

# **Bed Throw**

**Facilities using this Pattern are:**

**Fargo, Minneapolis, and Sioux Falls VAHCS; Minneapolis Vets Home**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

**Needed:**

4 ¾ total yards washable Quilting cotton fabric enough to cut 42 10x10 inch squares Patriotic or appropriate fabric

5 yards washable Quilting cotton or flannel for back should be 65x 75 inches

¾ Yard Washable fabric for binding to be cut in 2 ½ inch lengths stitched together to go around quilt.

Cotton batting

Fabric scissors or rotary cutter

Thread

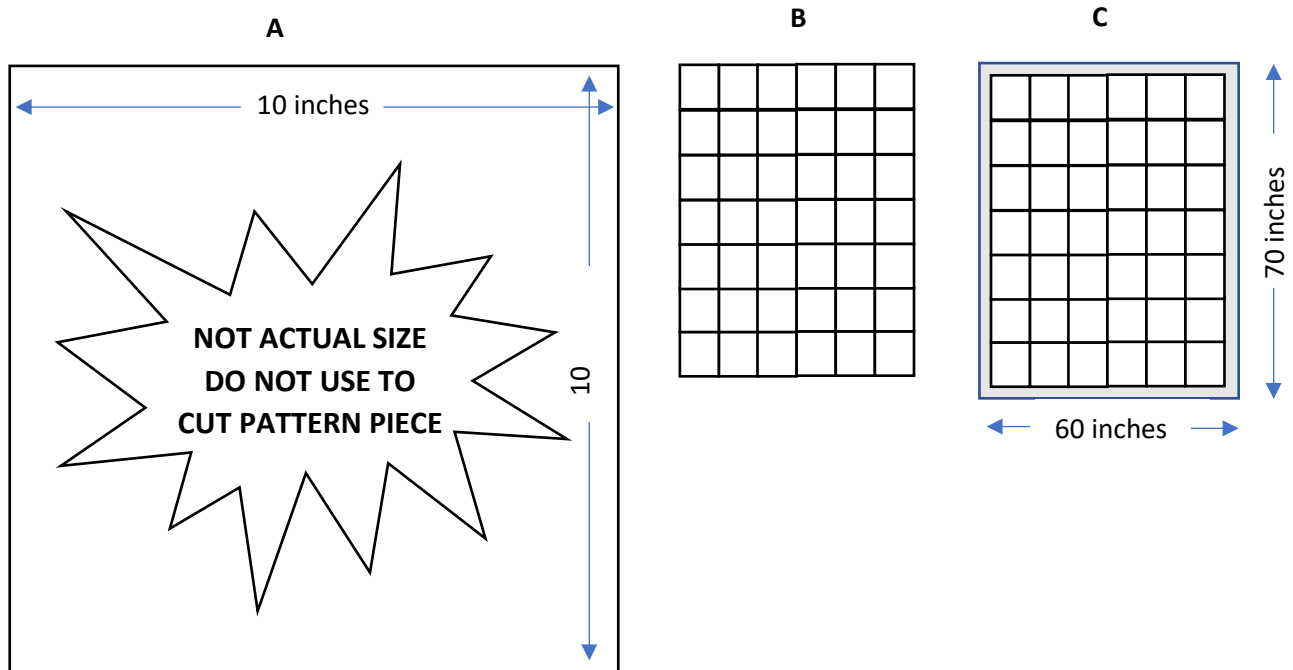
Sewing machine

1/4-inch seam allowance for seams unless noted

Finished Should be 60x70 inches

## *Cut from Fabric:*

1. Cut 42 – 10x10 inches squares (Main body). (See A)
2. Stitch squares together with right sides facing together.
3. Press seams to one side.
4. Make 7 rows of 6 squares each. (see B)
5. With right sides together stitch the rows together. Press.
6. Make a sandwich of the top, batting and backing. (Backing face down; batting, top face up)
7. Quilt or tie in all corners to hold sandwich together.
8. Add the binding. (See C) Here is a video on how to bind your quilt in six easy steps.  
<https://www.youtube.com/watch?v=xWh90tXr7g4>
9. If backing is large enough you can fold over to make the binding.



# Children’s Activity Bag

Facilities using this Pattern are:

Fargo VAHCS – Minneapolis VAHCS

(as always contact facility to be sure they are in need before spending your \$\$ and time)

Needed:

½ yard of Fabric or Felt 18x36 inches

Fabric scissors or rotary cutter

Thread

Sewing machine

1/4-inch seam allowance for seams unless noted

Finished will be approximately 11 1/2x14 inches

To make the drawstring bag see directions for the *Tote bag Pattern #14-2021*



*Cut from Fabric/Felt:*

1. Cut 1 – 12x30 inches
2. Cut 2 – 4x18 inches
3. Fold 12x30 inches in half (measures 12x15 inches)
4. With right sides together stitch Side seams using ¼ inch seam allowance. Serger may be used.
5. Turn right side out and press.

*Strap handles:*

6. On wrong side of the 4-inch strip mark center of fabric (long edge)
7. Fold both edges to center of fabric and press (See A & B below)
8. Fold in half and press (will now look like bias binding).
9. Top stitch 1/8 inch around the strap handle
10. Repeat 6-9 for 2<sup>nd</sup> strap handle

*Attach Handles and finish Bag:*

11. Place one end of strap handle at the top of bag 2 inches from side seam and pin in place. Repeat for the other end of strap handle being careful not to twist the handle. (See C below)
12. You can flip the bag over and match up the handles to the first side.
13. Zigzag or serge ¼ inch around the top of the bag. Okay to stitch if you do not have zigzag on your machine
14. Turn top down ¾ inch. Press and pin in place
15. Top stitch ¼ inch around the top of the bag which will hold the straps in place. (See D below)

To give bag a more finished look you can zigzag the side seams to keep from fraying. To make the handles more secure I do another line of stitching ½ from top.

A



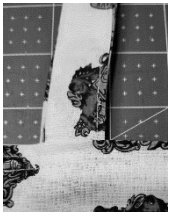
B



C



D



## Children’s Activity Bag Items

Here are some *suggestions* of activities that can be put together for distribution to children in our busier clinics. Fill you bags with some or all the items listed. **NOTE: Please do not include small items or pieces that can be swallowed.**

- Small mini books
- Stickers
- Word search pages/books for children
- Dot-to-dot puzzles
- Foam shapes (self-adhesive)
- Notebook or paper for the shapes and stickers
- Coloring pages or coloring book
- Non-toxic crayons
- Lacing cards
- Homemade mini felt board with shapes or face parts
- Ziploc bags (sandwich size)

## **Comfort Boxes**

**Facilities using this Pattern are:**

**Fargo and Minneapolis VAHCS**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

Use plastic school boxes with the following items enclosed:

- Notepad with pen
- Toothbrush and Toothpaste
- Lotion and Shampoo (small size)
- Comb and Brush
- Chapstick plain (not flavored)
- Deck of Playing Cards
- Unisex Deodorant
- Chapstick

## Coverups

(formerly called bibs)

Facilities using this Pattern are:

### Luverne Veterans Home

(as always contact facility to be sure they are in need before spending your \$\$ and time)

Needed:

