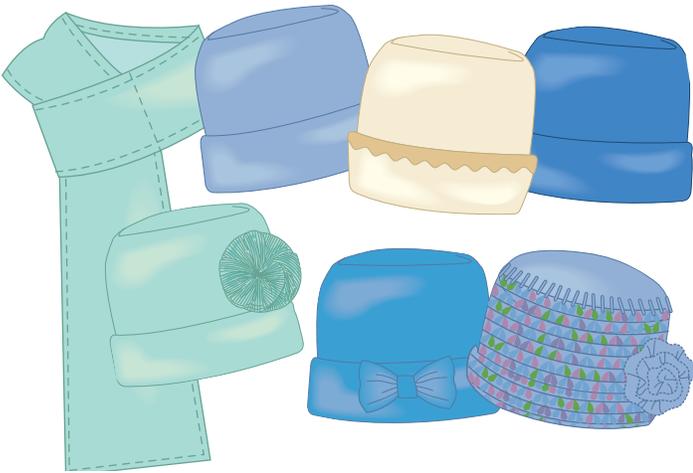




# Creative Kindness Hats...to wear, to share

Designed by Gail Brown

*This DVD includes the following pattern instructions:*



## Easy Hat

(shown with Loopy Yarn Rosette and Loopy Yarn Scarf)



## Easy Hat Trimmed Brim Variation

(Shown with Mary Mulari's Low-sew Rosette)



## Easy Hat Woven Variation



Easy Hat Recycled Sweater Variation: Hat, Ribbing Rosette Scarf, & Scrunchy



Easy Hat Single-Layer Variation  
(Shown with the Single-Layer Self-tying Scarf)



Crocheted Easy Hat Variation  
(Shown with Super Spiraled Rosette with couched yarn finish)



## Easy Hat Accessories

- Super Spiraled Rosette
- Loopy Yarn Scarf
- Loopy Yarn Rosette
- Mary Mulari's Low-sew Rosette
- Mary Mulari's Low-sew Bow
- Single Layer Self-tying Scarf
- Simply Serged Scarves
- Ten-minute Headband

Show your support for a friend suffering from hair loss by wearing hats yourself. The person camouflaging the hair loss won't look or feel so obviously different. (And you can camouflage a bad hair day!) Our Creative Kindness Easy Hat, its many variations, and accessories, are styled to be fashion-right for everyone—with or without hair. Enjoy making, giving and wearing them.

## Dedication

This pattern is dedicated to the thousands of volunteers who selflessly practice Creative Kindness, reaching out to those in need with stitches of love.

## Fabric Selection Tips

If you are sewing for someone suffering from hair loss:

- Avoid scratchy fabrics. Chemotherapy causes the skin to be particularly sensitive.
- Select cheery or elegant fabrics, avoiding yellows, or yellow-tone greens, which often aren't flattering to changing skin tones.
- Think "hat wardrobe." Choose prints, plaids, and solids that work with favorite basic colors such as black, navy, grey, or brown. Consider seasonal demands, too: In most areas, hats need to change with the weather so that the wearer won't be too hot or too cold.
- Recycle soft, gently used sweaters, sweatshirts, scarves, and shawls as hat fabrics.
- If you are sewing for someone else, find out which fabrics, fibers, and colors are favorites, then shop accordingly.

## Sizing, Sewing, Organizational and Distribution Tips

- Without hair, a head is smaller. If in doubt, make the medium size for a hairless head. Best bet: Measure, or fine-tune fit as you sew.
- Because thread can irritate sensitive skin, use serging, seam finishing, and machine embroidery cautiously. Good news: We've incorporated this philosophy in our designs, streamlining the construction to simple straight stitching, and/or enclosed seaming. For fast, effortless finishing, use scalloping shears, such as the Fiskars® Softgrip® Scallop shears, or any sharp pinking shears.

*Note: If you do serge, choose a softer thread for the loopers, such as Woolly Nylon, a multifilament nylon. Also, serged stitch length should be adjusted for medium to long, minimizing thread density.*

- If making more than one cap, or working as a group, cut out multiple patterns from Pattern Tracing Material.
- If you or your group are making several hats in different sizes and styles, cut out mediums, adding only a few large sizes. Then restyle or resize when you sew, adjusting seam allowance width. Inquire with those giving and wearing hats to find out which sizes are the most popular—then alter the sizing of your hats to better match their needs.
- Let non-sewers contribute by cutting out and assembling pieces for sewing, or organizing distribution of the finished hats.
- Call area hospitals, chemotherapy clinics, nursing homes, and shelters. Would they like to make head covers available to their patients? If so, who would be your contact person? Do they have fabric, style, or size preferences? (Keep in mind that many other diseases and conditions cause full or partial baldness: alopecia, cranial surgery, aging, chronic high blood pressure, scalp inflammation, and emotional trauma.)

**sewing with nancy hint** *You have friends and family who need hats now, or will in the too-near future. When wearing flattering, comfortable headcovers, they will say, “I feel and look better. I can cope with what life brings me today—and have hope for tomorrow.” Undoubtedly, in making a hat, you make a difference.*

*Nancy*

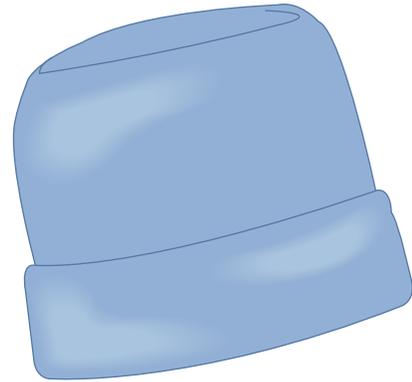
### Wearing Tips

- To add volume and fashion fun, combine hats with scarves, rosettes, and other accessories, such as shown throughout this pattern.
- For the illusion of hair, insert a “bang strip” under the hat hem or cuff. (Find these strips, or other partial wigs, at wig retailers in your area, or through mail order and Internet sources.)
- One of your hat creations doesn’t fit? Pass it along. There are never enough hats.

## The Creative Kindness Easy Hat



### Basic Cuffed Style



The Creative Kindness Easy Hat is just that: Easy to make as it is easy to wear. The soft self-cuff adds flattering dimension, framing the face. This is a great project for all ages and skill levels, requiring only two main pattern pieces, straight stitching and mere minutes of assembly time.

