
LURE OF THE NORTH

Constructing a Traditional Cotton Canvas Anorak



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Version 1.0, Dec. 2013
<http://lureofthenorth.com>

Note: This booklet is part of a series of DIY instructional booklets.

Published instructional booklets can be found at: <http://lureofthenorth.com/instructional-booklets/>

Note 1 – Acknowledgements: The original pattern and instructions for this style of canvas anorak came from Garrett Conover and Alexandra Conover Bennett's exceptional book "A Snow Walker's Companion". We have made some modifications and provide extended information here with the intent of trying to make this project accessible for those with only limited sewing experience.

Note 2 – Lure Anorak Kits: These instructions are intended to be accompanied by our Anorak Making Kit, which is available through the “Store” section of our website at: <http://lureofthenorth.com/shop>.

Note 3 - Distribution: Feel free to distribute these instructions to anyone you please, with the requirement that this package be distributed in its entirety with no modifications whatsoever. Thanks!

Note 4 – Feedback and Further Help: Feedback is welcomed to improve clarity in future editions. For even more assistance you might consider taking an anorak making workshop with us. These workshops are run throughout Ontario, and includes hands-on instructions and all materials. Again, check the website for more details and a current schedule: <http://lureofthenorth.com/calendar/>

Our Philosophy: Our instructional booklets describe our understanding of traditional crafts (some more traditional than others!) – these skills and this knowledge has traditionally been handed down from person to person and now we are attempting to do the same. We are happy to have the opportunity to share this knowledge with you, however, if you use these instructions and find them helpful, please give credit where it is due. We have worked hard to produce this package and would appreciate any acknowledgements given. Thank you.

- The Lure Team, Kielyn & Dave Marrone

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0.0 What Makes a Cotton Canvas Anorak so Great?

100% cotton canvas anoraks are the ideal winter outer-wear. They are durable, breathable, and wind-proof. Modern waterproof/ breathable fabrics wick moisture through small pores between the material fibres. Cotton wicks moisture right through the fibres themselves, making for a much more breathable fabric. We use a naturally windproof tight-weave canvas, which we pre-shrink to tighten the weave further. Our anoraks are sized large to protect the large muscles of your thighs, and accommodate lots of layers underneath – even a down jacket for those frigidly cold lunch stops!

We think a coyote fur ruff is essential for a good anorak hood, so these come standard on all our anoraks. Fur ruffs are not just for looking good (but it helps that they do!), the fur actually traps warm air inside the hood, creating a comfortable micro climate in front of your face. Say good bye to your icy balaclava!



Illustration 1: Dave, cozy and happy in his (rarely) clean anorak!

0.1 DIY Benefits

There is something very special about creating your own functional outerwear that will cover two-thirds of your body and keep you comfortable in the harshest winter climate (given adequate insulating layers of course!). Your new anorak will cover you from head to knees, and provide you with years and years of service. And if you've never sewn before, our hope is that this project will teach you how and provide you the confidence to tackle any number of custom projects in the future.



Illustration 2: Follow the steps - even Hendrix can do it!

1.0 Getting Prepared

1.1 Kit Contents:

Anorak Kits from Lure of the North come with the canvas pre-shrunk and all the pattern pieces pre-cut to the appropriate size. Please use the photo and list below to ID all of your pieces:

- These instructions;
- Decorative Ribbon (~ 111" or 2.3m);
- Velcro (~ 15" or 39cm);
- 1" x 5" Light cotton ribbon used as a 'hanging loop';
- The following pattern pieces all pre-shrunk and pre-cut:
 - 1 x Front (you can differentiate the front from the back by the lower neckline on the front);
 - 1 x Back;
 - 2 x Sleeves;
 - 4 x Hood Sides;
 - 2 x Hood Centres;
 - 2 x Wrist Tabs & 1 x Hood Tab;
 - 1 x Pocket;
 - 2 x Pocket Flaps
 - 1 x Neck Gusset;
- Scrap canvas, used to test stitch tension, etc;



Illustration 3: All the components necessary for a complete anorak - see the appendix for a larger image.

1.2 Items Not Provided



Illustration 4: Some standard sewing implements and a nice working environment are all that you need!

You will need to supply all (or most) of the following to complete your anorak:

- Standard household sewing machine (in good repair!);
- Thread (we use Gutterman, 100% polyester thread):
 - Colour #22 (cream) matches the cream canvas really well;
 - Colour #10 (black) works with most of our ribbons;
 - Colour #20 (white) matches the Velcro;
- A couple of bobbins;
- Iron and board;
- Stitch ripper (doh!);
- Scissors, straight-edge, pencil, measuring tape;
- A spacious, comfortable working environment.

1.3 Prepare Your Work Area

As noted in the section above, a spacious, comfortable working area is an important part of getting this project done in an enjoyable, and timely manner. If you're lucky enough to have a large area to dedicate to the project, do so. The anorak is a large sewing project, with a relatively heavy material (this ain't no lacy dress!), so a big table to work on really helps. You will be travelling back and forth between the sewing table and the ironing board frequently, so having the two close at hand really helps. And of course, good lighting goes without saying. If, you're particularly lucky (as I was when writing these instructions), you can have the pleasure of sewing your anorak while weathering winter temperatures in a canvas tent. This way, you can muse endlessly about the joys of sewing a cotton shelter for your body, while sheltered behind cotton walls!

1.4 A Note About Instructional Limitations

With these instructions we are endeavouring to present a pretty significant sewing project in a way that will make it accessible for novice or even non-sewers. However, discussing the idiosyncrasies of different sewing machines is beyond the scope of this booklet. For some basic primers on sewing, and sewing machines there is a wealth of information available online or in your manual. Or better yet, find a friend who knows how to sew to explain some of the basic concepts to you. Believe it or not, you have at least one friend who knows how to sew - ask around, you may be surprised!



Illustration 5: When a machine is working well, they're fantastic tools, but when they're not...

2.0 Sewing Basics

Despite the limitations listed above, we're going to take a stab (that's a sewing pun!) at providing some basic sewing instruction.

