

Industry and Handicraft

2024-2025

Lajna Imaillah Belgium



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Industry and Handicraft

Sanat-o-Dastakari

General

The Industry and Handicraft department is a platform that enables ladies and girls to learn a variety of skills that not only can help earn money but aid in our moral training and well-being.

History

According to the book *Tareekh-e-Lajna (History of Lajna, vol.1)*, the history of this department begins in October 1926, when the women of the Jama'at decided to sell home-made clothes and cotton cloth for a fund-raising campaign. On October 30, a meeting was held in the house of Hazrat Mirza Bashir Ahmad Sahib (ra) (the son of the Promised Messiah (as)). Items were sold and the amount collected was donated to Tabligh Fund.

The following year, 1927, the first exhibition was held to showcase the articles made by women.

The winner of this exhibition was Mrs. Amtul Mughni Shamim Sahiba. She had embroidered the words of the revelation *Alaisallaho bekaafin abdohu* (Is Allah not sufficient for His servant?) with a silver thread on a blue banner. She won a silver medal for this. After that, the exhibition was held every year. In 1928 it was considered to set up a separate department, part of which would consist of exhibitions. (*Tareekh-e-Lajna Vol.1 dec 1970, p. 192-194*)

وَأَنْ لَّيْسَ لِلْإِنْسَانِ إِلَّا مَا سَعَى (م.)

اور یہ کہ انسان کے لئے اُس کے سوا کچھ نہیں جو اُس نے کوشش کی ہو۔

“And that man will have nothing but what he strives for and that the result of his striving shall soon be known”.

(*Holy Quran 53 :40-41*)

Objective of this Department

The main objective of this department is 'to hold handicraft exhibitions with the intention of primarily enabling Ahmadi ladies to become skilled and secondarily to combat unemployment'.

(The Constitution of the Lajna Imaillah Silsila Aliya Ahmadiyya, published by Lajna Section Central, 2024 Edition, p.31)

The Excellent Example of Hazrat Amma Jaan (ra)

Hazrat Amma Jaan (ra), the wife of the Promised Messiah (as), had an exemplary conduct in the household. She often gave advice to women in the Jama'at to keep their household budget low. Hazrat Amma Jaan (ra) did not like to waste things. She used old shawls and small pieces of cotton to make bedspreads for the summer, or as stuffing for blankets, cushion covers, or linings for trays. So nothing was wasted in her household. This is exactly what we call 'recycling' today.

Nothing would go to waste in her house. This practice is called 'upcycling'; which she did regularly many years ago. She advised women to dress neatly and live well. In all her actions and household affairs, she was an exemplary person for us. We should try to follow her example and pay attention to her valuable advice.

(Hazrat Amma Jaan RA an inspiration for us all by Munavara (Nabbo) Ghauri, Islam International Publications limited UK 2011 p. 82-83)

Annual planning 2024-2025

The local secretaries and local sadr sahiba must follow this syllabus monthly. Each region must prepare for their regional Meena Bazaar. There will be stalls of clothes, food/drinks and handicrafts (exhibition).

The date of the regional Meena Bazaar can be found in the annual agenda.

For the improvement of this department, we hope that the local secretaries and the national secretary can work together.

You can find the syllabus below. All majalis must fulfill the monthly tasks according to this syllabus.

JANUARY: Cloth (Tote) bag

Step 1. Materials needed



- 1/2 m. Exterior Fabric + Handles (Exterior)
- 1/2 m. Lining Fabric (Lining)
- Thread in coordinating color

Step 2. Cut Out Fabric

1. From Exterior Fabric (A), cut (2) 14" x 14" for main body of bag.
2. From Exterior Fabric (A), cut (2) 4" x 22" for bag handles.
3. From Lining Fabric (B), cut (2) 14" x 14" for bag lining.



Step 3. The bag handles

The steps for making the bag handles are simple. And the result is a double layer of fabric which gives the handles a little more stability.