1 Bath Size towel

Bias tape

Fabric scissors or rotary cutter

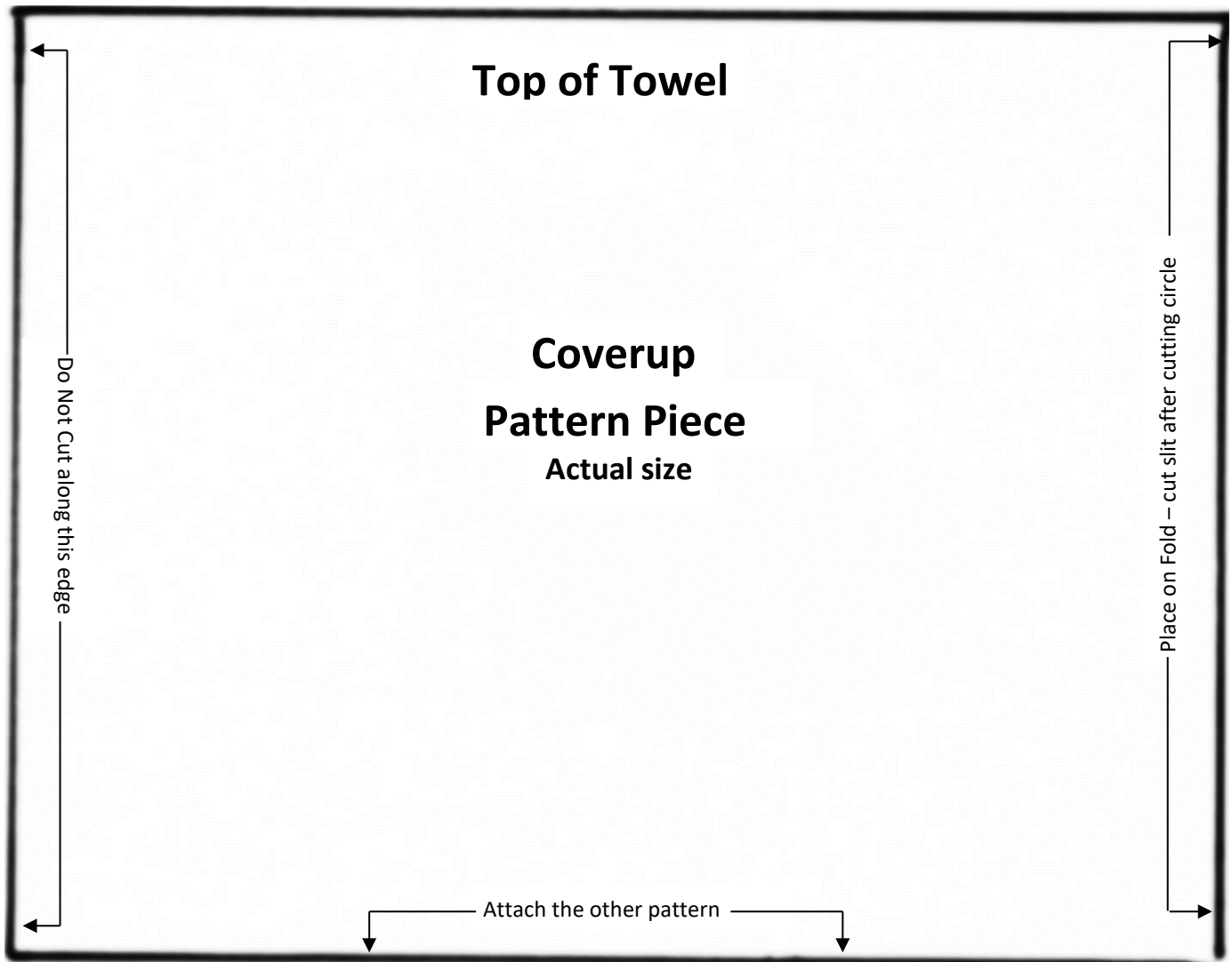
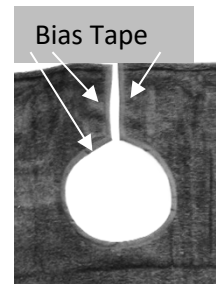
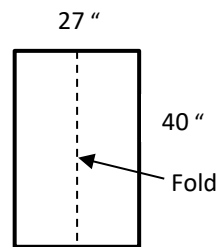
Thread

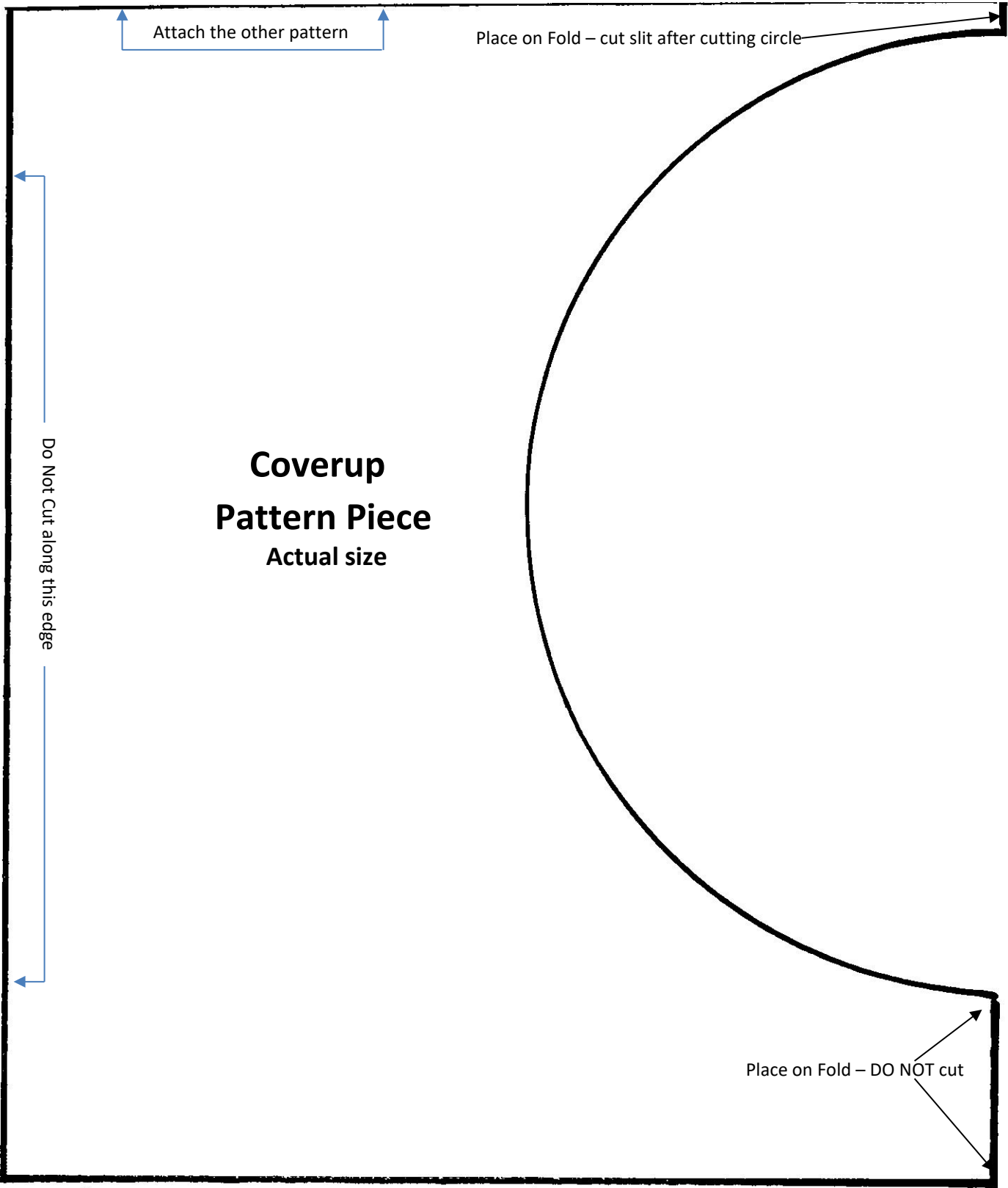
Sewing machine

Finished size is 27x40 inches



1. Attach the patterns pieces together.
2. Fold Towel in half lengthwise.
3. Cut towel from the top edge so it measures 40 1/2 inches
4. Place pattern on fold.
5. Cut out circle.
6. Cut a slit on fold from top edge to circle.
7. Turn "slit" edges 1/2 inch and sew (no bias on these edges).
8. Sew bias tape around the circle only.





## **Face Mask 2 Piece**

**Facilities using this Pattern are:  
All Facilities need facemasks**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

*SIMPLE TO MAKE MASK!! Adult Medium/Large*

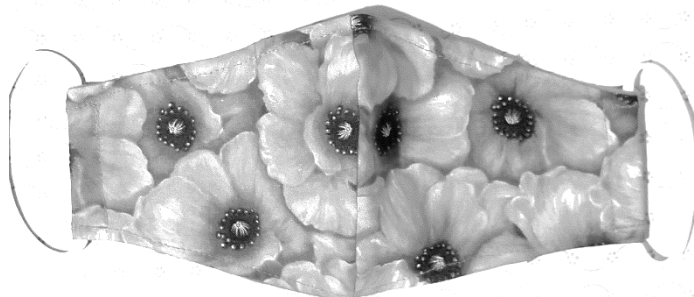
Need elastic of your choice. I prefer the round braided 4MM (1/6") but will settle for 3MM (1/8"). Nose-wires and non-slip stoppers for elastic are optional. Elastic should be 7-8 inches, 9 if using the stoppers.

Cut two full pieces for outside of mask, two for inside. For patterned material, cut pieces mirrored.

1. With right sides together, sew outside pieces together on the rounded edge. Then sew inside pieces together on the rounded edge. Press seams and press short ends up 3/8".
2. With rights sides together, sew the two full pieces together all the way around. Sew in nose-wire on top center of mask.
3. Turn right side out and press.
4. Top stitch all the way around and insert the elastic, one piece on the corner of one end, other piece on corners of other end, as. (When a nose wire has been sewn in, stitch on lower edge of the nose wire.

