







ШКОЛА СОВРЕМЕННОГО  
ШИТЬЯ И КВИЛТИНГА

Валентины Букеевой

# CHECK LIST of Supplies

To create a backpack, final size 32 × 27 cm

## Materials

- Faux leather - 120 cm, 145 cm wide. You can buy it in fabric stores in your city.

*When you buy faux leather, you should pay attention to its quality. It is very important!!! A backpack must be stronger than a small purse.*

*It must be especially strong in the back and piping area. Before you buy leather, check its tensile strength.*

- Fabric for lining (satin synthetic, dense satin or any desired fabric) 90 cm, 150 cm wide. You can find it at fabric stores in your city.

## Stabilizer & Volume fleece

- Volume fleece Freudenberg H640 (FH640) - 150 cm, 90 cm wide.

In Europe, you can find Heat n Bond Extra High Loft Fleece Fusible, White. If such material is not available, you can use any thin batting, fleece or synthetic felt combined with an interfacing.

- Stabilizer such as non-woven freudenberg H410(FH140) - 150 cm, 90 cm wide.

Actually, it can be replaced with common iron-on thin non-woven sewing interlining with an adhesive layer, the main thing is that it sticks well and does not come loose some time.

- Style-Vil (S-V) filler, 5 mm high (in one layer) - 120 cm, 72 cm wide.



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- In Europe, you can find a cheap substitute - 3 MM SCRIM FOAM, 54 "WIDE. TOP QUALITY 2 - 3 MM BACKED FOAM - this is a ceiling covering for cars at a thickness of 3 mm.

In the USA, you can find Soft and Stable white 100%.

Polyester Stabilizer 36 in × 58 in or Soft And Stable Project Pack 13-1 / 2 X18-1/2 White.

- Vliesofix iron-on hemming strip (VF), 90 - 100 cm wide and 100 cm long. Sold per meter. It's an iron-on adhesive on transfer paper.

- Iron-on hemming strip on paper is called Vliesofix in Europe and Russia.
- Iron-on hemming strip in tape (narrow 1 - 1.5 cm) is used for hemming trousers. It has double fusible side and on transfer paper. Sold in rolls or per meter. This narrow tape will be needed for interfacing straps and small details.
- Decovil Light Freudenberg (DL) a light iron-on stabilizer with a leather-like touch to strengthen the front and back sides - 35 cm.
- Freudenberg volume fleece (P120) to add volume.
- Embroidery stabilizer Filmoplast (FP).



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In order to use the pattern, you need to download it to your computer.

Print page # 1 using the setting "Print in Actual/Real Size".

Measure the test square. If the sides are 5 cm, print the following pages, then pierce them together. If the sides of the test squares are not 5 cm, please check your print settings. "Print in real size" must be set.

Please note: All given details include the seam allowance (you only need to add some additional allowances for quilting in accordance with the recommendations that are written on the corresponding parts).

## ■ Cutting pattern in plastic

For convenience, the cutting pattern can be made of plastic.

The material is sold in art stores. Plastic sheeting is optional. It's important to transfer all markings, fixed points and indications to the plastic pattern.

## ■ Preparing the fabric for cutting

The main and lining fabric must be pressed well.

Listen to nice music or an audiobook and enjoy your steaming.

## ■ Cutting

Cut out the backpack parts according to the ready-made patterns.

Add 3 cm to the front, back, and side parts of the backpack, the upper and the lower edge of the side pocket and the bottom. It will be necessary for quilting.

The other parts are cut without any additional allowance.





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## Embroidering and quilting the front of the backpack

The front part of the backpack must be reinforced with the non-woven interlining FH140.

Iron the volume fleece Freudenberg H640 wrong side on wrong side on the center to fix it. Don't let the iron reach the estimated edge of the pattern of 2 cm.

Hoop the FP filmoplast stabilizer up and place the resulting "sandwich" from the previous step onto the stabilizer. Determine the position of the picture and embroider it.

Remove the excess of the FP.

Cut the tails and fix them with a lighter.



## Quilting on the front

Place the volume fleece P120 on the wrong side.