#### Materials Needed:

- 1/2 yard of light-to-mid weight fleece or knit fabric, such as Polartec® 100, interlock, ponté, Lycra®-cotton blend, or any other soft, stretchy knit. Most wide-width knits (54" or wider) will yield two hats.
- Matching all-purpose thread

#### Helpful Notions:

- Rotary cutter, mat, and ruler

#### Making the Hat:

*Note: Unless otherwise indicated, all seams are a generous 1/4". (On most sewing machines, that's the width from the needle to the edge of the standard all-purpose foot.)*

1. Cut out the pattern pieces from the fabric. Instructions will make one hat. If desired, cut several hats at one time by stacking fabrics. Then stitch each individually.
  - Cut one side section, with longer (circumference) dimension parallel to the stretchiest (crosswise) grain. Knit stretch may change the circumference sizing. Stretchier knits can be cut

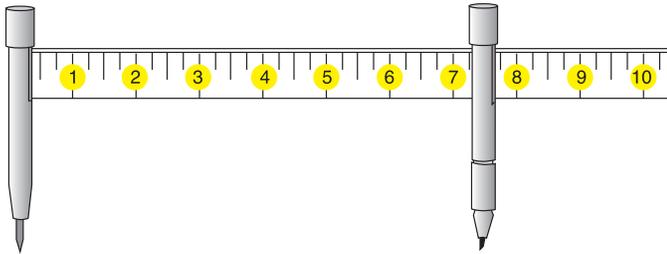
smaller, whereas more stable knits may need to be cut larger. General recommendation, if sewing hats for charity: Medium size for stretchy knits such as lightweight fleece, and large size for more stable double knits and interlock knits.

- Small: Cut side 18" x 20".
- Medium: Cut side 18" x 21".
- Large: Cut side 18" x 22".
- Extra large: Cut side 18" x 23".

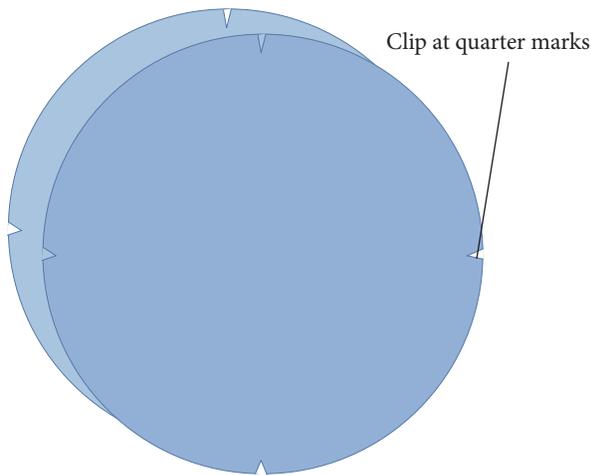
**sewing with nancy hint**

The Yardstick Compass will help you create perfect circles. Attach the two adjustable aluminum holders to a yardstick or a 12" ruler, positioning the holder with the metal point at one end of the ruler. This will be the center of the circle. To determine the size of the circle, divide the diameter of the circle by 2 and place the holder with the lead point at that position.

*Nancy*



- Cut, mark and pin together two 7-1/2" circles for the crown. One circle will line the other circle, and they will be sewn as one.
  - Quarter fold both crown circles. Quarter-mark the outer edge of each circle by making a small (1/4") clip at the edge of each fold.

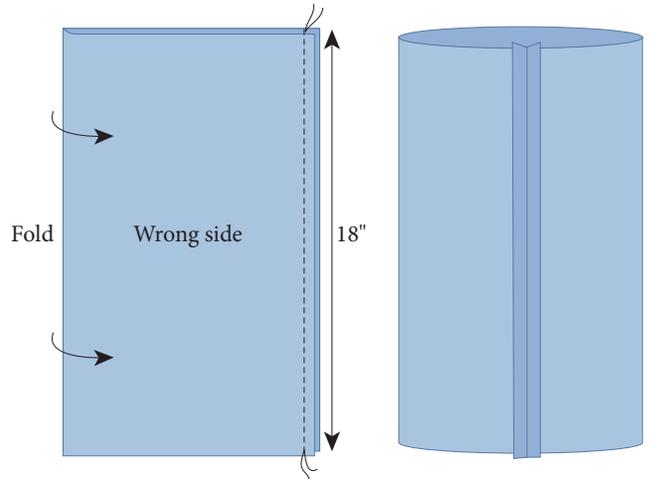


- Pin the circles wrong sides together, matching the quarter marks.

- Optional: For thick or textured knits, minimize slippage by machine basting the two circles together a scant 1/4" from the raw edges.

2. Create and mark the side section.

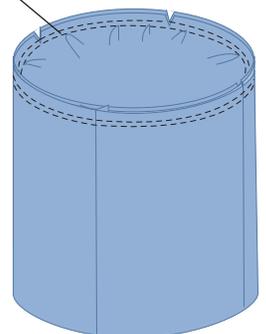
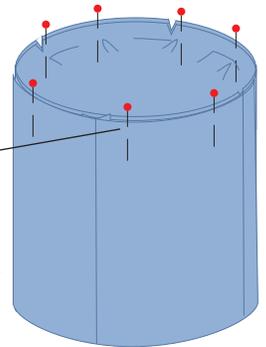
- Join short ends of the side section, right sides together, with a generous 1/4" seam. Finger press the seam open.



- Fold the tube right sides together, aligning the seamlines and raw edges.
- Quarter fold the tube, using the seam as one of the quarter marks. Make small 1/4" clips at quarter marks.
- Optional: For thick or textured knits, minimize slippage by machine basting a scant 1/4" to hold the raw edges evenly together.

3. Join the side section to the crown.

- Pin the side section to the crown, right sides together, matching the quarter marks.
- Straight stitch the side section to the crown. Stitch the seam allowances together a generous 1/8" from the seamline. Trim close to the stitching to neaten the edges. Or, serge seam to stitch and trim in one step.



