

All About Pot Holders

Sue Bouchard

Top - 8" square Quilt Block

Binding - (1) 2 3/4" strip - selvage to selvage

Backing - (1) 10" square

(1) 10" square Reflective Batting

(1) 10" square 100% Cotton Batting



Use only Cotton fabrics, threads and trims. Note that cotton batting can shrink 3-5%. To avoid shrinkage, soak batting in hot water for 20 minutes, gently wring out and place in dryer at a low setting.

Reflective Batting

These two products most commonly recommended to use to reflect the heat.

Insul-Fleece

Pellon #975

"the magic in the middle"

Polyester fibers are needle punched onto a sheet of aluminized polyethylene that helps reflect heat and cold back to its source.

Insul-Bright

Warm Company

Polyester fibers needle punched through an underlying layer of a non woven scrim and a reflective metalized film. Hot and cold temperatures are reflected back to its source.

Layer with 100% cotton batting

Backing, Insul-bright, Batting, patchwork front.

Both battings are machine washable and can not be used in a microwave.

If planning on using the in the microwave - use

Wrap-N-Zap Microwave Batting made from 100% cotton with scrim.

Use with only 100% cotton fabric and thread.

Cotton Batting helps insulate the food and cooks it more evenly.

Making the Pot Holder

Quilting and preparing Binding

1. Layer fabrics in this order -

Backing right side down, 100% Cotton Batting, Insul-Bright, front of Pot Holder, right side up. Quilt layers with a 3.5 stitch length. Zig-zag through all layers around outside edge of front of Potholder. Trim excess to zig-zag lines.

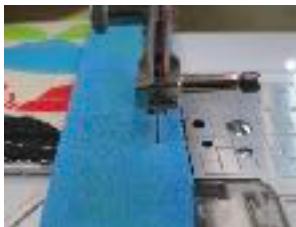


2. Fold Binding strip wrong sides together lengthwise. Trim off selvages. Place end of Binding in one corner. Raw edges are long the outside and fold of Binding is towards the center. Start sewing Binding down using and 3/8" seam allowance and 3.0 stitches/inch.



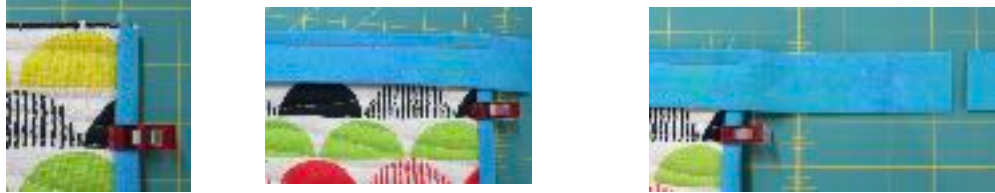
'Turning the Corner'

Note: I have taken the pressure foot off at each step to make the stitches more visible.
Sew Binding down until you are 3/8" from the bottom edge. Leave needle down and pivot towards the side. Sew. Fold Binding at a 45° angle so the tail is off the edge of the side. Fold back at a 90° angle lining up the Fold on the edge and the raw edges of the Binding along the Potholder. Continue sewing Binding to 3 1/2" sides. Sew halfway down there 4th side. Lock stitches. Remove from machine.

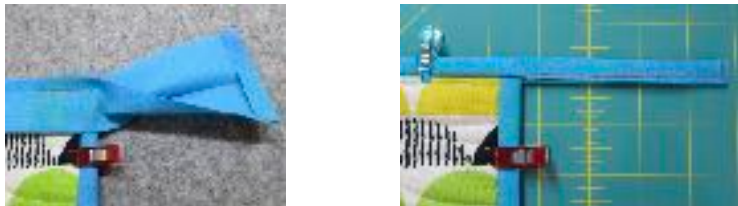


Completing the Binding

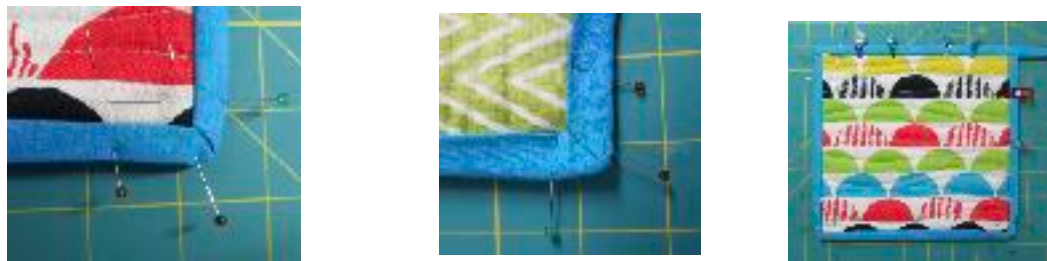
1. Move fold the beginning of the Binding to the Back. Pin or clip to secure in place. Finish sewing the Binding to Potholder. Trim tail to 4 1/2".



2. Press short end of Binding wrong sides together. Sew tail together to make the loop section.



3. From the front side sew Binding down securing the fold on the back. To sew corners, pin in place. Check back to make sure there is a good miter.



4. Fold tail in half to make a loop. Stitch in place several times to secure.

