


Insulated Market Bag

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Washable & dryable with
removable insulated liner
and zipper top.

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Pieces needed:

bag body & lining
Insulation (LINER) body
straps
zipper flanges
zipper tabs

Abbreviations:

RS= right sides
WS= wrong sides

Ingredients:

½+ yard 45" fabric for bag (quilting cotton, denim, canvas, etc.) More is needed for straps. Combine fabrics for variety.

SF101 interfacing (Optional for heavy fabrics)

24-30 inch nylon zipper

Bias tape

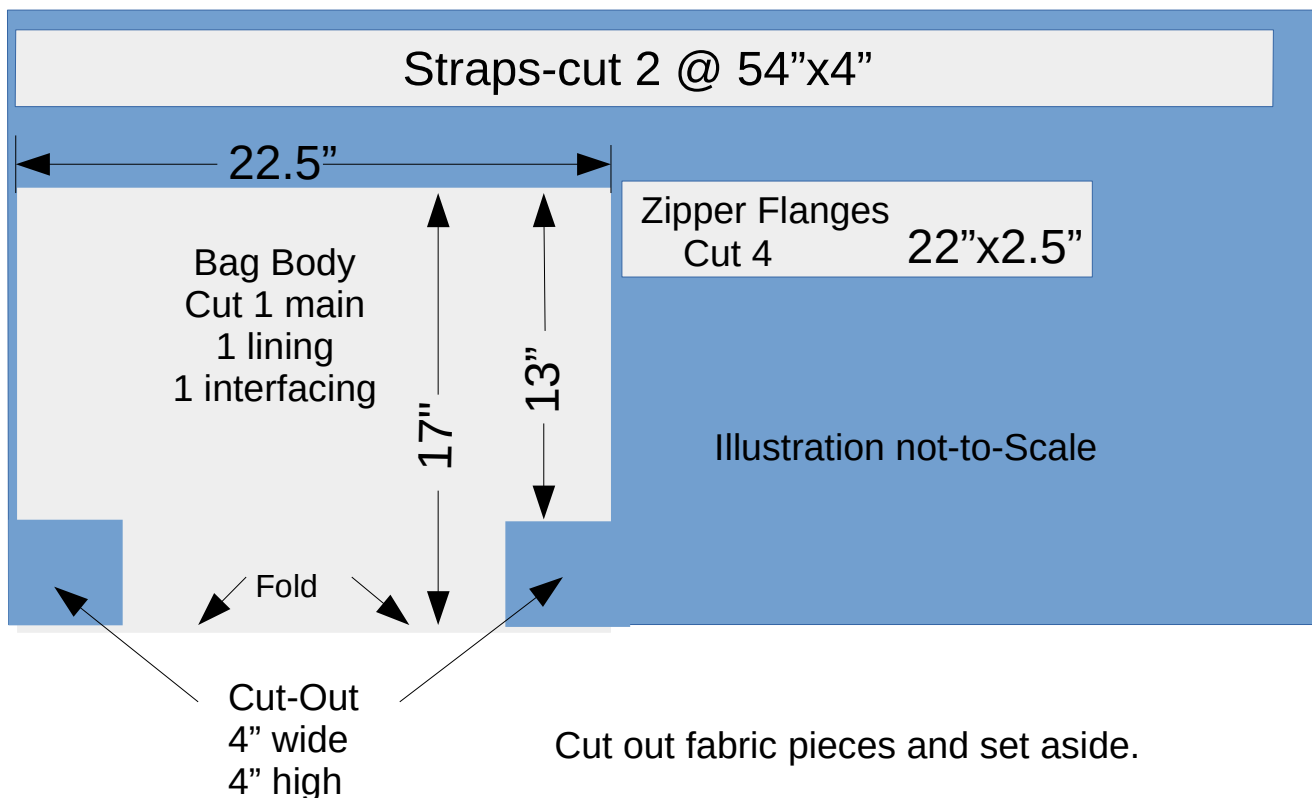
thread

16" Reflectix® insulation or a reflective auto sunscreen

shiny silver duct tape

Webbing or extra fabric for straps (optional)

Cut out fabric pieces using pattern or by measuring as in diagrams below.



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(continued)

Pattern for fabric should be put together in the following order, matching dotted cut-lines.

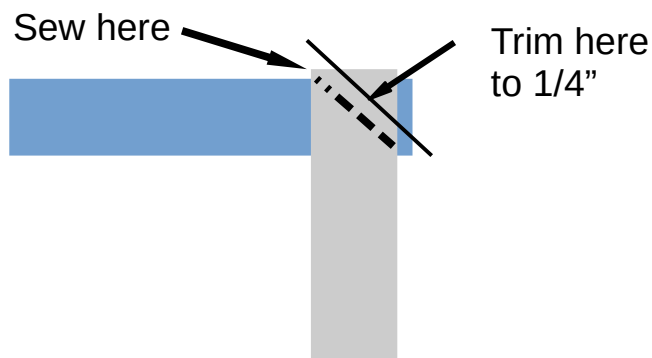


The Grid numbers are in the lower left corner of the sheets.

Tape all pieces together, then cut them out. The pages are very similar and this makes it much easier to get them together correctly.

Cutting Straps

You can use one long piece of fabric, webbing, or piece together your straps from shorter fabric pieces rather than use a larger piece of fabric if you want. Use a diagonal seam to reduce bulk.



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(continued)

Reflectix® or sun shield



You will need the above supplies plus some tape & clothespins or bulldog clips for the bag. You may cut out the pieces using scissors rather than a rotary cutter if you want. I use my paper scissors or paper blade for my rotary cutter on the duct tape and Reflectix.®

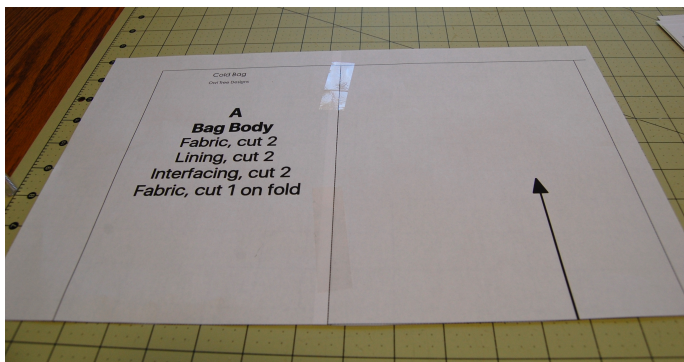
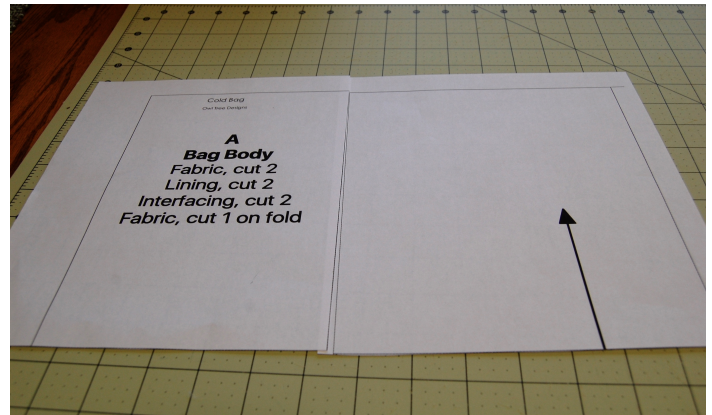
All seams are 1/2" unless otherwise stated.

