

## Recycled T-Shirt Backpack

By Marie Duncan, Education Creative Coordinator

Recycle your favorite T-shirt into a backpack. Learn which stabilizers work best for which purposes and fabrics.

### Sewing Supplies:

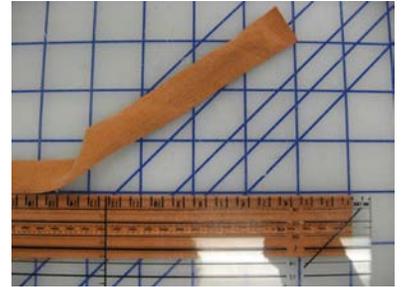
- HUSQVARNA VIKING® sewing and embroidery machine
- HUSKYLOCK™ Serger
- INSPIRA® Tear N' Wash 140000924
- INSPIRA® Tear-A-Way 141000803
- INSPIRA® Whisper Web
- Mesh 140002786 or Fusible No Show Mesh 140000939
- Four cones serger thread
- T-shirt to recycle
- 505 Adhesive Spray
- Comfort Grip Rotary Cutter 700000100
- Quilting Ruler 700000301
- 4 yards ¼" diameter cording
- Rotary cutting mat
- Design #654208, Cactus Punch Pen, Ink and Thread Design purchased from [www.myembroideries.com](http://www.myembroideries.com)



1. Lay your t-shirt flat on your rotary cutting mat. Place the ruler below the neckline of the shirt and cut off the top of the shirt. Cut through both layers of the shirt. Using scissors cut off the sleeves and set them aside.
2. Using your rotary cutter and ruler, measure up from the bottom hem and cut 2" off the bottom of the t-shirt. This hem is going to become the casing for the top of your bag.
3. From the remaining t-shirt pieces, cut an 18" square if possible (depending on the size of your shirt). Cut the largest square possible if you have a smaller shirt. This will result in two squares by cutting through the double layer.

4. Spray INSPIRA® Whisper Web Mesh Stabilizer with 505 Adhesive Spray and adhere it to the wrong side of the t-shirt front square. Or, fuse INSPIRA® Fusible No Show Mesh Stabilizer to the wrong side of the t-shirt front square.

5. Hoop one layer of INSPIRA® Tear-N-Wash Stabilizer. Place your stabilized t-shirt on top of the hooped stabilizer. Baste the shirt in place. The INSPIRA® Whisper Web Mesh Stabilizer will help to keep the “integrity” of the embroidery after your back pack is washed. The “crispness” of the INSPIRA® Tear-N-Wash stabilizer helps the embroidery to stitch nicely on the knit. The fibers left behind support the embroidery after the stabilizer is washed away.



6. Cut the 2” hem piece into two 17” strips (or 1” shorter than the width of your square). Place your ruler 1/2” above the stitching line of the hem and trim any remaining fabric off the top.

7. Place one hem piece, right sides together, along the top edge of the front t-shirt square. The hem strip should start and end 1/2” from the ends. This way it won’t be caught in the side seams.

8. Set your HUSKYLOCK™ serger for 4 thread overlock according to the recommendations of the Sewing Advisor®.

9. Thread with serger thread in both loopers and needles.

10. Serge the hem strips onto the top of each of the t-shirt pieces.



11. Place the t-shirt front and back right sides together. Serge the sides and bottom seams. Be careful not to catch the ends of the hem strips in the side seams.

12. Turn right side out. Place INSPIRA® Tear-A-Way Stabilizer under the fabric on each corner. Using your sewing machine, stitch a 15mm (1/2”) vertical buttonhole on each of the bottom corners of the bag.



13. From one sleeve, (still two layers of fabric) cut a 5” square with the hem edge on top and a fold on one edge. Cut off 1/2” of the hem as shown. This will be sewn into a cell phone pocket later.



Fold

14. Using a 30mm letter selected from your sewing/embroidery machine fonts or your embroidery software, stitch an initial in the center of one side of the cell phone pocket piece as follows: Spray INSPIRA® Whisper Web Mesh Stabilizer with 505 Adhesive Spray and adhere to the wrong side of the fabric. Or, fuse INSPIRA® Fusible Whisper Web Mesh Stabilizer to the wrong side of the fabric. . Hoop one layer of INSPIRA® Tear-N-Wash Stabilizer. Place your pocket fabric on top of the hooped stabilizer. Baste the fabric in place. Embroider your initial.



15. Fold the cell phone pocket in half, right sides together. Serge or stitch the side and bottom seams. .

16. Cut the cord in half. Insert the end of one cord into the front of one of the buttonholes, and tie a knot. Thread the other end into the front hem/casing and around through the other side into the back hem/casing. Bring it back down and tie the two ends together in a knot. Repeat, starting at the buttonhole on the other side. (See top photo) Before knotting the cord ends together, insert one end into your cell phone pocket. Bring it out the other side. Insert the other cord end into the opposite side and bring through as shown. Tie the ends together in a knot. Try on your back pack, and adjust the cord to make it comfortable. Cut off the excess cord. Fill your bag, and you are ready to go!

