

Warming / Cooling Cushion

Materials:- 500g of wheat grains

Heavy weight cotton fabric (Enough for a 12.1/4 inch square)

Muslin (Enough for a 12.1/2 inch square)

A small amount of cotton fabric, at least 2 colours

Instructions

1) Inner bag to hold wheat grains.

Cut a 12.1/4 inch square from heavy weight cotton. Fold in half and stitch along 2 sides. Turn to the right side and fill with 500g of wheat grains. Turn under the open end and stitch securely.

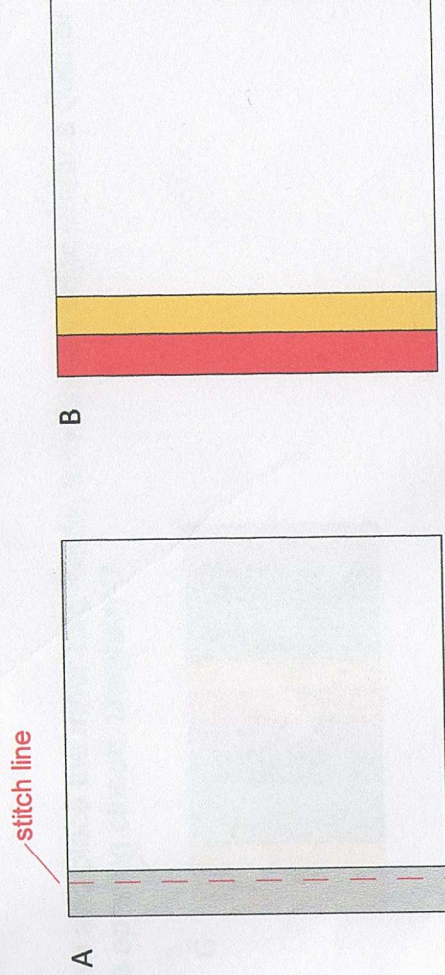
2) Outer cover.

Cut a 12.1/2 inch square from the muslin.

Cut 12, 1.1/2 x 12.1/2 inch strips from the coloured fabrics.

(NB. They could be all different depending on the pattern you wish to create.)

Place 2 strips, right sides together, at the edge of the muslin square. Stitch to the muslin with a quarter inch seam, as shown in the diagram A. Open and press. Diagram B.



2 strips, right sides together

Place the next strip on top of the 2nd strip, right sides together and stitch a 1/4 inch from the unsewn edge. Diagram C. Open and press again. Diagram D

