

WONDER BOX OVEN TUTORIAL

Materials Needed:

3 Meters (yards are 3" shorter than a meter) soft cotton or broadcloth (so it will conform to the shape of the pot)
19 gallons of Polystyrene beads (look for these at a craft store, it's the same material bean bags are made of)

Sewing Instructions:

Cut out four of each of the shapes on the following "pattern" page. Start with the 4 top pieces. Place 2 of the 4 pieces together (fronts of the fabrics facing each other). Sew along the dotted "sew" lines on the bottom. Repeat with the second pair. Then open each of the pairs and place them right sides together and sew those 2 together all the way around the outside, leaving an opening to fill through.

Repeat the above process with the 4 bottom pieces. One pair together, sew along the dotted "sew" lines, then repeat with the other pair. Open them up and place them right sides together, remembering to leave openings to fill through.

The narrow part of the bottom pattern is the piece you will tuck into the bigger part of the bottom to make the pouch/nest for the pot to sit into. It will not lie flat. It will take the shape of a square cushion when it is filled with the polystyrene beads, and the bottom cushion has a cavity like a nest or pouch.

Filling Instructions:

Top: Fill a little less than ½ full, approximately 7 gallons of polystyrene beads. A paper funnel works best, as the beads are very static prone. Work with two people to fill, one to hold the funnel in and the other to pour. Spread a sheet on the floor to catch beads.

Bottom: Fill approximately ½ full with polystyrene beads, approximately 12 gallons of polystyrene beads. Once this bag is filled, tuck the small end into the center to form the pouch/nest for the pot.

Pot Requirements:

Find a good pot that fits well in this pouch and has a strong seal. Long handles will not work. Different sizes of pots will work but if your pot seems too small, add a blanket around the pot when you place it in the cooker so there is no empty space. When the pan sits inside the pouch/nest of the bottom, the pan is surrounded on all sides except the top. So, that is where the top/lid comes in. The lid should fit snugly over the bottom/pot sealing all gaps. It is very important to keep all of the heat inside this wonder box cooker.

Instructions originated from a booklet published by Compassion of South Africa in 1978, 1979 and 1980. Compassion registered name Wonder Box and the logo of the kneeling figure. We followed and modified tutorials found at the following URLs:

<http://www.ourldsfamily.com/wonderbox/Wonderbox.html>

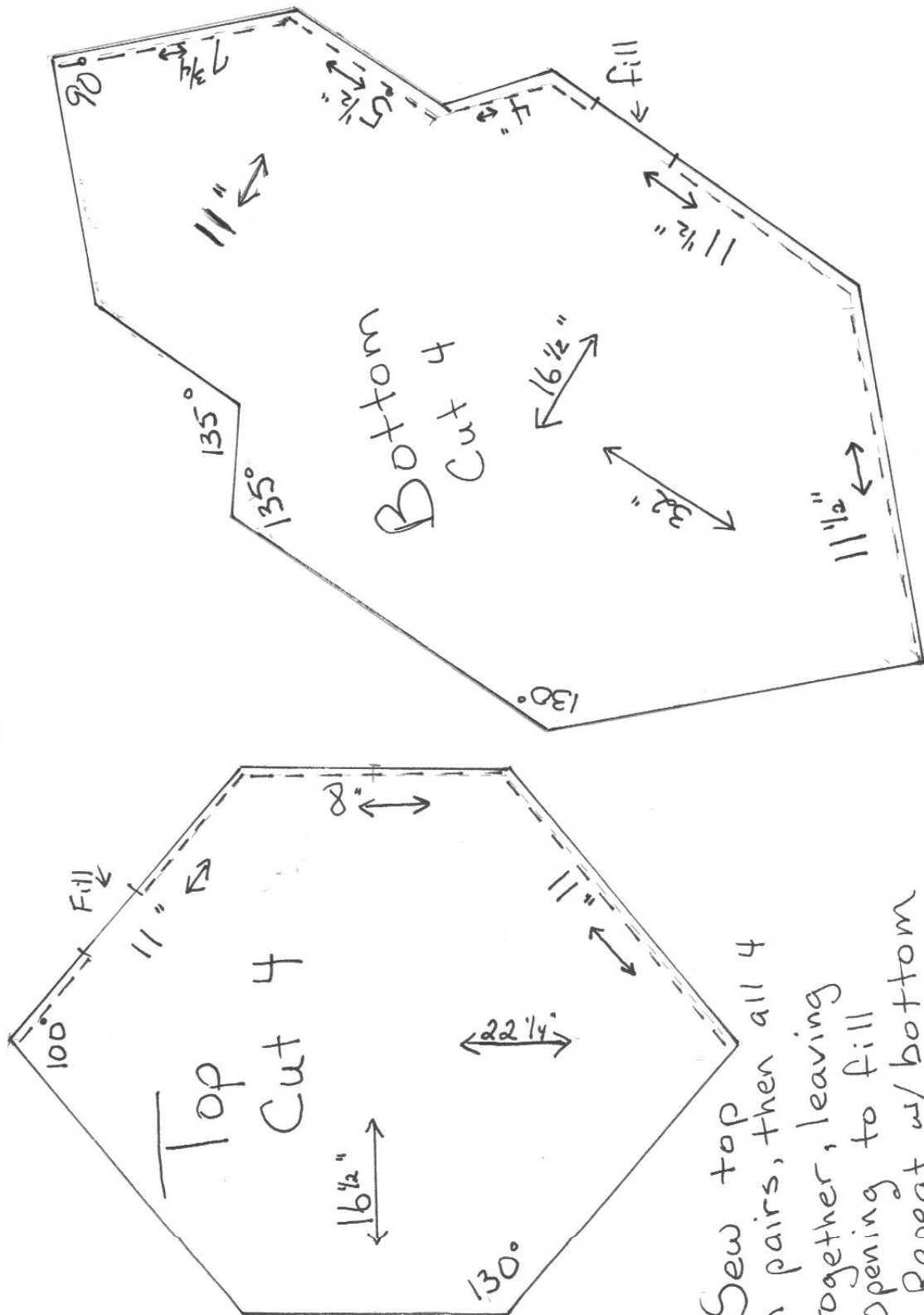
http://www.iwillprepare.com/index_files/Wonder%20Box.pdf

Photo courtesy of Laura Pabst yaya_ps@hotmail.com



WONDER BOX OVEN PATTERN

Wonder Box
Cooker



Sew top
in pairs, then all 4
together, leaving
opening to fill
Repeat w/ bottom