PATTERN #1-2021

Bed Throw

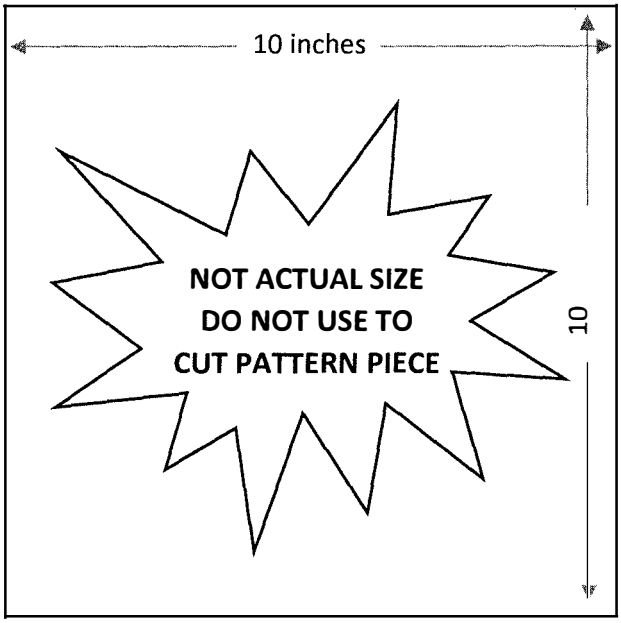
(as always contact facility to be sure they are in need before spending your $$ and time)

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

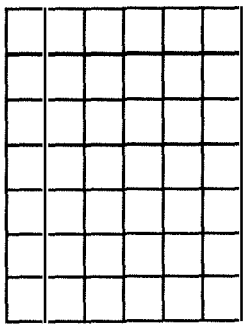
Cut from Fabric:

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.

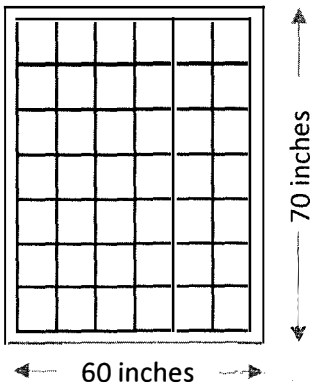
A



B



C

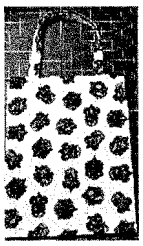


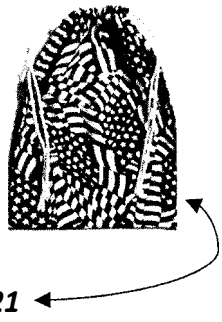
PATTERN #2-2021

Children's Activity Bag

(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 2nd strap handle

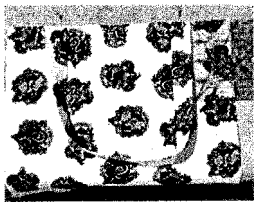
Attach Handles and finish Bag:

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 pace
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

PATTERN #2-2021

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)

PATTERN # 3-2021

Comfort Boxes

(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

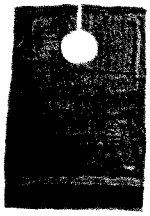
PATTERN # 4-2021

Coverups

(formerly called bibs)

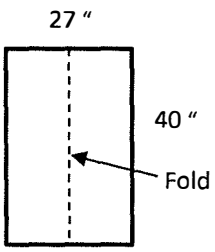
(as always contact facility to be sure they are in need before spending your $$ and time)

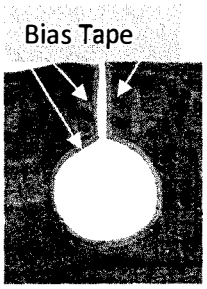
Needed:
1 Bath Size towel
Bias tape
Fabric scissors or rotary cutter
Thread
Sewing machine
Finished size is 27x40 inches



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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 ½ inch and sew (no bias on these edges).
8. Sew bias tape around the circle only.





