

the *Retreat Bag 2.0*



Emmaline
BAGS

www.emmalinebags.com
designed by Janelle MacKay

The Retreat Bag 2.0 - Two Sizes

Designed by Janelle MacKay - Emmaline Bags & Patterns
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Pattern adapted for 2 sizes! A make-up bag, sewing bag, swap bag - or just a bag perfect for any sewing retreat. This bag is easy to make and holds a lot of goodies! The frame on this bag creates an opening that stays open no matter what, making it both handy and professional looking.

The key to making this bag work is interfacing and fusible fleece. You need to have nice sturdy sides to make it work ideally; and interfacing on both the lining and exterior is very important. Use patchwork, quilting or décor cotton. If you don't have access to fusible fleece, try some Soft & Stable, headliner foam, or some sew-in heavy woven.

The required wire frames are available in the purse frame section at www.emmalinebags.com

Finished Size Small: Length: 8 1/2" Height: 5" Width: 4" (Uses Internal Wire Frame - Style A)

Finished Size Large: Length: 11" Height: 6 1/2" Width: 7 1/4" (Uses Internal Wire Frame - Style B)

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- You may sell items made from this pattern in your shop or market stall; however this pattern is not to be used for mass production.
- You may not claim this pattern as your own.

NOTES: Read pattern instructions completely before starting.

Seam Allowances are 1/4" (6 mm) unless otherwise specified. Always backstitch at the beginning and end of seams. Use a longer stitch length for thicker fabrics and topstitching (3 - 3.5).

Fabric Requirements are based on a 44" (112 cm) width.

A Walking Foot is recommended.

RS = right side of fabric

WS = wrong side of fabric

DST = double-sided tape

MATERIALS: Yardages are approximate and generous. (**Large size in brackets**)

Fabric and Interfacing:

1 FQ (1/2 yd for Large) Exterior fabric (quilting cotton, or similar weight fabric recommended)

1/2 yd (3/4 yd for Large) Lining fabric (quilting cotton recommended)

1 yd (1.5 yd for Large) 20" wide Interfacing (Light - Medium fusible non-woven OR non-woven interfacing suitable for garments, such as *Pellon Shapeflex SF101* or *Pellon 911FF Fusible Featherweight*.)

25" x 8" (1/2 yd for Lg) *Pellon TP971F Fusible Fleece Thermolam Plus* or similar dense needled fusible fleece.

Supplies:

(2) Internal Wire Frames - Style A for Small & B For Large (found at www.emmalinebags.com)

(1) 16" (22" for Large) closed end nylon zipper (or 16" (22") of zipper tape, or a longer zipper cut down.

Notions & Tools:

- Thread to match all fabrics
- *WashAway Wonder Tape* or similar double-sided wash away tape 1/4" wide, or fabric glue for zipper attachment (optional)
- Water-soluble Erasable Marking Pen, or Chalk Pencil
- Rotary Cutting Tool, Cutting Mat, and Large Ruler
- Zipper foot & Walking foot (optional) for your sewing machine

STEP 1 - Cut Your Pieces:

From Exterior Fabric:

(2) 13 1/2" (wide) x 9" (high) rectangles for **Body Pieces** (18 1/2" x 12" for Large)

(2) 2" x 3" rectangles for **Zipper Ends**

From Lining Fabric:

(2) 13 1/2 (wide) x 9" (high) rectangles for **Body Pieces** (18 1/2" x 12" for Large)

(2) 8"x 8" squares for **Pockets**

From the Interfacing:

(4) 13" x 8 1/2" rectangles for exterior and lining **Body Pieces** (18" x 11 1/2" for Large)

(2) 7 1/2" x 7 1/2" squares for **Pockets**

From the Fusible Fleece:

(2) 12 1/2" x 8" rectangles for exterior **Body Pieces** (17 1/2" x 11" for Large)

