



## Cool Tie 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 day, a Cool Tie provides relief for our care package recipients.

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



### Materials for making 3 Cool Ties:

- ½ yard lightweight 100% cotton fabric, 42 - 45 inches wide, in neutral colors (tan, brown, grey, desert-camo, etc.)
- 6 teaspoons of water-absorbing polymer granules (100% Polyacrylamide, 1-2mm granules), available at most gardening centers and on Amazon.)
- Thread to match fabric
- Sewing machine
- Iron
- Pins
- Scissors or rotary cutter
- Bamboo or plastic point turner (a chopstick works well, too!)
- Teaspoon

### Several options for polymer granules:

Home Depot and Amazon: Miracle-Gro Water Absorbing Crystals 12 oz pkg  
Lowe's: Soil Moist Granules in 8 oz, 1 lb, or 3 lb  
Watersorb: 2 lb, 4lb, 10lb

See notes at the end of the pattern for additional options on sizing and seaming.

Instructions:

- Lay fabric so that the right side is facing up and selvages are on right and left. Lift right selvage and fold across to the left selvage, lining them up carefully. The right sides of your fabric should be facing inward. (Right sides together.) Some fabrics like the one in the picture show the print on both sides, but the right side is always a bit more vibrant.
- Cutting across the folded fabric, cut into three 6" strips.



- For each strip, unfold the fabric and re-fold it top to bottom, making sure the right sides are together again. Now you have a long, folded strip.
- Locate the center of the folded strip, and place two pins 1 1/2" to the right of the center, then another two pins 1 1/2" to the left. Double-pinning marks the area to be left open, where you will later turn the tie right-side-out and then insert the granules.



- Pin the folded strip from double pins to each end.
- Create the pointed ends by cutting a 45-degree triangle from each end. Start at the folded edge and angle inward from there. Discard the triangles and re-pin the angled ends.



- Sew using a ½ inch seam using one of the below options:
  - a. Sew from the center out: Start at one double-pin and sew out to that end of the strip, then do the same from the other double-pin, sewing out to the other end of the strip. When working with long pieces, this method helps prevent the fabric from bunching up as you sew.
  - b. Sew from one pointed end to the other, but DO NOT sew the space between the double pins.
- Using scissors, trim away some of the seam allowances next to the tie's point.



- Turn the cool tie right-side-out. Then insert your bamboo or plastic turner (or chopstick) into the opening, and gently push out the pointed ends. Then press the tie so it lays flat.





- Create the pocket for the granules: Measure 10 inches from each pointed end, marking each location with a pin. At each pin location, sew the top to the bottom, backstitching at beginning and end of the stitching line.



- Insert 2 tsp of granules into the opening of the tie. When they absorb water, they will swell to fill the pocket of the tie!



- Close the open area by topstitching  $\frac{1}{2}$ " from the edge of the fabric, backstitching at beginning and end of the stitching line.



- Prior to shipping, fold each Cool Tie in half, then into thirds, then in half again, and secure with a rubber band. You can insert a personal note into the folded cool tie, but please make sure the note is small enough not to extend beyond the edges of the folded Cool Tie. These will fit nicely into a care package!



Notes:

1) Cool Ties can be made in several sizes. If you would like to make narrower ties that can be used as headbands, cut 4" or 4.5" strips instead of 6" strips during Step 2. In fact, you can cut the strips from a minimum of 4" to a maximum of 7" to make different sizes.

2) To make the Cool Tie extra-secure, you can sew a double seam when you're creating the pocket (Step 10) Just stitch a second seam about 1/4" or 3/8" from the initial seam.