You can easily make this pattern small or bigger, wider or narrower across the face. It's easy and fun to make.

FOR A GOOD FILTER MASK, GOOGLE OLSEN FACE MASKS



## **Face Mask Pleated**

**Facilities using this Pattern are:**

**VAHCS: Fargo, Minneapolis, St. Cloud, Sioux Falls**

**Veteran's Homes: Fergus Falls, Hastings, Luverne, Minneapolis Silver Bay**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

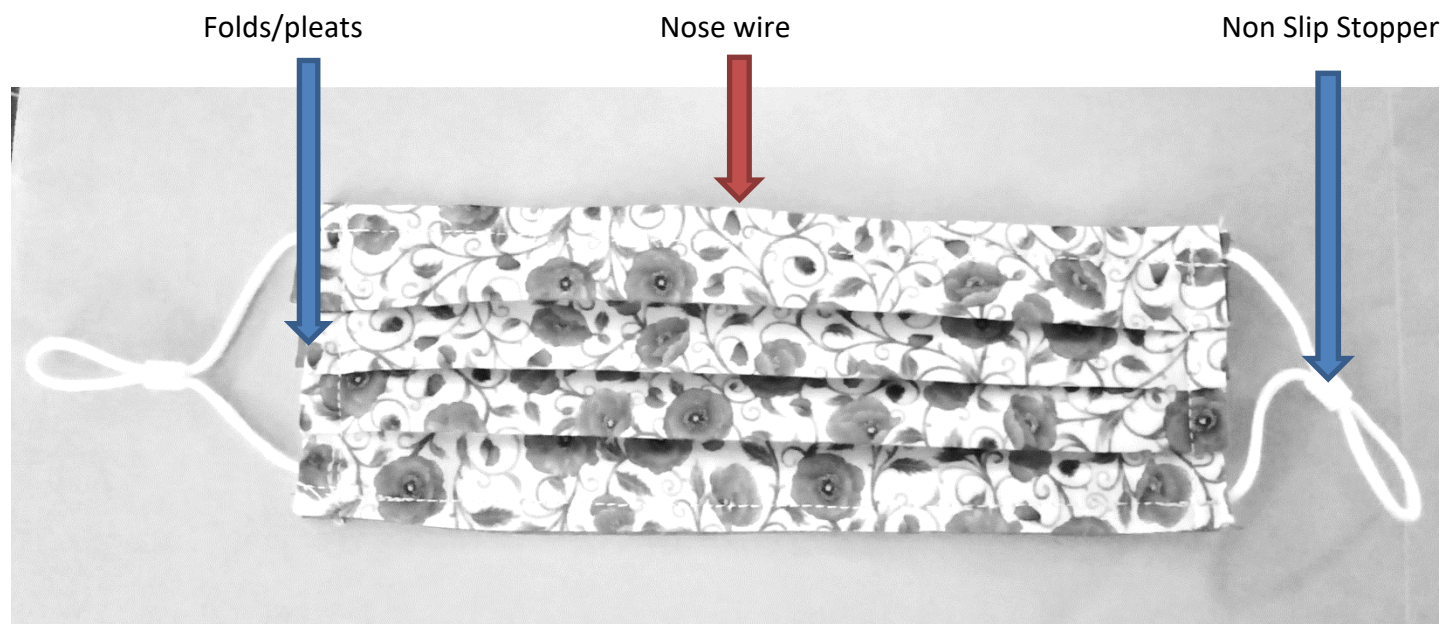
**This mask pattern was put out by State of Minnesota Department of Veterans Affairs. I have added my various modifications when I sew them.** View an instructional video here: <https://bit.ly/33EfqiS>.

### **What you will need:**

- Cotton fabric
- Rope elastic, beading cord elastic will work (you may use 1/8" flat elastic)
- Cut the elastic 7" long, for adult males the elastic should be a minimum of 7.5". If you are using the non-slip stoppers cut the elastic 9". Tie a knot at each end (DO NOT knot the ends of flat elastic)
- Non-Slip stoppers for elastic and Plastic nose wires (both optional)

You can make two sizes: Adult or Child

1. Put right sides of cotton fabric together  
Cut 9.5X7 (Adult) or 7.5X5 (child)
2. Starting at the center of the bottom edge, sew to the first corner, stop. Sew the elastic with the edge out into the corner. A few stitches forward and back will hold this.
3. Sew to the next corner, stop, and bring the other end of the same elastic to the corner and sew a few stitches forward and back.
4. Now sew across that top of the mask to the next corner. Again, put an elastic with the edge out.
5. Sew to the next corner and sew in the other end of the same elastic.
6. Sew across the bottom leaving about 1.5" to 2" open. Stop, cut the thread. Turn right side out.
7. Pin 3 tucks on each side of mask. Make sure the tucks are the same direction on both ends.
8. Sew around the edge of the mask twice.



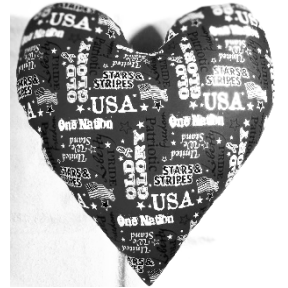
# Heart Pillow

Facilities using this Pattern are:  
**Fargo and Minneapolis VAHCS**

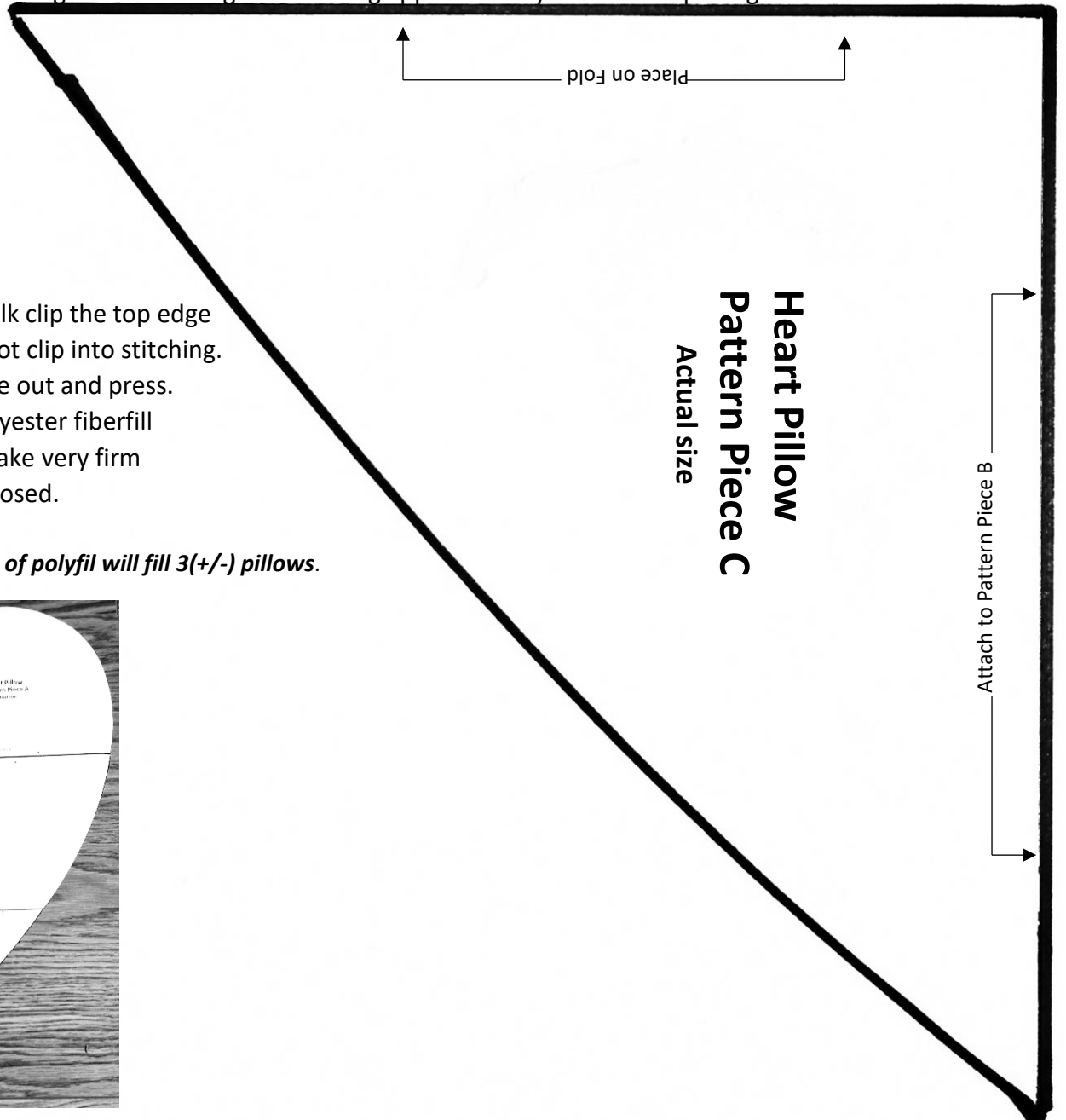
(as always contact facility to be sure they are in need before spending your \$\$ and time)