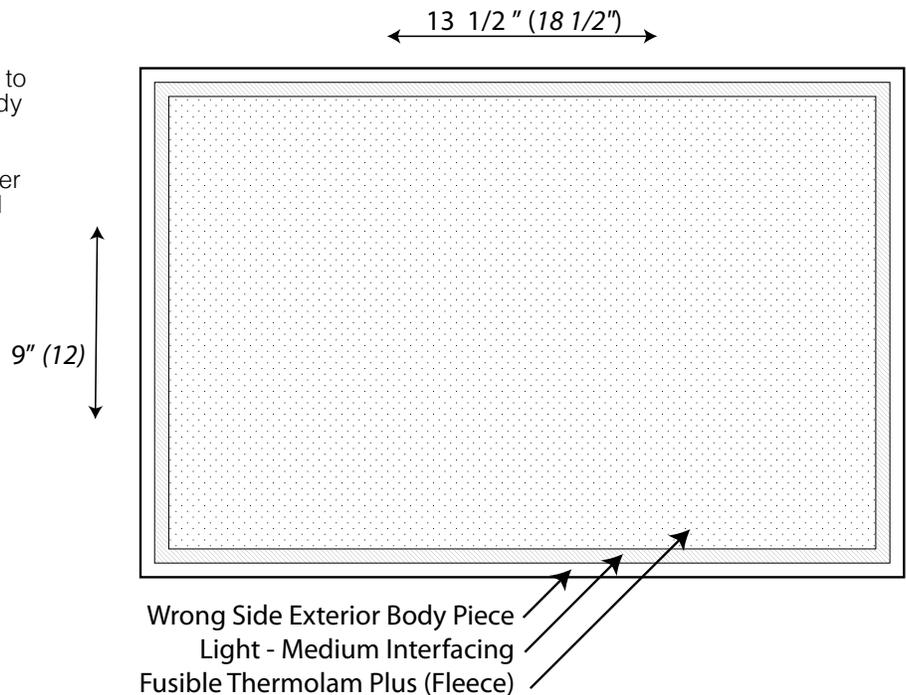
STEP 2 – Attach The Interfacing:**For the fusible fleece & fusible interfacing:**

Note: Iron to the WS of the corresponding fabric pieces using the manufacturer's directions. I use a damp pressing cloth & steam setting on fusible fleece, overlapping the pressing area and pressing while I count to 8. Turn over to right side and smooth out fabric with iron. I use the same method for non-woven interfacing, but with no steam and pressing cloth. Use the method that works the best for your product. Testing on a sample can be helpful.

1) First fuse 1 layer fusible interfacing to the WS of each exterior and lining Body Piece, centered.

2) On exterior Body Pieces, add 1 layer of fusible fleece over previously fused interfacing. Be sure to use a pressing cloth!

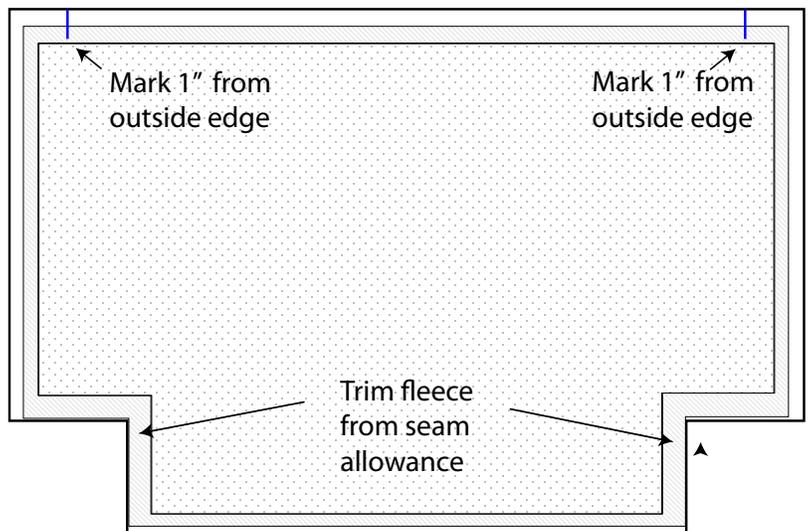
3) Fuse interfacing onto WS of pocket pieces

**STEP 2 – Prepare & Mark the Fabric Pieces:****Mark the Pieces:**

1) On the WS of each of the **4 Body Pieces**, on the top edge only, make a mark 1" from both the left and right side edges. See the blue marks in the drawing.

