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BAKESHOP

Original Recipe



Plus Kisses Boo Boo Pack by All Things Belle

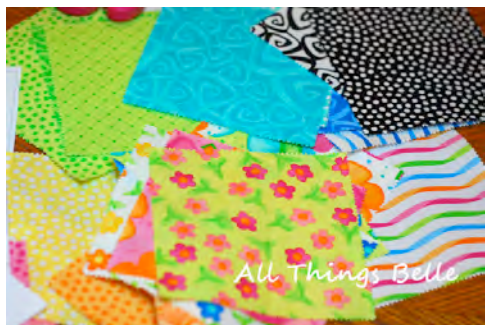
Ingredients:

1 Twirl charm pack
A few cups of uncooked medium grain rice

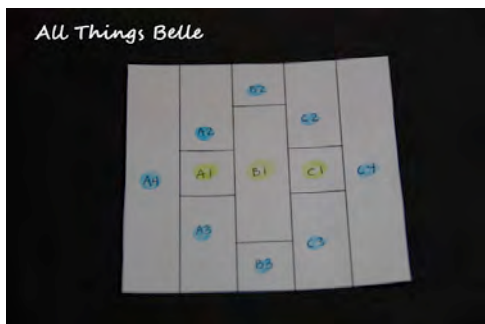
Instructions:

Hi there! I'm Jennifer Rodriguez from All Things Belle {allthingsbelle.blogspot.com}. I post about quilting, crochet, and life with our crazy daughters. Even though it's snowing outside here in Utah, I'm dreaming of hot summer afternoons playing in the yard. I don't know about you but when my girls play in the summer, we tend to need boo boo packs for skinned knees and more.

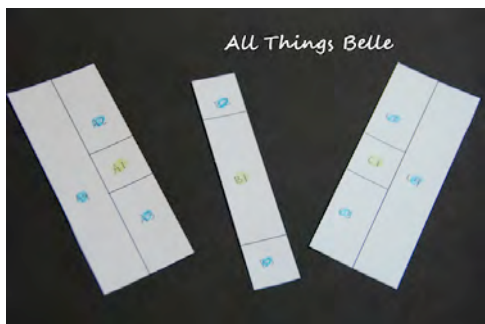
Original Recipe can be found at www.modabakeshop.com



I absolutely adore the Twirl charm pack: it's full of assorted fun colors and is perfect for a summer project. With just one charm pack, I'll show you how you can create a rainbow assortment of Plus Kisses Boo Boo Packs. The design is paper pieced which is my favorite way to quilt. This tutorial will include a brief segment on paper piecing and I have a more in depth instructions here {<http://bit.ly/wGzjuB>}.



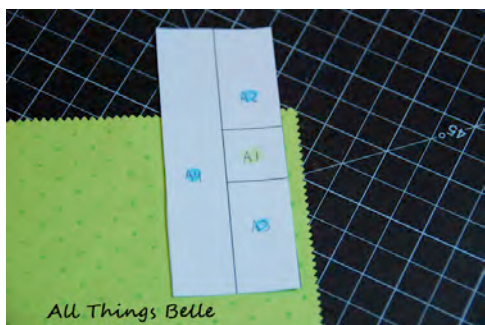
Step One: Print out the paper piece design {included in the Printer Friendly Version}. I suggest lightly coloring in the pattern as a reminder for the fabric you want use.



Step Two: You will then need to cut the lettered sections from each other: A, B, and C.

For paper piece foundation quilting, I recommend the following tools:

- *old credit card or something of that shape and weight
- *rotary cutter
- *cutting mat
- *extra fine seam ripper
- *tape
- *iron
- *add a 1/4" ruler
- *tweezers
- *glue stick



Step Three: Pick out fabrics from the charm pack that you would like to use in the design. You will need 2 charms of the same design for the background and 1 for the plus sign. Place a small dab of glue on the wrong side of the fabric for A1 and adhere to the back of the paper. The fabric will always be worked on the back of the paper and sewn from the top.

