

# Pouch Tutorial for People Who Have Never Seen a Needle

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## Materials

- Large flat surface
- Scrap fabric – not slippery, not stretchy
- Good scissors
- Small, skinny sewing needle
- Box of sewing pins
- Safety pin or paperclip
- Sewing thread from a spool
- 0.6m of cord or ribbon (your old headphones would work)
- 15cm to 40cm ruler
- Something to draw on fabric
- (Optional) Fabric iron

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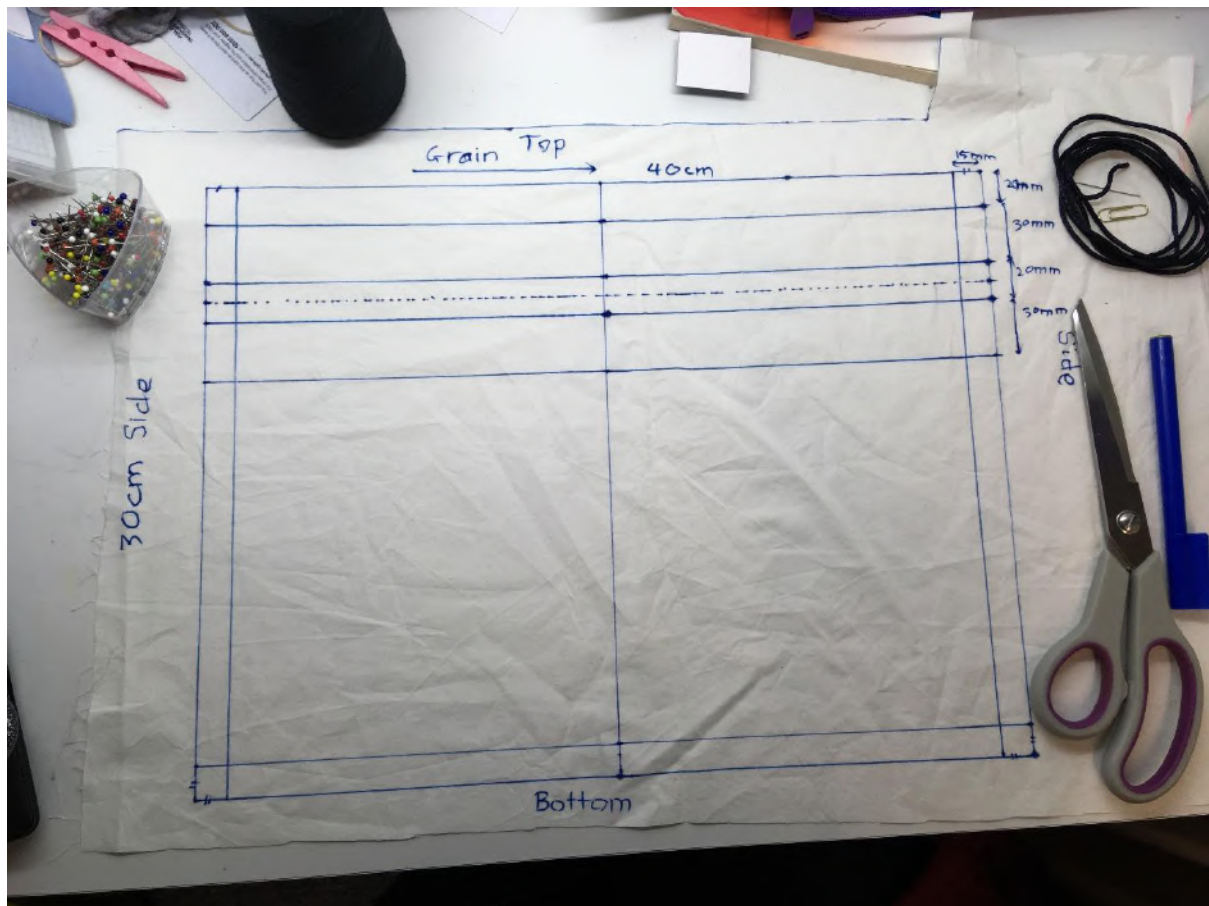
## Method

### Preparation

1. Make sure you have a flat surface like a table or floor.
2. Lay out a piece of fabric 40cm by 30 cm.
3. The “height” will be 30cm. The “width” will be 40cm.
4. (Optional) Iron the fabric so it is flat.
5. Mark this rectangle using chalk/pencil/pen/blood of the innocent
6. Try to line the edges of the rectangle with the threads of the fabric. The way the threads run is called the grain.

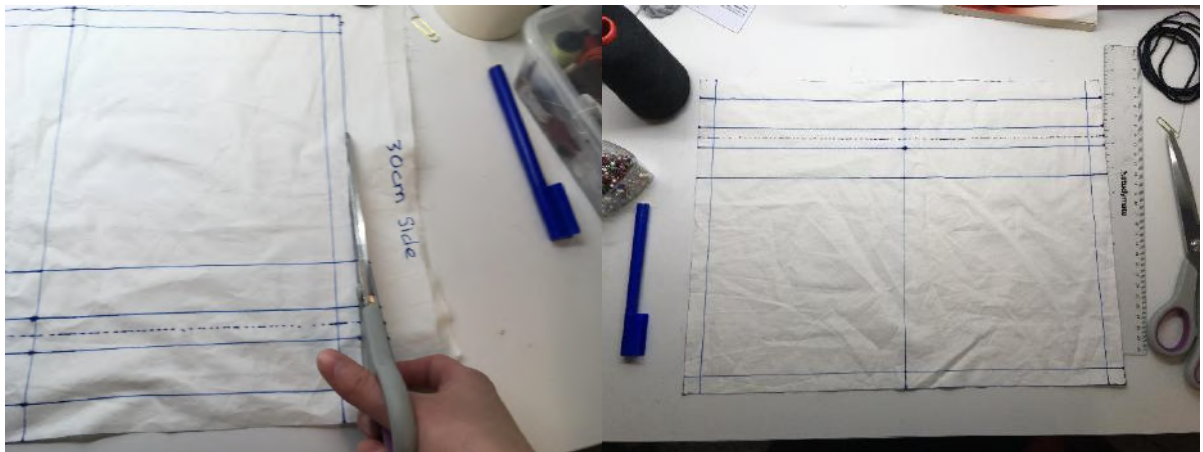


7. Along the 30cm sides, mark 20cm, 23cm, and 24cm from the bottom of the rectangle.
8. Along the same sides, mark 25cm, and 28cm from the bottom of the rectangle.
9. Along the “width” of the bag, mark the centerline.
10. Mark 1.5cm inside the rectangle on the bottom and sides.
11. Draw across the rectangle to join up these lines as in the diagram below.



