







# Handwarmers (In-the-Hoop)

Keep your hands warm during the cold winter months with in-the-hoop hand warmers! These machine embroidery designs are filled with rice, beans, or flax after stitching. Just pop them in the microwave to heat them up. Follow along with the project instructions below to make your own.



## Supplies

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Small pieces of the fabric of your choosing. We used cotton but wool felt is also recommended.

Tear-away stabilizer

Temporary spray adhesive (like Gunold KK100)

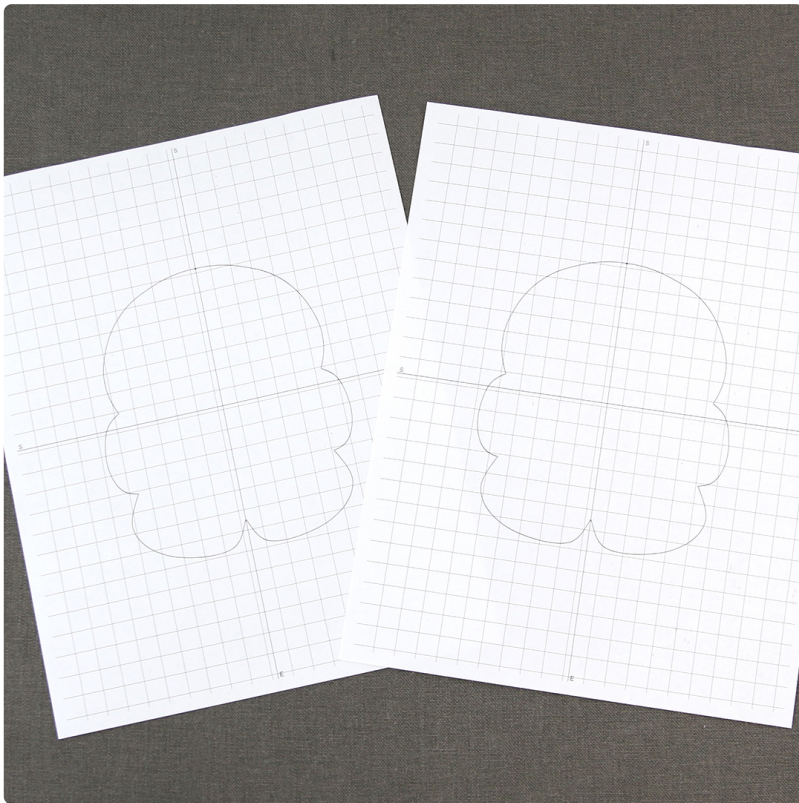
Filler like dry beans, rice, or flax seed