If you're wondering about the washi tape on my big ruler, I put it in place to cut items I make frequently. It makes cutting much faster since I can't remember measurements from one time to the next! I use a different tape for each project and label them.

Insulated Market Bag

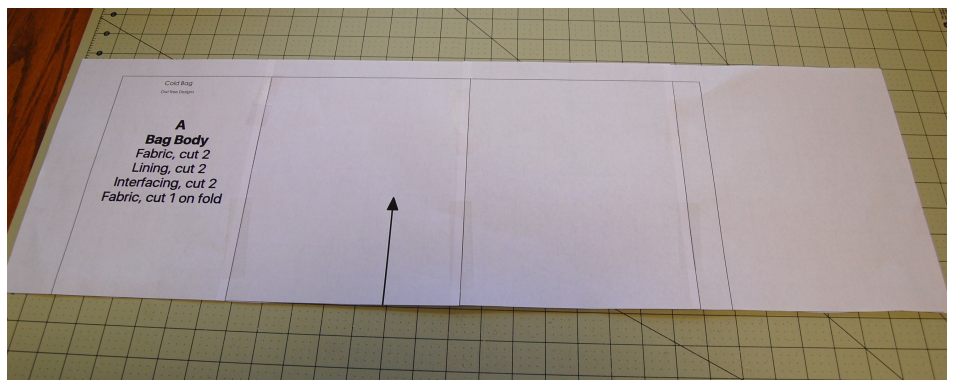
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(continued)

PATTERN ASSEMBLY



Trim right side & bottom
at the dotted lines and
match dotted edges.

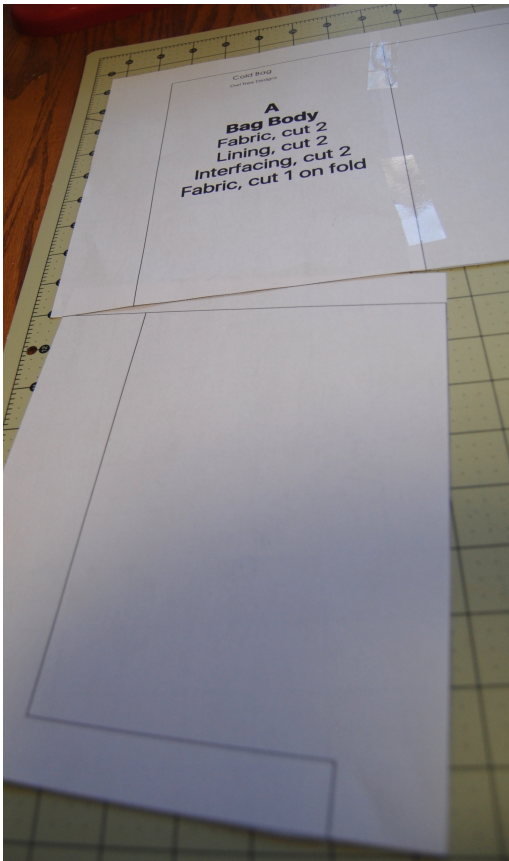
Tape the
intersection of the
lines and continue
with the rest of the
pages.



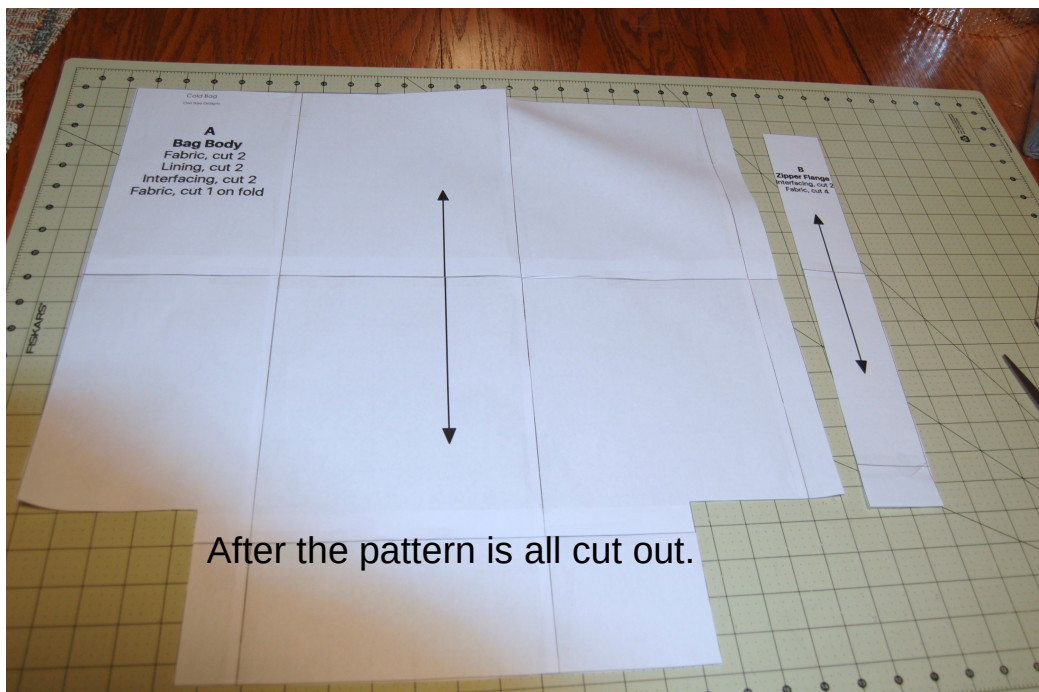
I like trimming the right sides and bottoms off the pages and then taping them to the left sides and tops of the other pages, one row at a time. If you trim the wrong side, don't worry. Just butt the edges together and tape them. I just think it's easier to leave the left & top sides on to give some support to the join.

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(continued)



Slide the first page of the second row under the first page of the first row and tape, then slide in the remaining 3 pages and tape each one.



After the pattern is all cut out.