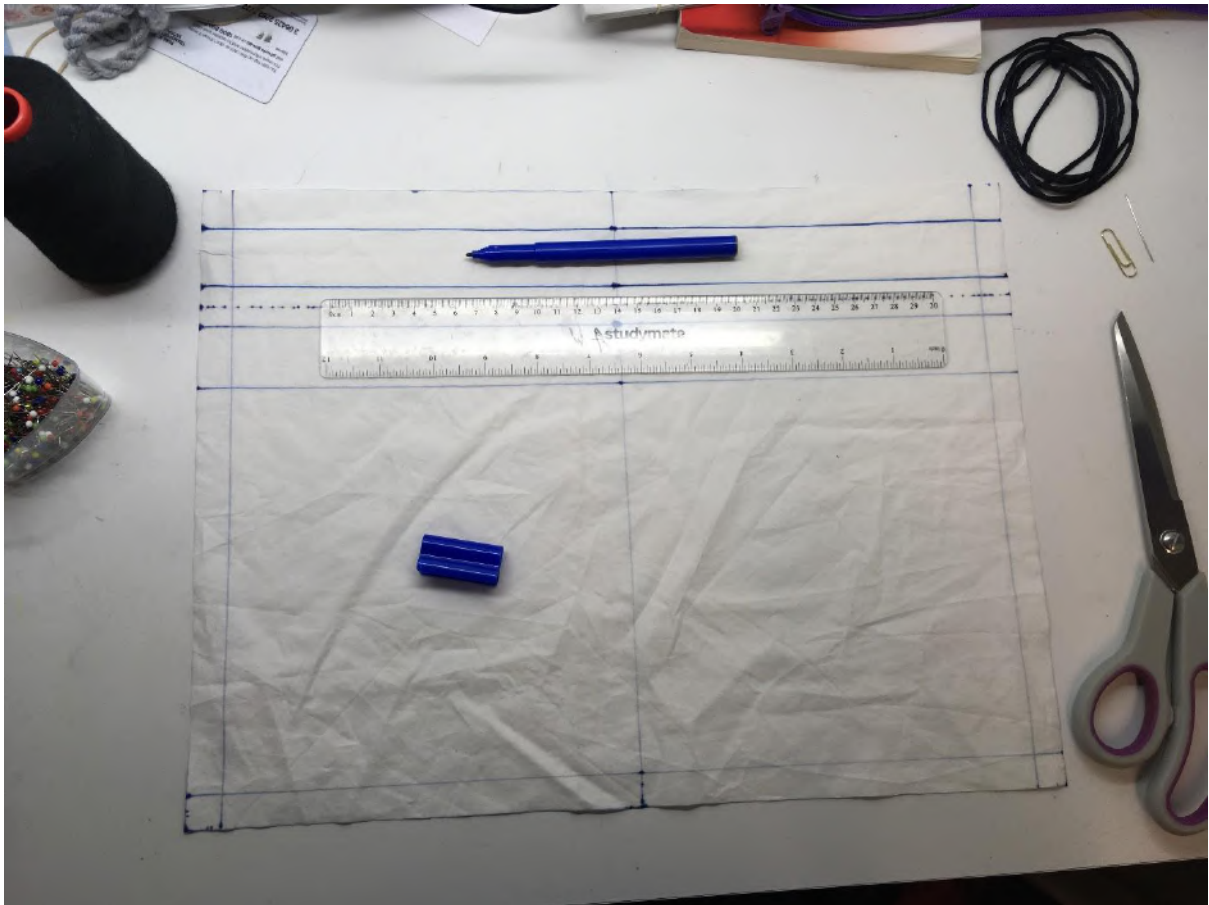
## Cut

12. Lay the fabric on the flat surface, away from your clothes, hair, bag, and headphones.
13. Using scissors, cut out the larger rectangle.



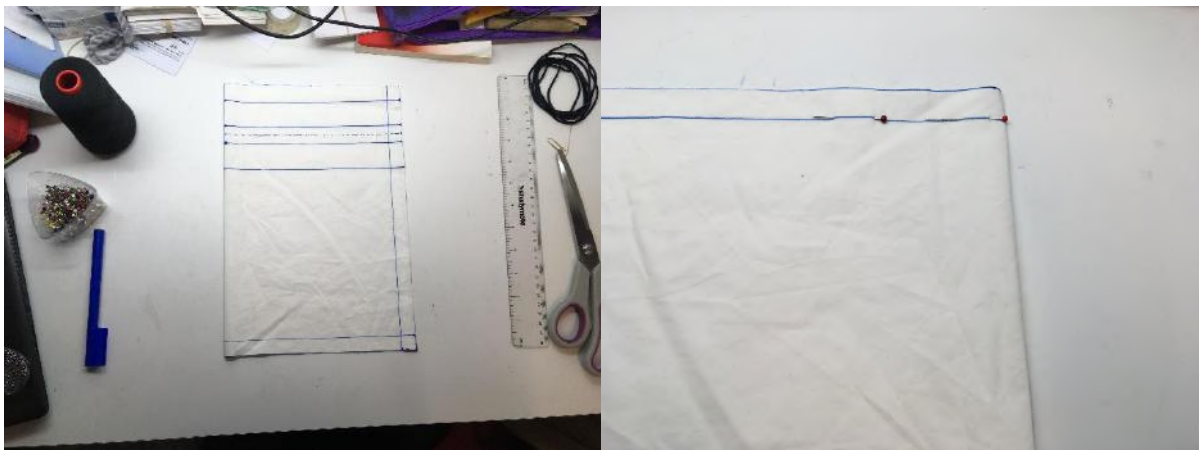
14. Mark the 28cm and 23cm lines on the backside. This will help with sewing for later.



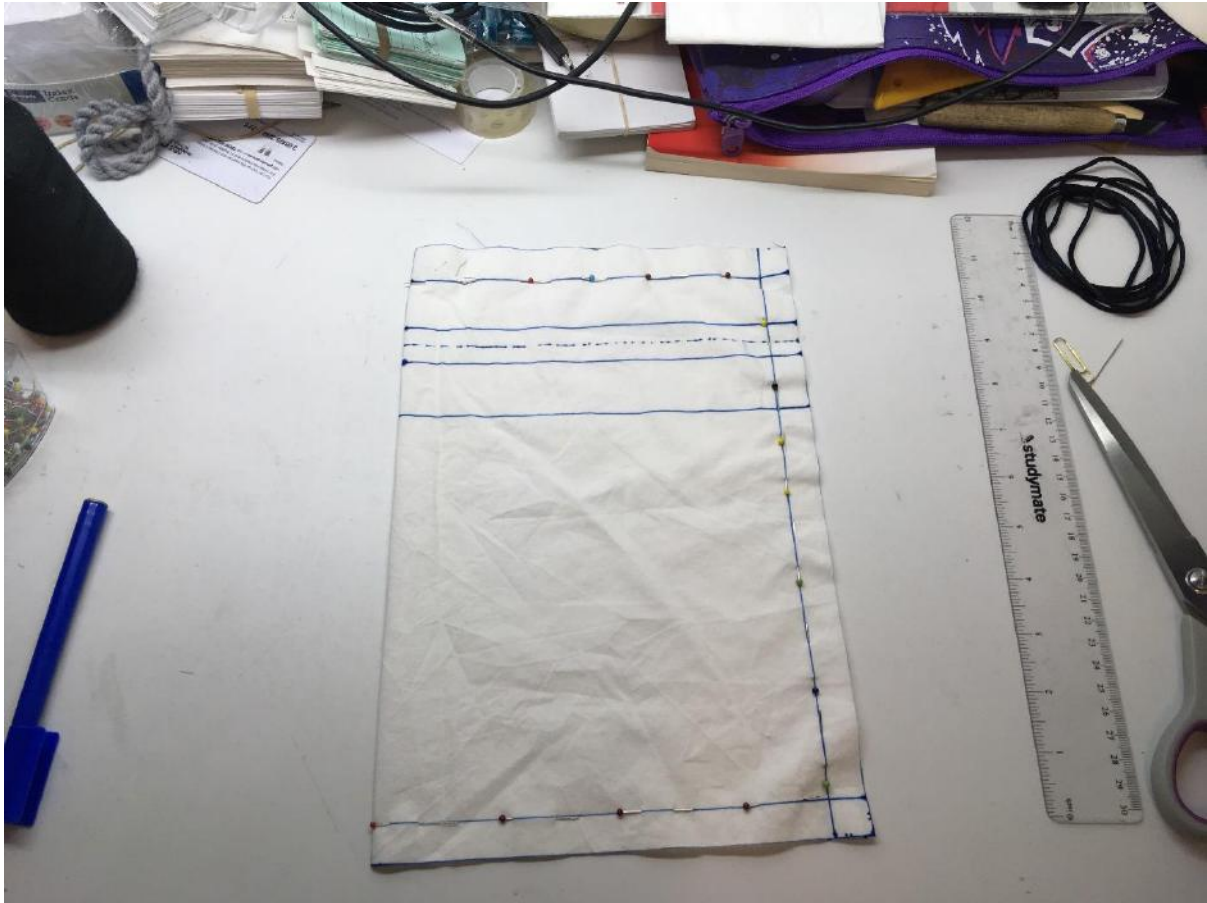


## Pin

15. Fold the fabric in half, along the centerline.
16. Lay the fabric flat on the table or floor.
17. We will be pinning along the outer edges of the fabric.

