The Brother adjustable binder foot is our featured Foot of the Month. We used the foot to create a trendy headband from fleece fabric. In this project you’ll learn how to apply a popular stretch trim using the adjustable binder foot. This handy accessory makes our fleece headband a fast and fun project!

**Materials and Supplies**

- Brother Sewing Machine
- SA198 Adjustable Binder Foot
- Fleece for headband, one piece measuring approximately 23” long by 3” wide. **Note**: This size is appropriate for most adults. You can use a tape measure for a custom fit, (see step one). In addition, you can adjust the fit before sewing the final seam on the headband.
- 5/8-inch wide fold over elastic for trimming headband.
- Size 11-14 Stretch needle for sewing fleece and binding.
- Basic sewing notions, including good quality thread to match fabric and trim.
- Small piece of stabilizer to use as an anchor cloth.
- Seam ripper to use as a pushing tool.

**Instructions for Headband**

1. Gather supplies for the headband. *See Figure #1.
2. Determine size for cutting fleece. We determined the approximate size for length of headband by wrapping a tape measure around the head. Note that the fleece and binding will stretch slightly. You can make an adjustment to the length when finishing the headband with the final seam.
3. To prepare the binding, fold in half and lightly press with an iron temperature suitable for the synthetic elastic. Cut one piece of folded elastic for each long edge, cutting the elastic 1-inch shorter than the fleece measurement.
4. Quarter mark one long edge of the fleece strip, beginning and ending 1-inch from the short raw edge. Quarter mark the elastic in the same manner. *See Figure #2.

We divided the fleece and elastic into four sections and then used pins as temporary markers. You may wish to mark the fleece and elastic using a wash out marker or chalk in place of pins. When using pins be sure to remove them as you stitch.
5. Prior to placing the foot on the machine, slip the folded binding into the two channels for the outer slot and then adjust the front screw until the binding is snug within the slot. *See Figure #3.

6. Set up the machine for a zig zag stitch, Width (4.0) and Length (4.0).

7. Attach the foot to the machine. Slide the binding into the outer slot with ½-inch extending beyond the back of the foot. Insert the fleece into the inner slot, using the tip of the seam ripper to help position the fleece. It is important that the fleece is inserted fully into the slot. Adjust the screw at the back of the foot so the entire zig zag stitch forms on the elastic trim. *See Figure #4a and #4b.

Tip: After setting up the foot it is a good idea to practice your stitching with a small piece of fleece and elastic trim.

8. When you are ready to sew, place the anchor cloth under the presser foot and begin stitching without stretching for the first inch. When you begin you will want to stitch on the stabilizer, then the binding, and finally on all layers of binding and fleece. You can use the anchor cloth to help feed the pieces through at the beginning.

9. Continue to stitch until the end, matching the quarter marks and stretching the elastic slightly as you go. Remove stabilizer. Repeat the process for the opposite side.
10. Try on the headband and pin fit for desired length if necessary. Replace the foot with the standard presser foot. Select a straight stitch with a length of 3.0. Pin and then sew the seam for the center back of the headband. We used a ½-inch seam allowance.

**Tip:** Instead of backstitching to secure the seam on these bulky layers we recommend stitching to one end, pivoting the fabric, and then stitching over previous stitches until you reach the beginning. *See Figure #5a and #5b.*

11. When finished, finger press the seam open and then topstitch the seam flat from the right side.

You are finished!