



Honor and Comfort For Our Wounded Troops
– on behalf of a grateful nation!
www.operationquietcomfort.com

Cool Comfort Neck Ties

Revised April 2012

SUPPLIES YOU'LL NEED

100% cotton fabric in strips that are 4" wide x 44/45" long

Scissors

Thread to match

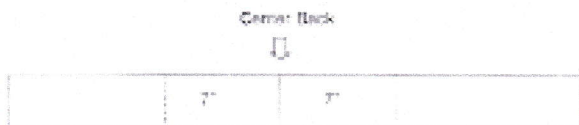
WaterSorb granules: <http://www.water-sorb.com/store.php?cm=209>
(copy and paste the entire URL into your web browser)

***IMPORTANT:** Only cream, tan, gray and olive drab colored fabrics are to be used. Tea-dyed (tan) muslin is also appropriate. Mottled, or blender, fabrics in these colors are OK - don't use prints of any kind. Above all, please be sure they are 100% cotton or the finished project will be unusable!

INSTRUCTIONS:

Fold your fabric strips in half lengthwise with right sides of the fabric facing. Using a 1/2" seam allowance, stitch down the entire length to create a tube. Turn the tube inside out so the right side of the fabric is on the outside. Press the tube flat.

Measure the center of the tube at approximately 22" and stitch across the center. Reverse your stitching to reinforce the seam. Add 1 teaspoon of WaterSorb granules on each side of the center seam. Measure 7 inches from each side of the center seam and stitch across the width of the tube - reversing to reinforce the seams. Tuck in, or otherwise finish, the ends of each tie (I do this before I start cutting the strips).



Each pound of MEDIUM size polymer contains about 115 teaspoons of crystals, which will make at least 50 bandanas at 2 teaspoons per tie.

Place the completed tube in a **SANDWICH** size ZipLock bag and mail them to:

Operation: Quiet Comfort
17671 13th Rd.
Plymouth, IN, 46563

QUESTIONS?

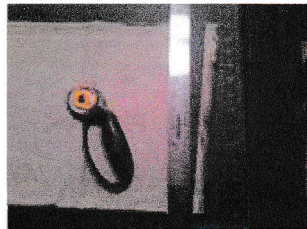
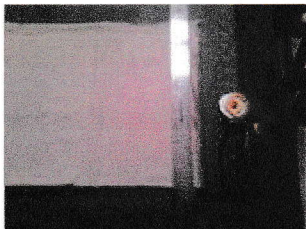
Heidi Bristol, Volunteer Project Coordinator at: HeidiBristol@ATT.net

Cool Tie Tutorial

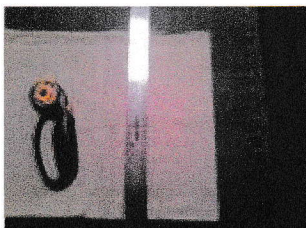
I usually make cool ties in bulk, so I do one step, then the next until they're all done AKA, I don't usually make one from start to finish like here. Hope this tutorial helps those who would like to see the project done.

We're working with 100% cotton here, I have tea-dyed muslin that I got a Joann's 40% off for the bolt. I cut my material into reasonable lengths, 36" or so and pre-wash, but OQC says that is not necessary. If too wrinkled after drying, I do iron, but again, not 100% necessary.

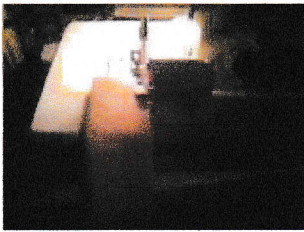
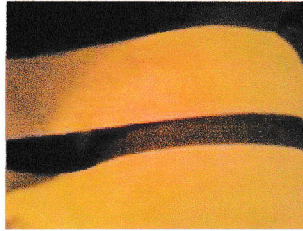
You are making tubes 4" long by the width of the fabric (44/45") using the finished (selvage) edges. Fold the fabric lengthwise in half, and then in half again, giving yourself a smaller length to cut ($45" / 4 = 11.75"$ approx). Align one of the folded edges with the horizontal line markings on your cutting mat. Using a cutting mat and rotary cutter, trim off the raw/cut edge.



Proceed with making your cool tie strips, measure 4" (width of a cool tie strip), using the vertical lines, cut a cool tie. Move rule over another 4" and continue until all material is cut. You should get 9 strips out of 36" of material, give or take, depending on how much raw edge was trimmed.



