

## Super Hero Cape

“Send hope, faith, and love to children living in shelters across the country. Capes for Kids represents hope. Since every cape is unique and handmade with love, each child who receives one will feel their own superpowers, and know that they have the strength and ability to create whatever they want for their lives.”

Use this easy to sew cape pattern to make a cape that will ignite the imagination and creativity of a small child. Butterfly appliqué for Spirit Girl, Star(s) appliqués for Adventure Boy, and Lightning Bolt appliqué for Captain Silver are all included on pp. 5–7. For additional information about Capes for Kids go to [http://enchantedmakeovers.org/item\\_90/Capes-for-Kids.htm](http://enchantedmakeovers.org/item_90/Capes-for-Kids.htm)

**FINISHED CAPE SIZE:** Fits sizes 2–6, but may be modified as desired to fit other sizes.

### FABRIC:

- 1 yd. Fabric A (solid-colored or novelty fabric—outside cape)
- 1 yd. Fabric B (coordinating fabric—lining)
- Optional: Appliqué fabric—choose colors to correspond to design
- Lightweight tear-away stabilizer

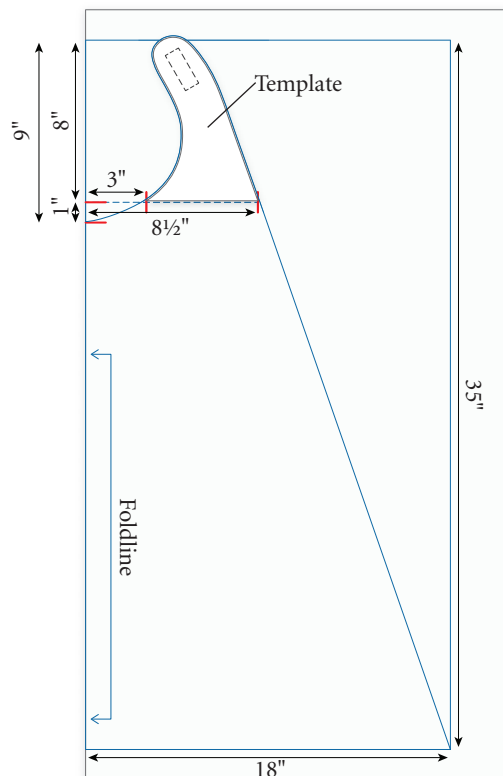
### HANDY NOTIONS:

- Pattern paper
- Matching all-purpose thread
- Polyester embroidery thread for appliqué
- Lightweight bobbin thread for appliqué
- Embroidery needle (size 75) for appliqué
- 2"–3" Velcro®
- Erasable fabric marking pen or chalk
- Paper-backed fusible web such as Wonder-Under® or Steam-A-Seam 2®
- Optional: Open Toe Foot
- Optional: Pinking shears
- Optional: *Appliqué Know-How Workbook* by Nancy Zieman

### INSTRUCTIONS:

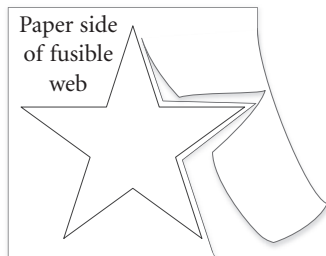
Note: All seam allowances are ¼".

1. Create pattern for the cape on pattern paper following the diagram to the right.
  - Draw an 18" x 35" rectangle on pattern paper.
  - Mark one of the 35" edges as the foldline.
  - Make a mark for the neckline 9" from the top on the foldline of the pattern.
  - Make an additional mark 8" from the top, and continue the mark as a dashed line across the pattern about 8½" from the foldline. Make a mark 8½" from the foldline.
  - Measure in 3" on the 8½" dashed line; place a mark to line up the neckline template from page 4.
  - Taper the neckline from the template back to the 9" marking at the foldline to form the neckline.
  - Draw a diagonal line from the 8½" mark to the corner of the 18" hemline.
  - Mark the Velcro® locations on the neck extensions.
2. Use the pattern created to cut a cape from Fabric A (outside cape) and Fabric B (lining).

