Heating Pad
by Betina Larsson

Materials Needed:

Assorted cotton fabrics. I chose to use 18-12x 12cm/4 ½ " squares
One piece of muslin or light colored fabric 28x 59cm/11"x 23" (lining)
Thread to match
1- 12.7cm/5" piece of Velcro (hook and loop tape)
Rice, pasta, or beans (filling)

Making the outer shell:

I did a mini patchwork simply because I've never tried that before. The size
of the **finished** piece needs to measure 30x60 cm / 12"x24". Press seams
open.

Zig-zag or serge all outer edges. Fold one of the short ends in about 1.3 cm/½". Pin one piece of the Velcro 1.3cm/1/2" from top edge and stitch in place. Pin other piece of Velcro about 1.3cm/1/2" from the bottom edge. Stitch in place. Notice that the pieces of Velcro **do not meet in the center**.

Fold the fabric lengthwise, **right sides together** and stitch along the top and **one** side. Do not stitch the side with the Velcro. Turn right side out.

Making the lining:

Sew another similar piece, just 2.5 cm / 1" shorter, in a simple fabric like the white cotton I used. This is where your filling will go. First you fold it in half lengthwise and stitch **both** short ends. Turn right side out and then mark out compartments at about 10 cm / 4" intervals. Stitch to make six compartments.

Fill your compartments using a funnel to 3/4 with anything that will store heat like dry beans or rice. Fold the open edge over and pin each compartment to close after filling it. After all compartments have been filled, stitch along the top to secure.

I didn't have rice or beans at home so I used the tiny alphabet and star pasta that had been in our pantry for way too long. It's so cute but it took up so much space and no one ever wanted to eat it. I love that I found a good use for it.

Almost ready to use, slide the inner heat pack into your cover, close the Velcro...

... pop into microwave, close door and run on high for about three minutes and it's ready to use! Aaaahhh!

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