



ALL CAROLINAS  
SHOP HOP

# Carolina Cookin'!

A collection of fun and whimsical mitts and hot pads



Seams are 1/4" unless otherwise specified.

Instructions are provided for the leaves, stem, and binding at the beginning of the pattern; use the instructions for each mitt or hotpad.

You can use either commercial or self-made binding. If you choose to make your own bias strips, use 2-1/2" width bias cut fabric.

A walking foot (dual) feed is helpful when sewing through a thickness of fabric and batting.

We used Insul-bright plus a layer of cotton batting for insulation.

We used a very lightweight poly batting in the leaves to make them easy to manipulate.

## MATERIALS:

### Apple Mitt

10" × 10" ACSH Cities, Red for fruit  
10" × 10" ACSH Cities, Red for back  
10" × 10" ACSH Agriculture, Green for fruit  
10" × 10" White for front lining  
4" × 5" Lt Tan for Apple Core  
2" × 6" Lt Tan for Stem  
3" × 5" Green for Leaf  
36" Black for Bias Binding  
10" × 10" Insulbright  
20" × 20" Cotton Batting  
5" × 5" Poly Batting for Leaf  
5" × 5" Fusible Webbing  
5" × 5" Stabilizer  
Templates A, B, C

### Panhandle

9" × 9" ACSH Agriculture, Orange for fruit  
9" × 9" ACSH Agriculture, Orange for back  
3" × 5" Green for Leaf  
2" × 6" Lt Tan for Stem  
36" Orange for Bias Binding  
9" × 9" Insulbright  
9" × 9" Cotton Batting  
5" × 5" Poly Batting for Leaf  
Templates C, E

### Hotpad

9" × 9" ACSH Cities, Blue for fruit  
9" × 9" ACSH Cities, Blue for back  
2" × 11" Blue for Stem  
32" Blue for Bias Binding  
9" × 9" Insulbright  
9" × 9" Cotton Batting  
Templates E

## BASIC INSTRUCTIONS FOR LEAVES, STEMS, AND BINDING

Use the following standard instructions when you are instructed to make the leaves, stems, and binding.

You will refer back to these basics when making each of the different hotpads and mitts.

### How to make the leaves:

1. Using Template C, cut out two leaf shapes (front and back) from the 3" × 5" leaf fabric.
2. Place the [2] pieces 'right sides together' and pin the set to a piece of lightweight batting. See Figure 1 below as a guide.

Note: The end of the leaves will extend 1/2" below the bottom edge of the batting.

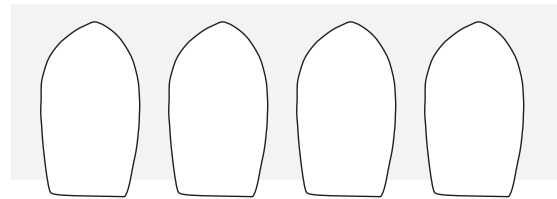
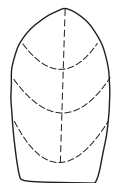


Figure 1

3. You can place as many leaf sets on the batting as you choose. We made [4] at one time. Both the apple and the peach use [1] leaf set each.
4. Stitch around each leaf set with a 1/4" seam allowance, leaving the flat end open for turning.
5. Cut out the leaves, leaving a 1/8" seam allowance; clip off the top point, and turn right sides out.
6. Machine stitch the stem and veins into the leaves using the lines on the templates as guides.
7. Leaving the open end unsewn, pinch the end together so the leaf has a small 'gather' in the open end. Machine baste the gather in place. The gather gives your leaf more shape.
8. Set the leaves aside for now.



### How to make the stems:

1. Make a stem using a 2" × 6" strip. Press the strip in half lengthwise wrong sides together so you have a crease down the center of the strip as shown in Figure 2.

2. Open the strip and fold the 2 raw edges to the inside, meeting at the fold line. See Figure 3.
3. Fold the strip again so you have a  $\frac{1}{2}$ "  $\times$  6" stem. See Figure 4.



4. **Do NOT sew the long stem edge.**
5. Set the stems aside; do not complete as there are different instructions for the hotpads.

### How to add the Binding:

1. Using either purchased or bias binding you made, pin the binding to the front of the mitt or hotpad with raw edges matching. Leaving about a 4" tail at the start point, stitch the binding to the assembly using a  $\frac{1}{4}$ " seam allowance.
2. Stop sewing about 5" before the 'starting' point.
3. On the starting end of the trim, fold under one corner to the inside as shown in Figure 5.