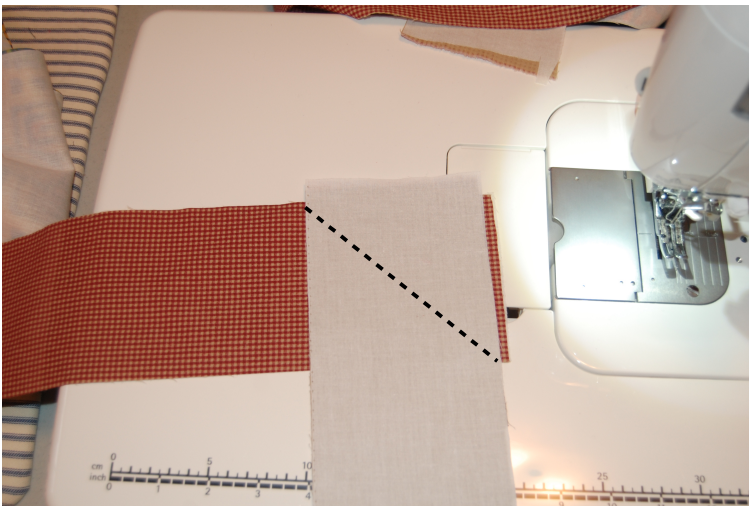
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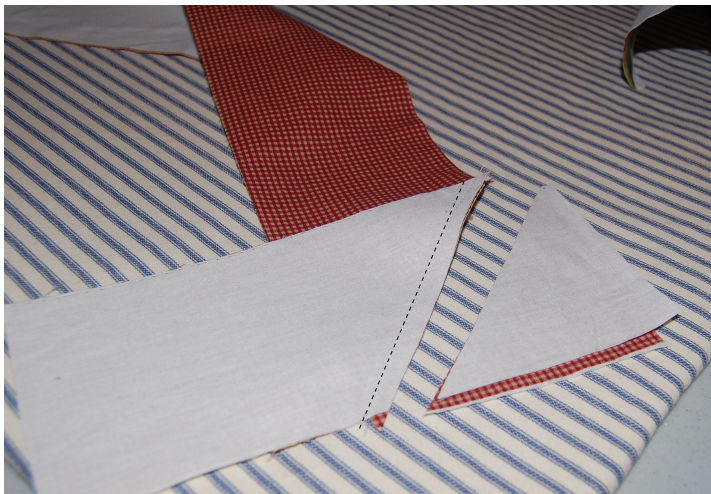
Iron the interfacing onto the WS of outer body fabric, patching and overlapping the bottom interfacing.

Iron interfacing to two flange pieces and strap fabric.



Construct the straps

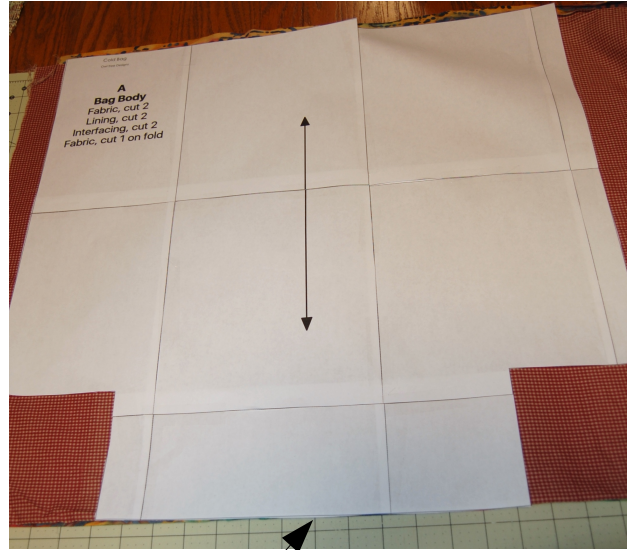
When piecing the strap fabric for length, leave a little overhang on the outer edges. Stitch on a diagonal.



After stitching, trim corners off leaving a 1/8-1/4" seam allowance.

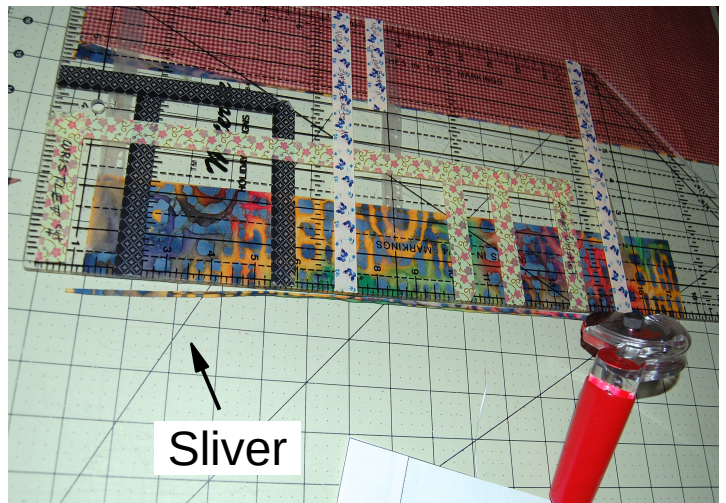
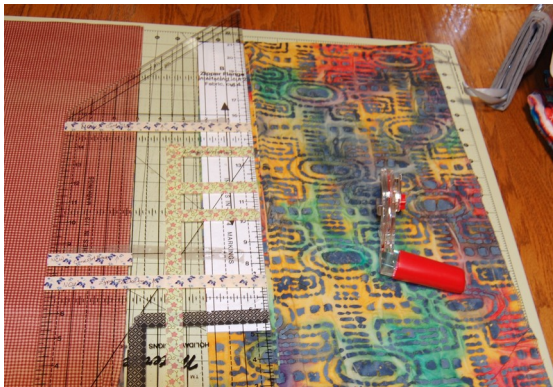
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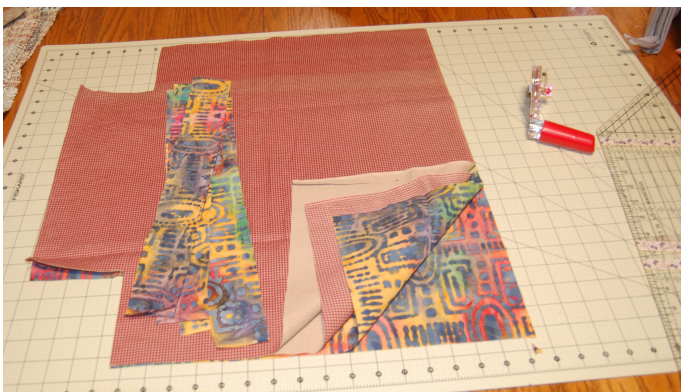
Folds

Stack folded fabric, lining up the folds. Place pattern on top with bottom edge on the folds. Cut out the body and flange pieces and set aside. Cut the straps if you are using fabric and cut interfacing the same size, piecing if necessary. Cut body and flanges out of interfacing.



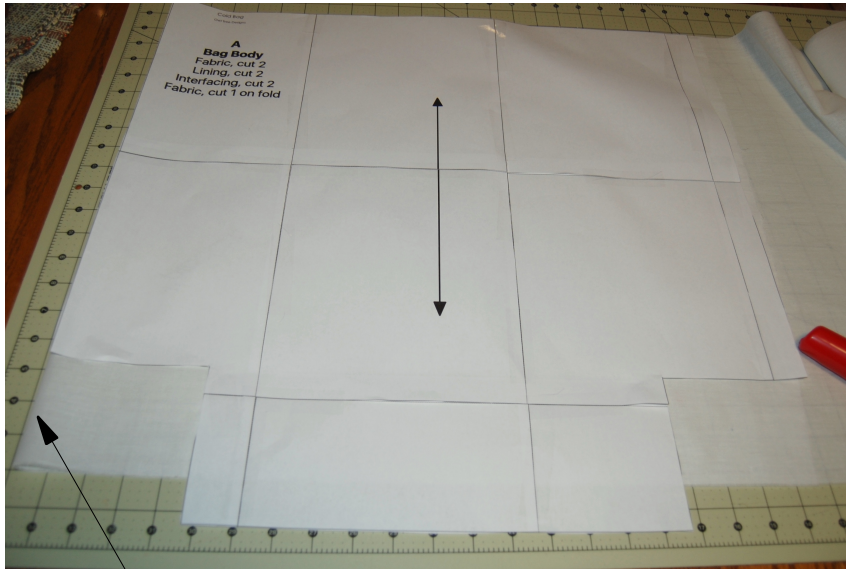
Sliver

I cut the flanges on the fold and trim a sliver from the fold after cutting to separate the two pieces.



