

POCKET WARMING CUSHIONS - TUTORIAL



YOU NEED :

- Offcuts of fabrics, for instance cotton or linen sheets, enough to cut four 11X7cm rectangles + seam allowances.
- Fabric for the outer bags, not too thin, enough to cut four 12X8cm or two 12X16cm rectangles + seam allowances.
- Cherry stones.
- Buttons, press studs, ribbons or velcro for closing..

Step 1: the stone cushions

For the inner cushions which will hold the cherry stones and be heated in the micro-wave oven, draw four 11X7cm rectangles (or two 14X11cm rectangles that will be fold in two) and add the seam allowances.

Offcuts of sheets will do very well, but they must be cotton or linen, for the fabric has to stand heat well enough.



Put two rectangles right sides facing, twice (or fold the two large rectangles in two, right sides facing).



Machine sew all around, leaving an opening on one side. Trim the seam allowances and the angles, turn inside out and iron.



Fill the two bags with the cherry stones and sew closed the openings.





Here are your two inner cushions!

Step 2: the pouches

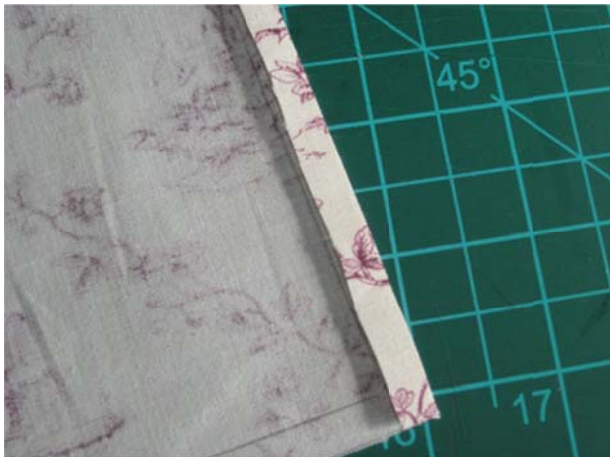
On the fabric you have chosen for the outer bags, draw two 12X16 rectangles.



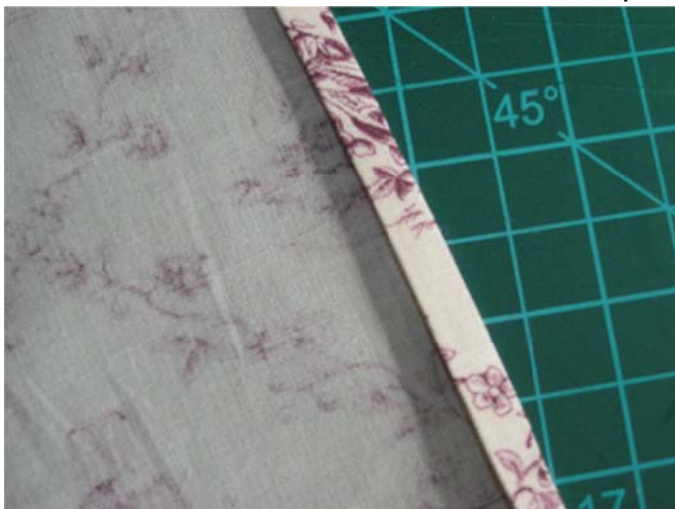
Add the seam allowances. On one of the larger sides the seam allowance must be wider (1,5cm). This will allow you to form the hem at the opening of the bag.



Fold the wide seam allowance twice to make the hem and iron. Should your bag be closed by ribbons, you can place them inside the folds now, they will be sewn together.



First fold



Second fold.

Machine sew all along to fix the hem.



Should the bags be closed with a button, buttonholes must be made now. On the part of the bag that will face upwards (especially if there are specific designs), indicate the place of the button hole in the middle of the upper face and about 1cm off the edge.





Make the button holes.



If you're using velcro for closing, fix it now too.

Fold the two rectangles in two, right sides facing. Machine sew the large side and the small one opposite the hem.



Trim the seam allowances and oversew.



Turn inside out and iron.



If you're using press studs for closing, they can be placed now. For the button holes, sew the buttons in place inside the bags.



The little cushions filled with cherry stones and heated in the micro-wave oven can now be placed inside the bags. Put them in your pockets to gently warm your hands when it's cold outside. The more stones you'll put in the cushions, the longer the bags will remain hot. You can easily make larger bags and of various forms.



Done!

Beware : the stone cushions must be heated in the micro wave oven at medium temperature and sprinkled with a little water. Heating time depends on your microwave, 45s to 1mn , or a bit more, for two lightly filled cushions. You will judge according to your own oven, the size and weight of the cushions and the heat you wish to obtain.

But be careful not to over-heat the cushions, you might get burnt and the fabric might scorch too!



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