

Reach To Recovery Tote Bag and Pillows

The purpose of the Reach to Recovery Tote Bag and Underarm Pillows is to supply the mastectomy patient with an attractive and useful tote bag and comfortable pillows to assist in the patient's comfort. These tote bags are filled with booklets and supplies and presented by a **Reach to Recovery** volunteer visitor.

We would like the tote bags and pillows to match or be of coordinating fabrics so that they are pleasing and attractive as well as useful. Cotton or cotton blends work best, but the tote bags can be made of heavier material.

PILLOWS (Quantity 2)

Finished size is 8" x 12"

Stuffed with a soft fiberfill.

TOTE BAG (Quantity 1)

Finished size is 14" wide x 17" long.

Tote bag is lined.

One handle in front and one handle in back.

If you are working with a fabric kit, your materials have been supplied for you. No cutting is necessary. Go directly to **Assembly** directions.

Supply List: (for 1 tote and 2 pillows)

Fiberfill for pillows

4 pieces of fabric 9" x 13" (for two pillows)

2 pieces of fabric 15" x 18" (for outside of tote bag)

2 pieces of fabric 15" x 18" (for lining of tote bag)

2 pieces of fabric 4" x 18" (for tote bag handles - should match outside of tote bag)

Note: You can cut 1 piece 4" x 26", make the handles, then cut in half to get 2 @ 18"

1 piece of fabric 8" x 10" (for tote bag pocket - suggest that it match the lining)

Thread to match both fabrics

Directions for Cutting:

Cut fabrics according to the sizes specified in the Supply List.

Hint: label the pieces accordingly

Notes and Abbreviations:

All seam allowances are 1/2" unless otherwise noted.

RS = Right Side

RSO = Right Side Out

RST = Right Sides Together

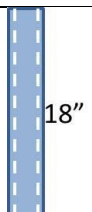
SA = Seam Allowance


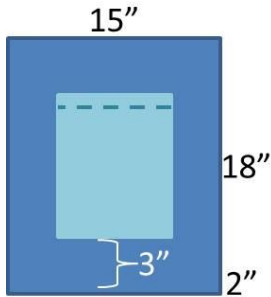
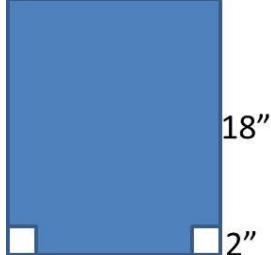
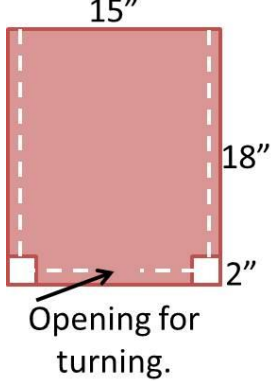
Assembly:

Pillows: With 2 pieces of pillow fabric RST, sew around all 4 sides leaving a 4" opening on one long side for stuffing. Turn RSO and stuff with Fiberfil so pillow is firm but still soft! Stitch the opening closed by hand or machine.

Repeat for the remaining 2 pieces of pillow fabric.

Handle Prep: Fold the handle(s) in half the long way; press. Open and fold both of the long sides in to meet the middle at the crease line; press. Fold in half once more along the long side and press. Stitch along both long sides of the handle(s). If you made one long piece, cut it in half. This makes two handles approximately 1" x 18". Set aside for now.



<p>Pocket Prep: For the tote <u>pocket</u>, fold down the top edge (one of the 8" sides) 1/4" and then again 3/4" and sew the hem in place. For the remaining three sides, do a double fold 1/4" hem and sew in place.</p> <p>Attach Pocket: Place the pocket right side up onto one of the outer tote fabric pieces 3" from the bottom edge and centered horizontally. Topstitch the pocket in place along the sides and bottom.</p>		
<p>Tote: From both <u>outer tote</u> fabric pieces, cut a 2" square from the bottom corners.</p> <p>Repeat with the <u>tote lining</u> fabric pieces.</p>		
<p>With the <u>outside tote</u> pieces RST, sew three seams, one down each side and one across the bottom. At the bottom where the corners have been notched out, open the hole and place the side seam against the bottom seam. Sew across this opening with a 1/4" SA. Set aside for now.</p>		
<p>With the <u>lining</u> pieces RST, sew three seams, one down each side and one across the bottom leaving a 6" opening. At the bottom where the corners have been notched out, open the hole and place the side seam against the bottom seam. Sew across this opening with a 1/4" SA. Set aside for now.</p>		
<p>With the <u>outside tote</u> still RST and your handles, pin the handles in place as follows:</p> <ul style="list-style-type: none">• Measure in 3 1/2" from each side seam and mark with a pin or marker on the RS of the fabric.• Pin handles, centered at the marking, in place RST with tote and with raw edge of handles matching raw edge of the tote (<u>handle will be upside down and inside the tote</u>. This is okay, don't worry).• Make sure the handles are not twisted.		
<p>Turn lining RSO. Place lining inside the tote RST. Match the top raw edges. Your handles will now be between the lining and the outside tote. Match up the side seams of the lining and tote and then sew all the way around the top edge. Backstitch over the handles to strengthen them.</p>		
<p>Turn the tote RSO through the hole you left at the bottom of the lining. Sew the hole closed. Push the lining inside the tote. Topstitch around the top edge.</p>		
<p>Place pillows inside the tote bag. All done and ready to donate. Congratulations.</p>		