

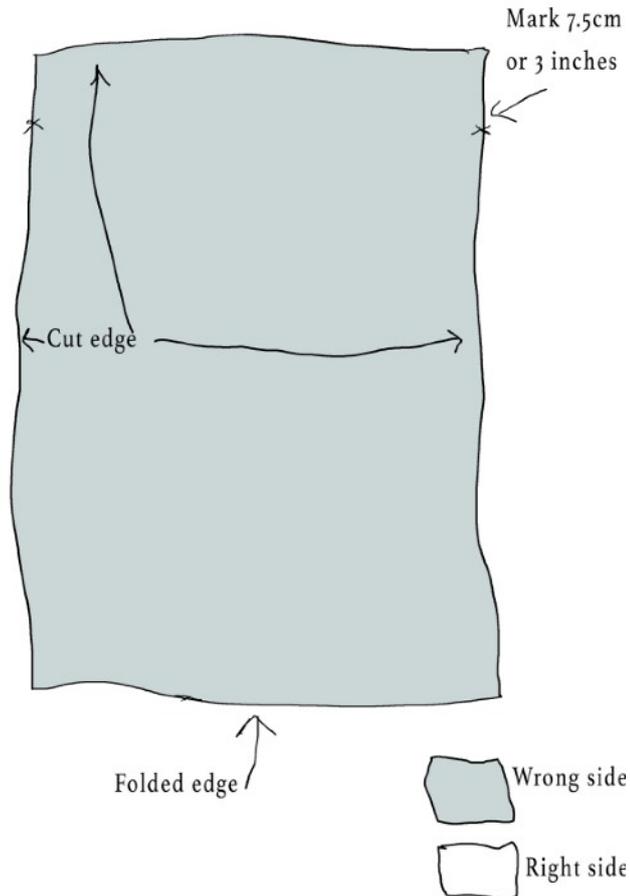
Instructions for Double Drawstring Scrubs Wash Bag

What you need:

- 51cm (20 inches) by 132 cm (52 inches) of fabric that can be washed at 60 Degrees -(fabric can be cut on a fold at 51cm (20 inches) by 66cm (26 inches). *I use 100% cotton fabric.*
- Suitable machine thread
- Sewing machine
- Two lengths of 127cm (50 inches) non-slippery ribbon or cord. *I use a cotton rope cord.*
- Pins to hold fabric in place.
- Scissors
- Iron
- Safety pin, Bodkin or an implement to thread cord through top of bag.

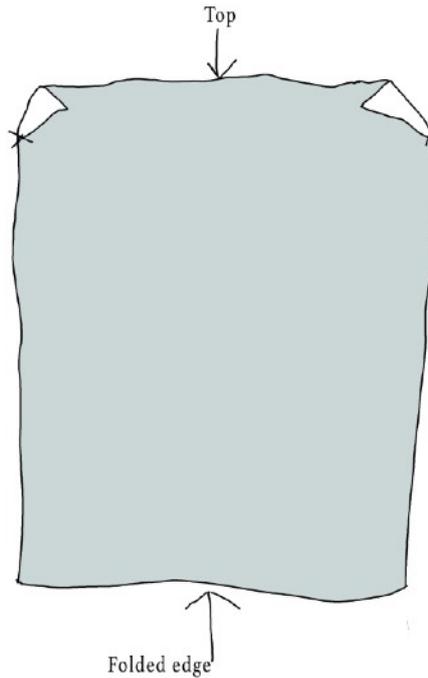
How to create the bag:

-Cut out the fabric (ideally on the fold). The fold saves sewing the bottom edge. Mark 7.5cm (3 inches) from the top on all four corners (pic 01).

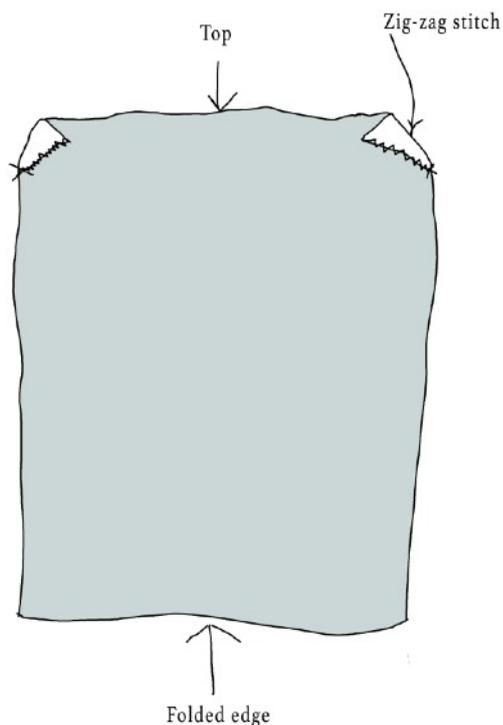


THIS PICTURE 01 SHOWS ONE SIDE ONLY.