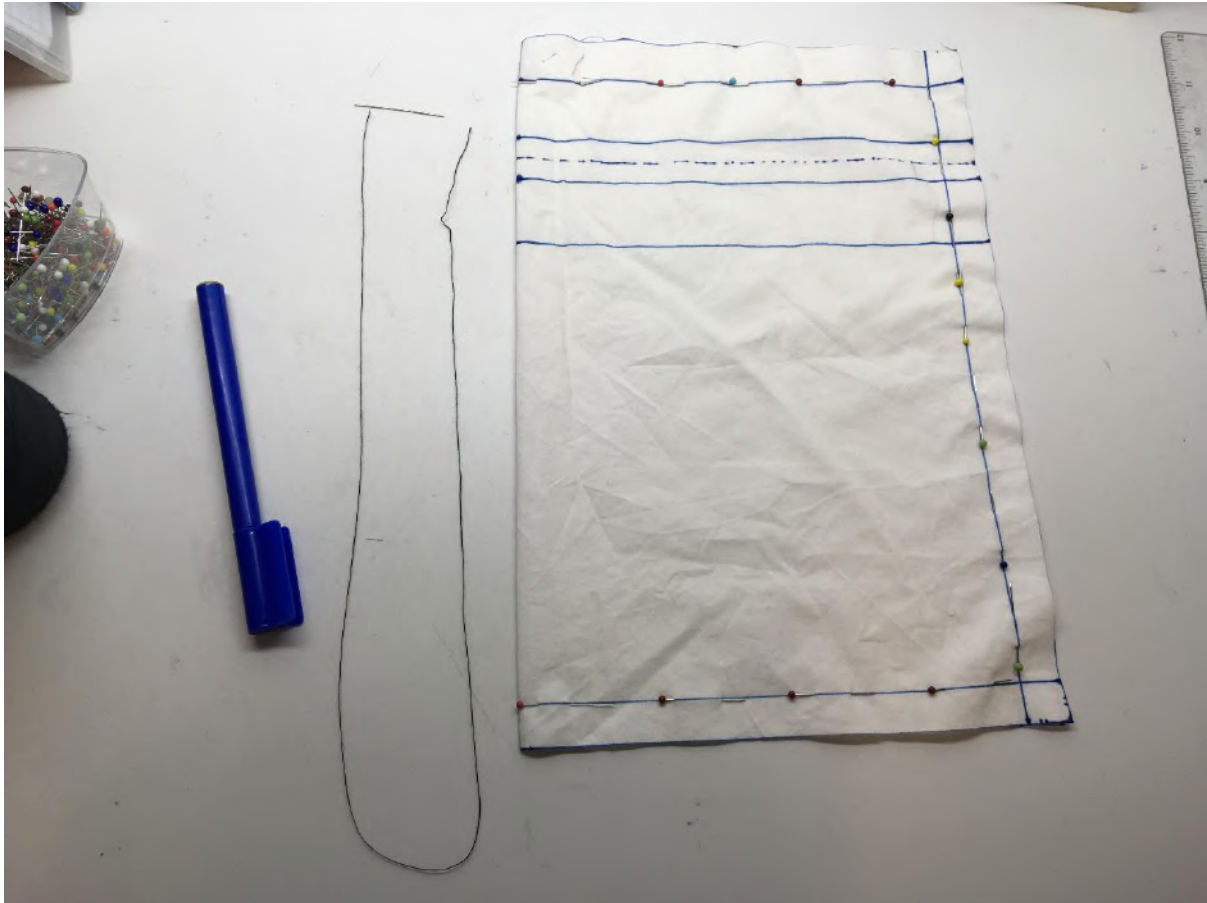


18. Take a fabric pin from the box or cushion of pins.
19. Push the pin into the fabric, a little bit behind the fabric, then back to the front.
20. Move 2 fingers along the edge and repeat until all cut edges are pinned.

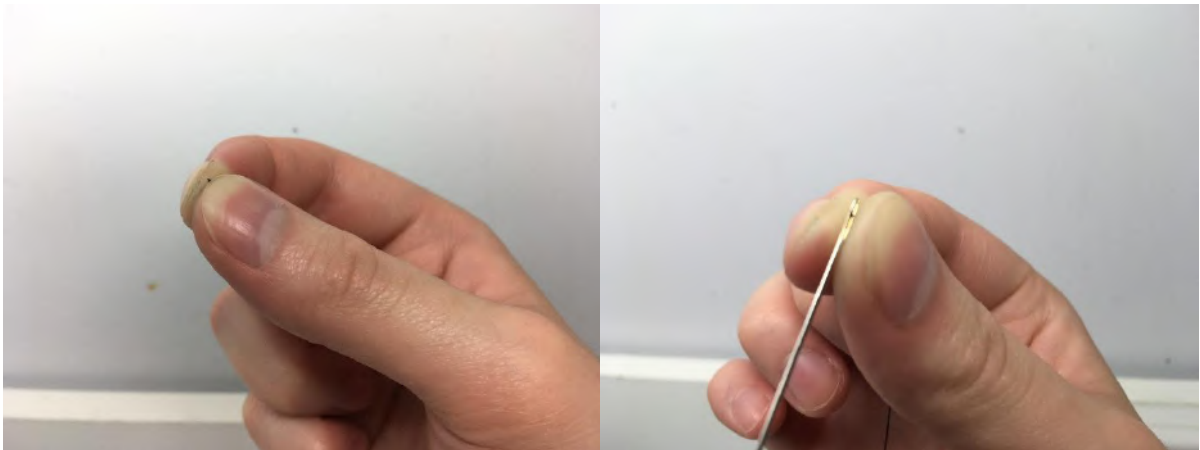


### Thread the needle

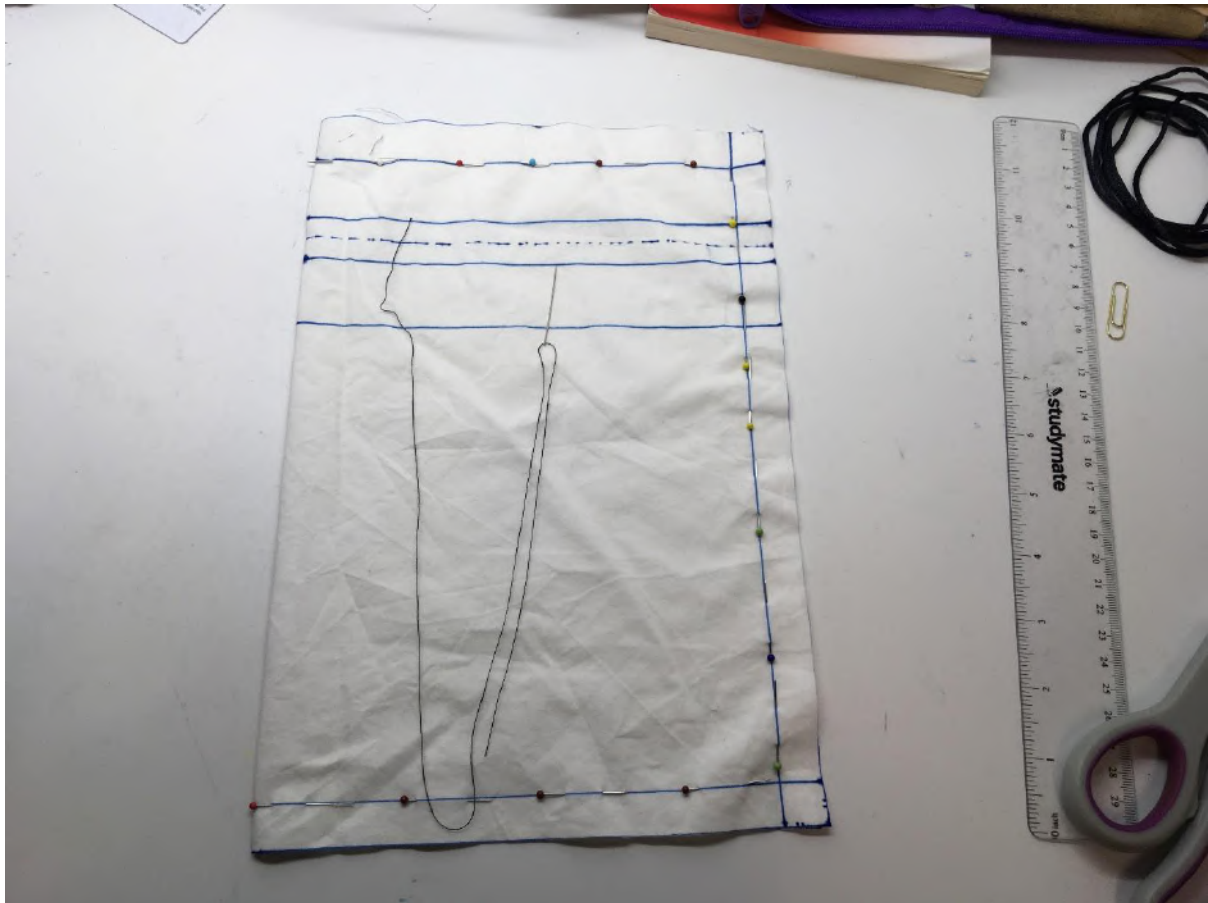
21. From the spool, measure out a length of thread as long as your arm. (You can do longer if you dare. I am not liable for anything that happens as a result of this.)
22. Cut this length of thread using scissors.
23. Wet the end of the thread with spit or water from a bottle.



24. Get your needle in your other hand.
25. Pinch the wet end of the thread between your fingers, holding the end of the thread as close to your fingertips as possible.
26. The less pointy end of the needle as a hole in it. Bring the hole to the end of the thread.
27. Push the end of the thread through the hole, while keeping your fingers pinched.



28. Pull the thread through the needle until you have a short tail and a long tail.



29. If you fail to thread the needle, try these tips

1. Cut the end of the thread again using sharp scissors
2. Wet the thread again
3. Use a different needle
4. Swap the needle and thread between your hands.
5. Actually just try again.