Use an echo foot to make echo quilting along the outline of the flower at a distance of 2-3 mm from the edge of the embroidery.











## Quilting on the front

In the middle of the flower, make echo quilting along the outline of the embroidered roundings and fill the remaining space in the center of the flower with microstitch.

Trim the excess of the volume fleece P120 at a distance of 1 mm from the stitches, be careful not to cut through the stitches.

Place a front pattern piece from the wrong side, outline and cut out the volume fleece Freudenberg H640 1 cm smaller than the pattern piece. This prevents the fleece from interfering with the seam.

Iron the piece well and stitch a filler layer to the leather part.

Mark the center of the part at the bottom and on the top on the wrong side and transfer them to the right side with a washable marker.







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Place the Style-Vil (S-V) and the corresponding part of the lining fabric which is already reinforced with the volume fleece Freudenberg (Fh 140), the wrong side facing inwards. Fix the layers with clothespins around the edges.

Use micro quilting along the outline of the echo quilting by using a simple stitch between the leaves to highlight the volume.

Select a simple stitch or a microstitch along the edge of the middle of the flower to add some volume in the middle of the flower.

Then draw pebbles in the remaining spaces by hand or using a template.

Fill the spaces between the pebbles with micro quilting, gradually emphasizing each pebble using a regular stitch.

In other words: first outline the intended pebble with a microstitch, then use another stitch along the edge of the microstitch as if to outline the shaped pebble.

Going on doing so until the whole area is filled with pebbles.

After finishing quilting, iron the "sandwich" well.











## Cutting the front part

Place the pattern piece on the front part, follow the outline with a washable pen.

Stitch along the drawn line.

Stitch length is 2 mm.

Trim off the excess at a distance of 1 mm from the stitches.

To make the edge thinner, use any decorative stitch along the outline.

Stitch width is 6 mm.





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## Embroidering and quilting of the top and bottom side pocket parts

Embroider and quilt the top and the bottom parts of the side pockets in the same way.

Use the halves of a flower design when embroidering the motif.

The embroidery can be mirrored on the top parts of the side pocket, but on the bottom part it's better to quilt the pebble-design.

Or you may do it asymmetrically: embroider the top right and bottom left side pocket parts, and then quilt the remaining areas with pebbles.



## Top and bottom parts of the side parts with pockets are cut like the front part

Place the corresponding pattern part on the fabric, outline it and stitch along the line. Stitch length is 2 mm.

Cut off the excess at a distance of 1 mm from the stitches.







## Pockets

Reinforce the lining parts with non-woven interlining FH140.

Place the pocket part on the quilted part right side on right side.

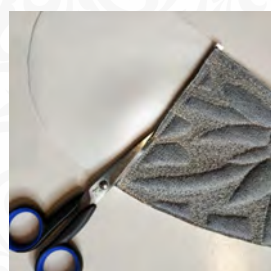
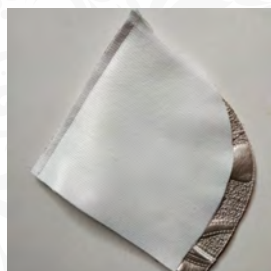
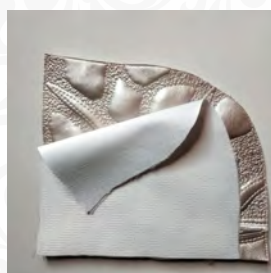
Align the edges.

Neaten the edge by sewing along at the distance 0.5 - 0.7 mm.

Fold the lining back to the opposite side, iron it. Neaten the edge by sewing along at the distance of 1 - 1.5 mm.

Trim the edge close to the stitch.

Place the same pattern part and outline the folding line, fold the part along the line and iron it.



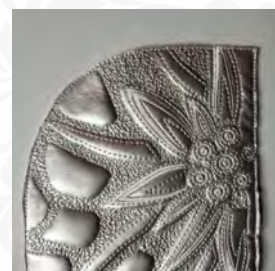
Place iron-on hemming tape between the main part and the lining, and iron that area.



Attach the corresponding pattern part, follow its outline with a washable pen.



Sew along the edge using a stitch length of 2 mm.



