

Instructions for Sewing Shoe Stuffers



Keep your shoes in shape! Are you tired of saggy shoes? In this project, you will create shoe stuffers to place inside shoes to help them maintain their form.

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4-H Sewing Project
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Materials

(for two shoe stuffers)



- 4 pieces of cotton/polyester fabric, 6 x 6 inches
- Sewing machine
- Needle
- Thread
- Iron
- Filler (polyester fiberfill or fabric scraps)
- Scissors
- Pins
- 2 key rings
- Shoe stuffer pattern (attached at end of instructions)

1. Place right sides of two fabric pieces together.

- Right side: The bright side of the fabric; the side you want showing when the shoe stuffer is finished

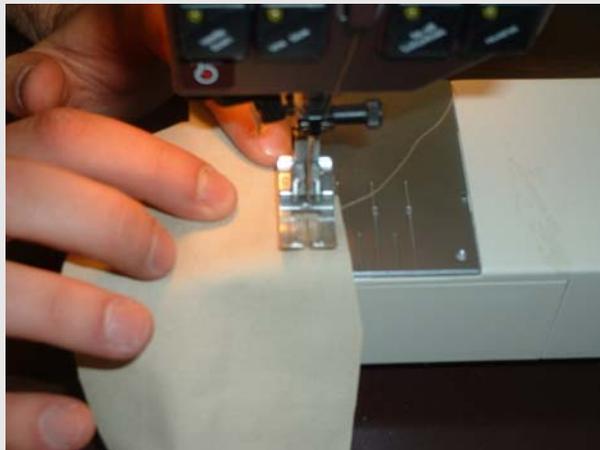
2. Cut out the pattern and pin it to the fabric using two pins.

3. Cut out the fabric using the pattern as your guide.



4. Starting at point A on the fabric, machine sew clockwise at standard stitch length (10–12 stitches per inch) to point B, remaining $\frac{1}{4}$ of an inch from the edge of the fabric at all times. Backstitch at points A and B.

- Backstitch: Extra stitches at the beginning and endpoints of a seam used for added strength.
- **Caution:** If you are not familiar with using a sewing machine, seek supervision.



5. Cut thread and reinforce all stitching by sewing clockwise from point A to point B again.



6. Press the seams *flat* by lifting a steam iron up and pressing down over the seams.

- Note: Pressing the seams is different than ironing, in which you move the iron back and forth.

- **Caution:** If you are not familiar with using an iron, seek supervision.

7. Press the seams *open* by holding the $\frac{1}{4}$ inch seams inward and pressing. Repeat for the opposite side.



8. Turn the shoe stuffer inside out so the right sides of the fabric are facing outward.

9. Stuff the shoe stuffer with the filler of your choice until it is plump and tight.

- Note: If the opening is narrow, a pencil can be used to stuff.



You are almost done, but . . . this is the hardest part!

10. Tuck one edge of the fabric over the filler, inside the opposite edge and catching the fabric against the back of the shoe stuffer.

- Note: Be sure to hide the frayed ends of the fabric in steps 10 and 11.



11. Fold the other edge of the fabric through the bottom of the ring.

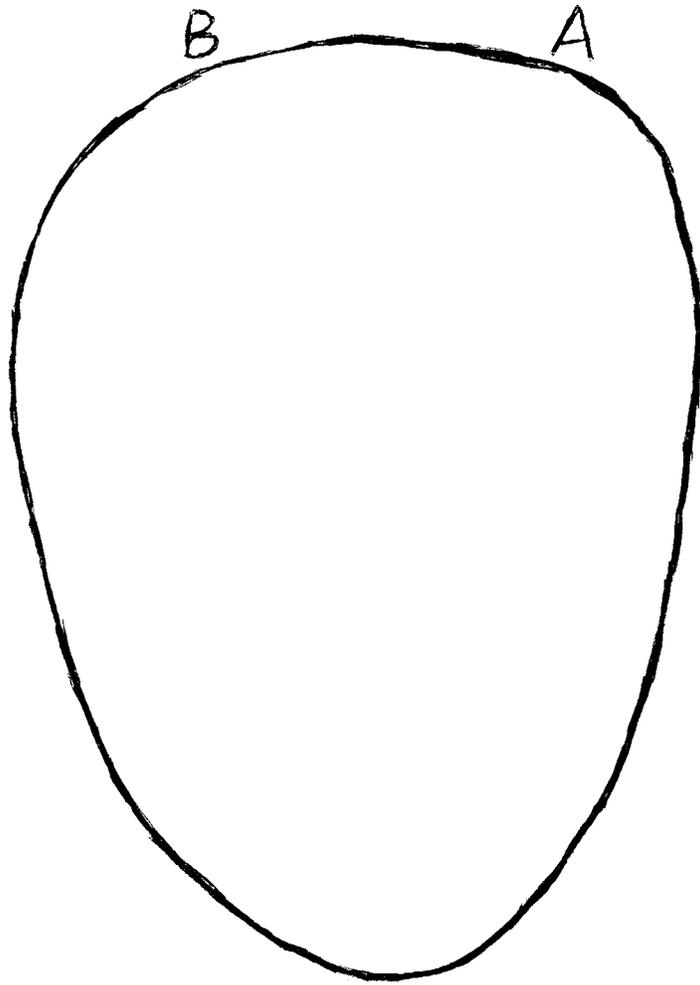


12. Hand sew underneath the edge of the ring securely from point A to point B and clip threads.



**Make one for your other shoe, and you're
ALL DONE!!!**





Shoe Stuffer Pattern

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