1. Prepare the bag handles by folding them lengthwise wrong sides together. Press in a crease.



2. Fold the raw edges in on both sides in towards the crease and press again.



3. Fold strap in half with folded edges matching up. All raw edges should be facing inside the handle.



4. Clip or pin to hold.



5. Using a 3-4mm stitch length, top stitch 1/8" down both sides of bag handle.
Pro Tip: If you have an Edge Stitch Foot this is the perfect place to use it!



6. Repeat for second handle.

Step 4. Making the Body of the Bag

1. With right sides together, stitch the side seams and bottom of Exterior Fabric, leaving the top open. Use a 1/4" seam allowance. Note: Be sure to change your stitch length back to 2.5mm.

2. With right sides together, stitch the side seams and bottom of Lining Fabric, leaving the top open. Use a 1/4" seam allowance.



Step 5: Making a Pleat in the Bag

1. In order for the bag to have a flat bottom you will need to create a pleat. To do this, fold the bottom corner of your bag so it creates a triangle in the corner. Matching up the side seam and bottom seam will make this line up perfectly.



2. Pin the corner; and with your water erasable pen, make a mark 1.5" away from the corner.

3. Draw a stitching line and then stitch across to create a pleat.



4. Clip away the triangle, leaving a 1/4" seam allowance. Be sure to remove the markings.



5. Repeat on all corners of the Exterior and Lining of bag.

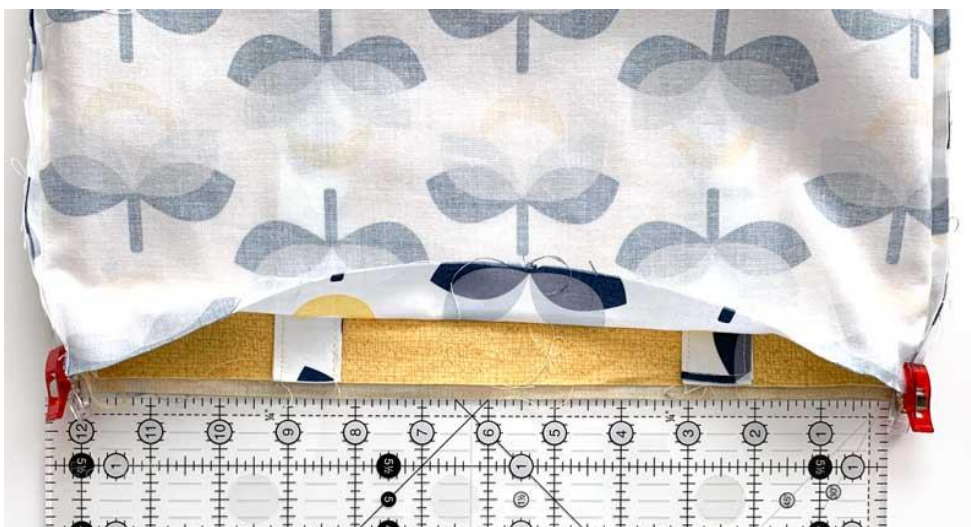
Step 6: Putting it all Together

1. Insert the Lining Fabric inside the Exterior Fabric with right sides together. Line up side seams.



2. Insert one of the bag handles between the Exterior Fabric and Lining Fabric about 3" from the side seams (like a sandwich). Be sure your handles are straight and do not twist.

The raw edges of the bag handles should be placed side by side, approximately 5" apart.



3. Pin in place and repeat on opposite side of bag. BE SURE TO LEAVE A 3" OPENING FOR TURNING YOUR BAG.

4. Using a 1/4" seam allowance, stitch around the top edge of your bag.



Step 7: Finishing Touches

1. Turn your bag right side out and carefully press the top seam.



2. Push the lining fabric into the bag and press the top edge.

3. Top stitch around the entire top of the bag using a 1/8" seam. Pro Tip: This is the perfect place to use an Edge Stitch Foot!



You can follow this link for more details and video tutorial of this tote bag
<https://www.seasonedhomemaker.com/simple-tote-bag-tutorial/>

Note: make some pictures and add them in your monthly report.

IMPORTANT INFORMATION:

Cloth (tote) bag will be this years competition on REGIONAL IJTEMA 2025.