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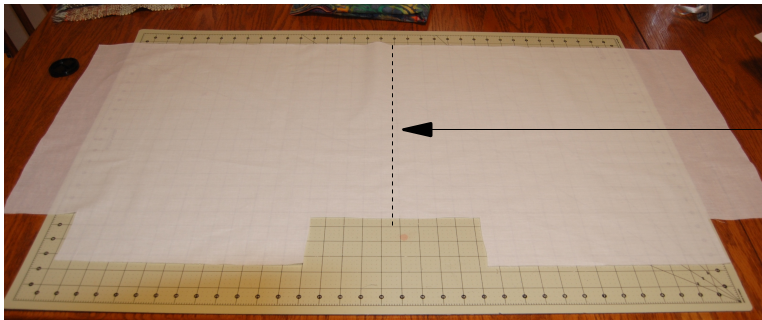


Cutting the interfacing is a bit different since it's only about 22" wide. Cut it on a side fold or in 2 pieces.

There will be a gap on the bottom. A small piece of interfacing is added to cover the gap.

Fold

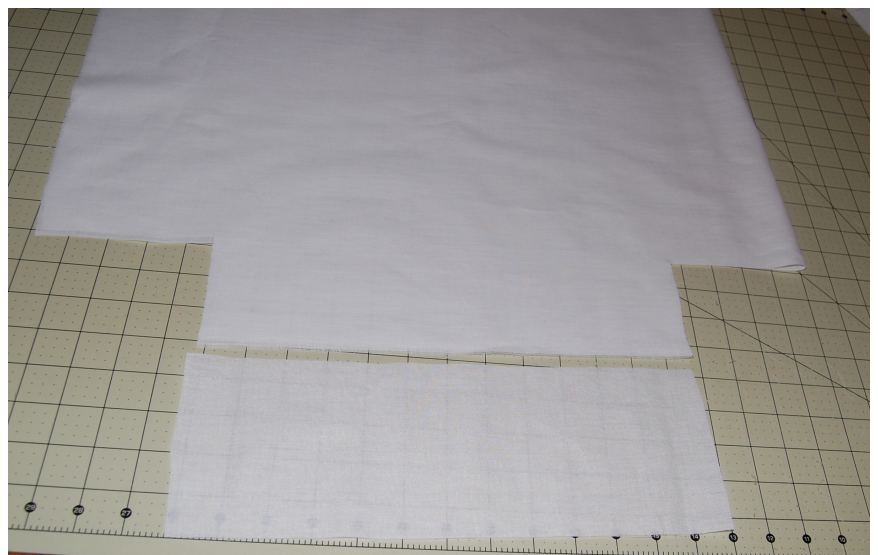
It will look like this when opened if cut on fold.



Cut the interfacing up the center where the fold was or you can cut a sliver off the fold as I did with the flanges.

There will be a gap on the bottom. A small piece of interfacing is added to cover the gap.

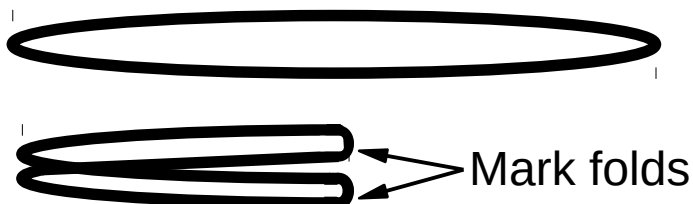
Cut interfacing for the flanges and straps.



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(continued)

Join the ends of the straps together. I pieced some fabric to the strap to make them longer and then joined the ends.



Pull straps out evenly with seams in the center, then fold in half and mark the folds.

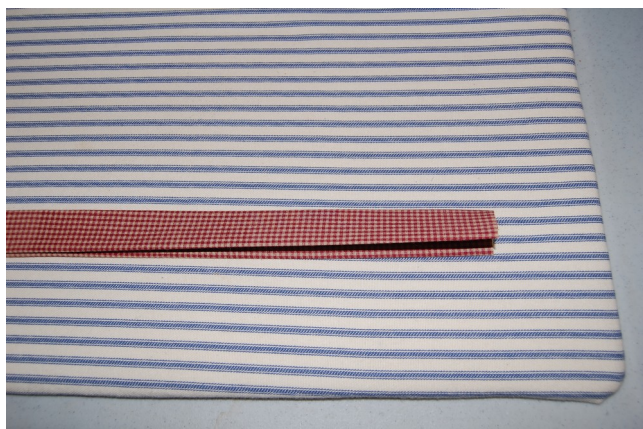


Uh-oh!

The ends of my straps are not joined in the photos. I later found that joining the ends into a circle makes a neater strap that is easier to place and makes it less likely to twist. Please ignore my disconnected ends. I'm afraid they match my brain.

Fold the strap in half lengthwise, WS together and press. Open it out and fold the raw edges to the center crease.