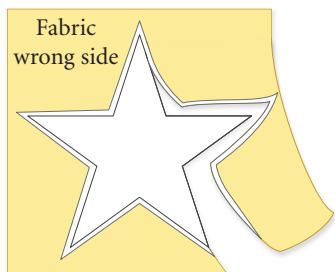


3. Optional: Choose and prepare appliqué. Skip to step 7 if you are not using an appliqué.

- Choose the appliqué pattern from those provided on pp. 5–7, or use your own design for the back of the outside cape.
- Trace appliqué design onto the paper side of paper-backed fusible web, following manufacturer's instructions. Appliqué patterns have been mirror imaged.
- Roughly cut out appliqué, allowing approximate 1/8" margins around all edges.

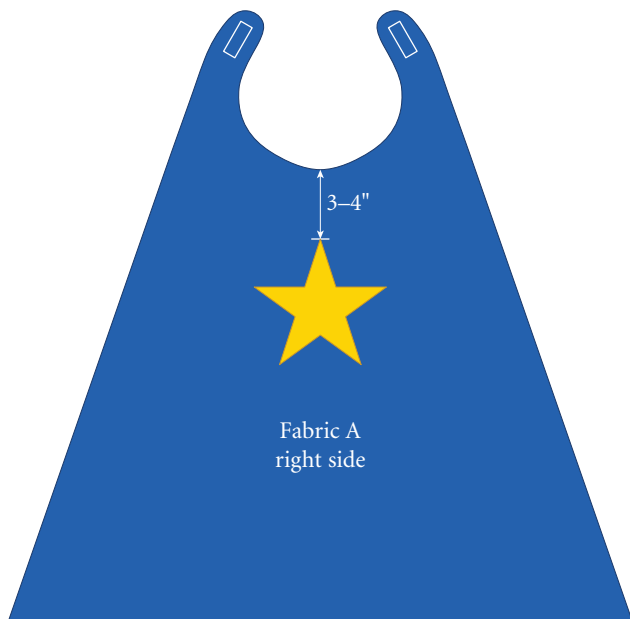


- Arrange appliqué on the wrong side of appliqué fabric. Press, following manufacturer's instructions.
- Cut out appliqué, following traced lines.



4. Position the appliqué.

- Fold the solid colored cape (Fabric A) down the center. Measure down 3–4" from the neck edge of the cape (slightly more if you are using the lightning bolt design) Mark this point with your fabric marker.
- Remove paper backing from the appliqué. Position appliqué on the cape with the top edge of the appliqué at the marking.



- Cover appliqué with a press cloth and press to fuse in place, following manufacturer's instructions.

*Note: If you are using Steam-A-Seam 2® you may skip the satin stitching, if desired.*

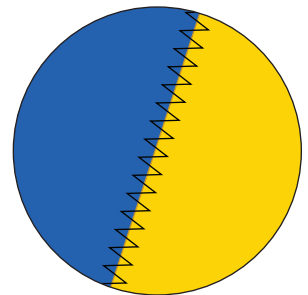
5. Set up the machine for satin stitch.

- Set the machine for a zigzag, with stitch width at 2.5 mm and stitch length at 0.5–0.8 mm.
- Insert a Machine Embroidery Needle.
- Thread the top of the machine with embroidery thread to match the appliqué. Use a lightweight bobbin thread in the bobbin.
- Replace the machine's standard presser foot with an Open Toe Foot. The opening in the front of the foot lets you see precisely where you're stitching, and a groove on the underside provides room for the stitches to easily pass under the foot.
- Loosen the top tension by two numbers or settings. This helps keep the bobbin thread on the underside of the fabric.

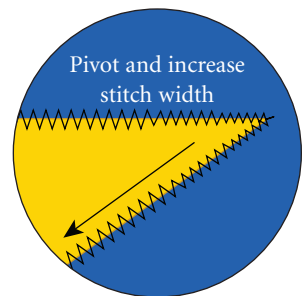
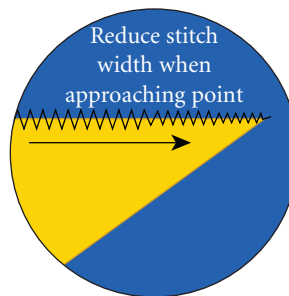
6. Stitch the appliqué.

