

Neck Coolers for Operation Helmetliner

(Instructions using a serger or overlock machine)

by Sandy's Sewing Center, Springfield, IL
Barbara Bruyer - Illustrator

Materials:

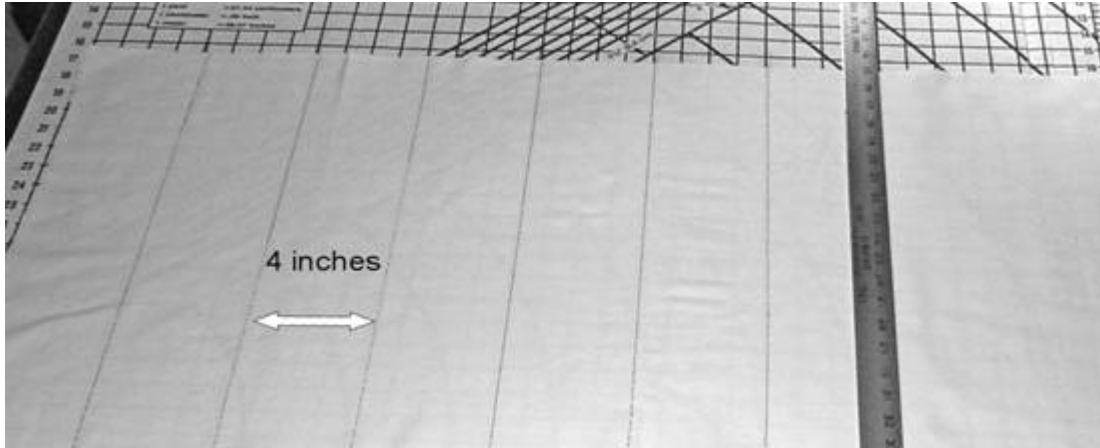
36 inch wide, UNBLEACHED, 100% cotton muslin.

Granules are medium sized from www.watersorb.com.

1 lb. of granules will make approx. 100 neck coolers.

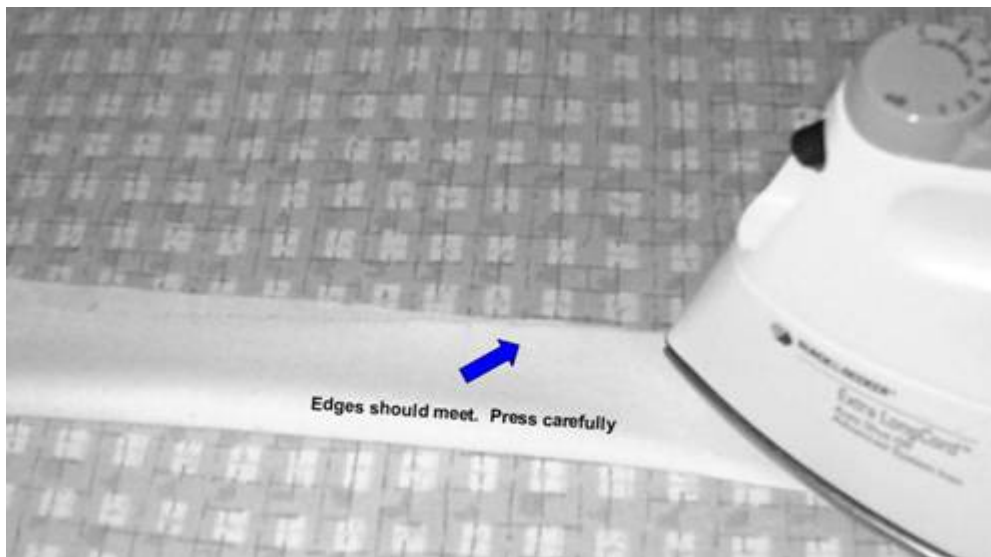
Step 1:

- A. Lay out your fabric with selvages together and straighten the edge.
- B. Measure 4 inches and draw a line from selvedge to fold across the width of the fabric. (Repeat along the length of the piece)
- C. Cut the pieces along the lines drawn and press flat.



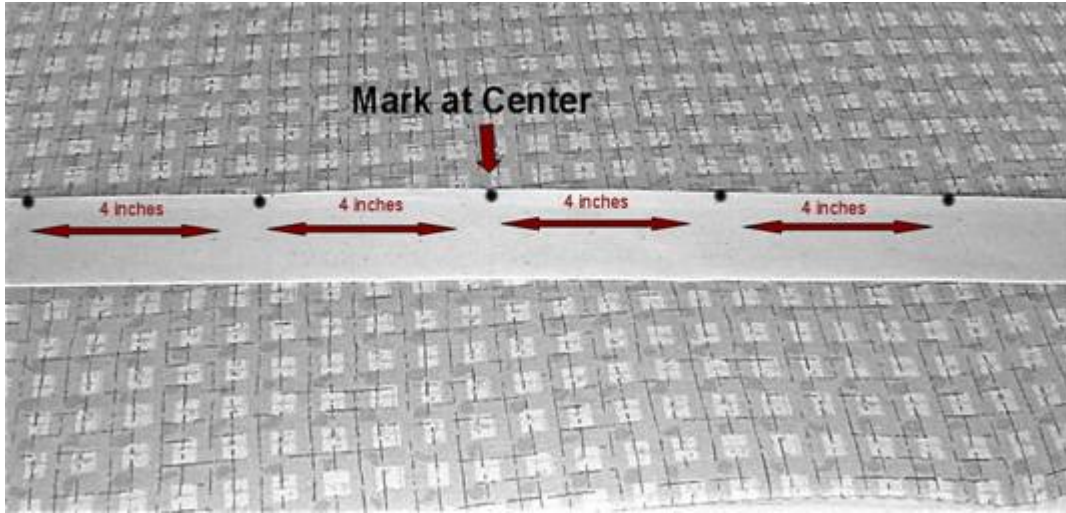
Step 2:

A. Fold the piece in half lengthwise with the edges together and press.



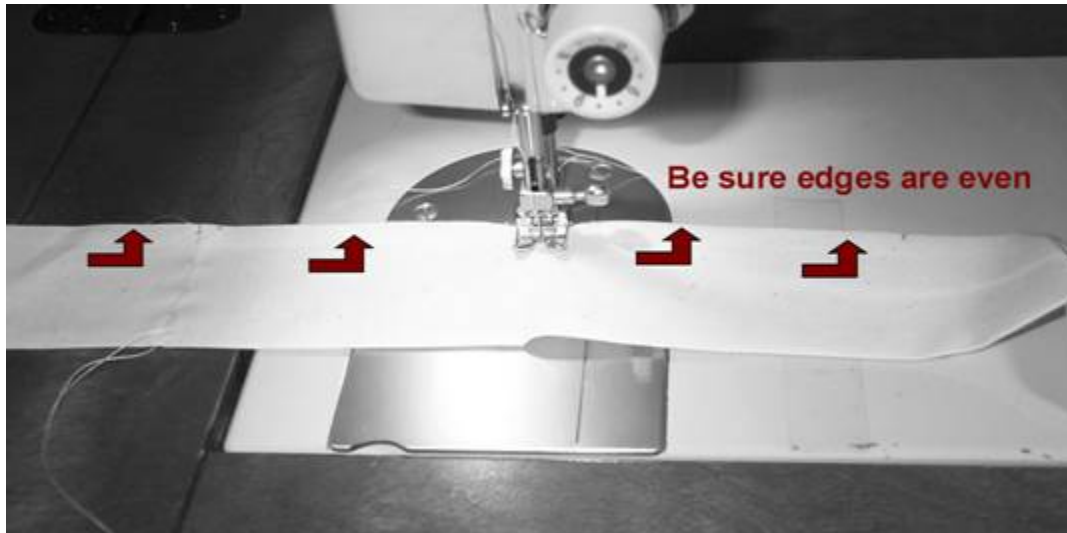
Step 3:

- A. Fold in half with the two selvedge edges together to find the middle of the long piece. Press this edge to mark.
- B. With a pen or pencil, make a small mark on this center line and another mark 4 inches and 8 inches to the right of the center. Do the same 4 inches and 8 inches to the left of the center.



Step 4:

- A. Sew across the width of the strip at the marks made in Step 3 to make four "pockets" in the neck cooler.



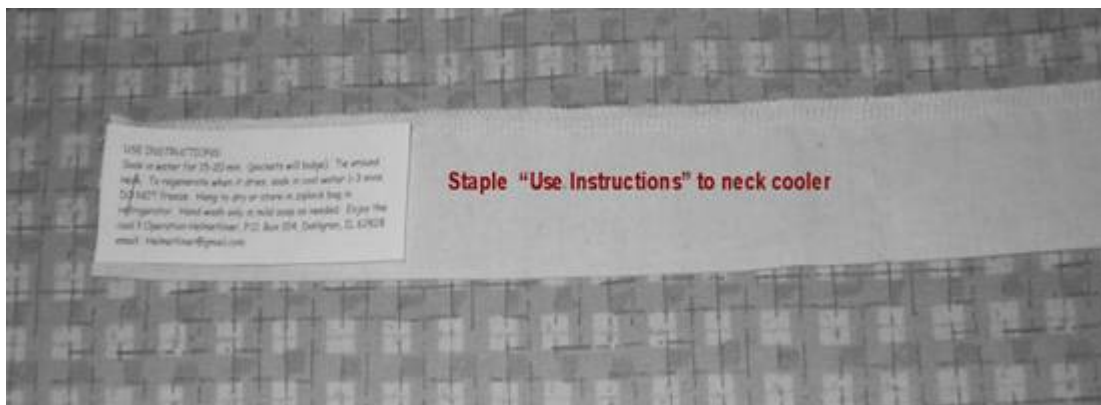
Step 5:

- A. Starting at one selvedge and using 4 threads, serge along the length close to the edge until you come to the first "pocket". Put in a scant $\frac{1}{4}$ teaspoon of the Watersorb crystals. Continue serging until you come to the next pocket and do the same. Continue filling the 4 pockets, then serge along the edge of the remaining length of the neck cooler.



Step 6:

- A. Cut all extra thread ends and staple the “Instructions for use” on the tail of each neck cooler at the end so it lays flat with the neck cooler. (A sheet of Instructions is on the next page for you to cut apart.)





This is an example of a completed Neck Cooler.

Step 7:

Prior to shipping: Please fold each neck cool in half and then half again.
Rubber band 5 together.



Please do not place neck coolers in plastic bags, as the air in those prevent us from packing as many in a box and increase postage costs.

For questions, please e-mail

Citizen SAM
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Peoria, Illinois 61612
operationhelmetliner@yahoo.com

<p>USE INSTRUCTIONS: Soak in water for 15-20 min. (pockets will bulge). Tie around neck. To regenerate when it dries, soak in cool water 1-3 mins. DO NOT freeze. Hang to dry</p>	<p>USE INSTRUCTIONS: Soak in water for 15-20 min. (pockets will bulge). Tie around neck. To regenerate when it dries, soak in cool water 1-3 mins. DO NOT freeze. Hang to dry or store</p>
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