

Homemade Hand Warmers

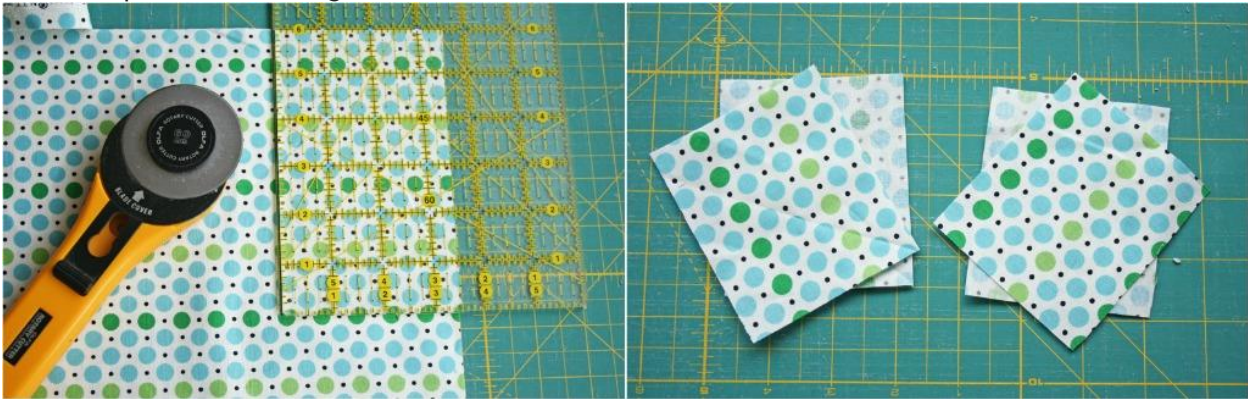


materials needed for one set of hand warmers:

*rice and a funnel to fill squares.

*scrap of fabric (it just needs to be enough to fold over to cut out 1 strip (double fold) at 3 1/2" x 6")

*those strips of fabric cut again in half at 3 1/2" x 3"



to assemble hand warmers:

1. place right sides together for both sets of squares.
2. using a 1/4" seam allowance sew along one side of your squares.
3. sew three sides of your squares.
4. the fourth side sew your seam and leave a 1 1/2" opening in the middle of your seam. (back stitch at the opening so it does not rip open for the following steps).
5. once all four sides are sewn, cut at an angle your corners making sure you do not cut through the "X" your seams make.



6. turn inside out, and using a pin pull out your corners as much as you can.

7. place a funnel in opening of square. (It could be made out of paper shaped into a funnel).

8. fill up your hand warmer at least 3/4 full.



9. and hand stitch closed.



WARMING INSTRUCTIONS:

*warm in the microwave for 15 seconds.

*hold in your hands and warm up your digits.

*can also be used as eye packs (freeze them for cool packs, or warm them for warm packs)

*do not recommend heating them up for longer amounts than 15 seconds as it may cause burns on skin.

