

## Microwave Fabric Bowls

Use these fabric bowls while heating food in the microwave. Just insert the food bowl inside the fabric bowl, fill with food and heat in microwave. Once the food is heated, you can pick up the fabric bowl by the flaps and not burn you pinkies.

Use only cotton fabric, cotton batting, and cotton thread. You can choose to have the same fabric on each side or have complementing fabrics on opposite sides. Make sure you prewash the fabric since these bowls will be washed as they become soiled. After prewashing, iron the fabric smooth, but do not use any sizing or starch on the fabric; you don't want to take a chance it might burn while microwaving.

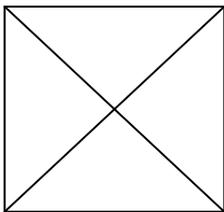
15 " x 15 " size bowl holders: 1 " across and 3 " down for the darts

12 " x 12 " size bowl holders: 1 " across and 2 1/2 " down for the darts

10 " x 10 " size bowl holders: 1 " across and 2 " down for the darts.

### Step 1

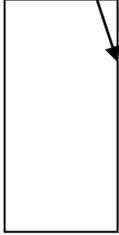
Choose the size you want to make. Cut squares, one each from the fabrics you chose; you will have two pieces of fabric. Cut two pieces of batting the same size.



One piece of fabric and one piece of batting the same size  
Drawing is with the **batting side up**.

For each piece of fabric, place one of the squares of the batting on the wrong side of the fabric aligning the fabric and batting carefully. With the **batting side up**, sew a line from one corner diagonally to the opposite corner and again from the other corner to form an X which will secure the batting and fabric together.

## Step 2



Fold one of the squares in half with the **batting on the outside**. Always have the **folded edge on your right side**; this will make it easier to sew on the sewing machine. Make sure the **fabric edges are aligned** with each other and there are no wrinkles in the fabric where the dart will be.

Measure and mark the dart and **sew from the outside edge** of the fabric to where the dart will end on the folded edge. **Secure the end of the dart** by either sewing off the batting and tying a knot with the thread or back stitching.

**Flip the piece over** so the fold is on your right side and repeat. Fold the piece in half in the other direction and repeat process. Do this with both squares.

Once all the darts have been sewn in place, carefully trim the darts to 1/4 inch to reduce the bulk.

## Step 3

With **fabric's right sides** together, insert one bowl into the other. **Carefully align the fabric edges** (not the batting edges) **to each other at the darts**, pin in place with dart's bulk edges going in opposite directions which will reduce the bulk when you sew them together. Pin low enough so you can sew the edges without having to remove the pins.

**Carefully align the fabric edges** (not the batting edges) **to each other at the pointed ends**. Pin low enough so you can sew the edges without having to remove the pins.

#### **Step 4**

Carefully sew a **scant 1/4 inch** around the edge making sure to stop and pivot at the points so the points remain pointy when bowl is turned right side out. On this type of project I would carefully back stitch over the points and stitch forward again because of the bulk in that area. You will need to **leave an opening** on one of the sides so you can turn the bowl right side out. The opening should **start several stitches away from a point and end several stitches before the dart**, otherwise you will lose your point and the dart will be hard to manipulate later.

Batting tends to shift, so any batting sticking out over the fabric can be trimmed off to reduce the bulk on the edges before turning. If there is too much excess material at the points, trim across points to reduce bulk. As with all trimming, don't get too close to the sewing line.

#### **Step 5**

Through the opening, **gently turn the bowl right sides out** making sure to push the points out cleanly. Press the edges so you have a smooth well aligned edge. At the opening, fold the raw edges in so the finished edge will align up with the rest of the edges, pin in place. To finish the bowl, top stitch the bowl **approximately 1/8 inch** from the edge all the way around the bowl.

Now you can slurp that soup without burning the fingers.