

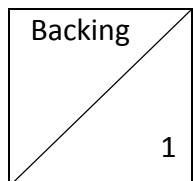
Hot Pad / Potholder Technique Class by Lorie

Preparation

- Use contrasting colors. Cut 9" squares out of 5 pieces of fabric:
 - 1 fabric will be the backing
 - 4 of the fabrics will form 4 triangles. Fold each piece of fabric into a triangle with the wrong side in and right side out. Iron.
- Cut a 4" square which will be the centre piece on the top of the hot pad.
- Cut a 9" square out of regular batting.
- Cut a 9" square out of heat resistant batting - light silver on top

Construction

1. Place the regular batting on your mat.
2. Place the backing fabric right side up on top of the batting.
3. Place the Triangles on top of the backing one at a time:
 - Triangle 1 - with corners matching in the bottom right. Pin each corner and the sides.



- Triangle 2 - with corners matching in the top right. It will overlap Triangle 1. Pin.
- Triangle 3 - with corners matching in the top left. It will overlap Triangle 2. Pin.
- Triangle 4 - with corners matching in bottom left. It will overlap Triangle 3. Tuck the right corner of Triangle 4 under Triangle 1 to complete the pinwheel. Pin.
- There will be 4 overlapping triangles facing up. Sew a $\frac{1}{4}$ " seam around the square.



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4. In preparation of turning the hot pad inside out, trim the batting along the sides and then trim the corners.
5. There is an opening in the middle of the triangles. Turn the hot pad inside out - the backing fabric will be on the bottom and the triangles will be on the top. The corners will be rounded because of the bulk of the batting. Push them out as much as possible. Press.
6. With the top triangles facing up, insert the heat resistant fabric so that the silver side is face up and visible through the opening.
7. Insert the 4" square in the centre of the opening on top of the heat resistant fabric.
8. Turn each of the edges of the triangles back about $\frac{3}{4}$ " to 1" from the centre towards the edges. Make sure that the curved fold goes to both ends of the triangle as some of the fabric is tucked under the triangle on top ie. Triangle 1 is under Triangle 2. Place a pin at the centre and also at the corner to retain the 45 degree angle - the curved fold with end about $\frac{3}{4}$ " from the corner. Press. Option - have curve go to the corner.
9. Repeat Step 8, with each triangle one at a time. Pin. Press as you go or you can press at the end. The 4" square is now visible in the opening as a 2"ish square.



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10. Each folded edge will be sewn down with a decorative stitch.
11. Start with Triangle 1. Because the triangles are overlapping, you will lift up Triangle 2 and start sewing the decorative stitch on Triangle 1 about $\frac{1}{2}$ - 1" under the lifted triangle.
12. Repeat Step 11 sewing around the square until all triangles are sewn down.
13. Optional - with the right side up, sew a $\frac{1}{4}$ - $\frac{1}{2}$ " seam around the hot pad to finish.