The Lock Stitch

- A basic understanding of how a sewing machine works may prove very helpful in troubleshooting any eventual problems. Sewing machines use a "lock stitch" as shown in the diagram. That is, two independent strands of thread are passed around each other, and "lock" in the layer of the fabric.

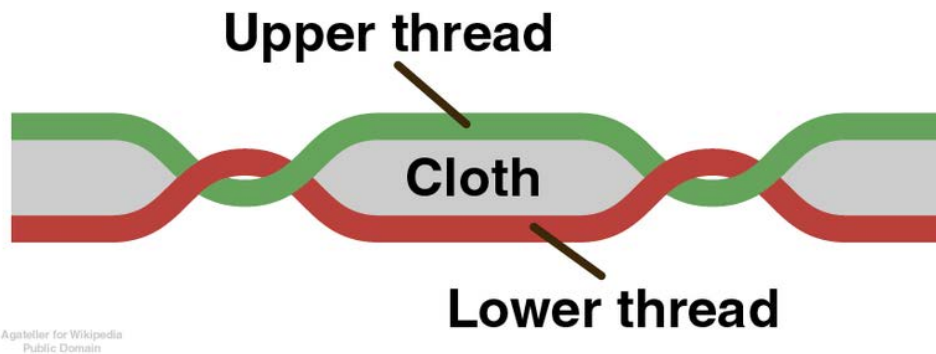


Illustration 6: Lock Stitch

- This leads us to a discussion of tension. As can be seen in the diagram above, a proper lock stitch leaves one strand on top of the cloth, and one strand below the cloth, with the "lock" happening within the fabric itself. But pull too hard on the upper thread, and the lock may happen somewhere above the fabric. Don't pull hard enough on the top strand and the lock may happen somewhere beneath the fabric. This, in essence, is what the tension dial on your machine adjusts. As you change into heavier fabrics in which you are sewing, you need to pull harder on the top strand (increase tension) to get the lock to happen cleanly where you want it. And vice-versa for lighter fabrics. Luckily for us, this project uses but one material the majority of the time. So test out your tension on the provided scrap of canvas, and then "Set it, and Forget it!". A quick search online will provide a more in depth explanation of thread tension.
- The other thing you can see from the diagram above, is that one thread is always on the top face of the fabric, and the other thread is always on the bottom face. This can be useful in selecting thread colours. For example, when sewing a black ribbon onto white canvas, you may choose to have black thread on top and white thread in your bobbin (bottom).

Stitching Standards

- For much of this project we use a 1/4" seam allowance, unless specified otherwise. That is to say, your stitches will land 1/4" from the edge of the material. Conveniently on many machines, on a standard straight stitch the needle lies 1/4" from the edge of the presser foot. Thus, you can use the edge of the presser foot as a guide against the edge of the material as you sew.
- This project uses a standard straight stitch, and top-stitch most of the time.
- While a very tight stitch (ie. reduced "stitch length" or the distance between stitches) would produce a stronger seam, it is also much harder to tear out if need be. Thus a tight stitch is not necessary and may be detrimental. Unless specified otherwise a moderate stitch length is adequate.
- The top-stitch is the standard finish for our seams, and will be introduced in more detail as it is encountered in the project.



Illustration 7: You and the 1/4" are going to become very familiar.

Some Sewing Terminology

- "Right" and "Wrong" sides of fabric refer to the side you intend to see, and the side you do not intend to see, respectively.
- To press is to iron.
- A hem is a folded, finished edge, or the act of creating such.

Some Made-Up Sewing Terminology

- We're not expert seamstresses, and have made up a couple of terms that we thought might be helpful in interpreting these instructions. Most notably, the "3-layer" or "open" top-stitch, and the "4-layer" or "closed" top-stitch, both of which will be introduced later. These are not standard sewing terms (that we're aware of), but we find them helpful nonetheless.

Ask a Friend

- As mentioned above, we're not expert seamstresses, but a lot of folks are - in fact you probably know a couple right in your community. If you have an expert handy, and they have a tip that they are sure is going to make your anorak even better, well they just might be right! If you try it, and it works out fantastically, we'd like to hear about it. On the other hand, if your "expert" friend tells you that sewing over pins is OK (Dave's pet peeve), politely thank them for their time and then disregard anything they may have told you.

Starting and Finishing a Seam

- Sew the first 1/2" - 1" of a seam, and then hit the reverse button on your machine to back up and sew over that section again. Continue forward until the end of the seam, at which time you will back up over the final 1/2" - 1". This locks the start and finish of the seam.

Trim Threads

- This will be mentioned once, and implied for all future steps. For a neat finished anorak, all loose threads should be trimmed. This can be done as you go, or at the completion of the project.

90 Degree Turns

- The easy way to sew around a corner, or turn 90 degrees is to sew into the corner, leave the needle down in the fabric, and bring the presser foot up. Now you can rotate the fabric around the needle. Put the presser foot back down and continue sewing in the new direction.

2.1 Common Mistakes

Some of the most common general mistakes we have noticed beginning sewers do are listed below. Specific mistakes which pertain to the project will be listed at appropriate times in the instructions:

1. **Improperly threaded needle.** It differs somewhat from machine to machine, but in all likelihood your thread does not run directly from the spool and through the eye of the needle. If in doubt, consult your manual.
2. **Improperly threaded bobbin.** A little more straight-forward, but even your bobbin needs to be threaded in a particular fashion. Again, consult your manual.
3. **Presser foot not down.** Your sewing machine is just that, a finely tuned and synchronized machine. When the needle is down the fabric does not move, when the needle is up, the fabric moves. Remember that basic fact, and allow the machine to move the fabric. You are just guiding the fabric in the right direction. If you are pushing the fabric through the machine at any point, it is likely because you have forgotten to put the foot down. All sorts of mayhem ensues.

3.0 Wrist/ Hood Tabs and Pocket Flaps

Note: Throughout this project I have used contrasting (usually black) threads to more clearly demonstrate stitch locations and seam allowances. We recommend the use of a matching thread when available. Gutterman colour #22 is a nice match to our canvas.

We start the project off nice and slow: by creating wrist tabs, a hood tab, and some pocket flaps. Your two wrist tabs and your one hood tab are identical, and will be constructed in the same manner. They will be referred to collectively as simply 'tabs' throughout this step.

