

Heart Warmers



Shirley Adams

This project was originally introduced in the Sewing Connection Series 12, which in turn was based on the Bog Coat from Series 9.



Heart Warmers

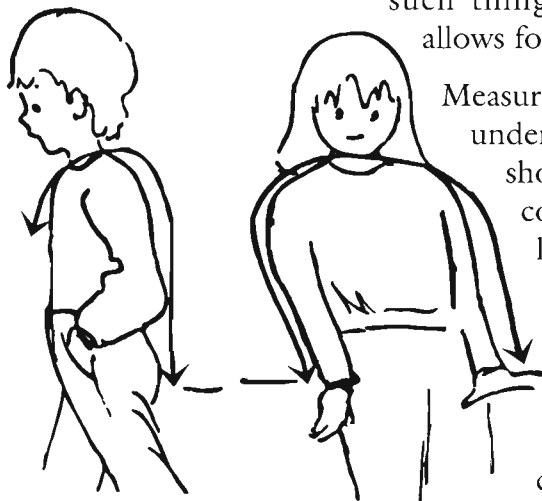
All throughout the Sewing Connection programs, I used the ancient Bog Coat technique to create an endless rack of fashion. This technique is over 4000 years old and is still in style.

This time, we are going to make an endless rack of coats for kids. Need knows no era so if you or your service organization are looking for a great yet easy project that will provide maximum impact, you must make these coats.

Consider organizations like the YMCA, the Salvation Army, your local food banks, Kiwanis, DECA, the Red Cross, etc., as they can provide information on how many coats would be of help. Even one coat would cloth a child during the cold. Imagine if you could secure donations not only of time, but also of supplies and funding to buy supplies. Before I get too excited, let us take a look at *how* to make these coats.

Choose a polar type fleece for warmth and ease of construction. You can purchase this at your local fabric store or even online in bulk.

Just like the Bog Coat, this is patternless so just requires a few measurements. With arms down, measure from one wrist up to the shoulder, across to the other shoulder and down to the other wrist. This is the width of fabric needed. Incorporate fold-up cuffs by adding 4" to 6" extra just in case the little one does not have gloves - you know how kids are always losing such things. This extra also allows for a bit of growth.

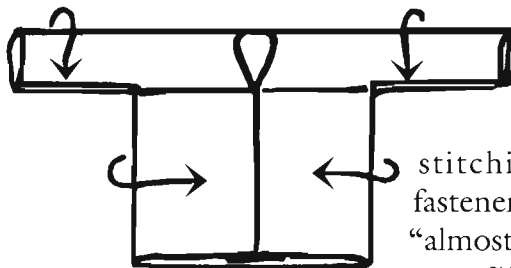


Measure from front chest at underarm level, over the shoulder, then down to cover torso. Buy this length of fabric. My sample coat for a size 4 to 6 child required only 2/3 yard of 60" fabric. See the last page for quick estimate chart.

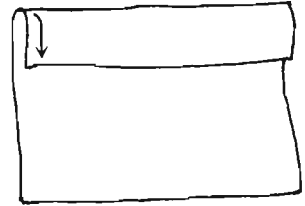
Cut your flat fabric from both sides about half way to the center.

Remove a teardrop from the center top. Fold the top down, the sides around, and you have a warm coat! Well, almost.

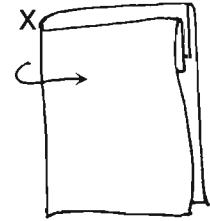
Complete with a little stitching, collar, pockets, fasteners, decoration. I *did say* "almost."



