

Breast Cancer Comfort Bags and Pillows

These are given out by the hospital for breast cancer patients to use after surgery. The bags are used to hold ice packs and are designed to tie on the patient. The pillows are for support. They are made of 100% cotton fabrics, which will absorb moisture. If you are supplying your own fabric we ask that they be soft, pretty or cheerful, and pre-washed.

- The bags do not have “handles” but rather 2 straps that can tie the bag onto the patient.
- The pillow fabric can match or coordinate with the bag.

Fabric Requirements

Outside of bag – cut one – 13.5" x 26"

Lining – cut one – 13.5" x 26"

Batting – cut one – 13.5" x 26"

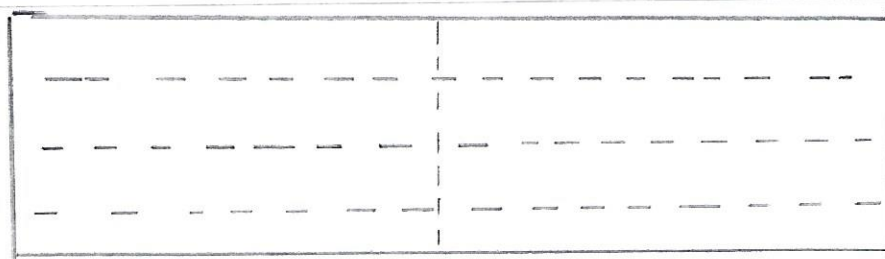
Ties – cut two – 3.5" x 24"

Batting for ties – cut two – 1" x 23"

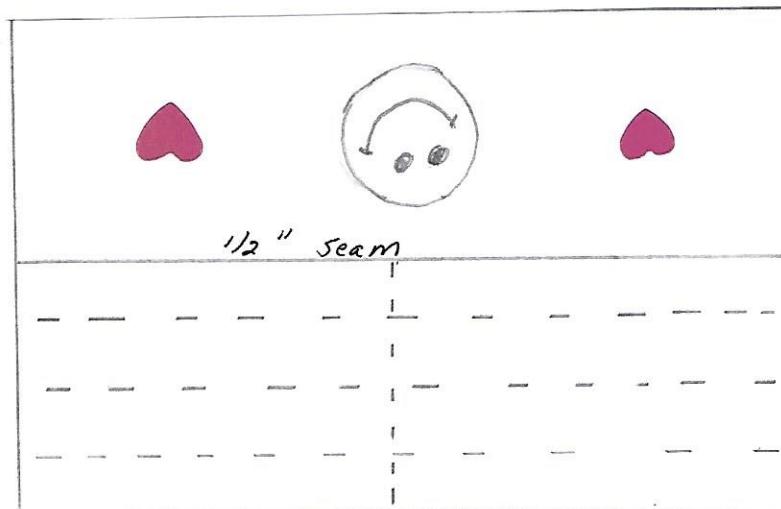
Pillow – cut two – 12" x 12" (or 11x11)

Bag Construction

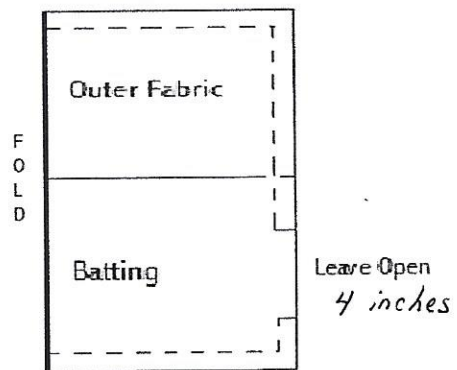
- Take the lining fabric and fold in half to make a 13 ½" X 13" square and press.
- Do not open lining until all the steps are finished. Fold lining in half lengthwise to make a 6 ¾" x 13" rectangle and press.
- Fold lining in half lengthwise to make a 3 ½" x 13" rectangle and press
- When you unfold the lining, there are now lines that you can use to sew on.



- Open the lining fabric and place on the batting, right side out. Sew the lining to the batting along the lines. A walking foot helps the fabric not to move.
- Right sides together, using a ½ inch seam, sew the outer fabric material to the lining on the long edge
- If using **directional fabric**, make sure the fabric faces away from the seam.

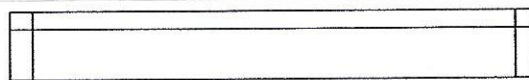


- Open out and press seam to outer fabric.
- Fold in half, right sides together.
- Sew a $\frac{1}{2}$ inch seam around the 3 open sides.
- Leave about a 4 inch opening in the lining portion.

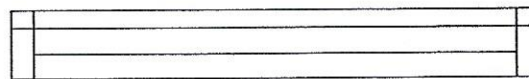


- Clip the corners and press a seam allowance along the 4" openings – this makes it easier to stitch together when you turn the bag.
- Turn right side out and top stitch or slip stitch the opening closed.
- Turn the lining to the inside, along seam line. Push the batting and lining into the outer fabric top to make a bag.

- **Ties** – fold and press $\frac{1}{4}$ "seam on 3 sides (1 long side and 2 ends) – wrong sides together.



