

Breast Cancer Comfort Cushions

GIFT OF COMFORT

IMPORTANT NOTES TO READ BEFORE STARTING TO SEW GIFT OF COMFORT SETS

We have now decided to make all Gift of Comfort sets in matching cotton material. It is much easier and faster to make a matching set instead of having to try and find coordinating fabric for the cushion and carry bag.

- ✘ Each Gift of Comfort set will take approximately 1½ metres of pure cotton material plus ½ metre of unbleached calico material.
- ✘ Each Gift of Comfort set should be in matching material.
- ✘ The cushion and drainage bag are made out of the same material.
- ✘ The carry bag is made out of unbleached calico material with a band of matching material from the cushion sewn across the top of the carry bag, trimmed with lace etc. on the bottom edge of the band.
- ✘ The handles of the carry bag are made out of the matching material or alternatively one side calico and one side matching cotton material and padded with pelfon to make a more comfortable carrying handle.
- ✘ The carry bags are to be lined with material matching the cushion and drainage bag.
- ✘ Embroidery or appliqué on each bag can be of co-ordinating or matching fabric.
- ✘ Having each set made of matching material has greatly improved the presentation of the Gift of Comfort instead of having several different fabrics contained in each set.
- ✘ It is also much easier for our packer to then choose a co-ordinating lavender bag and ribbon to complete the set.

We hope you enjoy making these Gift of Comfort sets.

HAPPY SEWING.

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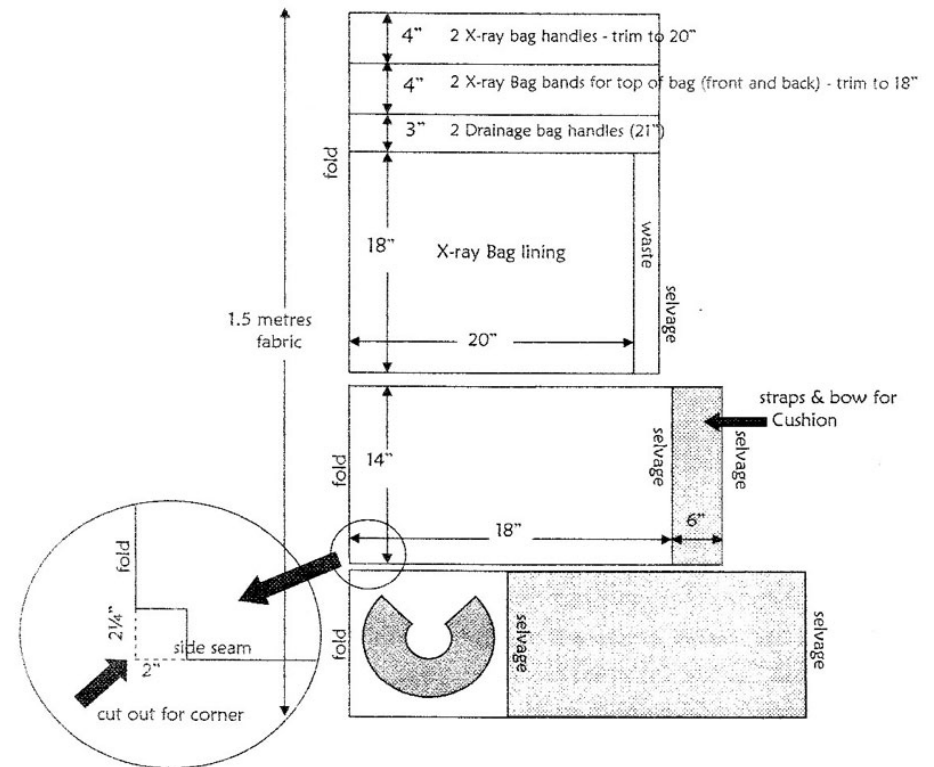
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Cutting Guide

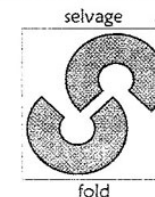
for X-Ray Bag lining, Drainage Bag and Cushion, with handles, bands and bows. **These should all be cut in the same fabric.**

There will be off-cuts for appliqué, and other uses.

¼" seams are allowed on all items



When cutting more than one Cushion
'top and tail' the pattern pieces



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THE BAG

X-RAY BAG INSTRUCTIONS

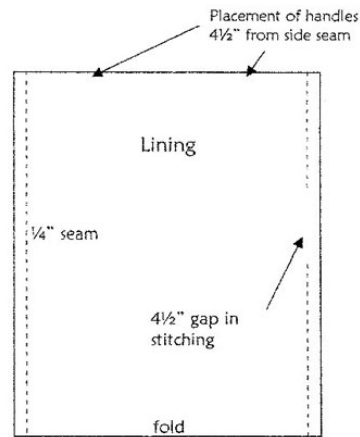
- ✂ The finished size of the bag is 17" x 19" created from a fabric size of 18" x 40". This includes an allowance for ¼" seams.
- ✂ A decorative band along the top of the bag (matching the handle) is made of two pieces of fabric 4"x18".
- ✂ Rule or pin a line 3½" from the top edge on front and back of bag.
- ✂ Place the band along the line so that when it is sewn, it will fold up and be level with the top of the bag. Stitch, fold up and press.
- ✂ Complete the bag by folding the fabric in half and sewing up the two sides.
- ✂ Make the lining the same dimensions as the bag, leaving a gap of 4½" in the stitching on one side. (See below for attaching lining to the bag)

THE HANDLES

- ✂ Use a piece of fabric 20" long by 4" wide.
- ✂ Turn down ¼" along one side and press.
- ✂ Cut wadding (or non-stick Pellon) 2" wide by the length of the strap.
- ✂ Place the Pellon down the centre of the fabric.
- ✂ Turn the raw edge over the Pellon, then place the folded edge over the top of the raw edge so that it comes to the centre.
- ✂ Top stitch (**in matching colour thread**) down the folded edge.
- ✂ Top stitch two more rows on each side of the centre stitching.

