

## Microwave Bowls



Our cozies finish with an approximate 4" x 4" flat base area. The height varies from 2½" at the top of each "dart" to 4½" at the point of each "wing."

### Fabric and Other Supplies



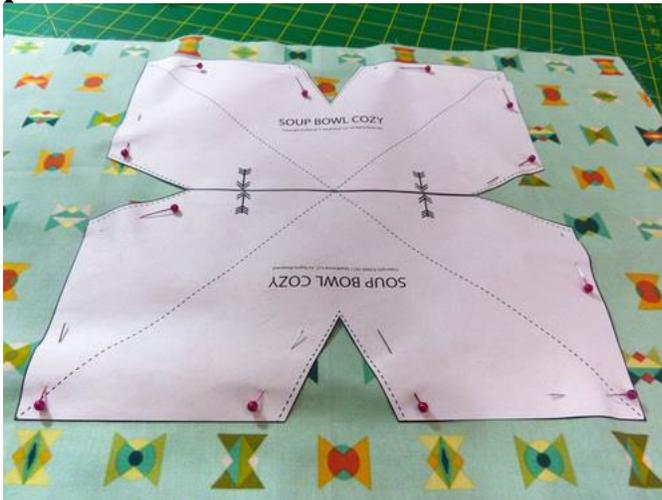
**NOTE:** *The quantities listed below are for ONE bowl cozy, multiply as needed for yourself and/or your gift list.*

- **TWO** coordinating 100% cotton quilting weight NOTE: *If you choose not to use Fat Quarters, you'll need fabric scraps or yardage of approximately the same size. The assembled pattern finishes at just 10" square, but it's nice to have a piece a little bit larger to allow for fussy cutting.*

- 1/3 yard of 22"+ wide low loft cotton batting
- All purpose or cotton thread to match fabric; *some folks prefer all-cotton when making an item that will go into the microwave*
- See-through ruler
- Fabric pen or pencil
- Seam gauge
- Seam ripper
- 
- Scissors or rotary cutter and mat
- Iron and ironing board
- Straight pins

## Getting Started and Pattern Download

1. **DOWNLOAD PATTERN:** Download and print TWO copies the Soup Bowl Cozy pattern.  
**IMPORTANT:** *The pattern is ONE 8½" x 11" sheet. You must print the PDF file at 100%. DO NOT SCALE to fit the page. There is a guide rule on the page to insure your printout is to scale.*
2. Cut out the two pattern pieces along their solid outer line.
3. Using the arrows printed on the pattern, assemble the two sections to create the full pattern.
4. From EACH fabric, use the pattern to fussy cut ONE front panel and ONE back panel.



5. From the batting, use the pattern to cut TWO panels.



**6. Make sure you trim the side cutouts from all the layers.**



### **At Your Sewing Machine & Ironing Board**

**1. Add a layer of batting against the wrong side of both the front panel and the back panel. The edges of the two layers should be flush all around.**



**2. Using a fabric pen or pencil, draw in the two diagonal lines from corner to corner as shown on the paper pattern.**



**NOTE: As always when working on the right side of your fabric, make sure your marking tool is one that will easily wipe away or will vanish with exposure to the air or the heat of an iron.**

**3. Lightly pin together the layers at the outside edges and along the drawn lines.**



**4. Thread the machine with thread to best match the fabric. Slightly lengthen the stitch.**

**5. Stitch along the drawn lines on one layered pair. First in one direction and then in the opposite direction, creating a large X.**



**6. Repeat on the second layered pair. Take the time to re-thread with matching thread if need be.**

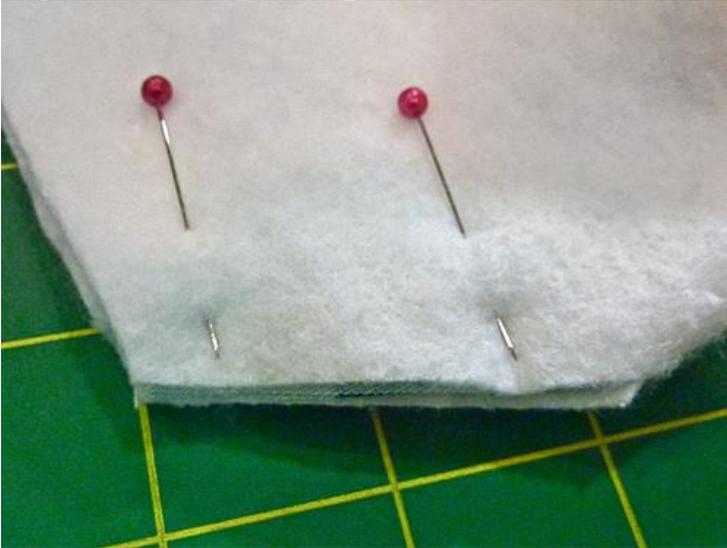


**7. On both the front and the back panels, pin the cutouts right sides together. These cutouts are similar to a dart, but without the traditional center fold of**

