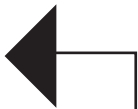


# A

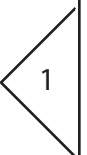
# Top

Directions for Polar Fleece:

- 1) Cut 1 on fold
- 2) With 1/2" seam allowance sew with a small, long zigzag along short curve.
- 3) Fold to wrong side 1/2" on top and bottom hem and pin.  
Finger press open previous seam allowance for easier hemming.
- 4) Use zigzag or stretch stitch for top and bottom hem.



# Fold

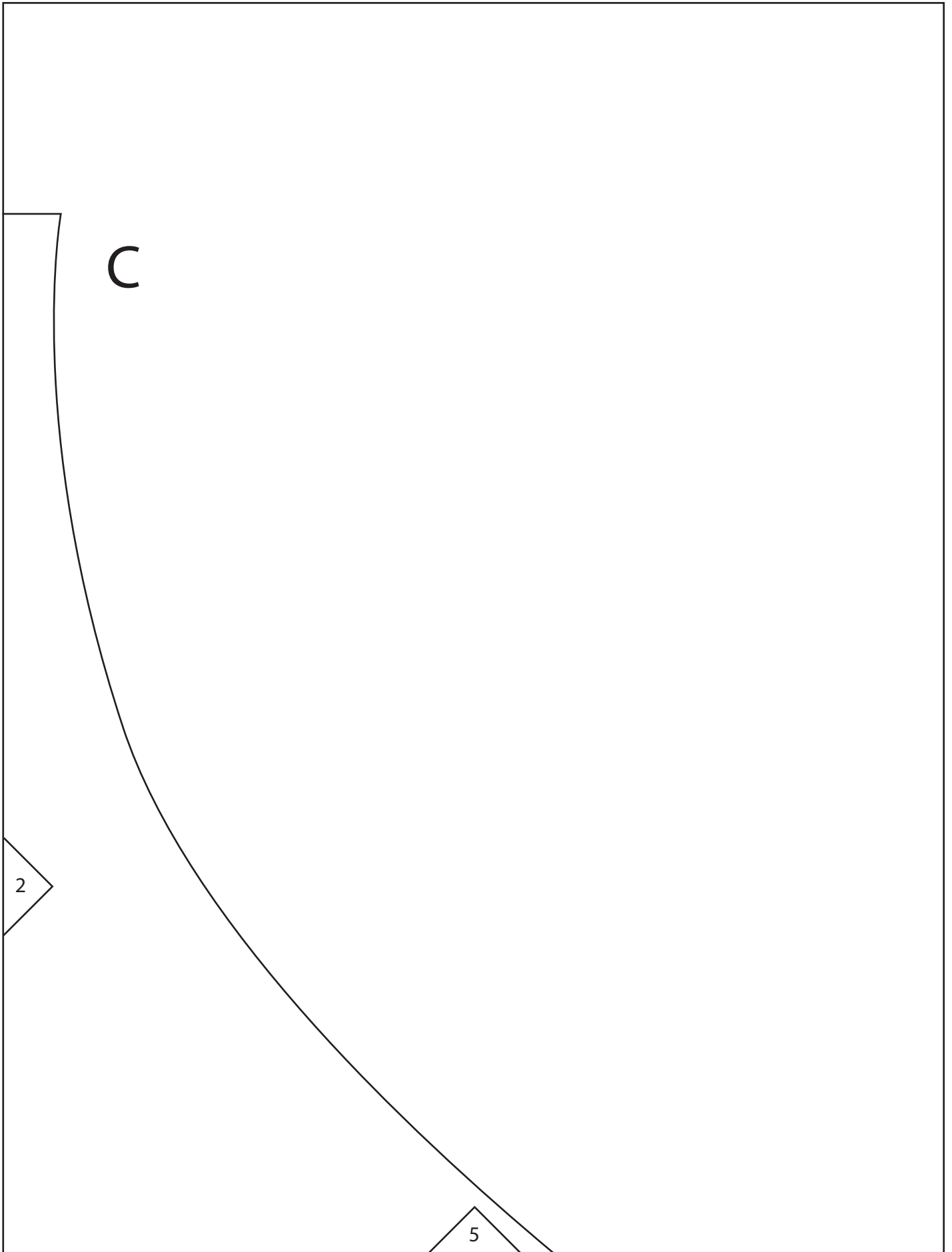


# B

Directions for reversible Knit:

- 1) Cut 1 on fold from each fabric
- 2) With 1/2" seam allowance sew right sides together at the top and the bottom.
- 3) Bring open curve on the left side through the sewn tube to meet the right unsewn side. Match seams and pin right sides together.
- 4) Sew with 1/2" seam allowance leaving a 3" area for turning.
- 5) Turn right side out through the opening.
- 6) Hand stitch closed.
- 7) Top stitch along the top and bottom of Cowl.





3

This block  
should be  
1"X1"

Line D



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6