Cut off the excess.

Sew the lining part to the top side pocket parts in the same way.



Place the top and bottom side pockets on top of each other and fix them with pins.

Check the symmetry with the second mirror detail. Stitch it, and you finally get a completed side piece with a pocket.











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## Making the backpack straps

### You will need:

1 stripe  $100 \times 6 - 6.5$  cm made of leather, bias cut.

4 pieces of  $47 \times 5$  cm made of leather, bias cut.

2 pieces of non-woven interlining (FH140)

$47 \times 5$  cm cut along the grainline.

2 pieces of volume fleece (FH640) fabric

$47 \times 5$  cm.

Reinforce the main stripe  $100 \times 6 - 6.5$  cm with non-woven interlining (FH140).



Press the edges of the strip towards the center and fix them with an iron-on hemming strip (VF).  
Fold the strap in half lengthwise and iron it again (with or without an iron-on hemming strip).

Narrow-topstitch both long edges.

The stitch length is 2.7 mm.

Select a top/decorative stitch to fill the space between the topstitched lines. Divide the finished strap into two parts of the same length.





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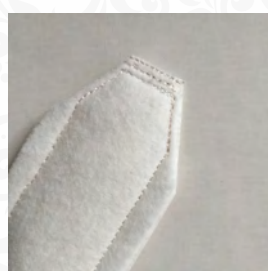
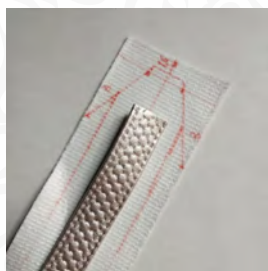
Reinforce 2 pieces  $47 \times 5$  cm with non-woven interlining (FH140).

Reinforce 2 pieces  $47 \times 5$  cm with volume fleece (FH640).

Place one of the straps in the center of the reinforced part (FH640) and fix it with some stitches.

Place another reinforced piece right side on right side on top of the strap and fix the layers with clothespins. Mark the width of the strap on the top layer.

Sew along the edges at a distance of 0.7 mm. Stitch the top edge twice.



Turn the new part over and pull the strap out.

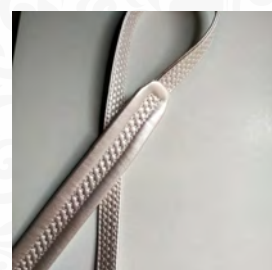
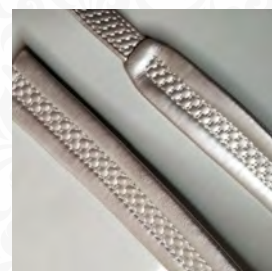
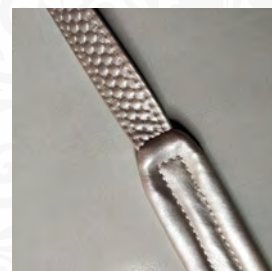
Before ironing, place baking parchment on the strap.

Sew a reinforcing stitching line at a distance of 0.7 - 0.8 cm from the edge.

The stitch must go through all the layers. You've got additional thickness around the edges.

Select a top stitch or any decorative stitch to fill the space between the topstitched lines.

Proceed with the second strap in the same way.











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## FLAP

Flap parts: one of them is reinforced with non-woven interlining FH140, the second with volume fleece (Fh640). Place both parts right side on right side on top of each other and sew along the edge leaving an opening of 8 - 10 cm.

Sew a second line of stitches at a distance of 1 - 1.5 mm parallel to the first line.

Secure the stitches at the beginning and at the end.

Trim back the excess material up to 1 mm to the stitched seam, only leaving the allowance along the opening.

Turn the flap over through the opening, pull out the material at the corners and fold the edges of the opening inwards. Iron the flap having a sheet of baking parchment on top.







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## Making the backpack handle

Iron volume fleece H640 on the wrong side of the handle part and fold it lengthwise right side on right side. Sew a line of stitches along the long edge at a distance of 1 cm.

Iron the piece and let it cool off while pressing it down. Turn it inside out.

