

This bag pattern provided below is a one-size-fits-all, with an adjustable strap, so that it can be worn over the shoulder or diagonally across the body. It is very easy to make, and will make such a difference to each woman who receives one in that it will help with her getting around after her surgery, and show that someone else cares enough to make a bag especially for her.

**You Will Need:**

½ metre (½ yard) fabric for bag outer and strap

½ metre (½ yard) fabric for bag lining

These amounts are minimum requirements – if you have spare fabric in your stash, or are able to make a few bags, please purchase 1- 1 ½ metres/yards and make as many as you can out of that amount of fabric.

** Please note too – Heavier weight fabric will be better for this bag, as each bag will need to hold two, 500 ml (approx. 1 pint) bottles, which can become heavy.

Each bag measures approx. 11 inches wide x 14 ½ inches high, and 3 inches deep. The strap is 55 inches long.

To Make:

From your bag outer fabric, cut 2 rectangles measuring 12 x 17 inches. Cut one rectangle measuring 3 x 5 inches for the tab, and a strip measuring 2 ½ inches wide x 56 inches long for the strap. (You may need to join two shorter lengths for this.)

From the lining fabric, cut two rectangles measuring 12 x 17 inches also.



To make the bag, simply place the bag outer rectangles right sides together, and sew down the long side seams and across the bottom.

To form the base, pinch together the bottom corners – align the side seam on top of the bottom seam, mark down 1 ½ inches from the sewn corner point and sew across that line at right angles to the other seams. Repeat for the other corner. Turn bag right sides out.

The finished size of the tab is 1 ¼ inches wide. Fold the rectangle in half with right sides together, and sew down the 5 inch length with a ¼ inch seam. Turn the tube right sides out and fold over in half. The tab is positioned on one side of the bag outer, close to the side seam, and the strap is on the other side of the bag, close to the opposite side seam.

Matching raw edges, sew the folded tab to the bag outer (1/2 inch from the side seam) with a scant seam.

To make the strap, fold in half down the length of the strip and tuck in the ¼ inch seam allowances. Pin and sew, remembering to also tuck in the raw edges on one end of the strip. As you did for the tab, sew the raw edge of the bag strap to the other side of the bag outer, approx ½ inch from the side seam.

Make your bag lining in the same way as you did the bag outer, taking care to leave most of the middle of one side seam open to turn the bag through later.

Put the bag outer into the lining bag, tuck the tab and strap between the two layers and sew around the top of the bags. Turn the bag right sides out through the hole left in the lining and topstitch that hole closed. Push the lining into the bag and topstitch around the top edge to finish the bag off neatly.

Please Note:

- The more individual these bags are, the better! Use up your scraps – it doesn't matter if the sides are different colours – it all adds character. Piece together some different fabrics for fun, or do as we did, and cut a pretty panel to sew on one side of the bag. Maybe use a leftover patchwork block to decorate one side?
- You may like to add some machine embroidery, or personalise your gift with a short message. "Good Luck" or "Made with love/care by (Your Name)" would be lovely.
- It is REALLY IMPORTANT too that you only make these bags when you are healthy yourself. As these women are quite probably having chemotherapy as well, their resistance is low, and any cold or flu germs could be quite drastic for them.
- We, and these women, do really appreciate your support with this bag making appeal – Thank you for making the effort to help.

Breast Cancer Comfort Cushions

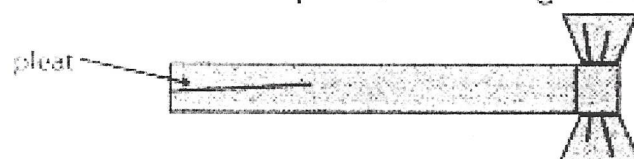
supportive of women undergoing breast surgery

The Comfort Cushion

Making up-

Bow - Using the smaller rectangle of fabric, fold in half lengthwise, sew around raw edge ($\frac{1}{4}$ " seam allowance) leaving a gap to turn out. Clip corners, turn and press.

Strap - Taking the longer rectangle of fabric, fold in half lengthwise, sew along the long edge ($\frac{1}{4}$ " seam allowance). Turn and press with the seam on one side. Gather the bow in the centre and wrap one end of the strap around it and stitch into place, anchoring the bow.



