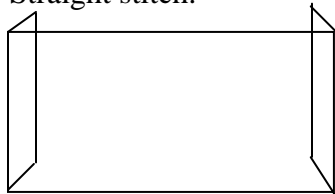



# Pillowcases for Breast Care Support Program At Paoli Memorial Hospital

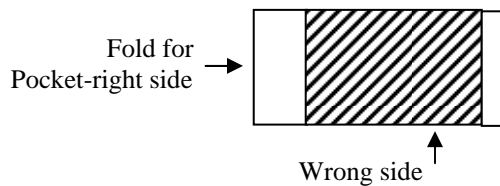
1. Pre-wash 100% cotton PINK fabric.
2. Cut fabric to 13 ½ X 40 inches
3. On the 13 ½ inch sides of fabric, turn under ¼ inch, press, then turn under 1 inch, press. Straight stitch.



 Right side

 Wrong side

4. Forming the pillow pocket: Fold in one of the 13 ½ sides six inches. This forms the pocket for the pillow. It will be on the inside of the pillowcase. The pillow slips into the pocket and will not fall out.



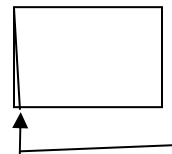
5. Forming the finished pillowcase: Fold the fabric in half, right sides together. The case should measure about 16 inches in length. And stitch the sides closed. Raw edges should be finished by either:

overlock stitch

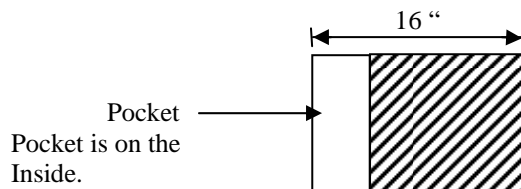
straight stitch then zigzag

french seam (see below)

serged



The opening is on very end of pillowcase



Fold 12 ½ " over to end, edge Of pillowcase

## French Seams How To:

Fold with wrong sides on the inside, right sides out. Stitch ¼ inch seam. Turn so wrong side is out, right sides on the inside. Press, getting seam edge straight. Straight stitch with seam allowance deep enough to cover raw edges. You see pocket only when stitching sides of pillowcase together.

Finished pillowcase should measure approximately 16 inches wide by 12 ½ deep.

Questions or comments call Lee Paylor@610.889.3286