

BUTTERFLY HOT OR COLD PACK

DESIGN BY BENDY CARTER

THIS CHEERFUL BUTTERFLY PACK FILLED WITH CORN KERNELS CAN BE HEATED IN THE MICROWAVE OR FROZEN TO HELP SOOTHE ACHES AND PAINS. IT'S ESPECIALLY IDEAL FOR USE IN NURSING HOMES WHERE ELECTRIC HEATING PADS CAN BE DANGEROUS.



SKILL LEVEL  INTERMEDIATE

FINISHED SIZE

6½ x 8½ inches

MATERIALS

- Aunt Lydia's Classic Crochet size 10 crochet cotton (350 yds per ball):
 - 1 ball each #449 forest green, #661 frosty green, #423 maize, #401 orchid pink, #480 delft, #458 purple and #131 fudge brown
- Size 7/1.65mm steel crochet hook or size needed to obtain gauge
- Sewing needle
- Sewing thread to match fabric
- 7 x 9-inch cotton fabric: 2 pieces
- Whole-kernel feed corn or rice: 4 cups

GAUGE

34 sc = 4 inches; 41 sc rows = 4 inches

PATTERN NOTES

For Hot Pack: Heat corn-filled bag in microwave on high 2 minutes; then place inside case. Bag temperature will be approximately 120 to 140 degrees.

For Cold Pack: Put corn-filled bag in freezer for 2 hours; then place bag inside Case.

When working from chart, right-side rows are worked from right to left and wrong-side rows are worked from left to right.

Each square on chart equals 1 single crochet.

Carry unused yarn loosely across back of work if unused color will be used again in 7 stitches or less.

Before beginning, make small ball of each color.

Join with slip stitch as indicated unless otherwise stated.

SPECIAL STITCH

Surface stitch (surface st): Holding yarn at back of work, insert hook between rows and sts, yo, pull lp through to top and lp on hook.

BAG

With RS of fabric pieces tog, making ½-inch seam, sew fabric pieces tog, leaving 3-inch opening on 1 side edge.

Turn fabric RS out. Fill Bag ¾ full of corn.

Sew opening closed.

CASE

Back

Row 1: With fudge brown, ch 71, sc in 2nd ch from hook and in each ch across, turn. (70 sc)

Rows 2–64: Ch 1, sc in each st across, turn. At end of last row, fasten off.

Front

Row 1: With forest green, ch 71, sc in 2nd ch from hook and in each of next 6 chs **changing colors** (see *Stitch Guide and*

Pattern Notes) to frosty green in last st, [sc in each of next 7 chs changing to forest green in last st, sc in each of next 7 chs changing to frosty green in last st] 4 times, sc in each of last 7 sts, turn.

Note: Row 1 on chart is now complete.

Rows 2–64: Ch 1, sc in each st across changing colors as indicated on **Chart** (see *Chart on page 3*), turn. At end of last row, fasten off.

Finishing

Work **surface sts** (see *Special Stitch*) according to Chart.

With WS of Front and Back tog, working in sts, ends of rows and in starting ch on opposite side of row 1 and through all thicknesses, join fudge brown with sc in top right corner, evenly sp sc across top, left side and bottom edges with ch 1 at each corner, leaving rem edge open. Fasten off.

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THE HANDIWORK MINISTRY

Ten years ago in New York, a small group of loving crafters combined their needleworking skills to help others in their community. Today their ever-growing group is known as The Handiwork Ministry.

The Handiwork Ministry, through agencies and referrals, provides handmade items that offer comfort to people in need of emotional, physical and/or spiritual care. A sampling of the numerous items they donate includes: hot and cold packs, afghans, shawls, hats and walker bags.

The Handiwork Ministry now has members from all over the world. The success of The Ministry has inspired its mem-

bers to put together a packet teaching others how to begin The Handiwork Ministry in their own community. If you would like to read more about The Handiwork Ministry and the work they are doing, or if you would like to learn how to start The Ministry in your own community, go to: www.thehandiworkministry.vpweb.com.

Please send crochet donations to:

The Handiwork Ministry

Att: Julie Flanagan

18 Alpine Lane

Caledonia, New York 14423

If you have any questions, write to: thehandiworkministry@yahoo.com.