4. Turn the hat right sides out. It's ready to wear!  
Fold the cuff up about 2-1/2" or as desired.



## Easy Hat Easiest Variations

- Vary the depth of the side section to vary the depth of the cuff. Possibilities: Decrease to 17" for a narrower cuff or increase to 19" for a wider cuff.
- Make a two-tone hat, cutting the crown from a contrasting color. Tie together the look with a fabric rosette or bow that matches the crown.
- For more coverage and security, wear with a headband. (See the “Ten-minute Headband” on page 12 of this pattern.)
- Add color, warmth, dimension, and coverage with a scarf. Size and shape recommendations are provided on page 11 of this pattern.
- Accent with color, texture, and dimension, using rosettes. Find a variety of easy-to-make styles throughout this pattern, including the “Ribbing Rosette” (page 7), the “Super Spiraled Rosette” (page 9), the “Loopy Yarn Rosette” (page 10), and “Mary Mulari’s Low-sew Rosette” (page 10).

*Note: Our “Hats for Any Reason—or Season” pattern also features several rosette, bow, and trim designs, and is available from [www.nancysnotions.com](http://www.nancysnotions.com).*



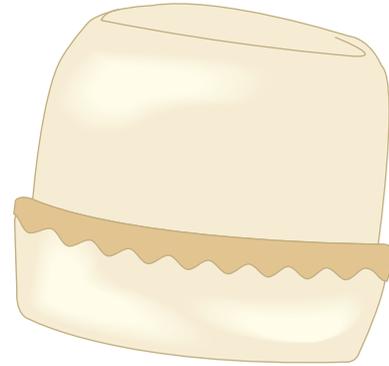
## Easy Hat: Children’s Sizes

*Note: If possible, try a range of adult-size hats on the child. Note any necessary alterations and sizing preferences. Teenagers can generally use adult sizing. The longer dimension given below should run parallel to the stretchiest (crosswise) grain. Construct following the same steps given for adult sizes, adjusting cutting measurements as follows:*

- Extra small: Side 16" x 18"; crown diameter, 6-1/2"
- Small: Side 17" x 19"; crown diameter 6-3/4"
- Medium: side 17" x 20"; crown diameter 7"
- Large: Side 17" x 21, the crown diameter 7-1/4"
- Extra large: Side 18" x 22"; crown diameter 7-1/2"
- \* Consider choosing bright colors or novelty prints. Your best bet: Let the kids join in, and have fun selecting the fabrics.

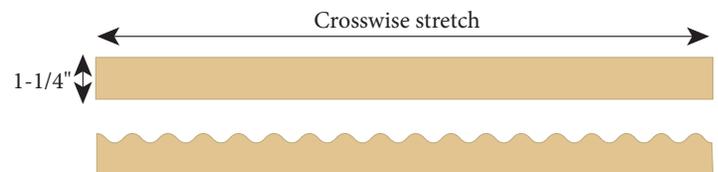


## Easy Hat Trimmed Brim Variation

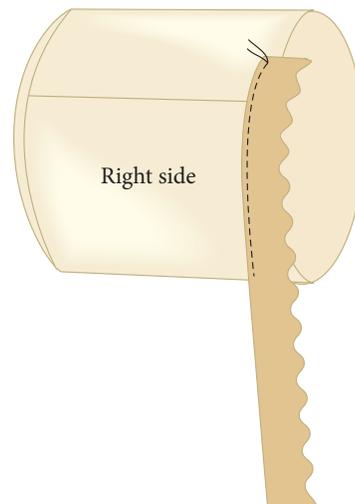


Go beyond basic with this quick trim technique. Synthetic suede is conveniently low-sew and accents the edge beautifully. Stretching as you apply the trim flares the edge slightly, creating a “brim.” Fun and easy, for sure!

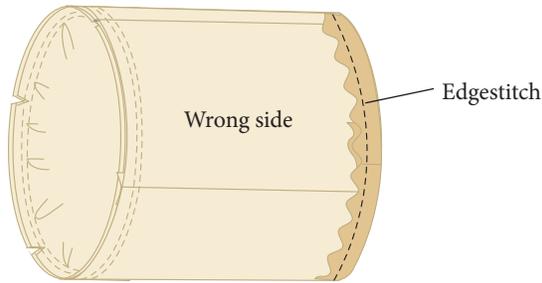
1. Sew the basic version of the Creative Kindness Easy Hat.
2. Cut a strip of washable synthetic suede, about 1-1/4" wide and 24" long. Finish one long edge with scalloping or pinking shears, or rotary waved or pinked cutting.



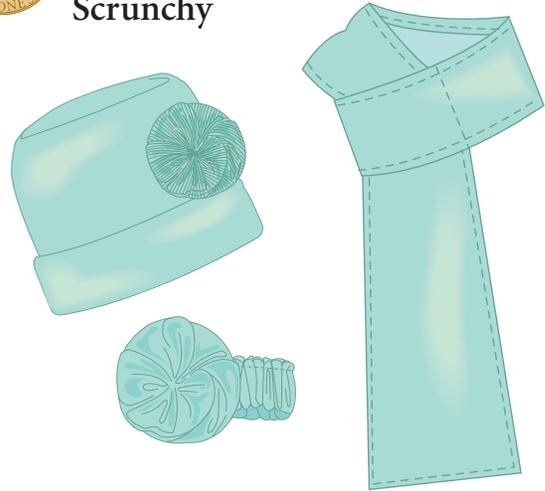
3. Lap the suede strip on the right side of the hat, about 3/8" over the cuff fold. Edgestitch in place, suede side up, gently stretching both the hat and trim as you sew. (This stretches the edge, creating the “brim” effect.) Overlap the trim ends about 1/2", trim to length, and finish stitching.



4. Fold the suede trim over the cuff fold, to the wrong side, covering the first stitching line. Edgestitch in place. Then fold up the cuff as for the basic hat.