All details about this competition will be shared later on.

Insha'Allah

FEBRUARY: Graphic designing

This years National Competition will be to make a banner with graphic designing.

- Must be designed digitally, may use any program or software (e.g Canva, Krita, Pixlr,...).
- The **topic** of this project will be about **NAMAZ** (ayat about namaz, saying of Holy Prophet (saw), etc...).

This will be also the National Competition on National Ijtema 2025. Insha'Allah.

Competition Criteria:

- Each majlis must submit only 1 banner,
- Must be designed digitally,
- May use any program or software
- Topic = must be namaz

MARCH: Make a bookmark

Make a bookmark of your choice. You can make a bookmark of paper or you can sew or crochet.

You can find a lot of different bookmarks tutorials on internet and youtube.

Here are some links that you can use for your inspiration

<https://daisycottagedesigns.net/free-crochet-pattern-dainty-daisy/>

You can find an example below:

For example; crochet flower bookmark



Materials

- H crochet hook
- Small amounts of worsted weight yarn
- Buttons, needle, and thread for embellishing (optional)
- Tapestry Needle/Scissors for finishing

Directions

First make your daisy:

Ch 2.

Round 1: work 5 sc into the first ch. Sl st into the first sc to join.

Round 2: *ch 4, 3 tc, ch 4, sl st* in the first stitch. *sl st, ch 4, 3 tc, ch 4, sl st* in each of the remaining stitches (5 petals formed).

Cut yarn and weave ends.

Now make your “stem”!

Ch 7.

Step 1: sc in the second ch from the hook, hdc in the next, dc in the next 2 stitches, hdc in the next, sc in the next stitch. Ch 1.

Don't turn. You will now be working into the back side of the stitches on the other side of the leaf.

Step 2: sc in the first st, hdc in the next, dc in the next 2 stitches, hdc in the next, sc in the next. Ch 1, sl st to the first sc you made in step 1.

Don't cut your yarn!

Step 3: Chain 45 (or until your bookmark is the length you want). Cut yarn and leave a 6" tail to sew onto the daisy.

Step 4: Now assemble your daisy. Using the tail on your stem, sew your stem onto the backside of your dais

Step 5; Weave your ends and voila! Your bookmark is complete.

APRIL: Sew a pillow or cushion cover

You can stitch a pillow or cushion cover for your living room, your bedroom, etc.

You can use 'old' materials like leftover stuff, dupatta, ...

The pillows can be of your choice. Below you can find an example of Envelope pillow cover.



This link will be useful;

<https://www.instructables.com/How-to-sew-an-envelope-pillow-cover/>

1. Fabric + Tools Needed for an Envelope Pillow Cover



- 1/2m -1 m of fabric. (I am estimating because I don't know how big your pillow is).
- Matching thread
- Scissor
- Pen/pencil for marking
- Ruler of some sort
- Sewing machine
- Clothin iron & ironingboard
- Measuring tape
- Sewing pins

2. How to Measure for the Pillow Cover



Covered pillow:

1. take cover off, measure across and down
2. add one inch to each of these measurements

Uncovered pillow or pillow form:

1. use your measuring tape to conform to the curve of the pillow and take the measurements from seam to seam
2. add one inch to each of these measurements!

3. In this instructable, I'm covering a 16x26 inch pillow, so I'd consider my measurements to be 17x27.

We'll be cutting out three pieces all together, one for the front and two for the back. Many other tutorials just have you cut one long piece, but the I believe the extra seams make for a better fitting pillow.

3. Measuring and Cutting Out the Pillow Cover Pieces

Since my pillow is 16



x26, I'm cutting out one piece that's 17x27.

The other two pieces, I'm taking ten inches off the length - so they're 17x17.

**** For long pillows:***

1. cut one piece that is your length +1 and height +1
2. cut two pieces that are your length-10 and height +1
3. Taking 10 inches off could be too much for some pillows - just make sure you have at least 4 inches of overlap with the back panels.

**** For square pillows:***

1. cut one piece that is your length+1 and height+1
2. cut two pieces that are your length-6 and height+1.

