

first to be sure before making a big batch. but we still recommend just making and soaking one scarf is ¼ tsp of dry beads per scarf (yes, it's a very small amount!) with so you should be safe to use our measurement, which If using AquaGems water beads, this is the type we tested

FIRST SCARF: DETERMINE BEAD QUANTITY

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

sure they are full size), continue as follows.

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

FOR PRE-SOAKED BEADS

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

the line twice.

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



across the whole tube with your fingers.

a large safety pin to one end and feed it through, moving it Turn the tube right-side out—an easy way to do this is to pin

long edge, leaving both short ends open.

With a ¼" seam allowance, sew the strip all the way along the

How to Make a Cooling Scarf with Water Beads



These cooling scarves are filled with magical water-absorbing orbs 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, pre-washed/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 puposes—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" x 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.

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 measurements, pour the measured out dry water

Once you've determined the bead and sewn line

FUTURE SCARVES

across at the 16" (or other measurement) mark.

Once this test scarf is filled, sew a second line

center and the second line 20" up from that line.

on future scarves make the first line 10" from the tube 20" instead to make room for the beads;

up to the 16" mark, then you can make the inner 16" of space. For example, if ¼ tsp goes right

or if it would be good to have more or less than figure out whether more or less is needed, and, mark/pin. If yes, then ¼ tsp is perfect; if not,

beads and see if they fill up to 3–5" below the Fill the scarf tube with ¼ tsp worth of large

to fill and expand, to be sure they're full size. and another bowl with ¼ tsp. Let sit for 18 hours

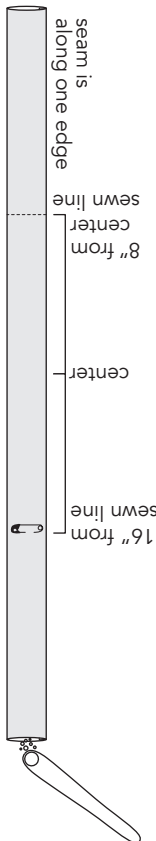
thorough test, repeat for a second ¼ tsp bowl bowl, then fill about halfway with water. For a

Measure ¼ tsp of dry beads into a medium-sized brand of water beads in future scarves.)

(It'll be important to always use the same type/ then use that measurement for future scarves.

test as follows to figure out the quantity and If using a different type of beads, do a one-time

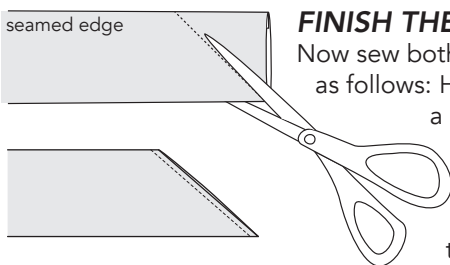
seam is along one edge



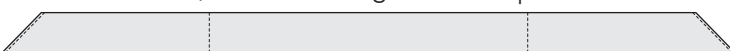
FINISH THE SCARF

Now sew both scarf ends into points as follows: Hold the end flat and cut a diagonal line.

Fold the edge inside ¼"–½" and smooth into a pointed shape, then sew along the diagonal edge, very close to the edge.



Repeat for the other side. Iron the points, and the scarf up to the sewn lines, for nice looking scarf ends/points.



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.**

