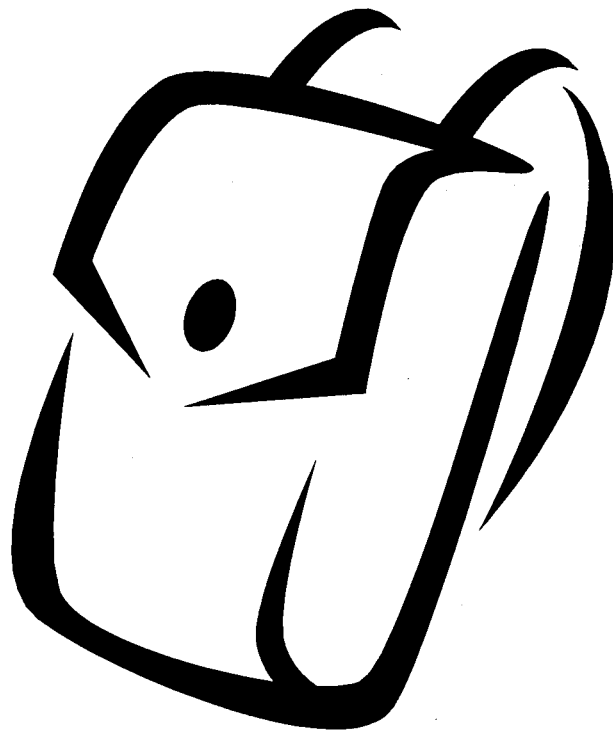


Bandanna Backpacks



**Fall Fiesta!!
Fall School 2006
October 6-8, 2006**

**Maryann Shovestul
Girls Scouts of the Chesapeake Bay**

**Many thanks to Susan Donahue-Sinback for the GS of
Freedom Valley Council for a copy of this material.**

Bandanna Backpack

Items needed:

2 bandannas

about 60" of cording

Directions:

- Take two bandannas and make a 1" deep rod pocket along one side of each bandanna (this edge now becomes the top).
- Pin the two bandannas - right side - together, leaving the top (rod pocket) edges open.
- Sew the bandannas together along each edge of the bandanna, leaving the top (rod pocket) edges open.
- Sew the bottom of the bandannas together leaving a small (1/2") opening at each corner.
- Turn the backpack right side out.
- Take the cording, insert one end into one gap at the bottom of a corner, and tie a knot at the end of the cord on the inside of the bandanna.
- Thread the cording through the top rod pocket, back through the other pocket and then back again through the first pocket coming out the opposite side that you started.
- Insert the other end of the cord into the gap on the other side of the bandanna and tie it in a knot on the inside.
- Turn the backpack inside out and go over the cording at the bottom corners a few times with the sewing machine to secure the cord so it doesn't pull out.

You now have your very own bandanna backpack!

Now that you have a backpack made with the versatile bandana, try the projects on the following pages and visit the websites listed for more cool things to do with bandanas!

Camp Sit-upon

Make your own sit-upon to use at camp or at sporting events.

Adult supervision recommended on this project.

This project is rated **DIFFICULT** to do.

What You Need

- 2 pieces of square fabric or 2 large bandannas
- Iron-on vinyl
- Iron
- Scissors
- Sewing machine and thread
- Straight pins
- Old pillow or stuffing
- Thin cording
- Hard surface to use for ironing



How To Make It

1. Following the instructions on the package, attach the iron-on vinyl to the right sides of the fabric or large bandannas.
2. Pin the two pieces of fabric together, right sides together. For the handle. Cut a piece of the thin cord and tie a knot in each end. Pin the handle on the inside of the two pieces you just pinned together so that when you turn the fabric, the handle will be on the outside.
3. Sew the two pieces together leaving space to turn and stuff.
4. Turn the fabric and stuff with the old pillow or stuffing.
5. Sew the rest of sit-upon together.
6. Take to camp and enjoy!

