

# BEAR PAW MUG RUG

Skill Level: Beginner

Designed & Stitched By  
Alexandra Henry



The bear paw is a traditional quilt block pattern. Use it to make this easy little mug rug to brighten your morning coffee. It measures 8" x 10" and is just perfect for that bowl of cereal or snack. Mug rugs are quickly growing in popularity. This mug rug unites the traditional with modern fabrics. To protect table surfaces from hot temperatures, use insul-fleece and cotton batting.

### Fabrics Needed

Light	1 fat quarter
Medium	1 fat quarter
Dark Medium	1 fat quarter
Backing	Cut 8 1/2" x 10 1/2" from one of the fat quarters
Binding	1/8 yard

### Materials Needed

Pellon <sup>®</sup> Insul-fleece 975 <sup>™</sup>	8 1/2" x 10 1/2" piece
Pellon <sup>®</sup> Legacy <sup>™</sup> Natural Cotton batting NB-96	8 1/2" x 10 1/2"
Thread	

### Tools Needed

Sewing Machine and related sewing supplies  
General sewing supplies

# Cutting and stitching Instructions

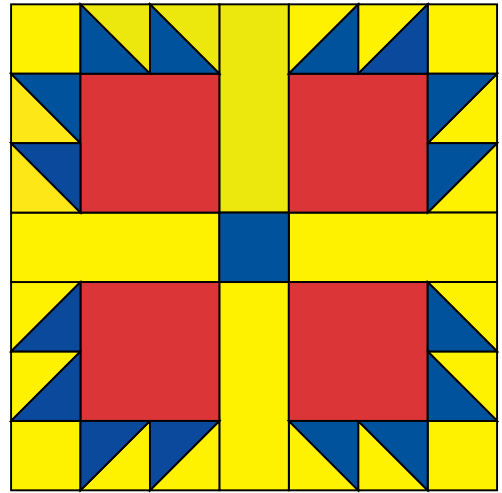
Cut two strips of light and two strips of dark medium  $1\frac{7}{8}$ " wide. Cut these strips into sixteen  $1\frac{7}{8}$ " squares of light and dark medium.

Cut four  $1\frac{1}{2}$ " squares light fabric  
Cut one  $1\frac{1}{2}$ " square dark medium fabric

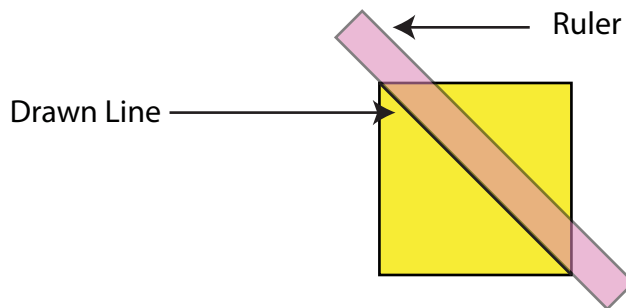
Cut four  $2\frac{1}{2}$ " squares medium fabric

Cut four  $3\frac{1}{2}$ " x  $1\frac{1}{2}$ " light fabric

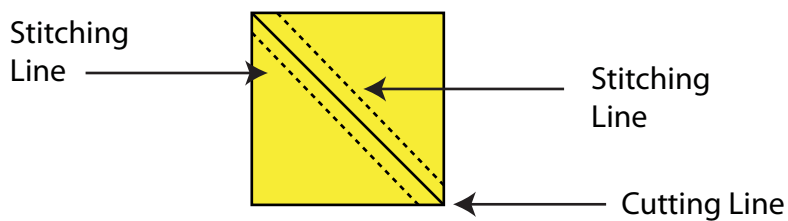
Cut one strip  $10\frac{1}{2}$ " x  $1\frac{1}{2}$ " medium fabric  
Cut one strip  $3\frac{1}{2}$ " x  $7\frac{1}{2}$ " medium fabric



Layer one each of the  $1\frac{7}{8}$ " squares, a dark medium and a light, right sides together. Have the light square on top, lay a ruler from corner to corner and draw a line from corner to corner as shown below:



Stitch  $\frac{1}{4}$ " from the drawn line as shown below:



Cut on the drawn line, press towards the dark medium.



