
LURE OF THE NORTH



Constructing a Traditional Cotton Canvas Anorak



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<https://lureofthenorth.com>

Note: This booklet is part of a series of DIY instructional booklets.

Published instructional booklets can be found at: <https://lureofthenorth.com/instructional-booklets/>

Note 1 – Acknowledgements: The original pattern and instructions for this style of canvas anorak came from Garrett Conover and Alexandra Conover Bennett's exceptional book "A Snow Walker's Companion". We have made some modifications and provide extended information here with the intent of trying to make this project accessible for those with only limited sewing experience.

Note 2 – Lure Anorak Kits: These instructions are intended to be accompanied by our Anorak Making Kit, which is available through the “Store” section of our website at: <https://lureofthenorth.com/shop>.

Note 3 - Distribution: Feel free to distribute these instructions to anyone you please, with the requirement that this package be distributed in its entirety with no modifications whatsoever. Thanks!

Note 4 – Feedback and Further Help: Feedback is welcomed to improve clarity in future editions. For even more assistance you might consider taking an anorak making workshop with us. These workshops are run throughout Ontario, and includes hands-on instructions and all materials. Again, check the website for more details and a current schedule: <https://lureofthenorth.com/calendar/>

Our Philosophy: Our instructional booklets describe our understanding of traditional crafts (sometimes blended with modern materials!) – these skills and this knowledge has traditionally been handed down from person to person and now we are attempting to do the same. We are happy to have the opportunity to share this knowledge with you, however, if you use these instructions and find them helpful, please give credit where it is due. We have worked hard to produce this package and would appreciate any acknowledgments given. Thank you.

- The Lure Team, Kielyn & Dave Marrone

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0.0 What Makes a Cotton Canvas Anorak so Great?

100% cotton canvas anoraks are the ideal winter outer-wear. They are durable, breathable, and wind-proof. Modern waterproof/ breathable fabrics wick moisture through small pores between the material fibres. Cotton wicks moisture right through the fibres themselves, making for a much more breathable fabric. We use a naturally windproof tight-weave canvas, which we pre-shrink to tighten the weave further. Our anoraks are sized large to protect the large muscles of your thighs, and accommodate lots of layers underneath – even a down jacket for those frigidly cold lunch stops!

We think a coyote fur ruff is essential for a good anorak hood, so these come standard on all our anoraks. Fur ruffs are not just for looking good (but it helps that they do!), the fur actually traps warm air inside the hood, creating a comfortable micro climate in front of your face. Say good bye to your icy balaclava!



Illustration 1: Dave, cozy and happy in his (rarely) clean anorak!

creating a comfortable micro climate in front of your face.

0.1 DIY Benefits

There is something very special about creating your own functional outerwear that will cover two-thirds of your body and keep you comfortable in the harshest winter climate (given adequate insulating layers of course!). Your new anorak will cover you from head to knees, and provide you with years and years of service. And if you've never sewn before, our hope is that this project will teach you how and provide you the confidence to tackle any number of custom projects in the future.



Illustration 2: Follow the steps - even Hendrix can do it!

1.0 Getting Prepared

1.1 Kit Contents:

Anorak Kits from Lure of the North come with the canvas pre-shrunk and all the pattern pieces pre-cut to the appropriate size. Please use the photo and list below to ID all of your pieces:

- These instructions;
- Lure, leather logo patch (whoohoo!)
- Decorative Ribbon (~ 144 – 200”, depending on size);
- Velcro pieces:
 - 1” x 25”, both hook and loop;
 - 2” x 6” loop;
 - 2” x 5” hook;
- 1" x 5" Light cotton twill used as a 'hanging loop';
- The following pattern pieces all pre-shrunk and pre-cut:
 - 1 x Front (you can differentiate the front from the back by the lower neckline on the front);
 - 1 x Back;
 - 2 x Sleeves;
 - 4 x Hood Sides;
 - 2 x Hood Centres;
 - 1 x Pocket;
 - 2 x Pocket Flaps
 - Closure tabs:
 - 2 tapered wrist tabs;
 - 1 straight neck tab (large);
 - 1 straight top of hood tab (small);
 - 1 x Neck Gusset;
 - 1 x Neck Facing (2-1/2” x ~ 10”)
- Hood drawstring components:
 - Drawstring;
 - 2 cord locks;
 - 2 of 1/4” x 7” twill for securing cord locks;
- **Optional:** Luxurious Coyote fur ruff;
- Scrap canvas, used to test stitch tension, etc;



Illustration 3: All the components necessary for a complete anorak - see the appendix for a larger image.

1.2 Items Not Provided



Illustration 4: Some standard sewing implements and a nice working environment are all that you need!

You will need to supply all (or most) of the following to complete your anorak:

- Standard household sewing machine (in good repair!);
- Thread (we use and recommend Gutterman, 100% polyester thread):
 - Colour #22 (cream) matches the cream canvas really well;
 - Colour #10 (black) works with most of our ribbons;
 - Colour #20 (white) matches the Velcro;
- A couple of bobbins;
- Pins or sewing clips;
- Iron and board;
- Stitch ripper (doh!);
- Scissors, straight-edge, pencil, measuring tape;
- A spacious, comfortable working environment.

1.3 Prepare Your Work Area

As noted in the section above, a spacious, comfortable working area is an important part of getting this project done in an enjoyable, and timely manner. If you're lucky enough to have a large area to dedicate to the project, do so. The anorak is a large sewing project, with a relatively heavy material (this ain't no lacy dress!), so a big table to work on really helps. You will be travelling back and forth between the sewing table and the ironing board frequently, so having the two close at hand really helps. And of course, good lighting goes without saying. If, you're particularly lucky (as I was when writing these instructions), you can have the pleasure of sewing your anorak while weathering winter temperatures in a canvas tent. This way, you can muse endlessly about the joys of sewing a cotton shelter for your body, while sheltered behind cotton walls!

1.4 A Note About Instructional Limitations

With these instructions we are endeavouring to present a pretty significant sewing project in a way that will make it accessible for novice or even non-sewers. However, discussing the idiosyncrasies of different sewing machines is beyond the scope of this booklet. For some basic primers on sewing, and sewing machines there is a wealth of information available online or in your manual. Or better yet, find a friend who knows how to sew to explain some of the basic concepts to you. Believe it or not, you have at least one friend who knows how to sew - ask around, you may be surprised!



Illustration 5: When a machine is working well, they're fantastic tools, but when they're not...

2.0 Sewing Basics

Despite the limitations listed above, we're going to take a stab (that's a sewing pun!) at providing some basic sewing instruction.

The Lock Stitch

- A basic understanding of how a sewing machine works may prove very helpful in troubleshooting any eventual problems. Sewing machines use a "lock stitch" as shown in the diagram. That is, two independent strands of thread are passed around each other, and "lock" in the layer of the fabric.