To measure and cut:

1. flip the fabric over so it's wrong side up
2. use your ruler and pen to mark out the panels - this way you'll know things are square
3. use pinking shears (or regular scissors if that's all you've got!) to cut the panels out

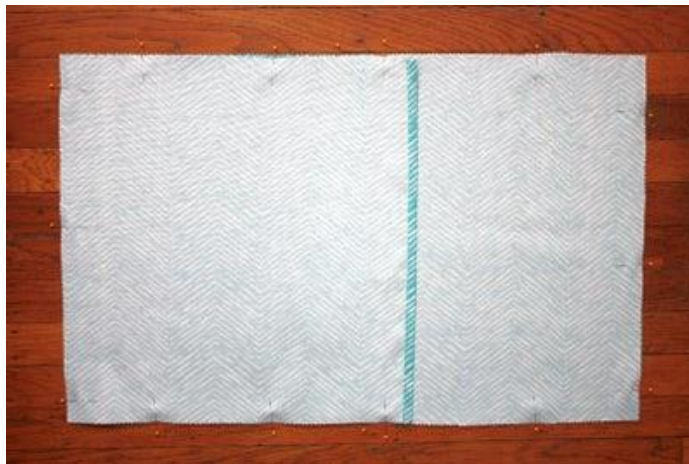
4. Hemming the Back Panels of the Pillow Cover

1. Lay the fabric wrong side up on your ironing board. (If you're using a pattern, make sure you have it all lined up the right way!)
2. Go to the outside edge of one of the smaller panels and fold over 1/4 inch of the fabric. Press this down with your iron.
3. Now fold again by another 1/4 inch and press again.
4. Now you'll sew this hem down about an 1/8 inch from the inside edge. Backstitch at the beginning and end of your stitches!



5. Sew the Back Panels and Main Panel of the Cover Together

1. We'll be using a 1/2 inch seam allowance.
2. Take your main panel and lay it flat right side up. Then, take one of the smaller panels and place it wrong side up at the edge of the main panel. Once your edges are aligned, pin it to the main panel. Now lay the second panel down and pin it in place too.
3. Make sure to put extra pins in where the two back panels overlap - you don't want them to shift!
4. Sew all around the edges, backstitching at the beginning and end.



6. Clip the Corners and Turn the Pillowcase Right Side Out

1. Once the cover is all sewn up, press it well while it's still wrong side out.
2. Now you'll want to trim the corners! This will give you nice sharp corners when you turn the pillow cover right side out.
3. Now flip the cover right side out. Use a crochet hook, knitting needle or other pointed object to poke out the corners as well as you can.



** Other usefull links:*

<https://www.youtube.com/watch?v=4LJnPEvjdDo>

Note: make some pictures and add them in your monthly report.

MAY: Simple embroidery techniques

* Basic Embroidery Stitches

Try to learn lajna the basic embroidery techniques.

1. Running Stitch



Step 1: Bring your needle up at 1 and down at 2.
Repeat at even intervals.

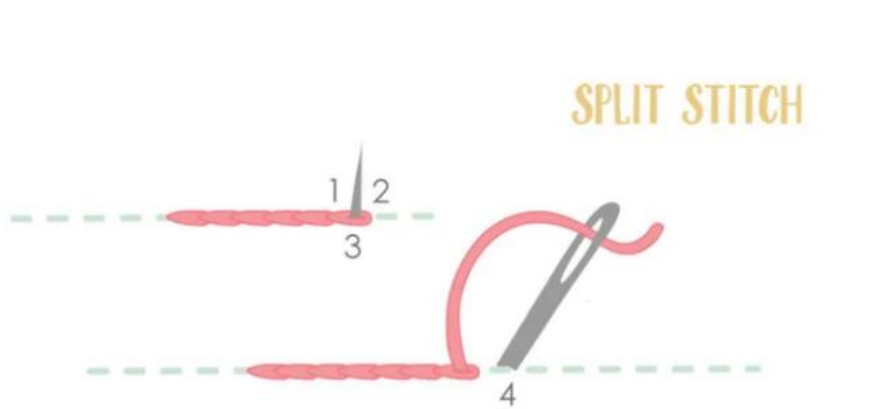
2. Backstitch



Step 1: Bring needle up at 1 and down at 2.

