

**Anti-Stress Bags for 2019 Convention.** It has been suggested that we make a bag of anti-stress items for the upcoming convention in Spokane. Little cloth bags would contain the items. Easy instructions for the bag are as follows:

Fabric about 9" by 11" (1/4 of a fat quarter)

16 inches of narrow ribbon (2 pieces if making the drawstring option)



*Finished Bag*



*Hem & zig-zag*



*French seam*



*Boxed corner bottom*

- 1) Hem: turn down 1 inch along a long side of fabric. Tuck under the cut edge and sew.
- 2) Ribbon: Sew middle of ribbon to fabric about 2 inches down from the top of hemmed edge and about 3 inches from an end. (If making a casing sew widest zigzag stitch 1.5 inches from top of hem (see picture). Ribbon will be put through for drawstring when bag is completed.
- 3) Seams: Fold **WRONG** sides together and sew 1/8 inch seam down the side and across the bottom edges. Clip excess fabric from corner. Turn wrong side out. Sew side and bottom, seams 1/4 inch from edge. (This is a French seam.)
- 4) Bottom: while still wrong side out, flatten corners and sew across them about an inch down from the corner point. Turn right side out. (see picture)
- 5) If you put the zigzag stitching on you can now thread the two pieces of ribbon around for drawstring. Tie small overhand knot in ribbon ends to complete loop.



Use a large blunt yarn needle for threading in the ribbon (see picture) for the drawstring. Leave 1/4 inch space on each side so it is easier to pull the ribbons to close the bag.