

Materials

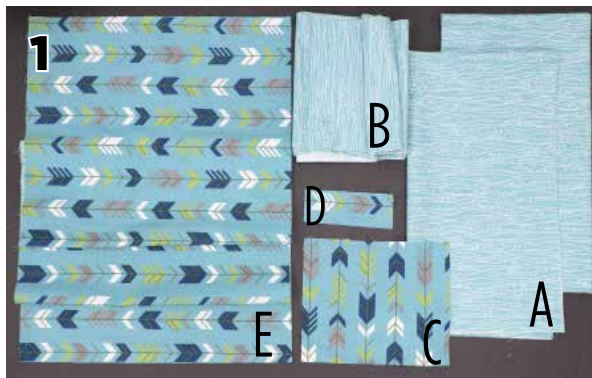


- Apron Main Fabric: 0.9m
- Apron Accent Fabric: 0.4m
- Cord 1.3m
- Cord Stop x 1

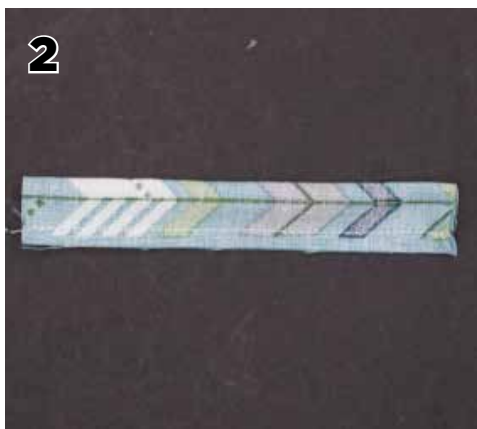
Sewing Info

- Seam allowances are 1/4" unless otherwise indicated.
- Topstitch: The process of stitching on the exterior side of a project to finish seams or folds to keep them in place. Usually paired with a longer stitch length which looks more professional and can make it easier to go in a straight line.
- Baste: The technique of hand stitching or machine stitching with a long stitch length to temporarily hold two pieces of fabric together before they are stitched together permanently. A backstitch or a knot is not used in case the threads need to be pulled out and removed.
- Pleat: A fold formed by doubling over the fabric and stitching it to itself and secured in place. Used in garments to fit narrower parts, or in drapes for texture.
- Edgestitch: The process of stitching on the exterior side of a project near a fold or seamed edge to keep them in place. Also can be known as topstitching if done away from an edge.

Instructions



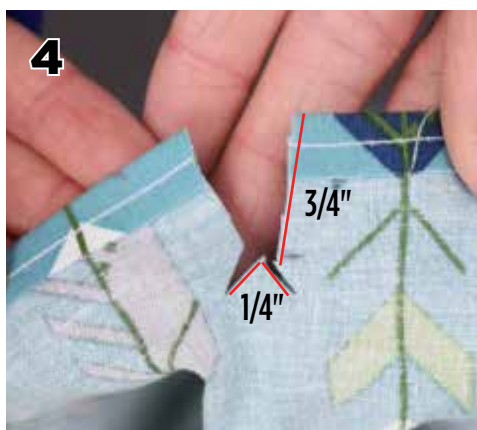
- Cut 2 rectangles 25 1/2" x 15 1/2" from the main fabric for the front and back apron.
- Cut 1 rectangle 6 1/2" x 80 1/2" from the main fabric for the strap.
- Cut 1 rectangle 7 1/2" x 5 1/2" from the accent fabric for the pocket.
- Cut 1 rectangle 4 1/2" x 1 1/2" from the accent fabric for the loop.
- Cut 1 rectangle 40" x 13 1/2" from the accent fabric for the pouch.



2. Fold the loop rectangle (D) in half lengthwise with right sides together. Stitch down the long end. Turn right side out and press.



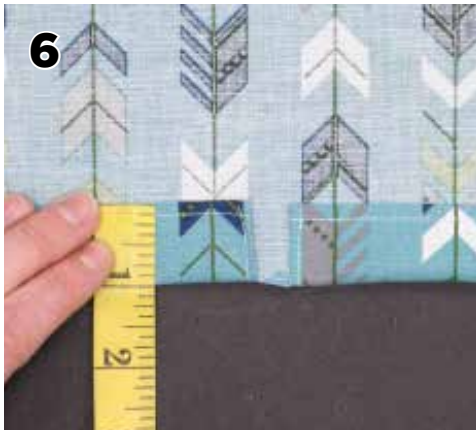
3. Fold 1/4" on the long edge of the pouch rectangle (E) and topstitch.



4. Find the middle of the hem and cut down 3/4" then cut 1/4" diagonally to the left and right of the original line. This will make a triangle flap.