Cut 1 - 2 strips of Stylevil 3 - 4 mm thick and 4 cm wide to match the width of the handle (the denser, the better for the shape of the handle), stitch them together on the long side and with a help of a chopstick or something similar insert it into the finished handle. In doing so, make sure that the seam runs along the center and not along the edge (see illustration).

Secure the Stylevil with some stitches and cut the excess.

Select the decorative stitch named "Honeycomb" or any other of your choice to enhance the look of the handle.

Bend the piece lengthwise and fix with clothespins, make another reinforcement stitching at the back part of the handle. It is recommended not to stitch the first and the last 5 cm.











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## Creating the ring tabs

Iron the stabilizer FH140 on the two pieces for the ring tabs.

Sew them in the same way like the strap.





## Making the piping with appropriate cord

The side parts of the backpack are edged with piping made of 2 bias tapes, 50 x 3 cm each, and cord.

Cord diameter 3 - 4 mm.

Wrap the cord in leather (already interfaced with FH140), pin the edges of the bias tape with clothespins to avoid shifting. Use a special presser foot to sew piping, e.g. Piping Foot #38.



The length of the needed piping which covers the seams of the main parts comes up to 110 x 3 cm.

It is recommended not to stitch the first and the last 7 - 10 cm.









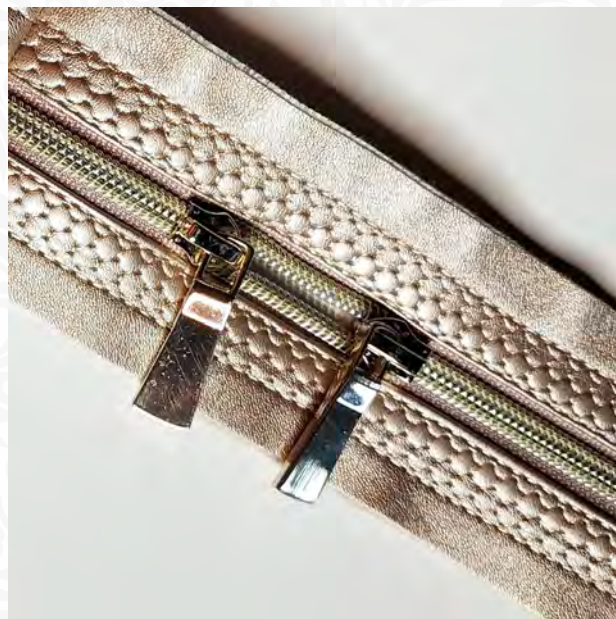
## Zipper

You need: a coil zipper No. 5, two sliders, four strips  $66 \times 3$  cm cut straight reinforced with non-woven interlining FH140.

Compared to a vislon zipper, a coil zipper is considered stronger due to the metal teeth.

Iron the zipper.

Fold back one long edge of each strip and sew in the zipper between these folded edges. Topstitch along the fold on the right side at a distance of 0.1 mm. Then select a decorative stitch to enhance the look along the zipper.







## Bottom edging without zipper

Reinforce the parts cut from the main fabric and the lining with FH140.



Place the following layers on top of each other:  
main fabric + interfacing  
volume fleece FH640 +  
Style-Vil.

For convenience, you can fix everything with clothespins.

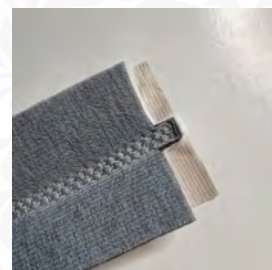
Draw a line along the center with a washable or heat erasable marker on the right side.



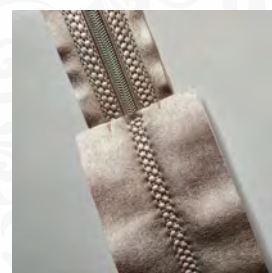
Sew along this line with a decorative stitch, e.g. Honeycomb. Slightly increase the stitch length.



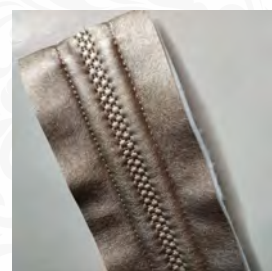
Trim the volume fleece from the wrong side for about 1 cm at both ends (see the photo).