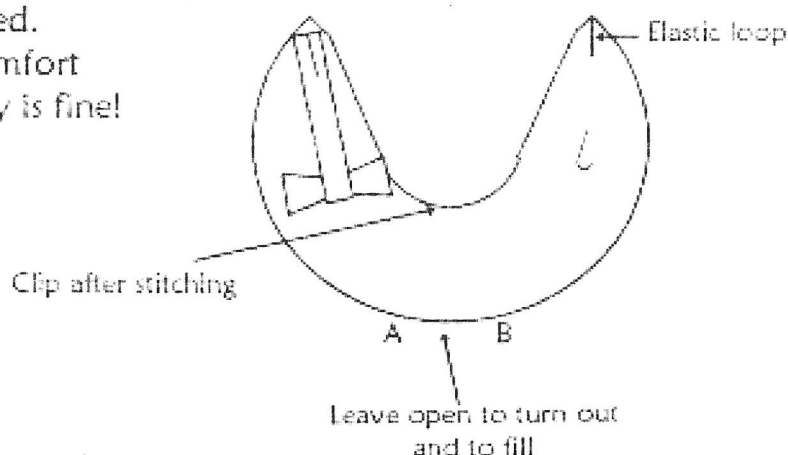
Attach the strap and elastic to cushion - Putting a pleat in the open end of the strap, stitch it securely to one top corner of one cushion piece, and the 3" piece of elastic, in a loop, to the other corner.

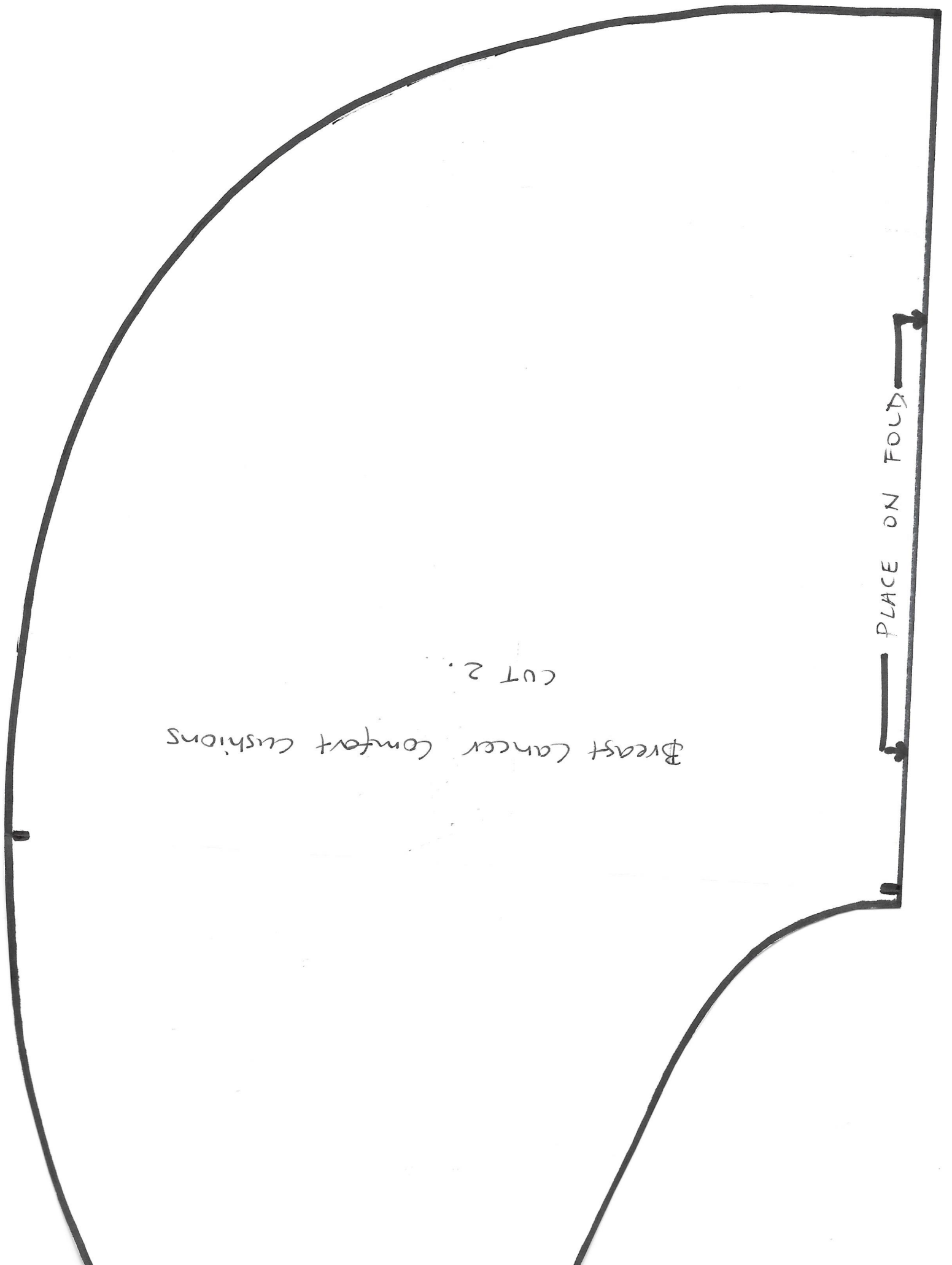
Cushion - Placing right sides of cushion together, pin to keep in place. Stitch around the cushion with a $\frac{1}{4}$ " seam, and leaving a gap between A and B.