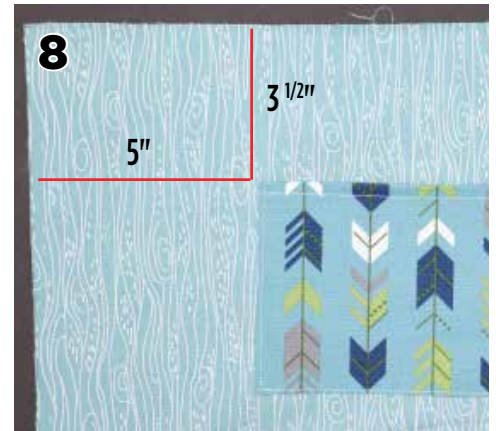
5. Press the triangle flap and the sides of the 3/4" line to the wrong side of the fabric. Topstitch around.



6. Fold the hemmed edge up 1" and topstitch the hemline to create a channel for your drawstring.



7. Fold the edges of the pocket piece (C) in 1/4" and press. Topstitch one long edge, this will be the top hem of the pocket.



8. Measure 3 1/2" down and 5" in from the left side of the front apron piece (A). Place the top left corner of the pocket at this point and edgestitch around the sides and bottom, leave the top open.



9. Mark the bottom middle of the apron front piece (A). Place the wrong side of the pouch (E) on the right side of the front apron (A), matching middle marks pin the bottoms together at the middle.



10. Match the sides of the front apron (A) to the sides of the pouch (E) and pin. Create equal pleats on the bottom pouch (E) until it is the same length as the bottom apron front (A). Pin pleats in place.



11. Cut the cord in half and feed one piece through each side of the pouch (E). Secure each end of the cord with pins.



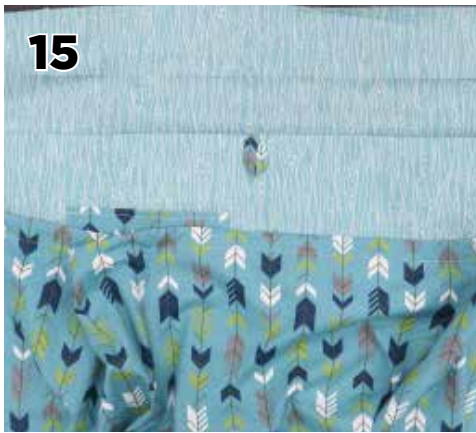
12. Baste around the sides and bottom of the apron front (A) and the pouch (E) catching the end of the cords in the stitching.



13. Place the back apron on the front apron (A) and pouch (E) with right sides together. Stitch all three layers together along the sides and bottom. Trim corners, turn right side out and press.



14. Mark the top middle of the apron. Pin the loop on the middle point and baste in place.



15. Mark the middle of the strap piece (B). Match the middle of the strap with the middle of the apron right sides together. Stitch the strap to the apron.



16. Fold the loose ends of the strap right sides together. Stitch together towards the apron stopping when you reach the apron.



17. Turn right side out and repeat with the other side.



18. Press the edge of the strap along the back of the apron up 1/4" and edgestitch the opening closed.



19. Insert both ends of the cord into the cord stopper and pull to gather the pouch.



Materials

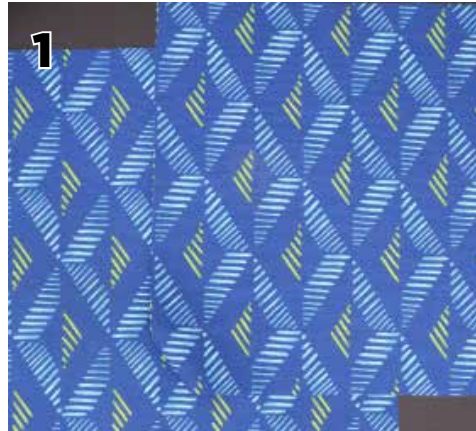


- Kneeling Pad Main Fabric: 0.5m outdoor fabric
- Fibre Form -Ext Rectangle 15" x 17" x 1"

Sewing Info

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- Topstitch: The process of stitching on the exterior side of a project to finish seams or folds to keep them in place. Usually paired with a longer stitch length which looks more professional and can make it easier to go in a straight line.
- Slip stitch: a concealed stitch for sewing folded edges (such as hems) made by alternately running the needle inside the fold and picking up a thread or two from the body of the article

Instructions



1. Cut two rectangles 20" x 16 1/2" for the front and back of the kneeling mat.



2. Place the front and back rectangles right sides together and stitch around leaving a 16 1/2" side open. Clip corners and turn right side out. Slide the fibre form-ext into the rectangle.



3. Mark 1 1/2" in from the closed short end and draw a line. Continue to mark 2" lines along the covered fibre form-ext. The last line before the open end will measure 1 1/2" wide.



4. Stitch along your lines starting at the closed end. *Be cautious when sewing thick layers as needles can break. We used a walking foot and quilting needle.*



5. Fold in the open edge and slip stitch or topstitch closed.