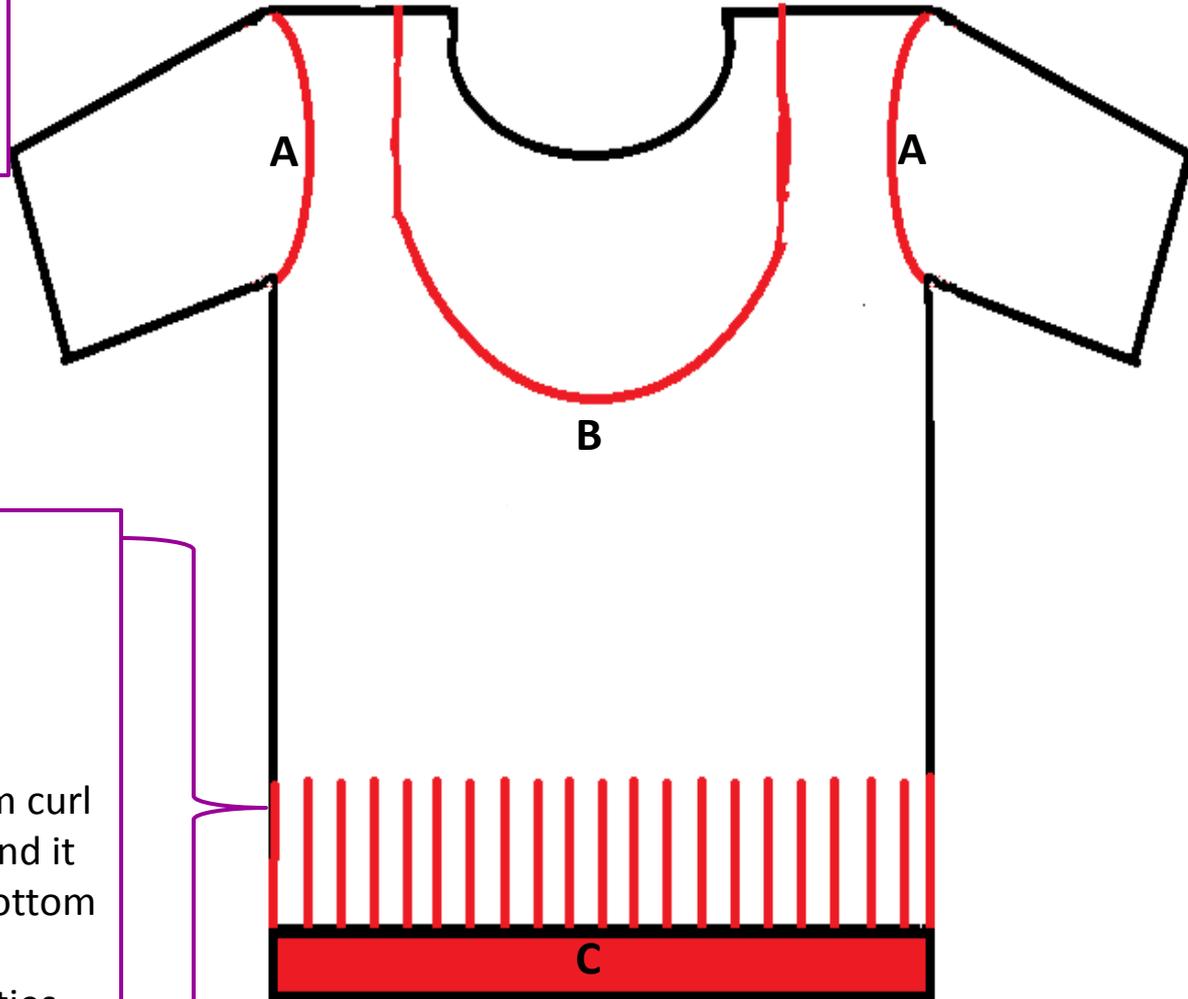


Bag

- A. Cut sleeves.
- B. Cut neck to how wide and long you want the bag opening.
- C. Cut bottom hem.

