

# WHITE

## POLAR FLEECE ACCESSORIES FOR ALL AGES



When cold winds blow and thoughts turn to snowmen or skiing, think also of the soft warmth of polar fleece for winter accessories. The whole family can enjoy mittens, scarves and headwear that are easily made from a fabric that does not fray or ravel, is soft and warm, and is available in many whimsical patterns and appealing colors.

**Necessary Supplies:**

Commercial pattern of choice (add 1/4 yard for decorative treatments)  
Rotary cutter, mat, and ruler  
Sharp sewing shears  
Coats Dual Duty Plus® All-purpose Thread

Hand sewing needles  
Assorted buttons  
Fabric glue stick  
Long quilt pins  
Herra marker or tracing wheel

**Tips on Sewing with Polar Fleece:**

1. Use a rotary cutter as often as possible to cut out the individual pieces. The rotary cutter is faster and also will provide a smooth even edge. Because of the loft or density of this fabric, every "cut" of the scissors will show and could result in an uneven edge. Firmly press down on the edge of your ruler to flatten the edge. If the fabric is too thick it may be necessary to cut individual pieces.
2. Polar fleece does not have a right or wrong side. Either be consistent when cutting and stitching or use the slight difference in color and texture of one side as a design element.
3. Polar fleece is 100 % polyester; some varieties are made from recycled materials. It does not absorb moisture but is VERY heat sensitive. If you must press your fleece, use a press cloth (flannel works well) because direct contact with an iron will, at best, remove the "fuzziness" of the fabric, and, at worst, melt it!

**3-D Flowers set  
scarf, mittens, and headband**

*If you are lucky enough to find a great floral print, use the individual flowers on the fleece for 3-dimensional accents.*

1. Cut out the mitten, scarf and headband pattern pieces.
2. From the printed fleece, cut out some flowers adding 1/8" outside the design. If the flowers are large cut along individual petals. Smaller flowers can be cut in a circular shape.
3. Thread a hand-sewing needle with double thread and knot. Using long basting type stitches, sew in a circle around the center of the flower. Gather slightly. Knot the thread well.
4. Select a large flower and center it on the front piece of each mitten. Tack in place by hand. Place a contrasting button in the center of the flower and use a glue stick to hold it in position. Stitch the button using a zigzag or button sew-on settings found on your machine.
5. Follow directions to construct the mittens. Hem each mitten using one of the suggested hem finishes.
6. Hem the long edges of the scarf piece. Embellish the last 8" on each end with different size flowers securing each one with a button.
7. Cut a 2" fringe on the short edges of the scarf. Take 2 strips of fringe and loosely tie a knot on the fabric end.
8. Construct the headband according to the directions. Place three large flowers to the right or left of the center front. Stitch in place with the button as before.

## Outline Quilted and Appliqued Flowers



The loft of the fleece acts as the batting. Outline the flowers so they stand out on the floral and solid colored fabric.

1. Cut out two scarf pieces, one from a print and one from a solid color. With right sides together, stitch along the long edges. Turn right side out. Carefully press the seamed long edges using a press cloth (see *Tips*).

2. Along the short edges use a straight stitch or one of the hem finishes stitching 3" from the edge. Fringe the edge by clipping the fabric every 3/8" to 1/2".

3. Select a design on the printed fleece. Pin around it on the inside and out. Using a straight stitch outline the design. Outline a variety of sizes and shapes. Large designs should be accurately outlined, smaller ones can be done in a basic shape.

4. Mittens can be cut as directed using a solid color for the mitten top. Cut out a design allowing 1" extra around the edge. Pin the design to each mitten top. Straight stitch to outline the design. Carefully cut away the 1" margin from the outside of the stitching. Finish the mittens as directed.

5. Use a print fleece for a hat. Cut off the hem allowance along the bottom of the hat and replace it with the contrasting solid color. Stitch the contrast hem back on the hat with the right side of the contrast to the wrong side of the hat. Then flip the hem to the right side of the hat and hem in place. Outline quilt a design on the hem.

## Fringe, Fringe, Fringe



Add a contrasting piece to the area to be fringed and let a bit of extra color come through. The pocket on the scarf provides a bit of storage and lots of warmth!

1. The mittens are cut with contrasting pieces. This is a great way to use scraps as polar fleece is very forgiving and there will not be a problem if you are not exactly on grain when cutting. Cut the hem of the mittens 3" longer. Be sure to do this to all the pieces of the pattern.

2. Fold up the hem 3". Cut a contrasting piece 3" wide. Place the contrasting piece in the fold of the hem. Stitch the hem in place. Cut along the bottom fold and fringe. The additional strip gives a fuller more colorful hem.

3. Cut out the hat as directed. Also, cut two 4" squares from two contrasting colors; place them on top of each other. Fringe to within 3/4" of one side of the square then roll it. Use a strand of pearl cotton or other strong cord to tie the tassel. Stitch the seam on the top of the hat, but leave a small opening in the center to "stuff" the tassel. Close the opening by hand. Finish the rest of the hat as directed tapering the side seams (make them longer) to give the hat more of a point.

4. This scarf has a fringed pocket to give you extra warmth. It's also large enough to store the hat and mittens when you take them off. Cut the

scarf as directed. For the added pocket, cut two contrasting pieces 15" by the width of your scarf. Stitch the right side of the pocket to the wrong side of the scarf using a 3/8" seam. Press the seam open.

