

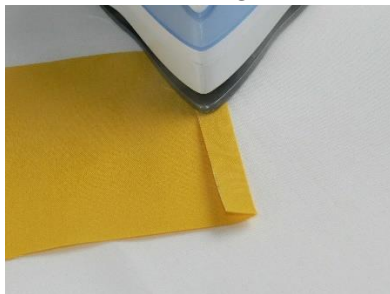
# Scrunchies

## Materials:

- a piece of fabric 45 x 10 cm (18 x 4 inches)
- an elastic – 18 cm (7 inches)
- a chopstick
- 2 safety pins

## Instructions:

1. Cut out a piece of fabric.
2. Iron over one of the short ends by 3/8 inch (1 cm) on the wrong side.



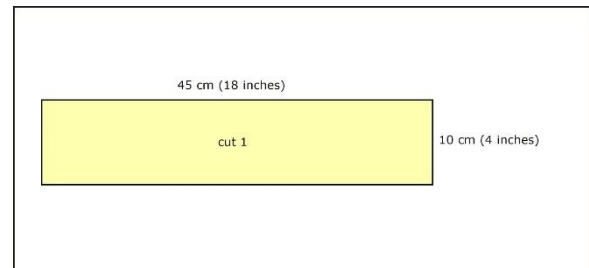
3. Fold the fabric in half lengthwise with right sides together. Sew along the long edge using a 1 cm (3/8 inch) seam allowance – you should have a tube with two open ends.



4. Now turn your tube right side out. You can use a chopstick to gently pull the fabric out. Now you need to iron your fabric tube.



5. Using a safety pin, attach one end of the elastic to the one of two open parts of the tube available. Place another safety pin on the second end of the elastic and thread it through the tube.





6. Tie the two ends of elastic together with a double knot or sew both ends of the elastic together.



7. Pull the elastic around so the knot is hidden. Make sure the seam of your tube is running all along the outside edge.



8. Now all you need to do is closing up the gap. Tuck the unfolded end of your tube inside the folded one and sew near to the edge to close up the tube and finish your scrunchie.