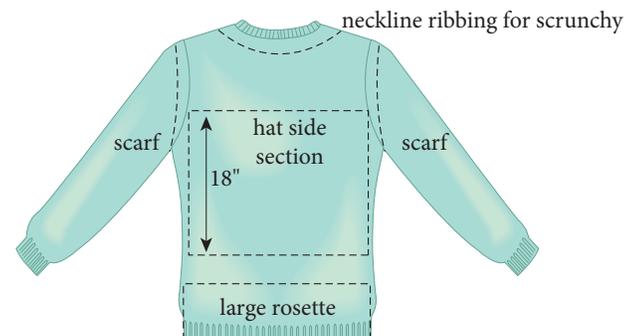
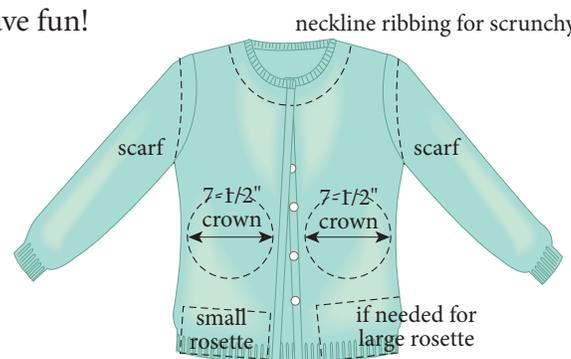


## Easy Hat Recycled Sweater Variation: Hat, Scarf, Ribbing Rosette, and Scrunchy

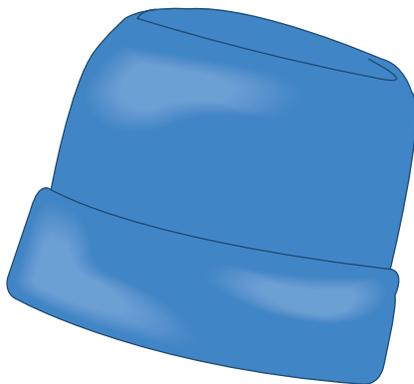


Your sweater drawer may be a great source of hat “fabric.” Cut out this hat, scarf, rosettes, and scrunchy from a clean, gently used sweater—cashmere is the ultimate, although any soft, firmly constructed knit works well. Larger women’s sizes and most men’s sizes will yield big enough sections for pattern pieces. Note: When using soft, stretchy sweater knits, you, or whomever you are sewing for, may take a smaller size.

1. Use our layout as a guide, keeping in mind that you may need to include some sweater seams, which can be discreetly positioned. Or, if necessary, piece sections which will be hidden on the underside of the crown or the side. Feel free to modify sizing and styling to yield more “fabric” from your sweater. Have fun!



## Easy Hat: Woven Variation



For a completely different feel and style, use woven fabric for the side section and knit or fleece for the crown. To compensate for the stability of the woven, cut the side section width your head circumference plus 1" for seam and fitting allowances. Pin-fit and alter the side section seam width as necessary.

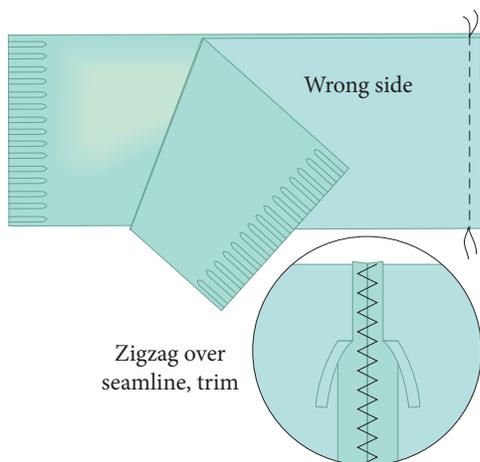
- Follow the same construction steps given for the all-knit version, with this addition to Step 2: Machine baste the top edges of the side section together.
- When pinning to the crown, use the basting to ease the woven fabric to match the quarter marks.
- Wear hat with or without a headband.

- Cut out these pattern pieces from the sweater:
  - Two 7-1/2" crown pieces
  - One side section (See page 3 for size guidelines.)
  - Two pieces about 8"-9" wide x 18"-22" long (for the scarf)
  - One ribbed piece about 4"-5" wide x 19"-22" long (for the large rosette)
  - One small ribbed piece about 4"-5" wide x 9"-11" long (for the small rosette)
  - One ribbed or plain knit piece about 2" x 12" (for the scrunchy)

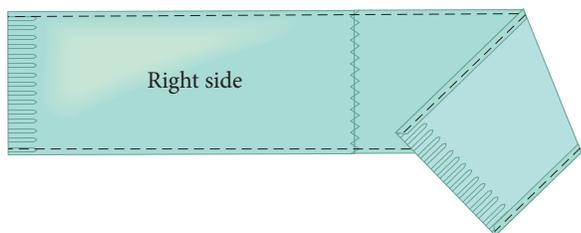
3. Sew as described for the Basic Easy Hat.

### Making the Scarf

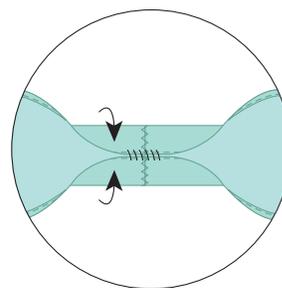
- Straight stitch the unribbed ends right sides together, using a generous 1/4" seam allowance. Finger press the seam open; from the right side, zigzag directly over the seamline as shown. Trim the excess allowance to the zigzagging. Optional: Finish the long edges with serging, scalloping, pinking, or rotary waved or pinking cutting.



- Press under 1/2" hems on the long sides of the scarf. From the right side, topstitch 3/8" from the hem fold.



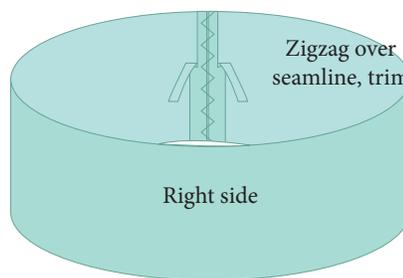
- To narrow and neaten the scarf at the neckline, hand blind stitch the scarf folded edges together for about 1" at the seamline.



