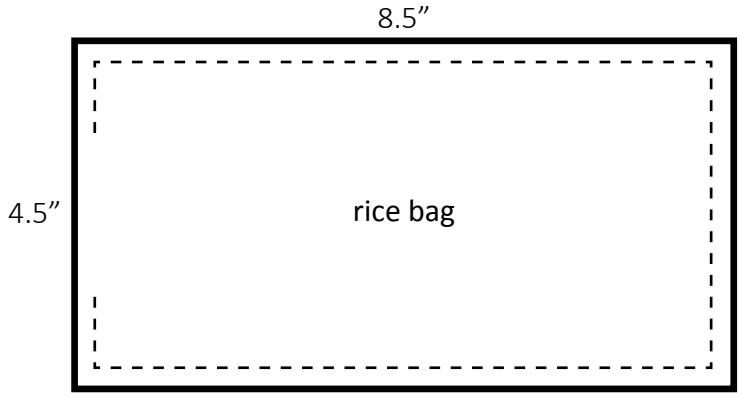
Yakityak's Hot & Cold Pack

You will need:

- a scrap of muslin
- a fat quarter of quilting fabric
- roughly 1.25 cups of uncooked rice
- whole cloves, whole allspice, lavender, optional
- thread
- sewing machine
- serger, optional
- a 2" strip of sew-on hook & loop, cut in half lengthwise (enough for 2 packs)

Part 1: the rice bag

Cut 2 pieces of muslin into 4.5" X 8.5" rectangles. With a 1/4" seam allowance, sew around the edges leaving a gap of about 1.5" in the center of a short end. Don't bother trimming the corner ends for when you flip – it'll only weaken the bag and it doesn't matter. Turn the bag right side out. Press out corners with a pencil tip and give the bag a light press with an iron. Fill 3/4 full with uncooked white rice. Toss in a few whole cloves or allspice berries if that suits you. Close the gap by edgestitching the open end. Put that end in the cover first and no one will know.



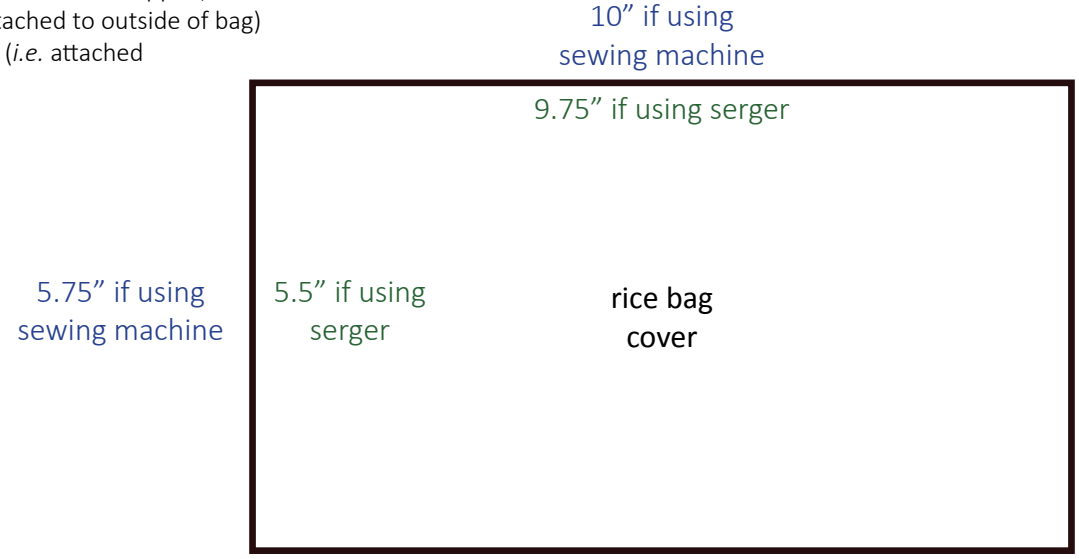
Part 2: the cover

sewing machine instructions

- Leaving 1.25" free on one long end, sew a French seam down both long sides of rectangle. Press well between steps so that the unsewn portion is also creased despite not being sewn.
- Sew a French seam at the short end of the bag where you sewed to the end. Do not bother to trim corners – it does not matter for this. Just jam them square with something pointy.
- At the open "flap" end of the bag, taper the sides such that the unsewn French seam raw edges wind up mostly enclosed by folding in more at the raw edge, creating a long triangle on each side. Press. Edgestitch down with a sewing machine, being careful to keep the other flap out of the way.
- Fold the raw edge under twice with a narrow SA, press and secure with a seam. Repeat these steps for the 2nd flap.
- Apply the hook & loop 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).

serger instructions

- WST, sew a regular seam with 5/8" SA on both long sides of rectangle, leaving roughly 1.25" unsewn at one end.
- Serge each of the 4 seam allowances separately.
- Serge the short end of the bag closed where you sewed the 5/8" seam to the end. You're done with the serger.
- On the open "flap" end of the bag, taper the sides slightly by folding the serged edges inward more at the raw edge. Press. Edgestitch down with a sewing machine, being careful to keep the other flap out of the way.
- Fold the raw edge under twice with a narrow SA, press and secure with a seam. Repeat these steps for the 2nd flap.
- Apply the hook & loop 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).



Note on usage:

These bags can scorch, and if too hot, they can burn you. How long you heat depends on your microwave. On first use, test in 15-second increments to find what works with your setup.

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