

Instructions for Pam's Reiki Bear

Materials:

½ yard of 60" wide fleece and scraps of fleece in a contrast color
medium weight iron on interfacing – ¼ yard
8 oz polyester fiberfill
black embroidery thread to make facial features.
large embroidery needle
disappearing fabric marker to mark facial features
thread for sewing machine.
strong hand sewing thread
scissors for cutting fabric and thread.
long dressmaker straight pins.

Pattern:

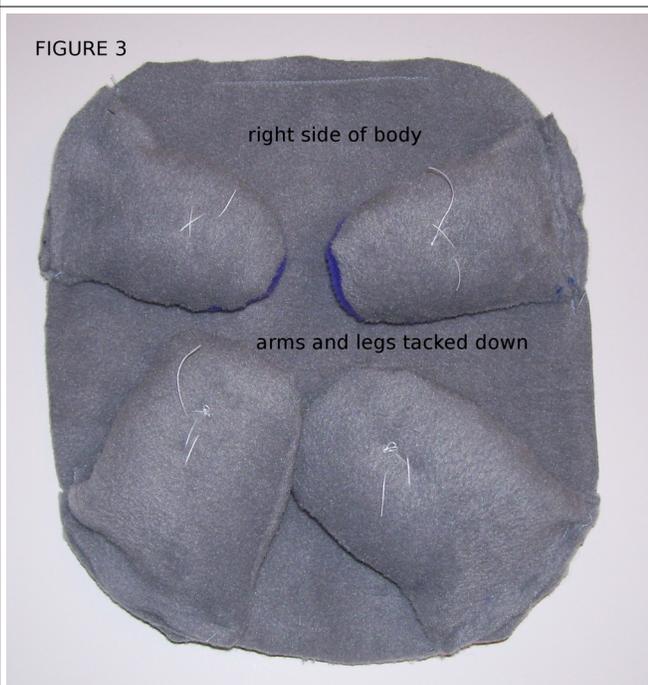
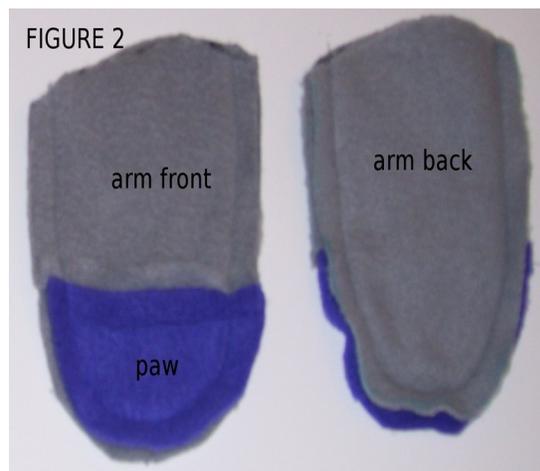
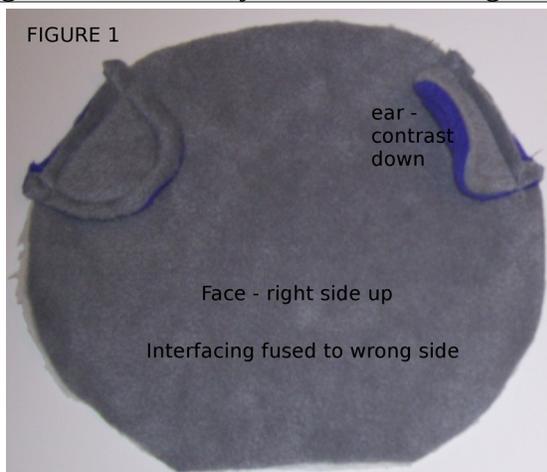
Print pdf file with pattern pieces on letter size paper (8.5" x 11"). Body and head pieces are too large to put on a single sheet of paper so they will need to be pieced together. Half inch seam allowance is included in pattern. Cut 2 of each pattern piece by cutting each once on a double layer of fabric. Refer to layout figures in pattern file. Paws and an ear piece are cut from contrasting fabric. Note that all pieces are cut with the width of the body, head, arm, etc with the stretch of the fabric. Cut one head piece from interfacing.

Note: Baste and stay stitch using 3/8 inch seam allowance. Stitch seams using half inch seam allowance. Baste by machine or by hand.

1. Stay stitch completely around one head piece. This will be the back of the head.
2. Fuse interfacing to wrong side of other head piece. This will be the face of the bear. Stay stitch along neck edge.
3. Match right side of ear contrast with right side of ear and stitch together leaving straight edge open. Turn right side out and top stitch along edge of ear.
4. Baste ears to right side of front piece of head as shown with contrast side down. Stretch ear to maintain curvature of head. Match letters for ear placement. (Fig. 1)
5. Place right sides of head pieces together and stitch all around leaving neck edge open. Be sure to leave the ears tucked inside.
6. Turn head right side out. Face of bear is side with ear contrast.
7. With right sides together pin paw to arm front and stitch using 3/8 inch seam allowance. Finger press seam open.
8. Pin arm front to arm back with right sides together and stitch leaving end open for stuffing. (Fig. 2)
9. Pin leg pieces together with right sides facing and stitch. Leave end open for stuffing.
10. Turn arms and legs right side out and stuff. Press stuffing in quite firmly leaving about 1 inch from open edge free of stuffing. (After attaching limbs to body, with ½ inch seam allowance. The stuffing will spread to fill limb.)
11. Stay stitch along neck edge of both body pieces.
12. Spread a body piece right side up. This will be the front side of the bear. Pin legs and arms to body matching letters shown on pattern. Be sure paws are facing down. Baste arms and legs to body.
13. Using a strong hand sewing thread and long needle, tack arms and legs in place on body. (Fig. 3)
14. Pin right sides of body front and back together. Limbs will be tucked inside. Stitch around body leaving neck edge open. This step can be a bit tricky, hand baste first if you wish!
15. Clip tacking stitches and turn body right side out through neck opening. Limbs will pop out!

16. Stuff head and body with fiberfill.
17. Hand stitch head to body using invisible stitch matching side seams.
18. Pin right sides of tail together and stitch around edge leaving straight edge open. Turn right side out. Fold in cut edge and whip stitch closed. Hand sew to back bottom of bear. (Fig. 4)
19. With a fabric marker, draw on eyes, nose and mouth. Embroider face. Practice first on a scrap.

Congratulations! Give your bear a BIG hug!



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