

week TWO



Quilted Potholders

designed by:  
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estimated sewing time:  
2 hours  
finished size: 9" square

Potholders are a great way to use up your favorite larger prints, fabric scraps and to practice sewing straight, quilting, and lots of other beginner techniques! Can't wait to see yours!



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## MATERIALS & SUPPLIES

- Two pieces of fabric (at least 11" x 11")
- One piece of Insul-Bright insulated batting (at least 11" x 11")
- Coordinating Thread
- Sewing Pins
- Scissors
- Fabric Marking Pen or Hera Marker



## INSTRUCTIONS

### STEP 1: PREPARE PATTERN AND FABRIC

Print the attached pattern pieces on pages 7-8. Match up light blue line and markings A-A and B-B. Tape well, then cut out on solid black line.

*\*Note: You can make this simple potholder without the pattern pieces, however, for a beginner child or even an advanced beginner we find that it really makes a difference in the finished product and is much easier for the child with the pattern.*

Cut two pieces of fabric at least 11" square. These do not need to be cut perfectly, as they will be trimmed up later.

Cut one piece of Insul-Bright insulated batting at least 11 inches square. (It is important to use insulated batting since this project is a potholder that will be used for holding hot items.)



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## STEP TWO: PINNING AND SEWING

Lay the fabric pieces right sides together. Place the insulated batting on top of one of the fabric pieces.

Place your prepared pattern piece on top of the fabric and insulated batting stack. Pin in place.

Tip: We found it easier for a child to pin inside the sewing lines so that they didn't have to remove the pins until they finished sewing.

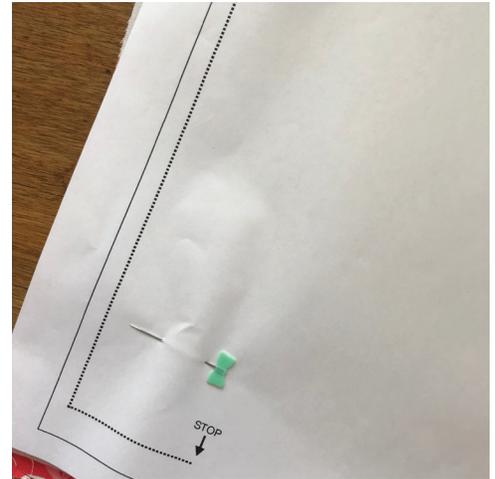
Use the dashed sewing line on the pattern to guide your sewing.

Begin at the **START** arrow and be sure to backstitch to lock the thread. Stop at the corners with the needle in the down position and pivot to turn. This is a little tricky with the bulk of three layers and paper as well as the pins. Little fingers may need a little assistance with turning.

Continue in this manner all the way to the **STOP** arrow. Backstitch to lock the thread. Remove from the sewing machine.

## STEP THREE: REMOVING PATTERN PIECE & TURNING FABRIC

Remove all pins. Cut along the solid line of the pattern piece, cutting the insulated batting and fabric at the same time. (A younger child may need help with this part.)





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Tear all the paper off the insulated batting. This is easy to do but sometimes little tiny pieces of paper might require extra help to remove!



Cut each corner at a diagonal, being careful not to cut into the stitches.



Slipping your fingers into the opening that was left, pull your fabric out the opening so that both pieces are facing right sides out and the insulated batting is sandwiched between the fabric. Push the corners out with your fingers.





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At the opening, fold the fabric so the seam allowance is inside the potholder and pin it in place.



## STEP FOUR: TOPSTITCH AND QUILT

Using the edge of the presser foot as your guide, sew a topstitch next to the outside edge of the potholder.



Continue sewing all the way around, pivoting at the corners. This will close up your opening.





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Now you can have some fun with your potholder by sewing some quilting lines! Using a fabric marking pen (or hera marker) draw quilting lines on the fabric. Sew on these lines, being sure to backstitch at the beginning and end of each line. The quilting stitches secure the potholder and also make it look pretty. Get creative on where you want to sew your quilting lines to make different patterns!



