

# POLAR CARE

NECK AND HAND WARMERS



LEARNING TO SEW PROJECT 11

TERMS OF USE: you may use this pattern to make items to sell in quantities less than 100 per year. This pattern is not to be shared, sold, duplicated or transferred to another in any way.

DESCRIPTION-The Polar Care Neck and Hand Warmers can be heated in the microwave and used as heating pads. They may also be frozen and used for cold packs.

#### RECOMMENDED FABRICS: WOVENS

100% Cotton or Flannel.

#### TERMS OF USE

You may make and sell items made from this pattern. You may not, however, redistribute this pattern either electronically or in printed form.

#### 45" WIDE FABRIC REQUIREMENTS -YARDS:

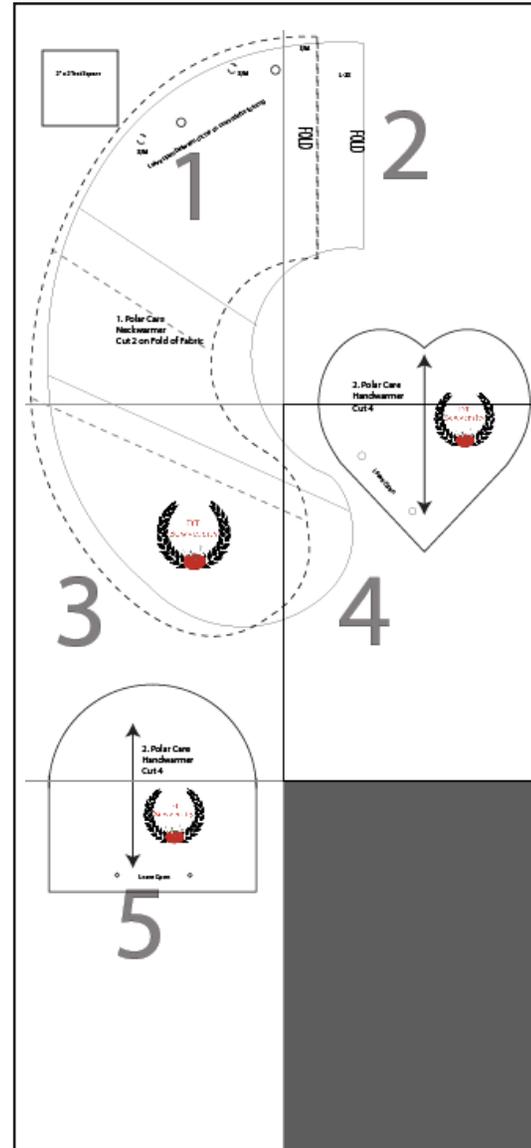
For the neck warmer, one half yard.

For the hand warmers, one quarter yard

Filling- Approximately 5 cups of regular rice for the neck warmer. You may want up to two pounds of flax seed or feed corn in place of the rice. 2/3 of a cup of rice for the handwarmers or 1/2 pound of flax seed or feed corn. Do not use instant rice or popcorn.

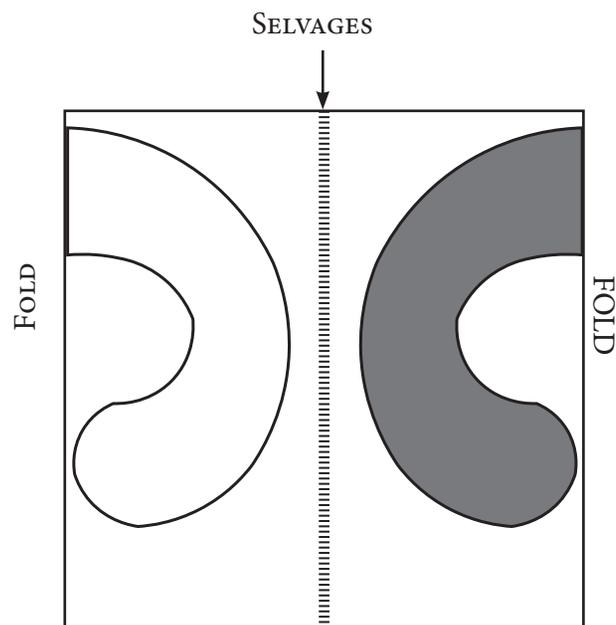
### PRINTING INSTRUCTIONS

Be sure to set your printer to not scale the pattern pieces by selecting "Actual Size" or "Custom Scale: 100%" in your print dialog.



