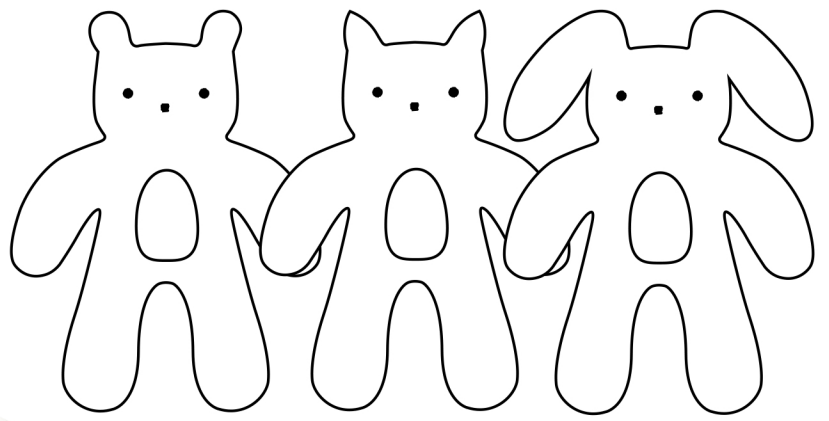


Cute 'n' Cozy HEATING PADS

WHAT YOU NEED:

2x fat quarters or 2x .3m cotton fabric
embroidery floss
scissors, pins, thread
rice (approx 3 cups per heating pad)



WHAT YOU DO:

1. Select and download your chosen pattern *. Cut body and tummy applique pieces as indicated.



2. Attach tummy applique to the front of one body piece and machine stitch in place using your preferred applique stitch.

3. Mark the placement of the eyes and nose. Embroider marked areas using a basic satin stitch.



4. With right sides together, pin the body pieces and machine stitch using a very small 3/8" seam allowance leaving an opening on one side leg where indicated.



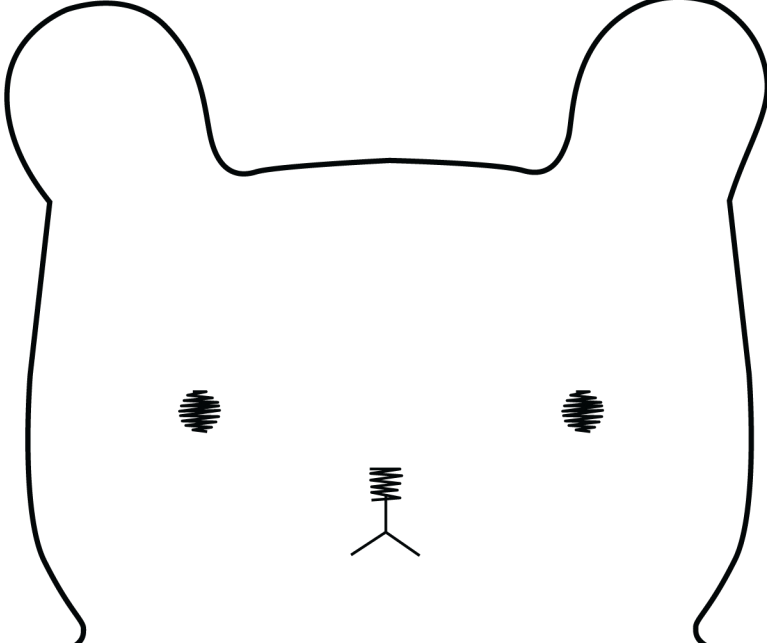
5. Clip corners, notch curves and turn right side out.

6. Fill with rice and hand stitch opening closed.

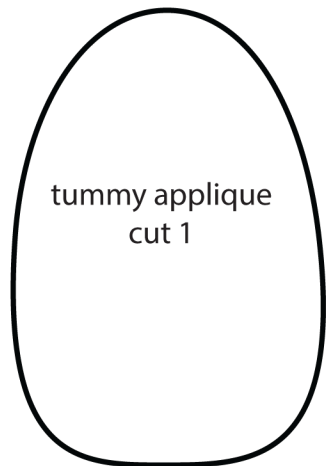


To use: Heat in the microwave on high for 60 seconds or until desired temperature.

