

## Thermal Rice Bag with Removable Cover

This rice bag can be used as a cold pack by placing it in the freezer or used as a hot pack by heating in the microwave in 30 second intervals until heated. Do not heat more than 60 seconds. Various sizes of bags can be made and other options for necks or shoulders are available on Pinterest.

### Materials:

**Fabrics and thread must be 100% cotton to ensure no problems when heated in the microwave.**

Inner bag: muslin or fabric cut 6" x 20" – 21"

Cover: fabric cut 7" x 21" Do not cut the selvedge edge off.

1½ C rice (not instant)

Measuring cup, large bowl, and optional funnel with opening at least ½"

### Instructions:

1. Starting with the **inner bag** fabric, fold in half – right sides together. Stitch along both outer edges ⅜" from edge and then again ¼" from edge. Trim corners and turn right side out.
2. Draw lines on the inner bag at about 3 ¼", 6 ½", and 9 ¾" from the bottom of the bag. *Note: You can make the inner bag without sections, but I prefer the sections. The photos show an inner bag without sections.*
3. Using the funnel and the large bowl to better contain the rice, pour ½ C of rice into bag and make sure it's at the bottom of the bag. Place about 3 pins directly above the rice to keep it below the line and then stitch twice along the 3 ¼" line.
4. Repeat and stitch along the 6 ½" line. Repeat again for the last section, but fold the top edge into the bag and stitch 2 rows across the top of the bag.
5. On the short edge of the **cover fabric** without the selvedge, fold about a ½" hem. Then fold a ¼" hem along the raw edge. Stitch the double folded hem.
6. Lay the cover fabric out, right side up. Center the inner bag on the fabric.
7. Fold the hemmed edge over the bag and be sure it goes beyond the middle of the inner bag.
8. Then fold the selvedge edge up and extend it beyond the hemmed edge.
9. Pin or clip the two corners on one side, making sure not to catch the inner bag.
10. Remove the inner bag and refold the outer bag so that the two short edges still overlap by at least ¾" – 1". Stitch along both sides ⅜" from edge and then again ¼" from edge. Be sure to double stitch where the two ends overlap.
11. Trim corners and turn the cover right side out. Insert the inner bag.



6)



7)



8)