

# Double-End Quilted Pot Holder Mitten - Full Step-by-Step Tutorial

Creating a double-end quilted pot holder mitten is a practical and beautiful sewing project that combines traditional quilting techniques with everyday functionality. This design allows you to slip your hands into both ends, making it perfect for safely handling hot dishes, pans, and baking trays. Whether you're a beginner or an experienced quilter, this detailed guide will walk you through every step from start to finish.



## Step-by-Step Tutorial: Double-End Quilted Pot Holder Mitten (US Style Quilt)

**Materials & Legend**  
Cotton fabric (main), Insul-Bright batting, Cotton batting, Cotton thread

Total Length: 95 cm

Mitten (cut 2x main fabric, 2x lining)

Thumb 8 cm

Fabric Fold

All measurements in cm

### Key Terms & Methods

-  **USA-Style Quilt:** Traditional quilting with layered wadding and hand- or machine-stitched patterns. features like decorative cross-hatching.
-  **Sandwiching:** Layering fabric (main) + batting + fabric (main/lining).
-  **Topstitching:** Stitched on the visible surface, often for decoration and securing seams.
-  **Binding:** Finishing the raw edge with a bias tape or folded fabric strip.

**1. Prepare Patterns & Cut**  
Trace and cut paper patterns (Pattern 1 for main mitten, Pattern 2 for end-mitt). Cut fabrics (Main, Lining, Batting) as per <IMAGE 0>. Note 'Fabric Fold' for main body.

**2. Create the Quilt Sandwich**  
Layer main fabric, 1-2 layers of batting, and lining fabric. Quilt the layers together. Use a cross-hatch pattern for traditional feel. (Use Insul-Bright for heat resistance)

**3. Machine-Quilt Main Body**

Create one large 95cm x 20cm quilted piece. If desired, pre-quilt \*before cutting for easier handling, then recut to precise pattern dimensions.

**4. Form Mitten Pockets**

Fold the ends of the large piece inwards to form pocket cuffs (referencing pattern fold line). Place smaller end-mitt pieces (thumb shape) onto the pockets. Secure the molies onto the pockets. Secure with pins. Stitch around the thumb and cuff edge.

**5. Assemble & Bind Edges**

Pin the entire assembled quilted mitt. Prepare fabric binding strips (e.g., matching or contrasting floral). Sew binding to front side, fold over to the back, and hand or machine stitch to finish.

**6. Add Topstitching & Hanger**

Fold a small strip of fabric for the hanging loop. Attach firmly to the center top. Add decorative topstitching around the cuff for a premium finish.

## Materials & Tools You'll Need

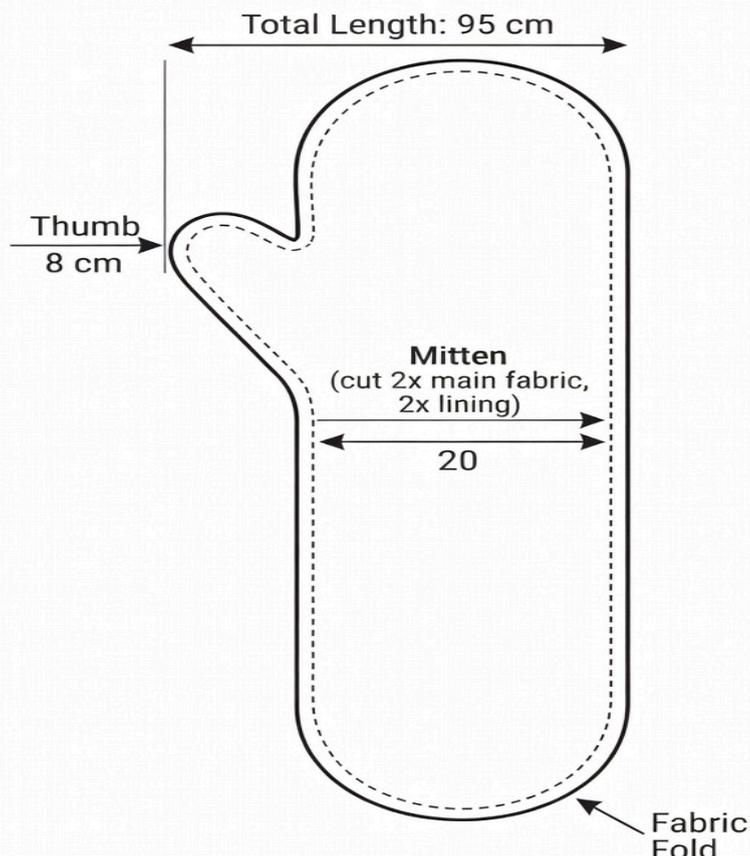
Before starting, gather all your materials to ensure a smooth workflow:

