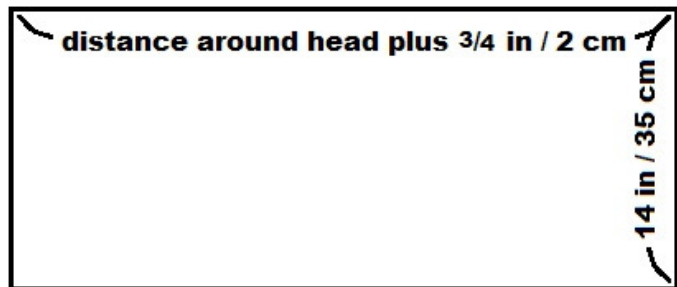# WARM HAT

A lot of body heat is lost from the head and neck, so having a warm hat can make a big difference when it comes to staying warm. Fortunately warm hats are easily and inexpensively made from blanket material, 'fleece,' or similar fabrics. It is also possible to knit a nice warm hat fairly easily with the 'knitting looms' that are available in most fabric and craft stores. Given here are directions for making a warm hat from fleece or blanket material.

Measure the distance around the head where a head band would go. Add ¾ in / 2 cm for seam allowance to this measurement. Lay out the material, mark and cut a rectangle that is this head band plus seam allowance measurement, by about 14 in / 35 cm. If you choose to make the hat out of fleece material, note that the fleece is more 'stretchy' in one direction than in the other. When laying out and marking the material, have this more stretchy direction be the measurement that goes around the head, and the less stretchy direction be the 14 in / 35 cm.

This hat can be sewn on a machine, but hand stitching with a contrasting color of yarn gives a nice look. Overlap the two 14 in / 35 cm edges about ¾ in / 2 cm, and stitch it up with either a running stitch or whip stitch to make a 'tube.'

Then, with some yarn, make a loose running stitch around the upper edge of the this tube about 1 in / 2.5 cm down from the 'top' edge. Make these stitches about 1 to 1½ in / 2.5 to 4 cm apart. Begin and end these stitches on either side of the seam that made the tube. Start by going from the outside of the tube to the inside, leaving a few inches / centimeters of yarn hanging out of the tube. Go all the way around the upper edge of the tube. End by coming out of the tube on the opposite side of the seam from the first stitch. Grip both ends of the yarn together, and pull them to gather the top of the hat together and close it like a drawstring. Then tie the two ends of the yarn together with a square knot, and trim them to an appropriate length.