Top of Towel

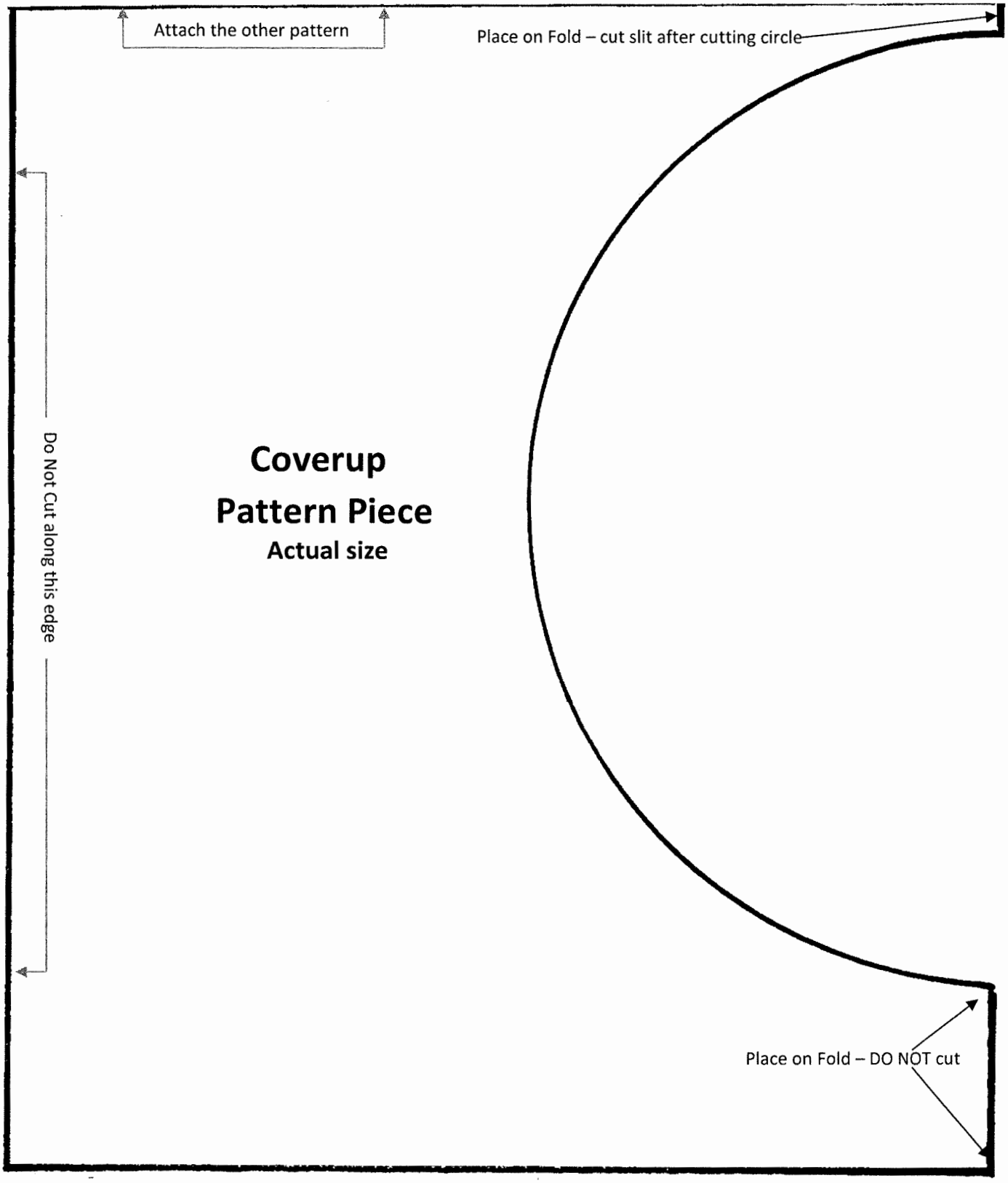
Coverup
Pattern Piece
Actual size

Do Not Cut along this edge

Place on Fold – cut slit after cutting circle

Attach the other pattern

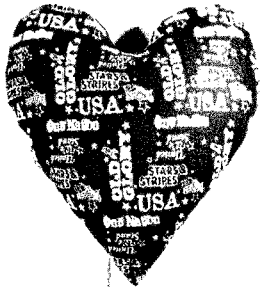
PATTERN # 4-2021



PATTERN # 7-2021

Heart Pillow

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

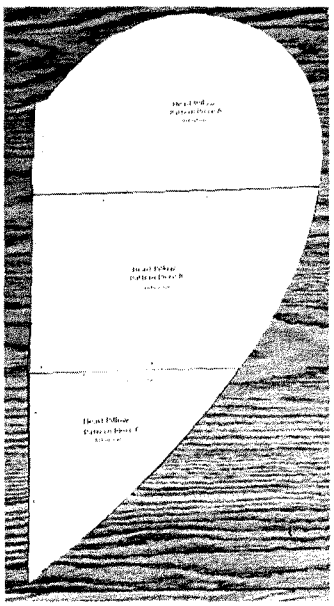


Needed:

- 3/4 yard of Fabric plus ¾ yard of contrasting (Total 1 ½ yards of fabric)
- Polyester Fiberfill
- Thread Needle to hand stitch closing
- Sewing machine
- ¼-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.