Step 2: Bring needle up at 3 and back down at 1.

3. Split Stitch

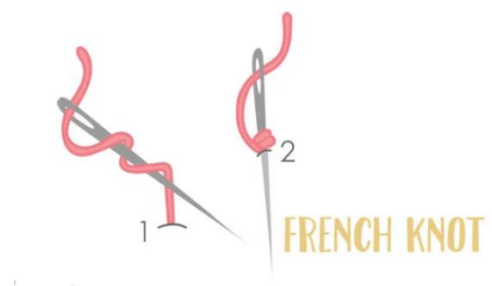


Step 1: Bring needle up at 1 and down at 2.

Step 2: Bring needle up at 3, splitting the thread from the previous stitch in half.

Step 3: Bring needle down at 4.

4. French Knot



Step 1: Bring your needle up through the fabric at 1.

Step 2: Twist the thread around the end of the needle twice, while holding the excess thread taut with your non-dominant hand.

Step 3: Turn the needle toward the spot you came up at, and bring it down at 2 (slightly away from 1.)

You can use this link for other type of embroidery stitches

<https://cutesycrafts.com/embroidery-stitches>

Note: make some pictures and add them in your monthly report.

Idea: You can apply some embroidery techniques on a pillow cover (task february)

JUNE: Decorative jar lanterns

1. Materials

- Choco or mayonaise Jar
- Decorative Nautical Rope (2 packages)
- Hot Glue Gun
- Scissors
- Flameless Candle



2. Method

STEP 1: clean your jar well inside & remove sticker from outside.



STEP 2: Next, measure a piece of rope going length wise from top to bottom of jar. Whatever size this piece of rope is, use it to cut 7 more pieces. You should have 8 pieces of rope. My 8 pieces ended up being about 10in long.



STEP 3: Glue on these 8 pieces of rope to the jar. I found it very helpful to glue my first 2 pieces on the seams of the glass jar. The seams will be opposite of one another, so it creates the perfect start to creating even sections. Continue to glue pieces until all 8 pieces are evenly spaced. The space between mine ended up being about 2.5in.



STEP 4: Next, you'll want to measure the jar all the way around. Cut 2 pieces of rope that will be glued around the jar. My pieces ended up being about 22in long.



STEP 5: I glued my rope to each part where the ropes touched. I personally don't think it would look right if you tried to glue these pieces of rope to any part of the glass. It'll create a sunken rope look.



STEP 6: As a simple, finishing touch, I thought it would look nice to wrap pieces along the very top (where the lid would screw on). I measured around the top & cut 3 piece this length. Mine ended up being approx. 14in

STEP 7: Begin to glue your first piece around the top. Start your 2nd piece in the same spot & lastly, glue the 3rd piece. These will all be touching each other, appearing almost as one big piece.

STEP 8: Move along all the rope seams, using hot glue to secure any fraying. You may end up doing a little trimming too. This is just the time to clean it up & make it look even neater, overall.



You can follow this link for more details and video of this lantern jar
<https://hammonsnest.com/diy-jar-lantern/>

Note: make some pictures and add them in your monthly report.

JULY: How to do turpai/sew on a button

1. Turpai

Try to learn lajna to do turpai. Lajna who already know how to do turpai they can teach 2 or 3 young or other lajna who still have to learn.

You find a lot of tutorials on youtube. Here are some links;

<https://www.youtube.com/watch?v=pMxjS68Wg1I>

<https://www.youtube.com/watch?v=guGsi8D54iU>

- Material

- Thread and needle
- scissor
- a piece of cloth



Step 1: make a double fold



Tip: it's better to iron this fold. It will be easier to do turpai

Step 2: hold the fold between your two fingers



Step 3: Put your needle from under to above.



