

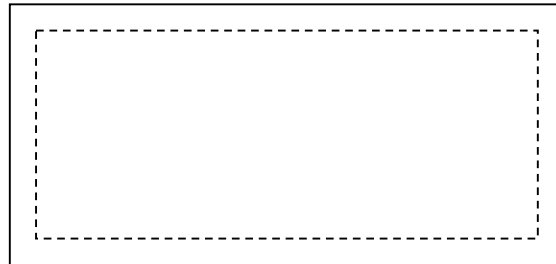
# Yakityak's Hot and Cold Pack

## Rice pillow insert instructions:

Final pillow size: 8" wide by 4" tall, with a 1/4" seam allowance

Cut:

4.5"



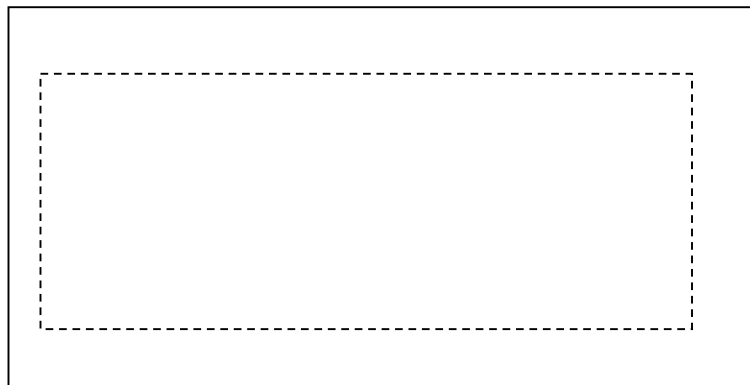
8.5"

## Pillow case instructions:

Final pillow case size: 8 3/4" wide with 5/8" seam allowance X 2  
by 4 1/2" tall with 5/8" s.a. + 1/4" s.a.

Cut:

5.5"



9.75"

- For the rice bag sew 3 sides WST and on the 4<sup>th</sup> side (a short side) leave open 1.25". Turn right side out.
- Fill the rice bag with uncooked rice and add lavender or cloves for scent. Edgestitch closed.
- For the case, serge the seam allowances on the side (separately) after sewing the seam.
- The open end of the case should be tapered a bit and folded twice.
- Apply the velcro so that the closure is lapped, with the loop tape facing outward (*i.e.* attached to outside of bag) and the hook tape facing inward (*i.e.* attached to the inside of bag)