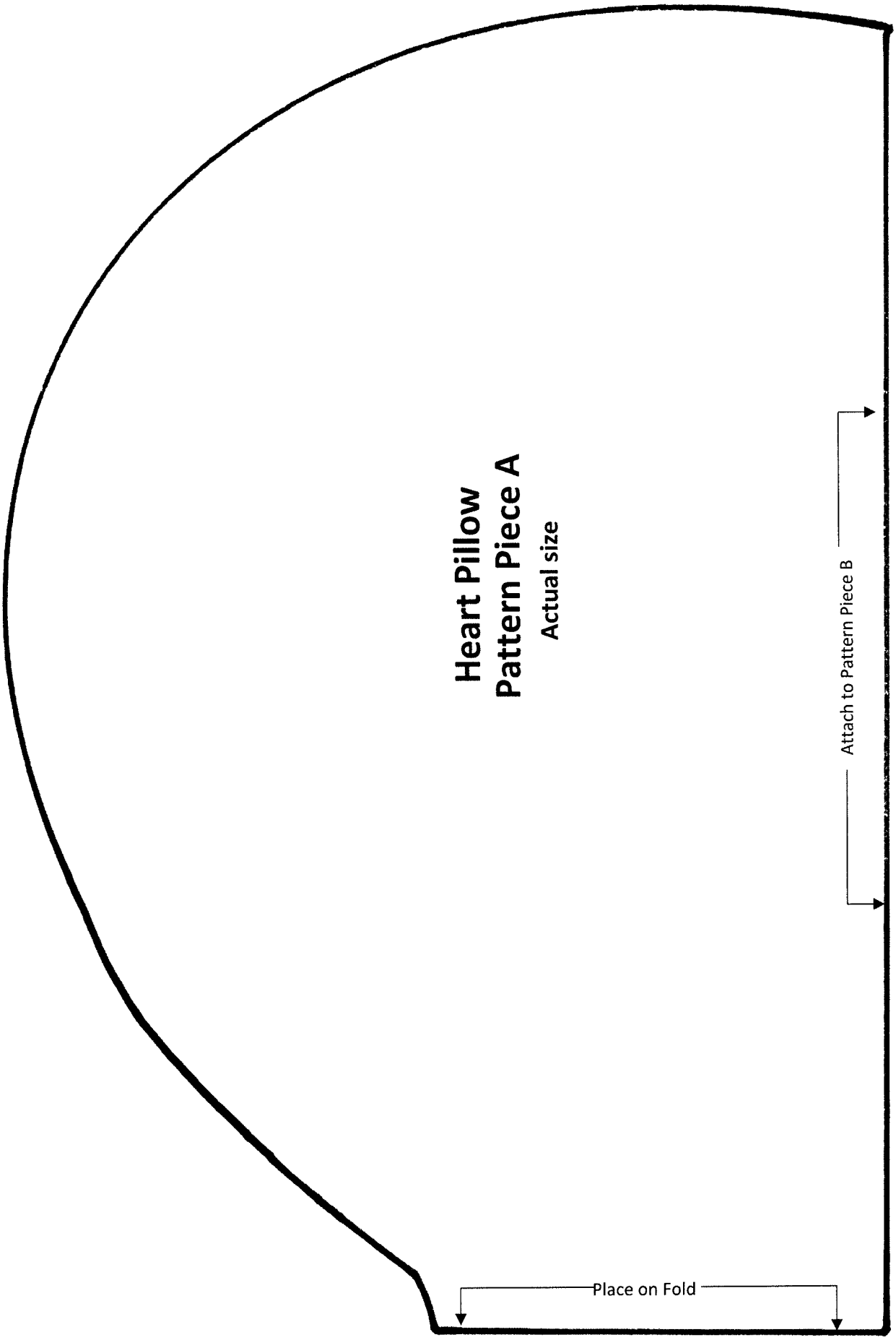


Place on Fold

Heart Pillow
Pattern Piece C
Actual size

Attach to Pattern Piece B

PATTERN # 7-2021



Heart Pillow
Pattern Piece B

Actual size

Place on Fold

Attach to Pattern Piece C

Attach to Pattern Piece A

PATTERN # 8-2021

Laundry Bags

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

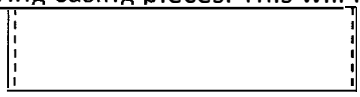
Needed:

- 1 ¾ yard of denim or similar sturdy fabric
- ¼ 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
- 3/8 seam allowance unless noted

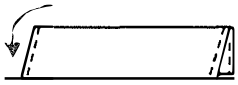
Finished bag should measure approximately 28x38 inches

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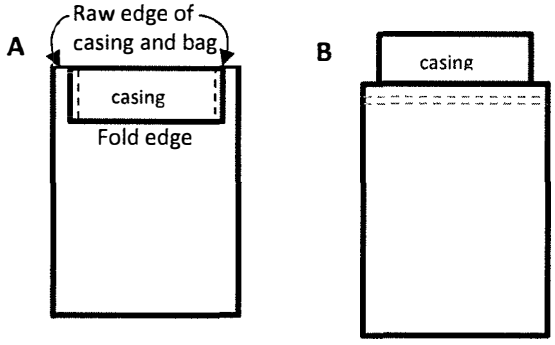
1. Cut 2 pieces of denim fabric 29x40 inches
2. Cut 4 drawstring casing pieces of cotton fabric 2 ¾ inches x 28 inches
3. With right sides together sew the bottom and side seams. Serge or zigzag top (open end) to avoid fraying. Or you may also turn under ¼ inch and stitch.
4. Turn bag right side out and press.
5. Next take drawstring casing pieces and with right sides together sew a 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 ¼ inch using a zigzag stitch or serger sewing machine. (See A below)
9. Fold the top of the bag down ¾ inch and pin in place. Top stitch the bag at ½ inch and ¼ 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.



