

## FAT PADS

If you "build" your shape using a cotton T-shirt as a base, layering your batting to get the proper shape, it won't shift much and you can make it look very realistic. It will be flexible, also. Then tack all the layers together with large running stitches through all the layers. Then put another (larger) T shirt over all the layers, tack again, and also stitch around arms, hem, neck to keep everything closed-- and you have a 1 piece garment that she can put on over her head. You could also split the back and add ties or hooks or velcro for closures.