

10 Minute Period Pack

for

Go With The Flow

Cut fabric, sew short ends, fold and sew long sides, turn right side out.
Ta dah!!

Materials -

1 or 2 pieces fabric, cut to 18" x 8 1/2" (see notes)
thread

Step 1 - Cut fabric to desired size.

See notes about embellishing now!!



Step 2 - **(single fabric)** Fold & press 1/2" on short ends. Fold that under & press. Stitch hem, using a fun decorative stitch.

(double fabric) Place fabric right sides together. Straight stitch across short ends. Press, turn right side out, press again.

Step 3 - Folding toward the **right side**, fold 3" down, fold 5" up from other end. The overlap should be about 1" - 2". Any design should be in the middle section. Sew side seams using an overlock or zigzag or straight stitch.

Step 4 - Turn right side out, and press. Ta dah!!

Notes-

1. If you want a heavier pack, use 2 pieces of fabric. One piece obviously uses less fabric.
2. I cut mine 18" x 8 1/2" because that's the size of my ruler. Other sizes acceptable.
3. If you want to embroidery directly on the pack, do that before you do any sewing and the fabric is still flat. Attached embellishments are easier to add flat too.
4. I usually consider the middle 1/2 of the fabric as the front side, and do the embellishing in that area.
5. I don't usually measure the folds, but just make sure there is a reasonable sized overlap.
6. I prefer using the sewing machine overcast or overlock stitch instead of a serger because I don't have to fiddle with the serger tails. That probably saves 5 minutes.



Hand Embroidery



Machine & Hand Applique



Machine Embroidery



Crazy Quilt



Ticker Tape Piecing



Wooden Block Stamps



Machine Embroidery Patch



Boro Patches



Machine Embroidery with crayon coloring



Machine Couching



Size Comparison