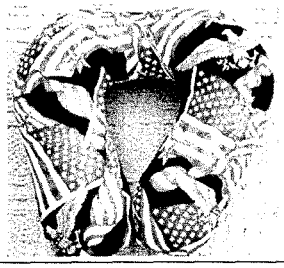
PATTERN # 9-2021

Neck Pillow

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

Needed:

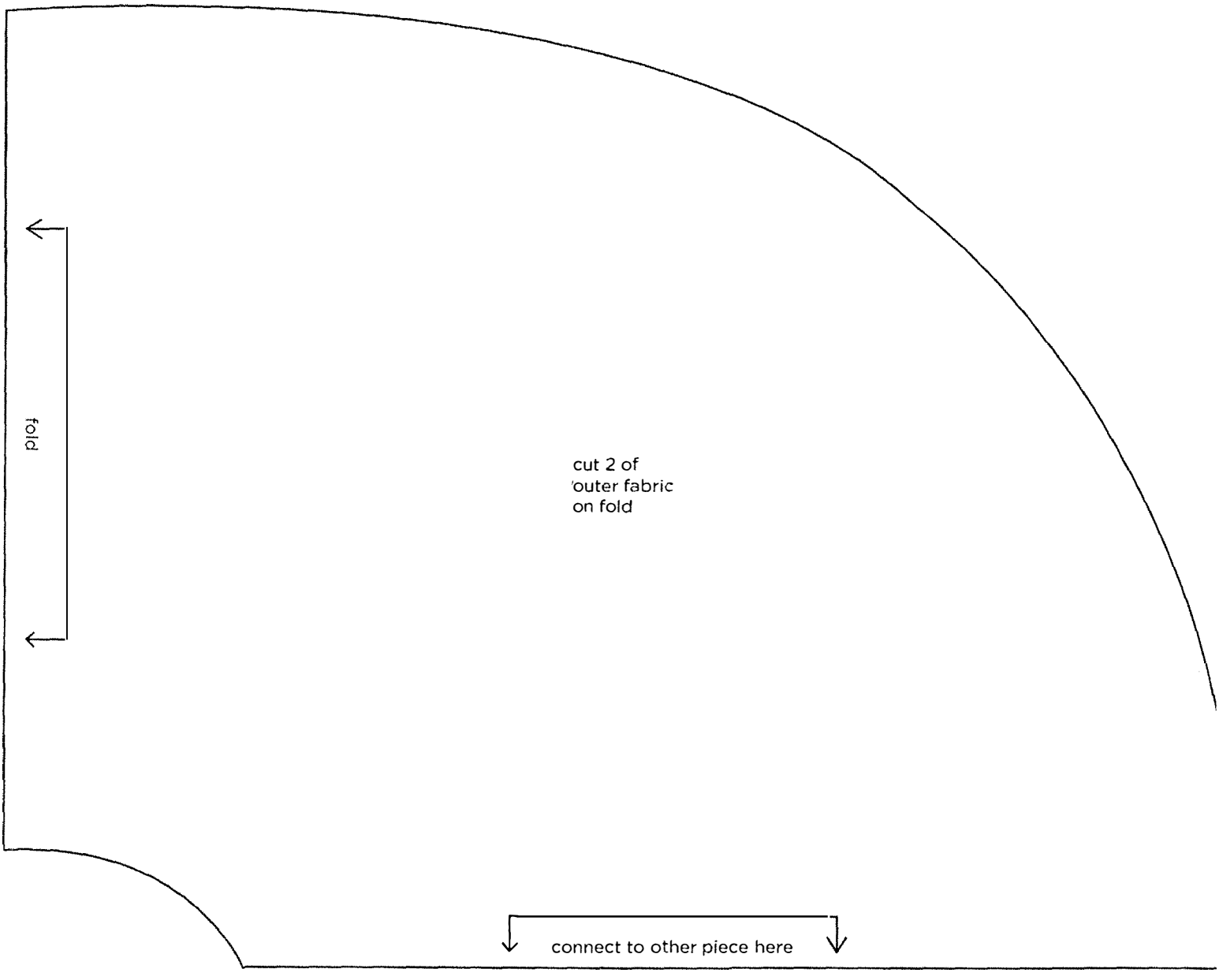
½ yard of Fabric plus ½ yard of contrasting fabric or 2 pieces 18x20-inches
Polyester Fiberfill
Thread Needle to hand stitch closing
Sewing machine
3/8-inch seam allowance for seams unless noted