## Tools

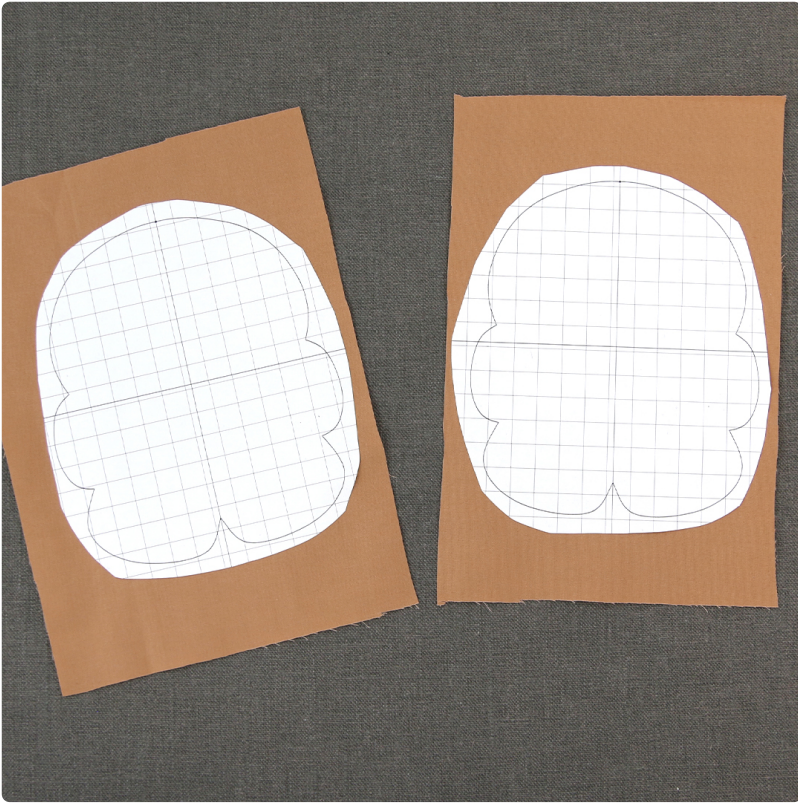
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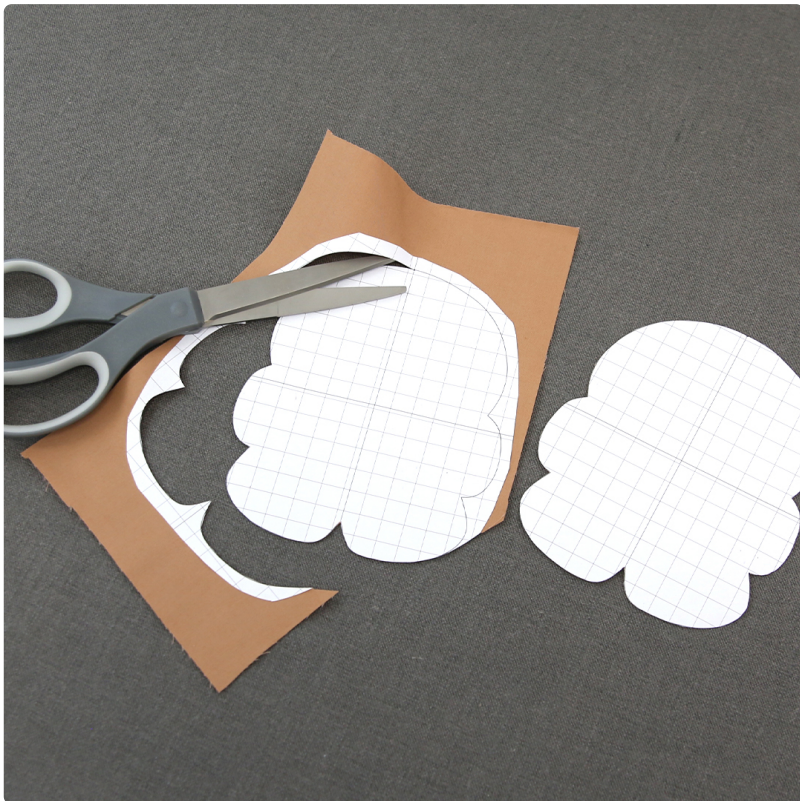
# Steps To Complete



In-the-hoop handwarmer designs have three files. One is the full embroidery file. The other two are dieline files, marked with the letters DL. Dielines are used to cut the fabric to the right shape and size. Open the dielines files with embroidery software and print them. Alternately, you can stitch the dieline file on the fabric and cut it out - no software needed!

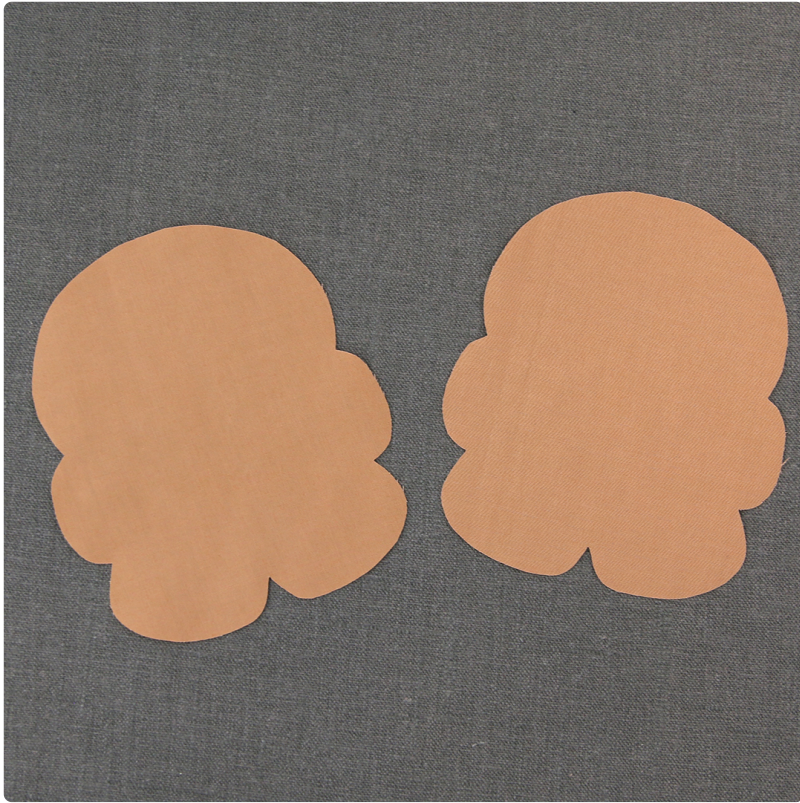


Spray the backside of the front piece dieline with temporary spray adhesive. Smooth that onto the fabric.



