



COOL TIE SEW INSTRUCTIONS

We help service members beat the heat with a simple craft project: a Cool Tie! Soaked in water, a Cool Tie's polymer granules absorb more than 200% of their weight in water. Tied around the neck or worn as a headband on a hot summer day, a Cool Tie provides all-day relief for our Care Package recipients.

A Cool Tie is simple to sew, requiring only a straight-stitch sewing machine.

MATERIALS

- 1/4 yard 45-inch wide lightweight 100% cotton fabric
- 2 teaspoons Watersorb-brand polymer granules (To order Watersorb-brand polymer granules, and for more information about making Cool Ties, visit Watersorb.com's Cool Ties page.)
- Thread to match
- Sewing machine
- Pins
- Scissors or rotary cutter
- Bamboo or plastic point turner

INSTRUCTIONS

1. Cut a 7"-by-45" rectangle from fabric. For simplest cutting, fold fabric crosswise (selvedge to selvedge) and use a rotary cutter for a straight cut.
2. Fold fabric strip in half lengthwise, right sides together. To form pointed end, cut a 45-degree triangle from each folded end. Cut back from the fold toward the selvedges.
3. Locate the lengthwise center of the folded strip.
4. Place 2 pins 1 1/2 inches on each side of the center of the strip. The pins mark the area to be left open to reverse the tie. Sew from point to center on each side, with a 5/8th inch seam allowance. Leave the area between the pins open.

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5. Using scissors, carefully notch seam allowance next to the tie point. Use a plastic or bamboo point turner to turn the tie inside out through the center opening. Press.
6. Measure 10 inches up from each pointed end, and mark location with a pin. On each side, sew directly across the tie from end to end, backstitching at the beginning and end of the stitching line. This stitching creates a pocket for the garden polymer granules. Insert 2 teaspoons Watersorb-brand polymer granules into center of the tie through the opening in the seam. The polymer granules swell nearly 200 times their size and will completely fill the tie when wet. One pound of polymer granules will make more than 55 Cool Ties!)
7. Stitching close to the folded edges, sew the opening closed.

