

MAKE & CREATE



A Hand-Sewn Herb Pouch With a Replaceable Inner Sachet



A PRACTICAL COMPANION TO THE GUIDE

Make a reusable linen drawstring pouch with a separate dry-herb sachet, including measurements, hand stitches, refill planning, and a printable project workbook.

HOW TO USE THESE PAGES

- 01 Read the guide and choose one manageable starting point.
- 02 Complete the six exercises with details from your own home.
- 03 Return to the record and keep the adjustment that helped.

Small enough to begin. Specific enough to use again.

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EXERCISE 01



Plan the intended use

Write who will use the pouch and where it will be kept. Decide whether the version is scented or empty. Note sensitivities, pets, children, and any other reason to avoid a filling or long cord. Make the design decision before cutting fabric. A thoughtful empty pouch can be more useful than a fragrant gift the recipient feels obliged to tolerate.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

EXERCISE 02

Record the cut pieces

Draw the two outer rectangles and two inner squares with their dimensions. Mark the top channel folds and seam allowances. Check that the inner sachet will fit after seams reduce the outer size. Keep a small fabric swatch if helpful. This record lets you repeat the pouch or resize it without relying on the dimensions of an unwashed finished object.

YOUR WORKING RECORD

DECISION / NEXT ACTION / CHECK DATE

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EXERCISE 03



Practice the two stitches

Use a scrap to try the running stitch for the folded channel and backstitch for the body seams. Record which thread and needle are manageable. Check whether your stitches hold both layers. Keep the practice scrap beside the project so you can compare tension. The aim is a secure seam that remains flexible, not decorative uniformity on every stitch.

YOUR WORKING RECORD

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EXERCISE 04

Check the channel and closure

Before closing the body, pass the cord through the channel. After turning, open and close the pouch several times. Record any obstruction and its cause. Check cord length for the intended adult use. Fix a caught stitch or narrow fold directly rather than forcing the drawstring. A working closure is part of the design, not an optional final detail.

YOUR WORKING RECORD

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EXERCISE 05



Label the removable insert

Record the herb name, source, filling date, and approximate amount, or mark the insert unscented. Confirm that all contents are fully dry and that dust stays inside the fabric. Write when you will inspect it. Keep this information with the pouch or gift card so a future user can make an informed choice about keeping or replacing the filling.

YOUR WORKING RECORD

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EXERCISE 06

Write the care card

State that the insert must be removed before washing the outer pouch. Add fabric-appropriate care and a reminder to discard questionable filling. Include a simple description of the alternate empty use. A useful care card is brief enough to keep and specific enough to act on. It should contain practical information rather than promises about fragrance or wellness.

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