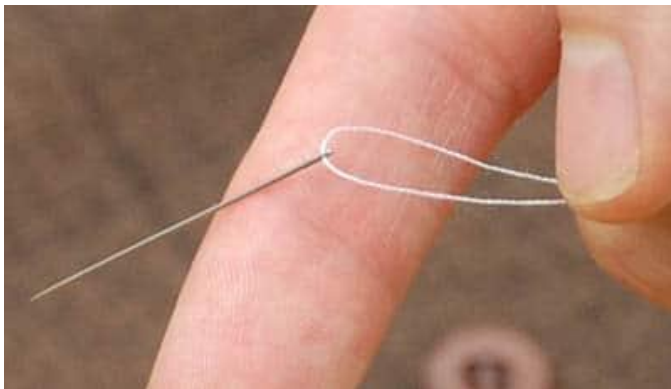
2. Sew on a button

Material:

- Needle
- Thread
- Button
- Scissor

Method

Step 1: Thread the Needle & Knot the End



Step 2: Create Anchor "X" Point

Starting at the back end of the fabric, run the needle through to the front where the button is going to be needed. Run the thread through to the back, and then again back to the front. You want to create a small "X" where the button will be centered. This X is also the reinforced anchor for the thread to ensure it doesn't loosen during stress



Step 3: Position the Button



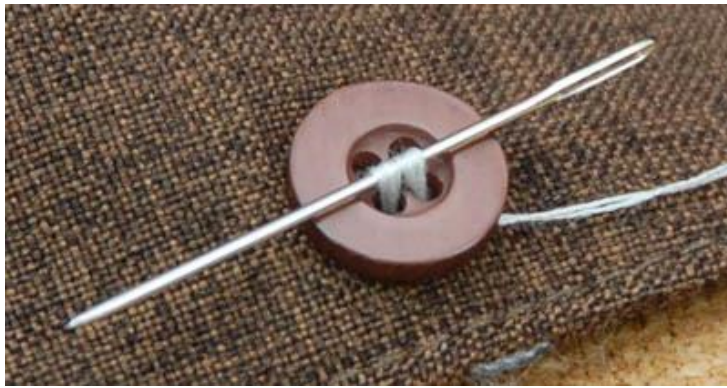
Put the button on the anchor “X” and begin sewing by pushing the needle from the back to the front through the first button hole. At this point you want to add the spacer (a second needle or a toothpick, pin, or small stick can be used).

Push the needle up from the underside of the garment and through one of the holes on the button. Pull the thread all the way through until the knot snugs against the underside of the fabric. Use a fingertip to keep the button in its place.



Turn the needle around and push it back down through the hole opposite the one you came up from. Push it all the way through and tug the thread tight. You should be left with a single small line of thread across the button, connecting the two holes.

You'll repeat this process for six passes, three for each set of holes on the button.



Step 4: Create the Shank

On your last repetition of the previous step, come back up through the fabric but not through the button. Come up like you were going to go through the usual hole in the button, but turn the needle aside and bring it out from underneath the button.



Use the needle to wrap your thread around the threads beneath the button. Make six loops around the bridges of thread that connect the button to the fabric, behind the button itself.

Pull tight and then dive the needle back into the base to be tied off on the other side of the fabric.



Step 5: Tie It Off

Make a small knot on the back side of the fabric. You can use the needle to guide the thread through a knot or you can snip the thread off the needle and tie the knot in the slack with your fingers, but either way you want it snug up against the back of the fabric.