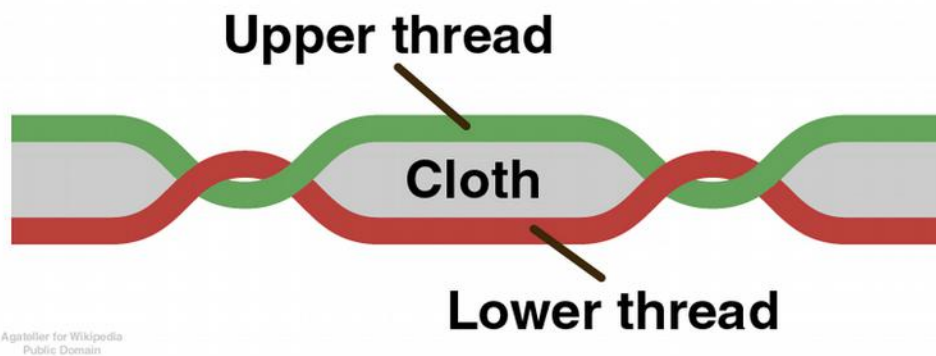


Illustration 6: Lock Stitch

- This leads us to a discussion of tension. As can be seen in the diagram above, a proper lock stitch leaves one strand on top of the cloth, and one strand below the cloth, with the "lock" happening within the fabric itself. But pull too hard on the upper thread, and the lock may happen somewhere above the fabric. Don't pull hard enough on the top strand and the lock may happen somewhere beneath the fabric. This, in essence, is what the tension dial on your machine adjusts. As you change into heavier fabrics in which you are sewing, you need to pull harder on the top strand (increase tension) to get the lock to happen cleanly where you want it. And vice-versa for lighter fabrics. Luckily for us, this project uses but one material the majority of the time. So test out your tension on the provided scrap of canvas, and then "Set it, and Forget it!". A quick search online will provide a more in depth explanation of thread tension.
- The other thing you can see from the diagram above, is that one thread is always on the top face of the fabric, and the other thread is always on the bottom face. This can be useful in selecting thread colours. For example, when sewing a black ribbon onto white canvas, you may choose to have black thread on top and white thread in your bobbin (bottom).

Stitching Standards

- For much of this project we use a 1/4" seam allowance, unless specified otherwise. That is to say, your stitches will land 1/4" from the edge of the material. Conveniently on many machines, on a standard straight stitch the needle lies 1/4" from the edge of the presser foot. Thus, you can use the edge of the presser foot as a guide against the edge of the material as you sew.
- This project uses a standard straight stitch, and top-stitch most of the time.
- While a very tight stitch (ie. reduced "stitch length" or the distance between stitches) would produce a stronger seam, it is also much harder to tear out if need be. Thus a tight stitch is not necessary and may be detrimental. Unless specified otherwise a moderate stitch length is adequate.
- The top-stitch is the standard finish for our seams, and will be introduced in more detail as it is encountered in the project.



Illustration 7: You and the 1/4" are going to become very familiar.

Some Sewing Terminology

- "Right" and "Wrong" sides of fabric refer to the side you intend to see, and the side you do not intend to see, respectively.
- To press is to iron.
- A hem is a folded, finished edge, or the act of creating such.

Some Made-Up Sewing Terminology

- We're not expert seamstresses, and have made up a couple of terms that we thought might be helpful in interpreting these instructions. Most notably, the "3-layer" or "open" top-stitch, and the "4-layer" or "closed" top-stitch, both of which will be introduced later. These are not standard sewing terms (that we're aware of), but we find them helpful nonetheless.

Ask a Friend

- As mentioned above, we're not expert seamstresses, but a lot of folks are - in fact you probably know a couple right in your community. If you have an expert handy, and they have a tip that they are sure is going to make your anorak even better, well they just might be right! If you try it, and it works out fantastically, we'd like to hear about it. On the other hand, if your "expert" friend tells you that sewing over pins is OK (Dave's pet peeve), politely thank them for their time and then disregard anything they may have told you.

Starting and Finishing a Seam

- Sew the first 1/2" - 1" of a seam, and then hit the reverse button on your machine to back up and sew over that section again. Continue forward until the end of the seam, at which time you will back up over the final 1/2" - 1". This locks the start and finish of the seam.

Trim Threads

- This will be mentioned once, and implied for all future steps. For a neat finished anorak, all loose threads should be trimmed. This can be done as you go, or at the completion of the project.

90 Degree Turns

- The easy way to sew around a corner, or turn 90 degrees is to sew into the corner, leave the needle down in the fabric, and bring the presser foot up. Now you can rotate the fabric around the needle. Put the presser foot back down and continue sewing in the new direction.

2.1 Common Mistakes

Some of the most common general mistakes we have noticed beginning sewers do are listed below. Specific mistakes which pertain to the project will be listed at appropriate times in the instructions:

1. **Improperly threaded needle.** It differs somewhat from machine to machine, but in all likelihood your thread does not run directly from the spool and through the eye of the needle. If in doubt, consult your manual.
2. **Improperly threaded bobbin.** A little more straight-forward, but even your bobbin needs to be threaded in a particular fashion. Again, consult your manual.
3. **Presser foot not down.** Your sewing machine is just that, a finely tuned and synchronized machine. When the needle is down the fabric does not move, when the needle is up, the fabric moves. Remember that basic fact, and allow the machine to move the fabric. You are just guiding the fabric in the right direction. If you are pushing the fabric through the machine at any point, it is likely because you have forgotten to put the foot down. All sorts of mayhem ensues.

3.0 Wrist/ Hood Tabs and Pocket Flaps

Note: Throughout this project I have used contrasting (usually black) threads to more clearly demonstrate stitch locations and seam allowances. We recommend the use of a matching thread when available. Gutterman colour #22 is a nice match to our canvas.

We start the project off nice and slow: by creating wrist tabs, a hood tab, a neck closure tab and some pocket flaps. The wrist tabs are tapered, as shown to the right. The hood and neck tabs are straight, or square-cut. Aside from that minor difference, they will be constructed in the same manner, and will be referred to collectively as simply 'tabs' throughout this step.

1. Fold your tabs in half "hamburger-style", and your pocket flaps in half "hotdog-style", and press with the iron.
 - i. If you haven't enjoyed a hamburger or hotdog in a while, see the photo.
2. Sew up the two open sides of the tabs which are adjacent to the folded edge. Leave the edge opposite to the folded edge un-sewn. This uses the standard 1/4" seam discussed earlier.
3. Do the same for the short sides on the pocket flaps.
4. All your tabs and flaps are inside-out to begin with. Flip them right-side-out now. You can use the back of your pencil to help flip the tabs.
5. Press (with iron) tabs and flaps.
6. Top-stitch the tabs and flaps along 3 edges: the two edges that you sewed in the previous steps, plus the folded edge. You should have < 1/4" seam at this point, and you should be sewing through 4 layers of fabric - the two which are visible, plus your 2-layer seam which is tucked inside the flap or tab.
7. You still have one raw, unfinished edge on your tabs and flaps. That is OK, they will be hidden when you install these on your anorak.
8. Install Velcro near the folded end of all four tabs as follows:
 - i. The hood and wrist tabs get 1" x 2" hook (the **rough** stuff, cut from your 1" supply);
 - ii. The neck tab gets a piece of hook (**rough**) Velcro that is 2" wide, by the full length of the tab (~ 4-1/2" to 5" long)
9. Install "loop" (**soft**) Velcro on your pocket flaps. These will be 1" x ~ 1 1/2" - 2" long, and will be installed near either side of the pocket flaps, oriented parallel to the length of the flap.

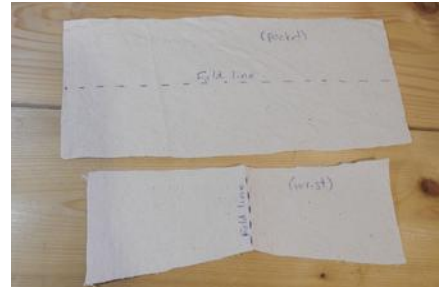


Illustration 8: Folding flaps and tabs.

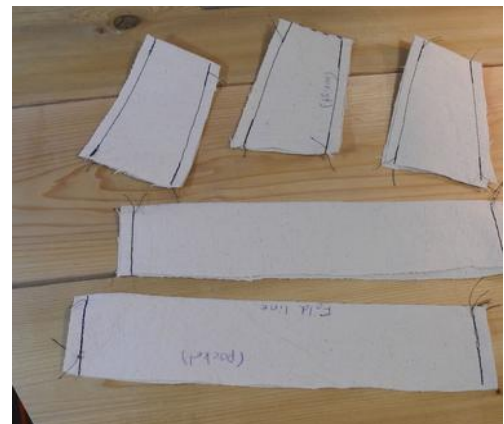


Illustration 9: Tabs and Flaps with first seams sewn. (1 tab not shown).