*Note: For additional appliqué information, see Appliqué Know-How Workbook by Nancy Zieman.*

- Back the wrong side of the appliqué area with a lightweight tear-away stabilizer.
- Satin stitch around the edges of the appliqué. One edge of the zigzag should fall on the appliqué; the other should fall just past the raw edge of the design.



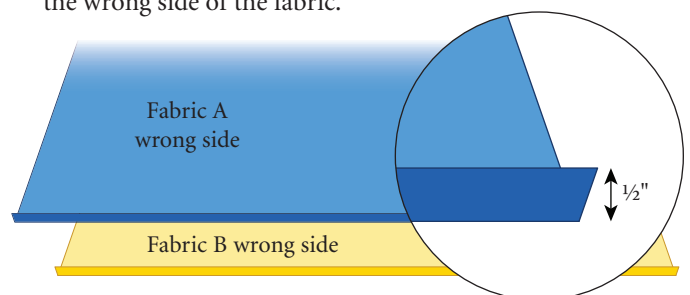
- Adjust the stitch width as desired, tapering stitches at points.



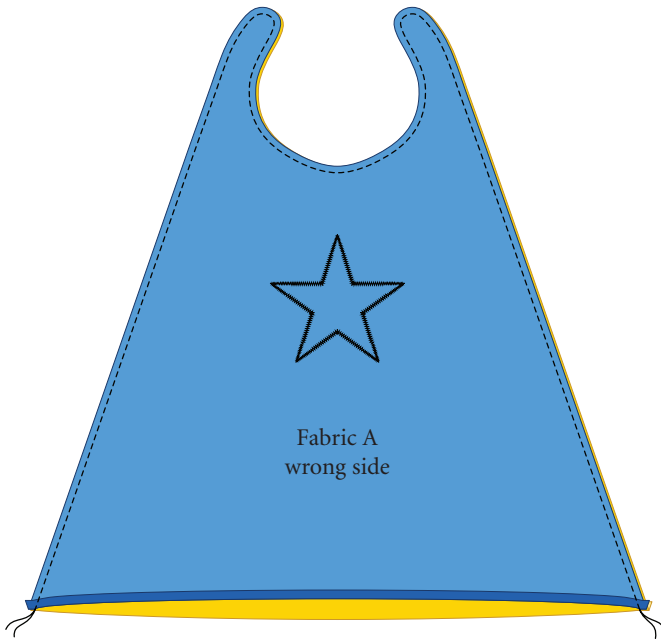
- When all stitching is completed, remove excess stabilizer.

7. Complete cape.

- Press the inside and outside of the cape.
- Fold a 1/2" hem on the outside cape and lining sections to the wrong side of the fabric.



- Position and pin outside cape and lining, right sides together.
- Join the outside cape and lining by stitching the outer edges of the cape from the corner of the hem on one side to the corner of the hem on the opposite side. **Do not stitch the hemline area.**

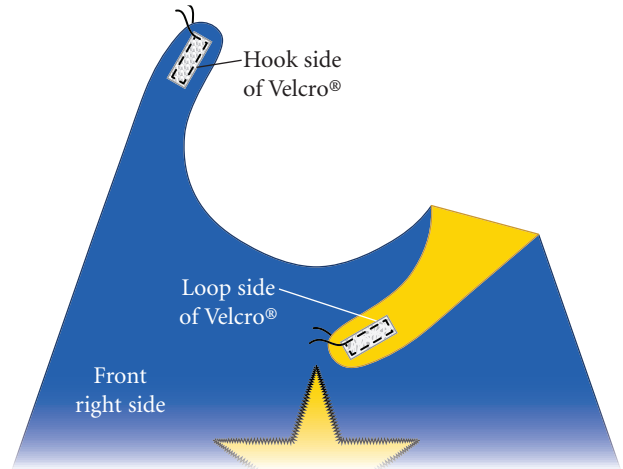


- Trim corners and seam allowances. A pinking shears works well to trim around the neckline and body of the cape.
- Turn cape right side out through the bottom hem edge, making sure to push out the fabric at the neckline extensions.
- Complete hem by topstitching (outside and lining hems) that were previously turned under and pressed. Topstitch around outer cape edges, if desired.