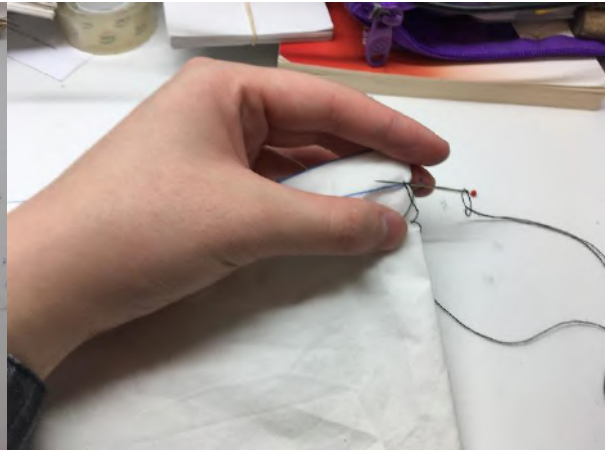
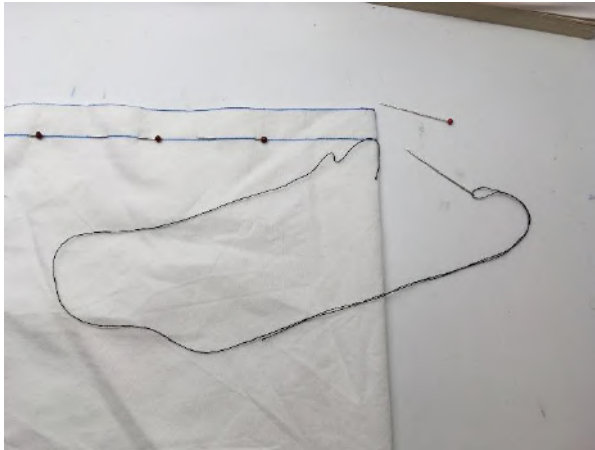
## Sew

30. We will need to sew along the bottom and side of the pouch, leaving a gap between the 20cm and 23cm lines.

### 31. Secure the long tail of the thread

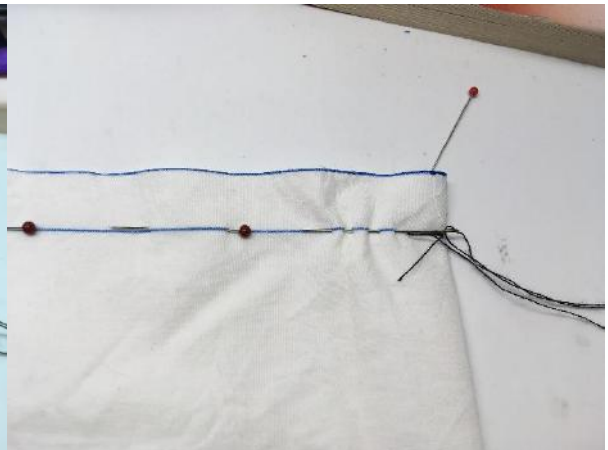
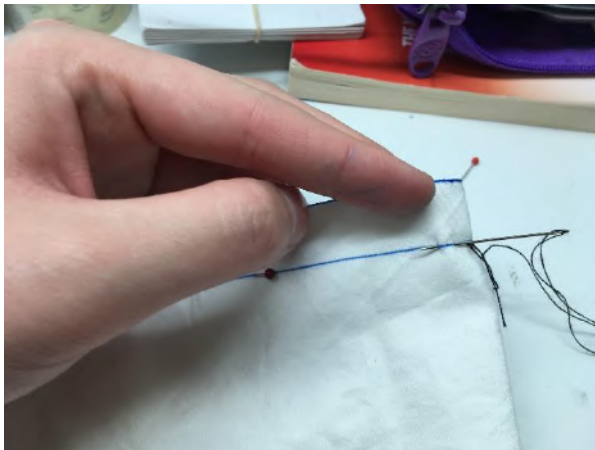
1. Using the needle, pick up a 2mm section at the bottom, near the fold.
2. Pull through the thread until you have 2cm left of the long tail.
3. Hold the long tail against the fabric.
4. Sew through this 1mm section 2 more times, pulling tight each time.



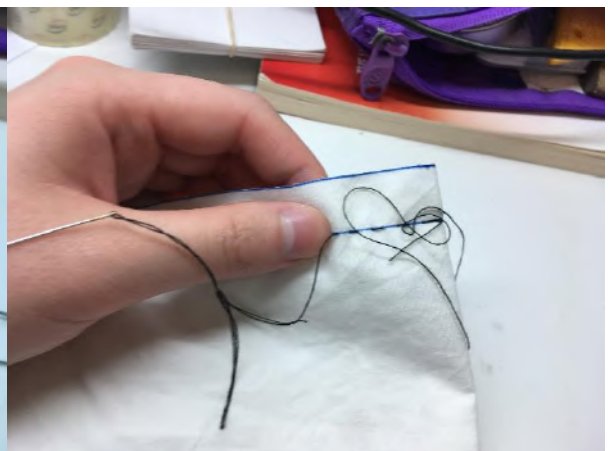
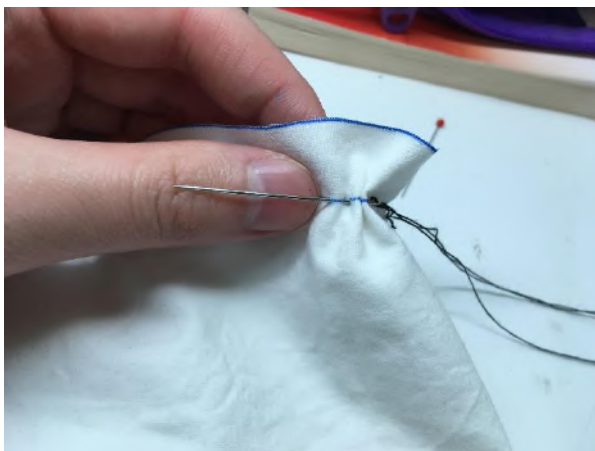


### 32. Running stitch

1. Start sewing along the bottom seam.
2. Use your **dominant hand** to **push the needle down** into the fabric.
3. Use the fingers on your **other hand** to **guide the needle back up** through the fabric.

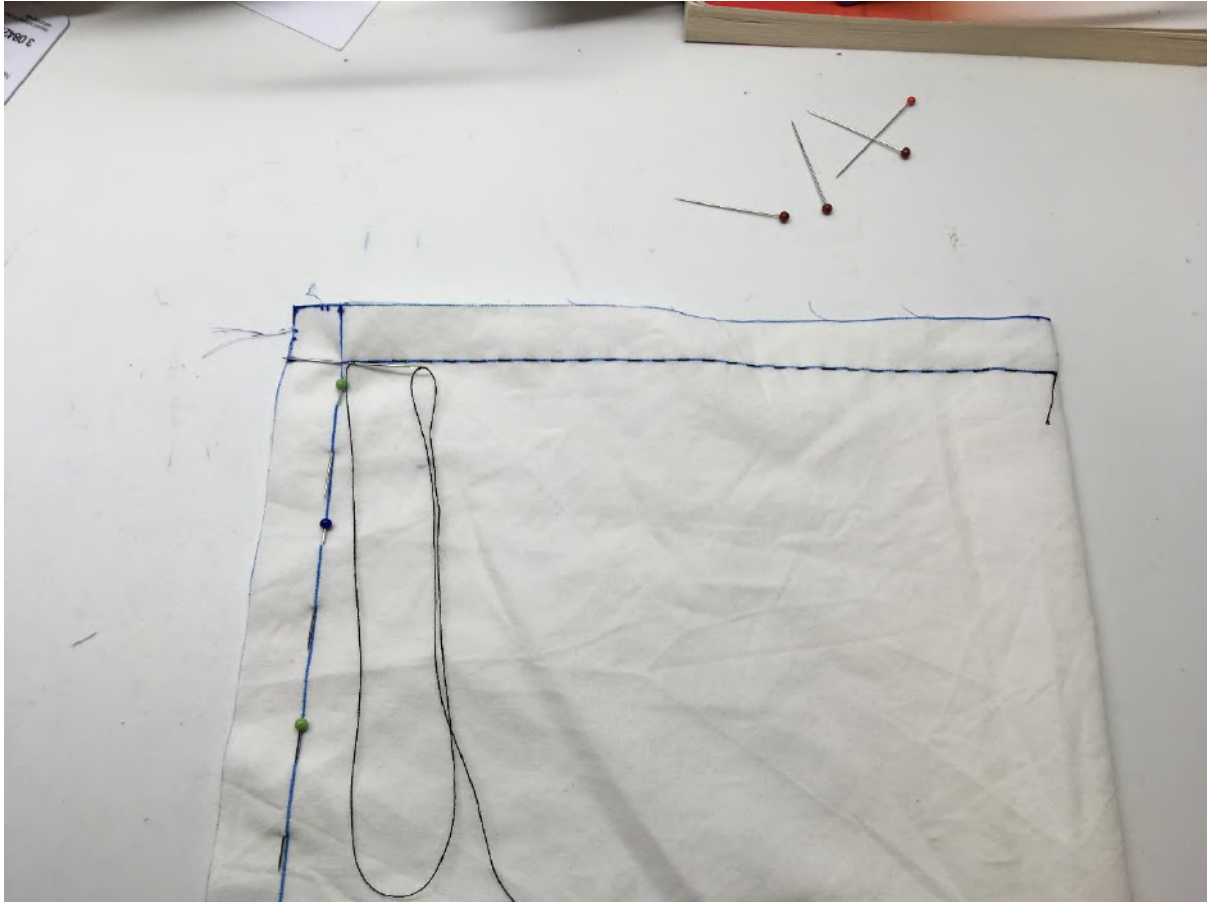


4. Bring the needle up and down through the fabric, like you are making a tiny shish-kebab. The gaps should be about 5mm. This is called a **running stitch**.



