Be sure to hold the scarf so the beads stay put and sew a line across at the 16" mark (or your determined measurement).

beads into the top of the tube and shake the tube a bit to be sure the dry beads fall down to the stitched line.

Once you've determined the bead and sewn line measurements, pour the measured out dry water

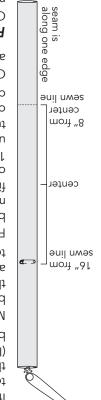
FUTURE SCARVES

Once this test scarf is filled, sew a second line across at the 16" (or other measurement) mark.

Fill the scarf tube with ¼ tsp worth of large beads and see if they fill up to 3–5" below the mark/pin. If yes, then ¼ tsp is perfect; if not, figure out whether more or less is needed, and\ or if it would be good to have more or less than bt to the 16" mark, then you can make the inner tube 20" instead to make room for the beads; on future scarves make the first line 10" from the center and the second line 20" up from that line.

Measure % tsp of dry beads into a medium-sized bowl, then fill about halfway with water. For a thorough test, repeat for a second % tsp bowl and another bowl with % tsp. Let sit for 18 hours to fill and expand, to be sure they're full size.

If using a different type of beads, do a one-time test as follows to figure out the quantity and then use that measurement for future scarves. (It'll be important to always use the same type/brand of water beads in future scarves.)





For a nice finish, continue sewing (top stitching) up along the edge of the seamed side, to the line. Repeat for the other side.

Use the Scarf

Shake the center of the scarf to try to distribute the dry beads (so they are not all together on one side), then soak in water for 6–18 hours depending on your beads (after about 1 hour you can check distribution across as the beads start to fill up).

Wear to keep cool, or distribute to others! If giving out, let people know what they are and that they can keep being soaked and reused after they dry out.

For distribution to free fridges, etc, pre-soak and then put

the ready-to-wear scarves in ziplock bags to place into fridges or hand out. Attach a piece of paper saying something like: COOLING SCARF — Tie around your neck to keep cool! Once it dries out, soak in water for 6–18 hours to re-hydrate & wear again.



If using AquaGems water beads, this is the type we tested with so you should be safe to use our measurement, which is % tsp of dry beads per scarf (yes, it's a very small amount!) but we still recommend just making and soaking one scarfirst to be sure before making a big batch.

FIRST SCARF: DETERMINE BEAD QUANTITY

Fill the tube with beads, up to 3-5" below the mark/pin. Then sew a line across at the mark/pin spot. Skip to Finish the Scarf.

If you're using pre-soaked beads, or if you pre-soaked them yourself so they are at full size (for at least 6 hours, or longer depending on the brand/type; 18 hours will be fully safe to be sure they are full size), continue as follows.

FOR PRE-SOAKED BEADS

Messure 16" from the line you sewed (8" from the center in the other direction) and make a mark or place a pin though a single layer of the scarf at that point to mark it.

the line twice.

7

Fold the tube in half then measure out 8" from the center fold line on one side, and sew a line in the tube at that point. Make sure you securely sew all the way from one edge to the other (so the dry beads can't slip past the stitches); maybe go over

Iurn the tube right-side out—an easy way to do this is to pin a large safety pin to one end and feed it through, moving it across the whole tube with your fingers.

With a %" seam allowance, sew the strip all the way along the long edge, leaving both short ends open.

How to Make a Cooling Scarf with Water Beads These water Beads (a non-toxic water-absorbing polymer

scarves

absorbing

are filled

with magical

water-

orbs

V which keep the wearer's neck cool by slowly releasing water for hours. Once it dries out, just soak in water to refill.

YOU'LL NEED

» Fabric (woven quilting cotton or other woven fabric like denim or whatever reclaimed pieces you have that are not a very loose weave, prewashed/shrunk)—cut to 4.5" x around 42–44" or as long as you want the scarf to be, per scarf

- water Beads (a non-toxic water-absorbing polymer material, meant to fill vases or use for other decorative purposes—the kind used in the testing of these were AquaGems brand which come dry/small; you can get the beads pre-soaked and large, but if you plan to make many scarves it's both cheaper and easier to use dry beads and then soak the finished scarves)
- » Sewing machine with thread (just basic straight stitch is needed)
- » Scissors or a rotary cutter
- » A safety pin is helpful

Make the Scarf

Fold the 4.5"×42"ish strip in half lengthwise with the wrong side out (so the print side is on the inside), so it's 2.25" wide.