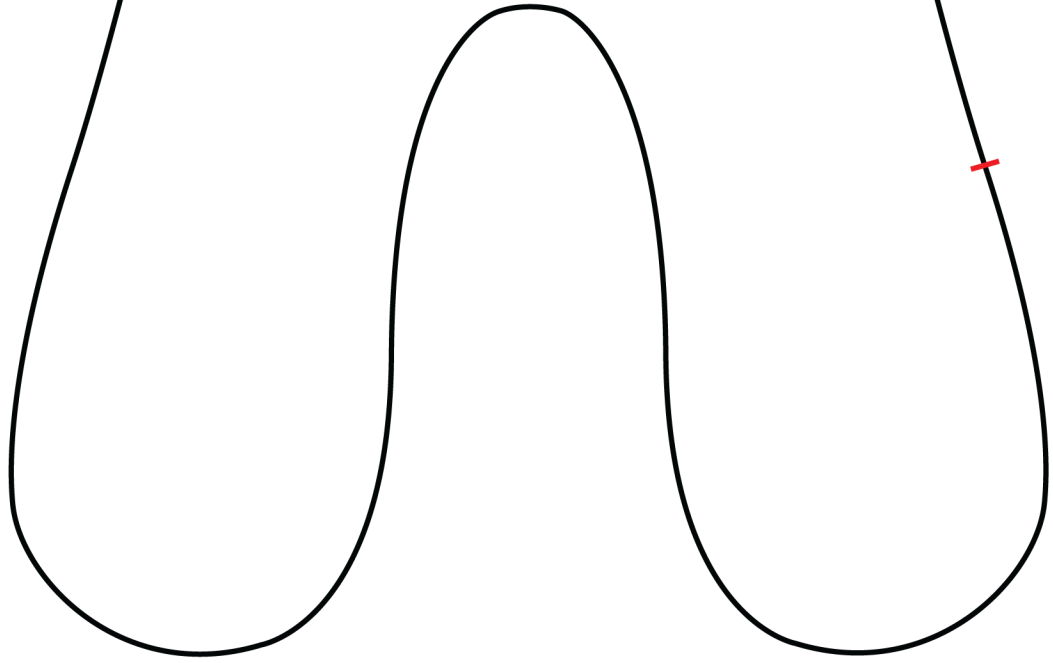
* find the patterns on the All Sewn Up blog @ blog.fabricland.ca or the Fabricland website DIY section @ fabricland.ca