Clip around curves, turn and press.

Fill with polyester filling (not too firmly) and hand-sew the gap closed.

NOTE: No lace on the Comfort Cushion please, embroidery is fine! Also, satin has been found to be unsuitable.

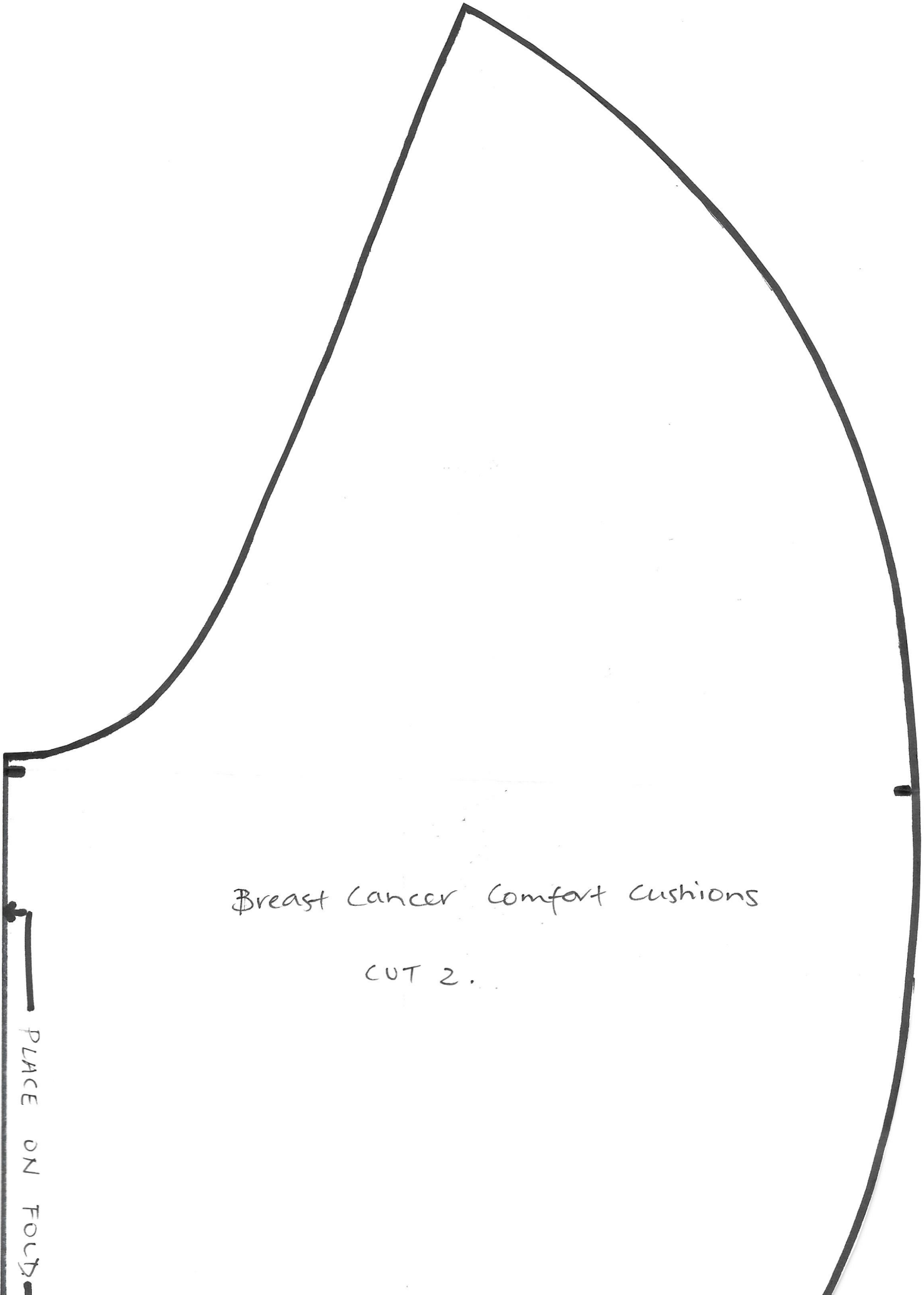




Breast cancer comfort cushions

CUT 2.

PLACE ON FOLD



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