

How to make a PUL and FOE Shower Cap

A tutorial for using up some of your leftover diaper making supplies to make super cute shower caps!



Here's my uninspiring inspiration, I use a shower cap a few times a week but I can't say it looks nice hanging up on the wall in my bathroom. Time for a make over.



Ooh la-la!

Look at my fancy new shower cap and it totally works!

You'll need:

Some large paper, unfolded newspaper, wrapping paper, taped together paper, etc.
21" square piece of PUL, 20" of plush FOE, & your regular sewing supplies

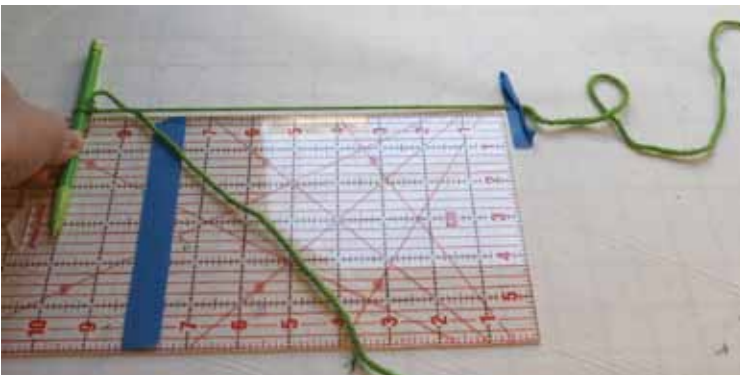
I won't lie there is some math involved but I'm going to do it for you so don't worry! You'll only have to do it on your own if you need a larger or smaller cap. In this case I used a 20" diameter circle to make my shower cap, which is the same size as my generic one and seems to be a one size fits most.

Basic Geometry review:

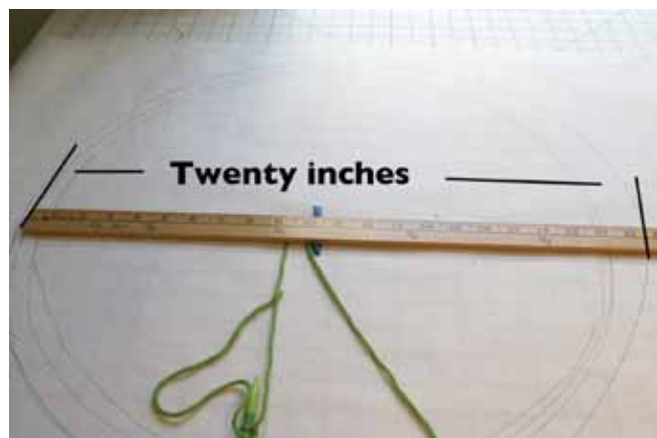
Diameter = measurement across a circle

Radius = one-half of the diameter

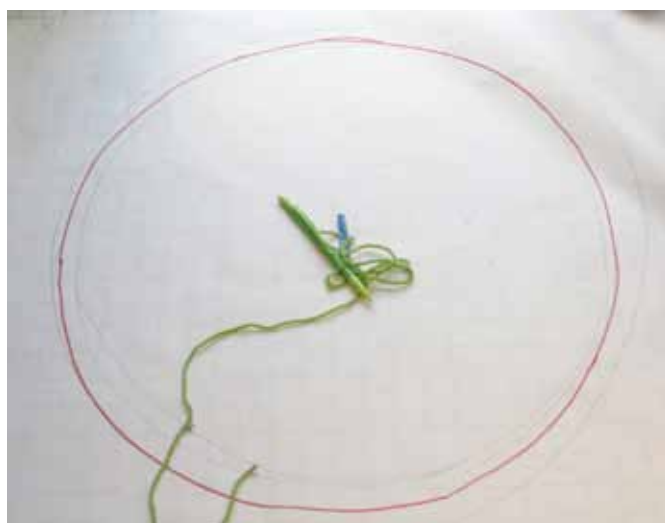
Circumference = measurement around the circle $(\text{Radius} \times 2) \times 3.14$ or pi



Easiest way to make a 20" diameter circle is to tie a piece of string the measurement of the radius you need (here it's 10") around a pencil, tape one end down in the middle of a large piece of paper, and pull the string taut and trace a circle.



It may take a couple of times around depending on the stretchiness of your string to get a good looking circle. You can use a yard stick to double check your measurements and outline your best circle for when you cut it out.



When it comes time to cut it out you have a couple of options.



Option one keep your circle unfolded and open up your PUL fabric to a single layer and cut it that way.



Option two involves folding your circle pattern into quarters and placing it on the corner of your PUL also folded into quarters. Whatever works best for you!

Once you have your circle cut out you'll need to run a gathering stitch around the outside about a 1/4" away from the edge.



Gather your circle so it measures around 14" when folded in half and pressed flat against your ruler. Mine has squished up a bit so it doesn't quite hit 14" in the picture.

Math time! You'll need some FOE that is $\frac{1}{3}$ the circumference of your circle. If you are making a 20" circle then the circumference ($(\text{radius} \times 2) \times 3.14$) will be 62.8", a third of that is just about 21". I sized this one down to 19" and then pulled it tight and it's a little too snug. I suggest wrapping the elastic around your head to help you determine the exact size.





Using a zig-zag stitch attach the FOE to the outside of your gathered circle, sandwiching the gathering between the folded FOE and pulling the FOE taut.

GO SLOWLY! This can be a little tricky because the gathered PUL likes to slip out from the folded FOE.



When you complete the circle, fold your FOE up to the **OUTSIDE** (so you don't have a lump against your head anywhere) and straight stitch across the end trimming off the excess.



TAA DAA! Admire your much cuter and totally awesome shower cap!

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