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You will need:

4 oz. worsted weight yarn
Crochet Hook size G or size needed for gauge
Gauge 7 sts=2”

Ch 35.

Sc in same sp as last ch and in each ch across, 2 sc in corner and then sc across other side of starting ch. Do not join rows.

Continue to work around both sides of chain, sc in each sc around picking up back loop only. Repeat until the hotpad becomes a double square. The hotpad will bow in on itself making it double. End at edge of square, ch 7 (for hanging hook) attach ch to end with sl st. Place edges together evenly and sl st along the opening.