1. Fold your tabs in half "hamburger-style", and your pocket flaps in half "hotdog-style", and press with the iron.
 - i. If you haven't had a hamburger or hotdog in a while, see the photo.
2. Sew up the two open sides of the tabs which are adjacent to the folded edge. Leave the edge opposite to the folded edge un-sewn. This uses the standard 1/4" seam discussed earlier.
3. Do the same for the short sides on the pocket flaps.
4. All your tabs and flaps are inside-out to begin with. Flip them right-side-out now. You can use the back of your pencil to help flip the tabs.
5. Press (with iron) tabs and flaps.
6. Top-stitch the tabs and flaps along 3 edges: the two edges that you sewed in the previous steps, plus the folded edge. You should have < 1/4" seam at this point, and you should be sewing through 4 layers of fabric - the two which are visible, plus your 2-layer seam which is tucked inside the flap or tab.
7. You still have one raw, unfinished edge on your tabs and flaps. That is OK, they will be hidden when you install these on your anorak.
8. Install "hook" Velcro (the rough side) near the folded end of all three tabs. This piece, which is 1" wide, should be cut ~ 1 1/4" long.
9. Install "hook" Velcro near the folded end of your pocket flaps. These will be ~ 1 1/2" - 2" long, and will be installed near either side of the pocket flaps, oriented parallel to the length of the flap. Longer Velcro here would be more secure, but can become cumbersome with mitts.

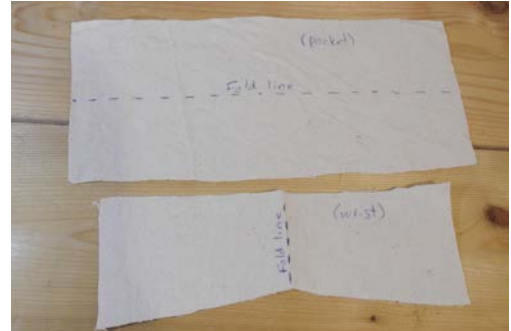


Illustration 8: Folding flaps and tabs.

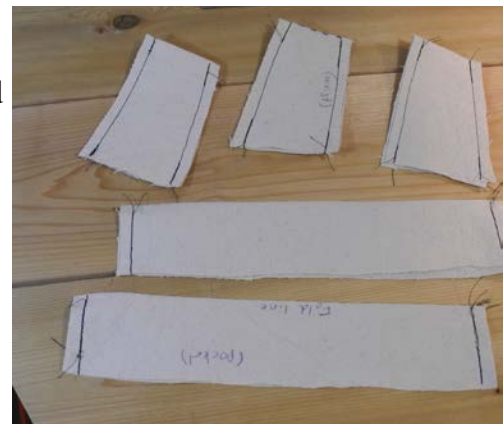


Illustration 9: Tabs and Flaps with first seams sewn.

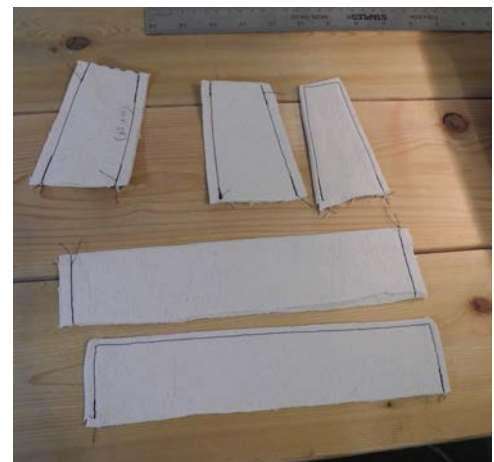


Illustration 10: Tabs and flaps. Those with stitching on three sides have already been flipped right-side-out and top-stitched.



Illustration 11: Velcro size and location on tabs and flaps. Note: "Seam allowance" has been written on the flap as a reminder that the Velcro should be pushed near the folded edge rather than being placed in the centre.

10. OPTIONAL: Decorative ribbon can be placed on a variety of locations on your anorak. Some of the most common locations include: the bottom hem; the wrist hems; and the pocket flaps. If you wish to have decorative ribbon on your pocket flaps, now is the time to do so.
 - i. Cut ribbon slightly longer than the length of your pocket flaps;
 - ii. Fold under the unfinished ends of your ribbon, and pin to your pocket flap. This should be on the face opposite the Velcro. As with the Velcro, this should be closer to the folded edge of the pocket flap to accommodate the eventual seam allowance.
 - iii. Change threads as necessary to match ribbon;
 - iv. Sew the perimeter of the ribbon.



Illustration 12: Properly folded and pinned ribbon.

4.0 Prepare the Pocket

We're continuing to *ease* into the project here (another sewing pun!), by preparing our big front pocket.

1. Create ~ 3/8" (1cm) hem on the edge of the pocket by folding in the edge all the way around the pocket and pressing with the iron.
2. Sew the hem down all the way 'round the pocket.
3. If you can see the folded canvas, you are currently looking at the "wrong" side of your canvas. Flip it over to see the "right" side.
4. Lay your nearly complete pocket flaps over the 'opening' of your pocket to determine the correct locations for the Velcro on the pocket. The diagram at right gives an example. Please note: that there is a seam allowance in the pocket flap, so it will not overlap the pocket as much as you might first think. Push the Velcro on your pocket close to the edge as shown to right.
5. Install "loop" (soft) Velcro on your pocket in the locations determined in the previous step. That is 4 pieces of Velcro in total.

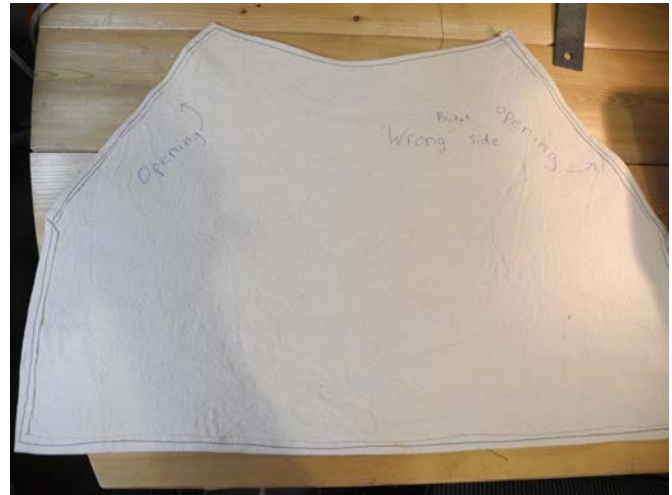


Illustration 13: A view of the "wrong" side of the front pocket with eventual pocket openings identified.



