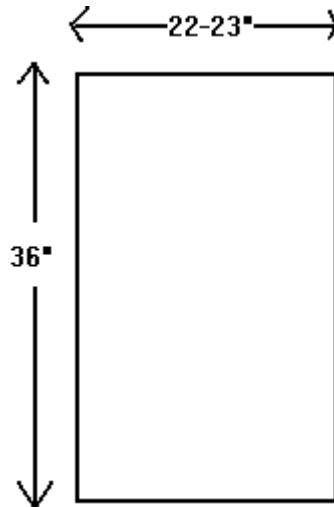


INDIAN HEATING PAD

Materials:

- Fabric: Firmly woven fabric that is 36 x 29 ½ inches long.
- Thread: One spool of color to match the fabric.
- Whole Corn or Rice



Equipment:

- Sewing Machine
- Straight Pins
- Tape Measure
- Iron and Ironing Board
- Scissors

General Directions:

- Keep your eye on the edge of the fabric. If you watch the needle go up and down you'll get dizzy!
- Keep your fingers away from the needle.
- Backstitch, shorten the stitches, or tie the threads at the end of EVERY row of stitching so the stitching does not pull out. Trim the threads after you fasten them.

Preparations:

- Press the fabric to remove the centerfold and any wrinkles.

Directions:

- Cut a piece of fabric (cotton or mixed) 36" x 22-23".
- Fold in half lengthwise with right sides together.
- Stitch down the long side making a $\frac{1}{2}$ seam. Make sure to back stitch at the beginning and end of the seam.
- Begin as if to turn the bag "inside out", but only go half way.
Once the raw edges meet, stop turning the bag inside out.
- The right sides of the fabric should now be showing on both the inside and the outside.
- Sew across the two raw edges on the end of the bag, again making sure to back stitch at the beginning and end of a seam.
- Turn the bag right side out.
- Fill the bag with 3-4lbs of corn or rice.
- Sew end closed.