

# The Vita

An in-the-hoop project

Named for a friend who asked for a round bag to use for her hand-made soaps. Updated 10/2019. Request updated files.

©2017 Peggy Severt, Pegboard Crafts  
[pegboard1@yahoo.com](mailto:pegboard1@yahoo.com) or [peggy@pegboardcrafts.com](mailto:peggy@pegboardcrafts.com)  
<http://www.pegboardcrafts.com>  
 (419) 586-3135



Do not resize this design. The zipper will not fit if you do!!!

Copyright: You are given license to use this design. All ownership remains with Pegboard Crafts. You may embroider these designs on items for personal use or for sale. You *MAY NOT* share, sell, or give away the stitch file, in whole or in part. It may not be included in any collection free or for sale. To do so is a violation of copyright law. All rights reserved. Peggy Severt, Pegboard Crafts. Pegboard Crafts is not responsible for any damages while using this design.

Cutting Chart		
I suggest marking each piece of fabric with the corresponding letter		
Design Size 128 x 128mm 5.04 x 5.04	Finished size 4.5 x 4.5"	Cut Size
A. Batting	Flannel	5.5 x 5.5"
B. Side A	Fabric 1	5.5 x 5.5"
C. Linings	Fabric 2	(2) 5.5 x 5.5"
D. Side B	Fabric 1 or 3	5.5 x 5.5"
Cutaway stabilizer – cut to fit in the hoop, 1 or 2 pieces. 9" zipper. #3 nylon, <i>never use plastic or metal</i> Transpore tape, Wash away glue stick Embroidery and bobbin thread		

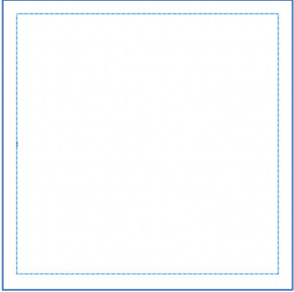
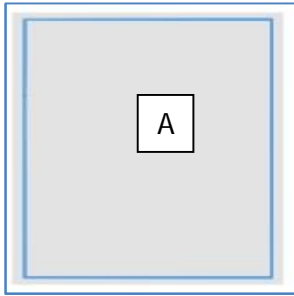
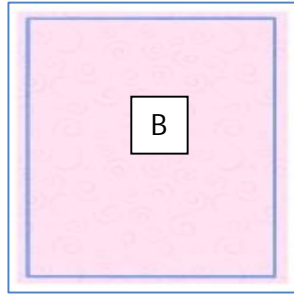
Suggested fabrics: Cottons or quilting cottons. Optional Batting: Flannel

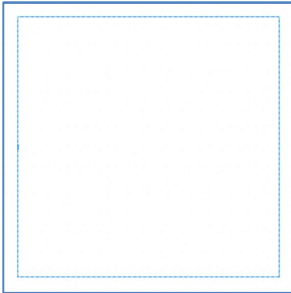
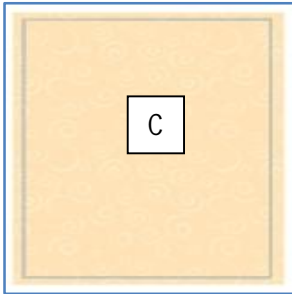
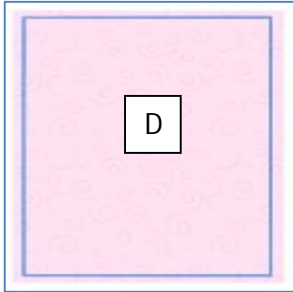
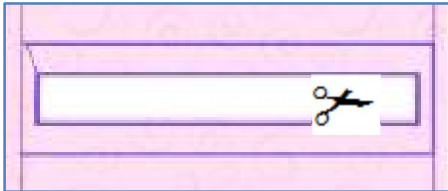
d d d d d

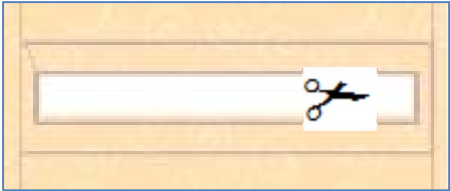

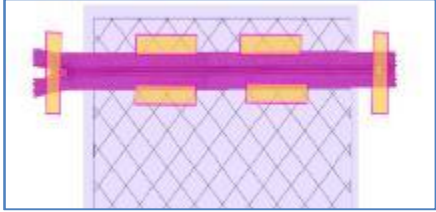

I purchase my zippers from [www.zipperstop.com](http://www.zipperstop.com) and [www.wawak.com](http://www.wawak.com). Purchase all zippers in the longest length you think you will need. You will be cutting them off when making the case anyway. You get better prices when purchasing all one length and color.