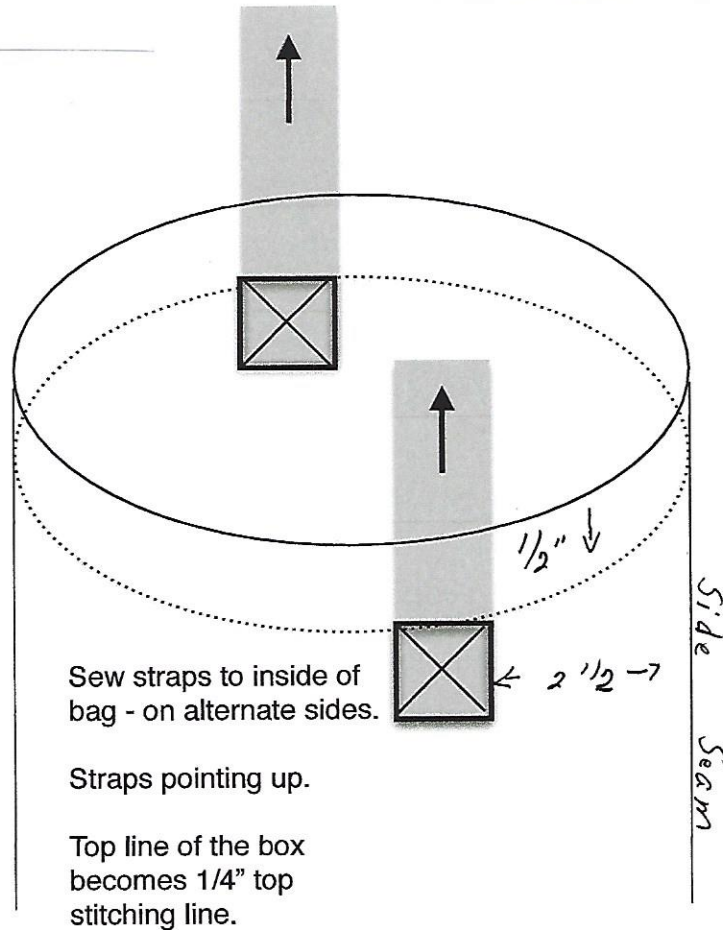
Fold & press $\frac{1}{4}$ " on 3 sides



Lay batting in middle

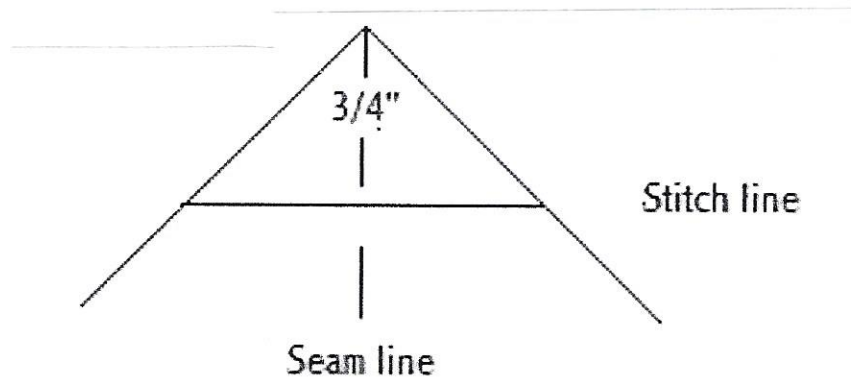
- Fold the 2 long sides together (wrong side together) and press. Open the tie out and lay the batting on the wrong side of the tie, along the fold line, and tucking the batting under the pressed seam on the ends.
- Fold the unfinished fabric up to a little more than the middle of the batting, and then fold the finished long edge down next.
- Sew down the middle of the tie, and then sew $\frac{1}{4}$ along the edges.

- Sew the ties to the **inside** of the bag; so there are no edges or lumps on the outside of the bag. The ties should be pointing up. Place the ties on alternate sides, about 2 ½ inches from the side seam and 1 ½ inches from the edge.
- The top line of securing square becomes top stitch line ¼" from the top of the bag.
- Stitch a securing square at the bottom of the tie, sew and X in each box
- Top stitch below the seam line ¼" from top all around the bag.
- Tie the straps loosely together



Pillow

- Use soft, washed 100% cotton material, with not too loose a weave.
- Cut 2 squares, 12" x12" or 11.5 x 11.5 inches.
- Sew with at least a ¼" seam, using a short stitch.
- Pin, right sides together, sew all sides but leave a 5 inch opening.
- Press along the opening, folding down the fabric, making it easier when the pillow is turned.
- Clip the 4 corners slightly , getting rid of excess fabric
- If you would like to box the corners of the pillow, this is how to do it. Before turning the pillow right side out, find a corner and match up seams so that you have a triangle. Stitch across the "triangle" approximately ¾ inch from the point. Do the same for all the corners. Turn right side out.
- It is not necessary to trim the excess off the boxed corners.



- **Please do not stuff the pillows** – the guild has a supply of stuffing and will stuff the pillows as needed.

If you have any problems, please call

Myra Shearer 250-338-9597

Myra.shearer@telus.net