Congratulations! You have finished your potholder! But don't stop here! Make more and give them as gifts or to use when you help out in the kitchen! Every potholder you make will go faster and you'll improve your sewing skills so you're ready for the next lesson!



Don't forget to tag us on Instagram with [#janomecamp19](https://www.instagram.com/janomecamp19) so we can see your project!



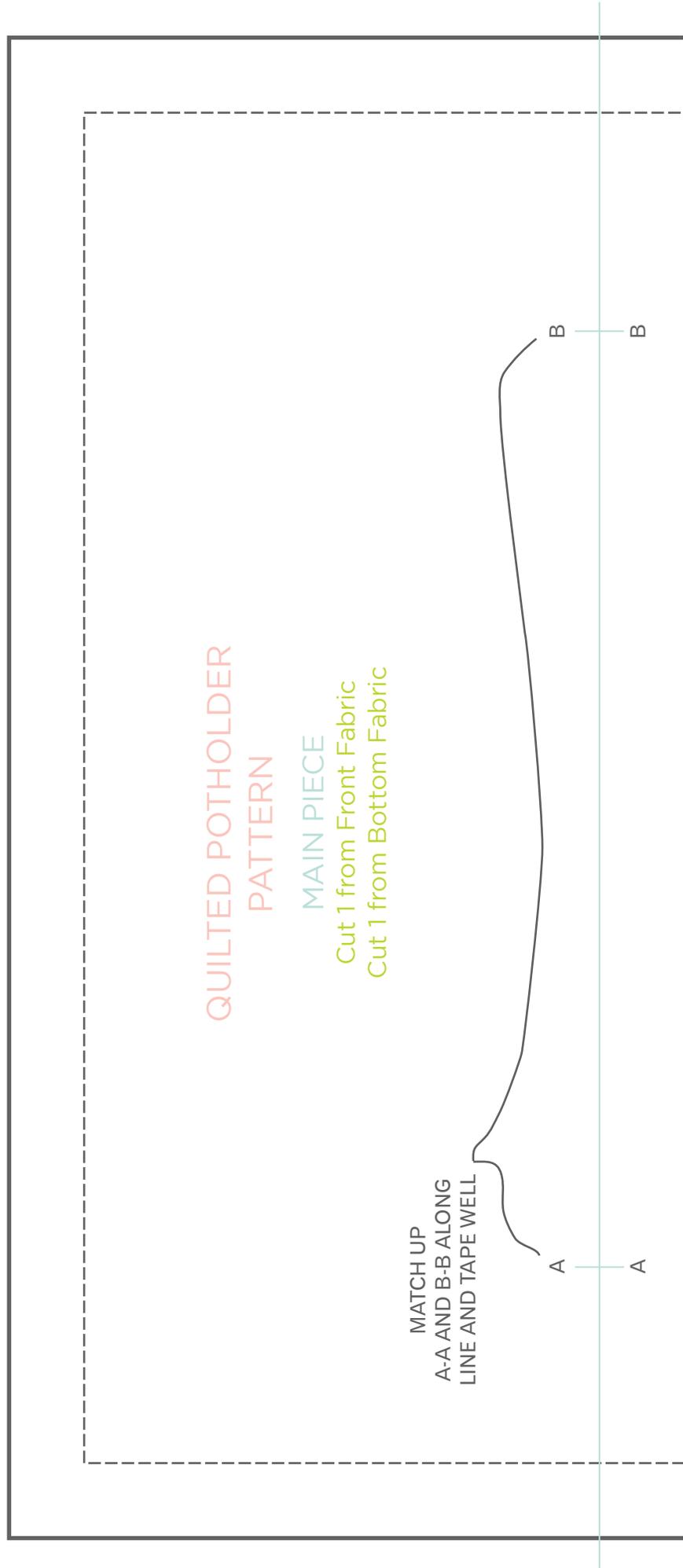
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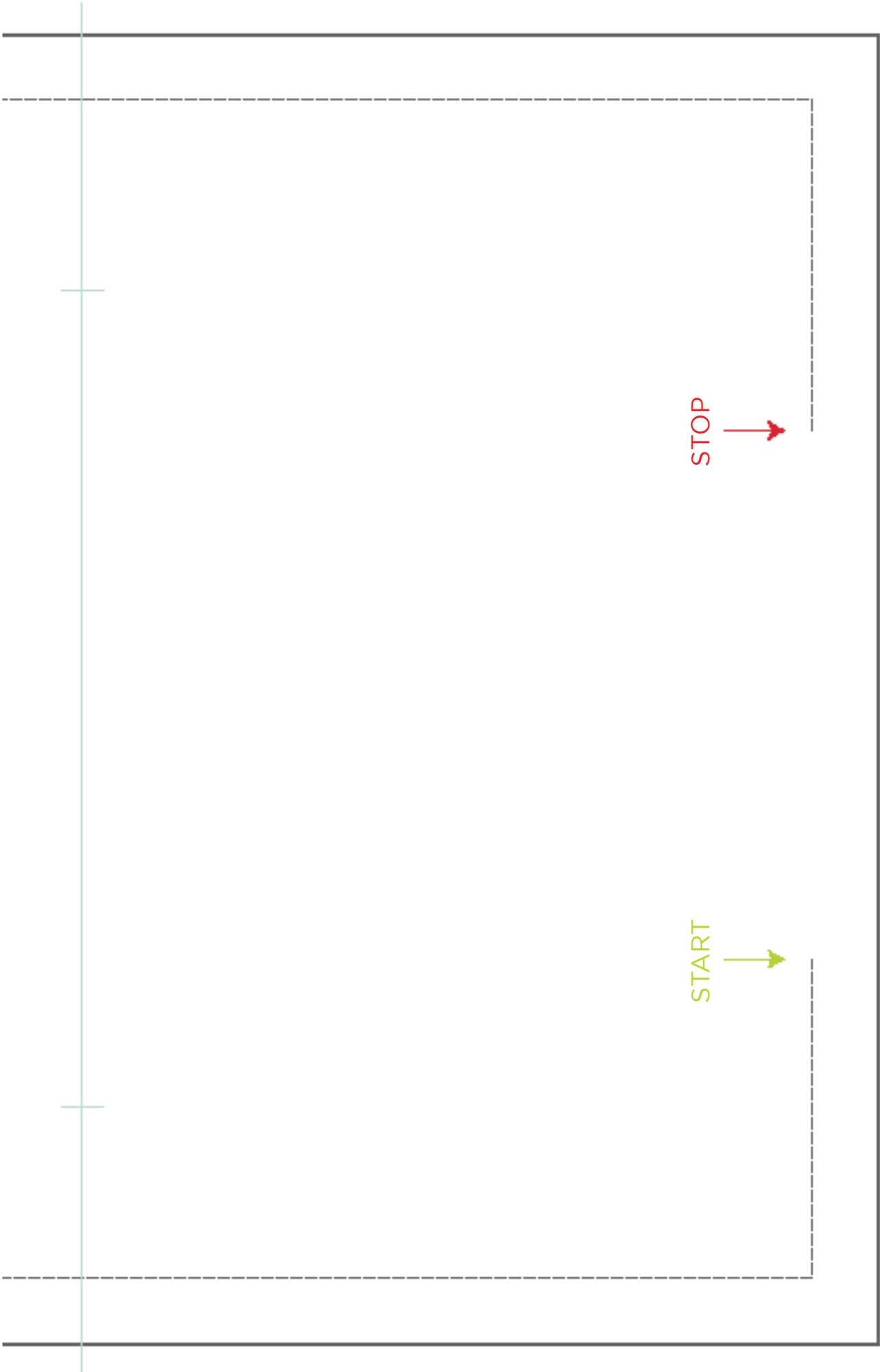
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