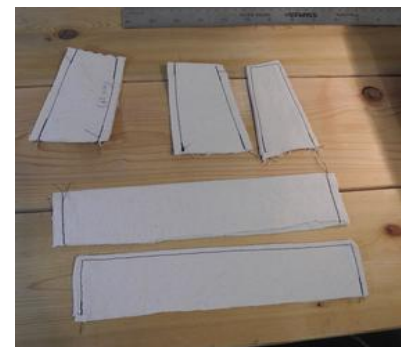


Illustration 10: Tabs and flaps. Those with stitching on three sides have already been flipped right-side-out and top-stitched.

These should not be centered in the depth of the flap, but rather, be pushed closer to the folded side of the flap (this because the opposite, un-sewn side will be part of your seam allowance later, see photo below). More Velcro here would be more secure, but can become cumbersome to open with mitts.

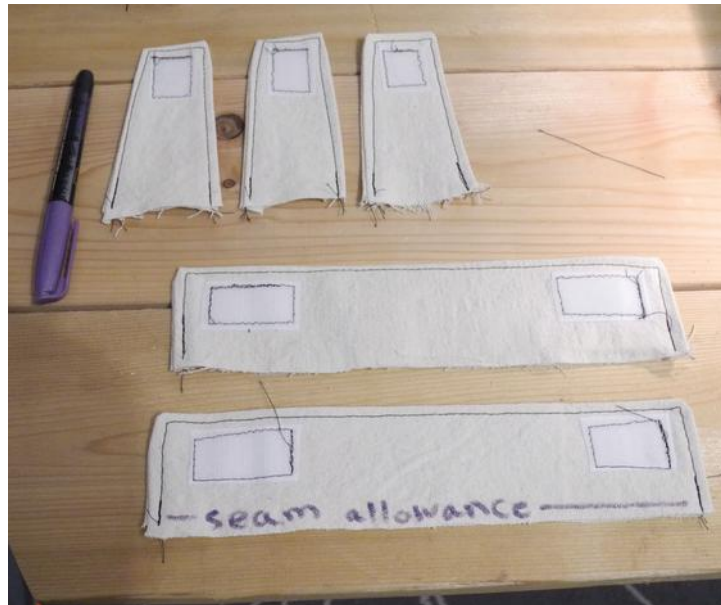


Illustration 11: Velcro size and location on tabs and flaps. Note: "Seam allowance" has been written on the flap as a reminder that the Velcro should be pushed near the folded edge rather than being placed in the centre. Neck tab not shown.

10. OPTIONAL: Decorative ribbon can be placed on a variety of locations on your anorak. Some of the most common locations include: the bottom hem; the wrist hems; and the pocket flaps. If you wish to have decorative ribbon on your pocket flaps, now is the time to do so.
 - i. Cut ribbon slightly longer than the length of your pocket flaps;
 - ii. Fold under the unfinished ends of your ribbon, and pin to your pocket flap. This should be on the face opposite the Velcro. As with the Velcro, this should be closer to the folded edge of the pocket flap to accommodate the eventual seam allowance.
 - iii. Change threads as necessary to match ribbon;
 - iv. Sew the perimeter of the ribbon.



Illustration 12: Properly folded and pinned ribbon.

4.0 Prepare the Pocket

We're continuing to *ease* into the project here (another sewing pun!), by preparing our big front pocket.

1. Create ~ 3/8" (1cm) hem on the edge of the pocket by folding in the edge all the way around the pocket and pressing with the iron.
2. Sew the hem down all the way 'round the pocket.
3. You can make a nicer finished hem for the openings (see illustration at right), by folding these in a second time and sewing again.
4. If you can see the folded canvas, you are currently looking at the "wrong" side of your canvas. Flip it over to see the "right" side.
5. Lay your nearly complete pocket flaps over the 'opening' of your pocket to determine the correct locations for the Velcro on the pocket. The diagram at right gives an example. Please note: that there is a seam allowance in the pocket flap, so it will not overlap the pocket as much as you might first think. Push the Velcro on your pocket close to the edge as shown to right.
6. Install "hook" (rough) Velcro on your pocket in the locations determined in the previous step. That is 4 pieces of Velcro in total.

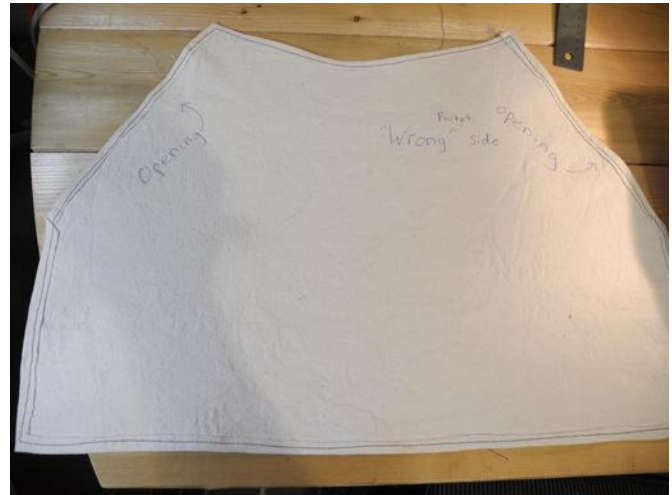


Illustration 13: A view of the "wrong" side of the front pocket with eventual pocket openings identified.



Illustration 14: Determining pocket Velcro locations.

5.0 Prepare the Front Piece

In this step you will prepare the front of your anorak by increasing the neck opening with a gusset, sewing on the pocket and pocket flaps.

5.1 Prepare the Neck Facing

The neck facing is a small rectangle of canvas measuring 2-1/2" wide and 10 – 11" long (depending on the size of your anorak). It will be added here to give a nice finished seam to your neck opening.

1. Run a tight zigzag stitch around all 4 edges of your neck facing to prevent fraying.
2. With a pencil, mark a centre line *nearly* the full length of the neck facing. The line should be 2" short of full length, or as follows:
 - i. Small or Medium anorak: 8"
 - ii. Large anorak: 8-1/2"
 - iii. XL or XXL anorak: 9"
3. The line drawn above will be your "cut line". Now you will draw 2 parallel "fold lines" on either side of the cut line. These lines should be 1/4" away from the cut line. In the last 1" of these lines, they will quit running parallel, and will converge with the bottom of your cut line, forming a V. (See Illustration 15)
4. Pin the neck facing to the "front" piece of your anorak, centred on the front, and right at the top. This should be pinned so you can see the lines drawn in the previous steps. (The easiest way to centre the facing on the "front" is to fold each in half to create a centre crease. Align the creases).
5. With your typical 1/4" seam allowance, stitch the sides and bottom of the facing. Leave the top open for now.
6. Cut the cut line, through both layers of material.
7. Fold along your fold lines and press with the iron. The excess 1/4" of material from both the front and the neck facing should go in between the facing and front, so that they are totally hidden from both the "right" and "wrong" side of the front. That is, you should just be left seeing nice folded edges of canvas at your neck slit, no matter how you look at it.
8. Top stitch through all four layers of material here. Remember you only have about 1/4" of seam material tucked away to hit with your stitching, so you'll be sewing about 1/8" in from the edge to ensure you capture that material.
9. You can now sew a quick line of stitching along the top edge of the neck facing (where it meets the neck opening). This will be tidied up further when you attach the hood later.



