

Pembina Backpack

Designed by the Blanket Statement

McKinney Knittery Class Handout

Instructor: Julie Turjoman

Preparing Your Materials:

Interfacing: For the interfacing layer of this backpack, Fusible Fleece is an excellent choice for adding soft structure that helps the backpack stand up nicely. Soft and Stable is an alternative choice that gives the backpack an even more structured appearance, especially if you plan to add the optional laptop sleeve to the interior.

Pins or Clips: Long, sturdy pins will secure the backpack pieces for sewing. Sewing clips are an alternative tool that make it easy to hold the backpack's layers together for quilting and seaming. This will be demonstrated on a class sample.

Sewing Machine Needles: Depending on fabric and interfacing choices, a strong sewing machine needle is recommended. 90/14 up to 110/18 Universal needles or Denim needles are typically good choices for backpacks made with a combination of fabric weights and interfacings. Bring extra sewing machine needles to class in case one breaks.

Scissors and Rotary Cutter: The sharper, the better!

Pre-Class Homework - Complete at Home and Bring to Class

1. Choose your exterior and lining fabrics, accent fabric for bias binding and drawstring, interfacing(s), thread colors, and backpack hardware.
2. Cut your exterior and lining fabrics and interfacing to 18" x 43", as specified in the pattern booklet instructions. It is helpful to make a template for the Closure Flap (in the Pembina booklet) out of cardstock; this will make it easier to cut the piece from your quilted fabric.
3. Cut your accent fabric into 2 ½" wide bias binding strips as directed in the pattern booklet instructions. Join the strips into one long binding strip. Fold in half lengthwise and press. If you wish to include a swivel hook to hold keys inside the backpack, make an extra strip of bias binding at least 12" long. We will add binding strips to the project pieces in class.

4. Fuse the interfacing, sandwiching it between the exterior and lining fabrics. If the interfacing does not stick well, you can spray the fabric pieces with 606 Fusible Adhesive (this will make it easier to quilt the fabric in the next step).
5. Decide on a quilting pattern; for example, if your exterior fabric is a floral print, you could outline the flowers with quilt stitches, or for a geometric design you could mark and follow a 1" grid pattern. Quilt the backpack fabric.
6. Use a rotary cutter to cut the backpack pieces to the sizes specified in the pattern booklet instructions, using the illustration for guidance. Sew a 1/8" seam around the edges of each quilted piece to secure the layers. (Kristen: do you think it would be better to do this in the first class session?)
7. **Optional Interior Laptop Sleeve:**

If you wish to add an interior laptop sleeve, cut a separate piece of lining or accent fabric to 10 1/2" x 22". Cut a piece of fusible fleece interfacing to 10" x 10 1/2". Fold pocket fabric in half with right sides together to 10 1/2" x 11", and press. Iron the fusible fleece interfacing onto the wrong side of one half of the pocket fabric. With the folded fabric edge at the top, sew a 1/4" seam around the three open sides of the pocket, leaving a 3" opening on the last side for turning the pocket right side out. Remember to backstitch at beginning and end. Snip pocket corners, then reach inside and turn the pocket right side out. Press, turning the 3" open section toward the inside by 1/4" so it lines up neatly with the seamed section. Pin folded edges of open section together.
8. **Optional Interior Divided Pocket:**

If you wish to add a divided interior pocket to hold smaller items, cut a separate piece of lining or accent fabric to 7 1/2" x 22". Cut a piece of fusible fleece interfacing to 7" x 10 1/2". Fold pocket fabric in half with RST to 7 1/2" x 11", and press. Iron the fusible fleece interfacing onto the WS of one half of the pocket fabric. With the folded fabric edge at the top, sew a 1/4" seam around the three open sides of the pocket, leaving a 3" opening on the last side for turning the pocket right side out. Remember to backstitch at beginning and end. Snip pocket corners, then reach inside and turn the pocket right side out. Press, turning the 3" open section toward the inside by 1/4" so it lines up neatly with the seamed section. Pin folded edges of open section together.

Sew Optional Interior Pockets onto Backpack Lining – Done in Class

Position, pin, and sew interior pocket(s) onto the backpack's lining as instructed in class. For oversized or divided pockets, center the pocket on the lining fabric. The larger the pocket, the less fabric there will be on each side of the backpack lining. For example, the laptop pocket will cover most of the backpack's lining on that section.

The divided pocket will be positioned so that it is centered to the width of the backpack interior, and its top edge is level with the laptop pocket's top edge, making it easier to reach inside. Decide how wide each section of the divided pocket will be and stitch these sections vertically. For example, divide the pocket into halves or thirds. Or stitch a 1" wide section to hold a pen, then divide the remaining width into two equal sections and stitch vertically once more.

****Note:** Because the interior pockets are seamed onto the lining after the backpack fabrics have been quilted and cut, the seaming thread will be visible on the right side of the exterior fabric. Use a bobbin thread color that matches your exterior fabric.

Assemble Backpack Body – Done in Class

We will walk through the backpack assembly process step by step, following the pattern instructions, so that every student can sew her project together during class. Having all the backpack pieces quilted, cut out at home, and ready to go for the first class will help to ensure that you take a completed backpack with you at the end.

Note: Grommets and cam snaps for the backpack will be provided in class by the instructor. These will be added to your project in the second session.

Congratulations - You have finished your Pembina Backpack!