

## Hugs for Heroes

**Hugs for Heroes** is a Project Linus initiative that not only provides a blanket to children that have a loved one serving overseas, but also provides a small "pocket" blanket for the family to send to the loved one/soldier. That way the child and the deployed soldier can "share" the blanket and the warm hug it provides.

Many **Hugs for Heroes** blankets are made from fleece blankets. When the corner is cut out of the blanket to make the fringe on the child's blanket, the corner is made into a small pocket fringed blanket (about 4" x 4") to be sent to the soldier. Pocket blankets can also be made to "match" the child's blanket by crocheting/knitting or quilting a smaller and simpler version of the child's blanket approximately 4"x4". The size could be up to 6"x6" and rectangular blankets are great, too.

Initially, we will implement this program at Methodist Medical Center where a patriotic blanket is given to each baby born where the father is stationed/deployed out of the area. That way the mother can send the "pocket hug" blanket on to the father/soldier. If we receive enough blankets and have enough members interested, I will expand the program to other children/soldiers. So, initially, we are looking for baby blankets only. Please attach the "pocket hug" blanket to the child's blanket with a safety pin (no straight pins) or yarn. Submit your blankets at a drop off location as you normally would. A label will be sewn on the child's blanket but not the pocket blanket.

If you have questions about this program, just let Deb Miller know.

[Deb@ProjectLinusEastTN.org](mailto:Deb@ProjectLinusEastTN.org) or

865 719-2862

# No Sew Fleece Blanket & Pocket Hug

## You will need:

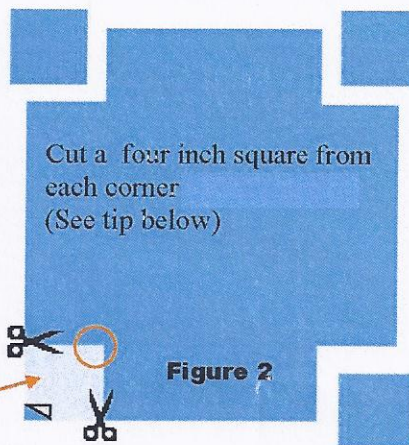
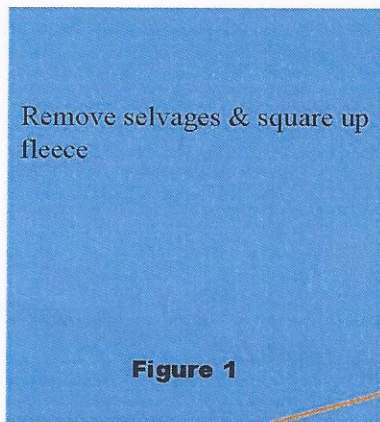
Polar Fleece: 1 1/2 yard piece or choose your own custom size. (Fleece is usually 50-60" wide)  
"Ruler or Shape Cut Ruler and Rotary Cutter" works best to create neatly cut fringe. If you are using scissors, please make sure your cuts are clean, even and straight with no frayed edges.

This blanket is simply made in 5 easy steps.

**Step #1:** Before you begin, trim off selvage edges and square uneven edges as needed. (Fig. 1)

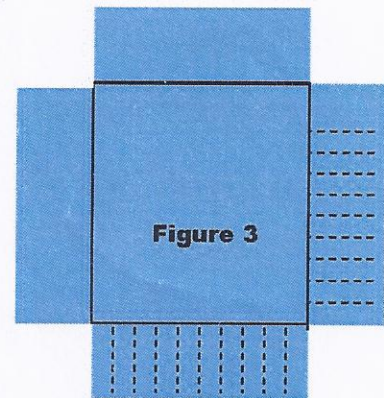
## Step 2: (Fig. 2)

Cut a four inch square from each corner of the fleece.  
Save one 4" square and cut tiny fringe around the edge. This is the pocket hug for the parent.



## Step #3: (Fig. 3)

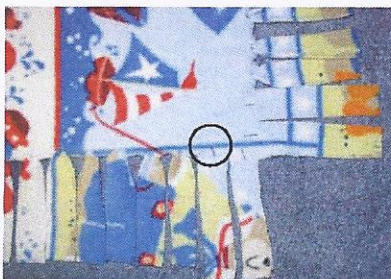
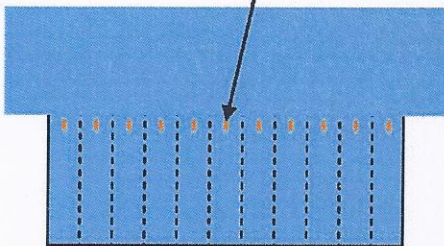
Cut 4" x 1" wide fringe around blanket



*Tip: Cut a 4" piece of fabric or batting to use as your corner template. (Fig. 2) It won't slip and it will make cutting easier. Using your ruler and rotary cutter cut vertically and horizontally—(arrows) ALMOST to the corner (red circle) but NOT QUITE. Then use your scissors to finish the corner cut. This will give you a crisp, clean cut and you won't cut into the neighboring fringe. NOTE: Fringe may be cut in 1/2" or 1" increments.*

## Step #4:

Using a seam ripper, make a tiny slit in the top of each piece of fringe



**Step #5:** Feed the end of the fringe through the back side of the slit you just cut and pull through to create a neat and secure fringed edge.