*Illustration 15:
Neck facing
aligned on anorak
front. Cut line in
red, fold lines in
black.*



*Illustration 16:
The neck slit, cut
and sewn.*

5.2 Install the Pocket

1. Determine the location of your pocket. Typically the top of the pocket will land ~2" below the bottom of your neck slit. This is roughly right where the bottom of the neck facing material ends, or it may even overlap the neck facing *material* (not neck *slit!*) by about 1/2".
 - i. The top of the pocket should land right around the bottom of your sternum (breastbone). It feels a bit high from the comfort of your living room, but this will allow a toboggan tump to land nicely below your pocket, or a sash to be tied comfortably at your waist.
2. Line up the pocket on the anorak front. Make sure the pocket is not twisted or skewed on the anorak. As with the neck facing, the easiest way to align this is to fold the pocket in half and unfold to create a crease that runs vertically up the middle of the pocket. Do the same with the anorak. Now you can line up the creases.
3. Sew the pocket onto the anorak front. You do not need the usual 1/4" seam allowance here, instead you will be sewing right through the hem you created on the pocket earlier. Ie. you will be sewing through 2 layers of pocket and 1 layer of anorak front.

Important: The pocket is sewn on with two separate seams. One along the top, and a second seam along the bottom half of the pocket. Remember to leave the angled sections along the sides of the pocket open for your hands! This opening is indicated in Illustration 13.

Second Note: Adding a bit of extra stitching to the ends of these seams (where the pocket opening is), is a good idea, to reinforce against the additional stress of you pulling on the pocket opening with big mitts.
4. Partially split the pocket into 2 pouches by adding a line of stitching up the middle. This stitching does not extend the full height of the pocket, rather it is about 2/5ths - 1/2 the height of the pocket. (See photo). This provides two pouches, but retains the ability to 'reach-through' from one pouch to the other.
5. Reinforce the top of the pocket seam by adding ~ 1/4" of tight zig-zag stitching to the top of the seam:
 - i. Set your stitch selector to a zig-zag stitch;
 - ii. reduce the length (to < 1); and
 - iii. increase the width (to 5).
 - iv. Sew ~ 1/4" of stitches.



*Illustration 17: The finished pocket added to the anorak front. **Note:** Neck facing and neck slit have not yet been added to this anorak.*

5.3 Pocket Flaps

1. Align one pocket flap with your pocket. Place the "right" side of the flap on the "right" side of the anorak front. You should be looking at the "wrong" side of the flap, with the Velcro oriented away from the pocket itself. See photo.
2. Sew the flap down with a standard 1/4" seam allowance. Your stitching should extend just beyond the flap at either end to reduce the likelihood of stitches lifting at that location.
3. Flip your pocket flap; align it with the Velcro on the pocket; press and top-stitch. Again, your stitching should extend beyond the flap at either end.
4. Repeat for the other flap.

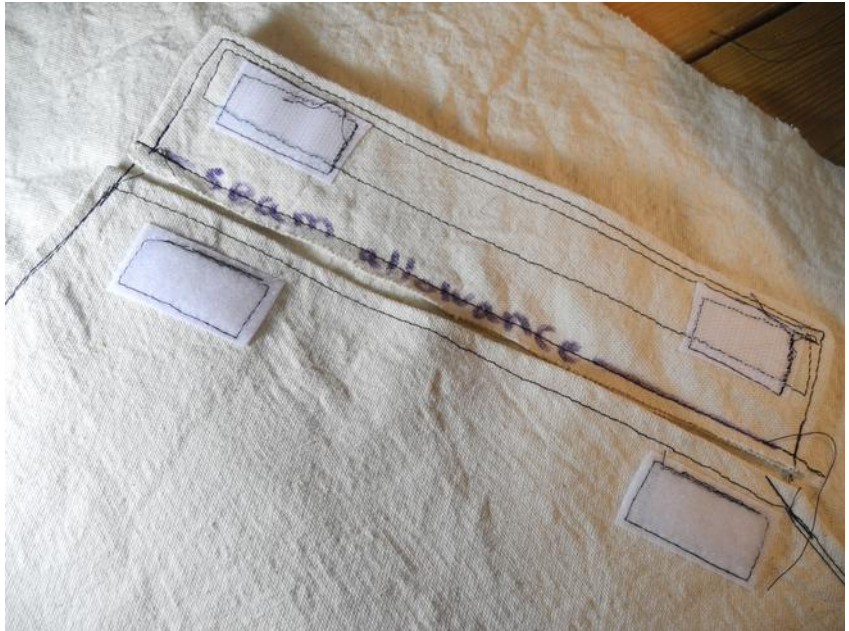


Illustration 18: The pocket flap, BEFORE top-stitching.

Good Eye! The hook and loop velcros should be reversed in this photo. (Hook on pocket, loop on flaps).



Illustration 19: Pocket flap AFTER top-stitching. Note how the stitching extends beyond the pocket flap slightly.

6.0 The Hood

The hood is the only aspect of this project which is double layered. This adds some 'body' and rigidity to the hood. You begin by creating two independent hoods and will sew them together near the end of this step.

6.1 Adding Buttonholes to the Outer Layer

The inner and outer layers of the hood will be practically identical, with the exception that the outer layer will have button holes sewn in to accommodate a drawstring (added later). If you're comfortable with adding eyelets and have an eyelet setting tool, you could do eyelets here instead of button holes. Both options work well.

1. Grab two of your four “hood sides”;
2. Referencing Illustration 20 will be important to determine the proper location for your buttonhole.
 - i. Whether you are adding fur or not, the 5” measurement shown in the diagram does not change.
 - ii. The 2-1/4” measurement shown in the diagram is for use when fur *will* be added. The 2-1/4” allows for both seam and fur allowance.
 - iii. When fur is not going to be used you can place the button hole much closer to the face edge. ~ 3/4” works well, as it allows you 1/4” seam allowance, plus 1/4” top-stitch allowance, plus a bit of “wobble room”.
3. Once you've determined the location of your buttonhole, you can go ahead and sew it up. Whether you're going automatic or manual, test on your scrap canvas first to ensure this will go well. The buttonhole is oriented perpendicular to the path of the drawstring, and is 3/4” wide, as shown in the Illustration.
 - i. **Automatic:** Most modern sewing machines have an “automatic buttonhole” feature. This seems intimidating, but check your manual, and take a few moments to learn how this works. It is really very simple and usually works very well.
 - ii. **Manual:** If you don't have an automatic buttonhole feature, then you can manually create a buttonhole. In essence you just need to finish all four edges around a hole that is yet to be created so that the hole does not fray or tear over time. This is accomplished by sewing a square of extremely tight (stitch length almost 0) zig-zag stitches. Again, practice first on scrap.
4. Cut (with exacto knife) a slit inside your sewn buttonhole edges to create the hole.
5. You should add one buttonhole each, in the proper location, to two of your hood sides. These will be for your outer hood layer. The inner layer does not need any buttonholes.

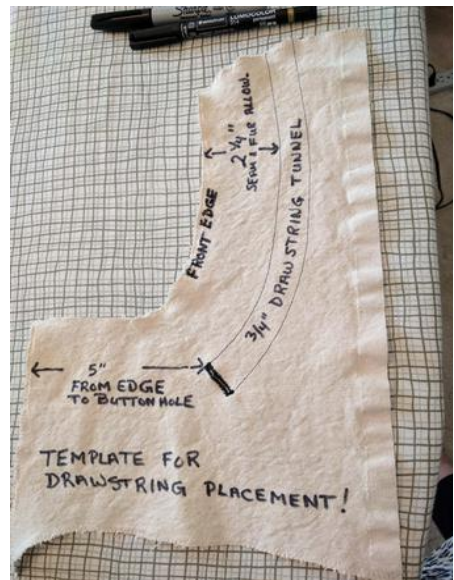


Illustration 20: Button hole and "drawstring tunnel" locations

6.2 Creating the Hood Layers

Each layer of the hood is composed of three parts: two identical 'sides' and one 'centre'. **Important note:** the hood centre is asymmetrical, with the two short edges being different lengths. The longer short edge is the 'face' edge, while the shorter one is the 'neck' edge.

