

Make your own *SUPERHERO CAPE*

Supplies:

A rectangle of fabric 65cm x 55cm
Contrasting fabric 25cm x 50cm
Extra fabric scraps to decorate
Iron-on fabric bond (e.g. Visoflix / Wonder Under)
Bias tape (optional)
Velcro tape (2cm x 2cm)
Button (optional)

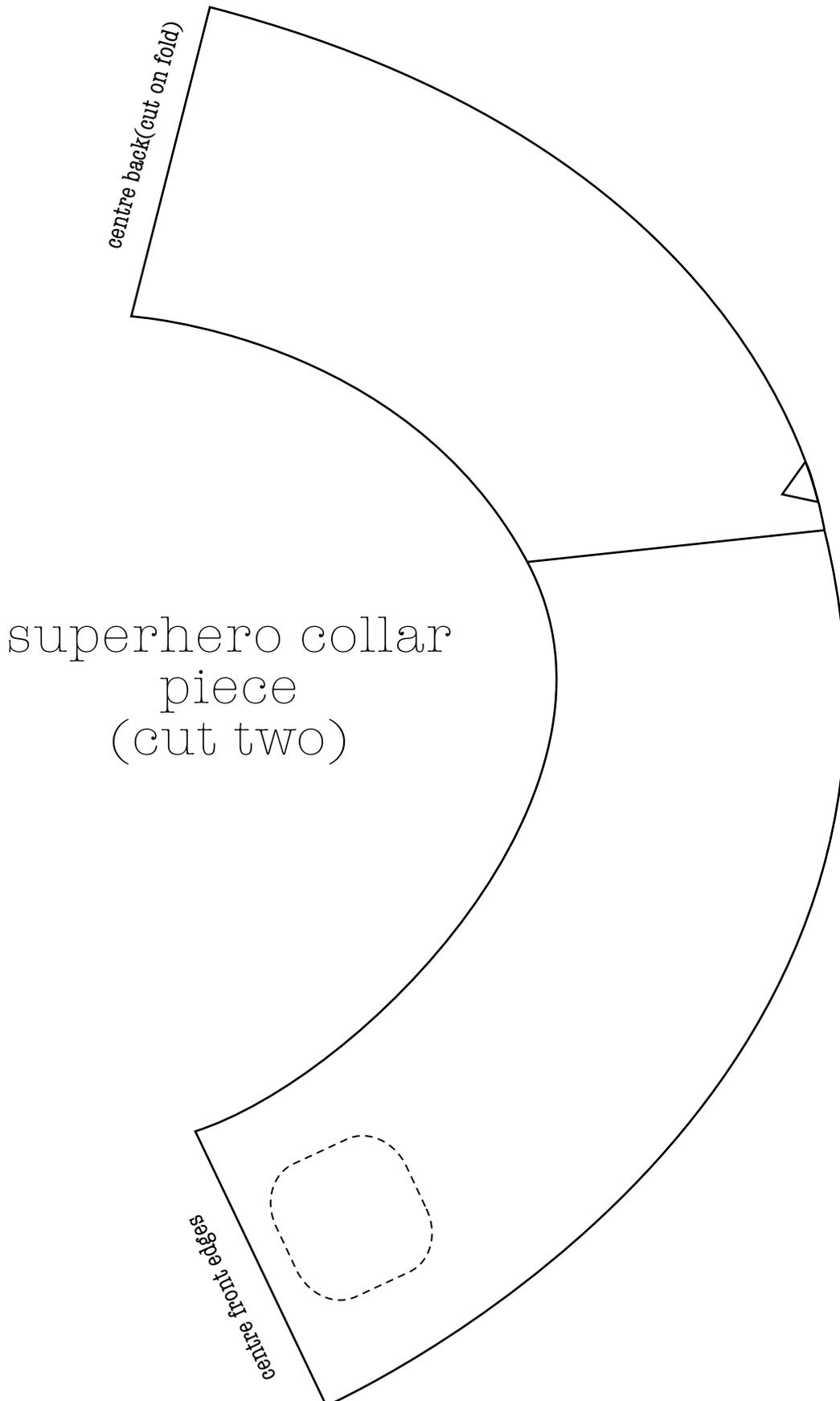
N.B. These instructions make a cape to fit a 2-4 year old. The collar piece will fit older children and slim-necked adults, but adjust the size of the rectangle to make a longer, fuller cape.

1. With the collar pattern piece and your contrasting fabric cut out two, on the fold. Pin the collar pieces right sides together, and stitch 1 cm from the edge, leaving a gap between the notches. Clip corners and curved seams.
2. Finish the two long edges and one short edge of your fabric rectangle with bias tape or a narrow hem (or a combination - the cape pictured has bias at the bottom and a hem on the two sides).
3. Decorate your cape with a superhero symbol. For applique, draw the shapes you want on paper, and then cut them out in fabric and the fabric bond. Then line them up on the cape, and stick them into position. Attach them to the cape by covering the edges with a short, wide zig zag. If you are new to machine applique practice on a scrap first.



- Older children can design their own superhero symbol on paper and then supervise the applique. Alternatively, they could cut out felt shapes and glue them on, or decorate the cape with fabric paint.
4. Stich 1 cm from the the top edge of your cape with a long loose row of stitching, and then use this stitching to gather the cape fabric evenly until it fits in the opening between the notches on your collar piece. Matching the gathered edge to the unfinished fabric between the notches, pin the right side of your cape to the right side of one layer of the collar between the notches and stitch (don't stitch both layers).
 5. Turn the collar right side out, using a pencil or knitting needle to poke the corners out, and press. Tuck the unfinished gathered edge of the cape between the two layers of collar, and then press the remaining unfinished collar edge (the one without the cape sewn to it) under 1 cm and pin. Topstitch around the entire collar 1 mm from the edge, closing the opening between the notches.
 6. Sew velcro to both ends of the collar, and stitch a decorative button on top if you wish. Don't use a button or tie closure at the neck for safety reasons, as the cape needs to pull off easily should it gets caught.

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star template

For an initial inside the star, Helvetica Bold in 300 point font fits easily.
Just print your letter, cut it out and then use it as a pattern piece.