2) On each of the 4 Body Pieces, mark and cut out a **2" (3" for large) square** on each of the bottom corners. **Hint:** Save time by stacking and cutting 2 or more at once.

3) Optional: Pull back and trim off the fusible fleece from the seam allowance around the 2" cut outs to reduce bulk in the seams.



STEP 3 – Make and Attach the Pockets:**Make the Slip Pockets:**

- 1) Fold (1) 8" x 8" pocket piece RS together & pin around raw edges.
- 2) Using a 1/4" (6 mm) seam allowance, sew the 3 sides with raw edges together, leaving a 3" (8 cm) gap for turning. Don't forget to backstitch starts and stops!

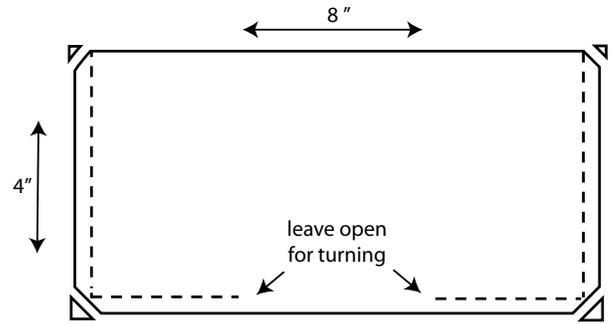
TIP: Always leave your needle down (in the fabric) when turning corners.

- 3) Before turning right side out, press the seam allowance on the 3" (8 cm) opening open. Do this by first pressing one side back, then flipping over and pressing back the other.

- 4) Clip 4 corners, turn, and press.

- 5) Stitch 1 or 2 rows of topstitching across long folded edge (top) about 1/4" - 3/8" (6 mm - 1 cm) from edge.

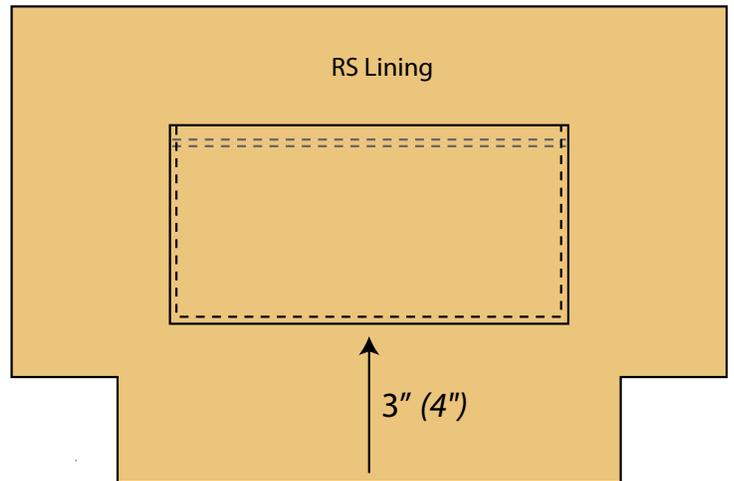
- 6) Repeat steps 1 - 5 for 2nd pocket.

**Attach the Pockets:**

- 1) Take one of your lining Body Pieces and fold it in half along the longer (13 1/2") side to find the center, finger press to make a crease.
- 2) Center your pocket on the folded crease, with the bottom edge 3" (4" for Large) up from the bottom. Pin in place. Make sure it is straight!!
- 3) Edgestitch 1/8" from the pocket edges, sewing down one side, across the bottom and up the other side. Leave the top open.

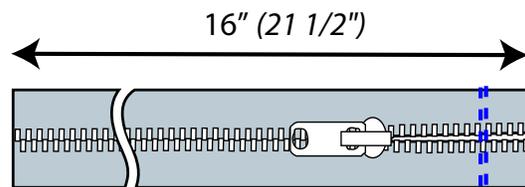
TIP: I like to bar tack the stop/starts so that they are very sturdy.

- 4) Repeat steps 1 - 3 to attach the other pocket to the other lining Body Piece.

