

# FIDDLE MAT

Wash and dry fabric.

Cut 1 piece of felt or fleece fabric 18" x 26"

Cut 1 piece of flannel fabric 15" x 23". Solid colors let the "ornaments" stand out.

Cut 2 pieces of ribbon 36", each folded in half, and tacked at fold.

1. Center the small piece of fabric (right side up) on top of the larger one with the wrong side up.
2. Fold in long edges first, 1 ½" toward the center. Stitch in place at the inner side of the "frame".
3. A zig zag stitch works well. This will form a 1 ½" border.
4. Fold in the short sides next 1 ½" and repeat the process.
5. Sew tacked ribbon to the corners of a long edge, on the diagonal, stitching several times to the mat to reinforce. This ribbon will be tied to the wheelchair or around the patient if needed.
6. Sew "ornaments" as with the fiddle apron through both pieces of fabric.