## Needed:

- 3/4 yard of Fabric plus 3/4 yard of contrasting (Total 1 1/2 yards of fabric)
- Polyester Fiberfill
- Thread Needle to hand stitch closing
- Sewing machine
- 1/4-inch seam allowance for seams unless noted
- Finished size is approximately 18x18 inches

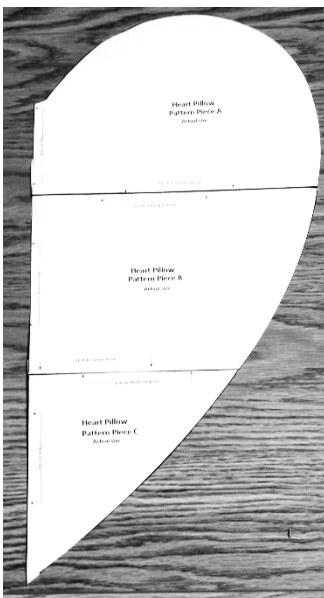


1. Attach pattern pieces together. Arrows do not match up. (see photo below)
2. Cut 1 from fabric plus Cut 1 from contrasting fabric (Cut 2 total)
3. With right sides together stitch together leaving approximately a 3-4-inch opening on one side.



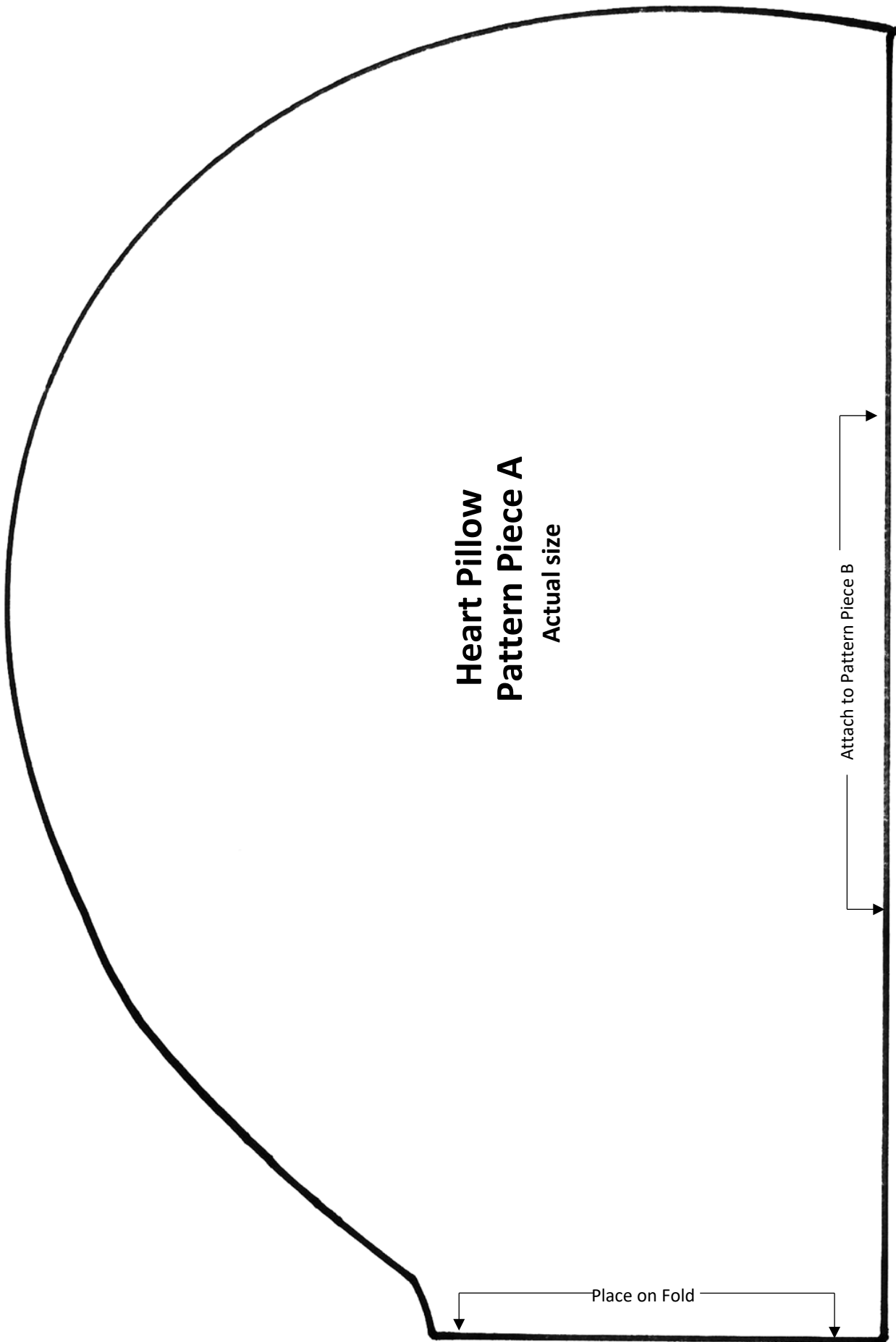
4. To Reduce bulk clip the top edge curves – do not clip into stitching.
5. Turn right side out and press.
6. Stuff with polyester fiberfill
7. be sure, to make very firm
8. Hand stitch closed.

**NOTE: A 50 oz bag of polyfil will fill 3(+/-) pillows.**





**Heart Pillow  
Pattern Piece A**  
Actual size





## **Laundry Bags**

**Facilities using this Pattern are:**

### **Minneapolis and St. Cloud VAHCS; Hastings Veterans Home**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

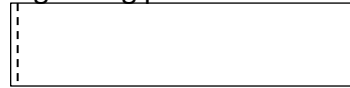
**Needed:**

- 1  $\frac{3}{4}$  yard of denim or similar sturdy fabric
- $\frac{1}{4}$  yard of cotton fabric for drawstring casing (If made from denim they are too hard close)
- Parachute cord or similar for drawstrings. Parachute cord may be purchased at Menards, Amazon, Lowes, and some craft stores. (Do not use yarn)
- Fabric scissors or rotary cutter
- Thread
- Sewing machine
- $\frac{3}{8}$  seam allowance unless noted

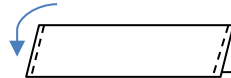
Finished bag should measure approximately 28x38 inches

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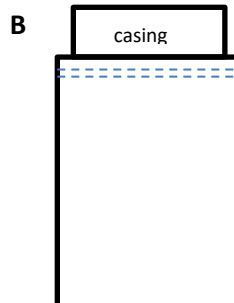
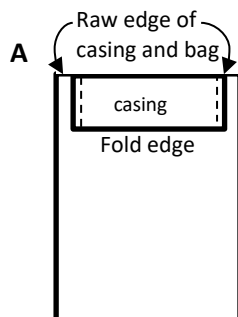
1. Cut 2 pieces of denim fabric 29x40 inches
2. Cut 4 drawstring casing pieces of cotton fabric 2  $\frac{3}{4}$  inches x 28 inches
3. With right sides together sew the bottom and side seams. Serge or zigzag top (open end) to avoid fraying. Or you may also turn under  $\frac{1}{4}$  inch and stitch.
4. Turn bag right side out and press.
5. Next take drawstring casing pieces and with right sides together sew a  $\frac{3}{8}$  inch seam across both short ends. Repeat using the other 2 drawstring casing pieces. This will make the drawstring casings. Turn right side out and press.



6. Fold the drawstring casings in half vertically so the long raw edges meet and baste in place.



7. Mark the center along the bottom raw edge. Mark center of bag on top raw edge of bag.
8. Match the raw edge centers of bag and casing. Pin the casing in place then stitch onto the bag at  $\frac{1}{4}$  inch using a zigzag stitch or serger sewing machine. (See A below)
9. Fold the top of the bag down  $\frac{3}{4}$  inch and pin in place. Top stitch the bag at  $\frac{1}{2}$  inch and  $\frac{1}{4}$  inch. It will hold the casing securely in place. (See B below)
10. Repeat 5-9 for the drawstring casing on the second side.
11. Add the parachute cord (drawstrings); be sure that it draws from each side. Tie the cords on each side together to prevent them from slipping out of the casing.