Illustration 14: Determining pocket Velcro locations.

5.0 Prepare the Front Piece

5.1 Install the Pocket

In this step you will prepare the front of your anorak by sewing on the pocket and pocket flaps.

1. Determine the location of your pocket. We may have put a pencil mark somewhere on the front of your anorak to indicate the pocket's location, OR if not, you can determine as such:
 - i. Hold the anorak front in front of you, with the neck line tucked under your chin up to your neck. You can hold the anorak front in place with your chin.
 - ii. The top of the pocket should land right around the bottom of your sternum (breastbone). Place a mark with a pencil to indicate this location.
2. Line up the pocket on the anorak front. Make sure the pocket is not twisted or skewed on the anorak. The easiest way to do this is to fold the pocket in half and unfold to create a crease that runs vertically up the middle of the pocket. Do the same with the anorak. Now you can line up the creases.
3. Sew the pocket onto the anorak front. You do not need the usual 1/4" seam allowance here, instead you will be sewing right through the hem you created on the pocket earlier. Ie. you will be sewing through 2 layers of pocket and 1 layer of anorak front.

** The pocket is sewn on with two separate seams. One along the top, and a second seam along the bottom half of the pocket. Remember to leave the angled sections along the sides of the pocket open for your hands! This is indicated in an illustration in the above section.
4. Partially split the pocket into 2 pouches by adding a line of stitching up the middle. This stitching does not extend the full height of the pocket, rather it is about 2/5ths - 1/2 the height of the pocket. (See photo). This provides two pouches, but retains the ability to 'reach-through' from one pouch to the other.
5. Reinforce the top of the pocket seam by adding ~ 1/4" of tight zig-zag stitching to the top of the seam:
 - i. Set your stitch selector to a zig-zag stitch;
 - ii. reduce the length (to < 1); and
 - iii. increase the width (to 5).
 - iv. Sew ~ 1/4" of stitches.



5.2 Pocket Flaps

1. Align one pocket flap with your pocket. Place the "right" side of the flap on the "right" side of the anorak front. You should be looking at the "wrong" side of the flap, with the Velcro oriented away from the pocket itself. See photo.
2. Sew the flap down with a standard 1/4" seam allowance. Your stitching should extend just beyond the flap at either end to reduce the likelihood of stitches lifting at that location.
3. Flip your pocket flap; align it with the Velcro on the pocket; press and top-stitch. Again, your stitching should extend beyond the flap at either end.
4. Repeat for the other flap.

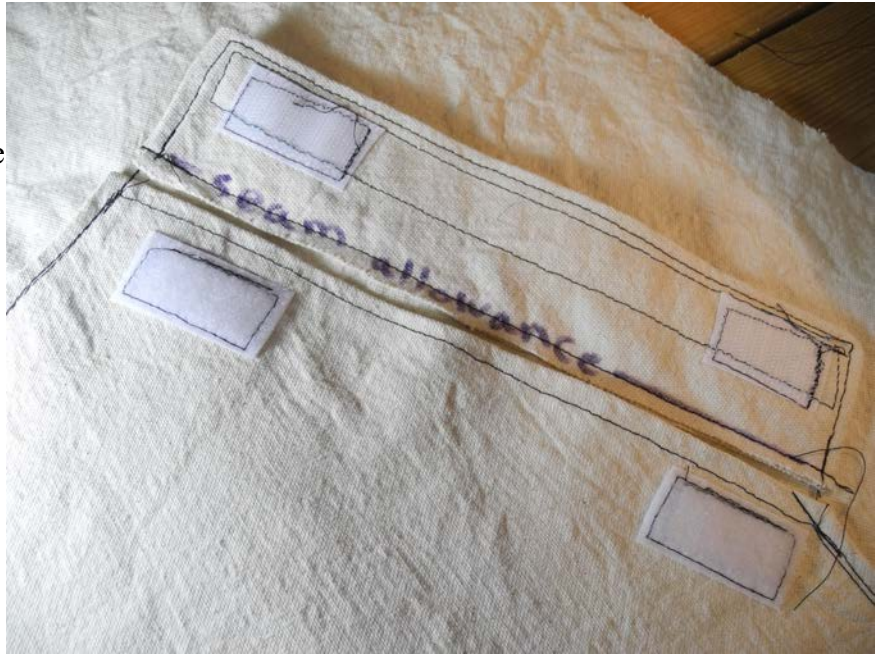


Illustration 15: The pocket flap, BEFORE top-stitching.



Illustration 16: Pocket flap AFTER top-stitching.

6.0 The Hood

The hood is the only aspect of this project which is double layered. This adds some 'body' and rigidity to the hood. You begin by creating two independent hoods and will sew them together near the end of this step.

6.1 Creating the Hood Layers

Each layer of the hood is composed of three parts: two identical 'sides' and one 'centre'. Please note that the centre is asymmetrical, with the two short edges being different lengths. The longer short edge is the 'face' edge, while the shorter one is the 'neck' edge.