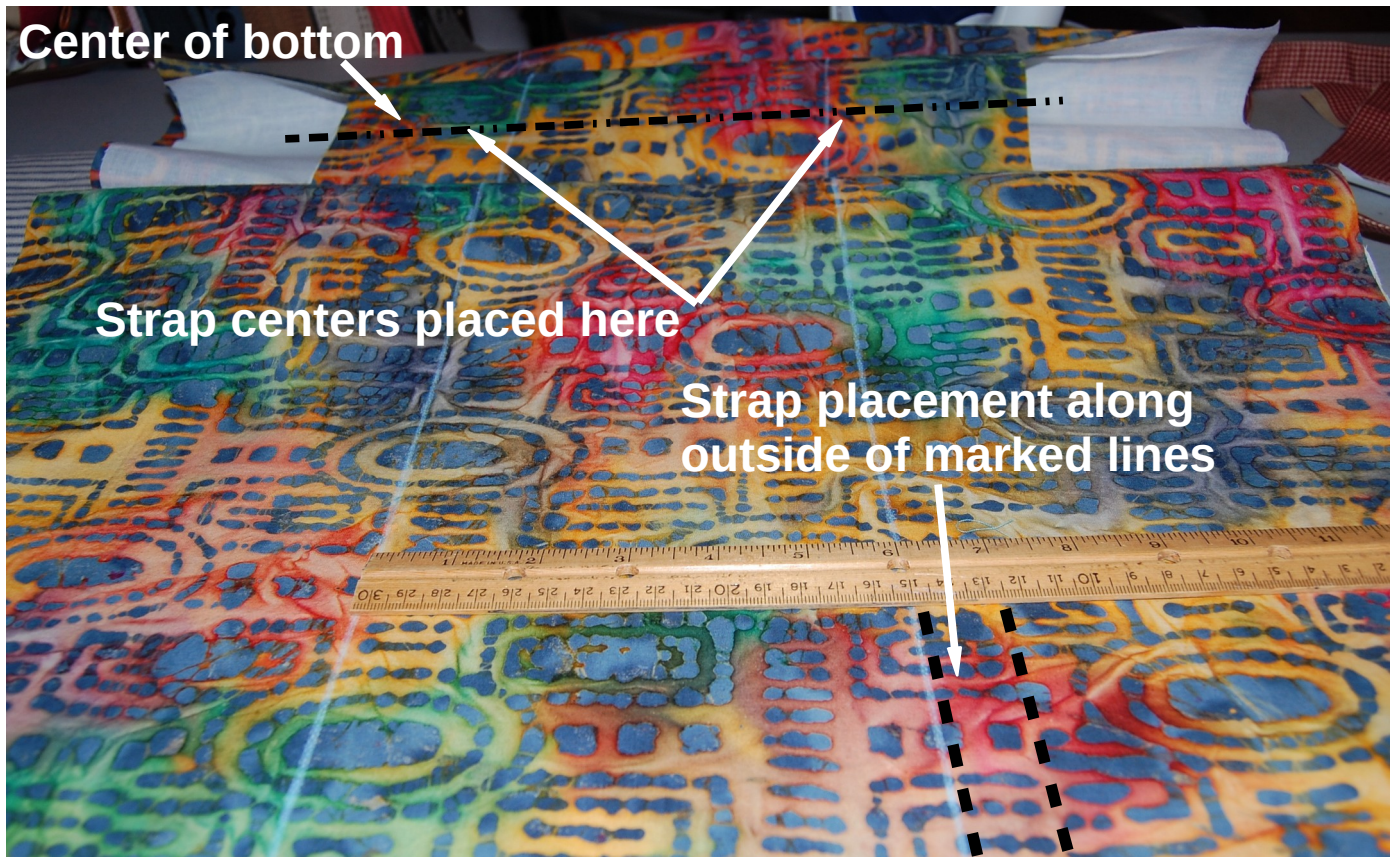
Fold in half again and press.



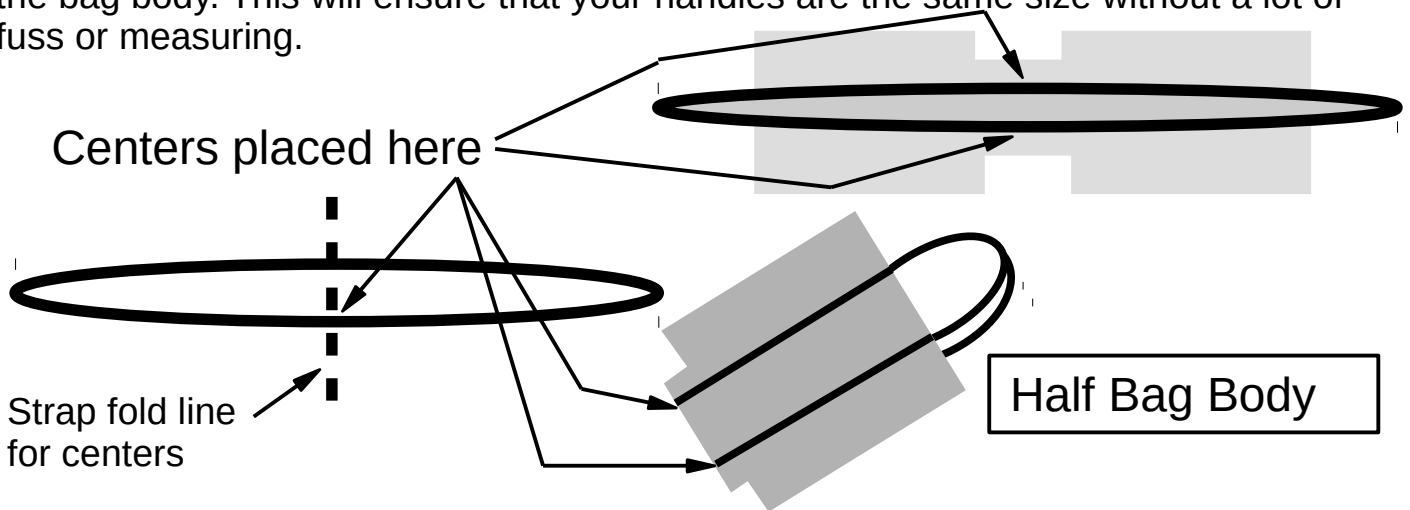
Edge stitch beginning with the open edge. Beginning with this edge helps to keep these edges even.

Insulated Market Bag

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(continued)



Fold the bag lengthwise from top to top and press to show the center. Measure and mark 3" on each side of the center. Place centers of straps to the center bottom of the bag body. This will ensure that your handles are the same size without a lot of fuss or measuring.



Pin the straps to the bag along the marked lines. Leave the excess for handles. Mark each strap 2" from bag top.

Insulated Market Bag

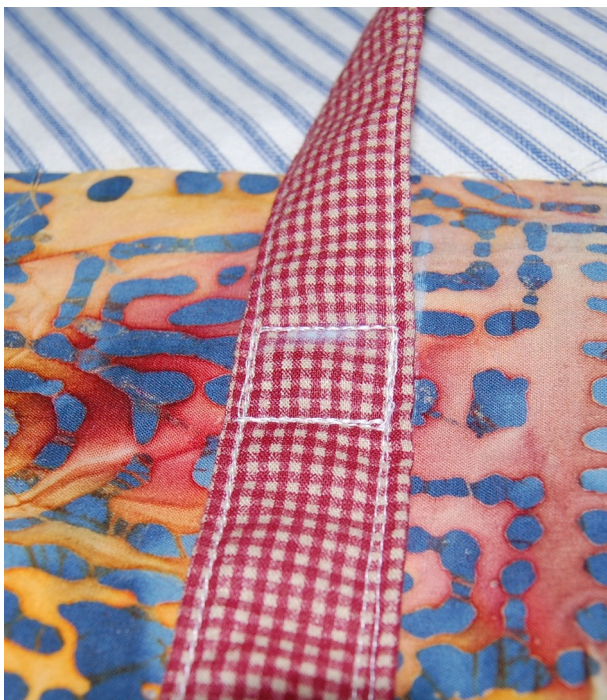
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(continued)



Sew the strap to the outside of the marked line, stitching on top of earlier stitched lines. Starting and stopping 2" from top edge of the bag body.



When you reach the 2" mark, turn and stitch across the strap to the other edge.



Stitch a box on the end, going over the stitching a couple of times for added strength. Then stitch down the opposite side of the strap.

Continue to the other end and sew a box at the 2" mark.

Stitch other side of strap in the same manner.

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(continued)



Sew side seams, RS together, stopping at 4"x8" square cutout on bottom. Press seams open.