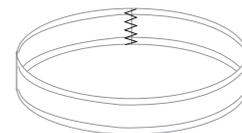
Fold in hem edges at seamline, hand stitch for 1"

### Making the Scarf Scrunchy

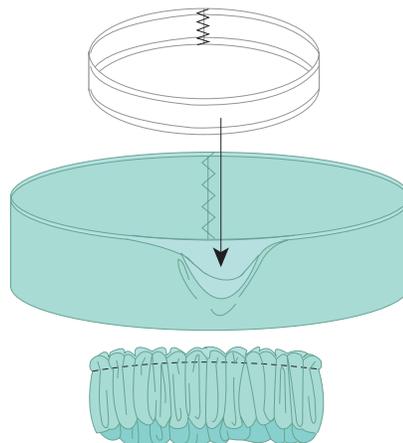
- Straight stitch the short 2" ends, right sides together, using a generous 1/4" seam allowance. Finger press the seam open; from the right side, zigzag directly over the seamline. Trim the excess allowances to the zigzagging, as shown.



- Cut a 6-1/2" length of no-roll 1/4" wide elastic. Butt the ends, forming a circle; zigzag to secure.



- Fold the fabric circle over the elastic. Straight stitch or zigzag the edges together, sewing in short sections and pushing the gathers behind the machine foot.

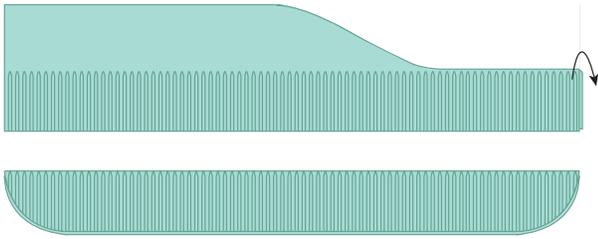


Optional: Accent the scrunchy with the small Ribbing Rosette. (See directions on page 7.) Hand tack the rosette in place at the scrunchy seamline.

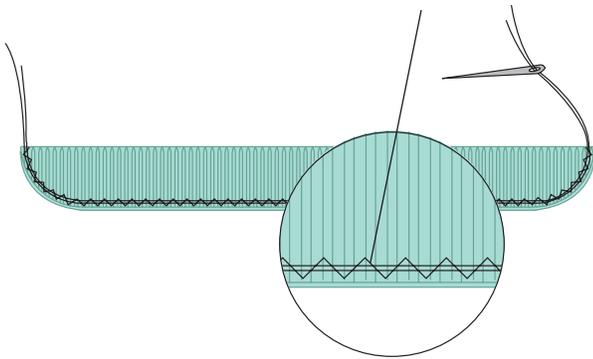


## Making Ribbing Rosettes (small, for the scrunchy; large, for the hat)

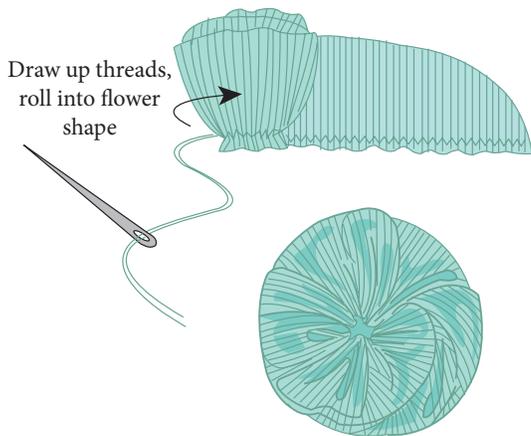
1. Carefully press the ribbing in half, lengthwise, and wrong sides together. Taper the ends of the ribbing.



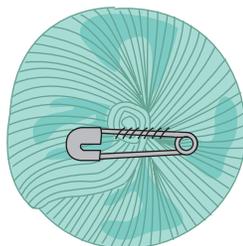
2. Machine baste the raw edges together, stitching over topstitching thread (or two strands of all-purpose thread) with a wide, long machine zigzag.



3. Draw up the threads, and starting at the center, roll into a flower shape. Secure the layers together by hand stitching with the thread tails.



4. Hand stitch a pin back or large safety pin to the back of the larger rosette. The smaller rosette can be hand tacked directly to the seamline of the scrunchy.



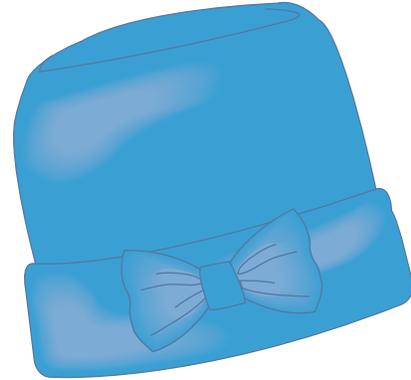
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**nancy**  
**hint**

When Gail showed me this cashmere Easy Hat, I was inspired. Wouldn't this touch of luxury be wonderful for a friend suffering from hair loss and the many other side effects of chemotherapy and cancer? I couldn't wait to recycle a little-used and outdated cashmere sweater stored in the back of my closet.

*Nancy*



## Easy Hat Single-Layer Variation

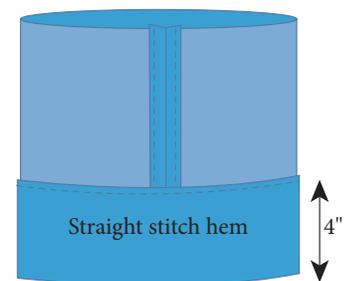


If using heavier fleece or knit, try this single-layer variation.

1. Make these changes to our basic cutting guidelines: Cut just one 7-1/2" crown. Cut the side section according to size (see page 3), but shorten the 18" dimension to 14".



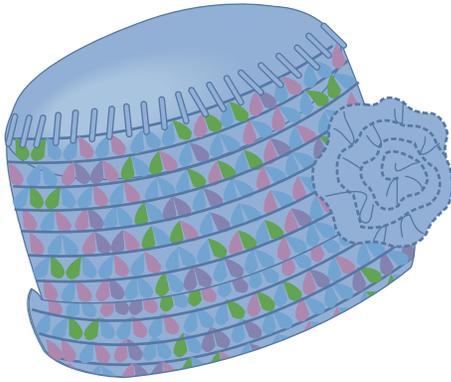
2. Make these changes in our basic sewing guidelines: Finger press the side section seam open; then edgestitch the allowances flat. Turn up the hem 4" to the wrong side and straight stitch in place.



