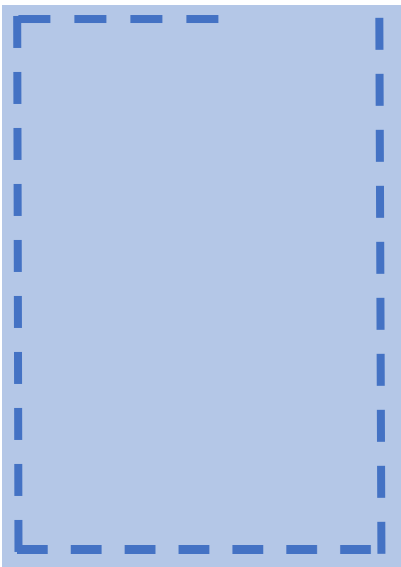
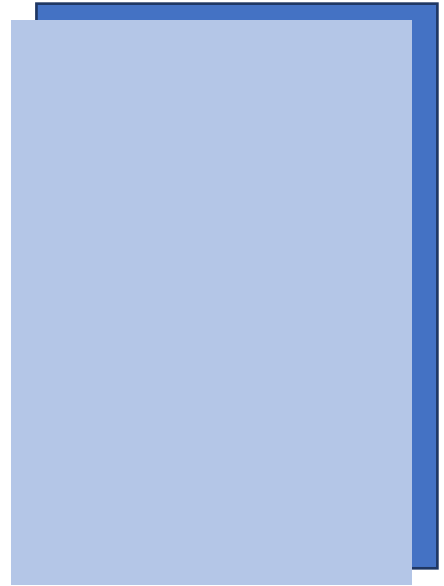


Rice Heat Pack

Approx. 1 Kg long grain rice

100% cotton fabric:

2 pieces cut 12" x 8"



1. Place the 2 pieces of fabric **right sides together**. Sew a $\frac{1}{4}$ " seam around the bag **leaving a 4" opening** as shown.
2. Turn the bag right sides out and **press** ensuring you **fold the fabric in at the opening** to make it easier when sewing the bag closed later.
3. **Place rice in the bag** (ensure you don't overfill it; you still need to sew it closed). TIP - only fill to just past the halfway point to allow lots of space to sew it closed.
4. Now topstitch the bag closed, being sure to fold in the pressed raw edges to **complete the seam**.
5. **Microwave for approximately 2 mins** (depending on your microwave) to warm the pack and you are ready to snuggle up with it on those chilly winter's nights.