



Make a Sewing Ham Instructions

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SUPPLY LIST: * = Available at Portland Fashion Supply

- ¼ yard thick cotton canvas*
- ¼ yard firmly woven wool fabric* (optional, but it's fun and useful)
- ½ yard muslin*
- Sawdust for stuffing (you can also use a small bag of polyester batting*, or soft wool or scrap knit fabric)
- Your sewing machine in good working order with attachments and manual

ALSO BUY:

- – All-purpose polyester thread to match*
- – Topstitching or upholstery thread to match*
- – Size 80/12 machine needles *
- – Embroidery or darning hand sewing needles*
- – Fine pins with glass heads*
- – Pin cushion or magnetic tray*
- – Tape measure*
- – Shears—one for paper, one for cloth
- – Small scissors or nippers*
- – Water soluble pen*
- – Tracing wheel and tracing paper*
- – Seam ripper*
- – Seam gauge*
- – Point turner*

- – A pen or pencil
- – Stick for stuffing

GLOSSARY:

SA -- Seam allowance. The fabric between the stitch line and the raw edge.

RST -- Right sides together.

WST -- Wrong sides together.

Thread your sewing machine with the all-purpose polyester thread.

1. Cut out the pattern pieces, one from cotton canvas, one from wool, 3 from muslin (the extra muslin keeps the sawdust from seeping through your wool).
2. With your machine, baste the canvas and two pieces of muslin WST. Stitch within the SA.
3. With your machine, baste the wool and one piece of muslin WST. Stitch within the SA.
4. Place assembled pieces RST (wool face to face with canvas). Stitch with ½” SA and 2-2.5 mm stitch length.
5. Start on one long side, backstitch back and forth in the same spot several times. Continue around the piece and stop to leave a 3” gap. End with another strong backstitch.
6. Notch curves.
7. Turn right side out.
8. If using sawdust, find a place where you can get messy and vacuum. Start by using a spoon to fill the ham. Use a piece of paper or cardboard to make a funnel to finish the fill.
9. If using polyfil, just stuff away!
10. Stuff the pouch with sawdust or polyfil until it’s impossible to fit one more bit inside. Using a dowel or chopstick to fill every corner. Keep smoothing the ham and filling.
11. Thread an embroidery/darner hand sewing needle with topstitching thread.
12. Use a ⅛” ladder stitch or fell stitch to close the opening shut.