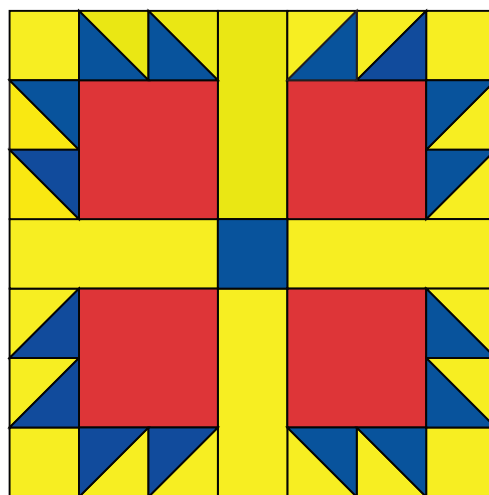
Stitch units as shown:



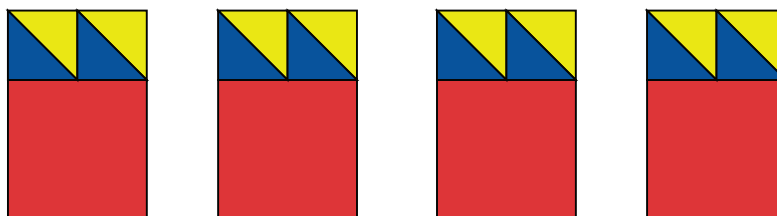
Make 4  
Press up



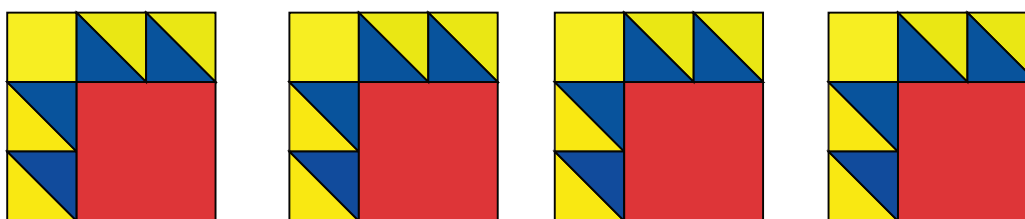
Make 4  
Press left



Stitch units as shown and press toward the square:



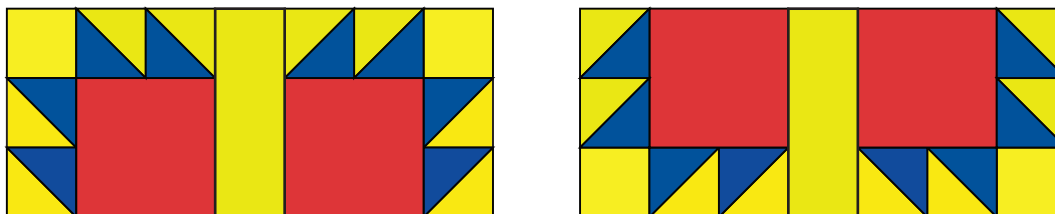
Stitch units as shown:



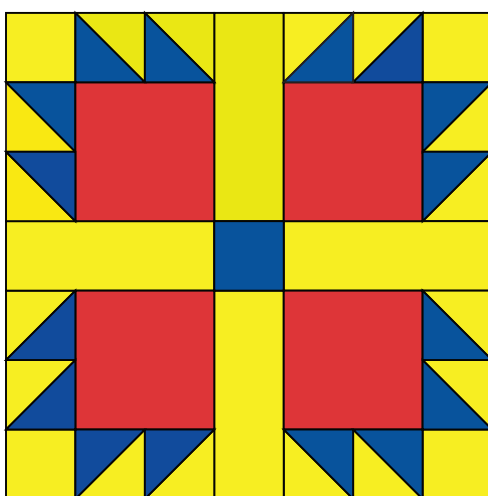
Stitch light rectangles to dark medium square as shown. Press towards the dark medium square:



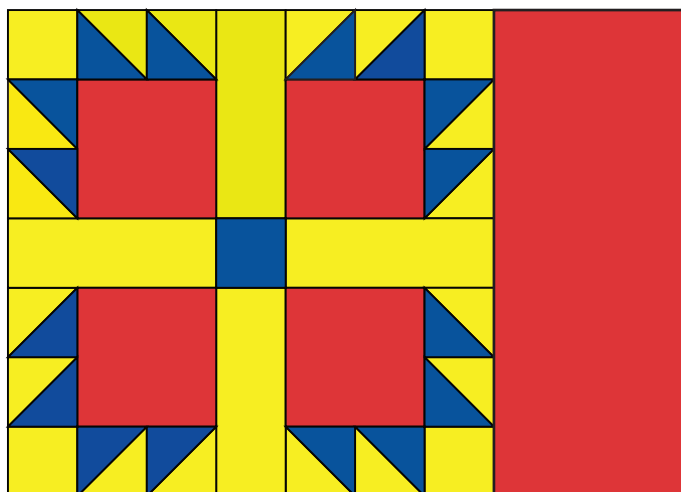
Add a light rectangle to the units as shown. Press towards the light rectangle:



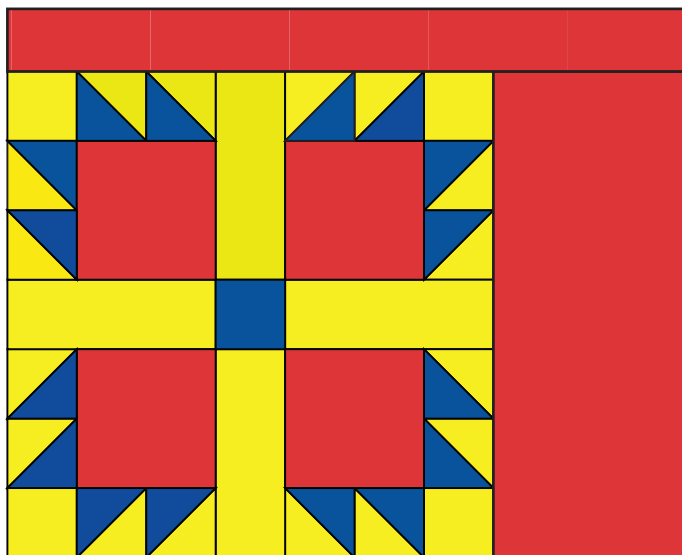
Finish sewing the block as shown. Press toward center strip.



Stitch the 7 1/2" x 3 1/2" rectangle to the right side of the block, press towards the rectangle.



Sew 10 1/2" x 1 1/2" rectangle to the top of the mug rug as shown, press towards the top:



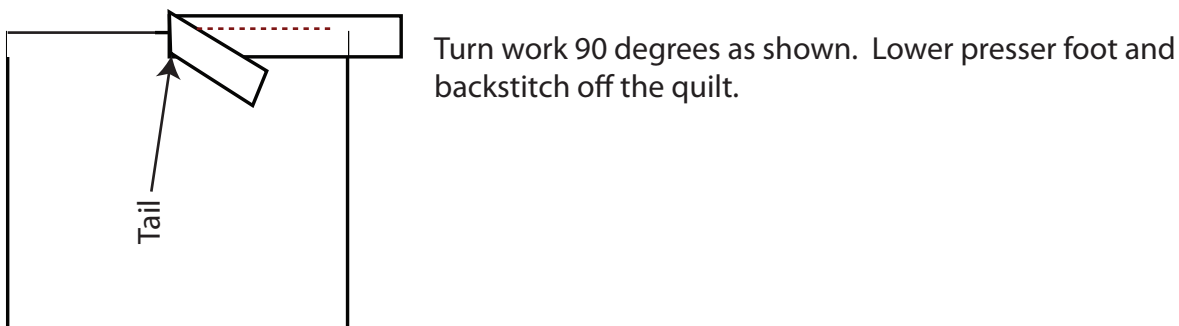
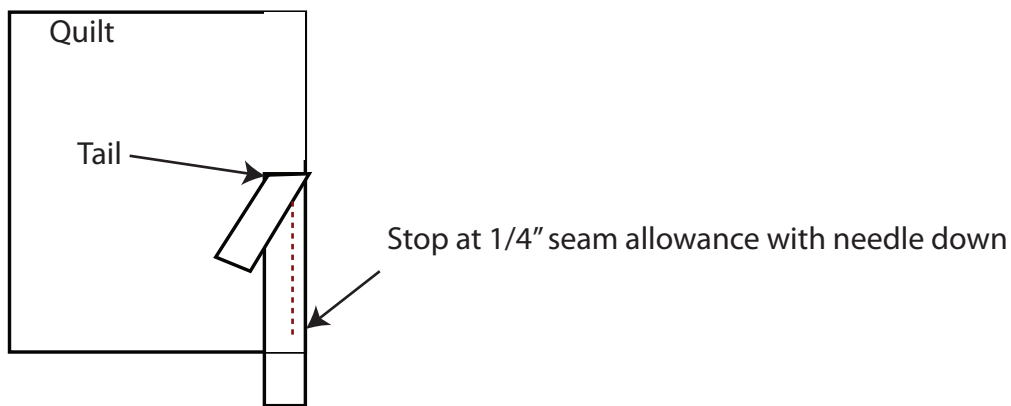
Cut backing 10 1/2" x 8 1/2". Place backing on table, wrong side up. Cut a layer of insul-fleece™ batting 10 1/2" x 8 1/2". Lay the insul-fleece™ on the backing. Cut a layer of cotton batting 8 1/2" x 10 1/2" and lay that on the insul-fleece. Lay mug rug top face up on batting. Pin in place and quilt as desired.

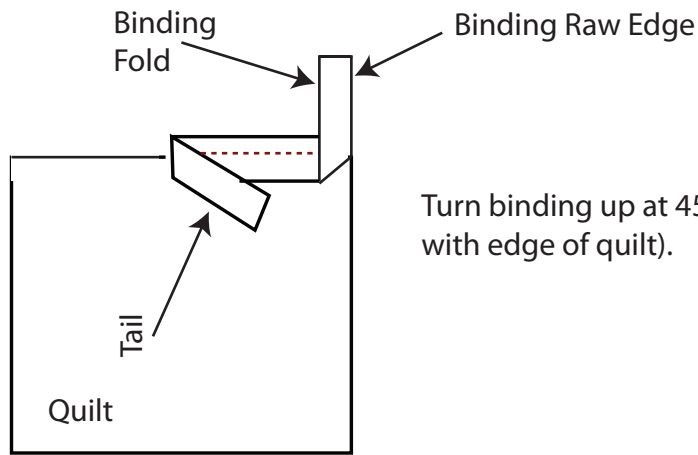
**TIP: Polyester melts at 420° F. Cotton batting prevents pot objects from melting insul-fleece™.**

Sew binding following instructions on binding pages.

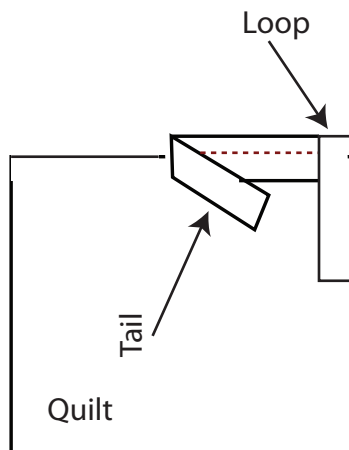
# Binding

1. The number of strips is determined by the size of your finished quilt. Measure the number of inches in the perimeter (add the length of all sides of your quilt) + approximately 9". Cut strips 2 1/4" wide, crossgrain (the width of the fabric 40/44").
2. Join strips together as shown on "Piecing Binding and Borders Page". Create one long strip equal to the perimeter of your quilt + 9"
3. Fold your strips in half lengthwise with wrong sides together. Press gently.
4. Trim the edges of your quilt evenly leaving a 1/4" seam allowance.
5. Place the raw edges of the strip even with the edge of the quilt. Leave a tail (approximately 6") and then stitch in place to 1/4" away from the corner.





