

# Sugar Free Candy Canes

Use those Heat Moldable Stiffener scraps and Christmas fabric to sew up these “diet” confections!

Size: Approximately 6” high x 1½” wide

- (2) 1¼” x 12½” Christmas-y fabric strips
- (1) ½” x 12” Heat Moldable Stiffener strip

Suggested tools:

Dritz Quick Turn (Fabric Tube Turners)

Clover Wonder Clips



1. Stitch 2 fabric strips right sides together, leaving one short side open to make a fabric tube.
2. Turn tube to right side using the 3/8” cylinder—Slide cylinder into fabric tube until it is at sewn end. With round end of corresponding rod, push fabric end into the cylinder while sliding fabric tube over cylinder. Pull on fabric end until entire tube comes out of the cylinder and remove rod.
3. Insert ½” Heat Moldable Stiffener strip inside tube. Fold raw edges in at open end to enclose.
4. Topstitch all around.
5. Lightly spray strip with plain water and heat with iron, following manufacturer’s instructions.
6. While strip is hot, wrap around a rod from the Quick Turn kit; clamp with Wonder Clips. Let cool.
7. Remove and bend to make a cane. Add an embroidery floss loop for hanging.

Perfect for a package tie on!



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