Figure 5

4. Place the other end of the binding inside this piece, hiding the raw edge. See Figure 6.



Figure 6

5. Cut off the excess binding, leaving a  $\frac{1}{2}$ " overlap.
6. Finish sewing the binding to the mitt/hotpad.
7. Turn the binding to the back side and clip or pin the binding in place.
8. To assure you have a neat seam on both sides, place the hem edge so it barely covers the stitching line created where you sewed the binding to the front side.
9. Top stitch through all layers near the inner edge of the binding.

## APPLE MIT

Use Templates A, B, and C.

### Make the Apple Body:

1. Make [2] copies of Template A. Lay the [2] templates 1" apart on a piece of paper as shown in Figure 7.

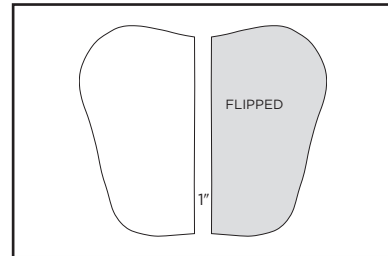


Figure 7

2. Trace around the shape to make the template for the apple body shape. See Figure 8.

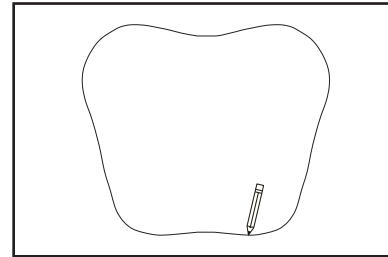


Figure 8

3. Using the new apple template, cut out [1] each from the lining, backing, Insul-bright, and cotton batting.
4. Using Template B, trace the apple core shape onto the paper side of the fusible webbing.
5. Cut out the shape OUTSIDE the drawn lines and fuse to the back of the tan apple core fabric using the manufacturers instructions.
6. Cut out the core along the drawn lines.
7. Place the top of the core 2" down from the top of the apple lining as shown in Figure 9. Fuse the core to the apple lining fabric 2" down and along the center of the apple.

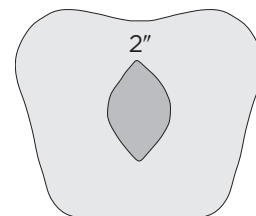


Figure 9

- With a piece of stabilizer behind the core, stitch the raw edges of the core to the apple lining using either a blanket stitch or satin stitch. Remove the stabilizer once the stitching is complete.
- To add the seeds to the core, draw small dots on the core using a permanent felt tipped pen. See Diagram 10. Don't worry about the shape....nature does not make all seeds the same!

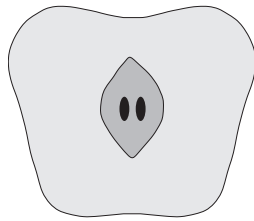


Figure 10

- Layer the apple backing (right side down), Insul-bright, cotton batting, and lining (right side up) together as shown in Figure 11; baste and quilt the sandwich together.

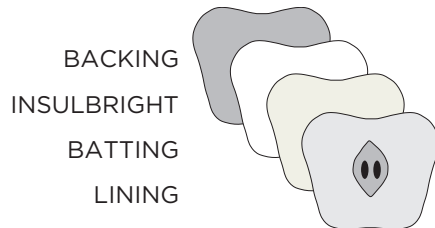


Figure 11

- We quilted curvy lines down the apple, going around the center core.

### Make the Apple Mitt Front:

- Place Template A on a folded 10" ACSH Red Cities fabric as shown in Figure 12. The fabric is folded **WRONG SIDES TOGETHER**.

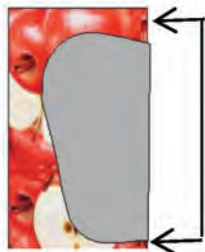


Figure 12

- Cut out the partial apple shape; repeat and cut another apple from the ACSH Green Agriculture 10" square. Keep the [2] pieces of 'apple' folded.

- Using Template A, cut out [2] pieces of cotton batting, one for each side of the apple top.
- Slip a piece of batting inside each of the folded apple pieces; stitch 2-3 parallel lines down the folded edge of the mitt as shown in Figure 13. Make 2 halves as shown.



Figure 13

- Quilt each half using the stitching of your choice; we quilted parallel lines from top to bottom.
- Place the two quilted apple halves over the apple body unit as shown in Figure 14.



Figure 14

- Machine baste 1/8" around the entire assembly to hold the unit together.
- Trim off the edges as needed, staying inside the 1/8" line.