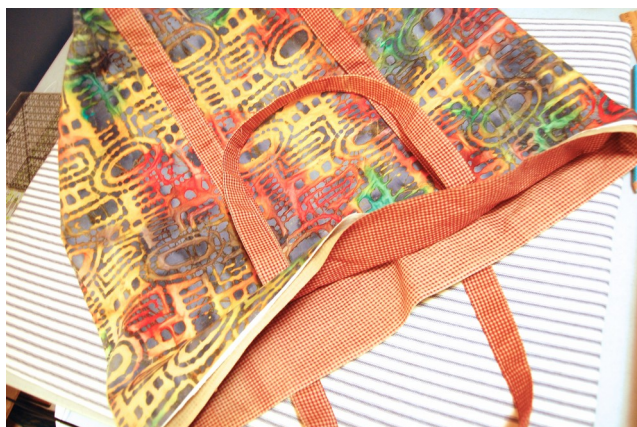
Clip or pin the bottoms of the bag (8" x 4" square cutouts) across the bottom side, centering side seam. Stitch. Turn right side out.



LINING

Sew the lining side seams and bottoms following instructions for the outer body.

Insert lining into outer body WS together.



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(continued)

Matching side seams, baste the tops together about 1/4" from the edge.

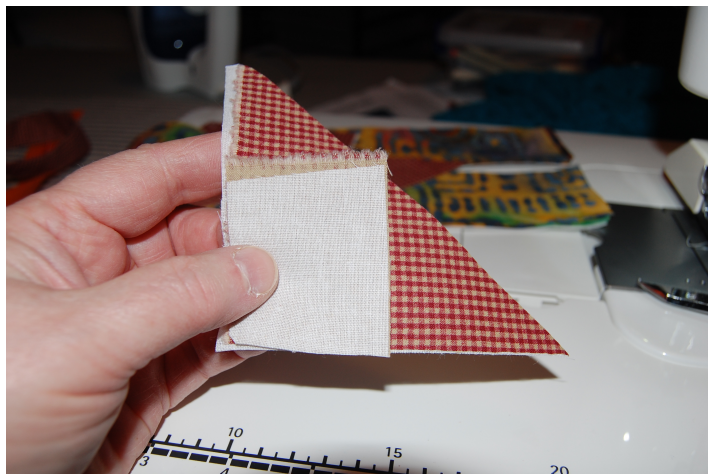
Cut off each end of zipper to make it 24" and to get rid of the metal stops. My zipper was 30" so I cut off 3" on each end. Be sure to unzip it a few inches past the cutting point so you don't have to put the slider back on.



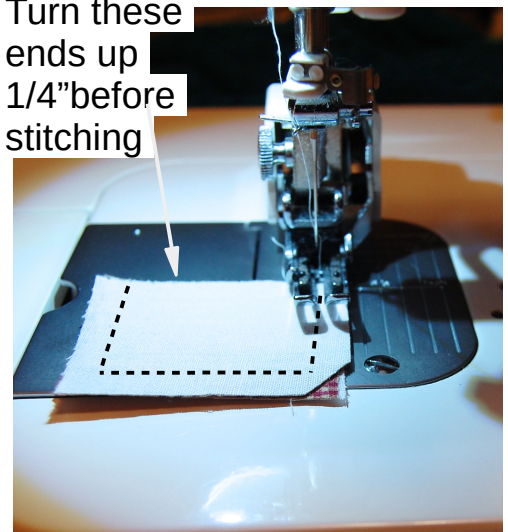
Using scraps, cut four squares or rectangles for tab ends by cutting about 1.25" in length and 1/4" on either side of the zipper tape.

I used the corners I cut off my diagonal strap piecing. Interface them if not already interfaced. Turn the long edge on one end to the inside and press. This is another thing I didn't photograph. I had to turn my ends later, but it's easier and neater to stitch them already turned.

Place 2 squares RS together and stitch around 3 sides. Clip corners and turn. Repeat for other 2 squares.



Turn these ends up 1/4" before stitching



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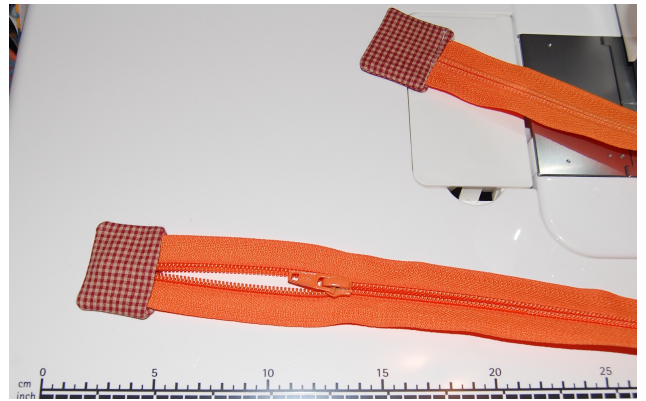


Repeat for other end.

Find and mark the center of the zipper by folding or measuring.



Slip over the end of zipper and stitch across, backstitching at beginning and end.



Press short ends of flange pieces under $\frac{1}{4}$."

Fold the pieces of the zipper flanges in half and press or mark. Pin or clip flanges to zipper matching the centers.

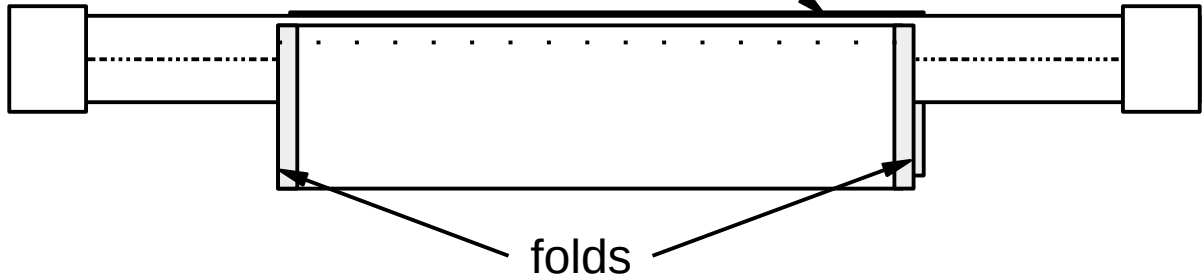
Layer interfaced flange RS up, zipper face up, and non-interfaced flange on top WS up, matching centers and edges.



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(continued)

Align edges and stitch along dotted line

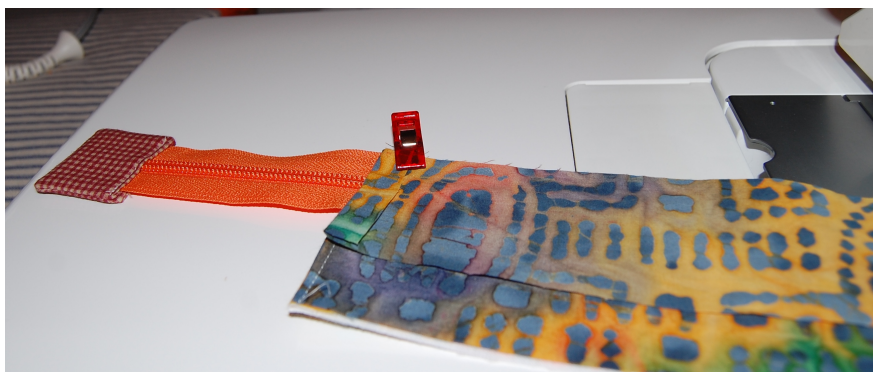


Stitch along edge, catching about 1/4" of zipper and keeping the pressed edges folded to the inside. No need to change to a zipper foot. Just align the presser foot beside the zipper teeth and stitch. The stitching should catch the zipper tape but not be too close to the zipper teeth.