1. Carefully pin one hood side to the hood centre, ensuring the long edge is oriented towards the face as described above. You should use quite a few pins for this step because you are forcing the rounded 'side' to match the relatively straight 'centre';
 - i. You may find the pieces do not match exactly. If at any point pieces are way off in this project, you should double check that you have not made a mistake. However, if they are only slightly off, sewing people have a term called "easing" which is a nice way of saying "stretch it until it works the way you want it to".
2. Sew with your standard 1/4" seam.
 - i. As mentioned above, the side and centre do not naturally want to lay together, and will have a tendency to shift apart as you sew them if you are not careful. Take the time to ensure that you maintain the 1/4" seam on both pieces of fabric. Ie. you don't want to have a 1/4" seam on the 'centre', and later realize that you've only caught 1/8" on the 'side'.
3. Flip the hood right-side-out and top-stitch the seam you just created.
 - i. This top-stitch is somewhat different than the 'closed' or '4-layer' top stitches you have done previously. To help differentiate we refer to this top-stitch as an 'open' or '3-layer' top-stitch.
 - ii. The difference is (you guessed it!) you will only be sewing through three layers of fabric here and not four. So instead of flipping your newly created seam over 180 degrees, you will begin by opening the seam up - that is, stretch it apart;
 - iii. Flip the 1/4" of material that forms the seam to one side or another, and sew through 1 layer of your hood and 2 layers of the seam.
 - iv. If you're having trouble comprehending the top-stitch, please see this site: <http://www.themotherhuddle.com/topstitching-101-the-what-and-how-of-a-topstitch/>
 - v. If your hood can lay open and the seam is flat, you have done a correct 3-layer top-stitch. If you have given your hood a little mohawk, then you have probably done a 4-layer top-stitch. Get the stitch ripper!
4. Repeat steps 1 - 3 to join the other side to the centre. You now have a single layer hood (of sorts)!
5. Repeat steps 1 - 4 for the other hood layer;



Illustration 17: The hood seam completed in Step 2.



Illustration 18: The hood flipped right-side-out, but not yet top-stitched



Illustration 19: The hood, top-stitched in Step 3.

6. **OPTIONAL:** Our first anoraks had a drawstring in the hood to tighten it around the face. We have since dropped this drawstring since the inclusion of fur seemed to largely preclude the need to cinch the hood. However brief instructions are provided here for those that may want a drawstring.

- i. If a drawstring is desired, two buttonholes (or eyelets, etc) need to be installed into one layer of the hood before the two layers are sewn together.
- ii. The recommended location of these buttonholes is shown in the photo at right.
- iii. Note the buttonhole should be just greater than 1/2" away from the edge of the hood. This is because you will lose 1/4" in the seam that will join the two hood layers, plus ~ another 1/4" when you top-stitch that seam. So place your buttonhole too high, and it will get lost in the seam.

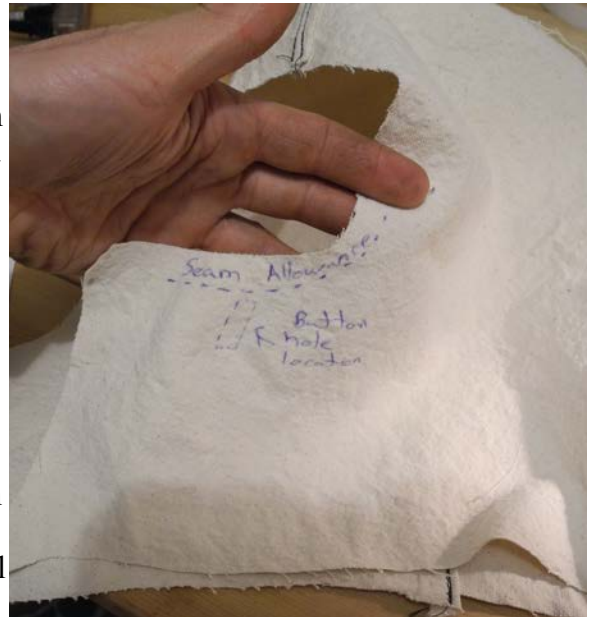


Illustration 20: Suggested buttonhole location.

- iv. Use the automatic buttonhole function on your machine, or install a metal eyelet/ grommet. Since this is no longer a standard part of our anoraks, better buttonholing instruction will have to wait until a future edition of this booklet.

6.2 Joining the Two Hood Layers

1. Place the "right" sides of the hood layers together. That is, you should see the "wrong" sides (or the unfinished seam edges) on both the inside and the outside of the hood.
2. Using your standard 1/4" seam, sew up the entire "face" edge of the hood. Ie. everything but the bottom "neck" edge.
3. Flip the hood right-side-out, and top-stitch the seam you just created. This is the "4-layer" or "closed" top-stitch.
4. **OPTIONAL:** If you are planning to install a drawstring you will have your buttonholes (installed previously) on the outer layers of your hood, and they will be just below the top-stitch which you just created.
 - i. Run a second top-stitch around the face edge of the hood, this time just *below* the buttonholes. That is, your top-stitch will not capture the seam you created, but instead will be about 3/4" away from the seam.
 - ii. You are creating a 'tunnel' through which your drawstring will eventually run.
5. The photo below shows a finished hood which has been top-stitched along the face edge. You can also faintly see pen marks which delineate where a buttonhole would be and the second top-stitch, if this example were destined for a drawstring.



Illustration 21: The finished hood, and the faint markings suggesting buttonhole and second 'tunnel' locations.

6.3 Adding the Hood Tab

New for 2014! The hood tab is a simple Velcro tab installed on the top of the hood which is used to adjust hood depth. When the wind is up on a big lake, you'll want the full depth of your hood, but when the wind isn't up, you can use the hood tab to pull the hood back and keep fur out of your eyes. The hood tab is installed much the same as the pocket flaps were earlier - that is, you will start with it pointing the wrong way then stitch, flip and top-stitch.

1. Place the hood tab on the top of the hood with the "Right" sides together, and the tab facing the rear of the hood. The tab should be centred in the hood, and near the back of the hood, just before the hood starts to turn down around the crown of the head. The Velcro on the tab will be facing up at this point. See the photo.
2. Sew the tab to the hood with a 1/4" seam. As before, your seam will be stronger if you go past the tab on both ends of the seam.
3. Flip the tab over, and top-stitch as with the pocket flaps.
4. Add a line of "loop" (soft) Velcro to the hood. This should start where the Velcro on the hood tab naturally lies, and should continue forward from there. Stop the Velcro approximately 3/4" of an inch from the edge of the hood to allow room for fur later.



Illustration 22: Hood Tab approximate location.