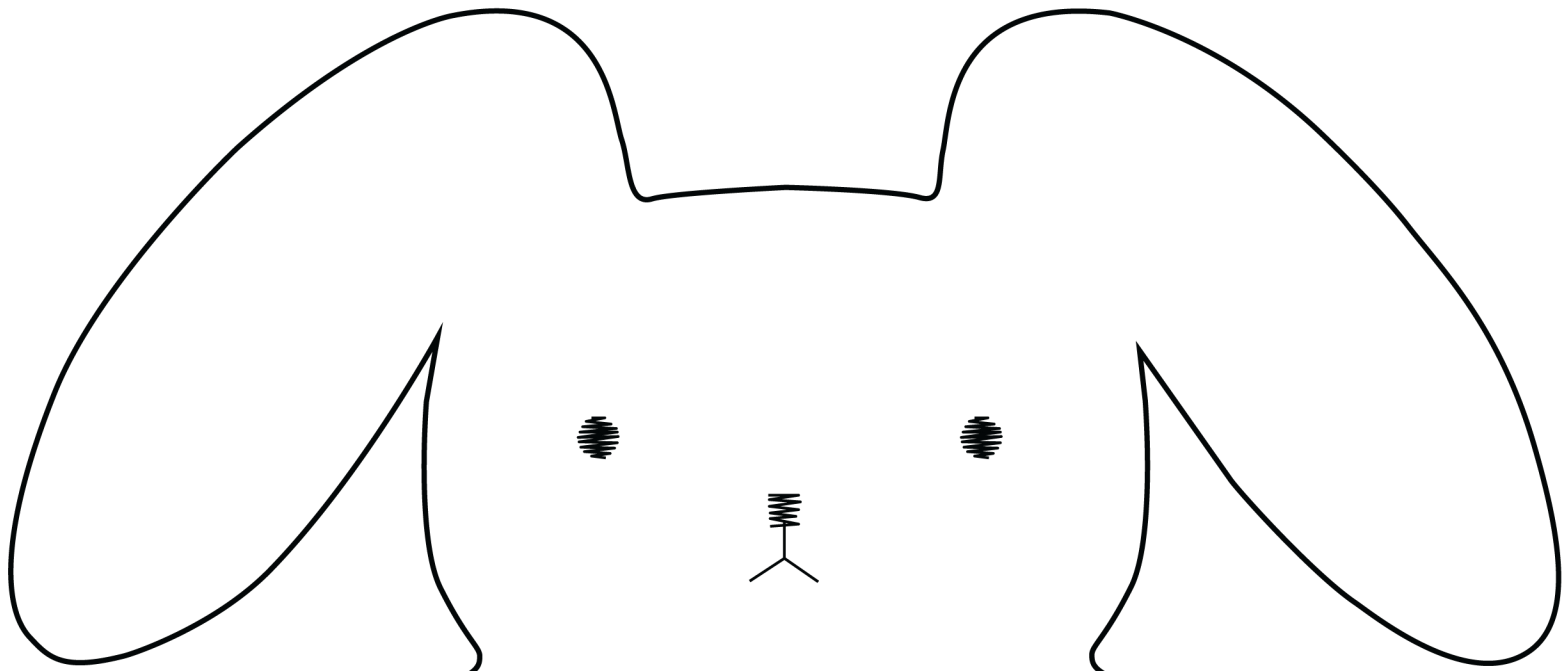


body cut 2

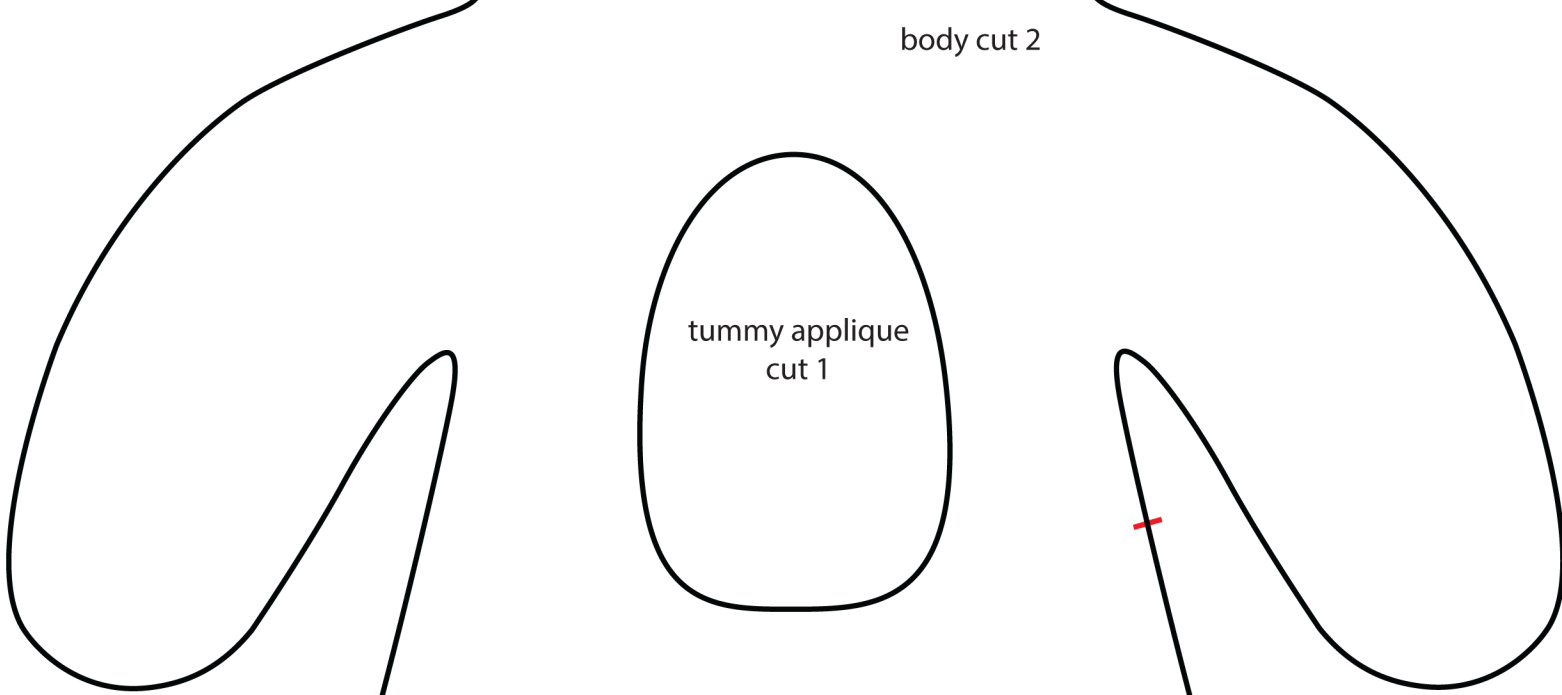


