

## MASTECTOMY PILLOWS

### Community Service Project for Helen & Harry Gray Cancer Center/Hartford Hospital

Finished Dimensions: 8" x 8" Square or 8" x 16" Rectangle\*

- Cotton fabric, any color (should be machine/hand washable)
- Fiberfill.

Sewing items:

- Ruler
- Scissors
- iron
- press cloth
- straight pins
- sewing machine
- sewing needle
- sewing thread to match fabric
- Optional: rotary cutter and mat

Cutting Instructions: For one finished pillow either 8"x 8" square (7" x 7" would also be ok) or 8" x 16" rectangle

- Cut two pieces fabric either 8 ½" x 8 ½" or 8 ½" by 16 ½".

Optional: Use a pre-printed pillow panel or a pieced /appliquéd panel for the pillow front and/or pillow back. Leftover or "orphan" blocks would work well too.

Sewing Instructions:

- Place two pieces of fabric right sides together. Sew seams using 1/4" seam allowance, leaving a space open for stuffing the pillow. Clip/trim/finish seams as necessary.
- Turn pillow inside out; iron if needed. Stuff with fiberfill—not too soft or too hard. Try to get a "medium" weight or feel to it.
- Machine or hand stitch the opening closed.
- Helen & Harry Gray Cancer Center mastectomy patients are given three pillows – two 8" and one 8" x 16" rectangle

**Pillows will be collected at every Tuesday meeting.**

**Thank you all for participating.**