

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 the line twice.



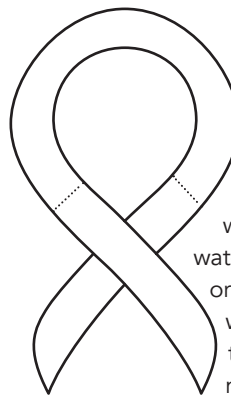
Turn the tube right-side out—an easy way to do this is to pin a large safety pin to one end and feed it through, moving it across the whole tube with your fingers. Fold the tube in half then measure out 8" from the center fold line on one side, and sew a line in the tube at that point.



With a 1/4" seam allowance, sew the strip all the way along the long edge, leaving both short ends open. Fold your 4.5" x 42" ish strip in half lengthwise with wrong side out (so print side on the inside), so it's 2.25" wide.

Make the Scarf

Make a Cooling Scarf



These cooling scarves are filled with magical water-absorbing orbs or crystals which keep the wearer's neck cool by slowly releasing water all day long. Once it dries out, just soak in water to refill.

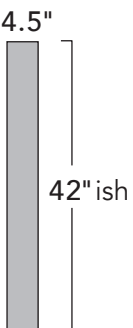
to fill vases or use for other decorative purposes) or **Miracle-Gro brand Water Storing Crystals** (do not use a different brand without testing, as some brands make slimy scarves!)

- » Sewing machine with thread (just basic straight stitch is needed)
- » Scissors or a rotary cutter
- » A safety pin is helpful

Prep the Fabric

Cut into strips measuring **4.5" wide x approx 42–44"** for each scarf.

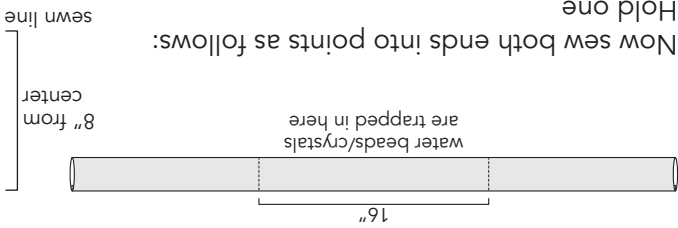
Fabric from a bolt measures 42–44" across, so it'll just need to be cut into strips that are each 4.5" wide.



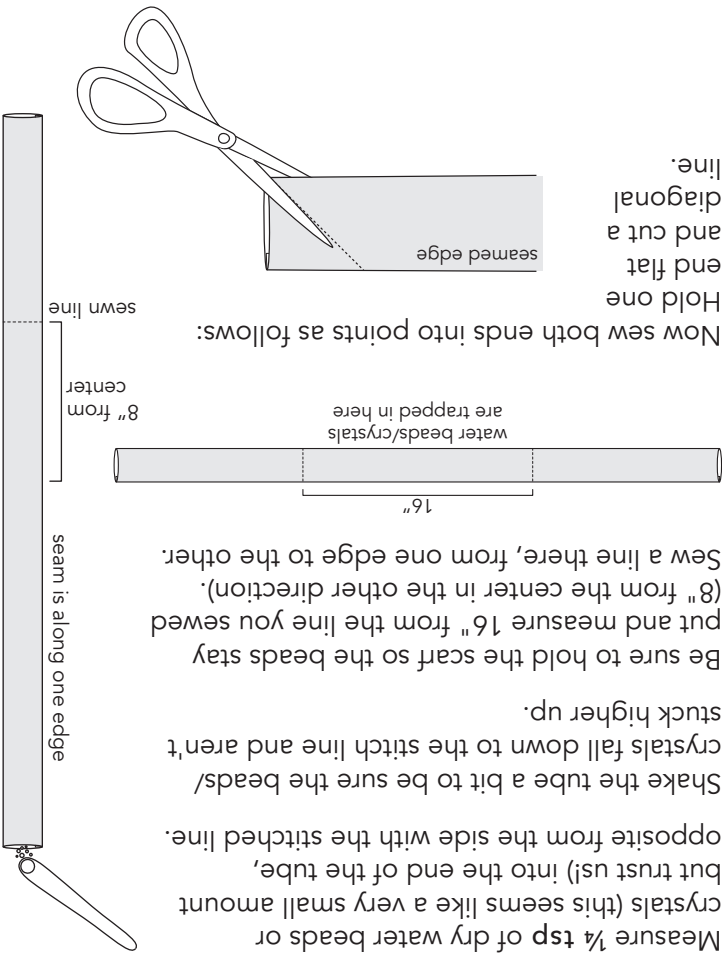
YOU'LL NEED

- » **Fabric:** woven quilting cotton or other woven fabric like thin denim or any reclaimed pieces you have that are not a loose weave, pre-washed/shrunk)
- » **Water Beads or Crystals:** specifically **AquaGems** or **Orbeez** brand beads (a non-toxic water-absorbing polymer material, meant

Now sew both ends into points as follows:



Measure 1/4 tsp of dry water beads or crystals (this seems like a very small amount but trust us!) into the end of the tube, opposite from the side with the stitched line. Shake the tube a bit to be sure the beads/crystals fall down to the stitch line and aren't stuck higher up. Be sure to hold the scarf so the beads stay put and measure 16" from the line you sewed (8" from the center in the other direction). Sew a line there, from one edge to the other.



Fold the edge inside 1/4"–1/2" and smooth into a pointed shape, then sew along the diagonal edge, very close to the edge.

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/crystals (so they are not all together on one side), then soak in water: **for beads, 6 hours or longer** (after 1–2 hours you can check distribution as the beads start to fill and shake them around to be spread more evenly); **for crystals, only about 2 hours** is needed.

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 (freezer bags are best) to place into fridges or hand out. Attach a piece of paper (staple or tape) saying something like

COOLING SCARF

*Tie around your neck to keep cool!
Once it dries out, soak in water for
2+ hours to re-hydrate & wear again.*

