



*Ruched Beanie*



Let's see where the word "ruched" actually came from:

**Ruche** - /ru:ʃ/

Noun: a strip of pleated or frilled lawn, lace, etc, used to decorate blouses, dresses, etc, or worn around the neck like a small ruff as in the 16th century

Word Origin

C19: from French, literally: beehive, from Medieval Latin rūsca bark of a tree, of Celtic origin

With knowing that, ruched pieces of clothing provide a nice fit and wear comfort. This adorable ruched beanie reminds us of swim caps but you can most certainly use it as a regular beanie for every day wear. The ruching is done with elastic thread, you want to make sure that your machine is able to "shirr" properly. The fit is roomy on top and the band fits snug to keep the beanie in place. This pattern gives you the widest size range starting at newborns through ladies.

**List of required materials:**

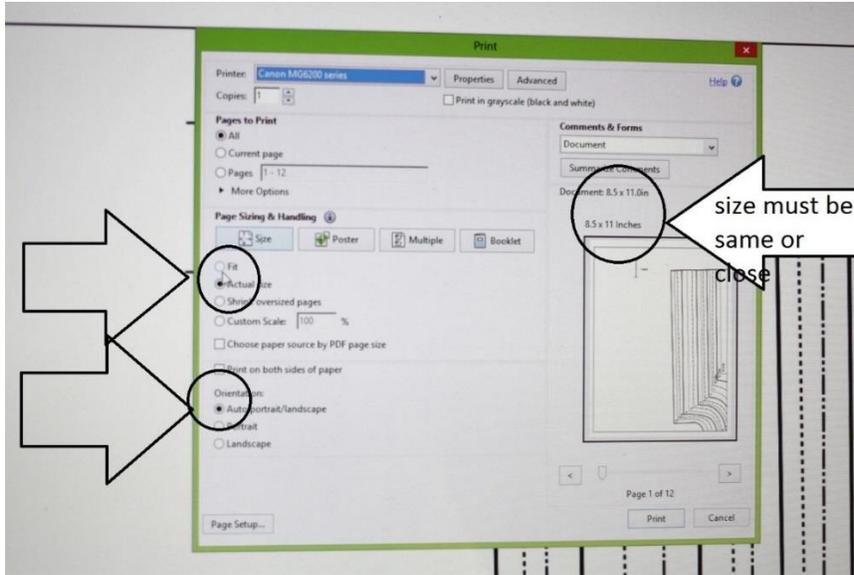
- Knit fabric in medium weight such as jersey, rib, swimsuit material, stretchy Lamé. Or use old t-shirts to recycle!
- Sewing machine
- Overlock machine or serger (optional)
- Scissors
- Lip edge ruler (optional)
- Cutting board (optional)
- Rotary cutter (optional)
- Measuring tape
- Ball point needle or your preferred needle for woven material
- Thread
- Elastic thread
- Iron
- Fabric marker

**Seam allowance:** 3/8" (or half a presser foot)

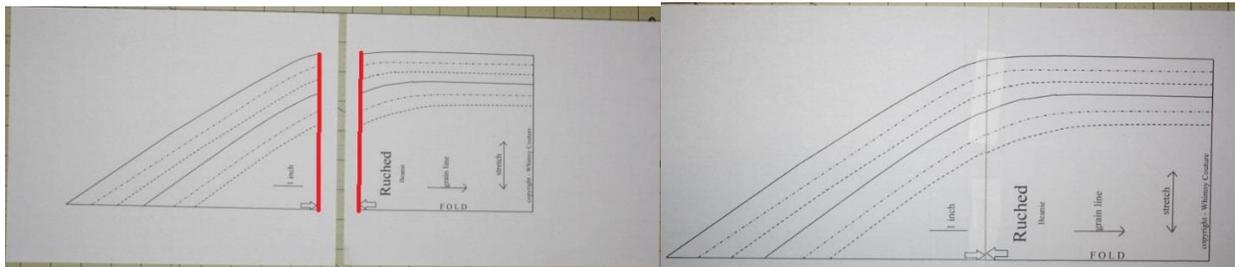
**Sewing stitch:** as with all knit materials you want to use a stretch stitch or slight zigzag stitch for all seams. The elastic thread will be sewn with a straight stitch.

**To print out your cutouts:**

Print out your templates without scaling. Here is a screen shot of my print preview window:



Once both pages are printed you want to cut along the connecting line (marked red below in left pictures) and tape both pages together without overlapping or leaving a gap (right picture):



Cut out the desired size.

**This is the layout of the cutouts:**

Make sure the 1" print scale on the template measures exactly 1". If it is only 1/8" off, the beanie might not fit correctly!