Open outward and press, being careful not to touch iron to zipper teeth. They melt.



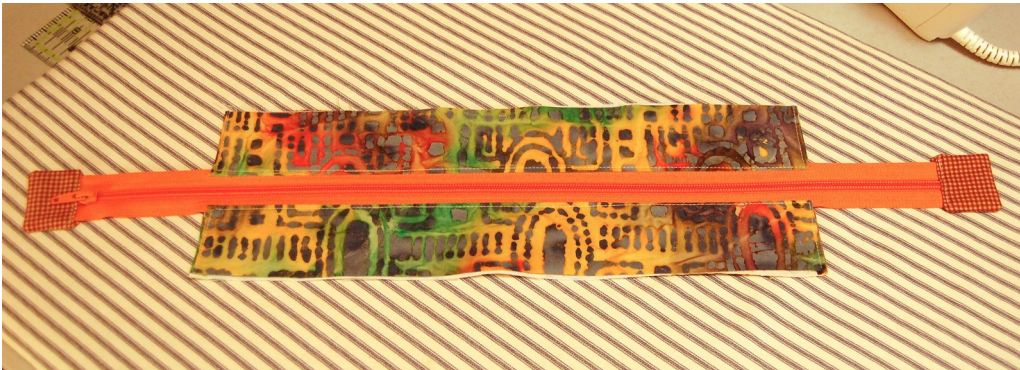
Edge stitch along folded sides and near zipper.



Complete other side in the same manner.

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(continued)



Edge stitch along flange edge toward zipper. Continue near zipper and down the other side of the flange. Do the same on the other flange.

Match centers of zipper flanges and centers of bag sides between handles. Tuck zipper ends inside the bag and keep handles out of the way. Leaving the zipper open helps with the sewing.

Clip or pin top edges of bag body and lining, then baste together. You can serge this edge too if you want. If you don't serge it, trim to about 1/4" to even the edge.

Apply bias tape around top edge.

Tuck the zipper ends inside and keep the handles out of the way while basting and attaching the bias tape to the raw edge.

If you aren't sure how to attach bias tape, there are several good tutorials online.



Insulated Market Bag

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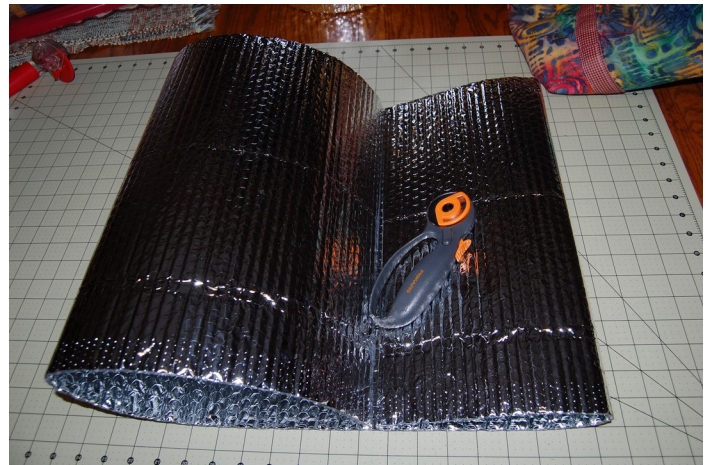
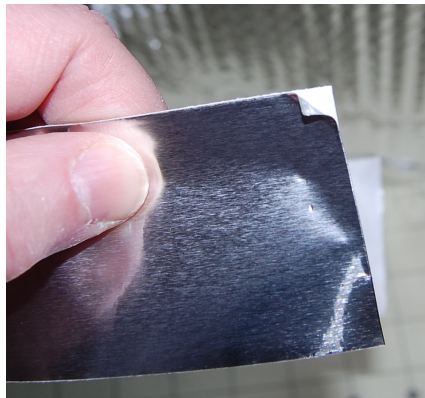
LINER

Lay out the Reflectix®, folded, and put your bag on top of it. Cut the Reflectix® about a half to 1 inch narrower than your bag.

Like my can? Who knew dogfood could assist sewing?



TIP
Curl the shiny tape toward itself and the backing will pull away.



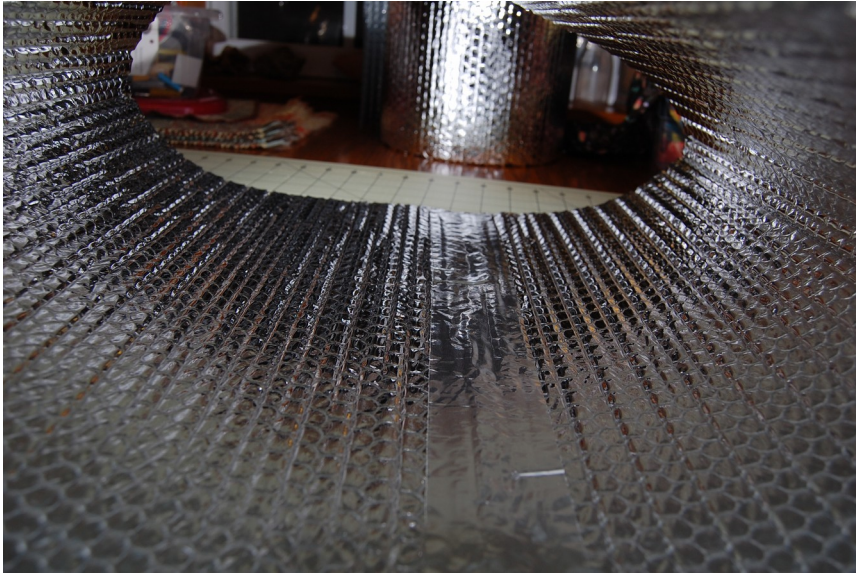
Butt the cut ends of the Reflectix® together and tape together with the shiny duct tape.

This will form a tube. Open the tube and turn the seam to the bottom.



Insulated Market Bag

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(continued)

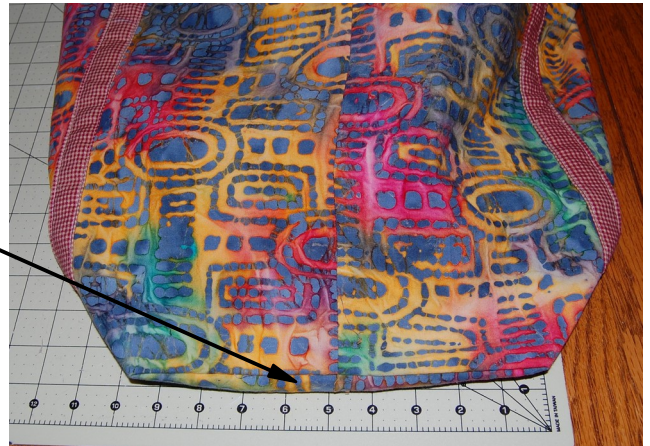


Tape the seam on the inside of the tube.