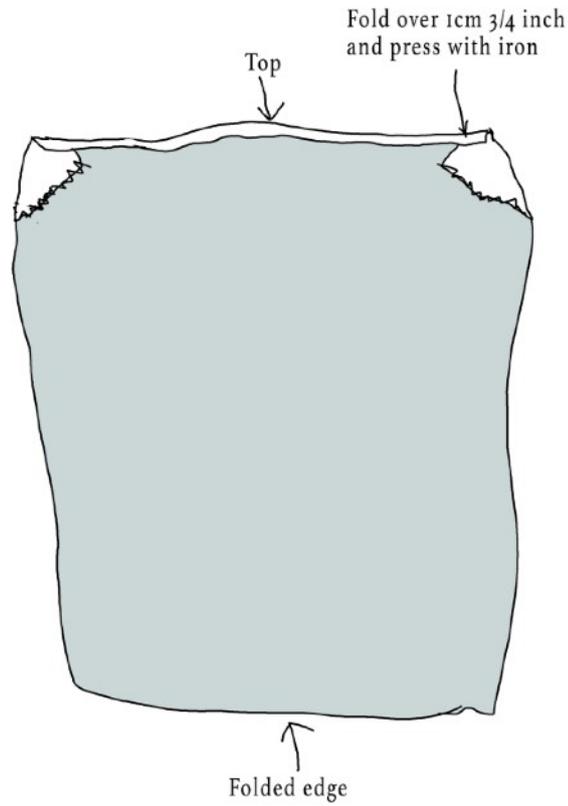
-Fold and press four corners from the mark (it doesn't have to be accurate or totally symmetrical).



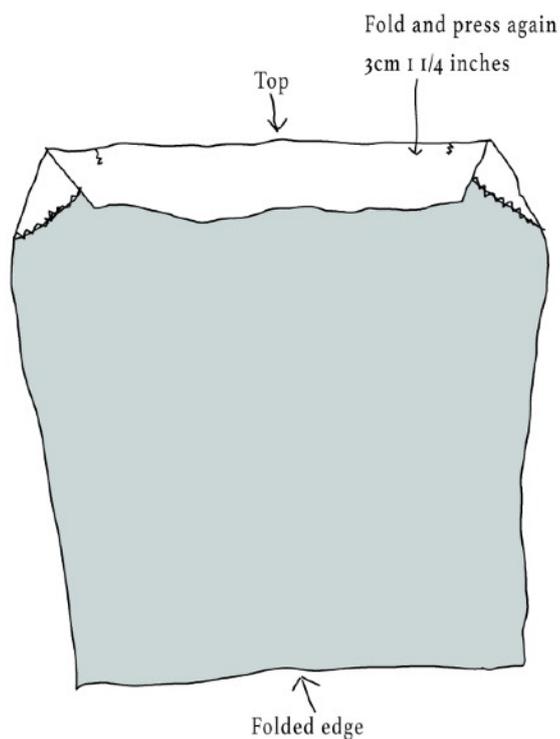
- Zig-Zag stitch along each long edge of the four folded triangles. I use a denser zig-zag stitch here because this will be area of friction when drawstring pulled tight numerous times. **Make sure you secure the start and end of any stitched row (from now on) with extra stitches back and forth to stop the stitches coming undone.**



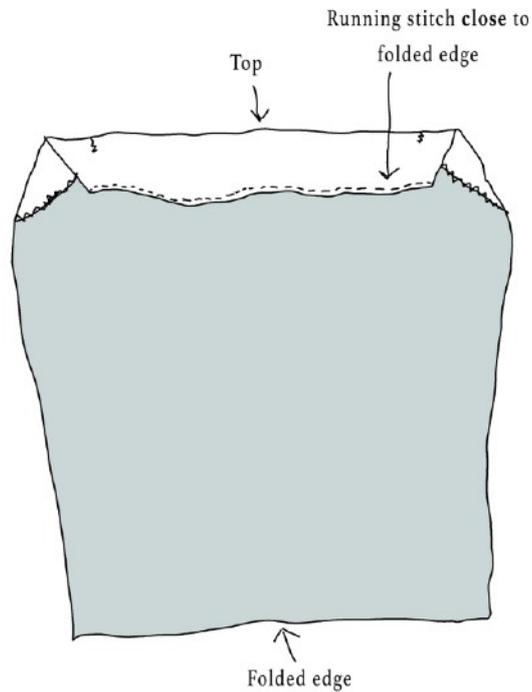
-Fold and press an edge approximately 1 cm (3/4 inch) from the top of both sides of bag.