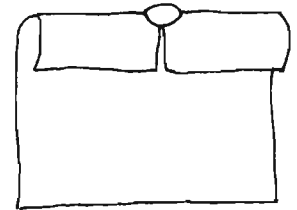
enough for sleeve width



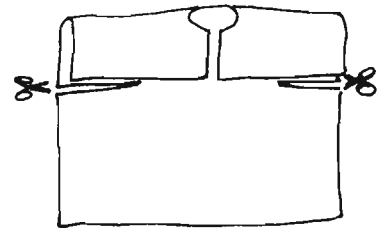
fold to find center



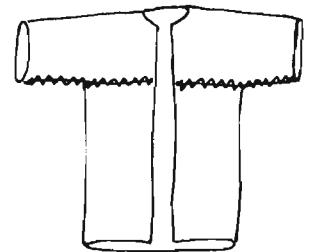
cut center front and a neckline oval



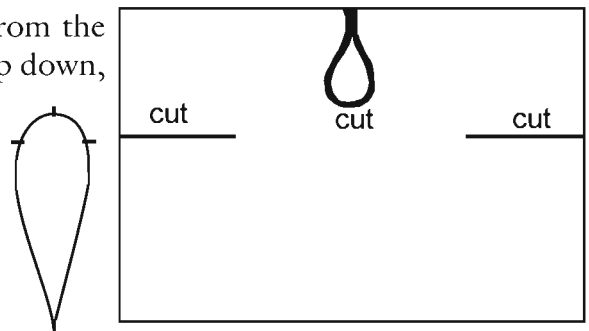
cut half way to center on each side



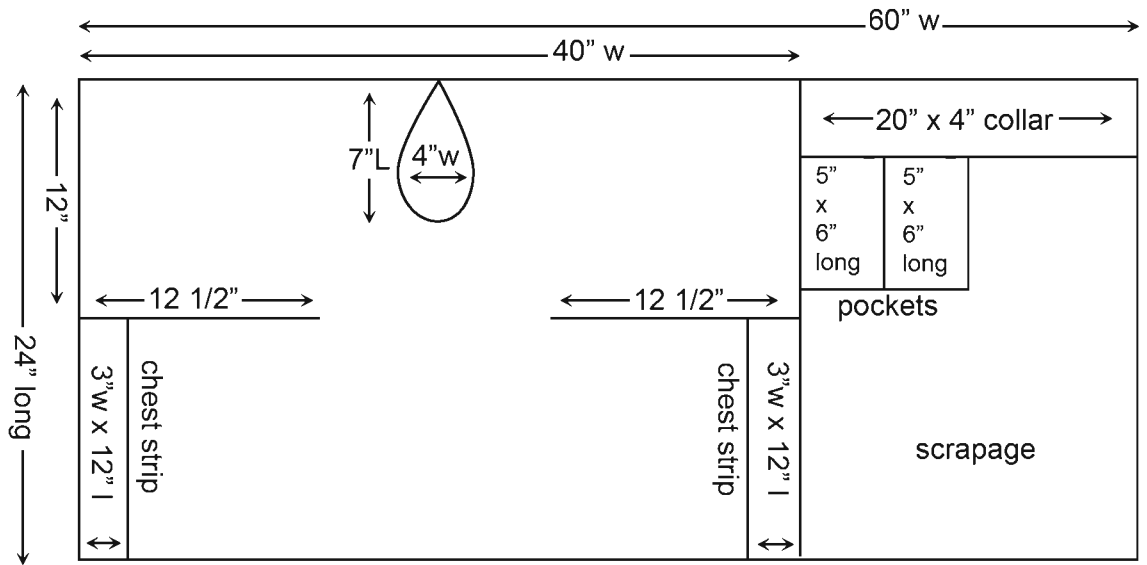
fold sides to center



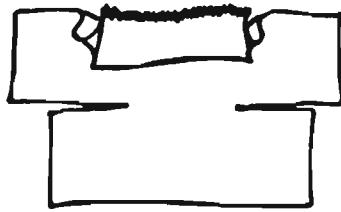
attach top to bottom, stitch under-arms and finish edges



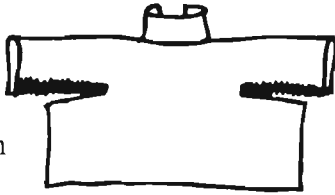
1. Lay out fabric as diagrammed and sketch cut lines. Separate 60" panel into 40" body and 20" collar if your measurements allow. Cut out separate pieces as marked for collar, pockets, chest strips, and teardrop neck hole.