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Then using your 1/4" ruler, trim down the piece following the pattern grid.



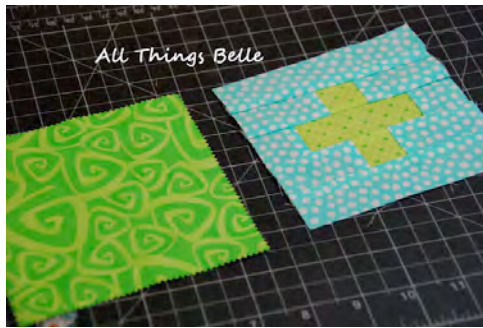
Step Four: Reduce your stitch length to 1.5 - this will make it much easier to tear off the paper later.



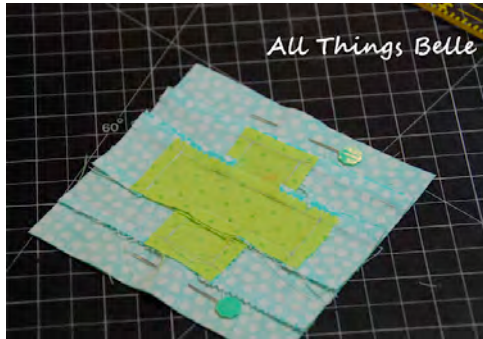
Step Five: Line up the fabric for A2, seams matching A1 and right sides together. Then sew exactly down the line that borders A1 and A2. Press seam and trim A2 with the 1/4" ruler.



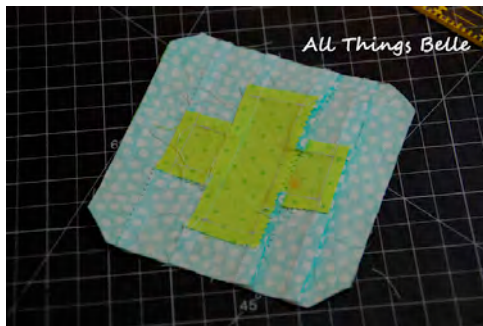
Step Six: Sew the sections together in alphabetical order (A to B, AB to C). Press and you can now remove the paper pattern from the back.



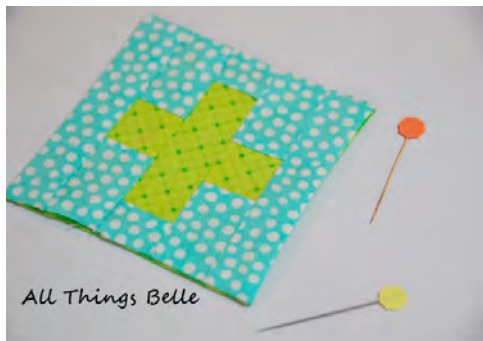
Choose another charm to use as the back of the boo boo pack.



Step Seven: Pin the front and back together with right sides together.



Step Eight: With a 1/4", stitch around the perimeter and leaving a 2" space open. Clip the corners close to the stitches.



Step Nine: Pull the right side of fabric out through the 2" opening and press.



Step Ten: Place a funnel into the opening and fill with rice.



Don't stuff it too full. Leave about 1/2" of space at the top of the pack.

Step Eleven: Close the opening by hand with a ladder stitch or you should be able to top stitch it closed on your machine since the pack is not completely full.



Yield:

One Twirl pack will be enough to create several boo boo packs. The exact number will depend on your fabric selection for the top.

I hope that you have fun making these boo boo packs. You can use them for so many things! You can pop them in the microwave for about 1 minute for some warm soothing or place them in freezer to cool down skinned knees. In addition to using them as pain relief, they are a fabulous way to warm or cool down your bed before bedtime. We love to use ours when we camp to heat our toes in the sleeping bag.

Thank you again and I would love for you to stop by my blog, All Things Belle, for more quilting fun!

Jennifer Rodriguez
{allthingsbelle.blogspot.com}.

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Pattern created by All Things Belle for Moda Fabrics

