



#23 HAND WARMER TUTORIAL

This simple tutorial will show you how to make little hand warmers that can double as 'Ouchie' freezer packs!

MATERIALS:

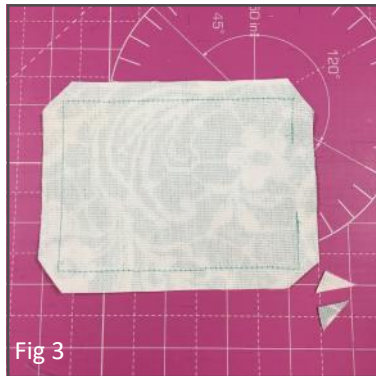
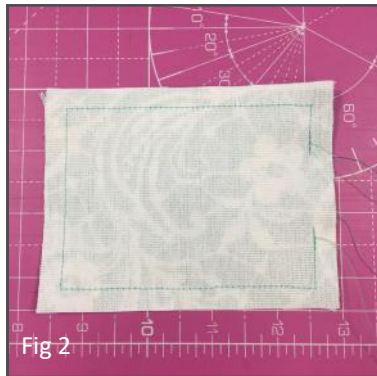
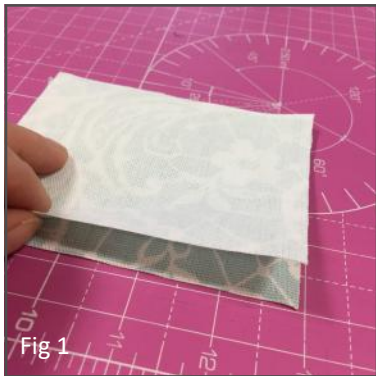
- Fabric 2 pieces 3½ x 4½ inches (we used thick soft furnishing weight fabric)
- Filling such as wheat or rice and some lavender
- Thread
- Sewing Machine, Scissors, Pins

USING THE HAND WARMERS:

- Just pop in the microwave for 20-30 seconds to warm up. Make sure they aren't too hot to touch.
- Make sure they don't get wet
- If kept in a plastic bag in the freezer they can also be used as an 'Ouchie' ice pack

SEWING TOGETHER

Place the two pieces of fabric right sides together (Fig 1), pin in place. Stitch around the outside with a ⅜ inch seam allowance (Fig 2) leaving a gap for turning of at least 1½ - 2 inches. Trim the corners to reduce bulk when turning (Fig 3). Turn right sides out, use a chopstick or other turning tool to push the corners out (Fig 4).



FILLING AND FINISHING

Using a funnel (Fig 5) put a teaspoon of lavender into the bag. Add wheat or rice so that the bag is about three quarters full (Fig 6). Pin closed (Fig 7) and stitch the gap securely closed (Fig 8). It also looks great if you top stitch all the way around all four edges but that's a bit tricky to do with the filling in the way!