2. Serge right side of collar edge to wrong side of neckline. Trim off excess collar at end.



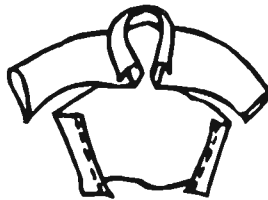
3. Turn sleeves right sides together and serge. Press all three serged areas. Turn sleeves right side out.



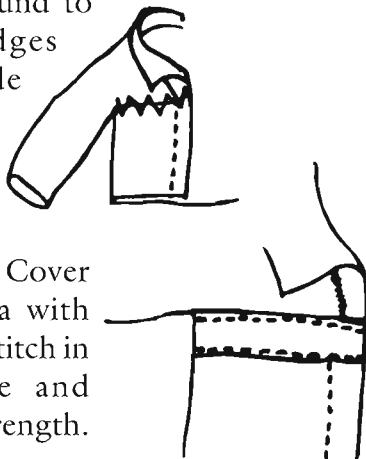
4. Fold pocket pieces down 1 1/2" at top and topstitch in place.



5. Turn under 2" of each center front edge. Stitch in place for facings.

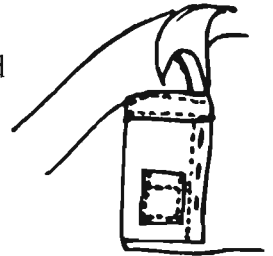


6. Fold coat sides around to front. Butt edges together, and wide zigzag to connect upper and lower coat areas. This joining will slightly extend into collar. Cover this zigzagged area with chest strips and topstitch in place both above and below joining for strength. Trim off excess.



7. Stitch patch pockets in place.

8. Construct buttonholes and sew on buttons or clamp on gripper snaps.

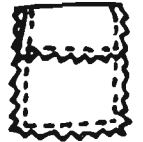


The basic bog coat.

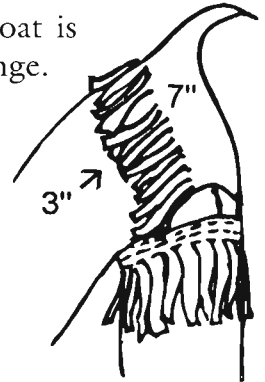
Options

Option numbers refer to the previous steps where you will perform these changes.

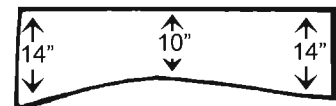
1. Cut bottom edges, pockets and collar edges with pinking shears or a pinking rotary blade.



1. Cut collar 7" high. After coat is finished, slash 3" deep for fringe.

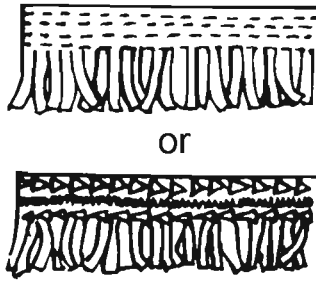


1. Cut collar 10" high, higher at lower ends. Sew top edges together for hood.

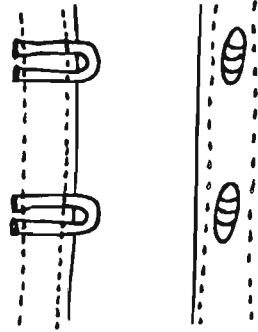


4. Before final assembly, decoratively stitch or machine embroider pictures, patches, just about anything on the pockets or center fronts.

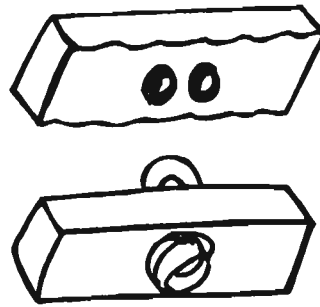
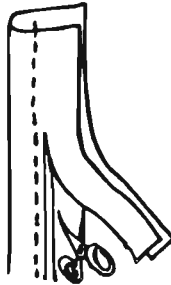
6. From the excess fabric in the 20" panel area labeled "scrap," cut 4" wide strips to cover joinings and stitch in place. Slash up to stitching line for fringes.