## Neck Pillow

Facilities using this Pattern are:

**Fargo, Minneapolis, and St Cloud VAHCS – Fergus Falls and Minneapolis Vets Home**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

Needed:

½ yard of Fabric plus ½ yard of contrasting fabric or 2 pieces 18x20-inches

Polyester Fiberfill

Thread Needle to hand stitch closing

Sewing machine

3/8-inch seam allowance for seams unless noted



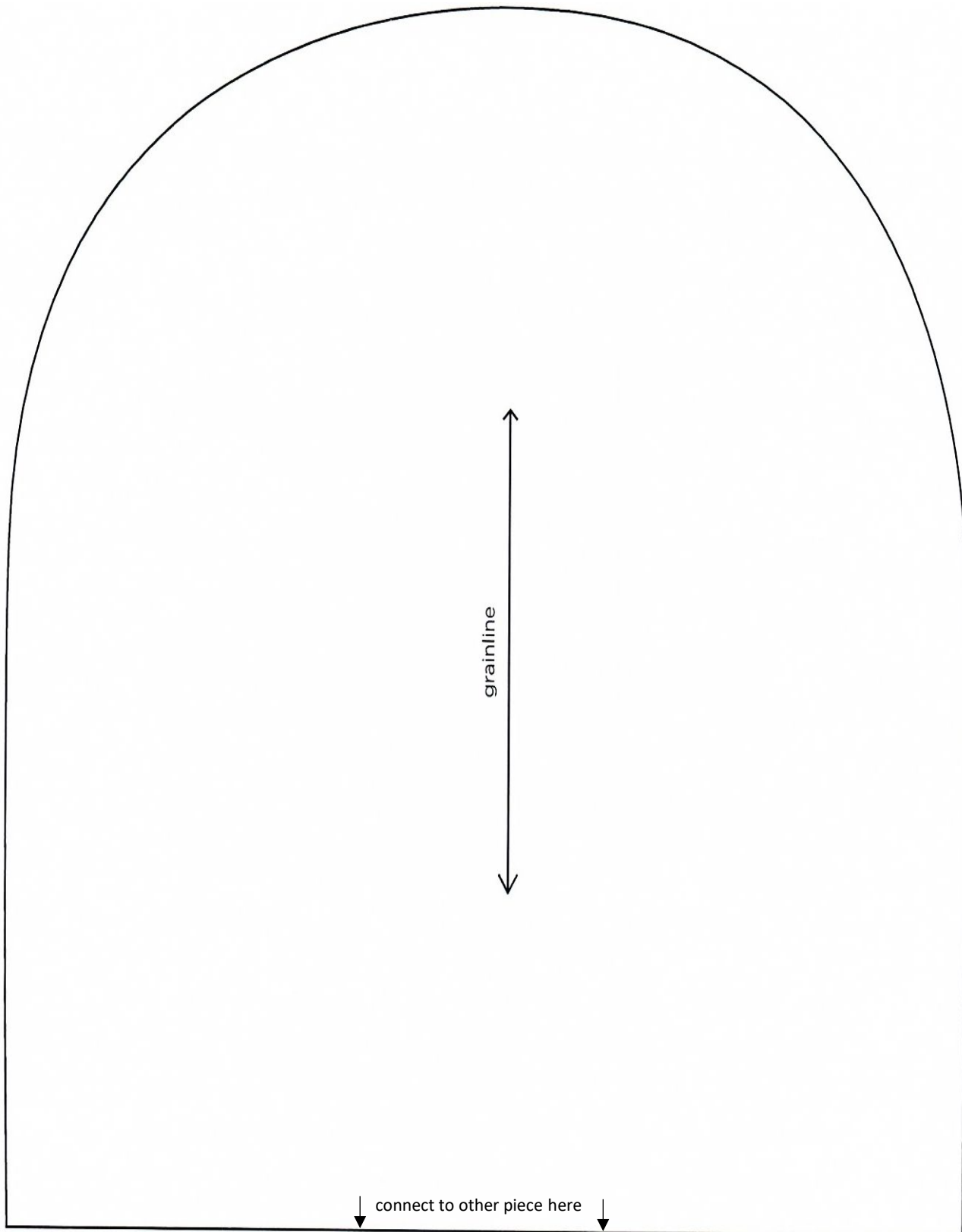
You may watch this video for reference: <https://www.youtube.com/watch?v=feGTn58jcBM>

1. Cut 1 from fabric
2. Cut 1 from contrasting fabric
3. With right sides together stitch together leaving approximately a 5-inch opening at top.

*Directions continued next page*



4. Clip inside curve (around neck) being careful not to clip into your stitching.
5. Stitch inside curve (around the neck) again to reinforce.
6. Turn right side out and press.
7. Stuff with polyester fiberfill be sure to make very firm
8. Hand stitch closed.



## **No Sew Fleece Poncho**

**Facilities using this Pattern are:**

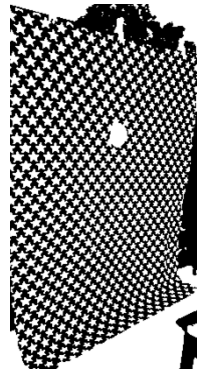
**Fergus Falls, Luverne, Silver Bay and Minneapolis Veterans Homes**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

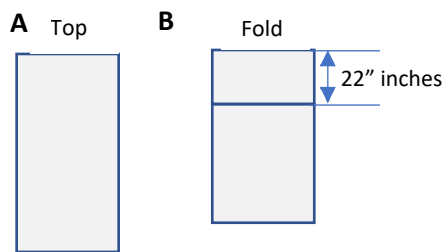
Needed:

2 yards of Fleece fabric (appropriate design – the majority of veterans are male)

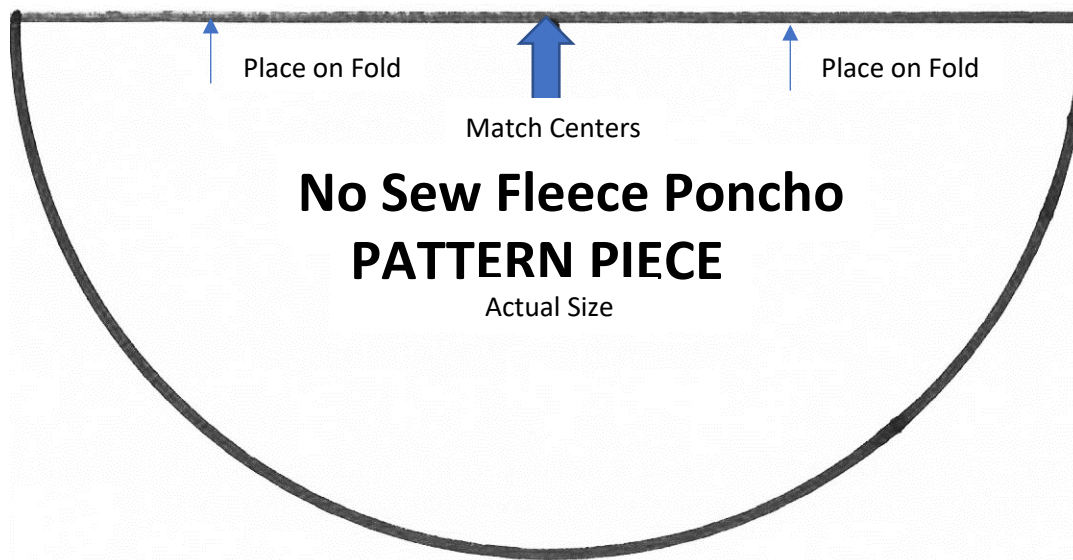
Fabric scissors



1. Trim off both selvage edges.
2. Lay fabric so the short edge is at the top. (See A below)
3. Fold the top edge of the fabric down 22 inches. (See B below)



4. Fold fabric in half with long edges together.
5. Mark center with a pin and lay flat again as in Diagram B.
6. Place/pin pattern piece on the fold matching the center of the pattern piece to the center of the fabric. This will seem like a small opening, but it is plenty of room and the fleece stretches slightly to allow to place over head.
7. Cut the pattern piece out of the fabric.
8. You are done.