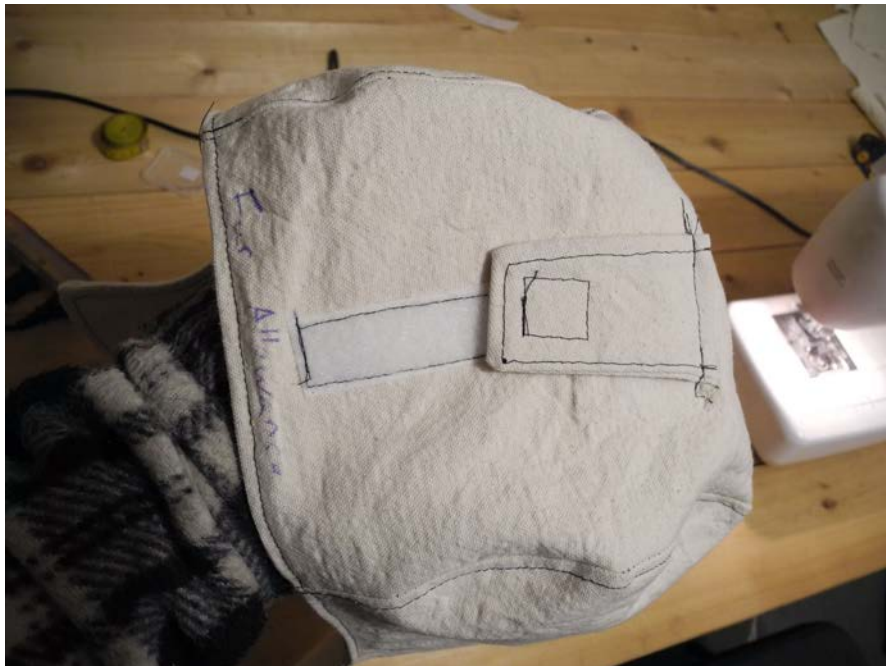


Illustration 23: Completed hood with hood tab and Velcro.

7.0 Join Front and Back Pieces

This step gets the award for greatest satisfaction for least effort. It could have been performed before the hood, but we didn't want you to get too excited too quickly!

1. Pin the "front" and "back" pieces together at the shoulders with the "right" sides together. (Note: your back does not have a specific "right" or "wrong" side yet as both faces are identical, but of course the "right" side of your "front" is the face with the pocket).
2. Sew the shoulder seams with standard 1/4".
3. Flip and 3-layer ("open") top-stitch. Remember if you have a mohawk or spiky shoulder pads, you have done a 4-layer top-stitch. The seam should lay flat and open.
4. Voila, you have a cape!



Illustration 24: Kielyn takes a rest on a sunny winter day.

8.0 Attaching the Hood

Before attaching the hood you will cut open the front of your anorak. This will be filled out with your neck gusset later.

Extra care is required for this step to ensure both layers of the hood are captured in the seam.

1. Find the centre of the front of your anorak (most easily accomplished with a fold and crease).
2. Cut the front centre of the anorak from the neck down towards the pocket.

Caution: This cut should not extend all the way to your pocket, and should be shorter than your neck gusset by at least 1". See the photo.

3. Pin the hood to the neck portion of the main body, with the "Right" sides together and the hood hanging down on the back of the body.

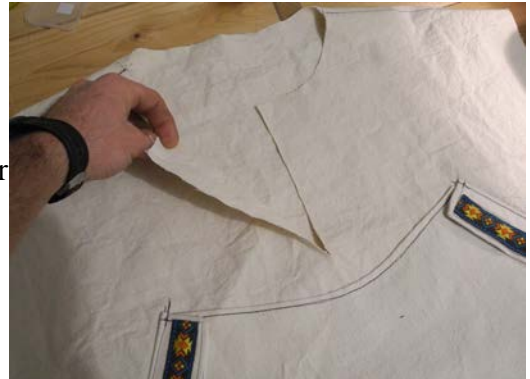


Illustration 25: Opening the neck of the anorak.

- i. This is most easily done by first finding the centre of the hood, and the centre of the back of the anorak. That way you can start pinning at the centres and ensure the hood is well aligned on the anorak body.
- ii. Take extra care to capture both layers of hood when pinning. Because the hood is double-layered, if the layers shift and you are not aware of it, you may sew the hood seam, and flip it open to realize that you have only sewn one layer of the hood.
- iii. The hood may be slightly shorter than the anorak body. That is fine. Leave it centred on the body, so that you have small flaps of the body which protrude beyond the hood at the front of the anorak. In fact, if this is the case with your anorak, you will find it easier to fold and hem the neck slits on your anorak later.
- iv. In addition to all of the above, now is the time to add the 1" cotton "hangy loop" to the back of your anorak. This is folded in half, and the two open ends are inserted between the hood and anorak, so that they will be captured in the seam when the hood is sewn. To ensure this lip does not just slip out when you start to sew, it is best to insert it so it protrudes *beyond* the hood seam. Excess can always be trimmed later.



Illustration 26: Pinning the anorak hood to body. Note the short cotton "hangy loop" tails protruding past the seam.

4. Carefully sew the hood using 1/4" seam. Check regularly to ensure both layers of hood are being captured.
5. Flip the hood and 3-layer ("open") top-stitch.

9.0 The Neck Gusset

If Section 7 had the greatest reward for least effort, this step perhaps has the opposite distinction.

9.1 Hemming and Trimming

1. Fold, press and sew a hem at the top of the gusset (as was performed on the pocket earlier). The clean face of the gusset has now become the "Right" side.
2. Fold, press and sew hems at the sides of the gusset. These hems are flipped to the "Right" side of the gusset. I.e. they were flipped to the opposite face as the top hem.
3. Fold, press and sew hems along both sides of the neck slit. (These should be folded inwards).
4. **OPTIONAL:** At times we have added a soft, short fur (like beaver or rabbit) to the inside of the top half of the gusset. This adds a nice bit of comfort in which to snuggle your chin, but it also somewhat reduces the ability of the anorak to vent warm, moist air when working hard. Because it is not a standard addition to our anoraks, it will have to wait for a future edition for more thorough instructions. For now the instructions for adding the hood ruff should be informative.
5. **OPTIONAL:** The top of the gusset is one location that you may want to add decorative ribbon. It is less standard for us than the wrists; bottom hem and pocket flaps, but has been added in the example shown here.



