



# DIY Reusable Handwarmers

## Sewing Kit Instructions

Dec. 2020

**YSM**  
DOUBLE TAKE



## SEWING KIT CONTENTS:

- 2 machine-sewn pockets with attached thread
- 1 bag of flax seed filling
- 1 sewing needle
- 2 pins

## EQUIPMENT NEEDED:

- Scissors
- Kitchen scale or measuring cups
- Funnel or parchment paper rolled into funnel

# Ironing

While still inside-out, fold and iron the open edges on both sides. This is optional, but it will make the stitching part much easier!





# Flipping

Turn the pieces right side out!

Then, using a corner poking tool, chopstick or pencil, gently poke each corner out flat





# Filling

1. Measure out half of the flax seeds with a kitchen scale or measuring cups
2. With a funnel, fill each warmer with half the seeds

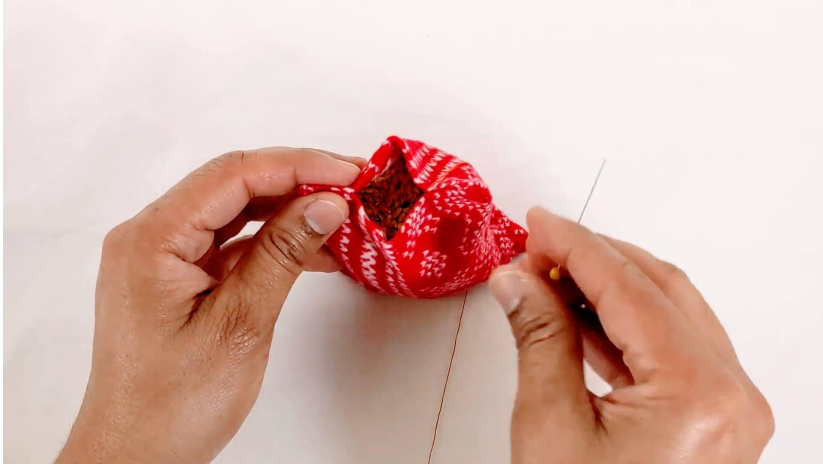
**\*NOTE\*** You can also use rice, buckwheat or cleaned cherry pits - flax and cherry pits seem to be the longest lasting from our experiments!



# Pinning

Pushing all of the filling towards the bottom, pass your pin through both layers of fabric twice to keep it in place (almost like making two stitches with the pin)

*\*NOTE\** If you would prefer using a sewing machine over hand stitching, goto Page 11 next





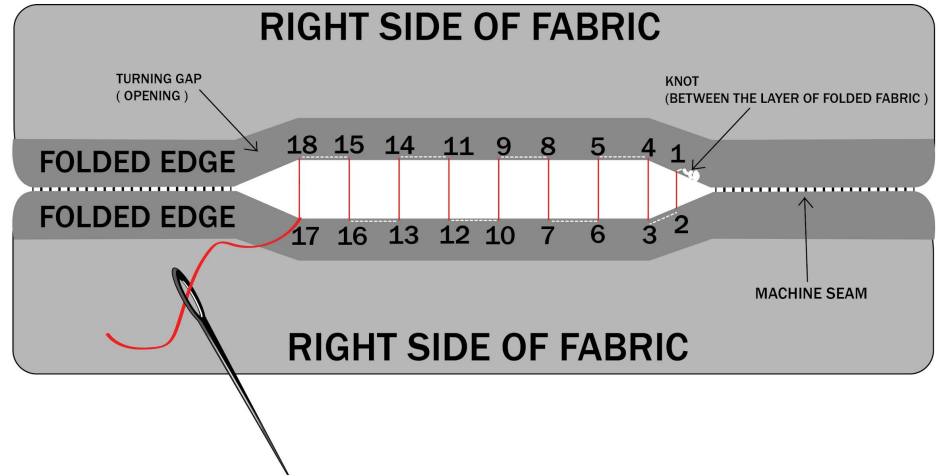
# Doubling the Thread

1. Using the thread provided, thread a needle with the tail folded a little more than half
2. Bring the needle from the inside to the outside, right where the thread is attached. This will double the thread and bury the tail on the inside



# Hand Stitching Closed

1. Make one small stitch to secure the doubled threads together
2. Hold the two edges together with your fingers, and use a “ladder stitch” (aka “invisible stitch”) to bring the two sides together.





# Tying the Thread

1. To tie a knot at the end, carefully make one very small stitch and hold the loop with your fingers as you pull the stitch tighter
2. Pass the needle through the loop and tighten gently to avoid tangles.
3. Tie a second knot directly on top of the first knot!



# Burying the Thread Ends

To finish, pass the needle through the last stitch and into the middle of the warmer. Bring the needle out in the middle and pull tight before cutting the thread and letting it disappear into the fabric!



# Machine Sewing Alternative

If you hate hand stitching but love machine sewing...

1. Squish the filling all the way to the side and hold it there with pins
2. Also pin the top where you want to sew
3. Make sure your machine foot has space to sew (otherwise adjust the needle position or change the foot)
4. Machine sew the gap shut.



# Gift Wrapping

Tie handwarmers together with a bow, enclosing the instructions!

Tag us on Instagram with your new handwarmers @doubletakeysm