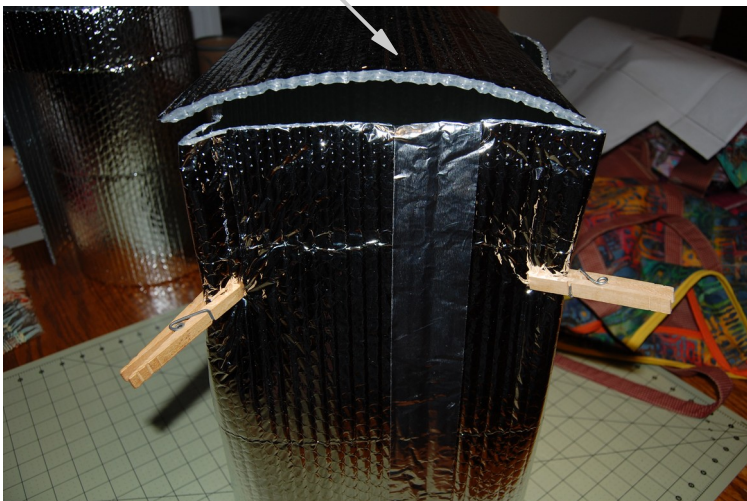
This is hard to see in the photo, but, trust me, it's there! You can probably see the little wrinkle I got in the tape.

Cut a piece of Reflectix® to fit the bottom of the bag, measuring by the side bottom and the front bottom of the bag, corner to corner.

Test the fit before taping to the sides.



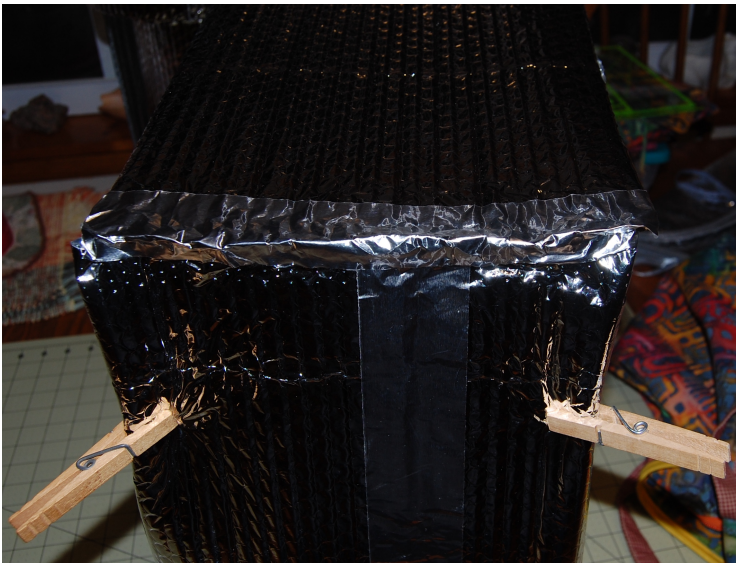
Bottom piece



Stand the tube on end and put the bottom piece on top. Make corners on the tube that fit the bottom piece's corners and clip with clothespins or bulldog clips to hold them in place.

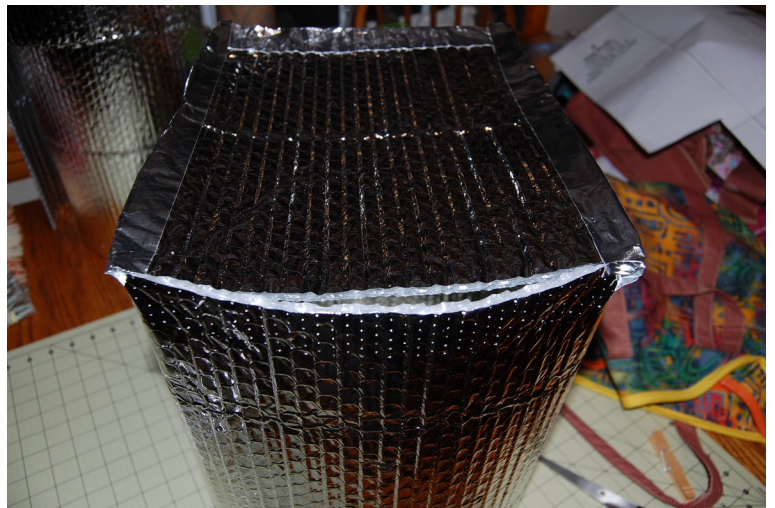
Insulated Market Bag

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(continued)



Tape the seam along the bottom (which is the top while you're working, but will be the bottom later). Use the clothespins as needed.

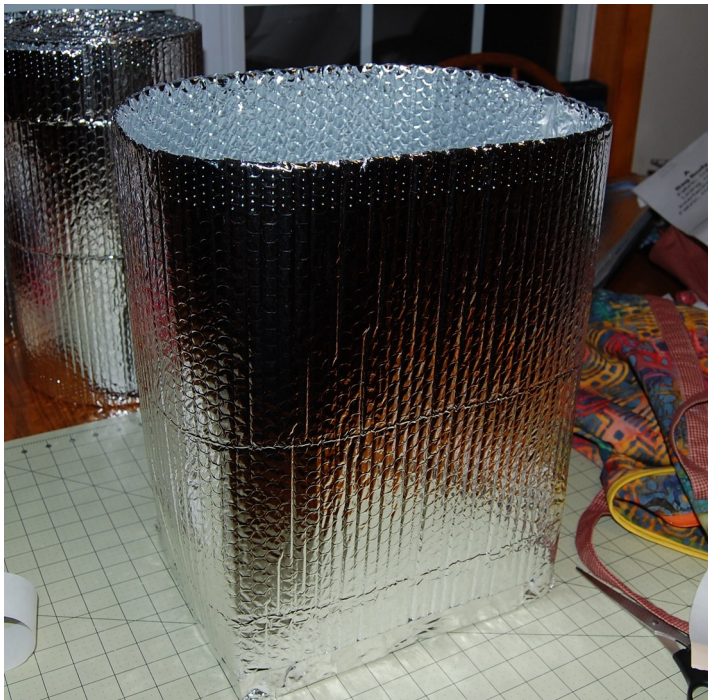
Tape along the other sides in the same way. It probably won't be pretty, but it works and blends in pretty well.



All four sides taped up!.

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(continued)



When finished, the liner will look like this. You can tape the inside of the liner too or leave it as is. I like to tape it up as it makes it easier to clean, but it is rather “fiddly” to do. I tried to get a picture, but the Reflectix® and my camera are not friends. The photo I took resembled an old fashioned flash bulb flash.

Insert the liner into the bag. It may take a few minutes to get it right as it can be a snug fit. Make sure that the top of the liner fits under the zipper flanges and trim as needed.

I've done my best to check for errors and omissions, but if you find errors or need help deciphering my directions please feel free to email me at dcruey@owltreedesigns.com



You did it! Congratulations! Now go shopping and tell everyone that you made your new Market Bag! Thank you for using my pattern.