

Breast Cancer Comfort Bag: to hold pillow and ice pack after surgery.

Please wash fabrics before using.

Cottons should be soft to the touch and colourful prints. Linings may be of cotton or poly cotton.

One bag requires fabric measuring aprox. 20 inches wide and 28 to 29 inches long.

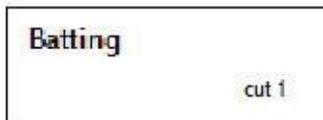
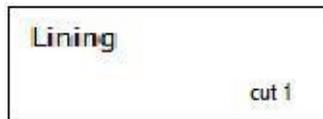
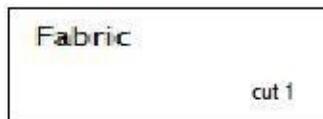
Pillow to match bag or a complimentary colour requires two 10, 11 or 12 inch squares.

Comfort Bags

1/2" seams

Fluffy Polly Batting

Pretty Fabric



Cut each piece
13.5" X 26"

Straps



flat woven type of batting

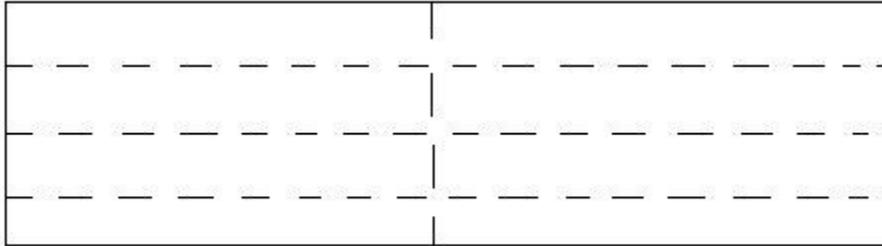
Cut 2 1" X 23"



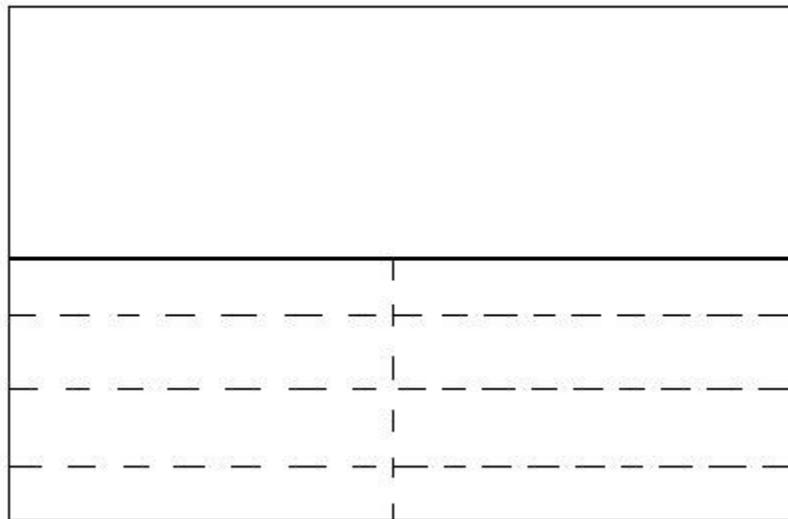
Cut 2 3.5" X 24"

- A. Outer Fabric: Cut one rectangle 13 1/2 by 26 inches and two handles 3 1/2 by 24 inches.
- B. Lining Fabric: Cut One rectangle 13 1/2 by 26 inches.
- C. Batting: Cut rectangle 13 1/2 by 26 and two handle linings 1 by 23 inches.

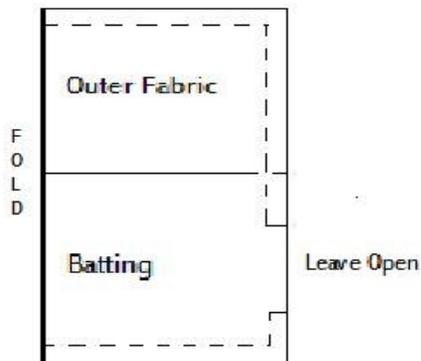
- #1 Put lining and batting together right side out, fold in half crosswise and lightly press a guide to sew through the middle to secure batting in place, then sew 3 lines approx. 4 inches apart – lengthwise.



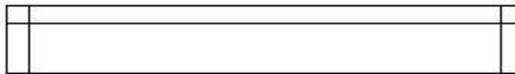
- #2 Place right sides of lining and outer fabric together matching edges of fabric and sew a 1/2 inch seam. Open out and press seam to main fabric.



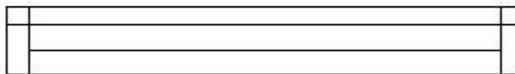
- #3 Fold bag in half and align the sides, right sides together. A walking foot helps to sew the next steps:
Sew a seam 1/2 inch around 3 sides; leave a 4 inch opening in the lining. Turn right side out.
Top-stitch the opening closed.



