

Heated Rice Bags

Small rice bag finishes to 8" x 11".

Large rice bag finishes to 6" x 22".

These bags are fabulous, and so quick and easy to make you won't stop with just one. The small size is perfect for applying heat to the back or knee while the larger size bag is great for the shoulders and neck. Heat one of these gems to slide between the sheets for a little heat by your feet. Great for gifts.

Skill level: Beginner

Designed and written by Nancy Davis Murty

Sewn by Mary Wieser

Fabric Requirements:

Yardage is based on 44" wide fabric.

- 1/4 yard for one bag
- 2–3 pounds of uncooked long grain rice per bag

Cutting Directions:

All measurements include seam allowance.

For the small rice bag cut:

- (2) 8 1/2" x 11 1/2" rectangles

For the larger rice bag cut:

- (2) 6 1/2" x 22 1/2" rectangles

Assembly:

1. With wrong sides together, pair up the two rectangles. Sew around the rectangle, stitching 1/2" from the raw edge. Leave a 1 1/2" opening on one side of the rectangle. Backstitch at the beginning and end of the sewing.
2. Using a pair of pinking shears, trim the seam allowance to 1/4" on all four sides of the sewn rectangle.



3. Pour some rice into a large measuring cup or pitcher. Insert a kitchen funnel into the opening on one side of the sewn rectangle. Pour the rice through the funnel into the bag. Fill the bag so that it is about 1" to 1 1/2" thick when laying flat. You don't want to have the bag too thick or it will be uncomfortable to lay on.



4. Machine stitch opening closed being sure to backstitch at the beginning and end to secure.



To heat, pop the bag into the microwave. Because microwaves vary, I would start with 2 minutes and increase the time if the bag needs more heat.

Pop the bag into the freezer for a cool relief on a hot day or the next hot flash.

The directions of this pattern are written with the assumption that the quilter has a basic knowledge of sewing. There are many great books and talented teachers available at local shops, quilt guilds or among our fellow quilting friends. And there is nothing as good as hands-on help, so you may want to look to one of these sources for additional help if needed.

I hope you enjoyed this project and it puts a smile on your face. Visit www.bee creativestudio.com to see the other great patterns available from Bee Creative Studio.



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