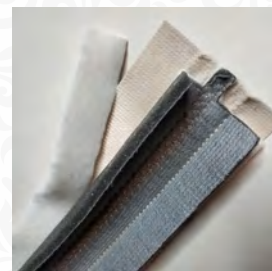
Place one end of the bottom edging right side on right side on the top edging with the zipper and transfer the positions of the outermost lines of stitches.



Sew along these markings parallel to the decorative stitches on both sides.



Trim the volume fleece from the wrong side at both ends.



To reinforce the bottom edging, cut 3 pieces from Decovil light (Freudenberg). Place them as shown in the picture.







The edges of the Decovil must not reach over the interlining at both ends.



At a distance of 5 mm, sew another line of stitches, sewing in reverse in the zipper area.



Fix it with the iron.

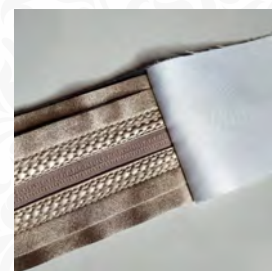
Place one end of the bottom edging right side on right side on one end of the top edging with the zipper, sliders up.



Trim the excess at a distance of 1 mm from the outermost line of stitches.



Fold back the lining.

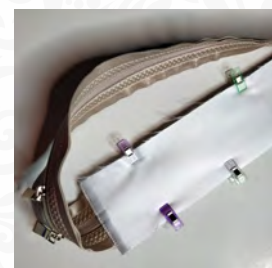


Pin the part together with clothespins.

Sew twice along the edge of the interlining and the Decovil.



Iron it, pin it with clothespins and stitch the seam at a distance of 1-1.5 mm from the edges.



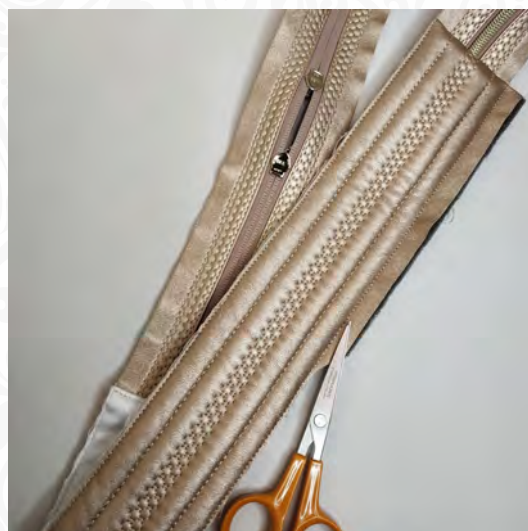




Now measure the length along the edge of the back part, transfer the length to the top edging with the zipper and the bottom edging and pin them together with clothespins.



Attach the ring tab to the back of the backpack.  
Adjust its position if needed.



Hide the open cut of the zipper and the bottom inside the top and bottom edging, repeat all operations performed earlier.

Fix it with clothespins and sew stitches parallel to those already made at the distance 1 - 1.5 mm from both sides.



Go on sewing on the top edging with the zipper and cut off the excess.





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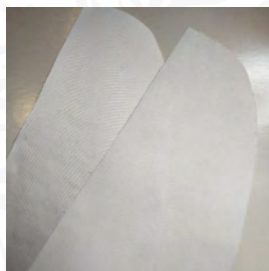
## Quilting the lining

The pieces cut from lining (back and side parts) are reinforced with FH140 stabilizer.

Place the volume fleece FH640 with the adhesive side on FH140 and iron it on the center, not fusing the edges.

Transfer the pattern lines on the right side of the interlining and draw a parallel line at a distance of 1 cm from the first line.

Draw a dotted or a solid line. You may also use a template to transfer the pattern on the pebbles.

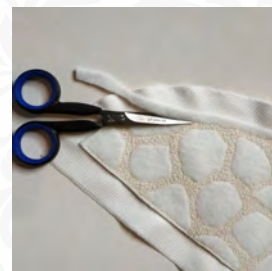


Do not quilt over the first line.