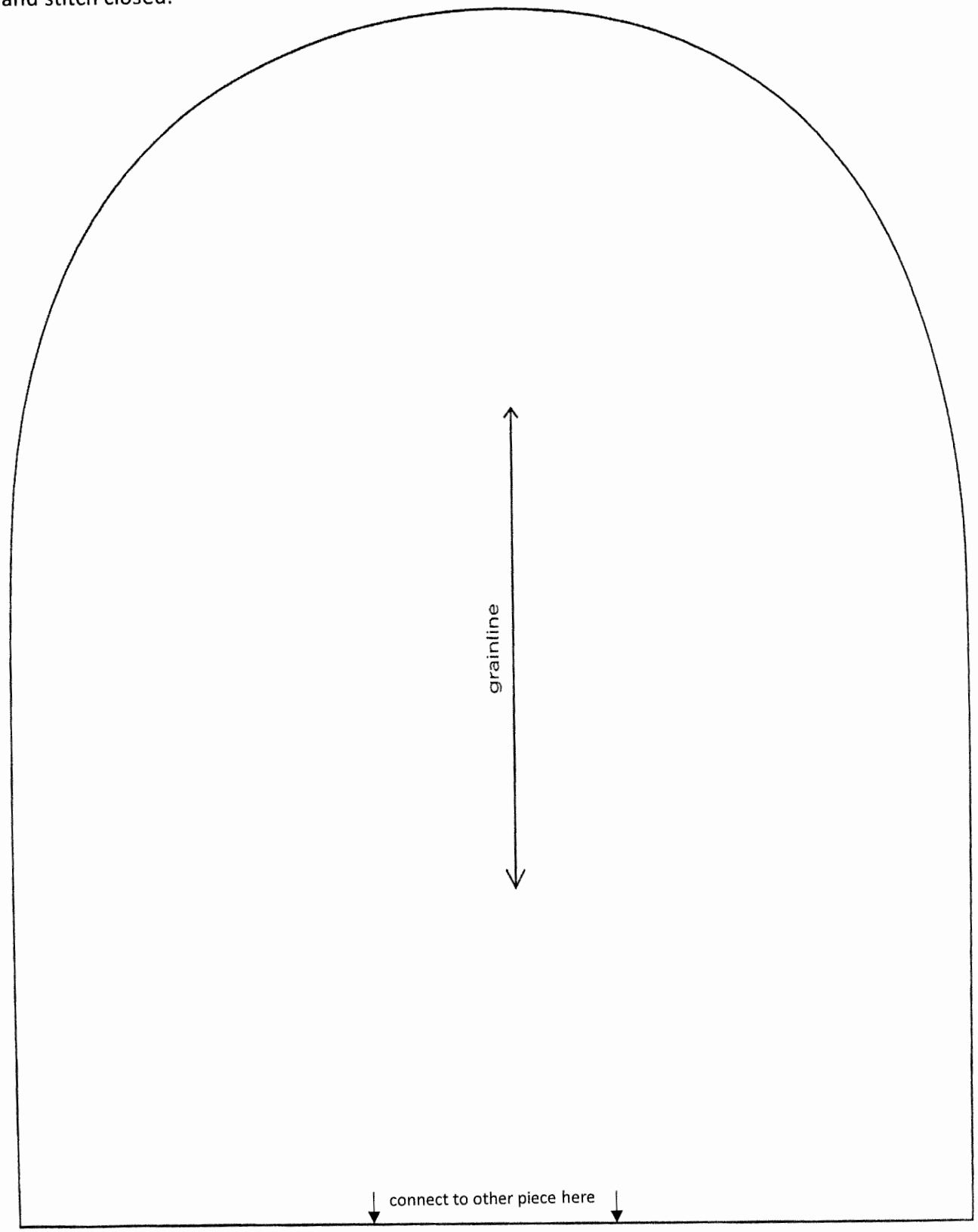
You may watch this video for reference: https://www.youtube.com/watch?v=feGTn58jcBM

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



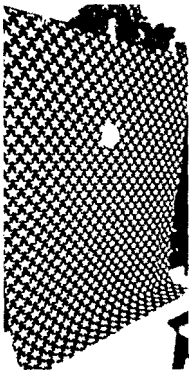
4. Clip inside curve (around neck) being careful not to clip into your stitching.
5. Stitch inside curve (around the neck) again to reinforce.
6. Turn right side out and press.
7. Stuff with polyester fiberfill be sure to make *very* firm
8. Hand stitch closed.