ATTACHING HANDLES AND LINING TO BAG

- ✂ Sew bag and lining as above, leaving a 4½" opening in one of the side seams of the lining.
- ✂ Place lining in the bag with right sides together and seams matching.
- ✂ Checking that both handles are the same length, pin them into position 4½" from the side seam, tucking them between the two layers of fabric. Check that they are not twisted.
- ✂ Taking care that all but the ends of the handles are out of the way, pin, then stitch around top of bag. (If one is a little larger, put a small pleat in so they match in size.)
- ✂ Turn out through the opening in the lining, and stitch closed. Top stitch ½" from the top edge of the bag and press.



Hand embroidery, machine embroidery or appliqué in gentle colours to co-ordinate with the handles and decorative band on the top of bag, are always appreciated. Please be aware of the designs - we have to be politically correct these days!!

HAPPY SEWING as you make these gifts for some very special ladies at a difficult time in their lives.

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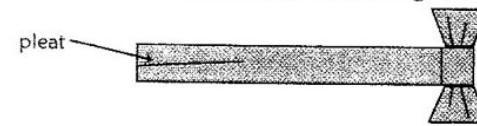
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The Comfort Cushion

Making up-

Bow - Using the smaller rectangle of fabric, fold in half lengthwise, sew around raw edge (¼" seam allowance) leaving a gap to turn out. Clip corners, turn and press.

Strap - Taking the longer rectangle of fabric, fold in half lengthwise, sew along the long edge (¼" seam allowance). Turn and press with the seam on one side. Gather the bow in the centre and wrap one end of the strap around it and stitch into place, anchoring the bow.



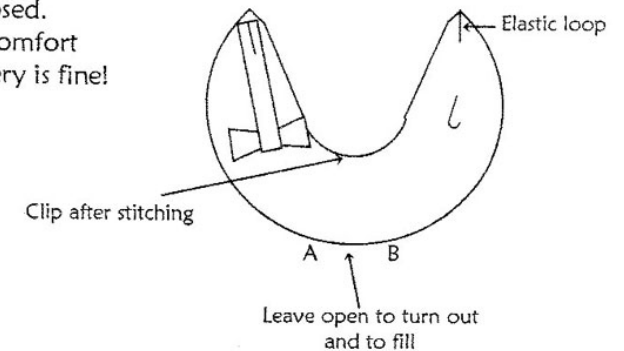
Attach the strap and elastic to cushion - Putting a pleat in the open end of the strap, stitch it securely to one top corner of one cushion piece, and the 3" piece of elastic, in a loop, to the other corner.

Cushion - Placing right sides of cushion together, pin to keep in place. Stitch around the cushion with a ¼" seam, and leaving a gap between A and B.

Clip around curves, turn and press.

Fill with polyester filling (not too firmly) and hand-sew the gap closed.

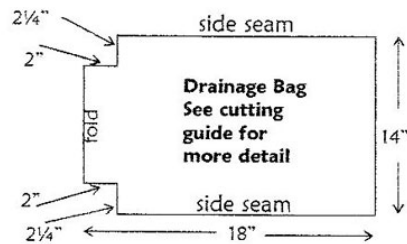
NOTE: No lace on the Comfort Cushion please, embroidery is fine! Also, satin has been found to be unsuitable.



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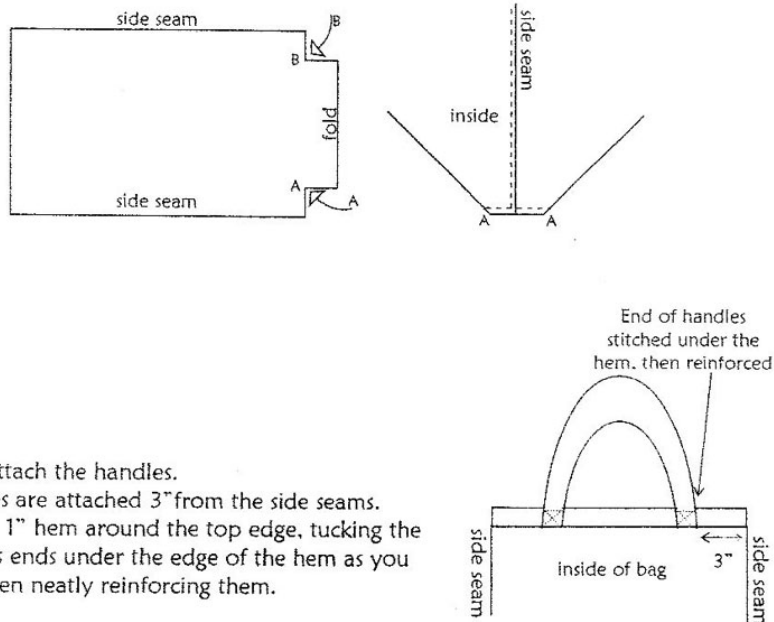
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The Drainage Bag



1. Handles are made from 2 lengths of fabric each 23" long and 3" wide. Fold in half lengthwise, sew along the long edge (1/4" seam allowance). Turn and press with the seam on one side.

2. Make the bag. Fold as shown, **overlock** the side seams (1/4" seam). Pull out into a bag and form a fold at each of the two corners marked 'A', a short straight seam will result. Sew this seam. Repeat the process at the two corners 'B' to complete bottom of the bag.



3. Attach the handles. Handles are attached 3" from the side seams. Stitch a 1" hem around the top edge, tucking the handles ends under the edge of the hem as you sew, then neatly reinforcing them.