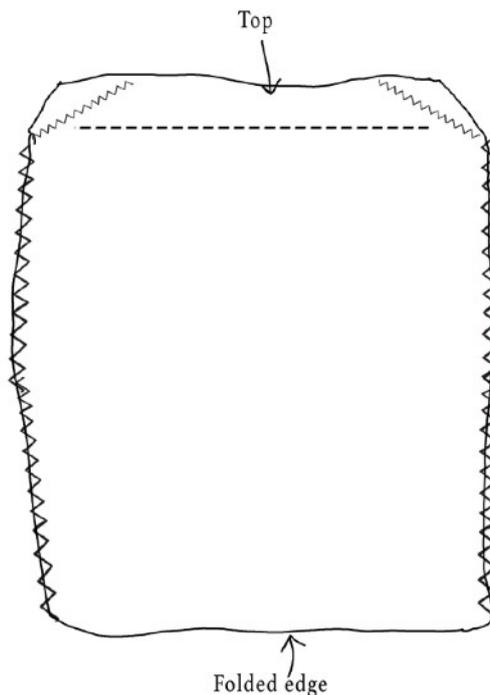
-Fold and press again a 3cm (1 1/8 inch) from the two top edges of the bag.



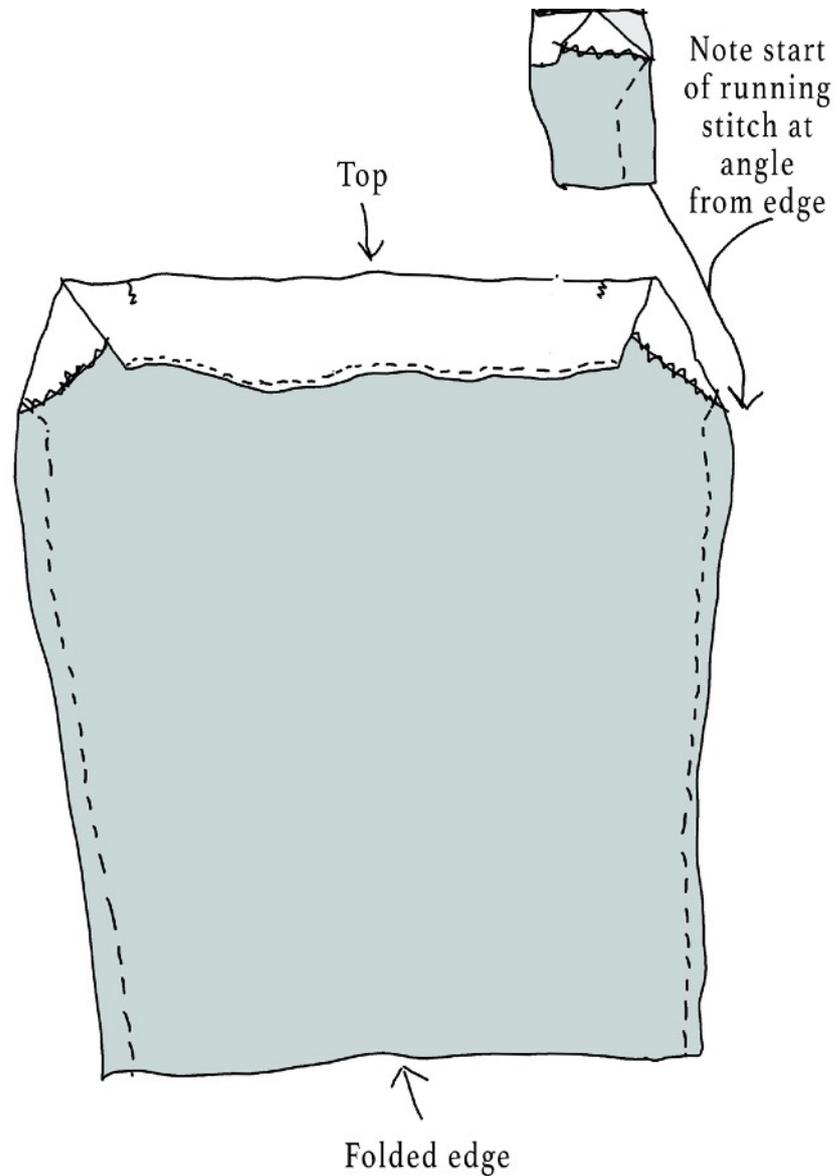
-Using a running stitch, stitch as close as possible to the folded edge (to capture the folded 1cm fabric fold underneath). Remember to secure the start and end of the fabric with a few repeats of stitching. Do this for both sides of bag.