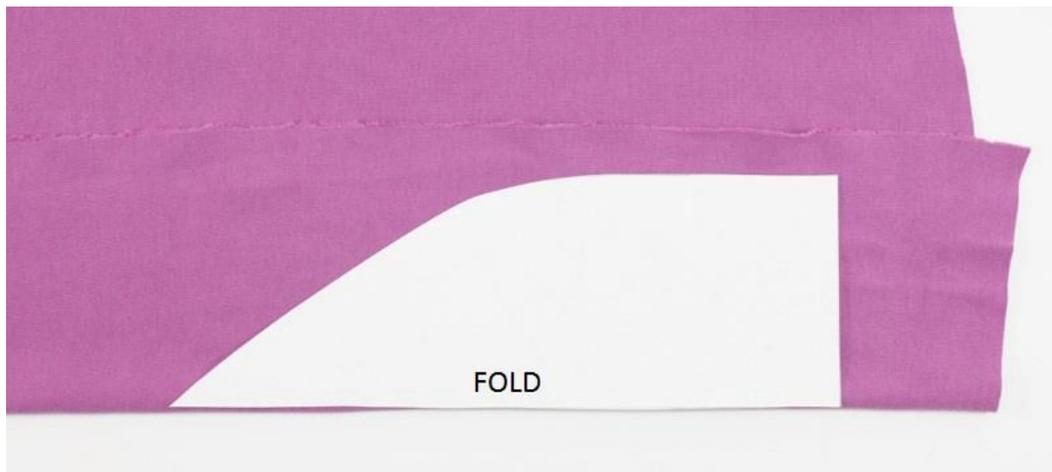
**Sizing chart – based on 42 inch wide fabric (possible SHRINKAGE INCLUDED!!!)**

NOTE: W = is measured across the fabric width from selvage to selvage, L = top to bottom

Size	Beanie yardage	Cut 1 band piece W x L	Band yardage
NB	1/3 yd	11 ½" x 2 ½"	1/8 yd
3-6m	1/3 yd	12" x 2 ½"	1/8 yd
6-9m	1/3 yd	13 " x 2 ½"	1/8 yd
12m-2t	3/8 yd	14 ½" x 3"	1/8 yd
3t-5t	3/8 yd	15 ½" x 3 ½"	1/8 yd
6-10	½ yd	17" x 3 ½"	1/8 yd
ladies	½ yd	19" x 3 ½"	1/8 yd

**To cut out the hat piece:**

Fold your fabric over sideways so that the fabrics' stretch goes sideways and the print direction going down. Place the template onto the fold matching up the "Fold" line on the template. Pin in place and cut around it.



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These are the pieces you have cut out:

2 beanie pieces and 1 band piece



**To sew in the elastic thread:**

Wind some elastic manually onto your bobbin. I use the shown brand but any brand available at craft/fabric stores will be fine as long as your machine is able to sew it properly! Wind the thread tight but not too tightly. You can pull slightly on your elastic thread while you are winding it up.



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Insert the bobbin with the elastic thread into the lower part of your machine and thread the upper with regular thread.

Set your machine to the longest stitch and the tension between 2-3.

Draw a straight line down the center of each beanie piece:



Start sewing (with a straight stitch) from the bottom hem up until you reach the tip. Sew along the line. Leave a couple of inches of thread before you cut threads off. Repeat with other beanie piece. These are your two shirred beanie pieces:



**To sew both pieces together:**

Put both beanie pieces with right sides together and pin:



Then sew along the outer edges



The gathering effect may not be visible much but with steam pressing the beanie at the very end, it will bunch up nicely. Don't steam press yet!!

Reset your machine to regular settings and put regular thread into your lower compartment.

**To make the band:**

Take your band piece and fold it in half so that both short edges will meet. Fabric print is inside. Pin both short ends together and sew along the dashed line:



Unfold the seam and press open:



**To attach the band to the beanie:**

Fold band in half so that the right side shows. Position the band underneath the beanie which should be with right sides out. Make sure that the print direction (if applicable) of the band is the right way:



Flip the band up and over the beanie (insert the beanie into the band loop):



Pin band and beanie together. Sew all around the edges with a stretch stitch and serge/zig zag stitch:



Flip the band down and turn beanie with wrong sides out. Now it's time to steam press your beanie from all sides. Steam lets elastic thread shrink together:



Your beanie might have a pointy tip left on top due to the elastic not shrinking properly. In order to make it look more even you want to sew a straight line across the tip as shown:



Do not cut off the tip or your elastic thread will unravel. Trim off any showing threads and your ruched beanie is done:



Design examples:



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