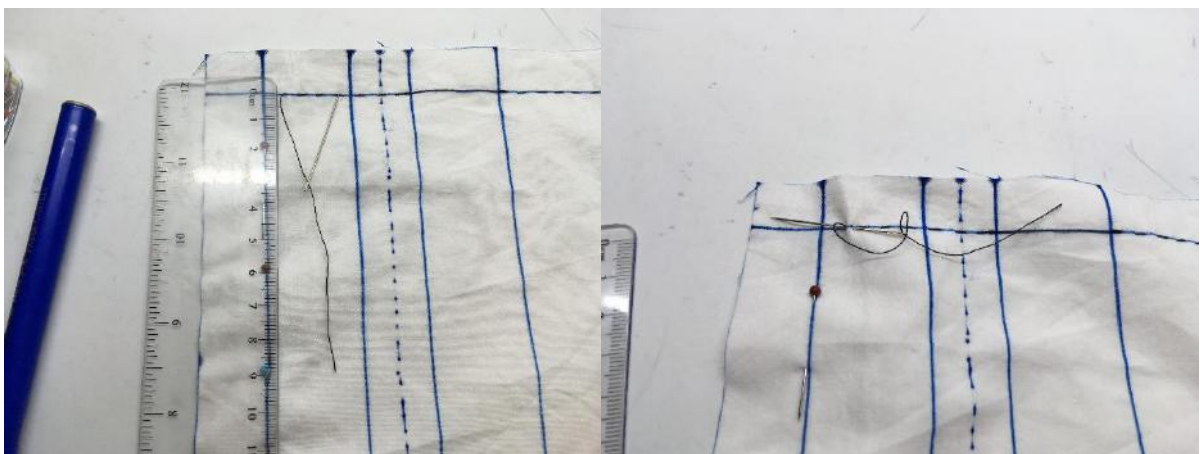
5. Pull the needle through.
6. Alternatively, you can do one down-and-up each time. This is sometimes faster and easier.

7. Flatten the work so the thread isn't bunching up the fabric.
8. Repeat until you reach the corner.
9. If you reach a pin, you can work around it or remove it.
10. Please put your pins in the box when you pack up.