Illustration 27: The gusset, hemmed and trimmed. You may notice that the side hems are actually folded to the front or "right" side.

9.2 Attaching to Body

1. The gusset is oriented on the inside of the neck slit, and aligned with the top edge of the front of the anorak. At the top of the anorak, the gusset should overlap the front of the hood by about 2". This creates a 2" flap on either side of the gusset to which you will later add Velcro closures for windy conditions. Again a photo here is probably worth many words, so please see the one on the following page for more details on the gusset location.
 - i. You will find these steps much easier if performed with the anorak inside-out.
 - ii. You may find it helpful to place the gusset on the inside of the anorak body and trace the outline as shown in the photo - this will give you guidelines when pinning the gusset in place.
 - iii. You may find that the gusset extends into the top of the pocket slightly - this is not a problem.

2. Pin the gusset in place, and sew. You do not need a 1/4" seam here, instead sew right over the gusset hem that you created earlier.
3. Flip the anorak right-side-out.
4. Finish the gusset by adding some wide, tight (ie. high stitch width, low stitch length) zig-zag stitches at the bottom of the neck slit. This serves two purposes:
 - i. It prevents the bottom of the neck slit from fraying or opening further;
 - ii. closes off the little 'pocket' at the bottom of the gusset which may have collected snow, dirt, etc.
 - iii. You can see these tacks at the bottom of the photo to the right.



Illustration 28: The gusset location, outlined in ink.



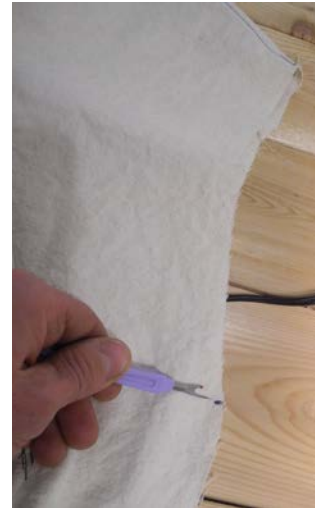
Illustration 29: The finished gusset. Note the zig-zag closure at the bottom of the neck slit.

10.0 Sleeves

10.1 Attaching to Body

You will now join your sleeves to the anorak body. The shoulder of the sleeves is cut larger than the shoulder on the body and will be trimmed to fit.

1. First, identify the point at which you will stop sewing the sleeve to the body. As mentioned above, the sleeve is slightly larger than required, so you do not want to sew the entire sleeve to the body. The body is straight for most of its length, and then transitions to a definite curved section about 3/4" of the way to the top of the body. This curved section is where the sleeve will be attached. The transition from curved to straight is easy to ID before you start sewing the sleeve, but somehow once you start pinning and/ or sewing the sleeve it becomes harder to ID. So take a moment and put a little ink mark at this transition now so you don't miss it later. We will refer to this as Point X throughout sections 10.1 and 10.2.
2. Lay the sleeve on the body, with "Right" sides facing each other, and the shoulder on the sleeve aligned with the shoulder on the body. The wrist of the sleeve is facing towards (or more accurately beyond) the centerline of the anorak at this point.
3. Pin the sleeve to the body. Remember you will only sew to the ink marks you placed earlier, so only pin the sleeve to the curved portion of the body. You will have excess sleeve.
4. Sew the sleeve to the body with 1/4" seam.
5. Flip the sleeve over so you are looking at the "Right" side. Three-layer ("Open") top-stitch.
6. Repeat for the other sleeve.



*Illustration 30:
Marking the body to
accept the sleeve.*



*Illustration 31: The sleeve attached to the body.
Note the "extra" material at either side.*

10.2 Trimming the Sleeve to Fit

As discovered above, the shoulder seam on the sleeve is larger than the equivalent seam on the body. You will trim this off without changing the size of the wrist on the sleeve.

1. Lay the anorak out flat with the sleeve stretched to the side.
2. Align the sleeve so it is folded in half equally.
3. Pin the two halves of the sleeve together so that they do not shift while you are trimming.
4. Using a long straight-edge, draw a line from Point X (ID'd above) to the edge of the wrist. I.e. this line does not run parallel to the edge of the sleeve, but rather tapers, so that the most excess material is taken off at the shoulder, and no material is removed from the wrist. See the photo.



Illustration 32: Trimming excess sleeve material.

5. Trim along the line.
6. Repeat for the other wrist.

10.3 Closing the Sleeves and Sides

The big moment has finally arrived: your cape becomes an anorak!

1. Flip the anorak inside-out;
2. Working on just one side of the anorak: ensure the anorak is folded equally so that the sleeve edges line up nicely, as does the side edges of the anorak body;
3. Pin the two layers of the sleeve together, and continue right on down the side of the anorak, pinning the "front" and "back" of the anorak together.
4. Note: The lowest ~5" of the anorak sides do not get sewn together. This provides greater freedom of movement for longer strides or high-steps over logs without sacrificing much in the way of wind protection. Put a tick mark at this 5" point, or use a pin to remind yourself not to sew beyond it.
5. Using your standard 1/4" straight stitch, sew from the wrist all the way around the armpit and to within 5" of the lowest edge of the anorak.
6. Ideally we would do a 3-layer or "open" top-stitch here, but it is quite difficult (or impossible) to do this to the sleeve, so instead, you will finish the seam on the sleeve with a zig-zag stitch.
 - i. Set your machine to zig-zag, with a short stitch length and maximum stitch width.
 - ii. Sew along the outer edge of the seam from wrist to just beyond the armpit.
7. Flip the anorak right-side-out, and 3-layer ("open") top-stitch the remainder of the seam. I.e. from the armpit to the bottom of the anorak.
8. Repeat with the other sleeve.



Illustration 33: Finishing the sleeve hem with a zig-zag stitch.

11.0 Hemming and Trimming

The finishing touches will really transform this mass of canvas into a beautiful anorak!