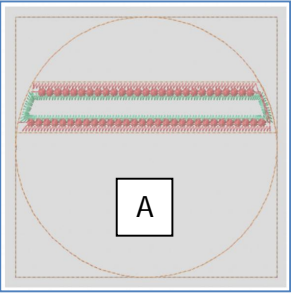
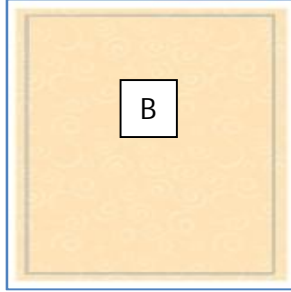


You may find it easier to place and/or trim fabric by taking the hoop off of the machine. Always place it on a flat surface, not on your lap. This will help keep the project from shifting in the hoop.

Side A - OPTIONAL <i>Only stitch this side if you are stitching a design on the non-zipper side Otherwise, skip to Side B, next page.</i>	
	Hoop mid-weight cutaway stabilizer. Load the file Vita_A into your machine.
1	Place the hoop on the machine. Stitch Color #1, the placement outline. 
2A	Place optional BATTING (A) over the placement lines, covering all stitching. 
2B	Place SIDE A (B) FACE UP over the placement lines. Tape edges in place. 
2C	Stitch Color #2, tacking down the fabric to the stabilizer.
3	Stitch your design here, replacing the text. The text is included to help you place your design. It is not intended to be stitched.
4	Remove the hoop from the machine. Remove the project from the hoop.
6	Cut away excess fabric and stabilizer from outside the rectangular stitching, leaving approximately 1/2" extra fabric on all sides.
7	Lay SIDE A to one side and continue with SIDE B below.

Side B 40 wt poly thread	
	Hoop mid-weight cutaway stabilizer. Do NOT use polymesh or tearaway. Load the file Vita_B into your machine.
1	Place the hoop on the machine. Stitch Color #1, the placement outline. 
2A	Remove the hoop from the machine. Turn it over so the back of the hoop is FACE UP. Place on a flat surface.
2B	Place one LINING (C) FACE UP over the placement lines, covering all stitching. Use kids glue stick, temporary spray adhesive, or masking tape to hold the lining in place. <i>I apply a little glue stick along the edges of the fabric (wrong side) to hold in place. Carefully smooth down the fabric (you can press it into the glue better once you turn the hoop over) and tape the corners in place to keep them from flipping back over.</i> 
2C	Turn the hoop over and place it RIGHT SIDE UP on a flat surface.
2D	Center SIDE B (D) FACE UP over the placement lines, covering all stitching. Tape edges in place. 
2E	Return the hoop to the machine. Make sure that the lining is still laying smooth underneath the hoop. Stitch Color #2, the tack-down to keep the fabrics in place and create the placement stitches for the zipper.
3A	Remove the hoop from the machine. Place it RIGHT SIDE UP on a flat surface.
3B	Carefully trim away the fabric inside the smaller rectangle in the zipper placement area. <i>Do NOT trim into the stabilizer. You need it in there to help keep the zipper from shifting as it is stitched.</i> 