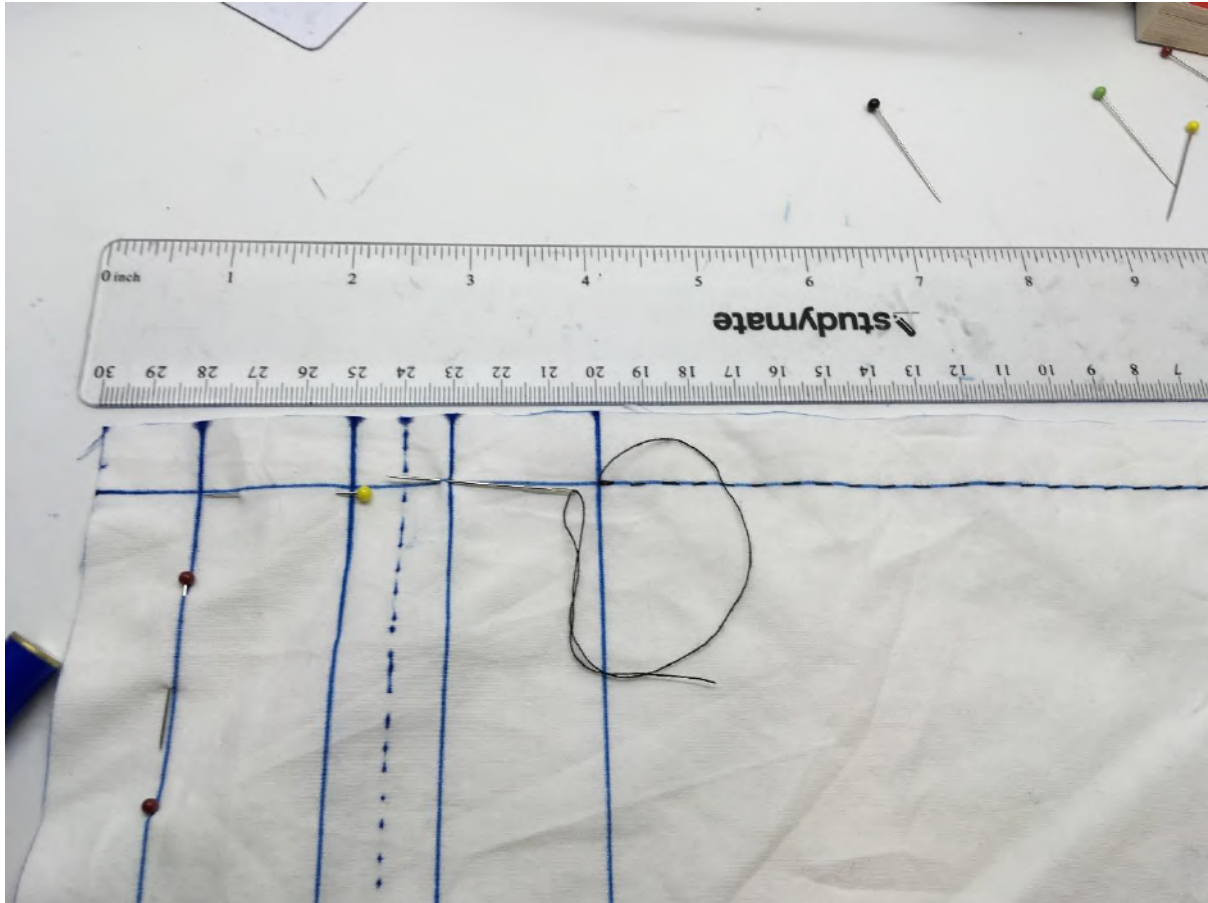
### 33. Adding more thread

1. When you have 10cm left on the thread, sew in place three times with 2mm stitches to end the thread.



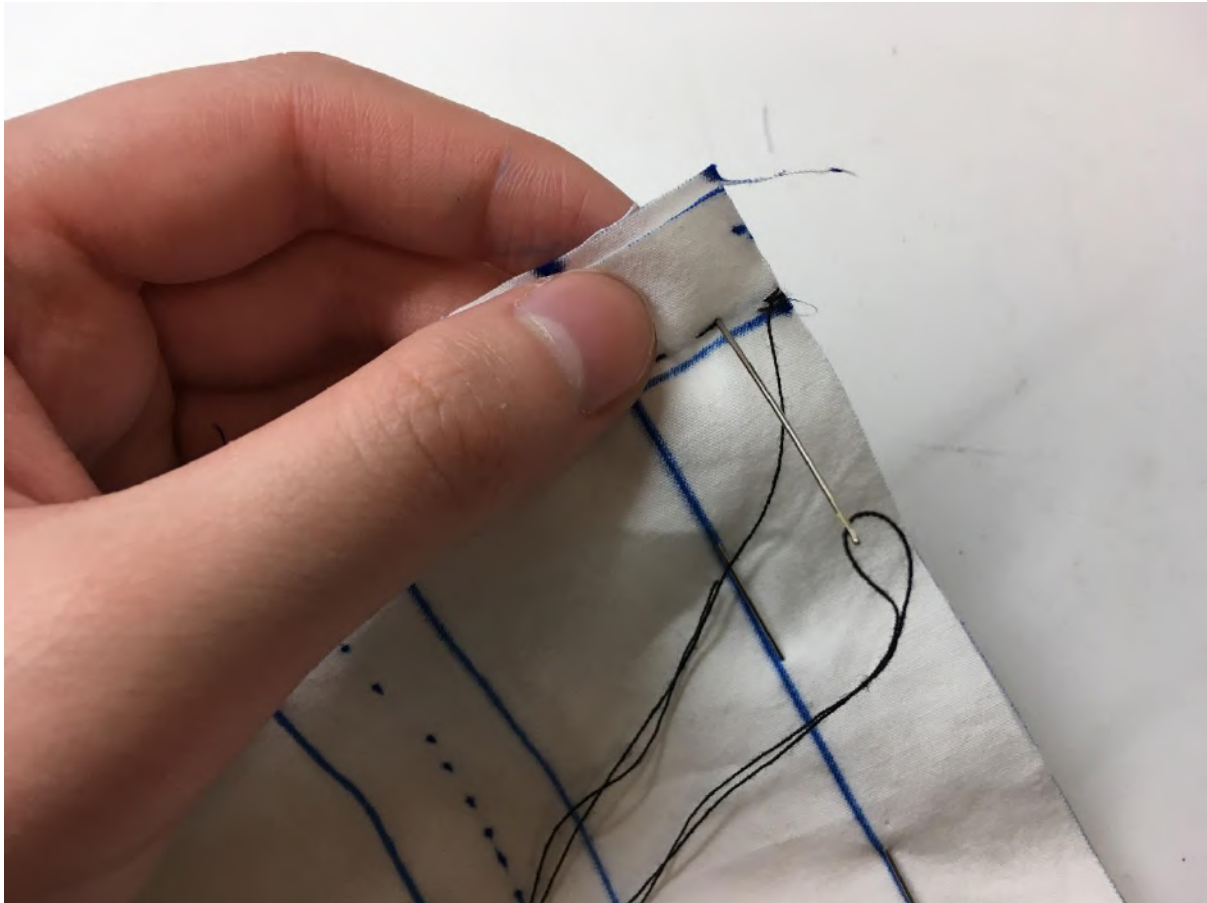
2. Remove the needle.
3. Cut the remainder to 5mm.
4. Measure out another length of thread as long as your arm.

5. Thread the needle and secure the long tail using three stitches in the same place.
6. Continue sewing.
34. It is okay if your lines don't match up exactly.
35. Turn your work when you reach the corner.
36. Continue the running stitch along the side of the bag, until you reach the 20cm mark.



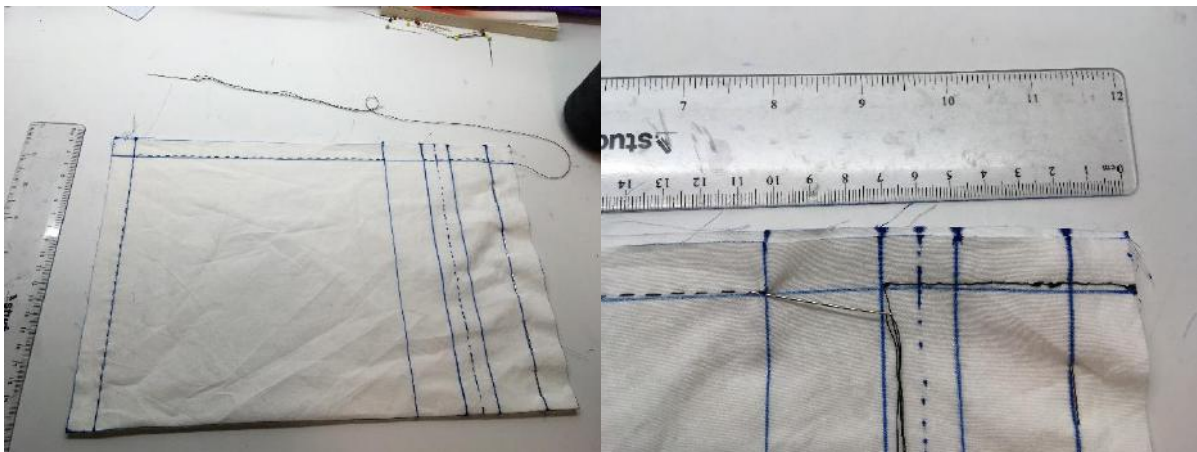
37. Make three 2mm stitches in the same place to secure the thread.
38. Keeping the thread slack, move to the 23cm mark and repeat the three stitches to secure the thread again.
39. Continue the running stitch until you reach the top corner of the piece.
40. Secure with three 2mm stitches in the same place.





#### 41. Double running stitch

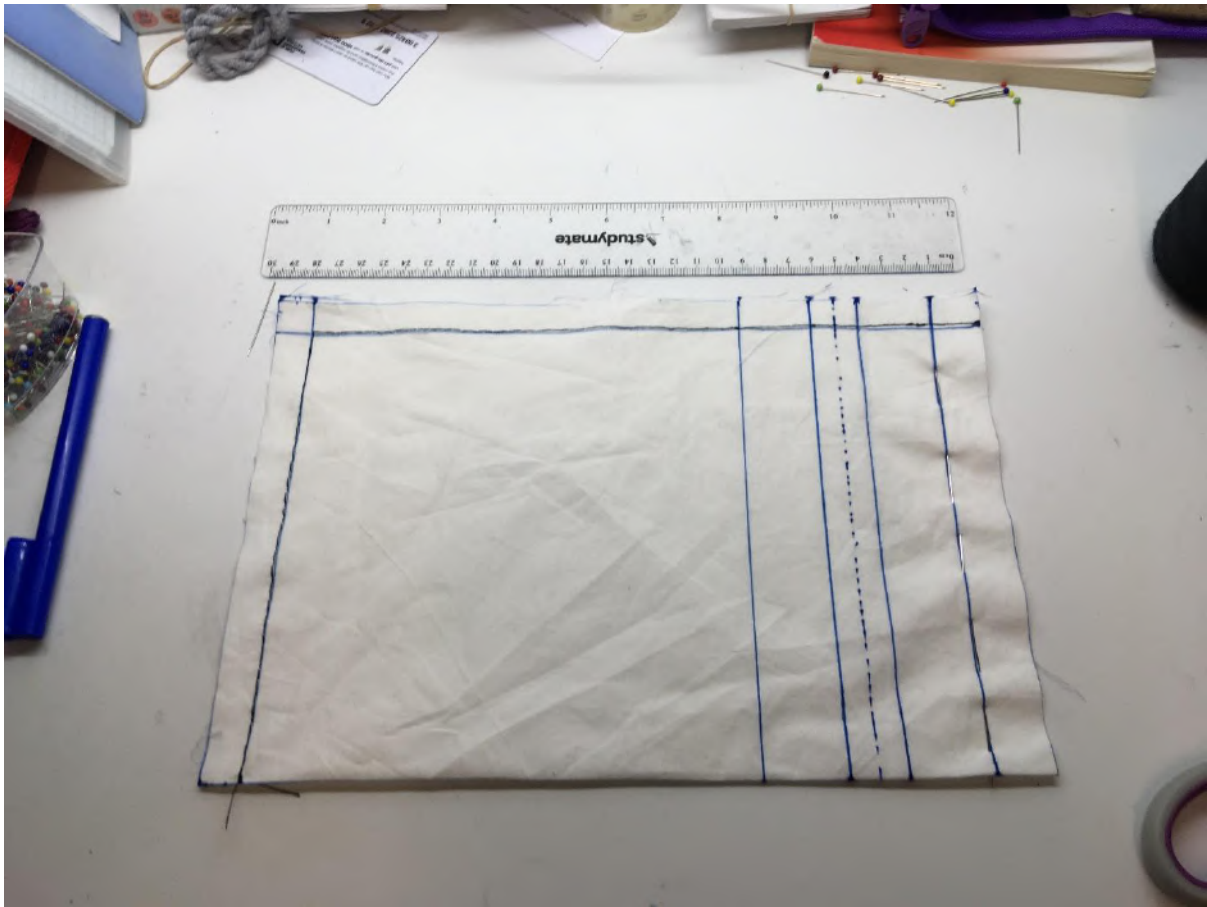
- i. To make the bag more sturdy, we will double the running stitch.
- ii. Turn your work around.
- iii. Your thread should be making a dashed line.



- iv. Sew back along the line, going up where you went down, and going down where you went up.
- v. You should have a solid line at the end.
- vi. Take care to leave a gap between 20cm and 23cm from the bottom.
- vii. End with three 2mm stitches in the same place.
- viii. Remove the needle from the thread.