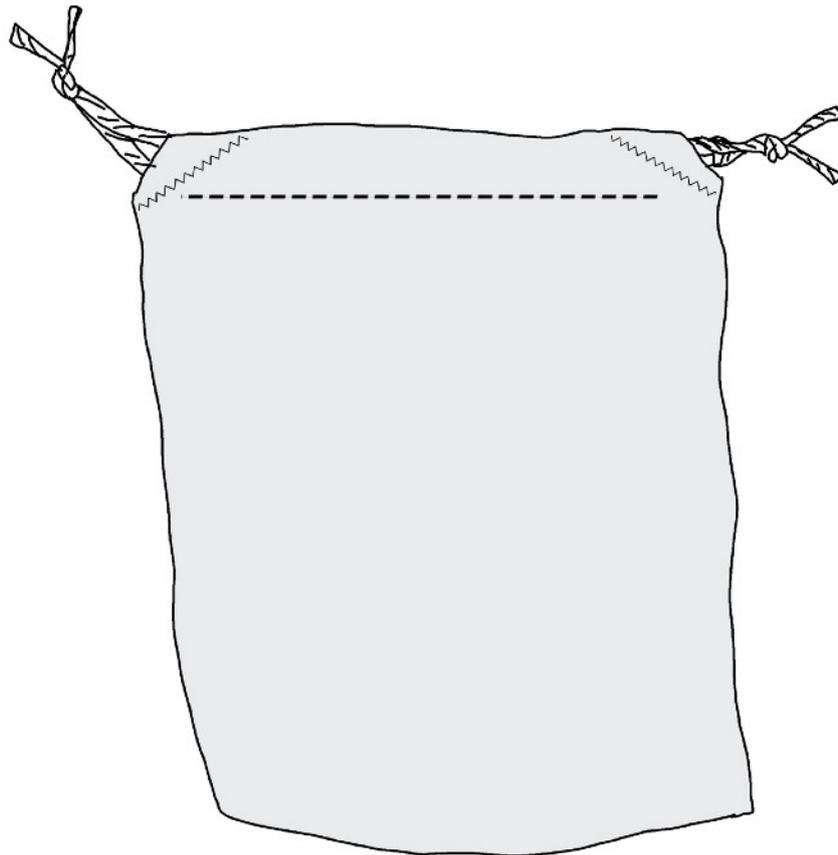
-Now with wrong sides together, Zig-zag stitch (or use running stitch for speed) down each side of bag staying close to the edge. Make sure you are stitching through enough of both sides of the fabric (pinning fabric together may help here). Once finished, trim any long threads sticking out along the edge. Turn outside in and press with iron.



- Now, with right sides together, repeat the seams down each side with a running stitch. Make sure you allow at least 1 cm (3/8 inch) seam allowance to ensure previous zig-zag stitch lines and loose threads are hidden when turning inside out. Also, make sure you secure the start and end of the seams as described before. Please note, it is useful to start the seam from the outer edge of the folded corner and angle outwards to start the seam allowance for rest of the machine stitching (see below).



- Once bag is right way around, briefly press it again. Now take the Bodkin and thread cord through both tubes at the top of the bag and finish with a knot. Then thread another cord starting at opposite side to knot through both tubes and tie in a knot. Test by pulling both knots in opposite direction and you have finished!!!



Finished drawstring bag!

This bag is designed for people who can use a domestic sewing machine and want to create a robust bag that will withstand repeated use and washing. The bag is designed to minimise fraying. It takes a little longer to make than a speedy overlocking sewing machine, but, most of us don't have one of those! Happy sewing for a good cause x



A COMPLETED WASH BAG