



This Microwave Heat Pack is the perfect companion to the Super Cool Cold Pack when heat and cold therapy is needed. To heat, simply place the Pack in the microwave for 2 – 3 minutes.

MATERIALS NEEDED:

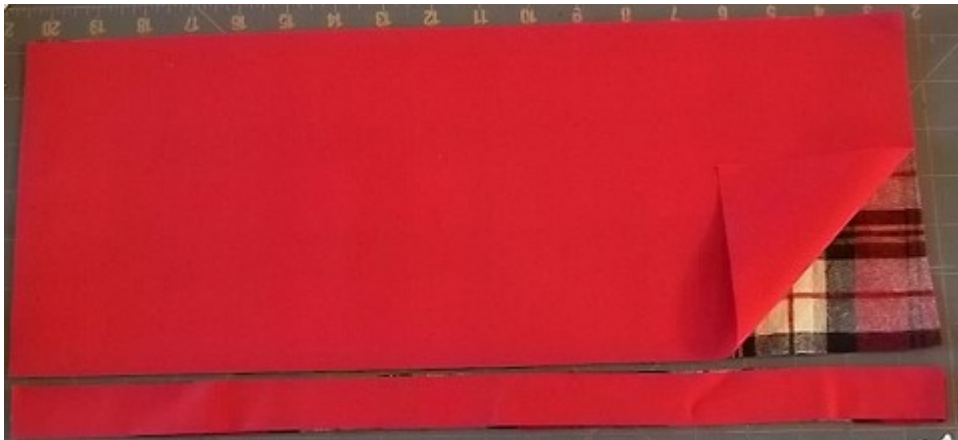
One 8" x 18" cotton fabric

One 8" x 18" flannel fabric

3/4 cup rice (not instant)

Dark fabric iron on transfer paper for the labels on page 5

INSTRUCTIONS:



Cut the 8" x 18" pieces of flannel and cotton. If making several, lay the cotton fabric on top of the flannel fabric and then measure and cut both 8" x 18" pieces at once.

Trim off 1" from the 8" side to make the tie piece.



Stitch down the center of BOTH the flannel and cotton tie pieces. Then zigzag along the edges to finish. The picture above does not show the zigzagged edges...sorry.



Cut out the label and iron it on the LEFT BOTTOM corner of the cotton piece, 1" from the left side and bottom.



Fold the tie piece in half. With the flannel piece right side up, pin the folded end of the tie in the middle on the right side. Stitch in place 1/4".

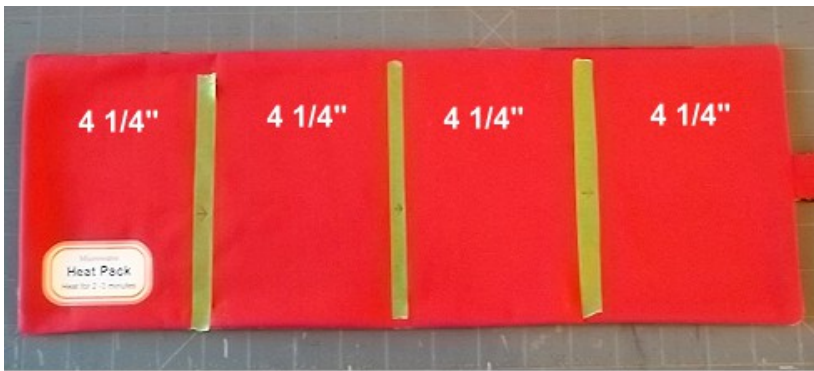
Lay the cotton piece on top of the flannel piece, right side down, with the label at the upper left side.

Stitch the pieces together 3/8" along all sides, leaving a 3" opening at the side with the label for turning.

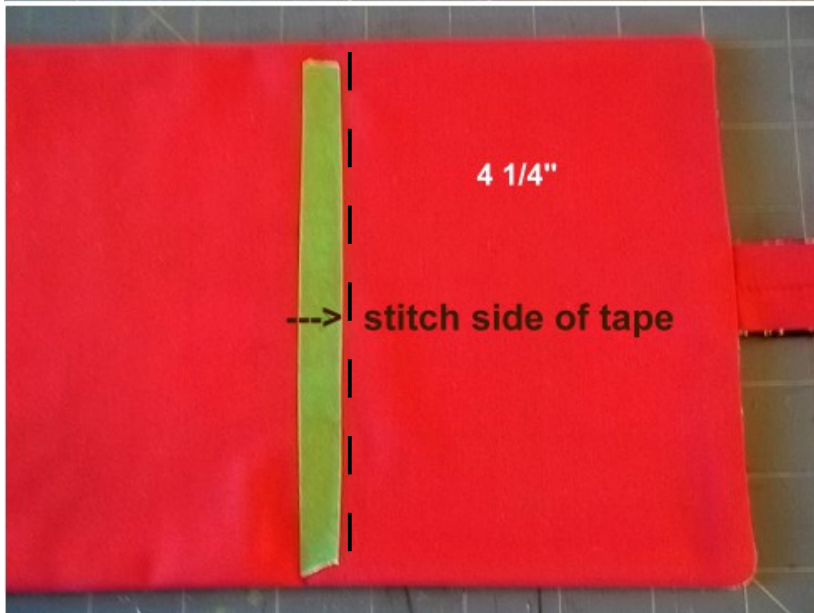


Clip corners and turn right side out.

Press the edges, making sure NOT TO TOUCH THE LABEL with the hot iron.



Mark vertical stitch lines with tape or marking pen, every 4 1/4".



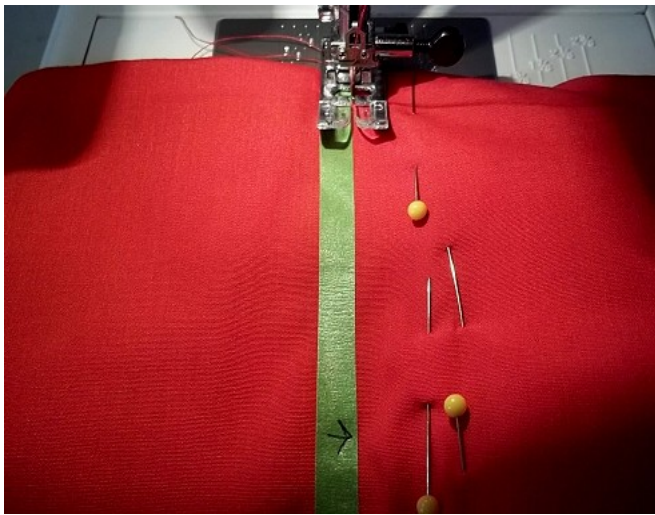
If using tape, make an arrow pointing to the stitch side of the tape pieces.



Add 3/4 cup of rice into the side opening using a paper funnel if desired.

Pin through the both fabric pieces, right next to the rice. Stagger the pins to keep the rice away from the stitch line.





Stitch along the tape/marked line, through all thicknesses.

Remove the tape and pins.

Repeat adding the rice, pinning and stitching the remaining vertical lines.

Pin and stitch the side opening closed from end to end.



Fold the Heat Pack so the label side is on top and secure with the ties.

Your done!

Microwave Heat Pack Labels
Print on Dark iron on transfer paper

Microwave
Heat Pack
Heat for 2 -3 minutes

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