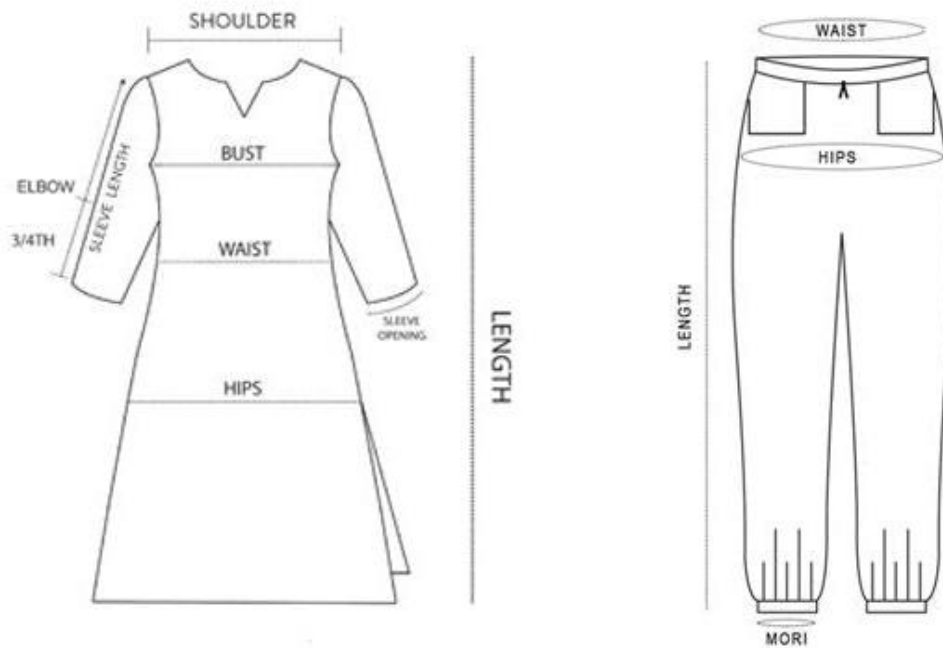


You can use the following link for more detailed video and steps
<https://www.artofmanliness.com/skills/how-to/sewing-on-a-button/>

Note: make some pictures and add them in your monthly report.

AUGUST: Measurements of kameez and trouser

Try to learn lajna how to do Measurements of kameez and trouser



Here are some links which will be useful:

<https://www.youtube.com/watch?v=F9eJGm9H9dk>

<https://www.youtube.com/watch?v=dIpiDHUj4NQ>

<https://www.youtube.com/watch?v=08JWUmeEPn4>

SEPTEMBER: Pen Holder

Making a pen/pencil holder using toilet rolls. You can make a pencil holder of your choice. There are a lot of different ways to make it. Find an example below;

1. Materials

- 5 toilet roll tubes
- Empty tissue box
- Ruler
- Pencil
- Paint
- Paintbrush
- Wrapping paper
- Scissors
- Glue
- Hot glue gun



2. Method

Step 1: Cut the toilet rolls to size. Carefully measure and cut the toilet roll tubes down to several different lengths. Feel free to cut as many as you like, but make sure you don't cut them so short that pens and pencils can't stand up inside them!



Step 2: Paint the insides of the tubes. Next, it's time to add a little colour to your masterpiece in the making. Go ahead and paint the insides of the tubes in different colours to match your wrapping paper. Once you've finished painting the insides of the tubes, leave them to dry.



Step 3: Cover the outsides with wrapping paper. Once your tubes are dry, place them on the wrapping paper and measure and cut pieces to cover the outsides. Next, neatly wrap and stick the paper in place with glue.

Feel free to get creative with this step by picking out different types of wrapping paper! Is this DIY pencil case a birthday gift for someone special? Then go ahead and use birthday-themed wrapping.



Step 4: Glue the tubes together. Keep in mind that this step is best suited for adults, seeing as it calls for a hot glue gun.

Step 5: Stick on the base. Next, it's time to bring out your empty tissue box. Open and flatten the box as much as you can. Then, go ahead and glue the group of tubes in the middle. When the glue is completely dry, draw around the bottom edges of the tubes with a pencil and cut it out to get rid of the excess cardboard.



<https://www.cushelle.com/everyday-fun/craft-ideas/how-to-make-an-original-pencil-pot-using-toilet-roll-tubes/>

Note: Make pictures of the pencil holder and add them in your monthly report.

OCTOBER: Painting

Make a painting of 'Alhamdulillah' or 'Hayyul Qayoom'.

Note: Make pictures of the handmade painting and add them in your monthly report.



