

## Hot Pad

### Supplies:

Sewing machine and basic sewing supplies

¼" foot

Walking foot optional for quilting

### Materials:

Foundation Fabric: 1- 8" square muslin

Focus fabric: 1- 5" square

Complimentary fabric: 2- 1 ½" x 5" strips

2- 1 ½" x 7 ½" strips

Contrast fabric: 4- 1 ¼" x 6" strips

Accent fabric: 2- 4" x 4" squares

Cut each square diagonally in half to make 4 triangles

Backing Fabric: 8 ½" square

Batting: 8 ½" square cotton batting

8 ½" square Insul-bright batting (do not use in microwave)

Binding Fabric: 40" of 2 ½" wide (pressed in half lengthwise)

### Sewing:

1. Pin the 5" square focus fabric on point in the center of the foundation block.
2. Place a 1 ½ x 5" complementary strip along one side of the 5" square focus fabric right sides together.  
Sew using ¼" seam allowance. Press the seam. Flip the strip open and press.  
Repeat this step with the other 1 ½" x 5" strip on the opposite side of the 5" square.  
Repeat this step again with the 2 – 1 ½" x 7 ½" complementary strips on the remaining sides.  
(These strips will extend past the edges of the previous strips)
4. Center a 1 ¼" x 6" contrast strip on one side of the block along the raw edge of the complementary strip with right sides together. Sew using ¼" seam. Press the seam.  
Flip the strip open and press.  
Repeat this step with the remaining 1 ¼" x 6" remaining complementary fabric strips.
5. Center an accent triangle with right sides together on one corner of the hot pad block.  
Sew using ¼" seam. Press the seam. Flip the strip open and press.  
Repeat this step with the remaining accent triangles.

### Trimming:

Place the block right side down on a cutting mat, exposing the foundation on the back.

Trim to 8" square.

### Assembly:

Lay the 8 ½" square of backing fabric right side down.

Layer the cotton batting and Insul-bright batting.

Center the 8" hot pad block on the batting right side up.

Pin baste or spray baste.

Quilt as desired. Trim excess batting and backing from the hot pad.

Bind

Alternate method with facing and no binding:

Make the Hot pad top according to the above method.

Cut 8" square of backing, batting and Insul-bright.

Layer:

Batting

Insul-Bright

Backing right side up

Hot pad top right side down

Baste

Stitch around all sides with  $\frac{1}{4}$ " seam leaving an opening on one side for turning inside out.

Trim corners and turn inside out.

Slip stitch opening closed.

Quilt as desired.