3. Proceed with all other instructions and on to Step 3 (page 3).

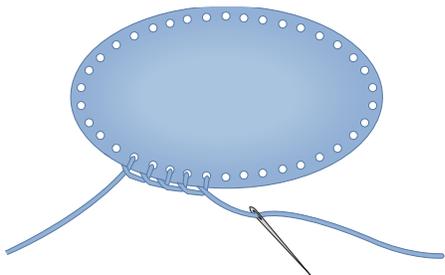


## Easy Hat Crocheted Variation



Even beginning needlecrafters can master this crocheted variation of our Easy Hat. Because the crown is fabric, no crocheted shaping is required.

- Select a soft, non-irritating cotton, rayon, silk, or acrylic yarn. Don't use scratchy wools or textures, unless you are making the hat for someone with hair. Combine two 2- or 3-ply yarns (one skein of each) into an interesting color blend that will coordinate with the fleece or knit you will be using for the crown.
- Buy a large crochet hook, generally a size K or as desired (and depending on your personal crocheting tension). (Smaller hooks will produce a firmer hat, whereas larger hooks will produce a softer, more loosely constructed hat.
- Cut out a 7" crown from fabric. If using a heavy knit or fleece, cut one. If using a lighter weight knit or fleece, cut two, using one as a lining (as in the basic instructions) and handling the layers as one.
- Using a large, pointed tapestry needle and two strands of yarn, work a blanket stitch  $3/8"$ – $1/2"$  from the edge of the crown, spacing the stitches about  $1/2"$  apart. Note: Dense, tightly constructed knits may require prepunching the blanket stitch holes before working the stitch; if so, use an awl, eyelet punch, or fine leather punch.

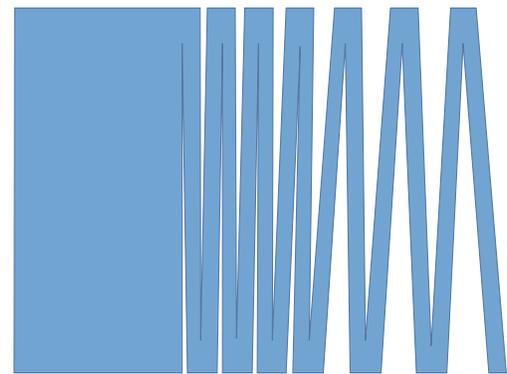


- With two strands of yarn, work one chain stitch into the first space, then single crochet into each of the spaces between the blanket stitches. At the end of the row, slipstitch the first and last stitches together. Continue working the single crochet in the circle, to 5" or the depth desired. If it looks as though the circumference is starting to "grow," intermittently skip a single crochet space until the correct shape returns.

Optional: Work one chain stitch in each single crochet along the edge of the hat, to finish.

Optional: Accent with a Super Spiraled Rosette (see page 9), finished with couching over one of the same yarns used to make the hat.

Variation: Gail has also experimented with using lightweight fleece as yarn. Cut  $3/8"$ – $1/2"$  fleece strips as shown for a continuous length of fleece. Punch holes in the crown to accommodate the hand stitching. Instead of blanket stitching, simply whip stitch the edge. Then, with a size N crochet hook, work a single crochet in each of the whip stitches. Continue working single crochet in the circle to 5" or the depth desired.

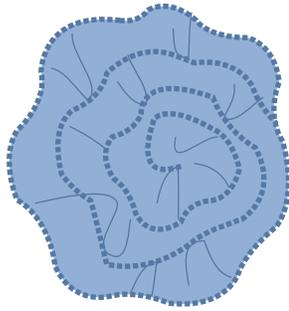


Strip fabric into  $3/8"$ – $1/2"$  "yarn"



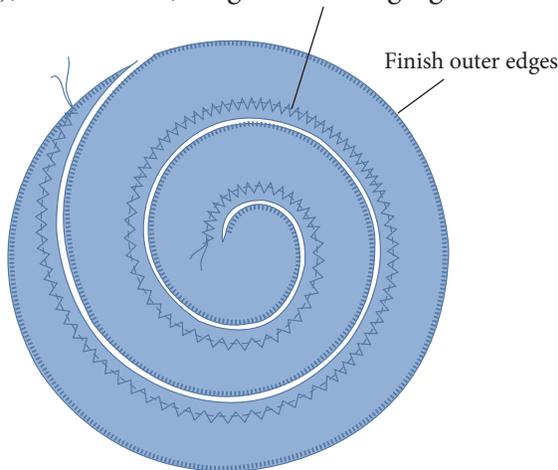
## Easy Hat Accessories

### Super Spiraled Rosette

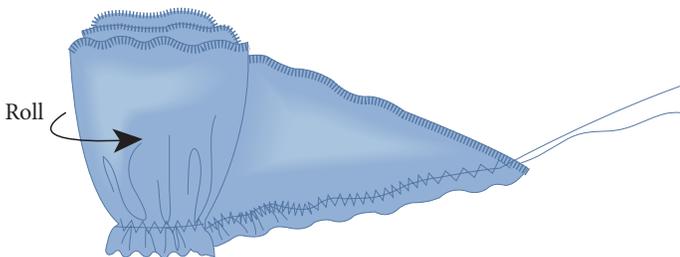


1. Cut out the Spiraled Rosette pattern on page 13. Then cut along the solid lines. Finish the outer edges with pinking, scalloping, wave or pinked rotary cutting, zigzagging, or serging. Or, couch yarn along the edges, as described in the “Note from Nancy” in the next column.

2. Machine baste the inner edges, stitching over topstitching thread (or two strands of all-purpose thread), with a wide, long machine zigzag.



Draw up the threads, starting in the center, and roll into a flower shape. Secure the layers together by hand with the thread tails.



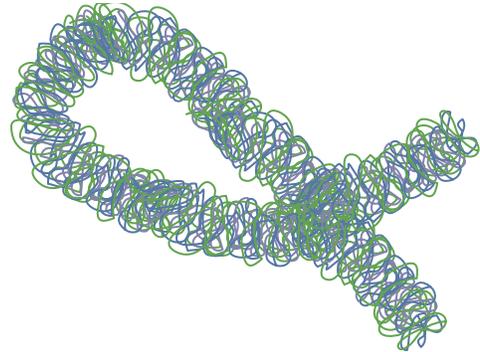
3. Hand stitch a pin back or large safety pin to the back of the rosette. (See page 7.)

