Cut 4 of fabric
Cut 2 of Insul-Bright

Sandwich 1 piece of Insul-Bright between 2 pieces of fabric, machine quilt together

Repeat

Usine 1/2 seam, stitch the two quilted pieces, right sides together ---adding loop in side seam.

Sew extra wide double fold bias tape to bottom edge of mitt to finish off

Picture tutorial and instructions can be found at www.skiptomylou.org/2008/09/25/oven-mitt-pattern/