3C	Turn the hoop over to the wrong side and place it on a flat surface.
3D	<p>Carefully trim away the lining fabric from inside the smaller rectangle inside the zipper placement stitching.</p> <p><i>Do NOT trim into the stabilizer. You need it in there to help keep the zipper from shifting as it is stitched.</i></p> 
3E	DO NOT put the zipper down yet! Return the hoop to the machine. Stitch Color #3, a zigzag stitching that covers the raw edges of the zipper opening.
4A	Remove the hoop from the machine. Place it RIGHT SIDE UP on a flat surface.
4B	<p>Place the zipper FACE UP, over the trimmed opening, centering the long edges between the outer placement stitching lines.</p> <p>You may place the tab at either end. <i>My preference is the top (vertical hoop) or left (horizontal hoop).</i></p> 
4C	<p>Use strips of transpore tape to hold the zipper in place along both long sides, catching just the edge.</p> <p><i>You may use Dritz Wonder Tape on the back of the zipper instead of the transpore tape method if you prefer.</i></p> <p>Tape the zipper pull tab down so it points away from the case.</p> 
NOTE	<p>Not all zippers are the same width. It is up to you to get it centered and straight.</p> <p>Very Important - Make SURE that the metal zipper tab and the metal stop are placed well outside of the stitching area!!! You don't want the foot or needle hitting those hard pieces of metal.</p>
4D	<p>Return the hoop to the machine. Stitch Color #4, the decorative stitching on the zipper.</p> <p>Stop the machine at the end of the straight tack-down run. Remove all of the tape before starting the fancy stitch. <i>If you forget to stop the machine, you will be picking tape out of the stitching, not a very fun job.</i></p>
5A	Remove the hoop from the machine. Place it RIGHT SIDE UP on a flat surface.
5B	<p><b>OPEN THE ZIPPER HALFWAY! DO NOT SKIP THIS STEP!</b></p>  <p>Take a sharp pair of scissors and poke a small hole through the stabilizer showing in the zipper opening. This will make it easier to trim the backing away later.</p>

5C	<p>CHECK THAT THE ZIPPER IS OPEN HALFWAY!!!</p> <p>Center SIDE A over the project in the hoop, FACE DOWN, covering the placement stitching. All edges should overlap the placement stitches about ½".</p> <p>Match all four corners of the original placement lines on a prepared SIDE A to those on SIDE B. I stick pins down into the corners to make sure they match!</p> <p>Tape or pin securely in place so it does not shift when stitching.</p>	
5D	<p>If you did not stitch SIDE A separately, you may place a piece of flannel over the fabric at this time.</p>	
5E	<p>Place the remaining LINING (B) FACE UP over the project in the hoop, covering the outer stitching lines.</p> <p>Tape in place.</p> <p>Want to see how I match the pieces up perfectly? Visit my blog at <a href="http://tinyurl.com/PW-PutTogether">http://tinyurl.com/PW-PutTogether</a></p>	
5F	<p>Return the hoop to the machine.</p>	
5G	<p>Did I mention to double check that the zipper is open halfway? Stitch Color #6. I usually match the thread to the outside fabric, not the lining so it isn't seen on the edges once the case is turned right side out.</p> <p>It will go around once with a basting stitch. You can stop the machine if necessary and easily remove this round of stitches if you get a pucker or the fabric shifts. The second round of stitching is a regular length sewing stitch. The third round is a zigzag to finish the case seam.</p>	
6	<p>The stitching part is done. Remove the hoop from the machine and the project from the hoop.</p> <p>One last time, check that the zipper is open halfway. It is too late to fix it after you trim! If you forgot to open it, carefully open the seam; push the zipper pull through to the inside. Stitch the case shut on your regular sewing machine.</p>	
7	<p>Trim away all excess fabric and stabilizer trimming as close you can to the zigzag stitching without cutting thru it. Cut right thru the zipper but don't use your best shears!</p> <p>You can cut away the stitching at the corners that were for placement stitching, but do not cut into any of the zigzag stitches. The narrower your seam allowance, the better your curved seams will look without having to clip them.</p>	
8	<p>Trim away the excess stabilizer from the back of the zipper, starting in the slit you cut in the stabilizer earlier. Be very careful not to cut the zipper tape and don't snip any of the decorative stitches.</p> <p><i>Tip: Find the zipper tab and push the point of your scissors or a seam ripper in at that point. It will protect your zipper tape from an accidental slit.</i></p>	

9	Steam press the stitching lines to set the seam. Use a pressing cloth if necessary to protect the fabric and zipper.
10	Open the zipper the whole way. <i>Tip: If the zipper won't move, reach in and flip the tab upward. The zipper is locked when the tab is pointed down. It sometimes helps to push the zipper closed a bit and then push it open.</i>
11	Turn the case thru the opening in the zipper. Use a point turner to help turn the case and push the edges of the seams outward.
12	Steam press the case being very careful not to melt the zipper. Use a pressing cloth to protect the fabric and zippers.