- Cotton fabric (main fabric)
- Cotton fabric (lining)
- Insul-Bright batting (heat-resistant layer)
- Cotton batting (optional for extra thickness)
- Cotton thread (matching or contrasting)
- Bias tape or fabric strips for binding
- Pins or quilting clips
- Fabric scissors or rotary cutter
- Quilting ruler
- Sewing machine
- Iron and ironing board
- Fabric marker or chalk

## Finished Size Reference

- Total length: approximately 95 cm (37.5 inches)
- Width: approximately 20 cm (8 inches)
- Thumb extension: about 8 cm (3 inches)

All measurements in this tutorial are based on centimeters, but you can easily convert to inches if needed.



## **Step 1: Prepare Patterns & Cut Fabric**

Start by preparing your pattern pieces. You will need two main shapes:

- **Pattern 1 (Main Mitten Body):** A long, rounded rectangle with curved ends
- **Pattern 2 (End Mitts / Thumb Sections):** Smaller curved shapes for both ends

### **Instructions:**

1. Trace your patterns onto paper or directly onto fabric using a fabric marker.
2. Cut the following layers for each piece:
  - 1x main fabric
  - 1x lining fabric
  - 1–2 layers of batting (including Insul-Bright for heat resistance)
3. Be sure to mark the **fabric fold line** for the main body if your pattern requires it.

 **Tip:** Accuracy in cutting ensures your pieces align perfectly during assembly.

## **Step 2: Create the Quilt Sandwich**

Now it's time to build your quilt layers, often referred to as a "quilt sandwich."

### **Layering Order:**

- Bottom: Lining fabric (wrong side down)
- Middle: Batting layers (Insul-Bright + cotton batting if using)
- Top: Main fabric (right side up)

### **Instructions:**

1. Align all layers carefully.
2. Smooth out wrinkles and secure with pins or clips.
3. Quilt the layers together using your sewing machine.

### **Quilting Style:**

Use a **cross-hatch (diagonal grid)** pattern for a classic quilted look. This not only adds beauty but also stabilizes the layers.

 **Tip:** Keep your stitching lines evenly spaced (about 3–5 cm apart) for a professional finish.

### **Step 3: Machine-Quilt the Main Body**

If you prefer, you can quilt a large piece of fabric first and then cut your pattern from it.

#### **Instructions:**

1. Quilt a rectangle measuring approximately **95 cm x 20 cm**.
2. After quilting, place your pattern on top and trim to the exact mitten shape.

This method makes handling easier and ensures consistent quilting across the entire piece.

 Tip: Press your quilted fabric lightly with an iron to flatten seams before cutting.

### **Step 4: Form the Mitten Pockets**

This is where your pot holder starts to take shape!

#### **Instructions:**

1. Take the long quilted piece and fold both ends inward toward the center.
2. These folds will form the **hand pockets**.
3. Position the smaller thumb-shaped pieces on top of each folded end.
4. Pin everything securely in place.

Make sure the openings are large enough for comfortable hand insertion.

 Tip: Try placing your hand inside before sewing to check the fit.

### **Step 5: Assemble & Bind the Edges**

Now you'll secure all layers and finish the edges neatly.

#### **Instructions:**

1. Pin around the entire outer edge of the mitten.
2. Prepare your binding:
  - You can use pre-made bias tape or create your own using fabric strips.
3. Sew the binding onto the front side first.
4. Fold it over to the back and stitch in place (by machine or hand).

This step encloses all raw edges and gives your project a clean, durable finish.

 Tip: Use contrasting fabric for binding to add a decorative touch ✨



## Step 6: Add Topstitching & Hanging Loop

The final step enhances both function and appearance.

### Instructions:

1. Add **topstitching** around the edges of the mitten for reinforcement.
2. Create a hanging loop:
  - Cut a small strip of fabric
  - Fold it lengthwise and stitch
  - Attach it securely to the center top of the mitten
3. Sew the loop firmly in place.

This allows you to hang your pot holder conveniently in your kitchen.



Tip: Double-stitch the loop area for extra strength.



## Final Thoughts

Congratulations! You've just completed a beautiful and functional **double-end quilted pot holder mitten**. This project is a wonderful way to practice quilting techniques while creating something useful for everyday life.

### কেন You'll Love This Project:

- Beginner-friendly with professional results
- Customizable with your favorite fabrics
- Perfect as a handmade gift 🎁
- Durable and heat-resistant for kitchen safety

Once you've mastered this pattern, you can experiment with different quilting designs, colors, and even seasonal themes.

Happy quilting! 🧵💖