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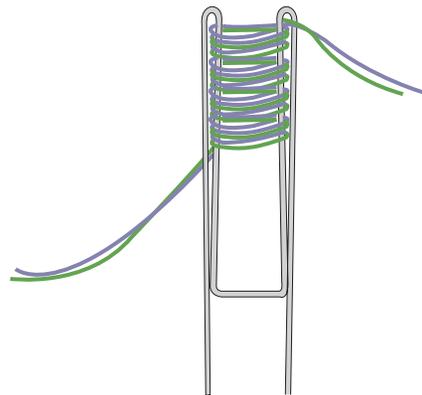
Our “Super Spiraled Rosette” is a super-sized version of a popular style from our “Hats for Any Reason—or Season” pattern. On my Creative Kindness Continues television program, Gail and I showed a new finish for the rosette edges: couched yarn. Simply zigzag over contrasting color yarn for an instant “needlework” look.

*Nancy*

### Loopy Yarn Scarf

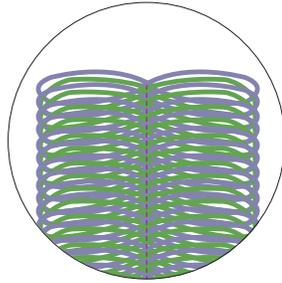


1. Wrap a “fringe” or “carpet fork” tool with two yarns. For the fullest effect, wrap the strands close together, lapping slightly. (Textured, thick and thin, ribbon, or “hairy” yarns work well, because they blend together in a full or “fur”-like fashion to camouflage the stitching line.)

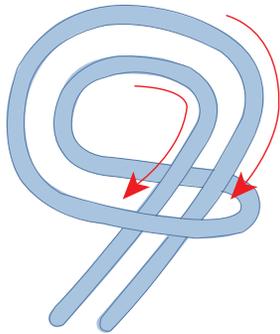


2. Center the wrapped fringe foot under the presser foot. Straight stitch down the center of the loops, securing with a slightly shortened stitch length (about 12–14 stitches per inch). A standard zigzag foot fits perfectly between the fork prongs.

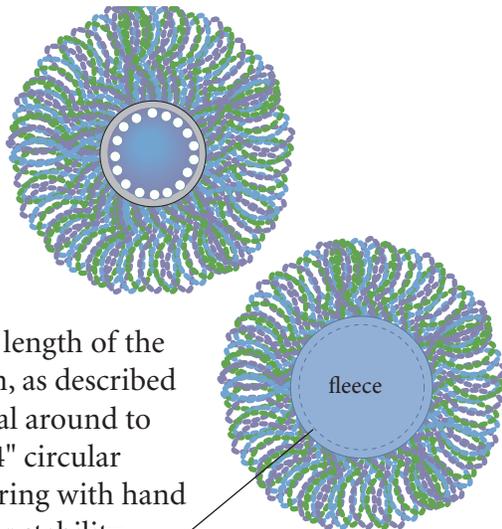
3. Pull the stitched loops off the back of the fork. Continue to wrap the front of the foot with the yarn strands, until the scarf measures 66" or the length desired. Twist the finished scarf for a loopier, fuller look.



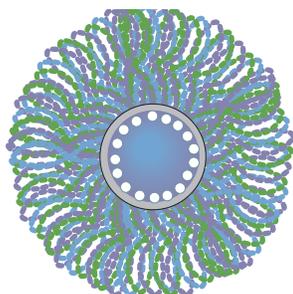
Wearing suggestion: Fold the scarf in half, lengthwise, around your neck. Pull the two scarf tails through the loop.



### Loopy Yarn Rosette

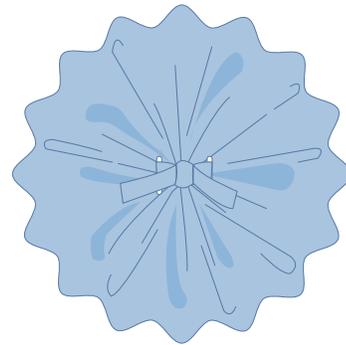


1. Make a 14" length of the looped yarn, as described above. Spiral around to form a 3"-4" circular shape, securing with hand stitches. For stability, center a 1-1/2" circle of fleece on the reverse side and hand stitch in place.



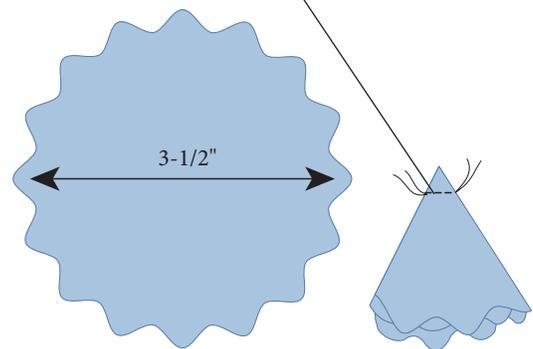
2. Center a decorative button on the right side, sewing it on through all layers with a strand or two of the yarn.
3. Hand stitch a pin back or large safety pin to the back of the rosette. (See page 7.)

### Mary Mulari's Low-sew Rosette

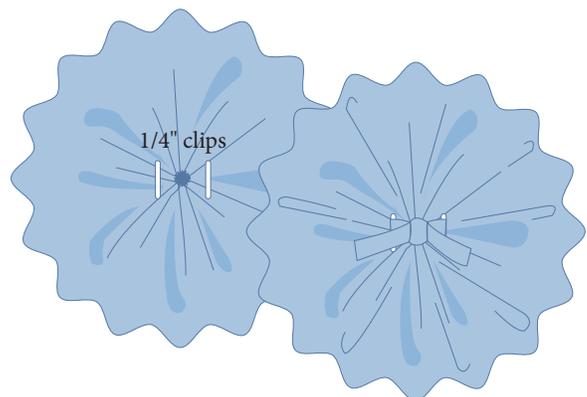


Thank you, Mary, for your clever inspiration.

