

Patchwork Potholders Step-by-Step Tutorial 🧵

Patchwork Potholders are a beautiful and practical sewing project made with cotton fabric squares, batting, quilting stitches, binding, and a hanging loop.

This tutorial follows the graphic exactly and explains each step in clear U.S. sewing and quilting terms, with measurements in centimeters and inches so anyone can make it from start to finish.

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Materials Needed

To make one finished potholder, you will need:

100% cotton fabric in 4 different prints
White cotton fabric for the center square
Fabric for the back
Insul-Bright or cotton batting
Matching thread
Sewing machine
Rotary cutter and cutting mat
Ruler
Pins or clips
Iron
Scissors
Fabric marker

The finished size is **20 cm x 20 cm**, approximately **8" x 8"**.

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Cutting the Fabric

From the 4 printed fabrics, cut **8 squares measuring 6.5 cm x 6.5 cm**.

From the white fabric, cut **1 square measuring 6.5 cm x 6.5 cm**. This will be the center square where the heart applique is placed.

From one printed fabric, cut **1 heart applique**. You can draw the heart by hand or use a small paper template.

From batting, cut **2 squares measuring 20 cm x 20 cm**.

From the backing fabric, cut **1 square measuring 20 cm x 20 cm**.

For the hanging loop, cut **1 strip measuring 6 cm x 12 cm**.

For the binding, cut **2.5 cm wide strips**, with a total length of about **110 cm**.

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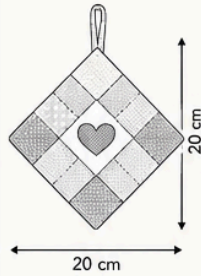
♥ PATCHWORK POTHOLDERS ♥

STEP-BY-STEP TUTORIAL



FINISHED SIZE

20 cm x 20 cm
(8" x 8")



1. CUTTING

From 4 different fabrics, cut:

□ (8) squares 6.5 cm x 6.5 cm

From white fabric, cut:

□ (1) square 6.5 cm x 6.5 cm
(for heart applique background)

From fabric (same as one of the squares), cut:

□ (1) heart applique

From batting (Insul-Bright or similar), cut:

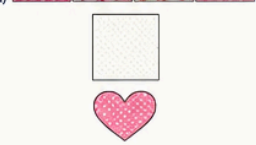
□ (2) squares 20 cm x 20 cm

From fabric (for back), cut:

□ (1) square 20 cm x 20 cm

From fabric (for loop), cut:

□ (1) strip 6 cm x 12 cm



2. SEW THE BLOCK

• Arrange the 9 squares in a 3x3 layout.

• Sew the squares together in rows.

• Sew the rows together to complete the block.



- Seam allowance: 0.6 cm (1/4 inch)
- Press seams open.



3. QUILT THE LAYERS

• Place the layers as follows:

1. Front (patchwork block)
2. Batting
3. Back fabric (right side down)



- Pin or baste the layers together.
- Quilt around the block (in the ditch) and/or diagonally for extra stability.



4. BIND THE POTHOLDER

• Cut 2.5 cm wide binding strips (fabric width 110 cm).

• Sew the binding strips together end to end at a 45° angle.



• Fold binding in half lengthwise and press.



• Start at one side, leaving a 10 cm tail, and sew the binding around the edge.



• Miter the corners and continue sewing.

• Overlap the beginning by 2.5 cm and sew.

• Fold binding to the back and hand-stitch or machine-stitch.



5. MAKE THE LOOP

• Fold the 6 cm x 12 cm strip in half lengthwise.

• Open and fold the raw edges to the center fold.

• Fold in half again and topstitch close to the edge.



• Position the loop at the top corner and baste.

BASIC SEWING & QUILTING METHODS (US TERMS)

Seam Allowance: 0.6 cm (1/4 inch) unless otherwise noted.

Press Seams: Open or to one side for a flat finish.

Topstitch: Sew along the edge to secure and add detail.

Quilting in the Ditch: Sew in the seam lines of the patchwork.

Diagonal Quilting: Sew diagonally across the block for extra strength.

Mitered Corner: Fold binding at 45° angle for a neat corner.

Basting: Temporarily hold layers together with long stitches or pins.