8. Make these toggle buttons by folding a strip of polar fleece in half lengthwise, stitching a scant $\frac{1}{4}$ " from fold, trim off close to stitching line.



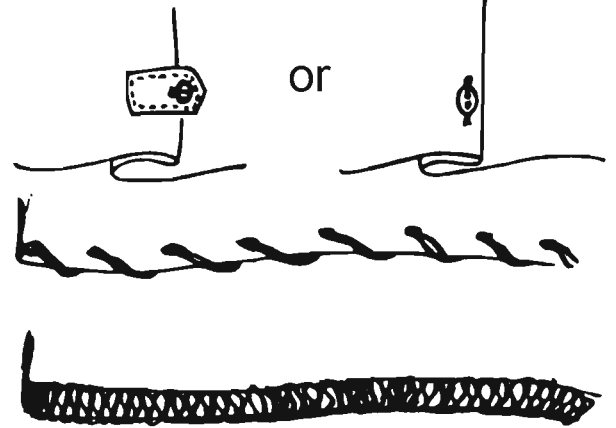
Topstitch folds of these strips on the coat front leaving edge loop large enough for your buttons.



My toggle buttons had large holes. Rather than sewing on with thread, I made (as the loops above) stitched strips. Push the ends through to the front side leaving a loop on the backside that will allow them to dangle. The knot

tied on front side has several hand stitches going back and forth so it cannot come untied. Cut strip ends off short.

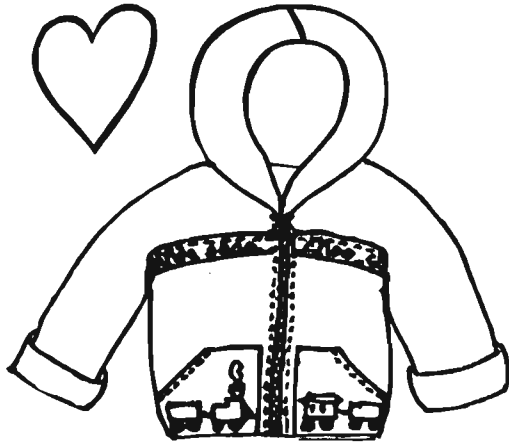
Make the lower edge more fitted by adding a tab and button on each side to hold a fold in place. Lower edges could be laced, flat locked, etc. Elastic?



Embroider, appliqué, add all manner of fun as you wish. Pretty fabric colors can carry the whole project as well. Just remember that where there is a sewer, there should not be a cold child.



this chart is adapted from the
Sewing Connection Series 12



Estimate Chart

garment circumference	garment length	45" or 60" yardage, No Seams Included
28 $\frac{1}{2}$ "	14 $\frac{1}{4}$ "	$\frac{7}{8}$ yd
31 $\frac{1}{4}$ "	15 $\frac{5}{8}$ "	1
34"	17"	1
37"	18 $\frac{1}{2}$ "	1 $\frac{1}{8}$
39 $\frac{3}{4}$ "	19 $\frac{7}{8}$ "	1 $\frac{1}{4}$
41 $\frac{1}{2}$ "	21 $\frac{1}{4}$ "	1 $\frac{1}{4}$
45 $\frac{1}{4}$ "	22 $\frac{5}{8}$ "	1 $\frac{1}{3}$
48"	24"	1 $\frac{1}{2}$
51"	25 $\frac{1}{2}$ "	1 $\frac{1}{2}$
54"	27"	1 $\frac{5}{8}$
56 $\frac{1}{2}$ "	28 $\frac{1}{4}$ "	1 $\frac{2}{3}$
59 $\frac{1}{2}$ "	29 $\frac{3}{4}$ "	1 $\frac{3}{4}$
62 $\frac{1}{2}$ "	31 $\frac{1}{4}$ "	1 $\frac{7}{8}$