BUTTERFLY HOT OR COLD PACK

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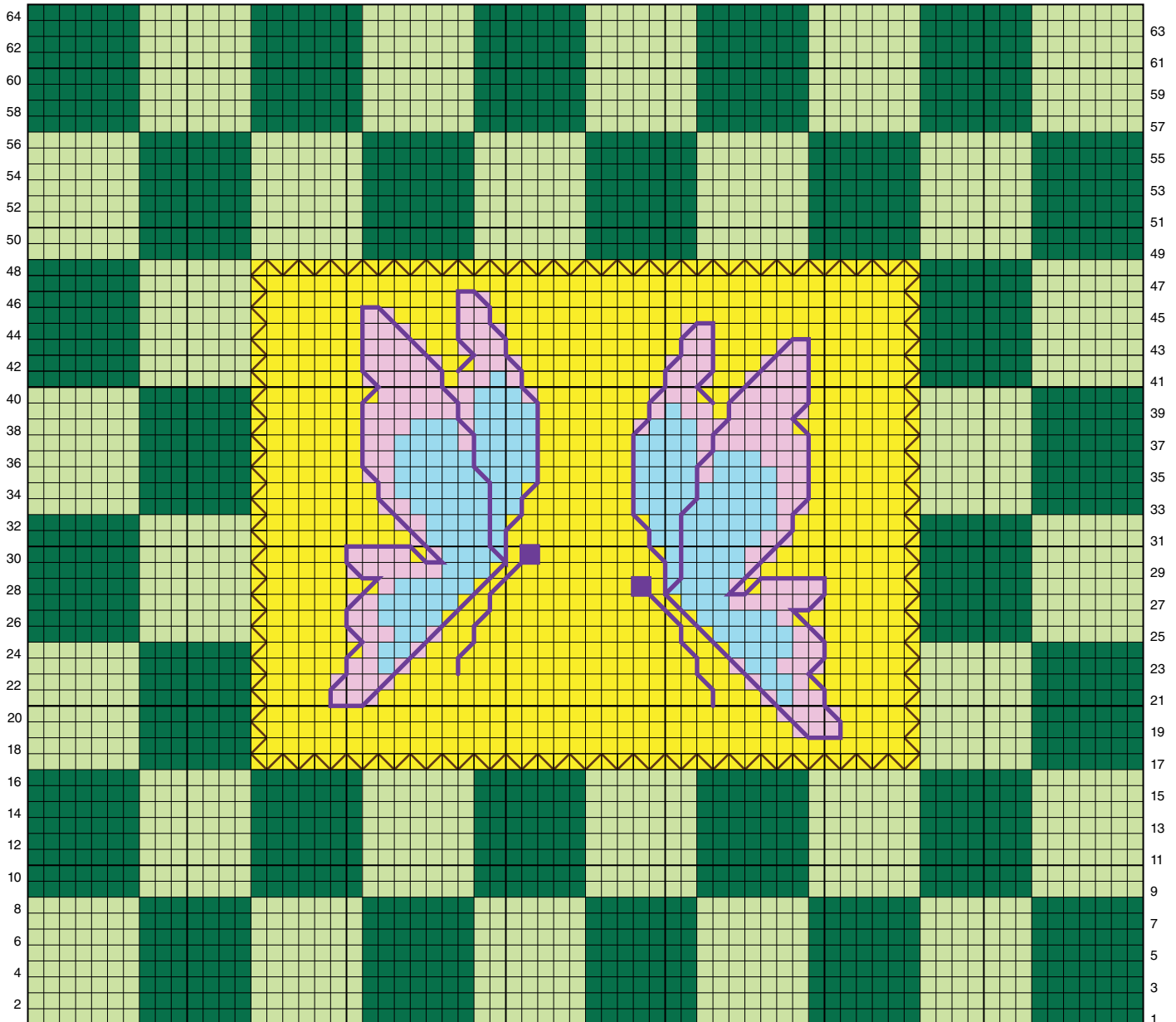
Opening Edging

Rnd 1: Join fudge brown with sc in end of first row, evenly sp sc around, working an even number of sts, **join** (see *Pattern Notes*) in beg sc.

Rnd 2: Ch 1, (sc, ch 2, dc) in first st, sk next st, [(sc, ch 2, dc) in next st, sk next st] around, join in beg sc. Fasten off. **C!**

COLOR KEY

- Frosty green
- Forest green
- Maize
- Delft
- Orchid pink
- Purple
- Surface sl st with purple
- Surface sl st with fudge brown



Butterfly Hot or Cold Pack
Chart

STITCH GUIDE

FOR MORE COMPLETE INFORMATION, VISIT FREEPATTERNS.COM

STITCH ABBREVIATIONS

beg	begin/begins/beginning
bpdc	back post double crochet
bpdc	back post single crochet
bpdc	back post treble crochet
CC	contrasting color
ch(s)	chain(s)
ch	refers to chain or space previously made (i.e., ch-1 space)
ch sp(s)	chain space(s)
cl(s)	cluster(s)
cm	centimeter(s)
dc	double crochet (singular/plural)
dc dec	double crochet 2 or more stitches together, as indicated
dec	decrease/decreases/decreasing
dtr	double treble crochet
ext	extended
fpdc	front post double crochet
fpdc	front post single crochet
fpdc	front post treble crochet
g	gram(s)
hdc	half double crochet
hdc dec	half double crochet 2 or more stitches together, as indicated
inc	increase/increases/increasing
lp(s)	loop(s)
MC	main color
mm	millimeter(s)
oz	ounce(s)
pc	popcorn(s)
rem	remain/remains/remaining
rep(s)	repeat(s)
rnd(s)	round(s)
RS	right side
sc	single crochet (singular/plural)
sc dec	single crochet 2 or more stitches together, as indicated
sk	skip/skipped/skipping
sl st(s)	slip stitch(es)
sp(s)	space(s)/spaced
st(s)	stitch(es)
tog	together
tr	treble crochet
trtr	triple treble
WS	wrong side
yd(s)	yard(s)
yo	yarn over

