as needed for jersey material\* and put the machine on a tight zig zag stitch.

Step Six: 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.

Step Seven: Trim the top 'point', and your entire seam, being careful not to cut too close to the stitching

Step Eight: Turn the hat inside out, using a chopstick or pencil to gently push out the tip. At about 3" down from the top point, create a simple knot with the point.

\*Recycled t-shirt projects are great, working with cotton jersey material can be frustrating if your machine isn't set up for it. Here are some tips:

- 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.
- 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.

If you'd like to keep making these and support the Caps to Cap-Haitian Project, send them to:

Mama to Mama  
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visit [www.mamatomama.org](http://www.mamatomama.org) for more information