

Orchard Valley Quilters Guild  
**Demonstration Day - Microwave Bowl**  
By Dianne Kapy, September 29, 2015

The bowl was inspired by the gift given to each attendee at the 2015 Gathering of the Guilds in Osoyoos. A microwave bowl is a shaped potholder to use under a bowl in the microwave. After heating there is no need for potholders. It is important to use all 100% cotton products ie, fabric (no metallic finishes), thread, and batting to reduce fire hazard.

**Fabric requirement:**

2 x 10" squares of 100% cotton fabric  
2 x 9" squares of 100% cotton batting

**Directions:**

1. Layer a batting square on the wrong side of a cotton square, with ½" of fabric showing below the batting. Mark an X on the batting from corner to corner. Mark the centre of each edge of the batting, connecting the dots to form a square shape on-point. Stitch together, through both layers, on the X and the square.
2. Fold in half and mark a dart (1" wide x 2 ½" deep) at the fold of both sides. Flip the unit so the darts will be sewn from edge to point. Sew the darts. Fold in half the other way, mark, and sew the other two darts. Trim batting on the darts to reduce bulk.
3. Repeat with the second fabric and batting squares.
4. Place the two units right sides together, with the darts in opposite directions to eliminate bulk. Stitch together with a ½" seam, starting just before a corner, and finishing a few stitches after the last dart seam, leaving an opening for turning. When you stitch around the corners do not pivot sharply, but take an extra stitch or two on the angle to round the corner.
5. Trim corners and clip the seams on either side of the darts, except the seam in the opening for turning (a clip at this point could tear when the project is turned). Turn the microwave bowl right side out, then carefully clip the seam allowance.
6. Top stitch outer edge to close. Quilt a design in the center of the bowl to hold the layers together and create a firmer bottom to the bowl. For example, a 2 1/2" square with the points facing the darts.
7. For other size bowls:
  - 8" squares of fabric, 7" squares of batting, with ½ x 2" darts
  - 12" squares of fabric, 11" squares of batting, with 1 x 3" darts

**Time to complete:** +/- 1 hour 45 minutes

**Tools:**

- Rotary cutter and mat
- 12 ½" square
- 2 ½" square
- 6x24" ruler
- 1x6" ruler
- fine permanent marker
- point turner

**Resources:**

NB, my instructions are a hybrid of the following tutorials, adjusted to reflect my sewing temperament.

1. [http://www.adelquilting.com/documents/filelibrary/demo\\_of\\_the\\_month\\_pics/Microwave\\_Cozy\\_B48A1124F154E.pdf](http://www.adelquilting.com/documents/filelibrary/demo_of_the_month_pics/Microwave_Cozy_B48A1124F154E.pdf)
2. <http://tamarackshack.blogspot.ca/2012/11/microwaveable-fabric-bowl-tutorial.html>