# Oxygen Tubing Bag

**Facilities using this Pattern are:  
Fergus Falls Veterans Home**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

**Needed:**

1 Fat Quarter (FQ) or 18 x20 inch cotton fabric Patriotic or appropriate fabric

¾ Inch x 1-inch Hook and Loop (i.e. Velcro) Or may use snaps

Fabric scissors or rotary cutter

Thread

Sewing machine

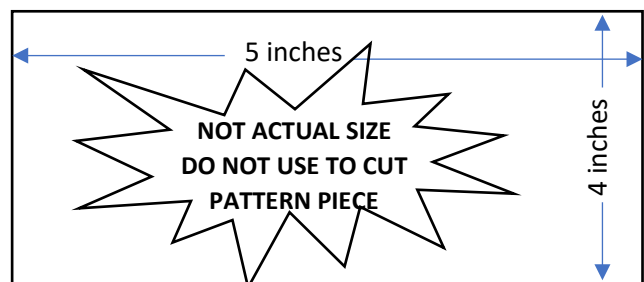
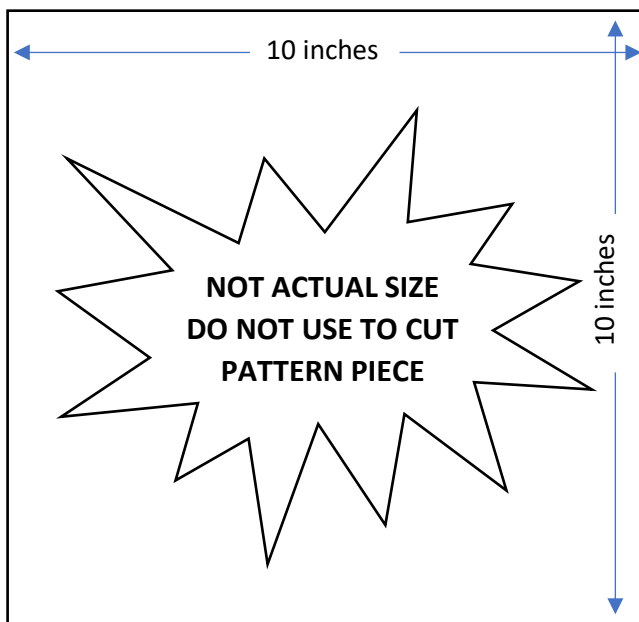
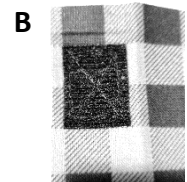
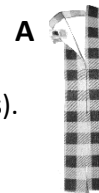
1/4-inch seam allowance for seams unless noted

Finished will be approximately 9 ½ x 9 ½ inches



***Cut from Fabric:***

1. Cut 2 – 10x10 inches (Main body)
2. Cut 2 – 4x5 inches (Tab)
3. With right sides together stitch around 3 sides of the bag (10x10 Inch squares).
4. Turn right side out and press.
5. On wrong side of the 3x5 inch strip mark center of fabric (long edge).
6. Fold over ¼-inch on one short end and press.
7. Fold both edges to center of fabric and press (See A)
8. Fold in half and press (will now look like bias binding).
9. Top stitch 1/8<sup>h</sup> inch from edge (3 sides).
10. Add Velcro on tab ½ inch from top. (See B) Or may add snaps.
11. Pin end of tab ½ inch from side seam. (See C)
12. Repeat #5 through #10 for the other tab.
  - Tip: you can flip the bag over and match the tab to the other side.
13. Zigzag or serge ¼ inch around the top of the bag. Okay to stitch if you do not have zigzag on your machine.
14. Turn top down ½ inch. Press and pin in place.
15. Top stitch 1/8 and ¼ inch around the top of the bag which will hold the Tabs in place. I add a 2<sup>nd</sup> row of top stitching.



# **Port Pillow**

**Facilities using this Pattern are:**  
**Fargo VAHCS**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

**Needed:**

Quilting weight cotton or a fat quarter (A fat quarter measures 18x20 inches and will make 2 pillows)

Polyester fiber fill

Fabric scissors

Thread

Needle for hand stitching pillow closed

Sewing machine

Snap or hook and loop (i.e. Velcro) ¾ inch x 1 inch

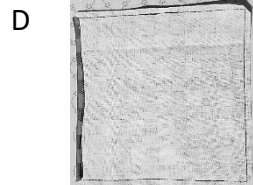
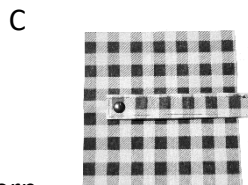
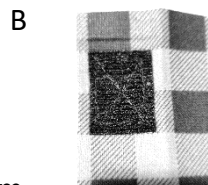
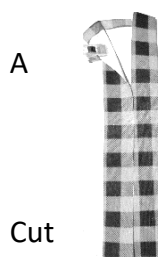
(2) ¾x1 inch for heart shaped pillow

1/4-inch seam allowance for seams unless noted

Finished will be approximately 6x6 inches



1. Cut 2 – 6 1/4 x 6 1/4-inch squares
2. Cut 1 – 4 x8-inch Strip of fabric
3. 1 ¼ inches from one side of one square mark for the placement of snap/Velcro (I try to center the strap on the pillow)
4. Attach hook and loop or snap (reinforce with 1-2 small squares of fabric if using a snap)
5. On wrong side of the 4-inch strip mark center of fabric (long edge)
6. Fold over ¼-inch on one end and press.
7. Fold both edges to center of fabric and press (See A below)
8. If using hook and loop attach ½ inch from top of strap on half of strap;(See B). if using a snap, see #11
9. Fold in half and press (will now look like bias binding)
10. Top stitch 1/8 inch along 3 sides – bottom edge will be sewn into seam
11. If using snaps attach the top of the snap ½ inch from top edge
12. Hook the strap to the hook and loop or snap on the square. (See C below)
  - a. By hooking the strap to the square, it will lineup perfectly when completed
13. With right sides together stitch around the square leaving a 2-3-inch opening for turning and inserting fiberfill.
14. Press back seam allowance on open side for hand stitching and trim strap and corners close to stitching. (See D below)
15. Turn right side out and press. (for easier turning unhook strap)
16. Fill with polyester fiberfill (be sure to get plenty in to protect the port).
17. Using a slip stitch, hand stitch the pillow closed.