PATTERN # 10-2021

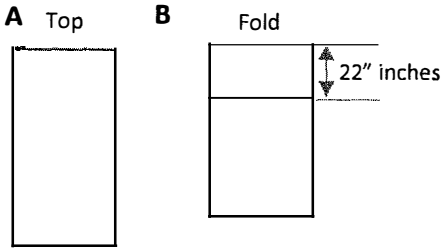
No Sew Fleece Poncho

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

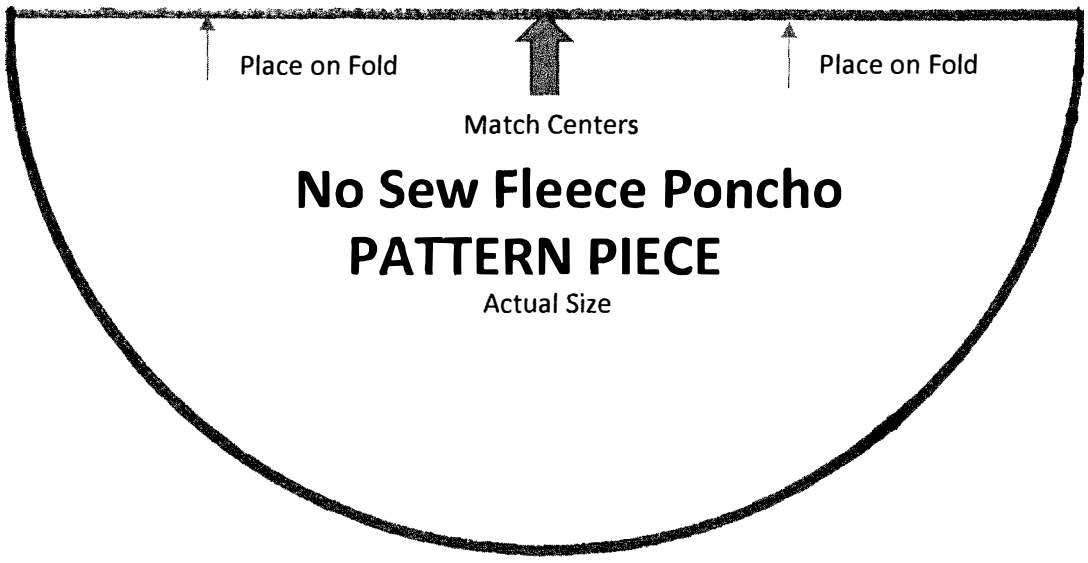


Needed:
2 yards of Fleece fabric (appropriate design – the majority of veterans are male)
Fabric scissors

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.

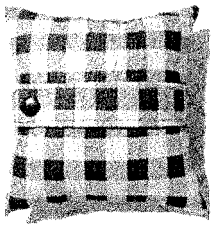


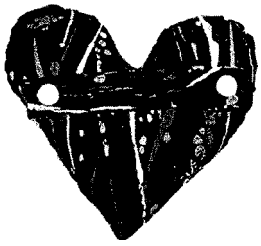
PATTERN # 12-2021

Port Pillow

(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
Snaps 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)

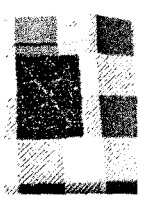
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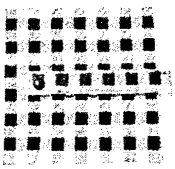
5. On wrong side of the 4-inch strip mark center of fabric (long edge)
6. Fold over ¼-inch on one end and press.
7. Fold both edges to center of fabric and press (See A below)
8. If using hook and loop attach ½ inch from top of strap on half of strap;(See B). if using a snap, see #11
9. Fold in half 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

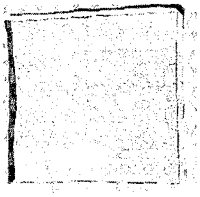
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13. With right sides together stitch around the square leaving a 2-3-inch opening for turning and inserting fiberfill.
14. Press back seam allowance on open side for hand stitching and trim strap and corners close to stitching. (See D below)
15. Turn 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.