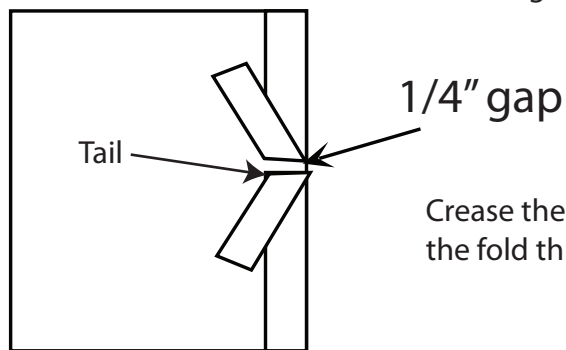
Turn binding up at 45 degree angle (it will line up with edge of quilt).



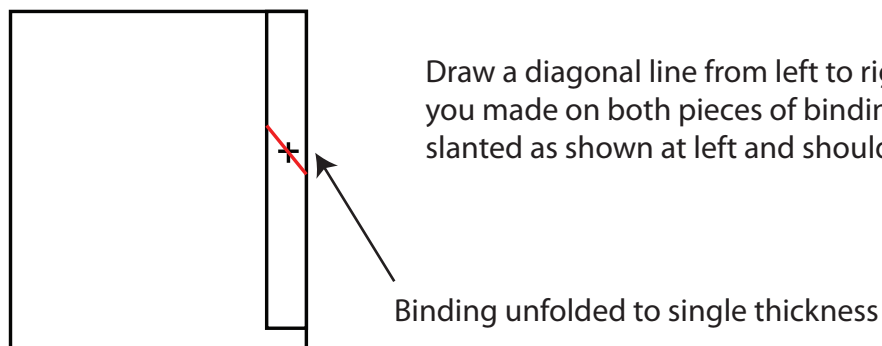
Fold binding straight down lining to the edge of the quilt as shown. It will have a loop at the upper right corner. Make sure that your loop lines up evenly with the raw edge of your previous side. top

Continue stitching the binding down until you finish all 4 corners and are 5-6" inches from your starting point.

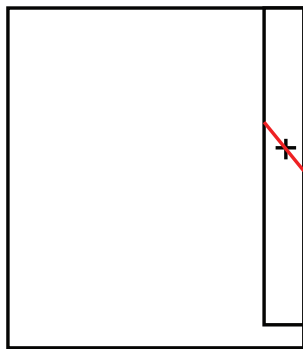
Fold the ends of the two pieces of binding so that there is a gap approximately 1/4" wide between the two pieces of binding (see diagram).



Crease the folds. Open the fold out and make a small cross on the fold through the halfway point of the binding.

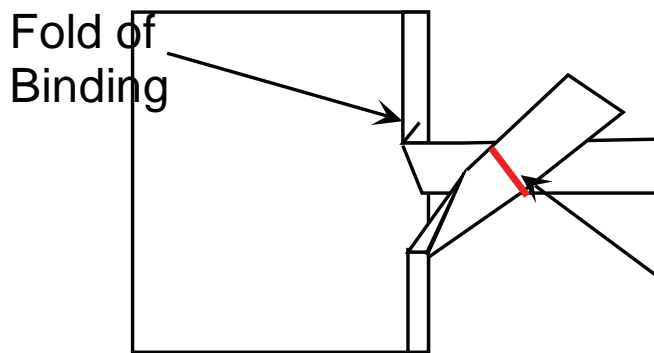


Draw a diagonal line from left to right through the cross you made on both pieces of binding. The lines should be slanted as shown at left and should be parallel to each other.



Draw a diagonal line 45 degrees from left to right through the cross you made on both pieces of binding. The lines should be slanted as shown at left and should be parallel to each other.

Binding unfolded to single thickness



Pin the two ends of binding together matching the drawn diagonal line. Stitch.

Drawn line

After stitching the diagonal line, make sure your binding lies flat against your quilt. Then trim seam and press. Fold binding back in half and continue stitching.

Fold binding to back and stitch down.