1. Carefully pin or clip one hood side to the hood centre. Ensure the long edge is oriented towards the face as described above. You should use quite a few pins for this step because you are forcing the rounded 'side' to match the relatively straight 'centre'. See the not at all unreasonable example of the number of clips to use at right.
 - i. **Insider tip:** You may find the pieces do not match exactly. If at any point pieces are way off in this project, you should double check that you have not made a mistake. However, if they are only slightly off, sewing people have a term called "easing" which is a nice way of saying "stretch it until it works the way you want it to".
2. Sew with the standard 1/4" seam.
 - i. As mentioned above, the side and centre do not naturally want to lay together, and will have a tendency to shift apart as you sew them if you are not careful. Take the time to ensure that you maintain the 1/4" seam on both pieces of fabric. Ie. you don't want to have a 1/4" seam on the 'centre', and later realize that you've only caught 1/8" on the 'side'.
3. Flip the hood right-side-out and top-stitch the seam you just created.
 - i. This top-stitch is somewhat different than the 'closed' or '4-layer' top stitches you have done previously. To help differentiate we refer to this top-stitch as an 'open' or '3-layer' top-stitch.
 - ii. The difference is (you guessed it!) you will only be sewing through three layers of fabric here and not four. So instead of flipping your newly created seam over 180 degrees, you will begin by opening the seam up - that is, stretch it apart;
 - iii. Flip the 1/4" of material that forms the seam to one side or another, and sew through 1 layer of your hood and 2 layers of the seam.
 - iv. If your hood can lay open and the seam is flat, you have done a correct 3-layer top-stitch. If you have given your hood a little mohawk, then you have probably done a 4-layer top-stitch. Get the stitch ripper!
4. Repeat steps 1 - 3 to join the other side to the centre. You now have a single layer hood (of sorts)!
 - i. **Important:** The two sides with button holes (plus one centre) need to form one layer, while the two sides without buttonholes (plus one centre) need to form the other layer.
5. Repeat steps 1 - 4 to create the second hood layer;



Illustration 21: Extra clips or pins are required to get these different shapes to conform nicely.



Illustration 22: The hood seam completed in Step 2.



Illustration 23: The hood flipped right-side-out, but not yet top-stitched



Illustration 24: The hood, top-stitched in Step 3.

6.3 Adding the Neck Closure Tab

Adding the neck closure tab before sewing the two hood layers together allows you to create a nicer finished look by hiding the end of the neck tab in between the hood layers. Pay particular attention to alignment here though as you are working inside out when sewing the layers together.

1. Grab your outer hood layer (the one with the buttonholes);
2. Align the neck closure tab on the hood layer with the “right” sides together.
3. We usually put this tab on the right side of your body (I'm talking right and left here, not “right” and “wrong”), but you could put it on either side.
4. At this point the neck closure is pointing away from your neck opening, as shown above.
5. Pin in position and sew. Be sure to go past the tab at both ends to strengthen this connection.
6. Take your 2” “loop” Velcro and temporarily use it to cover up the “hook” Velcro on your neck closure tab. This will prevent it from snagging *everything* while you try to sew.



Illustration 25: Is this example the neck closure tab is on the right side of the hood, and aligned with "right" sides together.

6.4 Joining the Two Hood Layers

With buttonholes and closure tabs installed, its time to put the layers together and create your finished hood!

1. Place the "right" sides of the hood layers together. That is, you should see the "wrong" sides (or the unfinished seam edges) on both the inside and the outside of the hood.
2. Since your hood layers are inside out, your neck closure tab (sewn on in the previous section)

should be hidden away inside the layers right now.

3. Using your standard 1/4" seam, sew up the entire "face" edge of the hood. Ie. everything but the bottom "neck" edge. You should capture the neck closure tab in this seam, so that it is now sewn to both layers of the hood.
4. Flip the hood right-side-out, and top-stitch the seam you just created. This is the "4-layer" or "closed" top-stitch.
5. Your hood is nearly identical now flipped one way or the other, the only difference is one layer has buttonholes. Flip the hood so that the buttonholed layer is the outer layer.
6. Now you want to create a drawstring tunnel, which connects the two buttonholes on either side of your hood. This tunnel is created by two parallel lines of top-stitching ~ 3/4" apart.
 - i. This photo from earlier is probably the best way to describe this drawstring tunnel location *for those adding fur*. One line starts at the top of the buttonhole, and runs parallel to the face edge of the hood. The other line starts 3/4" below that (bottom of the button hole) and also runs parallel.
 - ii. If you are *not adding fur*, then you can use the top-stitch you added in step 3 as one half of your tunnel. Add a second, parallel top-stitch starting at the bottom edge of the buttonhole to finish the tunnel.
7. Illustration 27 shows a finished hood which has been top-stitched along the face edge. The marks delineate where a buttonhole would be and the second half of the drawstring tunnel (hoods *without fur*).
8. Pass the provided drawstring through the tunnel between the two hood layers. This is best accomplished using a large safety pin to feed through the tunnel. Pass the cord through the cord locks as it exits the hood tunnel, and tie a knot in each end to prevent the cord from slipping out of the cord locks.

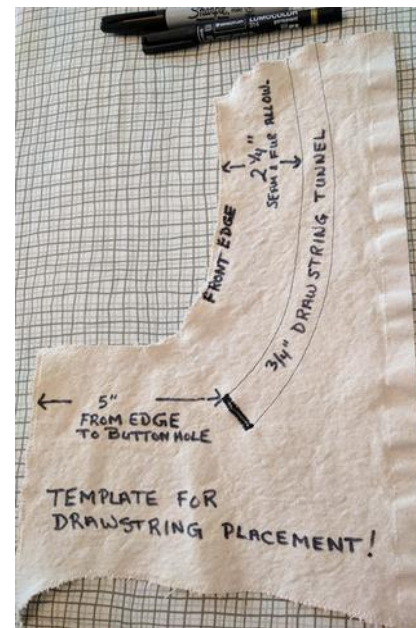


Illustration 26: This photo shows the relative location of the drawstring tunnel (for hoods with fur). Remember the measurements show here are before seams were created, so will be somewhat less now.



Illustration 27: The finished hood, and marking suggest buttonhole and tunnel locations for hoods without fur.

6.5 Securing the Cord Locks in Place

Securing the cord locks to the hood makes it easier to cinch down the hood in bad weather with one hand.

1. Use the two pieces of narrow twill provided for this purpose;
2. Pass the twill around the cord lock, into the slots in the lock;
3. Sew the twill to the hood as shown in the diagram. We use stitching that resembles a capital "I". Most of this twill and stitching will be hidden under your fur ruff later.
4. The cord lock should be secured such that it has little play. This will allow you to cinch the drawstring with one hand.



6.6 Adding the Hood Tab

The hood tab is a simple Velcro tab installed on the top of the hood which is used to adjust hood depth. When the wind is up on a big lake, you'll want the full depth of your hood, but at calm moments, you can use the hood tab to pull the hood back and keep fur out of your eyes. The hood tab is installed much the same as the pocket flaps were earlier - that is, you will start with it pointing the wrong way then stitch, flip and top-stitch.

1. Place the hood tab on the top of the hood with the "right" sides together, and the tab facing the rear of the hood. The tab should be centred in the hood, and near the back of the hood, just before the hood starts to turn down around the crown of the head. The Velcro on the tab will be facing up at this point. See the photo.
2. Sew the tab to the hood with a 1/4" seam. As before, your seam will be stronger if you go past the tab on both ends of the seam.
3. Flip the tab over, and top-stitch as with the pocket flaps.
4. Add a line of "loop" (soft) Velcro to the hood. This should start where the Velcro on the hood tab naturally lies (ie. hood full open position), and should continue forward from there. Stop the Velcro just shy of the drawstring tunnel.



Illustration 28: Hood Tab approximate location.