1. Cut

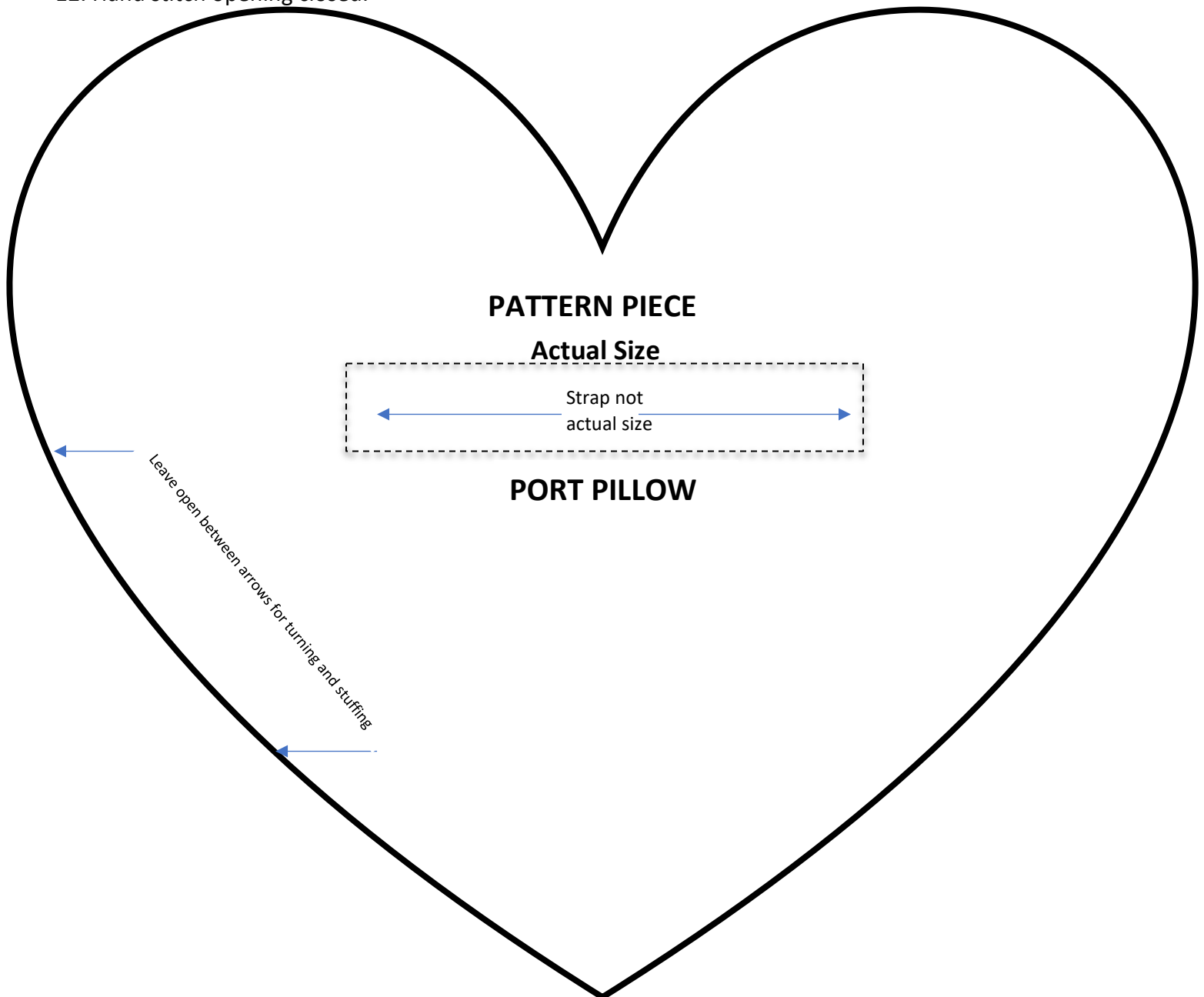
2 from

Pattern

Pieces main fabric



2. Cut 1 – 4 x6 -inch Strip of fabric
3. On wrong side of the 4-inch strip mark center of fabric (long edge)
4. Fold over ¼-inch on both ends and press.
5. Fold both edges to center of fabric and press (See A on previous page)
6. Add Velcro/snaps to both ends of strap on one side of heart fabric. (see B on previous page)
  - a. OR, you may stitch one end of strap to heart piece.
7. Add Velcro pieces/snaps to heart see below
8. With right sides together stitch heart together leaving 2-3-inch side opening
9. Clip top curve to make easier turning. Do not cut stitching.
10. Turn right side out and press.
11. Fill pillow with polyester fiber fill. Be sure that the pillow is firm.
12. Hand stitch opening closed.



## **Tote Bag**

**Facilities using this Pattern are:**

**Minneapolis, St. Cloud and Sioux Falls VAHCS**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

**Needed:**

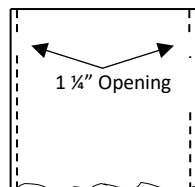
- Fabric 13x35 inches
- Paracord or similar for drawstrings.
  - Paracord may be purchased at Menards, Amazon, Lowes, and some craft stores. (Do not use yarn)
- 1/2-inch seam allowance unless noted.
- Video for casing and bag
  - <https://www.youtube.com/watch?v=00UhgPFVlro>

Finished bag should measure approximately 12x15 inches

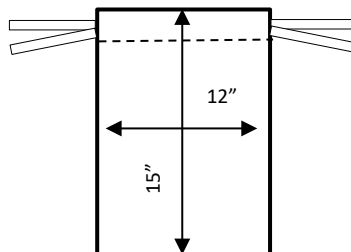


1. Cut 1 piece of fabric 13x35 inches. (You may use pinking shears to help prevent fraying).
2. Drawstrings should be 48 inches in length each. Need 2.
3. Fold fabric in half. (Now will measure 13x17 1/2 inches)
4. With right sides together sew the side seams. Leave an opening large enough for 2 drawstrings when stitching the side seams shut. (see A below)
  - a. Stitch down 1 1/4 inch. Leave opening of 1 1/4 inch
5. Press side seams open approximately 5-6 inches from top.
6. Fold top down 1/4 inch and press. (If you wish you may stitch this in place)
7. On the top, fold down 1 1/4 inch. Press and pin in place.
8. Stitch approximately 1 1/8 inch from the top edge along the bottom folded edge of the casing as shown in B below.
9. Turn bag right side out and press
10. Top stitch at 1/4 inch around the top of the bag
11. Insert the 2 drawstrings: feed one from each side.
  - a. Tie the drawstrings on each side together to prevent them from slipping out of the casing.
  - b. When using a poly type cord, use a lighter or match to melt the tips slightly to keep from fraying.
  - c. It is helpful to make the drawstrings long enough so that the bag may be carried over the shoulder.
  - d. DO NOT use yarn for the drawstring

**A**



**B**



# **QUILTS**

**Facilities using this Pattern are:**

**See below**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

There are no step-by-step instructions included for Quilts. There are so many wonderful patterns. Pick one you like and make it. Something patriotic is always appreciated by the veterans.

*Note: Twin and  $\frac{3}{4}$  size quilts are both 70x90 inches.*

## **70x90 INCH QUILTS:**

Fargo VAHCS, St. Cloud VAHCS, Minneapolis VAHCS, and Sioux Falls VAHCS

Luverne, Fergus Falls, Silver Bay, Hastings, and Minneapolis Veterans Homes

## Wheelchair/Walker Bag

Facilities using this Pattern are:

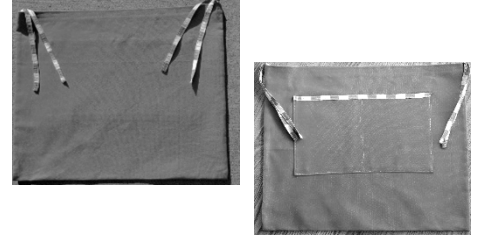
Fargo, Minneapolis, and St. Cloud VAHCS

Fergus Falls, Luverne, and Minneapolis Veterans Home

(as always contact facility to be sure they are in need before spending your \$\$ and time)

Needed:

- 1 yard of sturdy fabric
- Optional: 1 yard of cotton or similar fabric for inside lining
- Paracord or Bias tape for ties (or make your own bias tape)
  - Paracord may be purchased at Menards, Amazon, Lowes, and some craft stores. (Do not use yarn)
- Velcro if making straps 2 pieces  $\frac{3}{4}$ x1 inch. Snaps may also be used.
- 1/4-inch seam allowance unless noted.
- Optional: Slip pockets are a nice addition to the bag (*tip: add to bag before stitching side seams*) Here is a video you can watch to make a slip pocket: <https://www.youtube.com/watch?v=9lCkCJAXiQ4>



Finished bag should measure approximately 20x16 inches

**Note: A, B, and C are shown without the optional lining.**

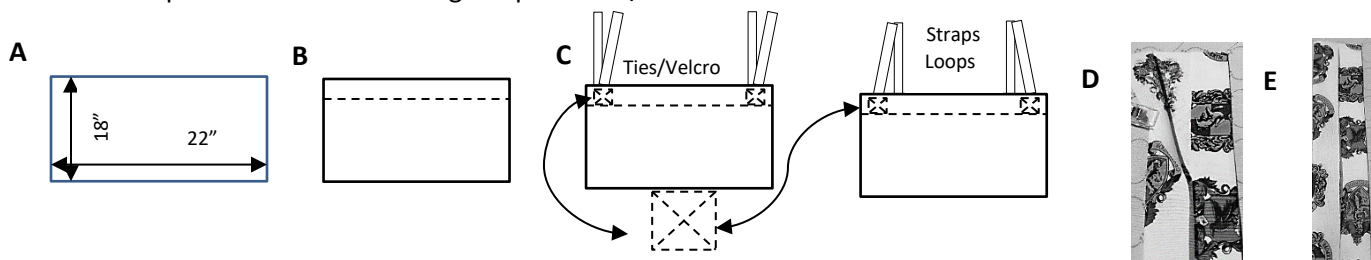
1. Cut 2- 4x18 inch pieces of fabric for straps and Velcro **OR** Cut four 2x18 inch for ties – 1/2-inch bias tape may be used or the Paracord.
2. Cut 1 piece of fabric 22x36 inches.
3. Fold fabric in half. (Now will measure 22x18 inches) *See A Below.*
4. With right sides together sew the side seams.
5. Fold top down 1/2 inch and press
6. Turn bag right side out and press (Do not turn optional inside lining right side out)

**If adding optional inside lining, go to Step 9.**

7. On the top, fold down 1 inch. Press and pin in place.
8. Stitch approximately 3/4 inch from the top edge along the bottom folded edge. *See B below.*
9. Add ties, straps. Stitch a square and X to reinforce straps. Do not add straps to lining. *See C below*
10. Top stitch at  $\frac{1}{4}$  inch at the top of bag if not adding optional lining
11. **Optional Inside Lining repeat steps 2-6.**
12. Insert lining into bag with wrong sides together. Match side seams and pin in place.
13. Top stitch bag and lining at 1/4 inch from top of bag.

**Strap/Tie handles: (or Paracord may be used)**

14. On wrong side of the 4-inch (or 2 inch) pieces mark center of fabric (long edge)
15. For ties and Velcro: On both short edges fold  $\frac{1}{4}$  inch on one end and press.
16. Fold both edges to center of fabric and press (*See D & E below*)
17. Fold in half and press (will now look like bias binding).
18. Top stitch 1/8 inch around the strap handle
19. Add Velcro. To reinforce use the box and X method *shown in C.*
20. Attach straps/ties as shown by folding in half and attach at the side seams. *in C below.*
21. Repeat 13-20 for remaining strap handles/ties.