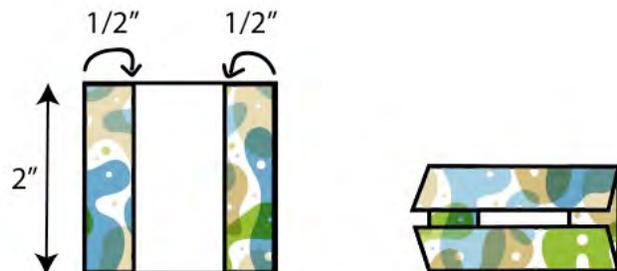
**STEP 4 – Make & Attach the Zipper:****Prepare the Zipper:**

- 1) You will need a length of zipper that is exactly 16" (21 1/2" for large) long. So if you have a 16" (22") zipper, cut off the metal stops and the top and bottom zipper tails so that it is 16" (21 1/2"). If you are using a longer zipper, or zipper by the yard, cut a length of 16" (21 1/2") zipper with no metal stops.

- 2) Make sure the tails on the open end are even, and then about 1/2" from the end, sew across the zipper tapes to keep them together.

**Make & Attach the Zipper Ends:**

- 1) Fold over and press 1/2" on first the short (2") ends, and then the longer (3") sides of each zipper end piece.



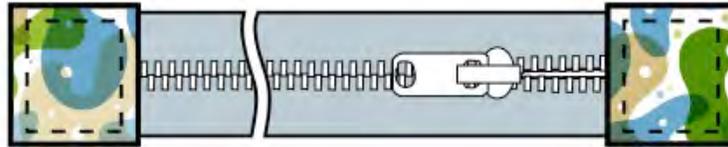
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(2) Insert 1 end of the zipper half way into the fabric zipper end, folding the 3" sides over the zipper tape.



3) Fold the fabric in half over the end of the zipper and pin in place. I like to use DST (double-sided tape) to secure the zipper and the fabric in place.

4) Sew a box around the outside edges of the zipper end, staying 1/8" from the edge. As you go, you may need to use a pin, seam ripper, or an awl to poke any raw edges that pop out back inside. Repeat this procedure to secure the other fabric zipper end to the other end of the zipper.



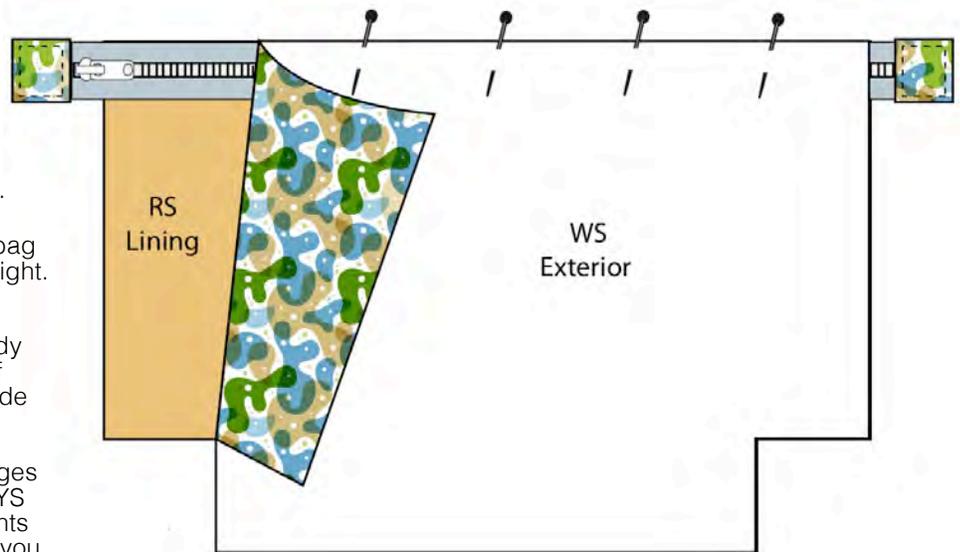
Attach the Zipper:

1) Place 1 lining Body Piece on your work surface RS up. Center your zipper over this, RS up, aligning top edges.