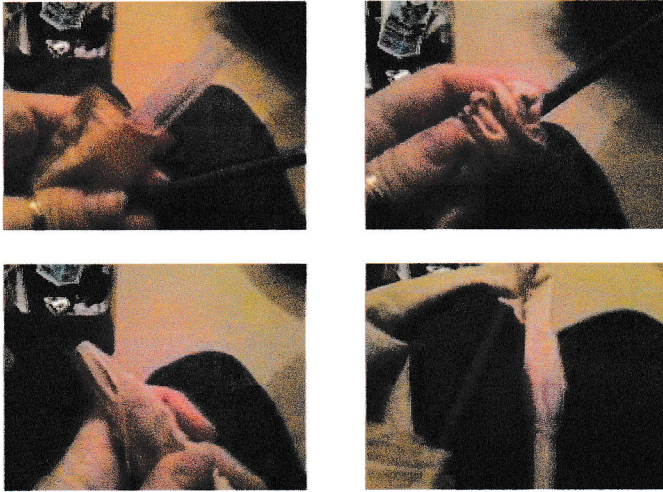
Next sew the flat fabric into a cool tie tube, long sides together, with your regular sewing machine or serger. Sew one, or sew as many as you care to link in one chain. (pics regular sewing machine, before and after and serger, before and after)



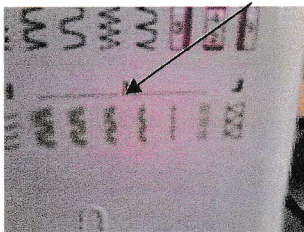
After sewing the tube, trim your stray threads, especially important if sewing with a serger. **Remember these are gifts for the troops and they represent not only us, but OQC when they are handed out.**



Next, the tubes need to be turned right side out. Here I am using a medicine spoon with the closed tube part cut off and a colored pencil, but you can also use a safety pin. See the video at cooltiesforoqc.blogspot.com to see the videos.



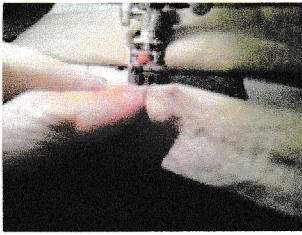
Then you'll need to create a center seam in the cool tie, thus creating two channels to accept the watersorb. With a regular sewing machine, I choose to use a triple straight stitch



Fold your cool tie in half lengthwise to find the center and roll you fabric so the seam is centered, sew, again with a triple straight stitch if you have it, if not, a regular straight stitch is fine, backstitching as necessary.



At this point, I would also sew another one, as you can see in the photo.



Cut them apart from one another, if sewing more than one at a time. Or just trim the threads.



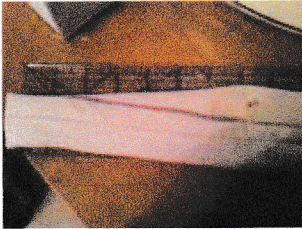
You are now ready to add the watersorb. Using a childs medicine spoon, fill to 1 tsp or a tad less. You will notice that my marking is at $\frac{3}{4}$ tsp, as that was a previously used measurement. This is a situation where less is more, if there is too much watersorb in the cool ties, they will overfill the tubes and the fabric and/or the stitching will break, rendering the tie useless.



Add watersorb to both channels. You might need to shake the tube a bit to get the watersorb to fall towards the center seam.



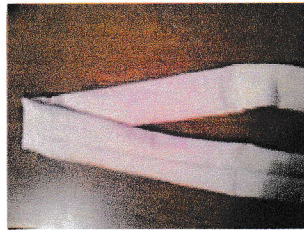
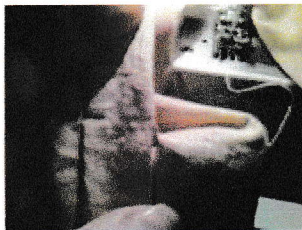
Measure 7" from the center, on both sides of that center seam, marked here with pins, but you can also measure as you go and never pin a thing.



Sew at that 7" mark on both sides of your center seam, again I'm using a triple stitch, but you can use a regular straight stitch, backstitching as necessary. Sew those two lines for each tie.



Cut the threads, close to the tie without snipping the fabric.



Fold finished cool tie in half and then in half again. Insert into a sandwich size zip bag, and remove as much air as possible, fold the bag if you choose.