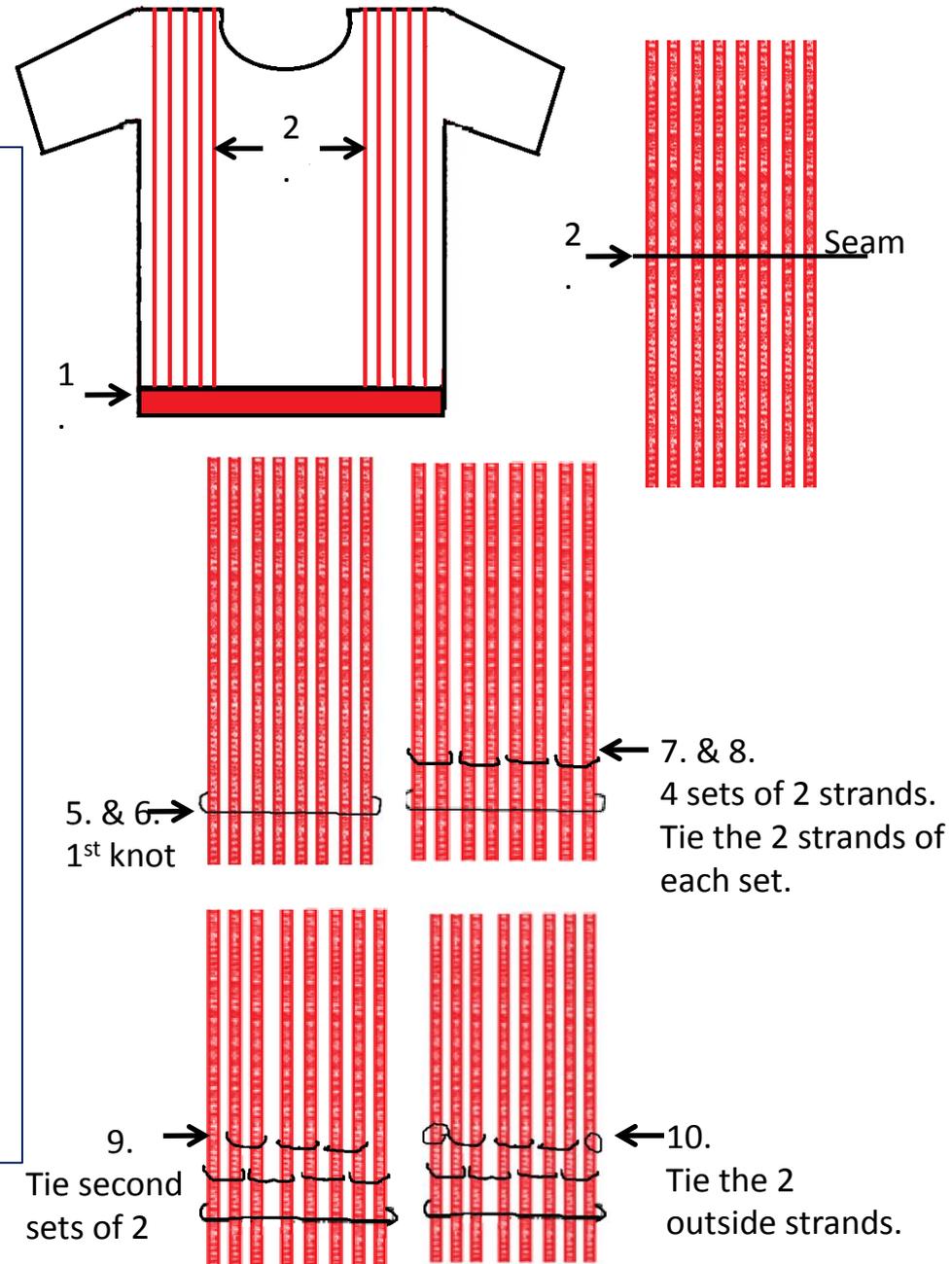


Bottom Ties

1. Cut 4" long slits on both sides.
 2. Cut 4" long x 1" wide slits along bottom.
 3. Stretch slits. This will make them curl
 4. Knot the front tie to the tie behind it (the back tie) and repeat until bottom is closed.
- * Turn inside out if do not want ties to show.

