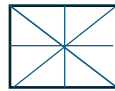


2023 July Shop Hop block --Microwave Bowl

Sew Creative, Mount Brydges

1. Only use 100% cotton fabric, thread and batting. The batting cannot have scrim in it as it is often made from polyester. There are specialty products for the microwave such as Wrap-N-Zap by Pellon, or pre-cut batting Bowl and Plate Cozies by Gypsy.
2. Make your July Shop Hop block as per instructions. Cut two 15" squares from fabric and two from batting. For the large bowl I added an additional 3.5" border all around the July Shop Hop block. Cut this to a 15" square.
3. Place one piece of batting on the wrong side of the July Shop Hop block piece, repeat for second fabric/batting.
4. Draw lines on the batting from one side to the other along the centre from edge to edge, and then from corner to corner.



5. Sew along each of the lines to tack batting to outer fabric on each fabric/batting piece separately.
6. **Optional;** Round the edges of the squares, drawing a line using a cup or bowl as a template. Cut along the lines.
7. On the centre lines, mark and then cut a triangle so each side has a triangle cut out of the centre. The wide part of the triangle is along the edge of the fabric, with the point extending to the middle of the fabric.

For bowls, cut triangle 2" wide (one inch on either side of the center line) and 2.5" deep. For plates, cut the triangle 1" wide ($\frac{1}{2}$ " on each side of centre line) and 2" deep.



8. Fold fabric/batting to match cut edges, right sides of fabric together. Sew with a $\frac{1}{4}$ " seam allowance. Repeat on all four sides for both fabric/batting pieces.
9. Take the two fabric/batting pieces and lay one on the other, right sides of the fabric together. Pin or clip edges, leaving a 4" gap. Sew around the edge, using a $\frac{1}{4}$ " seam, making sure to reverse at beginning and end to secure the stitching.
10. Turn through the opening. Push the fabric out at the seams and poke out corners. At the opening, fold in the seam allowances and pin closed.
11. Topstitch all the way around.
12. **Optional:** Quilt in the centre of the bowl to tack the layers down.
13. For the small bowl I cut the fabric and batting to 12" and added 1.75" border around the July Shop Hop block.