### Stem and Leaf Assembly:

- Make [1] leaf and [1] stem using the instructions on pages 1 and 2.
- Slip the raw end of the leaf inside the folded stem, placing the leaf 3 1/2" down from the top edge as shown in Figure 15..
- Top stitch the long edge of the stem, capturing the leaf in the stitch to secure the assembly. See Figure 16.
- Fold the stem in half and tack the bottom edge together. See Figure 17.



Figure 15



Figure 16



Figure 17



- Place the stem and leaf assembly on the BACK of the apple mitt as shown on the right. The raw edge of the stem is aligned with the top of the apple. See Figure 18.



Figure 18

- Tack in place. Pin the stem to the mitt on the 'leaf' so you don't accidentally catch it in the binding in the next step.

### Binding:

- Add the binding using instructions from page 2. After adding the binding, press the stem up and machine tack in place. See Figure 19.



Figure 19

## BLUEBERRY HOTPAD

Uses Template E

- Make [2] copies of Template E; tape them together to make a circle as shown.
- Using the circle as a cutting guide, cut out the top, backing, batting, and Insul-bright shapes.
- Layer the 4 pieces in the following order: top (right side up), Insul-bright, batting, and backing (right side down).
- Free motion quilt the blueberries; we did a simple meandecross hatch on our sample.
- Trim the edges to make sure they line up before adding the binding.
- Sew the binding to the blueberry using the instructions on page 2.
- Make an 11" hanger using instructions on page 3; stitch the long edge closed and zig zag the ends for a clean finish.



- Fold the hanger in half and pinch 2" from bottom edge as shown on the right; fold the 2" ends up on both sides. See Figure 20.

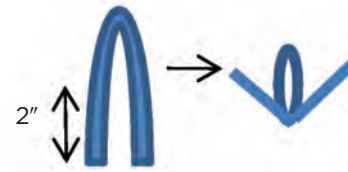


Figure 20

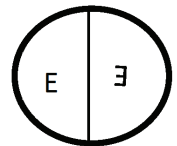
- Stitch the hanger to the back of the blueberry on the binding edge catching both the hanger and the hot pad binding.



## PEACH PAN HANDLE

Uses template E and C

- Make [2] copies of Template E; tape them together to make a circle as shown.
- Using the shape, cut [1] front, [1] back, [1] Insul-bright, and [1] cotton batting Peach shape.
- Lay the 4 Peach shapes in the following order: Peach top (right side up), Insul-bright, batting, and backing (right side down).
- Free motion quilt the assembly; on our sample, we outlined quilted the fruit and veggies.
- Trim around the outside edges before adding binding.



### Leaves and Stem

- Make [1] leaf and [1] stem for the Peach hot-pad using the instructions on pages 1 and 2.
- Slip the raw end of the leaf inside the folded stem, placing the leaf 1" up from the edge as shown in Figure 21.
- Top stitch the long edge of the stem, capturing the leaf in the stitch to secure the assembly. See Figure 22.
- Fold the stem in half and tack the top edge together. See Figure 23.

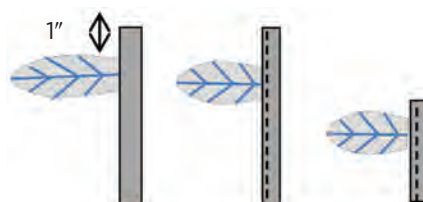


Figure 21



Figure 22



Figure 23

5. Place the stem and leaf assembly on the BACK of the Peach as shown on the right. The raw edge of the stem is aligned with the top of the Peach.
6. Tack in place. Pin the stem to the hotpad so you don't accidentally catch it in the binding in the next step. See Figure 24.

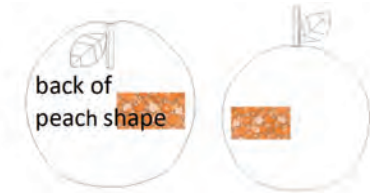


Figure 24

### Binding:

1. Add the binding using instructions from page 2. After adding the binding, press the stem up and machine tack in place.
2. From the back side, fold under 2" on each side, overlapping in the center.
3. Hand stitch the two flaps together to form the pan handle.

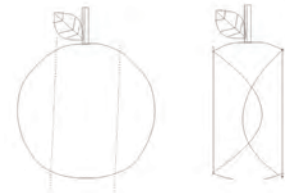


Figure 25



## Leigh Headington

Leigh, The Sweet Tea Girls Patterns, is a native Carolinian who grew up learning the love of fabrics from her grandmother, the true queen of sweet tea. Designing patterns uses her engineering and project management background and provides an outlet for creativity.