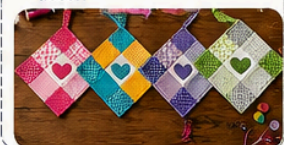


MATERIALS

- 100% Cotton Fabric (4 prints)
- White Fabric (for center & heart background)
- Batting (Insul-Bright or cotton batting)
- Matching Thread
- Sewing Machine
- Rotary Cutter & Mat
- Ruler
- Pins or Clips
- Iron
- Scissors
- Fabric Marker

♥ TIPS

- Use 100% cotton fabrics for best results.
- Press well at each step for accuracy.
- Make a set in different colors for a fun kitchen decor!



ENJOY YOUR HANDMADE PATCHWORK POTHOLDERS!



Sew the Patchwork Block

Arrange the 9 small squares in a **3 x 3 layout**.

Place the white square with the heart in the center.

Move the printed squares around until the colors look balanced.

Sew the squares together in rows using a **0.6 cm seam allowance**, also known as **1/4 inch seam allowance**.

Press the seams open or to one side with an iron.

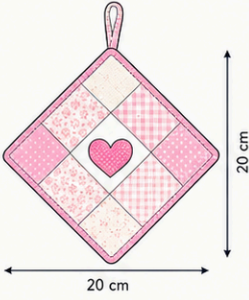
After sewing the 3 rows, join the rows together to complete the patchwork block.

Press the full block well so it stays flat and neat.

♥ PATCHWORK POTHOLDERS TEMPLATE ♥


FINISHED SIZE

20 cm x 20 cm
(8" x 8")




1. CUTTING TEMPLATE

From 4 different fabrics, cut:




(8) squares 6.5 cm x 6.5 cm

From white fabric, cut:



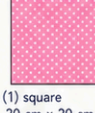
(1) square 6.5 cm x 6.5 cm (for heart applique background) (1) heart applique

From batting (Insul-Bright or similar), cut:



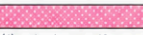
(2) squares 20 cm x 20 cm

From fabric (for back), cut:




(1) square 20 cm x 20 cm

From fabric (for loop), cut:



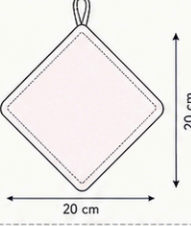
(1) strip 6 cm x 12 cm

2. BLOCK LAYOUT (3x3)




Arrange the 9 squares in a 3x3 layout as shown above. The white square with the heart goes in the center.

3. FINISHED DIMENSIONS (BEFORE BINDING)




After sewing and quilting, trim the block to 20 cm x 20 cm (8" x 8").

4. LOOP TEMPLATE



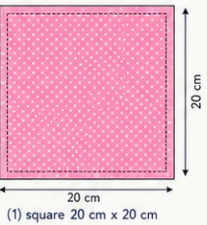
(1) strip 6 cm x 12 cm (folded in half)

5. BINDING STRIPS



Cut 2.5 cm wide binding strips (total length approx. 110 cm)


6. BACK TEMPLATE



(1) square 20 cm x 20 cm


USE THIS TEMPLATE TO:

- ♥ Cut your fabric pieces
- ♥ Plan your layout
- ♥ Create beautiful patchwork potholders!




SEAM ALLOWANCE

0.6 cm (1/4 inch) unless otherwise noted.



TEMPLATE GUIDE

Print at 100% (Actual Size). Use this template to cut your fabric pieces accurately.



BASIC SEWING & QUILTING METHODS (US TERMS)

- Seam Allowance: 0.6 cm (1/4 inch) unless otherwise noted.
- Press Seams: Open or to one side for a flat finish.
- Topstitch: Sew along the edge to secure and add detail.
- Quilting in the Ditch: Sew in the seam lines of the patchwork.
- Diagonal Quilting: Sew diagonally across the block for extra strength.
- Mitered Corner: Fold binding at 45° angle for a neat corner.
- Basting: Temporarily hold layers together with long stitches or pins.

MATERIALS

- 100% Cotton Fabric (4 prints)
- White Fabric (for center & heart background)
- Batting (Insul-Bright or cotton batting)
- Matching Thread
- Sewing Machine
- Rotary Cutter & Mat
- Pins or Clips
- Iron
- Scissors
- Fabric Marker

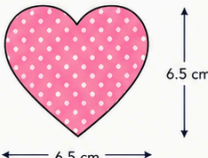
HAPPY SEWING!