A 

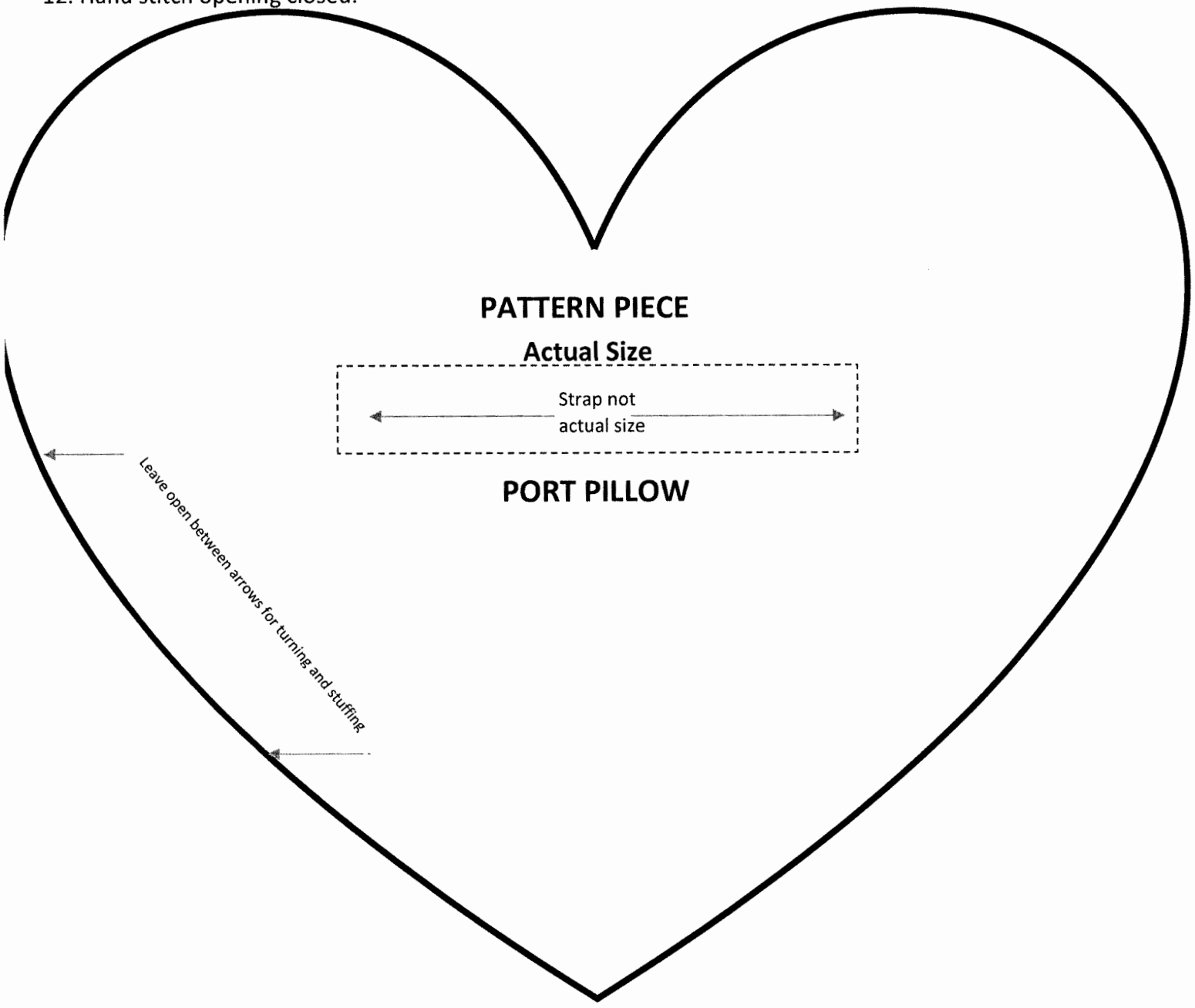
B 

C 

D 

PATTERN # 12-2021

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.



PATTERN # 13-2021

QUILTS

(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.

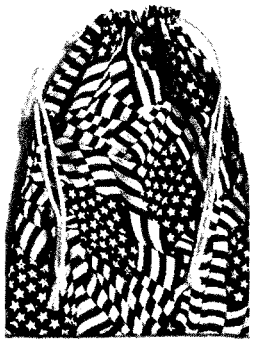
Note: Twin and ¾ size quilts are both 70x90 inches.

70x90 INCH QUILTS:

PATTERN # 14-2021

Tote Bag

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



Needed:

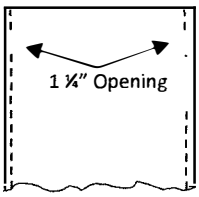
- Fabric 13x35 inches
- Paracord or similar for drawstrings.
  - Paracord may be purchased at Menards, Amazon, Lowes, and some craft stores. (Do not use yarn)
- 1/2-inch seam allowance unless noted.
- Video for casing and bag
  - https://www.youtube.com/watch?v=0OuhGPFVlro

Finished bag should measure approximately 12x15 inches

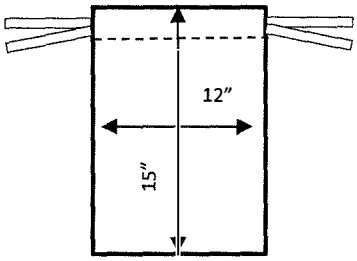
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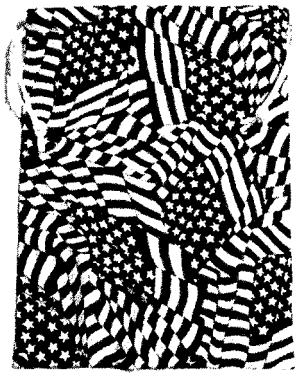
1. Cut 1 piece of fabric 13x35 inches. (You may use pinking shears to help prevent fraying).
2. Drawstrings should be 48 inches in length each. Need 2.
3. Fold fabric in half. (Now will measure 13x17 1/2 inches)
4. With right sides together sew the side seams. Leave an opening large enough for 2 drawstrings when stitching the side seams shut. (see A below)
   a. Stitch down 1 ¼ inch. Leave opening of 1 ¼ inch
5. Press side seams open approximately 5-6 inches from top.
6. Fold top down ¼ 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 ¼ 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





PATTERN #15-2021

Urine Bag Cover

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

Needed:

2 Pieces 18x20 inches of Fabric – suggested fabric is waterproof or water-resistant canvas

1/4-inch seam allowance for seams unless noted

Finished will be approximately 15x18 inches

Clips such as hair clips from Walmart

DO NOT use pins on the waterproof/water-resistant, they put holes in fabric that defeats the Waterproof.



