



SCENTED HOT PADS

One of the most popular project requests thus far has been the scented hot pad, those things that smell so darned good when you put down a pot or a hot drink. We've all seen them in country stores or at craft shows. The good news is, they're extremely easy to make and you probably already have the materials required right there at home. The other good news is that there are no hard and fast rules for creating scented hot pads. As with most projects related to sewing or other arts and crafts, you can let your imagination be your guide. Consider the occasion or season when choosing scents and fabrics. If you'd like to see your completed Scented Hot Pads project on this page as an example to others, we'd love to hear from you at content@sewing.com!

Make sure you store the finished items in a zipped plastic bag so the scent will not escape. It is a delight that as soon as you place a hot casserole, pot, or mug of coffee on one of these, the scent escapes and your room is filled! Aromatherapy oils, Christmas potpourri, citrus and spices all make lovely fragrance choices. The finished mug mats/hot pads make great gifts and craft sales items. Our directions include both the scented rice and the potpourri variety. Have some fun :-)

What you need:

Fabric - scraps will do fine - to make tubes for filling or to make flat hot pads

Scented Rice - Add 5 drops of scented oil (sometimes called essential oil or aromatherapy oil, available in most craft stores or candle supply sellers) to one cup of uncooked rice. Mix well. Cover bowl and let sit for at least 24 hours. Store in an airtight container so the rice doesn't lose its scent.

Alternative to Scented Rice - Potpourri or your own blend of herbs - you can extend this with uncooked rice or use as is.

Plastic bags with zip tops for storing completed pads.

CIRCULAR PADS OR MATS: To make circular hot pads, fold 3" fabric tube in half lengthwise (make the tube as long as you are comfortable handling), stitch and turn right side out. Fill the tube with the scented rice or potpourri and slip stitch end closed. Begin with the slip stitched end in the center and wrap the filled tubing until you have a circle of the desired size. Snip off the end of the tube, empty about ½" of filling, and turn the resulting fabric under and slip stitch closed. Using a strong thread, tack the tubular circle together on the "back" of the pad/trivet. Use several tacks or a running stitch of your choice. Experiment with methods that work best for you. You could use thinner tubes and braid them. You could also create an oval rather than a circle depending on your wrapping method. You can use a smaller length of tubing and create mug mats.

HOT PADS WITH A REMOVABLE CENTER: (Seams are ½" unless otherwise noted.)

Washable hot pad/pillow cover –

One 10"x10" piece of fabric

Two 10"x6" pieces of the same or coordinating fabric

Fold under approximately ½" and finish one 10" edge of each 10x6 piece of fabric. Place two 10x6 pieces of fabric right sides together on the 10x10 piece of fabric, overlapping the finished edges in the center of the piece, matching unfinished edges. (If you would like to add an edge trim, lace, or piping do it either before or at this point using the regular method of decorating pillow seams.) Stitch completely around the "pillow". Turn to the right side, using the overlapped opening on the back.

Consider making the pouch/pillowcase seasonally decorated, quilted, embellished with scraps of lace, etc. You can personalize this or use a theme in a grouping. Your imagination, again, is your guide!

Pillow/pouch

Two 9¾" to 10" pieces of fabric - this will be inside the cover, so it doesn't have to be exact or a perfect match and you can use scraps of muslin or any other fabric you may have around the house.

Place right sides together and stitch around edges, leaving an opening approximately 2-3" for turning and stuffing. Turn pillow right side out. Fill the pillow with scented rice or a potpourri mixture and slip stitch the opening closed. Place pillow inside pillowcase above.

If you choose to wash the cover, be sure and remove the inside pillow. You can open the seam of the inner pouch and refresh the potpourri or scented rice at any time.