Owie Pouches for Ice/Heat Packs

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Need:

♥ Cotton or Polyester Fabric:

Option 1 with snaps: (2) of 8.5 x 6.5"

Option 2: (1) of 8.5 x 6.5" and (2) of 8.5 x 4.5"



Option 1

Option 2

Instructions (use 3/8" seam allowance)

Option 1 with snap at top:

- 1. Cut two (2) rectangles of fabric, 8.5 x 6.5".
- 2. Add a MS flat label to one of the cotton pieces, near center of the front side (outside of seam allowances).
- 3. For each fabric piece, fold over one long side by 3/8", wrong sides together. Zig zag stitch to cover the raw edge to prevent fraying. Option: Serge edge. This is now your TOP edge. Short sides = "Sides." Long raw edge = "Bottom."
- 4. Place Right Sides Together (RST) with the hemmed TOP edge at top.
- 5. Zig zag stitch close to the edge, from a top Side corner, down Side, across Bottom and up the other Side.

 Back stitch beginning and ends. Leave TOP edge open. Turn inside out. Add plastic snap to Top Center, 1/4" from top edges. Trim threads!

Option 2 with envelope (overlapped opening in center):

- 1. Cut one (1) rectangle of fabric, 8.5 x 6.5". Cut two (2) rectangles 8.5 x 4.5".
- 2. Add a MS flat label to the larger pieces, near center of the front side (outside of seam allowances).
- 3. For each of the 2 smaller fabric pieces, fold over one long side by 3/8", wrong sides together. Zig zag stitch to cover the raw edge to prevent fraying. Option: Serge edge. This is now your TOP edge. Short sides = "Sides." Long raw edge = "Bottom."
- 4. Lay out larger fabric, ride side up. Take one of the smaller pieces and lay raw edges together, Right Sides Together (RST), with the hemmed edge in the middle. Take the second smaller piece and lay raw edges together and overlap the hemmed edges in the middle.
- 5. Zig zag stitch close to the edge, all the way around the outer raw edges. Back stitch. Turn out. Trim threads!





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