This project is from: <http://www.kidsdomain.com/craft/situpon.html>

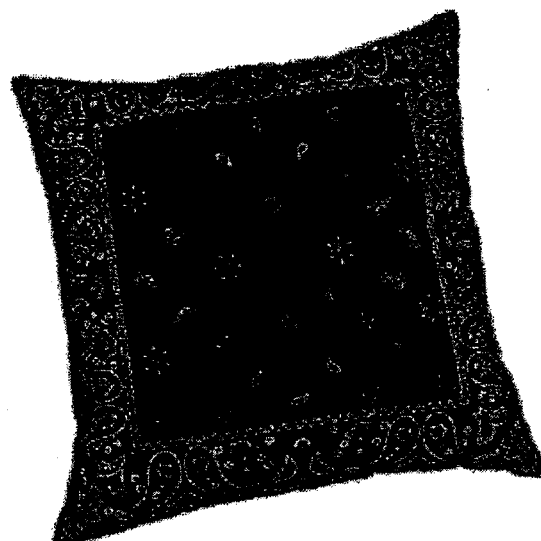
Bandana Pillow

SUPPLIES:

- 1 each - red and blue paisley bandanas
- 1 - 18" pillow form
- Polyester stuffing (optional)
- Thread
- Needle
- Scissors

Note: The bandanas may differ in size from side-to-side.

Be sure and match sides.



DIRECTIONS:

1. Place the bandanas right sides together. Draw diagonal lines from corner to corner. Place your presser foot right edge against the line and sew from the corner to the line where the two diagonals cross. Raise your presser foot and slide the fabric so the presser foot left edge is against the line. Continue sewing to the corner. Repeat for the other diagonal line. (See illustration.)
2. Trim the outside edges evenly to about 17 1/2" square. Cut apart on the solid diagonal lines. Now you have four red and blue corners. For the pillow front, sew two pieces, right sides together, along seam line, matching center seams. Repeat for the back.
3. Layer front and back, right sides together, and sew in a 1/4" seam, leaving an opening to turn. Turn and press.
4. Insert pillow form. You may want to stuff the corners with polyester stuffing. Hand stitch the opening closed.

This project is from:

<http://familycrafts.about.com/gi/dynamic/offsite.htm?site=http%3A%2F%2Fwww.hobbylobby.com%2Fsite3%2Fprojects%2FHL-226%2FHL-226.htm>

FRINGED BANDANA

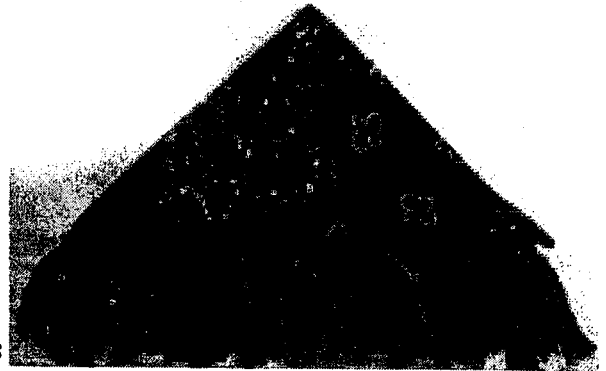
Accessorize your outfit with DMC's new Craft Thread Bandana. This project is ideal for those who like to add their own personal touch with bright and trendy colors. There are many ways you can use your bandana, as a scarf, a handkerchief or simply tie two together and use them as a belt. No matter how you choose to use your On-the-Go Bandana, you will have fun creating your own customized designs and expressing your personal style.

MATERIALS:

DMC Craft Thread: 1 Hot Colors Assortment Pack
One large bandanna, color and print of your choice
Yarn needle with large eye and sharp point
Tape measure or ruler
Water soluble or disappearing fabric marker*

Scissors

*Use a white marker for dark fabrics or a blue one for light fabrics



INSTRUCTIONS:

Step 1: To shape the scarf, fold the bandanna into a triangle (See Diagram 1). Make sure the edges are even.

Step 2: To mark the hole placement for the fringe, start at the point of the triangle and make dots $\frac{1}{4}$ inch in from the edges and spaced 1 inch apart. (See Diagram 2). To make the holes, pull the empty yarn needle through both layers of the bandanna at each dot three or four times. Before pulling the needle all the way through the dot, gently wiggle the eye of the needle back and forth a few times to make each hole big enough for the Craft Thread to pass through it.

Step 3: To make the fringe for each hole, cut one 6-inch piece of each 8 colors of Craft Thread in the pack. Holding all the pieces of Craft Thread side by side with the ends even, fold the pieces of Craft Thread in half. Thread the folded end through the yarn needle. Slide the needle down until it is about 1 inch from the cut ends of the Craft Thread (see Diagram 3). To make the fringe using a slip knot, insert the needle into a hole from the front side of the bandana. Carefully pull it through the hole leaving about 1 inch of the looped end on the front of the bandanna (see Diagram 4). Pull the needle off the cut ends. Holding the looped end between your thumb and forefinger, slide the eye of the needle under the cut ends and work them through the open loop (see Diagram 5). Pull the cut ends through the loop until the slip knot is snug but not too tight (see Diagram 6). Repeat until each hole has fringe.