Trim the excess of the volume fleece close to the quilting line.

Press it well.

Proceed in the same way with the other lining pieces.





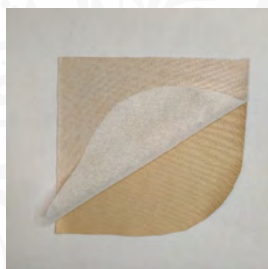


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## Making the pockets of the side parts

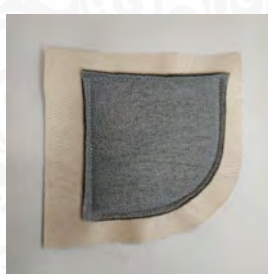
Cut the pocket part from the main fabric plus allowances and reinforce it with volume fleece.



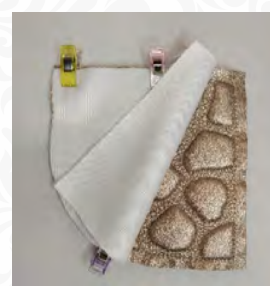
The distance from the stitches and the cut edge should be consistent all around, approximately 0.7 - 0.9 mm. Trim any.



Cut a piece of Stylevil according to the size of the pattern piece, place it on the wrong side of the main fabric part and sew all around it at a distance of 0.5 - 0.7 mm from the edge.



Place the quilted part and the lining pocket parts (already reinforced with stabilizer FH640) right side on right side on top of each other. Pin them together with clothespins.



Draw pebbles with a template or by hand and quilt within these lines.



Trim off the excess volume fleece close to the seam.







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Sew along the edge, leaving an opening of 7 cm to turn it inside out later.



Secure the seam at the beginning and at the end.

Then flip the reinforced part up and sew another line of stitches at a distance of 0.2 mm from the first one.

Press it well.

Trim around the outline at the distance of 0.1 mm from the stitch up to 1 cm in front of the end. Don't trim the unstitched area!

Turn it over and straighten the corners. Attach an iron-on hemming strip and straighten it inside.

Fold the open edges of the cut inward so that the iron-on hemming strip lies under the cut of the main fabric.

Fix it with clothespins and stick on the tape with an iron from the wrong side. In doing so, remove the clothespins one by one.

Place the pocket on the quilted lining part.

Select any desired stitch to sew the part on, using a foot for decorative stitches. For example, Stitch No. 1329.











## Welted zipper pocket

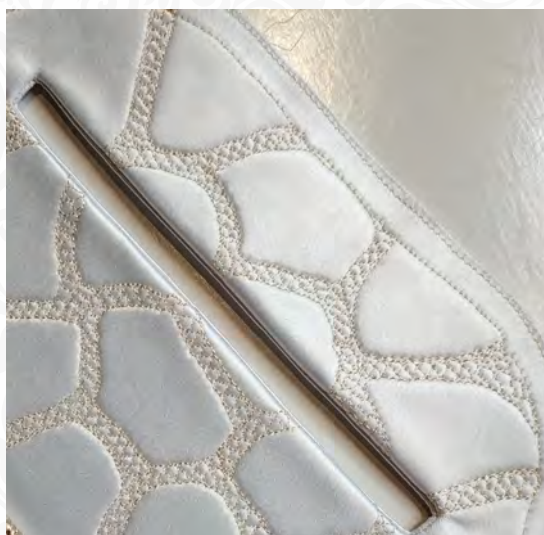
Pocket bag size is 20 × 30 cm, the zipper is 20 cm long.

Make sure to have reinforced the pocket part with the stabilizer FH640.

At a distance of about 3 cm from the top edge, draw three parallel lines: length 14-15 cm, width 1 cm. Sew along the top and the bottom lines with short stitch.

Cut along the center line precisely; it will help to avoid "wrinkles" when folding the unfinished edges back.

Iron it well.







Attach and secure the zipper from the wrong side of the cut with the slider up. For convenience, you can use an iron-on hemming strip to fix the zipper.

Sew in the zipper all around. You can make another stitch on the top of the previous one for security.

Close the edges of the pocket bag by sewing several lines of stitches, each one on the top of the others.