Pattern Assembly. Print the pages and align the dashed page borders so that they touch. Tape the pages in place.

FABRIC LAYOUT: 45" wide fabric



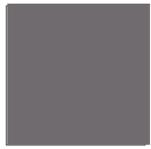
Cut one neckwarmer on the fold. Turn the pattern face down and cut the second piece.

Cut the neckwarmer out first. If desired, cut hand warmers through two layers of the remaining fabric.

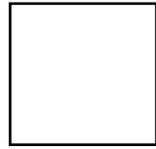


You may choose either shape, cut 4

READ THE INTRUCTIONS BEFORE BEGINNING TO SEW.  
All seam allowances are included and are 1/2" unless specifically stated otherwise.

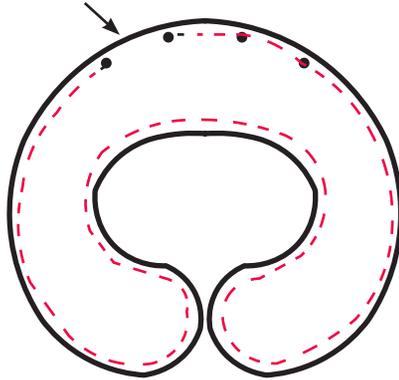


Right Side

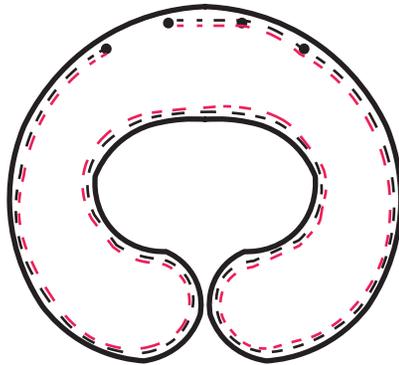


Wrong Side

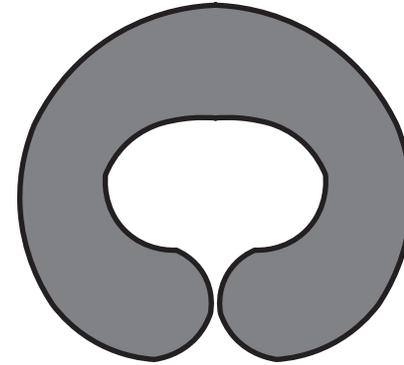
1. Right sides together, sew the neckwarmer pieces, leaving one side open between the markings for turning.



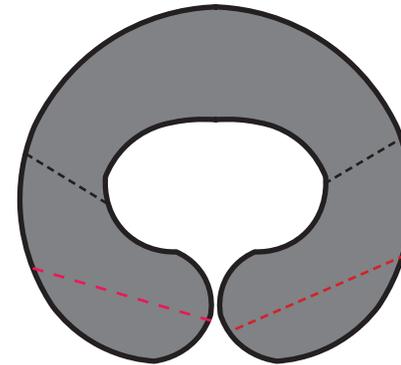
2. Make a second row of stitching using the 3/8" seam guide and keeping the opening created in step 1 unsewn. Clip the curves.



3. Turn the neckwarmer right side out.



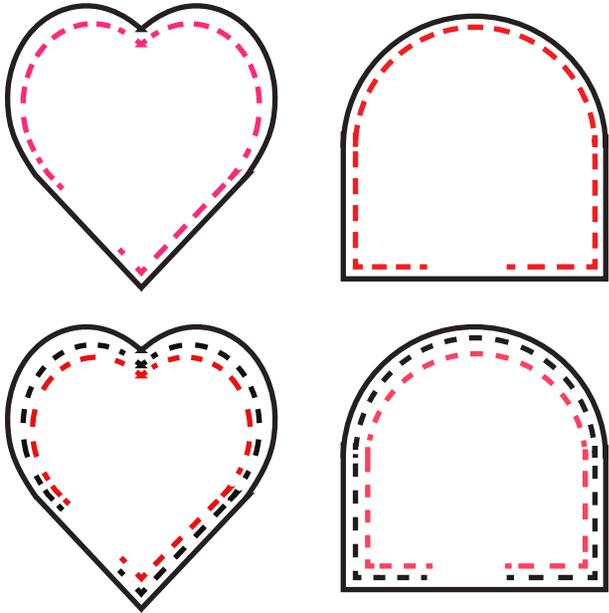
4. Fill the bottom ends as desired. You may hand baste the stitching lines. Next, sew along the stitching lines to hold the filling in place. Fill again on the opposite side and sew the next stitching line. Repeat filling and sewing the stitching lines until full and all stitching lines are sewn.



