

Make an Advanced Poke

Instructions:

1. Cut a 10" X 8" piece of muslin or other cotton fabric.

Make the Casing

1. Fold in each 8" side $\frac{1}{2}$ " and press with an iron.
2. Unfold and measure down along each fold $1\frac{1}{4}$ " from the 10" edge and make a dot. Now perpendicular to the fold, snip to the mark from the 8" side. Refold this top tab of the 8" edge. This will be sewn inside the casing to give a clean, finished edge.
3. Fold the top 10" edge down $\frac{1}{4}$ " and press. Now fold it again $\frac{1}{2}$ " and press. This is the casing for the poke. Open and lay a 16" piece of cording, string or yarn along this fold line and close the fold.
4. Hand or machine stitch close to the lower folded edge of the casing. Pin it for ease of sewing.

Body of Poke

1. Turn over the material so only the stitching is visible. This is the outside or right side of the material.
2. Fold the material left to right (8" side to 8" side). Tie the ends of the string together. Next, pin the bottom and side edge.
3. Sew $\frac{1}{2}$ " in from the edges of the side and bottom. Stitching will form a backwards "L".
4. The poke is complete but inside out. Turn it and close it using the drawstring.



Historic Pokes