

POCKET HAND WARMERS

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These rice-filled hand warmers are made from cozy flannel with an extra "pocket" on the outside for added warmth for your fingers. Heat them in the microwave for just 20 seconds and they're ready to pop in your coat pockets, keeping your hands toasty warm in cold winter weather.

MATERIALS

- ¼ yard each of two coordinating flannel fabrics
- 1 spool coordinating thread
- 1 cup uncooked rice
- Scissors or rotary cutter
- Straight-edged ruler
- Straight pins
- Turning tool or a wooden chopstick

STEPS

1. Cutting the Fabric

Note: Wash, dry and iron fabrics before cutting. Use a 1/2" seam allowance throughout unless otherwise stated. Seam allowance is included in pattern pieces.

From the main flannel fabric, cut four 5 1/2" x 5 1/2" squares.

From the coordinating flannel fabric, cut two 5 1/2" x 8" rectangles.



2. Constructing the Hand Warmers

To form the outside pocket, fold the 5" x 8" piece of coordinating flannel in half width-wise. Press.



3. Place the pocket piece on one of the main flannel fabric pieces, right sides facing up.



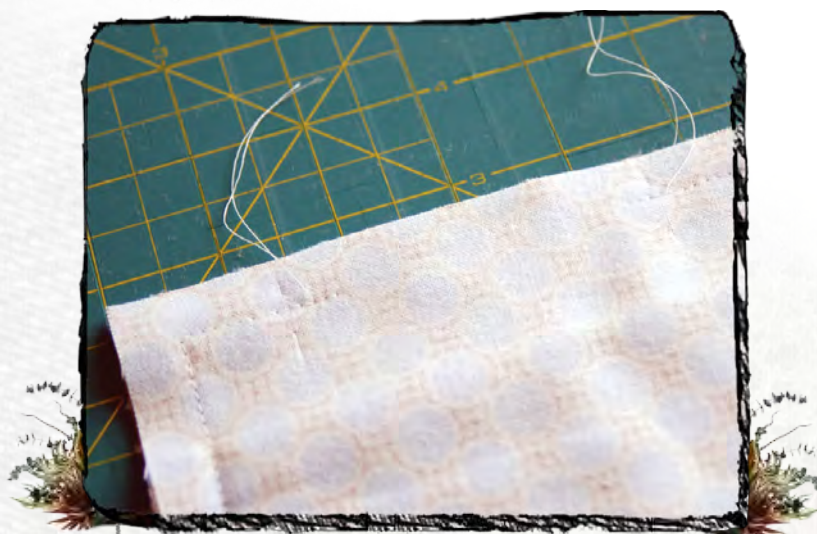
4. Place a second piece of the main flannel fabric piece on top, right side facing down.



5. Pin the three layers of fabric around all four sides.



6. Stitch around the sides, leaving an opening at the top about 2" wide.



7. Clip the corners.



8. Turn the hand warmer right side out, gently pushing the corners out using a turning tool or chopstick.



9. Press.



10. Using the opening at the top, fill the hand warmer with $\frac{1}{2}$ cup of rice.



11. Pin the opening closed. Make sure all of the rice is settled toward the bottom of the hand warmer.



12. Use a blindstitch or edgestitch foot as shown in the photo to close.



Close up of edgestitch across top.



13. Repeat all steps with the remaining fabric to make the second hand warmer.



Heating the Hand Warmers

***IMPORTANT: Never leave warmers unattended in microwave oven.
Do not heat longer than recommended time.***

Place the two warmers in a microwave oven and heat on high for 20 seconds.
Shake the hand warmers to distribute the warmed rice.

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