

## Soldier Cool Down Scarf Instructions for Construction

Fabric to be used: As close to 100% cotton as you can get, in the color close to desert sand. Hint: Purchase a flat sheet at a discount store in the proper color in the size you would like to work with, cutting at the dimensions stated below. Generally, a sheet would yield twice the material than purchasing fabric by the yard.

Use fabric 44 to 45 inches wide. Make strips 4 ½ inches by the width of the fabric. Fold right sides together, find and mark the center of your strip. Measure out from center 3 ½ inches on each side (7 inch opening used for turning fabric and filling with crystals). Stitch with ¼ inch seam allowance. Start stitching on the folded side on the end; continue stitching the seam until you reach your 3 ½ inch mark, lock stitching with a few backstitches.

Do the same stitching on the other end of the scarf. Snip corners to obtain a sharply turned corner. Use a tube turner, if you have it, to turn the scarf right side out. Press with center opening seam allowance turned in. Stitch across the 3 ½ inch mark on each side of center on the scarf.

It would be preferred that you not fill the scarf with granules - just make the scarf. How easy is that? The Special Projects Committee would be happy to fill them for you.

If you really want to fill the scarf, this is how you do it. Using a funnel, place 1 teaspoon of granules in each side of the scarf being careful not to spill the granules while working on both ends of center. Stitch the side opening closed, then stitch across at the half measurement.