1. Cut a 3-1/2" synthetic suede circle. Optional: Finish the edge decoratively with scalloping, pinking, or decorative rotary cutting (wave or pinking). Pinch the circle wrong sides together, forming a point at the center. Straight stitch 1/4" from the point as shown to secure the layers.

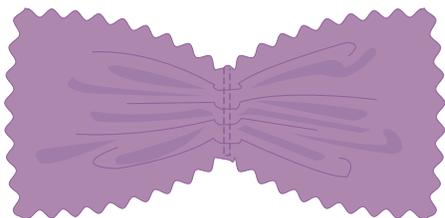


2. Make 1/4" clips on opposite sides of the center. Tie a 4" by 1/4" suede strip through the clips.

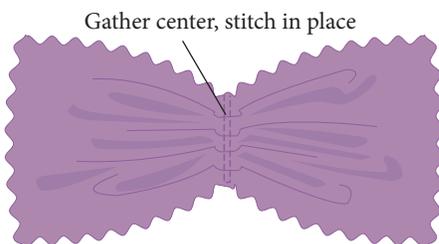
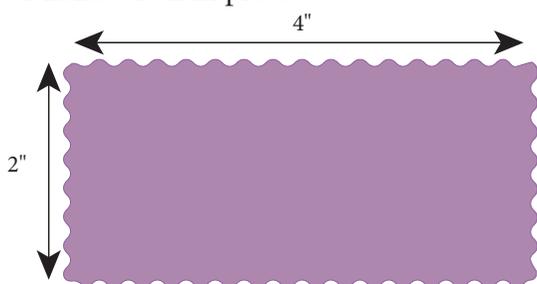


- Hand stitch a pin back or safety pin to the tie on the back of the rosette.

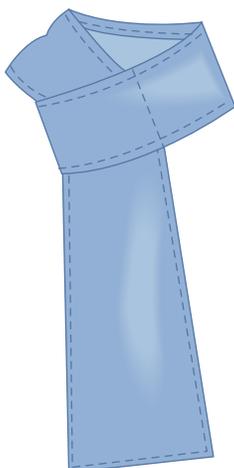
### Mary Mulari's Low-sew Bow



Mary never fails to amaze us with her elegant, easy accents. She called this “Polar Fleece Pasta” in her *Accessories with Style* book. Make your bow from synthetic suede or fleece. Simply cut rectangles, finishing the edges with scalloping or pinking. Then pleat or gather the center and machine stitch in place. Safety pin or hand stitch in place.

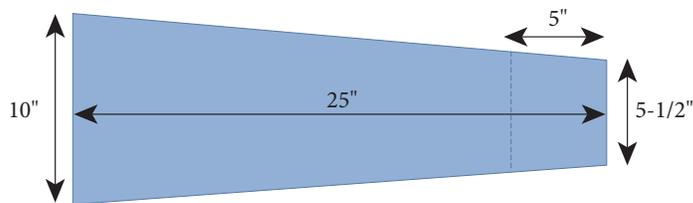


### Easy Single Layer Self-tying Scarf

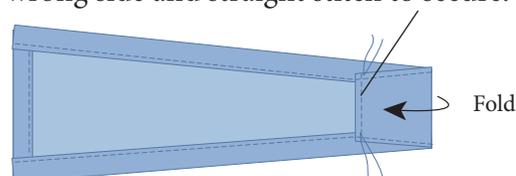


This is a simplified version of our classic self-tied scarf. Because it is single layer and fastened through a loop rather than knotted, it can be worn throughout the day as well as indoors. It's perfect made in most fleeces, and worn with a matching hat.

- Cut the scarf as shown.



- Hem the edges by turning under 1" to the wrong side and topstitching. Hem the 10" short end first, then the long sides. Turn the unhemmed edge 5" to the wrong side and straight stitch to secure.

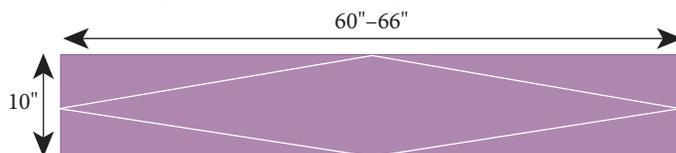


Wearing suggestion: Wrap around your neck, pulling the scarf end through the loop. No bulky knot!

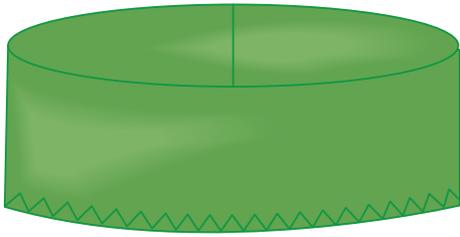
### Simply Sensational Serged Scarves!

Scarves add much-needed color, comfortable warmth, and dimension—especially for those with no hair. Make several to mix and match with your own headcover wardrobe, or to give away with hat donations. Larger scarves can be worn babushka-style under hats, to “fill in” as hair would around the face and at the nape of the neck. Serge the edges of silk or silk-like fabrics in these favorite shapes and sizes:

- 20" x 20" neck scarf
- 30"–36" x 30"–36" head or neck scarf
- 10" x 60" (or longer) head, neck or waist/hip scarf
- Triangular head or neck scarf—cut two from a 30" square
- Diamond-shaped head, neck, or waist/hip scarf—cut as shown for a lightweight, flattering head or neck scarf. Start with a 14" x 60–66" rectangular scarf, shaping it as shown.

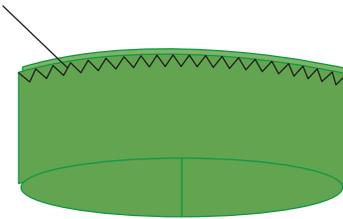


## Ten-Minute Headband



If one edge of the headband will always be hidden under a hat or scarf, try this very easy seaming strategy.

1. To make a 3-1/2"-wide finished headband, simply cut a rectangle of stretchy knit fabric, 7" wide by 21" long. (20" for size small, 22" for large) If in doubt about size, or using a very stretchy knit, make the largest and custom fit later.
2. Stitch the short ends of the headband rectangle together first, right sides together. Finger press the seam open. Fold wrong sides together, aligning the longer cut edges. Serge-finish, zigzag, or multistep zigzag the raw edges together. Easy!



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Super Spiraled Rosette