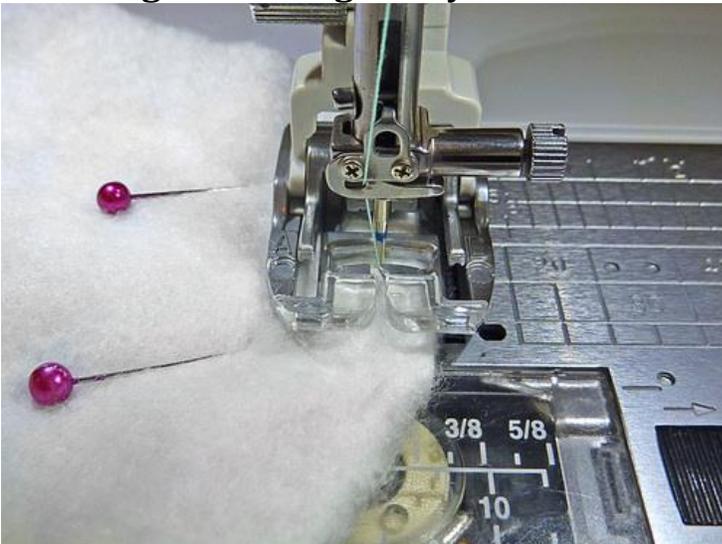
**fabric. This was done to reduce bulk.**



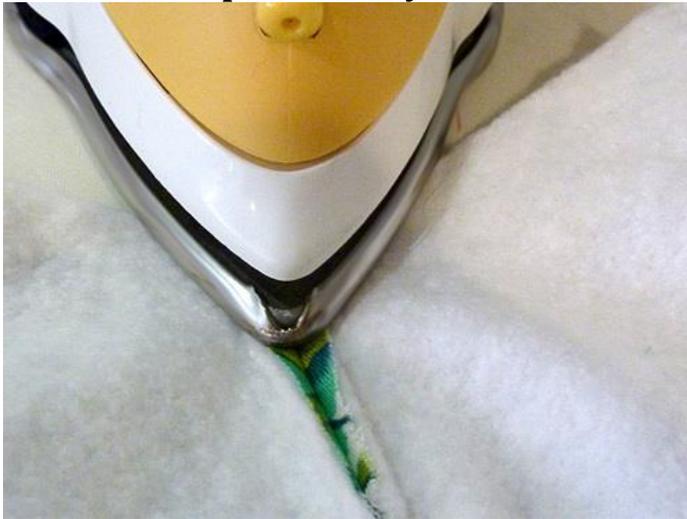
- 8. Rather than bringing together two marked lines as you would to create a standard folded dart, you simply align the raw edges of each cutout, right sides together, and pin in place.**



- 9. Stitch together using a very narrow seam allowance:  $\frac{1}{8}$ " -  $\frac{1}{4}$ ".**



10. **Press open the tiny seam allowances.**



11. **When all four cutouts are sewn on both the front and back panels, your cozy has already begun to form its final boxy shape.**

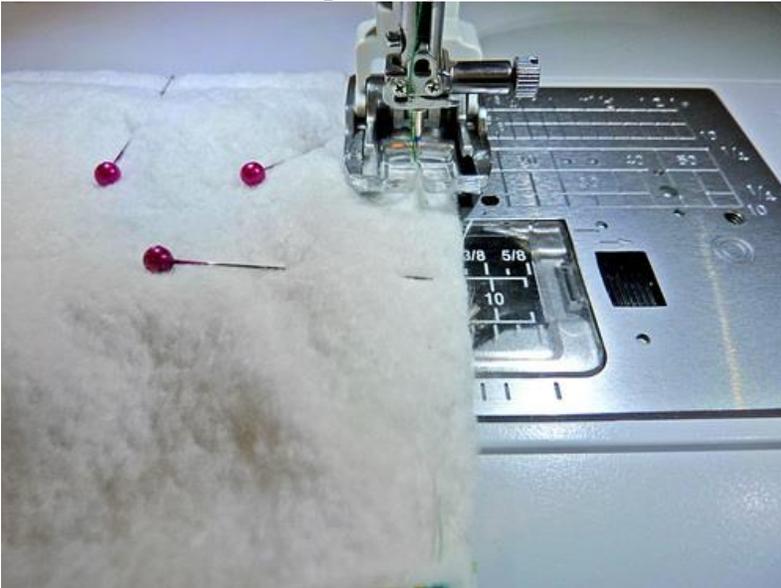


12. **Place the front and back panels right sides together. The outer edges of the the layers should be flush all around. The tiny seams should be aligned.**

13. **Pin together, leaving an approximate 2" - 3" opening for turning.**



14. Re-set the stitch length to normal.
15. Using a  $\frac{1}{4}$ " seam allowance, stitch all the way around the outer perimeter. Remember to pivot at all the corners and to lock the seam at either side of the 2" - 3" opening.