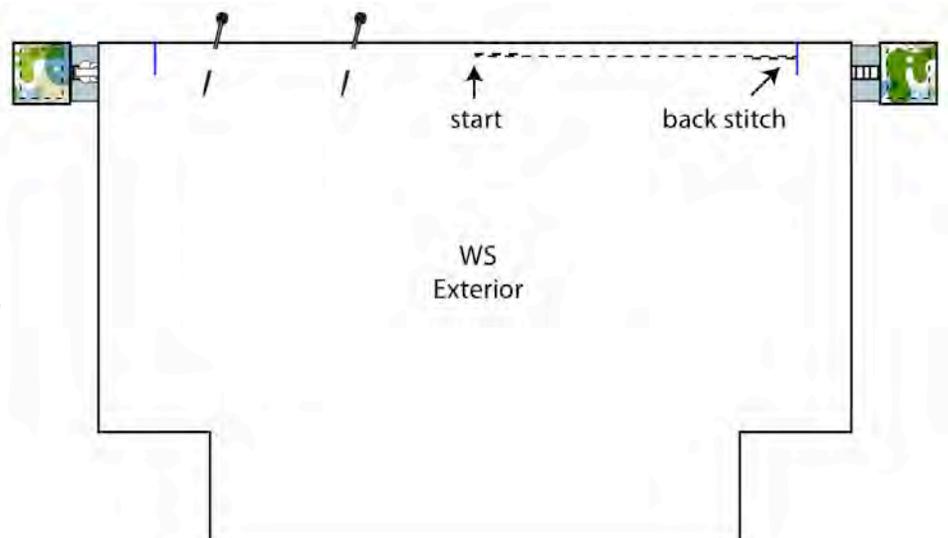
2) Place 1 exterior Body Piece over these WS up, aligning top edges.

NOTE: Generally when you look at a bag front, the zipper will open from left to right. If you are planning to have a specific Body Piece as a back or front for this project, please note this particular body piece will be oriented on the "back" of the bag with zipper pull on the right side when closed.

3) Pin or use DST across the top 3 edges of lining, zipper, and exterior. I ALWAYS use DST because it completely prevents any stretching that can happen when you are sewing with zippers.

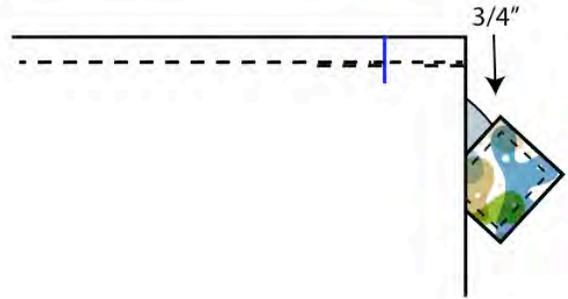


4) Using your zipper foot and a 1/4" seam allowance, start sewing near the middle of the top edge, stopping at the 1" mark you made previously. Backstitch about 3 stitches or so, and stop with the needle DOWN. Do not remove this unit out from under the needle yet! Raise your presser foot.



5) Grab the end of the zipper and pull it to the left and out of the seam allowance. Pull it over at an angle so that when you continue stitching, you will not sew over it.

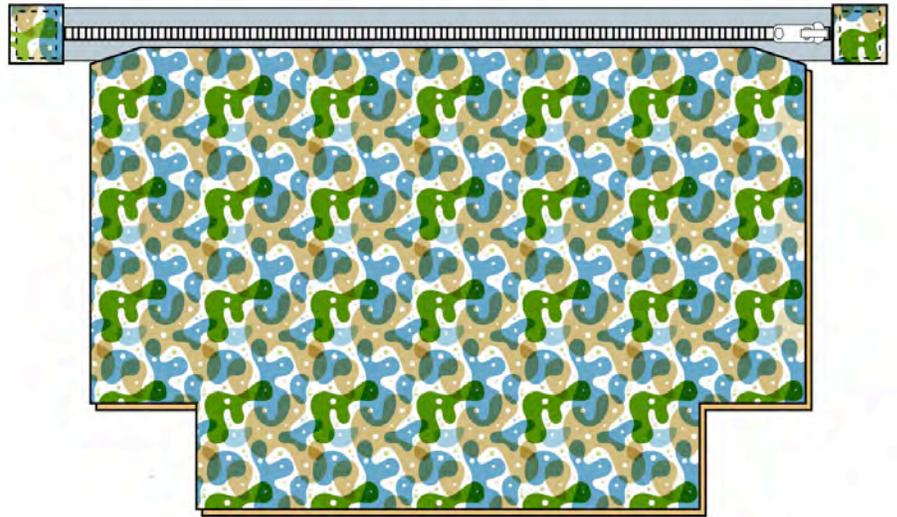
TIP: You will be doing this 3 more times on each end and side of the zipper and you will need to try and make sure that the zipper ends are pulled away from the seam at the same angle so that the finished product looks even. To do this, I pull my zipper down and out of the way so that the right edge of the zipper tape is about 3/4" from the edge of the fabric.