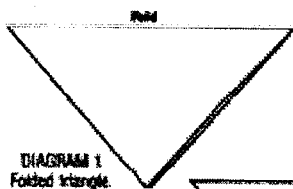


DIAGRAM 1
Folded triangle.

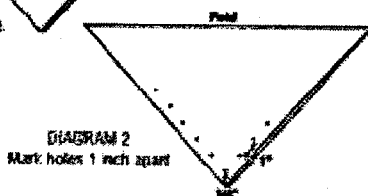


DIAGRAM 2
Mark holes 1 inch apart

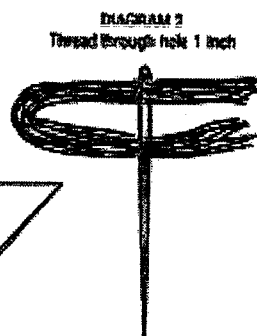


DIAGRAM 3
Threaded through hole 1 inch

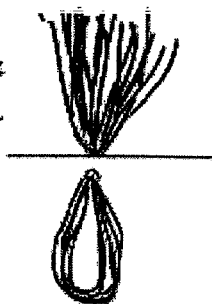


DIAGRAM 4
Loop is 1 inch

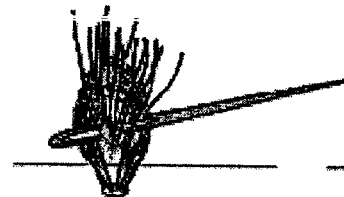


DIAGRAM 5
Pull ends through loop.

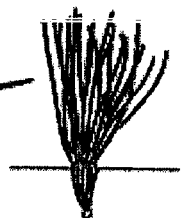


DIAGRAM 6
Slip knot completed.

57 Uses of the Bandanna

Just ask Kit "What is a bandanna?"

"A most useful thing," she will say.
For this bright square of fabric
Can be used in 57 ways.
First as a triangular bandage
For right hand, and left hand & knees,
For right eye, & left eye, & headache
Or for right foot, or left foot, or sneeze.
You can wrap up your lunch in a jiffy,
Then mop up the stuff that you spill.
As a hat, it can look very spiffy.
As a babushka, it will keep out the chill.
It's a flag on the top of a flag pole
Or on grease pit to mark the place,
Or a warning on trailing tent poles
That extend from bulging trunk space.
You can bind up a cut from the hatchet
Or a slip of the wrist with the knife,
Or a burn to keep down the blister,
And as a warning it may save your life.
It makes a good sling for that broken arm,
Will brace your leg while you use a cane,
On the ground as a sit-upon serve you,
On a trail show the way that you came.

Round the neck it is Western in flavor
On the head, a pirate so bold.
Dropped coyly, it might lead to romance.
As a muffler, it keeps out the cold.
In a game, it serves as a blind fold

In a relay, it's something to pass
In a race, it marks home base line.
At a square dance, marks laddy from lass.

As a belt, it will hold up the trousers,
Or a dress, it makes a gay sash.
As a tie, it adds some distinction
In a hip pocket, it gives certain dash.
As an apron, it serves you at tea time
Or centerpiece doily so gay
Or a hot pad to lift up the coffee,
Or to wrap up warm bread on a tray.
In pairs their purpose is doubled.
Two make a bikini, you know,
Or a blouse, or a skirt, or sun shade
If you know how to sew.
For child care it is a blessing
Tied to a chair, he won't fall
Tears or tails can be dried very neatly
And for play, you can make it a doll.
For knot practice too, it is handy
Square, clove, bowline, and more
Now this makes 57 uses
And you no doubt could add more.
But with this, I'll end this ditty.
More uses we'd name had we chose,
But we'll add only the primary purpose
That of blowing the nose.

By Florence Bush

Little Red Riding Hood

Once upon a time there was a little girl named "Little Red Riding Hood". She was called that because she always wore a red bandanna on her head when she was in the woods. This protected her from things falling out of the trees like bugs and ticks, etc.

