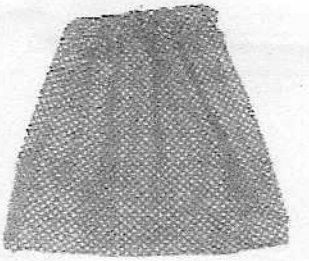
Ambulatory EEG Cinch Bag



You will need
$\frac{1}{2}$ yard of 44/45" wide material
3 yards of cotton rope or belting

1. Cut 2 rectangles measuring 17 $\frac{1}{2}$" x 18 $\frac{1}{2}$"
2. Cut cotton rope or belting into 2 pieces, each 1 $\frac{1}{2}$ yards
3. Place bag front wrong side up on flat surface. Make $\frac{1}{4}$" clip 5" from top edge on both side edges. Press $\frac{1}{4}$" to wrong side from clip to top edge; topstitch. Fold under top edge $\frac{1}{4}$"; press.
4. Fold top edge of bag front 1 $\frac{1}{2}$" to wrong side and topstitch 1/8" from pressed edge to make casing.
5. Repeat steps 3 and 4 for bag back panel
6. With right sides together, sew bottom seam. Press open and turn to right side.
7. Thread one piece of rope or belting through the casing going right to left in one and left to right in the other.
8. Repeat with other rope or belting, careful to go the opposite way thru the casing from the first piece.
9. Baste the ends of the rope or belting to fabric just above the bottom seam
10. Turn right sides together and stitch from clip to bottom seam being careful to include ends in the seam but not catch the rest of the rope or belting in the seam.
11. Turn right side out – you are finished.