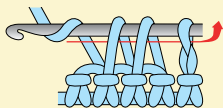
YARN CONVERSION

OUNCES TO GRAMS	GRAMS TO OUNCES
1.....28.4	25.....7/8
2.....56.7	40.....1 1/2
3.....85.0	50.....1 3/4
4.....113.4	100.....3 1/2

UNITED STATES UNITED KINGDOM

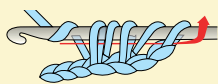
sl st (slip stitch)	=	sc (single crochet)
sc (single crochet)	=	dc (double crochet)
hdc (half double crochet)	=	htr (half treble crochet)
dc (double crochet)	=	tr (treble crochet)
tr (treble crochet)	=	dtr (double treble crochet)
dtr (double treble crochet)	=	ttr (triple treble crochet)
skip	=	miss

Single crochet decrease (sc dec):
(Insert hook, yo, draw lp through) in each of the sts indicated, yo, draw through all lps on hook.



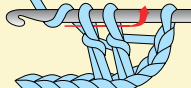
Example of 2-sc dec

Half double crochet decrease (hdc dec):
(Yo, insert hook, yo, draw lp through) in each of the sts indicated, yo, draw through all lps on hook.



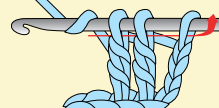
Example of 2-hdc dec

Double crochet decrease (dc dec):
(Yo, insert hook, yo, draw loop through, draw through 2 lps on hook) in each of the sts indicated, yo, draw through all lps on hook.



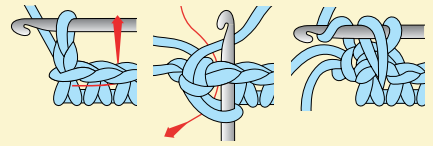
Example of 2-dc dec

Treble crochet decrease (tr dec): Holding back last lp of each st, tr in each of the sts indicated, yo, pull through all lps on hook.

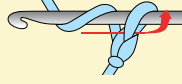


Example of 2-tr dec

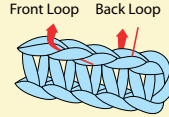
Reverse Single Crochet (reverse sc): Ch 1. Skip first st. [Working from left to right, insert hook in next st from front to back, draw up lp on hook, yo, and draw through both lps on hook.]



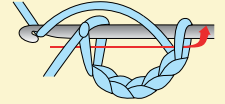
Chain (ch): Yo, pull through lp on hook.



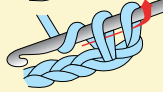
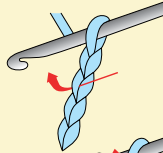
Front loop (front lp) Back loop (back lp)



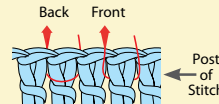
Slip stitch (sl st): Insert hook in st, pull through both lps on hook.



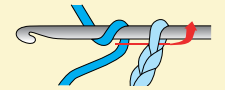
Single crochet (sc): Insert hook in st, yo, pull through st, yo, pull through both lps on hook.



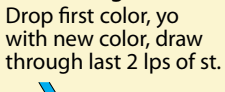
Front post stitch (fp) Back post stitch (bp): When working post st, insert hook from right to left around post st on previous row.



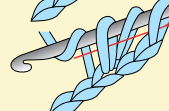
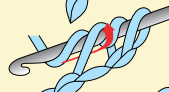
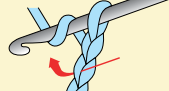
Chain Color Change (ch color change)
Yo with new color, draw through last lp on hook.



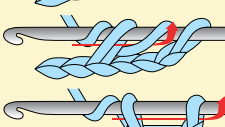
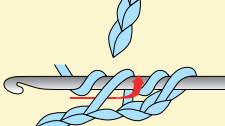
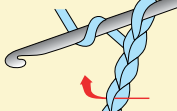
Double Crochet Color Change (dc color change)
Drop first color, yo with new color, draw through last 2 lps of st.



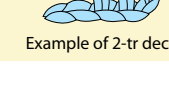
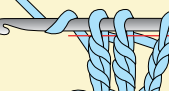
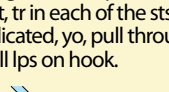
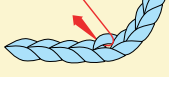
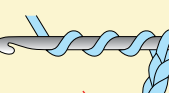
Half double crochet (hdc): Yo, insert hook in st, yo, pull through st, yo, pull through all 3 lps on hook.



Double crochet (dc): Yo, insert hook in st, yo, pull through st, [yo, pull through 2 lps] twice.



Double treble crochet (dtr): Yo 3 times, insert hook in st, yo, pull through st, [yo, pull through 2 lps] 4 times.



Treble crochet (tr): Yo twice, insert hook in st, yo, pull through st, [yo, pull through 2 lps] 3 times.