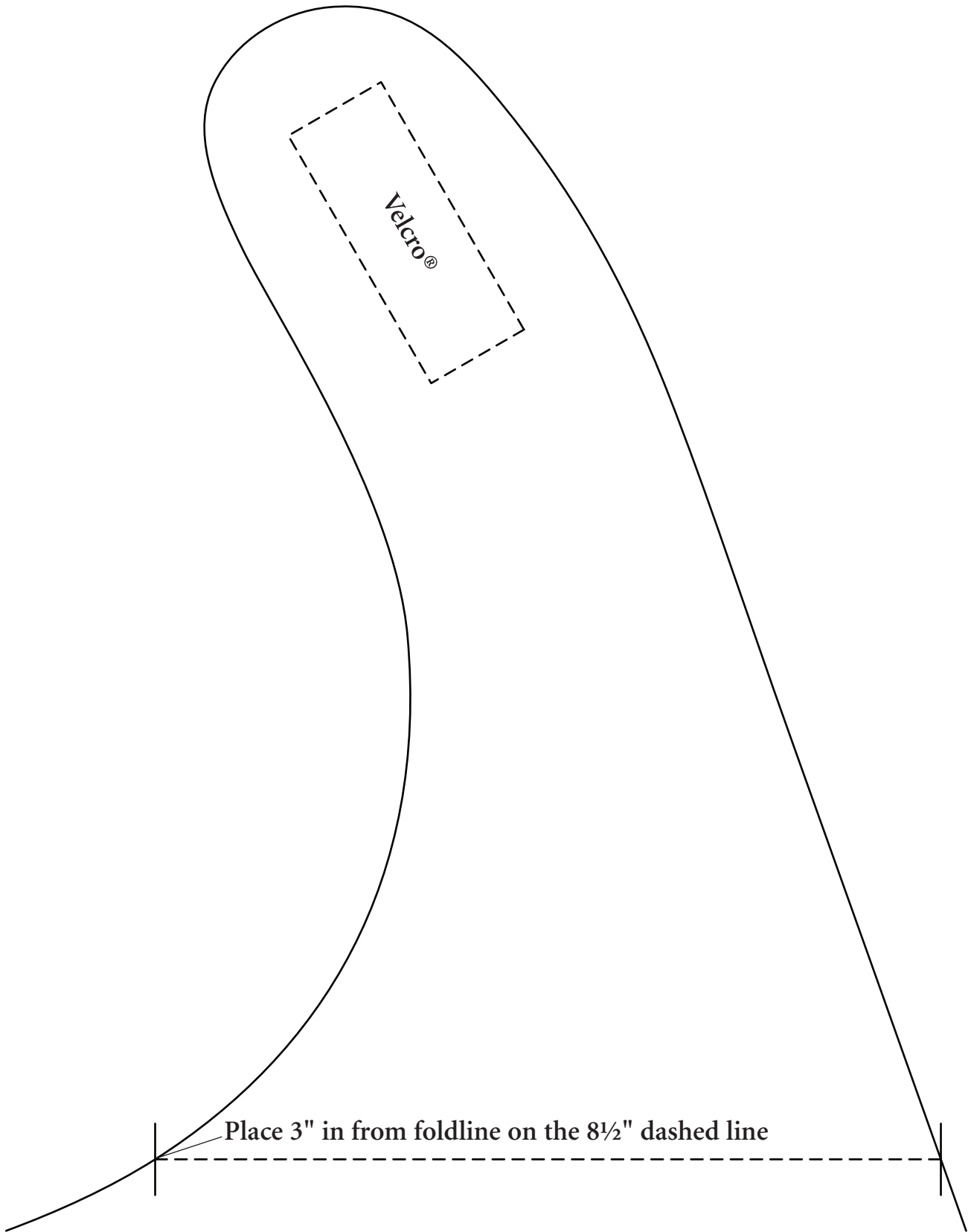


8. Stitch the fastener in position.

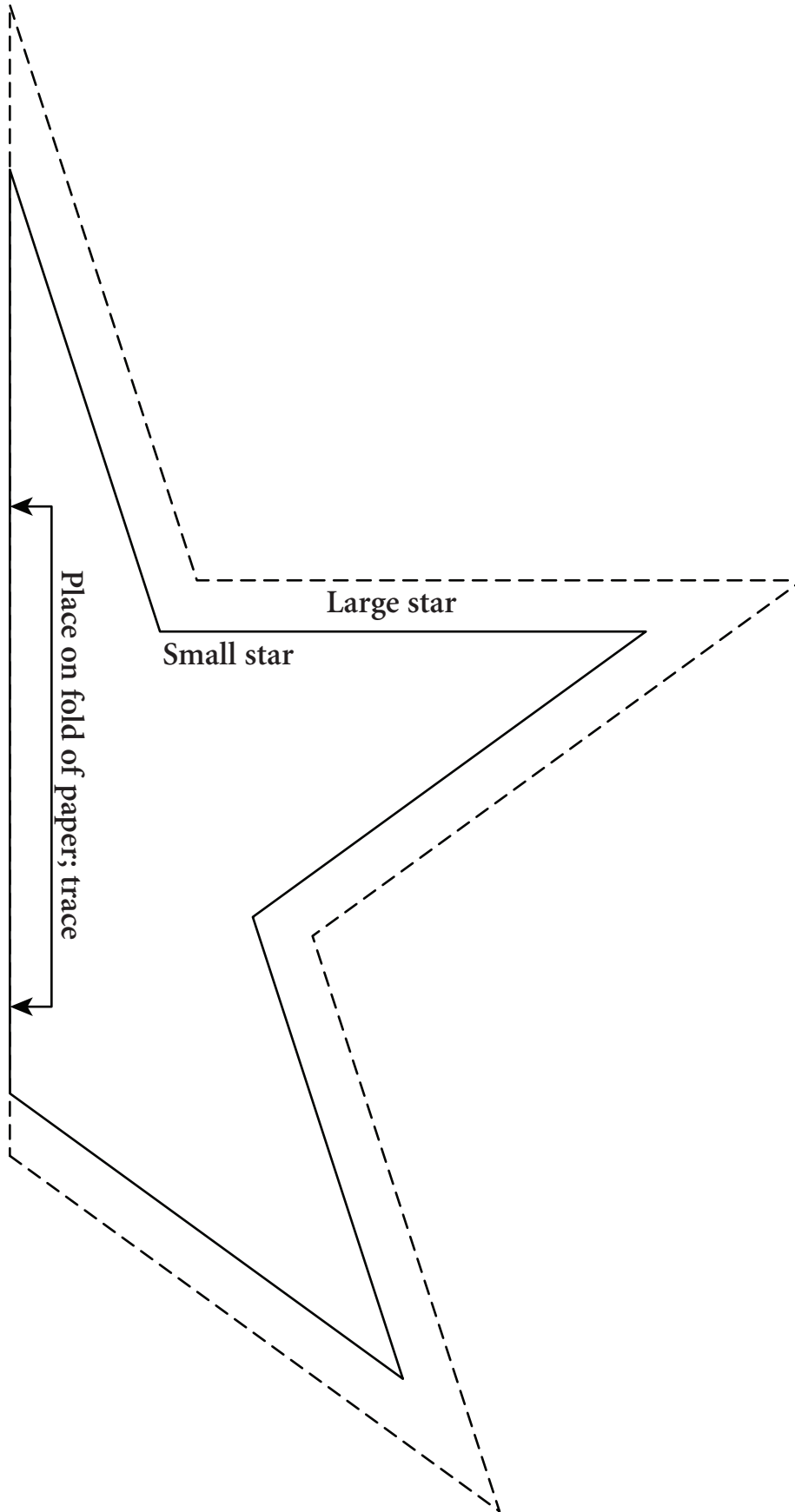
- Lay cape right side up and pin 2"–3" of the hook side of Velcro® to the left neckline extension at marking. Stitch through both layers using a straight or zigzag stitch.
- Lay cape lining right side up and pin 2"–3" of loop side of Velcro® to left neckline extension at marking. Stitch through both layers using a straight or zigzag stitch.