6) Lower your presser foot, hold the unsewn ends of the top edge of the Body Pieces together with your right hand, and the zipper out of the way with your left, and finish sewing to the end. Backstitch.

7) Flip this unit over, and starting at center again, use the same method to sew the other end of the body piece and zipper together, pulling the zipper out of the way again, when you get to 1" mark.

8) Pull the exterior and lining pieces back, away from the zipper, so that the WS are together. First finger press the seam along the zipper, and then press down with a hot iron.

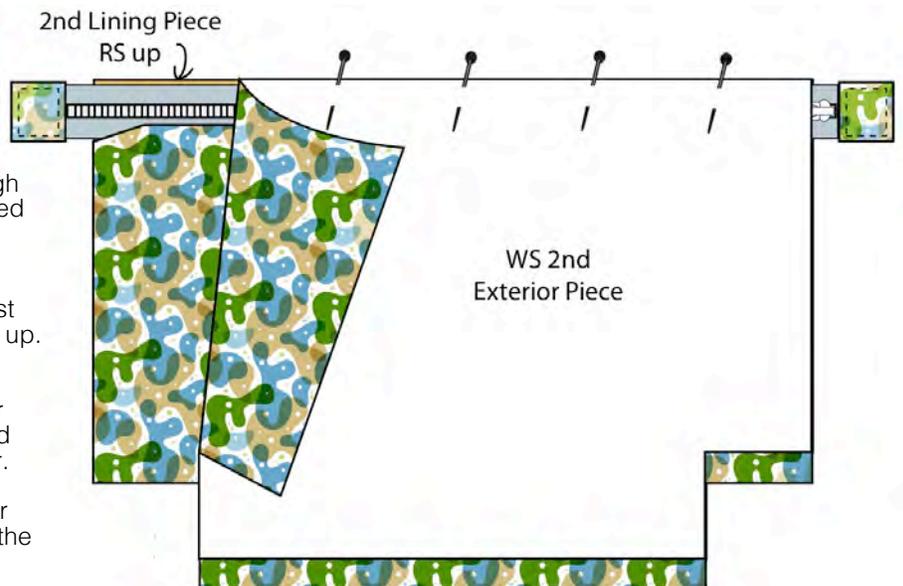


9) You will use the exact same method to add the other Body Pieces to the other edge of the zipper. Let me walk you through it so that you can get the right pieces pinned together on the right sides!

Place the 2nd lining Body Piece on your work surface RS up. Center the unit you just stitched over this with the zipper right side up. The zipper pull will now be on the right.

10) Place the 2nd exterior Body Piece over these WS up, aligning top edges of the 2nd lining piece, zipper edge, and 2nd exterior.

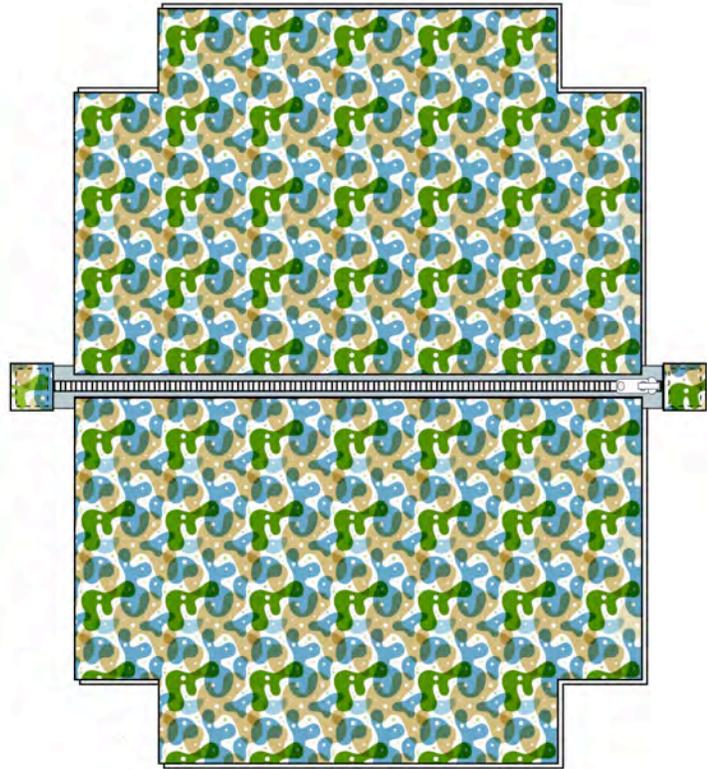
11) Pin (or tape) together and sew together in the exact same manner as you did with the previous unit. (Steps 4 - 6)