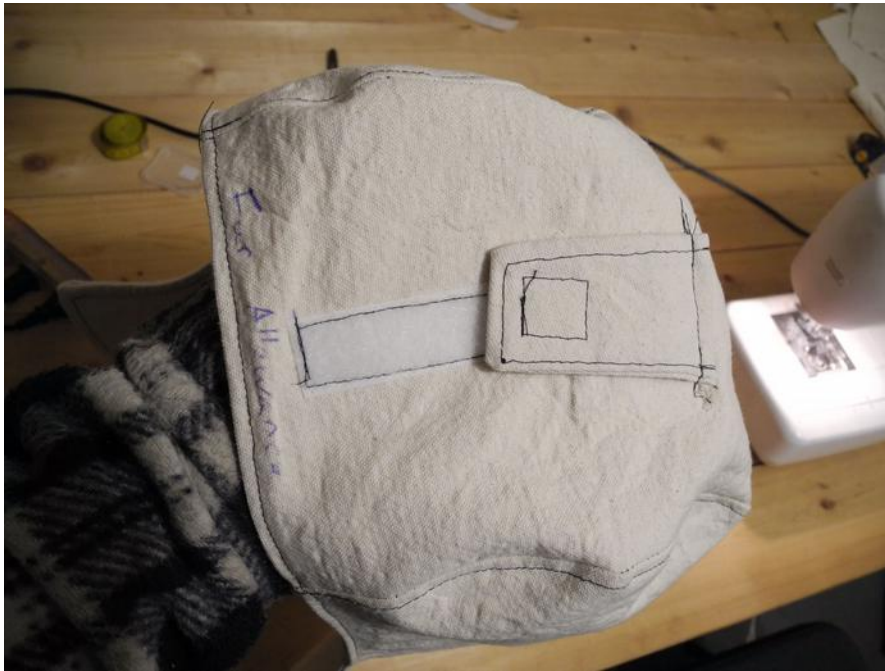


Illustration 29: Completed hood with hood tab and Velcro. This particular photo predates our use of a hood drawstring, so there is not “tunnel”, but it gives the general idea of velcro location.

7.0 Join Front and Back Pieces

This step gets the award for greatest satisfaction for least effort. It could have been performed before the hood, but we didn't want you to get too excited too quickly!

1. Pin the "front" and "back" pieces together at the shoulders with the "right" sides together. (Note: your back does not have a specific "right" or "wrong" side yet as both faces are identical, but of course the "right" side of your "front" is the face with the pocket).
2. Sew the shoulder seams with standard 1/4".
3. Flip and 3-layer ("open") top-stitch. Remember if you have a mohawk or spiky shoulder pads, you have done a 4-layer top-stitch. The seam should lay flat and open.
4. Voila, you have a cape!

8.0 Attaching the Hood

Extra care is required for this step to ensure both layers of the hood are captured in the seam.

1. Take the 1" x 5" light cotton “hangy loop” and fold in half. Lay the two strands against the back of the anorak, centred right in the middle. The folded end should be hanging down and the open ends aligned against the top edge of the anorak “back”. Pin and sew in place. The raw edges of the cotton tape will be hidden in the seam between the anorak body and hood shortly.
2. Pin the hood to the neck portion of the main body, with the "Right" sides together and the hood hanging down on the back of the body.

- i. This is most easily done by first finding the centre of the hood, and the centre of the back of the anorak. That way you can start pinning at the centres and ensure the hood is well aligned on the anorak body.
 - ii. Take extra care to capture both layers of hood when pinning. Because the hood is double-layered, if the layers shift and you are not aware of it, you may sew the hood seam, and flip it open to realize that you have only sewn one layer of the hood.
 - iii. The two sides of the hood should line up quite nicely with the neck opening on the front of the anorak. *Ease* if required.
3. Carefully sew the hood using 1/4" seam. Check regularly to ensure both layers of hood are being captured.
 4. Flip the hood and 3-layer ("open") top-stitch.



Illustration 30: Pinning the anorak hood to body. Note the short cotton "hangy loop" tails protruding past the seam.

9.0 The Neck Gusset

If Section 7 had the greatest reward for least effort, this step perhaps has the opposite distinction...

9.1 Hemming and Trimming

1. Fold, press and sew a hem at the top of the gusset (as was performed on the pocket earlier). The clean face of the gusset has now become the "Right" side.
2. Fold, press and sew hems at the sides of the gusset. These hems are flipped to the "Right" side of the gusset. I.e. they were flipped to the opposite face as the top hem. This may seem odd, but these hems will be hidden between the gusset and body later.
3. **Options!** One of the beautiful things about making your own garment, is you can customize it to your heart's content! For whatever reason, the gusset seems to be a regular target of customization:
 - i. At times we have added a soft, short fur (like beaver or rabbit) to the inside of the top half of the gusset. This adds a nice bit of comfort in which to snuggle your chin, but it also somewhat reduces the ability of the anorak to vent warm, moist air when working hard. That leads us to:
 - ii. Making the gusset removable, with the use of velcro,



Illustration 31: The gusset, hemmed and trimmed. You may notice that the side hems are actually folded to the front or "right" side.

means you can greatly increase ventilation (especially if you've reduced it with the addition of gusset fur) on warmer days. It also means you can bring your gusset in to dry out if you've had a lot of breath condensation freezing in the gusset on frigid days.

- iii. The top of the gusset is one location that you may want to add decorative ribbon. It is less standard for us than the wrists; bottom hem and pocket flaps, but has been added in the example shown here.

9.2 Attaching to Body

1. The front of your anorak has been increased in height by the addition of the hood. Your neck slit should continue somewhat seamlessly straight into the front edges of the hood. Your gusset is going to run right down both the hood and the front “body” of the anorak, tying the two together.
2. The gusset is oriented on the inside of the neck slit, and aligned with the top edge of the front of the anorak. This should be done such that there is very little overlap between the gusset and the anorak body (just enough for small seam allowance).
 - i. You will find these steps much easier if performed with the anorak inside-out.
 - ii. Place the gusset on the inside of the anorak body when pinning the gusset in place.
 - iii. You may find that the gusset extends into the top of the pocket slightly - this is not a problem.
3. Pin the gusset in place, and sew. You do not need a 1/4" seam here, instead sew right over the gusset hem that you created earlier.
4. Flip the anorak right-side-out.
5. Add any additional reinforcing stitching as necessary, particularly near the bottom of the slit if you didn't do a perfect first pass.



Illustration 32: The gusset location. Velcro and tab will be added shortly.

9.3 Finishing the Neck Closure

Your neck closure tab was sewn to your hood while you were creating the hood. All you have to do now is add some Velcro to the body for it to close against.

1. Your neck tab received “hook” (rough) Velcro.
2. Open your gusset to the full open position. Note the location of the neck closure tab against the gusset when the anorak is fully opened like this.
3. Add a small piece of “loop” (soft) Velcro at this point. This piece of Velcro, which only needs to be 1” x 2”, will serve as a keeper to prevent your neck tab from flapping around when not in use.

- Now add a bigger slab of “loop” Velcro to the opposite side of the neck opening. This big piece (~ 2” x 6”) provides a nice wide & long landing zone for you to hit when doing up the neck closure in a stiff breeze with mitts on. See Illustration 32 for the placement of this piece. It seems like a lot of Velcro, but in addition to giving a bit target, that amount also serves to give more versatility in how tight or loose you want to close your neck. You can always trim some off later if excessive.



Illustration 33: Batten down the hatches! Closed up tight and ready for the north wind!

10.0 Sleeves

10.1 Attaching to Body

You will now join your sleeves to the anorak body. The shoulder of the sleeves is cut larger than the shoulder on the body and will be trimmed to fit.