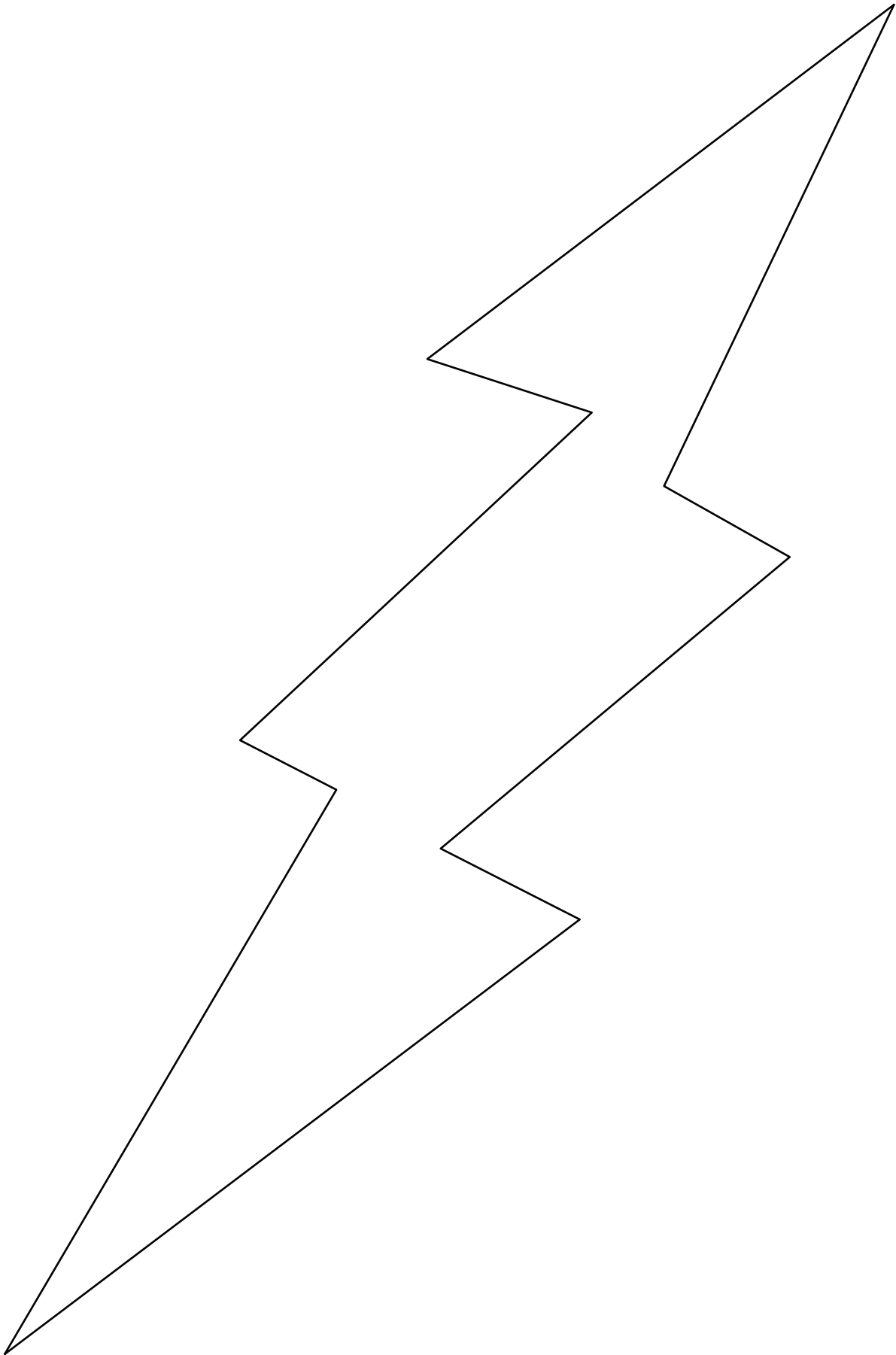
# Neckline Template



# Star Appliqué Pattern



# Lightning Appliqué Pattern



# Butterfly Appliqué Pattern