- #4 Straps:
 Fold & press 1/4" on 3 sides (1 long side and 2 ends).
 Lay batting in middle of strap.
 Fold the unfinished edge over batting, then the 3 finished edges.

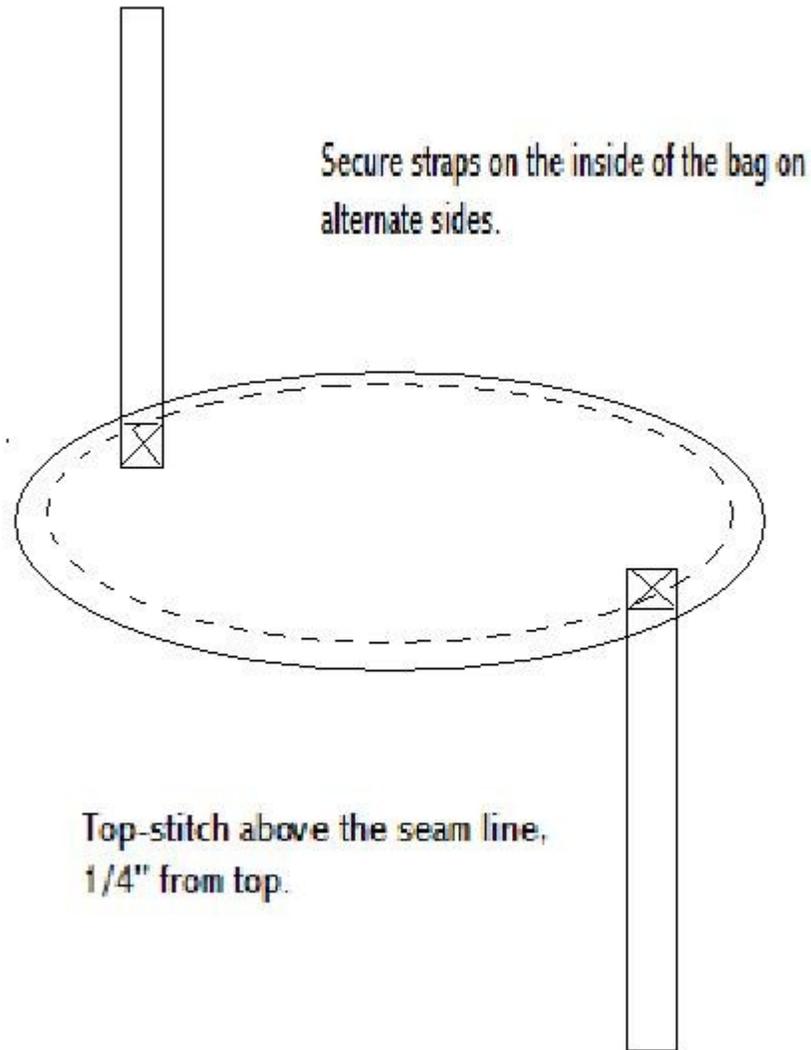


Fold & press 1/4" on 3 sides



Lay batting in middle

- #5 Sew down the middle first to enclose and cover the batting then continue to sew around all sides close to the edge.
- #6 Attaching Straps:
 Attach handles to the inside of the bag, so there are no edges or lumps on the outside of the bag.
- Sew handles to the top of the bag on alternate sides.
 Top stitch above the seam line 1/4" from top.



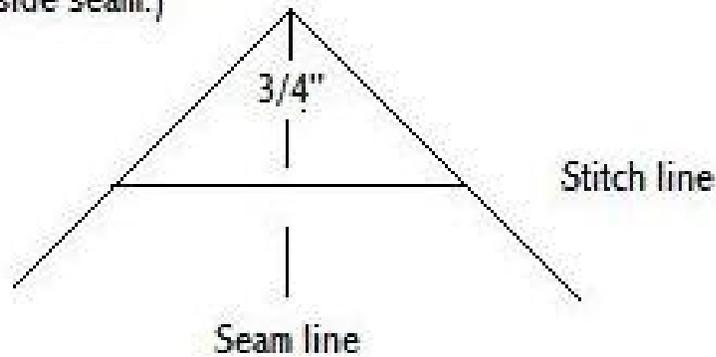
Tie loosely.

*If you care to make a coordinating pillow for the bag:

Pillow: Washed cottons, pretty colours or prints, not too loose a weave.

Cut two squares anywhere from 10 to 12 inches.
Sew seam at least 1/4 inch with a short stitch.
Sew around but leave a five inch opening to stuff.
Use a short stitch and box the corners.

- Bottom corners - Create box corners - lay side and bottom seam on top of each other and stitch across approximately 3/4 of an inch from point. Do the same for the other corner. (estimate side seam.)



Turn right side out. Do not stuff. Leave flat; the cushions will be stuffed as needed. The Guild provides the stuffing.

Thank You!
Gladi & Barb.
Breast Cancer Support Group.