Cut out the shape and remove the paper.



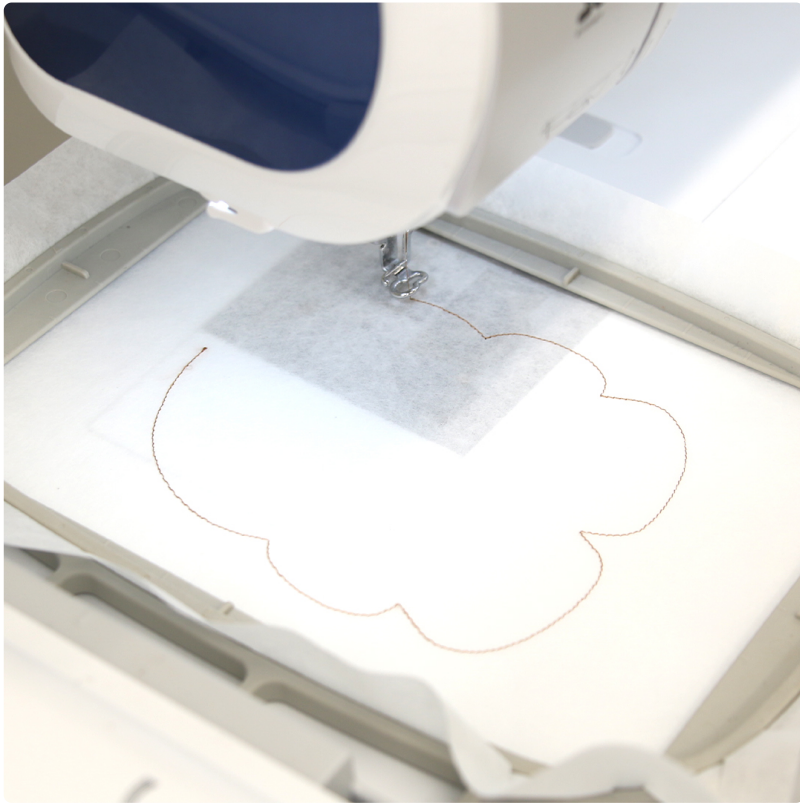


Repeat this process for the back dieline piece, too.



Now that the fabric pieces are cut to the proper shape and size, it's time to embroider the design.

Hoop a piece of tearaway stabilizer.



Attach the hoop to the machine and load the full embroidery design (not the dieline files). Use a size 11 or 75/11 sharp sewing needle rather than an embroidery needle. A sharp sewing needle has a smaller, finer point than an embroidery needle, so that will make smaller perforations in the stabilizer.

Embroider the design. The first thing to embroider will be a dieline, or outline stitch. This marks the area on the stabilizer for the front fabric piece.





Spray the back of the front fabric piece with temporary adhesive. Remove the hoop from the machine but do not unhoop the stabilizer. Place the fabric inside the sewn dieline.



Reattach the hoop onto the machine and continue with the design. A tackdown stitch will sew next. This holds the front fabric in place for the remainder of the design.



All of the inside elements will sew next. On the color change sheet, look for the note that says "backpiece tackdown, finishing border."

When you get to this section, stop the machine and remove the hoop from the machine. Do not unhoop the stabilizer.



Turn the hoop over and spray the backside of the back fabric piece with adhesive. Place the back piece inside the shape on the backside of the embroidery.





Since the remaining steps will be seen from both sides. Wind a bobbin with the same thread used in the top needle.



Attach the hoop back onto the machine and continue with the design. A tackdown stitch and finishing satin border will sew. This binds all the layers together.





Remove the hoop from the machine. Unhoop the stabilizer, and carefully tear it away. The dieline will be removed with the stabilizer.



Fill the handwarmer through the opening with beans, rice, or flax seed.





Hand-stitch the opening closed by stitching along the original tack down seam.



Your handwarmer is ready to go!  
Pop it in the microwave for about 30 seconds to warm it up.