

# SOAP CARE STITCHES

SWEET EMBELLISHMENTS FOR YOUR HAND CARE ESSENTIALS

It's important to take good care of your hands while sewing. Having a sensible skin care routine will keep your fingers and palms in tiptop condition as you create your next fashion pieces. To that end, we decided it was time to give your toiletries a little stitchy TLC! Use a few of your favourite fabric scraps and ribbons to decorate your soaps and flannels, and your skin care ritual is sure to feel like a spa treatment.

PROJECT DESIGNER  
AMANDA WALKER

for beginners



THE PERFECT GIFT FOR MOTHER'S DAY!

## ESSENTIAL KIT

Liberty fabric, two contrasting cottons  
Co-ordinating thread  
Satin ribbon, yellow  
Towelling flannel, white



## Cutting Guide

**Soap pouches:**  
Cut two rectangles, 10cm x 20cm in one fabric  
Cut one rectangle, 10cm x 16cm in contrasting fabric  
Cut two lengths of ribbon, 12cm

**Flannels:**  
Cut one strip, 4cm x 62cm  
Cut one strip, 3.5cm x width of flannel plus 1cm

## SOAP POUCH

1 Fold the smaller fabric rectangle in half, matching the narrow ends. Place on the right side of a larger rectangle, matching the sides and raw edges at the narrow end to one narrow end of the larger shape. Position a ribbon in the centre of the opposite end of the larger rectangle.

2 Place the other larger rectangle on top, right sides together, sandwiching the ribbon and folded rectangle inside. Pin and stitch, using a 1cm seam allowance, sewing along the two longer edges and across the end, holding the ribbon in place. Leave the base open.

3 Trim the bulk from the corners, then turn the soap pouch out. Slide the remaining length of ribbon into the folded smaller rectangle, positioning

the end in the centre of the base. Sew all the raw edges at the base together.

4 Trim the bulk, then turn the smaller folded rectangle to the other side of the larger rectangles. Tease out the corners and seams, then press the pouch flat. Place the soap inside and tie the ribbons in a bow.

## FLANNEL TRIM

1 Fold and press in 5mm around all the edges of the long fabric strip. Position this across one end of the flannel, pin and edge-stitch in place.

2 For the tie, fold and press in 1cm around all the edges of the longer strip. Fold and press the strip in half lengthways. Edge-stitch to sandwich the raw edges inside. Fold the flannel, wrap the tie and fasten in a bow.

## SHOPPING BASKET



Choose from The Soap Kitchen's range of fruity scents for a natural high. From £3.99, [thesoapkitchen.co.uk](http://thesoapkitchen.co.uk)

## HAND CARE

It's an endless battle trying to keep hands supple. Here are some crucial skin care tips for stitchers:

- 1 Wash hands with natural soap. Choose one with a vegetable glycerine base or liquid castile soap.
  - 2 Forget mainstream hand cream; use coconut oil, which penetrates the skin, or try sweet almond, olive, jojoba and grape seed.
  - 3 Moisturise before bed. This allows time for the goodness to work its magic whilst you sleep.
- [soapkitchen.co.uk](http://soapkitchen.co.uk)



## Fabric LOVE



LIBERTY BLOOMSBURY GARNETT D

This fresh abundance of aqua florals, celebrating the spontaneity of spring, is perfect for feminine toiletries. £14 per metre, [sewbox.co.uk](http://sewbox.co.uk)