

Project 7: Potholder

Materials	Tools
Cotton Fabric, 8" x 8"	Sewing machine
Cotton Binding 2 ½" wide, 30" long	Measuring tape or ruler
Insul-bright 8" x 8"	Fabric scissors
Matching cotton thread	Sewing clips
	Iron
	Walking foot
	Painters tape

Steps for making the Potholder:

1. Cut 2 squares from fabric both 8" x 8"
2. Cut 1 square from insul-bright 8" x 8"
3. Next, lay one piece of square fabric wrong side up
4. Then place the insul-bright on top
5. Last place the main fabric square right side up
6. Clip all together. Now you have a fabric sandwich.

7. Next, place painters tape on the fabric creating a stitch line guide for straight line quilting. A row or diagonal design can be used.
8. Install the walking presser foot in the sewing machine.
9. Quilt the layers starting from the center and working towards each end. This will help lessen the fabric shift.
10. Next, trim the fabric edges to make a 7" x 7" square. The layers need to be squared up. The fabric will have shifted during quilting. Each corner should be 90 degrees.
11. Next, attach the binding. **Tip: watch this video, [POTHOLDERS. Quick and Easy Binding!](https://youtu.be/AklaQkhQSIA?si=Vs68vkkXaXPJjAA4)**
 - a. Place the quilt sandwich with the backside up.
 - b. Place the binding on the right edge starting in the top right corner with raw edges to the right. Line up the binding with the edges of the potholder.



- c. Sew on the binding with a $\frac{1}{4}$ " seam allowance. Make sure to backstitch at the start.
- d. STOP $\frac{1}{4}$ " from the corner, backstitch and remove the quilt sandwich from the machine by cutting the thread.



- e. Next fold the binding to make a mitered corner.
 - i. Fold the binding piece up to form a 45 degree angle. Finger press along the fold to create a crease.
 - ii. Then fold it back down, matching the raw edge to the raw edge of the quilt.
 - iii. Secure the fold with a sewing clip.
 - iv. Place your free portion of the binding along the next edge of the quilt.



- f. Place the needle in the fabric $\frac{1}{2}$ " from the edge and backstitch $\frac{1}{4}$ " leaving $\frac{1}{4}$ " not sewn.
- g. Continue sewing along the next edge with the same $\frac{1}{4}$ " seam allowance.
- h. Repeat steps d, e and f, 2 more times for all 3 corners.

12. Next create the hanging loop.

- a. At the fourth corner stop stitching right where the beginning binding is met. Make sure to fold over the beginning binding piece so as not to sew it. Back stitch and cut thread.
- b. Measure 8" of binding and cut, to create the binding tail.
- c. Flip quilt sandwich over.
- d. On binding tail, fold over and press $\frac{1}{4}$ " and then fold over the finished edge to the newly folded edge and press.
- e. Pin binding down so as to catch the binding in the corner.
- f. Start to sew at the end of the binding tail but don't start at the very edge.
- g. Stop sewing about $1\frac{1}{2}$ " before you get to the quilt sandwich. Backstitch and cut thread.

13. Start sewing at the corner of the quilt sandwich with a $\frac{1}{4}$ " seam/or as close as you can get without going over the seam.

14. When you get to 2-3 inches before the corner, stop. Fold the binding on both sides of the corner. TIP: trim off some of the fabric on the corners of the quilt sandwich to lessen the bulk and make sewing over the corner a bit easier.

15. Sew until the fold of the corner line. Backstitch and then keep the needle in, lift the presser foot and turn the fabric.

16. Continue sewing down the side with a $\frac{1}{4}$ " seam and repeat steps 14-16 for the next two corners.

17. When you get to the fourth corner, sew the binding to the end. Backstitch and cut thread.

18. Ta da! Your potholder is complete!