

Self-Binding Hot Pad (makes 8" x 8" hot pad)

Cutting

#Pieces	Size	Fabric Piece
1	7" x 7"	Front
2	1 $\frac{1}{4}$ " x 7"	Border (side)
2	1 $\frac{1}{4}$ " x 8 $\frac{1}{2}$ "	Border (top/bottom)
1	1 $\frac{1}{4}$ " x 5"	Loop
1	9" x 9"	Back
1	9" x 9"	Batting
1	9" x 9"	Insul-Bright

$\frac{1}{4}$ " seam allowance

- Sew loop (fold in half lengthwise, press, open, fold raw edges to center, press then fold in half again, top stitch)
- Sew side borders to front
- Sew top/bottom borders to front, leave opening for turning on top border
- Press seams towards borders
- Stack fabrics starting at bottom
 - Insul-Bright
 - Batting
 - Back (right side up)
 - Front (right side down) *Inset loop if you are using one
- Trim to even fabrics as necessary
- Sew around all sides
- Trim corners
- Turn through the opening
- Push out corners
- Topstitch around borders
- Quilt as desired

Tutorial on YouTube Simply Delilah, <https://youtu.be/JKC-zyEJeps?si=SVu5VgGmc93QoQEH>

or search self-binding hot pad