NOVEMBER: (Moroccan) Candle holder

1. Materials:

- Glass jar, candle holder or bottle
- Transparent glass paint (2 colors)
- Puffy paint/dimensional paint
- Paper plate
- Oven



2. Method



Step 1. Pour glass paint into the jar so that the bottom is completely covered.

Step 2. Start slowly turning the jar on its side so that the paint begins to spread onto the walls. Add more paint if the paint does not easily swirl around.

Step 3. Still holding the jar on its side, pour your second color paint onto the side walls and continue to turn the jar so that all sides of the walls have some paint on them.

Step 4. Swirl for a few seconds then turn the jar upside down on the paper plate and watch the paint begin to pour down the sides of the jar. After a few

minutes, if the walls are not covered, you may need to add more paint and repeat this step.

Step 5. Let the excess paint drip down for about an hour, moving the jar around every 15-20 minutes to prevent it from sticking to the plate. Then, turn the jar right side up and let dry.

Step 6. For a durable finish, let dry for a full 48 hours then bake the jar for 30 minutes at 200°F in a non-preheated oven. Allow to cool with the oven door open. (based on instructions from paint manufacturer)

Step 7. Using the applicator tip on the dimensional paint bottle, paint your desired pattern onto the bottle. For best results, first sketch a design on a piece of paper and practice using the paint before applying onto the jar.



<http://www.cremedelacraft.com/2012/07/diy-moroccan-candle-holders-from-glass.html>

Note: Make pictures of the candle holder and add them in your monthly report.

DECEMBER: Re-use old candles to make new ones

1. Materials

- Used candles
- Water
- Candle wicks
- Used candle jars, small mason jars, or empty candle tins
- (Optional) citronella oil or another scented oil

2. Tools

- Stove
- Saucepan
- A glass or metal bowl, double boiler, or candle-making pot
- A shallow glass or metal baking pan
- Mason jar or glass measuring cup
- Popsicle stick, wooden skewer, or chopstick
- Kettle or microwave
- Cheesecloth or fine mesh strainer

3. Method

Step 1. Harvest your used wax

You'll need to separate the wax from the containers it's stuck to so you can melt and reshape it. The exact process will depend on what candles you're working with and what shape they're in.

Step 2. Prep your candle vessels

You can reuse old candle jars (just clean them with boiling water first) or use fresh tins from a candle making kit.

Step 3. Place your wicks

Most wicks come with double-sided stickers. Peel off one side and place the sticker in the center of a candle vessel. Unpeel the other side and stick the metal base of the wick on top.



Step 4. Melt your wax

This step is similar to the first step of regular candle making, but with the added concern of contaminants from the used wax. Your spent candles are bound to have bits of wick, metal wick-holders, and even ashy old matches stuck inside them. You don't want any of that going into your new candles.

Step 5. Strain your wax

Your melted wax probably looks pretty gritty and gross. Straining impurities out will help your finished candles burn cleaner. They still might not be as clean as fresh wax when you're done, which is why this recycling hack is especially great for DIY citronella candles—a little extra smokiness will just make them more effective against bugs.



Step 6. (Optional) Repeat this process one or two more times, if desired. If wax starts to harden onto your measuring cup or mason jar, pop it in the microwave for 30 seconds to loosen the wax up again.

Step 7. Add all the clean wax back into the double boiler so it melts completely.

Step 8. (Optional) Add scents

If you want to make citronella candles, add five to 10 drops of citronella oil to the melted wax and stir. You can add other scented oils, too.

Step 9. Pour your candles

If you need to hit the pause button after melting and straining your candles, you can simply take the double-boiler off the heat and allow the wax to cool. It will be ready to use whenever you want it.

Step 10. Let the candles cure

Ideally, you should place your candles in a relatively warm spot so they cool down very slowly. This keeps them from splitting. As you can see from my photos, my air conditioning was a little too powerful for a smooth cooling process—they'd have come out prettier if I'd put them into the pantry.



Leave your candles undisturbed for 24 to 48 hours. They may appear hardened much sooner than this, but they'll last longer if you wait until they're fully set to burn them.

<https://www.popsci.com/diy/melt-old-candles-to-make-new-ones/>