- First, identify the point at which you will stop sewing the sleeve to the body. As mentioned above, the sleeve is slightly larger than required, so you do not want to sew the entire sleeve to the body. The body is straight for most of its length, and then transitions to a definite curved section about 3/4" of the way to the top of the body. This curved section is where the sleeve will be attached. The transition from curved to straight is easy to ID before you start sewing the sleeve, but somehow once you start pinning and/ or sewing the sleeve it becomes harder to ID. So take a moment and put a little ink mark at this transition now so you don't miss it later. We will refer to this as Point X throughout sections 10.1 and 10.2.
- Lay the sleeve on the body, with "Right" sides facing each other, and the shoulder on the sleeve aligned with the shoulder on the body. The wrist of the sleeve is facing towards (or more accurately beyond) the centerline of the anorak at this point.

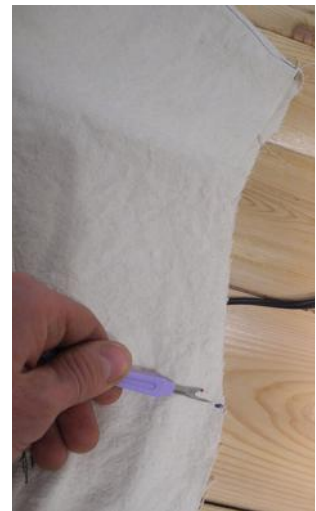


Illustration 34: Marking the body to accept the sleeve.

3. Pin the sleeve to the body. Remember you will only sew to the ink marks you placed earlier, so only pin the sleeve to the curved portion of the body. You will have excess sleeve.
4. Sew the sleeve to the body with 1/4" seam.
5. Flip the sleeve over so you are looking at the "Right" side. Three-layer ("Open") top-stitch.
6. Repeat for the other sleeve.



Illustration 35: The sleeve attached to the body. Note the "extra" material at either side.

10.2 Trimming the Sleeve to Fit

As discovered above, the shoulder seam on the sleeve is larger than the equivalent seam on the body. You will trim this off without changing the size of the wrist on the sleeve.

1. Lay the anorak out flat with the sleeve stretched to the side.
2. Align the sleeve so it is folded in half equally.
3. Pin the two halves of the sleeve together so that they do not shift while you are trimming.
4. Using a long straight-edge, draw a line from Point X (ID'd above) to the edge of the wrist. Ie. this line does not run parallel to the edge of the sleeve, but rather tapers, so that the most excess material is taken off at the shoulder, and no material is removed from the wrist. See the photo.
5. Trim along the line.
6. Repeat for the other sleeve.



Illustration 36: Trimming excess sleeve material.

10.3 Add the Logo Patch

Of course you want to add the logo patch to the upper arm, and don't need any extra encouragement here. But in case you are thinking of skipping this step, consider for a moment that we might run into each other on the trail some day. What if you weren't proudly sporting your LotN patch? That would be awkward, wouldn't it?

1. We typically place the logo on the left upper arm, ~ 3 1/2" below the seam that joins the sleeve and body. Fold your sleeve in half to create a crease. Sew the logo over that centre crease.

10.4 Closing the Sleeves and Sides

The big moment has finally arrived: your cape becomes an anorak!

1. Flip the anorak inside-out;
2. Working on just one side of the anorak: ensure the anorak is folded equally so that the sleeve edges line up nicely, as does the side edges of the anorak body;
3. Pin the two layers of the sleeve together, and continue right on down the side of the anorak, pinning the "front" and "back" of the anorak together.
4. Note: The lowest ~5" of the anorak sides do not get sewn together. This provides greater freedom of movement for longer strides or high-steps over logs, without sacrificing much in the way of wind protection. Put a tick mark at this 5" point, or use a perpendicular pin to remind yourself not to sew beyond it.
5. Using your standard 1/4" straight stitch, sew from the wrist all the way into the armpit, turn and keep going down the body to within 5" of the lowest edge of the anorak.
6. Ideally we would flip right-side-out and do a 3-layer or "open" top-stitch here, but it is quite difficult to do this to the sleeve. Try it if you'd like, or instead, you may finish the seam on the sleeve with a zig-zag stitch as described below:
 - i. Leave the anorak inside-out for now.
 - ii. Set your machine to zig-zag, with a short stitch length and maximum stitch width.
 - iii. Sew along the outer edge of the seam from wrist to just beyond the armpit.
7. Flip the anorak right-side-out, and 3-layer ("open") top-stitch whatever you did not zig-zag above. You can just top stitch from the bottom of the anorak up into the armpit, or carefully top-stitch from bottom hem to wrist.
8. Repeat with the other sleeve.



Illustration 37: Finishing the sleeve hem with a zig-zag stitch.

11.0 Hemming and Trimming

The finishing touches will really transform this mass of canvas into a beautiful anorak!

11.1 The Wrists

Hemming

1. Fold the unfinished wrist edge inwards two times to create a nice finished hem. (Ie. if done correctly the unfinished wrist edge is folded inside the fold, so that it is not visible on either the inside or outside of the anorak).
 - i. This is your opportunity to fine-tune the fit of your anorak. So try it on and adjust the size of wrist hem as necessary to get the appropriate length. We like an anorak that hangs past our wrists, to about our knuckles. The anoraks are designed to be worn over mittens, and the long sleeves help protect the wrists.
2. Press the hem with the iron;
3. Sew in place with straight stitch.



Illustration 38: A double-folded hem.

Ribbon

1. If desired, add decorative ribbon to the wrist edges. This will be just back from the edge of the wrist, and should overlap itself as it completes the 360 degrees. Tuck the top flap of ribbon underneath itself to create a nice finished edge (as described/ shown for the pocket flap earlier).
2. Pin in place and sew with a straight stitch.

Wrist Tabs

The wrist tabs work much the same way as the hood tab installed earlier.

1. It may help to work out how the finished wrist tab will be oriented before you begin sewing. Essentially you want the wrist tab to close across your palm, as opposed to across the back of your wrist. In this way, you will be able to grasp your sleeve with the hand that you are tightening, while tightening the Velcro with the other hand. This is more cumbersome if the Velcro runs across the back of your hand.
2. Orient the wrist tab into the 'finished' position as described above, then 'open' the wrist tab all the way up so that you have flipped it 180 degrees. It should now be pointing the opposite direction that it started in, and you should now be looking at the "wrong" side of the tab (ie. the one with the Velcro).
3. Sew the tab in its current orientation, with the "wrong" side facing up.
4. Flip the tab right-side-out and top-stitch.

5. With the wrist tab in the 'neutral' (fully open) position, place a piece of loop (soft) Velcro that is ~ 1" long x 1" wide. Sew this Velcro in place. This is designed to keep the wrist tab from flapping when it is in the neutral position.
6. Add a second strip of Velcro in front of and inline with the wrist tab. This is a longer (say 3" x 1") piece of Velcro, which provides a nice large target for cinching up the wrist tab with mittens on.
Note: The image below shows Velcro which has been turned sideways to create an even larger target for the wrist tab. This can be done but is not really necessary.
7. Sew the second piece of Velcro in place.



Illustration 39: Wrist tab ready to be sewn.



Illustration 40: Wrist tab after top-stitching.



Illustration 41: Wrist tab completed.

Repeat all of the above (hemming, ribbon and tabs) for the other wrist.

11.2 The Bottom Edge

Hemming

1. Create hems by folding in the edges of the 5" sections at the bottom of the sides which were not closed up when you closed the rest of the anorak sleeves and body.
2. Press in place, and sew.
3. As with the wrist hems, fold the bottom edge of the anorak twice to create a nice finished hem.
 - i. Also as with the wrists, this is your opportunity to adjust the fit of your anorak. We like our anoraks to cover the majority of our thighs, but not hang to our knees.
4. Press in place and sew the hem.
5. Repeat for the back of the anorak.

Ribbon

1. Ribbon can be added to the bottom hem of the anorak, usually to both the front and back pieces.
2. This is pinned in place just above the bottom edge of the anorak and sewn with a straight stitch.

You can finish the edges of the ribbon by tucking under as done previously, or you can continue the ribbon around the edge of the anorak to have it finish on the "Wrong" sides of the front and back.

