

Rocky Rib Knit Cup Warmer

Supplies:

Large styrofoam cup
Timtex or Peltex - 5" x 10.5" for each cup warmer
Fabric scraps or cut from bottom of t-shirt
Old panty-hose or knee highs
T-shirt transfer paper
Poly fill stuffing
Craft knife
Glue

Use your imagination to make the cup warmers your own.

Basic instructions to make the strong man cup warmer:

1. Place templates on Timtex or Peltex and cut out

2. Arms

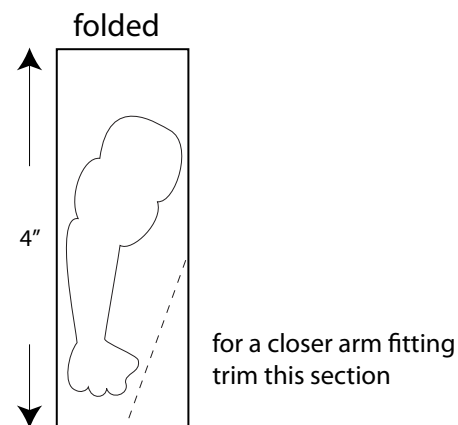
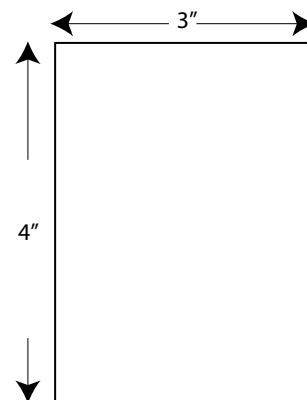
- Use old panty hose or knee highs for the skin
- Cut [2] 4"x3" pieces panty hose or knee highs for arms
- Fold in half lengthwise
- Put tracing paper behind and stitch lengthwise (angle as shown) and across the bottom fist area (leave top open for turning)
- Cut angle out for shaping of lower arm
- Remove tracing paper and turn inside out
- Place arm inside skin & stuff front side only
- Excess at the top will be turned to the back side of the arm (glue down)
- Repeat for other arm