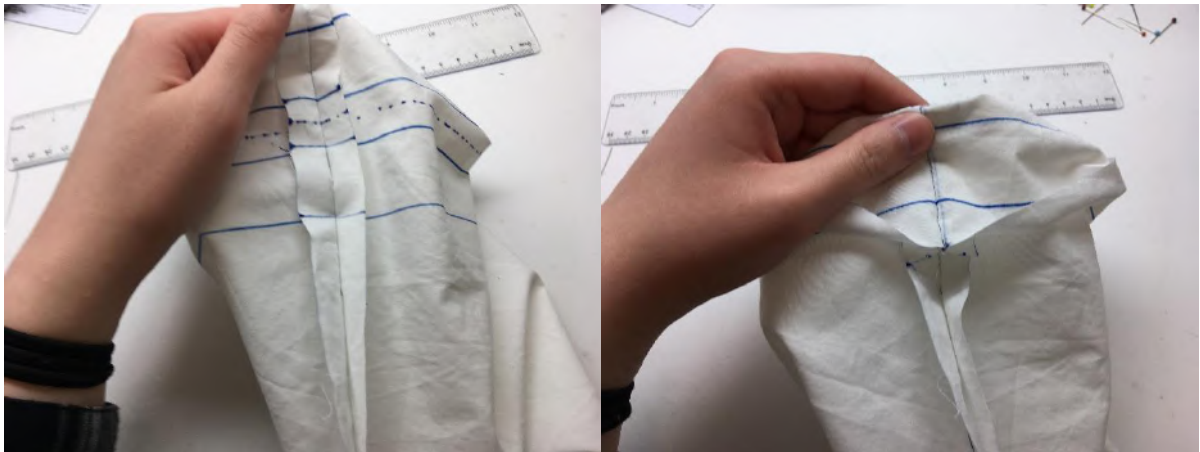


ix. Cut the remaining thread to 5mm.



### Flipping over the top

42. Remove the remaining pins from the rectangle.
43. Press the seam open.



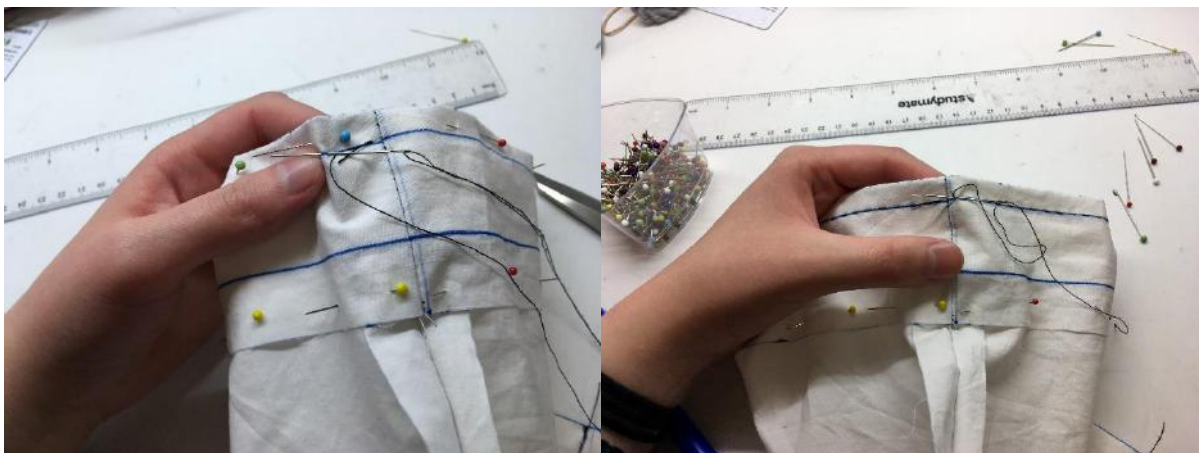
44. Fold back the top, along the 24cm line.
45. The 20cm line should touch the 28cm line.
46. The 23cm line should touch the 25cm line.
47. Make sure the seam is open on both sides.
48. Press flat with an iron if you wish
49. Otherwise, hold it flat with your fingers as you pin along the fold, and along the 28 cm line.

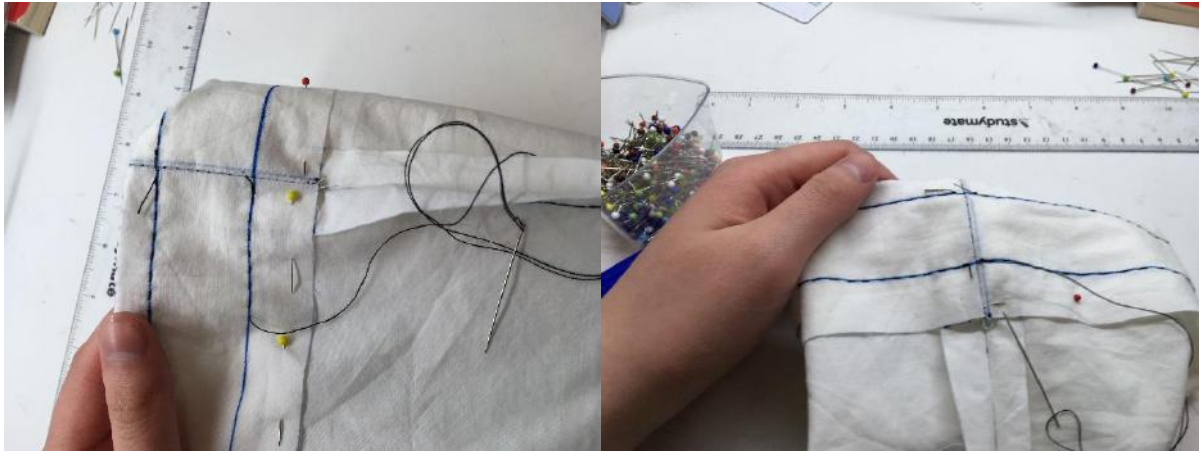
50. Start at the seam and use three 2mm stitches to hold the long tail of the thread in place.



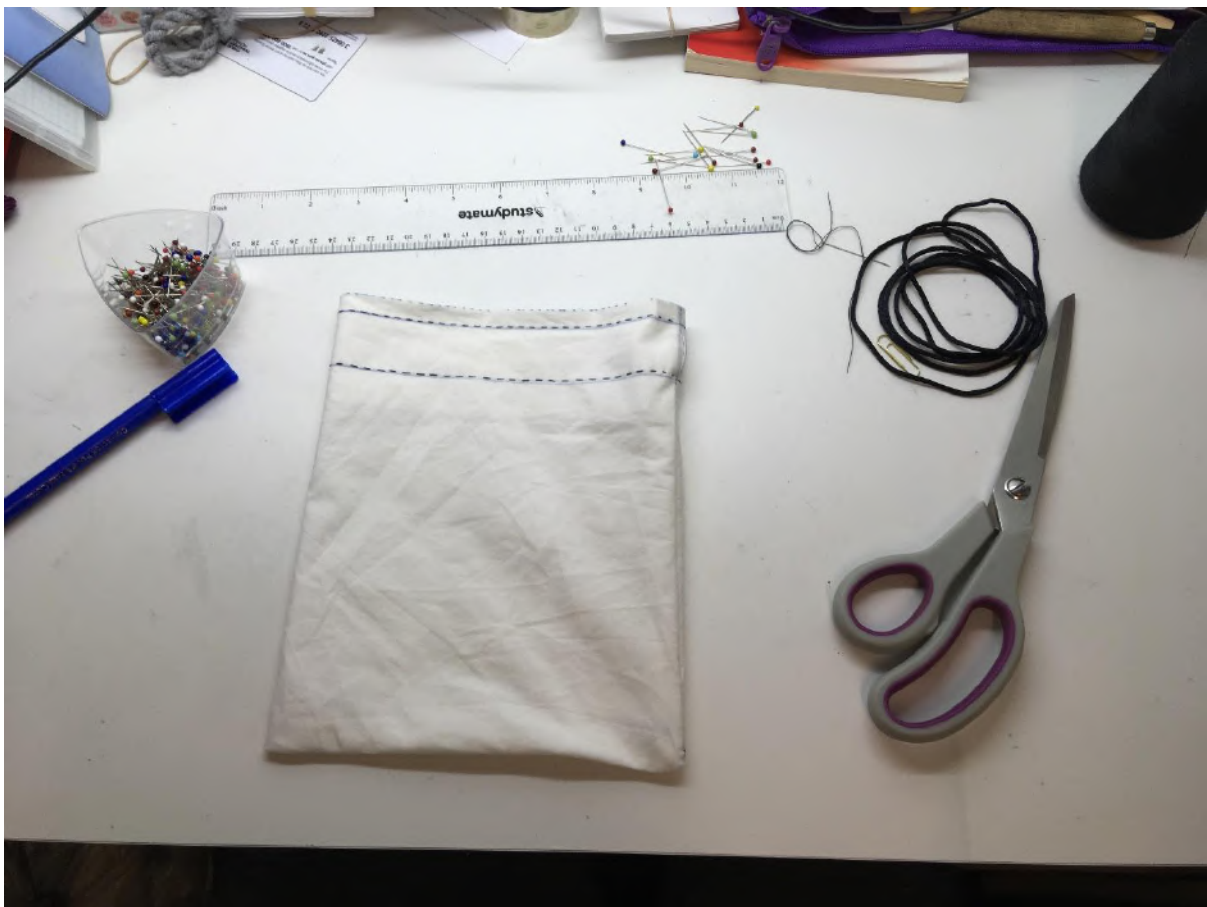
51. Sew along the two sets of lines using running stitch if you are lazy like me, or using **double running stitch** for stability.