tummy applique
cut 1

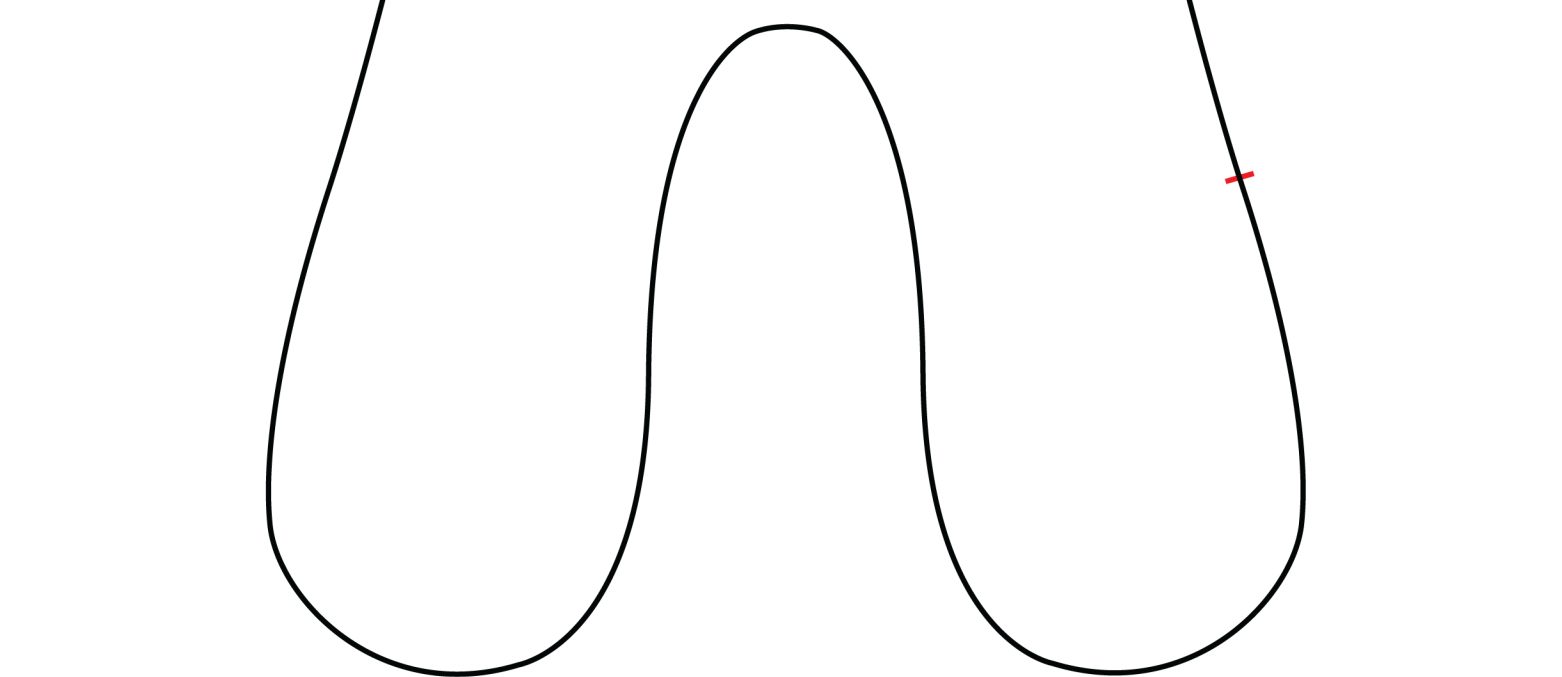


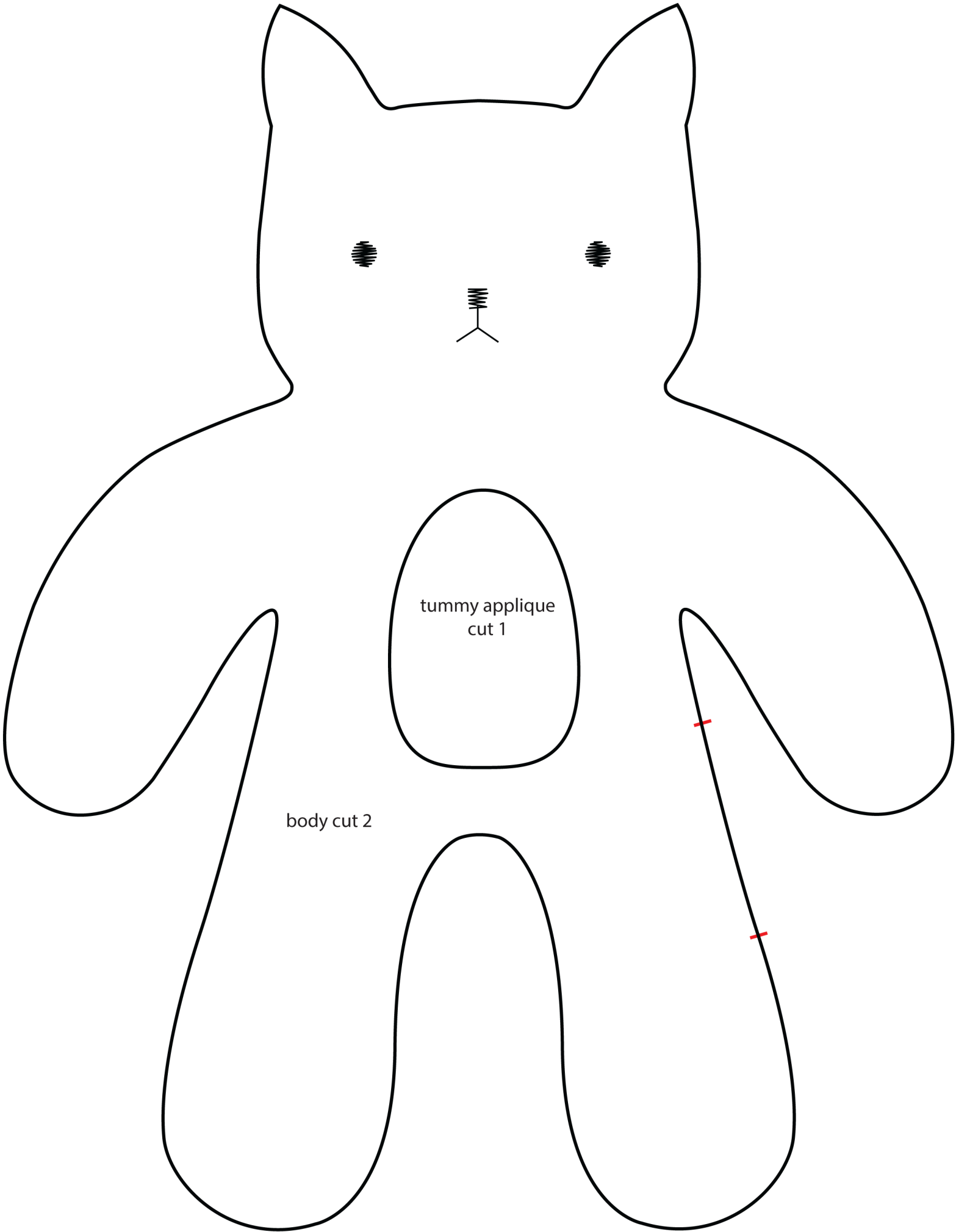


body cut 2



tummy applique
cut 1





tummy applique
cut 1

body cut 2

