

Feel the love with warm bags!

Need:

Strip of fabric 6.75"x44"

or a fat quarter - cut 2 rectangles 7"x22"

10"x 4" of wonder under

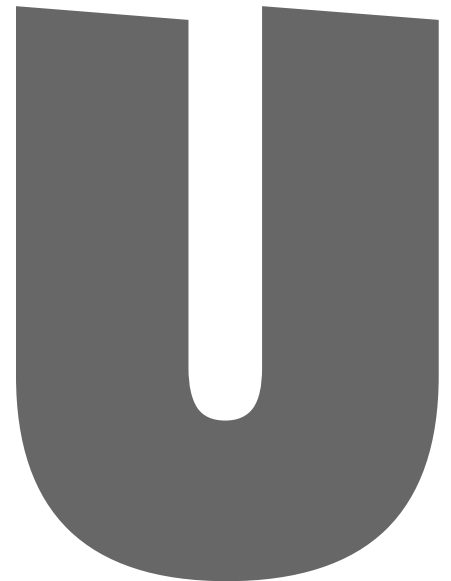
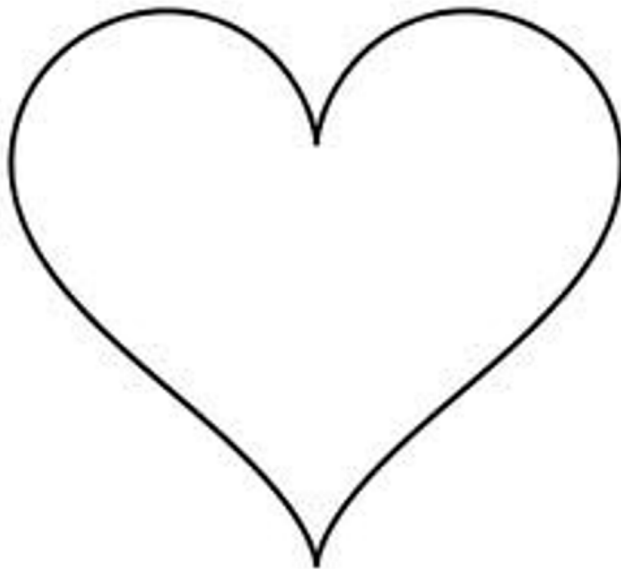
10"x 4" of fabric for letters

8 cups field corn or beans or rice



Draw the letters and heart on your Wonder Under. Press the wonder under to the wrong side of letter fabric. I hold for 13 seconds with a dry iron. Cut out the letters and heart. Peel off the paper backing of the Wonder Under. Place letters on fabric rectangle or strip. Press with iron to attach (20 seconds). Then go around the letters & heart with a buttonhole or small zig zag stitch. Next put right sides together and sew up your edges, leaving one short end open. Turn inside out. Put your corn in. The bag will not be all of the way full. You want it to be able to bend for comfort when using. You need to sew the end shut. Pin right above the corn to hold it a little while you tuck the ends of the bag in & then sew across the top.

Heat the bag in the microwave for 3 to 4 minutes.



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