Velcro

1. **OPTIONAL:** In the past we have added small squares of Velcro along the 5" slits at the bottom of the sides of the anorak. If these are small enough (say 1" by 1 1/2"), they will tend to cling and close naturally, but if you take a high step, the short Velcro is weak enough to pop open easily to accommodate. However we have not found these to be particularly necessary.

12.0 Adding a Fur Ruff

If you aren't adding a fur ruff - you're done! Continue onto Step 13. But be warned, you'll be back - they all come back! For everyone else, settle in, you're almost there. We like to permanently install the fur ruff by sewing it in place, as we feel this gives the softest, most comfortable ruff. It also means you will be resigned to hand-washing your anorak to protect your fur. Because the winter environment is fairly clean (avoid rubbing up against a sooty woodstove), and because this is an outer layer, we don't feel the need to launder them often. If you'd like to do a removable ruff, this is another opportunity to apply some of your own creativity to custom design your anorak. Otherwise read on to sew on.

1. Your strip of fur has been provided with twill tape pre-installed on all four edges. You will be sewing at all times through this twill tape (and also through the hide beneath the tape). This makes it much easier to sew as you will have an easier time avoiding getting tangled in fur.
2. The fur is going to wrap around the front edge of your hood, with fur both inside and outside the hood. You will sew the outside first.
3. Align and pin the fur in place:
 - i. Centre the fur on your hood, with the fur facing out (ie. "wrong" side of ruff against "right" side of hood).
 - ii. Line up the edge of the ruff with the first edge of the "drawstring tunnel" (ie. your fur should not overlap or interfere with your drawstring tunnel at all.) Place your first pin.
 - iii. The drawstring tunnel stitching should be a nice straight line, that runs parallel to the edge of your hood. Now that your hood is created, that drawstring line should be about 1-1/2" from the front edge of your hood. Use this line as your reference as you continue pinning the fur onto your hood.
 - iv. When you hit the end of your drawstring tunnel, keep right on going, staying parallel to the front edge of the hood, and keep pinning the fur.
4. Your ruff length should bring you very close to the beginning of the neck gusset at the front of your anorak. If you're about 1" short on either side of the gusset, that is OK. In a headwind, if you cinch your gusset up the fur will come to a close under you chin.
5. Before you do any sewing, fold your ruff neatly around the front edge of the hood. The ruff should be centred inside and outside your hood, so that you have an equal amount of fur both sides. This will make sewing easier if the twill tapes are roughly aligned on both faces of the

hood.

6. Once you're properly aligned, unfold your fur so that it is no longer inside the hood. You only want to be sewing the outside of the ruff right now.
7. Machine sew the long edge of the fur with a straight stitch right over the twill tape.
8. Fold the fur back around inside the hood. You should find that the edge of your ruff should align quite closely to the line of stitching you just laid on.
9. To avoid entangling the fur on the outside of your hood, we find it easiest to finish the job by hand sewing the inside of your ruff.
10. Start at the centre of the ruff, and sew separately to each side, which will help keep the ruff laying nice and flat.
11. Use a “whip stitch” to sew through the inside layer of the hood and the twill tape of the fur ruff. A whip stitch wraps around the edge of the item you're sewing (in this case the fur ruff):
 - i. Sew through the canvas, outside of the fur ruff, and then come back through the fur ruff (from skin side to fur side);
 - ii. Sewing through the ruff from the skin side only avoids a lot of trouble with tangled fur.
12. When you finish the long seams from centre to edge of the fur ruff, you will only have the short edge of the ruff remaining. Sew it with a whip stitch as well.



Illustration 42: Find a friend and give them a big hug, your ruff is on and your anorak complete!

13.0 Enjoy!

Get out there and use your new anorak - preferably for multiple days on end!



Thank you for your support!

Find us on Facebook, Instagram and YouTube *@lureofthenorth*

Happy Crafting!

www.lureofthenorth.com

Appendix 1: Kit Contents

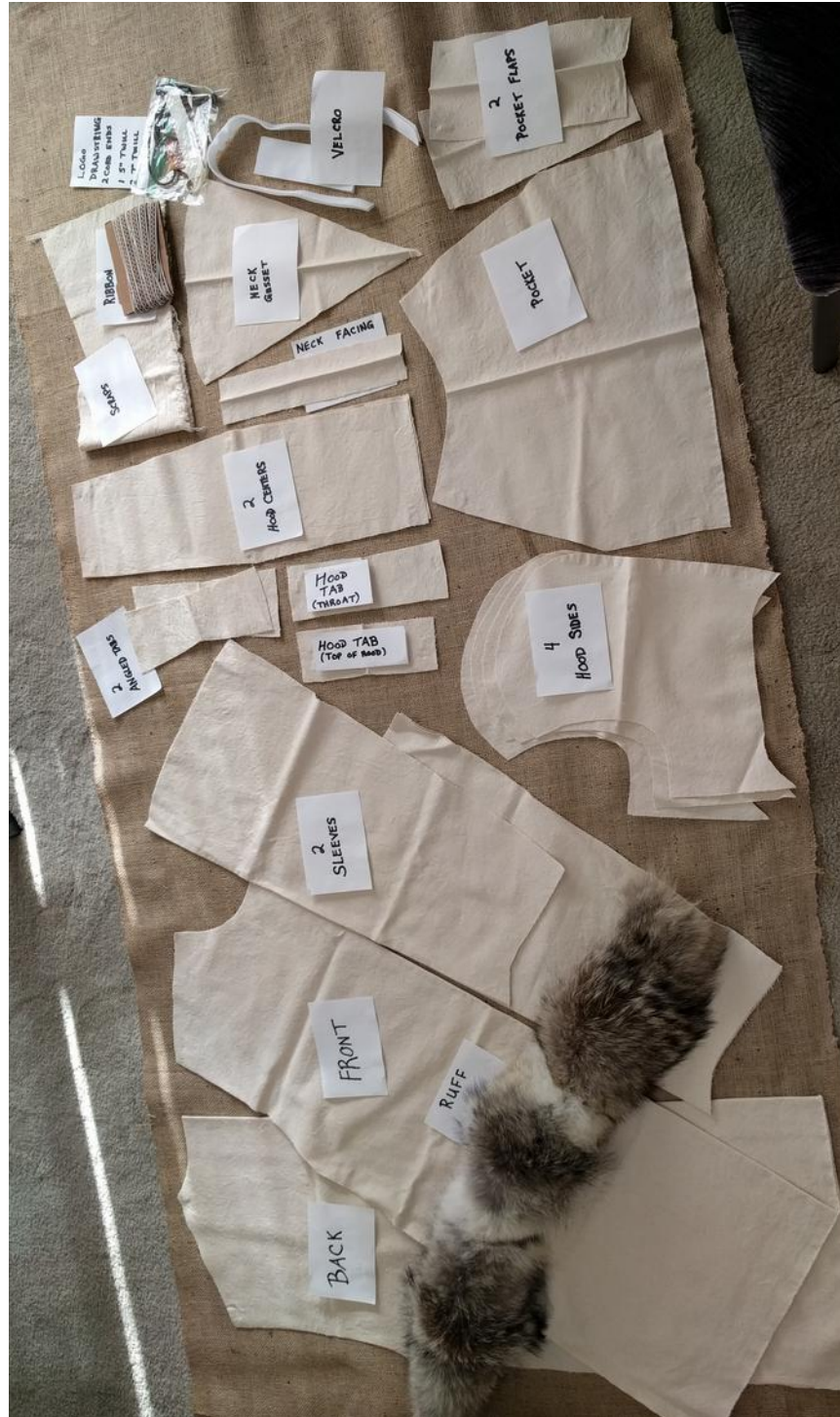


Illustration 43: All the parts of an LotN anorak kit. Use this as a reference to help you ID your components.