Cut off the excess fabric.

Iron it well.

The pocket is ready.

Enjoy the result.











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## Making an open side pocket

First option:

Cut the part on the fold from the lining, reinforce it with FH140 and embroider the motif of the back part.

Second option:

Cut two parts: one from the main fabric, by adding 2 cm for quilting at each side. The second part is cut from the lining without allowance.

Reinforce the part from the main fabric with FH140.

Place the volume fleece (FH640) on the wrong side and cut it out 1 cm less than the main fabric part so that the volume fleece does not reach the seam.

Iron the volume fleece on the wrong side of the fabric.

Embroider and stitch the pebbles in the free space.







Steam it well.

Place a piece of lining right side on right side on the embroidered piece and draw a line along the outline, adding 2 cm at the top. Stitch along the line you have drawn. Stitch length is 2 mm.



Sew the pieces right side on right side together along the top edge at a distance of 1 cm.

Fold back the lining piece, iron it and topstitch along the edge at a distance of 1 mm.



Draw a line at a distance of 1 cm from the seam on the wrong side of the main fabric part.

Cut part No. 14 from Decovil light. This is used to reinforce the pocket mouth.

Position the top edge of the reinforcement along the drawn line and stick it on.







Fold the main fabric part over the upper edge.

The edges of both parts must match.

Insert the iron-on hemming tape between the layers and fuse them with an iron.

Narrow-topstitch the pocket all around, aligning all the edges.







## Reinforcing the back of the backpack

To reinforce the back of the backpack, use a thick solid material. We recommend Decovil Light (DL), which is a non-woven interlining to give additional stability.

Place the interlining on the wrong side of the quilted back part of the backpack and iron it on.







## Sewing on the piping

Determine the length of the piping. (For the backpack front, the piping should be the same length. Therefore, you can make marks on the tape which will be used as guideline for the front part).

Position the ends of the piping tape which will be stitched at the bottom of the back part.

Stitch the bias tape at 45 angle degrees, press the allowances apart.

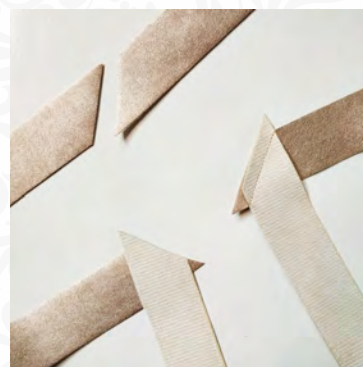
When the tape is aligned, cut off the edges, leaving 2 mm from the seam.

Cut off the excess cord.

Wrap the cord with the bias tape.

Pin it to the back piece.

Use the Piping Foot #38 to sew the piping to the back part, making small cuts at the corners.







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BERNINA  
SWISS ENGINEERING



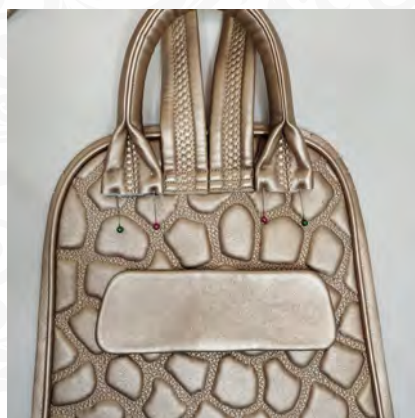


## Finishing the back part

Sew on the ring tabs according to the marks in two steps:

1. Align one end of the prepared ring tab with the four marking points. Sew a rectangle to connect those four points.
2. Insert the D-ring through the free end of the strap and bend it inwards up to the line of stitches. Stitch the folded strap by sewing along the edges 2-3 times next to the ring.

Sew the finished shoulder straps and the handle on the back of the backpack according to the markings on the pattern.







Make a few extra stitches to secure.

Cover the ends of the straps and the handle with the flap and sew it on with triple stitches. In order to strengthen the stability of the flap, it can be fixed with the double-sided scotch tape or iron-on hemming tape.

Determine the center of the top edging with the zipper and the bottom edging.

Align the centers of the edgings and those of the backpack part. Fix the layers with clothespins or baste them. When basting, try to do so as close to the edges as possible.

