

Sewing & Stuffing the Pillows

1. Press under a 5/8" seam allowance at the pillow tops to facilitate stitching the pillow closed after it is stuffed.
2. Starting at the top, stitch the long sides of the pillow. Trim corners and turn.
3. Stuff pillow with fiberfill, taking small tufts (not big balls). Be sure to fill the bottom corners too.
4. To determine if you have the correct amount of fill, place the pillow under your arm and ask yourself, "Is this pillow comfortable?"
5. Stitch the pillow closed with a 1/8" seam.
6. Return the finished pillow(s) and apron, along with the ribbon and signed card to the plastic storage bag. (Many sewists like to add a few words of encouragement on the back of the card). Pillows fit nicely behind the apron, making an attractive presentation. See instruction sheet on how to package completed apron.



You are finished!

***The members of Bag & Boob Babes
and recipients of these aprons thank you!***



*For video instructions on sewing the drain bags, visit
www.bagandboobbabes.com.*

*If you have questions, feel free to contact
Linda Webber at 317-509-5485.*

*Linda lives in Arizona year round, so if you're on the
East Coast please check the time difference before you call.*

*Linda will also be glad to meet with you
if you are in her area.*

Women helping women through difficult times!



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Instructions for Sewing Drain Bag Aprons & Pillows



*Single
Kits*



*Double
Kit*

(Whether you're sewing a single or double kit, the directions are essentially the same.)

You will need these fabric pieces to sew a **Single Apron:**

- Two 9" X 12" pieces for Back (normally solid color)
- One 7 1/2" X 12" piece for Pocket (normally a print)
- One 7 1/2" X 20" piece for Pillow (normally a print)
- One Tie 2" X 66-69" (normally white)

You will need these fabric pieces to sew a **Double Apron:**

- Two 9" X 20" pieces for Back (normally solid color)
- One 7 1/2" X 20" piece for Pocket (normally a print)
- Two 7 1/2" X 20" pieces for Pillow (normally a print or can be mixed)
- One Tie 2" X 66-69" (normally white)

For each kit you will need a one gallon plastic storage bag marked "Single" or "Double" to put completed kit in. You also received a color coordinated ribbon to be included in the finished kit.

You will need these **sewing supplies:**

- Small Scissors
- Neutral Thread
- Walking Foot (optional)
- Point Turner (optional)
- Iron and Ironing Board or Felt Pad (very helpful).

Sewing Directions

1. Seam allowances will be 1/4" to 3/8".
2. Flannel has a right (fluffier) and a wrong side. Try to determine the right side on solids before starting.
3. If the pillow kit contains a solid pocket front, some sewists like to add a decorative stitch, ribbon, lace, etc. to make it more attractive.

4. Pocket – make a hem on one long side turning fabric over twice and stitch a 3/8" hem. (If a directional fabric, make sure the pattern/design will be right side up.)



5. Layer the apron pieces: one apron piece (right side up), pocket (right side up), and another apron piece (wrong side up). Match bottoms and sides. A few straight pins or fabric clips help hold layers in place as you sew. Ironing as you go helps ensure a quality looking apron.



6. Stitch around the apron "sandwich," leaving the top open. Starting at a top edge, sew down one side, across bottom and up to the top, backstitching at the beginning and end. (A walking foot helps keep the layers together. Trim corners and turn.)

7. Turn apron inside out so pocket is facing right side out. Push out corners. Press apron matching top edges. Mark midline of apron by pressing, using heat removable pen or a straight pin.

8. Starting at the bottom of the apron, double stitch a line down the middle, sewing through all three thicknesses. (Extra stitches at the top will make the pocket stronger.)



9. Apron Tie – Fold over and press a 3/8" seam allowance on both long sides of the tie. This makes it easier to pin to apron back before stitching. If you have a bias tape maker, it helps for this tie.



10. Match center of the tie to the middle of apron (you previously marked this) and pin into place on the back side of the apron matching centers. Stitch with 1/4" or 3/8" seam, catching upper apron edges.



11. Fold Tie over to front side of apron, turning under seam allowance encasing raw edges.

12. Stitch tie beginning at one end and continuing entire length turning in the ends to avoid raw edges. Clip all thread ends.



Bag & Boob Babes Corp. is a 501(c)(3) non-profit charity made up of volunteers sewing and knitting love and prayers into comfort products to help patients on their breast cancer recovery journey.