12) Pull back the two pieces you just attached, so that they are WS together. Finger press, and press with hot iron.

NOTE: Do not topstitch along the sides of the zipper, this will happen later on in the instructions.

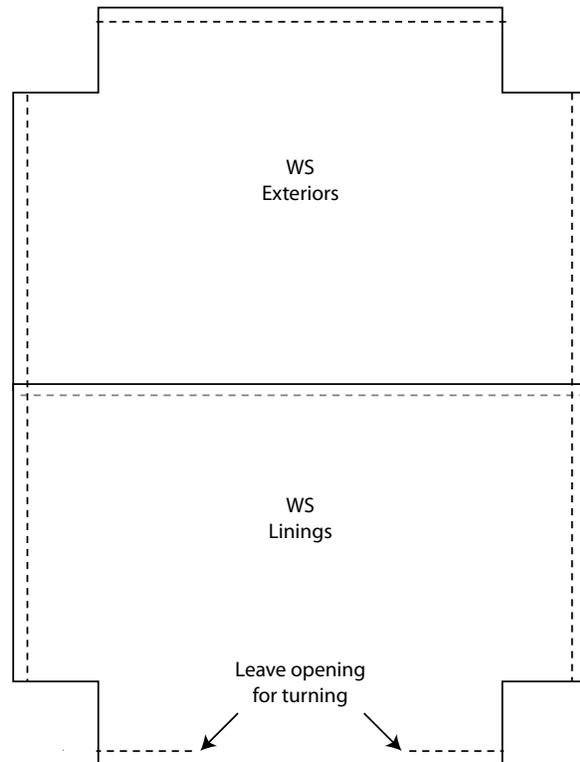
13) OPEN your ZIPPER!!



STEP 5 – Assemble the Bag:

Sew the Lining and Exterior:

- 1) Pull the 2 lining pieces together so that they are RS together, and pull the 2 exterior pieces together so that they are RS together.
- 2) Pull the zipper ends towards the middle of the bag so that they will not get caught in the outside seam when it is sewn. Pin around all edges matching up the center seams. **NOTE:** Do not pin the cut out corners together, these will not be sewn together in this step.
- 3) Using a 1/4" seam allowance, sew along the sides, making sure not to sew over the zipper ends. You may need to reach in and poke them out of the way.
- 4) Sew across the bottom of the exterior Body Pieces and then across the lining pieces, but leave a 4" opening in the lining bottom for turning.
- 5) Press all of the seams open. This can be done by opening the seam allowance and first pressing one side the seam allowance back, then flipping the unit over to the other side, so you can press the other side of the seam allowance back. Ouch! Remember to turn off the steam setting!

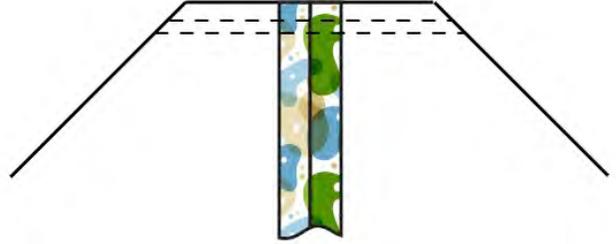


Box the Corners:

1) Pull open the square corner holes and match the side and bottom seams together and pin in the center of the seam so they stay aligned.