Sew the seam twice or three times for additional stability. Remove the basting seam, if there is any.

Put metal buckles through the free ends of the straps, insert through the carabiner and push the strap through the buckle again.

Determine the desired length and fix the free end at the strap near the buckle.







Align the center markings of the bottom edging with the lower edge of the front part.

Place the front part right side on right side on the back part.

For convenience, the carabiners of the straps may not be hooked into the ring, but rolled up into a ring and placed in the center of the back piece so that they do not interfere when the parts are sewn together.

Sew along the edges twice, leaving an opening from mark to mark below.

Steam or iron well.

Turn it inside out.

Straighten the edges and iron it again.

Fold back the opening and sew it using the Blindstitch.











## Sewing on the side parts with the pockets

Mark the center of the edging and the center of the side parts.

Pin and then sew the edging.

Use the Edgestitch Foot #10.

It is important that the bias tape does not reach the seam, for this reason we make it shorter.

Stitch length is 3 mm.





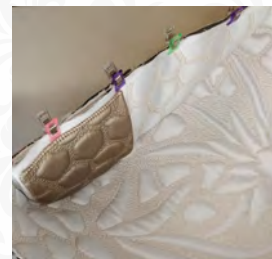


## Sewing the side parts and the center part together

Fix the side parts made from the main fabric with the central part.



Make a stitch from the side piece made of main fabric, focusing on the other one made before.



Start stitching them from the side pockets, keeping the angle of 90 degrees.



Iron it well.

Turn it over.

The seam must be positioned inside the side parts.



Align the open cut of the side parts.



Next, fix the side parts made of the lining from the lining, right side facing the inside of the central part.







## Sewing on the piping to the front of the backpack

The length of the piping must be the same as on the back of the backpack.

Pin the piping to the front with the right side up.

Do not overstretch the last 10 cm on both sides for better fit along the edges.

Join the ends of the bias tape in the same way as on the back of the backpack.







## Sewing in the top edging with the zipper at the front

Mark the center of the front.

Open the zipper.

Align the marks on the zipper and the bottom with the ones on the front part and fix the parts with clothespins.

If you wish, you can baste them with hand stitches first.

Stitch them twice.

Iron the stitches well.











## Finishing the opening with a bias tape

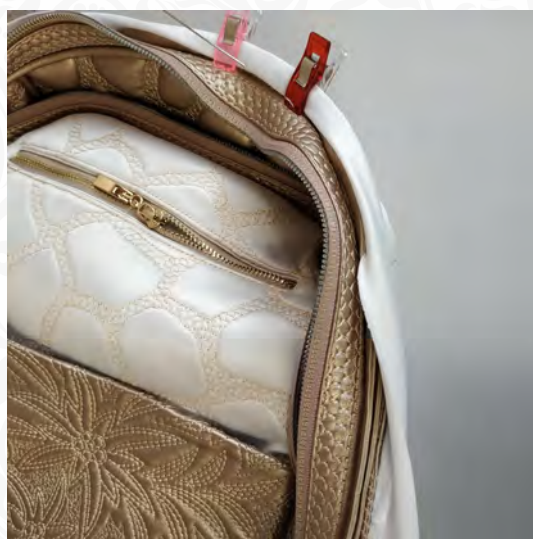
Place the bias tape along the open cut.

Stitch, leaving unstitched 10 cm.

Iron the seam allowances of the opening part and cut off the excess, leaving 2 - 3 mm from the seam.

Edge the opening with the bias tape.

You can hem the second bias tape end by hand or by using a blind stitch on the sewing machine.







ШКОЛА СОВРЕМЕННОГО  
ШИТЬЯ И КВИЛТИНГА

*Валентины Букеевой*

Volume fleece Freudenberg H640 (FH640)

Stabilizer (Non-woven interlining) Freudenberg H410 (FH140)

Volume fleece Style-Vil (S-V)

Iron-on hemming tape Vliesofix (VF)

Decovil light Freudenberg (DL)

Volume fleece Freudenberg (P120)

Embroidery stabilizer Filmoplast (FP)