Little Red loved to go to visit her grandma who lived on the other side of the forest. She would often wrap up her lunch in a bandanna and eat on the way. Sometimes she found berries to take to grandma. She carried these in her bandanna tied to a stick.

On hot summer days, Little Red would stop by the creek. She would soak her bandanna and wipe her face with it to cool her off. Then she would place it around her neck to cool off her whole body.

In the winter when she had a cold, Little Red used her bandanna for a handkerchief. She knew all about using resources wisely. Instead of paper towels, she would dry her hands with her bandanna. She used it instead of a napkin. She used it as a wash rag to clean her dishes (always remembering to wash it afterward).

One day, Little Red was on her way to visit Grandma who was ill. Unknown to her, the mean old wolf was there ahead of her, waiting to catch her. Little Red stopped to pick some flowers for Grandma. She wrapped them up in her damp bandanna to keep them fresh.

She knocked on the door. Grandma said, "Come in, dear." (You know this part.)

When the wolf jumped up to get her, Little Red wound up her bandanna, and gave him a swat right on the nose! He ran out the door, right into the woodsman, who made sure that the wolf would never bother Little Red again.

Little Red and the woodsman became good friends. They would dine in the forest, using the bandanna for a tablecloth. They had romantic dinners by candlelight. After some time, they got married.

In a couple of years, they had two wonderful children. Little Red and her woodsman entertained them with dancing dolls and jumping mice. Little Red even painted the back of her bandanna like a checkerboard so that the children would always have a game to play anywhere they went.

Bandana Candles

Fold bandana in half diagonally. Place point away from you. Fold up long side about 2". Make nice crease. Fold again. Repeat until point is covered. You now have a long piece with tapered ends. Take one tapered end and fold the last 3 or 4" up at a 90° angle. This will be the candle flame. Starting at the "flame" end, roll up tightly. Tuck in loose ends. You can adjust the flame as needed.

Babies in a Hammock

Fold diagonally. Place points away from you. Call the top point A and the bottom point B. Roll left edge into the center. Roll right edge into the center. Holding the rolls, carefully pull points A

and B away from one another. Point B should be pulled downward to form the hammock. Flip the babies (rolls) over so they rest inside the hammock. Holding both points, rock the babies. It's hard to conceptualize the last part. In the end, the two "babies" will lie next to each other on one side of the hammock that has Point B. Good luck!

Dancing Dolls

Tie a small knot in two adjacent corners (arms). Tie a knot in the center of the top hem (head). K-----K-----K Hold bottom two corners and spin until you have a very tight roll. Hold both corners in one hand (these are the legs), grab the head (center knot), and pull tightly. Then let go of one leg. The dancer should spin around and maybe even kick.

Jumping Mice

This takes a little patience. Fold diagonally. Place points away from you. Fold in side point to the middle. Fold up bottom edge one inch. Smooth. Fold again and smooth. Make a third fold and smooth. Turn the handkerchief over horizontally. Bring both sides into the center. Turn the bottom up one fold. Turn points down and tuck in the space between the fold and the side rolls. Pick up the roll. Slip your thumbs into the slot underneath. Holding it firmly, turn it inside out. Turn it inside out again. Once more. The head and tail should pop out. You can tie knots to make ears if you want.

To make him jump - Lay the mouse in the palm of your left hand with the head pointing up your arm. Curve your fingers so that they touch the roll. Cover the mouse with a stroking motion. As you do this, the mouse's head will move, bobbing up and down.

[Note from Kate: This is not my favorite fold! It looks nothing like a mouse. More like a snake. But the effect is okay. I included the fold because it is a part of the Little Red Riding Hood story. I welcome any suggestion to improve this fold.]

The above story is from Kate's Bandana World at: <http://www.tfn.net/~kate901/lrrh.htm>

Bandana Trick

Equipment needed: one bandanna or piece of string

The challenge is to tie a knot in a bandanna without letting go of the ends. Have your kids try to do it, especially your super smart 12 year olds. Really, play this up - let them have a good long try at it. Then you do it, with a big smile on your face. Here's the trick: fold your arms first. Grab the ends of the bandanna (this will be slightly awkward), slowly unfold arms, thus tying a knot, and then stand back as everyone else wants to try it.

For more puzzles and cooperative challenges like this, check out my Hip Pocket Activities booklet.

Check out this fun website for more bandanna ideas:

101 things to do with a bandana: <http://www.tfn.net/~kate901/bandana.htm>