5. Fold the pocket up around the scarf end so that 2" of the pocket extends below the scarf (this part will be like a contrasting hem or band.) Stitch along the seamline to hold the bottom part of the pocket in place. Cut along the fold and fringe the contrasting hem.

6. Fold the top of the pocket under 1 1/2", wrong sides together. Stitch to the scarf 1 1/4" from the folded pocket edge catching all thicknesses. Cut the fold and fringe. Stitch one side of the pocket 1" from the edge. Fringe.

7. Fringe each individual edge on the open side on the pocket separately. Finish by fringing the long edges of the scarf.

## Reverse Applique



This technique takes advantage of the printed pattern on the fleece fabric. The solid fabric is carefully trimmed away to expose the print.

1. Cut out the scarf and hat as directed. Add 1 1/2" to the mitten hem.
2. The mittens are cut from solid color fabric. Select a size flower for the top of the mitten. Cut it out with a 2" margin all around the design. Place the flower on the wrong side of the mitten with the *right* side of the print to the *wrong* side of the mitten. Using a straight stitch, stitch around the design 1/8" outside the design edge. On a large design follow the design exactly, for smaller ones outline a freer shape.
3. From the wrong side of the mittens, using sharp scissors, carefully cut the extra fabric from *outside* the shape.
4. Turn the mittens over and from the right side, cut out *inside* the sewn shape being careful not to clip the stitching.
4. Construct the mittens as directed but turn up the hem the extra 1 1/2" and stitch using one of the suggested hem finishes. Clip the hem at 3/8" to 1/2" intervals, but do not cut the fold resulting in a looped hem.
5. Hem all the edges of the scarf. Appliqué in the same manner as the mittens. For a good design scheme, applique an odd number of flowers or shapes.



## Hem Finishes



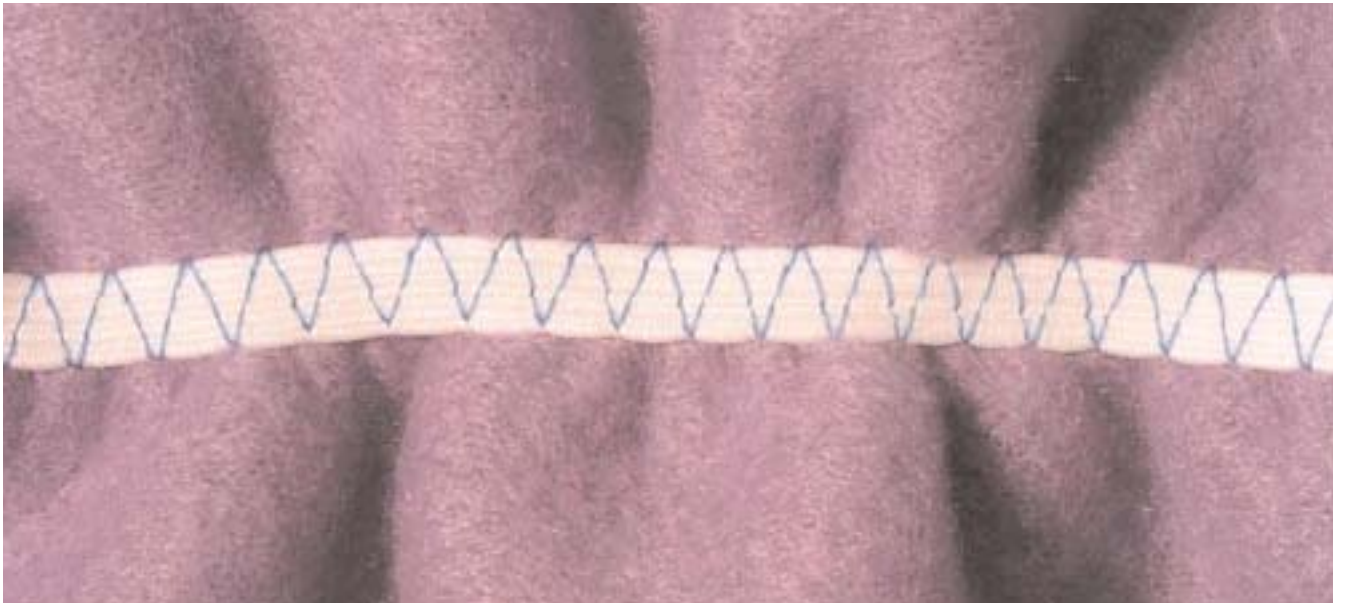
1. Because of the thickness of the fabric allow for at least a 5/8" hem allowance, 1" is even better. Carefully pin, and then use a stitch that will flatten the edge so it disappears into the bulk or loft of the fabric. Some suggestions are (from left to right):

Zigzag stitch-adjust the stitch width to slightly wider than normal

Mock overlock stitch-looks like a serger stitch

Elastic stitch-perfect for hemming stretchier fabrics

## Elastic Application



1. Be sure to mark the location of the elastic on the mittens. Because of the softness and loft of the polar fleece it is sometimes difficult to get a marking to show. Use a Herra marker or a tracing wheel *without* any paper to mark the line.

2 Use 3/8" elastic for the mittens. To guide the elastic, thread it through the needle opening on the all-purpose presser foot. The elastic may seem too wide to fit smoothly through the hole, but you will stretch it while you sew and the stretching decrease its width.

3. Use a zig zag or 3-step zigzag stitch to sew the elastic to the fleece.