

Cough Pillow

donated to hospital for post surgery patients

Cut 2 squares - 11½ inches each

Back with batting of the same size. Quilt to keep together

Place fabric right sides together and sew around, leaving an opening for turning and stuffing

Carefully stuff firmly with scraps from your sewing and quilting project.

Finished pillow should be firm to the touch and not lumpy

Dignity Bag

Cut material 28 inches by 13 inches

Fold in half lengthwise and sew ½ inch seam each side

Hem the top of the bag (Turn down top ⅝ inch then ⅝ inch again and sew down)

Attach ½ inch wide by 11 inch length of ribbon to each side at the top of the bag, approximately 2-2½ inches from side seam (Finished material straps may be used in place of ribbon)

Finished size is 12½" x 12"

These bags tie onto a walker, wheelchair or the bed