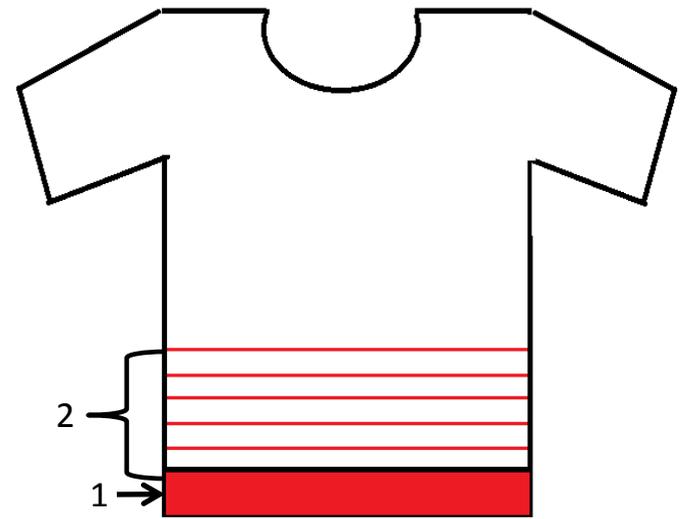
Plant Hanger

1. Cut hem.
2. Cut 8 strips, 1/2 inch wide (do not cut top seam).
3. Unfold each strip.
4. Gather all strips.
5. Twist one end of the gathered strips (to make it easier to tie).
6. At twisted end, tie all strips together, 5 inches from bottom to make bottom knot. Pull the knot tight.
7. Separate strips into pairs (4 sets of 2 strips)
8. Tie the 2 strips of each pair together 5" from bottom knot to make 4 knots.
9. Separate 2 adjacent sets (making different sets of 2) and tie the closet strands together (do not use outside strands) 5" from the knot made on step #8.
10. Tie outside strands together.
11. Gather all strips on top end and double knot (this is the hanging end). Pull tight.

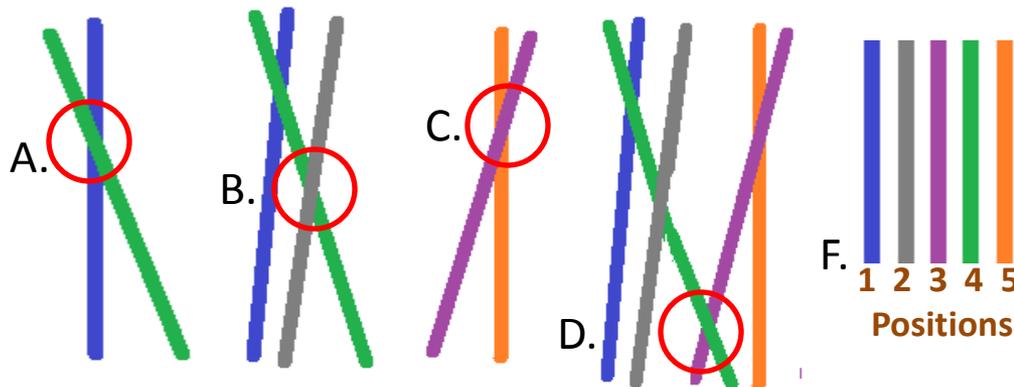
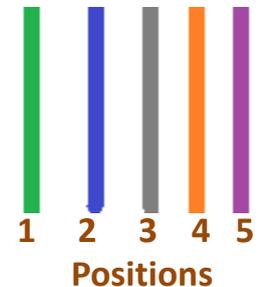


Head Band using 5 Strand Braid

1. Cut hem.
2. Cut 5 strips, ½ inch wide (this will make 5 loops).
3. Cut one end of each loop.
4. Unfold strips and stretch.
5. Layout all 5 strips vertically and close together to surface.
6. Tape strips to surface (place tape about 3 inches from top of strips).



7. Five Strand Braid (all strip placements are made **over** adjacent strips)
 - A. Move far left strip **#1** to the right over adjacent strip **#2**.
 - B. Move middle strip **#3** to the left over the **#1** strip you just moved.
 - C. Move far right strip **#5** to the left over adjacent strip **#4**.
 - D. Move new middle (was **#1**) strip to the right placing over the adjacent strip (was **#5**).
 - E. First braid complete. Tighten braid.
 - F. Repeat to desired length (all strands will change positions after each braid).
 - G. When done tie 2 top loose strands to 2 bottom loose strands and 3 top to 3 bottom, creating tassels. Cut the excess of tassels to desired length.