# Wheelchair/Walker Small Bag

*Finished size 8"x12"*

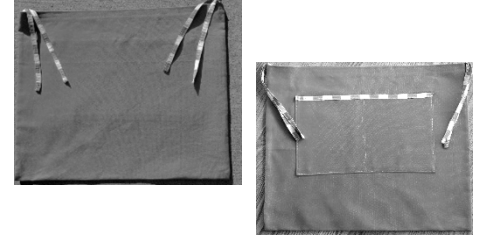
Facilities using this Pattern are:

**Luverne Veterans Home**

(as always contact facility to be sure they are in need before spending your \$\$ and time)

Needed:

- 1 yard of sturdy fabric
- Optional: 1 yard of cotton or similar fabric for inside lining
- Paracord or Bias tape for ties (or make your own bias tape)
  - Paracord may be purchased at Menards, Amazon, Lowes, and some craft stores. (Do not use yarn)
- Velcro if making straps 2 pieces ¾x1 inch. Snaps may also be used.
- 1/4-inch seam allowance unless noted.
- Optional: Slip pockets are a nice addition to the bag (*tip: add to bag before stitching side seams*) Here is a video you can watch to make a slip pocket: <https://www.youtube.com/watch?v=9lCkCJAXiQ4>



Finished bag should measure approximately 8x12 inches

**Note: A, B, and C are shown without the optional lining.**

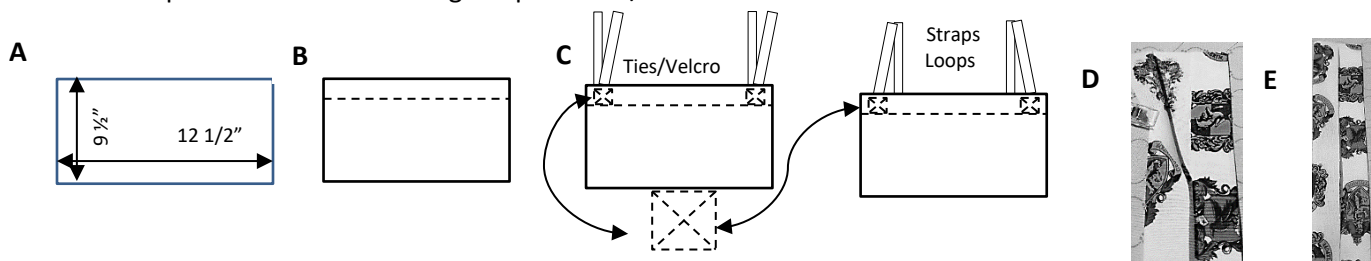
1. Cut 2- 4x18 inch pieces of fabric for straps and Velcro **OR** Cut four 2x18 inch for ties – 1/2-inch bias tape may be used or the Paracord.
2. Cut 1 piece of fabric 19 inches high x12.5 inches wide.
3. Fold fabric in half. (Now will measure 9.5x12.5 inches) *See A Below.*
4. With right sides together sew the side seams (1/4" seam allowance).
5. Fold top down 1/2 inch and press
6. Turn bag right side out and press (Do not turn optional inside lining right side out)

**If adding optional inside lining, go to Step 9.**

7. On the top, fold down 1 inch. Press and pin in place.
8. Stitch approximately 3/4 inch from the top edge along the bottom folded edge. *See B below.*
9. Add ties, straps. Stitch a square and X to reinforce straps. Do not add straps to lining. *See C below*
10. Top stitch at ¼ inch at the top of bag if not adding optional lining
11. **Optional Inside Lining repeat steps 2-6.**
12. Insert lining into bag with wrong sides together. Match side seams and pin in place.
13. Top stitch bag and lining at 1/4 inch from top of bag.

**Strap/Tie handles: (or Paracord may be used)**

14. On wrong side of the 4-inch (or 2 inch) pieces mark center of fabric (long edge)
15. For ties and Velcro: On both short edges fold ¼ inch on one end and press.
16. Fold both edges to center of fabric and press (*See D & E below*)
17. Fold in half and press (will now look like bias binding).
18. Top stitch 1/8 inch around the strap handle
19. Add Velcro. To reinforce use the box and X method *shown in C.*
20. Attach straps/ties as shown by folding in half and attach at the side seams. *in C below.*
21. Repeat 13-20 for remaining strap handles/ties.



## Wound Vac Carrying Bag

Facilities using this Pattern are:

Fargo VAHCS

(as always contact facility to be sure they are in need before spending your \$\$ and time)

*A wound vac is a device that drains seeping liquid from wounds such as bed sores by forming an airtight cover and pumping the liquid out. Wound vacs can reduce the incidence of infection and aid in the healing process. The wound vac device must be carried by the patient throughout the treatment.*

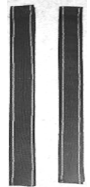
Needed:

- One (1) Yard of 45" Fabric needed for this project. Suggested Fabrics like Duck Cloth or Denim.
- Fabric Cuts:
- Two (2) Strips of Fabric- 4" X 11 ½" for Loop Straps to hang onto a Medical Pole
- One (1) 19 ¼" X 40" piece of Fabric for the Bag Body
- Two (2) Strips of Fabric- 4" X 28" for Carrying/Shoulder Handles
- Two (2) Strips of Fabric for Tube Covers- 5 1/2" X 43" piece of Fabric
- Four (4) Pieces of ¼" wide ribbon-Cut ribbon into 4 (4) - 12" pieces (washable ribbon)
- DO NOT use Yarn for ties



### 1. Preparing the Bag Loops for hanging onto a Medical Pole

- a. Press each end of the Loops in ½" to finish the ends.
- b. Using the iron, fold the strip in half (wrong sides together) lengthwise and press. Fold one side of the strip into the center and press.
- c. Repeat for the other side, fold into the center and press.
- d. Fold the strips in half again using the center fold created in step "b".
- e. Topstitch on each side of the Handle strips
- f. Repeat steps "a" through "e" to create second Loop.

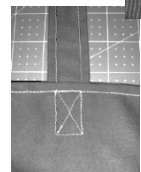


### 2. Creating Carrying/Shoulder Handles

- a. Fold in the short ends ½" and press.
- b. Using the 4" X 28" Strips. Fold the strips in half lengthwise. Press to create a center crease.
- c. Fold raw fabric into the center and press. Create Two (2) Handles.
- d. Fold in half and press. Top stitch the sides of two handles ¼" from the edges.

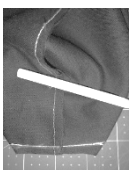
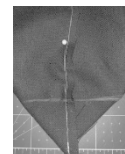
### 3. Bag Body

- a. Using the 19 ¼" X 40" Piece of Fabric. Fold in half lengthwise. Press the bottom folded seam to crease.
- b. Fold in the Two (2) top edges 2". Press. Unfold and finish the raw edge by zigzagging or serging.
- c. Stitch side seams using ¼" seam allowance.
- d. Pin side loops and Carrying shoulders. Attach even with the zigzagged/serged edge.
- e. Loops are placed at side seams. Pin in place.
- f. Shoulder straps/handles are placed 4" from side seams. Pin in place.
- g. Fold top down 2" with loops and straps in place and stitch around bag at 1 ¾" from top of bag.
- h. Top stitch ¼" around top of bag
- i. Reinforce the handles and loops by stitching a box with an "X",



### 4. Creating Box Bottom for Bag

- a. Flatten the bottom corner with the side seam on the top. Measure 1 ½" for the corner tip and pin into place. Draw a line across from side to side. Stitch on the drawn line.
- b. Trim off the corner ¼" below your boxed seam.
- c. Create the Boxed Corner on the other side.



## PATTERN # 17-2021

5. Tubing Covers (finished size should be approximately 2"x40") **Make 2**
- On the lengthwise sides of the 5 1/2" X 43" strips, press down 1/4" on each long side.
  - Zigzag or serge 5" edges to prevent fraying.
  - Fold the 5" ends down 1" and press. This will form the casing for the drawstring ribbon. Stitch close to the bottom edge (not at the fold). (Approximately 3/4" from top edge)
  - Top stitch 1/8 inch from top.
  - Add ribbon into the casing. You can use a safety pin, pinned to one end of the ribbon, and feed it inside the casing.
  - Fold the lengthwise sides together wrong sides together. Topstitch to close the Tube. **Begin stitching under the casing. However, do not stitch close the ribbon casing end.**
  - Tie a knot on each end of the ribbon so it will help prevent the ribbon from getting pulled out of the casing.

