



# Bless My Stitches Quilt Shop

## Hot / Cold Rice Pack

104 D Tennessee Street  
Murphy, NC 28906  
Monday - Saturday 10 - 5  
828-835-4900

### Supplies:

2 - 10 1/2" x 20 1/2" rectangles of fabric  
coordinating thread  
friction marking pen  
4 cups of rice (approx)  
dried lavender  
lavender oil



Use this cozy little rice pack cool or warm your muscles. Place in freezer to cool or heat in microwave to warm.



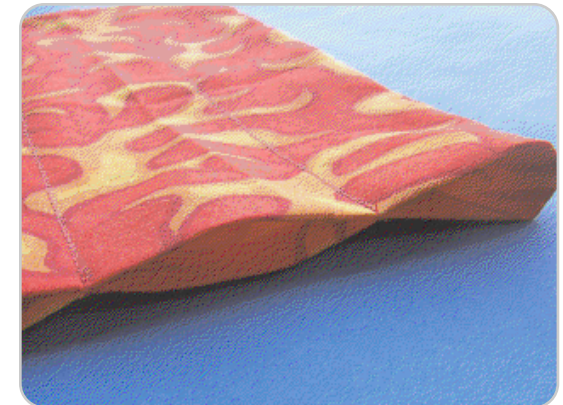
Placing rectangles right sides together, sew around 3 sides using 1/4" seam allowance. Clip corners as shown.



Turn bag right side out. Then turn the raw edge under 1/2" and press.



Using your friction marking pen, mark lines every 2 inches along the length the length of the bag. This will make channels that help keep the rice mixture spread evenly throughout the bag.



Stitch along the marked lines, right up to the edge of the bag. Backstitch at the beginning and end of your stitching. It should look like this.

Iron to remove the friction pen marks.

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Mix rice, dried lavender and lavender essential oil. Using a funnel add rice mixture to fill the channels about 1/2 - 2/3 the way full.



Sew the opening closed. Sewing as close to the folded edge as possible. Backstitch at the beginning and the end.



Place on sore muscles...aww!