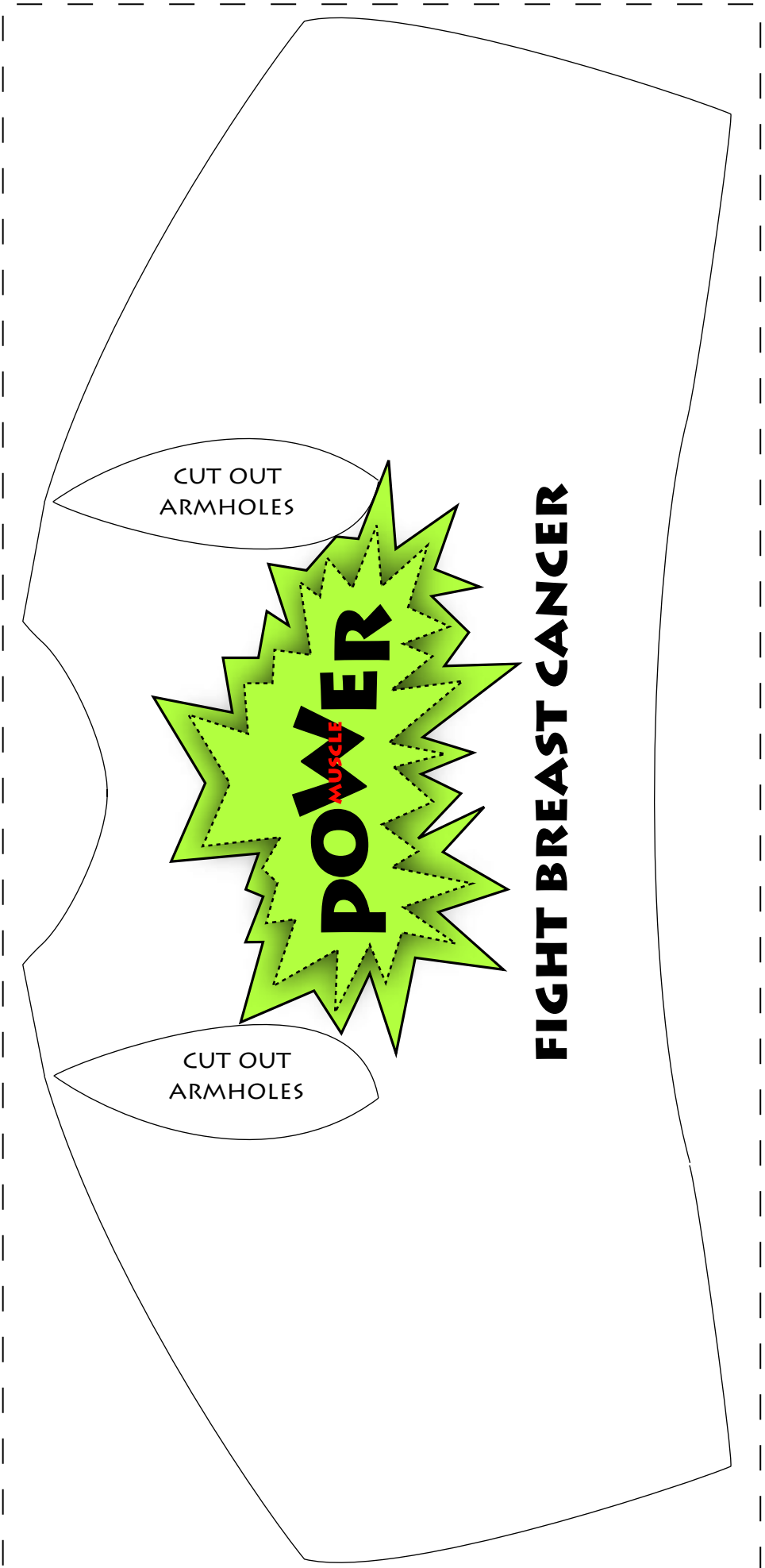
3. Base

- If using the transfer, adhere transfer to t-shirt materials first (per mfg. instructions)
- Cut 5" x 10.5" along the bottom of t-shirt (keep the finished edge)
- Place template over t-shirt fabric and cut around top and sides (don't cut bottom edge, so it will remain a finished edge)
- Pin to stabilizer and satin stitch or close zig zag around sides and top
- Cut out arm holes (use craft knife) and stitch around each (finish edges)

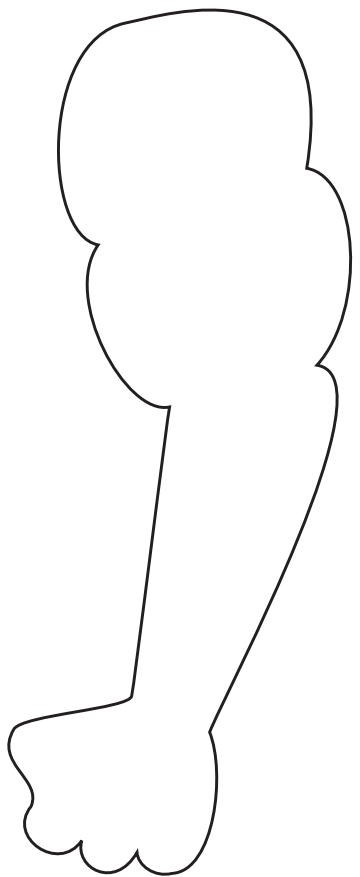
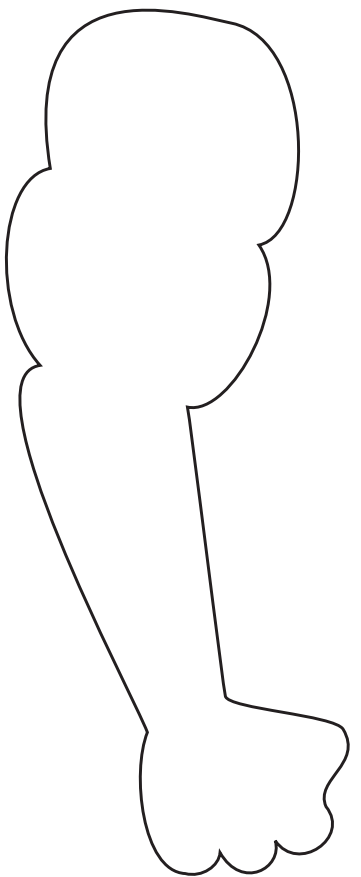
4. Finishing the cup warmer

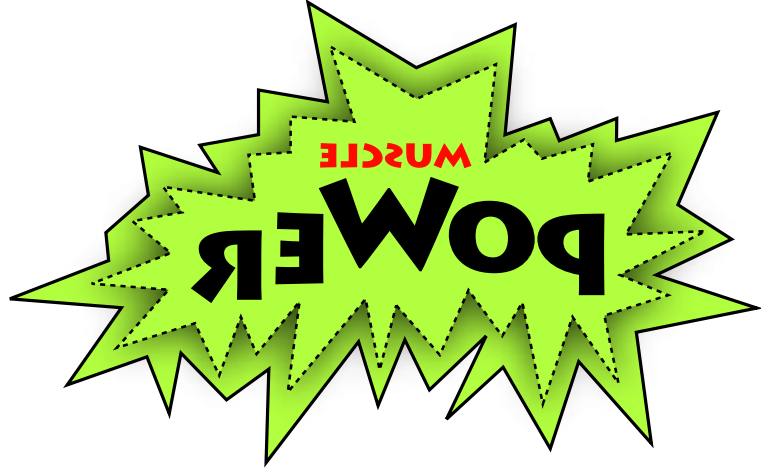
- Place the arms inside the muscle shirt and stitch the arm to the inner edge of the shirt (don't stitch the outer edge or the arm will stick out in the wrong direction)
- Overlap sides to form back and stitch to keep in place





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