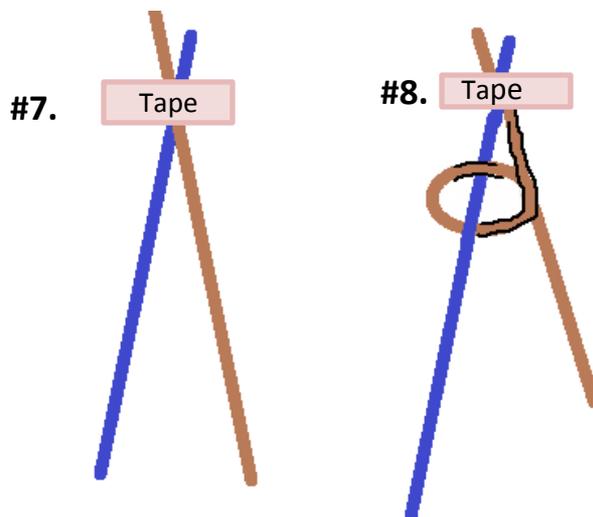
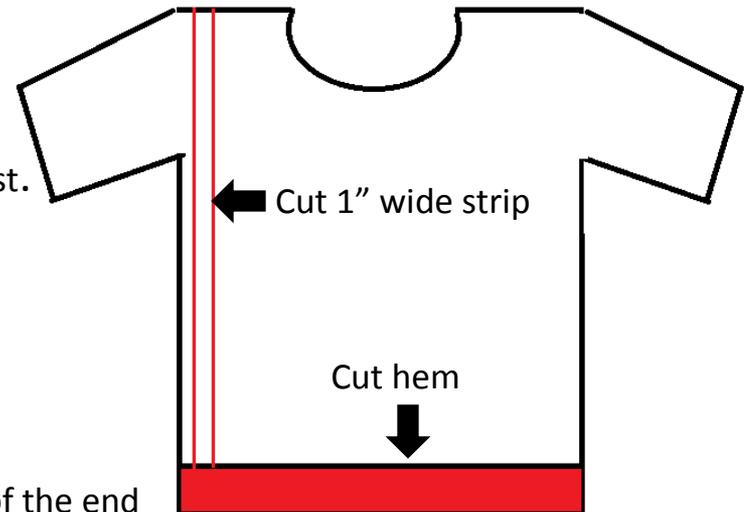
Wrist Band (2 strands)

*For a guide, cut a strip of paper to the diameter of your wrist.

1. Cut hem.
2. Cut 1 strip, 1 inch wide the length of the t-shirt. .
3. Stretch strips (the fabric will roll).
4. Cut the shoulder seam on the strips, creating 2 strips.
5. Repeat steps 1 -4 with another t-shirt.

Note: You will only use one strip from each t-shirt.

6. Knot one end of the 2 strips together, leaving enough of the end to tie later.
7. Tape the tied end to surface and layout the 2 strips. (Tape the guide next to the strips)
8. Start from the **right** strip.
Thread right strip under left strip, then over left strip and under itself. Strip will end up on back on the right side.



9. Repeat step #8 three times or how ever many times you like. The same number of times will be done on the left strip.
10. Do the same on the **left** strip.
Thread left under right strip, then over right strip and under itself. Strip will end up back on the left side.
11. Repeat the left strip the same number of times as done on the right strip.
12. Repeat this pattern on knotting until desired length (guide).
13. Leave enough unknotted ends to tie and cut these ends.
14. Remove tape and knot the top ends to the bottom.

Wrist Band (3 strands)

*For a **guide**, cut a strip of paper to the diameter of your wrist.

1. Cut hem.
2. Cut 1 strip, 1 inch wide the length of the t-shirt.
3. Stretch strips (the fabric will roll).
4. Cut the shoulder seam on the strips, creating 2 strips.
5. Repeat steps 1 - 4 with another t-shirt.
Note: You will use one strip from one t-shirt and 2 strips from the other.
6. Fold one of the same colored strips and tape top of fold to surface. This will become the **loop** strip.
7. Place bottom of index finger at bottom of loop strip where the 2 ends meet. Tape the ends at the top of index finger. (Tape **guide** next to the this strand).
8. Join the 2 remaining strips together at one end with a knot.
9. Place the joined section underneath the loop strip below the top tape and tie a single knot, to secure joined strips to loop strip.

Braiding

Note: When going through the loop the braiding strands will always go over the nearest loop strand.

- A. Brown through the loop to left side and under blue. Now both blue and brown are on left side.
- B. Blue through the loop to the right side.
Note: at this point, the strand that ends up on the right will immediately return to the left.
- C. Blue through the loop to the left side and under brown.
Brown through loop to the right side. Tighten. Brown through the loop to left side and under blue.
Blue through the loop to right side. Tighten. Blue through the loop to left side and under brown. Repeat this alternating sequence until desired length.
- D. Tie remaining ends of blue and brown and cut excess.
- E. Remove all tape. Put one end of loop strip through loop then tie and bow to other end.