2) Flatten out the bag corner, pulling out the edges to create the base. Stitch along the open edge with a 1/4" seam allowance, and again 1/8" on the right of this to make a reinforced seam.

3) Repeat to create the other 3 corners.

**STEP 6 – Finishing the Bag:****Turning the Bag:**

1) Turn the bag right side out through the opening in the bottom of the bag. Gently push out the corners of exterior to nice points.

2) Stitch the opening in the lining closed by either hand stitching or by pinning closed and stitching 1/16" away from the edge with matching thread.

3) Push the lining into the bag exterior and press into the corners to fit.

Making the Casing for the Wire Frame:

1) Topstitch around the opening of the bag along the zipper, using a 1/8" seam allowance. I was able to use a walking foot for this, but if you need to stitch very close to the zipper it may be necessary to use a zipper foot. Sew all the way around the opening, pulling the zipper tails away as you come to them. Make sure you go slow and check to make sure the lining is pulled away from the zipper inside to prevent puckers.

HINT: A sewing machine with a free arm is very helpful in this step. It can be done without, but it will be much easier if you use the free arm.

2) To make the casing for the internal wire frame you will need to make another row of stitching 1/2" away from the topstitching in step 1. This can be done by measuring and marking, adjusting your needle to the far left and using the edge of your presser foot as a guide (for machines that are able to move needle position) or just eyeing it - as I do.

3) Use your seam ripper to open up a few stitches on the lining side seam in between the two topstitching lines (the casing).

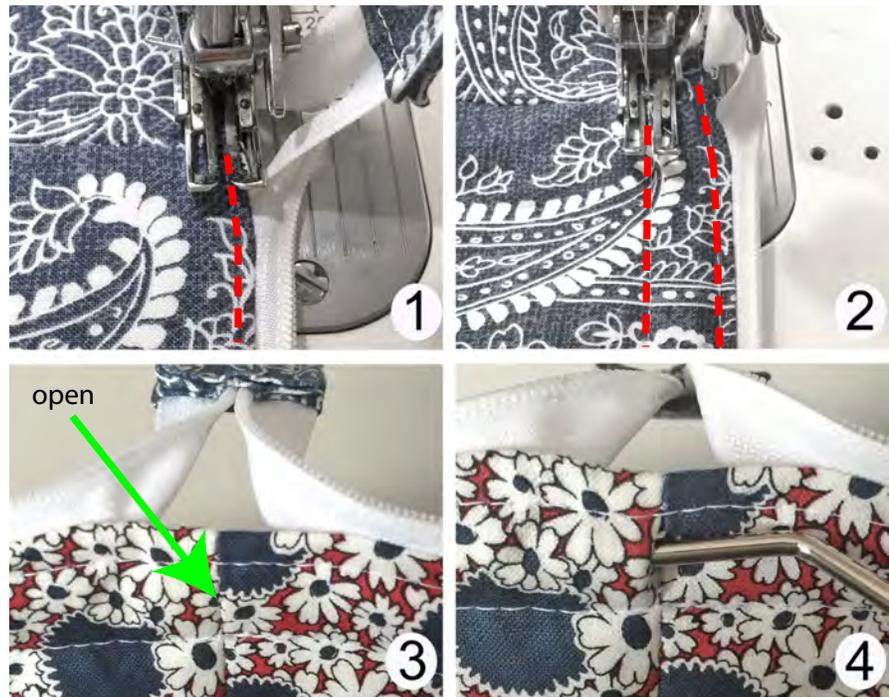
4) Using this opening, slide 1 wire frame into each side. Center wire frames. Hand sew the opening closed.

TIP: You may want to glue the rubber tips onto the wire frame first, so that they don't come off inside the casing!

NOTE: After it has been opened and closed several times and the fabric is creased, the frame will close naturally, but in the beginning, you will need to close the frame, and then zip the opening closed.

To get that "Boxy" look, after closing, PINCH the fabric up under the ends of the frame so that it sits under the bend of the frame.

Thanks for trying an Emmaline Pattern!!



**** PLEASE SHARE** your bag on Flickr at: <http://www.flickr.com/groups/emmalinebagseyecandy/>