

Instructions for Breast Cancer Comfort Kits

These are given out by the nursing staff at the hospital to breast cancer surgery patients. The bag is used to hold ice packs and are designed to tie onto the patient. The pillows are for support. They are made from 100% cotton, which will absorb moisture. If you supply your own fabric, we ask that the fabric be soft, pretty, cheerful and pre-washed. No red fabrics, in case the fabric runs when wet.

- The bags do not have "handles" but rather 2 straps that can be tied on the patient.
- The pillow fabric can match or coordinate with the bag. Please do not stuff the pillow – that will be done after it is turned in.

Fabric Requirements

Outside of bag – cut 1 – 13.5" x 26"

Lining – cut one – 13.5" x 26"

Batting – cut one – 13.5" x 26"

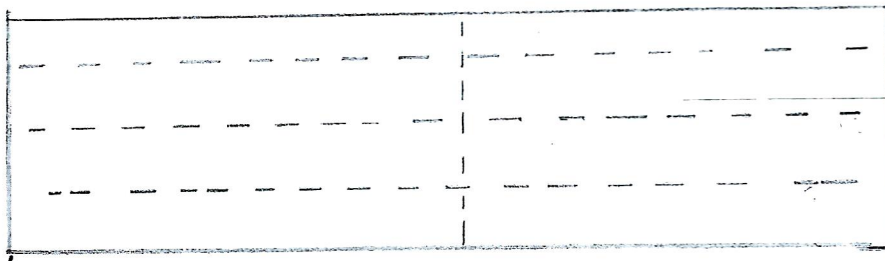
Ties – cut 2 – 3.5" x 24"

Batting for ties – cut 2 – 1" x 23"

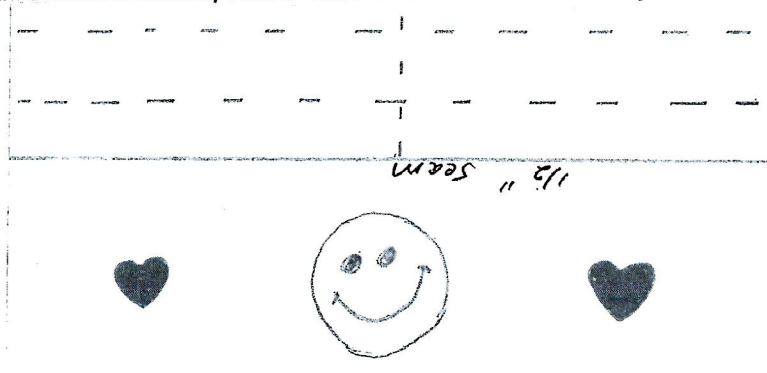
Pillow – cut 2 – 12" x 12"

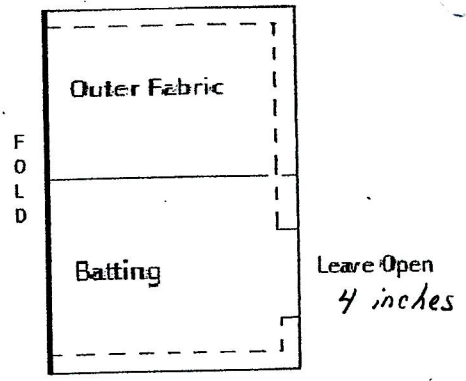
Step 1 – Bag Construction

- If you are using one of the pre-cut kits, you will find that the lining fabric has been folded and pressed. The pressing lines are used as stitching line. If you are using your own fabric, fold the lining fabric in half lengthwise and press, then fold again and press. Fold the fabric over until you get a 3.5" x 13" rectangle – press again.
- When you unfold the fabric, there are now lines that you can use as stitching lines.



- Open the lining fabric out and place on the batting – right side out. Sew the lining and batting together, stitching along the creases. A walking foot helps the fabric from moving.
- With right sides together, using a $\frac{1}{2}$ " seam, sew the outer bag fabric to the lining along the long edge.
- If using directional fabric, make sure the fabric faces away from the seam.





Step 2

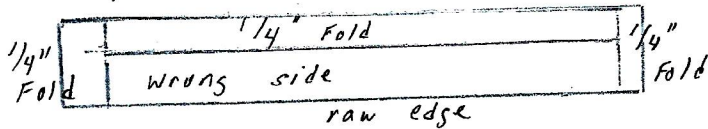
- Open the seam you have just sewn and press to the outer fabric.
- Fold in half, right sides together, so that the lining/batting is on one side of the seam, and the outer bag fabric is on the other
- – see diagram.
- Sew a **1/2" seam** around the 3 open sides – leaving about a **4" opening** in the lining portion.

- Clip the corners and press a seam allowance along the 4" opening – this makes it easier to stitch together when you turn the bag.
- Turn the bag inside out and top stitch by machine or slip stitch the opening closed.
- Push the lining fabric inside the outer fabric
- Make sure the lining is on the inside and press along the seam line.

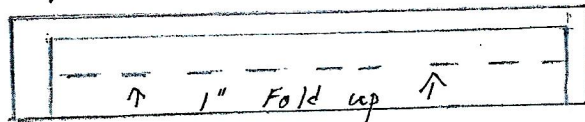
Step 3 Ties

- Fold and press **1/4"** seams along 3 sides of the tie (1 long edge and 2 sides) – wrong side together. I like to dab a bit of fabric glue to the ends to keep them in place.
- Fold the 4th side (bottom) up 1 inch and press. Lay the batting strip inside the 1" fold and tuck it under the folded short edges (the batting strip might need to be trimmed). The batting should be tucked inside the 1" fold, raw edge in the middle.
- Take the long edge that has been folded under **1/4"** and fold it over – so that the batting is now enclosed with no raw edges showing. Trim batting if needed to fit. The open edge should now be in the middle of the tie. Pin.
- Sew down the middle of the tie and then **1/4"** around the edges – this makes it neater and stronger.