1. Attach pattern pieces as marked. (See A)
2. Cut 2 – pattern pieces (Main body) Trace the pattern on the fabric and cut. (See B)
3. If fabric frays, turn over ¼ inch and stitch; or serge edge; or serge edge on top.
4. Fold Top down as shown on pattern. (See C)
5. With right sides together stitch around both sides of the bag. Leave top open.
6. Turn right side out. Finger press only; hot iron will melt waterproof fabric.

A



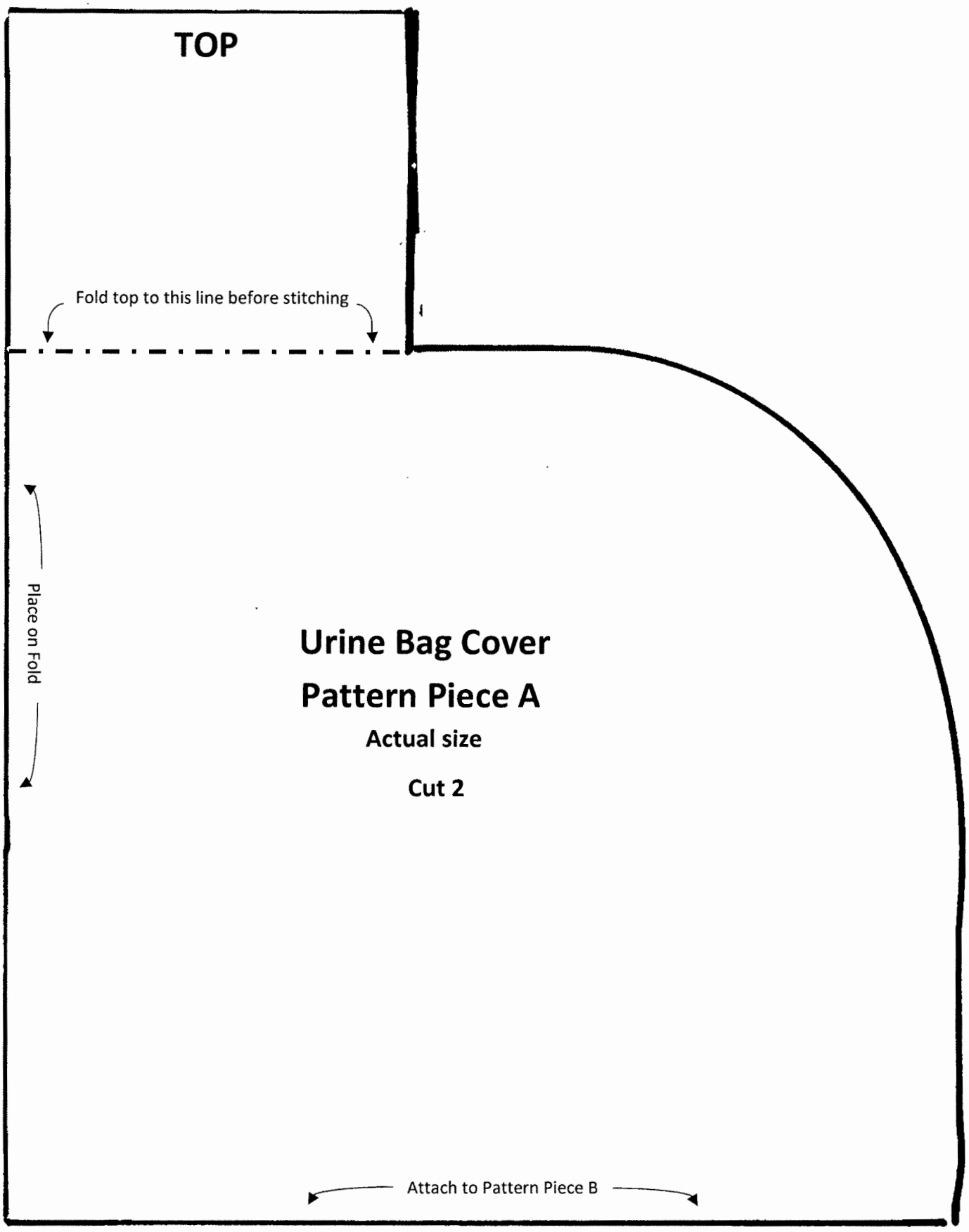
B



C



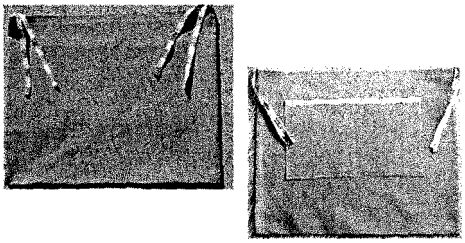
PATTERN #15-2021



PATTERN # 16-2021

Wheelchair/Walker Bag

(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 piecies 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 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 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.

