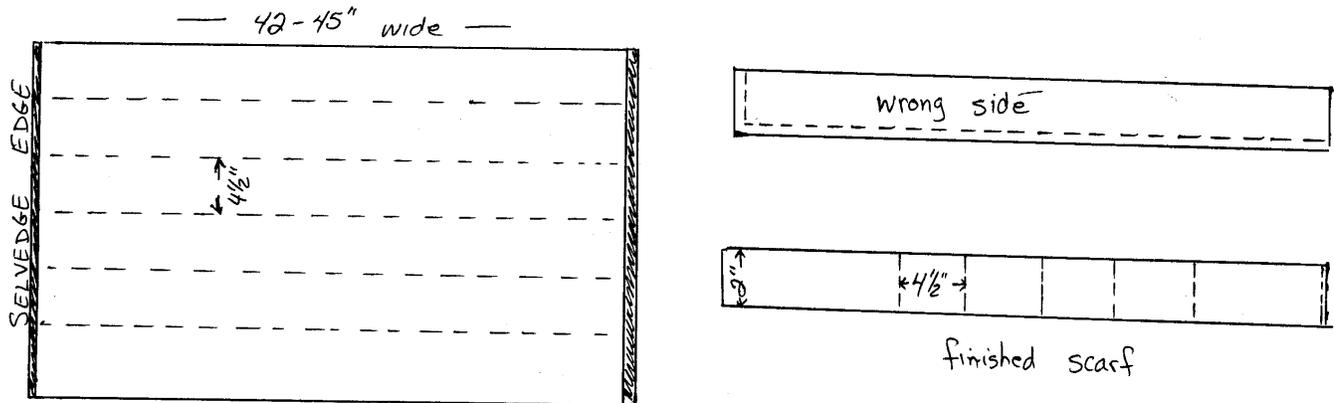


Directions for Cooling Scarves

Use 100% cotton fabric, in solid tan or desert camouflage print (these are required by the military) Buy fabric that is 42"-45" wide. One yard will make 8 scarves. Granules can be purchased from Watersorb, at www.watersorb.com. Use the medium size granules.

Make sure the starting end of the fabric is straight and square, then cut strips 4½ inches wide, cutting from one selvedge edge to the other. Fold strip in half lengthwise, right sides together, and sew one short end and the long edge, using a narrow seam. (Finished scarf should be 2 inches wide.) See diagrams below:



Turn right side out, using a long chopstick, knitting needle or yardstick to push out and square the end. Or buy a dowel stick 4' long and angle one end with a saw to make turning easier. Press flat.

Find and mark the center of the scarf, then mark 4½ inches and 9 inches on each side of the center. (I've found that an easy way to do this is to fold the scarf in half and press with a hot iron, then fold and press again at 4.5 and 9 inches.)

Starting at the mark **closest to the closed end** of the scarf, sew across. Then add a level ¼ teaspoon of granules. (Don't be tempted to use more granules...it really does only take a tiny bit!) You need to get the granules all the way down in the fabric "tube". If you just pour them in the end, they will stick to the fabric and not get down where they belong. So you need some type of long funnel. After much experimentation, I've settled on a long piece of PVC pipe that's skinny enough to fit in the tube. Angle one end with a saw so that it will slide easily into the scarf. Insert a small funnel in the other end and hot glue it in place. You can make a red mark at the point of the fourth pocket so that you know when to stop.

PVC pipe used is 3/4" diameter and 3' long. See photos below.



After the first ¼ tsp of granules is in place, sew across the scarf at the next mark. Then repeat until you have 4 pockets of granules, each one 4½ inches long. Turn in the edges on the open end and stitch across.

Use instructions should be attached to each finished scarf. We also include our Unit name and mailing address.



<p>COOLING SCARF USE INSTRUCTIONS: Soak in water for 15-20 min. until crystals become gel. Tie around head or neck. Regenerate by soaking 1-3 minutes. Do not freeze. Dehydrate to store. Enclosed plastic bag can be used for soaking or storing scarf. Hand wash only, mild soap. Ties can be heated (briefly) in a microwave. Take care when removing as they will be extremely hot! Fabric is 100% cotton.</p>	<p>Made for you by:  American Legion Auxiliary San Anselmo Unit 179 PO Box 1814 San Anselmo, CA 94979 info@ALAAunit179.org <i>Proudly Supporting Those Who Serve</i></p>
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