

Cooling Neck Wrap

Finishes to approximately 2" x 39½"

PLEASE NOTE

All seams are ¼"

WOF = Width of Fabric

REQUIRED MATERIALS

- 4½" x WOF fabric (approximately 40-44" long)
- about 1½ teaspoons Miracle-Gro® Water Storing Crystals

RECOMMENDED PRODUCTS

- Turn-it-All Tube Turners - 3 sizes
- Clover Chaco Liner Pen Style **OR** Bohin Mechanical Pencil .9mm White

All available at ShabbyFabrics.com

INSTRUCTIONS

STEP 1: Fold and press **one** short end ½" toward wrong side of fabric.

STEP 2: Fold fabric lengthwise, right sides together, and pin well.

STEP 3: Sew the short end that was not folded.

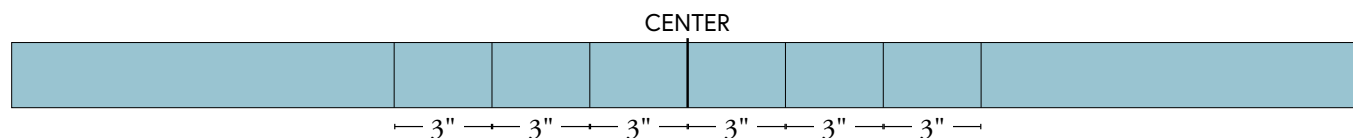
STEP 4: Sew the long side, backstitching at beginning and end of seam.



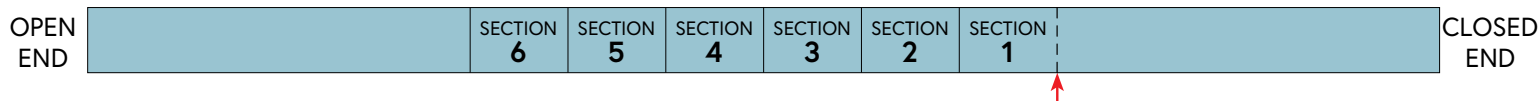
STEP 5: Use a Tube Turner to turn tube right side out. Press.

STEP 6: Fold tube in half to find the center, and mark with a temporary marking pen (such as a FriXion pen).

STEP 7: Measure from center point in both directions, marking (3) 3" sections in each direction with a temporary marking pen.



STEP 8: Shorten your stitch length. Start with the line **nearest the closed end** (indicated by red arrow), and sew on the marked line, backstitching at beginning and end of seam. *This seam must be secure to prevent crystals from escaping the section.*



STEP 9: Use the large, white tube in the Tube Turner set; insert tool in fabric tube, gathering fabric until end of tube is positioned in Section 1. Carefully pour ¼ teaspoon of water crystals through tube into Section 1. Be sure all crystals stay in Section 1 as you sew along the second line, backstitching at beginning and end of seam.

STEP 10: Continue sewing additional sections, adding ¼ teaspoon water crystals to each section, until all (6) sections are filled.

STEP 11: Close open end by topstitching with an ⅛" seam.

Soak tube in cold water to hydrate water crystals, and enjoy your finished Cooling Neck Wrap!