



### Sewn Neck Pillow

Materials required: two pieces PREWASHED fabric measuring at least 20" x 15"; polyester fiber fill, sewing thread. Pre-washed fabric is important because chemicals are used to process fabrics and some people, especially cancer patients, may respond negatively to them.

1 square = 1"

Cut two pieces of fabric following diagram at left. With right sides together, sew around with 1/2 inch seam. Leave about 4" unsewn to facilitate turning and stuffing. Turn right side out, stuff (not too firmly), and sew closed.

### Rectangular Pillow

These can be slightly smaller. Cut two rectangles of fabric measuring approximately 11" x 17". Follow sewing instructions above.

Don't forget to attach a comfort item tag to your completed pillows. A tag can be printed from the comfort item page at [www.knitmichigan.com](http://www.knitmichigan.com).

