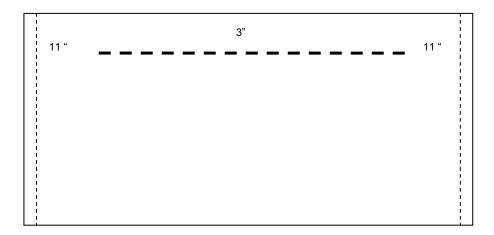
1¾ yard Terry Cloth (any color) 22" x 2" Elastic 7" x 1½" Velcro

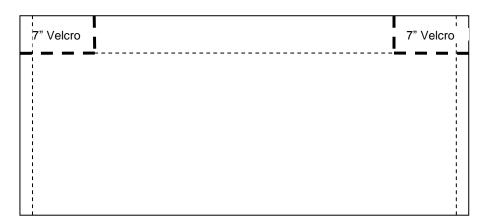
Wash and Dry Terry Cloth before sewing



Straighten Sides - Turn back once about an inch on each side and sew (zigzag stitch)



Turn one selvedge side down 3" Sew casing 11" in from each side (straight stitch)



Run the elastic thru casing. Sew elastic down on each end first thru all layers to keep in place Sew closed the remaining 11" casing on each side Wrap on you first to make sure the Velcro will be sewn on correctly Sew Velcro, one side on top and the other side on the bottom