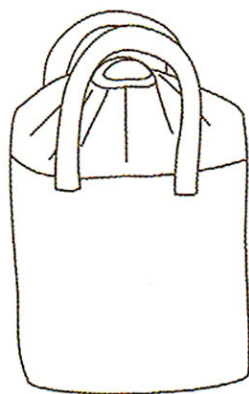


LUNCH SACK

This insulated lunch sack is perfect for carrying healthy lunches to school or to the office. The simple construction makes the bag look like two separate pieces, but the drawstring lining is actually attached. For this project, you'll learn how to make a basic drawstring bag and combine that with your tote-making skills. This bag also introduces French seams, which will hide the inside seams and give the bag greater durability. The cotton fabric allows for easy washing.

OPTIONS

- › Make this lunch sack in any size to suit your needs. An extra-large bag would make a wonderful picnic tote or gym bag, while a smaller bag would be perfect for carrying a water bottle and snack.
- › If making the bag for a child, embroider or stamp his name on the outside.
- › Add longer straps, embellish with trim or embroidery, add decorative stitching to the handles, or include decorative stamping such as the fruit stamps from the tea towels project (see page 12).
- › Add a plastic cord lock to the ends of the drawstring cording to hold it securely in place.



SUPPLIES

- ½ yd/50 cm canvas
- ½ yd/50 cm cotton fabric
- ½ yd/50 cm bamboo batting
- 40"/101.5 cm 1"-/2.5-cm-wide cotton webbing for straps
- 1 yd/1 m ¼"-/6-mm-wide cotton cording for drawstring
- Matching thread
- Fabric marker

Seam allowance: as noted in project steps



MULTIPLY YOUR SKILLS:
drawstring closure, French seams
(see how-to)

FINISHED DIMENSIONS:
11" x 13"/28 cm x 33 cm

STEP 1: CUT FABRIC.

Cut the fabric and straps according to the following dimensions:

Canvas: 13" x 12"/33 cm x 30.5 cm (cut 2)

Cotton: 18" x 13"/46 cm x 33 cm (cut 2)

Bamboo batting: 13" x 12"/33 cm x 30.5 cm (cut 2)

Cotton webbing: 20"/50 cm (cut 2)

STEP 2: PREPARE LINING PIECES.

As you sew the lining pieces together, you will need to make an opening for your drawstring to be inserted in a later step. On the longer side of one lining piece, starting at the top corner, sew an overcasting or zigzag stitch 3"/7.5 cm along the raw edge. Repeat with the other lining piece on the same side. With a fabric marker, make a 1"/2.5-cm line 1½"/4 cm down from the top corner.

STEP 3: MAKE FRENCH SEAMS IN LINING.

With *wrong* sides together, sew the lining pieces together with a ¼"/6 mm seam along three sides, skipping the 1"/2.5-cm section to leave an opening for the drawstring. See figure A. Turn the lining inside out and mark your drawstring opening on this side of the fabric with your marker, and skip over the opening again as you sew. You are now sewing *right sides together*. Sew along the three sides, this time ½"/12 mm from the edge. Press this seam to one side. See how-to instructions to learn more about French seams.

STEP 4: MAKE DRAWSTRING CASING.

Fold down the unfinished top opening of the lining toward the wrong side of the fabric by ½"/12 mm and press, then again by another 1"/2.5 cm and press again. Sew along ¾"/2 cm from the edge to form your drawstring casing.

STEP 5: SQUARE OFF CORNERS IN LINING.

Turn the lining *right* sides out. (You will be squaring your corners on the right side of the fabric because this will be hidden inside the bag). Follow the how-to instructions for squaring corners (see page 91), measuring 1½"/4 cm from the tip of the corner.

STEP 6: SEW OUTER BAG PIECES.

Sew the bamboo batting pieces to the wrong sides of the outer bag pieces with a basting stitch ¼"/6 mm from the edge around all four sides. Sew the outer bag pieces with attached insulation right sides together with a ½"/12-mm seam allowance, sewing around both sides and the bottom. Press the seams open. Along the top opening, press the fabric and insulated lining toward the wrong sides by 1"/2.5 cm, which will form the top edge in step 9.