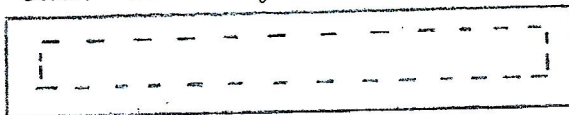
1. Fold and press **1/4"** down on 1 long side and 2 ends



2. Fold 1" up remaining side and press. Lay batting strip inside fold.



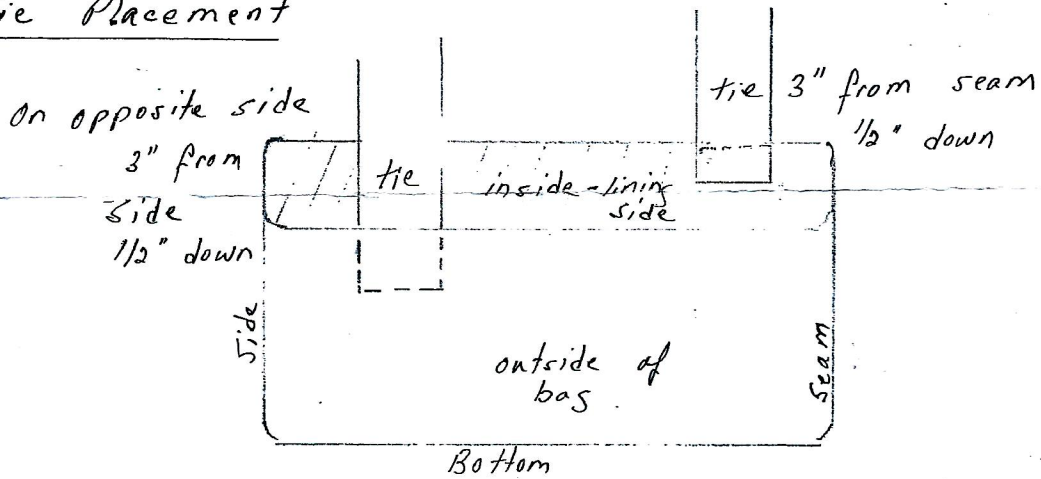
3. Stich down centre of tie, then **1/4"** edge stitch



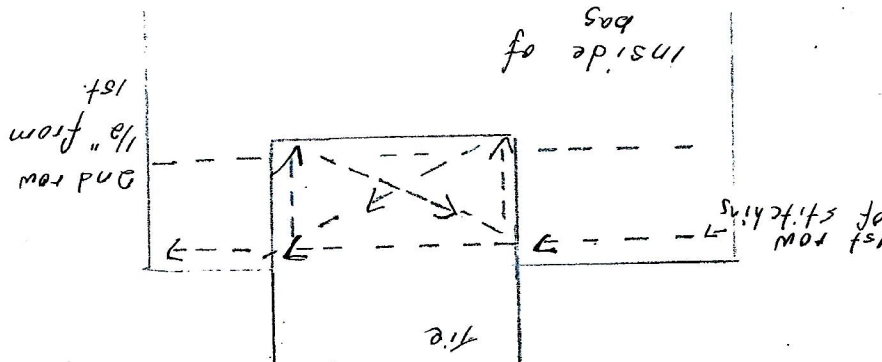
Step 4 Attaching Ties to Bag

- The ties are attached on alternate sides of the bag opening. They are attached on **THE INSIDE** of the bag – so that there are no edges or lumps on the outside of the bag. Please do not place the ties more than 1" inch from the top of the bag – the ties are needed to be long.
- Position the bag so that the opening is at the top.
- Measure 3" from the side seam and between $\frac{1}{2}$ " to $\frac{3}{4}$ " down from the opening edge. Pin the tie on the **INSIDE** of the top edge – pointing up.
- Take the 2nd tie and measure 3" from the other side of the bag – opposite the side seam. Pin it the same as the first tie, but on the opposite side of the bag opening.
- Stitch around top edge of bag – about $\frac{1}{8}$ " – $\frac{1}{4}$ ". When you get to a tie, sew through just to the edge of the tie, then pivot down the tie to bottom edge. Then sew diagonally to the first edge, then down to the bottom, then diagonally to the top again. Continue on sewing around the top, until you get to the other tie and do the same.
- Top stitch $\frac{1}{2}$ " around the top edge of the bag.
- I find it easier to sew from the lining side of the bag. This places the ties on top and the outside of the bag on the bottom.
- See diagram for stitching directions.

Tie Placement



stitching diagram



Step 5 Pillow

- The pillows are made from two 12" squares.
- The seam should be $\frac{1}{2}$ ", using a shorter stitch.
- Pin the fabric right sides together, and sew all sides, leaving a **FIVE inch** opening. Do not do an extra few stitches ~~down on the opening.~~
- Clip the corners slightly, and press along the opening, folding it down, making it easier to sew when the pillow is turned.

Boxing Corners

- If you would like to box the pillow corners, this is how you do it. Before you turn the pillow right side out, find a corner and match up the seams so that you make a triangle. Measure $\frac{3}{4}$ " from the tip of the triangle and draw a line. Stitch across the triangle. Do the same for all four corners. **DO NOT TRIM BOXED CORNERS.** Turn pillow right side out.
- If you are unsure of how to do this, just leave out this step and it will be done after the kit is turned in.
- **Please do not stuff the pillows.** The guild has a supply of stuffing and the pillows will be stuffed after the kits are turned in.

