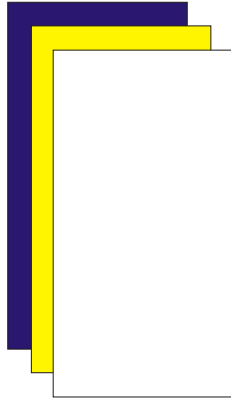
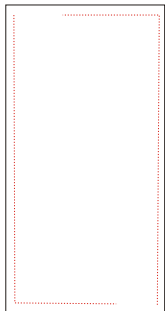


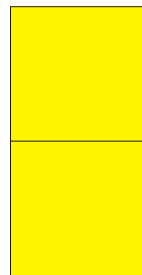
Hoop with cutaway stabilizer and run the sandwich design. Remove from hoop and trim the stabilizer as close to the design as possible



Fabric 7 ½ by 15 ½ inches
I used cotton.
1 layer batting same size
Lay fabric fronts together
Lay batting on one side of the fabric strips

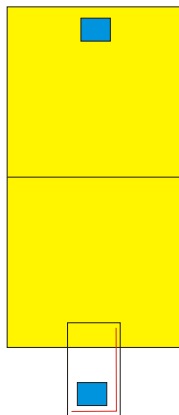


Stitch all 3 pieces together as shown then turn the fabric inside out. Use about a 1/4 to ½ inch seam.



Run a straight stitch down the center of the rectangle as shown

You have 2 open ends on each side put desired amount of rice or cracked corn in the first pocket. Then stitch the pocket shut. Repeat on the bottom pocket



Cut a piece of fabric about 4" long and about 3" wide. Fold in ½ and run a seam as indicated. Turn right side out and stitch to the warmer. Glue a piece of Velcro to the tab and one on the warmer