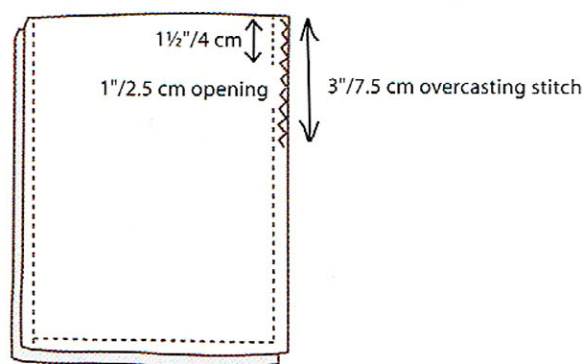


fig. A

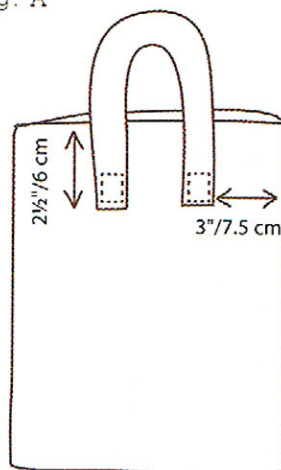


fig. B

STEP 7: SQUARE OFF CORNERS IN OUTER BAG.

Next, you will square off the corners of the *outer* bag, with the outer bag *wrong sides out* this time. Follow the how-to instructions for squaring corners as done in step 5.

STEP 8: SEW STRAPS.

Sew a zigzag or overcasting stitch along the raw ends of your straps to prevent fraying. Turn the outer bag right sides out. With one strap, fold the raw edge under by $\frac{1}{4}$ "/6 mm, then pin the edges of the strap $2\frac{1}{2}$ "/6 cm from the top seam and 3"/7.5 cm from the side seam, as shown in figure B. Sew the strap in place, as shown, using $1\frac{1}{2}$ "-cm squares of stitching on both ends. Repeat with the other strap, sewing it to the other side of the bag.

STEP 9: PUT IT TOGETHER.

With the drawstring lining bag right sides out, tuck it into the outer bag. Pin the drawstring lining to the top of the outer bag with the top of the lining extending from the outer bag. Flip the entire pinned bag *wrong sides out* because you will put the bag into your machine and sew on the front side of the fabric inside the bag. Edge stitch around the top of the outer bag $\frac{3}{8}$ "/3 mm from the edge, securing the drawstring lining to the bag. Then sew a second row of stitches $\frac{3}{8}$ "/1 cm from the edge.

QUICK TIP: When sewing through multiple layers and batting, reduce the thread tension, stitch slowly, and use longer stitches.

STEP 10: INSERT CORDING INTO DRAWSTRING CASING.

With a safety pin, thread the cording through the opening at the side seam and pull it out the other side. Tie the ends together.

How-to: French Seams

When you add the word *French* to something, suddenly it's fancy, but a French seam is simply a seam with no visible raw edges. French seams are much easier than they sound. These are useful for garments where your seam will show, with fabric that frays easily, and to give any seam a professional finish. The technique involves sewing the fabric once, flipping it over and sewing a wider seam, enclosing the first. Sounds easy, right?

- 1 With your two pieces of fabric *wrong sides together*, sew a small seam along the edge.
- 2 Press this seam open, then turn right sides together and press the seam flat.
- 3 Now with *right sides together*, sew a wider seam on the wrong side of the fabric. Press this seam to the side.

How-to: Square Corners

This technique can be used in tote bags, purses, or other projects where you need extra room. The bottom corners of the bag are flattened and sewn down, creating width and turning a plain flat bag into a three-dimensional one. In this book, you'll use this technique in totes, handbags, and for the cosmetic bag. This technique is generally done on the wrong sides of the fabric, unless otherwise noted in the project instructions. The size of the corner will also depend on the pattern. You'll need a fabric marker and a quilter's square or ruler.

- 1 To prepare to square the corners of a bag, sew your bag right sides together and press open the seams.
- 2 With the bag *wrong sides out* (unless otherwise directed), take one corner in your hand and pull the corner open to form a 90-degree angle in the opposite direction. The seams should be aligned one on top of the other. Press flat to form a triangle. See figure A. You can pin this in place and look on the right sides of the bag to make sure that your seams will be perfectly aligned.
- 3 With a quilter's square or ruler, mark $2\frac{1}{5}$ cm (or as directed) from the tip of the corner. Make a line straight across at this point, from fold to fold, as shown in figure A. Sew along this line.
- 4 Clip the excess triangle of fabric and sew over the raw edges with an overcasting stitch. See figure B. Repeat with the other corner.

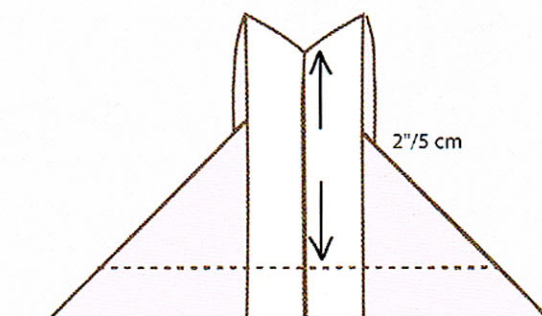


fig. A



fig. B