4. Slipstitch the opening closed.

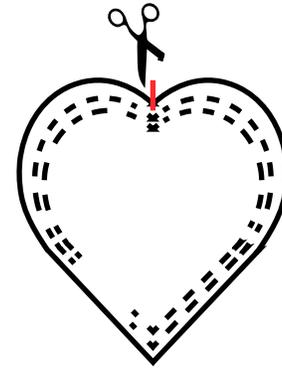
See next page for Hand Warmer Sewing Instructions

1. You will have 4 handwarmer pieces. Right sided together, sew one piece to the other. Leave a 2" opening for turning as marked. Repeat using the 3/8 seam allowance and keeping the opening unsewn.

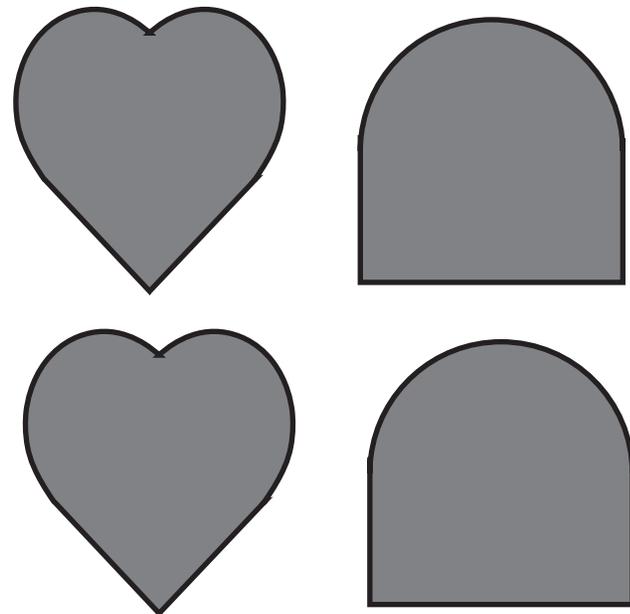


2. Repeat step 1 with the remaining Pieces.

3. If you are making the heart shape, clip the “v” to the stitching at the top. Do not cut through the seam.



4. Clip the corners and turn the handwarmers right side out. Fill as desired, slipstitch the opening closed.





2" x 2 Test Square

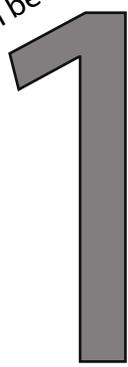
S/M



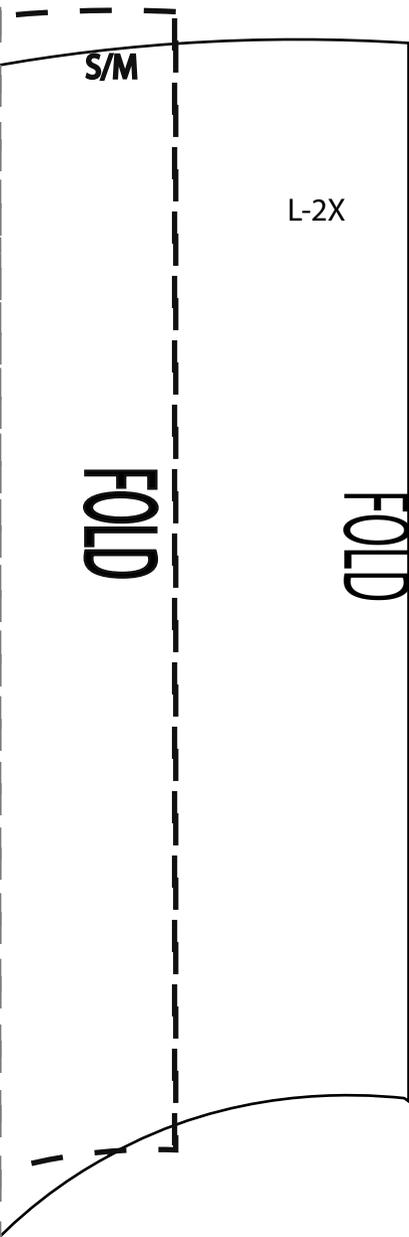
S/M



Leave open between circles on one side for turning



1. Polar Care  
Neckwarmer  
Cut 2 on Fold of Fabric



2





3

2. Polar Care  
Handwarmer  
Cut 4

Cut 4



Leave Open



4



Leave Open