52. End the thread with three 2mm stitches when you reach around to the seam again.





53. Flip the bag right-side out.

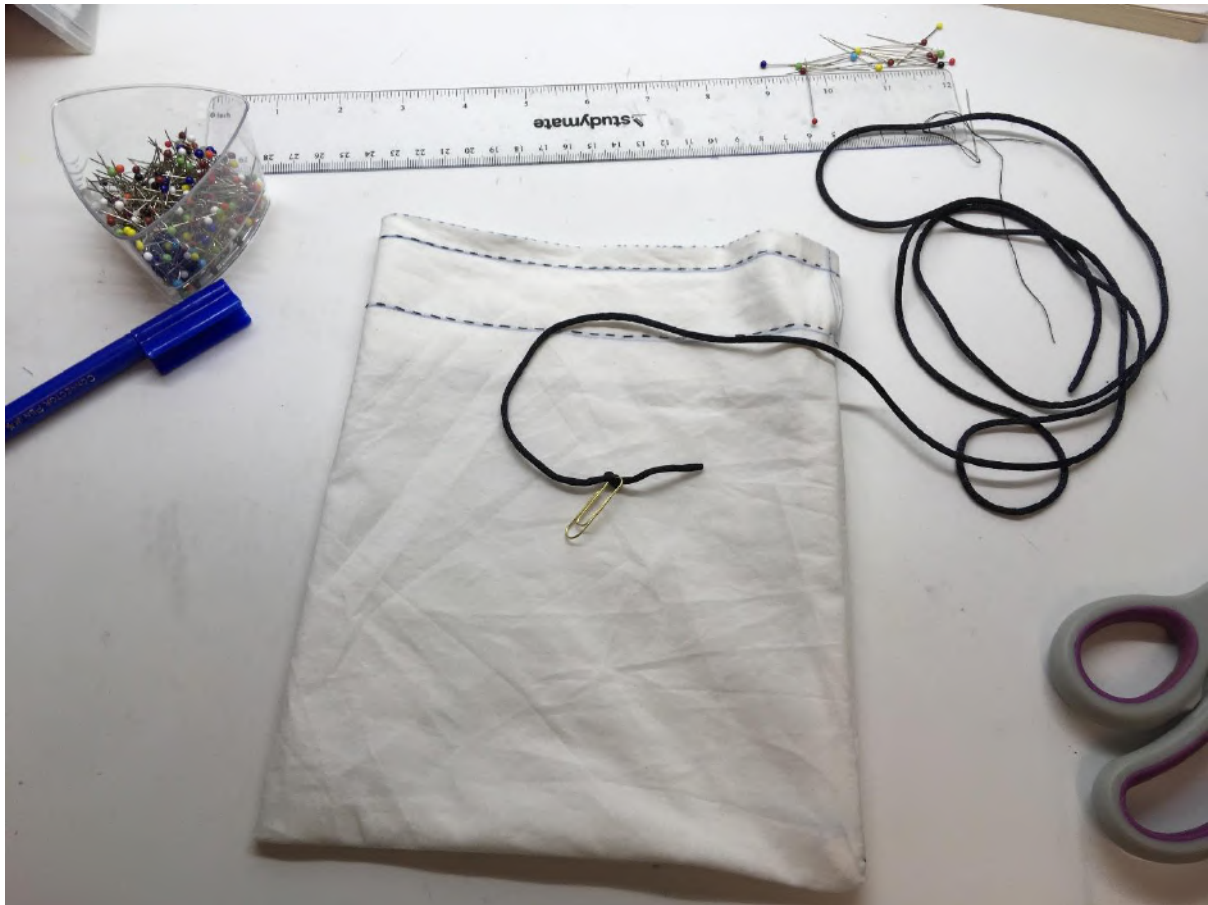


54. You are now nearly done.

#### Thread cord

- 55. Take your 60cm or 0.6m piece of cord, ribbon, or old headphones.
- 56. Tie it to the safety pin or paperclip.





57. Push the clip into gap between 20cm and 30cm from the bottom of the bag.





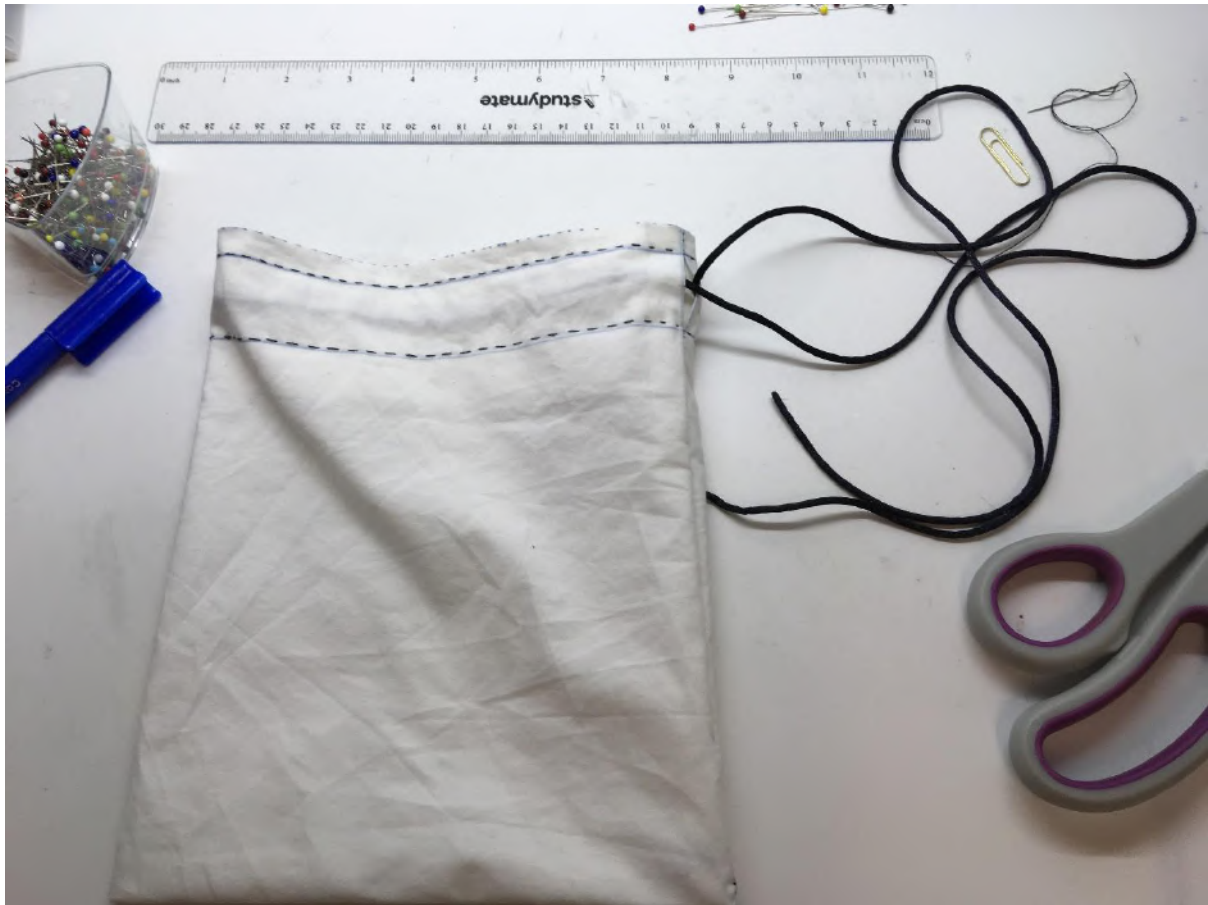




58. Worm the clip along the channel like a paper wrapper on a straw. Push, pull, push, pull.
59. Hold one end of the clip.
60. Push the fabric onto the clip until it bunches up.
61. Hold the other end of the clip.
62. Pull the fabric so it lies flat on the clip.
63. Repeat until the cord is threaded all the way around.
64. When you get back to the opening, worm the clip outside. It may get caught, so be patient and fiddly.
  1. If it gets caught, push it back in a little bit, then worm around to find the opening.



65. Pull the cord through so that it is even on both sides.
66. Remove the clip.



67. Congrats! You have your first pouch.

68. To close, pull the cord on both ends at once and tie like your shoelaces.