Add the Heart Applique

HEART APPLIQUÉ TEMPLATE FOR PATCHWORK POTHOLDERS

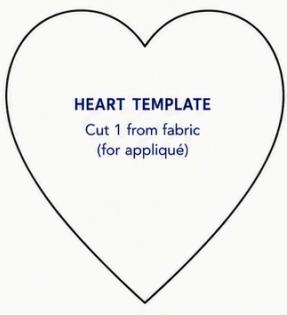
HEART FINISHED SIZE

6.5 cm x 6.5 cm
(2½" x 2½")



TEMPLATE (ACTUAL SIZE)


Print at 100% (Actual Size)
Do not scale.



HEART TEMPLATE
Cut 1 from fabric
(for appliqué)


HOW TO USE

1. CUT



Place the template on the wrong side of your fabric. Trace around the template. Cut 1 heart.


2. APPLIQUÉ



Position the heart on the center square (white fabric) of your potholder block. Appliqué using your favorite method:


- Hand stitch
- Machine stitch
- Fusible web

3. FINISHED



The heart should be centered in the square like the photo.


4. QUILT



Continue assembling the block and quilting as shown in the tutorial.


APPLIQUÉ OPTIONS

HAND APPLIQUÉ




Use small, even stitches around the edge.

MACHINE APPLIQUÉ



Use a zigzag or satin stitch around the edge.

FUSIBLE APPLIQUÉ

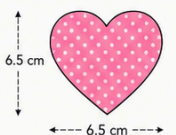


Iron fusible web to the back of the heart. Peel and stick, then stitch around the edge.

TIPS

- ♥ Use 100% cotton fabric.
- ♥ Press well before appliqué.
- ♥ Appliqué before assembling the block.
- ♥ Center the heart carefully for the best look.

MEASUREMENTS GUIDE



Finished Heart Size:
6.5 cm x 6.5 cm
(2½" x 2½")

Seam allowance: 0.6 cm (¼")
is included in your project
(not in the template).

NOTES

HAPPY QUILTING!

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Place the fabric heart in the center of the white square.

Pin it in place or use a little fabric glue if desired.

Sew around the heart using a small straight stitch or a narrow zigzag stitch.

Go slowly around the curves so the heart shape stays clean.

This applique gives the potholder a cute handmade detail.

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Quilt the Layers

Place the layers in this order:

First, place the patchwork block on top, right side facing up.

Second, place the batting underneath.

Third, place the backing fabric underneath, with the right side facing down.

Pin or baste all layers together.

Quilt in the ditch by sewing along the seam lines of the patchwork.

You can also sew diagonal quilting lines across the block for extra strength.

Quilting keeps the layers together and makes the potholder more durable.

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Make the Hanging Loop

Take the strip measuring **6 cm x 12 cm**.

Fold it in half lengthwise and press.

Open it, then fold both raw edges toward the center crease.

Fold it in half again and press.

Topstitch close to the open edge.

Fold the finished strip into a loop and place it at the top corner of the potholder.

Baste the loop in place before adding the binding.

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Bind the Potholder

Join the binding strips end to end at a **45-degree angle**.

Fold the long binding strip in half lengthwise and press.

Start sewing the binding on one side of the potholder.

Leave a tail of about **10 cm** at the beginning.

Sew around the edge using a straight stitch.

Miter the corners by folding the binding neatly at each corner.

When you return to the beginning, overlap the binding by about **2.5 cm** and sew.

Fold the binding to the back of the potholder.

Hand-stitch or machine-stitch it in place.

Make sure the corners are neat and the hanging loop is secure.

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Basic Sewing and Quilting Terms

Seam Allowance: The distance between the fabric edge and the stitch line. For this project, use **0.6 cm or 1/4 inch**.

Press Seams: Use an iron to flatten seams after sewing.

Topstitch: A visible stitch sewn close to the edge for a clean finish.

Quilt in the Ditch: Sew directly in the seam lines of the patchwork.

Diagonal Quilting: Sew diagonal lines across the block for strength and decoration.

Mitered Corner: A folded binding corner made at a 45-degree angle.

Basting: Temporary stitches or pins used to hold layers together.

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Final Tips

Use only **100% cotton fabric**, because it handles heat better than synthetic fabric.

Press after every step for a professional finish.

Make several potholders in different color combinations for a cheerful kitchen set.

For best results, sew slowly, measure carefully, and keep your seam allowance consistent.

Your handmade Patchwork Potholders are now ready to use or gift! 🧵♥♥

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