

## INSULATED LUNCH BAG



### REQUIREMENTS

*Navy Blue Fabric* cut the following

- 12 (4inch x 4inch) patchwork blocks.
- 2 (4inch x 10 3/4inch) Side Panels.

*Contrasting Fabric* cut the following

- 12 (4inch x 4inch) patchwork blocks.

*Insul-Bright* cut the following

- 2 (4inch x 10 3/4inch) Side Panels.
- 1 (11inch x 25inch) Bag Body.
- 1 (11inch x 4inch) Bag Lid.

Waterproof Plastic cut the following

- 2 (4inch x 10 3/4inch) Side Panels.
- 1 (11inch x 25inch) Bag Body.
- 1 (11inch x 4inch) Bag Lid.

Construction Thread

505 Spray

Pin

Scissors

Hook and Loop

Chalk marker

Quilting Ruler

Rotary Cutter and Mat

Applique Glue (Fabric Glue)

Wonder Clips

Wonderfil Tutti Col.TU40

Scissors

F Foot

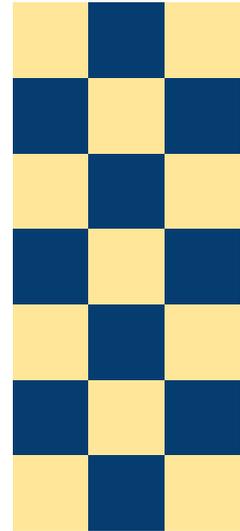
O Foot

AcuFeed Flex AD foot

# JANOME

## INSTRUCTIONS

1. Select the Sewing Applications menu.
2. Select the Quilt Menu.
3. Select the Patchwork Piecing Menu.
4. Select the Locking Stitch.
5. Attach the O Foot and thread the machine with the construction thread.
6. Stitch out 21 of the blocks together in the pattern supplied. →
7. Stitch the remaining 3 blocks together in the following pattern.



8. Spray the reverse side of the patchwork piece and attach to the Insul-bright .
9. Select the AcuFeed Flex key.
10. Select Utility stitch #5 and adjust the length to 4mm.
11. Thread the machine with the WonderFil Tutti thread.

12. Line the edge of the fabric up with the inner edge of the 9mm gap on the foot and stitch all the way across the fabric.
13. Continue working on across the fabric until all blocks have been covered.



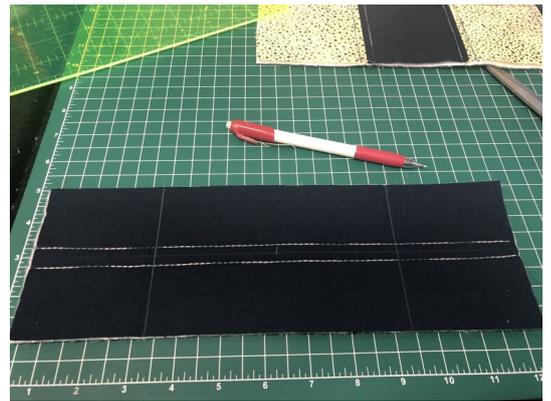
14. Line up the foot with the opposite side of the fabric join and stitch out the decorative lines until the fabric is covered on a cross formation.
15. From one end, measure in 1 1/2 inches and rule a chalked line across the fabric panel.
16. Pin the Loop to the outer edge of the chalked line.
17. Select Utility stitch #3 and rethread the machine with matching construction thread.
18. Stitch down both sides securing the loop in place.

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19. Spray the reverse side of the 3 block panel and attach to the Insul-bright.
20. Rethread the machine with the WonderFil thread and select Utility stitch #5 with a length of 4mm.
21. Create the same decorative stitch formation on this panel.
22. From one edge measure in 1 1/2 inches and rule a line down the panel with a chalk marker.
23. Use this chalked line to stitch the decorative stitch across the fabric panel.
24. On the narrower side line up the AcuFeed Flex foot and stitch out the second decorative line.

19. Spray the reverse side of the navy blue side panels and attach to the Insul-bright.
20. Using the chalk marker to rule a line down the centre of each panel.
21. Line the chalked line up with the inner edge of the 9mm gap on the foot and stitch the same decorative stitch down the fabric panel.
22. Repeat so there is a decorative line on each side on the chalked centre line.
23. Turn the panel sideways, find the centre point and measure out 3 inches and chalk a line across the panel. Repeat this on the other side of the centre point.



24. Fold the large fabric panel in half, find the centre point on each side and pin the side panels to this point (repeat this with the waterproof lining).



25. Remove the AcuFeed Flex foot and select the AcuFeed Flex key to disengage.
26. Attach the side panels using stitch # 2 from the Quilting Menu and attach the O foot.
27. Bring each side up to meet the sides of the side panel piece to create the bag side seams, pin and stitch together. Repeat for all four side seams to create a bag.

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28. With the waterproof lining material for the bag lid ( 11inch x 4inch panel) measure in 1 1/2 inches from one side and rule a line across the material.

29. Using glue attach the hook to the lining material and stitch into place with Utility stitch #3.



28. With right sides together insert the outer fabric bag inside the lining bag. Fasten together using wonder clips, pins will leave holes in the waterproofing material.

29. Using a 1/4 inch seam allowance stitch the two bags together, remembering to leave a gap for turning.

30. Pull the internal bag out through the gap and push the inner lining back inside the bag.

31. Using a slip stitch close the opening.

32. Thread the machine with the decorative thread and attach the F Foot.

33. Select the sewing Applications menu and select Topstitching from the Sewing Category.

34. Line up the edge of the bag with the inner righthand side of the foot and topstitch around the opening.

35. Rethread the machine with construction thread and attach the O foot.



28. With right sides facing stitch the lining material and outer fabric top panel together using a 1/4 inch seam allowance, remembering to leave a 3 inch gap for turning.

29. Use a slip stitch to close the opening and topstitch around all four sides.

30. Place the top panel 1/4 of an inch over the top edge of the bag to form an overlay.

31. Using Utility stitch #5 with a length of 4mm attach the top panel to create the bag lid.