11.1 The Wrists

Hemming

1. Fold the unfinished wrist edge inwards two times to create a nice finished hem. (Ie. if done correctly the unfinished wrist edge is folded inside the fold, so that it is not visible on either the inside or outside of the anorak).
 - i. This is your opportunity to fine-tune the fit of your anorak. So try it on and adjust the size of wrist hem as necessary to get the appropriate length. We like an anorak that hangs past our wrists, to about our knuckles. The anoraks are designed to be worn over mittens, and the long sleeves help protect the wrists.
2. Press the hem with the iron;
3. Sew in place with straight stitch.



Illustration 34: A double-folded hem.

Ribbon

1. If desired, add decorative ribbon to the wrist edges. This will be just back from the edge of the wrist, and should overlap itself as it completes the 360 degrees. Tuck the top flap of ribbon underneath itself to create a nice finished edge (as described/ shown for the pocket flap earlier).
2. Pin in place and sew with a straight stitch.

Wrist Tabs

The wrist tabs work much the same way as the hood tab installed earlier.

1. It may help to work out how the finished wrist tab will be oriented before you begin sewing. Essentially you want the wrist tab to close across your palm, as opposed to across the back of your wrist. In this way, you will be able to grasp your sleeve with the hand that you are tightening, while tightening the Velcro with the other hand. This is more cumbersome if the Velcro runs across the back of your hand.
2. Orient the wrist tab into the 'finished' position as described above, then 'open' the wrist tab all the way up so that you have flipped it 180 degrees. It should now be pointing the opposite direction that it started in, and you should now be looking at the "wrong" side of the tab (ie. the one with the Velcro).
3. Sew the tab in its current orientation, with the "wrong" side facing up.
4. Flip the tab right-side-out and top-stitch.

5. With the wrist tab in the 'neutral' position, place a piece of loop (soft) Velcro that is ~ 1" long. Sew this Velcro in place. This is designed to keep the wrist tab from flapping when it is in the neutral position.
6. Add a second strip of Velcro in front of and inline with the wrist tab. This is a longer (say 3") piece of Velcro, which provides a nice large target for cinching up the wrist tab with mittens on. **Note:** The image below shows Velcro which has been turned sideways to create an even larger target for the wrist tab. This can be done but is not really necessary.
7. Sew the second piece of Velcro in place.



Illustration 35: Wrist tab ready to be sewn.



Illustration 36: Wrist tab after top-stitching.



Illustration 37: Wrist tab completed.

Repeat all of the above (hemming, ribbon and tabs) for the other wrist.

11.2 The Bottom Edge

Hemming

1. Create hems by folding in the edges of the 5" sections at the bottom of the sides which were not closed up when you closed the rest of the anorak sleeves and body.
2. Press in place, and sew.
3. As with the wrist hems, fold the bottom edge of the anorak twice to create a nice finished hem.
 - i. Also as with the wrists, this is your opportunity to adjust the fit of your anorak. We like our anoraks to cover the majority of our thighs, but not hang to our knees.
4. Press in place and sew the hem.
5. Repeat for the back of the anorak.

Ribbon

1. Ribbon can be added to the bottom hem of the anorak, usually to both the front and back pieces.
2. This is pinned in place just above the bottom edge of the anorak and sewn with a straight stitch.

You can finish the edges of the ribbon by tucking under as done previously, or you can continue the ribbon around the edge of the anorak to have it finish on the "Wrong" sides of the front and back.

Velcro

1. **OPTIONAL:** In the past we have added small squares of Velcro along the 5" slits at the bottom of the sides of the anorak. If these are small enough (say 1" by 1 1/2"), they will tend to cling and close naturally, but if you take a high step, the short Velcro is weak enough to pop open easily to accommodate. However we have not found these to be particularly necessary.

11.3 Throat Closures

When you installed the throat gusset earlier, you left (hopefully!) ~ 2" flaps of the hood that extend beyond the gusset. You will now install Velcro on those flaps to provide a means of closing up the hood in windy conditions.

1. Install an ~ 2 1/2" - 3" piece of Velcro on one flap facing outwards.
2. Install the same length of the opposite Velcro on the opposite flap facing inwards.



Illustration 38: The gusset closures.



Illustration 39: The gusset closed.

12.0 Adding a Fur Ruff

If you aren't adding a fur ruff - you're done! Continue onto Step 13. But be warned, you'll be back - they all come back!

1. Your strip of fur has been provided with some binding tape pre-installed. If you have fur without binding tape, you may find it easiest to start by machine sewing on a strip of light cotton 1" ribbon to both long sides of the fur strip.
2. Centre the fur on your hood. That is, find the centre of the fur, and find the centre of your hood, and then check the fit around your hood, so you know where to start attaching your fur. Otherwise you may have more fur on one side of your face than the other.
 - i. Note: the fur just comes around the side of your face, and terminates usually about where the hood takes a sharp jog underneath your chin. This way you have more freedom of vision/ movement when the gusset is open, but when you close your gusset the fur will wrap down near your chin.
3. Lay the fur on the hood, "right" side to "right" side. That is, the fur should be laying against the hood, so that you are looking at the skin. The fur will be aligned on the hood so that it is facing the back of the hood.
 - i. This is similar in concept to how the wrist/ hood tabs and pocket flaps were installed. That is, you are going to sew and then flip.
4. Adjust the fur forwards or backwards on the hood so that once the fur is flipped, you will have more of the fur on the inside of the hood than the outside. Say 1 1/4" on the inside, and 3/4" on the outside.
5. Pin the fur in place. Use plenty of pins to get the strip to follow the curved hood nicely.
6. Using a straight stitch, sew the binding tape to the hood.
7. Flip the fur right side up around the front edge of the hood.
 - i. If done properly the fur on the inside of the hood should extend beyond that on the outside.
 - ii. If it is shorter, you are going to have trouble sewing this inside seam cleanly without disrupting the fur on the outside of the hood.
8. Turn the hood inside out and pin the binding tape in place.
 - i. As mentioned, your fur on the inside should extend beyond the fur on the outside.
 - ii. Use plenty of pins as necessary to do a neat job.
9. Sew with a straight stitch. Take your time and go slow. This section can be more difficult than the outer fur seam.

13.0 Enjoy!

Get out there and use your new anorak - preferably for multiple days on end!



Happy Crafting!
www.lureofthenorth.com

Appendix 1: Kit Contents