16. Trim back the batting close to the seam on both the panels to reduce bulk.



17. **Clip into base of each “dart” to allow it to ease and curve when turned right side out.**



18. **Clip the corners and press open the seam allowance all around.**



19. **Turn right side out through the opening. Use a long, blunt end tool to gently push out all the corners. A knitting needle, chopstick or point turner are all good choices.**

20. **Press flat all around, making sure the perimeter seam runs straight along the edge.**



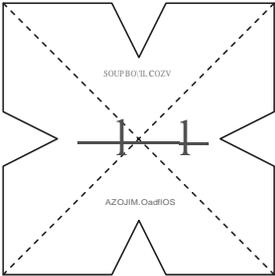
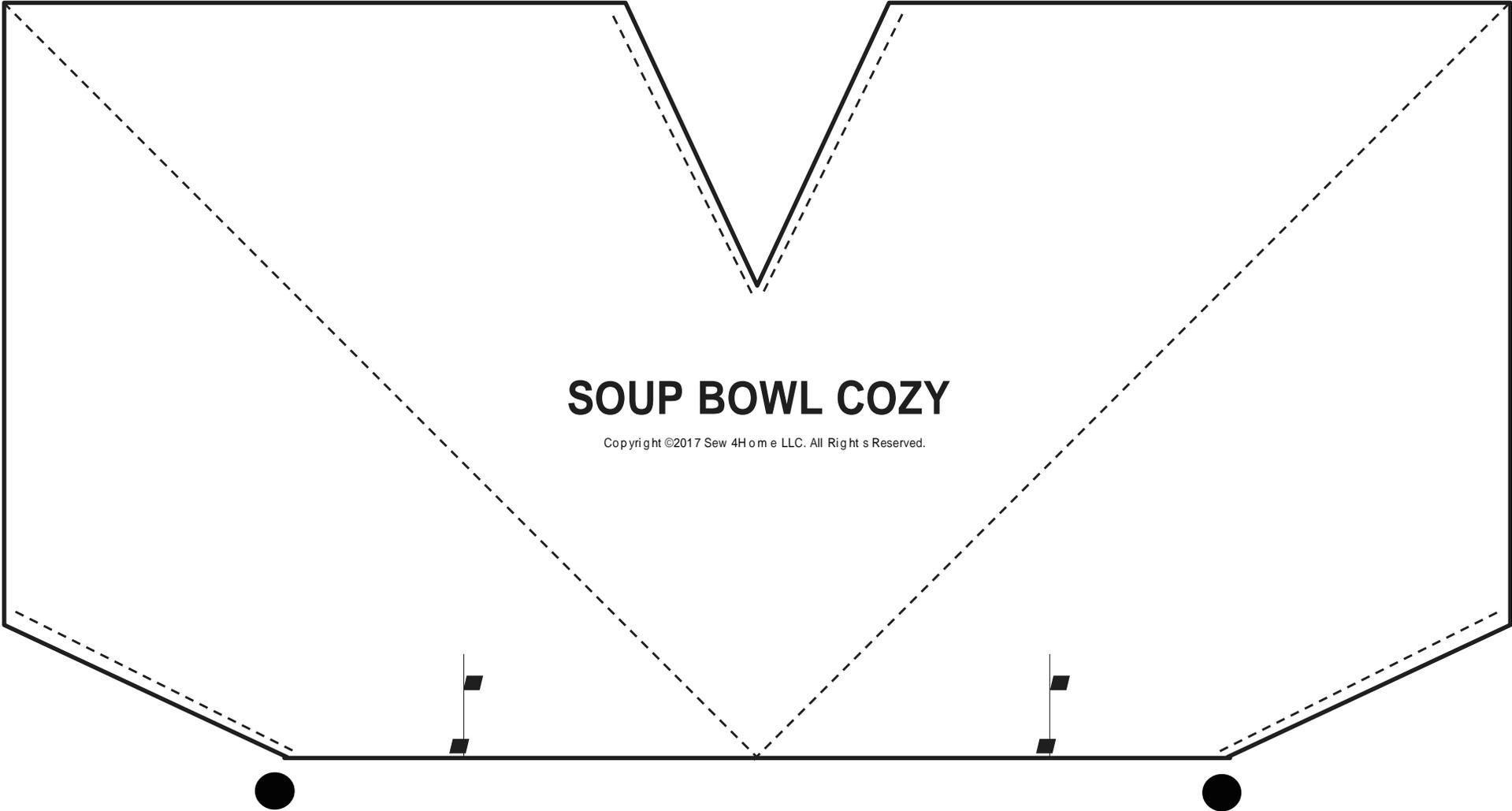
21. Press in the raw edges at the opening so they are flush with the sewn seam and pin closed.



22. Re-thread if necessary with thread to best match the inside in the top and the outside in the bobbin. We found it easiest to stitch with the inside facing up. You can really stitch from either direction, just re-thread the top and bobbin accordingly. Slightly lengthen the stitch to match the diagonal stitching you did above.
23. Edgestitch around the entire perimeter. This stabilizes the edge and closes up the opening used for turning.



Confirm your printer output is correct. This bar is 7inches long.



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IMPORTANT: Print this .pdf file actual size; do not size or scale to fit page.